

NSS REPORT 2020-21

Name of the event: Sanitization of Buildings

Date: April - May 2020

Number of Volunteers: 23

Number of Beneficiaries: 200

Brief report of the event: The volunteers with the help of their **building secretaries** and **BMC officials** organized a **sanitation drive in their society** and made arrangements to have a sanitizer at the entrance of the buildings.



Name of the event: Donation of food grains and other essentials

Date: April - May 2020

Number of Volunteers: 12

Number of Beneficiaries: Over 160 families

Brief report of the event: The volunteers were encouraged to **donate food grains and other essentials** to the people in need. Over **97 kg** of food grains and other essentials were donated.



Name of the Event: Online competition on Fight against CoronaVirus

Date: 26th March -14 April 2020

Number of Volunteers:

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Name of the Event: Covid-19 Training

Date: 2nd April - 5th May, 2020

Number of Volunteers: 32

Number of Beneficiaries:

No. of Hours: 4

Type of Hours: University

The training was an initiative by the **University of Mumbai**, aimed at **educating the youth** about the virus and the pandemic in general and providing them with techniques that can be used to **protect themselves and their surroundings** from getting infected.

Name of the event: Awareness on COVID 19 through Social Media

Date: 23rd - 28th April 2020

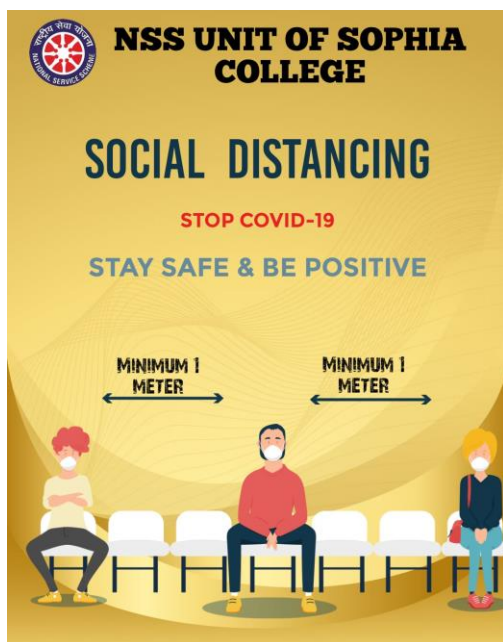
Number of Volunteers: 14

Number of Beneficiaries:

No. of Hours:

Type of Hours: Area

Brief report of the event: The volunteers made posters and videos related to the topic and posted them on their social media accounts with the aim to spread awareness. A total of **20 posters** and **2 videos** were made under this activity.



Name of the event: Distribution of Arsenic Albom 30

Date: May 2020

Number of Participants: 2

Number of Beneficiaries:

Brief report of the event: Arsenic Album 30, a homeopathy drug to boost immunity was distributed by our **Program Officers, Dr Vaishali Pachunde and Ms Rochelle Ferns, to 85 families.** The volunteers tried to distribute the drug but they were not given permission by their society residents.



Name of the event: Webinar on Stress Management

Date: 22nd May, 2020

Number of Volunteers: 68

Number of Beneficiaries: 70

No. of Hours:

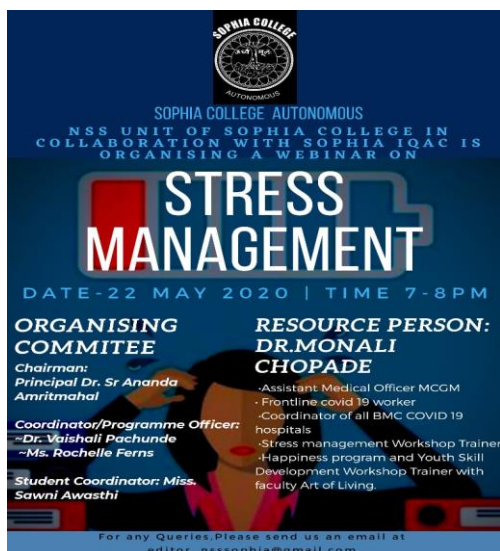
Type of Hours:

Resource person: Dr. Monali Chopade

-Assistant Medical Officer, MCGM

-Coordinator of all BMC COVID-19 Hospitals

Brief report of the event: Our resource person focused on **boosting immunity, techniques to minimize anxiety and stress as well as positive growth** from within an individual.



Name of the event: Webinar on Machine less mask-making

Date: 30th May, 2020

Number of Volunteers: 88

Number of Beneficiaries: 88

No. of Hours: 1

Type of Hours: Campus

Resource person: Dr Pratima Goyal

-Department of textile and fashion technology, College of Home Science, Nirmala Niketan.

Brief report of the event: A webinar on **machineless mask making** was organised by the NSS unit of our college. A total of **180 masks were made and distributed** by the volunteers after the webinar.



Sophia College NSS Unit presents AN ONLINE SESSION ON

MACHINELESS MASK MAKING

Date : 30th May, 2020
Time : 5.30 pm to 6.10 pm

Resource Person:
Dr Pratima Goyal

Materials Required for the Session:
T-shirt, Leggings, Pajamas, Ankle Socks, Cords/Ribbons & Scissors

Organising Committee:
Chairman: Principal Dr. Sr Ananda Amritmahal
Coordinator/Programme Officers: Dr. Vaishali Pachunde, Ms. Rochelle Ferns
Student Coordinator: Miss Sawni Awasthi

Proud Alumna and Faculty of the prestigious Institute- College of Home Science Nirmala Niketan affiliated to the University of Mumbai
Has been the Head of the Department of Textiles and Fashion Technology
Is a Program Officer of NSS of University of Mumbai
Invited to develop content for the learning portal SWAYAM

For any queries, please send us an email at editor.nss@sophia@gmail.com

Name of the event: E-mask: Protecting Yourself Online

Date: 3rd June, 2020

Number of Volunteers: 25

Number of Beneficiaries: 600

No. of Hours: 2

Type of Hours: Campus

Resource Person: Mr. Sachin Dedhia

-CISA, CEH, CEI, ISO 27001 LA

-Independent Cyber Crime Investigator

-Certified Ethical Hacker (EC- Council, USA)

Brief report on the event: NSS Unit in collaboration with the Chemistry Department organized a webinar on “Internet Safety.” The volunteers learnt useful tips on how to protect their online data and prevent their accounts from being hacked. It was a **Youtube Live event** on the Youtube channel of Sophia College.

The poster is for a webinar titled "E-Mask: Protecting Yourself Online" held on June 3, 2020, from 4 PM to 5:30 PM. It is presented by the Department of Chemistry in collaboration with the NSS Unit of Sophia College. The speaker is Mr. Sachin Dedhia, who is a CISA, CEH, CEI, ISO 27001 LA Independent Cyber Crime Investigator, a Certified Ethical Hacker (EC-Council, USA), and a Certified International trainer in the field of cybersecurity, ethical hacking, cyber crime investigations, and digital forensics. The webinar focuses on social media security, mobile security, data privacy, and careers in cyber security. It is open to students and staff members with no registration fees. Registration is done via a Google form, and certificates will be provided. A WhatsApp group link is provided for further details.

Name of the event: First Aid To Your Rescue

Date: 17th June, 2020

Number of Volunteers: 90

Number of Beneficiaries: 92

No. of Hours: 1

Type of Hours: Area

Resource Person: Mr. Bhushan Kishor Harne

-B.E. Production

-Working with Chicago Pneumatic, Pune

-First Aid Trainer

-Environmentalist and member of Green Hills Group- NGO, Pune

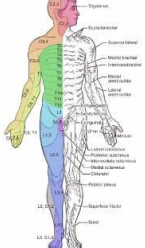
Brief report of the event: A webinar was organized where participants learned about **how to use first aid** in situations that are unpredictable. Participants were **taught CPR and other necessary first-aid techniques.**

Zoom Leave

Recording

Cause of Death- Blood Loss

- Pressure and release only the formula
 - Nerves Behind your ears
 - Nerves Below Chin
 - Nerves on Chest
- Blood from Nose and Ear
 - Let it flow do not stop
- Knife or any other things if in Body do not remove
- Do we provide water to injured person?
 - No, in case of emergency operation – doctor need to clean bladder of victim



SOPHIA COLLEGE THE NSS UNIT OF SOPHIA COLLEGE PRESENTS

A WEBINAR ON **FIRST AID TO YOUR RESCUE**

DATE: JUNE 17, 2020
TIME: 5PM – 6PM

BY MR. BHUSHAN KISHOR HARNE

› B.E PRODUCTION
› FIRST AID TRAINER.
› PRODUCT SUPPORT MANAGER, CHICAGO PNEUMATIC, PUNE.
› CORE MEMBER OF SAFETY COUNCIL IN COMPANY.
› ENVIRONMENTALIST AND MEMBER OF GREEN HILLS GROUP – NGO, PUNE.

LEARN THE BASICS OF FIRST AID+

FOR ANY QUERIES, PLEASE SEND US AN EMAIL AT:
EDITOR.NSSSOPHIA@GMAIL.COM

Name of the event: Secrets of Effective Communication

Date: 20th June, 2020

Number of Volunteers: 75

Number of Beneficiaries: 79

No. of Hours: 2

Type of Hours: Area

Resource Person: Mr. Robin Fernandes

-BSc, MBA

-Project Director, Int. Trade Fair Co

Brief report of the event: Sophia College NSS Unit in collaboration with the Department of Chemistry organised an online workshop on the **Secrets of Effective Communication** to help students learn the tricks to present themselves better. It focused on having **powerful conversations, making great presentations and developing a strong stage presence.** The event was a very successful one and the volunteers took home great tips on how to improve their communication.

SOPHIA COLLEGE
AUTONOMOUS

**THE DEPARTMENT OF CHEMISTRY IN
COLLABORATION WITH THE NSS UNIT OF
SOPHIA COLLEGE**

प्रादेशिक सेवा योजना
NATIONAL SERVICE SCHEME

presents an online
workshop on

Secrets of Effective Communication

By Robin Fernandes

Learn strategies for:

- Powerful Conversations
- Winning Presentations
- Strong Stage Presence

Date: 20th June 2020
Time: 11am to 12:15pm

-Passionate speaker,
Avid reader.
-BSc, MBA
-Project Director,
Int.Trade Fair Co.

Only for Students. Registration on FIRST COME FIRST BASIS. Limited seats. No Registration Fee. Registration is a must. Last date for registration is 18th June 2020. E-certificate will be provided to all the participants.

The human voice is the organ of the soul.
Henry Wadsworth Longfellow

Dr. Vanshali P. Robin Fernandes Tanaz

Name of the event: Yoga Day

Event 1: Webinar on Yoga- Finding Calm in Chaos

Date: 21st June 2020

Number of Volunteers: 63

Number of Beneficiaries:

No. of Hours: 1

Type of Hours: Area



Resource Person: Ms. Jyoti Mantri

-Associate Professor. Dept. of Microbiology, Sophia College.

-Has been practicing Iyengar Yoga for the last 25 years.


- Completed 'Yoga teachers training course' from Bhavans Yoga Bharati Institute and Kaivalyadham

Brief report of the event: A webinar was conducted on the occasion of the **Sixth International Yoga Day**. In the beginning of the session, a video of Prime Minister Narendra Modi in which he spoke about celebrating International Yoga Day at home and announced the theme of this year **"Yoga at Home and Yoga with Family."** Ms. Jyoti Mantri talked about the **benefits of Restorative Yoga** and showed us **various asanas for our health**.


Sophia College NSS Unit


 presents an online
 workshop on

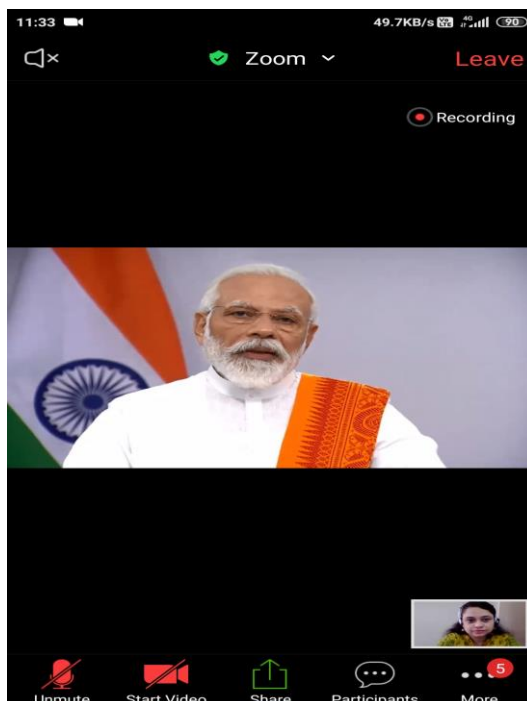
Yoga- Finding calm in the chaos
In celebration of International Yoga Day


 Associate Professor Department of
 Microbiology Sophia College
 Practising Iyengar Yoga for last 25 years.
 Completed a yoga teachers training course
 from Bhavans Yoga Bharati Institute and
 Kaivalyadham.

Resource person:
 Jyoti Mantri

Date- 21st June 2020
 Time- 11:30am to 12:30pm

Stress Management through Yoga for staff and students. Limited seats.



Event 2: Social media event on the theme of My Yoga at Home

Date: 21st June 2020

Number of Volunteers: 18

Number of Beneficiaries:

No. of Hours: 1

Type of Hours: Area

Brief report on the event: A social media event on the theme of **My Yoga at Home** was held on the occasion of the **Sixth International Yoga Day** where the **participants posted pictures** of themselves in **various yoga asanas** spreading messages about the **prevention of Coronavirus on various social media platforms.**



Event 3: Online Yoga Quiz

Date: 21st June 2020 to 23rd June 2020

Number of Volunteers:

Number of Beneficiaries: 258

No. of Hours: 1

Type of Hours: Area

Brief report of the event: An online quiz was created to test the volunteers on their **knowledge of Yoga** on the **Sixth International Yoga Day**. There were 15 short answers and multiple choice questions in the quiz and volunteers scoring above 60% were given E-certificates.

