

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.

2021-22

Report - NSS BLOOD DONATION CAMP 15th February, 2022

Name of the Event :-	NSS BLOOD DONATION CAMP 15th February, 2022
Organized by:	The NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai 71, joined the Rail Kamgar Sena and CREDIA-MCHI in organizing a Blood Donation Camp on 15th February, 2022 at Ghatkopar Metro Station from 9.00am to 6.00pm 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	Mr. Kadam, P.R.O. J. J. Hospital Blood Bank
Date & Time of the Program:-	15th February, 2022 Time: 9.00am - 6.00pm
Venue :-	Ghatkopar Metro Station
No of Participants:-	25 NSS volunteers joined the team of members from Rail Kamgar Sena and CREDIA-MCHI in organizing a Blood Donation Camp along with J. J. Hospital Blood Bank.
Brief Report of the Program:-	<p>Since the Covid-19 lockdown did not allow for a blood donation camp to be organized in the college campus, the NSS unit of the college partnered with Rail Kamgar Sena and CREDIA-MCHI in organizing a Blood Donation Camp along with J. J. Hospital Blood Bank at the Ghatkopar metro station.</p> <p>Mr. Kadam Public Relations Officer, J. J. Hospital Blood Bank, Mumbai coordinated with us to organize the event. The NSS volunteers had placards which they held up at the corners of the Ghatkopar metro station inviting people at the station to come in and donate blood. The volunteers helped in registering donors and facilitating the process of blood donation. Volunteers made announcements on the</p>


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Mike 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.

Students from College, alumni of college, friends and outsiders visited the camp and volunteered to donate blood. All Covid-19 Social Distancing SOPs were observed while organizing the blood donation camp.

81 units of blood were collected.

During the camp we received calls and messages of commendation from the Principal, teachers, students and MU NSS District Coordinator Asst. Prof. Nikhil Karkhanis Sir.

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

NSS Leaders Kanchan Ghag and Lekhraj Dholpuria lead the event. Certificates will be awarded to the volunteers by J. J. Hospital Blood Camp. It was a moment of joy and gratification of a NSS Blood Donation Camp successfully completed.

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GPS Map Camera



Mumbai, Maharashtra, India

Ghatkopar, Jawahar Rd, Ghatkopar, Saibaba Nagar, Pant Nagar, Ghatkopar East, Mumbai, Maharashtra 400077, India
Lat 19.085407°
Long 72.908702°
15/02/22 10:14 AM



GPS Map Camera



Mumbai, Maharashtra, India

Ghatkopar, Jawahar Rd, Ghatkopar, Saibaba Nagar, Pant Nagar, Ghatkopar East, Mumbai, Maharashtra 400077, India
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GPS Map Camera



Mumbai, Maharashtra, India

Ghatkopar, Jawahar Rd, Ghatkopar, Saibaba Nagar,
Pant Nagar, Ghatkopar East, Mumbai, Maharashtra
400077, India

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Long 72.908686°

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**A Webinar on
ORGAN DONATION**

10th December, 2021, Thursday


3.30 p.m. to 5.30 p.m.

Name of the Event :-	A Webinar on Organ Donation
Organised by:	NSS Unit, Mahatma Night Degree College of Arts and Commerce, Chembur
Objective of the session	To make students aware about the Organ Donation and its importance
Date & Time of the Program-:	10 th December, 2021, Thursday 3.30 p.m. to 5.30 p.m.
Resource Person	Mr. Shrikant Apte alias Apte Kaka
Audience:	NSS Volunteers and all F.Y.B.Com., S.Y.B.Com. and T.Y.B.Com. students
No of Participants-:	61
Event Coordinator	Asst. Prof. Dr. Anaya Aditya Markandeya, Programme Officer NSS
Brief Report	<p>An Awareness session on Organ Donation was organised by NSS unit of Mahatma Night Degree College of Arts and Commerce on ZOOM platform. Mr. Shrikant Apte Sir alias Apte Kaka, founder of V4organs Foundation was the resource person for the session. Apte Kaka explained the need of the organ donation with factual data to the students and teachers present for the webinar. He made the audience aware of donation of various organs and the circumstances and conditions under which the donation can be done. He also explained the medical requirements and legal requirements to be fulfilled for the organ donation. Apte Kaka made the session interactive and lively through PowerPoint presentation and question answer session. He showed and explained the form to be filled by the interested organ donor.</p> <p>At the end of the session Apte Kaka shared a KAHOOT QUIZ on the topic covered which made the webinar an Awareness Programme in true sense.</p>
No of Beneficiary :-	61


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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:-	14 th 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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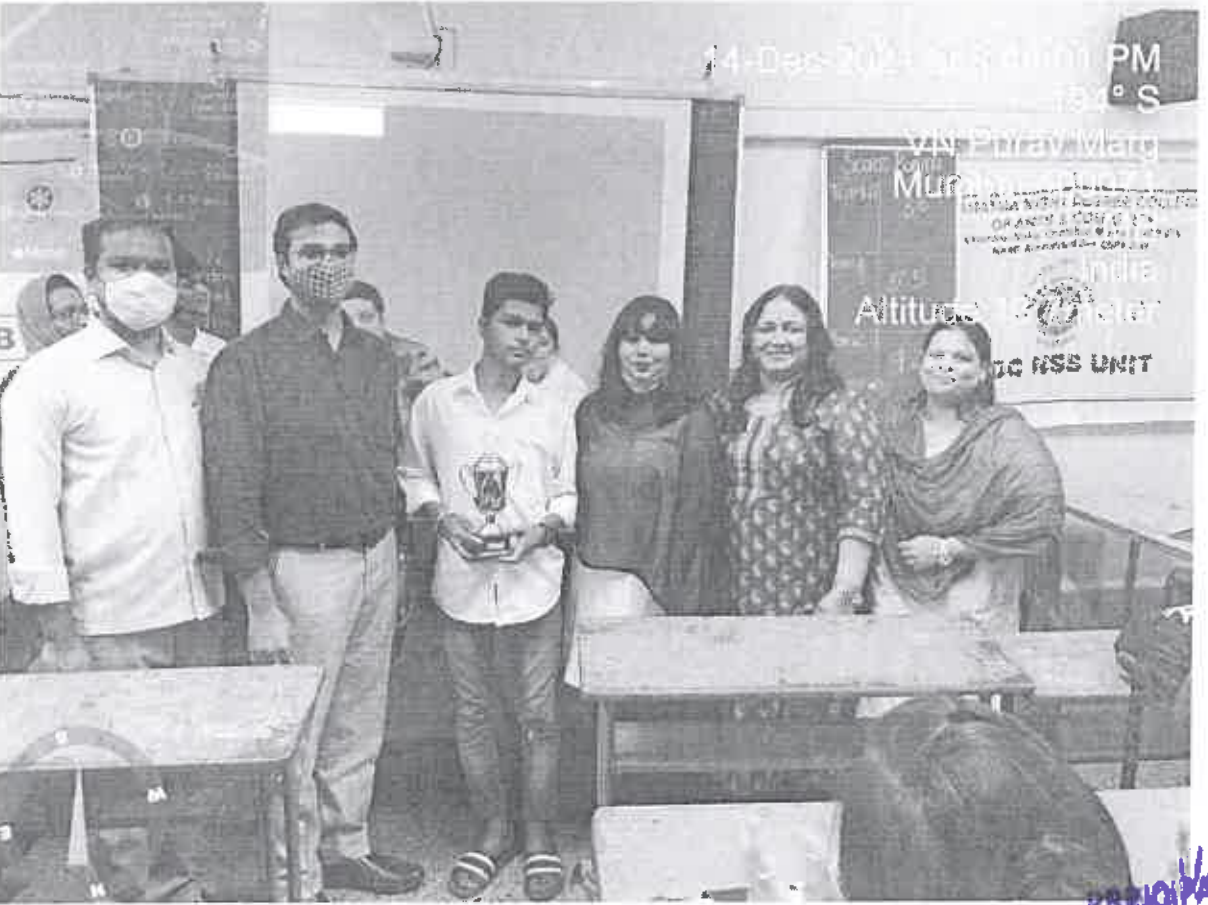
188° S

VN Purav Marg

Mumbai-400071

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RNDG NSS UNIT

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Rangoli & Poster Making Competition 7-12-21 – Marking Aids Awareness Fortnight 1st December to 15th December 202, 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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VN Purav Marg

Mumbai 400071

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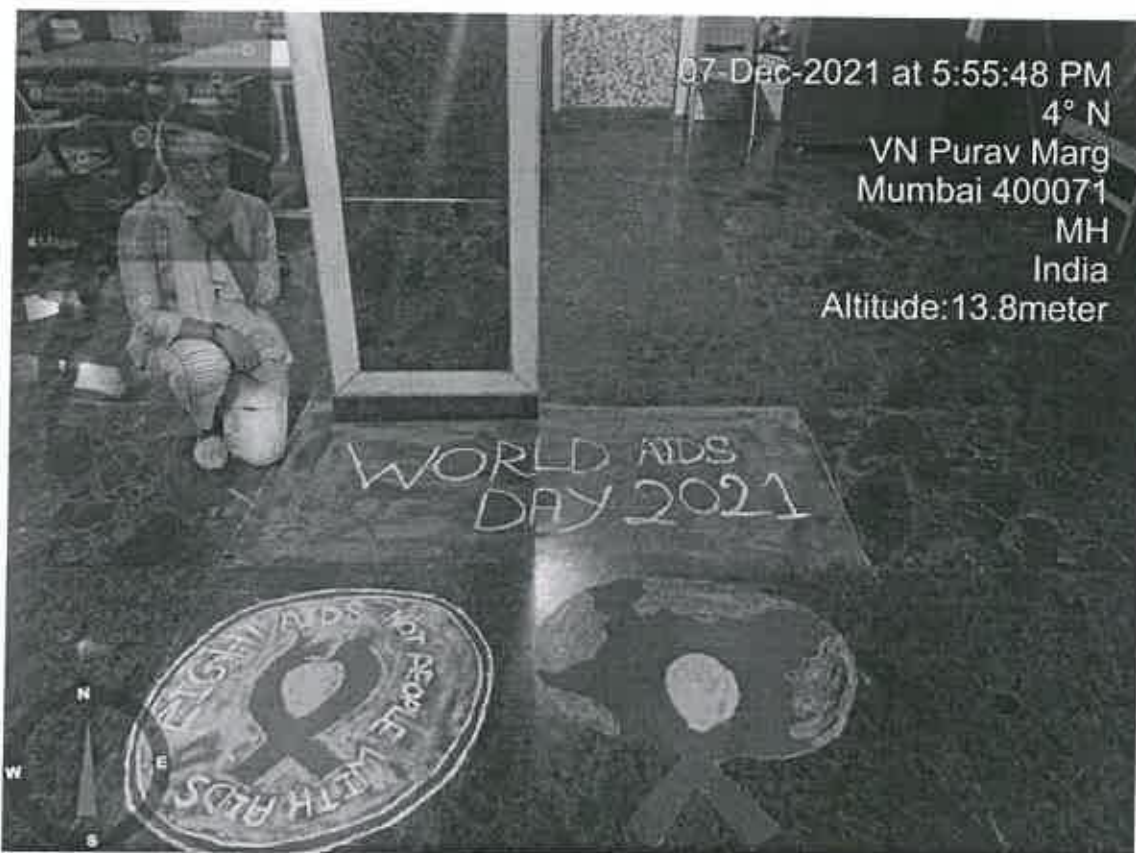
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Principals
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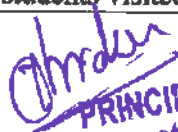
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**Poster Exhibition 8-12-21 – Marking Aids Awareness Fortnight 1st
December to 15th December 202, A RRC & NSS Unit Event**

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:-	8 th 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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Abhinav
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Chembur, Mumbai - 400 071.



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Mumbai 400071

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**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-:	13 th 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

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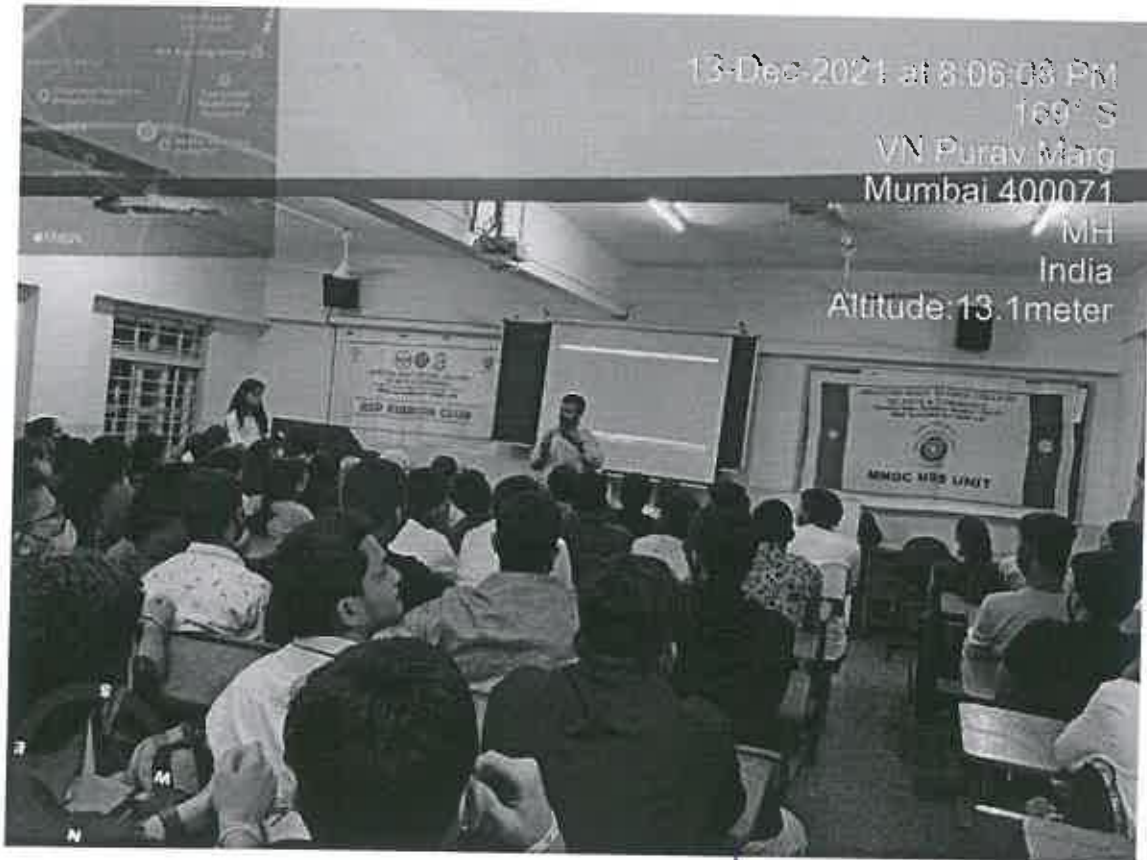


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Chembur, Mumbai - 400 071.



