



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



**Annual Report  
2019-20**

**Programme Officer- Mrs. Preeti Singh**

## **NATIONAL SERVICE SCHEME (2019-20)**

**Meager Means yet Courageous Dreams!!**

The NSS unit of the college renders highly committed service in the development of self in society. It aims at involvement of undergraduate students on a voluntary basis in various activities of social service and national development to make this world a better place. It also provides opportunities to actively engage young minds to the issues of national importance and teaching them spirit of giving is what we should value the most. The unit believes that “the unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” The unit feels honoured and privileged for having constant support of our respected principal madam, Dr. Savita Roy and former convenor, Mrs. Sarita Jain.

### **Events and Activities**

In May, the volunteers of the unit participated in an event organised by the University of Delhi to celebrate its 97th Foundation Day. Later in June, organised a pledge ceremony on 6th June 2019 to observe World No Tobacco Day (WNTD) and took the pledge to never consume Tobacco products and to motivate others to do the same. A 10-days Yoga training programme from 6th June to 17th June was organised in collaboration with Bharatiya Yog Sansthan. The volunteers were motivated to imbibe Yoga in their lifestyle. Volunteers from the unit also participated in the celebration of the 5th International Day of Yoga by University of Delhi at Gandhi Bhawan.

In August, Swachhta Pakhwada Week was observed where Swachhta Oath Taking Ceremony, Swachhta awareness rally, Visit to slum, Waste Collection Drives inside and outside the college, cleanliness drives organised in the vicinity of the college, Hindu Rao Hospital, WUS Health Center and GTB Nagar Community Centre were initiatives undertaken. The volunteers participated in #CharchaForChange: Climate Chapter organized by United Nations Development Programme (UNDP). In association with Dhara-the eco club of DRC and Recycling Unit organised the 'Dragonfly Festival 2019' and in collaboration organized an interactive workshop on Circular Economy of Plastic Waste and Livelihood Opportunities and Inauguration of Reverse Vending Machine (RVM) to manage Plastic Waste with PDUSS.

The unit organized Poster making competition on 21st August 2019 in association with Indian Spinal Injuries Centre on the theme "Living Life to the Fullest". The unit arranged live telecast of Fit India Movement launching ceremony and motivated students to be fit and fine always. At the end of August, in collaboration with Dhara- the Eco club of DRC and commerce department organised National Workshop on 'Water and Waste Management'.

In September, NSS Volunteers along with VCS Students participated in Blindfold Walk organised by SAKSHAM, participated at the iSAFE'19 event launched with the aim to Make India Roads Safer by IIT Delhi and also zealously participated in the Spinal Cord Injury Day rally organised at India Gate to emphasize the need to drive safe as road accidents are the major cause of Spinal Cord injuries. A team of 4 volunteers each visited 'Bachchon ka Ghar', 'Bachiyon ka Ghar' and 'Kilkari' orphanage for children with stationery and toiletries donated by the college students. Blood Donation Drive, a talk on Detoxification of Stress, Best out of waste workshop were other initiatives undertaken.

On the occasion of 50<sup>th</sup> NSS day, bilingual debate competition, Essay Writing Competition, Talent Hunt, Pad Yatra, Shramdaan focusing on plastic waste management, Cycle Rally and Online Photography Contest were organised. The VCS team of our unit organised the scholarship distribution programme given every year by Agroha Vikas Trust.

In October, conducted a Fit India Plog Run on the occasion of 150th Gandhi Jayanti celebrations and to observe National Unity Day as a mark of respect to Sardar Vallabh Bhai Patel an oath taking ceremony and a Run for Unity was organised to instil in the students a feeling of togetherness and pride for the country. On 23<sup>rd</sup> October, NSS Unit organised Jalsa, its annual not-for-profit Diwali mela with Ishtiraaq-e-Aaftab as the theme.

In November, a painting competition was organised as a part of the celebration of National Unity day. In association with Indian Overseas Bank, University Branch conducted an oath taking ceremony on the theme 'Integrity - A way of life' as a part of the 'Vigilance Awareness Week'.

In January, the volunteers participated in the SVEEP Campus Ambassador Training programme held at Integrated Institute of Technology, Dwarka. The unit organized a Walkathon as a part of the Fit India Initiative, organised road safety and awareness session and a talk on “Digital Detox”. “Self-defence training programme”, Senior Citizen Day, Voters Awareness week and the annual fest ‘Aagaaz’ on the theme of “Climate Change” are the upcoming events.