Name of the event:International Day Against Drug Abuse and Illicit Trafficking Event

Date: 26th June 2020 to 28th June 2020

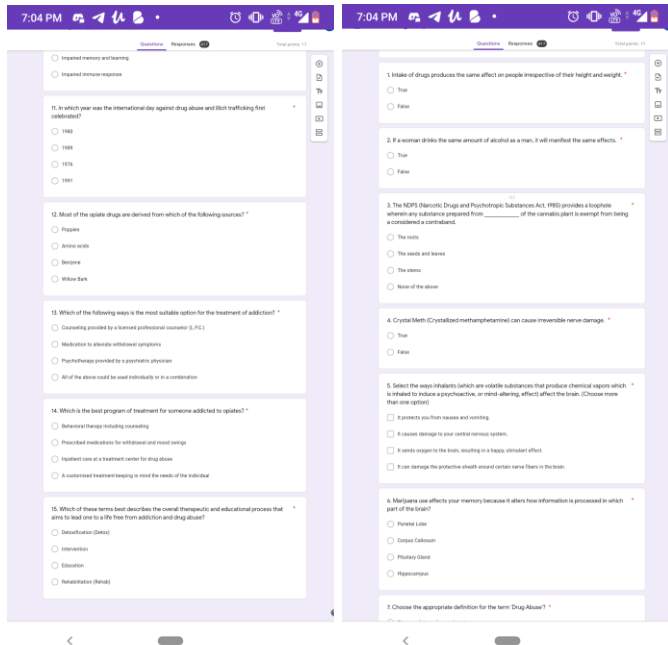
Number of Volunteers:

Number of Beneficiaries: 342

No. of Hours: 1

Type of Hours: Area

Brief report of the event: An online quiz was prepared to **spread awareness about the negative effects of drug use**. It was designed keeping in mind the theme of the year which was **Better Care for Better Knowledge**. The participants got to know the adverse results of drug use and an idea of how treatment can be done.



Name of the event: National Doctors Day

Date: July 1, 2020

Number of Volunteers: 3

Number of Beneficiaries:

No. of Hours: 3

Type of Hours: Area

Brief report of the event: This activity was about **eulogizing and appreciating doctors** on the occasion of 'National Doctors Day' and the **participants sent a write-up** regarding the same. The activity helped **understand and value doctors** around us even more.

On the occasion of National Doctor's Day, I've been given a beautiful opportunity to thank the people who are no less than God. So, my Dear Doctors and Nurses, I thank you so much for helping us through this hard time. You are working so hard to keep everyone healthy and make them feel better while staying healthy yourself. To fight this deadly virus and not to escape in to a tiny hole of shelter, what you're doing is courageous and heart beating. Oh if only if could have the chance of meeting every single doctor in person and hug them right and bow down and thank them for all they have done and are still doing.

I go crazy if I don't get my right hours of daily sleep but oh you beautiful souls who have been constantly working without any break. I wish to god that you are all shown the pathway to heaven and that all your work pays off while you stay healthy and thick. And remember that you aren't alone in this fight, we all are there, with you, for you. I don't think we could pay back you in anyways because the work you're doing is commendable but if my prayers are being heard by the almighty, I pray you all stay healthy and that we all soon fight this off so that you could finally sleep in peace with your family around. Thank you so much. I'm in loss of words but I hope you understand the true genuine feelings I hold for all of you in the bottom of my heart. Thanks for making our lives better. We will be forever in debt with you.

Yours truly,
Namira

"ONLY A DOCTOR IS BLESSED WITH THE MAGICAL POWER TO TREAT A LIFE, TO BRING HEALTH INTO OUR LIFE AND TO STAY WITH US WHEN WE HAVE LOST ALL OUR HOPES"

Doctors are considered the next only to God. During this most challenging phase of humanity, the incredible courage and the spirit displayed by the medical fraternity all over the world are ineffable. Ever since the outbreak of coronavirus, the medical community has been our pillar and backbone globally.

On a personal note, I would like to share my journey from being a COVID positive to COVID negative. It was a horrible day of my life when I was tested COVID positive. Fortunately, my parents were tested negative. It was shocking and heartbreaking at the same time when I realized that I will be taken to the hospital isolation ward where I will be left without my parents. I was having stress, anxiety, panic attacks all at the same time but as a quote says, "DON'T LOSE HOPE" was a savior for my mind. I expected a lot of bad things are going to happen with me in the hospital but it was different. The reality didn't match with my expectations. The doctors were treating me as they were treating their own daughter. In such a stressful situation the medical community didn't lose to cheer us up every day and gave us the medicine of happiness. I made a new family in the hospital. The love and care that I get from the doctors and the nurses are unexplainable. My journey was not a horrific experience but indeed a memorable one. The happiness inside my soul and fighting spirit of the doctors made me a COVID negative patient.

On the occasion of National Doctor's Day, I would like to salute from unsung heroes to everyday volunteers, who battle against unprecedented odds for humanity's future. I want to take a moment to thank you for dedicating your courage and commitments towards the patient. You provided the best care and support to the one who walk through the hospital doors. You never made us feel that you were also in a stressful situation, being sleep deprived for days rather you empowered us with strength and hope that our society needed in this pandemic. These are not enough words to express our gratitude and appreciation to each and every one of you.

"Not just today but everyday we should celebrate the spirit of our doctors and health care workers. Thank you for your commitment towards helping so many people. I salute your spirit and dedication."

ISHIKA ADHARJYA (NSS VOLUNTEER)

Name of the Webinar: Environment and You: The Journey Ahead

Date: 4th July 2020

Number of Volunteers: 68

Number of Beneficiaries: 70

No. of Hours: 1

Type of Hours: Area

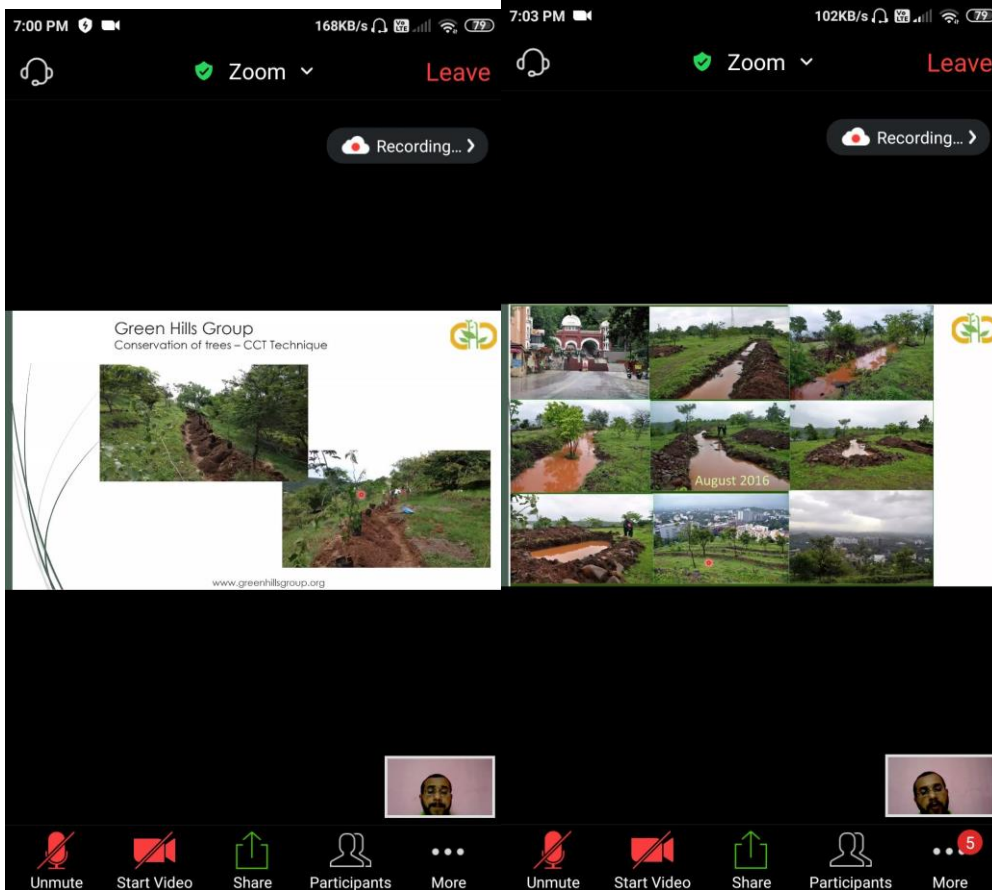
Resource Person: Mr. Bushan Kumar Harne

-B.E. Production

-Working with Chicago Pneumatic, Pune

-Environmental and Core group member of Green Hills Group

Brief report of the event: The webinar was held to promote **consciousness about our environment** and how to maintain it. The participants **learnt how to make at-home fertilizers** and **medicinal uses of various plants**.



SOPHIA COLLEGE
FUNDATION

THE NSS UNIT OF SOPHIA COLLEGE

PRESENTS

A WEBINAR ON

**ENVIRONMENT AND YOU:
THE JOURNEY AHEAD**

4TH JULY, 2020
6:30PM TO 7:30PM

BHUSHAN KISHOR HARNE

- An Environmentalist
- B.E. Production from Jalgaon, North Maharashtra University
- Core group member of Green Hills Group who is taking care of tree nurturing activities all around Pune, currently working on eight hills to protect and grow the native trees, water harvesting and waste management.
- At present, working as Product Support Manager in Chicago Pneumatic, Pune

For Staff and Students. Limited Seats.
For any queries, please send us an email at
editor.nsssophia@gmail.com.

Name of the event: Somewhere Over the Rainbow

Date: July 11, 2020

Number of Volunteers: 77

Number of Beneficiaries: 80

No. of Hours: 1



Type of Hours: Area

Resource person: Dr Maithili Umate

-MD, DNB (Psychiatry), DPM, MBBS

- Currently working as Associate Professor and Head of Unit, Dept. of psychiatry; Grant Govt Medical College and JJ Hospital, Mumbai


Brief report of the event: This was an online webinar based on “**mental health**”. An **insight into mental health** was provided and how one can improve and/or break down the situation to get **better mentally and physically**. It helped them not only understand themselves, but also the people around them. They learnt a lot more through this session, **especially during covid-19 times** through a PPT and a variety of videos.


THE NSS UNIT OF SOPHIA COLLEGE PRESENTS

SOMEWHERE OVER THE RAINBOW

A SESSION ON MENTAL HEALTH



WITH
DR. MAITHILI UMATÉ



**MD, DNB (PSYCHIATRY), DPM, MBBS
CURRENTLY WORKING AS ASSOCIATE
PROFESSOR AND HEAD OF UNIT, DEPT
OF PSYCHIATRY, GRANT GOVT
MEDICAL COLLEGE AND JJ
HOSPITAL, MUMBAI.**

**DATE: 11/07/20 TIME: 6 P.M. - 7 P.M.
VENUE: ZOOM**



Name of the event: World Nature Conservation Day

Event 1: Bag Making Activity

Date: 14th July to 28th July, 2020

Number of Volunteers: 11

Number of Beneficiaries:

No. of Hours: 1 hour for 5 paper bags/ 3 cloth bags

Type of Hours: Area

Brief report of the event: Participants made **cloth and paper bags** by recycling **old clothes and newspapers** for World Conservation Day. There were a **total of 137 bags** made- 110 paper bags and 27 cloth bags.



Event 2: Tree Plantation Project

Date: 14th July to 28th July, 2020

Number of Volunteers: 6

Number of Beneficiaries: 400

No. of Hours: 1 hour for 2 saplings

Type of Hours: Area

Brief report of the event: The 15 day tree plantation activity was held on the occasion of the World Nature and Conservation Day. **Participants planted seeds and saplings** in their homes **to promote a healthier lifestyle and environment.** This was their contribution towards the conservation of nature. **They planted 46 plants** which are as follows - Spinach (2), Coriander, Lady Finger, Tulsi (6), Orange periwinkle (12), Mehendi , Rose (2), Papaya (4), Betel leaf, Date palm, Periwinkle, Moss Rose, Arabian Jasmine, A Flower, Guava (2), Areca Palm (3), Butterfly pea, Chilli, Ginger , Turmeric, Curry leaves and Lily.



Name of the Event: Webinar on 'future of education after Covid-19'

Date: 17th July 2020

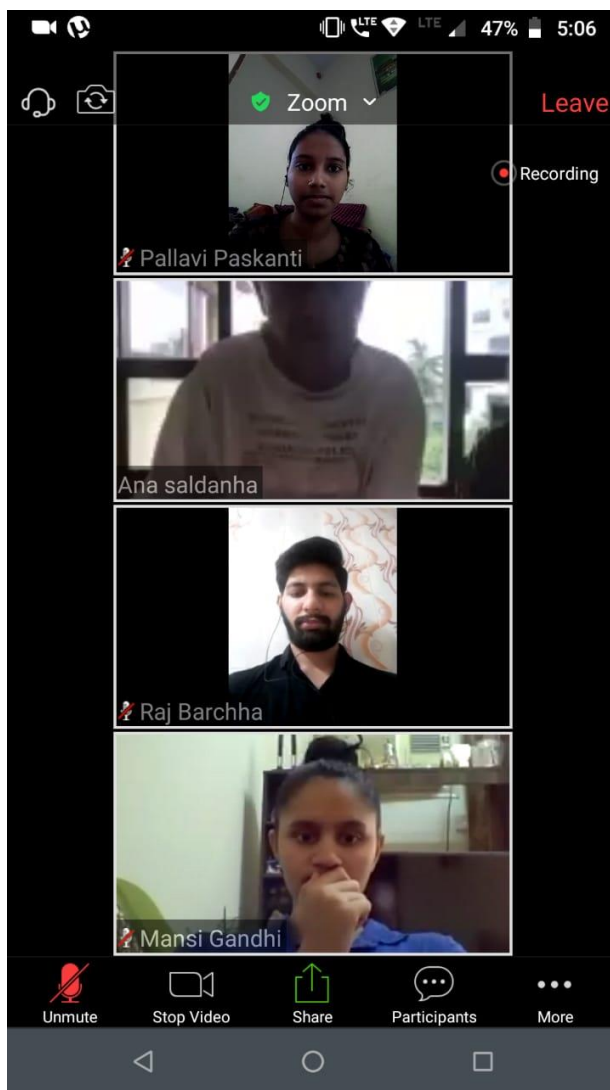
Number of Volunteers: 25

Number of Beneficiaries:

No. of Hours:

Type of Hours: University

The session was organised by **HR College of Commerce and Economics** in collaboration with the **University of Mumbai**. The session proceeded with discussions about how the Pandemic has disrupted the learning experience of students and the alternative solutions that can be put into motion.



