



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



**Annual Report
2021-22**

Programme Officer- Dr. Rifa Rani

Title of the event: Anti-COVID Task Force

Date: 8th-11th May, 2021

Number of students participated: 167

Organizing unit/collaborating agency: NSS DRC

Report: In May, the National Service Scheme unit of Daulat Ram College collaborated with other NSS units of Delhi University and came up with an Anti-COVID Task Force. The Task Force remained functional from 8th-11th May 2021 with the aim to stand united in the face of unprecedented times. Later, a team of 167 dedicated volunteers at NSS DRC started working towards the noble cause of saving lives under the 'COVID Help Desk' initiative by NSS DRC from 17th May-20th June 2021. A significant amount of progress was made and as a result, multiple lives were saved.



This poster was circulated among the community

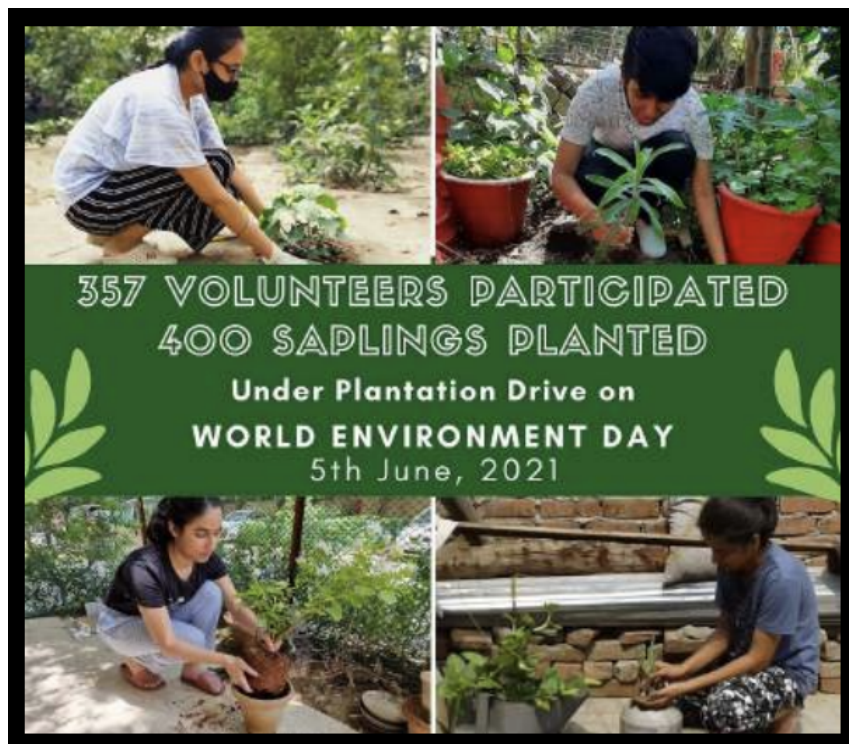
Title of the event: Plantation Drive

Date: 5th June, 2021

Number of students participated: 357

Organizing unit/collaborating agency: NSS DRC

Report: A Plantation Drive was organised on account of World Environment Day on 5th June 2021. Volunteers were encouraged to foster the spirit of a greener Earth and make the world a better place to live in by planting saplings in their homes. 357 volunteers took part in this noble cause and helped us make the earth greener and cleaner by planting 400 saplings.



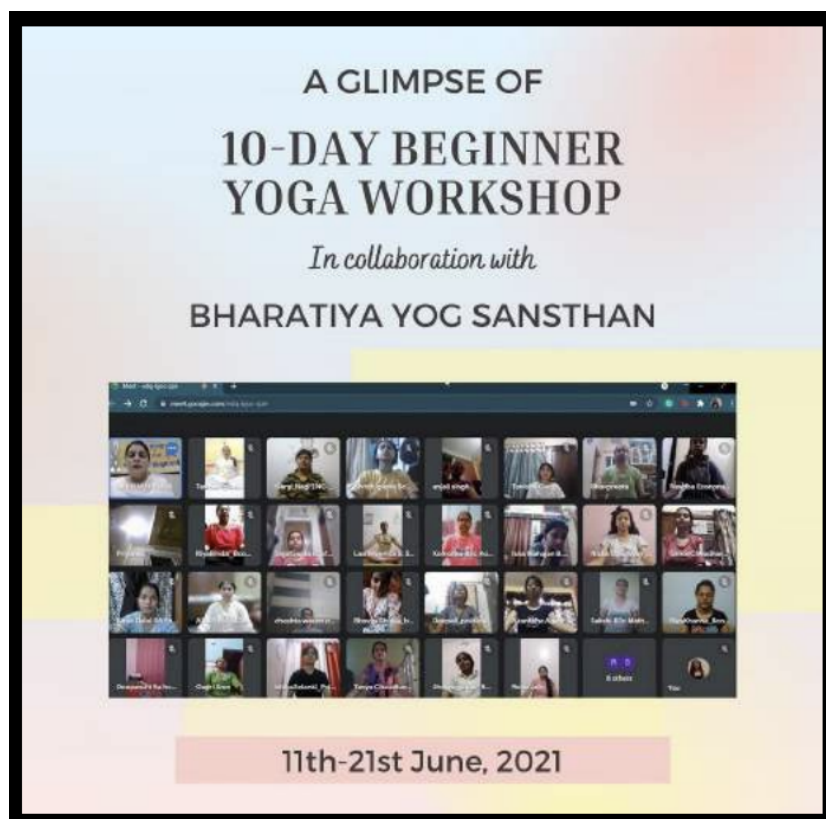
Title of the event: 10-Day Beginner Yoga Workshop

Date: 11th- 20th June 2021

Number of students participated: 54

Organizing unit/collaborating agency: Bharatiya Yoga Sansthan

Report: The National Service Scheme unit of Daulat Ram College organized a 10-Day Beginner Yoga Workshop in collaboration with Bharatiya Yoga Sansthan on the account of International Yoga Day celebrations from 11th - 20th June 2021. Ms. Neeru Khaneja, Ms. Tanvi Kriplani and Ms. Chhaya Gupta joined the workshops as the Yoga trainers for the sessions, with a total of 31 volunteers in attendance. To mark the successful conduction of the 10- Day Beginner Yoga Session, the Closing Ceremony was observed on 21st June 2021. A total of 54 volunteers attended the ceremony. The ceremony celebrated our success in fostering a sense of the health of both the mind and the body in our volunteers through this workshop.



