

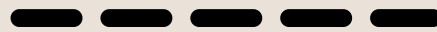


NATIONAL SERVICE SCHEME
DAULAT RAM COLLEGE
UNIVERSITY OF DELHI



*Embrace
the
Journey!!*

THE ANNUAL NEWSLETTER



2020~21

NSS UNIT 2020-21

PROGRAMME OFFICER: MRS. PREETI SINGH

NSS UNION HEADS

PRESIDENT: Ananya Sharma

VICE-PRESIDENT: Aakriti Sahay

TREASURER: Mahak Verma

DATA HANDLER: Suramyaa Tewari

HEAD OF MANAGEMENT: Khushi

HEAD OF CONTENT: Muskaan Bhagat

CREATIVE HEAD: Shreya Singh

PROJECT MANAGEMENT HEAD: Shruti Arora

HEAD OF DIGITAL & TECHINCAL: Khanak

GENERAL SECRETARY: Manya

TEACHERS COMMITTEE

Dr. Kamna Vimal

Dr. Neha Bhatia

Dr. Omwati Rana

Mrs. Reema Dehal

Dr. Anita Minz

Dr. Sarita Nanda

NSS UNIT 2020-21

MANAGEMENT TEAM

Divya Negi
Raina Pathak
Sumi Puri

CONTENT & PR TEAM

Aditi Kapoor
Haimi Prahraj
Inayat Kansal

DIGITAL & TECHNICAL TEAM

Pranjal Rai
Simran Agrawal

CREATIVE TEAM

Saumya Mishra
Shubhangi Mittal
Reshu Chaudhary

PROJECT MANAGEMENT TEAM

Priya
Samreen
Mansi Bairagi

NSS CLASS REPRESENTATIVES

COURSE	YEAR	NAME
B.A. Programme	1 st	Aarushi Singh Chauhan
	2 nd	Pearl Batra
	3 rd	Mehak Garg
B.Com Programme	1 st	Taruna Saini
	2 nd	Krati Singh
	3 rd	Shreeyashee
B.Com Honours	1 st	Shrishti Kumari
	2 nd	Bashundhara Kumari
	3 rd	Anisha Gandhi
Botany (H)	1 st	Fiza Khan
	2 nd	Amisha
	3 rd	Yachna Sharma
Biochemistry (H)	1 st	Rida Rafiqi
	2 nd	Kajal Gupta
	3 rd	Ragini Bhalla
Chemistry (H)	1 st	Happy Chahar
	2 nd	Pavita
	3 rd	Steffi Choudhary

NSS CLASS REPRESENTATIVES

COURSE	YEAR	NAME
Economics (H)	1 st	Sucharita Chatterjee
	2 nd	Aditi Aggarwal
	3 rd	Gunjan Shakya
English (H)	1 st	Ritu Lekhi
	2 nd	Pooni Yadav
	3 rd	Harshi Saini
Hindi (H)	1 st	Anshika Prakash
	2 nd	Khushi
	3 rd	Pinki
History (H)	1 st	Shambhavi Singh
	2 nd	Tanisha Bhatia
	3 rd	Tanu
Life Science	1 st	Khushi Goel
	2 nd	Khushi Khandelwal
	3 rd	Tanishka
Mathematic (H)	1 st	Sanjyoti Chaurasiya
	2 nd	Nikita Sharma
	3 rd	Shivani Yadav

NSS CLASS REPRESENTATIVES

COURSE	YEAR	NAME
Philosophy (H)	1 st	Aaradhya Maheshwari
	2 nd	Kashvi Raj Singh
	3 rd	Pragati Jain
Psychology (H)	1 st	Poorvi Jain
	2 nd	Ishita Gupta
	3 rd	Mansi
Physics (H)	1 st	Ritika
	2 nd	Vedika Dubey
	3 rd	Ritika Singh
Political Science (H)	1 st	Shreya Sharma
	2 nd	Rishika Sharma
	3 rd	Shreya Dutta
Sanskrit (H)	1 st	Arpi Shambhavi Jha
	2 nd	Muskan Gulati
	3 rd	Pragya
Zoology (H)	1 st	Pratiksha Das
	2 nd	Janhvi Singh
	3 rd	Komal Yadav

ABOUT US

The National Service Scheme, or NSS, was established in 1969, the centennial year of Gandhiji's birth. The National Service Scheme Unit of Daulat Ram College has been involved in selfless community service. In an attempt to bring a change in society, we have organised various sessions, events, campaigns, and drives, pertaining to various aspects of social service. With the motto of 'Not Me, But You' etched in their hearts, the associated volunteers ardently commit their time and efforts to serve the society and build a community where every face bears a smile.



MESSAGES

"We work on ourselves in order to help others, but also we help others in order to work on ourselves." Being the NSS Convenor, it provided me a great opportunity for learning from community and self-improvement. I learned that we should share something small every day and never leave any opportunity to help others. This Covid pandemic changed a lot of things, the way we used to organise activities and help others. Nevertheless, our whole team remained active online. I must say their performance was commendable during this period also. From making hand-made masks, organising awareness sessions to feeding animals and taking care of mental health of the students, every aspect was taken care of.

The NSS experience sensitised me to social reality. I had many such experiences in NSS which made a remarkable impact on me and will always be remembered. Without my NSS Student Union team's diligence and hard work, I would not be able to manage any of the tasks. I could not ask for a better team. I would like to express my deep gratitude to each and every one of you. Special thanks to our respected Principal Ma'am for being great support to us."

Mrs. Preeti Singh

NSS Programme Officer 2020-21

MESSAGES

“Being a part of the National Service Scheme instilled a sense of responsibility in me. A pandemic furthermore deepened the sense of accountability towards the society. Our team launched two projects, on hunger, Project Itminaan, and mental health, Campaign Parwah. In the previous session, we have fed more than 6000 stray animals and included more than a hundred students in both our initiatives. These are not mere numbers but the hard work of my efficient team and enthusiastic volunteers.

The emotional growth has been tremendous. We have seen moments of despair and hopelessness. In spite of such conditions, each of my members performed the best they could and I am so proud of them. The constant support and advice of Preeti ma’am cannot and must not be understated. I thank her for her valuable guidance and required support. Principal Ma’am, despite her busy schedule, was there to motivate us via meetings when we achieved our little and treasured milestones in projects.

I hope the coming Union will keep up the legacy of our unit and take it to new heights. I extend my best wishes to them.

I still wish I could meet my team members and volunteers personally, hold not-so-virtual conversations with them and thank them for their work. I am sure one day I will.

Love,

The President who couldn’t meet you personally but hopes someday she will.”

Ananya Sharma
President

MESSAGES

“Giving best to the society you live in is the greatest thing you can do.

From joining NSS as a volunteer to being the Vice President and leading a unit of more than 1500 students, I feel my responsibilities changed with time but the sense of accountability towards the society remained intact. The feeling of satisfaction and joy after donation drives, cleanliness drives, blood donation, VCS work and many more could not have been experienced if it was not for NSS. NSS has helped me to be a better person. I have only and only learnt something new everyday here.

This year was not similar to the other years but constant efforts of the team and volunteers has helped the unit undertake new projects and carry them with utmost honesty and sincerity.

I thank our Convenor, Mrs. Preeti Singh Ma'am for her support and our President for her vigilance. And of course my heads and members are the real heroes who made everything possible.”