Name of the event: Tilak Sathe, University of Mumbai

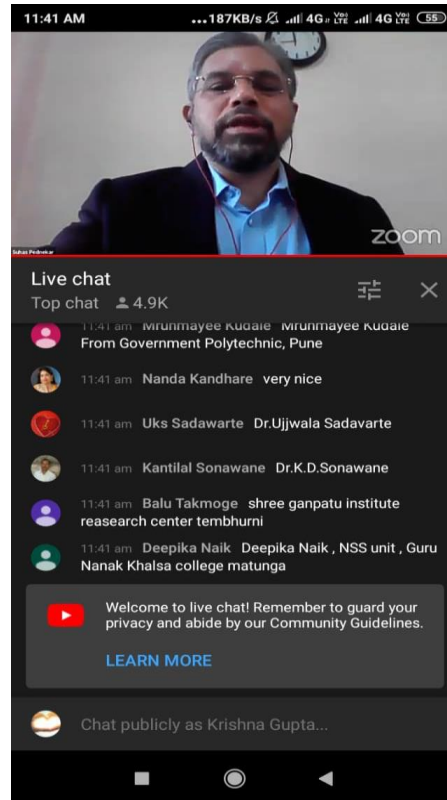
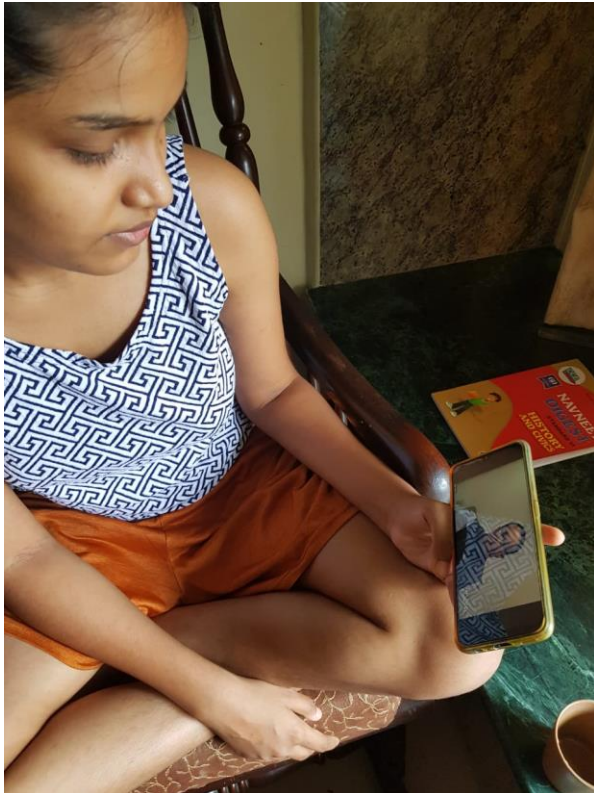
Date: 1st August 2020

Number of Volunteers: 23

Number of Beneficiaries:

No. of Hours:

Type of Hours: University



Name of the event: Essay Writing on Positive Effects of Lockdown

Date: 4th August to 8th August, 2020

Number of Volunteers: 16

Number of Beneficiaries: 64

No. of Hours: 1

Type of Hours: Campus

Brief report of the event: The activity encouraged volunteers to **reflect on the positive effects of lockdown** with the help of an essay writing initiative. The participants submitted 500 word essays elaborating how they thought that the **lockdown was beneficial for them and for the environment**. This activity helped them to understand that every cloud has a silver lining and to consciously put it in writing.

THE POSITIVE IMPACT OF LOCKDOWN

2020 has been a year no one ever would have expected. Due to the COVID-19 pandemic all of us have been quarantined. Everyone has been in lockdown for more than a month. Many of us are bored, miss our daily routines, and frustrated about staying indoors all the time. It is completely normal to feel this way as it is in our nature to go out and socialise with other people. But what we do not seem to have realised is that there is a plus side to being in lockdown. The first and obvious reason is that we are helping to flatten the curve by safeguarding ourselves from Coronavirus.

Here is how being in quarantine is having a positive impact on our health

- 1. We Are Getting Sufficient Sleep:** When we don't have to commute long distances to get to schools/colleges/work we can get a little more sleep. Even an extra hour of sleep could mean seven hours instead of six, which makes a big difference to our health. In the evening too, as people don't have to get home late, it is possible to get to bed a little earlier and get more rest.
- 2. Eating Healthy Home Cooked Food:** Not only are we stuck at home, but most restaurants and delivery services have stopped. Many of us have also become cautious about eating outside food because we don't want to catch COVID-19. As a result, more of us are eating home-cooked food. Home cooking usually uses less oil, fresh ingredients, and little to no processed foods, making it a healthier option than eating out.
- 3. Time To Workout:** The extra time on our hands and the worry of gaining weight has prompted many people to start working out at home. From yoga and meditation to energetic zumba sessions, people all over the world are getting creative with their home workouts. This is also a fun activity because the whole family can join in and stay healthy together.

sides of a coin. It also led to several positive and negative aspects of lockdown being seen after months.

The coronavirus lockdowns helped make some notable changes in our surroundings. A significant improvement in the air quality index was seen as an after effect of the ongoing lockdown. The dip in bad air quality helped the citizens gain a view of the Himalayan range from Northern parts of India for the first time. Apart from that, our nature saw a decrease in the air pollution and water pollution which are usually degraded by humans on a daily basis. In fact, cities across the world have been seeing pollution levels plummet as people need to spend less time in vehicles, offices and/or factories and more time at home. There has been great reductions in particulate matter and nitrogen dioxide too and has been registered in localities throughout the UK, with London and several other major cities wherein all recorded a dip in the presence of the harmful substances.

On a similar note, the flora and fauna in various cities around the world grew leading to a better environment to live in. From swans returning to Venice canals to clean water in the river Yamuna after years, lockdown saw not only a productive but also an efficacious effect. Emptied of the usual array of motorboat taxis in Venice, the transport and tourist boats which clog the canals, have reportedly seen a sharp uptick in the clarity of the water. The change has meanwhile reportedly offered locals clear views of shoals of small fish, crabs and multicoloured plant-life which are sights often obscured by busy boating movement in the Lagoon.

On the other hand, the lockdown gave millions of people an enriching amount of time to self-improve and better themselves. The busy lives of people were subdued to staying at home. The effect being fewer expenses as everything has turned towards a digital platform which is

Name of the event: KC College - Elocution Competition

Date: 6th August 2020

Number of Volunteers: 4

Number of Beneficiaries:

No. of Hours:

-4 hours for participation

- 2 hours for audience

Type of Hours: University

KC College in association with University of Mumbai organized an elocution competition. The topics were '**Challenges in combating malnutrition in India**' and '**Digital Transformation in India.**'

Name of the Webinar: Law and Rights of Women

Date: 8th August 2020

Number of Volunteers: 172

Number of Beneficiaries: 175

No. of Hours: 1



Type of Hours: Area

Resource Person: Ms. Preeti Gada

-Advocate of High Court, Mumbai

-Head of Litigation Dept. with Sudhir Shah & Associates.


Brief report of the event: Ms. Preeti talked about **women empowerment** and explained the **different laws applicable to women in India**, she was very **insightful on legal issues** regarding women in India.


NSS Unit Of Sophia College


presents a webinar on

Law and Rights of Women

Ms. Preeti Gada



Practicing since 1996 as an advocate. Head of Litigation Department with Sudhir Shah & Associates.

She is also a legal adviser on the panel of Bank/Society.

Written Articles related to Marriage, Divorce and Women and Law in "Mumbai Samachar"

Has given talks on radio in India and in Sydney.

Authorred books "Kayda ni Kalmay" and "Lagan Vichhed na Kayada" on Women and Law

B.com.LLB

Advocate, High Court, Mumbai

Date- 8th August 2020 Time- 6:30pm-7:30pm

HARASSMENT OF WOMEN AT WORKPLACE (PREVENTION, PROHIBITION, REDRESSAL) ACT 2013.



Independence Day Activities:

Name of the event: Poster and Slogan Making competition

Date: 12th August 2020 - 15th August 2020

Number of Volunteers: 84

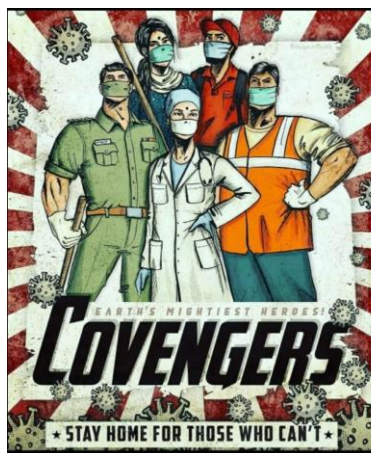
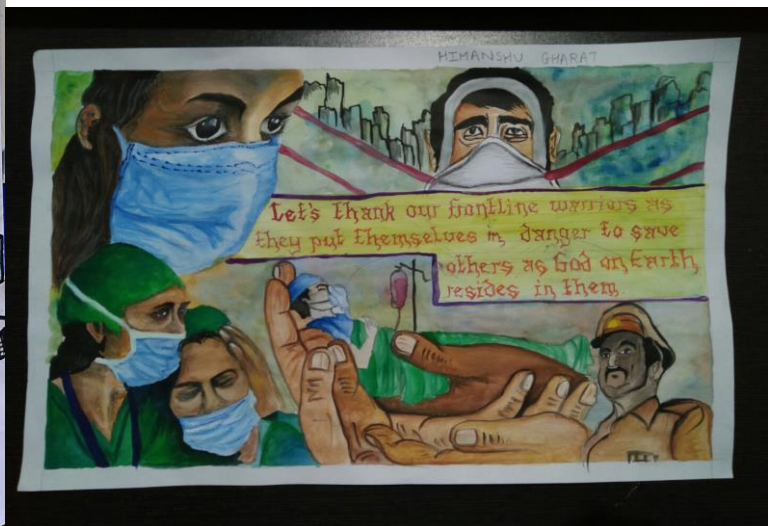
Number of Beneficiaries: 84

No. of Hours:

Type of Hours:

Number of Beneficiaries:

Brief report of the event: The participants made posters and slogans on the topics **Atmanirbhar Bharat, Online Education, Covid Warriors: The real heroes, Swachh Swasth Sashakt Bharat.**



Activity: Quiz on 'India's Freedom Struggle'

Date: August 12, 2020- August 15, 2020

Number of Volunteers: 275

Number of Beneficiaries: 275

No. of Hours: 1

Type of Hours: Area

Brief report of the event: This was an **inter-collegiate online quiz** by the NSS unit of Sophia College in collaboration with the Sports Department. The quiz was based on "India's Freedom Struggles". The quiz having 20 questions helped **test the knowledge of the participants**. The questions were in the form of MCQ's and based on the **past of India and its struggle to strive for independence**.

Name of the event: The Armed Forces-An Insight

Date: 15th August 2020

Number of Volunteers: 320

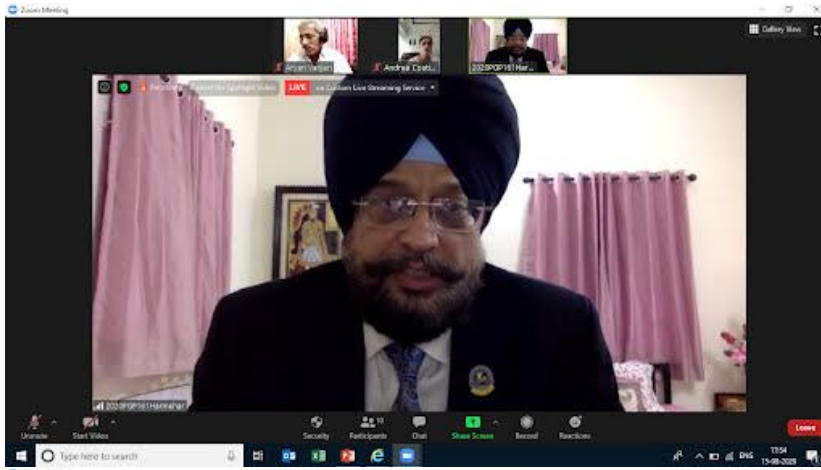
Number of Beneficiaries: 320





No. of Hours: 1

Type of Hours: University


Resource Person: Colonel HS Grewal and Captain Suresh K Vanjari

Brief report of the event: On the occasion of Independence Day, Sophia College NSS Unit and Sports Department in collaboration with the NSS Cell of Mumbai University organised a national webinar on 'The Armed Forces- An Insight'. The volunteers were **inspired by the stories of the speakers** and were also **encouraged to join the force** to serve the nation. The main takeaway of the event for them was about how the volunteers could later get into the **Defence Services, the exams, the job opportunities** and the perks that came along with it. NSS Director Sudhir Puranik was a special guest who graced the webinar with his presence.




'आओ सब मिल कर बनाये आत्मनिर्भर भारत'
 In celebration of 73 years of Independence
 Sophia College, Mumbai
 NSS Unit and Sports Department
 in collaboration with the
 NSS Cell, University of Mumbai
 present
A National Webinar
The Indian Armed Forces - An Insight



Colonel H.S. Grewal
 - Currently posted as Colonel
 Administration in Eastern Theatre
 - 32 years of service in
 The Indian Army



CAPT. (Dr.) SURESH K. VANJARI
 - Emergency Commissioned Officer in
 the Indian Army from 1963-1968
 - Soldier in the 1965 Indo Pak War
 - Founder of Capt Vanjari's Academy

Special Guest - Dr Sudhir Puranik, NSS Director, Mumbai University
Inauguration by Dr. Sr. Ananda Amritmahal, Principal, Sophia College

Date - 15th August 2020 Time - 5:30 pm to 7 pm
NSS VOLUNTEERS WILL BE GIVEN UNIVERSITY HOURS

Name of the event: HR College - Webinar on Independence Day Celebrations

Date: 15th August 2020

Number of Participants:

Number of Volunteers: 15

Number of Beneficiaries: 100

No. of Hours:

Type of Hours:

To celebrate the **73rd Independence day**, **HR College of Commerce and Economics** in collaboration with **HSNC University** organised a webinar on **“Sacrifices made by our Gallant Freedom Fighters.”** **Maj. Gen. Sanjoy Soi (Retd.)** and **Mrs. Shovana Narayan - World Renowned Kathak Guru;** were the chief speakers of the session.



