



**SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS),  
MUMBAI**



**Report of NSS activities (2019-2020)**

The academic year 2019- 2020 saw a revitalization of NSS unit of the college. As per university allotment we enrolled 200 volunteers in our NSS unit. An orientation session was conducted for them by the District Coordinator, Dr. Satish Kolte on 23<sup>rd</sup> August 2019.. A synopsis of the main activities completed by a NSS unit is given below:

- **Swachh Bharat Activities: (Screening, Swachh Bharat area project, Talk.):**
- **Swachh Bharat Project (13<sup>th</sup> August 2019 – 14<sup>th</sup> December, 2019):**1) Campus Cleaning 2) Solid waste talk 3) Poster making + display on cleanliness 4) Skit on cleanliness 5) Essay writing on swachh Bharat policy- implications, campaigns and effects 6) Poetry competition on Swachh Bharat Abhiyan 7) Paper bag making and distribution 8) Paper bag making and distribution 9) Tee – shirt painting. 10) Survey on waste segregation and management
- An online pledge on Rashtriya Ekta Diwas as well as an orientation and collection of E- waste materials such as mobile phone, laptops, old headphones, pendrives, hard drive, power bank, etc were collected from the volunteers. Each waste material was allotted with a certain amount of units. For instance, old headphones: 7 units.
- Other activities like campus cops – the volunteers cleaned various parts of the college campus such as the canteen extension and marble stairs, Independence Day peace rally, Gandhi seminar was held on ‘The Relevance of Gandhi in the 21st century’, Session on ‘India in 2030’ , National Girl child day: poster making and exhibition were held in the college campus.

**2) Awareness Programs ( Red Ribbon club, Road Safety, Communal Harmony, Bisleri Project, Organ Donation, Pehchaan Orientation, Voter registration Drive):**

- **Red Ribbon Club Project (20 area hours):** The project was organized to spread awareness about HIV/AIDS from 13<sup>th</sup> December, 2019 to 17<sup>th</sup> February, 2020. These were the following activities conducted for the same: 1) Poster display and ribbons 2) Session on cancer and awareness 3) RRC Screening 4) story writing 5) poetry writing 6) blood donation 7) street play practice and performance at college and Grant Road station.
- **Road Safety Project (20 Area hours):** It was organized to spread awareness on road safety and it's importance from 10<sup>th</sup> to 17<sup>th</sup> February, 2020. These were the following activities conducted for the same: 1) Interview and report (survey) 2) Safety and Road Symbols 3) Road safety poem\ Jingle\ Slogan 4) Oath on road safety 5) Spreading awareness about laws 6) Photography of volunteers wearing the safety gear.

- Communal Harmony: The collection for communal harmony started between 5<sup>th</sup> to the 25<sup>th</sup> November, 2019. A sum amount of 5,688 Rs /- was collected by the volunteers from Sophia College students, professors and from the volunteers residential areas.
- Bisleri Project: The 'Bottles for change' is an initiative by the Bisleri International Limited to create awareness on plastic recycling. This project entailed plastic collection of every 4 months, i.e., 38kgs, 90kgs, 37.2kgs and from 23<sup>rd</sup> September, 2019 to 14<sup>th</sup> February, 2020 respectively. All the staff and students submitted the plastics that they collected throughout the months.
- Organ Donation: A program on Organ donation awareness was conducted to create awareness by displaying the video that emphasized on the significance of donating organs to the destitute class in the society.
- Pehchaan Orientation: A session was held in the college to create awareness where the young change makers work for the well – being of needy and their education. It focuses on equal education for one and all.
- Voter Registration Drive: The college students and staff members were enrolled as voters in the drive. Posters had been put up across the college for creating awareness on the importance of voting.

