

NSS Report 2022-2023



NSS Programme Officer: Prof. Vinita Pimpale

Teacher-In-Charge: Mr. Sanjay Dhage

Student Secretary: Mr. Vaibhav Joshi

Vaibhav Joshi (NSS Secretary), for being selected as one of the 10 volunteers (5 male and 5 female) from all over Maharashtra to represent Maharashtra State at the National Integration Camp, Ahmedabad (Gujarat), and winning 1st Prize in the Team Quiz Competition among 6 states, 3 union territories, and 9 Gujarat Universities (the team was a combination of 1 participant from each state).

Avhan 2022 is a state level disaster management training camp hosted by SNDT Women's University in Mumbai. It took place from December 19th to December 28th at Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon. 25 NSS volunteers from all 35 districts of Maharashtra were selected. This 10 days training program was under the guidance of the National Disaster Management Response Force (NDRF).

MAY REPORT

- **Date - 29th May, 2022.**

Podar: Nurturing Intellect, Creating Personalities

Activity - Poster Making Competition

Total no. of participants - 13

Female – 10

Male - 3

A poster making competition was conducted on the occasion of the 100 day countdown to the International Yoga Day from 27th April to 30th April. The topic for the Poster Making event was Yoga and Well-being. Participants were supposed to submit hand-made posters on the given theme. The judge for the competition was Dr Amruta Patil Shrawani Nirmale and Antara Khatavkar were the winners of the Competition. Students took part in the poster making competition with great enthusiasm, showcasing their innovative ideas to help spread awareness about the importance of yoga.

- **Date - 20th, 25th, 27th of March, 1st June**

Activity - 4 Day Yoga Workshop

No. of volunteers - 25

Female – 18

Male - 7

A four day Yoga Workshop was arranged by the NSS Unit of R.A. Podar College, under the mentorship of Dr. R. Prasann Lakshmi Madam, a counselor and professional yoga practitioner. Volunteers gained valuable insights on mantras, pancha koshas, meditation, breathing techniques, and several other breathing practices. Theoretical as well as practical demonstrations were carried out through a virtual medium.

- **Date - 29th May, 2022.**

Activity - Essay Writing Competition

No. of Participants - 14

Male – 4

Female - 10

An essay writing competition was conducted as one of the many activities under the International Yoga Day events. The competition was judged by Prof. Karishma Khadiwala. Students participated by submitting an essay on any one of the following topics:

1. Yoga: Key to true health
2. Healthy mind in a healthy body
3. Yoga and Me
4. Yoga for the body and mind
5. Yoga for peace and harmony

Saras Sali and Vaidehi Kumavat were declared the winners of the competition. All students participated with great zeal and zest

- **Date and Time** – 17th May to 19th May. 9:30 am to 5:00 pm.

Activity Name - Volunteering at Photography Exhibition

No. of volunteers – 10

Male-4

Females -6

Mumbai University organised a 3 day photography Exhibition from 17th to 19th May at Convocation Hall, Fort, Mumbai. The exhibition, based on unseen pictures of Shriman Balasaheb Thackeray, ran from 9:30a.m to 5:00p.m was graced by prominent chief guests such as Hon. Chief Minister of Maharashtra State Uddhav Thackeray, Aditya Thackeray, Sharad Pawar, Uday Samant, Adesh Bandekar, Suresh Pednekar, and many other well known personalities. The NSS volunteers assisted in crowd management by being a part of the organizing committee and also became audience members to view the exhibits. The Chief Guests shared their memories with Shriman Balasaheb Thackeray. They were felicitated by giving the Rajabai Tower Trophy by the organisers. It was indeed a good experience to witness such an exhibition of a great personality.

JUNE REPORT

- **Activity – 10 Day Yoga Training Programme**

Total no. of volunteers – 22 (NSS and Non-NSS)

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), organized a 10 Day Yoga program as part of the 100 day run-to the International Yoga Day (21st June, 2022). The resource person for the activity was Dr. R. Prasanna Laxmi, a certified counsellor and yoga expert. The activity was conducted daily for 10 days, in the college auditorium from 8:30 a.m. to 9:30 a.m. Participants gained valuable insights on Pranayam, Asanas, Shlokas, and several other yogic practices.

- **Date - 10th June, 2022**

Activity - Blood Donation Camp

No. of volunteers - 15

Female – 11

Male - 4

“Be the reason for someone’s heartbeat” - In accordance with this quote, the NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) conducted a Blood Donation Camp in collaboration with Jagjivanram Hospital Blood Bank and University of Mumbai on 10th June, 2022 at Dadar Station, Mumbai. Volunteers came forward and helped in successfully collecting 101 units of blood.

