

# National Service Scheme (NSS)



“Not Me, But You”



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**June, 2021**

## 1. Unit Meet

**Date:** 10th June, 2021

**No. of Volunteers:** Male: 17 , Female: 25. Total: 42

Unit meet was conducted online to discuss the plan of action for the year. Various activities to be conducted throughout the year were discussed and volunteers pitched in with interesting and new ideas for future activity conduction and participation.

## 2. International Yoga Day

**Date:** 21<sup>st</sup> and 22<sup>nd</sup> June, 2021

**No. of Volunteers:** Male: 13, Female: 20. Total: 33

As every year NSS unit of R. A. Podar College of Commerce & Economics conducts International Yoga Day. This year, we conducted various activities on 21<sup>st</sup> & 22<sup>nd</sup> June 2021 including:

1. A video of Volunteers performing yogasana.
2. Volunteers had to take pledge along with their family members and take a photo of their family members performing YOGA.
3. Slogan writing and Poster making.
4. PowerPoint presentation.

Some of the activities were conducted on virtual platform i.e. Zoom. A video of volunteer's performing Yogasana was posted in the form of a Reel on the Instagram handle of the NSS unit of our college.

### **3. YOGA DAY (ULA)**

**Date: 15th to 21st June, 2021**

**No. of Volunteers:** Male: 13, Female:20. Total: 33

On account of international yoga day, the R. A. Podar NSS unit took to learning and spreading the practice in action. Volunteers attended a three staged activity through the online portal – 'kaivalyadhama'. The online sessions were an excellent insight to the attendees, in the world of Yoga Asanas and their benefits. Post the sessions, volunteers also spread the good practice at unit level through slogans, posters, demonstrating simple yoga techniques etc.

### **4. Being a Young Healthy Donor**

**Date:** 18th June, 2021

**No. of Volunteers:** Male: 22, Female: 51. Total: 73

The session was a University level webinar conducted on zoom and youtube. It was about how we as the healthy youth of our country can donate blood to the needy patients. The session highlighted the need and benefits of donating blood. The webinar ended with every volunteer taking a pledge to donate blood.

### **5. Drug Abuse Day**

**Date:** 26<sup>th</sup> June, 2021

**No. of Volunteers:** Male: 15, Female: 22. Total: 37

On the occasion of Drug Abuse Day, our NSS Unit conducted a webinar to make students aware of the impact of drugs on the human body and how to de-addict from drugs. The webinar was open to all our college students. A total of 75 students attended the webinar, including 19 volunteers. After the webinar, activities like poster making, slogan writing and quiz were conducted.

### **July, 2021**

#### **1. International Justice Day**

**Date:** 17<sup>th</sup> July, 2021

**No. of Volunteers:** Male: 9, Female: 11. Total: 20

We celebrated International Justice Day on 17<sup>th</sup> July 2021, to support justice and promote the rights of the victims, by conducting various activities. These included Quiz, Poster making, Slogan Writing, 'Stories of Justice'. In the activity 'Stories of Justice', volunteers had to write any article or case on justice that inspired them.

#### **2. Kargil Vijay Diwas**

**Date:** 26<sup>th</sup> July, 2021

**No. of Volunteers:** Male: 8, Female: 11. Total: 19

The NSS Unit celebrated Kargil Vijay Divas on 26<sup>th</sup> July 2021, in remembrance of our Martyrs for their success in Operation Vijay. We conducted 3 activities: Poster Making, Poem Writing, Diya Lighting. There were 5 volunteers for poster making, 1 volunteer for poem writing and 8 volunteers for diya lighting.

#### **3. Nature Conservation Day**

**Date:** 28<sup>th</sup> July, 2021

**No. of Volunteers:** Male: 8, Female: 13. Total: 21

We conducted activities on Nature Conservation Day on 28<sup>th</sup> July 2021. Activities were Poster making, Slogan Writing and Tree Plantation.

#### **4. Covid Care Sessions**

**Date:** 26<sup>th</sup> to 28<sup>th</sup> July, 2021

**No. of Volunteers:** Male: 7, Female: 20. Total: 27.

The Art of Living Foundation had organised a Covid Care session for our NSS volunteers to help deal with anxiety, stress and fears during the pandemic. Mr. Suraj Hegde conducted the session. In the session, various Yoga Asanas were taught which helped the volunteers relax. It was a wonderful session for 3 days.

