



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

Sophia College for Women
Empowered Autonomous

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SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS), MUMBAI

Report of NSS activities (2021-2022)

The academic year 2021- 2022 saw a revitalization of the NSS unit of the college. As per the university allotment, we enrolled 200 volunteers in our NSS unit. A synopsis of the main activities completed by an NSS unit is given below:

Swachh Bharat Activities: (Webinars, Plastic Collection Drive, Best of waste competition; poster making competition; Beach Clean Up Drives):

- **Plastic Collection Drive: (01/10-30/10/2021)** A Plastic Collection Drive was organized by the NSS Unit of Sophia College in collaboration with the Global Green Resonance Foundation from 1st Oct- 30th Oct, 2021. The drive required the volunteers to collect plastic waste (milk packets, wrappers, bottles etc), which was later recycled. A total of approximately 220.5 kgs of plastic waste was collected.
- **Webinar on Plastic Waste Recycling and Management(29/09/2021):**The resource person, Mr. Ajay Rajpoot, talked about how small plastic packets are more damaging than we believe them to be, and how and where his organisation collects plastics from and folds them to be sent for recycling.
- **Webinar on Zero Waste Lifestyle- Steps towards a Sustainable World (24/07/2021):** As the title of the webinar suggests, our esteemed speakers, Ms. Garima Nirmal and Ms. Preeti Bajeta talked about maintaining a sustainable lifestyle by creating zero waste. The volunteers were interactive and asked questions. Some volunteers even showed the items that they had created by reusing waste material hence creating zero waste.
- **National Pollution Day Activities: Best Out of Waste and Poster Making Competition (2-6/12/2021):** The National Pollution Day project commenced for 5 days from 2nd - 6th December. Volunteers were given 2 activities, in which they could have a choice to do any one. The first activity was Best out of waste where volunteers were asked to make craft material out of plastic, paper, etc. The second activity was to make a poster on how to reduce pollution in our daily lives. This project aimed to create awareness about the increasing pollution and ways to reduce it. Volunteers' response: The project was a success.

A.P. Bhat
PRINCIPAL

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because of the amazing response that was collected. All the volunteers showcased their creativity with the aim of creating awareness.

- Beach Clean Up Drives: There were three Beach Clean Drives that were undertaken by the volunteers:
 - 1) Juhu Beach Clean Up (31/01/2022)
 - 2) Aksa Beach Clean Up (10/10/2021)
 - 3) Girgaum Chowpatty Beach Clean Up (29/11/2021)

Awareness Programs (Road Safety, Organ Donation, Voter registration Drive):

- HIV/AIDS Awareness Project (23-29/09/21): During the HIV/AIDS Awareness week, The NSS Unit of Sophia College organized various activities. A total of 34 volunteers participated in these activities: Positive Talk (This activity encouraged the volunteers to record a video of themselves, talking about HIV/AIDS and what role the youth can play in creating awareness and share it on social media.); Poster Making; Face Painting; GIF Making
- Road Safety Project (14-22/02/2022): The Road Safety Event Project is a 20 hour area based project. It was conducted to create awareness about road safety and how to be careful while traveling on the road. There were 6 events under the project. The events were Poster Making, Video Making, Slogan Making, Undertaking A Pledge, Movie Summarisation and a Quiz on Road Safety.
- Organ Donation Project (28/02 - 06/03/2022): This project was conducted with the aim of bringing attention to the mentioned cause. Seven activities were conducted under this project; Organ's Den, Poster Making, Infographic, Love is in the hair, Recognition Crusade, Hearty Heart and Comforting Connections.
- Voter Registration Drive (18-27/11/21): The NSS Unit of Sophia College as a part of a voter's registration drive launched by the NSS Cell of the University of Mumbai in collaboration with Mark Your Presence registered as many as 49 voters. Our volunteers attended a training session on online voter registration. Then they helped students and even their family members in getting registered as voters.
- Menstrual Awareness Project (22-28/02/2022): As part of creating awareness about menstruation, the events conducted are as follows: Two Truths and one Lie (quiz), Illustrations (poster making), Composition (poem/story/poem), Present It (PPT Making), Shark Tank (Video Making), Article Writing and Caption It.
- Awareness of the Importance of voting Through Slogans, Posters and Skits (24/09-03/10/2021): Volunteers got an opportunity to explore their creative sides through this event. The slogans and posters were original pieces and were written in different languages such as Marathi, Hindi and English. Some volunteers designed their contributions digitally whereas some were handmade. The skits truly ignited the spirit of democracy among our volunteers and motivated the Youth to exercise their precious right to vote. Alongside this, a session on 'Indian Constitution and Election Process' was organized on 2nd October, 2021. The session was graced by Prof. Saurabh Ubale and Chief Guest of the session was GRO Kiran Panbude, Malabar Hills Assembly Constituency.

