

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

NSS

Regular Activities

# **MANIBEN NANAVATI WOMEN'S COLLEGE**

Vallabhbhai Road, Vile Parle (W)

Mumbai – 400 056.

(Awarded Best College 2018-19)

Conducted by

**Shree Chandulal Nanavati Women's Institute & Girls High School**



## **REPORT OF THE NSS REGULAR ACTIVITIES**

Conducted from

**June 2022 to April 2023**

Submitted by

**NSS UNIT**

**Maniben Nanavati Women's College**

**2022-23**

## CONTENT

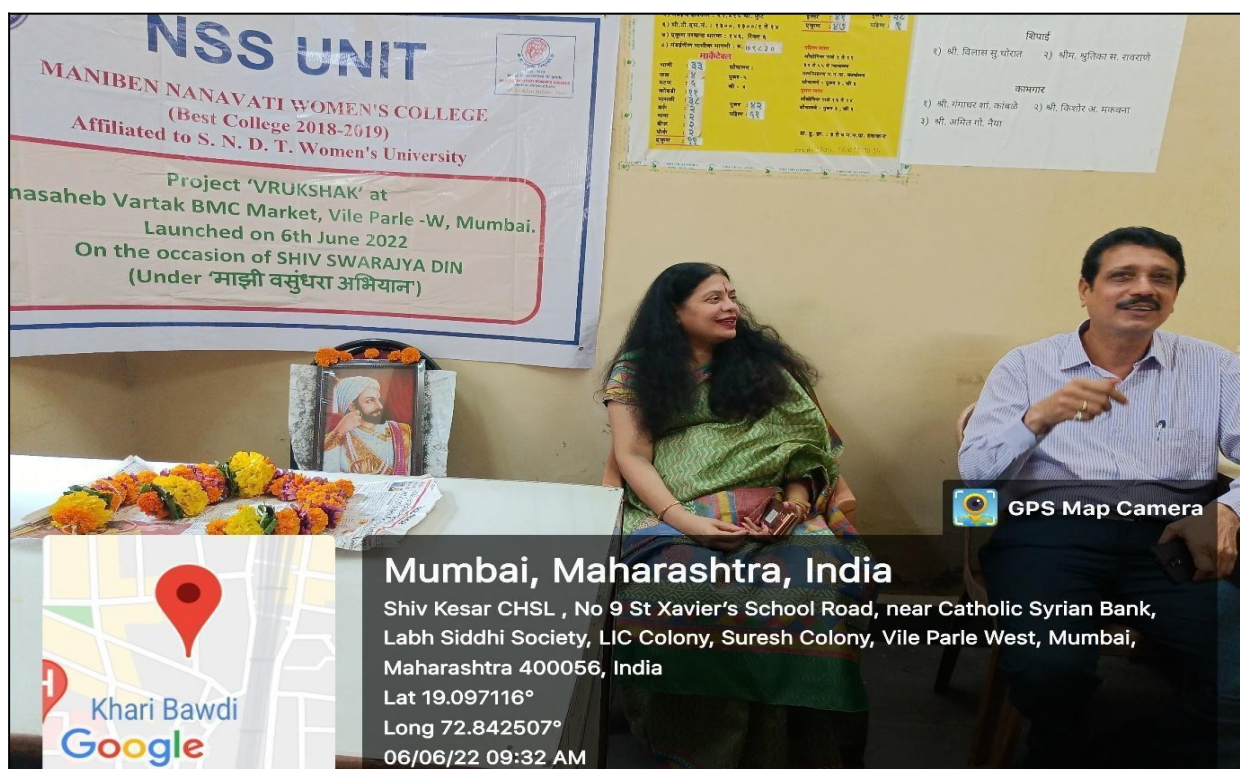
Sr. No.	Activity	Date
1	Shiv Swarajya Din	6th June 2022
2	Project Vrukshak	6th June 2022
3	International Yoga Day	21st June 2022
4	Project Rachana (Eco Brick)	15th July to 4th September 2022
5	Leadership Training Camp	2nd to 4th August 2022
6	Har Ghar Tiranga	13th to 15th August 2022
7	Poster Making - Hiroshima Day	5th August 2022
8	Poster Making - Azadi ka Amrut Mahotsav	5th August 2022
9	Peace Rally	6th August 2022
10	Minithon Race	14th August 2022
11	Independence Day	15th August 2022
12	Common National Anthem	17th August 2022
13	Orientation Programme	25th August 2022
14	Juhu Beach Clean-up Drive	10th September 2022
15	Gandhi Exam	19th October 2022
16	Menstrual Hygiene (Sanitary Pad Distribution)	21st November 2022
17	Swachata Rally	21st December 2022
18	Computer Donation	6th February 2023
19	Project Yantra	14th Feb. to 31st March 2023
20	Distribution of Menstrual hygiene Product	24th March 2023
21	Water Cooler Installation Program	10th April 2023
22	Project Vrukshak BMC Market Beautification	On Going
	<b>ROTARACT ACTIVITIES</b>	
21	Project Shilpkar	28th August 2022

22	Beach Clean Up Drive	10th September 2022
23	Orientation	08th September 2022
24	Installation	26th September 2022
25	Feeding Dog	02nd October 2022
26	Clean A thon (Beach clean drive)	02nd October 2022
27	Diya Distribution Drive	20th October 2022
28	Trip to Daman	9th to 10th November 2022
29	Brush pen Calligraphy	19th November 2022
30	Linkedin Workshop	20th November 2022
30	Badminton Competition	21st January 2023
31	Mental Health Awareness	5th February 2023
32	Introduction and usage of smartphones to elderly	7th February 2023
33	Swings' of Joy	14th February 2023
	<b>YOUTH RED CROSS ACTIVITIES</b>	
34	Elocution Competition	8th October 2022
35	Beach Cleaning Drive	13th November 2022
36	Station Painting at Byculla	22nd January 2023
38	Blood Donation Drive	29th April 2023
39	World Red Cross Day	8th May 2023
	<b>RED RIBBON CLUB ACTIVITIES</b>	
40	Launch of Red Ribbon Club (HIV/AIDS Awareness amongst Youth)	15th February 2023
41	Meme Making and Poster Making Competition	24th February 2023

## SHIV SWARAJYA DIN

6<sup>TH</sup> JUNE 2022





## MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

### SHIV SWARAJYA DIN

06<sup>TH</sup> JUNE 2022

**NO. OF STUDENTS:** 23

**SPEAKER/RESOURCE PERSON (With Designation):** Ms Geeta Varun, Ms Purna Ramteke, Dr. Swati Partani, Ms Maryam

**VENUE :** Annasaheb Vartak BMC market, Vile Parle (W) Mumbai

**TIME :** 9:00 – 9:30 am

**CHIEF GUEST:** Mr.Vilas Sankhe (Sr. Market Inspector), Asst Commissioner Market & Dr Samidha Thorat- Medical Officer, Primary Health Care Centre

#### MEMBERS OF THE BMC TEAM:

Ms. Shrutika Raorane

Mr. Prakash Bavker

Mr. Vilas Thorath

**OBJECTIVES** To Make volunteers aware about Shiv Swarajya Din

**METHODOLOGY :** Participative

**OVERVIEW:** NSS volunteers attended the Shiv Swarajya Din celebration, organized on 6<sup>th</sup> June 2022. All volunteers assembled at the venue early in the morning where Mr. Vilas Sankhe enlightened the volunteers with his knowledge about the market and thanked the college and volunteers for their participation in Shiv Swarajya Din.

**OUTCOME:** Volunteers were reminisced about Shivaji Maharaj's freedom movement for the country.

## PROJECT VRUKSHAK

6<sup>TH</sup> JUNE 2022





## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **LAUNCH OF PROJECT VRUKSHAK- WORLD ENVIRONMENT DAY**

**6<sup>TH</sup> JUNE 2022**

**TEACHER INCHARGE:** Ms Geeta Varun, Ms Prerna Ramteke, Dr Swati Partani, Ms Maryam

**NO. OF STUDENTS:** 23

**VENUE :** Annasaheb Vartak BMC market, Vile Parle (w) Mumbai

**TIME :** 8:30 – 11:00 am

**CHIEF GUEST:** Mr.Vilas Sankhe (Sr. Inspector, Market)

**OBJECTIVES** Launching of Project Vrukshak under Majhi Vasundhara Abhiyan

**NAME OF SCHEME:** Majhi Vasundhara Abhiyan

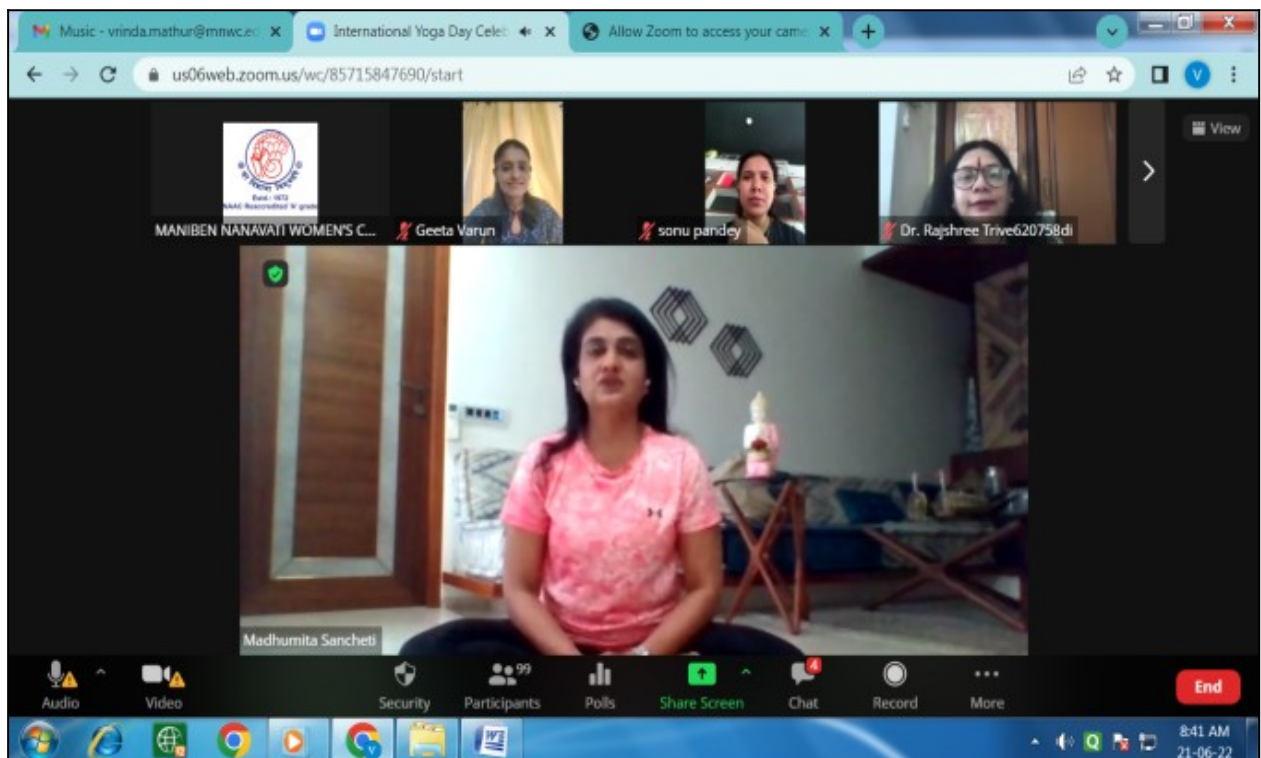
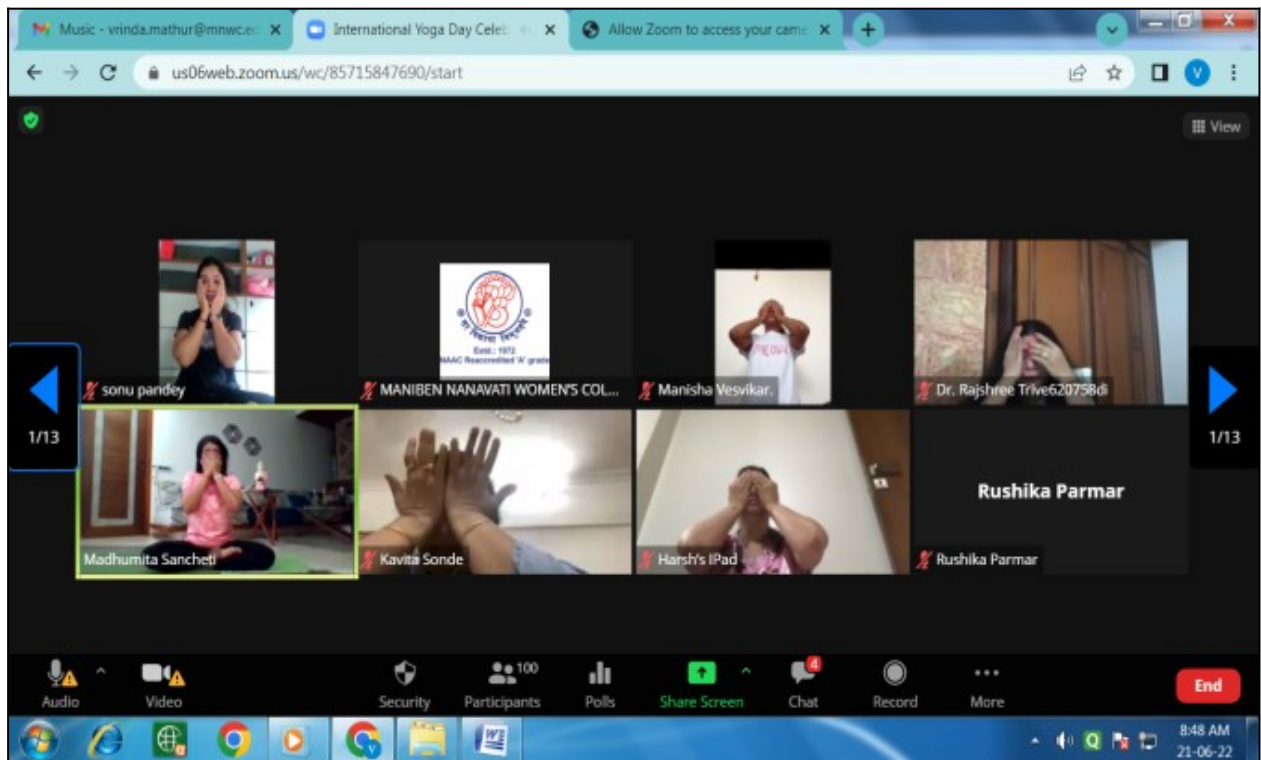
**METHODOLOGY :** Experiential.

**OVERVIEW:** NSS volunteers attended the Cleanliness & Tree Plantation drive, organized to celebrate World Environment Day on 6<sup>th</sup> June 2022 under Majhi Vasundhara Abhiyan . This project was launched on the auspicious day of Shiv Swarajya Din. All volunteers assembled at the above mentioned venue early in the morning with their equipment and necessary safety gear to ensure the proper safety

of everybody. The volunteers cleaned the grounds and dumped the trash with adequate care. They also planted the neem tree sapling in the compound of the market.

**OUTCOME:** This activity helped the volunteers gain a sense of responsibility towards society. It encouraged them towards becoming the better future they want for their country. It was a very interactive experience wherein the volunteers learnt the importance of a clean environment. It was a learning process for the volunteers, which helped them change their perspective regarding several things. Overall, it was a great initiative taken by the college and the NSS unit, to give back to the society, by organizing cleanliness drives, and tree plantations.

**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**  
**INTERNATIONAL YOGA DAY**  
**21<sup>ST</sup> JUNE 2022**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**INTERNATIONAL YOGA DAY**

**21<sup>ST</sup> JUNE 2022**

**TIME :** 8.30 am to 9.30 am

**VENUE :** ZOOM (<https://us06web.zoom.us/j/85715847690?pwd=WHBLdkN6NThmTXZNTHhuZm1sMTFudz09>)

**OVERVIEW:** The event began at 8.30 am with a warm welcome of all participants by NSS program officer Ms. Geeta Varun. Further Principal madam also addressed all the participants.

The NSS program officer Ms. Perna Ramteke welcomed our Chief Guest Ms. Madhumita Sancheti. Ms. Madhumita Sancheti also addressed the students and threw some light on the importance of yoga.

At 8.45 am Madhumita madam started with the yoga session by chanting a prayer, performing breathing exercises & warm up exercises. She kept instructing all the participants towards attaining a calm mind to begin with the Yog Sadhana.

