Sadhubella Education Society's
Minority Institute

J. Watumull Sadhubella Girls College

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

NSS Activities 2019-2020

-Principal-
Dr. Vasant P. Mali



-NSS Programme Officer-
Mr. Rajesh Kumar Singh

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

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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 2019-2020

International Yoga Day :

National Service Scheme in collaboration with Health Club of J.W Sadhubella Girls College had organized 'International Yoga Day' on **21st June, 2019** at 9.00 am in college premises. The main objective of organizing Yoga Day was to impart the knowledge to our students about the benefits of Yoga in our daily life, how it helps us to balance our body, mind and soul and also how to survive the changing environment.

The session was initiated by Mrs. Pranjal Karkhanis welcoming our dignitaries, teaching staff and students. Further, we felicitated our Chief Guests who were the trainers of the session. Mr. Rajesh Kumar Singh (NSS Co-ordinator) felicitated Ms. Kavitha Ghodeswar, Yoga Teacher of Gurukul School (Ambernath) and Mrs. Smita D. Chawak (Chairperson of Health Club) felicitated Ms. Mangala Parate who is also a Yoga Trainer from Active Fit Nutrition Centre (Ambernath). We had two expert yoga trainers to guide our students with different Yoga Asanas along with Meditation. We started the session with Suryanamaskar, then followed by Bhujangasana, Ustrasana, Urdhvadhanurasana, Vrikshasana, Virabhadrasana, Trikonasana, Padmasana, Titliasana, Paschimottanasana and winded the whole session by practicing Kapalbhati, Anulomvilom Yoga. The trainers made sure that they explained the students the importance and benefits of each and every Asanas, and also made sure that every student could practice yoga everyday at least for half an hour.

Around 60 students along with the teaching staff of the college had participated in the session. We got very positive feedback from every student, they also mentioned that the session made them revive with lot of positivity and felt refreshed.



Students and Teachers practicing Yoga on International Yoga Day – 21st June, 2019



Students and Teachers practicing Vrikshasana on Yoga Day - 21st June, 2019



Students and Teachers practicing Paschimottasana on Yoga Day - 21st June, 2019

Tree Plantation Program :

Tree Plantation Program was conducted by NSS Unit of J. W. Sadhubella Girls College Ulhasnagar on **23rd July, 2019**. We had Mr. Mahendra Choudhary who is Assistant Police Inspector and Mrs. Vidya Suryawanshi who is Police Sub Inspector of Ulhasnagar Police Station to take part in the tree plantation program along with our Principal Dr. Vasant P. Mali and NSS Programme Officer Mr. Rajesh Kumar Singh.

Around 10 saplings were planted by NSS Volunteers in the premises of the college. 25 NSS volunteers participated in the program. The main aim to carry out this tree plantation was to enhance our environment with greenery around and also to protect the environment. It was necessary to make all the volunteers aware of the importance of tree plantation.



Tree Plantation Program along with Mr. Mahendra Choudhary and Mrs. VidyaSuryawanshi on 23rd July, 2019



Principal Sir, Dr. Vasant P. Mali andMr. MahendraChoudhary Sir, planting a sapling on 29th July, 2019

Mental Health Awareness

NSS Unit of J. W Sadhubella Girls College had organised a seminar on 'Mental Health Awareness' **on 2nd August, 2019** for the students of B.Com, BMS and BBI. To deliver the seminar we had Founder of ANUBHUTI Trust – Ms. Deepa Pawar and also Ms. Amrita De. The seminar started at 11:00 am in which Principal Sir Dr.Vasant P. Mali and Rajesh Kumar Singh sir had felicitated the Speakers of the seminar which was then continued with an orientation session taken by Ms. Amrita De. Ahead, Ms.Deepa Pawar started the seminar on Mental Health Awareness in which she conducted basic psychology test, games, and activities through which she explained students how to handle tensions, worries, depression, stress etc. She also informed the students about free Mental Consultation which is been provided by every government hospital, provided them with different contact no. to whom they could contact if they go through any trauma, stress, depression etc. She exaggerated on how every emotion should be controlled rather than building it up within ourselves and how to tackle such emotions right from start. Around 80 students attended the seminar and the feedback of the students mentioned that they found the seminar extremely knowledgeable and informative.



Seminar taken by
S. Amrita De Mental Health Awareness'
on 2nd August, 2019



Ms. Deepa Pawar taking up activities on Mental Health Awareness

Swachh Bharat Abhiyan Report

NSS Unit of J. W. Sadhubella Girls College had organised a seminar on Swachh Bharat Abhiyan in collaboration with Ulhasnagar Municipal Co-operation on **01st October, 2019** at 10.00 am.

