

UNIVERSITY BASED EVENTS 2019-2020

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UNIVERSITY BASED EVENTS

REPORT ON AVHAN DISASTER MANAGEMENT CAMP 2019

Date: 3rd June 2019

Venue: Swami Ramanand Teerth Marathwada University, Nanded

I am very delightful to avail this opportunity. I may like to express my sincere thanks to my respected Dr. Principal, NSS Program Officer for encouraging and helping me, without them it wouldn't be possible.

Avhan 2019 : Chancellor's Brigade was a program on disaster preparedness from 3rd June to 15th June 2019.

The aim was to create a pool of trained young volunteers from NSS to collaborate and join hands with civil administration to provide quick rescue and relief services in the event of sudden natural calamities and disasters.

The training was given by professional trainers of National Disaster Rescue Force (NDRF) to around 1163 NSS volunteers, built out of one platoon (20 boys and 10 girls) along with 2 NSS Programme Officers (a gentleman and a lady) from each district.

The training included various sub-modules of providing relief and quick response to help reduce the losses during floods, fire, earthquake etc. We were trained for various aspects such as providing first aids, resuscitation and revival, evacuations, debris clearances, communication and mob control, carrying victims to ambulances, life saving.

On the first day we had Inaugural Function, Hon'ble Chancellor, Hon'ble Vice-chancellor, NDRF Commandant gave message about what avhan is, how the schedule was planned, what activities we were going to carry out. **Our schedule use to be as follows**

Time Table	
Time	Activity
06:30 am to 07:10 am	Yoga
07:10 am to 08:30 am	Time for Preparation and Breakfast
08:30 am to 10:40 am	NDRF Session – MRF (Medical First Responder) and Collapse Structure Search and Rescue
10:40 am to 11:00 am	Break
11:00 am to 12:25 pm	NDRF Session-SEARCH AND RESCUE AND NBC AWARENESS
12:25 pm to 03:00 pm	Lunch Break
03:00 pm to 05:10 pm	NDRF Session-FLOOD WATER RESCUE AND RELIEF CAMP
05:10 pm to 05:30 pm	Tea Break
05:30 pm to 07:30 pm	Cultural Activity/ Lecture on Moral
08:00 pm to 09:00 pm	Dinner
Water Rescue Training Time*	Date: from 04 to 11 June 2019 06:00 am to 01:00 pm
Exam*	Date: 10 June 2019 08:30 am to 12:25 pm
Rally on Disaster Management Awareness*	Date: 11 June 2019 04:00 pm to 06:00 pm

Last but not the least we had vote of thanks by the organising committee, Vice-chancellor and NDRF commanders.

We had the best of exposure to knowledge, experience, fun.



Compiled by
Vishakha Poyrekar ,
NSS

5TH INTERNATIONAL YOGA DAY CAMP

(17th June 2019 to 21st June 2019)

Event :- Inauguration ceremony

Date :-17th June 2019

Time :-10:3am to 1pm

Venue :- K.C College, Churchgate

The event started with the welcoming of the hon'ble chief guest Mr Vidyasagar Rao, the governor of Maharashtra. After national anthem along with chief guest director of kaivalya dhama, Principal of K. C College and other office bearers of Hnsc board members lighted the lamp. The director of kaivalya dhama spoke about the benefits of yoga and why it is important in our day to day life. There was a book released on basic protocol of yoga by

the hand of our chief guest. There was a practice of basic pranayam among the students. The session ended with the national anthem and all the volunteers were given lunch.

Day - 2

Date:- 18th June 2019

Time-11:00am to 1:30 pm

Venue :Kaivalya Dhama, Marine drive

All the volunteers assembled at ground floor and they were given breakfast. The session started with lighting of the lamp and a short speech give by NSS District level coordinator Bidve Sir. There was a short information session taken by Dr Gayatri regarding history of yoga and their benifits in day to day life continued by the director of Kaivalya Dhama. At 12 pm we started with the yoga asanas with a short prayer and boys and girls were separated into small batches on different floors. We had yoga session till one hour and all were gathered again in the common hall after few instructions we were sent down to the dining area where we were given lunch.

