



**Daulat Ram College  
University of Delhi  
National Service Scheme**



**Annual Report  
2018-19**

**Programme Officer – Mrs. Sarita Jain**

## **NATIONAL SERVICE SCHEME (NSS)**

The NSS Unit of our college is vivacious and enthusiastic which aims at involvement of undergraduate students on a voluntary basis in various activities of social serviced and national development which makes a contribution to socio-economic progress of the students. It also provides opportunities to the students to understand and appreciate the problems of the communities, to awake social consciousness and inculcate in them sense of dignity of labour. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.

### **Events and Activities**

In February, a training workshop by Delhi Police on women safety mobile app ‘Himmat’ was organised for catering to the safety of working women. A ten day Self-Defence workshop was successfully organised to empower our college girls to fight crime against women and visit to Prabhat NGO was also made to distribute clothes and

In March, NSS Volunteers went to CP for actively participating in mass movement of ‘Rape Roko India’. The unit celebrated Senior Citizen Day to demonstrate our gratitude and raise awareness about the factors and issues affecting older people.

In April, the annual fest ‘Aagaaz’ with the theme CHILD LABOUR was organised to discuss the child labour problem in rural and urban areas and factors responsible for child labour.

In May, the unit organised a poster making competition on the theme “Yoga and Youthfulness” as a pre-celebration of Yoga Day. In June, International Yoga Day was observed to motivate students to learn and practice yoga, Yoga Asana Demonstration, a talk on Meditation: Gateway to Inner-spirit in association with Art of Living Organization and Bilingual Intra-College Turncoat Debate Competition on “Yoga and Mental Health: Key to Self-Fulfillment” were other initiatives undertaken.

In August, Swachhta Pakhwada Week, Cleanliness Drive, Swatch Bharat Rally were successfully organised. Poster making competition was organised in association with Indian Spinal Injury Centre with the theme “Stop Spinal Cord Injury”. Workshop on Best out of Waste, Environment Protection, Sustainable Development and Proper Waste Management in association with Eco Club were also organised.

In September, the volunteers participated in a rally organised at India Gate by Indian Spinal Injury Centre to promote safe driving and prevention of injury by avoiding alcohol and use of mobile etc. In association with NGO ‘Respect India’ a Speech Competition and essay writing competition was organised. On NSS Day, a talent hunt on the theme Swachta hi sewa was organised. Blood Donation Drive, Seminar on Legal Awareness, Voter’s Forum Campaign, presentation by Bharat Udaay and Youth for Seva to connect students to create positive change agents in the society through the culture of volunteering were other initiatives undertaken. The unit also Celebrated 2<sup>nd</sup> anniversary of Surgical Strike (Prakram Parv) by organizing poem/letter writing and poster making. Two minute silence was also observed in their memory. In October, the VCS team of our unit organised the scholarship distribution programme given every year by Agroha Vikas Trust. National Unity Day as a mark of respect to Sardar Vallabh Bhai Patel was observed. On this occasion Ekta Shapath was taken and Unity Run was also organised. In November, the annual not-for-profit Diwali mela “Jalsa” was organised.

In January, the unit donated winter clothes to the needful people in North Campus near metro stations, markets, and other areas near the campus. National Youth Day was celebrated and Swami Vivekananda’s teachings were taught in collaboration with Bharat Udaay. Volunteers went to different school for the awareness in school students. As a part of the Voters’ Awareness Campaign launched by the chief election office, our unit organised a Bilingual Speech Competition and Poster Making Competition. Lastly, a

Voters' Awareness forum session was organised to give more knowledge about the voting process and its technicalities.

In February, our volunteers took an active part in Walkathon organised by Delhi Traffic Police at India Gate to encourage traffic and road safety rules. A 'Sapling Plantation' in collaboration with Eco Club was also organised. Self-Defence Training programme is also being conducted this year too. The annual fest 'Aagaaz' on the theme of "Mental Health" and Senior Citizen Day are upcoming events.

### ACHIEVEMENTS

- **Sakshi Thukral** (BA (Prog), II Year) was selected for National Integration Camp at Jamia Millia Islamia University and won 2<sup>nd</sup> Prize in Nukkad Natak.
- **Shivani** (BA (H) Hindi, II Year) was selected in Adventure Camp
- **Madhu** (BA (H) Eco, II Year) was selected for National Integration Camp, Mandi, Himachal Pradesh
- 5 volunteers participated in the youth parliament and 2 of them were selected for national level in youth parliament.