The seminar began by our Principal Sir Dr. Vasant P. Mali, felicitating our honorable guests, who are the authorities of Municipal Co-operation. Our Principal shared few of his thoughts on how important it is to keep our country clean. Later, the authorities of Municipal Co-operation explained our students, their roles on keeping the environment clean, also explained different measures to take for keeping our environment healthy and clean. Students were told what issues were prevailing in the environment because our environment is unclean, related health issues and diseases that are hazardous to our lives. At, the end of the program a pledge was taken promising of keeping our environment clean and neat and also promising that we would try to inculcate this habit among others too.

Around 45 students attended the seminar and all the students understood the motive of the seminar that is 'Clean India Healthy India'



Taking pledge during Swachh Bharat Abhiyan Seminar, on 1st October, 2019



Authorities of Municipal Corporation on Swachh Bharat Abhiyan Seminar, on 1st October, 2019

Students of our college also prepared banners on Swacch Bharat Abhiyan and glued it around the college premises to motive and encourage all the other students to keep our environment clean and neat so that we could have much more healthier life.



Swacch Bharat Abhiyan Banners prepared by students on 1st October, 2019



Swacch Bharat Abhiyan Banners prepared by students on 1st October, 2019

Report On Rally On Voter Awareness

NSS Unit of our college had arranged a rally on 'Voters Awareness' on **07th October, 2019**. The rally was carried out in the morning at 10:00am, before the rally, our Principal Sir, Dr. Vasant P. Mali shared his views and thoughts on Importance of voting with our students. The rally was taken with an intention to create awareness amongst the public on the importance of Voting. Children created banners portraying different quotes on Voting Rights. Few of the quotes of voting which students prepared was 'Vote, because you must', 'Vote, and use your power', 'Your Vote, Your Right' and few of the banners were also in Marathi like 'Nirbhayhoun Matdankara – Deshachasanmankara', 'Chodkarsaarekaam- ChalokareMatdan' etc.. 32 students took part in the rally actively encouraging the public to Vote as it is our rights, students even personally spoke to few people explaining why voting is so necessary and what are the losses we could face if we do not vote. Making people aware that the decision of our country's ruling parties depends on every single vote given, as one single vote can also change the whole decision of the one who could be the ruling party. Voting is the way to express their opinions in a democratic nation.

While interacting, many people instantly replied that they would be voting during elections, but there were few who didn't even have a Voting ID Card, to them our students explained the procedure of getting the ID Card ready before the elections.



Volunteers participating in Awareness on Voting Rights on 7th October, 2019



Volunteers creating Awareness on Voting Rights on 7th October, 2019

Cloth Donation

NSS Unit of J.W Sadhubella Girls College on **14th October,2019** had donated some clothes to the orphanage children of Navjeevan which is at Kalyan West at 10:00 am. Navjeevan is a project undertaken for underprivileged women and children from red light areas. Since 25 years they have been making huge impact on society by empowering the women and their children in helping them to build their own lives and their future. The clothes donated were collected from college students who were willing to contribute for the children of Navjeevan. Even teachers of the college contributed for the same. Around 4 sacks of clothes were contributed to the children for all aged groups. The sacks of clothes were handed over to the Head Clerk of the orphanage who is Mrs. Usha Thampy. She explained our volunteers how the orphanage function, what facilities are provided to them, what norms they follow and how they manage the funds. She said that the children of the orphanage are provided with education up to graduation and also they help them with job placements in different organizations. The main objective of donating clothes was to maximum utilize the spared clothes that are leftover in our cupboard and to provide it to the ones who are in need.



Cloth Donation to Navjeevan Orphanage on 14th October, 2019



Bags of Cloth Donated to Navjeevan Orphanage on 14th October, 2019

Report On Aids Awareness

NSS Unit of J. W Sadhubella Girls College had organized a seminar on 'AIDS Awareness' on **4th December, 2019** at 11:00 am in college premises. We had Mrs. Sonali Vankhede who is AIDS Awareness Counsellor from Central Hospital as speaker for the seminar. The objective of the seminar was to impart the knowledge about AIDS to our students. 1st December is celebrated as World AIDS Day dedicated to raising awareness of the AIDS pandemic caused by spread of HIV infection. Government and health officials, non-governmental organizations and individual around the world observe the day often with the education on AIDS prevention and control. Acquired Immunodeficiency Syndrome is a chronic, potentially life threatening condition caused by the Human Immunodeficiency Virus (HIV). By damaging your immune system HIV interferes with your body's ability

to fight the organisms that cause the disease. Mrs. Sonali Vankhede emphasized on how AIDS can spread through needles, blood, breast milk, body fluids, body piercing etc.