Day- 3

Date :- 19th June 2019

Time :-11:00am to 1:30 pm

Venue :- Kaivalya Dhama, Marine drive

All the volunteers assembled at the ground floor before 10:30 and were given breakfast, by 11 everyone were seated at common hall. The session started with the lighting of the lamp. The chief guest Mr meenu jogi had taken a knowledge based fun session with all the students and motivated them. He was as fast as calculator in his calculations and taught some tips and tricks to the volunteers. Dr Gayatri spoke about discipline in yoga and 5 vedas. By 12pm volunteers were sent to various respective halls and were taught yoga. At 1 pm all were called back to the common hall and had some question and answers session. At 1:30 pm all volunteers were given lunch.

Day-4

Date :- 20th June 2019

Time :- 11:00am to 1:30pm

Venue :- Kaivalya Dhama, marine drive

All the volunteers assembled on the ground floor and had breakfast by 11am all the volunteers assembled at the common hall. The chief guest Mrs. Joshi and Dr Mehta lighted the lamp and started the session. They spoke about human psychology among the youth and family in current generation and how to deal with it. Later we had yoga session demonstrated by the volunteers of kaivalya dhama. We were later sent on the ground floor for lunch and was the last day to perform yoga at Kaivalya Dhama.

Day-5

Date:- 21st June 2019

Time :- 9:40am to 1:00pm

Venue :- Convocation Hall, Mumbai University

The event started at 11:00am Prof. Suhas pedanekar was the chief guest for the event. The instructors of kaivalya dhama instructed yoga and all volunteers performed yoga. After the yoga session chief guest spoke about benefits yoga and how youth should carry forward it to others. The session ended with national anthem and all volunteers were provided lunch.

By NSS Volunteer,

Sakshi Gupta.



DRUG ABUSE AND ILLICIT TRAFFICKING

DATE: 26/06/2019

PROGRAM DURAION: 3-6PM

VENUE: SHANMUKHANANDA CHANDRASEKARENDA SARASWATI AUDITORIUM

TOPIC: DRUG ABUSE AND ILLICIT TRAFFICKING

SPECIAL GUESTS: SURESH BHAU KHADE, SIDDARTH JADAV

The program was based on drug awareness, the types of drugs and how its consumption is increasing among the youth (15-25yrs). An award winning performance was shown by Vyasangraj. There was also dance performance done by a group of students. A mind-blowing song on drug abuse also got launched.

Kalpesh Sawant and Shweta Singh talked about yoga and stress, they also performed yoga showing us different asanas. Lots of commendable speakers were present letting us know about drugs, their experience and its motivating youth to choose LIFE, say no to drugs. "SAY YES TO LIFE" was the quote highlighting throughout the program. Mr. Siddharth Jadhav, a Marathi actor, the Brand Ambassador of Drug Abuse was the special guest of the program, he gave an amazing speech giving goosebumps to one and all present there. The program was concluded with a pledge.

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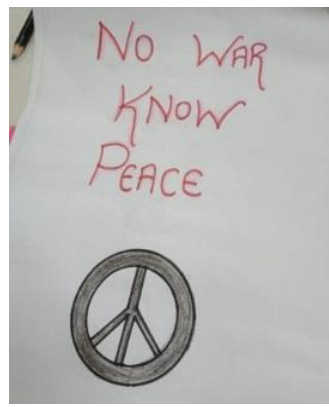
POSTER MAKING FOR PEACE RALLY

DATE: 5th August 2019

VENUE: College of Home Science, Nirmala Niketan

On 5th August 2019 we had Poster making competition for NSS volunteers. The topic for the poster making competition was PEACE. As peace is one of the urgent requirements in the world. In this competition the best poster with a strong message was declared as the winner.

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NO WAR ONLY PEACE

Date: 6th August 2019

Venue: Azad Maidaan, Mumbai

The “Peace rally” is organised every year in Azad maidan as a retaliation to the Hiroshima and Nagasaki bombings which took place in Japan on 6th and 9th August, 1945. NSS volunteers from different colleges of Mumbai participated in this rally promoting No war and only Peace. The rally started from Azad maidan and ended at the Fountain. Volunteers also made posters as an anticipatory task for the rally. The rally was dismissed with taking a pledge of encouraging peace and the motivating song “Hum Honge Kamyab”.

