

University

Title: Organ Donation Online Training Program.

Date: 10th - 16th April 2021

Platform: Google forms

No. of NSS Volunteers:

- 1.khan iram asgar
2. Jennifer James
3. Mansi Virendra Singh
4. Siddhi Pandit
5. Dhara Doshi
6. Insiya Mullajiwala
7. Fiza Shaikh Salim
8. Mrunmayee Dalvi
9. Kasturi Belvalkar
10. Manaswi Malandkar
11. Khadija Ali
12. Deepansha Darji
13. Irika Goyal
14. Sharvari R. Narvekar
15. Hrudaya Hinde
16. Fatema Bohari
17. Sarah dohadwala
18. Shreya Mistry
19. Samiksha Mane
20. Prachi Barthwal
21. Sudiksha Gatte
22. Umaima khan
23. Sakina Jamali
24. Esha Sam

25. Bushra Dhankwala

26. Shaikh Zoya Parvez

27. Asma Ansari

An online training programme was held by the University of Mumbai on Organ Donation. Volunteers had to watch lectures Videos and study the knowledge bank on the 8 Chapters using their mobile phones. A questionnaire (Google Quiz) had to be submitted by the volunteers who score above 50%. If the score is below 50%, facility was provided for resubmission for score improvement. For getting NSS TIME CREDIT, the volunteers has to forward the 'Scorecard screenshot', in the official NSS grp.

### **Orientation of NSS officials and Volunteers on Covid-19**

Date: 7<sup>th</sup> May, 2020

No. Of volunteer: 01

Name of volunteer: 1) Jennifer James

On 7th May,2020 a webinar was conducted for NSS Officials and NSS Volunteers for taking measures for the current situations, named "Orientation of NSS official and volunteers on COVID-19" organised by Anandi Social Foundation. This seminar was organized on zoom platform, NSS official, Mumbai University officials and NSS volunteers were the part of this event. In this event topics like symptoms of covid-19, What precautions can be taken, Role of covid warriors, Do's and Don't s during this pandemic, Diet plans were discussed. Session ended with Q&A session.





## **ARMY AS A CAREER - A PERSONAL EXPERIENCE ( Kargil Vijay Diwas)**

**Date:** 26 July, 2020

**Venue:** CISCO WEBEX

**No of NSS Volunteer:** 01

**Name of NSS Volunteer:** Jennifer James

On 26 July, 2020 an online webinar was conducted on CISCO WEBEX organised by Mr. Sudhir Puranik. A talk by Capt. Sudeep Ghosal (Retd) on the occasion of: Kargil Vijay Diwas. As he shares his personal experiences of army. As he was speaking it showed how proud he is to be an Indian as especially serving his country by being a part of army. He also shared some of the stories, where he was posted in some of the villages. Also sharing the stories of him facing ups and downs together with his teammates.



## E-certificate

### **Training for Registration Portal\_Program Officers\_Volunteers\_Mumbai City Zone**

**Date:** 29 Jul, 2020

**Venue:** Webex Meet

**No of NSS Volunteer:** 02

**Names of NSS Volunteer:**

1. Jennifer James
2. Deveshree Bhagwatkar

On 29 Jul, 2020 an online webinar was conducted on Webex Meet for Training for Registration Portal for Program Officers, Volunteers of Mumbai City Zone.

Hosted by Shri. Sudhir Puranik. The Introductory Remarks were addressed by Dr. Satish Kolte, District Coordinator. And the presentation of the registration portal by Shri. Sudhir Puranik/Shri. Ramesh Deokar. The steps for registration were explained in detail. Also a Question Answers session was conducted where various doubts of Volunteers and PO's were cleared. Also views of some program officer colleagues were taken into consideration. The concluding remarks were addressed by Shri. Ramesh Deokar. And vote of thanks for the session was given by Dr. Kranti Ukey, Area Coordinator. The session was helpful and a step towards creating a new platform for the future of NSS.

## **LOKMANYA BALGANGADHAR TILAK SMRITI SHATABDI**

**DATE:**01/08/2020

**TIME:**11:30 AM.

**PLATFORM:**YOUTUBE

**NO. OF VOLUNTEERS:**

1.Kasturi Belvalkar

2.Jennifer James

3.Khadija Ali

4.Esha Sam

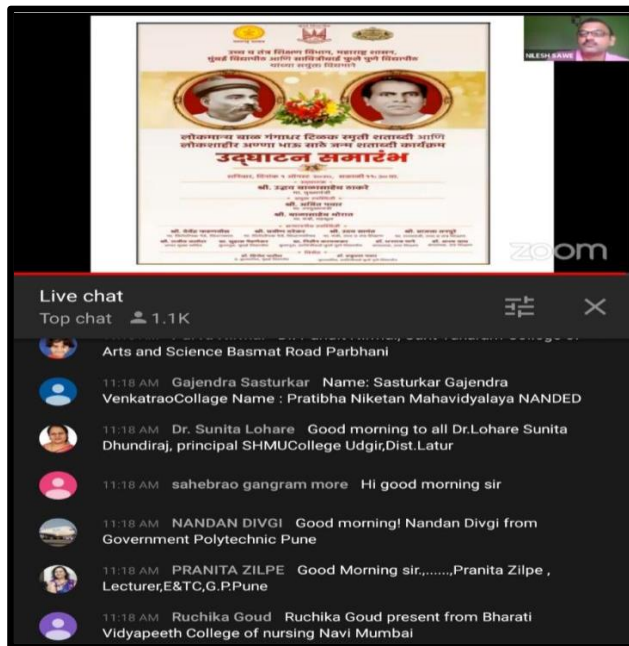
5.Mrunmayi Jadhav

The session was organised by **Mumbai Vidyapeeth and Savitribai Phule Vidyapeeth Pune.**

The webinar was in Marathi. It was regarding "LOKMANYA BALGANGADHAR TILAK". Tilak was an indian nationalist, teacher, and an independence activist. He was in the one third of the Lal Bal Pal triumvirate. Tilak was the

first leader of the Indian Independence Movement. The British colonial authorities called him "THE FATHER OF THE INDIAN UNREST". It was such an inspiring session for all of us.