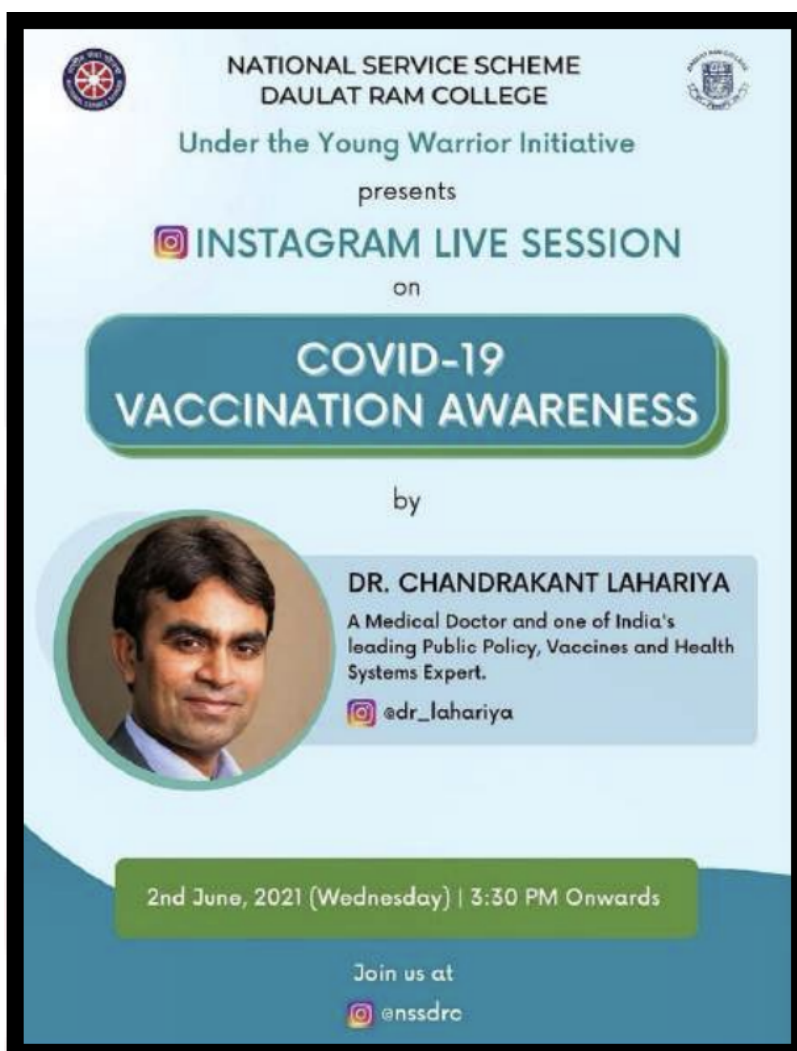
Title of the event: COVID-19 VACCINATION AWARENESS INSTAGRAM LIVE

Date: 22nd June, 2021

Number of students participated: 280 viewers

Organizing unit/collaborating agency: Young Warrior Initiative by UNICEF India

Report: The National Service Scheme unit of Daulat Ram College organised an informative Q&A session in collaboration with Dr. Chandrakant Lahariya, under the Young Warrior Initiative by UNICEF India. Dr. Chandrakant has spent 13 years with the WHO, and is the lead co-author of the book 'Till We Win: India's Fight Against The COVID-19 Pandemic'. The event was conducted as an Instagram live on the topic 'COVID-19 Vaccine Awareness' on 22nd June 2021, and was attended by more than 280 viewers.



Poster of the event

Title of the event: ‘Negative Effects of Victimization of LGBT Adolescents’

Date: 22nd June, 2021

Number of students participated: 270

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC organised an Instagram Live session on the topic ‘Negative Effects of Victimization of LGBT Adolescents’ in observance of Pride Month 2021, in collaboration with Sridhar Rangayan, an Indian filmmaker who has made films with a special focus on queer subjects. A total of 270 volunteers took part in the session which was conducted on 22nd June 2021. The session talked about the LGBTQ+ Community of India and helped us celebrate Pride Month in full swing.



Poster of the event

Title of the event: PAPER BAG MAKING ACTIVITY

Date: 11th and 12th July, 2021

Number of students participated: 314

Organizing unit/collaborating agency: NSS DRC

Report: National Service Scheme Unit of Daulat Ram College organised Paper Bag Making Activity on 11th and 12th July, 2021 on account of International Paper Bag Day, under its novel sustainability initiative Project Avni. The unit received a zealous response for the activity, with 314 volunteers, wherein they shared photos of themselves making the paper bags using waste paper. Through the combined effort of the volunteers, around 1458 paper bags were made. Strictly adhering to the COVID protocols, many volunteers distributed paper bags to their nearby vendors and shopkeepers. The activity was undertaken as a part of the endeavour of NSS DRC unit, to spread awareness about the importance of recycling and sustainability, with a greater initiative to promote environmental conservation. It helped in imparting among the volunteers the spirit to save nature and spreading awareness about the importance of sustainability. We look forward to holding more such activities.



