



Sophia College for Women
Empowered Autonomous

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An Institution of
the Society for the Higher Education
of Women in India



SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS), MUMBAI

Report of NSS activities (2020-2021)

The NSS Unit of Sophia College aims to develop student's personality through community service. The NSS Unit's motto "Not Me, But You" reflects the essence of democratic living and upholds the need for selfless service.

The year commenced with a cultural exchange program in collaboration with the Russian Centre for Science and Culture and Sophia Centre for Women's Studies and Development. The program was a beautiful amalgamation of the Indian and Russian cultures as students from both countries showcased their culture through several performances. In May, when our country was under the tight grip of the coronavirus, our volunteers stepped forward to ensure that sanitation drives were conducted in their respective societies and made arrangements to have sanitisers at the entrance of their buildings and organized a drive to donate food grains, masks and other essentials to the people in need. The sudden pandemic with unknown implications deterred everyone's immunity. Thus, our programme officers, Dr Vaishali Pachunde and Ms Rochelle Ferns distributed Arsenic Album 30, a homoeopathy drug, to help boost immunity in their residential areas.

On the occasion of World Nature and Conservation Day, the volunteers carried out a tree plantation drive and planted various saplings in their residential areas. On Independence Day, the volunteers took part in various inter-collegiate activities organised by the Unit including a webinar in collaboration with the NSS Cell of Mumbai University and Sports Department of Sophia College on the topic 'Armed Forces-An Insight'. The webinar was graced by our honourable guest speakers, Colonel HS Grewal and Captain Suresh K Vanjari who shared inspirational stories and explained various career opportunities in the armed forces.

Pachunde

A.P. Pakil

PRINCIPAL

SOPHIA COLLEGE FOR WOMEN
BHULABHAI DESAI ROAD,
MUMBAI - 400 026.



In September, the NSS Unit organised a webinar on 'Leadership and Team Building' in collaboration with the Public Concern for Governance Trust and the IQAC Cell of Sophia College. The honourable Former Police Commissioner of Mumbai, Shri Julio Rebeiro was our speaker for the event. To help schools grappling with remote learning due to the digital divide, the Unit organised "The Shiksha Project" under which our volunteers created around 200 educational videos which were shared with the Zilla Parishad School of our adopted village 'Haloli' in Palghar district and Jagganath Shankarsheth Municipal School located at Nanachowk, Mumbai.

In November, 'Youth - The Power of a Nation' a university-level webinar was organised. Mr Harsh A. Poddar, an IPS Officer was the esteemed speaker for the webinar. On the occasion of World AIDS Day, several activities were organised to spread awareness and debunk myths about the condition.

In January, Road Safety Week was observed and the unit put together various activities to educate youngsters on the importance of driving safely and following traffic rules. The 72nd Republic Day of India was celebrated by organizing various creative and enriching activities like quizzes, face painting, rangoli making and a brainstorming session on Constitutional Acts. The month ended with a wonderful competition 'Ek Bharat Shreshta Bharat', wherein participants represented their culture. The event signified the beauty of the concept of 'Unity in Diversity'.

In February, the NSS Unit under 'MIZAAJ: A Cultural Amalgamation' represented the unit by organising several workshops like self-defence, financial literacy and entrepreneurship skills. A photography competition was also organised with the theme 'Helping Others Is Helping Your Future Self' to inculcate values of selfless service in our participants. The NSS Unit organised a certificate course on 'Entrepreneurship Skills' sponsored by Rashtriya Uchchattar Shiksha Abhiyan (RUSA) in March. The course consisted of 13 interactive workshops on various skills like Decoupage Art, Cultivation of Microgreens, Paper Flowers and Paper Bag Making, Hydroponics- Future farming, Acrylic Painting, Chocolate Making, Entrepreneurship as a Career, Finance, Sales and Marketing, Candle Making, Soap Making and an Interactive Session with Entrepreneur Alumna of Sophia College.

