



Sophia College for Women
Empowered Autonomous

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The NSS Unit Of Sophia College

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NSS Activities 2022-2023

The academic year 2022- 2023 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:

1) Swachh Bharat Activities:

- Cleanliness Drive (12th September to 15th September 2022): The drive consisted of quiz competitions, poster-making competitions, cleanliness monitoring, and cleanliness of the campus. The poster-making and quiz were executed with the theme of Public hygiene, Menstrual hygiene, and Stopping littering. 45 Volunteers participated in poster making and 94 volunteers participated in the quiz. Volunteers were extremely creative with their artistic abilities while making the posters and the quiz proved to be a great success because we received an overwhelming response. For the cleanliness drive, the volunteers were assigned their places of duty. Some of them were assigned to the central lawn, some to the corridors, the triangular terrace, and most importantly, to the canteen. The volunteers were asked to get their own dustbin bags to collect the garbage at their assigned areas. Along with cleaning the campus, the volunteers also monitored their areas and made sure that no one littered around, and if someone did, they made sure that they go and tell them about it, which further helped spread awareness.
- Keen to clean (27th November to 5th December 2022): The NSS Unit of Sophia College organized a Swachh Bharat Project titled "Keen to Clean." It was a cleanliness drive that was conducted for a week and consisted of various activities: quiz, Essay writing, Poster Making, Paper Bag Making, and Dustbin Making. The theme was cleanliness. Volunteers were supposed to make 15 paper bags, 5 of each size (small, medium, and large). On the event's last day volunteers visited three different railway stations, displayed posters, and distributed paper bags and dustbins there. Volunteers went to Grant Road, Mumbai Central, and Lower Parel railway stations. A total of 232 bags and 7 dustbins were distributed.
- Campus cleanup (16th January 2023): The NSS Unit of Sophia College organized campus cleanup for the second time this academic year. The campus cleanup consisted of not just

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cleaning the campus but also spreading awareness regarding the importance of cleanliness in our surroundings. Our volunteers took the responsibility to make our campus cleaner.

2) Awareness Programs

- Skit On Suicide Prevention (10th September 2022): The NSS Unit of Sophia College presented a skit to celebrate World Suicide Prevention Day In collaboration with MPower from Aditya Birla Education Trust at Multi-purpose Hall, Sophia College. Our 9 NSS volunteers performed the skit. The props used by them were white face color to represent mental thoughts and Gulal to represent demons in the mind. The skit showcased that there should be a conversation about mental health and why it is important. The event was witnessed by Dr. Mrs. Neerja Birla, Founder, and Chairperson of Mpower.
- Vigilance Week Awareness (31st October to 6th November 2022): To observe Vigilance Week, the NSS Unit of Sophia college conducted a movie screening online, on 5th November. The 'New Delhi' movie was screened and about 66 NSS volunteers participated with great enthusiasm and fascination for the movie screening. The second event under this was a debate competition. The topic for the debate was 'Corruption and the spirit of Nationalism'. For the debate, there were 8 participants, 4 from each group. The team members had a debate on whether corruption comes in the way of nationalism. There was a question-answer session carried out after the debate, where the platform was open to the audience and questions were raised to both teams. The last event conducted on the occasion of Vigilance Week was a short video submission. The short video submissions revolved around identifying hotspots of corruption-prone areas, and the role of youth and citizens of India in reducing corruption.
- 'Bol do': Drama Cum Seminar on Child Sexual Abuse (18th November 2022): The NSS Unit and Hindi Department of Sophia College in collaboration with THOHF- The Hands Of Hope Foundation and Hindustani Prachar Sabha to celebrate Child Safety Week organized BOL DO: DRAMA CUM SEMINAR on Child Sexual Abuse under POCSO act,2012. The event was witnessed by: Ms.Insia Dariwala, the founder of THOHF, and her team members Mr. Pranav Joshi, Dr. Chandni Shiyal; and Mr. Firoz Patch who have been actively participating in social work. N.S.S. Coordinator Dr.Vaishali Pachunde and The Head of Hindi Department Dr.Sumanika Sethi. The event was planned as it encourages commitments to raise public awareness of those affected by child sexual abuse and the need to prevent and eliminate child sexual exploitation, abuse, and violence, and the imperative to hold perpetrators to account; ensuring the access of survivors and victims to justice and remedies.
- AIDS/ HIV awareness Poster making Session (26th November 2022): The NSS Unit of Sophia College, in collaboration with Red Ribbon Club on 26 November 2022 organized an AIDS/ HIV Awareness Poster Making Session. This event was organized as an effort to raise awareness about AIDS and HIV through the creativity and originality of students. Students realize that the topic can be spoken about and that it doesn't need to be hidden.
- Voter's Registration Drive:

