

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

**DEGREE COLLEGE**

**NSS REGULAR ACTIVITIES REPORT 2023-24**

**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 2023-24**

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

## NSS Report and Photos 2023-2024

- 1) **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 Poster making on the topic 'Energy Consumption (Save Energy: Save Environment and Life) on 15th May, 2023 - 10 girl students of the college participated in this event.**

On 15 May 2023, 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 Poster making on the topic 'Energy Consumption (Save Energy: Save Environment and Life) under the G20 3<sup>rd</sup> Energy Transition guidelines received from Government of India. 10 girl students of the college participated in this event.

MARWADI SAMMELAN'S  
**B. M. RUIA GIRLS' COLLEGE**  
NAAC Accredited B+ 3<sup>rd</sup> Cycle  
&  
SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES  
Affiliated to S.N.D.T. Women's University, Mumbai  
11, Krishna Road, Vachha Gandhi Road, Gamdevi, Great Road (West), Mumbai - 400007  
Tel : (022) 23899426, E-mail : bmruiacollege@gmail.com, Web : bmruiacollege.com

**NSS UNIT**  
Organises  
**Poster Making**  
Under G20 3<sup>rd</sup>  
**Energy Transition**

**Energy Consumption**  
ऊर्जा बचाओ  
पर्यावरण और जीवन बचाओ  
**15 May 2023**

2023 INDIA  
राष्ट्रीय सेवा योजना  
NATIONAL SERVICE SCHEME

Dr. Santosh Ka  
Principal  
B.M. Ruia Girls  
Gamdevi, Mun

Initiative by B.M. Ruia Girls' Col  
Gamdevi, Mumbai



**2) NSS Unit in association with Internal Quality Assurance Cell 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, under G20, 3rd Energy Transition organised a National Webinar on Lifestyle for Environment on Tuesday, 17th May, 2023. - 59 students and 3 P.O. participated in the same.**

NSS Unit in association with Internal Quality Assurance Cell 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, under G20, 3rd Energy Transition organized a National Webinar on Lifestyle for Environment on Tuesday, 17th May, 2023. The Eminent Resource Person for the same was Mr. Laxmikant T. Deshpande - Senior Manager, Wetland Management & Environment Sustainability, Godrej & Boyce Mfg. Co. Ltd. Mumbai. He conveyed to students the importance of mother nature and its preservation. Sir gave a wonderful video demonstration which conveyed how beautiful mother nature is, how are we as humans doing damage to it and how do we preserve it.

He shared different ways in which we can reduce carbon emissions, and also gave practical tips as to how to reduce energy consumption. Small day to day tips which can help to conserve electricity and save fuel emissions such as switching off electrical devices at night, turning off car ignition at signals, etc. were shared with the participants. Overall, an informative and enriching learning session which is the need of the hour.



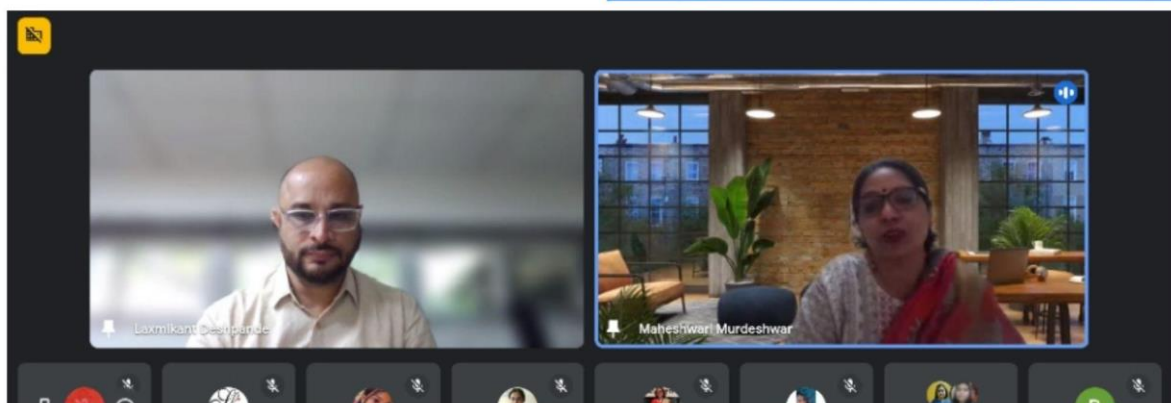
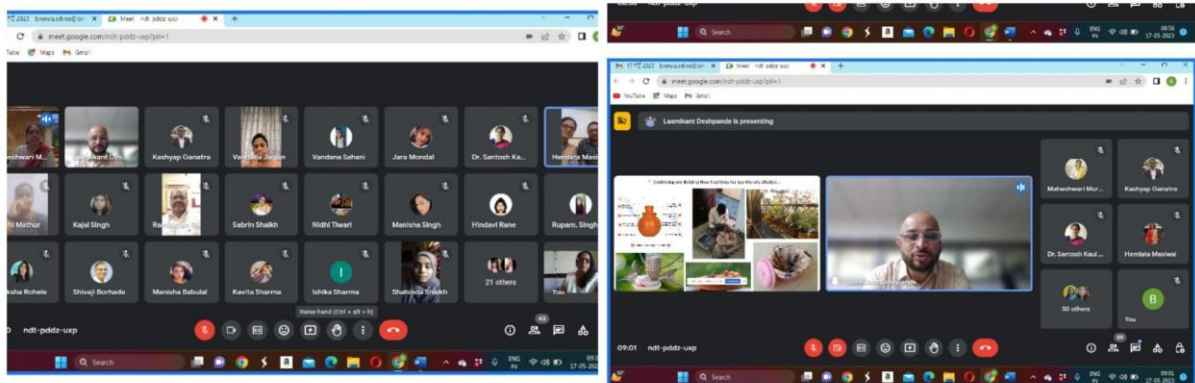
# Lifestyle For Environment



**Laxmikant T. Deshpande**

Senior Manager: Wetland Management  
& Environment Sustainability,  
Godrej & Boyce Mfg Co Ltd

Resource Person



3)



मारवाड़ी सम्मेलन संचालित

## बी. एम. रुइया गर्ल्स कॉलेज

नैक प्रत्यायित बी+ (तृतीय चक्र)

एस. एन. डी. टी. महिला विश्वविद्यालय, मुंबई से संलग्न  
 11, कृष्ण कुंज वाच्छा गोंधी रोड, गामदेवी, ग्रांट रोड (पश्चिम), मुंबई - 400007.  
 Tel : 022 23808130, Email : bmruiya@yahoo.com, WEb : bmrgirlscollege.com



