

## AREA BASED PROJECT-2 (2019-2020)

### ECO CLUB

#### BEACH CLEANING AT CUFF PARADE

Date: 21st July,2019

Time: 7am to 9am

Venue: Cuffe Parade

Detailed report:

On 21<sup>st</sup> July 2019, a beach cleaning program held by the beach warriors at Cuffe Parade took place .It was their 100<sup>th</sup> week of beach cleaning. The waste accumulated on the beach was thrown out by the sea. Fifty-Three NSS volunteers from College of Home science Nirmala Niketan got the opportunity to take part in this program. All the volunteers of different colleges under the Mumbai University, along with the beach warriors aimed to, clean most of the waste dumped on the beach. The beach warriors arranged ,refreshments for all the volunteers which were served after the cleaning session was completed. A noticeable change was observed at the end of the campaign.



(TEAM WORKED FOR THE CLEANING)

## **TREE PLANTATION AT MANORI**

DATE : 11<sup>th</sup> August 2019

VENUE : Manori island ( Malad )

We the NSS volunteers of College of Home Science Nirmala Niketan had got an opportunity for tree plantation at Manori island ( Malad ). All the volunteers reached Marave beach from there they continued in a fairy towards Manori island. Before the plantation began all the volunteers went to ashram and had breakfast. The plantation was then carried on at the site around 10:45 am till 1:40pm. The organiser thanked the volunteers for being part of this initiative.

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Volunteers who attended the initiative.



Volunteers planting the saplings

## **E- waste Management**

Date: 16<sup>th</sup> August, 2019

Venue: College Of Home Science Nirmala Niketan

No. Of beneficiaries: 19

A session on E- waste management was organised by the NSS Unit of College Of Home Science Nirmala Niketan on 16<sup>th</sup> of August 2019 at which Ms. Rashmi Joshi the speaker of the program talked about E- waste management as well as included Solid Waste management

and Compost pit in her talk. The program started at 02:00 pm with Dr. Pratima Goyal introduced the speaker Ms. Rashmi Joshi.

She first introduced the ill effects of E-waste especially directing our attention to the main effect of waste- Cancer. She mentioned that “around 10 years ago the ratio of cancer was 1 out of 10 person but today the scenario has changed drastically” adding to it that “In today’s time out of 10 9 of the people were diagnosed with cancer”. She also talked about ban on plastic listing its effects on mankind and the environment.

As she proceed further she also explain how to manage the day- to- day waste collected in one’s home. She also mentioned about the initiative taken by the BMC Department of ways of motivating the society by giving concession on property tax to the society members on segregating the waste or using the segregated waste to build a compost pit.

She continued her speech with introducing E- waste and the dangerous pollutants in the environment which then leads to spread of diseases like cancer, Respiratory diseases, skin diseases, etc. She also explained the process how E- waste like refrigerator, television, air conditioner, etc is treated after we give away. She ended her speech with suggesting an idea of a demonstration of compost pit and also appreciated the initiative taken by the NSS Unit to generate E- waste from their houses. After the session there was interactive session between Ms. Joshi and the audience.



(Dr. Pratima Goyal giving Introduction)



Ms. Rashmi Joshi addressing the audience

## **Cloth Bag Making**

Date: 22<sup>nd</sup> August 2019

Venue: College of Home Science Nirmala Niketan

On the occasion of Swacch Bharat, Nss volunteers of College of Home Science Nirmala Niketan had made cloth bags and distributed into their nearby places,like masjid, and ganpati pandals to spread awareness of using Cloth bags instead of plastic bags.

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(Cloth bags made by the students)

(Student making the bags)

## **TREE PLANTATION**

Date: 23th August 2019

Venue: St. Joseph Baptisa Garden, Mazgaon

No. of Saplings Planted: 5 Each (10 in total)

The Tree Plantation Drive began from the college, we collected 5 saplings each provided by the authorities of Rani Baug and went to Mazgaon Garden. We first took the permission for planting from the constables' in charge, who in turn led us to the gardener. We took all the equipments needed and with their help completed the activity of planting. The gardener assisted us in planting, showed us the right technique to do so and also provided information about the plants in the garden. We gained a lot of knowledge and experience. The satisfaction and happiness that we received by giving our contribution to nature is immeasurable.