The following Asanas were performed -

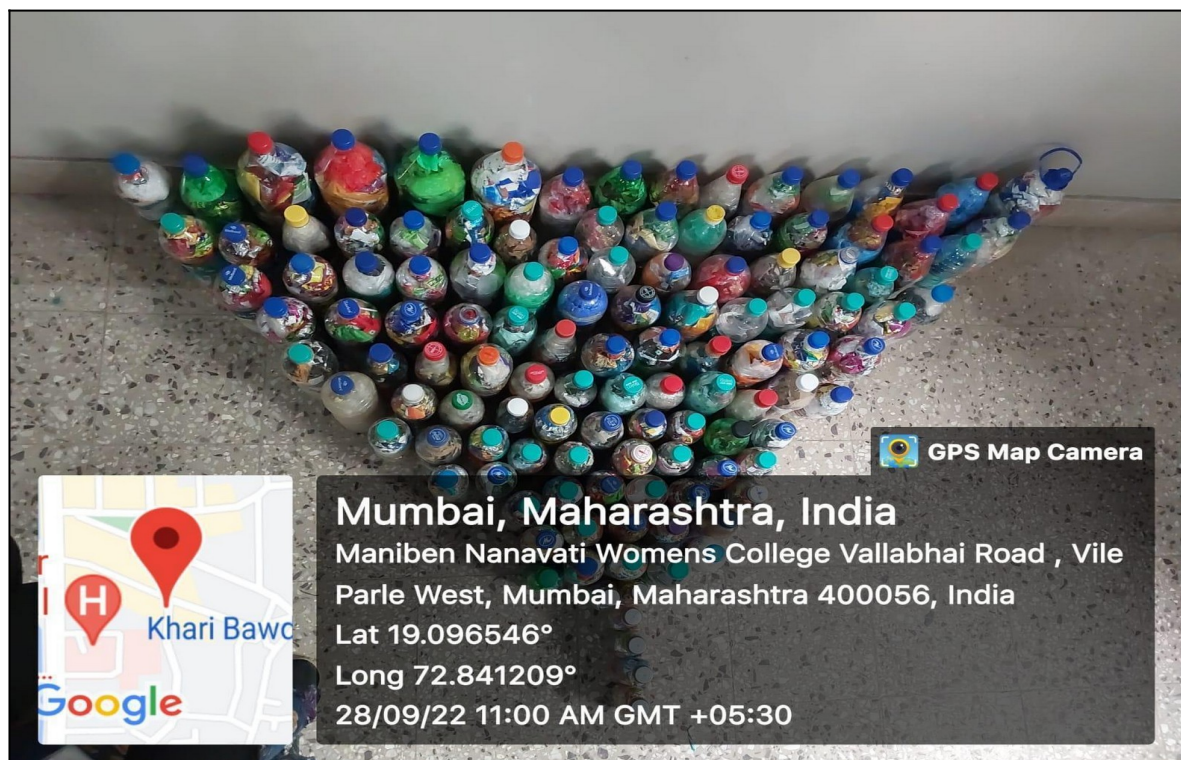
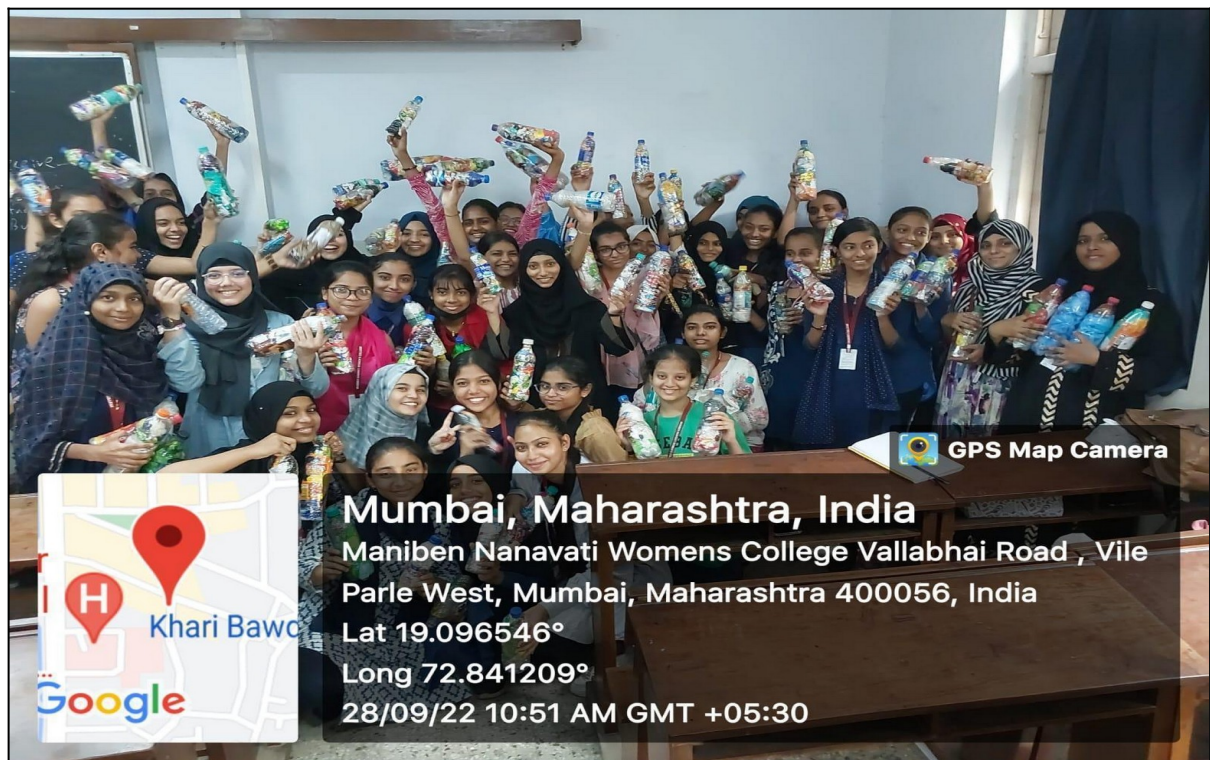
1. Tadasana
2. Hastapadasana
3. Ardhashakrasana
4. Bhadrasana (Butterfly asana)
5. Shashankasana
6. Sarala bhujangasana
7. Makarasana
8. Bandhasana
9. Pawanuktasana
10. Shavasana
11. Pranayam (kapalbhati, anulom vilom)

We ended this event with a prayer for Vishwa shanti.

Later our NSS program officer Ms. Swati Partani gave a formal vote of thanks on behalf of the NSS unit of Maniben Nanavati Women's College. The session ended by singing National Anthem.

**PROJECT 'RACHANA' (MAKING & COLLECTION OF ECO BRICKS)**

**15<sup>TH</sup> JULY TO 4<sup>TH</sup> SEPTEMBER 2022**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH INNER WHEEL CLUB OF BOMBAY AIRPORT DIST. 3141  
PROJECT '**RACHANA**' (MAKING & COLLECTION OF ECO BRICKS)**

**15<sup>TH</sup> JULY TO 4<sup>TH</sup> SEPTEMBER 2022**

**TARGET GROUP:** FY B Com

**NAME OF FACULTY:** Ms Pranaya Revandkar

**NO. OF STUDENTS:** 48

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):** Nil

**VENUE :** NSS Room

**TIME :** 10:30-12:30 pm

**OBJECTIVES**

To sensitize students towards the environment

To Reduce plastic Pollution

**METHODOLOGY :** Participative, experiential, & problem solving

**OVERVIEW:**

1. Students were taught to make eco bricks by using dry empty plastic bottles and plastic wastes.
2. They were sent a youtube link to make the same
3. They contacted the neighborhood community and made them aware about the effects of plastic usage on the environment
4. Each student was asked to collect at least 5 Eco bricks from the neighborhood community.
5. Students submitted 211 eco bricks to NSS Unit college on 28th September 2022.

**OUTCOME:**

Students learnt the management of pollution in Creative way

**LEADERSHIP TRAINING CAMP**

**2ND TO 4TH AUGUST 2022**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT  
IN COLLABORATION WITH  
DEPARTMENT OF STUDENTS' DEVELOPMENT & DEPARTMENT OF**

## **PHYSICAL EDUCATION**

### **LEADERSHIP TRAINING CAMP 2ND TO 4TH AUGUST 2022**

**TARGET GROUP:** 2nd Year Students

**NAME OF FACULTY:** Ms Beena Pandya

**NO. OF STUDENTS:** 4

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):**

1. Mr Nilakant Koli
2. Dr. Kavita Kholgade
3. Dr Jayanwant Mane
4. Ms Kiran Gaikwad
5. Mr Parmeshwar
6. Ms Beena Pandya
7. Dr Nitin Prabhutendolkar
8. Ms Rohini Anekar

**VENUE :** Kushtharog Nivaran Samiti, Shantiwan, Nere Panvel .

**OBJECTIVES** To learn skills such as Time Management, Team Work, Multi-Tasking etc. to in such a way that we become Successful Leaders In Future. Students will learn how to be Mentally And Physically Fit. To teach how to work efficiently in Group environment. To learn the Importance of Self Transformation.

**METHODOLOGY :** Seminar / Activities were conducted for students.

**OVERVIEW:** Every Seminar which was conducted, provided a brief Knowledge about Leadership Qualities. Different Methods & Examples were used to explain students about the process of becoming successful leaders. Students were given training for how to work in Different Situations & different environments.

**OUTCOME:** Students were more Confident with comprehensive thinking by the end of Leadership Training Camp. Students were successfully able to work in group environment with more Potential. Students started thinking in a more Analytical way. They learned the importance of Self Transformation and how it affects our daily life performances.

**MANIBEN NANAVALI WOMEN'S COLLEGE: NSS UNIT**

**HAR GHAR TIRANGA**

**13TH TO 15TH AUGUST 2023**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**  
**HAR GHAR TIRANGA**  
**13TH TO 15TH AUGUST 2023**

**TARGET GROUP:** All Students, teachers & non-teaching staff

**NAME OF FACULTY:** NSS Committee Members

**SPEAKER/ RESOURCE PERSON:** - Nil

**VENUE :** Respective place

**OBJECTIVES:** In the view of completion of 75 years of India's Independence an initiative started by Government of India to instil the feeling of patriotism in the hearts of citizens by hoisting the flags at their place.

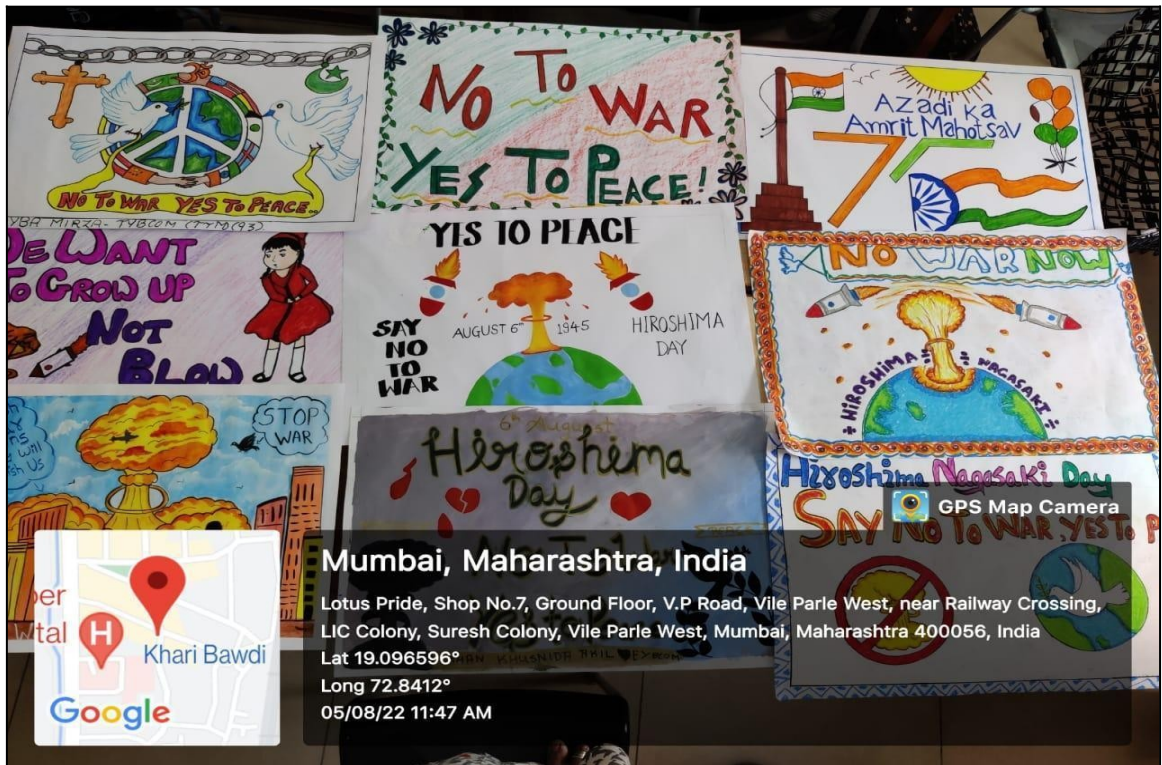
**METHODOLOGY :** Participative

**OVERVIEW:** Under the aegis of 'Azadi Ka Amrit Mahotsav' AKAM, 'Har Ghar Tiranga' campaign has been launched to encourage the citizens to hoist the National Flag of India in their homes. The Idea behind the campaign is to instil the feeling of patriotism in the hearts of people and reminisce the journey of India and those who have contributed towards creating this great nation. It is envisaged that all citizens shall be encouraged to hoist Tiranga at their homes during the Independence week from 13th- 15th August. The Ministry of Culture has developed a website [www.harghartiranga.com](http://www.harghartiranga.com) where citizens are encouraged to pin a flag and upload a selfie with the flag. It is requested to create awareness about the website and use official hashtag #harghartiranga for social media promotions.

**OUTCOME:** Various students, teachers, non-teaching/admin staff took part in the drive by hoisting the flags at their place and uploaded its photo on the above mentioned drive and received the certificate from the Ministry of Culture for the same.

**POSTER COMPETITION ON 'HIROSHIMA DAY'**

**5TH AUGUST 2022**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**  
**POSTER COMPETITION ON 'HIROSHIMA DAY'**  
**5TH AUGUST 2022**

**TARGET GROUP:** F.Y.B.A, B.COM, BAFI, BMS & B. Design

**NAME OF FACULTY:** NSS Committee Members

**NO. OF STUDENTS:** 21

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):** Nil

**VENUE :** 4.8

**TIME :** 9.30 a.m.

**OBJECTIVES:** To make the students aware about the horrific effects of the atom bomb blasts and to promote peace in today's world.

**METHODOLOGY :** Participative Learning

**OVERVIEW:** Poster making competition was conducted on 'Hiroshima Day' where 1st year students participated. To imbibe a sense of awareness amongst students regarding anti-war and anti-nuclear demonstrations in many countries.

**OUTCOME:** Students participated in this competition to portray their feelings regarding this incident, which shook the entire world.

**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**AZADI KA AMRIT MAHOTSAV**

**5TH AUGUST 2022**

**TARGET GROUP:** F.Y.B. A, B. Com, BAFI, BMS, B. Design

**NAME OF FACULTY:** N.S.S Committee Members

**NO. OF STUDENTS:** 20

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):** Nil

**VENUE :** 4.8

**TIME :** 9.30 a.m.

**OBJECTIVES:** To imbibe the spirit of Nationalism.

**METHODOLOGY :** Participative Learning

**OVERVIEW:** To familiarize the students with the ideals of freedom and the contribution of National leaders in the freedom struggle.

**OUTCOME:** Students enthusiastically participated in this competition and portrayed some of their wonderful thoughts about freedom.

**ANY OTHER REMARKS:** Nil

**HIROSHIMA DAY PEACE RALLY**

**6TH AUGUST 2022**



## MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT HIROSHIMA DAY PEACE RALLY

## 6TH AUGUST 2022

**NAME OF THE FACULTY :** Ms. Pravara Sonawane and Ms. Aaliya Sayed

**NO. OF STUDENTS:** 29

**TARGET:** To Create Peace In The World And Not Use Nuclear Weapons

**VENUE :** From Azad Maidan To Flora Fountain

**TIME :** 2:30 pm - 4:30 pm

**OBJECTIVES:** To create awareness about the destructive nature of nuclear weapons.

**METHODOLOGY :** Participative Activity

**OVERVIEW:** The rally was attended by students from across all colleges on 6th August 2023 from Azad Maidan to Flora Fountain between 2:30 pm - 4:30 pm.

NSS volunteers also participated in the cause through NSS. The intention of the rally was to create awareness about the hazardous effects and after effects of nuclear weapons. For this, students marched to Azad Maidan and joined other NSS volunteers too. Students walked with the painted Slogans and banners that read as 'NO TO BOMB YES TO PEACE', 'WORK FOR PEACE NOT FOR BOMB', 'JOIN US FOR WORLD PEACE', 'STOP THE ARM RACE SAVE THE HUMAN RACE', etc. There were students who had also painted peace messages on their face and hands.

The rally began at the scheduled TIME : 2:30pm. All the students gathered near Flora Fountain and took a pledge that the world needs peace and no war in both Hindi and English languages. Students also sang a song called 'HUM HONGE KAMYAB EK DIN' which means we will succeed one day.

**OUTCOME:** Through this rally we tried to spread the message to everyone that there shall be no wars in the world and there should be peace. We also supported Hiroshima and Nagasaki victims by giving them respect. Even after so many traumatic years of the post-War effects, there are many children who are born with defects. As a result of this rally- Volunteers, Students, trespassers etc got a precise knowledge about atomic energies and the level of their destruction and supporting peaceful atmospheres.

# INDEPENDENCE DAY

15TH AUGUST 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**  
**INDEPENDENCE DAY**

**15TH AUGUST 2022**

**TARGET GROUP:** B.A., B. Com, BMS, BAF, Design

**NO. OF STUDENTS:** 113 Students

**VENUE :** Foyer Area

**TIME :** 8:30 a.m. to 9:30 a.m.

**OBJECTIVES** To commemorate the sacrifices of our freedom fighters and remember the importance of our independence. It's also to celebrate our diversity.

**METHODOLOGY :** Participative

**OVERVIEW:** Independence Day celebration programme was organised by NSS in collaboration with Sports and Students' Council Committee. The chief guest for the function was Neelima Mashru, President of Inner Wheel Club of Bombay Airport. Programme started by welcoming and felicitating the guest by Principal Madam Dr. Rajshree Trivedi. Students performed various cultural items based on the freedom struggle and highlighting national and state culture.

It started with a patriotic song by Gauri Khanolkar from T.Y. B.A. followed by Lejims. Student, Ms. Gargee Kulkarni gave Speech, Students also performed Pyramids. There was dance performance by Junior college students. There was spectacular performance of Pole Mallakhamb by students. The chief guest addressed the students. The programme ended with a vote of thanks by Dr. Swati Partani.

## JUHU BEACH CLEAN-UP DRIVE

10TH SEPTEMBER 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH MISSION GREEN MUMBAI & MINISTRY OF JAL SHAKTI  
JUHU BEACH CLEAN-UP DRIVE**

**10TH SEPTEMBER 2022**

**TARGET GROUP:** UG students

**NAME OF THE FACULTY :** Ms. Prerna Ramteke & Dr. Shefali Jain

**NO. OF STUDENTS:** 23

**SPEAKER/ RESOURCE PERSON:** - Mission Green Mumbai & Ministry of Jal Shakti

**VENUE :** Juhu beach

**TIME :** 8.00 am - 10.00am

**OBJECTIVES:** To spread awareness on environment and cleanliness. To save the beaches & keep them clean.

**METHODOLOGY :** Participative

**OVERVIEW:** As a part of Mumbai's biggest Clean up Drive Post Ganpati Visarjan at Juhu beach was organised by the Ministry of Jal Shakti under Mission Green Mumbai initiative, undergraduate students of Maniben Nanavati Women's College participated in this drive. They went to Juhu beach and became a part of this initiative; they helped the organisation in cleaning the beach post visarjan. The drive took place on 10th September and 23 students participated in the clean up drive.