**3) Empowerment and Programs for Women and Weaker Sections in society (Mahiti Doot, Posters, Self-Defense Project, talks, health checkups, Orientations.):**

- Mahiti Doot: The Mahiti Doot booklets were distributed to the underprivileged women. These booklets entailed details of every government scheme for their social well being and social development.
- Posters: On the occasion of National Girl Child Day, posters were made by the volunteers at home and were exhibited in the college campus.
- Self –Defense Project: The workshop was conducted in the MPH, Sophia college on five consecutive days from 19<sup>th</sup> August to 23<sup>rd</sup> August, 2019. The activity emphasized on the importance of learning self- defense and motivated students to use it in a positive manner. The volunteers also taught self defense to the school children at Haloli during their special camp visit.
- RTI Talk: The session was organized by Mr. Arvind Natrajan and Mr. Shilesh Gandhi sirs. It was enlightening talk as it included a talk on Fundamental duties and Dr. Babasaheb Ambedkar. The audience was made aware about RTI, one of the most important laws for a democratic government.
- Youth Speak Forum (AISEC): The event entailed speeches and a panel discussion on a whole array of issues ranging from poverty in India to the future of IT and climate change. The volunteers were empowered by partaking in these discussions and also received the opportunity to interact with millennial entrepreneurs who have achieved success in their respective fields.
- Free health Check-ups: It was conducted to ensure that the individuals were healthy and fit. The health check-up empowered several beneficiaries including women to remain fit and to undergo regular health checkups.

- Youth against slavery talk: The Harmony International Conference empowered the volunteers to learn about contemporary slavery from the leading international experts and how the youth can make a difference.

**4) Environment: (Tree Plantation, Paper bag collection, Save Water, Save Electricity.):**

- Tree Plantation Project(20 area hours): The drive was held by the volunteers in districts of Tardeo, Lower Parel, Mira Road, Bandra, Goregaon, Worli, RC church, Naalasopara, Santacruz, Mahim, Byculla, Pedder road and Breach Candy on 23<sup>rd</sup> and 24<sup>th</sup> November, 2019.
- Paper bags: These bags were made from old newspapers for the purpose of storing 50 answer booklets.
- Save Electricity Project (20 area hours): The activities of this project began from 23<sup>rd</sup> November to 25<sup>th</sup> November, 2019 to spread awareness about usage of alternative energies. The activities conducted are: 1) Spreading awareness among children 2) Formulating a Questionnaire on electricity consumption and conservation 3) Poster making and Earthly hours 4) Tee shirt painting: to promote the importance of saving electricity. 5) Electricity bill comparison.
- Save Water Project (20 Area hours): The project began from 5<sup>th</sup> January to 18<sup>th</sup> February, 2020. In order to spread awareness on the significance of saving water, activities such as : 1) Essay writing on save water 2) Photography contest 3) Spreading awareness + video 4) Questionnaire 5) Movie Screening and Discussion 6) Peace walk with posters 7) Oath to save water 8) Talk on Rainwater Harvesting.
- The volunteers also participated in the University event which entailed a seminar on ‘Rally save environment, save trees’ on 23\9\19
- The volunteers also participated in the university session on water literacy on 9\12\19.
- World Environment Day : This event was held at the BMC office, Grant Road Station. Session on tree plantation and an informative session on conserving the environment were held simultaneously.

**5) Health and Hygiene programs(Blood donation drive, Eye and dental check –ups, Health and Hygiene, AIDS street play, Fit India Campaign, Yoga sessions, University events.):**

- Blood donation drives: Two camps were held by Nair Hospital and Tata Memorial Hospital at Sophia college on 28<sup>th</sup> August, 2019, 7<sup>th</sup> February, 2020. Another blood donation camp was held by Nair hospital at Churchgate
- Eye and dental check –ups: on 28<sup>th</sup> August, 2019, these sessions were held in the MPH, Sophia college.
- Health and Hygiene Project (20 hours): This was held from 30<sup>th</sup> January to 17<sup>th</sup> February, 2020. The following activities were undertaken for the same:- 1) Survey on menstrual health. 2) Report based on survey 3) Video making 4) Cooking competition 5) Poster making : promotion of hygiene 6) Submission of healthy food recipe.
- Fit India Campaign: This project being at the university level had several activities that aimed towards the fitness of every volunteer and awareness about the same was made by the

volunteers. Activities such as: 1) Fit India Inauguration 2) Run for Unity 3) Art Therapy for mental health workshop 4) Swachhta Rally 5) Yoga sessions in college 6) Volunteers needed for the Maharashtra Police International Marathon.

