

Mahatma Education Society's

Mahatma Night Degree College of Arts and Commerce

Opposite Fire Brigade, Chembur Naka

Chembur Mumbai- 400 071

(NAAC Re-Accredited)

7.1.1 QIM

Gender Equity and celebration of days of National/International commemoration

(From 2018-19 to 2022-23)

Supporting Documents

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Chembur, Mumbai - 400 071.

Criterion: - 7.1.1

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2022-23

**Expert Talk on "Crimes against Women"
Mahatma Night Degree College of Arts and Commerce
Mumbai**

Date: Thursday 2nd March, 2023
Time: 7.00 PM to 8.30 PM
Venue: Ground floor Multi purpose Hall

Introduction

Women Development Cell (WDC) of Mahatma Night Degree College of Arts and Commerce, Chembur Mumbai in association with Soroptimist Welfare association (SIBC) organized a Talk by Advocate Vishhal Saxxena, a Criminal Law specialist and advocate of the Supreme Court of India on the Theme "Crimes Against Women" on 2nd March 2023 from 7:00 PM to 8:30 PM as a part of Women's Day Celebration.

Activity

The event was inaugurated by The Dr. Eaknath Zhrekar, I/C Principal of Mahatma Night Degree College of Arts and Commerce, Chembur.

The main speaker Shri Vishhal Saxxena started his talk and made this interactive. The audience was enthralled with his depth of knowledge. He practices at The Bombay High Court and he is also the member of The Supreme Court Bar Association. Besides being a lawyer Vishhal Saxxena is also a Chartered Accountant and Post Graduate Diploma in Business management (Finance). He has a strong base of knowledge and experience which helps him handling criminal matters efficiently.

Shri Vishhal Saxxena is a visiting faculty of Maharashtra Police for training Police officers at Khandala and Pune on dealing with crime against women and laws related to sexual harassment. He is also the visiting faculty of Police Training Centre, at Narendra nagar, Uttarakhand to train police officers on gender sensitization. He is a prominent speaker and regularly deliver lectures on various social platforms on women empowerment. Being an Urdu poetry lover, he has also authored a book named as "Masoom Ki Kalam Se Bhaag-1" consisting of his own Urdu poetries

The event was well programmed and managed by the librarians Parveen Arif, Lata Krishnan and other staff members of the College who helped in their own special way. The event was graced by the presence of Professors, Students of Night Junior and Degree College and members of Soroptimist Welfare association (SIBC). It was an eye-opening experience for all who came to this programme.

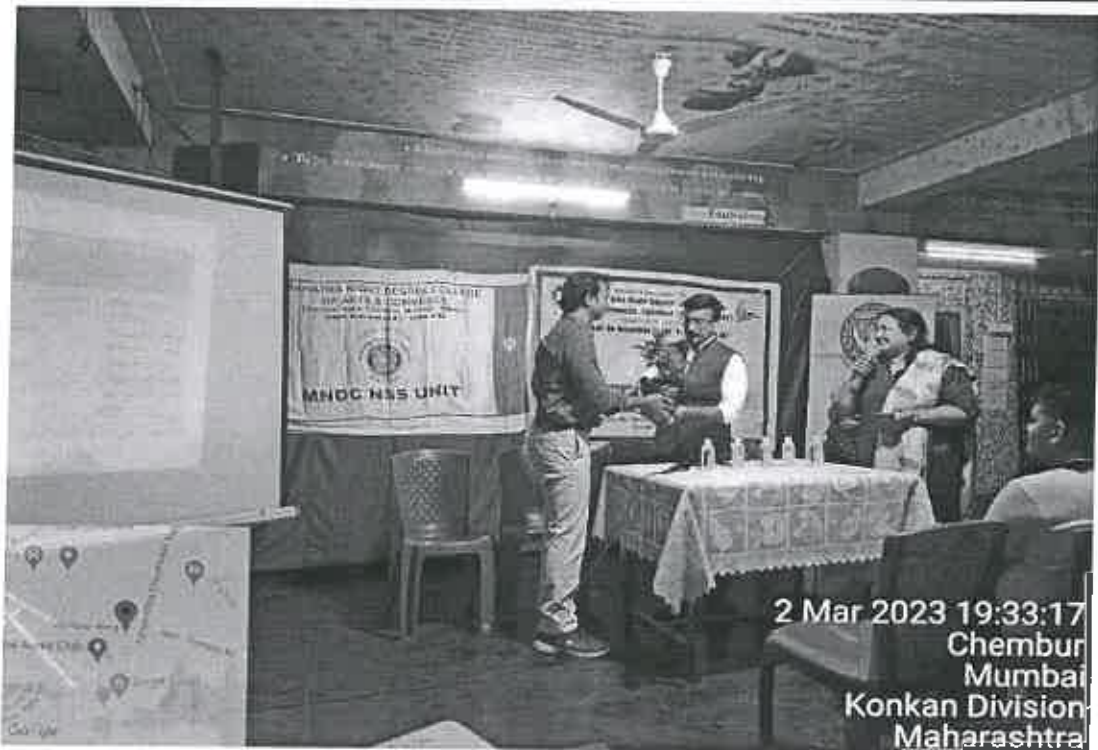


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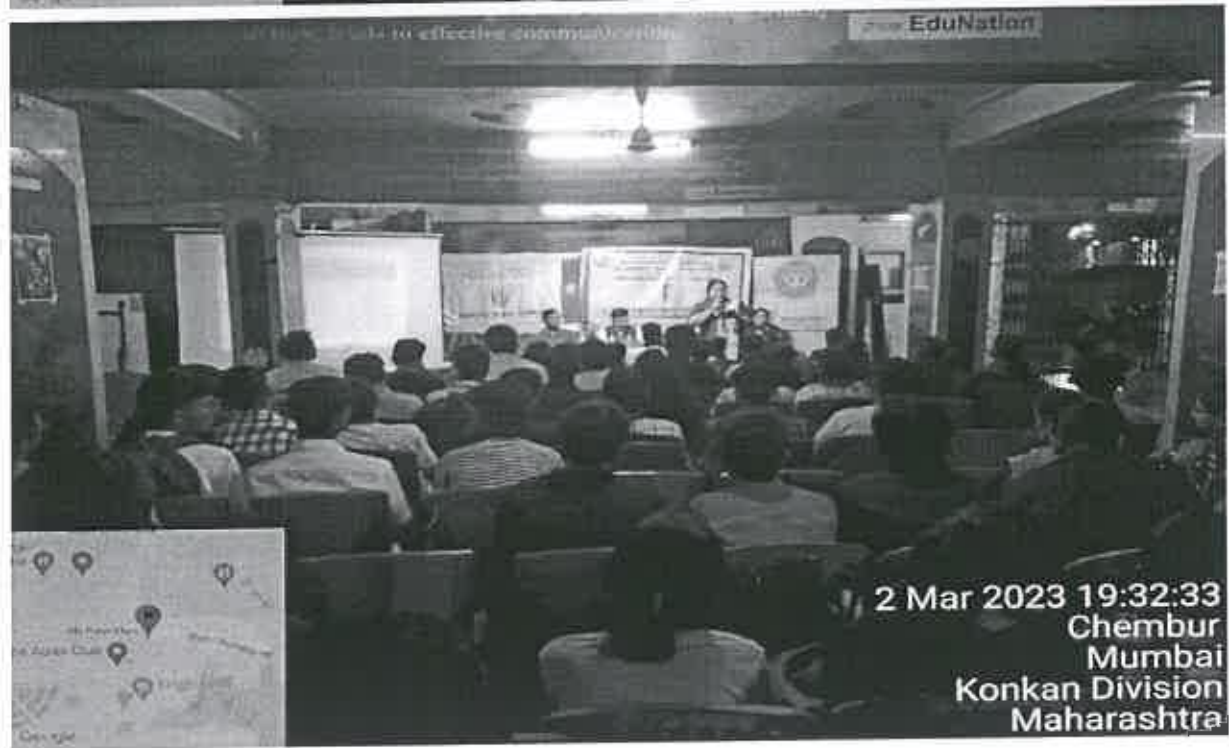
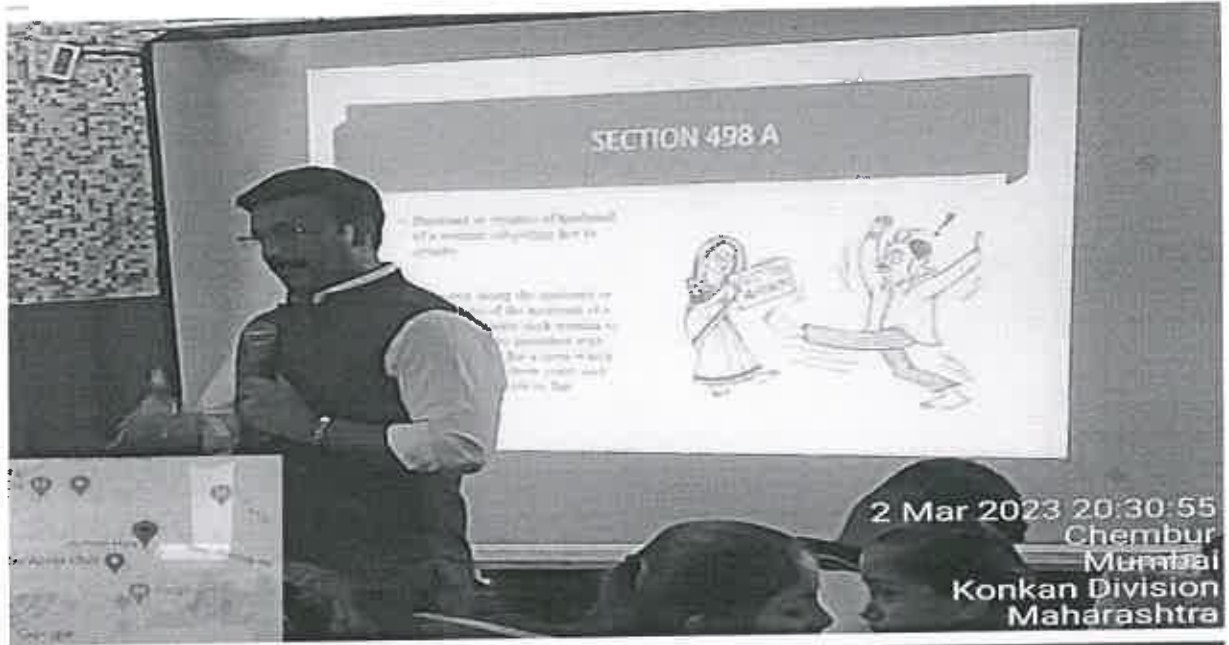
Beneficiaries

Teachers, students from Mahatma Night Degree College and Mahatma Night Junior College and members of Soroptimist Welfare association participated and benefitted from this programme.



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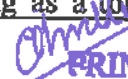
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“Two Days Pre- Marital Counselling Workshop-2023”

Name of the Event -:	“Two Days Pre- Marital Counselling Workshop-2023”
Date & Time of the Program-:	25th and 27th February, 2023
Venue -:	404 Class Room
No of Participants-:	119
Objective-:	<ul style="list-style-type: none"> ● To aware students about gender equality ● To counsel students about pre-marital strategies
Brief Report of the Program-:	<p>This special workshop was organized by the Women Development Cell and NSS unit of our college in association with Stree Mukti Sanghatana on the 25th and 27th February, 2023 in our college. About 119 students (boys and girls) from first year, second year and third year participated in the both days sessions.</p> <p>On the first day, the 25th February, 2023 the session was inaugurated by the I/C Principal Dr. Eknath Zhrekar and Resource person Ms. Sangeeta Saraf. Dr. Tushar A. Pawar introduced the guest of honor and the resource person Ms. Sangeeta Saraf.</p> <p>The opening session was delivered by Ms. Sangeeta Saraf on the topic Gender equality. The speaker highlighted need of considering equal physical and mental power in both genders. She underlined that the time had come to respect mutually and appreciate the strength in each other. It is also pointed out that unlike previous generation, females cannot be side line in any area. The session was a strong attempt to erase the mind-set existing even in the young generation with a reserved discriminative mentality. However, the entire session was thought provoking and very much Live. The students came forward with a few queries and the speaker clarified them very well.</p> <p>The second session of the day was on selection of life partner. This was also very interesting and very much interactive. The speaker then motivated the students to imagine the scene of their proposing to their life partner. After some time, the speaker collected their demands made to their partner at the time of proposal. Each demand was jotted down on the board and analyzed them. Later she sang songs related to each of the points written on the board. Toward the end of the session the students were found very positive in selecting the partner to lead a happy married life.</p> <p>The programme was concluded after the vote of thanks proposed by the Dr. Tushar A. Pawar</p> <p>The second day's session was on marital adjustment by Mr. Chandrakant Sarvogod. Dr. Tushar A. Pawar introduced and Welcome Mr. Sarvogod and Mrs. Shobha Madam from Stree Mukti Sanghatana. After formal introduction of speaker Dr. Tushar requested Mr. Parveen Arif Chairperson WDC to Felicitate Mr. Sarvogod with Sapling as a token of love. The</p>


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	<p>speaker, first of all, laid down a few case studies regarding the tendencies to get divorced after a short-married life. The speaker opened out the possible reasons and the strong one of them is weakness in mutual understanding. He advocated the need of open talks about the thought about the partner and feelings to be respected. The other reason for separation being not recognizing or supporting the decisions taken by either-or. In-fact the partners can counsel each other whenever a stress or strain disturbed the relation. Giving mutual respect is only solution for a prospective married life. After formally winding up the session the house was open for question answer time. The students well utilized this period to get clear many of them confusing thoughts they observed in other family relations which should not take place in their future life.</p> <p>Mr. Chandrakant Sarvogod started new session on the same day after five minutes break on Sexuality education and legal aspects. This was more or less on anatomic knowledge imparting about the mis-concepts in about reproductive system. The speaker detailed each segment of getting fertility and pregnancy. He also gave an idea about X and Y chromosomes and classification in the birth of boy and or girl child. He also enlightened the students by giving some idea about the infertility and the possible reasons and also the treatment availability. He also lessoned the extra care and need of keeping the reproductive organs and areas with great hygiene and cleanliness for preventing venereal diseases.</p> <p>In the legal aspect session, he started with the careful documentation of marriage related papers to ensure correct nomination to safe guard the survivors. If anything, fatal occurs to anyone. Before the session concluded there was a brief interactive give and take round up. The feedback from the students was very satisfactory.</p> <p>The final days all the sessions came to an end and programmed was disbursed after vote of thanks by Assoc. Prof. Dr. Lata Krishnan.</p>
No of Beneficiary :-	119 students

Chandrakant Sarvogod

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NCC Day - A Report

Name of the Event -:	NCC Day
Date & Time of the Program-:	4 th January 2023 from 7 p.m. to 9.00 p.m.
Venue -:	Multi-Purpose Hall
Resource Person	1. ACP Jagdev R. Kalapad 2. SI Jaykumar Suryavanshi 3. ANO LT Dinkar Kurkute
No of Participants-:	150
Objective-:	To encourage the NCC Cadets and to create awareness about defence services
Brief Report of the Program-: NCC Unit of Mahatma Night Degree College of Arts and Commerce celebrated its NCC Day on 4 th January, 2023 at Multi-purpose hall between 7 p.m. to 9 p.m. Assistant Commissioner of Police (ACP) Jagdev R. Kalapad was the Chief Guest of the program. Senior Inspector (SI) Jaykumar Suryavanshi and Assistant NCC Officer (ANO) Dinkar Kurkute from Mithibai College were Guest of the Honor of the NCC Day. Dr. Harsh Shukla gave the opening remarks of the program and invited principal Dr. Eknath Zhrekar to deliver the welcome address. Dr. Eknath Zhrekar welcomed the dignitaries on the dais and the NCC Cadets. He spoke about the importance of NCC in the student's life and encouraged other students to join the NCC. Cadet CDT Shravan Misal introduced the Chief Guest and Guest of Honours and they were felicitated by the principal Dr. Eknath Zhrekar. After the felicitation program, NCC Cadets performed the Normal Drill, Rifle Guard, Sections and Patriotic dance. Subsequently Dr. Harsh Shukla invited the Chief Guest to address the gathering. ACP Jagdev R. Kalapad sir was very much impressed by the NCC Cadets when he came to know that these are self-motivated NCC Cadets. ACP Jagdev R. Kalapad sir remembered his childhood struggle to obtain the education and he inspired the NCC Cadets to work hard for various defence services. Thereafter Guest of Honour ANO LT Dinkar Kurkute spoke out the structure of NCC in India and how different NCC Cadets became very eminent personalities in the modern time by giving the examples of various political leaders. He said that NCC teaches us Unity and Discipline which helps the students throughout in his life. At the end of the program, Ex- NCC Cadets of the college were felicitated by Principal Dr. Eknath Zhrekar and Guest of Honour ANO LT Dinkar Kurkute sir. The formal vote of thanks was proposed by CDT Sanket Pawar.	
No of Beneficiary -:	150



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National Cadet Corps (NCC) Day

Day and Date: Wednesday 4th January, 2023

Time: 7 p.m. to 9 p.m.

Program

Bringing the House to order	Piolt : 1. CDT Sohail Shaikh 2. CDT Ishwari Tapkire
Opening Remarks	Dr. Harsh Shukla
Welcome Address	Principal Dr. Eknath Zhrekar
Introduction and Felicitation of the Chief Guest	ACP Jagdev R. Kalapad
Introduction and Felicitation of the Guest of Honour	1. SI Jaykumar Suryavanshi 2. ANO LT Dinkar Kurkute
Normal Drill	CPL. Vicky Varma
Rifle Guards	CSM Sumit Ballal
NCC Speech	CDT Tushar Raut
Sections	CDT Shravan Misal
Address by the Chief Guest	ACP Jagdev R. Kalapad
NCC Song & Group Dance Performance	NCC Cadets
Felicitation Of Ex-seniors	Principal Dr. Eknath Zhrekar
Vote of Thanks	CDT Sanket Pawar

Principal

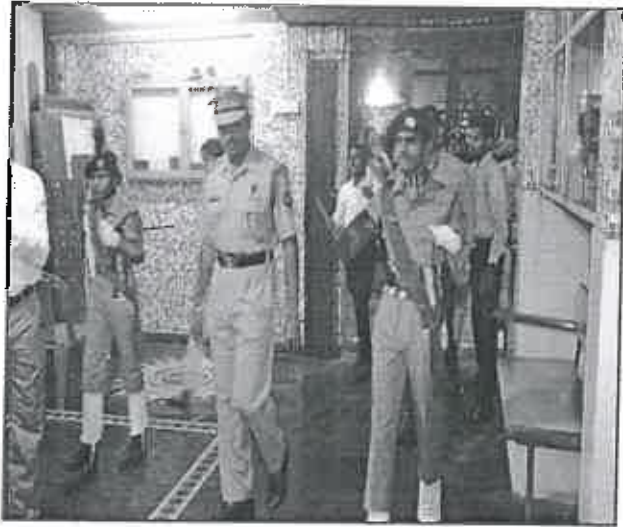
Dr. Eknath Zhrekar


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NCC Incharge

Dr. Harsh Shukla



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“Voters Awareness Day”

Name of the Event -:	“Voters Awareness Day”
Date & Time of the Program-:	25 th January, 2022
Venue -:	Room no. 401, MNDC Campus
No of Participants-:	20
Objective-:	<ul style="list-style-type: none">• To create awareness among students about importance of voting and election for the development of country
Brief Report of the Program-:	<p>In democracy, it is not simply sufficient to update voters about election dates. In order to help the electorates, take an informed decision, it is very essential to sensitise them about the importance of participating in the electoral process. Moreover, voters need to be guide about the process and make them aware about the political parties, their philosophies, backgrounds of the contesting candidates and prepared them with several other information to help them cast an 'enlightened' vote.</p> <p>To inform the voters about the importance of participation in an electoral process and to ensure a responsive, accountable and democratically elected government of India has decided to celebrate January 25 every year as 'National Voters' Day'.</p> <p>In these context National Service Scheme (NSS) unit and Department of Foundation Course has conducted oath ceremony and various programme on 25th January, 2022 at 7.00pm in room No. 401 to create voting awareness in common people with the significance to encourage more young voters to actively take part in the election process to create transparent democratic nation.</p>
No of Beneficiary -:	20 students



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“Human Angle of Solid Waste Management”

Name of the Event -:	“Human Angle of Solid Waste Management”
Date & Time of the Program-:	31 st January, 2022
Venue -:	Google Meet
No of Participants-:	50
Objective-:	<ul style="list-style-type: none"> • To aware students about waste management concept • To keep environment clean
Brief Report of the Program-:	<p>NSS Unit of Mahatma Night Degree College of Arts and Commerce arranged online session of Mrs. Naval Parekh from Stree Mukti Sanghatan to give a talk on Human Angle of Solid Waste Management on 31st January, 2022. Mrs. Naval Parekh is an expert on environmental issues and has been continuously working on environmental conservation, solid waste management, E-waste management etc. The program started with formal introduction of Mrs. Rashmi Joshi by Asst. Prof. Tushar A. Pawar and welcome her on behalf of NSS unit of the college.</p> <p>After formal introduction, Mrs. Parekh started her talk with the actual meaning of Swatchh Bharat Abhiyan and Waste Management. She explained the students that Swatchh Bharat Mission was taken by people as a wrong perception that it only talks about people to hold broom in their hand and clean the city. It goes beyond that. She further elaborated that normally we don't separate dry waste and wet waste at our home and society. We just throw the waste in the dustbin and that waste is further dumped at municipalities dumping ground. So, there is a urgent need to separate dry waste and wet waste. Further, she explained that it is a need of the hour to build wet waste management plant where wet waste like peels of vegetables, waste food etc can be processed and turn it into manure. This is will be a proper use of the wet waste. In addition to this Mrs. Parekh said we can recycle dry waste and E-waste and thus we can control pollution and save our mother earth. She asked the</p>

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	students to conduct a drive to collect plastic and E-waste so she can arrange for its recycling. After the lecture, Assoc. Prof. Dr. Lata Krishnan proposed a formal vote of thanks and promised NSS Unit's association with Mrs. Parekh to organise different activities of waste management.
No of Beneficiary :-	50 students



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**Yoga for Humanity - A NSS Workshop on International Day of Yoga
21st June, 2022 - A Report**

Name of the Event -:	Yoga for Humanity - A NSS Workshop on International Day of Yoga, 21st June, 2022
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai in Collaboration with Soroptimist International of Bombay Chembur (SIBC)
Objective of the session	<ul style="list-style-type: none"> · To understand the importance of yoga for humanity. · To discuss the significance of yoga for body, mind and soul and a balanced life.
Date & Time of the Program-:	Tuesday 21st June, 2022 from 7.00pm to 8.15pm
Resource Person	Shri. Amit Datatray Sarpotdar Senior yoga teacher at Kaivalyadhama Yoga Institute, Mumbai
Audience:	MNDC NSS volunteers of S.Y.B.Com and T.Y.B.Com, Programme Officers, Non- NSS students of the college, teachers and Soroptimist International of Bombay Chembur members.
No of Participants-:	123 participants attended the workshop
Organizing Team	<p>Workshop Chairperson: I/C Principal Dr. Eknath Zhrekar</p> <p>Ms. Namrata Saxena President SIBC Soroptimist International of Bombay Chembur</p> <p>Programme Convener: NSS PO Assoc. Prof. Dr. Lata Krishnan</p> <p>Programme Co-Convener: NSS PO Asst. Prof. Tushar Pawar</p>
Partnered with NGO	SIBC Soroptimist International of Bombay Chembur

