

3.4.3 -

Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/Government and Government recognized bodies during the year

MANIBEN NANAVATI WOMEN'S COLLEGE

DEPARTMENT OF GUJARATI

ACTIVITY REPORT

YEAR: 2020-2021

NAME OF THE ACTIVITY: Drawing & Essay Writing Virtual Competition

DD/MM/YY: 30/01/2021
std.

TARGET GROUP : Students from 1st to 10th

NAME OF FACULTY: Dr. Sejal Shah & Ms. Geeta Varun

NO OF STUDENTS: 29

VENUE: Virtual

OBJECTIVES:

- To inculcate Gandhian values in the students.
- To develop skills and encourage creative thinking amongst students.

METHODOLOGY: Participatory Learning

OVERVIEW:

Outreach programs and invited lectures are also given to the community.

Impact: Through extension and outreach programs, Gujarati Students sensitize the students to develop social values, widespread their responsibilities and knowledge in societal issues and problems by making students to involve with the community people.

On 30th January 2021, on the occasion of Mohandas Karamchand Gandhiji's death anniversary, an online drawing and essay writing competition was organized by the Department of Gujarati, Maniben Nanavati Women's College for the students of M. M. Pupils Own High School, Khar (West). The competition was conducted as a part of the Extension activity.

The competition was announced on 10th April 2021. Students were given 20 days to submit their drawings and essays. The subject of the drawing competition was Gandhiji, his life and ideals. Students drew beautiful pictures related to Gandhiji's life, Gandhian values as well as Gandhian thought. The competition was open for 1st to 7th standard students. There were a total of 26 entries for the drawing competition.

The theme of the essay writing competition was 'Letter to Gandhiji' (Visualising Gandhiji to come back and improve the situation in current India.). The competition was open for 5th to 10th standard students. In the essay, the participants described the challenges faced by the country and how Gandhiji would bring the changes and help in the current scenario. They even mentioned the current situation of the Covid-19 pandemic in India. Students imagined the measures led by Gandhiji in making the country progressive. There were a total of three entries for the essay writing competition.

Drawing Competition:

Date: 30th January 2021

Topic: Gandhi Chitro

Total Number of Participants: 26

Std: 1st to 7th

Name of the Winners of Drawing Competition:

Aman Parmar - 6th Std - 1st Prize - 500/-

Rohan Solanki - 5th Std - 2nd Prize - 250/-

Sneha Solanki - 5th Std - 3rd Prize - 150/-

Dinky Chauhan - 4th Std - Consolation Prize - 100/-

Essay Writing Competition:

Date: 30th January 2021

Topic: Gandhiji ne Patra

Total Number of Participants: 3

Std: 5th to 10th

Name of the Winners of Essay Writing Competition:

Riddhi Raval - 10th Std - 1st Prize - 500/-

Tejas Palikar - 7th Std - Consolation Prize - 100/-

OUTCOME:

- A huge number of participation amongst students.
- The winners received cash prizes and certificates.
- Assimilation of Gandhian values amongst students.
- An extension activity is an activity that extends the learning of the lesson.

TREE PLANTATION

Tree plantation activity was carried out by the NCC cadets to spread awareness about the environment and to instill the importance of trees and planting them as a duty of the citizens.



| | |
|--------------------------------------|---|
| DATE | 5th June 2020 |
| HELD BY | BATTALION 2 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT AYESHA SHAIKH CDT SHAAPHIA SHAIKH |
| TOTAL STRENGTH:- 58 CADETS | |

TREE PLANTATION PAKWADA

Trees are the best gift of nature so to expand this phenomenon, the cadets planted saplings. The art of giving and caring should never be left behind. Cadets altogether planted 30 saplings during this activity.



| | |
|--|--|
| DATE | 16th July 2020 |
| HELD BY | BATTALION 2 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE |
| TOTAL STRENGTH:- 04 CADETS | CDT SHAAPIA SHAIKH CDT AYESHA SHAIKH |

BLOOD DONATION

Blood Donation Campaign was conducted where five cadets took part following the eligibility criteria of the blood donation.



| | |
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| DATE | 23rd Sep 2020 |
| HELD BY | BATTALION 2 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT PRIYANKA KUMARI |
| TOTAL STRENGTH:- 5 CADETS | |

JAL SHAKTI

Jal Shakti was a movement driven by Government of India to protect the reservoirs and maintain sanity of our water. Cadets made articles on the given topics.

