

Smt. M.M.P. Shah Women's College of Arts & Commerce (Autonomous)

Smt. Parameshwari Devi Gordhandas Garodia Educational Complex,
338, R.A. Kidwai Road, Matunga, Mumbai – 400019

NAAC Reaccredited B++ (CGPA 2.88/4, Cycle III)
Recipient of UGC-CPE Grant (2016-2021)
Adjudged 'Best College' (2017-2018), SNDT Women's University
Website: www.mmpshahcollege.in



N.S.S. Regular Activities

2022 - 2023

I/C Principal

Dr. Archana Patki

Programme Officer:

Smt. Renuka Prajapati

Dr. Bhavana Prem Chand

Dr. Rekha Shelar

ABOUT OUR COLLEGE

Smt. Maniben M. P. Shah Women's College of Arts and Commerce was established in year 1957 with 7 students and it is the first college affiliated to SNDT Women's University. It is managed by Seva Mandal Education Society (SMES). The motto of our institution is empowerment of women through quality in education and to lay foundation for progressive and prosperous future of the girl students by making them self-reliant and responsible homemakers. To fulfill the objectives, we provide various academic programmes to almost 6000 students through our junior college (affiliated to HSC Board Maharashtra State), Degree College and Post Graduate Departments (affiliated to SNDT Women's University). College has received 'B ++' grade from National Assessment and Accreditation Council (NAAC). Our institution stands for women's education, and we celebrate 60 years of our commitment towards making education available to women from all strata of society. The college has been awarded with UGC Status: College with Potential for Excellence (CPE) in 2016. The college has also received the SNDT WU Best College Award for the year 2017-2018.

Today we are recognized as institution of reputation for creating capable and responsible citizens for our country through quality education.

Vision

Empowerment of Women through Quality Education to make them Competent, Self-reliant and Responsible Homemakers, Professionals and Citizens.

Mission

Education for a living and for making a better living.

Objectives

- All round personality development of students

- Training students to be responsible citizens with awareness-raising programs and activities
- To make higher education more relevant, need based and skill based
- To lay foundation for progressive and prosperous future of the students

BRIEF HISTORY OF OUR N.S.S. UNIT

Our NSS Unit is established in 1970 with 5 NSS Volunteer under the leadership of our Management, Principal Dr. DhairayabalaVora and NSS Programme Officer Mrudulaben Shah. The junior college NSS Unit started in 1996. Today our NSS Unit has 300 degree college volunteers and 100 junior college volunteers. There are 3 Programme Officers (POs) from the degree college and 2 POs from junior college.

The College is situated in centre of Mumbai and in close proximity to Asia's largest slum community at Dharavi. Other slum pockets like the Antophill area, Guru Tej Bahadur Nagar and Wadala Gate no. 4. Our college offers services through social work in these neighbourhoods. Our students residing in these areas also benefit from the outreach programmes carried out by the NSS Unit in these areas. Our Management, Principal and teachers actively take part in collaborating with various NGOs to conduct extension activities. NSS motto is Not Me But You and our NSS Unit is proud of the fact that along with regular NSS volunteers a number of alumni are still associated and contribute to all NSS regular activities and special camp. Regular NSS activities include voter awareness, tree plantation, medical check-up camps, awareness rallies for gender sensitization , anti-smoking , anti-alcoholism, anti-drugs, AIDS awareness and so on , blood donation camp, freeship and notebook distribution. A few significant activities include adoption of slum community at Wadala Gate no. 4 in the college neighborhood, King's Circle Railway Station and Mammoli village in Thane district. These adoption have been approved by SNDT Women's University under Munijjan Yojana of Government of India, station Master King's Circle station and Gram Panchayat of Mammoli village respectively. In all three adopted areas NSS works towards enabling of the community through awareness activities and skill building activities for socio - economic empowerment. Through these activities our students have benefited in many ways – all round personality development, leadership quality, value education, team building and team work , caring, sharing, understanding other views and respecting them ,

confidence building and identifying with the cultural and traditional diversity of the country and creating the consciousness towards nation building .