Panbude



- Cancer Awareness Activities (7-9/11/2021): The cancer awareness quiz competition and an illustration/poster making competition was organized by the NSS Unit of Sophia College from 6th to 9th November, 2021 to spread awareness about Cancer. The google form for the quiz competition held on the 7th contained 20 questions about Cancer.
- Covid awareness Rally, Vaccination and Survey (04-14/09/21): A survey on Covid-19 Vaccine Awareness was conducted by the NSS Unit of Sophia. Volunteers stepped out of their homes and surveyed 15 - 25 families. While taking all precautions, a total of 15 questions were asked to every family who participated in this survey. Additionally, a free Covid vaccination drive was conducted at Sophia College at the peak of the second wave of the virus.

Empowerment Programs for Women (National Girl Child Day)

- Self-Defense Project (24/01/22): On the occasion of National Girl Child Day, the NSS Unit of Sophia College organized a session on Self Defense with the aim to emphasize on the importance of learning self-defense and motivated students to use it in a positive manner.
- Picture With Girl Child (22-24/01/22): This was an online submission-based event for all the volunteers and the staff of our college. For this event, everyone was requested to click a picture with a supportive family member and tell us about their experience as growing up/ raising a girl child, in writing.
- Financial Literacy (04/08/2021): The talk started off with a question-What all we can do with money? The speaker very well explained the meaning of being Financially Literate. Financial independence and savings were other two important aspects that were put light on.

Environment: (Tree Plantation, Save Water, Save Electricity.):

- Tree Plantation Project (22/07-31/07/2021): The Tree Plantation Drive was an initiative taken up by our volunteers to do our bit to give back to Nature. Volunteers planted many kinds of saplings ranging from Tulsī, Tomato, Neem and many more. The volunteers vowed to take care of these saplings. They are required to mail us updates of their plants bi-monthly. Approximately 120 saplings were planted by the volunteers in total.
- Save Electricity Project (20 area hours) (01-07/02/2022): The Save electricity Project is a 20-hour Area based project conducted to create awareness about saving electricity in our homes and for the betterment of the future. The 20 hours Area based project had 6 events assigned, as follows: Present it your way, with great power comes great responsibility, Look who's talking, Picture abhi baaki hai mere dost, Poster, naam toh suna hi hoga and Bring out the artist in you.
- Save Water Project (20 Area hours) (06-11/02/2022): A series of events under the Save Water Project from 6 February to 11 February 2022 under the Save water Project were: Infographic, chart-like structure was to be created providing information through graphs and written and followed by

Shankar



crossword, symbol making, a video of them with their family taking a pledge to save water, a video on effective ways to save water and importance of water conservation and Slogan making.

Health and Hygiene programs (Blood donation drive, Webinars, Fit India Campaign, Yoga sessions, University events):

➤ **Blood donation drives:**

- The NSS unit of Sophia College in Collaboration with Jagjivan Ram Hospital and Dept. of Transfusion Medicine, Blood Bank, K.E.M Hospital organized a Blood Donation Camp at Dadar Railway Station on 13th August 2021 from 9:00 am to 5:30 pm. A total of 111 units of blood were collected.
- At the Byculla Blood donation camp on the 5th of January 2022, the volunteers were divided in groups of three, given instructions about finding perfect donors and also about counseling the people in order to find donate. 51 units of blood were collected.
- On 8th March 2022, the NSS Unit of Sophia College organised a blood donation camp with the Tata Memorial Hospital. A total of 36 units of blood were collected.

➤ **Fit India Freedom Run(14-15/08/2021):** The fit India Freedom run was an initiative taken by the University to get the volunteers to participate in an active event. Each volunteer had to run for 2 km on both the days and track their record on the suitable apps. Many volunteers who were tired sitting at home came together in active participation. Few volunteers came together at one place and took a walk together.