## **5. Financial Literacy Webinar**

**Date:** 31<sup>st</sup> July, 2021

**No. of Volunteers:** Male: 12, Female:20. Total: 32

A webinar on ‘Financial Literacy’ was organised in collaboration with Be.artsy and Ms. Shikha Mittal, the founder and director of Be.artsy, was the guest speaker. The session gave light upon the importance of financial literacy and how to manage your personal finance. The webinar was conducted on college level.

### **August, 2021**

#### **1. Organ Donation Day**

**Date:** 13<sup>th</sup> August, 2021

**No. of Volunteers:** Male:10, Female: 40. Total; 50.

NSS unit conducted activities on Organ Donation Day, to motivate people to pledge to donate organs after death, and to spread awareness about the importance of organ donation. We conducted 3 activities: Quiz, Slogan Writing and Awareness video.

#### **2. Independence Day**

**Date:** 15<sup>th</sup> August, 2021

**No. of Volunteers:** Male: 18, Female:21. Total:39

NSS unit conducted activities on Independence Day on 15<sup>th</sup> August 2021. We conducted 4 activities: Poster, Rangoli, Poem writing, National Anthem video. The video of our volunteers singing the National Anthem was posted on the Official Instagram page of our unit.

- 3. Scientific Temper Date:** 20th August, 2021 **No. of Volunteers:** Male:25, Female:20. Total: 45.

The NSS Unit of Sophia College had organised a University Level Webinar in collaboration with the NSS Unit of University of Mumbai. The topic of the webinar was "Scientific Temper: Antidote to Superstitious Beliefs". The session was all about breakdowns and origins of superstitions. It gave light upon how to keep a Scientific Temper to avoid superstitions and false beliefs. The session was overall very interesting and informative.

- 4. Organ Donation Quiz (ULA) Date:** 22nd August, 2021

**No. of Volunteers:** Male:18, Female: 45

All the volunteers took a quiz which was related to Organ Donation. Through the quiz volunteers learned new things related to organ Donation.

- 5. Raksha Bandhan**

**Date:** 22<sup>nd</sup> August, 2021

**No. of Volunteers:** Male: 8, Female: 12. Total: 20

NSS unit conducted activities on Raksha Bandhan on 22<sup>nd</sup> August 2021. Activities conducted were Tree Plantation (showing our bond with nature) & Best out of waste Rakhi.

- 6. Prakruti Vandana**

**Date:** 29<sup>th</sup> August, 2021

**No. of Volunteers:** 7

University of Mumbai conducted this activity. It was all over India from 10 am to 11 am. It was regarding worshipping nature.

### **September, 2021**

- 1. Mann ani Buddhi, Sangharsha ani Samanvay Webinar**

*Podar: Nurturing Intellect, Creating Personalities*

**Date:** 4<sup>th</sup> September, 2021

**No. of Volunteers:** Male:25, Female: 65, Total: 90.

On the occasion of Teacher's Day, a University Level webinar was organised. The webinar was about how to find a balance between our mind and brain.

## **2. 'Planting Seeds of Consciousness' Webinar**

**Date:** 16<sup>th</sup> September, 2021

**No. of Volunteers:** Male: 20, Female: 80

Our NSS unit organised a webinar on the topic 'Planting Seeds of Consciousness'. The purpose of the webinar was to spread awareness about the on-going plastic crisis and solutions for it. The speaker for the webinar was Mr. Sagar Singh an acclaimed environmentalist, who is the Cofounder GoingZero.in. The webinar was conducted at college level. Total participants for the webinar were 105. We got to learn how we can minimize the use of plastic and how can we save our ocean from plastic i.e. make it plastic free.

## **3. Menstrual Education Training Session**

**Date:** 18<sup>th</sup> /22<sup>nd</sup> /27<sup>th</sup> September, 2021

**No. of Volunteers:** Male: 5, Female: 36. Total: 41.

Paddling Foundation had organised a Menstrual Education Training Session for our volunteers to make them aware of the menstruation cycle, the diseases faced by women and normalized menstruation as a natural process.

## **4. Gratitude Day**

**Date:** 21<sup>st</sup> September, 2021

**No. of Volunteers:** Male: 18, Female: 48. Total: 66

As per every year NSS unit conducted activity on Gratitude Day on 21<sup>st</sup> September 2021. An activity was organised wherein volunteers had to

give a flower/bouquet/thank you card to the frontline workers, expressing gratitude for their help during the lockdown period.

