



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



**Annual Report
2020-21**

Programme Officer- Mrs. Preeti Singh

Meager Means yet Courageous Dreams!!

The motto of NSS is “Not me but You” which expresses the essence of democratic living, respect for the people and selfless service. The aim of NSS is to promote national integration, sense of social responsibility and help the students to develop overall personality. The NSS unit of our college is very active in social welfare activities. The unit believes that “the unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” Our volunteers work to ensure that anyone who is needy gets help to enhance their standard of living and lead a life of dignity. The unit feels honoured and privileged for having constant support of our respected principal madam, Dr. Savita Roy and former convenor, Mrs. Sarita Jain.

Fighting COVID-19:

The outbreak of coronavirus disease (COVID-19) brought unprecedented crisis on humanity. We took some initiatives to ensure that we are prepared well to face the challenge and threat posed by the growing pandemic.

The NSS unit of our college worked to reduce unfathomable implications of this corona virus which brings mental, physical, social and economic problems. We tried to work upon how people feel at this time, what are their needs and what they are worried about.

- **Homemade Mask making Activity:** 206 volunteers actively took part in this activity and each of these prepared 5 masks which turn into total contribution of 1030 masks. These were donated to the needy and the police officers who would further distribute it to the needy people or health workers.
- **Awareness Campaigns:** Making people aware of government initiatives like Aarogya Setu App, appreciating the corona warriors, taking a pledge to Stay home & stay safe and also making people see the positive side of the situation through an exclusive post for Advantages of lockdown, NSS DRC has put in all the efforts to spread genuine information in this time of crisis.
- **The NSS Unit Launched two projects feeling the need of the hour:** Project Itminaan: Bread for every Breath and Project Parwaah- Rethinking Mental Illnesses.

EVENTS AND ACTIVITIES 2020-21

In June, Celebrating Environment Day by organising an quiz competition, Yoga Competitions where students need to showcase their talent through performing different Yoga Asanas and Article writing competition on “A social movement from the past and its relevance to the present”

In July, Webinar on “Waste Management” in association with Vrikshit Foundation by Mr. Shankar Singh, Founder & President on 25th July was organised. A Video was launched on Covid'19 dedicated to the frontline workers in the war against Corona virus under the guidance of Dr. Indu Jain ma'am.

In August, Independence day was observed with theme of “Aatma Nirbhar Bharat” by organising Plantation Drive, Patriotic Singing Competition and Cosplay (Costume + Play). Fit India Youth club was launched on 15th August, 2020. It aimed to provide freedom from lethargy to a positive lifestyle. In view of this a Fitness Drive was launched where physical fitness and health was promoted from home through different activities such as yoga, stretching, cleaning, aerobics, etc. Students needs to perform and practice the same till 2nd October, 2020.

In September, an International Webinar was organised on “Universal Basic Income: Freedom From Poverty” by Mr. Gerdur Palmadottir, UBI Advocate, CEO of Copyrite, Hugvirkjun ehf, IceLand, Netherlands; Dr. Shobana Nelasco. Development Economist Head, Research Centre of Economics Fellow of UGC, ICSSR and LSE, London and Peter Brake, Management Accountant, Auckland University; Member, BEIN Outreach Group.

Under the FIT INDIA CAMPAIGN, the unit organised ‘Click your Plate’; ‘Quiz Competition’; ‘Webinar on Fitness During Lockdown’ by Dr. Gopal Singh Latwal, Associate Professor at IITM; ‘Fitness Challenge’, ‘Dance Competition’ and ‘Daily Run and Workout’.

In October, Continuing with the legacy of Jalsa, Diwali Mela, the unit organised virtual Diwali mela, where they organised 5-Day Donation Drive, Chat Show with Farrhad Acidwalla (Three time TEDx Speaker), Inspirational Talk by Kriti Bharti is a rehabilitation psychologist and children's rights activist who had made headlines as the first annuller of child marriage in India and by Mrs. Kamlesh Wadhwa who has been featured on numerous news channels and newspaper for being the sole reason behind the closing of illegal bars and wine shops & hookah bars in South Delhi suburban school areas and Webinar on Career in Music and Live performance.

During the Vigilance Awareness week, a pledge-taking ceremony was conducted on the theme of Satark Bharat, Samriddh Bharat. Poster making competition, Slogan writing Competition, Essay Writing Competition and on social media platforms different awareness campaigns were also organised. On the occasion of National Unity Day, a Pledge taking ceremony was conducted to encourage most of the manpower flourish. In November, Preamble Reading Session was organised in the observance of Constitution Day.

In January, the unit observed National Youth Day, National Army Day, Birth Anniversary of Subhas Chandra Bose and National Voter’s Day by creating awareness on Social Media platforms. Calligraphy Competition was organised on the occasion of Republic Day on the theme of Preamble Page Recreation

Winter donation drive was organised in a view that a little good deed from your side can change their life.

OFFICE BEARERS OF NSS 2020-21

One Dream, One Team

Name	Designation	Course
Mrs. Preeti Singh, Convenor		
Ananya Sharma	President	B.A. (Hons.) Political Science (3rd Year)
Aakriti Sahay	Vice President	B.Com (Hons.) (3rd Year)

Manya	General Secretary	B.A. (Hons.) Political Science (2nd Year)
Mahak Verma	Treasurer	B.Com Prog. (3rd Year)
Suramyaa Tewari	Data Handler	B.A. Prog. (3rd Year)
Khushi	Head of Management	B.Com Prog. (3rd Year)
Muskaan Bhagat	Head of Content and PR	B.A. (Hons.) Economics (3rd Year)
Shruti Arora	Head of Project Management	B.Com Prog. (3rd Year)
Shreya Singh	Creative Head	B.Sc. (Hons.) Zoology (3rd Year)
Khanak	Digital and Technical Head	B.Com Prog. (3rd Year)
Divya Negi	Management Team	B.A. (Hons.) History (2nd Year)
Raina Pathak	Management Team	B.A. (Hons.) Political Science (2nd Year)
Sumi Puri	Management Team	B.Com (Hons.) (2nd Year)
Aditi Kapoor	Content and PR Team	B.A. (Hons) English (2nd Year)
Haimi Praharaj	Content and PR Team	B.Com (Hons.) (2nd Year)
Inayat	Content and PR Team	B.A. Prog. (2nd Year)
Priya Preeti	Project Management Team	B.A. (Hons.) Political Science (2nd Year)
Mansi Bairagi	Project Management Team	B.A. (Hons.) Psychology (2nd Year)
Samreen	Project Management Team	B.A. (Hons.) History (2nd Year)
Reshu Chaudhary	Creative Team	B.A. (Hons.) History (2nd Year)
Saumya Mishra	Creative Team	B.A. (Hons.) Political Science (2nd Year)
Shubhangi Mittal	Creative Team	B.Sc. Life Sciences (2nd Year)
Pranjal Rai	Digital and Technical Team	B.A. (Hons.) Economics (2nd Year)
Simran Agrawal	Digital and Technical Team	B.Com (Hons.) (2nd Year)

Title of the event: Homemade Mask making Activity

Date: In the Month of April, 2020

Number of students participated: 206

Organising Unit/ Collaborating agency: NSS DRC

Report: During the lockdown to fight the Covid-19 pandemic, NSS Unit organized this activity where the volunteers were trained to make masks through online mediums only, by means of videos and photos, keeping in mind the essential rules of the lockdown. These masks were donated to the needy and the police officers who would further distribute it to the needy people or health workers. 206 volunteers actively took part in this activity and each of these prepared 5 masks which turn into total contribution of 1030 masks.



NSS Volunteers are distributing masks

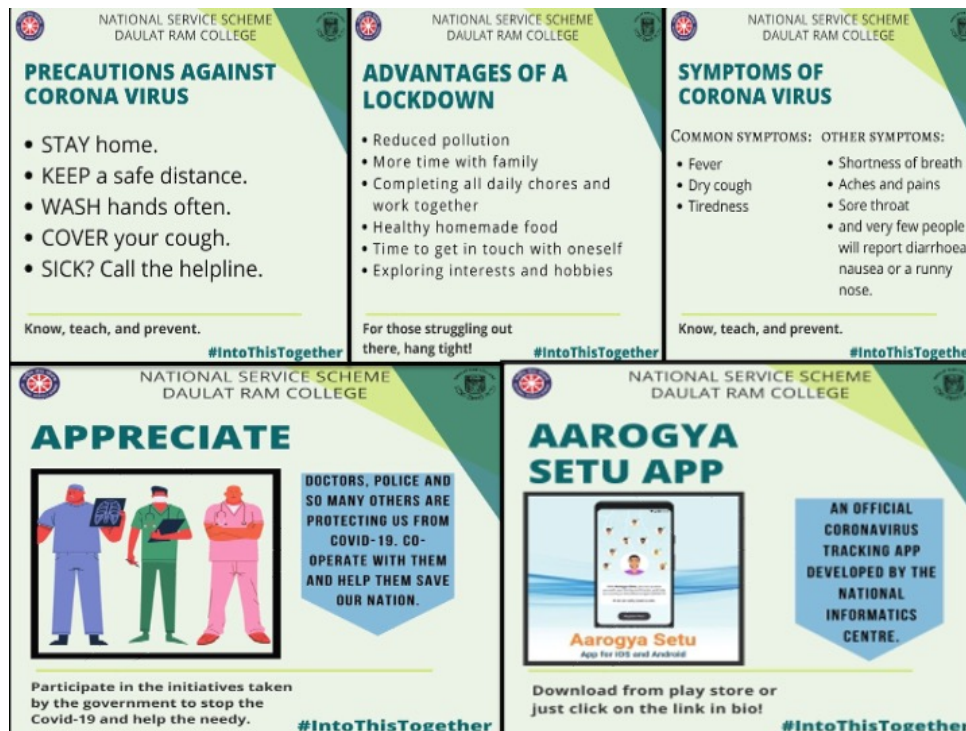
Title of the event: Awareness Campaigns- Covid 19

Date: In the Month of May, 2020

Number of students participated: 15

Organising Unit/ Collaborating agency: NSS DRC

Report: All around the world, people are taking necessary steps to protect themselves and their families from the coronavirus disease, to support their communities, and prevent the spread of the outbreak. The NSS unit took to social media to urge their followers to enhance situational awareness regarding the COVID-19 outbreak. Making people aware of government initiatives like Aarogya Setu App, appreciating the corona warriors, taking a pledge to Stay home & stay safe and also making people see the positive side of the situation through an exclusive post for Advantages of lockdown, NSS DRC has put in all the efforts to spread genuine information in this time of crisis.