## Organ Donation Program, University of Mumbai



**Date:** 13th August, 2020

**Venue:** YouTube

**No of NSS Volunteers:** 03

On 13th August, 2020, an online webinar was conducted on the Zoom platform for dignitaries and for volunteers. It was held on YouTube, organized by the University of Mumbai. The speaker of the day was Mr. Shrikant Apte. The basic definition of organ donation is the process when a person allows an organ of their own to be removed and transplanted to another person, legally, either by consent while the donor is alive or dead with the assent of the next of kin. Various factors and facts were discussed for organ donation. On the whole, the session was informative and interesting.



**Flyer of the Event**

A National webinar "An Indian Armed Forces- An Insight"

Date: 15th August, 2020

Venue: YouTube

Name of Volunteers:

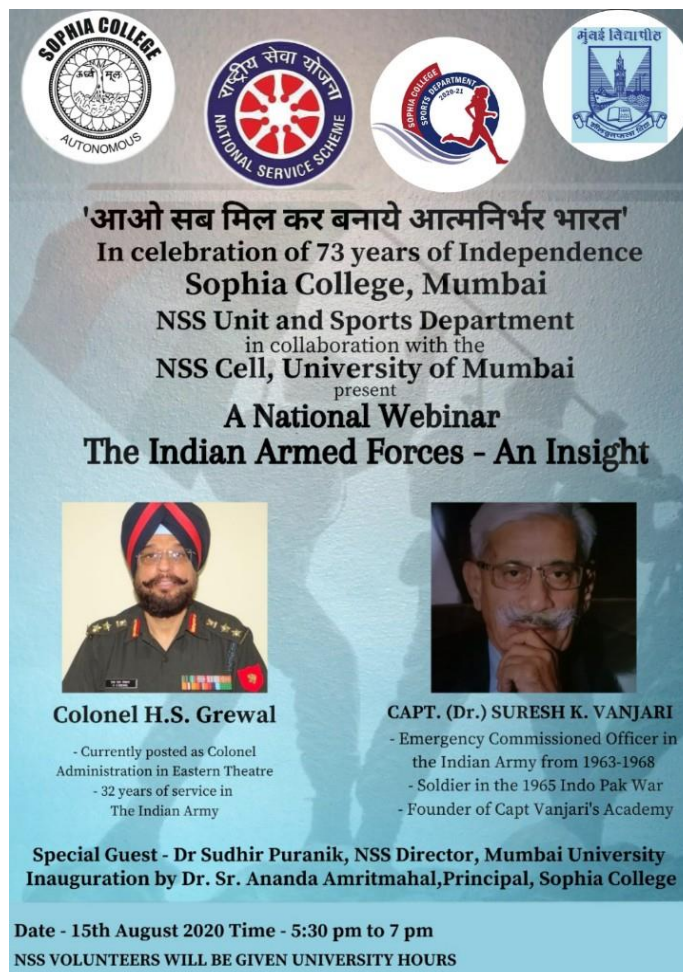
- 1) Jennifer James
- 2) Khadija Ali

On 15th August, 2020 in celebration of 73 years of Independence a national webinar "An Indian Armed Forces- An Insight" was organised by NSS Unit and Sports Department of Sophia College, Mumbai.

The resource persons of the day were Colonel H.S. Grewal and Captain (Dr) Suresh K. Vanjari. Also as Special Guest Dr. Sudhir Pauranik, NSS Director, Mumbai University was present. The event was inaugurated by Dr Sr Ananda Amritmahal, Principal, Sophia College. The event gave the basic knowledge about how an individual can apply for the Indian Army. The resource persons spoke about the preparations required to crack the entrance exams. Also they shared their experiences while posting.

Also, there was Q&A session

The event came to an end by sharing a feedback link.



The poster features four logos at the top: Sophia College Autonomous, National Service Scheme (NSS), Sophia College Sports Department, and Mumbai University. The central text is in Hindi and English, announcing a national webinar on the Indian Armed Forces. It lists the resource persons and their credentials, along with the special guest and the inaugurator. The date and time are also provided.


**सोफिया कॉलेज**  
ऑटोनॉमस


**राष्ट्रीय सेवा योजना**  
NATIONAL SERVICE SCHEME

**सोफिया कॉलेज**  
SPORTS DEPARTMENT

**मुंबई विद्यापीठ**

**'आओ सब मिल कर बनाये आत्मनिर्भर भारत'**  
In celebration of 73 years of Independence  
**Sophia College, Mumbai**  
NSS Unit and Sports Department  
in collaboration with the  
NSS Cell, University of Mumbai  
present  
**A National Webinar**  
**The Indian Armed Forces - An Insight**

  
**Colonel H.S. Grewal**  
- Currently posted as Colonel  
Administration in Eastern Theatre  
- 32 years of service in  
The Indian Army

  
**CAPT. (Dr.) SURESH K. VANJARI**  
- Emergency Commissioned Officer in  
the Indian Army from 1963-1968  
- Soldier in the 1965 Indo Pak War  
- Founder of Capt Vanjari's Academy

**Special Guest - Dr Sudhir Puranik, NSS Director, Mumbai University**  
**Inauguration by Dr. Sr. Ananda Amritmahal, Principal, Sophia College**

**Date - 15th August 2020 Time - 5:30 pm to 7 pm**  
**NSS VOLUNTEERS WILL BE GIVEN UNIVERSITY HOURS**



Title: Independence Day celebration, HR College

Date: 15th August 2020

Time: 10 am to 12 pm

Platform: Zoom meetings

No. of NSS Volunteers:

1. Khadija Ali
2. Jennifer James
3. Sharvari Sarnaik
4. Kasturi Belvalkar
5. Hasti Salva
6. Sarrah Dahodwala

The NSS unit of HR college of Commerce and Economics conducted a talk on Independence Day. The 2 eminent personalities were Maj. Gen. Sanjay Soi and Mrs. Shovana Narayan, world renowned kathak guru (padma shri). Both the speakers spoke about their life and how patriotism was a huge part of it.



