

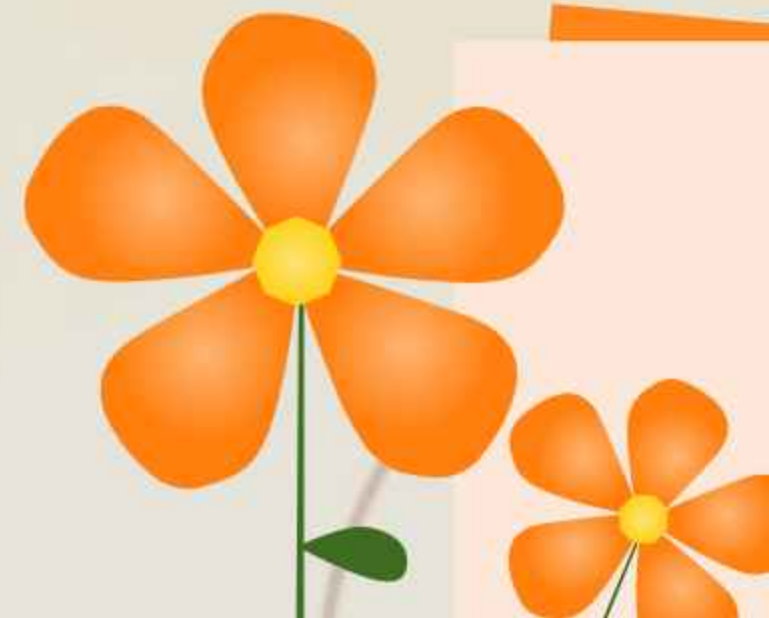


ANNUAL REPORT 2024-25

**RAM LAL ANAND COLLEGE
NATIONAL SERVICE SCHEME**



SEPTEMBER



LADLI EVENT

The NSS unit of Ram Lal Anand college volunteered at the mass marriage ceremony on 7th September, 2024. With the help of Rashi Entertainment, the Ladli Foundation arranged a Samuhik Vivah which brought together a total of 28 couples for the most memorable day of their lives. There were 48 volunteers in total, 24 of whom were men and 24 of whom were women, during the event. Ms. Kamini, the Chief Coordinator of Ladli Foundation, expressed her trust in the NSS volunteers and provided them with the chance to collaborate with their team on a very important occasion. Every volunteer felt honored to have been a part of this day that was full of love, optimism, and the possibility of fresh starts.



DONATION DRIVE

At keeping with the spirit of giving back, the NSS Unit of Ram Lal Anand College organized a material donation drive on 11 September 2024, at 3 p.m. where the volunteers of the unit gave necessary items to underprivileged children in JJ colony, Moti Bagh. The necessary items were being collected by the unit from 9th to 11th September 2024. This campaign involved volunteers who brightened the smiles of the kids by lending a helpful hand to others.



ORIENTATION

On 18th September, 2024 from 12:30 p.m. onwards, the NSS unit of RAM Lal Anand college conducted its orientation program to introduce newly students into the unit. It took place in the amphitheater of college. The event commenced with a warm welcome from programme officer “Dr. Anurag Sharma” who highlighted the motto of NSS “not me but you” and its significance. The orientation featured informative presentations about various projects that NSS volunteers participated in, such as camp at Jaisalmer. This was organized in order encouraged the new students to sign up for new activities by joining the unit. Overall, the orientation program was a successful initiative.



VOLUNTEERISM AND LEADERSHIP

On 24th September, 2024 NSS Unit conducted a seminar on volunteerism and leadership from 2 p.m. onwards in Amphitheater. On the occasion of this seminar, Mr. Anuj was invited as the special speaker of the seminar, who has been awarded as the best volunteer in the year 2021 - 2022. The seminar aimed at providing such knowledge and skills to the students that they will make effective leaders in their societies through volunteerism and social service. The speaker shared his own success stories of volunteerism that motivated the students to carry out volunteer work. Thus overall, the seminar aims to enhance self and leadership abilities of the participants with respect to volunteering and participating in service-oriented activities. Approximately 150 students show up for the seminar held in the amphitheatre.



PET PARENTING

The NSS Unit of Ram Lal Anand College, University of Delhi organized a seminar on Pet Parenting on 25th September 2024 from 2 p.m. onwards. A lead programme officer of Zigly foundation Ms. Tazmeen Amna was invited as a speaker of this session. About 150 students attend the pet parenting seminar. The objective of a pet care seminar such as this one was to feed information of how one should care for the pets or how to become a pet owner to those who do not own a pet. It sought to include informative aspects of such areas as training, pet food, and behavioral patterns of animals among others. The session encouraged the participants to play the role of protective and affectionate pet parents, by reminding them of the innocence and beauty of having a pet in one's life.



SWACHHATA HI SEVA

The National Service Scheme (NSS) Unit of Ram Lal Anand Chaudhary Engineering College, Delhi, successfully conducted the Swachhata Hi Seva campaign from September 17 to October 2, 2024. This campaign aligns with the national initiative to promote cleanliness and hygiene across India, with the 2024 theme being "Swabhav Swachhata – Sanskar Swachhata". The campaign featured a diverse range of activities designed to engage students and raise awareness about cleanliness and environmental responsibility.

Several events were conducted within the campaign including a Plantation Drive, Swachhata Pledge, Reel making competition, poster making competition, essay competition, Cleanliness drive, plastic waste awareness, swachhata quiz and more. The Swachhata Hi Seva campaign 2024 was a comprehensive and successful initiative. It effectively combined awareness-raising activities, practical cleanliness drives, and educational seminars to promote the message of cleanliness and environmental responsibility.





NOT ME, BUT YOU

OCTOBER





EDUCATION CAMP



National Service Scheme (NSS) Unit of Ram Lal Anand College, University of Delhi, conducted a transformative five-day education camp from October 07, 2024 to october 11, 2024.



During this impactful period, NSS volunteers dedicated their time and energy to engage with the local community in JJ Colony, a region that often faces educational challenges. The primary objective of the camp was to enhance academic knowledge among the children while simultaneously cultivating essential soft skills such as teamwork, communication, and leadership among both the young learners and the volunteers



BLS TRAINING SESSION



On October 10, the NSS unit at Ram Lal Anand College, in collaboration with the Indian Spinal Surgeries Centre, conducted a lifesaving Basic Life Support (BLS) Training Session. This event empowered volunteers with critical emergency skills. The training covered essential CPR techniques for adults, children, and infants.



Proper use of Automated External Defibrillators (AED), and methods to address choking incidents in all age groups were also taught. A total of 74 volunteers actively participated, practicing on dummies to gain hands-on experience and boost their readiness for emergencies.



MENTAL HEALTH AWARENESS

On 10th October, 2024, the NSS Unit of Ram Lal Anand College organized a webinar on Mental Health Awareness, led by guest speaker Ritu Nilofer. The session focused on the importance of mental well-being, offering practical strategies for managing stress and anxiety. Ms. Nilofer emphasized breaking tasks into smaller steps to reduce procrastination and highlighted the role of self-compassion in overcoming depression. She also discussed how both introverts and extroverts can leverage their strengths in social settings while emphasizing self-acceptance and growth.



Over 100 volunteers actively participated, asking insightful questions about balancing productivity with mental health and stepping out of their comfort zones. The high engagement level made the event interactive and impactful.



DECLAMATION COMPETITION

On October 16, 2024, the National Service Scheme (NSS) of Ram Lal Anand College, in collaboration with the National Tobacco Control Programme (NTCP), hosted a Declamation Competition to raise awareness about the harmful effects of tobacco use. Held at 12 PM in the seminar room, the event aimed to foster public speaking skills, critical thinking, and advocacy for a tobacco-free society.



Participants addressed topics like second-hand smoking and tobacco addiction, with 12 students showcasing their views on tobacco's impact on public health. Judged by experts, including Dr. Anurag Sharma, winners included Alok Raj (1st), Shresth Mathpal (2nd), and Ankush (3rd), along with three consolation awards. The event was a success, providing a platform for students to voice concerns and advocate for healthier lifestyles while underscoring the significance of collaborative public health efforts.



POSTER MAKING COMPETITION



On October 16, 2024, the NSS unit of Ram Lal Anand College, in collaboration with the National Tobacco Control Programme (NTCP), organized its second event of the day—a poster-making competition at the college amphitheater. The competition aimed to raise awareness about the harmful effects of tobacco and promote a tobacco-free lifestyle. Fifty-three students participated, showcasing their creativity and views on anti-tobacco themes. Judged by experts in public health, tobacco control, and communication, including NSS Program Officer Dr. Anurag Sharma, participants were evaluated on content, clarity, delivery, and impact. Tripti Kumari won the first prize, followed by Aakarsh Maurya and Nishu Birla in second and third places, respectively. Three additional students received consolation prizes for their efforts. The event successfully empowered students as advocates for a healthier society while advancing NTCP's mission.

VEDANTA DELHI HALF MARATHON 2024

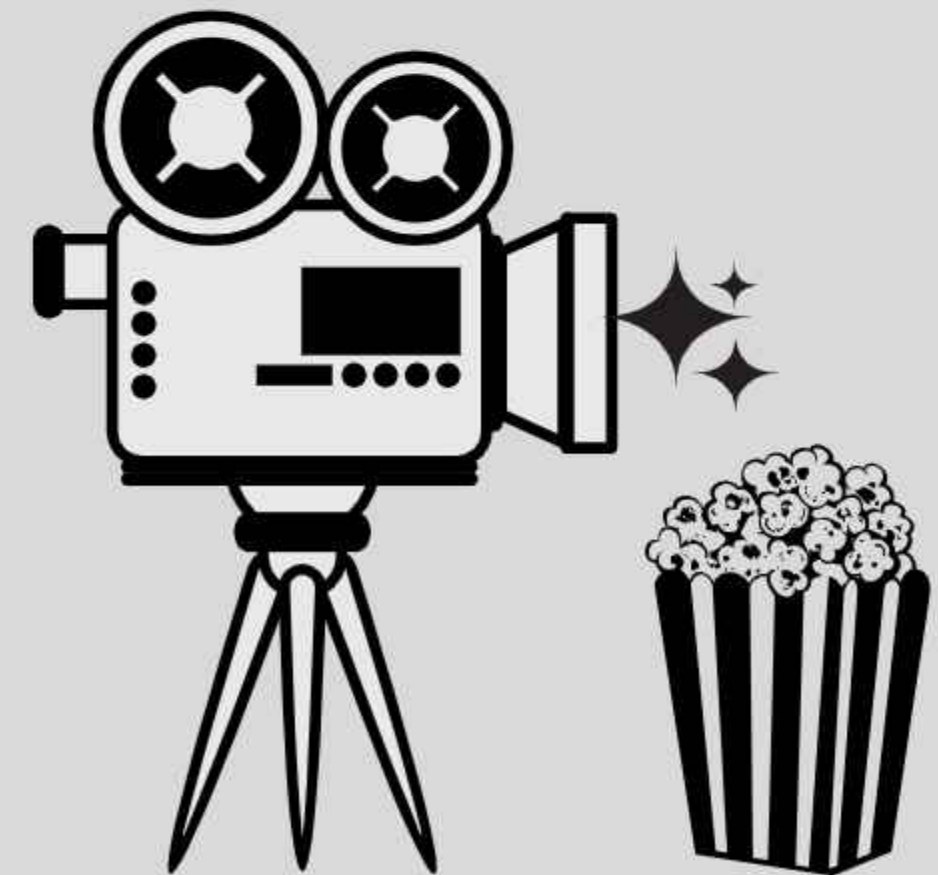


The NSS unit of Ram Lal Anand College actively participated in the Vedanta Delhi Half Marathon 2024, held at Jawaharlal Nehru Stadium, New Delhi, from October 19 to 20, 2024. A total of 47 volunteers, including 15 girls, contributed to the event, which aimed to promote health and fitness. Reporting at 7:30 PM on October 19, volunteers stayed overnight, commencing duties at 3:00 AM the next day.



MOVIE SCREENING

On 21st October 2024, the NSS unit of Ram Lal Anand College organized a 'Movie Screening' of the critically acclaimed film "NEWTON" in the college premises. The session aimed to educate students on the core principles of democracy, emphasizing their fundamental rights as citizens, their role in society and empowering students to understand their inalienable rights and their active role in shaping society.





VOTER AWARENESS DESK



The NSS UNIT in collaboration with the Electoral Literacy Club of Ram Lal Anand College organized a Voter Awareness Helpdesk on October 22nd and 23rd, 2024. The event was held in the Front Lawn from 10 A.M. to 4:00 P.M. each day. The goal of the Voter Awareness Helpdesk was to provide information and assistance to students regarding the voting process.



This included answering questions about voter registration, polling procedures, and other aspects of exercising one's right to vote. Over the two-day event, the team at the Voter Awareness Helpdesk was able to assist approximately 150 individuals with voter registration.

DONATION DRIVE

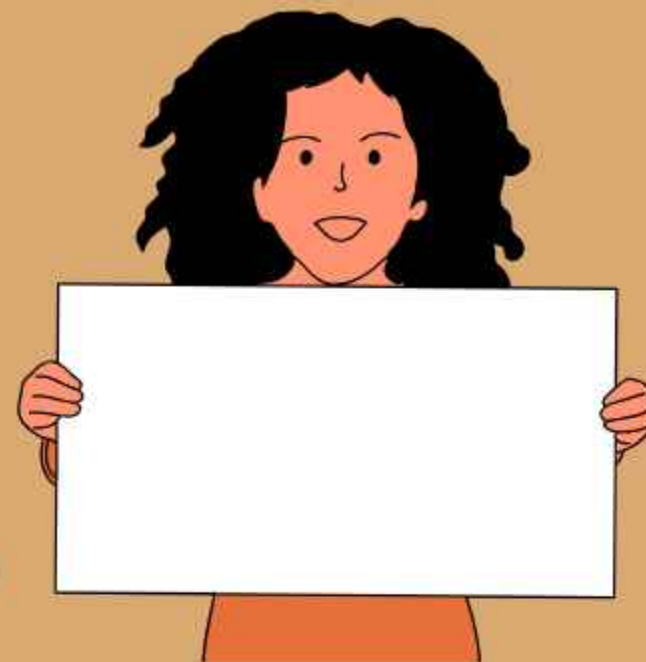


In an effort to promote joy and kindness among underprivileged children, the NSS Unit of Ram Lal Anand College organized a material donation drive in celebration of Diwali. This initiative was executed in two phases: the first phase involved a three-day collection of materials from October 21 to 23, conducted at the college's Main Stage from 11:00 AM to 4:00 PM each day. The second phase consisted of distributing the collected items on October 23 at 2:00 PM in JJ Colony. Approximately 63 students contributed items such as clothing, notebooks, and sweets.





DANTERAS POSTER **MAKING COMPETITION**



The NSS Unit of Ram Lal Anand College organized a Danteras Poster Making Competition on October 30, 2024, to celebrate the festival of wisdom and prosperity and foster creativity among students. Participants were required to submit their poster designs digitally by sending a geo-tagged photograph to the official NSS email ID: nssrla.du@gmail.com. The event encouraged students to showcase their artistic talents through unique and creative poster designs related to Dhanteras . 29 students from various disciplines enthusiastically participated in the competition out of which 14 were girls.



DIYA AND RANGOLI **MAKING ACTIVITY**



NSS Unit of Ram Lal Anand College conducted an online “Diya and Rangoli Making Activity” on 01 November 2024. The activity aimed to promote traditional Indian art forms and foster a sense of cultural heritage among students. Participants were encouraged to create beautiful and innovative designs using various materials and techniques.



All entries were required to be sent via email to the official email address of the Ram Lal Anand College NSS Unit: nssrla.du@gmail.com and the deadline for submissions was 11:59 PM on November 01, 2024.