Social Media Posts for awareness

Title of the event: SLOGAN WRITING COMPETITION

Date: 10th June, 2020

Number of students participated: 40

Organising Unit/ Collaborating agency: NSS DRC

Report: A slogan writing competition was also organized with an aim to instil a feeling of patriotism and belongingness among the youth in these hard times. The topic for the competition was ‘PREVENTION OF CORONAVIRUS’. This assured efforts from the side of 40 participants to search about the possible precautions to face the pandemic and hence contributed to the greater good.



NSS Volunteers showcasing their posters and slogans

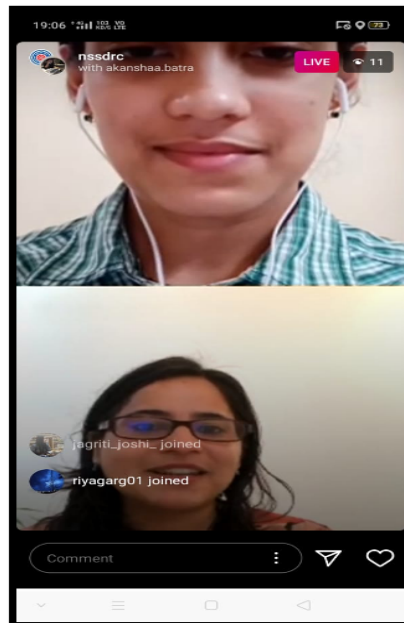
Title of the Event: Instagram Live Session on Importance of Self Care, Mental Health, Inner Dynamism and Outer Peace

Date: 16th June, 2020

Number of students participated: 200 views

Organising Unit/ Collaborating agency: NSS, DRC

Report: NSS unit of Daulat Ram College conducted an Instagram Live Session on 16th June, 2020 on the importance of self-care, mental health, inner peace and outer dynamism, yoga and meditation and how it helps us in improving our lives which was attended by 30 people and later it has 200 plus views on the post. It was conducted with Ms. Aakansha Batra, Doctoral Student at University of California. The session covered many areas regarding mental health and the problems students have been facing regarding the same. The speaker also showed a couple of breathing techniques to calm our minds. Overall, it was a peaceful session and everyone felt good after attending it.



Screenshot of webinar conducted

Title of the Event: Yoga Posture Competition

Date: 17th June, 2020

Number of students participated: 56

Organising Unit/ Collaborating agency: NSS DRC

Report: In view of the International Yoga Day 2020, NSS Unit of Daulat Ram College organized an online Yoga competition from 16th to 17th June, 2020 in which 56 volunteers participated and performed 3 Yoga Asanas each along with explaining their benefits.



Results of the competition

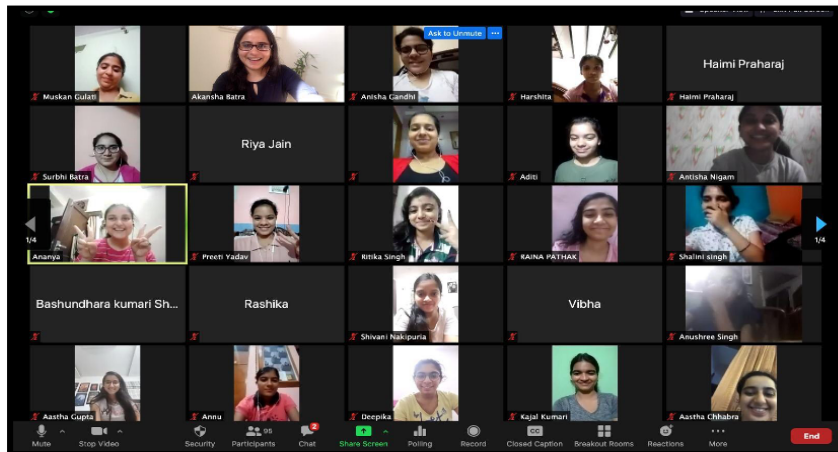
Title of the Event: Webinar on Yoga, Meditation and Inner Tendencies

Date: 21st June, 2020

Number of students participated: 150

Organising Unit/ Collaborating agency: NSS DRC

Report: A webinar was organised in the evening of 21st June, 2020 on Yoga, Meditation and Inner tendencies with Ms. Akansha Batra, a Doctoral student at University of California for which 150 students have registered. In this webinar, the speaker highlighted the various benefits of Yoga and meditation. The speaker will also show the students some breathing techniques to calm our minds. It was an interactive session where everyone gained peace by sharing their problems and learning the solutions to them. The speaker also showed some breathing and meditation techniques to calm our minds. Overall, it was a wonderful and enriching session which touched many hearts!



Screenshot of webinar conducted

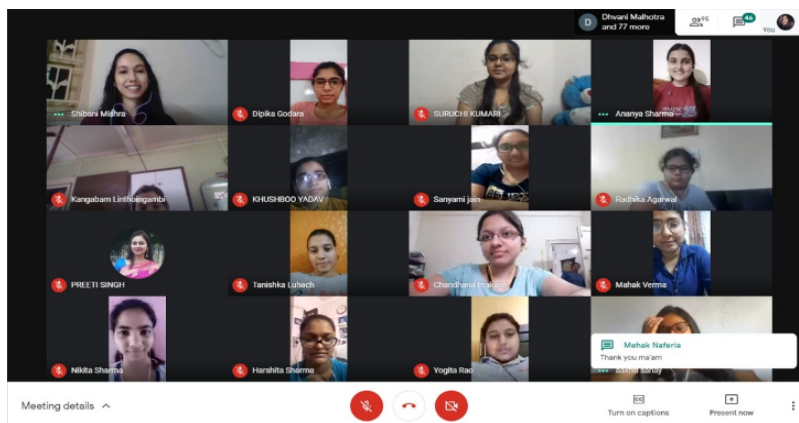
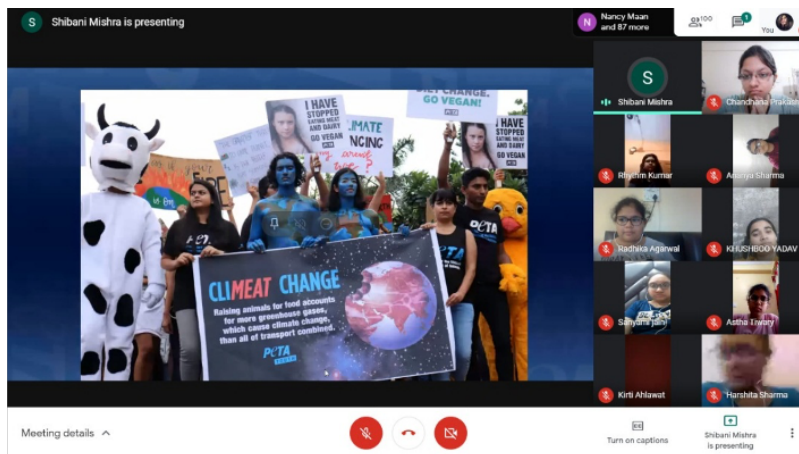
Title of the Event: Webinar on 'You cannot be a meat-eating environmentalist'

Date: 7th July, 2020

Number of students participated: 100

Organising Unit/ Collaborating agency: NSS DRC

Report: NSS unit of Daulat Ram College organized a webinar on 7th July, 2020 in association with People for Ethical Treatment of Animals - India on the topic 'You cannot be a meat-eating environmentalist'. It was attended by 100 volunteers. The spokesperson, Ms. Shibani Mishra, spoke about the importance of veganism and how easy it is to become a vegan. She also quoted some inspirational personalities like Greta Thunberg to motivate the students about the cause.



