

**K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE,  
(AUTONOMOUS).**

**NSS UNIT**

**REPORTS OF THE ACTIVITIES (2020-2021)**

**NSS PROGRAMME OFFICERS:**

1) PROF. SANDIP YADAV

2) PROF. JASMINE RAI

**NSS COMMITTEE MEMBERS**

1) PROF. L.G. MORE

2) PROF. RAHUL JAGTAP

3) PROF. AMOL BHOSALE

4) PROF. GAURAV KALE

5) PROF. MAITHILI GUPTE

6) PROF. PRATIMA KADU

7) PROF. DEEPALI TORASKAR

8) DR. PROF. FLORA PANDYA

9) DR. PROF. SHUBHANGI PATIL

## **NSS CORE TEAM 2020-2021**

### **GENERAL SECRETARIES**

1) VAIBHAVI JAYDE

2) PARTH SHAH

### **STUDENT LEADERS**

1) ASTHA SHETH

2) JAINEE DOSHI

3) LEHAR MADAAN

4) SAPNA JAISWAL

5) SHUB SAH

6) SMRITI TRIPATHI

7) TANVI SHARMA

8) TANVI SONI

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<b>49.</b>	Prayaas Fest (TSEC)	17 <sup>th</sup> April, 2021 To 18 <sup>th</sup> April, 2021
<b>50.</b>	Plasma Donation Drive	21 <sup>st</sup> April, 2021 To 30 <sup>th</sup> April, 2021

## 1) ACTIVITY NAME: POSTER

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 9<sup>TH</sup> APRIL, 2020**

**NUMBER OF VOLUNTEERS: 15**

**MALE: 2**

**FEMALE: 12**

**MODE: ONLINE**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) planned to do something with regards to coronavirus pandemic affecting everyone around the world. Keeping that in mind, after having a discussion on several ideas, the volunteers decided to create a poster or a collage to be particular. In this collage, each volunteer holds a placard with one word written on them which eventually reads as a lyric of a rather motivational song uploaded during these times and also relating to coronavirus. Our volunteers chose that line as it represents unity and hope. The line goes as following – Jo sath de saara India, phir muskurayega India. It was also decided to create this collage in the format of our Indian flag so as to show that we are all in this together and only if we support each other by following the norms of covid-19 is how we'll be able to overcome this battle on this virus. Thus, the volunteers in the first line dressed up in saffron colour, the middle line was in white with one volunteer showing the Ashoka chakra in the middle and the bottom line was dressed in green respectively. This collage was uploaded on the Instagram page of the N.S.S unit of our college to share this strong and hopeful message with our followers as well.

Here is the poster -



K J Somaiya College of Arts and Commerce



NSS UNIT 2019 -20



## **2) ACTIVITY NAME: HOMEMADE MASK VIDEO**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 24<sup>TH</sup> APRIL, 2020**

**NUMBER OF VOLUNTEERS: 2**

**MALE: 2**

**FEMALE: 0**

**MODE: ONLINE**

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) prepared a video during the global pandemic - Covid-19 and demonstrated how one can easily be able to make a mask at home with the help of handkerchief and elastic rubber bands. The main motive of making the video was to make people understand that even with simple preventive measures we are capable of contributing in breaking the chain of coronavirus. The video was put on our social media handles on 24th April 2020. The video also got recognition from the official handles of NSS units and was reposted by one of the official social media page namely @connectingnss. The NSS unit of our college has been actively posting such posters and videos and has been contributing in spreading awareness on important issues.

Below provided is the link of the video prepared:-

[https://www.instagram.com/tv/B\\_XEAD4Dldw/?igshid=1eabphjd8xe4u](https://www.instagram.com/tv/B_XEAD4Dldw/?igshid=1eabphjd8xe4u)

### 3) ACTIVITY NAME: ONLINE QUIZ COMPETITION

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 23<sup>RD</sup> MAY- 26<sup>TH</sup> MAY, 2020**

**NUMBER OF PARTICIPANTS: 560**

**MODE: ONLINE**

The NSS unit of KJ SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted an online inter-collegiate quiz competition from 23rd May to 26th May, 2020. The topic for the same were based on four main subjects namely-

1. General knowledge,
2. Accounts
3. Law
4. Calculus

There were twenty questions in total. The participants of this quiz were eligible for an e-certificate if they scored 65% or more than that in the competition. The Google form link for the quiz competition and other related information was posted on our social media handles to get maximum participation. The e-certificates to the participants who scored 65% or more in the quiz were mailed to their respective email ids within fifteen days of the competition

To conclude, the competition was a success as it helped the participants to test their basic knowledge of accounting, law and various calculations & general knowledge.

This is the certificate which was rewarded to the participants who scored 65%.



#### Certificate of Participation

This is to certify that

Ms./Mr. SHWETA RAJENDRA SHINDE  
of WELLINGKAR INSTITUTE OF MANAGEMENT College / Institution  
has participated in Quiz on General knowledge, Law, Accounting & Calculation.  
'ONLINE INTERCOLLEGIATE QUIZ COMPETITION'

conducted by

NSS Unit 2019 - 20

K. J. Somaiya College of Arts & Commerce

(AUTONOMOUS)

Re-accredited by NAAC with 'A' Grade and CGPA 3.33





#### **4) ACTIVITY NAME: ONE-DAY YOGA WORKSHOP**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 21<sup>ST</sup> JUNE, 2020**

**NUMBER OF VOLUNTEERS: 50**

**MALE: 15**

**FEMALE: 35**

**MODE: ONLINE**

The language departments and The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) jointly organized a One-day Yoga Workshop on the occasion of International day of Yoga on 21<sup>st</sup> June, 2020 from 11:15 am. The programme commenced with an introductory speech by our assistant professor and NSS Programme Officer Prof. Sandip Yadav Sir and then our honorable Principal Dr. Veena Sanekar Madam welcomed our Yoga instructor for the day Mrs. Devyani Thakkar Madam. Our respected teacher Dr. Preeti Dave Madam introduced our instructor and informed everyone about her qualifications and achievements. Devyani Madam is a Yoga Therapist; she has completed her foundation and advanced studies in Yoga and is currently pursuing her M.A. Yogshastra from Somaiya College. She conducts Yoga Pranayam classes since 2008. Devyani Madam started with explaining about the importance of Yoga. Yoga workshop started with Om chanting. The instructor explained that Om chanting is important because it brings a kind of energy in the body to concentrate in work and be stress free. Then we had 10 minutes of Om chanting to remove all the negativity. She also demonstrated on how one can do Kapalbhathi to release the entire cough present in the chest. After that Madam explained some basic Yoga and meditation techniques which helps the body relax. This was followed by the feedback of today's session by two of the students of our college (one NSS volunteer). The session ended with a vote of thanks by one of our NSS volunteer. Overall the workshop was a success and made the participants aware about some basic stress relief techniques and the importance of Yoga.



**5) ACTIVITY NAME: LOKMANYA BAL GANGADHAR TILAK  
AND ANNABHAU SATHE  
REMEMBRANCE DAY.**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 1<sup>ST</sup> AUGUST, 2020**

**NUMBER OF VOLUNTEERS: 45**

**MALE: 10**

**FEMALE: 35**

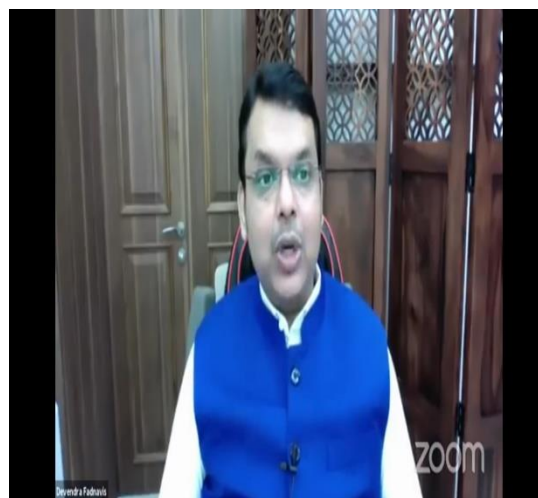
**MODE: ONLINE (YOUTUBE LIVE STREAM)**

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) was invited by the University of Mumbai for the webinar on remembrance day of our great freedom fighter and social reformer, who gave the slogan of "Swaraj is my birthright and I shall have it" Lokmanya Bal Gangadhar Tilak on his 100th death anniversary and also to pay a tribute to Tukaram Bhaurao Sathe, popularly known as Annabhau Sathe, on his 100th Birth anniversary, who was a social reformer, folk poet and writer. The event started with the National anthem. Then a video prepared by the University on Lokmanya Tilak and Annabhau Sathe was presented. Next Mr. Suhas Pednekar (Professor at Mumbai University) welcomed the honourable Chief Minister of Maharashtra Mr. Uddhav Thackeray, Honourable Deputy chief minister Mr. Ajit Pawar, Honourable Member of Parliament Mr. Vinayak Raut, Honourable Revenue Minister Balasaheb Thorat, Honourable Minister of Higher and Technical Education, Mr. Uday Samant, Opposition leader Maharashtra Vidhan Sabha Mr. Devendra Fadnavis and Maharashtra Vidhan Parishad Mr. Pravin Darekar. He also welcomed Minister of State for Higher and Technical Education Mr. Prajakt Tanpure, Chief Secretary of Maharashtra Mr. Rajiv Jalota, Director of Higher Education Dr. Dhanraj Mane and Director of Technical Education Dr. Abhay Wagh. Then Mr. Nitin Karmalkar who the vice president of Savitri Bai Phule University, Pune, was invited to speak a few words followed by an address by Mr. Prajakt Tanpure. Moreover Mr. Uday Samant also shared his thoughts on the day. Further Mr. Devendra Fadnavis gave insights upon the day. Furthermore Mr. Balasaheb Thorat also spoke a few words. Our honorable Chief Minister Mr. Uddhav Thackeray also shared his thoughts with the

audience. Furthermore Mr. R.D Kulkarni, PVC (University of Mumbai) expressed his gratitude to all the respected personalities for their presence. Next Professor Raja Dixit (History Department, University of Pune) was invited to elucidate upon Lokmanya Tilak and his life and Mr. Sachin Sathe (grandson of Annabhau Sathe) described about the life and works of his grandfather. The program ended with a clipping of representatives of Mumbai University paying tribute to Lokmanya Tilak at his memorial in Ratnagiri.

Overall it was very informative session which gave the participants an opportunity to get to know about such great people.

HERE ARE THE PICTURES OF THE EVENT:



## **6) ACTIVITY NAME: INDEPENDENCE DAY**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 15<sup>TH</sup> AUGUST, 2020**

**NUMBER OF VOLUNTEERS: 179 (15 NSS VOLUNTEERS)**

**MALE: 47 (2 NSS VOLUNTEERS)**

**FEMALE: 132 (13 NSS VOLUNTEERS)**

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) organized an online Digital Poster Making and Essay Writing Competition. Total participation in online digital poster making and essay writing were 76 and 88 respectively. The results were declared on our social media platforms and the posters and essays of the winners were posted on our Instagram handle.

A poster was made for Independence Day, keeping in mind the importance of our nation. We forwarded the poster to each and every one wishing them, then it was uploaded on our social media handles. A video depicting the tribute to our soldiers, farmers, great scientists and corona warriors was made with great enthusiasm and love for the nation and its people. The video included a voiceover of a poem penned and recited by one of our volunteers along with pictures related to the poem lyrics. Due to the pandemic we couldn't celebrate Independence Day the way we used to celebrate in our college every year and hence another video on the memories of Independence Day celebration of 2018-19 and 2019-20 was also made. These videos were posted on Instagram page of nsskjsac and both the videos got a good response on social media. Overall the Independence Day this year was celebrated in new ways despite the pandemic and was a success.

Here is the links for both the videos:-

[https://drive.google.com/file/d/1xY\\_GKclVis7gF5OeT6zlkDiSFnTIjbg/view?usp=sharing](https://drive.google.com/file/d/1xY_GKclVis7gF5OeT6zlkDiSFnTIjbg/view?usp=sharing)

[https://drive.google.com/file/d/172YwcqVeACUcc2KjEWDIE\\_PcOsET79js/view?usp=sharing](https://drive.google.com/file/d/172YwcqVeACUcc2KjEWDIE_PcOsET79js/view?usp=sharing)

## **7) ACTIVITY NAME: WEBINAR ON BENEFITS OF YOGA**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 20<sup>TH</sup> AUGUST, 2020**

**NUMBER OF VOLUNTEERS: 70 (15 NSS VOLUNTEERS)**

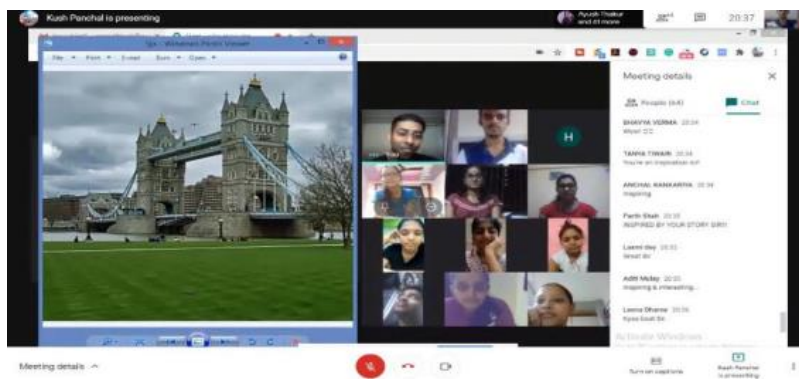
**MALE: 8 (2 MALE VOLUNTEERS)**

**FEMALE: 62 (13 FEMALE VOLUNTEERS)**

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) organized a webinar in collaboration with YOGA WITH KUSH, on benefits of yoga which was conducted on Google meet. It was a college level activity and the total participation was 70.

Dr. Kush Panchal, an international yoga trainer, who has done his PhD in 'dhyanyog', was the instructor for the webinar. We made a poster and a message through which we invited volunteers and college students to attend the webinar and also created a Whatsapp group for solving the queries of the participants. The webinar started with the introduction of Dr. Kush Panchal by one of our NSS volunteers. Dr. Kush started with some basic Yoga which helped us to learn some postures. We also came to know that Pranayama and meditation are effective techniques to release stress. We learnt how to stay motivated in this pandemic. Kush sir covered some interesting topics like amazing memory power techniques, animal flow movement based exercises, etc. He also provided professional meditation audios to the participants. After the session, a Q&A was conducted in which all the attendees participated with great enthusiasm and our instructor also answered each question in a detailed manner. Thus to conclude, the seminar was well organised, each and every participant enjoyed the webinar. It ended with a vote of thanks by one of our volunteers. It was a great learning experience for everyone involved.

These are the pictures of the webinar.



## **8) ACTIVITY NAME: VIDEO FOR CAMPAIGNING FOR ENROLLMENT**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 15<sup>TH</sup> SEPTEMBER, 2020**

**NUMBER OF PARTICIPANTS: 11 (10 NSS VOLUNTEERS)**

**MALE: 2**

**FEMALE: 9**

**MODE: ONLINE**

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) created a video with regard to encourage enrollment of volunteers for the academic year 2020-21. This was made to campaign about N.S.S and to give a general idea to the freshers about this unit's work and the kinds of benefits one will receive if he/she joins the same. The video starts with one of our NSS volunteer giving a brief introduction and welcoming the audience. Then, a NSS volunteer provides information about how and when NSS started through a voiceover meanwhile pictures appropriate to the context shown to the audience. Then, our volunteer speaks about the goals and objectives of NSS which everyone in this unit strives to achieve. The video also tells us about various activities conducted in our unit, alongside showing the pictures of our past activities to the students. It was also mentioned that volunteers get the opportunity to participate in several camps which helps in overall personality development of a volunteer. Various benefits provided to the volunteers via NSS were also shared with them. The video included a feedback of one of our ex-NSS volunteer wherein she shared her experience and journey with NSS. She also spoke about how her personality and confidence has enhanced even more after being a part of this organization. The video was concluded with providing basic information about the Google form link through which interested students could register themselves. The link was also provided on our social media handles. At the very end of the video, the contact numbers of leaders were shared with all to solve any doubts or queries students might have regarding the enrollment. The video took two days to shoot and edit, and then it was uploaded on our social media handles. This video also became a part of the virtual Orientation and Foundation day Programme. Hence, this video definitely helped us to increase our reach and provide clarity to students regarding our organization and thus turned out to be a successful endeavor by the NSS core team. Link for the video:

<https://www.instagram.com/tv/CFJ35LgDclh/?igshid=e0ye9uhxek1n>

**9) ACTIVITY NAME: N.S.S FOUNDATION DAY AND N.S.S  
ORIENTATION 2020-2021**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 24<sup>TH</sup> SEPTEMBER, 2020**