Chandra
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Chembur, Mumbai - 400 071.



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Mumbai 400071
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Chembur, Mumbai - 409 071.

**NSS Workshop on “An Overview on Safety and Civil Defence” on Saturday
27th November, 2021**

Name of the Event -:	NSS Workshop on “An Overview on Safety and Civil Defence” on Saturday 27th November, 2021
Resource Person	Mr. Madhu Kadam Madhu Kadam Ex Divisional Warden Chembur Division 32 years of long association with Mumbai Civil defence Actively involved in all the disasters
Date & Time of the Program-:	7.00pm to 9.00pm
Venue -:	Room no. 404 MNDC Chembur Campus
No of Participants-:	142 students of F.Y.B.Com, S.Y.B.Com
Objective-:	Understand the significance of safety. Understand the concept of Disaster Management Understand the meaning and significance of Civil Defence Learn how to tie knots
Brief Report of the Program-:	Mr. Kadam spoke about disasters and the significance of Safety. He introduced the concept of Civil Defence and explained the need for civilians to train and join Civil Defence to help and participate in Disaster Management. Several disaster management techniques were explained particularly in disasters caused by fire. Students were taught different ways of tying knots in ropes. The resource person used a power point presentation to explain the concepts and interesting videos were shown. The session was interactive. The question answer session at the end of the workshop allowed for an interesting discussion and clearing of doubts in the minds of students. A google form was shared to collect feedback from all the participants.
No of Beneficiary -:	142

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Chembur, Mumbai - 400 671



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Mumbai 400071
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Chembur, Mumbai - 400 071.

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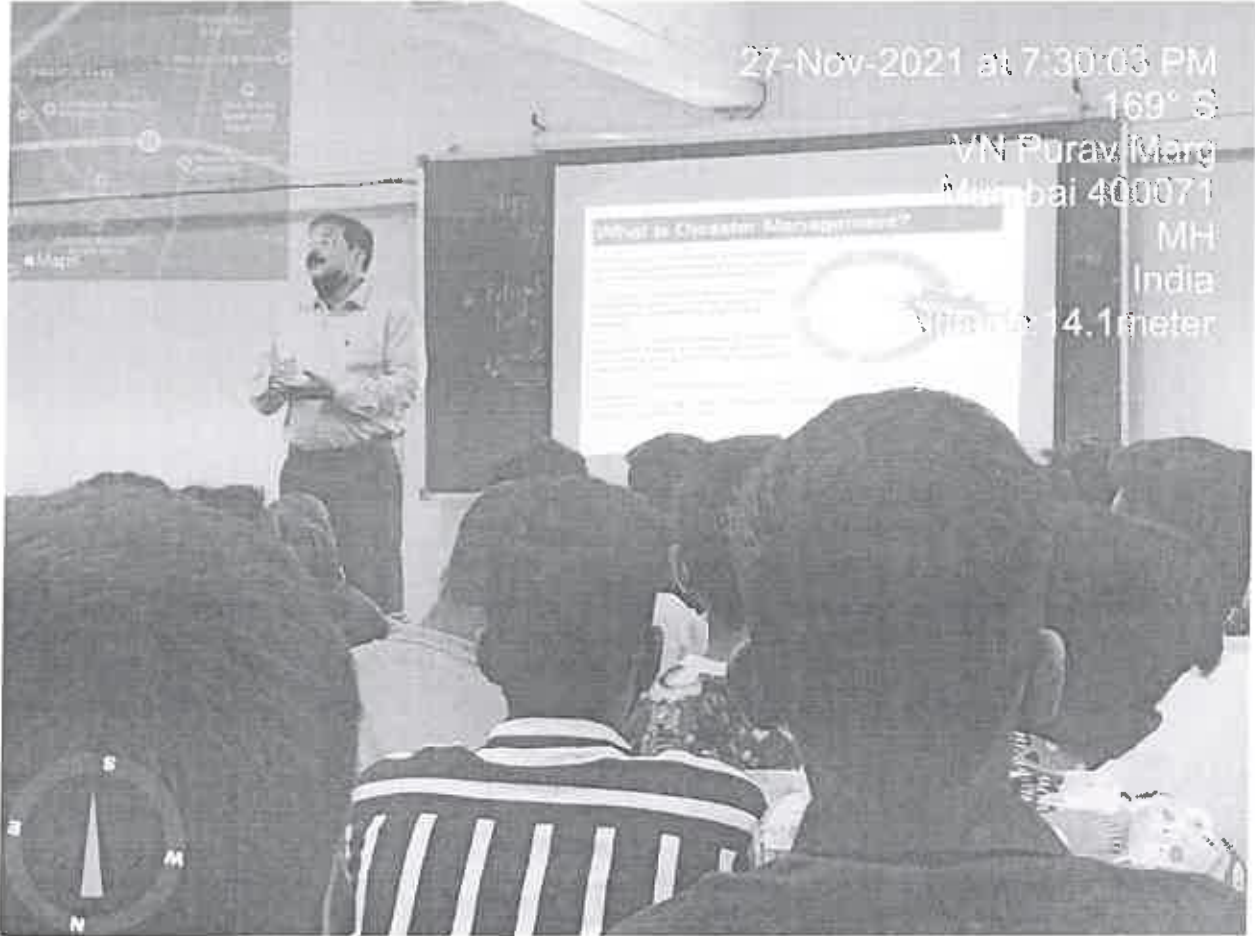
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“Literacy and Human Development: A distinctive outlook in the new normal”

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 bodies life. Fr. Sony had conducted such impressive session every participant got an idea about advantages of higher education and how literacy</p>

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	programmes will help in human development. After the session participants asked some questions and cleared their doubt about education system in 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.
No of Beneficiary :-	85



The NSS Unit of
Mahatma Education Society's
Mahatma Night Junior and Degree College
of Arts and Commerce

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

Chembur, Mha. S. T. Road, Opposite Fire Brigade, 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, 8th September, 2021

Time: 5.00 pm to 6.15 pm

Resource Person



Rev. Dr. Souy Chundaitu CMI
 President, Mahatma Education Society's

Organising Team

Ms. Anuradha Chaudhary
 Dr. Anuradha Chaudhary
 IAC, Pimpri (GSI)

Ms. Yashita Desai
 President, SIAC

Co-ordinator
 Assoc. Prof. Dr. Gula Krashnam
 NSS Programme Officer

Co-ordinator
 Assoc. Prof. Yashita
 NSS Programme

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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	Webinar Chairperson: I/C Principal Dr. Eknath Zhrekar Ms. Yvette Lee President SIBC Soroptimist International of Bombay Chembur Programme Convener: NSS PO Assoc. Prof. Dr. Lata Krishnan Programme Co-Convener: NSS PO Asst. Prof. Dr. Anaya Markandeya
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 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</p>

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Chembur, Mumbai - 400 011



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

'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 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.</p>
No of Beneficiary :-	70

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Chembur East, S. T. Road, Opposite Puro 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, 29th August, 2021

Time: 7.00 p.m. to 8.00 p.m.

Resource Person



Mr. Dhruv Joshi
1983 School
School of Environmental
Management, Bangalore, IN



Organising Team

Dr. Eknath Zherkar
I/C Principal


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

Assoc. Prof. Dr. Lata K.
NSS Programme

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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>


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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.</p> <p>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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“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 sampling 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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‘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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“Spreading Awareness about Eco-Friendly Ganapati Festival”

Name of the Event -:	“Spreading Awareness about Eco-Friendly Ganapati Festival”
Date & Time of the Program-:	9 th September 2021
Venue -:	Zoom Platform
No of Participants-:	70
Objective-:	<ul style="list-style-type: none"> To create awareness about Eco-Friendly Celebration of Ganapati Festival
Brief Report of the Program-:	<p>NSS unit and Department of Environmental Studies of Mahatma Night Degree College has arranged webinar on “spreading Awareness about Eco-Friendly Ganapati Festival” on 9th September, 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 eco-friendly activity and why it is required to adopt eco-friendly culture. 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. Tushar Gosavi and all the participants. In his welcome address he also spoke about the importance of Eco-friendly Ganapati idol and it also help to keep beauty of nature. He has also mentioned that why there is need to conduct such webinars and seminars on Eco-friendly culture.</p> <p>After the welcome address Asst. Prof. Tushar Pawar introduced resource person Mr. Tushar Gosavi and requested him to start the session</p> <p>Mr. Gosavi started his session by demonstrating video on how they make eco-friendly Ganapati idols. He also explains why we need to about this practice and encourage people in society take such idol for Ganapati pooja so that we can disturbed our natural aquatic ecosystem. He also shown some eco friendly Ganapati idols and windup his session with very interesting thought. Asst. Prof. proposed vote of thanks and assure resource person that our students will spread the awareness about ecofriendly celebration of Ganapati festival.</p>
No of Beneficiary -:	70


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Chembur Naka, Mumbai, 400-071
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Tel: 022-5224856 www.mahatmandc.ac.in

NSS Unit and Department of Environmental Studies

Organises

An Online Workshop on

**"Spreading Awareness about
Eco-Friendly Ganapati Festival"**

By



Mr. Tushar Gosavi

Journalist in TV9 News Channel

On

Thursday, 9th September, 2021

Time:- 7.00 p.m. to 8.00 p.m.

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Chembur, Mumbai - 400 071.

Organising Team

Dr. Eknath Zhrekar
I/C Principal

Asst. Prof. Tushar
Convener and NSS Programme Officer

Asso. Prof. Dr. Lata Krishnan
NSS Programme Officer

"Two Days Pre- Marital Counselling Workshop-2021"

Name of the Event :-	"Two Days Pre- Marital Counselling Workshop-2021"
Date & Time of the Program:-	24 th and 25 th 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</p>

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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 Assoc. Prof. Dr. Lata Krishnan

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 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 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.

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.

The final days all the sessions came to an end and programmed was disbursed after vote of thanks by Asst. Prof. Tushar A. Pawar

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No of Beneficiary :-

105 students



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Chembur
Mumbai Suburban
Maharashtra




Nov 24, 2021 19:30:27
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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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Jan 25, 2022 10:42:45
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Jan 25, 2022 10:42:03
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C. S. Mehta
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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 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.</p>
No of Beneficiary -:	50 students



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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 Kufir, 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>
Objective of the session	1. Providing civil defence training to the NCC and NSS volunteers of the college to help them


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	<p>protect themselves and civilians around them, in the event of a disaster.</p> <p>2. To provide yoga training and the teaching of Surya Namaskar in a scientific manner, pranayama and the CYP Common Yoga Protocol</p>
Collaboration with:	<p>1. The Civil Defence Greater Mumbai</p> <p>2. Ambika Yog Kutir, Thane</p>
Date & Time of the Program-:	<p>1. Civil Defence Training from 21-2-22 to 25-2-22 TIME: 2.00pm to 6.00pm on all days.</p> <p>2. Yoga Training on 26, 28 of February and 3, 7, 10 March, 2022 TIME: 4.00pm to 6.00pm</p>
Venue -:	<p>1. Civil Defence Training: Venue: Room 501 for lectures and the ground floor multipurpose hall for demonstration and practice.</p> <p>2. Yoga Training: Venue: The Ground floor Multipurpose Hall</p>
No of Participants-:	30 participants from the NCC and NSS units of the college.
Resource Persons:	<p>Civil Defence Resource Persons</p> <p>1. Shri Malgavi Sir</p> <p>2. Shri Jayprakash</p> <p>3. Shri Madhu Kadam</p> <p>4. Shri Shivajirao Bagad</p> <p>Yoga Training - Yoga Guru</p> <p>1. Dr. C.D. Karve</p>
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> <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</p>

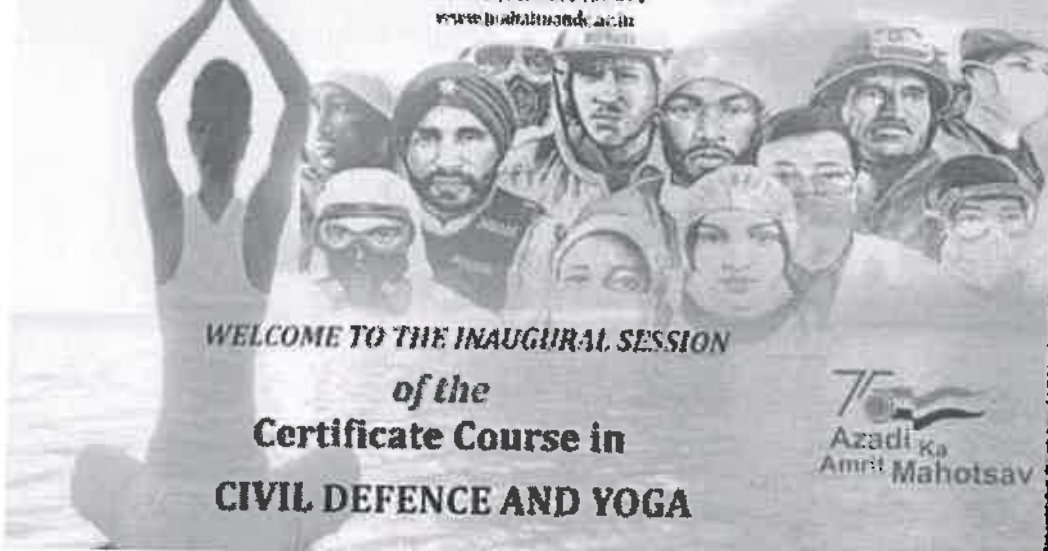

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	<p>of triangular bandages on disaster victims, typing of knots using rope for rescuing people.</p> <p>The training ended with a written and practical examination conducted on 25th February, 2022. The students who pass the exam will be given certificates 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, Naukasen, Majrasan, Shwanasan, Dhanurasan, Omkar, Shttkari, 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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WELCOME TO THE INAUGURAL SESSION
of the
Certificate Course in
CIVIL DEFENCE AND YOGA



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 Reg. No. Degree, Chembur, Maharashtra
 Mumbai 400071
 Tel: 022-2274600/2222895
 Website: www.mahatmaeac.ac.in

Certificate Course in Civil Defence and Yoga

ABOUT THE COURSE:
 Mahatma Education Society (MES) established upon its vision of "Education for All" with the Chembur English High School as the first step in 1958, has been providing quality education through its various branches of the University and U.G. in CA, B.A. and B.Com. The college has been providing quality education through its various branches of the University and U.G. in CA, B.A. and B.Com. The college has been providing quality education through its various branches of the University and U.G. in CA, B.A. and B.Com.