**OUTCOME:** Students got aware about environmental deterioration and learned to keep the environment clean.

## GROUP NATIONAL ANTHEM SINGING

17TH AUGUST 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH "SWARAJ MAHOTSAV" INITIATIVE OF "SAMU RASHTAGI ONE  
GROUP NATIONAL ANTHEM SINGING**

**17TH AUGUST 2022**

**TARGET GROUP:** All Students, teachers & non-teaching staff

**NAME OF FACULTY:** NSS Committee Members

**NO. Of PARTICIPANTS:** 198

**SPEAKER/ RESOURCE PERSON:** Nil

**VENUE :** Respective place

**TIME :** 11.00 am

**OBJECTIVES:** 1) In the view of completion of 75 years of India's Independence a common national anthem singing activity is organised all over the country.

**METHODOLOGY :** Participative

**OVERVIEW:** As a part of celebration of 75 years of India's Independence "Azadi ka Amrut Mahotsav" various programs are organised at various level in the country. Programs are being organised under this initiative in the state as well. Under "Azadi ka Amrut Mahotsav" it has been decided to organize "Swarajya Mahotsav" in the state from 9th August to 17th August 2022. Under this "Group National Anthem Singing Activity" is conducted on 17th August 2022 at 11.00 am. Maniben Nanavati Women's College also participated in this state activity, in which 198 students, teachers, non-teaching/admin staff & junior college teachers took active participation.

**OUTCOME:** Students, teachers, non-teaching/admin staff & junior college teachers took active participation. And all sang the national anthem with full enthusiasm.

## NSS ORIENTATION AND REGISTRATION

25<sup>TH</sup> AUGUST 2022



# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **NSS ORIENTATION AND REGISTRATION**

**25<sup>TH</sup> AUGUST 2022**

**TARGET GROUP:** All FY students

**NAME OF FACULTY:** NSS Committee Members

**NO. OF STUDENTS:** 230

**SPEAKER/ RESOURCE PERSON:** Nil

**VENUE :** Room no 4.2 & 4.3

**TIME :** 11.00 am

**OBJECTIVES** 1) To provide guidance to the students regarding personality development through voluntary community service.

2)To encourage students to register themselves.

**METHODOLOGY :** Informative

**OBJECTIVES** 1) To provide guidance to the students regarding personality development through voluntary community service.

2)To encourage students to register themselves.

**OVERVIEW:** The event is organized by NSS committee members and rotract committee members for the first year students of B.A., B. Com, BAF, BMS & B.Design. The event started at 11.00 am in room no. 4.2 & 4.3. Around 230 students attended the event. The methodology adopted was participative learning. The intention was to spread the Motto of NSS amongst students which says "Not Me, But You" which involves inculcating leadership qualities, diversified opportunities, enhance standard of living and lead a life of dignity.

**OUTCOME:** The students showed a keen interest and registered in large number.

# GANDHI EXAM

19<sup>TH</sup> OCTOBER 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH SARVODAYA MANDAL, MUMBAI**

**GANDHI EXAM**

**19<sup>TH</sup> OCTOBER 2022**

**TARGET GROUP:** All FY students

**NAME OF FACULTY:** NSS Committee Members

**NO. OF STUDENTS:** 269

**SPEAKER / RESOURCE PERSON:** Nil

**VENUE :** Room no 2.1, 2.3, 2.4, 4.5, 4.6

**TIME :** 08.30 am to 09.30am.

**OBJECTIVES:** To learn and imbibe Gandhian values

**METHODOLOGY :** Examination

**OVERVIEW:** NSS unit of Maniben Nanavati Women's College, Vile Parle West Mumbai in collaboration with Sarvodaya Mandal, Mumbai conducted Gandhi Exam based on 'Gandhi Ganga' on the 19th October 2022 between 8:30-9:30 am. This was a part of NSS yearly activity for students to learn and imbibe some Gandhian values. This exam is for first year students across all departments and 269 students participated in this activity. The exam took place in room no: 2.1, 2.3, 2.4, 4.5, 4.6.

**OUTCOME:** Ms Twinkle stood first by scoring 77 out of 80 marks. Certificates of participation were given to all students after the exam.

# DISTRIBUTION OF MENSTRUAL PRODUCTS BY SARAF FOUNDATION

21<sup>ST</sup> NOVEMBER 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH KIRAN DEVI SARAF TRUST**

**DISTRIBUTION OF MENSTRUAL PRODUCTS BY SARAF FOUNDATION**

**21<sup>ST</sup> NOVEMBER 2022**

**TARGET GROUP:** All classes

**NAME OF FACULTY:** NSS Committee Members

**NO. OF STUDENTS:** 200

**SPEAKER / RESOURCE PERSON:** Mrs Shilpa P Saraf, Ms Unnati Hathi

**VENUE :** Room no 4.5

**TIME :** 11.00 to 12.00am.

**OBJECTIVES:** To inculcate the importance of hygiene during menstruation and distribution of menstrual products for students

**METHODOLOGY :** Participative

**OVERVIEW:** On 21st November 2022, Monday a session on menstrual hygiene and distribution of menstrual products was organized in Maniben Nanavati Women's college, by Kiran devi Saraf Trust for all first-year students from 11.00am to 12.00 am in Room no. 4.5. The distribution of hygiene products was done by Mrs. Shilpa P. Saraf and Ms. Unnati Hathi. There were over 200 students present for this session and benefited with the pad distribution. The orientation was about how to maintain hygiene and the use of sanitary pads during menstruation. Unnati ji also shared the work done by Saraf foundation and their contribution towards society. They have generously paid 22 lakhs as fees to 435 unprivileged children during the Global pandemic. They also donated sewing machines to women who are housewives. Ambulance was also a part of their service to hospitals all around Mumbai. Finally, two packets of Stayfree Sanitary pads were distributed to each student of our college individually by the members of Saraf foundation with the help of NSS volunteers and teachers.

**OUTCOME:** The students understood the significance of maintaining hygiene during menstruation and were glad to receive menstrual products.

# SWACHATA RALLY [CLEANLINESS DRIVE] (IN COLLABORATION WITH BMC)

21<sup>ST</sup> DECEMBER 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN  
COLLABORATION WITH BMC  
SWACHATA RALLY [CLEANLINESS DRIVE]  
21<sup>ST</sup> DECEMBER 2022**

**TARGET GROUP:** All Students

**NAME OF FACULTY:** 7 NSS Committee Members

**NO. OF STUDENTS:** 105

**SPEAKER/ RESOURCE PERSON:** BMC Officer Mr Sandeep Jadhav

**VENUE :** Vile Parle (W) Lanes near MNWC

**TIME :** 9.30am - 10.30 am

**OBJECTIVES** 1) To create awareness regarding cleanliness.

2) To motivate people/ residents to keep their area/ locality clean.

3) To involve students for creating awareness

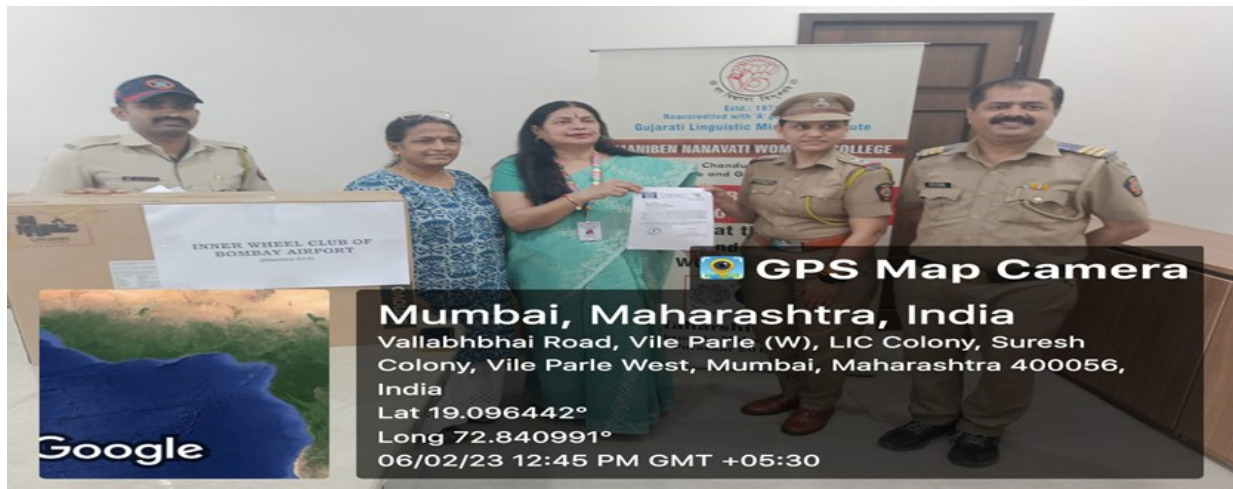
**METHODOLOGY :** Participative


**OVERVIEW:** Maniben Nanavati Women's college organised a cleanliness drive on 21/12/2022 from 9.30am to 10.30am in collaboration with BMC K-West Ward. Mr Sandeep Jadhav was the BMC representative with his team who was there throughout the rally. The rally took place near MNWC, Vile Parle(W) lanes. 105 students and 7 teachers attended the rally. The rally started from Maniben Nanavati Women's college and covered the Bylanes of Vile Parle (W) near the station for about 3 Kms.


**OUTCOME:** The NSS volunteers were sensitized for the govt. program 'Swach Bharat Abhiyan' and they tried to sensitize the community by singing slogans in the residential area.

# COMPUTER DONATION

6<sup>TH</sup> FEBRUARY 2023



 **Borivali Railway Police Station,**  
Railway, Mumbai  
Email : bvlmumrly@gmail.com



Date :- 04/02/2023

To,  
The Principal,  
Maniben Nanavati College,  
Vileparle West, Mumbai, 400056.


Respected Madam/ Sir,

RECEIVED ON..... 7/2/2023  
ATTEN TO..... 579  
FILE.....

This is towards your kind self and your esteemed institution a big thank you. It is really very kind and a considerate thought you have had towards the Maharashtra Police serving in th Railways at Borivali West, Mumbai. We the current staff of the Maharashtra Railway Police are really greatful for your support by Helping us with your 8 computers that you are giving us with which now are staff will be able to handle their work in a more proper and systematic order.

Thank you once again for your good wishes and prayers along with the help that you have rendered which we highly appreciate while we do our best to assist the people and prevent mishaps and crimes.

Thanking you ever so much



Keyaa / Twinkle (IQAC)  
RST  
7/2/23

Your Sincerely,  
(Anil Kadam )  
Sr. Police Inspector,  
Borivali Railway Police Station



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**  
**COMPUTER DONATION**

**6<sup>TH</sup> FEBRUARY 2023**

**NAME OF FACULTY:** Computer donation

**DATE :** 06-02-2023

**TARGET GROUP:** Maharashtra Railway Police

**VENUE :** MNWC Board Room

**TIME :** 12.00 noon to 1.00 pm

**OBJECTIVES:** To provide administrative support to railway police staff.

**METHODOLOGY :** Problem- Solving

**OVERVIEW:** On 06th February 2023 Dr. (Ms.) Rajshree Trivedi Principal of Maniben Nanavati Women's College on behalf of the institution donated 8 computer systems to the Maharashtra Railway Police working at Borivali West, Mumbai. The office staff of MNWC was present at the time of the event.

**OUTCOME:** A letter of appreciation was received from the Sr. Police Inspector Mr. Anil Kadam, Borivali Railway Police Station.

**PROJECT YANTRA**

14<sup>TH</sup> FEBRUARY 2023 TO 31<sup>ST</sup> MARCH 2023



**Maniben Nanavati Women's College**  
 Awarded Best College - 2018-19  
 Affiliated to S.N.D.T University  
 Vallabhbhai Road, Vile Parle (W)  
 Mumbai, Maharashtra - 400056

**E-waste collection has started**

*E-waste collection bags are placed in front of library First Floor*

**Bring all your e-waste from 14th Feb - 28 Feb**

**Only E-waste is allowed**

**zero waste**

**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **PROJECT YANTRA IN COLLABORATION WITH 5RCYCLE FOUNDATION**

**14<sup>TH</sup> FEBRUARY 2023 TO 31<sup>ST</sup> MARCH 2023**

**TARGET GROUP:** All Students

**NAME OF FACULTY:** Dr. Cicilia Chettiar & Dr. Shefali Jain

**SPEAKER/ RESOURCE PERSON:** 5RCYCLE Foundation

**DURATION:** 14th Feb 2023 - 31st March 2023

**OBJECTIVES** To create awareness regarding collection of E-waste.

**METHODOLOGY :** Participative, Experiential & Problem Solving

**OVERVIEW:**

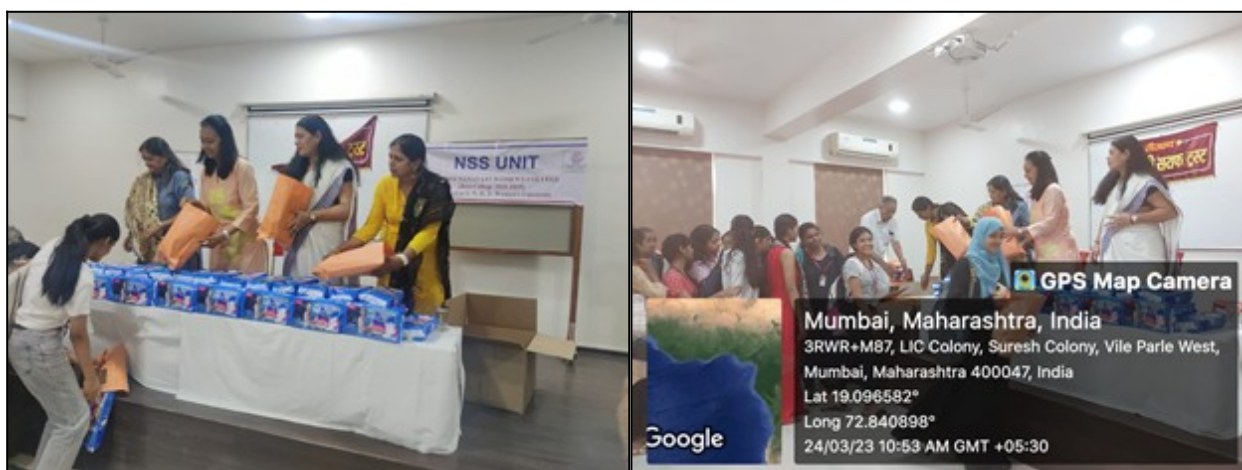
1. Provide detailed explanation of what constitutes E-waste through the respective Whatsapp Group.
2. Identifying a clearly and easily accessible space with appropriate E-waste Collection bags.
3. A qualified NGO working in the field was contacted to dispose of the E-Waste collected from us.
4. Approximately 30 kgs of E-waste was collected.

**REWARDS:** None planned

**OUTCOME:** Interested students, teachers and community members also participated in the drive.

## **SARAF FOUNDATION'S DISTRIBUTION OF MENSTRUAL HYGIENE PRODUCTS (SANITARY PADS)**

24<sup>TH</sup> MARCH 2023



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH KIRAN DEVI SARAF TRUST**

# **SARAF FOUNDATION'S DISTRIBUTION OF MENSTRUAL HYGIENE PRODUCTS (SANITARY PADS)**

**24<sup>TH</sup> MARCH 2023**

**TARGET GROUP:** First Year Students

**NAME OF FACULTY:** NSS Committee Members

**NO. OF PARTICIPANTS:** 187

**SPEAKER/ RESOURCE PERSON:** Mrs Shilpa P Saraf and Ms. Unnati hathi

**VENUE :** 4.2 class

**TIME :** 10.30 am

**OBJECTIVES:** To maintain hygiene during menstruation and distribution of menstrual products

**METHODOLOGY :** Participative

**OVERVIEW:** A session on menstrual hygiene and distribution of menstrual products was organised in Maniben Nanavati Women's college, by Kirandevi Saraf Trust for first year students. Two packets of Stayfree Sanitary pads were distributed to each student and non-teaching staff by the members of Saraf foundation of our college respectively with the help of NSS volunteers and teachers. Approx 180 students and 7 non-teaching staff were benefitted.

The students understood the significance of maintaining hygiene during menstruation and were glad to receive menstrual products.

**OUTCOME:** Students were distributed Sanitary napkins and created awareness amongst the young girls.

**WATER COOLER INSTALLATION**

10<sup>TH</sup> APRIL 2023



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT IN COLLABORATION  
WITH INNER WHEEL CLUB OF MUMBAI AIRPORT**

**INSTALLATION OF WATER COOLER AT BORIVALI WEST & GOREGAON  
WEST RAILWAY STATION**

**10<sup>TH</sup> APRIL 2023**

**TARGET GROUP:** Railway Public Users

**NAME OF FACULTY:** Ms. Perna Ramteke, Dr. Swati Partani, Dr. Pranaya Revandkar,  
Dr. Shefali Jain

**NO. OF STUDENTS:** Goregaon: 11 NSS Volunteers and Borivali: 9 NSS Volunteers

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):** Dr. Rajshree Trivedi (Principal),  
Smt. Himadri Nanavati (Management, Chairperson, MNWC), Ms. Sangita, Inner Wheel Club of  
Bombay airport 314.

**VENUE :** Goregaon Railway Station & Borivali Station

**TIME :** 11:30 am to 1:30 pm at Goregaon 2:00-3:00pm at Borivali

**OBJECTIVES** - To install a water cooler to provide a much- needed source of clean drinking water  
for the people.

- To promote less use of bottled water in a filtered water system in an environmentally friendly way.

**METHODOLOGY :** Problem- Solving

**OVERVIEW:** The installation of the water cooler was done by the NSS Unit of Maniben Nanavati Women's College on Platform No.1 & 2 of Goregaon Station and Platform No.3 of Borivali Station, the inauguration of the water cooler was done by Principal Ma'am Dr. Rajshree Trivedi, presence of Smt. Himadri Nanavati, Member of Inner Wheel club of Bombay, 2 Police Officers, Station Master of both the Railway Station were present for the inauguration.

**OUTCOME:** Volunteers from this activity learnt that if everyone works together and are involved it creates happiness for others. The happiness from the people knowing of the instalment of the water cooler especially during the heat of summer were also seen among the people. As they already started using the facility.

# PROJECT VRUKSHAK BMC MARKET BEAUTIFICATION

On Going



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**PROJECT VRUKSHAK BMC MARKET BEAUTIFICATION**

**On Going**

**NAME OF ACTIVITY:** Project Vrukshak BMC Market Beautification

**PERIOD:** On going

**TARGET GROUP:** NSS Volunteers

**NO. OF STUDENTS:** 18

**TEACHER IN CHARGE:** Ms Perna Ramteke and Ms Pranaya Revandkar

**VENUE :** Annasaheb Vartak BMC market, Vile Parle (w) Mumbai

**TIME :** 09.00 to 12.00am.

**OBJECTIVES:** To imbibe a sense of responsibility towards society.

**METHODOLOGY :** Experiential

**OVERVIEW:** Project Vrukshak was launched on the environment day on 06/06/2022 and over the year our NSS volunteers did different activities to beautify the respective area by cleaning its walls and adjoining areas, painting the walls and doing art work on them. The whole project was accomplished in phases by the volunteers and it is still going on.