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(volunteers doing tree plantation)

## **ROAD SAFETY**

### **NSS REPORT**

#### **MAHA WALKATHON**

Date: 30th November 2019

Venue: starting point from Nirmala Niketan College of Social Work, Churchgate

Students of all the colleges were urged to join this Maha Walkathon to spread awareness on Road Safety- No Safety and Responsible Driving. The walkathon started at 8:00am from the Social Workers College, we passed through fashion street, Metro Cinema and rounded back to the Social Workers Hostel. It was a 2Km walkathon aiming to spread Awareness among Citizens on Road Safety.

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(Volunteers, Students participated in the event)

## **RED RIBBON CLUB**

### **WORK SHOP ON RRC**

Venue: MDAC office, Wadala

Date: 29th July, 2019

Detail: On 29<sup>th</sup> July 2019 an even was held by RRC. Two volunteers from NSS unit of College of Home Science Nirmala Niketan were a part of this event .there were total three sessions conducted .first session was based on three important points (a) introduction to RRC (b) what is sexuality (c) what is sex, it's importance and its influence on masturbation and periods. All the members were given knowledge regarding sexual intercourse, contraceptive

devices, importance of condom usage etc. . The second session was regarding gender discrimination and the harassment and the suffering that girls and women go through. in third session a proper brief of RRC was given in which the volunteers were asked to make a group in their respective college ,the groups formed will be performing a street play and will be also organizing the orientations and sessions related to HIV AIDS and so on. A role play was also conducted during the session by the members based on the on-going topics these days such as peer pressure. All the members were given a t-shirt a hat and banners which highlights HIVAIDS problems. At the end hygienic food was also provided for all the members.



(VOLNTEERS ATTENDED THE SESSION)

## **THALASSEMIA**

17th September 2019

Event- Thalassemia checkup and awareness

Venue- HR College of Commerce and Economics

"A Simple Blood Test Can Save Your Child From A Lifetime Of Suffering."

Thalassemia is an inherited blood disorder in which the body makes an abnormal form of haemoglobin.

NSS Unit conducted a District Level Event, Thalassemia Checkup and Awareness Camp in collaboration with Parent Association Thalassemic Unit Trust (PATUT) and TransAsia Bio-Medicals Ltd.

This details of the event are as follows:

- Thalassemia Awareness
- Free Testing
- Screening
- Press Conference
- Media Coverage

We'll had interactions with celebrities as PADMA SHRI SHRI PANKAJ UDHAS and SHRI JACKIE SHROFF.

It was an informative session and fun event.

### **ORGAN DONATION AWARENESS SEMINAR**

Date: 30th November 2019

Venue: Bharatiya Vidya Bhavan, Gita Mandir, 3rd Floor

Organ Donation Awareness Seminar was organized by the Rotary Club of Mumbai Cuffe Parade. The session commenced with The National Anthem and The Prayer Song of Bhavan's college. Experts from specialized fields had come to enlighten us with their knowledge, better our understanding and spread awareness. Rtn. Jhankar Gadkari was the moderator of the panel discussion. Dr. Satya Agarwal, our first speaker, spoke about Organ donation, when can a person donate their organs and what organs could be donated. He spoke about brain death and the difference between organ donation and tissue donation. Dr. Suhas Abhayankar, skin specialist, spoke about the cause of organ dysfunction leading to death, all due to skin infections. He spoke about skin as a "band-aid" And how anybody could donate their skin/tissue to anyone. He removed the concerns regarding defiling or defacing explaining to us in depth the process after the skin is donated. Dr. Girish Trivedi, our eye expert, spoke about how one person can donate their eye and save two corneally blind people. He showed us the statistics that if each dead person donated their eyes, our nation would become blind free in just 11 days. All in all the session concluded with sensitizing people about the need of organ donation

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### **PERIPHERAL BLOOD STEM CELL DONATION**

DATE: 13TH -14TH January 2020

VENUE: College Classrooms and 2nd floor Chemistry Lab, College Of Home Science Nirmala Niketan

NO. OF BENEFICIARIES: 179

The event was conducted by Tata Memorial Hospital & Actrec Transplant Center. The doctors visited the college for 2 days spreading awareness about the donation and held up a camp on 14th January 2020.

