



ATMA RAM SANATAN DHARMA COLLEGE (UNIVERSITY OF DELHI)

National Service Scheme (NSS)

1. Plantation Drives

Ek Ped Maa ke Naam: On 1st September 2024, a tree plantation drive was organized under the initiative “Ek Ped Maa ke Naam,” honoring the role of mothers. Participants planted saplings, each dedicated to their mothers, symbolizing gratitude and environmental consciousness. Over 50 individuals took part in this meaningful drive.

Plantation Drive at Greater Kailash, New Delhi Conducted on 28th February 2025, this plantation drive aimed to promote urban greenery. With participation from local residents and volunteers, more than 30 individuals contributed to improving environmental health in the Greater Kailash area.

2. Cleanliness Drives

- **Dhaura Kuan** -On 9th September 2024, a cleanliness drive was held at Dhaura Kuan, where 40–50 participants collected waste, reinforcing themes of equality, sustainability, and civic duty.
- **Sanjay Van**-Held on 15th September 2024, this drive focused on cleaning the area and encouraging environmental stewardship. Around 40 participants contributed to the effort.
- **Lodi Garden**-On 28th September 2024, 60–70 volunteers cleaned the historical Lodi Gardens, aiming to maintain the ecological and aesthetic value of the space.

3. Plastic-Free Abhiyan: Organized on 7th September 2024, this campaign focused on eliminating single-use plastics. Volunteers educated the public, distributed eco-friendly alternatives, and conducted a plastic collection drive. It saw 20–30 participants.

4. Yamuna Cleanliness Drives: Two major drives were held at:

- **ITO Bridge** on 2nd October 2024 during Gandhi Jayanti, with 55 participants cleaning Chhat Ghat and spreading

awareness on river pollution.

- Kalindi Kunj Ghat on 23rd February 2025, where 45 participants removed waste and interacted with the local community.

5. Cleanliness Drive on Ambedkar Jayanti: On 14th April 2025, 20–30 volunteers marked Ambedkar Jayanti with a cleanliness initiative to promote hygiene and environmental values.

6. Group Discussions

- Ethical Voting -On 2nd October 2024, a group discussion involving 60 participants focused on informed and ethical voting, tackling electoral corruption and citizen responsibility.
- Cleanliness -On 13th September 2024, 65 participants deliberated on hygiene, waste management, and individual responsibility, offering actionable solutions for community cleanliness.

7. Poster Making Competitions

- Road Safety-Held on 27th February 2025, this competition engaged 57 participants who designed posters conveying key road safety messages.
- Voting Awareness-On 26th November 2024, 62 participants created posters around the theme “Your Vote, Your Voice” to promote electoral participation.
- Swachata -On 12th September 2024, 59 participants illustrated powerful cleanliness and sustainability messages through their artwork.

8. Workshops

- Yoga Workshop -On 9th September 2024, a yoga session was held with 80 participants practicing asanas, breathing techniques, and relaxation for physical and mental wellness.
- Self-Defense Workshop-Organized on 4th October 2024, 90 participants were trained in basic self-defense techniques, situational awareness, and confidence-building strategies.
- Pottery Workshop- On 9th October 2026, a sustainability themed pottery workshop allowed 77 participants to engage in creative activities while discussing sustainable practices.

9.Seminars and Webinars

- Seminar on Cyber Security-Held on 13th September 2024 with 70 participants, this session highlighted online safety, digital hygiene, and data protection.
- Seminar on Sustainable Future-On 7th October 2024, this seminar, with 90 attendees, emphasized responsible consumption and renewable energy solutions.
- Webinar on Transgender Awareness-On 19th January 2025, 112 participants joined an insightful session to foster inclusivity and understanding of gender diversity.
- Seminar on Road Safety-Conducted on 13th November 2024, the event with 72 participants focused on traffic rules and commuter safety.
- Seminar on Organ Donation-On 4th March 2025, this informative seminar attracted 79 participants and dispelled myths around organ donation while encouraging registrations.
- Seminar on TB Awareness-On 21st February 2025, with 93 participants, the seminar emphasized early detection and prevention of tuberculosis.
- Seminar on Thalassemia-Held on 2nd September 2024, it gathered 92 participants to learn about prevention and management of this genetic disorder.
- Webinar on Ovarian Cancer-On 10th November 2024, 70 participants attended a session that discussed symptoms, risk factors, and early detection methods.
- Seminar on Basic Life Support (BLS)- Held on 18th October 2024, 85 participants were trained in CPR, emergency response, and life-saving techniques.

10. Quiz Competitions

- Veer Bal Diwas (Sikh History)-On 26th December 2024, 35 participants tested their knowledge of Sikh history and the sacrifices of the Sahibzades.
- Road Safety-On 27th February 2025, 55 participants took part in a quiz to strengthen awareness of road safety practices.
- Sustainable Development-On 9th October 2024, 45 participants explored topics on climate action and sustainability through a themed quiz.