A successful Blood Donation Camp was organised on 1st April at Dadar Station in collaboration with Jagjivan Ram Hospital and Dept. of Transfusion Medicine, Blood Bank, K.E.M Hospital. The volunteers assisted the professionals and their constant enthusiasm and efforts helped collect 125 units of blood. As the end of the year drew near, Save Water and



Save Electricity projects were organised to spread awareness. The volunteers educated their residential societies and relatives on the importance of saving electricity and water and shared tips to achieve the same. The volunteers also participated in the university-level 'Organ Donation Awareness Project' and underwent online certified training to spread awareness on organ donation and motivated the people around them to register for organ donation.



Dr Sr Ananda Amritmahal
Principal

NSS REPORT 2020-21

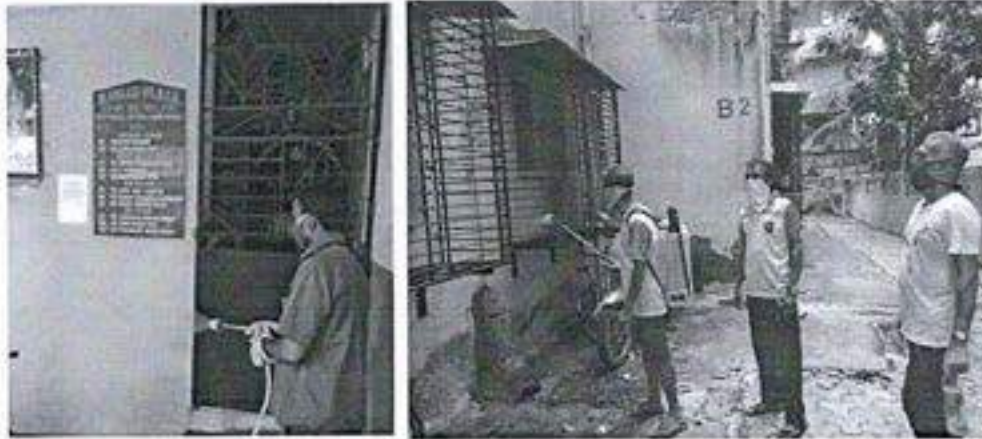
Name of the event: Sanitization of Buildings

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.



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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

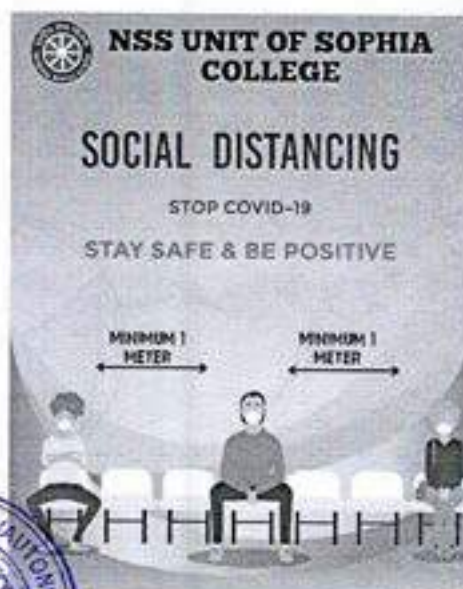
Number of Volunteers: 14

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

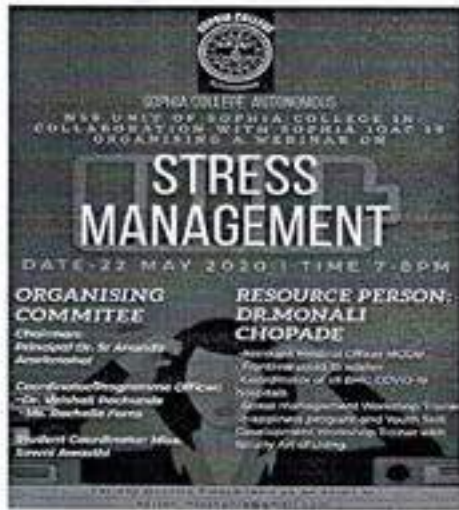
-Assistant Medical Officer, MCGM

-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.

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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.