<p>Brief Report of the Program:-</p>	<p>The workshop began with the opening remarks by the Convener of the event, NSS PO Assoc. Prof. Dr. Lata Krishnan. She started the event by wishing all the participants a very happy International Day of Yoga 2022. She expressed her joy for gathering physically for the event and asked all to pray as it was the first NSS event of the academic year 2022-23 for all to remain healthy and have a productive NSS year ahead. She spoke about the inspiration and message received by the nation from Prime Minister Shri Narendra Modi. PM Shri Narendra Modi performed yoga asana with local participants in Mysuru, outside the beautiful Mysore Palace. In his message to the nation he said "I extend my greetings to all on this 8th International Yoga Day. Today, Yoga is being practiced in all parts of the world. Yoga brings peace for us. The peace from Yoga is not only for individuals, it brings peace to our nations and the world," Lighting of the lamp by resource person. Principal and NSS Programme Officers accompanied by a prayer song sung by Tasmiya of S.Y.B.Com. The resource person was introduced by NSS Leader Iqura Shaikh of S.Y.B.Com. This was followed by the welcome address by Principal Dr. Eknath Zhrekar.</p>
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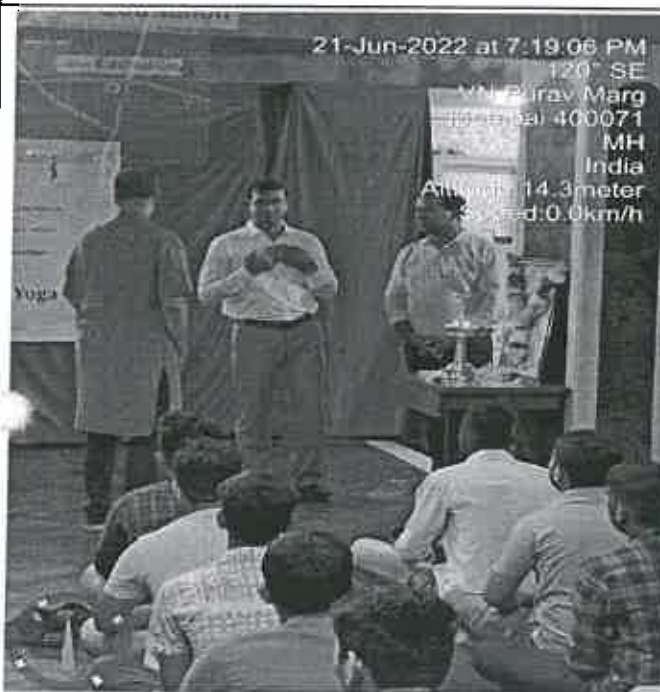
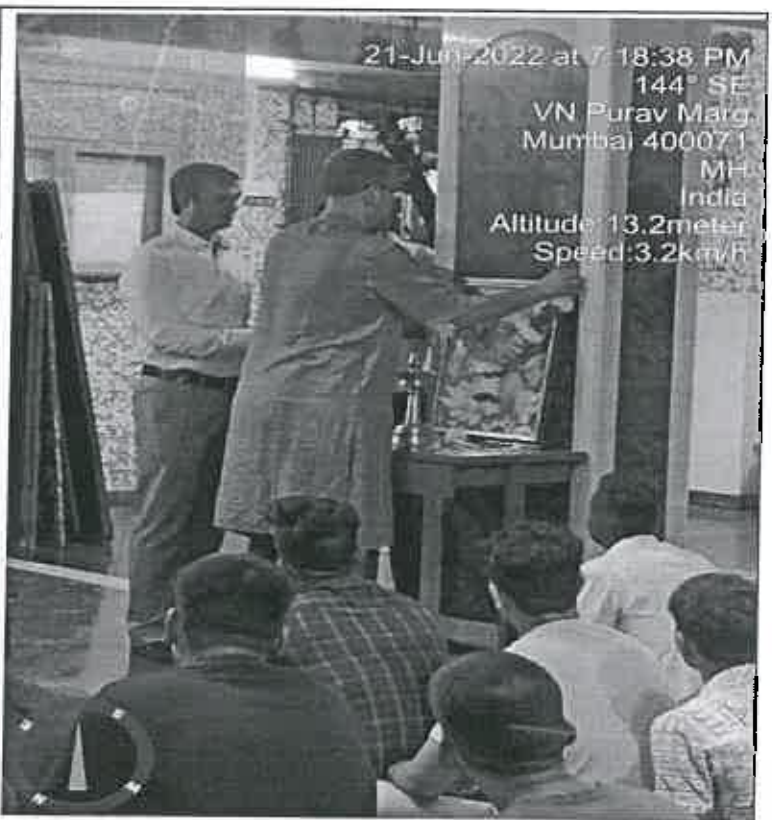
	<p>In the welcome address Principal Dr. Eknath Zhrekar explained how yoga for humanity emphasizes yoga asana for a balancing body, mind and soul. He reiterated the importance of yoga for college youth and encouraged them to practice yoga every day for a healthy and energetic life. Principal Eknath Zhrekar warmly welcomed the resource person, Shri. Amit Datatray Sarpotdar, teachers, NSS volunteers and students for the workshop. He wished the event success.</p> <p>Resource person Shri. Amit Datatray Sarpotdar started the session with interesting real life examples. He explained with illustrations the significance of Yoga for Humanity. He explained the Principles of Ashtanga Yoga which are the fundamentals of a good life. The Eight limbs of Ashtanga Yoga are</p> <ol style="list-style-type: none"> 1. Yama - principles of moral code (Ahimsa, Satya, Asteya, Brahmacharya, Aparigah) 2. Niyama - principles of personal discipline (Shoucha, Santosh, Tapa, Swadhyaya, Eshwar Pranidan) 3. Asana - yoga positions or yogic postures - A stable and comfortable posture which helps attain mental equilibrium 4. Pranayama - yogic breathing - Extension and control of breath 5. Pratyahara - withdrawal of senses - A mental preparation to increase the power of mind. 6. Dharana - concentration on object - Concentration of mind
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	<p>on one object and its field.</p> <p>7. Dhyan - meditation - Withdrawing mind from all external objects and focussing it on one point and meditating on it.</p> <p>8. Samadhi - salvation - State of super bliss, joy and merging individual consciousness into universal consciousness. Union between Jivatma and Paramataman. Pure consciousness.</p> <p>At the question and answer session, a student asked a query on the concept of Aura. What is aura and how can we see aura? Amit Sir explained that the auras referred to the chakras in the body. With intensive meditation and yoga asanas we can activate the chakras and there are chances to see the aura of the chakras.</p> <p>After the Question and Answer session, the CYP Common Yoga Protocol was taken up. A few simple yoga exercises like Tadasan, Vrikshasan, perbatasan etc. were demonstrated and the students performed these yoga asanas. The NSS Programme Officers and teachers also participated in performing yoga asanas. The event ended with a formal vote of thanks proposed by NSS Leader Lekhraj Dholpuria of T.Y.B.Com. class. All the participants stood up for the National Anthem.</p>
<p>No of Beneficiary :-</p>	<p>123 participants</p>

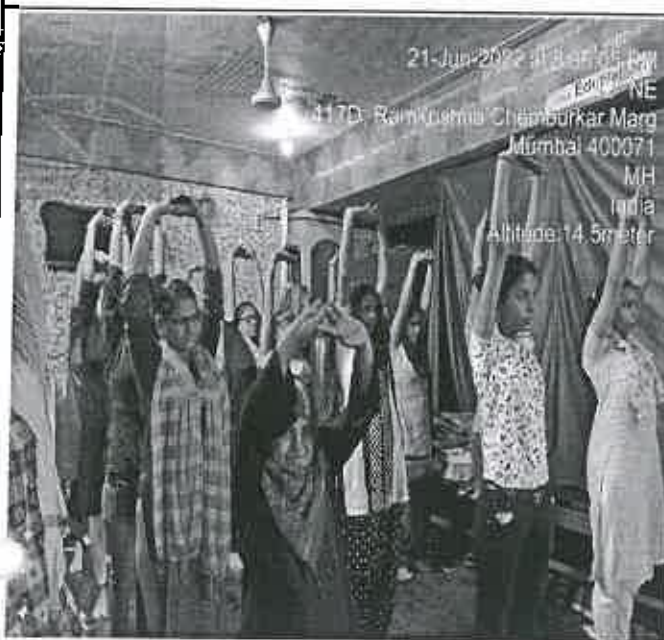
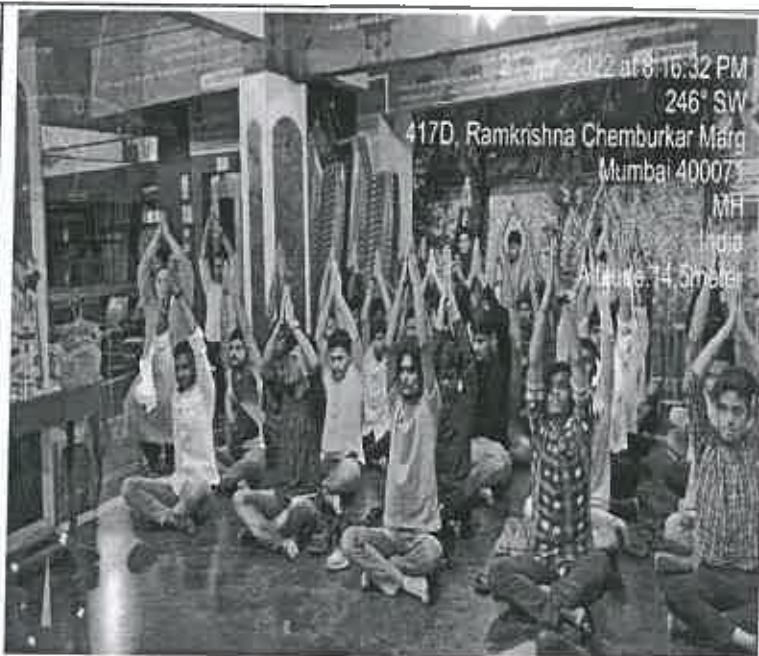
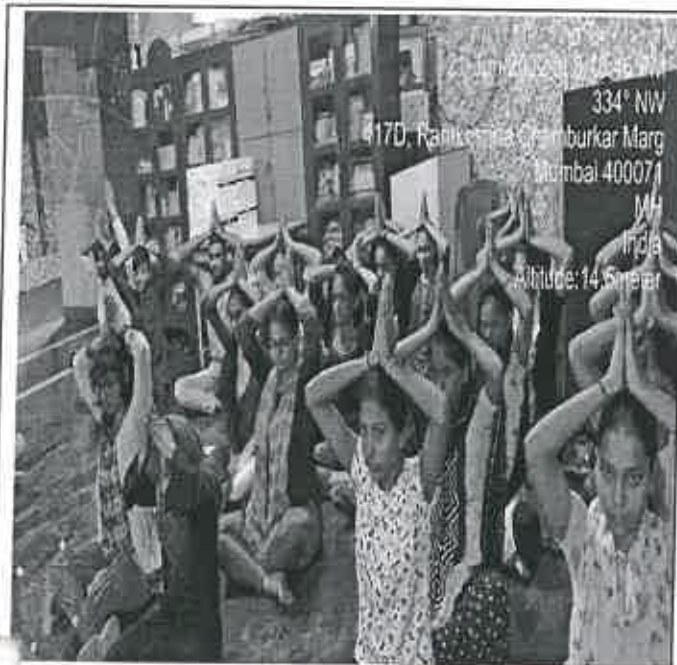
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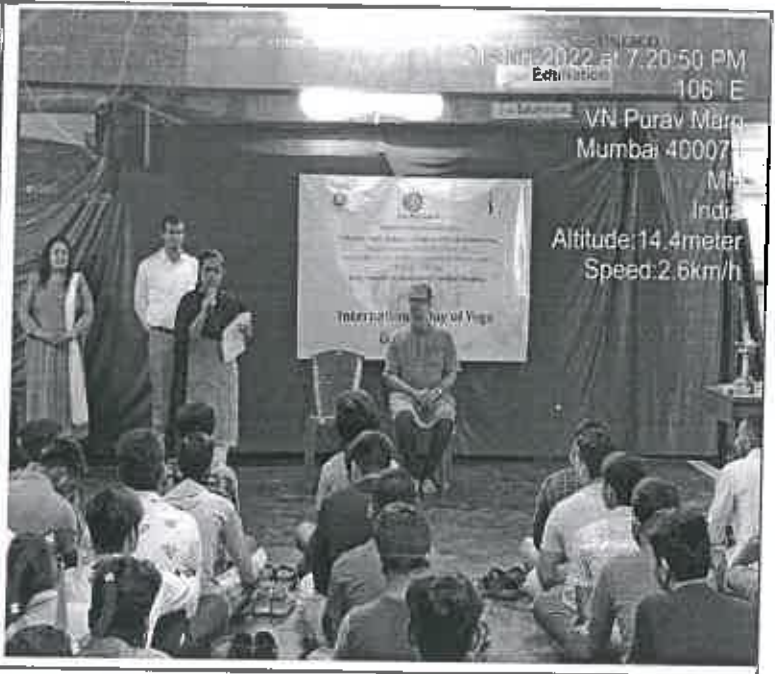


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'Inauguration of Counselling Desk for Women'

Name of the Event :-	'Inauguration of Counselling Desk for Women'
Date & Time of the Program:-	7 th March 2022
Venue :-	MNDC Campus Counselling Unit
No of Participants:-	110
Objective:-	<ul style="list-style-type: none">• To help students in their problems• To give counselling about their issues
Brief Report of the Program:-	<p>NSS unit of Mahatma Night Degree College of Arts and Commerce, Chembur in association with Stree Mukti Sanghatana decided to start counselling desk for students, so they can come with their problems and get proper counselling about it.</p> <p>As we have students coming from very poor social and financial background and they are carrying responsibilities of their house from the school age. Their parents can't afford their education hence students are earning from very small age and taking their own education. Parents are illiterate they are working as labors. Even girls' students also taking their own education and spending their earnings on education and looking after their houses. Some widows and divorcee girls are also taking education in our institute with their stressful mind. In order to take out from such stress NSS unit of our college and Stree Mukti Sanghatana decided to set up help desk in the college and try to counsel them and make them free from stress. Stree Mukti Sanghatana decided that they will appoint their official counsellor and that counsellor will counsel them in right direction. In this process of counselling the discussion between students and counsellor will be kept confidential. College will be given report of students with their name but no information about their problems.</p> <p>On the occasion of international women day 'Counselling Desk' set up in the college by NSS unit and SMS was inaugurated by Senior Police officer Mr. Jagtap sir and President of SMS Mrs. Jyoti Mhapsekar Madam.</p> <p>After the inauguration ceremony Senior Police Officer Mr. Jagtap sir addressed gathering and congratulate organization for set up of Counselling Desk in the college to resolve the problems of students. PSI Mrs. Manisha Shirke madam and Nirbhaya officer Kadam Madam also enlightened their thoughts about importance of counselling desk in the college.</p> <p>I/C Principal Dr. Eknath Zhrekar also appreciated the efforts</p>

Jyoti Mhapsekar
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	<p>taken by NSS POs to set up counselling desk in the college and also discussed about how this counselling desk will help all the students to overcome their personal problems. NSS Programme officer Asst. Prof. Tushar A. Pawar proposed formal vote of thanks. Programme was ended after National Anthem.</p>
<p>No of Beneficiary -:</p>	<p>More than 1000 students</p>



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'Nirbhaya Awareness Rally'

Name of the Event :-	'Nirbhaya Awareness Rally'
Date & Time of the Program:-	7 th March 2022
Venue :-	Natraj Cinema Chembur Station to Ghatla Gaon, Chembur
No of Participants:-	45
Objective:-	<ul style="list-style-type: none">• To create awareness about Nirbhaya• To make girls and women about function of Nirbhaya squad at Chembur Police station
Brief Report of the Program:-	<p>NSS unit of Mahatma Night Degree College of Arts and Commerce, Chembur in association with Chembur Police station and Stree Mukti Sanghatana conducted Nirbhaya Awareness Rally from Natraj Cinema Chembur Station to Ghatla Gaon, Chembur. This rally was conducted to give tribute Nirbhaya and to make aware people specially women and girls about special police squad is appointed to handle problems like Nirbhaya at Chembur Police Station.</p> <p>Around 45 NSS volunteers were participated in this rally with 30 police constable, volunteers from Stree Mukti Sanghatana and 40 students of Saraswati Vidyamandir, Chembur.</p> <p>Rally was escorted by PSI Manisha Shirke madam and Nirbhaya officer PSI Kadam Madam. They were actively participated along with their squad in the rally and reading the slogans on Nirbhaya loudly with volunteers and students.</p> <p>Nirbhaya rally was concluded at Ghatla Village near Sai Baba Mandir. Refreshment and Bisleri water bottle were given to all the volunteers and students by the Chembur Police Station.</p> <p>After the refreshment PSI Shirke madam and PSI Kadam madam talked about purpose of this rally and how police station will support in such problem. At end of rally NSS volunteer of our college Mr. Lekharaj Dholpuria proposed formal vote of thanks to all the participants and police authority for such nice arrangement of rally.</p>
No of Beneficiary :-	More than 500 people

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"Marathi Raj Bhasha Divas"

Name of the Event -:	"Marathi Raj Bhasha Divas"
Date & Time of the Program-:	27 th February, 2022
Venue -:	Room no. 401, MNDC Campus
No of Participants-:	40
Objective-:	<ul style="list-style-type: none">• To make them understand significance of Marathi Bhasha Divas
Brief Report of the Program-:	<p>Marathi bhasha Divas is celebrated in honor of the Marathi language. It is celebrated on 27th February on the occasion of Dnyanpeeth award winner Late Marathi poet V. V. Shirvardkar who is also popularly known as Kusumagraj.</p> <p>Marathi being the official language of the State of Maharashtra, the main focus of this celebration is to promote and sustain the richness of Marathi culture among the young generation. This celebration aims at inculcating and honouring the rich history and literature associated with it among Marathi-speaking community in the state.</p> <p>NSS unit and Department of Foundation Course of Mahatma Night Degree College of Arts and Commerce, Chembur celebrated 'Marathi Bhasha Divas (Marathi Language Day)' on 27th of February, 2022 in Room No. 401. Asst. Prof. Tushar A. Pawar welcome all the students, Principal and teaching staff and highlighted the importance of Marathi language in the state of Maharashtra and also reflected the importance of this day.</p> <p>After the opening remark of Asst. Prof. Tushar A. Pawar, he requested I/C Principal of college Dr. Eknath Zhrekar to address the gathering. He started his talk by expressing his gratitude towards NSS Unit and Department of Foundation Course of the college and then he spoke about the 'Significance of Marathi Bhasha Divas' and 'Marathi Language'.</p> <p>The teaching staff and the students of S.Y.BCom batch and NSS Volunteers were present for the program. Thereafter, importance of Marathi language and the story of V.V Shriwadkar was shared with us by Ms. Lalita.</p> <p>The program proceeded with some students by presenting on the Marathi dialects and also the dressing and cuisines of</p>

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	<p>different cultures. Not only this, we also had a beautiful poetry recited by Mr, Akshay Chavhan. There were many quizzes, and games organized for the students which not only tested their knowledge about Marathi culture but also made sure to tickle their brains.</p>
<p>No of Beneficiary :-</p>	<p>40 students</p>



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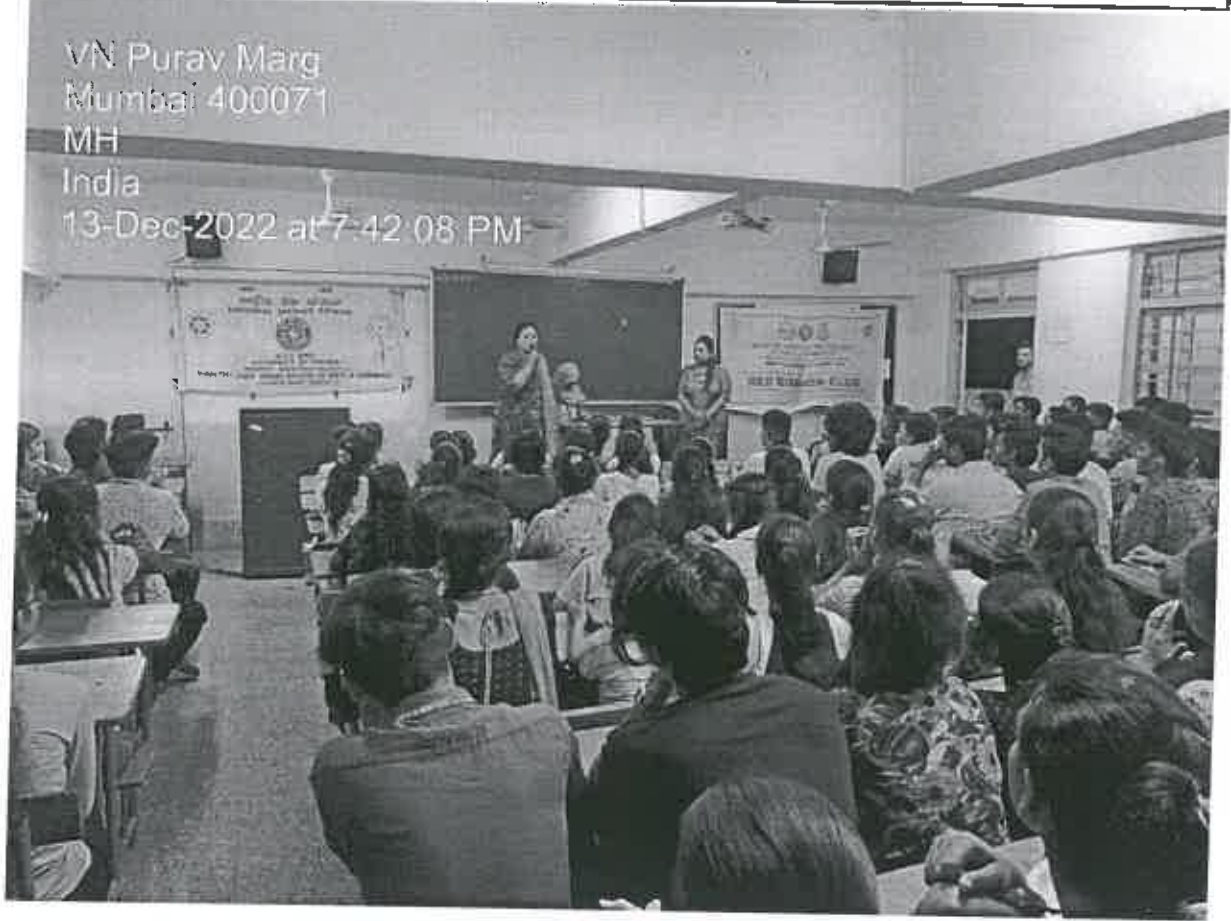
**A Talk on Aids Awareness on 13-12-22– Marking Aids Awareness Fortnight
1st December to 15th December 2022, A RRC & NSS Unit Event**

Name of the Event :-	A Talk on Aids Awareness on 13-12-22 – Marking Aids Awareness Fortnight 1st December to 15th December 2022, A RRC & NSS Unit Event
Date & Time of the Program:-	Tuesday 13 th December, 2022 Time: 7.30 pm to 9.00pm
Venue :-	Room No. 404
Resource Person	Ms. Chitali Bhoir MDACS Mumbai District Aids Control Society - Master Trainer Counselor (Prevention of violence against women and children) KEM Hospital
No of Participants:-	110 students
Objective:-	Spread awareness on HIV AIDS
Organizers:	The Red Ribbon Club and NSS Unit of the college in collaboration with MDACS Mumbai District Aids Control Society.
Programme Officers	Asst. Prof. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program:-	<p>As part of the AIDS AWARENESS FORTNIGHT activities of 2022 the RRC Red Ribbon Club and NSS Unit of the college organized a Talk on Aids Awareness on Tuesday 13th December 2021 from 7.30pm to 9.00 pm for the F.Y.B.Com, S.Y.B.Com and T.Y.B.Com students of the college in room number 404</p> <p>Ms. Chitali Bhoir MDACS Mumbai District Aids Control Society - Master Trainer Counselor (Prevention of violence against women and children) KEM Hospital, was the resource person for the Talk.</p> <p>NSS P.O. Assoc. Prof. Dr. Lata Krishnan made the opening remarks spelling out the significance of understanding HIV Aids.</p> <p>The resource person was welcomed and introduced by NSS Leader Ms. Tasmiya Shaikh</p> <p>With the help of real life examples Ms. Chaitali Bhoir in a lucid manner the facts of HIV/AIDS. How the disease spreads, facts and myths of HIV/AIDS Names and addresses of the Testing Centers and for ART treatment for HIV/AIDS were shared The statistics he shared shocked the participants and set them thinking.</p> <p>Facts about the HIV virus and the manners in which it spreads. The facts about how HIV will not spread. The need of treating HIV affected people with dignity and compassion.</p>

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	<p>The question answer session was interesting and fact filled. Ms. Chaitali answered all the questions of the students pertaining to queries regarding transmission of the disease. Mental blocks and myths regarding HIV Aids were busted.</p> <p>NSS volunteer of S.Y.B.Com Ms. Jayshree Balotiya proposed the vote of thanks. NSS P.O. Dr. Tushar Pawar also thanked the resource person and the session ended.</p>
<p>No of Beneficiary :-</p>	<p>110students attended the talk</p>