### हार्दिक अभिनंदन

आपदा प्रबंधन प्राधिकरण द्वारा G-20 समूह की तीन दिवसीय बैठक का आयोजन 23 मई से 25 मई 2023 तक 'जियो कन्वेंशन सेंटर', बांद्रा कुर्ला कॉम्प्लेक्स में चला। इस बैठक में जी-20 सदस्य देशों के साथ संयुक्त राष्ट्र और भारत सरकार के प्रतिनिधि भी मौजूद थे। महाविद्यालय के हिंदी विभाग की प्रथम वर्ष की NSS स्वयंसेविका कुमारी प्रियंका रामसागर प्रजापति जो मुंबई नगर निगम के आपदा प्रबंधन विभाग द्वारा 'आपदा सखी' के रूप में प्रशिक्षित है, उसे G-20 समूह की इस बैठक में उपस्थित सभी गणमान्य व्यक्तियों के मुंबई प्रवास के दौरान व्यवस्था करने के लिए स्वयंसेवक के रूप में चुना गया। राष्ट्रीय आपदा प्रबंधन प्राधिकरण के सदस्य सचिव श्री कमल किशोर जी तथा अन्य अधिकारियों ने 'आपदा सखी' एवं 'आपदा मित्र' के प्रशंसनीय कार्यों की सराहना की।






GATEWAY OF INDIA, MUMBAI



'Apada Sakhi' and 'Apada Mitra' trained by @mybmc's Disaster Management Dept. worked as Liaison Officers for the meeting of #G20India Disaster Risk Reduction WG held in Mumbai  
 @ndmaindia implements the scheme of training 'Aapda Mitra' or community volunteers for disaster response



भारत 2023 INDIA

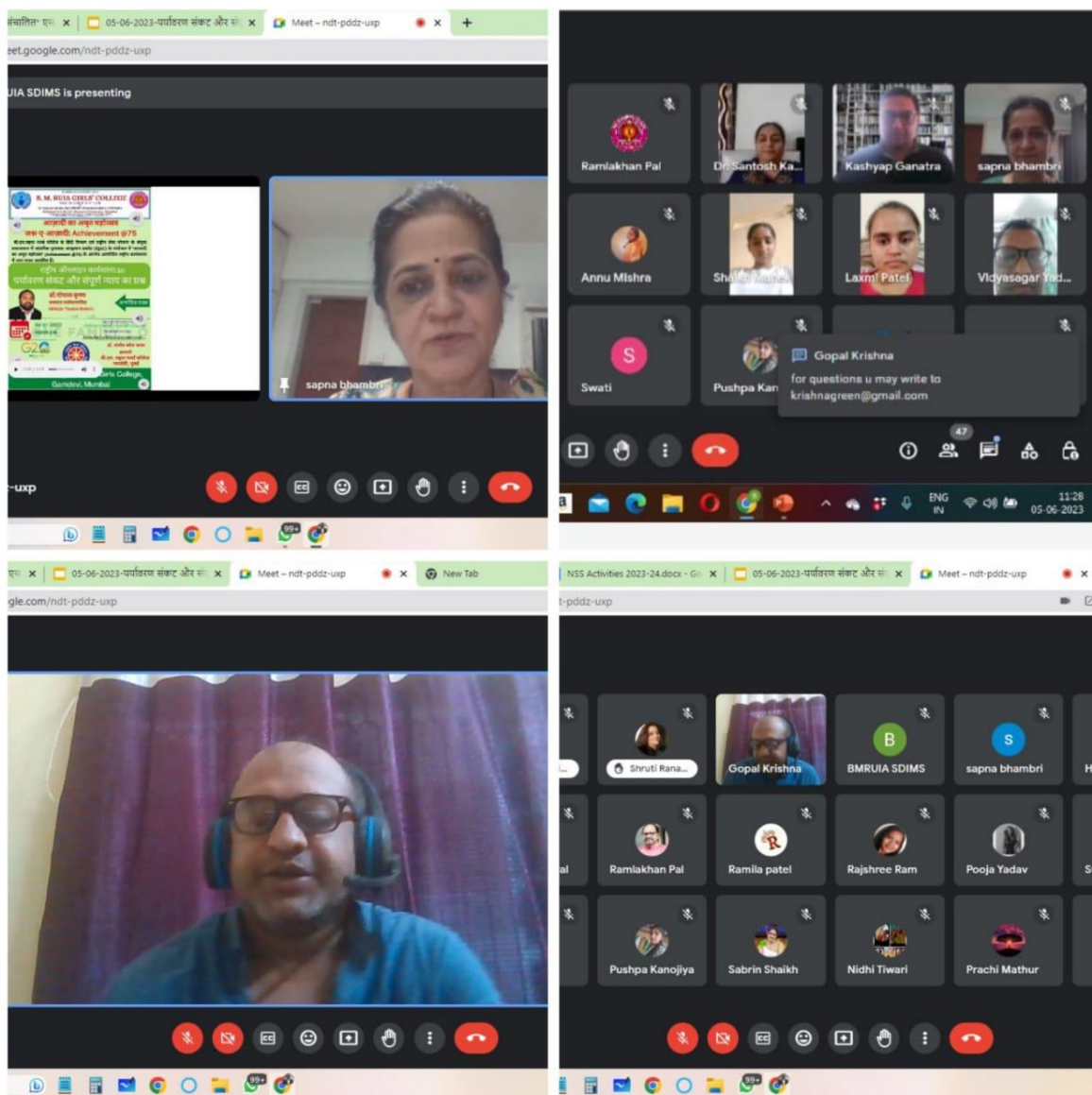
वसुधैव कुटुम्बकम्

ONE EARTH • ONE FAMILY • ONE FUTURE

**4) On the occasion of World Environment Day, celebrating 75 years of India's Independence – Azadi Ka Amrit Mahotsav (Achievement @75), Department of Hindi and NSS Unit in association with Internal Quality Assurance Cell 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, under G20, 3rd Energy Transition organized a National Webinar on “Environmental Crisis and the question of Complete Justice” on 05th June, 2023. - Around 50 participants attended the National Webinar.**

On the occasion of World Environment Day, celebrating 75 years of India's Independence – Azadi Ka Amrit Mahotsav (Achievement @75), Department of Hindi and NSS Unit in association with Internal Quality Assurance Cell 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, under G20, 3rd Energy Transition organized a National Webinar on “Environmental Crisis and the question of Complete Justice” on 05th June, 2023. The Eminent Resource Person for the same was Dr. Gopal Krishna, Renowned Environmentalist and Editor of Toxics Watch. He shared the importance of preservation of environment and nature with various examples and real life cases. Also, the impact of various chemicals and fuel emissions on the environment was discussed. The precautions and means & measures to be taken for avoidance of damage to the environment were also discussed. The impact of disasters such as Bhopal Gas Leak, etc. and its long-lasting effects were also shared with the students. Around 50 participants attended the National Webinar. The students actively participated in the discussion. Overall, an enriching learning experience.