➤ **Webinar: Fitness ka dose, aadha ghanta har roz (13/08/21):** Sophia College NSS Unit and the Department of Physical Education and Sports conducted a webinar on physical fitness. A pledge to remain fit and encourage others to do the same was read. Manish Jaiswal gave instructions and demonstrated exercises – from a warm up to a cool down. Volunteers switched their videos on and did these exercises with the resource person.

➤ **Session on Bring the Change with Team Art of Living (21/06/2021):** The Session was insightful and knowledgeable as it helped the volunteers learn more about the different yoga asanas and how it adds positivity to our life. The Mumbai Coordinator of Art of Living Mr. Anuj was the special guest of the session.

➤ **Quiz on “Yoga a Pathway to Control your mind, body and soul” (21/06-24/06/2021):** An online quiz was created to test the volunteers on their knowledge of Yoga on the 7th International Yoga Day which consisted of 20 short answers and multiple-choice questions. The volunteers also shared the quiz with their family to impart knowledge about Yoga.

➤ **Yoga Awareness Activity(21/06-24/06/2021):** Under this event, volunteers were asked to make groups of 5 or more people and practice yoga with them at home. The aim of this event was to make sure that volunteers spread awareness and knowledge about Yoga to their family and friends and form a healthy community.

➤ **Yoga Protocol Workshop (15,16,20,21/06/2021):** Further 14 Volunteers took part in the 4-day Yoga Protocol Workshop organised by the University of Mumbai in Collaboration with Kovalacharya.

Rachunda



Among these, 5 volunteers completed the free course by HSNC University and University of Mumbai and the online Yoga Volunteer Training Program by Kaivalyadhama.

- Webinar: 10 ways to Mindful Eating (08/09/21): The speaker for this webinar was Ms Vibha Hasija who is the head department of foods, Nutrition and dietetics. The webinar was conducted to create awareness among students and certain ways to handle their diet and on how to take care of themselves. All the topics related to food and nutrition were covered. Volunteers were also given tips and tricks on how to maintain a balanced diet. The webinar was very informative and the speaker was loud and clear and also was very knowledgeable.
- Pulse Polio Immunization Camps (26/09/21 & 27/02/22): The NSS unit of Sophia College in Collaboration with BMC D-Ward organized a Pulse Polio Immunization Camp at various locations in D-ward on 26th September and 27th February from 9:00 am to 5:00 pm. A total of 1900 and 2173 children were polio vaccinated in each of the camps respectively.

Educational program (Shiksha)

- The Shiksha Project (20Area hours) (08/09/21): A total of 130 videos and worksheets were recorded and sent to the children of Haloli village in Palghar. The topics included every subject of their syllabus. Some of the topics were- Articles, Solar system, Function of cells, Multiplication.

Miscellaneous Area Activities:

- Chitthi Aayi Hai (16-23/01/22): The NSS Unit of Sophia College on the occasion of army day organised the event 'Chitthi Aayi Hai'. Under the event volunteers wrote heartfelt letters to the soldiers, thanking them for their selfless service and dedication. The letters were later posted to the army camps for the soldiers to read. 45 volunteers participated and wrote earnest letters as a token of appreciation.
- Street Dogs Project (13-20/11/21): The street dog project commenced for a week from 12th nov - 20th November. Volunteers were given 3 activities, in which they could have a choice to do any one. The first activity was to feed the dogs in their locality and keep fresh water for them. The second activity was to make a collar for the street dogs with their own creativity. The final activity was to make an awareness video about street dogs and post it on their social media.
- Uttung, Umeed and Anubhuti Fest: Volunteers participated in various fests organised by different colleges, namely; RA Poddar College's fest Uttung, Jai Hind College's fest Umeed; Raman Ruia College's fest, Anubhuti. There were numerous categories in the fests from Performing Arts, Literary Arts and more. A few volunteers bagged prizes in the competitions as well.
- Webinar: Soar high: Career in civil services (14/08/21): Civil service aspirants gained a clear picture about their paths ahead. Differences between MPSC and UPSC exams were very well explained. The webinar was extremely informative.
- Hindi Poetry Recitation Competition (25/09/21): A Recitation competition was organized by the NSS unit in collaboration with the Hindi Department. A total of 31 students participated.

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HOD of Hindi Department judged the competition and best Three were selected. The program consisted of a variety of performances by the participants who recited poems of renowned Hindi Poets giving them a Tribute.