SPECIAL PROJECT –MUTTHI ANAAJ DAAN

The simple and highly fruitful concept MAKE A DIFFERENCE through MUTTHI ANAAJ DAAN (M.A.D) is a thought first came to a group of enthusiastic young group of friends who wanted to Make A Difference for the underprivileged. With basic maths and other related technicalities, they chalked up as an effective plan of action. For M.A.D, all one has to do is put a fistful of grain in a plastic jar over the course of a month at home while cooking and hand over to team. That respective contribution is checked, packed and distributed to the people in need. However, careful monitoring is implemented to make sure that the correct MAD process is being practiced. College than take up the responsibility of distributing the collected grains are thoroughly screened along with their accounting books, records of the donors and the recipients. M.A.D. being tied in with education, only those continuing with their education is eligible to benefit with 5 kg rice and 2 kg tur daal every month.

M.A.D got the proverbial boost in May 2014 with a huge contribution by Lions Club of Sion to NSS unit of Smt. M.M.P. Shah Women's College of Arts and Commerce, Matunga towards 125 girls who came from impoverished areas like Dharavi, Sion, Matunga, Kurla and Wadala gate number 4, etc. Number of beneficiary increased since June 2016 from 125 to 250 and from September 2017 five more students included. This year also 300 needy students were benefited in this noble project.

To continue the services during vacation the N.S.S unit plans to give them grains before Diwali and summer vacation in advance. So that there is no discontinuation of services.

JUNE

WORLD ENVIRONMENT DAY

On 5th June , NSS Unit had organized a series of events for the celebration of Environment Day. World Environment Day (WED) is celebrated annually on 5th June and is the United Nations' principal vehicle for encouraging awareness and action for the protection of the environment. This year the theme of World Environment Day was “Only One Earth”.

For the celebration of Environment Day NSS unit had organised different activities mentioned as follows:

- Tree Plantation
- Quiz Competition- Total 528 students have participated in the Quiz.
- Sapling Distribution -10 sapling
- Cleanliness Drive

SHIVSWARAJA DIN DAY CELEBRATION

- The NSS Unit of Smt. Maniben M.P. Shah Women's College of Arts and Commerce had organized the event on 06 June 2022 to celebrate Shivswarajya Din. This historic day of Shiv Rajyabhishek Din was celebrated in Maharashtra to mark the coronation day of the great Maratha warrior king Chhatrapati Shivaji Maharaj. It was on this day in the year 1674 when Shivaji Maharaj was crowned as the Chhatrapati of the Maratha Kingdom. NSS volunteers, students (Sr. & Jr. college) the teachers and the non-teaching staff all enthusiastically participated in this celebration.
- Shivrajyabhishek Diwas, also known as ‘The coronation of Chhatrapati Shivaji Maharaj’ is widely celebrated throughout the Maharashtra state on 6th June to commemorate establishment of the ‘Maratha Empire’. On June 6, 2022, ‘The Shivswarajyabhishek Din Vishesh’ Event was organised by N.S.S. Unit. To give tribute to our beloved King Chhatrapati Shivaji Maharaj.
- The event was held in the Foyer of college premises, where, on this occasion, the venue was decorated with orange flags, Patakas, and garlands signifying culture of Marathas. Volunteers adorned the Shrine of Chhatrapati Shivaji Maharaj with beautiful flowers and garlands adding beauty to the cause. The entire event was divided in three parts.
- The event has been started in the following manner:

