

**St. Mira's College for Girls, Pune**  
**Department of NSS**

**Annual Report – Regular Activities – 2020-21 (COVID-19 Pandemic Year)**

**1. COVID-19 Awareness 2020 - 30<sup>th</sup> April, 2020**

NSS Department of St. Mira's College actively participated in Awareness Creating Programme. College organized/ participated in following activities throughout this period.

- a) Total 94 volunteers attended training in English or Marathi. Out of total 56 students attended training in Marathi and remaining 38 attended it in Hindi.
- b) 14 videos creating awareness about corona were uploaded on youtube by 12 NSS volunteers and total 15 posters digital and handmade were made by 14 volunteers.
- c) Almost all the volunteers took pledge to stay at home and to create awareness about Corona virus.
- d) Around 70 NSS volunteers and 2 POs downloaded Arogyasetu app. and uploaded required information.
- e) 70 volunteers have registered themselves as Corona Warriors either on NSS web portal or using telegram app.
- f) Total 69 volunteers made 1176 masks and distributed these masks to the needy people in the vicinity. Sai Kachare made great contribution towards this by making 600 masks and by distributing them to the hospital staff through Bharat Forge company. Another NSS volunteer Pooja Saini too made 100 masks single handedly and donated them.
- g) 59 volunteers made approximately 9.880 liters of handwash/sanitizer at home using available ingredients at home.
- h) 70 volunteers adopted 371 families for creating awareness about corona. Volunteers either went from door to door or contacted these families on whatsapp or through phone call. All the families were informed about the symptoms of corona, precautions to be taken, all the families were surveyed with respect to health issues, use of masks and handwash etc. they were told to download arogyasetu app.
- i) 1 online meeting was conducted on 20<sup>th</sup> April 2020 to orient students about corona awareness. Total 22 volunteers attended the meeting and gave positive response.



**2. 6<sup>th</sup> International Yoga Day, 21st June 2020 -** The 6<sup>th</sup> International Yoga Day was celebrated by St. Mira's College for Girl's virtually due to the Covid-19 pandemic situation. The department of Physical Education and Sports had organised an online Practical Webinar on Yoga in two different sessions. The total 148 students and staff members actively participated in the live practical webinar. This year the theme of the Yoga Day was 'Yoga at home, Yoga with Family'. It was conducted by director of Physical Education, Mrs. Ekta Jadhav. The chief guest was our senior most Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur. Followed by practical session which includes prayer, different Yoga posture such as Sukshma Vyayama, Tadasana, Vrukshasana, padahastasana, Ardha Chakrasana, Trikonasana, Bhadrasana, Ardha Ushtrasana, Vajrasana, bhujangasana, Pawanmuktasana, setu bandhasana etc. ended with Kapalbhati, Anulom Viloma, Bhramari Pranayam and Dhyana.

**3. 'Swachha wari- Swasthya wari - Nirmal wari- Harit wari- Virtual Wari - Inaugural Session' - 29<sup>th</sup> June, 2020 -** Place: Sant Dyaneshwar Sabhagruh (Facebook page, You tube live). The program was started by the Bhaktirang program which included 'Abhangas'. The chairperson for this program was Dr. Nitin Karmalkar, Vice chancellor of SPPU; Guests were Dr. NS Umrani, Registrar Praful Pawar, Management council member Mr. Rajeshji Pande, Principal Dr.Sanjay Chakne , Members-



Bhagyashree Mandalkar, Dr. Prabhakar Desai, Director NSS, Student Development Cell Director, Mr. Santoshji Parchure.

NSS Department of St. Mira's college participated in the Virtual wari inaugural program attempt by SPPU, with students and 2 teachers- Dr. Sandhya Pandit and Ms Manjita Kulkarni. Some students attended the program on Facebook page and some attended from you tube link at 11 am on Monday 29<sup>th</sup> June, 2020. Mr Rajeshji Pande spoke of student's contributions in times of Covid and Dr. NS Umrani gave guidance about the Wari. He stated this was the Maharashtrian tradition of various saints. Dr. Karmalkar said we have to take everyone out of their frustration and for that they have suggested some ways like organizing such kind of programs so everyone can come together. Vote of thanks was given by Santoshji Parchure.

**4. 'Webinar on Supercharge your Life' - 3<sup>rd</sup> July, 2020** - On 3<sup>rd</sup> of July, 2020, the NSS department in association with Smt. Mithibai Mothiram Kundnani College of Commerce & Economics organised a webinar on 'Supercharge your life' from 5pm to 6:30pm. The platform used for this webinar was zoom and was also broadcasted live on YouTube as well as Facebook on the college's official page. The speaker for this webinar was Natasha Advani, an international lifestyle success coach and trainee. The webinar was attended by 40 students of St Miras College for Girls, Pune. The webinar began with giving thanks to Goddess Saraswati followed by an introduction of the speaker for the day. Natasha Advani spoke about the various techniques and rituals that she has been following for almost 20 years in order to live a better and positive life. Some of the techniques that she mentioned were meditation, journaling, going for a walk and how laughing plays an important role for keeping our body healthy. She also spoke about how important it is to start our day on a positive note either by meditating or exercising. Natasha Advani in a very apt way said, "Our internal world is a reflection of our external world" in addition to saying this she explained the importance of having a healthy diet in order to live a healthy life. The webinar was an insightful and relaxing session which informed everyone how to keep ourselves healthy and fit both physically and mentally especially during this tough time.



**5. Swachcha Waari, Swastha Waari, Nirmal Waari, Harit Waari – July 2020** - St Mira's College for Girls, Pune under the guidance of SPPU organized various activities under the **Swachcha Waari, Swastha Waari, Nirmal Waari, Harit Waari** initiative. These activities were conducted by the students in their own houses and localities because this time the Covid-19 pandemic had struck the world and engulfed it. Since the actual physical waari was called off in order to contain the spread of the disease, various health and sanitation related activities were conducted by the students. The University had organized an inauguration and a valedictory function for this initiative as well.

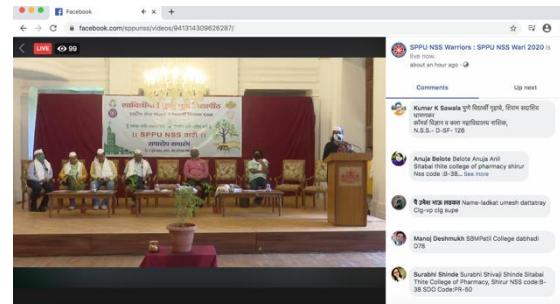
1. **Swachcha Waari** - A cleanliness drive was undertaken by the student volunteers in their own houses and localities.
2. **Swastha Waari** - Under this a No Tobacco Campaign was undertaken to create awareness among the people of the ill-effects of consumption of tobacco.
3. **Nirmal Waari** - Under this initiative a No Spitting drive was conducted as this disease of Covid-19 was such that it could easily spread through spitting, etc. Hence, awareness against spitting was conducted by the students through various social media platforms.
4. **Harit Waari** - This was a tree plantation drive where students were encouraged to plant medicinal plants and trees which will purify the air and provide more oxygen.

Inspite of the lockdown students participated enthusiastically to do their best maintaining social distancing and other Covid-19 protocols.

#### **6. 'SPPU-NSS Wari 2020 Valedictory Function' - 7<sup>th</sup> July, 2020**

On the 7<sup>th</sup> of July, 2020 a valedictory function of the SPPU-NSS Wari took place virtually on several platforms such as Facebook, YouTube and Zoom. Every year, the NSS department of the Savitribai

Phule Pune University organises several activities in connection with the annual religious procession called Wari to Pandharpur. Awareness drives, cleanliness drives, health camps, tree plantation and distribution of biodegradable plates are some of the key features of the SPPU- NSS wari. This year, despite the COVID 19 pandemic, The NSS dept. organised such activities along with the virtual wari that took place. This program was organised from the 3<sup>rd</sup> of July, 2020 to the 7<sup>th</sup> of July, where the students engaged in activities such as tree plantation, awareness against spitting and tobacco, and cleanliness. The valedictory function of the same, took place on the 7<sup>th</sup> of July 2020.

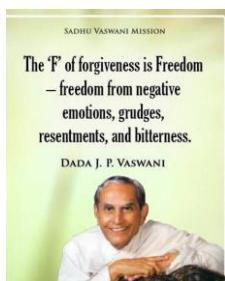


Several dignitaries from SPPU were present. The function started with watering of a plant by the dignitaries, the university song and Dr Prabhakar Desai (Director, NSS, SPPU) introducing all the dignitaries. Dr. Nitin Karmarkar, (Vice-Chancellor, SPPU), said that wari should not be looked at just as a spiritual journey; It is an opportunity for service. Mr. Rajesh Pande (Chairman, Organizing Committee) also stressed on working together and contributing even the tiniest bit possible. NSS and its slogan, “not me but you” is a sacrament which develops each student’s personality, he said. On the same lines, Mr. N.S Umbrani (Pro Vice Chancellor, SPPU) said that NSS gives wholesome education to students. They learn the importance of working hard and being efficient and sincere in everything they do. Prafulla Pawar (IC, Registrar, SPPU), Sanjay Chakne (Managing Director & Member of Management council), Dr. Santosh Parchure (Director, Students' Development, SPPU) and Bhageshree Manthalkar (Former Member of Management Council) wholeheartedly thanked all the NSS volunteers for their sincere efforts, for working beyond the goal and for working even when the whole world was shut down. Mrs. Manthalkar also said that the youth has showed that NSS is Non-stop Service to the Society. All the dignitaries thanked, congratulated and motivated the NSS volunteers for working hard. The function concluded with tree plantation in the campus.

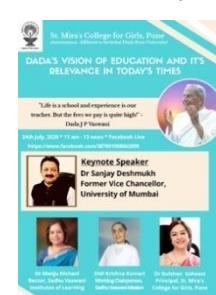


**7. No Tobacco Pledge - 21<sup>st</sup> July, 2020** - Students, along with the Non-teaching Staff, Sevaks and Sevikas pledged not to consume tobacco in any form and to restrain others from the use of tobacco.

## 8. Dada's Vision of Education and its relevance in Today's Times - 24<sup>th</sup> July, 2020



On the occasion of our revered Guru Dada J. P. Vaswani's 102<sup>nd</sup> Birthday, our College organized a live Webinar on Dada's Vision of Education and its relevance in Today's Times. Our Mentor said – “Life is a school and experience is our teacher. But the fees we pay is quite high!” The volunteers of the NSS department attended in this special eye-opening session by the Keynote Speaker – Dr. Sanjay Deshmukh, Former Vice Chancellor, University of Mumbai. This was a mark of tribute to our Spiritual



Mentor – Dada J.P. Vaswani. This webinar was successfully initiated and organized by our Principal, Dr. G.H. Gidwani. The students greatly benefitted by the pearls of wisdom shared by Dr. Deshmukh through his varied experiences and interactions he had in the field of education.

## 9. Special Sanctuary organized for our revered Guru Dada J. P.

**Vaswani's 102<sup>nd</sup> Birthday- 1<sup>st</sup> August, 2020** - On the occasion of our revered Guru Dada J. P. Vaswani's 102<sup>nd</sup> Birthday, the College had organized a special sanctuary to pay our tribute to him and to the work and contribution made by him to our lives. More than 60 volunteers of the NSS department attended in



this special virtual sanctuary as our Guru touched each of our lives in more ways than one. He was the torchbearer to bring light into many of our lives and taught us how to uplift ourselves spiritually through service of the head, hand and the heart. Speakers like Dr. Shanti inspired the students on how the spirit for life should never die whatever circumstances in life that one may face.



## 10. NSS Spit Free India Movement – Pledge for Life - 12<sup>th</sup> August, 2020

The volunteers of the NSS department participated in the NSS Spit Free India Movement – Pledge for Life initiative of NSS – KBC North Maharashtra University – Arts, Commerce and Science College, Bodwad. More than 60 NSS volunteers took this pledge for life of not spitting in public places. Based on a video, questions were asked and these students solved the quiz successfully. All these volunteers received Certificates of Participation for the same.



