VASANTDADA PATIL PRATISHTHAN'S COLLEGE OF ENGINEERING & VISUAL ARTS SION,MUMBAI-400022





NSS REPORT 2021-2022

AREA BASED PROJECT-01

SR.NO	DATE	EVENTS	HOURS
1	29-JULY-2021	CHIPLUN -MAHAD (FOOD,CLOTHS,GRAINS,ETC DONATION)	8
2	15-AUG-2021	TREE PLANTATION	3
3	28-SEPT-2021 30-SEPT-2021 11-OCT-2021 05-OCT-2021	POSHANMAH- i)MASK DONATION ii)FOOD DONATION iii)TREE PALNTATION AT PORT HOSPITAL iv)CLOTHS DONATION	7+8+3+8 = 26
4	19-OCT-2021	BEACH CLEANING DRIVE	8
5	30-NOV-2021	VOTERID REGISTRATION OFFLINE	10
		TOTAL	55

AREA BASED PROJECT-02

SR.NO	DATE	EVENTS	HOURS
1	27-JULY-2021	BLOOD DONATION CAMP	10
2	9-DEC-2021	BLOOD DONATION CAMP	10
		TOTAL	20

UNIVERSITY LEVEL PROJECT

UNIVERSITY LEVEL SEMINAR AND PROGRAM

SR.NO	DATE	EVENTS	HOURS
1	25-JULY-2021	DIGITAL WELLNESS BY MONIKA GUPTA	2
2	20-AUG-2021	SCIENTIFIC TEMPER	2
3	10-AUG-2021	YOUNG WARRIOR PLEDGE	2
4	12-AUG-2021	AAZADI KA AMRIT MOHOTSAV	2
5	15-AUG-2021	VIRTUAL INDEPENDENCE DAY CELEBRATION WITH SYDENHAM NSS UNIT AND ALUMNI CELL	2
6	29-AUG-2021 TO 01-SEPT- 2021	DIASTER MANAGEMENT TRAINING	6
7	10-OCT-2021	MAZHI VASUNDARA PLEDGE AND TREE PLANTATION	2
8	29-OCT-2021	ROLE OF YOUTH IN STOPPING CORRUPTION WEBINAR	2
9	15 -OCT -2021	FLASH MOB BY MDACS	8
10	20-NOV-2021	FIRE BRIGADE TRAINING BY PROJECT MUMBAI	8
11	12-NOV -2021	INDIAN NAVY WEBINAR	2
12	17 TO 21-NOV- 2021	UNIVERSITY LEVEL LEADERSHIP TRAINING	6
13	19-NOV-2021	VOTER ID REGISTRATION DRIVE ONLINE	8+8 = 16
14	7-DEC-2021	PROJECT MUMBAI WITH MCGM TRAINING	6
15	17-DEC-2021	ORGAN DONATION QUIZ	8
16	20-DEC-2021	MONO ACTING PROGRAM	4
17	8-JAN-2022	SAY NO TO DRUGS WEBINAR	2
18	18-JAN-2022	ROLE AND CONTRIBUTION OF STUDENTS AND YOUTH MOMENTA IN NATION BUILDING PRE AND POST INDEPENDENCE	2

		ERA	
19	1-FEB-2022	AAZADI KA AMRUT MOHOTSAV	2
20	17-FEB-2022	SUBSTANCE ABUSE ITS PREVENTION AND CONTROL WEBINAR	2
21	1 TO 11-FEB- 2022	SOFT SKILL DEVELOPMENT TRAINING BY UNIVERSITY	15
22	10-FEB-2022	DIGITAL SAMVAAD	2
23	15-FEB-2022	AWARENESS ON WATER CONSERVATION AND VOLUNTARY BLOOD DONATION DRIVE	2
24	25-FEB-2022	MENSTRUAL EDUCATION	2
25	10-MAR-2022	AAZADI KA AMRUT MOHOTSAV	2
26	26-MAR-2022	AAZADI KA AMRUT MOHOTSAV CONVOCATION AT UNIVERSITY	4
		TOTAL	113

COLLEGE LEVEL PROGRAM

SR.NO	DATE	EVENTS	HOURS
1	15-AUG-2021	INDEPENDENCE DAY CELEBRATION ONLINE (QUIZ COMPETITION, SELFIE WITH FLAG, CULTURAL EVETS LIKE SINGING AND DANCE)	4+2+4=10
2	15-AUG-2021	FLAG HOSTING OFFLINE	1
3	24-SEPT-2021	NSS DAY CELEBRATION	2
4	2-OCT-2021	GANDHI JAYANTI WEBINAR	2
5	10-OCT-2021	MENTAL HEALTH IN AN UNEQUAL WORLD	3
6	28-OCT-2021	VACCINATION DRIVE	10
7	24-JAN-2022	NATIONAL GIRL CHILD DAY	2
8	26-JAN-2022	REPUBLIC DAY CELEBRATION(FLAG HOSTING,TREE PLANTATION PRIZE DISTRIBUTION ,VIDEO ,POSTER MAKING ONLINE COMPETITION)	3+2+1+3=9
9	22-FEB-2022	WORLD VEGAN VISION SEMINAR OFFLINE	6
10	27-FEB-2022	MARATHI DIWAS	2
11	14-MAR-2022	WOMEN'S DAY CELEBRATION OFFLINE	10
12	21-MAR mjjmkjkjhh- 2022	SHIVJAYANTI	4
13	5-AUG-2021	NSS MEET	1
14	20-SEPT-2021	NSS MEET	1
15	30-NOV-2021	NSS MEET	1
16	5-JAN-2022	NSS MEET	1
		TOTAL	65

NSS REPORT ON CHIPLUN FLOOD RELIEF.

(By VPPCOE&VA NSS UNIT)

No. of volunteers - 7

Date: July 29th 2021. Chiplun, Maharashtra. Hours-8

With the ongoing flood situations in the western part of Maharashtra, the entire state eagerly and wholeheartedly extended a hand to help the people caught in the natures violence. Our NSS volunteer Mitesh Parab along with his group of friends named as

ShivShakti Group from KanjurMarg was one among the many people who came forward for this noble cause. The team of 23 people on 29th july went to Mahad near chiplun with essentials like grains, biscuits, drinkable water, clothing and many other things

which were highly needed by the people of chiplun. The group went from door to door in order to collect essentials. By this action they also encouraged people to come ahead and help the affected people indirectly. A strong message was sent to all who witnessed this action of humanity that no matter what the circumstances are one can always be a ray of light where darkness dominates by

joining hands with people who have the same enthusiasm. Though they faced several problems on their way to chiplun they still completed the task by helping the people staying 20-25km away from the market area who were also the prime target of the group. In this way they completed the Chiplun flood relief camp and returned back on 30th of july 2021.







TREE PLANTATION

(BY NSS UNIT VPPCOE)

DATE - 15 AUG 2021 No.of volunteers - 20 Male - 16 female - 4

Hours - 3

Objective - The tree plantation drive was conducted with an aim to control global warming, make environment pollution free and spread awareness on the importance of keeping a clean environment

Our college NSS unit organized a tree plantation program on the occasion of independence day. The program started with prayer at 9 in the morning. All the students and teachers participated in this program. Also, some local person participated in our program. They guided us on where to plant a sapling properly. The aim of the program is to plant a total of 200 saplings on the college campus and nearby local areas. One by one students and teachers started planting saplings. Firstly, we started planting saplings in the garden of our college campus and after that, we planted saplings in the nearby local areas of our college. Students also made some posters and banners on the importance of tree plantations. We pasted banners and posters in the area around our school. So that people read these and know the importance of tree plantation. After our goal of planting 200 trees is achieved, we come to our college. The principal of our college gave a passionate speech on the topic of important of tree plantation. Finally, the program ended with the singing of the national anthem.

Advantages of planting trees:-

- Cleaner air across the country. The more trees there are, the cleaner the air will be.
- Cleaner water and natural filtration. Trees and forests can provide natural filtration, resulting in cleaner water.
- Carbon sequestration.
- Controlled temperatures.



A new habitat for wildlife.



POSHAN MAH

(BY NSS UNIT VPPCOE)

NO . OF VOLUNTEERS - 43 MALE -28 FEMALE - 15 **HOURS - 7**

REPORT on MASK Donation Camp

(By VPPCOE & VA NSS Unit)

DATE: 28 September, 2021

Mumbai, Maharashtra

It was a Thursday, when "The NSS Unit of Vasantdada Patil College of Engineering & Visual Arts" organized a "Mask donation camp" at some slum area in Mumbai. The area chosen was "Wadala Station (W)".

As we know the beautiful quote i.e "precaution is better than cure"

In view of this we (NSS team) distributed mask to the needy one because they can protect themselves by this small contribution.

A NSS team of some volunteers was sent there with bags full of mask. that is to be donated. The team reached there by "11:00am".

People gathered there and we have started our donation but with that we had also spread awareness starting by a line i.e

"you don't the value of health until you loose it". Starting giving information about covid-19 and the importance of mask.

After that Volunteers made a group of 2 and started the distribution.

Mask were distributed among 50 houses. And give more concern to the small children and old persons.

Size of mask is little bit bigger to fit the children face even our volunteer went to them and make a knot which fits then properly

Also our volunteer teaches them those people(old) who don't know how to use our volunteer went there without caring about themselves.

This way, the Mask distribution camp was successfully done by NSS team.





Our volunteer helping small children to wearing mask Source: NSS team mask donation camp

Food Donation Camp

(By VPPCOE & VA NSS Unit)

DATE: 30 September, 2021

Mumbai, Maharashtra

It was a Thursday, when "The NSS Unit of Vasantdada Patil College of Engineering & Visual Arts" organized a food donation camp at some slum area in Mumbai. The area chosen was "Wadala Station (W)" because there were many slums seen in this area which needed help. A NSS team of some volunteers was sent there with bags full of food that is to be donated. The team reached there by "11:00am". Lot of people from different slum houses started to gather around the volunteers but they were requesting them not to make a crowd and wait in their houses, everyone will be distributed equally. Volunteers made a group of 2 and started the distribution by taking some packets of food at a time. One among the 2 will provide food and other will take picture, like this the whole distribution of all available food was done in each of the slum houses distributed equally. All together 50kg of Rice, 15kg of Dal, 15litres of Oil, 50 packets of haldi and 50 packets of salt were distributed among 50 houses. Also small children were given 50 packets of biscuits. This way, the food distribution camp was successfully done by NSS team.