**NUMBER OF VOLUNTEERS- 83**

**MALE: 27**

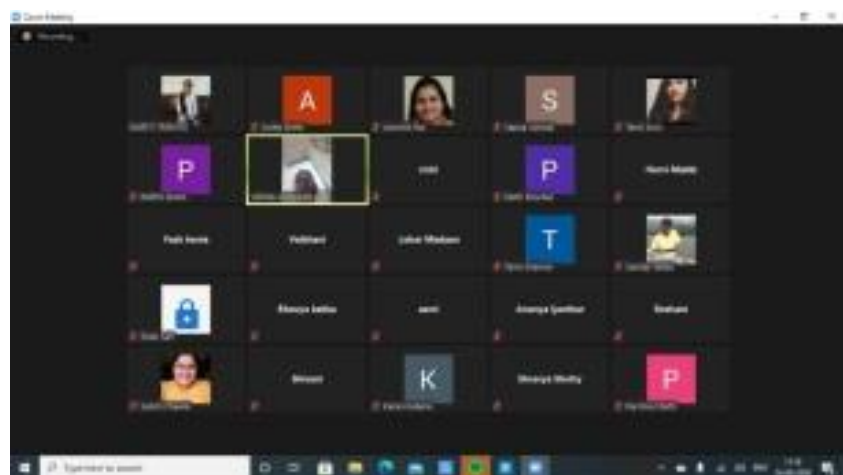
**FEMALE: 68**

**MODE: ONLINE (ZOOM PLATFORM)**

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) organized 51<sup>st</sup> N.S.S Foundation Day and N.S.S Orientation for the academic year 2020-2021 on Thursday, 24<sup>th</sup> September 2020 from 5:00 pm to 6:30 pm on the Online Platform, Zoom. This event was attended by our respected Principal, Dr. Veena Sanekar Madam, our Programme Officers Prof. Sandip Yadav Sir and Prof. Jasmine Rai Madam and N.S.S Committee members. It was also attended by our N.S.S leaders, volunteers and dear students. The total strength for this event was 95 people. The event commenced with the host of the evening welcoming everyone present in the meeting. After this, the campus prayer was recited to start the event on a positive note and invoke the blessings of Almighty to give us strength in facing the current situation and was then followed by the N.S.S song which was sung by the volunteers. Our Honorable Principal, Dr. Veena Sanekar Madam addressed the students by sharing her journey of N.S.S and also motivated the students about why they should join N.S.S and its benefits to our community as well as for our personality development. Her kind and motivating words definitely uplifted everyone's spirit, especially in this current situation. After this, the Welcome Dance video was played wherein we sought the blessings of Lord Ganesh. An informative speech was given by our Second Year N.S.S volunteer, wherein she spoke about the motto and objectives of N.S.S along with the valuable contributions done by N.S.S volunteers in the society. This speech helped the students to get a basic idea about our organization. Following this, a PowerPoint Presentation was shown through which the first year students were able to understand the hierarchy in N.S.S, the code of conduct to be followed in N.S.S. Also, they were introduced to our Programme Officers as well. Subsequently, a dance video conveying the message of 'being satisfied with everything one has' was played and it also brought awareness and shed light on the issues faced by the migrant workers of our country during this pandemic. Further on, our Programme Officer Prof. Sandip Yadav Sir proposed a crucial speech providing an insight to the students of what N.S.S is all

about, he also notified everyone on the newly launched app of N.S.S in which an individual can record the activities he/she has participated in. Lastly the N.S.S team for this academic year was announced by Sir. After this, our Programme Officer Prof. Jasmine Rai Madam rendered some light on the indispensable support and inputs provided by our N.S.S Committee Members and also welcomed the new batch of students into our N.S.S family informing them about the vital changes they'll go through in this journey which will henceforth shape their personality in the best way possible. Prof. Meera Venkatesh Madam, an experienced NSS Committee Member also shared her experiences with N.S.S and letting the newcomers know that this organization is the heart and soul of our college and also conveyed her best wishes to the new team and all the volunteers. Following this, a short video was shown in the meeting, giving a deeper understanding to the students about the various activities conducted in our unit, an ex-volunteer's experience with N.S.S was also shared among everyone. Lastly, Prof. Sandip Yadav Sir made an announcement regarding the interviews for deciding the first year volunteers for this year. The vote of thanks was delivered by a second year volunteer thanking each and every one for gracing this event with their presence, participating in it and working towards the goal of making it all come together. Thus, the 51st N.S.S Foundation Day and the Orientation Programme 2020-21 was a huge success. Despite, the current disastrous situation of the Pandemic and not being face to face physically, the spirit of the entire unit was high and came lively through this virtual programme. The event was concluded with the National Anthem.

Here are the pictures for this event-





# 10) ACTIVITY NAME:-ESSAY WRITING AND POSTER MAKING (ORGAN DONATION)

ACTIVITY LEVEL:-COLLEGE LEVEL

DATE:-27<sup>TH</sup> SEPTEMBER, 2020

NUMBER OF VOLUNTEERS:-25(ESSAY-11, POSTER-14)

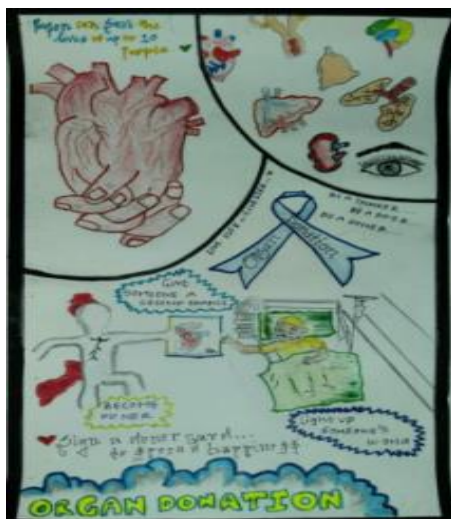
MALE:-3

FEMALE:-22

MODE:-ONLINE

The NSS UNIT of K.J. SOMAIYA COLLEGE of ARTS and COMMERCE (Autonomous) organized an online writing and poster making competition on 27<sup>th</sup> September, 2020. The topic for the same was Importance of Organ Donation. This competition was organized for the current NSS volunteers and the students who had enrolled to be a part of NSS unit of our college this year. Participants were given discretion on whether they have to make a handmade poster or a digital poster; also they were given options on the language of their essay i.e English, Hindi or Marathi. The participation in posters and essays were 14 and 11 respectively. The participants submitted their posters and essays in the Google forms. The Google form link was sent to the participants along with the detailed information of the competition. This competition gave the participants an opportunity to improve their writing skill and creativity and also made them aware of the importance of organ donation. The winners were declared on the official WhatsApp groups.

Here are pictures of the event:



**ORGAN DONATION: THE GIFT OF LIFE**

When the word 'HERO' is mentioned, people always imagine them to be these superpowers with superpowers which are beyond the abilities of a common man and they can make the world a better place by destroying the evils from the society. Yes, heroes are all those BUT MORE. My dictionary defines 'HERO' as "a person of distinguished courage or ability, admired for brave deeds and noble qualities." I am a firm believer that anyone doing good for the society without expecting anything in return can be a hero. So, are organ donors heroes?

Organ donation is the process when a person allows an organ of their own to be removed and transplanted to another person, legally, either by consent while the donor is alive or dead with the consent of the next of kin. Some of the most commonly transplanted organs are kidney, liver, heart, lungs, pancreas, and intestines whereas some of the most commonly transplanted tissues are bones, tendons, ligaments, skin, and corneas. Though India has been the second largest performer of transplants, the topic of organ donation still scares the many in India, and hence it is very important to raise awareness and knowledge regarding this.

Currently, more than 5 Lakh people in India die from organ failures, one of the major reasons being, lack of organs in the hospital. Even the best doctors in the country cannot help us if he has no resources. Though the doctors cannot guarantee a saved life, you can, we can, I can. We the people of India can guarantee a saved life of our people and so does many governmental and non-governmental organizations like Regional Organ and Tissue Transplant Organization (ROTO), MOHAN Foundation, etc.

Yes, it takes lives to save lives but giving a life when you can, keeping aside our hesitant cultural and social beliefs is the best, a person can give and I can say that all who have done it are the true HEROES!

## **11) ACTIVITY NAME - BHAJAN SANDHYA**

**ACTIVITY LEVEL - UNIVERSITY LEVEL**

**DATE- 2<sup>ND</sup> OCTOBER 2020**

**NUMBER OF VOLUNTEERS- 66**

**MALE- 47**

**FEMALE- 19**

**MODE- ONLINE (YOUTUBE)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) was invited by the N.S.S cell University of Mumbai for the prestigious Bhajan Sandhya online programme on the 2<sup>nd</sup> of October as it marks the birth anniversary of Mohandas Karamchand Gandhi who was also famously known as Mahatma Gandhi. This programme was held to celebrate Gandhi Jayanti in live online manner due to the current covid 19 situation.

The programme started with the teachers present in the live session giving us an introduction of them and then Nitin Arekar Sir introduced all the chief guests which are- Dilip Prabhavkar Sir, Taufiq Qureshi Sir, Geetika Varde Qureshi Ma'am, Shridhar ji Phadke Sir and Kishor Kadam Sir. After this, Nitin Arekar Sir requested Taufiq Quereshi Sir who is the eldest brother of Ustad Zakir Hussain Sir and received guidance from ghatam vidhwan, pandit Vikku Vinayakram. He expressed his gratitude and thanks to the university of Mumbai for inviting him for this programme and also gave his best wishes to all the people participating in the event. He went on to share that his wife Geetika Vardes's grandfather was an admirer of Gandhi ji and used to sing a lot of bhajans on the bhajan Sandhya event celebrated in those times and Gandhiji liked his voice as well. Lastly, he again sent his heartfelt thanks to everyone present in the meet. After this, Geetika Varde qureshi also expressed her thanks for being invited to this event.

Following this, Gandhi's most favourite bhajan Vaishnava Janto was played for everyone present in the meet and was sung beautifully by one of Mumbai Vidyapeeth's students. Along with his singing Mahatma Gandhi's photos from the pre independence era were also being shown to everyone. Everyone present in the live stream, the teachers and the NSS volunteers who had joined in from various colleges were mesmerized by the bhajan and everyone felt at peace while listening to it. After this bhajan another one of Mumbai Vidyapeeth students presented the bhajan 'navilla ganpati'. The audience was equally enchanted by his voice and the bhajan as well and it proved to be quite spiritually healing for everyone present in the meet.

Following this, the teachers present in the meet spoke about Lal bahadur shastri as 2<sup>nd</sup> October marks his birth anniversary as well. They talked about his principles and morals which everyone should abide by, the kind of leader he was, and the various sacrifices done by him.

In this manner, many other bhajans in relation to the theme of Gandhi Jayanti like o palanhare, raghupati Raghav raja ram was also played for the audience. The teachers spoke at length about Gandhi ji's principles and his path of nonviolence which is especially needed in today's times. They also talked about his significant contributions to the country and the enormous role he played in attaining freedom from the British. His aim was to build a new society that practiced nonviolent and honest behaviour and for everyone to be treated equally regardless of their gender, religion, colour, or caste.

When the teachers talked in detail about the teachings and principles of Mahatma Gandhi it certainly invoked the feeling of patriotism in all volunteers present in the meet. During these times when there are so many problems the world is dealing with right now, Gandhi's way of thinking will certainly bring a good change to the current society and this message was passed along to all the volunteers by the teachers.

Though bhajan sandhya is celebrated every year at the gateway of India but due to the pandemic situation because of covid 19 it was celebrated online but regardless of this fact everyone celebrated Gandhi Jayanti with utmost respect and paid their homage to the beloved Bapu in their own special way, whatever way that might be.

Towards the end of the session Suhas Pednekar Sir, the vice chancellor of university of Mumbai expressed his thanks to all the teachers and various organizations for coming together and organising this event in such a beautiful manner.

In all, this programme proved to be a successful venture and was thoroughly enjoyed by all the NSS volunteers.

Pictures of the event-



## **12) ACTIVITY NAME: OFFICIAL MEET**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 4<sup>TH</sup> OCTOBER 2020**

**NUMBER OF VOLUNTEERS: 72**

**MALE: 57**

**FEMALE: 15**

**MODE: ONLINE (ZOOM)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted an official meet for all the volunteers, especially the first-year volunteers so they can get acquainted with the inner workings of N.S.S and can get introduced to one another and everyone else involved in N.S.S as well.

The meet started by giving an introduction of our programme officers to the volunteers and then each leader introduced themselves. Along with this the hierarchy system was also clearly explained to everyone. After this, the volunteers were informed about the various departments we have in N.S.S which are –

- IT and photography
- Literary arts
- Performing arts
- Fine arts
- Finance
- Logistics
- Administration

Each leader gave an explanation about their departments to the volunteers by giving them a brief explanation of the work every section must perform throughout the year. This information was given to the volunteers so that after listening to the kind of work, which is to be done, they can choose to be in the department which is in line with their area of interest or talent.

Apart from the information given to them on the departments they were briefly told about the objectives and motto of N.S.S to which we must abide by throughout the year. The N.S.S song was played for them and they were informed to learn the song by heart.

The various rules and regulations of the N.S.S cabin like always wearing an identity card, asking for permission before entering the cabin, maintaining discipline was communicated to the volunteers. They were also informed about

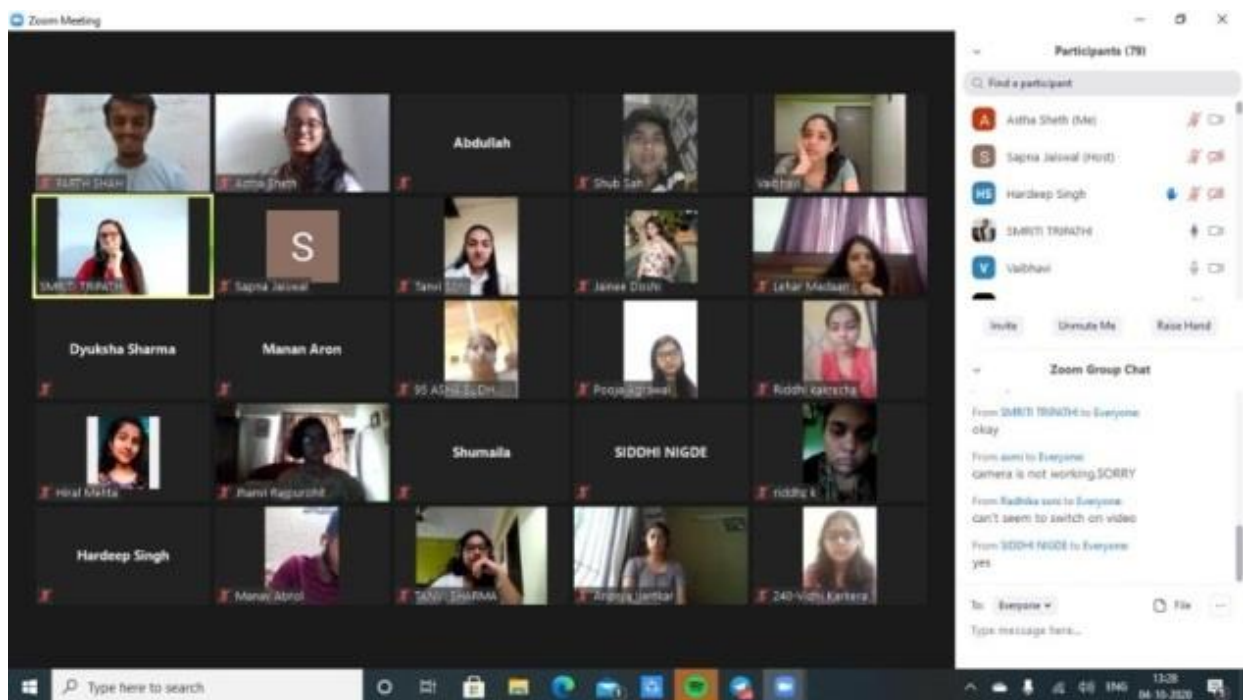
the dress code to be followed while executing any NSS activity which is white and black.

Volunteers were provided with a glimpse of the kind of activities awaiting them in NSS this year by showing them the pictures of last year's NSS activities and they were also informed about the various opportunities they will get by participating in the NSS fests of various colleges.

Lastly, every volunteer was asked to introduce themselves to everyone present in the meet so everyone could get acquainted with each other and it would also help to build a strong bond between them. In the end, a doubt solving session was kept to clear any queries of the volunteers.

Thus, the aim and objectives of this meet was carried out successfully.

#### PICTURES OF THE MEET:



### **13) ACTIVITY NAME: MASK DISTRIBUTION**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 10<sup>TH</sup> OCTOBER - 12<sup>TH</sup> OCTOBER 2020**

**NUMBER OF VOLUNTEERS: 30**

**MALE: 2**

**FEMALE: 28**

**MODE: ON GROUND**

The NSS unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) organized a mask distribution activity amidst the coronavirus pandemic so as to help the underprivileged people affected by these dire circumstances. It was decided that each volunteer would make the masks themselves and distribute at least five masks to the people in their surrounding areas who are less fortunate and thus cannot afford to use masks.

Our N.S.S volunteers made masks at home to show that people can wear masks and be protected without spending any money. These homemade masks were made from cotton cloth, t-shirts and some of our volunteers also made them by using sewing machines, thus exhibiting their creative skills.

Our volunteers distributed a total of 150 masks in areas like Dombivali, Kalyan, Thane, and Navi Mumbai, also in places like Dibrugarh, Assam, Jharkhand and Chhattisgarh which are the native places of some of our volunteers.

Before commencing this activity, we organized a meeting with all the volunteers to explain them how to execute this activity properly. In this meet important guidelines were given to the volunteers, which they had to follow compulsorily while performing this activity. These guidelines were related to the safety of a volunteer such as-

- Everyone had to mandatorily wear a mask at all times.
- It was obligatory to check if your temperature was normal before beginning the activity.
- Volunteers had to apply sanitizers before and after the completion of the activity.
- The dress code for the activity was the N.S.S t-shirt or black and white.
- Several other instructions were also given like how many photos to be clicked and to maintain a one hand distance while giving the masks etc.
- A volunteer who had tested positive for coronavirus or had a family member who was dealing with this virus or even if they were not feeling well were strictly not allowed to participate in this activity as going outside your home in

a situation like this is not only hazardous for yourself but also for people around you and in NSS the safety of our volunteers is of utmost importance. By organizing an activity like this, we hoped to do our bit and help others in these difficult times. This venture also gave our volunteers an exposure to the people who are deprived of the things which are easily available to us and made them sympathetic to their conditions. Consequently, this ignited a spark within them to contribute more towards the society and to try to make it a better place for everyone.