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BOTTLE FOR CHANGE

Date: 21st August, 2019

Venu: Bisleri International pvt ltd

On **Wednesday, 21st August, 2019** workshop was conducted by Shreya Sudhir at Bisleri International pvt ltd. Andheri. The session started at 11:00 am in the morning regarding creating awareness about recycling of plastic towards a cleaner environment. They also emphasised on the principle "A small change can make a big difference". Also there was a two way talking session in which students of various colleges actively participated.

Also various ideas were discussed on the same.

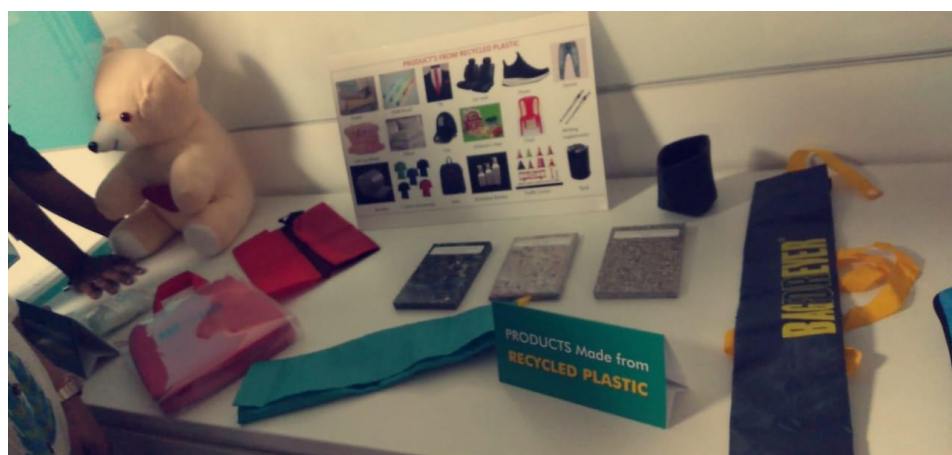
The session ended at 1:00pm after which we were served with delicious lunch.

As all things come to an end so as the session.

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GANDHI @150

Venue : Sir Cowasji Jehangir Hall (convocation hall)

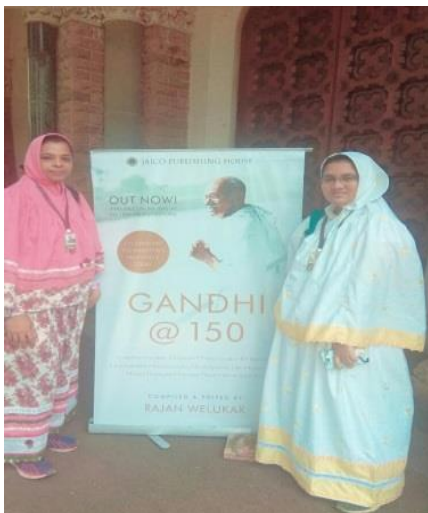
Date : 23/08/19

This event was organized to celebrate 150th Birth Anniversary of Mahatma Gandhi by releasing a book named Gandhi @150 , at the hands of Justice S. C. Dharmadhikari, Dr. R A Mashelkar, Dr. Anil Kakodkar, Shri Tushar Gandhi, Shri Kumar Ketkar, Shri. Bharat Dabholkar, Dr. Deshmukh, Dr. Pillai and Dr. Vijay page.

Prof. Suhas pednekar (vice - chancellor of Mumbai University) and prof. Ravindra Kulkarni (pro-vice chancellor) welcomed all the guests n students by saying a few words about the program and the book.

Dr. Rajan Welukar (former vice - chancellor of Mumbai University) who has compiled and edited the book, came up on stage and gave a detailed history as to what inspired him about Gandhi Ji and his teachings. After the event ended, feeling of patriotism was awakened in all the NSS volunteers present there.

