Sadhubella Education Society's
Minority Institute

J. Watumull Sadhubella Girls College

Near Government Dispensary,
Ulhasnagar–421 001, Dist–Thane

NSS Activities 2018-2019

-Principal-
Dr. Vasant P. Mali



-NSS Programme Officer-
Mr. Rajesh Kumar Singh

- NSS Member-
Ms. Sophy Mathew
Ms. Neetu C. Purswani
Ms. Anagha Kotekar

Sadhubella Education Society's
Minority Institute

J. Watumull Sadhubella Girls College

Near Government Dispensary, Ulhasnagar–421 001, Dist–Thane

Vision :

The vision is to build the youth with the mind and spirit to serve the society and work for the social uplift of the down-trodden masses of our nation as a movement.

Mission :

The National Service Scheme has been functioning with the motto "NOT ME BUT YOU" in view of making the youth inspired in service of the people and hence NSS Aims Education through Community Service and Community Service through Education.

Broad Objectives :

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem solving process
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding practical solution to individual and community problems
- Develop competence required for group living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and democratic attitude
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony

Motto:

The Motto of NSS "Not Me but You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the student's development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

NSS Lakshya Geet

UthenSamaj KeLiye Uthen – Uthen,
Jagen Swarashtra Ke Liye Jagen – Jagen

Swayam Saje Vasundhara Sanwar Den-2
Hum Uthen – Uthega jag Hamare Sang Sathiyo
Hum Badhen To Sab; BadhengeApneAapSathiyo
Jamin Pe Aasmann Ko Utar Den – 2
Swayam Saje Vasundhara Sanwar Den – 2
Udasiyon Ko Door Kar Khushi Ko BantteChalen
Gao Aur Shahar Ki Duriyo Ko Patte Chalen

Gyan Ko Prachar De Prasar De
Vigyan Ko Prachar De Prasar Den
Swayam Saje Vasundhara Sanwar Den – 2

Samarth Bal Varidh Aur Nariyan Rahen SadaHare Bhare Vano Ki Oudhati Rahe Dhara

Tarakkiyon Ki Ek Nayi Katar Den – 2
Swayam Saje Vasundhara Sanwar Den – 2
Ye Jati Dharam Boliyon Bane No Shool Raah Ki
Vdhayen Bel Prem Ki Akhandata Ki Chaah Ki Bhavana Se ye Chaman Nikhar Den
Swayam Saje Vasundhara Sanwar Den – 2
Uthen Samaj Ke Liyeu then – Uthen
Jagen Swarashtrake Liye Jagen – Jagen
Swyam Saje Vasundhara Sanwar Den – 2

..... Jai Hind .....

REPORT OF ACTIVITIES CONDUCTED IN THE YEAR 2018-2019

International Yoga Day

International Yoga Day was practiced in our college on 21st June, 2018 for which around 65 students participated. Different Yoga Aasans were practiced and students were taught to meditate along with breathing exercise. The importance of Yoga was explained to the students and also recommended that in a day at least for 30 minutes everyone should practice yoga in their daily schedule. Students actively participated in the session and also, they got to learn the benefits of practicing yoga for a healthy life.



Teachers and students practicing different Aasnas on 21st June, 2018

Swachh Bharat Abhiyan :

As per our Prime Minister's initiative of 'Swachh Bharat Abhiyan' to keep our country clean, it was necessary for our college's NSS Unit to take up this initiative. We conducted this Programme on 13th August, 2018 in our college. Around 25 students took participation in this Programme. We felt the necessity of keeping the surrounding of our college clean first. So, our Principal Sir Dr.Vasant P. Mali and

Programme Officer Prof. Rajesh Singh inaugurated this Programme, later our NSS unit volunteers started cleaning the premises of our college by picking plastic wrappers, used bottles and other filth that was scattered around. Volunteers also cleared the weeds that were grown around the Campus premises. We made sure that volunteers were wearing gloves so that they do not get infected with any flu or infections. Volunteers were acquainted with the importance of keeping premises clean and encouraged volunteers to spread the awareness to each and every citizens of our country so that everyone could know that it is also our prime responsibility to keep our country clean.

Other activities under Swachh Bharat Abhiyan :-

1. ***Street Play*** –

   Street play was conducted at Ulhasnagar -01 Bus stand, where students performed a street play and tried to portray the importance and necessity of keeping our environment clean.

2. ***Spreading Awareness***-

   NSS volunteers of our college took the efforts of approaching the residents of Tilak Nagar. Volunteers asked them about the steps or measures that they are taking to keep the surroundings clean and also tried different methods of keeping environment clean.



Students cleaning college premises on 13th August, 2018



Students cleaning college premises on 13th August, 2018

HP GAS Safety Meet

NSS Unit of our college-initiated workshop which was conducted by Hindustan Petroleum on 'Vigilance Awareness and LPG Safety'. Hindustan Petroleum Corporation Ltd. in collaboration with Rotary Club of Ulhasnagar had set up a workshop to explain our students regarding Vigilance awareness and also on safety measures on usage of gas. Hindustan Petroleum Corporation Ltd. Focused on their vision – Corruption Free India explaining students' different problems arising out of corruption and how to mitigate it. They also gave a practical experiment on how to safely use gas, how to conserve it and how to tackle situation during emergencies. Around 150 students attended the workshop.