HERE ARE THE PICTURES OF THIS ACTIVITY-



**14) ACTIVITY NAME: HEART ATTACKS THE HIDDEN EPIDEMIC (AND HOW TO HANDLE THEM)**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 13<sup>TH</sup> OCTOBER, 2020.**

**NO. OF VOLUNTEERS: 73**

**MALE: 16**

**FEMALE: 57**

**MODE: ONLINE (ZOOM PLATFORM)**

The NSS unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) was invited to the webinar on heart attacks – The Hidden Epidemic and how to handle them was conducted by Esteemed Jai Hind College's N.S.S. Unit in affiliation with VCAN, A non-profit organization founded by Eureka Forbes.

The wonderfully articulate Indrani Malkani, chairperson of Vcan introduced us to the value of heart attack related awareness and pointed out how covid-19 and the lockdown related to it has impaired the quick response to tend to the problem. In progression she introduced eminent interventional cardiologist Dr. Pahlajani, the Head of the cardiology department of Bridge candy Hospital, Mumbai.

Mr. Ranganathan elaborated the introduction of Dr. Pahlajani and brought to light the questions us laymen ask and need to know to detect and help a person that is about to go into cardiac arrest and how to prevent the situation in the first place. Further, Dr. Pahlajani opened with how heart attacks are a burning topic as well as a prolonged epidemic of sorts with symptoms alike to a burning sensation or acidity which is ignored by the patient initially and hence kills almost a thousand people each year.

Dr. Dev also expressed his concerns regarding the covid-19 related imparity to treat a person and the reluctance of doctors to treat the patient, not knowing whether he or she has Covid-19 as the symptoms remain hidden for at least 20 days. He explained the diabetes, hypertension and stress related heart attacks and how they are rapidly increasing in India and have become the 3 big causes. As commonly seen, people smoke cigarettes in order to combat stress which may or may not prevent heart attacks but then it bites back like a double edged sword, in turn causing cancer. Further, in a question and answer session presented by Indraniji, Dr. Pahlajani emphasized the importance of exercise, not eating fast food and how genes are not



exempt from the calculation. The things to keep an eye on, regarding heart attack prevention are: exercise, oil intake, fast food intake and bad cholesterol. Wrapping up Dr. Pahlajani made us aware of how covid-19 is transferred through aerosols and that they are higher in an enclosed space like a gym and how it spreads the more rapidly you breathe.

The session was wonderfully elaborate and well detailed.

Here are the pictures of the webinar:



**15) ACTIVITY NAME: WEBINAR ON MENTAL HEALTH ISSUES AND COPING STRATEGIES TO OVERCOME ANXIETY AND STRESS.**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 16<sup>TH</sup> OCTOBER, 2020**

**NUMBER OF VOLUNTEERS: 37**

**MALE: 7**

**FEMALE: 30**

**MODE: WEBEX MEETINGS**

The NSS unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) was invited to a university level webinar organized by NSS Unit of Lala Lajpatrai College of Commerce and Economics jointly with the NSS cell of Mumbai University. The webinar was about, 'Mental Health issues and coping strategies to overcome anxiety and stresses conducted on WebEx meeting platform. Ms. Sanjana Khathuria and Ms. Sonam Chandnani were the speakers for the session. The Main motive of the webinar was to spread awareness about mental health issues and give strategies for overcoming stress and anxiety. The speakers were very fluent and kept their audience well informed throughout the session. They touched various sides of mental health and mental health issues connecting different points to each other so that an individual can understand it better. Anxiety, stress and depression related problems were given more emphasis since it's common amongst the youth. The speakers also talked about the impact of this covid-19 pandemic on people and how lockdown affected their mental health. The strategies and solutions provided were well researched and very useful. The audience interacted well and reacted to various questions and views. The session became more interactive when the speakers addressed various problems and gave appropriate strategies for them. Although the session was over the time limit, most of the questions were taken and answered accordingly. The problems were solved wisely and the solutions were admired by the audience. The volunteers and the audience were left apprised by the webinar. The webinar was a great opportunity to know more about mental health and get different perspectives about the same. It was a great webinar overall, which left everyone well informed and enlightened.



## **16) ACTIVITY NAME: WEBINAR ON PLASTIC MANAGEMENT**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 19<sup>TH</sup> OCTOBER 2020**

**NUMBER OF VOLUNTEERS: 59**

**MALES: 9**

**FEMALES: 50**

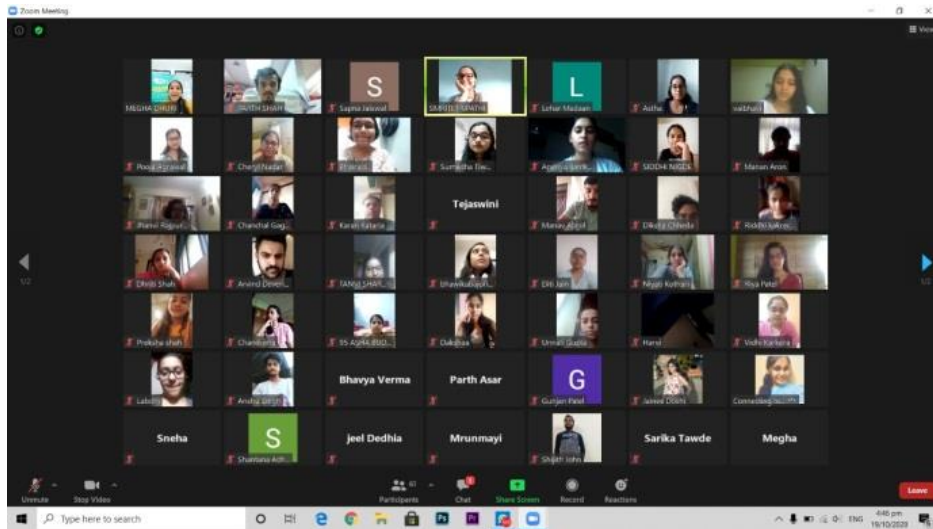
**MODE: ONLINE (ZOOM PLATFORM)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on 19<sup>th</sup> of October 2020 in collaboration with 'Bottles for Change' organization. The topic for this webinar was Plastic Management. The speakers for this webinar were Mr. Abhijeet Kakade and Ms. Megha Dhuri. The webinar concentrated mainly on debunking the myth that plastic is harmful for us and the environment. They talked about how it can actually prove helpful for us without damaging our surroundings only if we use and recycle it in the correct manner. If recycled properly plastic can be made to form recycled polyester which in turn is made to produce a number of things like shoes, T-shirts, bags chairs etc. thereby causing less strain on natural resources. They also shared the fact that the plastic industry in India employs 4 million people and is worth INR 110,000 crores, thus it also helps in job creation. The speakers for the webinar proceeded further by telling us what exactly the bottles for change programme is.

Bottles for change aim to create awareness among citizens about the importance of plastic recycling. When plastic is thrown in waste, it ends up in sea, ocean, drains, river etc. and causes pollution but we should not treat plastic as a waste, it has value even after use, if we just clean it, collect it and send it directly for recycling. Through this initiative they ensure channelizing all kinds of used clean plastic for recycling thus ensuring the greener cleaner environment. After this they also talked about what bottles for change do. Firstly, they educate citizens and bring awareness about a habitual change in the plastic disposing ways. Then they create a channel and opportunity for plastic agents to collect used but clean plastic (hard as well as soft) through various stakeholders. The next step is to sort clean plastic as per their types received from the user. At the segregation center and directly sending it for recycling. Eventually it results in providing plastic agents hygienic working conditions and a respectable life and hence uplifting their economic status. Our volunteers were extremely enlightened and happy about all the information given to them on the topic of plastic. They had various questions as well, which the speakers

answered thus providing a more clearer picture of the workings of this organization and plastic management. The host also shared details about their app through which everyone can be a part of this beautiful venture. Overall this webinar was a success as the session proved to be quite informative for everyone involved.

Here are the pictures of this webinar



## **17) ACTIVITY NAME: TALENT HUNT**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 1<sup>ST</sup> NOVEMBER- 14<sup>TH</sup> NOVEMBER 2020**

**NUMBER OF VOLUNTEERS: 25**

**MALES: 4**

**FEMALES: 21**

**MODE: ONLINE**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (autonomous) organized a two-week talent hunt competition exclusively for the N.S.S volunteers. These competitions were held to provide a platform for our dear volunteers to showcase their talent amongst their peers and to build confidence in themselves. These events also helped in imbibing the qualities of teamwork and coordination among the volunteers as it helped to grow a stronger bond between them. Keeping in mind all the different categories and hobbies people have these days various events were decided to be kept in the talent hunt competitions so that every volunteer gets the chance to present their area of interest, and no one's left out. In total, six competitions were organized which were held in the span of 2 weeks by dividing 3 competitions for each week. The topic for all the competitions were decided by keeping in mind the relevant current issues we observe and experience in our society which are-

- Problems faced by transgenders.
- Human abuse and rape
- Mental health issues
- Any other social issue

The competitions held for the first week are as follows-

- Tales and tellers (elocution)
- Ink-stained pages (poem writing and recitation)
- Sur-real (singing)

The events mentioned above gave the volunteers a chance to express their thoughts and opinions on any of the social issues through their medium of art, be it songs poems or a speech. It also helps to shed more light on such topics and create awareness about it as that has always been one of the main goals of N.S.S.

The competitions held for the second week are as follows-

- Rhythm in motion (dance)
- Melomaniac (musical instruments)
- Feel to express (mono-acting)

The events mentioned above had the same goal of enabling the volunteers to express themselves through these various events as performing arts is a great tool to capture the attention of the audience and to make them think about the subject matter being presented in front of them. A brochure was prepared wherein all the events, submission dates along with the guidelines to follow such as time limit, instructions regarding costumes, props, how to record the video etc. were explained properly.

The rules and regulation to be followed by every volunteer who participates in these competitions were also mentioned in the brochure such as –

- Plagiarism of any kind would lead to direct disqualification.
- A volunteer could participate in multiple competitions.
- Focus on social issues should be more than the competition.
- Decency was to be followed through the act.

An informal meet was also held to explain everything regarding the talent hunt to the volunteers and to answer their doubts about this event. The objective of N.S.S is to identify the needs and problems of the community they live in and involve them in problem solving, but at the same time one of its objective is also to provide an overall personality development of an individual by helping them in learning skills like teamwork, leadership qualities, confidence etc.

Thus, apart from the social service events, competitions like talent hunt provided a perfect opportunity for our volunteers to work on their individual development and to create a stronger sense of belonging amongst them.

Here are the pictures of talent hunt-



## **18) ACTIVITY NAME: WEBINAR ON CORRUPTION**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 2<sup>ND</sup> NOVEMBER, 2020**

**NO. OF VOLUNTEERS: 42 VOLUNTEERS**

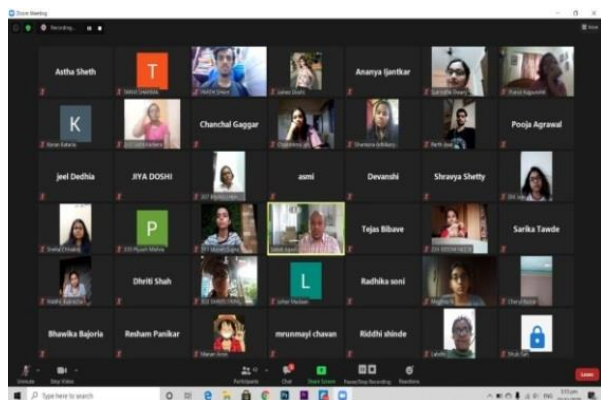
**MALE: 7**

**FEMALE: 35**

**MODE: ONLINE (ZOOM PLATFORM)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (autonomous) organized a webinar on corruption on 2<sup>nd</sup> November, 2020 on the Zoom platform on account of Vigilance Awareness Week. The speaker for the webinar was Mr. Satish Agadi who is an Ex-President of Rotary club of Thane Creekside and now He is the Youth Director. The webinar commenced with a short introduction of the speaker by one of our NSS Volunteer. Satish sir spoke about the corruption and its causes in detail. He explained each and every point with real life as well as hypothetical examples to make the volunteers understand better. The webinar was very informative. At the end of the session we had a small Q&A session in which volunteers asked their doubt and questions to the speaker and he answered the questions in detail. Surely, the volunteers got to learn a lot many things through this webinar. Overall the webinar was a success and the NSS unit of our college will definitely arrange more such webinars in future.

Here are the pictures of the webinar



**19) ACTIVITY NAME: REPUBLIC DAY PARADE SELECTION**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 6<sup>TH</sup> NOVEMBER AND 7TH NOVEMBER, 2020**

**NUMBER OF VOLUNTEERS: 2**

**MALE: 1**

**FEMALE: 1**

**MODE: ON-GROUND**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (autonomous) actively participated in the selection process of republic day parade. It was conducted in two days 6th November, 2020 and 7th November, 2020 in which the process of first day was conducted at Sri Narayan Guru College, Chembur in which the all the volunteers of different colleges participated and were given basic parade training. The NSS Area coordinator Kanchan Lotale Ma'am was also present there. The reporting time for the first day was 9 A.M. and the volunteers were instructed to carry their respective identity cards as proof. All the process was winded up by 12 Noon after which the volunteers were provided with refreshments. In the first day of selection, one of the two volunteers was selected for the further process.

The next day i.e on 7th November, 2020 volunteers were called to the Kalina University, Kurla for further process. The reporting time for this day was same as the first day. Firstly the basic instructions were given and then the NSS Director Mr. Sudhir Puranik Sir and District coordinator Mr. Nikhil Kharkhaniss Sir also interacted with the volunteers. The process of selection started at around 10 AM and ended by 12:30 PM. Refreshments were provided to all the volunteers on the second day as well.

Overall the activity provided the volunteers to learn new things and interact with learned and experienced people. It gave the volunteers an insight about how the selection process for a National Level activity is conducted. It gave a great experience to the volunteers.



## **20) ACTIVITY NAME: CLOTHES DISTRIBUTION**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 11<sup>TH</sup> NOVEMBER – 13<sup>TH</sup> NOVEMBER, 2020**

**NUMBER OF VOLUNTEERS: 22**

**MALE: 4**

**FEMALE: 18**

**MODE: ON GROUND**

The NSS unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) organized a clothes distribution activity in order to help the underprivileged during the auspicious festival of Diwali. It is not unknown that the covid-19 pandemic has had a massive impact on everyone and it has made lives much harder. This activity was a step towards making the lives of the less privileged better in these troubled times. Since this year the activity couldn't be carried out through the college, where clothes were sent out in bulk, the volunteers were instructed to carry out the activity individually in their respective locality. The volunteers were asked to collect clothes, wherein the only criteria were for the clothes to be in good condition and be well washed and give them to someone, they think was in need of it. Since we have volunteers from several parts of the country, the activity had a diverse range. Clothes were distributed in areas like Kalyan, Dombivali, and Navi Mumbai also in places like Odisha, Chhattisgarh and Jammu. Our volunteers distributed the clothes to NGOs and Orphanages as well. A meeting was held for the information on how the activity was to be carried out and all the safety measures that had to be taken care of. In the meeting, the volunteers were given guidelines that they had to compulsorily obligate to during the execution of the activity. The guidelines were as follows-

- Safety was the biggest priority in the activity, so any volunteer who was not at their best health or had a family member who had tested positive for the coronavirus was strictly not allowed to participate.
- Everyone had to wear a mask compulsorily throughout the activity.
- It was obligatory to check if your temperature was normal before beginning the activity.
- Sanitizing before and after the activity was mandatory for everyone.
- The dress code for the activity was the NSS t-shirt for second year volunteers and a black and white dress code for others.

- Everyone had to adhere to social distancing.
- The volunteers also had to take pictures of them distributing the clothes.

During the adverse situations of the pandemic, the clothes distribution was an act of relief for the people who were helped through it. Diwali is the ideal time to lighten up people's lives and this activity was a step towards it.

The activity proved that you can still practice an act of kindness when everyone is going through hard times just by practicing certain measures. The volunteers were inspired to be more aware and sensitive about the issues faced by the underprivileged and initiate more such activities to help the deprived part of the society and contribute in making their lives better.

Here are the pictures of the activity:



**21) ACTIVITY NAME: ONLINE QUIZ COMPETITION ON  
HIV/AIDS**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 24<sup>TH</sup> NOVEMBER, 2020**

**NUMBER OF PARTICIPANTS: 50**

**MALE: 15**

**FEMALE: 35**

**MODE: ONLINE**

The NSS unit of KJ SOMAIYA COLLEGE OF ARTS AND COMMERCE enthusiastically participated in an online quiz competition conducted by Mumbai District Aids Control society on the 24<sup>th</sup> of November. The topic for the quiz was HIV/AIDS, topics ranging from-

1. Full forms of acronyms
2. Statistics
3. Preventive measures
4. Ways of transmission

There were a total of 31 questions posed in the online quiz, the competition offered cash prizes to the top three winners and a chance to participate in a national level quiz competition organized by NACO, New Delhi and e-certificates to the participants that attempted the quiz. A registration link was provided for all the volunteers to enter the quiz competition organized and the scores were declared on the registered email ids within a few hours. The results for the top 3 winners were disclosed on 29<sup>th</sup> of November.

To conclude, the quiz helped to spread awareness and test their knowledge about the disease and reinforced it to create a positive approach among the volunteers and participants.

