

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

Office of the Principal

Sophia College (Autonomous)

Bhulabhai Desai Road
Mumbai – 400026

Ph: 022-23512642 / 23523304

sophiacollegemumbai.com

2018-2019

3.6.3-Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs) (10) & 3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years(15)

Sr. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Extension/O outreach	Date or Year of the activity	Number of students participated in such activities
1	Teaching and Tree Plantation in Haloli	NSS	Environmental awareness	Outreach	06/08/18	70
2	Street play on organ donation	NSS	Social responsibility	Outreach	09/10/18	15
3	Shiksha Project	NSS	Education	Outreach	13/01/19-18/01/19	60
4	Blood Donation Camp	NSS	Social responsibility	Outreach	20/10/18	30
5	Diya Sale	NSS	Social responsibility	Extension	11/10/18	67
6	Blood Donation Camp	NSS with Red Ribbon Club and TATA Memorial Hospital	Social responsibility	Outreach	30/01/19	88
7	Tree Plantation Drive at Amarson Gardens	NSS	Environmental awareness	Outreach	07/07/18	43



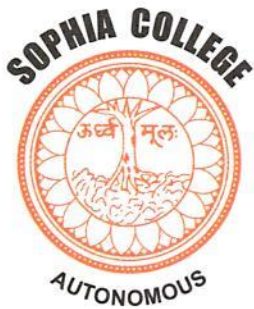
8	Tree Plantation Drive at Haloli village Haloli Village	NSS	Environmental awareness	Outreach	28/07/18	66
9	Self defense	NSS	Self defense	Extension	15th to 22nd Dec 2018	56
10	Road safety area project	NSS	Social responsibility	Outreach	9th to 24th Feb 2019	45
11	Yoga Training	NSS	Health and hygiene area project	Extension	16th to 18th Oct 2018	33
12	Thalassema check up	NSS	Health and hygiene area project	Extension	20th August 2018	40
13	Save Water Area Project	NSS	Resource conservation	Outreach	21st December, 2018 to 15 February, 2019	56
14	Save Electricity Area Project	NSS	Resource conservation	Outreach	24 December, 2018 to 4th January, 2019	44
15	WALK WITH ME...EAS Y MY PAIN	NSS	Health awareness	Outreach	13th October 2018	55
16	Plastic collection Drive	SSRI	Social responsibility	Outreach	25th June, 2018 to 2nd July, 2018	100
17	Animal first	SSRI collaboration World for all	Social responsibility	Outreach	31st Aug 2018	30
18	Newspaper collection	SSRI collaboration World for all	Social responsibility	Outreach	28th August, 2018 to 31st August, 2018.	50
19	Animal assisted therapy	SSRI collaboration Animal	Mental health awareness	Outreach	9th October 2018	65



		Angels Foundati on				
20	Understanding the LGBTQ Community	SSRI with the NGO Humsafar Trust	Gender awareness	Outreach	4th December , 2019	57
21	Trip to Sanjay National Park - Environmental awareness	SIGMA	Environmental awareness	Outreach	16/1/2019	38
22	E-Waste collection	SIGMA	Environmental awareness	Outreach	12th Feb 2019	77
23	Session on Korean Culture and K-Pop Fandom	World Music Club	Mutlicultural awareness	Outreach	18th September 2018	35
24	Music Production Workshop	World Music Club	Music production	Outreach	11th October 2018	21
25	Lucente Concert	World Music Club with Consulate General of the Republic of Korea	Mutlicultural awareness	Outreach	27th October 2018	200+



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2019-2020

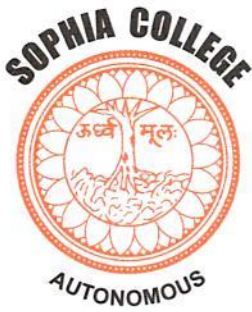
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26	Blood Donation Camp	NSS	Social responsibility	Outreach	28\08\19	20
27	Blood Donation Camp	NSS	Social responsibility	Outreach	07\02\20	41
28	Tree Plantation Drive	NSS	Environmental awareness	Outreach	12\08\19	20
29	Street Plays on Dengue/ Malaria Awareness	NSS	Health awareness	Outreach	05\09\19	30
30	Street Play on AIDS	NSS	Health awareness	Outreach	13\01\20	20
31	Swachh Bharat Project	NSS	Environmental awareness	Extension	13\08\19-14\12\20	140
32	Distribution of Mahiti Doot Booklets	NSS	Social responsibility	Outreach	14\10\19	10
33	Save Electricity Project	NSS	Environmental awareness	Outreach	23\11\19-25\11\19	21
34	Shiksha Project	NSS	Education	Outreach	02\12\19-20\12\19	80
35	Red Ribbon Club Project, Awareness Program	NSS	Health awareness	Outreach	13\12\19 to 17\02\20	80



