

ABP 2

## CYBER SECURITY

DATE: 22nd April, 2021

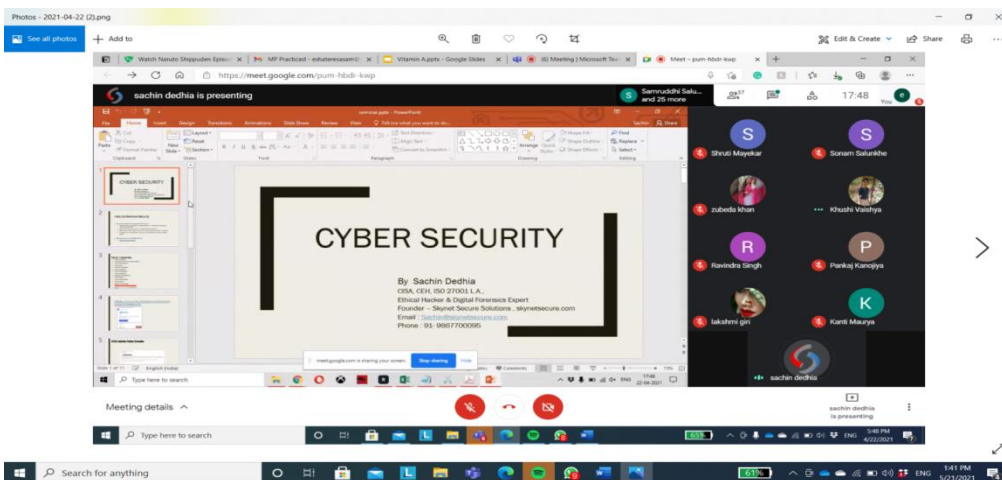
PLATFORM: Google Meet

TIME: 5:00 p.m. to 6 p.m.

NO OF NSS VOLUNTEERS:1

NAME OF NSS VOLUNTEERS: Esha Teresa Sam

The webinar was organised by Ruia College. In this webinar the speaker Mr. Sachin Dedhia who was the speaker spoke about the threats about having personal information leaked online, and the negative effects of social media. He also answered questions asked by the participants.



## SANJEEVANI SNAPDEAL PLASMA DONATION

DATE: 16<sup>th</sup> May 21

PLATFORM: ZOOM

NO OF HOURS: 2.5

NO OF NSS VOLUNTEERS: 1

NAME OF NSS VOLUNTEERS: Esha Teresa Sam

## Plasma Ambassadors: Completion of program

1. Program will be considered complete only when you are done with all the given tasks.
2. Take screenshots of the performed tasks. At the end of the program, ambassadors have to upload these screenshots through a Google Form.
3. Only those volunteers who successfully complete all the given tasks would receive a 'Plasma Ambassador' certificate from Sanjeevani/Snapdeal.



**SHARED GOAL**

**1,000 matches  
in 14 days!**

27:30 / 1:32:06



The webinar informed us about how Plasma therapy is experimental therapy to fight against Covid-19 and how it works.

### **VACCINE A2Z**

DATE: 16/05/2021

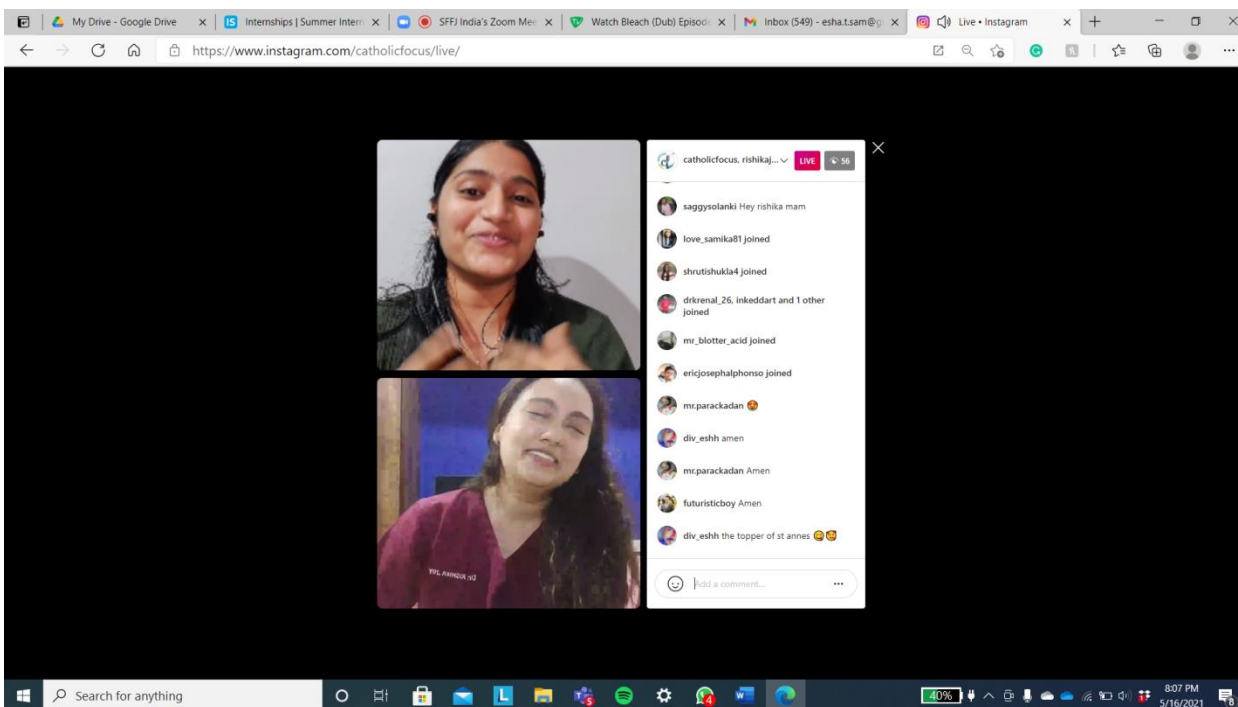
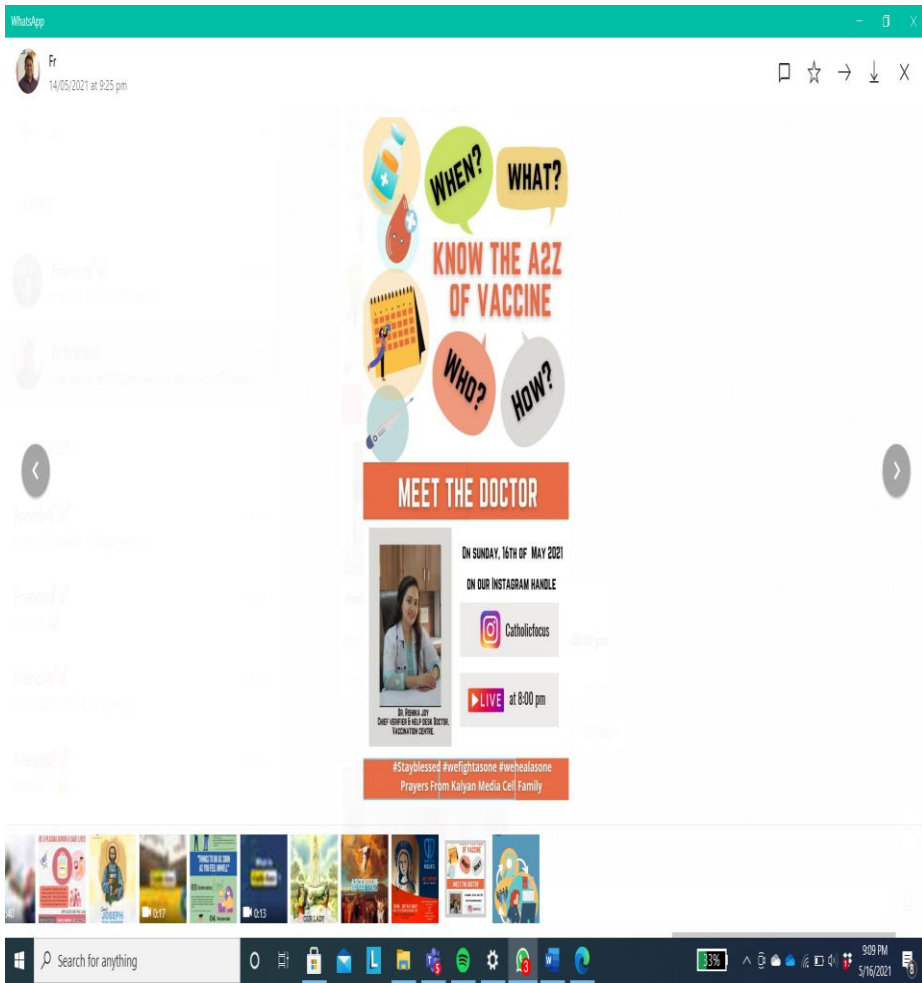
PLATFORM: Instagram

TIME: 8:00-9:00

NO OF NSS VOLUNTEERS: 1

NAME OF NSS VOLUNTEERS: Esha Teresa Sam

Organised by the kalyan Cell by CatholicFocus where Dr. Rishmika Joy gave detailed information on Vaccine. The speaker was Dr. Rishika Joy who currently works at BKC Covid Vaccine centre, who also answered some of the questions asked.



## Webinar on Hybrid Virtual Courts - Access to Justice through e-Courts

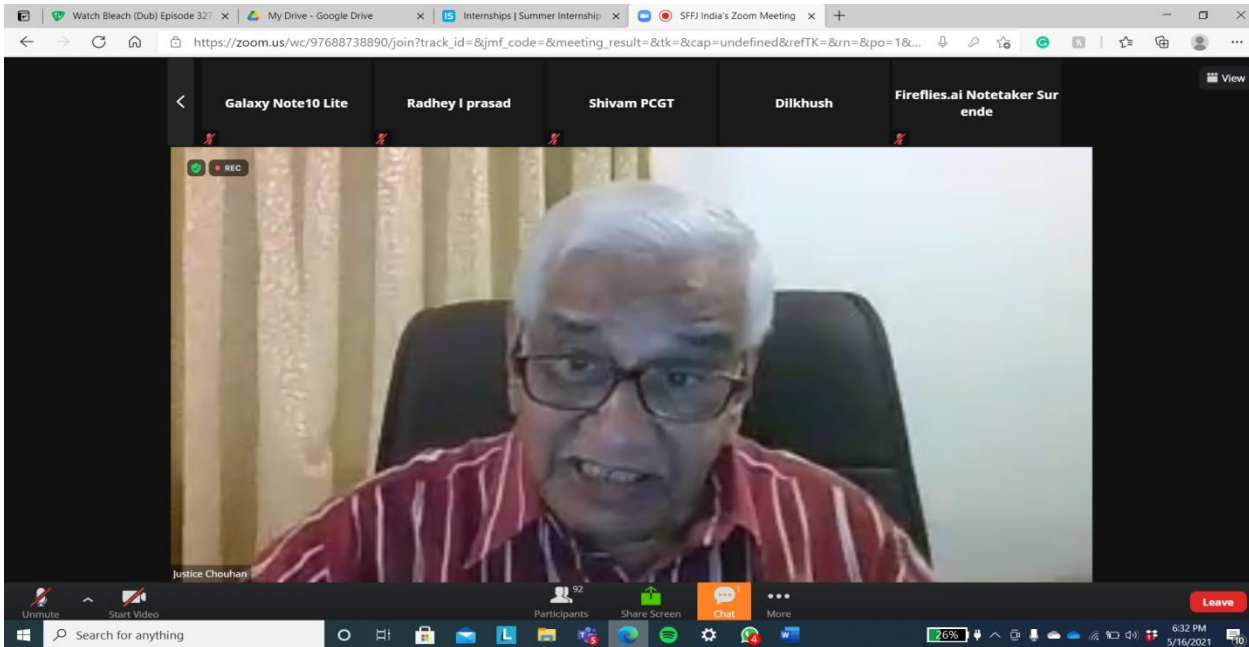
DATE: 16<sup>th</sup> May 2021

PLATFORM: Zoom

TIME: 6:00- 8:00=2 hours

NO OF NSS VOLUNTEERS:

