



NATIONAL SERVICE SCHEME (NSS) UNIT- B26 “NOT ME BUT YOU”

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

1. Pre-training for 15th August: On 13th August 2021, there was a discussion of various events and distribution of work amongst the professor and the students was done. Departments allotted were as follows: Attendance - Jitendra sir, Report - Namrata miss, Enrolment - Varsha miss. In all there were 22 volunteers who participated, 7 male and 15 female.

2. Independence Day Celebration: On 15th August 2021, NSS Unit B26 Second year volunteers were present in the college campus at the frontier area during flag hosting and felicitation of dignitaries. NSS volunteers were present along with their seniors and the seniors comprise student volunteers from the academic batch of 2014-15 to 2020-21. Then we had a refreshment and a short introduction of all our seniors together with NSS second year volunteer's introduction, in the G2 classroom and the seniors listened to our plans for the upcoming year and gave us new ideas about events and managing the events for the year 2021-22. In all there were 22 volunteers who participated, 8 male and 14 female.

3. Training session for Orientation: On 22nd August 2021, there was a continuation of discussion of events and disclosure of NSS prospectus and video made for orientation. In all there were a total of 14 volunteers who participated, 6 male and 8 female.

4. Social Media platform for Social Awareness: On 29th August 2021, one of our second-year volunteer Vrunda Wagle explained us about how she makes the reels she also briefed about the event conducted by her with her friend on Raksha Bandhan and after that we had the short introduction of each and every volunteer present in the meeting. In all there were 17 volunteers who participated, 4 male and 13 female.

5. Yoga Session I: On 29th August 2021, there was a Yoga Session conducted by the Yoga committee of NSS Unit B26 and the start of the event was with our NSS song. And then one of our secretaries practically showed us how to do 'Surya Namaskar' and 'Anulom vilom' and she explained it, step by step. In all there were a total of 14 volunteers who participated, 3 male and 11 female.

6. Yoga Session II: On 5th September 2021, there was Yoga session 2 which was handled by Amisha Yadav and Aakruti Pandey both the Second year volunteers as well as members of Yoga committee of NSS unit B26 and have explained various Yoga Asanas such as Trikonasana Padmasana. In all there were a total of 11 volunteers who participated, 3 male and 8 female.

7. Yoga Session III: On 12th September 2021, Yoga session was conducted by Amisha Yadav, second year volunteer of NSS unit 26 and started the session with warm-up and breathing exercises. She explained various types of Yoga asanas in the session. Yoga is done to keep our mind calm and relieve stress. In all there were a total of 9 volunteers who participated, 3 male and 6 female.

8. NSS RD Parade Discussion: On 12th September 2021, the presentation was shown which includes a detailed explanation of the NSS events which was made by Vandana Maurya and Nikita Nag both are second year volunteers of NSS unit 26. After that we had discussion of the major events at the university level and then our program officer Rajesh Bombe Sir told us about the NSSRD parade. And then we had a short discussion about wall painting. In all there were 21 volunteers who participated, 5 male and 16 female.

9. Discussion on upcoming events: On 19th September, 2021, Our Program Officer, Dr Rajesh Bombe Sir informed us about the session " Yoga for All " and with his permission our second volunteer Isha Patel presented a proposal and proposal letter made by her with the help of the Yoga Committee. Our professor Namrata Pednekar Mam showed us the painting which is to be drawn on the wall of the NSS room. And also, Rajesh Sir told us about the volunteers who are going to participate in NSS RD parade (Isha Patel). After that the students who were not there in any committee and interested to join any of them are added to the committee. In all there were 17 volunteers who participated, 6 male and 11 female.

10. NSS DAY: On 24th September 2021, today we celebrated our 52nd NSS Day with all the second-year volunteers. Firstly, one of our secretaries started with the NSS Anthem and it was over to another secretary who presented the screen and showed us the video related to NSS and after that the Quiz competition was kept for all the volunteers and they even showed us our score and all the volunteers who were present in the competition enjoyed the Quiz. And lastly, it was again asked to all the volunteers to join the committee if they are interested. In all there were 15 volunteers who participated, 5 male and 10 female.