- **Date – 21st June, 2022**

Activity – International Yoga Day

No. of volunteers - 60

Female – 35

Male – 25

“Yoga is the journey of the self, through the self, to the self.” ~The Bhagavad Gita

R.A. Podar College of Commerce and Economics (Autonomous), in collaboration with the NSS UNIT, organized a practical yoga session on the occasion of International Yoga Day, 21st June, 2022. The resource person for the yoga session was Dr. R. Prasanna Laxmi, a certified counselor and yoga expert. A total of 70 students and

faculty members attended the session. The event was conducted at the college auditorium from 8:30 am to 10:30 am. The tailored yoga session was a great mix of strength, flow, deep breathing, and relaxation. The session concluded with felicitations and the presentation of a memento to Dr. R Prasanna Laxmi by the Principal of R A Podar College, Dr. Mrs Shobana Vasudevan Madam.

- **Date:** 25th June 2023

Activity – Pulse Polio

No. of volunteers – 16

Female – 11

Male – 5

“Do boond zindagi ke”

The Pulse Polio Initiative was started with the objective of achieving 100 percent coverage with Oral Polio Vaccine. The NSS Unit of R.A Podar College of Commerce and Economics Autonomous, assisted LBS Market BMC Dispensary in vaccinating children under the age of 5 against poliomyelitis and contributed their share in eradicating the virus.

100 DAYS RUN-TO THE INTERNATIONAL YOGA DAY 21ST, JUNE, 2022

“Yoga is the journey of the self, through the self, to the self.” ~The Bhagavad Gita

R.A Podar College of Commerce and Economics (Autonomous), organized a “100 day run-to the international yoga day” through several activities.

- **Date - 29th May,2022.**

Activity 2 - Poster Making Competition

A poster making competition was conducted on the occasion of 100 day countdown to the International Yoga Day from 27th April to 30th April. The topic for the Poster Making event was Yoga and Well-being. Participants were supposed to submit hand-made posters on the given theme. The judge for the competition was Dr. Amruta Patil. Shrawani Nirmale and Antara Khatavkar were the winners of the competition. Students took part in the poster making competition with great enthusiasm,

showcasing their innovative ideas to help spread awareness about the importance of yoga.

- **Date - 20th, 25th, 27th of May, 1st June**

Activity 3 - 4 Day Yoga Workshop

A four day yoga workshop was arranged under the mentorship of Dr. R Prasann Lakshmi Madam, a counselor and professional Yoga practitioner. Volunteers gained valuable insights on mantras, pancha koshas, meditation, breathing techniques and several other breathing practices. Theoretical as well as practical demonstration was carried out through virtual medium. .

- **Date – 6th, 7th, 10th,11th,13th,14th,15th,16th,17th,18th of June.**

Activity 4 - 10 Day Yoga Training Programme

the 10 Day Yoga Training Programme was organized as a part of the 100 day run-to the International Yoga Day (21st June,2022). The resource person for the activity was Dr. R. Prasanna Laxmi, a certified counselor and yoga expert. The activity was conducted daily for 10 days, in the college auditorium from 8:30 a.m to 9:30 a.m. Participants gained valuable insights on Pranayam, Asanas, Shlokas and several other yogic practices.

- **Date – 17th June**

Activity 5– Yoga Pose with family

8th Activity was conducted “Yoga pose with family”. Volunteers actively participated by engaging their family members into performing yoga asanas .

- **Date – 18th June, 2022**

Activity 6- Slogan Making

Slogan making activity was organized. Volunteers submitted hand-made slogans based on the theme of 'Yoga for Humanity'.

Date – 21st June, 2022

Activity 7– International Yoga Day

The 7th activity was organized as a practical yoga session on the occasion of International Yoga Day, 21st June, 2022.

The resource person for the yoga session was Dr R. Prasanna Laxmi, a certified counselor and yoga expert. Students and faculty members attended the session. The event was conducted at the college auditorium from 8:30 am to 10:30 am. The tailored yoga session was a great mix of strength, flow, deep breathing, and relaxation. The session concluded with felicitation and presentation of the memento to Dr. R Prasanna Laxmi by the Principal of R A. Podar College, Dr. Mrs Shobana Vasudevan Madam.