JAL SHAKTI- A SOLUTION

The summer water crisis of 2019, has led in emerging country a policymakers. Ministry of Jal Shakti launched in may 2019, a response to water crisis. India's Prime Minister Narendra Modi took a much needed step in direction of ensuring India's water security as well as thrust.

Jal Shakti Ministry is headed by Gajendra Singh Shekhawat. After a month, Jal Shakti Abhiyan, a campaign came into action with many governmental reforms.

Jal Shakti Abhiyan is a mass movement to bring all the stakeholders under one ambit of water conservation drive. It's time to care before streams are bare. Abhiyan aims to make water conservation a 'people's movement' through government programmes. Activities like water harvesting and borewell recharge already been carried out under the Mahatma Gandhi National Rural Employment Guarantee Scheme and The Integrated Natershed Management Programme of the Rural Development Ministry.

Drip, Drop, Drip, Drop. This kind of clock must be stopped. 8% of water is conserved out of total rainfall received in India. High rates of water crisis, makes India listen to alarm bells. India is currently facing world's worst water crisis, about 200,000 people die every year for lack access to safe water and the ongoing widespread Corona pandemic is imposing more threats to life.

Water being a means of basic survival, Jal Shakti Abhiyan cannot fall back in achieving timely, actionable and competitive results, but India is taking small steps towards an eventual solution. World quenches the thirst of basic needs with water. Not too late to save water's fate. If not saved today, it will slip a way.

CDT ADITI PAL
S.N.D.T College

| | |
|----------------------------------|--|
| DATE | 2nd Dec 2020 |
| HELD BY | BATTALION |
| TOTAL STRENGTH:- 7 CADETS | 2 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHI VERMA CDT PRIYANKA KUMARI |

GARDEN CLEANING

To clean our country, it is important to start from the depth of it. We started with garden cleaning and made people aware about it by blogs, videos and cleaning.



| | |
|--|---|
| DATE | 9th Dec 2020 |
| HELD BY | BATTALION |
| TOTAL STRENGTH :- 22 CADETS | 4 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT SHILPA GUPTA CDT PRIYANKA KUMARI CDT SAPNA VISHWAKARMA |

TALK/SPEECH WHAT CAN I DO TO CLEAN MY CITY

India's future depends on how our generation. It depends how our innovative and creative the youth is, to get into depth of it our cadets made videos suggesting about how they can clean their city.



| | |
|------------------|---------------|
| DATE | 10th Dec 2020 |
| HELD BY | BATTALION |
| TOTAL STRENGTH:- | 04 CADETS |

BEACH CLEANING

The Ocean takes care of us so let's return the favor. Cadets cleaned beaches maintaining social distancing throughout.



| | |
|-----------------------------------|---|
| DATE | 11th Dec 2020 |
| HELD BY | BATTALION |
| TOTAL STRENGTH:- 14 CADETS | 4 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT SHILPA GUPTA CDT SHRUTI SHIRKE CDT LUBNA MANSURI |

NUKKAD-NATAK: SEGREGATION OF WASTE

Waste Segregation and waste recycling are best for the Waste Management. In order To spread awareness our cadets presented it with nukkad Natak Online.



| | |
|--------------------------------------|--|
| DATE | 12th Dec 2020 |
| HELD BY | BATTALION 1 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA |
| TOTAL STRENGTH:- 8 CADETS | |

SEMINAR ON PLASTIC WASTE MANAGEMENT

Plastic Waste Webinar was conducted on 13th December 2020 by M.D College. This program is conducted during Swachta Pakwada 2020.



| | |
|--------------------------------------|--|
| DATE | 13th Dec 2020 |
| HELD BY | BATTALION |
| TOTAL STRENGTH:- 65 CADETS | 6 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT SHILPA GUPTA CDT PRIYANKA KUMARI CDT SAPNA VISHWAKARMA CDT SHRUTI SHIRKE CDT LUBNA MANSURI |

PLASTIC MANAGEMENT AWARENESS

Do something drastic, cut the plastic. Our cadets made videos suggesting many ways To Reuse, Reduce and Recycle the plastic waste.



| | |
|--|---|
| DATE | 13th Dec 2020 |
| HELD BY | BATTALION 2 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT PRIYANKA KUMARI |
| TOTAL STRENGTH:- 8 CADETS | |

PULSE POLIO

Drops of polio was provided almost door to door by the NCC cadets to the children below 5 years as a part of social activity under the guidance of BMC. Considering children's health and immunization it was done in proper manner . Also cadets spread awareness reagrding polio and its benefits.



