

# **B. M. RUIA GIRLS' COLLEGE**

## **DEGREE COLLEGE**

**NSS Special Camp Report - 16th to 22nd December, 2022**

**Celebration of Azadi Ka Amrat Mahotsav**

**11, Krishna Kunj,**

**Wachha Gandhi Road,**

**Gamdevi, Grant Road,**

**Mumbai 400007**

**NSS Special Camp - 16th to 22nd December, 2022**

**NO. OF VOLUNTEERS IN NSS SPECIAL CAMP: 100 Volunteers**

**THEME:**

- **Azadi Ka Amrat Mahotsav**
- **Women Empowerment**
- **Swachh Bharat Mission**
- **Skill Development.**

**ADOPTED VILLAGE:**

- **Umroli Village, Palghar District**

**The Special Camp activities were planned according to the theme given by the University, i.e. Azadi Ka Amrat Mahotsav, Women Empowerment, Swachha Bharat Mission and Skill Development. The activities conducted during the NSS Special Camp were:**

**1. WOMEN EMPOWERMENT**

- **Yoga Workshop**
- **Medical Check-up and Awareness on Women Health Issues - Gynecology Camp for the Community and students by Doctors from K G D Mittal Punarvasu Ayurvedic College & Hospital.**

**2. SWACHHA BHARAT MISSION**

- **Cleanliness Drive – Swachha Bharat Abhiyan each day of the camp morning & evening in the adopted village**
- **Environment Conservation - Clearing the debris**

### **3. SKILL DEVELOPMENT**

- **Skill Development, Health and Hygiene awareness**
- **Workshop on refining skills for Street Play**

### **OTHER ACTIVITIES**

- **Yoga and meditation sessions.**
- **Awareness lectures and discussions about cleanliness, health and hygiene.**
- **Visit to Anudani Ashram Residential School, Padghe.**

#### **16<sup>th</sup> December, 2022 - Session I - Inaugural**

100 NSS volunteers from B.A.II and B.Com II participated in the NSS Special Camp which was organized from 16<sup>th</sup> to 22<sup>nd</sup> December, 2022 at Umroli Village, Palghar District. There was a Formal Inauguration of the camp in the presence of the Sarpanch of the village, Gram Panchayat Members, Principal Dr.Santosh Kaul Kak, Dr.Hemlata Masiwal, Dr. Ramlakhan Pal and Dr.Ganatra Kashyap A. where the students were addressed and welcomed.

They informed the students about the purpose and importance of organizing the Camp, the active role of volunteers for community development and the need for working for the betterment of society and nation building. The NSS Program Officers briefed the students about the theme of the special camp – Women Empowerment, Swaccha Bharat Abhiyan and Skill Development. The students were oriented about the activities scheduled for the Special Camp. Group leaders were selected and duties were assigned to the volunteers. They were told about the community service activities to be conducted in the adopted area.

#### **Session II - Meditation Techniques by members of Sahaj Yoga**

A session on Meditation Techniques by members of Sahaj Yoga was taken up for the students. Also, they were assigned the task of selecting a topic on Social & Environmental Issues for Street Play. The day ended with a discussion of the day's activities and planning for the next day.



**16<sup>th</sup> December, 2022**

**17<sup>th</sup> December, 2022**

**Session I - Disaster Management by Mr. Praveen Brahmadaande from BMC**

The second day of the camp began with Yog with N.S.S PO and meditation with Sahaj Yoga team. There was a work distribution among the teams of volunteers and every group got a chance to perform various activities for the day. NSS Volunteers along with NSS PO went for Shramdan at Umroli Gram Panchayat.

A session on Disaster Management by Mr. Praveen Brahmadaande from BMC. Students were made enlightened on various issues such as as to how to be aware of gas cylinder leak, not by the top of cylinder but the side loop of the cylinder too, if you ever get a cut never to remove the cloth that is above the cut part and if your hand burns never to apply things like Collgate, haldi chandan etc. Students were taught as how to protect themselves by the code words i.e. \*PASS\*, \*PRESSURE\* and \*WATER\*. Sir gave a practical demonstration as to how to give CPR, how to perform various first aid, what are the various symptoms about heart attack, what to do if we ever get into a situation of a snake bite.etc. Overall, an enlightening session.



## Session II - Shramdaan and Awareness about social and Environmental issues

Students along with POs visited Nutan Vidyalaya to promote Ayurveda camp & a session on Scientific Temperament at Anudani Ashram Residential School, Padghe to be conducted on 18<sup>th</sup> December, 2022.

Also, a discussion on topics for Poster painting on various social or Environmental issues and Street Play among the groups was taken up.



**17th December, 2022**



**18<sup>th</sup> December, 2022**

**Session I - Swaach Bharat Abhiyan, Health and Wellness camp with Ayurveda**

The third day of the camp began with Yog with N.S.S PO and meditation with Sahaj Yoga team. Students along with POs visited Nutan Vidyalaya for Ayurveda camp & a session on Scientific Temperament at Anudani Ashram Residential School, Padghe.

**Session II - Scientific Temperament with demonstration was taken up by Mr. Rajendra Kohli (Maharashtra Andhshradha Nirmulan Samiti Rajya Sanskriti Vibhag Pramukh)**

A session of scientific temperament with demonstration was taken up by Mr. Rajendra Kohli (Maharashtra Andhshradha Nirmulan Samiti Rajya Sanskriti Vibhag Pramukh). A health and wellness camp with Ayurveda for school students and villagers was conducted by a team of doctors of K.G Medical College, gynecologist and pediatrician along with 13 other members/interns visited the school for check up. Practice for Street Play was done by the students.