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LEADERSHIP TRAINING PROGRAM CAMP

On *15th September 2019*, we all LTC volunteers gathered at Badlapur station with enthusiasm and high spirits, from there we took a taxi and reached our final destination (Swanand Yog, Sonwale Village). There was an introduction session given by fellow volunteers after which we all were divided into respective groups and work was assigned on the same.

Our event was inaugurated by Mr. Prakash Kambli who was the manager of the site. Then after the bus lighting of lamp by Mr. S Satish Kolte. The first session was enlightened by presence of Mr. Sushil Shinde who is one of the district coordinator of Mumbai. He gave us a brief knowledge of Opportunities in NSS activities and various camps held throughout the year. The second session was taken by Mr Sachin Patil, BMC Teacher on Training for Street play. He taught us about various facial expressions required for Street play. The next session was moreover activity which enhanced our crafting and drawing skills at the same which was showcased on posters, paper bags and envelopes.

After which the dinner was served and then the volunteers proceeded to their respective rooms.

Day 2

On *16th September 2019*, early morning Yoga session was conducted by Mr. Karan Thakkar which charged the volunteers for a new day. The first session for the day was conducted by Mr. Satish Kolte about the NSS regular activities. In which he briefed us about the activities performed in NSS and organizing those in a productive manner. The next session was on group discussion which was addressed by Mr. Vijay Gawde on group discussion. He enlightened us about the importance of communications skills and general knowledge. Also providing us with few tips on a healthy group discussion.

The third session was conducted by Mr Shyam Pakhre on Principles and Controversies of Gandhi. The session was eye-opening and cleared all the misunderstandings about Gandhi.

The next session was conducted by the NGO: United way on Prevention of hepatitis B and C. The session was informative and enlightened us about the steps which should be taken as precaution.

The next session was on Residential Camp which was conducted by Dr. Satish Kolte giving the information about the various aspects of the same. The day ended with lots of knowledge gained by the volunteers.

Day 3

On *17th September 2019*, the day began with Yoga session which was taken by Mr Karan Thakkar. All the volunteers took part enthusiastically. First session of the day was conducted

by Mrs.Pratiksha Kadam on Use of digital Technology in administration. She informed us about various Google apps and services. Session was very helpful as it gave a brief insight of technology which we can use in future. Second session was on Opportunities to serve our country through Civil Services which was conducted by Mr.Jeevan Vichare who enlightened us about various competitive exams which were helpful.

The next session was conducted by Akshara Foundation on Women Empowerment which was taken by Mrs.Urmila Salunke and Miss.Gargi Khandeka. The session was all about working for Gender Justice and how to make youngsters gender sensitive.The next session was on Sensitization of Leaders through Mass Media which was conducted by Mr.Santosh Pathare. He told us about the qualities which a leader should possess i.e. he/she should not be biased and must be committed and dedicated to the work assigned to him/her..

Then Street Play Competition was held in which all the volunteers came up with different ideas. The Competition was judged by our seniors volunteers. The day ended with lots of knowledge gained by the volunteers.

Day 4

On *18th September 2019*, the day started with an energetic Yoga Session which was conducted by Mr.Karan Thakkar. Which filled the volunteers with great enthusiasm and zeal. The first session of the day was conducted by Miss Kavita Peter on Communication Skills. Group of 6 volunteers were given a task depicting how listening plays an important role in Communication. The second session was conducted by Dr.Leena Pujari on Rethinking Sex Gender & Sexuality. The session actually made us rethink about the aspect of "Gender" in our society. The next session was on Aspect of Psychology in volunteerism by Miss Veena Kumar who gave us the idea of psychology of a leader. Next session was based on Blood Donation and related activities given by Mr.Vinay Shetty. The session enlighten the volunteers to create awareness among commoners about the actual concept for the same. The next session was taken by Mr.Ralph D'silva about the Concept of volunteerism which included the problems which we as a leader may face and also gave the solutions for the same. After the session a Cultural Program was organized by all volunteers. Various cultures of different states were highlighted. Thereafter the dinner was served. Lastly all the volunteers went to their respective rooms.