**5. Guest Lecture on the topic 'Nasha Mukti Jagrukta Abhiyan' on the auspicious occasion of the Foundation Day of B. M. Ruia Girls' College on 1<sup>st</sup> July, 2023 - 70 students and 08 faculty members participated in this session.**

On 01 July 2023, on the auspicious occasion of the Foundation Day of B. M. Ruia Girls' College, a Guest Lecture was held on the topic 'Nasha Mukti Jagrukta Abhiyan' to create awareness about drug addiction among girl students in joint association with the National Service Scheme Unit of the college and the Student Welfare Committee.

The Guest Speakers for this program were Gamdevi Police Station's Assistant Police Inspector Mr. Vinod Vichare and Police Didi Ms. Snehal Patil. They shared with the students about different types of addictions, how to be cautious and careful and the necessary precautions to be taken for its prevention. 70 students and 08 faculty members participated in this session.





**6. Participation in 'Rajmata Jijau Girl Self-Protection Training' on 3rd July, 2024 - 12 NSS Volunteers of the college and a P.O. participated in this training**

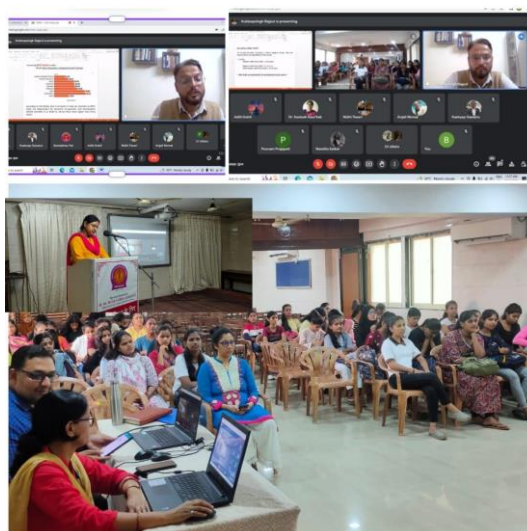
On 3 July 2023, on the 350th year of 'Shivrajyabhishek Day' of Chhatrapati Shivaji Maharaj, the Ministry of 'Women and Child Development' of the Government of Maharashtra has organized 'Rajmata Jijau Girls Self-Protection Training' to physically and mentally empower the school and college girls of Maharashtra. Under this, 12 NSS Volunteers of the college and a program officer participated in this training organized under the leadership of Shri Mangal Prabhat Lodha (Women and Child Development Department, Minister Maharashtra) at the Ministry.





**7. Guest Lecture on "Youth Population in India: Demographic Dividend and Future Challenges" by Dr. Kuldeep Singh Rajput (Senior Research Fellow International Institute of Migration & Development, Thiruvananthapuram, Kerala) in joint collaboration with Department of Sociology and NSS Unit in hybrid mode on 11th July, 2023 - 65 students and 6 faculty members participated in this lecture.**

On the occasion of World Population Day on July 11, 2023, Marwadi Sammelan's B.M.Ruia Girls' College conducted a Guest Lecture on "Youth Population in India: Demographic Dividend and Future Challenges" by Dr. Kuldeep Singh Rajput (Senior Research Fellow International Institute of Migration & Development, Thiruvananthapuram, Kerala) in joint collaboration with Department of Sociology and NSS Unit in hybrid mode. Dr. Kuldeep Singh Rajput conveyed in his lecture that today India has been recognized as a young nation at the global level. Today the youth participation in our country is around 27%, it will remain till 2030. If India has to be made economically more prosperous, then they have to be made efficient. It was also told in his statement that about 34% of these youth are unemployed. If India has to be empowered globally economically, then we have to focus on them. Today, the social responsibility of providing employment to every youth is also becoming a challenge for the country's policy makers. A total of 65 students and 6 faculty members participated in this lecture.



8. **"Rajmata Jijabai Girls Self Defense Training Workshop" on 20th July, 2023 - 50 students of the college participated along with more than 300 girl students from different colleges.**

On 20 July 2023 "Rajmata Jijabai Girls Self Defense Training Workshop" was organized at Patkar Auditorium, Churchgate campus in collaboration with SNDT Women's University, Mumbai's Vidyarthi Nidhi and Indian Women's Empowerment and Women and Child Development Department, Government of Maharashtra.

On this occasion, Under the chairmanship of Hon. Vice Chancellor Prof. Ujwala Chakradev, the program was introduced by Dr. Vilas Nandvdekar, Registrar- SNDT Women's University, Mumbai.

Smt. Ragini Chandratre delivered a lecture on Violence against Women and Girls - Concept and Current Status. Ms. Nidhi Gala also guided the girls about the Students Fund. Dr.Nitin Prabhu Tendulkar proposed the vote of thanks. 50 students of the college participated along with more than 300 girl students from different colleges.



**9. Free Medical Checkup Camp for the Vegetable Vendors was conducted by NSS Unit in association with Rotary Club of Bombay Mid-City on 21st July, 2023 at Grant Road East - 6 NSS Volunteers participated in the community service activity for Registration and creating awareness among the vendors.**

A 'Free Medical Checkup Camp' for the Vegetable Vendors was conducted by NSS Unit in association with Rotary Club of Bombay Mid-City on 21st July, 2023 at Grant Road East.

The Activities covered in the Free Medical Checkup Camp were Diabetes, Anaemia, Bone Mineral Density, etc.

Venue: Lokmanya Tilak Bhaji Market, Opp. Novelty Cinema, Grant Road East, Mumbai.

6 NSS Volunteers participated in the community service activity for Registration and creating awareness among the vendors.