Principal ma'am of HR College -



The resources persons -



BHAJAN SANDHIYA

Date: 2 October 2020

Venue: you tube live link

No. Of volunteers:27

Name of volunteers:

1.insiya mullajiwala

2.zainab kukshiwala

- 3.hrudya hinde
- 4.sarraah dohadwala
- 5.mansi virendra singh
- 6.irika goyal
- 7.khadija alih
- 8.riya bhavsar
- 9.prernaa rajesh prabhakar
- 10.jennifer james
- 11.manasvi malankar
- 12.dhara doshi
- 13.khan parvina
- 14.khan umaima
- 15.sudiksha gatte
- 16.fatema bohari
- 17.khan iram asgar
- 18.bushra dhankwala
- 19.siddhi pandit
- 20.samiksha kishor mane
- 21.Navita gujja
22. Sakina Jamali
23. Nafisa Ezzi
24. Fashtana khan
- 25.Prachi Barthwal
26. Mrunmayee Dalvi
27. Insiyah leel

BHAJAN SANDHIYA is the event conducted by MUMBAI UNIVERSITY on 2oct 2020 on the occasion of Gandhi Jayanti,Lal Bahadur shastri jayanti and International peace day. Honorable guest of the event were 1. Mr.Dilip Prabhakar

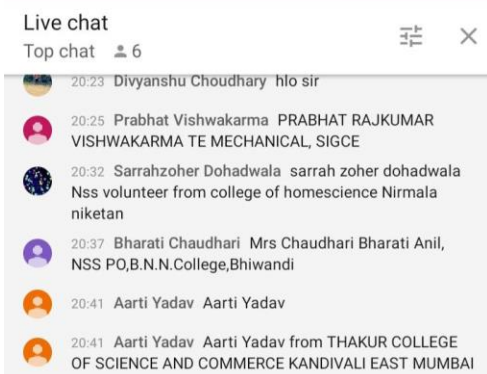
2. Mr. Shridhar Phadke

3. Mr. Taufeeq Qureshi

4. Geetika Qureshi

5. Mr. Kishoor Kadam

The session was all about enlightening students with Gandhi's principles and values. And how Gandhi's thoughts can be taken as inspiration for spreading peace. And peace related songs and were also sung.



मुंबई विद्यापीठ

देव्यव जन तो तेने कहिये जे,  
पीड परायी जाण रे...

मुंबई विद्यापीठ

राष्ट्रनिता महात्मा गांधी जयंती  
माजी पंतप्रधान लाल बहादूर शास्त्री जयंती व  
जागतिक अहिंसा दिनानिमित्त आयोजित

**भजन संध्या**

शुक्रवार, दिनांक २ ऑक्टोबर २०२० • संध्याकाळी ५:०० वाजता

प्रमुख पाहुणे

दिलीप प्रभावळकर  
श्रीधर फडके

उस्ताद तौफिक कुरेशी  
गीतिका वदें कुरेशी  
किशोर कदम

आयडा

प्रा. सुहास पेडणेकर  
सामान्तीय उपस्थिती

प्रा. रविंद्र कुलकर्णी

मिनित्र

डॉ. विनोद पाटील

अध्यक्ष

विद्यार्थी विकास विभाग, राष्ट्रीय सेवा योजना कक्षा,  
आजीवन अभ्यास व विस्तार विभाग,  
संगीत विभाग, मुंबई विद्यापीठ व  
मुंबई विद्यापीठचे आजी-माजी विद्यार्थी

कार्यक्रमास उपस्थित राहण्यासाठी खालील लिंक वर क्लिक करावे  
<https://www.youtube.com/channel/UCNQQB8y02cn85jVt2bf07pw>

CLICK HERE

## Title- PCOS Webinar

**Date: 04<sup>th</sup> October 2020**

**Platform: Zoom**

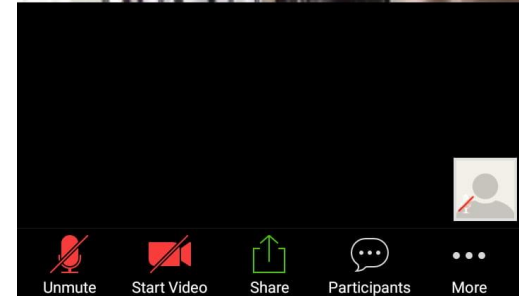
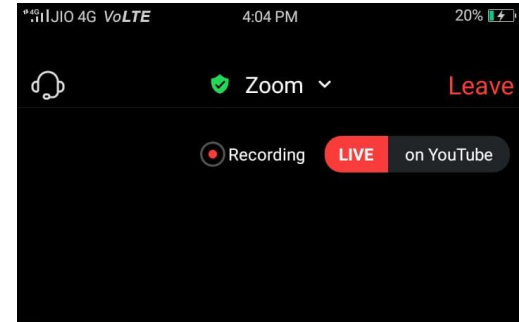
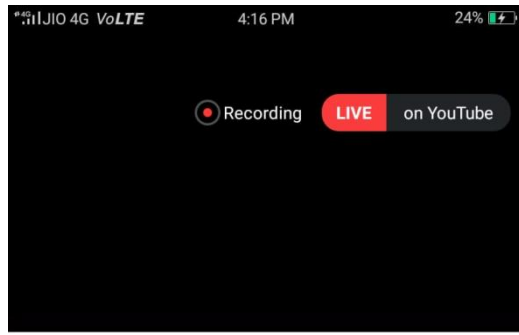
**No. of NSS Volunteers: 31**