TREE PLANTATION

(By VPPCOE & VA NSS Unit)

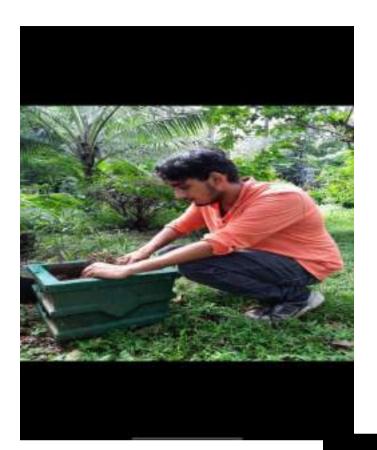
Date: 5 October 2021

Mumbai, Maharashtra

On 5th October 2021, NSS Volunteers of VPPCOE reached BPT HOSPITAL Garden. They bought around 20 samplings. Both together they plant 20 plants. The gardener also help them to plants the samplings.

They properly plant the samplings and they also put water to some old plants to grow properly. Many reseditional appreciates there work and volunteers were also feel happy. Thus this event was successfully completed

Really we felt great after plantation of this plants . hospital management appreciated us by giving us cheerings.





Cloths Donation Camp

(By VPPCOE & VA NSS Unit)

Date - 11 - oct -2021

The "NSS Unit of Vasantdada Patil Prasthithan College of Engineering and Visual Arts" had organized clothes Donation Camp at the slum areas in Mumbai on 30 September 2021, Wednesday. The slum area choosen was "Wadala station (W)". The choosen location had many needy people around living there with almost 50 slum houses. The NSS Volunteer's Team reached the location at 11:00 AM with bag full of clothes. The Volunteers distributed the work and made a group of 2 and started distribution by taking specific Number of clothes while one of the volunteer waited at a fixed place to take care of the bags. Lot of people started to gather around volunteers but they were kind enough to make them understand to not gather around and wait in their respective houses and ensured that clothes will be distributed equally. The team took the help of the local co-ordinator named Ganesh, who helped the entire team in distributing the clothes in each of slum houses. In the group of 2 volunteer, one among the provided clothes and the other would click images .After distribution, everyone from the slum area seemed to be happy. In this way, the whole team of NSS conducted the Clothes Donation Camp successfully.







NSS REPORT ON

BEACH CLEANING CAMP

(BY VPPCOE & VA NSS UNIT)

No of volunteers - 32

Hours - 8

Males - 22 female - 10

DATE: 19TH OCTOBER,2021

VENUE: - BANDRA (FORT)

MUMBAI, MAHARASTHRA

A Beach cleaning Camp was organized by "The NSS Unit of VasantDada Patil College of Engineering & Visual Arts" in association with Clean-up Drive under the Swachta Bharat program At BMC Garden near Taj Land Hostel Band stand Mumbai. Hon'ble Secretary, Ministry of Youth Affairs, Ms. Usha Sharma was the Chief Guest for the program. It was scheduled from morning 7:00 am to 12:00 pm in the eve. Several colleges were invited in this camp. Every student was wearing their own NSS unit T-shirts.

Event was started from National anthem then NSS anthem . every college was introducing by their NSS head and Team .

After that students were divided into several groups and several parts were divided at that location. Every student was excited to start beach cleaning. Our team work hard at done their given particular location clean. Our team was also divided in small area so we can clean place as soon as possible. It was the happiest moment for all our volunteers to be the part of this event. Our volunteers decided to fill 3 waste bags and team did this easily to achieve this. At the end every volunteers carried their waste bags at one location clicked pictures with chief guest and area coordinator





OFFLINE VOTER ID REGISTRATION DRIVE

(By VPPCOE & VA NSS Unit)

No of volunteers - 7

hours - 10

Male - 4 female - 3

Date: 30 - nov - 2021 Mumbai, Maharashtra

The Voter ID camp was scheduled from 2.00 p.m. to 8.00 p.m. at BANDRA E. 2 NSS volunteers helped the advocate and supporting staff in conducting the Voter ID camp. The day started with the felicitation of the Advocate and a small orientation. 2 volunteers were appointed to help at the registration desk.

Why Voter ID is important?

The Indian voter ID card is an identity document issued by the Election Commission of India to adult domiciles of India who have reached the age of 18, which primarily serves as an identity proof for Indian citizens while casting their ballot in the country's municipal, state, and national elections. It also serves as general identity, address, and age proof for other purposes such as buying a mobile phone SIM card or applying for a passport. It also serves as a Travel Document to travel to Nepal and Bhutan by Land or Air It is also known as the Elector's Photo Identity Card (EPIC).

The interested candidates were first asked to fill out the registration form, verified, and then were taken for Voter ID. The team managed to get 29 Voter IDs till lunch break. Overall at the end of the day, the total number reached to 110Voter ids. So, this is how the Voter ID camp was successfully organized by the NSS unit

REPORT on BLOOD DONATION CAMP

(By VPPCOE&VA NSS Unit)

NO. OF VOLUNTEERS - 38

HOURS - 10

MALE -22 FEMALE - 16

Date: 27th July, 2021 Mumbai, Maharashtra

A Blood Donation Camp was organized by "The NSS Unit of VasantDada Patil College of Engineering & Visual Arts" in association with Jagjivan Ram Hospital (Western Railway) Blood Blank & Lions Club of (Bombay) Mahanagar. The Blood Donation camp scheduled from 9.00 a.m. to 5.00 p.m. at Dadar Railway Station. The preparation for setting up camp started from 8.15 a.m. as Dadar railway station is actively crowded station all time, everything was need to be managed properly. 27 NSS volunteers helped the Doctors and supporting staff in conducting the blood donation camp. The day started with felicitation of head of Lions Club of (Bombay) Mahanagar and small orientation. 4 volunteers were appointed to help at registration desk. The other volunteers were spread across the station, holding sign boards, trying to convince people to donate blood and making people aware about blood donation. Dadar being a crowded station every volunteer took precautionary measure from getting covid. The interested Donor was first asked to fill the registration form, then was checked by doctors about their health issues, get their blood type verified and then they were taken for blood donation. The team managed to get 55 donors till lunch break. Overall at the end of the day total number reached to 118 donors. So, this is how blood donation camp was successfully organized by NSS unit along with Lions club and Jagjivan hospital.

















REPORT on

BLOOD DONATION CAMP

(By VPPCOE&VA NSS Unit)

NO . OF VOLUNTEERS - 47

HOURS - 10

MALE - 32 FEMALE - 15

Date: 9thDecember, 2021

Mumbai, Maharashtra

A Blood Donation Camp was organized by "The NSS Unit of VasantDada Patil College of Engineering & Visual Arts" in association with Jagjivan Ram Hospital (Western Railway) Blood Blank. The Blood Donation camp is scheduled from 9.00 a.m. to 5.30 p.m. at Dadar Railway Station. The preparation for setting up camp started from 8.15 a.m. as Dadar railway station is an actively crowded station all time, everything needed to be managed properly. 20 NSS volunteers helped the Doctors and supporting staff in conducting the blood donation camp. The day started with a small orientation. 4 volunteers were appointed to help at the registration desk. 2-3 volunteers were rotating shifts for the awareness announcement of blood donation. The other volunteers were spread across the station, holding sign boards, trying to convince people to donate blood and making people aware about blood donation. Dadar being a crowded station, every volunteer took precautionary measures from getting covid. The interested Donor was first asked to fill the registration form, then was checked by doctors about their health issues, get their blood type verified and then they were taken for blood donation. The team managed to get 60 donors till lunch break. Overall at the end of the day the total number reached 124 donors. So, this is how a blood donation camp was successfully organized by the NSS unit along Jagjivan hospital.





NSS REPORT ON DIGITAL WELLNESS

(ORGANIZED BY - MUMBAI UNIVERSITY)

MALE - 37 FEMALE - 20

DATE - Sunday, 25 July 2021.

TIME – 5 pm- 7 pm.

Objective Of The Webinar - Promote Mental and Physical Well-being.

SPEAKER - Monica Gupta (Brahma Kumari).

During the pandemic as everything has become online like online lecture, work from home, etc. The Youth has become more addicted to mobile phones. They spend their most of their time on phones or laptop, which drastically create a mental and physical stress.

KEY TAKEAWAYS FROM COUNSELLING SESSION

- Heavy smart phone makes us more prone to moodiness, materialism, temperamental behavior, and less focus to task in hand.
- People who are using more Facebook, LinkedIn are prone to have envy, depression, anxiety. Feeling of inferiority, competition and trapped.
- Study show that there is a direct Link between Internet and Depression.
- Where your attention goes, your energy flows and life grows.
- Whatever I put my attention on, that is what becomes my experience.
- When we don't give time to our brain to focus on one particular task and keep switching
 it, then we have to pay Switching penalty.
- Brain scans of people with tech addiction disorders were found to be similar to those of people with substance addiction like alcohol, cocaine and cannabis.
- We repeatedly give partial attention, continuously to what we are doing.
- Our ability to really enjoy and experience has drastically dropped off.
- We keep switching between the tasks and its bad.
- Affects of phones on human body are on eyesight, neck pain, stress, sleep quality, insomnia, weight gain.
- Due to more use of cell phones there is increase in accidents, divorces and breaking of relations.

 Meditation is a process of Healing the inner self through pure, positive and powerful thoughts.

Then a 30 min Q N A session was held in the same meet.

On A POSITIVE note that Live Life Digital Free she concluded the webinar.

Some photos of today's webinar are attached below.