ABOUT THE COLLEGE:
 Mahatma Night Degree College of Arts and Commerce is a premier institution in the University of Mumbai since 1978. The college is established in 1978 and its primary objective is to provide quality education through its various branches of the University and U.G. in CA, B.A. and B.Com.

ABOUT THE COURSE:
 The course is a two-year integrated B.A. (Hons.) Degree Course of the University of Mumbai. Learning is done in the form of lectures, seminars, group discussions, and practicals. The course is designed to provide quality education through its various branches of the University and U.G. in CA, B.A. and B.Com.

ABOUT THE FACULTY:
 The college has a team of highly qualified and experienced faculty members who are dedicated to providing quality education through its various branches of the University and U.G. in CA, B.A. and B.Com.

ABOUT THE INFRASTRUCTURE:
 The college has a large student library, a well-equipped laboratory, and a gymnasium. The college also has a large student library, a well-equipped laboratory, and a gymnasium.

ABOUT THE ADMISSIONS:
 The college is an accredited (B+ Grade) institution with a 2.89 CGPA. The college is an accredited (B+ Grade) institution with a 2.89 CGPA.

ABOUT THE CONTACT:
 The college is located at Chembur, Mumbai. The college is located at Chembur, Mumbai.

ABOUT THE FACULTY:
 The college has a team of highly qualified and experienced faculty members who are dedicated to providing quality education through its various branches of the University and U.G. in CA, B.A. and B.Com.


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ABOUT THE ADMISSIONS:
 The college is an accredited (B+ Grade) institution with a 2.89 CGPA. The college is an accredited (B+ Grade) institution with a 2.89 CGPA.

ABOUT THE CONTACT:
 The college is located at Chembur, Mumbai. The college is located at Chembur, Mumbai.

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




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



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



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



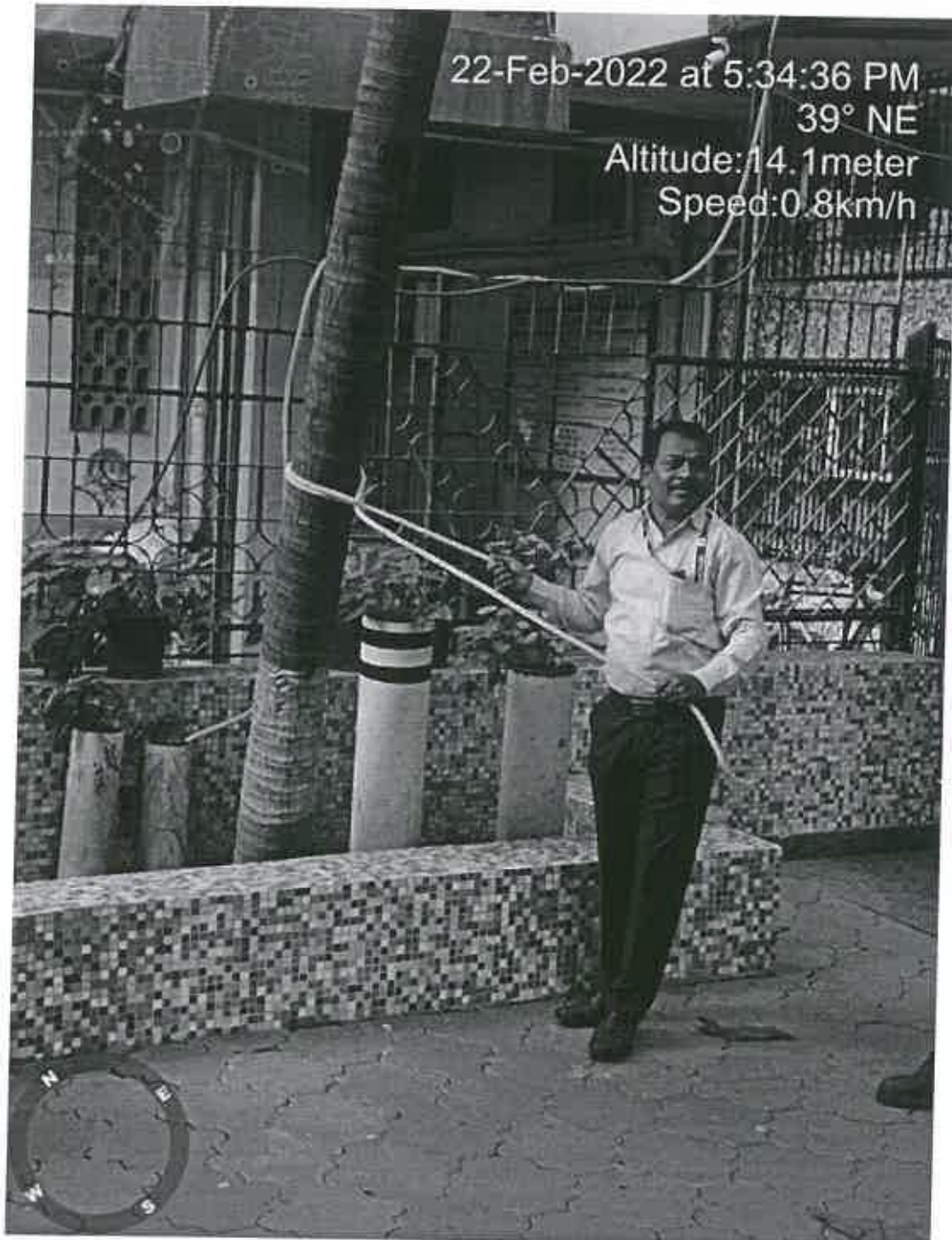
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Chimhan

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



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39° NE

Altitude: 14.1 meter

Speed: 0.8 km/h

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

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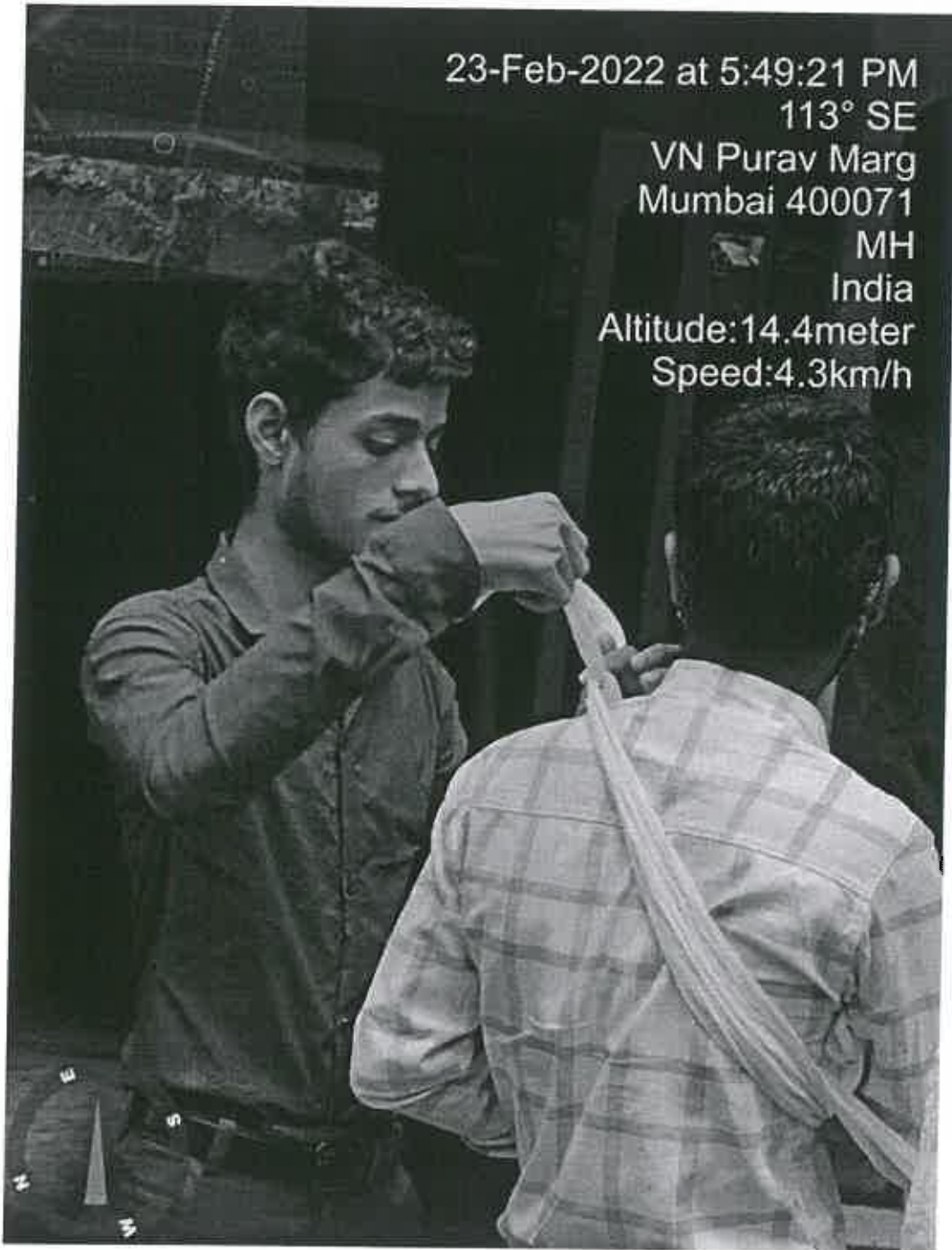
VN Purav Marg
Mumbai 400071

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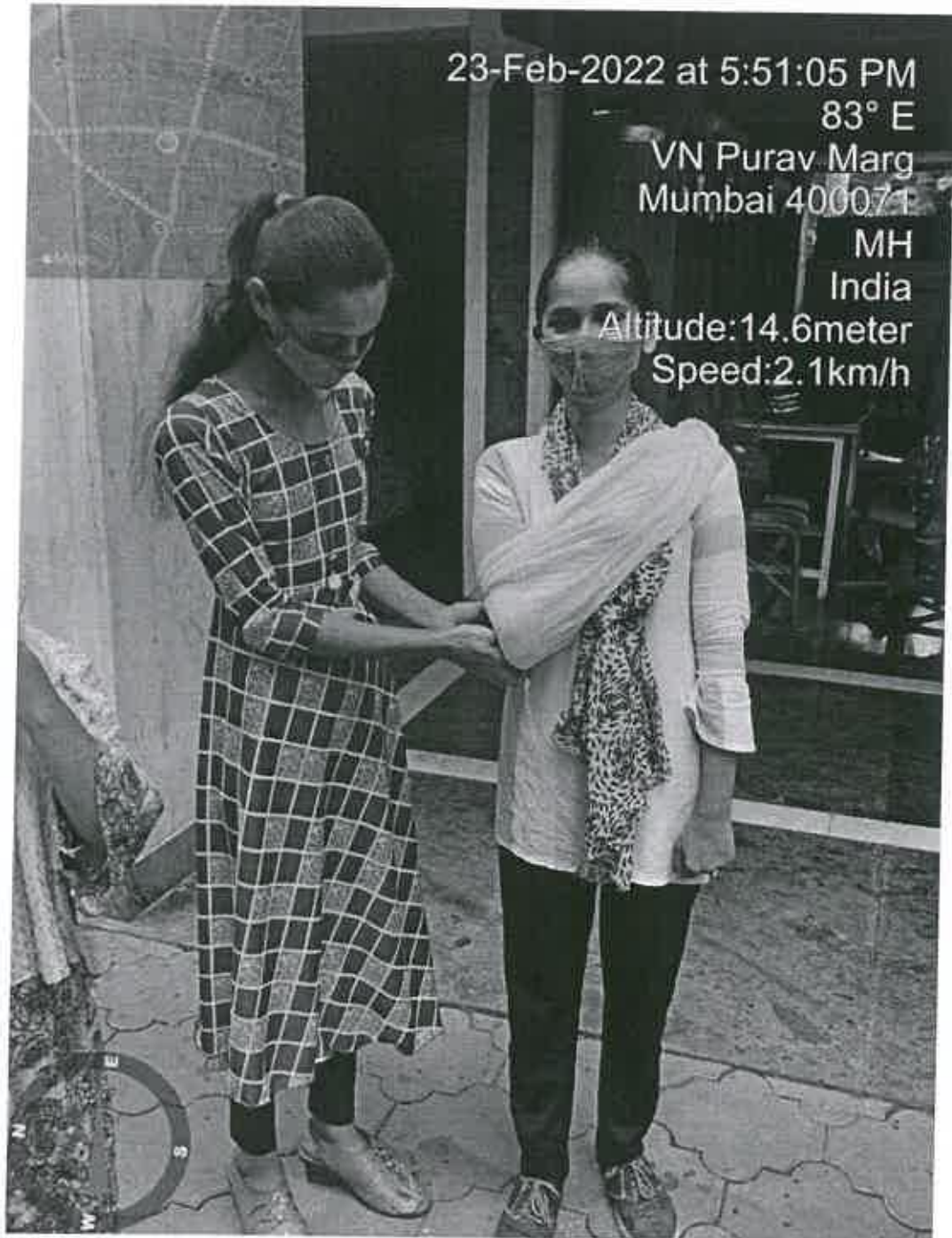
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Mahatma Night Degree College Of Arts & Commerce
Chembur, Mumbai - 400 071.



