

Mahatma Education Society's

Mahatma Night Degree College of Arts and Commerce


Opposite Fire Brigade, Chembur Naka

Chembur Mumbai- 400 071

(NAAC Re-Accredited)

3.4.3 QnM


No. of Extension and Outreach Programmes Conducted Through NSS/ NCC/ Red Cross/ YRC During Last Five Years


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Chembur, Mumbai - 400 071.

(From 2018-19 to 2022-23)
Supporting Documents

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

3.4.3 QnM
No. of Extension and Outreach
Programmes Conducted Through
NSS/ NCC/ Red Cross/ YRC
During Last Five Years

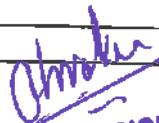

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Chembur, Mumbai - 400 071.

2022-23

Mahatma Education Society's
Mahatma Night Degree College of Arts and Commerce
Chembur Naka, S.T. Road, Opposite Fire Brigade
Chembur Mumbai-400 071
(NAAC Re-Accredited Grade B++ *CGPA 2.89)

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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Chembur Mumbai-400 071
(NAAC Re-Accredited Grade B++ *COPA 2.89)

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

Dr. Eknath Zhrekar

Principal
Dr. Eknath Zhrekar

Dr. Harsh Shukla

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NCC Incharge
Dr. Harsh Shukla



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Mahatma Night
Chandernagar, Silvassa - 400 071.





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NSS Tree Plantation Project on 23rd July, 2022

Name of the Event -:	NSS Tree Plantation Project on 23rd July, 2022
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	Tree Plantation - To plant trees and help save the environment
Date & Time of the Program-:	Saturday 23rd July, 2022 from 6.30am to 6.30pm
Participants	MNDC NSS volunteers of S.Y.B.Com and T.Y.B.Com, Non- NSS students of the college and 2 Programme Officers
No of Participants-:	52 students.(29 boys and 23 females)
Partnered with :	Ms. Freya Palia, Our Town Premium Villa Property Developers, Khardi, Thane
Brief Report of the Program-:	<p>52 NSS Volunteers, 29 boys and 23 girls with 2 Programme Officers Asst. Prof. Tushar Pawar and Assoc. Prof. Dr. Lata Krishnan took the 7.15 am train from Kurla to reach Khardi, at 9.15am. The team of students entered the premises of Our Town and reached the reception area. After Tea and breakfast the team walked to the location designated for tree plantation. 50 plants were distributed to the students. Neem, Gulmohar, Badam, Temple Tree, Rain Tree, Eucalyptus and Bamboo saplings were distributed to students. Two teams were made and the tree plantation took place parallely in two areas. One team was monitored by NSS Programme Officer Asst. Prof. Tushar Pawar and the other team was monitored by NSS Programme Officer Assoc. Prof. Dr. Lata Krishnan. Gardner Mr. Sadhu and Manager Mr. Bhagwan facilitated the tree plantation activity. 50 trees were donated by Ms. Freya Palia of Our Town, Khardi. The trees will be nurtured and taken care of by the gardeners of Our Town. Tree plantation photographs were taken with the NSS Banner and College banner.</p> <p>After the tree plantation activity the volunteers assembled to thank the</p>

hosts, manager Mr. Bhagwan, gardener Mr. Sadhu, kitchen staff and Ms. Freya Palia for their contribution and support to the NSS Tree Plantation Project. Students returned to Chembur at 6.30pm.
The NSS Tree Plantation project was a grand success.

No. of Beneficiary -: 462

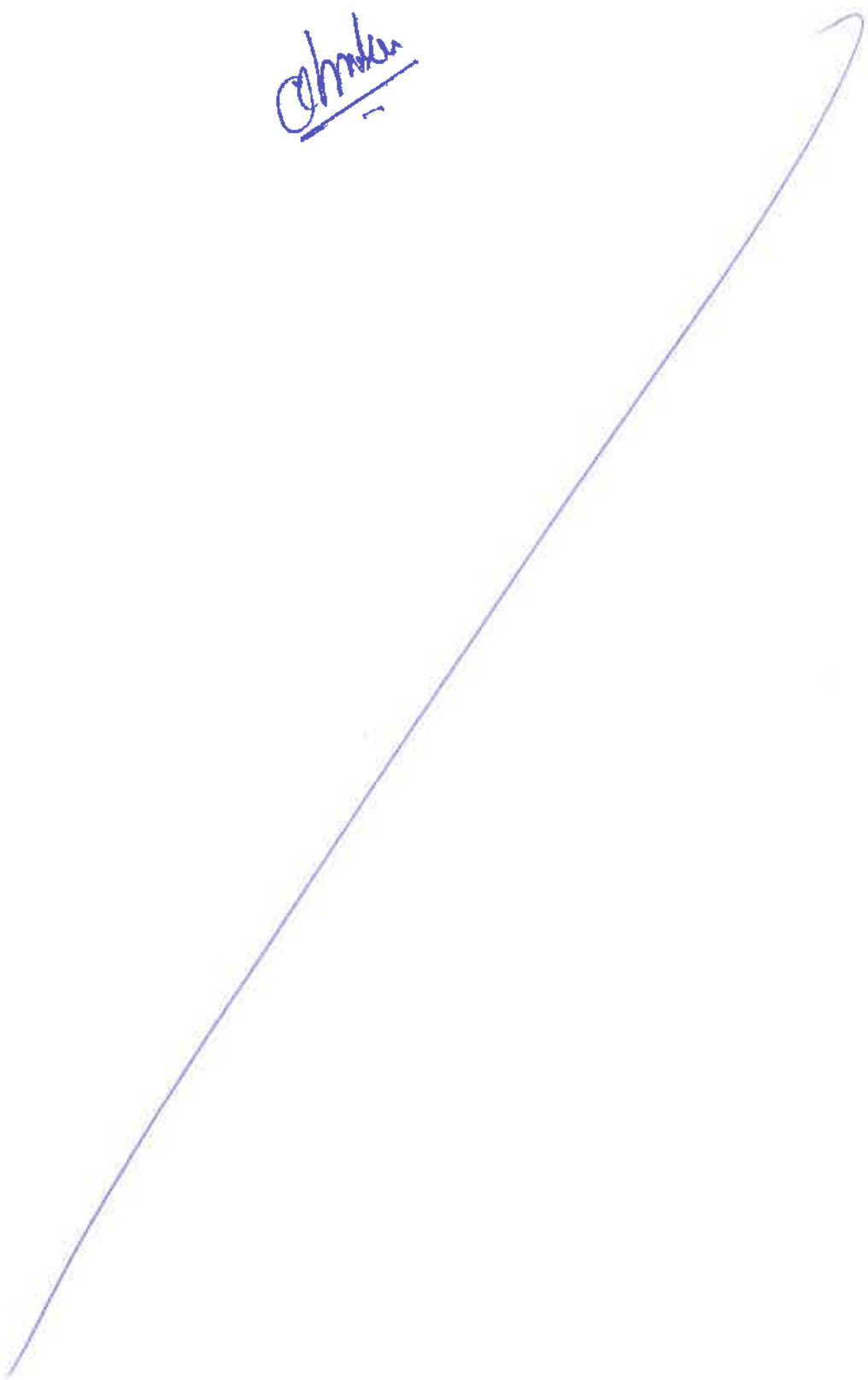


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Chitra



“Two Days Pre- Marital Counselling Workshop-2021”

Name of the Event -:	“Two Days Pre- Marital Counselling Workshop-2021”
Date & Time of the Program-:	25 th and 27 th 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. Letter she sang songs related to each of the points</p>

Principal
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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.

The programme was concluded after the vote of thanks proposed by the Dr. Tushar A. Pawar

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 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.

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 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.

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

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	<p>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>
<p>No of Beneficiary :-</p>	<p>119 students</p>



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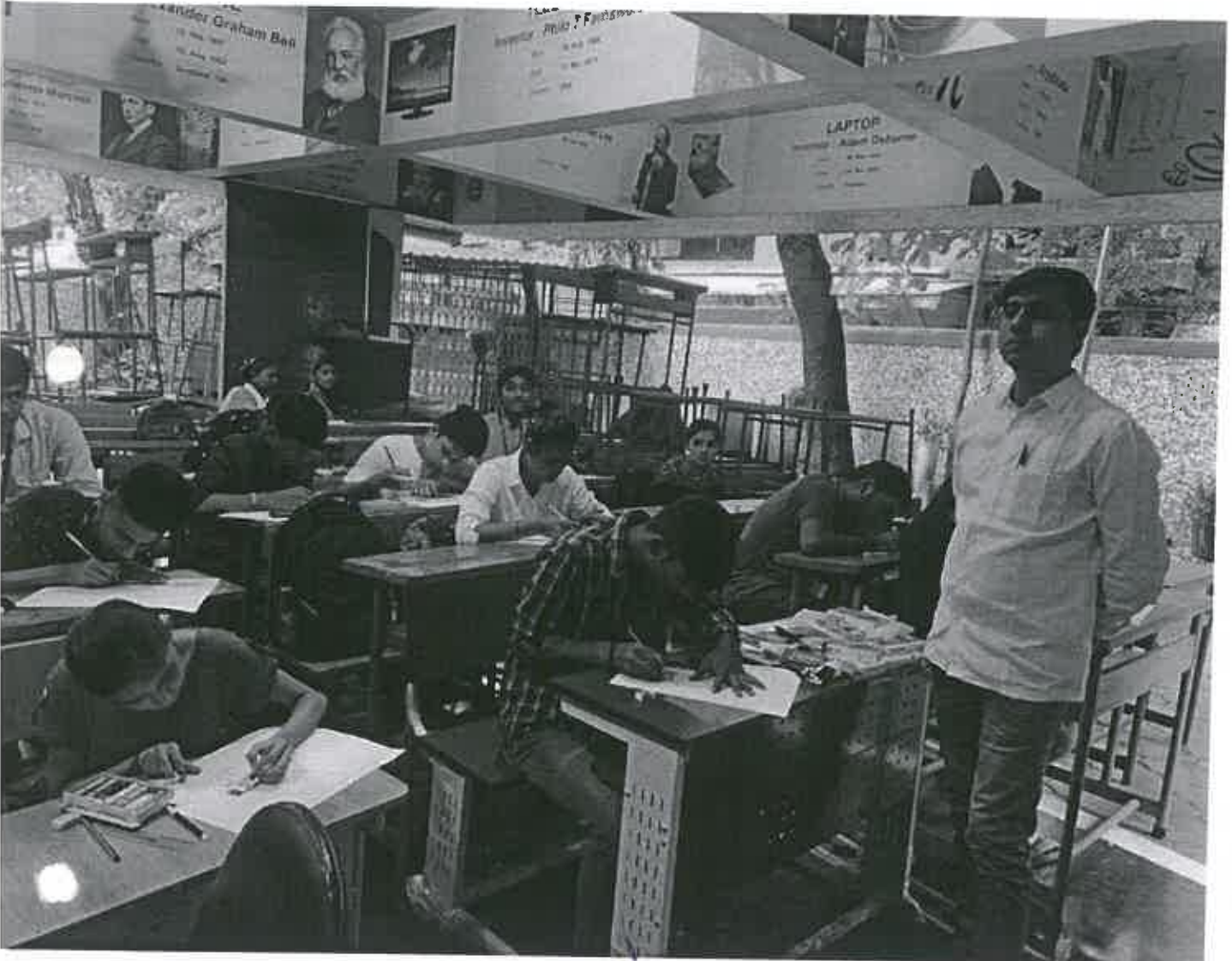
**NSS Azadi Ka Amrut Mahotsav - POSTER & RANGOLI MAKING
Event 12-8-22**

Name of the Event :-	Azadi Ka Amrut Mahotsav - NSS POSTER and RANGOLI MAKING Event 12-8-22
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	Celebrating Azadi Ka Amrit Mahotsav
Date & Time of the Program:-	Friday 12th August, 2022 from 4.00pm to 6.30pm
Participants	MNDC NSS volunteers of F.Y.B.Com. S.Y.B.Com and T.Y.B.Com., Non- NSS students of the college, Junior College students of the college.
No of Participants:-	45 students. 14 boys and 31 girls for Poster Making Event 10 students, 4 boys and 6 girls for Rangoli Making Event
Brief Report of the Program:-	<p>The NSS leaders gathered in the ground floor multipurpose hall and made arrangements for the Azadi Ka Amrit Mahotsav Poster Making and Rangoli making event. The NSS banner was put up and the stationery, crayons, pastels, pencils, felt pens were distributed among the participants along with the paper for poster making.</p> <p>The participants were engrossed in making their sketches and colouring bright beautiful images of freedom fighters, the Indian National Flag, the Azadi Ka Amrit Mahotsav theme image and images that inspire and ignite love for the nation. A sketch of Bhagat Singh made by a volunteer looked very impressive.</p> <p>The rangoli-making event was flagged off by the NSS Programme Officers. Space was allotted to every participant around the pillars of the hall in the ground floor multipurpose hall of the college. Students had brought their own material and started with the rangoli making process.</p> <p>All the participants were engrossed in making images and were at their creative best. The hall was being decorated and the Azadi Ka Amrit Mahotsav main banner was put up. The air was filled with excitement and joy. Teachers and students walked around and appreciated the efforts of the participants. At 6.00pm the posters were collected. Group photographs were taken of all the participants. The posters made by students were put up in the hall for all to see in the last period at 8.15pm.</p>

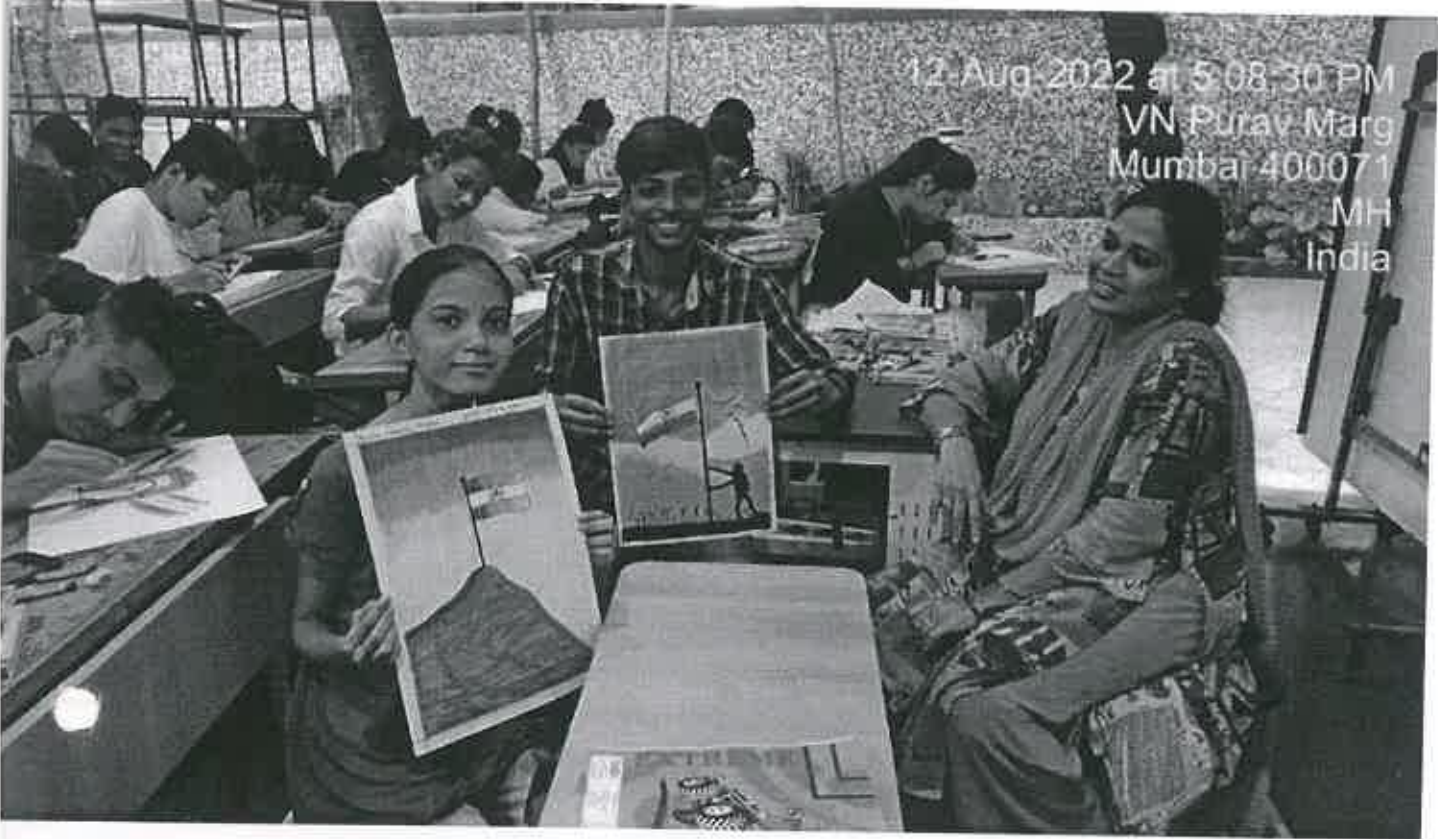
Omeka
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 Mahatma Night Degree College of Arts & Commerce
 Chembur, Mumbai - 400011

No. of Beneficiary -:

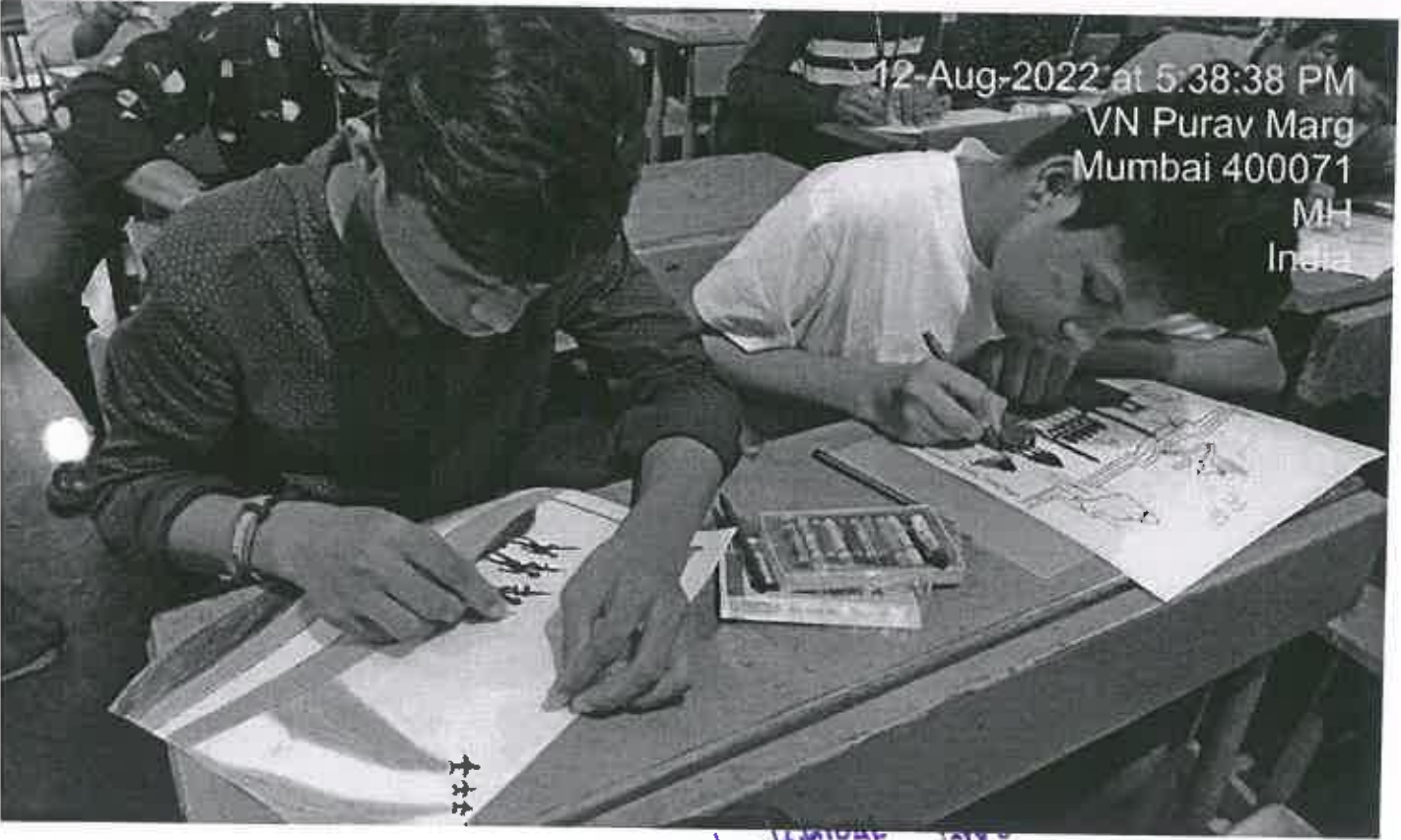
55 students who participated in the poster making and rangoli making event benefited from this event.



Chirika
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12-Aug-2022 at 5:08:30 PM
VN Purav Marg
Mumbai 400071
MH
India



12-Aug-2022 at 5:38:38 PM
VN Purav Marg
Mumbai 400071
MH
India

Mahatma Education Society
Mahatma Education Society
Bahama Night Degree College of Arts & Commerce
Chembur, Mumbai - 400 071.

12-Aug-2022 at 6:17:20 PM
VN Purav Marg
Mumbai 400071
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Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 671.

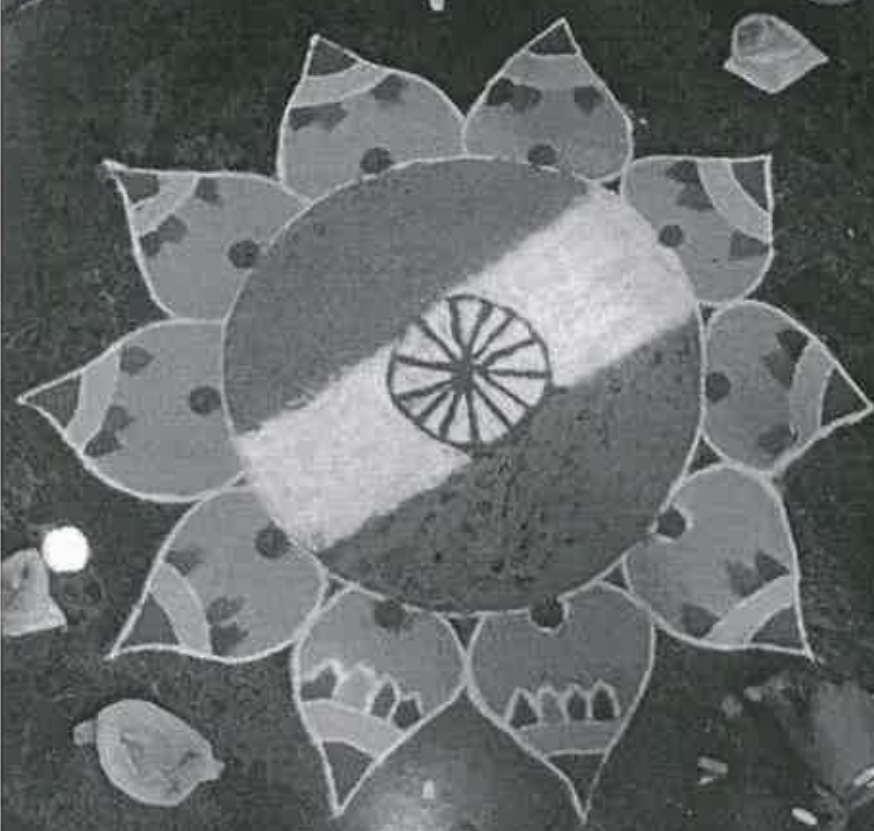
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12-Aug-2022 at 6:35:34 PM



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PRINCIPAL
Mahatma Education Society's
Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 671.