Name of the event: Webinar on Organ Donation

Date: 16th August 2020

Number of Volunteers: 16

Number of Beneficiaries: 500

No. of Hours:

Type of Hours: University

Brief report of the event: The **University of Mumbai** in collaboration with **UNICEF** organised a webinar on “**Organ Donation**” to make the students aware about the **importance and advantages of donating organs.**

Name of the event: Covid-19 precautions to be taken during Ganesh Chaturthi- Poster Slogan and Essay Competition

Date: 22nd August - 4th September 2020

Number of Volunteers: 10

Number of Beneficiaries: 10

No. of Hours:

Type of Hours: University

Brief report of the event: **Ganesh Chaturthi** is a festival celebrated on a very large scale, so taking this into consideration the **University of Mumbai** organized an event to spread awareness about covid-19. The participants were asked to make **posters and slogans on covid regulations** and essays on the topic ‘**Ganpati Utsav and my Contribution as a NSS Volunteer.**’



Name of the event: Ramnarain Ruia College - Session on Blood Donation

Date: 30th August 2020

Number of Volunteers: 100

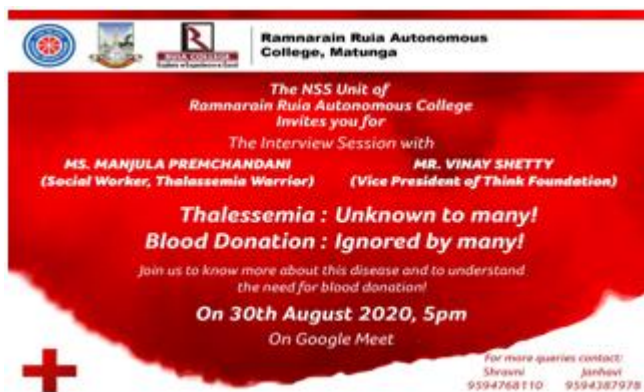
Number of Beneficiaries: 200

No. of Hours: 1

Type of Hours: University

Resource Person: Mr. Vijay Shetty and Mr. Manjula Premchandani

Brief report of the event: The session was organized by **Ruia college** in collaboration with **Think Foundation** and the **University of Mumbai** to educate participants on **Thalassemia** and the importance of **Blood Donation**.



Name of the event: Leadership and Team Building Webinar

Date: 12.09.20

Number of Volunteers: 149

Number of Beneficiaries: 149

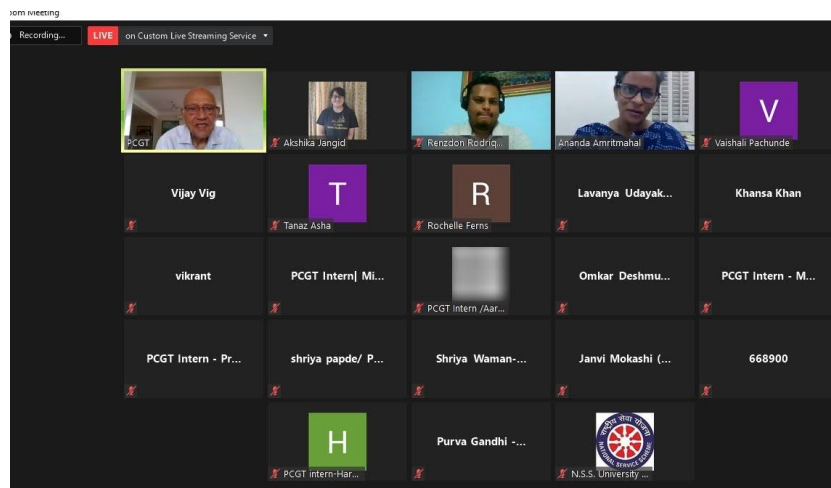
No. of Hours: 1

Type of Hours: Area

Resource Person: Shri J.F. Ribeiro

-Chairman, PCGT
-IPS(Retd), Former Mumbai Police Commissioner

Brief report of the event: Sophia College NSS UNIT and IQAC Cell in **collaboration with PCGT** conducted the webinar on Leadership and team building **which sensitised the volunteers on issues of governance** and to **develop leadership skills** especially in public activities. Shri J.F. Ribeiro was the speaker of the session who **enlightened us about various programs that PCGT has** and how it can be helpful for the youth. **NSS Director Sudhir Puranik and our Principal Dr Sr Ananda Amritmahal also witnessed the whole programme.**



Name of the event: The Hangout – Promoting mental wellbeing and self care
Date: 26th September, 2020
Number of Volunteers: 134

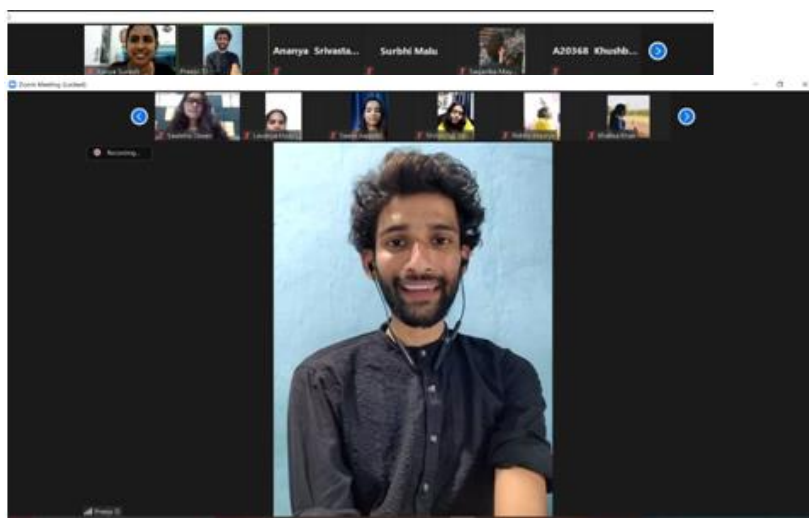
Number of Beneficiaries: 134

No. of Hours: 2

Type of Hours: Area

Name of the resource person: Mr Sam Koshy, (Director) and Mr. Preejo TJ (Learning Consultant) of The Movement.

Brief report of the event: The volunteers had a very interactive session as they discussed the **basic ways to deal with anxiety and the importance of positive affirmations**. They learnt how to be open minded towards mental health and how to identify people in need, approach and help them reach professional help whenever needed.





Name of the event: Bhajan Sandhya

Date: 2nd October 2020

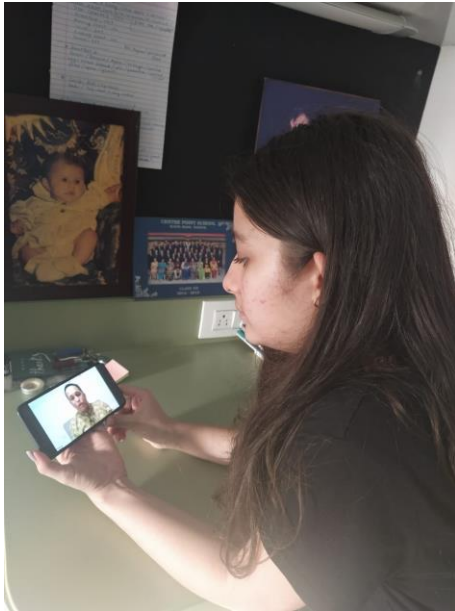
Number of Volunteers: 120

Number of Beneficiaries: 650

No. of Hours:

Type of Hours:

To commemorate the **Birth anniversary of Mahatma Gandhi** and honour the **Birth anniversary of Lal Bahadur Shastri**, the second president of India, a **Bhajan Sandhya** was held at **The Gateway of India**. Beautiful Bhajans were sung at the event.



Name of the Event: Webinar on PCOS

Date: 4th October 2020

Number of Volunteers:

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Resource Person: Dr. Anikta Sheth

-Practicing Dermatologist and cosmologist

The webinar was organized by HR College on **Polycystic Ovary Syndrome (PCOS)**. It is a topic that is not talked about a lot, hence the participants got a lot of **information about PCOS** while also **learning the misconceptions** around it.



Name of the event: Webinar on Mental Health

Date: 16th October 2020

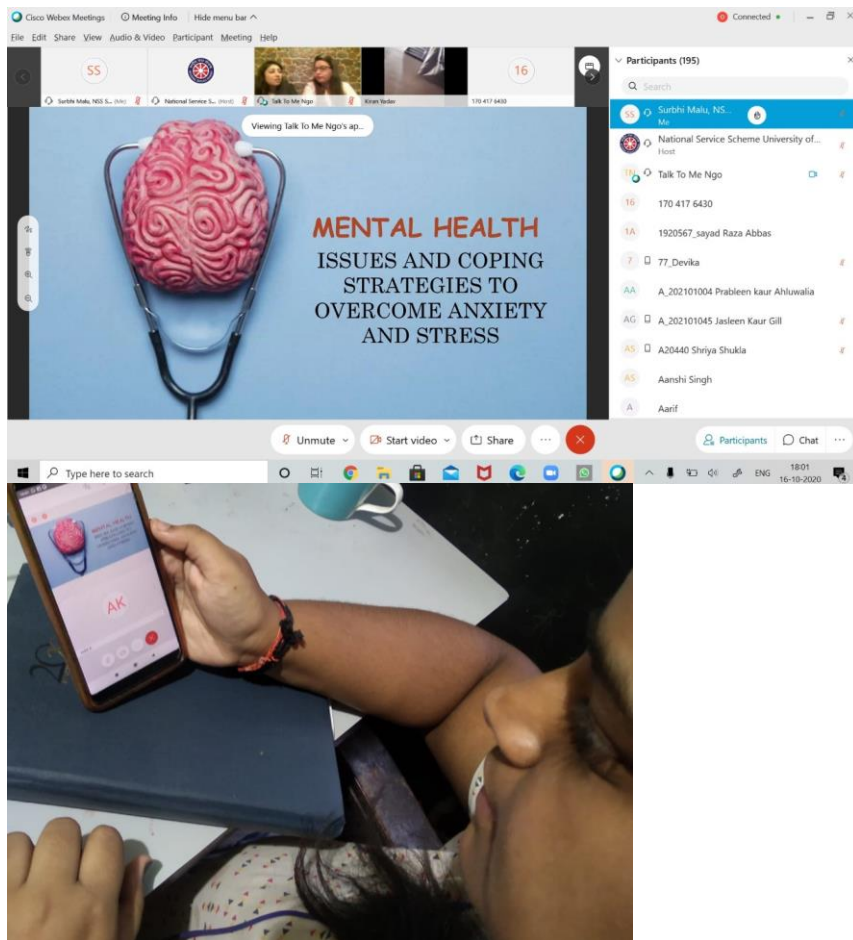
Number of Volunteers: 69

Number of Beneficiaries:

No. of Hours: 1

Type of Hours: University

Brief Report of the event: The **University of Mumbai** in collaboration with **'Talk To Me NGO'** organised a webinar on the topic **"Mental health"** to provide the students with ways to take good care of themselves.



Name of the event: Bottles for Change Orientation

Date: 17 October 2020

Number of Volunteers: 99

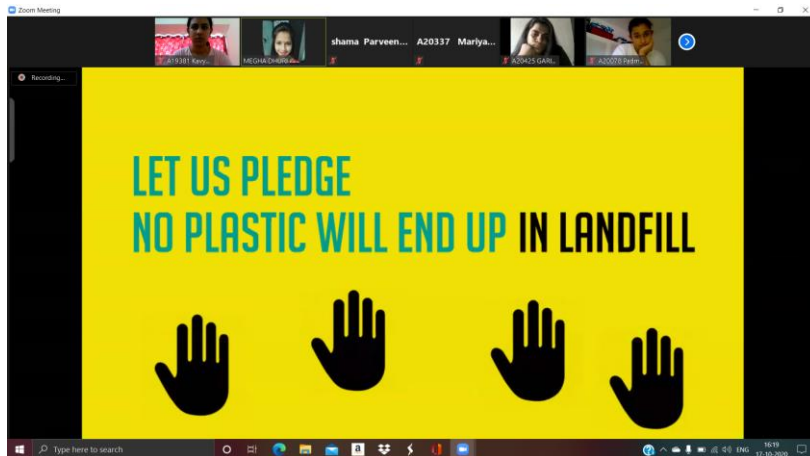
Number of Beneficiaries: 100

No. of Hours: 1

Type of Hours: Campus

Resource Person: Ms. Megha Duri

Brief report on the event: A session on the **importance of plastic recycling** was conducted where our speaker Ms. Megha Duri from Bisleri International Limited, discussed: management of used plastic, **channelizing plastic in the recycle chain** and the **role of every citizen** in this.



Name of the event: Webinar on Youth for Organ Donation Awareness Campaign

Date: 21st October 2020

Number of Volunteers: 117

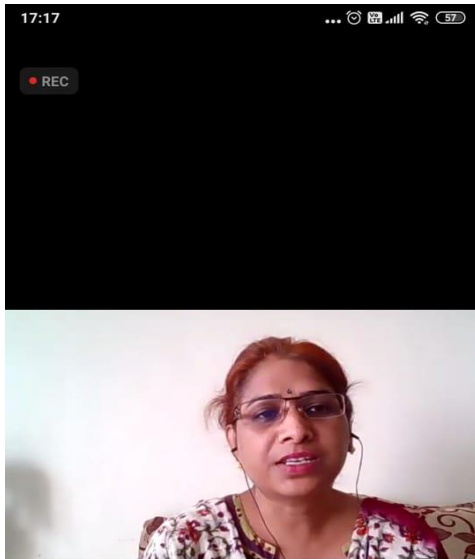
Number of Beneficiaries:

No. of Hours: 1

Type of Hours: University

Resource Person: Mr. Shrikant Apte

Brief Report of the Event: The **NSS Unit of K.C.College, HSNC University** in association with **University of Mumbai** organized a **webinar on “Youth for Organ Donation Awareness Campaign.”** The session was presided by **Mr. Shrikant Apte.**



Name of the event: Youth - The Power of a Nation

Date: 6th November, 2020

Number of Volunteers: 85

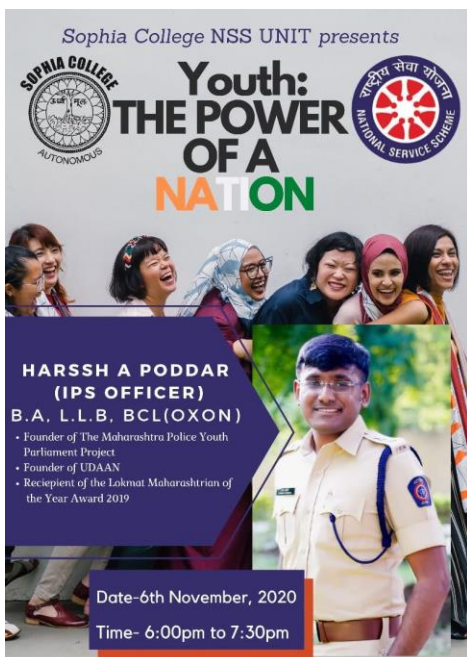
Number of Beneficiaries:

No. of Hours:

Type of Hours:

Resource person: Mr. Harssh A. Poddar

Brief report of the event: IPS Officer, Harssh A Poddar was the esteemed speaker of this session. He talked about a **career in the Civil Services**. Then he sought to **clear out the misunderstanding** that students have of the police. He also talked about law and order with special emphasis on the **importance of the realization of our rights as citizens**.