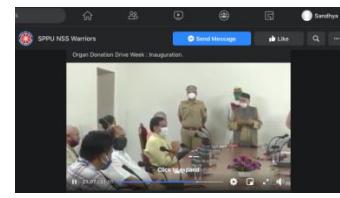
## 11. Organ Donation Awareness Campaign Week - 13<sup>th</sup> August to 20<sup>th</sup> August 2020

As a part of the Organ Donation Awareness Week, the NSS department undertook the following activities in order to create awareness, encourage and inspire staff, students, non-teaching staff, friends, family, relatives and the neighborhood people to take the pledge to donate their organs and contribute to this great cause. Through these activities everyone was made aware of our duty towards the nation and that donation of organs is a very humble cause through which they can contribute to the society at large.



### a. 13<sup>th</sup> August, 2020 – Inauguration of Organ Donation Awareness Week

**Week** - The NSS students virtually participated in the inauguration function of the Organ Donation Awareness Week organized by the SPPU-NSS department at the hands of our Honourable Governor Bhagat Singh Koshyari. Before this programme the students were also sent messages on whats app to speak to their parents and make them aware of this campaign.



**b. 14<sup>th</sup> August, 2020 – Fir Zindagi – Life Starts** - Every year to spread awareness on the topic of organ donation the NSS department organizes a guest lecturer to speak on the same. But due to the Covid crises this year the session was conducted virtually on Facebook by Savitribai Phule Pune University- NSS. Mrs. Aarti Gokhale, central coordinator of ZTCC Pune, was invited to speak and enlighten all NSS volunteers on the subject of organ donation. Organs can be donated in many ways “Unfortunately in India there are very few organ donors as compared to other foreign countries” added Mrs Gokhale. She also stated the reason as to why it is that way. She further explained the role of media and how it helps in spreading awareness to people. In conclusion Mrs. Aarti Gokhale encouraged all the NSS volunteers to spread awareness about organ donation and save lives.



**c. 15<sup>th</sup> August, 2020 – Orientation on Organ Donation** - An orientation of the students regarding the importance of organ donation was done. Initially, a short and impactful video on ‘Organ Donation’ was shown to the students which showed them the joy and satisfaction of loved ones to see their near and dear ones alive because of a noble cause of organ donation by one person and family. This was followed



by a discussion over it regarding the current data of loss of lives due to organ failure, importance of organ donation and benefits of organ donation.

**d. 16<sup>th</sup> August, 2020 – 17<sup>th</sup> August, 2020 – Digital Poster Making and Slogan Writing** - The NSS



volunteers were motivated to make digital posters to create awareness about organ donation, remove the superstitious beliefs associated with it. The volunteers put on their thinking caps and with the help of open sources available on the internet and their creativity, 35 volunteers made about 85 posters in order to reach out to their friends, families and society at large.



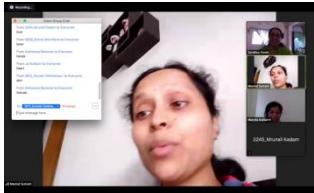
**e. 18<sup>th</sup> August, 2020 – Awareness creation among**

**College Staff and Non-Teaching Staff** - In order to create awareness, motivate and encourage the Teaching and Non-teaching staff of the college towards Organ Donation, the NSS POs spoke to them informally and cleared any doubts they had regarding the same. Posters were also put up in the common areas of the college like the Notice Board, Staff room, Library, etc. to enable the participation of more and more people in this humble endeavor. Messages were also shared on college what's app groups both in the degree and junior college.

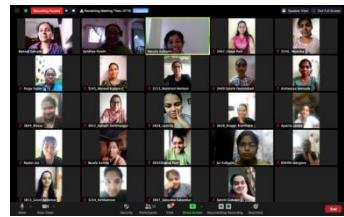


Alongwith this the NSS volunteers were also encouraged to put up these posters on their society notice boards to reach out to the society.

**f. 19<sup>th</sup> August, 2020 – Inspiration Talk to motivate for Organ Donation** -Dr. Meenal Sumant from the Department of Economics spoke to the students about Organ



Donation. The reason why Dr. Sumant was the right person for this was because she had pledged for organ donation last year with her husband. This was important because the NSS volunteers got first-hand information from their teacher who has



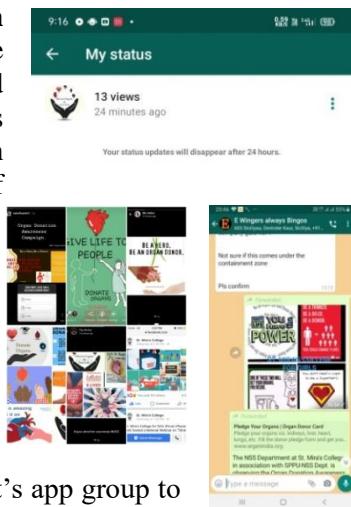
actually taken the pledge which definitely inspired many volunteers. Dr. Sumant spoke about the necessity of organ donation by giving the actual statistical data, where we can see the requirement of organ donation. Madam explained the importance of this, the need to create awareness and types of organ donation. She also mentioned the age where we can donate our organs and even the restrictions of the age where we cannot donate some particular organs. Dr. Meenal shared her personal experiences about how she decided to pledge for donating her organs and encouraged the volunteers. 26 Students were present for this awareness lecture. Some girls shared their information about organ donation and asked their queries.



**g. 20<sup>th</sup> August, 2020 – Creating Awareness through**

**Social Media platforms** - A short video was made by the students and was shared on the College Facebook and Instagram pages. Many teachers and NSS volunteers shared this video on their own FB and Insta pages with the hope and intention of creating an unending chain of reaching out to the millions of people using these platforms in times of Covid. The efforts of the students

was highly appreciated. The NSS volunteers also posted slogans and posters made by them on What's App statuses and FB and Insta stories which were viewed by many of their friends, family and relatives. Through this the volunteers reached about 1500 people who saw their FB stories and what's app statuses, 35 FB likes and 5 shares; and 201 views, 50 likes and a few comments on Instagram Videos. They were also encouraged to share these on their society what's app group to



reach to the society at large. A number of doubts and misconceptions raised by their loved ones were also cleared by the volunteers.

## 12. Report – Shikshak Parv -Webinar on NEP 2020 by Ministry of Education



**Education** - 16<sup>th</sup> Sep 2020 - The Webinar started with an introduction by the Defence minister –New Delhi. He stated the importance of education and appreciated the New Education Policy 2020. According to him, this policy will help develop the social, emotional and moral state of a student. More focus was given on making students Atmanirbhar – self-dependent. In the

second session, the salient features of school education in this policy were discussed. In the third session, salient features of transforming higher education was discussed by Prof. Rajnish Jain, Principal Secretary, UGC. The idea is to focus on value



based Quality higher education. This policy focuses on a broad based, multi-disciplinary holistic education through experiential learning. In that it looks at increasing access to education through MOOCs, SWAYAM, MERU- Multidisciplinary education and research university being established, etc. It

also involves employment based education, hence more focus on vocational education.

The volunteers should act as ambassadors of NEP 2020 to ensure it reaches the citizens and promote confidence in them about the benefits of this new policy. This awareness can be created by organising webinars, meetings among the youth, sharing resource materials, etc. This was followed by a brief question and answer session.



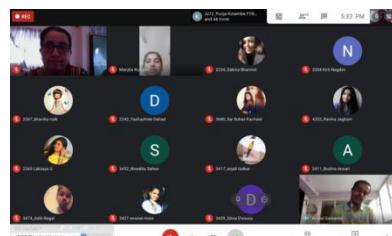
**13. NSS Day Celebration - Guest Lecture on “Safety and Precautions for the Family during Covid Times”** - 24<sup>th</sup> September 2020 - Every year NSS Day is celebrated on 24<sup>th</sup> September as the Foundation day. This year the theme for the celebrations was “Maajhe Kutumb, Maajhi Jababdaari”. This is an initiative of the Maharashtra State Government to detect all citizens who are sensitive and vulnerable to catch the COVID-19 virus in the global pandemic being faced in the last 7 months. On this occasion the following Guest Lecture was organised- **Dr. Arvind Sarasambi**, a medical professional and a COVID Warrior himself who had volunteered and actually worked in the Covid wards of a hospital in Madhya Pradesh, was invited to speak to the NSS volunteers about the importance of ‘Safety and Precautions for the family during this Covid-19 pandemic’.

Dr. Sarasambi gave an overview of what this disease is all about and appreciated the efforts taken by the government to control this pandemic and create awareness amongst the people. He spoke of how



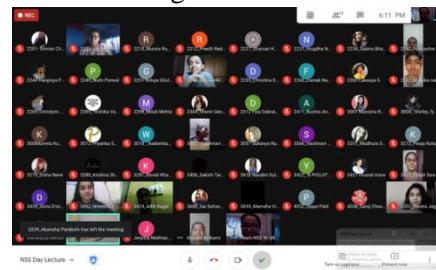
our culture of ‘Atithi Devo Bhava’ had changed to ‘Atithi Risko Bhava’. This was because of the irresponsible behavior and attitude of the people towards this disease especially after Unlock 1.0. So he highlighted that the need of the hour was to create awareness about the safety measures to be taken in order to control the disease and in case of any symptom they should go to a medical professional immediately instead of using self-medication. Sir, gave the key mantra to be followed by the volunteers in order to act responsibly towards their family –

1. Safe Home is a Happy Home – so don’t step out of the house unless an emergency.
2. Offer to do the work of all members above the age of 65 years.
3. FOOD – Eat regularly and ONLY food prepared at Home – NO JUNK FOOD – NO AERATED drinks
4. Wash Hands regularly



5. Wear Mask and Gloves properly
6. AVOID social gatherings – if very important, Maintain Social Distance
7. While returning from outside, Sanitize hands before entering the house, have a bath and wash the clothes immediately.
8. Suggested Steam Inhalation and Salt Water Gargling as effective measures for possible prevention

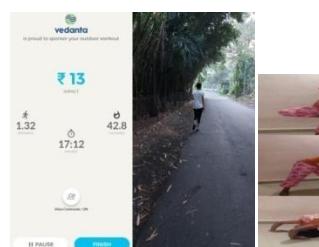
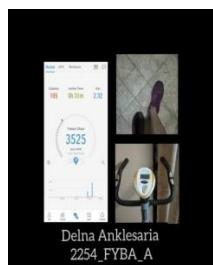
He stressed on making your MIND Strong and not to fear. Dr. Sarasambi also gave information about the tests conducted for detecting Covid-19. The session ended with a question and answer session in which he cleared all the doubts which the volunteers had. This lecture was an effort to create awareness and encourage students to take care of their families by taking all possible precautions during this pandemic. Through this lecture everyone was made aware of our duty towards the nation and how they can contribute to the society at large by being responsible citizens.



**14. Report of Cleanliness drive on the occasion of Gandhi Jayanti - 2<sup>nd</sup> October, 2020** - Cleanliness drive was organized by NSS volunteers on the occasion of Gandhi Jayanti. FY BA, B.Com and SYBA, B.C.Com students took part in this full day activity. They cleaned their room, house, toilets, common areas of the society etc. Approximately 80 students participated in this cleanliness drive. Many of them have cleaned their garden and common roads of the society. This was their contribution towards father of the nation.



**15. Fitness drive on the occasion of Gandhi Jayanti - 2<sup>nd</sup> October, 2020** - Fitness drive was organized by NSS volunteers on the occasion of Gandhi Jayanti . FY BA, B.Com and SYBA, B.C.Com students took part in this full day activity. They performed various asanas, Suryanamaskar, done cycling, jogging for their fitness. Approximately 50 students participated in this fitness drive.