NSS Volunteers distributing bags

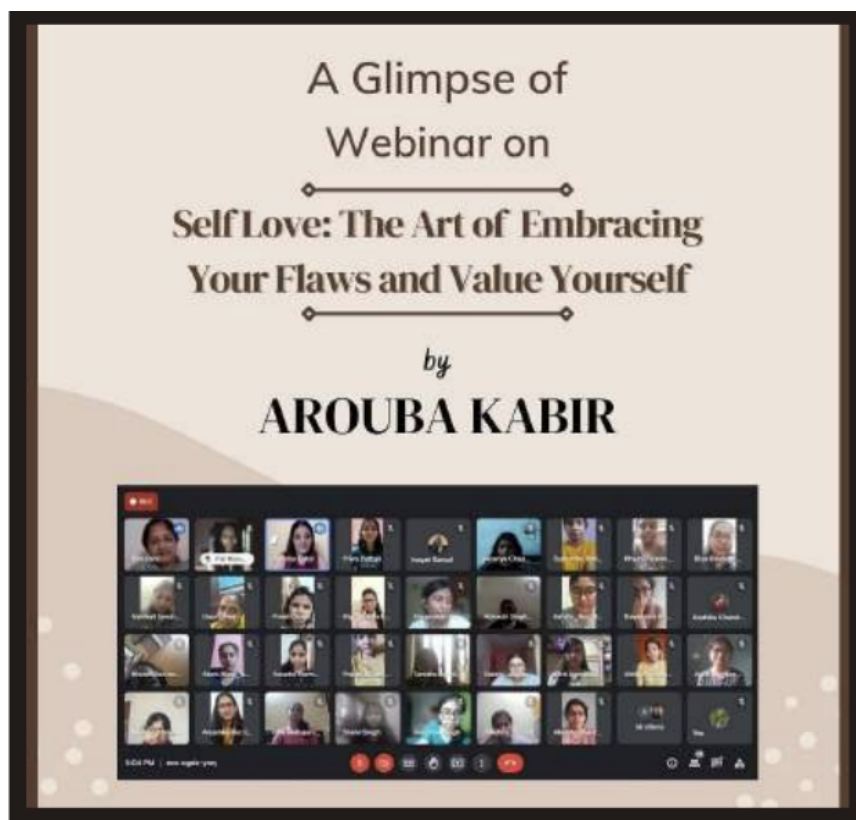
Title of the event: Self-Love: The Art of Embracing Your Flaws and Value Yourself

Date: 14th July, 2021

Number of students participated: 85

Organizing unit/collaborating agency: NSS DRC

Report: National Service Scheme unit of Daulat Ram College organised a webinar under Campaign Parwaah: Rethinking Mental Illnesses on the topic ‘Self-Love: The Art of Embracing Your Flaws and Value Yourself’ on 14th July 2021. 85 volunteers attended the session. The webinar was conducted in collaboration with Arouba Kabir, an expert mental health therapist with 8 years of experience. Dr. Arouba helped the volunteers understand the criticality of recognising one’s flaws and improving the same and advocated how inner beauty is more valuable than outer beauty. The insights shared by the speaker provided the audience with a space to reflect upon themselves.



Title of the event: Women of India in the 75th year of Independence

Date: 14th August, 2021

Number of students participated: 86

Organizing unit/collaborating agency: NSS DRC

Report: National Service Scheme unit of Daulat Ram College organized a Panel Discussion and 2 competitions as a part of Azadi ka Amrut Mahotsav celebrations of the 75th Independence Day. The Panel Discussion took place on 14th August, 2021. 86 volunteers attended the discussion. The theme for the Panel Discussion was 'Women of India in the 75th year of Independence'. The panel of speakers consisted of renowned Doctor Dr. Payal Bhole, ex-Army Veteran Captain Dr. Sunaina Singh, and the Principal of Miranda House Dr. Bijayalaxmi Nanda. They focused upon the journey of women since ages and how they constantly strive for perfection. The speakers successfully inspired and shaped the audience to be powerful and aware women of tomorrow.



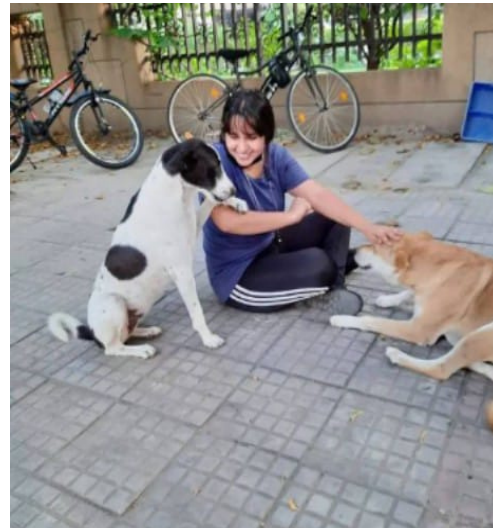
Title of the event: Feed a Stray Activity

Date: 26th August 2021

Number of students participated: 204

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC organised an activity titled, 'Feed A Stray' under its hunger alleviation initiative, Project Itminaan: Bread for Every Breath. The activity was held on the account of International Dog Day and it took place on 26th August 2021. It saw the enthusiastic participation of NSS DRC volunteers as well as other students who stepped up to extend a hand of compassion to stray dogs in their locality. Through the combined efforts of 204 volunteers, an impressive tally of over 710 strays being fed was achieved.



This poster was circulated among the community

Title of the event: Webinar on ‘Embracing the Wellness Mantra’

Date: 2nd September, 2021

Number of students participated: 100

Organizing unit/collaborating agency: NSS DRC

Report: The National Service Scheme Unit of Daulat Ram College organized a webinar titled ‘Embracing the Wellness Mantra’, under the Fit India Movement by the Ministry of Youth Affairs and Sports on 2nd September 2021. Mr. Gopal Singh Latwal, an Associate Teacher at IITM Delhi, graced the occasion as a guest speaker. 100 volunteers attended the session. He elaborated on the concepts of wellness and health, and expanded on other significant aspects of wellness- spiritual, emotional, social and intellectual. He informed the attendees about the role of wellness in combating these illnesses, and emphasized the benefits of simple but consistent efforts in the journey of fitness.