**Names of Volunteers:**

1. Jennifer James
2. Mansi Virendra Singh
3. Khan Parvina
4. Mrunmayee Dalvi
5. Insiyah Leelwala
6. Rukaiya Imran Bharmal
7. Sakina Jamali
8. Navita Gujja
9. Prita Anil Parab

10. Hrudaya Hinde
11. Samiksha Mane
12. Sukanya Bhale
13. Manaswi Malandkar
14. Deepansha Darji
15. Khushi Chheda
16. Suman Jashu Parmar
17. Riya Sunil Bhavsar
18. Prachi Barthwal
19. Dhara Doshi
20. Shreya Mistry
21. Asma Ansari
22. Insiya Mullajiwala
23. Prerna Rajesh Prabhakar
24. Siddhi Pandit
25. Fatema Mansoor Bohari
26. Poonam Sudhakar Ingle
27. Bushra Dhankwala
28. Khadija Ali
29. Nafisa Ezzi
30. Irika Goyal
31. Hetanshee Panchal
32. Sudiksha Gatte

On 4<sup>th</sup> October 2020, an online webinar was conducted on Poly-Cystic Ovary Syndrome (PCOS) by the NSS Unit of H.R. College of Commerce and Economics. The speaker of the day was Dr. Ankita Sheth. The event started with the introduction of the condition and its symptoms. Different kinds of myths were busted. How to find out the condition in oneself and ways to control were shared. The volunteers gained a lot of insight through this webinar. In an era where female menstrual health is still considered a taboo, this was a huge step towards progress. It is the duty of every human to be aware of this and spread awareness as well. On a good note, the session ended with a feedback link provided to the participants for filling in details for certification.



THE NSS UNIT OF H.R. COLLEGE OF  
COMMERCE AND ECONOMICS PRESENTS

**PCOS WEBINAR**



DR. ANKITA SHETH  
Practicing Dermatologist and  
Cosmologist  
**Date: 4th October 2020**  
**Time: 4:00pm to 5:00pm**  
**Platform: Zoom**  
**THIS EVENT HOLDS UNIVERSITY HOURS**

**Flyer for the event**

**IMBIBING ETHICAL VALUES FOR JOY AND SUCCESS IN LIFE.**

**Date:-** 22nd October, 2020.

**Number of NSS Volunteers:-** 32.

**Names of NSS Volunteers:-**

01. Manaswi Malandkar
02. Siddhi Pandit
03. Khan Parvina
04. Rukaiya Bharmal
05. Irika Goyal
06. Khadija Ali
07. Mariya Chincholiwala
08. Samiksha Mane
09. Hrudaya Hinde
10. Prerna Prabhakar



11. Umaima Khan
12. Khushi Chheda
13. Insiyah Leelwala
14. Insiya Mullajiwala
15. Mrunmayee Dalvi
16. Dhara Doshi
17. Jennifer James
18. Kasturi Belvalkar
19. Fatema Bohari
20. Asma Ansari
21. Sakina Jamali
22. Prachi Barthwal
23. Riya Sunil Bhavsar
24. Isha Malde.
25. Bushra Dhankwala

On 22nd October, 2020 a webinar was organised by the NSS Unit of SIES College of Arts, Science and Commerce in association with 'Public Concern For Governance Trust (PCGT).' The start of the webinar was with a good introduction of Dr. R. K. Anand, the speaker of the webinar and even the Founder Trustee of PCGT. Sir explained the key features of being successful in life and including the ethical values for joy in each moment of our life very beautifully with his own life experiences and with great examples. It really was a great and guiding webinar for our future success.



SIES College of Arts, Science & Commerce (Autonomous),  
Sion(W), Mumbai- 400022

In association with  
**Public Concern For Governance Trust**

Presents webinar on  
**Imbibing Ethical Values For Joy  
& Success In Life**

By  
**Dr. R. K. Anand**

**India's senior-most pediatrician**  
**Former Medical Director Of Jaslok  
Hospital & Research Center**  
**Founder Trustee Of Public  
Concern For Governance Trust**

**Date: 22nd October 2020**  
**Time: 5 pm to 6:15 pm**  
**Venue: YouTube live**

E-certificates will be provided to all the participants

@siesnssunit @nss\_sies.asc

**Flyer of the Event.**

**Certificates:-**









Title- Drug Addiction and Prevention

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

Platform: Cisco Webex

No. of NSS Volunteers: 4

Names of NSS Volunteers:

1. Esha Sam

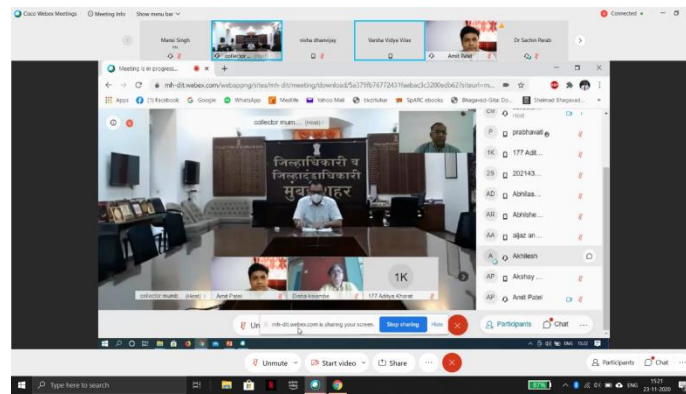
2. Mansi Virendra Singh

3. Insiya Mullajiwala

4. Sakina Jamali

On 23<sup>rd</sup> November, 2020 an online training programme was conducted on “Drug Addiction and Prevention” by the Mumbai University. The speaker for the day was Dr. Sachin Parab. The event commenced with the introduction to the topic by Ms. Varsha Vidya Vilas. Then collector of Mumbai city, Shri Rajeev Nivatkar shared his insight on the topic, by relating human happiness quotient to addictions. He also enlightened on the measures taken by United Nations (UN) and World Health Organisation (WHO) for the same.

