Annual Report Rotaract Club

2021-2022

Serve to change lives

Lead & Serve Together

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Events

	NAME OF	DESCRIPTION	
DATE	ACTIVITY/EVENT		ORGANISING UNIT
.= ""	****	DISTRIBUTION OF FOOD	
07-JUL-21	ANDAAN	ITEMS	ROTARACT CLUB
20-JUL-21	WATER POTS FOR	KEPT WATER POTS FOR	DOTADACT CLUD
	BIRDS	BIRDS CELEBRATION OF	ROTARACT CLUB
		INDEPENDENCE DAY	
	INDEPENDENCE	WITH SCHOOL	
15-AUG-21	DAY	CHILDRENS	ROTARACT CLUB
16-AUG-21		ROAD SAFTEY	
		CAMPAIGN TO AWARE	
		PEOPLE ABOUT	
	ROAD SAFETY	TRAFFIC RULES	ROTARY CLUB
04 CED 21	VACCINATION	VACCINATED PEOPLE	DOTARY CLUB
04-SEP-21	DRIVE	TO INCULCATE ART	ROTARY CLUB
	LEARNING WITH	AND CRAFT ACTIVITIES	
14-SEP-21	FUN	AMONG STUDENTS	ROTARACT CLUB
11.021.21		TEACHING SLUM	red marter edeb
24-SEP-21	LITERACY	CHILDRENS	ROTARACT CLUB
		VISIT TO OLD AGE	
		HOME TO TEACH HOW	
20.000.21	DE LOE	TO MAINTAIN MENTAL	DOMANA GOOGLAVID
28-OCT-21	PEACE	PEACE	ROTARACT CLUB
14-NOV-21	CHILDREN'S DAY	DISTRIBUTION OF FOOD ITEMS TO CHILDRENS	ROTARACT CLUB
14-NOV-21	CHILDREN S DAT	DISTRIBUTION OF	ROTARACT CLUB
	MUDITA(BOX OF	CLOTHES TO NEEDY	
29-NOV-21	KINDESS)	PEOPLE	ROTARACT CLUB
	DHAROHAR	COMPETITION	
	(NATIONAL LVL		
	PAINTING AND		
26-JAN-21	VIDEOGRAPHY	FOOD DIOTEINING	ROTARACT CLUB
25 EED 22	FEED THE	FOOD DISTRIBUTION	DOTABACT CLUB
25-FEB-22	ANIMALS NUKKAD NATAK	FOR DOGS NUKKAD NATAK	ROTARACT CLUB
	:RESPECT	NORNAD INATAK	
	WOMEN AND		
08-MAR-22	SAVE GIRL CHILD		ROTARACT CLUB
	PROJECT RED: A	SANITARY NAPKIN	
	GUEST LECTURE	DISTRIBUTION	
	AND		
MADOLLOG	DISTRIBUTION OF		
MARCH 09,	SANITARY		ROTARACT CLUB
2022	NAPKINS		KUTAKACI CLUB

Events

DATE	EVENT TITLE	DESCRIPTION NUKKAD NATAK	ORGANISED BY/IN COLLABORATION WITH
MARCH 22, 2022	NUKKAD NATAK ON WATER CONSERVATION		ROTARACT CLUB
07/04/2022	MENTAL PEACE	SESSION BY BRAHMKUMARIS AT OLD AGE HOME ON MEDITATION	
APRIL 25, 2022	ROTI DONATION DRIVE	FOOD DISTRIBUTION TO NEEDY PEOPLE	
3JULY-5 JULY 2022	ANNADANAM	FOOD DONATION DRIVE	RAC SANATAN DHARMA COLLEGE
22JULY,2022	LEARN TODAY- LEAD TOMORROW	TEACHING CHILDREN AND DISTRIBUTION OF STATIONERY ITEMS	IN COLLABORATION WITH IDRISH FOUNDATION
26-AUG-22	SWAABHIMAN	NUKKAD NATAK ON THE OCASSION OF WOMEN EQUALITY DAY	RAC SANATAN DHARMA COLLEGE
26-AUG-22	FOOD DISTRIBUTION FOR DOGS		RAC SANATAN DHARMA COLLEGE
27-AUG-22	SANRAKSHAN 2.0	SENSITISING THE STUDENTS TO GROW PLANTS AND PLANTS DISTRIBUTION	RAC SANATAN DHARMA COLLEGE
29-AUG-22	KHEL UTSAV	COMPETITION BASED ON SPORTS GAMES	IN COLLABORATION WITH WOMEN CELL













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ROTARACT CLUB

Report

Activity Name: Annapurna

Date: July 07,2021

Venue: Slum Areas, AmbalaCantt













Details of Activity:

Type of Activity:	Outreach Activity
Activity Title:	Annapurna
Session:	2021-2022
Date:	July 7,2021
Venue:	Slum areas, Ambala Cantt
Mode:	Offline
No. of Participants:	15
Objective:	To directly serve local residents who suffer from hunger and food insecurity within a specified area.
Learning Outcome:	Witness the impact of putting food directly on the table













Report:

- On July 7,2021 volunteers of Rotaract Club of Sanatan Dharma College, Ambala Cantt organised an event ANNAPURNA for slum area, Ambala Cantt.
- A Food donation drive with blessing of Annapurna Devi.
- The main aim of organising this event is to provide local residents who suffer from hunger and food insecurity within a specified area.
- With this Activity volunteers feel immense satisfaction by witnessing the impact of putting food on the table .
- Volunteers keeping in view the present scenario distributed 30+ packets of food and masks.
- The Principle of proper distancing and sanitizing were followed.
- It was such a great event.













Glimpses of the Event



(Distribution of Food Packets in Slum Areas)













Glimpses of the Event



(Distribution of Food Packets in Slum Areas)













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ROTARACT CLUB

Report

Activity Name: Water Pots for Birds

Date: July 20, 2021













Details of Activity:

Type of Activity:	Online Activity
Activity Title:	Water Pots for Birds
Session:	2021-2022
Date:	July 20,2021
Mode:	Online
No. of Participants:	06
Objective:	To keep water pots for birds to quench their thirst.
Learning Outcome:	Be the reason someone feels loved and believes in the goodness in people













Report:

- With temperatures soaring in the region during the summers, various NGOs and environmentalists have urged people to keep water bowls for birds on their rooftops to save them from dehydration.
- A large number of trees have been chopped in the holy city in the name of development due to which a huge number of birds lost their habitats besides environmental degradation. Summers are very difficult times for bird species and it becomes our prime responsibility to save them and keep them hydrated to maintain the ecological balance.
- Rotaract Club of Sanatan Dharma College, Ambala Cantt has organised an event 'Water Pots for Birds'
- The aim of the event is to quench the thirst of birds.
- Participants kept the pots on their roof and also some food material.
- Participants are informed to click their pictures which they need to share.