**16. Majha Kutumb, Majhi Jababdari – 15 Sept. 2020 to 25 Oct. 2020** - St Mira's College for Girls, Pune under the guidance of SPPU organized various activities under the Majha Kutumb, Majhi Jababdari – 15 Sept. 2020 to 25 Oct. 2020 campaign of the Govt. of Maharashtra initiative. The following activities were conducted under this campaign.

**a. Handwashing Demo and Precautions for Family during Covid times – 9 Oct. 2020** - Against the background of Covid-19, a handwashing demo was held for the students to maintain hygiene by Mrs. Shanthi Fernandes who told the students about the correct technique of washing the hands to remove germs properly.



**b. Yoga with Family** - The students were encouraged to maintain their physical and mental health by doing Yoga with the family to build strong bond with their families in these testing Covid times and ensure that everyone was maintaining good health.



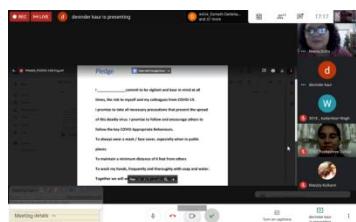
**c. Guest Lecture on Safety and Precautions for Family during Covid Times – 24 Sept. 2020** - A doctor was invited to address the students on the safety precautions to be taken for the entire family during Covid-19. He stressed on the importance of taking precautions and not developing any fear against this disease.

**d. Poster Making** - The students enthusiastically made posters on spreading the message of exercising and maintaining good health and also on the Use of Masks, Washing hands and the importance of maintaining social distancing in these hours of the Covid-19 pandemic.



Inspite of the lockdown students participated enthusiastically to do their best maintaining social distancing and other Covid-19 protocols.

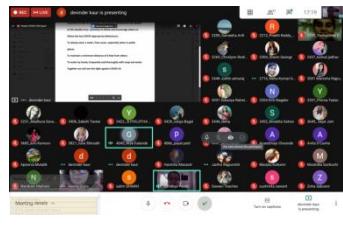
**17. Jan Andolan Campiagn on Covid 19 - 16<sup>th</sup> October to 25<sup>th</sup> October 2020** - As a part of the **Jan Andolan Campiagn on Covid 19**, the NSS department of St. Mira's College for Girls, Pune undertook the following activities in order to create awareness, encourage and inspire staff, students, non-teaching staff, friends, family, relatives and the neighborhood people to take the pledge to follow the three key messages and contribute to the well-being of the people at large. Through these activities everyone was made aware of our duty towards the nation and emphasized to “Unlock with Precautions” and follow - Covid-19 Appropriate behavior in the New Normal.



**a. 16<sup>th</sup> October, 2020 – ‘Pledge Taking by Faculty, Staff and Students’** - The NSS volunteers and other students alongwith the faculty and staff of the college took a pledge online of following the three key messages as a part of this campaign

provided by the government of India. It focused on 1. Wearing a Mask, 2. Maintaining Hand Hygiene by washing hands properly and 3. Maintaining Physical Distancing. The students were also asked to make everyone aware of this campaign.

**b. 17<sup>th</sup> October, 2020 – 21<sup>st</sup> October, 2020 – ‘Digital and Creative Hand Made Poster Making’** - The NSS volunteers were motivated to make digital posters as well as show their creativity by making original hand drawn posters to create awareness about spreading the three key messages as a part of the ‘Unlock with Precautions’- Jan Andolan Campaign on Covid-19. The volunteers put on their thinking caps and with the help of open sources available on the internet and their creativity, about 20 volunteers made posters in order to reach out to their friends, families and society at large.



**c. 19<sup>th</sup> October, 2020 – ‘Awareness creation among College Staff and Non-Teaching Staff’**

In order to create awareness, motivate and encourage the Teaching and Non-teaching staff of the college towards the campaign, the NSS POs spoke to them informally and cleared any doubts they had regarding the same. Posters were also put up in the common areas of the college like the Notice Board, Staff room, Library, etc. to enable the participation of more and more people in this humble endeavor. Messages were also shared on college what’s app groups both in the degree and junior college. Alongwith this the NSS volunteers were also encouraged to put up these posters on their society notice boards to reach out to the society.



**d. 20<sup>th</sup> – 25<sup>th</sup> October, 2020 – ‘Creating Awareness through Social Media platforms’** - The NSS volunteers posted posters made by them on What’s App statuses and FB and Insta stories which were viewed by many of their friends, family and relatives. Through this the volunteers reached many people who saw their FB stories and what’s app and Instagram statuses. They were also encouraged to share these on their society what’s app group to reach to the society at large. A number of doubts and misconceptions raised by their loved ones were also cleared by the volunteers. These posters and Banners were shared by the students and faculty on their social media accounts for creating awareness. These posters were also shared on the college website and social media platforms.

**On Student Whats App Status**





### On College Facebook Page

### On College Website

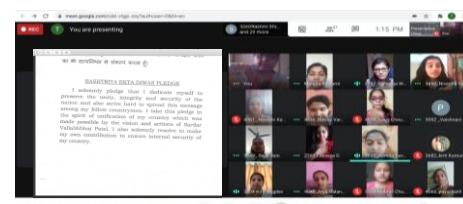


**18. Swachha Survekshan 2021 Intercollegiate competitions report** - Savitribai Phule Pune University , NSS Department and Pune Municipal Corporation , Solid Waste Management Office jointly organized Swachha Survekshan 2021 Intercollegiate competitions held in October 2020.From St. Mira's college 17 NSS students participated in various competitions under Swachha Survekshan 2021 Intercollegiate competition.In Essay competition 7 students participated, Poetry competition 3 students participated and in Drawing competition 7 students participated . Topic for these competitions were as follows :Topics – Clean India Prosperous India, Clean pune Beautiful Pune, City Free from Garbage.

**19. National Unity Day - 31<sup>st</sup> Oct, 2020** - The Department of NSS celebrated National Unity Day on 31<sup>st</sup> Oct, 2020. Dr. Sandhya Pandit conveyed the importance of National Unity Day to the students. This day is celebrated to mark the birth anniversary of Late Sardar Vallabh Bhai Patel, so the students were informed about the great work and tremendous efforts taken by him for the unity of India.

To celebrate this day, the following activities were conducted:

- All the students took the pledge to be united and to maintain the unity of India.
- The students also participated in the National Unity Day Quiz organized by the Government of India. Around 40 FY students and 35 SY students received the Certificate of Participation of this Quiz.



- Four videos were shown to the students to mark this day. Two videos were a documentary on Sardar Vallabhbhai Patel which were his biographies to inform the students of the significant contribution of Sardar Patel to the country – right from his participation in Jan Andolans during the Freedom movement to the resolving of the challenging task faced by India in Re-organisation of the States.





**d.** This was followed by the screening of 2 short films on unity which was shown to the students. One was on 'Tree of Unity' which conveyed the message of 'United we Stand, Divided we Fall' to the students. As it was a cartoon film, students could better relate to the concept and the idea of unity. The second cartoon film on 'Ek, Anek aur Ekta' aptly explained the importance of unity to the students. The strength of the unity was explained in the short film with the help of a story of unity of birds and mice against the hunter.

**e.** This was followed by a discussion with the students to understand the importance of unity and integrity in our lives and country at large.

These activities were conducted keeping the current global pandemic situation safety norms in view.

**20. Vigilance Awareness Week – Satark Bharat, Samriddha Bharat - 27<sup>th</sup> October to 2<sup>nd</sup> November 2020** - As a part of the Vigilance Awareness Week to be observed from 27<sup>th</sup> October to 2<sup>nd</sup> November 2020, the NSS department of St. Mira's College for Girls, Pune undertook the following activities in order to create awareness, encourage and inspire staff, students, non-teaching staff, friends, family, relatives and the neighborhood people to take the integrity pledge for citizens and organisations separately and contribute to the well-being of the society at large. Through these activities everyone was made aware of our duty towards the nation and emphasized that all stakeholders need to work together to eradicate corruption.

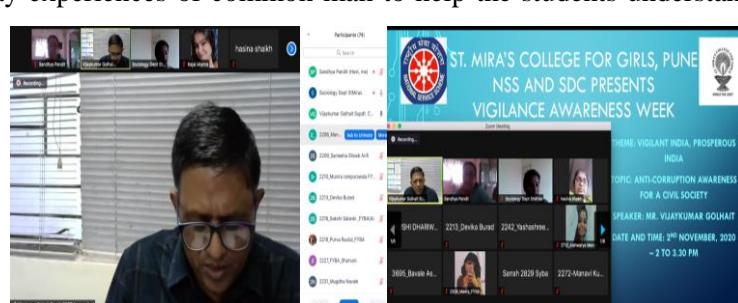


**a. Anti -Corruption Integrity Pledge for Organisations - 27<sup>th</sup> October, 2020-** On 27<sup>th</sup> October the faculty members, administrative staff, and service staff have taken the Integrity pledge for Organisations. This was to assure that corruption will not be initiated or tolerated from any employee or employer in this institution, and neither in other aspects of his/her life. Every person promised that they will do their service with integrity and work honestly. Ethical practices will be promoted.



**b. Integrity Pledge for Citizens -** On the same day we also took the Integrity Pledge for citizens with our students and encouraged to take the same with their families and neighbourhood to create more and more awareness in society about the good intentions of the government to eradicate corruption from our country. We committed to be vigilant and to maintain highest standards of honesty and integrity at all times and support the fight against corruption.

**c. Guest Lecture on Anti-Corruption Awareness - 2<sup>nd</sup> November 2020** - The speaker for the day was Mr Vijaykumar Uddhavarao Golhait (Central Excise Department, Aurangabad). He has worked in many departments of Central Excise and actually worked in this field. The program was started with an introduction to corruption and the damage it causes to our country. Mr. Golhait shared the day to day experiences of common man to help the students understand the



concept and practices of corruption. He then discussed some legal procedures and laws which can be helpful to stop corruption. Lastly, Mr. Golhait explained some real life incidences of Central Excise to know how people use new ways for corruption in order to evade taxes, etc. In his concluding remarks, he suggested some small but important tips on how we can stop this corruption ... for example starting with our mind conditioning for benefits, how to change ourselves and how to stop others from not falling prey to corrupt practices. In a very simple yet effective manner Mr. Golhait motivated the students for staying vigilant and never offering or accepting any bribe. He appreciated the efforts of the institution to imbibe these values in the youth at such a young age coz this is what will help the country achieve the goal of – Vigilant India, Prosperous India.

**21. Mission Begin Again - 22<sup>nd</sup> Oct, 2020** - Under the Government of India and Dept. of Higher Education, Maharashtra Government's initiative of MISSION BEGIN AGAIN, for easing of restrictions and phase wise opening of the



Lockdown instructions were provided by the government. These instructions were to be followed by students, staff – teaching and non-teaching, sevaks and sevikas not only in college premises but also whenever they stepped outside their homes. These instructions were made keeping the current COVID-19 pandemic in mind where slowly the movement of people outside their homes was being allowed with a lot of precautions. These instructions were displayed on the notice boards on the college premises and were also displayed on the college website. This was done to create as much awareness as possible for the safety of the people. The students and staff greatly benefitted by these simple but highly effective preventive measures to be taken by them.



**22. National Education Day - 11<sup>th</sup> Nov., 2020** - The Department of Education in association with the Department of NSS celebrated National Education Day on 11<sup>th</sup> Nov., 2020. India is observing the National Education Day 2020 today. Every year since 2008, November 11 is celebrated as education day to commemorate the birth anniversary of Maulana Abul Kalam Azad. Maulana Azad was independent India's first education minister. Prof. Hasina Shaikh, Head, Department of Education, conveyed the importance of National Education Day to the students. The students were informed about the great work and tremendous efforts taken by Maulana Azad for building of the nation through education. To celebrate this day, the following activities were conducted:

**a. A Webinar on 'National Education Day – Its Significance in today's Life'** The speaker Prof. Mumtaz Shaikh, Assistant Professor, HGM Azam College of Education is also a Counsellor at IGNOU and MANUU. She briefed the students on the views and contribution of Maulana Azad to education. She guided the students to understand the significance of education in one's life. With self-confidence comes self-respect. Prof. Shaikh highlighted to the students Maulana Azad's emphasis on skill based education; He said, "We want employment generators and not employment seekers." Therefore, students need to be focused, self-reliant and confident because that will give you your identity.