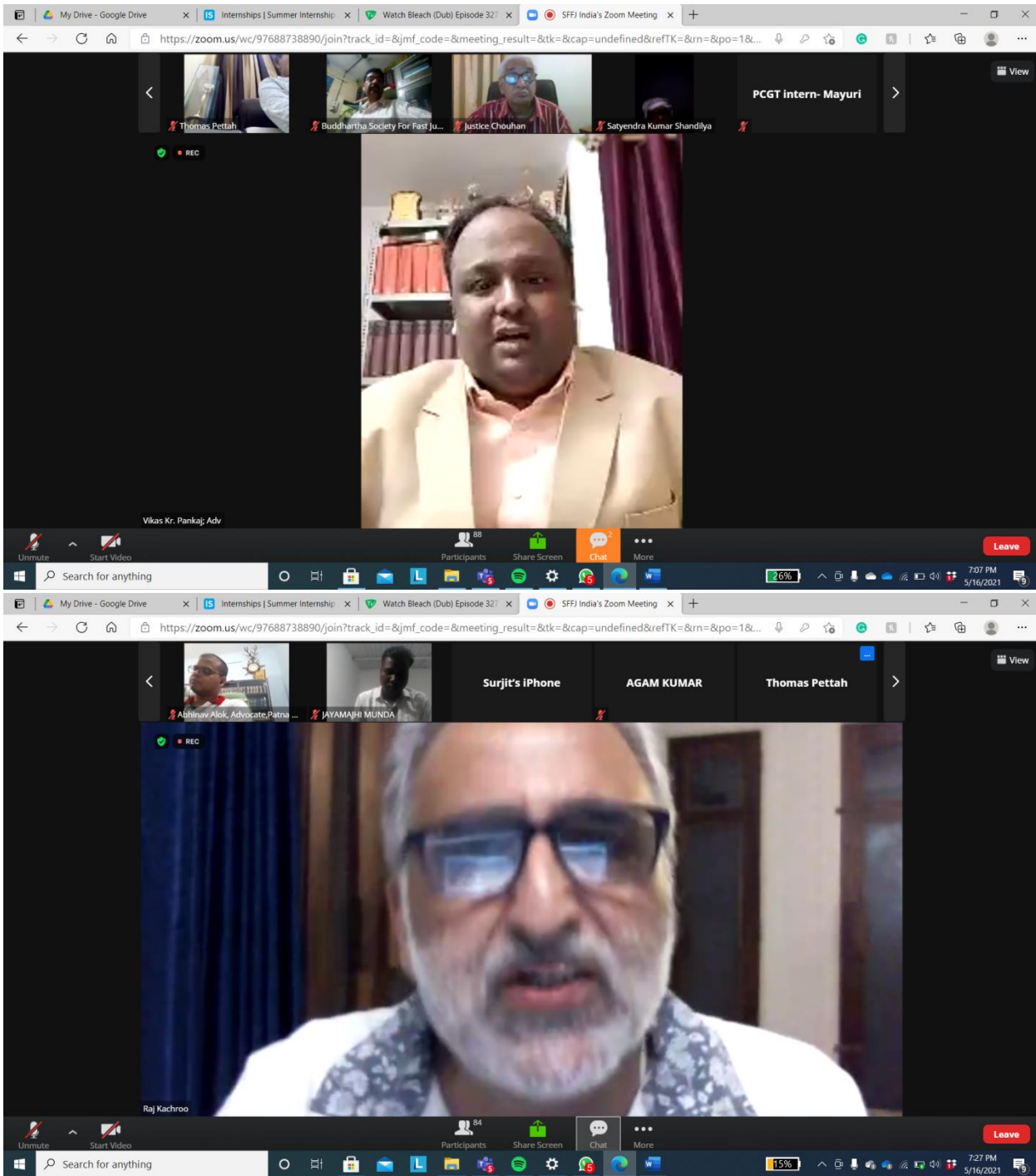
NAME OF NSS VOLUNTEERS: 1) Esha Teresa Sam



The webinar was organised by the Public Governance Trust in association with Forum for Fast Justice and Vasishali Buddharth Society for Fast Justice- Bihar and National Federation of Societies for Fast Justice, New Delhi is organizing a webinar. Here the Hon'ble Mr. Justice R. C. Chavan, Vice-Chairperson, Supreme Court e-Committee and Former Judge, Bombay High Court explained the reasons on why the E-court is not working like the lack of infrastructure, and lack of lawyers willing to work in such a court.

Hon'ble Mr. Justice C. K. Thakker, Former Judge, Supreme Court of India talks about the positive effects of virtual Hybrid courts. And how virtual courts and hearings are not the same thing.

They also pointed out that more transparency will be possible and our dependency on paper or hardcopy of cases will decrease.



**Webinar on 'waste management , health and law' :-**

**Date:- 8<sup>th</sup> January**

**Time:- 2pm**

**Platform:-Zoom**

**No. Of participants :- 1**

**1. Bushra Jafar Dhankwala**



Nss unit of ADV. Balasaheb Apte college of Law had conducted a Webinar on Waste management, health and Law. The speaker of the event was Prof. Monalisa Saha. She gave information on how to segregate the dry and wet waste, through this recycling of waste is possible. Our health can be maintained by doing yogo and eating healthy and nutritious food. Law is also an important aspect of Life. The information given by the speaker was very well presented . This webniar was very good for a better Future.

**Certificate:-**



## Flyer of the event:-

**NSS UNIT  
OF  
ADV. BALASAHEB APTE  
COLLEGE OF LAW  
PRESENTS**

A WEBINAR ON:

**Waste Management,  
Health and Law**

**PROF. MONALISA SAHA**  
Assistant Professor, Dept. Of Law,  
Burdwan University, West Bengal

FRIDAY, 8TH JANUARY • 2:00 PM

Platform: **zoom**

For Queries:  
Shreyas- 9821477701  
Dhanashree-9757174149

NSS ABACL  
 nss\_abacl\_

Title: First Aid – get equipped to save life.

Date: 3<sup>rd</sup> June 2020

Platform: Zoom Cloud Meeting.

No. of NSS Volunteers:

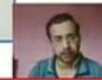
1. Arwa Dahodwala
2. Meha Savla

First aid seminar was organized by Sophia College to create awareness among the students that how in difficult situation a person has to react. The speaker for the seminar was Mr. Bhushan Harne. The seminar content included role of person in situations of accidents, heart attack, fire burns and fractures. Different techniques were introduced by the speaker but main focus of the seminar was CPR technique. A detailed video of how to perform CPR on a person was shown. The session ended with the vote of thanks by the college principal.

NSS Volunteer.

# Cause of Death- Heart Fail

- CPR
- Compression 4 times
- Breathing 1 time
- Head tilt Chin up for breathing
- Continue till you get in to the hospital or victim start Breathing



## First Aid - Get Equipped to save life

756 watching now



SOPHIA COLLEGE MUMBAI  
N.S.S. UNIT



CERTIFICATE OF PARTICIPATION

This is to certify that  
**Arwa Dahodwala**

has participated in the webinar on  
**'FIRST AID TO YOUR RESCUE'**  
on 17th June 2020 from 5.00pm to 6.00pm

*Dr. Vaishali Pachunde*  
Dr. Vaishali Pachunde  
Co-ordinator, N.S.S.

*Dr. (Sr.) Ananda Amritmahal*  
Dr. (Sr.) Ananda Amritmahal  
Principal, Sophia College

## NATIONAL LEVEL SAFETY AND SELF DEFENCE WORKSHOP FOR WOMEN AND GIRLS

Date: 4<sup>th</sup> June 2020

No. of volunteers: 3

Name of volunteers:



1)Shreya Anchan

2)Meha Savla

3)Author Riya

National level safety and self defence workshop for women and girls organised by ncc unit and Women's Development cell jointly with the IQAC of Maharashtra College. The resource person of the session was Mr. Vijay kamble. He taught us some most effective self defence techniques. Some strategies of self defencing. Some techniques we learned were, Elbow strike, Escape from a 'bear hug attack.' Escape with hands trapped are some of the self defence moves which we learned.

### **Health is wealth, Yoga session 3**

Date: 6<sup>th</sup> June 2020

Time: 10-10:45 am

No. of Volunteers: 2

Name of Volunteers:

1)Shreya Anchan

2)Author Riya

Health is wealth, Yoga session 3 was a session organised by Textiles, Fashion and Technology department of College of Homescience, Nirmala Niketan. The resource person of the session was Sharvari kalantre, yoga instructor. In this session different types of sleeping yoga were taught. Benefits of different yoga forms were also explained.

### **Reclaim your Brain**

**Date:** 22 June, 2020

**Venue :** Google Meet

**No of NSS Volunteer:** 01

**Name of Volunteers:** Jennifer James

" Positivity leads you to see opportunities rather than obstacles."

On **22 June, 2020** an online webinar was organized on Google Meet platform conducted by KPB Hinduja College. The speaker of the day was Mr. Shrikant Parab. Where various psychological questions related about mindset of an individual were answered. Also tips and exercises for not overthinking were shared. The seminar ended after Q&A session on a good note.



## Title - The Hangout

Date: 22<sup>nd</sup> June 2020

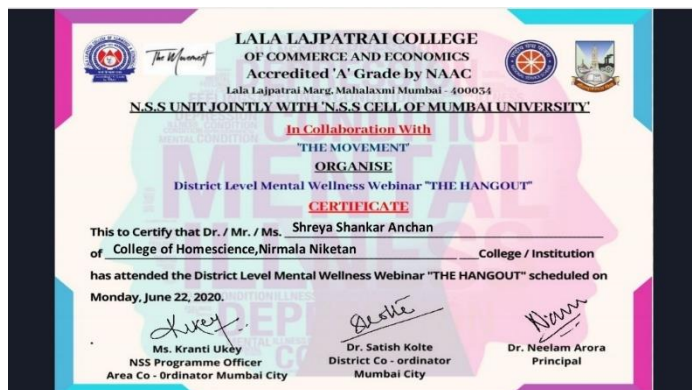
No. Of volunteers: 1

Name of volunteers:

1) Shreya Anchan

'The Hangout' district level Mental Wellness Webinar Organised by NSS unit of Lala Lajpatrai college with NSS cell of Mumbai University in collaboration with 'The Movement'. The Speaker of the session was Sam Koshy from the movement India. This session made us think on some questions like What 'thinking traps' have we fallen into?, What do we like the most about ourselves?, etc. The session was all about mental illness, how to overcome it.

NSS Volunteer,



Certificate of participation

### Webinar on De-addiction

**Date:** 26 June, 2020

**Venue:** Zoom platform

**No of NSS Volunteer:** 01

**Name of NSS Volunteer:** Jennifer James

On 26 June, 2020 an online webinar was conducted on Zoom platform organised by NSS Unit of SIES College of Arts, Science and commerce on the occasion of " International Day against Drugs and Illicit trafficking". The guest speaker of the day was Mr. Roshan Mansukhani who spoke about various methods to avoid drugs. And various other tips about maintaining our mental health, preventing us to walk on a path which leads to drugs.

The webinar ended after Q&As session. After which a feedback link wad sent in chatbox, which were to be filled for receiving E-certificate.



## Goals and power of the subconscious mind.

**Date:** 1st July 2020

**Platform:** Zoom meetings

**Name of NSS Volunteers:**

- 1) Jennifer James
- 2) Khadija Ali
- 3) Shreya Anchan
- 4) Author Riya
- 5) Esha Sam

An interesting session on "The Goals and power of the subconscious mind" was conducted by Dr. Preeti Chawla, the guest speaker from KJ Somaya College.

She mentioned goals have to be personal and positive.

Goal is an end or destination towards which efforts are made. If you do not know where you have to reach then no one can help you.

Goal has to be SMART

S specific

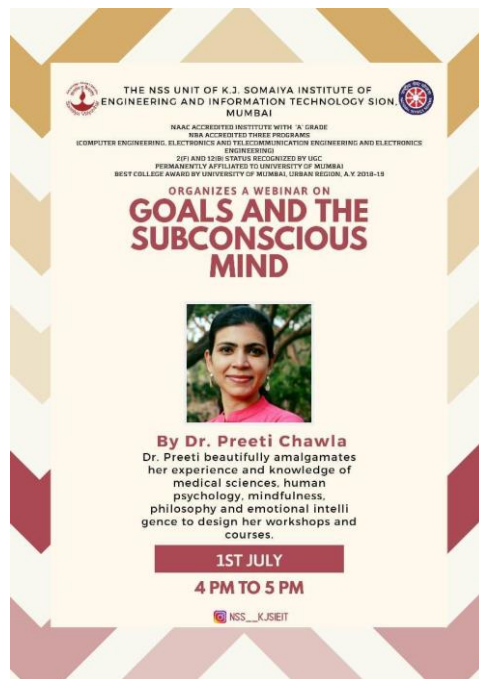
M measurable

A attainable

R relevant

T time

It was an interesting session and well explained.