HP Gas Safety Meet on 21st August, 2018



Workshop of HP Gas Safety Meet on 21st August, 2018

Plastic Ban Rally

NSS Unit of our college along in collaboration with the Municipal corporation of Ulhasnagar organised a rally on 'Plastic Ban'. The rally was conducted on 28th August 2018, in which 30 students of our college participated. Students prepared banners and slogans to spread awareness among the people to stop using Plastics as it is harmful to the environment. Volunteers also made few people aware that plastic should be banned and instead cotton bags should be used.



NSS Volunteers taking part in rally on 28th August 2018

Cyber Crime :

A seminar was conducted on CYBER CRIME by Mr. Govind Kumar on 28th November, 2018. Mr. Govind Kumar is from Youth India. Our Principal sir Dr. Vasant P. Mali felicitated Mr. Govind Kumar before starting up with the seminar. Mr. Govind Kumar exaggerated the problems arising because of the unawareness on how social networking sites are to be used. He explained volunteers about different safety apps that should always be used. And about the settings they should do before using any social networking sites. Being a girl's college it was vital to inform all the students how conscious they are supposed to be as the information that we store in any of the site and never safe. Students were made aware how they should be careful and in what means they should delete their information so that no data can be captured. Also a doubt clearing session was conducted where students asked their queries and they were cleared very well by Mr. Govind Kumar.



Mr. Govind Kumar delivering lecture on Cyber Crime on 28th November, 2018

AIDS Awareness Week :

AIDS awareness week was organised from 1st to 7th December, 2018. During this week we conducted 4 activities for awareness of Aids. The following were the activities taken place for AIDS awareness:-

1. Rally on AIDS awareness –

The rally was conducted by Central Hospital in Ulhasnagar in which our NSS volunteers actively took part in it by preparing slogans and also different banners. The rally was started from Central Hospital and went throughout the furniture market and ended back to the hospital.

2. Banner –

Banners were prepared from every class by the NSS volunteers portraying messages on AIDS. The banners were displayed on every walls of the college making everyone aware through drawings and messages and sayings.

3. Elocution –

Volunteers prepared for Elocution competition on the topic 'HIV/AIDS prevention, treatment and care'. Volunteers clearly explained the measures to be taken, they also cleared certain myths that people had on AIDS also briefed how safe it is for others to be with AIDS infected people.

4. Role play –

Volunteers prepared 2 role plays on the topic and performed it so that it could be more understandable how AIDS spread, what measures to be taken, and what are the medical treatments required. They enacted through a story so that students could relate it on simpler basis.

Volunteers actively participated in all the programme that was conducted they had put in their maximum efforts so that they could bring about awareness around and within the people.



Volunteers participating on Elocution on AIDS - 04th December, 2018



Banners prepared by volunteers for AIDS on 04th December, 2018



Volunteers performing Role Play on AIDS on 06th December, 2018

Voter ID Card :

As elections are around the corner, NSS Unit of our college celebrated National Voter's Day on 25th January, 2019. The Programme Officer – Rajesh Kumar Singh of our college elaborated the importance of Voting during an election as the country lies in the hands of those whom we choose. So, it was decided that students turning 18 years were asked to apply for Voter ID form so that they could vote for the coming elections.

Awareness on Right to Vote –

On 06th February Dr. Dattatraya Kalbande explained our students the rights and importance of voting. Around 42 students attended the session

Distribution of Voter ID Card –

On 07th February, NSS Unit of our college distributed Voter ID Card Form – 6 to the students who are above 18 years old so that they could avail voter card.

Collection of Voter ID Card –

On 8th and 9th of February, all the forms which were distributed was collected back and then submitted to the Tahsildar Office.



Collection of Voter ID card Forms on 8th and 9th of February, 2019



Mr. Kalbande Sir spreading awareness on Importance of Voting on 6th February, 2019

Tree Plantation :

NSS Unit organised tree plantation on 15th February, 2019. Around 15 saplings were planted. Principal Sir and the Programme Officer actively participated in the programme. Volunteers themselves dug a pit to plant the saplings and also watered them. They were made aware how trees protect us by different means and why it is so necessary to conserve and plant trees. Around 50 volunteers took part in the programme.



Principal Sir and Students planting the sapling on 15th February, 2019

Blood Donation :

Blood donation camp was organized by NSS Unit on 02nd March, 2019 at Central Hospital for which 25 students were willing to donate blood but out of which only 5 volunteers could donate their blood. We had a teaching staff and an ex-student of our college to donate blood. All the required tests were taken duly before donating blood and refreshments were provided after the donation of blood. The Hospital certified our volunteers with donor card and a blood donation initiative certificate was also provided to the college.