It was a great success, as over 25 entries were received, with 15 of them being female volunteers.

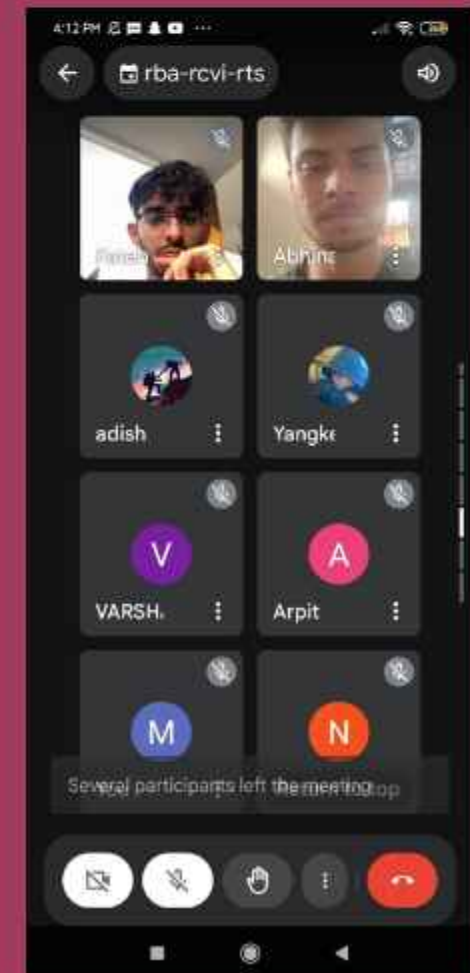
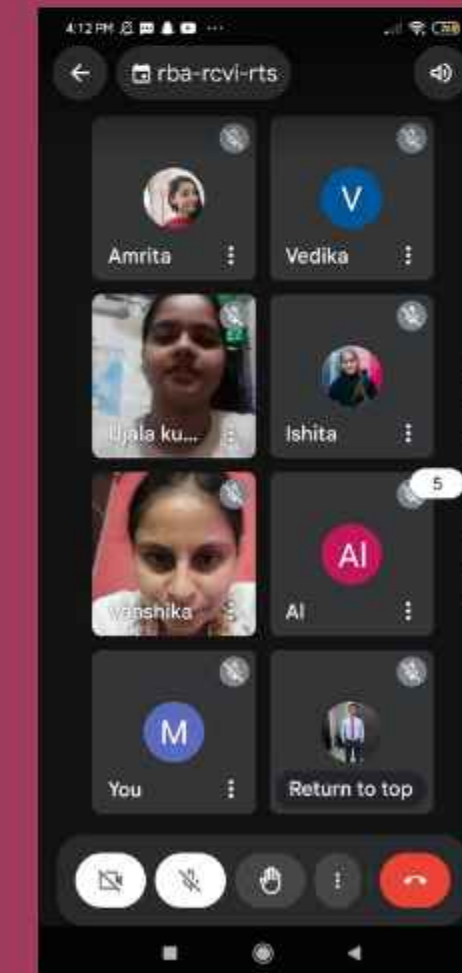




NATIONAL UNITY DAY

On 31st October, 2024, the NSS Unit of Ram Lal Anand College organized a Pledge-Taking Ceremony on National Unity Day to commemorate the birth anniversary of Sardar Vallabhbhai Patel, “The Iron Man of India.” This day serves to honor his contributions towards national integration and reaffirm our commitment to the unity and integrity of the nation.

The ceremony began with a warm welcome to all participants, followed by Dr. Anurag Sharma, the Programme Officer of NSS RLAC, administering the pledge. Over 60 volunteers actively participated in the event, making a solemn promise to reaffirm their commitment to the unity, integrity, and security of our nation.





NOT ME BUT YOU

NOVEMBER



CANCER AWARENESS DRIVE

On **November 7th**, the **NSS unit of Ram Lal Anand College** organized a **Cancer Awareness Run** from the college campus to Satya Niketan. The event aimed to raise awareness about cancer prevention, early detection, and treatment.

Approximately **35 volunteers** actively participated, carrying handmade posters and charts that provided information on cancer's causes, symptoms, and risk factors. They also interacted with the public, emphasizing the importance of regular health check-ups and healthy lifestyle choices, such as a balanced diet, exercise, and avoiding tobacco and alcohol.

The initiative effectively highlighted the significance of early detection and timely treatment while encouraging individuals to adopt preventive measures. By spreading awareness, the event empowered participants and the public to take proactive steps toward better health.



TREE PLANTATION DRIVE

On **November 11**, the **National Service Scheme Unit** of **Ram Lal Anand College** organized a **Plantation Drive** in the college's front lawn to promote environmental consciousness. The event, focusing on the critical role of trees in tackling climate change and preserving biodiversity, saw enthusiastic participation from **20 volunteers**. Volunteers planted saplings and discussed the alarming loss of 2.33 million hectares of tree cover in India since 2000, underscoring the urgency of action. The drive emphasized the benefits of trees in improving air quality, restoring ecosystems, and addressing environmental challenges.

This initiative enriched the campus greenery and inspired participants to embrace sustainability. It marked a meaningful step towards fostering environmental responsibility and driving positive change.



BLOOD DONATION CAMP



The **NSS unit** of the college, in collaboration with the **Indian Red Cross Society**, organized a **Blood Donation Camp** on **November 14, 2024** at the front stage area. The event, held from 10 AM to 2 PM, aimed to promote voluntary blood donation and raise awareness about its importance.

The process was facilitated in a medical ambulance van by seven medical experts. Of **63 enthusiastic participants**, 20 were eligible to donate, resulting in **58 units** of blood collected, including rare blood types. The donors as well as encouraged participants were briefed on eligibility and benefits. Informational posters and brochures encouraged the participation among students. The event saw greater participation than the previous year, marking a successful step in saving lives and fostering awareness.



SANITARY PAD DISTRIBUTION



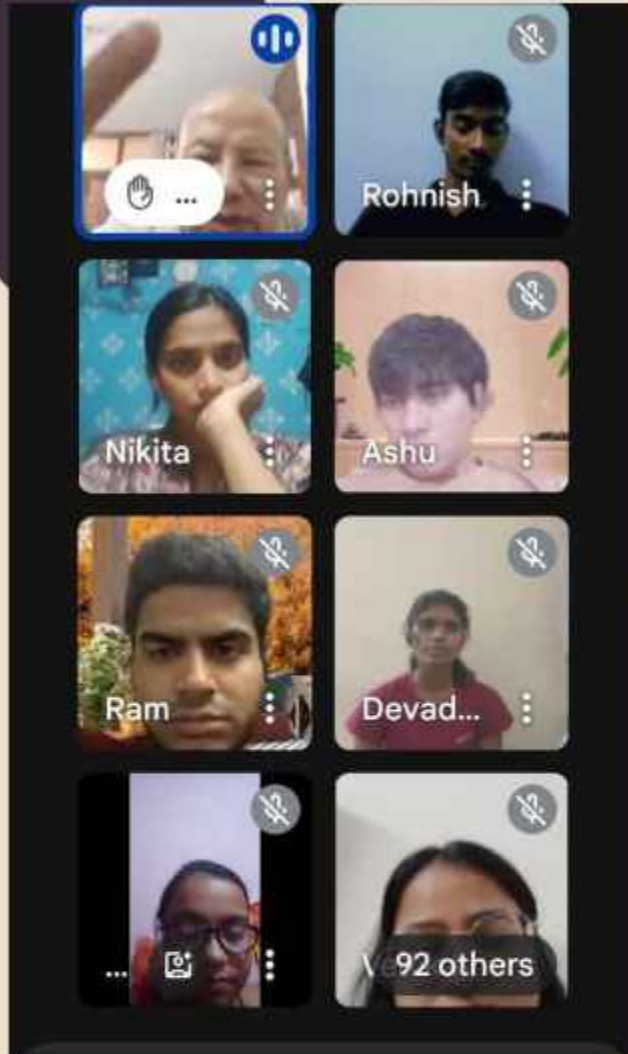
On **November 14, 2024**, the **NSS unit of Ram Lal Anand College** organized a **Sanitary Pad Distribution Drive** in JJ Colony to promote menstrual hygiene and support women from economically weaker backgrounds.

Around **35 volunteers**, mostly female students, distributed sanitary pads and other essentials while raising awareness about menstrual health and breaking stigmas around menstruation. The pads were distributed to around 40 women.

The drive was warmly welcomed by the community, with women expressing gratitude for the support. Volunteers also engaged with residents, sharing information on hygiene practices and fostering open discussions about health. This initiative highlighted NSS's commitment to empowering women, promoting gender equality, and improving access to basic health resources in underserved areas, leaving a positive impact on the community.

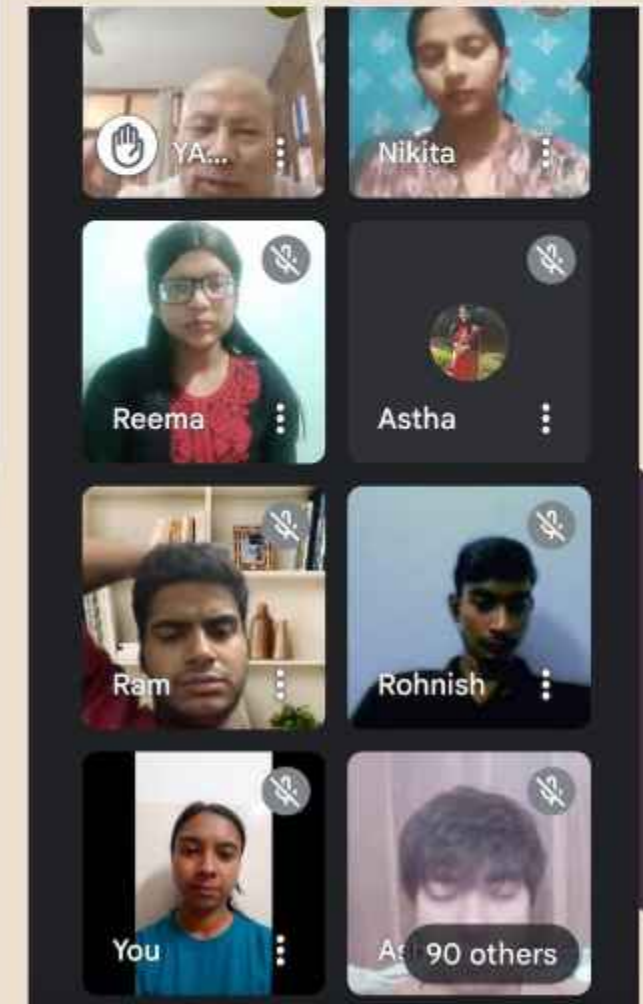


WEBINAR



On **16th November 2024**, **NSS unit** organized a webinar on The value of *Culture Diversity and It's Convergence* from 5:00 p.m onwards on Google meet. On this insightful webinar Dr. Anurag Sharma joined who is a programme officer. Around **80 volunteers** were joined on this webinar.

The speaker shared the importance of culture diversity. The objective of this webinar was to aware people about the variety of cultural identities, languages, traditions, and practices within a society. The webinar encouraged to understand the different cultures and celebrating your own culture while appreciating others.



CONSTITUTION DAY



On the occasion of **Constitution Day**,
25th November 2024,
the **National Service Scheme (NSS)**
unit of **Ram Lal Anand College** actively
participated in the Padyatra organized by
the Ministry of Youth Affairs and Sports.
The Padyatra was flagged off by
the Hon'ble Minister of Youth Affairs & Sports and
Labour & Employment, along with other dignitaries.



The Padyatra commenced from
Major Dhyan Chand National Stadium and followed
a route that included **Akbar Road, Motilal Nehru Road,**
Vijay Chowk, and Kartavya Path, culminating at India Gate.
The total distance covered was approximately **6.6 kilometers**,
and the duration of the Padyatra was around
1 hour and 50 minutes.
The event, which included four halts and an inaugural function,
concluded with the solemn **reading of**
the Preamble to the Constitution at
the iconic Amar Jawan Jyoti, India Gate.





JANUARY



POEM WRITING COMPETITION

लोकतंत्र का उत्सव

रंगों की भूमि, संस्कृति महान,
फिर जागा भारत, चुनाव का अभियान।
पहाड़ों से लेकर सागर तक गूंज,
जनता के हक़ की अनूठी ध्वनि।

किसान, शिक्षक, युवा, हर कोई,
अपने मत से रचते हैं नई कहानी।
स्याही लगी उंगली, गर्व का प्रतीक,
आवाज है जिसमें बदलाव की सीख।

वादों की गूंज, झंडे लहराए,
हर दिल में सपने, उम्मीदें जगाए।
चायवाले की बात, विद्वानों का ज्ञान,
हर मत का है लोकतंत्र में मान।

भारत का मतदान

लोगों की आवाज है, लोकतंत्र का ताज है,
हर मतदाता की शक्ति, देश का सम्मान है।
पंचायत से संसद तक, लोकतंत्र की डाल,
भारतीय चुनाव है जनतंत्र का विश्वास।

घर-घर, हर गांव में, चर्चा की भरमार,
भविष्य रचने निकला है, भारत का इतिहास।
नेता दावा करते हैं, सपनों का निर्माण,
जनता चुनती है उन्हें, बदलने को हालात।

ईवीएम की बटन हो, संग उम्मीदों की बात,
हर वोट के साथ है, भारत का विश्वास।
शहर हो या हो गांव, यह लोकतंत्र का त्योहार,
जन-जन में फैलता है नया-नया उत्साह।

जाति-धर्म से आगे बढ़कर, एक नई परिभाषा अपनाते हैं,
अपने मत से देश को, न्याय और विकास दिलाते हैं।
भारतीय चुनाव है, जन-जन का विश्वास,
जन-जन का कल्याण करो करके मत का दान।

- आकर्ष मोर्य

!! देखो नेता दिखाई पड़ने लगे हैं !!

देखो ! नेता दिखाई पड़ने लगे हैं
लगता है नामांकन होने लगे हैं
अब फिर ये हजारों वादे करेंगे
पूरा एक भी न कर सकेंगे

अब फिर ये खुद को धर्म रक्षक बताएंगे
अब फिर ये जमकर धर्मों को लड़ाएंगे
अगर उस से भी न बनी बात
तो जात पात पर उतर आयेंगे

अब देश प्रदेश में से दंगे होंगे
अब फिर से लोग नंगे होंगे

भारतीय चुनाव

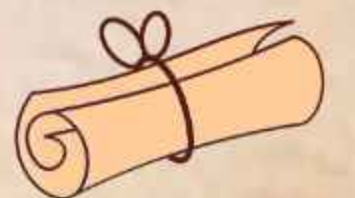
लोकतंत्र का ये महापर्व,
जनता का है इसमें गर्व।
हर वोट की होती है कीमत,
निर्माण करता है नई इमारत।

सत्य-असत्य का यहाँ खेल,
नेताओं की बातें कुछ झूठ, कुछ मेल।
आशाओं का हर पल भार,
चुनाव लाता है परिवर्तन का द्वार।

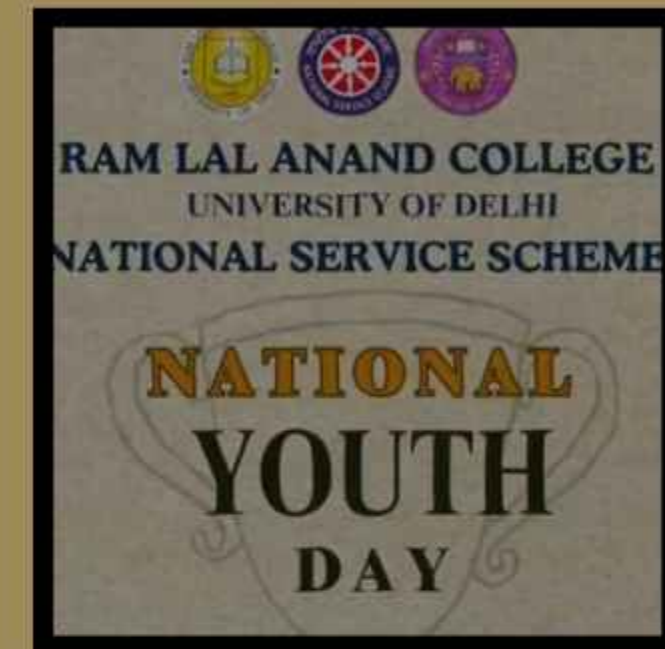
मिट्टी की खुशबू, खेतों की पुकार,
चुनाव में गूंजती हर गाँव की बात।
निर्णय जनता के हाथों में है,
भविष्य का सपना आँखों में है।

वोट करो सोच-समझ कर,

The NSS Unit of RLAC successfully organized a *Poem Writing Competition* on the occasion of *World Hindi Day* on 10th January 2025. The theme of the competition, *Indian Elections*, highlighted the significance of elections in shaping the nation's democracy and empowering citizens. A total of 20 participants, including 12 girls, showcased their creativity by expressing their thoughts on this crucial democratic process. This event, marking the first of 2025, provided a platform for students to reflect on the importance of elections and the role of language in conveying democratic values. The competition was a meaningful celebration of Hindi and its connection to national consciousness.