**Flyer of the Event**





## Fighting Climate Change through Diet

**Date:** 7 July,2020

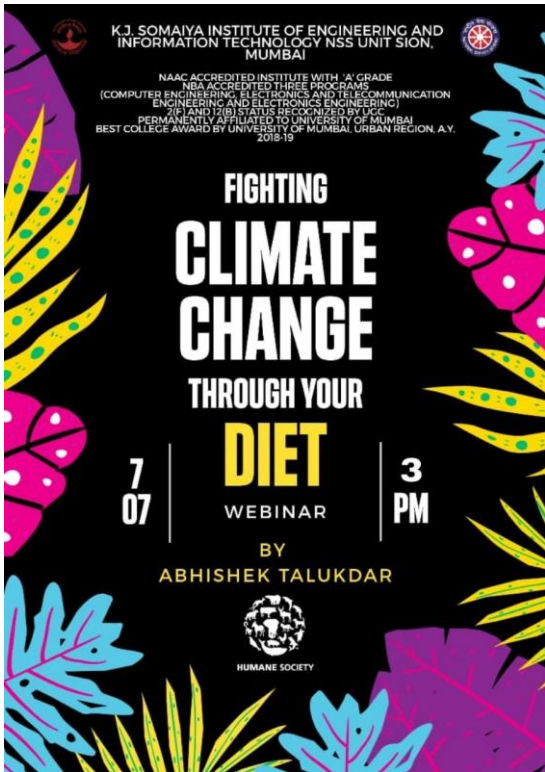
**Venue:** Zoom platform

**No of NSS Volunteer:** 01

**Name of NSS Volunteer:** Jennifer James

On 7 July,2020 an online webinar was held on Zoom platform conducted by KJ Somaiya Institute of Engineering and Information technology. On the topic "Fighting Climate Change through Diet". And the

speaker of the day was Mr. Abhishek Talukdar who spoke about animal cruelty issues. And to increase the amount of intake of plant based products in our diet. Also advised the audience to know dismal conditions of farm. The webinar ended after Q&As session. After which a feedback link was sent in chatbox, which were to be filled for receiving E-certificate.



**It's Never too late to Plant a Tree**

**Date:** 7 July, 2020

**Venue:** CISCO WEBEX

**No of NSS Volunteer:** 01

**Name of Volunteer:** Jennifer James

On 7 July, 2020 an online webinar was conducted on CISCO WEBEX platform organised by NSS Unit of HR College collaboration with HPCL regarding "How To Practice Tree Plantation at Home" as a part of swachhta Pakhwada. The speaker of the day was Mr.Sagar Singh who enlightened us about various species of plants which can be grown at home. Also informing us about several facts and figures about trees and plants around us. The session ended after Q&As session. After which a feedback link was provided to the participants to fill in the details for the certificate.



**Terrarium- Get Close to Nature**

**Date:** 7 July, 2020

**Venue:** Zoom platform

**No of NSS Volunteer:** 01

**Name of NSS Volunteer:** Jennifer James

On 7 July, 2020 an online webinar was conducted on Zoom platform organised by Lala Lajpatrai College Of Commerce and Economics. The speaker of the day was Dr. Siddhesh Patil who shared knowledge about how to assemble a "terrarium" at home. Basically a terrarium is a sealed transparent globe or similar container in which

plants are grown. Also various facts were shared with the audience. Also a Q&A session was conducted after which a feedback link was sent for filling in the details for certificate.



Title: Machineless mask making session

Date: 10th July 2020

Platform: Cisco Webex

No. of NSS Volunteers:

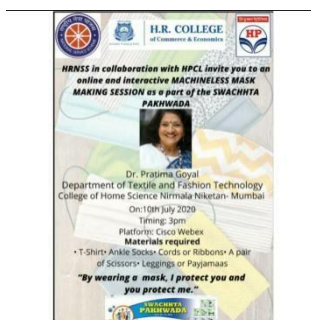
1. Jennifer James
2. Khadija Ali

An online machineless mask making session was organized by H.R college of commerce and economics as a part of swachhta pakhwada.

Our very own program officer Dr. Pratima Goyal was the resource person. She very well showed us different techniques of mask making with all the precautions to be maintained.

We learnt how to make masks, sanitize them and at the same time insert filters in the hand made masks.

Very enlightening session and there was maximum participation from the audience.



## COVID-19 Impacts with Khushiyaan Foundation

**Date:** 13 July, 2020

**Venue:** Zoom platform

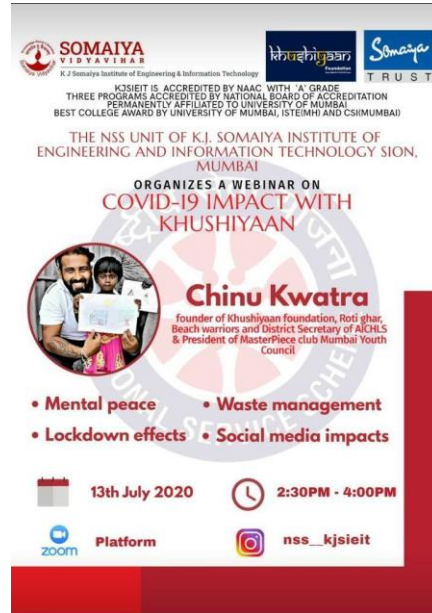
**No of Volunteers:** 01

**Name of the Volunteer:** Jennifer James

On 13 July, 2020 an online webinar was conducted on Zoom platform organized by the NSS Unit of KJ Somaiya on "COVID-19 Impacts with Khushiyaan Foundation". And the speaker of the day was Mr. Chinu Katwara (founder of Khushiyaan Foundation). He told us about various ways of helping the poor. Also enlightened about the impacts of social media on the current situation.



With information about waste management and Lockdown effects. The session ended on a good note with the realization that a small step can lead to big change. At the end of the session we were provided with the feedback link for the session as well as for certificates.



### Flyer of the Event



### E-certificate

### **The Hangout- Let's talk about the mental health**

**Date:** 16th July, 2020

**Venue:** Zoom platform and Youtube Live Streaming

**No of NSS Volunteer:** 01

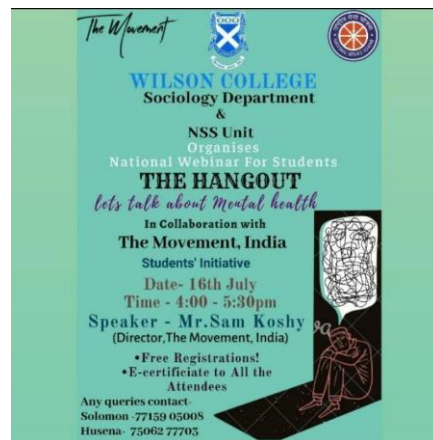
**Name of NSS Volunteer:** Jennifer James

## "Our Mental Health matters"

On 16th July, 2020 an online webinar was conducted Mental health at Zoom platform and Youtube Live Streaming

organised by the Department of Sociology & NSS Unit of Wilson College collaboration with "The Movement, India". The speaker of the Day was Mr. Sam Koshy. Who talked about Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The session ended on a good note with Q&A session. Also a feedback link was provided to the participants for filling in the details for the E-certificate.



**Flyer for the Event**



**E-certificate**

Title- LETS DO RAKSHA OF OUR TREES

Date- 6 August 2020

Platform- online medium

No. of NSS Volunteers-

1. Khadija Ali
2. Jennifer James
3. Kasturi Belvalkar
4. Mrunmayi Jadhav
5. Prachi Bharthwal
6. Esha Sam

A program was organised by "KHUSHIYA Foundation" on the topic planting and taking care of trees. The aim of the event was to tie Rakhi to trees. The Vriksha Bandhan wave had swept the country this raksha bandhan. School children and NSS volunteers across the country took a pledge to protect trees this Rakhi. The photos below are of NSS

The Quint, along with the campaigners of "My Right To Breath", are celebrating Vrisksha Bandhan. A bond



between us and the trees -and are encouraging you to do the same. The message sent across was of saving the environment. Students expressed their affection and harmony towards nature, and took pledge to protect and conserve nature and its resources for a cleaner, greener and healthier place to live.

**Title- IMA MISSION PINK HEALTH.**

Date:- 10th October, 2020.

Platform - Zoom

No. of NSS Volunteers:- 24.

Names Of NSS Volunteers:-

01) Jennifer James

02) Navita Gujja

03) Manaswi Malandkar

04) Hrudaya Hinde

05) Insiyah Leelwala

06) Khadija Ali

07) Isha Malde

08) Prerna Rajesh Prabhakar

09) Irika Goyal

10) Mansi Virendra Singh

11) Dhara Doshi

12) Nafisa Ezzi

13) Rukaiya Bharmal

14) Siddhi Pandit

15) Sakina Jamali

16) Deepansha Darji

17) Khan Umaima

18) Suman Jashu Parmar

19) Khan Parvina

20) Insiya Mullajiwala

21) Mariya Chincholiwala

22) Riya Bhavsar



23) Mrunmayee Dalvi

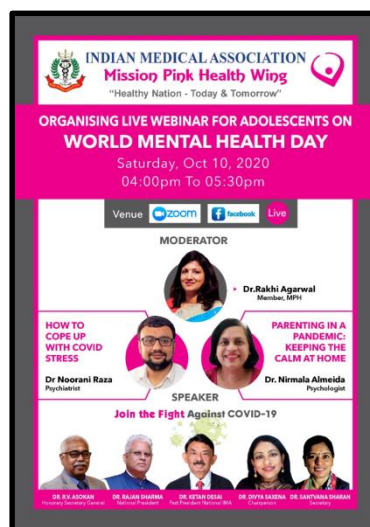
24) Bushra Dhankwala.

On 10th October, 2020 an online webinar was organised by **National MPH Team** on Zoom Platform to let us know about the Mission Pink Health on account of World Mental Health Day. The webinar was for 2.5 hours and was informative and interesting. All the doctors and members of IMA spoke well. The session started with an introduction of every member and with the prayer of IMA by the moderator Dr. Rakhi Agarwal and with a small welcome by Dr. Divya Saxena, Chairperson of IMA. A small speech given by the National President of IMA, Dr. Rajan Sharma. The whole webinar was Coordinated by the National Secretary of IMA, Dr. Santvana Sharan.

The webinar gave us the information on two main topics that everyone was facing in this COVID-19 situation. The 1st topic was Stress management in Corona by Dr. Noorani Raza, a member of IMA as well as a known Psychiatrist. He explained all the problems that adolescents face and gave ideas to reduce stress and some included some interesting shayris in his speech.

The 2nd topic was regarding, Parenting in the Pandemic -- Keeping the Calm at Home by Dr. Nirmala Almeida, a member and a Psychologist. She spoke about the stress families go through in this pandemic and gave good tips to overcome it.

Overall it was a very interesting session.