Title of the event: 5-day Indoor Workout Challenge

Date: 3rd September 2021

Number of students participated: 36

Organizing unit/collaborating agency: NSS DRC

Report: The Unit organised a 5-day Indoor Workout Challenge under Fit India Movement. The aim behind the activity was to promote the importance of exercise and help the volunteers adopt a healthier and more active lifestyle. A total of 36 volunteers participated in the challenge. The volunteers enthusiastically participated in activities like running, skipping, stretching, yoga, sports like badminton and basketball, and aerobics over the course of the fitness challenge. On the last day, i.e. 3rd September 2021, the volunteers participated in the Freedom Run. All COVID-19 safety protocols were observed throughout the conduction of the activity.



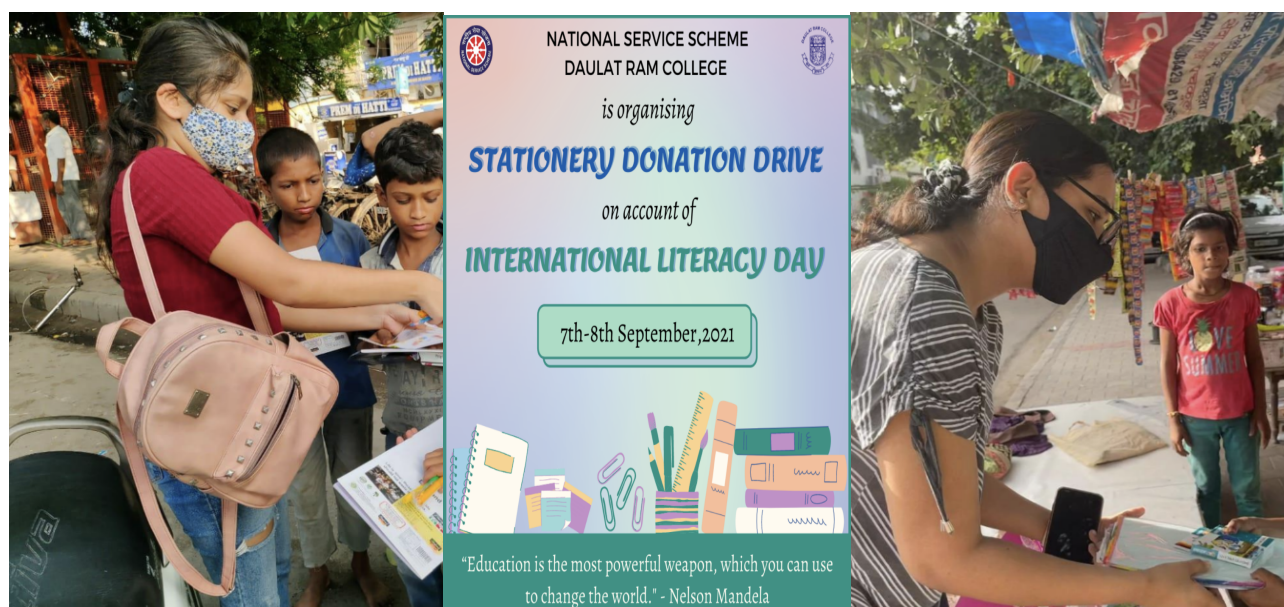
Title of the event: Stationery Donation Drive

Date: 7th and 8th September, 2021

Number of students participated: 250

Organizing unit/collaborating agency: NSS DRC

Report: The National Service Scheme unit of Daulat Ram College organized a Stationery Donation Drive. The activity was held on the account of International Literacy Day and took place on 7th and 8th September. It saw the enthusiastic participation of NSS DRC volunteers as well as other students who made an effort to bridge the gap between education and the less privileged. They visited nearby slums and orphanages to donate various stationery items. Through the collective efforts of 250 volunteers, a significant tally of 1320 people were helped, with over 5000 items donated. These included pencils, sketch pens, notebooks, coloring books and colours among other things. The activity was organized as an attempt to help individuals realize the true meaning of literacy and raise awareness about its significance.



NSS Volunteers distributing stationery to the needy

Title of the event: NEIGHBORHOOD CLEANLINESS DRIVE

Date: 10th to 12th September, 2021

Number of students participated: 82

Organizing unit/collaborating agency: NSS DRC

Report: National Service Scheme Unit of Daulat Ram College organised a Neighborhood Cleanliness Activity under Swachhta Pakhwada, a government initiative from 10th to 12th September, 2021. 82 volunteers came forward to clean their surroundings, widening the reach of the initiative to include 50 cities which included Delhi, Gurugram, Jaipur, Haridwar, etc.