12-Aug-2022 at 6:35:48 PM
VN Purav Marg
Mumbai 400071
MH
India



Chreka

PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

12 Aug 2022 at 6:36:15 PM
VN Puray Marg
Mumbai - 400071
MH
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Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chandur, Mumbai - 400 071.

12 Aug-2022 at 6:36:38 PM

VN Pura
Mumbai 400071

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India

Abhinav

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Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

NSS Azadi Ka Amrut Mahotsav - Extempore Event 12-8-22

Name of the Event :-	Azadi Ka Amrut Mahotsav - NSS Extempore Event 12-8-22
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	Celebrating Azadi Ka Amrit Mahotsav
Date & Time of the Program:-	Friday 12th August, 2022 from 8.00pm to 9.00pm
Participants	MNDC NSS volunteers of F.Y.B.Com. S.Y.B.Com and T.Y.B.Com., Non- NSS students of the college, Junior College students of the college.
No of Participants:-	35 students. 15 boys and 20 girls participated in the NSS Extempore Event
Brief Report of the Program:-	<p>The NSS leaders gathered in the ground floor multipurpose hall and made arrangements for the Azadi Ka Amrit Mahotsav Extempore Event.</p> <p>35 students participated in the Extempore Event. They spoke for a minute each with a lot of feelings about freedom fighters like Mahatma Gandhi, Rani Laxmibai, Bhagat Singh, Chandrashekhar Azad, Subhash Chandra Bose and others and their sacrifices for Indian Independence.</p> <p>The evening was spent well and the sacrifices of freedom fighters were fondly remembered with a lot of reverence. The NSS volunteers were happy to participate in the event.</p>

No. of Beneficiary :-	35 students who participated in the Extempore event benefited from this event.
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Principal
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19 Aug-2022 at 8:29:32 PM
Mahatma Education Society's
Mahatma Night Degree College of Arts & Commerce
Chembur Marg
Mumbai 400071
MH
India



19 Aug-2022 at 8:31:10 PM
VN Purav Marg
Mumbai 400071
MH
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PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

12-Aug-2022 at 8:33:29 PM
VN Purav Marg
Mumbai 400071
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Chembur, Mumbai - 400 071.

12-Aug-2022 at 8:46:51 PM
VN Purav Marg
Mumbai 400071
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Chembur, Mumbai - 400 071.

Azadi Ka Amrut Mahotsav - NSS Rally 13-8-22

Name of the Event :-	Azadi Ka Amrut Mahotsav - NSS RALLY 13-8-22
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	Celebrating Azadi Ka Amrit Mahotsav
Date & Time of the Program:-	Saturday 13th August, 2022 from 4.00pm to 6.30pm
Participants	MNDC NSS volunteers of F.Y.B.Com. S.Y.B.Com and T.Y.B.Com., Non- NSS students of the college, Junior College students of the college.
No of Participants:-	155 students participated in the event. 65 boys and 90 girls
Brief Report of the Program:-	<p>NSS volunteers, students of the degree college, and students of the Junior college gathered in front of the college building at 3.30pm on 13th August, 2022. They followed a colour code for dressing. Few were dressed in white, some wore orange shirts or kurtas and others wore green shirts or kurtas. Few students came dressed in blue shirts or kurtas. This colour code was decided to represent the colours of the Indian flag.</p> <p>Flags were distributed to the students who carried sticks with them. 20 placards were made on the Azadi Ka Amrit Mahotsav theme. Students lined up in height order and formed two squads. The NSS banner was held in the front of the squad. Teachers and leaders walked besides the squad. One police personnel joined the rally that started at 4.00pm sharp from the Mahatma Night Degree College of Arts and Commerce, College Campus. The route was through Sion Trombay Road to Thakkar Bappa Colony, through Siddharth Colony and back to Chembur Naka, College campus.</p> <p>The students walked briskly and shouted slogans of <i>Sare Jahan Se Achha Hindustan Hamar, Jai Jawan Jai Kisan, Jai Hind, Vande Mataram</i>. They were full of joy as they walked through the thick traffic attracting the attention of passers by. The police personnel steered the rally through the busy streets and ensured that they moved smoothly spreading the message of the joy and jubilation of 75 years of Indian Independence.</p> <p>Though the route was long, students walked on joyfully and did not feel the exhaustion of the journey. On the way they distributed flags to the shopkeepers and residents of Thakkar Bappa Colony and Siddharth colony. Students picked up plastic bags and participated in cleaning the streets of Chembur.</p> <p>The students completed the rally and assembled at the ground floor multipurpose hall. Here they had their refreshments, sang the national anthem and then dispersed to the classes for lectures</p>


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No. of Beneficiary :-	155 students who participated in the rally benefited from this event.
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Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



13-Aug-2022 at 4:46:57 PM
SG Barve Marg
Mumbai 400071
MH
India



13-Aug-2022 at 4:47:01 PM
SG Barve Marg
Mumbai 400071
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Chembur, Mumbai - 400 071.




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Mahatma Nishi Degree College Of Arts & Commerce
Chembur, Mumbai - 406 071.

Azadi Ka Amrut Mahotsav - NSS Har Ghar Tiranga Campaign 13-8-22

Name of the Event :-	Azadi Ka Amrut Mahotsav - NSS Har Ghar Tiranga Campaign 13-8-22
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	Celebrating Azadi Ka Amrut Mahotsav by distributing the Indian flag to people to hoist in their homes, palaces of work, vehicles etc. - Har Ghar Tiranga Campaign
Date & Time of the Program:-	Saturday 13th August, 2022 from 4.00pm to 6.30pm
Participants	MNDC NSS volunteers of F.Y.B.Com. S.Y.B.Com and T.Y.B.Com., Non- NSS students of the college, Junior College students of the college.
No of Participants:-	155 students participated in the event. 65 boys and 90 girls
Brief Report of the Program:-	<p>NSS volunteers, students of the degree college, and students of the Junior college gathered in front of the college building at 3.30pm on 13th August, 2022. The NSS Rally was combined with the Har Ghar Tiranga Campaign. The NSS Leaders had collected 100 Indian flags free of cost from the BMC Office, Chembur, Mumbai.</p> <p>The rally started in Sion Trombay Road, moved into Thakkar Bappa Colony and through Siddharth Colony and back to Chembur Naka.</p> <p>While walking in the rally the students distributed flags to the shopkeepers and residents of Thakkar Bappa Colony and Siddharth colony. They asked the recipients to put up the flag in their houses, shops, and vehicles to celebrate Azadi Ka Amrut Mahotsav. Students were happy to distribute the Indian flags and the people receiving the flags were filled with joy, receiving the Indian flag.</p> <p>The students completed the rally and assembled at the ground floor multipurpose hall. All the flags were distributed to people around the rally in houses and shops, students, teachers and non-teaching staff of the college. The Har Ghar Tiranga Campaign was successfully conducted.</p>

No. of Beneficiary :-	155 students participating in the Har Ghar Tiranga Campaign benefited from this event.
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Chembur, Mumbai - 400 071.

13-Aug-2022 at 4:46:57 PM
SG Barve Marg
Mumbai 400071
MH
India

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PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College of Arts & Commerce
Chandur, Mumbai - 400 071.

13-Aug-2022 at 4:47:28 PM
SG Barve Marg
Mumbai 400071
MH
India



Chakraborty

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**Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.**



13-Aug-2022 at 5:01:43 PM
Thakkar Bappa Colony Maharashtra Thakkar Bappa Colony
Mumbai 400024
MH
India




13-Aug-2022 at 5:27:04 PM
KN Gaikwad Marg
Mumbai 400071
MH
India

Principal
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Chembur, Mumbai - 400 071.

Azadi Ka Amrut Mahotsav - NSS Swachh Bharat Abhiyan 13-8-22

Name of the Event :-	Azadi Ka Amrut Mahotsav - NSS Swachh Bharat Abhiyan 13-8-22
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	Celebrating Azadi Ka Amrut Mahotsav by collecting plastic dry waste from the streets of Mumbai- NSS Swachh Bharat Abhiyan
Date & Time of the Program:-	Saturday 13th August, 2022 from 4.00pm to 6.30pm
Participants	MNDC NSS volunteers of F.Y.B.Com. S.Y.B.Com and T.Y.B.Com., Non- NSS students of the college, Junior College students of the college.
No of Participants:-	155 students participated in the event. 65 boys and 90 girls
Brief Report of the Program:-	<p>NSS volunteers, students of the degree college, and students of the Junior college gathered in front of the college building at 3.30pm on 13th August, 2022. The NSS Rally was combined with the Swachh Bharat Abhiyan. The NSS Leaders had carried with them gloves and bin bags to collect dry waste, plastic waste from the streets of Chembur Mumbai.</p> <p>While at the rally, a group of NSS volunteers engaged in the Swachh Bharat Abhiyan. Groups of students took turns to pick up plastic waste using gloves.</p> <p>The rally started from Sion Trombay Road, moved into Thakkar Bappa Colony and through Siddharth Colony and back to Chembur Naka. While walking in the rally the students picked up dry waste from Sion Trombay Road, Thakkar Bappa Colony and Siddharth colony.</p> <p>The students completed the rally and assembled at the ground floor multipurpose hall. The dry waste collected was disposed of in the college campus dust bin. The Swachh Bharat Abhiyan was successfully conducted.</p>

No. of Beneficiary :-	155 students participating in the NSS Swachh Bharat Abhiyan benefited from this event.
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Chembur, Mumbai - 400 671.



13-Aug-2022 at 5:23:50 AM
KN Gaikwad Marg
Mumbai 400071
MH
India

Chander
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Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

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Chembur, Mumbai - 400 071.

Report - NSS BLOOD DONATION CAMP 30th July, 2022

Name of the Event -:	NSS BLOOD DONATION CAMP 30th July, 2022
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71, organised a Blood Donation Camp on Saturday 30th July, 2022 from 3.30pm to 8.00pm in the ground floor multipurpose hall of the college campus. J. J. Hospital Blood Bank was the facilitator for this camp.
Objective of the session	Blood Donation Camp - Collection of maximum units of blood was the objective of this camp.
Contact Person	Ms. Neeta Dange, P.R.O. J. J. Hospital Blood Bank
Date & Time of the Program-:	30th July, 2022 Time: 3.30pm - 9.00pm
Venue -:	Ground Floor Multipurpose Hall of the college campus.
No of Participants-:	25 NSS volunteers joined the team of 8 members from Sir J.J. Group of Hospitals Blood Bank, Byculla in organizing a Blood Donation Camp.
Brief Report of the Program-:	<p>A team of 8 members comprising of 2 Doctors 5 medical technicians and one PRO Ms. Neeta Dange arrived at the college campus at 2.30pm. NSS PO Assoc. Prof. Dr. Lata Krishnan and Asst. Prof. Tushar Pawar with 25 NSS Volunteers greeted Sir J.J. Group of Hospitals Blood Bank team and got busy making arrangements for the Blood donation drive. Beds were set up, registration counter, Doctor's counter, Certificated Desk, Refreshments corner were all set up and manned by the NSS volunteers and Blood Bank Team members. NSS volunteers called their friends and relatives and alumni students to donate blood. Teachers and non-teaching staff in the campus too were informed about the start of the blood donation camp. The volunteers helped in registering donors and facilitating the process of blood donation. Volunteers made announcements promoting the Blood Donation Camp. Both the NSS programme officers Asst. Prof. Tushar Pawar and Assoc. Prof. Dr. Lata Krishnan joined the volunteers in this blood donation camp and motivated the volunteers to participate enthusiastically.</p> <p>Students from College, alumni of college, friends and outsiders visited the camp and volunteered to donate blood.</p> <p>35 units of blood were collected.</p>


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The NSS Volunteers worked sincerely and enthusiastically. Tea and snacks were given to blood donors and the team of organizers.

NSS Leaders Lekhraj Dholpuri, Jayshree Balotiya, Tasmiya Shaikh, Shivani Gupta led the event. A certificate was awarded to the college by Sir J. J. Hospital Blood Camp. Principal Dr. Eknath Zhrekar received the certificate on behalf of the NSS Unit of the college.

It was a moment of joy and gratification of a NSS Blood Donation Camp successfully completed.



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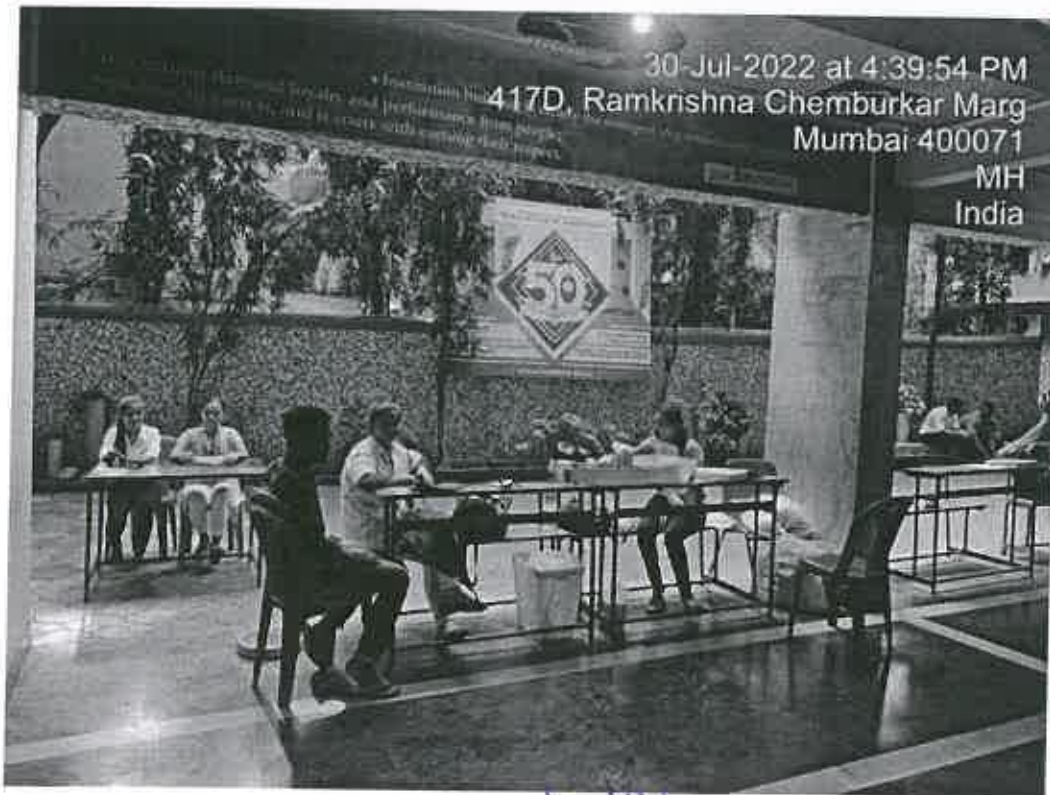
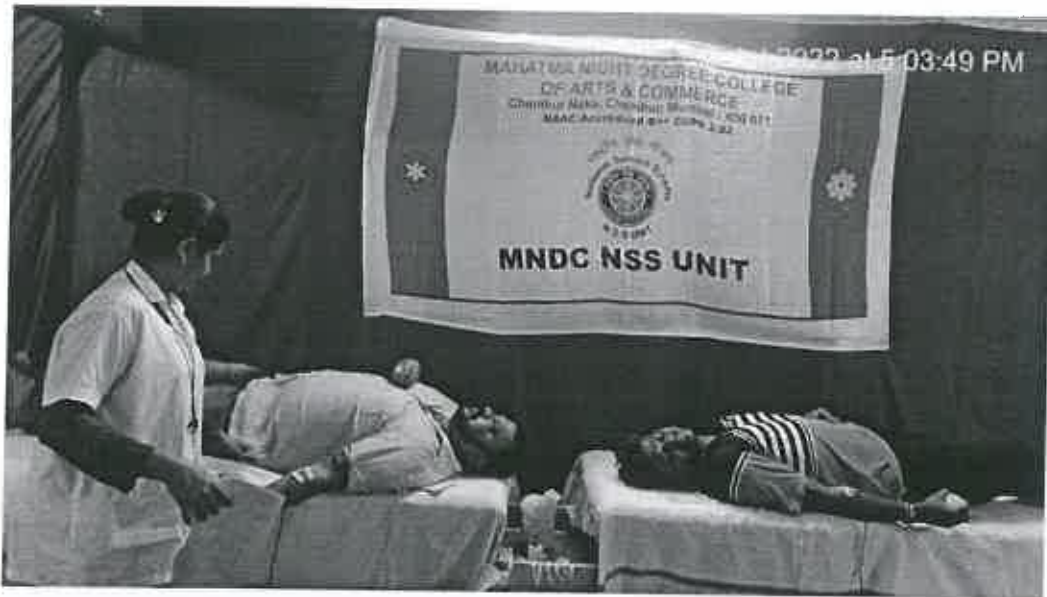


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**Report - NSS Beach Cleaning - Worli Patti on 17th September, 2022.
A Nation-wide Coastal CleanUp Drive
Swachh Sagar, Surakshit Sagar**

Name of the Event -:	SS Beach Cleaning - Worli Patti on 17th September, 2022. A Nation-wide Coastal CleanUp Drive- Swachh Sagar, Surakshit Sagar
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71, joined My Green Society and other NSS Units of colleges in Mumbai on 17th September, 2022 at Worli beach (Worli patti) for the mega naton initiative of coastiine cleaning. Swachh Sagar, Surakshit Sagar
Objective of the session	To clean the coastline, Worli Patti and join in the world initiative to clean the coastline.
Date & Time of the Program-:	17th September, 2022 Time: 7.00am - 9.00am
Venue -:	Worli beach
No of Participants-:	22 NSS volunteers, 7 girls and 15 boys
NGO partnering for the project	My Green Society
Brief Report of the Program-:	<p>The NSS unit of the college partnered with My Green Society and other NSS Units of colleges in Mumbai to participate in a Bleach Cleaning Project at Worli Beach - Worli Patti, the section allotted to us for cleaning of the coastline. This project is a nation-wide initiative where citizens have come together and taken the responsibility to clean their sections of the coastline. This is a part of the Swachh Sagar, Surakshit Sagar initiative.</p> <p>T.Y.B.Com student Rahul Sukhdev led a team of 22 MNDC NSS volunteers to participate in the Beach Cleaning Project on 17th September, 2022.</p> <p>Volunteers reported to the venue at 7.00am to the Worli Beach and collected plastic waste and other waste from 7.00am to 9.00am. They wore gloves and deposited the waste in bin bags. The waste collected by the NSS</p>

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	<p>volunteers was weighed. 261 kilograms of waste was collected. The organizers commanded the volunteers for their efforts. Refreshments were served to all the volunteers at the end of the project.</p> <p>An online form was filled up by the participants and all the participants received certificates for their participation in the Beach Cleaning Project.</p>
<p>Quantity of Plastic waste and other waste collected in Kilograms:</p>	<p>261 Kgs of waste was collected.</p>