Screenshot of webinar conducted

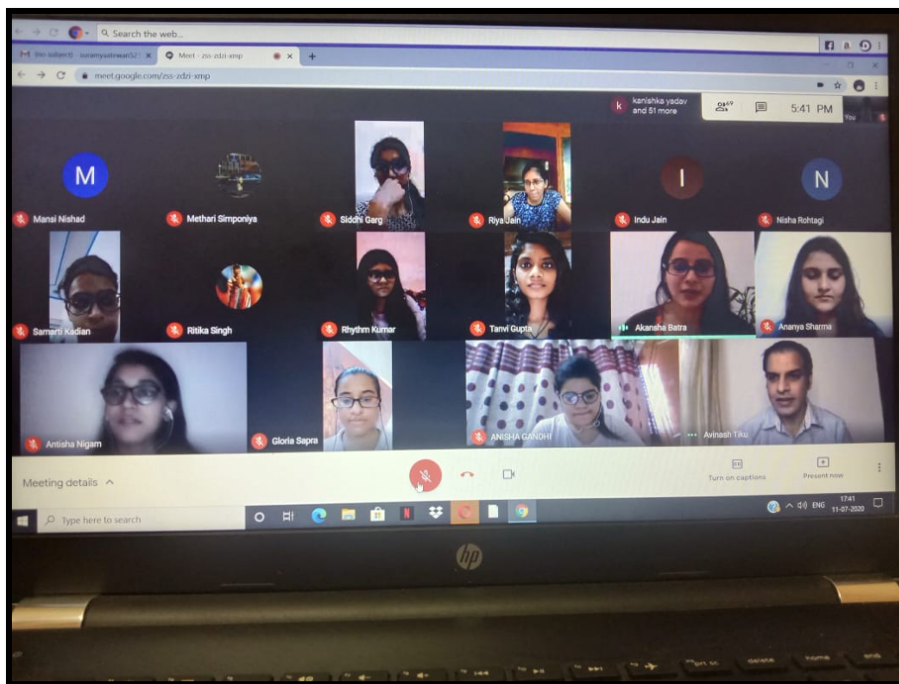
Title of the Event: Webinar on "HOW TO MANAGE EMOTIONS DURING LOCKDOWN?"

Date: 11th July, 2020

Number of students participated: 82

Organising Unit/ Collaborating agency: NSS DRC

Report: NSS unit of Daulat Ram College, under Phase 2 of its mental health campaign - Parwaah - organised Talk 1 on the topic 'How to manage emotions during lockdown?' on 11th July, 2020. 82 volunteers attended the seminar. The speakers for the Talk were Certified Youth Program Trainers: Ms. Aakansha Batra and Mr. Avinash Tiku. They briefed upon the importance of being calm and how we can control our emotions. It was a very interactive session and the students felt better, especially about the uncertainty revolving around the world right now.



Screenshot of webinar conducted

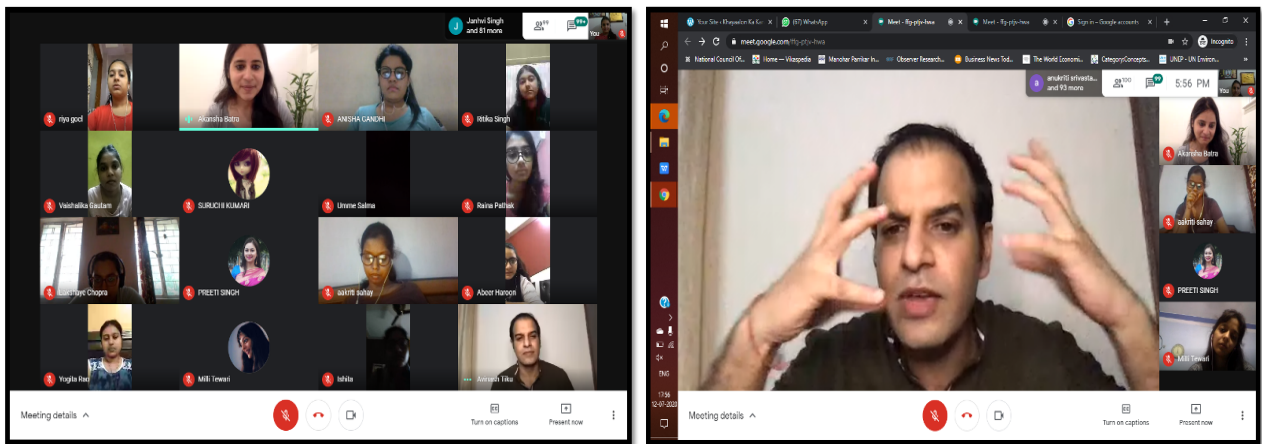
Title of the Event: Webinar on “How to Transform Anxiety into Self-confidence?”

Date: 12th July, 2020

Number of students participated: 95

Organising Unit/ Collaborating agency: NSS DRC

Report: NSS Unit of Daulat Ram College, under Phase 2 of its mental health campaign - Parwaah - organised Talk 2 on the topic 'How to transform anxiety into self-confidence?' on 12th July, 2020. 95 volunteers attended the seminar. The speakers of the webinar were Certified Youth Program Trainers namely Ms. Aakansha Batra and Mr. Avinash Tiku. They validated the various emotions of the students on the ambiguity of the situation and made the students feel safer. Overall, it was an eye-opening seminar and the need of the hour.



Screenshot of webinar conducted

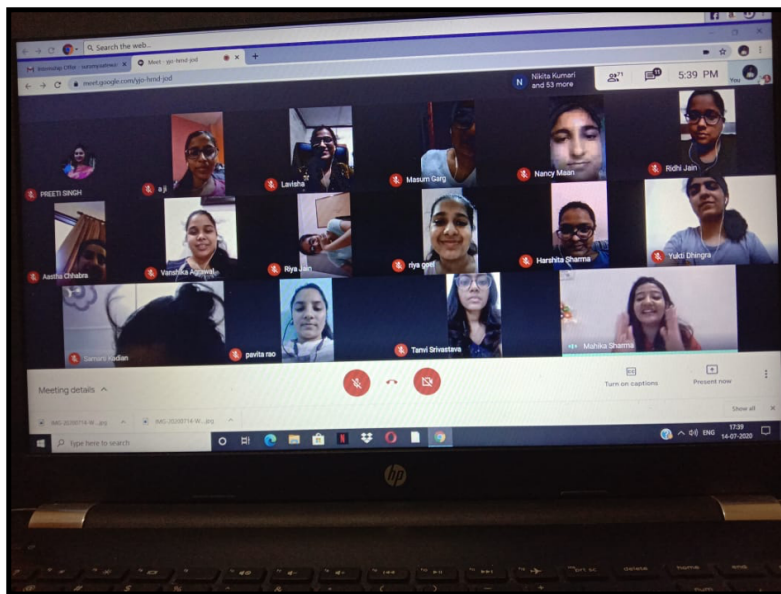
Title of the Event: Webinar on "Mind Matters: How to manage your mental health?"

Date: 14th July, 2020

Number of students participated: 75

Organising Unit/ Collaborating agency: NSS DRC

Report: NSS Unit of Daulat Ram College, under Phase 2 of its mental health campaign - Parwaah - organised Talk 3 on the topic 'Mind Matters: How to manage your mental health' on 14th July, 2020. 75 volunteers attended the seminar. The speakers for the Talk were Certified Youth Program Trainer : Ms. Mahika Sharma, Coordinator, Youth Affairs, Art of Living. It was a fun plus informative session and the speaker showed us the working of our minds via an activity. She also briefed upon how important it is to believe in ourselves. Overall, it was an exciting session.



Screenshot of webinar conducted

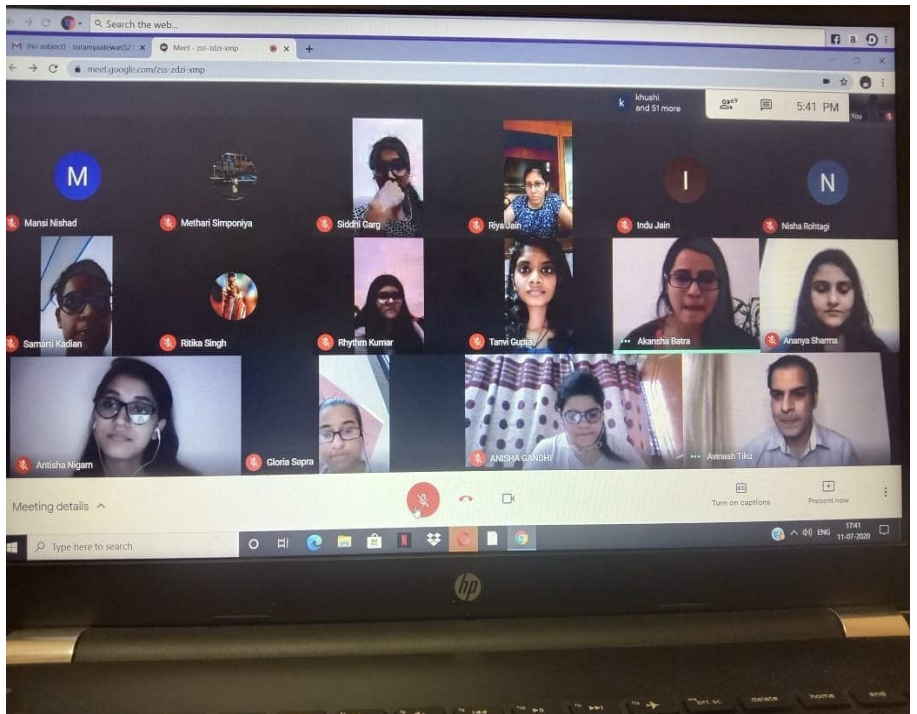
Title of the Event: Webinar on “Mind Matters: How to manage your mental health?”

Date: 20th July, 2020

Number of students participated: 63

Organising Unit/ Collaborating agency: NSS DRC

Report: NSS Unit of Daulat Ram College organised Talk 4 under Phase 2 of Parwaah - our mental health campaign on 20th July, 2020 on the topic 'Mind Matters: How to manage your mental health?'. 63 volunteers attended the seminar. The speaker for the session was Mr. Dhruv Chawla, lawyer and social worker. He held the students' attention throughout the session by engaging with them on the topic. He made sure everyone felt less scared and less worried about their lives, especially during the uncertainty prevailing these days. Overall, it was an interesting session and we would love to see more of these coming!



