

NSS REGULAR ACTIVITIES REPORT 2019 -2020

Report of NSS Activity 2019 -2020 by NSS Unit of B M Ruia Girls' College

Team of NSS in College for year 2019-2020

In year 2019-2020, previous team was 3 PO's was revamped with a new team. Following team was assigned to take the responsibility of NSS POs by principal Dr. Santosh Kaul Kak, in 3rd week of July 2019.

1. Ms. Swati Vaidya (NSS PO)
2. Dr. Ushakiran Tiwari (NSS PO)
3. Ms. Anju Thakur (NSS PO)

On July 22nd and July 23rd, 2019 Ms. Swati Vaidya and Dr. Ushakiran Tiwari attended the NSS meeting organised by NSS Cell, SNTD Womens' University, in the New Marine Lines Campus.

Report of the activities of year 2018-2019 was presented by Ms. Swati Vaidya, on behalf of the previous Team of NSS PO's, namely Dr. Renukadevi Jena, Dr. Nooruzia Qazi and Dr. Hemlata Masiwal.

International Youth Day Celebration " Use of Social Media and Mental Health", by Psychologist, Ms. Sheetal Bidkar August 13th 2019

Guest lecture cum workshop was organized on " Use of Social Media and Mental Health"*, on the occasion of International Youth Day, on August 13th 2019, from 10.30 am to 12.30 noon.

Resource Person: Ms. Sheetal Bidkar (Mental Health Professional and Psychologist, Counsellor, Suhast Clinic, Mumbai). In a very interactive session Ms. Bidkar guided students about a responsible and safe behaviour on social media. She discussed cases of college students with anxieties and obsessions of use of social media and how it affects the personal, academic life of the young teenagers. Lecture was attended by 100 students.

NSS PO Ms Swati conducted a quick survey of students to understand the social media behaviour by students.

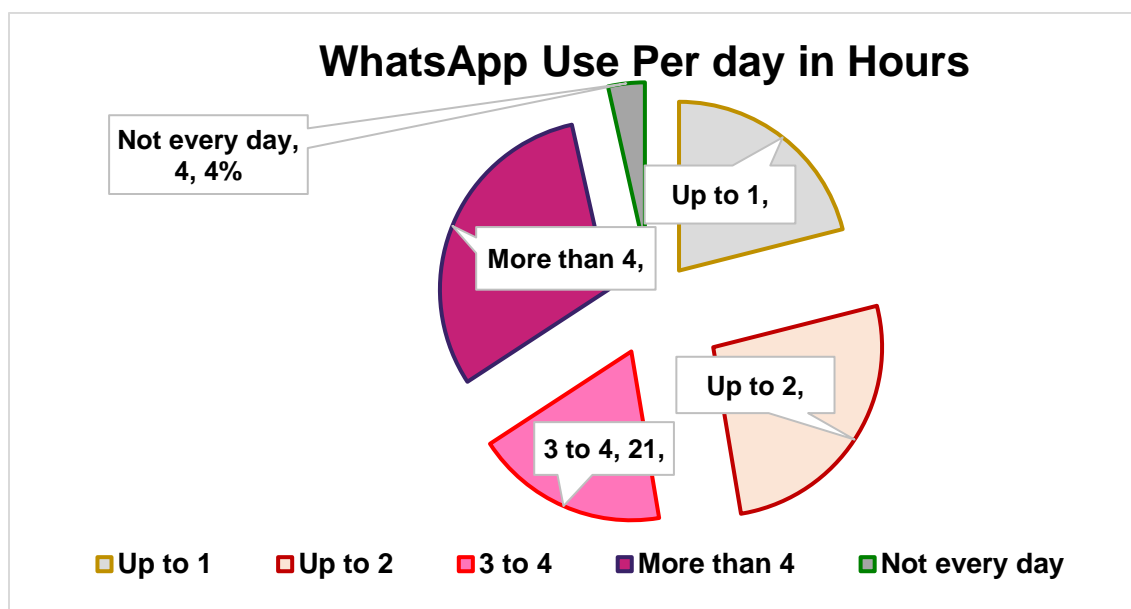
The findings of the survey were discussed in this workshop. Ms. Sheetal Bidkar also commented about the findings of this survey during her comments.