36	Road Safety Project	NSS	Social responsibility	Outreach	10 to 17/02/20	43
37	'Bottles for change': done over the period of 4 months	NSS and Bisleri International Limited	Environmental awareness	Outreach	23/09/19 to 14/02/20	60
38	Rally for Organ Donation Awareness	NSS	Health awareness and Social responsibility	Outreach	5\09\19	25
39	Fit India Campaign	NSS	Health awareness and Social responsibility	Outreach	29\08\19	69
40	Swachhta Skit	NSS	Education	Outreach	13\2\20	12
41	Campus Cops	NSS	Social responsibility	Extension	13th August 2019 – 14th December, 2019	40
42	Workshop on Suicide Prevention and Mental Wellbeing.	NSS and SSRI	Social responsibility	Extension	28/11/2019	41
43	Life Science Extension Activity With NSS Brain Camp Theme - 'Memory'	NSS and Department of Life Science	Education and Social awareness	Extension	28 and 29/09/2019	63





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2020-2021

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Sr. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Extension/Outreach	Year of the activity	Number of students participated in such activities
44	Awareness on COVID 19 through Social Media	NSS	Social responsibility	Outreach	23/04/20-28/04/20	14
45	Blood Donation Camp	NSS	Social responsibility	Outreach	01/04/2021	15
46	Tree Plantation Drive	NSS	Environmental awareness	Outreach	14/07/20-28/07/20	6
47	Covid-19 Awareness Drive	NSS	Social responsibility	Outreach	07/04/21-11/04/21	64
48	HIV/AIDS Week	NSS	Social responsibility	Outreach	04/12/21-06/12/21	226
49	The Trans Act Takeback	Sophia Queer Collective in collaboration with the International Relations Club	Social responsibility	Outreach	Nov-20	47



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50	PCOD & Hormonal Disorders among teenagers	Department of Psychology with a Gynecologist	Health awareness	Outreach	Dec-20	120
51	Mental health Awareness	Department of psychology & Taraasha , TISS, Mumbai	Mental health awareness	Outreach	Jan-21	296
52	Nashamukti Bharat Abhiyan	Maharashtra Govt + Psychology Department & FC classes	Nashamukt Bharat abhiyan	Outreach	Feb-21	500
53	Understanding Gender and Sociology through Digital Activism and Stories.	Department of Sociology	Guest Lecture	Outreach	1/3/2021	70
54	Online lecture	Stree Darpan, a literary group	Lecture on stories by Dharmveer Bharati	Outreach	Dec-20	online audience
55	Hydroponics	SIGMA	Social responsibility	Outreach	18th January 2021	online audience





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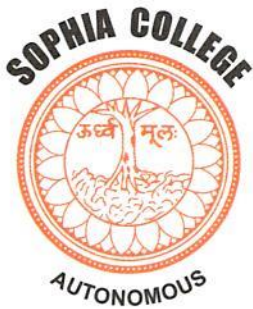
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2021-2022

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56	Blood Donation Camp	NSS	Health awareness	Outreach	08/03/22	32
57	Tress Plantation Drive	NSS	Environmental awareness	Outreach	22/07/21-31/07/21	38
58	Cancer Awareness Project	NSS	Health awareness	Outreach	6/11/21-9/11/21	110
59	Menstrual Awareness Project	NSS	Health awareness	Outreach	22/02/22-28/02/22	89
60	Covid Awareness Campaign	NSS	Health awareness	Outreach	04/09/21-14/09/21	19
61	Picture With Girl Child (22-24/01/22):	NSS	Gender awareness	Extension	22nd Jan to 27th Jan 2022	30
62	Street Dogs Project	NSS	Social responsibility	Outreach	12th Nov to 20th Nov 2021	26
63	Addressing Ablesim- Panel discussion	Students' Social Reforms Initiative	Social responsibility	Outreach	25th Feb 2022	60
64	Generational Trauma-Session	Students' Social Reforms Initiative	Social responsibility	Outreach	28th Feb 2022	50





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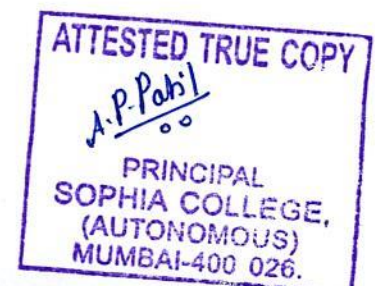
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2022-2023