Water Pots for Birds















Glimpses of the Event







(Volunteers keeping Water Pots for Birds)



















(Birds Drinking Water)













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ROTARACT CLUB

Report

Activity Name: Independence Day

Date: August 15, 2021

Venue: Vivekanand Primary School

Ambala Cantt













Details of Activity

Type of Activity:	Outreach Activity
Activity Title:	Independence Day
Session:	2021- 2022
Date:	August 15,2021
Venue:	Vivekanand Primary school Ambala Cantt
Mode:	Offline
No. of Participants:	16
Objective:	Flag hoisting ceremony and to build patriotic feeling in students
Learning Outcome:	Feeling of Patriotism













Report:

- On August 15,2021 volunteers of Rotaract Club of Sanatan Dharma College, Ambala Cantt celebrated 75th Independence Day in collaboration with Rotary Club of Ambala and Innerwheel Club of Ambala.
- The event took place in Vivekanand Primary school with immense presence of Rtn.Inderjeet Guglani [President of Rotary Club Ambala] & Manisha Mam [President of Innerwheel Club of Ambala]
- The celebration commenced by Flag hoisting ceremony.
- When they hosted the flag, all the people present there sang the national anthem.
- Followed by this the students of the school twirled on stage and recited patriotic poems.
- Spirit of the students was 'My love for nation is boundless'.
- The event was great.
- At the end of the program, all the students were given sweets.

















(Flag Hoisting)

















(Activities by Students)













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ROTARACT CLUB

Report

Activity Name: Road Safety Awareness Campaign

Organised by District Legal Services Authority, Ambala*
In Association with Rotary Club of Ambala, Rotaract Club of Sanatan
Dharma College, Rotaract Club of Arya Girls College & Traffic Police,
Ambala Cantt

Date: August 16, 2021

Venue: Staff Road, Ambala Cantt













Details of the Event

Type of Activity:	Outreach Activity	
Activity Title:	Road Safety Awareness	
	Campaign	
Session:	2021-2022	
Date:	August 16, 2021	
Venue:	Staff Road, Ambala Cantt	
Mode:	Offline	
No. of Participants:	10	
Objective:	To study the cause of accidents	
	and suggest corrective measures at	
	Potential location.	
Learning Outcome:	Development of common approach	
	on educational and training road safety strategy	













Report:

- On August 16,2021 "ONE Life" Road safety awareness campaign was organised by *District legal services authority, Ambala*
- In association with Rotary Club of Ambala, Rotaract Club of Sanatan Dharma College, Rotaract Club of Arya Girls College and Traffic Ambala.
- The event took place in presence of Ms. Neeraja Kulwant Kalson and CJM Dr. Sukhda Pritam.
- Rtns. & Rtrs. Of various clubs with their presence made the campaign gracious.
- Mam Ms. Neeraja Kulwant Kalson motivated the drivers and rickshaw pullers to drive safe.
- Books of traffic rules were distributed to aware them.
- She also motivated the employees to get themselves vaccinated and stickers were pasted on the auto rickshaws and distributed to them.















(Pasting of Stickers on Auto Rickshaw)

















(Safety Measures)













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ROTARACT CLUB

Report

Activity Name: Vaccination Drive

Rotaract Club of Sanatan Dharma College, under the guidance of Rotary Club of Ambala and Satyug Darshan Charitable Dispensary organized a Covid-19 vaccination camp in association with Health Department of Haryana.

Date: September 04, 2021













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Vaccination Drive
Session:	2021-2022
Date:	September 04, 2021
Venue:	Satyug Darshan Charitable Dispensary, Ambala Cantt
Mode:	Offline
No. of Participants:	08
Objective:	.To vaccinate maximum people
Learning Outcome:	Importance of getting Vaccinated













Report:

- On September Rotaract Club of Sanatan Dharma college, Ambala Cantt organised 'Vaccination Drive' under the guidance of Rotary Club of Ambala and Satyug Darshan Charitable Dispensary organized a Covid-19 vaccination camp in association with Health Department of Haryana.
- The main objective of this drive is to get maximum people vaccinated.
- The various positive impacts of getting vaccinated was discussed by the Doctors.
- Free Vaccination is provided to the needy people.
- The event was successful.















Brochure















People Getting Vaccination















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ROTARACT CLUB

Report

Activity Name: Literacy (Learning with Fun)

(Art and Craft Activities at Swami Vivekananda Primary School, Ambala Cantt)

Date: September 14, 2021













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Literacy (Learning with fun)
Session:	2021-2022
Date:	September 14, 2021
Venue:	Swami Vivekananda Primary School, Ambala Cantt
Mode:	Offline
No. of Participants:	15
Objective:	To inculcate art and Craft skills among students
Learning Outcome:	Art and craft ideas and activities reinforce math concepts like reasoning, analytical skills, problem solving skills, addition, subtraction, measurement, and spatial awareness.













Report:

- On September 14, 2021 Rotaract Club of Sanatan Dharma College, Ambala Cantt has organised an event named as Learning with Fun at Swami Vivekananda Primary School, Ambala Cantt.
- The main objective of the event was to inculcate the creativity in the growing child.
- The event was best out of waste to let students to use their reasoning and analytical skills.
- This is the only way to extract the creativity out of the students and evolve their skills
- All the Rotaractors had shown their keen interest and got new experience.
- The students were so talented and so excited to inhale new creativity.
- Refreshment was also distributed to boost the morale of the students.
- Stationery items were also distributed among students.
- All the Rotaractors were so delighted and carried a new experience with them.



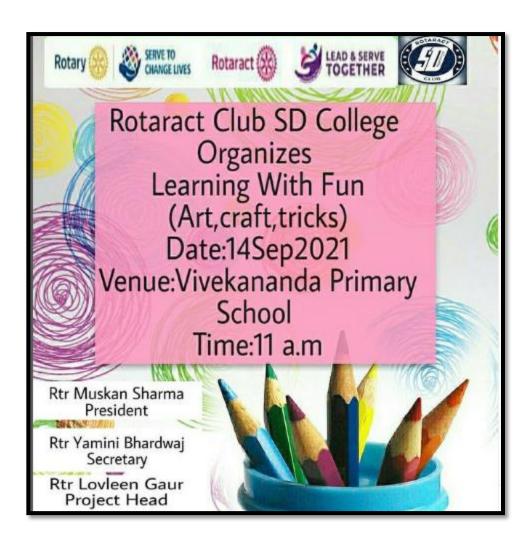












Brochure















Helping Students with Craft Activities















Interacting with students













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ROTARACT CLUB

Report

Activity Name: Literacy

(Teaching Slum Children)

Date: September 24, 2021













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Literacy (Learning with fun)
Session:	2021-2022
Date:	September 24, 2021
Venue:	Slum Areas, Ambala Cantt
Mode:	Offline
No. of Participants:	15
Objective:	To inculcate education, art and Craft skills among students
Learning Outcome:	Art and craft ideas and activities reinforce math concepts like reasoning, analytical skills, problem solving skills, addition, subtraction etc.













Detailed Report:

- On 24 Sep, 2021 Rotaract Club of Sanatan Dharma College, Ambala Cantt had organised an event named as Literacy.
- The event was done in collaboration with the NGO.
- The main objective of the event was to inculcate the creativity in the growing child.
- The event was best out of waste
- To make familiar student with the creativity.
- This is the only way to extract the creativity of the students and in evolve their skill
- All the Rotaractors had shown their keen interest and got new experience.
- The students were so talented and so excited to inhale new creating
- Refreshment was also distributed to boost the morale of the students

.