The speaker for the day enriched our knowledge about the issue, from the basic facts to the scientific data. Its definition, classification, causes, modes of use, stages etc. were explained beautifully. Solutions and punishments for people who disobey the laws were shared. As a human being, it is very important that we save as many people as possible from the jaws of these vicious substances, as they not only destroy the individual’s life, but also people around them. On a good note, the session ended with a vote of thanks.



## Webinar on New Aspects of Women Leadership

**Date:-8<sup>th</sup> March 2021**

**Time:- 10:30 am to 12:30pm**

**Total time duration:- 2 hours**

**Platform :- Zoom**

**No. Of participants:- 1**

**Name of participant:-**

**1) Bushra Jafar Dhankwala**

University of Mumbai had conducted a webinar on ' New aspects of Women Leadership'.

It was organised by Balasaheb Thackeray Adhyasan Kendra. The inauguration speech was given by Prof. Ravindra Kulkarni. Dr. Neelam gohe gave speech on the topic ' Decision making amongst women '.

Ms. Joyti Thakre gave information on Rising leadership of womens in Industrial sector.

Advocate Uma Persuledesai briefed up on the topic Law for Womens. The session was very helpful and informative .

Flyer:-



मुंबई विद्यापीठ

मुंबई विद्यापीठ  
बाळासाहेब ठाकरे अध्यासन केंद्र

जागतिक महिला दिनानिमित्त  
आयोजित

एक दिवसीय आभासी कार्यशाळा:  
**महिला नेतृत्वाच्या  
नव्या दिशा**

सोमवार, दिनांक ८ मार्च २०२१

**उद्घाटन समारंभ**

वेळ: सकाळी १०:३० वाजता  
उद्घाटक: **प्रा. रविंद्र कुलकर्णी**  
मा. प्र-कुलगुरु, मुंबई विद्यापीठ

**सत्र-१**

वेळ: सकाळी ११:०० वाजता  
विषय: निर्णय क्षमतेमध्ये महिलांचे योगदान  
व्याख्यात्या: **डॉ. नीलम गोन्हे**  
मा. उपसभापती, महाराष्ट्र विधान परिषद

**सत्र-२**

वेळ: सकाळी ११:३० वाजता  
विषय: उद्योग क्षेत्रातील महिलांचे उगवते नेतृत्व  
व्याख्यात्या: **ज्योती ठाकरे**  
मा. अध्यक्षा, महिला आर्थिक विकास महागंडळ, महाराष्ट्र

**सत्र-३**

वेळ: दुपारी १२:१० वाजता  
विषय: महिला कायदे: स्वरूप आणि विशेष  
व्याख्यात्या: **अॅड. उमा पळसुलेदेसाई**  
मा. ए.जी.पी., मुंबई उच्च न्यायालय

• विनित •

श्रीमती शीतल शेठ देवरुखकर  
सदस्य, अधिसभा, मुंबई विद्यापीठ

डॉ. बळीराम गायकवाड  
प्रभारी कुलसचिव, मुंबई विद्यापीठ



Sankalp Fest 2021

Date : 19th March,2021 & 20th March,2021



Name of Volunteers:

1. Kasturi Belvalkar
2. Navita Gujja
3. Jennifer James
4. Irika Goyal
5. Hrudaya Hinde
6. Insiya Mullajiwala
7. Fashtana Khan

On 19th March,2021 & 20th March,2021

SANKALP SOCIO-CULTURAL FEST 2021 was organised by Lala Lajpat Rai College of Commerce and Economics. The theme for this year was "Vasra" (Tribal Colour of India). Various Competitions like Rangoli making, Tribal Art, Handicraft Making (Best out of waste), Poster making Competition, Tribal costume and Tribal dance Competition were organised.

The fest was held on Zoom platform. During the fest participants were requested to explain their art work.