Table No. 1 Data Pack Limit and Time Spent on Facebook (Per Day)

For how much time do you use Facebook? (Per Day in Hours)	What is the data limit for you per day, or per month?						
	Greater than 2 GB per Day	Up to 1 Gb per Day	Up to 2 GB per Day	Up to 30 GB per month	I don't know	Grand Total	% of Grand Total
Up to 1	1	26	7		5	39	34.21
Up to 2		2	1			3	2.63

3 to 4	1	3				4	3.50
Not every day		51	7	1	9	68	59.64
Grand Total	2	82	15	1	14	114	100

For how much time do you use WhatsApp? (Per Day in Hours)	What is the data limit for you per day, or per month?						
	Greater than 2 GB per Day	I don't know	Up to 1 Gb per day	Up to 2 GB per Day	Up to 30 GB per month	Grand Total	% of Grand Total
Up to 1		1	19	4		24	21.05
Up to 2		4	21	5		30	26.31
3 to 4	2	2	13	4		21	18.42
More than 4		6	26	2	1	35	30.70
Not every day		1	3			4	3.50
Grand Total	2	14	82	15	1	114	100



This lecture ended with a very thoughtful prayer which emphasised on the mental health, wellbeing and happiness, that it lies in our own choices and decisions and how we keep our attitudes and behaviour in a rational spirit.

August 29, Fit India Mission Launch

Report of Launch of Fit India Mission

Live telecast of P. M. Mr. Narendra Modiji's inaugural speech was arranged in the college auditorium from 10 am, which went on till 11.30 am.

No. of Students 253

No. of Teaching Faculty	19
No. of Non-Teaching Staff	9
Total Attendees	281

Students were oriented about importance of fitness in life. College has planned to implement programs to promote a fitness-oriented lifestyle among students, staff and community.

NSS Action Plan for Fit India Mission

1.NSS shall provide training to its volunteers in fitness so that we can create awareness in the community at Umroli village near Boisar, District Thane, (NSS adopted village) or in college among other students.

2.NSS community work in Mumbai shall be conducted in an orphanage or old age home, in south Mumbai. These community work shall include fitness exercises and laughter laugh laughter therapy.

3. Monthly training of NSS Volunteers on fitness Training will consist of once a month videos screening of fitness tips videos by celebrities as well as training in physical exercises.

4.Healthy cooking competition in college. NSS volunteers can teach the selected dishes in community.

5.Visits to Natural Environments Maharashtra Nature Park, Trail to Hanging Garden from Babulnath steps, shall be conducted to promote fitness and environmental awareness.

6.Fitness training shall include physical training with very basic exercises as well as knowledge of nutrition and fitness.

Sports Committee Action Plan for Fit India Mission

Sports committee proposes to who conducts following activities during current as well as next semester

1. Indoor sports competitions
- 2.Walk a thon from college to hanging garden wire Babulnath steps. Faster student will get prize

Fund Raising from Faculty and Staff for National Flag Day July 22

Donations for National Flag Day 2018

College collected a sum of rupees 5000 from teaching and non teaching staff and others in order to contribute for “Maharashtra State, Armed Forces Welfare Department, Armed Forces Flag Day 2018 Funds”. Funds were collected on behalf of the AO’s office. Donations were collected from staff and family members of the staff, on a voluntary basis.

Following is the list of contributors, Rs. 100 (Receipt Nos.0042601 to 0042650)

1.Sharmila Shiroadkar	6.Pallavi Bhandodkar	11. Malini Anvekar	15. Hemalata
2.Swati Vaidya	7. Nooruzia Qazi	12. Anita Patil	Masiwal
3.Ashok Sauda	8.Anita Jain	13. Ajitha Gopinath	16. Poonam Singh
4.Poonam Shukla	9.Mahejabeen Momin	14. Kshma	17. Maheshwari
5.Sandeep Kadam	10. Sapna Bhambri	Tamhankar	Murudeshwar

18. Manju Yadav	26. Kavita Patil	36. Janardhan	45. Madhura Vaidya
19. Manisha Chaurasia	27. Kashyap Ganatra	Kharsekar	46. Chitra Vaidya
20. Dhruti Chaurasia	28. Nazneen Shaikh	37. Sunita Mishra	47. Anil Sonawane
21. Suhasini Nikam	29. Sumita Guha	38. Ram Laxhan Pal	48. Neha Singh
22. Kusuma Dabali	30. Shruti Ranade	39. Anju Thakur	49. Pooja Rele
23. Sharmila Sharma	31. Kinjal Jain	40. Jitendra Ahirwar	50. Pooja Kapadne
24. Anita Jacob	32. Beenu Singh	41. Medha Guha	
25. Usha Kiran Tiwari	33. Farheen Makrani	42. Dhairya Ganatra	
	34. Pradeep Gotad	43. Aditi Singh	
	35. Sushant Jain	44. Aditya Singh	

Donations collected have been sent to the concerned department.

Beach Cleaning Activity October 2, 2019

Following is the list of students of B M Ruia Girls' College, Gamdevi Mumbai, who are going to volunteer for the beach cleaning initiative on October 2 2019 by Satya Sai Seva Organization. The activity was hosted by Mumbai Warriors, a social group who has conducted beach cleaning activities in Mumbai, in association with MCGM.