**Flyer of the Event**

## Prayer.



## Works done by IMA.



## Speakers of the event.



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## LAUGHTER YOGA WORKSHOP

Date:- 10th October, 2020

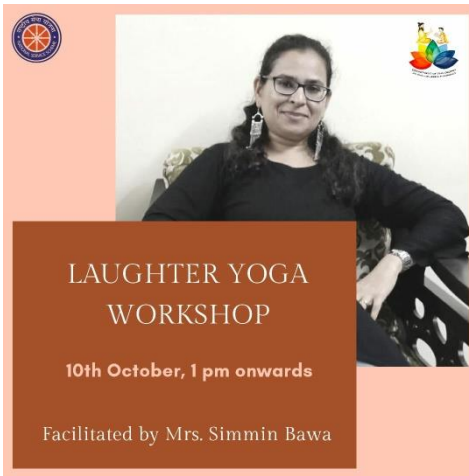
Number of volunteers:- 25

Name of volunteers:-

- 1) Jennifer James
- 2) Insiyah leelwala
- 3) Irika Goyal
- 4) Isha Malde
- 5) Mariya chincholiwala
- 6) Rukaiya Bharmal

- 7)Nafisa Ezzi
- 8) Fatema Bohari
- 9) suman jashu parmar
- 10) Zainab Kukshiwala
- 11) Insiya Mullajiwala
- 12) Dhara Doshi.
- 13) Manaswi Malandkar
- 14) Mansi Virendra Singh
- 15) Siddhi Pandit
- 16) Samiksha Mane
- 17) Hrudaya Hinde
- 18) Prerna Rajesh Prabhakar
- 19) Shreya Mistry
- 20) Deepansha Darji
- 21) Bushra Dhankwala
- 22) Navita Gujja
- 23)khan iram asgar
- 24) Mrunmayee Dalvi
- 25) Asma Ansari

**FLYER OF THE EVENT:-**



On 10th October, 2020 an online webinar on laughter yoga was conducted on the occasion of world mental health day by the NSS unit and philosophy department of Jai Hind college on Google meet. In this tough times where everyone's mental health is at stake we the NSS volunteers got this amazing opportunity to reduce our anxiety by an hour long session of endorphin rush and almost 60 cardiovascular exercises under the guidance of prof Ms Simmin Bawa. Prof Simmin took almost 60 exercises including some breathing exercises which relaxed everyone's soul and a hour long laughing therapy where we laughed like we never before .

## CERTIFICATES:-













*Title- Shaam ki chhoti bhook- Day 2*

Date: 10th October 2020

Venue: Youtube

No. of NSS Volunteers: 30

Name of volunteers:

1. Insiyah Leelwala
2. Fatema Bohari
3. Khan Parvina
4. Mrunmayee Dalvi
5. Zainab Kukshiwala
6. Dhara Doshi
7. Sukanya Bhale

8. Mariya Chincholiwala
9. Hrudaya Hinde
10. Navita Gujja
11. Khadija Ali
12. Rukaiya Bharmal
13. Khushi Chheda
14. Deepansha Darji
15. Prerna Rajesh Prabhakar
16. Siddhi Pandit
17. Sakina Jamali
18. Nafisa Ezzi
19. Insiyah Mullajiwala
20. Fiza Shaikh
21. Manaswi Malandkar
22. Urvashi Jain
23. Riya Sunil Bhavsar
24. Bushra Dhankwala
25. Poonam Sudhakar Ingle
26. Shreya Mistry
27. Irika Goyal
28. Jennifer James
29. Samiksha Mane
30. Suman Jashu Parmar
31. Sarrah Dahodwala

On 10th, October 2020 students and teachers of VIT held the second session of the amazing workshop "shaam ki chhoti bhok". It was day 2 of the workshop. It was all about the cravings we have at evening time. They taught us some simple and amazing recipes which we could make in a few minutes. The first two delicious recipes were presented by Miss Isha Kakade. She is an S.Y. biomedical student. The recipes she presented were:

1. Mini Nutella Treats
2. White Sauce Pasta.

Later, the third recipe was presented by Professor and H.O.D of the IT department Dr. Deepali Vora. She made an amazing and mouth watering French toast. Later, the bonus recipe was presented by Miss Priyanka Kulkarni. She's also a S.Y. EXTC student. She prepared Masala Appe. It was a South Indian dish and it was so yummy looking. It was a wonderful and an amazing session. Hope we get this type of session more.



**Flyer for the event**

### Webinar on Anti- Human Trafficking Report

Date: 10<sup>th</sup> October 2020

Platform: Google Meet

No. of NSS Volunteers: 30

Names of NSS Volunteers:

1. Insiyah Leelwala
2. Mrunmayee Dalvi

3. Irika Goyal
4. Khan Parvina
5. Rukaiya Bharmal
6. Samiksha Mane
7. Isha Malde
8. Hrudaya Hinde
9. Prerna Rajesh Prabhakar
10. Khan Umaima
11. Insiya Mullajiwala
12. Shreya Mistry
13. Mariya Chincholiwala
14. Navita Gujja
15. Khadija Ali
16. Manaswi Malandkar
17. Deepansha Darji
18. Siddhi Pandit
19. Mansi Virendra Singh
20. Asma Ansari
21. Zainab Kukshiwala
22. Suman Jashu Parmar
23. Dhara Doshi.
24. Bushra Dhankwala
25. Jennifer James
26. Hetanshee Panchal
27. Fatema Bohari
28. Sukanya Bhale
29. Nafisa Ezzi
30. Sudiksha Gatte

On 10<sup>th</sup> October 2020, an online webinar was conducted on “The Awareness of Anti- Human Trafficking and Bonded Labour” by the NSS Unit of Wilson College. The speakers for the day were Mr. Sam Koshy and Ms. Aneesha Ruben. The event began with the introduction of the speakers and they carried forward the session. The event mainly focused on the child labourers and sex workers who are forced into their jobs; how the victims are kidnapped and kept captive against their will, how they are sold off to dealers like a piece of commodity. Various laws and acts against the same were discussed. Our responsibility as citizens to prevent this crime wherever seen was explained.

Human Trafficking for various odd jobs is the sad reality of our country. Until citizens as whole don’t stand against this injustice, this will prevail in our country. On a good note, the session ended with a feedback link provided to the participants for filling in details for attendance and certificate.



### Webinar on Sexual Harassment

Date: 10<sup>th</sup> October 2020

Platform: Zoom

No. of NSS Volunteers: 34

Names of NSS Volunteers:

1. Mansi Virendra Singh
2. Jennifer James
3. Khan Parvina
4. Sakina Jamali
5. Samiksha Mane
6. Isha Malde
7. Khadija Ali
8. Khan Umaima
9. Fatema Bohari

10. Insiyah Leelwala
11. Irika Goyal
12. Mrunmayee Dalvi
13. Manaswi Malandkar
14. Riya Sunil Bhavsar
15. Sukanya Bhale
16. Hrudaya Hinde
17. Deepansha Darji
18. Siddhi Pandit
19. Prerna Prabhakar
20. Suman Jashu Parmar
21. Insiya Mullajiwala
22. Bushra Dhankwala
23. Dhara Doshi
24. Nafisa Ezzi
25. Rukaiya Bharmal
26. Prita Anil Parab
27. Mariya Chincholiwala
28. Fashtana Khan
29. Asma Ansari
30. Shreya Mistry
31. Khushi Chheda
33. Zainab Kukshiwala
34. Prachi Barthwal

On 10<sup>th</sup> October 2020, an online webinar was conducted on “Sexual Harassment of Children: Why We Need to Pay Attention NOW” by the NSS Unit of Government Law College in collaboration with Public Concern for Governance Trust (PCGT). The speaker for the day was Ms Sonali Shelar. She is a human rights lawyer. The event started with the introduction of the speaker who then carried forward the event. The speaker explained in detailed about what child sexual harassment, its types, after effects and its legal implications on the culprits. She



also discussed about the different POCSO (Protection of Child from Sexual Offences) Acts that come under affect.

The volunteers gained a lot of insight through this webinar. In an era where adults are not safe from sexual predators, it becomes all the more important that we protect children at any cost. It is extremely important that we educate ourselves about the rights that a minor owns in our country against sexual harassment, so as to save them from the horrors in time. On a good note, the session ended with a vote of thanks and a feedback form for the participants to fill for certification.



### TITLE- INTERNATIONAL DAY OF GIRL CHILD

DATE: 11th OCTOBER

PLATFORM: GOOGLE MEET

NO.OF NSS VOLUNTEERS: 3

NAMES OF NSS VOLUNTEERS:-

- 1) FATEMA BOHARI
- 2) SUMAN JASHU PARMAR
- 3) SAMIKSHA MANE

ON 11TH OCTOBER 2020, A WEBINAR ON THE OCCASION OF INTERNATIONAL DAY OF GIRL CHILD WAS ORGANIZED BY THE NSS UNIT OF BHAVANS COLLEGE. THE TALK WAS GIVEN BY MANSI DALAL (FOUNDER OF RAY FOUNDATION). MA'AM TALKED ABOUT GIRLS EDUCATION SYSTEM IN INDIA AND THE THINKING OF PEOPLE IN SOME RURAL AS WELL AS URBAN AREAS. MA'AM ALSO SPOKE ABOUT THE CHANGES WHICH WILL TAKE PLACE IF GIRLS ARE EDUCATED AND WHEN GIRLS ARE EDUCATED THEIR COUNTRIES BECOME STRONGER AND MORE PROSPEROUS. THE WHOLE TALK WAS ABOUT HOW WOMEN CAN TAKE HIGHER EDUCATION AND CHANGE THE WORLD AND THE THINKING OF THE PEOPLE.



**Flyer for the event**

**CERTIFICATES OF THE PARTICIPANTS**





**Heart Attacks, The Hidden Epidemic - How to Handle Them.**

**Date:-** 13th October, 2020.

**Number of NSS Volunteers:-** 31.

**Names of NSS Volunteers:-**

01. Manaswi Malandkar

02. Siddhi Pandit

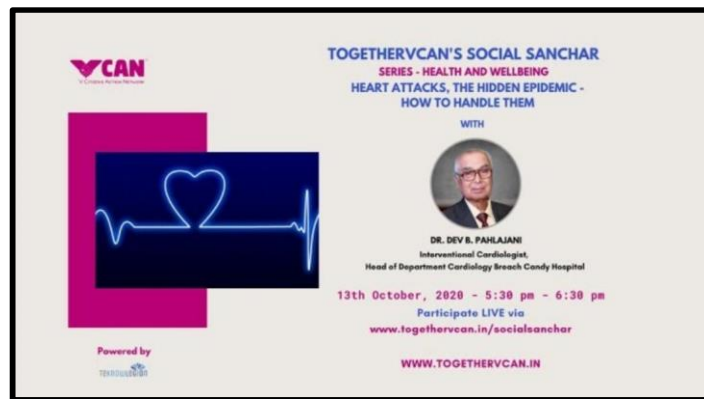
03. Khan Iram Asgar
04. Insiya Leelwala
05. Isha Malde
06. Hrudaya Hinde
07. Fatema Bohari
08. Deepansha Darji
09. Insiya Mullajiwala
10. Prita Anil Parab
11. Mariya Chincholiwala
12. Zainab Kukshiwala
13. Shreya Mistry
14. Mrunmayee Dalvi
15. Nafisa Ezzi
16. Sukanya Bhale
17. Prerna Prabhakar
18. Khadija Ali
19. Rukaiya Bharmal
20. Navita Gujja
21. Dhara Doshi
22. Khan Parvina
23. Jennifer James
24. Bushra Dhankwala
25. Mansi Virendra Singh
26. Irika Goyal
27. Khushi Chheda
28. Sakina Jamali
29. Suman jashu parmar
30. Samiksha Mane

31. Riya Sunil Bhavsar.

A webinar on how to handle Heart Attack rate was organized by the NSS Unit of Jai Hind College in Collaboration with V Citizens Action Network (VCAN) on 13th October, 2020. The webinar was live on Youtube and Facebook. It started with a warm welcome from Indrani Malkani the Chairman and Managing Trustee of VCAN. The speaker of the event was Dr. Dev B. Pahlajani. He is an Interventional Cardiologist and Head of Dept. of Cardiology at Breach Candy Hospital, Mumbai. Dr. Dev explained How to handle heart attacks and heart failure in a very great way with his own experiences. He also specified some more points like how to know when a person in our family is vulnerable and even how we can handle such serious situations by ourselves till help arrives.

Dr. Dev said to live life with happiness without taking stress and tension, just enjoy every moment of it.

It was a very informative and learning webinar and this knowledge would surely be used by many people in future.