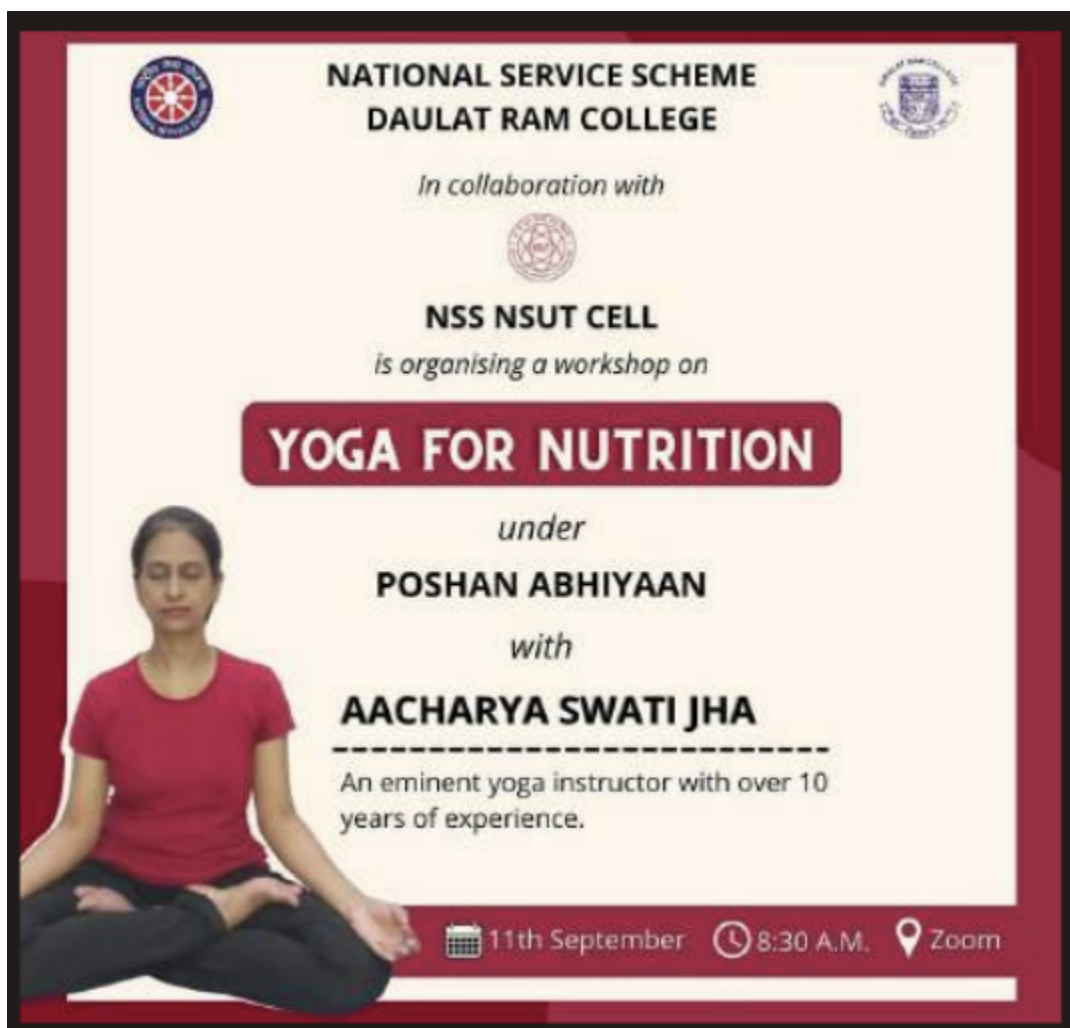
Title of the event: YOGA FOR NUTRITION

Date: 11th September, 2021

Number of students participated: 92

Organizing unit/collaborating agency: NSS Unit in collaboration with NSS Unit of Netaji Subhash University of Technology

Report: National Service Scheme unit of Netaji Subhash University of Technology in collaboration with the National Service Scheme unit of Daulat Ram College organized a workshop on Yoga for Nutrition on 11th September 2021 under the aegis of Poshan Abhiyaan. Acharya Swati Jha was the Guest Speaker for the event. With over 10 years of experience in yoga coaching, Ms. Swati Jha is an eminent instructor in the field. A total of 92 volunteers from NSS DRC participated in the webinar, which aimed at highlighting the importance of yoga and how incorporating yoga in daily life has various benefits for the health of individuals.



Poster of the event

Title of the event: Project Itminaan, a hunger alleviation programme

Date: 12th September, 2022

Number of students participated: 46

Organizing unit/collaborating agency: NSS DRC

Report: The motto of the Project, 'Bread for Every Breath' reflects the unit's commitment to the cause of making tireless efforts till the dream of a world where no one goes to sleep on an empty stomach is realised. Under the Daily Stray Feeding Programme of the Project, volunteers are encouraged to step forward and extend a helping hand to the animals around them in need. Every day, they feed strays in their vicinity. In the session that ran from September to December 2022, 53 volunteers actively participated in the programme, feeding animals like dogs, cows, squirrels, horses, peacocks, amongst others. Till this session, a total of 48,218 animals have been fed. An open Food Donation Drive was organised by the unit from 14th to 15th June, 2022. All donations which were collected throughout the course of the collection drive were donated to 'Missionaries of Charity', a children's orphanage based in Civil Lines in Delhi on 4th July, 2022. 9 volunteers represented the unit in their visit to the Orphanage, where they donated the food items that were collected.



Some glimpses of the event

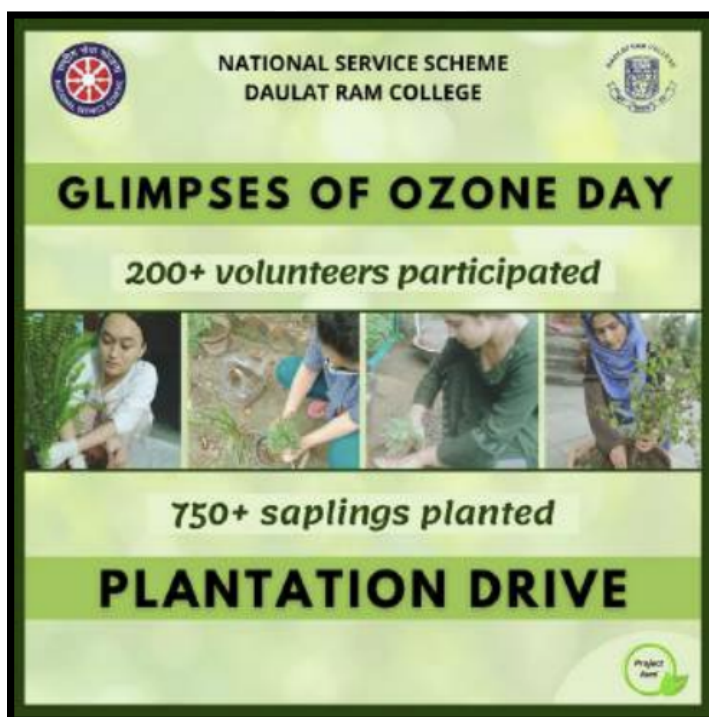
Title of the event: Plantation Drive

Date: From 15th September to 16th September 2021

Number of students participated: 207

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC conducted a Plantation Drive on the occasion of International Day for the Preservation of the Ozone Layer under Project Avni to take a small step towards protecting the ozone layer. It was held from 15th September to 16th September 2021. 207 volunteers came forward to be a part of this initiative. Students from various cities and states volunteered to plant saplings and through their collective efforts, the plantation drive spread to numerous cities. Saplings of different plant species like Curry tree, Tulsi, Money Plant among others were planted. 778 saplings were planted to improve oxygen levels in the air, helping in the conservation of the Ozone layer. All COVID-19 safety protocols were duly observed throughout the conduction of this activity. The Plantation Drive was a success as the volunteers confidently took the initiative forward and sincerely contributed to the preservation of the Ozone layer.