## **5. NSS Day**

**Date:** 24<sup>th</sup> September, 2021

**No. of Volunteers:** Male: 16, Female: 47. Total: 63

On the occasion of 52<sup>nd</sup> NATIONAL SERVICE SCHEME DAY, our NSS Unit had organised Unit Level Competitions to mark this special day. Activities conducted were Quiz, Essay Writing, Poem Writing & Doodle.

## **6. Blood Donation Camp**

**Date:** 29<sup>th</sup> September, 2021

**No. of Volunteers:** Male:4, Female: 11

LTMG Sion Hospital Blood Bank Team and R. A. Podar College of Commerce and Economics (Autonomous) conducted a blood donation camp at Wadala Road Station. The camp was from 9:30 am – 6:00 pm. Total number of Volunteers present for the camp were 16. Total 51 units of blood were donated.

## **7. Freedom Run**

**Date:** 25<sup>th</sup> September, 2021

**No. of Volunteers: Male :** 15, Female: 40. Total: 55

Volunteers participated in the Fit India Freedom Run Movement of the Government of India.

## **8. Poshan Maah**

**Date:** 29<sup>th</sup> September, 2021

**No. of Volunteers:** Male: 12, Female: 45. Total: 57.

As the September month was Poshan Maah, the NSS unit took an initiative to ensure health and nutrition for everyone. We conducted activities like Recipe Competition

where volunteers had to make a simple nutritious dish, Yoga for Nutrition where volunteers had to do a yoga pose which helps absorb nutrition better & Slogan Writing on good nutrition.

### **October, 2021**

#### **1. Bhajan Sandhya**

**Date:** 2<sup>nd</sup> October, 2021

**No. of Volunteers:** Male: 25, Female: 65. Total: 90

Bhajan Sandhya was organised on a virtual platform on the occasion of Gandhi Jayanti. It was organised by the University of Mumbai after a 1 year pandemic break. Various bhajans were sung which made everyone feel calm.

#### **2. Animal Welfare Day**

**Date:** 4<sup>th</sup> October, 2021

**No. of Volunteers:** Male: 15, Female: 52. Total: 67

On 4<sup>th</sup> October, 2021 activities based on Animal Welfare Day were conducted. Activities were Feeding animals and Poster making on animal cruelty. Through these activities, the volunteers were made aware of the extent of animal cruelty that takes place and got to learn about caring for street animals.

#### **3. NSS Orientation**

**Date:** 9th October, 2021

**No. of attendees:** 300

NSS orientation was held to let the freshers know about NSS and what all activities are carried on in NSS.

#### **4. Mazi Vasundhara**

**Date:** 10th October, 2021

**No. of Volunteers participated:** Male: 14, Female: 35. Total: 49

Volunteers took a pledge to plant a tree and take care of it.

## **5. Reading Motivation Day**

**Date:** 15<sup>th</sup> October, 2021

**No. of Volunteers:** Male: 14, Female: 45. Total: 59.

Reading Motivation Day was celebrated by our NSS Unit in remembrance of our former President Dr. APJ Abdul Kalam. Activities such as reading a book for an hour, gifting books to friends and family and Review Writing were conducted to spread awareness about the importance of reading and promote the habit of reading among volunteers.

## **November, 2021**

### **1. Vigilance Day**

**Date:** 1<sup>st</sup> November, 2021

**No. of Volunteers:** Male: 19, Female: 53. Total:72

NSS unit conducted activities during Vigilance Awareness Week. Vigilance week is celebrated to curb the growing corruption and spread awareness about the Anti-corruption drive of the government. The activities conducted were Poster Making, Essay Writing and Quiz. Volunteers also took the Integrity Pledge by the Government of India.

### **2. Diwali Lights**

**Date:** 3<sup>rd</sup> November, 2021

**No. of Volunteers:** Male: 3, Female: 10.

Our NSS unit conducted Diya donation and Biscuit donation activity at our adopted village Barhanpur, District- Palghar on Diwali. We also donated to the people on the streets at Wadala. There were 700 diyas donations in total. We distributed 600 diyas at Barhanpur and 100 at Wadala. All the covid protocols were taken care of while donation.