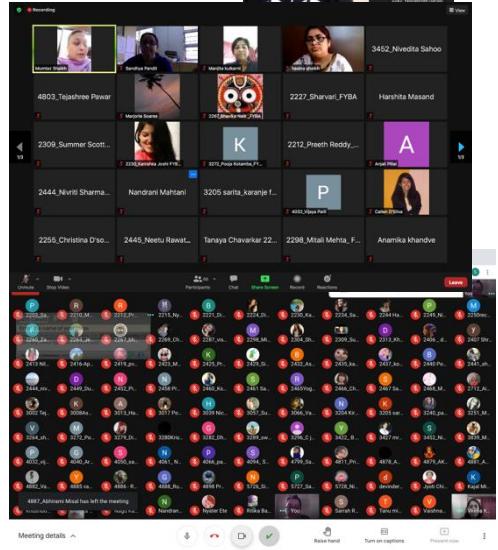
**b. Elocution by Students on importance of literacy and education** - Four students participated. This session was compered by our very own third year B.A. student, Namratta Datta. She introduced the session with the importance of Maulana Azad's work in the field of education.



- i. Dale Halestead, FYBA student – spoke on the importance of education, inspiring words of Maulana Azad and how education is ingrained in us since the beginning. She also highlighted the need for us to value the education we receive and use it as a tool for empowering us.



- ii. Yashashree Dahad, FYBA student – spoke to the audience in Marathi – emphasized on the aims of the current government in the field of education - their emphasis on adult literacy, universal primary education, education in rural regions, right to education 2009, Sarva Shiksha Abhiyan, girl education – in short, she brought out the contribution of the government in fulfilling the dreams of the Maulana Azad for education to all.



- iii. Harshita Masand, 12<sup>th</sup> student – spoke on **Skill awareness and empowerment** which is the theme for this year – She started her speech with the question ‘What is real education?’ Not only theory but development of necessary skills to empower oneself. She spoke of how a good education is important for future career and livelihood – opportunities are waiting to be explored which can be used if you are skilled enough.....education ignites the fire in you to learn and strengthens your confidence. Education n knowledge are interrelated – Education never lets the thirst of knowledge die; and knowledge can be gained from anything and everything one experiences in life; therefore, education and knowledge go hand in hand.



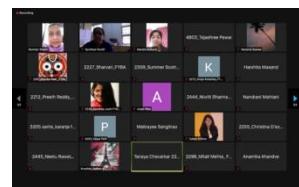
- iv. Maitrayee Sangitarao, SYBA student – spoke on the Importance of education. She started with a story to engage the audience to let them know the stark realities of life. She quoted Confucius – ‘Education breeds confidence, Confidence breeds Hope, Hope breeds Peace’. This quote she connected to the sole purpose of Education. She motivated students to turn windows and doorways of opportunities in their favour and empower themselves and those around us. Maitrayee also was very grateful to Dada Vaswani for this institution which is giving education to girls not only of mind but also of heart – coz this she personally felt will take her a long way in living a fulfilling life.



The Vote of thanks was proposed by Prof. Hasina Shaikh and was very well received by the students. Both these sessions were attended by NSS POs Dr. Sandhya Pandit and Ms. Manjita Kulkarni. 85 students from NSS and the department of education were present for both the activities organized - the Webinar as well as the Elocution session of the students. These activities were conducted keeping the current global pandemic situation safety norms in view.

### c. ‘Each One Teach One’

Nearly 40 students of the Department of Education were given this activity of ‘Each One Teach One’. In this the students were expected to teach atleast one person who cannot read or write. They could also provide Digital Literacy to their family members if all in their family members were educated in the traditional sense. Since digital literacy is the need of the hour and the senior members of the family are finding this as a huge challenge, this effort was very well appreciated by parents and grandparents of the students.

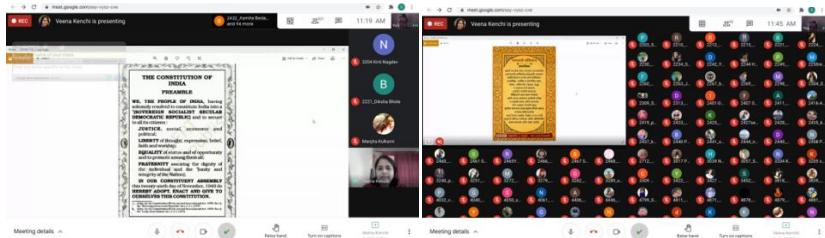


**23. Constitution Day 2020 – 26<sup>th</sup> Nov. 2020** - The Department of National Service Scheme with the Department of Politics and Public Administration enthusiastically celebrated the Constitution Day on 26<sup>th</sup> November, 2020. In the times of a pandemic, the day was celebrated online on Google Platform

with 100 students participating enthusiastically. Dr Sandhya, Ms. Manjita and Ms. Veena conducted the online session with the students.

The activities conducted were-

**a. Collective Reading of the Preamble to the Constitution.**



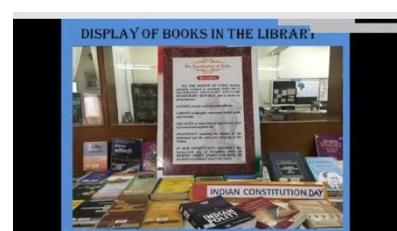
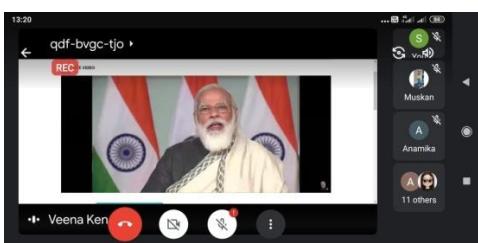
**b. Collective Reading of the Fundamental Duties of Citizens of India**



**c. Screening of the Documentary- Samvidhaan**



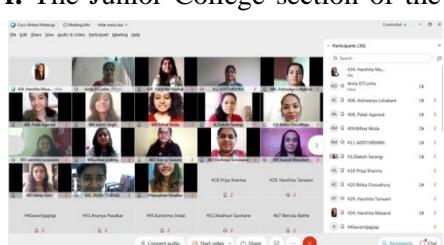
**d. The SYBA students of Political Science attended the Live Screening of the Prime Minister's Speech on the occasion of Constitution Day.**



**e. The Library showcased the Constitution of India and other important books related to the framing of the Constitution.**

**f. The Junior College section of the Dept. of Politics and Public**

Administration, conducted a programme which began by Mrs. Anita D'cunha highlighting the importance and significance of India's Constitution. The PREAMBLE was recited by Mrs. D'Cunha at sharp 11 am as declared by our Honorable Prime Minister Mr. Narendra Modi. The programme was then proceeded by various girls from class XII ARTS EM



and MM who spoke on various terms of the Preamble each which are: Sovereignty; Socialism; Secularism; Democracy; Republic; Justice; Liberty; Equality and Fraternity and also the significance and importance of our Indian Constitution in today's time in detail.

**24. NSS Inauguration Program Report- 28<sup>th</sup> Nov. 2021** - The NSS Unit of St Mira's College for Girls, Pune formally inaugurated its activities for the year 2020-21 on 28<sup>th</sup> November 2020 at 12pm on the Google Meet platform. The agenda of this program was to put forward the prime motto of NSS "Not Me but You". The motto



reflects the essence of selfless service and appreciation of every person's point of view and also to show consideration for fellow human beings. The chief guest of the function was Mr. Rahul Deshmukh, founder of National Association for the Welfare of Physically Challenged (NAWPC) in 2008 (formally known as SNEHANKIT) and his wife Mrs. Devata Deshmukh.

The program began with the welcome address by Ms. Gayatri Vaidya. A short prayer by Ms. Vaishnavi Kshirsagar followed the address. The Principal, Dr. Gulshan. H. Gidwani sent in a special message for all the NSS volunteers - 'We must give back to the society more than we draw from it.' The University song and the NSS song were played soon after the message. The NSS Program officer Dr. Sandhya Pandit presented the NSS annual activity report 2019-20, followed by a video showcasing all the activities carried out by the volunteers. The NSS program officer Mrs. Manjita Kulkarni gave a brief introduction about the chief guest to all our NSS volunteers. The senior NSS volunteers, Ms. Kajal Mishra and Ms. Nandrani Mahtani conducted a Q&A session with the chief guest.



The session gave us an insight about their life, the challenges they faced, and how they overcame those challenges. It encouraged the volunteers for all of life's challenges in the future. At the end of the session, the forum was open for the volunteers to ask questions to the chief guest. The vote of thanks was proposed by Ms. Sherin George.

**Dr. Sandhya Pandit**

**Ms. Manjita Kulkarni**

**NSS POs**

**Dr. G.H. Gidwani**

**(Principal)**

**St. Mira's College for Girls, Pune**  
**Department of NSS**

**Term 2 - Annual Report – Regular Activities – 2020-21 (COVID-19 Pandemic Year)**

**25. Report for Voters List campaign held on - 5<sup>th</sup> and 6<sup>th</sup> Dec and 12<sup>th</sup> and 13<sup>th</sup> Dec 2020**

Election Commission announced awareness program on 5<sup>th</sup> and 6<sup>th</sup> Dec that was Sat-Sun and on 12<sup>th</sup> and 13<sup>th</sup> Dec, for enrolling new names in voters list for age group 18 and above. Those who were eligible they enrolled their names in given website. Total 40 students from BA and B.Com have registered online on given website their names in voters list.

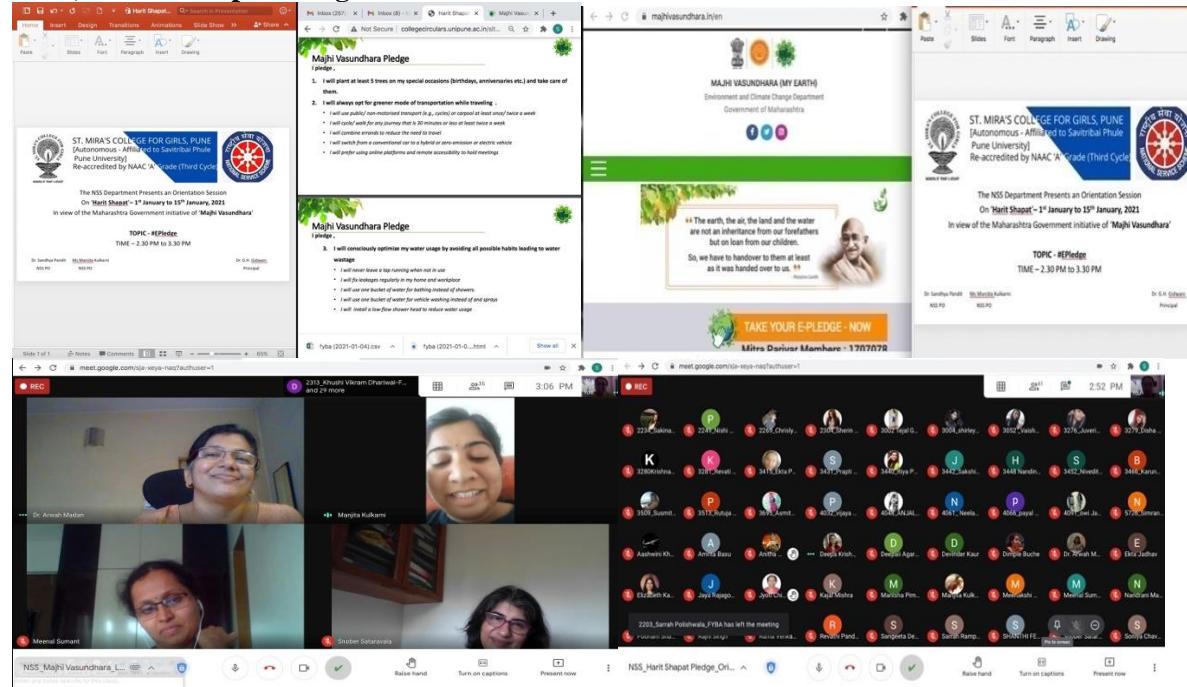
**26. Fit India Thematic Campaign from 1st Dec to 30th Dec 2020 (Fitness ka Dose-Aadha Ghanta Roz) - 4<sup>th</sup>, Friday, Dec 2020** - On the occasion of Fit India Thematic Campaign (Fitness Ka Dose –Aadha Ghanta Roz), Physical Fitness awareness activity was taken by the students. Almost 8 students participated in this activity. Students made small videos with physical fitness slogans to encourage others for physical fitness activities. This small video was posted on their social media accounts for physical fitness awareness.