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- The NSS Unit of Sophia College in collaboration with the 185 Malabar Hill Constituency organized a Voter's Registration Drive on 8th December. The aim of this drive was the registration of new Voter IDs as the youth of this nation were also provided with the option of making changes to the old ones. Both online and offline registrations were done. With the help of 10 NSS volunteers, 20 beneficiaries were reported. About 60-70 students of the college were also reported to come and gain information regarding Voter ids.
 - The aim of this drive was the registration of new Voter IDs as the youth of this nation were also provided with the option of making changes to the old ones. Both online and offline registrations were done. With the help of 10 NSS volunteers, 20 beneficiaries were reported. About 60-70 students of the college were also reported to come and gain information regarding Voter ids. We had 4 government officials who spoke to some of our volunteers regarding the process of creating a voter ID.
- Safer Internet Day (13th February 2023): On the day of "Safer Internet Day" The NSS Unit Of Sophia College Conducted an online session on Cyber Security with Ms. Pratiksha Parande. Ms. Pratiksha Parande is an alumna and she has completed her BSCIT from Sophia College, currently working as a Cyber Security associate. The speaker shared a few precautions which we must take while using any social media sites. It was an interactive session.
- RRC Introduction Presentation (14th February 2023): The NSS Unit of Sophia College in collaboration with the Red Ribbon Club, on the 14th February 2023 Organised an Introduction Presentation on The Red Ribbon Club. The Presentation was held where three volunteers from the Red Ribbon Club took an initiative to Introduce the Red Ribbon Club, its Vision, and its Mission. The Volunteers discussed the myths about HIV and AIDS, and broke the most popular Myths, as well as discussed some of the treatments available.
- Dengue Malaria Awareness (15th July - 30th July 2022): The NSS Unit of Sophia College (Autonomous), in association with Lodha Foundation, organized a skit performance as a part of the Dengue Malaria Awareness Project in Banganga slum on 6th August 2022. Volunteers performed a skit based on the causes, symptoms, effects, and implications of malaria and dengue on human beings. The skit was performed at three different places in the slum so that more people could watch it and become aware of what risks dengue and malaria have. After the skits were performed three times, some painted shirts were also donated to children, vegetable sellers, etc. Also, a poster-making competition was organized. Volunteers were asked to make creative posters containing information regarding nature, causes, and precautions against dengue malaria.
- Har Ghar Tiranga Rally (11th August 2022): The NSS Unit of Sophia College organized a rally under the instructions of the Deputy Commissioner of BMC D ward with the help of the Solid waste management department of BMC D ward to spread awareness about 'Har Ghar Tiranga'. The rally started from the BMC D ward office, Nana Chawk, covering Gamdevi Police Station, Bhavans College, Girgaon Chowpatty, Babulnath Mandir, and Kemp's Corner and ended at the D-ward office, which enlightened the spirit of patriotism in everyone. The

Pratiksha Parande



Tiranga was raised high up in the air during the rally along with the banners while chanting slogans. It was a moment of pride for all.

- **World Aids Day (1st to 3rd December 2022):** The NSS Unit of Sophia College organized a series of activities on the occasion of World Aids Day. This includes events like the quiz competition which received 103 entries, the gif/meme-making competition with 22 entries, slogan writing with 22 entries, and 7 entries for the face painting competition. Each year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses. The events undertaken by our unit helped spread awareness about AIDS and we positively took one step ahead towards breaking the taboos associated with AIDS. The volunteers participated in large numbers and actively showed interest in all the activities.
- **Cancer awareness week (5th to 11th February 2023):** The NSS UNIT of Sophia college celebrated "Cancer Awareness Week" in full zeal. We organized a series of events to spread awareness regarding cancer starting on the 4th of February. The events included an awareness quiz, preparing cards for patients, a cancer awareness walk, Social Media support, poster making, and a Fitness challenge. An awareness walk was conducted at Nariman point on 5th February. While walking volunteers engaged in a fun conversation with people at Nariman point by asking them questions related to cancer and cancer awareness day. Through mediums like Instagram and WhatsApp volunteers put up a story or a status which were viewed by hundreds of people.
- **Organ Donation Awareness (10th - 16th January 2023):** The NSS unit of Sophia college organized multiple events to bring awareness about organ donation and to train them to be better individuals. It included events like online training sessions, essay writing, poster making, and documentary screening. Volunteers watched phir zindagi on 16th January, a documentary that showed the importance of donating organs and how it can save lives. It showed the importance of all organs and when one can be donated even when the other isn't functioning well. It also gave importance to the time of duration after death and how various organs like the heart and eyes, including skin, can be donated.
- **International Development Week (8th Feb to 12th Feb 2023):** The first project was Essay writing. Volunteers were given an essay topic 'Keeping Pace with technology development'. The second project was handmade Poster making, in which volunteers had to make a poster related to International development week and its importance of it. The third project was social media support in which volunteers had to post a story or a status for 24 hours related to International development week through which we could reach out to more people and spread more information about international development week. The fourth project was a "Digital poster-making competition" in which volunteers had to make a digital poster related to International development week. The fifth project was the 'Elocution competition'. The topic given was 'Sustainable development in which volunteers had to present a speech for a minimum of 3 minutes and a maximum of 5 minutes. The sixth project was an 'Awareness session' in which volunteers had to talk about development initiatives taken by other Nations and then

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educate others about them and their workings. Which mainly focused on how the developed nations are affecting the developing Nations.