Name of the event: Smruti Gandh by Balasaheb Thackeray Study Center

Date: 17th November 2020

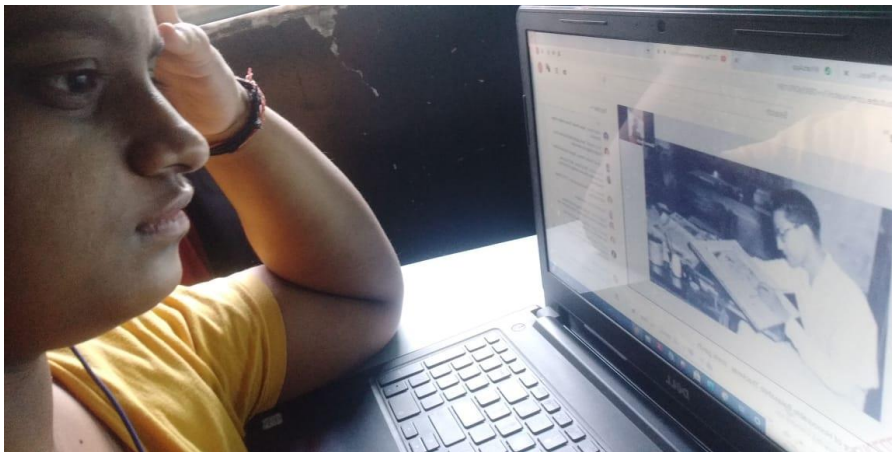
Number of Volunteers: 126

Number of Beneficiaries:

No. of Hours:

Type of Hours: University

Brief account of the event: On the **Memorial Day of Shri. Balasaheb Thackeray**, the **Balasaheb Thackeray Study Center of the University of Mumbai** organised a “**Smriti Gandh**” to commemorate the contributions made by him.



मुंबई विद्यापीठ
मुंबई विद्यापीठ
बाळासाहेब ठाकरे
अध्यासन केंद्र

नि मंत्रण

आदरणीय
बाळासाहेब ठाकरे
स्मृतिदिनानिमित्त
आयोजित कार्यक्रम

• प्रमुख पाहुणे •
श्री. उदय सामंत
मा. उच्च व तंत्र शिक्षण मंत्री, महाराष्ट्र राज्य

• सन्माननीय उपस्थिती •
श्री. रविंद्र वायकर
मा. माजी उच्च व तंत्र शिक्षण राज्यमंत्री, महाराष्ट्र राज्य

डॉ. स्नेहलता देशमुख
मा. माजी कुलगुरू, मुंबई विद्यापीठ

• विनित •
प्रा. सुहास पेडणेकर
मा. कुलगुरू, मुंबई विद्यापीठ

प्रा. रविंद्र कुलकर्णी डॉ. विनोद पाटील
मा. प्र कुलगुरू, मुंबई विद्यापीठ प्रमोदी कुलसचिव, मुंबई विद्यापीठ

मंगळवार, दिनांक १७ नोव्हेंबर २०२०
वेळ: सायंकाळी ५:०० वाजता

कार्यक्रमात सहभागी होण्यासाठी खालील लिंकवर क्लिक करावे
<https://www.youtube.com/channel/UCNQQByo2cn85ijVt2bf07pw>

CLICK HERE

Name of the event: Nasha Mukat Webinar

Date: 23rd November 2020

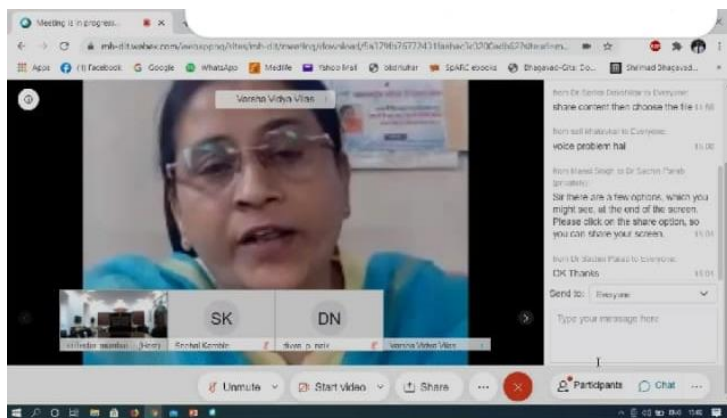
Number of Volunteers:

Number of Beneficiaries:

No. of Hours:

Type of Hours: University

Brief account of the event: The **University of Mumbai** organised a webinar on “**Drug Addiction**” to make the students aware about the harmful effects of using drugs. **Ms. Varsha Vidya Vilas - Co-Convenor at Sadbhavna Sangha** was the speaker of the session.



Name of the event: MDACS Quiz contest on HIV/AIDS

Date: 24th November 2020

Number of Volunteers:

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The **Mumbai District AIDS Control Society (MDACS)** in collaboration with the **University of Mumbai** organised a **Quiz Contest** on the topic **“HIV/AIDS.”**

Name of the event: Webinar on “The Constitution of India - with special reference to Fundamental Duties”

Date: 26th November 2020

Number of Volunteers: 189

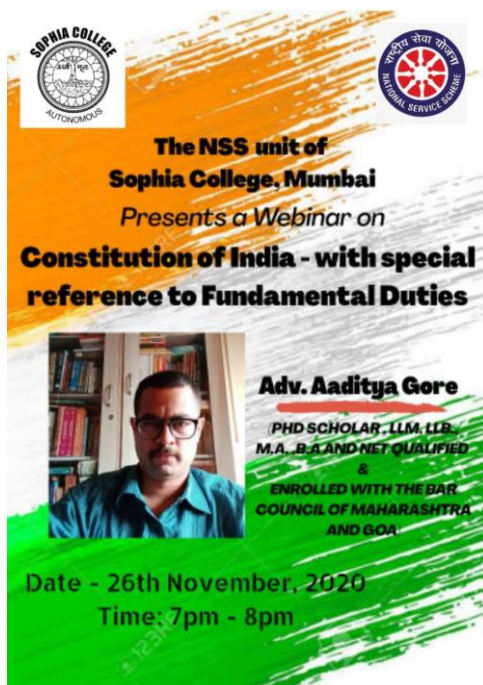
Number of Beneficiaries:

No. of Hours:

Type of Hours:

Resource Person: Adv Aditya Gore

Brief report of the event: A webinar was conducted on the occasion of the Constitution Day. The session began with the moderator reading the preamble along with the audience. Adv. Aaditya Gore talked about the **different aspects of The Constitution of India** and showed us **various Fundamental Duties in the Constitution** of different countries.



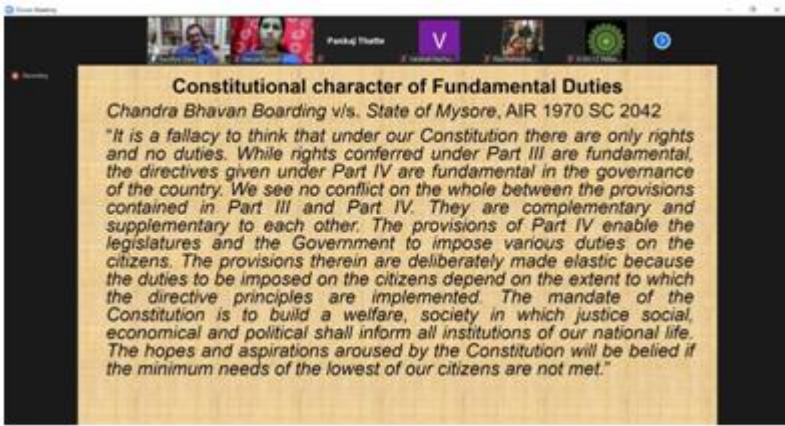
SOPHIA COLLEGE
AUTONOMOUS

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

The NSS unit of
Sophia College, Mumbai
Presents a Webinar on
Constitution of India - with special
reference to Fundamental Duties

Adv. Aaditya Gore
PHD SCHOLAR, LL.M, LL.B.
M.A., B.A AND NET QUALIFIED
&
ENROLLED WITH THE BAR
COUNCIL OF MAHARASHTRA
AND GOA

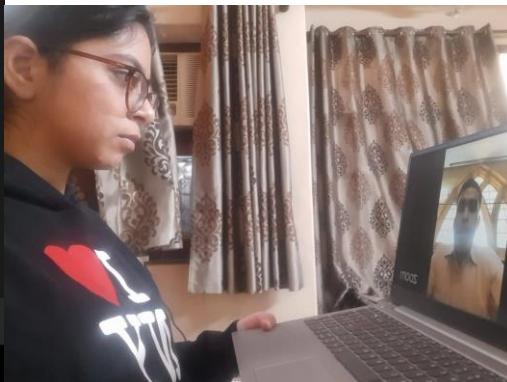
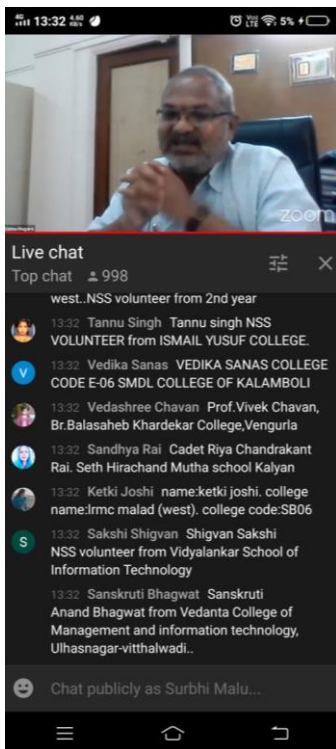
Date - 26th November, 2020
Time: 7pm - 8pm



Name of the event: Sanvidhan Diwas

Date: 26th November 2020

Number of Participants: 122



Name of the event: Hemoglobin levels and Women's hygiene.

Date: 28th November 2020

Number of Volunteers: 107

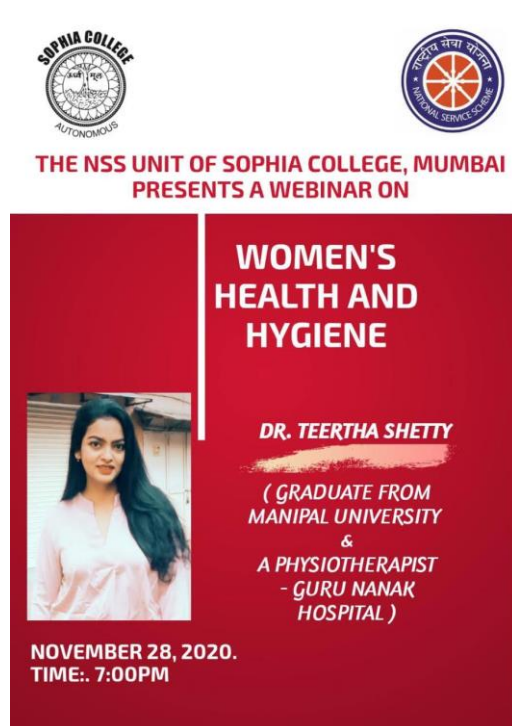
Number of Beneficiaries: 109

No. of Hours: 1

Type of Hours: Campus

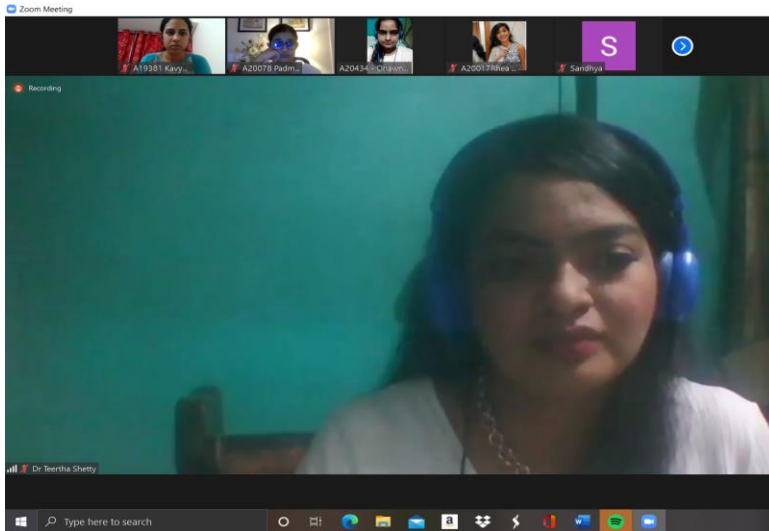
Resource Person: Dr. Teertha Shetty

Brief report of the event: The webinar was held to communicate personally to all the volunteers about one of the most **important topics yet one of the least spoken about** that is hemoglobin levels and Women's hygiene. It **helped normalize topics** such as menstruation.



The poster is for a webinar titled "WOMEN'S HEALTH AND HYGIENE" presented by the NSS Unit of Sophia College, Mumbai. It features a portrait of Dr. Teertha Shetty, a graduate from Manipal University and a physiotherapist at Guru Nanak Hospital. The event is scheduled for November 28, 2020, at 7:00 PM. The poster includes the logos of Sophia College and the NSS Unit.





World Aids Week

SOPHIA COLLEGE, MUMBAI
THE NSS UNIT PRESENTS HIV/AIDS AWARENESS WEEK WITH THE FOLLOWING COMPETITIONS

1) SLOGAN WRITING 2) POSTER MAKING
3) QUIZ COMPETITION 4) MYTHS AND FACTS

DATE: DEC 4, 2020 TO DEC 6, 2020

PARTICIPATION CERTIFICATES WILL BE GIVEN TO ALL.
CERTIFICATE OF APPRECIATION WILL BE GIVEN TO TOP 7 ENTRIES.