11. Events with Sevadeep Children

- Finger Painting-On 24th September 2024, a fun-filled art

session was held with 70 children to encourage creativity.

- Diwali Craft Workshop- On 23rd October 2024, 49 children made festive crafts which enhanced their cultural understanding and artistic skills.
- Children's Day Celebration-On 14th November 2024, NSS volunteers celebrated with 50 children by organizing games and activities to foster joy.
- Holi Celebration-On 12th March 2025, 35 participants celebrated Holi through storytelling and games, promoting inclusivity.
- Good Touch, Bad Touch Awareness-On 21st December 2024, a session with 27 participants educated children about personal safety using age-appropriate methods.

12. Visits

- Visit to Old Age Home-On 3rd October 2024, 50 participants engaged in bonding activities with elderly residents, promoting empathy.
- Visit to Don Bosco Ashalayam-On 6th October 2024, 34 participants interacted with children at a care home, gaining insights into social support systems.

13. Awareness Campaigns

- Road Safety Awareness-On 27th February 2025, 47 participants conducted campaigns using posters and discussions to promote safer commuting.
- Voter Awareness Campaign-On 18th November 2024, 52 volunteers raised awareness about democratic rights and voter participation.
- Greener Future Campaign-Held on 29th September 2024, this campaign involved 60 participants promoting eco-friendly living and sustainability.
- Adult Abuse Awareness Campaign-On 5th October 2024, 38 participants addressed elder abuse through street campaigns and community discussions.
- Global Roti Day Campaign-On 20th October 2024, 24 volunteers participated in an initiative highlighting food insecurity and the right to basic sustenance.

14. Nukkad Nataks (Street Plays)

- Road Safety-Performed on 31st January and 16th November 2024, and again on 24th February 2025 at Acharya Narendra Dev College, these plays creatively showcased road negligence consequences and drew audiences of over 100, 90, and 200 people respectively.

- Substance-Free India-On 7th October 2024, a street play addressed substance abuse, urging youth toward a drug-free lifestyle, witnessed by over 100 individuals.
- Independence Day-On 15th August 2024, a street play with 200+ attendees highlighted civic issues and the importance of freedom and responsibility.
- Ethical Voting-On 23rd January 2025, a compelling performance urging responsible electoral participation was staged for a crowd of over 150.

15. Donation Drives

- Food Donation for Animals-On 2nd October 2024, 39 volunteers distributed food to stray animals with support from local shelters.
- Clothes Donation at Kirby Slum-Held on 9th November 2024, this drive, with 40 participants, distributed wearable clothes to underserved communities.
- Sanitary Pad Donation-On 4th October 2024, 36 volunteers distributed sanitary pads and conducted hygiene awareness sessions.
- Helmet Distribution-On 7th and 8th December 2024, 34 participants distributed helmets to promote safe two-wheeler riding practices.
- Stationery Drive-On 15th April 2025, 16 participants donated educational supplies to underprivileged children.

16. Health Initiatives

- Blood Donation Camp-On 20th February 2025, 30 volunteers participated in a life-saving blood donation initiative in collaboration with a certified blood bank.
- Holistic Health Fair- Held on 4th March 2025, integrated yoga, Ayurveda and mental health support, attracting over 200 participants.

17. Camps

- Republic Day Camp -Selected NSS volunteers took part in the Republic Day Camp, participating in ceremonial drills, cultural programs, and leadership sessions. The experience fostered patriotism, discipline, and national values.
- National Integration Camp: At the National Integration Camp, volunteers connected with peers from across the country through cultural exchange, social initiatives, and collaborative learning. The experience celebrated India's diversity while promoting unity, leadership, and intercultural understanding.

- Seven-Day Special Camp (Achieving SDGs)- 50 students participated in the Seven-Day Special NSS Camp. The Seven-Day Special NSS Camp, with 50 volunteers, focused on promoting Sustainable Development Goals (SDGs) through a mix of awareness sessions, practical activities, and community engagement. It began with an inauguration, an introduction to SDGs, and a local community survey. The following days included yoga sessions, a blood donation drive, workshops on hygiene, disaster management, and gender equality, along with a self-defence class and medical check-up camp. Volunteers also led campaigns on climate change, waste management, and plastic-free living, participated in a plantation drive, and created awareness through posters and wall paintings. Educational seminars on food security and sustainable practices further enriched the experience. The camp concluded with “Samarpan” and a Cultural Day, celebrating India’s diversity and the spirit of volunteerism.

18. Youth Festival

On 27th November 2024, the NSS unit of ARSD College, in collaboration with the New Delhi District Election Office, organized a vibrant Youth Festival celebrating creativity, talent, and culture. The event featured performances by Rangayan, Outbreak, Sarang, Kalashree, and Stellar, each showcasing drama, dance, music, and fashion. With over 500 participants, the festival promoted unity and artistic expression, leaving a lasting impact on all attendees.

Through a wide range of events—spanning social awareness, environmental action, education, health, and community engagement—NSS volunteers have once again upheld their motto of “Not Me, But You.”