**Flyer for Sankalp 2021**



Rangoli made by Kasturi Belvalkar



Handicraft by Navita Gujja



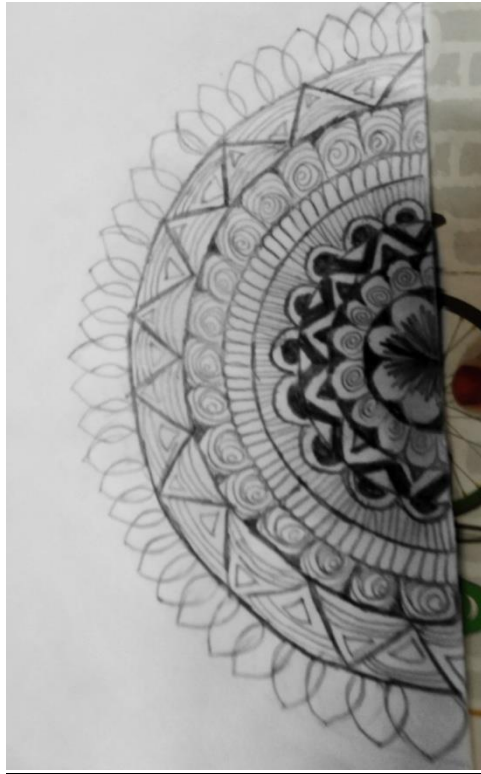
**Handicraft by Jennifer James**



**Tribal Art by Hrudaya Hinde**



**Tribal Art by Fashtana Khan**



**Tribal Art by Insiya Mullajiwala**



**Tribal Art by Irika Goyal**

**TITLE- Utkranti Fest 2021**

**DATE-** 8<sup>th</sup> and 9<sup>th</sup> April 2021

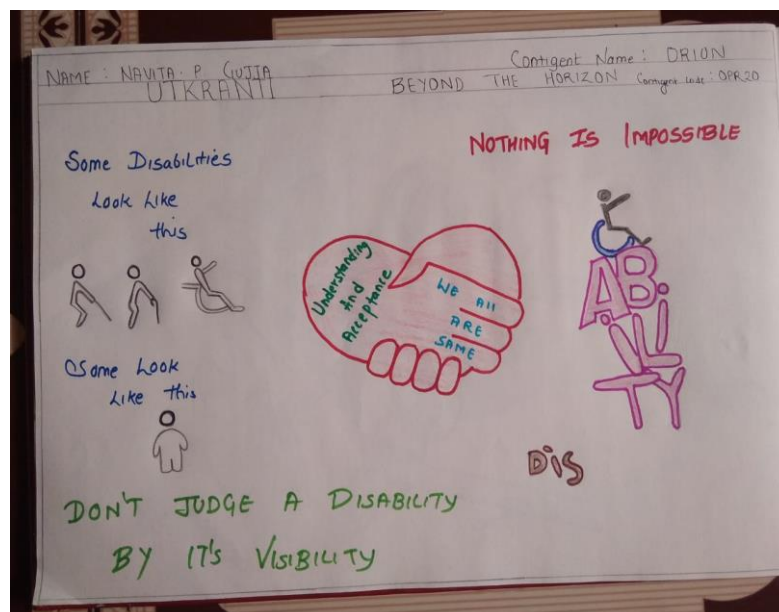
## NO.OF VOLUNTEERS- 8

## NAMES OF THE VOLUNTEERS WHO HAD PARTICIPATE-

1. Dhara Doshi( Blog Writing)
2. Sakina Jamali (Blog Writing)
3. Fiza Shaikh (Poem Competition / Debate Competition)
4. Umaima Khan ( Debate Competition)
5. Zainab Kukshiwala ( Video Making)
6. Navita Gujja (Poster Making Competition)
7. Khan Iram Asgar ( Mehndi Competition)
8. Kasturi Belvalkar( Mehndi Competition)

**The NSS unit of Wilson College has organized** various competitions such as Blog Writing Competition, Poem Competition, Debate Competition, Mono acting, Group Dance, Video Making Competition, Poster making competition and Mehendi Competition.

**The Theme for this year fest was “BEYOND THE HORIZON”** which basically focuses on the differently-abled people in our community. Disability is generally defined as a condition that restricts a person’s mental, sensory and mobility functions to perform a task. We have seen in our society how differently-abled people have been neglected, harassed and discriminated against on purpose. So, with the help of this theme, we can aware the society that the disabled community are much more capable than we think they are. They are talented, creative and with the right level of motivation, the differently-abled can do wonders. They had given us a contingent name- Orion. The last date of submission was 12pm on 8<sup>th</sup> April 2021. We had to submit our work by uploading our work to google Drive. And also fest was held on Zoom Platform. During The fest participants were requested to explain their posters work.



**Poster by Navita Gujja**

Kuch special h tumme

Itni kathikayi ke baad bhi Ho ladte  
roz ke kaam mann laga ke karte  
Na karte ho gila shikwa  
Karte ho toh ibadat  
Kamaal ke ho tum  
Kuch toh h special tumme

Hum nhi kar sakte tumhari taklif ko mehsus  
Par hum karte h tumhe salute  
Pahad chuna ho ya karna ho underwater  
diving  
Aise koi field nhi h jaha tum na hoye ho  
mashoor  
Dil kehta h waah huzoor waah huzoor  
Kuch toh Kamal h tumme  
Ho Tum hadd se zyada special

Kaun kehta h apang ho tum  
Khuda ki woh Barkat ho jo behad hi pyaari h  
Kabhi kabhi kami bhi bhut kuch sikha deti h  
Kaise karlete ho duniya ka saamna  
Daat deti hu tumhari  
Yahi dua h hamari  
Na aaye koi kathinai  
Hum h sang tumhare  
Chulo aasmaan tod do saare records  
Qk kuch toh special h tumme

## Poem by Fiza

Disability in your perspective . .

Disability in your perspective . .

April 07, 2021

Title- DISABILITY IS ALL IN OUR MINDS . . 😞

The world worries about disability more than disabled people do . .

- Warwick Davis

Hello Everyone! 🙏 I hope you all are in pink health . 😊 As you all just read the title and quote, you have understood that what I want to say, DISABILITY!! Many people take the word disability or disability person in positive way or in a negative way . . 😞

First of all, let us understand the exact meaning of disability. A disability is a societal imposition on people who have impairments, making it more difficult for people to do certain activities or interact with the world around them. Due to cognitive, developmental, intellectual, mental, physical, and/or sensory differences, disabled people are "unnecessarily isolated" & excluded from full participation in society. As a result of impairments, people with may be labelled as disabled

First of all, let us understand the exact meaning of disability. A disability is a societal imposition on people who have impairments, making it more difficult for people to do certain activities or interact with the world around them. Due to cognitive, developmental, intellectual, mental, physical, and/or sensory differences, disabled people are "unnecessarily isolated" & excluded from full participation in society. As a result of impairments, people with may be labelled as disabled during their lifetime.