- The event started at 11A.M. by Prof. Dr. Rekha Shelar giving welcoming speech and greeting everyone. Principal Dr. Leena Raje inaugurated the event by offering abhivadan to the image of Shivaji Maharaj. Along with that Ms Komal Rampure has sung the song “Jai Jai Maharashtra Majha” to note the tribute the Maharashtra state.
- Dr. Leena Raje (Principal) to give a welcome speech to the crowd and she given the speech on Chhatrapati Shivaji Maharaj and what kind of warrior he was. She spoken about his innovative military tactics and his administration further she explained his qualities which he possesses as a leader and what helped him to become the king of maratha empire.
- Later the students performed The Royal Entry of Chhatrapati Shivaji Maharaj by announcing ‘Shiv Garjana’ with the Arrival of Maharaj paying tribute to the Shivrajyabhishek ceremony.
- Songs like ‘Aao baccho tumhe sikhaye’, ‘Vedat Marathe veer daudle saat’ were presented in the start of the event by students and Non Teaching Staff celebrating Maratha dynasty and the brave Marathi soldiers.
- Various speeches such as ‘Shivaji Maharajanche Vyaktimatva’ by volunteer Ms. Perna Chaure and ‘Shivrajyabhishek Varnan’ by student Ms. Kumud Desai were given describing the King and Coronation ceremony or ‘Abhishek Sohala’ of Shivaji Maharaj.
- A short-film by NSS PO was displayed on screen giving information on significant forts of Maharashtra such as Raigad, Pratapgadh, Panhala etc. To spread glory of the empire and to spread awareness about their declining condition. Encouraging audience to protect this historic witness who stood to the glory of Maratha Samrajya throughout the past and present.
- Later in the event ‘Hirkani’ dance was performed by the student Ms. Tejal Gurav which portrayed the true story of a Brave mother named Hirkani who descended from a terrific cliff of the raigad fort on the night of Rajyabhishek, for her child, which gave audience goosebumps.
- Volunteer Ms. Aparna Kasare performed a speech ‘Mavlyache Manogat’ which targeted political and social issues and comparing it with ‘ShivSvarajya’, through the perspective of ‘Maavla’ soldier of Shivaji Maharaj. Which motivated audience against the odds and evils in the society and to make a better world –‘Surajya’.
- Later student Ms. Priyanka Jogdand conveyed her words through the poetry ‘Mi Shivajiraje Bhosale boltoy’ which narrates the thoughts on the today's social situations by the perspective of Shivaji Maharaj.

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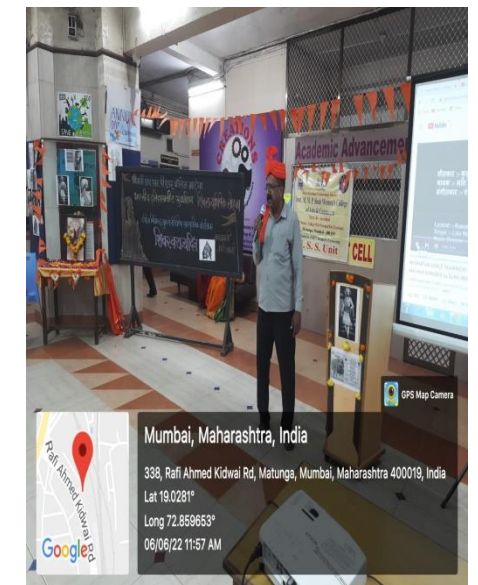
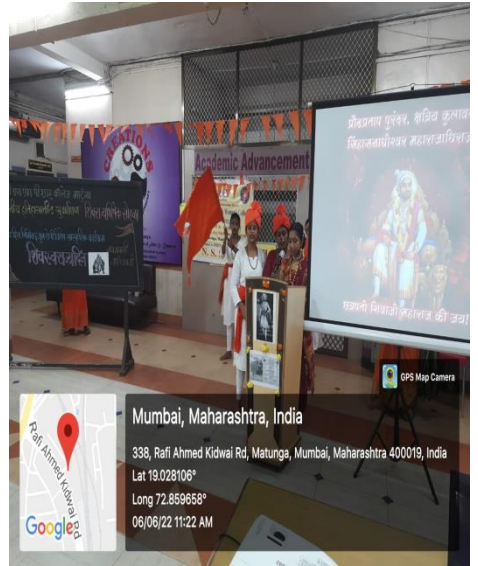
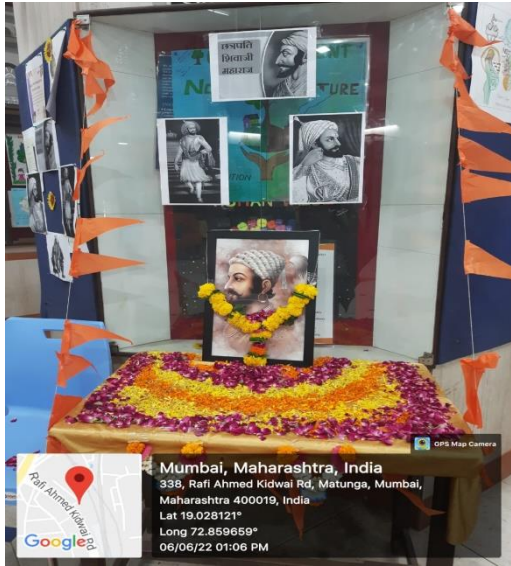
- Quiz competition was organized in college level for teaching staff and non-teaching staff and for students and we have given them E-Certificate those who all attended the Quiz competition
- Outcome:
- What are the lessons we should learn from the life of great king and warrior?
- Our students got inspiration from these great leaders and learnt the various management and life skills that are essential for the growth in material, spiritual and in social life. Following are the lessons which is learnt with the help of this event.
- Respect own Culture
- Be alert and aware; develop a team with the right knowledge and skills
- Confidence and courage are very important during adversities and troubles, believe in yourself, believe in God.
- Be innovative, creative and think with open mind with big vision to overcome challenges.
- Respect Women



