



National Service Scheme Report

NSS UNIT- B26 “NOT ME BUT YOU”

"You make a living by what you get, you make a life by what you give".

The National Service Scheme is an Indian government-sponsored flagship for public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969. The NSS Unit – B26 of Prahladrai Dalmia Lions College of Commerce and Economics has been striving towards betterment of society and various communities. Even in these tough times of pandemic, the unit has undertaken various online initiatives both online as well as offline. Following are the activities undertaken during 2020-21:

- **BHAJAN SANDHYA:** - On 2nd October, 2020 the volunteers of NSS Unit B26 attended Bhajan Sandhya at University of Mumbai via online mode through YouTube Channel. In all 29 volunteers have participated, 12 were female and 17 were male volunteers.
- **NSS ORIENTATION:** - On 6th October, 2020 “NSS ORIENTATION” program was being organized for all the First-Year students. It was conducted via Google meet. The main motto behind this orientation was to brief about the NSS, the role and the activities organized by the whole unit. The total number of participants were 50 out of which 16 were male and 34 were females.
- **HEALTH TALK:** - On 14th October, 2020 the NSS Unit B26 of college conducted a webinar on Health. The guest speaker was Dr. Yogesh Jadhav (Ayurvedacharya) who had briefed about healthy lifestyle. In all there were 50 volunteers out of which 17 male and 33 female volunteers had participated.
- **CORONA AWARENESS BY DR. SUDHIR PURANIK:** - On 22nd October, 2020 the NSS Unit B26 had organised a webinar on Corona Awareness and the event was held on an online platform. The speaker for the same was Dr. Sudhir Puranik. The topic described the safety measures to be taken during the pandemic. In all there were 42 volunteers out of which 12 male and 30 female volunteers had participated.
- **SRD/NRD:** - On 13th November, 2020 the volunteers of NSS Unit B26 participated in the SRD/NRD parade organised by Mahatma Phule College, Panvel. Prof. Shabab Rizvi was invited as a Chief Guest for the SRD/NRD Parade. The volunteers who had attended the parade were- Manan Shah, Sidhi Janghamn. In all 14 volunteers out of which 3 male and 11 female volunteers have registered.
- **BLOOD DONATION:** - On 18th November, 2020 an event was held by volunteers of NSS unit B26. It was held to explain the importance of blood donation. All volunteers have participated in the event. In all there were 41 volunteers out of which 13 male and 28 female volunteers had participated.
- **SHORT FILM ON SOCIAL AWARENESS:** - The NSS Unit B26 volunteers were asked to make short film videos on Social Awareness, after the completion of the video the volunteers were asked to submit the video. In all there were 40 volunteers out of which 13 male and 27 female volunteers had participated.

- **KITE FLYING AND SAVING ANIMALS:** - On 14th January, 2021 on the occasion of Makar Sankranti the festival of kite the volunteer of NSS unit B26 had organized the event "Kite Flying and Saving Animal". The motive for organizing this event was along with the enjoyment to save the birds by collecting all the threads which are thrown on roads or anywhere on trees and thrown in the dustbin due to which the birds suffer. In all there were 33 volunteers out of which 11 were male and 22 were female volunteers.
- **ROAD SAFETY QUIZ:** - On 15th January, 2021 the volunteers of NSS unit B26 organized an Online Quiz via google form on "Road Safety". Total participants were 45 volunteers out of which 15 male and 32 female volunteers had participated.
- **PARAKRAM DIWAS:** - On 23rd January, 2021 the volunteers of NSS unit B26 had celebrated "Parakram Diwas" via online platform where a short documentary video on Subhash Chand Bose life journey was shown to the participants. Total participants were 46 volunteers out of which 16 male and 30 female volunteers participated.
- **E-WASTE COLLECTION:** - On 24th January, 2021 E-waste collection drive was conducted where in E-Gadgets had been collected as E-Waste from the society and had contributed to the college after which it was donated to the needy people. In all there were 13 volunteers, 3 were male and 10 were female volunteers.
- **E-WASTE COLLECTION WEBINAR:** - On 25th January, 2021 the NSS volunteers attended the webinar conducted by University of Mumbai. The webinar was on "E-WASTE". The speaker was Sudhir Pramanik. In all there were 41 volunteers out of which 12 male and 29 female volunteers participated in the webinar. It was a university level program.
- **REPUBLIC DAY:** - On 26th January, 2021 the volunteers of NSS UNIT B26 celebrated 72nd Republic Day. The event was held in the college foyer area. In all there were 38 volunteers out of which 17 were male and 21 were female volunteers.
- **ROAD SAFETY NATIONAL LEVEL AWARENESS:** - On 26th January, 2021 an online webinar on "Road Safety" was organised by the University at national level where in the NSS volunteers had attended the webinar. The webinar was regarding how to walk, drive safely on roads to avoid any accidents. Along with the webinar road safety program bike rally was carried out later, the disadvantages of harsh driving were spread. Minimum number of students went to the rally, certificates were also distributed to all the participants and quiz competition was held for the volunteers. Number of students attending was 10 male and 27 female, a total of 37.
- **FLAG COLLECTION:** - On 26th January, 2021 the volunteers of NSS Unit B26 had to collect the flag which were thrown on roads or on improper places many students took active participation in the event. In all there were 17 male and 4 female being the total of 21 volunteers participating in the event.
- **BOOK COLLECTION AND DISTRIBUTION:** - On 28th January, 2021 the Book Collection and distribution activity was held where in those books were distributed to needy students. In all there were 15 volunteers out of which 5 male and 10 female volunteers participated in the event. It was a field work activity at college level.