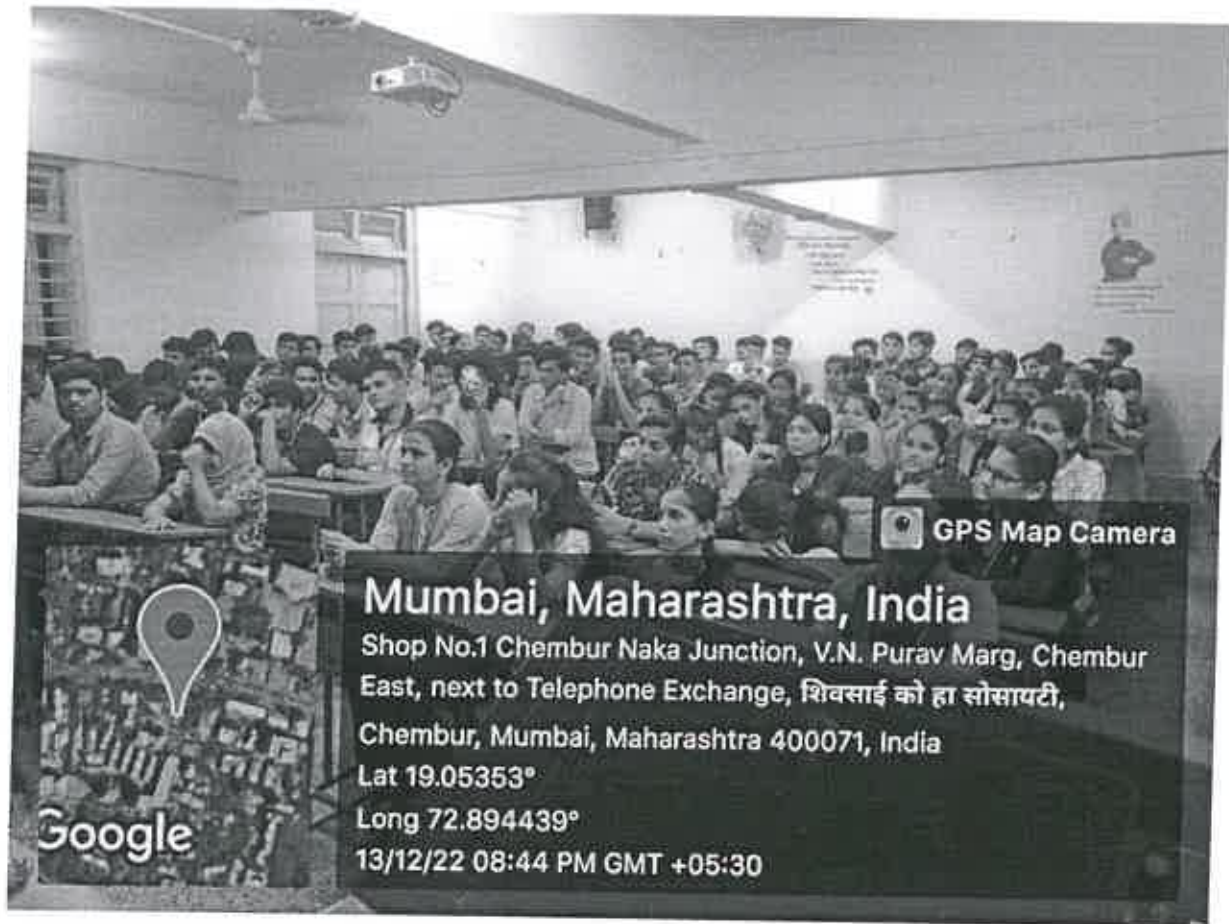


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Mumbai 400071
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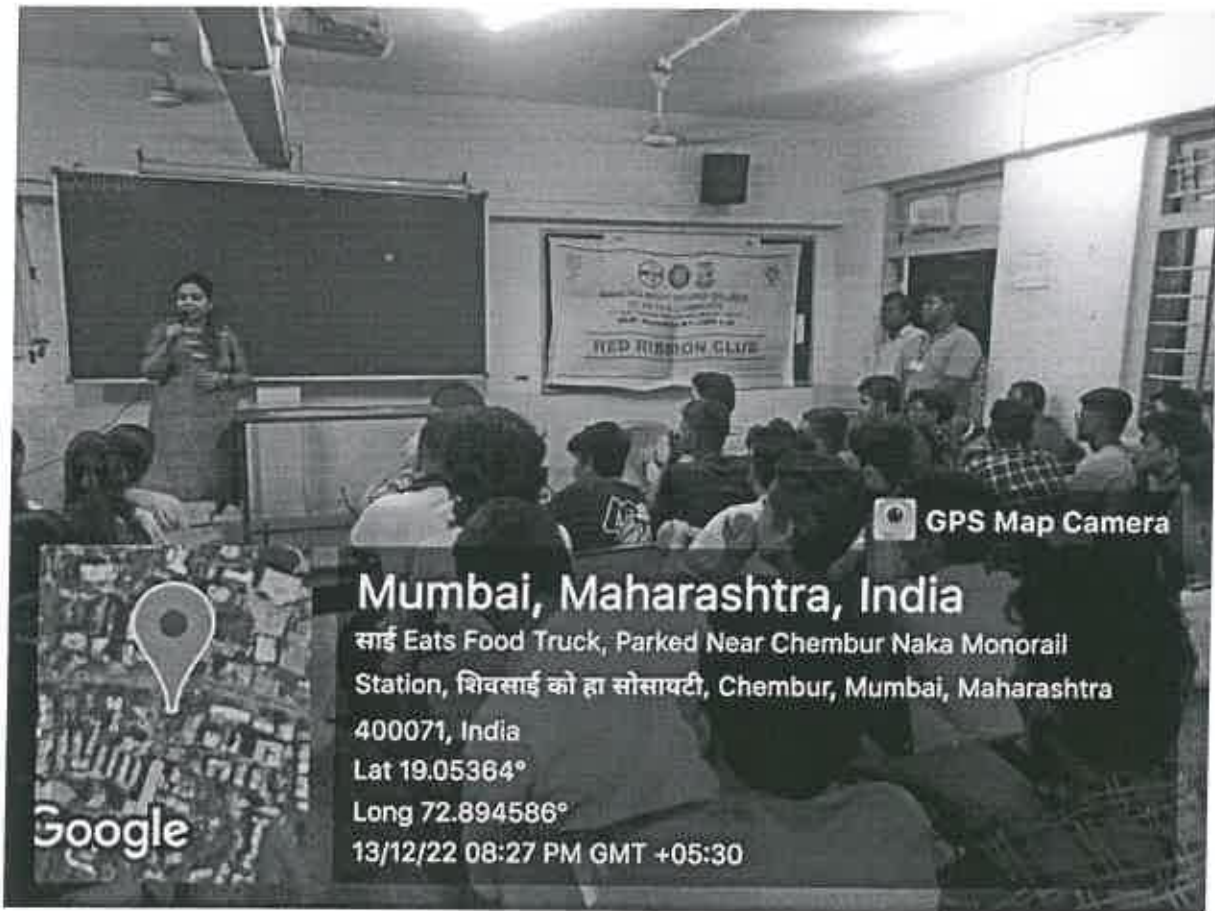
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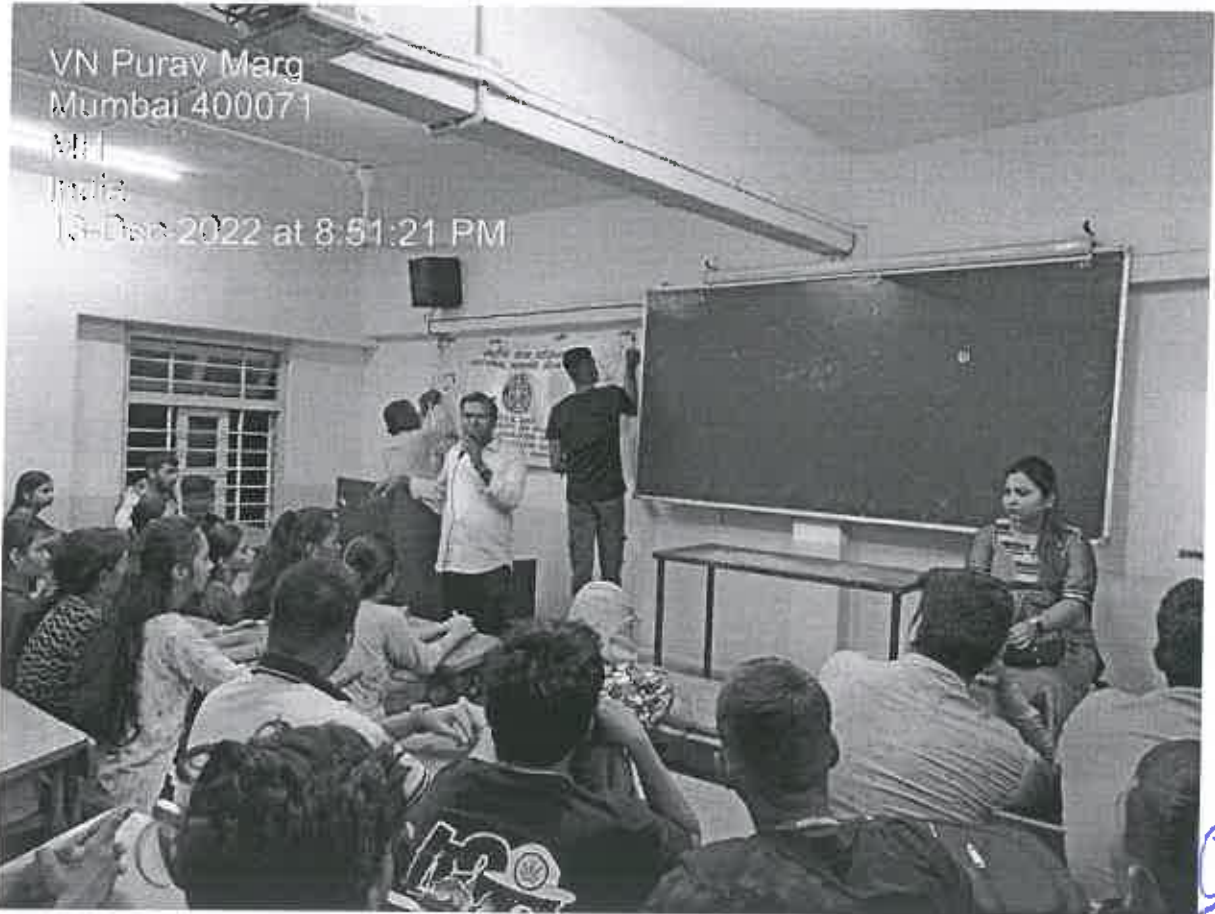


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Maa Atma Education Society
Maharaja Yashwantrao Chavan Degree College of Arts & Commerce
Chembur, Mumbai - 400 071.



Mumbai, Maharashtra, India

साई Eats Food Truck, Parked Near Chembur Naka Monorail Station, शिवसाई को हा सोसायटी, Chembur, Mumbai, Maharashtra 400071, India
 Lat 19.05364°
 Long 72.894586°
 13/12/22 08:27 PM GMT +05:30



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 Mumbai 400071
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 Mahatma Jyoti Degree College of Arts & Commerce
 Chembur, Mumbai - 400 071

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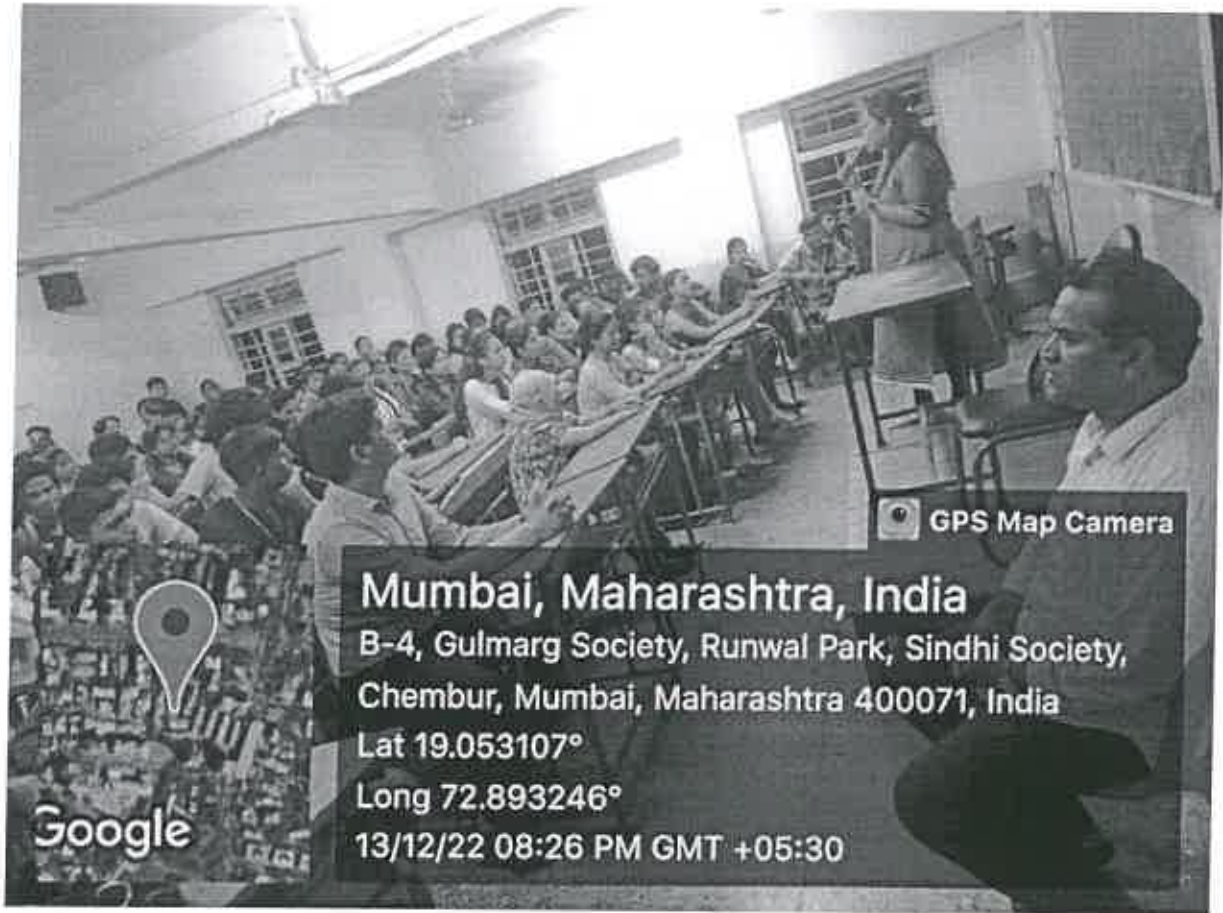
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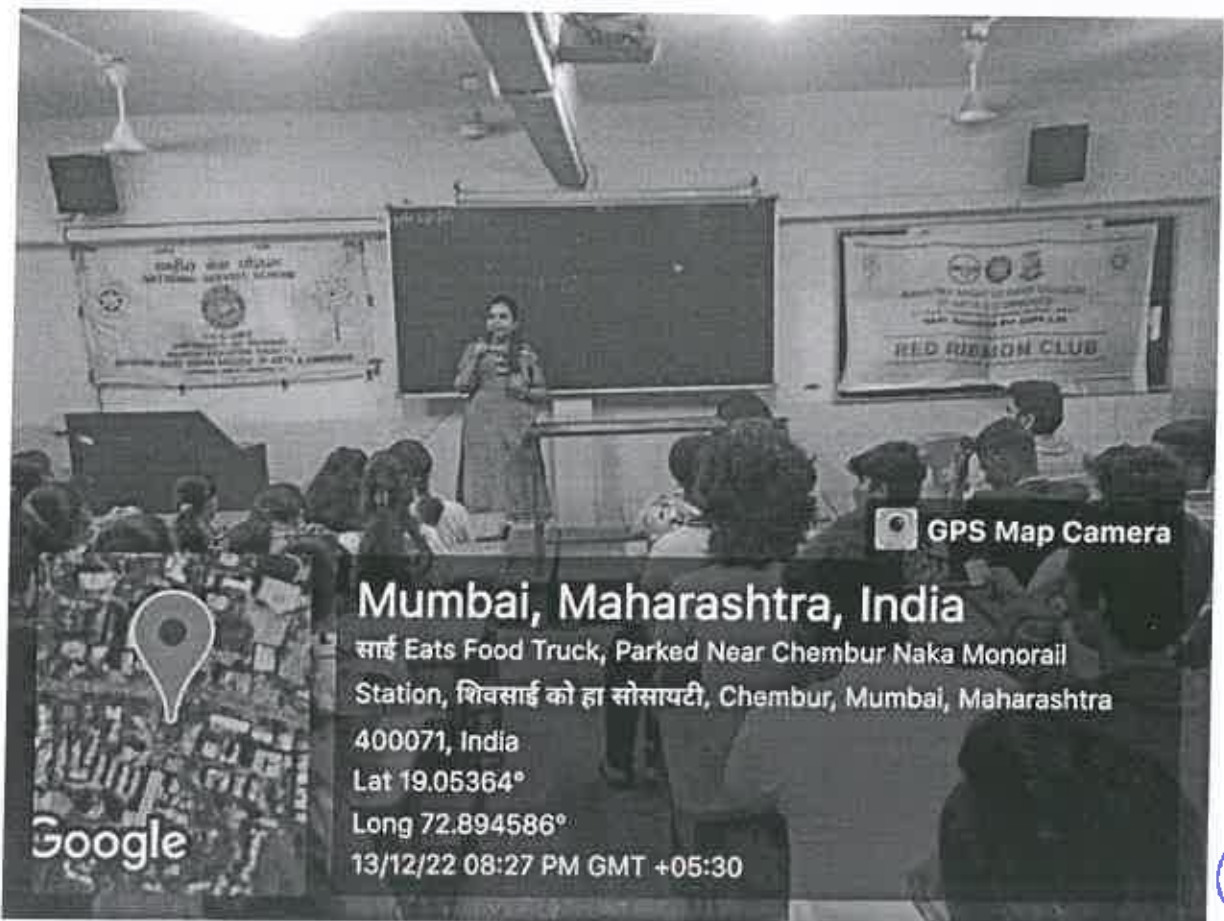
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Mahatma Night Degree College of Arts & Commerce
Chembur, Mumbai - 400071.



GPS Map Camera

Mumbai, Maharashtra, India
B-4, Gulmarg Society, Runwal Park, Sindhi Society,
Chembur, Mumbai, Maharashtra 400071, India
Lat 19.053107°
Long 72.893246°
13/12/22 08:26 PM GMT +05:30

Google



GPS Map Camera

Mumbai, Maharashtra, India
साई Eats Food Truck, Parked Near Chembur Naka Monorail
Station, शिवसाई को हा सोसायटी, Chembur, Mumbai, Maharashtra
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GPS Map Camera

Mumbai, Maharashtra, India

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Chembur Mumbai- 400 071
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7.1.1 QIM
Gender Equity and celebration of
days of National/International
commemoration

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2021-22

**Report on Certificate Course in Civil Defence and Yoga
21-2-22 to 10-3-22**

Name of the Event -:	Certificate Course in Civil Defence and Yoga 21-2-22 to 10-3-22
Organized by:	NCC Unit and the NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71
Details of the Certificate Course in Civil Defence and Yoga	<p>Name of the Certificate Course: Certificate Course in Civil Defence and Yoga</p> <p>Duration: 30 hours course organized by the NCC Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 400 043</p> <p>Objective of the Course: To impart basic knowledge and training of Civil Defence and yoga to students.</p> <p>Modules:</p> <ul style="list-style-type: none"> ❖ Introduction to Civil Defence, ❖ Disasters and Disaster Management ❖ Techniques and methods ❖ First Aid ❖ CYP Common Yoga Protocol ❖ Pranayam, ❖ Yogic Breathing Practices for mind-body balance and healing. <p>Teaching Methodology: Classroom teaching accompanied by demonstration and hands-on training.</p> <p>Trainers arranged by the Dy. Controller of Civil Defence, Area 3, Mulund, Mumbai 400 080 will conduct the Civil Defence Course from 2pm to 6pm for 5 days.</p> <p>Yoga sessions will be conducted by Dr. Chandrashekhar Karve of Ambika Yog Kutir, Time: 4.00pm to 6.00pm for 5 days.</p> <p><u>Course Fees: Rupees 50/- fifty. Full fees will be refunded on completion of the course</u></p> <p>Course Coordinator: Assoc. Prof. Dr. Lata Krishnan</p> <p align="center"> PRINCIPAL</p>

Objective of the session	<ol style="list-style-type: none"> 1. Providing civil defence training to the NCC and NSS volunteers of the college to help them protect themselves and civilians around them, in the event of a disaster. 2. To provide yoga training and the teaching of Surya Namaskar in a scientific manner, pranayama and the CYP Common Yoga Protocol
Collaboration with:	<ol style="list-style-type: none"> 1. The Civil Defence Greater Mumbai 2. Ambika Yog Kutir, Thane
Date & Time of the Program-:	<ol style="list-style-type: none"> 1. Civil Defence Training from 21-2-22 to 25-2-22 TIME: 2.00pm to 6.00pm on all days. 2. Yoga Training on 26, 28 of February and 3, 7, 10 March, 2022 TIME: 4.00pm to 6.00pm
Venue -:	<ol style="list-style-type: none"> 1. Civil Defence Training: Venue: Room 501 for lectures and the ground floor multipurpose hall for demonstration and practice. 2. Yoga Training: Venue: The Ground floor Multipurpose Hall
No of Participants-:	30 participants from the NCC and NSS units of the college.
Resource Persons:	<p>Civil Defence Resource Persons</p> <ol style="list-style-type: none"> 1. Shri Malgavi Sir 2. Shri Jayprakash 3. Shri Madhu Kadam 4. Shri Shivajirao Bagad <p>Yoga Training - Yoga Guru</p> <ol style="list-style-type: none"> 1. Dr. C.D. Karve
Brief Report of the Program-:	<p>On 21st February, 2022 the Certificate Course in Civil Defence and Yoga was inaugurated by cutting off the ribbon by Shri Madhu Kadam Ex Divisional Warden, Civil Defence Chembur Division, in room number 501 at 1.45pm. All 30 participants were present along with Resource Person Shri Malgavi, Principal Dr. Eknath Zhrekar, Asst. Prof. Harsh Shukla and Assoc. Prof. Dr. Lata Krishnan.</p> <p>After an inspiring inaugural ceremony Shri Malgavi commenced with the Civil Defence Course training that continued for 5 days from 2.00pm to 6.00pm. The theory sessions were taken in the 501 classroom and the demonstration and practice was taken in the ground floor multipurpose hall of the college campus.</p>

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	<p>The students were given Level 1 training where they were taught about disasters particularly fire, flood, accidents, drowning, electrocution and war. First aid techniques, use of triangular bandages on disaster victims, typing of knots using rope for rescuing people. The training ended with a written and practical examination conducted on 25th February, 2022. The students who pass the exam will be given certificates from Civil Defence Greater Mumbai. They will receive Identity Cards as Civil Defence volunteers that will entitle them to rescue victims from the scene of disaster. The valedictory ceremony for the Civil Defence Training was organised on 25th March 2022 at 6.00pm in room number 501. Dy. Controller of Civil Defence, Area 3, Mulund, Mumbai Shri Shivajirao Bagad was the Chief Guest of the programme. The participants took the oath of Civil Defence where they pledged to help and rescue honestly and sincerely, civilians and victims in the time of disaster.</p> <p>The Yoga Training programme commenced on 26th February 2022. A special theory session for the teachers of the college was organized along with the students for half an hour on 28th February, 2022. Yoga Guru Dr. C.D. Karve gave all the participants information about cleansing the body, kriyas for removing acidity, cleansing the nostrils, keeping the digestive tract clean and healthy, yoga asanas for remaining young and improving strength and immunity.</p> <p>The Yoga training was organized on 26, 28 of February and 3,7,10 of March, 2022 in the ground floor multipurpose hall of the college campus from 4.00pm to 6.00pm.</p> <p>Yoga Asanas taught were: Pranakarshan Kriya, Brahma Mudra, Naman Mudra, Yog Mudra, Padmasan, Surya Namaskar, Ujjayi, Shalabhasan, Bhujangasan, Naukasan, Majrasan, Shwanasan, Dhanurasan, Omkar, Shitkari, Shtali, Vayusar, Agnisar, Tribandh, Kapalbhati, Side Kapalbhati, Tadgi Mudra and Shavasan. Sir gave information about Aahar and the importance of living a disciplined life practicing yoga asanas on a daily basis.</p> <p>The yoga training ended with a valedictory ceremony where the students presented their reports and reflections. The Participants, Course Coordinator and Principal thanked Dr. Karve for conducting the yoga training session.</p>
Number of Beneficiaries	30 students of the college

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of the
Certificate Course in
CIVIL DEFENCE AND YOGA



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Certificate Course
in Civil Defence
and Yoga

AMRIT MAHOTSAV EDUCATION SOCIETY

Mahatma Education Society (MES) conducted its annual "Education for All" with its Chembur English High School in the year 1975. Over the years, Mahatma, global network, innovative thought and outstanding efforts of the Government and C.A.B. in the knowledge of Yoga was the ground reality, starting from the beginning and Commerce Management Board in 1983. Mahatma Education Society has been providing a wide range of educational programmes, including the various courses in the field of education, to the students of the Government of Maharashtra. The college has been providing a wide range of educational programmes, including the various courses in the field of education, to the students of the Government of Maharashtra.

The college is located at Chembur, a suburb of Mumbai. It has a very good infrastructure. The college has a large number of students, including 1,000 students. The college has a large number of students, including 1,000 students. The college has a large number of students, including 1,000 students.

AMRIT MAHOTSAV MAHATMA NIGHT DEGREE COLLEGE OF ARTS & COMMERCE

The college is located at Chembur, a suburb of Mumbai. It has a very good infrastructure. The college has a large number of students, including 1,000 students. The college has a large number of students, including 1,000 students.

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and Dr. Sushant Pillai, Secretary and Chairman, Management Board of MES, the college has made great strides in the field of education and research.

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**Maharashtra Education Society's
MALLATMA NIGHT DEGREE COLLEGE OF ARTS AND COMMERCE**
(NAAC Re-Accredited with 5 Star Grade B++)
Opp. Fire Brigade, Cherubur Naka, Mumbai-400071



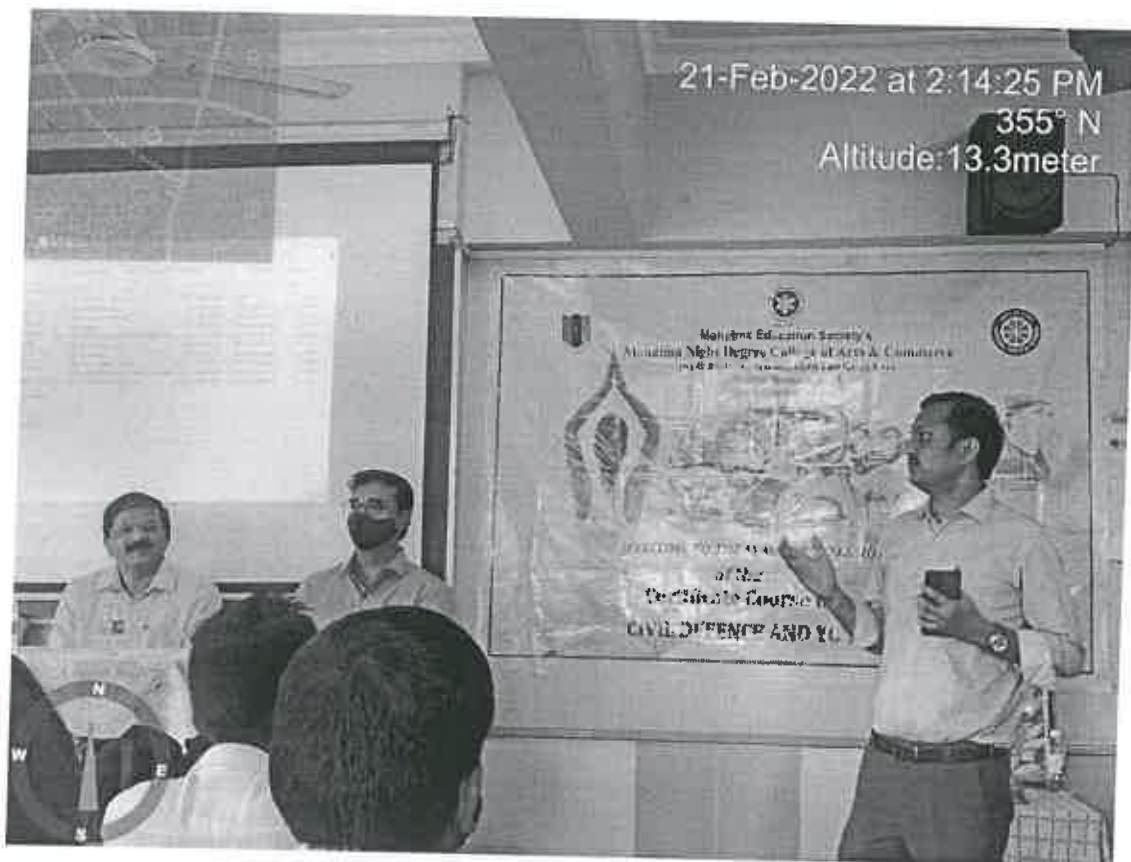
Certificate of Participation

This is to certify that Ms./Mr. _____ of _____ participated and completed successfully the Certificate Course in Civil Defence and Yoga organized in the college from 21st February, 2022 to 10th March, 2022


Dr. Manish Zhabhar
Principal


Asst. Prof. Tushar Palsar
Yogasthana Coordinator


Asst. Prof. Dr. Lata Rishman
Programme Coordinator

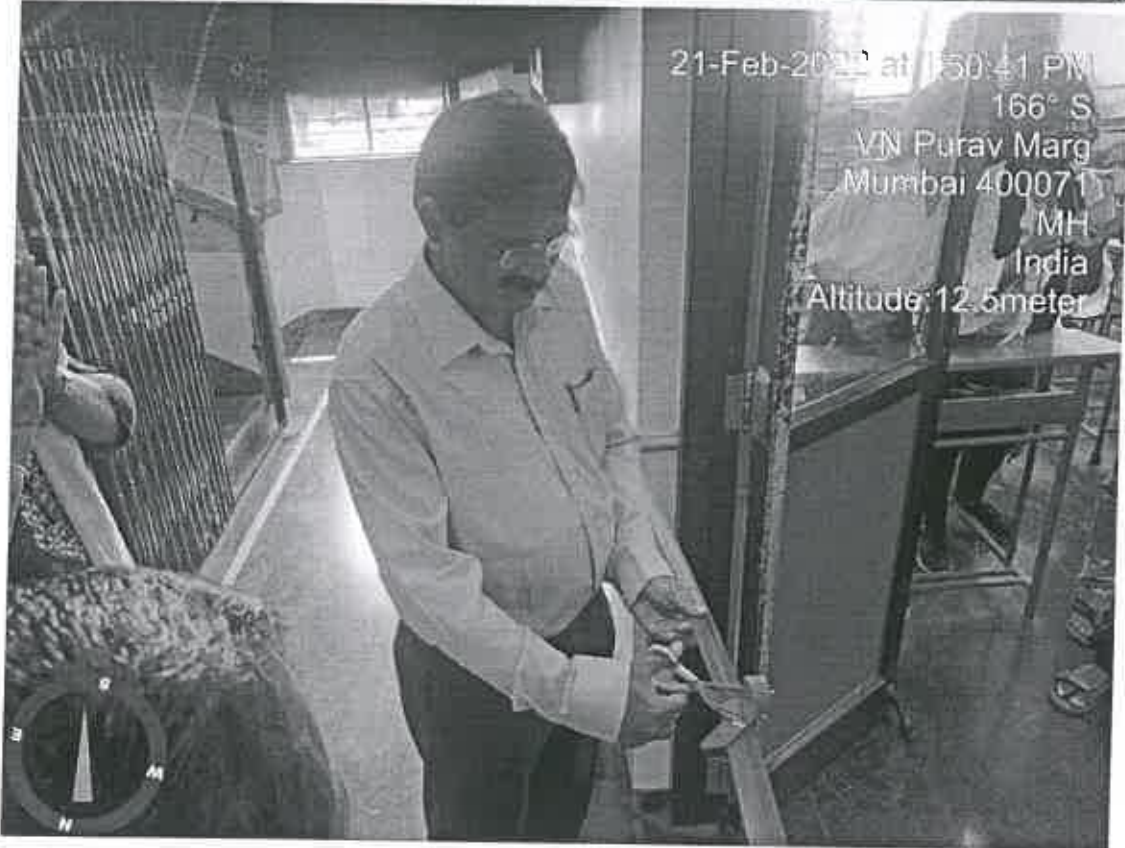


Manish Zhabhar
PRINCIPAL
Maharashtra Education Society's
Mallatma Night Degree College of Arts & Commerce
Cherubur, Mumbai - 400 071

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350° N
608, VN Purav Marg
Mumbai 400071
MH
India
Altitude: 13.5meter



21-Feb-2022 at 1:50:41 PM
166° S
VN Purav Marg
Mumbai 400071
MH
India
Altitude: 12.5meter

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Cherubur, Mumbai - 400 071.