**OUTCOME:** BMC market walls were cleaned, painted and work of art on the same was done by nss volunteers.

# **Rotaract Activities**

# MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

SHILPAKAR

28<sup>TH</sup> AUGUST 2022





**JENNIFER JONES**  
(RI President 2022-23)

**SANDIP AGARWALLA**  
(District Governor 2022-23)

**Project शिल्पकार**  
An Eco-Friendly Ganesh Idol Making Workshop

**Saturday, 20<sup>th</sup> Aug. | Sunday, 21<sup>st</sup> Aug. | Sunday, 28<sup>th</sup> Aug. 2022**

**Centers for 20<sup>th</sup> Aug. & 21<sup>st</sup> Aug. (10.00 am – 12.00 noon)**  
Rotary Service Centre – RC Mumbai Mulund East, Mulund East  
Rotary Garden – RC Mumbai Dahisar, Dahisar East  
Rotary Service Centre – RC Bombay Chembur West, Chembur West

**Center for 20<sup>th</sup> Aug. & 21<sup>st</sup> Aug. (02.00 pm – 04.00 pm)**  
L M Patel Rotary Hospital – RC Bombay North West-Malad, Malad West

**Center for 20<sup>th</sup> Aug. (02.30 pm – 04.30 pm)**  
Rotary Service Centre – RC Bombay West, Juhu Tara Rd., Santacruz (W)

**Center for 21<sup>st</sup> Aug. (11.00 am – 01.00 pm)**  
Children Welfare Centre Law College – RC Garden City Mumbai, Marve Rd., Malad (W)

**Center for 28<sup>th</sup> Aug. (10.00 am – 12.00 noon)**  
Sathaye College – RC Mumbai Parleshwar, Vile Parle East

**26 Clubs**  
Confirmed participation

**CHARGES**  
Platinum Co-Host Club - Rs. 9,000/- (15 Free Registrations)  
Diamond Co-Host Club - Rs. 6,000/- (10 Free Registrations)  
Gold Co-Host Club - Rs. 3,000/- (5 Free Registrations)  
Individual Registrations - Rs. 600/-

**LEAD HOST CLUBS**  
**RC Garden City Mumbai - Pres. Dr. KRUTI BHUSKUTE**  
**RC Mumbai Mulund East - Pres. KASHINATH SAGUMALE**  
**RC Mumbai Parleshwar - Pres. RAJESH SHAH**  
**RC Bombay West - Pres. DHARMENDRA SHARMA**

**GOLDEN OPPORTUNITY**  
Earn Vital District Governor Citation Points by Co-Hosting this Event

Eco Friendly Ganesh Idol Making Kit & Colours will be provided by us.

**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**PROJECT SHILPAKAR**

**28<sup>TH</sup> AUGUST 2022**

**OBJECTIVES:** To learn to make Eco-Friendly Ganpati and promote Environment Protection

**TARGET GROUP:** - 2 Rotaractors

**METHODOLOGY :** Participative

**OVERVIEW:** Rotaract club of Maniben Nanavati Women's College collaborated with the Rotaract Club of Bombay Airport to make Eco - Friendly Ganesh Idol workshop to contribute towards environment friendly nature and sustainability.

**OUTCOME:** Rotaractors learned to make Eco-Friendly Ganesh Idol.

# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **BEACH CLEAN-UP DRIVE.**

**10<sup>TH</sup> SEPTEMBER 2022**



## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **BEACH CLEAN-UP DRIVE.**

**10<sup>TH</sup> SEPTEMBER 2022**

**NO. OF STUDENTS :** 13 Volunteers.

**VENUE :** Juhu beach, Main entrance Santacruz West.

**OBJECTIVES:** Stepping towards cleanness after Ganesh Chaturthi.

**METHODOLOGY :** Participation towards social work.

**OVERVIEW:** Rotaract Club of Maniben Nanavati Women's College attended the beach clean up drive organized by District 3141 at Juhu Beach. Rotaractors got down to work in earnest, armed with gloves and did a commendable job of cleaning the beach. Students got aware about global warming. They worked together as a team to save the environment and create a mark in maintaining cleanliness.

**OUTCOME:** This helped us learn how important it is to keep our environment safe and clean and how coordination among all of the people who participated can bring so much change in the environment. We also learned how much hard work is done by the BMC workers every day to clean the beach so by helping them it was a wonderful experience.

# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **ORIENTATION**

**8<sup>TH</sup> SEPTEMBER 2022**



# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **ORIENTATION**

**8<sup>TH</sup> SEPTEMBER 2022**

**ORGANISING AVENUE :** Rotaract Club of Maniben Nanavati Women's College

**TIME :** 11:30am

**TARGET GROUP:** F.Y.B.A, B.COM, BAFI, BMS & B. Design

**NAME OF THE FACULTY :** Mrs. Vaishali Ranadive & Ms. Pravara Sonaware

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):** Ms. Zarin Shroff. President of Rotaract Club of Maniben Nanavati Women's College.

**NO. OF STUDENTS:** 60 students

**VENUE :** 4.2 & 4.3

**OBJECTIVES:** To guide students about Rotaract and what Rotaract is about

**METHODOLOGY :** Encouraging students to be a part of Rotaract

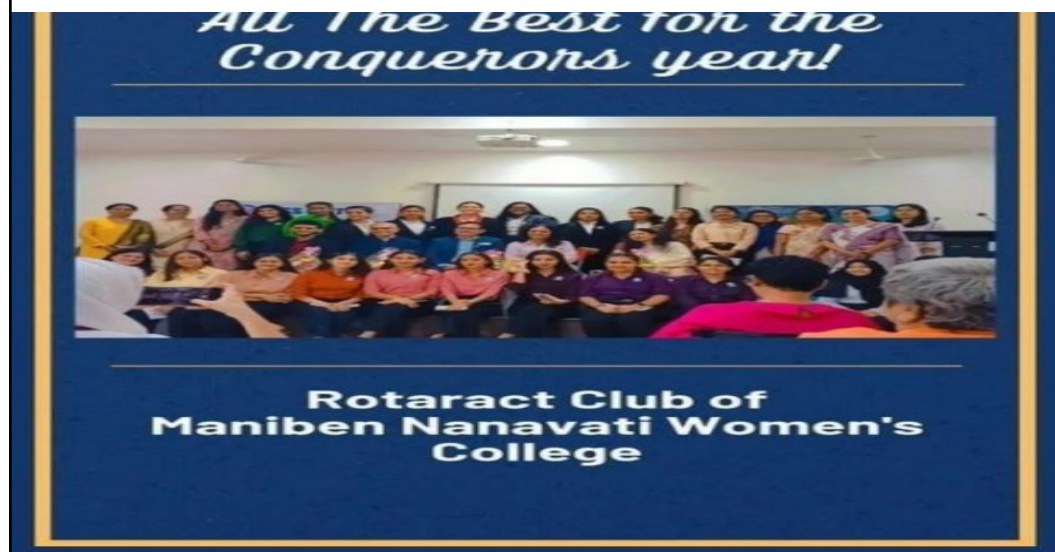
**OVERVIEW:** Rotaract Club of Maniben Nanavati Women's College organized an orientation on Rotaract. President Ms. Zarin Shroff shares about her Rotaract journey and encourages students towards joining Rotaract and how they can bring a change by involving themselves in social work through the Rotaract community.

**OUTCOME:** Students gained a better understanding of Rotaract. Ms. Zarin gave them clarity about Rotaract and how events can bring a change. Students were encouraged in being a part of Rotaract. Ms. Zarin Shroff did a commendable job in encouraging students to be aspiring Rotaractor.

# MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

## INSTALLATION

26<sup>TH</sup> SEPTEMBER 2022



# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **INSTALLATION**

**26<sup>TH</sup> SEPTEMBER 2022**

**OBJECTIVES:** To welcome the new Core, BOD team and members to facilitate them.

**NO. OF STUDENTS:** 80 Members

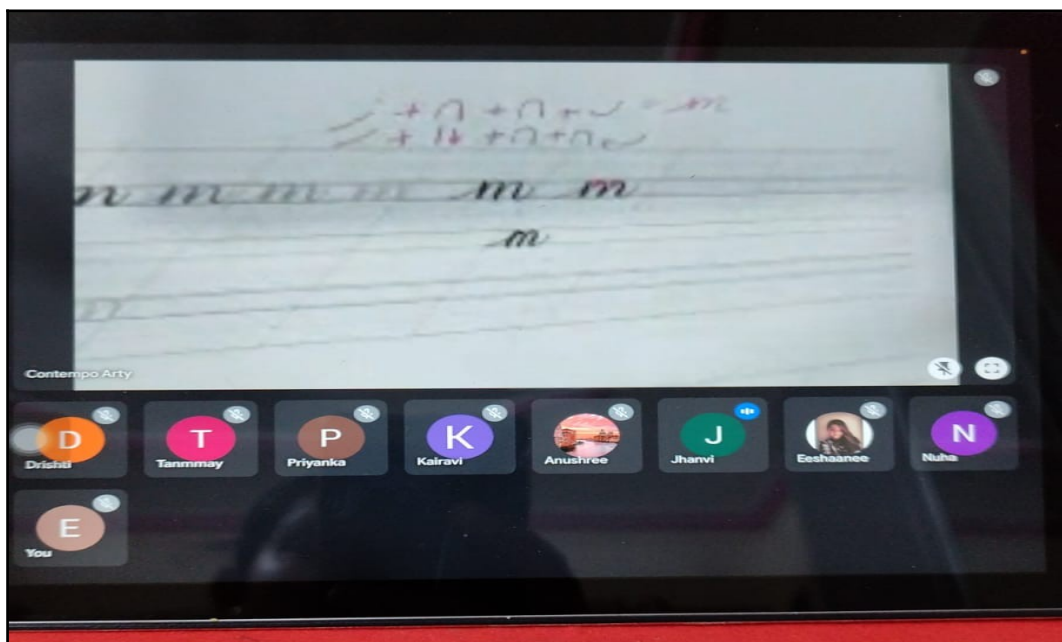
**OVERVIEW:** The ceremony began with a jest and excitement as Respected Rotarians were invited to facilitate the new Core and BOD team of Rotaract Club of Maniben Nanavati Women's College and to bid farewell to the old Core and BOD team. Core team was introduced to the members

**OUTCOME:** The new Rotaract team were motivated for their journey in the Rotaract Club.

# MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

## BRUSH PEN CALLIGRAPHY

19<sup>TH</sup> NOVEMBER, 2022



# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **BRUSH PEN CALLIGRAPHY**

**19<sup>TH</sup> NOVEMBER, 2022**

**TIME :** 5:00 pm-7:00 pm

**TARGET GROUP:** Rotaracters and Members

**VENUE :** Zoom

**NAME OF FACULTY:** Ms. Vaishali Ranadive and Ms. Pravara Sonawane

**NO. OF STUDENTS:** 7 Rotaract Volunteers .

**SPEAKER / RESOURCE PERSON:** Rtr. Jhanvi Manek

**OBJECTIVES:** Learning a new skill in the field of Art

**METHODOLOGY :** Participative activity

**OVERVIEW:** Rotaractors of Maniben Nanavati Women's College in collaboration with Rotaract Club Of Bombay Hanging Garden organized a workshop on Brush Pen Calligraphy on 19th November, 2022. This event was a fun activity for the members to learn a new skill. They got to learn about the basic strokes using Brush pens. The instructor Rtr. Jhanvi Manek is the founder of The Contempo-Arty Studio. The workshop was to a good stress buster for the members

**OUTCOMES:** The students learnt basics of brush pen calligraphy as a way of releasing stress and the session also provided with basic worksheets which could help the students in the future. It was a relaxing and knowledgeable session.

# MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

## FEEDING DOGS

2<sup>nd</sup> OCTOBER, 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**FEEDING DOGS**

**2<sup>nd</sup> OCTOBER, 2022**

**NAME OF THE ACTIVITY :** Feeding Dogs

**TIME :** 12.00pm to 1.00pm

**TARGET GROUP:** Street Dogs

**NAME OF FACULTY:** Ms. Vaishali Ranadive and Ms. Pravara Sonawane.

**NO. OF STUDENTS:** 3 Rotaractors.

**VENUE :** Andheri East

**OBJECTIVES:** To eliminate hunger from our community dogs by feeding them.

**METHODOLOGY :** Participative activity.

**OVERVIEW:** Rotaract Club of Maniben Nanavati Women's College had collaborated with Rotaract District 3141 on an initiative to feed right nutrition to street dogs. The dog food was sponsored by Dogspot. The club distributed 6kgs of dog food in different areas of Andheri East.

**OUTCOME:** Street Dogs enjoyed a good nutritious meal and our rotaractors had a wonderful opportunity to bond and spend time with street dogs.

# MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

## CLEAN A THON (BEACH CLEAN DRIVE)

2<sup>nd</sup> OCTOBER 2022



## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **CLEAN A THON (BEACH CLEAN DRIVE)**

**2<sup>nd</sup> OCTOBER 2022**

**NO. OF STUDENTS-** 02 Rotaractors

**OBJECTIVES:** To bring awareness among the young generation of cleaning the beach and protecting it from being polluted.

**OVERVIEW:** This was a collaboration project with Rotaract Club of Mumbai. The mega Clean A Thon project was started sharp at 9:00 am by the speeches given by Asif Bhamla and Saher Bhamla stating the importance of Gandhi Jayanti and the thought process which Mahatma Gandhi Ji had for the Change and Cleanliness of the Society. The importance of cleanliness and the need to perform such roles in the modern society has been seen as a need of an hour considering the weather conditions, global warming, pollution which is choking the livelihood of numerous human beings, animals and marine species. The guest for the project were Mr. Vishwas Nangre Patil Ji - IPS officer & Joint Commissioner of Police Mumbai City, Shantanu Mukherjee (Singer Shaan), Jannat Zubair (Indian TV Actress), Influencers such as Umar Riaz, Faizu, Rajiv Adatia and many more who spoke about the importance of keeping Mumbai clean and beautiful. The project has multiple collaborations from schools and colleges, Rotaract Clubs and other institutions of Mumbai.

**OUTCOME:** This event cleaning the beach possibly made us successfully clean the Carter Road Beach and the entrance part of the mangroves by collecting the plastic materials, non degradable waste and other garbage. This project has been a grand success just because of the team work. students were able to share their contacts and have made precious relationships which is an essential element towards networking.

## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **DIYA DISTRIBUTION DRIVE.**

**20<sup>th</sup> OCTOBER 2022.**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**DIYA DISTRIBUTION DRIVE.**

**20th OCTOBER 2022.**

**TARGET GROUP:** Children at Janhvi Charitable Trust.

**NAME OF FACULTY:** Ms. Vaishali Randive and Ms. Pravara Sonawane.

**NO. OF STUDENTS:** 15 Rotaractors of MNWC.

**TARGET GROUP:** Children at Janhvi Charitable Trust.

**VENUE :** Janhvi Charitable Trust, Asalpha Centre.

**OBJECTIVES:** To enlighten the lives of the children by organizing a fun diya making drive.

**METHODOLOGY :** Participative activity.

**OVERVIEW:** Rotaractors of MNWC, distributed hand painted diyas to the children on the occasion of Diwali. The intention of the event was to spread light, happiness and the ecstasy that comes along with the festive spirit. This activity boosted a sympathetic emotion in a rotaractor.

**OUTCOME:** This event made both the Rotractors and children feel good. This was a major mood-booster. The knowledge that we were helping others is empowering and, in turn, can make you feel happier and more fulfilled.

# **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

## **TRIP TO DAMAN**

**9<sup>th</sup> to 10<sup>th</sup> NOVEMBER 2022**



## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **TRIP TO DAMAN**

**9<sup>th</sup> to 10<sup>th</sup> NOVEMBER 2022**

**NAME OF THE ACTIVITY :** Excursion to Daman [Gujrat]

**TIME :** 2 Days

**TARGET GROUP:** Rotractors of MNWC.

**NAME OF THE FACULTY :** Mrs Vaishali Ranadive & Ms Pravara Sonaware

**NO. OF STUDENTS/ Participation:** 15 Rotractors

**VENUE :** Daman [Gujrat] Sea Rock Villa

**OBJECTIVES:** A trip for refreshments.

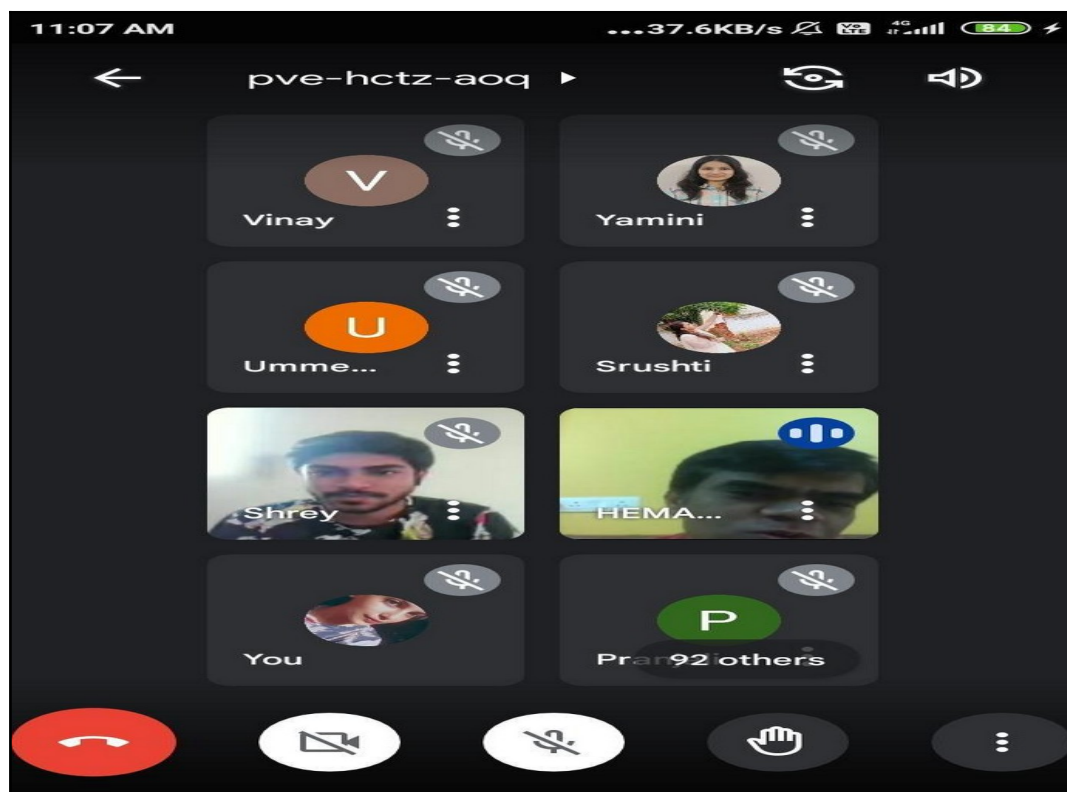
**METHODOLOGY :** Fun excursion and enjoyable.