Names of the NSS volunteers from SYBCOM

1. Dishita D. Baria
2. Vrinshali Chaurasiya
3. Shraddha Joshi
4. Anshu Jha
5. Kritika Solanki
6. Vriti Solanki





**10. Tree Plantation Drive under the "Sri Sathya Sai Seva Prema Tharu" initiative on 23rd July, 2023 at Vedhi Village, Safale - 40 Students and 4 Staff members participated in the same.**

NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College has organized a Tree Plantation Drive under the "Sri Sathya Sai Seva Prema Tharu" initiative on 23rd July, 2023 at Vedhi Village, Safale in Palghar district. Around 200 saplings were planted on both the sides of the road. 40 Students and 4 Staff members participated in the same.







**Activities of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh'**

**11. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', on 9th August, 2023 paid their homage and respects in memory of the sacrifice of the freedom fighters at 'August Kranti Maidan' - 40 Volunteers of NSS Unit participated in the same.**

40 Volunteers of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', on 9th August, 2023 paid their homage and respects in memory of the sacrifice of the freedom fighters at 'August Kranti Maidan', the central place of 'Quit India Movement', from where



the whole of India gave the slogan of 'Quit India' in one voice for the first time.



**12. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', visited 'Mani Bhavan' on 10th August, 2023 - 36 Volunteers of NSS Unit participated in the same.**

On 10th August' 2022, 36 Volunteers of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', visited 'Mani Bhavan', the symbol of peace, non-violence and harmony, the sacred place of the Indian freedom struggle, to witness the life-journey and life values of Mahatma Gandhi, the great hero of peace and non-violence. Also, they took a pledge of commitment to the basic mantras of fraternity and non-violence.





**13. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', took an oath for the unity, integrity and prosperity of the country - 96 NSS Volunteers of NSS Unit and 4 Programme Officers (Dr. Hemlata Masiwal, Dr. Kashyap Ganatra, Mr. Ramlakhan Pal) and (Ms. Pooja Rele) and Prof. Namrata Bhalerao of Marwadi Sammelan's B. M. Ruia Girls' College and Sitaram Deora Institute of Management Studies participated in the same.**

On August 11, 2023, 96 NSS Volunteers of NSS Unit and 4 Programme Officers (Dr. Hemlata Masiwal, Dr. Kashyap Ganatra, Mr. Ramlakhan Pal) and (Ms. Pooja Rele) and Prof. Namrata Bhalerao of Marwadi Sammelan's B. M. Ruia Girls' College and Sitaram Deora Institute of Management Studies under the initiative of 'Meri Mati Mera Desh', took an oath for the unity, integrity and prosperity of the country.



**14. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', organized a discussion and documentary screening on 12th August, 2023 - 70 NSS volunteers of the college participated in this program.**

On 12th August' 2023, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', organized a discussion and documentary screening in memory of the immortal freedom fighters of Indian National Freedom Struggle in the college auditorium and saluted their contribution and glory. 70 NSS volunteers of the college participated in this program.



**15. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', an awareness campaign about Form – 6 of Election Commission of India, Application Form for New Voters was organized on 12th August, 2023 - All three Programme Officers of the college (Dr. Hemlata Masiwal, Dr. Kashyap Ganatra and Mr. Ramlakhan Pal) were present for the same.**

On 12th August' 2023, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', organized an awareness campaign about Form – 6 of Election Commission of India, Application Form for New Voters. Students were informed about eligibility norms and were guided about the details of the form, how to fill it up and add their names in the Electrol Roll. All three Programme Officers of the college (Dr. Hemlata Masiwal, Dr. Kashyap Ganatra and Mr. Ramlakhan Pal) were present for the same.



**16. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', a 'Prabhat Pheri' was organized in joint collaboration of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College and Gamdevi Police Station on 14th August, 2023 - 70 NSS Volunteers of the college and eight police officers of Gamdevi police station participated in this event.**

On 14th August' 2023, under the initiative of 'Meri Mati Mera Desh', a 'Prabhat Pheri' was organized in joint collaboration of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College and Gamdevi Police Station from 9:30 am to 10:30 am from B. M. Ruia Girls' College via August Kranti Maidan and back to the college.

70 NSS Volunteers of the college and eight police officers of Gamdevi police station participated in this event. The rally concluded with a resolution to respect the national flag on reaching the 'Mahatma Gandhi Smriti Stambh' located at August Kranti Maidan. All three Programme Officers of the college (Dr. Hemlata Masiwal, Dr. Kashyap Ganatra and Mr. Ramlakhan Pal) were present in this rally. For the security of this rally, 05 police officers of Gamdevi police station were also with them.







**17. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 distributed 'Rakhis' made by tribal villagers on 28th August, 2023.**

On 28 August 2023, As per the instructions of the Government of India, 'Rakhis' made by tribal villagers were distributed among the students by NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College and the money received from them was sent to 'Seva Vivek' NGO.



**18. Sacred Raksha Bandhan celebration at B.M. Ruia Girls' College, Mumbai led by Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya on 28th August, 2024.**

On August 28, 2023, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 organized a sacred Raksha Bandhan celebration at the college premises. In this event, led by Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya, Grant Road (Mehta House), Sister Hema Didi and her associates tied Rakhi, a symbol of love and goodwill, to all the teachers and staff of the college.





**19. 10 volunteers of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 tied Rakhi to the officers of Gamdevi Police Station on 29th August, 2023.**

On 29 August, 2023 NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College celebrated the pious festival of Raksha Bandhan. On this occasion, 10 NSS volunteers of the college tied Rakhi to the officers of Gamdevi Police Station.



**20. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College under the initiative of 'Meri Mati Mera Desh', conducted 'Amrit Kalash' Soil Collection Drive on 15th September, 2023 - Principal Dr. Santosh Kaul Kak along with four program officers and 72 NSS Volunteers collected soil in Amrit Kalash.**

On 15 September 2023 NSS Unit of Marwadi Sammelan's B.M.Ruia Girls' College conducted 'Amrit Kalash' Soil Collection Drive under the 'Meri Maati Mera Desh' program. In this drive, Principal of the college Dr. Santosh Kaul Kak along with four program officers and 72 NSS Volunteers collected soil in Amrit Kalash.



**21. On the occasion of International Coastal Clean Up Day on 16th September 2023, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 along with JallosH-Clean Coasts conducted a Beach Cleaning Activity at Dadar Chowpatty - 20 NSS Volunteers and Three PO participated in the same.**

On the occasion of International Coastal Clean Up Day on 16th September 2023, 20 NSS Volunteers of the Marwadi Sammelan's B. M. Ruia Girls' College along with JallosH-Clean Coasts conducted a Beach Cleaning Activity at Dadar Chowpatty near Kirti College as part of the cleanliness campaign. Three POs Dr. Hemlata Masiwal, Dr. Kashyap Ganatra and Mr. Ramlakhan Pal participated in this cleanliness campaign.