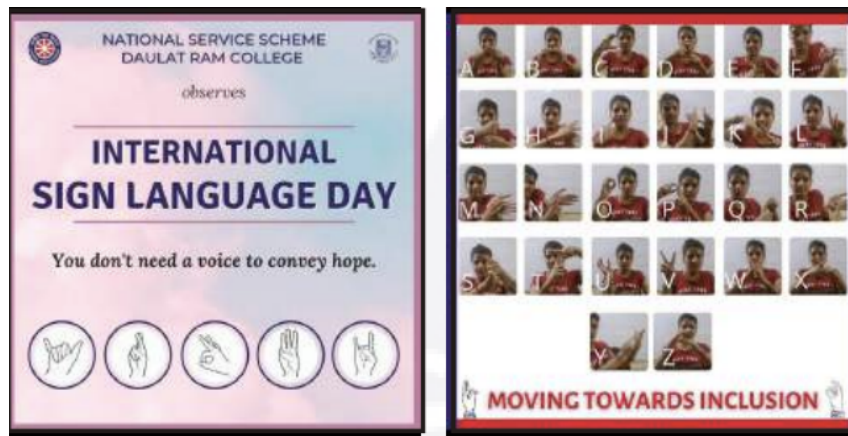
Title of the event: MOVING TOWARDS INCLUSION WORKSHOP

Date: 23rd September 2021

Number of students participated: 89

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC conducted a workshop in collaboration with Sai Swayam Society on 23rd September 2021, to commemorate the International Day of Sign Languages. 89 volunteers attended the webinar. The speaker of the day was Ms. Meera Chetan Bhatia, Founder and CEO of Sai Swayam Society. She was accompanied by Ms. Srishti and Ms. Tanu, expert trainers of the Indian Sign Language (ISL). Ms. Meera talked about the importance of sign language in the school curriculum for inclusivity. She engaged the attendees in a live sign language learning session, covering alphabets, salutations, colours, days of the week, months of a year, numbers and general introductions in ISL. The expression was extremely insightful as the speakers highlighted the role of body language and facial expressions in sign language.



Glimpses of the program

Title of the event: Webinar on “Save Rivers and Water Bodies from Human Intervention”

Date: 26th September, 2021

Number of students participated: 88

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC organised an insightful webinar on 26th September 2021 on ‘Save Rivers and Water Bodies from Human Intervention’ in collaboration with Dharmesh Barai, to help raise awareness about the significance of rivers and ways to protect them. 88 volunteers attended the webinar. Mr. Barai started off by talking about how the youth of our country are a force to be reckoned with, and they are the ones who hold the responsibility and power to save the environment and give back to society. Since every little thing requires water to survive, he believes that we don’t need a special day to save the rivers. Mr. Barai talked about how he started off on his mission to save the environment alone, but today he has a team of people working with him, which reiterated the point that change begins with us.



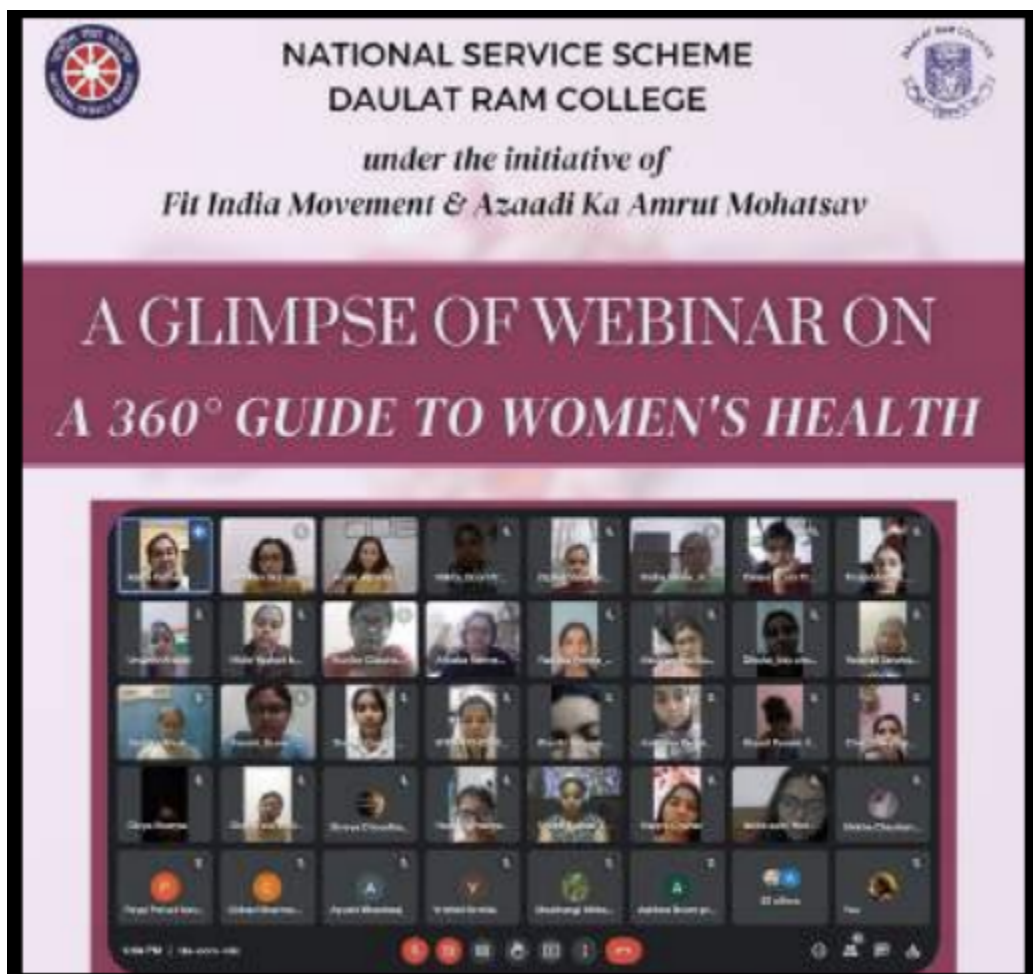
Title of the event: Webinar on “360° Guide to Women’s Health”