1. Karisna Shetty	19. Ganga upadhayay	38. Laxmi gunti
2. Dimpal Prajapati	20. Harshali Akhade	39. Jyoti mahto
3. Neha Gupta	21. Nayan Jawlekar	40. Preeti kanoujiya
4. Pavan devashi	22. Pooja Sangmiskar	41. Reshma navik
5. Jinal Jain	23. Manali Mejari	42. Silagani Supraja Rajkumar
6. Sana shaikh	24. Ritika samanta	43. Guduri Sushmitha
7. Vinita Rajpurohit	25. Neha kanojiya	44. Aamirah Gopalani
8. Gauri Shelar	26. Laxmi Chavan	45. Ankita bharti
9. Dipti godhakia	27. Sushma shete	46. Sadiya babi
10. Vimla Rajpurohit	28. Falguni mehta	47. Sadiya babi
11. Niyati soni	29. Uzma khan	48. Alaisha Rangeela
12. Priyanka More	30. Shraddha Kudare	49. Aamirah Gopalani
13. Sakshi kadam	31. Manisha Gahalot	50. Gyaneshwari prajapati
14. Sakshi sankpal	32. Riddhi Jain	51. Ankita Tiwari
15. Gyaneshwari prajapati	33. Tina jain	52. Sanjivani bangar
16. Shraddha Poojary	34. Gayatri balai	53. Ankita Tiwari
17. Sejal giri	35. Priya Ray	54. Rathod
18. mamta mali	36. Pooja mahato	
	37. Dimple gupta	



55. Varsha Jangir

56. Akansha Rane

Link for photos and videos of the Chimbai Beach cleaning activity of NSS B M Ruia Girls' College Gamdevi Mumbai

<https://photos.app.goo.gl/1dNQRJ0BdYTVZ9Yb8>

POPULATION FIRST EVENT THE INTERNATIONAL DAY FOR A GIRL CHILD

Venue for the event: State Bank of India Bhavan Auditorium, Nariman Point

Date: 19 October 2019

Time: 3:00 pm to 6:30pm

Since the year 2012, every year 11th October is observed as International Day of the Girl Child (IDGC). So, this year Population First celebrated the IDGC in collaboration with SBI FOUNDATION on Saturday 19th October 2019, by arranging two interesting Panel Discussions.

Panel Discussion with girls students: Education Health, Empowerment of Girls

In this discussion girls were asked questions and were discussed the solutions and problems. This discussion gave a chance to the girls to voice their opinion and share their thoughts with the audience.

PANEL DISCUSSION WITH WOMEN LEADERS Intersectionality between Quality Education, Health and Social Development

This Theme explains that educating and empowering girls, solve a multitude of problems. It gives access to quality education enables a girl to have more agency, to make an informed choice and how this choice lead to financial independence, better health, sexual violence against women, etc.

Students from different colleges of Mumbai along with few school girls participated in this panel discussion. . Members of SBI Foundation also there for the event.

While we were entering there were some charts for the participants to draw or write something related to **WOMEN EMPOWERMENT AND RESPECT**. Girls from different college and school also wrote some slogans on the charts.

There was a video clip for everyone to watch, which showed a pregnant woman whose in-laws were forcing her to abort the child. Suneeta Rao who performed the lead role in the video, was present during this event. She even performed a song. She invited us to dance with her and other performers on the stage. This was really enjoyable.

Participants came to know about treatment of violence and inequality to which young girls are subjected to even in today's world. During the event speakers spoke about menstruation cycle and the kind of care and hygiene required to be taken for a healthy body. Also, Speakers also told about some abortion operations regarding rapes and wrong family planning.



Speakers, during their interactions with students in the audience asked about their career planning and educational planning and gave them some important tips on how to focus and why to focus on their education. Speakers insisted that having proper education they will come to know about their rights and responsibilities. They will know where they have to take a stand and where to raise their voice.

Event came to an end with a vote of thanks by Dr. Shiny Varghese Population First.

List of students attended October 19 Population First event on women's safety

- | | |
|--------------------------------|--------------------------------|
| 1. Mansi Medhekar SYBCOM | 10. Tejal Jadhav SYBCOM |
| 2. Sonu Mewada SYBCOM | 11. Snusha Gajakosh SYBCOM |
| 3. Gupta SYBCOM | 12. Amruta .G. Kavalkar SYBCOM |
| 4. Surka dhandhu FYBCOM | 13. Shital gaikwadSYBCOM |
| 5. Janvi Gupta SYBCOM | 14. Qureshi yasmin SYBCOM |
| 6. Chandra Mandal SYBCOM | 15. Patrisha GuptaFYBMS |
| 7. Sujata kori SYBCOM | 16. Razina Thakur FYBMS |
| 8. Sneha sharma SYBCOM | 17. Razina Thakur FYBMS |
| 9. Patil mayuri shivaji SYBCOM | |

Constitution Day November 26

Link for 70th Constitution Day of India Celebration at B M Ruia Girls' College, Gamdevi, Mumbai 400 007

<https://photos.app.goo.gl/zTtb25SLfWs7owUN8>

Total 128 members including students teachers and non teaching staff participated in the celebration.