3) Empowerment Programs for Women

- A Pursuit of Glory: Careers in Indian Defence Services (13th August 2022): A seminar was organized under 'Azadi ka Amrit Mahotsav'. The two esteemed guests: Captain Manu Garg from the Corps of Engineers of the Army and twice medallist last year in the National Sailing Championship and Veteran CDR S. K. Jana, Indian Navy, S/M ARM were invited. It was a truly inspiring, thoughtful, and enriching session with the words of the wisest and strongest being said by two guest speakers. The students gained insights into the careers in the Indian Defence Services, the importance of having a Goal, and the process of working towards it.
- Financial Literacy (19th September 2022): The NSS Unit of Sophia College in collaboration with CASI Global conducted a session on Financial Literacy. The speaker who graced the session was Mr. Mitez Sheth. He enlightened the students on investment and savings. The session was very interactive and it proved to be a hit. The volunteers got an insight into how to invest their savings and got knowledge on how to invest adequately.
- Self-Defense Workshop (24th September 2022): The NSS Unit of Sophia College in collaboration with the Rotary Club Of Mumbai Cuffe Parade & Rajesh Thakkar's Karate Academy organized a self-defense workshop on the auspicious occasion of NSS foundation day. Advocate Preeti Gada, President of the Rotary Club Of Mumbai Cuffe Parade and instructor for the session Mr. Kyoshi Sensei Rajesh L. Thakkar, President & Chief Instructor of Rajesh Thakkar's Karate Academy, taught the volunteers not just self-defense tactics but life lessons as well. The session had a massively positive response because the volunteers believed that being self-reliant and being able to protect oneself is the need of the hour.
- Leadership workshop (12th November 2022): The NSS unit of Sophia College in collaboration with The Piramal Foundation organized a workshop. The speaker was Mr. Durgesh Sharma, a social leader and also the ex-NSS leader of Mumbai University. He along with Mr. Dibachan Roy, a core team member of Piramal Foundation not only gave the students motivation but also shaped their perspective toward the path to leadership. The speaker showed a presentation and videos giving examples of leadership in day-to-day life. It was an interactive workshop where everyone's views were welcomed and cherished. Volunteers were given examples from Mahatma Gandhi's life, on how he led the nation toward freedom. Mr. Durgesh Sharma also cleared the definition of "VISION", without which being a leader is not possible.
- Disaster Management (20th February 2023): The NSS unit of Sophia college organized a RUSA-supported program on Disaster management at Sophia College. Volunteers were guided by the 3 best resource persons Dr. Sudhir Rushi Kohchale, Mr. Shailendra Vasanta Madavi, and Mr. Shankesh Chandrakant Zyate who came from Akola. Sudhir R. Kohchale started with the introduction of the event and covered the topics Introduction to Disaster Management, EMS, and MF. Topics like first aid, bandaging, CPR. Volunteers were informed about how

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they could save themselves from fire. Volunteers did practical work and learned how to make a ladder if needed in an emergency and also how to use a Fire Extinguisher.

4) Environment

- Organic Gardening by Mrs. Namita Tawri (31st October 2022): The NSS unit of Sophia college organized an online organic gardening workshop. This workshop was taken by Mrs. Namita Tawri, who is a nature enthusiast and believes in spreading this enthusiasm with others in every way she can. In the workshop, students got to learn in-depth knowledge of plant growth, and the benefits of using organic products over chemical fertilizers and pesticides. She also gave the volunteers many practical, easy-to-use hacks that they can use in everyday life. She mentioned the importance of various nutrients required by plants and how we can provide them so easily with household waste products. How to pot a plant using organic materials was also shown by Namita ma'am.
- Tree plantation drive - Haloli (4th August 2022): The plantation was done in collaboration with Range Forest Office, Div- Dahanu. 300 trees were planted in the forest and 60 trees were planted in the Haloli village. Despite the hardships, the volunteers outgrew the circumstances and completed their tasks. Awareness was spread across the village while conducting the plantation. Volunteers visited and planted trees with school-going kids also outside local villagers' houses. '□□□□ □□□□, □□□□ □□□□!' was the major influence. The efforts of police officials, the forest department, teachers in charge, locals, and NSS volunteers amalgamated and resulted in everlasting success.
- Beach Clean up:
 - The Ministry of Youth & Sports Affairs, Government of India, and Regional Directorate, Pune had collectively organized a Mega Beach Clean-up Drive of Mumbai city colleges. The NSS Unit of Sophia College had taken this initiative forward by conducting a beach cleanup at Girgaon Chowpatty on 19th October 2022. Among 11 colleges at Girgaon Chowpatty, the volunteers of Sophia college did commendable work. Honorable SLO, Maharashtra Dr. Prashant Kumar Vananje, graced the event with his presence. The 22 volunteers tried their best to meet the target of 1.5 kg of plastic waste collection individually. In total 375 kilograms of plastic waste was collected that morning. With the motivation of our guest Dr. Vananje, the volunteers carried on the social work with great enthusiasm and zeal. He then approached the volunteers of Sophia college and appreciated their efforts to restore the natural environment.
 - The NSS Unit of Sophia College in collaboration with Change Is Us (Youth-led Initiative) participated in South Mumbai's biggest-ever youth-driven beach clean up at Girgaon Chowpatty Beach on the 13th of November, 2022. A total of 38 volunteers participated in the clean-up and collected a huge amount of dry as well as wet waste on the beach. Gloves and huge containers for waste collection were provided to us. We

