

7.1.9 - Sensitization of students and employees of the institution to constitutional obligations: values, rights, duties and responsibilities of citizens:

Sr.	Activities	Links
1.	Swachh Bharat Activities: Keen to clean (27th November to 5th December 2022): Campus cleanup (16th January 2023):	https://www.sophiacollege.mumbai.com/upload/NSS%202022-23.pdf
2.	Swachh Bharat Activities: Campus cleanup (16th January 2023):	
3.	Awareness Programs: Skit On Suicide Prevention (10th September 2022)	
4.	Awareness Programs: Vigilance Week Awareness (31st October to 6th November 2022) : 'Bol do':Drama Cum Seminar on Child Sexual Abuse (18th November 2022)	
5.	Awareness Programs: AIDS/ HIV awareness Poster making Session (26th November 2022)	
6.	Awareness Programs: AIDS/ HIV awareness Poster making Session (26th November 2022)	
7.	Voter's Registration Drive	
8.	Safer Internet Day (13th February 2023)	
9.	RRC Introduction Presentation (14th February 2023)	
10.	Dengue Malaria Awareness(15th July - 30th July 2022)	
11.	Har Ghar Tiranga Rally (11th August 2022)	
12.	World Aids Day (1st to 3rd December 2022)	

13.	Cancer awareness week (5th to 11th February 2023)	
14.	Organ Donation Awareness (10th - 16th January 2023)	
15.	International Development Week (8th Feb to 12th Feb 2023)	
16.	Empowerment Programs for Women: A Pursuit of Glory: Careers in Indian Defence Services (13th August 2022):	
17.	Empowerment Programs for Women: Financial Literacy (19th September 2022)	
18.	Empowerment Programs for Women: Self-Defense Workshop (24th September 2022)	
19.	Empowerment Programs for Women: Leadership workshop (12th November 2022)	
20.	Empowerment Programs for Women: Disaster Management (20th February 2023)	
21.	Environment: Organic Gardening by Mrs. Namita Tawri (31st October 2022)	
22.	Environment: Tree plantation drive - Haloli (4th August 2022)	
23.	Environment: Beach Clean up	
24.	Health and Hygiene programs: Cosmetics Webinar (11th and 18th June 2022)	
25.	Health and Hygiene programs: Holistic transformation through yoga with Nikita Mandalia(21st June 2022)	
26.	Health and Hygiene programs: Webinar on Tissue Donation and Banking (1st July 2022)	
27.	Health and Hygiene programs: Blood Donation	
28.	Pulse Polio	

29.	Fit India Freedom Walk - From College to Manibhavan (8th October 2022)	
30.	COVID-19 Booster Dose Vaccination Drive (23rd July, 2022)	
31.	Educational program: Shiksha	
32.	TFI x Sophia: Step into a classroom (15th November 2023)	
33.	Anger Management: A key to Inner peace (3rd August 2022)	
34.	Rangoli Making Competition (10th August 2022)	
35.	Mandala Art Workshop (21st October 2022)	
36.	Teach for India - Careers in Social Impact (20th January 2023)	
37.	Marathi Bhasha Samvardhan Pandharwada	
38.	News18 - Make a dent (6th & 7th February 2023)	
39.	Hindi Elocution Competition (6th January 2023)	
40.	Rakshabandhan Celebration with the officers of Gamdevi Police Station (11th August 2022)	
41.	Azadi ka Amrit Mahotsav : Independence Day (15th August 2022)	
42.	Raj Bhavan Visit (4th December 2022)	
43.	World without war	
44.	World Pulses Day - Cooking and Donation (10th to 12th February 2023)	
45.	Swachh Bharat Activities: Plastic Collection Drive: (01/10-30/10/2021)	
46.	Swachh Bharat Activities: Webinar on Plastic Waste Recycling and Management(29/09/2021)	
47.	Swachh Bharat Activities: Webinar on Zero Waste Lifestyle- Steps towards a Sustainable World (24/07/2021)	
48.	Swachh Bharat Activities: National Pollution Day Activities: Best Out of Waste and Poster Making Competition (2-6/12/2021)	