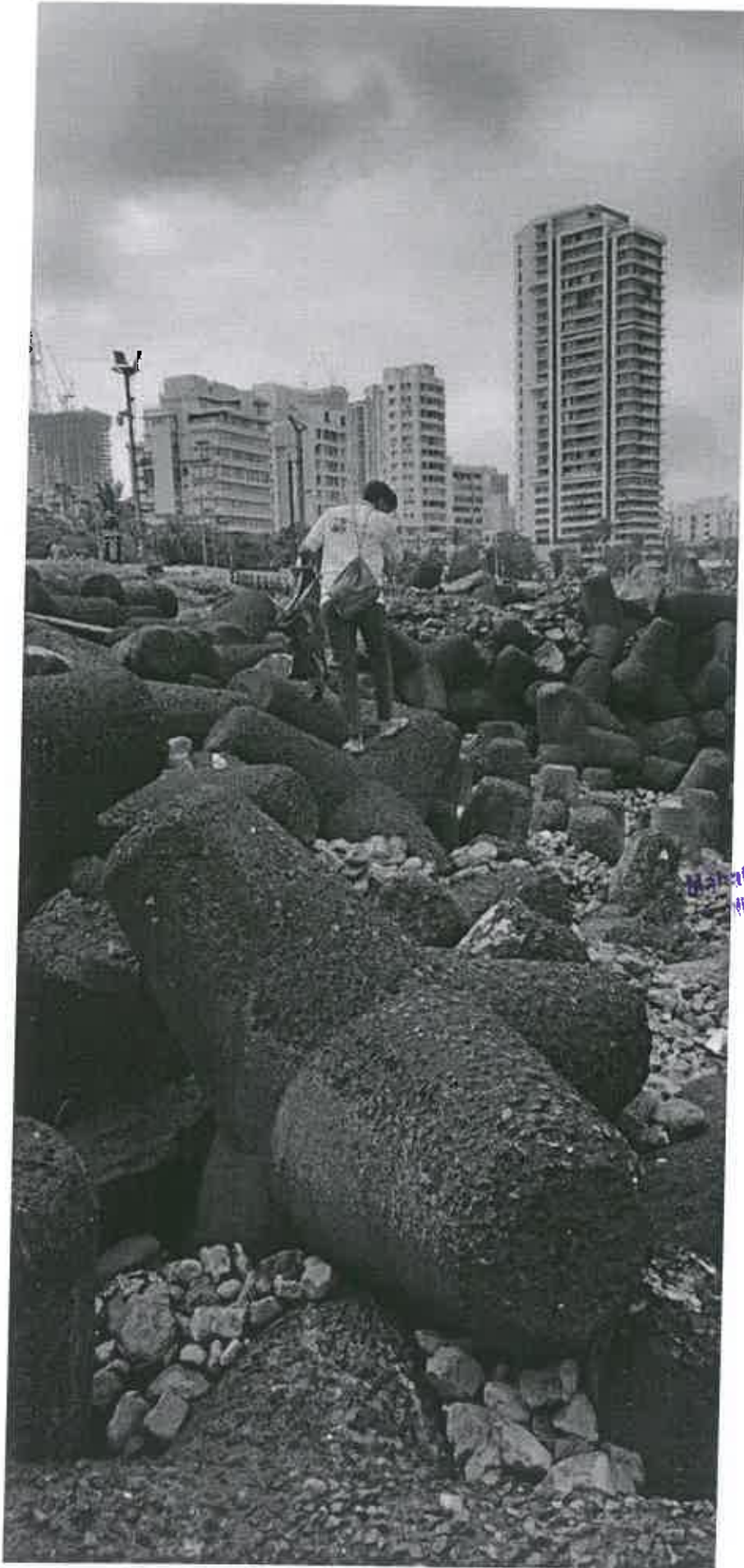


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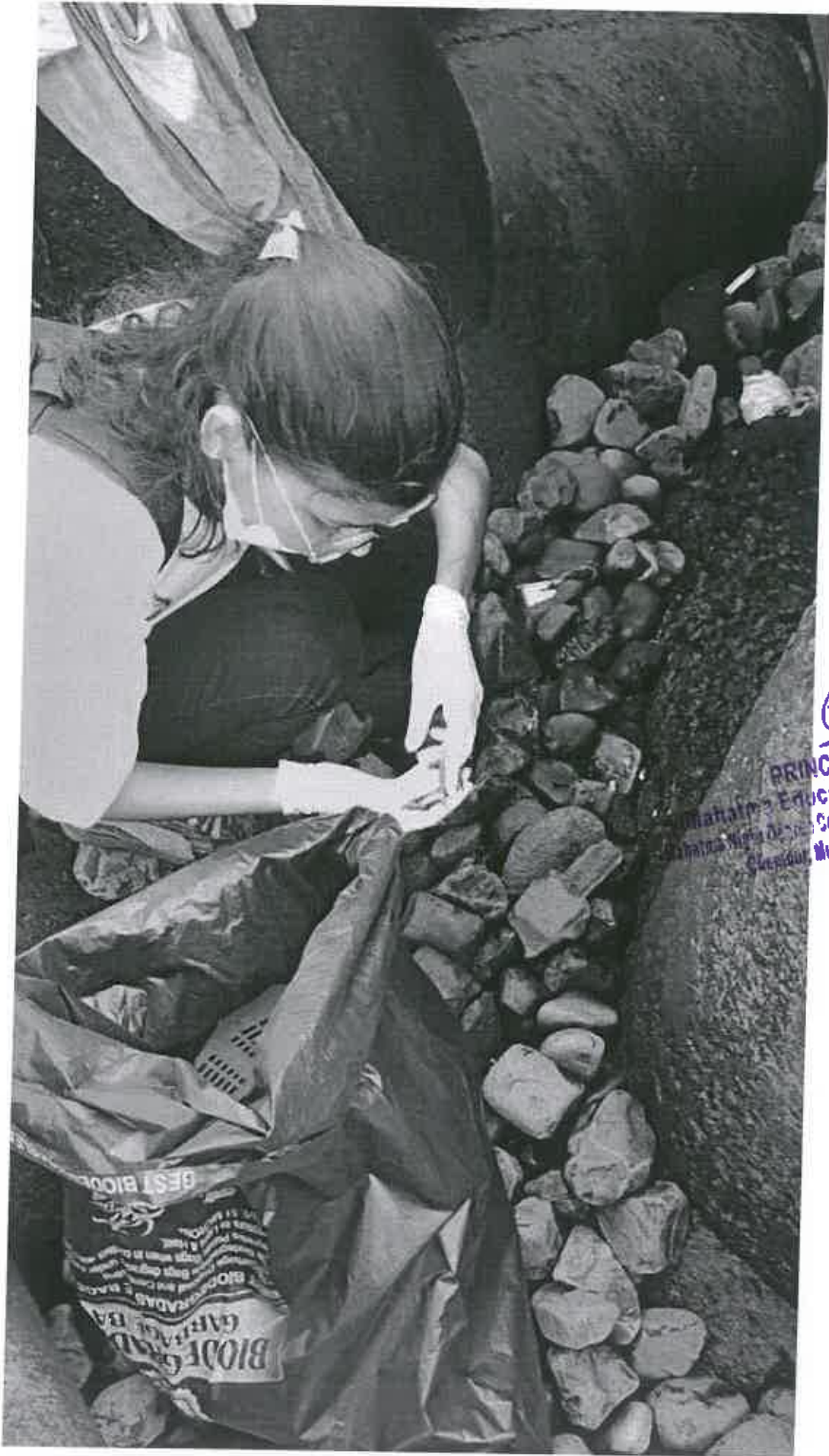


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**NSS Ganpati Visarjan / Immersion Duty
on 4th, 6th and 9th of September, 2022**

Name of the Event :-	NSS Ganpati Visarjan Duty
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Objective of the session	To assist police force in traffic management during 3 days of Ganpati idol immersion / visarjan on 4th, 6th and 9th of September, 2022
Date & Time of the Program:-	Sunday 4th September, Tuesday 6th September and Friday 9th September, 2022 from 2.00pm to 9.00pm
Participants	MNDC NSS volunteers of F.Y.B.Com. S.Y.B.Com and T.Y.B.Com.
No of Participants:-	25 volunteers. 15 boys and 10 girls
Brief Report of the Program:-	<p>The NSS volunteers reported to PI Darade of Chembur Police station, Basant Park, Chembur Mumbai on Sunday 4th September, 2022 at 2.00pm. They were asked to wait in the police station and later guided to the Teen Talav pond opposite Acres Club, Chembur, Mumbai. The students guided the vehicle traffic and pedestrians, groups of people carrying Ganesh Idols to the entrance of Teen Talav pond. The area was kept free of traffic jams and the volunteers played their role of assisting the police staff in traffic regulation, very well.</p> <p>Police force ensured that only small groups of volunteers took to the road to regulate traffic as they wanted to reduce footfall in that area. Many NSS volunteers from different colleges in the vicinity had gathered for traffic regulation duty and the police team did a good job of sending in only the team of volunteers required from time to time. All the 25 volunteers of our college got an opportunity to regulate traffic and assist in the Ganpati Visarjan activity on 3 busy days of Ganpati Visarjan, Sunday 4th September, Tuesday 6th September and Friday 9th September, 2022 from 2.00pm to 9.00pm.</p>
No. of Beneficiary :-	25 students participated in this event, 15 boys and 10 girls.

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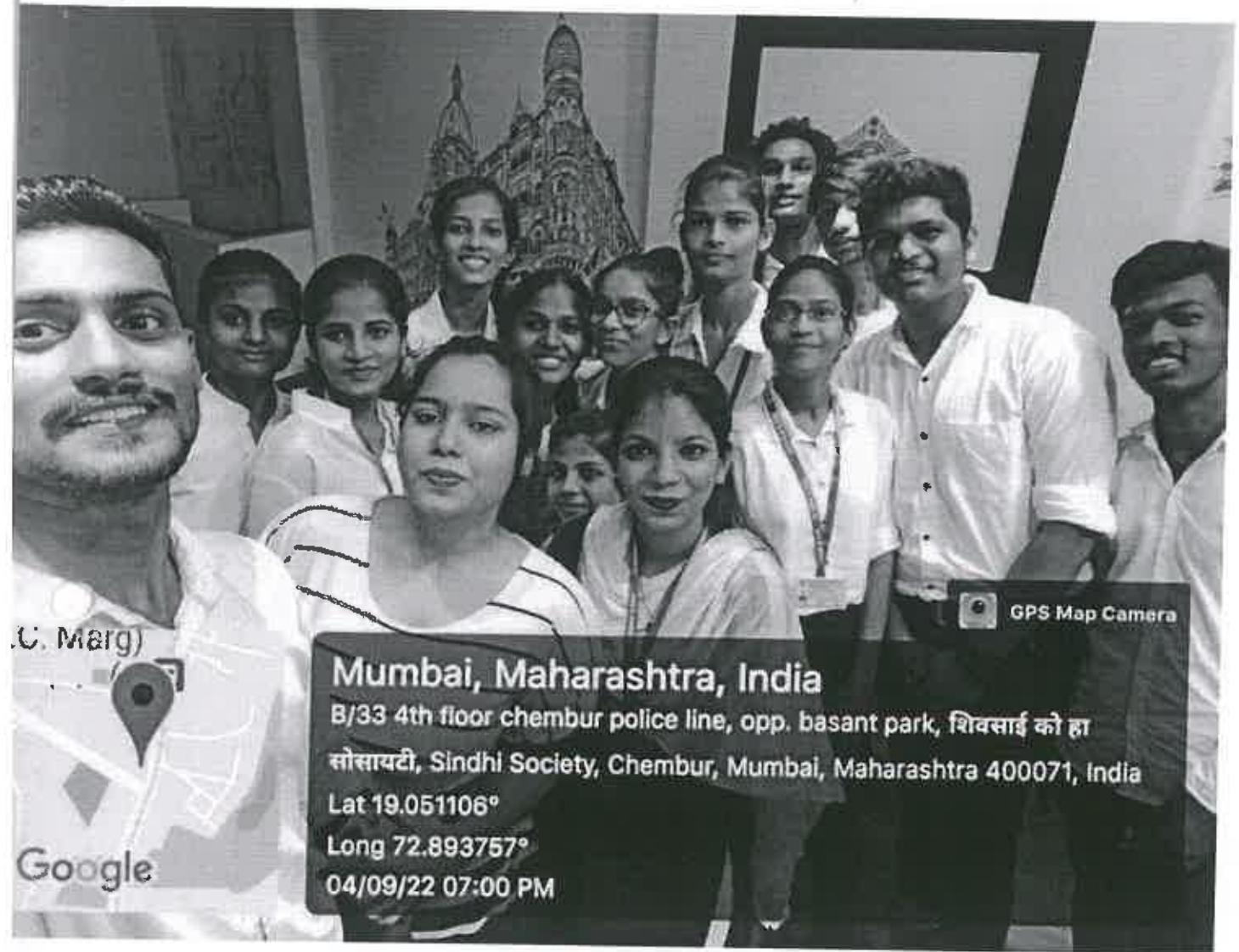


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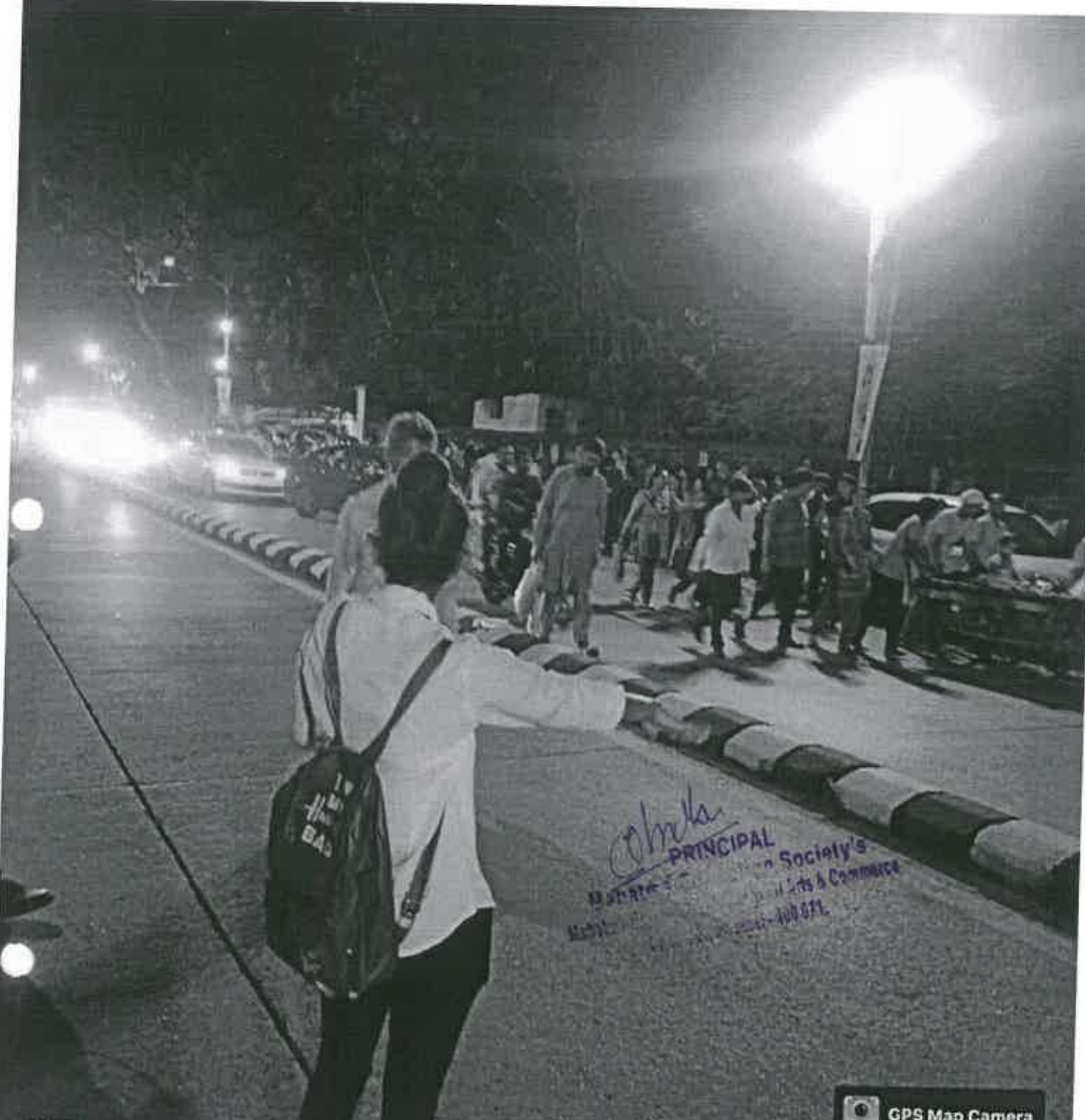
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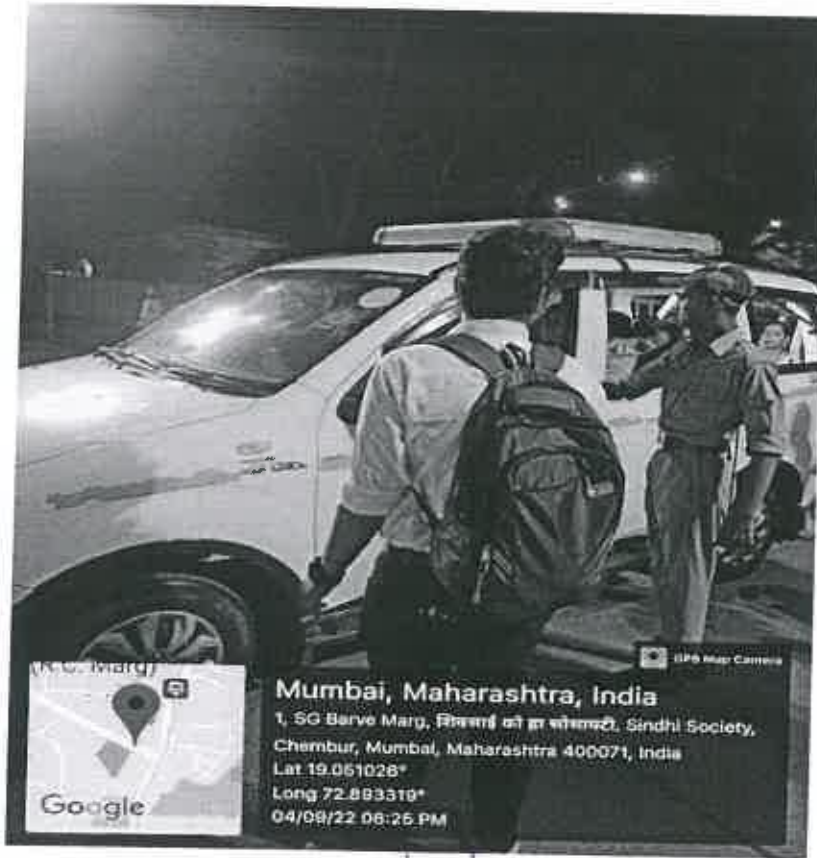
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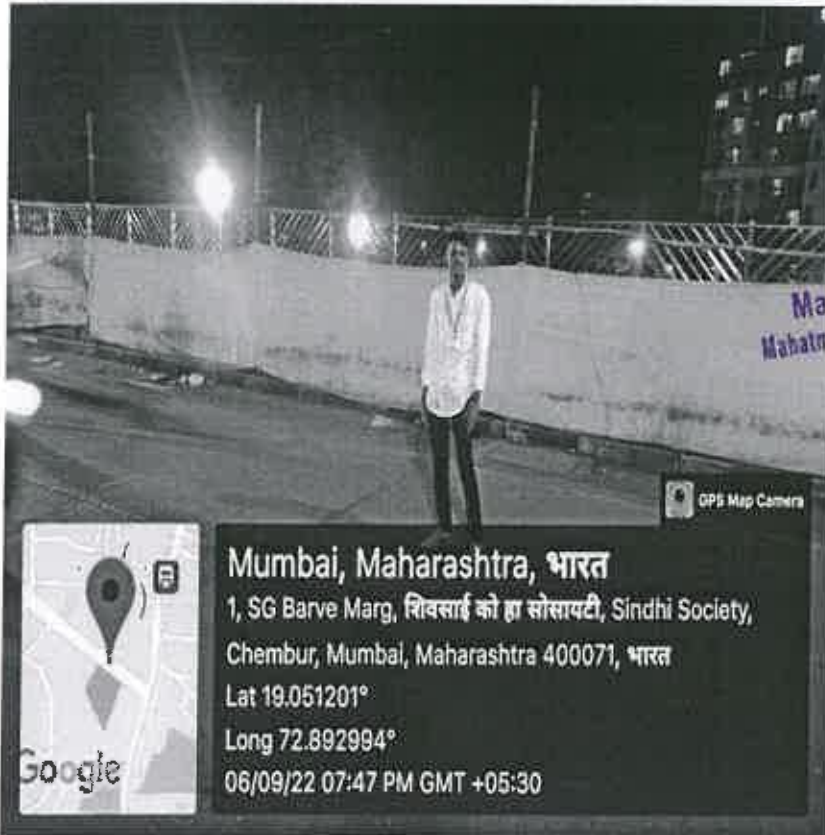


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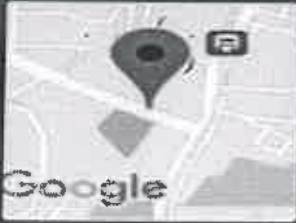
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Report - NSS BLOOD DONATION CAMP
17th September, 2022. A National Level Mega Blood Donation Drive

Name of the Event :-	NSS BLOOD DONATION CAMP 17th September, 2022. A National Level Mega Blood Donation Drive
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71, joined the Akhil Bhartiya Terapanth Yuvak Parishad in organizing a Blood Donation Camp on 17th September, 2022 at Ghatkopar Metro Station from 9.00am to 5.30pm Rajawadi Hospital Blood Bank was the facilitator for this camp.
Objective of the session	Blood Donation Camp - Collection of maximum units of blood was the objective of this camp. "Donate blood to save lives" was the slogan.
Contact Person	Ms. Ashwini P.R.O. Rajawadi Hospital Blood Bank, Mumbai
Date & Time of the Program:-	17th September, 2022 Time: 9.00am - 5.30pm
Venue :-	Ghatkopar Metro Station - overbridge.
No of Participants:-	25 NSS volunteers, 10 girls and 15 boys
NGOs partnering for the project	Akhil Bhartiya Terapanth Yuvak Parishad and Rajawadi Hospital Blood Bank partnered with MNDC NSS Units to conduct the event.
Brief Report of the Program:-	The NSS unit of the college partnered with Akhil Bhartiya Terapanth Yuvak Parishad and Rajawadi Hospital Blood Bank to organize a Blood Donation Camp at the Ghatkopar metro station. This was a National level project. A Mega Blood Donation Drive to collect maximum blood units from across all states of India. Ms. Ashwini, Public Relations Officer, Rajawadi Hospital Blood Bank, Mumbai coordinated with us to organize the event.

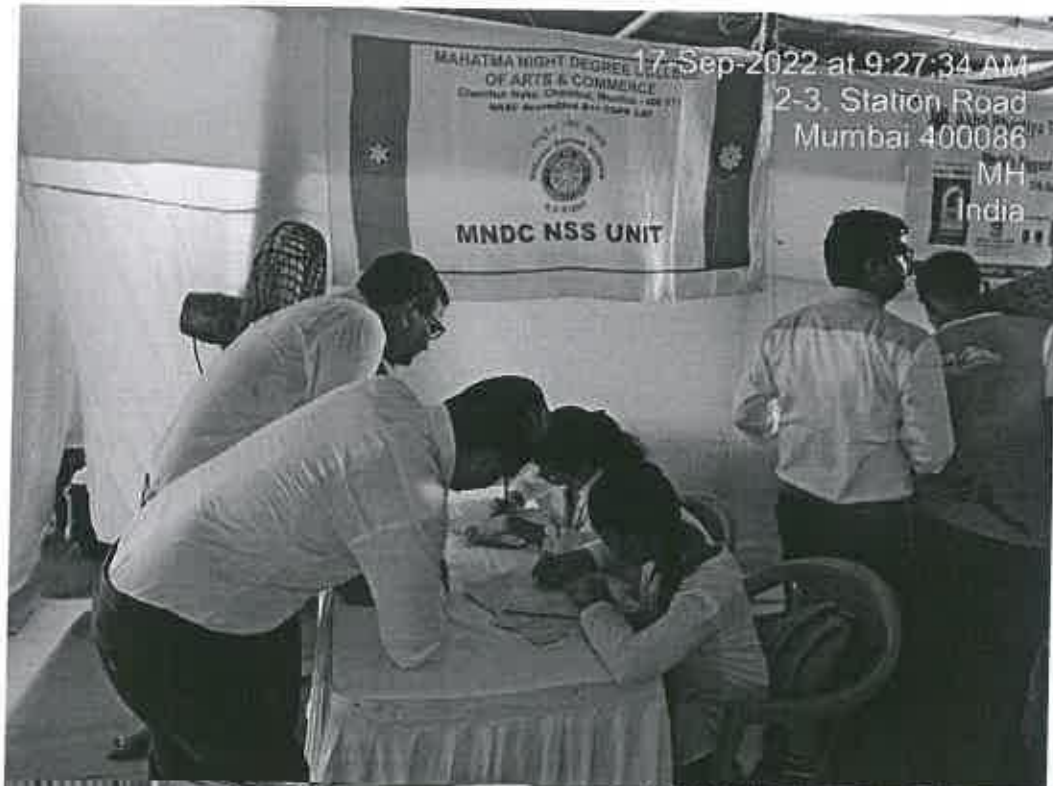
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Chembur, Mumbai - 400 071.