NATIONAL YOUTH DAY



The NSS Unit of RLAC organized a video-making competition on 12th January 2025 to celebrate National Youth Day. The theme, “Youth as the Catalyst for Change,” encouraged participants to create one-minute videos highlighting the role of youth in societal transformation. Participants were required to submit their entries by 11:59 PM on the same day to nssunitrlac@gmail.com. Five participants submitted their entries, showcasing diverse perspectives on social issues. This platform empowered youth to express themselves and contribute to positive change, demonstrating the potential of creative expression to foster critical thinking and inspire social action. The NSS Unit of RLAC remains committed to organizing such initiatives to empower future leaders.



REEL MAKING COMPETITION



Indian Army's rich history of Bravery, Sacrifice, and Dedication that has been passed down through generations of soldiers.

It encompasses the countless acts of courage displayed by Indian soldiers throughout history, from their participation in World Wars to



On January 15, 2025, the NSS unit of Ram Lal Anand College organized an online reel-making competition to celebrate Army Day, marking the day when Lieutenant General Kodandera M. Cariappa became the first Commander-in-Chief of the Indian Army post-Independence. The event aimed to honor the bravery and sacrifices of the Indian Army by encouraging creative expressions on the theme "The Legacy of Valor." A total of 10 participants, including 5 female volunteers, submitted original and self-created reels for the competition. The initiative not only celebrated the fortitude of our national heroes but also provided students with an opportunity to showcase their creativity and admiration for the Indian Army.

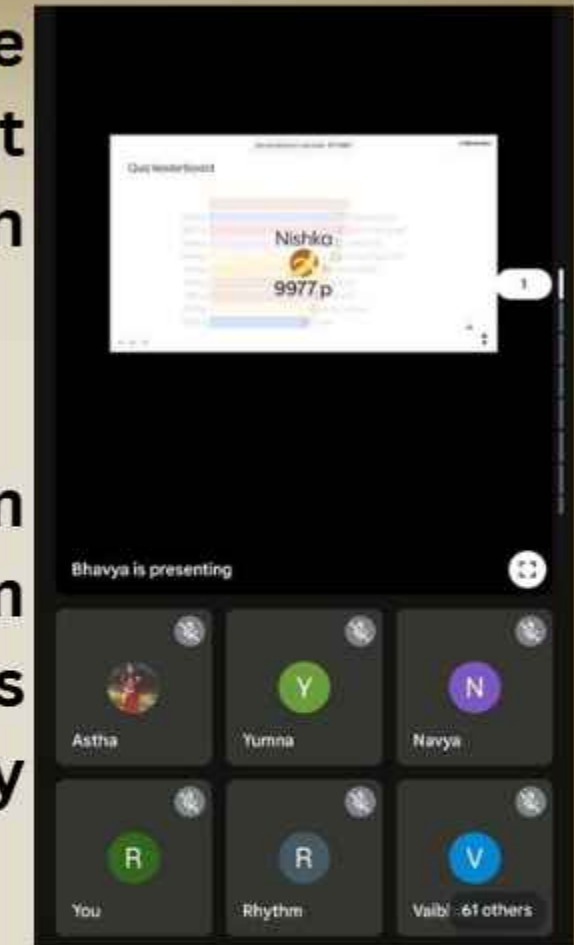


QUIZ COMPETITION



On January 17, 2025, the National Service Scheme Unit at Ram Lal Anand college organized an online quiz competition on the topic "Elections in India", started at 5 PM, attracting 56 eager participants. The quiz consisted 15 questions, with each participant had just 10 seconds to answer.

Once the quiz ended, the winners were announced on-screen, Nishka from English Honours secured the first position, followed by Bhujbal from Mathematics Honours in second place, and Shubham from History Honours taking third. Remarkably, all three winners were second-year students, and they were recognized for their impressive knowledge and performance.



The event was a great success, fostering a spirit of learning and competition among students, and the unit looks forward to hosting similar events in the future.





WALKATHON

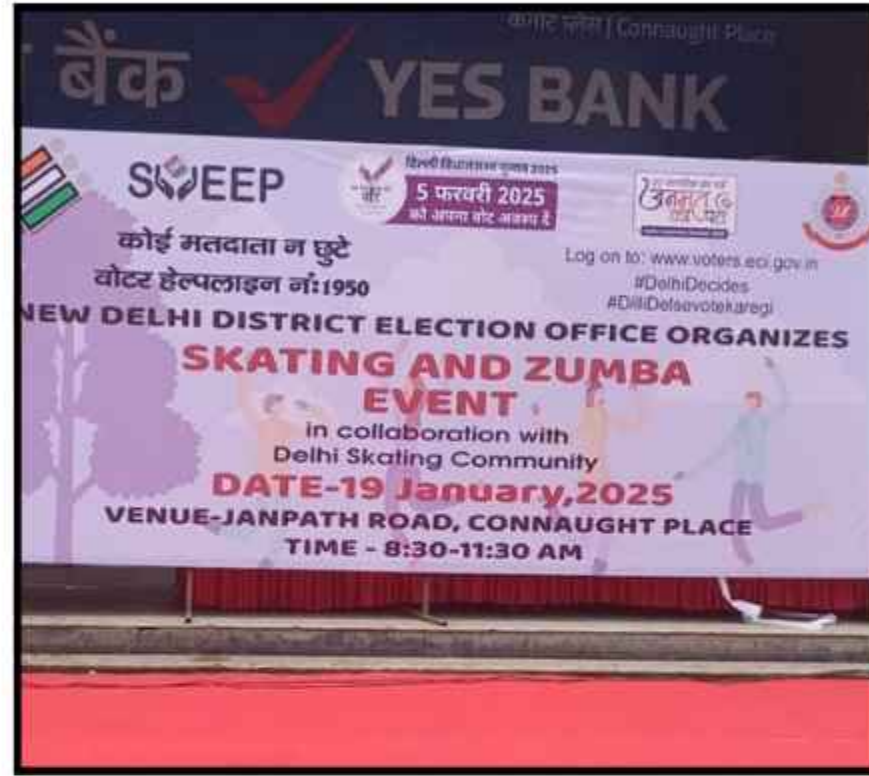
The NSS Unit of RLAC participated in a Walkathon organized by Maharaja Agrasen College on January 18, 2025. The event began at 10:30 am with an address by the District Magistrate of East Delhi, who highlighted the importance of voting in the upcoming elections. The program included cultural performances, art displays, and a street play.

29 students from RLAC joined the Walkathon, which aimed to promote civic engagement and unity among students from different colleges. Volunteers received merchandise and refreshments. The event successfully concluded around 1:30 p.m.





ROLLS TO POLLS



The District Election Office, New Delhi, organized an engaging event, "Roll to Polls," on January 19, 2025, at Janpath, Connaught Place, to promote awareness for the upcoming Delhi elections on February 5. The event, held from 9:00 AM to 11:30 AM, saw enthusiastic participation from NSS volunteers, including 11 members from RLAC, 6 of whom were females.

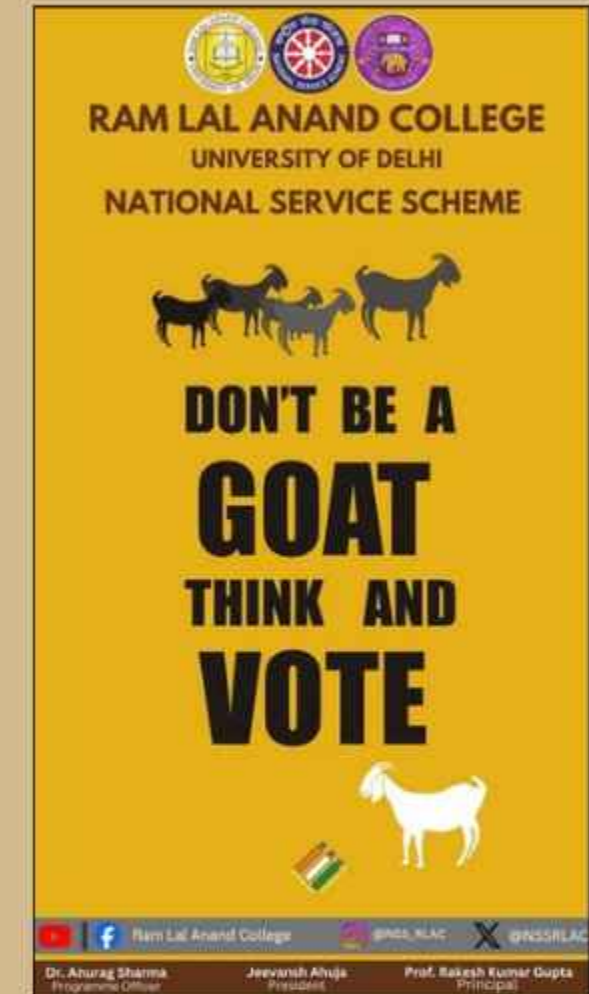
The activities included Zumba, skating, and spray painting, making the event lively and fun. Volunteers worked together to spread the message of voting importance in an interactive way.

Refreshments were provided, ensuring everyone stayed energized.

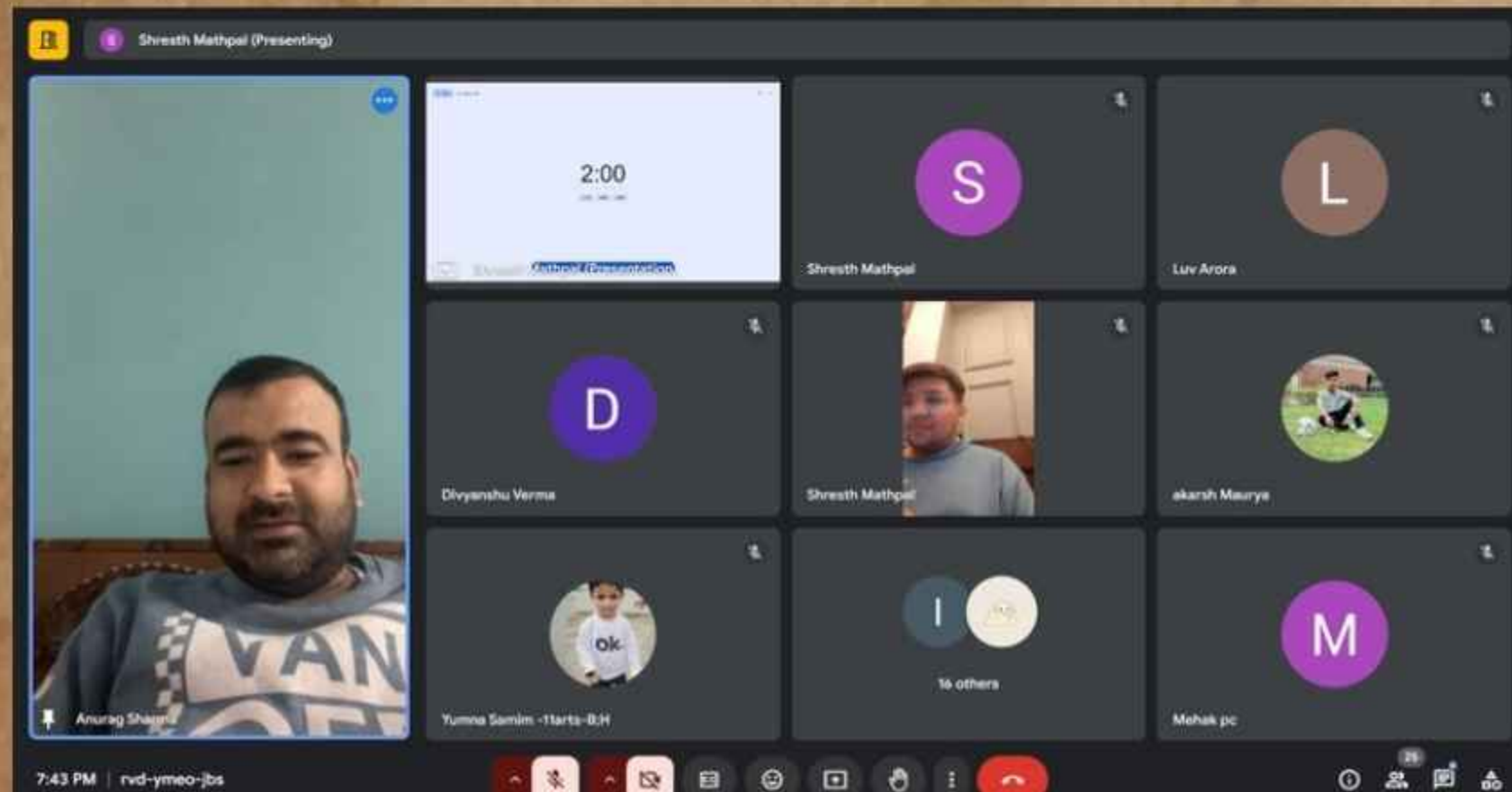
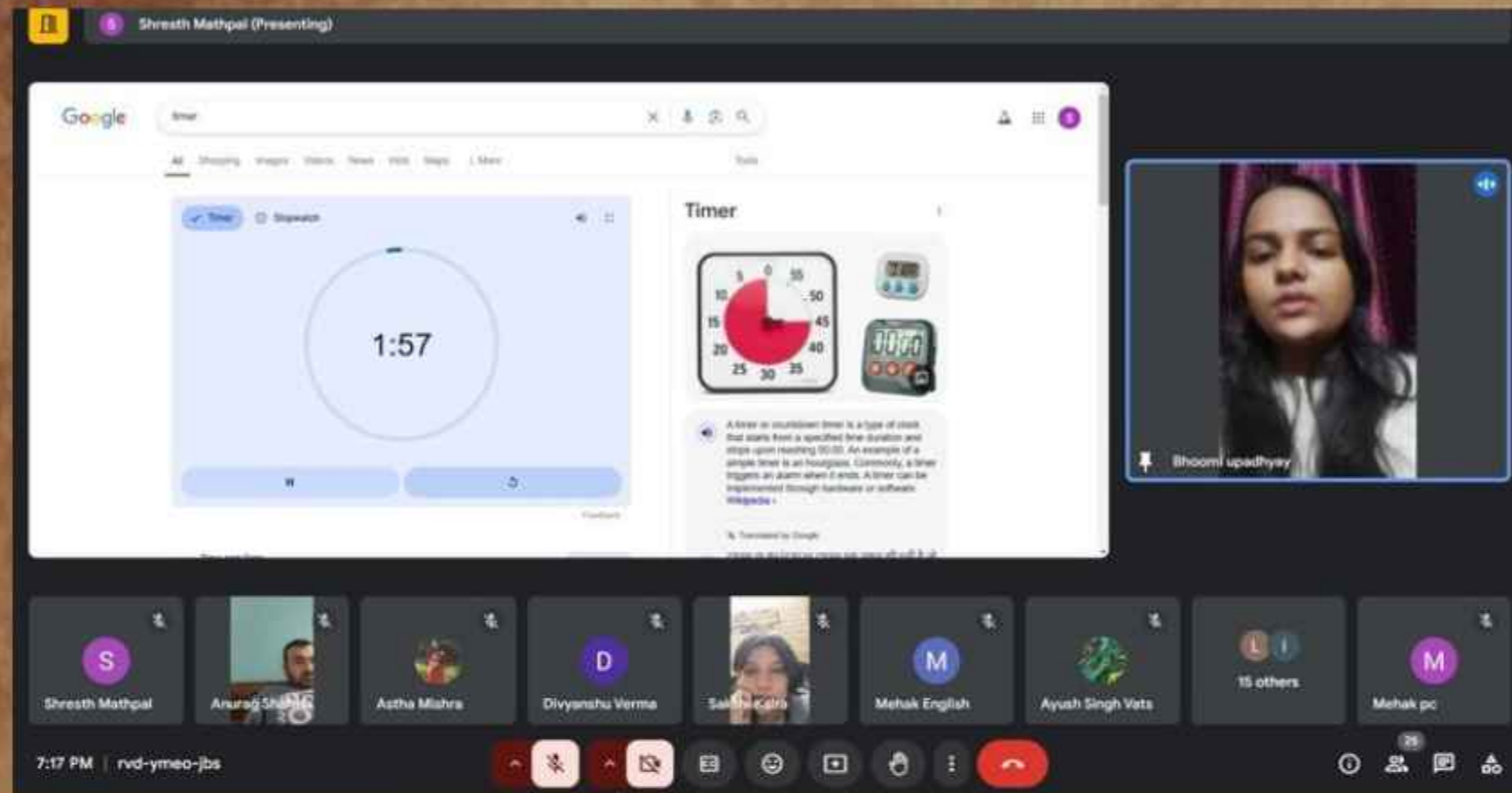
The event successfully combined creativity and enthusiasm, leaving participants motivated to contribute to a stronger democracy.