Let me tell you, Disability is a contested concept, with shifting meanings in different communities. According to the World Report on disability, 15% of the world's population or 1 billion people are affected by disability. A Disability may be readily visible, or invisible in nature.

Why we take disability person so lightly??  
🤔 Do you know?? 🤔 Just like Olympic games are held , just like that Paralympic games (meaning- "alongside the Olympic") are held the Olympic. The Paralympic games include athletes with a wide range of physical disabilities. Isn't it is amazing?? According to me, empathizing is the best kind of affection you can offer to a person with a

boys do. . In every P. T period, when everyone are busy in playing, he was just sitting in one corner, having his book in his hand and studying. . No one play with him, no one like him. No one have to like to sit beside him nor sharing his or her food. He was all alone in that school, but he never complaint about this. . And now, in that same school , in another grade classroom, there was one boy who was handicapped by legs and mentally average. .But all the students in that class, behave very nicely with him. They helped them in climbing stairs, take his bag while he climb the stairs, sit with them during recess , talk with him, encourage him to participate in every activities of school. They also play with them during P. T periods in his way like by sitting in circle and passing the ball, etc so that he don't feel left out. So you see, disability is a matter of perception. We always look only in one way at things or not want look at them with different eyes. . 😊

Who said that only physically and mentally who are strong can be successful in their life? ? Have j ever heard the name of Stephen Hawking, one of the most famous scientist the world has ever seen. Disability is just a state of mind. . Girish Sharma, Shekar Naik, H. Ramakrishnan, Preethi Srinivasan, Sai Prasad Vishwanathan, Arunima Sinha and many more are able to make their own identity in this world were they were calling as disable. . so never be disheartened of what you haven't got rather be thankful to God of what you have got. . 😊

There are many government policies and articles but untill and untill we don't accept them from our heart, it is not worth it. . They don't need anything from us, they only need acceptance in this society. . They don't feel Disability physically, unless and unless we forced them mentally to feel that way. . They feel disability when we people, society don't accept them as who they are. . So Please, there is a small request from me, please accept them as they are. .

Thank you! 😊

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**Blog by Dhara Doshi**





**By Kasturi Belvalkar**



**By Khan Iram Asgar**



### **FLYER OF THE EVENT**

**Title**:- Training on for NSS Volunteers on “Use of Social Media”

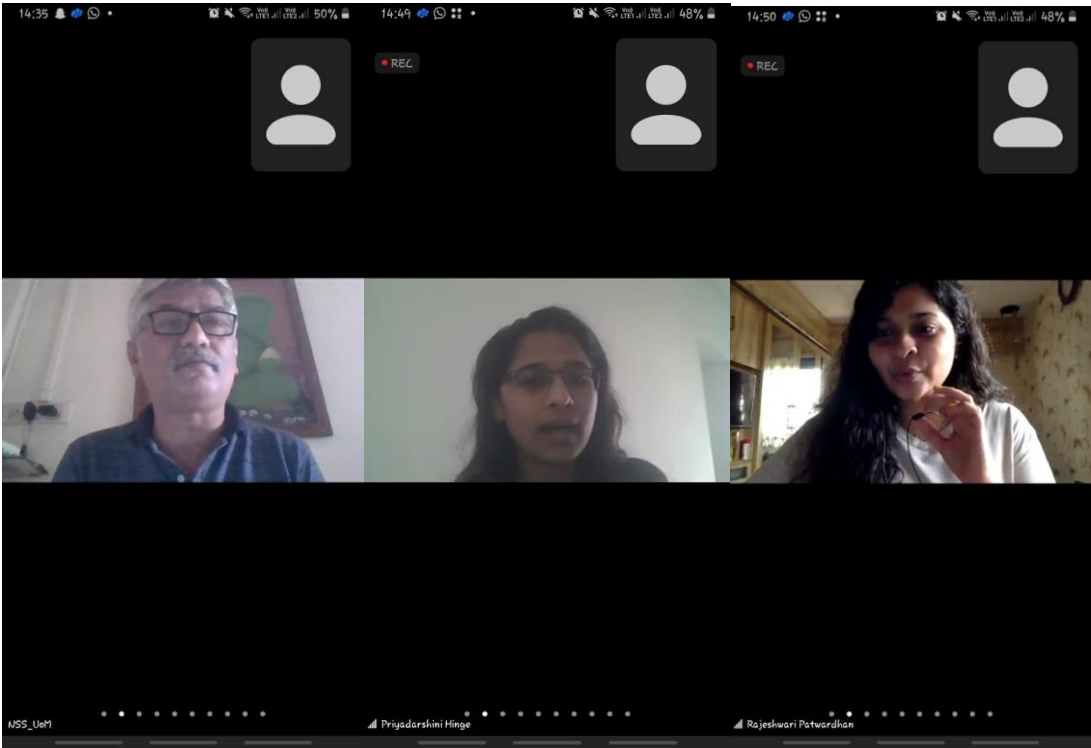
**Date**:- 30th April, 2021.