### OFFICE BEARERS OF NSS

Name	Position
MRS. SARITA JAIN	CONVENOR
DR. JYOTI SHARMA	CO-CONVENOR
YASHVI SHARMA	PRESIDENT
MANYA SAINI	VICE PRESIDENT
RITIKA SHARMA	GENERAL SECRETARY
CHARU ANAND	TREASURER
SOMYA GOEL	DATA HANDLER
NIKITA AGARWAL	MANAGEMENT HEAD
MADHU KUMARI	MANAGEMENT HEAD
APARANA PANDEY	VCS HEAD
BHAVYA BANERJEE	CONTENT HEAD
SHRUTI SINGHAL	CREATIVE HEAD
PURVAI GUPTA	MANAGEMENT TEAM
TANYA AGGARWAL	MANAGEMENT TEAM
ANDLEEB HASHMI	MANAGEMENT TEAM
ANUSHKA SAINI	VCS TEAM
SAKSHI THUKRAL	VCS TEAM
MUSKAN JAIN	VCS TEAM
DEEKSHA	CONTENT WRITER
MADHWI SHARMA	CONTENT WRITER
BHAWNA ARYA	CONTENT WRITER
PRIYANSHI JAIN	CONTENT WRITER
PURVI GUPTA	CREATIVE MEMBER
RUWAIDAH SUHAIL	CREATIVE MEMBER
SHIVANI	CREATIVE MEMBER

**Title of the Event:** 7-Day Yoga Session

**Date:** 2<sup>nd</sup> May and 21<sup>st</sup> June 2018

**Number of students participated:** 60

**Organizing unit/collaborating agency:** National Service Scheme, Daulat Ram College

**Report:** From 2nd May 2018, 50 days before yoga day NSS, DRC celebrated the spirit of yoga with an informative session and a poster making competition. The Second event for the day was a session by the Art of Living organisation. The chief guests for the event were Shri. Sachin Taneja, Mrs. Rajni Gulyani, Mr. Pankaj Mehra and Mrs. Charu Wadhwan. The session's central theme was teaching volunteers the benefits of inculcating Yoga in their day to day lives. The yoga training sessions were given for 7 days. On 21st June, 2018, National Service Scheme, Daulat Ram College Unit celebrated the International Day of Yoga with vigour and enthusiasm of the volunteers. The importance of imbibing yoga in our day to day lives has been instilled in over 60 volunteers with 3 unique events.

Event Schedule:

1. Yogathon: yoga and parnayama – The programme began with a demonstration of the various asanas and postures by Shri Praveen Kumar Gupta, Zonal President, Bhartiye Yog Sansthan.
2. Talk on Meditation: Gateway to Inner Peace conducted by Shri Sachin Taneja, Art of Living organisation.
3. Bilingual Intra- college Turncoat debate competition on Yoga and Mental Health.



**NSS volunteers attended  
talk on meditation**



**NSS volunteers practicing  
yoga during 7-day workshop**

**Title of the Event:** Swachhta Pakhwara

**Date:** 3<sup>rd</sup> August, 2018

**Number of students participated:** 200

**Organizing unit/collaborating agency:** NSS, Daulat Ram College

**Report:** To commemorate Swachhta Pakhwara, under the positive initiative of Swachh Bharat Abhiyaan, the National Service Scheme Daulat Ram College Unit organised an oath taking ceremony on 3<sup>rd</sup> August. The ceremony witnessed the participation of more than 200 student volunteers, respected members of the non-teaching staff of the college, as well as teachers undertaking the pledge towards ensuring cleanliness in their surroundings.



**NSS Volunteers with faculty members taking oath**



**NSS volunteers cleaning the college premises**

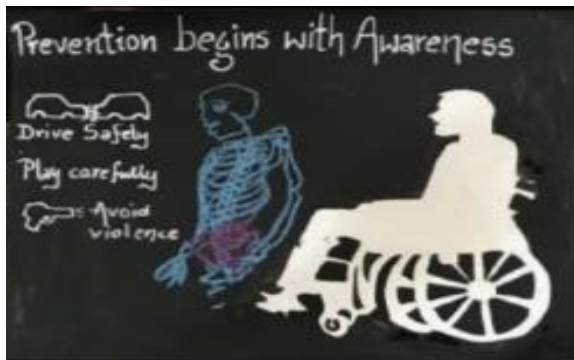
**Title of the Event:** Poster-Making Competition (Stop Spinal Cord Injury)