**OVERVIEW:** This trip was to get a break from daily routine and to relax and to get distressed before resuming college after Diwali vacation. The rottractors enjoyed, had fun and explored the beauty of Daman.

**OUTCOME:** At the end of the trip all the Rotractors had beautiful and enjoyed the trip, and were ready to start a new semester with fresh minds.

**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT  
LINKEDIN WORKSHOP**

**20th November 2022**



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT  
LINKEDIN WORKSHOP**

**20<sup>th</sup> NOVEMBER 2022**

**SPEAKER /RESOURCE PERSON :** Mr Hemant Bhatia. Managing director and CEO Prism Technology ,corporate training , IT consulting , database optimization & data warehouse.

**VENUE :** Online (google meet)

**TIME :** 11:00 am to 1:00 pm

**NO. OF STUDENTS-** 17

**OBJECTIVES :** To establish and make the LinkedIn profile more purposeful

**METHODOLOGY :** Participative.

**OVERVIEW:** Rotaract club of Maniben Nanavati Womens College collaborates with the Rotaract club of Mumbai Kandivali to introduce the job seeking final year students to LinkedIn App and make the Profile effective enough to get a worthy job and expand Network. Students got an overview of how to make the use of an app to seek a job in their profession and also Expand their Networks in their field.

**OUTCOME :** Rotaractors of MNWC, attended the LINKEDIN workshop held online . They taught us how to make a bio and apply for an app.

## MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

### SHUTTLE MASTER ACTIVITY

21<sup>st</sup> JANUARY 2023



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

**SHUTTLE MASTER ACTIVITY**

**21<sup>st</sup> JANUARY 2023.**

**OBJECTIVES :** The main OBJECTIVES of this event was to create a healthy competition and develop sportsmanship.

**Methodology :** Participative activity.

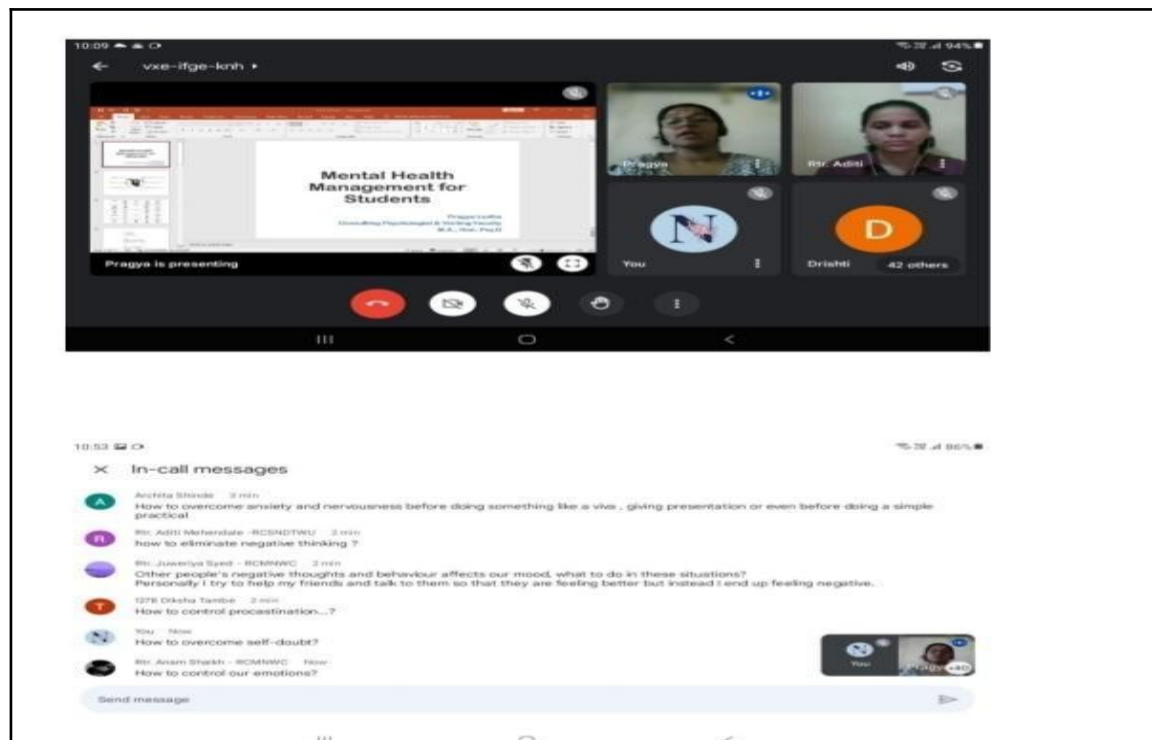
**Overview :** This was a badminton tournament organized by the club. It included 30 players from our club members and members from other clubs as well , the match started from 11.30am and went till 3.00 pm. overall Match was fun with the excitement to win the tournament . There was a match for single and double badminton players , a referee to demonstrate the whole competition, the winner got gold and silver medals and certification was provided to all the participants.

**OUTCOME :** Students got a profound understanding of sportsmanship under valuable guidance from sports experts.

## MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

### MENTAL HEALTH AWARENESS

5<sup>th</sup> FEBRUARY, 2023.





## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **MENTAL HEALTH AWARENESS**

**5<sup>th</sup> FEBRUARY, 2023.**

**NAME OF THE ACTIVITY :** Mental Health Awareness.

**TIME :** 10:00-11:00 am

**VENUE :** Online Zoom.

**TARGET GROUP:** Degree College Students.

**NAME OF FACULTY:** Ms. Vaishali Randive and Ms. Pravara Sonawane.

**NAME OF THE RESOURCE PERSON:** Ms. Pragya Lodha.

**NO. OF STUDENTS:** 15 Rotaractors of MNWC.

**OBJECTIVES:** The main aim for this webinar was to educate the youth about mental illness and

mental well-being. The goal of this session was to learn about mental health, and learn about ways to cope.

**METHODOLOGY :** Participative learning.

**OVERVIEW:** This webinar took place through Online mode (Zoom Meeting) in collaboration with Club of SNDT Women's University, Juhu Campus. Through ppt there was a connection between the speaker and the students. 15 Rotractors participated in the activity with zest and enthusiasm. They opened up about mental health and the importance of the same. The speaker ameliorates students' understanding with her skills. The session ended up with everyone's joyous faces on the screen.

**OUTCOME:** The OUTCOME of this webinar was a great success. Students not only learnt about mental health but also learnt about several ways to overcome it. At the end of the session many students willingly questioned their queries and got their answers as well.

**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT  
INTRODUCTION AND USAGE OF SMARTPHONES TO ELDERLY  
7<sup>th</sup> FEBRUARY 2023.**





**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**  
**INTRODUCTION AND USAGE OF SMARTPHONES TO ELDERLY**  
**7<sup>th</sup> FEBRUARY 2023.**

**VENUE :** Little sisters for poor, Andheri East.

**TIME :** 10:30 - 11:30 am

**OBJECTIVES:** To teach our senior citizens on how to use smartphones and basic tools needed for daily use.

**METHODOLOGY :** Participative activity.

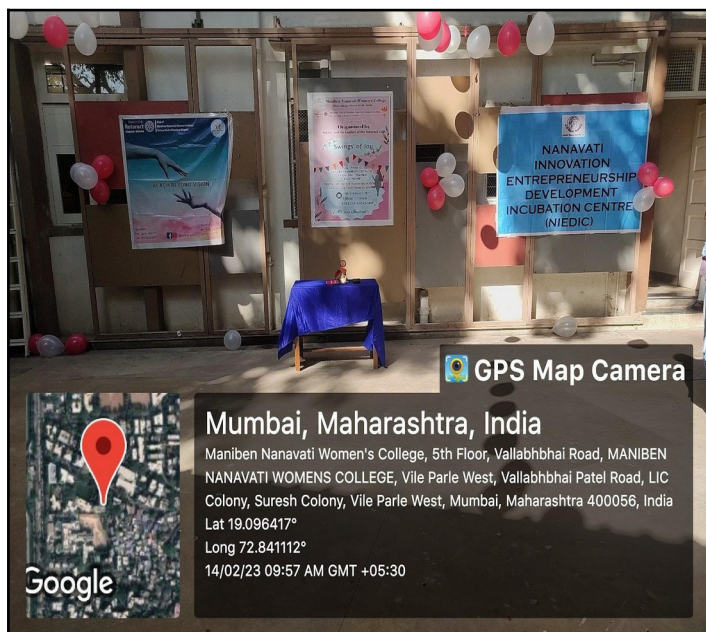
**OVERVIEW:** 4 Rotaractors taught how to use Android phones and basic tools. On Android phones we taught them how to make calls, messages, and video calls. We showed them how they can watch their favorite video and shows on YouTube for enjoyment. Rotaractors distributed toiletries to the senior citizens and played games to spend more time with them.

**OUTCOME:** This event made both the Rotaractors and senior citizens feel good. This was a major mood- booster session for them. They felt happier and were very comfortable with the Rotaractors. Senior citizens learnt features of smartphones. Rotaractors also had a great time spending time with the senior citizens.

## MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

### SWINGS' OF JOY

14<sup>th</sup> FEBRUARY, 2023.



## MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

**SWINGS' OF JOY**  
**14<sup>th</sup> FEBRUARY, 2023.**

**ORGANISING AVENUE :** Club Service, Editorial Avenue and International Team

**TIME :** 10:00 am to 12:30pm.

**TARGET GROUP:** All College Students

**Name of the faculty Incharge:** Mrs. Vaishali Ranadive & Ms. Pravara Sonaware

**NO. OF STUDENTS:** 270 students.

**VENUE :** College Backyard

**OBJECTIVES:** To help the young upcoming entrepreneurs gain confidence and vision towards their rising business. To help them build their business and make them financially Independent.

**METHODOLOGY :** Participative and Interactive Learning

**OVERVIEW:** The event 'Swings of Joy' was organised by Rotaract Leaders and NIEDIC. The main aim of the event was to showcase their business and support them to work as an entrepreneur. There were different stalls which included different types of business. Some students were selling food items, accessories, Illustrations, and cosmetic products. They were interviewed by NIEDIC Incharge Dr. Swati Partani. The students also showcased their talents through dance, singing, open mics performances which was appreciated by everyone.

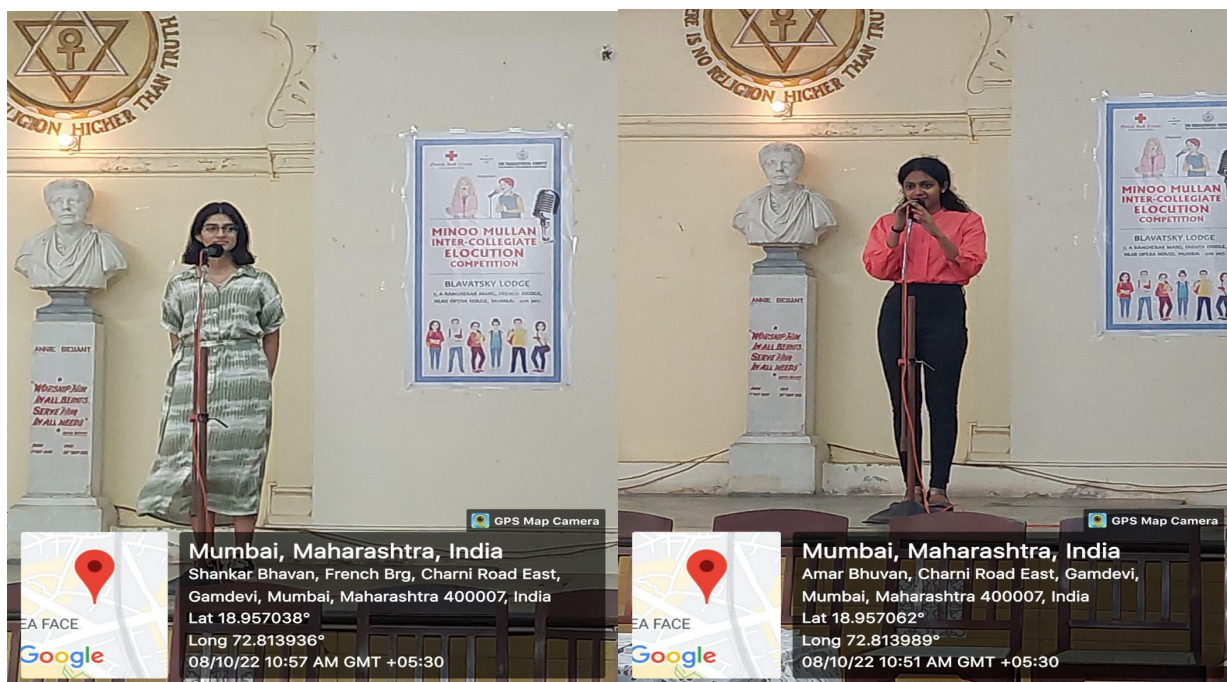
**OUTCOME:** The event encouraged the startup business of rising young women entrepreneurs. They gained confidence that they can sell their goods by applying business strategies. The intention to make them financially stable was accomplished as the stalls went out of stock and they earned their rightful money.

# **Youth Red Cross**

## **Activity**

# INTER-COLLEGIATE ELOCUTION COMPETITION

8<sup>th</sup> OCTOBER, 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS Unit**  
**YOUTH RED CROSS**  
**8<sup>th</sup> OCTOBER, 2022**

**NAME OF THE ACTIVITY :** Minoo Mullan Inter-Collegiate Elocution Competition 2022

**INCHARGE:** Ms Aaliya Sayed

**NO. OF STUDENTS:** 2 Students

**VENUE :** Theosophical Society, Blavatsky Lodge, Grant Road

**TIME :** 10 am to 1.30 pm

**OBJECTIVES** To encourage students to participate in literary events and engage in extra-curricular activities.

**OVERVIEW:** On 8th October 2022, 2 students from the Youth Red Cross club under the NSS unit of MNWC college participated in the Minoo Mullan Inter-Collegiate Elocution Competition 2022 held at Theosophical Society, Blavatsky Lodge, Grant Road. The students Ms. Sherlyn Francis and Ms Shruti Nigudkar both presented on the topic “What legacy do you want to leave behind?” from the selected topic suggested by the Youth Red Cross club of Maharashtra. The students were guided and supervised by the YRC Club Incharge, Ms. Aaliya Sayed. The students gave powerful and impactful speeches and received participation certificates at the end of the event.

# BEACH CLEANING DRIVE

13<sup>th</sup> NOVEMBER 2022



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS Unit**  
**YOUTH RED CROSS**  
**13<sup>th</sup> NOVEMBER 2022**

**NAME OF THE ACTIVITY :** Beach Cleaning Drive

**TARGET GROUP:** YRC student members

**NAME OF FACULTY:** Ms. Aaliya Sayed

**NO. OF STUDENTS:** 7 Students

**VENUE :** Girgaon Chowpatty, Mumbai

**TIME :** 7:30 am - 9:30 am

**OBJECTIVES** To involve the students in community service and participate in environment-driven initiatives.

**OVERVIEW:** On 13th November 2023, the student members of the Youth Red Cross club of Maniben Nanavati Women's College under the NSS Unit volunteered for the Beach Cleaning Drive organized by the Youth Red Cross, Maharashtra. 7 students were taken to the beach at Girgaon Chowpatty under the supervision of Ms Aaliya Sayed.

The project was an initiative of the Change Is Us organization. Gloves and other equipment required to clean the beach were given to the students. The students unearthed some idols while cleaning. Food was given out at the end of the drive. Students from various schools and colleges from across Mumbai joined the drive. The major OBJECTIVES was to make the pupils aware of the significance of keeping the ecosystem clean and refraining from using plastic and making everyone around them aware of the same.

**OUTCOME:** The students learned the importance of cutting back on plastic usage and properly disposing of it thanks to this cleanliness drive.

## STATION PAINTING AT BYCULLA

22<sup>ND</sup> JANUARY 2023



MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT

## **YOUTH RED CROSS**

**22<sup>ND</sup> JANUARY 2023**

**NAME OF THE ACTIVITY :** Station Painting at Byculla Station

**TARGET GROUP:** YRC student members

**NAME OF FACULTY:** Ms Aaliya Sayed

**NO. OF STUDENTS:** 3 Students

**VENUE :** Byculla Station, Mumbai

**TIME :** 10:30 am - 3 pm

**OBJECTIVES** To involve the students in beautifying the city and bringing about positive change through art

**OVERVIEW:** On 22nd January 2023, the student members of the Youth Red Cross club of Maniben Nanavati Women's College in collaboration with Project Mumbai painted the columns of Byculla Station with the motive *People. Purpose. Positive Change* organized by the Youth Red Cross, Maharashtra. The name of the event was "SATRANGI". 3 students participated in this artistic initiative. Brushes, paints, gloves and other equipment required to paint the columns were provided to the students.

The students used bright colours like yellow, red, blue and green and painted colourful windows on the columns. Snacks were given out at the end of this project. Students from various schools and colleges from across Mumbai joined the initiative. The hashtag for the event was #MUMBAIKELIYEKUCHBHIKAREGA. The major OBJECTIVES was to make the students bring out their creative side and help to beautify the "city of dreams" Mumbai.

**OUTCOME:** The students got the opportunity to participate in this thought-provoking drive and learned about art and the impact it has on society.