POSTER MAKING COMPETITION

The NSS Unit of Ram Lal Anand College organized a "Your Vote, Your Choice" Digital Poster Making Competition on January 19, 2025, to encourage students to understand the importance of voting in a democracy. 25 students enthusiastically participated, submitting creative posters highlighting the significance of informed decision-making at the ballot box. The competition aimed to foster critical thinking and civic engagement among students, encouraging them to become active participants in shaping their future. The event successfully showcased the impact of voting on society and inspired students to contribute to a vibrant democracy.

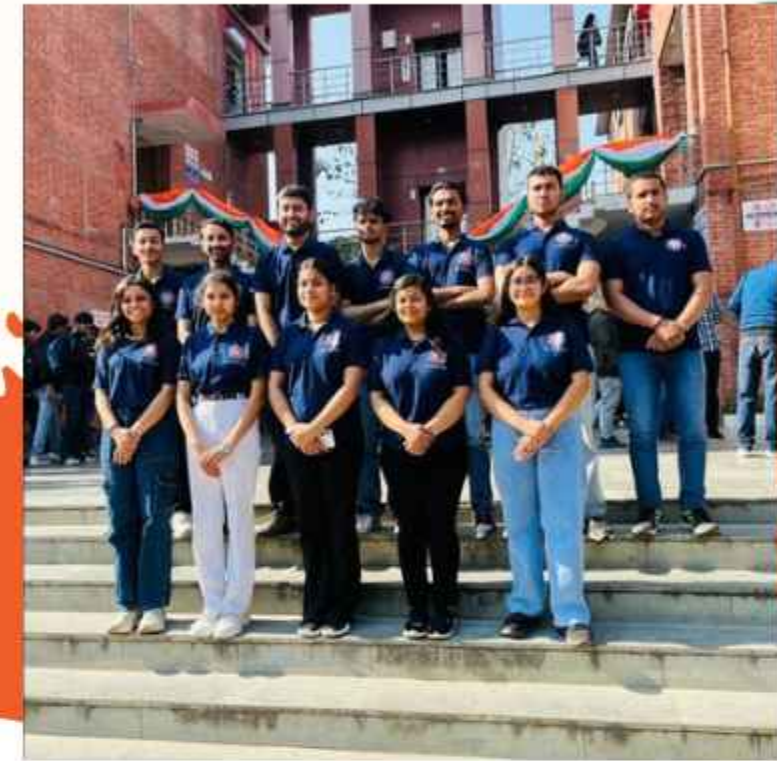
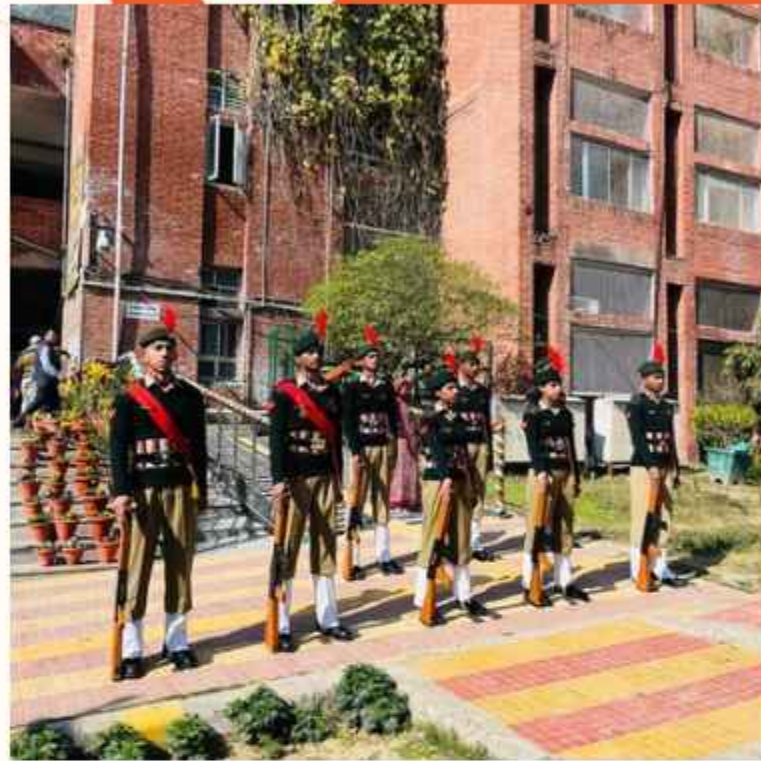


ELOCUTION COMPETITION



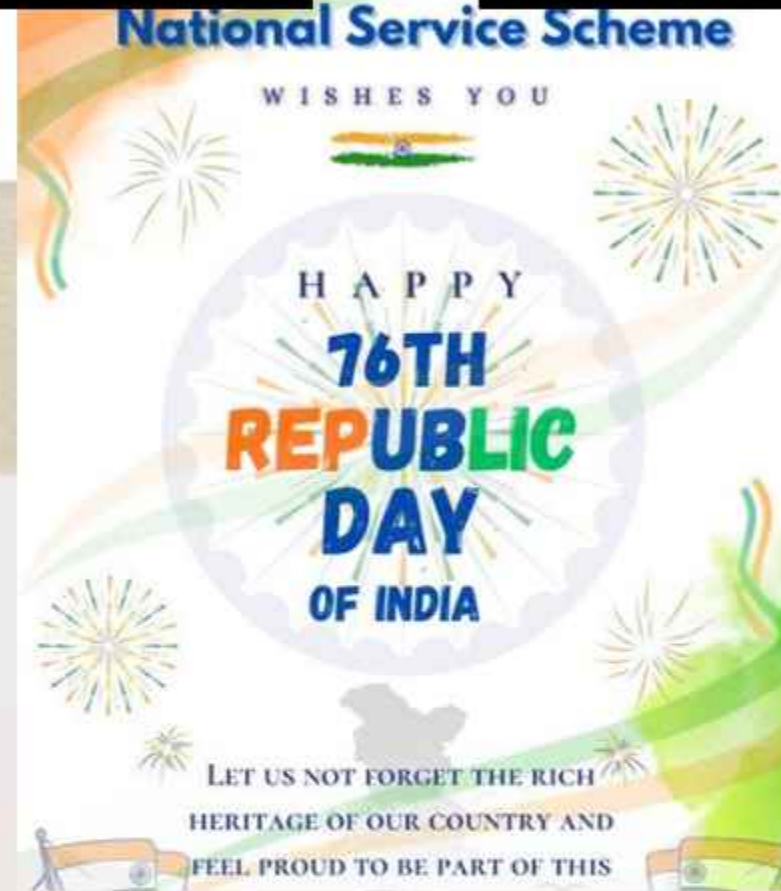
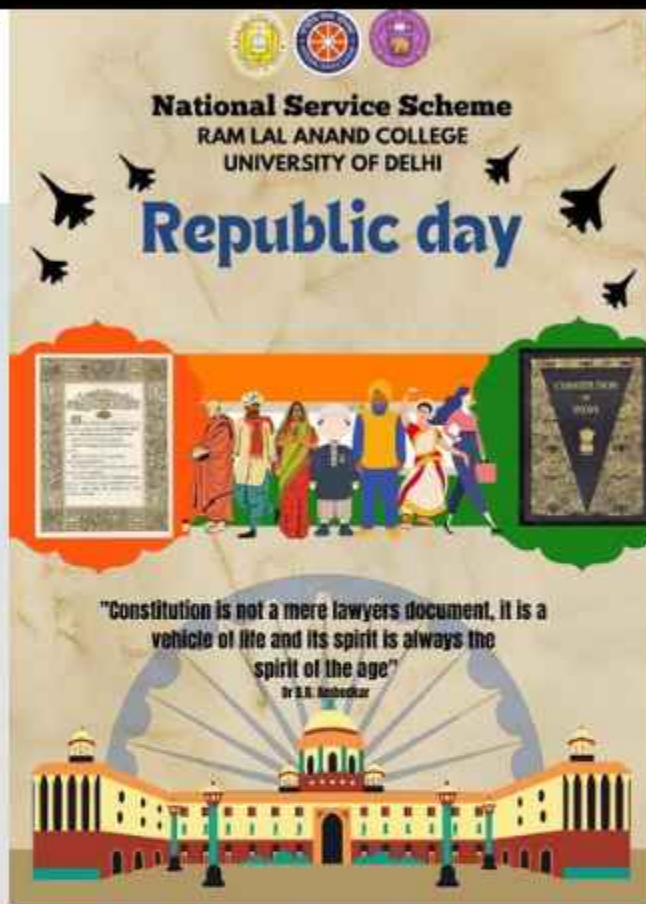
The National Service Scheme (NSS) Unit of Ram Lal Anand College successfully organized an Elocution Competition on January 22, 2025, at 7:00 PM in an online mode aimed at spreading awareness about the importance of voting and fostering the 'Spirit of Democracy.' The event witnessed enthusiastic participation, with 24 students from various disciplines showcasing their oratory skills, including 15 female participants. The competition served as a platform for students to express their thoughts on democracy, the power of voting, and the responsibilities of a citizen. The participants displayed remarkable passion and eloquence, making the event both engaging and inspiring. The top three winners, Bhoomi (B.Com, 2nd Year) securing 1st Place, Yumna Samim (Political Science, 2nd Year) securing 2nd place and Kashish (English Honours, 1st Year) securing 3rd place impressed the judges and audience alike with their insightful perspectives and impactful delivery. The event was a resounding success, leaving participants and the audience with a renewed sense of civic responsibility. The NSS Unit applauds the efforts of all participants and looks forward to organizing more such events to promote awareness and active citizenship.

VOTER'S PLEDGE ON REPUBLIC DAY



The NSS Unit of Ram Lal Anand College, University of Delhi attended majestic Republic Day Celebration on January 24, 2025, at the College Ground, which will be etched in the annals of history as a testament to patriotism and unity. The grand event commenced with a solemn flag hoisting ceremony, symbolising the nation's pride and sovereignty, which stirred the hearts of the attendees. A pledge for voter awareness was led by Mr. Jeevansh Ahuja, NSS RLAC president with unwavering resolve, followed by an awareness drive for elections by NSS volunteers, who demonstrated unrelenting passion and dedication. The Principal acknowledged the selfless efforts of the volunteers, and Associate NCC Officer of Ram Lal Anand College, Sanjay Sharma graced the occasion with his distinguished presence. A staggering 150 participants attended, including 60 NSS volunteers and 50 esteemed teaching and non-teaching staff. The celebration was a resounding triumph, fostering an unbreakable spirit of patriotism and unity among the attendees. The event concluded with a renewed and unwavering commitment to upholding the sacred values of justice, liberty, equality, and fraternity.

Poster Making Competition



On 26th January 2025, the NSS Unit of RLAC organized an online poster-making competition to celebrate the 76th Republic Day. Aimed at fostering creativity and patriotism, the event received 19 entries showcasing themes of unity, progress, and constitutional values. Participants expressed their national pride through innovative designs, making the competition a great success. The NSS Unit reinforced its commitment to nurturing responsibility, patriotism, and creativity among students.

VOTING AWARENESS DRIVE



The NSS Unit of Ram Lal Anand College conducted a Voting Awareness Drive on 24th January from 1:30 PM to 3:00 PM. 39 volunteers, including 21 girls, participated in the drive, which covered Satya Niketan and Moti Bagh areas.

The initiative focused on educating the public about the significance of exercising their right to vote in a democratic society. Through interactive discussions, the volunteers highlighted the importance of responsible voting in strengthening democratic institutions. The drive successfully promoted teamwork, community engagement, and civic responsibility among the participating students.

VOTE!



JINGLE COMPETITION

The NSS Unit of RLAC organized an exciting online Jingle Writing Competition aimed at raising awareness about the importance of voting and encouraging active participation in the democratic process. The competition provided an engaging platform for NSS volunteers to showcase their creativity while addressing a vital social issue.

This creative initiative, open to all NSS volunteers, encouraged participants to craft original jingles highlighting the significance of elections and the transformative power of each vote. The event's tagline, "Vote Kar, Desh Banaye Naya!", set a motivating tone, inspiring participants to advocate for voter engagement through their art. Submissions were accepted until 30th January 2025 via email at nssunitrlac@gmail.com. Number of participants were 25 out of them 16 were females

Through this competition, the NSS Unit aimed to promote civic responsibility and inspire young individuals to engage with the democratic process. By combining creativity with a powerful social message, participants showcased their innovative abilities while contributing to a greater cause. This event marked another milestone in fostering awareness about the critical role of elections in shaping the future of the nation.

Chunav ka din aa gaya,
Vote dene ka waqt hai aaya!
Desh banega strong tabhi,
Jab hum sab denge vote abhi!

Matdan karo, samajh se socho,
Bina vote ke, kya hoga socho!
Haq hai tumhara, isse mat khona,
Aao milkar, desh sanwarna!

Vote karega jo har ek bhai,
Bharat ki hogi jeet bhai!

1 Jingle: "Your Vote, Your Power" (Energetic & Inspiring) 🎵

🔥 Step up, speak loud, make a stand today!