49.	Swachh Bharat Activities: Beach Clean Up Drives	https://www.sophiacollege.mumbai.com/upload/NSS%202021-22.pdf
50.	Awareness Programs: HIV/AIDS Awareness Project (23-29/09/21)	
51.	Awareness Programs: Road Safety Project (14-22/02/2022)	
52.	Awareness Programs: Organ Donation Project (28/02 - 06/03/2022)	
53.	Awareness Programs: Voter Registration Drive (18-27/11/21)	
54.	Awareness Programs: Menstrual Awareness Project (22-28/02/2022)	
55.	Awareness Programs: Awareness of the Importance of voting Through Slogans, Posters and Skits (24/09-03/10/2021)	
56.	Awareness Programs: Cancer Awareness Activities (7-9/11/2021)	
57.	Awareness Programs: Covid awareness Rally, Vaccination and Survey (04-14/09/21):	
58.	Empowerment Programs for Women (National Girl Child Day): Self –Defense Project (24/01/22)	
59.	Empowerment Programs for Women (National Girl Child Day): Picture With Girl Child (22-24/01/22)	
60.	Empowerment Programs for Women (National Girl Child Day): Financial Literacy (04/08/2021)	
61.	Environment: Tree Plantation Project (22/07-31/07/2021):	
62.	Environment: Save Electricity Project (20 area hours) (01-07/02/2022)	
63.	Environment: Save Water Project (20 Area hours) (06-11/02/2022)	
64.	Health and Hygiene programs: Blood donation drives	
65.	Health and Hygiene programs: Fit India Freedom Run(14-15/08/2021)	
66.	Health and Hygiene programs: Webinar: Fitness ka dose, aadha ghanta har roz (13/08/21)	
67.	Session on Bring the Change with Team Art of Living (21/06/2021)	
68.	Quiz on “Yoga a Pathway to Control your mind, body and soul” (21/06-24/06/2021)	

69.	Yoga Awareness Activity(21/06-24/06/2021)	
70.	Yoga Protocol Workshop (15,16,20,21/06/2021)	
71.	Webinar: 10 ways to Mindful Eating (08/09/21)	
72.	Pulse Polio Immunization Camps (26/09/21 & 27/02/22)	
73.	Educational program: The Shiksha Project (20Area hours) (08/09/21)	
74.	Chitthi Aayi Hai (16-23/01/22)	
75.	Street Dogs Project (13-20/11/21):	
76.	Uttung, Umeed and Anubhuti Fest	
77.	Webinar: Soar high: Career in civil services (14/08/21)	
78.	Hindi Poetry Recitation Competition (25/09/21)	
79.	Marathi Bhasha Event	
80.	Ek Bharat Shrestha Bharat (10/12/2021)	
81.	Non-violence and Peace Activities (04-06/10/2021)	
82.	Short Film screening on the international day for the Abolition of Slavery (4/12/2021)	
83.	National Youth Day (12-13/01/22)	
84.	Awareness event for two Government Schemes (09-14/02/2022)	
85.	Republic Day Activities (26-29/01/22)	
86.	Webinar on: Human Values and Ethics(09/02/22)	