ACTIVITY – Shiv Swarajya Din

No. of volunteers – 14

Female –8

Male – 6

R.A Podar College of Commerce and Economics (Autonomous) celebrated Shiv Swarajya Din on 6th June, 2022 on the occasion of Shivrajyabhishek of Chhatrapati Shivaji Maharaj being conducted on that day in the year 1674. NSS volunteers served as audience members for the day. Volunteers wholeheartedly listened to experiences, songs and anecdotes based on Chhatrapati Shivaji Maharaj and his brave warriors, which was performed by the participants. The programme concluded with a short coronation ceremony of Chhatrapati Shivaji Maharaj.

- **Date – 18th June, 2022**

Activity – Slogan Making

No. of volunteers – 11

Female – 8

Male – 3

THE NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), conducted a slogan making activity as a part of run-to the International Yoga Day 2022. Volunteers submitted hand-made slogans based on the theme of 'Yoga for Humanity'.

- **Date – 25th June, 2022**

Activity – Street Play

Volunteers – 13

Female – 10

Male – 3

No. of viewers – 70

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), organized a Street Play Performance on the occasion of International Day Against Drug Abuse. The activity was conducted on 25th June,2022 at Matunga Station at 10:00 a.m. and in the vicinity of the college at 11:00 a.m. The play served as an attempt to create an awareness about the ill-effects of consuming drugs and curb their usage. The Principal, Vice Principal and faculty members of the college were cordially invited to attend the same.

- **Date - 5th June, 2022**

Activity - Tree Plantation Drive and Awareness Rally

No. of volunteers -19

Female -12

Male -7

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) in collaboration with BMC F-North Ward and Leo Club of 5 Gardens initiated a Tree plantation drive and Environmental awareness rally on the occasion of World Environment Day 2022. The activity was graced by the Corporator of Matunga area. Volunteers joined hands in planting saplings and conducting a silent rally in the vicinity of Matunga. The activities were aimed at spreading the message of environmental awareness and its protection.

International Yoga Day (IDY)- University Level Yoga Camp

The University of Mumbai with the coordination of Kaivalyadhama & HSNC University(Mumbai), Presented the NSS volunteers with an opportunity to

participate in the 5 day university level yoga camp in commemoration of International Yoga Day,2022. The camp was held from June 16th to June 21st, with the exception of the 20th and 21st of June, which were held offline. The remaining days were held online.

Online Medium (16th-19th June)

The Yoga Camp was kept online so that volunteers who were unable to attend in person could still participate. All Volunteers were asked to login at 9:30 in the morning, The session began with brief and heartfelt prayer. After which the experienced students of Kaivlyadhama proceeded to demonstrate various yogic poses and how they should be performed correctly. The students were given a brief break of 20 minutes after the practical session completed at 11:00 am. The Kaivalyadhama teachers presented their expertise on a variety of subjects related to yoga, including its history, physiological features, yoga and stress management, and the distinction between yoga and exercise over the course of five days, in the theory sessions which were concluded at 2:30 pm.

Offline Medium (20th June)

After the online sessions the students were invited to attend the yoga camp offline at Convocation Hall, Rajabai Tower. Fort Campus University of Mumbai. The volunteers were instructed to arrive at the location by 9:00 AM. Similar to the online session the event began with the Kaivalyadham prayer. Next, a yoga practice session was held, during which students' offline practice was evaluated. Various stretching and breathing yogic exercises were performed during this session. Breakfast was provided to the students after the practical session to ensure that nobody feels weak and exhausted. After the practical session, a theory session was held, and the day was over at 2:30 PM. Valedictory Ceremony of Yoga training Camp (21st June). On the occasion of the International Day of Yoga, volunteers were called to the convocation hall to demonstrate the different yogic movements they had been taught over the previous four days by Kaivalyadhama's experienced practitioners. The chief guest, Shri Madhukar Pandey IPS, and the Honorees, Dr. Hemlata Bagla and Shri Subodh Tiwari, attended the occasion. The day came to a close with the guests being honored after a brief discussion about yoga and its importance. Overall, the event was a huge success. It helped to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world.

- **Date – 27th June to 5th July**

Activity – Volunteering For Student Induction Programme

Total No. Of Volunteers – 18

Females – 12

Males –6

The NSS Volunteers helped in the SIP sessions conducted at R.A Podar College of Commerce and Economics (Autonomous). Volunteering was in terms of planning team building activities for the newcomers at college, execution of activities, crowd management and ensuring smooth functioning of all the events.