FOLLOW US ON INSTAGRAM : [NSS_SOPHIA](#)

Event 1: HIV/Aids Awareness Quiz

Date: 4th December - 6th December 2020

Number of Volunteers: 126

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The event was aimed at spreading **awareness about HIV/AIDS.**

The quiz helped the participants know how much knowledge they had on the topic and helped them **learn more about the topic.**

12:14 docs.google.com

There exist a lot of myths about HIV and AIDS. This competition aims at busting some of these myths and educating the participants with a few facts. The following has five sets of one myth and a fact each. Participants are expected to attempt all five sets of questions by choosing what they think the myth is, and giving a unique solution to combat the spread of that particular myth, in the dialogue box given under the question.

1. Identify the myth: *

Many people who have acquired the virus experience flu-like symptoms at first.

HIV/AIDS can be transmitted through insect bite.

Your suggestion to deal with the myth: *

Say a mosquito sucks blood from a positive person and then bites a negative person, the saliva is left back and not the previously ingested blood. So simple awareness needs to be spread

2. Identify the myth: *

A strong immune system puts you at a lower risk of acquiring HIV/AIDS

12:15 docs.google.com

2. Identify the myth: *

A strong immune system puts you at a lower risk of acquiring HIV/AIDS

A woman can give birth to a healthy baby in spite of being HIV-positive

Your suggestion to deal with the myth: *

Unsure

3. Identify the myth: *

Sharing or re-using needles to inject drugs makes one vulnerable to HIV/AIDS

Having HIV means one has AIDS

Your suggestion to deal with the myth: *

HIV leads to AIDS, so if treated in an earlier stage it would cure that individual. Pamphlets and leaflets can be used to spread awareness.

Event 2: Slogan Writing Competition

Date: 4th December - 6th December 2020

Number of Volunteers: 11

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The participants were asked to get **creative** with their words and come up with slogans to help **debunk and educate on the topics of HIV/Aids.**



Let's spread awareness about HIV/AIDS, it cannot be treated through any meds, it has led many people to their death beds. Therefore, drop the myths you have been fed, and read up on what WHO has said.



Event 3: Poster Making Competition

Date: 4th December - 6th December 2020

Number of Volunteers: 10

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: This event aimed at **spreading awareness** and to put a **stop to the harmful stereotyping** of the illness and educate people through **thought provoking posters**.



Event 4: HIV/Aids and The Fallacies around it

Date: 4th December - 6th December 2020

Number of Volunteers: 79

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: This event was conducted to increase the knowledge about the topic while at the same time dismiss any misinformation the participants may have. They were also asked to suggest methods by which the persisting myths could be debunked.

12:14 docs.google.com

There exist a lot of myths about HIV and AIDS. This competition aims at busting some of these myths and educating the participants with a few facts. The following has five sets of one myth and a fact each. Participants are expected to attempt all five sets of questions by choosing what they think the myth is, and giving a unique solution to combat the spread of that particular myth, in the dialogue box given under the question.

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Many people who have acquired the virus experience flu-like symptoms at first.

HIV/AIDS can be transmitted through insect bite.

Your suggestion to deal with the myth: *

Say a mosquito sucks blood from a positive person and then bites a negative person, the saliva is left back and not the previously ingested blood. So simple awareness needs to be spread

2. Identify the myth: *

A strong immune system puts you at a lower risk of acquiring HIV/AIDS

12:15 docs.google.com

2. Identify the myth: *

A strong immune system puts you at a lower risk of acquiring HIV/AIDS

A woman can give birth to a healthy baby in spite of being HIV-positive

Your suggestion to deal with the myth: *

Unsure

3. Identify the myth: *

Sharing or re-using needles to inject drugs makes one vulnerable to HIV/AIDS

Having HIV means one has AIDS

Your suggestion to deal with the myth: *

HIV leads to AIDS, so if treated in an earlier stage it would cure that individual. Pamphlets and leaflets can be used to spread awareness.

FIT India

Event 1: Prabhat Pheri

Date: 5th December 2020

Number of Volunteers: 20

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The volunteers were required to do **indoor physical exercises** from 8:00 am to 8:30 am. This was to encourage physical activity during lockdown inside the house. And then they were asked to go for a **half an hour walk**, while wearing masks and taking care of every precaution to keep themselves safe.



AN INITIATIVE BY

**FIT
INDIA**

PRABHAT PHERI

Walking towards a healthier you!

Date: 1st to 6th December



Event 2: FIT India Webinar

Date: 5th December 2020

Number of Volunteers: 20

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Resource Person: Mr Manish Jaiswal

-Marathon and Fitness Coach

Brief report of the event: The webinar was very informative and focused on the **physical health of people**. Mr Manish Jaiswal took the initiative to teach the volunteers different types of **exercises** from warm ups to body cool downs. Volunteers found it really interesting and were grateful that all their doubts were cleared and answered. They came to know various exercises to **boost their health** better.



Exercise is the key not only to physical health
but to peace of mind.



SOPHIA COLLEGE NSS UNIT

brings to you

★FIT INDIA WEBINAR.★



Graced by



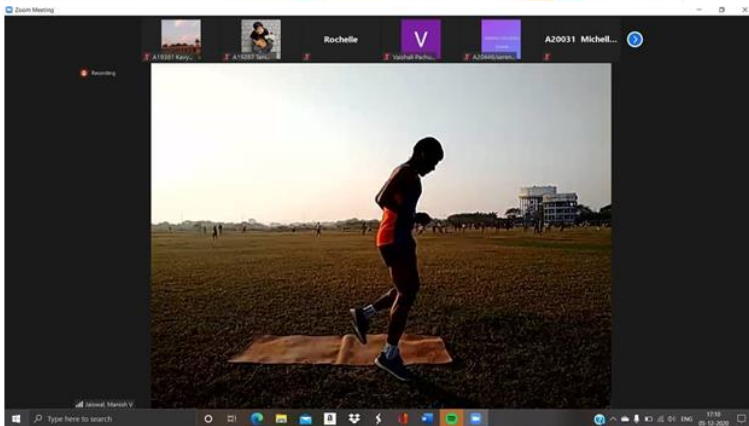
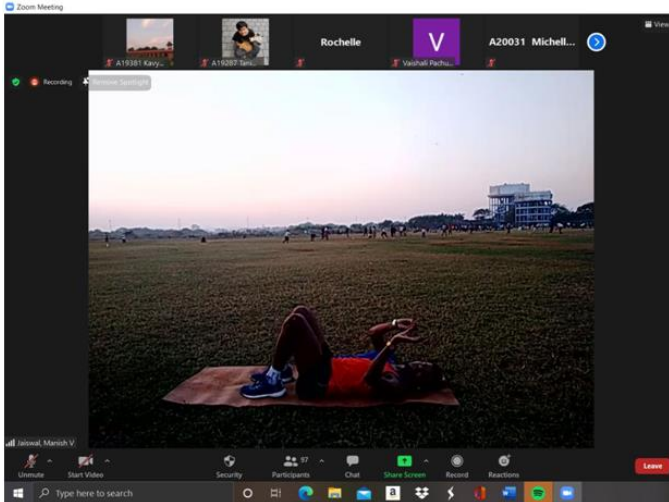
★ MANISH JAISWAL ★

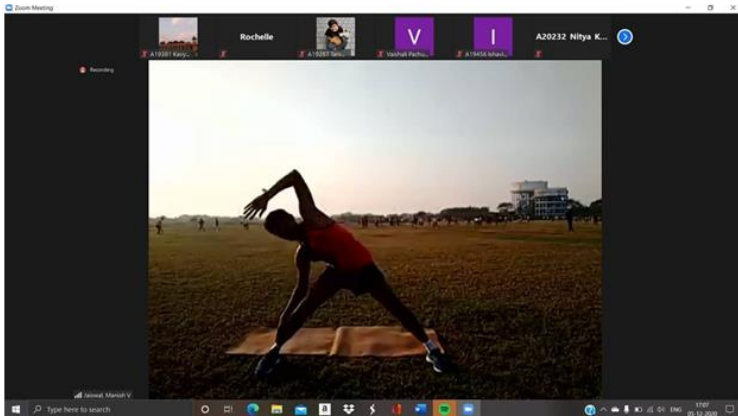
- Marathon and Fitness Coach,
- Chief Coach of Snails2Bolt Fitness Club (Pan India),
- Podium Finisher, Ultra Finisher,
- and Cyclist



Time:5:00 pm to 5:45 pm

Date:06-12-2020





Name of the event: Inauguration Ceremony for Dr. Babasaheb Ambedkar International Research Center

Date: 6th December 2020

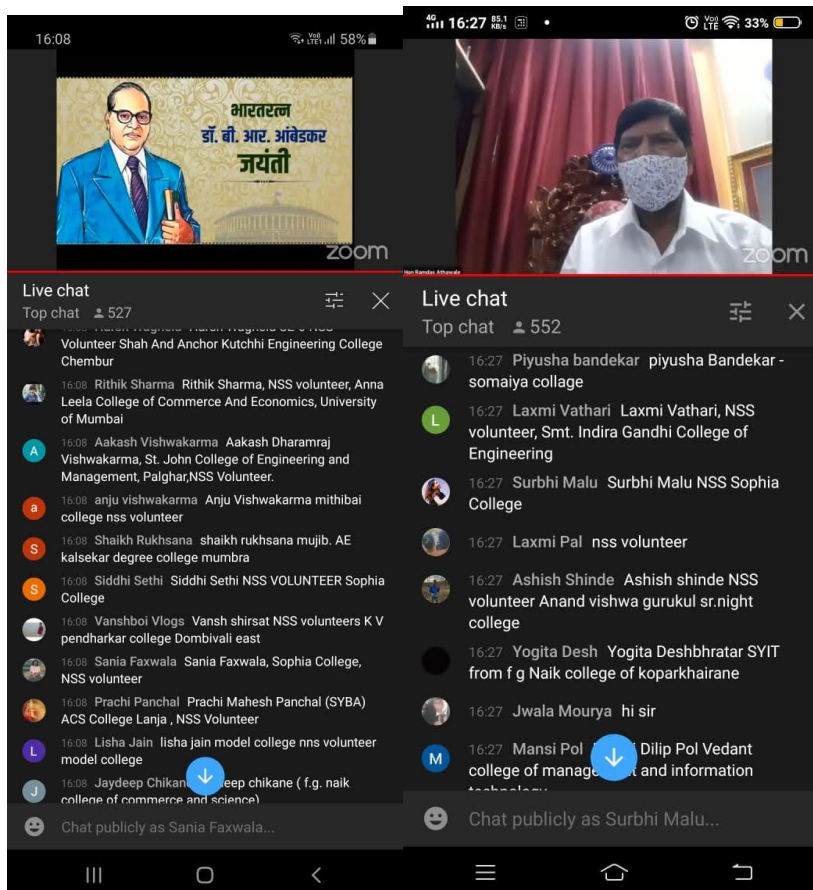
Number of Volunteers: 147

Number of Beneficiaries: 550

No. of Hours:

Type of Hours: University

Brief report of the event: The **University of Mumbai** organised an **Inauguration Ceremony for Dr. Babasaheb Ambedkar International Research center** to commemorate the contributions made by **Dr. Ambedkar**.



मुंबई विद्यापीठ
डॉ. बाबासाहेब आंबेडकर
आंतरराष्ट्रीय संशोधन केंद्र
कोनशिला अनावरण समारंभ

रविवार, दिनांक १६ डिसेंबर २०२० • संध्या. ४:०० वा.

नि मंत्रण

प्रमुख पाहुणे

श्री. उद्भव ठाकरे
मा. मुख्यमंत्री, महाराष्ट्र राज्य

श्री. अजित पवार
मा. उपमुख्यमंत्री, महाराष्ट्र राज्य

प्रमुख उपस्थिती

श्री. शरदचंद्र पवार
मा. माजी मुख्यमंत्री तथा खासदार, राज्यसभा

सन्माननीय उपस्थिती

श्री. आदित्य ठाकरे
मा. वकील, कोर्टात, नवी मुंबई
अतिरिक्त, महाराष्ट्र राज्य सरकार
पुणे जिल्हा शाखा

श्री. उदय सामंत
मा. वकील, जज व ज्येष्ठ वकील,
महाराष्ट्र राज्य

श्री. प्राज्वल तनपुरे
मा. खासदार, जज व ज्येष्ठ वकील,
महाराष्ट्र राज्य

प्रा. सुहास पेडणेकर
कुलगुरु, पुणे विद्यापीठ

प्रा. रविंद्र कुलकर्णी
कुलगुरु, पुणे विद्यापीठ

विनित

प्रा. प्रदुल निके
सहसंचालक, डॉ. बाबासाहेब आंबेडकर आंतरराष्ट्रीय
संशोधन केंद्र, पुणे विद्यापीठ

डॉ. बळीराम मायकपाड
ज्येष्ठ उपस्थिती,
पुणे विद्यापीठ

कार्यक्रमात सहभागी होण्यासाठी खालील लिंकवर क्लिक करावे
<https://www.youtube.com/channel/UCHOQByo2cn85jVt2h87pw> **CLICK HERE**

Name of the event: GLC NSS - Webinar on Organ Donation

Date: 16th December 2020

Number of Participants:

Type of Hours: Uni

Brief report of the Event: The **GLC National Service Scheme** unit supported by the **Rotary District 3141** organised a session on “**Organ Donation.**” The session was presided by **Dr. Harmindar Singh (Project Director for Organ Donation), Dr. Sunil Keswani (Project Director for Skin Donation) and Dr. Girish Trivedi (Project Director for Eye Donation).**

NATIONAL SERVICE SCHEME
GOVERNMENT LAW COLLEGE

Rotary
District 3141




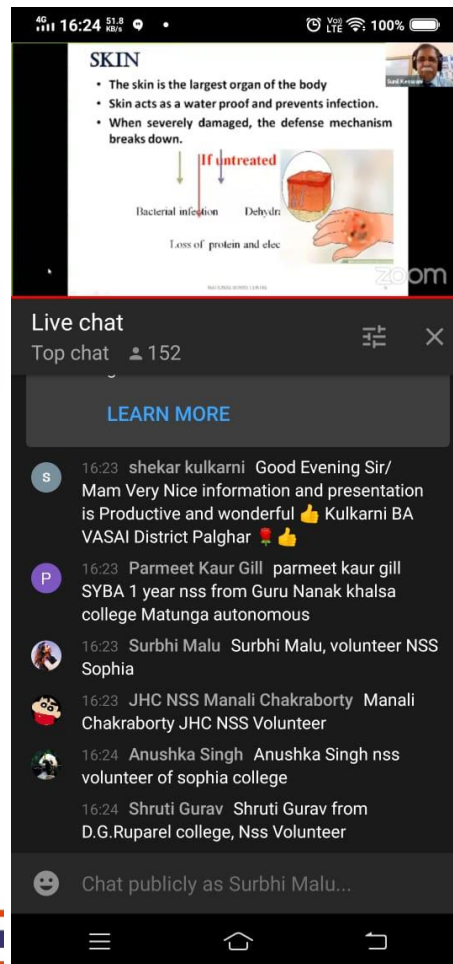
Organ Donation Awareness
16-12-2020
4 to 5pm

Speakers:-

- Harmindar Singh - Organ Donation
- Dr. Sunil Keswani - Skin Donation
- Dr. Girish Trivedi - Eye Donation

Most would take an organ
Many would be happy to donate
Only a few are registered donors

It's time to talk about Organ Donation

4G 16:24 51.9 KB/s 100%

SKIN

- The skin is the largest organ of the body
- Skin acts as a water proof and prevents infection.
- When severely damaged, the defense mechanism breaks down.