Date: 30th September, 2021

Number of students participated: 94

Organizing unit/collaborating agency: NSS Unit

Report: NSS DRC, under the initiative of Fit India Movement and Azadi ka Amrut Mahotsav organised a webinar titled, 'A 360° Guide to Women’s Health' in collaboration with Ms. Mitushi Ajmera on 30 September 2021. 94 volunteers attended the webinar. Ms. Mitushi Ajmera is a certified wellness coach and India’s first Pilardio Instructor. Ms. Mitushi introduced the attendees to the 6 pillars of a healthy body. These are involvement with nature, a positive attitude towards life, complete nutrition, a well-hydrated body, good sleep, and regular exercise. In addition to this, she also imparted various ways of switching over to a healthier lifestyle from a sedentary one.



Title of the event: Clean India Initiative

Date: 19th October, 2022

Number of students participated: 51

Organizing unit/collaborating agency: NSS DRC

Report: The Cleanliness Drive took place on 19th of October, 2022 in the North Campus area of the university. A sum of 51 volunteers under the valuable guidance of NSS Teacher's Committee, with utmost zeal and determination cleaned up more than 200 kg of waste, collected from the areas of Patel Chest, Roop Nagar, and the college premises. The drive was carried out in an immensely systematic and organized manner. The volunteers were first divided in a group of 3, with each team working on one of the three target areas. The garbage collected included leaves, packaging material, plastic as well as paper waste such as cardboards, newspapers and magazines leftovers. Subsequently, the garbage was meticulously divided into two separate bags depending upon their biodegradable or non-biodegradable nature. Finally, in order to ensure the proper waste disposal, the entire waste was handed over to the garbage vehicle from Municipal Corporation of Delhi.



NSS Volunteers cleaning the premises in and around the college

Title of the event: Reusing Waste to Make Art

Date: 20th -21st October, 2021

Number of students participated: 115

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC organised an activity titled 'Reusing Waste to Make Art' from 20th to 21st October 2021. The activity was organised as a part of the Clean India Initiative. An initiative by the Government of India, the programme is aimed at creating awareness, mobilisation of people and ensuring the involvement of individuals in the Clean India initiative. 115 volunteers participated in the activity. The aim of the activity was to reduce the concentration of Single-use plastic (SUP) in the environment in a creative way. With the combined efforts of the volunteers under NSS DRC, a variety of creative and innovative artworks were created that incorporated the use of SUP and other waste materials. Volunteers used various waste materials like plastic bottles, glass bottles, plastic containers, polythene bags, etc. to create various artworks. Through this activity, the volunteers took a step towards creating a cleaner environment.



Title of the event: Connecting empathetic volunteers with the Visually Challenged Students (VCS)

Date: Through out the year

Number of students participated: 765

Organizing unit/collaborating agency: NA

Report: The Abling unit is a team under NSS DRC that strives to work for the specially abled students and professors. The work of the Abling unit involves connecting empathetic volunteers with the Visually Challenged Students (VCS) in order to assist them with completing their assignments, recording audiobooks, filling out college forms and acting as scribes during examinations, amongst other things. College tours are also arranged for the Visually Challenged Students. The unit has successfully installed KIBO XS, a VCS assisting device in the library. In the ongoing session of 2021-22, a total of 765 volunteers have been arranged for assistance, and the tally is expected to cross one thousand.



NSS Volunteers helping the VC students

Title of the event: Webinar on “Elimination of Violence Against Women”

Date: 25th November, 2021

Number of students participated: 91

Organizing unit/collaborating agency: NSS, DRC

Report: National Service Scheme Unit of Daulat Ram College conducted an invigorating webinar on 25th November 2021, in the light of International Day for the Elimination of Violence Against Women. A total of 91 volunteers attended the webinar. Ms. Gurbani Kaur and Ms. Sreya Layek from Girl Power Talk were the speakers for the day. The speakers enlightened the volunteers about how violence against women is deeply rooted in society and culture. They also highlighted ways in which individuals can help out victims of abuse, like being empathetic towards them and spreading information about rights.



Title of the event: Shelter for Strays Drive

Date: 11th December 2021 to 13th December 2021

Number of students participated: 20

Organizing unit/collaborating agency: NSS DRC

Report: In December, NSS DRC organised a Shelter for Strays Drive, from 11th December 2021 to 13th December 2021. The activity witnessed the enthusiastic participation of volunteers, who stepped forward to spread kindness in their vicinity. They placed 58 make-shift beds for stray animals to sleep in and comfortably survive the winter season.