- **MENTAL HEALTH ON COVID-19:** - On 29th January, 2021 the volunteers of NSS unit B26 attended a webinar on "Mental Health during Covid 19" wherein the speaker was Dr. Neha Smita Lal (Master degree in Psychiatry). The speaker had briefed about how to take precautions and keep oneself calm and to reduce stress. In all there were 30 volunteers out of which 4 male and 16 female volunteers participated in the event. It was an inter collegiate event.
- **FIRST KIT WEBINAR:** - On 2nd February, 2021 the webinar was held on "First Aid Kit" it was held on an online platform. The speaker for the session was Manan Shah (2nd year volunteer), Isha Patel (1st year volunteer), Aarti Jaiswal (1st year volunteer). They had briefed about the First Aid Kit. In all there were 55 volunteers out of which 16 male and 30 female volunteers participated in the event.
- **POSTER MAKING ON ROAD SAFETY:** - On 7th February, 2021 an awareness event was conducted by NSS Unit of Poster Making on "Road Safety" and those posters were attached to every traffic signal and also at danger zones. In all there were 27 volunteers out of which 6 male and 21 female volunteers participated in the event.
- **SELF DEFENCE SESSION:** - On 9th February, 2021 the session was held on Self-Defence topic it was held on an online platform. The guest speaker was Ram Kotap. He briefed on self-defence and also showed some self-defence techniques to the volunteers. In all there were 48 volunteers out of which 15 male and 33 female volunteers participated in the event.
- **WATER SAVING:** - On 11th February, 2021 an event was held Webinar on "Water Saving" it was held on an online platform whereas the event was led by Sachin Shukla (1st year volunteer) and Lalita Jain (1st year volunteer). In these events the volunteers explained the importance of water and also gave a message of saving water. In all there were 51 volunteers out of which 16 male and 35 female volunteers participated in the event.
- **POSTER MAKING ON PULWAMA ATTACK:** - On 14th February, 2021 the NSS Unit B26 volunteers gave tribute to the warriors by making posters on Pulwama Warrior. The total count of participants was 46 volunteers out of which 14 male and 32 female volunteers participated for this event.
- **OPTIMUM UTILIZATION OF FOOD:** - On 16th February, 2021 the event was held on optimum utilization of food via online mode. It was led by the student volunteers - Bhagyawati Nandwana (Second Year), Jugal Madhesia (First Year) and Bhagyashree Mali (First Year), wherein a brief explanation was given on the importance of food and its utilization. Total 47 volunteers had participated out of which 16 were male and 31 were female.
- **SHIVAJI JAYANTI:** - On 19th February, 2021 the NSS Unit B26 had celebrated Shivaji Jayanti via online mode, where in a short documentary video on Shivaji Maharaj life was shown to the participants and later small speech was delivered by Program director Rajesh Bombe and other NSS Volunteers - Ganesh Kandu (Second Year), Sneha Chituri (First Year), Hemangi Shivdas (First year) and Bhavesh Mali (First Year). In all there were 49 volunteers out of which 17 male and 32 female volunteers participated in the event.
- **THE WEALTH IS HEALTH:** - On 25th February, 2021 the volunteers of NSS UNIT B26 had attended the webinar on "THE WEALTH IS HEALTH" organised by University of Mumbai via online mode. The guest speaker was Mr. Praveen Nandlal Pareek, the webinar was related to health, how to stay fit and live a healthy life. In all there were 39 volunteers out of which 14 male and 25 female volunteers participated in this event.