- Yoga sessions: Under Fit India campaign project, 3 yoga sessions were held at the college campus on 21<sup>st</sup> June, 2019 and on 8<sup>th</sup> and 12<sup>th</sup> February, 2020 respectively. 38 volunteers were present for these yoga sessions.
- University events : Other University events like 1) International day against drug abuse 2) No tobacco day 3) Rally for organ donation 4) Online Whatsapp quiz on organ donation 5) Organ donation: Poster making 6) Cleanliness drive 7) Drug Abuse Prevention Program 8) Beach cleaning at Girgaum Beach 9) Sensitization workshop on Reproductive health 10) Poetry competition on malnutrition were attended by the NSS volunteers of Sophia college.

#### **6) Educational program (Shiksha)**

- The Shiksha Project (20Area hours): The project consisted of two batches from 2\12\19–6\12\19 and 16\12\19 – 20\12\19 at Jaganath Seth Municipal School
- A cleanliness skit was also conducted at Jaganath Seth Municipal School that aimed at spreading awareness on environmental issues.

#### **7) Miscellaneous Area Activities ( Ek Prithvi orientation, Election duty traffic management, essay writing, Uttung fest, Bisleri Skit, Communal harmony: Sangat ( Folk-fusion band)**

- Ek Prithvi Orientation: It was held in the convention centre at college campus on 13\6\19. It emphasized on the significance, aims, objectives and functions of the organization ‘Ek Prithvi’.
- Election duty traffic Management: The volunteers helped the traffic police to adjust the inflow of traffic near the election centre. This event was held on 21\10\19 at Tardeo.
- Essay Writing: The volunteers wrote essays on topics like Sardar vallabhai patel and unity in diversity which were submitted on 27\1\20.
- Uttung Fest: The fest was held at R.A. Podar college, Matunga on 4<sup>th</sup> and 5<sup>th</sup> December, 2019. The volunteers took part in various activities and won prizes in short film and DIY adventure.
- Bisleri skit: With the objective of reducing plastic, the volunteers performed skits in FY and SY classes. They also made posters related to the topic to spread awareness.
- Communal harmony: Sangat ( Folk-fusion band): This event entailed a folk fusion band and music by Neeraj Arya’s Kabir Café at Land’s End Amphitheatre, Bandra Fort, Bandra West.