Your vote, your right, don't throw it away!

Leaders rise, nations grow,

With your choice, let progress flow!

🗳️ Vote today, don't delay!

Shape the future, lead the way!

Your voice, your might,

Turn the darkness into light!

⚡ Raise your hands, make some noise,

Change the world with just one choice!

Be the power, take the stand,

Vote today, it's in your hands!

🎵 VOTE, VOTE—TIME TO SHINE! 🎵

आओ कदम बढ़ाएं हम,
मतदान कर, फर्ज निभाएं हम,
देश की किस्मत है अपने हाथ,
लोकतंत्र का दीप जलाएं हम!!

...
भ्रष्टाचार को हटना होगा,
नया सवेरा लाना होगा,
5 फरवरी को मतदान करके,
कर्तव्य अपना निभाना होगा!!

अपना कर्तव्य पहचानो तुम ।
लोकतंत्र का यह आधार
मतदान है तुम्हारा अधिकार ।
राष्ट्र निर्माण और कल्याण
के लिए जरूरी सबका
के लिए मतदान ॥
अब हमारी बारी है
मतदान सबकी जिम्मेदारी है





FEBRUARY



VINTAGE CAR RALLY



The NSS students from Ram Lal Anand College took part as volunteers at the vintage car rally on February 2, 2025. The total of 12 volunteers gathered at Major Dhyan Chand Stadium at approximately 8:30 a.m. The rally began at Major Dhyan Chand Stadium and traveled through significant city landmarks. Around 120 vintage cars and bikes were involved, featuring iconic models from well-known brands like Rolls-Royce, Ford, Chevrolet, Mercedes-Benz, and Volkswagen. Each car and bike were carefully preserved, showcasing the commitment of their owners to maintaining automotive history. Some volunteers even had the opportunity to perform a dance on stage during the vintage car rally. All volunteers at the event were provided with breakfast and refreshments. The Vintage Car Rally 2025 was a tremendous success, leaving both participants and spectators with unforgettable memories. Beyond just celebrating classic cars, it highlighted the need to safeguard automotive history for future enthusiasts.





VOTING SELFIE EVENT



The NSS Unit of Ram Lal Anand College held the Voting Selfie Event on February 5th to promote voting and honor democracy. The voters were encouraged to vote and post selfies of their inked finger or voter ID.

The campaign collected 22 submissions, successfully generating awareness and instilling the necessity to vote. By conducting this event, the NSS unit effectively embedded a spirit of responsibility in the participants as well as among their networks. Their selfies acted as a strong reminder that every vote matters and that voting makes democracy stronger.

The NSS unit of Ram Lal Anand College is glad to have been a part of this worthy cause and hopes to conduct more such events in the future.



POSTER MAKING COMPETITION



The NSS Unit of Ram Lal Anand College successfully conducted a Poster Making Competition on February 17th, 2025, at 1 PM on the college's Front Lawn. The competition, centered around the theme "AIDS: Spread Love, Not Stigma and Fear". This initiative aims to leverage art as a powerful tool to raise crucial awareness about HIV/AIDS, combat the prevalent stigma, and foster a more compassionate and informed community, especially given India's significant population living with HIV.

Over 20 participants presented handmade posters, showcasing their creativity and commitment to the cause. The winners were announced, with :

- Amrita Varshney (2nd Year, Microbiology) securing the 1st Position.
- Ishita Gupta (2nd Year, Statistics) achieving the 2nd Position.
- Shruti Kumari (B.Com (H)) earning the 3rd Position.



EDUCATION CAMP



From February 17 to February 25, the National Service Scheme Unit of RamLal Anand College organized an Education Camp at JJ Colony, aiming to provide quality learning opportunities to underprivileged students. Every day, around 20 to 25 dedicated volunteers visited the colony from 2:00 p.m. to 5:00 p.m., engaging with an average of 35 students to support their academic growth. In addition to teaching, volunteers took feedback from students to better understand their learning needs and help improve their academic performance. This initiative not only strengthened their foundational knowledge but also encouraged a spirit of mentorship and community service among the volunteers

Let's get ready to learn together!



HERITAGE OF INDIA: QUIZ COMPETITION

The NSS Unit of Ram Lal Anand College organized a Quiz Competition on the topic "Heritage of India" on February 27th, 2025, at 2:00 PM in the Amphitheatre. The event aimed to celebrate and test the knowledge of India's rich and diverse heritage.

The competition witnessed enthusiastic participation from 20 teams in the first round. After a rigorous competition, only 6 teams qualified for the second round. The winners of the quiz were:

1st Position: Lakshay Sharma and Raghvi

2nd Position: Kaushal Kumar and Akshat Jaiswal

3rd Position: Avinish Goyal

The quiz competition was a huge success, with participants showcasing their knowledge and appreciation for India's heritage. The event served as a platform to promote awareness and pride in India's rich cultural legacy.

The Heritage of India Quiz Competition was a memorable event that celebrated India's diverse heritage. The NSS Unit of Ram Lal Anand College organised such an engaging and informative event. The winners and participants demonstrated exceptional knowledge and enthusiasm, making the event a resounding success.





MARCH

ONLINE WRITE-UP COMPETITION



The NSS Unit of Ram Lal Anand College organized an Online Write-Up Competition on March 15, 2025, providing students a platform to explore Indian culture, focusing on Holi. The event aimed to celebrate Holi's essence and encourage creative expression on the theme “भारत की संस्कृति - होली.”

A total of 21 students participated, including 11 females and 10 males. Enthusiastic responses showcased diverse perspectives on Holi's significance. The event successfully promoted literary creativity and cultural appreciation. The NSS Unit is pleased with the engagement and looks forward to organizing similar events in the future.

"भारत की संस्कृति - होली"

India is a land of festivals, it is a place where people flawlessly find a reason to celebrate each day with great joy and love. This very habit of finding a reason of celebration, even during the darkest of times, is what I believe to be the true essence/ "sanskriti" of our nation. Holi is just the amplification of this spirit we share with 1.4 billion individuals.

Holi is not just the "Festival of Colors", it is the festival of endurance, love and harmony. The very act of showering each other with hues of red, blue and yellow with laughter ringing through the busy streets under the scorching sun is a testament of this everlasting bond.

Unable to close our fluttering eyes, the day before the event, due to the rush of emotions and refusing to go back home even after sun-down, even when we can hear our mother's voices getting steeper with each minute, is a memory residing in everyone's heart. Making sure anyone who dared to step a foot outside, be covered with vibrant colors which will stubbornly stay on your skin even after scrubbing them off a million times is what holi is truly about.

Perhaps you can say the fact that the irritating and stubborn colors refuse to wash away with the flowing water is symbolic to how years of bloodshed and tears the country has faced still failed to wash away the tenacious warmth shared by each Indian in his/her heart.

Name: Semantika Nandi Mazumder
Course: BA program
Roll no.- 415

होली के रंग

फागुन आई, रंग बरसाए, खुशियों की सौगात लाए।
गली-गली में हंसी ठिठोली, रंगों संग खेले ये होली।

गुलाल उड़ें, पिचकारी छूटे, हर कोई रंग में डूमे।
बैर मिटाकर गले लगाएं, प्रेम का संदेशा फैलाएं।

गुड़िया, ठंडाई का स्वाद, संग में मस्ती बेमिसाल।
बच्चे, बूढ़े, सब मुस्काए, होली की मस्ती छापे।

राधा-कृष्ण की रंगलीला, अब भी सबको भाए।
संस्कार, सौहार्द की ज्योति, हर दिल में जगमगाए।

भारत की संस्कृति - होली

भारत की सांस्कृतिक विविधता में अनेक रंग समाहित हैं, और उन रंगों में सबसे घटक और मनभावन रंग है होली का। होली केवल एक त्योहार नहीं, बल्कि जीवन के उत्साह, प्रेम और भाईचारे का प्रतीक है। यह पर्व हर वर्ष फाल्गुन मास की पूर्णिमा को मनाया जाता है, जब प्रकृति भी अपने रंगीन रूप में सजी दिखाई देती है।

होली के पीछे अनेक पौराणिक कथाएँ प्रचलित हैं, जिनमें सबसे प्रसिद्ध है भक्त प्रह्लाद की कथा। कहा जाता है कि असुरराज हिरण्यकश्यप ने अपनी बहन होलिका की सहायता से प्रह्लाद को आग में जलाने का प्रयास किया, लेकिन भगवान की कृपा से प्रह्लाद सुरक्षित रहे और होलिका जलकर भस्म हो गई। इसी उपलक्ष्य में होली की पूर्व संध्या पर होलिका दहन किया जाता है, जो बुराई पर अच्छाई की विजय का प्रतीक है।

अगले दिन रंगों की होली खेली जाती है। लोग एक-दूसरे को रंगों से सराबोर कर देते हैं, गले गिराते हैं, और गुड़िया, मालपुआ, ठंडाई जैसे स्वादिष्ट पकवानों का आनंद लेते हैं। होल की थाप पर कचरे-गाले लोग जाते, धर्म और सामाजिक भेदभाव को भुलाकर प्रेम के रंग में रंग जाते हैं।

होली का सामाजिक महत्व भी कम नहीं है। यह पर्व पुराने झिंले-झिंके भूताने, रिश्तों में नई ऊर्जा भरने और समाज में खोहरी की भावना बढ़ाने का संदेश देता है। आज के आधुनिक युग में, जब भागदौड़ भरी जिंदगी में रिश्तों में दूरी बढ़ रही है, होली हमें एक-दूसरे के करीब लाने का सुंदर बहाना देती है।

भारत की इस अनूठी संस्कृति में होली का विशेष स्थान है। यह पर्व हमें सिखाता है कि जीवन में रंगों की तरह प्रेम, मित्रता और सहयोग के रंग फुलते रहने चाहिए। होली न केवल उत्साह है, बल्कि जीवन को आनंदमय और रंगीन बनाने की कला भी है।

NISHKA

BA (H) ENGLISH

2ND YEAR

Write up Competition on HOLI

भारत की संस्कृति अत्यंत प्राचीन और समृद्ध है, जिसमें विभिन्न त्योहारों का विशेष स्थान है। इन्हीं में से एक महत्वपूर्ण और आनंददायक पर्व है **होली**, जिसे पूरे देश में बड़े उत्साह और हसींसास के साथ मनाया जाता है। यह केवल रंगों का पर्व नहीं है, बल्कि **प्रेम, सौहार्द, भाईचारे और सामाजिक एकता** का प्रतीक भी है। होली का त्योहार फाल्गुन मास की पूर्णिमा को मनाया जाता है और इसके एक दिन पूर्व **होलिका दहन** किया जाता है, जो **बुराई पर अच्छाई की विजय** का प्रतीक है।

ऐतिहासिक दृष्टि से होली का संबंध भक्त **प्रह्लाद** और उसकी राक्षसी बुआ **होलिका** की कथा से है। इस पौराणिक कथा के अनुसार, होलिका की मृत्यु अग्नि में हो गई जबकि भगवान विष्णु की भक्ति करने वाले प्रह्लाद की रक्षा हुई। इस घटना के स्मरण में **होलिका दहन** की परंपरा आरंभ हुई, जो आज भी निभाई जाती है।

सांस्कृतिक दृष्टि से होली भारत की सामाजिक एकता और जीवन परंपराओं का प्रतीक है। इस दिन लोग पुराने द्वेष भुलाकर एक-दूसरे को रंग लगाते हैं, मिठाइयाँ बांटते हैं, गीत-संगीत में मग्न होते हैं और **गुड़िया, ठंडाई व अन्य व्यंजन** का आनंद लेते हैं। होली, वसंत ऋतु के आगमन का भी संदेश देती है और **प्रकृति के नवजीवन** का उत्सव है।

भारत की संस्कृति में होली का विशेष महत्व है क्योंकि यह लोगों को **एकता, प्रेम और उत्साह** के रंग में बाँधती है। यह पर्व न केवल पौराणिक महत्त्व रखता है, बल्कि सामाजिक और सांस्कृतिक दृष्टि से भी जीवन में उमंग, रंग और सकारात्मकता भरता है।

WALKATHON ON WORLD DOWN SYNDROME DAY



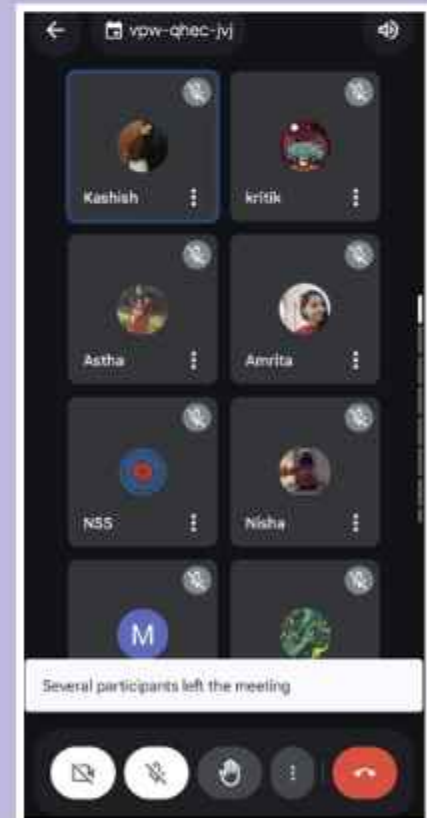
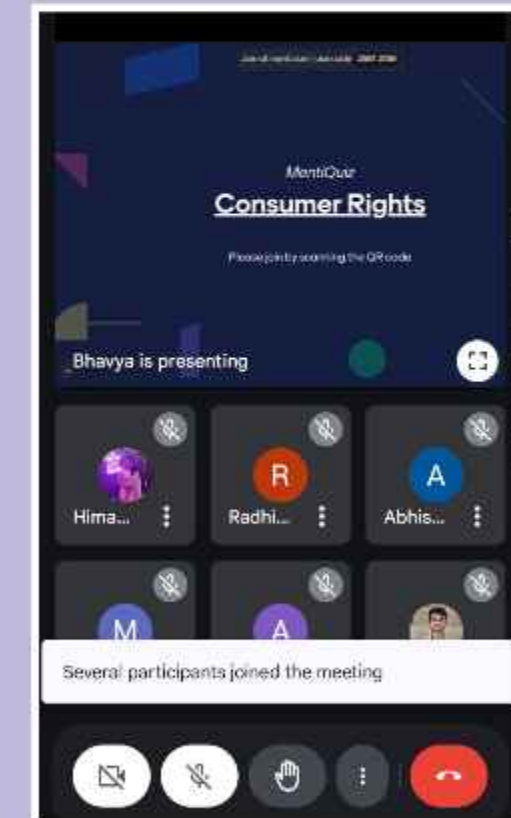
On March 21st, 2025, the Muskaan Foundation organized a Walkathon in Delhi to commemorate World Down Syndrome Day, aiming to raise awareness and promote acceptance for individuals with Down syndrome. The event commenced at the Special Olympics Bharat National Office and Muskaan PAEPID, with volunteers strategically positioned along the route to guide participants. The walk concluded back at the starting point, witnessing enthusiastic participation from community members and organizations, including the BSF Battalion.



MENTIMETER QUIZ COMPETITION

The NSS Unit of Ram Lal Anand College, University of Delhi hosted an online Mentimeter Quiz Competition on March 16, 2025, in honor of World Consumer Rights Day. This event aimed to spread awareness and educate students about their rights as consumers, inspired by President John F. Kennedy's landmark recognition of consumer rights, which led to the annual observance of this day since 1983. The competition saw enthusiastic participation, encouraging students to engage with important concepts related to consumer protection and ethical trade practices.