DATE

31-Jan-2021

HELD BY

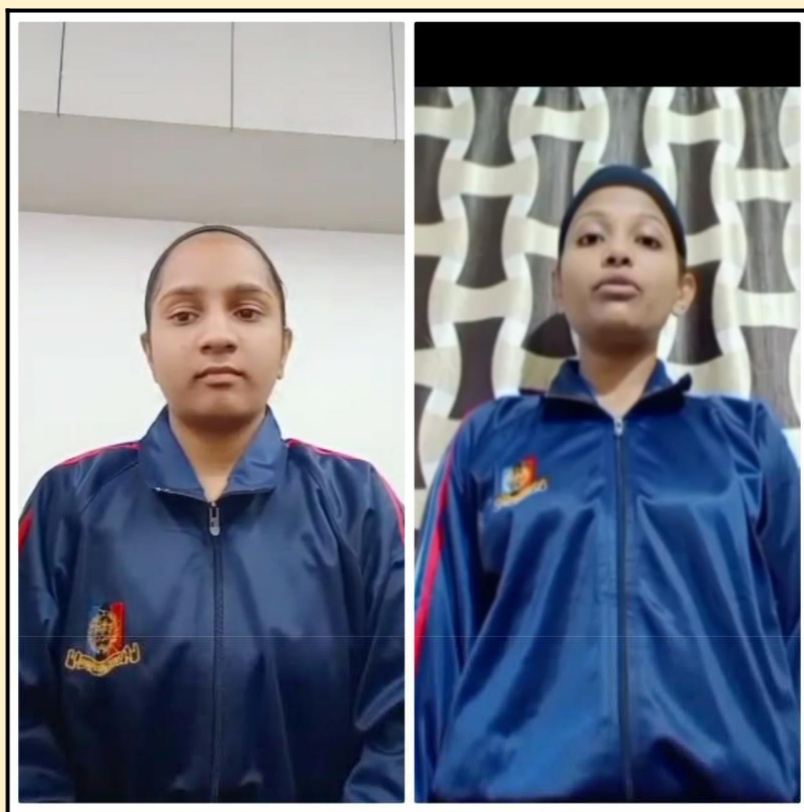
STRENGTH:- 21 Cadets

Unit

5 CADET FROM MANIBEN
 NANAVATI WOMEN'S COLLEGE
 CDT ROHINI VERMA
 CDT SHILPA GUPTA
 CDT SAPNA VISHWAKARMA
 CDT SHRUTI SHIRKE
 CDT LUBNA MANSURI

CANCER DAY

To spread awareness on the cancer day about cancer and it's various types and how one can prevent the stereotypes running around cancer, cadets made a video on it and deliver information about cancer day .



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|----------------------------|--|
| DATE | 4-Feb-2021 |
| HELD BY | Unit 2 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT SHILPA GUPTA |
| STRENGTH:- 8 Cadets | |

JAL JEEVAN SAMVAAD-JANUARY 2021

Water the most important part of our survival, is being mistreated by many unknowingly. To spread awareness about it and to teach everyone the different measures to take care of it 58 Cadets stepped forward and wrote articles about it.

Jal jeevan samvad

Little drops of water, Little grains of sand, Make the mighty ocean, And the boundless land!
- J.R. Carney

Hello everyone

Presenting you a story about Ayyappa Masagi from Karnataka who has practically found and tried a solution towards water conservation. Born into a poor farmer's family, he faced water problems in childhood and used to wake up at 4 hours to fetch water, which inspired him to find ways of water conservation. A mechanical engineer having 23 years of experience at a multinational corporation, Ayyappa Masagi responded to the call of earth and constructed many lakes for water conservation. He studied and practiced non-irrigation agricultural methods as solutions to water crisis which causes drought, thereby leading to Indian farmer suicides every year. This Water Gandhi of India found a mention in the Limca Book of Records for having

JAL JEEVAN SAMVAD JANUARY – 2021

Jal Jeevan Mission, is envisioned to provide safe and adequate drinking water through individual household tap connections by 2024 to all households in rural India. The programme will also implement source sustainability measures as mandatory elements, such as recharge and reuse through grey water management, water conservation, rain water harvesting. The Jal Jeevan Mission will be based on a community approach to water and will include extensive information, Education and communication as a key component of the mission. JIM looks to create a Jan andolan for water, thereby making it everyone's priority.