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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

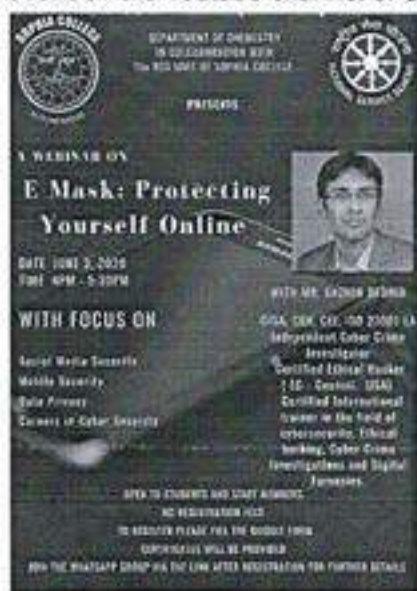
Resource Person: Mr. Sachin Dedhia

-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.



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 Hame

-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.



VP


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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: 6PM - 8PM

BY MR. BHUSHAN KISHOR HARVE

• 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 - NSO, PUNE

LEARN THE BASICS OF FIRST AID+

FOR ANY QUERY, PLEASE READ US AN EMAIL AT: EDUC@NSSCOPHIA.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.



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THE DEPARTMENT OF CHEMISTRY IN
COLLABORATION WITH THE HSS UNIT OF
SOPHIA COLLEGE



presents an online
workshop on

Secrets of Effective Communication

By Robin Fernandes

Learn strategies for:

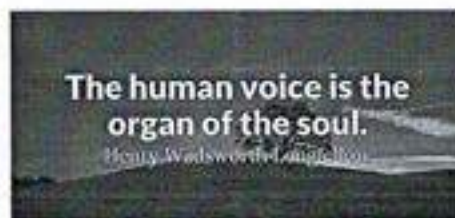
- Powerful Conversations
- Winning Presentations
- Strong Stage Presence



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

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

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.



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.**



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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 Bhavani Yoga Bhawan Institute and Karvadyadham.

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.