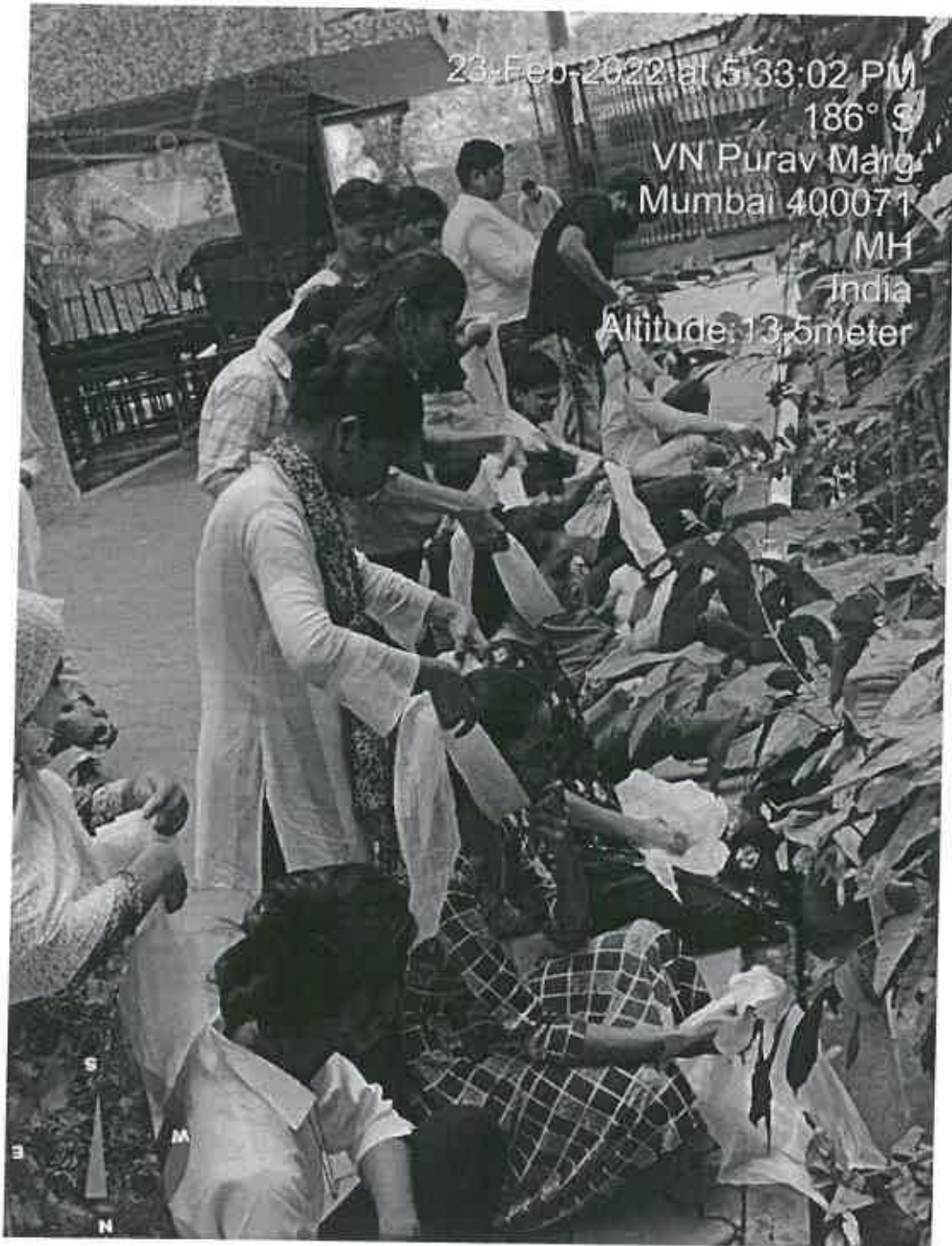
23-Feb-2022 at 5:51:05 PM
83° E
VN Purav Marg
Mumbai 400071
MH
India
Altitude:14.6meter
Speed:2.1km/h

Ambar

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



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



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186° S

VN Purav Marg

Mumbai 400071

MH

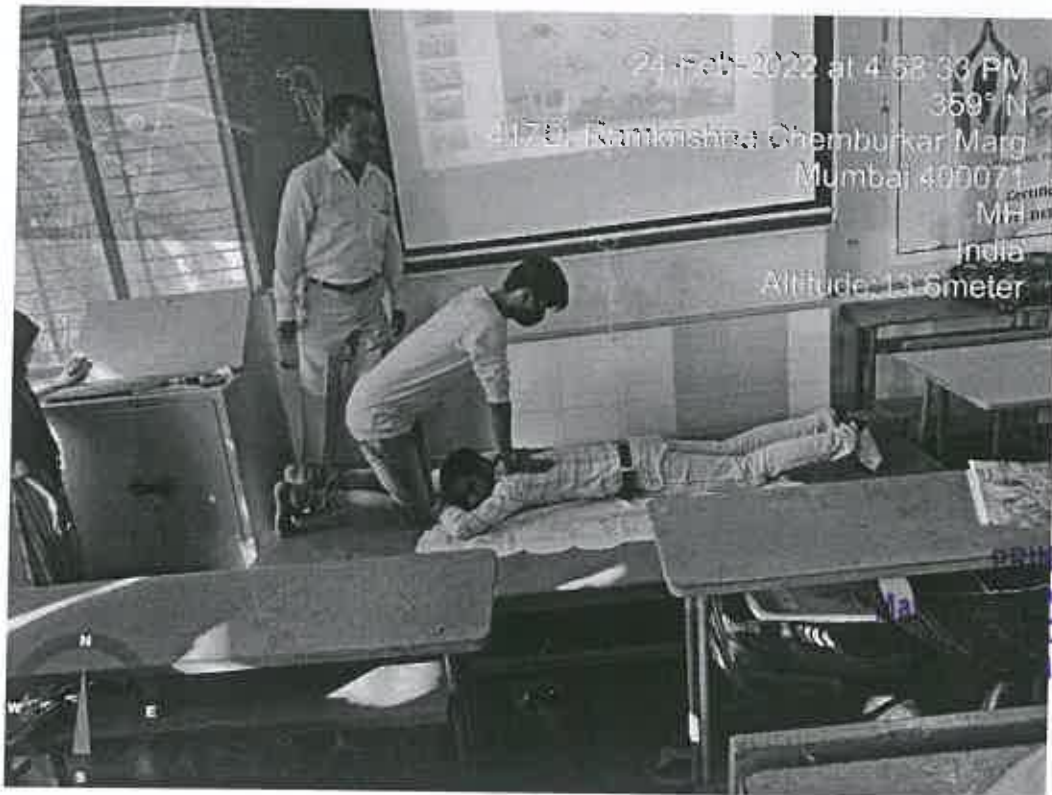
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Chembur, Mumbai - 400 071.



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

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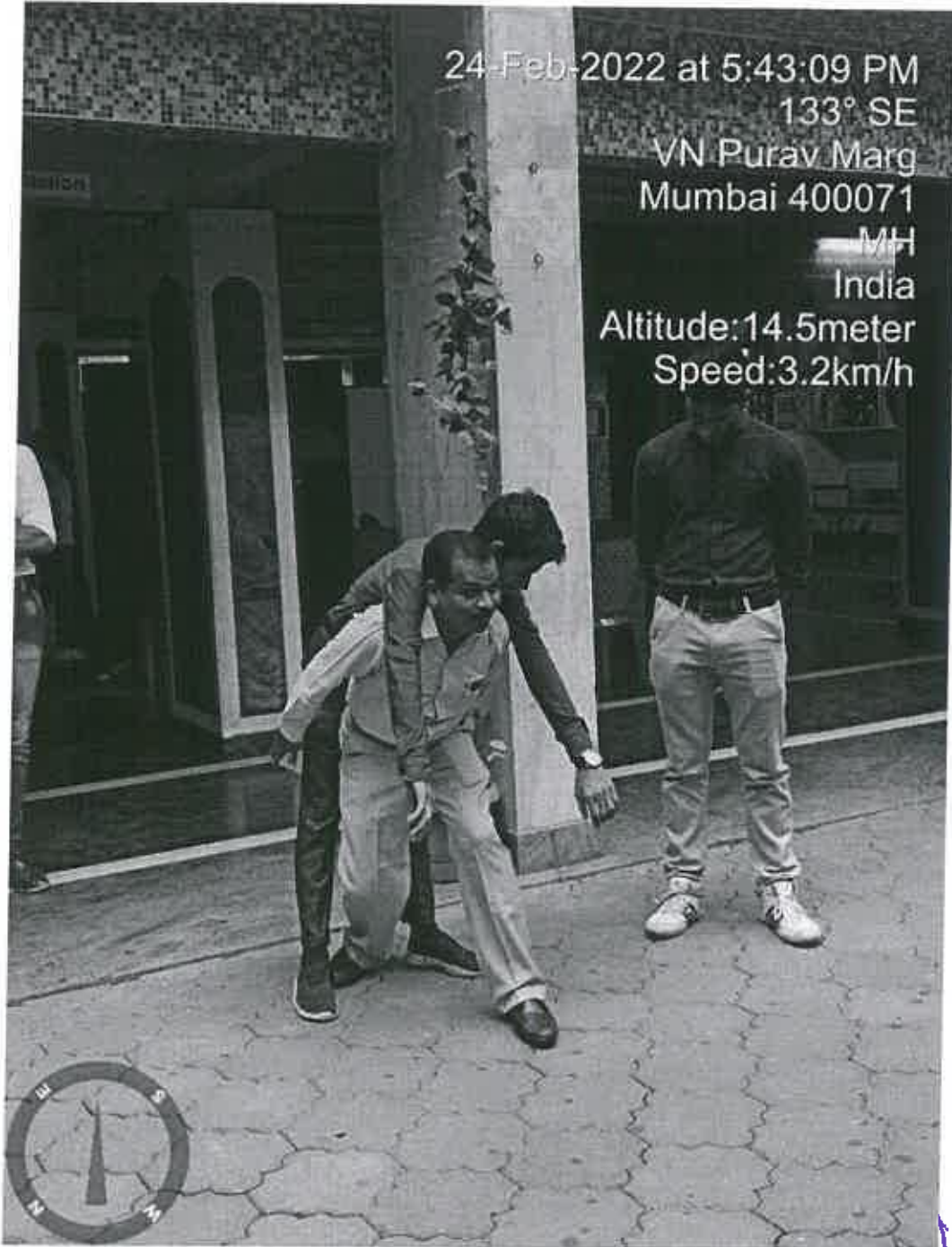
133° SE

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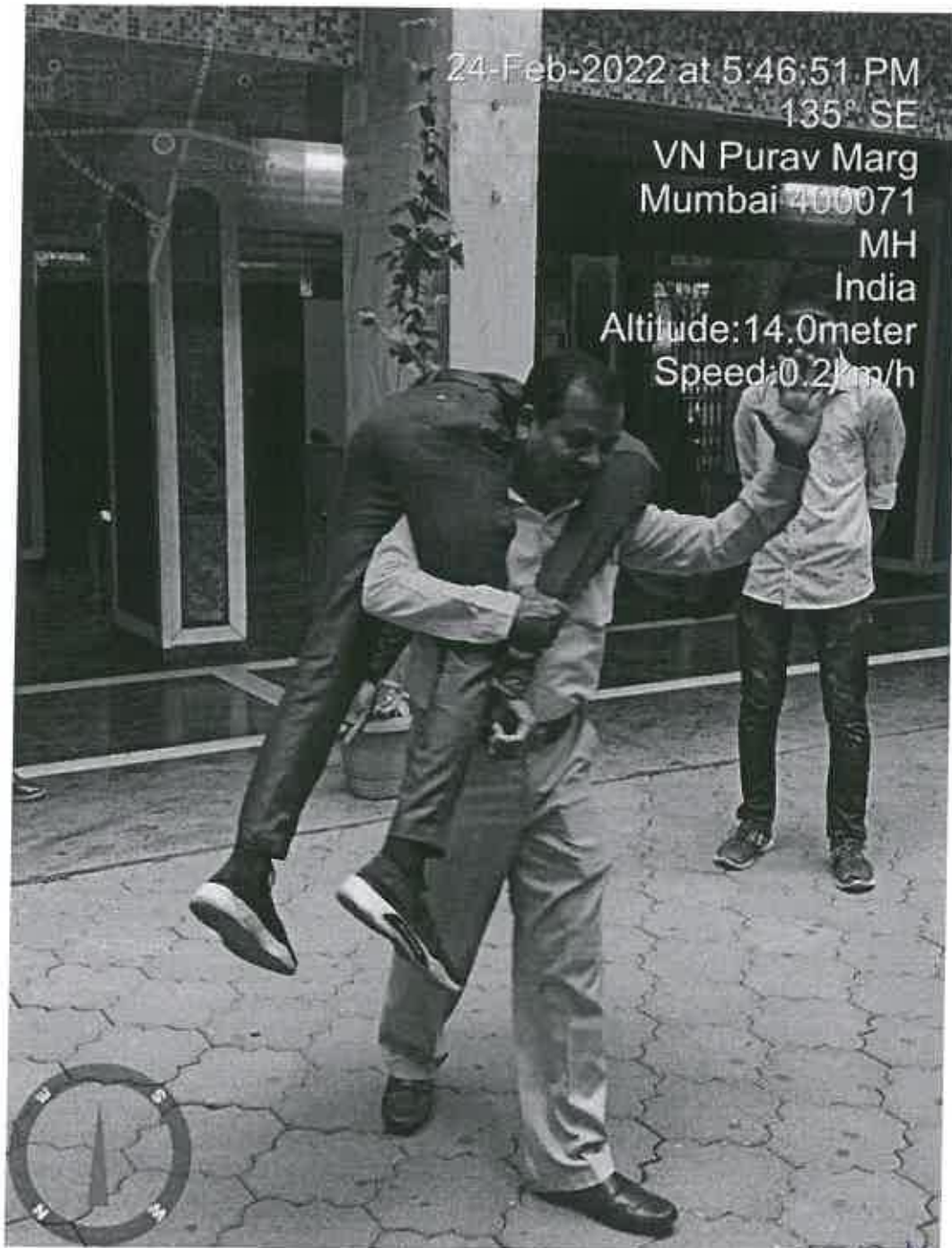
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Abhishek