- **CURRENT YOUTH AND FITNESS:** - On 25th February, 2021 the volunteers of NSS unit B26 had attended the session on current youth and fitness, the speaker had briefed on the importance of keeping oneself fit in today's life and also given tips on diet, protein, vitamins etc. In all there were 40 volunteers out of which 14 male and 26 female volunteers participated in the event.
- **MAHARASHTRA ATTAIR AND BHASHA DIVAS:** - On 27th February 2021 the NSS unit B26 of college had celebrated Maharashtra Attair and Bhasha Divas via online platform. In all there were 37 volunteers out of which 12 male and 25 female volunteers participated in the event.
- **IMPORTANCE OF YOUTH PARLIAMENT:** - On 28th February, 2021 the volunteer of NSS unit B26 had attended the session on Youth Parliament through an online platform. The session was organised by the University of Mumbai. The speaker was Mr.V.P. Raja (IAS RETD) chairman, PCGT had briefed on the importance of youth to be a part of parliament, explained democracy structure. In all there were 30 volunteers out of which 7 male and 23 female volunteers participated in the event.
- **AWARENESS ON PLATELET DONATION:** - On 28th February, 2021 the NSS unit B26 has attended the webinar organised by KC College, the speaker had briefed on the importance of platelet donation.
- **SOFT SKILL DEVELOPMENT:** - From 1st march, 2021 to 7th march, 2021 the NSS volunteers of college had attended a webinar on soft skill development the sessions for 7 days and it was an inter-collegiate program.
 - 1st March 2021 (Monday) inauguration of Soft Skill program.
 - 2nd March 2021 (Tuesday) was on 'Body Language and Listening Skill'. The speaker was Prof. Edwin Mathias.
 - 3rd March 2021 (Thursday) was on 'Emotional Intelligence'. The speaker was Prof. Amruta Sahasraduddhe.
 - 4th March 2021 (Friday) the topic was 'How to Prepare Your Examination'. The speaker was Prof. Thomsan Thomas.
 - 5th March 2021 (Saturday) the topic was on 'Connecting with people'. The speaker was Prof. Dr. Vinay Prabhu.
 - 6th March 2021 (Sunday) the topic was 'Grammar'. The speaker was Prof. Neeta Dhote. And also, on 'Application of google map', where the speaker was Prof. Suresh Shekhar.
 - 7th March 2021 (Monday) the topic was 'Conversational Skill'. The speaker was Prof. Nandkishor Sonar.
- **WOMENS IN LEADERSHIP DEFENCE:** - On 1st March, 2021 the event was held on Women's Leadership and women's empowerment. It was a university event. The speaker was Seema Rao, the Indian first women commando trainer who achieved Naari Shakti Puraskar from honourable president of India in 2019. Total 36 volunteers 28 out of which female and 8 male volunteers participated in the session.
- **REDUCE REUSE RECYCLE:** - On 6th March, 2021 conducted a session on Reduce Reuse Recycle. The guest speaker for the session was Dr. Rupa Divatia, he explained these three terms and how to keep the environment clean. In all there were 48 volunteers out of which 17 male and 31 female volunteers participated.