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No. of Hours: 1

Type of Hours: Area

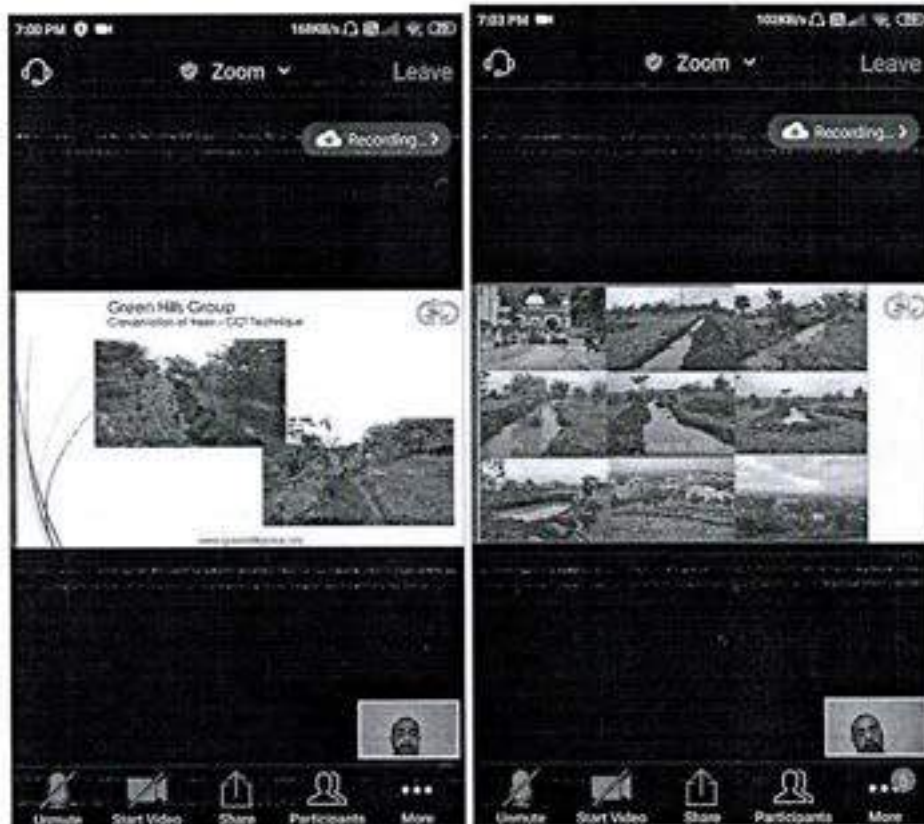
Resource Person: Mr. Bushan Kumar Hame

-B.E. Production


-Working with Chicago Pneumatic, Pune

-Environmentalist 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.



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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.nss@sophia@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.





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.



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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 to 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 emerge in a tiny hole of shelter, what you're doing is courageous and least being. Oh if only if could have the chance of meeting every single doctor in person and hug them tight and how strong and thank them for all they have done and are still doing.

I go crazy if I don't get my eight hours of daily sleep but do you beautiful souls who have been consistently working without any break. I wish to god that you are all always on the pathway to heaven and that all your work pays off while you stay healthy and back. 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 anyway because the work you're doing is commendable but if any prayers are being heard by the deities, 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. I thank you so much. I'm in less 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,
Sneha

"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 best way to deal during this most challenging phase of humanity. The incredible courage and the spirit displayed by the medical fraternity all over the world are remarkable. Ever since the outbreak of coronavirus, the medical community has been our pillar and backbone globally.

In a personal note, I would like to share the journey from being a COVID patient to COVID negative. It was a terrible day of my life when I was tested COVID positive. Fortunately, my parents were tested negative. It was shocking and heart-breaking at the same time when I learned that I will be taken to the hospital isolation ward where I will be left without my parents. I was having chronic anxiety since childhood all the times but at a particular time, COVID-19 was a terror for my mind. I expected a lot of bad things are going to happen as I was in the hospital but it was different. The reality didn't match with my expectations. The doctors were trying to do this while treating their own daughter. In such a stressful situation, the medical community didn't see to cheer on or praise my dad and mom on the machine of happiness. I miss a new family in the hospital. The love and care that I got from the doctors and the nurses are unforgettable. My parents are not a normal experience but indeed a memorable stay. The hospital made my dad 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 those amazing nurses for supporting volunteers, who help the general population to take the doctor's future. I want to have a moment to thank you for dedicating your energy and commitment towards the patients. You provided the best care and support to the one who walk through the hospital doors. You made me feel that you were also in a stressful situation, being sleep deprived for days, but you emphasized on with strength and hope that our society needed in this pandemic. There 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 to help people. I salute your spirit and dedication."

SNNEHA KAVAYATHA (3RD VOLUNTEER)

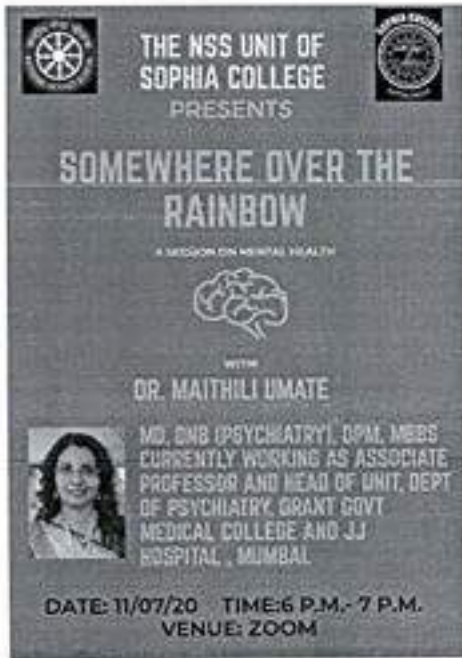


Name of the Webinar: Environment and You: The Journey Ahead

Date: 4th July 2020

Number of Volunteers: 68

Number of Beneficiaries: 70



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



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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