<p style="text-align: center;"><i>Amal</i></p> <p style="text-align: center;">PRINCIPAL Mahatma Education Society's Mahatma Jyoti Bhabha College of Arts & Commerce Erandol, Mumbai - 400 071</p>	<p>Volunteers reported to the venue at 9.00am along with NSS Programme Officer Assoc. Prof. Dr. Lata Krishnan. Teams were formed and the volunteers got busy with registration of donors, announcement desk, refreshment counter, guiding and ushering donors through the procedure of blood donation, promoting the blood donation camp by moving into the metro station, talking to train passengers and inviting them to donate blood.</p> <p>Asst. Prof. Tushar Pawar joined the team in the afternoon to oversee the progress at the camp.</p> <p>151 blood units were collected at the blood donation camp.</p> <p>The NSS Volunteers worked sincerely and enthusiastically. Tea and snacks were given to blood donors and the team of organizers.</p> <p>The Rajawadi Hospital Blood Bank and Akhil Bhartiya Terapanth Yuvak Parishad awarded a certificate of appreciation to the volunteers, Programme Officers and NSS Unit of the college, which the NSS Leader Lekraj Dolpuriya, Tasmiya Shaikh and Programme Officer Tushar Pawar received along with the team of volunteers. It was a moment of joy and gratification of a NSS Blood Donation Camp successfully completed.</p>
<p>No. of Blood Units Collected:</p>	<p>151 blood units collected</p>



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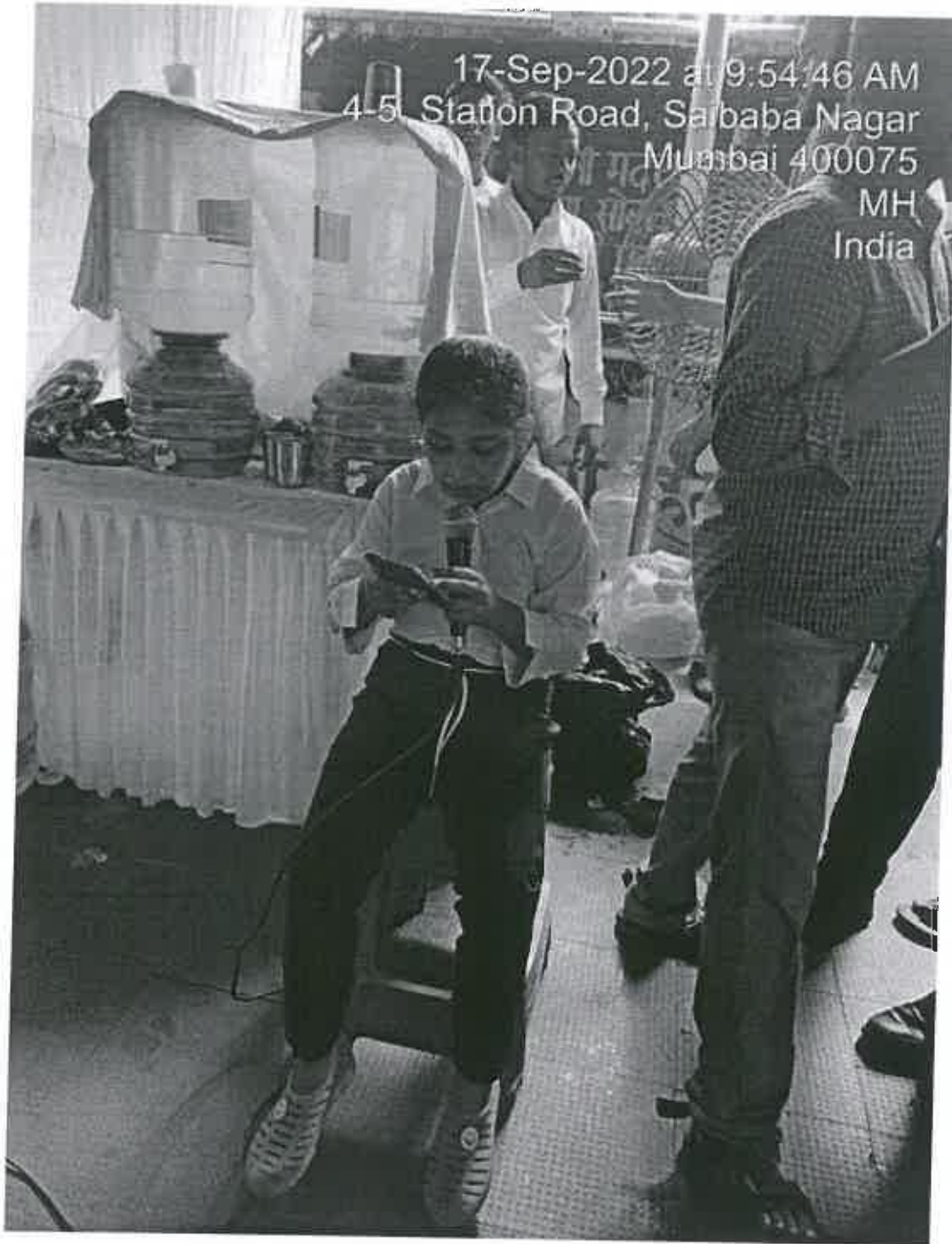
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Mr. Ashwini Desai Mahabaleswari






Mr. PPT Shri. Narendra Modi

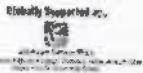
World's Biggest Blood Donation Drive

17th September 2022


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Eligibly Supported by:



Patroned by:



Akhil Bharatiya Terapanth Yuvak Parishad

METRO - RAILWAY BRIDGE, GHATKOPAR

TIMING: 9.00AM TO 6.00PM

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De-Addiction or Vyasana Mukti NSS Rally on 1-10-22 - (University Level Project)

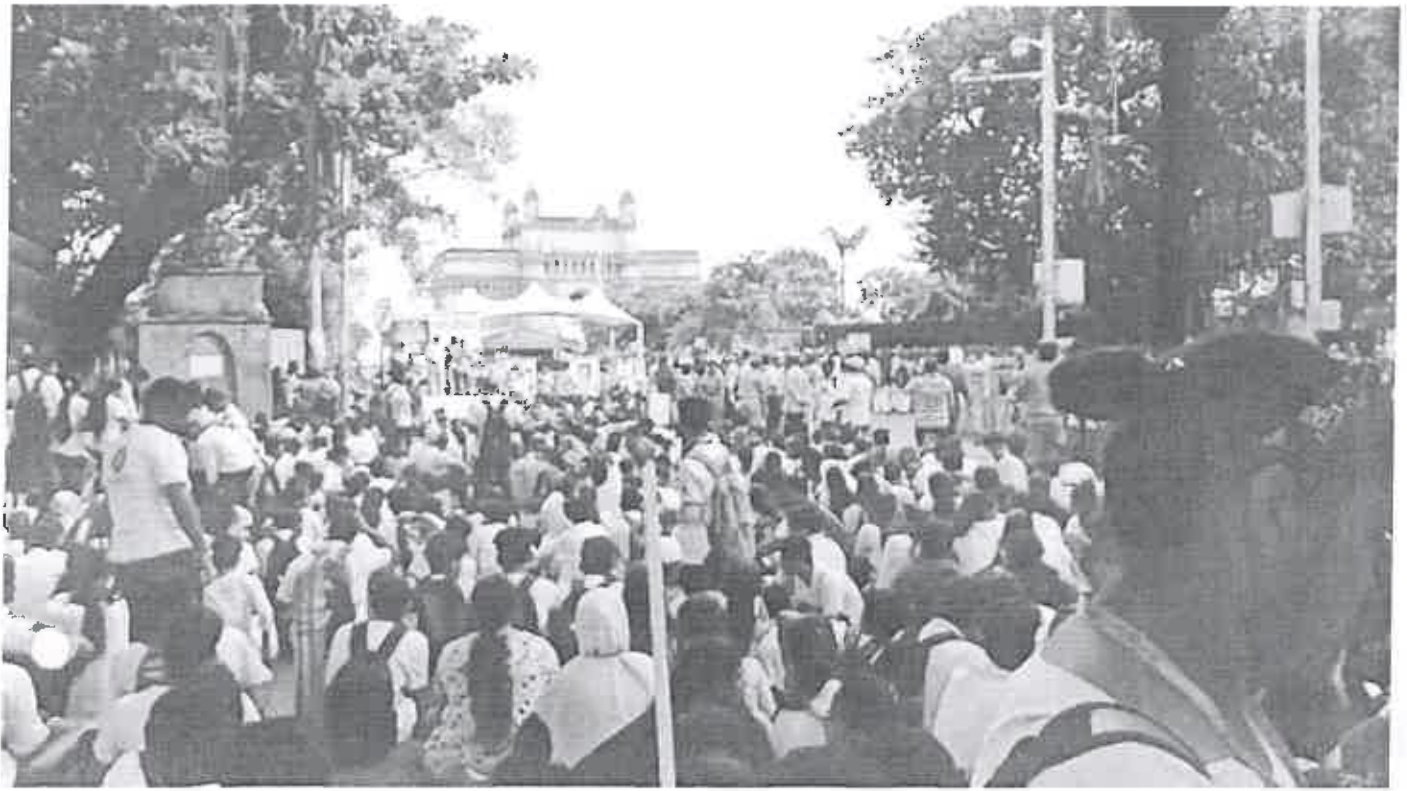
Name of the Event :-	De-Addiction or Vyasana Mukti NSS Rally on 1-10-22 (University Level Project)
Organized by:	The NSS Cell, University of Mumbai
Objective of the session	To celebrate Gandhi Jayanti and Lal Bahadur Shastri Jayanti
Date & Time of the Program:-	1-10-22 2.30pm to 6.00pm
Participants	14 MNDC NSS volunteers of F.Y.B.Com. 6 girls 8 boys
Brief Report of the Program:-	<p>F.Y.B.Com NSS Leader Suman Singh led the 1st October, 2022 De-Addiction or Vyasana Mukti NSS Rally. NSS volunteers of the college reported to Azad Maidan at 2.30pm sharp. From here they started on their De-Addiction or Vyasana Mukti NSS Rally to Gateway of India. NSS volunteers from most of the colleges affiliated to the University of Mumbai had participated in this mega rally. The crowd was well organized and they moved in college squads energetically through the roads leading to the Gateway of India.</p> <p>The volunteers were dressed in white and black and carried the college NSS banner with them. They were given masks to wear to attract the attention of the passers-by. They shouted slogans on De-Addiction or Vyasana Mukti and called for a healthy and fit youth of India. A person free from substance abuse is a responsible citizen and a true patriot!</p> <p>The students walked briskly and shouted slogans of <i>Sare Jahan Se Achha Hindustan Hamara, Jai Jawan Jai Kisan, Jai Hind, Vande Mataram</i>. They were full of joy as they walked through the thick traffic attracting the attention of passers by. The police personnel steered the rally through the busy streets and ensured that they moved smoothly spreading the message of the joy and jubilation of 75 years of Indian Independence. Their message was De-Addiction.</p> <p>Though the route was long, students walked on joyfully and did not feel the exhaustion of the journey. The students completed the rally and assembled at their destination, the Gateway of India. Here they had their refreshments, sang the national anthem and then dispersed.</p>

Suman Singh
PRINCIPAL
Mahatma Education Society's
Mahatma Night College
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No. of Beneficiary :-	14 students who participated in the rally benefited from this event.
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Chandrapur, Dist. Nanded - 430 011.

**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>

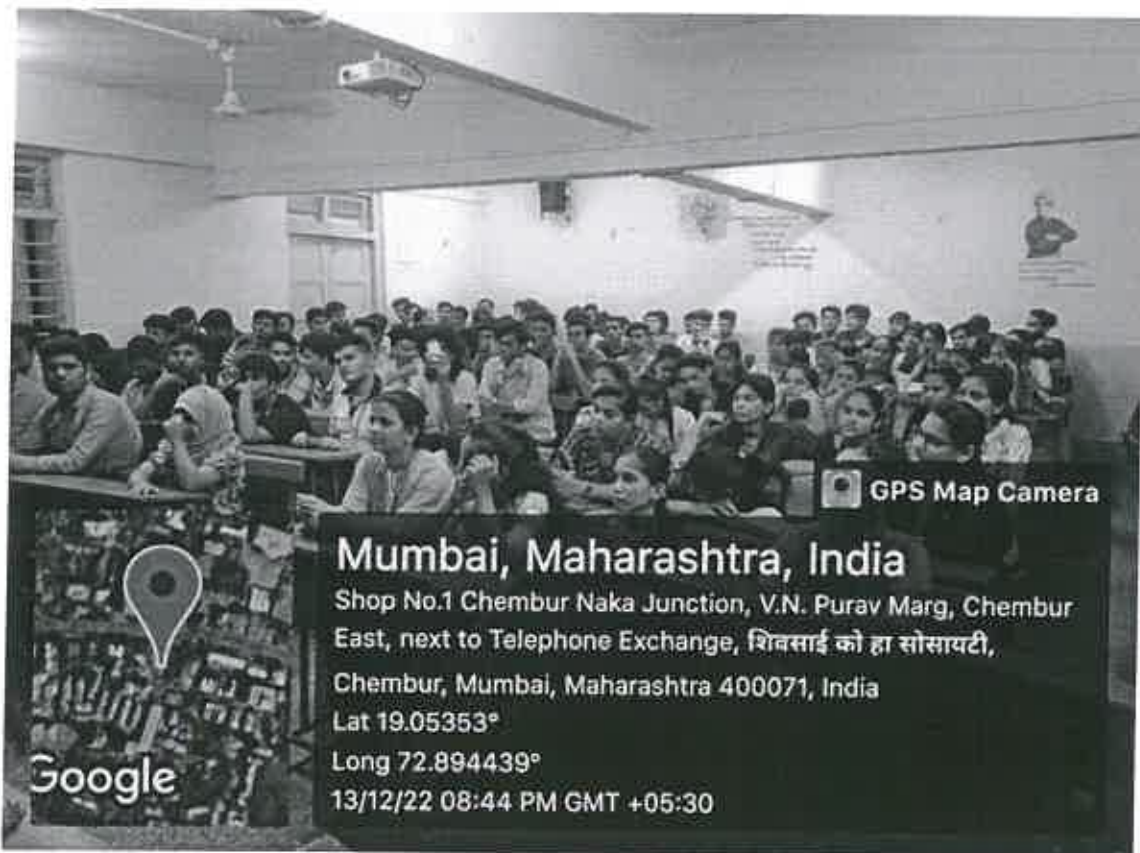
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 2022

	<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>
No of Beneficiary :-	110students attended the talk

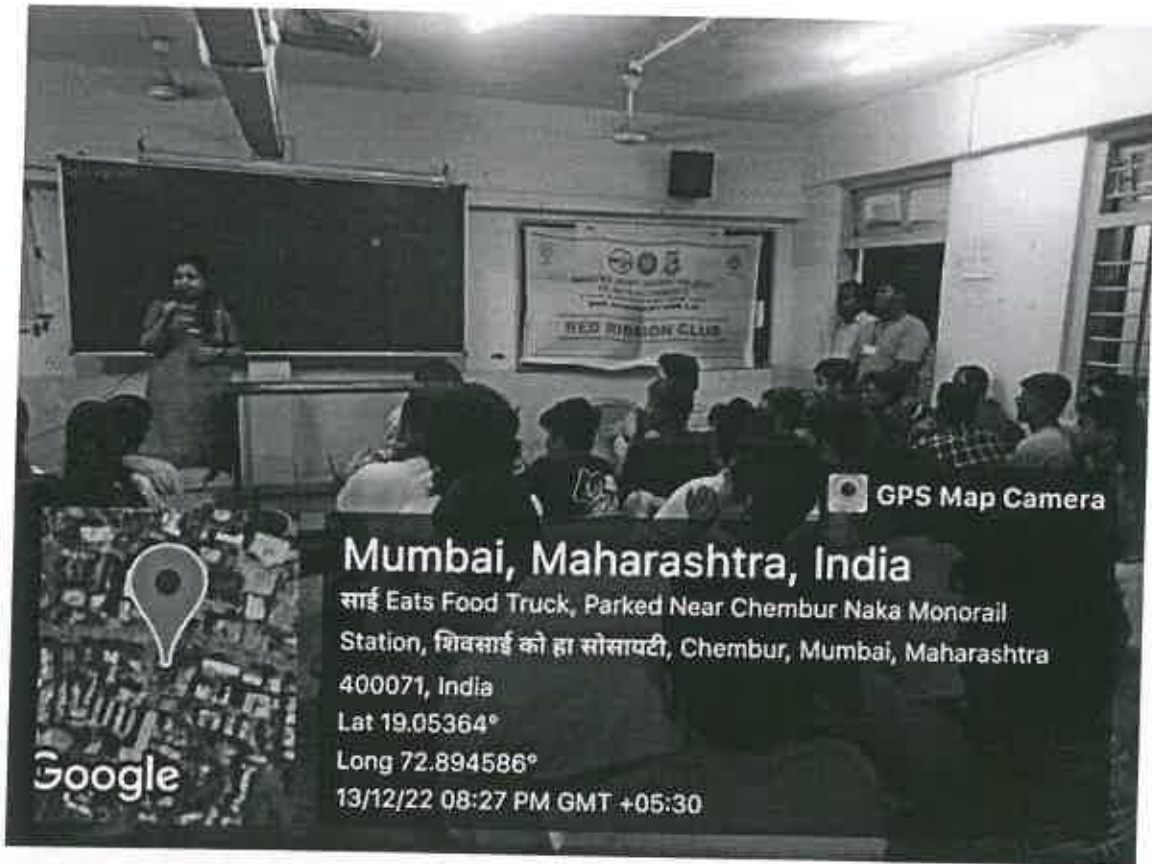


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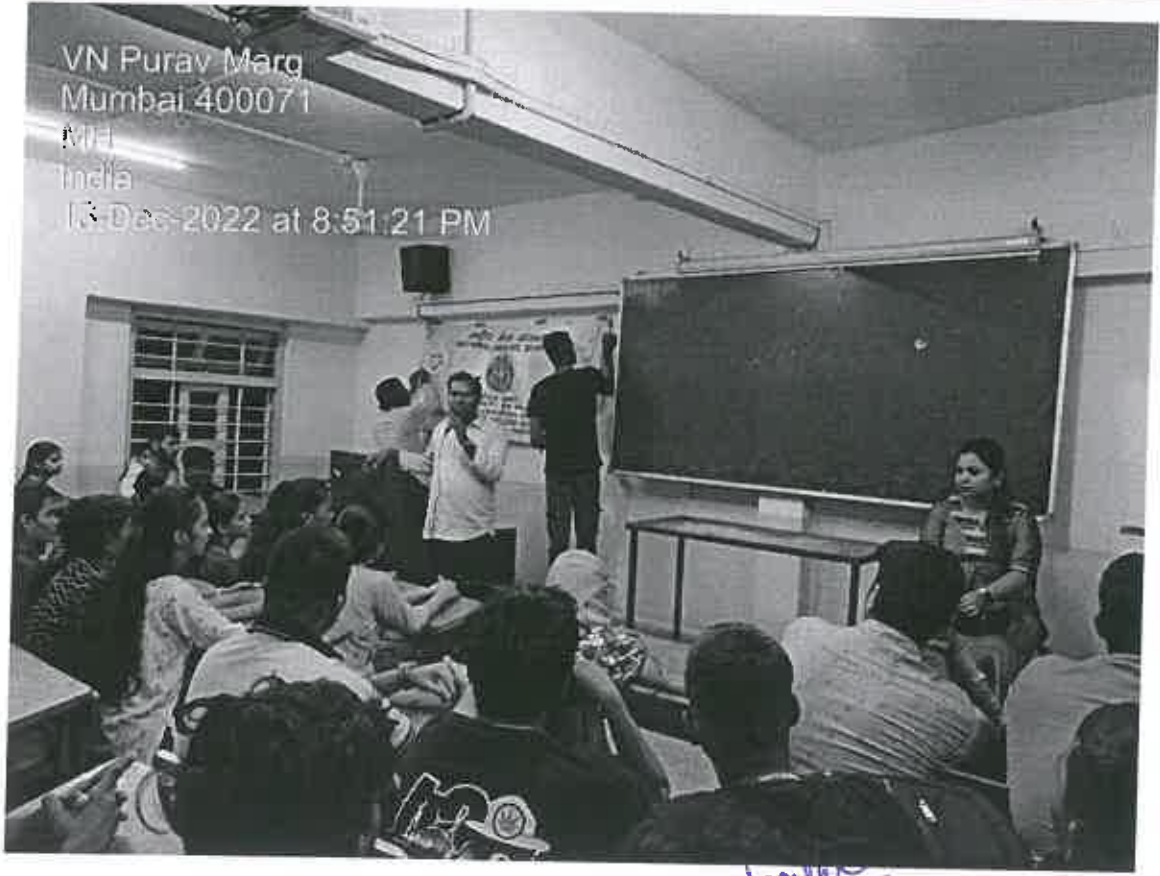


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Maharaja Education Society's
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Chembur, Mumbai - 400 071.