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



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VN Purav Marg
Mumbai 400071

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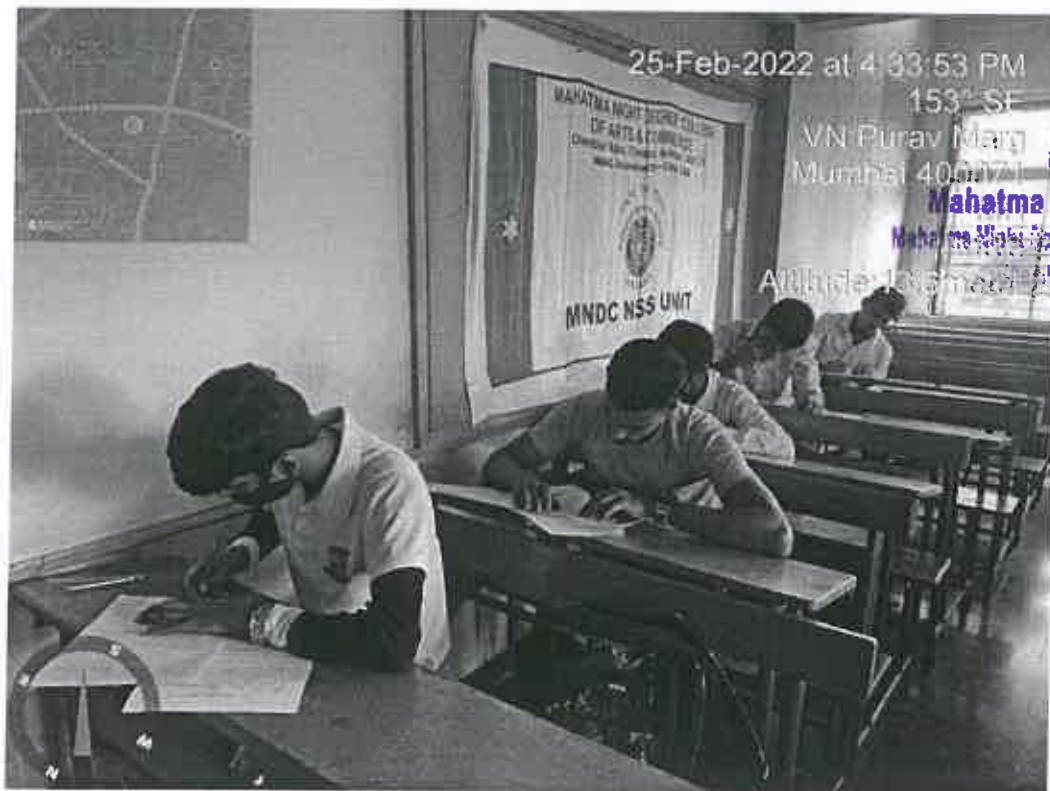
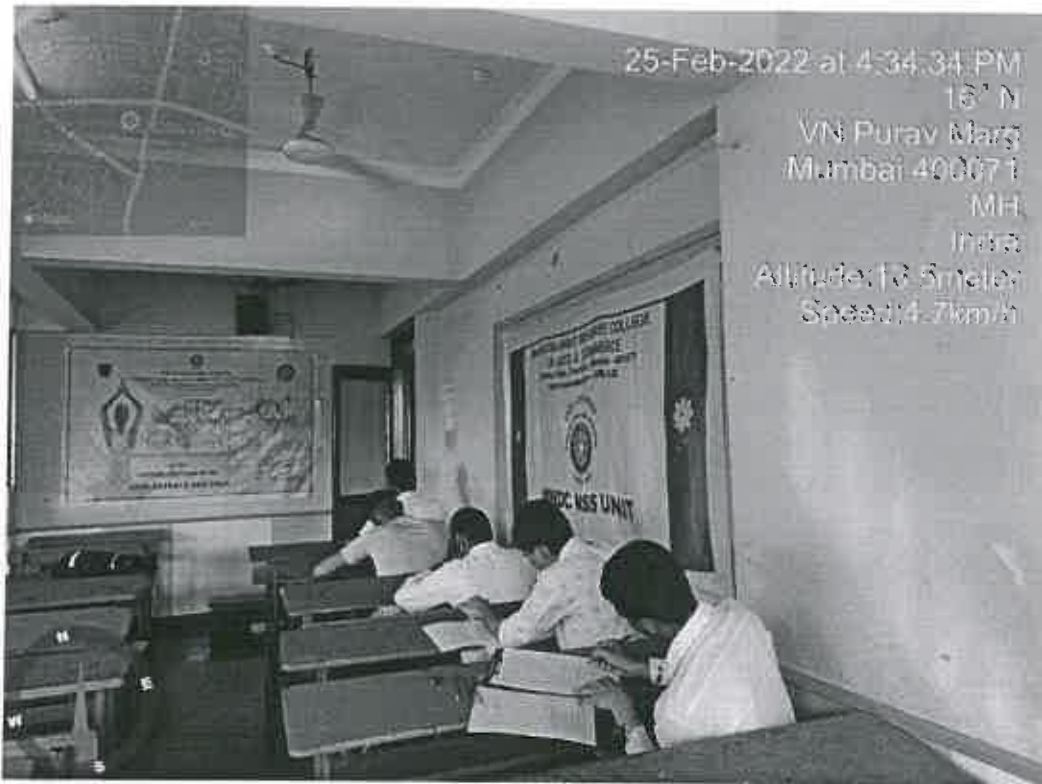
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Chitra

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



Chakr
PRINCIPAL
Mahatma Education Society's
Mahatma Jyoti Baobhai College of Arts & Commerce
Borivli, Mumbai - 400 071.



25-Feb-2022 at 6:16:28 PM
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417D, Ramkrishna Chemburkar Marg
Mumbai 400071
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India
Altitude: 13.9meter
Speed: 3.7km/h



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417D, Ramkrishna Chemburkar Marg
Mumbai 400071
MH
India
Altitude: 14.5meter
Speed: 0.0km/h

Ohmika

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Education Society's
College Of Arts & Commerce
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)

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

2020-21


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2020-21

POSHAN PAKHWADA 2021 – 2 DAYS NSS NATIONAL LEVEL WEBINAR ON
"PRIORITIZING NUTRITION AMONG CITY STUDENTS; KHANE KO
PEHECHANO!"

Name of the Event Poshan Pakhwada 2021 - 2 Days NSS National Level Webinar on
"Prioritizing Nutrition among City Students; Khane ko Pehechano!"

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 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
4.00 p.m. - 5.30 p.m. (on both days)

Resource Person 1. Mr. Anwar Shaikh, Nutrition Practitioner and Health and Fitness
Coach and Speaker, Proprietor, The Monks of Fitness, Mumbai
Mobile: 9619959707 Email: themonksoffitness@gmail.com
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

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


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Chembur, Mumbai - 400 071.

**Organizing
Team**

Webinar Chairperson: I/C Principal Dr. Eknath Zhrekar
Mobile: 9224151450
Email: eknathzhrekar@mes.ac.in

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

Webinar Co-Chairperson
Dr. Amulya Kumar Acharya
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. B.Com. - 8850368067
Kanchan Ghagh S.Y. B.Com. - 9769473892
Tasmiya Shaikh F.Y. B.Com. - 9136726352

**No of
Beneficiary**

Approximately 2000 participants on YouTube


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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

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 Zhrekar 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. Tushar Pawar introduced the resource person Mr. Anwar Shaikh, Nutrition Practitioner and Health and Fitness Coach and Speaker, Proprietor, The Monks of Fitness.

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.

DAY 2: 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.


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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.

Ms. Madhuri explained with the help of a power point 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.

The question answer session was handled by Asst. Prof. Tushar Pawar and Ms. Parveen Arif. Dr. D. N. Gaikwad, Registrar University of Mumbai addressed the gathering and congratulated the organizers for an excellent Poshan Pakhwada 2021 event.

Concluding remarks were given by Mr. Nikhil Karkhanis, Mulund College of Commerce, NSS, District Coordinator, Central Suburban and Navi Mumbai Zone University of Mumbai.

The vote of thanks was proposed by Mrs. Kanchan Lotale, Gurukul College of Commerce, NSS Area Coordinator, University of Mumbai.

The event ended with the national anthem.


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NSS WEBINAR ON "TWO WHEELS ONE LIFE – SAFE RIDER TRAINING SESSION"

Name of the Event NSS Webinar on "Two Wheels One Life - Safe Rider Training Session"

Organized by The NSS unit of the college organized the event. It was an initiative of United Way Mumbai under the aegis of United For Road Safety, Supported by FiA FOUNDATION, Managed by Global Road Safety Partnership

Objective of the session A three hour training session on road safety for two-wheeler riders. To inform students about the danger and risk involved in negligent riding. To understand the importance of safe riding.


Resource Person Mr. Cyril Gaikwad, Trainer for United Way Mumbai, Mr. Rohit Dalvi, Trainer Partner for United Way Mumbai

Date & Time of the Program 31st July, 2020 at 3.00 p.m. - 6.00 p.m.

Venue Zoom Webinar
Date & Time: 31st July, 2020 at 2.30 p.m. to 6.00 p.m.
United Way Mumbai is inviting you to a scheduled 2W1L - Safe Rider Training on Zoom meeting
Join Zoom Meeting:
<https://zoom.us/j/99594247084?pwd=UXJzYnRNUmJUZWV0V2pveHpFbGxRUT09>
Meeting ID: 995 9424 7084 Passcode: 415002

No. of Participants 97 students of MNDC registered for the event

No. of Beneficiary 97 MNDC students, NSS POs and teachers


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NSS Webinar on "Two Wheels One Life – Safe Rider Training Session" started on time. NSS Leader Laxman Suwasia welcomed the resource persons, Principal, teachers and participants. In his opening remarks NSS Leader expressed the importance of Safe

Riding and the need for a training session. He introduced the resource persons Mr. Cyril Gaikwad and Mr. Rohit Dalvi who were trainers and also experienced and trained riders. The session began with a pre-training quiz where the awareness level of the participants was captured. Mr. Rohit Dalvi made a lucid presentation which was packed with videos, pictures, statistics and facts, about the common mistakes committed by two-wheeler riders. The rules for safe riding were clearly put out and all the facts were delivered clearly. A variety of topics ranging from road rules, safety rules, how to purchase a helmet, importance of a helmet, driving and road symbols and their meaning, driving language, what causes accidents, drunken driving, mobile phones cause accidents while driving etc. Every fact was presented with a video and real life examples. They explained how speeding can be risky. All the DO's and Don'ts regarding two-wheeler driving was clearly explained with illustrations.

The session was interactive and students were invited to ask questions as the training progressed. The students were given a post-training quiz which they had to take. The objective of this quiz was to assess the knowledge gained by the students post the training session. They filled a feed-back form and received certificates of participation.

NSS Leader Laxman Suwasia proposed the vote of thanks after which the National Anthem was played. The training programme ended with grid photographs taken of participants.

NSS Programme Officers Dr. Anaya Markandeya, Dr. Lata Krishanan and NSS Team Teacher Support Ms. Parveen Arif worked together with the NSS Leaders and volunteers to conduct a successful NSS Webinar. United Way Mumbai, the resource persons Mr. Cyril Gaikwad and Mr. Rohit Dalvi was thanked for their contribution. The Management of the College, the College Principal, technical team, Mr. Sanjay Singh for DTP support, teachers and the enthusiastic student participants were acknowledged for their contribution to the successful event.


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

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.

Ms. Madhuri explained with the help of a power point 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.

The question answer session was handled by Asst. Prof. Tushar Pawar and Ms. Parveen Arif. Dr. D. N. Gaikwad, Registrar University of Mumbai addressed the gathering and congratulated the organizers for an excellent Poshan Pakhwada 2021 event.

Concluding remarks were given by Mr. Nikhil Karkhanis, Mulund College of Commerce, NSS, District Coordinator, Central Suburban and Navi Mumbai Zone University of Mumbai.

The vote of thanks was proposed by Mrs. Kanchan Lotale, Gurukul College of Commerce, NSS Area Coordinator, University of Mumbai.

The event ended with the national anthem.

PRINCIPAL

NSS WEBINAR ON “TWO WHEELS ONE LIFE – SAFE RIDER TRAINING SESSION”


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

Name of the Event NSS Webinar on "Two Wheels One Life - Safe Rider Training Session"

Organized by The NSS unit of the college organized the event. It was an initiative of United Way Mumbai under the aegis of United For Road Safety, Supported by FIA FOUNDATION, Managed by Global Road Safety Partnership

Objective of the session A three hour training session on road safety for two-wheeler riders. To inform students about the danger and risk involved in negligent riding. To understand the importance of safe riding.

Resource Person	Mr. Cyril Gaikwad, Trainer for United Way Mumbai, Mr. Rohit Dalvi, Trainer Partner for United Way Mumbai
Date & Time of the Program	31st July, 2020 at 3.00 p.m. - 6.00 p.m.
Venue	Zoom Webinar Date & Time: 31st July, 2020 at 2.30 p.m. to 6.00 p.m. United Way Mumbai is inviting you to a scheduled 2W1L - Safe Rider Training on Zoom meeting Join Zoom Meeting: https://zoom.us/j/99594247084?pwd=UXJzYnRNUmJUZWVvV2pwvHpFbGxRUT09 Meeting ID: 995 9424 7084 Passcode: 415002
No. of Participants	97 students of MNDC registered for the event
No. of Beneficiary	97 MNDC students, NSS POs and teachers


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NSS Webinar on "Two Wheels One Life – Safe Rider Training Session" started on time. NSS Leader Laxman Suwasia welcomed the resource persons, Principal, teachers and participants. In his opening remarks NSS Leader expressed the importance of Safe Riding and the need for a training session. He introduced the resource persons Mr. Cyril Gaikwad and Mr. Rohit Dalvi who were trainers and also experienced and trained riders. The session began with a pre-training quiz where the awareness level of the participants was captured. Mr. Rohit Dalvi made a lucid presentation which was packed with videos, pictures, statistics and facts, about the common mistakes committed by two-wheeler riders. The rules for safe riding were clearly put out and all the facts were delivered clearly. A variety of topics ranging from road rules, safety rules, how to purchase a helmet, importance of a helmet, driving and road symbols and their meaning, driving language, what causes accidents, drunken driving, mobile phones cause accidents while driving etc. Every fact was presented with a video and real life examples. They explained how speeding can be risky. All the DO's and Don'ts regarding two-wheeler driving was clearly explained with illustrations.

The session was interactive and students were invited to ask questions as the training progressed. The students were given a post-training quiz which they had to take. The objective of this quiz was to assess the knowledge gained by the students post the training session. They filled a feed-back form and received certificates of participation.

Venue	Social Media carried the Quiz
No. of Participants	106 students took the quiz until 22nd June, 2020
Objective of the session	To thank and acknowledge and celebrate the contribution of Blood Donors. To bust myths regarding blood donation and to present facts about it, thereby motivating people to donate blood. 'Safe Blood Save Lives'
No. of Beneficiary	106 students took the online quiz on Blood Donor Awareness and received certificates of participation for the same

The MNDC NSS Unit organized a Online Quiz to mark the celebration of World Blood Donor Day on 14th June, 2020.

An online quiz using google forms was created with 10 questions on the topic Blood Donation. The questions aimed at celebrating and commending the contribution made by blood donors. It busted myths and presented facts regarding blood donation. It was a good mix of easy, difficult and technical questions.