Aakriti Sahay
Vice President

MESSAGES

“No words can completely capture the joy in my heart when I think how NSS Daulat Ram College has benefitted so many people and animals during the session 2020-21. COVID-19 has impacted billions of lives around the globe. Of course the pandemic has affected our work but these challenges paved the way for new opportunities and innovative ways of working. We launched two projects: Project Itminaan- A hunger alleviation program and Campaign Parwaah- a mental health awareness initiative. While we have fed more than 6000 stray animals under Project Itminaan, a number of insightful talks have been organised with eminent personalities under Campaign Parwaah to help students in coping with mental health issues. I must appreciate the time and effort all of us invested in achieving these great results.

I am really glad that I decided to become a part of National Service Scheme. Who would have thought that being a part of NSS can help me enhance my personality and help me find the true meaning and purpose of my life. NSS helped me appreciate others' point of view and also to be considerate toward other living beings.

I must thank all our heads, President and Vice President and our Convenor Mrs. Preeti Singh Ma'am who couldn't have been kinder and more supportive. A big thank you to all the Union members and volunteers for their hard work and dedication to NSS.

Thank you NSS for making me a better and a more responsible person.”

Manya

General Secretary

MESSAGES

“My experience with NSS DRC has been one of the most fulfilling and enriching experiences of my life. It has not only helped me grow as an individual but has also taught me some very important life skills. It instilled in me a sense of discipline and responsibility. The work environment is warm and the seniors are very congenial. My journey so far has opened my eyes to the multifarious aspects of society and has made me realise how change is possible even with one willing individual. I would like to thank NSS DRC for such a holistic experience and the many unforgettable memories.”

Aditi Kapoor

Content & PR Team Member

“Since the time I learned the meaning of social service, I decided to work in one such society. NSS gave me this opportunity of serving and getting involved in social activities which was always a dream for me. NSS DRC has developed my personality and gave me a platform where I could improve my ethics and professional behaviour. I can't thank my seniors enough for making me part of this joyful journey.

I wish this journey would have ended face to face, still this virtual contribution will be cherished forever.”

Inayat

Content & PR Team Member

MESSAGES

“Working with the NSS Unit has changed my outlook towards various aspects of life. The Unit gave me a cherishable platform, where I could contribute towards making my surroundings a better place, directly as well as indirectly. Moreover, it made a tremendous difference in my personality and made me a part of a more nuanced worldview. Since the very day I was selected, learning and growing has been an eternal process, thanks to all the opportunities and the seniors, whose encouraging smiles motivated me to strive harder and groom myself. Working with the Unit instilled a stronger will power in me, to serve the society. If we were in distress, and someone would have helped us, just imagine how much it would have mattered to us! So, with the same thoughts in minds, we must help our community fight against social ills to the extent we can – even the smallest effort can make a huge difference. The beaming eyes, blissful smiles and elated hearts – these are the simplest gestures which give acute satisfaction, so much as we could have never slept better before.”

Haimi Praharaaj

Content & PR Team Member

MESSAGES

“Being a part of NSS union is the best thing that has happened to me so far. These two years of journey from being a normal NSS volunteer to becoming a project coordinator has been really amazing. It has taught me to manage things more efficiently, helped me in developing my patience level and above all taught me to handle pressure. It helped me create a better version of myself.

When I was a volunteer I only worked for the visually challenged students but when I became the Project Coordinator I felt more connected to them and by helping them I felt a different kind of happiness. Being a Project Coordinator, I started encouraging other volunteers to contribute towards the VCS work and do their bit. In these two years, I have earned two families - The NSS family and The VCS family.

I am thankful to everyone who gave me this opportunity to be a part of such a great organisation.”

Priya

Project Coordinator

MESSAGES

“The National Service Scheme unit of DRC gave me a platform to inculcate professional and ethical standards within myself. I am grateful to be a part of this Unit for giving me new experiences. I will forever be grateful to my seniors for their constant guidance and my wonderful peers for all the lovely memories. The virtual journey with NSS will always be cherished by me!”

Simran Agrawal

Digital & Technical Team Member

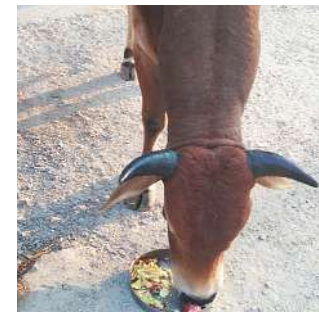
“Initially, I had no idea if joining NSS could bring a change in my personality but after being a part of it I could certainly say I've learned a lot – from making content to helping in organising events. I'll always be grateful to NSS as it played a major role in enhancing my personality. I got the opportunity to serve the society through NSS, which at the end of the day gives a sense of contentment. I was lucky enough, and got a supportive head who made things a lot easier. It's known that life never stops teaching – NSS played a major role in inculcating discipline, creativeness, spirit of teamwork and patience in me. I am glad that I could contribute in making a change and I'm thankful to NSS for making me a part of the amazing team and letting me chip in the incredible work for which NSS Daulat Ram College is known for.”

Pranjal Rai

Digital & Technical Team Member



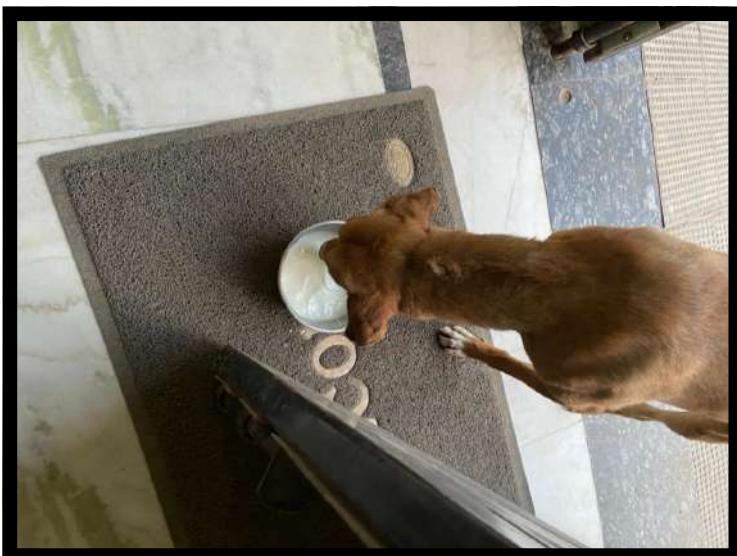
PROJECT ITMINAAN



PROJECT ITMINAAN

The National Service Scheme unit of Daulat Ram College launched Project Itminaan- a hunger alleviation drive, on 4th June 2020 with the tagline 'Bread for Every Breath'. The project aimed to feed stray animals and birds and ensured that they sleep with Itminaan (contentment) and not with an empty stomach. The team of 21 volunteers has been feeding strays near their homes and has also been urging their acquaintances to take part in the cause. Animals like cows, buffalos, goats, monkeys, squirrels, cats, dogs as well as birds are fed— that too with cautious attention towards the health requirements of the creatures and strictly refraining from serving the kind of food that would harm them. The Unit is proud to have completed more than 300 days of selfless serving, having achieved a total tally of 6000+ strays and birds fed across the country to date.

Apart from the selfless days of serving, various webinars have also been held under the flagship of Project Itminaan.



EVENTS HELD UNDER PROJECT ITMINAAN

Webinar on 'Why adoption of animals is necessary?'