With 65 participants, including 38 female students, the quiz covered key aspects of consumer rights and responsible consumer behaviour. After an engaging session, Aarushi secured 1st place, followed by Shresth and Navya. Participants found the event interactive and insightful, appreciating the engaging quiz format. The competition successfully concluded with the key takeaway – "Be a vigilant consumer, know your rights!"





7 DAYS SPECIAL CAMP

JAN SAMVAAD

DAY 1



The NSS Unit of Ram Lal Anand College organized a 7-day community service camp from 21st to 27th March, aiming to dive deeper into community service and address pressing issues. The camp commenced with the Jan Samvaad event on 21st March, where 45 participants, including 21 female volunteers, engaged in discussions with JJ Colony slum area residents, identifying two major issues: inadequate sanitation facilities, with only two common washrooms, and sewage problems, both leading to health hazards and unhygienic conditions. The unit is committed to addressing these concerns and improving the living conditions of the JJ Colony slum area residents. The camp was a successful initiative, enabling volunteers to engage with the community, identify issues, and propose solutions, and the NSS Unit is dedicated to continuing its efforts to make a positive impact.

CLEANLINESS DRIVE

DAY 2



As a part of special camp, a Cleanliness Drive was conducted on March 22 from 12pm-3 pm with the objective of spreading awareness about the importance of cleanliness and hygiene. The drive witnessed the participation of 44 NSS volunteers, including 22 female participants and 22 male participants. The cleanliness drive started from Ram Lal Anand College, moved towards South Campus, and concluded at JJ Colony. Volunteers encouraged community members to adopt hygienic practices and contribute to a cleaner society. The drive successfully spread awareness, emphasizing individual efforts in ensuring cleanliness.

AWARENESS OF WASTE MANAGEMENT DRIVE

DAY 3



On March 23, 2025, the NSS Unit of Ram Lal Anand College organized a Waste Management Awareness drive in Satya Niketan, coordinated by Rahul and Ayush Singh Vats. About 45 volunteers engaged with local residents and shopkeepers to promote proper waste disposal and segregation practices. They identified a lack of awareness and suggested solutions like composting and reducing plastic use. The event aimed to foster sustainable waste management conversations and empower the community. Future initiatives are planned to enhance environmental consciousness.





SURVEY ABOUT CONDITION AND IMPORTANT AMENITIES FOR HEALTH



DAY 4

As part of the 7-Day Special Camp organized by the NSS Unit of Ram Lal Anand College from March 21-27, a survey on health amenities was conducted on March 24, 2025 in Satya Niketan. The initiative aimed to assess the availability of essential healthcare services, sanitation, and other vital facilities within the community.

A total of 38 volunteers, including 15 female students, actively participated, engaging with residents to understand their healthcare challenges. Through structured questionnaires and discussions, they identified gaps in sanitation, access to medical care, and clean drinking water.

This survey reinforced the NSS motto "Not Me, But You", encouraging students to contribute towards social welfare. The insights gathered will help shape future initiatives to improve healthcare conditions. The event successfully fostered awareness, responsibility, and a deeper connection with the community.



CAREER COUNSELING AND HELP IN ADMISSIONS

DAY 5

The NSS Unit of Ram Lal Anand College organized a 7-day special camp from March 21 to March 27. As a part of this camp, a Career Counseling and admission assistance drive was conducted in Satya Niketan on March 25th from 2pm-5pm. The initiative aimed to guide students and parents on Higher education, government schemes, and career choices.

A total of 50 NSS volunteers participated in the campaign, including 18 female and 32 male volunteers. Volunteers guided students and parents on career choices, college admissions, scholarships, and skill development programs, helping them make informed decisions for a better future.

The drive was especially helpful for underprivileged students, providing clarity on available opportunities. Many students and parents felt encouraged to pursue further studies, making the campaign impactful and meaningful.



DENGUE AND CLEANLINESS

AWARENESS DRIVE DAY 6



On March 26th, the NSS Unit of Ram Lal Anand College conducted a successful Dengue and Cleanliness Awareness Drive in Basant Gaon village as part of their 7-day camp. A team of 27 volunteers engaged with the community to raise awareness about dengue fever and the importance of cleanliness, particularly in managing dirty water. They provided education on preventive measures, including proper waste disposal, using mosquito nets, and cleaning stagnant water, while also stressing the importance of hygiene. The event was well-received, with villagers expressing enthusiasm and gratitude, and aimed to inspire sustainable change for a healthier environment.



DONATION & PAD DISTRIBUTION DRIVE

DAY 7



To promote menstrual hygiene awareness and support underprivileged communities, the NSS Unit of RLAC conducted a Donation & Pad Distribution Drive from March 25 to March 27, 2025. The event aimed at collecting sanitary napkins, hygiene materials, clothes, and eatables to ensure accessibility for all. A collection desk was set up at Front Stage, RLAC, from 11 AM to 3 PM, where students and faculty members actively contributed sanitary napkins, clothing, and food items. The response was overwhelming, with several donors stepping forward to support the cause.

On March 27, 2025, the NSS team visited slum areas in JJ Colony to distribute the collected items. The event took place from 2 PM to 4 PM, with volunteers engaging with the local women and young girls, spreading awareness about menstrual hygiene and proper sanitation practices. The beneficiaries expressed gratitude, and the team encouraged an open dialogue on breaking menstrual stigma. The drive witnessed active participation from 41 volunteers with the moto "Small actions, big impact—let's make a difference together!", making it a successful and impactful initiative.

The event not only provided essential hygiene materials but also educated and empowered women about menstrual health. The NSS Unit of RLAC remains committed to conducting such initiatives in the future to create a healthier and more dignified society.





Sankalp 2025 marked the celebration of unity, service, and creativity by the NSS Unit of Ram Lal Anand College. Organized on 23rd and 24th April 2025, this two-day fest brought together volunteers, students, and guests to participate in a variety of cultural, intellectual, and socially impactful events. The fest aimed to reflect the spirit of community service, leadership, and talent among the youth.



DAY - 1

With a spirit of dedication and unity, the first day of Sankalp unfolded like a prayer in action—each event a step towards service and self-growth.

INAUGURAL CEREMONY

The NSS Fest Sankalp'25 commenced at 10 a.m. with a vibrant parade featuring students in traditional attire, followed by a banner drop unveiling the event's theme. The college gate and stage were beautifully decorated, creating a festive atmosphere. After the enthusiastic parade finale, the ceremonial lamp was lit and a soulful Saraswati Vandana was performed, seeking divine blessings. Dr. B.K. Mishra, a distinguished ex-serviceman of the Indian Air Force, was felicitated and delivered an inspiring speech, urging volunteers to uphold values and social responsibility. He also mourned the Pahalgam incident, and a two-minute silence was observed in tribute.





AABHA: THE CULTURAL RAMP WALK

A lively cultural ramp walk was organized in the college front lawn, featuring 18 enthusiastic participants showcasing a vibrant display of tradition and creativity. The event was judged by Dr. Shachi Meena and Ms. Varonika Goyal, who brought their expertise and enthusiasm to the occasion. After a colorful and spirited competition, the winners were awarded certificates and attractive hampers in recognition of their performances. As a token of appreciation, the esteemed judges were also honored with certificates and hampers, adding to the celebratory spirit of the event.



BHARAT EK KHOJ: THE TALENT HUNT COMPETITION

The main highlight of the day was Bharat Ek Khoj, a talent hunt competition with entries in Indian Music, Indian Dance, Monologue/Skit, and Poetry. The event successfully showcased 30 diverse talents and celebrated artistic expression.



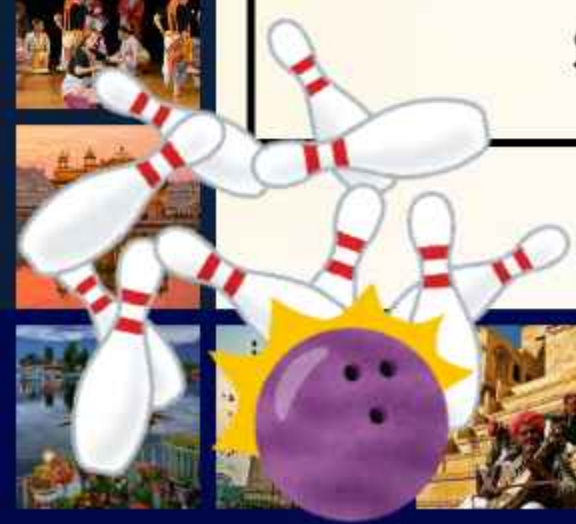
TARANG - AN INTRA-UNIT COMPETITION

Further enriching the festive spirit of Sankalp'25, NSSRLAC proudly presented 'Tarang', an event brimming with fun, learning, and enthusiastic participation. Organized with the aim of blending fun and learning, "Tarang" brought together the creativity, enthusiasm, and teamwork of various NSS groups, each managing lively and interactive game stalls. The event witnessed a tremendous response, gathering a large and spirited audience throughout the day.





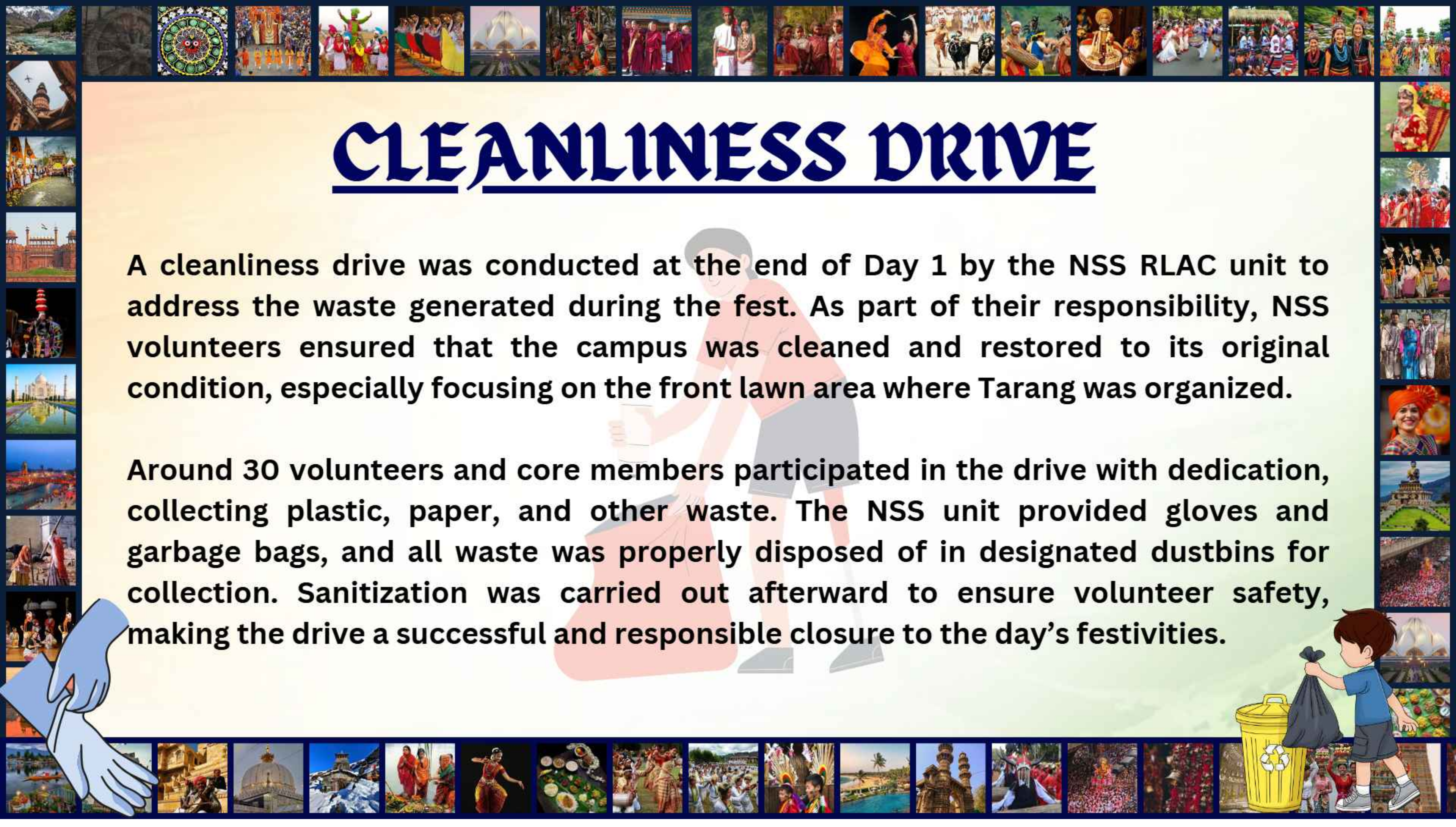
<u>GROUPS</u>	<u>TOTAL PARTICIPATION</u>	<u>NAME OF GAMES</u>
Bhagat Singh Group and B.R. Ambedkar Group	200+	Jindagi mein balanace hai? , Mukhpenkh Olympics, Mission Gend Possible, Bhujo aur nishana lgao.
Kautilya Group and Naoroji Group	100+	Match the cards, Saree Sangam, Soundscape, Chopsticks Match.
Sarojini Naidu Group and Rani Lakshmi Bai Group	170+	Guess the glory, Jigsaw-e-Hindustan, Natak se Bharat tak, Cups of culture.
ChandraShekhar Azad Group and Sardar Patel Group	200+	Blindfold Ball, Indian Map puzzle, Twisted riddles on freedom fighters.

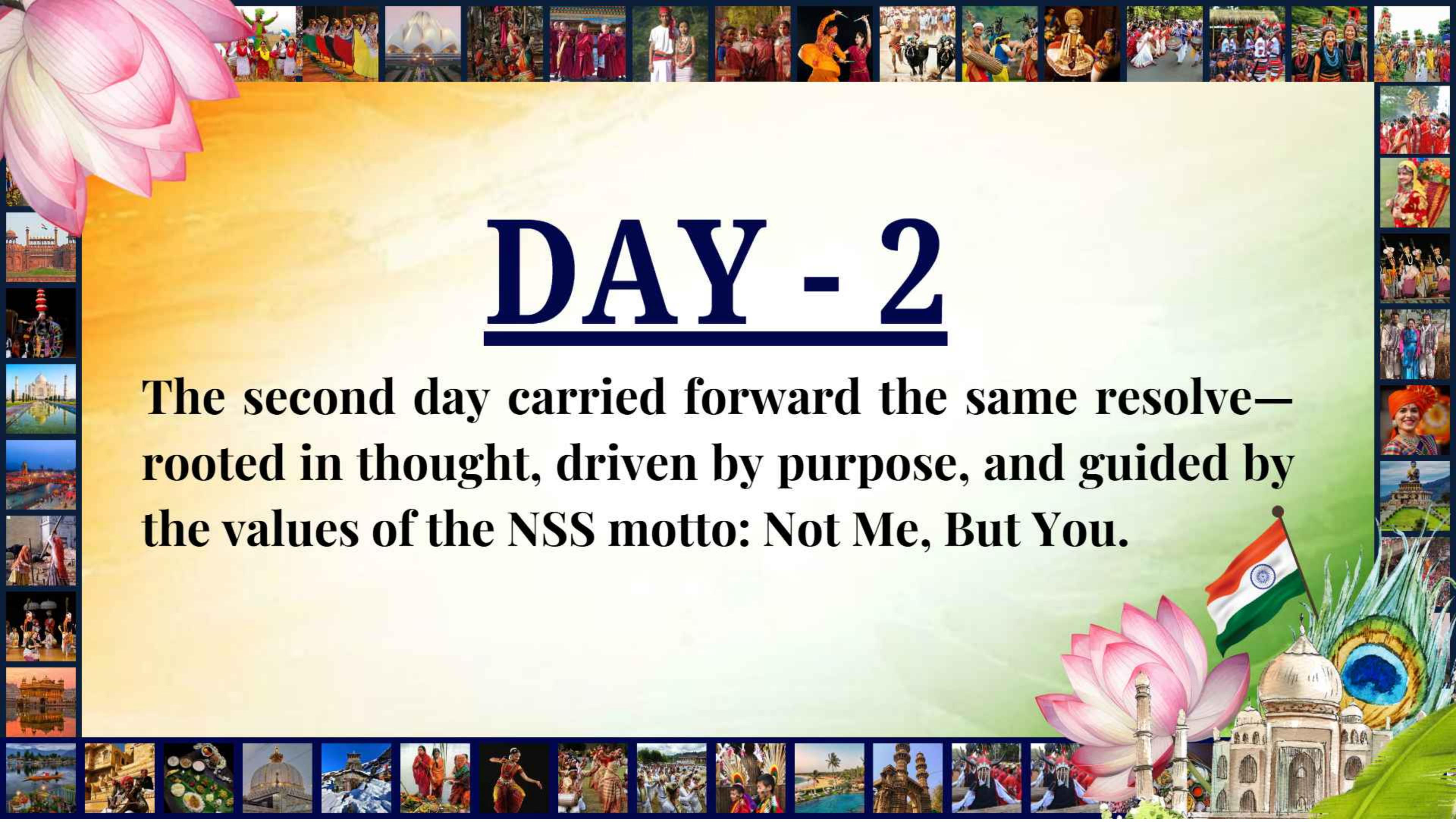


CLEANLINESS DRIVE

A cleanliness drive was conducted at the end of Day 1 by the NSS RLAC unit to address the waste generated during the fest. As part of their responsibility, NSS volunteers ensured that the campus was cleaned and restored to its original condition, especially focusing on the front lawn area where Tarang was organized.