### OFFICE BEARERS OF NSS 2019-20

One Dream, One Team

Name	Designation	Course
Mrs. Preeti Singh	Convenor	
Purvai Gupta	President	B.Com
Muskan Jain	Vice-President	B.A. (Hons) Political Science
Ananya Sharma	General Secretary	B.A. (Hons) Political Science
Sakshi Thukral	Treasurer	B.A. Prog
Riya Arora	Data Handler	B.Com
Ruwaidah Suhail	Marketing Head	B.A. Prog
Andleeb Hashmi	Management Head	B.Sc. Life Sciences
Madhwi Sharma	Head of Content	B.Sc. Life Sciences
Anushka Saini	VCS Head	B.Com
Shivani	Creative Head	B.A. (Hons) Hindi
Purvi Gupta	Creative Head	B.A. (Hons) Political Science
Vanshika Gupta	Management Team Member	B.A. (Hons) Political Science
Khushi	Management Team Member	B.Com
Aakriti Sahay	Management Team Member	B.Com (Hons)
Muskaan Bhagat	Content Writer	B.A. (Hons) Economics
Spandan Garg	Content Writer	B.Com (Hons)
Shruti Suman	Content Writer	B.A. (Hons) Political Science
Suramyaa Tewari	Content Writer	B.A. Prog
Shruti Arora	VCS Team Member	B.Com
Varsha Rani	VCS Team Member	B.A. (Hons) Hindi
Mahak Verma	VCS Team Member	B.Com
Shreya Singh	Creative Team Member	B.Sc. (Hons) Zoology
Mansi Mittal	Creative Team Member	B.Com (Hons)
Arya Ranjan	Creative Team Member	B.A. (Hons) Political Science

**Title of the event:** Yoga Training Program

**Date:** 6<sup>th</sup> -17<sup>th</sup> June, 2019

**Number of students participated:** 25

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

**Report:**The unit organised a 10-day Yoga training programme from 6th June to 17th June, 2019 in collaboration with Bharatiya Yog Sansthan. 25 volunteers were trained to practice various Yoga asanas for physical, mental & spiritual well-being. The programme emphasized the importance of practicing Yoga in our daily lives. The volunteers were motivated to imbibe Yoga in their lifestyle. Volunteers from the unit also participated in the celebration of the 5th International Day of Yoga by University of Delhi at Gandhi Bhawan. The event included demonstration of Yogasanas and Meditation practices by the NSS and NCC volunteers from various colleges of the University of Delhi.



**NSS Volunteers performing yoga asanas during training program**

**Title of the event:** World No Tobacco Day (WNTD)

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

**Number of students participated:** 20

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

**Report:** DRC NSS Unit organised a pledge ceremony on 6<sup>th</sup> June 2019 to observe World No Tobacco Day (WNTD). 20 students along with the NSS union members administered the pledge through which they swore to never consume tobacco products and to motivate others to do the same. World No Tobacco Day, 31<sup>st</sup> May, is observed to draw attention to the widespread prevalence of Tobacco use and its negative health effects. The campaign also serves as a call for action, advocating for effective policies to reduce Tobacco consumption and engaging stakeholders across multiple sectors in the fight for Tobacco control.



**NSS Volunteers along with teachers  
taking oath**

**Title of the event:** CharchaForChange : Climate Chapter

**Date:** 5<sup>th</sup> August, 2019

**Number of students participated:** 20

**Organizing unit/collaborating agency:** United Nations Development Programme(UNDP) and Josh Talks

**Report:** Second edition of CharchaForChange : Climate Chapter was successfully organized by United Nations Development Programme(UNDP) and Josh Talks on 5<sup>th</sup> August 2019 at Indian Habitat Centre, New Delhi. 20 Volunteers from National Service Scheme unit of Daulat Ram College got the privilege to be a part of the illuminating event.