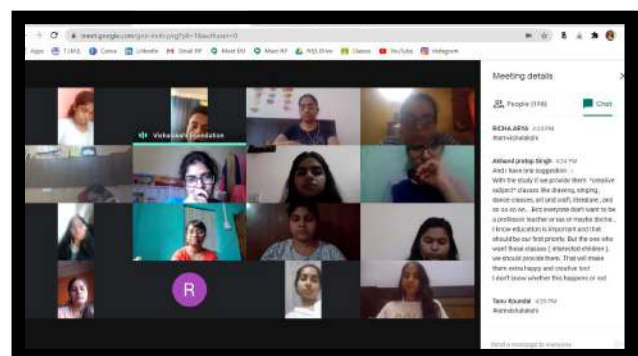
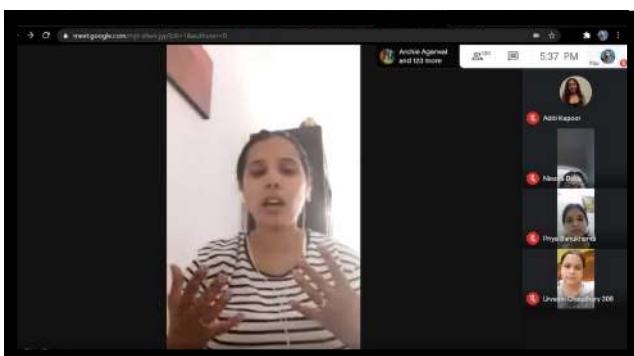
Date: 18th August 2020

The session was attended by 140 volunteers. The speaker for the webinar was Divya Duggar, a journalist and documentary producer, renowned for travelling all over India with her three dogs, via the railways. She enlightened the attendees with the need to adopt stray dogs instead of exotic breeds.

Webinar on 'Poverty and Hunger'

Date: 25th August 2020

The session was attended by 140 volunteers. The speaker for the webinar was Mr. Nilay Aggarwal, an enthusiastic social worker and founder of Vishalakshi Foundation (an NGO working towards poverty and hunger alleviation). The speaker highlighted the distressing situation of starvation and how the zeal and commitment of volunteers can bring a tremendous change in society.



EVENTS HELD UNDER PROJECT ITMINAAN

Webinar on 'Animal Welfare'

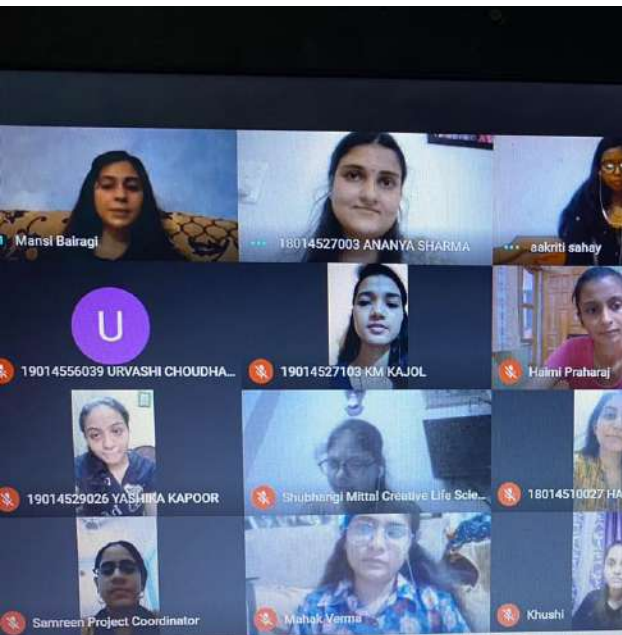
Date: 8th September 2020

The session witnessed the participation of 201 volunteers. The speaker for the webinar was Ms. Vandana Anchalia, Founder and Director of Kannan Animal Welfare, an organisation focusing primarily on rescuing and rehoming dogs in critical condition. She reiterated the importance of providing shelter to animals and briefed everyone about the technicalities to be kept in mind while rescuing a dog.

Celebration on completion of 100 days of the Project

Date: 12th September 2020

Project Itminaan celebrated its first milestone of having completed 100 days of efficient working on 12th September 2020. In the virtual celebration, the experience of the 21 volunteers was beautifully showcased in a video, followed by a poetry performance by one of the volunteers. The event was concluded with the hope that the future holds many more milestones for Project Itminaan as it reaches new heights owing to the passion of its dedicated team of volunteers.



NATIONAL SERVICE SCHEME
DAULAT RAM COLLEGE

roducing our speaker for the web

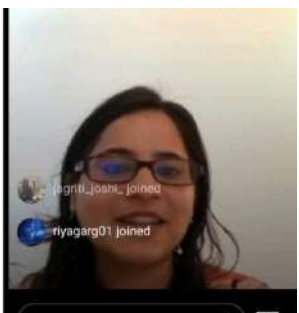


K TARA

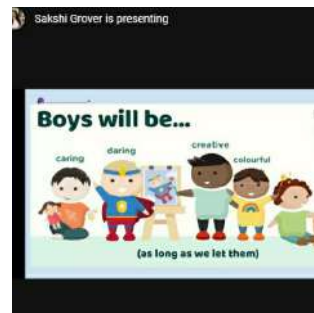
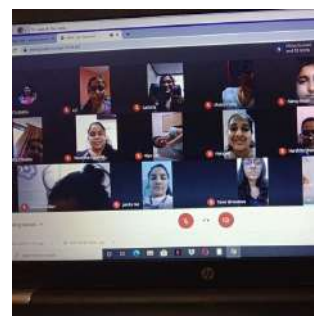
OCCUPATION:
Rajyoga teacher
since 11 years

Has helped many
to transform
their lives

The Brahma Kumaris are a spiritual movement originated in
abad. The organisation is affiliated with the United Nations
own for the prominent role that women play in the movement



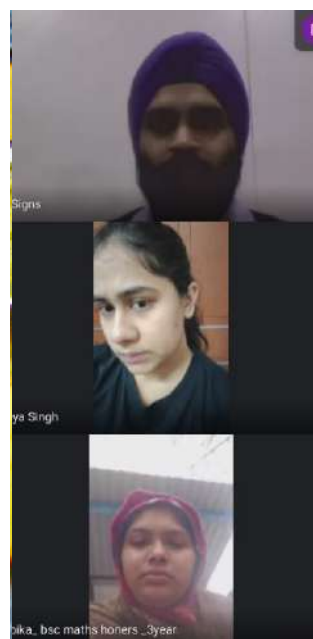
CAMPAIGN PARWAAH



Harshita Gupta BSc Hons Mathematics and 82 more



Sangeetha Param
and that comes back to my history. Where, when I was sexually assaulted by a friend
When I was 11, I used to self harm. I I Good. I mean I still
say I used to because it's been a year and a half since I started
yeah, me. So it's been a year and a half and that's an achievement



