

NSS REGULAR ACTIVITIES REPORT 2020-2021

- **Five days International Yoga Day Programme**

B. M. Ruia Girls' College and Sitaram Deora Institute of Management Studies Mumbai, affiliated to S.N.D.T. Women's University Mumbai celebrated International Yoga Day 2020. The five day long programme started on 17th June 2020 and ended on 21st June 2020.

Students, Aluminise, Parents, Academicians and Community members participated in the event conducted over the period of 5 days. Details, day wise, have been given below :

Day 1, 17th June 2020 :

The NSS Unit of the college conducted a survey and a competitive quiz on 'Health and Yoga awareness'. This survey was conducted to understand the awareness of Yoga among people living in the Mumbai Metropolitan Region (MMR) during the lockdown period (June 17 - June 20, 2020). 161 volunteers participated in the survey.

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level "Yoga Awareness" quiz. More than thousand participants participated in the quiz from various regions of the country.

Day 2, 18th June 2020 –

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level Webinar on “Supercharge Your Life” by Lifestyle Success coach Ms. Natasha Advani from 4:00 – 5:00 pm on Zoom and Youtube.

Day 3, 19th June 2020-

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level Intercollegiate “Surya Namaskar Competition”.

Day 4, 20th June 2020-

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level webinar on “Fitness for all” by Fitness expert Mr. Hemant Rathod from 5:00 – 6:00 pm on Zoom and Youtube.

Day 5, 21st June 2020 –

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level Webinar on “Building up Strength and Immunity through Yoga To fight with COVID-19” by Yoga expert Shri Sukhdev Shastri from 10:00 am– 12:00 noon on Zoom and YouTube.

- Organised a Webinar on “Community Health Challenges of Hepatitis B and C”

on the occasion of World Hepatitis Day by NSS Cell of B.M. Ruia Girls’ College, Mumbai in collaboration with United Way Mumbai.

Date - 28th July, 2020.

Online Platform – Microsoft Team

Participants –

Participants PO’s – 02

- Total number of 126 Students, Teaching and Non – Teaching staff took pledge for COVID Appropriate Behaviour On October 8, 2020.

- Organised an online NSS Orientation for F. Y. and S.Y. B A., B. Com. , B.M.S. by NSS Cell of B.M. Ruia Girls' College, Mumbai.

Date – October 13, 2020

Time – 4.30 pm to 6 pm

Online Platform - Microsoft Team

Participants –

Participants PO's - 02

- Celebrated “Vachan Prerna Divas”, by NSS Cell of B.M. Ruia Girls' College, Mumbai. The program started with a College Prayer, NSS Song and SNDT song. A brief description of Vachan Prerna Divas was given by NSS PO Dr. Usha Kiran Tiwari. Many Teaching and Non teaching faculty presented poems/ quotations/short paragraphs/ reviews of books for about 2-4 minutes in Marathi/ Hindi/ English. Address was given by Principal Dr. Santosh Kaul Kak. The whole program was anchored by NSS PO Ms. Swati Vaidya. Meeting concluded with a few slides played with photographs of former president Dr. APJ Abdul Kalam and Rashtra Geet at the end.

Date – October 15, 2020

Time – 12 noon to 1.30 pm.

Online Platform – Google Meet

Participants – 100

Participant PO's - 03

- Organised an Webinar on “Hepatitis Awareness” by NSS Cell of B.M. Ruia Girls' College, Mumbai.

Date – October 16, 2020

Time – 4.00 to 5.55 pm.

Online Platform – Microsoft Team

Resource Person – Janet Joseph, United Way Mumbai

Participants –

Participants PO's – 02

- 26th October 2020 – NSS Unit of the college post various links, study material on Polio for NSS Volunteers on WhatsApp groups, which motivates them to read material or

watch videos to gain knowledge. On 26th October 2020, the NSS unit made a quiz on Polio Awareness and sent it to volunteers to make them aware about Polio.