Rotaract Club Volunteer Teaching children















Interacting with Children















Distribution of Food Items among children













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ROTARACT CLUB

Report

Activity Name: Nawaazish (A Visit to Old Age Home)

Date: October 28, 2021

Venue: Red Cross Old Age Home, Ambala Cantt













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Nawaazish: A Visit to Old Age
	Home
Session:	2021-2022
Date:	October 28, 2021
Venue:	Red Cross Old Age Home, Ambala
	Cantt
Mode:	Offline
No. of Participants:	20
Objective:	To teach unity and Peace;
	Teaching them Yoga Asanas to
	keep them healthy and focusing on
	Meditation.













Report:

- On 28 October, 2021 Rotaract Club of Sanatan Dharma College, Ambala Cantt has organised an event named as Nawaazish; A visit to old age home to teach Unity and Peace.
- It was a visit to old age home.
- The objective of the event to interact and communicate with old people and to teach them Yoga Asanas to keep them healthy and mentally fit.
- To spread happiness over their faces a small initiative had taken place.
- A Yoga session and mind relaxation activities had done.
- They were too delighted and excited.
- All the Rotaractors were so delighted and carried a new experience with them.





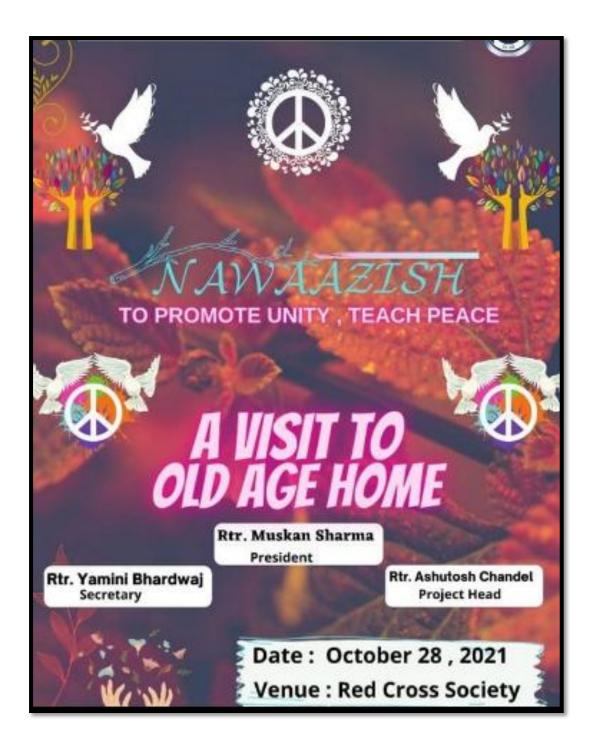








Brochure:



















Interacting with Old Age Persons

















(Teaching them Yoga and Aasan)













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ROTARACT CLUB

Report

Activity Name: Children Day Celebration

Date: November 14, 2021













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Children Day Celebration
Session:	2021-2022
Date:	November 14, 2021
Venue:	Nearby Areas
Mode:	Offline
No. of Participants:	15
Objective:	To acknowledge children & to bring smile on their face
Learning Outcome:	Every child deserves happiness













Detailed Report

- Children's Day is observed across India on November 14 every year, to mark the birth anniversary of the country's first prime minister, Jawaharlal Nehru.
 Children's Day celebrations see various educational and inspirational events organised by and for children across the country.
- On November 14, 2021 Rotaract Club of Sanatan Dharma College, Ambala Cantt has celebrated 'Children Day'.
- Under this the Rotaractors distributed the food packets among children of nearby areas, mostly unprivileged children.
- Food packets distribution brings immense pleasure to them.
- The main objective is to bring smile on their faces.















(Distribution of Refreshment by the volunteers of Rotaract Club)















(Distribution of Refreshment by the volunteers of Rotaract Club)





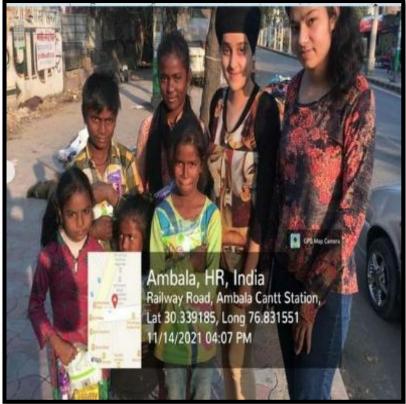












(Distribution of Refreshment by the volunteers of Rotaract Club)













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ROTARACT CLUB

Report

Activity Name: Box of Kindness

Date: November 29, 2021













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Mudita: Box of Kindness
Session:	2021-2022
Date:	November 29, 2021
Venue:	Slum areas, Bus Stand & Railway Station
Mode:	Offline
No. of Participants:	19
Objective:	To provide wollen clothes to needy people and Distribution of Blankets
Learning Outcome:	Fulfilling the needs of society gives immense pleasure and satisfaction













Detailed Report

- Rotaract Club of Sanatan Dharma College has organised an event 'Mudita:- Box of Kindness', under which Collection of wearable items was done from November 23, 2021 to November 27, 2021 and distribution held on November 29, 2021.
- The main objective of this event is to provide wollen clothes and blankets to needy people.
- Every winter Rotaract Club performs this event, to provide wollen clothes to needy people.
- The college students and many teachers donated many clothes.
- The distribution was done in slum areas, Railway Station and Bus Stand etc.
- People were very happy after receiving the clothes & Blankets.





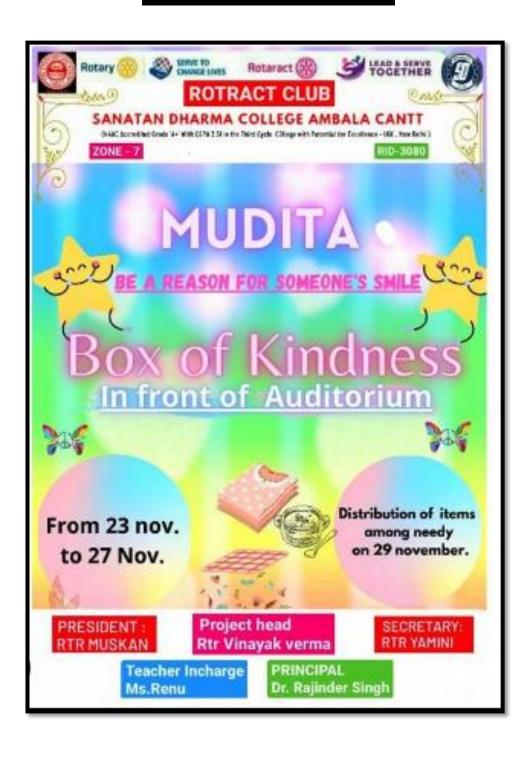








Brochure

















(Collection of Clothes)















(Distribution of Clothes)















(Distribution of Clothes by the volunteers of Rotaract Club in Slum areas)