- **Date – 30th June to 6th July**

Activity – Volunteering at college FY admission

Total No. Of Volunteers – 20

Females – 14

Males – 6

The NSS Volunteers assisted the college authorities of R A Podar College of Commerce and Economics (Autonomous), in smooth functioning of the first year Bcom/BMS/BBA/BAS/BFA/Bsc.Data Science admissions. Volunteers guided students and their parents towards the allotted classrooms, helped them with documentation and submitted the necessary paperwork to the college authorities.

- **Date – 17/06/2022**

Activity – Volunteering at college reopening

Total No. Of Volunteers – 7

Females – 7

Males – 0

The volunteers assisted on the re-opening day of R.A Podar College of Commerce and Economics (Autonomous) by helping in putting up direction displays, timetables and guiding students towards their allotted classrooms.

- **Date – 17th June, 2022**

Activity – Yoga pose with family

No. of volunteers – 7

Female – 6

Male – 1

The NSS UNIT of R.A Podar College of Commerce and Economics (Autonomous), conducted Yoga pose with family as one of the activities under the 100 day run-to the International Yoga Day 2022. Volunteers actively participated by engaging their family members into performing yoga asanas.

JULY REPORT

- **DATE – 7th July, 2022**

ACTIVITY – Lecture on Agniveer Recruitment

No. of volunteers –24

Females – 17

Males - 7

A motivational lecture on Agniveer Army Recruitment was conducted by ARO on 7th July, 2022 from 11:00 a.m to 12:00p.m in our college's F2 classroom. NCC as well as NSS volunteers were present for the guest seminar.

- **Date – 10/07/2022**

Activity – Beach Cleanup Drive

No. of volunteers – 29

Female – 22

Male – 7

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), participated in a Beach Cleanup Drive in collaboration with Jay Foundation and

Hindustan Petroleum. The drive was conducted at Dadar Beach from 4:00p.m to 6:00p.m. The arrangement of gloves and post clean-up refreshments was aptly made. Volunteers helped clear a major portion of trash from the site.

- **Date – 31/07/2022**

Activity – Beach Cleanup Drive

No. of volunteers – 23

Female – 16

Male – 7

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), participated in a Beach Cleanup Drive in collaboration with Jay Foundation. The drive was conducted at Dadar Beach from 9:00 a.m to 11:00 a.m. The arrangement of gloves and post clean-up refreshments was aptly made. Volunteers helped clear a major portion of trash from the site.

- **Date – 15/07/2022**

Activity – Blood Donation Drive

No. of volunteers –18

Females – 11

Males – 7

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) with assistance from Sion Hospital Blood Bank conducted a Blood Donation Drive in the college auditorium, from 11:00p.m to 2:00p.m. Volunteers assisted in crowd control, documentation and allied work. A total of 65 units of blood was collected in the donation drive. Post donation refreshments were arranged for all donors.

- **Date – 29/07/2022**

Activity – National Tiger's Day

Total no of volunteers – 2

Females – 1

Males – 1

'For the tiger, we must unite, so they do not fade out of sight', with this vision in mind, the NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) celebrated the International Tiger's Day. To lend our helping hand in the drive towards conservation of tigers, volunteers prepared a 1 minute video speech on the importance and conservation of tigers and recorded it.

- **Date – 26th July, 2022**

Activity – Kargil Vijay Diwas Poster and Rangoli Making

No. of volunteers – 18

Females – 11

Males – 7

The NSS Unit of R.A Podar College of Commerce and Economics Autonomous, celebrate Kargil Vijay Divas by remembering the Indian bravehearts through poster making and rangoli making events.

- **Date – 01/07/2022**

Activity – National Doctor's Day Celebration

Total no of volunteers – 2

Females – 2

Males – 0

The National Doctors Day was celebrated by the NSS volunteers of R.A Podar College of Commerce and Economics (Autonomous), by felicitating doctors and nursing staff at local dispensaries with flowers and cards of gratitude to honour their selfless service towards humankind.

- **Date – 28/07/2022**

Activity - Nature Conservation Day

Total No of volunteers – 16

Females – 9

Males-7

Observed on July 28 annually, World Nature Conservation Day acknowledges that a healthy environment is the foundation for a stable and healthy society. The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), never doubts that a small group of thoughtful, committed citizens can change the world. This year, our unit planned to throw light upon the theme of 'Reuse-Reduce-Recycle'. Volunteers were supposed to make a 'Best Out Of Waste Item', and that item was displayed in the college premises.