If untreated

Bacterial infection Dehydr

Loss of protein and elec

Zoom

Live chat
Top chat 152

[LEARN MORE](#)

16:23 shekar kulkarni Good Evening Sir/ Mam Very Nice information and presentation is Productive and wonderful 👍 Kulkarni BA VASAI District Palghar 🍷👍

16:23 Parmeet Kaur Gill parmeet kaur gill SYBA 1 year nss from Guru Nanak khalsa college Matunga autonomous

16:23 Surbhi Malu Surbhi Malu, volunteer NSS Sophia

16:23 JHC NSS Manali Chakraborty Manali Chakraborty JHC NSS Volunteer

16:24 Anushka Singh Anushka Singh nss volunteer of sophia college

16:24 Shruti Gurav Shruti Gurav from D.G.Ruparel college, Nss Volunteer

Chat publicly as Surbhi Malu...

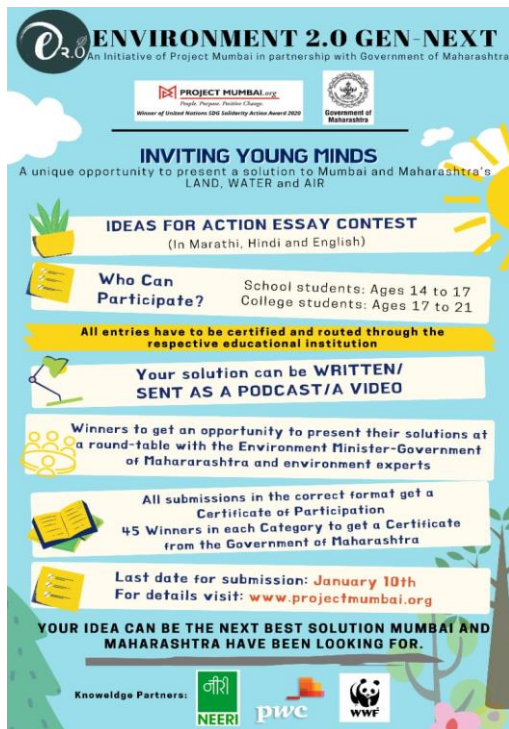
Name of the event: Environment 2.0 Gen-Next (GOM) Essay Contest

Date: 31st December 2020

Number of Participants: 5

Type of Hours: Uni

This event was an **initiative of project mumbai** in partnership with the government of maharashtra. It gave the participants an opportunity to present **unique and creative solutions** for Mumbai and **Maharashtra's Land, Water and Air**.



ENVIRONMENT 2.0 GEN-NEXT
An Initiative of Project Mumbai in partnership with Government of Maharashtra

PROJECT MUMBAI.org
People's People's Initiative Group
Winner of United Nations SDG Solution Pitch Award 2020

Government of Maharashtra

INVITING YOUNG MINDS
A unique opportunity to present a solution to Mumbai and Maharashtra's LAND, WATER and AIR

IDEAS FOR ACTION ESSAY CONTEST
(In Marathi, Hindi and English)

Who Can Participate?
School students: Ages 14 to 17
College students: Ages 17 to 21

All entries have to be certified and routed through the respective educational institution

Your solution can be WRITTEN/ SENT AS A PODCAST/A VIDEO

Winners to get an opportunity to present their solutions at a round-table with the Environment Minister-Government of Maharashtra and environment experts

All submissions in the correct format get a Certificate of Participation
45 Winners in each Category to get a Certificate from the Government of Maharashtra

Last date for submission: **January 10th**
For details visit: www.projectmumbai.org

YOUR IDEA CAN BE THE NEXT BEST SOLUTION MUMBAI AND MAHARASHTRA HAVE BEEN LOOKING FOR.

Knowledge Partners: **नीरो NEERI**, **pwc**, **WWF**

Name of the event: Letter to Martyr

Date: 15th January - 16th January 2021

Number of Volunteers: 13

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The volunteers wrote a letter to the martyr(s) on the **occasion of Army Day** to express gratitude to the brave hearts of the nation. Their selfless **service was honoured and appreciated**. The volunteers were glad to express their thoughts and honour the fallen soldiers on the occasion of Army Day. They expressed themselves **through letters appreciating the efforts of the fallen men**. They were also elated to have been able to honour the efforts through this initiative.

Mariyah Khatri
S.Y.B.Sc

Subject: Letter to Martyr(s)

Dear Soldiers/Martyr(s),

I, Mariyah Khatri, from S.Y.B.Sc, is writing this letter to thank you for all the sacrifices you have made.

Being a soldier, doesn't just mean leaving your house and going out and killing enemies. The fact that you leave your house is itself a big sacrifice, not meeting your family for months, and even the fact that no matter what happens you are ready to sacrifice your life just so we, our families, your family and every citizen can live in peace.

I pray that all other soldiers out there on field are safe, all martyrs who have sacrificed their life may their soul rest in peace, and may God give strength to all your families to deal with any circumstances they go through. I have great respect for every soldier and all those included in army.

Lastly i would really like to thankyou all with all my heart for having this courage and strength to do all the things you do.
Jai Hind.

Dear Soldier,

Happy Army's Day. A day where there are immense joy and respect for y'all. A day to gratitude ourselves for y'all. Each passing day I have been safe is because of you. You are the greatest asset to my county. You have sacrificed yall your interest in the interest of the country. Being a soldier is the toughest thing to do in the world, your lives are very tough. Yall are the guardians of my country and protect the nation at all costs. If my country sleeps today it is because of YOU! You have joined the army out of love for the motherland and took an oath to protect it no matter what and due to which my love for every soldier grows stronger and deeper. Even though you face numerous challenges every day, you stand upright with a smile and the same dedication to save my county. You have never backed down from my county. You stood straight to battle all your problems and ready to face death also for my country. You never take a day off, even if it's while sleeping or on the battlefield. In case of emergencies, you have secured all our borders. You have handled every situation with grace and calmness, whether it was a terrorist attack or natural calamity. Being a guardian protector is not an easy task. You have so many challenges that even a sane normal person cant do it. You have lived for months away from your loved ones and without a day off which affects your emotional and mental health and still ready to fight for me. Soldier. I am lucky to be born in India and be a citizen of this country because of the love and protection I get from my fellow jawans. You have stood strong like a pillar. I feel remorse with the quantity of the food you get and then go to fight our battles. the food rationing is low and you get posted in remote areas without any signal. You also have to make do in the harshest of weather conditions. It does not matter if it is scorching hot or chilling cold, you have been out on the battlefield. You do not even get enough bulletproof equipment that will keep you safe still you would choose to protect and save our lives. Thank you the Siachen warriors, You have earned huge respect from me today. On the ice, you have protected me. In the ice, you have lived with food. THANK YOU SO MUCH.

Please know that millions of proud Indians support you! We are always grateful for your sacrifice and dedication and we wish you the best of luck. God love you and protect you!!

You're not forgotten. We know you're still out there, separated from your families, often under intolerable circumstances. Be strong. We're waiting for your honorable return home.

Vande Mahatram.

Aapka Desh Premi.

Michell.

Stay safe and Take care. WE LOVE YOU, SOLDIERS.

Jai Hind.

Road Safety Awareness Week

Event 1: Quiz on Road Safety

Date: 24th January - 28th January 2021

Number of Volunteers: 98

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the events: The quiz was held to test the knowledge of the participants on road safety and regulations and help them learn more in the process.

Event 2: Road Safety Poster and Slogan Competition

Date: 24th January - 30th January 2021

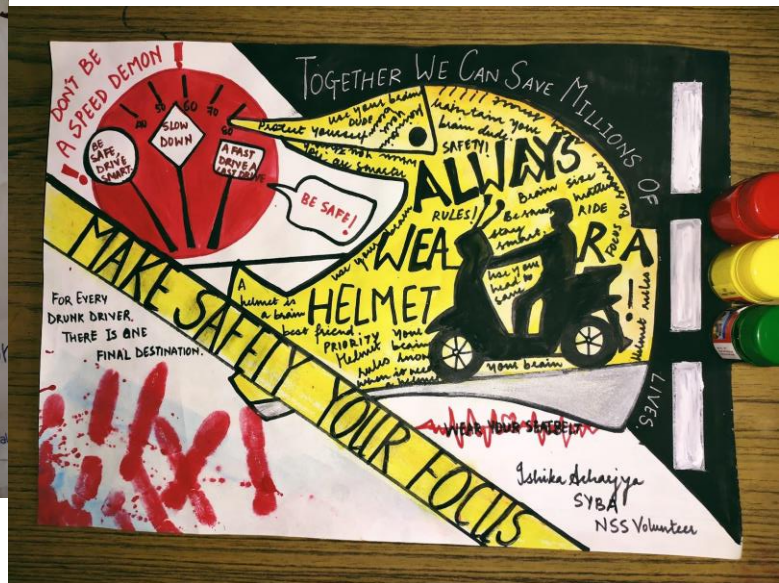
Number of Volunteers: 123

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the events: The aim of this activity was to be concerned about people and their lives and not to take them for granted. Volunteers of Sophia College made an attempt to create awareness towards the importance of road safety while driving and walking on the roads by making posters and writing thoughtful slogans on the topic.



Name of the event: Parakram
Diwas

Date: 23rd January - 24th January 2021

Number of Volunteers: 11

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the events: On the birth anniversary of late Netaji Subash Chandra Bose an essay competition was organised to honour the words of Netaji "One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives." The essay highlighted this quote and the participants came up with different metaphors and examples to capture its true essence.

"One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives." Life of a human body is mortal. No matter how much we try one day we all have to die. But what lives behind us are our ideologies, beliefs, thoughts and achievements that incarnates itself in the generations to come for what its worth. Even if a person dies, his ideas will survive. These ideas will be then followed by other people of similar mindsets. Above given quote was given by Netaji Subhash Chandra Bose, India's formidable freedom fighter who was vocal enough to call the youths of the nation to fight for their Independence from the British rule. Netaji led the youth wing of the Indian National Congress in the late 1920s. he was of India's greatest patriots and died on 18 August in the year 1945 and even after his death his words still continue to inspire and motivates millions. India's freedom struggle is the biggest evidence of the belief that if a single person tries to change the world, he can't bring the change himself, it needs collective support. So, if he sparks an idea, idea can live forever, people can take the legacy forward and attain the goal. For example, Bhagat Singh, Sukhdev, and raj guru they all were vocal critics of the British rule and wanted India to be an independent country. And in order to bring this revolution they lost their lives. Their death solely couldn't bring independence but it surely moved others, it sparked the light of patriotism in others and gave a new rise to the

As correctly put by Minot J. Savage, the brave never die, their braveness inspires thousands of living men. This truly captures the essence of Netaji's words, "One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives" in my opinion. Every soldier, who fights not because he hates what is in front of him, but for what he loves behind him, is brave. He is brave to leave everything behind for the cause of the country. He is brave to stand in front of the enemy. He is brave for he doesn't fear death. When this soldier falls, his courage motivates each citizen to uphold the honour of the country that the soldier, even through his last breaths, was shielding.

According to me, a soldier sacrifices his life in the battle field believing in the idea of how great a nation his nation can be. He passes away still hoping that there will come many more such patriots who shall strive for the same cause. His demise stirs patriotism in not only his fellow soldiers, but each citizen too. It inspires everyone in the country to honour the belief of a great nation. This is seen in India too. Every person, irrespective of their caste, creed, gender etc comes together to mourn a Martyr. In all of them, incarnates itself the beliefs of the fallen soldier. This is how I think Netaji's words resonate with a soldier.

Name of the event: Blood Donation Drive - Sawant Kem Blood Bank

Date: 24th January 2021

Type of Hours: Uni

Number of Participants: 1

Republic Day Events

Event 1: Quiz on Republic Day

Date: 24th January to 27th January

Number of Volunteers: 297

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: It aimed to refresh the age-old knowledge that we have been learning about our dear country and **increase familiarity about different aspects of Republic India.** They got to refresh their memory and also at the same time got to learn **new facts about the Constitution of India.**

1. Which important human right is protected in Article 21 of the Constitution of India? *

- a) Right to Equality
- b) Right to life and liberty
- c) Right to Freedom of Speech and Expression
- d) Right to education

2. When did India enforce its Constitution? *

- a) 15th August 1947
- b) 26th January 1950
- c) 9th December 1946

8)The concept of 5-year plan was borrowed into the Indian Constitution from which among the following constitution? *

- a) USSR
- b) USA
- c) Ireland
- d) Canada

9. On Republic Day, how many gun salutes are presented to the "President of India"? *

- a) 24
- b) 30
- c) 25

Event 2: Frame an Act

Date: 24th January to 27th January

Number of Volunteers: 21

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The main idea of the event was for all the volunteers to brainstorm acts which can make our **Constitution better** and more open to everyone around us . They had to think of two acts which would be **a great addition to our Constitution with the aim to achieve stability** and make it more welcoming for people with any gender , race , sexualities etc .The responses received opened a whole new world of maturity. The volunteers enjoyed this event since it was out of the box and their opinions had a medium to be expressed .