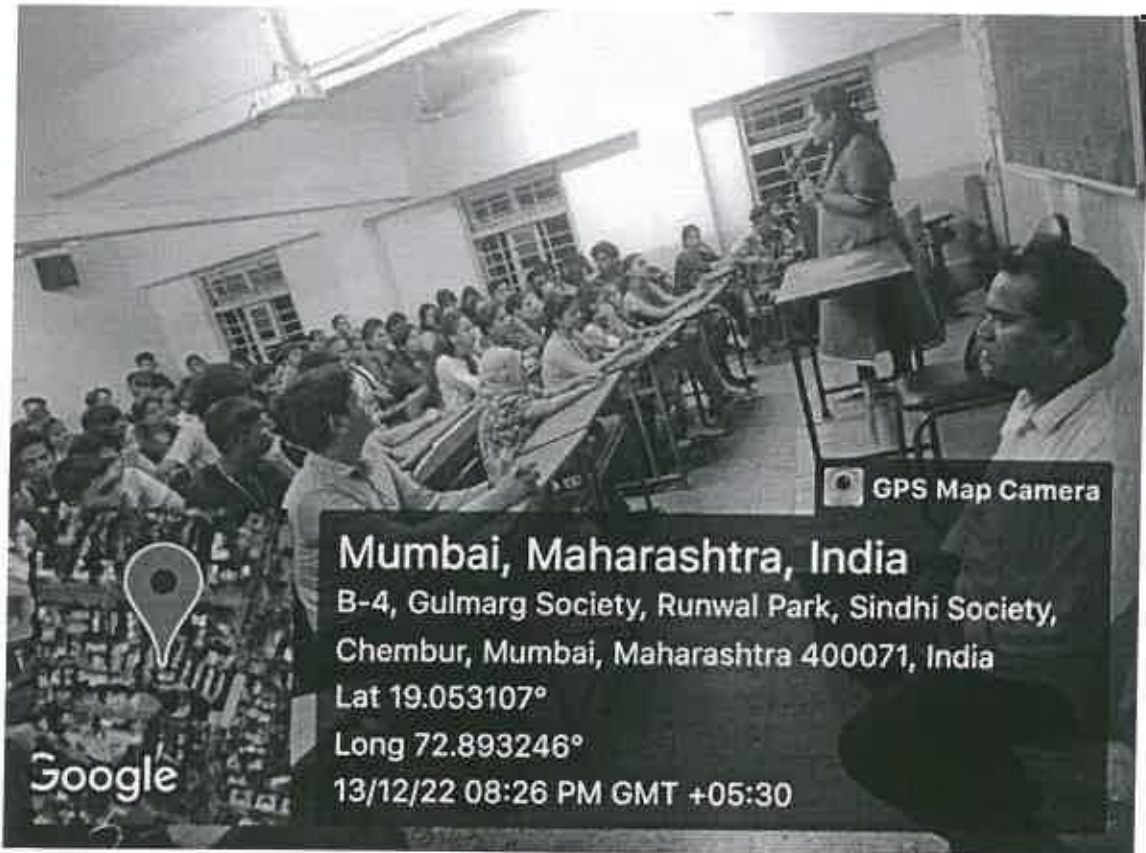
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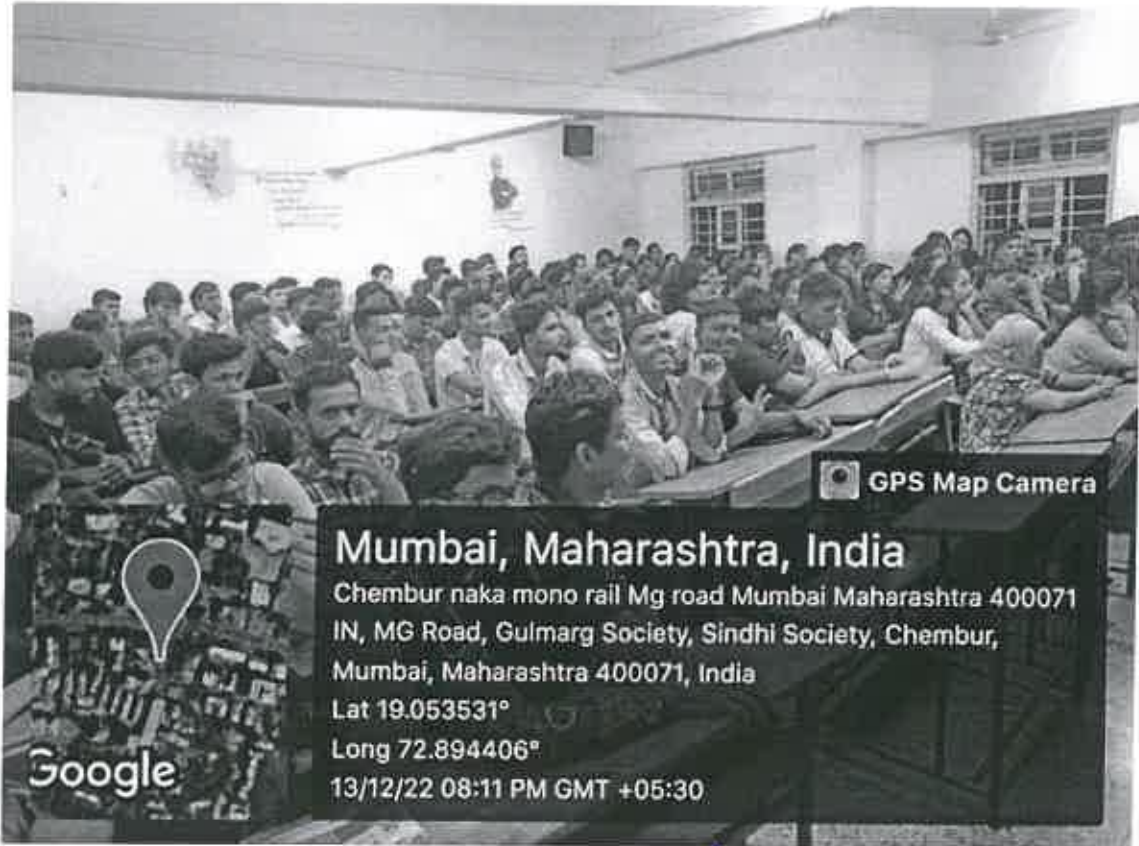
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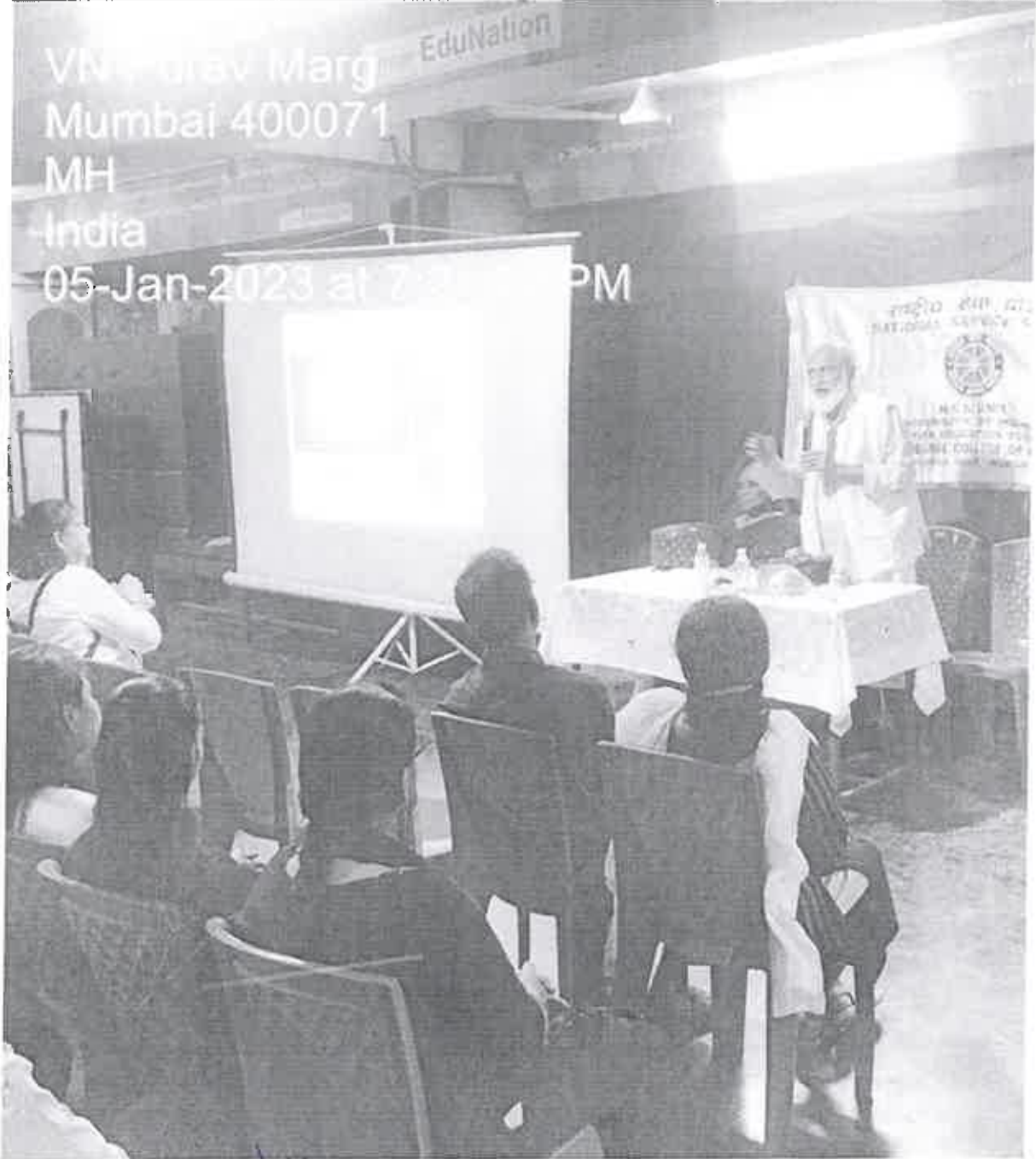
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A Talk on Organ Donation Awareness on 5-1-23

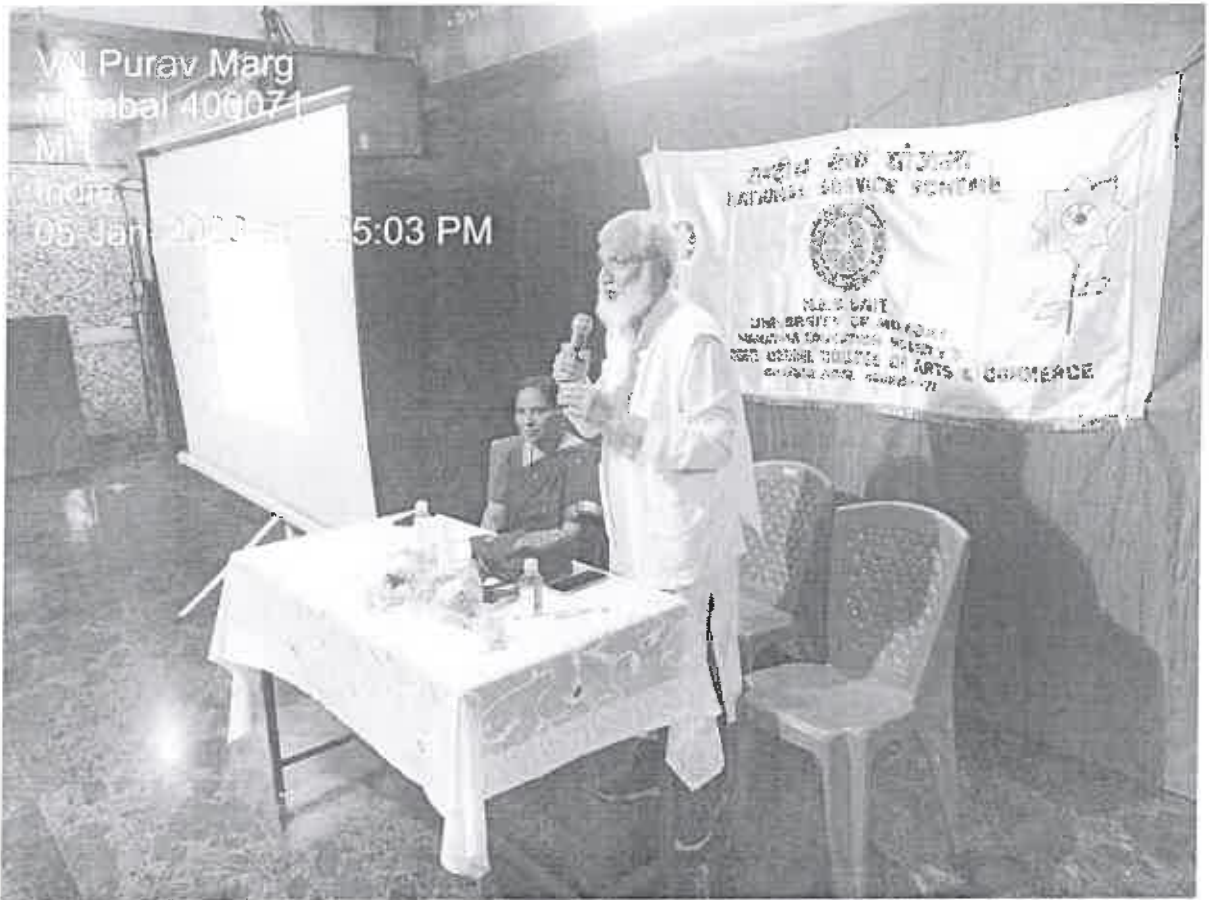
Name of the Event :-	A Talk on Organ Donation Awareness on 5-1-23
Date & Time of the Program:-	Thursday 5th January, 2023 Time: 7.00 pm to 8.30 pm
Venue :-	Ground Floor Multi-purpose hall of MNDC Chembur Campus.
Resource Person	Mr. Shrikant Murlidhar Apte, Founder of v4organ Foundation, Ms. Sanjivani Bhagwat, Member of v4organ Foundation Dr. Poherekar from K.E.M. Hospital
No of Participants:-	112 students
Objective:-	Spread awareness regarding organ donation, skin and eye donation
Organizers:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Programme Officers	Asst. Prof. Dr. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program:-	<p>NSS Programme Officer Dr. Lata Krishnan made the opening remarks. Principal Dr. Eknath Zhrekar welcomed the resource person and spoke about the importance of the awareness of organ donation.</p> <p>Mr. Shrikant Apte (Apte Kaka) explained with the help of videos the meaning of organ donation. The concept of "Brain Dead" and the importance of organ donation to help save the lives of people. He stressed on the fact that people are not aware about organ donation and hence there is a shortage of organs like eyes, skin, kidney, liver etc. which could be made available to save lives of people. Apte Kaka said that now the form for registering to be an organ donor was easily available online.</p> <p>Ms. Sanjivani Bhagwat explained how skin can be donated to help numerous burn victims. Eye donation to children born blind was also explained. She used videos to explain her concepts.</p> <p>Dr. Poherekar of K.E.M. Hospital shared her experiences and explained various cases where she had participated and the organ donation process had been carried on very successfully.</p> <p>IQAC Coordinator, Dr. Anaya Markandeya shared her thoughts on Organ Donation Awareness. She explained that while people were aware of blood donation, organ donation is not properly understood. People have various misconceptions regarding organ donation. She took the lead and said that she will register for organ donation and thus inspired the students to register for being organ donors.</p> <p>NSS Programme Office Dr. Tushar Pawar proposed the vote of thanks. He thanked Apte Kaka and his team for</p>


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	the valuable information shared. He explained his thoughts on the need and importance of sharing facts regarding organ donation and becoming instrumental in taking the mission of organ donation awareness across India.
No of Beneficiary :-	110 students attended the talk. 70 boys and 42 girls.



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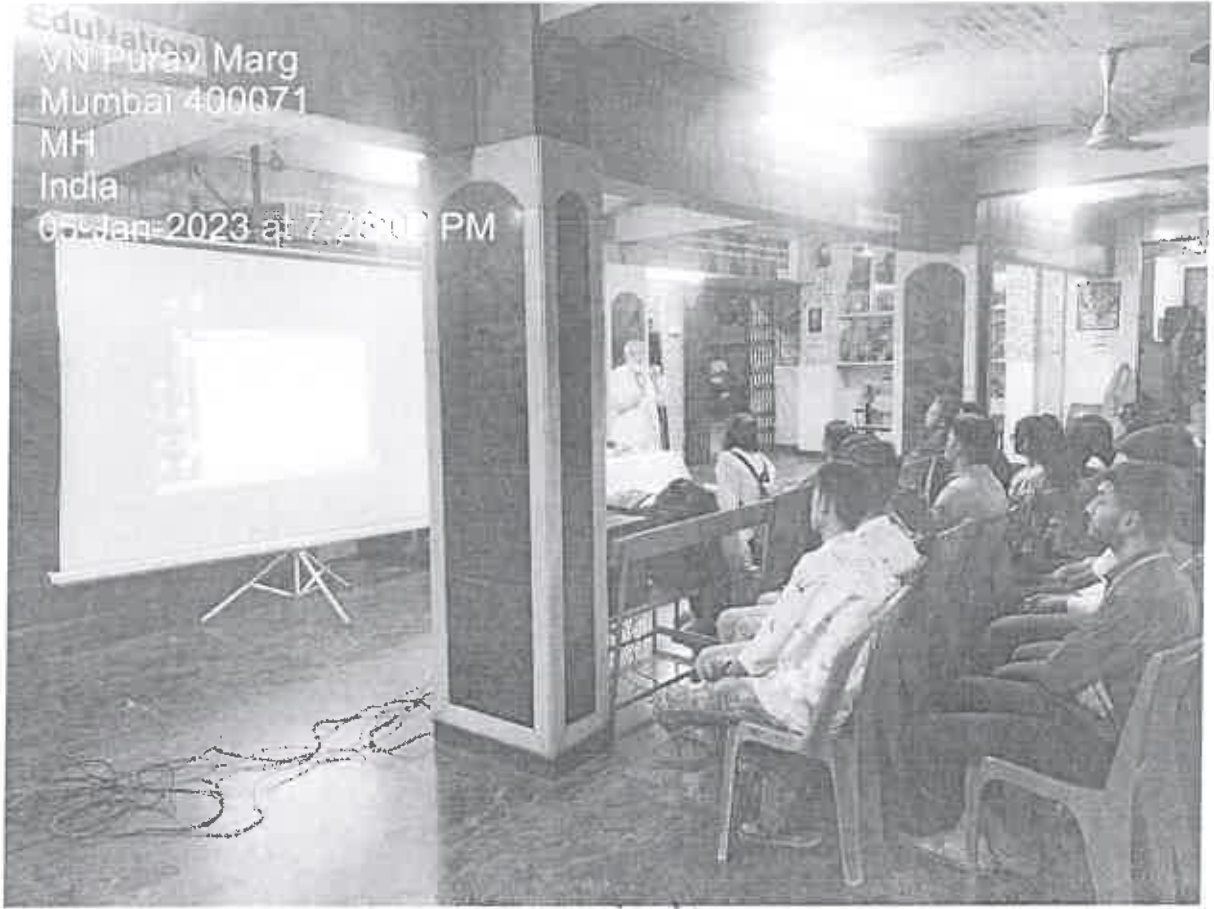