**Discussion taking place on the topic  
CharchaForChange : Climate**

**Title of the event:** Dragonfly Festival

**Date:** 7<sup>th</sup> August, 2019

**Number of students participated:** 120

**Organizing unit/collaborating agency:** NSS, Daulat Ram College in association with Eco Club

**Report:** Dhara-the eco club of DRC organised the 'Dragonfly Festival 2019' in collaboration with NSS DRC on 7<sup>th</sup> August, 2019. 120 students eagerly gathered to attend the seminar. Mr. Ishtiyak Ahamad, Education Officer, ABWLS enriched the students with information about dragonfly followed by a film screening. He concluded the session by taking up doubts from both the student as well as the teachers. The interactive session was followed by a campus count of Dragonfly in various locations of the campus. Overall, it was an enlightening festival that gave the students an opportunity to celebrate the existence of these winged beauties.



**NSS Volunteers attending the event**

**Title of the event:** Swachhta Pakhwara Awareness Campaign

**Date:** 7<sup>th</sup> August 2019

**Number of students participated:** 19

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

**Report:** Swachhta Pakhwara awareness rally was organised in Cigarette Bagh on 7th August 2019 by NSS DRC. A team of 19 volunteers and NSS Union members made efforts to sensitize the residents about the need to keep their surroundings and locality clean and hygienic.

**Video:**

<https://drive.google.com/file/d/11eO-vKkiBwrex0jObBv5iI2VNVRekDRo/view?usp=sharing>



**NSS Volunteers performing awareness rally at the slum area**





**Title of the event:** Waste Collection Drives

**Date:** 9<sup>th</sup> August, 2019

**Number of students participated:** 10

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

**Report:** NSS DRC organized two cleanliness drives on 9th August 2019 under the Swachhta Pakhwada initiative. The first drive was conducted in the college premises, the students went around cleaning the college. Another drive was carried out the same day. The volunteers cleaned the area outside the college premises. They went around collecting all the waste that was not disposed properly.



**NSS Volunteers doing waste collection drive**

**Title of the event:** Swachhta Pakhwara Awareness Rally

**Date:** 14<sup>th</sup> August 2019

**Number of students participated:** 20

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

**Report:**Swachhta Pakhwara Awareness rally was organized by NSS DRC on 14th August 2019. A zestful group of 20 volunteers accompanied by the NSS union initiated the rally at 1:30 pm in the college. Slogans were raised by the students with full vigor, beautiful posters about 'cleanliness and its importance' were also displayed.



**NSS Volunteers doing awareness rally at the college**

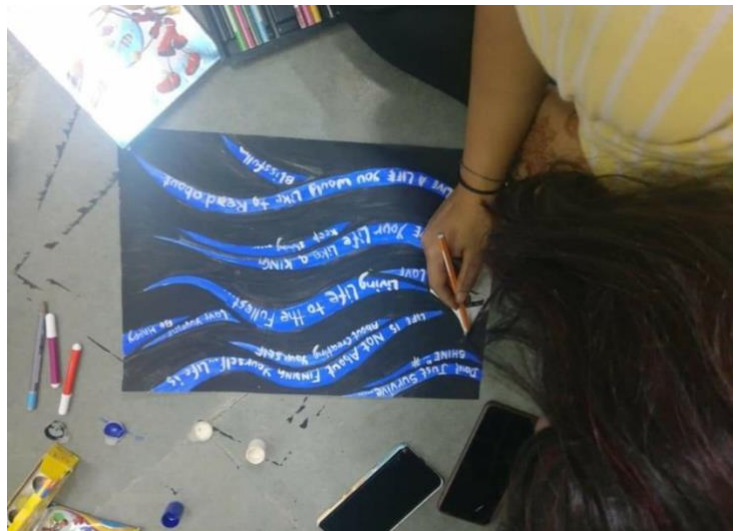
**Title of the event: Poster making - "Living Life to the Fullest"**

**Date:** 21<sup>st</sup> August, 2019

**Number of students participated:** 25

**Organizing unit/collaborating agency:** Indian Spinal Injuries Centre

**Report:** The NSS Unit is organizing Poster making competition on 21<sup>st</sup> August 2019 in association with Indian Spinal Injuries Centre on the theme "Living Life to the Fullest". 25 volunteers participated in the competition and used their artistic skills to portray their thoughts on the abundance of life.



**Participants making posters on theme "Living Life to the Fullest".**

**Title of the event:** Blindfold Walk

**Date:** 3<sup>rd</sup> September 2019

**Number of students participated:** 100

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

**Report:** Concurring to the cry of "Netra Daan, Maha Daan", 100 volunteers from NSS along with many VCS students from the college participated in a blindfold walk organized by SAKSHAM on 3<sup>rd</sup> September, 2019. The students raised slogans and posters while attempting a blindfold walk from college premises to Arts Faculty where they were educated on the topic of "eye donation" and took a pledge to work for the cause of the Visually Challenged and donate their eyes to fight corneal blindness.



