



Prahladarai Dalmia Lions College of Commerce and Economics



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University of Mumbai Recognized Research Centre in Accountancy, Commerce & Economics

NSS UNIT B26

NSS Regular Activities 2025–26

NSS Enrolment Details 2025–26

Enrolment by Gender

Category	Number
Male	131
Female	169
Total	300

Enrolment by Category

Category	Number
SC	25
ST	3
OBC	48
General	224

Brief Descriptive Report of Regular NSS Activities (June 2025 – March 2026)

The NSS Unit of P.D. Lions College actively organized and participated in numerous community engagement programmes during the academic year 2025–2026. These activities were conducted at College Level (CL), University Level (UL), and Adopted Area Based Programmes (ABP) with the aim of promoting social responsibility, leadership, health awareness, environmental sustainability, and civic engagement among students. A large number of NSS volunteers actively participated in these programmes and extended service to society.

1. Yoga and Health Awareness Activities :

The NSS unit began the academic year with activities focusing on health, fitness, and well-being. NSS volunteers participated in the University Level Yoga Camp organized by the University of Mumbai from 18th June to 21st June 2025, where students learned various yoga postures and breathing techniques to enhance physical and mental

well-being. On 21st June 2025, the NSS Unit celebrated International Yoga Day in the college campus where 29 volunteers participated in yoga demonstrations and awareness activities highlighting the importance of yoga for a healthy lifestyle. Several other sessions such as “Yoga – The Power Within You” were also conducted during the year to promote mental balance and physical fitness among students.

2. Health and Medical Service Initiatives

Health awareness and medical outreach formed an important component of NSS activities. Volunteers assisted Sir J.J. Hospital in organizing a Blood Donation Drive at Sky City Mall, Borivali on 6th July 2025, benefitting approximately 100 individuals. Later, NSS volunteers conducted extensive public relations campaigns and rallies to encourage blood donation. These efforts culminated in the Blood Donation Camp organized on 25th August 2025, where 69 volunteers participated and 193 beneficiaries received support. The NSS unit also organized Blood Group Detection Drives, Haemoglobin Detection Camps, and Anaemia Detection Camps in Dahanu villages, helping identify health concerns among rural communities. Additionally, Health Check-up Camps were conducted in collaboration with BMC P/South Ward in areas such as Pandurang Wadi and Prem Nagar, benefitting hundreds of local residents.

3. Environmental Sustainability Activities

Environmental protection was promoted through various initiatives.

The NSS volunteers participated in the “Ek Ped Maa Ke Naam” Tree Plantation Drive organized by MCGM at Shilpagram Udyan, Andheri East on 10th July 2025, where 83 volunteers planted trees to promote environmental sustainability. Several Paper Bag Making and Distribution activities were organized throughout the year to discourage plastic usage. Volunteers prepared eco-friendly paper bags and distributed them to shopkeepers and the public. The NSS unit also organized Beach Cleaning Drives on International Coastal Day and Mangrove Cleaning activities at Carter Road, Bandra, promoting environmental awareness and conservation.

4. Awareness Campaigns and Social Outreach

The NSS unit actively conducted various awareness rallies and campaigns. A Nasha Mukti Rally was organized at Versova and later another rally from Azad Maidan to Gateway of India to spread awareness about substance abuse and addiction. Under the Swachhata Hi Seva Campaign, volunteers took a pledge and conducted cleanliness drives within the college campus and nearby markets such as Natraj Market and Khau Galli. Activities promoting Women Safety and Road Safety (Sadak Suraksha) included rallies, human chains, street play practices, and awareness campaigns in collaboration with Malad Traffic Police and Brahma Kumaris.

5. Community Service and Social Responsibility

NSS volunteers engaged in several community service activities. During the Ganpati Festival, volunteers assisted the Malad Police Station in Ganpati Bandobast, helping manage crowd control and ensure public safety. The Traffic Ke Phool initiative, conducted in collaboration with Malad Traffic Police, involved volunteers distributing flowers to motorists at signals to encourage responsible driving and adherence to traffic rules. Volunteers also participated in the Mumbai Municipal Elections as volunteers, supporting the democratic process.

6. Educational and Capacity Building Activities

The NSS Unit organized several capacity building sessions, workshops, and orientation programmes to enhance students’ leadership and social awareness.

- These included:
- NSS Orientation Programme
- Session on Group Bonding in collaboration with Nirmala Niketan College of Social Work
- Career Management Essentials Session
- Capacity Building Workshop
- Book Review Session on Non-Violent Communication

Additionally, volunteers participated in Leadership Training Camps, Digital Quizzes under Vivekananda Youth Leadership Development Programme, and Civic Engagement Programmes organized by the University of Mumbai.

7. Social Welfare and Donation Drives

Several donation drives were organized by the NSS Unit to support marginalized communities. The Ek Mutthi Anaaj Donation Drive collected food grains for underprivileged families, while the Sakhi Sanitary Napkin Donation Drive focused on menstrual hygiene awareness and distribution of sanitary napkins among women. These drives involved continuous public relations activities, collection, and distribution efforts, benefitting hundreds of individuals.

8. National Celebrations and Cultural Activities

The NSS Unit also celebrated several important national and social occasions.

These included:

- **Independence Day Celebration**
- **NSS Foundation Day**
- **Constitution Day**
- **Mass Singing of Vande Mataram**
- **Netaji Subhash Chandra Bose Birth Anniversary**
- **Republic Day Flag Hoisting Ceremony**

Students also participated in cultural activities such as essay writing, drawing competitions, and street plays, promoting patriotism and civic awareness.

9. Youth Development and Leadership Activities :The NSS volunteers actively participated in University level leadership camps and training programmes, including the Five-Day Residential Leadership Training Camp, Peer Support Programme for Mental Wellness, and Cardiac Marshal Training Programme. These initiatives helped volunteers develop leadership qualities, teamwork, and crisis management skills.

Conclusion

Throughout the academic year 2025–2026, the NSS Unit of P.D. Lions College successfully conducted a wide range of health, environmental, social, and awareness programmes at college, university, and community levels. These activities not only benefitted thousands of community members but also helped NSS volunteers develop leadership, compassion, and a strong sense of social responsibility. The enthusiastic participation of students and collaboration with various organizations such as University of Mumbai, BMC, Malad Police, Lions Club, and NGOs contributed significantly to the success of these initiatives. The NSS Unit remains committed to its motto “Not Me But You”, continuing to serve society and inspire youth towards meaningful community engagement.