## **22) ACTIVITY NAME: WEBINAR ON ORGAN DONATION**

**ACTIVITY LEVEL: AREA LEVEL**

**DATE: 25<sup>TH</sup> NOVEMBER, 2020**

**NUMBER OF VOLUNTEERS: 37**

**MALE: 7**

**FEMALE: 30**

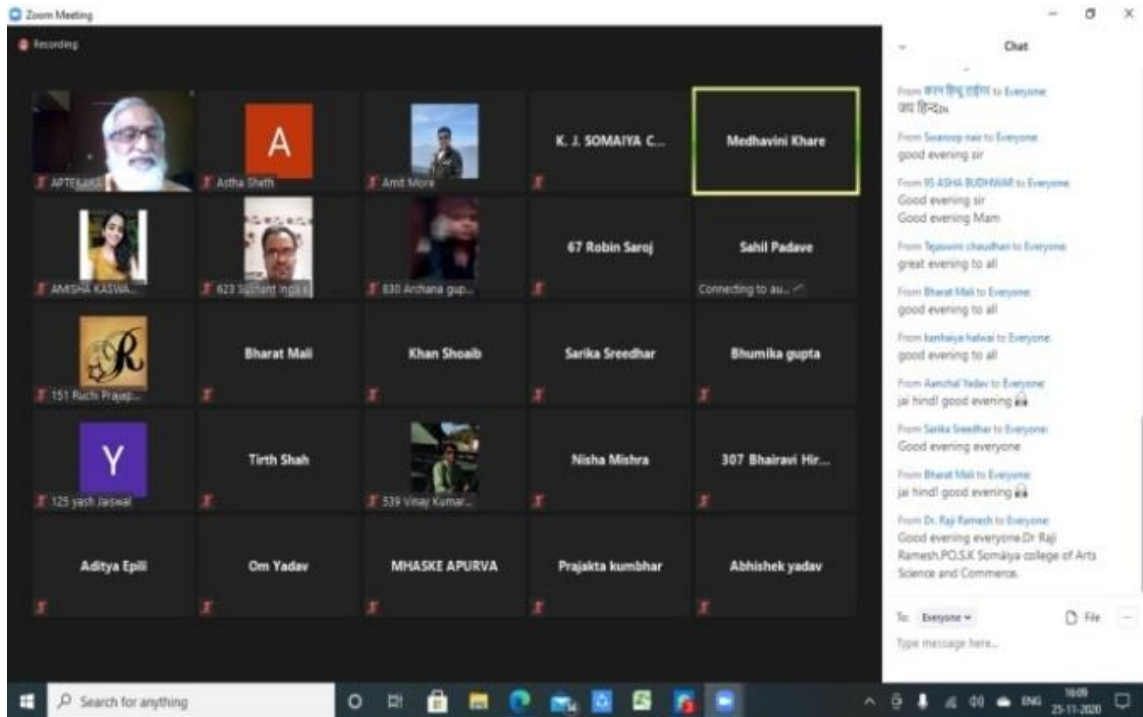
**MODE: ONLINE (ZOOM PLATFORM)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on 25th of November 2020 in collaboration with 'V4Organs Foundation'. The topic of this webinar was Organ Donation. The guest speaker for this webinar was Mr. Shrikant Apte. He is appointed as Hon. Member of Maharashtra State Level Authorization Committee set up under the Transplantation of Human Organs Act and also appointed as an honorary member of NSS Advisory Committee, Bangalore University. In the webinar, he explained how it is a sorry state of affairs that as per rough estimate every year around 4,00,000 patients, who are at the end stage of life due to Organ failure, take their last breath while waiting for a suitable Organ Transplant. The figure is increasing at a very high speed but according to the government authorities, the number of donations within the last 25 years is only 2750. Hence, the promotion of public awareness regarding Organ Donation is the only solution that became his life mission. He began by explaining the types of donations among which skin and eye donations are considered as tissue donations as they don't require continuous blood supply after retrieval surgery. The most important donation is body donation used by the anatomy department of medical colleges for medical education and research. The donated body can be preserved for up to 5 years. Lastly, there is organ donation which includes the heart, lungs, liver, kidneys, and pancreas. These donations can only be done within a limited period as the organs after the retrieval surgery require a continuous blood supply. He further explained how organs can be received from a deceased person (cardiac death and brainstem death) as well as a living person who can donate one kidney and a part of their liver. He cleared that every donation takes place under government supervision with proper consent from donors and/or their relatives.

Overall our volunteers found the session quite informative since it gave them a deep insight on how organ donations work. This topic is not something we come across or discuss often in our daily lives and hence we have little to no knowledge about it. In the end, a Q and A session was held which resolved queries and worries of the attendants. The host also debunked myths regarding organ donation. The webinar

was a success and encouraged many to consider organ donation in the future as it is quite important and essential for a healthier and happier society.

Here is the picture of the webinar:



## 23) ACTIVITY NAME: QUIZ AND POSTER MAKING COMPETITION

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 26<sup>th</sup> NOVEMBER, 2020**

**NUMBER OF PARTICIPANTS: QUIZ: 400**

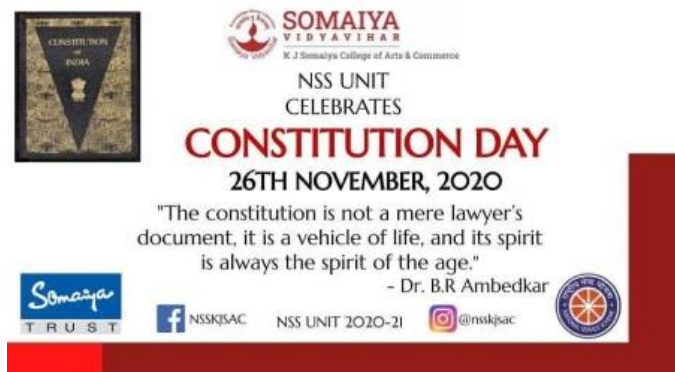
**POSTER MAKING: 5 NSS VOLUNTEERS**

**MODE: ONLINE**

The NSS unit in collaboration with the Business Law Department of K.J. Somaiya College of Arts and Commerce (Autonomous) organized a Poster making and Quiz competition on account of Constitution Day on 26<sup>th</sup> November, 2020. The poster making competition was only for the NSS volunteers of our college and the topics for the same were 1) A tribute to the makers of the constitution 2) Importance of Fundamental Rights.

It was at the discretion of the participants whether to make a handmade or a digital poster. The deadline for submission of posters was 27<sup>th</sup> November, 2020. Whereas the online quiz competition was open for everyone. Over 400 participants took part in the quiz containing 20 basic multiple choice questions based on the Constitution of India through Google form. E-certificates were provided to all the participants. The last day to participate in the quiz was 27<sup>th</sup> November, 2020.

Google form link: <https://forms.gle/vpsvJZPnMndE5WrY9>



## **24) ACTIVITY NAME: BLOOD DONATION CAMP**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 3<sup>rd</sup> DECEMBER, 2020**

**NUMBER OF VOLUNTEERS: 15**

**MALE: 02**

**FEMALE: 13**

**MODE: ON GROUND**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a Blood Donation Camp on 3<sup>rd</sup> December, 2020 from 9:30 am to 3:30 pm at Seva Blood Bank (Dombivali Blood Centre), Dombivali (east). As Blood Donation is a major activity, the preparations for the same started a week before. As everything is online firstly we had to create a Google form for the donors to register, we also provided a Whatsapp Group link in the form so that the donors could join the group for further details of the activity. As soon as we got about 17 to 20 registrations in the areas of Dombivali- Kalyan- Kopar, it was decided to organize a camp in the above venue. We contacted the Blood Bank and visited the venue one day before the camp to have a look at the arrangements there. As this was the first on ground activity during the global pandemic a message was prepared for the volunteers, in which all the precautionary measures like wearing masks, using sanitizers and practicing social distancing which they had to follow while travelling and during the activity were given. The reporting time for volunteers was 8:00 am. As soon as all the volunteers arrived at the venue they were given a brief description of the activity and were assigned specific duties of distributing registration forms, writing certificates, providing refreshments, clicking pictures and the most important campaigning in the nearby areas. The live location of the venue and the pictures of the first two donors were sent in the whatsapp group. The volunteers started campaigning in the nearby areas from 10 am. They tried to convince the people to donate blood on the roads and shops. In total we had 20 donors even in these difficult when people are hesitant to donate. All the donors were given a pen by the Blood Bank along with the certificate and donor card for their act of compassion in the times when there was a huge need for blood in the country. The camp ended at 3:30 pm after which one of our volunteers presented the Vote of Thanks to the Head of the Blood Bank Makrand Sir and his team for their enormous co-operation. Overall the activity was a success. This was the first on ground activity for the new volunteers. This was their first chance to get a face to face interaction with their leaders and their co-volunteers. Through campaigning volunteers got an opportunity

to improve communication skills and boost their confidence. We hope to conduct more such camps in future to give the volunteers new experiences.

Here are the pictures of the activity:





**25) ACTIVITY NAME: WEBINAR ON LEGAL ASPECTS  
RELATED TO STUDENTS' AND YOUTH  
MOVEMENT**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 5<sup>TH</sup> DECEMBER 2020**

**NUMBER OF VOLUNTEERS: 26**

**MALE: 3**

**FEMALE: 23**

**MODE: ONLINE (ZOOM PLATFORM)**

Prof. Bal Apte Centre for Studies in Students and Youth Movements (University of Mumbai) invited the NSS unit of KJ SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) to a One-day webinar which was conducted on the 5<sup>th</sup> of December 2020. The topic for this webinar was Legal Aspects Related to Students and Youth Movement. The main purpose of the webinar was to make the students aware of the various laws and rights which every citizen should abide by in order to lead a dignified life. Through this webinar, the speakers taught the students about the several provisions and rights which are available to them as the citizens of this country and how they can use these rights and provisions to become better leaders. The webinar commenced with the speaker giving an introduction to the students about their organization and the other main speakers who would be guiding the volunteers further on the main topic. It was divided into three parts. The first speaker gave the volunteers a bird's eye view of the 'Indian Constitution'. He mentioned the important aspects of the constitution, the rights and provisions written in it, and what makes our constitution so unique. He further spoke about the different spheres of the Indian political system, the legislature and the leaders of the various political bodies in our country. The next segment of the webinar was headed by Mr. Ashish S Chavan, who talked about 'IPC and the overview of Criminal Law'. He mentioned about the steps which are involved in the codification of law, the concepts under IPC and CRPC and the various classification of the offences. He further explained the meaning of the term FIR and how the concept of FIR works in our country. Mr. Ashish also taught the volunteers about the provision of bails, the concept of judicial custody, the Bombay Police Act, Student leader Dos and Don'ts, and, the structure and hierarchy of the criminal courts. Mr. Ashish further went on to explain the rights of the citizens in police stations and how one should always engage a lawyer to represent their case. He also mentioned about

the criminal laws in Pandemic. The last segment of the webinar was on the topic of ‘Laws related to education in India’. This segment was headed by Mr. Manish Kelkar. He explained the volunteers about the Constitutional provisions pertaining to education and the idea of Gross Enrollment Ratio. He further described in detail the provisions under the UGC, Act; Bombay University Act, 1974; All India Council Act for Technical Education Act, 1987; the RTE Act, 2009; Anti Ragging Law and, How are Statutes Made. Mr. Manish later on mentioned about the importance of the Student’s Council in an educational institution and the structure of the council, he further added on about the Grievance Redressal Cells present in the Universities and other educational institutions. Mr. Manish concluded by giving an explanation of the new NEP related rules and regulations, how it would change the education system all over the country, what challenges the educational committees and the government would face when they would start working upon the newly prescribed provisions. Overall, the webinar was quite engaging from the beginning to end. The volunteers learned a lot from it and gained a new perspective as well. They also got a chance to clear their doubts regarding the topics covered in the webinar. This webinar certainly helped to ignite the motivation of volunteers so as to follow the path of an informed and responsible citizen of this country.

Here are the pictures of the webinar:



## **26) ACTIVITY NAME: BLOOD DONATION CAMP**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 9<sup>TH</sup> DECEMBER, 2020**

**NO. OF VOLUNTEERS: 08**

**MALE: 01**

**FEMALE: 07**

**MODE: ON GROUND**

The NSS unit of K.J. Somaiya college of Arts and Commerce conducted a second Blood Donation Camp during the pandemic on 9<sup>th</sup> December, 2020 from 9:30 am to 3:30 pm at Bloodline, charitable Blood bank, C/o Swargiya Dharamvir Anand Dighe Saheb Sankul, Khopat, Dr. Ambedkar Rd, Thane West, Thane, Mumbai (400601). As Blood Donation is a major activity, the preparations for the same started a week before. As everything is online firstly we had to create a Google form for the donors to register, we also provided a Whatsapp Group link in the form so that the donors could join the group for further details of the activity. As soon as we got about 17 to 20 registrations in the areas of Thane, Mulund and other nearby areas it was decided to organize a camp in the above venue. We contacted the Blood Bank and visited the venue one day before the camp to have a look at the arrangements there. As this was the only second on ground activity during the global pandemic a message was prepared for the volunteers, in which all the precautionary measures like wearing masks, using sanitizers and practicing social distancing which they had to follow while travelling and during the activity were given. The reporting time for volunteers was 8:00 am. As soon as all the volunteers arrived at the venue they were given a brief description of the activity and were assigned specific duties of distributing registration forms, writing certificates, providing refreshments, clicking pictures and the most important campaigning in the nearby areas. The live location of the venue and the pictures of the first two donors were sent in the WhatsApp group. The volunteers started campaigning in the nearby areas from 10 am. They tried to convince the people to donate blood on the roads and shops. In total we had 16 donors even in these difficult times when people are hesitant to donate. All the donors were given a pen by the Blood Bank along with the certificate and donor card for their act of compassion in the times when there was a huge need for blood to the country. The camp ended at 3:30 pm. The volunteers expressed their heartfelt gratitude to the Head of the Blood Bank Mr. Harmeet Koli Sir and his team for their enormous co-operation. Overall the activity was a success. Through campaigning volunteers got an opportunity to improve communication skills and boost their

confidence. We hope to conduct more such camps in future to give the volunteers new experiences.

Here are the pictures of the activity:



## **27) ACTIVITY NAME: MINORITY RIGHTS PLEDGE**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 18<sup>TH</sup> DECEMBER, 2020**

**NO. OF VOLUNTEERS: 45**

**MALE: 8**

**FEMALE: 37**

**MODE: ONLINE (GOOGLE MEET)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) scheduled an online meet in order to undertake the Minority Rights Pledge on 18<sup>th</sup> December, 2020 from 7:00 to 7:30 pm, which is celebrated as Minority Rights Day every year. In total 45 volunteers joined the meet and took the pledge.

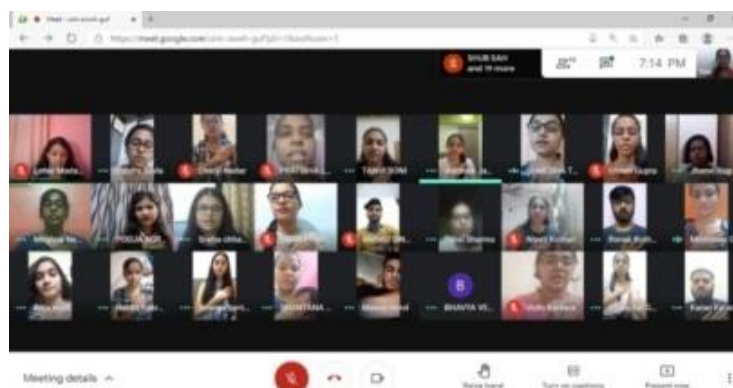
The pledge goes like this: ‘On Minorities Rights Day, we reaffirm pledge to safeguard and promote the rights of ethnic, cultural, religious and linguistic identities of minorities without discrimination for a just and inclusive society.’

We together pledged to protect the rights of the minority community in the country, give them equal status and provide them the adequate opportunities for a better future.

After the pledge, the session was thrown open to the volunteers to discuss about the current condition of the minority community of the country and provide some solutions to improve their condition. Volunteers were also asked to share some real life experiences where they have seen injustice happening with the minorities. Also the historical background on how this community was treated was also discussed. In all it was a healthy discussion.

Overall, the session was a success. This session was conducted in order to create awareness among the volunteers by better understanding and educating them about the minorities and their safety rights.

Here are the pictures of the session:



**28) ACTIVITY NAME: NATIONAL YOUTH PARLIAMENT  
FESTIVAL**

**ACTIVITY LEVEL: NATIONAL LEVEL**

**DATE: 26<sup>TH</sup> DECEMBER, 2020 TO 4<sup>TH</sup> JANUARY, 2021**

**NUMBER OF VOLUNTEERS: 1**

**MALE: 0**

**FEMALE: 1**

**MODE: ZOOM**

The NSS unit of K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (AUTONOMOUS) participated in the National Youth Parliament Festival 2020. To give you a gist about what it is and how it came into effect, our Honourable Prime Minister shared the idea of youth becoming the voice of India in his Mann ki Baat address on 31<sup>st</sup> December 2017. He spoke about giving a chance to the youth to put forth their views on various issues concerning the country. This vision of his gave birth to a very powerful platform known as the National Youth Parliament Festival.

The first step to this began at college level. On 26<sup>th</sup> December 2020, a volunteer was chosen to represent the NSS unit of our college in the district level of the youth parliament festival. As per the rules only one person per college is entered. 26<sup>TH</sup> and 27<sup>TH</sup> December 2020 was provided as preparation time. The participant was required to prepare a 3 minute speech on any one of the few topics provided. On 28<sup>th</sup> December 2020 at sharp 10:30 am the district level commenced. A panel of 5 judges was present. Participants from every district of Mumbai from various colleges presented their stance on the topics provided. The event went on till 4 pm and then the day was concluded.

On 30<sup>th</sup> December 2020, the participants going forward to the state level were contacted. As per the elimination rules, only two participants per district would get selected to move ahead. They were then provided 4 days to prepare on the new set of topics. Mr Sunil Shinde was in charge of all participants from Mumbai. He conducted grooming sessions to help the participants, along with Dr. Mrudul Nile, to be better prepared for states. On 4<sup>th</sup> January 2021 at 9:30 am, the state level for Maharashtra began. All the judges were gathered in one room and joined in on zoom

via a TV. The bar was raised as this time a whole room of people would be judging the participants. One state, numerous districts and 2 participants per district, the competition was very cut throat and tension could be felt in the air. After 6 long hours, the event concluded at 3:30 pm. One participant from each state was to go ahead to national level which is conducted in Delhi, in presence of the Prime Minister.