Screenshot of webinar conducted

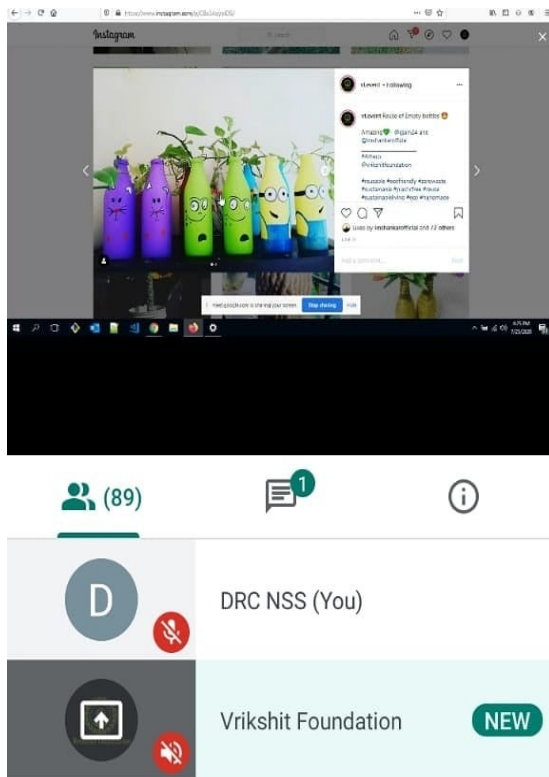
Title of the Event: Webinar on 'Waste Management' in association with the Vrikshit Foundation

Date: 25th July, 2020

Number of students participated: 89

Organising Unit/ Collaborating agency: NSS Unit, DRC

Report: NSS Unit of Daulat Ram College organized a webinar on 'Waste Management' in association with Vrikshit Foundation on 25th July, 2020. 89 volunteers attended the session. The speaker for the session was Mr. Shankar Singh, Founder & President of Vrikshit Foundation. He talked about how we take part in generating huge amount of waste and what alternatives can be adopted to deal with it. He also taught the students how to reuse bottles that we generally throw away.



Screenshot of webinar conducted

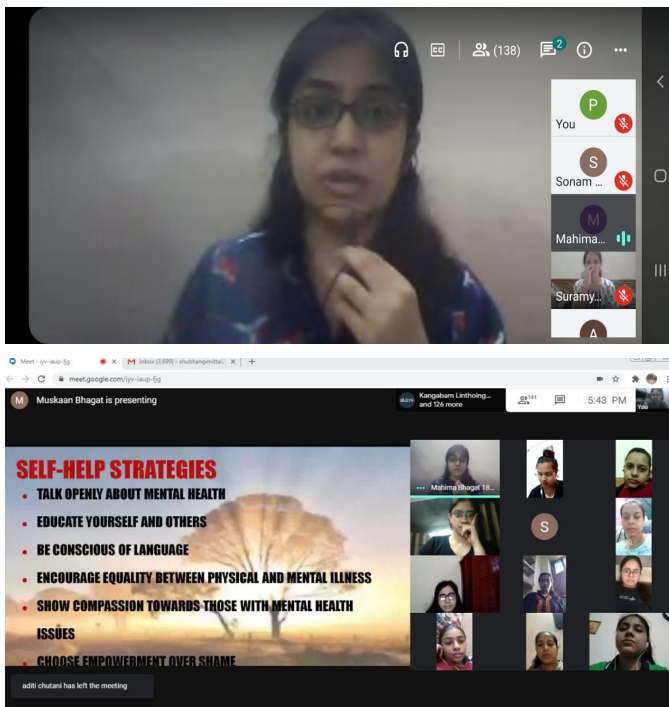
Title of the Event: Webinar on Stigma Related to Mental Health

Date: 8th August, 2020

Number of students participated: 146

Organising Unit/ Collaborating agency: NSS DRC

Report: National Service Scheme unit of Daulat Ram College organized a webinar under its Campaign PARWAAH- Rethinking Mental Illnesses in collaboration with Ms. Mahima Bhagat, a trainee counsellor pursuing M.Sc. in Psychological Counselling from Indian Institute of Psychology and Research, Bangalore. The topic for the webinar was Stigma Related to Mental Health. It was held on 8th August, at 5 P.M and was attended by 146 volunteers. The speaker highlighted the importance for destigmatizing mental health and the issues surrounding it. The session began with the speaker reiterating the definitions of mental health and mental illness. She further went on to erase certain myths and misconceptions about mental health. Ms. Bhagat also talked about self-help strategies to be more empathetic towards warriors of mental health issues. The webinar was concluded with a Question answer session. Overall, it was an informative and valuable session as it laid emphasis on normalizing mental health as the need of the hour!



Screenshot of webinar conducted

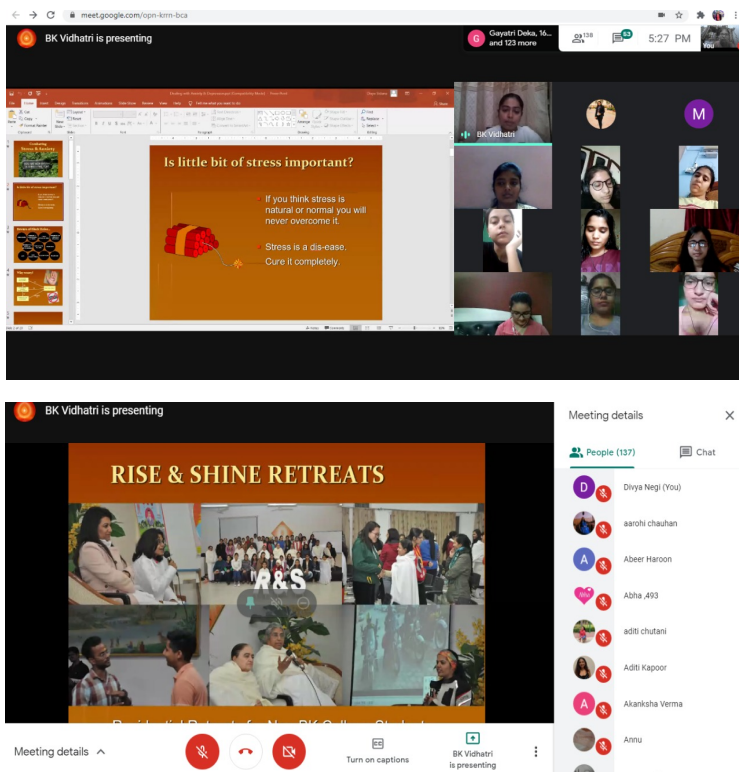
Title of the Event: Webinar on Combating Stress

Date: 14th August, 2020

Number of students participated: 117

Organising Unit/ Collaborating agency: NSS DRC with Bramha Kumaris.

Report : The National Service Scheme Unit of Daulat Ram College, under its mental health campaign- Parwaah- organized a webinar on the topic “Combating Stress and Anxiety” on 14 th August, 2020. 117 volunteers attended the webinar. The speaker for the webinar was BK Vidhatri, a faculty member of Om Shanti Retreat Centre of Bramha Kumaris. She enlightened the volunteers with the real meaning of stress and also equipped them with various tips to combat stress and anxiety, such as, self-control, self-esteem, meditation etc. She also engaged the volunteers in a peaceful meditation session. Overall, the webinar proved to be insightful for the volunteers, wherein the speaker made them realize the importance of living life with aplomb.



Screenshot of webinar conducted

Title of the Event: ‘Aatma Nirbhar Bharat’ Plantation Drive

Date: 14th -15th August, 2020

Number of students participated: 50

Organising Unit/ Collaborating agency: NSS DRC

Report: 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.

The drive was held as a part of efforts made by the NSS unit, to uplift the quality of our living environment through active planting and preservation of trees. It helped in inculcating concern among the volunteers, for the dwindling environment and also honored the spirit of green India.



NSS volunteers
planting
saplings



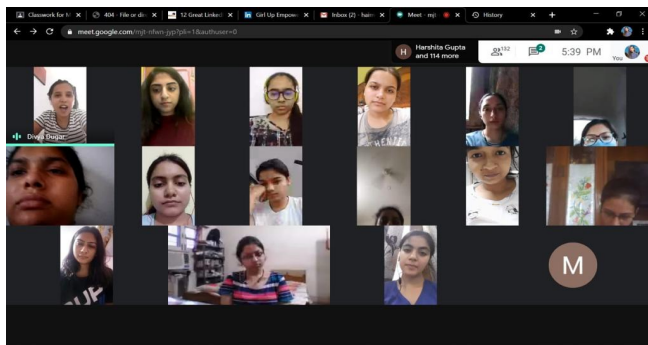
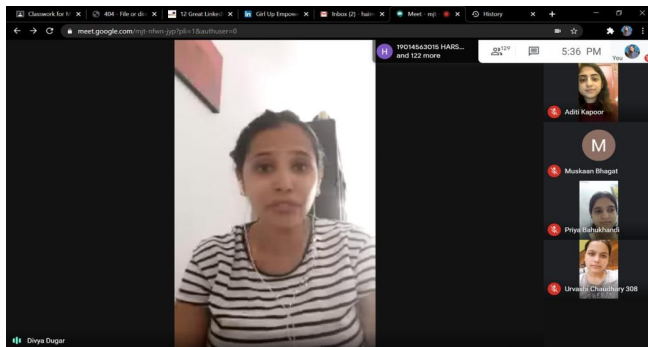
Title of the Event: WEBINAR ON “Why Adoption of Animals is Necessary?”

