



लेडी श्री राम कॉलेज फॉर वुमन
(दिल्ली विश्वविद्यालय)

Lady Shri Ram College For Women

(UNIVERSITY OF DELHI)
NAAC 'A' Accredited

Lady Shri Ram College for Women

University of Delhi

Supporting Documents for 3.4.1

Extension activities are carried out in the neighbourhood community, sensitising students to social issues, for their holistic development, and impact thereof during the last five years



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Part 1: - NOTABLE EXTENSION ACTIVITIES OF THE COLLEGE

- ZAMRUDPUR DEVELOPMENT PROJECT
- #WEALLFITIN WORKSHOP FOR DISABLED
- #JETSETVOTE CAMPAIGN
- NSO ANNUAL RUN

PART 2: - YEAR WISE DOCUMENTARY EVIDENCE OF THE EXTENSION ACTIVITIES OF COLLEGE

The supporting documents for the following years have been uploaded on the college website

2016-17

2017-18

2018-19

2019-20

2020-21

Link: - <https://lsr.edu.in/about-lsr/extension-activities-of-lsr/>



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ZAMRUDPUR DEVELOPMENT PROGRAM

Zamrudpur Development Programme is a novel initiative to uplift the members of the adopted village Zamrudpur. It is primarily a teaching project under which volunteers tutor kinds under the age of 16 with their academics. The broad objective of the project is to conduct workshops and programmes focussing on holistic development for the kids as well as other members of the community.

WORK TO BE DONE BY THE VOLUNTEERS

1. Tutor the students in various subjects of their curriculum.
2. Help them with their homework and exams.
3. Discuss important issues like health, education and current affairs with the children on regular basis.
4. Participate actively in weekly and monthly activities.

LOCATION: Greater Kailash I, N-Block Park (Behind Zamrudpur Park)

TIMINGS AND OPEN DAYS FOR VOLUNTEERS: 4:30-5:30, Monday to Friday

EMAIL ID: zdpnsslrs@gmail.com

To know more about the project :- <https://ibtidansslrs.wordpress.com/zdp/>

https://www.instagram.com/lsr_nss/?hl=en



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ZDP- NSS LSR

Building a better world,
one student at a time





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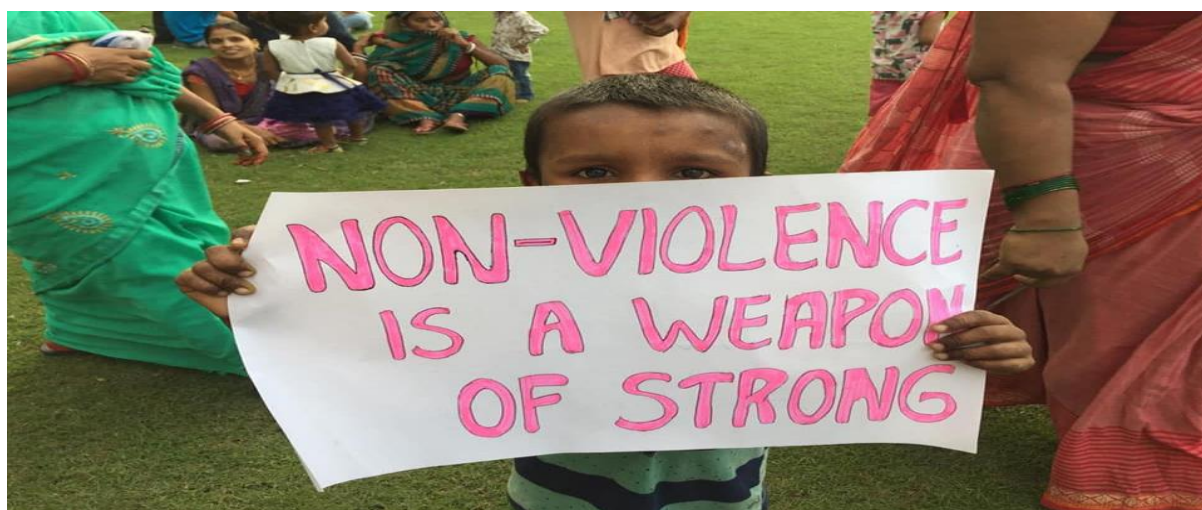


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On the occasion of NSS Day (24th September, 2019) under "Swachhata Hi Seva" campaign, Zamrudpur Development Programme (ZDP) of NSS, Lady Shri Ram College for Women organized a rally for spreading message regarding Gandhian concept of Non-Violence.





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Amrit Foundation certified workshop #Weallfitin

Most of us are privileged enough to be born without intellectual disabilities. Moreover, most of us don't even know about them. To bridge this gap, Voluntary Agency Placement Programm (VAAP), LSR in partnership with The Amrit Foundation of India organised #WeAllFitIn on the 19th of September, 2018, a workshop that helped the attendees understand what goes into the mind of a person with disabilities, and how to help. It was truly a learning experience for all who came!

For more information: - <https://instabio.cc/VAPPLSR>

<https://lsr.edu.in/students/societies/the-voluntary-agency-placement-programme/>





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#weallfitin Campaigns

The #weallfitin campaign is a youth-oriented effort to create ambassadors for disability. The campaign sensitises young persons in schools, colleges and corporates to become impassioned advocates for a diverse society.