Any volunteer donor between the age of 18-50 years and above 50kgs weight can donate. After having counselled satisfactorily on 13th January 2020, registry process was a simple matter of filing up a registration form, giving a

small blood sample (only 6ml) and answering a few questions about your health. After donation, the Marrow Donor Registry India (MDRI) will recruit and try to match volunteer stem cell donors from its database with patients, arrange donor stem cell collection and immediate transportation to the patient's transplant center. There will be a variable period of time before the donors would be contacted again.

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Students Volunteering the event

## AWARENESS PROGRAMME ON HEPATITIS B AND C



Date: 13th February 2020  
Venue: 2nd Floor Lecture Room

On 13<sup>th</sup> February, 2020, College of Home Science Nirmala Niketan organized an Awareness Programme on Hepatitis B and C in collaboration with United Way Mumbai, which is a non-profit organization. Mr. Sailesh Bhutka, the Project Coordinator of “SEHAT”, spoke about the remarkable function of LIVER that we humans have. There was a pre and post-training test that we underwent on Hepatitis B and C. He spoke about the different types of Hepatitis, their causes and their signs and symptoms and treatment.

. (Mr. Sailesh Bhutka conducting the session)

## HEALTH AWARENESS

### ANTI-TOBACCO DRIVE



NAME OF EVENT:- Anti Tobacco Drive

DATE: - 11/07/2019

TIME: - 20 minutes per session

VENUE: - College of Home Science Nirmala Niketan

CITY DISTRICT: - MUMBAI

SPEAKER:- Dr.Pratima Goyal, Fatema Arsiwala, Arwa Dahodwala, Sakshi Gupta, Riya

Author, Shreya Anchan, Simrita Gudi, Devshree Bhagwatkar.

### DETAILED REPORT:-

We commenced the program by introducing the NSS volunteers. We then showed them a short video on illeffects of tabacco on health. We also had an interactive session with the audience trying to create awareness. We reached out to 334 students and 14 male support staff (total of 348). We concluded the session by taking a pledge.



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## **BLOOD DONATION**

Name of event: Blood Donation Camp

Date: 18/07/2019 Thursday

Time: 1<sup>st</sup> Batch- 9 to 1pm

2<sup>nd</sup> Batch- 1 to 5pm

Venue: Chatrapati Shivaji Maharaj Terminus, Mumbai.

Detailed Report:

The event was organized collaboration with the Nair hospital blood bank. There were 10 volunteers per batch headed by one leader. Volunteers helped encouraging people to donate blood, filling the donor forms and by making announcements. Everyone participated enthusiastically and faced no problems during the service. The volunteers were been provided with breakfast, lunch and snacks also. The purpose of this camp was to donate and collect blood for the cancer stricken children, for people facing other diseases



and mainly for the victims of the incident at. A senior doctor of Nair Hospital was in charge of the event. Instructions were given beforehand to the volunteers, which were been followed correctly. Volunteers campaigned with posters and boards and were able to convince many citizens for donation. 45 units of blood was donated in the morning batch till 1pm. 35 donors were rejected on medical grounds and 150 donors donated blood. Efforts of both the groups were pooled in to achieve 113 units of blood getting donated.