(Distribution of Clothes to needy)













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ROTARACT CLUB

Report

Activity Name: Painting/ Sketching and Videography Competition

Date: January 26, 2022













Details of the Event

Type of Activity:	Competition
Activity Title:	Painting/ Sketching and Videography Competition
Session:	2021-2022
Date:	January 26, 2022
Mode:	Online
No. of Participants:	13
Objective:	To safeguard the Culture
Learning Outcome	Love towards Country













Detailed Report:

- January 26th is celebrated as Republic Day in India.
- The documents that established the charter were signed on January 24, 1950, and the Constitution officially came into effect for the nation on January 26, 1950.
- Rotaract Club on the occasion of Republic Day organised Painting/Sketching and Videography Competition on the theme 'Dharohar'.
- The Topic for Sketching/ Painting is Safeguarding the Heritage and for Videography it is Variations in Culture via poetry.
- Many students participated in this competition.
- Entries are invited through a Google form.
- Aarushi from B.Sc CAV II got Ist Position, Vidhika BA Gen II got 2nd Position and Neha Kumari BA Gen II got 3rd Position.
- E-certificates are provided to all the participants.













Brochure:









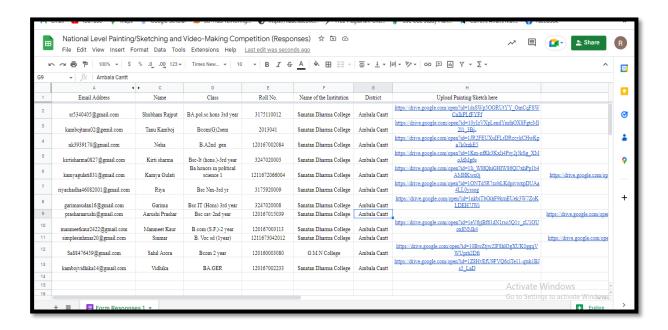








<u>Responses</u>















Winners







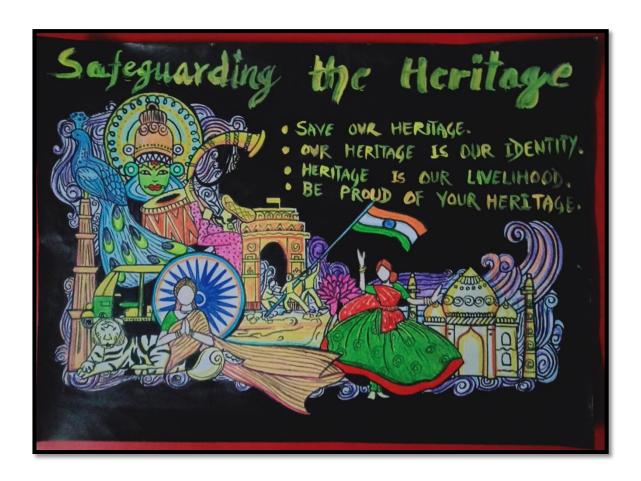








Paintings/Sketches by Participants















Paintings/Sketches by Participants

















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ROTARACT CLUB

Report

Activity Name: Feed the Animals-Be a
Ray of Hope

Date: February 25, 2022

Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Feed the Animals: Be a Ray of
	Hope
Session:	2021-2022
Date:	February 28, 2022
Mode:	Offline
No. of Participants:	09
Objective:	To be a ray of hope for the stray animals
Learning Outcome	Love towards animals













Detailed Report:

- The already sad state of stray animals in our cities paired with the current scenario in light of COVID-19 with fewer volunteers and resources available to feed them had made a compelling case for us to step up and contribute our resources for this cause.
- With the idea of getting one step closer to our mission of a hunger-free India, we came in support towards animal welfare with food supply.
- On February 25, 2022 Volunteers of Rotaract Club of Sanatan Dharma College, Ambala Cantt organised and event 'Feed the Animals: Be a Ray of Hope'.
- The Volunteers of Rotaract Club provided food items to stray animals.
- With this initiative volunteers tried to make people aware by putting 2 pots outside their houses for Dogs and Cows for water and food.

• With this they tried to help the stray animals and motivated people to do the same.



Brochure:















Responses

Timestamp	Email Address	Name	Class	Roll Number	School/College/Institute	District	State	Upload your pictures here (Image or Pdf)
2/27/2022 13:51:38	anishdhammi2003@gmail. com	Anish Dhammi	Boom aided 1st year	1211672003004	Sanatan Dharma College , Ambala cantt	Ambala Cantt	Haryana	https://drive.google.com/open?id=15LQ-GkWY.JwPQyXhKMyyRhsZuHQBE_Btq
2/27/2022 14:26:33	lovleengaur05@gmail.com	Lovleen Gaur	B.com aspsm 2nd year	120167056019	Sanatan Dharma College , Ambala cantt	Haryana	Ambala cantt	https://drive.google.com/open?id=1dELVDy5PcoC10QudGrG9iARp-U9Xh3_z
2/27/2022 17:27:40	singhharshpreet200@gmail.	Harshpreet	Bcom ASPSM	3250810001	Sanatan Dharma College , Ambala cantt	Ambala	Haryana	https://drive.google.com/open?id=1X8S3.by?ltlmvPAqVDe8VintsugCAe*Tw. https://drive.google.com/open?id=1W8SDVz_arBstagZ XLXTDV12D0VLP6BBP https://drive.google.com/open?id=1-opl.p2-rEIYdemEJdnY43ChtjhTtMVsl, https://drive.google.com/open?id=1Y6SXY+wKS, v3IBqZVGFSICBS?femE3, https://drive.google.com/open?id=1g8kp_9VmIH44v2CSYarCSXD2SXD2SY44Vw
2/27/2022 17:29:06	prabhleen4319@gmail.com	Prabhleen	Boom gen 1st	1211672003082	Sanatan Dharma College , Ambala cantt	Ambala	Haryana	https://drive.google.com/open?id=1.JFOzESHjw_uCtUCccNjpzFddWb3pZ7cN, https://drive.google.com/open?id=1pZqNhUmjYGNeRWHigh?m7O3w4wTEd_ld, https://drive.google.com/open?id=1m0MkwZE_5TZ_EXNVUGRNACEGUX3nHC
2/27/2022 17:36:14	rajputashutosh0023@gmail. com	Ashutosh Chandel	Boom Cav 5th sem	3247410038	Sanatan Dharma College , Ambala cantt	Ambala cantt	Haryana	https://drive.google.com/open?id=1uCl53ir2Hczl8hSl/Ht1jXzSikm9EHa
2/27/2022 18:48:02	anisha2001y@gmail.com	Anisha yadav	Bca 2	120167011020	Sanatan Dharma College , Ambala cantt	Ambala	Haryana	https://drive.google.com/open?id=1IF2k9Dy2do8ePJf1Fwy4npm_Mz1fXI-9
2/27/2022 22:27:54	mittalk121@gmail.com	KESHAV Mittal	Boom aided 1	1211672003023	Sanatan Dharma College , Ambala cantt	Ambala	Haryana	https://drive.google.com/open?id=1wjhMNjYCkb6pbT496C7JG7zszOHAYr2p, https: //drive.google.com/open?id=1nhPr0itSeo87Y21M7TUhwZpVb7Oc6BpC
2/28/2022 20:24:17	22vaishnavi22@gmail.com	Vaishnavi	Bcom aided 2 year	120167003029	Sanatan Dharma College , Ambala cantt	Ambala	Haryana	https://drive.google.com/open?id=15iLCoz96F\7Oi08Y2w8r65XCINQy9K
2/28/2022 22:16:45	iasskaur1325@gmail.com	Jaskirat Kaur	A English Honours II Yea	120167062011	Sanatan Dharma College , Ambala cantt	Ambala	Haryana	https://drive.google.com/open?id=1Vx0QxMHd46UR0aHAYO/Uh2U-MzTKziHz

