**27. Physical fitness activities from 13th December to 22nd December 2020**-Students participated in various physical activities under Fit India Campaign -Fitness ka Dose -Aadha Ghanta Roz. Students have completed activities such as cycling, walking, running, yoga for their fitness.

**28. 'Maajhi Vasundhara 2021' - 1<sup>st</sup> to 15<sup>th</sup> January, 2021**

Following activities were conducted by the NSS department as a part of the 'Maajhi Vasundhara 2021' initiative. These activities were planned in alignment with fulfilling the different components of the Harit Shapat Pledge taken by the students, faculty and non-teaching staff of the institute.

**a) Harit Shapat Pledge – Orientation Session - 78 students**



**b) Kitchen Garden from Kitchen Waste – Lecture cum Demo Session-55 students**



The NSS Department Presents Lecture cum Demo Session  
1<sup>st</sup> January to 15<sup>th</sup> January, 2021  
In view of the Maharashtra Government initiative of 'Mahi Vasundhara'

**TOPICS –**  
1. Dr. Arvah Madan - 2 to 2.15 pm - Developing a Kitchen Garden using Organic Compost  
2. Dr. Srober Satyavali - 2.15 to 2.35 pm - Rainwater Harvesting, Segregation of Household waste and converting Wet waste into Organic Compost at Home and in the Neighbourhood  
3. Dr. Meenal Sumant - 2.35 to 2.50 pm - Towards a Plastic Free Home  
TIME – 2.00 PM to 3.00 PM

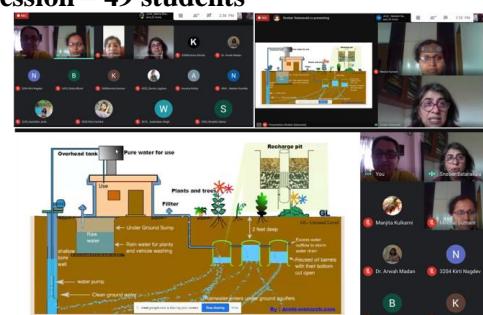
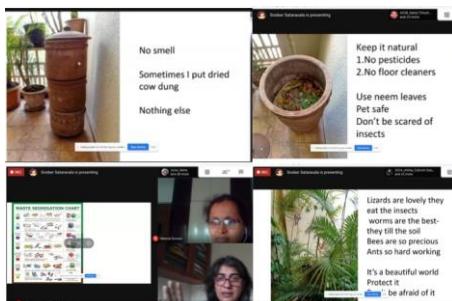
Dr. Sandhya Pandit  
NSS PO

Ms. Manjita Kulkarni  
NSS PO

Dr. G.H. Gidwani  
Principal



**c) Segregation of Household Waste and Converting Wet Waste into Organic Compost – at Home and in the Neighbourhood – Lecture cum Demo Session – 49 students**

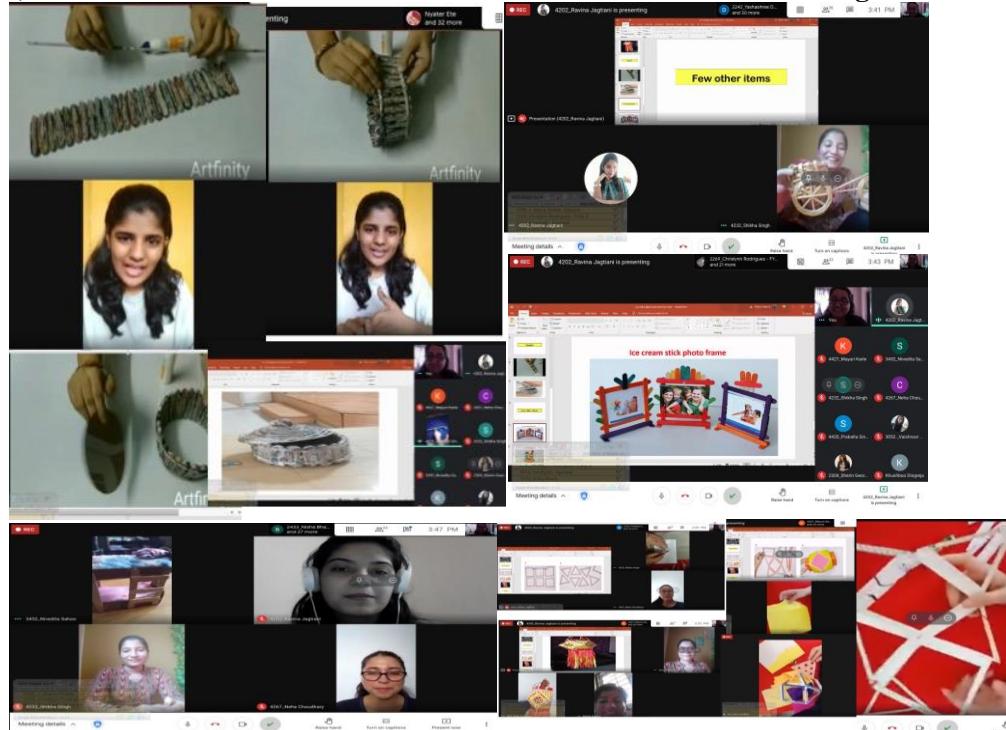


**d) Rainwater Harvesting – Lecture – 40 students**

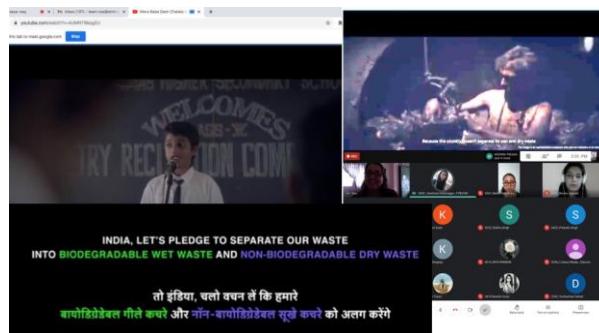
**e) Towards a Plastic Free Home – Lecture cum Demo Session – 54 students**



**f) Best Out of Waste – Demo Session – Lantern and Basket Making – 45 students**

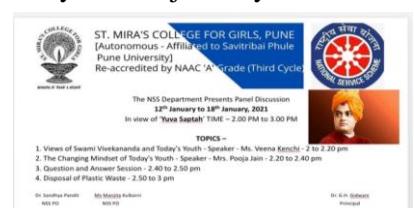


**g) Video Screening on Need for Segregation of Waste – ‘Mera Baba Desh Chalata Hai’- 45 students**



**29. Yuva Saptah – 12<sup>th</sup> Jan. to 18<sup>th</sup> Jan. 2021-** St.Mira's College for Girls, NSS Department organized a few activities on the occasion of Yuva Saptah, which celebrates the Birth Anniversary of Swami Vivekananda as a mark of tribute to the great Youth Icon of India. This was done with the intention of introducing the ideas and vision of Swami Vivekananda to the youth of today. Swamiji always believed in the power of the youth to mobilize change.

The Youth Day was enthusiastically celebrated jointly by the Departments of Politics and Public Administration, NSS and Student Welfare. This day is celebrated on 12<sup>th</sup> January 2021. On this occasion, the students, faculty participated participating in these celebrations in an online session. The valedictory function of the National Youth Parliament Festival was live telecasted for the students in this session. The students were inspired by the speeches of the three national winners of the festival.



Prime Minister Modi, in his address, spoke of the teachings of Swami Vivekanand and their relevance today. He stressed on the idea of- 'Jan Sewa se Jag Sewa' elaborating the idea of Rashtra Sewa se Antar-Rashtra Sewa. He said, the cycle from developing individuals to institutions and from creation of institutions to individuals is a great strength of India. He urged young leaders to participate in politics and focus on personality development and team building.

The online session was attended by 80 participants. The programme was conducted by our faculty members- Ms. Veena Kenchi, Dr. Sandhya Pandit and Mrs. Hasina Shaikh.

A panel discussion was held on the following topics –



### a) 'Views of Swami Vivekananda and Today's Youth' - Speaker for this topic was Ms. Veena Kenchi

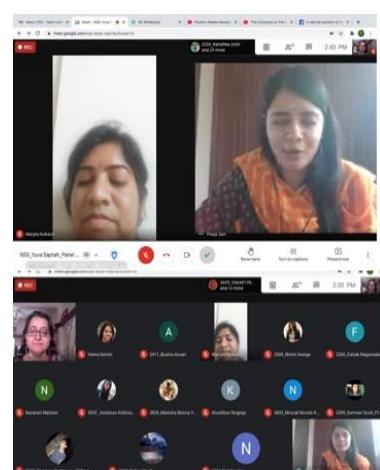
Ms. Kenchi described the four-fold mantras of Swami Vivekananda. She connected the Physical, Social, Intellectual and Spiritual quests of Swami Vivekananda with today's time and told the importance of these quests in today's life. Some impactful quotes of Swami Vivekananda were shared by her. Ms. Veena also explained how an individual can contribute to Nation building with guidance from Swami Vivekananda's views.



### b) 'The Changing Mindset of Today's Youth'-Speaker for this was Mrs. Pooja Jain.

Mrs. Jain started the talk with the contemporary situation of Covid. She spoke about power of the youth and how they can change the world. She has given many examples such as Malala and her work, Greta Thunberg who dared to bring a change in the world. She motivated students that you "Youth" are powerful, courageous and now they are expressing mental health issues, spirituality, and other things which are there in their minds.

Major concern was of shame, failure and vulnerability. Mrs. Pooja spoke about the negative impact of social media. Focus was given more to the acknowledgement of vulnerability, no matter what happens always be courageous, acknowledge your relationship with yourself and everything you do for yourself and for the society.



**c) 'Disposal of Plastic Waste' was explained to the students through videos.**



Three videos were screened for them. First video introduced them with plastic waste and it suggested small things which we can do for creating less plastic waste. In the 2<sup>nd</sup> video some organizations gave insight on how they used plastic for creating new beautiful daily plastic things from the old plastic. Another video showcased that wearing a cloth mask is also dangerous for environment and create awareness about other masks which are made from plants.

**d) Clean and Healthy India – Contribution of the Youth**

To bring out the role of youth in achieving a Clean and Healthy India under the (Swachcha va Swastha Bharat Abhiyaan), a very touching and impactful video on the importance of the Segregation of Wet Waste and Dry Waste - 'Mera Baba Desh Chalata Hai' –was shown to the NSS volunteers. This video sensitized the students to the problems and fears of the families of workers who positively contribute to the cleanliness of the city's waste management system by risking their health and their lives. The solution to this was of taking the responsibility on ourselves of being responsible citizens and segregating our waste at source itself and helping them in the process.