**18th December, 2022**



**19th December, 2022**

**Session I - Workshop on self defence by Shri Vinod Kumar Verma from Shotokan Karate**

The day began with Yog with N.S.S PO and meditation with Sahaj Yoga team. Students along with POs visited Nutan Vidyalaya for Shramdaan. There was a workshop arranged on self defence by Shri Vinod Kumar Verma from Shotokan Karate which taught different techniques of self defence and martial arts.

**Session II - Environmental Visit and Swaach Bharat Abhiyan to Kelve Beach**

An environmental visit and Swaach Bharat Abhiyan to Kelve Beach was arranged and the day concluded with rehearsals for Skit. Students enthusiastically participated in the same.



**19th December, 2022**

**20th December, 2022**

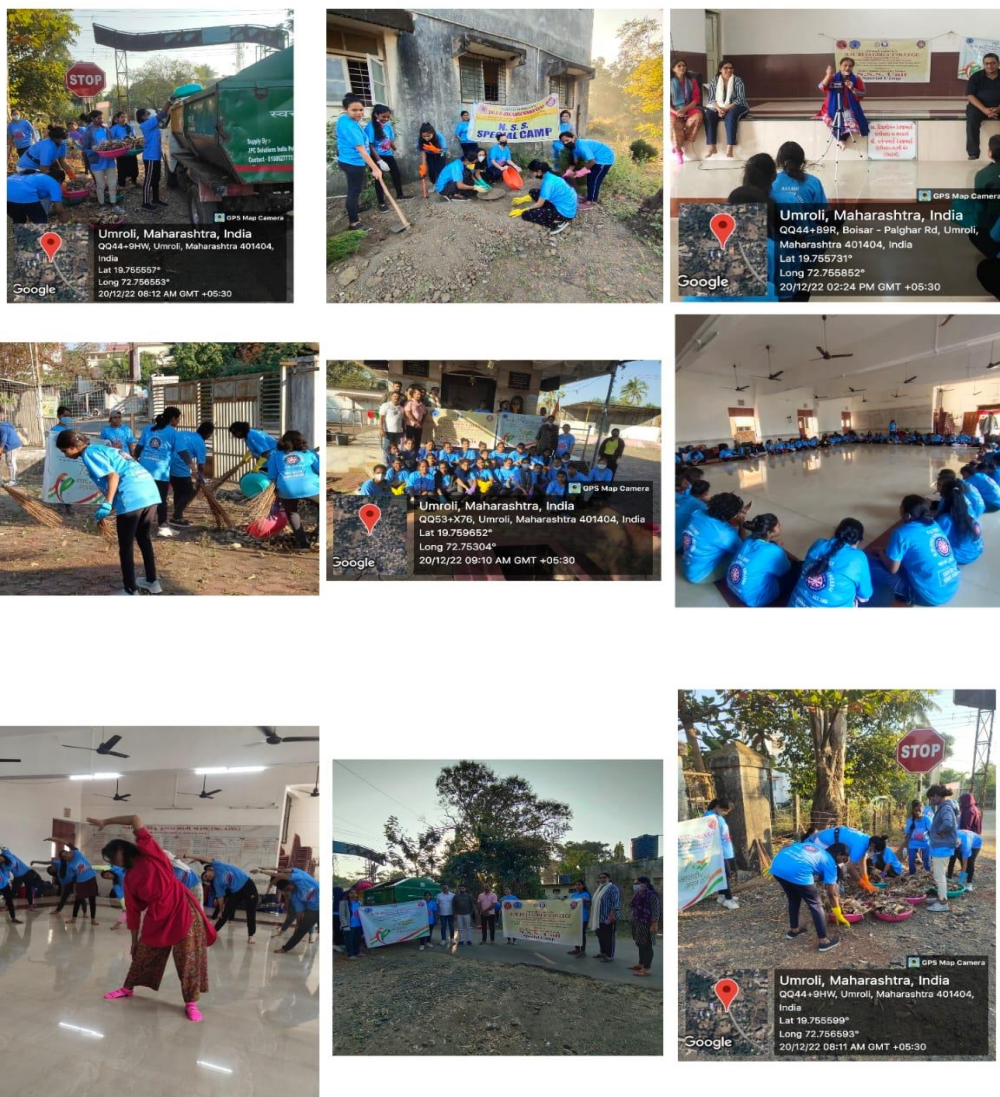
**Session I - Shramdaan at Nutan Vidyalaya, Market place, Gram Panchayat, Near Rakhumai Mandir, Kalika Mandir, Library & Main Road.**

The day began with Yog with N.S.S PO and meditation with Sahaj Yoga team. Students along with NSS POs went for Shramdaan at Nutan Vidyalaya, Market place, Gram Panchayat, Near Rakhumai Mandir, Kalika Mandir, Library & Main Road. They cleaned the village area with all our passion and potential towards village and village people. \*It's always NOT ME BUT YOU\*.

**Session II - Workshop on the topic \*नुक्कड़ नाटक: लेखन एवं अभिनय\* on “Understanding the nuances of Street Play” with Vibha Rani Mdm, a renowned writer, actor, theatre artist and a social reformer from Mumbai**

There was a Workshop on the topic \*नुक्कड़ नाटक: लेखन एवं अभिनय\* on “Understanding the nuances of Street Play” with Vibha Rani Mdm, a renowned writer, actor, theatre artist and a social reformer from Mumbai. She taught the students the best way to act in a Street Play and how to perform in front of others. Every group got an opportunity to perform their skit on various topics of Social & Environmental issues in presence of Vibha Rani Mdm and she gave her inputs and helped the students to improve their skill and performance. Overall, a very fruitful learning experience.