- **Date – 17th July, 2022**

Activity – NSS Unit Meet

Females – 26

Males – 4

The NSS Unit of R.A Podar College of Commerce and Economics, Autonomous conducted a Unit Meet on 17th July, 2022 in which the NSS Programme Officer Dr.Mrs Vinita Pimpale Madam, NSS Faculty-In-Charge Mr.Sanjay Dhage Sir and the NSS Core Committee of 2022-23 addressed the volunteers. General instructions, rules and regulations in relation to the working of the forum was imparted to the volunteers.

AUGUST REPORT

HAR GHAR TIRANGA - 9th AUGUST TO 15th AUGUST, 2022.

- **Date : 9th August, 2022**

Activity 1: Spreading Awareness about "Har Ghar Tiranga"

The NSS unit of R.A. Podar conducted an activity wherein volunteers were supposed to spread awareness about HAR GHAR TIRANGA by offering flags in their vicinity. This activity was performed online by the 9 volunteers.

- **Date : 10th August, 2022**

Activity 2: Creating posters and poems based on the theme HAR GHAR TIRANGA.

In this activity, each volunteer had to make both poems and posters using their creativity on the respective theme. The activity was performed offline. Also, it was performed by 9 volunteers.

- **Date : 10th August, 2022.**

Activity: 3 Collecting data about the Freedom Fighters of India.

Under the initiative of HAR GHAR TIRANGA, volunteers were supposed to collect data and write briefly about the unsung heroes of India, presenting it with sketches or portraits. This activity was performed online. 16 volunteers participated in the same. These were all the data collected by the volunteers about the Freedom Fighters.

- **Date : 11th August, 2022.**

Activity: 4 Survey with the Police Officers.

The NSS unit Of R.A. Podar organized a survey with the Police officers of Matunga Police Station. It started at 8am sharp. 10 volunteers were involved in this survey. The main aim behind it was to know the opinion of the officers on 'HAR GHAR TIRANGA.' The dress code for female volunteers was traditional.

- **Date : 12th August, 2022.**

Activity : 5 NSS Room Decoration.

Under the theme of Independence Day, the NSS Unit of R. A. Podar College of Commerce and Economics (Autonomous), organized NSS Room decoration wherein 7 volunteers were an aid for the activity. Several beautifully handmade posters by the volunteers were selected and hung up on the walls of the room.

- **Date: 12th August, 2022.**

Activity: 6 Flag Distribution

A flag distribution activity was conducted under the Independence Day theme by the NSS Unit. 7 volunteers participated in the same. Volunteers were supposed to offer flags in the college premises to the teaching as well as non-teaching staff. This activity featured that 'WE ALL ARE ONE' despite any caste, religion, etc.

- **Date:- 1st August, 2022**

Activity – Workshop on HIV / AIDS

Number of volunteers – 2

Male-1

Female-1

The NSS unit of R. A. PODAR COLLEGE OF COMMERCE AND ECONOMICS (AUTONOMOUS) attended the workshop on HIV / AIDS conducted by MDACS on 1st August, 2022 at 11:00 am at MDACS office, Wadala. Volunteers were given breakfast. The resource person Dr. Latika Shivkar gave us an insight about how HIV and AIDS is transmitted to people. Volunteers had their lunch around 2:00 pm. The main director of MDACS Mr. Umesh Ghuge showed audio videos on precautionary measures taken by people to avoid HIV and AIDS. The session ended at 4:30 pm where volunteers were given posters and t-shirts to spread awareness in their college.

- **Date – 12th August, 2022**

Activity – International Youth Day

International Youth Day is observed on 12 August every year. As there is growing recognition of youth as agents of change, their involvement in peacekeeping and security for society is the key to building and sustaining peace. Keeping this in view, it was proposed to celebrate International Youth Day as a mega event by the National AIDS Control Organization, Ministry of Health and Family Welfare, GoI. The activities organized were as follows:

- 1) Poster Making - No. of volunteers – 7 Females – 7

SEPTEMBER REPORT

- **Date – 16/09/2022**

Activity – 3D Model Making

Total No. of volunteers – 5

Females – 3

Males –2

The theme for the 2022 International Day for the Preservation of the Ozone Layer was Montreal Protocol @35: Global Cooperation Protecting Life On Earth. As a part of the NSS Unit of R.A Podar College of Commerce and Economics (Autonomous), volunteers were supposed to prepare a 3D model based on the theme, in a group of 3 to create awareness about ozone layer protection.