21-Feb-2022 at 1:59:15 PM
353° N
608 VN Purav Marg
Mumbai 400071
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Altitude: 14.0meter
Speed: 7.8km/h



22-Feb-2022 at 5:49:28 PM
192° S
Altitude: 13.9meter
Speed: 1.2km/h


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Chembur, Mumbai - 400 071

मराठी भाषा संवर्धन पंधरवडा

"मायबोली"

Name of the Event :-	मराठी भाषा संवर्धन पंधरवडा "मायबोली"
Date & Time of the Program:-	२८ जानेवारी २०२१
Venue :-	Google Meet
No of Participants:-	54
Objective:-	<ul style="list-style-type: none">विद्यार्थी आणि सामाज्यामध्ये मराठी भाषेचे महत्त्व पटवणे व टिकवणे.मराठी भाषेचा वापर दैनंदिन जीवनात करणे
Brief Report of the Program:-	<p>महाराष्ट्र शासनाच्या परिपत्रकाद्वारे महाविद्यालयात मराठी भाषा संवर्धन पंधरवडा राबवणे सांगण्यात आले होते. त्याचाच एक भाग म्हणून आम्ही देखील दिनांक २८ जानेवारी २०२१ रोजी महाविद्यालयीन स्तरावर विविध कार्यक्रम घ्यावे ठरवले. त्या अनुषंगाने आमच्या महाविद्यालयाच्या मराठी भाषा समितीने विविध कार्यक्रमांचे आयोजन केले. कोविड काळात महाविद्यालयात कार्यक्रम साजरा करणे शक्य नसल्याने प्राचार्यांच्या सहमतीने आम्ही ऑनलाईन कार्यक्रम घ्यावे ठरवले आणि मुलांना लेक्चर दरम्यान कार्यक्रमा बद्दल सांगण्यात आले. समितीने खालील प्रमाणे कार्यक्रम घ्यावे ठरवले आणि सदारकर्त्या मुलांची नावे लेक्चरच्या वेळी घेण्यात आली.</p> <ol style="list-style-type: none">१. गायन२. कविता वाचन३. नृत्य <p>२८ जानेवारी २०२१ ला सायंकाळी ६-७ दरम्यान "मायबोली " हा कार्यक्रम गुगल मीट या माध्यमा द्वारे घेण्यात आला. कार्यक्रमासाठी एकूण ५४ विद्यार्थी ऑनलाईन हजर होते. कार्यक्रमाची सुरुवात मराठी भाषेचे महत्त्व आणि संवर्धन करण्याची का गरज आहे हे प्रा. तुषार पवार यांनी त्यांच्या प्रस्थावने द्वारे मुलांना सांगितले. मराठी गीत गाऊन त्यांनी विद्यार्थ्यांचे आणि प्राध्यापक मंडळीचे स्वागत केले. त्या नंतर प्राचार्य डॉ. एकनाथ झरेकर सर यांनी देखील मुलांचे स्वागत करून मराठी भाषा संवर्धना विषयी संबोधन केले आणि कार्यक्रमासाठी शुभेच्छा व्यक्त केल्या. त्यानंतर कार्यक्रमाची सुरुवात मराठी कविता वाचनाने झाली. महाविद्यालयाचे विद्यार्थी १. भावीण जानी आणि २, अक्षय चव्हाण यांनी कविता सादर केल्या. तदनंतर कुमारी दिव्या ठाकूर हिने मराठी गाणे गायिले. दिव्याच्या गाण्याची मुलांनी फार स्तुती केली आणि गाण्याची मजा लुटली. कार्यक्रमाच्या शेवटी कुमारी कांचन घाग हिच्या नृत्याविष्काराने कार्यक्रमाची अजून शोभा वाढवली. कमी वेळा मध्ये मुलांनी कौतुकास्पद त्यांच्या कला दाखवल्या आणि त्यांना प्रेक्षकांकडून सुद्धा चांगला प्रतिसाद मिळाला. मुले गुगल मीट च्या चाट बॉक्स मध्ये</p>


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	<p>आपला अभिप्राय व्यक्त करित होती आणि त्याची दाखल आम्ही वारंवार घेत होते.</p> <p>कार्यक्रमाच्या कॉर्डिनेटर डॉ. अनया मार्कंडेय यांनी कार्यक्रमाच्या शेवटी महाविद्यालयाच्या मॅनेजमेन्ट, प्राचार्यांचे, प्राध्यापक वर्गाचे आणि विद्यार्थ्यांचे आभार मानले. आणि सादरकर्त्या विद्यार्थ्यांचे कौतुक केले. अश्या तऱ्हेने कार्यक्रमाची सांगता राष्ट्रगीताने झाली.</p>
No of Beneficiary :-	54

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Fundamental Aspects of Research in Commerce

Name of the Event -:	Fundamental Aspects of Research in Commerce
Date & Time of the Program-:	26 th March 2021
Venue -:	Zoom Meeting
No of Participants-:	56
Objective-:	<ul style="list-style-type: none"> • To create research attitude among the students • To motivate to undertake research projects.
Brief Report of the Program-:	<p>Research and Development committee in association with IQAC of our college has arranged webinar for students on Fundamental Aspects of Research in Commerce. This programme was conducted on 26th March 2021 at 6.30pm to 7.30pm on Zoom meeting. Asst. Prof Tushar Pawar convenor of the Webinar was started this programme with key note address and requested to I/C Principal Dr. Eknath Zhrekar to give welcome address. Dr. Zhrekar Welcome our resource person Dr. Swapnesh Ragnekar and student participants. He also highlighted the importance of research in everyday life and why students require to undertake research project.</p> <p>Dr. Anaya markandeya has introduced our resource person. Dr. Swapnesh Ragnekar has good experience of research in the area of Environmental Science. His area of interest are Biodiversity and wild life.</p> <p>Dr. Rangnekar stated his presentation with the definition of research, its objectives and why we need to do the research. He has also explained the student's what kind of topic one commerce students can take for research and what are the fundamentals of research in commerce stream. Dr. Ragnekar also explained what are the types of research and their method, sampling methods, how to collect data, how to represent the data and how to interpret the data for final result and conclusion. Around 56 participants were present for the session and students really enjoyed and motivated with the webinar.</p> <p>After the webinar formal vote of thanks was proposed by Assc. Prof. Dr. Lata Krishnan. Dr. Lata Krishnana extend her gratitude to our resource person for conducting such information session for our staff. She also thanks our management and principal for their support and motivation. She also extended her gratitude to organizing committee for organizing such wonderful session. At last, she also thanks to DTP section for making beautiful banner and all the participants for participating in the webinar. The programme was ended with National Anthem.</p>
No of Beneficiary -:	56

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Chembur, S.S. 100 071

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Chembur Naka, S. T. Road, Opposite Fire Brigade, Mumbai- 400071
(NAAC Re-Accredited Grade "B++" CGPA 2.89)

Research and Development Committee
Organises
A Webinar
On
**"Fundamental Aspects of Research
in Commerce**

Resource Person

Friday, 26th March, 2021
Time:- 6.30 p.m. to 7.30 p.m.



Dr. Swapnesh Rangnekar
Assistant Professor-
S. T. W. S. N. E. Degree College,
Wankode- Mumbai-32

Webinar Chairperson
Dr. Eknath Zarekar
I/C Principal

Convener
Asst. Prof. Tushar A. Pawar

Organizing Committee

Assoc. Prof. Dr. Lata Krishnan

Dr. Anaya Markandeya

Asst. Prof. Harsh Shukla

Ms. Parveen Arif

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Chembur, Mumbai - 400 071


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Use of Google Doc and Excel in Office Administrative Work

Name of the Event -:	Use of Google Doc and Excel in Office Administrative Work
Date & Time of the Program-:	25 th May 2021
Venue -:	Zoom Meeting
No of Participants-:	10
Objective-:	<ul style="list-style-type: none"> • To enhance and encourage the use of Google suite app
Brief Report of the Program-:	<p>Internal Quality Assurance Cell of the college has arranged one day Training cum webinar for the non-teaching and teaching staff of our college. In order to enhance their knowledge and skill in the use of google suite this training cum webinar was conducted. This programme was conducted on 25th May 2021 at 4.00pm on Zoom meeting. Asst. Prof Tushar Pawar started this programme with key note address and requested to I/C Principal Dr. Eknath Zhrekar to give welcome address. Dr. Zhrekar Welcome our resource person Asst. Prof. Sunita Saini and other participants. He also highlighted the importance of such programme for teaching and non teaching fraternity.</p> <p>Dr. Anaya markandeya Convener of the webinar has introduced our resource person. Asst. Prof. Sunita Saini has good experience about google suite and conducted several trainings for teachers for conducting online lectures using google suite. After the formal introduction of resource person Asst. Prof. Tushar Pawar requested Asst. Prof. Sunita Saini madam to start the webinar.</p> <p>Prof. Sunita madam has started her webinar with power point presentation to make us understand the steps to start google suite. After her presentation she started hands on training of Google doc and excel and taught us each and every function of google doc and excel, how to translate the letter, how to translate the image into text matter, how to type letter using voice recording function, how to generate and store data in excel sheet and how to share our google doc and spreadsheet work with others. It was very informative webinar and really helped us to learn and enhance our knowledge to use goggle suite. Asst. Prof. Sunita madam explain each and every function of google doc and excel in lucid way. The session was ended at 6.00pm.</p> <p>After the webinar formal vote of thanks was proposed by Assc. Prof. Dr. Lata Krishnan. Dr. Lata Krishnana extend her gratitude to our resource person for conducting such information session for our staff. She also thanks our management and principal for their support and motivation. She</p>

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	also extended her gratitude to organizing committee for organizing such wonderful session. At last she also thanks to DTP section for making beautiful banner and all the participants for participating in the webinar. The programme was ended with National Anthem.
No of Beneficiary :-	10


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Mahatma Education Society's
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Chembur Naka, Mumbai, 400-071
{NAAC Re-Accredited 'B++' Grade 2.89 CGPA}
Tel: 022-5224856 www.mahatmandc.ac.in

Internal Quality Assurance Cell

Organises

A webinar on

**Use of Google Doc and Excel in Office
Administrative Work**

On

Tuesday, 25th May, 2021

Time:- 04.00 p.m. to 06.00 p.m.

Resource Person



Asst. Prof. Sunita Saini

Assistant Professor- Pillai College of Arts, Commerce and Science,
New Panvel

Dr. Eknath K. Zircakar
I/C Principal

Dr. Anaya Markandeya
Convener

Asst. Prof. Tushar A. Pawar
Co-Convener

Organizing Committee

Assoc. Prof. Dr. Lata Krishnan
Asst. Prof. Harsh Shukla
Ms. Parveen Arif

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Chembur Naka, Mumbai, 400-071

Report - NSS Webinar on "Covid 19 Vaccines for 18+: Why I should take this vaccine", on 4th August, 2021

Name of the Event :-	NSS Webinar on "Covid 19 Vaccines for 18+: Why I should take this vaccine"
Organised by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	<ul style="list-style-type: none"> • To understand the need and importance of taking the Covid 19 vaccine. • To answer questions and clear doubts in the minds of youth regarding the vaccine.
Date & Time of the Program:-	Wednesday 4th August, 2021 from 7.00pm to 8.30pm on Google Meet Platform
Resource Person	Dr. Hemil Jasani Consultant chest Physician, interventional Pulmonologist, allergy specialist and sleep medicine specialist practicing in Chembur and Ghatkopar.
Audience:	MNDC NSS volunteers of S.Y.B.Com and T.Y.B.Com, Programme Officers, Non- NSS students of the college, teachers
No of Participants:-	Approximately 68 participants attended the webinar
Organizing Team	Webinar Chairperson: I/C Principal Dr. Eknath Zhrekar Programme Convener: NSS PO Assoc. Prof. Dr. Lata Krishnan Programme Co-Convener: NSS PO Asst. Prof. Tushar Pawar
Brief Report of the Program:-	<p>The webinar began with the opening remarks by the NSS Leader Kanchan Suresh Ghag, host of the event. Kanchan welcomed everyone for the webinar and spoke about the objective of organizing the webinar. She explained that though some students had already taken the Covid 19 Vaccine, many had yet not taken it. The youth have several questions and doubts in their minds. This is preventing them from going ahead and taking the vaccine. This event was a platform to ask questions and clear doubts.</p> <p>NSS Leader Lekhraj Hanuman Dholpuria introduced the resource person Dr. Hemil Jasani. Dr. Hemil Jasani is a</p>

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consultant chest physician, interventional pulmonologist, allergy specialist and sleep medicine specialist practicing in Chembur and Ghatkopar area. He has an experience of more than 10 years in the field of respiratory medicine. He is currently attached to multiple hospitals in Mumbai as a Consultant Pulmonologist and Sleep Medicine specialist.

Resource Person Dr. Jasanl, started his session by giving facts about the Covid 19 vaccine. He used a powerpoint presentation to explain in great detail all aspects of the Covid 19 vaccine. He also presented a video to give technical details about how different kinds of vaccines namely Covishield, Covaxin, Sputnik etc. are made. He had answers to the most likely questions. He explained how it is necessary for everyone to take the vaccine and thereby create herd immunity. We were able to eradicate smallpox with effective vaccine programmes, now we must all get vaccinated to keep the Coronavirus away. The question and answer session was interactive and students asked a lot of questions that were answered by the resource person. All myths about the vaccine were busted.

After the Question and Answer session, the event ended with a formal vote of thanks proposed by NSS Volunteer Shrutika Rupesh Survase. Asst. Prof. Tushar Pawar posted the feedback form link to collect feedback from participants. He further announced that participation certificates will be issued to all participants who filled the feedback form. The event ended with Asst. Prof. Harsh Shukla playing the National Anthem. All the participants stood up for the National Anthem. The host declared the event closed.

No. of Beneficiary - :	Approximately 68 participants
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Chembur, Mumbai - 400 071**



**The National Service Scheme Unit of
Mahatma Education Society's
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(NAAC Re-Accredited Grade "B++" CGPA 2.89)
Chembur Naka, S. T. Road, Opposite Fire Brigade, Mumbai- 400071**

**Organizes a Webinar On
Covid 19 Vaccines for 18+:
Why I Should take this Vaccine**

On Wednesday 4th August, 2021

Time: 07.00 p.m. - 8.30 p.m.

Resource Person



**Dr. Hemil Jasani
Consultant Pulmonologist and
Sleep Medicine Specialist**

STOP COVID-19

Organising Team

Convenor

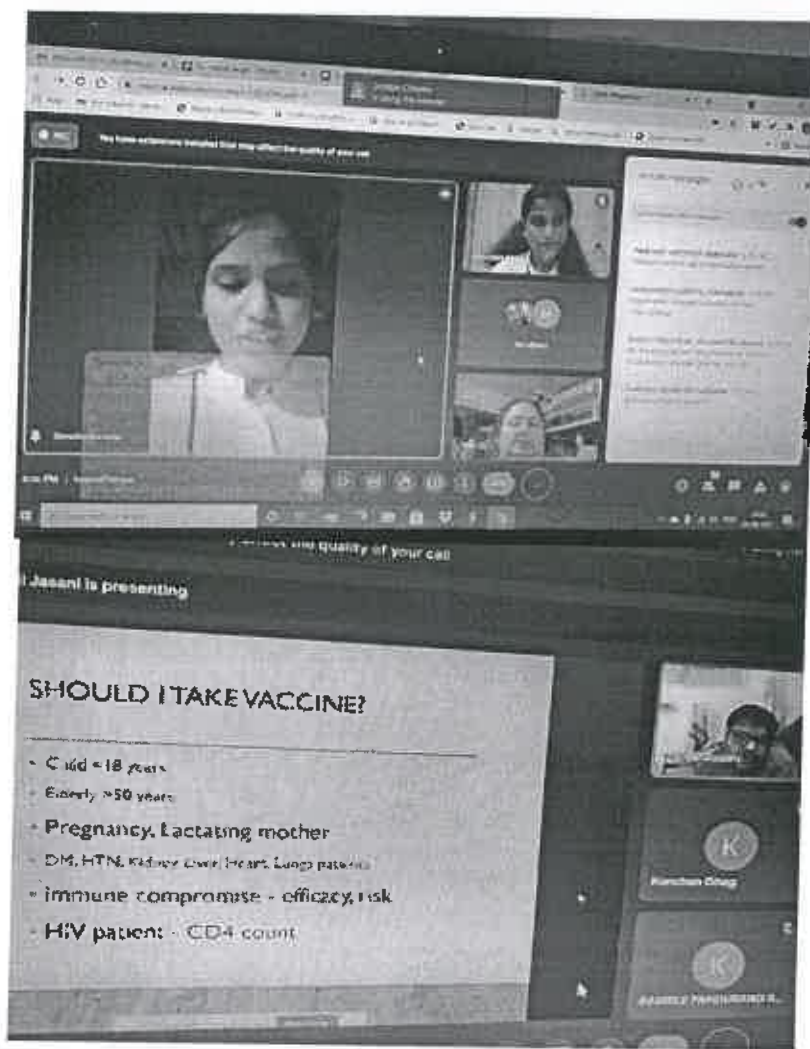
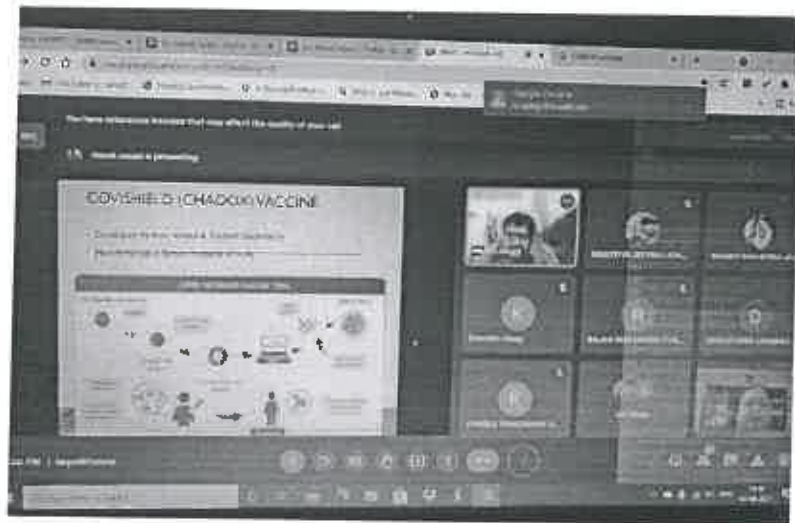
**Dr. Eknath Zhrekar
I/C. Principal**

**Assoc. Prof. Dr. Lata Krishnan
NSS Programme Officer**

**Asst. Prof. Tushar Pawar
NSS Programme Officer**

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Chembur, Mumbai - 400 071**



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Amika

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 Nityatma Education Society's
 Mahatma Jyotiba Phule College of Arts & Commerce
 Chembur, Mumbai - 400 071



Vishal Jaiswal

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**Mastana Education Society's
Mahant-Vihar Degree College of Arts & Commerce
Chaubur, Mumbai - 400 071**

“Tree Plantation”

Name of the Event :-	“Tree Plantation”
Date & Time of the Program:-	20 th July 2021
Venue :-	Thakkar Bappa Garden
No of Participants:-	10
Objective:-	<ul style="list-style-type: none"> • To beautify our life • To save the endangered environment
Brief Report of the Program:-	<p>NSS unit of Mahatma Night Degree College conducted sapling plantation drive on 20th July, 2021 in Takkar Bappa Garden, Chembur. Planting the saplings in the Thakkar Bappa Garden was planned due to Covid 19 problem. Social distance was maintained while doing this activity. The NSS unit of our college decided to plant sapling in the vicinity of volunteer's residence to prevent crowd and follow Covid guidelines. The purpose of this activity was to make sure that saplings must survive and become huge tree in the open environment. Around 10 volunteers including NSS leaders were present for this activity. Volunteers bought 10 saplings from nursery and planted in the identified area. We selected the spots where saplings should be planted. Volunteers started digging at selected spot. Even during the rains volunteers did not stop the work. We took 3 hours to plant all the saplings. Volunteers also gave support of the stick and made boundaries around the saplings. This activity was carried out by the volunteers by following Covid 19 guidelines issued by government.</p>
No of Beneficiary :-	200-300 resident



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'Catch the Rain' Need of Water Conservation and Rain Water Harvesting

Name of the Event -:	'Catch the Rain' Need of Water Conservation and Rain Water Harvesting
Date & Time of the Program-:	28 th August 2021
Venue -:	Zoom Platform
No of Participants-:	70
Objective-:	<ul style="list-style-type: none">• To create awareness about water resources and their need of conservation• To create awareness about Rain Water Harvesting
Brief Report of the Program-:	<p>NSS unit and Department of Environmental Studies of Mahatma Night Degree College has arranged webinar on "Catch the Rain" Need of Water Conservation and Rain Water Harvesting on 28th August, 2021 at 7.00pm to 8.00pm on Zoom platform. Asst. Prof. Tushar Pawar started webinar with Keynote address, where he explained about available of water resources and why there is need to conserve such precious resources. After keynote address Asst. Prof. Tushar Pawar invited I/C Principal Dr. Eknath Zhrekar to welcome the gathering. Principal Zhrekar has welcomed resource person Mr. Dhaval Joshi and all the participants. In his welcome address he also spoke about the importance of water in human life as well as for animals. He has also mentioned that why there is need to conduct such webinars and seminars on conservation of water resources.</p> <p>After the welcome address Asst. Prof. Tushar Pawar introduced resource person Mr. Dhaval Joshi and requested him to start the session. Mr. Joshi is young environmentalist. He is pursuing his Ph.D. from University of Edinburgh, UK in Geoscience.</p> <p>Mr. Joshi started his session with English and Marathi poem on rain and created such interesting environment about his session. He has talked about water the kind of water resources available on earth, how much amount of surface water and ground water is available. From the surface water how much drinking water resources are available. Mr. Joshi also spoke about water policy, Water Act and why we require to conserve water resources for sustainable use. Mr. Joshi has explained about from where Mumbai people are getting water for their drinking and domestic purpose, he also mentioned that Mumbaikars has no water resources available in their area they have to depend on Tansa Vaitarna dams which are 100-150km away from them. At the end of session, he talked about conservation</p>

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	strategies of water resources and rain water harvesting methods with some case studies of Kerala state. His session so interesting and informative. Students and teachers also appreciated lot about the way he conducted this session.
No of Beneficiary :-	70


Mahatma Education Society's
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 Chembur Naka, S. T. Road, Opposite Fire Brigade, Mumbai- 400071
NSS Unit and Department of Environmental Studies

Organizes a Webinar On


**'Catch the Rain' Need of Water Conservation
 and Rain Water Harvesting**

On
Saturday, 28th August, 2021
Time- 7.00 p.m. to 8.00 p.m.