11. Yoga Session: On 26th September 2021, we started the yoga session with Saraswati Vandana followed by NSS song (Lakshya Geet). Welcome address was given by our secretary followed by words from Dr Rajesh Bombe then Vandana Maurya gave an introduction of Yoga Guru Vinay A Ganatra and then the session was taken over by Him. Yoga Guru taught us the yoga poses that are very useful in daily life to protect oneself from anxiety and problems related to the digestive system. After that the session was open for the question-and-answer round, followed by closure of the first yoga session with a Thank you note from Amisha Yadav. Before students had gone, the program officer of NSSunitB26 had discussed with students about the unit and solved queries related to NSS. In all there were a total 9 volunteers who participated, 3 male and 6 female.

12. NSS BASIC ORIENTATION: On 8th October 2021, our secretary presented the Mumbai university song and the NSS song. After that our Program Officers and Professors presented their speech. Then a short video on NSS was presented which includes what NSS is, how it works and also the Motto and benefits of NSS and also the introduction was shown to all the committee members. After that the list of all events was displayed and some of the events were explained to the first-year volunteers by second year volunteers. Then our Program Officer Dr Rajesh Bombe sir announced the names of the NSS secretary and then our NSS secretary gave their introduction and experience. Some time was given to the first-year volunteers whether they had any queries to ask and their doubts were solved. Last but not the least the vote of thanks and attendance link was shared. In all there were 91 volunteers who participated, 34 male and 57 female.

13. NSS ORIENTATION: On 18th October 2021, IT Department presented the Mumbai University song followed by the NSS Anthem. After that Professor Namrata Pednekar mam started with the introduction of today's guest speaker Dr Swati Desai Mam and then the introduction was followed by Dr Rajesh Bombe Sir's speech. Secondly, the guest gave a brief speech regarding NSS and their experience. Lastly, one of the NSS Volunteers had a small discussion with the guest speaker. The session ended with a vote of thanks and attendance was recorded. In all there were a total 81 volunteers who participated, 30 male and 51 female.

14. Celebration of RASHTRIYA EKTA DIWAS: On 31st October, 2021, Event started with NSS song followed by Rashtriya Ekta Diwas Pledge. A few words shared by Dr Rajesh Bombe, Prof. Varsha Tandel, Prof. Namrata Pedneker, Prof. Jitendra Gupta. Speech presentation by first year volunteers (Pratibha Mishra, Jyoti Yadav, Anuj Yadav, Gaurav Gulekar, Yash Shukla) followed by a Quiz Round on Life of Sardar Vallabhbhai Patel. A clip of 19.57 minutes was displayed portraying major events from Sardar Vallabhbhai Patel's life. The was then open for questions and answer session and lastly ended with thank you note presentation by the first-year volunteer. In all there were 32 volunteers who participated, 12 male and 20 female.

15. Training Session I for Diary Filling: On 6th November, 2021, the session was started with NSS song which was played by the second volunteer of IT department. Then our NSS secretary gave the detailed information about dairy filling to the first-year volunteers. After that all the second-year volunteers gave their introduction along with their phone numbers so if the first year volunteers have any doubts regarding diary filling then they can ask. Lastly, questions were asked to all volunteers about the diary filling format and then the session was ended by recording the attendance. In all there were 57 volunteers who participated, 21 male and 36 female.

16. Training session II for Diary Filling: On 9th November 2021, one of our secretaries gave the detailed information about the diary filling and also discussed about which events are to be noted in the diary including their hours with the first year volunteers and also asked that how can we make those events more interesting and how to work on it. Secondly, all the second-year volunteers were there to guide the first-year volunteers about the half yearly diary filling. Then all the first-year volunteers were asked about their doubts and the session ended by solving those doubts. In all there were a total 40 volunteers who participated, 12 male and 28 female.

17. ORGAN DONATION by APTE KAKA: On 11th November 2021, IT department started the event with a university song and NSS Anthem. Then it was over to our Program Officer Mr Rajesh Bombe sir who gave their speech and then the introduction of the guest speaker 'Apte kaka'. Apte Kaka introduced himself and started with a speech for Organ Donation Awareness. He gave a brief about Organ Donation and explained it to all of the volunteers who were present in the meeting. After his speech each and every volunteer was asked for their respective doubts. Lastly, the vote of thanks was presented and then the attendance for the meeting was recorded. In all there were 40 volunteers who participated, 16 male and 24 female.