- **Date – 10/09/2022**

Activity – Beach Cleanup

No. of volunteers – 27

Females – 19

Males – 8

R. A. Podar College NSS Unit conducted a Beach Clean Up Drive in collaboration with JAY FOUNDATION. The cleanup was conducted at Dadar Beach on the 10th of September, 2022 from 8:00 a.m to 10:00 a.m. Provision of post cleanup refreshments was made by sponsors.

Activity – Elocution Competition (Poshan Maah)

Total No. of Volunteers – 13

Females – 10 Males – 3

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) organized, 'Vocalize Your Thoughts' - An Elocution Competition under the Poshan Maah Initiative. Topic for the same was – Gender Sensitive Water Management. Participants were given participation certificates and winners were awarded medals.

- **Date – 16/09/2022**

Activity – Assisting in Degree College ID Card Distribution

Total No. of volunteers – 11

Females – 6

Males – 5

NSS Volunteers assisted the non-teaching staff at R.A Podar College in distribution of ID Cards among the degree college students. Volunteers helped in crowd management, documentation and distribution process.

- **Date – 15/09/2022**

Activity – Poshan Maah (Traditional Food For Women and Children

Total No of volunteers – 12

Females – 8

Males – 4

The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) conducted a food preparation & recipe writing activity under the Poshan Maah – Traditional Food For Women & Children. Volunteers were supposed to make a food item that particularly supports women's and children's health & submit its recipe & photograph

- **Date – 05/09/2022**

Activity – Teacher's Day Celebration

No. of volunteers – 18

Females – 14

Males – 4

Teacher's Day is observed in honour of Dr Sarvepalli Radhakrishnan, the greatest teacher and scholar of India. To celebrate his work and drive for education, 5th of September, Teacher's Day, was celebrated with zeal and zest by the NSS Volunteers of R.A Podar College. All the faculty members within the college were honoured with flowers, gifts and stationery items.

- **Date – 29/09/2022**

Activity – Women's Health Awareness Session (Poshan Maah)

Total No.Of Volunteers – 27

Females – 21

Males – 6

The Navaratri Festival is a reminder of potential feminine power in the universe and is an occasion to offer gratitude to this feminine power in the form of women for their contributions to creation, sustenance, growth, joy, peace and spirituality. This Navratri, to contribute to women's wellbeing, the NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) organized a session on Women's Health Awareness. The audience members were educated about menstruation, sexual health and diseases, sanitary products, etc by trained menstrual health experts – Barkha Soni and Saloni Kalambe.

OCTOBER REPORT

- **Date – 22/10/2022**

Activity – Diya & Snacks Donation

Total No. Of Volunteers – 9

Females – 7

Males – 2

The volunteers from the NSS Unit of R.A Podar College of Commerce and Economics Autonomous, initiated a Diwali Donation drive at Burhanpur, Palghar, which is our adopted village. Volunteers donated diyas, biscuits, chocolates, cream crackers, etc among the residents of 5 padas located within the village.

- **Date – 7/10/2022**

Activity – Diya Painting

Total No. Of Volunteers – 10

Females – 8

Males – 2

The volunteers from the NSS Unit of R.A Podar College of Commerce and Economics Autonomous, Painted Diyas which were donated in our adopted village Burhanpur and put up for sale. The earnings from the sale were used to donate healthy snacks to the residents of RAPCCE NSS Unit's adopted Village. Total 10 Volunteers participated in painting the diyas beautifully.

- **Date - 19 to 21st of October.**

Activity - Diya Stall

No of Volunteers - 10

Female – 8

Male - 2

Every year NSS unit celebrates 'DIWALI LIGHTS' without villagers at our adopted village Burhanpur. As every year we donate some diyas at our adopted village. Volunteers hand painted diyas and decorate them for the sale and donations. Similarly this year around 350 diyas were painted and were put up for sale . The Earnings from the sale were used to donate some healthy snacks to the residents of the Adopted Village at Burhanpur.

Activity - Unity Run and Unity Pledge.

No of Volunteers - 20

Female – 15

Male - 5

As per the direction received from the Ministry of Youth Affairs and Sports, October 31st is to be observed as Rashtriya Ekta Diwas to commemorate the birth anniversary of Sardar Vallabhai Patel Ji. In this regard, the NSS Unit Along with NCC Unit of R.A Podar College of Commerce and Economics (Autonomous) had organized a Unity Run in Matunga Area with a view to spread the message of National Unity and Azadi Ka Amrit Mohotsav among the youth. After the Run we took a Unity Pledge.