### **3. Voter Registration Training of Volunteers Date:** November, 2021

**No. of Volunteers:** Male: 9, Female: 24. Total: 33

A training of volunteers was held by Make Your Presence in order to carry out Voter Registration Drive. Volunteers were taught about how to assist someone in registering for voter ID.

### **4. Leadership Training Programme (LTP)**

**Date:** 17<sup>th</sup> to 21<sup>st</sup> November, 2021

**No. of Volunteers:** Male: 2, Female: 1

The online University level leadership training program was organised by S.S.T College of Arts and Commerce. This program was from 17<sup>th</sup> November 2021 to 21<sup>st</sup> November 2021. It was a 5-day training program. On the first day of the program the volunteers were taught on the topic 'Emotional Intelligence'. In this lecture the volunteers were explained about the various concepts under emotional intelligence, such as interpersonal intelligence, social intelligence, physical intelligence etc.

On second day the volunteers were taught about the time value and how to manage the time. The 3<sup>rd</sup> day & 4<sup>th</sup> day volunteers were taught about interpersonal skills and increasing self-worth. The 5<sup>th</sup> day was the last day of this LTP program. The students were enlightened with a lot of knowledge and personality development skills by all the faculties which include Dr. Harish Jagirdar, Dr. Usha Devi Patil, Dr. I. Srinivas. The main motive of this leadership training programme was to inculcate leadership skills among the volunteers.

### **5. Children's Day**

**Date:** 14<sup>th</sup> November, 2021

**No. of Volunteers:** Male: 18, Female: 35. Total: 52

Our NSS unit on the occasion of Children's Day conducted an activity where we asked volunteers to donate some sort of gifts/sweets to the children on the streets. Volunteers experienced the joy of giving through this activity.

### **6. Voter Registration Drive**

**Date:** 19<sup>th</sup> to 21<sup>st</sup> November, 2021

**No. of Volunteers:** Male: 4, Female: 7. Total: 11

An Online Voter Registration Drive was conducted in collaboration with Mark Your Presence. A total of 42 students were registered by our unit under this drive.

## **7. Blood Donation Camp**

**Date:** 26<sup>th</sup> November, 2021

**No. of Volunteers:** Male: 6, Female: 13. Total: 19

Rotary R.I. Dist. 3141 in association with Western Railway, KEM Hospital and R. A. Podar College of Commerce and Economics (Autonomous) conducted a blood donation camp at Dadar Station. Total 112 units of blood were donated.

## **8. Constitution Day**

**Date:** 26<sup>th</sup> November, 2021

**No. of Volunteers:** Male: 14, Female: 50. Total: 64

On the occasion of Constitution Day, the NSS Unit of R. A. Podar College of Commerce and Economics (Autonomous) had organised an informative session to inform students of the essence of the day. Students were made aware of various articles, amendments and interesting facts about The Indian Constitution. Students were quizzed about the Indian Constitution and were asked to make posters to depict the day.

## **December 2021.**

### **1. Report on Beach Cleanup**

**Date:** 4<sup>th</sup> December, 2021

NSS unit in collaboration with Beachplease India conducted beach cleanup activity on 4<sup>th</sup> December, 2021 at Mithi river, Mahim causeway slope.

Total number of volunteers for the activity were 51. 31 were female and 20 were male volunteers.

## **2. MDACS Flashmob**

**Date:** 15th November to 10th December 2021

**No. of Volunteers Participated:** Male: 1, Female: 6. Total: 7.

The National Service Scheme (NSS) department of R.A Podar College of Commerce and Economics along with Mumbai District Aids Control Society(MDACS) and the NSS department of Several Colleges across Mumbai, organised a Flash Mob to create awareness among the people about AIDS, the causes, the myths, its prevention, and its cure.

### **1) Rehearsal**

The dance practice for the flashmob began from 15th November inside the hall of the MDACS building situated in Wadala, Mumbai. 64 volunteers from various colleges gathered to participate. The practice was held from 12.30 pm to 3.30 pm every day till 1st December which was choreographed by Mr.Harshad Kadlak and Mr. Vicky Gaikwad.

### **2) Execution**

The Flashmob took place from 1st December to 10th December at the following Railway Stations: CSMT, Kurla, Dadar, Ghatkopar, Wadala, Mankhurd, Bandra, Andheri, and Borivali.

The same choreography was performed at each place to get wide coverage of people. The flash mob was preceded by a street play organised by the MDACS. Doctors and medical staff were present at every station to conduct quick HIV tests and give people knowledge about their HIV Status in under 20 minutes.