1. Death penalty should be strictly enforced for rape cases, irrespective of gender.
2. Reservation system should be completely abolished, admissions or positions in society should be given on purely merit basis.

- Reservation should only be on the basis of economic disparity and not on the basis of caste, creed and religion

- Provision to disenfranchise a person involved in crimes like rape, murder etc.

- Act related to media biases should be included so that media should remain within its powers and limitations.

- Act to promote free higher education for girl child.

1. recognise marital rape and make it punishable by law. right now, the people suffering have to use a different law to obtain justice and relief.
2. change reservation based on caste to reservation based on finance difficulties to pursue the goal of equality of opportunity.

1) ACT: ONE SHOULD SAVE 1 LITER OF WATER EVERY DAY AS THE PERCENTAGE OF WATER IS GETTING LOWER DAY BY DAY WHICH IS NOT KNOWN TO MUCH PEOPLE .

2) AMENDMENT: I would like to change the skin-to -skin contact rule by the high court judge to be null and void.

Event 3: Face Painting

Date: 24th January to 27th January

Number of Volunteers: 15

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The volunteers represented **the spirit of Republic Day** with the help of face painting. They sent in splendid entries displaying their creativity. They used the tricolours to paint their faces and represent flags, flowers and other forms of drawing. The volunteers enjoyed the challenge and instilled in them a sense of national **pride and a fervour of patriotism**



Event 4: Rangoli Making

Date: 24th January to 27th January

Number of Volunteers: 22

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: In the spirit of Republic Day we tried to instill a sense of pride in all the students by asking them to make **beautiful rangolis with common things found at home** in means of making them feel more resourceful. The responses received beautifully depicted the **essence of Republic Day**. Time and efforts taken by the volunteers were visible through the beautiful arts created by each and every volunteer. Overall it was a great response.



Name of the event: Ek Bharat Shreshta Bharat

Date: 27th January 2021

Number of Volunteers: 93

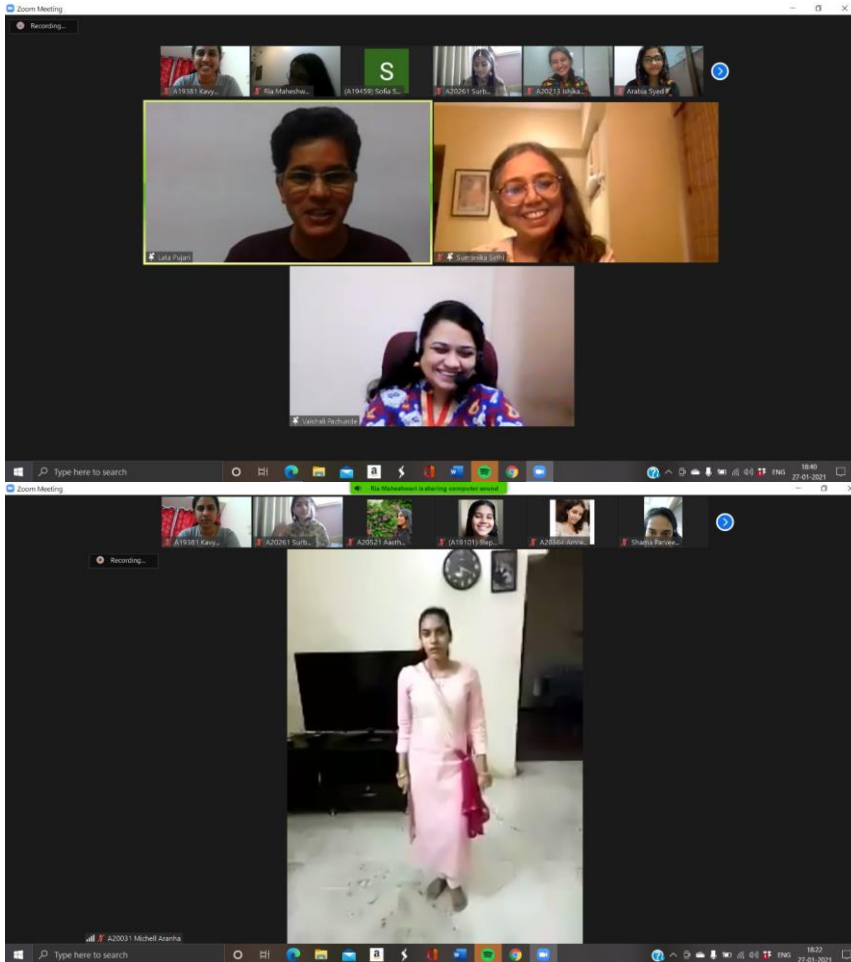
Number of Beneficiaries:

No. of Hours:

Type of Hours:

Judges: Ms. Lata Pujari and Mrs. Sumanika Seth

Brief report of the event: An online event where participants were supposed to dress up according to their culture and represent their regional artform was conducted. All the non-participating volunteers attended the event as an audience. Ohawna Shetty, Akshita Sandhu backed the first position. Everyone worked according to the theme very well and the event was a huge success.



Name of the event: The Pad Project documentary screening

Date: 22nd January 2021

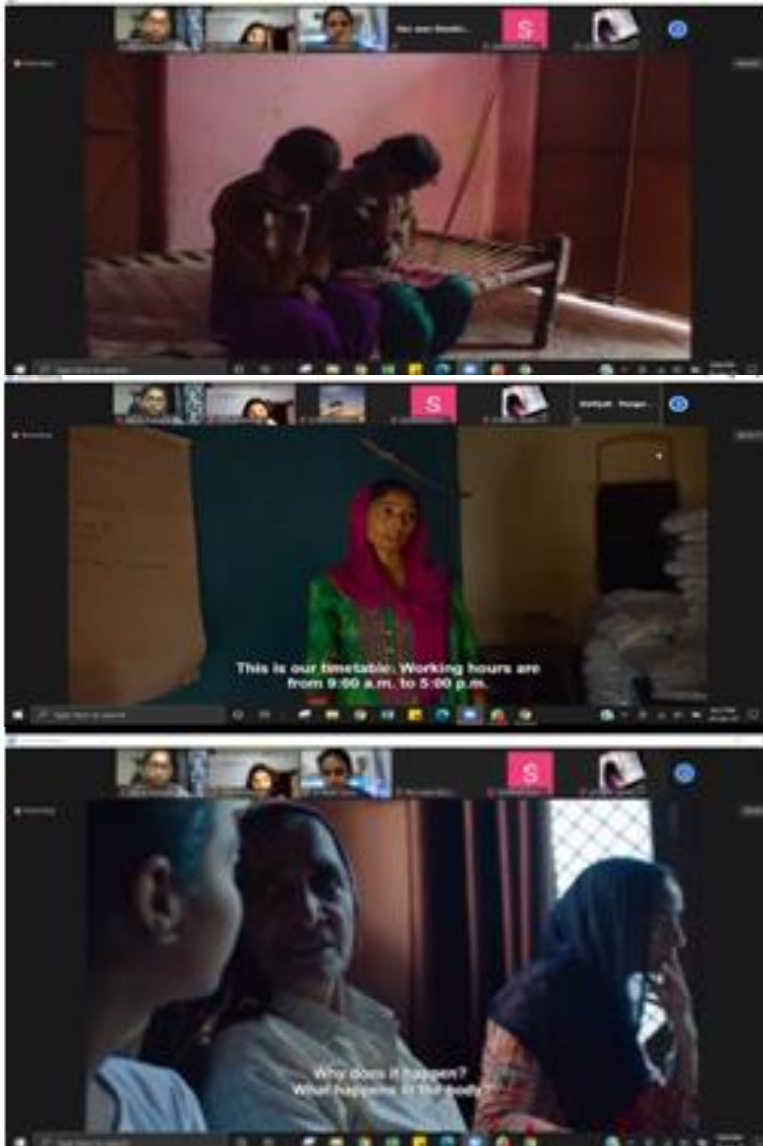
Number of Volunteers: 81

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The Academy Award winning Documentary “**Period. End of A Sentence.**” was screened. The event was conducted to **spread awareness about menstruation** and its **taboos all around India. The short documentary was shown** to brief everyone about the topic. All the volunteers were very responsive after the screening. Each one of them had their **own views and opinions** regarding the topic. They were very glad to see the screening and the approach towards menstruation.



Name of the event: Target Publication Seminar

Date: 25th January 2021

Type of Hours: Uni

Number of Participants: 2

Resource Person: Siddesh Dauskar

The aim of the event was for the participants to be briefed about an **upcoming survey** they needed to be a part of. Participants were divided into groups and given information about how the survey **data was to be collected**. It was a very **interactive and fun project** to be a part of.

Name of the event: GLC- New Labour Codes

Date: 28th January - 31 January 2021

Type of Hours: Uni

Number of Participants: 66

Resource Person: Aditi Saxena. Chandan Kumar. Gunjal Singh. Santosh Puniya.

The 4 day webinar consisted of **various important topics about the new labour codes**. The speakers explained the **wage codes, social security code, Industrial relations code and occupational Safety Hazard Code**. It was presented in a simple and deconstructed way for the participants to understand easily. It was a very informative and eye opening session.

Name of the event: National Quiz on Road Safety Symbols

Date: 28th January - 17th February 2021

Number of Participants: 70

Type of Hours: Uni

The quiz was to spread **awareness about road safety** and assess the knowledge the participants had on the **various elements of road safety**.

Name of the event: 'Safety First' - webinar on road safety

Date: 12th February, 2021

Number of Volunteers: 84

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Resource Person: Adv. Sunandan Rao

-he has been practicing in motor accident claims tribunal and labour court for 29 years

Brief report of the events: The webinar emphasised on the **importance of traffic rules and road safety** and the **dangers of not following the strict regulation** put in place during travelling.



MizaaJ

Event 1: Webinar on Women Empowerment

Date: 11th February 2021

Number of Volunteers: 134

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Resource person:

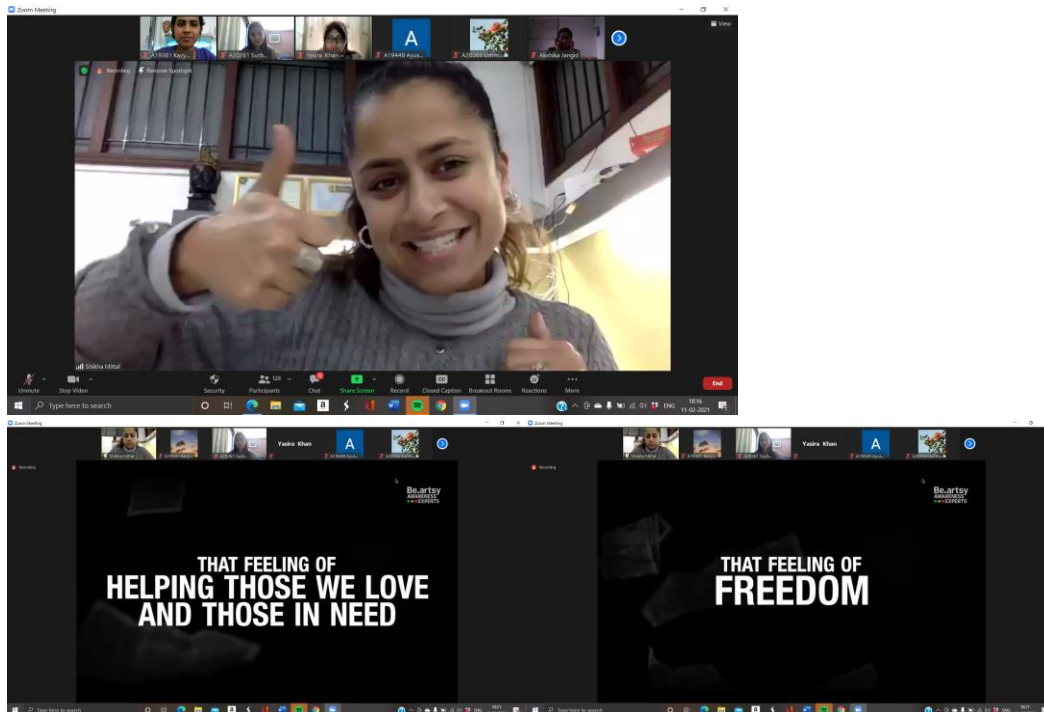
1.Ms. Shikha Mittal

-Founder and director of Be.artsy enterprise

2.Ms. Tanashree Shivalkar

-Founder of Backpackers India

Brief report on the event: The first half of the webinar was focused on **financial independence**. It had a strong message on what financial security meant for a woman. She spoke about **basic financial concepts** and how one could **manage their personal finances** which made the participants **understand the concepts in an effective manner**. The second half of the event was focused on **entrepreneurial opportunities in the field of tourism** and Ms. Shivalkar gave us an **insight into the functioning** of her organization.



Event 2: Self Defense Workshop

Date: 16th February 2021

Number of Volunteers: 132

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Name of the resource person: Ms. Sayali Borkar

- National Referee, Second Dan Black Belt

Brief report of the event: The instructor in charge of the workshop showed the girls how to **defend themselves** in case they face any danger. She demonstrated her training by **staging various scenarios** and the **students tried it out** on the camera.



Event 3: Photography Competition
Date: 16th February 2021

Number of Volunteers: 16

Number of Beneficiaries:

No. of Hours:

Type of Hours:

Brief report of the event: The topic for the competition was 'Helping others is helping your future self' Participants were encouraged to click a picture of them helping someone.



Name of the event: Organ Donation Training

Date: 7th April - 16th April

Number of Volunteers: 45

Number of Beneficiaries: 650

No. of Hours: 20

Type of Hours: University

Brief report of the event: The **University of Mumbai** in collaboration with **V4organs Foundation** designed an '**Online training program on organ donation awareness**' consisting of 9 sessions for the students as assured to the **Hon'ble Vice Chancellor**.

Nature of Online Training Program on Organ Donation

Subject of Organ Donation Awareness is divided into 8 chapters. Everyday one chapter and objective type questions on the same will be supplied to the students, compiled in Google Quiz format. On submission of answers the score of the student will be displayed on the mobile screen along with corrections to erroneous answers. Thus, the knowledge will be strengthened & updated.

On completion of the Training, an on-line certificate will be awarded.