Documentary Film Screening for ESBS November 30

All the HEIs in Maharashtra have been assigned the state of Odisha for creating awareness among the citizens of Maharashtra, to begin with our students.

Hence NSS Unit shall have to conduct few activities of awareness raising about Odisha, the culture, tourism, Handicrafts, Textiles, economy, society.

Activity 1 Screening of Documentaries on Odisha November 30, 2019

Introduction to Ek Bharat Shreshtha Bharat Abhiyaan Need for implementation of the Ek Bharat Shreshtha Bharat Abhiyaan was described NSS PO by Ms. Swati Vaidya. Students were oriented with the idea of learning and understanding the culture, socio-economic characteristics of the state of Odisha.

Documentary 1.



Duration 6.31 Mins. Orissa Culture, Documentary by Subrat Lahipati
<https://youtu.be/v9vqwfpci44> Documentary

Documentary 2.

Duration 21.13 Mins. Chilika Jewel of Odisha

<https://youtube.com/watch?v=N7WWGfIpP4c>

After screening the documentaries faculty brought out few distinctive characteristics of Odisha and few similarities between the state of Maharashtra and Odisha were brought to the attention of the students.

These are enlisted as follows:

Similarities between Maharashtra and Odisha

1. Paddy or rice is a very important part of the agricultural output produced by both the states.
2. Odisha and Maharashtra have been bestowed with a shared ecological diversity of the Mangroves forest.
3. Visit of the migratory birds, Flamingos is common between the coast of Odisha as well as the Chilika lakes regions of Odisha and the Mumbai, Thane and Raigad coastal regions of Maharashtra.
4. In spite Maharashtra being a relatively developed state than Odisha, both the states share the presence of the big four varieties of mosquitos which cause Malaria, Fileria and Encephalitis fevers.

Unique characteristics of the state of Odisha

1. Pipli handicrafts, the Odisha version of applique work with it's typical design for wall-hangings, handbags, and other household items.
 2. Cane furniture
 3. The architecture Marvel of the Sun Temples of Konark, Dist. Puri
 4. Distinction of Bhubaneshwar, the state capital of Odisha being the Temple City of India.
- After the discussion program was concluded with a note to arrange few more activities during next 3-4 months.

Photos here <https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:02f2c659-d4f0-41c9-bdfc-3dbc9fe00681>



Blood Sugar Check-up camp, in association with Rotary Club of Bombay Queen City, December 4, 5, 6, 2019 "Project Positive Health Camp"

Venue: Ground Floor, B M Ruia Girls' College Gamdevi

Date: December 4, 5, 6, 2019

Timing : 8.30 am to 3.30 pm

This blood sugar check-up camp is open for all students, their parents, teaching, non-teaching staff. Random blood sugar test shall be performed by technicians for every participant. Anyone who's random sugar level is greater than or equal to 160 in the preliminary report, their blood samples will be taken to perform the Hb1c Test to monitor sugar levels during past 60 days.

If the Hb1c test is performed, such a person shall get the report via a link sent through SMS to the mobile number mentioned in the registration form.

Inauguration of Blood Sugar Check up Camp in Association with the Rotary Club of Bombay Queen City. Inaugurated by Rotarian and President Mr. Girish Agarwal.

Details of number of persons checked, included college students and their parents / family members, staff, members of community around college and regular visitors in college such as post office staff

Day 1 272 persons

Day 2 218 persons

Day 3 118 persons

Total 608 persons benefitted from the blood sugar check-up camp.

4 persons were found to be diabetic, (3 women and 1 male). The 3 women were knowing that they are diabetic. The male member (24 years) discovered today that he has high sugar. His sugar was 224. He is one of the choreographers of Ras Phuhar, appointed for the annual day event of the college. We did not find any student with high or low blood pressure nor may of the students were found to have low or high blood sugar.

Among 3 women for whom blood sample have been collected for Hb1c and TSH test, 2 are teaching staff and one is from college canteen.

Link for the album of the event with all photos

<https://photos.app.goo.gl/bf8JaKcBCGDzQ9LU8>



Eye Check-up Camp November 13, 2019, In Association with Rotary club of Bombay Mid City

Venue : B M Ruia Girls' College

From 9 am to 3 pm

You can bring your parents for a regular eye check-up in college on November 13. This is a free of charge Eye Check-up camp for all of us in the B M Ruia Girls College family.