- **SESSION ON WOMEN'S LEADERSHIP BY BALASAHEB THAKRE ADHYAKSH KENDRA:** - On 8th March, 2021 the NSS unit B26 has attended the event through online platform the speaker was Aditya Thackrey, had amazingly explained about women's leadership. There were only 10 female volunteers participating in the event.
- **WOMEN'S DAY CELEBRATION BY SESSION:** - On 8th March, 2021 the NSS Unit B26 had celebrated Women's Day by conducting an online session where the speaker had explained about women's history and gave examples of great lady warriors. In all there were 46 volunteers out of which 14 male and 32 female volunteers participated in the event. This was a college level event volunteers conducted and had a debate on the point.
- **LEADERSHIP OF CHATRAPATI SHIVAJI MAHARAJ:** - On 10th March 2021 the NSS unit B26 has attended the event organised by University of Mumbai through online mode. The guest speaker of the session was Dr. Dilip Pulekar. The whole event was about the great Hero Chhatrapati Shivaji Maharaj's life story. In all there were 42 volunteers out of which 12 male and 30 female volunteers. It was a university level program.
- **SESSION ON WORLD CONSUMER DAY:** - On 15th March, 2021 the NSS unit B26 has attended an event on consumer day. The event was organized by Mahendra Pratap Sharda Prasad Singh College of arts, commerce and science. This was an inter-collegiate program. Total 28 volunteers had participated out of which 8 were male and 20 were female volunteers).
- **HEALTHY FOOD:** - On 31st March, 2021 the NSS unit B26 attended the webinar, it was held through online mode. The speaker was Dr. Nazmeem Hashim (D.U.M.S) who had acknowledged the audience about healthy food, nutritious food etc. In all there were 42 volunteers out of which 13 male and 29 female volunteers participated in the event. This was an inter-collegiate program.
- **ETHICAL SESSION:** - On 31st March, 2021 had a session on college level called "Motivational Quotes on Ethics". The speaker was Ms. Amisha Zaveri SYB.Com First year NSS volunteer she had published a self-written book on motivational quotes. In all there were 44 volunteers out of which 13 male and 31 female volunteers participated in the event.
- **YOGA SESSION:** - On 2nd April, 2021 the NSS Volunteers had conducted a short session on the importance of yoga and its benefits inspired by Bhagavad Gita. The session was led by First year Volunteers Ms. Bhagyavati Nandwana, Sujit Yadav and Aarti Jaiswal. In all there were 44 volunteers out of which 13 male and 31 female volunteers participated.
- **DISASTER MANAGEMENT:** - On 5th and 6th April, 2021 a university level program was held. The speaker was Rajendra Lokhande from BMC. Total number of volunteers attending this event were 15 Male and 28 Female and total number of volunteers were 43.
- **ALUMNI ASSOCIATION:** - On 8th April, 2021 to 12th April, 2021 a program was held on an intercollegiate level event.
 - 8th April, 2021 for the alumni association the topic was 'Start up in tour and travel' and the speaker was Ms. Sahista Ganja.
 - 9th April, 2021 the topic was 'BSB Selling Skills in the corporate world'. The speaker was Ms. Jasjyot Kaur.
 - 10th April, 2021 the topic was on "facial grooming - Basic eyes make-up tips", the speaker was Ms. Shraddha Bhadra.
 - 10th April, 2021 the topic is "facial grooming - How to get flawless makeup base", the speaker was Ms. Neha Sonar.
 - 12th April, 2021 the topic was on community-based start-up and speaker is Mr. Chandan Gupta.

- **DISASTER PREPAREDNESS:** - From 15th April, 2021 to 19th April, 2021 a university level program was being organised by the university of all NSS Units.
- 15th April, 2021 inauguration ceremony and orientation program was held on the lecture series of disaster by the speaker Atul Pandey.
- 16th April, 2021 the session was held on Disaster Preparedness: Are you ready? by speaker Ravi Mishra.
- 17th April, 2021 the session was held on the topic "Fire and Electricity, Kitchen disaster" by speaker Mrs. Divya Pandey.
- 18th April, 2021 session was held on the topic "Disaster with electronic devices: Mobile, Phone" by speaker Mr. Pankaj Das.
- 19th April, 2021 session was held on topic "Unpredictable disaster" by speaker Mrs. Nikita Bhadekar. The number of volunteers attended were 11 Male and 21 Female making the total of 32.
- **MENTAL HEALTH:** - From 16th April, 2021 to 17th April, 2021 a University level program was being organised by the university of all NSS Units. The speaker of this event was Mr. Rahul Bose, Dr. Girija Mahile, Dr. Zirak Marke. The session was about mental health which is to be maintained in good manner during this tough time of pandemic situation and it's important to overcome mental health problems. The number of volunteers attended were 11 Male and 24 Female making the total of 35.
- **PLASMA DONATION:** - On 20th April, 2021 an event was held. This was an inter- collegiate level event. The speaker of this event was Dr. Lalit Dhantale. The total number of volunteers attended were 14 Male and 20 Female making the total of 34.
- **SWAMI VIVEKANAND VALUES BASED LEADERSHIP:** On 29th April, 2021 an event was held on university level. The total number of volunteers attended were 10 Male and 26 Female whereas the total was 36.
- **ORGAN DONATION:** - On 1st May, 2021 the volunteers of NSS unit B26 attended the event of organ donation this event was held through an online platform organised by university of Mumbai. The guest speaker was Kakka Mr. Shrikant Muralidhar Apte. The session was on organ donation. In all there were 47 volunteers out of which 16 male and 31 female volunteers participated. This was a university level program.
- **CELEBRATION ON MAHARASHTRA DAY:** - On 1st May, 2021 an event was held. This was a university level event. The number of volunteers attended was 50. The speaker of this event was Mr. Ashok Chosalkar.
- **CELEBRATION ON MAHARASHTRA DAY (COLLEGIATE):** - On 1st May, 2021 a College level event was held. The number of volunteers attended were 11 Male and 30 Female making the total of 41.

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