Day 5

On *19th September 2019*,as it was the last day there was no Yoga session but every individual did "Shramdaan" which means donating efforts which was done by cleaning their respective rooms. The first session of the day started with Accounts and Finance by Dr Satish Kolte.He briefed us about the grants provided to us and it's effective use for the development of our College NSS unit. The second session was conducted by Mr. Vashu Sharma,dynamic and young resource person on Voters awareness.He briefly explained to us about the aspects and roles of voting as an individual. The next session was conducted by an active volunteer

of Connecting Dreams which was conducted by Miss Shetal in which she briefed us about their work to uplift the downtrodden. Thereafter a Valedictory function was conducted by Mr. Satish Kolte where he gave us some instructions for the welfare of our leadership.

As all good things come to an end so as the LTP camp.



GIRGAON BEACH CLEANING

Date: 16th November 2019

Venue: Girgaon Beach Chowpatty

A 7-Day Cleanup Drive was organized by the Ministry Of Environment, Forest and Climate Change in Mumbai (11-17th November 2019). It was an initiative under the Swacchta Action Plan wherein students from colleges all over Mumbai participated and contributed towards the environment. There was also an interactive session conducted by a Marine biologist for

Awareness, she told us about the different life forms existing in the water kingdom, not only in places with clear water but also in Mumbai. We learned new facts about the shells, corals, sponges, etc and also how water contamination effects the marine life. The drive concluded on 17th November with a closing ceremony thanking all the students for their support.

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ANNUAL CONVOCATION 2019

Date: 26th November 2019

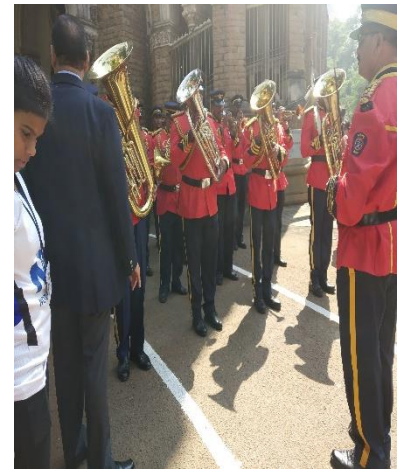
Venue: University Of Mumbai, Fort

The ceremony was held in Cowasjee Jahangir Convocation Hall, Mumbai. It commenced with a rally which included the band, the professors and all other dignitaries. It was volunteered by the NSS students. Dr. G. Satheesh Reddy was the chief guest of the event. Degrees, diplomas, PhDs, etc were given to all the students that qualified the exam. The ceremony concluded with the National Anthem. The dignitaries dispersed in the rally which again was volunteered by the NSS students. It was a moment of pride and joy for all of us.

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SOCIAL AWARENESS RIDE

Date: 21st December 2019

Venue: Hinduja College Of Commerce, Charni Road

A District Level Workshop was presented by The National Service Scheme known as "Social Awareness Ride". The program started at 9am by lighting of the lamp. The Vice-Principal of the College felicitated the first speaker of the day, **Miss Shreya Joshy**. The Vice-Principal also addressed the crowd. Miss Shreya Joshy spoke about **Gender Sensitization**. She explained the terms **Sex, Gender and Sexuality** and the laws regarding the same. She elaborated **LGBTQ** and spoke about Sex Reinsightment Surgery and Hormone Replacement Therapy.

Adv. Arjun Kadam spoke about **RTI and Sexual Harassment at Workplace**. He explained the meaning of Public Authority, eligibility criteria to send an application and to who to submit it to. He informed us about the Public Information Officer (PIO) who is specially appointed to provide information to the citizens of India. He also spoke about 'INFORMATION EXCEMPT FROM DISCLOSURE', these are Trade Secrets, National Secrets, etc, which either thretens the life or safety of an individual or the Nation. He also spoke about Sexual Harassment at workplace, who is an employer, who is an Aggrieved Women, and such questions were all addressed by him.