The online quiz was released in the WhatsApp group of the students of MNDC and shared in the NSS official group of the college. This quiz was released in the NSS WhatsApp group of the Mumbai University.

NATIONAL LEVEL WEBINAR ON "ACTIVITIES POST COVID-19 LOCKDOWN, NSS & NCC, THE ROAD AHEAD..."

Name of the Event	National Level Webinar on "Activities Post Covid-19 Lockdown, NSS & NCC, The Road Ahead..."
Organised by	The NSS and NCC Units of Mahatma Night Degree College of Arts and Commerce Jointly with N.G. Acharya & D. K. Marathe College of ASC, Chembur and Mulund College of Commerce, Mulund
Chief Guest	DCP Manjunath Singe, Mumbai Police
Resource Person	NSS DO District Officer, Central suburban and Navi Mumbai Region Asst. Prof. Nikhil Karkahnis from Mulund College of Commerce, Mulund Captain Dr. Sunil Kadam, NCC Incharge, N. G. Acharya & D. K. Marathe College of ASC, Chembur
Date &	22nd June, 2020 11.00 a.m. to 1.00 p.m.

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Time of the Program

Venue Webinar Link
Join Zoom Meeting
<https://zoom.us/j/97441610673?pwd=YVdDNzBrYkM2Yk1wYXdrVjVGOFB4UT09>
Meeting ID: 974 4161 0673
Password: 5GYJgb
Click here for registration: <https://forms.gle/yXYSuRDEdc1g3S1j8>
Open this link to join event WhatsApp Group:
<https://chat.whatsapp.com/B7jwSjZ2odqEUuenaDiObpU>

No. of Participants Over 500 participants through Zoom meet joined the webinar.

Objective of the session The Covid-19 pandemic and the lockdown period has posed new challenges not only for curricular activity but also for co-curricular and extra-curricular activities. The uncertainty and economic slow down has lead to stress, anxiety and depression. Due to unemployment and poverty we see a rise in the incidents of crime in society. Thiefs, conne men and gangsters are doing the rounds.. Our enemy is not just this spreading Corona virus but the many evils that have emerged from it. We are in a dilemma! To make things worse we have attacks on our national boundaries.

This webinar aimed at understanding the problems specific to the implementation of NSS and NCC activities in these times of tension, social distress and social distancing.

The webinar started with the Mumbai University Song followed by the Opening Remarks made by Associate Professor Dr. Lata Krishnan NSS Programme Officer and NCC Incharge of Mahatma Night Degree College of Arts and Commerce, Chembur.

Principal Dr. Padma Rangan made the welcome address and the collaborating college Principals Dr. Vidya Gouri Lele, Principal of N. G. Acharya & D. K. Marathe College of ASC Chembur and Dr. Sonali Pednekar, Principal addressed the gathering.

The Chief Guest for the event was DCP Manjunath Singe, Mumbai Police. Currently being in the thick of things he shared with us ground realities that set the background for the theme of our webinar.

Very clearly he said that the Covid-19 pandemic is here to stay and that India has not yet hit the peak. The unlockdown phenomenon has caused new challenges and the

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police are finding it very difficult to maintain law and order during these difficult and confusing times.

He narrated the incidents of migrant labour in Bandra station and the challenges the police department had to face. While giving us a clear picture of the situation he welcomed the NSS volunteers and NCC cadets to join the police force in linking the haves and have-nots so that help is received by the needy and the those who want to help get the correct target audience. While concluding he revealed that he too was tested positive for Covid-19 and was in quarantine. His words inspired us and we commended him and his team, the police force for being true Covid-19 Warriors!


The NSS song and NCC song were played before the NSS and NCC segments of the webinar Our Resource Persons NSS DO District Officer Central Suburban and Navi Mumbai, Asst. Prof. Nikhil Karkhanis of Mulund College of Commerce, covered the NSS domain. He made a power point presentation where he listed out NSS activities during the Covid-19 lockdown period and also listed projects that NSS volunteers could take up post the Covid-19 lockdown period. Very interesting projects of engaging school children with online games. Engaging with the old, elders in the neighbourhood (community) by reaching out to them, running errands, talking to them, were a few interesting projects among several others that he explained in his presentation.

Captian Dr. Sunil Kadam of N. G. Acharya & D. K. Marathe College, covered the NCC domain. He clearly explained how the discipline and unity of NCC would be very useful during this time of distress. Since the NCC cadets are trained it is very easy to incorporate them in the Covid-19 warriors team along with the police force.

The webinar ended with a question answer session, summary made by Asst. Prof. Rajeev Bhatt of N. G. Acharya & D. K. Marathe College of ASC Chembur. The vote of thanks was proposed by Ms. Parveen Arif. The National Anthem was played.

WEBINAR ON DISASTER MANAGEMENT ON 3RD FEBRUARY, 2021

Name of Event	Webinar on Disaster Management on 3rd February, 2021 - NSS Activity
Organized by	NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur Mumbai - 71
Objective of session	The Disaster Management webinar gave the students an understanding of how disasters happen and presented the strategies, methods and techniques for preparing to face


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disasters and manage them ensuring minimum damage of material and loss of life.

Resource Person	Asst. Prof. Ms. Vani Achari
Date & Time of Program	Wednesday 3rd February, 2021 7.00 p.m. to 8.50 p.m.
Audience	Webinar organised for all the students of MNDC F.Y.B.Com, S.Y.B.Com. and T.Y.B.Com.
No of Participants	68 students
Event Coordinator	NSS PO Assoc. Prof. Dr. Lata Krishnan
No of Beneficiary	68 students of MNDC

Asst. Prof. Ms. Vani Achari explained the meaning of the term Disaster Management. There was an interesting discussion on whether the Covid-19 pandemic could be defined as a disaster or a global health crisis. The resource person gave a detailed presentation on the types of disasters and explained the concept of Biological warfare. Videos of how to help ones self and others in a disaster situation were shown. This gave the audience a clear picture of the do's and don'ts during a disaster. First aid kit and what goes into it. Storing food (dry fruits) and water and the importance of team work during a disaster.

After the opening remarks by the convener of the session NSS PO Dr. Lata Krishnan, NSS PO Dr. Anaya Markandeya introduced the Chief guest and the national anthem was played at the end of the session.

Interactive session – Powerpoint presentations, videos and sharing of real life disaster management stories, techniques and methods of managing disasters gave the students an opportunity to learn, think, interact and ask questions

UNITED FOR ROAD SAFETY PROJECT ON 5TH & 8TH FEBRUARY, 2021

Name of Event	United for Road Safety Project on 5th & 8th February, 2021 NSS Activity
Organized by	NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur Mumbai - 71
Objective of session	To spread the message of Road Safety and to mark the Road

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Venue Ground floor multipurpose hall of the college campus

No of Participants 25 NSS Volunteers

No of Beneficiary 25 NSS Volunteers

The theme for National Youth Day was "Channelizing Youth for Nation Building"

Dr. Lata Krishnan volunteered to be the resource person for the event.


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.

She announced a poster making competition, video making competition and Wall of life activity.

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.

25 volunteers enthusiastically participated in the poster making competition and 5 videos were prepared and submitted on the theme "Aids Awareness" by the volunteers.

The event ended with group photographs. Volunteers proudly stood with their posters and shared their message on Aids Awareness.


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NSS Leader Laxman Suwasia proposed the vote of thanks after which the National Anthem was played. The training programme ended with grid photographs taken of participants.


NSS Programme Officers Dr. Anaya Markandeya, Dr. Lata Krishanan and NSS Team Teacher Support Ms. Parveen Arif worked together with the NSS Leaders and volunteers to conduct a successful NSS Webinar. United Way Mumbai, the resource persons Mr. Cyril Gaikwad and Mr. Rohit Dalvi was thanked for their contribution. The Management of the College, the College Principal, technical team, Mr. Sanjay Singh for DTP support, teachers and the enthusiastic student participants were acknowledged for their contribution to the successful event.

BLOOD DONATION CAMP

Name of the Event	NSS Blood Donation Camp
Organized by	NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur in association with J.J. Mahanagar Blood Bank, Byculla, Mumbai
Objective of the session	Blood Donation Camp - Collection of maximum units of blood was the objective of this camp
Contact Person	Mrs. Neeta Dange, P.R.O., J.J. Mahanagar Blood Bank, Byculla, Mumbai
Date & Time of the Program	6th November, 2020 at 2.00 p.m. - 8.00 p.m.
Venue	Mobile air conditioned blood donation van was parked near Diamond Garden, Chembur, Mumbai 400 071
No. of Participants	50 participants. (10 NSS Volunteers, 6 technicians including P.R.O.) One NSS Programme Officer and 33 students volunteering to donate blood.

Since the Covid-19 lockdown did not allow for a blood donation camp to be organized in campus, the NSS unit of the college organized a mobile blood donation camp on Friday 6th November, 2020 from 2.00 p.m. to 8.00 p.m. The J.J. Mahanagar Blood Bank brought an air conditioned mobile van where donors could very comfortably donate blood.

The team from J.J. Mahanagar Blood Bank comprised of P.R.O. Mrs. Neeta Dange, One doctor and 4 technicians. They were supported by 10 NSS volunteers who put up


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banners marking the Blood Donation Camp. Placards were held by volunteers directing people towards the camp.

The Covid-19 Pandemic posed challenges to the Blood Donation activity as donors were sceptical regarding the safety factor during blood donation. This is a sad predicament inspite of the fact that blood units are of utmost requirement in these difficult times of medical emergencies.

Students from College, friends and outsiders visited the camp and volunteered to donate blood. After checking and following SOP for blood donation, units of blood were collected.

12 units of blood were collected in all during the camp. We observed that while over 50 persons volunteered to donate blood only 12 people could succeed in the activity. This was because most of the girls who came forward were anaemic. Many of the boys and girls had low blood pressure. Many students were under-weight. Some of them were on medication and recovering from illness etc.


During the camp we received calls and messages of commendation from the Principal, teachers, students and MU NSS Director Shri. Sudhir Puranik. Puranik Sir said, "Every unit of blood collected is precious during this Covid-19 Pandemic period, Well done Mahatma Night Degree College NSS Volunteers!"

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

The J.J. Mahanagar Blood Bank awarded a certificate of appreciation to the NSS Unit of the college, which the NSS Leader Laxman Suwasiya received along with the team of volunteers. It was a moment of joy and gratification of a NSS Blood Donation Camp successfully completed.

BLOOD DONOR AWARENESS QUIZ: WORLD BLOOD DONOR

Name of the Event	Blood Donor Awareness Quiz: World Blood Donor Day
Event Type	Online Quiz quiz organized by the MNDC NSS Unit
Date & Time of the Program	15th June, 2020 The online quiz was released on social media. WhatsApp carried the quiz to the students and community


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	Safety month
NGO Partner	Partnered with United Ways
Date & Time of Program	5th and 8th February, 2021 8.30 a.m. to 11.00 a.m. on both days
Audience	The traffic (drivers of heavy and light vehicles on Sion Trombay Road, Chembur Naka, Chembur, Mumbai - 7 and pedestrians)
No of Participants	32 NSS volunteers (16 volunteers each day)
Event Coordinator	NSS PO Assoc. Prof. Dr. Lata Krishnan
No of Beneficiary	32 NSS volunteers helped to disseminate the message to numerous passers by on the busy Sion Trombay highway.

The Road Safety Project marked the Road Safety month by participating in a live projects on 5th and 8th February, 2021 an active road safety campaign. NGO Partner United Ways brought to us the UNITED FOR ROAD SAFETY PROJECTS giving us the opportunity to spread the message of road safety.

16 NSS volunteers of Mahatma Night Degree College gathered on the busy Sion Trombay highway at Chembur Naka with placards, neon jackets and banners to disseminate the message of road safety.

United for Road Safety Project – Day 1. Road Safety Message disseminated from 8.30 a.m. to 11.00 a.m. on 5th February, 2021. Placards displayed and demonstrations made on the busy Chembur Naka junction spreading the message of Road Safety.

United for Road Safety. Day 2. Road Safety Project. Road Safety Message disseminated from 8.30 a.m. to 11.00 a.m. on 8th February, 2021.

Placards displayed and demonstrations made on the busy Umarshi Bappa Chowk, Near Guru Prasad Bar, Sion Trombay Road, Chembur, Mumbai-71, spreading the message of Road Safety.

E-WASTE COLLECTION DRIVE ON 6TH FEBRUARY, 2021

Name of Event

E- Waste Collection Drive - An NSS Activity

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Organized by	NSS Unit of Mahatma Night Degree College of Arts and Commerce, Chembur Mumbai - 71
Objective of session	To make the E-Waste Free Environment
Partner	MCGM
Date & Time of Program	E-Waste Collection Drive on 23rd January, 2021 to 5th February, 2021 Submission of collection on 6th February, 2021
No of Participants	11 NSS volunteers
Event Coordinator	NSS PO Asst. Prof. Dr. Anaya A. Markandeya

NSS Unit of University of Mumbai with MCGM declared an E-Waste Collection Drive between 23rd to 30th January, 2021. NSS Units of colleges under University of Mumbai were instructed to collect the maximum E-Waste from home, neighbours, areas adhering to the Social Distancing Rules. 11 NSS volunteers of Mahatma Night Degree College collected 500 grams each of E-Waste and kept with themselves. On 4th February, 2021 as per the directions of District Coordinator the E-Waste was submitted at Shree Narayan Guru College, Chembur.

Due to short notice three volunteers could submit the E-Waste by 9.30 a.m. at the college. Total three kgs of E-Waste was submitted by the volunteers. Mr. Laxman Suwasiya coordinated led the project successfully.

NATIONAL YOUTH DAY CELEBRATIONS ON 12TH JANUARY, 2021


Name of the Event National Youth Day Celebrations

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 3.00 p.m. to 7.00 p.m.



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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 -:	<p>Webinar link</p> <p>To join the video meeting, click this link: https://meet.google.com/wny-pmk-z-umk</p> <p>Otherwise, to join by phone, dial +1 631-898-6482 and enter this PIN: 399 751 548#</p> <p>WhatsApp link to receive the link and feedback form</p> <p>Open this link to join my WhatsApp Group: https://chat.whatsapp.com/GfkzXj1bLz5J4n5XQORDJq W Please join the webinar and benefit from it!</p> <p>Registration is free.</p> <p>Click here for registration: https://forms.gle/MQcMJjrb8EC33mpW6</p>
No of Participants-:	502 participants through Google Meet and YouTube 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.