**20th December, 2022**

**21st December, 2022**

**Session I -**

**Shramdaan at Nutan Vidyalaya, Umbroli**

**Workshop on “Emotional Intelligence and Wellbeing” at Nutan Vidyalaya, Umbroli was taken up by Ms.Shruti Ranade, Associate Professor and Counsellor of Counselling Cell “Mantrana”.**

The day began with Yog with N.S.S PO and meditation with Sahaj Yoga team. Students along with POs visited Nutan Vidyalaya for Shramdaan. A workshop on “Emotional Intelligence and Wellbeing” at Nutan Vidyalaya, Umbroli was taken up by Ms.Shruti Ranade, Associate Professor and Counsellor of Counselling Cell “Mantrana” at B. M. Ruia Girls’ College,

Mumbai. Students were conveyed the importance of maintaining their emotional being & composure and how to handle stress. This workshop received a fantastic response from the students.



### **Session II - Session on Civil Defence by Mr. Nilesh Vaze**

A Session on Civil Defence by Mr. Nilesh Vaze was conducted and various topics pertaining to deal with immediate emergency conditions like fire, flood, gas leak, etc., to protect self and family, etc were discussed.





**21st December, 2022**

## **22nd December, 2022**

### **Session I - Shramdaan at Nutan Vidyalaya, Umbroli**

The day began with Yog with N.S.S PO and meditation with Sahaj Yoga team. Students along with POs visited Nutan Vidyalaya for Shramdaan.

### **Session II - Formal Valedictory Function**

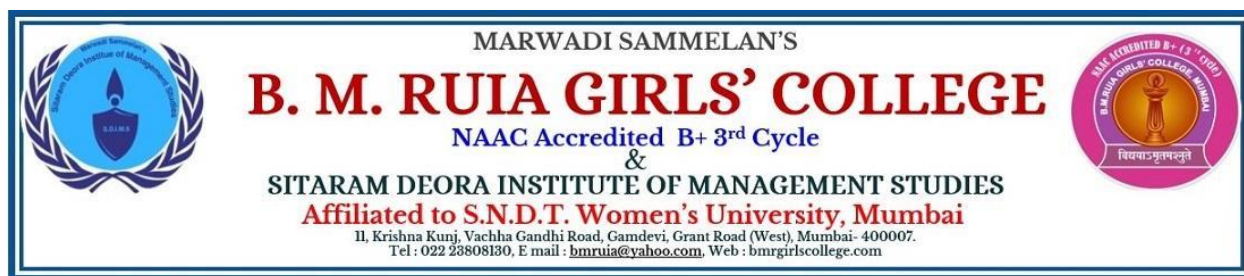
The formal valedictory functional was carried out in presence of the College Principal Dr. Santosh Kaul Kak, Village Sarpanch, Gram Panchayat Members, NSS POs and NSS Volunteers. The hard work and efforts of the students was highly appreciated by the Sarpanch and even the NSS Team thanked the Sarpanch and his team for the cooperation extended by them. The function ended with a formal vote of thanks.







22nd December, 2022



# **B. M. RUIA GIRLS' COLLEGE**

## **DEGREE COLLEGE**

### **NSS REGULAR ACTIVITIES REPORT 2022-23**

#### **Celebration of Azadi Ka Amrat Mahotsav**

**11, Krishna Kunj,  
Wachha Gandhi Road,  
Gamdevi, Grant Road,  
Mumbai 400007**



**NO. OF UNITS: 2**

**NO. OF NSS VOLUNTEERS: 200**

**NSS PROGRAMME OFFICERS**

**1. Dr. Hemlata Masiwal**

**2. Dr. Kashyap Ganatra**

**3. Mr. Ramlakhan Pal**

**NSS Activities in association with Government and NGOs during 2022-23**

- **BMC**
- **Mumbai Cyber Crime Branch**
- **Disaster Management Cell, Greater Mumbai**
- **KARM NGO**
- **Indian Red Cross Society**
- **Rotary Club of South Mumbai**
- **Ramakrishna Mission**

## NSS Report and Photos 2022-2023

### **1) Youth Convention to celebrate 125 years of RAMAKRISHNA MISSION and 75 years of India's Independence – Azadi Ka Amrit Mahotsav – 30<sup>th</sup> July, 2022.**

**38 students and 2 Faculty Members participated in Youth Convention** to celebrate 125 years of Ramakrishna Mission and 75 years of India's Independence – Azadi Ka Amrit Mahotsav organised by Ramakrishna Mission at Khar West, Mumbai on 30<sup>th</sup> July, 2022. Motivational speeches by Monks of the Ramakrishna Order & an Interactive Session was conducted by the team of Illumine Knowledge Resources followed by a Question/Answer session. Lunch Prasad and Snacks were given to all the attendees.