18. ORGAN DONATION QUIZ: On 12th November 2021, the IT department started the meet with a university song followed by NSS anthem. Dr Rajesh Bombe shared a few words followed by some words of awareness on Organ donation by Apte Kaka. The quiz round was conducted on Organ Donation and all the volunteers have participated in it. And then few of them were asked about organ donation. Lastly, Apte Kaka asked for the doubts of the volunteers to solve them and then the session ended with vote of thanks and attendance was recorded. In all there were a total 46 volunteers who participated, 15 male and 31 female.

19. GURU NANAK JAYANTI: On 19th November 2021, IT Department started the event with our university song followed by our NSS Anthem. Firstly, Our Program Officer Dr Rajesh Bombe sir gave a speech on Guru Nanak Jayanti. Then our Professor Namrata Pednekar mam also gave her speech about today's event. After the speech Amrit Kaur started the event with the help of our first- and second-year volunteers and there was a presentation presented along with the speech including a video showing a short introduction on Guru Nanak Devji and a short story of his life. After this our Program Officers gave their review on today's event. Lastly, a question and answer session was opened for all the volunteers and then the session was ended by vote of thanks and attendance was recorded. In all, here were 50 volunteers who participated, 14 male and 36 female.

20. WORLD AIDS DAY: On 1st December 2021, one of our volunteers from the IT department presented the University song and NSS song respectively. Then our Program Officer Dr Rajesh Bombe sir spoke a few words about World Aids Day and then they gave a brief introduction of our Guest speaker Dr Dinesh Pawar and Dr Mahesh Kothari about their profession. Then it was over to Dr Dinesh Pawar who gave us information about Aids and also gave detailed information about the lifestyle of Adivasi people. Then a video was presented by our second-year volunteer regarding Aids. After the video, Dr Mahesh Kothari gave their introduction along with their profession and he also made us inspired by his thoughts. Then the link for the quiz was shared by our secretary. Then there was a small question and answer session and lastly the attendance link was shared. In all there were 31 volunteers who participated, 9 male and 22 female.

21. JOURNEY THROUGH STAR & PLANETS: On 12th January 2022, the IT department started the session by presenting the university song followed by NSS Anthem. Then our program officer Dr Rajesh Bombe sir started with the speech and introduction of today's guest speaker Professor Prakash Parkhe sir. Then our other professor Namrata Pednekar mam introduced herself and also the guest speaker and spoke a few words about him. Then Prakash Parkhe sir continued with his introduction and speech for today's session. He detailed the topic which he was going to present today. He presented the screen and explained the presentation he made for us. He started explaining about the zodiac signs and the planets. He gave a brief description of the planets and how the sun signs are connected to them. After their speech, he asked the volunteers about their doubts or any questions they had related to the topic. Then some of them questioned the professor and it continued. Last but not the least everyone's questions were solved and the session was ended by vote of thanks and the attendance link was shared. In all there were a total of 56 volunteers who participated, 19 male and 34 female.

22. AWARENESS ON SHORTAGE OF WATER: On 14th January 2022, the session was started with NSS Anthem. The session was on 'Shortage of water'. Firstly, Professor Namrata Pednekar mam gave her introduction. Then the volunteers presented the presentation and explained about the importance of water in our life. They all explained each slide of their presentation with the diagrams and current situation of water shortage. After that the video was presented which was made by our first-year volunteers. They went to their neighbourhood and asked about why water is important and how we should make a proper use of it. After the video they asked questions to all the volunteers and if they had any doubts. Professor Namrata mam gave her reviews about it and after that one of our volunteers also added his points. Lastly, the vote of thanks was given by the volunteers and attendance was recorded. In all there were a total 46 volunteers who participated, 19 male and 27 female.

23. REPUBLIC DAY Celebration: On 26th January 2022, Republic Day was celebrated in our college where all the volunteers of first year and second year were present for the celebration of Republic Day. Our first-year volunteers and second year volunteers were going to perform a play on Road Safety. Then the event started with the flag raising by our Respected Principal 'Kiran Mane' sir and other guest people followed by March Past of NCC. Then the NCC students were awarded for their work. After that, the NCC students had prepared a short play which was performed and then NSS volunteers presented the play on Road Safety. Last but not the least the day ended with the vote of thanks. In all there were total 42 volunteers who participated, 20 male and 22 female.