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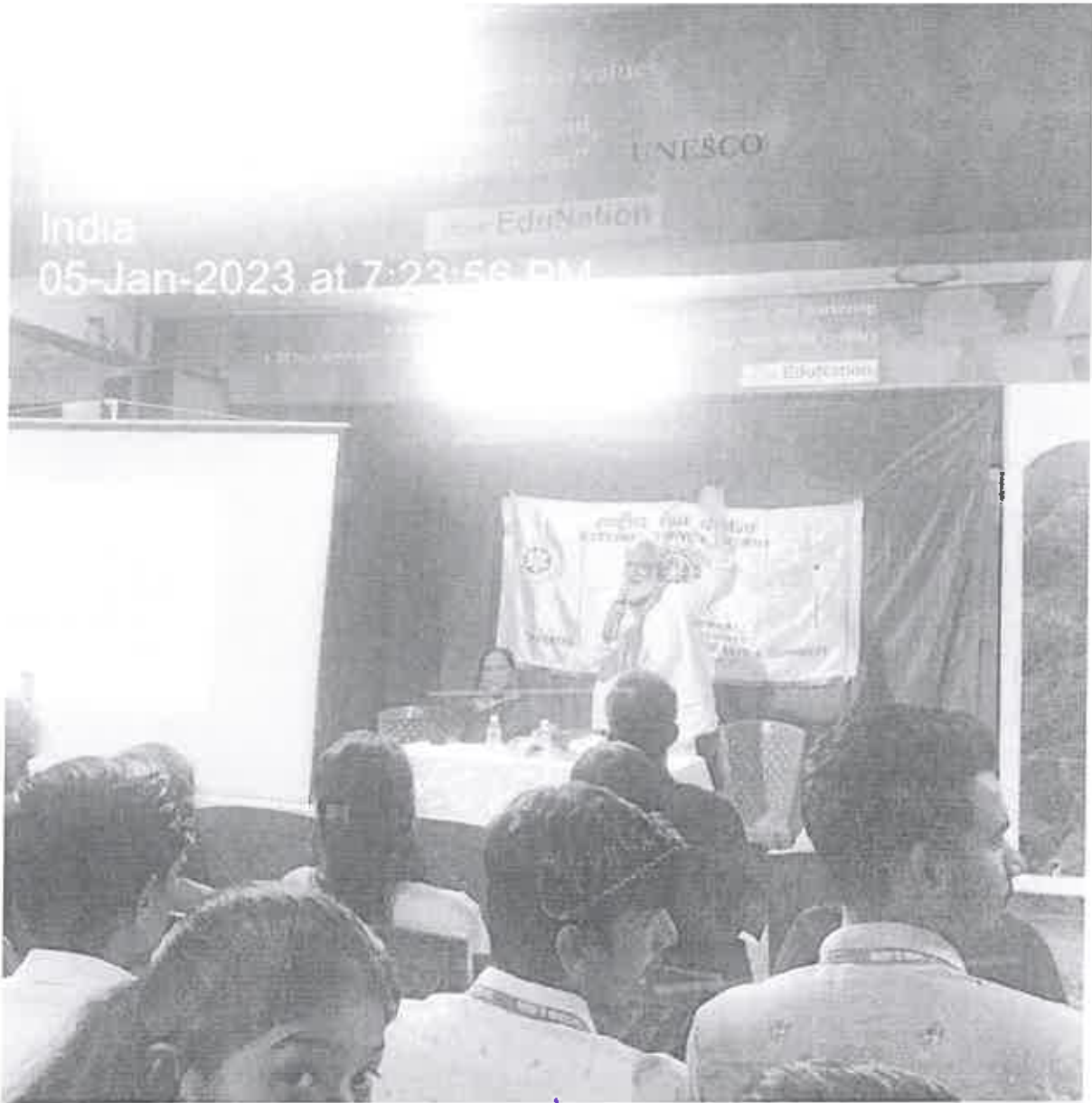
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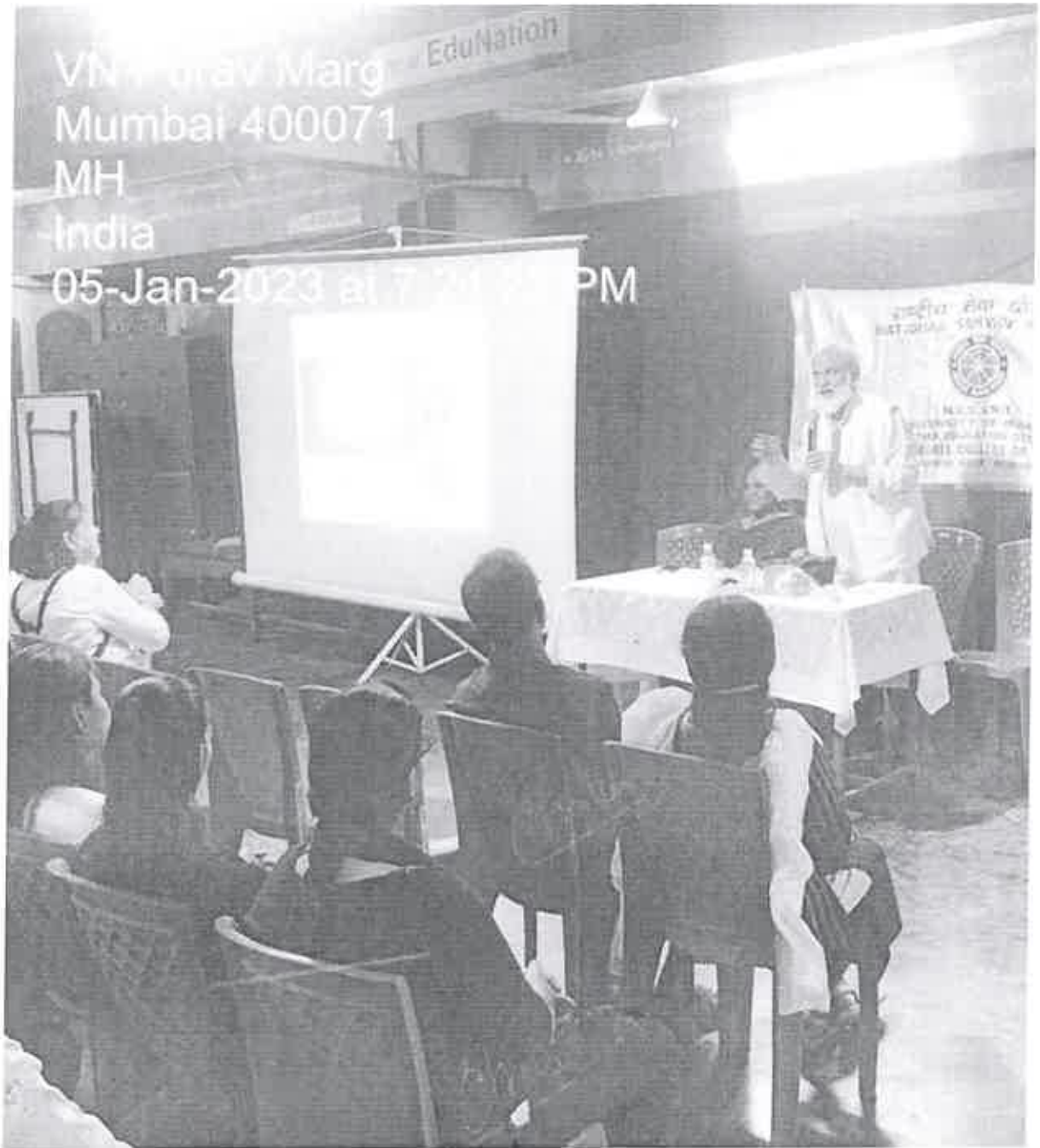
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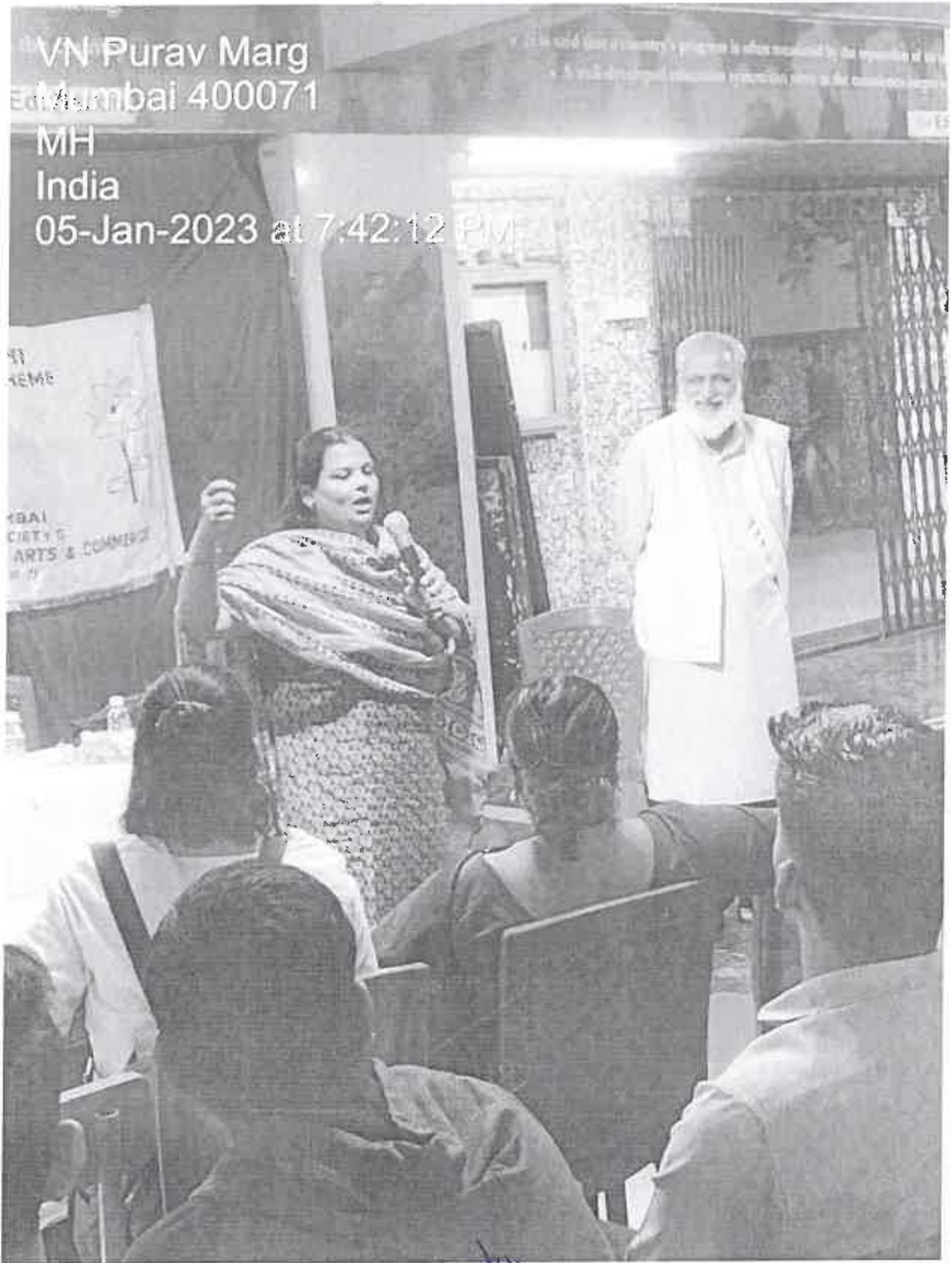
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**Yoga for Humanity - A NSS Workshop on International Day of Yoga
21st June, 2022 - A Report**

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

Brief Report of the Program:-

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.

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.

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

1. Yama - principles of moral code (Ahimsa, Satya, Asteya, Brahmacharya, Aparigrah)
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. Dhyan - 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 Paramataman. Pure consciousness.

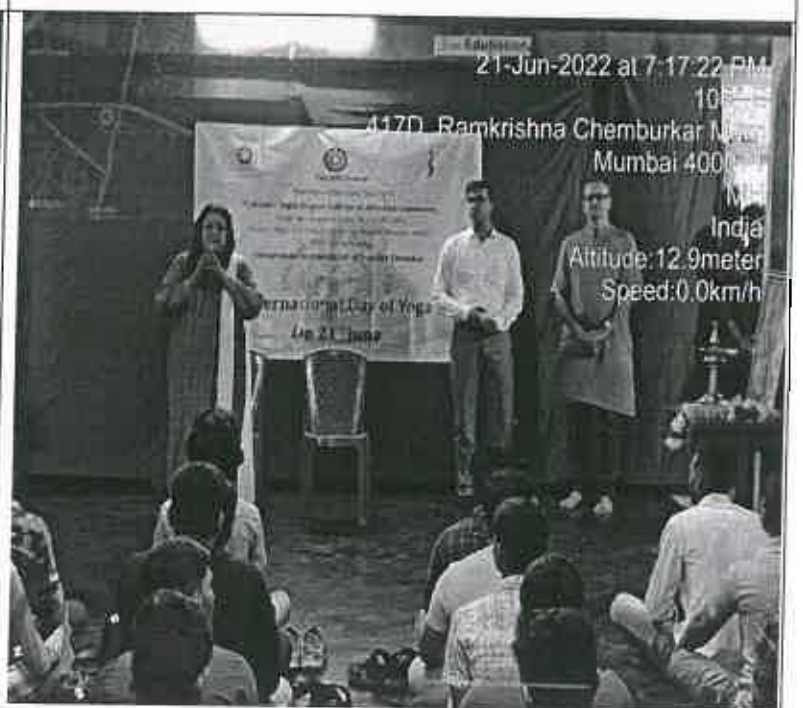
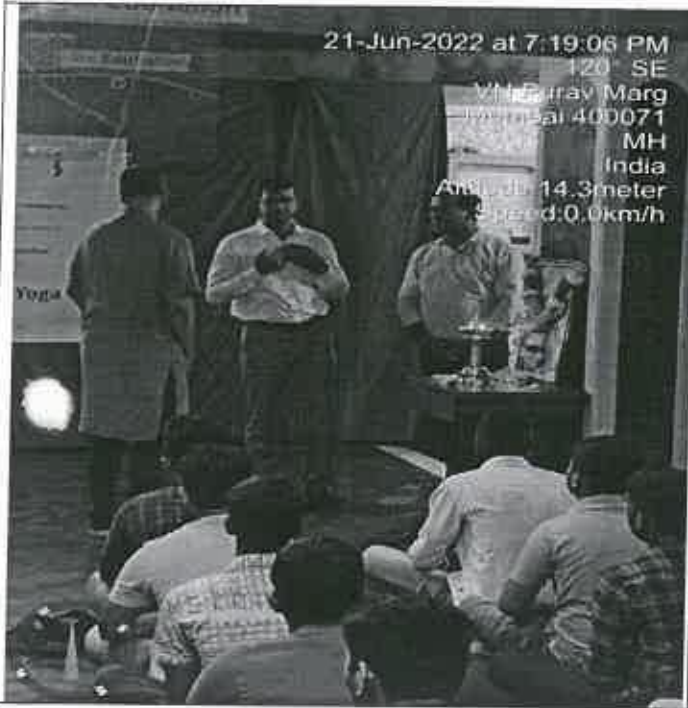
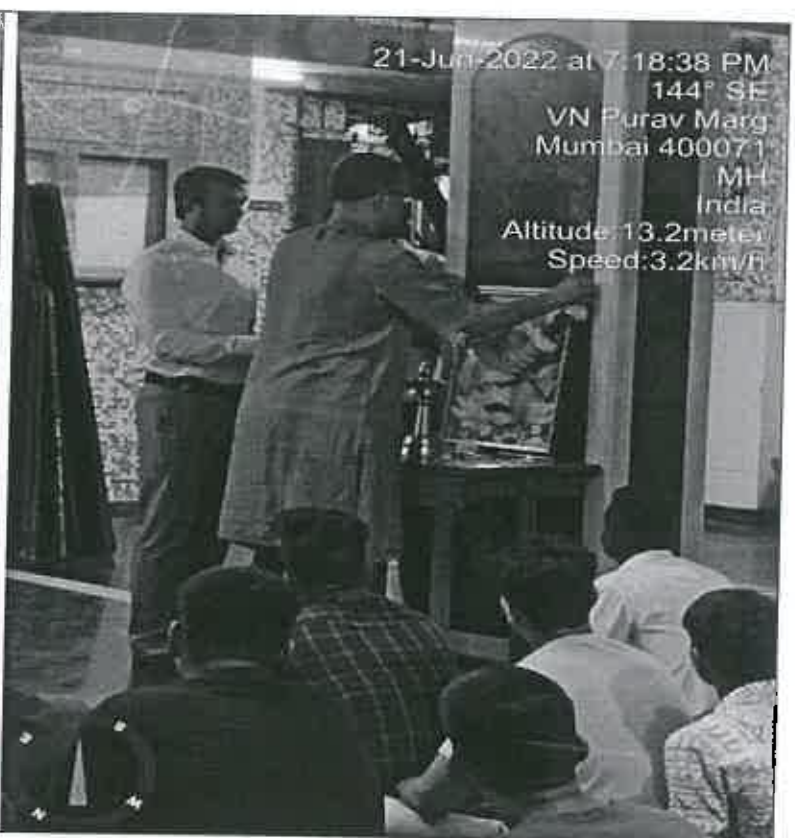
At the question and answer session, a student asked a query on the concept of Aura. What is aura and how can we see aura.? Amit Sir explained that the auras referred to the chakras in the body. With intensive meditation and yoga asanas we can activate the chakras and there are chances to see the aura of the chakras.

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.

No of Beneficiary :-

123 participants

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Chashani, Mumbai - 400 071.

Disaster Management Workshop on 6-1-23 - An NSS Event

Name of the Event :-	Disaster Management Workshop on 6-1-23 - An NSS Event
Date & Time of the Program:-	Friday 6th January, 2023 Time: 7.00 pm to 8.30 pm
Venue :-	Room no. 404 of MNDC Chembur Campus
Resource Person	Mr. Madhu Kadam, Ex-Divisional Warden, Chembur Division, Civil Defence
No of Participants:-	66 students
Objective:-	<ul style="list-style-type: none"> • To understand disasters and learn disaster management techniques. • To learn about the Civil Defence Training programme.
Organizers:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai
Programme Officers	Asst. Prof. Dr. Tushar Pawar, Assoc. Prof. Dr. Lata Krishnan
Brief Report of the Program:-	<p>NSS Programme Officer Dr. Tushar Pawar made the opening remarks and welcomed the resource person Mr. Madhu Kadam. NSS Programme Officer Dr. Lata Krishnan welcomed the resource person with a bouquet of flowers.</p> <p>Mr. Madhu Kadam explained with examples the meaning of disaster and various types of disasters. He distinguished between natural and man-made disasters. . The concept of "Disaster Management" and the importance of disaster management to help save the lives of people was clearly explained. He stressed on the fact that people are not aware about safety precautions and hence man-made disasters occur. Mr. Madhu Kadam demonstrated simple techniques to help victims in the scene of disaster.</p> <p>The knowledge of first aid, various simple disaster management techniques and the importance of remaining calm and composed in the event of disaster were well explained. Various examples were shared.</p> <p>Mr. Madhu Kadam gave the students all the details of the Civil Defence Training Programme and stressed the importance of every student enrolling for this training programme.</p> <p>NSS Programme Office Dr. Lata Krishnan proposed the vote of thanks.</p>
No of Beneficiary :-	66 students attended the talk. 35 boys and 31 girls.


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Pr. Krishna
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Mahatma Narayan Wadgaonkar College of Arts & Commerce
Mumbai - 400 004


**Report on Certificate Course in Civil Defence and
Yoga 16-1-23 to 20-1-23 Civil Defence Training
30-1-23 to 3-2-23 Yoga Training**

<p>Name of the Event -:</p>	<p align="center">Certificate Course in Civil Defence and Yoga 16-1-2 to 20-1-23 Civil Defence Training 30-1- 23 to 3-2-23 Yoga Training</p>
<p>Organized by:</p>	<p>NCC Unit and the NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71</p>
<p>Details of the Certificate Course in Civil Defence and Yoga</p>	<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 of rescue ◆ 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 Brahmakumari Ghatkopar Division, 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>

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	Course Coordinator: Assoc. Prof. Dr. Lata Krishnan
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. Brahmakumari Ghatkopar Division
Date & Time of the Program:- Venue :-	<ol style="list-style-type: none"> 1. Civil Defence Training from 16-1-23 to 20-1-23 TIME: 2.00pm to 6.00pm on all days. 2. Yoga Training from 30-1-23 to 3-2-23 TIME: 4.00pm to 6.00pm <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:-	38 participants from the NCC and NSS units of the college.
Resource Persons:	Civil Defence Resource Persons <ol style="list-style-type: none"> 1. Shri Madge Sir 2. Shri Jayprakash 3. Shri Madhu Kadam 4. Shri Shivajirao Bagad Yoga Training - Yoga Guru <ol style="list-style-type: none"> 1. Prabhakar Mhatre


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Brief Report of the Program:-

On 16th January, 2023 the Certificate Course in Civil Defence and Yoga was inaugurated by the Chief Guest Shri Shivajirao Bagad Dy. Controller Civil Defence, Area 3, Mulund, West. The inauguration ceremony was conducted in room number 501 at 1.45pm. All 38 participants were present along with Resource Person Shri Madge, Shri Madhu Kadam, Shri Bagad and Assoc. Prof. Dr. Lata Krishnan. Course Coordinator Assoc. Prof. Dr. Lata Krishnan made the opening remarks and explained how Civil Defence is an important and critical unit of civilians who are trained to rescue lives in the face of disasters.

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Civil Defence uses the principle of emergency operations: prevention, mitigation, preparation, response, emergency evacuation, first-aid and recovery. Dr. Lata Krishnan welcomed the Chief Guest Shri Shivaji Rao Bagad and Guest of Honour Shri Madhu Kadam and the participants and explained the importance of the programme. Shi Bagad addressed the gathering and said "Every responsible citizen should be a part of the Civil Defence Force of the country. NSS Leader Iqra Mulla of S.Y.B.Com class, proposed the vote of thanks and expressed joy and excitement in participating in the programme.

After an inspiring inaugural ceremony Shri Madge commenced with the Civil Defence Course training. Theory session was taken in room number 501 2.30pm to 4.30pm. Practicals were conducted in the ground floor multipurpose hall of the campus from 4.30pm to 6.00pm

Modules taught on DAY 1: 16-1-23

1. History of Civil Defence, Objectives and Significance
2. Modern Warfare practices and the need to safeguard our country. Duty, Role and responsibility of the Civil Defence Volunteer during emergency situation
3. Organization structure of Civil Defence National, State and Regional levels
4. Inflammable material and types of inflammable material, poor quality and cheap/dangerous inflammable material
5. Risk and danger caused due to the use of poor quality / cheap inflammable material, Problems and Solutions
6. Civil Defence rule of 1968, Disaster Management rule 2005. Rules and regulations for registration

Modules taught on Day 2: 17-1-23

1. Sign language
2. Duties and responsibilities of Control and Sub-Control Centres.
3. Duties and responsibilities of Civil Defence volunteers at the time of disaster and emergency.

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4. Flammable and inflammable elements. Ways and methods of extinguishing fire.
5. Chemical fire and domestic fire
6. Water pump extinguisher maintenance and repair.

Modules taught on Day 3: 18-1-23

1. Types of Rope, Types of knots
2. Techniques and methods of rescue during disaster and emergencies.
3. Disaster Management and its history
4. Disaster Management, rescue, first-aid and fire drill
5. Primary and night elements and its history.
6. Triangular Bandage


Modules taught on Day 4: 19-1-23

1. Types of ambulances and emergency ambulances
2. Types of wounds and their forms. Difficulties faced during first-aid
3. Types of C.P.R. Cardiopulmonary Resuscitation
4. Result and protective conclusion of the Mahashark
5. Result and protection measures of the Mahavic weapons
6. Result and protection recipe of Industrial Chemical arms.

Modules taught on Day 5: 20-1-23

1. Disaster and its impact on the country
2. Study of danger due to geographical conditions.
3. Defence measures (What to do? What to do?) Control Centre / Sublime Centre / Finder Chowki
4. Writing Tests
5. Documentary Examination and Conclusion.

The Civil Defence training ended with a valedictory ceremony organized on 20th January, 2023 in room number 501. The ceremony commenced at 6.00pm. The Chief Guest was Shri Madhu Kadam Ex Divisional Warden, Civil Defence Chembur Division. The keynote address of the Chief Guest was inspiring where he narrated stories of rescue operations conducted by Civil Defence volunteers. He explained that training


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Mahatma Night Club, Mahatma Education Society
Chembur, Mumbai - 400 074

Civil defence is a life skill that each and every citizen should learn. The oath taking ceremony took place where every trained participant pledged to serve sincerely, honestly and selflessly to rescue people in danger. The function ended with reflections from participants and the formal vote of thanks followed by the National Anthem.

The Yoga Training programme commenced on 30th January, 2023. Brhamakumari Supriya Ben, Brahmakumari Pramila Ben and Yoga trainer Prabhakar Mhatre were welcomed by Course Coordinator Dr. Lata Krishnan at 4.00pm in the college ground floor multipurpose hall.

DAY 6: 30-1-23: Yoga Asanas taught by Yoga trainer Mr. Prabhakar Mhatre from 4.00pm to 5.00pm:

The Common Yoga Protocol routine commenced. Padmasan, Vrikshasana, Tadasan and other simple yoga asanas were demonstrated.

Brhamakumare Pramila Ben engaged the session from 5.00pm to 6.00pm where she explained the importance of pranayama and meditation. Spirituality was introduced to the students with small stories.


DAY 7: 31-1-23: Yoga trainer Mr. Prabhakar Mhatre demonstrated new yoga asanas along with the routine taken up on day 1. After yoga training from 4.00pm to 5.00pm BK Pramila Ben conducted her session on mediation and spirituality from 5.00pm to 6.00pm.

DAY 8: 1-3-23 Yoga Asanas Practiced were:

- Brahma Mudra
- Naman Mudra
- Yog Mudra :all the 3 types
- Brahma Mudra : Leg exercises
- Padmasana
- Side Kapalbhathi : both sides
- Kapalbhathi : from Chandra nadi, Surya nadi and both the nadis.

BK Pramila Ben took the session on mediation and spirituality from 5.00pm to 6.00pm

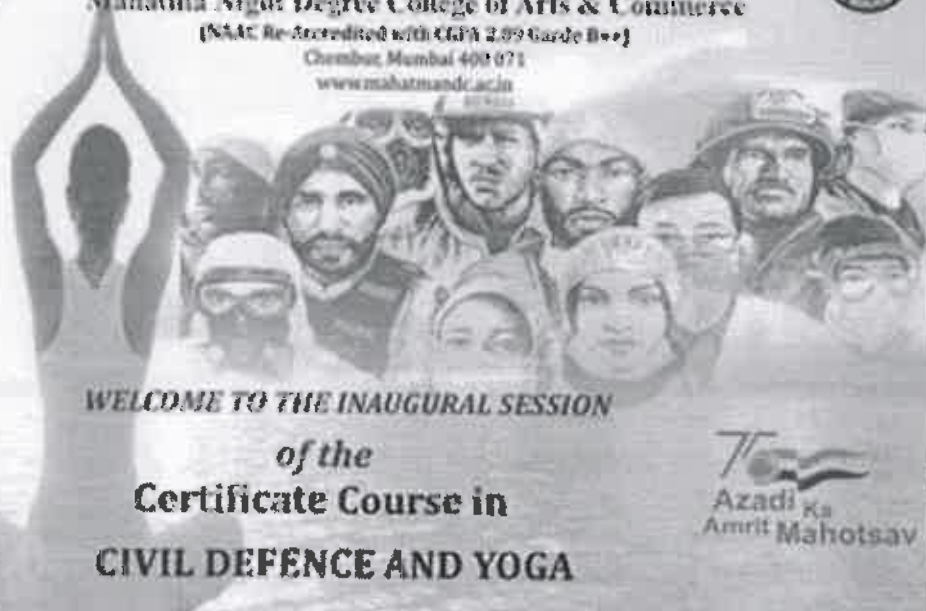
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Chowdi, Mumbai - 400 074

<p style="text-align: right;">  PRINCIPAL Mahatma Education Society's College, Mumbai - 400 071. </p>	<p>DAY 9: 2-3-23: Yoga Asanas Practiced were:</p> <ul style="list-style-type: none"> -Shitali -Vayusaar -Tadagi Mudra -Agnisar -Tribandh <p>Yoga teacher Sister Jagruti conducted the session from 4.00pm to 5.00pm Brhamakumari Sarswati Ben conducted the session on meditation and spirituality from 5.00pm to 6.00pm.</p> <p>DAY 10: 3-3-23: Yoga Asanas Practiced were:</p> <ul style="list-style-type: none"> -Salabhasana, -Bhujangasana, -Naukasana -Dhanurasana -Marjariasana, -Shwanasan <p>Yoga trainer Mr. Prabhakar Mhatre conducted the yoga session from 4.00pm to 5.00pm and BK Saraswati Ben conducted the mediation and spirituality session from 5.00pm to 6.00pm</p> <p>The yoga training ended with a valedictory ceremony where the students presented their reports and reflections. The Participants and Course Coordinator and Principal Dr.Eknath Zhrekar thanked the yoga trainers and Brahmakumaris for the excellent sessions.</p>
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<p>Number of Beneficiaries</p>	<p>38 students of the college</p>
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Mahatma Education Society's
Mahatma Night Degree College
of Arts & Commerce
 20/21, Bhandarkar Road, Chembur, Mumbai - 400 071
 Tel: 022-25540000/25540001
 Website: www.mahatmande.ac.in

Certificate Course
in Civil Defence
and Yoga

MAHATMA EDUCATION SOCIETY'S
Mahatma Education Society (MEST) was established in the year 1952 with the vision to provide quality education to the poor. The Society has been a pioneer in the field of education and has been successful in providing quality education to the students of the Society. The Society has been successful in providing quality education to the students of the Society. The Society has been successful in providing quality education to the students of the Society.