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ROTARACT CLUB

Report

Activity Name: Nukkad Natak

(On the occasion of International Women's Day)

In Collaboration with Child Helpline Department

Date: March 08, 2022













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Nukkad Natak
Session:	2021-2022
Date:	March 08, 2022
Mode:	Offline
No. of Participants:	15
Objective:	Respect Women and Save Girl Child
Learning Outcome	Making people aware about the rights of women













Detailed Report:

- March 8 is International Women's Day.
- It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements.
- It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done.
- On March 08, 2022 Volunteers of Rotaract Club of Sanatan Dharma College organised an Event 'Nukkad-Natak' based on the theme 'Respect Women and Save Girl Child'.
- This event was done in collaboration with Child Helpline Department.
- With the help of Nukkad Natak volunteers gave message regarding equality of women and to save girl child.
- Women are achieving great heights of success, our society needs to change their thinking of considering girls as burden and need to give them equal rights















7



(Volunteers Performing Nukkad Natak)

















(Volunteers Performing Nukkad Natak)













Appreciation Received From Childhelpline Department Ambala





(Volunteers Receiving Medals)













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ROTARACT CLUB

Report

Activity Name: Guest Lecture and Sanitary

Napkin Distribution

(Under Project Red)

Date: March 09, 2022













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Guest Lecture and Sanitary Napkin Distribution
Session:	2021-2022
Venue:	Musaddi Lal Arya Girls High School, Ambala Cantt
Date:	March 09, 2022
Mode:	Offline
No. of Participants:	17
Objective:	Guest Lecture by Gynecologist Dr. Suman Garg to resolve the issues faced by Girls and Distribution of Sanitary Napkin
Learning Outcome	Myths regarding Menstrual Cycle was resolved by Dr. Suman Garg













Detailed Report:

- On March 09, 2022 Rotaract Club Volunteers organised an event 'Guest Lecture and Sanitary Napkin Distribution' at Musaddi Lal School, Ambala Cantt.
- Dr. Suman Garg, Gynecologist was invited as Guest.
- Dr. Suman Garg interacted with the girls students of the school, resolve their queries related to menstrual cycle.
- Dr. Suman Garg cleared the myths regarding menstrual cycle, also suggested to maintain hygiene and also throws light on PCOD/PCOS.
- Teachers and Principal of the school was very happy with this event.
- After that sanitary napkins were distributed among the girls.















(Dr. Suman Garg interacting with students)

(Rotaract Club
Teacher In-charge
Ms. Renu, Briefing
about the event)

















(Lecture by Dr. Suman Garg)















(Sanitary napkin Distribution)













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ROTARACT CLUB

Report

Activity Name: Nukkad Natak on Save Water (On the occasion of Water Conservation Day)

In Collaboration with Child Helpline Department

Date: March 22, 2022













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Nukkad Natak on Save Water
Session:	2021-2022
Date:	March 22, 2022
Venue:	ADR Centre Ambala
Mode:	Offline
No. of Participants:	12
Objective:	Save Water
Learning Outcome	Importance of water













Detailed Report:

- World Water Day, held on **22 March** every year since 1993, focuses on the importance of freshwater.
- World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water.
- It is about taking action to tackle the global water crisis
- Volunteers of Rotaract Club of Sanatan Dharma College, Ambala Cantt in collaboration with Child Helpline Department organised Nukkad Natak on 'Save Water' on March 22, 2022.
- With the help of Nukkad Natak they want to spread the message to **save water**, as the **resources** are **scarce in relation** to our **wants** and we want them to **preserve them for future**.
- The **CJM Dr. Sukhda Pritam**, praises the volunteers for their noble act.















(Volunteers with CJM Dr. Sukhda Pritam)

(Volunteers performing Natak)















(Newspaper Clipping)

जल दिवस पर जिला एडीआर सैंटर में नुक्कड़ नाटक का किया गया आयोजन



अंबाला कवरेज@ अंबाला। जिला एडीआर सैंटर अंबाला में नीरजा कुलवंत कालसन जिला एवं सत्र न्यायधीश व अध्यक्ष जिला विधिक सेवा प्राधिकरण अंबाला के मार्गदर्शन व डा. सुखदा प्रीतम, सीजेएम एवं सचिव, जिला विधिक सेवा प्राधिकरण अंबाला की अध्यक्षता में जल दिवस के उपलक्ष्य में जिला एडीआर सैंटर मे एक नुक्कड़ नाटक का आयोजन किया गया। जिसमे अजय शंकर तिवारी, पीएलवी व प्रधान, जगमोहन सिंह मच्छौंडा, जिला युवा विकास संगठन अंबाला के सहयोग से एसडी कालेज के छात्रों द्वारा जल संरक्षण व महिलाओ के अधिकारो बारे नुक्कड़ नाटक प्रस्तुत किया गया। जिसे जिला एडीआर सैंटर,

अंबाला मे उपस्थित सभी लोगों ने बहुत पसंद किया व सराहा। इस मौका पर जल संरक्षण हेतू छात्रो, स्टाफ व उपस्थित सभी लोगों ने जल संरक्षण हेत् शपथ ग्रहण की। डा. सुखदा प्रीतम ने एसडी कालेज के छात्रों को नुक्कड़ नाटक प्रस्तुति पर प्रशंसा पत्र भी प्रदान किए। डा. सुखदा प्रीतम ने बताया कि कोई भी गरीब व्यक्ति जिसकी आय 3 लाख से कम है, कोई भी स्त्री व किशोर, एससी, बीसी, किन्नर, आपदाग्रस्त, शारिरिक व मानसिक रूप से कमजोर, कैदी इत्यादि मुफत कानूनी सेवओं के हकदार है, जिसके लिए जिला ए डी आर सैंटर मे आकर व हैल्पलाइन नं. 01712532142 पर संपर्क किया जा सकता है।

जल संरक्षण को लेकर नुक्कड़ नाटक का आयोजन

अम्बाला(सिटी मीडिया)जिला एडीआर सैंटर, अम्बाला में नीरजा कुलवंत कालसन, जिला एवं सत्र न्यायधीश व अध्यक्ष, जिला विधिक सेवा प्राधिकरण, अम्बाला के मार्गदर्शन व डा. सुखदा प्रीतम, सीजेएम एवं सचिव, जिला विधिक सेवा प्राधिकरण अम्बाला अध्यक्षता मे जल दिवस के उपलक्ष में जिला एडीआर सैंटर मे एक नुक्कड़ नाटक का आयोजन किया गया। जिसमें

PHYSICS CLASSES for XIth & XIIth

Knowledge Based Conceptual Learning) Regular deubi Senkian & Class Ream Tenk Small Baish, Foressal Guidance Having men than 10 years experience in physica (seching...