Overall this was a successful event with the active participation of onlookers despite the social norm in India about not talking about sexual health publically there was an encouraging response at all the locations where the event was held.

## **3. Report on RRC (Red Ribbon Club) Week Date:**

1st to 5<sup>th</sup> December, 2021

**No. of Volunteers:** Male:20, Female: 54. Total: 74

On the occasion of World AIDS Day on 1<sup>ST</sup> December, the NSS Unit of R. A. Podar College of Commerce and Economics (Autonomous) Red Ribbon Club had conducted RRC Week from 1<sup>st</sup> December to 5<sup>th</sup> December to create awareness about HIV and AIDS. All the activities were organised on an online platform.

Activities planned for 1<sup>st</sup> December were click it (Where volunteers need to send their photos wearing a red ribbon) and mask painting. On the second day of RRC Week we had organised Tattoo making (In this activity volunteers can paint or draw any message, slogan with RRC symbol on their hands) and Rangoli making activity (In this activity volunteers have to make rangoli spreading awareness about HIV/AIDS. On the 3<sup>rd</sup> day of RRC Week we have planned a Tree for life and T-shirt painting activity. On 4<sup>th</sup> December we had a beach cleanup activity so there we had made a human chain for creating awareness about HIV/AIDS. We had organised poster making activity on day 4. On the last day of RRC Week we organised a signature campaign (In this activity volunteers have to go in their nearby locality to encourage people to take a small oath related to HIV. After taking the oath volunteers have to take their signatures on blank paper with the title RRC Signature Campaign. Volunteers can take signatures of their family members and neighbors.) And slogan making activity.

#### **4. Vaccination Drive**

**Date:** 15<sup>th</sup> December, 2021

NSS unit had arranged Covid-19 Vaccination Drive in the college premises in collaboration with BMC. The drive was conducted on 15<sup>th</sup> December, 2021 in G4-G6 rooms. Covishield and Covaxin both vaccines were available. Total count was 25. 12 volunteers helped for the vaccination drive. 8 were girls and 4 were boys.

#### **5. MDACS RRC QUIZ**

**Date:** 15th December, 2021

**No. of Volunteers:** Inter College: Male: 18, Female: 52 .Total: 70.

State Level: Male:0, Female: 1. Total: 1.

Mumbai District Aids Control Society (MDACS) with the co-operation of NSS unit presented the NSS volunteers to take part in the national level quiz conducted by the National AIDS Control Organization (NACO) The quiz was divided into 4 Levels:

### **Inter College Level:**

The first 2 rounds were at college level held on 7<sup>th</sup> and 17<sup>th</sup> December respectively. Both the rounds were elimination rounds conducted online through the medium of Google forms, in which 12 volunteers out of 50 made it to the next level.

### **District Level:**

The winners of the 1<sup>st</sup> Level were invited to the MDACS Office at Wadala on the 28<sup>th</sup> of December, for the district level of the quiz. Volunteers from different colleges across Mumbai were competing in this round. This round was conducted offline and 2 winners were selected for the next round.

### **State Level:**

The State Level round of the quiz took place on 24<sup>th</sup> January 2022. During which the volunteers were again invited to the MDACS Office to partake in the quiz. NSS Volunteers from Various States such as Gujrat, Daman & Diu along with various other states were competing in this Round. This was a duo round, wherein district winners together participated. The Quiz took place via a zoom meeting which was judged by the members of NACO. Team Maharashtra Secured 3<sup>rd</sup> place.

## **6. Constitution Literacy Webinar**

**Date:** 16th December, 2021

**No. of Volunteers:** Male: 16, Female: 41. Total: 57.

The NSS Unit of R A Podar college organised a webinar in collaboration with Public Concern for Governance trust. The guest speaker for say was Ms. Ruchi Bhagat, the program manager for Youth for Governance at PCGT. She completed her schooling in Alibag and did Law from Government Law College, Mumbai. Ms. Ruchi Bhagat has also won the Venkateswaran Prize in Law, for Constitutional Law. A religious follower of the Indian Constitution and Humanity, she works for making people aware of their rights and duties and various other Constitutional provisions which an

informed citizen should be aware of. The webinar was a very fruitful one, and the volunteers got to learn a lot many things related to the writing of our Constitution.