NSS Report On

Scientific Temper:

Antidote to superstition beliefs

BY Sophia college

Nss unit in collaboration with Mumbai University

NO OF VOLUNTEERS - 52

HOURS - 2

MALE - 34 FEMALE - 18 Date: August 20,2021

Time: 5 to 6 pm

A webinar is organized 0n 20 august 2021. The activities of the webinar were carried out by the nss unit of Sophia college. Mrs Vandana shinde , Mr.Prakash Parkhe and Miss. Akshata Patil are the resource person for the webinar

She elucidated on superstition on entire webinar . she explained in detail that superstitious beliefs are deeply rooted in our society which we witness in everyday life. This may not be a concern for many people whether or not "superstitious belief is a product of Indian culture. However, narration of mythical stories has been the part of our culture, but there has been little or no prevalence of stories that promote scientific reasoning, critical thinking and counter superstitious beliefs. Hence, stories that promote

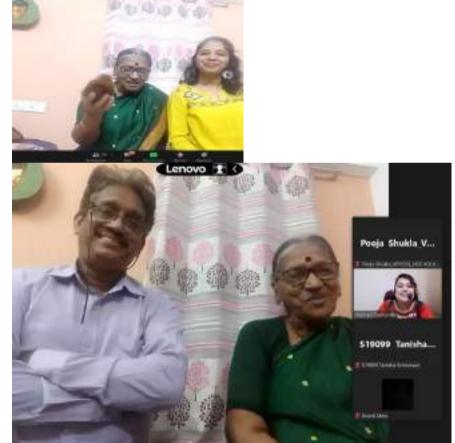
rationality or at least creation of spaces for dialogues should be encouraged. Those who think 'blind-beliefs' should be eradicated must know that spread of education and knowledge is one of the ways to untangle the puzzled events.

Scientific temper develops analytical ability, reasoning and aptitudes. It encourages scientific explanation and validation of truth. There are many facets of education, for many of us getting jobs is considered as the ultimate goal of education and this is where the problem lies. Perhaps this is the reason why dogmatic beliefs are held even by educated people. The spirit of enquiry should be encouraged as questioning catalyses critical thinking, and critical thinking leads to innovation and problem solving ability.

The programme was really interesting .The session ended with a round of discussion. . These webinar was attended by around 300 participanT

Below are the some pictures of the session





NSS REPORT on Young Warrior Pledge

(By VPPCOE & VA NSS Unit)

NO OF VOLUNTEERS - 49

HOURS - 2

MALE - 33 FEMALE - 16

DATE: 12 August, 2021

Mumbai, Maharashtra

It was a Thursday, when "The NSS Unit of Vasantdada Patil College of Engineering & Visual Arts" organized Young Warrior Pledge in online mode. The pledge was about young warriors fighting against COVID-19. There was meeting held to take the pledge, where are the volunteers of NSS took the pledge i.e. 'Young Warriors Pledge' and committed himself/herself to join the fight against COVID-19. The volunteers also Spread the awareness among themselves, discussed how to fight COVID-19, how to be aware about the same. After taking the pledge volunteers were provided the certificate from Ministry of Youth Affairs and Sports Government of India with their respective name on it. This way, the Young warrior pledge was successfully done by NSS team.











REPORT ON

Aazadi Ka Amrit mahotsav

(organized by Mumbai Universtity)

NO OF VOLUNTEERS - 42 HOURS - 2

MALE - 29 FEMALE - 13

Date: 12 August, 2021

Venue: Online

The NSS Cell, university of Mumbai organized an event Aazadi ka Amrit Mahotsav on the occasion of Independence day. Prof. B.A. Parkhe sir was the guest speaker. He had given a great speech on the importance of Independence Day and also remembered the sacrifices of our freedom fighters.

Below given are the list of activities that took place in the event.

- 1) Welcoming of the Guests and the students.
- 2) Speech given by our Respected and Honorable Chief Guest.
- 3) Remembering of the unknown Martyrs in the freedom struggle of the country.
- 4) Chanting of Slogans in respected of our countries freedom fighters.
- 5) Songs to give tribute to our Freedom fighters and patriotic songs.
- 6) Giving advice to the future of the country to always be proud of our country and always remember the sacrifices of our countries fighters.
- 7) Questionairre.











NSS REPORT ON

Virtual Independence day celebration with SYDENHAM NSS UNIT AND ALUMNI CELL

(ARRANGED BY - UNIVERSITY OF MUMBAI)

NO OF VOLUNTEERS -48
MALE - 34 FEMALE - 14

HOURS - 2

DATE - Sunday, 15 August 2021.

CHIEF GUEST - LT. CDR. BIJAY NAIR

"Happy 75th Independence Day"

Sydenham Alumni Cell and NSS Unit of Sydenham has come up with a virtual Independence Day celebration on the 15th of August 2021. The theme of the program is "KHELO INDIA: SAATH HAI HUM" to support and encourage Indian Athletes to pursue Sports.

The chief guest of the program was Lt. Cdr. Bijay Nair. He is also a Fit India Ambassador and an ultra-marathon runner.

India's pioneers of Karate, championed by Shihan Pervez Mistry, Sensei Shyam Kotak, Sensei Burge Cooper and Sensei Zeenat Mistry also showcased their Karate skills and explained the art.

The program also included colorful performances including dance, music and much more. With this, the event also featured the girls of Shri Sanskar Matimand Mulinche Balgruh who performed a beautiful performance.

Let's salute the martyrs who have let the Indian Flag hoist high in the saffron and prosperous green hues.

All students and NSS volunteers were present in the live session and the count was the same throughout the session.

Some photos of today's live session are attached below.



NSS REPORT ON

"CAPACITY BUILDING AND RESILIENCE FOR CULTURE HERITAGE DISASTER RISK REDUCTION."

(ARRANGED BY- NATIONAL INSTITUTE OF DISASTER MANAGEMENT & NSS UNIT of Bunts Sangha's S.M.Shetty College ,Powai.)

NO OF VOLUNTEERS - 29

HOURS - 6

MALE - 17 FEMALE - 12

Date: 29th September, 2021 to 1st October, 2021

Time: 2.30pm - 4.30pm

Effective leadership, one of the most important factors driving organizational culture is strong leadership, Transparency and communication. Safe and secure work community. Innovation in knowledge management, Complexity and accountability. The notion of cultural resilience suggests that individuals and communities can cope and overcome adversity not only based on individual characteristics, but also with the support of larger socio-cultural factors. Resilience is the ability to face adversity and bounce back from difficult life events. Flexibility is important because it gives people the strength they need to try and overcome difficulty. People who lack resilience become easily overwhelmed, and may turn to unhealthy coping mechanisms. Resilience was mostly defined as the ability to recover from setbacks, adapt well to change, and face adversity.

In this context, a Webinar was organized by the National Institute of Disaster Management (NIDM) on "CAPACITY BUILDING AND RESILIENCE FOR CULTURE HERITAGE DISASTER RISK REDUCTION." on 29th September, 2021 to 1st October, 2021 from 2.30pm - 4.30pm. The Webinar mission is to provide traditional knowledge and skills, significantly reduces inherent vulnerability factors, strengthens communities' resilience and saves lives .TO DISCUSS THE CONCEPT OF DISASTER MANAGEMENT AND CHDRR, TO BUILD AWARENESS ABOUT THE CONCEPT OF RESILIENCY WITHIN CHDRR ,TO DISCUSS ABOUT THE ROLE DIFFERENT STAKEHOLDERS IN CHDRR. The Webinar enlightened the stakeholders towards that cultural heritage plays an important new role. As much as cultural heritage bears witness to how people in the past have proved resilient and able to absorb adversity in various ways, it can inspire people today and in the future to embrace change and change through successful adaptation. Prof. Santosh Kumar, NIDM delivered the introductory remarks of the webinar. The Resource Person were, Day 1:Shri. Ashok Kumar Jain, Mr. Rajendra Lokhande, Shri G Padmanabhan . Day 2: Maj. Gen. Dr. V. K. Naik, Dr. RK Trivedi, Shri Mihir R Bhatt, Mr. Ganshyam Mishra. Day 3: Ar. Gisny George, Ms. Abha Mishra, Dr. Sonam Wangchuk, Mr. Shekher Chaturvedi. NIDM moderated the webinar. The Webinar was attended by around all NSS participants of different colleges.

Key Takeaways:

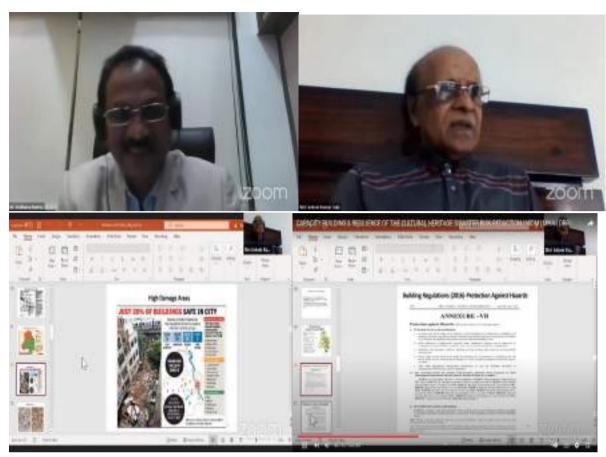
- 1. As we all know that disasters such as earthquake, flooding, tsunamis, landslides, cyclones and fires poses great risk to human development. At the same time these disasters pose great threat to the cultural heritage.
- 2. The international ecological heritage of India, the Sundarbans is repeatedly affected by the cyclones and storms in the past five years. There is a need to understand the impacts of disasters on heritage and the other challenges associated with it.
- 3. Heritage buildings and cities are not only important for our culture but also to take learning about the different construction techniques and materials. As from todays the expert presentations we have seen many examples of restoration process, measures which need to be adopted for restoration of heritage structures.
- 4. We need to study and documentation needed to done as per locational vulnerabilities for the heritage building. Heritage building Resilience can be also helpful to protect local economy including tourism, local economy, conservation of local construction technologies etc.

The proposed webinar will focus on the following issues:

- · Understand the purpose, uses and gaps in safety measures for protecting the built and cultural heritage
- To explore challenges and losses faced in the past incidents
- To address issues regarding disaster impact heritage and communities
- To discuss how to preserve heritage.

Some photos of the celebration are attached below:









NIDM Website:



NSS REPORT ON

Mazhi vasundhara Tree plantation and Pledge

(BY VPPCOE & VA NSS UNIT)

NO OF VOLUNTEERS -53 MALE - 36 FEMALE- 17

HOURS - 2

DATE: - 10Th OCTOBER 2021

A Mazhi Vasundara Tree Plantation and Pledge was organized by "The NSS unit of Vasantdada Patil College of College of Engineering & Visual Arts" in association with Government of Maharasta.