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collected a lot of milk packets, plastics, and other waste. Refreshments were also provided to us at the end of the event.

- The NSS Unit of Sophia College in collaboration with My Green Society and Indian Coast Guard, as instructed by the Ministry of Earth Sciences, Govt. Of India, participated in the International Coastal Cleanup Drive at Girgaum Chowpatty beach on the 17th of September. 45 volunteers collected 15+ kgs of waste. We divided our group of 45 volunteers into two teams, 23 and 22, and both were placed beside each other on the beach.

5) Health and Hygiene programs

- Cosmetics Webinar (11th and 18th June 2022): The Physics department and NSS Unit of Sophia College under the WWF India Program ECHO 2022 organized an informative webinar on Cosmetics: The Hidden Truth. The session was held online on the zoom platform. It was held by Dr. Bindhu Achary, assistant professor (Zoology) at R. Jhunjhunwala College, Mumbai. The event was a 2-day webinar. The speaker talked about the different uses of cosmetics in daily life. She also educated the volunteers about the various chemicals like mercury, sulfate, parabens, coal tar, phthalates, and formaldehyde present in makeup and skin care products that can not only cause serious skin concerns but may result in long-term health issues as well. Apart from pointing out the hazardous substances to stay away from, she also gave alternatives to them.
- Holistic transformation through yoga with Nikita Mandalia(21st June 2022): The NSS Unit of Sophia College celebrated International Yoga Day and experienced holistic through yoga with Nikita Mandalia Various Yogasana were performed and the program ended with Pranayam.
- Webinar on Tissue Donation and Banking (1st July 2022): The Department of Psychology in collaboration with NSS organized a session on Tissue Donation & Banking by Dr. Astrid Lobo Gajiwala, the first woman and first Indian to be elected President of the Asia Pacific Association of Surgical Tissue Banks. The seminar was a tremendous success and it proved to be very insightful to the students as they were made aware of the importance of tissue donations.

➤ Blood Donation:

- The NSS unit of Sophia College in collaboration with Jagjivan Ram Railway Hospital conducted a Blood Donation Drive on 20th May 2022. With the help of 23 efficient volunteers, 63 units of blood were collected successfully.
- The NSS Unit of Sophia College in association with K.E.M Hospital organized a Blood Donation Drive at Dadar railway Station on 23rd August 2022. Volunteers were holding banners which attracted a large audience.
- The NSS UNIT of Sophia college in collaboration with TATA Memorial Hospital Blood Centre organized a Blood Donation Drive in the Multi-Purpose Hall of Sophia college on The 16th of February 2023 from 9:00 am to 3:00 pm. A total of 101

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enthusiasts came forward to donate blood but most were rejected due to low hemoglobin. A total of 28 units of blood were collected.

➤ Pulse Polio:

- On the occasion of Polio Sub-National Immunization day, the NSS Unit of Sophia College in collaboration with Bhanganga Municipal Corporation conducted a pulse polio immunization drive on 19th June 2022. The volunteers were given training in Kavale Math Municipal School from 8 AM to 9 AM. The drive started at 9 AM and lasted till 5 PM. A total of 22 NSS volunteers from Sophia college took part in the drive and successfully gave 557 children between the age of 0-5 years polio drops. Volunteers went to slum areas, clinics, schools, residential buildings, and parks so that the facility would be available to a large number of people.
- The NSS Unit of Sophia College in collaboration with BMC D-ward organized a Pulse Polio Drive on 18th September from 8:00 am to 5:00 pm. Volunteers got instructions and training at Kavale Math Municipal School before starting with the drive. Volunteers were supposed to give Polio drops to children from the age group of 0 months to 5 years. A total of 928 children got polio drops. Volunteers were stationed at different locations for the drive. The drive proved to be a hit among the volunteers and beneficiaries.