### **FEEDING AND SWALLOWING ISSUES IN CHILDREN WITH SPECIAL HEALTH CARE NEEDS**

DATE – 14<sup>TH</sup> SEPTEMBER 2019

VENUE- NIRMALA NIKETAN, COLLEGE OF HOME SCIENCE

NO OF NSS VOLUNTER – 1 (KHADIJA ALI)

NO OF BENEFICIARIES – 107

RESOURCE PERSON- 1. DR. PRIYA SHAHANI MAHTANEY 2. MRS. SUSHILA SHARANGDHAR



### **REPORT-**

It was an informative session which gave us a deep understanding of all problems faced by children on the issue mentioned above. 5 students were given 5 different food items to taste with it feels to give them. Questions like

closed eyes to make then realize how children food that is not shown to why do we eat were answered. Indicators that a child has feeding disabilities were shown with examples. The oromotor system was explained as well as the oromotor dysfunctioning. Videos of kids were shown and each disease explained accordingly. The helpful equipment was shown. The food planning part was explained. We need to remember the 4T's taste, texture, temperature and timing. The programme ended with 4 case studies with videos of them eating or being fed. We learnt a lot.

## **CYCLE MARATHON**

DATE:16<sup>TH</sup> February 2020

VENUE: NSCI Dome,Bandra

Cycle marathon was organized by Aditya birla group and khushiyaan Foundation was the Volunteering partner of this event. We reached the location by 5:30am we all were given certain locations. We had to control Traffic,Crowd Management,Hospitality & Direct Routes.We were given refreshments and Travelling Allowances.We left from the location at 8:30am.

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# WOMENS EMPOWERMENT

## TALK ON CRIME AGAINST WOMEN

Date: 18th November 2019

Venue: 2nd floor Lecture Room, College Of Home Science, Nirmala Niketan

No. Of Beneficiaries: 67



Talk



There was a talk on Crime against Women organized By the Crime Branch Mumbai. The program commenced

with a song "Ek Muthi Aasmaan" By NALSA (National Legal Services Authority) on equality, empowerment and responsibility. Shreemati Vandana Singh was the first speaker of the day. She spoke about SNEHA- a women-friendly organization that supports women and brings about awareness. She also elaborated on the word "Safety", it's meaning for different people, she said it's starts from within ourselves, our thoughts. Mr. Vikram singh Bhandari, Hon Judge Legal Aid Centre of Maharashtra State, was our Main Speaker. He spoke about the significance of laws in the society and also about cyber related laws. He spoke about the features of POCSO Act (Protection of Children from Sexual Offenses Act, 2012), Manodhairya Scheme and also The Acid Attack Law (2013) from the incident of 22nd April 2004, Lakshmi Agarwal. He showed us how we could protect ourselves from cyber bullying. Mr. Yatim Gaame was the third and the final speaker of the day, who spoke about Legal Aided India and the Rights Associated With Empowering Women, he spoke about "Sensitization" The talk concluded with a Vote of Thanks and The National Anthem.

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students, participates attended the talk)

(speaker giving talk)

(Students and teachers attending the talk)

### **CHRISTMAS DAY CELEBRATION**

Date: 20<sup>th</sup> December, 2019

Venue: College Hall

Christmas Day was celebrated in the College Of Home Science, Nirmala Niketan by the Inter MSc's, students of

and a skit was performed in which NSS students had participated. The program helped to spread the spirit of Christmas and New Years atmosphere.



Faith Committee for all the P.G.Diploma and Polytechnic the college. Prayer Dance, Contemporary dances, a song potraying 'The Birth Of Jesus' performed in which NSS participated. The program spread the spirit of Christmas Years and create a joyous

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(Students participated for skit and dance)

### Jamboree

Date: 01/02/20

Venue: College of Home Science Nirmala Niketan

Beneficiaries: College of Home Science Nirmala Niketan

Jamboree is the Fashion event conducted by the Department of Textile and Fashion Technology, the volunteers contributed by taking part in volunteering the event and helping the teachers and students in the event. All the students of FYBSc, SYBSc, TYBSc, MSC 1, MSC2 and other fashion colleges of Mumbai took part in the event, they walked the ramp with their self-stitched garments.