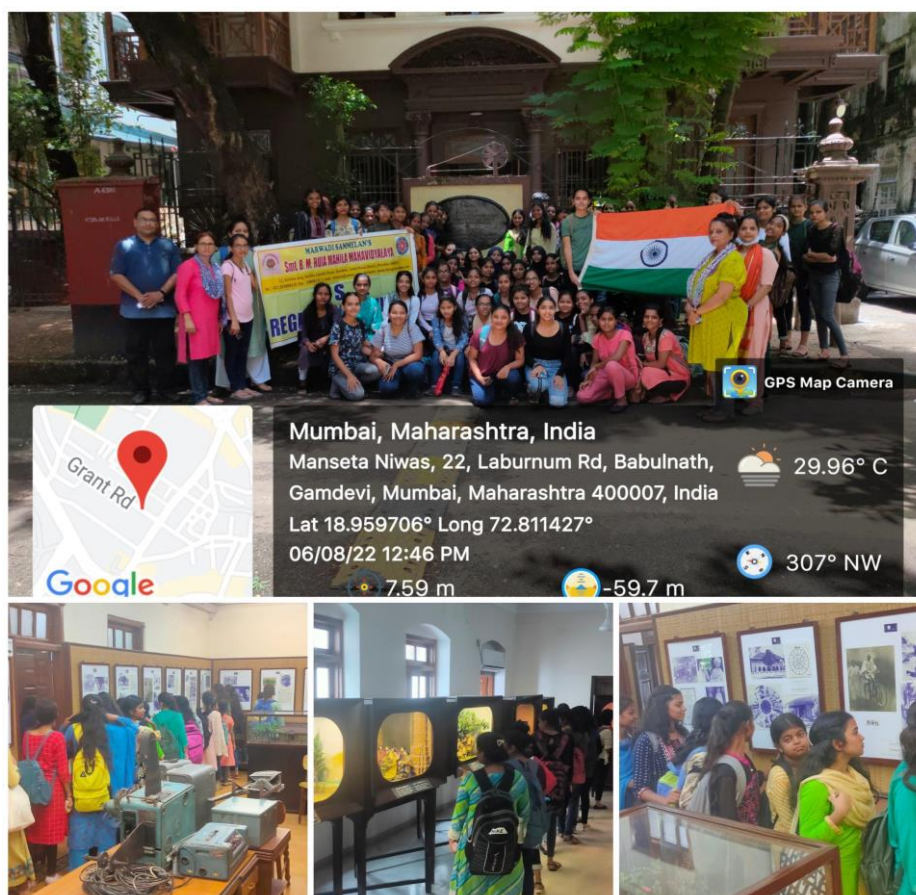
### **2) Leadership Camp at ShantiVan Panvel from 2<sup>nd</sup> August to 4<sup>th</sup> August 2022**

Nidhi Tiwari from SYBA - B.M.Ruia Girls' College attended Leadership Camp at ShantiVan Panvel from 2<sup>nd</sup> August to 4<sup>th</sup> August 2022.



### 3) Visit to Mani Bhavan on the occasion of 75 years of India's Independence – Azadi Ka Amrit Mahotsav and Hiroshima Massacre Day – 6<sup>th</sup> August, 2022

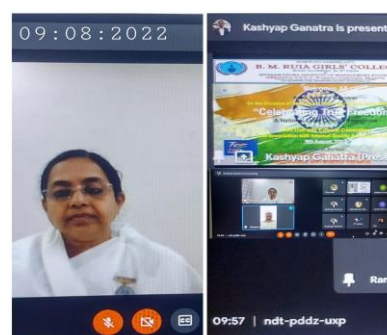
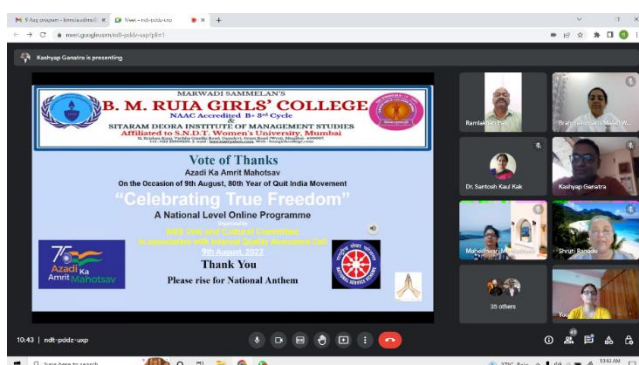
**50 students and 5 Faculty Members visited Mani Bhavan** on the occasion of 75 years of India's Independence – Azadi Ka Amrit Mahotsav and Hiroshima Massacre Day – 6<sup>th</sup> August, 2022. Mani Bhavan is a place where Gandhiji lived and interacted with his colleagues to mould the freedom movement in the image of the cherished ideals of Truth and Non-violence. It was from Mani Bhavan that his followers and devotees went forth in the world inspired and charged with a sense of service and sacrifice. Even today, Mani Bhavan is a source of inspiration for the lovers of freedom and peace the world over. Students visited the Library that has a rich collection of about 40,000 books in Reference and Lending sections. Also, they saw the exhibition depicting Gandhiji's life through miniature figures. Overall, an enriching experience.





#### 4) A National Level Online Programme- “Celebrating True Freedom” on the occasion of 80th Year of Quit India Movement under Azadi Ka Amrit Mahotsav - 9th August, 2022 - Around 55 students and teachers attended the programme.

NSS Unit and Cultural Committee of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized A National Level Online Programme- “Celebrating True Freedom” on 9th August, 2022 on the occasion of 80th Year of Quit India Movement under Azadi Ka Amrit Mahotsav. The Speaker for the session was Sister Brahma Kumari Neerja (Associated with Brahma Kumaris). Around 55 students and teachers attended the programme. Respected Sister Bramhakumari Nirja explained the concept of FREEDOM in the very concise manner. What freedom means and how to attain freedom in true spirit and to live life successfully and happily was conveyed in a manner that a connect of soul with the almighty god was experienced.