While we didn't make the cut to nationals, this turned out to be one of the most challenging and learning experience for our volunteers. The power of speech is quite underrated and events like these, powerful platforms like these, are a reminder to voice your opinions. Every voice, every story and every opinion has infinite power to bring about a change.



**National  
Youth  
Parliament  
Festival 2021**

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## **29) ACTIVITY NAME: DEBATE COMPETITION**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 14<sup>TH</sup> JANUARY, 2021**

**NUMBER OF VOLUNTEERS: 14**

**MALE: 3**

**FEMALE: 11**

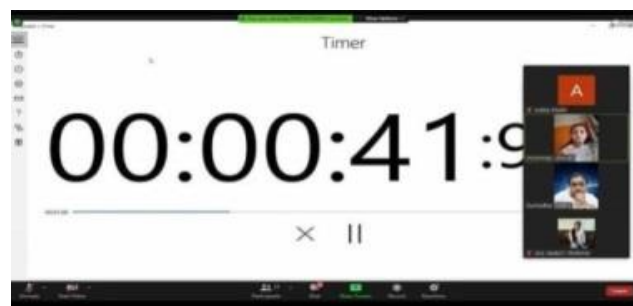
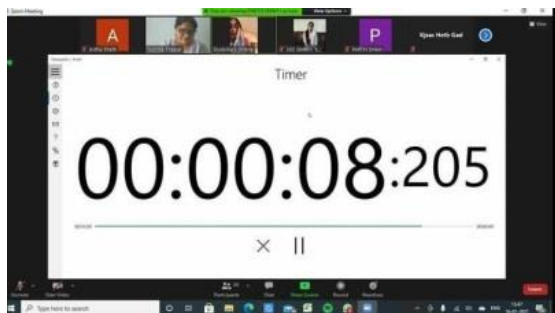
**MODE: ONLINE**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) organized an online debate competition on 14<sup>th</sup> January, 2021 from 4 pm onwards. In total 14 volunteers participated in the competition and were divided into 7 pairs i.e 2 volunteers in each pair. The topic for each pair was different. Each pair was given five minutes to think and collect facts for their particular topic and five minutes were given to each pair for the actual debate which was further bifurcated as follows: first minute for first point in favour of the topic and second minute for first point against the topic, 3<sup>rd</sup> minute for second point in favour and 4<sup>th</sup> minute for second point against. Last minute was given for the conclusion i.e 30 seconds for each participant to conclude their points.

All the rules for the debate were explained to the volunteers at the beginning of the competition. A timer was shared on the screen to keep track of the time limit. The judges of the competition were the Ex-Leaders of our NSS unit. The topics for the webinar were unique and most of them were relevant with the current times.

The volunteers participated in the competition with great enthusiasm, it was well organized, and despite being online it gave the volunteers a feel of being in a debate competition as it used to be held in college in the normal times.

Here are the pictures of the event:





### **30) ACTIVITY LEVEL: 72ND REPUBLIC DAY**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 26<sup>TH</sup> JANUARY, 2021**

**NUMBER OF VOLUNTEERS: 67**

**MALE: 16**

**FEMALE: 51**

**MODE: ONLINE - ZOOM MEETING PLATFORM**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) celebrated the 72nd Republic day on Tuesday, 26th January 2021 from 11:00 am to 12:30 pm on online meeting platform Zoom.

The whole online celebration was organized and managed by the first year N.S.S. volunteers. The event was attended by the programme officers Prof. Sandip Yadav Sir and N.S.S. committee members. It was also attended by the N.S.S volunteers and other teachers. The anchors started the event by welcoming everyone present in the meeting. The campus prayer was recited by the N.S.S. volunteers, which spread positivity amongst all. The National anthem followed by the prayer was sung by the volunteers. Further on, the welcome dance video was played where blessings of Lord Ganesh were showered on the audience on this auspicious day. The N.S.S. song was sung after the welcome dance by the volunteers. The N.S.S song was followed by the motivating address given by our Programme Officer Prof. Sandip Yadav sir. He told us why this day is of great significance and inspired us to feel proud about our leaders, soldiers and their hard work. The patriotic song was sung after the programme officer's speech, which intensified the feeling of the celebration and evoked the patriotic feeling amongst the volunteers and the attendees. The volunteers performed a group dance which filled the space with energy. The tri color dress code, the series of energetic songs and lithe dance moves were enjoyed by the audience. After the group dance an eloquent speech was given by a first year N.S.S volunteer. The speech gave a glance through Republic India, our constitution and highlighted visions of our leaders.

Subsequently, a small video featuring pieces of beautiful art crafted by the volunteers was presented to the audience. The drawings and craftworks educed the sacrifice of our brave soldiers and border forces who gave everything away for us. The pieces of art signified the tri colour and symbolized independent India. Further on, a beautiful poem written and recited by a first year N.S.S. volunteer, the poem recaptured our moments in lockdown and shed light on the contribution of covid warriors who kept the country running at that time. Lastly, the vote of thanks was

delivered by the hosts and the anchors. After a warm address the event officially ended. Thus, the 72nd Republic day celebration 2021 at N.S.S. unit K.J. Somaiya College of arts and commerce was a huge success.

The diligence and hard work of the volunteers made the event a resounding success. The programme went smoothly, all videos were well edited and well timed, and the anchors spoke fluently and clearly keeping the audience attentive. The first year's volunteers were praised by the programme officers, teachers and leaders. The online republic day event was not only a resounding success for the volunteers but also the student leaders and the general secretary who helped them throughout and guided them towards it.

Here are the pictures for this event –



**31) ACTIVITY NAME: A SURVEY ON THE TOPIC: PUBLIC  
OPINION ON GOVERNMENT  
MACHINERY**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 29<sup>TH</sup> JANUARY TO 3<sup>RD</sup> MARCH, 2021**

**NUMBER OF VOLUNTEERS: 7**

**MALES: 5**

**FEMALES: 2**

**MODE: ON GROUND**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) participated in a one-month long survey conducted by the organization of 'Target Publication Ltd'. The main motto of this survey was to procure an honest opinion of the public and create awareness among the illiterate regarding the main organizations relevant in Mumbai and the work done by them so far.

The 1<sup>st</sup> meet for this survey was held at a school in Ghatkopar wherein all the volunteers participating from various colleges had gathered and were given an introduction of what exactly is to be done in this survey and what would their roles consist of. The survey was a questionnaire which the volunteers were provided by Mr. Siddhesh Sir and he told them to ask people to fill up the survey and submit all the survey forms back to the organization. He also informed that all the data received from this survey will be compiled together and then get published as a book which will be freely distributed among the public. These questions mainly revolved around the work done by the Bombay Municipal Corporation (BMC) and their electives, Shiv Sena and central government and to get some views of the people on the upcoming BMC elections.

These are a few of the questions which were to be answered by the general public during the survey-

- Which age-group do you fall into? (10-20, 20-30 etc.)
- What rating would you give to the work done by the BMC so far on the scale of 1 to 10?
- How many ratings points will you give the central government and the work done by them so far on the scale of 1 to 10?

- What are the issues that you have been facing which the BMC should pay more attention to, in order to resolve them?
- What are your views on the upcoming BMC elections?
- Who do you think is most likely to win the upcoming elections?
- What are your views on Uddhav Thackeray and the Shiv Sena party?
- Did you know that if you have any queries the BMC must respond to them within 24 hours?

These were some of the questions included in the survey.

One more meet was conducted by the target publication Kolambekar Sir and Shri. Shashikant Jure Sir was also present. The volunteers were informed about the various areas which have to be covered by them and were also told that they would receive individual payment based on the number of survey forms filled by them. Each completed survey form value was 5 rupees. The volunteers covered a vast amount of area during their month-long survey. Some of the areas covered by our unit are-

- In the main city-  
Byculla, Colaba, CST, Girgaon, Mahim, Malabar Hill, Sion, Wadala
- On the western side-  
Andheri east, Andheri west, Bandra, Chandivali, Charkop,  
Dindoshi, Jogeshwari, Khar, Malad, Versova, Vile Parle,
- On the eastern side-  
Anushakti nagar, Bhandup, Mulund, Powai, Vikhroli

During the month-long survey, 2 zoom meetings were held by the leaders every week to get all the updates regarding this activity from the volunteers i.e., to know how many areas have been covered until now, how many survey forms have been filled and so on. This activity provided a great opportunity to the volunteers as they

got a chance to interact with people and understand the various problems they have been facing and this also helps in broadening their perspective on various topics as well. Qualities like teamwork, cooperation, unity, and coordination were also improved among them as they had to work together with volunteers from other colleges as well.

After some calculations based on the number of forms submitted, the team which participated in this survey from our college revived a total of Rs.2277 and this amount was distributed among the volunteers based on their individual contribution for this survey.

Thus, this activity was carried out successfully and provided a great learning experience for our volunteers.

Here are the pictures-



**32) ACTIVITY NAME: UMEED FEST**  
**ACTIVITY LEVEL: INTER COLLEGIATE**  
**DATE: 17<sup>TH</sup> TO 20<sup>TH</sup> FEBRUARY**  
**NUMBER OF VOLUNTEERS: 20**  
**MALE: 4**  
**FEMALE: 16**  
**MODE: ONLINE (ZOOM MEETING),**  
**OFFLINE (SUBMISSION THROUGH EMAIL)**

The N.S.S. unit of K. J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) participated in the wonderfully themed ‘umeed fest’ conducted by the Jai Hind College from the 17<sup>th</sup> to the 20<sup>th</sup> of February. The theme for this year was ‘Education, A solution to curb social evils.’ Umeed is a socio-cultural fest, organized by the N.S.S. unit of Jai Hind College, where, using “performing arts” as a medium, they try to generate awareness about on-going social problems and also showcase their contributions to the society. The fest was well organised, synchronised and interesting. It shed light on various issues previously ignored and forgotten and made us realize the importance of education in the modern society. Apart from choosing education as the central theme, every event was individually themed with various issues the society struggles to overcome. A few of those issues include Dowry, climate change, abuses, superstitions etc. these topics were chosen for competitions such as face painting, blog writing, short films and meme making. The effort taken by the college was refreshing in these tough times of lockdowns and endless streams of boredom. The most interesting aspect of the competitions from this event were the modern and innovative ideas for competitions like making memes, short films, slogans, jingles etc. along with a contrast of the classic competitions like chess, spell bee, poster making etc. that attract a wide range of college crowd and in turn spreads the information that they wish to convey to a wider audience.

List of competitions:

1. Blog it up (Article writing)
2. Chhaya Chitra (short film)
3. Chehra Ek, Kahani Anek (face painting)
4. Meme it till you win it (meme making)
5. Naare Baazi (slogan making)
6. Kalakari (poster making)

7. Quirisma (Quiz)

8. Jingle Mingle (jingle making)

\* Online events

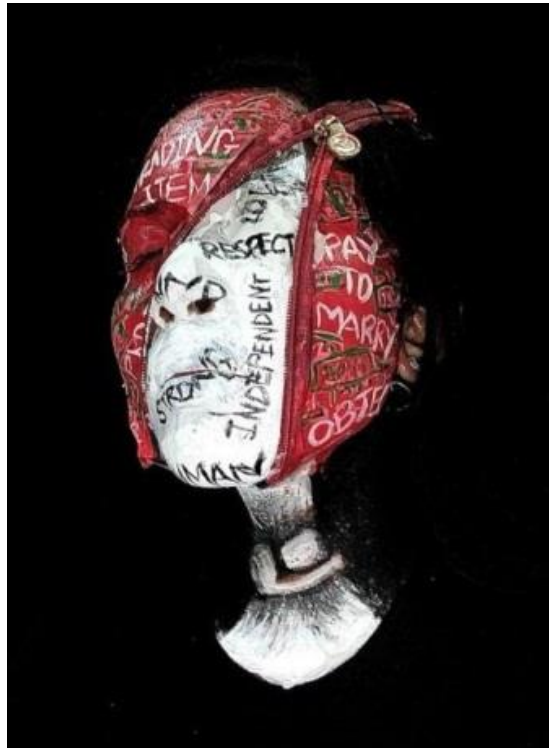
1. Spell bee

2. Shatranj ka khel (chess)

3. Open mic

The volunteers won various competitions from this fest like the first and third prize of the face painting competition, 2<sup>nd</sup> prize in jingle making, and 3<sup>rd</sup> prize in chess. It was a new and novel experience for everyone as this was an online event and the volunteers learnt a lot about various technological aspects of organizing a complete fest online as well as how to record videos, how to convey emotions without an audience and how to maintain discipline and decorum online.

Here are the pictures of the event:



**33) ACTIVITY NAME: VEGAN OUTREACH- MISSION  
COMPASSION 2021**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 24<sup>TH</sup> FEBRUARY 2021**

**NUMBER OF VOLUNTEERS: 80 (46 NSS VOLUNTEERS)**

**MALE: 18 (13 NSS VOLUNTEERS)**

**FEMALE: 62 (33 NSS VOLUNTEERS)**

**MODE: ONLINE**

The NSS unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) in collaboration with Vegan Outreach conducted a webinar on 24<sup>th</sup> February 2021 at 4:00PM. Vegan Outreach works to aware people of why veganism is a better and a much safer choice of diet. The guest speaker of the webinar was Mr. Kuntal Joisher, a renowned mountaineer. The webinar concentrated on the life of Mr. Kuntal Joisher but most importantly on the Vegan Outreach's 'Mission Compassion 2021' which highlights how one can lead a healthy life without causing harm to the living beings around. The event was conducted online due to the ongoing pandemic. The lockdown caused us to pick up some really unhealthy diets and this webinar was a sheer reminder to initiate a step towards our betterment. Veganism is widely known around the world but practiced by few. Mr. Kuntal Joisher talked about his personal experience with veganism and the struggles he faced to conquer his dream. Mr. Kuntal Joisher is well known for his life-transforming journey to the Everest. He is the first mountaineer to have completed the highest climb on earth, on a 100% vegan diet. He also collaborated with a gear company to make the world's first vegan high-altitude suits and mittens. The peak rises to 8,848 m and many estimated that a vegan diet cannot possibly provide you with enough endurance to conquer the mighty Everest. But, after years of training and an undefeatable passion that drove him to not give up trying, even after life shot hardships his way, he proved all estimations wrong and completed the summit in 2016 and the second time in 2019. Mr. Joisher is a strong believer of compassion. He believes that animals are no different than humans when it comes to emotions. Growing up in a vegetarian family, he always empathized towards animals and wanted to make a change for them. Mr. Joisher has been on a vegan diet for the past 18 years and has climbed not only the Everest, but also many other summits. He is a living proof of why veganism is not a deficient diet as many think it is. Mr. Joisher guided the volunteers on how they can convert from a meat-based diet to a plant-based diet. The volunteers were made aware of all the alternatives they could opt for and be at their best health even



without letting an animal get slaughtered for their pleasure. The pandemic has made us realize the importance of gratitude towards nature and this webinar was a nudge towards the same. Veganism is not only better in the long run but it also spares the lives of innocents. The webinar highlighted many unknown facts about veganism and how important it is for the world right now. There are many myths around the vegan diet and how it is not the best choice for an active lifestyle but people like Mr. Kuntal Joisher set an example to wrong all these myths and show the truth.

Here are the pictures of the webinar:



### **34) ACTIVITY NAME: ANUBHUTI FEST**

**ACTIVITY LEVEL: INTER COLLEGIATE**

**DATE: 28TH FEBRUARY & 1ST MARCH**

**NUMBER OF VOLUNTEERS: 20**

**MALE: 2**

**FEMALE: 18**

**MODE: ONLINE (ZOOM MEETINGS/YOUTUBE),  
OFFLINE (SUBMISSION THROUGH MAIL)**

The N.S.S. unit of K. J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) participated in the authentic and wondrous 'Anubhuti Fest' conducted by the Ramnarain Ruia College from the 28<sup>th</sup> February to 1<sup>st</sup> March. The theme for this year was 'Beginning of the New Phase' which aims in highlighting the new normal and different aspects of it. 'Anubhuti' is a socio-cultural awareness event, organized by the N.S.S. unit of Ramnarain Ruia College, where, a healthy competition among different colleges takes place, to inculcate a moral responsibility and a sense of realization towards the society, in the minds of fellow volunteers. The event was interesting, eye-opening and enjoyable. It aimed at showing volunteers the effects of the pandemic through various perspectives. Under the dominant theme topics like 'Atma Nirbhar' Bharat, Crime spikes in pandemic, COVID Warriors, Mental and Physical health in lockdown and many more were covered. It also became a safe space for everyone to share their views and experiences of these difficult times with others.

The fest was managed and organised very well. It had a wide combination, from classic events like Elocution, Poster making and Poetry recitation, to modern competitions like Reel making, Short Film making and Mono acting, which helped a wider audience to confidently take part in familiar events as well as challenge themselves with the new and innovative ones. The topics were experienced by and relatable to everyone so volunteers showed a keen interest in every story presented.

#### List of Competitions:

#### **ONLINE EVENTS:**

1. Ba-Dastoor (Elocution)
2. Pain-end-Act-mic (Mono acting)
3. Arterra (Poster and Slogan making)

#### 4. Kavyanjali (Poetry Recitation)

### OFFLINE EVENTS:

1. Blog-Prism (Blog writing)
2. Reel Making
3. Move to Groove (Group dance)

The volunteers won various competitions including 1<sup>st</sup> prize in Blog writing and 1<sup>st</sup> prize in Poetry recitation. Our college also bagged a third prize for the best college as the participation was huge. As most of the events took place online, it was a new and exciting experience for everyone. The fest helped in building a sense of teamwork between the volunteers while working on events like Group dance and Short film making and gave them a chance to know their fellow volunteers better. They also gained technological experiences and got an insight on how events are conducted and managed online. Overall, volunteers gained a deeper sense of the pandemic and our current situations.