- Fit India Freedom Walk - From College to Manibhavan (8th October 2022): To celebrate Mahatma Gandhi's birth anniversary and "Azadi ki 75 saal- Fitness Rahe Bemisaal", the NSS unit of Sophia college organized a Fit India Freedom walk and a visit to Mani Bhavan. Volunteers started their journey from Sophia college carrying posters on Gandhi Jayanti and Swachh Bharat Abhiyan on their way to Mani Bhavan. Volunteers got to know many unknown facts about Gandhi's life and were in awe to see how beautifully it was expressed in various ways. After getting to know so much, a sense of patriotism also filled in them, making this visit a great success.

- COVID-19 Booster Dose Vaccination Drive (23rd July, 2022) : The NSS Unit of Sophia College in collaboration with BMC D-Ward organized a COVID-19 Booster Dose Vaccination Drive. With the help of 31 efficient volunteers, the smooth functioning of the drive was possible. People showed up in large numbers. 65 non-teaching staff, 16 teaching staff, and 59 students were vaccinated, that is 140 beneficiaries in totality. The groups for the vaccination were divided on the basis of vaccines covaxin/covishield. The gracious attitude of Principal Dr. Anagha Tendulkar in taking the booster shot promoted others to actively participate in the drive.

6) Educational program

- Shiksha: The NSS UNIT of Sophia College organized the "Shiksha Project". The Shiksha Project is a wholesome experience, where volunteers go to teach students in Municipal schools. A total of 41 NSS volunteers went to 2 Government schools- JSS Municipal Municipal School, Grant Road, and Kawalemath Municipal School, Banganga. Student's curriculum included

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English and Mathematics along with Various extracurriculars including art, craft, dance, sports, and music. 40 volunteers went to teach in 4 batches (approximately 10 volunteers each batch).

- TFI x Sophia: Step into a classroom (15th November 2023): The NSS Unit of Sophia College in collaboration with Teach For India (TFI), organized- Step into a classroom to experience the magic of teaching children. 11 volunteers of Sophia college went to the BMC school, Worli Sea Face, and were briefed by Kaveri Dhawan Ma'am from Teach For India about what activities the volunteers were expected to conduct for 4th standard students. It was a classroom immersion to experience the joy of working with children and understanding the skills and mindsets one can learn in the process.

7) Miscellaneous Area Activities

- Anger Management: A key to Inner peace (3rd August 2022): The NSS Unit of Sophia College under the peace fortnight, organized a student-led interactive session on the topic: Anger Management- A key to inner peace. Two of the NSS volunteers, using a PowerPoint presentation conducted the discussions. The presentations entailed ways of effectively managing anger, a common stress response. It was an interactive presentation where the audience expressed and reflected on their experiences and subsequent management. The volunteers gained insight into their management of emotions in a healthy way through a journaling activity.
- Rangoli Making Competition (10th August 2022): The NSS Unit of Sophia College organized a Rangoli Making Competition to celebrate the occasion of 75th Independence Day. The theme was Independence Day. This event proved to be a forum to express and showcase creativity from all across the college. Participants were expected to draw a Rangoli with the help of tricolors and it should also deliver a message. Participants could also use flowers to adorn their rangolis.
- Mandala Art Workshop (21st October 2022): The NSS Unit and the Department of Physics of Sophia College on 21st October 2022 organized a workshop on Mandala Art. This was done using the Zoom meeting application from 5:00 to 6:30 pm. The resource person for the event was Ms.Shreya Rohamare, Master trainer for Penkraft Ideas Private Limited. She first began with the introduction of the history of mandala art and stated why it is practiced. Then she showed the participants a few designs that could be used while doing each layer of the mandala art. Then the participants drew a piece of their own. The participants were highly appreciated by the resource person.
- Teach for India - Careers in Social Impact (20th January 2023): Teach for India conducted a session for NSS volunteers about career paths that can be taken to join the Social Impact sector. It was an informative session with 3 panelists joining us from Teach for India who are involved in different work commitments related to the sector. Along with it, international delegates from Teach for All also joined to interact with the volunteers, understand their experiences and explore the opportunity further.

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- Marathi Bhasha Samvardhan Pandharwada: The NSS Unit of Sophia College, on the occasion of Marathi Bhasha Samvardhan Pandharwada, organized two competitions; the English to Marathi Translation Competition and the Marathi Lokgeet Singing and Poetry Recitation Competition on 17th January 2023 and 20th January 2023, respectively.
 - A common paragraph was written in English for them on the blackboard of the class, they had to write its translation on a sheet provided to them. The paragraph entailed information regarding Marathi language day and its celebration, through this awareness was spread among the beneficiaries about the Marathi poet Kusumagraj and his contribution.
 - The participants were asked to prepare any Marathi poem or folk song of their choice. They could participate solo or in groups. In this way, they got familiar with poems and songs of the Marathi language which helped spread awareness amongst the attendees. The Judge for this event was Dr. Ms. Roshan D'souza, Head and Associate Professor in the Zoology Department of Sophia College.