**22. Under “Swachhata Hi Seva Campaign” - 45 volunteers of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 carried out a cleanliness campaign of the college premises on 23rd September, 2023.**

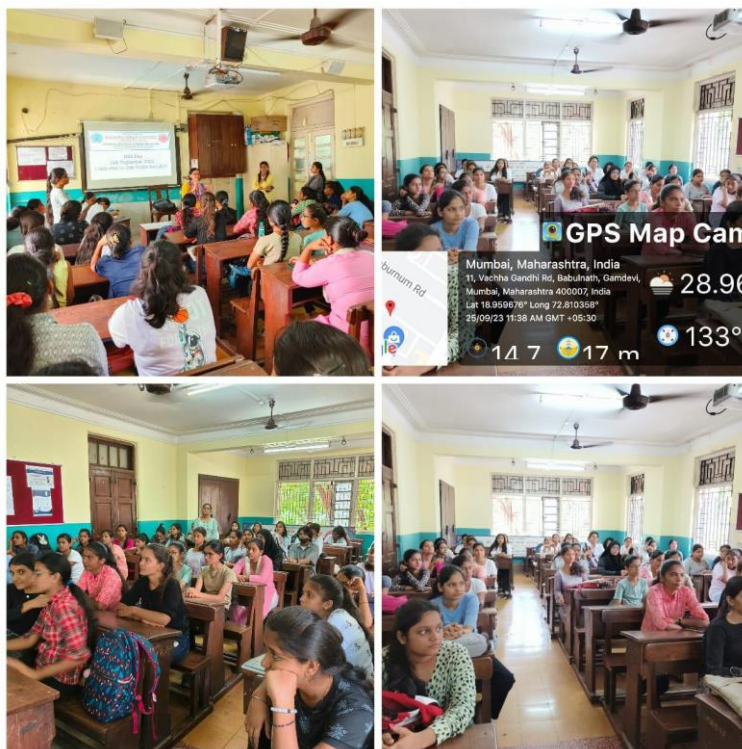
45 volunteers of NSS unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23' carried out a cleanliness campaign of the college premises under the “Swachhata Hi Seva Campaign” on 23rd September, 2023.





**23. On the occasion of National Service Scheme (NSS) Day, a program was organized on the topic 'Say No Plastic' on 25th September, 2023 - 55 volunteers and 04 college Faculty Members participated in the same.**

On the occasion of National Service Scheme (NSS) Day (24th September) a program was organized at Marwadi Sammelan's B.M.Ruia Girls' College (Honoured with 'Maharishi Karve Best College Award: 2022-23') on the topic 'Say No Plastic' by Program Officers of NSS Unit of the college under "Swachhta Hi Seva Abhiyaan" on 25th September, 2023. NSS Volunteers were also made aware of the importance of Community Works and how they can discharge their responsibilities as a volunteer. Along with 55 volunteers, 04 college Faculty Members were also present in today's program.



**24. Under the "Swachhta Hi Seva Abhiyan", a cleanliness campaign program was carried at adopted village Umroli, Gram Panchayat located in Palghar (district) on 30th September, 2023 - 37 NSS volunteers and Three P. O. participated in the same.**

37 volunteers of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College, Gamdevi, Mumbai (honored with 'Maharishi Karve Best College Award: 2022-23'), Under the "Swachhta Hi Seva Abhiyan", reached the adopted village



Umroli, Gram Panchayat located in Palghar (district) on 30th September, 2023 and cleaned the road from Gram Panchayat Office, Umroli to Umroli Library. This cleanliness campaign program was carried out in the presence and guidance of the village Sarpanch Honorable Shri Prabhakar Patil, Deputy Sarpanch Shri Rajneesh Patil, Members Shri Sumit Waje, Ms Namrata Patil, Ms Jaymala More, Ms Bhavika Raut and Ms Hemangi Kudu. This was accomplished under the able leadership of three program officers of the Shramdaan College, Dr. Hemlata Masiwal, Mrs. Maheshwari Murdeshwar and Mrs. Sapna Bhamri.



**25. Under the "Swachhta Hi Seva Abhiyan", 100 NSS Volunteers along with 4 Program Officers took an oath of 'Cleanliness' on 30th September, 2023.**

100 NSS Volunteers along with 4 Program Officers (Dr. Kashyap Ganatra, Shri Ramlakhan Pal, Smt. Suhasini Nikam and Ms. Pooja Rele) of Marwadi Sammelan's B. M. Ruia Girls' College, Gamdevi, Mumbai (honored with 'Maharishi Karve Best College Award: 2022-23') and Sitaram Deora Institute of Management Studies, Under the "Swachhta Hi Seva Abhiyan" took the oath of 'Cleanliness' under the guidance of Ms. Shruti Ranade, Head of Cultural Activities of the college on 30th September, 2023.





**26. Participation in 'De-addiction Rally' organized by the Social Justice and Special Assistance Department of the Government of Maharashtra on 30th September 2023 - 17 volunteers of NSS Unit participated in the same.**

17 volunteers of NSS unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharshi Karve Best College Awards) 2022-23' participated in the 'De-addiction Rally' organized by the Social Justice and Special Assistance Department of the Government of Maharashtra on 30th September 2023. This rally was carried out from Azad Maidan via Hutatma Chowk to Gateway of India.



27. Participation in the seminar on the topic 'Gandhi's Legacy: Sarvdharma Sambhav' organized by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23' in collaboration with 'Mumbai Sarvodaya Mandal' at Bharatiya Vidya Bhawan on 4th October, 2023 - 18 NSS volunteers participated in the same.

18 volunteers of NSS unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23' participated in the seminar on the topic 'Gandhi's Legacy: Sarvdharma Sambhav' organized



in collaboration with 'Mumbai Sarvodaya Mandal' at Bharatiya Vidya Bhawan on 4th October, 2023. In this seminar, after the lecture by Dr. Hubnath Pandey, Professor of Hindi Department of Mumbai Vidyapeeth and Gandhian thinker, the college students actively participated in the ideological discussion session.