Students donating blood at Central Hospital on 02nd March, 2019

Nss Residential Camp Report 2018-2019

NSS residential camp of our college was scheduled from 28th January 2019 to 03rd February 2019.

The camp was at Yatri Niwas, near Vaishnodevi Mandir, Raita village. Around 32 NSS volunteers took part in the camp along with 2 teaching staff and 1 peon. Our Principal Sir Dr.Vasant Pandit Mali, along with the NSS Program Office Mr.Rajesh Kumar Singh and NSS member Ms. Sophy Mathewhad inaugurated the Camp on the first day honouring the Sarpanch of the village Mrs. Padmshri Mahendra Jadhav, Principal sir and Program Officer explained the volunteers aims and objectives of the NSS residential camp. Sarpanch of the village claimed her gratitude by promising complete cooperation needed from her part and also explained some issues prevailing in the village.

First day (28th January, 2019) of the camp volunteers were well informed regarding their daily schedule, the whole count of 32 volunteers were divided into 5 groups to which they were informed about their food committee and cleanliness committee responsibilities. Volunteers had to first clean up the premises and also the dormitory where they had to reside for next 7 days. The whole set up of kitchen was also arranged and students were made well aware regarding the surrounding and by 7.00 pm they attended the Aarthi at Vaishnodevi Mandir. By 8.30 pm dinner was ready and by 10.00 pm volunteers were on their bed to sleep.



Principal Sir interacting with students during inauguration at NSS Residential camp

Second day (29th January, 2019) as per schedule they woke up by 5.00 am. had to practice different yoga Asanas and warm up exercises later to which they went for a morning walk. Volunteers made it a practice of singing the NSS Anthem song everyday after the morning walk they then got freshened up and had their breakfast. After breakfast volunteers were asked to prepare banners and slogans on 'Plastic Ban'. After preparation they took break time for shower and other chores. By 1.00 pm they had their lunch and after which they were taken for a rally on 'Plastic Ban'. Volunteers took the efforts to make the villagers aware how harmful it is to use a plastic bag. After the activity students had their tea break. On the same day a session was arranged on 'women empowerment' a motivational lecture taken by Mr. Govind Kumar.



Students explaining the villagers the need of Plastic Ban



Mr. Govind Kumar delivering motivational lecture to NSS Volunteers

Third day (30th January, 2019) the whole schedule was followed the same way. On this day volunteers by evening had to go to the village school and had to explain the school students certain measure which they should bring into practice on daily basis like personal hygiene, cleanliness, save water, waste management etc. volunteers sportingly took up this task and tried their best to make the students aware on certain prevailing issues. We also distributed around 250 books which were left unused in the college so that students of the village school

could utilize it. By evening we had a session which was taken by one of the villager name Mr. Francis, he explained students how to cure diseases from basic availabilities which we have at home. Volunteers enjoyed the session to the core.



NSS volunteers explaining students on various social issues



Mr. Francis delivering lecture to NSS Volunteers on various home remedies

Fourth day (31st January, 2019) volunteers sticked to their schedule and their task for the day was to prepare best out of few waste papers (some waste papers were left out after the book distribution at school) they creatively made photo frames, wall decorations, garbage bin, use and throw bags etc. the best team was awarded with Rs. 500 by NeetuPurswani ma'am. By evening Kholi Sir took up a lecture on 'fight on superstitions' in which he explained the unwanted believes people were practicing and few scientific reasons of superstition and also narrated a story through poem.



NSS Volunteers prepared Best out of waste papers

On **Fifth day (01st February, 2019)** we had conducted a program on 'Gas Safety'. It was conducted at Raita School where all the ladies of the village gathered and they were given information regarding the usage, precaution and conservation of gas. Tree Plantation Drive was taken up in which around 7 saplings were planted nearby the village area. On this day volunteers were even taken to Tabour Ashraam for prayer.



Principal Dr. Vasant P. Mali and Sarpanch planting the saplings at village

On **Sixth day (02nd February, 2019)** of the camp volunteers practiced their schedule and the activity for the day was 'Swacch Bharat Abhiyan'. After their breakfast volunteers were taken to the field for Swacch Bharat Abhiyan in which they had to clean the surrounding areas of the temple, they cleaned the plastics that was dumped on the playing ground, they collected the waste particles and burnt it. Under Social Responsibility of college an initiative was taken down named 'Ek Mutti Yojana' in which Principal Sir, Programme Officer and all the volunteers provided some rice and yellow split peas grains to the Adivasi families residing in the village.



Volunteers cleaning barren ground of the village



Principal Dr. Vasant P. Mali and Sarpanch distributing grains to Adivasi families.

Seventh day (03rd February, 2019) which was the final day of the Camp, our volunteers had an interactive session with the Sarpanch wherein the volunteers explained Sarpanch various measures that can be taken for the problems prevailing in the village. The camp winded up with a rally portraying different messages and singing the NSS Anthem song. Then by 12.00 pm Volunteers cleared the camp site again cleaned the premises



Last day Rally by our volunteers on various social issues