is presenting



Mind The Mind

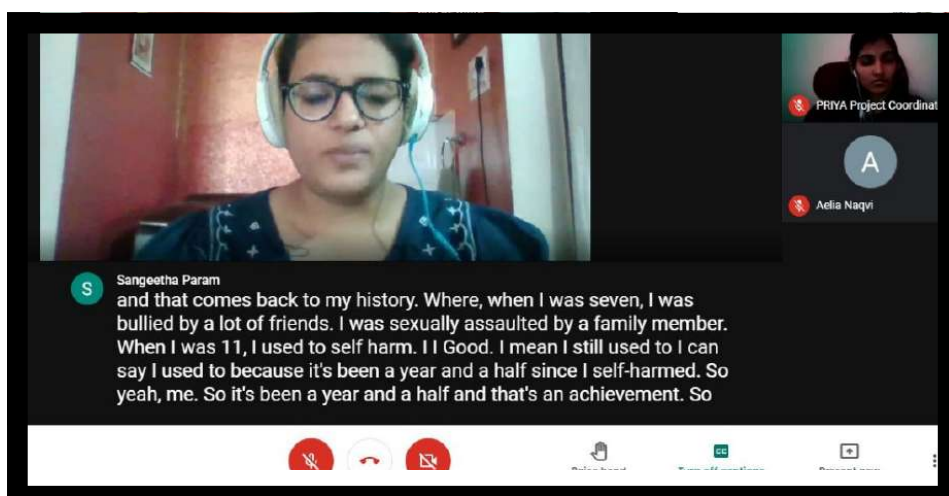
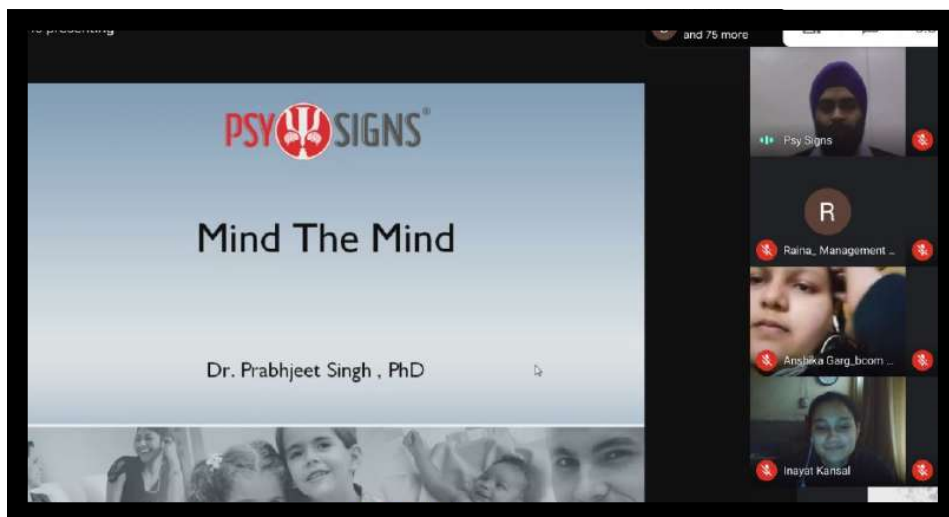
Dr. Prabhjeet Singh, PhD



meet.google.com is sharing your screen

CAMPAIGN PARWAAH

In an attempt to reiterate the importance of mental health awareness, NSS DRC launched its novel campaign called Parwaah. With its tagline, 'Rethinking Mental Illnesses', the Unit aims to shed light on the stigma which still surrounds mental health in the modern day. Under Campaign Pawaah, numerous sessions have been organised that touch upon the multifarious areas of mental health.



EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'How to take care of your Mental Health during the COVID-19 Pandemic

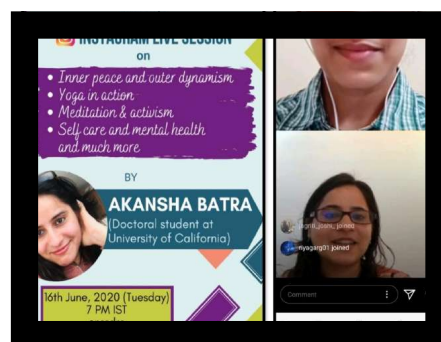
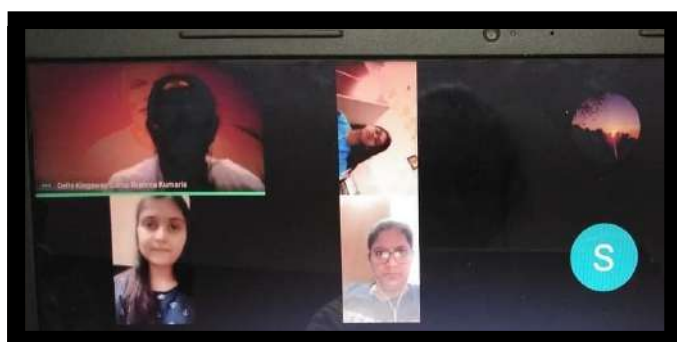
Date: 31st May 2020'

NSS DRC organised a live webinar on 'How to take care of your Mental Health during the COVID-19 Pandemic' in collaboration with Brahmakumaris, to equip the students with tolerance and patience. BK Tara was the speaker for the session, which witnessed an overwhelming response from 76 attendees.

Instagram Live Session with Akansha Batra

Date: 16th June 2020

With an aim of nurturing a conducive state of mind and a healthy physical being, NSS DRC came forward with an Instagram Live Session with Akansha Batra, a doctoral student at the University of California, whereupon a medley of topics was touched upon, such as Inner Peace and Outer Dynamism, Yoga in Action, Meditation and Activism, Self Care and Mental Health, etc.



EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Yoga, meditation, and inner tendencies'

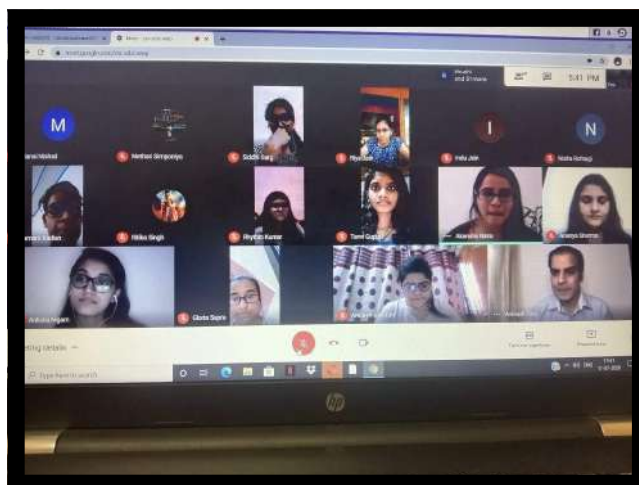
Date: 21st June 2020

NSS DRC organised an interactive webinar on 'Yoga, Meditation, and Inner Tendencies' with Akansha Batra, attended by 95 volunteers, where everyone gained peace by sharing their problems and learning the solutions to them. The speaker also made the audience indulge in a number of breathing and meditation techniques.

Webinar on 'How to manage emotions during lockdown?'

Date: 11th July 2020

NSS DRC organised a talk show on 'How to manage emotions during lockdown?', with the insights of two Certified Youth Program Trainers—Akansha Batra and Avinash Tiku. The talk show was attended by 82 volunteers, who were briefed about the importance of remaining calm and acquiring control over emotions.



EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'How to transform anxiety into self-confidence?'

Date: 12th July 2020

Another talk show was conducted by NSS DRC, on 'How to transform anxiety into self-confidence?', with, Akansha Batra and Avinash Tiku. The talk show was attended by 95 volunteers. In the session, the speakers validated the various emotions of the students on the ambiguity of the situation and made the students feel safer.

Webinar on 'Mind matters: How to manage your mental health?'

Date: 14th July 2020

A fun and informative session was organised by NSS DRC on 'Mind matters: How to manage your mental health?', in collaboration with Certified Youth Program Trainer—Mahika Sharma, Coordinator, Youth Affairs, Art of Living. 75 volunteers attended the session, in which the speaker showed the audience the working of the mind via an activity, and also briefed upon how important it is to believe in one's own self.

EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Mind matters: How to manage your mental health?'

Date: 20th July 2020

NSS DRC organised another insightful session, on 'Mind matters: How to manage your mental health?', with Dhruv Chawla, lawyer, and social worker. He discussed numerous ways to tackle the restlessness, fear, and anxiety caused due to varied reasons, especially due to the prevailing uncertainty of the pandemic.

Webinar on 'Stigma related to mental health problems'

Date: 8th August, 2020

NSS DRC organised a webinar on 'Stigma related to mental health problems', in collaboration with Ms. Mahima Bhagat, a trainee counsellor pursuing an M.Sc. in Psychological Counselling from the Indian Institute of Psychology and Research, Bangalore. 146 volunteers attended the session, wherein the speaker highlighted the importance of destigmatizing mental health and the issues revolving around it.



EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Combating stress and anxiety'

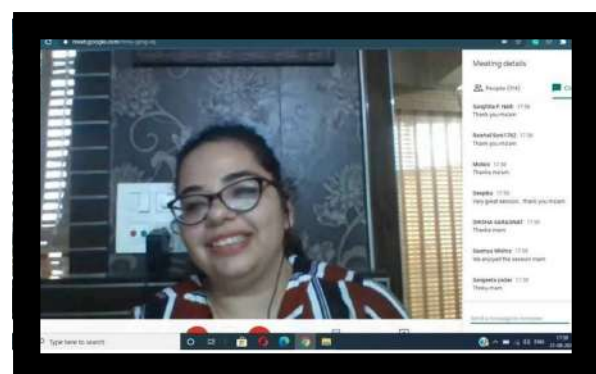
Date: 14th August 2020

NSS DRC organised a webinar on the topic 'Combating Stress and Anxiety', which was attended by 117 volunteers. The speaker for the webinar was BK Vidhatri. She enlightened the volunteers with the real meaning of stress and also equipped them with various tips to combat stress and anxiety.

Webinar on 'Psychology of gender and its impact on men and women'

Date: 21st August 2020

NSS DRC organised a webinar on the topic 'Psychology of Gender and Its Impact on Men and Women', in collaboration with the founder of Cognizavest, Sakshi Seth Grove. The session witnessed the participation of 115 volunteers. The speaker challenged the social norms and engaged the participants in an interesting conversation about questioning the age-old stereotypes.



EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Nurturing mental health and building resilience'

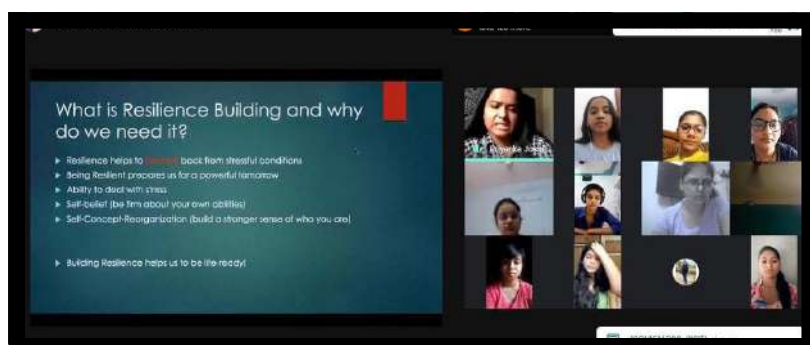
Date: 2nd September 2020

NSS DRC organised a webinar on the topic 'Nurturing Mental Health and Building Resilience', attended by 139 volunteers. The speaker for the webinar was Ms. Priyanka Joshi Nair, a mindfulness practitioner and an award-winning blogger. She defined resilience and effective strategies to build upon it.

Webinar on 'Managing mental health and emotional health during the pandemic'

Date: 5th September 2020

NSS DRC organised a webinar on the topic 'Managing Mental Health and Emotional Health During the Pandemic'. 183 volunteers attended the webinar. The speaker was Ms. Venika Singhal, a certified Expressive Arts Therapist, who enlightened the audience with several behavioral strategies which help in dealing with mental health issues in a holistic manner.



EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Emotional breakdown'

Date: 3rd February 2021

NSS DRC turned up with a webinar on 'Emotional Breakdown', 80 Volunteers attended the webinar. The speaker of the session was Suveen Kumar- the Founding Director at Emo Matrix. He shared a few techniques to deal with emotional breakdown and also clarified the difference between a mental breakdown and an emotional breakdown by quoting several examples.

Webinar on 'Effect of social media on mental health'

Date: 13th February 2021

NSS DRC brought up an interactive webinar, on the topic 'Effects of Social Media on Mental Health', which was attended by 92 volunteers. The speaker of the session was Ms. Sangeetha Param who was diagnosed with depression, bipolar disorder, and borderline personality disorder in November 2014 but she proved herself as a survivor and emerged successfully. She shared her journey with the audience and consolidated it with several eye-opening anecdotes.

EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Art therapy session on anxiety and related problems'

Date: 20th February 2021

NSS DRC organised a webinar on the topic 'Art Therapy on Anxiety and Related Problems', which was attended by 65 volunteers. The speaker of the session was Ms. Monica Kapur- a Delhi-based Art Therapist. She reiterated how art can be used to control our minds from controlling the worst-case scenarios. She made sure that all the participants were engaged in the activities and enjoying themselves.

Webinar on 'How to deal with anxiety when something big is coming up?'

Date: 6th March 2021

A webinar was held by NSS DRC, in collaboration with Zoned Out. 108 volunteers attended the session. The speaker of the session was Mrs. Tejal Shah, a mental health counsellor and yoga therapist. She gave the audience a four-pillar Yogic Approach to navigate life's tumultuous situations and to adopt a balanced lifestyle, called 'Ahara-Vihar-Achar-Vichar'.

EVENTS HELD UNDER CAMPAIGN PARWAAH

Webinar on 'Student mental health during COVID-19'

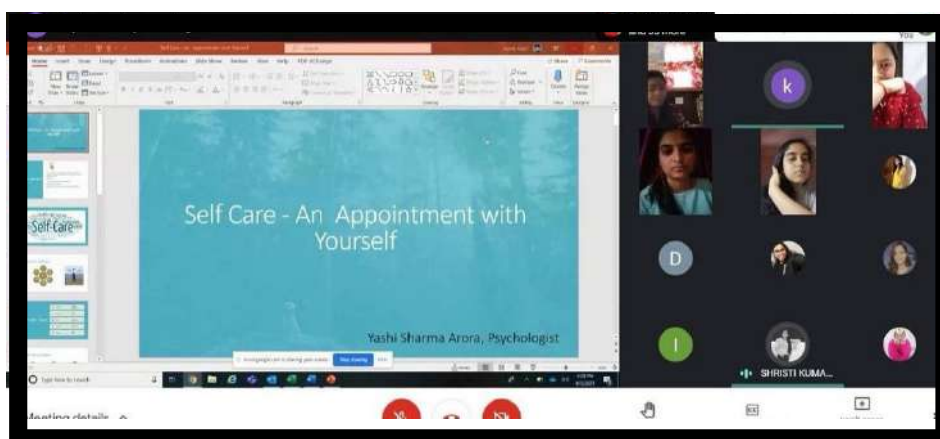
Date: 10th March 2021

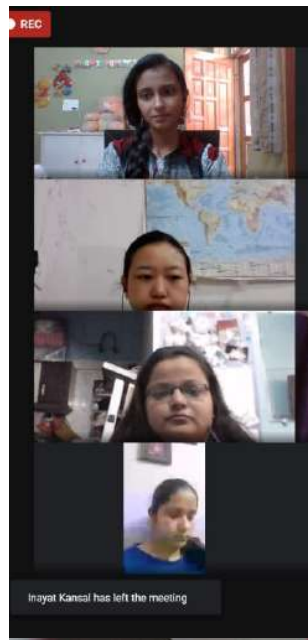
NSS DRC organised a webinar on the hot-topic 'Student Mental Health During Covid-19', in collaboration with Dr. Aruna Broota, a renowned psychologist and hypnotherapist. She talked about the withdrawal factor in the students which resulted in an adverse effect on their studies.