- **Date - 16/10/2022**

Activity - Food Donation

No of Volunteers - 8

Female – 7

Male - 1

World Food day is not only about celebrating the amazing food that people have the privilege of indulging in, but it is about donating it to the people who do not have such privilege. The NSS Unit of R A Podar College of Commerce and Economics (Autonomous) celebrated the World Food Day by giving food to people who need it the most. We donated food to the needy persons. Total of 8 volunteers participated in the Food Donation Drive.

NOVEMBER REPORT

- **Date – 26/11/2022**

Activity – Constitution Day Celebration

Total No. of Volunteers – 22

Females – 16

Males – 5

The NSS Unit of R.A Podar in collaboration with the Mudra Marathi Vangmay Mandal celebrated Constitution Day. The celebration covered insightful speeches delivered by the faculty members, patriotic songs sung by the students and the importance of the constitution imparted to all audience members. Volunteers actively assisted in making the necessary arrangements, crowd control and participated in delivering speeches.

- **Date -November 18, 2022***

Name of event -Nrutavishkar (A Cultural Programme by Students of Mauritius Marathi Cultural Centre Trust)

Venue-Green Technology Auditorium, University of Mumbai, Vidyanagari, Kalina Campus, Mumbai

Time - 2pm-5pm

No of volunteers -4

MALE – 0

FEMALE -4

The event was about cultural dance presented by students of the Mauritius Marathi Cultural Centre trust. The performance of students was amazing and related to Marathi and Maharashtra's culture. As the dance group was late, a talent round was conducted. Volunteers of various colleges were asked to perform any talent like dance, drama, music, poetry etc.

- **Date - 1st November**

Activity - Uttung Unit Meet

No of Volunteers - 50

Female – 42

Male - 8

Unit meet was conducted online to explain to the Volunteers about UTTUNG. Uttung is an annual Socio-Cultural fest of the NSS unit of the R. A. Podar College of Commerce and Economics (Autonomous). Various ideas relating to the theme and events were discussed in the meeting.

- **Date - 12/11/2022**

Activity - Unit Meet

No of volunteers - 61

Female – 50

Male - 11

Unit Meet was conducted to brief the first year volunteers about the upcoming activities and how to maintain the record of activities participated in. The discussion for UTTUNG was also done. Working of the departments were explained to every volunteer, and events were discussed.

- **Date - 3rd to 6th November.**

Activity - Vigilance Week

No of Volunteers - 45

Female – 34

Male- 11

Vigilance Awareness Week is organized every year during the last week of October. The Objective of this endeavour is to encourage citizens to collectively participate in the prevention of, and the fight against corruption and to raise public awareness on this very important issue. This year also Vigilance Awareness Week is being organized from 31st October to 6th November 2022 on the theme "Corruption free India for a Developed Nation". The NSS Unit of R.A Podar College of Commerce and Economics (Autonomous) had organized various activities during the Vigilance awareness Week such as - Poster Making, Essay Writing, Pledge and Quiz.

DECEMBER REPORT

- **Date- 1st December 2022**

Activity – Oath taking

No of female volunteers – 25

No of Male volunteers – 12

During Oath taking Activity, volunteers were Made aware about Environment consciousness and importance of the role of a healthy Environment in our daily Lives. How grateful we all should be for the benevolent Nature of Environment. We all should utilize the resources carefully and Not hastily understanding the needs of Future.

- **Date : 1st December, 2022**

Activity : Autobiography of an AIDS patient

Total : 37

Females : 29

Males : 8

The NSS volunteers wrote autobiographies of AIDS patients which highlighted their difficulties and the struggles they face while going through their life. Volunteers wrote really inspiring and emotional stories which inspired everyone.

- **Date : 1st December, 2022**

Activity : Poster making and click it

Total : 46

Females : 32

Males : 14

The NSS volunteers made posters to educate society about AIDS and how it spreads and how we can prevent aids. Volunteers were also asked to click photos while performing the activity.

- **Date : 2nd December, 2022**

Activity : Tree for life

Total: 39

Females : 25

Males : 14

The NSS Volunteers were asked to bring red ribbons to tie the trees to spread awareness about AIDS. All the Volunteers tied red ribbons to all the trees and plants in the college premises.