**NSS volunteers along with VCS students participating in the rally**

**Title of the event:** Panel Discussion on “How can Youth Aid the Government in Making Indian Roads Safe”

**Date:** 7<sup>th</sup> September, 2019

**Number of students participated:** 15

**Organizing unit/collaborating agency:** IIT Delhi

**Report:** The volunteers from DRC NSS Unit participated with full enthusiasm and were rewarded with certificates of participation at the iSAFE 19 event launched with the aim to 'Make India Roads Safer' by IIT Delhi on 7<sup>th</sup> September, 2019. There was a panel discussion on "How can Youth Aid the Government in Making Indian Roads Safer" by various dignitaries from Ministry of Road Transport and Highways, Ministry of Health and Family Welfare, Ministry of Housing and Urban Affairs, Department of Science and Technology, National Crime Record Bureau, Department of Empowerment of Persons with Disabilities and Indian Road Safety Campaign.



**NSS Volunteers attending the event**

**Title of the event:** Spinal Cord Injury Day Rally

**Date:** 8<sup>th</sup> September, 2019

**Number of students participated:** 35

**Organizing unit/collaborating agency:** Indian Spinal Injuries Centre

**Report:** The Spinal Cord Injury day is observed each year on 5<sup>th</sup> September, to create awareness on the seriousness and severity of Spinal Cord Injury. 35 volunteers from NSS DRC zealously participated in the Spinal Cord Injury Day rally organised at India Gate on 8th September. The magnificent event began with a speech by Mrs. Smriti Zubin Irani (Union Minister, Women and Child Development). Volunteers marched alongside wheelchair-bound survivors of Spinal injuries on the Raj Path to emphasize the need to drive safe as road accidents are the major cause of Spinal Cord injuries.



**NSS Volunteers attending the event**

**Title of the event:** Summer Donation Drive

**Date:** 13<sup>th</sup> September 2019

**Number of students participated:** 12

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

**Report:** We, humans, are given TWO hands by the almighty. One to help ourselves, the Second one to help the others. The National Service Scheme (NSS), DRC organised Donation Drive on 13th September, 2019. A team of 4 volunteers each visited 'Bachchon ka Ghar', 'Bachiyon ka Ghar' and 'Kilkari' orphanage for children with stationery and toiletries donated by the college students. Each of the place saw happy faces of the inhabitants. It was easy to see that they were drawn more towards the friendly smiles than the donation packets. The kids were really happy.



**NSS Volunteers doing distribution of stationery and toiletries**

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

**Date:** 17<sup>th</sup> September 2019

**Number of students participated:** 47

**Organizing unit/collaborating agency:** NSS, Daulat Ram College and Hindu Rao Hospital

**Report:** National Service Scheme, Daulat Ram College organized a blood donation camp in association with Hindu Rao Hospital on 17th September, 2019. An expert team of 6 people comprising medical experts reached the college to conduct the blood donation process. The camp witnessed an overwhelming and vigorous response from DRC students who donated their blood in an attempt to bring as many lives back to power as possible.

“The little uneasiness I felt after donating blood was undoubtedly accompanied by pleasure and satisfaction because it related to the fulfillment of a moral duty”, said one of the donors. It was an appreciable initiative which definitely turned into a successful outcome as 47 girls in total got the privilege to engage in this noble deed of spreading smiles.



**NSS Volunteers donating blood for social cause**



**Title of the event:** Detoxification of Stress

**Date:** 20<sup>th</sup> September, 2019

**Number of students participated:** 214

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

**Report:** The NSS Unit of DRC is organising a talk on "Detoxification of Stress" in collaboration with Brahmakumaris World Spiritual University on 20<sup>th</sup> September 2019 in Conference Hall from 12:30 to 1:30 PM for the empowerment of youth to ignite their positivity, potential and productivity. The event was attended by 214 volunteers. The Speaker of the event was Sister Ruchi who explained how stress acts on our body and how we can reduce it and be relaxed in life. This was followed by Brother Rameshwar enlightening the students about the team's Yatra and then Brother Rajesh administered an oath amongst the attendees where the students and the teachers committed to live a healthy and happy life devoid of stress.