**5) Har Ghar Tiranga Abhiyan Rally on 10th August, 2022 - 150 NSS Volunteers and 10 Faculty Members accompanied by 5 Police Staff from Gamdevi Police Station, Mumbai visited Mahatma Gandhi Memorial at Azad Kranti Maidan.**

On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized A Har Ghar Tiranga Abhiyan Rally on 10th August, 2022 from B.M.Ruia Girls' College, Gamdevi, Nana Chowk to August Kranti Maidan & back to College. 150 NSS Volunteers and 10 Faculty Members accompanied by 5 Police Staff from Gamdevi Police Station, Mumbai visited Mahatma Gandhi Memorial at Azad Kranti Maidan to pay their tribute.



## **6) Anti-Drug Campaign and Drug Free Society on 12<sup>th</sup> August 2022 - 75 NSS Volunteers and 10 Staff Members have taken Oath.**

On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized A Oath taking ceremony on the occasion of the Anti-Drug Campaign and Drug Free Society.

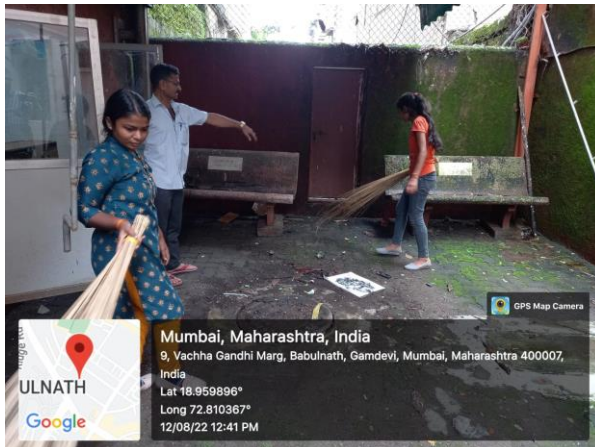
Around 75 NSS Volunteers and 10 Staff Members have taken Oath in this campaign. Students were sensitized on the ill-effects of drug abuse and about its prevention.



## **7) Cleanliness Drive Program- Swachh Bharat Abhiyan on 12<sup>th</sup> August 2022 - 50 NSS Volunteers participate in Cleanliness Drive Program**

B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized A Cleanliness Drive Program- Swachh Bharat Abhiyan' in the College Premises on 12th August, 2022 by NSS Unit under 'Azadi Ka Amrit Mahotsav' 50 NSS Volunteers participate in Cleanliness Drive Program .







**8) Guidance Session on 'Safety and Security' by Police Officers of Gamdevi Police Station, Mumbai. - 13th August, 2022. - 76 NSS Volunteers attended the same.**

On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized A Guidance Session on 'Safety and Security' by Police Officers of Gamdevi Police Station, Mumbai. They conveyed to the students the importance of safety while working in the virtual world. Cyber Crime and its different measures of safety and security were discussed with the students. 76 NSS Volunteers attended the same.



## 9) Raksha Bandhan Celebrations with Officers of Gamdevi Police Station on 13th August, 2022. - 15 students participated in this activity.

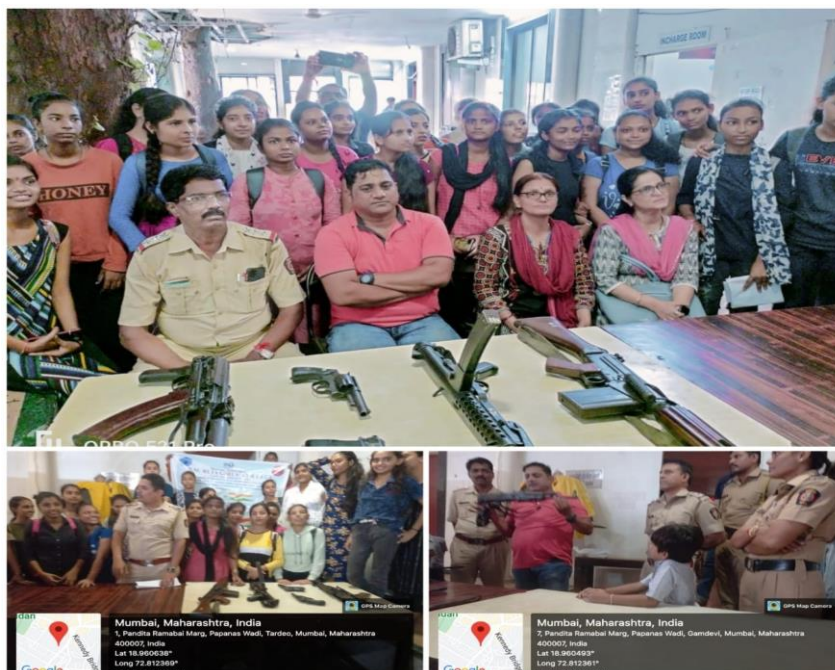
On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a Raksha Bandhan Celebrations with Officers of Gamdevi Police Station on 13th August, 2022. Raksha Bandhan is an auspicious festival to celebrate the bond between brothers and sisters. Sisters tie rakhi, a holy thread to their brothers and ask for protection. In lieu to that, the brother promises her to protect her throughout and gifts her with presents. Police officers work hard, give up their personal commitments and work towards the city's protection. On this symbolic occasion, as a token of love & respect, approx. 15 students undertook tying of Rakhis to the Police Officers.