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	<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 wa vote of thanks proposed bz Ms. Parveen.</p>
No of Beneficiary :-	<p>502 people in the community comprising of NSS volunteers, students, NSS programme officers, teachers, parents etc.</p>


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Yoga for Emotional Balance on 21 June, 2020 (Responses)

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100% \$ 0.00 123+ Detail (Ar...) 10 B

Timestamp	Email Address	Score	FULL NAME
6/20/2020 20:31:34			Taditkulufut
6/20/2020 20:51:51			Sanjay S. Marwaha
6/20/2020 21:53:42			PIJA SINGH
6/20/2020 22:18:08			Sanjay Shingha
6/20/2020 23:27:19			Shiny Radhakrishna
6/21/2020 0:04:00			soham Hawam
6/21/2020 4:35:00			Caikwan Soma Bai
6/21/2020 7:12:01			Anny Sadanand An
6/21/2020 8:25:05			Taruney Gaurav
6/21/2020 11:24:24			Shrutika Survasa
6/21/2020 11:24:33			Shrutika Survasa
6/21/2020 11:24:47			Shrutika Survasa
6/21/2020 11:24:51			Shrutika Survasa
6/21/2020 11:48:50			Priya chhaganlal kord


**Plus 312 participants who joined in live on YouTube
(figure shared by Management)**

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190 + 312 = 502 participants for Yoga Day webinar




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(NAAC Accredited B++ Grade 2 49 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 Anif
Event Co-Coordinator



Dr. Padma Rajan
Principal

Mahatma Education Society's
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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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2019-20

POSTER EXHIBITION AND STREET PLAY – AIDS AWARENESS

Name of Event Poster Exhibition and Street Play - Aids Awareness

Date & Time of Program 10 December, 2019

Venue Multipurpose Hall, Ground Floor MNDC Campus Time: 6.30 p.m. to 9.15 p.m.

No. of Participants 58 NSS volunteers put up the exhibition and street plays.

All the students of the Night college visited the Poster Exhibition and saw the street plays. Night Junior College, Std. XII, Degree College students of F.Y.B.Com., S.Y.B.Com. and T.Y.B.Com. Approximately 400 students.

Objective The objective was HIV AIDS Awareness

Brief Report of Program

As part of the Aids Awareness Fortnight Activities of the NSS unit of the college, the RRC Red Ribbon Club of the college organized a Poster Exhibition and Street Play in the college from 6.30 p.m. to 9.15 p.m. Aids Awareness Posters made by the NSS volunteers were exhibited in the ground floor multipurpose hall for all to see. Along with the Aids Awareness Poster Exhibition the NSS volunteers enacted street plays on Aids Awareness. All the students of the college were brought down in turn to the venue to see the exhibition and street plays.

No. of Beneficiary 58 NSS volunteers organized the event and 400 students benefited from it.

Chhela

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POSTER MAKING COMPETITION ON AIDS AWARENESS

Name of Poster Making Competition on Theme: Aids Awareness

Event

Date & Time 10th December, 2019 Time: 4.00 p.m. to 6.00 p.m.

of Program

Venue Room No. 403


No. of 52 NSS volunteers

Participants

Objective Spread awareness on HIV AIDS

Brief Report of Program As part of the AIDS Awareness Fortnight activities of 2019 the RRC Red Ribbon Club of the college organized a Poster Making competition on 10th December 2019 from 4.00 p.m. to 6.00 p.m. in Room No. 403 for the NSS volunteers of the college. The theme of the completion was Aids Awareness. Students were given drawing paper to make posters. They brought their own drawing material like colours, pencils etc. The 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 from contracting HIV AIDS.

No. of 52 NSS volunteers
Beneficiary


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POSTER MAKING COMPETITION

Name of Event of Poster Making Competition

Date & Time of Program 25th September, 2019 from 4 p.m. to 6 p.m.

Venue Room No. 404 , College Campus

No. of Participants 50 NSS Volunteers

Theme Save Environment, Save Electricity & Water

Objective The poster making competition aimed at creating awareness among NSS Volunteers about Environment conservation and optimum use of electricity and water resources.

Brief Report of Program The poster making competition was held at Room Number 404 from 4 p.m. onwards. The drawing papers were provided by the College and NSS Volunteers brought their own colours. All of them drew pictures on the given theme in order to create awareness among all the college students about the issue. Later, their posters were displayed on the ground floor for college students.

No. of Beneficiary 50 NSS Volunteers plus other college students

View NSS Week Celebration Feedback (.pdf version)


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**GANPATI VISARJAN PROJECT – ANANTH CHATURDASHI ON THURSDAY, 12TH
SEPTEMBER, 2019**

Name of Event Ganpati Visarjan Project

Date & Time of 12th September, 2019 from 4 p.m. to 9 p.m.

Program

Venue Teen Talav, Chembur Mumbai

No. of Participants 30 NSS Volunteers

Objective


The Ganpati Visarjan project aimed at assisting the Chembur Police in traffic management during the crowded Ananth Chaturdashi festival day. The students got an opportunity to participate in crowd management and diverting traffic thereby assisting not only the Ganpathi bhakts but also the residents of living in and around the Teen Talav.

Brief Report of Program

The NSS volunteers assembled in the college premises at 4.00 p.m. and took attendance. Then they walked out in a line towards the visarjan are in Teen Talav. This is located behind the college. The NSS Leader positioned NSS volunteers in strategic positions across the road and near the talav to help direct traffic in an orderly manner. They worked in tandem with the Chembur police and served the community in a effective manner.

No of Beneficiary

30 NSS Volunteers who learned the importance of serving community. The numerous ganpati bhakts who came in for visarjan and all the residents around Teen Talav Chembur, Mumbai


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BLOOD DONATION RALLY

Name of Blood Donation Rally

Event

Date & Time 23rd September, 2019 from 4 p.m. to 6 p.m.

of Program

Venue Siddharth Colony


No. of 50 NSS Volunteers

Participants

Objective The blood donation awareness rally aimed at creating awareness among the residents of Siddharth colony about need and importance of blood donation.

Brief Report of Program The NSS program officer Asst. Prof. Harsh Shukla along with 50 NSS Volunteers started blood donation awareness rally at Siddharth colony by 4 p.m. Students distributed the pamphlet of blood donation camp on 24th September, 2019 at college premises. They shouted the slogans of "Rakt Dan he Shreshth Dan Hai" and performed a street play showing the importance of blood donation.

No. of 50 NSS Volunteers & Residence of Siddharth colony
Beneficiary


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BLOOD DONATION CAMP

Name of Event of Blood Donation Camp

Date & Time of Program 24th September, 2019 from 3 p.m. to 9 p.m.

Venue College Campus

No. of Participants 120 NSS Volunteers plus blood donors

Name of Blood Bank J.J. Mahanagar Blood

Objective The blood donation camp aimed at collecting blood from the NSS volunteers and the residents of Siddharth colony & donate it to the needy patient of J.J. Hospital.

Brief Report of Program The blood donation camp was organised in association with J.J. Mahanagar Blood Bank. The blood donation camp started at 3 p.m. under the supervision of expert doctors from the blood bank team. All NSS Volunteers who were above 18 years of age and 50kg of weight donated the blood. Few resident of Siddharth colony also came for the blood donation. 55 units of blood collected in the blood donation camp.

No. of Beneficiary All NSS Volunteers and J.J. Mahanagar Blood Bank


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SAVE ELECTRICITY & SAVE WATER CAMPAIGN

Name of Event Save Electricity & Save Water Campaign

Date & Time of Program 26th September, 2019 from 6 p.m. to 8 p.m.

Venue College Campus

No. of Participants 20 NSS Volunteers

Theme Save Electricity & Water

Objective The objective of the program was to create awareness about efficient use of electricity at home and college. Further, information about Jal Shakti Abhiyan was given to students.

Brief Report of Program 20 NSS volunteers pasted the pamphlet of Save Electricity at every college room near electric switches. In addition to this save water pamphlet was pasted near water coolers. NSS volunteers appealed all other volunteers to save electricity and water as they are scare resources. Further, students were given the information about Jal Shakti Abhiyan promoted by our Hon'ble Prime Minister Shree Narendra Modi Ji.

No. of Beneficiary 20 NSS Volunteers plus other college students


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PEACE MARCH RALLY AND CLEANLINESS DRIVE

Name of Peace March Rally at Gurukul College of Commerce & Cleanliness Drive at
Event Kalina Campus

Date & Time 2nd October, 2019 from 7 a.m. to 10 a.m.

of Program

Venue Gurukul College of Commerce, Ghatkopar &

Kalina Campus University of Mumbai

No. of 13 NSS Volunteers

Participants

Objective The objective of the program was to celebrate 150 birth anniversary of Mahatma Gandhi.

Brief Report of Program In order to celebrate 150 birth anniversary of Mahatma Gandhi University of Mumbai organised cleanliness drive at Kalina Campus. NSS Unit of Mahatma Night Degree College sent 3 volunteers to take part in the event. Further, on the same day peace rally was organised by Gurukul College of Commerce. 10 NSS Volunteers along with NSS PO Asst. Prof. Harsh Shukla participated in the peace rally. The rally started at 8 a.m. and covered 2 km area of Ghatkopar. There were 100 NSS volunteers from different colleges in the rally. Students were singing the Bhajan of Raghupati Raghav Raja Ram during the rally. The rally was over at 9.30 p.m.

No. of 100 NSS Volunteers
Beneficiary


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STREEMUKTI 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 StreeMukti 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 8:15 p.m. 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 StreeMukti 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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TREE PLANTATION 2019-20

NSS Unit of Mahatma Night Degree College conducted Tree Plantation Drive at Franav Farms, Apta Phata, Rasayani on 18th July, 2019. Lions Club of Deonar sponsored 25 saplings which included Neem, Jamun and other plant varieties. These saplings were brought from Juhu on 16th July. Further, Dr. Lata Krishnan requested Mr. Rajesh Pillai from Panvel campus to transport it to Franav Farms in Mahatma Education Society's School Bus which can reduce transport cost. Mr. Rajesh Pillai supported for the noble cause and helped us to transport the tree sapling to Franav Farms on 17th July, 2019. Mr. Padmakshan who look after the activities at Franav Farms supported us by ensuring all the equipment required for sapling plantation will be provided at the farm. NSS Program Officer Asst. Prof. Harsh Shukla along with 20 NSS Volunteers visited the Franav Farm at 1 p.m. on 18th July. The care taker of Franav Farms Upendra greeted us. NSS Volunteers drank water and after that Upendra gave the volunteers all the necessary equipment for sapling plantation. Mr. Upendra showed us the places earmarked for sapling plantation. NSS volunteers were happily engaged in the activity. They said that it gave them an immense satisfaction that they were planting tree saplings for the first time in their life. There was a tea break for 5 minutes at 3 p.m. The activity completed at 4.30 p.m. After freshen up we left the for Chembur at 5 p.m. Mr. Upendra promised us that he will take care of the saplings. This was one of the main objective of our NSS unit that we make sure that plant must survive after tree plantation activity and therefore the activity was conducted at Franav Farms.


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PANEL DISCUSSION ON NATIONAL YOUTH POLICY 2019

Name of the Event	Panel Discussion on National Youth Policy 2019
Date & Time of the Program	18th January, 2020
Venue	TISS Deonar, Mumbai
No. of Participants	05
Objective	<ol style="list-style-type: none">1. To create awareness about national youth policy.2. To encourage students to understand role of youth in the society.
No. of Beneficiary	05

District Co-ordinator Prof. Nikhil Karkhanis had instructed to depute five NSS Volunteers for the Panel Discussion on National Youth Policy 2019. The program was organised by TISS centre for life long learning. Five NSS volunteers reached at TISS at 9 p.m. They carefully listened to the discussion and asked various queries from the experts. Volunteers were happy that they got an opportunity to attend such a program and meet eminent personalities at TISS.


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DISASTER MANAGEMENT WORKSHOP ON 17TH SEPTEMBER, 2019

Name of Disaster Management Workshop

Event

Date & Time 17th September, 2019 from 4.00 p.m. to 6.00 p.m.

of Program

Venue Room No. 404 and Ground Floor Hall in College Campus

No. of 140 NSS volunteers and 100 non-volunteers

Participants

Name of Asst. Prof. Ms. Vani Achari of Pillai College of Education and Research,
Resource Chembur
Person

Objective The objective of the workshop was to orient students about the types of disasters and the readiness to face them. They were shown techniques to fight disasters.

Brief Report Resource Person Asst. Prof. Ms. Vani Achari made a power point
of Program presentation giving vivid explanation of various types of disasters. She gave help line numbers and addresses for students to contact incase they need help. She showed videos to explain how to fight disasters. Common sense and presence of mind is necessary to fight disasters. The session was interactive and interesting.

No. of 240 students of Mahatma Night Degree College of Arts and Commerce,
Beneficiary Chembur


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POSHAN ABHIYAN AWARENESS DRIVE

Name of Poshan Abhiyan Awareness Drive

Event

Date & Time 27th September, 2019 from 6 p.m. to 8 p.m.

of Program

Venue College Campus

No. of 20 NSS Volunteers

Participants


Theme Poshan Abhiyan

Objective The objective of the program was to promote Poshan Abhiyan started by the Government of India.

Brief Report of Program The Government of India started Poshan Abhiyan to promote nutritious food in the diet of an individuals. NSS Volunteers were given information about Poshan Abhiyan and the study material of the program was shared with them. They were instructed to spread the awareness among others about Poshan Abhiyan.

No. of 20 NSS Volunteers plus other college students

Beneficiary


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SETTING UP A LIBRARY FOR ADOPTED AREA

Name of Event Library setup for students of Varavna Ashram Shala, Pen

Date & Time of Program 28th September, 2019 from 7.00 a.m. to 4.00 p.m.

Venue Varavane Ashram Shala, Pen

Shasakiya Ashram Shala, Pen


No of Participants 140 NSS volunteer, 2 programme officers and one NSS committee member, Principal Mr. Bhaskar Thube Sir, Principal of Mahatma Jr. College of Education, Chembur

Theme Promote Reading habit among school children

Objective Provide reading material for students of a tribal school in Varavane by setting up a library in the school.