diplomatic

- To win over “Adharma” one needs to be
- Nation and Dharma (Righteous path to uphold values) first, self-last
- When one is on the path of success, be humble and grounded.





CLEANLINESS DRIVE AT WORLI FORT

7th June 2022, on the occasion of Environment Week, which started on Tuesday. Hon'ble Minister for Higher and Technical Education Uday Samant, Principal Secretary for Higher and Technical Education Vikas Chandra Rastogi, State Liaison Officer NSS Dr. Prashant Kumar Vanaje, State NSS Advisory Committee members Ankit Prabhu and Ashim Gupta, were present to commend the work and encourage the students. Our 18 NSS Volunteers along with 1NSS PO participated in Cleanliness Drive at Worli Fort . The aim behind sending volunteers for this cleaning drive was to make understand about our heritage structures are maintained well. It is our duty to clean and preserve our environment.”



INTERNATIONAL YOGA DAY

“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.”
(B.K.S. Iyengar)

Since 2015, International Day of Yoga is observed on June 21 to spread awareness among the masses about the importance of Yoga and its effects upon human health.

International Day of Yoga 2022 theme was “Yoga for Humanity”.

The theme focuses on telling people to stay motivated and adopt a healthy lifestyle by doing exercises and yoga. Exercise helps us to stay optimistic and yoga helps us to explore new ideas and improve our mental health.

Objectives :

To raise awareness among the students regarding the amazing and natural benefits of yoga to have good health.

To connect students to the nature by practicing yoga.

To help students in their bad situations themselves by getting relief from stress through yoga.

Encourage students to practice regular yoga to remain fit and improve concentration

To protect unhealthy practices and promote mental and physical health of students through yoga practice.

To integrate moral values and attain higher level of consciousness.

On the occasion of 8th International Day of Yoga 2022 on Tuesday, June 21, 2022, Smt. Maniben

M. P. Shah Women's College of Arts and Commerce, NSS unit in collaboration with NCC and sports department had organised various activities.

A one week long Yoga camp was organised by sports department in the student's common room for the students to promote yoga in their daily life. This was conducted by Ms. Vandana Saha, sports instructor from 16th June to 23rd June 2022. More than 100 students had participated in 2 batches in the camp.



On 21st June 2022 Institution with all Seva Mandal conducted colleges has organized Mega yoga events in collaboration with Jillha Krida Adhikari Karyalaya, Mumbai, which was conducted by college karate in charge Mr. Mahesh Navale sir and yoga trainer Ms. Vandana Saha in the VasANJI Ravji Changdaiwala hall. Various yoga asanas were demonstrated to the students More than 500 students, teachers, attended the event



For the celebration of International Yoga day on 21st June 2022, Unit has organised Yoga Workshop. Ms. Nayana Mahale and her team from Swami Vivekanand Kendra Dadar Shakha were invited to conduct the workshop.