**10) Visit to Gamdevi Station Police on 13th August, 2022 - 38 students accompanied by 2 NSS Officers visited the same.**

On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organised a Visit to Gamdevi Station Police on 13th August, 2022. Students were introduced to various activities and different departments. Also, the cyber section made students aware about different cyber crime activities in social media. Students were shown different types of weapons right from the British age till today. 38 students accompanied by 2 NSS Officers visited the same. Overall, a very unique and interesting visit.



## 11) Independence Day Celebration - 15<sup>th</sup> August 2022

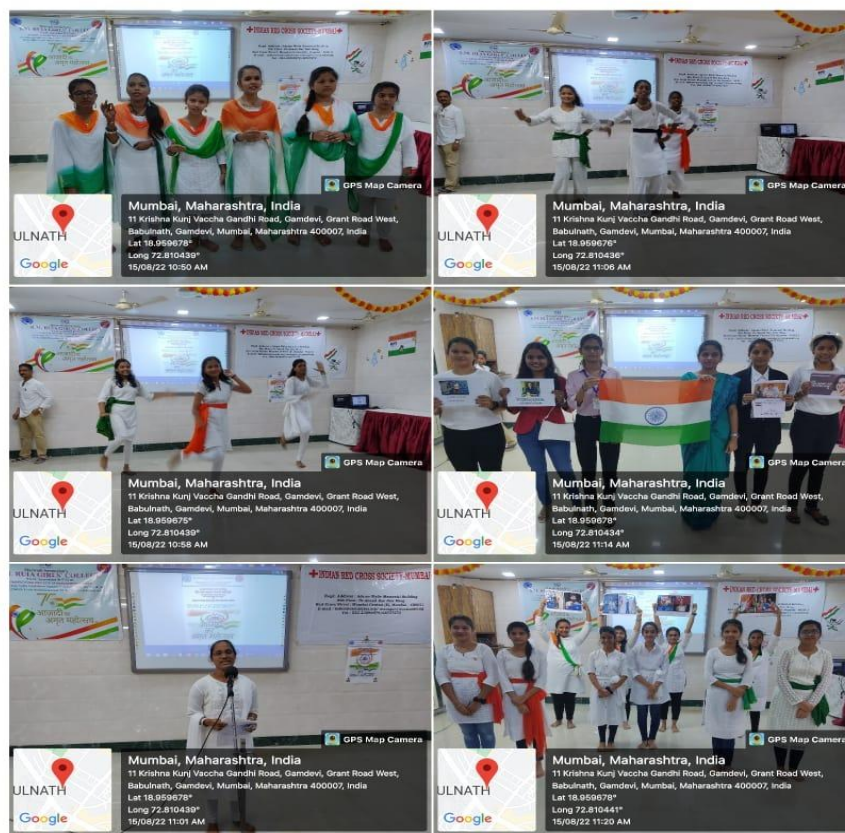
On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, Independence Day 15<sup>th</sup> August 2022 Celebration, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a Flag Hoisting Ceremony in the College Campus followed with Rashtra Geet. Principal Dr. Santosh Kaul Kak addressed the students of importance of Azadi Ka Amrit Mahotsav. College Class Representatives undertook a Oath Taking Ceremony under the guidance of the Principal of the college. President of Marwadi Sammelan Advocate Sushil Vyas motivated the students and spoke to them about their role and duties towards the society and the nation as a whole. He also encouraged them to undertake higher education and work towards upliftment of the society. A Cultural Program like singing, dancing, lezim dance of Maharashtra, fashion show depicting love &

patriotism towards our country. Students showed unity & diversity of Indian culture and the importance of our freedom and integrity was very conveyed by them. The celebration concluded with singing of Vande Mataram.



15 Aug  
2022  
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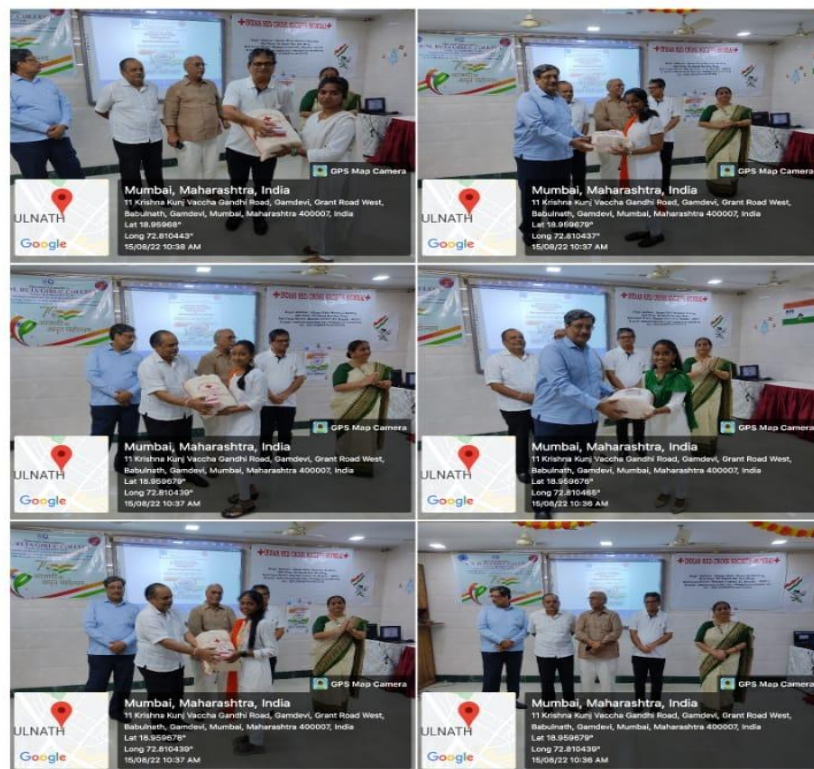


15 Aug  
2022

## 12) Distribution of Sanitary Napkins and MultiVitamin Tablets by Indian Red Cross Society - 15th August, 2022 - Around 100 students got benefited from this