Every Student was taking pledge about save Earth and Plant more tree. After taking pledge all students plant the tree in college as well as in the vicinity of their houses. Our team works hard for these tree plantation mission. It was the happiest moment for all the volunteers to be a part of this event. Our volunteers were very happy because they contribute their small part to this mission for getting successful. Every volunteer clicked their pictures during plantation to inspire the upcoming generation for planting more trees and save the earth. Those who were plant tree at home they were send their photograph





NSS Report on ROLE OF YOUTH IN STOPPING CORRUPTION

(BY UNIVERSITY OF MUMBAI)

NO OF VOLUNTEERS - 46 MALE -31 FEMALE -15

HOURS - 2

Date: 26th October – 1st November

A Webinar and pledge on stopping corruption during vigilance week was organised by "The NSS Unit of Vasantdada Patil College of Engineering and Visual Arts." in association with Central Vigilance Commission.

Every volunteer took pledge of not following the corruption path. It was an insightful session held for creating positive impact on students and ensuring that the youth should not fall for any corruption and do not promote it. It was the happiest and delightful moment for all the volunteers to be a part of this insightful event. All the volunteers were happy to participate in taking pledge. The volunteers were rewarded with the certificate from the Central Vigilance Commission ensuring that the student will follow the path of honesty and integrity.







Certificate of Commitment

This is to certify that

Miss SANSKRUTI SONWAL

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



P. Daniel

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

NSS Report on FLASH MOB BY MDACS (BY UNIVERSITY OF MUMBAI)

No of volunteers - 8 Male - 5 female - 3 hours - 8

Date - 15 oct 2021

Flash mob organised by Mumbai Districts AIDS control society on 1th December, 5th and 9th December with practice of 15th Nov to 30th 4-5 hours practice. MDACS project Director is Dr.shrikala Acharya and choreographer shri.Harshad kale sir MDACS also collaboration with NSS cell, Mumbai on occasion of world AIDS Day 2021 at various community sites as a part of Red Ribbon Club Initiative.

Many volunteers from various colleges under same university was there for this flash mob . in the beginning they took our training like what are steps , what message we need to give and all. First there was only practice sessions then they ask to perform on the various stations basically means public areas .

Really it was a great initiative mayne people was there to saw our flash mob act . and probably they learn the message we want to gave them with our act .

Our dance instructor was so friendly .they helped us in many ways . in the end really we felt great by participating in suck a great initiative and feeling proud for being a part of this.





NSS Report on PROJECT MUMBAI FIRE BRIGADE TRAINING

(BY UNIVERSITY OF MUMBAI)

No. Of volunteers - 44.

Hours - 8

Male - 30 female 14

Date - 20 nov 2021..

On 20 nov 2021 University of Mumbai arrenged a offline field activity of fire brigade training under project Mumbai at mankhurd fire station . In this program there was a offline lecture by one of the chief fire officer, he taught us about various types of fires, how we can stop that fire also they explain the accident caused by flammable substance and etc. In the starting they took history like why fire brigade is formed, what is need of fore brigade and all that stuff. After that they taught us the types of fire extinguishers, how we can use them, in which condition ,, which fire extinguisher will be use and etc.after the lecture there was a breakfast for all who are registered for this program.and then on field practical was there. They physically taught us ,like how we can use fire extinguisher in such horrible conditions for fire after the theory they fire a small fire on ground and ask us to take fire extinguisher and stop that fire. After that there was a lecture on fire safety by senior chief fire officer of same fire station.they taught us about prevention of fire accidents .at the end there was a offline guiz competition. where those u passed will get a certificate from project mumbai and fire brigade in addition with a hat of 'AGNI RAKSHAK'.





Report on

Maritime webinar

(Organised by university OF MUMBAI)

NO OF VOLUNTEERS - 52

HOURS - 2

MALE - 34 FEMALE -18

Date: 12 November, 2021

Venue: YouTube online

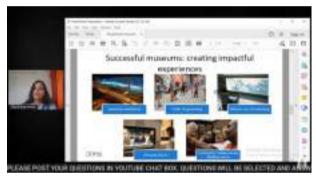
• The Western Naval Command of the Indian Navy, in collaboration with Indian Maritime Foundation, Pune and Nautical Institute, India (West), is conducting an online webinar with the broad aim of fostering cooperation among seafaring communities on 12 November 21. The topic this year is 'Creating, Nurturing and Harnessing India's Maritime Soft Power'. India, since independence, has progressed significantly in terms of its economy, military, technology etc. However, its maritime soft power remains dormant and seems to lag behind 'hard power'. Therefore, efforts at every level are required to examine ways and means to bring India's maritime soft power to the forefront.

The annual maritime webinar is aimed at studying challenges of creating and nurturing the maritime soft power of India and identifying ways and means to harness it. The webinar will have four sessions encompassing experts from fields of maritime education, maritime history, museums and monuments. Of the four sessions, one session is specially intended for young adults and students and features young achievers from different maritime fields.

In this webinar Mrs batul raaj Mehta share a presentation on maritime museum. The national maritime heritage complex is in lothal. Project lead is architect hafeez contractor. That institutes is a museum and research center. We can talk on technology and innovation in that sailing vassals, navigation, continuing knowledge, environmental study and conservation. In that presentation.







NSS REPORT ON

UNIVERSITY LEVEL LEADERSHIP TRAINING PROGRAM

(BY- university of mumbai)

NO OF VOLUNTEERS - 26

HOURS - 6

MALE - 14 FEMALE - 12

DATE - 17 November 2021 to 21 November 2021

TIME - 5:15 pm to 6:30pm

Firstly there was inauguration program on 17th of November 2021 timing for inauguration was 5pm to 5:15pm and chief guest was Mr. Sudhir Puranik.

On day one webinar was conducted on Emotional Intelligence by **Dr. R.S. Jahagirdar.** Speaker talked about various Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

On day two webinar was conducted on Time Management by **Dr. Ushadevi Patil** Each one of us has got the same 24 hours to use daily in our lives. For better managing the time that you have you need to better manage the type of activities that you can carry out during this time. These activities are categorized on the basis of their impact. If these activities are aligning with your daily goals of the day and will help you in the near future then do these activities with setting first priority in your To-Do List. Leave the rest of the activities for afterward when you are done with completing Priority activity first.

On day three webinar was conducted on Inter Personal Skill by **Dr. L. Srinivas Reddy**. Speaker talked about how individual can develop his/her interpersonal skills to become best leader.

Introduction to the concept of communication, its types and effective use. The importance of a communicator to understand his or her audiences, the process of communication and verbal communication.

Do's and Don'ts of verbal communication as well as non-verbal communication was clearly emphasised, which was followed by inspiring the future teachers by providing innovative ideas to represent themselves in a classroom situation.

On day four webinar was conducted on Increasing Self Worth by Dr. Jayhari L.

Speaker talked about how self worth is important in our eye and how can we improve ourself regarding the same.

Self-confident people believe they have the qualities, skills and intelligence to be successful even in the most challenging of situations. Self-assured and positive, they often face their fears and are likely to pursue new challenges and goals, no matter how difficult they seem. Self-confident people believe in themselves and so do others.

Having confidence in the workplace can be crucial to your success. Confidence can make you more motivated and ambitious, less anxious and stressed and more likely to drive performance, career growth and work relationships.

On day five a webinar was conducted on How to Become A Good Leader by **Dr. Sukanya Metta.**

Speaker talked regarding how a good leader is important and the benefits of having a good leader in any firm or organization is important.



NSS REPORT on ONLINE VOTER ID REGISTRATION DRIVE

(By VPPCOE & VA NSS Unit)

NO OF VOLUNTEERS - 37 MALE - 24 FEMALE - 13 **HOURS - 16**

Date: 19th to 20th November, 2021

Platform: Google Meet

A Voter ID Registration Drive was organized by "The NSS Unit of Vasantdada Patil Pratishthan's College of Engineering & Visual Arts". It was scheduled in two batches for 2 days i.e. on 19th & 20th November, 2021. Because of Covid-19 restrictions this drive was organized in online mode. A WhatsApp group was created for giving instructions to students & almost 250+ students joined that group. We divided students into two groups & assigned them slots for providing one to one support. For each day we organized 4 Google meets in different time slots.

We had already asked students to keep all required documents ready with them (List of documents was provided by NSS Unit). In google meet first we first showed them one demo on "How to register on website & procedure to apply for Voter ID" later that we asked students to fill the application form in google meet only so that if they face any problem we can solve it. As expected many students faced problems like some students didn't know their constituency, some were unable to upload documents and many other issues. Our NSS Volunteers solved their issues and helped them in registration. In this 2 day drive almost 200+ students successfully applied for Voter ID. Our job was not finished here. Some students' applications got rejected due to minor mistakes. We helped them to reapply. So, this is how the Voter ID registration drive was successfully organized by NSS Unit.

NSS Report on PROJECT MUMBAI MCGM TRAINING (BY UNIVERSITY OF MUMBAI)

NO OF VOLUNTEERS - 45 MALE - 32 FEMALE - 13 DATE - 7 DEC 2021 hours - 6

On 7 th dec 2021 mumbai university has organised a road mapping program in association with MCGM .many volunteers from different different colleges were participated in that program .

In the beginning there was a training related this mapping like what to do and how to do the mapping . they they allot everyone a ward according to there residential address .

In this road mapping program volunteers need to gather every single information of there given ward or road, like what is name of that road. What is the history of that area your are ais famous for what and all the information. training was very simple they taught us how to write a report on that field like what is the format for that and we need to attach a google pin pics on that report .MCGM was going to send those information to google maps .so that everyone gets that information about that particular road if they searched about that road on google.

It was really a great initiative under project mumbai program . everyone really enjoyed this program and gather lots of information that we didn't know in day to day life.

QR CODE SIGNBOARDS }

City to get QR coded

Pratip Acharya

pratip.acharya@hindustantimes.com

MUMBAI: Soon, there will be QR code-attached signboards on Mumbai roads that will provide real-time data of nearby public amenities to residents located in a particular area.