**e) Display of Books on Swami Vivekananda by the Library**

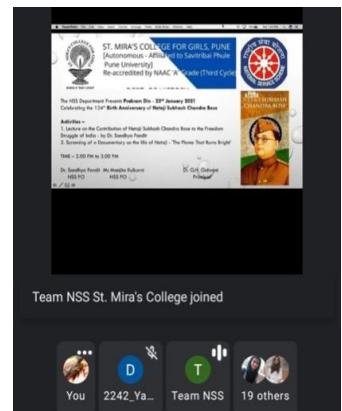
The College Library arranged for a display of books on Swami Vivekananda, his life, his teachings, quotes, etc. to give students and staff an opportunity to access these books easily and get an opportunity to read the contribution and achievement of this great personality.



**30. Parakram Diwas Celebration - 23<sup>rd</sup> Jan 2021**

a) "The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India" – Lecture by Dr. Sandhya Pandit, Head, Dept of History, St. Mira's College for Girls - 31 students

b) The Flame that Burns Bright- India's Struggle for Independence – Documentary Screening - 30 students



NETAJI PARAKRAM DIPAWALI CELEBRATION

23rd January 2021

Presented by Dr. G.H. Gidwani

Activities –

1. Lecture on the Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India - by Dr. Sandhya Pandit
2. Screening of a Documentary on the life of Netaji - 'The Flame That Burns Bright'

TIME – 2.00 PM to 3.00 PM

Dr. Sandhya Pandit Ms Manjita Kulkarni  
NSS PO NSS PO

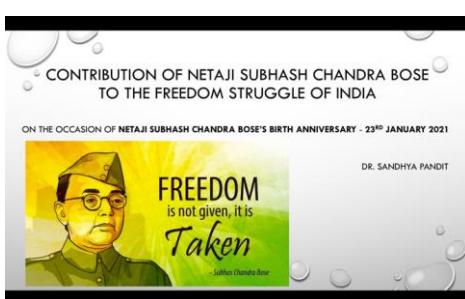
Dr. G.H. Gidwani  
Principal

ST. MIRA'S COLLEGE FOR GIRLS, PUNE  
[Autonomous - Affiliated to Savitribai Phule Pune University]  
Re-accredited by NAAC 'A' Grade (Third Cycle)

NETAJI SUBHASH CHANDRA BOSE

\*Please Note: The College had its End Semester exam in progress due to which the number of participating students was impacted.

a) **Lecture on “The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India” by Dr. Sandhya Pandit** - As part of **Parakram Diwas Celebrations** –the 124<sup>th</sup> Birth Anniversary of Netaji Subhash Chandra Bose, NSS department of St. Mira’s College for Girls organized a lecture on the topic “The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India” by Dr. Sandhya Pandit, Head, Dept of History, St. Mira’s College for Girls.

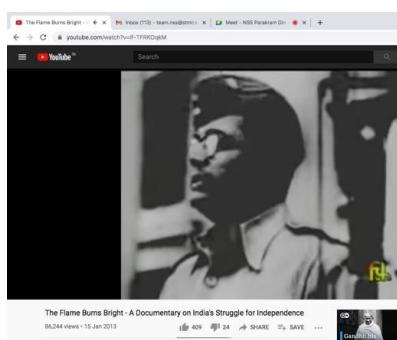
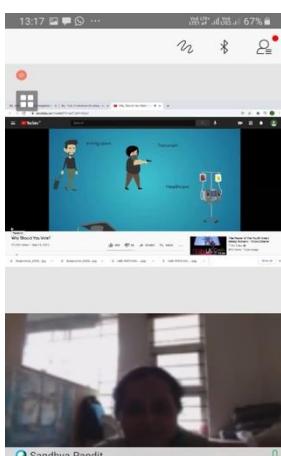


Dr. Sandhya started with the famous quotes given by Subhash Chandra Bose. She explained the significance of Netaji's life and his work with simple things which he practiced in his daily routine, like his dressing code, principals etc., even his contribution in Indian Army at the time of British era. The description and work of Azad Hind Sena, meaning behind so many quotes like "Tum Muze

"Khoon do Main Tumhe Azadi Dunga" were also explained to the volunteers. Netaji encouraged and created the Spirit of freedom into Indians, love for the country, patriotism, willingness and importance of sacrifice for the country.

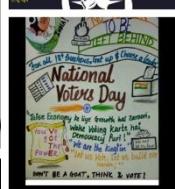
**b) Documentary Screening –“The Flame Burns Bright- India’s Struggle for Independence”** - This documentary directed by Ashish Mukherjee was shown to the students. It is based on the life of Netaji Subhash Chandra Bose, through which a brief history of Netaji’s life and his achievements were described to the participants. The documentary had original archived footage of Netaji’s speeches, photographs and his interactions with various world leaders. This instilled interest and inspiration in the volunteers to know more about the greatness and contribution of Netaji to India’s independence.





## DEMOCRACY AFLOAT

**VOTE**



NATIONAL VOTER'S DAY 2  
MAKING VOTERS INFORMED, VIGILANT, SAFE AND  
INFORMED

**VOTE : IT'S WHAT KEEPS US FREE**

25<sup>th</sup> JANUARY, 2021

"THE BALLOT IS STRONGER THAN THE BULLET"

Abraham Lincoln

SYBA (A)  
2853 psych spl.



## I'M VOTING

YOUR COUNTRY'S FUTURE IS IN YOUR HANDS  
Vote for a better future  
The ballot is stronger than the bullet

NATIONAL VOTER'S DAY 2  
MAKING VOTERS INFORMED, VIGILANT, SAFE AND  
INFORMED

**VOTE : IT'S WHAT KEEPS US FREE**

25<sup>th</sup> JANUARY, 2021

"THE BALLOT IS STRONGER THAN THE BULLET"

Abraham Lincoln

SYBA (A)  
2853 psych spl.



## Department of NSS and Electoral Club

### 31. NATIONAL VOTERS DAY CELEBRATIONS – 25<sup>th</sup> January 2021

Two programmes were organized by the college on the occasion of the National Voters Day 2021

a) **Poster making and Slogan Writing** - On the occasion of National Voters Day, 25<sup>th</sup> Jan. 2021, St Mira's College for Girls NSS department and Electoral Club organized Poster Making and Slogan Writing Awareness Campaign on the theme “**Making Our voters Empowered, Vigilant, Safe and Informed**” / “**सभीमतदाताबने -सशक्तसतर्क, सुरक्षितएवंजागरूक**” given by the Election Commission. Students tried to encourage new voters through their slogans and posters bringing out the significance of voting and responsibility and duty of each



citizen to vote. Dr. Sandhya Pandit, NSS Officer encouraged and motivated students to participate in this activity.

b) **Awareness Programme** - The Electoral Club and NSS Department jointly organised a programme for celebrating the National Voters Day. The programme was organised to make students realize the **importance of elections and the role of Election Commission in conducting free and fair elections in the country**.

The programme was conducted online on Cisco WebEx meeting. There were 100 participants for the programme.

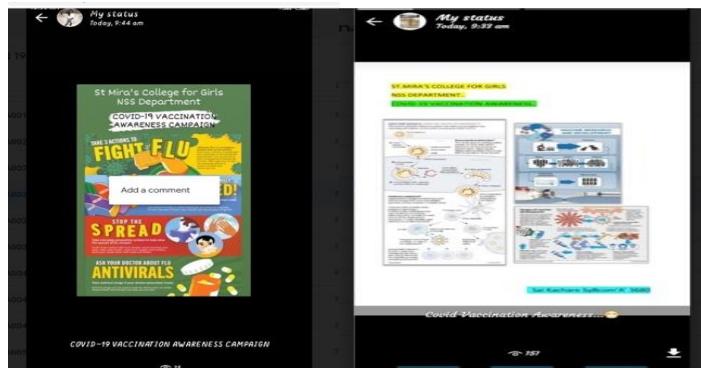
Dr. Meenal Sumant, our electoral officer explained the students the need for voting and how our government and their policies affect our daily lives. She stressed on our role to bring about a change in the society.

Ms. Veena Kenchi, member of the electoral club, discussed the role of Election Commission and the importance of citizen participation in the political affairs of the country. She shared few interesting facts about elections in India.



Mrs. Anita D'cunha from the Dept. of Politics and Public administration, discussed the nature of Indian democracy and how people have enthusiastically participated in nurturing it and keeping it intact. Ms. Manjita Kulkarni from the NSS department concluded the programme by highlighting on the theme of the year – **“Making our voters Empowered, Vigilant, Safe and Informed”** and presented the vote of thanks.

**32. Covid-19 Vaccination Awareness Campaign - Jan-Feb, 2021-** Under the Ministry of Health and Family Welfare, the Dept of Health and Family Welfare had planned to rollout the vaccination program for Covid-19 across the country. In this regard, the NSS volunteers of St. Mira's College whole heartedly co-operated and disseminated the message to build an environment of universal vaccine acceptability. The students enthusiastically shared the material on various social media handles to create awareness amongst all the people and reach out to as many as possible for the successful implementation of this drive. More than 55 NSS volunteers participated and reached out to almost 500 people.

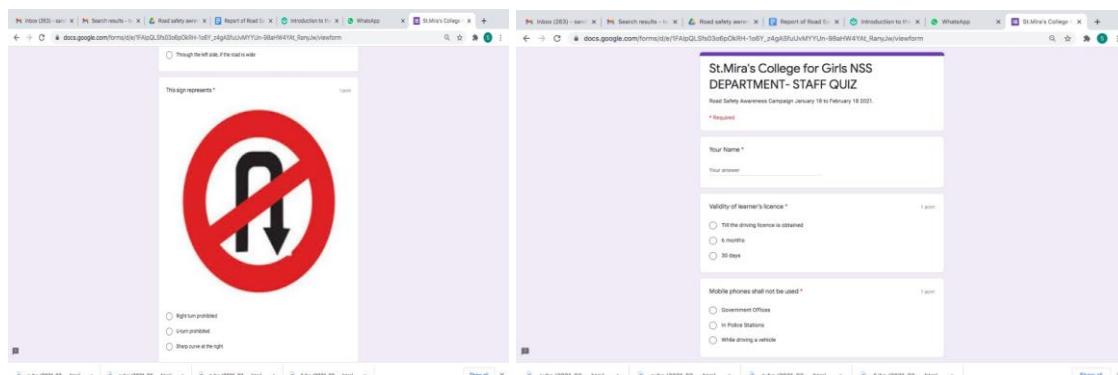


### 33. Report of Road Safety Awareness campaign - 18<sup>th</sup> January to 17<sup>th</sup> February 2021

St Mira's College for Girls, Pune organized various activities for the Road Safety Awareness Campaign from 18<sup>th</sup> January to 17<sup>th</sup> February 2021. We have taken E-Quiz on the Rules to be followed while riding or driving on the roads, Poster making and Slogan Writing competition was also conducted. The Students also took the Road Safety Pledge of the government. In addition to this Road safety awareness campaign videos were shown to them to understand the importance of road safety.

The following shows the activities which we took and the number of participants in that activity.

**a) E -Quiz on the Rules to be followed while riding or driving on the roads -** NSS department of St Mira's participated in various activities for the Road Safety Awareness Campaign from 18th Jan to 17th Feb 2021. We had organized an e-quiz on the Rules to be followed while driving or riding on the roads. This was for all the students and teachers. 92 students along with 29 teachers participated in this e-quiz and they were familiarized with the rules of riding while on the road. This was about signs, information about how to drive and what to do in certain conditions while driving on the roads.