➤ **Marathi Bhasha Event:**

कविता वाचन स्पर्धा (Marathi poem Recitation) (25/01/2022): The participants graced the event with beautiful Marathi poems which showed the rich Maharashtrian culture. Each and every participant gave their best. Our honorary Judge, Dr. Lata Pujari's advice and remarks were apt and were a motivation to the winners and the participants.

घोषवाक्य स्पर्धा (Slogan Writing Competition) (18-25/01/2022): Volunteers were asked to make slogans in Marathi on the below topics:

कोरोना महामारी: लक्षणे व उपाय

भारत माझा देश महान

शिवाजी महाराज - महाराष्ट्राचे दैवत

स्त्री शिक्षण

➤ **Ek Bharat Shrestha Bharat (10/12/2021):** The event started with great enthusiasm and zest. The participants were dressed in colorful costumes and gave their amazing performances. Each participant showed their mastery over voice modulation, pitch, rhythm and tone. The audience and judges were delighted to see the many different cultures and listen to different native languages.

➤ **Non-violence and Peace Activities (04-06/10/2021):**

- To celebrate 'Non-Violence week', the NSS unit of Sophia College circulated a pledge on 'Peace and Non-violence' to spread awareness about Ahimsa among people.
- A quiz containing 20 questions for 2 points each was prepared. The quiz primarily focused on Mahatma Gandhi. Some questions were related to Peace and Non-violence. Volunteers who scored 40 percent and above were sent a certificate.
- An Essay Writing Competition was organized on Peace and Violence. The four topics were Importance of Ahimsa in the 21st Century, Peace begins with me, Democracy and Non-violence, World Peace: Problems and Solutions. Entries in English and Hindi were accepted. Best THREE volunteers were given a Certificate of Appreciation.

➤ **Short Film screening on the international day for the Abolition of Slavery (4/12/2021):** A short film screening on the International Day of Abolition for slavery took place on 4th of December. Two short films were played for the volunteers. Possession and Thirty Years a Slave were the movies to get played. The aim of the event was to make people aware about the trials and tribulations that people face even today and how people still face discrimination on a daily basis.

➤ **National Youth Day (12-13/01/22):** The NSS Unit of Sophia College organized a talk on the occasion of National Youth Day on 12th Jan, 2022 which marks the birthday of Swami Vivekananda. In the webinar, the philosophies and the expectations of the eminent philosopher Swami Vivekananda for the youth of the nation were discussed by the speaker, Dr. Vaishali Pachunde.

➤ A Quiz was conducted on National Youth Day. The day is celebrated to highlight the youths who are the future of our country and to commemorate the birth anniversary of Swami Vivekananda. The quiz was of 100 points with questions regarding the works of Swami Vivekanand and about Youths of

Pachunde



India.

- Awareness event for two Government Schemes (09-14/02/2022): The NSS Unit of Sophia College organized an awareness event for Government Schemes: a. Pradhan Mantri Jan Dhan Yojana and b. Pradhan Mantri Ujjwala Yojana. Volunteers recorded a video of 30 secs explaining the importance and benefits of these schemes to people who belong to the lower income groups. E.g: House help, Watchman, Gardener etc.
- Republic Day Activities (26-29/01/22): Suryanamaskar: Volunteers recorded a video of themselves doing the Surya Namaskar three times. A Total of 23 volunteers participated in the event. They learnt the benefits of doing Surya Namaskar and its effects on their physical and mental health. Volunteers recorded a short time lapse of them painting their hand or face. The theme was to express through any of the paintings what Republic Day means to them. There were a total of 18 participants amongst which 17 engaged in hand painting and one in face painting.
- Webinar on: Human Values and Ethics(09/02/22): The NSS Unit in collaboration with the Department of Psychology organized a session on Human Values and Ethics on 9th February. Dr. Vaishali Pachunde -NSS Programme Officer along with 4 NSS Volunteers presented a ppt to create awareness on the topic.