**Flyer of the Event.**

**REPORT ON BREAST CANCER AWARENESS.**

**DATE:** 18TH October, 2020.

**No. of participants:** 30

**Names of the participants:**

1. Manaswi Malandkar
2. Siddhi Pandit
3. Deepansha Darji
4. Navita Gujja
5. Sakina Jamali

6. Isha Malde
7. Khadija Ali
8. INsiya Mullajiwala
9. Umaima Khan
- 10.Irika Goyal
- 11.Khan Parvina
- 12.Bushra Dhankwala
- 13.Shreya Mistry
- 14.Mrunmayee Dalvi
- 15.Mansi Virendra Singh
- 16.Fatema Bohari
- 17.Prachi Barthwal
- 18.Sudiksha Mane
- 19.Khan Iram Asgar
- 20.Zainab Kukshiwala
- 21.Prernaa Prabhakar
- 22.Insiya leelwala
- 23.Sudiksha Gatte
- 24.Nafisa Ezzi
- 25.Rukiya Bharmal
- 26.Suman Parmar
- 27.Mariya Chincholiwala
- 28.Urvashi Jain
- 29.Mariya Khan
- 30.Riya Sunil Bhavsar

On 18th october,2020 an online webinar named LET’S FIGHT AGAINST BREAST CANCER was organized by NSS Unit of RAMNARAIN RUIA AUTONOMOUS College in association with PINK INITIATIVE on occasion of breast cancer awareness month.

The event started at 5:30 pm sharp on Google Meet . The organizer started the event with a short prayer and then introduction of the speaker Dr.Sumeet Shah and Mrs.Ujwala Raje.Mrs.Ujwala Raje was a cancer patient and she defeated

cancer with the help of Dr. Sumeet Shah. Dr.Sumeet Shah is a brilliant doctor. He cured many cancer patients by his medication and experience .He explained in the event about the symptoms of breast cancer and also precaution as the slogan of the event says ( precaution are better than cure) and also (awareness is better than misconception). The webinar was very attractive and informative as in today's world breast cancer is very common. Mrs.Ujwala Rajee shared her cancer recovering journey with us and that was really very inspiring for all of us.

**RAMNARAIN RUITA AUTONOMOUS COLLEGE**  
NSS UNIT  
in association with  
**PINK INITIATIVE**

On occasion of breast cancer awareness month represents a webinar,  
**Let's Fight Against Breast Cancer**  
Prevention is better than cure  
Awareness is better than misconceptions

Speakers from Pink Initiative;  
1. Dr. Sumeet Shah      2. Mrs. Ujwala Rajee

Followed by this webinar, various competitions will be held on breast cancer awareness. E-certificate will be provided to all competition participants.

**Date :** 18<sup>th</sup> October 2020, Sunday; **Time :** 5.30 PM to 7.00 PM  
**For any queries please contact :**  
1. Manasi **8591083804**    2. Vedika **8108404075**

At the end of the event, doubts and questions were asked and it was cleared on the spot by Dr .Sumeet Shah. The event ended at 7:00 pm sharp with the vote of thanks by the NSS volunteer. THANKYOU

### **FYLER OF THE EVENT**

NSS year (2020-2021)

Report writing

University Event

**Title: Youth for Organ Donation Awareness Campaign**

Organisers: NSS Unit of K.C.College, HSNC University

Speaker:Mr.Shrikant Apte



Date: 21st October 2020

No.of volunteers: 32

Names of volunteers:

A university level session based on Youth for Organ Donation Awareness Campaign

1. Khadija Ali
2. Manaswi Malandkar
3. Siddhi Pandit
4. Irika Goyal
5. Sudiksha Gatte
6. Deepansha Darji
7. Poonam Sudhakar Ingle
8. Riya Sunil Bhavsar
9. Shreya Mistry
10. Mrunmayee Dalvi
11. Prita Anil Parab
12. Prerna Prabhakar
13. Nafisa Ezzi
14. Samiksha Mane
15. Insiya Mullajiwala
16. Jennifer James
17. Zainab Kukshiwala
18. Bushra Dhankwala
19. Insiyah Leelwala
20. Navita Gujja
21. Suman jashu Parmar

22. Khan Parvina
23. Khushi chheda
24. Umaima khan
- 25 Rukaiya Bharmal
26. Dhara Doshi
27. Mansi Virendra Singh
28. Sakina Jamali
29. Isha Malde
30. Asma Ansari
31. Hrudaya Hinde
32. Kasturi Belvalkar
33. Sarrah Dahodwala

On 21st October the students of NSS unit of K.C college with help of HSNC University had organised an university level event on the topic Youth for Organ Donation Awareness Campaign. Mr. Shrikant Apte was the guest speaker who motivated the students to donate their organs and highlighted the importance as well as the need for organ donations.

Organ Donation is not a tragedy,

But It can be beautiful light in the midst of one.

## WOMEN'S SAFETY

DATE: - 22<sup>nd</sup> October 2020.

No. of NSS volunteers: - 27

Names of NSS volunteers:-

1. Insiyah leelwala
2. Irika Goyal
3. Sukanya Bhale
4. Khan Parvina

5. Isha Malde
6. Manaswi Malandkar
7. Rukaiya Bharmal
8. Siddhi Pandit
9. Hrudaya Hinde
10. Sakina Jamali
11. Insiya Mullajiwala
12. Dhara Doshi
13. Mansi Virendra Singh
14. Zainab Kukshiwala
15. Navita Gujja
16. Deepansha Darji
17. Shreya Mistry
18. Mrunmayee Dalvi
19. Suman Jashu Parmar
20. Shaikh Zoya Parvez
21. Jennifer James
22. Prerna Prabhakar
23. Asma Ansari
24. Bushra Dhankwala
25. Mariya Chincholiwala
26. Khadija Ali
27. Nafisa Ezzi
  
28. Sarrah Dahodwala

On 22<sup>nd</sup> October, 2020, an online webinar was conducted on “WOMEN’S SAFETY”. Women still face sexual harassment at workplaces, domestic violence from her in-laws, etc. Women development cell and DLLE of K.J.Somaiya college of science and commerce has organized it with renowned IPS (Rtd) Former DGP of Maharashtra and CP, Mumbai, Mr.D.Sivanandhan on zoom platform to let us know how we can be safe at home, at social gatherings, at hotels, at workplaces, and many more. Mr.Sivanandhan sir creates general awareness among us about our safety and what can we do to keep yourself safe. For.eg, we can carry pepper spray, small knife in our bags in order to protect ourselves. He also made us aware of our constitution laws and told some of the ideas to stay safe. Women still bear the burden of work and household chores and also not given equal rights and opportunities as men and due to this men enjoyed being superior and treats women ill. We should respect and treat women the same as men with equal rights and opportunities.


**SOMAIYA VIDYAVIHAR**  
K. J. Somaiya College of Science & Commerce

National Webinar on  
Women Safety  
Organised by Women Development Cell in  
Association with Department of Lifelong Learning and Extension Unit (D.L.L.E.) of  
K J Somaiya College of Science and Commerce

About the Webinar:

Women Safety is an issue of concern in all times and an increasing number of cases of violence demands attention for discussion on this topic. Women Development Cell and D.L.L.E. selected this theme since ensuring women safety is one step towards achieving gender equality. Mr. D. Sivanandhan, with his wide experience in the capacity of a police official and his concern about creating awareness about this issue, will give the participants, a guideline about the precautions and the means of resistance to violence. The webinar aims to sensitize women and men, who are concerned about the wellbeing of women in their lives. Participants of any age group can register for the webinar.

Resource person :



Mr. D. Sivanandhan  
IPS (Retd.), Former DGP, Maharashtra & CP, Mumbai

22 October 2020  
4.00 P.M. - 5.30 P.M.  
Your Nearest Desktop/ Laptop/Mobile

[Click here to Register](#)  
[Click here to join the Telegram group after Registration](#)

Organising Committee:

Dr. Ajit Katdare	Mr. Sarang Gujar
Mrs. Saema Khan	Ms. Shilpa Sawant
Lt. Dr. Rohini Kasabe	Dr. Saurabh Shete

Dr. Amol Pawar  
Convenor,  
D.L.L.E.

Dr. Hemangi Bhagwat  
Convenor,  
Women Development Cell

Dr. Pradnya Prabhu  
Principal

## “Flyer of The Event”



**SOMAIYA VIDYAVIHAR**

K J Somaiya College of Science & Commerce

### Certificate of Participation

This is to certify that

**Insiyah Burhanuddin Leelwala**

of College of homescience nirmala nicketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



1JTYW8-CE000037

*Amol Pawar*

Dr. Amol Pawar  
Convenor-D.L.L.E

*Hemangi B.*

Dr. Hemangi Bhagwat  
Convenor- W.D.C.

*Pradnya*

Dr. Pradnya Prabhu  
Principal



**SOMAIYA VIDYAVIHAR**

K J Somaiya College of Science & Commerce

### Certificate of Participation

This is to certify that

**Irika Goyal**

of College of Home Science Nirmala Nicketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



1JTYW8-CE000229

*Amol Pawar*

Dr. Amol Pawar  
Convenor-D.L.L.E

*Hemangi B.*

Dr. Hemangi Bhagwat  
Convenor- W.D.C.

*Pradnya*

Dr. Pradnya Prabhu  
Principal



**SOMAIYA VIDYAVIHAR**

K J Somaiya College of Science & Commerce

### Certificate of Participation

This is to certify that

**Sukanya Bhale**

of College of Home Science Nirmala Nicketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



1JTYW8-CE000087

*Amol Pawar*

Dr. Amol Pawar  
Convenor-D.L.L.E

*Hemangi B.*

Dr. Hemangi Bhagwat  
Convenor- W.D.C.

*Pradnya*

Dr. Pradnya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**KHAN PARVINA PEAR**

of College of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Isha Mahendra Malde**

of College Of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**MANASWI Malandkar**

of College of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Rukaiya Imran Bharmal**

of College of home science nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Siddhi Pandit**

of College of homescience Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Hrudaya Bharat Hinde**

of COLLEGE OF HOME SCIENCE NIRMALA NIKETAN has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Sakina Burhanuddin Jamali**

of College Of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Insiya Mullajiwala**

of College Of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Dhara Haresh Doshi**

of College of home science nirmala niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Mansi Virendra Singh**

of College of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Zainab Kukshiwala**

of COLLEGE OF HOME SCIENCE NIRMALA NIKETAN has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal

**Certificate of Participation**

This is to certify that  
**Navita Parshuram Gujja**

of COLLEGE OF HOME SCIENCE NIRMALA NIKETAN has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.

 T.R.U.S.T.  
ITWWS-CE000038

  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**Darji Deepansha Hitesh**

of **College of Home Science Nirmala Niketan** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**Mistry Shreya Kamlesh**

of **College of Home Science Nirmala Niketan** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**Mrunmayee Dahi**

of **College of Home Science Nirmala Niketan** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**suman jashu parmar**

of **college of home science nirmala niketan** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**Shaikh Zoya Parvez**

of **Nirmala Niketan College of Home Science** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**James Jennifer Robinson**

of **College of Home Science Nirmala Niketan** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



# SOMAIYA VIDYAVIHAR

K J Somaiya College of Science & Commerce

## Certificate of Participation

This is to certify that

**Premaa Rajesh Prabhakar**

of **College of Home Science Nirmala Niketan** has attended a national webinar on **'Women Safety'** organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of **K J Somaiya College of Science & Commerce, Mumbai-77** on 22 October 2020.



Dr. Amol Pawar  
Convener-D.L.L.E

Dr. Hemangi Bhagwat  
Convener- W.D.C.

Dr. Pradnya Prabhu  
Principal



**Certificate of Participation**

This is to certify that

**Bushra Jafar Dhankwala**

of College of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradnya Prabhu  
Principal

**Certificate of Participation**

This is to certify that

**Mariya Chincholiwala**

of College of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradnya Prabhu  
Principal

**Certificate of Participation**

This is to certify that

**Khadija Mohammed Ali**

of College of Home Science Nirmala Niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradnya Prabhu  
Principal

**Certificate of Participation**

This is to certify that

**Nafisa Najmuddin Ezzi**

of college of home science Nirmala niketan has attended a national webinar on 'Women Safety' organized by Women Development Cell in association with Department of Lifelong Learning and Extension Unit of K J Somaiya College of Science & Commerce, Mumbai-77 on 22 October 2020.



  
Dr. Amol Pawar  
Convener-D.L.L.E

  
Dr. Hemangi Bhagwat  
Convener- W.D.C.