**b) Poster making and Slogan writing -** In Poster making competition students created handmade posters about the rules of road safety along with slogans. These students posted this on their social media platforms

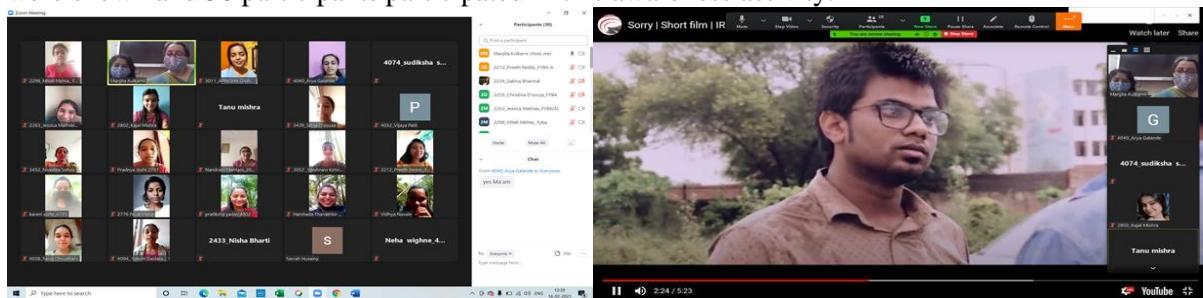
and created awareness about road safety. 9 Students participated in this competition. Students used government posters also to spread awareness in the community.

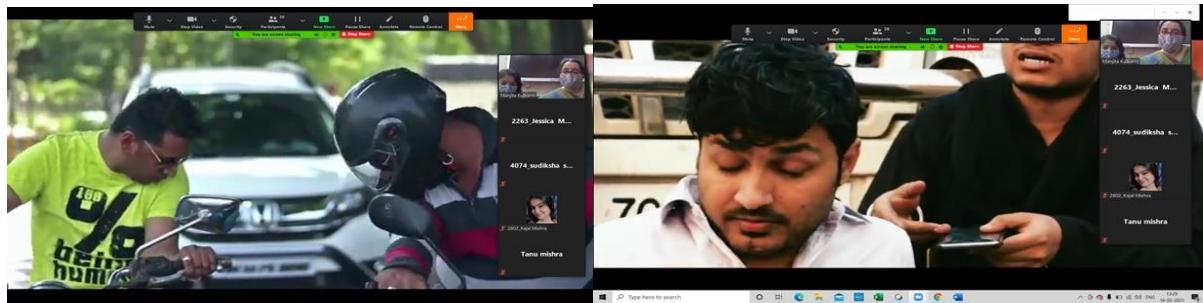


**c) Road Safety Pledge** - In this campaign 50 students and 6 teachers have taken the road safety awareness pledge. According to this pledge, they all agreed to follow their and others safety while driving on the road.



**d) Road Safety Awareness Campaign videos Screening** - Road safety awareness videos given by the government were shown to the students on online platforms to make them aware about the reality of accidents and about the rules and regulations while driving and even the need for us to follow it. 3 Videos were shown and 30 participants participated in this awareness activity.

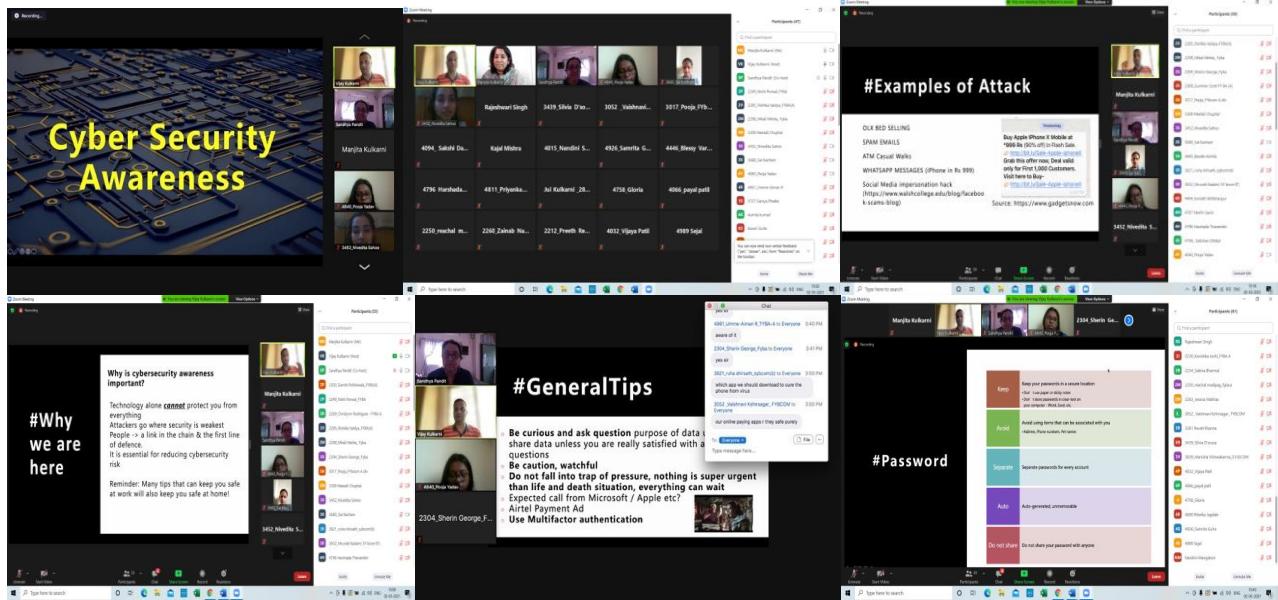




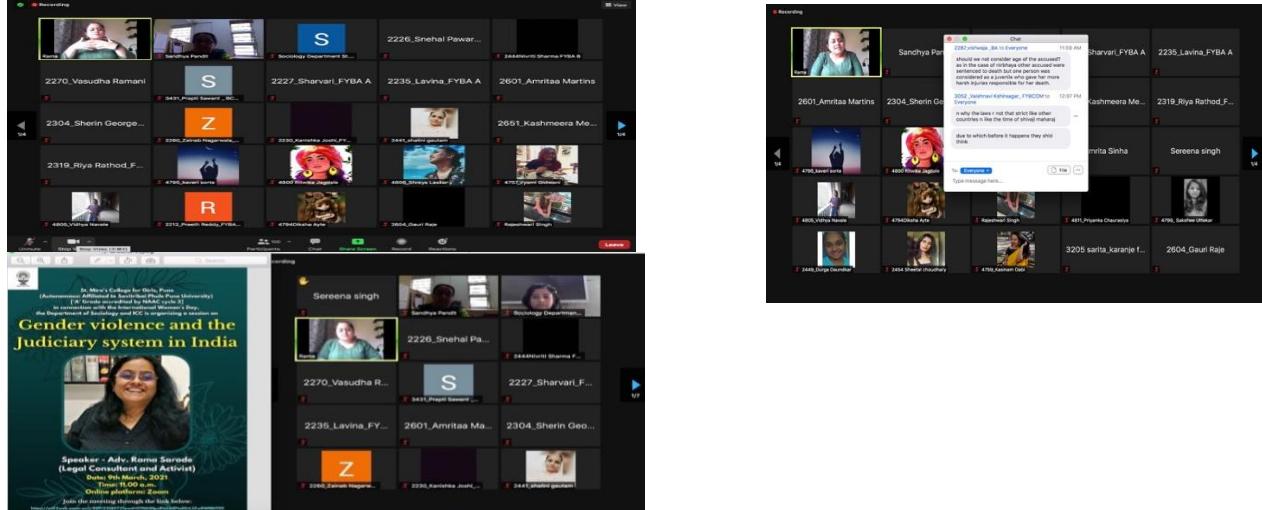
### 34. Report of the Guest lecture on Cyber Security Safety Awareness- 2<sup>nd</sup> March 2021

St Mira's College for Girl's, Pune - NSS Department had organized a Guest Lecture on Cyber Security Safety Awareness as a part of the **UGC directive** regarding implementation of '**Cyber Security Awareness**'.

The Guest Speaker was Mr. Vijay Kulkarni, Development Manager from Allscripts India LLP, Pune. Vijay Sir gave the basic introduction about technology and how and for what we use it. He discussed some cases where people can use technology for malpractices, examples such as fraud text messages, emails or spams etc. He actually gave some links to show the difference between real and fraud cases. Students also shared their experiences regarding these cases. At the end he gave small but useful tips to stop the misuse of our information and provided some measures on how we can protect our information. These measures included deleting previous history of that application or browser history, using original software's and applications, frequently changing your passwords, etc. Mr. Kulkarni made this a very interactive session through the use of Polls and use of reactions ensuring active participation of the audience. 63 Students and the staff participated in this Session on Cyber Security. This session was very informative for both the staff and the students to understand why we need to protect our information and how and not fall prey to cyber fraud.



**35. International Women's Day – 8<sup>th</sup> March** - Guest Lecture by **Renowned Advocate Rama Sarode** on 'Gender Violence and Judiciary System in India' - The Department of Sociology and ICC along with NSS department in connection with the International Women's Day invited renowned woman achiever and Advocate Rama Sarode (Legal consultant and activist) and organized a session on "Gender Violence and the Judiciary System in India". 100 participants were present for this session.



Advocate Rama Sarode discussed the historical time till now that women needs and the requirements which were not considered for her justice. She discussed several domestic violence cases and other cases and their results to give us the actual scenario of today's women's condition. She observed that with new cases new laws are made but still women are not fully aware of it. She suggested that women advocates should be included to understand women issues and this should be done with sensitivity to be able to reach out to more needy women both in the urban and rural setup. She ended her session with question and answers and giving insight about articles regarding women. Many students took active part in the discussion and raised pertinent questions on the topic. The NSS volunteers also benefited from this lecture.

### 36. CELEBRATING 75 YEARS OF INDIA'S INDEPENDENCE

**AZADI KA AMRUT MAHOTSAV** – at Aga Khan Palace, Pune – 12 March 2021 On the occasion of the 75<sup>th</sup> anniversary of India's Independence, the 'Azadi ka Amrit Mahotsav' program was launched with a heritage walk from the Aga Khan Palace on 12<sup>th</sup> March 2021.

The 'Azadi Ka Amrit Mahotsav' walk was jointly organized by the Department of Archaeology of India, Ministry of Culture, Nehru Youth Center, National Service Scheme (NSS) and District Collector's office to mark the beginning of celebrations of the 75<sup>th</sup> anniversary of India's Independence.

The Chief Guest of the program was Mr. Madan Mohan Goel, Advisor to the finance commission of Haryana Government.

MLA and former Minister Chandrakant Patil, Rajendra Yadav of Indian Archeological Department, Mr. Rajesh Pandey, Yashwant Mankhedkar of Nehru Youth Center, Deputy Divisional officer Santosh Kumar Deshmukh, Former MLA Jagdish Mulik, and District Information Officer Rajendra Sarg were also present.

The program was initiated by the District Youth officer of Nehru Youth Center Yashwant Mankhedkar who gave an introduction and welcomed the esteemed guests and all the NSS volunteers who joined for the program from different colleges of Pune. Followed by which the chief guest, Mr. Madan Mohan Goel, advisor to the Haryana government's economic commission, addressed the gathering in which he said that the country had gained political Independence, but that everyone needed economic independence. He paid homage to the martyrs who sacrificed their lives in the freedom struggle. The heritage walk that started from



Aga Khan Palace went all the way up to Moriga Shoppe and back to Aga Khan Palace. Corona restraining rules were followed during the march.



An exhibition was organized by the Bureau of Outreach Communication, Ministry of outreach communication, Ministry of information and broadcasting, and the Government of India to celebrate 75 years of the country's independence and pay homage to the freedom fighters and their contribution to the country's freedom struggle. The exhibition was inaugurated by the Union Minister Mr. Prakash Javadekar.

It had panels showing glimpses of contribution of freedom fighters like Mahatma Gandhi, Sardar Vallabhbhai Patel, Lokmanya Tilak, Dr. Babasaheb Ambedkar and many others.

At the end of the program there was a special dance performance by a group of volunteers followed by a live telecast of a speech by the Hon. Prime Minister Shri Narendra Modi.