**NSS Volunteers attending the event**

**Title of the event:** Workshop on “Best out of waste”

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

**Number of students participated:** 24

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

**Report:** A Best Out of Waste Workshop was organised by the NSS unit of Daulat Ram College to celebrate the 50<sup>th</sup> NSS Day. The workshop was attended by 15 volunteers who showcased their creativity by making beautiful and interesting items of utility and decoration by using waste products such as used water bottles, ropes, straws and other such things. The volunteers with their creative approach showed how well the idea of saving the Earth by avoiding and reusing plastic waste is in the minds of the youth and their products were the perfect example of the 3 Rs: Reuse, Refuse and Recycle.



**NSS Volunteers participating in the workshop**

**Title of the event:** Bilingual Debate Competition

**Date:** 25<sup>th</sup> September, 2019

**Number of students participated:** 16

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

**Report:** A bilingual debate competition was organised by NSS unit of Daulat Ram College on 25<sup>th</sup> September, 2019 as a part of its NSS Week celebration. The motion for the debate was- "This house believes that Gandhi's teachings are relevant to the challenges of modern India." 16 students participated and extensively reasoned the viability of Gandhi's teachings in today's India. Students speaking against the motion argued that modern challenges need new and innovative solutions. On the other hand, students speaking for the motion supported the idea that Non-violence takes time but gives guaranteed results with less damage to people and property. Overall, the house witnessed a healthy debate over the motion that provided the participants with deep insights from both the sides.



**NSS Volunteers participating in the workshop**

**Title of the event:** Pad Yatra

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

**Number of students participated:** 170

**Organizing unit/collaborating agency:** NSS, Daulat Ram College and Gandhi Study Circle

**Report:** A Padyatra was organised by NSS unit of Daulat Ram College on 26<sup>th</sup> September, 2019 in collaboration with Gandhi Study Circle to throw light on the Gandhian Concept of Non-violence. 170 volunteers marched around the college campus displaying posters depicting the importance of non-violence. Overall, the awareness rally portrayed extensive dedication towards enlightening the audience about this golden principle given by the Father of the Nation.



**NSS Volunteers participating in the workshop**

**Title of the event:** 'Shramdaan' focusing on Waste Collection

**Date:** 26<sup>th</sup> September 2019

**Number of students participated:** 25

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

**Report:** As a part of the ongoing celebrations of NSS Week, NSS DRC has dedicated this week to make efforts to 'beat plastic pollution'. The unit conducted Shramdaan - plastic waste cleanliness & segregation drive around the college campus on 26<sup>th</sup> September, 2019. A total of 25 volunteers collected the plastic waste inside the college campus, such as discarded bottles, wrappers, cups and plastic bags. The collected waste was promptly disposed of by the students in a bid to make the campus a 'plastic-litter free' zone. The students also reflected upon the need to sensitize others towards the cause and put forward suggestions for better management of plastic waste.



**NSS Volunteers doing waste collection in the college premises**

**Title of the event:** Cycle Rally

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

**Number of students participated:** 20

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

**Report:** A cycle rally was organised on 27<sup>th</sup> September, 2019 by NSS unit of Daulat Ram College in collaboration with Gandhi Study Circle as a part of its NSS Week celebrations to throw light on the Gandhian Concept of Non-violence. A total of 20 volunteers gathered and cycled around the campus to show the importance of the noble concept of non-violence. Overall, the cycle rally was an exciting and apt initiative that strongly kept the primary message of Mahatma Gandhi to the country, on ground.



**NSS Volunteers participating in the cycle rally**

**Title of the event:** Scholarship Distribution Programme for VCS Student

**Date:** 29<sup>th</sup> September, 2019

**Number of students participated:** 23

**Organizing unit/collaborating agency:** Delhi Agroha Vikas Trust

**Report:** Students got the opportunity to represent the college in ensuring scholarships to blind students from across all colleges of University of Delhi. A commendable work was done by NSS VCS team of our college comprising of 23 volunteers who helped blind students in sitting arrangements, food and distribution of scholarships cheques to more than 350 students on **29<sup>th</sup> September, 2019**. The scholarships were given by Agroha Vikas Trust on the Occasion of Maharaja Agrasain Jayanti



Date : 24/08/2019

**Mrs. Indu Jain**  
In charge  
Blind Student, Delhi University

**Respected Madam,**

It is for your kind information that Delhi Agroha Vikas Trust is celebrating Maharaja Agrasen Jayanti on Sunday, 29<sup>th</sup> September 2019 at Agrasen Park, Kashmiri Gate, Delhi.