जल संरक्षण व महिलाओं के कॉलेज के छात्रों को नुक्कड. अजय शंकर तिवारी, पीएलवी) प्रस्तुत किया गया। जिसे जिला प्रदान किए। सीजेएम एवं व प्रधान, जगमोहन सिंह एडीआर सैंटर, अम्बाला में सचिव, जिला विधिक सेवा मच्छोंडा, जिला युवा विकास उपस्थित सभी लोगों ने बहुत प्राधिकरण अम्बाला ने बताया संगठन अम्बाला के सहयोग से पसंद किया व सराहा। मौका पर कि कोई भी गरीब व्यक्ति सचिव, जिला विधिक सेवा

फुल बॉडी मसाज करवाएं गुआशा थेरेपी द्वारा सभी प्रकार की 🖔 बिमारियों का ईलाज संभव Home Service Available

अधिकारों बारे नुक्कड़ नाटक नाटक प्रस्तुति पर प्रशंसा पत्र भी जल संरक्षण हेतू छात्रों, स्टाफ जिसकी आय 3 लाख से कम व उपस्थित सभी लोगो ने जल है, कोई भी स्त्री व किशोर, एस संरक्षण हेतू शपथ ग्रहण की। सी, बी सी, किन्नर, आपदाग्रस्त, डा. सुखदा प्रीतम, सीजेएम एवं शारिरिक व मानसिक रूप से कमजोर, कैदी इत्यादि मुफ्त कानूनी सेवाओं के हकदार है, जिसके लिए जिला एडीआर सैंटर मे आकर व हैल्पलाइन नं. 0171-2532142 पर संपर्क संपर्क करें-80534-65179 किया जा सकता है।













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ROTARACT CLUB

Report

Activity Name: Mental Peace
(Guest Lecture by Bhramakumaris for Old Age
People)

Date: April 07, 2022













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Mental Peace: A Guest
	Lecture by Bhramakumaris
	for Old Age People
Session:	2021-2022
Date:	March 08, 2022
Mode:	Offline
Venue:	Red Cross Society, Ambala Cantt
No. of Participants:	19
Objective:	To provide mental peace sessions
Learning Outcome	Mental health is important as physical health













<u>Detailed Report:</u>

- Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences.
- Often, because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated.
- Therefore Rotaract Club has organised an event 'Mental Peace: A Guest Lecture' by Bhramakumaris for Old age people.
- They are living away from their families, might face some kind of mental health issues.
- B.K. Kiran Didi and B.K Suman Lata didi from Bhramkumari told us the importance of focusing on making our soul beautiful through spiritual talk and also told the importance of meditation and taught basic meditation as well.













7



(Presenting Token of Love)

(Lecture By Didi)















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ROTARACT CLUB

Report

Activity Name: Roti Donation Drive

Date: April 24, 2022













Details of the Event

Type of Activity:	Outreach Activity
Activity Title:	Roti Donation Drive
Session:	2021-2022
Date:	April 24, 2022
Venue:	Slum areas
Mode:	Offline
No. of Participants:	48
Objective:	To provide food to needy
Learning Outcome	Importance of Food













<u>Detailed Report:</u>

- We have seen that hunger can drive people to extremes and even get into unlawful activities.
- If we take care of their basic necessity of a wholesome meal, we may just give them a chance to shape a better future for themselves.
- Rotaract Club Volunteers initiated an event 'Roti Donation Drive' in the slum areas.
- The aim is to distribute the food packets to needy people..
- We strive to eliminate hunger and malnutrition.
- Food is the basic necessity and many people are deprived of it.
- It is very difficult for them to meet both ends.
- Therefore volunteers act as a helping hand to provide them food.















(Volunteers Distributing the Food Packets)















(Distribution of Food Packets)



























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Report

"FOOD DONATION DRIVE"

Activity Name: ANNADANAM "The sacred offering the food"

"VISION-HELPING HANDS"

Date: - July 03, 2022 - July 05, 2022

Venue : Slum area ,Ambala Cantt













Details of Activity:

Type of Activity:	Outreach Activity
Activity Title:	Annadanam: Food Donation Drive
Targeted Audience:	People of Slum areas
Session:	2021-22
Date:	July 03, 2022 – July 05, 2022
Venue:	Slum areas, Near Bus
	Stand & Railway Station
Mode:	Offline
No. of Participants:	16
Objective:	To counter poverty and
	hunger
Learning Outcome:	Importance of food













Report:

- The Rotaract Club of Sanatan Dharma College, Ambala R.I.D 3080 organized 'Annadanam: The sacred offering of food; food donation drive.'
- It was organized from 3 July to 5 July, 2022.
- We have done 3 days Food Donation Drive.
 - Day -1: Food distribution in slum areas.
 - Day -2: Feeding Animals.
 - Day-3: Quenching thirst and hunger of Birds.
- On Day-1 ie.3July our team donated food packets in a slum areas near bus stand to needy people. Around 120 food packets were distributed.
- On Day-2 ie.4July we fed animals in our nearby areas. More than 20 cows and 30 dogs were fed.
- On Day-3 ie.5July we fed the birds and kept water pots for them. Also made people to kept pots for birds.
- The event was done with the aim to counter poverty and hunger.
- This act gives immense pleasure and satisfaction to the volunteers.







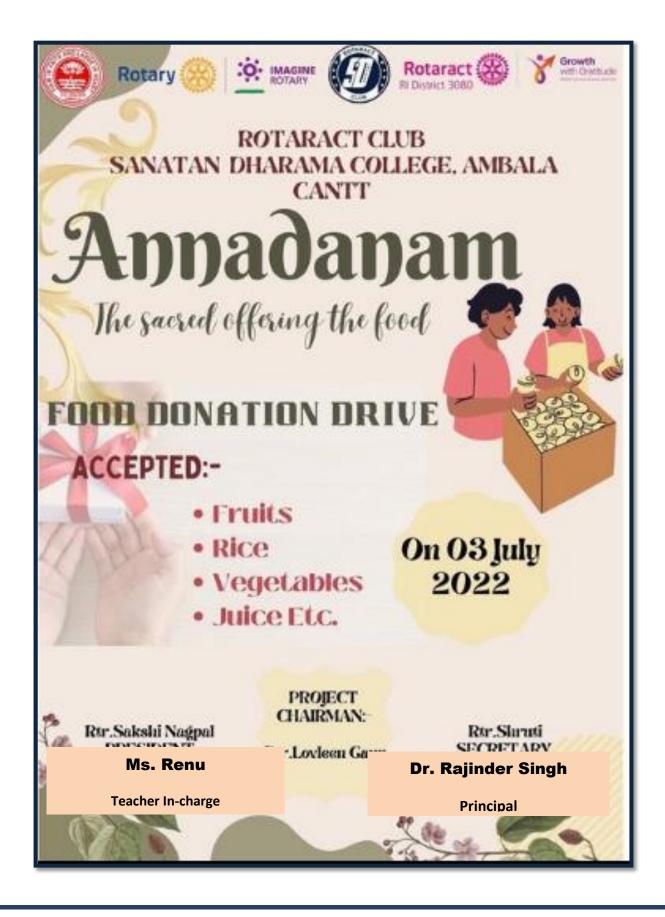








Brochure:

