- News18 - Make a dent (6th & 7th February 2023) : The NSS Unit of Sophia College, on 6th and 7th February organized a workshop for the #makeadent contest, in association with News 18.
 - On Day 1, 14 volunteers helped the organizers to set up booths for the awareness of the event across the campus. Volunteers helped in informing the students about #MAKEADENT, distributed brochures, and also helped them register.
 - On Day 2, The main workshop was conducted by associates of HappyDent company, a third party that planned the event on behalf of News18. In the workshop, the volunteers explained the details of the contest. They were made familiar with the concept of making stories and capturing photos journalistically.

- Gandhi Fellowship Program (25th November 2022): The NSS Unit of Sophia college in collaboration with the Piramal foundation organized a seminar on Gandhi Fellowship Program. Our speaker Mr. Durgesh Sharma enlightened the students about how the Gandhi Fellowship Program can help in diverse ways in the journey of life. Gandhi Fellowship is an intensive, experiential, 2-year residential professional program in Transformational Leadership that helps talented young people learn all the necessary soft skills to sustain in the 21st century. An ex-Sophian, Sakshi who applied for Gandhi Fellowship shared her experience via zoom, she told about her journey and also how it helped her to enhance her personality and how it helped her become a leader.

- Hindi Elocution Competition (6th January 2023): Hindi Elocution Competition was organized by Hindustani Prachar Sabha along with the Hindi Department under the guidance of Dr.Vaishali Pachunde Ma'am, Hindi lecturer in charge and NSS coordinator. The topics were based on India and it was on the lines of unity, superpower, and sports. Participants came one by one and delivered. Participants presented and spoke about how tall India stands today and it was very insightful and knowledgeable for the audience. This elocution competition also proved to be a promotion for the Hindi language.



- Rakshabandhan Celebration with the officers of Gamdevi Police Station (11th August 2022): The NSS Unit of Sophia College celebrated this Raksha Bandhan with the hardworking and proud female officers of Gamdevi Police Station. The rakhis were tied to the female officers as a token of respect and honor for always being there for the general public no matter what happens. The event started with words of wisdom by the assistant commissioner of Police Mr. Patil and a female police officer regarding cybercrime and how we can protect the nation and help the police by first ensuring our safety.
- Independence Day (15th August 2022): The NSS Unit of Sophia College in collaboration with the Department of Sports and Physical Education celebrated the 75th independence day on 15th August 2022. The 75th Azadi ka Amrit Mahotsav was started with a Flag Hoisting Event by the Principal, Dr. Anagha Tendulkar Patil at 8 am. NSS students with Ms. Simii performed 2 patriotic songs which were a huge success. At 8.35 we began the Peace March. A total of 600 students along with the Principal, NSS coordinators, and Sports co-ordinator and with the Junior College Vice Principal and Staff members marched till historic August Kranti Maidan. After reaching the August Kranti Maidan the staff members and volunteers paid their tribute to the Smarak or martyr monument. It was a success and students marched back to college with a spirit of patriotism, loyalty, and love for the nation.
- Raj Bhavan Visit (4th December 2022): The NSS Unit of Sophia College organized a visit to the historic place, Raj Bhavan which is the official residence of the Governor Of Maharashtra. It is located on the tip of Malabar Hills in Mumbai. Along with the 52 volunteers and our NSS Coordinator, Dr. Vaishali Pachunde, some of the senior faculty members, Samrita Sinha, Elwin Susan John, Dr. Andrea Coutinho, and one staff member, Sr. Deodita Godinho also joined us for the visit. Volunteers met the Honourable Governor of Maharashtra, the first citizen of Maharashtra, and the Chancellor of Mumbai University, Shri Bhagat Singh Koshyari Ji. We welcomed him with the NSS clap, followed by giving him a token of gratitude from our college. The most heartwarming words came from the governor when responding to the motto "YOU BEFORE ME", he said why not "WE BEFORE ME" once again indicating how easily binaries can be created even when we do not perhaps intend it to happen. His words will stay with us. Then, two of our volunteers told the Honourable Governor about the work that the NSS Unit at our institution undertakes.
- World without war:
 - The essay writing event was organized under World Without Wars. Volunteers had to write their thoughts about a world that can exist without violence and if at all that world is possible in existence in real life. The volunteers participated in large numbers writing their thoughts on paper while discussing them with their peers. One of the volunteers wrote, "There will undoubtedly be problems on many different levels, but peace will enable us to deal with them more effectively. Peace is necessary for humanity to exist and strive toward a better future."
 - Rally was organized on Republic Day, i.e. 26 January 2023. The Rally began from the place of residence, towards the school, and around the village. Slogans for peace were

Vaishali Pachunde



as, "Yudh Chodo, Desh Jodo" were sung by the volunteers. All the volunteers enthusiastically participated in the event and encouraged the villagers to sing with them.