## **7. Menstrual Hygiene Management**

**Date:** 28th December, 2021

**No. of volunteers participated:** Male: 0, Female: 65. Total: 65.

A pressing social issue which needs a greater voice- ‘menstrual management’. The main motto of the 3-day online awareness webinars was to make the youth aware of the topic and to encourage efforts towards reducing the taboo surrounding it. Volunteers were taught of ‘menstruation’, the various ailments related to it and of the present condition of management in our country. Post the webinar the volunteers also participated in awareness activities at unit level, including poster making, slogan making, social media awareness etc.

## **8. Road Mapping Project Training**

**Date:** 30th December, 2021

**No. Of Volunteers Participated:** Male: 8, Female: 12. Total:20

The session started with a short introduction. In the session the speaker explained the entire activity. Total 2 forms were explained by the speaker. The 2nd form was about the important places, hospitals, schools, gardens which exist on that road. The 1<sup>st</sup> form was about the details of roads which were allocated to each volunteer. And at the end there was a Q & A session which helped to clear many doubts and queries. The most important part included in the session which was about safety precautions taken by the volunteer in this time pandemic. Speaker explained each and every required information which was helpful for the volunteer while conducting the activity.

## **January 2022**

### **1. Marine Pollution (Webinar)**

**Date:** 18th January, 2022

**No. of Volunteers Participated:** Male: 16, Female: 52. Total: 68

The NSS unit of R. A. Podar college in collaboration with UNITED WAY-MUMBAI conducted a webinar on 'marine pollution'. The speaker- Mitali Mutta, is a social worker by profession and has been working with the environmental team of community impact under united way Mumbai. In the insightful and interactive session, volunteers learnt a lot about the current scenario of marine pollution, its effect on biodiversity and the ways in which they could contribute towards lessening the ill-impact.

## **2. Building a Resilient Education System.**

**Date:** 18th January, 2022

**No. of Volunteers participated:** Male: 20, Female: 50. Total: 70.

## **3. United Way Road Safety Awareness Competitions**

**Date:** 21st January, 2022

**No. of Volunteers participated:** Male:0, Female: 4. Total: 4.

'United Way' organised a series of annual competitive events to promote awareness towards road safety and safe driving practices among the youth. Various events ranging from poster making to paper presentations were organised at an inter-collegiate level. R. A. Podar NSS unit showed great enthusiasm in various competitions.

## **4. BALASAHEB THACKREY JAYANTI**

**Date:** 23<sup>rd</sup> January 2022

University of Mumbai has arranged an online program on the occasion of the 96th birthday of Shri Balasaheb Thakre. The program was arranged on the Zoom platform because of the pandemic. Mr Aditya Thakrey, grandson of Babasaheb Thakrey was also present in the program as a chief guest for the event.

The event started at 11 am with our national anthem. Later all the attendees were informed about the life and struggles made by Shri Balasaheb Thackrey, various activities carried out by him and his major achievements. Aditya Thakre, Supriya karande, Suhas Pednekar, Vardha major dignitaries present for the event.

'NAVADURGA' A book was published at the event. The session ended after one hour with a very inspiring speech by Mr Aditya Thackrey.

## **5. National Girl Child Day**

**Date:** 24th January, 2022

**No. of Volunteers Participated:** Male: 10, Female: 61. Total: 71

The NSS unit of R. A. Podar College celebrated the National girl child day. The main idea was to encourage the spirit of girl child inclusion and promotion within the society, and to initiate the spread amongst the volunteers. Volunteers took part in social media initiatives - 'click a selfie with mother/sister', writing events-'tell a tale', etc.

## **6. NATIONAL VOTERS DAY**

**Date:** 25th January, 2021

**Number of Volunteers:** Male: 9, Female: 44. Total: 53.

The NSS unit of R. A. Podar College of Commerce and Economics in association with Public concern For Governance Trust had organised an webinar on 25<sup>th</sup> January 2022 on the occasion of National Voters Day, on the topic 'Cast your vote wisely'. The college had invited Mr. V. P. Raja sir as the guest speaker who is a Retired IAS officer of the Maharashtra cadre, he has worked at the various assignments at the district, state and national level. Mr. Raja was awarded the Distinguished Government Administration Award. He is an experienced Visiting Professor with a demonstrated history of working in the public policy industry. Skilled in Analytical Skills, Government, Smart Grid, Environmental Awareness, and International Relations.