**Date:** 2<sup>nd</sup> September, 2018

**Number of students participated:** 80

**Organizing unit/collaborating agency:** NSS, Daulat Ram College with Indian Spinal Injuries Centre

**Report:** To increase awareness about spinal cord injuries, National Service Scheme, Daulat Ram College Unit organised a Poster Making with the Indian Spinal Injuries Centre. The competition, held in the Girls Common Room of the college witnessed more than 50 volunteers participating to display their creativity and skills through arts and crafts. National Service Scheme, Daulat Ram College (NSS DRC) took part in a rally organized by the Indian Spinal Injuries Hospital, Vasant Kunj, on 2nd September 2018 at Rajpath. The rally focused on the prevention and awareness about spinal injuries taking into account the forthcoming Spinal Cord Injury Day on 5th September. The rally witnessed a massive presence of over 2000 people, each wearing a T-shirt made exclusively for the rally to spread the motto of the rally: "Stop Spinal Cord Injury." The union members and around 80 volunteers of NSS DRC enthusiastically showed their presence for the same.



**Poster made by a student for the competition**



**NSS volunteers attending the awareness rally**

**Title of the Event:** Essay Writing Competition and bilingual Speech and Poetry competition on theme : 21st Century India

**Date:** 5<sup>th</sup> September, 2018

**Number of students participated:** 50

**Organizing unit/collaborating agency:** NSS, Daulat Ram College in association with Respect India NGO

**Report:** A bilingual Essay Writing Competition was organised by the National Service Scheme unit of Daulat Ram College, in association with Respect India NGO, on 5th September 2018, Wednesday. The theme for the same was 21st Century India, and the obstacles of old age. 30 students enthusiastically volunteered in the event and expressed their views in a time limit of 45 minutes. Participants were given a choice to write either in Hindi or English. National Service Scheme Daulat Ram College organised a bilingual Speech and Poetry competition with Respect India NGO on 5th September 2018, Wednesday. The theme of the event was 21st Century India, and the obstacles of old age. More than 20 students volunteered to share their views about the challenges faced by the elders. The participants were given three minutes to share their notion and perceptions in either Hindi or English.



**NSS volunteers  
participating in the event**

**Title of the Event:** Blood Donation Camp

**Date:** 18<sup>th</sup> September, 2018

**Number of students participated:** 151

**Organizing unit/collaborating agency:** NSS, Daulat Ram College with Red Cross

**Report:** The NSS Unit of Daulat Ram College successfully organized a Blood Donation Camp in association with the Red Cross on 18th September 2018 with the enthusiastic participation of 151 volunteers, out of which 29 volunteers successfully donated their blood and were awarded with a donor card by the Red Cross Society. The feeling of bliss was clearly visible on the faces of the donors as they gave the gift of life by donating their blood. Surbhi Chakraborty, a volunteer who donated blood remarked "This is an extremely satisfying and fulfilling experience. One, I am glad I got to have gotten the opportunity to go through."



**NSS volunteers donating blood for social cause**



**Title of the Event:** Second anniversary of Surgical Strike- Gratitude Activity

**Date:** 29<sup>th</sup> September, 2018

**Number of students participated:** 35

**Organizing unit/collaborating agency:** National Service Scheme, DRC

**Report:** On the occasion of the second anniversary of Surgical Strike, i.e. 29th of September 2018, the National Service Scheme (NSS) Unit of Daulat Ram College (DRC) organised an event on the theme Prakram Parv (Surgical Strike Day) to mark the day. 35 students and the NSS Union members actively participated in the event and expressed their respect for the soldiers in various forms related to the theme Prakram Parv. The students wrote letters to the soldiers, slogans on Patriotism, gratifying poems, and made creative posters. The event was a great success as the students passed on the message of love for our nation and respect for the army through their enthusiastic participation.



**NSS volunteers  
showcasing their posters**

**Title of the Event:** Winter Clothes Donation Drive

**Date:** 14<sup>th</sup> January, 2019

**Number of students participated:** 10

**Organizing unit/collaborating agency:** NSS, Daulat Ram College

**Report:** On 14th January, 2019, NSS DRC donated winter clothes to the needy people in North Campus, University of Delhi. The donation drive was carried out by the NSS union members along with volunteers, who distributed the clothes to the deprived people near metro stations, markets and other areas near the campus. We are thankful to all the students and teachers who donated with generosity which enabled us to provide enough clothes to the ones in need.