The project is a joint initiative between the Brihanmumbai Municipal Corporation (BMC) and the city-based nonprofit, Project Mumbai. Additional municipal commissioner (projects) P Velrasu said that the signboards with QR codes will be attached below the existing nameplates on roads. Velrasu said that upon scanning the OR codes with their mobile phones, residents will get a geographical information system (GIS) map of the area on their phones marking all the nearby civic amenities such as petrol pumps, food joints, police stations and ATMs.

"The idea is to set up these QR codes at the junction of every road at the municipal ward level. Any citizen with a basic smartphone will be able to make use of this facility. After scanning the QR code, the user will get details of all the availa-



Mumbaiites to get city info by scanning QR code. SHUTTERSTOCK

ble utilities on that road. Some of the important locations will be geo-tagged so that the user can easily follow the map and make his/her way there," said Velrasu. He said that the BMC will be setting up the sign-boards. The first phase of which will be completed within the next three months. "Beside public amenities, people will also get details of the history of a particular road and the person after whom a road or an area is named," Velrasu said.

Shishir Joshi, founder and CEO of Project Mumbai, said that more than 1K students from Mumbai University's National Social Service (NSS) programme have been roped in as volunteers for this project. The students will be allotted one road each to get data.

NSS REPORT ON ORGAN DONATION AWARENESS

(BY - Nss university of mumbai)

No. of volunteers - 18 hours - 8

Male -10 female -8

Date: Sunday, 27th March 2022

Objective of the webinar: To spread awareness about the importance of organ

donation and its valuable contribution to society.

Speaker: Shri. Shrikant Apte

"After all, how often do we get a second chance?" We all aspire to have a fulfilling life without cuts and injuries. Nobody wants to die too early. But do we have that control over life? The answer is NO! Time to leave is still unknown to this world. All we have is science and technology, which can help to improve the quality of life. With the advent of Science, as a boon to human civilization, a second chance of life has been made possible successfully, but only a few get a chance to breathe again.. Through science and technology, the people who die in the need of an organ can be saved through **organ donation**. Through this webinar, the speaker has made people aware about organ donation, its importance and valuable contribution to mankind . 50 students were present in this webinar and the count was the same throughout the meet.

KEY TAKEAWAYS FROM AWARENESS SESSION

- How less awareness about this sensitive topic is creating misconception about organ donation in people. And how spreading awareness is a vital step in this process.
- Each year more than 1.5 lakh people die due to non availability of organs and organ donors can play an important role in saving life of such people
- Organ donation is equivalent of giving a second life to a person, it can heal them and give them a second chance to live their life.
- There are various two types of organ donation as follows: 1) Living Organ donation 2) Deceased Organ donation
- Living donation is when someone donates a portion of their liver or one of their kidneys to a patient while the donor is still alive and Deceased organ donation is donating your organ after your death.
- Organ donation is a legal process in which people can donate tissues and organs to help others by giving them an organ .We can donate livers ,hearts ,kidneys ,pancreas etc. Organ donation is designed to benefit people .
- People who are seeking to be an organ donor can visit the official website of NOTTO.
- If anybody is seeking to register herself/himself as an organ donor then, he/ she must undergo a pre medical examination, as there are a few serious health conditions that could prevent a person from being a donor, including a cancer that's actively spreading and HIV.
- Before registering as an organ donor, one must discuss with the family members. For this process "OPT -in" consent is necessary. so, if anybody has signed up for the national organ donor registry, their family can't prevent the organs from being donated.

- If anybody doesn't want the organ to be donated under any circumstances, the Uniform Anatomical Gift Act allows them to submit an official refusal.
- Organ donation does not cost the donor or the donor's family anything. All
 costs related to organ donation and transplant are paid by the recipient of
 the organ.

Speaker concluded with these lines:

The gift of life has always been perceived as one of the biggest acts of divinity and is a true miracle of medical science. I believe that organ donation is a vital building block in this noble goal. Organ donation enables the recipient to get a second lease of life while it immortalizes the donor's act of exemplary humanism.

Then a 10 min Q&A session was conducted in the same meet. AFTER that they tell to give a quiz on organ donation . Some Photos of webinar attached below





NSS REPORT ON AWARENESS LECTURE ON "SAY NO TO DRUGS,YES TO LIFE"

(ARRANGED BY- NSS CELL UNIVERSITY OF MUMBAI)

No.of volunteers -49

hours-2

Male - 31 female -18

DATE- SATURDAY,8 JANUARY 2022

TIME- 1:00 PM

SPEAKER- SHRI BRIJENDRA CHOWDHARY, IRS, ZONAL DIRECTOR.

Such a huge percentage of India's youth is addicted to Drugs and Substance abuse, then this demographic dividend can become a demographic disaster too. Keeping this in mind we definitely created the awareness especially among the youth about the harmful and destructive effect of drug consumption and hence NSS CELL UNIVERSITY OF MUMBAI along with NARCOTICS CONTROL BUREAU(NCB), MUMBAI

Come up with this awareness lecture.

KEY TAKEAWAYS FROM AWARENESS SESSION:-

Psychological Effects:-

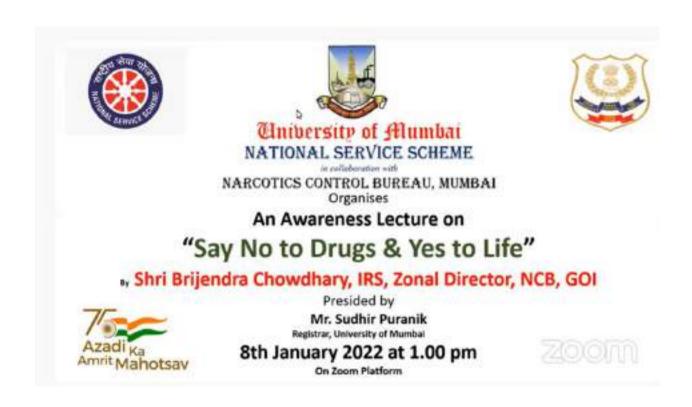
Immediately after smoking the drug or injecting it-extremely pleasurable 'Rush' or 'Flash'.

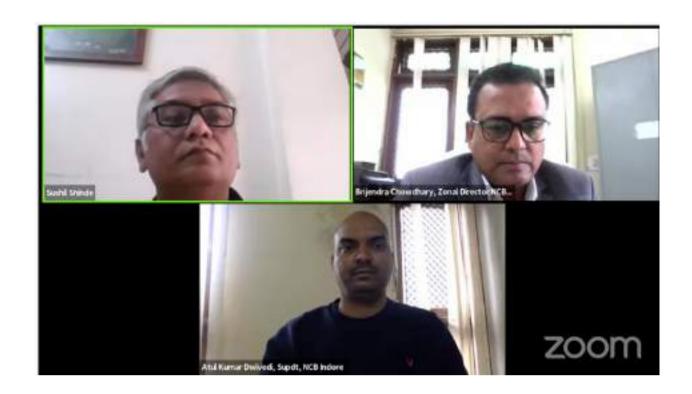
- Enhanced mood and body movement, europhia
- Increased respiration
- Increased heart rate, blood pressure
- Insomnia
- Reduced appetite
- Addiction can happen at any age. Even unborn children can get addicted because of their mother's drug use.
- 'Once an addict, always an addict'. Many people can recover from dependence on drugs, while otters find it difficult. Recovery is a long process that may require multiple treatment efforts.
- Drug addiction is an illness which can affect anyone. There are multiple factors responsible and an individual's personality is just one of them.

Then sir explained the role of the Narcotics Control Bureau in controlling Drug Menace.

Then a 30 min Q & A session was held in the same meeting.

Some Photos of webinar attached below





NSS REPORT on Role and contribution of students and youth momenta in nation building pre and post independence era

(By university of mumbai)

No of volunteers -

Male - 29 female -

Date: 18thJanuary, 2022 Mumbai, Maharashtra

Role and contribution of students and youth momenta in nation building pre and post independence era was organised by "University of Mumbai" with great joy and pomp. The event was held in online mode. On this day, the sense of happiness and pride could be clearly seen on the faces of all the people who were attending this event online. It was a guest lecture and every guest in the meeting was delivering speeches on the importance of youth in nation building. The main focus of this event was the multidimensional aspect of student movement and how to give particular shape in the context of Indian socio-political scenario, how it developed itself during the last 70 years and what are the challenges it is facing today. Also, one of the guests said that we have to develop the rurban(rural + urban) structure. Henceforth, the event ended with a concluding speech by the host. Here are some snaps of the event.







NSS REPORT ON

Aazadi Ka Amrit Mahotsav

(Organised by university of mumbai)

No of volunteers - 41

hours - 2

Male - 28 female - 13

Date: 1st Feb 2022

Venue: Online zoom meeting

Time: 10:30 am

The NSS Cell, University of Mumbai in association with Krida Bharti organized an Inauguration of **Azadi ka Amrit Mahotsav** and initiation of 75 crore **suryanamaskar** Programme.

On this occasion a guidance lecture is being organized on Topic "Correct technique and importance of SuryaNamaskar "by <u>Dr.</u> Satish Pathak.

In this programme we learned about suryanamaskar techniques and its importance related to physical health and mental health. Suryanamaskar is one of the important part of yoga. We learned that suryanamaskar tones the entire body, helps with weight loss, and strengthens muscles and joints. Practice this flow if you want to improve your complexion as it ensures a better functioning digestive system. Improve your sleep as it helps combat insomnia and reduces stress levels. This is especially beneficial for women as it ensures regular menstrual cycle. The sun salutation is also useful in treatment of frozen shoulders. It helps in weight loss, improves balance in the nervous system, reduces blood sugar levels and stimulates the manipura chakra.

NSS REPORT ON

Substance abuse its prevention and control webinar

(Organised by university of mumbai)

No of volunteers - 45 Male - 32 female - 13 Date - 17 th dec 2021

hours -2

On 17th dec 2021 university of mumbai has arranges a webinar on substance abuse its prevention and control in association with public concern for government trust association . father joe was the chief guest for this webinar . many volunteers from different different colleges have participated in this webinar . in this webinar they gave us all the information related substance abuse like drugs charras and other illigal things

They taught us like why students or peoples consume drugs .for this webinar with fr. joe many other guests were there some of them are doctors and working on same field . they also gave us the details about all those substances.