NSS Volunteers making shelter for the stray animals

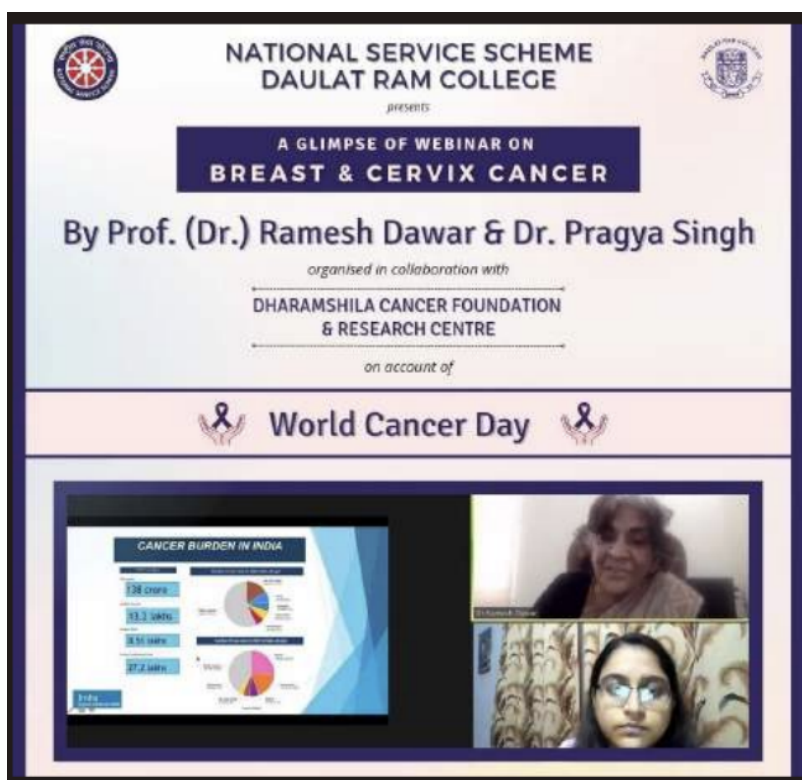
Title of the event: ‘Breast Cancer and cervix Cancer’

Date: 4th February 2022

Number of students participated: 300

Organizing unit/collaborating agency: Dharamshila Cancer Foundation and Research Centre

Report: NSS DRC observed World Cancer Day on 4th February 2022 by organising a webinar in collaboration with Dharamshila Cancer Foundation and Research Centre on the topic ‘Breast Cancer and cervix Cancer’. Over 300 volunteers attended the webinar. Prof. (Dr.) Ramesh Dawar, Vice President of Dharamshila Cancer Foundation and Research Centre and Dr. Pragya Singh, Senior Manager - Projects at Dharamshila Narayana Superspeciality Hospital, were the speakers for the event. The webinar started with Dr. Ramesh Dawar briefing the audience about breast cancer, its predisposing risk factors, and preventive measures one can take to lessen its occurrence. Dr. Pragya Singh talked about cervix cancer and how to prevent it.



Poster of the event

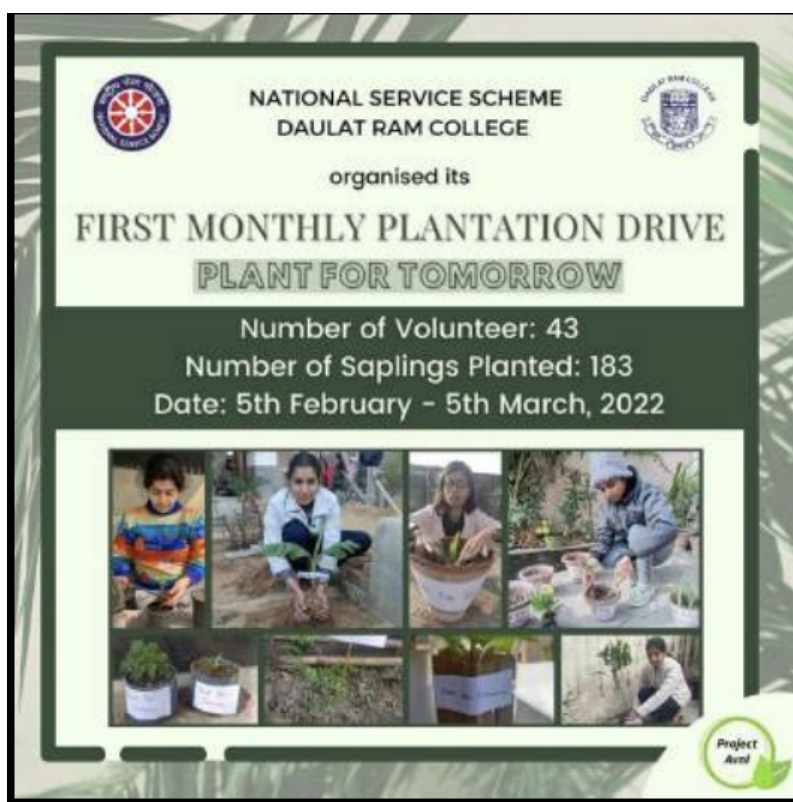
Title of the event: PLANT FOR TOMORROW

Date: February 5, 2022, and continued till March 5, 2022

Number of students participated: 43

Organizing unit/collaborating agency: NSS DRC

Report: NSS DRC conducted a plantation drive under a newly launched initiative “Plant for Tomorrow”. Plant for Tomorrow is a monthly plantation drive that aims to send the message that planting a tree is just the beginning, one has to care for the sapling so genuine environmental benefits can be achieved. The first instalment of Plant for Tomorrow started from February 5, 2022, and continued till March 5, 2022. 43 volunteers came forward to be a part of this initiative. With their efforts, 183 saplings were planted. The launch of Plant for Tomorrow was a glowing success, for it was able to go beyond a normal plantation drive - the saplings weren’t forgotten after being planted, they received the utmost level of love and care.



Title of the event: Sustainable Menstruation and Use of Menstrual Cups

Date: 11th February, 2022

Number of students participated: 82

Organizing unit/collaborating agency: Sirona Hygiene Foundation

Report: NSS DRC organized a webinar on the topic 'Sustainable Menstruation and Use of Menstrual Cups', in collaboration with Sirona Hygiene Foundation on 11th February 2022. 82 volunteers attended the webinar. Dr. Aarushi Kehar Malhotra was the speaker for the event. She is a Public Health Advocate with a master's degree in public health, involved in health education, healthcare research, and spreading awareness. She briefed the audience about menstruation. She explained the concept of sustainable menstruation, that is, using products that benefit both- the body and the earth. She talked about the various chemicals that go into making a sanitary napkin, their non-biodegradable nature and how a girl uses an average of 16,000 sanitary napkins in her lifetime. She suggested safer alternatives like menstrual cups.