Resource Person



Mr. Dhruv Janki
 Ph.D. scholar
 School of Environment,
 University of Mumbai, UK



Organising Team

Dr. Eknath Dhirkar
 I/C Principal

Asst. Prof. Yashar A. Pumar
 Convener and NSS Programme officer

Assoc. Prof. Dr. Lata K.
 NSS Programme

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"Constitution Day Celebration"


Name of the Event -:	"Constitution Day Celebration"
Date & Time of the Program-:	26 th November, 2021
Venue -:	402 Class Room
No of Participants-:	80
Objective-:	<ul style="list-style-type: none"> • To aware students about Constitution of India • To make them understand benefits of Constitution of India
Brief Report of the Program-:	<p>Department of Foundation Course of Mahatma Night Degree College celebrated constitution day on 26th November, 2021 between 8pm to 9pm. The program aimed at encouraging the value of equality and justice among students, to teach them why we have adopted the principle of sovereignty, work of Dr. B. R. Ambedkar in framing the constitutions and his hardships in the due course. The resource person of the program was Adv. Akash Thate. The program commences with the introductory speech of Asst. Prof. Tushar Pawar. He expounded the importance of constitution of India and paid the homage to the martyrs of Mumbai Police because of the terrorist attack on 26/11. Subsequently Asst. Prof. Tushar Pawar elaborated his thoughts on the constitution and motivated the students to maintain the integrity of the nation. Asst. Prof. Dr. Anaya Markandeya formally introduced resource person and welcome his for the programme and she requested the resource person to start the session. He started his session with basic fundamentals of Constitutions and discussed about structure of Indian Constitution. Further he said that Constitution of India can not be explained thoroughly in one session it may required years to understand it. Sir expressed his concern over the current situation and teachings of Dr. B. R. Ambedkar and the role of youth on the nation building. Program was concluded with vote thanks by Asst. Prof. Tushar A. Pawar</p>
No of Beneficiary -:	80 students

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Chembur, Mumbai - 400 071

National Youth Day Celebrations 12th January, 2021

Name of the Event :-	National Youth Day Celebrations 12th January, 2021
Organized by:	The RRC Red Ribbon Club of the MNDC NSS unit.
Objective of the session	To remember Swami Vivekananda on his birth day and understand the ideals for which he stood. Channelizing youth for nation building by bringing about Aids Awareness through an 'AIDS AWARENESS PROJECT'
Resource Person	NSS Programme Officer - Assoc. Prof. Dr. Lata Krishnan
Date & Time of the Program:-	12th January, 2021 from 3.00pm to 7.00pm
Venue :-	Ground floor multipurpose hall of the college campus
No of Participants:-	25 NSS Volunteers.
Brief Report of the Program:-	<p>The theme for National Youth Day was " Channelizing Youth for Nation Building"</p> <p>Dr. Lata Krishnan volunteered to be the resource person for the event.</p> <p>The resource person addressed the students and spoke to them about Swami Vivekananda and the ideals for which he stood. The students were motivated by the information.</p> <p>She announced a poster making competition, video making competition and Wall of life activity.</p> <p>Students wrote messages on the theme "Aids Awareness" and also collected messages from teachers who were present in college. All the messages were put up on the "Wall of Life" The messages were later read out by the volunteers.</p> <p>25 volunteers enthusiastically participated in the poster making competition and 5 videos were prepared and submitted on the theme "Aids Awareness" by the volunteers.</p> <p>The event ended with group photographs. Volunteers proudly stood with their posters and shared their message on Aids Awareness.</p>
No of Beneficiary :-	25NSS volunteers.


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NATIONAL YOUTH DAY Celebrations 12th January, 2021

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 Chembur, Mumbai - 400 071

Yoga for Young Minds - A NSS Webinar on International Day of Yoga, 21st June, 2021 - A Report

Name of the Event -:	Yoga for Young Minds - A NSS Webinar on International Day of Yoga, 21st June, 2021
Organised by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai in Collaboration with Soroptimist International of Bombay Chembur (SIBC)
Objective of the session	<ul style="list-style-type: none"> • To understand the importance of yoga and its impact on youth. • To discuss the significance of yoga during the Covid-19 pandemic period.
Date & Time of the Program-:	Monday 21st June, 2021 from 11.00am to 12.00noon on Zoom Platform
Resource Person	Smt. Shilpa Ghone Senior yoga teacher at Kaivalyadham Yoga Institute, Mumbai
Audience:	MNDC NSS volunteers of S.Y.B.Com and T.Y.B.Com, Programme Officers, Non- NSS students of the college, teachers and Soroptimist International of Bombay Chembur members.
No of Participants-:	Approximately 38 participants attended the webinar
Organizing Team	<p>Webinar Chairperson: I/C Principal Dr. Eknath Zhrekar Mobile: 9224151450 email: eknathzhrekar@mes.ac.in</p> <p>Ms. Yvette Lee President SIBC Soroptimist International of Bombay Chembur</p> <p>Programme Convener: NSS PO Assoc. Prof. Dr. Lata Krishnan Mobile: 9819930769 email: lata@mes.ac.in</p> <p>Programme Co-Convener: NSS PO Asst. Prof. Dr. Anaya Markandeya Mobile: 9619311228 email: anayam@mes.ac.in</p>
Brief Report of the Program-:	<p>The webinar began with the opening remarks by the Convener of the event, NSS PO Assoc. Prof. Dr. Lata Krishnan. In her address she said, "We have all gathered here this morning to mark the 7th International Day of Yoga. Our eminent resource person Smt. Shilpa Ghone madam will help us understand the role of yoga in shaping young minds. The United Nations theme for International Day of Yoga 2021 is "Yoga for Well-being" aligned to the current Covid-19 scenario. In his</p>

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Chembur, Mumbai - 400 071

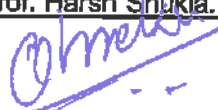
message Prime Minister Shri Narendra Modi said, "Today, when the whole world is combating the coronavirus disease pandemic, yoga remains a ray of hope." He highlighted the importance of practising yoga during the pandemic and prayed for the health and well-being of people around the world. If there are threats to humanity, Yoga often gives us a way of holistic health. Yoga also gives us a happier way of life. Students, PM Modi launched the mYoga app, he says this will help fulfill the motto of 'One World, One Health.' On International Day of Yoga 2021 each one of us must remember to take the Covid-19 vaccine. The vaccine and Yoga will help us fight this pandemic! Young minds like you must understand the importance of Yoga and practice it on a daily basis. Please remember that yoga helps build immunity and fight stress. It prepares young minds to face challenges by strengthening body, mind and spirit. Wish you all a happy International Day of Yoga 2021.

In the welcome address Principal Dr. Eknath Zhrekar explained how the benefits of yoga are known by all. He further explained that yoga was adopted by people all over the world and it is popularly used as therapy for people suffering from different illnesses. He reiterated the importance of yoga for young minds and said it must be practiced in these difficult times of the Covid-19 pandemic to fight stress and build immunity. Principal Eknath Zhrekar warmly welcomed the resource person, Smt. Shilpa Ghone, SIBC President Ms. Yvette Lee, members of SIBC, teachers, NSS volunteers and students for the webinar. He wished the event success.

Resource person Smt. Shilpa Ghone started her session with a prayer. She explained the Principles of Ashtanga Yoga which are the fundamentals of a good life. The Eight limbs of Ashtanga Yoga are

1. Yama - principles of moral code (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)
2. Niyama - principles of personal discipline (Shoucha, Santosh, Tapa, Swadhyaya, Eshwar Pranidan)
3. Asana - yoga positions or yogic postures - A stable and comfortable posture which helps attain mental equilibrium
4. Pranayama - yogic breathing - Extension and control of breath
5. Pratyahara - withdrawal of senses - A mental preparation to increase the power of mind.
6. Dharana - concentration on object - Concentration of mind on one object and its field.
7. Dhyana - meditation - Withdrawing mind from all external objects and focussing it on one point and meditating on it.
8. Samadhi - salvation - State of super bliss, joy and merging individual consciousness into universal consciousness. Union between Jivatma and Paramatman. Pure consciousness.

After the Question and Answer session, the event ended with a formal vote of thanks proposed by Asst. Prof. Harsh Shukla.


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	All the participants stood up for the National Anthem.
No of Beneficiary :-	Approximately 38 participants



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**Inter-Class Quiz Competition Theme: Aids Awareness 14-12-21 – Marking
Aids Awareness Fortnight 1st December to 15th December 2021, A RRC &
NSS Unit Event**

Name of the Event :-	Inter-Class Quiz Competition Theme: Aids Awareness 14-12-21 – Marking Aids Awareness Fortnight 1st December to 15th December 2021, A RRC & NSS Unit Event
Date & Time of the Program:-	14th December, 2021 Time: 7.30pm to 9.00pm
Venue :-	Room No. 404
Quiz Competition Committee	Tanvi Rane, Kanchan Ghag, Chetan, Lekraj Dholpuri
No of Participants:-	99 students
Objective:-	Spread awareness on HIV AIDS
Organizers:	The Red Ribbon Club and NSS Unit of the college in collaboration with MDACS Mumbai District Aids Control Society.
Programme Officers	Asst. Prof. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program:-	<p>As part of the AIDS AWARENESS FORTNIGHT activities of 2021 the RRC Red Ribbon Club and NSS Unit of the college organized a inter-class quiz competition on the theme Aids Awareness on 14th December 2021 from 7.30pm to 9.00 pm for the S.Y.B.Com and T.Y.B.Com students of the college in room number 404</p> <p>The inter-class quiz competition was organized and conducted by the quiz competition committee composed of Tanvi Rane, Kanchan Ghag, Chetan and Lekraj Dholpuri. They prepared question and answer flash cards. The question and answers were displayed on the screen for all to see. Three teams FYBCom, SYBCom and TYBCom (2 students represented each class). 10 points were given for the correct answer, 5 for the first passover and 2 for the second passover. 30 seconds were given to answer the question. Timekeeper maintained the time with a buzzer. Score keeper kept the score on the scoreboard. The quiz masters' decision was final. 40 questions were asked and the quiz master shared the answer giving information, making the quiz competition interesting. The competition was tough between FYBCom and SYBCom classes. Finally FYBCom emerged as the winner with 72 points.</p> <p>Principal Dr. Eknath Zhrekar attended the competition and gave away the trophy to the winning team. Group pictures were taken with the winning team and all the participating teams.</p>

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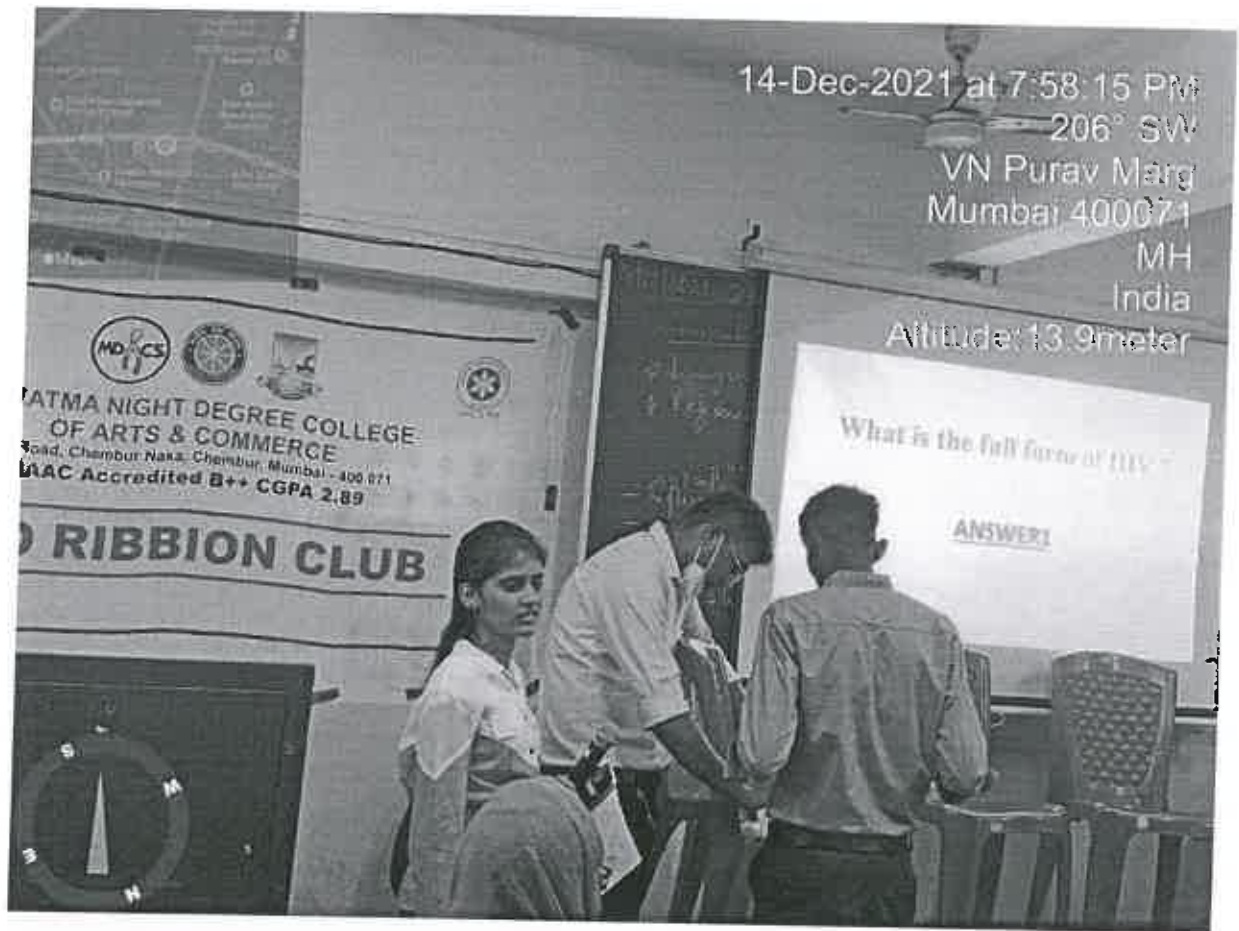
	<p>Students enjoyed the quiz competition and it was a good method of learning to understand facts about HIV/AIDS.</p> <p>The participants followed Covid-19 Social Distancing Protocol.</p>
<p>No of Beneficiary :-</p>	<p>99 students attended the quiz competition.</p>



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Maharaja Wodeyar Degree College of Arts & Commerce
Chembur, Mumbai - 400 071.**



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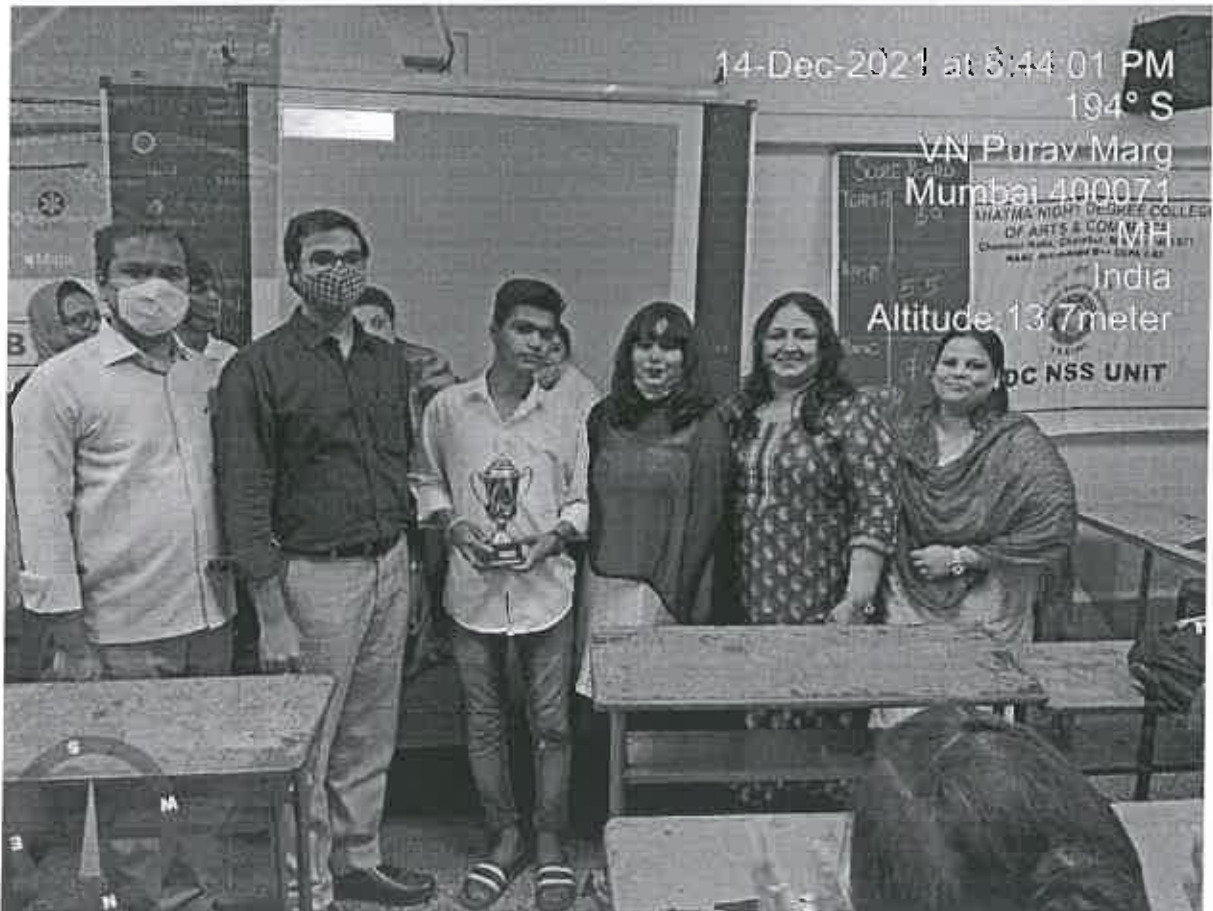


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Mahatma Night Degree College of Arts & Commerce
Chembur



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Mahatma Night Degree College of Arts & Commerce
Chembur, Mumbai - 400 071

"VACHAN DIVAS"

Name of the Event -:	"Vachan Divas"
Date & Time of the Program-:	19 th June 2021
Venue -:	Zoom Meeting
No of Participants-:	10
Objective-:	<ul style="list-style-type: none">• To enhance the ability of reading and to make them understand importance of reading• To inculcate reading habit in the students
Brief Report of the Program-:	<p>As per the guidelines of state government Department of Foundation Course of the college has organized "Vachan Divas" on the occasion of death anniversary of father of library movement Late P.N. Panicker. In order to enhance the reading ability and make them importance of reading and inculcate reading habit among students this online programme was conducted. This programme was conducted on 19th June 2021 at 6.30pm to 7.30pm on Zoom meeting. The Programme was started at sharp 6.30pm with "Saraswati Vandana". Asst. Prof Tushar Pawar hosted the event with key note address and also elaborated the importance of the day. After the key note address student's participants were asked to present their article. Five students were participated in the reading activity. They presented their article on the topic of Covid-19 pandemic and on environmental issues. After the reading of articles participants were started discussion on the same topic and discuss on the same issues with positive thoughts. I/c Principal Dr. Eknath Zhrekar appreciated the presentation of students and also thanked them for participation. Teachers also commented on the presentation of students and appreciated them for their efforts and also wished them to participates in many such events. Asst. Professor Tushar Pawar proposed formal vote of thanks to the management, Principal, teachers, student participants and special thanks was given to Mr. Sanjay Singh from DTP section of Mahatma Education Society's for beautiful banner. The programme was concluded with National Anthem.</p>
No of Beneficiary -:	10



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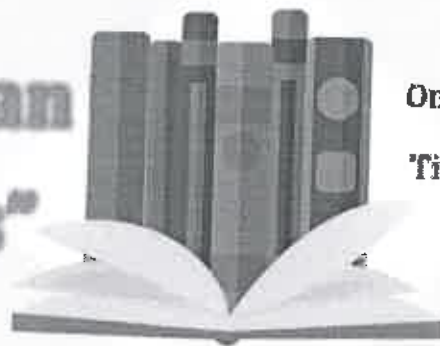


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**Mahatma Education Society's
Mahatma Night Degree College of Arts and Commerce,
(NAAC Re-Accredited Grade "B++" CGPA 2.89)
Chembur Naka, S. T. Road, opposite Fire Brigade, Mumbai- 400071**

**Department of Foundation Course
Organises**

**"Vachan
Divas"**



On Saturday, 19th June 2021

Time:- 6.30 p.m. to 7.30 p.m

**Dr. Eknath Zbrekar
I/C Principal**

**Asst. Prof. Tushar A. Pawar
Programme Co-ordinator**

Organising Team

Assoc. Prof. Dr. Lata Krishnan

Dr. Anaya Markandeya

Asst. Prof. Harsh Shukla

Ms. Parveen Arif

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**Poster Exhibition 8-12-21 – Marking Aids Awareness Fortnight 1st
December to 15th December 202, A RRC & NSS Unit Event**

Name of the Event -:	Poster Exhibition 8-12-21 – Marking Aids Awareness Fortnight 1st December to 15th December 202, A RRC & NSS Unit Event
Date & Time of the Program-:	8th December, 2021 Time: 4.00pm to 9.00pm
Venue -:	Ground floor Multi-purpose Hall
No of Participants-:	160 NSS volunteers
Objective-:	Spread awareness on HIV AIDS
Organizers:	The Red Ribbon Club and NSS Unit of the college in collaboration with MDACS Mumbai District Aids Control Society.
Programme Officers	Asst. Prof. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program-:	<p>As part of the AIDS AWARENESS FORTNIGHT activities of 2021 the RRC Red Ribbon Club and NSS Unit of the college organized a Poster Exhibition on the theme Aids Awareness on 8th December 2021 from 4.00pm to 9.00 pm in the Ground floor Multi-purpose Hall for the NSS volunteers of the college.</p> <p>The exhibition was inaugurated by the Principal of the college Principal Dr. Eknath Zhrekar. His words of encouragement motivated the NSS volunteers and students. The posters prepared for the poster making competition on 7-12-21 were put up at the exhibition for all the college students to see. Informative posters were collected from MDACS Mumbai District Aids Control Society and displayed at the exhibition for participants to view and learn. Many posters explained how one can be careful and prevent contracting HIV AIDS. Each class was permitted to go around the exhibition for some time. The participants followed Covid-19 Social Distancing Protocol,</p>
No of Beneficiary -:	160 students visited the poster exhibition

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Chembur, Mumbai - 400 071.



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Chembur, Mumbai - 400 071.

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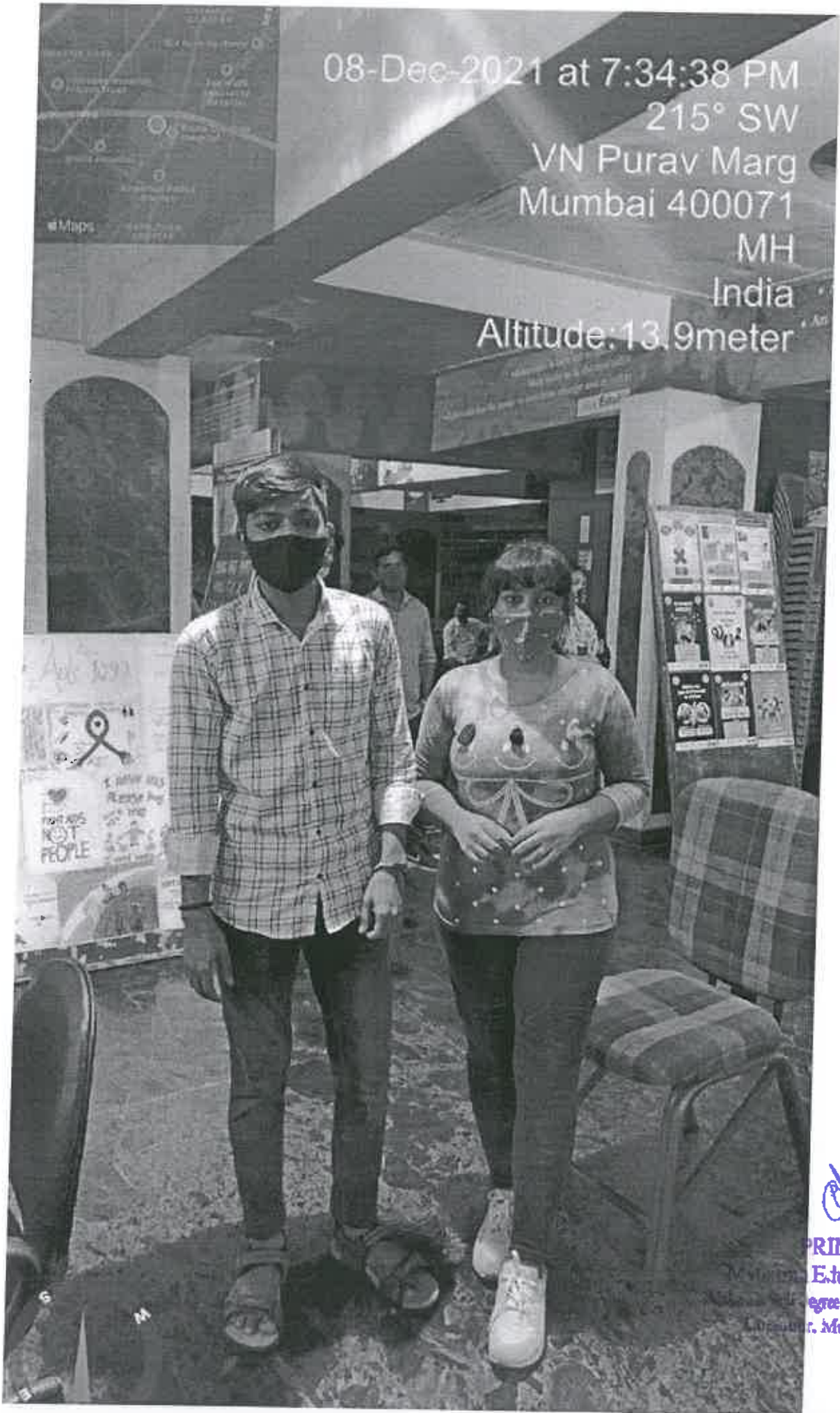
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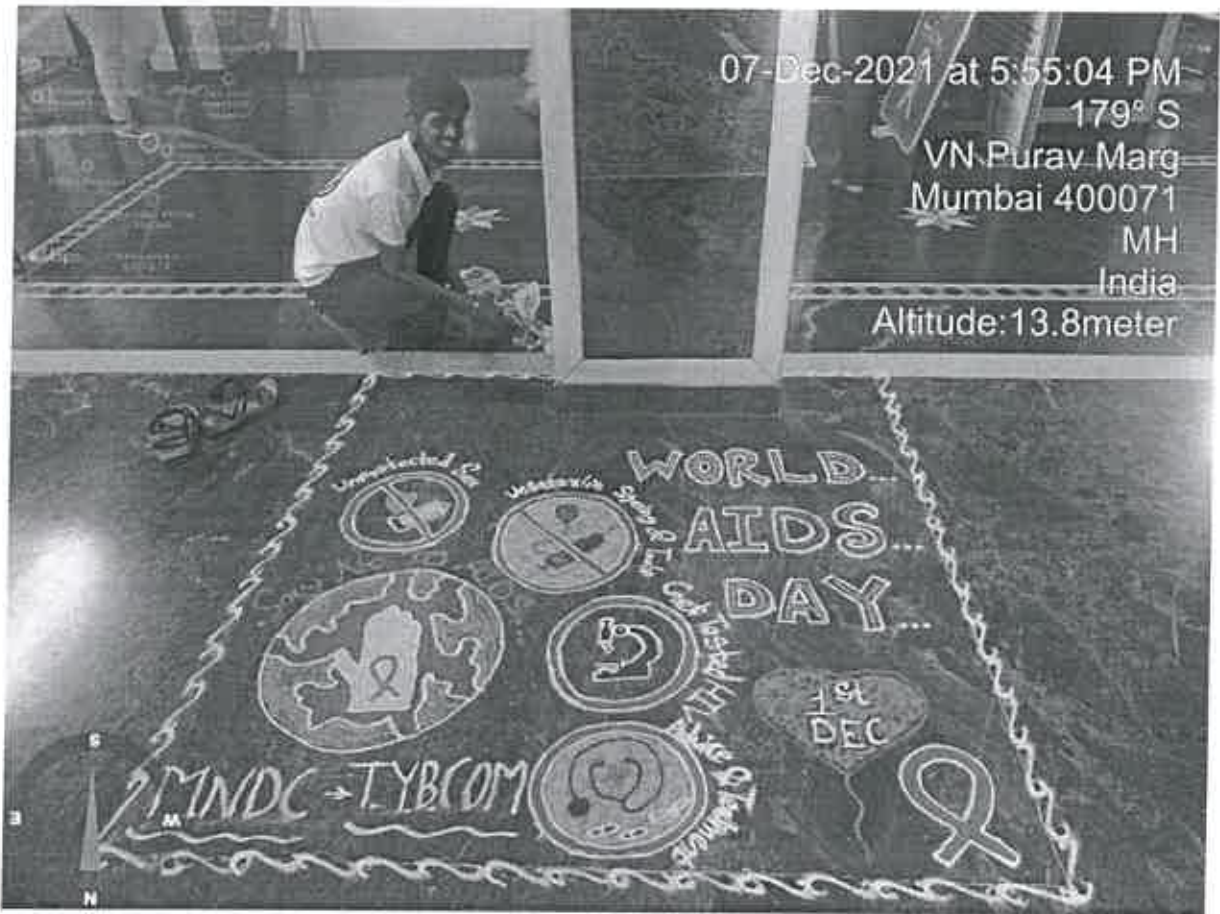
**Rangoli & Poster Making Competition 7-12-21 – Marking Aids Awareness
Fortnight 1st December to 15th December 2021, A RRC & NSS Unit Event**