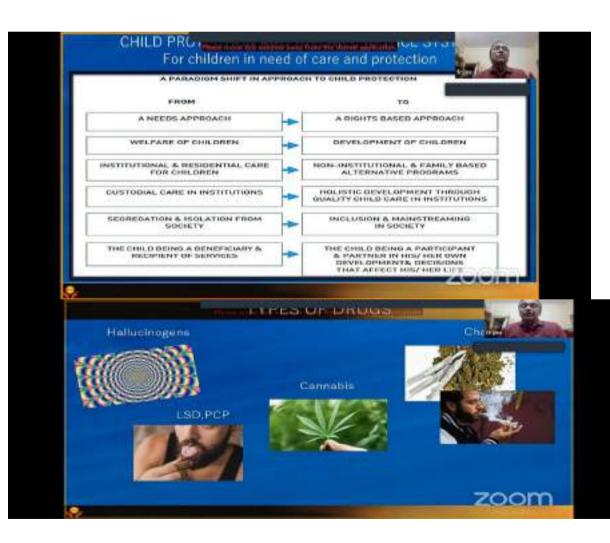
In this webinar they tell us there own experiences like drinking and other things and they taught us how to avoid those things, basically they taught us prevention and control substance abuse.

It was really good and informative webinar for us . and we get great information for betterment of our future .

PUBLIC CONCERN FOR
GOVERNANCE TRUST
In collaboration with
NSS Cell. Mumbai University
Presents a University level webinar on
Substance Abuse:
Prevention and Control

Speaker- Fr., Joe Periera





NSS Report on Soft skills development training by university

(ARRANGED BY: N.S.S UNIT (B-28) AND DEPARTMENT OF ENGLISH OF NAGINDAS KHANDWALA COLLEGE (AUTONOMOUS) AND N.S.S. CELL UNIVERSITY OF MUMBAI)

No of volunteers - 7 hours - 15

Male -3 female -4

Date: 01 to 11 FEBRUARY 2022 Time: 5:00 P.M. TO 6:30 P.M.

Venue: GOOGLE MEET

SOFT SKILL DEVELOPMENT PROGRAMME was organised by "BY N.S.S UNIT (B-28) AND DEPARTMENT OF ENGLISH of NAGINDAS KHANDWALA COLLEGE (AUTONOMOUS) AND N.S.S. CELL UNIVERSITY OF MUMBAI."

For developing soft skills of the students, the N.S.S UNIT (B-28) AND DEPARTMENT OF ENGLISH of NAGINDAS KHANDWALA COLLEGE (AUTONOMOUS) in collaboration with N.S.S. CELL UNIVERSITY OF MUMBAI conducted a workshop for the students on 01 to 11 February 2022 in Google Meet . The course covered various aspects such as leadership skills, professional etiquette, human values, interview and resume writing skills. Students from participated in this course. It was an interactive session with activities. Students gave a positive feedback.

OUTCOMES OF SOFT SKILLS DEVELOPMENT

Oral communication skills

Students are able to communicate confidently and effectively with a range of audiences, in a variety of modes. Or registers and settings, including persuasion, argument and exposition, and they are able to make use of Different support tools, including visual, audio-visual and technological.

Interpersonal Skills

Students have the skills to be able to work effectively with a range of people in a range of different contexts, Including teams, where they can

be effective members and, if required, leaders, including organizing team roles And activities. Students are open to the ideas of others. Students are capable of listening and understanding in a range of contexts.

Problem Solving Skills

Students are able to identify and define problems and through the use of skills of analysis and critical evaluation Plan an appropriate course of action and devise solutions. Students are able to make judgments concerning Different possible solutions. They will be able to make use of creative and lateral thinking.

Organizational Skills

Students are able to set priorities, and anticipate potential problems or needs. They are able to set and achieve Targets in relation to both study and workplace tasks. Students are able to manage their time effectively. With these soft skills you can excel as a leader. Problem solving, delegating, motivating, and team building are all much easier if you have good soft skills.

NSS Report on **Digital Samvaad**

(By university of mumbai)

no of volunteers - 22

hours - 2

male - 12 female -

10

Date:10 feb, 2022

Mumbai,

Maharashtra

On 10th Feb 2022 at Thursday 5 pm ,our NSS unit has organised a program on Digital Samvaad. The speaker of this program was Mr Arun dang ji .The topic for this program was पौराणिक काल से आज तक अग्रीि आगरा ननगरी.People from different colleges were a part of this program .10-15 volunteer have participated from each college in this program.This event was organized

 $successfully \ . \\$

Some of the pictures of the event:



युवक बिरादरी (भारत) आयोजित



जेटल संवाद'

विषय - पोराणिक काल से आज तक अग्रणी आगरा नगरी

इस नगरी के महत्वपूर्ण पहलुओं में हम सुनेंगे ताज का इतिहास, ब्रजभूमिसे लेकर गालिब से सुरदास तक और ताज महल से फलेहपुर सिकी तक



#NationalManthan

Join Zoom Meeting https://bit.ly/3J90tdo

तारीखः गुरुवार, १० फरवरी २०२२

समय : शाम ५.०० बजे

ः मा. अरुण डंग जी वक्ता

पूर्व अध्यक्ष, आगरा दूरिजम गिल्ड

संयुक्त विद्यमाने

राष्ट्रीय रोवा योजना (N.S.S.), मुंबई विद्यापीठ.



zoom Meeting ID: 963 044 4329 | Passcode: YB1122

Contact: +91-9987716912, +91-9321493722, +91-8275397380

NSS Report on Awareness on Water conservation and Voluntary blood donation drive

No of volunteers - 38 hours - 2

Male -24 female -14

Date: 14 February 2022 - 15 February 2022

Venue: Online

Water conservation is the practice of using water efficiently to reduce unnecessary water usage. According to Fresh Water Watch, water conservation is important because fresh clean water is a limited resource, as well as a costly one.

An event where donors come to donate allogeneic blood is sometimes called a 'blood drive' or a 'blood donor session'. These can occur at a blood bank, but they are often set up at a location in the community such as a shopping center, workplace, school, or house of worship.

As we know that every citizen should know about these topics, "The NSS unit of Vasantdada Patil Pratisthan's College of Engineering & Visual Arts" organized an event to spread such awareness in the society. Due to Covid situations the event was organized in online mode. All the NSS members were present in this event. Our mentors gave us useful information on both the topics. The methods of water conservation you can do in a small and large scale, how to use water wisely etc. were explained to us in this event.

Also, information about blood donation was provided to us how frequently blood should be donated and in this Covid situation how important it is for us to donate blood. At the end of the session students asked their doubts about the respective topics and the mentors cleared their doubts. Then we were provided a link for each respective event so that we can give feedback on the respective events





NSS REPORT ON MENSTRUAL EDUCATION BY UNIVERSITY OF MUMBAI

NO OF VOLUNTEERS -38 MALE - 00 FEMALE - 18 DATE - 25 - FEB - 2022 HOURS - 2

Awareness about menstrual cycle is also one of must education of every girl .

So basically what is menstruation it is a regular discharge of blood . the menstrual cycle is characterized by the rise and fall of hormones .

A girl who doesn't know about menstrual cycle she must suffer some kind of problems which are happening with her for first time. first time it feels very dirty and it produce bad odoure that is also embarrassing moment and girls are not able tolerate all these because they also are very young age. After this the changes in body girls, they don't understand why this suddenly happening with them and some girls are suffer from different kinds of pain during their periods this changes have been done because of changes in hormones and changes in body so according to that body will have a pain in different area . some girl are have extreme aching so this is also painful. after this changes in hair growing in different parts of body . suddenly after four years of menstrual cycle body growth has stopped in many case.

This have been happened for each month. these phases are quite painful for the lifetime. After menstruation girls should more responsible towards their responsibilities and and their self care. caring about their each thing. so this brings some responsibilities & caring also towards life. Girls should know about this to smoothly handle this if they have rough idea about these this things they will be able to handle smoothly.

REPORT ON

Aazadi Ka Amrit Mahotsav

(Organised by university)

No of volunteers - 33 hours - 2

Male - 23 female - 10

Date: 10th March 2022

Venue: Online

The NSS Cell, University of Mumbai and NSS unit of SST College of arts and commerce, Ulhasnagar organizes University Level online competition on occasion of 75th "Azadi ka Amrit Mahotsav". The competition are as follows:

- 1. Rangoli Making
- 2. Essay
- 3. Elocution
- 4. Poster making
- 5. Slogan
- 6. Singing

General rules for competition are:

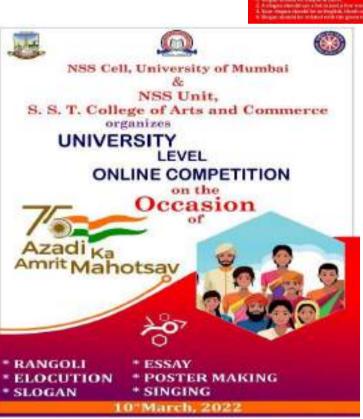
- 1. Students can participate in any number of events.
- 2. Your entries should be related to the given

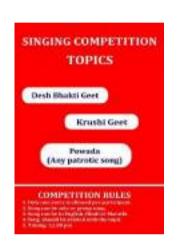
themes only.

- 3. Verdict of judges and the organizers will be final
- and will not be subjected to any further change.
- 4. The entries you upload should be clearly visible.
- 5. No abusive language should be used.
- 6. Plagiarism will lead to disqualification.

It was a great competition many NSS students from different colleges has participated in competition.















NSS REPORT ON CONVOCATION AT UNIVERSITY

No of volunteers - 2 hours - 4

Male - 1 female - 1

DATE:- 26TH MARCH 2022

VENUE:- CONVOCATION HALL FORT CAMPUS MUMBAI, MAHARASHTRA.