## **BLOOD DONATION DRIVE**

29<sup>th</sup> APRIL 2023



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS Unit**

**YOUTH RED CROSS**

**29<sup>th</sup> APRIL 2023**

**NAME OF THE ACTIVITY :** Blood Donation Drive

**TARGET GROUP:** Teachers, Students, Non-teaching staff and community members

**NAME OF FACULTY:** Ms Aaliya Sayed

**NO OF PARTICIPANTS:** 15 donors, 14 participants and 13 Volunteers

**VENUE :** Sports room, MNWC Campus

**TIME :** 10 am to 3 pm

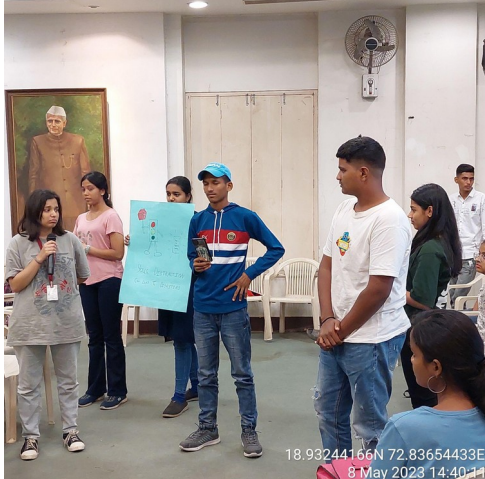
**OBJECTIVES** To engage the students, teachers and the community in the practice of blood donation.

**OVERVIEW:** Youth Red Cross under the NSS unit and Parent-Teacher Association of Maniben Nanavati Women's College, in collaboration with Youth Red Cross Maharashtra, Indian Red Cross Society, organised a Blood Donation Drive on 29th April 2023 in the Sports room, MNWC Campus. The event was supervised by Ms Aaliya Sayed and Ms Pravara Sonawane. The student volunteers of the Youth Red Cross spread awareness about the drive in the nearby areas and encouraged them to donate blood. The inauguration of the drive was done by the NSS Program Officers of MNWC, Mrs Perna Ramteke, Ms Pranaya Revandkar and Dr Swati Partani. The team of doctors and nurses from the Indian Red Cross Society, Bombay City Branch, Mumbai set up equipment for the Donation process and provided refreshments for the Blood Donors.

**OUTCOME:** Altogether 29 people from the group of teachers, parents, students and community members came forward to donate blood. Out of this, 15 people donated blood and 14 people had low CHB and were unable to donate. The students and teachers were made aware of the importance of donating blood.

# WORLD RED CROSS DAY

8<sup>TH</sup> MAY 2023



**MANIBEN NANAVATI WOMEN'S COLLEGE: NSS Unit**

**YOUTH RED CROSS**

**8<sup>TH</sup> MAY 2023**

**NAME OF THE ACTIVITY :** World Red Cross Day

**TARGET GROUP:** NSS and YRC Volunteers

**NAME OF FACULTY:** Ms Aaliya Sayed

**TIME :** 10 am to 3 pm

**NO OF PARTICIPANTS:** 12 Students and 1 Teacher

**VENUE :** Padmashree Homi Taleyarkhan Memorial Hall, Town Hall Compound, Red Cross Office, Fort.

**TIME :** 10 am to 3 pm

**OBJECTIVES** To celebrate and acknowledge the importance of World Red Cross Day and engage the students in Team building and first aid training.

**OVERVIEW:** Youth Red Cross under the NSS unit of Maniben Nanavati Women's College attended and participated in the Celebration of World Red Cross Day organised by the Youth Red Cross Maharashtra, on 8th May 2023 from 10 am to 3 pm at the Padmashree Homi Taleyarkhan Memorial Hall, Town Hall Compound, Red Cross Office, Fort. Under the supervision of the YRC in charge, Ms Aaliya Sayed, 12 Students Volunteers from the Youth Red Cross Club of MNWC and NSS participated in the Team building and First Aid training organised as part of the event. The event began with a small video of the importance and the work done by the Red Cross and Red Crescent organisations around the world and a lighting of the lamp. The first session on team building was conducted by Ms Rochelle Aranha. After a short lunch break, the second session on First Aid training was conducted by Dr Anita Jain. The session ended with the distribution of the Certificates to the students. The faculty member, Ms Aaliya Sayed was awarded a Certificate of Honour for being the Active Counsellor for the year 2022-2023.

**OUTCOME:** Students benefited a great deal from team building and first aid training. They were made aware of the history and origin of the Red Cross and Red Crescent organisation and its importance in the social development of society.

**RED RIBBON CLUB**

# LAUNCH OF RED RIBBON CLUB AND TALK ON AWARENESS AGAINST AIDS AND HIV

15<sup>th</sup> FEBRUARY 2023



## **MANIBEN NANAVATI WOMEN'S COLLEGE: NSS UNIT**

### **RED RIBBON CLUB**

**15<sup>th</sup> FEBRUARY 2023**

**NAME OF THE ACTIVITY :** Launch of RED RIBBON CLUB and Talk on HIV/AIDS Awareness

**NAME OF THE FACULTY:** Dr Swati Partani, Mrs Pranaya Revandkar

**TARGET STUDENTS:** First Year Students

**NO. OF STUDENTS:** 171

**VENUE :** Class Room No. 2.3

**TIME :** 10.30 a.m. to 12.00 noon.

**ORGANISING AGENCY:** Maniben Nanavati Womens College, NSS Unit in collaboration with Mumbai District AIDS Control Society. NSS Cell MNWC

**SPEAKER:** Mr Umesh Ghuge (DY. Director (IEC))

**OBJECTIVES** The OBJECTIVES of the program was to inaugurate the Red Ribbon Club in a Maniben Nanavati Women's Colleges to create awareness about HIV / AIDS amongst youth with a guest talk.

**OVERVIEW:** The event started with the inauguration of the Red Ribbon Club of College by the Honorable guest for the event Mr Umesh Ghuge (DY. Director (IEC)). Mr Umesh conducted a small talk session on awareness about HIV and AIDS for the students explaining to them various core aspects related to it. He also clarified the difference between HIV and AIDS and the reason for which HIV/AIDS can happen and acts by which aids cannot happen, clarifying the taboos related to AIDS. He explained what action can be taken to be protected from HIV/AIDS and action to be taken if someone is infected due to HIV/AIDS.

He urged the colleges to conduct activities like Street Play, Poster / Slogan / Essay writing competitions, Rallies, Making Short Films, and Quiz competitions to create awareness about it. He also informed me about the National youth festival that will be taking place next year

Later, our NSS program officer Dr.(Ms.) Dr Cicilia Chettiar gave a formal vote of thanks on behalf of the NSS unit of Maniben Nanavati Women's College.

# MEME-MAKING AND POSTER-MAKING COMPETITION

24<sup>TH</sup> FEBRUARY 2023



**MANIBEN NANAVATI WOMEN'S COLLEGE :NSS Unit**

**RED RIBBON CLUB**

**24<sup>TH</sup> FEBRUARY 2023**

**NAME OF THE ACTIVITY :** Poster Making & Meme Making Competition

**TARGET GROUP:** FYs and SYs

**NAME OF FACULTY:** Ms Aaliya Sayed and Dr Shefali Jain

**NO. OF STUDENTS:** 33

**VENUE :** Room no 2.1

**TIME :** 8:30 am to 10:00 am

**OBJECTIVES** To engage students' interest in an important social issue which is AIDS and HIV Prevention. To raise awareness of an issue in a way that is visual, inclusive and fun. To bring out the creative expression of students and to gauge their knowledge.

**OVERVIEW:** Red Ribbon Club under the NSS unit of Maniben Nanavati Women's College organized a Meme Making and Poster Making Competition on 24th February 2023 in Room 2.1. The event was supervised by Ms Pravara Sonawane, Ms Aaliya Sayed and Ms Shefali Jain. The theme of this competition was to spread awareness about AIDS and HIV prevention. A total of 33 students participated in the competition. The students gathered their required materials and started making the posters relevant to the given theme. They were given one and a half hours to showcase their creativity and convey the intended message. The students exhibited vivid imaginative skills on the posters and submitted their creativity in the given time.

**OUTCOME:** The students depicted their creativity about the awareness of HIV and AIDS in a very nuanced and colourful manner. Their posters provided a visual display of an issue in relation to the community's expectations and visions and provided an opportunity to answer questions about that issue.

# **Maniben Nanavati Women's College**

**Vallabhbhai Road, Vile Parle (West)**

**Mumbai 400 056**

**Conducted By**

**Shree Chandulal Nanavati Women's Institute and Girl's High School**



**(NAAC Re Accredited 'A' Grade)**

## **Report of the NSS Special Camp**

**Conducted From**

**January 6<sup>th</sup> – 12<sup>th</sup>, 2023**

**At Virathan Budruk, Saphale, Thane M.S.**

**Theme : युवाकांचा ध्यास ग्राम शहर विकास**

Submitted by

**NSS UNIT**

of

**Maniben Nanavati Women's College**

**Vile Parle (west), Mumbai-56**

As per the SNTD Women's University and the NSS Cell of SNTD,WU our college has followed the following guidelines during 2022-23:

<b>Allotment by University</b>	<b>: 300</b>
<b>Total Enrolled</b>	<b>: 300</b>
<b>Participated in Camp</b>	<b>: 150</b>
<b>Dates</b>	<b>: 6<sup>th</sup> – 12<sup>th</sup> January, 2023</b>
<b>Venue</b>	<b>: Virathan Budruk, Saphale, Palghar Dist. Thane</b>
<b>Theme</b>	<b>: युवाकांचा ध्यास ग्राम शहर विकास</b>
<b>Activities Conducted</b>	<b>: Details in the Report</b>
<b>No. of Beneficiaries</b>	<b>: 150 students &amp; 10 Teachers</b>
<b>Special Remarks</b>	<b>:</b>
<b>Attendance</b>	<b>: List is enclosed.</b>

*We are very thankful to*

- *Gram Panchayat of Virathan Budruk, Safale*
- *Sarpanch; Smt. Anjali Patil*
- *SHED*
- *Inner Wheel Club of Bombay Airport, Dist. 314*
- *Rotary Club of Palghar*
- *Mission Green Mumbai*
- *Chingari Shakti Foundation*

*for their constant support and motivation in making the  
Special Camp a great success.*

As per the SNTD Women's University guidelines our college has adopted the rural community in the village called Virathan Budruk, Saphale, Palghar Dist. Thane, for the NSS Special Camp held from 6<sup>th</sup> to 12<sup>th</sup> January, 2023 at the SHED center in the village.

The activities conducted daily for the Special Camp were followed as per the schedule given below:

### **Programme Schedule**

The daily schedule for the NSS Special Camp was as follows :

<b>Time Slot</b>	<b>Activities</b>
<b>7:00 – 8:30 am</b>	<b>Meditation/Yoga/ Shramdaan</b>
<b>8:30 – 9:30 am</b>	<b>Tea &amp; Breakfast</b>
<b>9:30 – 10:00 am</b>	<b>Assemble in the Hall &amp; Moral Activities: NSS Songs</b>
<b>10:00 – 12.30 am</b>	<b>Community Work/Talk/ Activity /Sessions</b>
<b>12:30– 1:00 pm</b>	<b>Relaxation Time</b>
<b>1:00 – 2:00 pm</b>	<b>Lunch Break</b>
<b>2:00 – 5:00 pm</b>	<b>Community work//Talk/ Activity /Sessions</b>
<b>5:00 – 5:30 pm</b>	<b>Tea Break</b>
<b>5:30 – 7:30 pm</b>	<b>Skill Development Activity/ Sessions</b>
<b>7:30 – 8:30 pm</b>	<b>Dinner</b>
<b>8:30 -10:30 pm</b>	<b>Report Writing &amp; Diary Writing/ Cultural Programme</b>
<b>10:30 pm</b>	<b>Retire for the day</b>

## DAY 1



### Welcoming Students & NSS song recitation



### Personal Grooming Talk

**Day 1: 6th January, 2023 (Friday)**

Session	Time	Activity	Speaker	Teacher Incharge
Arrival at SHED Center	10:00-10:15 am	Welcoming Participants	NSS Team	Ms.Pruna R Ms.Vaishali R Dr. Shefali Jain
	10:15-10:45 am	Settling and Breakfast		All Teachers
Session 1	11-12:00 pm	Introduction to NSS and its objectives	Ms. Pruna S Ramteke	Ms. Pranaya Revandkar
Session 2	12 -1:30 pm	A Step Towards Successful Growth & Personality Devept.	Ms Vaishali R	Dr. Shefali Jain
	2:00 - 3:00 pm	Lunch Break	-	-
	3:00 - 4:30 pm	Settling and Resting	-	Dr. Shefali Jain
	4:30 - 5:00 pm	Tea Break	-	Pranaya R
Session 3	5:00 - 6:00	Division of groups for Activities	-	Ms. Pruna R
Session 4	6:00-7:00	Preparation of Street Play on Anaemia	Ms Pranaya R	Ms Pruna R Dr. Shefali Jain
	7:00 - 7:30 pm	NSS Songs	Ms Pruna R	Ms. Pranaya R
	7:30-8:30 pm	Dinner	Student Leaders	-
Session 5	9:00-10:00 pm	Cultural Programme/ Activity	Student Leaders	Ms Pruna R Ms Pranaya R Dr. Shefali Jain

**Daily 1 Activities:**

Day 1 began with the assembling of students and 4 teachers at the Andheri Railway Station at 7 a.m. and catching 7:55 a.m. Dahanu train which reached Safale at 9 a.m. sharp. At

Safale the students were taken to nearby ST Bus stand and students were taken to Viratan Budruk village in 2 ST Buses booked for them. After reaching Viratan Budruk at 9:45 a.m. students were welcomed by the NSS team and after a few guidelines were given half an hour to settle down and freshen up. They were given breakfast at 10:15 a.m. After breakfast at 10:50 a.m. students were taken around the SHED Center and settled in the hall and oriented about NSS.

### **Session I:**

Session I included a brief introduction about the NSS Special Camp and the theme of the camp along with the activities to be conducted by the students and the resource persons.

Student groups of 10 students each made for teaching in community and Balwadis, cooking, cleaning the premises, washrooms, washing utensils etc. and were assigned days for each activity. Students then proceeded to different areas of the center and started their assigned activities till lunch.

### **Session II:**

Our activities started with an interactive session on “A Step Towards Successful Growth & Personality Development” by Ms. Vaishali Ranadive faculty, MNWC from 12:00-1:30 pm on the importance of values, mannerism, dressing and basic conversational skills for the students. This session helped students in conversational skills as well as in presenting themselves for any occasion and in activities for them.

This was followed by Lunch at 2 - 3 pm and students were involved in serving food and cleaning kitchen premises and utensils.

As it was the first day at Camp, students were given time to settle and rest from 3 - 4:30 pm as they started the day and journey early in the morning, and was followed by Tea break at 4:30-5:00 pm.

### **Session III:**

After tea break community work was included and students were given tasks to clean the SHED premises, started cooking and arranged the hall area as they were to stay there for 7 days.

### **Session IV:**

Preparations on Street Play on Anaemia were arranged for students between 6:00-7:00 p.m in the open area of SHED center, followed by singing of NSS songs by students.

Dinner was served between 7:30-8:30 p.m. and Student Leaders were made incharge to manage the arrangements properly.

**Session V:**

The day ended with Cultural Programme/ Activity for students with a campfire from 9:00-10:00 pm. Students were motivated to sing and dance during the campfire and retired at 10 pm for the day.

## DAY 2



**Sanitary Pad Making Workshop**



**Darshana Kulkarni madam's talk in school**

**Day 2: 7th January, 2023 (Saturday)**

Session	Time	Activity	Speaker	Teacher Incharge
Start of Day	6:00-7:00 am	Yoga	Dr. Shefali Jain	Dr. Shefali Jain
	7:00-8:30 am	Shram Dan	Ms. Shreya Topare	Ms. Purna Ramteke
	8:30-10:00 am	Getting ready & Breakfast		Ms. Pranaya R
	10:00-10:30 am	Group Discussion Skill India	NSS Team	Ms. Purna R Ms. Pranaya R
Session I	10:30 -12:00 pm	Talk on 'Psycho-education for substance abuse'	Ms. Darshana Kulkarni	Dr. Shefali Jain
Session II	12:15 -1:30 pm	Talk on 'Psycho-education for substance abuse for School Teachers	Ms. Darshana Kulkarni	Ms. Purna S Ramteke
	12 -1:00 pm	Distribution of Sanitary Pads at Viratan Budruk Village	Students of Sociology Department	Ms. Purna S Ramteke
	1:00 - 2:00 pm	Lunch Break		
Session III	2:00 - 2:30 pm	NSS Songs with community women present at SHED	NSS Volunteers	Ms. Purna R and Ms. Pranaya R
Session IV	2:30 - 5:00 pm	Sanitary Pads Making workshop for community	Ms. Rajasi	Dr. Shefali Jain and Purna R
	5:00 - 5:30 pm	Tea Break		
Session V	6:30 - 7:30 pm	Training for skit of 4 groups		Ms. Purna R Ms. Pranaya R
	7:30 - 8:00 pm	Break		
	8:00 - 9:00 pm	Dinner		NSS Team
Session VI	9:00 - 10:00 pm	Cultural Programme		NSS Team

The day began with a Yoga session and students did yoga asanas for an hour followed by the Shramdaan activity of cleaning the premises of SHED Centre and its surroundings. A group of students prepared breakfast for the whole group and students were given time for bath and to get ready., followed by breakfast from 9:00-10:00 am.

At 10: 00 am students were given orientation on the topic of ‘Skill India’, and groups were made. Students were asked to discuss the topic with group members and prepare a presentation for the fifth day.

**Session I** was a Talk on ‘Psycho-education for substance abuse’ by Ms. Darshana Kulkarni faculty at the PG Department of Psychology at MNWC. She discussed the meaning of different drugs, the ill effects of substance abuse and its prevention with the students. She also answered queries of students.

**Session II** was an orientation on ‘Psycho-education for substance abuse’ by Ms. Darshana Kulkarni to the teachers at Gram Panchayat School at Viratan Budruk village from 12:15 -1:30 pm. She oriented teachers on how to detect symptoms and identify the students involved in substance abuse.

**Session III** started with singing University song and NSS songs for the women who had gathered from the village for the skill development program for them.

**Session IV** was a workshop on ‘Eco Friendly Sanitary Pads’ making program for the women from the community conducted by

Followed by a tea break from 5 -5:30 pm for all participants and NSS volunteers.

**Session V** included training of students of all 4 groups for skit on Anaemia to be performed on the fifth day at camp and in the village community for their awareness and understanding.

Dinner was served at 8 pm followed by a campfire and singing session. Students retired for the day at 10 pm.