Around 30 volunteers and core members participated in the drive with dedication, collecting plastic, paper, and other waste. The NSS unit provided gloves and garbage bags, and all waste was properly disposed of in designated dustbins for collection. Sanitization was carried out afterward to ensure volunteer safety, making the drive a successful and responsible closure to the day's festivities.





DAY - 2

The second day carried forward the same resolve—rooted in thought, driven by purpose, and guided by the values of the NSS motto: Not Me, But You.

BUJHO TO JANNO -THE QUIZ COMPETITION

Day 2 of SANKALP began with the quiz competition. The Quiz was conducted in 2 rounds with more than 30 teams. The theme for round 1 was "Glory of India" where 8 teams selected for round 2 which was based on "Dump Charades". The competition was a great experience from all and a true showcase of knowledge from different teams..

All the teams performed so well and the top 3 winners of the competition were as follows:-

1. Prateek and ujjwal:- Ram Lal Anand College
2. Karan and utkarsh:- Motilal Nehru College
3. Jeewal and arshmitdeep:- Ram Lal Anand College



VIVEK SMRITI: THE DEBATE COMPETITION

After the thrilling quiz competition, the energy soared higher with a dynamic debate competition starting at 12 noon. Centered around the powerful themes of "Glory of India" and "Vivekananda ke Vichar," participants spoke with unmatched passion and conviction. A total of 25 students took part in the debate. The atmosphere was electric as voices echoed with pride, ideas clashed, and minds ignited. Stealing the spotlight with their eloquence and insight, Gyana Teja secured the 1st position, followed by Aditya Paswan in 2nd place, and Garv in 3rd place. A special mention was awarded to Utkarsh Yadav for his remarkable performance.



CLOSING CEREMONY

With bunch of events and competition SANKALP'25 was indeed a great success . Volunteers not only celebrated volunteerism but also realised their duty towards society. The closing ceremony began with the folk song performance by our NSS Unit of RLAC on the theme "Glory of India" where 8 volunteers elegantly represented different cultural diversity of our India.

Later, Dr. Anurag Sharma our programme officer felicitated all the volunteers for their rigorous hard work and compassion towards society. He also encouraged all the volunteers for their future endeavours and motivated them for continuing the compassion towards society.



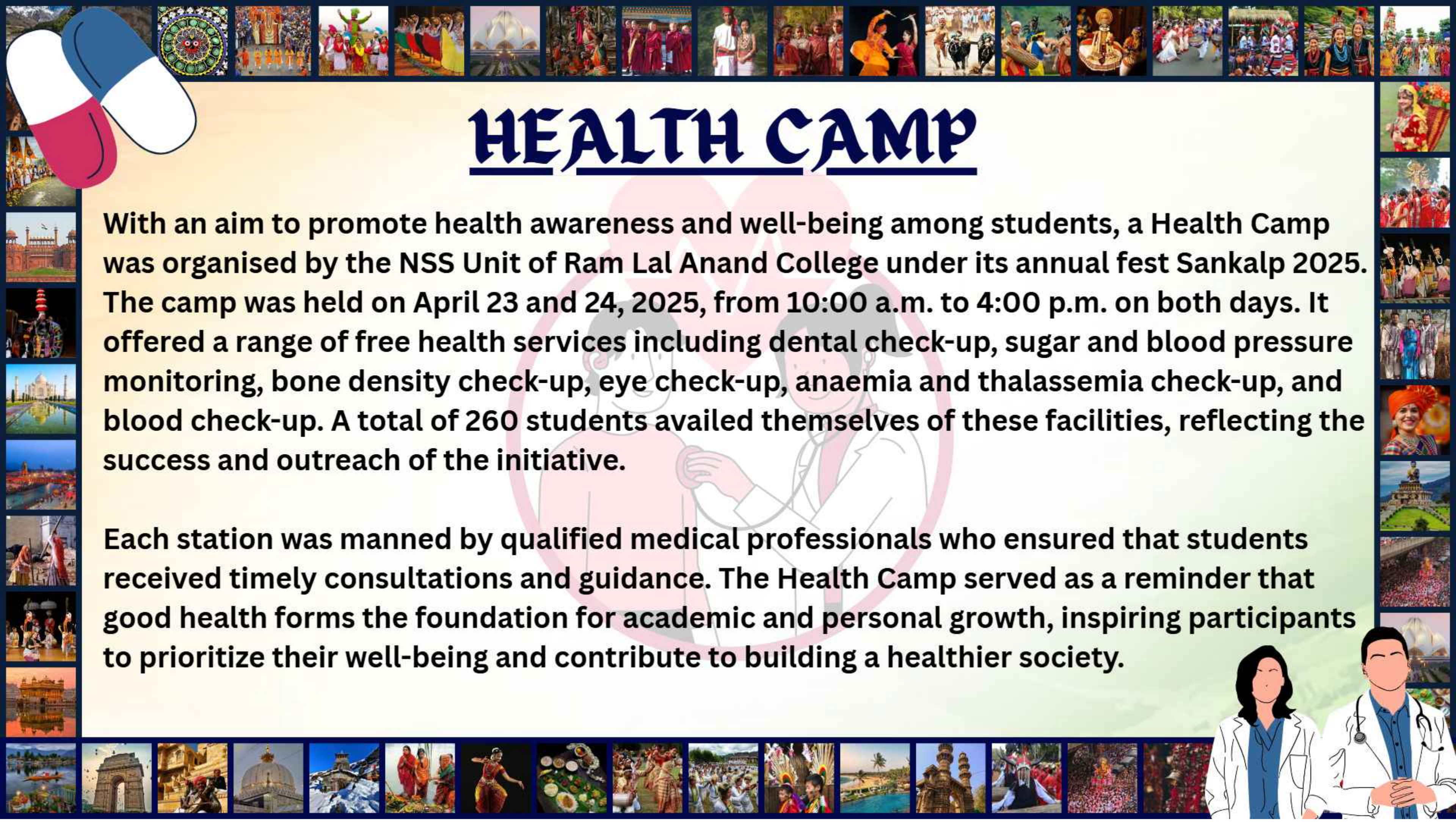
After the felicitation , the President of NSS unit of RLAC gave Vote of thanks to Principal (Prof. Rakesh Kumar Gupta) and Programme Officer (Dr. Aurag Sharma) for their continuous support and guidance. He also thanked all the the volunteers who were the backbone for the fest and made it a great success. He also urged all the volunteers to work with their full enthusiasm and dedication to bring a change in our society.





EVENTS SPANNING BOTH DAYS

Some efforts go beyond time—they flow like continuous devotion. These events reflected our ongoing commitment to serve, heal, and uplift.



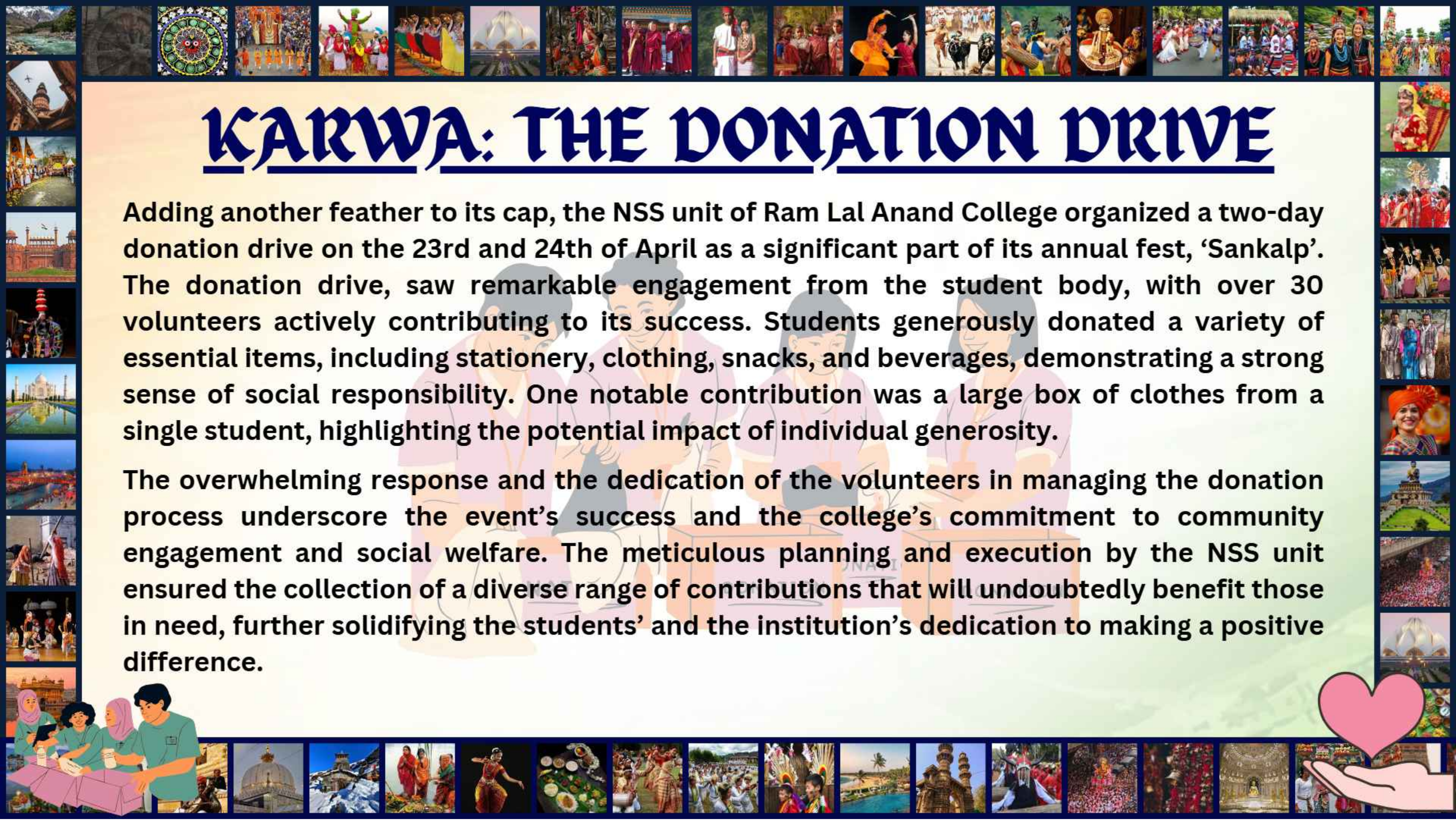
HEALTH CAMP

With an aim to promote health awareness and well-being among students, a Health Camp was organised by the NSS Unit of Ram Lal Anand College under its annual fest Sankalp 2025. The camp was held on April 23 and 24, 2025, from 10:00 a.m. to 4:00 p.m. on both days. It offered a range of free health services including dental check-up, sugar and blood pressure monitoring, bone density check-up, eye check-up, anaemia and thalassemia check-up, and blood check-up. A total of 260 students availed themselves of these facilities, reflecting the success and outreach of the initiative.

Each station was manned by qualified medical professionals who ensured that students received timely consultations and guidance. The Health Camp served as a reminder that good health forms the foundation for academic and personal growth, inspiring participants to prioritize their well-being and contribute to building a healthier society.





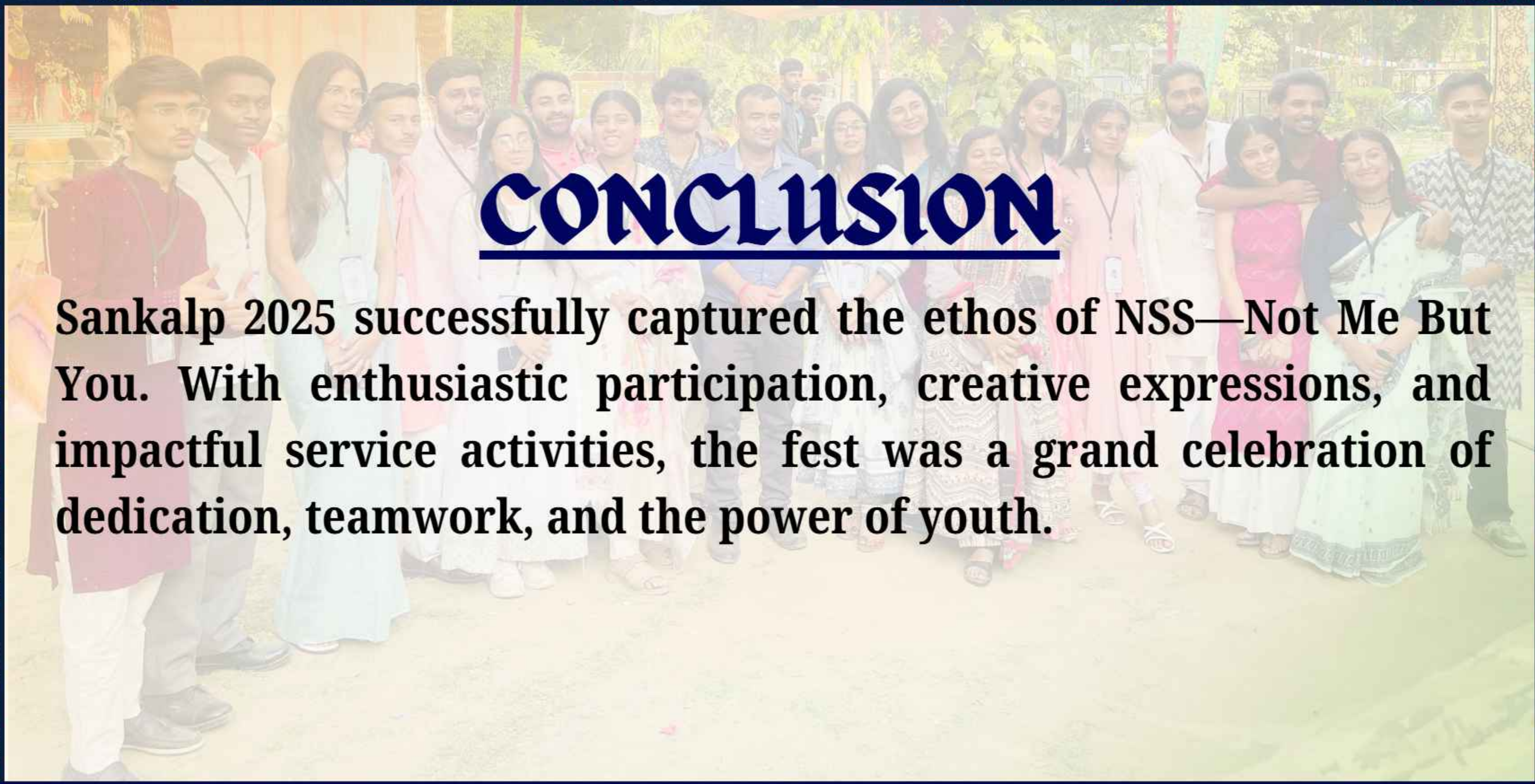
A decorative border surrounds the central text area, featuring a variety of small images representing Indian culture, including traditional dances, religious festivals, historical landmarks like the Taj Mahal, and modern cultural events. The border is composed of numerous small rectangular tiles.