**28. Participation in Inaugural function of Mental Health Week-10th to 14th October, 2023 organized by Department of Psychology, Churchgate in collaboration with Department of Students Development of SNDT Women's University, Mumbai at Patkar Hall, SNDTWU, Churchgate - 21 Volunteers of NSS Unit and Psychology Unit and One Faculty Member attended the same.**

On the occasion of World Mental Health Day, 21 Volunteers of NSS Unit and Psychology Unit and One Faculty Member of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 attended the Inaugural function of Mental Health Week-10th to 14th October, 2023 organized by Department of Psychology, Churchgate in collaboration with Department of Students Development of SNDT Women's University, Mumbai



at Patkar Hall, SNDTWU, Churchgate. Important concepts of mental health, its importance, reasons of stress, stress management and tips for maintaining a healthy mental state of mind with lots of interactive activities, skits and documentary presentations were shared with the participants.

**29. 184 - Malabar Hill, Vidhan Sabha, Matdar Sangh 20th to 26th October, 2023.**

NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 created awareness amongst students who turned 18 and 19 years of age, about Registration of New Voters Card from 20th to 26th October, 2023. Students were informed about their rights and the advantages of getting their Voter's Card. A Hands on Demo was given to the students and it was highly appreciated by everyone.

**30. Participation in “Meri Maati, Mera Desh” Sankal Samaroh Karyakram at New Delhi from 29th October, 2023 to 2nd November, 2023 - 6 NSS Volunteers and 1 P.O. attended the function.**

There was a Participation in “Meri Maati, Mera Desh” Sankal Samaroh Karyakram at New Delhi from 29th October, 2023 to 2nd November, 2023 from the college in the form of 6 NSS Volunteers and 1 P.O.

The objectives taken up were :

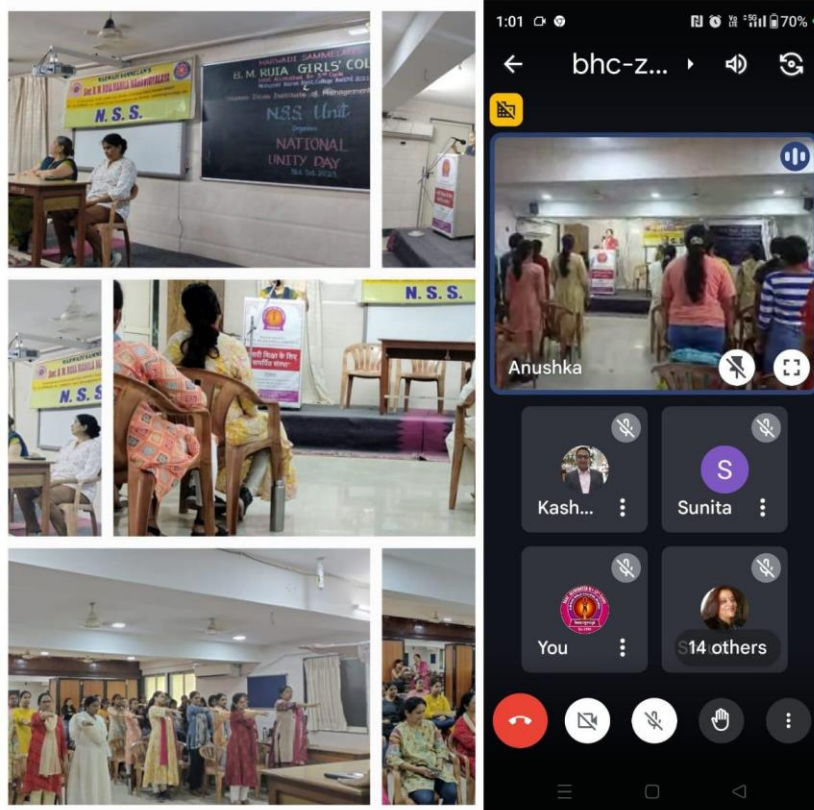
- 1) To participate in the “Amrit Kalash Yatra” as a part of the “Meri Maati, Mera Desh” initiative.
- 2) To submit the “kalash of soil” collected from our college to the Amrit Kalash.
- 3) To instil the feeling of patriotism and to remember the sacrifices made by the freedom fighters for this very soil.
- 4) To commemorate “The Iron Man” of India Saradar Vallabh Bhai Patel on his birth anniversary through this very initiative of “Meri Maati, Mera Desh.”
- 5) To celebrate the unsung heroes of the freedom struggle who sacrificed their lives for their motherland.



### 31. Celebration of 'National Unity Day' on October 31, 2023 - 75 NSS Volunteers participated in the same.

On October 31, 2023. 'National Unity Day' was celebrated with great enthusiasm by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23.

The birth anniversary of Iron Man Sardar Vallabhbhai Patel, the symbol of national unity, is celebrated as National Unity Day. On this occasion, this year the day was celebrated in hybrid mode. Principal Dr. Santosh Kaul Kak, explained the importance of unity by making students aware of the thoughts of Bharat Ratna Sardar Vallabhbhai Patel. She administered the oath of unity to 75 students.



**32. A documentary screening on the life and works of Kranti Jyoti Savitribai Phule was organized on 03 January 2024 - 39 NSS volunteers and three NSS P.O. participated in the same.**

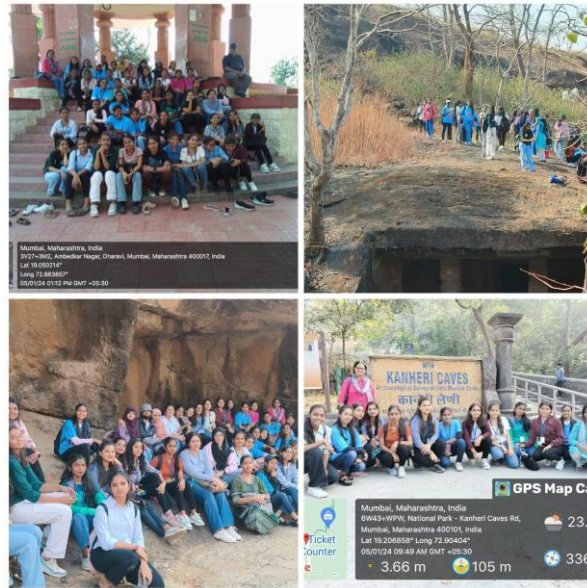
On the occasion of the birth anniversary of Kranti Jyoti Savitribai Phule, conducted by Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23, A documentary screening on the life and works of Kranti Jyoti Savitribai Phule was organized on 03 January 2024. This was also discussed. 39 NSS volunteers and three NSS P.O. participated in the same.





