

Detail Report of activities conducted Date Wise during the Academic Year 2014-15

Regular Programmes:

Regular Programmes, as per the University norms, were divided into:

- College/Campus Level Programmes
- Community Level Programmes and
- University Level Programmes

College level Programmes were as follows:

- Orientation Programme on 22nd July, 2014 Independence Celebration on 15th August, 2014
- Teacher's Day Celebration on 5th September, 2014
- Cleanliness Drive at Railway Colony, Carter Road on 02nd October, 2014
- Civil Defence workshop on 25th November, 2014
- Constitution Day on 26th November, 2014
- Poster Making, Essay and Poetry Writing Competition on 11th December, 2014 on 'Role of Youth in Politics'
- Interview of Students and Teachers on 'Drug Abuse' with JIA News (Live Telecast)
- Republic Day Celebration, Group Songs (Patriotic Songs) and Cleanliness Drive on the college campus on 26th January, 2015
- Six Day State Level Workshop in association with WRIC on 'Operation and Maintenance of Laboratory Equipments' for Teaching and Non – Teaching Staff from 2nd February, 2015 to 7th February, 2015.
- Seminar on 'Film and Documentary Making' on 13th February, 2015.

Swachh Bharat Mission:

As per the guidelines of Government of India, Swachh Bharat Mission was inaugurated on 2nd October, 2014 with Western Railway Employee at Railway Colony, Carter Road, Bandra (W). Under this Project, every month (October onwards) NSS volunteers undertook cleaning work at College Campus, Sea Shore (Carter Road), Khar Danda and Ambedkar Road.

The Activities of Red Ribbon Club were as follows:

- Participation in Peer Education Training Session on HIV/AIDS at MDACS, Wadala
- Poster and Slogan Writing competition on HIV/AIDS on 1st December, 2014
- Street Play in college on 1st December, 2014
- Street Play by RRC volunteers in six colleges of Bandra. For this initiative our unit was awarded by MDACS.
- An Awareness Talk on HIV/AIDS: 'Stigma and Discrimination' by Ms. Meena Maraskole on 6th December, 2014

The **AREA BASED** Activities were as follows:

Under this category we undertook Health Awareness and Environment Awareness and Help Desk for Senior Citizen, women and Children with Khar Police Station. The objectives of these projects were to create awareness in the society about Health Issues and Healthy Lifestyle and environment and sensitise them towards issues of Senior Citizens and to remove the apprehension about Police among the public.

Under these Projects, We have undertaken the following activities:

- A Rally and Awareness Talk on Dengue and Malaria were held in the month of August in association with BMC to create awareness about Preventive and Care Measures.
- Free Health Check Up Drive and Blood Donation on 11th August, 2014
- Lecture on Stress Management Through Yoga and Meditation By Prof. Shailaja Shetty
- Health Check Up for Teaching, Non Teaching Staff, Students and Their Parents. The event was organised with S. L. Raheja Hospital and Zahan Foundation on 12th February, 2015. Under this event Blood Pressure Check Up, BMI, Random Blood Sugar Test, Bone Density Test and E.C.G were done. The total number of beneficiaries: 122.
- Talk on 'Headache and Migraine' : Dr. Kaustubh Mahajan, Sr. Consultant Neurology on 12-02-15
- Paper Bag Making and Distribution: NSS Volunteers made 1441 Paper Bags and distributed them in Khar Danda and Ambedkar Road Area.
- Save Electricity Project: NSS volunteers did survey of households in their neighbourhood and adopted Seven Households and convince them to reduce the electricity consumption and save the environment. In this initiative we could save 1662 units.
- Help Desk for Sr. Citizen, Women and Children with Khar Police Station: NSS volunteers assisted Khar Police Station staff. In this project they would sit in the Khar Police Station in group of Five to Six volunteers and work with them. This project was one of the most liked projects of the NSS this year.

Under **University Level Project**, following activities were conducted:

- NSS volunteers participated in Rally on 'Anti Tobacco Awareness' on 14th July, 2014.
- NSS volunteers participated in seminar on 'Safety of Women and Children in Mumbai' on 4th August, 2014.
- NSS volunteers participated in Friendship Day at Old Age Home, organised by Anubhav Mumbai (NGO) on 8th August, 2014.
- Tree Plantation on 16th August, 2014 at Ambhan Village, Manor, Palghar. 100 Saplings were planted.
- Two NSS volunteers participated in LTC from 16th August, 2014 to 20th August, 2014.
- Participation in Marathon at Abhinav College, Bhayander on 24th August, 2014.
- Participation in Ganesh Visarjan on 2nd and 5th September, 2014.
- Participation in Bhajan Sandhya, Churchgate on 2nd October, 2014.
- Participation in 'Run for Unity' at Marine Drive on 31st October, 2014.
- Participation in Three Day Rural Camp by Anubhav Mumbai from 6th November, 2014 to 8th November, 2014. at Vasai.

- Participation in Rally on Anti Dowry on 26th November, 2014 at Vile Parle.
- Participation in Inauguration Programme of 'Swachh Bharat Abhiyan' on 27th November, 2014 at Convocation Hall, University of Mumbai, Fort.
- Participation in Convocation Ceremony at university of Mumbai, Kalina on 24th January, 2015.

The Details of **Seven Day Special Residential Camp** are as follows:

Venue : Yusuf Meher Ali Centre, Panvel
Date : 7th January, 2015 to 13th January, 2015
No. of Volunteers: 102

Activities:

Manual: Cleanliness work, Painting the school and Road construction

Personality Development: Yoga Session, Session on Personality Development through Drama Tactics, Snake Show, Session on Andha Shraddha, Lecture by Mr. G.G.Parikh (Freedom Fighter) on Importance on Swadeshi in Development of the country, Lecture on Youth and Vivekananda, Lecture by Dr. Mahajan on Youth and Nation, Elocution, Patriotic Song Competition, Street Play

Visit and Survey: Visit to Small Scale Industries, Hospital School and Adivasi Village

Speakers: Dr.M.Z.Farooqui (Principal), Prof. Paul Raj, Mr. G.G.Parikh, Mr. Bajarang Sonawane, Mr. Raju Mumbaikar, Mr. Anna Kadlaskar, Dr. Mahajan, Mr. Stephen Rane, Mr. Stephen Rane, and Mr. Devidas Patil.

Special Achievements:

Three volunteers of the unit participated in the **State Level and National Level Camps**. The details are as follows:

- 1) **Mr. Pawan Mishra** : Avhan Camp, Nagpur (State Level Camp)
- 2) **Mr. Vikram Jha** : Pre NRD/SRD Selection Camp, Amravati (State Level Camp)
- 3) **Ms. Nargis Shaikh** : Adventure Camp at Shimla (National Level Camp)
- 4) **Our Unit is felicitated by MDACS for carrying out exemplary work for HIV/AIDS awareness through Street Plays in adopted slum areas and seven colleges of Bandra.**

(SHWETA PANDEY)
Convener and Programme Officer