You are requested to send the list of Blind students which are studying in Delhi University for give the scholarship Cheque Rs. 1100/- each student on the occasion of Jayanti Samaroh premises.

Thanking You.

**With regards,**

(Naresh Kumar Gupta)

Gen. Secretary  
Mob. 9811811974

**Dr. Indu Jain, NSS teacher member received letter for sharing the list of students whom to be given scholarship**

**Title of the event:** Fit India Movement

**Date:** 23<sup>rd</sup> August, 2019 and 2<sup>nd</sup> October, 2019

**Number of students participated:** 100

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

**Report:**

- Students informed about the launch of Fit India Movement launched by the Hon'ble prime minister of India. In this regard, a video conference on Fit India would be taken up by the Minister of Youth affairs and sports at 11:00 am on 23<sup>rd</sup> August, 2019. Live telecast was shown to the volunteers to encourage and make them aware.
- The NSS unit of Daulat Ram College conducted a Fit India Plog Run on the occasion of 150th Gandhi Jayanti celebrations on 2nd October 2019. The Plog Run is a run for fitness where jogging is combined with picking up waste. 35 student volunteers of the college went around the areas of North campus for the plog run where they stopped in between their run to pick up all the plastic waste on the roads of the campus. The students were enthusiastic and raised slogans to spread the messages derived from the ideology of Mahatma Gandhi, the father of the nation.



**NSS Volunteers participating in the plog run**



**Title of the event:** Vigilance Awareness Week

**Date:** 2<sup>nd</sup> November, 2019

**Number of students participated:** 30

**Organizing unit/collaborating agency:** NSS, Daulat Ram College with Indian Overseas Bank

**Report:** NSS Unit of DRC in association with Indian Overseas Bank, University Branch conducted an oath taking ceremony on the theme 'Integrity - A way of life' on 2<sup>nd</sup> November, 2019 as a part of the 'Vigilance Awareness Week'. 30 volunteers participated in the event and vowed to neither take nor offer bribes. The students were determined to make India corruption free to facilitate the overall development of the country.



**NSS Volunteers participating in the oath ceremony**

**Title of the event:** SVEEP Campus Ambassador Training Programme

**Date:** 7<sup>th</sup> January 2020

**Number of students participated:** 2

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

**Report:** "Every election is determined by the people who show up", said by L. J. Sabato. Recognising the importance of public awareness initiatives, NSS DRC contributed two volunteers to the SVEEP Campus Ambassador Training programme held at Integrated Institute of Technology, Dwarka on 7<sup>th</sup> January 2020. The workshop organised under the Systematic Voters' Education and Electoral Participation program; a flagship of the Election Commission of India saw participation from 40 colleges across Delhi. The workshop aimed at training the student volunteers to increase voter awareness and ensure maximization of enrollment of youth to increase the voter turnout in the upcoming Delhi legislative elections 2020. A lecture on "various methods to sensitize voters including creating awareness through the Voter Help App" was delivered by Dr. Mahavir Singh (Faculty, DDUC) with Dr. Ranveer Singh the District Level Master Trainer (DLMT) followed by a demonstration of the Voting Procedure through EVM to stress upon the reliability and accuracy of the EVMs to reinstate voter's confidence in the voting process.

**Title of the event:** Donation Drive

**Date:** 17<sup>th</sup> January, 2020

**Number of students participated:** 25

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

**Report:** "The results of Philanthropy are always beyond calculations", Miriam Beard. Realising the plight of the poor as temperatures drop and the capital freezes, 25 volunteers from the NSS of Daulat Ram College participated in a winter clothes donation drive organised by the unit on 17<sup>th</sup> January, 2020 which covered a wide area around North campus. Woolen Clothes, jeans and shawls collected through the week-long Donation Drive which began on 9<sup>th</sup> January were distributed amongst the needy.