- Organised “National Unity Day” by NSS Cell of B.M. Ruia Girls’ College, Mumbai on
Date – October 31, 2020
Time – 4 pm – 5 pm.
Online Platform – Google Meet
Participants – 67
Participant PO’s - 03
- Organised “Organisational Oath of Integrity” during Vigilance week, October 27-
November 2, 2020 by NSS Cell of B.M. Ruia Girls’ College, Mumbai.
Date – November 2, 2020.
Time – 12 – 12.45 pm
Online Platform – Google Meet
Participants – 130
Participant PO’s - 03
- Organised “Making an Online Social Media Campaign: Training in Video Posts and
Hashtags” by NSS Cell of B.M. Ruia Girls’ College, Mumbai
Date – November 6, 2020
Time – 6.30 pm – 8 pm
Resource Persons : NSS POs
Online Platform – Google Meet
Participants –
Participants PO’s – 02
- 7th – 15th November 2020- NSS Volunteers and POs made slogans and videos about the
“ No Crackers Campaign” and posted them on various social media platforms like
Instagram, Facebook, Whatsapp, Twitter etc.
- Organised “Constitution Day ” by NSS Cell of B.M. Ruia Girls’ College, Mumbai on
Date – November 26, 2020

Time – 10.30- 11.15 am
Online Platform – Google Meet
Participants – 135
Participants PO's - 02

- “Minority Rights Day” organised by NSS Cell & Minorities committee of B.M. Ruia Girls’ College, Mumbai.

Date – December 19, 2020
Time – 8.30 am onwards
Online Platform – Microsoft Team
Participants – 100
Participants PO's – 02

- “National Youth Day” was celebrated by the NSS Cell of the college.

Date –January 12, 2021
Time – 11.45 am to 12.30 pm
Online Platform – Microsoft Team, YouTube
<https://youtu.be/0Pr9pCqxW44>
Participants – 50
Participants PO's – 02

- Organised a Webinar on “Awareness on Menstrual Health and Taboos” by NSS Cell of B.M. Ruia Girls’ College, Mumbai in association with SNDT Women’s University Mumbai and Global Hunt.

Date –January 27, 2021
Time – 4 pm – 5 pm.
Resource Person -Mrs. Nitya Chaudhary, CSR Executive, Unicharm India
Online Platform – Microsoft Team
Participants –
Participants PO's - 02

- Organised a Webinar on “Cyber security event Responsible Netism” by NSS Cell of B.M. Ruia Girls’ College, Mumbai

Date –February 8, 2021,

Time – 11 am – 12:30 pm.

Online Platform – Microsoft Team

Participants – 170


Participants PO's – 02

- B. M. Ruia Girls' College and Sitaram Deora Institute of Management studies Gamdevi Mumbai organised a National Webinar on “ Role of Extension Activities and Sports” on 17th May 2021 at 11.30 am onwards. The Resource person was Dr. Atul H. Salunke, Principal, KES Dr. C.D. Deshmukh Commerce and Science, K. G. Tamhane Arts College, Roha Raigad, SLO and OSD, Government of Maharashtra and Dr. Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala.





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B. M. Ruia Girls' College

NSS Cell 2020-2021





Minorities Rights Day

December 18, 2020

Online event on December 19, November 8.30 am

Swati Vaidya

+81

SP

SM

KP

NQ

SS

SV

Nooruzia Qazi (Guest)