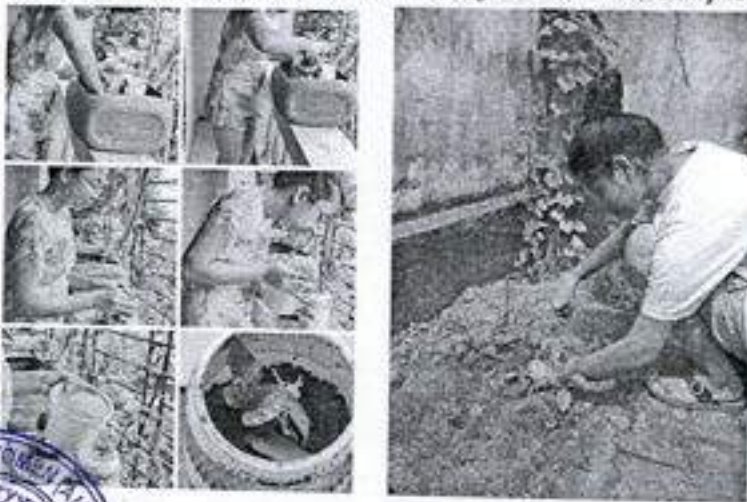
Number of Volunteers: 6

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



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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 LOCKDOWNS

2020 has been a year no one would have expected. Due to the COVID-19 pandemic all of us have been quarantined. Everyone has been in isolation 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 socialize with other people. But what we do not seem to have realized is that there is a great side to being in lockdown. Our first and obvious reason is that we are helping to take the virus by withholding ourselves from communities.

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 school or office, we can get a little more sleep. Over an entire year of being stuck inside, we can accumulate extra sleep, which makes a big difference to our health. In the morning, we are more alert than before. It is easier to get to bed a little earlier and get more sleep.

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, increasing our daily intake of fresh ingredients, and this is an excellent thing, making it a healthier diet than eating out.

3. Time for workouts. The extra time at our hands and the worry of gaining weight has prompted many people to start working out at home. From yoga and meditation to aerobics, cardio exercises, people all over the world are getting creative with their home workouts. This is an excellent action because the whole family can join in and stay healthy together.

4. Lots of a calm. There are both positive and negative aspects to lockdown being with other people.

The coronavirus lockdowns helped make some positive changes in our surroundings. A significant improvement in the air quality index was noted as an after effect of the ongoing lockdown. The dip in level of quality helped the citizens gain a view of the hazardous air pollution and water pollution which are usually disguised by humans for a daily routine. In fact, after the lockdown, the world has been seeing pollution levels observed as people need to spend less time in vehicles, offices and/or business and more time at home. There has been great reduction in carbon dioxide and nitrogen dioxide too and has been registered in various parts throughout the US, with London and several other major cities also seen a dip in the presence of the harmful substances.

On a similar note, the slow and steady increase in various cities around the world, giving leading to a better environment to live in. From homes returning to Venice canals to clean water in the sea. Venice after years, lockdown was not only a productive but also an effective effort. Despite the usual array of industrial waste in Venice, the transport and tourist boats which clog the canals, have reportedly seen a sharp dip in the clarity of the water. The change has meanwhile reportedly affected to the clear view of schools of small fish, crabs and multi-colored plants which are sights often obscured by busy boating movement in the Lagoon.

On the other hand, the lockdown gave millions of people an exciting amount of time to self-reflect and better themselves. The busy lives of people were suddenly 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.



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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.



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NSS Unit Of Sophia College


presents a webinar on

Law and Rights of Women

Ms. Preeti Gada



B.com.LL.B
Advocate, High Court, Mumbai

Practicing since 1996 as an advocate. Head of Litigation Department at 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 "MumbaiSamachar".

Has given talks on radio in India and in Sreelasa.

Authored books "Kalyan Kalitay" and "Lagan Vichhed na Keya" on Women and Law.

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.



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World Aids Week



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.