## AREA ACTIVITES

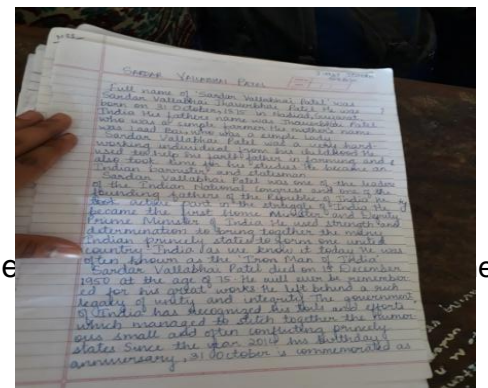
### SWACHH BHARAT- 47



Campus Cleanup



Skit on Cleanliness



Essays on Cleanliness

RRC-23 AREA HOURS PROJECT

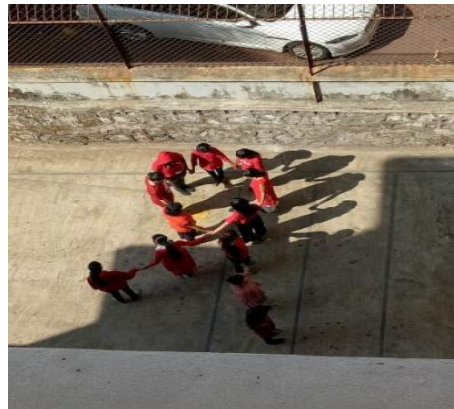


SHIKSHA-20 AREA HOURS PROJECT

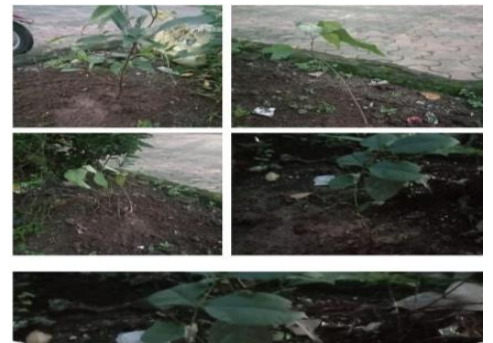
Poster Display and Ribbons



Blood Donation



TREE PLANTATION-20 AREA HOURS PROJECT



SAVE WATER-20 AREA HOURS PROJECT



Peace Walk with Posters



Photography Contest



Oath Taking

## SELF DEFENCE-20 AREA HOURS PROJECT



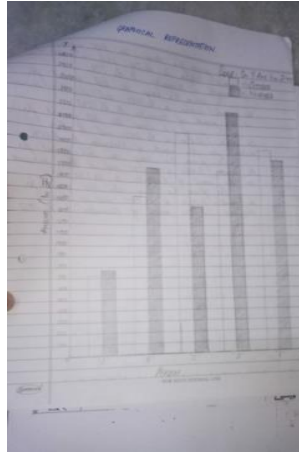
## SAVE ELECTRICITY-20 AREA HOURS PROJECT



Poster Making



T-Shirt Painting

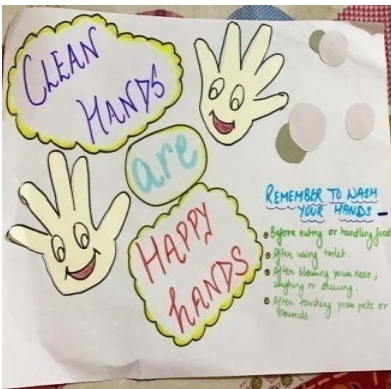


Electricity Bill Comparison

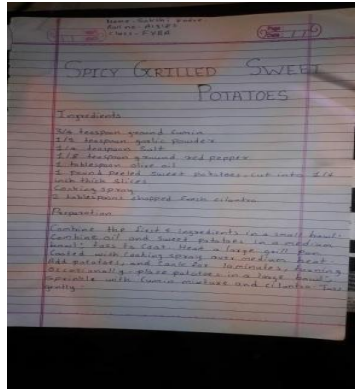


Spreading Awareness

## HEALTH AND HYGIENE-20 AREA HOURS PROJECT



Poster Making



Recipe



Cooking Competition



BISLERI PROJECT-20 AREA HOURS PROJECT



ROAD SAFETY-20 AREA HOURS PROJECT



Spreading Awareness



Safety and Road symbols

## UNIVERSITY ACTIVITIES



International Yoga Day



Swachh Bharat Abhiyan Promotion



Youth For A Better Tomorrow



Rally For Organ Donation



Thalassemia Free India Camp



Save Environment Rally



Poshan Rally



Azad Maidan Rally On No Drugs



Bachpan Bachao Andolan



Beach Cleaning



Mahawalkathon



Mahatma Gandhi Martyrdom



## UNIVERSITY PROJECTS: EK BHARAT SHRESHTA BHARAT AND FIT INDIA CAMPAIGN

### EK BHARAT SHRESHTA BHARAT

DATE	ACTIVITY	HOURS	NO. OF VOLUNTEERS	NO. OF BENEFICIARIES
14- 15\2\20	Oriya language	2	30	30
15\2\20	Essay writing	2	15	15
14\2\20	Cooking competition	5	23	50
20\2\20	Poster making	2	8	8



Cooking competition

## FIT INDIA CAMPAIGN

DATE	ACTIVITY	HOURS	NO. OF VOLUNTEERS	NO. OF BENEFICIARIES
29\8\19	Fit India Inauguration	2	31	31
31\10\19	Run for unity	2	4	300



2\12\19	Art therapy workshop	3	4	7
17\1\20	Swachhta Rally	2	15	15
12\2\20	3 Yoga sessions on college campus	6	38	28
9\2\20	Maharashtra Police International marathon	10		

## CAMPUS ACTIVITIES



Mahiti Doot Orientation  
Formal Orientation



NSS



Talk On Organ Donation



Communal Harmony Poster Display



RTI Session



E-Waste Collection



Campus Cops



Gandhi Seminar



Republic Day Flag Hoisting



Bisleri Skit