  
Dr. Pradnya Prabhu  
Principal

Title- Women Centric Cancer Awareness

Date: 27<sup>th</sup> October 2020

Platform: Zoom

No. of NSS Volunteers: 36

Names of NSS Volunteers:

1. Mansi Virendra Singh
2. Jennifer James
3. Khadija Ali
4. Shaikh Zoya
5. Irika Goyal
6. Insiya Mullajiwala
7. Navita Gujja
8. Rukaiya Bharmal
9. Manaswi Malandkar
10. Umaima Khan
11. Shreya Mistry
12. Deepansha Darji
13. Mrunmayee Dalvi



14. Zainab Kukshiwala
15. Hrudaya Hinde
16. Mrunmayi Jadhav
17. Prita Parab
18. Sharvari Narvekar
19. Sakina Jamali
20. Siddhi Pandit
21. Prerna Prabhakar
22. Fatema Bohari
23. Riya Sunil Bhavsar
24. Mariya Chincholiwala
25. Mariyam Khan
26. Bushra Dhankwala
27. Khushi Chheda
28. Asma Ansari
29. Samiksha Mane
30. Insiyah Leelwala
31. Nafisa Ezzi
32. Dhara Doshi
33. Prachi Barthwal
34. Isha Malde
35. Suman Jashu Parmar
36. Poonam Sudhakar Ingle

On 27<sup>th</sup> October 2020, an online webinar was conducted on “Healthy Lifestyle and Women-Centric Cancer” by the NSS Unit of H.R. College of Commerce and Economics. The speaker for the day was Ms. Arpita Chakraborty. The event commenced with the introduction of the condition and its symptoms. Although various types of cancer were discussed, the main focus was given on Breast Cancer and Cervical Cancer.

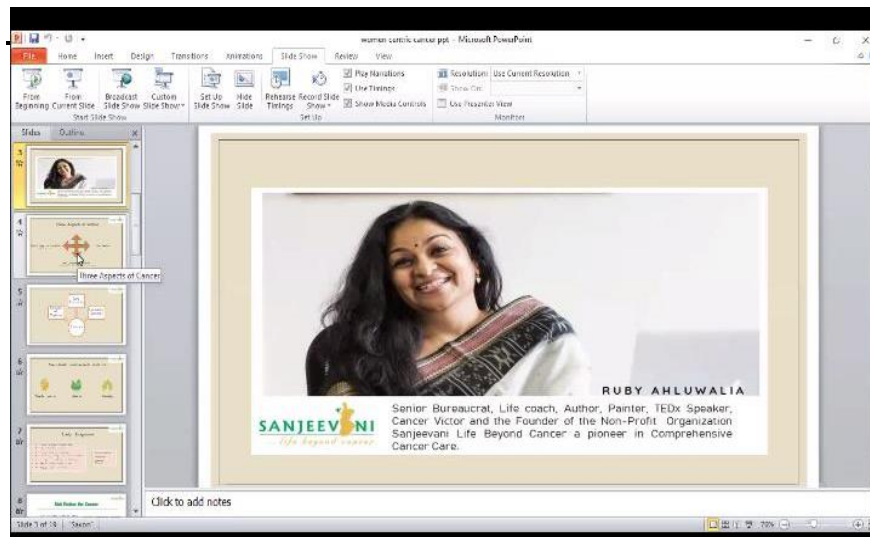
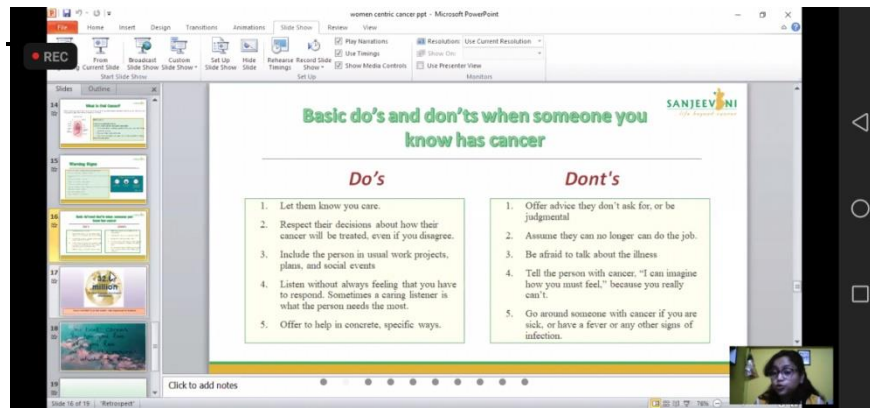
Procedure to follow self examination was explained. The ways in which we can care for cancer patients, the do's and don'ts were also shared. The volunteers and everyone else who attended the event gained a lot of insight on the subject. In our country, Cancer is not considered as an ailment that can be treated; rather it is seen as a

disease that can only lead to death. In a situation like this, it becomes really important that we talk about this. On a good note, the event ended with a feedback link provided to the participants for certification.



**Flyer of the Event**





## **WORLD VEGAN DAY.**

Date:- 01st November 2020.

No. Of NSS Volunteers:- 30.

Names Of NSS Volunteers:-

01. Mansi Virendra Singh

02. Jennifer James

03. Umaima Khan

04. Siddhi Pandit

05. Prachi Barthwal

06. Nafisa Ezzi

07. Rukaiya Bharmal

08. Deepansha Darji
09. Shreya Mistry
10. Mrunmayee Dalvi
11. Bushra Dhankwala
12. Mariya Chincholiwala
13. Irika Goyal
14. Zainab Kukshiwala
15. Dhara Doshi
16. Hrudaya Hinde
17. Insiyah Leelwala
18. Prerna Prabhakar
19. Poonam Sudhakar Ingle
20. Fatema Bohari
21. Khushi Chheda
22. Isha Malde
23. Sakina Jamali
24. Samiksha Mane
25. Insiya Mullajiwala
26. Navita Gujja
27. Suman Jashu Parmar
28. Manaswi Malandkar
29. Mariyam Khan
30. Sharvari Narvekar
31. Fashtana Khan
32. Riya Bhavsar
33. Asma Ansari

On 01st November, 2020 an online webinar was conducted On the occasion of “WORLD VEGAN DAY” ,by The NSS Unit of ADV .Balasaheb Apte College of Law organized it on Zoom platform to let us know more on veganism. Ms. Purabi Gunjal emphasized on the vegan diet and also told us that becoming a vegan has no change in our health as indian diet hardly has any meat products or milk products. She also explained the cruelty the animals go through because of it , and also it turns out to be bad for health as the mild products for the cows are given injections to keep on producing and that is not the natural dairy products we have . She also mentioned that vegan products are less expensive and can be easily substituted with dairy products or meat products . So "**BE VEGAN , SAVE ANIMALS**".



The flyer is a rectangular graphic with a white background and a black border. At the top, there is a green horizontal bar containing two logos: the NSS logo on the left and the ABA College of Law logo on the right. Below the logos, the text "NSS UNIT OF ADV. BALASAHEB APTE COLLEGE OF LAW, DADAR(W), MUMBAI-28" is written in black. The central part of the flyer features the text "INVITES YOU FOR A WEBINAR ON THE OCCASION OF WORLD VEGAN DAY" in green and red. Below this, the guest speaker's name "MS. PURABI GUNJAL, NUTRITIONIST" is written in green. To the right of the speaker's name is a small portrait of Ms. Purabi Gunjal. Below the speaker's name, the event details "DATE : 1 NOV. 2020", "TIME : 5PM ONWARDS", and "PLATFORM : ZOOM" are listed in black. At the bottom, a green horizontal bar contains the contact information "FOR QUERIES CONTACT :- URMILA PULEKAR : 8291771979 NEHA BODAS : 9619209427" and the statement "E-CERTIFICATES WILL BE PROVIDED TO ALL THE PARTICIPANTS" in black.

 **NSS UNIT**  
**OF**   
**ADV. BALASAHEB APTE COLLEGE**  
**OF LAW, DADAR(W), MUMBAI-28**

**INVITES YOU FOR**  
**A WEBINAR ON THE OCCASION OF**  
**WORLD VEGAN DAY**

**GUEST SPEAKER :**  
**MS. PURABI GUNJAL,**  
**NUTRITIONIST**

**DATE : 1 NOV. 2020**  
**TIME : 5PM ONWARDS**  
**PLATFORM : ZOOM**

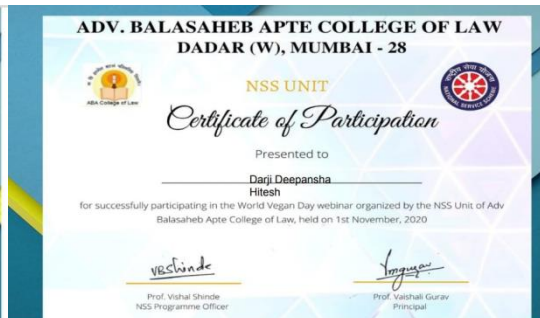
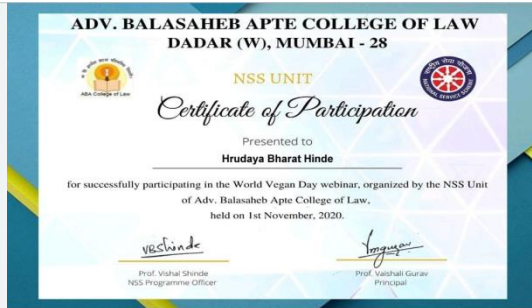
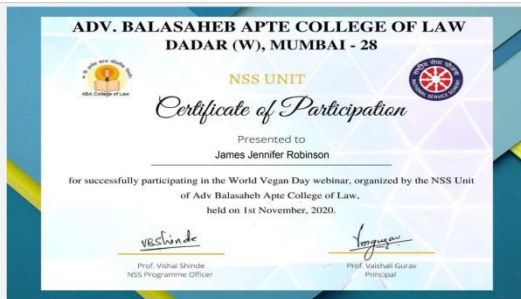
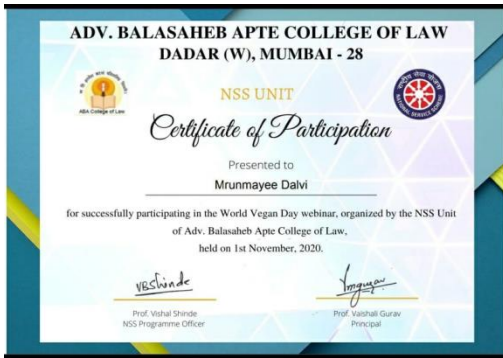
**FOR QUERIES CONTACT :-**  
**URMILA PULEKAR : 8291771979**  
**NEHA BODAS : 9619209427**