On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, Independence Day 15<sup>th</sup> August 2022 Celebration, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, Hon. Secretary of Marwadi Sammelan and Chairman of Indian Red Cross Society Shri Suresh Deoraji & Convener of Sitaram Deora Institute of Management Studies and Hon. Secretary of Indian Red

Cross Society Shri Vijay Singhalji undertook distribution of Sanitary Napkins and MultiVitamin Tablets for the benefit of underprivileged students on 15th August, 2022. Around 100 students got benefited from this.



15 Aug  
2022

**13) समूह राष्ट्रगान on 17th August, 2022 at 11.00 a.m. - Around 300 Students, Teachers, Non Teaching Staff and other Stakeholders actively participated in singing of the national anthem.**

The Eknath Shinde government of Maharashtra has decided to make the 75 years of independence of the country memorable. The government has appealed to the people of Maharashtra to participate in the collective singing of the national anthem together at 11 am on Wednesday. The government said that the mass singing of the national anthem (Jana, Gana, Mana) across the country should start at 11 am and end at 11:01 am. According to the order issued by the Maharashtra government last week, it is mandatory for all the people of all departments, universities and colleges of the state government to participate in it, while all citizens are also expected to participate in this singing. NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai undertook समूह राष्ट्रगान on 17th August, 2022 at 11.00 a.m. Around 300 Students, Teachers, Non Teaching Staff and other Stakeholders actively participated in singing of the national anthem.





#### 14) NSS Orientation on 18th August, 2022 - 150 Students attended the same.

On the occasion of Azadi Ka Amrit Mahotsav to commemorate 75 years of Independence and celebrate the glorious history of its people, culture and achievements, NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organised a NSS Orientation on 18th August, 2022 First Year and Second Year students of BCom, BA, BMS, BMM and BCA. Mrs. Renuka Prajapati, Zonal Coordinator, S.N.D.T Women's University, spoke about the NSS logo, NSS moto, Regular activities

and Special Camp Programmes that NSS volunteers can participate in. She highlighted the importance and need for NSS and explained the various Camps organized at National and University level. She motivated the volunteers by telling them the significance and advantages of enrolling as NSS volunteers. The students got a better understanding of the activities conducted at National, Zonal and College level. She emphasized on empathy and the importance of helping others and conveyed the NSS motto “Not Me But You”. The students were motivated by her effective presentation and enrolled their names as NSS Volunteers for the current year and pledged to participate and contribute for the betterment of the community and nation. 150 Students attended the same.







## 15) Flag Collection Drive - 16th August to 25th August, 2022

The Flag Collection Drive was carried out from 16th August, 2022 to 25th August, 2022 by NSS Unit of B. M. Ruia Girls' College. This drive was held under the guidance of the Azadi Ka Amrit Mahotsav scheme. It encouraged patrons to hoist the Tiranga at their homes. The campaign was a huge success but brings the disposal of the used flags into question. This is why Flag Collection Drive was carried out to solve this issue. Staff & Students collected Flags from near their homes and have preserved them in college with due respect.





### **16) Orientation Session to form ECO Club followed by 1st series of awareness programme " Water Conservation "**

NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai in association with United Way has organized an Orientation Session to form ECO Club followed by 1st series of awareness programme " Water Conservation " under 'Azadi Ka Amrit Mahotsav' to commemorate 75 years of independence and celebrate the glorious history of its people, culture and achievements on 6th September 2022.

### **17) NSS Unit in association with MrWebsecure Infosolutions organised a session on Cybersecurity Awareness \* on the occasion of \*International Literacy Day on Thursday , 8th September, 2022**

Marwadi Sammelan's Sitaram Deora Institute of Management Studies and B.M.Ruia Girls' College NAAC Accredited B+ (3rd Cycle), Affiliated to S.N.D.T. Women's University, Mumbai. NSS Unit in association with MrWebsecure Infosolutions organised a session on Cybersecurity Awareness \* on the occasion of \*International Literacy Day on Thursday , 8th September, 2022 from 11.30 am onwards. 85 participants and 3 teachers attended the session.



**18) NSS Unit had organised 'NutriChef'(Fireless cooking competition) on 15th September, 2022 to celebrate Rashtriya Poshan Maah**

NSS Unit of the college had organised 'NutriChef'(Fireless cooking competition) on 15th September, 2022 to celebrate Rashtriya Poshan Maah. 26 students participated in the competition. The competition gave a platform to the students to demonstrate their culinary knowledge and skills related to: developing and following a recipe, preparation of a dish, and displaying the dish before a judging panel where it was evaluated on hygiene, presentation and palatability.



**19) NSS Unit of the College has organized an Offline Guest Lecture on 'Balanced Diet for your Immunity' on 16th September,2022 at 11.30 am to celebrate Rashtriya Poshan Maah 2022.**

Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai. NSS Unit of the College has organized an Offline Guest Lecture on 'Balanced Diet for your Immunity' on 16th September,2022 at 11.30 am to celebrate Rashtriya Poshan Maah 2022. Resource Person for the session was Mrs. Sulakashana Mane, NSS Programme Officer, SVT College of Home Science. 84 students attended the same.