The session started off with a warm welcome of our guest speaker, our Principal Dr. (Mrs.) Shobhana Vasudevan ma'am, our Vice Principal (Degree College) Kavita Jajoo ma'am, Adv. Ruchi, and our program officer Dr. (Mrs) Vinita Pimpale ma'am. This session gave an insight of our democracy and our responsibility as a citizen of India. It was a wake-up call for all the young minds to know and understand our right to cast our vote. Blaming a member of the parliament or any elected individual is not a right of a person if he is not even contributing to it. Our guest speaker spoke

about the loopholes in our system, the two areas where it gets affected is the money power and the criminality of the political parties. This session awakened the minds of youngsters to consider their right and responsibility as a part of this nation.

Just registering yourself is the first step to the contribution but that's not enough, we are the citizens of this country and not the subject. Our vote should reflect our views on how we as a citizen want our leaders and nation to be. When citizens make up their minds then the money power and political power also cannot work. On the account of this voter's day we should remember that our one vote can affect this society so it should better be thoughtful. Our internal vigilance is a price of liberty and power. And every generation has as historical role to play to create a healthy democracy for which we need unbiased, responsible and respectful citizens

## February 2022

### 1. World Cancer Day

**Date:** 4th February, 2022

**No. of Volunteers participated:** Male: 13, Female: 59. Total: 72

Volunteers tried to stand along with the cancer patients. Volunteers clicked their photo and posted it on social media making awareness about different types of cancer.

### 2. Uttung Fest

**Date:** 11th & 12th February, 2022

Uttung, an annual Socio-Cultural fest of the NSS unit of R. A. Podar College of Commerce and Economics (Autonomous) was organised at a district level this year. The theme for this year was व मै व पं | समाजाय सव वं || which means "A little bit for yourself and everything for others." It was a two day fest held on 11<sup>th</sup> and 12<sup>th</sup> February, 2022 on an online platform. Uttung had 10 events, some being submission based and some live. Total 23 colleges were a part of Uttung and had around 200 registrations.

Uttung started with the inauguration ceremony where Dr. (Mrs.) Shobana Vasudevan addressed all the contingents, followed by *deep prajwalan* by one of the volunteer

and then commenced the first event of uttung which was Dance event comprising of solo and group dance depicting the quality of empathy. The judges for the event were Ms. Rashmi Iyer and Mr. Abhilash Muley. After the Dance event there was music – a solo singing event. The contestants with their melodious vocals graced the fest as it was a live event. The solo singing event ended on a good note as the judge Mr. Jay Mehta performed a song. And then started the last event for the day which was open mic.

On the second day that is on 12<sup>th</sup> February, Drama which was a group performance or mime act (solo) was conducted. It was a pre submission based event and then was live streamed. The judge for the event was Mr. Ninad Kadam. This was followed by the music instrumental event wherein the participants had to perform an instrumental piece/ cover expressing the theme empathy live. Sketch It , household item painting, photography, drama – script writing and letter of gratitude were the pre submission based events. And at the end was the closing ceremony. The guest for the closing ceremony was Mr Sushil Shinde who is the Asst. Professor, dept of Botany, NSS programme officer TCSC and district coordinator Mumbai western Suburban district. One of the ex NSS volunteers graced the event by telling her overall experience about NSS and UTTUNG fest. Vivekanand Education Society's College Of Science, Commerce And Arts (Autonomous) bagged the first podium and Ramnarian Ruia college of science and arts (Autonomous) being the runner up.

Even though the event was conducted online this year, we received a large number of participants with the same enthusiasm, excitement and aura.

### **3. Report on Blood Donation**

**Date:** 15<sup>th</sup> February, 2022

**No. of Volunteers participated:** Male: 9, Female: 16. Total: 25

CREDAI-MCHI with NSS Cell, Mumbai University, KEM Hospital and R.A.Podar College Of Commerce and Economics (Autonomous) conducted a blood donation camp at Dadar Station.

The camp was from 9:30 am – 6:00 pm. Total number of Volunteers present for the camp were 25. 16 were female volunteers and 9 were Male. The camp was conducted on the main foot-over-bridge of Dadar Railway station. **A total of 102 blood bags**

were collected. The NSS Unit of R A Podar was also named among the top 3 best blood donation volunteering Units.