MAHATMA EDUCATION SOCIETY'S
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MAHATMA EDUCATION SOCIETY'S
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MAHATMA EDUCATION SOCIETY'S
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Principal
Mahatma Education Society's
Mahatma Night Degree College of Arts & Commerce
 Chembur, Mumbai - 400 071.

महाराष्ट्र शासन

उच्च शिक्षण विभाग, नागरी शिक्षण, क्षेत्र ३, पुणे-४

विषय :- मागती संशोधन प्रस्तावना - अ

कार्यालयी :- अ

पाठ :-

वेळ :- अ

प्रभारी सहायक उपनिदेशक :- अ

माध्यम :- मराठी / हिंदी / इंग्रजी

संशोधन :-

क्र.सं.	वर्ग / विषय	कार्यवाही	विषय	संदर्भ क्रमांक
१)	१ वा दिवस		१) मागती संशोधन प्रस्तावना, उद्देश व उपाययोजना	३३३
			२) अनुसंधान दृष्ट, क्षेत्र व देशाचे संशोधन, मागती प्रस्तावना व संशोधनकार्याची कार्यवाही	३३३
			३) या व संशोधन विविध कार्य (वेळ शून्य व स्वतंत्रता / शिक्षण)	३३३
२)	२ वा दिवस		१) प्रस्तावना व संशोधनचे प्रकार, सामान्यतः प्रस्तावना	३३३
			२) सामान्यतः संशोधनकार्याची विविध शैली व उपाययोजना	३३३
			३) या व संशोधन प्रस्तावना व मागती विविध कार्य (वेळ शून्य व स्वतंत्रता / शिक्षण)	३३३
३)	३ वा दिवस		१) इतर उदाहरणे	३३३
			२) विविध व उपनिदेशक वेळ कार्यवाही	३३३
			३) मागती संशोधन व संशोधनकार्याची कार्यवाही	३३३
४)	४ वा दिवस		१) अनुसंधान प्रस्तावना व याची व संशोधन प्रस्तावना	३३३
			२) सामान्यतः संशोधनकार्याची विविध शैली	३३३
			३) विविध संशोधन व संशोधन	३३३
५)	५ वा दिवस		१) अनुसंधान प्रस्तावना व याची व संशोधन प्रस्तावना	३३३
			२) अनुसंधान प्रस्तावना व याची व संशोधन प्रस्तावना	३३३
			३) विविध संशोधन	३३३
६)	६ वा दिवस		१) अनुसंधान प्रस्तावना व याची व संशोधन प्रस्तावना	३३३
			२) अनुसंधान प्रस्तावना व याची व संशोधन प्रस्तावना	३३३
			३) अनुसंधान प्रस्तावना व याची व संशोधन प्रस्तावना	३३३

(सि.भा.पाठ)
उच्च शिक्षण विभाग,
नागरी शिक्षण दल, क्षेत्र ३,
पुणे-४

Ohmk
PRINCIPAL
Mahatma Education Society's
Mahatma Jyoti Bapu Institute of Arts & Commerce
Chembur, Mumbai - 400 671.

16-Jan-2023 at 1:46:16 PM
Bhakti Bhavan Marg
Mumbai 400071
MH
India



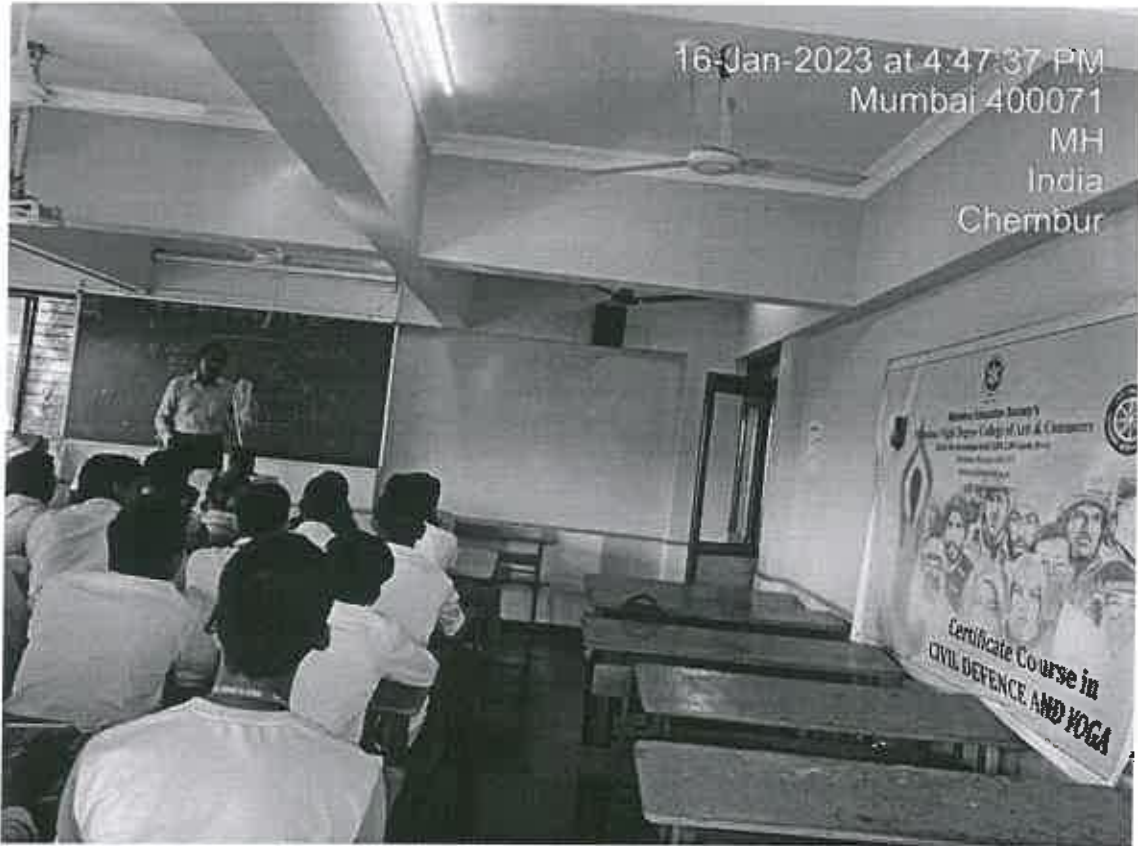
Chmela
PRINCIPAL
Mahatma Education Society's
Mahatma Jyoti Bapu College of Arts & Commerce
Chembur, Mumbai - 400 071.

16-Jan-2023 at 1:53:46 PM
417D, Ramkrishna Chemburkar Marg
Mumbai 400071

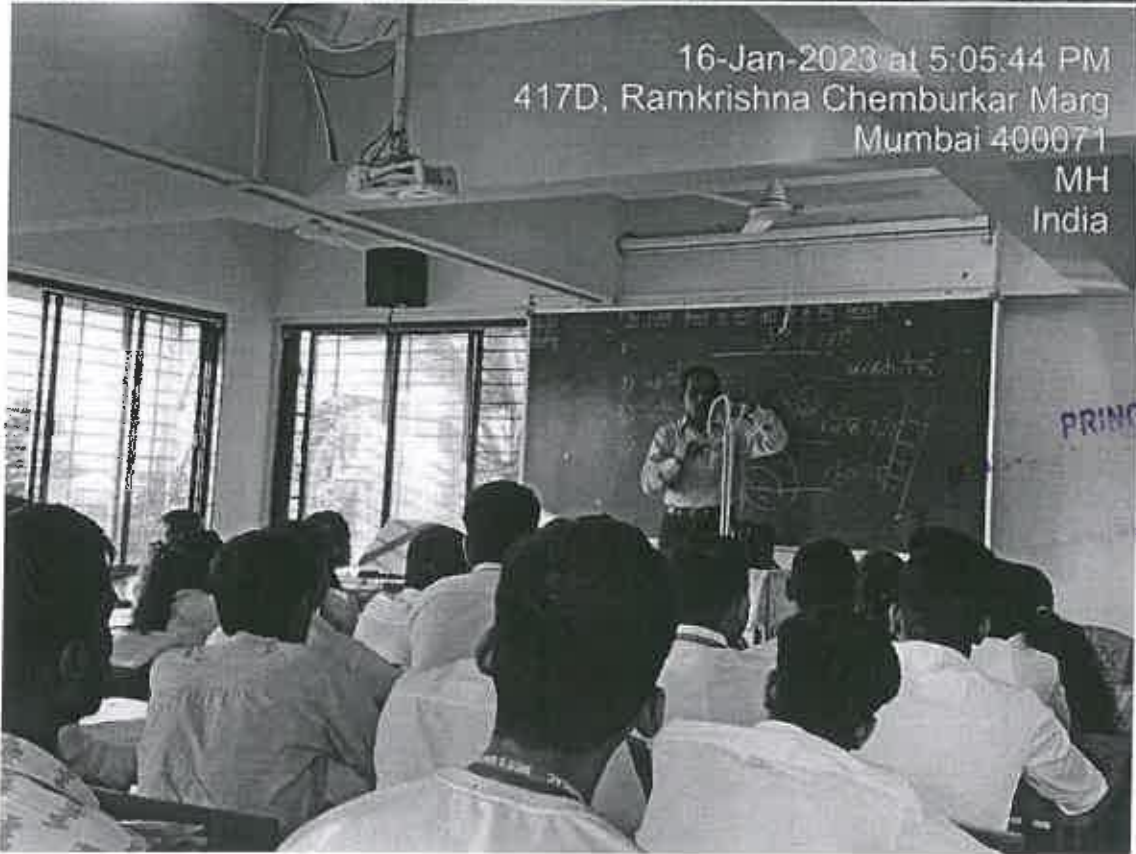
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India



Chandra
PRINCIPAL
Mahatma Education Society's
Mahatma Night Dinner College of Arts & Commerce
Chembur, Mumbai - 400 071.



16-Jan-2023 at 4:47:37 PM
Mumbai 400071
MH
India
Chembur



16-Jan-2023 at 5:05:44 PM
417D, Ramkrishna Chemburkar Marg
Mumbai 400071
MH
India

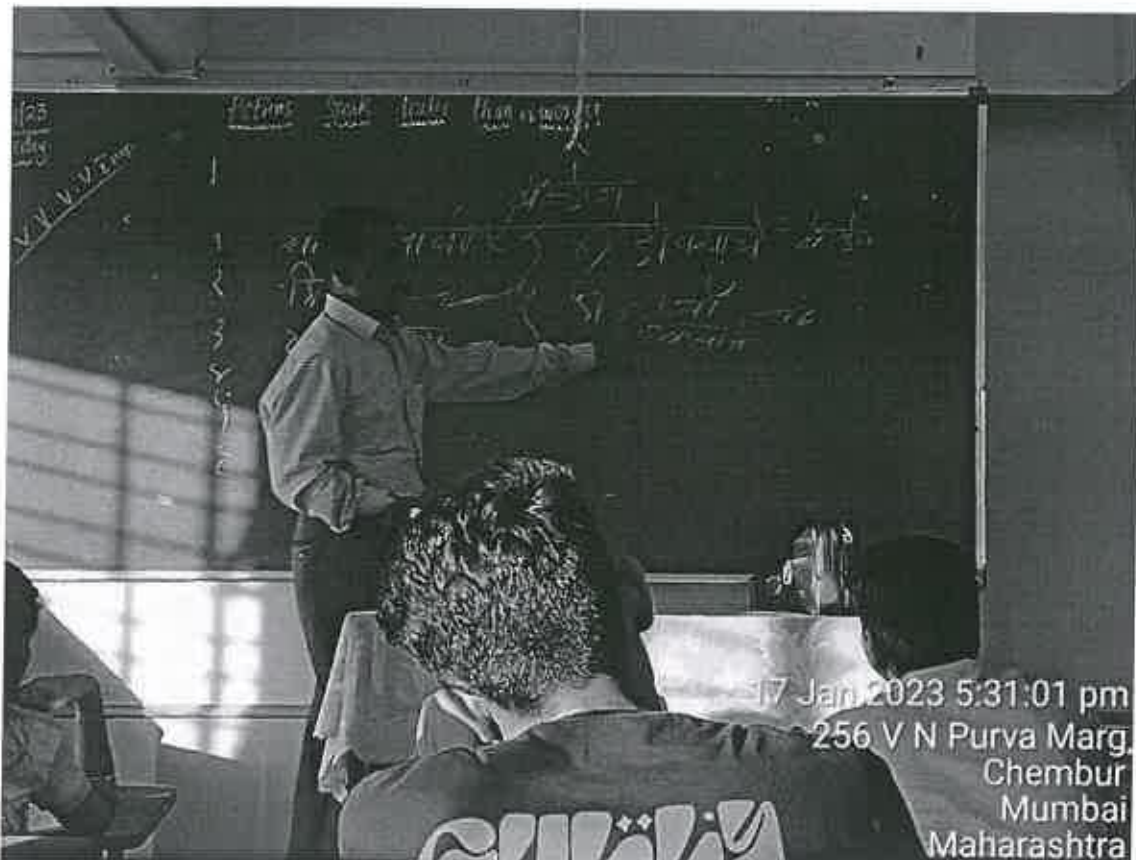
Omka

PRINCIPAL
Sri Krishna Society's
College of Arts & Commerce
Mumbai - 400 071.



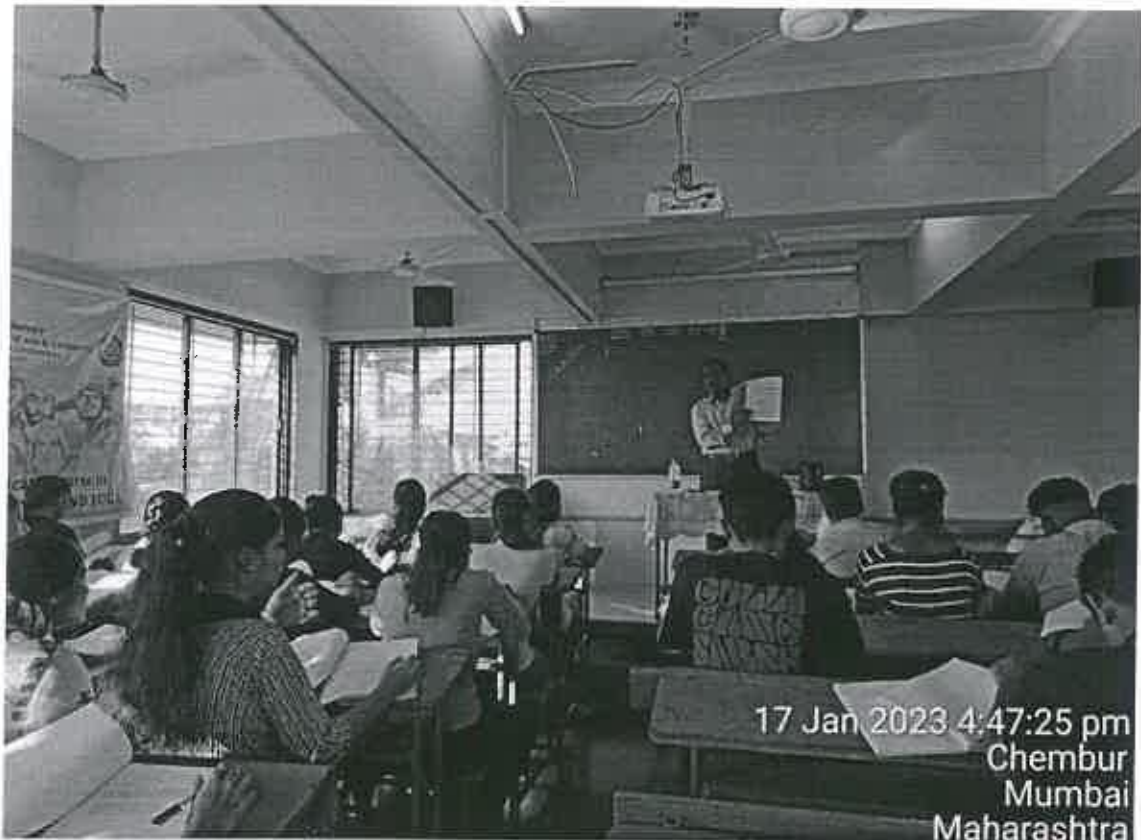
16 Jan 2023 at 2:13:50 PM
417D, Ramkrishna Chemburkar Marg
Mumbai 400074
MH
India

Day 1: 16-1-23 - Civil Defence Course



17 Jan 2023 5:31:01 pm
256 V N Purva Marg
Chembur
Mumbai
Maharashtra

Ohmela
PRINCIPAL
Mahatma Education Society's
Mahatma Education College for Arts & Commerce
Chembur, Mumbai - 400 071.

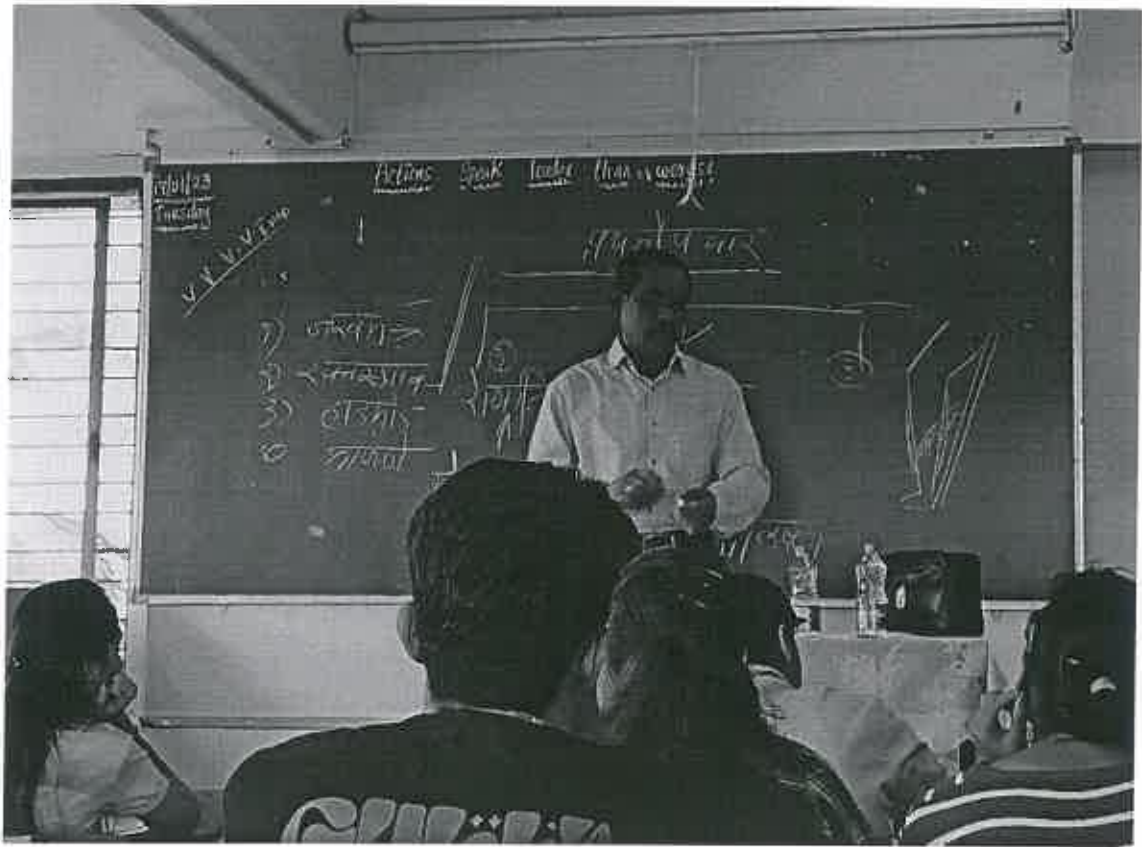


17 Jan 2023 4:47:25 pm
Chembur
Mumbai
Maharashtra



17 Jan 2023 4:46:59 pm
Chembur
Mumbai
Maharashtra

Chembur
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



Day 2: 17-1-23 Civil Defence Course



Chandra
- PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



18-Jan-2023 at 5:24:30 PM
VN Purav Marg
Mumbai 400071
MH
India



18-Jan-2023 at 5:18:44 PM
VN Purav Marg
Mumbai 400071
MH
India

Atmika
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



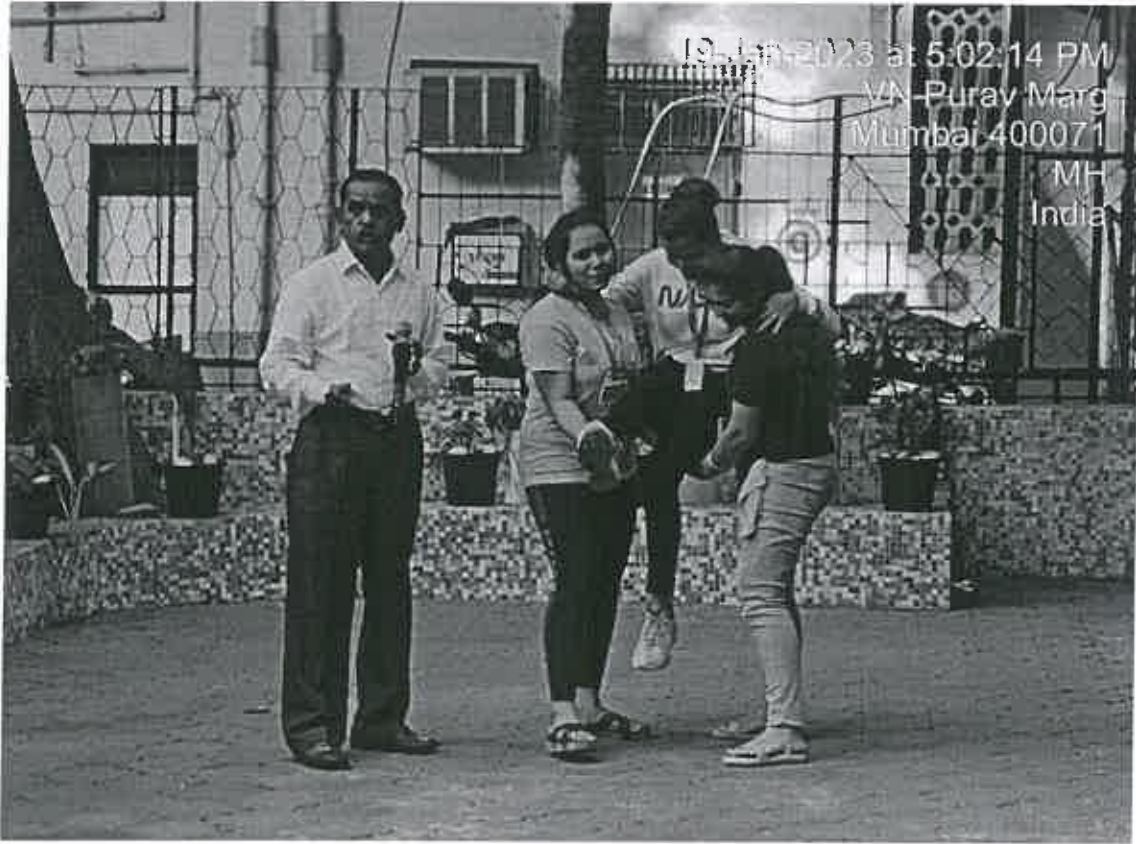
Abhishek
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