Here are the pictures of the event:



**35) ACTIVITY NAME: WEBINAR ON PERSONAL AND PUBLIC HYGIENE IN INDIA**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 4<sup>th</sup> MARCH, 2021**

**MODE: ONLINE (YOUTUBE LIVE)**

**NUMBER OF VOLUNTEERS: 33**

**FEMALE: 26**

**MALE: 7**

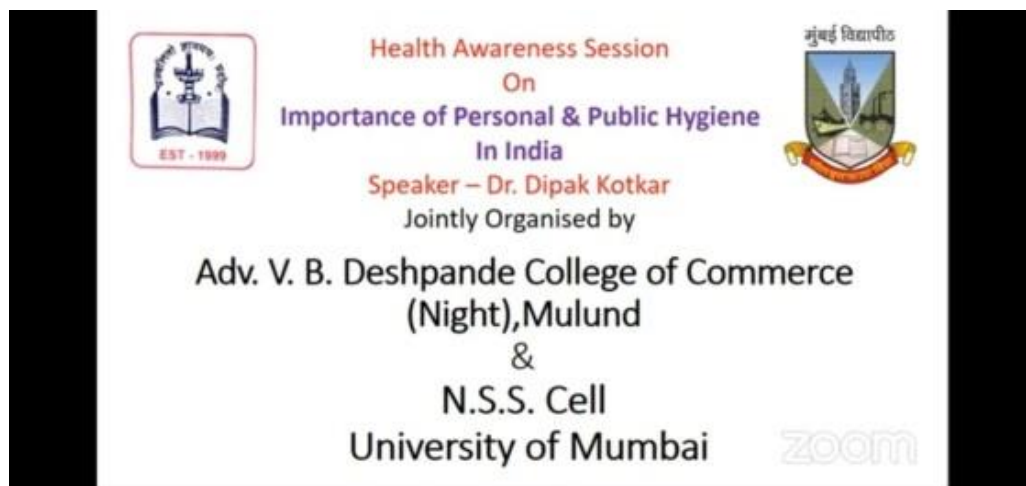
**MODE: ONLINE**

The NSS Unit of KJ Somaiya College of Arts and Commerce (Autonomous) was invited by NSS Unit of A.D.V.B. Deshpande College of Commerce (night) Mulund. The speaker for the session was Dr. Dipak Kotkar who is a dermatologist. The webinar was all about the importance of personal and public hygiene in India.

Sir Kotkar started with speaking about how WHO defines health and how it has been the organization which works for health and hygiene. He firstly spoke about practicing basic steps of personal and public hygiene. He also spoke about how releasing waste into water bodies can cause health problems in a vast range and thus the importance of disposal of these wastes was talked about. The most important part of public hygiene that is environmental and surrounding hygiene should be maintained was told. Also the speaker talked about good hygienic steps and how it benefits us and our family. The speaker talked about the importance of proper way of washing hands which is mandatory and much needed always and also how it is a basic pointer of personal hygiene, and also other steps of maintaining personal hygiene that is applying a good deodorant for removing bad body odour, shampooing hair on daily basis and brushing and flossing teeth was discussed. He said how these steps are known to us from childhood but in a way or other we might not follow it properly or just ignore it which might create health problems. He then talked about how protecting our skin from the sun is also a great part of our good health. He talked about problems caused through sun rays such as sunburns and skin cancer and also he suggested some steps which can be followed in order to protect ourselves from the harmful rays of sun and the most important step is applying sunscreen and how it should be applied constantly. And here comes the most important step of personal and healthy hygiene that is having healthy and fresh food and also how it benefits us was talked about. The speaker talked about sanitation and

its importance and how it can benefit us, he also talked about how poor sanitation can cause spreading of germs and thus spreading diseases causing health problems. The whole webinar was extremely informative and very much liked by everyone. The information given had always been known to us but somewhere we all had forgotten about it and also were not following, so this session was a kind of rejuvenation of those tips for our good health.

Here are the pictures of the webinar:



Health Awareness Session  
On  
Importance of Personal & Public Hygiene  
In India  
Speaker – Dr. Dipak Kotkar  
Jointly Organised by  
Adv. V. B. Deshpande College of Commerce  
(Night), Mulund  
&  
N.S.S. Cell  
University of Mumbai

EST - 1999

मुंबई विद्यापीठ

zoom



Hygiene

The definition of hygiene is healthy habits that include bathing, keeping the mouth clean, keeping the skin protected from the sun and washing hands frequently before handling edibles to insure the safe delivery of food.

zoom

## **36) ACTIVITY NAME: BREAST CANCER AWARENESS**

### **WEBINAR**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 6<sup>TH</sup> MARCH, 2021**

**NO. OF VOLUNTEERS- 27**

**MALE- 5**

**FEMALE-22**

**MODE: ONLINE (GOOGLE MEET)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) was invited by the Women Development Cell of our college for a webinar on Breast Cancer Awareness which was conducted on account of Women's Day. The resource person for the webinar was Dr. Manisha Bendhari, Assistant Professor from Department of Community Medicine, K.J. Somaiya Medical College. The speaker firstly introduced the attendees about the disease, explained them about the reasons of occurrence of Breast cancer mostly in women. She also explained about how a women can herself at home examine whether there is a chance for her to get the disease and how one can prevent from getting it. The whole one hour webinar was conducted with a help of a PowerPoint presentation which made the attendees understand in a much better way. Lastly, the speaker conducted a QnA session and the attendees were given an opportunity to ask their questions and doubts regarding the particular topic. Overall the session was very informative and interactive. The session was one of its kind as sensitive topics have not been much talked about in public fora. The Women Development Cell of K.J. Somaiya college of Arts and Commerce conducts many such webinars which are in the interest of and useful especially for women. Our NSS unit has always been and will continue to support Women Development Cell for its initiatives for Women Empowerment.



Time :- 2.00 p.m to 3.30 p.m  
Platform :- Google Meet  
For All Stream Female Students  
Link :- (Google Meet)  
<https://meet.google.com/ucf-awwq-nfg>



**Women Development Cell**

Celebrates  
**International Women's Day on 8<sup>th</sup> March, 2021**  
Online Talk  
On



Resource Person :- **Dr. Manisha Bendhari**  
Assistant Professor (Department of Community Medicine)

**37) ACTIVITY NAME: ONLINE WORKSHOP ON 'BASICS OF  
SELF-DEFENCE**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 8<sup>TH</sup> MARCH, 2021**

**NUMBER OF VOLUNTEERS: 52**

**MALE: 11**

**FEMALE: 41**

**MODE: YOUTUBE LIVE STREAM**

The Women Development Cell of K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (AUTONOMOUS) and K.J. SOMAIYA INSTITUTE OF ENGINEERING AND INFORMATION TECHNOLOGY, SION celebrated International Women's day by conducting an online workshop on 'BASICS OF SELF DEFENCE' on 8<sup>th</sup> March 2021 from 3.00 pm to 4.30 pm. The session was live-streamed on you tube, audiences from both the colleges attended the session.

Mrs Gauri Gothivvekar madam was the host of the session and introduced us to the speaker and the session to be conducted. The session started with beautiful verses of the Somaiya prayer which built a positive vibe for the session. Mrs.Monika Sawant madam of the Women Development cell addressed the audience and said a few words on Women's development and the contribution of women to society. On behalf of Mrs. Veena Sanekar madam, Principal KJSAC, Mrs. Hemali Sanghvi Madam, (Dean) addressed the students and audience. After that, Mr. Suresh Ukarande, Principle KJSIEIT spoke a few words acknowledging the female staff, teachers, and workers in the institute.

The stage was then taken by Ms. Anjusha Chaughule who worked with many female organizations and conducted different programmes for women development and self-defense across Mumbai. She started with a basic question, 'What is self-defence?' and proceeded with the workshop. She informed the audience that self-defense is not only done physically but virtually, where women should take care of their data and information. She explained how cybercrimes happen and how we should keep ourselves safe from them. In self-defense, she also mentioned different touches, how someone should distinguish them and understand the difference

between them. She expressed her views on women's safety, gender discrimination and spread awareness about it. After all the necessary information and advice she discussed things about self-defense. She not only taught different self-defense techniques but also demonstrated them live in the meeting. She told different things that are to be taken care of while using such tricks and techniques physically. The audience had various questions as well which the speaker answered thoroughly thus providing a more clear understanding of the basics and techniques of self-defense.

Respected principal madam of K.J. Somaiya College of Arts and Commerce, Mrs. Veena Sanekar joined the session and addressed the students. The address was followed by the kind words of Dr. Flora Pandya madam. The vote of thanks was given by Sandeep Kulkarni Sir which officially marked the end of the session. The session was quite informative and ended with success. Everyone interacted well with the speaker and gained useful information.

Here are the pictures of this webinar-





**38) ACTIVITY NAME: WEBINAR ON ENVIRONMENTAL  
CONSERVATION**

**ACTIVITY LEVEL – COLLEGE LEVEL**

**DATE – 12<sup>TH</sup> MARCH, 2021**

**NUMBER OF VOLUNTEERS – 41**

**MALES – 8**

**FEMALES – 33**

**MODE – ONLINE (ZOOM PLATFORM)**

The N.S.S. unit of K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on 12<sup>th</sup> of March 2021 with Ms. Vidya Paranjape, the trustee and an active member of the Urjaa Foundation, as our guest speaker. The topic for this webinar was Environmental Conservation. This webinar focused on making the youth more conscious about the environment they are living in and promoting sustainability. Our speaker, Ms. Vidya Paranjape started the webinar by making us understand the meaning of the word Environment and according to ma'am, the Environment is somewhere we live and how it gives us the capacity to survive. The three main components of the Environment are soil, water and, air. It is free but priceless. She later went on to explain the volunteers the current situation of the Environment and how our habits have resulted in its degradation. The carcinogenic elements present in our Environment has made our situation worse and these elements keep on increasing everyday and with them, their impact on the living beings. She told the volunteers how the nature repays for all the things she goes through and how devastating its consequences are. Her answer to all of these problems related to the Environment was – “GO GREEN”.

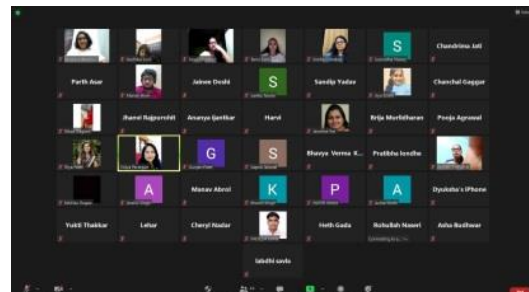
She requested all the volunteers for being a part of the “go green” movement and asked us some very important questions which made us reflect on our day-to-day habits. She talked about we do not take the matter of segregating our wastes responsibly and what happens to all the waste which is collected from our households every day. They keep on piling up in dump yards and are burnt to ashes which in both the ways degrade our Environment. Our ongoing habit of consumerism is what is deteriorating the very surroundings we are a part of. She explained to us the importance of managing waste and the importance of the three “R’s”, i.e., reuse, reduce and recycle. Ms. Vidya’s very own organization has taken up the initiative of collecting plastic from several people and making polly-bags out of them so that the local vendors could use them while selling their products and

without losing any of their customers. She further asked the volunteers to implement the process of segregating our wastes and making compost out of the wet waste. She insisted on having kitchen gardens and being a part of various plantation and Environmental conservation drives.

Ms. Vidya further explained us the how the water table is going down every day and what happens to the plastic waste which remains untreated. The untreated plastic waste is either consumed by aquatic animals or street animals and has become the number one cause of their deaths. Later, she told us to switch off the switches when not in use, how using too much gadgets are affecting us mentally as well as physically, the radiation from the telephone towers which are present everywhere has been killing several birds and animals and harming us humans as well. She further taught the volunteers that co-existence is the key to our survival and that of other species too and, the other ways of avoiding pollution which included – walking small distances instead of using motor vehicles, cycling, using public transport or carpooling while travelling; these habits help us reduce air pollution and save fuel as well.

Ms. Vidya concluded by asking us to go digital and going paperless, she asked us to practice water harvesting, using appliances with lower power consumption and saying a few lines on nature in Marathi. She warned us about the current situation and how we all are sitting on a time bomb which can explode any moment and how the current pandemic is also a result of it. Lastly, our Program Officers Mrs. Jasmine Rai and Mr. Sandip Yadav said a few words on the ongoing topic and thanked Ms. Vidya Paranjape for conducting the webinar. This was followed by a vote of thanks by one of our N.S.S. volunteers. Overall, this webinar was quite interactive and informative. The volunteers got to learn a lot of things about waste management and sustainability from it.

Here are the pictures of the webinar:



### **39) ACTIVITY NAME: SANKALP FEST**

**ACTIVITY LEVEL: INTER COLLEGIATE**

**DATE: 19<sup>TH</sup> & 20<sup>TH</sup> MARCH**

**NUMBER OF VOLUNTEERS: 3**

**MALE: 0**

**FEMALE: 3**

**MODE: ONLINE (ZOOM MEETING/YOUTUBE)**

**OFFLINE (SUBMISSION THROUGH GOOGLE DRIVE)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) participated in the ‘Sankalp Fest’ conducted by Lala Lajpat Rai College of Commerce and Economics on 19<sup>th</sup> and 20<sup>th</sup> March. The theme for this year was “VARSA, Tribal colours of India.”

‘Sankalp’ is a socio-cultural fest organised by Lala Lajpat Rai College of commerce and economics, in which a healthy competition takes place among different colleges, to create awareness about important social issues and also encourage other NSS volunteers to widespread their creative skill in a multidimensional way.

The event was very amazing and enjoyable. The theme of the event aimed at creating awareness among the youth about the rich cultural heritage of tribal communities, their way of life, their socio-economic status and closeness to nature. There was also an emphasis on the role on today’s youth in contributing towards the preservation of tribal culture and upliftment of the communities.

The fest was well organised and managed. It had wide combination of events like poster making, rangoli making, poetry recitation, handicrafts and costumes, dance which helped a wider audience to confidently take part as well as challenge themselves with something new and innovative. The volunteers showed a keen interest in every competition.

#### **LIST OF COMPETITIONS:**

- 1) POSTER MAKING**
- 2) RANGOLI MAKING**

- 3) POETRY RECITATION
- 4) TRIBAL HANDICRAFTS (BEST OUT OF WASTE)
- 5) TRIBAL ART
- 6) TRIBAL COSTUME
- 7) SOLO DANCE (TRIBAL DANCE)

Our volunteer won 3<sup>rd</sup> prize in tribal costume competition.

The fest helped in building up teamwork among the volunteers and also gave them an opportunity to bond with their fellow volunteers. They also gained technological experience and got insights of how events are conducted and managed online.

Here are the pictures of the event.



## **40) ACTIVITY NAME: URBAN WILDLIFE CONFLICTS AND CONSERVATION WEBINAR**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 21<sup>ST</sup> MARCH, 2021**

**NUMBER OF PARTICIPANTS: 1000**

**MODE: ONLINE (YOUTUBE LIVE STREAM)**

The N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on 21<sup>st</sup> of March 2021, the webinar was conducted by proficient speakers, Mr. Shubham Soni-Final year Botany student at Ruia college and a Mumbai based wildlife rescuer and Miss Debashrita Panda, an MBA engineer and a member in the awareness team of Resqink association for Wildlife Welfare (RAWW). Mr. Pawan Sharma, the honorary wildlife warden of Thane and the founder president of RAWW, and Mrs. Ritu Sharma, an executive committee member RAWW, graced the program with their presence. The webinar focused on making the youth more alert and aware about what urban wildlife and its conservation is. The webinar started with Miss Debashrita giving us insights on what wildlife, urban wildlife and how human activities affect them. The concept of survival of the fittest, road kills, and plastic is nuisance not only to animals but also to humans and how daily human activities lead to their death was explained. She made the audience understand how deforestation, intensive agriculture and intensive urbanization have taken away the natural habitat of the wildlife.

Mr. Shubham Soni then put forward information regarding human and wildlife conflicts and ways to resolve it. Situations such as responding to cases related to wildlife emergencies, what to do when one encounters a wild animal in the city; some important points being not to handle, feed or corner the animal or panic, solutions such as contacting the forest department, or RAWW, in such circumstances. Precautionary measures that are necessary to be taken by all regarding the wildlife were also put forward. Some were as simple as keeping a bowl of water for birds, to keep the surrounding clean and to not feed the mammals and reptiles, he also stressed on not believing myths that have come into action, not to broadcast misinformation, to strive for a sustainable lifestyle, to play an active part in local and national campaigns, and how it affects everyone if these precautionary

measures are not taken care of. The Domino effect comes into action over here where if one thing goes wrong all the other things are sure to relapse. Also, how one element affects all the other elements that co-exist in nature and how important it is that we don't hamper their natural instincts to hunt or gather food and shelter.

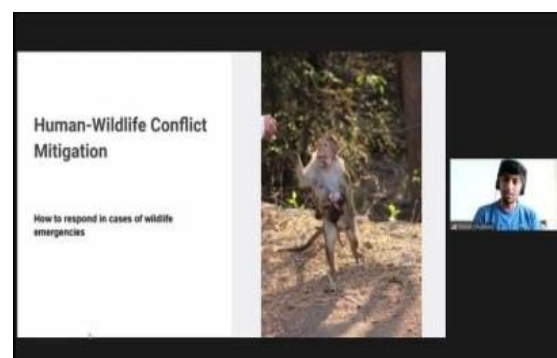
Answers for questions such as when is human intervention needed were also taken into consideration, how nature plays its own part was explained. The complete procedure of an animal rescue was discussed – the treatment needed, fostering and monitoring and basic checkup of every animal rescued before its release back into the wild. He emphasized on what a wonderful journey it has been for RAWW by spreading awareness, educating and changing people's perspective from killing at sight to putting efforts for the conservation of the wildlife which is indeed a fruitful product of the entire RAWW team and the forest department. All of them advocating the same idea of 'Elimination to Coexistence'. We need evolve, adjust and accept.