Name of the Event -:	Poster Making Competition Theme: Aids Awareness
Date & Time of the Program-:	7 th December, 2021 Time: 4.00pm to 6.00pm
Venue -:	Ground floor Multi-purpose Hall
No of Participants-:	22 NSS volunteers
Objective-:	Spread awareness on HIV AIDS
Organizers:	The Red Ribbon Club and NSS Unit of the college in collaboration with MDACS Mumbai District Aids Control Society.
Programme Officers	Asst. Prof. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program-:	As part of the AIDS AWARENESS FORTNIGHT activities of 2021 the RRC Red Ribbon Club and NSS Unit of the college organized a Rangoli and Poster Making competition on 7 th December 2021 from 4.00pm to 6.00 pm in the Ground floor Multi-purpose Hall for the NSS volunteers of the college. The theme of the completion was Aids Awareness. Students were given rangoli and a marked location for rangoli making. Those who participated in the poster competition were given drawing The rangolis and posters were bold and informative. They gave a pictorial representation of HIV AIDS contraction and care. Many posters explained how one can be careful and prevent contracting HIV AIDS. The participants followed Covid-19 Social Distancing Protocol.
No of Beneficiary -:	22 NSS volunteers

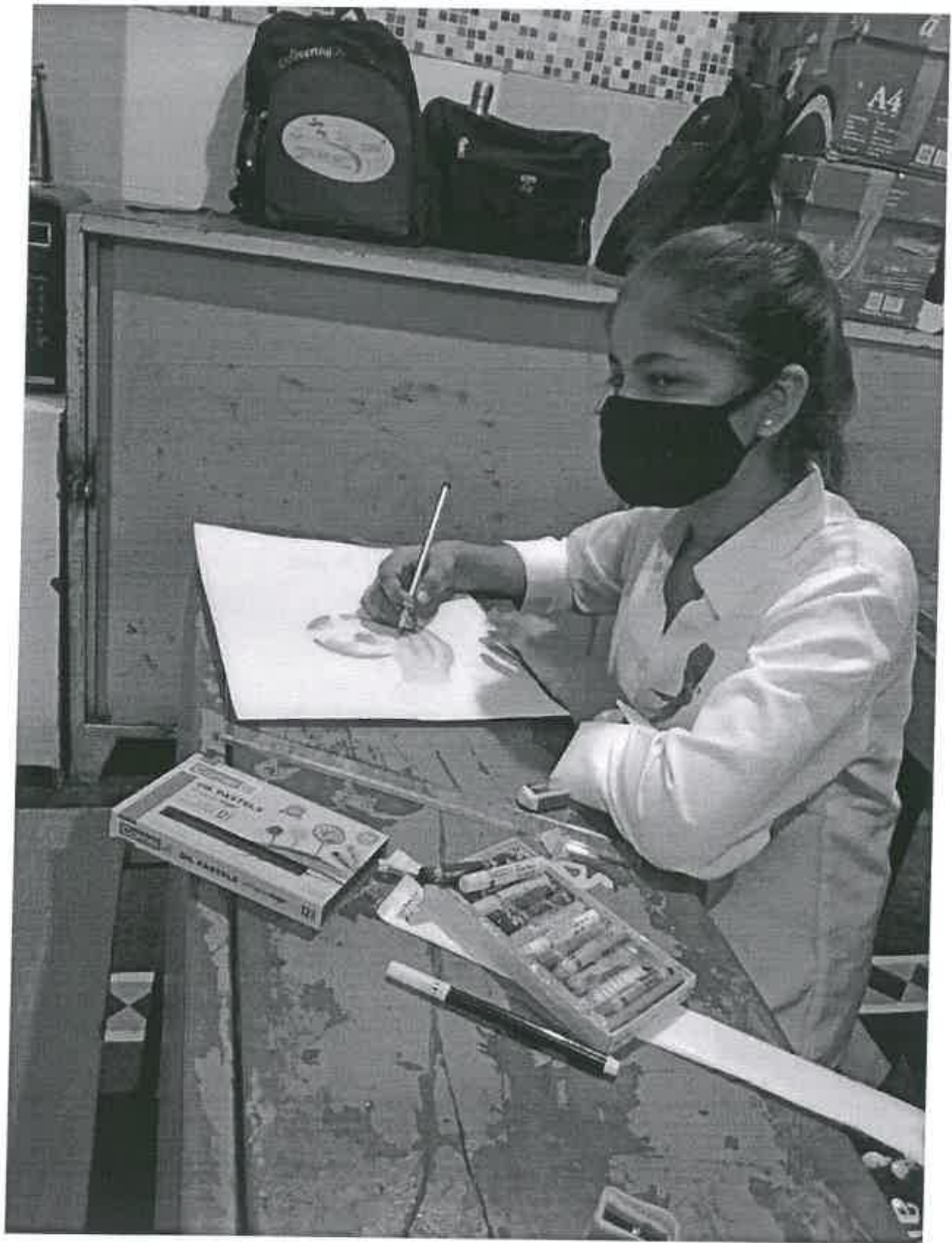
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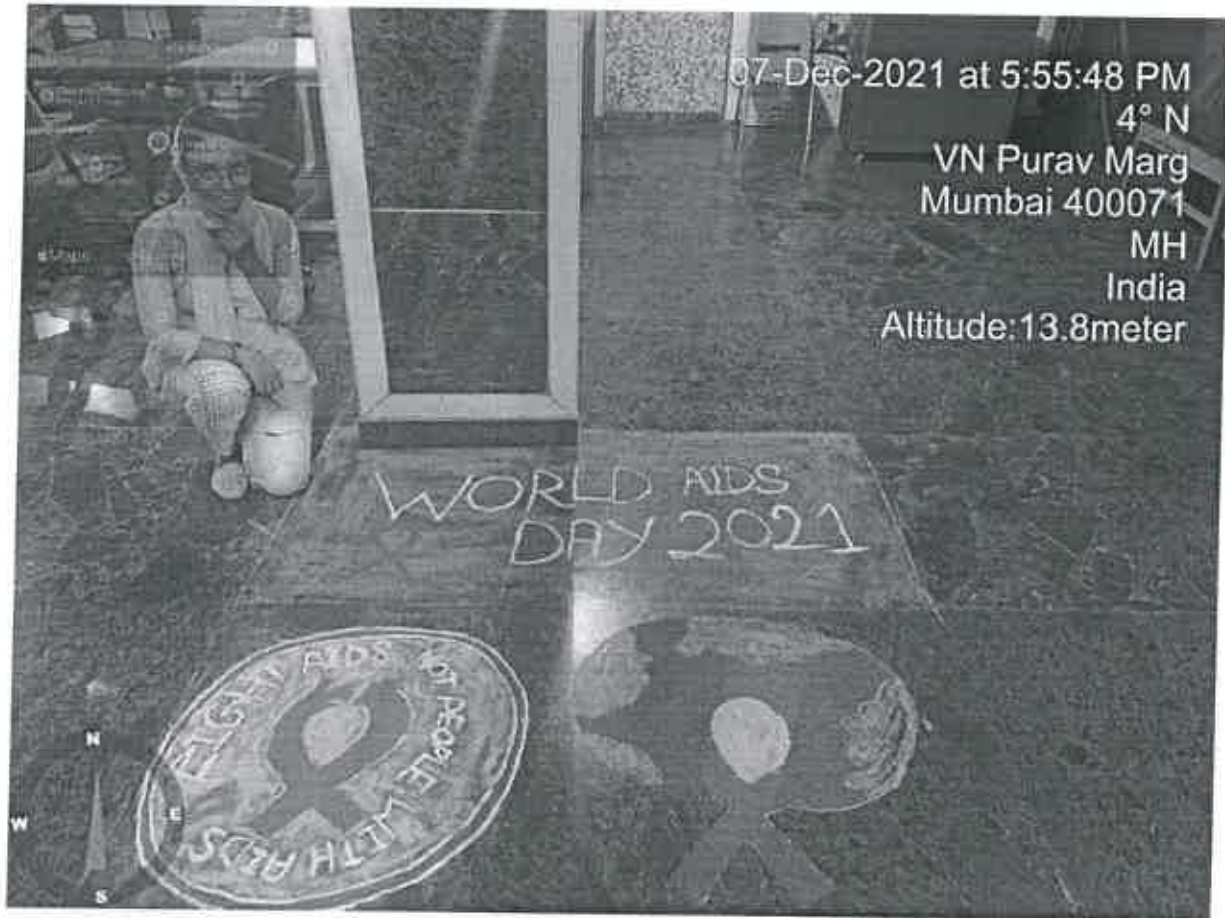


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Maharaja Nripendra Degree College of Arts & Commerce
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Mahatma Nitya Degree College of Arts & Commerce
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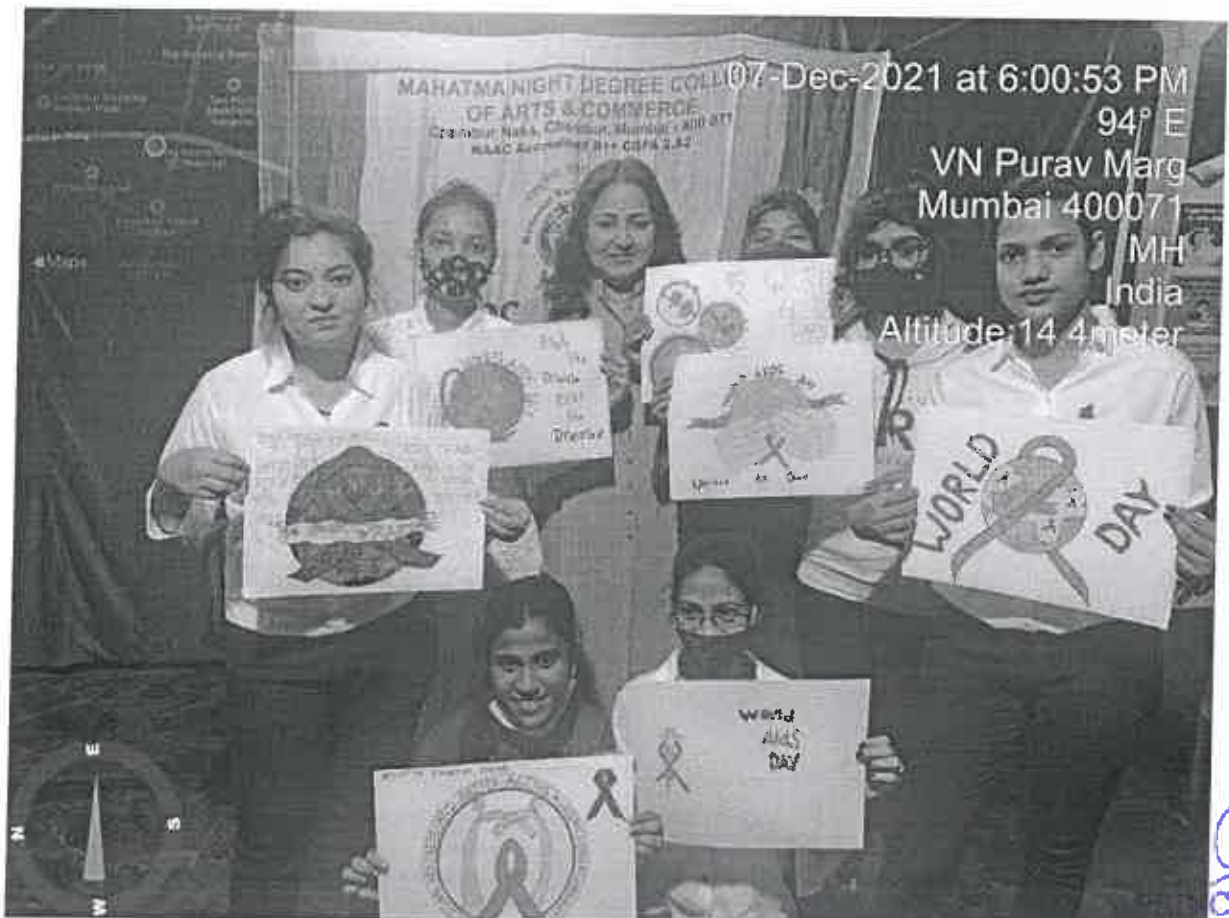
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 Mahatma Jyoti Degree College of Arts & Commerce
 Chembur, Mumbai - 400071



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 Chembur, Mumbai - 400 071.

“Two Days Pre- Marital Counselling Workshop-2021”

Name of the Event -:	“Two Days Pre- Marital Counselling Workshop-2021”
Date & Time of the Program-:	24th and 25th November, 2021
Venue -:	404 Class Room
No of Participants-:	105
Objective-:	<ul style="list-style-type: none"> ● To aware students about gender equality ● To counsel students about pre-marital strategies
Brief Report of the Program-:	<p>This special workshop was organized by the NSS unit of our college in association with Stree Mukti Sanghatana on the 24th and 25th November 2021 in our college. About 105 students (boys and girls) from first year, second year and third year participated in the both days sessions.</p> <p>On the first day, the 24th November 2021 the session was inaugurated by the I/C Principal Dr. Eknath Zhrekar and Resource person Ms. Sangeeta Saraf. Assoc. Prof. Tushar A. Pawar introduced the guest of honor and the resource person Ms. Sangeeta Saraf.</p> <p>The opening session was delivered by Ms. Sangeeta Saraf on the topic Gender equality. The speaker highlighted need of considering equal physical and mental power in both genders. She underlined that the time had come to respect mutually and appreciate the strength in each other. It is also pointed out that unlike previous generation, females cannot be side line in any area. The session was a strong attempt to erase the mind-set existing even in the young generation with a reserved discriminative mentality. However, the entire session was thought provoking and very much Live. The students came forward with a few queries and the speaker clarified them very well.</p> <p>The second session of the day was on selection of life partner. This was also very interesting and very much interactive. The speaker then motivated the students to imagine the scene of their proposing to their life partner. After some time, the speaker collected their demands made to their partner at the time of proposal. Each demand was jotted down on the board and analysed them. Letter she sang songs related to each of the points written on the board. Toward the end of the session the students were found very positive in selecting the partner to lead a happy married life.</p> <p>The programme was concluded after the vote of thanks proposed by the Assoc. Prof. Dr. Lata Krishnan</p> <p>The second day's session was on marital adjustment by Mr. Chandrakant Sarvogod. The speaker, first of all, laid down a few case studies regarding the tendencies to get divorced after a short-married life. The speaker opened out the possible reasons and the strong one of them is weakness in mutual understanding. He advocated the need of open talks about the thought about the partner and feelings to be respected. The other</p>

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	<p>reason for separation being not recognizing or supporting the decisions taken by either-or. In-fact the partners can counsel each other whenever a stress or strain disturbed the relation. Giving mutual respect is only solution for a prospective married life. After formally winding up the session the house was open for question answer time. The students well utilized this period to get clear many of them confusing thoughts they observed in other family relations which should not take place in their future life.</p> <p>Mr. Chandrakant Sarvagod started new session on the same day after five minutes break on Sexuality education and legal aspects. This was more or less on anatomic knowledge imparting about the mis-concepts in about reproductive system. The speaker detailed each segment of getting fertility and pregnancy. He also gave an idea about X and Y chromosomes and classification in the birth of boy and or girl child. He also enlightened the students by giving some idea about the infertility and the possible reasons and also the treatment availability. He also lessoned the extra care and need of keeping the reproductive organs and areas with great hygiene and cleanliness for preventing venereal diseases.</p> <p>In the legal aspect session, he started with the careful documentation of marriage related papers to ensure correct nomination to safe guard the survivors. If anything, fatal occurs to anyone. Before the session concluded there was a brief interactive give and take round up. The feedback from the students was very satisfactory.</p> <p>The final days all the sessions came to an end and programmed was disbursed after vote of thanks by Asst. Prof. Tushar A. Pawar</p>
No of Beneficiary -:	105 students


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Chembur, Mumbai - 400 011.

NATIONAL LEVEL WEBINAR ON "ASPIRE TO INSPIRE"

Date: **Introduction**
Time: Significant activity is witnessed worldwide as groups come together to celebrate women's
Venue: Saturday 13th March, 2021 achievements
 5.00 p.m. to 6.30 p.m. or rally for
 Zoom women's

equality on 8th March every year. Mahatma Night Degree College of Arts and Commerce too echoed its gratitude to all the Women teachers and friends of Mahatma Education Society by organizing this Webinars to strengthen this move towards women empowerment.

Activity

Mahatma Night Degree College of Arts and Commerce In association with Soroptimist Welfare Association (SIBC) conducted this webinar on "Aspire to Inspire" on 13th March 2021, Saturday between 5:00 to 6:30 p.m. The world of education is an exciting area in which Mahatma Night Degree College of Arts and Commerce continues to bring inspired people together in forum like this.

The In-Charge Principal Dr. Eaknath Zhrekar, Dr. Lata Krishnan, Dr. Anaya and Librarian Ms. Parveen Arif were the in-charge of the above programme. Dr. Reni Francis, Principal, Pillai College of Education & Research, Chembur, Mumbai was the resource person for the day.

Dr. Reni Francis explained the need to aspire people or to rise them up to a great plan. She explained in details that this is required to achieve an abundant hope of fulfilling a worthwhile mission. She also explained by various audio and video clips to be a change leader to inspire people to join in for a higher cause, influencing soulful action.

Beneficiaries

Total 56 Teachers and student participants were benefitted from this webinar.

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[E-Resources](#)

The Women Development Cell
 of
Mahatma Education Society's
Mahatma Night Degree College of Arts and Commerce,
(NAAC Re-Accredited Grade "B++" CGPA 2.89)
 &
Soroptimist Welfare Association (SIBC)
 Chembur Naka, S. T. Road, opposite fire Brigade, Mumbai- 400071

Jointly Organise
National Level Webinar
 On
"Aspire to Inspire"
 On Saturday, 13th March, 2021
 Time: 5.00 pm to 6.30 pm

Resource Person



Dr. Beena Hanuman
 Professor
 Mahatma College of Education and Research,
 Chembur, Mumbai.

Out Patrons

<p>Dr. K. M. Vasudevan Pillai Chairman & CEO Mahatma Education Society</p>	<p>Dr. Priyam Pillai CEO Mahatma Education Society</p>
<p>Dr. Daphne Pillai Secretary & Chairperson Management Board Mahatma Education Society</p>	<p>Ms. Veerav Pillai Deputy CEO Mahatma Education Society</p>

Organising Team

<p>Webinar Chairperson Dr. Eknath Zhrekar I/C Principal</p>	<p>Convenor Ms. Parveen Arif Chairperson WDC</p>	<p>Members:</p>		
		<table border="0"> <tr> <td style="text-align: center;"> <p>Dr. Lata Krishnan Assoc. Prof.</p> </td> <td style="text-align: center;"> <p>Dr. Anaya Marikandeya Asst. Prof.</p> </td> </tr> </table>	<p>Dr. Lata Krishnan Assoc. Prof.</p>	<p>Dr. Anaya Marikandeya Asst. Prof.</p>
<p>Dr. Lata Krishnan Assoc. Prof.</p>	<p>Dr. Anaya Marikandeya Asst. Prof.</p>			

WEBINAR ON "KI AND KA: BALANCING GENDER ROLES"

Date: Tuesday 8th December, 2020
Time: 3.30 p.m. to 4.30 p.m.
Venue: Zoom

Introduction

Under the banner of Golden Jubilee Celebration of Mahatma Education Society, Mahatma Night Degree College of Arts and Commerce organized various National Level Webinars during the pandemic.

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Chembur, Mumbai - 400 071.