Final count of today's Eye Check-up Camp in association with the Rotary club of Mumbai Mid City is 272 persons.

Team of professionals, Dr Karishma Shah (Ophthalmologist), Ms. Aradhana Divate

Optometrist, and Mr. Vaidyanath (assistant) conducted the Eye Check-up Camp in association with the Rotary club of Bombay Mid City.

This team was from Vision Foundation of India's

Bombay city Eye institute and Research Centre, 5 Babulnath Road Mumbai 400007

Cloth bag making workshop December 4-5 Ms. Kshma Tamhankar

Ms. Kshma Tamhankar conducted a workshop on making of cloths bags. This was conducted to encourage environment friendly behaviour among students. Students learnt to make bags made from cloths. Students were given a material and they were asked to stitch the bag at home and bring it to college. Collection of 125 bags was made, to be used by college in community donation to encourage environmentally friendly behaviour.

December 23, Workshop on Financial Literacy

Resource person conducted a lecture on financial literacy. He introduced students a set of opportunities for them as insurance advisors, mutual fund advisors. Students were oriented about basics of sound decision making towards savings and investment behaviours, which goes a long way in building personal wealth and assets.



December 23, ESBS Activity Diversity of culture of, discussion with students led by NSS POs
Documentary on Food Security in Odisha by Nilamadhab Panda””*

Students watched this documentary and learnt about the cultivation of rice culture and about life of the agriculture community in Odisha. It was a learning experience for students who did not know much about Odisha's economic activities and socio-economic conditions of the ordinary people living in Odisha. Students have learnt to understand and compare the socio-economic conditions and state of farmers in Odisha as compared to Maharashtra. These points were discussed by students, guided by NSS POs after watching this documentary.

ESBS ACTIVITY Visit by Team ESBS from Odisha's Sambalpur University January 15

Professor Dr Tripathi

Schedule of Visit by Students and Faculty from Odisha January 15, 2020

Timing	Particulars
7.15 am -7.20 am	Pick up by B M Ruia Girls' College NSS volunteers and NSS PO from Patkar Hall building main gate of SNDT Women's University's Churchgate campus
7.30 am	Arrival of Team in B. M. Ruia Girls' College.
7.30 am to 8.00 am	Breakfast, Tea in College Auditorium
8.00 am to 9.00 am	Cultural Program <ol style="list-style-type: none"> 1. Welcome 2. Playing NSS song, SNDT song and B M Ruia college prayer song on music system 3. Performance of Rakhumai group dance by students of B M Ruia Girls' College 4. Speeches / presentation by 4 students on "Cultural, Geographic and Historical similarities between Maharashtra and Odisha" <ul style="list-style-type: none"> • Impressions about Odisha and Maharashtra by Lucia Chhatrri (TYBA Sociology) • Pavan (FYBCom) Natural Heritage and biodiversity of Mangroves Forest • Gauri Shelar (FYBCom) - Heritage of Buddhist caves, monasteries -Ajanta in Maharashtra and Ratnagiri, Lalitgiri, Udaygiri Buddhist caves in Odisha • Supraja Silgani (FYBCom) - Remarkable Temple Architecture 5. Presentation / speech by Faculty and / or Students from Odisha. <p>After cultural program team shall take a round in college to interact with students and faculty.</p>



9.00 am to 10.30 am	Short Trail to Hanging Garden, August Kranti Maidan
10.30 am to 11.15 am	Visit to Mani Bhavan
11.30 am to 11.45 am	Departure of the team in a bus towards their scheduled visit of the rest of the day. 2 students of B.M. Ruia Girls' College shall be accompanying them in the bus till afternoon along with 2 students of SNTD Churchgate, NSS and staff from NSS Cell of the University

Natural Heritage and biodiversity of Mangroves Forest - Pavan (FYBCom)

Mangrove Cover in Maharashtra and Odisha, India (Area in sq km)

Region	Rank in India	Very Dense Mangrove Forest	Moderately Dense Mangrove Forest	Open Mangroves	Total
Maharashtra	5	0	88	216	304
Odisha	6	82	94	67	243
Entire India		1481	1480	1960	4921

Source India State of Forest Report, 2017 Govt. of India, <http://fsi.nic.in/isfr2017/isfr-mangrove-cover-2017.pdf> Pp 59-61.

Students presented cultural program, PPT about similarities and differences in the two states of Odisha and Maharashtra. Student visitors of Sambalpur university presented a fabulous cultural program guided by their faculty. It was interesting to note that the language of music, expressions and the energetic performances of the students were able to communicate the exact mood and message of the songs or speeches, regardless of the fact that only one student from the audience of B m Ruia Girls College knew Odissi language. She too spoke of her experiences of Odisha and her current state of residence, Maharashtra.