One or two Best Practices or NSS Success Stories of NSS in College during the current Year if any

1. **Contribution to the Society during times of need**: Owing to the disastrous situation in Mahad and Chipun, the NSS Unit of Sophia College took part in a Flood Relief Donation Drive held by the University of Mumbai to contribute to the welfare of the people in need. 20 volunteers took part in the drive held on 25th and 26th July, 2021. A total of 123.5 kgs of food items worth around Rs.11245 was donated by our volunteers at different colleges across the city.
2. **Educated Young Minds through Online Platforms**: Despite the Covid-19 Lockdown, the volunteers of the NSS Unit of Sophia College did not back down from playing their part in contributing to the welfare of the society by educating young minds who are the Future of the Nation. The volunteers made videos related to different topics incorporated in the State Board Syllabus of Classes 1 to 10. A total of 130 videos were recorded and were sent to the Municipal School at our adopted village, Haloli in Palghar. The Principal and Students of the school were truly overwhelmed with the efforts put in by our volunteers and sent them heartfelt appreciation for the same.
3. **Empowering Youth by organising a One-Credit Course for students and through our flagship events**: The NSS unit also organized a 30 hours one-credit course on Entrepreneurship Skills for the students of Sophia College to empower and groom them with different skills. This course aimed to generate in students an awareness of the different opportunities available for entrepreneurs by means of which they can create employment opportunities for themselves and for society. It included 8 skills namely- Creative gardening, soap making, bead jewelry making, herbal sanitizer making, perfume making, one-stroke painting, embroidery and a session on how to start a business and promote it. There were 12 live sessions conducted, each session being 1.5 hours. The course was designed with Live lectures followed by assignments after each session which helped the students gain in-depth knowledge in each field.

Vaishali Pachunde



4. **Promoted the theme of "Unity in Diversity" by organising a Cultural Event under the Ek Bharat Shreshtha Bharat Project and Poetry Recitation Competitions in Hindi and Marathi;** The NSS unit under Ek Bharat Shreshtha Bharat organized a Virtual Cultural Event to promote Unity in Diversity. Under this activity, volunteers belonging to different geographical regions, religions and castes were given a platform to represent their community through either a song, a dance, an attire or just a speech that would give everyone a clear picture of the different communities within the country. It was aimed at portraying the friendly bond between people from different parts of the country. In the poetry recitation competitions, each participant graced the event with a beautiful piece of poetry in the respective languages that showcased the rich cultures behind the Hindi and Marathi languages. Along with this, the NSS Unit organized a cultural event on the occasion of women's day on 8th March 2022. The event was graced by Honorable MP Ms. Supriya Sule. Multiple performances ranging from Bharatnatyam to Music and Skit were showcased.

5. **Showed our appreciation towards soldiers for their selfless service and dedication;** It entailed sending heartfelt letters to the brave soldiers up on the front, in icy cold glaciers or scorching hot deserts, protecting the borders and their countrymen from the enemy's blows. Receiving and opening a letter has always been a thing of joy for everyone, and for those courageous men out there, due to whom we thrive, letters are what provide them an everlasting contact with the world they're out to protect. We were eternally grateful to have received word back from one of the soldiers appreciating and acknowledging our efforts on behalf of each soldier.

Supriya Sule



AREA ACTIVITIES:



Plastic Collection Drive



National Pollution Day: Best out of Waste



National Pollution Day: Poster Making



Juhu Beach Clean-up



Aksa Beach Clean-up



Beach Clean-up – Girgaum Chowpatty



Tree Plantation Project



Pachunde
9

Menstrual Awareness Activities:



Two Truths and a Lie



Illustrations



Composition



Present it your way



Gaehude





Caption It

Save electricity project:



Bring out the artist in you

SUMMARY OF 'THE BOY WHO HARNESSSED THE WIND'

'The Boy Who Harnessed the Wind' is a 2019 film written, directed by and starring Chiwetel Ejiofor. The film is based on the book of the same name by William Kamkwamba and Bryan Mealer.

The story involves around William Kamkwamba, born in Katanga, Malawi, a young schoolboy who comes from a family of farmers who live in the nearby village of Wimba. William has a talent for fixing radios for his friends and neighbours and spends his free time looking through the local junkyard for salvagable electronic components. Although he is even banned from attending school due to his parents' inability to pay his tuition fees, William befriends his science teacher who is in a secret relationship with William's uncle who lets him continue attending his class and have access to the school's library where he

Picture abhi baaki hai mere dost



With great power comes great electricity bill



Presentation



Look who's talking



Poster making

Gauri



Road Safety Project:



Slogan



Pledge



Poster



Movie summarization



Video making



Quiz

HIV/AIDS Awareness Project:



Poster Making



Positive Talk



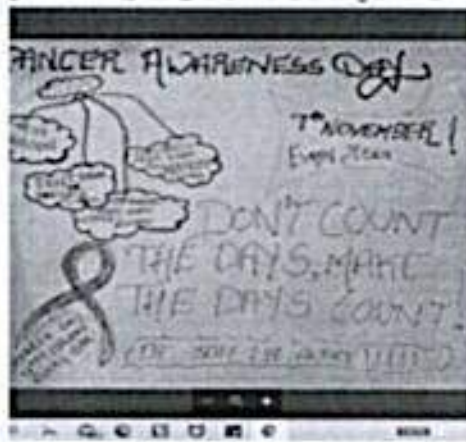
Face Painting

Yashwade





GIF Making

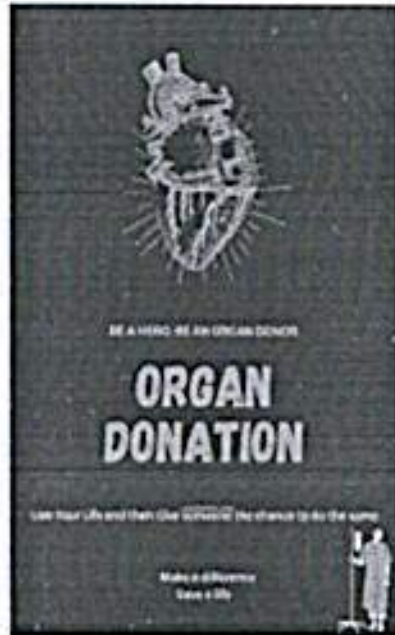


Cancer Awareness Illustrations

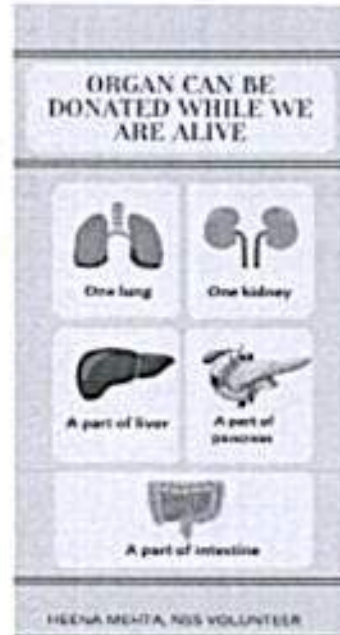
Organ Donation Project:



Recognition crusade



Poster



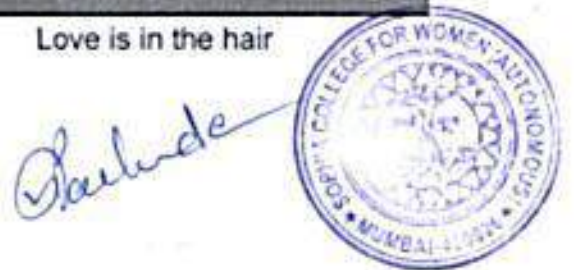
Infograph



Organs Den



Love is in the hair



Dear Saku,

I hope this letter finds you well. Whenever you come for your treatment, I remember you having the same positive and strong attitude. You told me here you would like to breathe you a little more "lighter" and I think I have agreed with you. The waiting period can get a little less overwhelming but trust me the sun shines brighter after the rain.

I want this letter to appreciate having you as a patient and to say how proud I am of you as a person. I was the one who gave you the news of your kidney failure. And you fought like the fiercest warrior and now here I stand almost touched the end of your race. I want you to keep shining as the bright diamond you are and to never look down. From our side, we are still in search for the perfect match for your kidney and we assure you that we will find one soon. I am very happy to have known you personally, as a friend and not just as a patient. And I want this heart to be forever. I have full faith that you will overcome the danger of this too and become an even stronger individual.

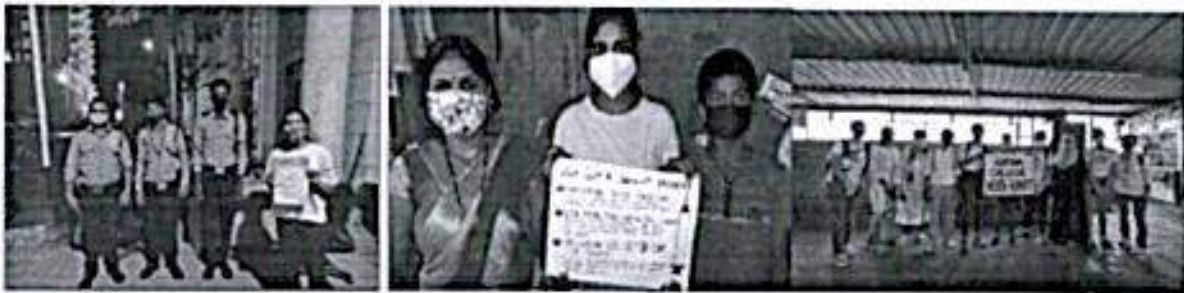
Till then, do me and yourself a favour and take very good care of yourself, mentally and physically. Never feel alone or helpless as we are all always by your side. I know that after we get a chance, we will look back at this letter and laugh together. See you soon.