**NSS Volunteers participating in the donation drive**

**Title of the event:** Walkathon

**Date:** 18<sup>th</sup> January, 2020

**Number of students participated:** 100

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

**Report:** “Each new day is a new opportunity to improve yourself. Take it. And make the most of it.” The NSS unit of Daulat Ram College organized a Walkathon as a part of the Fit India Initiative on 18<sup>th</sup> January, 2020. The walkathon was conducted in the college campus in which 100 volunteers took an active part. The walkathon was conducted in order to raise awareness about the necessity to keep oneself fit and healthy. Besides, an emphasis was also laid by the volunteers on how together we can all help each other to stay fit and bring a positive change in the society.



**NSS Volunteers participating in walkathon**

**Title of the event:** Road Safety Workshop

**Date:** 20<sup>th</sup> January 2020

**Number of students participated:** 150

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

**Report:** The NSS organised an interactive workshop on Road Safety. It was conducted by Delhi Traffic Police on 20<sup>th</sup> January, 2020. The session was focused on safety signs and symbols and principles that need to be followed. One of which included the good Samaritan rule. Overall, it was an enlightening experience that provoked some important thoughts and conversations.



**NSS Volunteers participating in the oath ceremony**

**Title of the event:** Self-Defence Training Programme

**Date:** 28<sup>th</sup> Jan – 4<sup>th</sup> February 2020 and 12<sup>th</sup> February -19<sup>th</sup> February 2020

**Number of students participated:** 500

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

**Report:** A Self-defence Workshop was conducted in two levels by the Delhi Police officers and trainers who took up the responsibility of training about 500 students in the skills necessary to fight any unwanted situation that may arise in their day-to-day lives. Throughout the workshop the students learnt several valuable skills that empowered them and made them stronger. The classes were conducted in two sets, Basic level and Advance level. The training was given using artificial guns and tiles for a holistic and real-life experiential training. The students were motivated to train one more girl in self-defence skills to empower and secure their future and life.



**NSS Volunteers participating self-defence techniques**

**Title of the event:** Child sexual abuse and POCSOA

**Date:** 15<sup>th</sup> February 2020

**Number of students participated:** 200

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

**Report:** The NSS unit of Daulat Ram College organised a 'Capacity Building Workshop' in association with Sakshi NGO to spread awareness relating to “Child sexual abuse and POCSOA (Protection of Children from Sexual Offences) Act 2012” on 15<sup>th</sup> February, 2020. 200 volunteers attended the workshop. They were enlightened about ‘The Rakshin Project’ by Sakshi NGO and how it serves to protect those who have been sexually abused. They were taught about the legal technicalities in filing a case related to rape, sexual abuse, harassment, etc. The students were also given activities to participate in, to encourage openness and erase the taboo surrounding the issue. Overall, it was an engaging and insightful workshop.



**NSS Volunteers attending the event**

**Title of the event:** Talk by Vegan Outreach NGO

**Date:** 22<sup>nd</sup> February, 2020

**Number of students participated:** 120

**Organizing unit/collaborating agency:** Vegan Outreach NGO

**Report:** "If slaughterhouses had glass walls, everyone would be a vegetarian", Paul McCartney. NSS unit of Daulat Ram College in association with the Vegan Outreach NGO organised a seminar on Veganism which was attended by 120 volunteers. The seminar was focused on the theme Veganism and informed the students. The seminar was very impactful. It included a presentation displaying animal brutality that is prevalent due to human greed to fetch benefit out of animals and students understood the seriousness of the issue. It enlightened the volunteers to the reality of the unhygienic conditions and the inhumane behavior to which animals are exposed. The seminar concluded on the note of how we can become vegan and what alternatives are available in the market for animal food.



**NSS Volunteers attending the event**



**Title of the event:** Talk on "Digital Detox"

**Date:** 22<sup>nd</sup> January, 2020

**Number of students participated:** 200

**Organizing unit/collaborating agency:** Brahmkumaris

**Report:** 200 volunteers from the NSS, Daulat Ram College attended a Digital Detox seminar organised by the unit on 22<sup>nd</sup> January, 2020. The seminar aimed at sensitising students towards the harms of multimedia addiction through an interactive session with Brahmkumaris; Sister Neelam, Sister Tara and Sister Varnika. The students witnessed a presentation made by Brahmkumari Sister Varnika which helped them to learn about the various harms caused by prolonged use of smart phones and social media. Sister Tara also enlightened students on meditation techniques to help detoxify their minds. The session was highly effective for students as they're always surrounded with different forms of digital media and must find time to detox their minds from its effects.



**NSS Volunteers attending the event**