Date: 18th August, 2020

Number of students participated: 140

Organising Unit/ Collaborating agency: DRC, NSS

Report: The National Service Scheme Unit of Daulat Ram College, under its Hunger Alleviation Campaign- Itminaan- organized a webinar on the topic “Why Adoption of Animals is Necessary?” on 18th August, 2020. 140 volunteers attended the webinar. The speaker for the webinar was Divya Duggar, a journalist and documentary producer, renowned for traveling all over India with her three dogs, via the railways. She shared several anecdotes about her journey of adopting her dogs and enlightened the attendees with the need to adopt stray dogs rather than the expensive breeds. The session eventually turned out to be a super-interactive one where the attendees posed their questions related to rescue and adoption of stray dogs to which they got insightful answers from the speaker.



Screenshot of webinar conducted

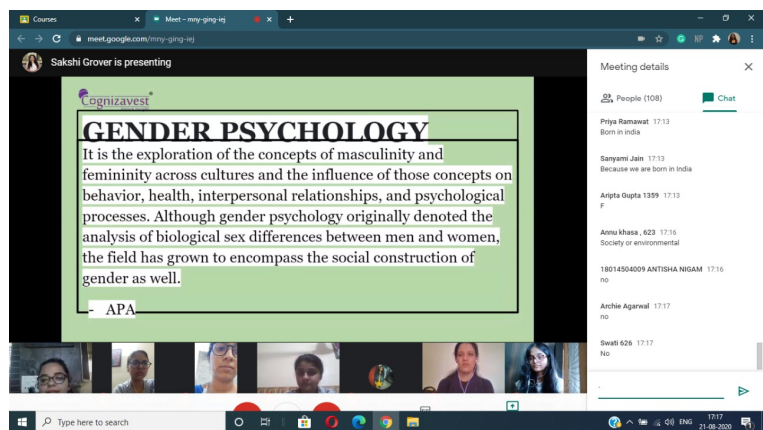
Title of the Event: Webinar on Psychology of Gender and Its Impact on Men and Women

Date: 21st August, 2020

Number of students participated: 115

Organising Unit/ Collaborating agency: NSS DRC

Report: The National Service Scheme unit of Daulat Ram College organized a webinar under Campaign Parwaah- *Rethinking Mental Illnesses* on the topic, "Psychology of Gender and Its Impact on Men and Women" on 21st August 2020. It witnessed the participation of 115 volunteers. The speaker for the webinar was Sakshi Seth Grover, founder of Cognizavest, PhD Research Scholar from DU and also an organizational psychologist. The speaker began with defining gender as a mere social construct and not as a biological one. She challenged the social norms and engaged the participants in an interesting conversation about questioning the age-old stereotypes. The presentation was made intriguing with the support of creative, real-life examples. She reiterated how a child is born as a blank slate and their cognition is a result of the parenting and their surroundings. She thoughtfully answered the questions posed throughout the webinar. The speaker ended the webinar on an encouraging note to be the change that we wish to see. We can influence the upcoming generations positively, if not the pre-existing one.



Screenshot of webinar conducted

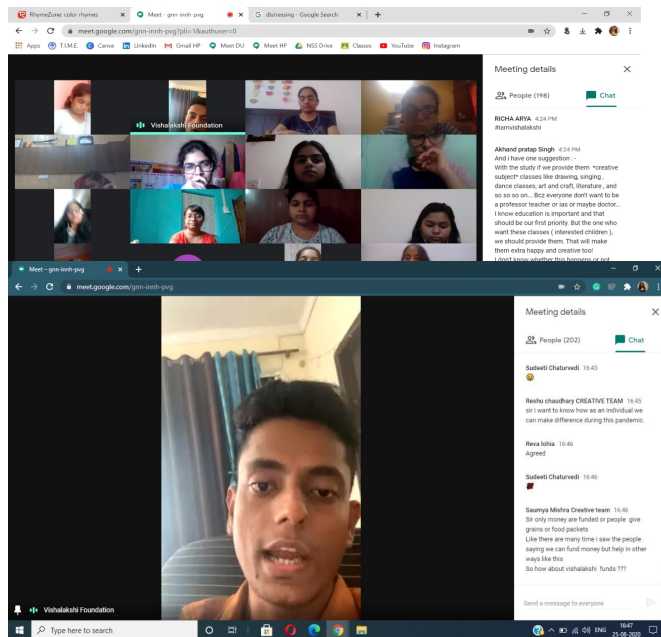
Title of the Event: Webinar on “Poverty and Hunger”

Date: 25th August, 2020

Number of students participated: 140

Organising Unit/ Collaborating agency: NSS DRC in association with Vishalakshi Foundation

Report: The National Service Scheme Unit of Daulat Ram College, under its Hunger Alleviation Campaign- Itminaan, Bread for Every Breath- organized a webinar on the topic “Poverty & Hunger” on 25 th August, 2020. 140 volunteers attended the webinar. 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). He shared the ordeals of the NGO since its pioneering, in achieving its mission of hunger-free India. The session indeed proved to be an insightful one as the speaker stressed upon the distressing situation of starvation and how the zeal and commitment of volunteers can bring a tremendous change in the society. The attendees posed their questions related to how to contribute towards eradication of poverty to which they got impressively curated answers from the speaker.



Screenshot of webinar conducted



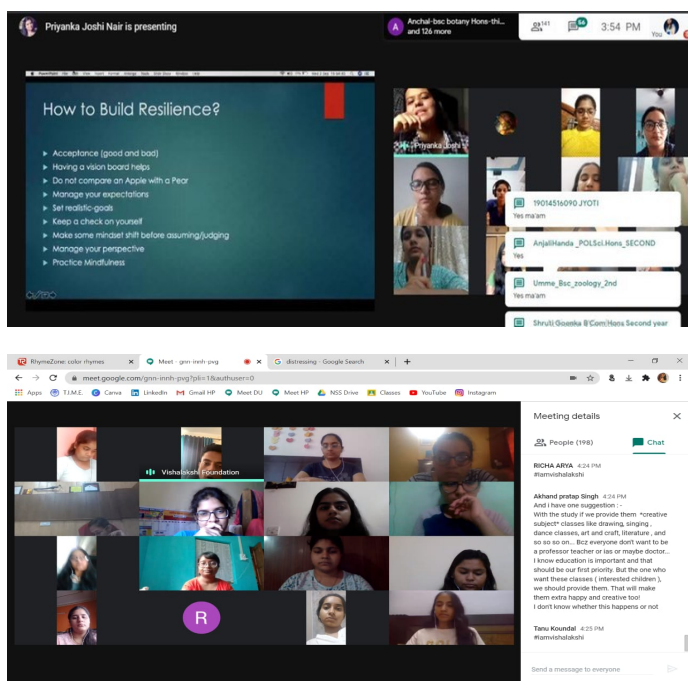
Title of the Event: Webinar on “Nurturing Mental Health and Building Resilience”

Date: 2nd September, 2020

Number of students participated: 139

Organising Unit/ Collaborating agency: NSS DRC

Report: The National Service Scheme Unit of Daulat Ram College organized a webinar under its Campaign Parwaah - Rethinking Mental Illnesses on the topic “Nurturing Mental Health and Building Resilience” on 2nd September, 2020. 139 volunteers attended the Webinar. The speaker for the webinar was Ms. Priyanka Joshi Nair, a mindfulness practitioner, currently pursuing neuro-linguistic programming studies, an award-winning blogger and author, and founder of Sanity Daily- a mental health space, listed at ‘Top 100 blogs in India in 2020;. She began the presentation with defining resilience and effective strategies to build upon it. She shared several mindful hacks which stressed on self-acceptance and the need to acknowledge one’s own emotions. She also enlightened the volunteers with the importance of nurturing our mental and emotional health, by citing real-life examples. Later, the floor was open to address questions put forth by the volunteers. The webinar was a huge success and turned out to be an interactive one, owing to the patience and insight of the speaker.