LAUNCHED BY :-

- Prime Minister Narendra Modi has launched Jal Jeevan Mission on 15th August 2019. Under the Event, Central Government will bring piped water to households. Due to the water crisis in India Half of the country's households do not have access to piped water. Under the Jal

जल जीवन मिशन



रसगुल जल का स्वाद या जल में पानी की कड़ई भी कभी नहीं है। गरिब और हर जल बहुत होसी है। जल को पूरा सारा पानी मिलना या लोगों को पानी की कीमत नहीं थी, पानी बहुत बरखाद करने में। जमी में गहरी, कच्चे घोंगे जाते के जल के बहाव में जमी का पानी खोज ही गया, और जल के लोग जीवन पाने सके।

जल के लोगों में जमी का पानी पीना बंद कर दिया। जल के लोगों को पानी के लिए दूरी सार में जान पड़ता या लोगों दूरी सार से किलोने दिन पानी लाते। सभी उन्हें एक आदमी ने बताया कि, जमी सार कर लो, और जमी में गहरी, कच्चे घोंगे बंद कर दो। उससे पानी दूरी नहीं होगा, और बीमारियां भी नहीं फैलेंगी।

दूरी ही दिन सार के संचय में सीटिंग हुआ है और जमी सार करने की योजना की। और जो भी जमी में गहरी किलोने सार, उसे पानी बरखाद में करे।

अगर जल सार में सुधार का बहाव है, तो हमें भी बदलाव सार चाहिए। जमी बरखाद नहीं करता चाहिए, "जल ही जीवन है।"

Jal



JAL JEEVAN MISSION

Lakes, Mud Dams and Reservoir also be constructed under the India Jal Shakti event. Indian Government will implement a Water Conservation Awareness program in two phases. The main target of the program is to inform people about the importance of water.

| | |
|-----------------------------|---|
| DATE | 19-Feb-2021 |
| HELD BY | Battalion |
| STRENGTH:- 58 Cadets | 6 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT SHILPA GUPTA CDT PRIYANKA KUMARI CDT SAPNA VISHWAKARMA CDT SHRUTI SHIRKE CDT LUBNA MANSURI |

COVID AWARENESS ACTIVITY

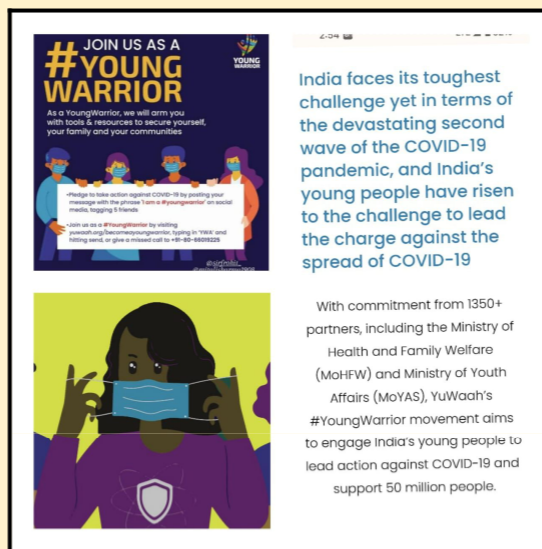
Covid 19 is a pandemic which has affected many life.. It resulted in the outbreak of respiratory illness which caused death of large population worldwide.NCC cadets created awareness among people through social media about the virus and ways in which one can protect themselves and stay safe.



| | |
|----------------------|---|
| DATE | 12-May-2021 |
| HELD BY | Battalion |
| STRENGTH:- 17 Cadets | 3 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE CDT ROHINI VERMA CDT SHILPA GUPTA CDT PRIYANKA KUMARI |

YOUNG WARRIOR TO COMBAT COVID 19 AWARENESS

#YoungWarrior – a pan-India movement to engage 5 million young people across the country to address the ongoing COVID-19 crisis. The engagement taught cadets that they #young warriors can mobilise, connect, learn, influence and lead action against COVID-19 accelerate a return to normalcy.