There is no cure for HIV yet. However, treatment can control HIV and enable people to live a long and healthy life. This may include attaining an undetectable viral load. If you think you've been at risk of HIV, it's important to get tested. Testing is the only way to know for sure if you have the virus.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education. The red ribbon is the universal symbol of awareness and support for people living with HIV. Wearing a ribbon is a great way to raise awareness on and during the run up to World AIDS Day.



Principal Dr. Vasant Mali felicitating
Mrs. Sonali Vankhede on 4th December 2019



Students attending seminar on AIDS Awareness
on 4th December, 2019

Report On Blood Donation

NSS Unit of our college organised Blood Donation Camp on 16th December, 2019 in collaboration with HDFC Bank. Sankalp Blood Bank, Kalyan played major role. Mr. Naresh Puranik, Senior Manager Officer of HDFC Bank took the initiative of conducting Blood Donation in our college. Not only students of our college, but also outsiders were allowed to donate blood. Our Principal Dr. Vasant P. Mali and NSS Programme Officer Mr. Rajesh K. Singh felicitated entire team of HDFC and Sankalp Blood Bank. Around 82 students registered for Blood Donation but due to health inefficiencies every registrant were not allowed to donate blood. 18 units of blood was collected by Sankalp Blood Bank. We are thankful to HDFC Bank for providing financial assistance.



Principal Dr. Vasant P. Mali & Mr. Rajesh K. Singh felicitating HDFC Bank and Sankalp Blood Bank Mr. Rajesh K. Singh



Students donating blood during Blood Donation Camp on 16th December, 2019

Report On Traffic Rules And Regulations :

NSS Unit of our college organised a program on Traffic Rules on 7th January 2020. 92 students of college participated in the program. Mr. Srikant Dharne, Police Inspector and Sri. DilipUgale. Asstt. Comissioner of Traffic Department were the resource person for the program. The basic reason to organise this program was to create awareness regarding rules and regulations of Traffic among students. Mr. DilipUgale stated that students are future of the nation so it is very necessary to make the students aware of following traffic rules. Approximately 1 lakh people die through accidents, as they do not

follow the traffic rules, because of rash driving, drink and drive, underaged driving etc. students were also explained what could be the impact if traffic rules are not followed properly.



Mr. Dilip Ugale taking seminar on Traffic rules on 7th January 2020



NSS Volunteers along with Traffic Police at Traffic Rules and Regulations Program on 7thJanuray, 2020

Report On Street Play On Road Safety

Street play on Road Safety was organised on 16th of January, 2020 which was in collaboration with Traffic Police Department of Ulhasnagar 01. Around 10 students of our college took part in the street play. It was organised at Nehru Chawk, Ulhasnagar Bus stand – 01 and also at Shivaji Chawk. We conducted this street play to make the public aware how people can lose their lives by not following the traffic rules. Students through their street play made the public aware why it is necessary to wear helmet and seat belts while driving, how risky it is to drive after consuming alcohol, how you can face accident if you over cross a signal and also how rash driving is dangerous. It was necessary to make every public around that following road rules are very important to keep our life safe while driving.



Students along with Police Constable at Nehru Chawk on 16th January 2019



Students performing street play at Ulhasnagar 01 Bus Stand on 16th January 2019

NSS Camp Report 2019-2020

NSS Residential Camp was organised from 22nd January to 28th January 2020 at Kotwalwadi Trust, Neral. Around 48 NSS volunteers took part in the camp along with 2 teaching staff and 1 peon. On 22nd of January, 2020 all 48 volunteers along with NSS PO Mr. Rajesh Kumar Singh and NSS member Ms. Sophy Mathew left from college by 10:30 am and reached Kotwalwadi trust by 12:00 pm. The main objective of conducting NSS Camp was to inculcate within our volunteers the sense of social responsibilities and to interact with the society to know and understand their needs and requirements and bring up some measurable actions. The daily activities conducted in NSS Camp is as described below:-

First Day – 22nd January 2020

As soon as we reached Kotwalwadi Trust, students were asked to have their lunch followed by which they were tasked of cleaning the surrounding and dormitory of the Trust so that volunteers could settle down in. Once they completed all the cleaning work, food committees and cleaning committees were assigned with their daily schedule. By evening we had a session by **Mr. B.S. Bidve** in which he explained all the volunteers about NSS, its objective, time management, adjustments in adverse situations of life, maintaining health and also how NSS could play a vital role in many people's life through contributions, service, and welfare for others etc. He also made students do some activities like exercise, games etc.