Love,
Dr. Anu Lumbani
Grantham Community Hospital

Comforting connections



Hearty Heart



Covid Awareness Rally, Vaccination and Survey

Save Water Project:



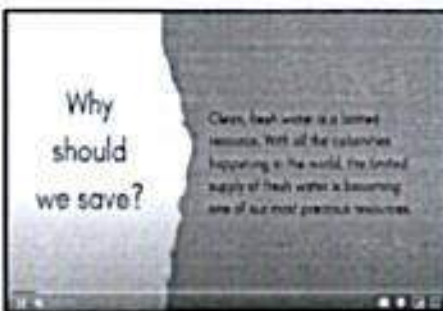
Pledge



Slogan making



Symbol making



Video making



Crossword



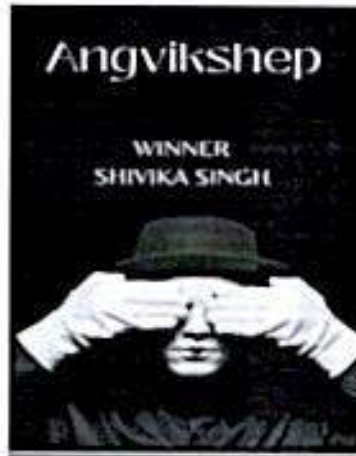
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Garhude





Webinar: Fitness Ka Dose, Aadha Ghanta Har Roz



Uttung, Umeed and Anubhuti Fest



Session on Bring the Change



Yoga Awareness Activity



Shiksha Project



Hindi Poetry Recitation Competition

Paulwade



Street Dogs Project:



Feeding the stray



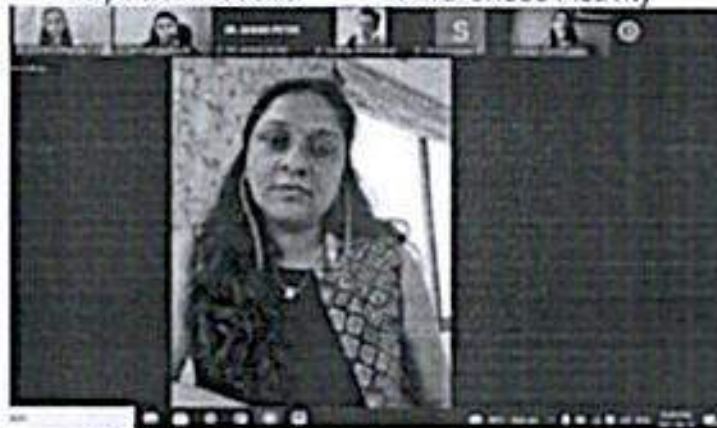
A special initiative



Awareness Activity



Ek Bharat Shreshtha Bharat



Webinar: Soar High: Career in Civil Services

Nonviolence and peace activities:

Which UN Body has the primary responsibility of maintaining international peace and performing conflict resolution? *

The UN General Assembly

The International Court of Justice

The Trusteeship Council

The UN Security Council

Who said "Live as if you were to die tomorrow. Learn as if you were to live forever" *

Mahatma Gandhi

Pt. Jawaharlal Nehru

Lal Bahadur Shastri

Sarvepalli Radhakrishnan

Quiz

Peace Begins with Me

A peaceful heart makes a peaceful person.
 A peaceful person makes a peaceful family.
 A peaceful family makes a peaceful community.
 A peaceful community makes a peaceful nation.
 A peaceful nation makes a peaceful world.
 - Mata-Gandhiji

World peace begins with the thoughts and actions of every individual. Several principles form constant factors in the struggle for peace. Some of them include: participation, compromise, nonviolence, and the balance of cooperation and action.