**33. NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23' in conjunction with the Department of Hindi, Department of Commerce and Department of Sociology conducted an environmental tour to Kanheri Caves, Sanjay Gandhi National Park on 5th January, 2024.**

On January 5, 2024 Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23' in conjunction with the Department of Hindi, Department of Commerce and Department of Sociology conducted an environmental tour to Kanheri Caves, Sanjay Gandhi National Park. In this environmental tour, the students gained knowledge about the natural flora and fauna and the archaeological beauty and Buddhist caves and also got a chance to see the philosophy of life of Buddha closely. In this, 46 NSS volunteers and three N.S.S. P.O. participated in the same.



#### 34. Workshop on awareness about cyber crimes against women was organized on 6th January, 2024 - 77 NSS Volunteers and 05 Program Officers participated in this workshop.

A Workshop on awareness about cyber crimes against women was organized on 6th January, 2024 by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23.

In this workshop, Sub-Inspector of Mumbai Cyber Police, Crime Branch, Mrs. Shweta Dhok provided detailed information on how cyber crimes are committed through internet and social media and what precautions can be taken to prevent being victims of cyber crime. 77 NSS Volunteers and 05 Program Officers participated in this workshop.



**35. Free eye check-up camp, free spectacles distribution and free cataract operation camp was organized by NSS Unit of B. M. Ruia Girls' College, KARM Institute, Mumbai in collaboration with Vision Foundation of India at Meghraj Sethi Municipal School, Byculla on 7th January, 2024 - 93 NSS Volunteers and two Program Officers participated in the same.**

A Free eye check-up camp, free spectacles distribution and free cataract operation camp was organized by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23,

KARM Institute, Mumbai in collaboration with Vision Foundation of India at Meghraj Sethi Municipal School, Byculla on 7th January, 2024 - 93 NSS Volunteers and two Program Officers participated in the same. In this camp, volunteers of the NSS unit provided their services from 8.00 am to 3.00 pm for the purpose of community service. About 5000 persons suffering from eye related diseases took advantage of this camp.



**36. Live telecast of the address of the illustrious Prime Minister of India, Honorable Shri. Narendra Modi on the occasion of the inauguration of '27th National Youth Festival: 12th to 16th January, 2024' on 12th January, 2024 - 74 NSS volunteers and three PO were present for the same.**

Live telecast of the address of the illustrious Prime Minister of India, Honorable Shri. Narendra Modi on the occasion of the inauguration of '27th National Youth Festival: 12th to 16th January, 2024' was done on 12th January, 2024 by



NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23.

Honorable Prime Minister Shri Narendra Modi, while addressing the youth of the country on the occasion of 'National Youth Festival', called upon them to make the country a developed nation and also inspired them to increase their participation. 74 NSS volunteers and three PO were present for the same.

### **37. On the occasion of 'National Youth Day', a Documentary Screening was made on the thoughts of Swami Vivekananda on 12th January, 2024 - 74 NSS volunteers and three PO were present for the same.**

On the occasion of 'National Youth Day', a Documentary Screening was made on Swami Vivekananda on 12th January, 2024 to make people aware of his thoughts. On this occasion, 74 NSS volunteers and three PO were present for the same.



### **बी.एम. रुइया गर्ल्स कॉलेज में राष्ट्रीय युवा दिन मनाया गया**



### **38. Workshop on Disaster Management was organized by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 and Sitaram Deora Institute of Management Studies on 07 February 2024 - 87 NSS volunteers actively participated and four college faculty members along with two NSS program officers were present.**

A workshop on Disaster Management was organized by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 and Sitaram Deora Institute of Management Studies on 07 February 2024.

This workshop was conducted under the leadership of Mr. Rajendra Lokhande, Shift In-charge (Training) of the Disaster Management, Department of Brihanmumbai Municipal Corporation. During the workshop, Shri Rajendra Lokhandeji, on the basis of his experiences, taught the students how to take decisions keeping their composure when suddenly faced with objections and what precautions can be taken to get out of the objections. He also told what should be done and what should not be done at the time of disaster.

Shri Rajendra Lokhandeji explained through the case study of the incident of tragic death of 22 persons due to stampede on the foot bridge connecting Elphinstone Road station and Parel station on 29 September 2017 and that if anyone had used his discretion at that time, it would not have taken the form of a rumor, nor would there have been a stampede, nor would there have been so much loss of life and property. He guided the volunteers of National Service Scheme and explained to them in detail about the precautions to be taken at the time of disaster.

In this workshop, 87 NSS volunteers actively participated and four college faculty members along with two NSS program officers were present.



**39. Rangoli competition based on the theme ‘Beti Bachao Beti Padhao’ was conducted on 5th February, 2024 - 10 participants from the college participated in this competition.**

On the initiative of the illustrious Prime Minister of India, Honorable Shri Narendra Modi, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 conducted Rangoli competition based on the theme ‘Beti Bachao Beti Padhao’ on 5th February, 2024. This competition was organized with the aim of establishing

and promoting community integration and inculcating traditional values in the society.

10 participants from the college participated in this competition, out of which Sneha Pandey and Disha of FYBCOM were selected for the university competition.



**40. Workshop on ‘Mental Health’ by Maybelline Brave Together and Yuva Foundation in joint association with Sitaram Deora Institute of Management Studies on 27th February, 2024 - 175 students from B. M. Ruia Girls’ College and 75 students from Sitaram Deora Institute of Management Studies were present.**

NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 conducted a Workshop on ‘Mental Health’ by Maybelline Brave Together and Yuva Foundation in joint association with Sitaram Deora Institute of Management Studies on 27th February, 2024. The resource person for the workshop was Ms. Vaibhavi Maske.

In this workshop, Ms. Vaibhavi Maske spoke about the increasing mental health related diseases among youngsters, and that the biggest cause of mental diseases in teenagers and youth is stress, due to which youth suffer from depression, irritability, sleeplessness. There are unnecessary doubts in the mind, loneliness, anxiety, excitement and behavioral disorder. At present stress, depression and anxiety are increasing very rapidly among the youth.



While discussing the causes of mental health problems among the youth, Ms. Vaibhavi Maske said that they can be solved by making slight changes in the daily routine. Addressing the college students, she also said that we should naturally start our day with positive thinking. Try to live as much as possible in a stress-free environment and by adopting a healthy lifestyle, youth can remain mentally healthy.

In this workshop 175 students from B. M. Ruia Girls' College and 75 students from Sitaram Deora Institute of Management Studies were present. The college students present in this workshop were gifted cosmetics by Maybelline Brave Together.