### DAY 3



### Medical Camp



### Story Telling Session

**Day 3: 8th January, 2023 (Sunday)**

Session	Time	Activity	Speaker	Teacher Incharge
Session 1	7:00-8:30	Yoga/Shram Dan	Mr. Surajkumar Dubey	Ms Pranaya Revandkar
Session 2	8:30-09:30 am	Getting ready & Breakfast	-	
Session 3	09:30-10:00 am	Assemble in hall & moral activities: NSS song	NSS Team	Ms. Pranaya Revandkar
Session 4.1	10:00-12:30 pm	Guest Talk on Financial & Legal Literacy	Mr. Pramod Pandey	Ms. Pranaya Revandkar
Session 4.2	10:00-1:00 pm	Sanitary Pad Distribution		Ms. Prerna Ramteke
Session 4.3	10:00-1:00 pm	Medical Camp	Dr. Imran Khan & Dr. Akshay Kakde	Ms. Aaliya Sayed & Mr. Surajkumar Dubey
Session 5	12.00-1.00 pm	Lunch preparation by students	-	Ms. Aaliya Sayed
Session 6	1.00-2.00 pm	Lunch Break	-	-
Session 7	6.30-7.15 pm	The Art of Storytelling	Ms. Aaliya Sayed	Ms. Pravara Sonawane
Session 8	7:30-8:30	Dinner	-	-
Session 9	8:30-9:30	Cultural Programme/ Activities	Mr. Suraj Dubey	Mr. Suraj Dubey

**Session I:**

The day started with a yoga session conducted by Mr. Surajkumar Dubey. Following this the students were directed to the basic cleaning of hall and bathrooms. After that tea and breakfast was served.

**Session II:**

After breakfast the first session of the day was taken by Mr. Pramod Pandey on “Financial and Legal Literacy”. The session was aimed to create awareness about E-Commerce, flow of Income, GST and Laws related to women.

**Session III:**

At the same time few students and the faculty incharge Ms. Purna Ramteke went to remote areas of the village to distribute Sanitary pads among members of the community.

**Session IV:**

From 10.00am to 1.00pm 16 students went to zila parishad where a medical camp was organised by rotaract club of palghar. The session was conducted to provide free check up and support the welfare of the community.

**Session V:**

After tea break and some rest a session was organised by Ms. Aaliya Sayed to familiarize the students with the elements of storytelling and motivating them to try their hands on creative writing skill.

## DAY 4



**Teaching at Balwadi School**



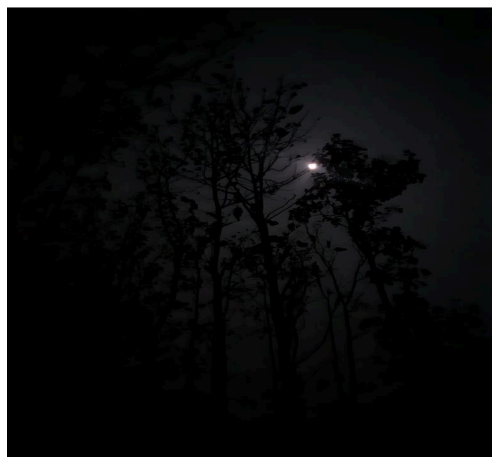
**Water Composting**



**Trekking**



**Talk on Micro-nutrients for women's health**



**Star Gazing**

**Day 4: 9th January, 2023 (Monday)**

<b>Session</b>	<b>Time</b>	<b>Activity</b>	<b>Speaker</b>	<b>Teacher Incharge</b>
Session 1	7:00 to 8:00 a.m.	Yoga Session	Mr. Suraj Dubey	Ms. Pravara Sonawane
Session 2	7:30 to 8:30 a.m.	SHED hall and Bathroom Cleaning	-	Ms. Aaliya Saye and Ms. Pravara Sonawane
Session 3	8.30 to 9.30 a.m.	Breakfast	-	Ms. Aaliya Sayed
Session 4	10:00 to 11 a.m.	Financial Literacy Lecture	Mr. Suraj Dubey	Mr. Suraj Dubey
Session 5	10.30 to 11:45 a.m.	Teaching at Balwadi School	-	Ms. Aaliya Sayed
Session 6	11 am to 11. 30 am	Students cleaned the breakfast utensils	-	Ms. Pravara Sonawane
Session 7	12.30 pm to 1.30 pm	Water Composting	Mr. Subhajeet Mukherjee	Ms Aaliya Sayed
Session 8	12 pm to 1 pm	Lunch preparation by students	-	Ms. Pravara Sonawane
Session 9	1.30 to 2.00 p.m.	Lunch Break	-	-
Session 10	2.00 to 2.45 p.m.	Talk on Micro-nutrients for women's health	Ms. Falguni Borkar	Ms Jennifer Almeida
Session 11	2.45 pm to 3.30 pm	Environment Quiz by	Mr. Subhajeet Mukherjee.	Ms Aaliya Sayed
Session 12	3.30 pm to 4.30 p.m.	Teaching Aid at Zilla Parishad School.	-	Ms Pravara Sonawane
Session 13	4.00 to 4.30 p.m.	Tree Plantation	Mr. Subhajeet Mukherjee.	Ms Aaliya Sayed

Session 14	4.30 pm to 5 pm	Tea Break	-	-
Session 15	5 p.m. to 6 pm	Trekking	Mr. Subhajeet Mukherjee.	Ms Pravara Sonawane
Session 16	6.30 pm to 7 pm	Dinner Preparation	-	Dr. Cecelia Chettiar
Session 17	7 pm to 7.30 pm	Dinner	-	-
Session 18	7.30 pm to 8 pm	Cleaning the kitchen and utensils	-	Dr. Cecelia Chettiar
Session 19	8.00 pm to 9.00 pm	Star Gazing.	Mr. Subhajeet Mukherjee.	Dr, Cecelia Chettiar

**Session I:** The day started with a Yoga session conducted by Mr Suraj Dubey. Following this, the students were directed to clean up the hall and Bathroom for the day. At 8.30, tea and breakfast were served.

**Session II:** The first session for the day was conducted by Mr Suraj Dubey on Financial Literacy for women. The students were made aware of the in-depth knowledge about savings and investment.

**Session III :** A group of 5 students were sent to the Balwadi school in the village with teaching aids at 10:30 am. The use of teaching aids such as flashcards and rhyme songs were used to reinforce teaching the Alphabet and numbers.

**Session IV :** Mr Subhajeet Mukherjee conducted the next session at 12:30, he taught the students to create fertilizers with dried leaves and a water composting pit with a fiber mesh.

**Session V :**At 2 pm post lunch, a talk on Microfibre nutrients was conducted by Ms Falguni Borkar. Students were introduced to dietary fruits and vegetables to help with their hormonal imbalances and keep their health in check.

**Session VI :** The session was immediately followed by a fun Environmental Quiz by Mr Subhajeet Mukherjee who then proceeded to the Tree Plantation Activity at 4 pm. He instructed the students to plant the Spider Lily on the edges outside the SHED hall.

**Session VII :**Meanwhile, a group of 5 Volunteers under the supervision of Ms Pravara Sonawane visited the Zilla Parishad School in the Budruk Village. The NSS volunteers began with the interactive class, reciting poems and rhymes using colorful visual aids.

**Session VIII :** After the tea break, the volunteers went on a trek in the mountains to see the sunset. Following this, dinner preparation began with the students.

**Session IX :** After dinner, the volunteers went for a Star Gazing walk under the supervision of Dr, Cecelia Chettiar before closing for the day full of events.

## DAY 5



### Self Defense Training



### Poetry Writing & Recitation

**Day 5 : 10th January 2023 (Tuesday)**

Session	Time	Activity	Speaker	Teacher Incharge
	06:00 -7:30 am	Getting up and ready for yoga	-	Ms . Pravara Sonawane
Session 1	8:00 - 9.00 am	Yoga	Rajshree Patil and Team, Rotary Club of Palghar	Ms . Pravara Sonawane
Session 2	11.00 -1.15 pm	Self -Defence workshop	Mr. Navin Kunwar and Mr.Bhushan Bhoir	Ms.Jennifer Almeida
	1:20 -2:30 pm	Lunch	-	-
Session 3	2.45 -3.45 pm	Poetry writing and Reciting workshop	Ms. Pravara Sonawane	Ms. Pravara Sonawane
Session 4	3.45 -5.00 pm	Environmental Concerns and Awareness	Mr.Bhushan Bhoire	Ms. Jennifer Almeida

**Session I:** The students were encouraged to participate in the yoga session conducted by instructor - Rajshree Patil and her team from 8.am - 9.00am. The students were guided about the importance of Breathing via Pranayama, Kapalbhathi etc . They also taught them the benefits of Surya Namaskar.

**Session II:** A Self-Defence training session was conducted by Mr. Navin Kunwar in NSS SHED Hall from 11.00am - 1.15pm . The students learnt various techniques of self -defense like Heel Palm strike, Hammer strike, Escape from a bear hug attack and Hair Grab defense. Through this session the students became psychologically, intellectually and physically strong.

**Session III:**A Poetry Writing and Reciting workshop was conducted by Ms . Pravara Sonawane from 2.45pm - 3.45pm. The students learnt to form verses by using and avoiding rhymes. She gave them an insight on epic, ballad and free verse. The students practiced writing poetry and recited their experiences.

**Session IV:** The students were then encouraged to attend the session regarding our environment. A session on Environmental Concerns and Awareness was conducted by Mr. Bhushan Bhoire from 3.45pm- 5.00pm. The session started with a discussion on earth and its formation. Students were interested in the various reasons for the changes happening in our environment.

## Day 6



## Puppet Making Workshop



## Trekking

**Day 6 : 11th January, 2023 (Wednesday)**

Session	Time	Activity	Speaker	Teacher Incharge
	6:00 -7:00 a.m	Waking and getting ready for trekking		
Session I	6.00 -9:00 a.m	Trekking on the Mountain at Saphale	-	Dr.Cicilia Chettiar & Dr. Swati Partani
	9:00 -10:30 a.m	Morning routine & Breakfast	-	-
Session 2	10:30-11:30 a.m	Teaching ( Balwadi)	NSS Volunteers	Dr. Swati Partani
Session 3	11:00 - 1:00 p.m	Mind Exercises & Games at Zilla Parishad School	Ms.Jyoti Gandhi	Ms. Prerna Ramteke
Session 4	11:00- 12:00 p.m	Emotional Empowerment - Camp Hall	Ms. Manisha Udeshi	Ms. Prerna Ramteke
Session 5	12:15 - 1:15 p.m	Women Entrepreneurship	Ms. Ketki More	Dr. Swati Partani
	1:15- 2:30 p.m	Lunch & Rest	-	-
Session 6	2:30 - 4:00 p.m	Teaching at Community School	NSS Volunteers	Dr. Swati Partani
	4:00- 5:00 p.m	Tea Break		
Session 7	5.00 - 7.30 p.m	Puppet Making Workshop	-	Dr. Swati Partani
	8:00- 9:00 p.m	Dinner		
	9:00- 10:00 p.m	Cultural Activity		Ms. Prerna Ramteke and Dr. Swati Partani

## **DAY 6**

**Session I :** NSS Volunteers were taken on a mountain trek to enhance their physical development

**Session II :** The topic of Fruit was reinforced . The balwadi students successfully participated in the activities, which helped them to enhance their language development.

**Session III :** Mind Exercises and Games work conducted for the Zilla Parishad school children

**Session IV :** The Resource person introduced the concept of emotional empowerment with the help of sub-pointers like questions , focus, commitment, emotions, diary writing, affirmation and visualization. This session created a sense of motivation amongst the students.

**Session V :** The speaker Ms. Ketki More gave several examples related to entrepreneurship & encouraged everyone to be financially independent. This session led to creating innovative ideas to become a successful women entrepreneur.

**Session VI :** Introduction & Reinforcement of various concepts were taught form 1st to 4th standard students. They were engaged in learning and doing activities which gave them a lot of enjoyment.

**Session VII :** The puppet making workshop helped to learn how to make finger puppets which inspired everyone to create their own unique ideas.

## DAY 7



## Valedictory Function

**Day 7: 12th January, 2023 (Thursday)**

Session	Time	Activity	Speaker	Teacher Incharge
	6:00-7: 00 a.m	Waking and getting ready Singing NSS songs	-	Dr Swati Partani
Session 1	7:00- 8:30 a.m	Games at the ground	-	Dr Swati Parttani Ms Prerna Ramteke
	8:30- 9:30 a.m	Breakfast	-	Ms Shefali Jain
Session 2	10- 11:30 a.m	Teaching in Balwadi	NSS volunteers	Dr Swati Partani
Session 3	11:30- 1:50 p.m	Valedictory Function	-	Smt Anjali Patil, Sarpanch, Virathan Budruk
	1:50- 2:50 p.m	Lunch	-	
	3:30 pm	Ready to leave	-	

**Session I:** Fifty Six students ran for initial warm up followed by the kho kho game where two teams were formed. Students were explained the rules and students enthusiastically completed the sports activity.

**Session II:** Four NSS volunteers conducted activities with 18 SHED School Students. These Children were provided with the cutout of Chart papers. The concept for craft making was “Animals” in which the children were demonstrated of making “Rabbit” from the paper, step by step procedure was shown to them

**Session III:**

Dr Swati Partani presented a welcome speech for the valedictory ceremony of NSS special camp followed by University, College & NSS song. Principal Dr Rajshree Trivedi Motivated the volunteers and congratulated them for successful completion. Ms Pranaya announced the best volunteers awards. It was followed by the speech Of Sarpanch Smt Anjali Patil, who wholeheartedly appreciated the work done by NSS Unit of Maniben Nanavati Women’s College. Best NSS volunteers were felicitated for various categories. Lastly Ms Purna Ramteke presented a Vote of thanks, followed by the National Anthem.

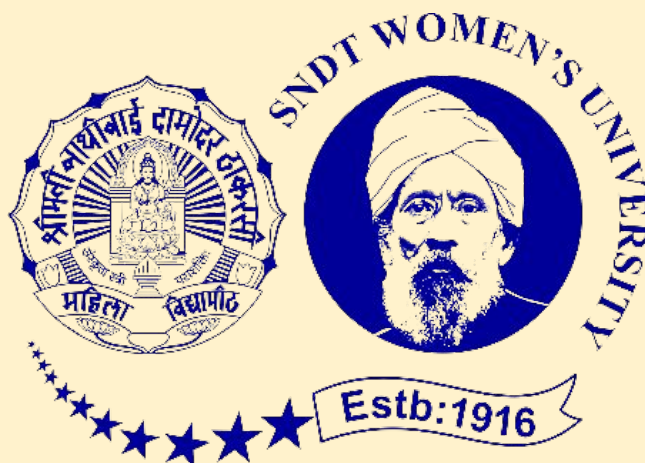


NCC

**5 MAH. GIRLS BATTALION**

**S.N.D.T WOMEN'S UNIVERSITY**

**COMPANY-1**



**ANNUAL REPORT**

**(2022-2023)**

**PRINCIPAL- DR. RAJSHREE P. TRIVEDI**

**C.T.O MINAKSHI VISHWAKARMA**

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Sr. No.	Date	Activity Name	Remark
1.	19 June 2022	Pulse Polio Activity	
2.	21st June 2022	Yoga Day	
3.	21st June 2022	Yoga Day	
4.	26 June 2022	Yoga Day (Marines)	
5.	05 July 2022	Foundation Day	
6.	21st July 2022	Trek To Sondai Hill	
7.	26 July 2022	Kargil Vijay Diwas	
8.	05 August 2022	Tree plantation on Azadi ka Amrit Mahotsav	
9.	10 August 2022	Statue Cleaning	
10.	14 August 2022	Puneet Sagar Abhiyaan	
11.	15 August 2022	Independence Day	
12.	17th August 2022	Amrit Mahotsav Valedictory	
13.	10th September 2022	Beach Cleaning	
14.	31st October 2022	Unity Run	
15.	26th November 2022	Blood Donation	
16.	26th November 2022	Constitution day	

Sr. No.	Date	Activity Name	Remark
17.	3rd December 2022	Golden Jubilee	
18.	15th December	National Seminar Women in Sports	
19.	26th January	Republic Day	
20.	5th February	Puneet Sagar Abhiyan	
21.	11th February	'B' Certificate Examination	
22.	15th February	Convocation Day	
23.	24th February	Guest Lecture (Rtd. Col. Sanjay Gokhale)	
24.	24th February	Akhil Bharatiya Vidyarthi Parishad	
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26.	th March	Marathi Bhasha Diwas	
27.	08th March	Women's Day	
28.	17th April	NAAC VISIT	
29.			
30.			
31.			

# PULSE POLIO ACTIVITY

**S.N.D.T COMPANY 1 participates in Pulse Polio Activity every year in collaboration with BMC. On 19 June 2022, 3 cadets actively participated and covered every chawl , compounds and public areas where cadets are divided into subgroups and grouped with nursing department of other colleges. Cadets would keep participating actively in further polio activities and social services too.**



<b>DATE</b>	19-June-2022
<b>HELD BY</b>	Unit
<b>STRENGTH</b>	4 Cadets

# YOGA DAY

On 21st June 2022, International Yoga Day was administered by the department of physical education, NSS , department of student welfare and department of NCC . Strength of 30 cadets participated in this programme. Honourable Vice Chancellor Prof. Ujwala Chakradeo ma'am and all the dignities actively participated in the yoga session.



DATE	21-June-2022
HELD BY	Unit
STRENGTH	6 Cadets

# YOGA DAY

On 21st June 2022, International Yoga Day was administered at Gateway of India and was directed by 5 MAH GIRLS BN. Cadets from various colleges actively participated in this session. 10 cadets from SNDT Company-1 were actively engaged in the yoga session .Various yoga asanas were conducted.



<b>DATE</b>	21-June-2022
<b>HELD BY</b>	Battalion
<b>STRENGTH</b>	7 Cadets

# YOGA DAY (MARINES)

On 26th June, 21 Cadets from S.N.D.T COMPANY-1 participated in the yoga session which was organized by S.N.D.T Women's University in association with Kaivalya Dham , NSS Cell and Department of Physical Education and Sports. The session was conducted at Marine Lines. Shri Ravi Dixit Sir addressed the Cadets regarding various yoga asanas and the importance of Meditation.