Brief Report of Program 140 NSS volunteers donated their own books, (Hindi and Marathi books) that were in good conditions. Over 70 books were collected and taken to the Varavane Ashram Shala. The books were donated to the students and Principal of the school by a NSS volunteer Prathmesh Pawar of S.Y.B.Com. in the presence of Programme Officers Asst. Prof. Harsh Shukala, Assoc. Prof. Dr. Lata Krishnana and Principal Mr. Bhaskar Thube

No. of Beneficiary 400 students of Varavane Ashram Shala and 140 NSS volunteers of the college.



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2019-20

VISIT TO NATIONAL ASSOCIATION FOR THE BLIND

Name of the Event	NSS Area Level Event – Visit to National Association for the Blind
Date & Time of the Program	23rd January, 2020 at 10 a.m. to 12 p.m.
Venue	National Association for the Blind, Worli
No. of Participants	48 NSS Volunteers
Objective	1. To inculcate the value of social awareness 2. To make them understand the problem of blinds.
Name of the NGO	National Association for the Blind (NAB)
No. of Beneficiary	48 NSS Volunteers

NSS unit of Mahatma Night Degree College of Arts & Commerce organised an area level program to visit National Association for the Blind at Worli sea face. Six different colleges namely Shree Narayan Guru College of Commerce, K.J. Somaiya College, Gurukul College of College, Anna Leela Bunds College, Don Bosco College etc. participated in the event. Asst. Prof. Harsh Shukla and Dr. Lata Krishnan along with NSS volunteers reached at NAB at 10 a.m. Ms. Nima a volunteers of NAB guided us about various activities of NAB. She explained how braille writing script used by visually impaired persons. NAB is involved with creating braille study content, audio clips etc. she showed us the machine and technical set up used for the creation of braille books for the blinds. At 11:30 a.m., NSS Volunteers took group photographs outside the NAB as no photograph was allowed inside the NAB. NSS unit of Mahatma Night Degree College donated Rs. 1000/- to NAB.


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COVID-19 ACTIVITY

Name of the College

Name of the Principal

Names of the POs

College Code No.

Mahatma Night Degree College of Arts and Commerce, Chembur

Dr. Padma Rangan

1. Asst. Prof. Harsh Shukla

2. Assoc. Prof. Dr. Lata Krishnan

C-03



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During the Covid-19 lockdown period of two months from end of March 2020 till end of May 2020 the NSS volunteers of Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai-71 participated in the following projects:

1. **Project Arogya Setu:** The first project taken up during the Covid-19 lockdown period was "Downloading the Arogya Setu App". The NSS volunteers of the college downloaded the Arogya Setu App on their smart phones and disseminated the importance and need of this app on the mobile phones. They personally helped members of the community download this app and spread awareness regarding it.
2. **Project Covid-19 Awareness YouTube Video:** The NSS volunteers took to social media and created a "Covid-19 Awareness video: Stay Home Stay Safe". The video depicted the fact that India and the rest of the world

had been struck by the Covid-19 pandemic and that we had to be prepared to fight it. Knowledge is power and we have to know what we are dealing with, when it is the Covid-19 virus!

3. **Project Partnering with NGOs to help the community:** NSS volunteers of Mahatma Night Degree College partnered with NGOs to help their immediate community. NSS volunteers participated with the NGO Vikas Samajik Kamgar Seva Sanstha, Nehru Nagar, Chembur-71. The volunteers were given identity cards and worked shoulder to shoulder with NGO members, taking all precautions and adopting social distancing.
4. **Project Feeding Street Dogs:** The Covid-19 lockdown left street dogs hungry and thirsty as there was no one to feed them! The MNDC NSS volunteers rallied along to help stray dogs who were hungry and roaming around recklessly on the streets. Food and water was provided to these dogs to give them relief during the Covid-19 lockdown.
5. **Project Covid Awareness Quiz:** The MNDC NSS volunteers participated in the Arogya Setu Covid-19 Awareness Quiz. They received certificates of participation on taking the quiz. They encouraged other, members from the community to take on the quiz to increase awareness regarding Covid-19, ways to stay safe, busting myths and understanding facts. Students created Covid-19 Awareness Quiz using Google Forms and also participated in such quizzes created by students of other colleges.
6. **Project Distribution of Masks:** 300 masks were distributed to the Thakkar Bappa Colony residents located in Chembur, Mumbai. Students purchased masks by taking contributions from friends and family members to help the economically under privileged Thakkar Bappa Colony residents.
7. **Project Webinar for Orientation of NSS Officials and Volunteers on Covid-19:** On 7th May, 2020 the POs of MNDC and the NSS volunteers of


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MNDC participated in the NSS Orientation Webinar organized by MoHFW Ministry of Health and Family Welfare. The webinar link was shared on the MNDC face book page for the NSS volunteers to participate.

8. **Project Help Migrant Labourers:** On 3rd June, 2020 NSS volunteers of MNDC distributed bottles of drinking water and Parle G biscuits to migrant labourers walking on Mumbai Nasik highway. Funds were mobilized through contribution.



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AIDS AWARENESS RALLY 2019

Name of Aids Awareness Rally 2019

Event

Resource Senior Resource Person of MDAC Ms. Savita Kurde

Person

Date & Time 5th December, 2019 Time: 7.00 p.m. to 9.00 a.m.

of Program

Venue Rally was flagged Off from N. G. Acharya College, Chembur

No. of 35 NSS Volunteers of the college


Participants

Objective To spread awareness about HIV AIDS

**Brief Report
of Program**

As part of the Aids Awareness Fortnight activities the RRC Red Ribbon Club of the college participated in a University level Aids Awareness Rally on 5th December, 2019. MNDC NSS volunteers reported to N. G. Acharya College, Chembur to join the mega rally. Colleges from Mumbai Central suburbs all joined in this event with placards and posters spreading awareness on HIV AIDS. The route taken was around the Chembur Market till Diamind Garden Chembur.

No. of 250 NSS volunteers. Community living in Chembur.
Beneficiary


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BHAJAN SANDHYA

Name of Event Bhajan Sandhya 2019

Date & Time of Program 2nd October, 2019 from 2.00 p.m. to 9.00 p.m.

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 150th Gandhi Jayanti. The aim was to recall the Gandhian principles and see their relevance in today's world.

Brief Report of 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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(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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2018-19

2018-19

I SEVEN DAYS SPECIAL RESIDENTIAL CAMP 2018-19 FROM 19TH TO 25TH JANUARY, 2019

NSS Unit of Mahatma Night Degree College organized its Seven Days Special Residential Camp at Mulgaon Village, Badlapur. This was the third year of our camp in this village. In the first year we had undertaken the work of School Walls Painting. In the second year, we had undertaken a major project of Toilet Block Construction in the school premises. This was a third year of NSS camp in the Mulgao village and we had undertaken the work of school wall painting and construction of compost pit in the backyard of the school. Further 'Swatch Bharat' mission program was conducted in the village.

Day 1: 19th January
We started at 9 p.m. with 100 NSS Volunteers and NSS Program Officers Asst. Prof. Harsh Shukla, Asst. Prof. Tushar Pawar and Asst. Prof. Anaya Markandeya from the college as our Principal Dr. Padma Rangan waved the flag for our departure. First instructions were given to the students about dos and don'ts in the campsite. We auspiciously brook the coconut before our departure in front of the bus. Then we left for our camp site. It took 2 hours to reach the camp site. Students were instructed to bring the Tiffin for afternoon lunch. After reaching the campsite students were allotted their respective rooms. Some students were sent to bring kitchen utensils and other stuff for kitchen. In the meanwhile Kitchen grocery also came from the Patel R Mart Badlapur. After the lunch, we divided the students into different six committees. Instructions were given about their committee work. Day 1 was full of adjustment with the campsite and we spent time to understand the premises and work challenges. After dinner at 9 p.m., post dinner briefing was done and everybody slept at 10.30 p.m.


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Day **2:** 20th January


Every one woke up at 5 a.m. in the morning. After the headcount and prayers, they were given 1 hour to fresh up. At 6.30 a.m. everyone gathered for morning exercise except the kitchen committee. The task of the kitchen committee was to make arrangement for the tea and breakfast. Boys were asked to go to the village ground for running while girls did the warm up in the school premises. After warm up and exercise, tea and breakfast was served to the students. Subsequently, groups were made and they were sent to different places for Swatchh Bharat Abhiyan. In the meanwhile the Kitchen committee was busy in their work. A Separate School Wall Painting Committee was made, Rest of the group did the 'shramdaan' and came back at 12 noon. After the shramdaan they went for bath and lunch was served at 1 p.m. After lunch afternoon session was taken by NSS PO Tushar Pawar. Then students were given time for their street play and entertainment preparation. At 5 p.m. tea was served. 8 p.m. dinner was served. After dinner street play and entertainment committee showed their performance. At the end of the review meeting report writing committee gave the report for the 1st day.

Day **3:** 21st January

Every one woke up at 5 a.m. After prayers and freshen up program students went for warm up and exercise. After that tea and breakfast was served. A Select group of students who were not in Wall Painting Committee and Kitchen Committee visited Adhar Institute of Differently abled children. In the afternoon after shramdhan students went for bath which was followed by the lunch. 2 hours were given to the students for street play and entertainment preparation work. In the evening children went to Khandoba Festival Dinner Program and after dinner they also cleaned the premises. Review meeting was kept at 9 p.m. After the review meeting, street play, the entertainment committee performed their plays. Report writing committee gave their report. 10.30 everyone went to bed.

Day **4:** 22nd January


Usual routine remained as it is. Post breakfast student went for the 'shramdhaan' and compost pit committee started their work. In the afternoon resource person on entrepreneurial development came for his session. He took the session for two hours. He explained the different avenues available for students in the entrepreneurial world. Dr. Lata Krishnan joined the camp on this day. After the session tea was served. Students prepared their street plays and acts. In the evening kabaddi match was played between first year and third year boys. In the post dinner session was done and everyone slept at 10.30 p.m.


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Day 5: Day begin with 5 am morning prayers followed by exercise and yoga. A friendly match of 4 over's played in the village ground. In the post breakfast session students cleaned the school premises and school wall painting work was started. Group was formed to write swatchhta slogans on the walls. Accordingly colors were brought for the same. Compost Pit work went on as it is. In the afternoon lunch was served to the students. In the afternoon students were sat for another session on physical disability. In the evening students played dumbsharads game along with teachers. Dinner was served at 8.30 p.m. post dinner session was held and everyone went for sleep at 11 p.m.

Day 6: In the morning everyone woke up at 5 a.m. In the post break fast session students went for shramdaan and compost pit and school wall painting committee completed their work today. Post lunch session students were given little break for one hour and at 3.30 Principal Dr. Padma Rangan visited the camp site. School children performed lechim in front of our principal. Principal Madam observed the camp progress. Dinner was served at 8 p.m. After post dinner session we went for sleep at 10.30 p.m.

Day 7: We woke up at 5 a.m. Select group of students along with Asst. Prof. Harsh Shukla visited Khanderaya Temple on the hill. A group of student in the NSS dress code went to village along with Dr. Lata Krishnan. They distributed chocolates to the villagers and asked them to keep the village neat and clean. After the lunch valedictory function was started. Students were given prizes for their effective work. At 3 p.m. we bid adieu to everyone and left for Chembur.


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II BLOOD DONATION CAMP 2018-19

NSS Unit of Mahatma Night Degree College organised blood donation camp on 21st December, 2018 in association with J. J. Mahanagar Blood Bank. The timing of the camp was from 2 p.m. to 8 p.m. In order to create awareness about blood donation NSS volunteers along with Asst. Prof. Harsh Shukla conducted a rally in the Sidhharth colony and performed the street play. Total 130 participants came for the blood donation while 61 volunteers were able to donate blood. Other participants were rejected because of less weight, low Haemoglobin and in adequate blood pressure. PRO of J. J. Mahanagar Blood Bank gave a appreciation certificate and momento to Dr. Padma Ragan. Each blood donor were given a certificate and a donor card which can be used by them during urgent blood requirement in any government blood bank within Maharashtra. Each Blood donor were given snacks after the blood donation. Group photographs were taken after the completion of the camp.

III ANTI CANCER RALLY

Date: 23rd December, 2018
Place: Shivaji Park, Dadar
Number of Volunteers Participated: 31

NSS cell of University of Mumbai in association with HOSH NGO organized anti-cancer rally at Shivaji Park, Dadar. Around 50 colleges participated in the rally. 31 NSS volunteers actively participated in the above mentioned rally. About 50 cancer patients along with doctors, people from various health care centres participated to make people aware about the benefits of organic food. Further the appeal was made for "No Cancer" with slogans and placards.



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IV AIDS Awareness Rally

NSS Unit of Mahatma Night Degree College participated in the Aids awareness rally held on 1st December, 2018 at N. G. Acharya & D. K. Marathe College, Chembur. Narayan Guru College, Vivekanand College & Mahatma Night Degree College along with N. G. Acharya & D. K. Marathe College jointly organised this rally with more than 150 volunteers. 30 volunteers from Mahatma Night Degree College participated in the rally. The objective of the rally was to create awareness about HIV aids among youth in the society. The rally started at 9 a.m. from Acharya Marathe College and covered the N. G. Acharya Marg & surrounding area of Chembur Station. During the rally students shouted slogans to create the awareness about HIV Aids. The program concluded at 10.30 p.m. and snacks were given to students.

V Bhajan Sandhya

Thirty NSS volunteers of Mahatma Night Degree College of Arts and Commerce, Chembur, along with NSS program officer, Asst. Prof. Harsh Shukla attended the Bhajan Sandhya Program at Gate Way of India on the occasion of the 150th Gandhi Jayanti on Tuesday, 2nd October, 2018. Volunteers were singing the Raghupati Raghav Raja Ram Bhajan while going to Gate Way of India. The program of Bhajan Sandhya started at 5 p.m. Department of Music of University of Mumbai hosted the program and outstanding bhajans and songs were sung by the music department students. Approximately 5,000 NSS volunteers from all over and outside Mumbai gathered for the event. After the Bhajan Sandhya program students had a refreshment and left for home


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VI

Tree Plantation

Date: 14th July, 2018
Venue: Adopted Village Mulgao near Badlapur City

NSS unit of Mahatma Night Degree College conducted sapling plantation drive on 14th July, 2018 at adopted village Mulgao near Badlapur city. Planting the saplings in the adopted village was planned in the last year during seven days NSS residential camps. The purpose of this activity was to make sure that saplings must survive and become large trees in the open village environment. NSS PO Harsh Shukla along with 10 volunteers brought 10 saplings from forest department nursery with the help of Ex-Sarpanch of Mulgao Shree Hanumant Bhoir. 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. We requested the villagers to take care of the plants. In the evening after taking some snacks we returned.

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