**41. Under Women's Week, A lecture and discussion session on the topic 'Legal Rights for Women' on 'Legal Rights for Women' was held on 5th March, 2024 - About 104 girl students and 15 Faculty Members of the college participated in this session.**

Under Women's Week, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 alongwith by the Research Cell and Department of Sociology in collaboration with IQAC, A lecture and discussion session on the topic 'Legal Rights for Women' on 'Legal Rights for Women' was held on 5th March, 2024. The resource persons were Advocate Ms. Mallika Verma and Advocate Ms. Tanvi Mane, Program Director, Majlis NGO (to provide legal assistance to women and children facing sexual and domestic violence).

They spoke to students about the updated legal rights for women in the present times and explained to them how they can protect themselves from domestic violence and exploitation at the workplace.

While interacting with the college students, she also told them how they can do NC and Zero Report at their nearest police station and also inspired the students to make them aware of their rights.

About 104 girl students and 15 Faculty Members of the college participated in this session.



#### **42. Live Telecast of Bhoomi Pujan at 'Shree Ram Janmabhoomi Mandir' at Ayodhya by Honorable Prime Minister Shri Narendra Modi on 13th March, 2024 - 130 NSS Volunteers and 3 P.O. were present for the same.**

A live telecast of Live Telecast of Bhoomi Pujan at 'Shree Ram Janmabhoomi Mandir' at Ayodhya by Honorable Prime Minister Shri Narendra Modi was done by NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 on 13th March, 2024.

Speaking on the occasion, the Prime Minister congratulated fellow countrymen and Ram Bhakts all across the world on the holy occasion. Terming it as historic, he said that India is starting a glorious chapter today, when people all across the country are excited and emotional to have finally achieved what they had been waiting for centuries, several of whom are scarcely able to believe that

they are witnessing this day in their lifetime. He highlighted that Ram Janmabhoomi has become liberated from the cycle of breaking down and building up again, and a grand temple for Ramlala will be constructed in place of tents now. Prime Minister said that just like 15th August is representative of sacrifices by people all across the country towards the freedom struggle, this day marks the immense dedication and continuous struggle across generations for the Ram Mandir. He recalled and paid obeisance to those whose struggles have resulted in the dream of Ram Mandir coming true. 130 NSS Volunteers and 3 P.O. were present for the same.



**43. Awareness session about de-addiction among the students under the 'SAY NO DRUGS' campaign by Gamdevi Police Station Officers on 13th March, 2024 - 150 NSS volunteers and 8 Faculty Members attended the same.**

NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23 conducted an Awareness session about de-addiction among the students under the 'SAY NO DRUGS' campaign by Gamdevi Police Station Officers on 13th March, 2024.

Assistant Police Inspector Mr. Mahesh Shinde, Police Inspector Mrs. Snehal Patil and the team of officers from Gamdevi Police Station guided the students



to create awareness about de-addiction among the students under the 'SAY NO DRUGS' campaign. They told students about the ill effects of taking drugs, its addiction and its psychological, financial and physical impact. Students were guided about the precautions to be taken and the ways and means to avoid it. About 150 girl students and 08 Faculty Members of the college were present for the same.



**44. Awareness session on the occasion of World Water Day on 22nd March, 2024 by NSS P.O.s - 70 NSS Volunteers and 3 P.O. were present for the same.**

On the occasion of World Water Day, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 conducted an Awareness session on Conservation and Preservation of Water on 22 March, 2024.

Information pertaining to Water, being a scarce resource and its importance in day to day life was shared. Also, the ways and means to preserve water with techniques such as Rain Harvesting were also discussed. Also, the emphasis was on Not to waste water and ensuring its conservation for the future generations. NSS P.O.s delivered this message with great impact on the Volunteers.

**45. 'Voting Awareness Campaign and Rally ' for 'General Elections 2024' on 8th April, 2024 - 36 NSS Volunteers, 3 NSS P.O. and 02 Faculty Members were present for the same.**

NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 conducted a 'Voting Awareness Campaign and Rally' for 'General Elections 2024' on 8th April, 2024.

Students were made aware of the importance of the general elections, the importance of their vote etc. While addressing the students, they were told that how can their vote help in the development and prosperity of the nation. Students were guided as to how to spread public awareness in their locality and surrounding campus and also among the common citizens.



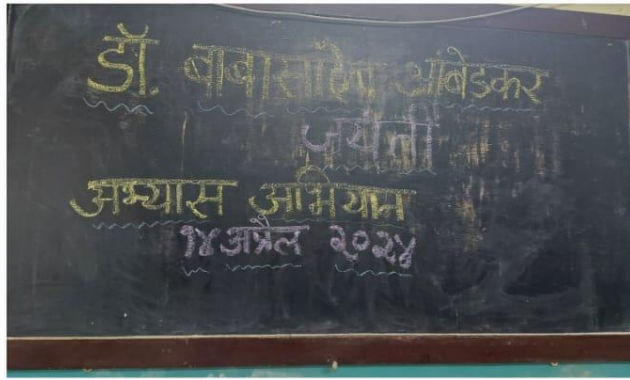
46. On the occasion of “Ambedkar Jayanti”, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 conducted Awareness Session and Poster



**Painting and Slogan Writing Activity on 13th April, 2024 - 60 NSS students and 2 P.O. participated in the same.**

On the occasion of “Ambedkar Jayanti”, NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards) 2022-23 conducted Awareness Session and Poster Painting and Slogan Writing Activity on 13th April, 2024 - 60 NSS students and 2 P.O. participated in the same.

NSS P.O. made students aware of the teachings of Dr. Ambedkar and his thoughts were discussed. There was lot of deliberation on the same and students were really inspired by the the same. Also, students participated in Poster Painting and Slogan Writing Activity. 60 NSS students and 2 P.O. participated in the same.



**47. Nominated for Master Training for My Bharat Portal and Digital Literacy on 20th and 21st April, 2024 - NSS P.O. Dr. Hemlata Masiwal attended the same.**

NSS Program Officer of NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College (Honoured with 'Maharishi Karve Best College Awards') 2022-23, Dr. Hemalata Masiwal was nominated to attend Master Training for My Bharat Portal and Digital Literacy on 20th and 21st April, 2024. She attended the same and hands-on training for creating awareness and usage of My Bharat Portal was imparted. The purpose of this training was to enroll students on My Bharat Portal which will give them opportunities to pursue internships and also gain

insights about developments happening in PAN India. Also, important concepts pertaining to Digital Literacy and utilities in MS Office were also covered in the training.







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