- The function began with a brief introduction of Yoga Day & yoga prayer by Ms. Vandana Saha, sports instructor.
- Welcome speech was delivered by the Principal Dr. Leena Rajee where she stressed upon the importance of yoga on the body & mind.
- A brief introduction of the resource person, Ms. Nayana Mahale from Swami Vivekanand Vidya Kendra., was given by Ms. Seema Gupta, NSS member.
- The chief guest & the team members were felicitated by Principal Dr. Leena Rajee.
- Ms. Nayana Mahale talked about yoga, its need & usefulness to make the students understand the importance of Yoga in their life and how to maintain harmony between body and mind.
- Ms. Nayana Mahale started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed followed by Omkar chanting by the

students and the teachers enthusiastically and the importance of these Asanas was also explained simultaneously by Ms. Mahale.

- 11 Surya namaskar, Salute to the Sun were also performed, it is a set of 12 powerful yoga Asanas. Along with various asanas some interesting games related to yoga were also enjoyed by the students which help them to release tension & stress. Finally the session ended with Shavaasana for full body & mind relaxation.
- The function ended with a vote of thanks by Ms. Sushma Bhoir, NSS member. After thanking all, the National Anthem was sung by everyone. Total 80 students along with all NSS PO., teachers & non-teaching staff attended the workshop.

Besides these posters making & slogan competition was organized to focus on the benefits of yoga, certificates were awarded to the winners. The posters made by the students were displayed in the student's common room. 28 students participated for the competition.



- Videos regarding “Yoga Awareness” were prepared by our students which were forwarded in various students, teachers & friends groups to spread awareness about yoga.



- On this occasion NSS Zonal Coordinator Ms. Renuka Prajapati, senior NSS program officer Dr. Bhavana Preamchand, NSS officer Dr. Rekha Shelar and NSS team members Ms. Soni Singh, Ms. Sushma Bhoir, Ms. Seema Gupta, Ms. Shweta Jagad, Ms. Rashmi Tupe, NCC & Sports Committee – Ms. Vandana Saha, sports instructor along with all the faculty and office staff who put in a lot of effort to make the function a success.

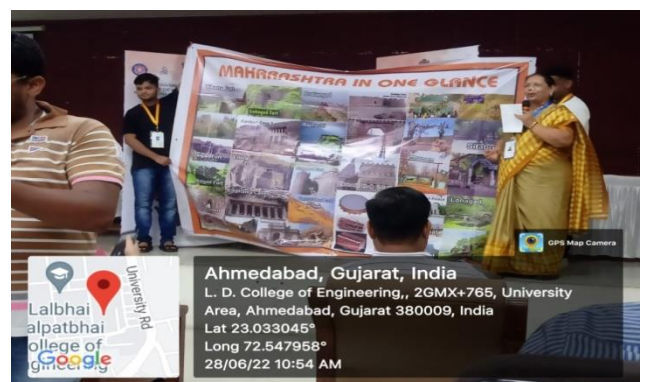
Outcome :

Students understand

- The various means of overcoming stress naturally without resorting to any artificial medicine.
- Eliminate all types of negativity from their lives and gain control over their emotions as well as health ailments
- To practice mental hygiene.
- To possess emotional stability and to integrate moral values.
- To get rid of stress that accumulates daily in both body and the mind.
- Children got the chance to know how yoga embodies harmony of mind and body.

NATIONAL INTEGRATION CAMP – AHMEDABAD

From 27th June to 3rd July 2022, our 5 NSS Volunteers represent SNDT University along with 5 others colleges NSS Volunteers of Bombay University and Dr. Hina Shah madam has accompanied to Ahmedabad for National Integration Camp to represent state of Maharashtra for 7 day organised by Government of India Ministry of Youth of Affair & Sports NSS Regional Directorate, Ahmedabad & L.D. College of Engineering Ahmedabad. In this NIC our volunteers did various activities such as Skit Play, Wall Painting, Song, Yoga, Dance, Visit etc. Our volunteers got the 2 Prizes in Quiz Competition. The objective of these camps is to build a unity and peace with spiritual harmony between different states and cultures of India.





JULY

PLASTIC WASTE COLLECTION PROJECT

On 4th July 2022, Plastic waste collection project by Economics Department and NSS unit around 25 kg wastes were submitted organised by Global green Ranisons. The aim was to reducing the single-use of plastic to an almost zero level so that they should not be dumped under the ground with wastes. It is being done to reduce the risk for human beings and other creatures to survive on earth.