87.	A talk by Adv. Irfan Engineer on the occasion of World Minorities Rights Day on 18th December 2021	
88.	One Day Awareness programme on Elderly Issues was conducted on 7th Jan 2022 by Ministry of Social Justice and Empowerment(GOI), National Institute of Social Defence, Regional Resource and Training Centre Under Centre for the Study of social change in collaboration with Department of Sociology	https://www.sophiacollegemumbai.com/upload/SR/718SAMAJIKSOCIOL OGY.pdf
89.	Sanitization of Buildings	
90.	Donation of food grains and other essentials	
91.	Covid-19 Training	
92.	Awareness on COVID 19 through Social Media	
93.	Distribution of Arsenic Albom 30	
94.	Webinar on Machine less mask-making	
95.	E-mask: Protecting Yourself Online	
96.	First Aid To Your Rescue	
97.	Secrets of Effective Communication	https://www.sophiacollegemumbai.com/upload/NSS%202020-2021.pdf
98.	Webinar on Yoga- Finding Calm in Chaos	
99.	Online Yoga Quiz	
100.	National Doctors Day	
101.	Environment and You: The Journey Ahead	
102.	Somewhere Over the Rainbow	
103.	World Nature Conservation Day	
104.	Tree Plantation Project	
105.	Webinar on 'future of education after Covid-19'	
106.	Essay Writing on Positive Effects of Lockdown	
107.	Law and Rights of Women	

108.	Poster and Slogan Making competition
109.	Quiz on 'India's Freedom Struggle'
110.	The Armed Forces-An Insight
111.	Webinar on Organ Donation
112.	Covid-19 precautions to be taken during Ganesh Chaturthi- Poster Slogan and Essay Competition
113.	Leadership and Team Building Webinar
114.	The Hangout – Promoting mental wellbeing and self care
115.	Bhajan Sandhya
116.	Webinar on PCOS
117.	Webinar on Mental Health
118.	Bottles for Change Orientation
119.	Webinar on Youth for Organ Donation Awareness Campaign
120.	Youth - The Power of a Nation
121.	Smruti Gandh by Balasaheb Thackeray Study Center
122.	Nasha Mukht Webinar
123.	MDACS Quiz contest on HIV/AIDS
124.	Webinar on “The Constitution of India - with special reference to Fundamental Duties”
125.	Sanvidhan Diwas
126.	Hemoglobin levels and Women's hygiene.
127.	HIV/Aids Awareness Quiz
128.	Slogan Writing Competition
129.	Poster Making Competition
130.	HIV/Aids and The Fallacies around it
131.	Prabhat Pheri
132.	FIT India Webinar
133.	Inauguration Ceremony for Dr. Babasaheb Ambedkar International Research Center
134.	GLC NSS - Webinar on Organ Donation

135.	Environment 2.0 Gen-Next (GOM) Essay Contest	
136.	Letter to Martyr	
137.	Quiz on Road Safety	
138.	Parakram Diwas	
139.	Blood Donation Drive - Sawant Kem Blood Bank	
140.	Frame an Act	
141.	Face Painting	
142.	Rangoli Making	
143.	Ek Bharat Shreshta Bharat	
144.	The Pad Project documentary screening	
145.	Target Publication Seminar	
146.	GLC- New Labour Codes	
147.	National Quiz on Road Safety Symbols	
148.	Webinar on Women Empowerment	
149.	Self Defense Workshop	
150.	Organ Donation Training	
151.	Gender Sensitization Workshop	https://www.sophiacollegemumbai.com/upload/SR/719SSRICLUBREPO RT2020-21.pdf
152.	Swachh Bharat Activities: (Screening, Swachh Bharat area project, Talk.)	
153.	Awareness Programs (Red Ribbon club, Road Safety, Communal Harmony, Bislari Project, Organ Donation, Pehchaan Orientation, Voter registration Drive):	https://www.sophiacollegemumbai.com/upload/SR/362_NSS_2019-2020_362.pdf
154.	Empowerment and Programs for Women and Weaker Sections in society (Mahiti Doot, Posters, Self-Defense Project, talks, health checkups, Orientations.):	
155.	Environment: (Tree Plantation, Paper bag collection, Save Water, Save Electricity.):	

156.	Health and Hygiene programs(Blood donation drive, Eye and dental check –ups, Health and Hygiene, AIDS street play, Fit India Campaign, Yoga sessions, University events.):	
157.	Educational program (Shiksha)	
158.	Miscellaneous Area Activities (Ek Prithvi orientation, Election duty traffic management, essay writing, Uttung fest, Bisleri Skit, Communal harmony: Sangat (Folk-fusion band)	