Both the speakers urged everyone present in the webinar to do what they can do from their side, volunteer and make the mission more successful by sharing some stories and their own experiences, helpline numbers and emails were shared to everyone.

Towards the end of the session there was a very interesting question and answer session. The audience very enthusiastically interacted with the speakers and got a clearer view of the topic, followed by the announcement of the winners of the quiz competition that was held. This was followed by a vote of thanks by one of our N.S.S. volunteers.

Overall, this webinar was a huge success and the areas of knowledge about urban wildlife were expanded and the main aim of the session was achieved.

HERE ARE THE PICTURES OF THE WEBINAR:



## **41) ACTIVITY NAME: WEBINAR ON GENDER SENSITISATION**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 27<sup>TH</sup> MARCH 2021**

**NUMBER OF PARTICIPANTS: 150**

**MODE: ONLINE (ZOOM PLATFORM)**

The BUSINESS LAW DEPARTMENT in association with the N.S.S unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on 27th March 2021 on a crucial topic of 'Gender Sensitisation'. It was conducted on Zoom platform, between 2.00 pm and 3.30 pm. The speaker for the programme was Mrs. Sunita Machado who worked for different organizations and presently works for Kindness and Limited (NGO).

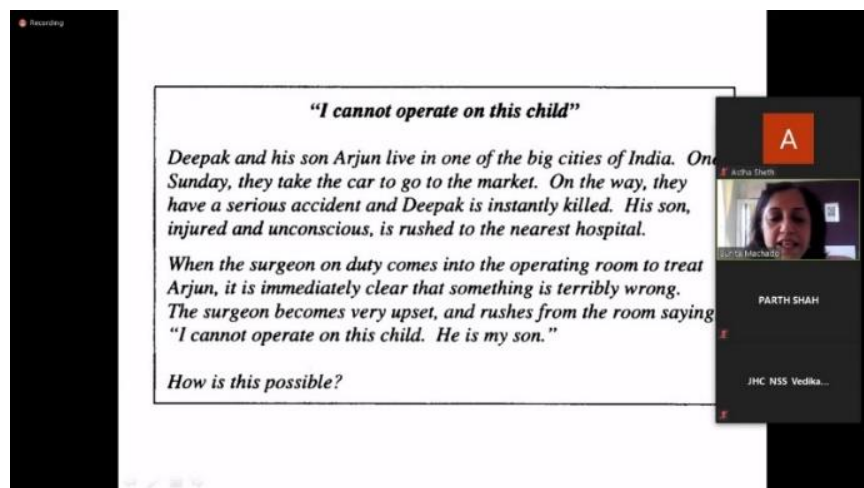
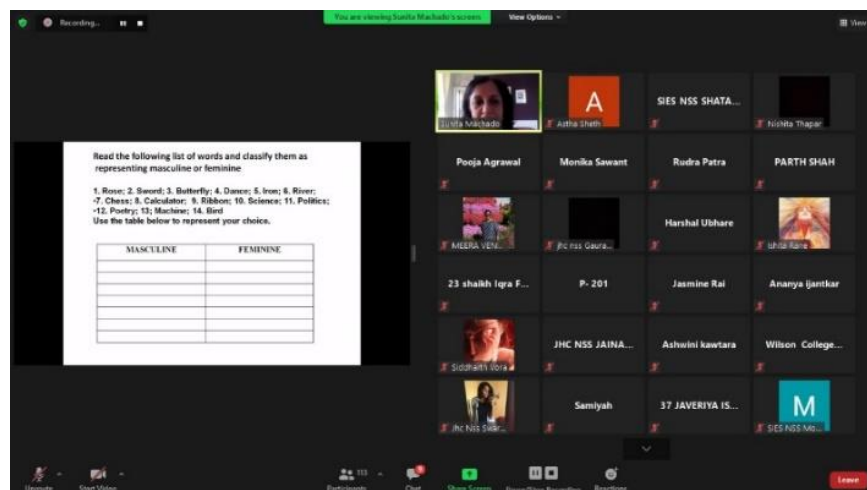
A small introduction was given by a N.S.S. Volunteer to the audience about the programme. Mrs. Monica Sawant, Head of the Business Law Department introduced the resource person and gave her valuable insights on the topic. The webinar was focused on developing a wider perspective on the topic of 'Gender Sensitisation' and reflecting on our daily lives and actions. The speaker Mrs. Sunita Machado started the session with a basic question about 'gender' and 'sex' which sparked the audience's attention. She gave different examples on how gender difference has been stuffed in our mind from childhood and how it affects our daily life decisions. She talked about the psychological concept of 'Dual Coding Hypothesis' and used examples from history, literature and storytelling to explain it in a better way.

The difference between 'Sex' and 'Gender' explained by the speaker was an eye opener to the audience. She brought up different scenarios in which women were discriminated against or involved any gender bias against them. Though humanity has progressed so much but still there is no balance in the rights for men and women. She talked about various narratives and double standards feeded to us by the society which created a difference in our thinking and decision making. She gave different contexts to our culture, traditions and customs which exhibited gender discrimination. She also talked about gender bias in fairy tales, stories and T.V. shows which we grew up reading and learning. The speaker kept the session interactive by asking questions which made us think and present our views. Some questions were quite thoughtful and left the audience thinking for quite some time. The speaker also used creative activities which made the session more interesting and engaging. The attendees also interacted with the speaker and responded well.

It was a mind-blowing session which kept the audience engrossed till the end. The main session was followed by a question and answer session where the resource person answered most of the questions asked by the volunteers and other attendees. The speaker provided a clearer perspective on gender and social aspects of it. She also gave a questionnaire which included prose and a few questions related to the topic which would help us to reflect on our thoughts and actions, and understand the problem and how to solve it. The audience responded to it with full enthusiasm as well.

The vote of thanks was given by a N.S.S. Volunteer and the speaker ended the meeting by acknowledging the staff and the attendees for making the session successful. The webinar left the audience with a wider perspective about gender and proved to be quite an eye opener for everyone involved. Overall the webinar was a huge success for the teachers, staff and the N.S.S. unit as a whole.

Here are the pictures of this webinar-





## **42) ACTIVITY NAME: BIRD FEEDING ACTIVITY**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 1<sup>ST</sup> TO 3<sup>RD</sup> APRIL**

**NUMBER OF VOLUNTEERS: 20**

**MALE: 3**

**FEMALE: 17**

**MODE: ON GROUND**

The NSS unit of K. J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) organized a water feeding activity amidst the ongoing summer so as to help provide water for the small birds and animals in our surroundings. The aim was to feed all the birds and animals around the locality by keeping a water container outside on the roofs, balconies or the window sills. Our N.S.S. volunteers took the initiative to do the same by keeping plastic cups, small mud pots and containers wherever they could so the birds stay hydrated in this hot summer.

In total 20 of the volunteers participated and expressed their kindness from various places including Bhiwandi, Thane, Dombivli, Mumbai, Pune to as far as Delhi and Jharkhand, which are the native places of some of the volunteers.

Before commencing the activity, important guidelines were provided to the volunteers which they had to follow compulsorily while performing this activity.

These guidelines, related to the safety of a volunteer, were-

Volunteers had to compulsorily wear a mask at all times and check if their temperature was normal when going out in their locality for the activity. Also, applying sanitizer before and after the activity was mandatory. The dress code was the N.S.S t-shirt or black and white.

Few other instructions on clicking the photos with a time limit to submit them were given. However, volunteers tested positive for coronavirus or showing symptoms had to reserve themselves from this activity as the safety of volunteers is the utmost priority.

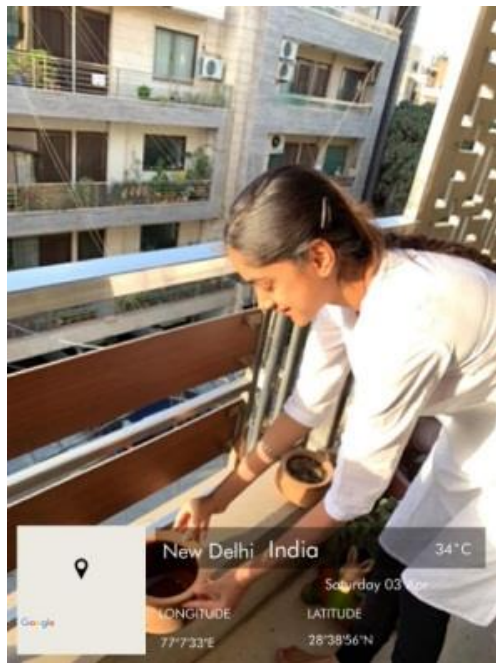
By organizing this type of activity, we hoped to help out as many animals and birds as we could, because during these summer times there is scarcity of water, as many water sources dry up due to the heat.

Apart from this, it is simply the enjoyment and company, these variety of birds can bring us. It is a fascinating educational activity for all ages, which was seen through our volunteers as they not only fed the water themselves but also brought upon their family members to do the same.

Overall, this venture gave our volunteers a sense of responsibility to think and care

about animals and birds around them. They were also encouraged to provide them water all throughout the summer, which many of our volunteers are gladly doing. In fact, while living in urban cities we rarely get a chance to interact with nature and the birds and animals in it. Hence, water feeding is a great routine we can involve in our daily lives.

HERE ARE SOME OF THE PICTURES FOR THIS ACTIVITY-



**43) ACTIVITY NAME: WEBINAR ON CYBER SECURITY  
AWARENESS**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 3<sup>rd</sup> APRIL 2021**

**NUMBER OF PARTICIPANTS: 813+**

**MODE: ONLINE (YOUTUBE LIVE)**

The N.S.S Unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on 3<sup>rd</sup> of April 2021. The topic for this webinar was Cyber Security Awareness. The speaker for this webinar was Mr. Shubh Thakkar who is a cyber security expert. The event started by one of the N.S.S Volunteers introducing the topic and the speaker. Mr. Thakkar then took over by explaining the students about what exactly cyber security is and how important it is for the people to stay alert from scam messages and how companies hire experts to protect their data. He then explained the huge difference between hackers and cyber security experts, how hackers are illegal and unprofessional while cyber security experts can be defined as ethical hackers and professionals. He also shared the 4 Main Cyber Security Attacks namely Brute-force attack, Credential Stuffing, Phishing and Malware attacks and how hackers use various ip addresses and good networking systems for these attacks to hack accounts. After this, the speaker gave a short briefing on a few important topics like: cybercrime, how to protect social media accounts from being hacked and if accounts get hacked then how to report them online. He highlighted the recent scams of Zomato, Paytm, Microsoft and Olx and how the scams are based on different age groups and majority of the targets of these scammers are senior citizens he also suggested that reporting cyber crime online is much efficient and better than to file a complain at police stations.

The speaker of the webinar proceeded further by telling us how vast the internet is, he explained that there are three layers of internet precisely the Surface Web

which is our basic search platform, Deep Web which consists of important and confidential documents of companies, schools and hospitals and Dark Web which consists of various illegal activities and is only accessible through TOR. He explained how Dark Web is a place where people do illegal activities and how on dark web people can do anything for money and he also said Dark Web also has certain advantages like getting information on important topics which cannot be obtained through surface web. Our viewers were extremely enlightened by this new information provided by Mr. Thakkar. Various questions were asked by the viewers on the youtube live chat which was conveyed to the speaker by Another N.S.S Volunteer, which were well answered by Mr. Thakkar thus clearing the doubts of the viewers. The webinar was concluded by a vote of thanks given by one the N.S.S volunteers.

Here are the pictures of the webinar:



#### **44) ACTIVITY NAME: TWO-DAY WORKSHOP ON DISASTER MANAGEMENT**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 5<sup>TH</sup> & 6<sup>TH</sup> APRIL, 2021**

**NUMBER OF VOLUNTEERS: 40**

**MALE: 7**

**FEMALE: 33**

**MODE: ONLINE (CISCO WEBEX)**

The N.S.S. unit of K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (AUTONOMOUS) was invited by the N.S.S. unit of Gurukul College of Commerce, which organized a Disaster Management Workshop in collaboration with the N.S.S. cell of University of Mumbai. The two-day workshop was conducted online via Cisco Webex platform and was attended by more than 500 volunteers across Mumbai. The Chief Guest of the programme was Mr. Mahesh Narverkar (Director, DMD, and MCGM), the Guest of Honour for the session was our honourable N.S.S. University of Mumbai, Director Mr. Sudhir Puranik Sir and Mrs. Rashmi Lokhande (Chief Officer, I/C, DMD, MCGM) was the Special Invitee for the workshop. The first day was the introduction to disaster management, various aspects of disaster management and relevance of it. The session began with the NSS song presented by Sonali Devadiga madam; it motivated the volunteers and other viewers. Mrs. Kanchan Lotale Madam (N.S.S. Programme Officer Gurukul College of Commerce) introduced respected RD Carthigeuane Sir and Mr. Sudhir Puranik Sir to the viewers. Mr. Sudhir Puranik sir addressed the viewers followed by the address of the Guest of Honour Mrs. Rashmi Lokhande (Chief Officer, Disaster Management department). Mr. Mahesh Narvekar (Director, Disaster Management Department, and MCGM) spoke to a few words related to the topic and addressed the attendees. The resource persons for the workshop were the officers of the Disaster Management Department of MCGM (Municipal Corporation of Greater Mumbai). Rajendra Lokhande Sir (Shift In charge, Disaster Management Department, MCGM), one of the resource persons, started speaking about disaster management. He addressed the covid-19 pandemic situation and talked about how this lockdown is affecting our day to day lives. He spoke about how concepts like disaster management and crowd handling were ignored in these pandemic times and how most of us are unaware about disaster management and safety. He also gives tips on how we can keep ourselves safe during this pandemic and maintain social distancing to avoid contact and reduce spreading of the virus.

After addressing the whole current scenario he got into introducing us to the workshop. He started explaining about the Mumbai suburb district, its geography and different natural disasters occurred in the past.

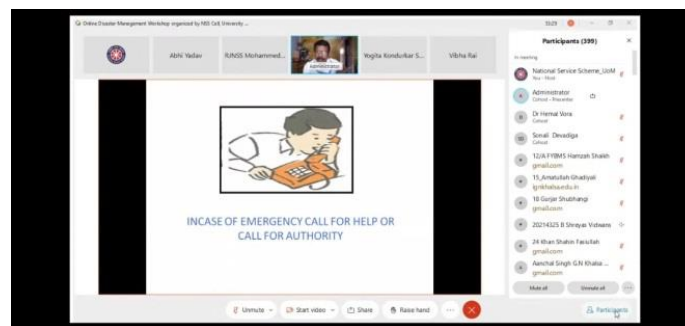
Rajendra Lokhande Sir also presented a document on awareness programme on disaster preparedness and management which was very informative and educative. He gave us phone numbers to call fire safety, ambulance and disaster management in Mumbai and the rest of the state of Maharashtra. Mr. Mahendra Khambalekar (Shift Incharge, Disaster Management Department, and MCGM) spoke about various do's and don'ts at times of a disaster or hazard. He listed some important things to be taken care of while managing the crowd and also explained why crowd handling is of prime importance. Overall both the resource persons gave a brief introduction to disaster management in detail in the first session. Later in the workshop, Mr. Sushil Shinde acknowledged the speaker and the attendees and spoke a few words on the importance of disaster management. Sonali Devadiga Madam also shared her experience as an N.S.S. Volunteer in the past and enlightened the audience with it. The first day session gave many insights on the topic and the doubts were thoroughly answered by the speakers. The next day, the attendees and the speakers re-joined the workshop to continue the session. The second day workshop also commenced with the N.S.S. prayer which filled the air with energy and filled the volunteers with enthusiasm. Sonali Devadiga mam spoke a few words revisiting the last session and shared her experience from the first day. Sonali Devadiga mam also introduced the viewers to Mr. Satish Kolte Sir who had an experience of 17 years working with N.S.S. following which he gave his insights on the topic and acknowledged the speakers. Rajesh Lokhande sir then took the stage and moved further in the workshop. He explained the difference between 'hazard' and 'disaster' and also asked opinions of the viewers. The session followed an interesting comparison between the two by the speaker and the audience which was followed by Lokhande Sir talking about different hazards happening in Mumbai in the past. He explained how to manage the situation at times of a hazard and at times of a disaster which was quite intriguing since most of the public aren't aware about it. He also presented some photos of past disasters and explained the situation at that time. He explained how the Disaster Management Department of MCGM acts at times of disaster and what others are expected to do. He encouraged the volunteers to learn basic techniques of making stretchers, tying knots, preparing first aid and obviously handling the crowd. Then, he gave a brief idea on how Disaster Management is actually done and why there is a need to spread awareness about it. He gave his insights on why we should learn disaster management and how after the pandemic volunteers should work towards it. Volunteers interacted with the speaker and clarified their doubts which also turned out to be an interesting talking session.

The stage was then taken by Mr. Sainath Thengale (Mumbai Fire Brigade) who

explained the basics of fire safety and gave some insights on fire fighting. Sainath sir briefed the volunteers with the basic knowledge about fire safety like types of fire extinguishers, methods of Fire extinction and much more. Rajesh Lokhande Sir also gave his insights on the same and then both the speakers interacted with the volunteers. A small stretcher drill and improvising session was given by Rajesh Lokhande sir which was live performed so that the volunteers get a better understanding of it. The workshop proceeded with a session by Mr. Mahendra Khambalekar in which he explained different emergency lifting and carrying methods and also showed some bandaging techniques which gave the volunteers an idea what all is done while managing disaster situations. The disaster management workshop finally followed an interactive question and answer session where all the resource persons gave their insights and answered questions asked by the volunteers. The concluding speech was given by Mr. Ramesh Deokar sir (N.S.S. University of Mumbai) and the vote of thanks was presented by Ms. Janhavi Rao Madam (Vice Principal, Gurukul College of Commerce).