107 TH SNTD WOMEN'S UNIVERSITY FOUNDATION DAY

5th July 2022, On the Occasion of ,107 th SNTD Women's University Foundation Day NSS Unit collaboration with Marathi Department organized various program and shown Short Film Screening on Maheshri Karves contribution of society. Students express their views. 50 NSS Volunteers along with two NSS PO Attended.



SEED BOMB MAKING WORKSHOP

9th July 2022, NSS Unit of Smt. Maniben M. P. Shah Women's College of Arts and Commerce (Autonomous) Matunga Collaboration with Lion club of Sion organized Seed Bomb Making Workshop by Rachana Solanki. Total 100 volunteers, 3 NSS PO attended. Seed bombing, or aerial reforestation, is a technique of promoting vegetation on land by throwing seed balls onto barren tracts of land. The objectives are to restore plant population, increase the green cover on empty patches, and nourish and feed the soil.



WORLD POPULATION DAY

On the Occasion of World Population Day NSS Unit organized various programs :

MUTTHI ANAAJ DAAN

On 11th July 2022, a program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal.



NOTE BOOKS

On 11th July 2022, NSS Unit, Leo Club of MMP Shah College & Lions Club of Sion, took a step together towards promoting education among the less fortunate students helping them realize, the importance of education for a better future jointly distributed the Note Book to 150 students by follow all the Covid – 19 Guidelines & behaviour.



UMBRELLA DISTRIBUTION

On 11th July 2022, NSS Unit distributed Umbrella to 150 Needy students 150 students.



WORLD POPULATION DAY

11th July 2022, On the occasion of World Population Day NSS Unit Organized Poster and Slogan making competition . Total 30 volunteers participated. The purpose of this awareness was to raise awareness among the public about the effects of overpopulation on humans and the environment.



TREKKING

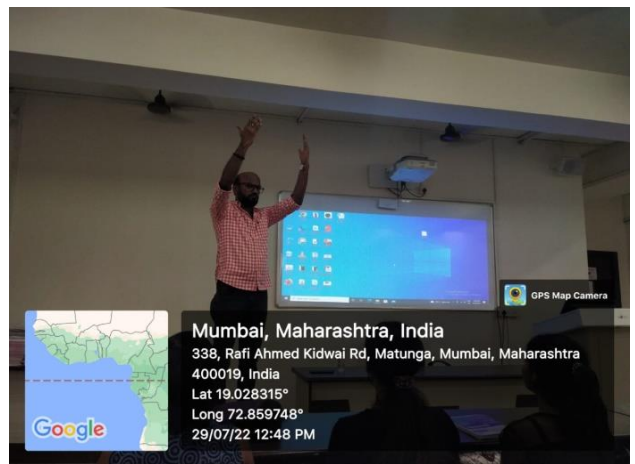
21st July 2022, SNDT Women's University department of physical education has conducted trekking at karjat, Sondai fort . Our 32 sports Sr and Jr ,NSS volunteers had participated.



ORIENTATION LECTURE OF ECO CLUB

On 27th July 2022, NSS Unit in collaboration with United Way Mumbai established Eco Club in college to organise various Programme on environment education projects. We invited 5 volunteers from each department for the same. Selected students will be enrolled in the club after an Orientation lecture. Guest Speaker was Ms. Pooja Shinde & Mr. Thushar Warang. Total 57 volunteers has present for the same.





RAKHI SELLING

From 30th July 2022 to 8th August 2022, NSS volunteers helped Divyang children of "Dr. A.V. Mehta's V.D. Indian Society for Mentally Challenged Vocational Training Centre, Malad. NSS Volunteers Sold Rakhi to the college students by visiting all the classrooms. The programme was organized from 30th July to 8th August 2022, with view to give a forum to the differently able students to display their skills and talents. It also provided valuable revenue for the rehabilitation center. Approx. amount collected was Rs. 6240/-



WORKSHOP ON APPROACH EXAM POSITIVELY

On 2nd & 3rd August 2022, NSS Unit & Student Council has organised the workshop on “Approach Exam Positively”. Guest Speaker was Mr. Jignesh Sanghvi, Clinical Hypnotherapist, Mind Trainer & Life Coach. He said that many students approach exams with a sense of trepidation, especially in Key Stage 5 with the added demands and workload, and the higher-order thinking needed to achieve top grades. This workshop helps alleviate exam stress. The fast-paced, high-energy, interactive sessions are designed to improve memory skills and increase self-confidence. Students begin to understand the importance of reflective practices and regular review in exam preparation, and gain a heightened sense of aspiration and self-belief through positive learning attitudes. Put simply, the skills learned in this workshop will improve exam performance. Total 300 students has attended.