**NSS volunteers donating clothes to the needy people**

**Title of the Event:** Voters' Awareness Forum

**Date:** 22<sup>nd</sup> January, 2019

**Number of students participated:** 31

**Organizing unit/collaborating agency:** NSS, Daulat Ram College

**Report:** National Service Scheme unit of Daulat Ram College organised various events in the third week of January, 2019 to celebrate the launch of Voters' Awareness Forum which will aim at enhancing and strengthening quality electoral participation. The unit organised a Bilingual Speech Competition under the Voters' Awareness Campaign on 19th January 2019 on topics related to Voters' Awareness. 15 students participated in the speech competition. The unit then organised a poster making competition on January 22, 2019 in which 16 enthusiastic participants came with their own interpretations of voters' rights and duties and depicted them through a pictorial representation. The participants claimed that these activities not only enhance their creativity but also give them more knowledge while preparing for these competitions. Lastly, NSS DRC organised a Voters' Awareness Forum session on 23rd January, 2019. The event was organised for students and the staff members to make them aware and give more knowledge about the voting process and its technicalities. Mr. Padam Singh, Assistant Electoral Registration Officer (Timarpur) was the Chief Guest for the event with the other guests being Mr. Parvesh, Assistant Electoral Registration Officer (Chandni chowk) and EVM Master Trainer; Mr. Ravi, Assistant Electoral Registration Officer (Ballimaran) and EVM Master Trainer and Mr. Faraz Khan, DEO (Timarpur).



**NSS volunteers participating in the event**

**Title of the event:** Walkathon

**Date:** 4<sup>th</sup> February, 2019

**Number of students participated:** 15

**Organizing unit/collaborating agency:** NSS DRC in association with Delhi Police

**Report:** The NSS Unit of Daulat Ram College took an active part in the Walkathon organised by Delhi Traffic Police on February 4, 2019 at India Gate alongside other NSS and NCC units, schools, Brahmakumaris and other groups. The crowd was enriched with all bold voices singing out slogans such as “**Stop before stop line**”, “**No mobile while mobile**” etc. to make the public aware of the primary rules before the other technical ones. This was to sensitise the people towards the increasing number of road accidents and the innumerable reasons which we don't even look into. The organisers successfully ensured the participation of all age groups in the rally leading to a better impact of the same.



**NSS volunteers participating in the walkathon organized by Delhi Police**

**Title of the Event:** Sapling Plantation Drive

**Date:** 6<sup>th</sup> February, 2019

**Number of students participated:** 20

**Organizing unit/collaborating agency:** NSS, Daulat Ram College and Dhara Eco-Club, Daulat Ram College

**Report:** "We do not inherit the Earth from our ancestors. We borrow it from our children." With the same thought in mind NSS Unit of Daulat Ram College organized Plantation Drive on 6th February 2019 in association with Dhara - the Eco Club of Daulat Ram College. Around 20 students planted 10 saplings with the assistance of the college gardener. An eco-oath was administered by NSS Data Handler Somya Goel and students pledged to plant more and more trees and take care of them. They were guided by the college gardener on how to take care of plants. The aim of the drive was to infuse a sense of environmental awareness in the students. The students actively took part in the event and showed enthusiasm in planting the saplings.



**NSS volunteers participating in the plantation drive**

**Title of the Event:** Self-Defence Workshop

**Date:** 7<sup>th</sup> February 2019 to 20<sup>th</sup> February 2019

**Number of students participated:** 500

**Organizing unit/collaborating agency:** NSS, Daulat Ram College with Delhi Police

**Report:** National Service Scheme, Daulat Ram College in collaboration with Delhi Police organised Self Defence Training Workshop for 500 students from 4th February to 20th February of 10 days. Through the course of the training girls learned essential skills to help defence themselves against harassment, eve-teasing, physical abuse and other imposing dangers. The instructors Ravi Dutt, Shakti Singh, Sonal and Nishu taught the girls the that defence is not only protection of the body but also of the mind and its buoyancy.



**Title of the Event:** Donation Drive

**Date:** February 2019

**Number of students participated:** 5

**Organizing unit/collaborating agency:** NSS, Daulat Ram College

**Report:** NSS Union along with 5 volunteers in the month of February at the conclusion of a successful donation drive visited the Delhi Foundation for Deaf Women and God Gives Everything NGO to help the underprivileged women and children with the sanitary napkins, toiletries and stationary.