24. MENTAL HEALTH AWARENESS: On 5th February 2022, the session was started with our NSS Anthem followed by the speech of our program officer Dr Rajesh Bombe sir. He introduced the guest speaker Parul Ma'am. Then it was over to Parul Ma'am and she gave a brief idea about the topic 'Mental Health Awareness'. Then she presented her screen showing the presentation and asked a few questions regarding it. After that she took a 5minutes meditation and told the volunteers to put on their camera and join her in the meditation. Then she asked the review from each person how the session was and whether they were all satisfied with it. Lastly, a vote of thanks was given and attendance was taken. In all there were 29 volunteers who participated, 7 male and 22 female.

25. MENTAL HEALTH AWARENESS 2.0: On 16th February 2022, the session started with the NSS Anthem. Then Dr Rajesh Bombe Sir gave his speech, he introduced the guest speaker Radhika and her topic on Mental Health Awareness. Then, Radhika mam introduced herself and started with her topic on Mental Health Awareness in detail. She interacted with each volunteer and then told the importance of meditation and her visit to the Krishna temple. She presented a video on her screen. After the video she had an interactive question and answer session with the volunteers. She asked a few questions related to the topic or if they had any to ask. Some of the volunteers asked the questions and she was very polite. This went on. Lastly, everyone's question had been answered by her and a vote of thanks was given and then the attendance was recorded. In all there were a total 45 volunteers who participated, 20 male and 25 female.

26. YOGA FOR ALL- SESSION I: On 6th March 2022, Our Program Officer Dr Rajesh Bombe Sir had a session on Yoga for all and he invited the guest named Mitul Soni sir. The first year volunteers had taken initiative and responsibility for the yoga session. Then the Guest started teaching Basic yoga to all the volunteers who were present in the auditorium. There were around 45 volunteers. He started with the basics like inhaling and exhaling and continued with the session ahead. Last but not least the guest was given a Tulsi Plant as a vote of thanks for coming and teaching the basics for yoga and the session ended with giving the refreshment to all the volunteers who were present. In all there were a total 39 volunteers who participated, 16 male and 23 female.

27. YOGA FOR ALL- SESSION II: On 13th March 2022, The Yoga Session was started with NSS Anthem and University song which was held on our college campus. Then our Program Officer introduced our guest Deepa Gala mam and also gave a speech on the Yoga session for all. Then our guest Deepa Gala mam gave their speech on Yoga session and took a Yoga session for all the volunteers who were present in the auditorium. She taught us meditation (inhale exhale) and also some basics of Yoga. Lastly, a great thanks was given to our guest Deepa Gala mam and all the program officers and also to all the volunteers who had participated. In all there were 28 volunteers who participated, 11 male and 17 female.

28. SWACHHA DALMIA: On 13th March 2022, After the session of Yoga for All we took an event of “Swacha Dalmia” in our campus. All the volunteers who were present from first year and second year took part in the event and made the campus clean. The event was much more informative and helpful for us to learn a lot things by doing social service. Lastly, a great thanks was given to our guest Deepa mam and all the program officers also to all the volunteers. In all there were total 28 volunteers who participated, 11 male and 17 female.

29. TREE PLANTATION: There were 300 trees planted by our volunteers. Around 60 volunteers had planted 5 trees at their house and recorded them in their diaries. This event was done individually by the volunteers following the covid protocols. As every volunteer had to plant 5 per tree and was told to take good care of them and keep nourishing them with proper requirements. They were also told to spread the awareness of planting trees as much as others can do and take good care of them. This event had to be done at the Area Level base but due to covid pandemic this event had to be done individually by the volunteers and they made it successfully done.

30. MASK DISTRIBUTION: As we all know due to covid there were some poor people all over country who were unable to purchase mask and sanitizer so to help them our NSS Volunteers decided to distribute free masks to all the needy in their respective near by receding area following covid protocols. And told to spread awareness to use masks to keep their self-secure from covid. This was an Individual Area Level base event which every NSS volunteer had to do in their respective places. Around 200 masks were donated by the volunteers personally and had to spread the awareness for covid and to take good care of themselves.

JAI HIND

Mr. Rajesh Bombe, Programme Officer

Dr. Sunita Tidke, Programme Officer

Mr. Rahul Pandya, Programme Officer

Ms. Sneha Hathi, Programme Officer

Ms. Harshada More, Programme Officer