#### **4. Report on Beach Cleanup**

**Date:** 27<sup>th</sup> February, 2022

NSS unit in collaboration with Beachplease India conducted beach cleanup activity on 27<sup>th</sup> February, 2022 at Mithi River, Mahim causeway slope.

**No. of Volunteers participated:** Male: 7, Female: 28. Total: 35

#### **March 2022.**

##### **1. Organ Donation Awareness Training**

**Date:** 1st March, 2022 to 25th March, 2022

**No. of Volunteers Participated:** Male: 20, Female: 70, Total: 90

The Organ Donation Awareness training was in collaboration with V4organs organisation, engaged in spreading awareness about Organ Donation. Volunteers were asked to watch videos, read notes on organ donation and then had to take a quiz after each chapter, a total of 8 quizzes had to be taken. The volunteers, after completing all the 8 chapters got an all-round knowledge of Organ Donation

##### **2. Nasha Mukh Bharat Abhiyaan Training**

**Date:** 2nd March, 2022

**No. of Volunteers Participated:** Male: 1, Female: 1, Total: 2

Volunteers from colleges across Mumbai attended the Nasha Mukh Bharat Abhiyaan training. Initially, all the volunteers took a pledge to never use drugs.

The training spread light upon the types of drugs, definition of addiction, stages of addiction, reason why people take drugs and in the end volunteers were also made aware about the Narcotic drugs & Psychotropic substance Act, 1985.

##### **3. NSS Leadership program on self-defence & training and Nirbhaya squad awareness**

**No. of Volunteers Participated:** Male: 0, Female: 2, Total: 2

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self-defence and Nirbhaya Squad Awareness.

The Inauguration was done by the Principal of R D National College. After the Inauguration Ceremony the Nirbhaya Squad Officer Netra Mule gave a PowerPoint presentation, providing helpline numbers , Information about POCSO Act , Crimes against women's and what actions can be taken was explained to all the volunteers. How women can reach out to the squads in times of crisis was also touched upon during the course of the presentation. She also explained to the Volunteers why Learning Self Defence is Important. The primary importance of self-defence is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct. Key take away from her speech was that "Crimes against women can be curbed in a significant way when women are empowered to fight back against any discrimination and sexism". After that, The Member of Akshara Women Empowerment (an NGO working towards empowering women) explained to the Volunteers about their work, their vision and mission and how they are working towards empowering women. The next speaker gave a speech on what it takes to be a successful leader. She explained about what qualities a leader needs to have and how women can be better leaders. She ended her Speech by Saying "In the Future, there will be no Female leaders, there will just be Leaders. At the End of the session all the volunteers were provided with Certificates. It was a very insightful and informative Session.

#### **4. International Women's Day**

**Date:** 8th March, 2022

**No. of Volunteers participated:** Male: 12, Female: 65. Total: 77

Our NSS Unit celebrated International Women's Day by spreading awareness on social media. Volunteers promoted the #BreakTheBias on social media platforms. Volunteers also made posters, wrote essays and poetry on the occasion of International Women's Day.

## **5. Ek Sur EK Taal**

**Date:** 12th March, 2022

**No. of Volunteers participated: Male: 1, Female: 10. Total: 11**

On 12th March, the Yuvak Biradari commemorated the historic Dandi March day through 'Ek sur Ek taal', it also flagged off the teams 20 day March across Maharashtra to provide awareness and training on their newest project- 'Hirve Aangan' and 'Gharpanaateel Nayika'. The awareness was done through community singing and dancing by 150 students

## **6. Sign Language Training Workshop**

**Date:** 28th & 29th March, 2022

**No. of volunteers participated: Male: 20, Female: 50. Total: 70.**

We organised a paper bag making workshop. A total of 400 paper bags were made by 70 volunteers.

## **April 2022**

### **1. Book Donation Drive at Barhanpur**

**Date** – 1st of April, 2022

**No. of Volunteers participated: Male:--, Female: --. Total: 28**

With the motive to reach the underprivileged, NSS Volunteers Decided to do a book donation drive for the students of our adopted village, Barhanpur. A total of 28 NSS Volunteers and 2 Faculty In-charges visited our adopted village Barhanpur and distributed a total of 320 notebooks and pencils boxes in the 5 pada (villages). The volunteers also donated story books to the Library. The faculty-in-charge also visited the under construction site of our college and clicked photos of the same.

One of the major positive effects of donating was simply feeling good about giving. Being able to give back to those in need helps you achieve a greater sense of personal satisfaction