Day 3: 18-1-23: Civil Defence Course



Omika
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



19-Jan-2023 at 5:02:14 PM
V/A Puray Marg
Mumbai-400071
MH
India



19-Jan-2023 at 4:46:42 PM
417D, Ramkrishna Chemburkar Marg
Mumbai 400071
MH
India

Amki
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

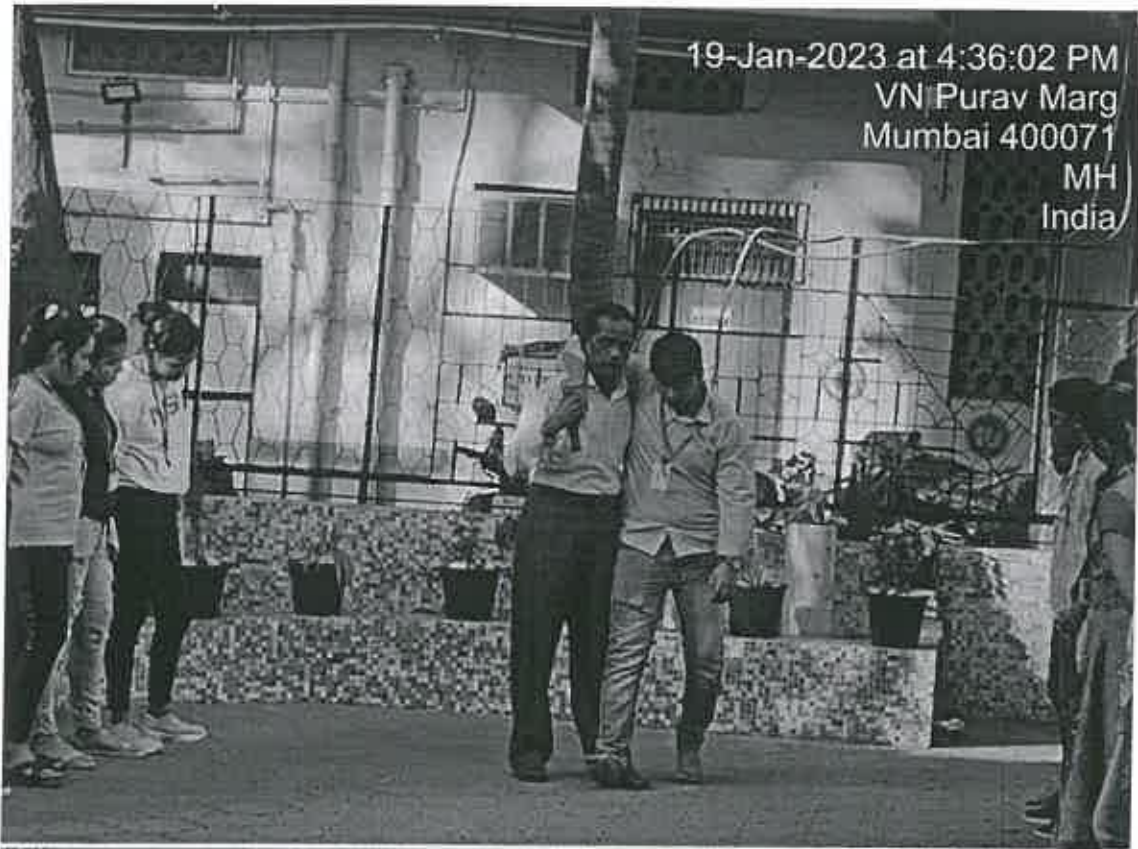


19-Jan-2023 at 4:58:30 PM
VN Purav Marg
Mumbai 400071
MH
India



19-Jan-2023 at 4:46:32 PM
H.Z.D., Ramkrishna Chemburkar Marg
Mumbai 400071
MH
India

Chembur
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



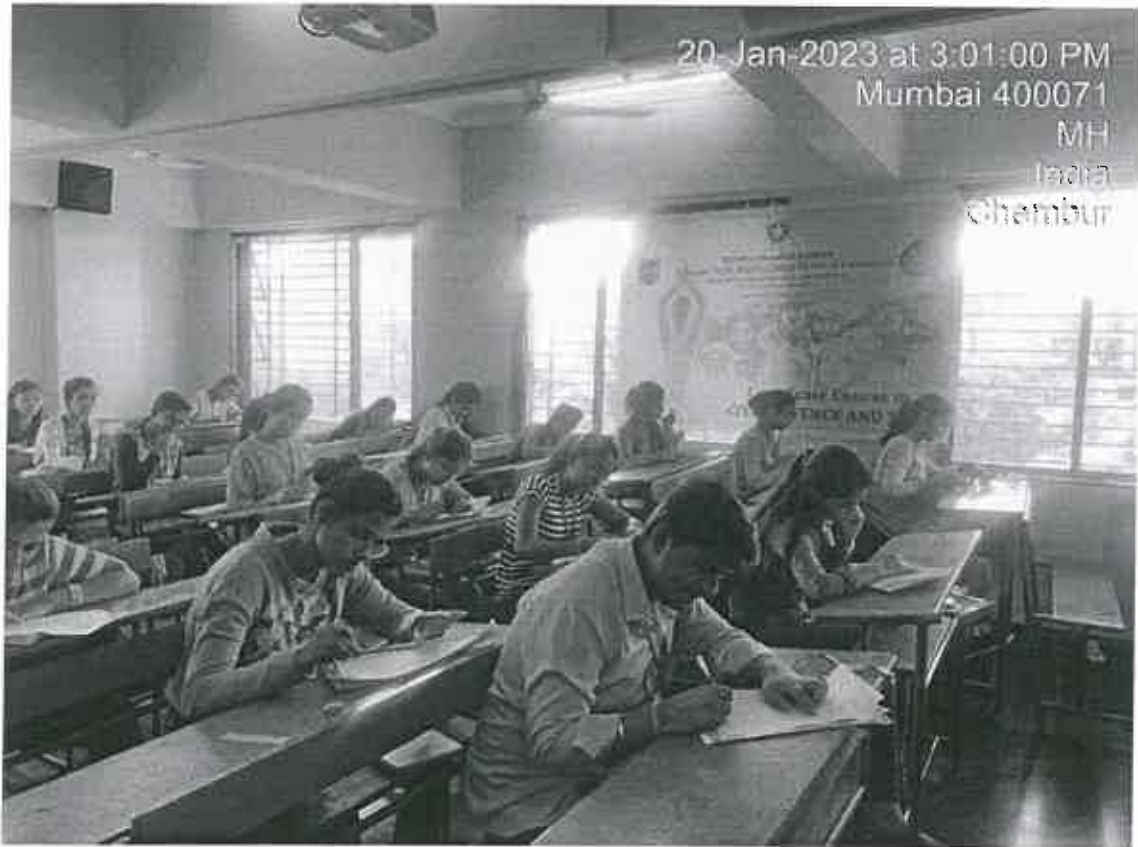
19-Jan-2023 at 4:36:02 PM
VN Purav Marg
Mumbai 400071
MH
India



19-Jan-2023 at 4:32:25 PM
VN Purav Marg
Mumbai 400071
MH
India

Day 4: 19-1-23: Civil Defence Course

Omsh
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



20-Jan-2023 at 3:01:00 PM
Mumbai 400071
MH
India
Chambur



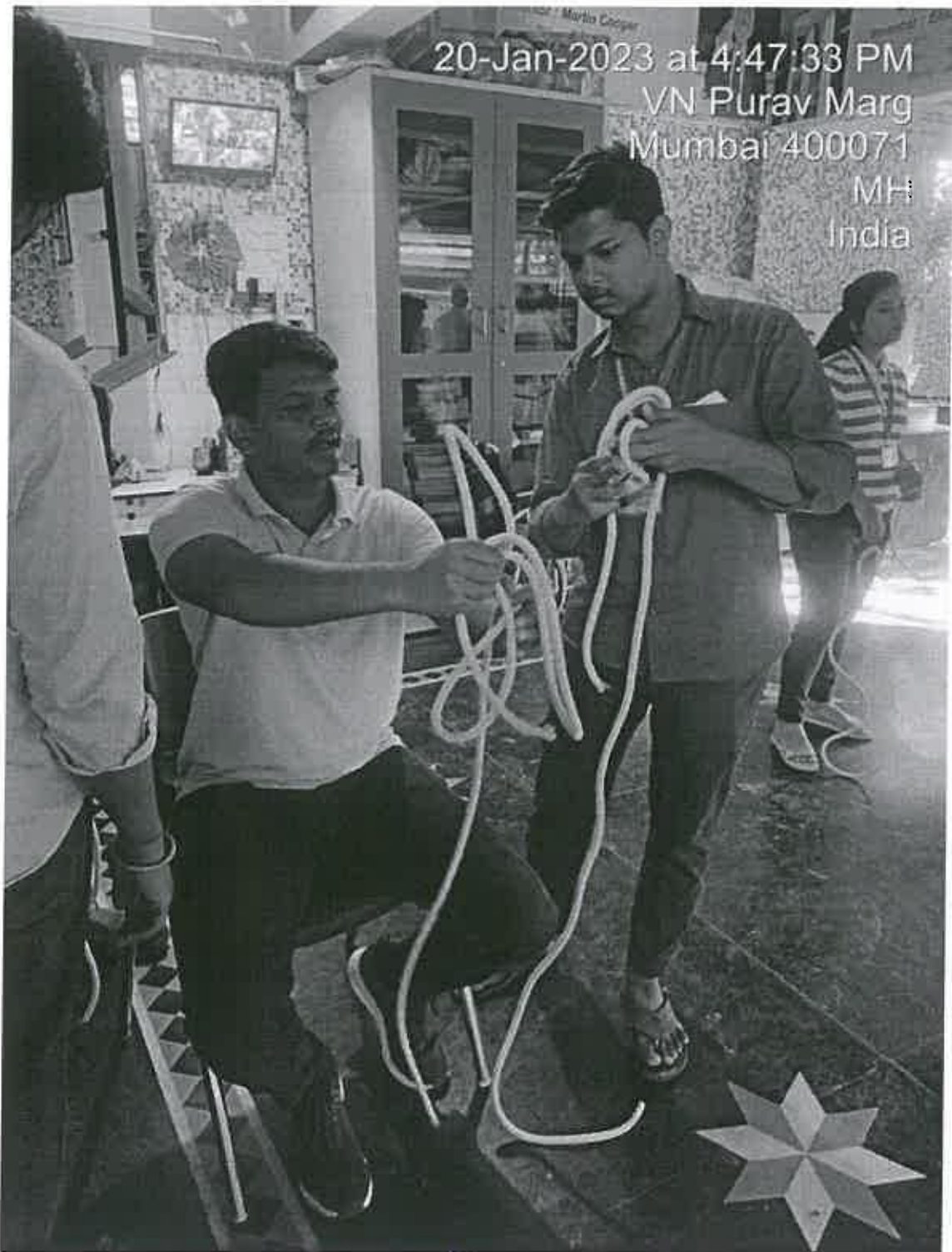
20-Jan-2023 at 3:01:54 PM
Mumbai 400071
MH
India
Chambur

A. M. S.
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chambur, Mumbai - 400 071.



20 Jan 2023 at 4:51:58 PM
4175 Ramkushna Chemburkar Marg
Mumbai 400071
MH
India

Chmken
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



20-Jan-2023 at 4:47:33 PM
VN Purav Marg
Mumbai 400071
MH
India

Chroka
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembour, Mumbai - 400 071.



20 Jan 2023 5:22:02 pm

चेंबूर
मुंबई
कोंकण डिव्हिजन
महाराष्ट्र

Ahmed
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



Day 5: 20-1-23: Civil Defence Course

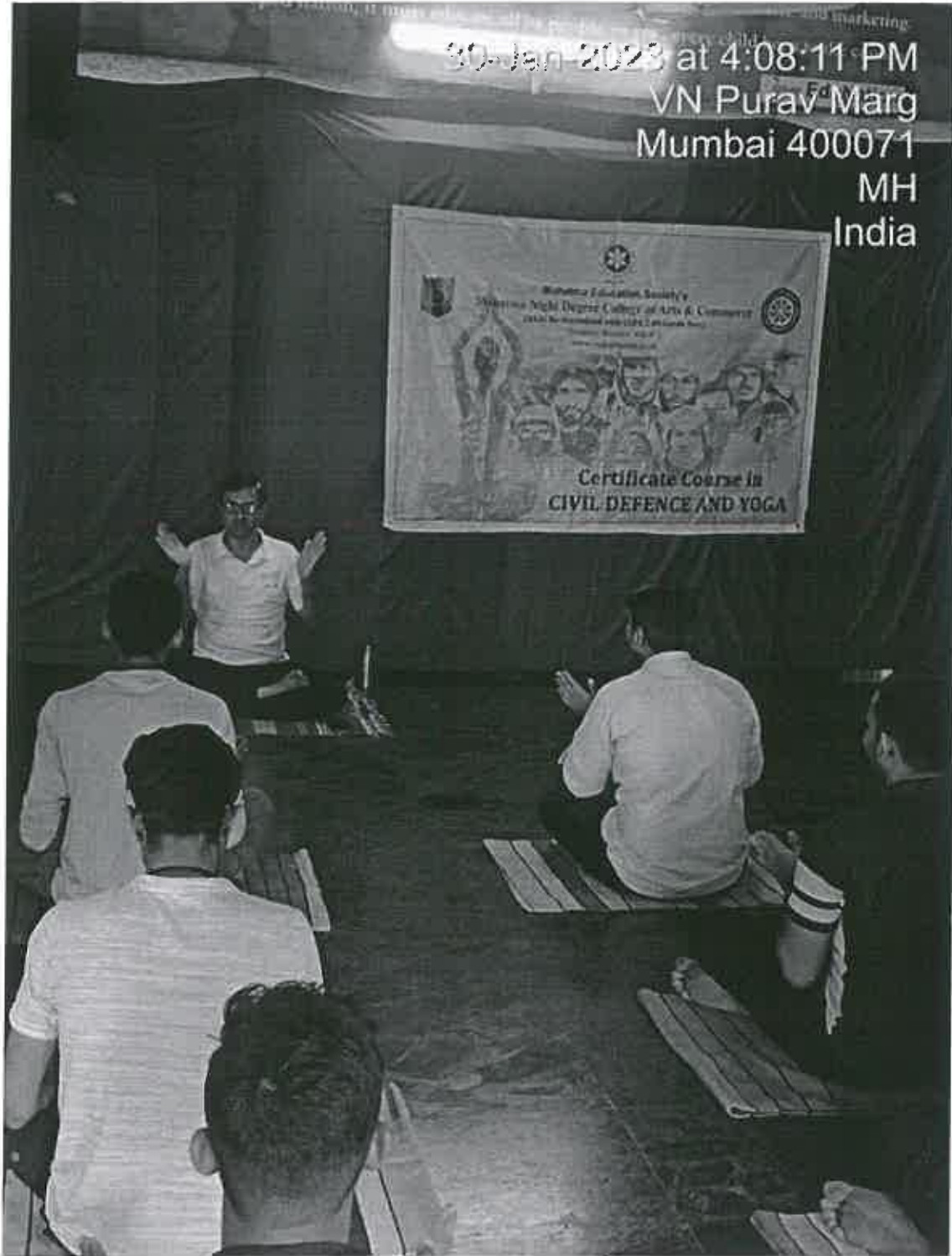
Amol
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



Amela

PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

30-Jan-2023 at 4:08:11 PM
VN Purav Marg
Mumbai 400071
MH
India



Amber
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



30-Jan-2023 at 4:56:02 PM
Mumbai
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India



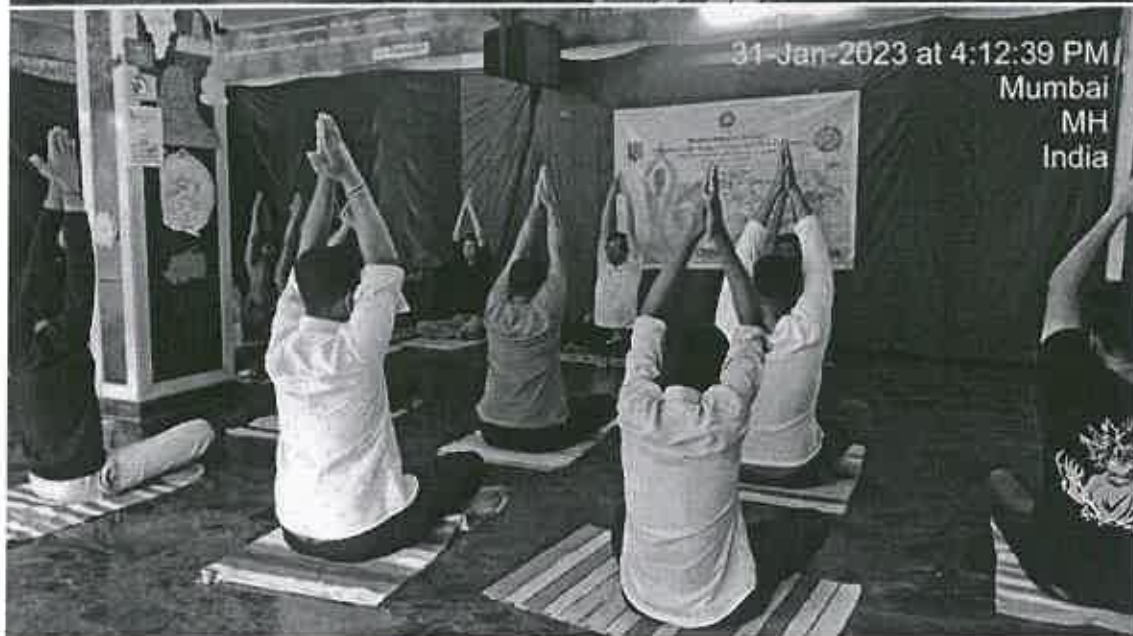
30-Jan-2023 at 5:04:36 PM
Mumbai
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30-Jan-2023 at 5:11:11 PM

Amol
NCPAL
Education Society's
College Of Arts & Commerr
Gwearbar, Mumbai - 400 071.

Day 6: 30-1-23: Yoga Course



Ameeta
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 571.



31-Jan-2023 at 4:22:39 PM
Mumbai
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31-Jan-2023 at 4:57:24 PM
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31-Jan-2023 at 4:55:55 PM
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Abhinav

PRINCIPAL
Mahatma Education Society's
Free College Of Arts & Commerce
Mumbai - 400 071.



31-Jan-2023 15:27:40 PM
Mumbai
MH
India

Day 7: 31-1-23: Yoga Course



1 Feb 2023 16:35:19
Chembur
Mumbai
Konkan Division
Maharashtra

Principals
PRINCIPAL
Education Society's
College Of Arts & Commerce
Mumbai - 400 071.





1 Feb 2023 16:10:09
Chembur
Mumbai
Konkan Division
Maharashtra



1 Feb 2023 16:35:16
Chembur
Mumbai
Konkan Division
Maharashtra

Principals

PRINCIPAL
Education Society's
Mahatma College Of Arts & Commerce
Mumbai - 400 071.



1 Feb 2023 17:06:09
Chembur
Mumbai
Konkan Division
Maharashtra

ohmsh

Day 3: 1-2-23 Yoga Course



02-Feb-2023 at 4:24:46 PM
Mumbai
MH
India

PRINCIPAL
Education Society's
College of Arts & Commerce
Mumbai - 400 071.



02-Feb-2023 at 5:31:18 PM
VN Purav Marg
Mumbai 400071

MH
India

Ohmedh



02-Feb-2023 at 5:18:38 PM

PRINCIPAL
Maharaja Education Society's
College Of Arts & Commerce
Mumbai - 400 071.

MH
India



02-Feb-2023 at 5:18:18 PM

Mumbai

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India

Chaker

Day 9: 2-2-23: Yoga Course



03-Feb-2023 at 5:50:20 PM

Mumbai

MH

India

AL
on Society's
Of Arts & Commerce
- 480 071.

03-Feb-2023 at 5:39:41 PM

Mumbai

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India



Chandra

PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.

03-Feb-2023 at 5:36:18 PM
Mumbai
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Abhina
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



03-Feb-2023 at 4:52:19 PM
Mumbai
MH
India



03-Feb-2023 at 4:31:04 PM
Mumbai
MH
India



03-Feb-2023 at 4:05 PM
Mumbai
MH
India

Principal
PRINCIPAL
Education Society's
College Of Arts & Comm
Mumbai - 400 071.



Day 10: 3-2-23: Yoga Course

Almdu
PRINCIPAL
Mahatma Education Society's
Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.