Webinar on 'Self-care: An Appointment with yourself'

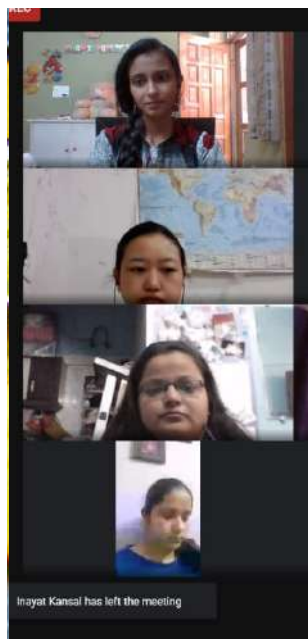
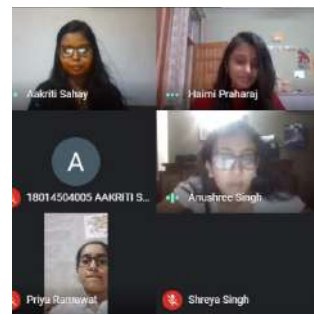
Date: 3rd April 2021

NSS DRC organised a webinar on the topic, 'Self-Care: An Appointment with Yourself'. 82 volunteers attended the session. The speaker of the session was Mrs. Yashi Sharma Arora, a counsellor and psychology teacher at school. She discussed different kinds of self-care like spiritual, emotional, mental, personal and physical and enlightened the audience with self-care practices.





JALSA 2020



JALSA 2020

Jalsa is the Diwali Mela organised by the National Service Scheme unit of Daulat Ram College every year. This year amidst the pandemic, Jalsa was held through virtual platforms. A medley of virtual activities and sessions were organised with the tagline: Moulding Service into Happiness.

THEME: *Noor-e-Mulazmat*

TAGLINE: Moulding Service into Happiness

DATES: 23rd to 31st October 2020

The National Service Scheme unit of Daulat Ram College organised its virtual edition of the annual Diwali celebration, *Jalsa 2020*, from 26th October 2020 to 31st October 2020, on the theme *Noor-e-Mulazmat*, where *Noor* means light and *Mulazmat* means service, and hence the tagline curated was 'Moulding Service into Light'. The seven major events that were held as a part of the online fiesta were:

Eaanat-e-Lutf: A 5-day donation drive

Date: 23rd October 2020–27th October 2020

The Unit conducted *Eaanat-e-Lutf*, a 5-day donation drive to encourage volunteers to become a beacon of light in

lives of the needy. With a team of 5 Data Handlers and 104 on-field volunteers, the drive could achieve remarkable tallies, in terms of the number of items donated as well as the number of recipients of the donations. The volunteers generously donated toiletries, packaged food, stationery, footwear and clothes to the needy people near their homes, thus helping this donation drive cover areas across the country.

Live Chat Show with Farrhad Acidwalla (Inaugural Ceremony)

DATE: 26th October 2020

The Inaugural Ceremony of Jalsa 2020 was held as a Live Chat Show with *Farrhad Acidwalla*, a three-time TEDx speaker, mentor, influencer, media entrepreneur, and investor. 100 volunteers attended the session, wherein the speakers mainly emphasised the need of having goals, self-confidence, punctuality, and enthusiasm in life.



Celebrating the successful completion of the Donation Drive

DATE: 27th October 2020

In commemoration of the completion of the 5-day donation drive, *Eaanat-e-Lutf*, the Unit organised a ceremony quoting the milestones achieved, including all facts and figures, accomplished. This was followed by a speech by the chief guest, Mrs. *Kamlesh Wadhwa*, a dedicated nodal officer and a philanthropist, urged the audience to donate as much as possible.

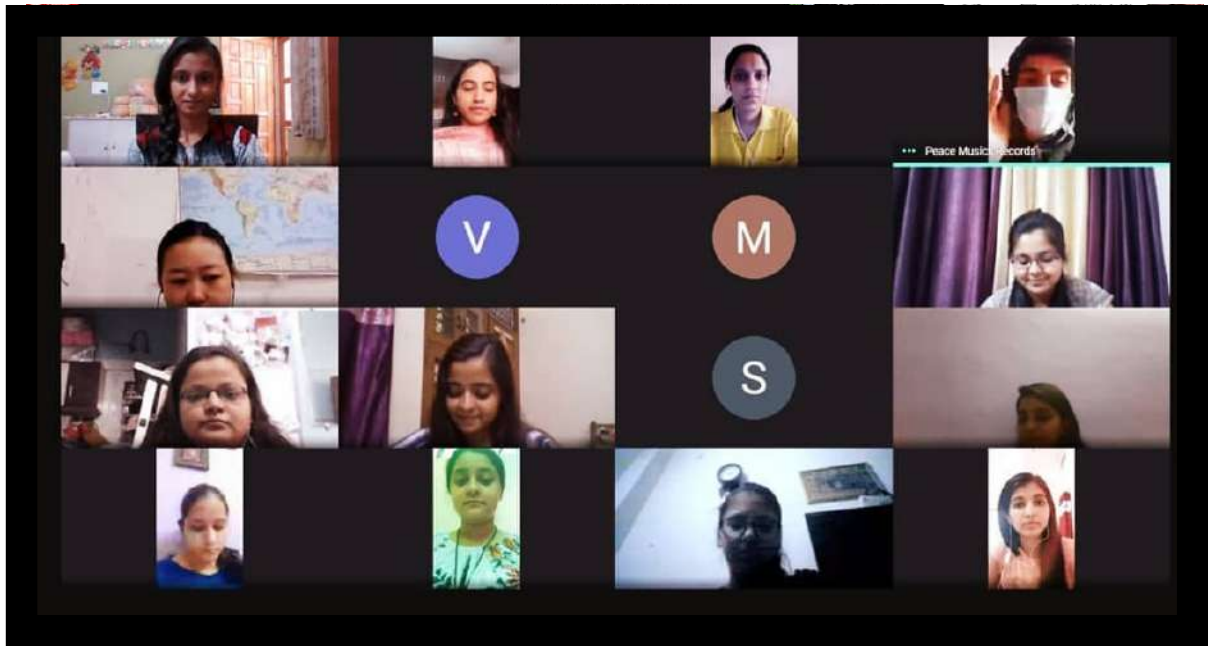


Webinar on 'Career in Music' and live performance

DATE: 28th October 2020

The Unit organised a session in collaboration with India's first registered Hip Hop NGO, Peace Musick Records. The session began with *Mc Moni*, the founder of PMR, discussing the various career options available in the field

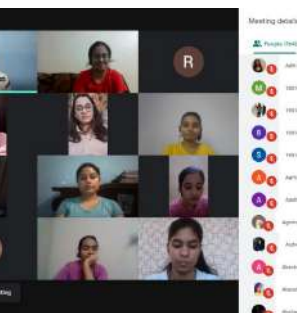
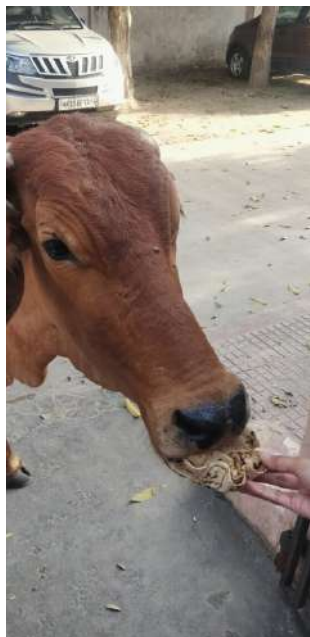
of music, apart from the conventional profession of a playback singer. A live performance followed the webinar, where *Mc Moni* and *Vivek Tiwari* sang a freestyle rap.