Sharmila Sharma

Swati Vaidya

Participants


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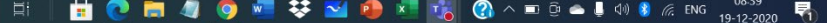
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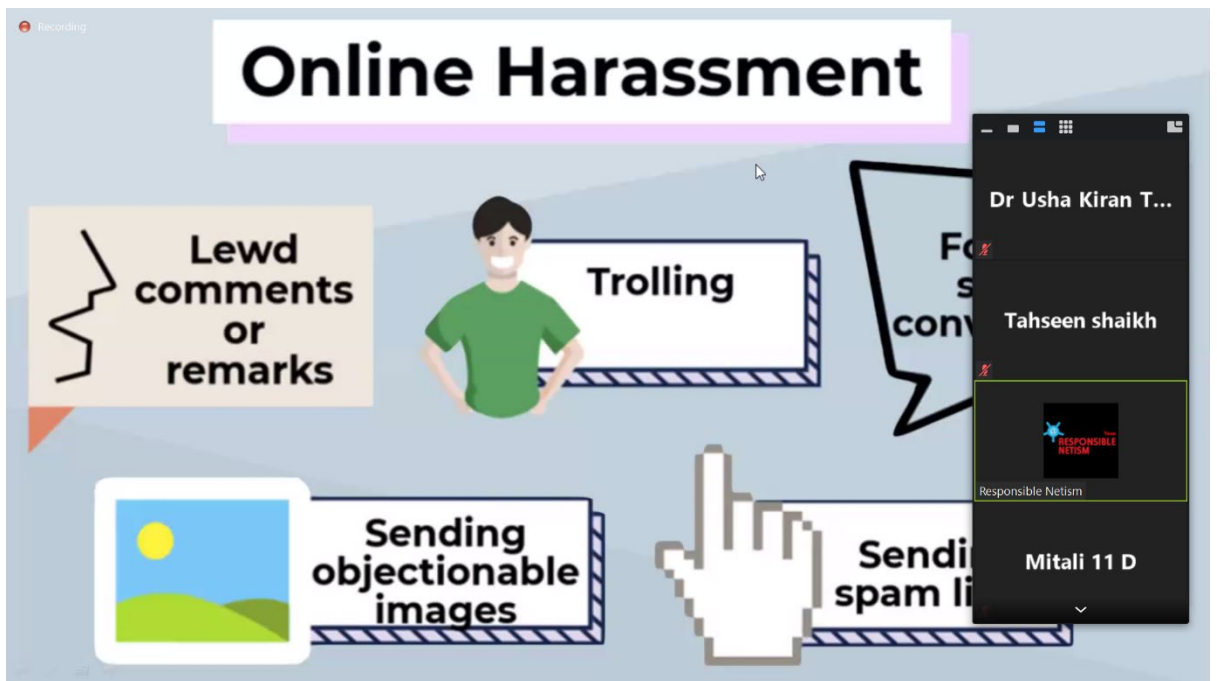
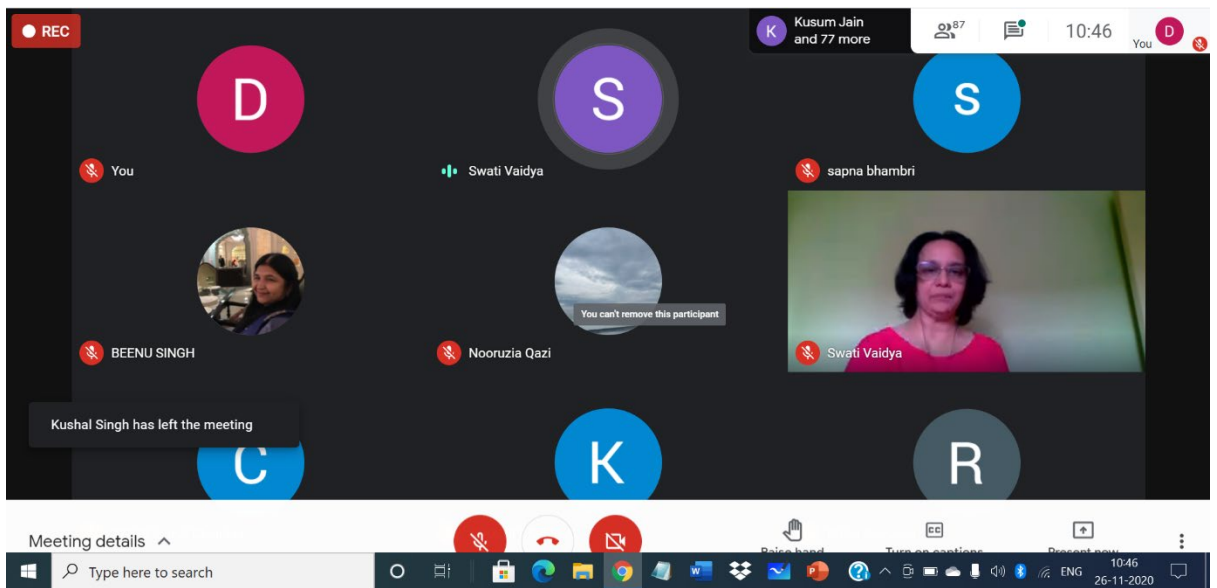
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- Trolling
- Forceful sexual conversation
- Sending objectionable images
- Sending spam links

Dr Usha Kiran T...