A Azadi ka Amrit Mohotsava was organized by "University Of Mumbai" in the presence of honourable minister Shri.peamaanik, honourable VC Sir and pro VC Sir along with other dignitaries. 2 volunteers is associated for this event (male 01 & female 01) for every college. Then honourable minister is interact with college volunteer about

What NSS is about?

The National Service Scheme is an Indian government sector public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969.

What does the NSS do?

Image result for NSS The programme aims to instilling the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.

After that work done during the pandamic

- Organ donation
- Beach Cleaning
- Womens day
- Vaccination drive
- Disaster Management
- Blood donation

So this how convocation had done.











Report on ONLINE INDEPENDENCE DAY CELEBRATION

(QUIZ COMPETITION, SELFIE WITH FLAG, CULTURAL EVENTS)

(BY VPPCOE AND VA UNIT)

NO OF VOLUNTEERS - 56

MALE - 37 FEMALE - 19

Date: 15 August 2021

Venue: Mumbai, Maharashtra

HOURS - 10

Quiz competition, selfie with flag, cultural events was organised by "The NSS Unit of Vasantdada Patil College of Engineering and Visual Arts."

Each and every student enthusiastically and voluntarily participated in the quiz competition held on Independence Day. The NSS unit had created a website and Google form asking interesting questions on history of our nation, the contribution of our freedom fighters, major events that took place in history and about national heritage. It was a very insightful competition that helped our volunteers increase their knowledge regarding their nation. It was a 2 hour session and all the results were stored on the site and further they were recognised. Our team was happy and coordinated really well during the competition.

After that selfie with flag event was there, where everyone clicks a selfie with flag and we posted it on our nss instagram handle. many volunteers participated and took a selfie with flag. we get really great response for this event.

Besides that cultural events like singing, dancing was also there. where volunteers need to show any social message in there act. Manyvolunteers join this events also.







FLAG HOSTING-INDEPENDENCE DAY CELEBRATION

(By VPPCOE&VA NSS Unit)

Male -14 female - 5

Date: 15th August, 2021

Mumbai, Maharashtra

Like every year, this year also, Independence Day on 15 August 2021 was organised by "The NSS Unit of VasnatDada Patils Pratisthan's College Of Engineering" with great joy and pomp. The sense of happiness and pride could be clearly seen on the faces of all the people as India was celebrating its 75th Independence Day on 15th August 2021. Since, the world was suffering from a scarry Pandemic "CORONA", So, we celebrated this 75th Independence day in online mode. The program started with prayer at 08:00am in online mode. We started with a prayer sung in online mode, then the flag was hoisted at the college podium by our Principle. After that many online events began for all the students, since everyone was not present at the spot due to the world wide pandemic. Quiz competition took place was arranged for the students, selfie wd flag, and cultural events like singing where arranged for the students.

After all these events our principle gave a speech on Indian freedom fighters and guidelines about corona and its prevention. Henceforth, national anthem was sung and the event was winded up by around 2'o clock pm. This is all about how our 75th Independence day was conducted online successfully by NSS Unit of our college. Here are some snaps of Independence day.







Nss DAY CELEBRATION

BY NSS UNIT VPPCOE

NO OF VOLUNTEERS - 46

HOURS - 2

MALE - 30 FEMALE - 16

September 24,2021

A NSS DAY Webinar was organised by Maharshi Dayanand College of Arts, Commerce and Science on 24th September 2021. The program was scheduled for 3 days from 24th September to 26th September. On first day a QUIZ competition was conducted, on 2nd day NSS song singing competition was there and on 3rd day an event was conducted WHY SHOULD I JOIN NSS. Many NSS volunteers were attended the webinar from different colleges. Dr.Rupesh Gaikwad and Dr. Namrata Jain the NSS head officer were the head of this event. This NSS DAY event was successfully celebrated and completed.



Maharshi Dayamand College of Arts, Science and Commerce-Parol, Mumbul 12

NSS UNIT

Organizes



NSS FOUNDATION DAY COMPETITION

Cleverings 1111

NSS Unit of Mahorshi Doyanand College, Panel, Musehai 12

Is Organizing National level unline program on the eve of NSS floredation Day in India on Separather 24. Only for NSS volument.

The program is schoolsted for 3 days from September 24 to September 26, 2021 as

Day 1. A national lavel Quiz competition on NSS - September 24, 2021

Day 2: NSS song singing composition - September 29, 2021

Day 3: Skit competition on Topic- Why I should Join NSST - September 26, 2021

Detailed rules to participate in above competition—ore mentioned in the google registration form of each overst.

Inspectant daise.

A national Level Quiz competition in NSS - to subset the registration form is oil 2:00 PM on 24° September 2021 the competition will be held at 5:00 PM.

Regionative link : time a formation to a Wind Wind Wind State

NSS ong singing competition – administrat of value still 8: 00 PM on September 25, 3021

Registration link / Engaciformanic TRANSCRAFT Designation

Shit compension in Tapic: Why I should Join NSS? — submission of video sill. 8:00 PM on September 20, 2021

Registration link | https://www.gis/MOUVert.htm.gathur/ Onchapping of result will be an September 20, 2021 of 2,00 PM

Dr. Rupesh H. Gukwaii NSS Program Officer

Dr. Norman Join NSS Program Orbicer

Dr. C. S. Panne Principal

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GANDHI JAYANTI WEBINAR

BY - NSS UNIT VPPCOE

NO OF VOLUNTEERS - 52 MALE - 34 FEMALE - 18 **HOURS - 2**

DATE - SATURDAY, 2 October 2021.

TIME - 11 - 12PM.

Objective Of The Webinar - PEACE AND LET US BE THE CHANGE.

SPEAKER - SAURAV PATIL.

The webinar received a huge response about **58** people joined the lecture webinar. The profile of participants was also quite diverse. He has elaborated about knowledge, skills, and attitude required for Peace Education and explained strategies and ways to Conflict Resolution. He also gave ideas about mind mapping techniques etc.

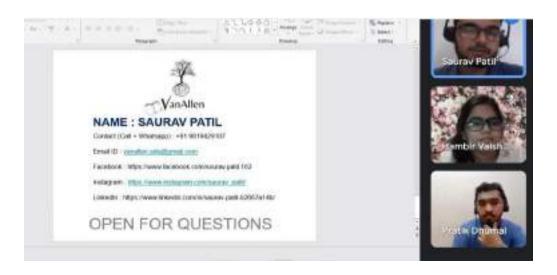
Key takeaways from the session are

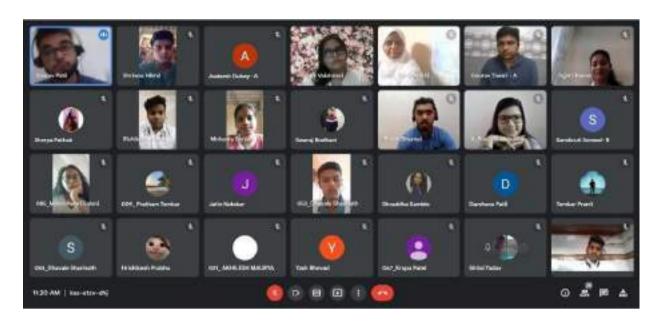
- Viveka Art of questioning.
- Vichara To Research.
- Ne-Thi Total Focus.
- Vairagya Detachment.
- Change is a magnet.

A 30 Min Q&A Session Was Held In The Same Meet. Participants Asked Many Questions On Conflict Resolution And All The Questions Were Satisfactorily Answered By Speaker.

On A POSITIVE note that **WHEN THINGS CHANGE INSIDE YOU**, **THINGS CHANGE AROUND YOU**, he concluded the webinar. Some

photos of today's webinar are attached below.







MENTAL HEALTH IN AN UNEQUAL WORLD

ARRANGED BY - NSS UNIT VPPCOE

NO OF VOLUNTEERS - 55 MALE - 36 FEMALE - 19 HOURS - 3

DATE - Sunday, 10 October 2021.

TIME - 11.30 - 1PM.

Objective Of The Webinar - Promote Mental Health Awareness Among Youth.

SPEAKER - DR. AMOL BHUSARE (mbbs, neuropsychiatrist).

The pandemic is stressful for ordinary people as well as professionals and also created more fear and anxiety among adults and children. However, there are certain actions that are necessary to curtail the negative impacts of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Everyone reacts differently to stressful circumstances, So how you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. So how to manage all these factors in personal life as well as in professional life is elucidated via this webinar. 47 students were present in the meet and this count was the same throughout the meet.

KEY TAKEAWAYS FROM COUNSELLING SESSION

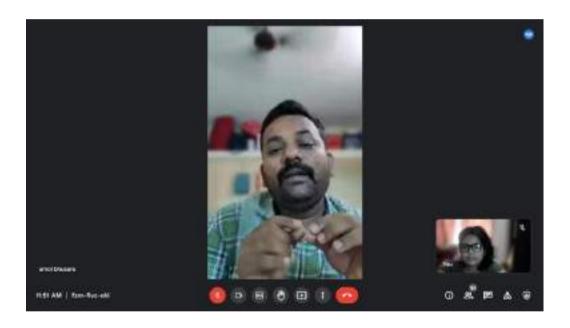
- The symptoms of mental distractions are self-harm, lack of interest in daily life, suicidal thoughts, lack of self-care, inability to sleep, and no progress in physical symptoms.
- During pandemic crises, coping with stress has many ways like spiritually, emotionally, mentally, physically.
- Physically, we can create a zone (it may be smaller or larger) as a no-pressure zone where one can center himself/herself to take a long breath and meditate.
- Emotionally, we must validate our emotions.
- Spiritually, being grateful for every day and keeping ourselves positive through prayers, and high spiritual power is a much-needed thing right now.
- Isolation is detrimental to our health. So connecting with loved ones for emotional support is significant.
- Hydrate well to boost your mood, wash hands regularly and nourish.