- **Date: 2nd December, 2022**

Activity : GIF Making

Total : 28

Females : 22

Males : 6

The NSS Volunteers made GIFs about AIDS awareness. Volunteers made creative GIFs that they enjoyed a lot.

- **Date : 3rd December, 2022**

Activity: AIDS awareness Rally with poster

Total : 47

Females : 31

Males : 16

The NSS Volunteers conducted a rally to educate the society about AIDS and their causes and how it spreads.

JANUARY REPORT

- **Date : 22nd January, 2023**

Activity name: Beach clean – up drive

Total : 20

Females : 11

Males : 9

The NSS Volunteers participated in a beach clean - up drive in collaboration with The Kalpataru Foundation held at Mahalakshmi Beach. Drop by drop fills the ocean, Kg's of waste has been extracted from the shore by the volunteers.

- **Date : 3rd December, 2022**

Activity: Human Chain

Females : 32

Males : 16

Total : 48

The NSS Volunteers assembled in Lata Kunj in the shape of RRC ribbon to spread awareness about AIDS in the college.

- Date : 4th December, 2022

Activity: AIDS awareness Quiz

Females : 49

Males : 16

Total : 65

The NSS Volunteers had a quiz regarding the causes, symptoms and prevention of AIDS which helped them to gain knowledge about the same.

- Date: 4th December, 2022

Activity: Essay Writing

Females : 29

Males : 7

Total : 36

The NSS Volunteers wrote essays about AIDS and its causes, symptoms, and how we can prevent it.

- Date : 5th December, 2022

Activity: Handkerchief Painting

Females: 21

Males : 3

Total : 24

The NSS Volunteers were asked to spread awareness through handkerchief painting. Volunteers took the handkerchief home to spread awareness in the society.

- Date : 6th December, 2022

Activity: Seminar on HIV/AIDS

Females : 30

Males : 12

Total : 42

The NSS Volunteers had a seminar on HIV/AIDS awareness, which was conducted by Umesh Ghuge Sir, that gave informative insights.

- **Date: 8th December, 2022**

Activity: Short Film

Females : 28

Males : 12

Total : 40

The NSS Volunteers prepared a short film about AIDS awareness which was thereafter projected in the college to spread awareness.

- **Date – 6th December, 2022**

Activity – Crowd Control

Females – 13

Males – 9

Total – 22

The NSS Volunteers assisted the Mumbai Police in crowd management on the occasion of Dr. Bhimrao Ambedkar Jayanti, where a crowd of 1 lakh people had gathered in and around Dadar, Mumbai. Volunteers helped clear ways for vehicles and handled emergency situations.

- **Date – December**

Activity – Organ Donation Awareness Quiz

Females – 31

Males – 16

Total – 47

Volunteers participated in an Organ Donation Online Quiz Contest brought in by NSS CELL, Maharashtra, V4OrgansFoundation and Ranka Jain Foundation. The quiz consisted of 8 chapters with 8-10 questions in each. The quiz helped create awareness about the various types, risks and importance of Organ Donation.

- **Date – 18th December, 2022**

Activity – Financial Literacy Run

Females – 12

Males – 6

Total – 18

The NSS Volunteers helped conduct a Financial Literacy Run which was a part of MONETA – India’s Largest Financial Markets Intercollegiate Festival hosted by R.A Podar College of Commerce and Economics Autonomous. Volunteers were a part of the organising committee and helped disseminate awareness about money management through a 5km marathon.

- **Date – 10th December, 2022**

Activity – Volunteering at Sahastra Chandra Darshan

Females – 11

Males – 4

Total – 15

The NSS Volunteers assisted in setting up and conducting the Sahastra Chandra Darshan Programme at R.A Podar College. The College commemorated its 80+ years celebration on this day. Volunteers were a part of the organizing committee and helped in the smooth flow of the event.

- **Dates- 10th and 11th December 2022**

Activity name- Poster making and beach cleanup

Female volunteers – 17

Male volunteers – 6

Total – 23

Volunteers were supposed to make a Handmade Poster relevant to the topic of Environment and beach cleanup and were supposed to bring that Poster during beach cleanup Activity. Awareness was made among volunteers and the Message of Clean beaches was spread With the Help of Posters. The activity was conducted under – Mazi Mumbai, Swach Mumbai Abhiyaan. The NSS unit of our college conducted a seminar on Crime On Women, Women Safety and POSCO awareness." Senior officers of the crime branch were invited for the session and they gave us very deep knowledge and useful instructions about the recent crimes and ways to prevent them.