Screenshot of webinar conducted

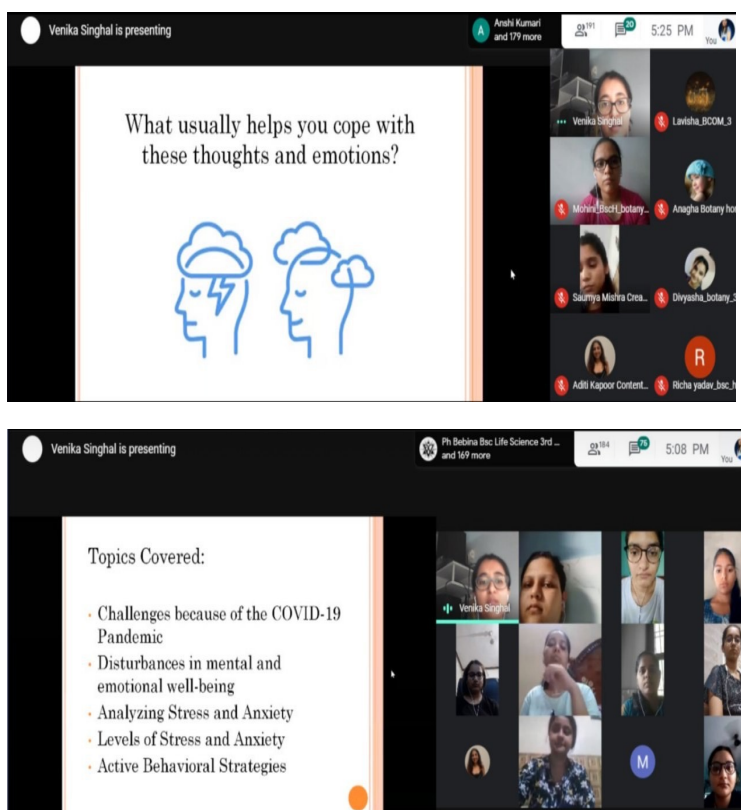
Title of the Event: Webinar on “Managing Mental Health and Emotional Health during the Pandemic”

Date: 5th September, 2020

Number of students participated: 183

Organising Unit/ Collaborating agency: NSS DRC

Report: The National Service Scheme Unit of Daulat Ram College organized a webinar under its Campaign Parwaah - Rethinking Mental Illnesses on the topic “Managing Mental Health and Emotional Health During the Pandemic” on 5th September, 2020. 183 volunteers attended the webinar. The speaker for the webinar was Ms. Venika Singhal, a certified Expressive Arts Therapist and a Counseling Psychologist currently affiliated with Cure.Fit and the Colour of Grey Cells. She opened the workshop by asking the attendees to list out the various challenges faced by them during the pandemic. The responses were streamlined by the speaker, into the various degrees of stress. She enlightened the audience with several behavioral strategies and also stressed upon important buffers like indulging in recreational activities and getting engaged in virtual forums and online applications which help in dealing with mental health issues in a holistic manner.



Screenshot of webinar conducted

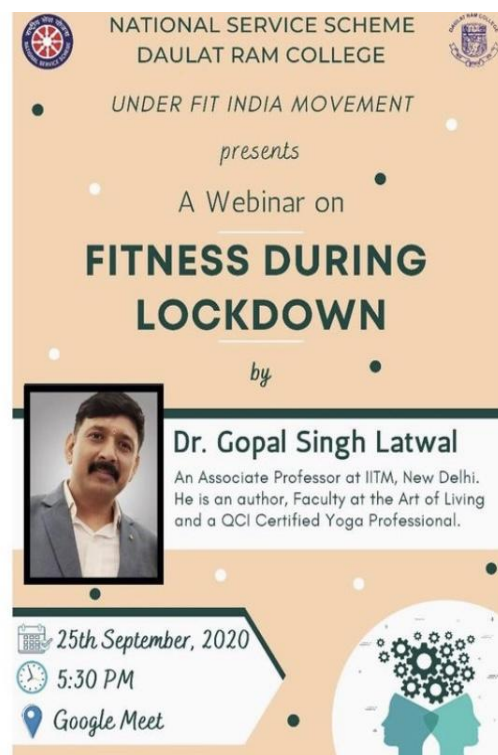
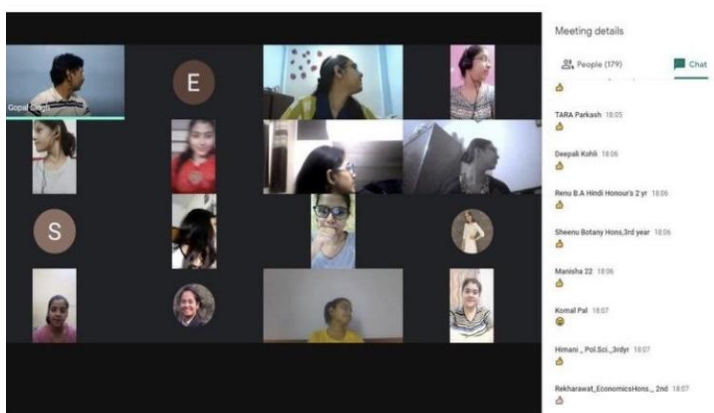
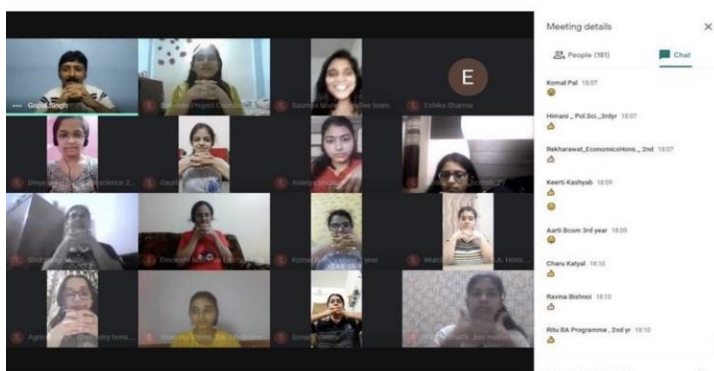
Title of the Event: "Managing Mental Health Problems Faced by the Students"

Date: 25th September 2020

Number of students participated: 171

Organising Unit/ Collaborating agency: NSS DRC

Report: The National Service Scheme Unit of Daulat Ram College organized a webinar under FIT India Movement on 25th September 2020. The topic for the webinar was "Managing Mental Health Problems Faced by the Students". 171 volunteers attended the webinar. The speaker for the webinar was Dr. Gopal Singh Latwal, an Associate Professor at IITM, New Delhi. He is an author, Faculty at the Art of Living and a QCI Certified Yoga Professional. He started the session by reiterating the meaning of stress and the ability to smile, listen and concentrate. He also talked about building immunity through consistent and structural efforts. He introduced the concept of Desktop Yoga and various other exercises which helped students to release their stress and feel rejuvenated. The students were visibly happy after coming out of the reverie. The webinar ended with him answering questions of the students. The session was a huge success owing to the positive demeanor and interesting approach of the speaker



Screenshot of webinar conducted

Title of the Event: Fit India Campaign

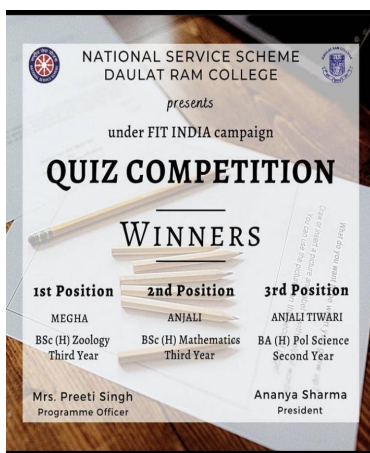
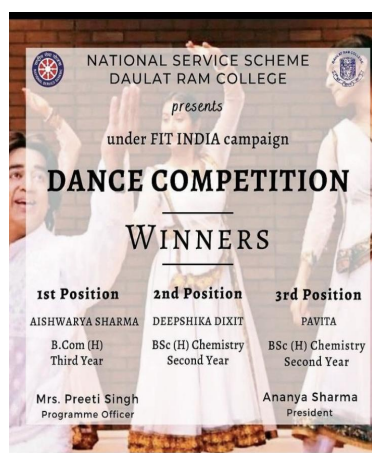
Date: Sep, 2020

Number of students participated: 180+

Organising Unit/ Collaborating agency: NSS DRC

Report: The following events were organised:

- To reiterate the importance of a balanced diet, NSS DRC organised ‘Click your Plate’ competition- 16 Students participated
- With the aim to test the fitness quotient amongst the volunteers, NSS DRC organised a virtual quiz competition, on the topics ‘Balanced Diet & Avoiding Junk Food’ and ‘Yoga & Exercise’ - 150 Students participated
- NSS DRC organised a Dance Competition to indulge the volunteers into dancing, so that they remain fit and enjoy themselves - 19 Students participated. The Unit focused on indulging not only its volunteers but also the Union Members into healthful activities, by organising a day-long Fitness Challenge- 15 Students participated



Posters of different competition organised

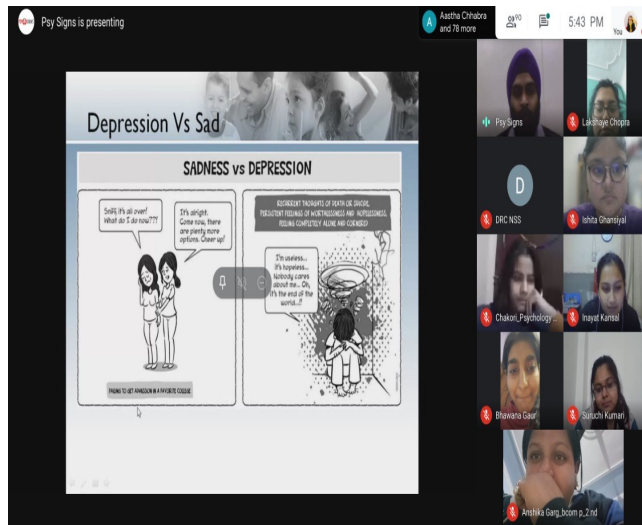
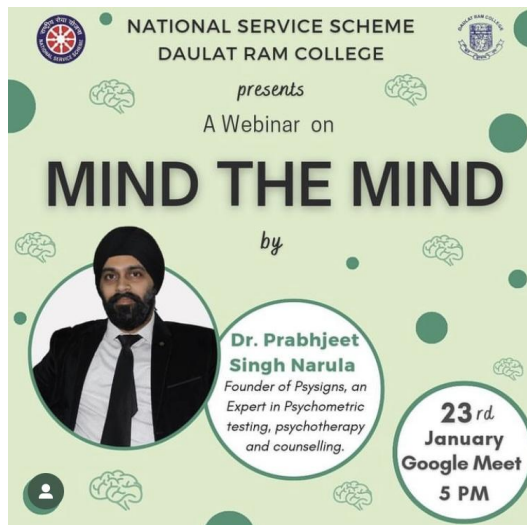
Title of the Event: ‘Mind the Mind’

Date: 23rd January 2021

Number of students participated: 87

Organising Unit/ Collaborating agency: NSS DRC

Report: National Service Scheme unit of Daulat Ram College organised a webinar under its Mental Health Campaign, Parwaah—Rethinking Mental Illnesses, on the topic, ‘Mind the Mind’, on 23rd January 2021. 87 volunteers attended the webinar. The speaker of the session was Dr. Prabhjeet Singh Narula- founder of Psysigns. He’s a professional psychologist with an experience of 5 years in the field, with expertise in Psychometric testing, Psychotherapy and Counselling. In the beginning of the session, the speaker made the audience contemplate the phrase ‘Mind the Mind’. A brief discussion on this was followed by the speaker sharing about the topic, with a special emphasis upon ‘stress’. Dr. Narula also clarified the difference between sadness and depression, and gave the audience an overview of the minimum criteria for the diagnosis of depression. The session also encompassed an engaging activity, conducted under the speaker’s supervision, to analyze the level of stress, anxiety and depression amongst the audience.