- World Pulses Day - Cooking and Donation (10th to 12th February 2023): The NSS Unit of Sophia College organized a special event on World Pulses day. World Pulses Day is an excellent opportunity to heighten public awareness of the nutritional benefits of eating pulses. To celebrate this cultural heritage, we organized an event where volunteers had to cook pulses of their choice by themselves and donate them to needy people around their vicinity. This gave them the opportunity to celebrate and show their love in the form of food.

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

1. **Educated Young Minds through the Shiksha Project**: After 2 years of covid, we finally got the opportunity to come on the ground and teach children through different and practical ways of teaching. This year, we conducted the Shiksha project where we went to two municipal schools, namely, Kawalemath Municipal School, Banganga, and JSS Municipal School, Grant Road. Our volunteers used poems, stories, and various other materials to teach students of 1st to 8th standard. We made worksheets, used PPTs, indulged in art and craft, dance, and sports, and tried to cover as many extracurricular activities as we could.
2. **Special focus on Women Empowerment**: This year, we focused on empowering our volunteers. We conducted events such as 'A pursuit of glory: careers in Indian Defence Services, financial literacy, a workshop on leadership, a training program on disaster management, and a self-defense workshop. These events gave great exposure to all our volunteers. Through the self defense workshop, our volunteers learnt about the basic ways of protecting themselves if any such situation arises. Through a session on financial literacy and leadership, our volunteers got exposed to different ideas and ways of handling finance and leading a life with honesty and self-awareness respectively. The event, A Pursuit of Glory reflected on what it takes to be a part of the Indian Defense Services.
3. **Swachh Bharat Programme**: To celebrate Mahatma Gandhi's birth anniversary and "Azadi ki 75 saal- fitness rabe bemisaal", the NSS unit of Sophia college organized a Fit India Freedom walk and a visit to Mani Bhavan. 43 enthusiastic NSS volunteers started their journey from Sophia college carrying posters on Gandhi Jayanti and Swachh Bharat Abhiyan on their way

Gauride



to Mani Bhavan. Mani Bhavan is a historical place as Gandhiji was housed in it frequently. Hence it had a story to tell about Gandhi's life.

4. **Raj Bhavan Visit under the Fit India Programme:** The NSS Unit of Sophia College organized a visit to the historic place, Raj Bhavan which is the official residence of the Governor Of Maharashtra. The first place we went to is the Darbar Hall where the oath ceremony of the newly appointed ministers takes place. Then, we explored the Bunker Museum which took us back to the 19th century. We witnessed various rooms which were filled with photos based on different themes. Finally, we went to the Banquet Hall where we met the Honourable Governor of Maharashtra, the first citizen of Maharashtra and the Chancellor of Mumbai University, Shri Bhagat Singh Koshyari Ji. The Honourable Governor spoke to the volunteers about the importance of our history. The most heartwarming words came from the governor when responding to the motto "YOU BEFORE ME", he said why not "WE BEFORE ME" once again indicating how easily binaries can be created even when we do not perhaps intend it to happen. His words will stay with us.

Paul de



Swachh Bharat Activities:

(Keen to Clean)



(Campus Cleanup)



Shinde



Awareness Programs:



(Skit on suicide prevention)



('Bol do': Drama Cum Seminar on Child Sexual Abuse)



Garbade



(Vigilance Week Awareness)
Voter's Registration Drive:



Dengue Malaria Awareness:

Paulode



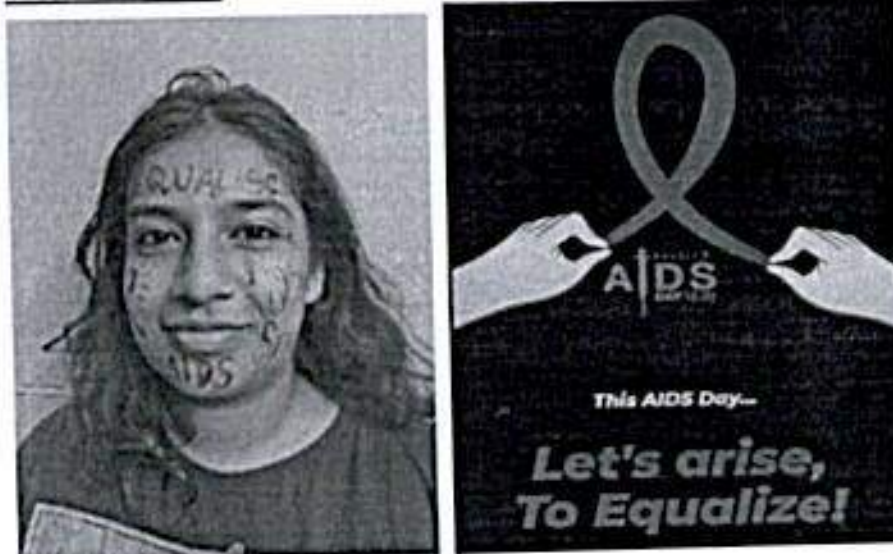
Har Ghar Tiranga Rally:



AIDS/HIV Poster making:



World Aids Day:



Cancer awareness week:

Handwritten signature





Organ Donation Awareness:



Pauline



International Development Week:



Safer Internet Day:



RRC Introduction Presentation:



Dehanda



Empowerment Programs for Women:



(A pursuit of Glory: Careers in Indian Defence Services)



(Financial Literacy)



(Self-Defense Workshop)

Abhude





(Workshop on leadership Program)



(Training Program on Disaster Management)

Pachunde



Environment:



(Haloli Plantation Drive)



(Organic Gardening Workshop)

Rachunde



Beach Clean Up



(International Coastal Cleanup)



(Mega Beach Cleanup)



(You for youth- beach cleanup)

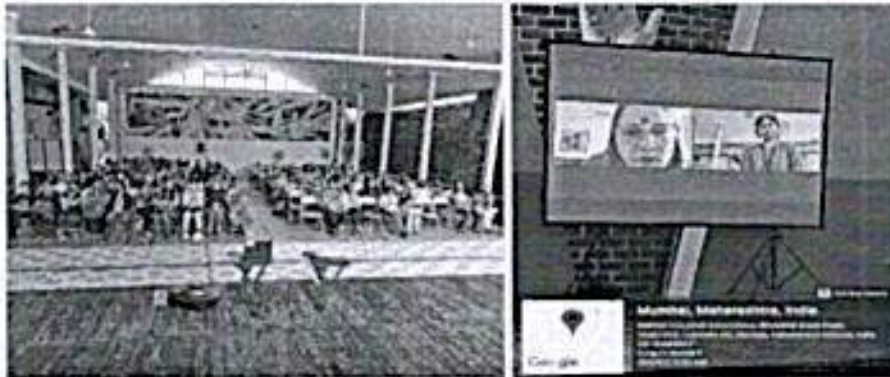
Sachinde



Health and Hygiene Programs:



(Cosmetics Webinar)



(Webinar on tissue donation and banking)

Blood Donation:



(20th May 2022)

Richards





(23rd August 2022)



(16th February 2023)



Rachunde

Pulse Polio:



(19th June 2022)

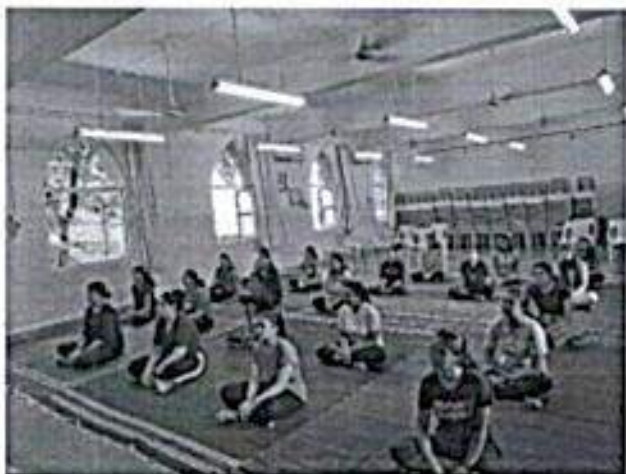


(18th September 2022)

Rachunde



Holistic transformation through yoga with Nikita Mandalia:



Rachunde



Educational program:



(Shiksha Project)

Pachunde





(TFI x Sophia: Step into a classroom)

Miscellaneous Area Activities:



(Anger Management: A key to inner peace)



(Rangoli Making Competition)



DP Chaudhary



(Workshop on Mandala Art)



(Marathi Bhasha Samvardhan Pandharwada)



(News 18- Make a dent)

Sachunde





(Gandhi Fellowship program)



(Hindi Elocution)



(Raksha Bandhan Celebration)

Sachinde





(Independence Day Celebration)



(Raj Bhavan Visit)

Sachunde





(World Without War)



(World Pulses Day: Cooking and donation)

TEACH/INDIA

CAREERS IN SOCIAL IMPACT

Learn and understand diverse specialties

<p>Aditya Mishra The Director National Council For India</p>	<p>Kishora Ajinkya 2019-20 Fellow Personnel, Global Strategy Communications Barbery</p>	<p>Mansab Mehan 2019-20 Fellow Co-founder and CEO Saharney Art Glass</p>
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Friday, 29th January 2023 11:30 am - 12:30 pm Room No. 18



(TFI x NSS: Careers in Social Impact)

Paikude