Meeting of Pulse Polio Immunization with M municipal corporation of greater Mumbai December 19, 2019

Training was conducted at grant Road East health post RS Nimkar Marg health post grant Road East on December 19 20 20 from 8 a.m. to 5:00 p.m.



Students of FY, SY BA , Bcom attended this training in which they were informed about the need and execution of community awareness and administering the doses of polio vaccines among children. Students were trained by the MCGM staff.

Karma Eye Check Up Camp January 5, 2020 8.00 am to 3.00 pm

B M Ruia Girl's College NSS cell organised a regular Jan 5 2020 activity in association with . Mumbai based NGO Karma at Dr B. R. Ambedkar Municipal School, near building No. 109, B.D.D. Chawl, Worli, Mumbai 400018.

The Community Eye Check Camp was conducted by the NGO Karma and 74 NSS volunteers helped in arrangement and smooth conduct of the camp. Students reported to the venue at 8.00 am. Upon breakfast (courtesy from NGO Karma) students were divided in the groups to assist the participants visiting the Free eye check-up camp.

Students learnt organisation of an activity at such a scale. Hands-on experience of community work.

Students got the experience the maintenance of registers of the visitors.

Students guided the visitors to go to the eye check-up camp rooms as per the arrangements made by organisers.

Students gained confidence by interacting with community by guiding unknown members of the community,

Students helped organising and smooth conduct of this event on behalf of the organising NGO Karma.

Students left after a sumptuous lunch provided by the organizers.

List of NSS Volunteers of B m Ruia Girls College in Karma Eye Check up Camp on January 5, 2020

1. Bhomit	FBMS	2. Anjali keari	SYBCOM
3. Laxmi Chavan	FBMS	4. Ashwini Gupta	SYBCOM
5. Masroora Jaffer	FBMS	6. Ashwini Gupta	SYBCOM
7. Mitali Naik	FBMS	8. Chandra Mandal	SYBCOM
9. Patrisha Gupta	FBMS	10. Kshitija Tirlotkar	SYBCOM
11. Razina Thakur	FBMS	12. Pooja Mali	SYBCOM
13. Sakshi Gupta	FBMS	14. Pooja Mali	SYBCOM
15. Saloni bafna	FBMS	16. Prachiti sakpal	SYBCOM
17. Sana khan	FBMS	18. Prajakta Patare	SYBCOM
19. Sehair lakdawala	FBMS	20. Rinku Ambekar	SYBCOM



21. Divya mali	FYBA	22. Rusha Parmar	SYBCOM
23. Janvee pal	FYBA	24. Rutuja kaldoke	SYBCOM
25. Kavita suthar	FYBA	26. Saakshi Jain	SYBCOM
27. Kavita suthar	FYBA	28. Shalu vaishya	SYBCOM
29. Vidhya singh	FYBA	30. Shreya kesarwani	SYBCOM
31. Vidhya singh	FYBA	32. Shweta Gupta	SYBCOM
33. Guduri Sushmitha Srinivas	FYBCOM	34. Shweta Pawar	SYBCOM
35. Silagani Supraja Rajkumar	FYBCOM	36. Shweta Powar	SYBCOM
37. Aditi Singh	FYJC	38. Snusha Gajakosh	SYBCOM
39. Akanksha Karande	FYJC	40. Sujata kori	SYBCOM
41. Megha patel	FYJC	42. Sushmita kalambate	SYBCOM
43. Madhu choudhayr	SYBA	44. Tejal Jadhav	SYBCOM
45. AMRUTA.G. KAVALKAR	SYBCOM	46. Vrushali Gurav	SYBCOM

Road Safety Campaign Program January 11 to 17

The B. M. Ruia Girls' College, hereby express its intent to support Ministry of Road Transport and Highways by undertaking road safety activities in and around the campus during National Road Safety Week 2020 (11 January - 17 January). The institution believes that road safety is the need of the hour and will provide full support from the institution's leadership with regard to propagating the message of road safety. The institute will make a team of students for undertaking road safety activities under the leadership of Faculty Coordinator round the year.

As a part of this campaign, students were alerted of road safety behavior in a city like Mumbai. Although there was a plan to conduct a community campaign for road safety, that was not done due to other activities in college.

Pulse polio immunization programme January 18 20 20

Pulse polio immunization programme was conducted in association with MCGM D Ward, at grant Road East health post RS Nimkar Marg health post grant Road East on January 19, from 8 a.m. to 5:00 p.m. 15 Students participated as volunteers.

B.M.D. check up camp from 9.30am to 12 pm in association with Rotary Club of Bombay Mid City. 22nd January 2020.