Screenshot of webinar conducted

Title of the Event: WINTER CRUSADE- Winter Donation Drive

Date: 27th and 28th January, 2021

Number of students participated: 65

Organising Unit/ Collaborating agency: NSS DRC

Report: Every year, the winters unearth themselves as an ordeal for survival to umpteen less privileged people across the country. To share the warmth of love with such people, the National Service Scheme Unit of Daulat Ram College organised Winter Crusade—the Winter Donation Drive, on 27th and 28th January, 2021. The two-day long donation drive 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 at quoting that the drive managed to warm up several families, across the country, with a tally of total 523 items donated. The breakup of the statistics is as follows:

Item Name	Number of Items donated
Blankets	103
Sweaters, jackets, pullovers, hoodies	188
Caps, mufflers, socks	127
Shawls	32
Woolen lowers and inners	73
	523

It was ensured that the donations made by the volunteers did not include any article in poor condition. In view of the ongoing pandemic, the volunteers were supposed to partake in the donation drive as per their convenience, from their homes. This allowed the drive to reach to people at different parts of the country. The kindness and virtues of the volunteers were duly applauded. The Unit looks forward to more such virtuous undertakings in the near future.



Students distributing clothes

Title of the Event: Food Donation Drive

Date: 31st January, 2021

Number of students participated: 69

Organizing unit/collaborating agency: NSS, Daulat Ram College

Report: 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. The one-day long drive managed to accomplish astounding figures—

Unpacked Food

Vegetables	58	kg
Pulses	39.5	kg
Apples	28	kg
Oranges	28.5	kg
Guavas	6	kg
Grapes	6	kg
Papaya	2	kg
Pineapples	3	kg
Bananas	13	dozens
Total	171 kg + 13 dozen bananas	

Packed food

Snacks (biscuits, chips, namkeen, Maggie etc.)	packets
Flour, rice, sooji, maida, besan etc.	kg



Students donating food to the underprivileged

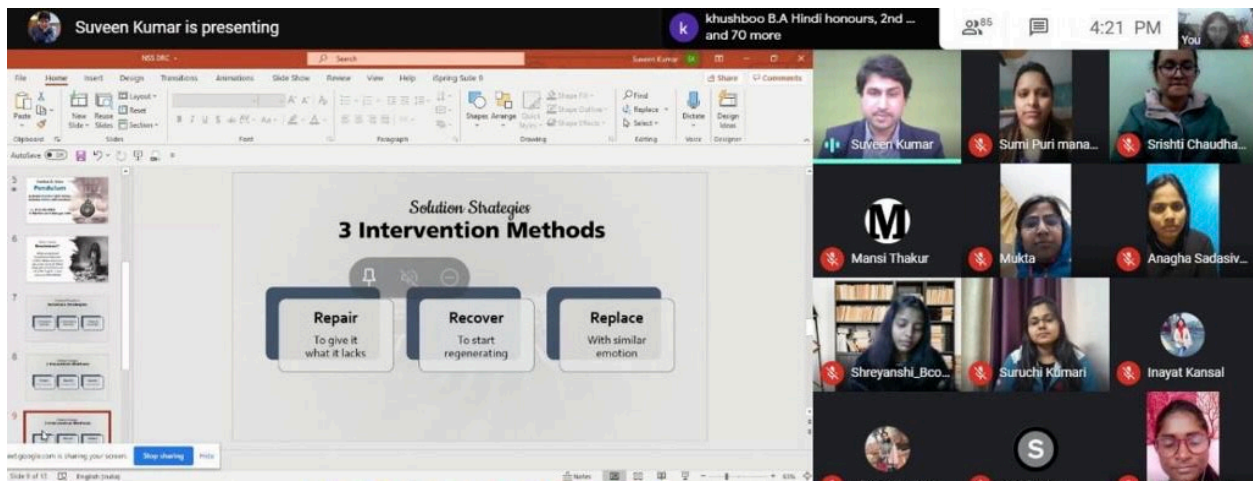
Title of the Event: Emotional Breakdown

Date: 3rd February 2021

Number of students participated: 80

Organising Unit/ Collaborating agency: NSS DRC

Report: The National Service Scheme unit of Daulat Ram College organised a webinar under its Mental Health Campaign, Parwaah—Rethinking Mental Illnesses, on the topic Emotional Breakdown, on 3rd February 2021. 80 Volunteers attended the webinar. The speaker of the session was Suveen Kumar- the Founding Director at Emo Matrix. He is a counselling psychologist, a record-holder and a training strategist and is also a member of the American Psychology Association and United Nations NGO Network. He has also authored 4 self-help books. At the beginning of the session, the speaker contemplated the phrase ‘Emotional Breakdown’. Further, he asked the audience to define what an emotion is according to them. This was followed by a brief introduction on the topic. The speaker also listed a few techniques to deal with emotional breakdown. Suveen clarified the difference between a mental breakdown and an emotional breakdown by quoting several examples. The session was concluded, and the speaker signed off by sharing three magic mantra that should be remembered by all.



Screenshot of webinar conducted

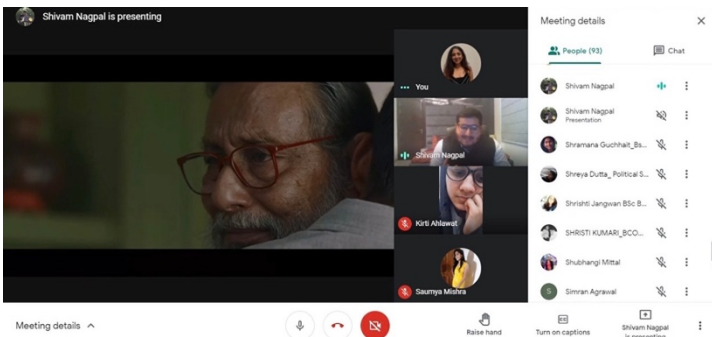
Title of the Event: Social Entrepreneurship and Organ Donation

Date: 6th February 2021

Number of students participated: 92

Organising Unit/ Collaborating agency: NSS DRC

Report: National Service Scheme unit of Daulat Ram College organised a webinar in collaboration with Organ for Life Foundation, on the topic, ‘Social Entrepreneurship and Organ Donation’, on 6th February 2021. 92 volunteers attended the webinar. The speaker of the session was Mr. Shivam Nagpal, Founder and President of Organ for Life Foundation. He has been featured in the Guardian, Vice, Times of India and NDTV for his work on environment and organ donation as a social entrepreneur. He is working towards creating a better society for patients suffering from organ ailments throughout the South-Asian region. From the very beginning, he ensured that the session was made interactive and captured the attention of the audience. He started the session on a light note and later, delved into the intricacies of organ and blood donation. He talked about his journey as a young social entrepreneur and the challenges he faced along the way. It filled everyone with the need to be the change they wish to see in society.



Screenshot of webinar conducted



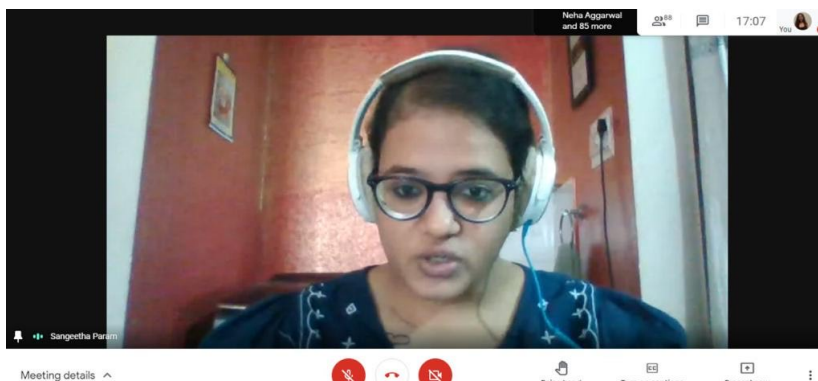
Title of the Event: Effects of Social Media on Mental Health

Date: 6th February 2021

Number of students participated: 92

Organising 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, 'Effects of Social Media on Mental Health', on 13th February 2021. 92 volunteers attended the webinar. The speaker of the session was Ms. Sangeetha Param, a young insurance professional from Bangalore. She was diagnosed with depression, bipolar disorder and borderline personality disorder in November, 2014 but she proved herself as a survivor and emerged successfully. Today, she stands strong and tells the world her story of survival and how she overcame depression. She is an author and poet. Her two books, namely 'Key to acceptance' and 'Echoes in my attic' got published. She is also a well-known TEDx speaker. She started the session by talking about her early diagnosis and the obstacles she's faced along the way. She shared her journey with the audience and consolidated it with several eye-opening anecdotes.