Though in the pandemic situation where N.S.S. activities cannot be conducted freely, this workshop came out as a huge success. Disaster Management is one awareness programme which needs physical and practical training was conducted online and went well giving the attendees an informative session yet a valuable experience. Overall the two-day workshop was an interactive and practical session for all the volunteers present there.

Here are the pictures of the workshop:



## **45) ACTIVITY NAME: WEBINAR ON HEALTHY LIFESTYLE**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 8<sup>TH</sup> APRIL, 2021**

**NUMBER OF PARTICIPANTS: 300+**

**MODE: ONLINE (YOUTUBE LIVE)**

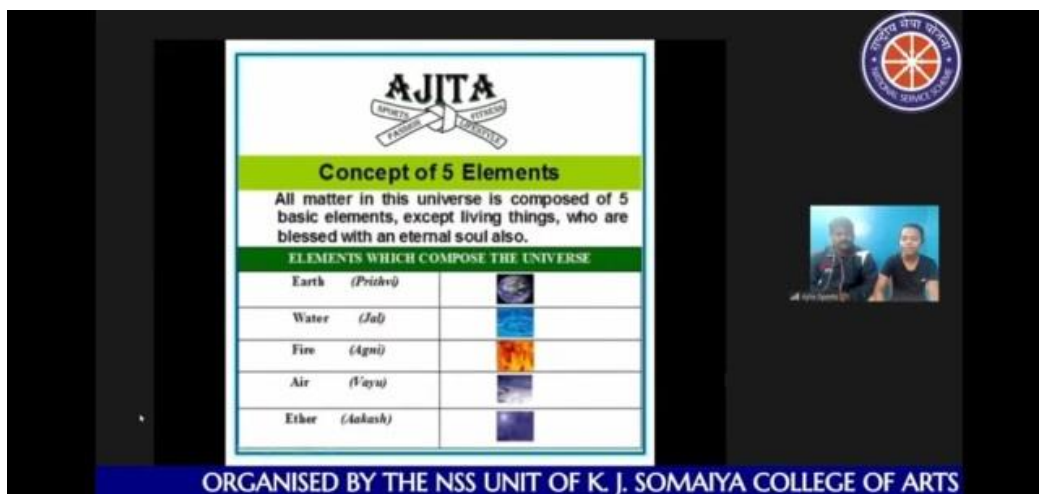
The N.S.S Unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) conducted a webinar on the topic 'Healthy Lifestyle' on 8th of April 2021. The speakers for this webinar were Mr. Sushil Kumar Gupta who is an expert in Judo, MMA & Fitness Coach and Mrs. Ajita Sahane who is Head Coach- Fitness & Judo. The webinar began with an introduction of the topic and the speakers by one of the NSS volunteers. The webinar was further led by the speakers explaining why World Health Day is celebrated & the Theme of World Health Day 2021 i.e., "building a fairer, healthier world". They then explained that being Healthy doesn't mean a disease-free body but also the physical, mental & social well-being of a person. They also threw light on the five elements from which our body & the universe is made. The first is Agni which is denoted by Thumb & sensory organ Eye. The second is Vayu which is denoted by Index finger & sensory organ skin. The third is Aakash which is denoted by middle finger & sensory organ Ears. The fourth is Prithvi which is denoted by Ring finger & sensory organ nose & the fifth is Jal denoted by little finger & sensory organ tongue. They also talked about how our lifestyle was healthy 70 years ago than it is now. Because of technology our life has become easier, but it has made us unhealthy. They also recommended us that we should reform our current schedule by adding more physical activities in our day-to-day life to live a Healthy Lifestyle. The simple example they gave us were using stairs for climbing few floors instead of using an elevator and must prefer walking instead of using car/bikes etc. They then explained that to live a healthy lifestyle one must follow this basic routine i.e., Regular Exercising at least for 30-40 min, daily meditating, consuming balanced diet, drinking sufficient water, getting at least 8 hours of undisturbed sleep & socializing with family and friends is important as well. The speakers then demonstrated some exercises which we can use in daily life to live a healthy lifestyle. Then there was a question-answer session. The questions were asked by viewers on YouTube Live & they were conveyed by an NSS Volunteer to the speakers. The speaker resolved all the queries which were there in the mind of audience. The webinar was wrapped up by a Vote of Thanks Speech by








an NSS Volunteer.

Overall the webinar proved to be a successful one and was very informative and inspired the viewers to change their routine & add some physical activities & proper diet to make their lifestyle healthy.

Here are the pictures of the webinar:



A presentation slide titled "AJITA" with the tagline "SPORTS FITNESS YOGA MEDITATION". The slide is titled "Concept of 5 Elements" and states: "All matter in this universe is composed of 5 basic elements, except living things, who are blessed with an eternal soul also." Below this, it lists "ELEMENTS WHICH COMPOSE THE UNIVERSE" in a table:

ELEMENTS WHICH COMPOSE THE UNIVERSE		
Earth	(Prithvi)	
Water	(Jal)	
Fire	(Agni)	
Air	(Vayu)	
Ether	(Akash)	

The slide also features a small video inset of two people in the bottom right corner. The text at the bottom reads: ORGANISED BY THE NSS UNIT OF K. J. SOMAIYA COLLEGE OF ARTS

#### **46) ACTIVITY NAME: WEBINAR ON ORGAN DONATION**

**ACTIVITY LEVEL: UNIVERSITY LEVEL**

**DATE: 8<sup>TH</sup> APRIL, 2021**

**NUMBER OF VOLUNTEERS: 32**

**MALE: 9**

**FEMALE: 23**

**MODE– ONLINE (ZOOM PLATFORM)**

The N.S.S Unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) to a One-day webinar which was conducted on the 8<sup>th</sup> of April 2021. The topic for this webinar was Organ Donation. The main purpose of the webinar was to make students aware of the role of noble donations to help someone in need of a transplant. Through this webinar, the speaker taught the students about the various donations which can be made after the death of a person and the importance of these in terms of the present requirement scenarios.

The webinar commenced with the speaker giving an introduction to the students about the main speaker who would be guiding the volunteers further on the main topic. It was divided into two segments. In the first segment, the speaker, Mr. Shrikant Apte spoke about the types of organs and types of deaths. He also explained the role of donations in meeting the requirements of transplants and threw light upon some commonly held misconceptions regarding organ donations. In addition to this, he pointed out the importance of body donation in catering the needs of medical institution for research and advancements.

In the second segment, he spoke about the Online Training Program on Organ Donation designed to spread awareness amongst the students regarding body, tissues and organ donations. He further added that the programme would be as per ones convenience consisting of 8 chapters, each accompanied by knowledge banks and objective type questionnaire. This training would equip one with all the basic knowledge which is required by a person regarding organ donation.

Overall, the webinar was quite informative from beginning to the end. The volunteers gained a lot of enlightenment on organ donation. They also got a chance to clear their doubts regarding the topics covered in the webinar. This webinar certainly helped in spreading awareness amongst the volunteers on the charitable act

of organ donation and taking a step forward as a well informed and responsible citizen of this country.

Here are the pictures of the webinar:



**47) ACTIVITY NAME: UTKRANTI FEST**

**ACTIVITY LEVEL: INTER-COLLEGIATE**

**DATE: 8<sup>TH</sup> AND 9<sup>TH</sup> APRIL, 2021**

**NUMBER OF VOLUNTEERS: 3**

**MALE: 1**

**FEMALE: 2**

**MODE: ONLINE (ZOOM MEETING)**

**OFFLINE (SUBMISSION THROUGH GOOGLE DRIVE)**

The N.S.S Unit of K.J SOMAIYA COLLEGE OF ARTS AND COMMERCE

(Autonomous) participated in the 'Utkranti fest' organized by Wilson College on 8th and 9th April 2021. The theme followed was 'BEYOND THE HORIZON'.

'Utkranti' being a socio-cultural fest organized by Wilson College, aims to create awareness among the youth about different social issues that are going on in our society. It encourages the volunteers across the city to come forward to create awareness about social issues and finding out solutions to them.

The theme of the fest 'Beyond the Horizon' focuses on differently-abled people in our community. The competitions and events not only help the volunteers to showcase their talents but also develop a wider perspective on such social issues while working towards them.

The events were terrific, they not only brought the social issues to our attention but also highlighted their relevance in the Covid-19 pandemic. The events stayed up to their theme and connected well with the audience. All the competitions conducted were relevant to the new normal and were enjoyed by the audience.

Mono acting, Video making competition, poster making competition, mehndi competition, blog writing, and poem competition were some competitions conducted in the fest. It helped the volunteers to showcase their skills and gain more confidence while performing live. The events combined interests and awareness in a great way

and left the audience amazed and enlightened. The fest was effectively conducted online with proper management of live events and submissions.

### List of competitions:

#### *Online events (live):*

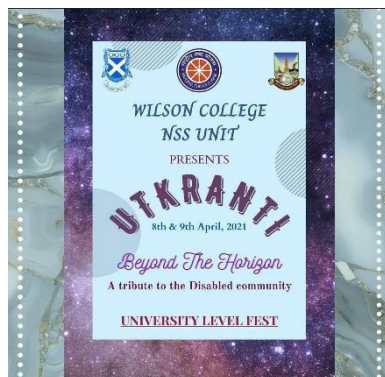
1. Poem competition
2. Debate competition
3. Mono acting
4. Dance competition

#### *Offline events (submissions):*

1. Blog writing
2. Video competition
3. Poster competition
4. Mehendi competition

One of the volunteers won 3rd prize in blog writing. The fest was well organized and handled. It not only allowed volunteers to showcase their talents but also convey their views and provide solutions to different problems. Though the fest was held online in the pandemic time, it went well living up to its theme while deepening our knowledge about things going on in society.

Here are pictures of the event:



**48) ACTIVITY NAME: RESONANCE FEST**

**ACTIVITY LEVEL: INTER COLLEGIATE**

**DATE: 9<sup>TH</sup> AND 10<sup>TH</sup> APRIL, 2021**

**NUMBER OF VOLUNTEERS: 15**

**MALE: 2**

**FEMALE: 13**

**MODE: ONLINE (ZOOM MEETINGS),**

**OFFLINE (SUBMISSION THROUGH GOOGLE DRIVE)**

The NSS Unit of K.J. Somaiya College of Arts and Commerce (Autonomous) participated in the Resonance Fest which took place on 9<sup>th</sup> and 10<sup>th</sup> April 2020. The fest was organized for the first time by SVKM's Usha Pravin Gandhi College of Arts Science and Commerce and the theme was 'Diverse Perspectives'.

The Resonance Fest in its first year was a socio-cultural fiesta that gave the volunteers a platform to express and relate to each other and put forth the different colors that each set of eyes see in the world. The volunteers were encouraged to experiment and discover parts of themselves that they possibly never had known before.

The events were diverse in nature yet each was focused on deriving solutions for different social problems like cyber bullying, gender inequality, climate change etc. The volunteers were also given a chance to choose social issues of their choice for the event Entrepreneur Express, so as to get them thinking about their surroundings and make an effort to find solutions. Another event which got the creative juices flowing but also required speed was Writing Wizards where a team of three writers wrote a story in nine minutes, for which the topic was 'Individual vs Society'.

Apart from the events focusing on social concerns, the fest also had events that were merely for fun. Picture Perfect, where the participants clicked a picture of what their ideal world would look like, was an event that allowed the participants to open their box of creativity and let it all out for the world to see. To trigger the endorphins, Meme Mania had the participants present their humorous side with memes related to the lockdown life. Every event consisted of its unique twists which challenged the capabilities of the participants.

The Fest was profuse with unique and thought-provoking events like:

## Live Events

1. Entrepreneur Express (PPT Presentation)
2. Writing Wizards (Story Writing)
3. Art Attack (Poster Making)
4. Social Summit (Group Discussion)
5. Trivia Time (Quiz)

## Pre-recorded Events

6. Level Up- Lyrics (Singing Competition)
7. Creative Commercial (Commercial Making)
8. Picture Perfect (Photography)
9. Silent Show (Mime)
10. Perspective Poetry (Poetry Writing and Recitation)
11. Meme Mania (Meme Making)
12. Dancing Dynamites (Group Dance)

As distinctive as the events were our volunteers managed to get appreciable number of wins. We won in various events like 2<sup>nd</sup> Prize for Trivia Time, 2<sup>nd</sup> Prize for Picture, 2<sup>nd</sup> Prize for Silent Show and 2<sup>nd</sup> and 3<sup>rd</sup> Prize for Perspective Poetry.

Amidst the adversity of the pandemic, the Resonance Fest was a solace. It was full of experience, learning, laughs and the human connection that we all long for. The tireless efforts and dedication of the volunteers made this fest a huge success.



**49) ACTIVITY NAME: PRAYAAS FEST**

**ACTIVITY LEVEL: INTER COLLEGIATE**

**DATE: 17<sup>TH</sup> & 18<sup>TH</sup> APRIL, 2021**

**NUMBER OF VOLUNTEERS: 26**

**MALE: 6**

**FEMALE: 20**

**MODE: ONLINE (MS TEAMS/KAHOOT APP/WHATSAPP)**

**OFFLINE (SUBMISSION THROUGH GOOGLE DRIVE)**

The NSS unit of K.J. SOMAIYA COLLEGE OF ARTS AND COMMERCE (Autonomous) participated in the 'Prayaas Fest' conducted by Thadomal Shahani Engineering College on 17<sup>th</sup> and 18<sup>th</sup> April. They had organized 8 competitions based on various social themes.

'Prayaas' is a socio-cultural fest organized by the NSS unit of Thadomal Shahani College. The aim of this fest was to create a platform for all the NSS volunteers to showcase their talents through the series of 8 competitions which were conducted in 2 days and, to increase awareness among the volunteers about various social issues.

The fest was quite interesting and knowledgeable. It helped the volunteers in understanding different aspects of life. They got to see and interact with participants from different colleges in a very covi-safe manner.

The events conducted during the fest were quite amazing and well-organized. In this fest, the volunteers had a new experience of working on a different online platform too. The wide range of events included singing, dancing, mono-acting, presentation, article writing, quiz and elocution competitions and, treasure hunt. The topics assigned to them in some of the events conducted were quite familiar to them and they had a fun time participating in them.

**LIST OF COMPETITION:**

**ONLINE EVENTS:**

**1. QUIZ MANIA (QUIZ COMPETITION)**

**2. GRANDILOQUENCE (ELOCUTION COMPETITION)**



**3. TECHIFY (PRESENTATION)**

**4. GPS THIS (TREASURE HUNT)**

**OFFLINE EVENTS:**

**1. MARK MY WORDS (ARTICLE WRITING)**

**2. KARWAAN (SOLO SINGING)**

**3. AAINA (MONO-ACTING)**

**4. NRITYADHAM SANDESH (SOLO DANCING)**

The volunteers won in various competitions which included, 2<sup>nd</sup> Prize in Mark My Words (article writing), 1<sup>st</sup> Prize in GPS THIS (online treasure hunt), 3<sup>rd</sup> Prize in TECHIFY (presentation and ppt making).

This fest helped the volunteers in gaining a lot of new technological experience and helped them in interacting with other volunteers with in turn helped them in getting to know each other better. They also got an insight of how events are conducted and managed online.

HERE ARE THE PICTURES OF THE FEST:



**50) ACTIVITY NAME: PLASMA DONATION DRIVE**

**ACTIVITY LEVEL: COLLEGE LEVEL**

**DATE: 21<sup>ST</sup> APRIL TO 30<sup>TH</sup> APRIL, 2021**

**NUMBER OF VOLUNTEERS: 30**

**MALE: 27**

**FEMALE: 3**

**MODE: ONLINE**

The N.S.S unit of K.J Somaiya College of Arts and Commerce (Autonomous) conducted a plasma donation drive from the 21<sup>st</sup> of April to 30<sup>th</sup> April. In these difficult times wherein majority of the people are battling with covid, the availability of plasma has become the need of the hour. Thus, our unit decided to extend our hand and contribute towards the society by conducting this donation drive so as to help as many people as possible to the best of our capabilities. The entire drive took place in an online form given the current scenario of our country.

Firstly, a message was drafted and circulated from our side wherein we were requesting and urging the recovered covid patients to donate their plasma. A Google form was attached with the message to receive the information of the donor. If a patient wanted to receive blood through us, for himself or his family members then he could also mention his details in the Google form. In this message, the eligibility criteria, in order to donate plasma, was also mentioned so as to avoid getting wrong leads. Some of the points mentioned in the eligibility criteria were as following-

- You have been tested covid positive earlier and then tested negative at least 28 days ago.
- You are between 18-65 years of age.
- You are not suffering from any transmissible disease.
- You do not have high blood pressure or diabetes.
- If you have already donated plasma and want to do it again, you can do so after 20 days of your first donation.

The process of this drive was such that first our volunteers would contact the numbers received from the form and again confirm all the necessary information they have given to us and check whether it's right or not, if everything were okay then we would connect the donor to the nearest blood bank where he would go and

donate plasma. Afterwards, we would inform the receiver as well that the plasma required by him was available at this particular blood bank.

Apart from the information received from these forms, our volunteers would also search and dig through any leads they could find on the various social media platforms like Instagram, Facebook and twitter. Many NGO's were circulating numbers of donors on the internet so our volunteers would also call each and every number and verify all the necessary details. Our volunteers also reached out to many of the influencers and requested them to put up the information of the receiver, the blood type required along with contact number of our volunteers so more and more people could see it and the chances of us getting some leads would also increase. We had some connections as well with blood banks such as Plasma donation bank Dombivali, Rajiv Gandhi blood bank Mira road, Manas blood bank Jogeshwari, Blood line blood bank Thane, Arpan blood bank Kalyan.

Through this drive, our NSS unit was able to help 35 people in total.

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