Amrit believes that there is place for each one of us in society - each one of us fits in. Amrit recognises that we all have challenges, but that with the right support we can overcome them to make a positive contribution to society. Often, children with intellectual and developmental disability face discrimination and inequitable access to education, social activities and employment opportunities. This happens because others - and sometimes, they themselves - cannot see how they fit into the multifaceted pattern of society.

Not only does it transform young people into ambassadors for the challenges faced by persons with intellectual and developmental issues in their everyday lives, it encourages them to introspect about their own challenges. The #weallfitin campaign is an effort to build an inclusive society by generating awareness about hurdles children with challenges face in reaching their full potential. We do this through:

- Holding sensitisation workshops for youth in schools, colleges and workplaces in which they can learn about intellectual and development challenges, and thus become compassionate and empathetic to diverse realities.
- Working with our ambassadors to take small steps in their place of study or work to build a more inclusive mind set.
- Asking them to shoulder a leadership role by writing, advocating, building rigorous knowledge, and raising funds for the cause.
- Epanelling special care providers to Sweccha - the special care provider databank

Each year we work with institutions such as Amity University, Jamia Millia Islamia university, Lady Shri Ram College, FIIB, Sri Venkateswara College, IILM, Srijan School and The Heritage School. We have sensitised more than 1000 young people and counting! Amrit counts more than 100 exceptional student volunteers among its ardent supporters. These young people have produced over 20 articles for the popular media, reaching many, many Indians and making diversity a way of life.



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#JetSetVote

YKA in collaboration with NSS-LSR and NCC-LSR, organized a workshop for its new campaign “[#JetSetVote](#)” launched with the aim of inculcating voting habits among the millennials who recently reached the legal voting age. The event was conducted by Ms. Rajkanya, an LSR alumna who has been associated with the organisation since 2012.

The workshop began with Ms. Rajkanya questioning the participants about the kinds of problems they face on a day-to-day basis. The purpose of this question was to highlight the importance of responsible elected representatives for good governance and the need to participate in the electoral process. This was followed by a unique game of Snakes & Ladders on a big sheet spread over the ground with students moving on the board as they rolled the dice.

To move ahead on the board, each participant had to cross hurdles in the form of questions. Each segment had a question related to the General Elections. Some of the questions asked were : ‘Name attest two documents you need to register as a voter’, ‘Once you enter the polling booth, whom do you approach first?’ etc.

The game ended with the winner approaching the quote: ‘You shared crucial information about voting ahead because you know its not just your right- its you responsibility.’ ‘Do you think you could have won the game? Are you an aware voter?’ – these are some of the questions that the engaging and enlightening workshop left the students with.

For more information: - <https://ibtidansslsr.wordpress.com/2017/11/17/youth-ki-awaz-workshop/>

You're reading
#JetSetVote



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LSR ANNUAL RUN 2017

THEME: - ANIMAL RIGHTS

The National Sports Organisation or (NSO) as it is popularly known as is one of the most vibrant societies of LSR. Each year the union conducts multiple events one of which is the cross country run.

The cross country run is held annually at LSR. It is an intra-college 3km marathon where there is massive participation each year as students run for a cause. This year students ran to spread awareness for the cause of ANIMAL RIGHTS.

The run was addressed by Principal and saw Justice Pinky Anand and Bhawana as the guest of honour who flagged off the race for the participant's.

The run for the students is not just about a competing event, but is more about spreading awareness for the cause. More than 500 girls ran wearing a coordinated color red belonging to various departments of LSR around the campus supporting the cause.

The top 20 winners were further given an opportunity to represent themselves at the Delhi Marathon. Each year the NSO union puts in their best efforts to make cross country run a huge success to promote and aware people about various social causes through this cross country run.



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LSR ANNUAL RUN 2018

The Department of Physical Education, Lady Shri Ram College for Women organises the Annual Cross Country Run every year for a social cause.

The theme for this year's Annual Run was 'Equal Rights for the LGBTQ+ Community'. Held a week after the scrapping of Sec-377, this run had 800 participants and over 100 volunteers drenched in the colours of rainbow, and sweat of course. Charu, an exceptional runner from Psychology Department, without any surprise stood first. To grace the cause came our guests of honour Mr. Yashpal Solanki, coach of the Indian Judo team and also the senior intelligence officer with the Punjab Police; Ms. Anuradha Shanker who was also the former NSO president and Mr. Sita Ram Sawoo who had represented our country in Asian games as a swimmer and is presently the Assistant Director of Sports and Directorate of Education with the Delhi government.

The PRIDE Run, as it was popularly called, united all people for a fight against an evil that penetrates very deep in our society, the discrimination against queer people, and more that discrimination, the denying of the fact that such people exist. The war that our country fought was a long one, though we received victory over paper, but there's still another battle left, battle of hearts, how to make people at our homes understand the importance of freedom of love. Breaking of these social constructs, of manmade terms such as normal or natural, is not a task of a day. This run gave people a lot to take home, we were able to spread our message to the whole college community.





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