Bone Muscle Density of students was checked free of cost. 75 students, age greater than 18, were tested. Along with these students, other students were informed about the importance of having



good bones and muscle proportion in the body. Students learned that it is necessary to prevent degenerative diseases like osteoporosis in the long run. Students were guided about keeping a diet rich with vitamins, minerals, specially Vitamin D and Calcium to avoid osteoporosis.

Later in the day students participated in a self-development workshop.

Self-Development workshop for students 12 pm to 2 pm in association with Rotary Club of Bombay Mid City. 22nd January 2020

Interactive Lecture on Polycystic Ovaries Syndrome

Dr. Laila Dave – A gynaecologist, Dr. Laila Dave, discussed with students about the symptoms of polycystic ovarian syndrome (PCOS). She informed the students to keep an eye on these symptoms for themselves and their women family members. Students learnt that, case of symptoms, it is advisable to consult a medical professional so that further problems of PCOS can be prevented.

Interactive Lecture on Women and Finance

Mr. AG Hemang Jangla spoke to students about importance of financial literacy to women. He discussed of risk analysis and decision making about financial investments on the basis of personal financial risk analysis as well as goal setting for the return on investments.

Interactive Lecture on Legal Awareness

Advocate Ms. Ujjwala Karandekar, emphasised on legislation for women in India. She discussed about the available personal law, property rights and legislation about women's safety in India. She mentioned about the Prevention of Sexual Harassment Act. Adv. Ujjwala also brought to the notice of the audience various difficulties faced by women victims in asserting about their rights. She also mentioned the mal-practices in implementation of legislation for women's rights, in a objective manner.

Interactive Lecture on Self- Defence Awareness

Madam Smita Dave guided students about Self Defence. She emphasised on a need to bring out in our attitude that as women we are responsible and have to learn to be capable of our own defence. She urged the students to have the right attitude towards self-image, self-confidence and assertiveness. Her interactive gave students a practical understanding of assertiveness and management of the situation of a possible unsafe situation.

Swachch Bharat Sarvekshan 2020 awareness campaign January 31, 2020

This activity was conducted in association with Mumbai Municipal Corporation

Mrs. Ratan Chauhan and Mr. Rupesh Gohil made a presentation to a group of 58 students of FYBCOM, FY& SYBA.

Resource persons informed students that, Ministry of Health, Government of India has launched an Android phone based, app '**Swachata Mahua**' for the citizens who can use this app to take a survey about the status of cleanliness in their cities. This app is useful on a daily basis as one can click a photo of any garbage unattended, geo-tag the photo and send through the app.



Concerned local authorities in the municipality shall be alerted and will be able to take action.

Most students have downloaded the app during this presentation and few have expressed they would use it when required. Students agreed to use this app regularly, and they would spread the knowledge about this app in community. Students were informed that while using the app they have to be careful and formal and must properly logout and quit after each time they use the app. Students were informed about the mobile app safety behaviour to be adopted while using any app which tracks location and is allowed to click photos.

Participation in Leadership training camp at Saphale on Feb 6-8, 2020, NSS Cell, SNDT Women's University and Maniben Nanawati Women's College, Parle

Two students attended the camp successfully

Anjali Kesari SYBCOM

Shreya Kesarwani SYBCOM



मातृभाषादिवस-मराठी भाषा दिवस फेब्रुवारी २७, २०२०

कार्यक्रम पत्रिका

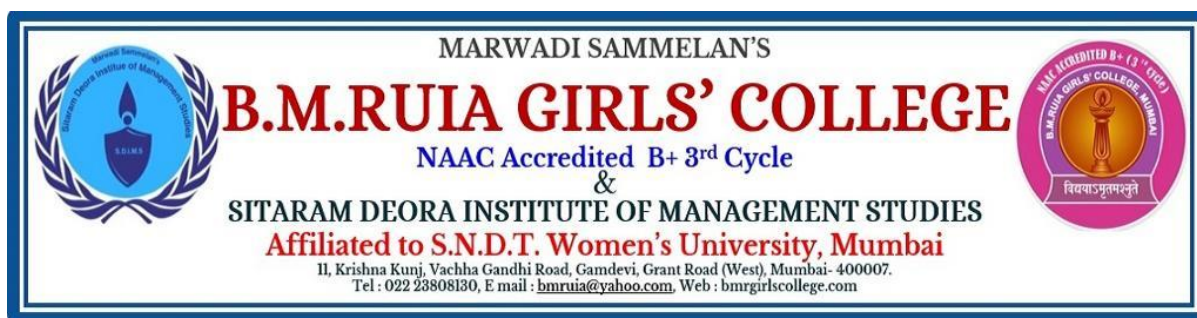
कार्यक्रम स्थळ व वेळ - श्री. रामप्रसाद पोदार सभागृह, सकाळी ११.३० ते १.००