“Literacy and Human Development: A distinctive outlook in the new normal”


Name of the Event -:	Literacy and Human Development: A distinctive outlook in the new normal
Date & Time of the Program-:	8 th September, 2021
Venue -:	Zoom Platform
No of Participants-:	85
Objective-:	<ul style="list-style-type: none"> • To create awareness about Importance of Literacy • To make understand how illiterate people facing problems in the society
Brief Report of the Program-:	<p>The NSS unit of College in collaboration with Soroptimist International Bombay Chembur has arranged webinar on “Literacy and Human Development: A distinctive outlook in the new normal” on 28th August, 2021 at 5.00pm to 6.15pm on Zoom platform. Asst. Prof. Tushar Pawar started webinar with Keynote address, where he explained about importance of education and how we can survive in this modern world with our expertise. After keynote address Asst. Prof. Tushar Pawar invited I/C Principal Dr. Eknath Zhrekar to welcome the gathering. Principal Zhrekar has welcomed resource person and all the participants. He also mentioned about education policies in primary to higher education. Miss. Yvette Lee President of SIBC also welcome the gathering and highlighted few thoughts about importance of literacy in development of society and nation. After the welcome address Asst. Prof. Dr. Anaya Markandeya introduced our resource person and also requested to Rev. Fr. Dr. Sony to start the session. Fr. Dr. Sony is Director and Principal of Christ College, Pune. He is hardcore educationist and also working with different NGOs to inculcate education values among young students. Fr. Dr. Sony started his session with questions like What do you mean by literacy? What is the importance of Literacy? Why we need to take education? Why we need to give higher education our child? Why higher education is important? and also participants to answer these questions in chat box. Father Sony continued his session with his PowerPoint presentation and spoke about history of International Literacy Day. He highlighted some problems in our education system and also talked about policies in higher education. He showed some documentary films during session narrating issues and importance of education in every body's life. Fr. Sony had conducted such impressive session every participant got an idea about advantages of higher education and how literacy programmes will help in human development. After the session participants asked some questions and cleared their doubts about education system in</p>

Dr. Sony
PRINCIPAL

Mahatma Education Society's
Mahatma New Degree College of Arts & Commerce
Chembur, Mumbai - 400 071

	<p>India and in the world. His session so interesting and informative. Students, teachers and other participants also appreciated lot about the way he emphasized on importance of literacy in individual development during this session. After the session Asst. Prof. Harsh Shukla formally proposed vote of thanks to resource person, Management, Principal, organizing committee and to all participants. Session was ended with National Anthem.</p>
<p>No of Beneficiary :-</p>	<p>85</p>



The NSS Unit of
Mahatma Education Society's
Mahatma Night Junior and Degree College
of Arts and Commerce
(NAAC Accredited Grade "B++" CoPA 2.84)
(Chembur Road, S. J. Road, Opposite I No. Hospital, Mumbai - 400071)
 In Collaboration with
Soroptimist International Bombay Chembur
 Organises a
Webinar On
"Literacy and Human Development:
A distinctive outlook in the new normal"
 On Wednesday, 1st September, 2021
 Time: 5.00 pm to 6.15 pm
Resource Person

Dr. Dr. Sonu Chandatkar CMI
Member, Central Board of Secondary Education
Organizing Team:
Principal: Dr. Sunil K. Chaudhary
 In-charge: Dr. Sunil K. Chaudhary
 Ms. Shweta Lee
 Assistant: Ms. Shweta Lee
 Assistant: Ms. Shweta Lee
 Assistant: Ms. Shweta Lee
 Assistant: Ms. Shweta Lee
 Assistant: Ms. Shweta Lee

Chaudhary

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Chembur, Mumbai - 400 071

**A Talk on Aids Awareness on 13-12-21 – Marking Aids Awareness
Fortnight 1st December to 15th December 2021, A RRC & NSS Unit Event**

Name of the Event :-	A Talk on Aids Awareness on 13-12-21 – Marking Aids Awareness Fortnight 1st December to 15th December 2021, A RRC & NSS Unit Event
Date & Time of the Program:-	13th December, 2021 Time: 6.45pm to 8.15pm
Venue :-	Room No. 404
Resource Person	Mr. Umesh Ghuge, Deputy Director (IEC) MDACS Mumbai District Aids Control Society.
No of Participants:-	132 NSS students
Objective:-	Spread awareness on HIV AIDS
Organizers:	The Red Ribbon Club and NSS Unit of the college in collaboration with MDACS Mumbai District Aids Control Society.
Programme Officers	Asst. Prof. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program:-	<p>As part of the AIDS AWARENESS FORTNIGHT activities of 2021 the RRC Red Ribbon Club and NSS Unit of the college organized a Talk on Aids Awareness on 13th December 2021 from 6.45pm to 8.15 pm for the S.Y.B.Com and T.Y.B.Com students of the college in room number 404</p> <p>Mr. Umesh Ghuge, Deputy Director (IEC) MDACS Mumbai District Aids Control Society was the resource person for the Talk. The resource person was welcomed and introduced by NSS Leader Tanvi Rane.</p> <p>With the help of a powerpoint presentation, Mr. Ghuge explained in a simple lucid manner the facts of HIV/AIDS. How the disease spreads, facts and myths of HIV/AIDS Names and addresses of the Testing Centers and for ART treatment for HIV/AIDS were shared The statistics he shared shocked the participants and set them thinking.</p> <p>The question answer session was interesting and fact filled.</p> <p>NSS volunteer Kanchan Ghag proposed the vote of thanks and the session ended.</p> <p>The participants followed Covid-19 Social Distancing Protocol,</p>
No of Beneficiary :-	132 students attended the talk

(Signature)
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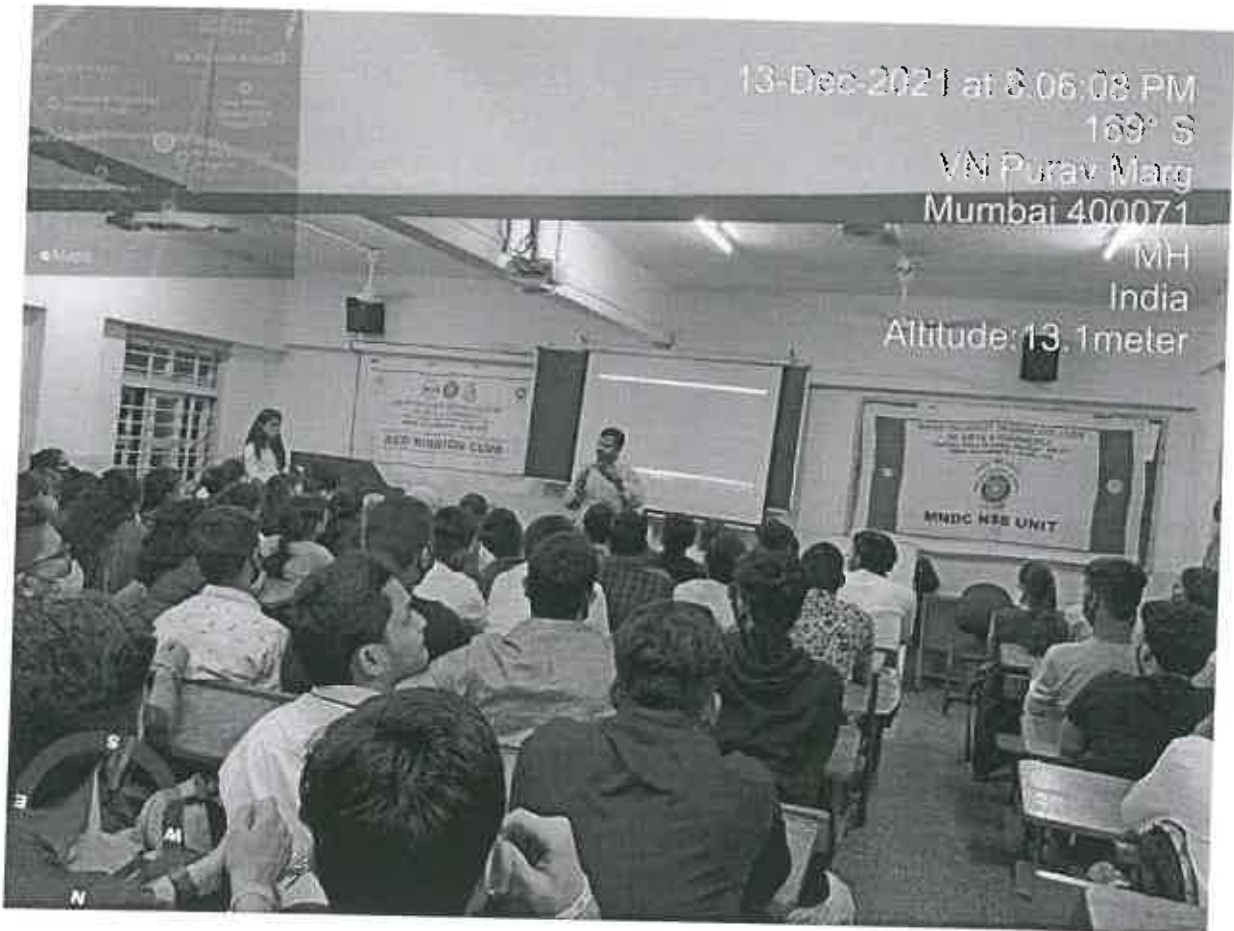
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Chesbur, Mumbai - 400 071**



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Mumbai 400071
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Chembur, Mumbai - 400 071.

Mahatma Education Society's
Mahatma Night Degree College of Arts and Commerce
Opposite Fire Brigade, Chembur Naka
Chembur Mumbai- 400 071
(NAAC Re-Accredited)

7.1.1 QIM
Gender Equity and celebration of
days of National/International
commemoration

2020-21

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**Poshan Pakhwada 2021 - 2 Days NSS National Level Webinar on
"Prioritizing Nutrition among City Students; *Khane ko Pehechano!*"
30, 31 March 2021 4.00pm - 5.30pm**

Name of the Event :-	Poshan Pakhwada 2021 - 2 Days NSS National Level Webinar on "Prioritizing Nutrition among City Students; <i>Khane ko Pehechano!</i>" 30, 31 March 2021 4.00pm - 5.30pm
Organised by:	Organized by University of Mumbai National Service Scheme in joint venture with the NSS Bureau, FAKIR MOHAN UNIVERSITY, Balasore, Odisha Host College: The NSS Unit of Mahatma Education Society's Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 400 071
Objective of the session	<ul style="list-style-type: none"> To understand the importance of nutrition and its impact on health in the long run. To discuss the growing incidence of anaemia among city students and its implications on health.
Date & Time of the Program:-	Tuesday 30th March, Wednesday 31st March, 2021 4.00pm - 5.30pm (on both days)
Resource Person	<p>1. Mr. Anwar Shaikh, Nutrition Practitioner and Health and Fitness Coach and Speaker, Proprietor, The Monks of Fitness, Mumbai Mobile: 9619959707 Email: themonksfitness@gmail.com</p> <p>2. Ms. Madhuri Somani, Registered Dietician PKC Hospital, Plot NO. - 57, Sector - 15 A, Vashi, Navi Mumbai 400 705 Mobile: 9820473599 Email: madhuridaga@yahoo.com</p>
Audience:	NSS volunteers, Programme Officers, teachers, Principals, teachers from Universities pan India.
No of Participants:-	Approximately 2000 participants on YouTube 280 participants joined live on YouTube and Zoom.
Organizing Team	<p>Webinar Chairperson: I/C Principal Dr. Eknath Zhrekar Mobile: 9224151450 email: eknathzhrekar@mes.ac.in</p> <p>Webinar Co-Chairperson Director Dr. Sudhair Puranik Mobile: 8149251616 Email: sudhirpuranik@mu.ac.in Will host event on Zoom platform and go live on YouTube</p> <p>Webinar Co-Chairperson Dr. Amulya Kumar Acharya</p>

Amulya

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Chembur, Mumbai - 400 071

Programme CoordinatorNSS
NSS Bureau, Fakir Mohan University,
Balasore, Odisha

Programme Convener:
NSS PO Assoc. Prof. Dr. Lata Krishnan
Mobile: 9819930769
email: lata@mes.ac.in

Programme Co-Convener:
NSS PO Asst. Prof. Dr. Anaya Markandeya
Mobile: 9619311228
email: anayam@mes.ac.in

NSS Leaders
Laxman Suwasia T.Y.BCom - 88503 68067
Kanchan Ghagh S.Y.BCom - 97694 73892
Tasmiya Shaikh F.Y.BCom - 9136726352

**Brief Report of the
Program:-**

1. Day 1 -Talk on "Nutrition - Health and Fitness" Talk given by Ex-NSS Volunteer, Nutrition Practitioner and Health and Fitness Coach and Speaker, Mr. Anwar Shaikh Proprietor, The Monks of Fitness, Mumbai
2. Day 2 - Talk on "Fighting the battle of Anaemia" Talk given Registered Dietician PKC Hospital, Vashi Ms. Madhuri Somani

The Host of the event for both days was NSS PO Asst. Prof. Dr. Anaya Markandeya.

The event was streamed live on Mumbai University YouTube Channel.

DAY 1: Opening Remarks were delivered by Shri Sudhir Puranik NSS, Director University of Mumbai. In his message he explained the significance of Poshan Pakhwada and the joy of conducting such a mega event along with Fakir Mohan University NSS Bureau and the NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai. **Dr. Eknath Zbrekar I/C Principal of the college welcomed the august gathering and thanked the organizers for the opportunity to host this national level NSS webinar on the occasion of Poshan Pakhwada 2021.** The Mumbai University song was played and all the participants stood up for the song. This was followed by an **address from Dr. Amulya Kumar Acharya, Programme Coordinator, NSS Fakir Mohan University, Odisha.** Sir explained about the scope of Poshan Pakhwada and his joy of connecting with NSS Cell of Mumbai University under the banner **Ek Bharat Shreshtha Bharat** for celebrating this Poshan Pakhwada. **Asst. Prof. Tusbar Pawar introduced the resource person Mr. Anwar Shaikh, Nutrition Practitioner and Health and Fitness Coach and Speaker, Proprietor, The Monks of Fitness.**

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Resource Person Anwar Shaikh is an alumni and Ex-NSS volunteer of the college. He delivered his session using a powerpoint presentation. His topic was "Nutrition - Health and Fitness." With a lot of examples he explained how one must eat food that is available locally and according to ones culture and family practice. Nutrition must be simple and well balanced. Every state has a classic *thali* that is well balanced. He explained how we must not copy the west and that we must exercise and meditate regularly to have a healthy mind in a healthy body. **The question and answer session was handled by Asst. Prof. Harsh Shukla and Library In-charge Ms. Parveen Arif.** Several interesting questions were handled by the resource person to the satisfaction of the participants. Important announcements regarding feed back forms and participation certificates were made. **The vote of thanks was proposed by the convener of the event NSS PO Assoc. Prof. Dr. Lata Krishnan.** The event ended with the national anthem.

DAY2: The lively host Asst. Prof. Dr. Anaya Markandeya invited Dr. Amulya Kumar Acharya, Programme Coordinator, NSS, Fakir Mohan University, Odisha for the opening remarks.

Sir spoke about the importance of a balanced diet and a fit mind and body. He spoke about the herb garden that he had started and also the importance of fresh fruits, vegetables, herbs and their impact on health.

The Mahatma Education Society video was played and the participants got an opportunity to appreciate the contribution made by Mahatma Education Society to society, over a period of 50 years.

After the Mumbai University song **Mr. D. Carthequeane, Regional Director, Maharashtra and Goa addressed the gathering.** In his address he commended the efforts of the organizers and expressed his happiness to participate in the Poshan Pakhwada 2021 which is an initiative of the Central Government.

Asst. Prof. Harsh Shukla introduced the resource person Ms. Madhuri Somani, Registered Dietician PKC Hospital, Plot NO. - 57, Sector - 15 A, Vashi, Navi Mumbai 400 705



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Mahatma Nivr. Degree College of Arts & Commerce
Chembur, Mumbai - 400 071**

presentation. Her topic was "Fighting the battle of Anaemia" with the help of data and examples Ms. Madhuri spoke about how iron deficiency related anaemia occurs. The cycle of an anaemic mother leading to low weight and pre-mature babies was explained. Fatigue, listlessness, irritability, low concentration (drop in academic performance for students) are some of the symptoms of anaemia. She explained how an iron rich diet must be taken to fight anaemia.

Chaker

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	<p>The question answer session was handled by Asst. Prof. Tushar Pawar and Ms. Parveen Arif.</p> <p>Dr. D. N. Gaikwad, Registrar University of Mumbai addressed the gathering and congratulated the organizers for an excellent Poshan Pakhwada 2021 event.</p> <p>Concluding remarks were given by Mr. Nikhil Karkhanis, Mulund College of Commerce, NSS, District Coordinator, Central Suburban and Navi Mumbai Zone University of Mumbai</p> <p>The vote of thanks was proposed by Mrs. Kanchan Lotale, Gurukul College of Commerce, NSS Area Coordinator, University of Mumbai.</p> <p>The event ended with the national anthem.</p>
<p>No of Beneficiary :-</p>	<p>Approximately 2000 participants on YouTube</p>



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Poshan Pakhwada 2021

A Joint Venture of

University of Mumbai National Service Scheme



FAKIR MOHAN UNIVERSITY, Balasore, Odisha

and NSS Unit of

Mahatma Education Society's

MAHATMA NIGHT DEGREE COLLEGE OF ARTS AND COMMERCE

Chembur Naka, S. T. Road, Opposite Fire Brigade, Mumbai- 400071

(NAAC Re-Accredited Grade "B++" CGPA 2.89)

ORGANIZE

A National Level Webinar

On

"Prioritizing Nutrition among City Students; Khane ko pehchanol"

On Tuesday 30th March, 2021

&

Wednesday 31st March, 2021

Time: 4.00 pm to 5.30 pm on both days

Resource Person on
30th March, 2021



Mr. Anwar Sheikh,
Health & Fitness Coach and Sports
Instructor, The Movers of Fitness, Mumbai

Resource Person on
31st March, 2021



Ms. Madhuri Sengupta
Registered Dietician FICCI Hospital,
Vashi Navi Mumbai

[Click here to Register](#)

[To Join Webinar Click Here](#)

Our Patrons

Dr. K. M. Vasudevan Pillai
Chairman & CEO
Mahatma Education Society

Dr. Priyam Pillai
CEO
Mahatma Education Society

Dr. Daphne Pillai
Secretary & Chairperson
Management Board
Mahatma Education Society

Mr. Pranav Pillai
Deputy CEO
Mahatma Education Society

Webinar Chairperson

Dr. Ekmal Zirehar
I/O Principal

Shri Sudhir Puranik
Director, NSS, University of Mumbai

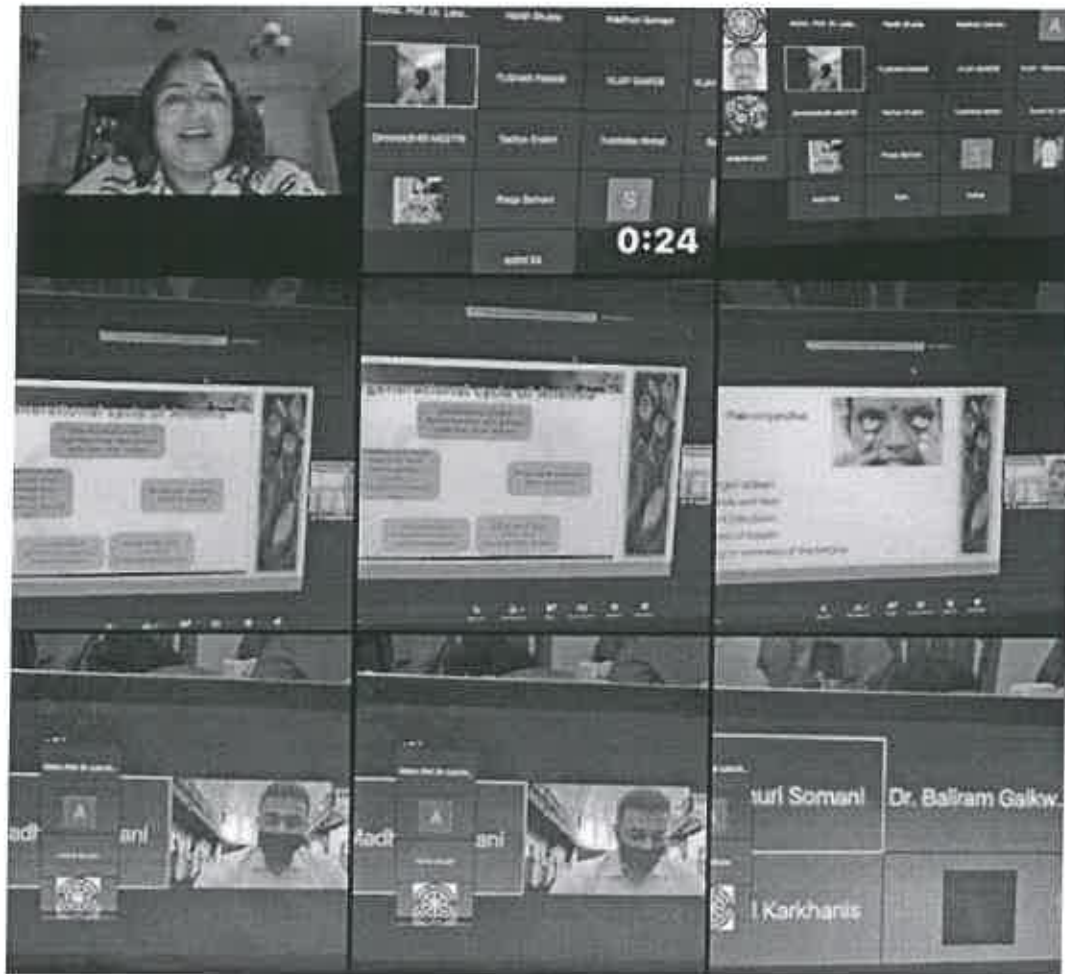
Convener
Assoc. Prof. Dr. Lata Krishna
NSS Programme Officer

Dr. Anulya Kumar Acharya
Program Co-ordinator,
Fakir Mohan University, Balasore
Co-convener
Asst. Prof. Dr. Anaya Markandeya
NSS Programme Officer

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**Mahatma Education Society's
Mahatma Jyoti Baobhai College of Arts & Commerce
Cherabur, Mumbai - 400 071.**

19:53

VoIP 4G LTE1

Harsh Shukla

zoom

Description



Prioritizing Nutrition among City Students, Khane ko Pehachaho

NSS University of Mumbai · 1,811 views · Streamed live 3 hours ago

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99



Description



Prioritizing Nutrition among City Students, Khane ko Pehachaho

NSS University of Mumbai · 2,091 views · Streamed live 19 hours ago

Chander

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Parveen Arif

Assoc. Prof.



Abhisek
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WEBINAR ON "KI AND KA: BALANCING GENDER ROLES"

Date: **Introduction**
Time: Under the banner of Golden Jubilee Celebration of Mahatma Education Society,
Venue: Tuesday 8th December, 2020 Mahatma Night
 3.30 p.m. to 4.30 p.m. Degree College
 Zoom of Arts and
 Commerce

organized various National Level Webinars during the pandemic.

Mahatma Education Society's
MAHATMA NIGHT DEGREE COLLEGE OF ARTS AND COMMERCE
 Chembur Naka, Mumbai 400071
 in association with Soroptimist Welfare Association (SIBC)
 organises
 a webinar on
'Ki and Ka: Balancing Gender Roles'
 on Tuesday, 8th December, 2020. Time: -3.30 pm to 4.30 pm

Resource Person:
Urmila Suresh Salunkhe, Gender Expert
 &
Sr. Programme Coordinator AKSHARA Foundation

For further information you may contact Parveen Arif- 98203 27592
 Link for registration
<https://docs.google.com/forms/d/1OIAMVDN54GGHf-byM8j4irrsxCOA1qBpK7iKzpg2kK0/edit?usp=sharing>

Activity

Mahatma Night Degree College of Arts and Commerce in association with Soroptimist Welfare association (SIBC) conducted this Webinar on "Ki and Ka: Balancing Gender Roles" on 8th December 2020, Tuesday between 3:30 to 4:30 p.m. The IQAC Coordinator Dr. Eaknath Zhrekar, Dr. Lata Krishnan, Dr. Anaya and Librarian Ms. Parveen Arif were the in-charge of the above programme. Ms. Urmila Suresh Salunkhe, Gender expert & Sr. Programme Coordinator AKSHARA Foundation was the resource person for the day. As the need of the hour, Ms. Urmila Suresh Salunkhe explained why society-defined gender roles may crash with the modern roles of family members and many families will experience the dilemma of the crashing gender roles. The shift in gender role takes a great adverse toll on society at large, compared to other attached benefits.

Beneficiaries

Total 122 Teachers and student participants were benefitted from this webinar.

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National Level Panel Discussion on

Gender Equality in Job Opportunities and Leadership Roles: The Indian Scenario

Date: 20th July, 2020, Friday

Time: 11.00 a.m. to 1.00 p.m.

Venue: ZOOM

Introduction

Gender Sensitization, Gender Equality has been an important issue in India since almost last hundred years. Today, in 21st century also the situation has not changed especially the developing country like India. It becomes more serious when it comes to 'Job Opportunities' and 'Leadership Roles' at the work place. Mahatma Night Degree College of Arts and Commerce, Chembur thought of having a Panel Discussion at National Level with the esteemed social activists as Panelists for the session.

Objectives

To discuss gender equality in job opportunities and leadership roles in the Indian scenario.

About the Activity

The Panel Discussion is the initiative of the Women Development Cell of Mahatma Night Degree College of Arts and Commerce in association with Soroptimist Welfare Association. The discussion was held on ZOOM platform on 20th July, 2020, Monday. The discussion began with the opening remarks by the programme convener Dr. Anaya A. Markandeya. Principal Dr. Padma Rangan addressed the gathering and introduced Mahatma Education Society and Mahatma Night Degree College of Arts and Commerce. Ms. Yvette Lee, the President of Soroptimist Welfare Association introduced the organization in brief. The Discussion was moderated by WDC in-charge Dr. Lata Krishnan.

The discussion was graced by the esteemed panelists, social activists, Dr. Armida Fernandez and Ms. Jyoti Mhapsekar. Dr. Armida Fernandez has established SNEHA (Society for National Education and Health Action). The organization is committed to mother and new born health nutrition, empowerment, health of adolescents and prevention of violence against women and children. Dr. Armida was asked questions on attitudinal

barrier on the role of society and family conditioning. Dr. Armida shared her experiences in working with the marginalized and vulnerable communities on the aspect of skill building and preparing them a confident to enter the job market.

Ms. Jyoti Mhapsekar, Founder of Stree Mukti Sanghatana, who has been an actively involved in every policy making with regards to women, put her views and experiences on opportunities and preferences given to women in the organizations while filling up the vacancies. She also threw light on the reality about the women's position and preference given to them when it comes to leadership roles to be performed. At the end of the Discussion, both the Panelists expressed their views and suggestions for bringing about the change in the scenario.

Dr. Daphne Pillai, Co-founder and Chairperson of Management Board Mahatma Education Society and Founder of Soroptimist International Bombay Chembur was present to encourage and motivate the budding organizers and social activists willing to contribute to the society. Dr. Daphne Pillai shared her own experience and explained how the issue of gender equality was then and is still important to talk on for betterment and improvement in current scenario.

Outcome

After the formal Panel discussion many participants raised their questions and also put forward their views and experiences with regards to Gender Equality. Total 263 participants were participated all over India like, Ahmedabad, Punjab, Bangalore. Two participants from Kuwait were also registered and benefitted from the Discussion.

REPUBLIC DAY CELEBRATIONS 26 JANUARY, 2020

Name of the Event -:	Republic Day Celebrations 2020
Chief Guest	Dr. Bhaskar Thube,
Date & Time of the Program-:	26 January, 2020 7.15 am to 10.30 am
Venue -:	Ground floor multipurpose hall MNDC Campus, Chembur
No of Participants-:	NSS volunteer, NCC cadets, students participating in cultural activities attended the function along with the teaching and non-teaching staff of the college and staff of all institutions of the Mahatma Education Society's Chembur campus
Objective-:	Celebrate Republic Day
Brief Report of the Program-:	The chief guest of the event Dr. Bhaskar Thube, Principal of the D.Ed., section was escorted by the Deputy C.E.O of the Chembur Campus Shri G.T. Ochani Sir along with Principal Dr. Padma Rangan and all the Principals and Heads of the Chembur Campus. NCC cadets of MNDC piloted the chief guest followed by hoisting of the national flag, national anthem and Vande Matarm song. The NCC cadets saluted the flag and conducted the march past. The cadets performed the zip line activity led by SUO Divya Ambire of T.Y.B.Com and JOU Shubham Kahar, Sharukh Shaikh, Preethi and Ashik Khan of XII standard. Dr. Thube addressed the gathering where he emphasized the importance of education and hard work to become contributing citizens of society. Every institution of the Chembur campus presented one cultural activity. MNDC was represented by Ali Shaikh of F.Y.B.Com B division. He sang a patriotic song "A vatan vatan mere abaad rahe tu, main jahan rahun, mera eeman rahen tu..." The cultural event was enjoyed by all. Dr. K.M.Vasudevan Pillai C.E.O. and Chairman Mahatma Education Society's Pillai Group of Institutions conducted the breakfast meeting (community breakfast) in room no. 401 where he talked about different methods of teaching and the role of a teacher in the development of a student. He spoke about the development of the nation and raised concern about the issues the country is dealing with currently.
No of Beneficiary -:	200 students and all the staff of the Chembur campus. Some parents of students were also present for the programme.