**20) NSS Unit organized a Cleanliness Program on 17th September, 2022 at Dadar Chowpaty in association with Live United NGO on the occasion of International Coastal Clean Up Day.**

NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a Cleanliness Program on 17th September, 2022 at Dadar Chowpaty in association with Live United NGO on the occasion of International Coastal Clean Up Day. 54 NSS Volunteers participated in the same alongwith 3 NSS Programme Officers and Principal Dr. Santosh Kaul Kak.



**21) NSS Unit organized a Awareness Program about “Say No Plastic” on 24th September, 2022 on the occasion of NSS Day.**

NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a Awareness Program about “Say No Plastic” on 24th September, 2022 on the occasion of NSS Day. The students were addressed by P.O. Dr. [Hemlata Masiwal](#) and they were made aware about the illeffects of using plastic and the ways and means to avoid its usage. 30 NSS Volunteers attended the same.





**22) NSS Unit organized Right to Information Act 2005 Day', (As per Government Circular) in the College Hall on 29th September, 2022**

Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized Right to Information Act 2005 Day', (As per Government Circular) in the College Hall on 29th September, 2022, by NSS Unit. Documentary Screening on RTI was done and 123 NSS Volunteers attended the same.



**23) NSS Unit participated in " Vyasanmukti rally", organised by Nasahabandi Mandal, Social Welfare Department, Maharashtra in collaboration with NSS Cell of SNDT Women's University on Saturday 1/10/2022**

Students under NSS Unit participated in " Vyasanmukti rally", organised by Nasahabandi Mandal, Social Welfare Department, Maharashtra in collaboration



with NSS Cell of SNDT Women's University on Saturday 1/10/2022 to mark the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri from Azad maidan to Gateway of India. 16 Volunteers participated in the same.



**24) NSS organized a Quiz Competition on 2nd October, 2022 under ‘Azadi Ka Amrit Mahotsav’ to commemorate 75 years of independence and celebrate the glorious history of its people & culture. Theme : Action @75**  
N.S. S Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai has organized a Quiz Competition on

2nd October, 2022 under 'Azadi Ka Amrit Mahotsav' to commemorate 75 years of independence and celebrate the glorious history of its people & culture. Theme : Action @75. 150 students participated in the same.

**25) NSS Unit organized a session on 'Views on Thoughts of Swami Vivekanand' in the College Hall on 12th October,2022.**

NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a session on 'Views on Thoughts of Swami Vivekanand' in the College Hall on 12th October,2022. The Resource Person for the same was Ms Radhika Gokhale. 50 students participated in the same.



**26) NSS Unit organized a Premises Cleaning Activity on 15 October 2022 under 'Clean India Campaign'**

Under the 'Clean India Campaign', NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle), Affiliated to S.N.D.T. Women's University, Mumbai, organized a Premises Cleaning Activity on 15 October 2022. 30 volunteers of the college participated in this campaign.





**27) NSS Unit organized a MEGA CLEANLINESS DRIVE - Plastic Collection as a part of Swachh Bharat Abhiyaan by NSS Nationwide to be conducted on 19 October, 2022 at 7.00 a.m. at Girgaon Chowpatty Beach**

Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a MEGA CLEANLINESS DRIVE - Plastic Collection as a part of Swachh Bharat Abhiyaan by NSS Nationwide to be conducted on 19 October, 2022 at 7.00 a.m. at Girgaon Chowpatty Beach. 33 NSS Volunteers along with 3 PO(s) participated in the same. Dr. Pranshantji (SLO-Maharashtra) addressed the students and discussed how to make India Plastic Free.





## 28) NSS Unit organized a street play on 'Cyber Safety' in college premises by Quick Heal Foundation in association with Mumbai Police on 1st December, 2022

On 01 December 2022, Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, organized a street play on 'Cyber Safety' in college premises by Quick Heal Foundation in association with Mumbai Police to create awareness among girl students about increasing cybercrime in the society. In this presentation, the girl students were told how cyber crime can be avoided by taking a little care, as well as the Cyber Awareness. An eBook was downloaded by each student in their mobile, through which they

were educated as to how to protect themselves from cyber crime. On this occasion, Principal of the college, Dr. Santosh Kaul Kak Madam also guided the students about the importance of cyber security. 60 students attended the same.



## 29) Volunteers of NSS Unit participated in a public awareness rally organized by SNDT Women's University on the occasion of National Voters' Day (25 January 2023) from NCPA to SNDT University Churchgate

NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College, NAAC Accredited B+ (3rd Cycle) and Sitaram Deora Institute of Management Studies, Affiliated to S.N.D.T. Women's University, Mumbai, participated in a public awareness rally organized by SNDT Women's University on the occasion of National Voters' Day (25 January 2023) from NCPA to SNDT University Churchgate. 11 volunteers along with Dr. Hemlata Masiwal, PO of NSS Unit of Girls College, participated in the same.

A session on the occasion of National Voters' Day was organized at Patkar Auditorium of SNDT University on 25 January 2023. 25 NSS volunteers along with NSS P.O Dr. Hemlata Masiwal, Dr. Kashyap Ganatra and Mr. Ramlakhan participated in the same.





**30) NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College organized an Awareness Programme about National Voter Day in the College Hall on 30th January, 2023 at 11.30 a.m.**

Four BLO officers of 185 (Malabar Hill) constituencies guided the students to create awareness about voting, how to make voter ID cards and rectify errors in voter ID cards. POs of degree and junior colleges along with 98 NSS Volunteers participated in this programme.