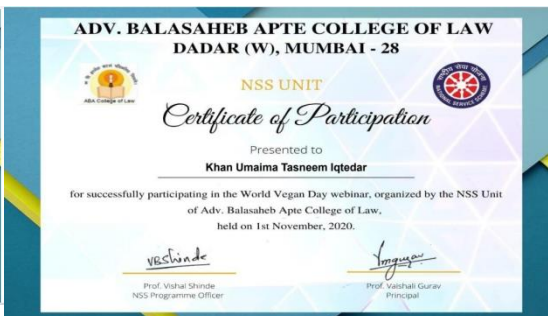
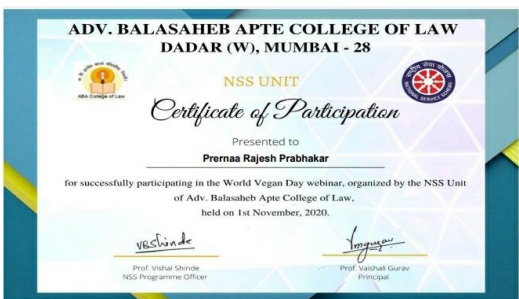
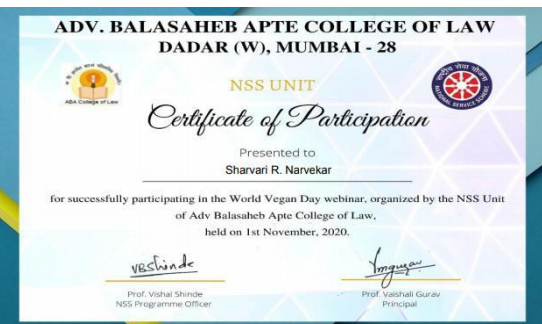
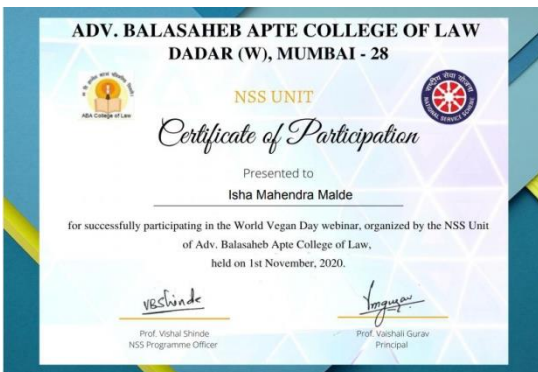
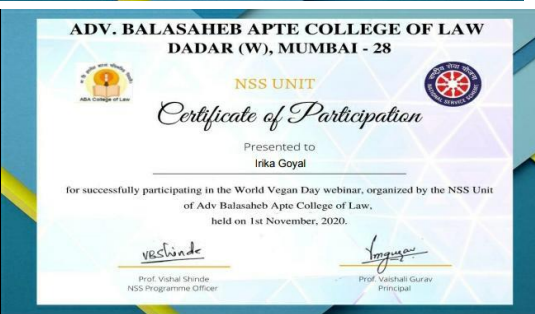
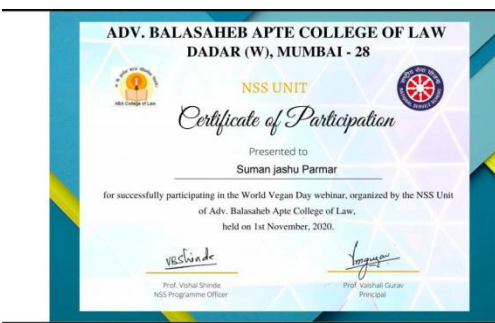
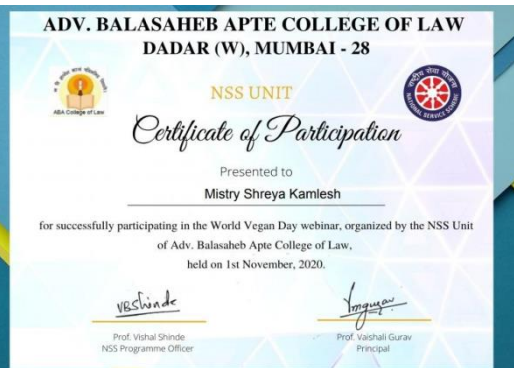
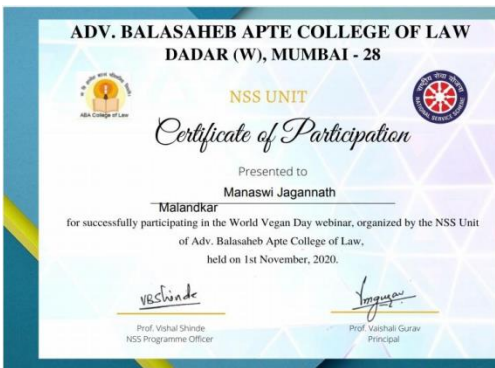
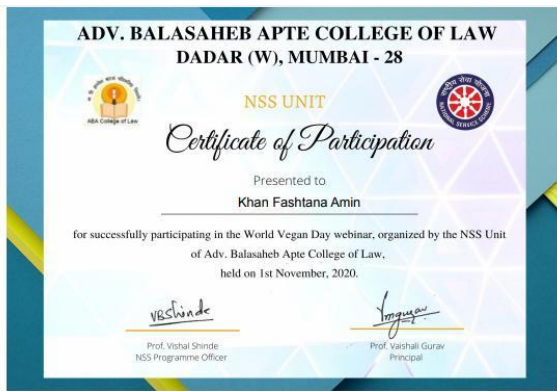
**E-CERTIFICATES WILL BE PROVIDED TO ALL THE PARTICIPANTS**

**FLYER OF THE EVENT**



# Certificates :-







**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Rukaiya Imran  
Bharmal

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Mane Samiksha  
Kishor

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Khushi Hiten  
chheda

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Dhara Hareesh Doshi

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Insiyah Burhanuddin  
Leelwala

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Zainab Kukshiwala

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Nafisa Najmuddin  
Ezzi

for successfully participating in the World Vegan Day webinar organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Bushra Jafar Dhankwala

for successfully participating in the World Vegan Day webinar, organized by the NSS Unit of Adv. Balasaheb Apte College of Law, held on 1st November, 2020.

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

Presented to  
Fatema Mansoor Bohari

for successfully participating in the World Vegan Day webinar, organized by the NSS Unit of Adv Balasaheb Apte College of Law, held on 1st November, 2020.

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal

**ADV. BALASAHEB APTE COLLEGE OF LAW  
DADAR (W), MUMBAI - 28**

**NSS UNIT**

*Certificate of Participation*

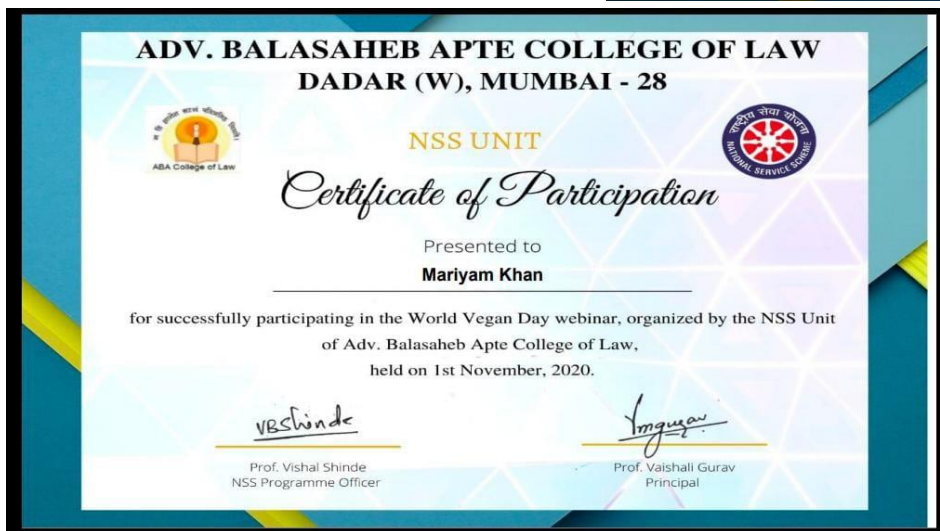
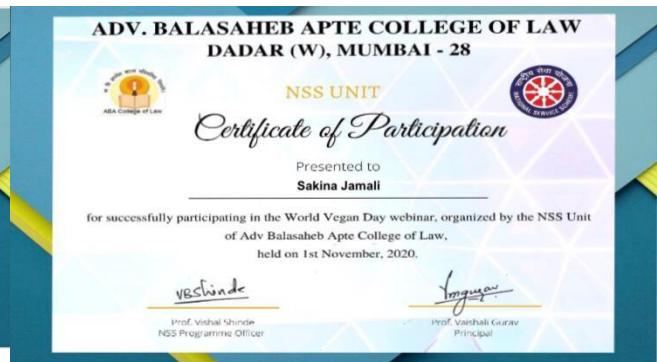
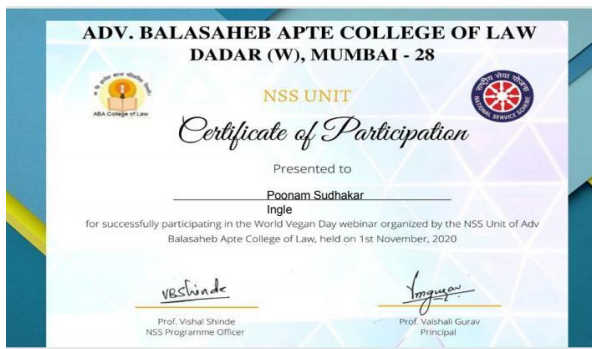
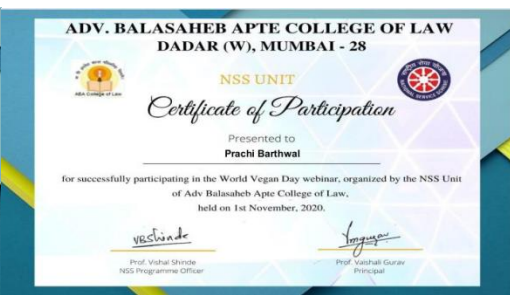
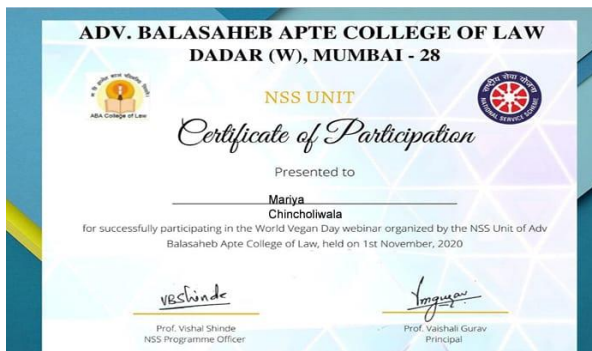
Presented to  
Siddhi Pandit

for successfully participating in the World Vegan Day webinar, organized by the NSS Unit of Adv. Balasaheb Apte College of Law, held on 1st November, 2020.

*veshinde*  
Prof. Vishal Shinde  
NSS Programme Officer

*Imqumaw*  
Prof. Vaishali Gurav  
Principal





**DEFEAT BREAST CANCER**

**DATE** - 3 November 2020

**TIME** - 5-6 pm

**PLATFORM**- zoom

**NO. OF PARTICIPANTS**- 23

**NAMES OF PARTICIPANTS**

1. Manaswi Malandkar
2. Mansi Virendra Singh
3. Dhara Doshi
4. Irika Goyal
5. Insiyah Leelwala
6. Rukaiya Bharmal
7. Navita gujja
8. Sakina Jamali
9. Shreya Mistry
10. Deepansha Darji
11. Siddhi Pandit
12. Nafisa Ezzi
13. Suman jashu Parmar
14. Khadija Ali
15. Hrudaya Hinde
16. Samiksha Mane
17. Fatema Bohari
18. Insiya Mullajiwala
19. Bushra Dhankwala
20. Shaikh Zoya Parvez
21. Zainab Kukshiwala
22. Mariya Chincholiwala
23. Isha Malde

A link was shared on the NSS VOLUNTEER group. Webinar of awareness for Breast Cancer was organised by Bhavyata Foundation in Association with Inner Wheel Club and Le Mark School of Art presents .

In the webinar we learnt how we get Breast Cancer . Also how we can avoid Breast Cancer. Even got to know about how to fight against Breast Cancer.

**BROCHURE-**

**LET'S DEFEAT  
BREAST CANCER !**

PRESENTED BY  
Bhavyata Foundation

**HIGHLIGHTS**

- Early Detection of Breast Cancer.
- When & Where to Take the Test.
- Which Test to do and Whom to Consult.
- How to manage Emotions & Finances for the same.