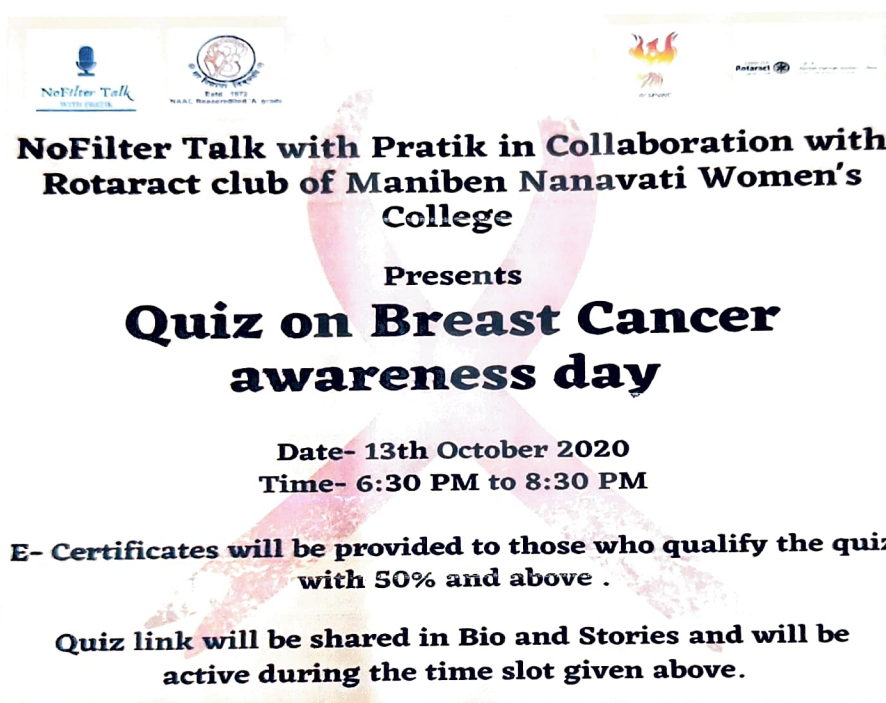


| | |
|-------------------------|---|
| DATE | 29-May-2021 |
| HELD BY | <p align="center">Battalion</p> <p>6 CADET FROM MANIBEN NANAVATI WOMEN'S COLLEGE</p> <p>CDT ROHINI VERMA</p> <p>CDT SHILPA GUPTA</p> <p>CDT PRIYANKA KUMARI</p> <p>CDT SAPNA VISHWAKARMA</p> <p>CDT SHRUTI SHIRKE</p> <p>CDT LUBNA MANSURI</p> |
| STRENGTH:- 28 Cadets | |

ROTARACT CLUB OF MANIBEN NANAVATI WOMEN'S COLLEGE

**In collaboration with
No Filter Talk With PRATIK
Organizes
QUIZ ON BREAST CANCER AWARENESS
On 13th October 2020**

Date : 13th October 2020 Timing : 6:30pm to 8:30pm
Quiz link : <https://forms.gle/GbGBTp9kLcd1RZESA>
Number of Participants : 107



**NoFilter Talk with Pratik in Collaboration with
Rotaract club of Maniben Nanavati Women's
College**

Presents

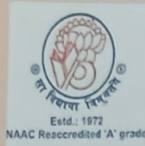
**Quiz on Breast Cancer
awareness day**

**Date- 13th October 2020
Time- 6:30 PM to 8:30 PM**

**E- Certificates will be provided to those who qualify the quiz
with 50% and above .**

**Quiz link will be shared in Bio and Stories and will be
active during the time slot given above.**

Quiz on breast cancer was an online quiz which was held on 13th October which is Breast Cancer Awareness Day. It was organised by a Blogger NoFilter Talk With PRATIK in Collaboration with Rotaract Club Of Maniben Nanavati Women's College. The quiz was done through Google Form. The main motto of the quiz was to find out how much everyone is aware about breast cancer. We got a total 107 responses from everyone & participation certificates were provided to all the participants.