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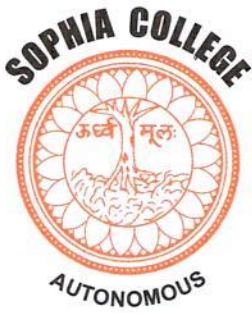
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Sr. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Extension/ Outreach	Year of the activity	Number of students participated in such activities
65	Cleanliness Drive	NSS	Social responsibility	Outreach	12/09/22-15/09/22	168
66	Pulse Polio	NSS	Health awareness	Outreach	19/06/22	22
67	Eco friendly rakhi selling with Sewa foundation	NSS	Environmental awareness	Outreach	8/07/22-30/07/22	16
68	Ganpati Immersion Duty	NSS	Social responsibility	Outreach	04/09/22, 05/09/22, 09/09/22	38
69	Pulse Polio Drive	NSS	Health awareness	Outreach	18/09/22	23
70	Cancer Awareness Week	NSS	Health awareness	Outreach	05/02/23-12/02/23	130
71	Shiksha	Rotract Club	Educational	Extension	Feb 2023	9
72	The Butterfly effect	Rotract Club	Social responsibility	Extension	Feb 2023	22
73	Project Sahasee	Rotract Club with Rotaract Club of	Women empowerment	Extension	8th September, 2022	7



		Balasaheb Apte College of Law				
74	Let's Talk about IT	Rotract	Health awareness	Extension	1st December, 2022	43
75	The Best of KASHISH: A Queer Film Festival	SSRI	Gender issues- Social responsibility	Extension	21st Jan 2023	80
76	Beach Cleanup Drive	The Nature Club in collaboration with Change is Us (CIU) and Sigma Club	Social responsibility- Beach Cleanup Drive	Extension	January, 2023	103
77	Zaika Fest (as part of Ananya Festival)	RUSA and Department of Chemistry	Women Empowerment and Entrepreneurship	Extension	11th February 2023	42
78	Student Outreach activity as part of Science Day celebration	DBT Star College scheme and Department of Physics	Educational	Extension	28th February 2023	45
79	Educational Outreach activity for students	DBT Star College scheme and Department of Chemistry	Educational	Extension	11th - 18th June 2022 (Some activities have been carried out through out academic year)	





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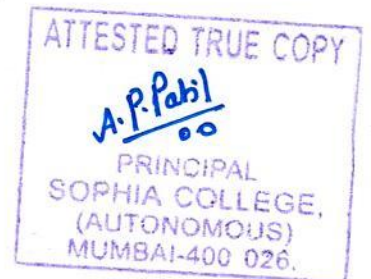
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Extension and Outreach Activities of Sophia Women's Centre

Sr. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Extension/O outreach	Year of the activity	Number of students participated in such activities
80	Women's leadership training programme	Bombay Archdiocesan Women's commission	Women's empowerment and leadership	Outreach	21 st July 2018 to 2 nd Sept 2018	
81	Self Defense workshop	Women's centre	Women's empowerment	Outreach	Jan 2019	240
82	Certificate course in social work	Women's centre	Women's empowerment - social work	Extension	17 th August 2021 to 8 th Sept 2021	18
83	Entrepreneurship training-certificate course	Women's centre	Women's empowerment - entrepreneurs hip skills	Extension	19 th July to 11 th July 2021 and 31 st Jan to 14 th March 2022	16 33
84	Certificate course in social work	Women's centre	Women's empowerment	Extension	12.09.2022 to 30.09.2022	21





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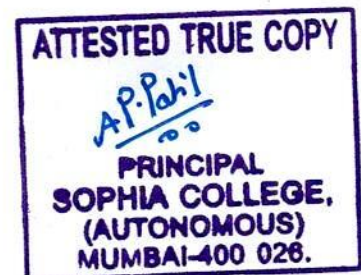
Extension and Outreach Activities of NSS (2022-2023)

Sr. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Extension/ Outreach	Year of the activity	Number of students participated in such activities
85	Swachh Bharat: Keen to Clean	NSS	Social Responsibility	Outreach	November 2022	40
86	Skit on Suicide Prevention	NSS (Health Awareness	Extension	10 th September 2022	20
87	Bol do: Drama cum Seminar under POCSO Act (2012)	NSS in collaboration with THOHF	Social Responsibility	Extension	18 th November 2022	150
88	Voter Registration Drive	NSS (185 Malabar Hill Constituency)	Social Responsibility	Outreach	8 th December	70
89	Blood Donation Drive	NSS with KEM Hospital	Health Awareness	Outreach	23 rd August	150
90	Blood Donation	NSS with (TATA Memorial Blood Center)	Health Awareness	Outreach	16 th February	101



A. P. Pahi

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91	Booster Dose	NSS (in collaboration with BMC D Ward)	Health Awareness	Outreach	23 rd July 2022	59
92	Shiksha Project	NSS	Social Responsibility	Outreach	4 th March 2023	40
93	Tree Plantation	NSS (Range Forest Officer Div Dahanu)	Environmental Awareness	Outreach	4 th August 2022	35



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