Session taken by Mr. B. S. Bidve on the first day of camp – 22/1/2020



Activities taken by Mr. B. S. Bidve on the first day of camp – 22/1/2020

Second Day – 23rd January, 2020

On the Second day we practiced No Plastic/Plastic Ban day, for which students created banners portraying different visuals on how harmful plastics are and how it affects the environment majorly. Once volunteers were ready with the banners, they were taken to the villagers to explain them how plastics are congesting the environment, how disasters like flood can occur due to plastics and how marine and terrestrial animals are affected due to it. Many alternatives to plastic bags were explained by the volunteers like cloth bag, jute bag and some new inventions where few bags were created out of wheat grains. They made sure to explain every villager that plastic bags can create problem for domestic animals like cows, goats etc. and those animals are unaware of what they consume from the garbage bins, in which huge amount of plastics are dumped.





Volunteers interacting with villagers on Plastic Ban – 23/1/2020

Third Day – 24th January, 2020

On the third day all the volunteers took up their brooms with the promise to aware people about Swacch Bharat Abhiyan and also took the efforts of cleaning the premises of the villages around Kotwalwadi Trust. First students were taken to village named "MohachiVadi" where volunteers cleaned all the litters and plastics that was lying roadside. Volunteers picked up all the litters collected them at one corner of the road and then they also called up the Gram Panchayat Garbage truck of Neral to dispose of all the collected waste. After that volunteers were taken to another place in Neral, named Haribhau Badsawale Chawk where they again cleaned the whole premises.



Volunteers cleaning at 'Haribhau Badsawale Chawk' – Swacch Bharat Abhiyan – 24/1/2020



Volunteers cleaning at 'Mohachi Vadi' – Swacch Bharat Abhiyan – 24/1/2020

Fourth Day – 25th January 2020

On the fourth day of NSS Camp a session on Yoga and Diet was arranged for the volunteers in which Mr. U G Lokhandewho is from SICES College, Ambernath came up to take the session at 3:00 pm. He made volunteers understand why it is so necessary to keep our body healthy and fit, what impact does it create on our survival and how we can boost up our stamina and resistance power by keeping our body healthy. He explained our volunteers the diet contents that our body needs, as per what ratio does our body accept it and how to maintain them throughout our daily schedule. He also made students do many Yoga Aasanas, explaining them the importance and benefits of each and every Aasanas. Other than the session, on the same day students were taken to the nearby village to spread awareness on social issues, which every human beings are facing. Social issues like pollution, hygiene, education, financial inclusion etc. Volunteers made sure to visit each and every house of the villagers, they tried to interact with them so that they could understand what issues and being faced by them and they tried their best to give appropriate solutions by making them understand every aspect.



Yoga and Diet Session taken by Mr. U G Lokhande – 25/1/2020



Students interacting with villagers on social issues – 25/1/2020

Fifth Day – 26th January 2020

On fifth day we celebrated Republic Day morning by 7:00am along with the Adivasi hostel students. Flag was hoisted sharp by 7:00am. Our volunteers took part in singing and speech after the flag hoisting, one of our volunteer explained the significance of Republic day and also honoured all great leaders of our nation. On the say day students had a seminar conducted by Mr. Govind Kumar who is a motivational speaker and also expertise in Cyber Crime. He took up the seminar for all the volunteers on the topic – Women's Education, Rights, Brave decision making skills, time management etc. He also gave some of real life stories of great women achievers so as to influence all our volunteers. After the session, few of our volunteers took a small interactive session with all the students of Adivasi hostel, in which we emphasised on hygiene, food, nutrition, yoga also we had doubt solving session, one of our volunteer taught them few yoga aasanas and also karate as a part of self – defense.



Flag Hoisting on Republic Day - 26/1/2020



Mr. Govind Sir in Motivation Session



Students in Hygiene Awareness Session

Sixth Day – 27th January 2020

On Sixth Day our students took up awareness on Mother-Child Care, for which volunteers were asked to go to the villages and explain all the mothers on basic nutrients that every child needs and also to explain them how they can keep their child's health healthy by keeping their environment clean and neat. By evening our Principal Sir Dr. Vasant P. Mali visited our camp site along with his wife Mrs. Suvarna Vasant Mali. Sir visited our camp site with an initiative of providing books and stationaries for all the students of Adivasi Hostel. The intention of distributing books and stationary was to encourage them to learn, write and get educated for their better future. It was also a promise to those students that we would give more of our contributions to them throughout the year for their development and growth.



Stationary distribution to Adivasi Students by Principal Dr. Vasant Pandit Mali

Seventh Day – 28th January 2019

On the last day of the camp volunteers woke up early as any other day. Volunteers were taken for a walk and later on after breakfast volunteers cleaned the surrounding areas. They also met all the Adivasi students of the hostel and bid them a bye by making them understand to take care of their health and to study well. Volunteers packed their bags and we left the camp site by 12:00 p.m



Participants in NSS Camp