कार्यक्रम	कालावधी
महाविद्यालय व विश्वविद्यालयीन प्रार्थना व राष्ट्रगीत	७ मि.
भारतीय राज्यघटनेतील प्रतिज्ञेचे बहुभाषीय वाचन श्रीमती श्रुती रानडे - मराठी, मल्यालम्, गढ़वाली	१० मि.
अमराठी भाषीय सहकार्यांचे मराठी अथवा मातृभाषेमध्ये मनोगत /सादरीकरण १. श्रीमती सुमिता गुहा - बंगाली भाषेत सादरीकरण २. डॉ. श्री. कश्यप गणात्रा - गुजराती भाषेत सादरीकरण ३. डॉ. श्रीमती हेमलता मासीवाल - गढ़वाली भाषेत सादरीकरण ४. श्रीमती कुसुमा दबाली - कन्नड भाषेत सादरीकरण ५. श्रीमती अजिता गोपिनाथ - मल्यालम् भाषेत सादरीकरण ६. श्रीमती महेश्वरी मुर्देश्वर - तेलगू, मराठी भाषेत सादरीकरण ७. श्री. जनार्दन खर्सेकर - मराठी भाषेत सादरीकरण ८. श्री. - प्रदीप गोताड सामाजिक कार्याचे अनुभव कथन ९. श्रीमती अंकीता कुळये - एकपात्री प्रयोग	प्रत्येकी ३ ते ४ मि.
प्राचार्या डॉ. श्रीमती संतोष कौल काक यांचे बहुभाषिक अध्यक्षीय भाषण (हिंदी, मराठी, गुजराती, काश्मीरी)	१२ मि.
मिले सुर मेरा तुम्हारा या गाण्याच्या चलचित्राचे प्रदर्शन	७ मि.
आभार प्रदर्शन - श्रीमती सुहासिनी निकम	३ मि.

कार्यक्रम आखणी - श्रीमती श्रुती रानडे व श्रीमती स्वाती वैद्य

कार्यक्रम सूत्रसंचालन - श्रीमती सुहासिनी निकम

This program was attended by all faculty members and students of FYBA, BCom, TYBA too participated in this multilingual program, celebrating the diversity and rich heritage of languages in India.



N.C.C.

REPORT

2019-2020

- Orientation programme - N.C.C. Orientation programme was organized for F.Y.B.A., F.Y.B.Com and F.Y. B.M.S. students on 21ST July 2019 at 11.30 A.M. Online on Google meet platform. The orientation was done by college Dr Beenu Singh and Dr Kashyap Ganatra members and NCC Cadet Snusha and Cadets of SNDT Women's University. 26 students of B A,B Com and BCA attended the program.

Cadets-

1- Gudia Ramnivas

2-Divya Salunke

3-Neha Ambika Yadev

4-Priya Yadev

- All N.C.C. Cadets attended Independence Day celebration programme at S.N.D.T. University Churchgate Mumbai on 15th August 2019. All N.C.C. Cadets participated in parade.
- All N.C.C. Cadets was participated in Beach cleaning Abhiyan at Juhu Beach Mumbai .
- All NCC Cadets participated in water conservation ,pulse polio,,skit on Swachchha Bharat Abhiyan,Trekking ,Rappellingat Irshalgadh.
- All NCC Cadets participated in Marathon on 3rd September 2019 at Bandra fort (bhumi run).
- All N.C.C. Cadets participated for NCC Parade practice session at Churchgate Campus on 10th September 2019, for republic day parade selection.

- 17th September 2019, all NCC Cadets participated for warm-up practice and lectures on B Certificate and C Certificate exams and its future perspective.
- All NCC Cadets participated in quiz competition on Gandhi Jayanti on 2nd October 2019.
- All NCC Cadets participated in Vasudaiva Kutumbhakam program.
- All NCC Cadets participated in blood donation camp and social awareness campaign against drugs.
- 29th October 2019, NCC cadets attended the programme and participated for republic day parade practice session .
- All NCC Cadets participated in AIDS Awareness program and rally on 3rd Dec 2019.
- All N.C.C. Cadets attended Republic Day celebration programme at S.N.D.T. University Churchgate Mumbai on 26th January 2020. All N.C.C. Cadets participated in parade.
- 7th February 2020, NCC Day program was organized by SNDT University at Azad Maidan Churchgate.
- 11TH February 2020, NCC B Certificate exams was conducted and all students appeared for the exam at S.P.N.Doshi College Ghatkoper.
- All NCC Cadets participated in Quiz on Bhagat Singh.
- All NCC Cadets participated in pledge on COVID-19.