DATE	26-June-2022
HELD BY	Unit
STRENGTH	7 Cadets

# FOUNDATION DAY

**SNDT Women's University celebrated its 107th Foundation Day on 5 July 2022. Honourable Principal Secretary of Higher and Technical Education "Shri Vikas Chandra Rastogi" was the chief guest of the programme and presided over by Vice Chancellor Prof. Ujwala Chakradeo. CTO Minakshi Vishwakarma ma'am was awarded with the Maharshi Karve podium for her outstanding efforts.**



<b>DATE</b>	05-July-2022
<b>HELD BY</b>	Unit and Battalion
<b>STRENGTH</b>	5 Cadets

# TREK TO SONDAI HILL

Trekking to a hilly mountainous place has always been an excited and enthusiastic experience for every person. On 21st July 2022, Cadets of Sndt Company 1 went to Sondai Hill. A total of 44 cadets went to this hill and walked 10 kms. Cadets had beautiful and chilling memories of exploring waterfall, dancing and singing in rainy showers and walking in unity and discipline.



<b>DATE</b>	21-July-2022
<b>HELD BY</b>	Unit
<b>STRENGTH</b>	5 Cadets

# KARGIL VIJAY DIWAS

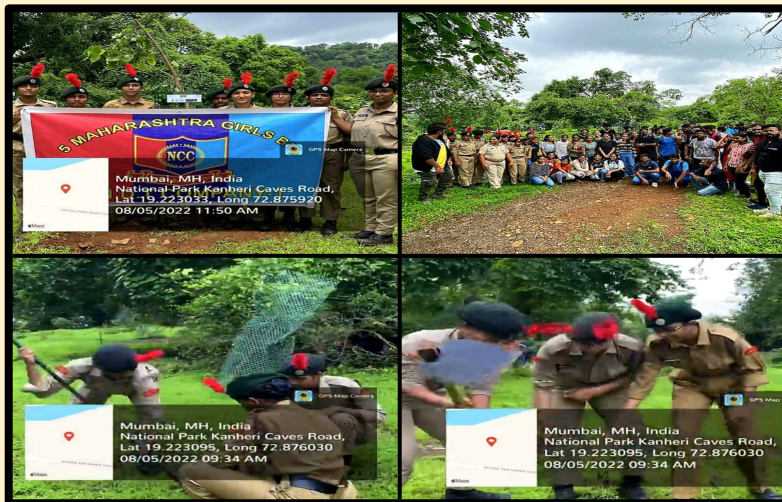
Kargil Vijay Diwas was celebrated by NCC Cadets on 26th July 2022 in SNDT Women's University, Churchgate. This day was celebrated with great enthusiasm by everyone. Total 49 Cadets participated in this event. The event began with the offering of flowers to martyrs of Kargil war by Vice Chancellor Prof. Ujwala Chakradeo ma'am. Thereafter, cadets gave speech on the bravery of the soldiers who fought in Kargil War.



DATE	26-July-2022
HELD BY	Battalion and Unit
STRENGTH	10 Cadets

# TREE PLANTATION

On the occasion of Azadi ka Amrit Mahotsav, SNDT Company-1 did a collaboration with “Khushiya NGO” to celebrate 75 years of Independence by doing three plantation on 5th August 2022. A total strength of 10 cadets participated in this activity effortlessly making it a success. 75 saplings were planted collectively. The specialty of this plantation drive was that we tree guarded the saplings to save them from wild animals and added fertilizers to enhance the plant nutrients.



DATE	05-August-2022
HELD BY	Unit
STRENGTH	4 Cadets

# HAR GHAR TIRANGA RALLY

54 NCC Cadets of SNDT COMPANY 1 under guidance of the CTO Minakshi Vishwakarma participated in Har Ghar Tiranga rally on the occasion of Azadi ka Amrit Mahotsav on 10 Aug 2022 , the rally started from SNDT college to Churchgate Station, the rally was conducted by MCGM- A Ward with the help of Police Staff and BMC Staff . Cadets spread the awareness about Har Ghar tiranga.



<b>DATE</b>	10-August-2022
<b>HELD BY</b>	Unit and Battalion
<b>STRENGTH</b>	8 Cadets

# HUTATMA MEMORIAL STATUE CLEANING

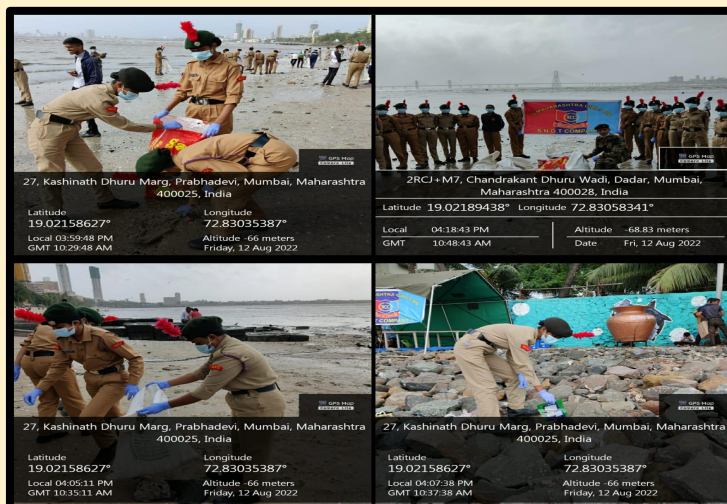
On 10th August 2022 SNDT Company-1 took the initiative to clean the Hutatma Smarak chowk statue, where 18 cadets took part. This was built in the memory of Samyukta Maharashtra Samiti, who lost their lives when police fired upon their peaceful demonstration in 1956. A statue of a "Martyr with a Flame" stands next to Flora Fountain.



<b>DATE</b>	10-August-2022
<b>HELD BY</b>	Unit and Battalion
<b>STRENGTH</b>	2 Cadets

# PUNEET SAGAR ABHIYAN

On the 12th of August, CADETS arrived at Dadar station and walked to the beach. Cadets built a tent with the assistance of the seniors and PI staff. The CO sir debriefed , and the United Way organisation explained the guidelines for what to pick up and what not to pick up. Following that, there was another debriefing session, as well as a short inspirational show in which they told us not to litter our environment and to save our mother earth.



<b>DATE</b>	12-August-2022
<b>HELD BY</b>	Battalion
<b>STRENGTH</b>	6 Cadets

# INDEPENDENCE DAY

On 15th August, 2022 S.N.D.T Company 1 celebrated the 75th Independence Day with great enthusiasm. A total strength of 55 cadets attended the parade. Vice Chancellor of S.N.D.T Women's University Prof. Ujwala Chakradeo was the chief guest and flag hoisting was done by her. Celebrating the Azadi Ka Amrit Mahotsav, various cultural activities and Malkhamb was displayed which was highly appreciated.



<b>DATE</b>	15-August-2022
<b>HELD BY</b>	Unit
<b>STRENGTH</b>	10 Cadets

# AMRIT MAHOTSAV VALEDICTORY

On 17th August, 2022 SNTD women's University celebrated Azadi ka Amrit Mahotsav Valedictory and also organised Prize distribution Programme .Chief guest for the program was Dr.Anuradha Singh. Two Pilots escorted Dr.Anuradha Singh with Vice-chancellor of SNTD women's university Prof. Ujwala Chakradeo. A total strength of 10 Cadets volunteered this celebration.



DATE	17-August-2022
HELD BY	Unit
STRENGTH	4 Cadets

# BEACH CLEANING

On 10th September 2022, Beach cleaning was held at Girgaon Chowpatty under the vision of Puneet Sagar Abhiyan. 18 Cadets from SNTD Company 1, 5 Maharashtra girls Battalion volunteered in this activity. The sports minister of Maharashtra, Shri Girish Mahajan was the chief guest who is a NCC Alumni. The aim was to clean the beach post ganpati Visarjan. A collaboration was also announced between NCC and the sports council.



DATE	10-September-2022
HELD BY	Battalion
STRENGTH	3 Cadets

# UNITY RUN

On the occasion of the birth anniversary of Shri Sardar Vallabhbhai Patel, SNTD COMPANY-1 organized an Unity run on 31st October, 2022. Unity represents togetherness. A total strength of 30 cadets participated in this activity. The unity run proceeded from SNTD college to Nariman point. It was about 2.2km run. Cadets made beautiful posters on Unity Run. After the run, we had an interactive session in which cadets discussed about 'Run for Unity'.



DATE	31-October-2022
HELD BY	Battalion
STRENGTH	5 Cadets

# BLOOD DONATION

On 26th November, 2022 a mega blood donation drive was organized by 5 Maharashtra Girls Battalion at Kirti college, Dadar as a part of celebrating 75 years of Independence. CDT Divya Salunkhe from SNDT Company-1 became the First blood donor from our unit.



<b>DATE</b>	26-November-2022
<b>HELD BY</b>	Battalion
<b>STRENGTH</b>	3 Cadets

# CONSTITUTION DAY ESSAY

On the occasion of National Constitution Day, Cadets wrote essays and simultaneously, also considering the attacks of 26/11, Cadets made posters to depict the tragedy faced by the residents of Mumbai.



<b>DATE</b>	26 th November 2022
<b>HELD BY</b>	Unit
<b>STRENGTH</b>	8 Cadets

# 50th GOLDEN JUBILEE (NANAVATI COLLEGE)

On 3rd December 2022 13 Cadets of 5 Maharashtra girls Battalion, SNDT Company 1, Mumbai 'A' Group got an opportunity to escort our honourable State Governor of Maharashtra 'Shri Bhagat Singh Koshiyari Sir' on the occasion of 50 Year Gold Jubilee of Maniben Nanavati College. It was a great honour to be the part of this evening.



DATE	3rd December 2022
HELD BY	Unit
STRENGTH	6 Cadets

# NATIONAL SEMINAR ON WOMEN IN SPORTS

On 15th December 2022 this event or seminar was held to encourage women to take more initiative or to participated in sports. Total 9 cadets of the SNDT Company 1 and 11 cadets of another college got an opportunity to be an participant of this wonderful seminar.



<b>DATE</b>	15th December 2022
<b>HELD BY</b>	Unit
<b>STRENGTH</b>	11 Cadets

# REPUBLIC DAY

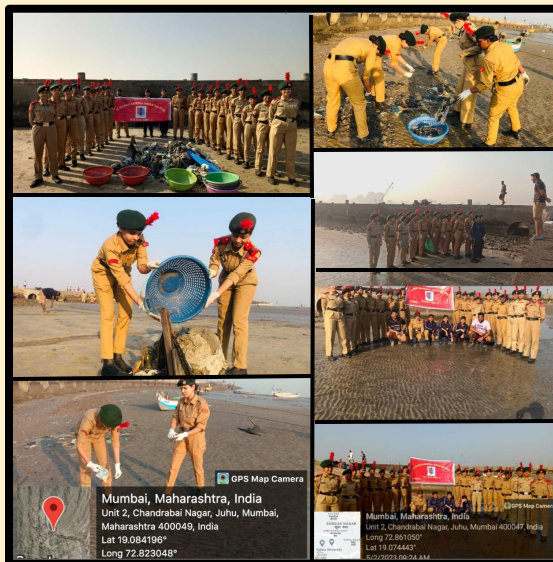
**On 26th January ,2023 S.N.D.T Company -1 celebrated the 74th Republic Day with great enthusiasm.A total strength of 80 cadets attended the parade.Vice Chancellor of S.N.D.T Women's University Prof. Ujwala chakradeo' was the chief guest.The parade was led by SUO Arushi Rai with parade second in command SUO Purva Mutal. The programme ended with Parade Visarjan.**



<b>DATE</b>	26 January 2023
<b>HELD BY</b>	College
<b>STRENGTH</b>	14 cadets

# PUNEET SAGAR ABHIYAAN

On 5th February, 2023, beach cleaning activity was held at Juhu beach by SNDT Company-1 in collaboration with Beach Warriors an initiative by Khushiyaan Foundation under the vision of Puneet Sagar Abhiyaan . A strength of 30 cadets from SNDT Company-1, 5 Maharashtra Girls Battalion volunteered in this activity. A total upto 500 kgs of plastic was collected during the cleanup drive.



<b>DATE</b>	5 February 2023
<b>HELD BY</b>	Unit and Battalion
<b>STRENGTH</b>	7 Cadets

# 'B' CERTIFICATE EXAMINATION

5 MAH Girls Battalion, S.N.D.T Company-1 hosted the 'B' Certificate Examination under the guidance of C.T.O Minakshi Vishwakarma. Day 01 was the day of a practical exam which was conducted on 11th February, 2023. Group Commander Brigadier C. Madhwal also graced the conduct of the 'B' Certificate examination with his presence. Day 02 was the day of theoretical exam which was conducted on 12th February, 2023.



DATE	11 February 2023
HELD BY	Battalion
STRENGTH	2 cadets

# CONVOCATION DAY

The 72d Annual Convocation of SNDT Women's University was held on February 15, 2023 at Patkar Hall, Churchgate. Degree and Diploma prize winners as well as Ph.D holders were honored with medals, certificates and trophies for their achievements during the Academic year 2021-2022. The event also showcased several achievements and new initiatives done by SNDT.

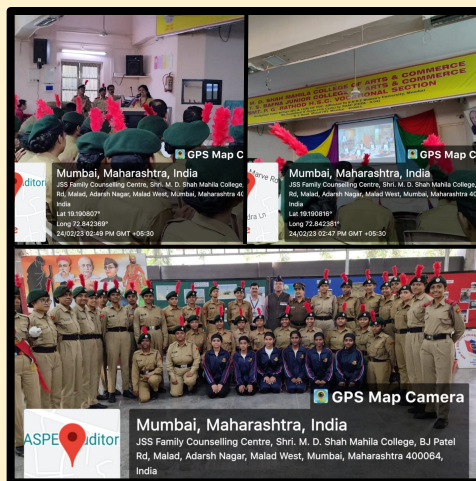


DATE	15 February 2023
HELD BY	Unit and College
STRENGTH	4 cadets

# GUEST LECTURE

## [COL. SANJAY GOKHALE (RTD.)]

On 24th February, 9 cadets of SNTD COMPANY 1 got an opportunity to visit Col. Sanjay gokhale sir lectures. He was commander of the one of the sites which were exploded on 13th May 1998 during the Pokhran Nuclear Tests. They were shown PPT and photos related to pokhran. This was an awesome session and Cadets got an opportunity to learn more about working in difficult conditions.



DATE	24 February 2023
HELD BY	Unit
STRENGTH	5 cadets

# Akhil Bharatiya Vidyarthi Parishad

On 24th February, 2023 , 5 Maharashtra Girls Battalion, SNDT COMPANY-1 initiated a Students conference in collaboration with Akhil Bharatiya Vidyarthi Parishad on the concern of the role of university students in G20 presidency. Various resolution regarding existing issues were passed. Cadets interacted with the ABVP volunteers and exchanged views along with the other students in the discussion round.



DATE	24 February 2023
HELD BY	Unit
STRENGTH	4 cadets

# BLOOD DONATION

A blood donation camp was organized by SNTD Company 1 on March 8th. It was held in the campus and cadets participated actively. The camp was organized with the help of Jaslok hospital staff and members of lions club, Mumbai were also present. The camp was inaugurated by the director of the university. Cadets went at public places with posters to encourage and motivate people towards blood donation. Many people came forward to donate their blood. The event came to an end around 1:00 pm.



DATE	1 March 2023
HELD BY	Unit
STRENGTH	4 cadets

# MARATHI BHASHA DIWAS

Marathi Bhasha Diwas was celebrated on which was held at gateway of India, Mumbai. Shri Mangal Prabhat Lodha, Minister of Ministry of Tourism, MSDE(Maharashtra) was the chief guest of the event. 2 pilots escorted from SNTD Company 1 escorted him and cadets were present to maintain the discipline of the event. This event marked the great importance of Marathi Bhasha Diwas and helped cadets to know about its history.



DATE	27 February 2023
HELD BY	Unit
STRENGTH	4 cadets

# WOMEN'S DAY

Women's Day was celebrated at Gateway of India, Mumbai organised by the Ministry of Tourism (Maharashtra). Cadets from all over Mumbai were part of this event where 2 Cadets from SNTD Company 1 did piloting. CM Shri Eknath Shinde, Deputy CM Shri Devendra Fadnavis, MOHUA Shri Hardeep Singh Puri and other ministers addressed the audience. Awards and recognitions were given to many womens for their great contribution. SUO Arushi Rai was also given the award for her contribution as an NCC Cadet.



DATE	8 March 2023
HELD BY	Battalion
STRENGTH	3 cadets

# NAAC VISIT

**SNDT Women's University and SNDT COMPANY -1 welcomed the NAAC PEER team on 17th April, 2023. It was a three day visit wherein Two of our pilots got an opportunity to escort the members.**

**As a part of the display we were fortunate enough to present Guard of honour.**



<b>DATE</b>	17 April 2023
<b>HELD BY</b>	Unit and University
<b>STRENGTH</b>	2 cadets

# Maharashtra Day

On 1<sup>st</sup> May 2023, S.N.D.T COMPANY-1 celebrated Maharashtra Day with great enthusiasm. A total strength of 3 cadets from Maniben Nanavati attended the parade. Vice Chancellor of S.N.D.T WOMEN'S UNIVERSITY Prof. Ujwala Chakradeo Ma'am was the chief guest. The Parade was led by SUO Arushi Rai followed the squad commanders CDT Purva Tarfe and CQMS Shravani Balekar. Chief guests were welcomed by our pilots CDT Aarti Dalvi and CDT Aditi Singh. The parade ended with Parade Visarjan.



<b>DATE</b>	1 May 2023
<b>HELD BY</b>	Unit and University
<b>STRENGTH</b>	3 cadets

# PULSE POLIO ACTIVITY

On 28th May, 2023, Pulse Polio Activity was held at Mumbai Central by SNDT Company-1 in collaboration with BMC And Nursing Students . A strength of 13 cadets from SNDT Company-1, 5 Maharashtra Girls Battalion volunteered in this activity. Polio Round name is SNID Round, And vaccine name is by valent vaccine. A total give Doses upto 500 Child Cadets participated with full enthusiasm in these Social Activity.



DATE	28-May-2023
HELD BY	Unit
STRENGTH	13 Cadets

# ACHIEVEMENTS- CAMP

NAME OF THE CADET	NAME OF THE CAMP (dated)	ACHIEVEMENTS
CDT ARUSHI RAI	CATC-401	• SOLO DANCE GOLD MEDAL
CDT SHREYA MEHTA	CATC-401	• GOLD MEDAL IN DEBATE COMPETITION
CDT SHRUTI SHIRKE	CATC-401	• 1ST PODIUM IN VOLLEYBALL COMPETITION

**THANK YOU**