SESSION OF ECO CLUB

2nd August 2022. NSS unit in collaboration with United Way Mumbai. Organized II nd Session under the of Eco - Club . On Marine Pollution by Thushar warang and team . Total 59 students attended. He explain how to develop the environmental management of a coastal zone identifying and evaluating the impacts on the sea caused by different industrial activities. The main goals of marine environment protection were Conserve and sustainably use of the oceans, seas and marine resources. Also the Healthy oceans and seas are essential to human existence and life on Earth. They cover 70 per cent of the planet and provide food, energy and water. The aim of this session was to understand the marine life so we can protect that with the help of the precautionary measures near coastal zone.

LEADERSHIP CAMP

2 nd August to 4 th August 2022 NSS volunteer Sanjana Patil (BAMB Dep.) attended 3 days Leadership Camp at Shantivan, Panvel. Providing leadership training prepares youth to manage time, work in a team setting, set goals, start conversations, facilitate meetings, and make effective presentations; all of which are positive life skills that they will carry into adulthood.



MUTTHI ANAAJ DAAN

5th August 2022, a program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal.



HIROSHIMA RALLY

6th August 2022, 30 volunteers has participated in Hiroshima Day rally organized by Sarvodaya Mandal Mumbai from Azad Maidan to Hutatma Chowk to mark the 73rd anniversary of the atomic bomb attack on the Japanese cities of Hiroshima and Nagasaki by the USA during World War II. Volunteers held banners and poster displaying their agitation against disharmony in the world and expressed a need for tranquility. Large banners bearing slogans like 'No More Hiroshima', 'We want to grow up, not blow up', 'No: Bomb Yes: Peace' were abundantly visible. The participants took a pledge to work for peace and a nuclear-free world.



BREAST FEEDING WEEK

6th August 2022, As part of Breast feeding week, the Department of Home in association with NSI Mumbai chapter conducted an awareness program for women from adopted community Wadala Gate no 4 15 women's came for the exhibition . A chart display and lecture on importance of breastfeeding and nutrition for the mother demonstration on Complementary foods were arranged by students.



CELEBRATION OF AZADI KA AMRUT MAHOTSAV 1 WEEK PROGRAMM

from 8th August to 17th August 2022, NSS Unit , NCC & Sport Department on the occasion of celebration of 75 glorious years of Independence. A series of competitions was organised from 8th August to 17th August 2022.

1st Day, on 8th August 2022, had organised literary event competitions like :

Elocution – 20 participants

Essay writing __64 students participated

Poetry Recitation _15_students participate.

On 10th August 2022, 2nd day of the swarajya mahotsav celebration the following programmes was organized:

- 1) Solo patriotic songs 18 students participated from 8th August to 17th August 2022
- 2) Group patriotic songs 10 groups participated
- 3) tri colour class decoration day almost all classes participated and beautifully decorated classes.
- 4) Book display in the library on Azadi ka Itihas .all students are visiting.
- 5) Our NSS volunteers has celebrated Raksha bandhan at Matunga and Sion police station.

On 12th August 2022, 3 rd day of the swarajya mahotsav celebration where by following number of a students participated in various programmes.

- 1) Solo Dance 18 students participated
- 2) group patriotic Dance 18 groups participated
- 3) Duet Patriotic Dance 4 group participated
- 4) tri colour class decoration day almost all classes participated and beautifully decorated classes.
- 5) On the Occasion of youth day drug free oath taking programe conducted. Principal madam Dr.Leena Raje with 10 teachers , 8 NSS Po and almost 300 students took the oath together.

6) Book display in the library on AzadikaItehas .all students are visiting.

7) volunteers set up selfie - booth , Nail Art counter , tri colour bindhi.

13th August 2022, 4th day of the swarajyamahotsav celebration where by following number of a students participated in various programmes.