▪ Styling Tips by LMSA

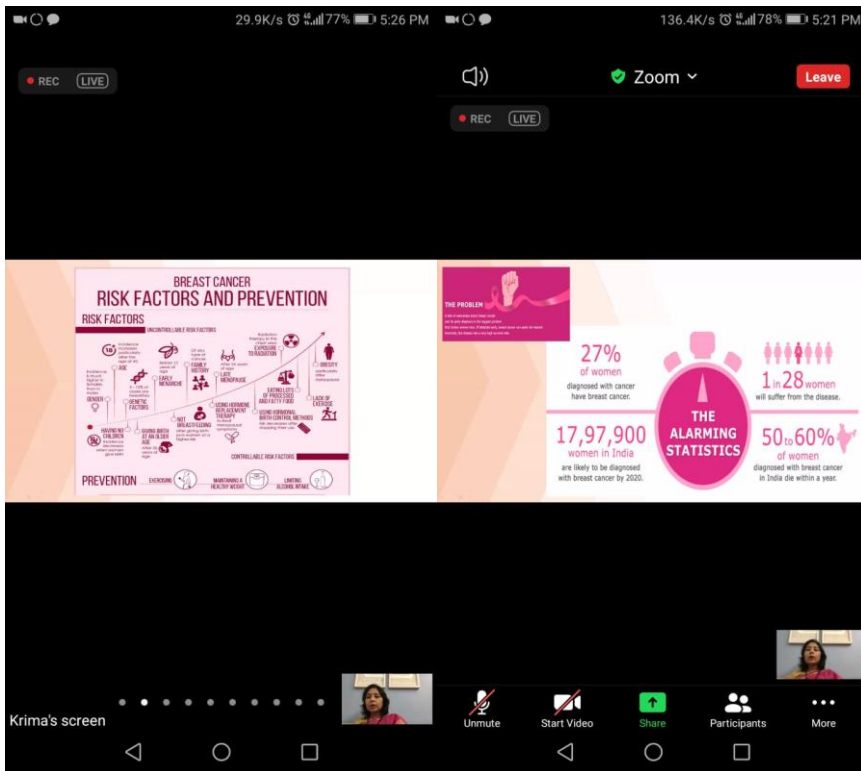
**GUESTS OF HONOUR**



Dr. Sonali Maniar,  
DNB, DMRD radiology  
(Fortis Hospital LTD)  
Ravi Imaging Center  
**SPEAKER**

**3  
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PM  
IST**

REGISTER - [www.bhavyata.com](http://www.bhavyata.com)



## Title- Menstruation Webinar

Date: 18<sup>th</sup> November 2020

Platform: Google Meet

No. of NSS Volunteers: 18

Names of NSS Volunteers:

1. Mansi Virendra Singh
2. Jennifer James
3. Dhara Doshi
4. Manaswi Malandkar
5. Siddhi Pandit
6. Hrudaya Hinde
7. Navita Gujja
8. Isha Malde
9. Insiya Mullajiwala

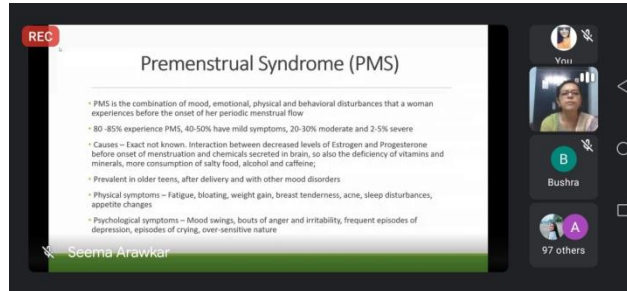
10. Prerna Prabhakar
11. Insiyah Leelwala
12. Sharvari Narvekar
13. Samiksha Mane
14. Suman Parmar
15. Bushra Dhankwala
16. Shreya Mistry
17. Deepansha Darji
18. Mrunmayee Dalvi

On 18<sup>th</sup> November 2020, an online webinar was conducted on “Menstrua‘shun’: Lets shun the taboo” by the NSS Unit of Ramnarain Ruia College. The speaker of the day was Dr. Seema Arawkar. The event commenced with the introduction of the condition and its symptoms. Its associated problems were shared. Pre- Menstrual Syndrome (PMS) and Poly-Cystic Ovary Syndrome (PCOS) was discussed. The ways in which we can take care of ourselves was shared.

The volunteers gained a lot of insight through this webinar. In an era where female mental and physical health is still neglected, this was a huge step towards equality. It is the duty of every human to be aware of this and spread awareness as well. On a good note, the session concluded with a feedback link provided to the participants for filling in details for attendance.



**Flyer for the event**



## Title- Ballet for People with Parkinson's

Date: 23<sup>rd</sup> November 2020

Platform: Zoom

No. of NSS Volunteers: 11

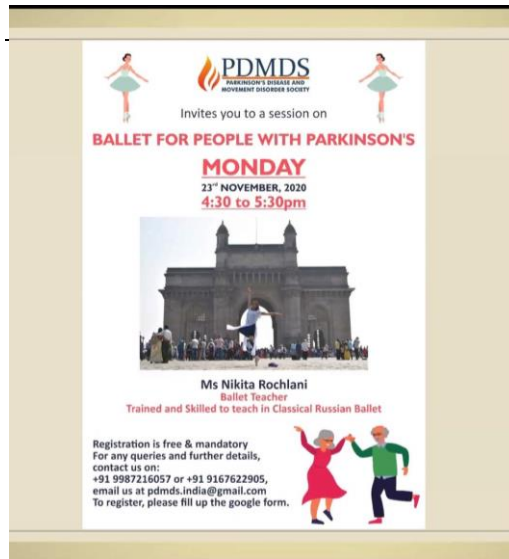
Names of NSS Volunteers:

1. Bushra Dhankwala
2. Manaswi Malandkar
3. Siddhi Pandit
4. Sharvari Narvekar
5. Mansi Virendra Singh
6. Sakina Jamali
7. Mariyam Khan
8. Insiyah Leelwala
9. Insiya Mullajiwala
10. Zainab Kukshiwala
11. Suman Parmar

On 23<sup>rd</sup> November 2020, an online webinar was conducted on “Ballet for People with Parkinson’s” by Parkinson’s Disease and Movement Disorder Society (PDMDS). The resource person for the day was Ms.

Nikita Rochlani, who is a trainer and she is skilled to teach Classical Russian Ballet. The event began with the introduction of the organisation, followed by the resource person.

The dance practice began with various warm-up exercises such as arm, leg and shoulder exercises, which progressed into complex steps which required bending knees, etc. It was a very new concept for volunteers, learning dance through online live medium. It was refreshing to see older people trying to relive their golden days by learning a dance form. On a good note, the session ended with a vote of thanks.



**Flyer for the event**



**Essay Writing Competition on topic " Misconception against HIV/AIDS and Blood Donation: Save A Life.**

Organiser : College Of Home Science, Nirmala Niketan

Date : 5th january, 2021 - 12th january, 2021.\_\_\_\_

No. Of Nss Volunteer : 2



# Names of Nss Volunteers :

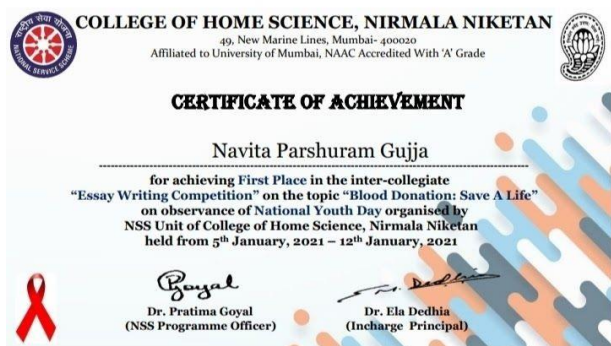
01. Navita Gujja
02. Dhara Doshi

## Report :

National Youth Day(NYD) is observed on 12th january every year. It is celebrated on the birthday of Swami Vivekananda all over India. As the theme of this year is "channelizing youth power for nation building. "

College Of Home Science, Nirmala Niketan organised an essay writing competition from 5th january,2021 to 12th january,2021 on the topic " Misconception against HIV/AIDS and Blood Donation: Save A Life.

## Certificates :



Mind: The main switch

Date: 19<sup>th</sup> January 2021

Platform: Youtube Live



No. of NSS Volunteers: 8

Names of NSS Volunteers:

1. Mansi Virendra Singh
2. Prerna Prabhakar
3. Deepansha Darji
4. Shreya Mistry
5. Mrunmayee Dalvi
6. Navita Gujja
7. Urvashi Jain
8. Fashtana Khan

On 19<sup>th</sup> January 2021, a webinar was conducted on “Mind: The Main Switch” by the NSS Unit of Jai Hind College in collaboration with the organisation “Together VCAN”. The speaker for the day was Dr. Vihang N. Vahia. The event commenced with the introduction of the speaker and he continued with the session and discussed about the negative effect of isolation and lockdown on our minds, how to prevent ourselves from going down that path.

He also talked briefly about topics like survivors’ guilt and instant gratification, which affects our minds greatly. Towards the end of the session, they started with the Question and Answer round, where wonderful questions were asked and answered. It is very important to have a calm and sane mind to have a fulfilling professional and personal life. On a good note, the session ended with the feedback link to be filled by the audience for attendance.

**VCAN**  
V Citizens Action Network

We cordially invite you to  
**TOGETHERVCAN'S SOCIAL SANCHAR**  
SERIES - HEALTH AND WELLBEING

With  
**DR. VIHANG N. VAHIA**  
Psychiatrist Mumbai,  
International Distinguished Fellow,  
American Psychiatric Association,  
Consultant Psychiatrist: Breach Candy &  
Lilavati Hospitals

Topic:  
**MIND-The Main Switch**

Tuesday, 19th January 2021, 6:30 pm - 7:30 pm

watch LIVE ON  
[www.facebook.com/togethervcanmumbai](http://www.facebook.com/togethervcanmumbai)  
[www.togethervcan.in/socialsanchar](http://www.togethervcan.in/socialsanchar)

Send your questions right away via

SMS/WHATSAPP  
**+91 9594880408**

TWITTER  
**@Together\_VCAN**

Trustees  
Indrani Malkani, V Ranganathan,  
Rajan Jayekar, Sohrab Kapadia, Ashok Malkani

COLLEGE PARTNER  
JAI HIND COLLEGE

POWERED BY  
TECHSQUAD

WWW.TOGETHERVCAN.IN

CITIZENS@TOGETHERVCAN.IN

## Flyer for the event



## Title- Stress Management Webinar

Date: 12<sup>th</sup> April 2021

Platform: Zoom

No. of NSS Volunteers: 6

Names of NSS Volunteers:

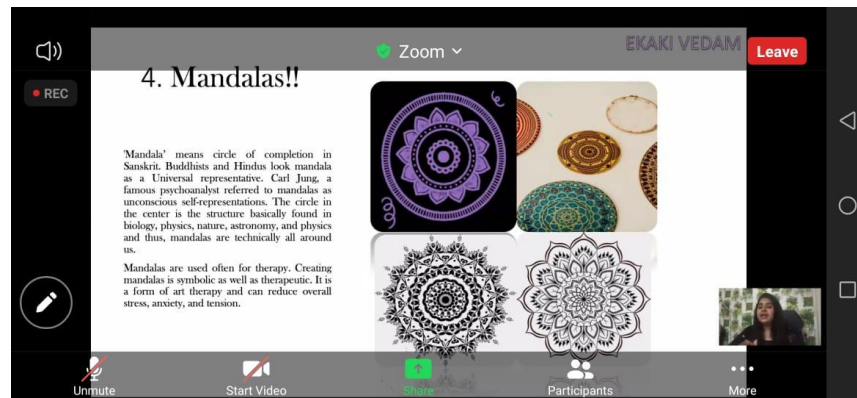
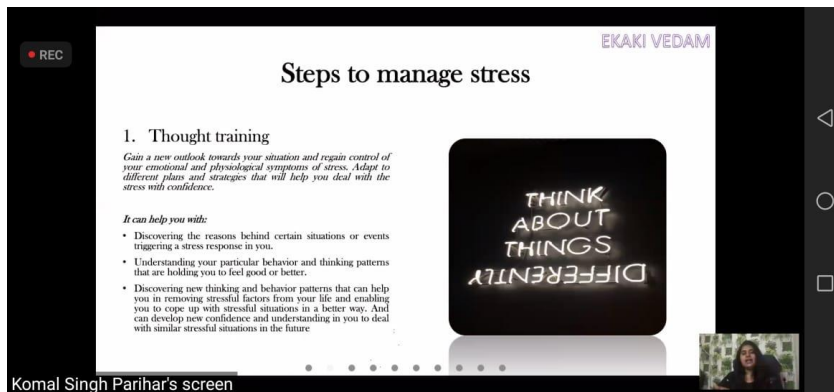
1. Mansi Virendra Singh
2. Shaikh Zoya Parvez
3. Sarrah Zoher Dohadwala
4. Esha Teresa Sam
5. Prita Parab
6. Sharvari Narvekar

On 12<sup>th</sup> April 2021, an online webinar was conducted on “Stress Management” by the NSS Unit of Ramnarain Ruia College. The speaker for the day was Dr. Komal Singh Parihar. The event commenced with the introduction of the speaker, who then continued with the session. The main focus of the webinar was to explore the meaning of words like anxiety, stress and depression. Tips for stress management were shared. The resource person also introduced a new of managing stress- Mandala Art, which was quite interesting to learn about. The audience were provided activity time to draw their own Mandalas.

Then the session proceeded towards Q&A round. On a good note, the webinar ended with a vote of thanks and a feedback link for the participants to fill in details.



**Flyer for the event**



**Certificates:**