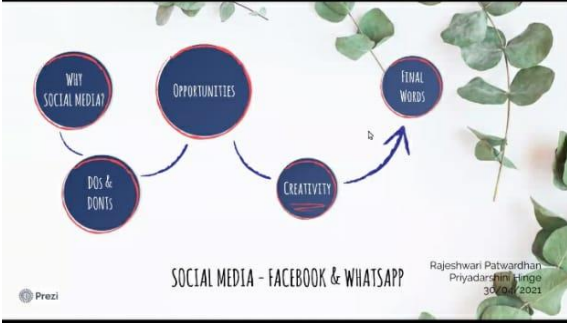
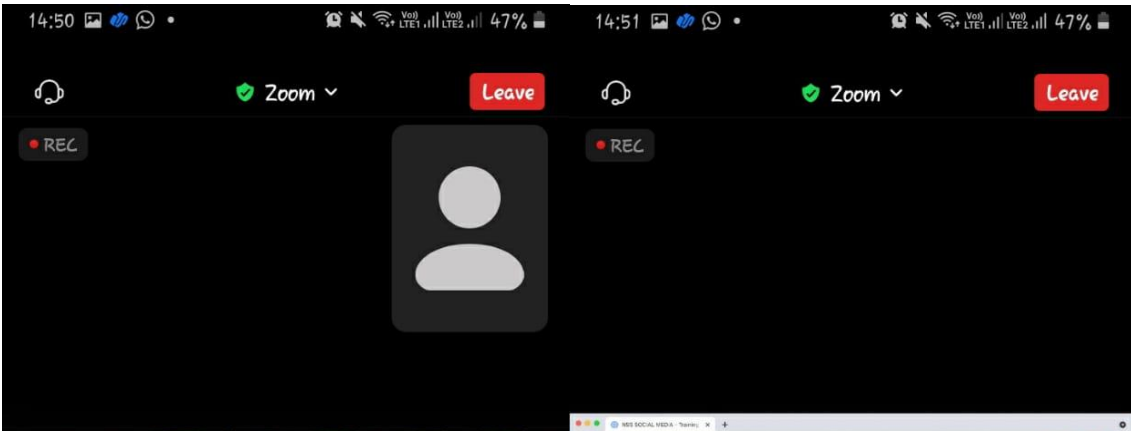
**Platform**:- Zoom

**No. of NSS Volunteers**:- 01

**Names of NSS Volunteer**:- Irika Goyal

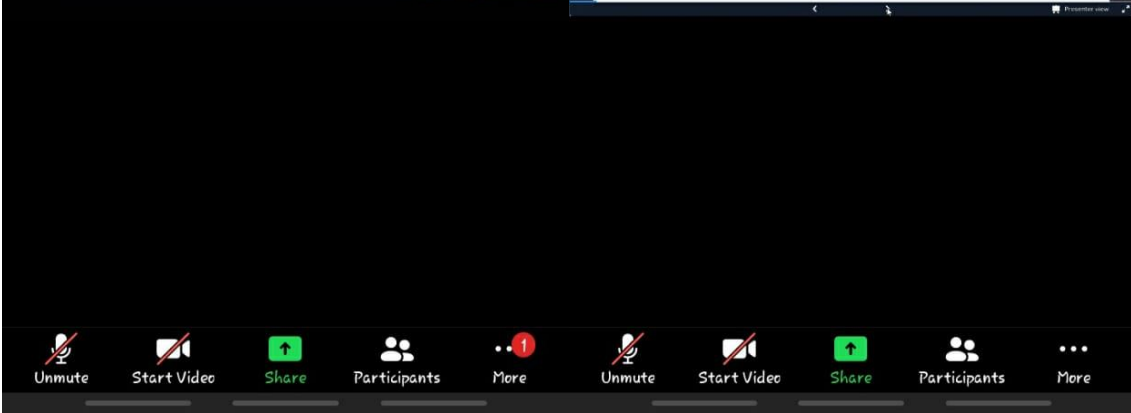
A workshop was organized on 30th April on “Use of Social Media” . The speaker for this workshop was Ms. Priyadarshini Hinge and Ms. Rajeshwari Patwardhan. Rajeshwari Patwardhan herself is a student of University of Mumbai. The chief guest was Mr. Carthiguene, who is the social media awareness Regional Director, India and Ms. Swati Mohapotra, who is the communication specialist, UNICEF, Mumbai. She is also a training sessions expert. UNICEF has taken an initiative to train NSS Volunteers about social media. It started with an introduction of how social media is important nowadays and how fast it is growing, some do’s and don’ts and opportunities. They also gave some tips and tricks into social media. Some of the social media sites like Whatsapp and Facebook were discussed, a photo editing app named Canva and a video editing app named VideoPad Video Editor; Audacity, an app for editing the audio and Sticker Maker app for making personalised stickers were also discussed. Lastly, towards the end of the workshop, there was a Q&A session.





**IMPORTANCE OF SOCIAL MEDIA**

Social Media plays a crucial role in connecting people and developing relationships, not only with key influencers and journalists covering your company's sector, but also provides a great opportunity to enhance customer service by gathering input, answering questions and listening to their feedback. Social Media is easier to use and share feelings too. With so many different advertising tools available on these social media forums, you can make use of this opportunity and cost-effectively market your product.

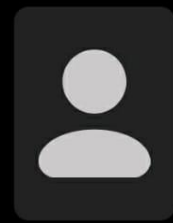


**WhatsApp**

- There are over 340 million WhatsApp users in India, making it the leading country in terms of WhatsApp audience size
- In fact, WhatsApp users in India made up nearly half (49 percent) of the total number of WhatsApp app downloads in the month of February 2020.

**WhatsApp's Five Forces**

- Status/Story
- Broadcast lists & Groups
- Text Posts
- Stickers & GIFs
- Audio messages



### FACEBOOK

- Among countries with Facebook users, India by and far has the largest number of users at 310 million.
- Of all U.S. social media users surveyed, 32% of those aged 12-34 identified Facebook as the social media platform that they used the most often.

### Facebook's Five Forces

### EXECUTION OF GOALS

- Canva
- VideoPad Video Editor
- Audacity
- Sticker Maker