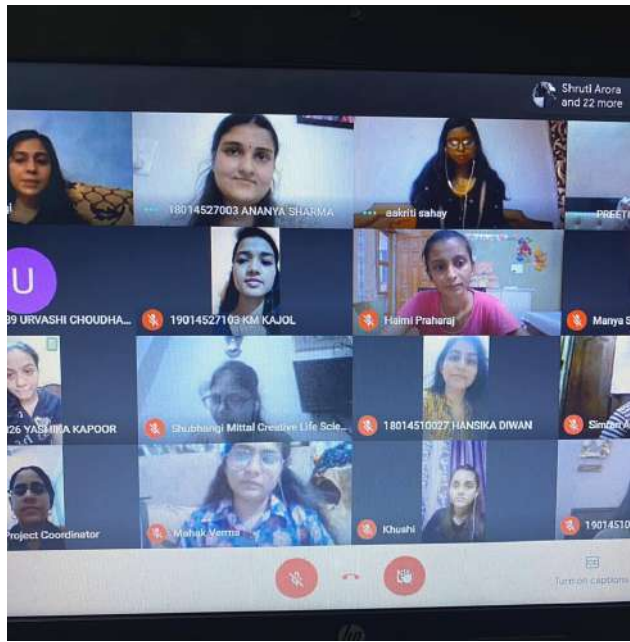
Jalsa Jamboree

DATE: 31st October 2020

The Unit delighted its volunteers by involving them in *Jalsa Jamboree* – a fun evening of games and galore on 31st October 2020. A *Tambola* session involving 101 volunteers was organised, which proved to be successful in holding the interest of the students. The session came as a respite from the tiresome online classes and everyone enjoyed it thoroughly. The game session drew to a close with the announcement of winners.



AWARENESS DRIVE



AWARENESS DRIVES

Plantation drive

14th-15th August 2020

The National Service Scheme unit of Daulat Ram College organized a Plantation Drive for the students on 14-15th August 2020, as a part of the Independence Day Celebrations, on the theme 'Aatma Nirbhar Bharat'. It witnessed active participation from 50 volunteers, wherein they shared photos of themselves planting saplings or sowing seeds.



Fitness Drive

30th August 2020-2nd October 2020

With the mission to encourage students to lead a positive lifestyle, the Unit conducted a fitness drive for the volunteers

AWARENESS DRIVES

The drive saw the active participation of 32 volunteers, who sent videos doing their workout involving activities such as *aerobics, exercise, climbing, etc.*



FIT India Campaign

21 September 2020–2nd October 2020

NSS DRC organised a month-long Fit India Campaign from 21st September 2020 to 2nd October 2020, under the initiative of the Fit India Movement launched by the Ministry of Youth Affairs and Sports. Under this campaign, several major events were held keeping in mind the fitness of the youth.

AWARENESS DRIVES

Click Your Plate

20th & 21st September 2020

.To reiterate the importance of a balanced diet, the Unit organised 'Click your Plate' competition. 16 volunteers participated in the competition, who were supposed to monitor the calories and nutrients in their meals for a day and share pictures of the same.



Quiz competition

23rd September 2020

With the aim to test the fitness quotient amongst the volunteers, the Unit organised a virtual quiz competition wherein 150 volunteers participated. The quiz included

AWARENESS DRIVES

questions on the topics '*Balanced Diet & Avoiding Junk Food*' and '*Yoga & Exercise*'.

Webinar on 'Fitness during Lockdown' 25th September 2020

The Unit organised a webinar on the topic 'Fitness During Lockdown', which was attended by 171 volunteers. The speaker of the webinar was Dr. Gopal Singh Latwal, a QCI Certified Yoga Professional, who introduced the concept of Desktop Yoga and indulged the attendees in various rejuvenating exercises which helped them release their stress.



AWARENESS DRIVES

Fitness Challenge

28th September 2020

The Unit focused on indulging not only its volunteers but also the Union Members into healthful activities, by organising a day-long *Fitness Challenge*, in which all the Union Members participated enthusiastically.



Dance competition

2nd October 2020

The Unit organised a Dance Competition to indulge the volunteers into dancing, so that they remain fit and enjoy themselves at the same time. 30 volunteers were selected to participate in the competition, in which they presented their dance in any style they like, such as Semi-classical, Western, Contemporary, Classical, etc.

AWARENESS DRIVES

Vigilance Awareness Week

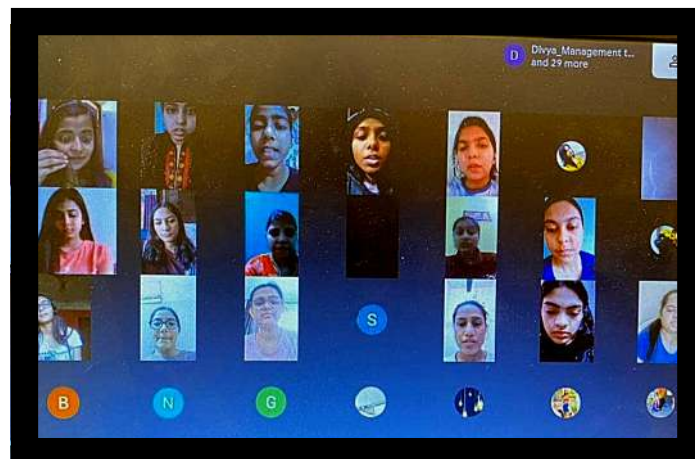
27th October 2020–2nd November 2020

From 27th October 2020 to 2nd November 2020, Vigilance Awareness Week 2020 was celebrated by the National Service Scheme Unit of Daulat Ram College, to propagate Sardar Vallabhbhai Patel's ideologies of integrity. The Unit conducted an Awareness Campaign via its social media pages across various platforms. Under this week-long observance, the Unit conducted four major events, as follows:

1. Pledge-taking Ceremony

27th October 2020

The Unit organised an Integrity Pledge Ceremony on 27th October 2020, on the theme 'Satark Bharat, Samriddh Bharat'. 72 volunteers took part in the ceremony.



AWARENESS DRIVES

2. Digital Poster Making Competition

29th October 2020

A Digital Poster Making Competition was organised on 29th October 2020 on the theme 'Corruption-free India'. 12 volunteers, with their designing skills and creative minds, participated in the event.

3. Slogan Writing Competition

31st October 2020

The Unit also organised a Slogan Writing Competition on 31st October 2020, on the theme '*Zero Tolerance against Corruption*'. The competition saw very enthusiastic participation of 25 volunteers.

4. Essay Writing Competition

2nd November 2020

An Essay Writing Competition was organised on 2nd November 2020, on the theme '*Corruption: A Threat to Democracy*'. 14 volunteers took part in the competition.

CONCLUSION : All the events were held with the motive of enlightening the volunteers with adversities caused to the growth of the nation due to corruption and the exigency to eradicate it.

AWARENESS DRIVES

Winter Crusade: Winter Donation Drive 27th –28th January 2021

NSS DRC organised *Winter Crusade*—the Winter Donation Drive, on 27th and 28th January 2021, and saw zealous participation from 65 volunteers, who partook in this noble cause by donating various winter clothes and items, including new or gently used sweaters, jackets, pullovers, hoodies, windcheaters, coats, hats, gloves, scarves, and even shawls and blankets. The Unit takes pride in quoting that the drive managed to warm up several families, across the country, with a tally of a total of 523 items donated.