Screenshot of webinar conducted

Title of the Event: Road Safety Awareness

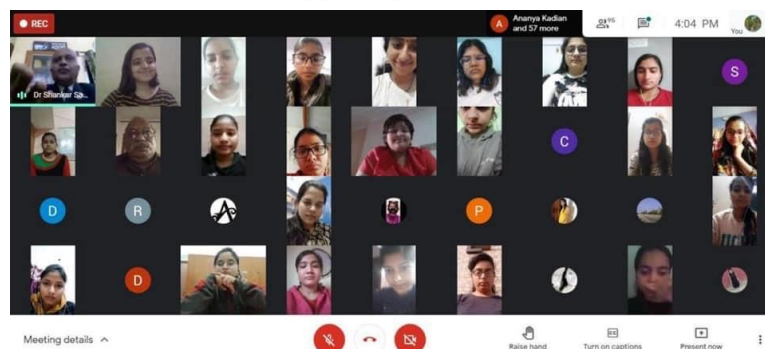
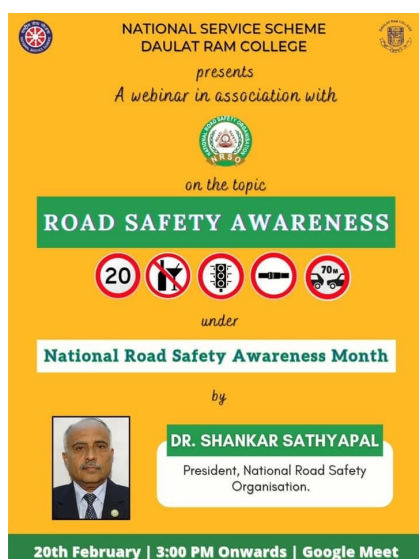
Date: 20th February, 2021

Number of students participated: 85

Organizing unit/collaborating agency: NSS, Daulat Ram College

Report: The National Service Scheme unit of Daulat Ram College organized a webinar on **Road Safety Awareness**, on 20th February 2021, 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 and former Deputy Chief Traffic Warden, Bangalore City. Apart from serving for 26 years in the field of Traffic Management, he has delivered more than 750 lectures, at multifarious institutions and corporations, and has also been awarded by the Commissioner of Police and several reputable organizations for his contribution to Traffic Education. Throughout the session, the speaker stressed upon the importance of adhering to traffic rules and how even little carelessness on the road can cause heavy losses. He threw light upon the ravages caused by the use of mobile phones while driving or walking, and urged the audience to refrain from such misdemeanors. “Even the slightest distraction can cost somebody’s life on the road”, Dr. Shankar says. He also pointed out that people often blame the traffic on reaching late at work, but seldom do they realise that they themselves are responsible for the same, by not following traffic rules in some way or the other, for example, by not driving in the correct lane, by driving in a zigzag manner, by getting soaked up on their cell phones etc. Dr. Sathyapal says that even if one is a pedestrian, one should stop to take up one’s call, instead of talking and walking simultaneously.

Dr. Sathyapal also urged the attendees to be kind enough, for humanity’s sake, to help the victim in case they see any accident. He assured the audience that their identity remains confidential at their will, if they do so. A little deed of kindness can save a life.



Screenshot of webinar conducted

Title of the Event: Anti-Covid Task Force

Date: 10 March- 24 April 2021

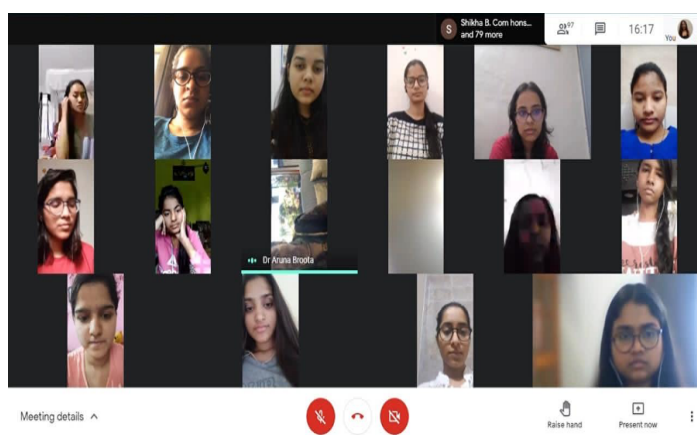
Number of students participated: 95

Organizing unit/collaborating agency: NSS, Daulat Ram College

Report: The National Service Scheme unit of Daulat Ram College, in collaboration with the other NSS Units of University of Delhi, has come up with Anti-COVID Task Force so as to work unitedly in these unprecedented times and render to the society, and strengthen it to fight against COVID. The National Service Scheme unit of Daulat Ram College has organized several sessions, activities and drives amidst the pandemic to strengthen the society in fighting against COVID.

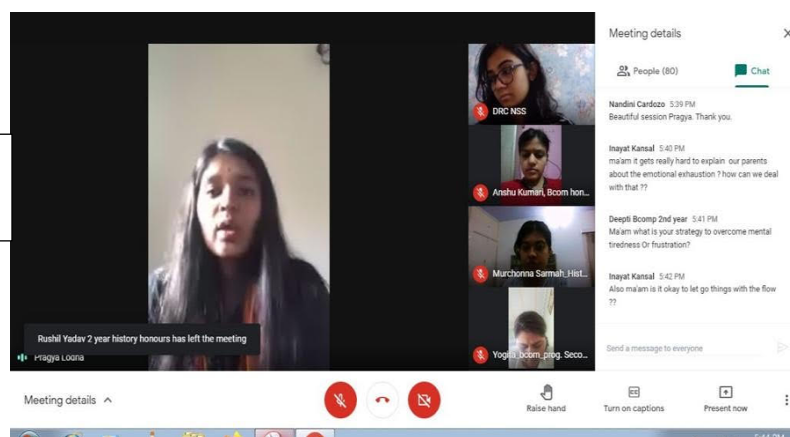
1. **Webinar on ‘Student Mental Health during Covid-19’-** National Service Scheme unit of Daulat Ram College organised a webinar under its mental health campaign *Parwaah: Rethinking Mental Illnesses*, on the topic ‘**Student Mental Health During Covid-19**’, on 10th March, 2021. It was held in collaboration with **Dr. Aruna Broota**, a renowned psychologist and hypnotherapist and attended by 95 volunteers.

Screenshot of webinar conducted



2. **Webinar on ‘Dealing with Emotional Exhaustion’-** The National Service Scheme unit of Daulat Ram College organised a webinar under its mental health Campaign *Parwaah- Rethinking Mental Illnesses* on the topic, ‘**Dealing with Emotional Exhaustion**’ on 17th April 2021. 83 volunteers attended the session. The speaker of the session was **Ms. Pragya Lodha**, Researcher & Clinical Psychologist.

Screenshot of webinar conducted



3. **Vaccine Awareness Drive-** The National Service Scheme unit of Daulat Ram College organised a Vaccine Awareness Drive, **Tikautsav**. The social media handles were used as a medium for spreading awareness on varied topics related to COVID-19 vaccine, such as ‘How to Register for COVID Vaccine’, ‘COVID-19 Vaccination Guidelines’, ‘Myths and Facts about COVID Vaccination’ etc.
4. **Dance Competition on ‘Let’s Fight Against COVID’-** The National Service Scheme unit of Daulat Ram College organised a dance competition on the theme ‘Let’s Fight Against COVID’ from 23rd to 24th April 2021 to encourage volunteers to take a break and indulge in their hobbies.
5. **FIELD ACTIVITY: PROJECT ITMINAAN-** The National Service Scheme unit of Daulat Ram College is running a Hunger Alleviation Project, **Project Itminaan: Bread for Every Breath**. Since its pioneering on 4th June 2020, this project has been feeding strays and birds daily, with the help of a team of 21 resolute volunteers. We are proud, having achieved a total tally of more than 3000 strays and birds fed across the country till date.



Students feeding stray animals

For more information refer this link:

<https://docs.google.com/presentation/d/1jmVSXke45k0bPqvzaCrAkoDfDTnuE3v/edit?usp=sharing&oid=114364285383071475473&rtpof=true&sd=true>

Title of the event: CORONA HELP DESK

Date: 17th May, 2021

Number of students participated: 100

Organising Unit/ Collaborating agency: NSS DRC

Report: With an onslaught of news and information on the global novel Covid-19 Pandemic, it can be challenging to know where to turn for reliable and up-to-the-minute information. The National Service Scheme unit of Daulat Ram College, in collaboration with the National Cadet Corps Wing of Daulat Ram College, unveiled Corona Help Desk, and urged all to drop a message on the official social media pages of NSS DRC, in case of any need/help pertaining to COVID-19, and assured verified leads. Total number of patients helped were 603. We prepared an excel sheet of verified COVID Resources, updated every day.

Link to the excel sheet of verified COVID Resource:

<https://docs.google.com/spreadsheets/d/1C7MRSLfGofqO8P7P52pz7vEi6LV8TunCgFriEJntZvk/edit?usp=drivesdk>



Poster of the event