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**National Level Webinar on Yoga for Emotional Balance
21 June, 2020**

Name of the Event -:	National Level Webinar Theme: Yoga for Emotional Balance 21 June, 2020
Organized by:	The NSS and NCC Units of Mahatma Night Degree College of Arts and Commerce
Resource Person	Ms. Shilpa S. Ghone, a senior yoga practitioner who has 14 years of experience as a yoga teacher. Shilpa S. Ghone was associated with Kaivalyadhama Yoga Institute, Mumbai, and has chosen yoga as her way of life.
Date & Time of the Program-:	21 June, 2020 11.00 am to 1.00pm
Venue -:	Webinar link To join the video meeting, click this link: https://meet.google.com/wny-pmkz-uqw Otherwise, to join by phone, dial +1 631-898-6482 and enter this PIN: 399 751 548# WhatsApp link to receive the link and feedback form Open this link to join my WhatsApp Group: https://chat.whatsapp.com/GfkzXj1bLz5J4n5XQRDJqW Please join the webinar and benefit from it! Registration is free. Click here for registration: https://forms.gle/MQcMJrb8EC33mpW6
No of Participants-:	190 participants through Google Meet joined in the Yoga Day Webinar
Objective-:	The Covid-19 pandemic and the lockdown period has increased stress and anxiety levels among people. Practising yoga will help in reducing stress and maintaining an emotional balance.

Shilpa S. Ghone
PRINCIPAL

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Chembur, Mumbai - 400 071

	<p>The objective of the webinar was to bring out the importance of yoga for emotional balance by giving information about various yoga asanas for maintaining emotional balance and by conducting a breathing exercise workshop for stress relief.</p>
Brief Report of the Program:-	<p>The webinar started with the Mumbai University song. This was followed by a video sharing PM Shri Narendra Modi's message on Yoga Day.</p> <p>UN Theme for IDY International Day of Yoga : "Yoga for Health, Yoga – Yoga at Home"</p> <p>PM Modi's Message: "Yoga at Home and Yoga with Family."</p> <p>Yoga for immunity, Anulom, Vilom, Pranayam</p> <p>IDY International Day of Yoga has brought all the nations together and together we have to build our immunity to fight this Covid-19 pandemic.</p> <p>By using a power point presentation resource person Ms. Shilpa S Ghone explained the importance of Yoga and its impact on the mind, body and spirit of a human being. Yoga should be a way of life where we respect the mind body and spirit and are conscious of our breathing.</p> <p>Ms. Shilpa S Ghone conducted a breathing exercise where she stressed on the importance of concentrating on the breath that goes in and comes out. She taught us to see the pause between breathing in and breathing out. Every one who had joined in the webinar participated in this breathing exercise. They realised how they could use their lungs to full capacity and bring in positive energy into the body. Something as simple as breathing correctly and consciously is a stress relieving exercise.</p> <p>The webinar ended with a vote of thanks proposed by Ms. Parveen.</p>
No of Beneficiary :-	<p>190 people in the community comprising of NSS volunteers, students, NSS programme officers, teachers, parents etc.</p>

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Chembur, Mumbai - 71

(NAAC Accredited 'B++' Grade 2.89 CGPA)



CERTIFICATE OF PARTICIPATION

This is to certify that Revati Satish Deshpande
Of Saraswati college of engineering

Has successfully participated in the National Level Webinar on 21 June, 2020 on
YOGA FOR EMOTIONAL BALANCE
Organised by the NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur



Associate Professor Dr. Lata Krishnan
NCC Incharge & NSS PO



Asst. Prof. Harsh Shukla
NSS PO



Ms. Parveen Anil
Event Co-Coordinator



Dr. Padma Rangan
Principal

Principals

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Chembur, Mumbai - 400 071

**Mahatma Education Society's
MAHATMA NIGHT DEGREE COLLEGE OF ARTS & COMMERCE
CHEMBUR, MUMBAI 400 071**

NSS Week Program Schedule

Day	Name of the Event
23/09/2019	Blood Donation Rally at Siddharth
24/09/2019	Blood Donation Camp at College
25/09/2019	Poster Making Competition
26/09/2019	Save Electricity & Water Campaign
27/09/2019	Poshan Abhiyan Poster Display
28/09/2019	Library Opening at adopted Village
02/10/2019	Bhajan Sandhya at Gate Way of India & Rally with Gurukul College of Commerce

Principal
Dr. Padma Rangan

NSS Program Officer(s)
Asst. Prof. Harsh Shukla
Asso. Prof. Dr. Lata Krishnan

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7.1.1 QIM
Gender Equity and celebration of
days of National/International
commemoration

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2019-20

**WDC –A Seminar on “Legal Rights for Women and Girls”
on Monday 25th November, 2019**

Name of the Event -:	A Seminar on “Legal Rights for Women and Girls”
Date & Time of the Program-:	25 th November, 2019 from 7.00pm to 8.30pm
Resource Person	Advocate Aditya Mokashi
Venue -:	Multipurpose Hall, Ground floor, MNDC Campus
No of Participants-:	123 girls
Objective-:	The objective of the seminar was to inform girls of the college regarding the various laws specifically laid down for women and girls pertaining to sexual harassment at workplace, property rights, sexual abuse, divorce etc.
Brief Report of the Program-:	All the girls from F.Y.B.Com, S.Y.B.Com., T.Y.B.Com. and std. XII assembled at the venue at 7.00pm. Chairperson of WDC Women Development Cell Dr. Lata Krishnan welcomed the resource person. Advocate Aditya Mokashi clearly stated all the laws pertaining to women and girls with examples (illustrations) that are important for all girls to remember whenever they face a predicament. The session was interactive and interesting questions were asked by the students pertaining to legal rights for women and girls
No of Beneficiary -:	123 girls.

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Chembur, Mumbai - 400 071.**



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Mahatma Night Degree College of Arts & Commerce
Cherubur, Mumbai - 400 071**



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Cherubur, Mumbai - 400 071**



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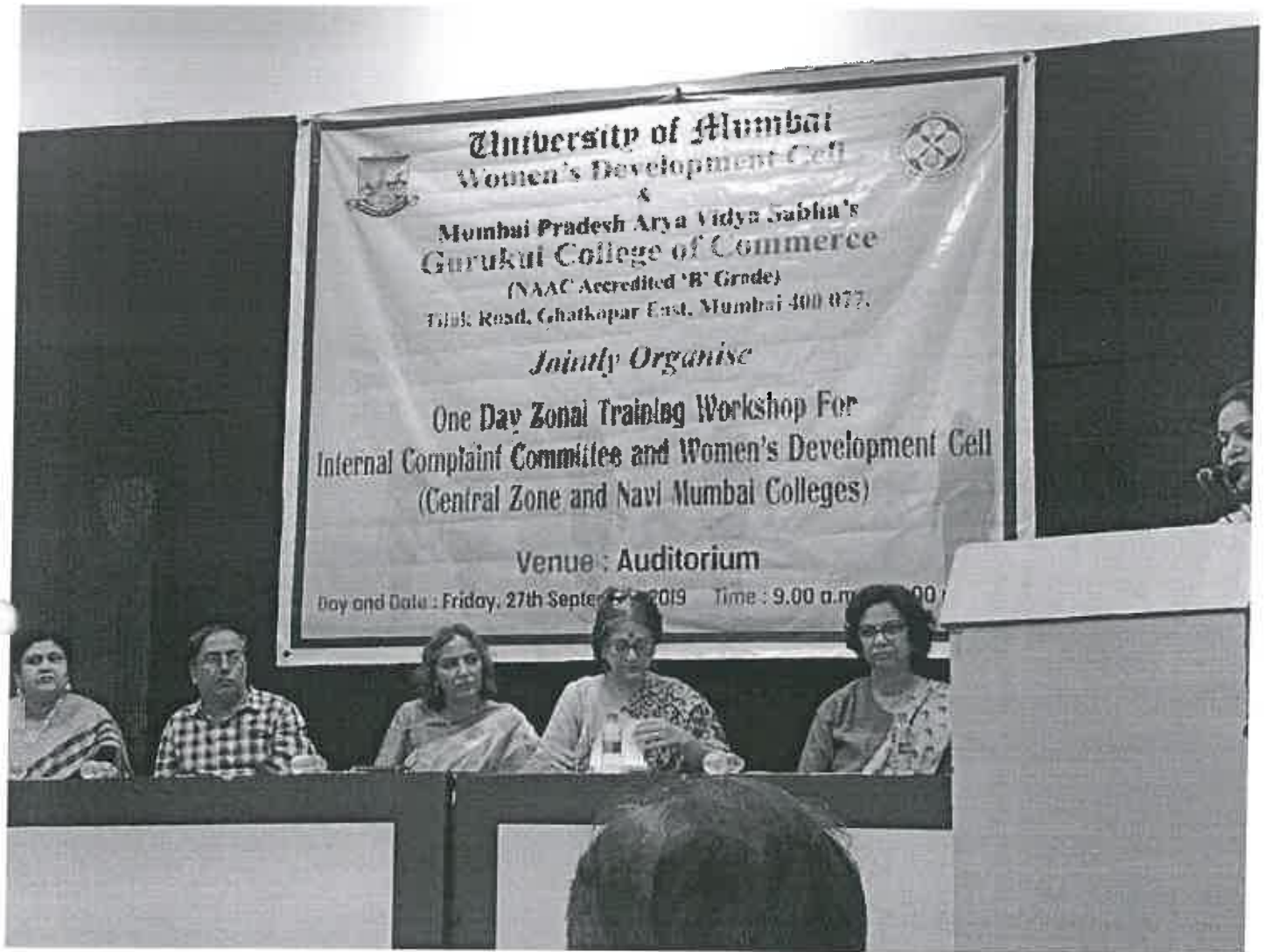


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**One Day Zonal Training Workshop for Internal Complaint Committee & Women's
Development Cell**

Friday, 27th September, 2019

Name of the event	One Day Zonal Training Workshop for Internal Complaint Committee & Women's Development Cell
Date & Time	Friday, 27 th September, 2019 9.00.a.m. To .00p.m.
Name of the Organizers	University of Mumbai Women's Development Cell & Mumbai Pradesh Arya Vidya Sabha's Gurukul College of Commerce
Venue	Gurukul College of Commerce, Tilak Road, Ghatkopar East, Mumbai 400077
Name of the Resource Person/s	Adv. Dr. Anjali Kanitkar Adv. Veena Gowda Mr. Harish Sadani Dr. Geeta Chaddha Dr. Meher Bhoot
Objective	To orient college teachers and members of WDC and ICC about the role , objectives, functioning of the WDC and ICC at University and College level.
Brief Report of the Programme	Adv. Dr. Anjali Kanitkar explained the history of University WDC and its formation. She also guided the teachers present regarding the role of WDC and ICC with case studies. Adv. Veena Gowda talked about sexual harassment movement and Law. She also threw a light on Article Fifteen with Bhawanridevi case study. Mr. Harish Sadani made a power point presentation on features of POSH Act, Redressal Mechanism, formation of WDC and ICC at college level and case studies Dr. Geeta Chaddha explained the role, scope and functioning of WDC and ICC at college level. The above talks were followed by a workshop by Dr. Meher Bhoot on POSH Act and University Ordinance to that effect. All participants were divided in groups of 10 each and given assignment on Interpretation of Terminology and Definitions under the same. The participant were very enthusiastic and active throughout the workshop.
Beneficiaries	Conveners and Members of WDC and ICC in Central Zone & Navi Mumbai Colleges



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NSS Week Celebrations – Bhajan Sandhya – 2nd October, 2019

Name of the Event :-	Bhajan Sandhya 2019
Date & Time of the Program:-	2 nd October, 2019 from 2.00pm to 9.00pm
Venue :-	The Gate Way of India
No of Participants:-	26 NSS Volunteers
Theme:-	Celebrating Gandhi Jayanti – 150 years
Objective:-	The objective of Bhajan Sandhya was to bring together NSS volunteers across the length and breadth of Mumbai to celebrate the 150 th .Gandhi Jayanti. The aim was to recall the Gandhian principles and see their relevance in today's world.
Brief Report of the Program:-	This was an area level project that brought all colleges together. A stage was setup at the backdrop of the Gate Way of India. Popular and talented singers from the Marathi film Industry, small screen and Mumbai University Music Department performed on stage. They sang popular bhajans, patriotic songs, religious songs and kept the students spell bound. The Mumbai University VC Prof. Suhas Pednekar addressed the gathering and lead the students in taking the Swachata shappat on Gandhi Jayanti Day.
No of Beneficiary :-	26 NSS Volunteers of the college



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CMCA' s Campus Yuva Workshop on Practising Equality and Celebrating Diversity on 17th September, 2019

Name of the Event -:	CMCA' s Campus Yuva Workshop on Practising Equality and Celebrating Diversity
Date & Time of the Program-:	17 th September, 2019 from 6.45pm to 8.15pm
Venue -:	Room no. 401 and 402 College Campus
No of Participants-:	63 students of S.Y.B.Com A and B divisions
Theme-:	Practising Equality and Celebrating Diversity
Objective-:	To sensitize students on the topic - Equality and Diversity
Resource Persons :	Ms. Brinda Ganesh, Ms. Effy Acharya
Brief Report of the Program-:	Through a bindi activity the students felt the need for equality and came up with discussions on discrimination on the basis of caste, gender, reservation etc. The group skit on conflict resolution was thoroughly enjoyed by students. It stressed the need for celebrating our diversity using peace and non-violence in a democracy like ours. The workshop was attended by CMCA's Campus Yuva Trainer Ms. Elizabeth Anila who made the workshop vibrant with her professional inputs.
No of Beneficiary -:	63 students of S.Y.B.Com A and B divisions

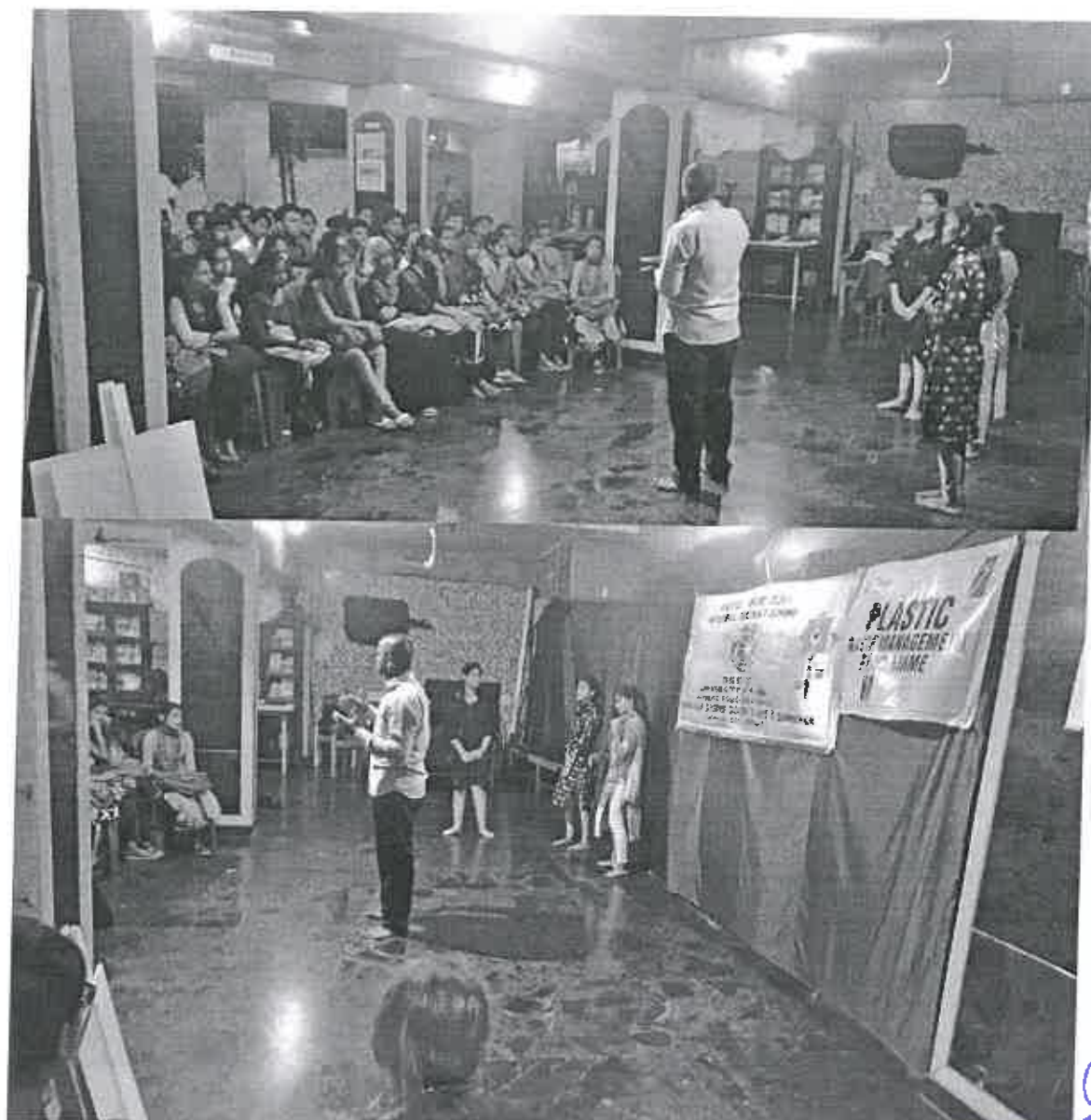
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Stree Mukti Sanghatan Street Play – Ata Tari Jage Vhah

NSS Unit of Mahatma Night Degree College of Arts and Commerce organized a street play in association with Stree Mukti Sanghatan on 13th August, 2019 on the occasion of Swachh Bharat Pakhwada. The Theme of the program was Ata Tari Jage Vhah meaning please wake up now. The theme was related to increasing pollution level in the city because of waste management problems. The street play was started at 8.15pm having all the volunteers of F.Y and S.Y as audience. The performers of the street play explained that how increasing plastic waste is hazardous for our society . There has to be a civic consciousness about the issue. The street play was well applauded by all the NSS volunteers. Subsequently there was a street play performance by NSS Volunteers of our college. The theme of the street play was also solid waste management. The Stree Mukti Sanghatan members were very impressed after watching the street play performance of Night Degree College. Thereafter a formal vote of thanks was proposed by Asst.Prof.Harsh Shukla. At the end everyone rose for the national anthem and after that students were instructed to disperse for the evening.



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Opposite Fire Brigade, Chembur Naka
Chembur Mumbai- 400 071
(NAAC Re-Accredited)

7.1.1 QIM
Gender Equity and celebration of
days of National/International
commemoration

Principals
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2018-19

PROJECT DISHA – A Report

As a prelude to the MNDC Placement Mela 2018 the Placement Cell and the WDC Women Development Cell of Mahatma Night Degree College of Arts and Commerce collaborated with MCC Model Career Centre, CII Confederation of Indian Industries and MoLE Ministry of Labour and Employment to organize the Wheebox Aptitude test for girls followed by group and one-on-one counselling for girls. This is under the aegis of the United Nations Development Program Project Disha, a partnership between the India Development Foundation, UNDP and supported by IKEA Foundation

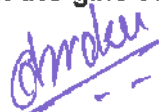
The Disha Project aims at nurturing and enlightening women about the world of possibilities that lies outside in the real world. They implement their project by Education, Empowering and Enabling women and girls through training, bringing about entrepreneurial skill development and providing employment opportunities for women and girls.

Two representatives, Mr. Sunil Yadava and Mr. Dotare from MCC's CII visited the college on 20th December, 2018. The online Wheebox Aptitude test was taken by 66 girls of the MNDC. A briefing was given to them in room number 404. While many students opted to take the test on their mobiles, others moved to the computer centre on the first floor of the college building to take the test. The test lasted for 30 minutes. Results were posted to the email ids of the students. On the next day 21st December, 2018 four professional psychological counsellors from MCC's CII visited the campus along with Mr. Dayal and Ms. Kavita. Group counselling for all the 66 girls who took the Wheebox aptitude test was organised in room number 404. A PowerPoint presentation was made by the counsellor Ms. Disha who explained vividly how the students had to prepare physically, mentally and psychologically for the interviews. All the do's and don'ts were explained clearly. One-on-one counselling was given to every student and their individual doubts, fears, apprehensions and mental block all cleared. The young girls were geared up to give off their best for the interviews scheduled during the MNDC Placement Mela 2018. They were energised and ready to go!

We thank Ms. Kavita for the personal attention and care to ensure that every student was individually counselled. We thank Mr. Dayal, zonal head of the MCC's CII programme for hand holding the boys of MNDC who didn't stay behind. They requested for counselling and were fortunate to have had the expertise of Mr. Dayal.

Project Disha is an excellent initiative to groom girls to go ahead and clinch careers of their choice and succeed in their lives. We were happy to be part of the Project Disha programme and glad that our students benefited from it! Principal Dr. Padma Rangan and Placement Cell incharge of MNDC thanked the efforts taken by Mr. Saurabh and team to help groom the girls and boys of the college before the MNDC Placement Mela 2018.

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2. About the project

United Nations Development Program started Project Disha, a partnership between the India Development Foundation, UNDP and supported by IKEA Foundation which would positively impact the lives of one million women in India through training, entrepreneurial skill development and employment, as well as to develop a new model of public-private collaboration that can be adapted and replicated across India.

3. Objective of the Project

Both, the institution and the organization came together to nurture and enlighten the women about the world of possibilities that lies outside in the real world. The ideal concept behind this initiative was to develop a sense of understanding and awareness by guiding and counselling the students to clear their minds of questions and doubts about their future aspirations.



4. Partners for the Project with roles and responsibilities

THE 1ST EXERCISE OF SNIT DISHA- CAREER GUIDANCE, COUNSELLING, MENTORING AND PLACEMENT

Under the umbrella partnership between SNIT, DISHA and Skill Development Department, the first proposed exercise is career guidance, counselling, mentoring and placement opportunities. This exercise shall be implemented across select colleges of SNIT University with the support from the following consortium partners:



Lead Consortium Partner, responsible for overall implementation, coordination, industry mapping for 5000 job/internship/apprenticeship opportunities



Technology Partner, responsible for online skill aptitude test (the Wheelbox Employability Skill Test) and detailed reports of the aptitude and career options of the student.



Training Partner, responsible for Training the Teachers, one-to-one counselling and mentoring and other added features for enhancing employability of the girls

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5. Process followed for execution

Step 1-

To conduct a self-assessment test (WEST) for the students so that they know their own strengths and weaknesses. Also, this report which is then sent to the counsellor will then help them guide the student properly.

Students Registration and WEST



Step 2

To conduct career counselling for students so that they know their options and also what skills they can work on.

Students Mentoring



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Step 3

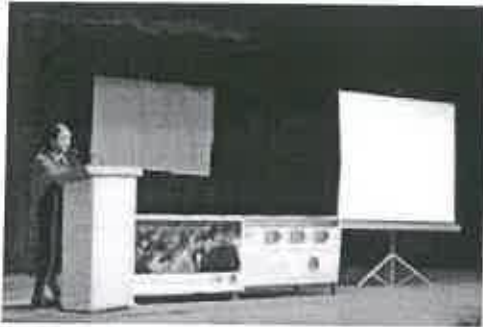
Then connect these students or the university to the recruitment agencies, which will then provide job opportunities to the students that match their skill set.

Students Interview



6. Various activities done in the Project

Induction



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Training of Teachers:

#Throwback to the Project swadisha - स्वदisha Faculty Offsite in Alibaug on 28th April!

A big thank you to all the SNDT Women's University Mumbai India faculty members for attending the training.

Looking forward to making this project a huge success!



Placement drives & Job Fairs



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7. Disha Progress Report – Numbers Achieved

Till 30th September 2018

No of students Registered	7575
No of students completed WEST	7331
No. of students Mentored	5484
No. of students Placed	2540



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1. Testimonials



Sonam Padekar

Sonam graduated from Ashita College for Women in May 2018. Immediately, team Swadisha supported her with Courseking and soon after, connected her to a job placement opportunity at Karmavishva.

Being a jack of all trades, Sonam performs several functions at the company, learning from everyone around her along the way. With her contagious smile and positive persona, Sonam's co-workers describe her as a superstar!

Sonam is rapidly progressing in her role, towards bigger things. She aspires to be a placement head & Karmavishva will be supporting her on this journey in the organization!



Vaishnavi Patil

It was a great experience. Thank you, Swadisha! I was initially sceptical as I have been looking for a back office work. I have been on Swadisha for three months and found a great job with competitive pay and benefits at Wellconnect! I will no longer have to search, and give interviews at various other locations.

Swadisha has a set process includes employability skill test and counselling, which helped me a lot to get the right job at a right time.

I will definitely recommend Swadisha to my friends that are looking for a more flexible work environment.



Ashwini
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Mubashira Khan

My self Mubashira Khan grew up in the middle-class family and completed my general education from college. Now what to do next was the question troubling me, with lot many hopes and expectations, I did not have a choice neither any connect with the companies. One of my friends suggested me about Swadisha program. I immediately connected with CI-MCC at Vidhwan, they help me to get register under Swadisha, and later got the career counselling.

Understanding my questions on various subjects led me to guide my errors and good things. The Counselling helped me to boost up with faith and then I reviewed and prepared myself for an interview. On completion of the interview I was confident that I would get selected for this job.

The very next day, I got a call from the company and was informed that I have been selected as a Reliance SMC Pvt. Ltd Retail, immediately to confirm I gave a call to CI representative and after confirming the news it was a **Dream Come True Moment** for my first job. Really thankful to Team Swadisha for helping me for such a lovely guidance.



Rohini Chougale



Working in Maruti Industry and helping our society was my priority. After working with many firms, I was not upto my goal. I was searching for something which will give me the real satisfaction of work and my skill. Being as MSW student (Master social work), I was keen to find the work which will benefit to the needy part of society who need help of counselling and guidance.

Some how I come to know about the SWADISHA activity, was surprised for such an initiative by UNDP and CI. I personally decided to go through the process to take experience of this Swadisha journey. I really found it excited when I attended this. These people really do extra innovative work to help the drop out part of society. After counselling session I was motivated to be part of the cause. Being a MSW student I felt that this is what I was needed. I had given an interview to Team CI and going through the needful process I got a relevant opportunity. I am really proud of to be part of this industry which helps the society by various activities. Team CI-MCC connecting the needy one not only for placement but for counselling purpose as well. Now I am working as Intern with a good stipend. I again like to thanks to Team UNDP for this excellent work for betterment of society.

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