KARWA: THE DONATION DRIVE

Adding another feather to its cap, the NSS unit of Ram Lal Anand College organized a two-day donation drive on the 23rd and 24th of April as a significant part of its annual fest, 'Sankalp'. The donation drive, saw remarkable engagement from the student body, with over 30 volunteers actively contributing to its success. Students generously donated a variety of essential items, including stationery, clothing, snacks, and beverages, demonstrating a strong sense of social responsibility. One notable contribution was a large box of clothes from a single student, highlighting the potential impact of individual generosity.

The overwhelming response and the dedication of the volunteers in managing the donation process underscore the event's success and the college's commitment to community engagement and social welfare. The meticulous planning and execution by the NSS unit ensured the collection of a diverse range of contributions that will undoubtedly benefit those in need, further solidifying the students' and the institution's dedication to making a positive difference.





CONCLUSION

Sankalp 2025 successfully captured the ethos of NSS—Not Me But You. With enthusiastic participation, creative expressions, and impactful service activities, the fest was a grand celebration of dedication, teamwork, and the power of youth.

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JUNE 2025

Plantation Drive On World Environment Day



The NSS Unit of Ram Lal Anand College, University of Delhi, organized an Online Tree Plantation Drive on World Environment Day, June 5, 2025, with the theme "Beat Plastic Pollution." The event encouraged participants to plant a sapling, take a picture, and share it via email to nssunitrlac@gmail.com by June 6, 2025. The initiative aimed to promote afforestation, raise awareness about environmental conservation, and inspire collective action for a greener planet. A total of 4 participants actively contributed to the cause, sharing their photos and demonstrating their commitment to environmental sustainability. The event's success demonstrated the power of community involvement in promoting environmental sustainability and highlighted the importance of individual actions in driving positive change. By leveraging digital platforms and collective action, the Online Tree Plantation Drive made a significant impact, inspiring individuals to adopt more sustainable practices and contributing to a broader cultural shift towards environmental conservation.

Quiz on World Ocean Day

On 8th June 2025, to commemorate World Ocean Day, the NSS Unit of Ram Lal Anand College organized an online quiz competition on the theme Water Conservation, conducted via Mentimeter at 6 PM.

The quiz saw 30 enthusiastic participants, testing their knowledge about oceans and the importance of conserving water. The event successfully raised awareness about environmental issues and reinforced the message that protecting oceans is vital for life on Earth.

The session concluded with the reminder that knowledge empowers action, and water conservation is key to a sustainable future.

Quiz leaderboard

17520 p	Jeevansh Ahuja
16645 p	piyush raj
16558 p	Himanshi
15984 p	Stuti
15805 p	Rahul Kumar
15596 p	Neha Chauhan
15331 p	Shishir Maurya
15047 p	Nishka
14503 p	shreshth Motipol
14374 p	Arpit Patel



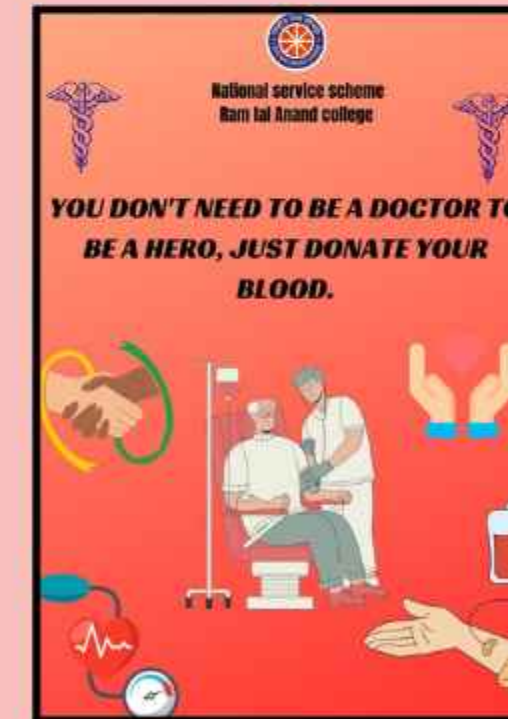
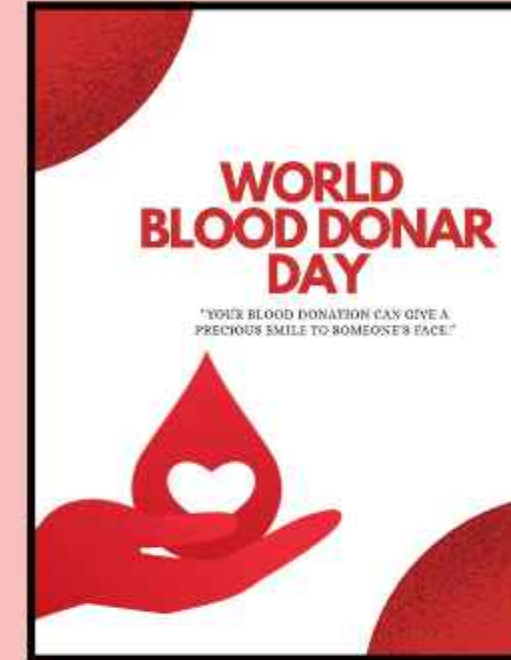
Online Podcast Screening on World Day Against Child Labour

On the occasion of World Day Against Child Labour, the NSS Unit of Ram Lal Anand College hosted an Online Podcast Screening on 12 June 2025 at 6:00 PM. With the objective of spreading awareness about child labour, its root causes, consequences, and the power of collective action, the event served as a meaningful platform for reflection and dialogue. The podcast explored real-life narratives and insights on the systemic issues that perpetuate child exploitation, urging participants to recognize the importance of education, advocacy, and community involvement. The event witnessed active participation from 29 volunteers, who engaged with the content and shared their thoughts during the discussion segment. The online format allowed attendees to join from various locations, ensuring wider outreach and impact. Through this initiative, the NSS Unit once again reaffirmed its commitment to social justice and youth-driven change, encouraging attendees to become informed and active voices against child labour in all its forms.



World Blood Donor Day

On the occasion of World Blood Donor Day (14th June 2025), the NSS Unit of Ram Lal Anand College, University of Delhi, ignited the spirit of compassion and creativity by organizing an online Digital Poster Making Competition on the theme “Blood Donation.” With the belief that art can speak when words fall short, the event encouraged students to become visual storytellers—spreading awareness about the life-saving gift of donating blood. From bold strokes to heartfelt messages, each of the five entries brought forward a unique perspective, proving that even a canvas can inspire change. The initiative not only celebrated the silent heroes who roll up their sleeves to save lives but also empowered young minds to be part of a greater cause—one brushstroke at a time.





SPEAKER SESSION ON INTERNATIONAL YOGA DAY



The National Service Scheme (NSS) Unit of Ram Lal Anand College, University of Delhi, successfully organized a Speaker Session on the occasion of International Yoga Day. The event was held virtually via Google Meet on 17th June 2025 at 6:00 PM.

The session was graced by Ms. Pankhuri Srivastava, a renowned Health and Wellness Coach, who shared valuable insights into the holistic practice of yoga. She emphasized the significance of integrating yoga into our daily lives for physical well-being, mental clarity, and emotional balance. Through her experience and expertise, she helped the participants understand the deeper connection between breath, body, and mind.

The session received an enthusiastic response with the active participation of 35 NSS volunteers. The interactive format of the talk allowed students to raise questions and engage in meaningful dialogue around yoga, wellness, and self-care practices. The event concluded with a vote of thanks, expressing gratitude to the speaker and all attendees for contributing to the success of the session. Overall, the session fostered awareness and encouraged students to adopt healthier and more mindful lifestyles in alignment with the spirit of International Yoga Day.





YOGA EXPERIENCE SHARING EVENT



The NSS Unit of Ram Lal Anand College celebrated the International Day of Yoga on 18th June by organizing an online yoga experience-sharing event. A total of 12 participants took part in this heartfelt event.

Students shared their personal experiences with yoga, highlighting how it became a source of emotional balance, physical well-being, and mental clarity in their lives. Some spoke about overcoming stress and anxiety through regular practice, while others mentioned how yoga helped them build discipline, inner strength, and self-awareness. Their stories reflected the transformative power of yoga in navigating challenges and leading a healthier, more mindful life.





Three-Day Yoga Camp Report



Organized under the 11th International Day of Yoga

The NSS Unit of Ram Lal Anand College, in collaboration with Nirvana, the Yoga and Meditation Society of Ram Lal Anand College, organised a 3-day Yoga Workshop from 19th to 21st June 2025, culminating in the celebration of the 11th International Day of Yoga on 21st June. The theme for this year was “Yoga for One Earth, One Health,” aligning with the global movement to embrace holistic well-being through the practice of yoga.

The first day began with a calm and focused session attended by 26 participants, including 9 teaching staff, 17 students, and 1 outsider. The session opened with a brief overview of yoga’s relevance in everyday life, followed by guided practice of foundational asanas such as Tadasana, Vrikshasana, Trikonasana, Bhujangasana, and Shavasana. The emphasis was on posture, breathing, and body awareness, which created a peaceful and mindful environment for the camp. The session concluded with light refreshments and t-shirt distribution.





RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
ACCREDITED GRADE 'A+' BY NAAC
ISO 21001:2018 & ISO 9001:2015



NIRVANA
YOGA AND MEDITATION SOCIETY
on the occasion of
11TH INTERNATIONAL DAY OF YOGA
participating in
YOGA SANGAM
A mass yoga demonstration
Nationwide Initiative led by Ministry of AYUSH
on
21st June, 2025
All the students, teaching, non-teaching staff of Ram Lal Anand College and all the residents of Anand Niketan are invited.


YOGA ACHARYA
SHRI SHISHIR POKHRIYAL

 **TIME : 07:00 AM - 07:45 AM** **VENUE : FRONT LAWN**

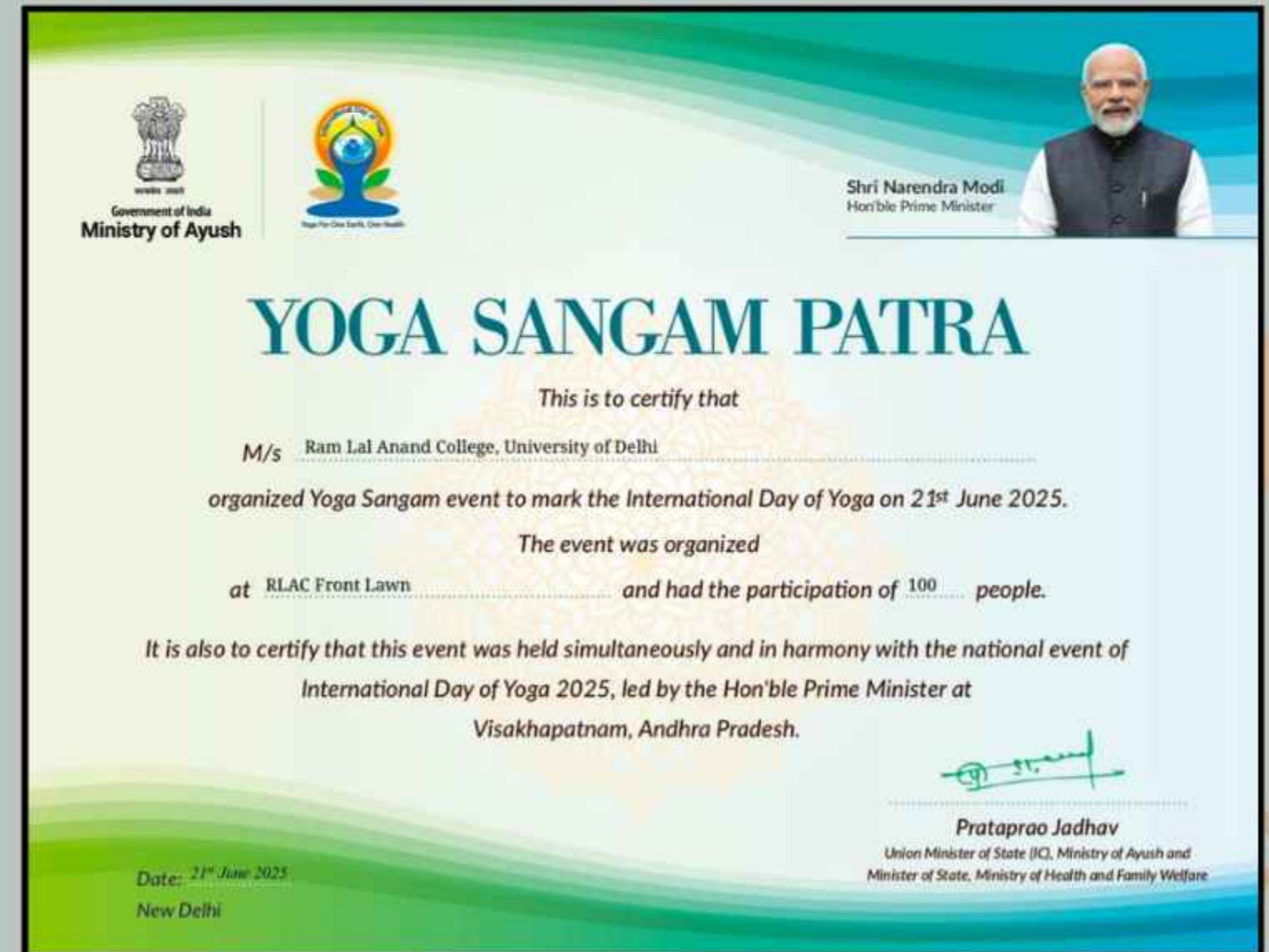
DR. SHIKHA VERMA
CONVENOR

PROF. SEEMA GUPTA
ADVISOR

PROF. RAKESH KUMAR GUPTA
PRINCIPAL

Day 2 witnessed 39 participants, including students, teaching staff, and outsiders, engaging in intermediate asanas such as Padmasana and Surya Namaskar, along with breathing and mindfulness practices. The session emphasized balance, flexibility, and mental clarity, and concluded with healthy juices, fruits, and light snacks, highlighting the importance of satvik nutrition.

The final day marked the grand celebration of the International Day of Yoga with 111 participants, guided by Yoga Acharya Shri Shishir Pokhriyal. A complete yoga flow followed by group meditation created an atmosphere of unity and collective energy. The event concluded on a proud note as Ram Lal Anand College was awarded the Yoga Sangam Patra by the Ministry of Ayush, a recognition of the dedication and spirit of the entire college community.





Thank
you!!