- Honor and distract yourselves by finding a way to actively divert your attention and pamper yourself, do yoga and meditation, acknowledge your fear and anxiety.
- Follow your daily routine by making a checklist and working on those tasks throughout the day. Set benchmarks and don't compare them with others. Learn to balance your work and rest. Me time will increase productivity and balance.
- He also gave a 3D FORMULA

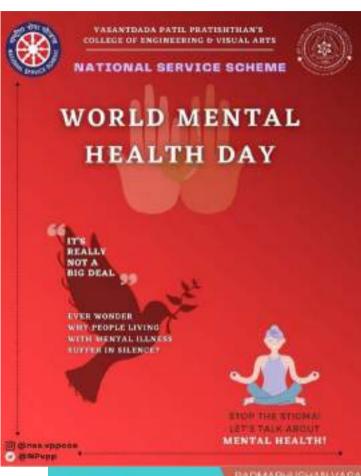
Then a 30 min Q N A session was held in the same meet.

On A POSITIVE note that **QUIT YOUR ADDICTION NOT YOUR LIFE**, he concluded the webinar.

Some photos of today's webinar are attached below.









VACCINATION DRIVE

ARRANGED BY - NSS UNIT VPPCOE

DATE -- THUERSDAY, 28 October 2021.

NO OF VOLUNTEERS - 37

HOURS - 10

MALE - 25 FEMALE - 12

In the view of Covid-19 pandemic the **NSS Unit** of **Vasantdada Patil Pratishthan's College of Engineering & Visual Arts** in accordance to the Joint Director, DTE's mail had organised a Vaccination Drive for college students and staff in the campus in order to keep them protected from corona virus.

The Health Minister of Maharashtra state, **Mr. Rajesh Tope** had announced about special inoculation drive for the students, age group of 18 to 25 that the Covid-19 vaccination among the youth is the need of the hour as colleges and universities have started to open in the state from 20th Oct 2021. The Government of Maharashtra had started a week-long vaccination drive for college students in the state from 25th Oct to 2nd Nov 2021, under the campaign, **'Mission Yuva Swasthya'**. The teachers and students will be inoculated as part of the drive

Covid-19 Vaccination programme was organised for the students and staff members of the Vasantdada Patil Pratishthan's College of Engineering & Visual Arts on 28th October 2021 in the college campus from 10 am to 4 pm in collaboration with Bombay Municipal Corporation, Joint Director of Higher Education and National Service Scheme of Vasantdada Patil Pratishthan's College of Engineering & Visual Arts. Around 100 students, parents and staff members including teaching and administrative members were given Covishield as vaccine first and second doses as per their vaccination schedule. Later on they were asked to follow the suggestions as per doctor's advice.









Our Principal, our NSS UNIT along with our working and nonworking staff

We will take this opportunity to thank all the teaching and non-teaching members who have supported us directly or indirectly.

NSS REPORT ON NATIONAL GIRL CHILD DAY BY NSS VPPCOE

NO OF VOLUNTEERS - 44

HOURS - 2

MALE - 29 FEMALE- 15

Date: - 24th January, 2022

Venue: - Vasantdada Patil Pratishtan's College Of Engineering & Visual Arts

Mumbai, Maharashtra

National Girl Child Day was organized by "Vasantdada Patil Pratishtan's College Of Engineering & Visual Arts, Mumbai" at the college itself. All the NSS volunteer's came together to make this event successful. Volunteers made different types of videos and created pictures to show and understand the importance of National Girl Child Day more precisely. Everyone were told about how even girls are equally important similar to boys, infact without girls nobody can even imagine their life because girls are the one who plays the role of a mother, sister, and many more. In this way with a short they even showed how girls should not be illtreated and even we should educate and teach them properly. In this way, the awareness on National Girl Child day was spread.



NATIONAL SERVICE SCHEME

Happy National Girl Child Day











REPORT ON

REPUBLIC DAY CELEBRATION

(By VPPCOE&VA NSS Unit)

No of volunteers - 40

hours - 9

Male - 28 female -12

Date: 26TH January, 2022

Mumbai, Maharashtra

Like every year, this year also, Republic Day on 26th January 2022 was organised by "The NSS Unit of VasantDada Patils Pratisthan College Of Engineering" with great joy and pomp. On that day the sense of happiness and pride could be clearly seen on the faces of all the people as India was celebrating its 73rd Republic Day on 26th January 2022. As we all knew that the world was suffering from a scary Pandemic "CORONA", So, after a long lockdown we could come and get together to celebrate our national festival. The program this time was in offline mode. The program started with prayer at 08:00am. We started with a prayer sung by the NSS girls, then the flag was hoisted at the college podium by our Principle and our college trusty and president. Planting ceremony was conducted in which teachers and students have planted plants in our college campus. Many events which were arranged for all the students began, since everyone was present at the spot after a long lockdown and a big battle won, everyone was very enthusiastic and

energetic but the Corona guidelines were still kept in mind by keeping proper distance from each other and sanitizing everything small thing. After that students gave speech on republic day.

After all these events our principle woke our soul up by giving a speech on Indian freedom fighters and guidelines about corona and its prevention. Henceforth, national anthem was sung and the event was winded up by around 2'o clock pm. This is all about how our 73rd Republic day was conducted successfully by NSS Unit of our college. Here are some snaps of Republic day.









NSS Report on World Vegan Vision Session

(By VPPCOE & VA NSS Unit)

NO OF VOLUNTEERS - 43

HOURS-6

MALE - 28 FEMALE - 15

Date:22 February 2022

Mumbai ,Maharashtra

The NSS Unit of Vasantdada Patil Prasthithan College of Engineering & Visual Arts had organised a session on 'Boosting your immunity' in view of Covid-19 pandemic in association with international NGO "Climate Save Day" for all teaching and non teaching staff of the college on 22 February 2022 at seminar hall of the college. The session was also with the association of NGO called World Vegan Vision. The NGO volunteers reached our college at 2.30 pm in the college and started the preparations for the session with the help of our NSS volunteers. The session strated at 3.00 pm by feliciating the guest from the NGO which included a Nutritionist, a Professional vegan chef and other volunteers. At next, a Documentary was played at the projector showing the importance of vegan diet, where many athletes, famous personalities switched from normal diet to vegan diet. Everyone was really amazed to see the documentary. Followed by the documentary, there was a question-answer session. The questions were answered amazingly by the nutriontist from the NGO. Everyone present there learned a new way of staying healthy. At last a complementary meal box was provided to all the teaching and non-teaching staff attending the sessions. The meal box was filled with yummy vegan snacks which really made the staff happy. The program ended at 5.00 pm. Everyone left with a smile and aiming for a healthy lifestyle.







Marathi Divas

(By VPPCOE&VA NSS Unit)

NO OF VOLUNTEERS - 41

HOURS - 2

MALE - 27 FEMALE - 14

Date: 27TH Feb, 2022

Mumbai, Maharashtra

Like every year, this year also, Marathi Divas on 27th Feb 2022 was organised by "The NSS Unit of VasnatDada Patils Pratisthan College Of Engineering" with great joy and pomp. On that day the sense of happiness and pride could be clearly seen on the faces of all the people as India was celebrating its 73rd Marathi Divas on 27th Feb 2022. As we all knew that the world was suffering from a scary Pandemic "CORONA", So, after a long lockdown we could come and get together to celebrate our national festival. The program this time was in offline mode. The program started with prayer at 08:00am. We started with a prayer sung by the NSS girls, then the flag was hoisted at the college podium by our Principle. Planting ceremony was conducted in which teachers and students have planted plants in our college campus. Many events which were arranged for all the students began, since everyone was present at the spot after a long lockdown and a big battle won, everyone was very enthusiastic and energetic but the Corona guidelines were still kept in mind by keeping proper distance from each other and sanitizing everything small thing. There was a speech on marathi divas by nss volunteer After all these events our principle woke our soul up by giving a speech on Indian freedom fighters and guidelines about corona and its prevention. Henceforth, national anthem was sung and the event was winded up by around 2'o clock

pm. This is all about how our Marathi divas was conducted successfully by NSS Unit of our college.

NSS REPORT ON

WOMEN'S DAY CELEBRATION

ARRANGED BY- NSS UNIT VPPCOE

NO OF VOLUNTEERS - 53

HOURS - 10

MALE - 37 FEMALE - 16

DATE - Monday, 14 March 2022.

International Women's Day (8 March) is celebrated every year with huge enthusiasm around the world to celebrate the achievements of women in social, political, economic, and other fields of life. Today, women rule almost in every field of life and work at par with men. We cannot deny, that be it at home or at work, they do it all with so much zeal and ace in each one of it in their own way. There cannot be just a day to celebrate a woman. Every day should be a day, where we respect the divinity of women.

NSS commemorated this very bright day i.e International Women's Day at Vasantdada Patil Pratishthan's College of Engineering & Visual Arts with the presence of our special women guest panel Brahmakumari Sapna Didi along with women staff and students of our college.

Along with this there were competitions held which included Poster Making, Essay Writing and Elocution. Many female students participated and even the women staff of the college.

Some photos of the celebration are attached below





NSS Report on Shivjayanti Celebration

(By VPPCOE & VA NSS Unit)

NO OF VOLUNTEERS - 53

HOURS - 4

MALE - 35 FEMALE - 18 Date: 21st March 2022

Chhatrapati Shivaji Maharaj Jayanti, also known simply as Shiv Jayanti, is the birth anniversary of the great Maratha ruler Shivaji Maharaj. This festival is celebrated on February 19, celebrating the birth anniversary of Chhatrapati Shivaji Maharaj, the first Chhatrapati, and founder of the Maratha Empire. In 1870, Mahatma Phule started the celebration of Shivaji Jayanti which was then taken forward by Bal Gangadhar Tilak.

This auspicious occasion was celebrated by "The NSS Unit of Vasantdada Patil College of Engineering & Visual Arts". The

preparations for the event started around 8 a.m. when the volunteers reached the venue and started arranging every thing in place and decorating the venue. The event started at 10 a.m. with the Campus Director of VPPCOE & VA's Dr. Alam N. Shaikh offered garlands to the statue of Chhatrapati Shivaji Maharaj, also our Alumini was present there as Chief Guest and also did pooja of the statue. Then one of our volunteer singing a "POWADA" and giving "Shiv Garjana". After that Adv. Appasaheb S. Desai gave a rousing speech about how Chhatrapati Shivaji Maharaj in just 30 years of his rule was able to capture and build around 370 forts. So this is how "The NSS Unit of Vasantdada Patil College of Engineering & Visual Arts" celebrated the occasion of Shivjayanti.