Glimpses of the Event Day-1



(Distribution of Food packets to needy people by Volunteers of **Rotaract Club**)















Day-1



(Distribution of Food to needy people by Volunteers of **Rotaract Club**)





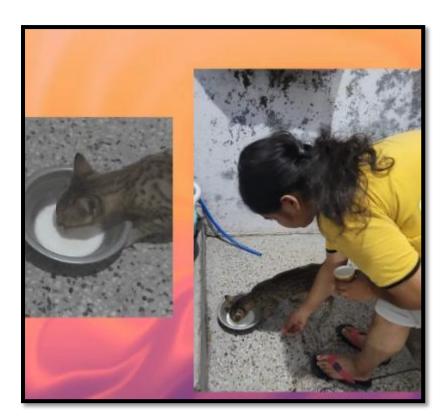








Day-2



(Feeding Animals)

(Feeding Animals)









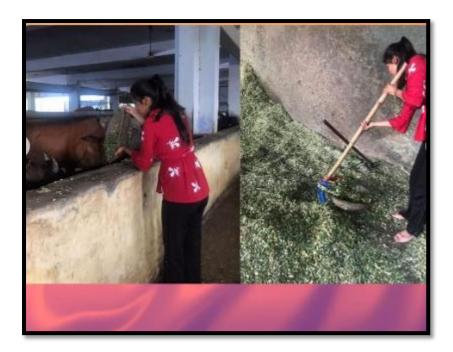








Day-2



(Feeding Cows at Gaushala)

(Feeding Cows at Gaushala)















Day-3



(Keeping Water **Pots for Birds**)

(Feeding Birds)

















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ROTARACT CLUB

Report

Activity Name: Learn Today, Lead Tomorrow at Idrish Foundation

(Teaching children and Distribution of Stationery)

Date: July 22, 2022













Details of Activity:

Type of Activity:	Outreach Activity
Activity Title:	Learn Today, Lead
	Tomorrow
Targeted Audience:	Children of Idrish Foundation
Session:	2021-22
Date:	July 22, 2022
Venue:	Idrish Foundation,
	Ambala Cantt
Mode:	Offline
No. of Participants:	14
Objective:	To teach children
Learning Outcome:	Small steps make big changes













Report:

- The Rotaract Club of Sanatan Dharma College, Ambala R.I.D 3080 organized a campaign Learn Today Lead Tomorrow in Collaboration with Idrish Foundation.
- Volunteers of Rotaract Club taught children different topics i.e. Different concepts of computers, Mathematics and Science.
- Rtr.Sakshi Nagpal gave brief information about our club we personally interacted with elders, asked their problems.
- The children participated very actively in the learning process.
- We had a great time with the children while teaching them.
- Their cooperation and zeal to learn new things, made our campaign a success.
 - The aim of this campaign was to impart them knowledge
 - This act gives immense pleasure and satisfaction to the volunteers.















Brochure:













ROTARACT CLUB SD COLLEGE, ORGANIZED A CAMPAIGN

"Learn Today Lead Tomorrow"

With Collaboration of Idrish Foundation .

We will go to
educate the
homeless children
and distribute
some stationary
items.

Rtr Sakshi Nagpal . President Rtr Shruti Secretary On 22 July 2022



Project Chairman Rtr Anish Dhammi

Ms.Renu Teacher incharge Dr.R<mark>aj</mark>inder Singh Principal

















(Distribution of stationery items to children by Volunteers of Rotaract Club)

















(Teaching children)















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ROTARACT CLUB

Report

Activity Name: Nukkad Natak - Swabhimaan

Date: August 26, 2022













Details of Activity:

Type of Activity:	Outreach Activity
Activity Title:	Nukkad Natak : Swabhimaan
	On Women Equality
Targeted Audience:	Students of Govt. Se. Sec.
	School, Ambala Cantt
Session:	2021-22
Date:	August 26, 2022
Venue:	Govt. Se. Sec. School,
	Ambala Cantt
Mode:	Offline
No. of Participants:	17
Objective:	Women Equality
Learning Outcome:	Sensitising the students on
	Women Equality















Report:

- The Rotaract Club of Sanatan Dharma College, Ambala R.D.D 3080 celebrated women Equality Day on 26 August, 2022.
- The nature of the project is community Service.
- The event chairman was Nancy garg.
- The event has organized on the occasion of women equality day to spread the awareness about the women rights.
- In the form of nukkad natak the awareness message has been delivered in the school.
- The agenda of visit and performance in the school is to encouraging the youth about gender equality.
- Our club in charge inspired all the students by acknowledging them about the worth of women in life and importance of the rights.
- Different scenes in the nukkad Natak shown on the domestic violence such as female foeticide in the public places girl teasing in college etc.
- All the students had enjoyed the event a lot and appreciated by all.













Brochure:









Rotaract Club of Sanatan Dharma College,Ambala Cantt

Is organising

Swaphiman- # & women of Women's Equality day

We will perform A Nukkad Natak



Date:-26 August 2022 Venue:-BC Bazar Govt. School

Time:- 7:15 AM

Ambala Cantt

Project Chairman:- Rtr. Nancy Garg

Rtr.Shruti General Secretary Rtr.Sakshi Nagpal President

Ms.Renu Teacher incharge Dr.Rajinder Singh Principal

















(Volunteers of Rotaract Club Performing Nukkad Natak)

















(Team of Rotaract Club with Principal and teachers of School)