"Interdependence" refers to the realization that all people, and all living things, depend upon one another for existence. The idea of interdependence includes the recognition that each individual necessary for our own well-being desires that the effort and cooperation of others. A person who wants all human life to be interdependent, and to be our well-being is interconnected with others, will be naturally inclined to seek others work together. The realization that all humanity is interdependent, and that what opposes or impedes one diminishes the others, leads to cooperation for all human beings.

The Dalai Lama defines compassion as "a natural attitude based on the wish for others to be free of their suffering... associated with a sense of consciousness, responsibility, and respect towards others... based on the principle that all human beings have an innate desire to be happy and conscious suffering, just

Essay writing





Short Film screening on the International day for the Abolition of Slavery



Awareness event for two Government schemes

National Youth Day Activities:



Webinar



Quiz

CAMPUS ACTIVITIES:



Self defense session



Picture with your girl child

Paalwade





Webinar: 10 ways to Mindful Eating



Webinar: Financial literacy

Republic Day Activities:



Hand Painting



Suryanamaskar

21 January 2022,
 Respected Sir/Madam,
 Thank you, guardian! Thank you for deciding to serve the nation and making sure that our heads are high with pride.
 Being the daughter of a second generation Army officer, I'm well aware of the sacrifices one has to make when they decide to lead a life for the nation. People usually polish the actual truth behind the lives of the defence families, and so I'm here to remind you that no matter the amount of perks you have, you and your family's sacrifices will never go unnoticed. All those days and months where you and your family were separated, all those nights that your family slept in fear, all those wins which made the entire country proud of being Indians, all those precious brave hearts that we lost, all the care and protection that the forces have given us will never be forgotten, and I promise to always remember this and try my best to join the forces. I will be more than honoured to have an opportunity to give back as much as I can when it's your time to rest.
 I hope you get your fair share of holidays so that your family back home can make more and more memories with you. There's a lot more to say to you but I can't find the words to express my gratitude and so I will wish you the best in life, I will keep you and your family in my prayers. Kudos to you for your indomitable spirit, and selfless love/service for the nation.
 Thank you,
 Jai Hind!
 Yours Truly,
 Shrihal Raj Singh
 NSS Mumbai
 Sophia College Autonomous, Mumbai.

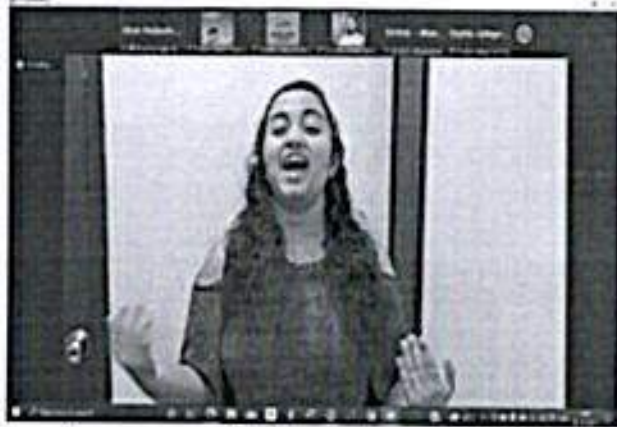
Prakunde



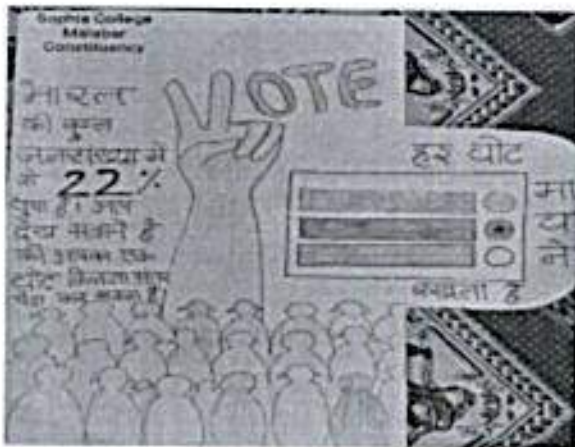
UNIVERSITY ACTIVITIES:



Voter Registration Drive



Awareness of Voting through Skits



Awareness of the Importance of voting through poster and slogan



Voter's Registration Drive



Fit india freedom run

Blood Donation Camps:

Pachunde





Byculla Blood Donation Camp



Dadar Blood Donation Camp

Women's Day Blood Donation Camp and Program:



Paikude