Our Third and Final Speaker was **D. N. Khandare** who specialized in **Disaster Management**. He spoke of **fire**, the three elements of fire (fuel, oxygen and heat) and the three ways to put off fire (Starvation, Smoothing and Cooling). He expanded the term 'fire' and even Classified them as A-Class (Simple fire), B-Class (Oil fire), C-Class (Glass fire), D-

Class (Metals) and even E-Class of fire (Electric Fire (Appliances)). He also showed us how to use a Fire Extinguisher and even explained its types. He then spoke about **First AID**. He expanded the Golden Rule Of First AID '**HOMEGUARDS**' and demonstrated the steps of doing **CPR** as well as the use of **Triangular Banaid** in order to support different types of fractures, dislocations and injuries. The session concluded with NSS volunteers practically demonstrating how to use the fire extinguisher in case of a fire. The whole session was very interactive and provided a fun-learning experience.

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YOUTH MAKING A DIFFERENCE

Date: 4th Feb, 2020

Venue: Shanmukhananda Hall, King circle.

Speakers: Dr. Prashant Narnaware, IAS

Mr. Suhail Sharma, IPS

The event started at 4:00 pm, the anchor introduced the speakers & encouraged us to listen and get motivated by them. The Chairman of PCGT also was very enthusiastic about the event and was thankful to everyone who arranged the event. We were astonished to see a 13 year old girl Shriya Rao who sung 2 songs related to the event. Then the anchor invited Mr. Suhail Sharma who is an IPS officer and also known as **THE MAN OF THE SUMMIT**. He has climbed Mt. Everest after facing too many difficulties. He has always loved nature related activities.

Followed by Dr.Prashant Narnaware, IAS talked about rural development. And gave information about increase in sex ratio in rural areas.

Students of different preformed street play , dance performances and it was a very informative session.

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SANKALP

DATE:11th & 12th February 2020

VENUE:Lala Lajpat rai College

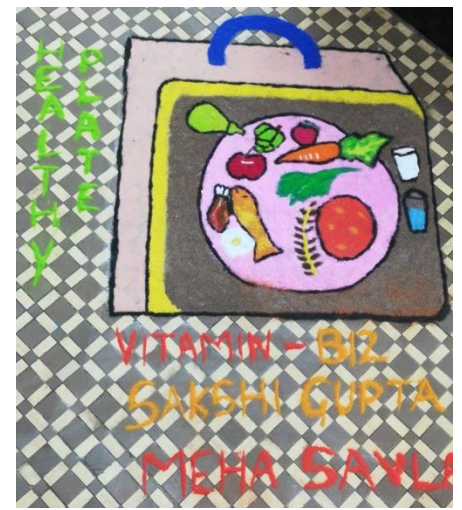
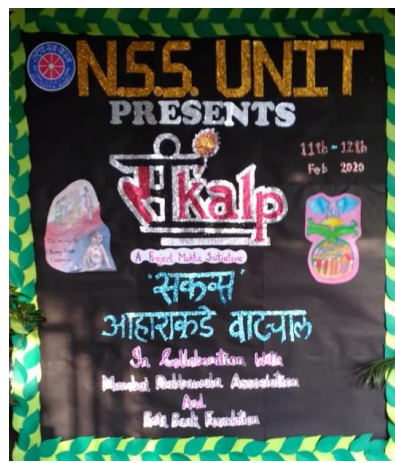
SANKALP EVENT was organized by Lala Lajpat Rai College.This event had various competitions like Rangoli Competition,Poster Making Competition,Street Play Competition & Solo Dance.NSS Volunteers of different Colleges were also the part of this competition.NSS Volunteers of our college Participated in Rangoli Competition,Poster Making Competition & Solo Dance.

On 2nd day of the event there was a cultural Programme. In these Programme there were many dance performances. Chief Guest of Event was Head of Roti Foundation and President of Mumbai Dabbawalas Mr. Subhash Talekar. Street Play, Solo Dance Competition and Poetry Competition took place on this day.Winners of the competition were felicitated on this day.The Event ended with NSS Song.

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Photos of Rangoli from Rangoli Competition

Volunteers who attended the Sankalp Event