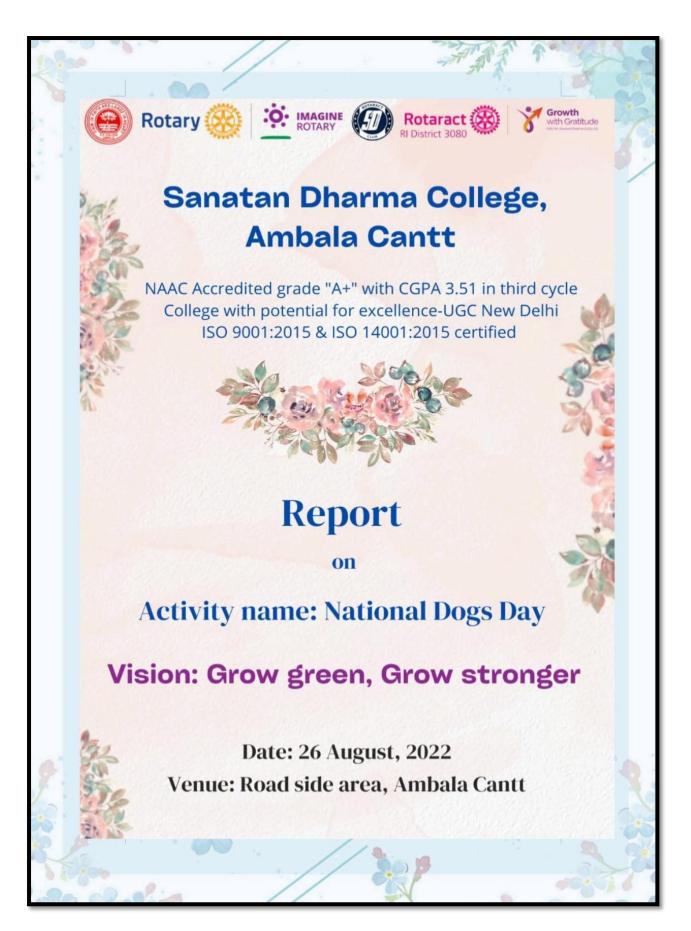
























Details of Activity

Type of Activity:	Outreach Activity
Nature and Avenue of the	Community Service
project:	
Activity Title:	National Dogs Day
Targeted Audience :	Street Dogs
Session:	2022-23
Date:	26 August,2022
Venue:	Road side Area, Ambala cantt
Time:	Online
No. Of Participants:	17
Objective:	to celebrate precious day of our
	real life heroes.
Learning Outcomes:	Helping our parents in domestic
	chores and Playing different
	games and spending time with
	them.















Report:

- The Rotaract Club of Sanatan Dharma College,
 Ambala R.D.D 3080 celebrated National Dogs Day on 26 August, 2022.
- The nature and Avenue of the project is community Service.
- In this event, 10 Rotaractors participated in the event the domestic Church include sweeping washing cooking gardening and dusting a small picnic trip had glared the celebration up your promise made to them to always tell responsible child and lies their worth in the life
- Our small effort as helping hand can put smile on our parents face.
- The role of parents is integral in the development of a child's life.
- The event chairman was Rtr. Isha Sachdeva.
- The aim of this event was to pay tribute to the parents for their priceless efforts for their children's existence.





































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ROTARACT CLUB

Report

Activity Name: Sanrakshan-Save Soil 2.0 (Plantation Dive)

Date: August 27, 2022













Details of Activity:

Type of Activity:	Outreach Activity
Activity Title:	Sanrakshan-Save Soil 2.0 (Plantation Drive)
Targeted Audience:	Children of Sneh Anchal Model School
Session:	2021-22
Date:	August 27, 2022
Venue:	Sneh Anchal Model
	Scholl, Ambala Cantt
Mode:	Offline
No. of Participants:	32
Objective:	To plant more trees
Learning Outcome:	Small steps make big changes















Report:

- The Rotaract Club of Sanatan Dharma College, Ambala R.D.D 3080 organized SANRAKSHAN 2.0 #SAVE SOIL (growgreen,grow stronger) on 27 August 2022 in collaboration with Inner Wheel club Ambala Cantt.
- It was an out reach activity in Sneh Anchal School.
- A lecture had been delivered by the club incharge about the importance of plants and soil to encourage the children and alarming condition of depleting Environment.
- Small planting games had played with the children in return they were rewarded with the refreshment.
- 20 plants were distributed to students and planted as well in the schools.
- The vision of the month had been hopefully successful with the contribution of all the member and their active participation.
- All the Rotaractors has gained new experience and inspiration to save the nature.
- The project was associated with spread of awareness regarding the depletion of tree and degradation of soil. The purpose of conducting this event in school was to spread awareness to upcoming youth an impart the motivation.







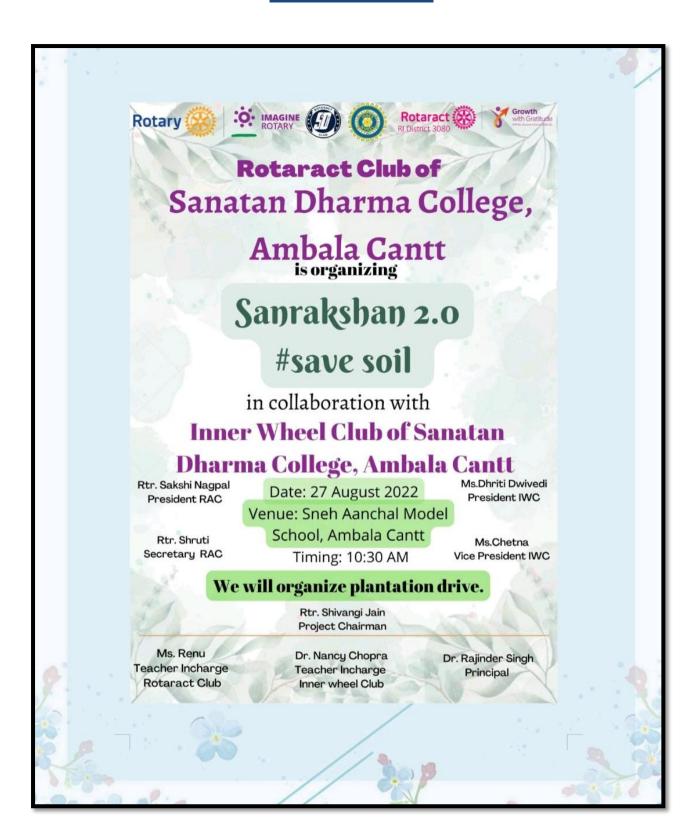








Brochure:



















(Plantation of Saplings with students of School)

















(Distribution of saplings to students)

















(Distribution of saplings to students)















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ROTARACT CLUB

Report

Activity Name: Khel Utsav

(Competition based on Sports Games)

Date: August 29, 2022













Details of Activity:

Type of Activity:	Outreach Activity
Activity Title:	Khel Utsav
Targeted Audience:	Vivekanand School, Ambala Cantt
Session:	2021-22
Date:	August 29, 2022
Venue:	Vivekananda School,
	Ambala Cantt
Mode:	Offline
No. of Participants:	16
Objective:	To develop sportsmanship
Learning Outcome:	Small steps make big changes















Report:

- The Rotaract Club of Sanatan Dharma College, Ambala R.D.D 3080 celebrated KHEL UTSAV: FUN AND GAMES (National Sports Day) on 29 August 2022 at Vivekanand govt. school.
- All the sports activities were held in the school ground.
- The children were very cheerful and participated very enthusiastically.
- Total five games were played there from classes 2-5.
- Games played were:Race, Lemon race, statue and Long jump.
- The top winners were awarded with the medals and the consolation prizes were also distributed for the appreciation.
- The students had participated enthusiastically and the whole team of rotaractors were accordingly coordinated. Principal of the school had appreciated the whole team and presented the token of love to Her.
- Their cooperation and active participation make this event a huge success.
- The agenda behind this event to tell the society about the day(birthday of hockey player major dhyanchand) and to generate the spark and activeness in the students by organsing this event.













Brochure:





















(Playing Sports Games)

















(Distribution of Medal to winners)