**NoFilter Talk with Pratik in Collaboration with
Rotaract club of Maniben Nanavati Women's
College**

Presents

**Quiz on Breast Cancer
awareness day**

Date- 13th October 2020

Time- 6:30 PM to 8:30 PM

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with 50% and above .**

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active during the time slot given above.**

MANIBEN NANVATI WOMENS COLLEGE

**NSS Unit
ACTIVITY REPORT
YEAR: 2020-21**

NAME OF THE ACTIVITY: EcoBrickChallenge

**DD/MM/YY: 20th September, 2020 TARGET GROUP: NSS volunteers & community
members**

NAME OF FACULTY: Ms Sharon Samuel

NO OF STUDENTS: 45 NSS Volunteers

SPEAKER/RESOURCE PERSON (WITH DESIGNATION): Mr Shubhajeet Mukherjee

VENUE: Online

TIME:

OBJECTIVES:

- To develop environmental awareness
- To recycle the plastic waste to save the environment

METHODOLOGY: Participative

OVERVIEW: The webinar was organized by Indian Red Cross Society, Maharashtra State Branch and Youth Red Cross in collaboration with the NSS Cell. This challenge was explained by Dr. Subhajit Mukherjee, Founder of "Mission Green Mumbai" and "Jal Shakti Abhiyan" with a help of a video that showed how the challenge has to be completed and the benefits of this challenge was explained to the volunteers, after the webinar the volunteers were motivated and wanted to do the challenge that was given to them. The Volunteers were successful and completed the #ECOBRIKCHALLENGE.

OUTCOME: Students understood the implications of plastic use and took an initiative to reduce and recycle in an innovative way



Estd : 1972
NAAC Reaccredited 'A' grade



NSS UNIT OF MANIBEN NANAVATI WOMEN'S COLLEGE, MUMBAI

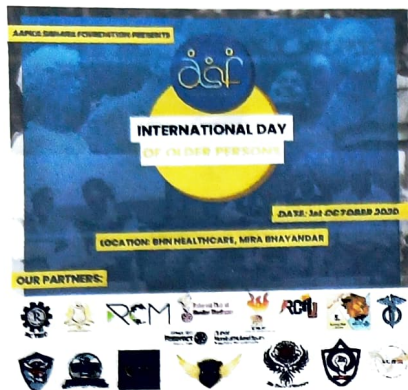
Best College Award 2018 – 19
AFFILIATED TO SNTD WOMEN'S UNIVERSITY, MUMBAI

#EcoBrickChallenge



ROTARACT CLUB OF MANIBEN NANAVATI WOMEN'S COLLEGE

INTERNATIONAL DAY OF OLDER PERSONS



INTERNATIONAL DAY OF OLDER PERSONS

This project was organised by Aapka Sahara Foundation. It was an on ground event which was on 1st October 2020. In this event 16 Rotaract Club's of District 3141 had participated.

The event was held at BHN HEALTHCARE, MIRA BHAYANDAR. Many Rotaractors from all the collaborate club's had celebrated this event with the old people of the healthcare center by having a very great time together.

AAPKA SAHARA FOUNDATION PRESENTS



INTERNATIONAL DAY OF OLDER PERSONS

DATE: 1st OCTOBER 2020

LOCATION: BHN HEALTHCARE, MIRA BHAYANDAR

OUR PARTNERS:



Rotary Club of
Mumbai Ghatkopar



District 3141
Rotaract



Club of
Mumbai Mulund South
Rotary Club of Mumbai Mulund Soc.



MANIBEN NANVATI WOMENS COLLEGE

DEPT: NSS

ACTIVITY REPORT FORMAT

YEAR: 2020-2021

NAME OF THE ACTIVITY: “Health Awareness Program” in collaboration with RADHEE Foundation

DD/MM/YY: 12th December 2020

TARGET GROUP: BA, BCOM, BMS, BAFI

NAME OF FACULTY: Ms. Purna S Ramteke and Dr. Swati Partani

NO OF STUDENTS: 295 (10 Teachers and 50 Students from MNWC)

SPEAKER/RESOURCE PERSON (WITH DESIGNATION): Dr. Rita Savla, Radhee Foundation

VENUE: Microsoft Team (<https://bit.ly/3gBjz9Z>)

TIME: 11:30-1 PM

OBJECTIVES: Strengthen Immunity to score better in studies and safeguard yourself from COVID-19 and other diseases and Immunity Check-up.