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

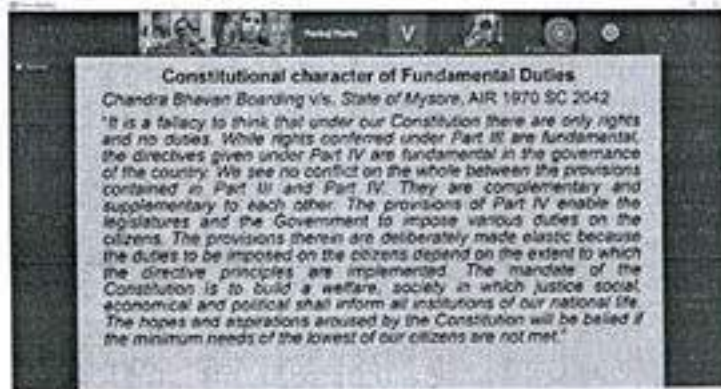
Type of Hours: University

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.



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Name of the event: Sanvidhan Diwas

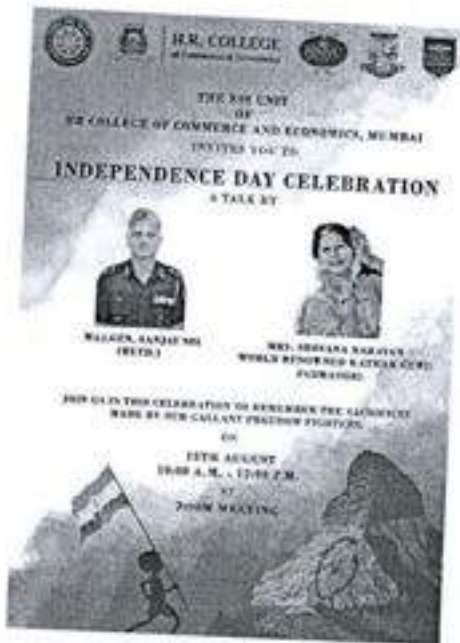
Date: 26th November 2020

Number of Participants: 122



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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.'



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Name of the event: **Nasha Mukta 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:



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: 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.



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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.



BP



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.



VP



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



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.



A handwritten signature in blue ink, consisting of a stylized 'S' followed by a flourish.



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
 presents
A National Webinar
The Indian Armed Forces - An Insight

Colonel H.S. Grewal
 Currently posted as Colonel
 Administrator in Eastern Division
 at Headquarters in
 The Indian Army

CAPT. DR. KISHAN CHAVHAN
 Retired Army Colonel, Director of
 the Indian Army Press, P.O. India
 - Author of the 2015 India Post Year
 - Founder of Capt. Chavhan's Academy

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

Date - 15th August 2020 Time - 5:30 pm to 7 pm
 NO PARTICIPATION FEE WILL BE GIVEN UNIVERSITY'S OFFICE

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 HSNL 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: 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.



Let us follow what our parents always told us 'prevention is better than cure'!!!
 Let us become more aware and don't let HIV/AIDS reach us.
 The biggest tool we have to win is our own awareness.
 let us all come together to beat HIV/AIDS

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.

The image shows a collage of HIV/AIDS awareness materials. At the top left is a condom. To its right is a syringe. Below these is a world map with a black ribbon over it, and the text "LET'S END HIV/AIDS". Surrounding the map are four text boxes with icons: "by never having unprotected sex" (condom), "by disposing and not reusing used needles" (syringe), "by taking medications so that HIV is not spread to babies from infected mothers" (woman), and "by not using shared razors and blades" (razor). In the bottom left is a circular stamp for "SOMVI COLLEGE FOR WOMEN, MUMBAI". To the right is a poster with a dark background and white text: "LET'S IMPROVE THEIR MENTAL HEALTH", "YOU DON'T HAVE TO BE POSITIVE TO THINK POSITIVE", and "LIVING WITH ANY SERIOUS ILLNESS CAN IMPACT ON YOUR EMOTIONAL HEALTH. PEOPLE WITH HIV ARE MORE LIKELY TO EXPERIENCE MENTAL HEALTH PROBLEMS".

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.

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

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

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



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**FIT
INDIA**



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.