**NSS volunteers participating in donation drive**

**Title of the Event:** Bodh Gaya Global Dialogues 2019

**Date:** 23<sup>rd</sup> March 2019

**Number of students participated:** 22

**Organizing unit/collaborating agency:** organized by Deshkal Society in collaboration with Indira Gandhi National Centre for the Arts

**Report:** National Service Scheme Unit was delighted to be a part of the Second Edition of Bodh Gaya Global Dialogues 2019 organized by Deshkal Society in collaboration with Indira Gandhi National Centre for the Arts on March 23, 2019. The seminar focused on how Buddhism has flourished globally after its advent in India. Dr. Shekhar Dutt (Former Governor and Author, Chhattisgarh), H.E. Gonchig Ganbold (Ambassador, Embassy of Mongolia, New Delhi), and H.E. Pham Sanh Chau (Ambassador, Embassy of Vietnam, New Delhi) were the guests of honor at the event. It was indeed a moment of pride for all the volunteers since Daulat Ram College was the knowledge partner of this amazing and enriching event.



**NSS volunteers  
participating in the event**



**Title of the Event:** Nurturing Dreams

**Date:** 26<sup>th</sup> March, 2019

**Number of students participated:** 100

**Organizing unit/collaborating agency:** National Service Scheme, DRC

**Report:** 'You can do anything if you think you can', said Ms. Perna Bhatia. She has coached thousands of students and professionals from all walks of life and has educated people on subjects like Positive Attitude, Power of Thoughts, Leadership Skills, Communication and Soft Skills etc. She delivered a motivational lecture on 26<sup>th</sup> March 2019 at Daulat Ram College conducted by NSS DRC. 100 students attended the session and were highly influenced by her. She not only talked about how positive thinking can change one's life but also gave tips to students about how they can initiate that change.



**NSS volunteers  
participating in the event**

**Title of the event :** Waste collection drive- Swachh Bharat Summer Internship (SBSI)

**Date:** 10<sup>th</sup> June, 2019 – 31<sup>st</sup> July, 2019

**Number of students Participated:** 10

**Organizing unit/collaborating agency:** National Service Scheme, DRC

**Report:** The Ministry of Jal Shakti, in association with the Ministry of Youth Affairs and Sports, and HQ NCC has launched the Swachh Bharat Summer Internship 2019 – 50 Hours of Swachhata, an initiative that gave an opportunity to youth across the country to become a part of the Swachh Bharat jan andolan. The volunteers organised a waste collection drive in the North Campus, University of Delhi and its surrounding area. Volunteers collect waste from the college, parks and streets. The volunteers participated with full enthusiasm. Throughout all the activities undertaken from 10th June to 31st July 2019. The initiate was a wonderful opportunity for the volunteers and helped them develop more passion towards social service.



**NSS volunteers performing waste collection drive**

**Title of the Event:** Awareness campaign in school- Swachh Bharat Summer Internship (SBSI)

**Date:** 27<sup>th</sup> July, 2019

**Number of students participated:** 10

**Organizing unit/collaborating agency:** National Service Scheme, Daulat Ram College

**Report:** Volunteers of NSS DRC visited Delhi University Social Centre Co-Ed Secondary School in Maurice Nagar, Delhi on 27th July 2019. The volunteers interacted with the students. They informed the students about the current statistics of waste production and took up their concerns and suggestions. It was an interactive and informative session. The volunteers were happy to see the enthusiasm and curiosity of the children and willingly answered all their queries. Poster making competition was one among the several activities undertaken in Delhi University Social Centre Co-Ed Secondary School.



**NSS volunteers participating in Awareness campaign in school**

**Title of the Event:** Awareness campaigns in village- Swachh Bharat Summer Internship (SBSI)

**Date:** 24<sup>th</sup> July, 2019

**Number of students participated:** 10

**Organizing unit/collaborating agency:** National Service Scheme, Daulat Ram College

**Report:** The Ministry of Jal Shakti, in association with the Ministry of Youth Affairs and Sports, and HQ NCC has launched the Swachh Bharat Summer Internship 2019 – 50 Hours of Swachhata, an initiative that gave an opportunity to youth across the country to become a part of the Swachh Bharat jan andolan. In order to spread awareness about cleanliness and Solid waste management, a drive was conducted on 24<sup>th</sup> of July, 2019 in a slum named 'Cigarette Wala Bagh' near GTB Nagar. The volunteers walked down the streets of the place talking to the residents and informing them about proper disposal techniques and importance of cleanliness. The volunteers also collected the waste on the streets and disposed it properly.



**NSS volunteers participating in Awareness campaign in village**