AWARENESS DRIVES

Food Donation Drive

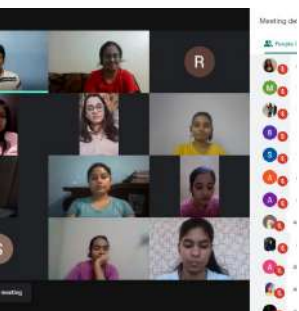
In its endeavor to support the underprivileged sections of society, and to embrace the spirit of kindness, the National Service Scheme Unit of Daulat Ram College organised a *Food Donation Drive* on 31st January 2021. 69 volunteers came forward to partake in this noble cause and donated fruits, vegetables, pulses, flour and snacks, to a total of 691 persons.



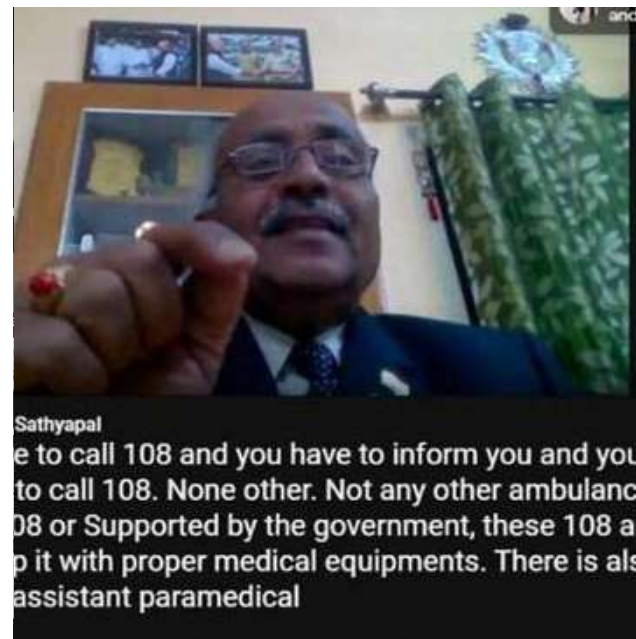
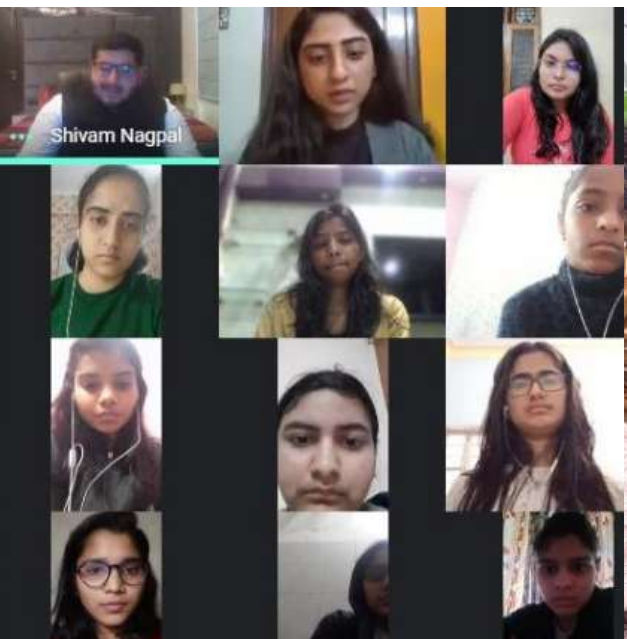
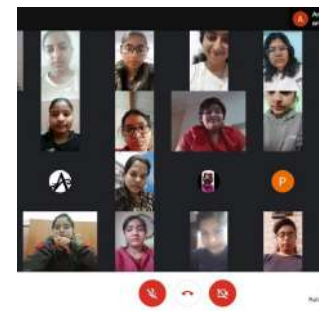
VCS WORK

The National Service Scheme unit of Daulat Ram College continues to help Visually Challenged Students and Teachers when required. From helping them with recording, typing and writing things to assisting them in learning their lessons, volunteers actively help them. 584 volunteers contributed and worked selflessly for visually challenged in the session 2020-21. Unit always assured that no Visually Challenged students or teachers are left alone and unhelped, and strives to do as much as possible, to support them and make the world a better place and at the same time, the lives of the volunteers more meaningful and fulfilling.





OTHER EVENTS



OTHER EVENTS

An Online Quiz Competition: Environment Day

5th June 2020

The unit organised an Online Quiz Competition on the occasion of Environment Day to spread awareness among the students about the worth of the planet.

Yoga Competition

17th June 2020

NSS DRC conducted a Yoga Competition to embark on the importance of yoga. 57 volunteers participated in the competition, were supposed to stay at home and practice yoga.

Article Writing Competition on Social Movement from the past and its Relevance to the Present

25th - 30th June, 2020

An Article Writing Competition was organised by NSS unit of Daulat Ram College, on the topic was "A Social movement from the past and its relevance to the present ", with an aim to make the students aware about movements of the past which are still present in the Country.

OTHER EVENTS

Pledge Taking Ceremony on the occasion of National Unity Day

31st October 2020

NSS DRC organised a Pledge-taking Ceremony on the occasion of National Unity Day 2020. 57 volunteers took part in the ceremony, and realised the importance of staying united in order to get courage to stand against hardships and also to grow as a nation.

Preamble Reading Session

26th November 2020

National Service Scheme unit of Daulat Ram College organised a Preamble Reading Session in observance of National Constitution Day 2020, on 26th November 2020. 82 volunteers took part in the session. The session enlightened the volunteers about the importance of the Constitution of India.

OTHER EVENTS

Orientation Programme (Batch of 2020-23)

9th January 2021

To welcome the fresher volunteers into the new chapter of their life and to acquaint them with the virtues of social service followed by NSS DRC, the unit organised a virtual Orientation Programme.

Calligraphy Competition

26th January 2021

NSS unit of Daulat Ram College organised a Calligraphy Competition on the occasion of Republic Day. Volunteers were supposed to Recreate the Preamble Page. More than 20 volunteers were witnessed to have participated in the competition.

Webinar on 'Social Entrepreneurship and Organ Donation'

6th February 2021

The session was organised in collaboration with Shivam Nagpal, Founder and President of Organ for Life Foundation. 92 volunteers attended the webinar. He talked about his journey as a young social entrepreneur and the challenges he faced along the way.

OTHER EVENTS

Webinar on 'Road Safety Awareness'

20th February 2021

The session was held in observance of National Road Safety Awareness Month. The webinar was attended by 85 volunteers. The speaker of the session was Dr. Shankar Sathyapal, President of National Road Safety Organisation. He stressed the importance of adhering to traffic rules and how even little carelessness on the road can cause heavy losses.

Slogan Writing Competition

1st March 2021

NSS Drc conducted a Slogan Writing Competition on the occasion of Zero Discrimination Day. The aim to organise this competition was to spread awareness about zero discrimination among the students. The Competition saw an active participation of the volunteers. 16 students voluntarily took part in the competition.

OTHER EVENTS

Face Painting Competition

8th March 2021

The National Service Scheme unit of Daulat Ram College organised a Face Painting Competition on the occasion of International Women's Day with the theme "Choose to Challenge". 25 Volunteers participated in the competition and gave a piece of brief information about their painting.

Walkathon

8th March 2021

A Walkathon was organised on the account of International Women's Day by the Government of India. It was held at Jawaharlal Nehru Stadium, Delhi and saw the active participation of 15 NSS DRC Volunteers. All COVID-19 precautions and protocols were followed and the event turned out to be a success.

Webinar on 'Cancer Prevention & Palliative Care'

17th March 2021

It was held in collaboration with Dr. Suversha Khanna, founder of Dharamashila Cancer Foundation & Research Centre and Dr. Pragya Singh, Senior Manager at Dharamashila Superspeciality Hospital.

OTHER EVENTS

312 volunteers attended the session, where the speakers shed light on the basics of primary, secondary, and tertiary cancer prevention.