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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 NSS UNIT OF SOPHIA COLLEGE, MUMBAI
PRESENTS A WEBINAR ON

**WOMEN'S
HEALTH AND
HYGIENE**



DR. TEERTHA SHETTY
(GRADUATE FROM
MANIPAL UNIVERSITY
&
A PHYSIOTHERAPIST
- GURU NANAK
HOSPITAL)

NOVEMBER 28, 2020.
TIME: 7:00PM





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

Date: 6th December 2020

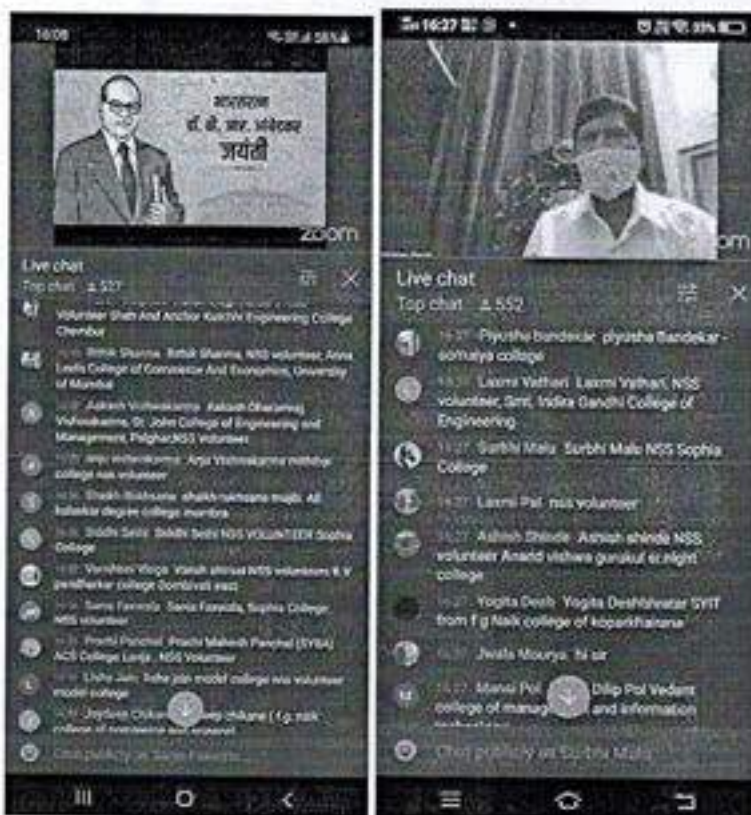
Number of Volunteers: 147

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**.





There are a lot of myths about HIV and AIDS. It is important to be in better know of these myths and educating the participants with a few facts. The following list has four sets of one myth and a fact each. Participants are expected to choose all the sets of questions by showing 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: *

Buy a mosquito net from a positive person and then give it to a negative person, the net is left back and not the previously ingested blood. Or simple awareness needs to be spread.

2. Identify the myth: *

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



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: *

Ignore

3. Identify the myth: *

- Sharing or reusing 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. Penicillin and tetracycline 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.



NATIONAL SERVICE SCHEME **Rotary**
GOVERNMENT LAW COLLEGE



Organ Donation Awareness

16-12-2020
4 to 5pm

Speakers:-

- Jharmandar 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




SKIN

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

Live chat
Top chat: 152

LEARN MORE

- 11:23 shikhar kulkarni Good Evening Sir/ Mam Very Nice information and presentation is Productive and wonderful 🙌 Kulkarni BA VASAJ District Paighar
- 11:29 Parmeet Kaur Gill parmeet kaur gill SYBA 1 year nos from Guru Nanak Khalsa college Matunga autonomous
- 11:29 Surbhi Malu Surbhi Malu, volunteer NSS Sophia
- 11:29 JHC NSS Manali Chakraborty Manali Chakraborty JHC NSS Volunteer
- 11:34 Anushka Singh Anushka Singh nss volunteer of sophia college
- 11:40 Shrut Gurov Shrut Gurov from D.G.Paparel college, Nss Volunteer

Chat publicly by 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.