METHODOLOGY: Participatory Learning

OVERVIEW: NSS Cell of SNDT, WU had organised a program on strengthening immunity for students from NSS Units of Mumbai Zone B, in collaboration with Radhee Foundation. Total 8 Colleges participated in this program with 295 NSS Volunteers and NSS POs.

OUTCOME: The talk was informative and it gave several tips on how to build immunity and help one self to safeguard against Corona as well as other diseases. Students were given a link and asked to fill to get their immunity results through the parameters filled in google form.

ANY OTHER REMARKS: Good, informative and resourceful talk.

Role of Immunity to
combat COVID 19

Dr. Rita Savla



RADHEE
Disaster and Education
Foundation

SNDT NSS PO Details with warrior numbers

During the e-meeting with students

1. Warrior number details when shared with students will help the PO to know how many students have done their self-immunity check.
2. During the e-meeting, we need to share with students their respective college PO Warrior Unique ID Number students as it is a combined college program so I must know them so kindly fill the detailed form.

Students giving references will help them understand how to get the reference to achieve their target to get a certificate. Submission of the certificate will help students to get the proper marks and as you are aware it is a mandatory project under the "My Family My Responsibility" Initiative of GoM.

* Required

1. Name *

Enter your answer

Role of Immunity to combat COVID 19

Dr. Rita Savla



RADHEE
Disaster and Education
Foundation

MANIBEN NANVATI WOMENS COLLEGE

**NSS Unit
ACTIVITY REPORT
YEAR: 2020-21**

NAME OF THE ACTIVITY: Spit Free India Movement

DD/MM/YY: 19th October 2020
Citizens

TARGET GROUP: 950 Indian

NAME OF FACULTY: Dr Swati Partani

NO OF STUDENTS: one

SPEAKER/RESOURCE PERSON (WITH DESIGNATION): Nil

VENUE: Online

TIME: 24th April-December, 2020

OBJECTIVES:

1. To make citizens aware to stop spitting in public places
2. To stop spread of Covid-19 as well as reducing the usage of chewing tobacco.

METHODOLOGY: Participative

OVERVIEW: One student and faculty were chosen from NSS UNIT of Maniben Nanavati Women's College to become part of the drive "Spit India Movement" organised by Sambandh Health Foundation and Pledge for life- Tobacco free Youth. They were given one online link to spread awareness on social media. From that link 950 citizens from the country took the pledge for not spitting in public places. They filled a small questionnaire which made them think about the after effects of spitting. Later e- certificates were released to all the citizens on completion of question form.

OUTCOME: Country citizens got awareness about the after effects of spitting. They took oath not to spit in public places.



Date: 28 December 2020

Principal Dr Rajshree Trivedi
Maniben Nanavati Women's College

Letter of Appreciation

Dear Dr Rajshree Trivedi,

Greetings from the Pledge for Life Team.

Experts have determined that spitting spreads the Coronavirus. The primary cause of spitting in public places is chewing tobacco (gutkha, khaini, etc) which create an excess of saliva and the urge to spit. Government of India, under the Disaster Management Act 2005, has given the order to stop spitting in public places in every Directive. The Hon'able Prime Minister, Shri Narendra Modi, himself, urged the public not to do so too.

Along with the NSS, we launched the **Spit Free India Movement** on 24th April 2020 and it has been a great success. The Ministry of Youth Affairs has appreciated it and this is now becoming a Spit-Free India movement.

We would like to thank you and your National Service Scheme (NSS) unit, under the dynamic leadership of your Program Officer Dr Swati Partani for supporting this campaign. Your NSS Volunteers have created awareness on the issue by getting people to fill in a mobile weblink. Your NSS Unit has, till 27th December 2020 got 950 entries in the weblink.

This timely action is saving the spread of Covid-19 as well as reducing the usage of chewing tobacco. We look forward to your College's support in this movement by creating awareness in thousands more of students and general public.

Thank you for your service to society,

Sanjay Seth
Trustee
Sambandh Health
Foundation

CC: Respected Registrar, Dr. Deepak Deshpande
NSS Director, Dr. N. S. Prabhu Tendolkar
NSS Program Officer, Dr Swati Partani