Tahseen shaikh

Responsible Netism

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Janet Joseph-United Way Mumbai (Guest)

Swati Vaidya

sonu (Guest)

Ayesha memon

Nandini padma

Nuteeka

prachi Singh

Rajshree Ram

Kruthika Ankam

PS

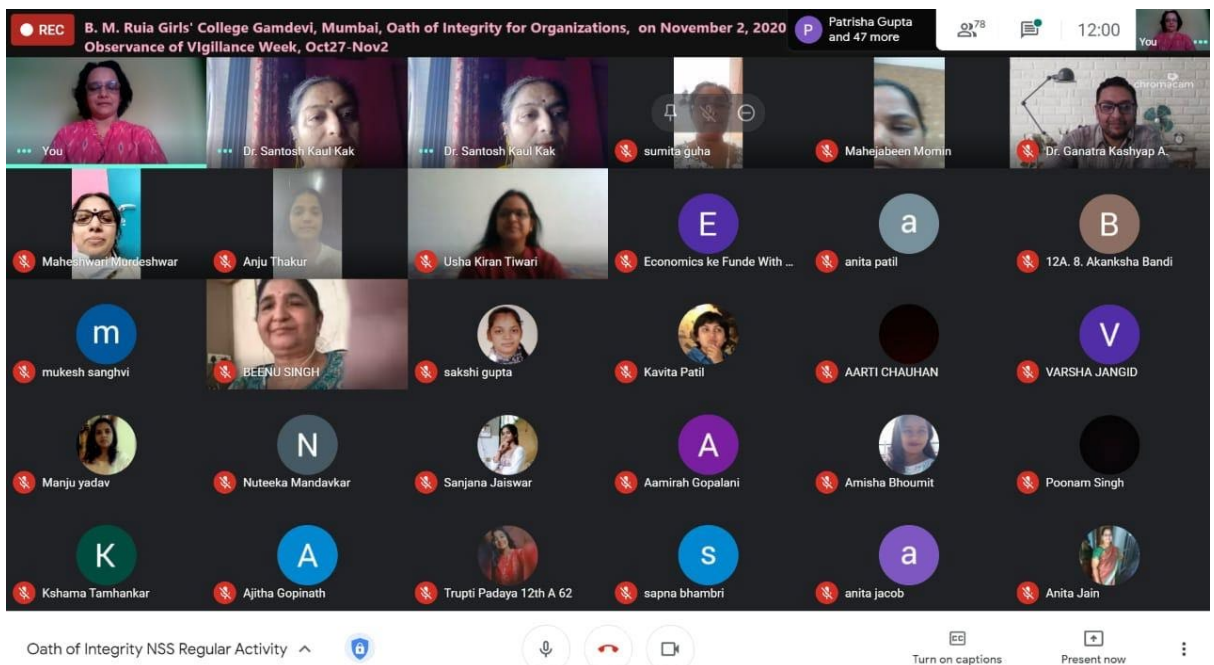
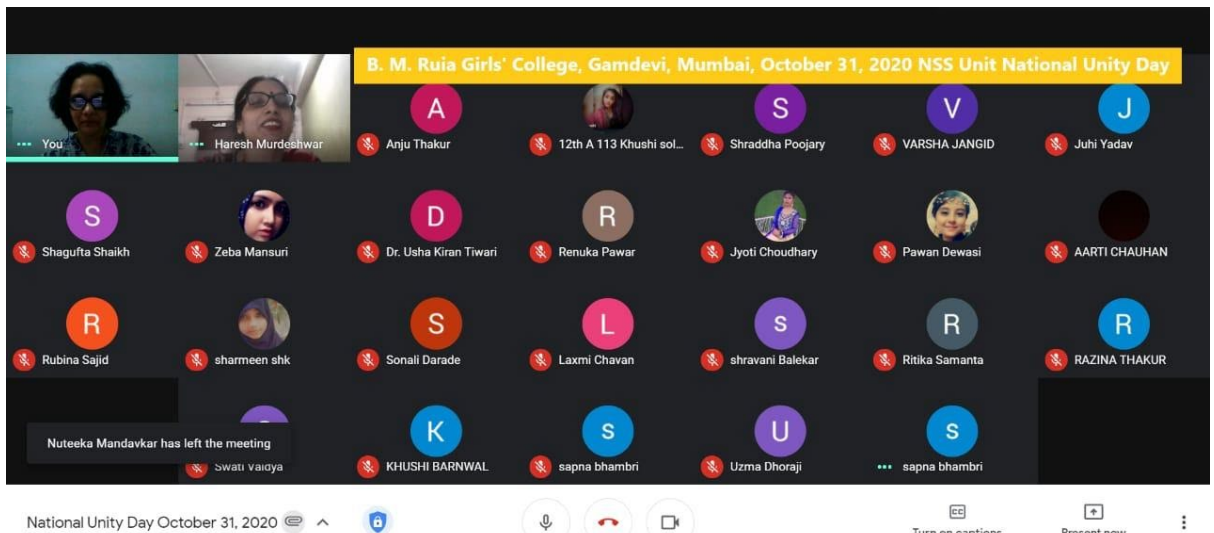
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सत्यमेव जयते