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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 thank you 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 when there are immense joy and respect for you. A day to gratitude towards for all. Each passing day I have been able to witness of you. You are the greatest asset to my country. You have sacrificed your lives in the interest of the country. Being a soldier is the toughest thing to do in the world, your lives are very tough. Tell me the pleasures of my country and protect the nation at all costs. If my country always stays it is because of YOU! You have passed the army test of time for the motherland and took on such a heavy burden as no other soldier will do to, which are very hard for every soldier grows stronger and deeper. Even though you face numerous challenges every day, you stand upright with a smile and the same determination to save my country. You have never backed down from my country. You stand against to handle all your problems and ready to face death also for my country. You were under a day off, even if it's while staying at or in the battlefield. In case of emergency, you have saved all our lives. You have handled every situation with grace and calmness, whether it was a surprise attack or natural calamity. Being a soldier's profession is not an easy task. You face so many challenges that even a sane normal person wouldn't. You have lived for people away from your loved ones and without a day off which affects your emotional and mental health and will 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 Indians. You have saved money like a pillar. I had someone with the quantity of the food you get and then go on fight our battles, the final outcome is less and you get paid in some ways without any regard. You also have to make do in the harshest of weather conditions. It does not matter if it is something hot or chilling cold, you have been there in the battlefield. You do not even get enough full-proof equipment that will keep you safe and you would choose to protect and save our lives. Thank you the Indian warriors, you have saved my hope, respect from me today. On the way, you have protected me. In the sea, you have lived with love. THANK YOU SO MUCH.

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

You're not forgotten. We know you'll not stop, separated from your families, often under miserable circumstances. We're waiting for you to return home soon.

Yours, Mariyah

Apple Dood Phunt

Mariyah

Dear who are there now, WE LOVE YOU, SOLDIERS.

In final

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.



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**FIT
INDIA**



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

SOPHIA COLLEGE NSS UNIT

brings to you

★FIT INDIA WEBINAR.★

Presented 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



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44

"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 bravery 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.**



SP

45



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).



46

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



Signature

47



Name of the event: Letter to Martyr

Date: 15th January - 16th January 2021

Number of Volunteers: 13

Number of Beneficiaries:

No. of Hours:

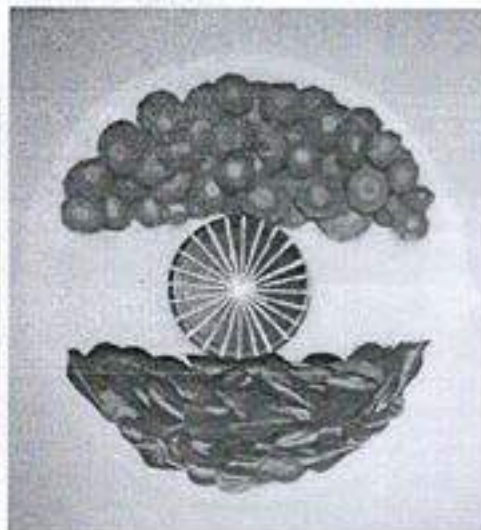
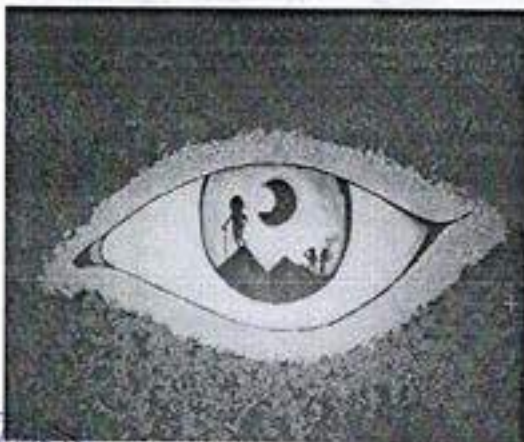
Type of Hours:

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.



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Name of the event: Ek Bharat Shreshtha 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.

SP

49



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.

VP





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

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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 1948

3) 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

4. 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.



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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 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.



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.



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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.

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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:



**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.



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Event 3: Photography Competition

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