Five NSS volunteers from St. Mira's College for Girls, Pune – Pooja Kotambe, Sherin George, Christina D'Souza, Chetana Thorat and Zainab Nagarwala participated in this event and learnt a lot about the contribution of the freedom fighters and the significance of India's struggle for independence.

**37. NASHA MUKT BHARAT ABHIYAAN - Webinar on De-addiction of Substances - 23<sup>rd</sup> March 2021, Pune** - The NSS department of St. Mira's College for Girl's held an online Webinar on 'De-addiction of Substances' on 23<sup>rd</sup> March 2021 at 2.00 pm which fell on a Tuesday. There were a total of 54 participants, including the NSS Program Officers - Dr.Sandhya Pandit and Mrs.Manjita Kulkarni. The honorable speaker for the day was Mr.Nihar Hasabnis, a member of 'Muktangan Rehabilitation Centre' which was established in 1986 and is helping people till date and saving numerous lives.



With the growing drug, alcohol, tobacco and hookah use, and increase in crime rates due to the use of excess drugs, the highlight of the session was 'Use, Misuse and Abuse' of the aforementioned substances. This phrase was explained with quite diligence to the students by the speaker. The discussions went from along the lines of types of drugs and it's physiological and psychological effects to the ones those got added to the list due to the Covid-19 situation, that was gadget addiction, social media and the addictions that are frowned upon when spoken in the polite society, sex addiction and pornography. Mr. Nihar also shared his knowledge on the behavioural response of kids brought in for treatment by their parents. Children who are forced to take treatment are more likely to bounce back to the disastrous habits than when they willingly come to get help for themselves.

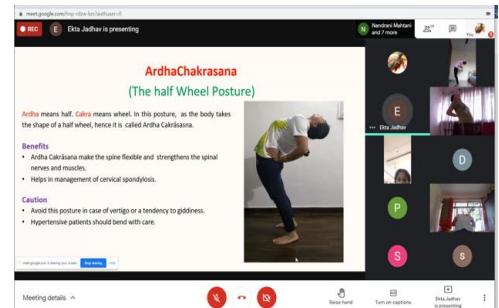
The session concluded with a question and answer round and the girls participated with great enthusiasm. Various students shared their experiences and encounters with people who highly consume drugs and alcohol and how it not only affects the consumer but everyone around them. Positive ways to relieve stress were also suggested and that no excuse is acceptable for drug abuse if it goes out of control. The webinar ended by Mr. Nihar pointing out to the students that in order to blend with the crowd, drug consumption or a certain kind of behaviour is not necessary and the youth should be aware of the ill effects of drug consumption and help the ones around them who want to change and live a better life. The Vote of Thanks for the webinar was proposed by the NSS volunteer, Ms. Sherin George. All the NSS volunteers highly appreciated the efforts for organizing this webinar in today's vulnerable and stressful times.



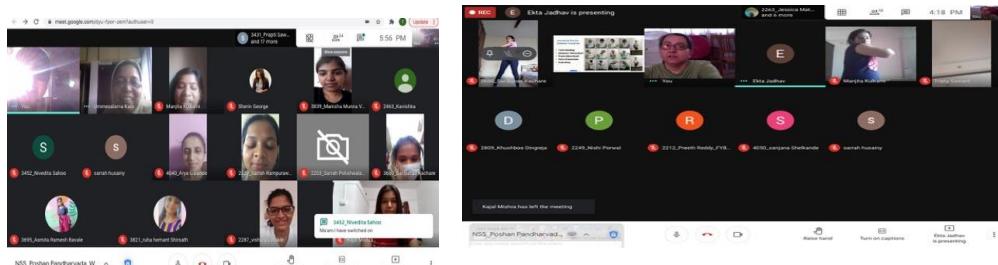
**38. Poshan Pandharvada – 16 March to 31 March 2021**

Under the guidance of the NSS Department, SPPU, St Mira's College for Girls, Pune organized various activities for the **Poshan Pandharvada** to be observed from 16 March to 31 March 2021. The idea was to reach maximum people and create awareness in the society on the importance of a balanced and nutritious diet, the significance of Yoga for a healthy mind and body and how both food and exercise when done in the right balance can enhance both the physical and mental well-being of all individuals concerned. Awareness in the society was achieved through the following activities organised –

a. **Yoga for Good Health – 26 March, 2021** - St Mira's College for Girls, Pune organized various activities for the **Poshan Pandharpurada** to be observed from 16 March to 31 March 2021. We organised an online Practical Training Session on Yoga titled 'Yoga for Good Health'. The total 25 volunteers actively participated in the live practical session which was demonstrated by an NSS volunteer Sai Kachare under the guidance of the director of Physical Education, Mrs. Ekta Jadhav. Mrs. Jadhav brought out how Yoga was a very important and useful activity in this pandemic situation, how performing of some Asanas boosts immune system and keeps us healthy.



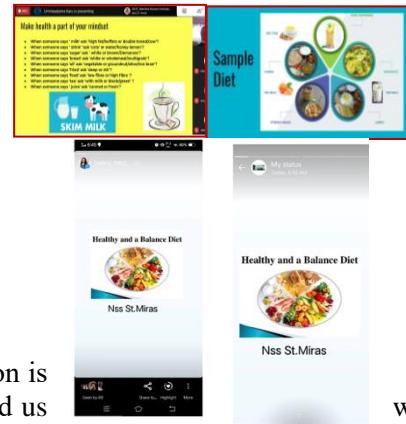
Sai demonstrated different Yoga posture such as Tadasana, Vrukshasana, Padahastasana, ArdhaChakrasana, Trikonasana, Ardha Ushtrasana, Vajrasana, Bhujangasana, Pawanmuktasana, Setu bandhasana etc. and ended with Dhyana. The importance of each of these asanas was explained to the students in detail and proved to be very useful for the volunteers and the program officers involved.





### b. TASTE VS WAIST - Importance of a Balanced and Nutritious Diet – 30<sup>th</sup> April, 2021

On Tuesday, 30th March 2021, 40 NSS students received an enriching talk about The Importance of a Balanced and Nutritious diet by an impeccable dietitian Dr. Rashida Karu as a part of the ‘Poshan Pandharvada’. The speaker and chief guest Dr. Karu spoke and explained this topic in the most easy and fun way, leaving students with a clear and informed mind on how to achieve not only a healthy diet but a healthy lifestyle. She began this talk with a simple statement that, our body is a machine and like every machine it requires the right kind of food to work efficiently and effectively. She informed the students about eating the right quality and quantity of food, along with how it must be cooked, with the help of a sample diet for youngsters our age. In order to make us more aware of the necessity of a good diet, she spoke about the advantages and disadvantages of having a balanced diet. Dr. Karu gave the students the most important tip and trick for achieving this, saying “Moderation is key”, one must eat everything but in the right amount, and familiarised us switching to healthier options in our day to day diet. She addressed the



with

contemporary myths and trends regarding weight loss and diet. Last but not the least, she advised the students to make health a part of their mindset. The students were truly delighted and encouraged by her, to take a step towards a healthy lifestyle in the safest and educated manner. 40 volunteers participated and effectively conveyed this message to their families reaching out to about a 100 beneficiaries approximately.

### c. Awareness Campaign through Social Media Platforms - 31<sup>st</sup> March 2021

In order to create awareness regarding the importance of Nutrition, the NSS volunteers posted slogans and posters on various social media platforms like Whatsapp statuses and FB and Insta stories which were viewed by many of their friends, family and relatives. Through this initiative, 38 volunteers reached about 3000 beneficiaries who saw their FB and Insta stories and Whatsapp statuses. They were also encouraged to share these on their society what's app group to reach to the society at large.

#### On Whats App Status



#### On Insta Stories



## 39. NSS VALEDICTORY PROGRAM REPORT – 9<sup>th</sup> April 2021

The NSS Unit of St Mira's College, Pune



organized the Valedictory program on 9<sup>th</sup> April 2021 at 12pm on the Google Meet platform. The agenda of this program was to put forward the prime motto of NSS "Not Me but You - In the times of Covid-19 Pandemic".

The **Chief Guest** of the function was **Dr. Ravindra Ahire**, KSKW ASC College, **District Coordinator**, Nasik district who was **awarded the State level Award for Best Programme Officer** for his work done during the pandemic and for his work on disaster management.

The entire program was hosted by the NSS volunteers themselves. It began with the welcome address by Ms. Sarah Husainy. A bhajan by Ms. Sakshi

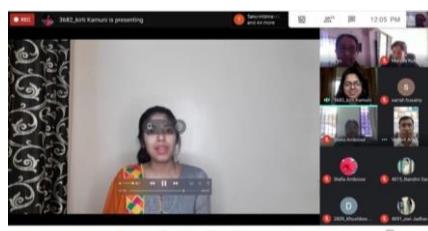
followed the address.

The NSS song was played soon after the bhajan. The NSS program officer Ms. Manjita Kulkarni gave a brief introduction about the Chief Guest, Dr. Ravindra Ahire to all our NSS volunteers.

Followed by which the chief guest, Dr. Ravindra Ahire addressed the attendees on the role of NSS volunteers in the pandemic situation. The chief guest in his address spoke about how the NSS volunteers have not been deterred by the lockdown, and they took up the challenge to produce reusable masks in large numbers, also about 60,000 NSS students of SPPU joined hands with Government officials to provide door to door service in Pune, Ahmednagar and Nashik district amidst the coronavirus lockdown. He also spoke about how NSS volunteers are doing every bit by spreading awareness on COVID-19 through their social media platforms. He also appreciated the efforts of every volunteer that was involved or had actively participated.

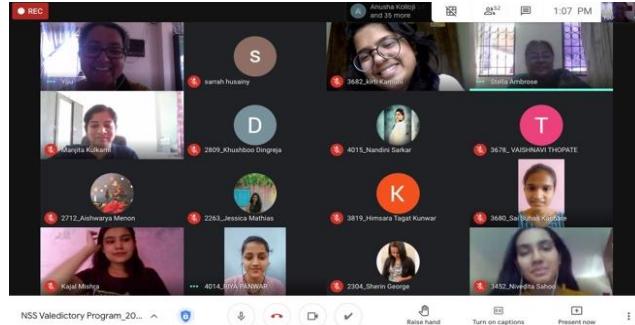
The NSS annual activity report for the year 2020-21, showcasing all the activities carried out by the volunteers during the academic year was presented by Ms. Kirti Kamuni.

The University song was played soon after the report presentation.





Our BBA-BCA Co-ordinator Mrs. Stella Ambrose addressed the students and encouraged them for all their future engagements with NSS.



The vote of thanks was proposed by Ms. Sarah Husainy. A final word of appreciation for the contribution of all NSS volunteers inspite of the limitations of the pandemic situation was given by Dr. Sandhya Pandit, NSS PO with which the function culminated.

#### 40. Report– COVID-19 Vaccination Mahotsav -11<sup>th</sup> April to 14<sup>th</sup> April 2021)

The NSS Department of St. Mira's College actively participated in COVID -19 Vaccination Mahotsav. The College organized an awareness campaign as a part of this Mahotsav. The following activities were taken throughout this period:

- COVID-19 Vaccination Awareness through Government posters** - These were posted on various social media platforms to encourage people to take vaccination and to spread awareness about it. In this activity total 25 students participated and reached 2,422 people.
- Encouraging people to take vaccination of COVID-19** - Total 6 family members of the volunteers took vaccination for COVID-19.
- Helping senior citizens with vaccination process** - (Online form filling, counselling and clearing their doubts.) 5 Online forms were filled and 5 people were given counselling about benefits of vaccination.



\*The NSS volunteers are still continuing with the counselling activity to encourage them to take the vaccine.

**Dr. Sandhya Pandit**

**Ms. Manjita Kulkarni**

**NSS POs**

**Dr. G.H. Gidwani**

**(Principal)**