CENTRAL VIGILANCE COMMISSION

Certificate of Commitment

This is to certify that

Dr USHA KIRAN TIWARI

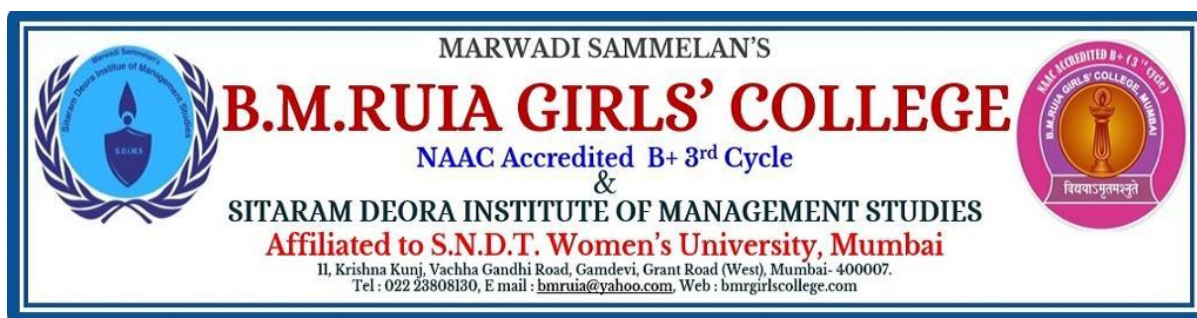
has adopted the Integrity Pledge and is committed to uphold highest standards of honesty & integrity and to follow probity and rule of law in all walks of life



4962249862

P. Daniel
Additional Secretary

Central Vigilance Commission, Satarkta Bhawan, G.P.O. Complex, INA, New Delhi-110023
Tel: 011- 24600200 (30 Lines), Fax No. 011- 24651010/24651186, Website: www.cvc.nic.in



N.C.C.

REPORT

2020-2021

- 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 November 2020 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 2020. 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 Swachhha Bharat Abhiyan,Trekking ,Rappellingat Irshalgad
- All NCC Cadets participated in Marathon on 3rd September 2020, at Bandra fort (bhumi run).
- All N.C.C. Cadets participated for NCC Parade practice session at Churchgate Campus on 10th September 2020, for republic day parade selection.

- 17th September 2020, 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 2020.
- All NCC Cadets participated in Vasudaiva Kutumbhakam program.
- All NCC Cadets participated in blood donation camp and social awareness campaign against drugs.
- 29th October 2020 ,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 2020.
- All N.C.C. Cadets attended Republic Day celebration programme at S.N.D.T. University Churchgate Mumbai on 26th January 2021. All N.C.C. Cadets participated in parade.
- 7th February 2021, NCC Day program was organized by SNDT University at Azad Maidan Churchgate.
- 11TH February 2021, 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 24th March 2021.
- All NCC Cadets participated in pledge on COVID-19 on 14th feb 2021.