1) 67 students participated in poster making competition.

2) 27 Students participated in Slogan writing competition

3)tri colour class decoration day almost all classes participated and beautifully decorated classes.

4) 4 groups from Junior and Senior college played skit about Azadi, environmental and world population.

5) Many students has made Tattoo and wear nail paint of Tricolour.

6) Book display in the library on AzadikaItehas. Many students had visited the Book Exhibition.

7) student volunteers has set up selfie booth , counter for Nail Art and tri colour binddi.

8) Students from neighbourhood school like Matunga Lions Pioneer English School, SIES High School, BAK Swadhyay Bhawan and Lion MP Bhuta school also participated in poster making & Slogan writing.

14th August 2022, 5th day of the swarajyamahotsav. We celebrated With Cycle rally and marathon. Our Honourable secretary of SMES Mr.Vasant Khetani with his family, 4 NSS PO, Lt. Suvarna Joshi, sports incharge and teachers joined this celebration. Following activities were performed

1) More than 200 students and 50 NCC cadet participated in cycle rally and marathon.

2) students started rally from college campus with Lazim, traditional dress, By chanting Nara Harghartiranga, tribute our nation.

3)Tirang balloons floated in the sky

4) 180 vadalamatdar Sangh and 5 people participated in rally.

5) Ration office staff and residential people on R A kidwai road also joined our rally.

6) People on the road, from building and society were clapping and appreciated our students for performing this rally.

7) After rally students expressed their views through speech, songs and poems.

On 15th August 2022, 6th Day students perform skit play on "Population Explosion".

On 17th August 2022, 7th day of the swarajya mahotsav. We celebrated by singing "Samuh Rashtra Geet". Our Management members of SMES also joined this celebration.

Following activities were performed.

1) Students, NCC cadets, teachers and non Teaching staff gathered at Foyer and celebrated by singing national Anthem.

2) Students sang the national Anthem at 11 a.m. in their respective classrooms.

3) National Anthem were sang in Library too by students and staff.

4) Book display in the library on AzadikaItehas. Many students had visited the Book Exhibition.

5) Student volunteers has set up selfiebooth , counter for Nail Art and tri colour binddi

6) Students have dressed up in tricolour.







Mumbai, Maharashtra, India
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Long 72.859688°
10/08/22 10:44 AM



Mumbai, Maharashtra, India
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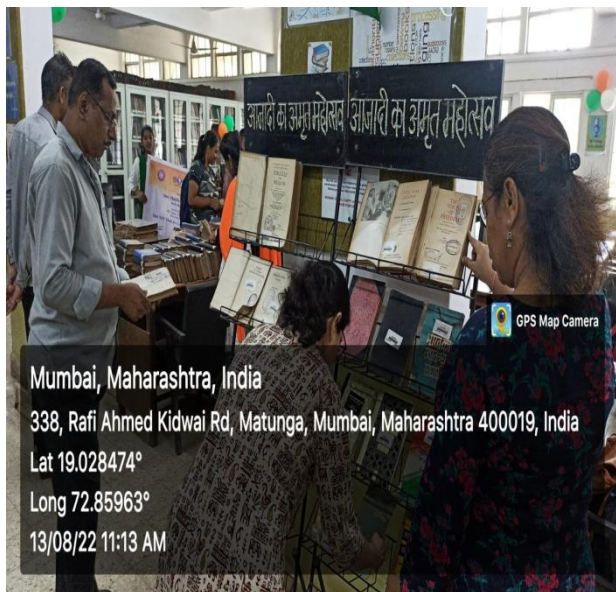


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HEALTH CHECK UP CAMP

17th August 2022, NSS Unit in collaboration with Global Hospital organised medical check up camp. The health check-up camp served the purpose of empowering the faculty with enough information and awareness with regards to their health and problems confronted by them. Total 80 teaching and Non teaching staff got benefited.

FLAG COLLECTION DESK

From 17th to 20th August 2022, As part of Indian Flag collection drive our college NCC and NSS unit has arranged an Indian flag collection desk in college foyer. This drive helps Indian



citizens in two ways. Firstly, this spreads awareness about the utilisation of the Indian Tricolour. Secondly, it helps the environment and makes our country cleaner in the long run.



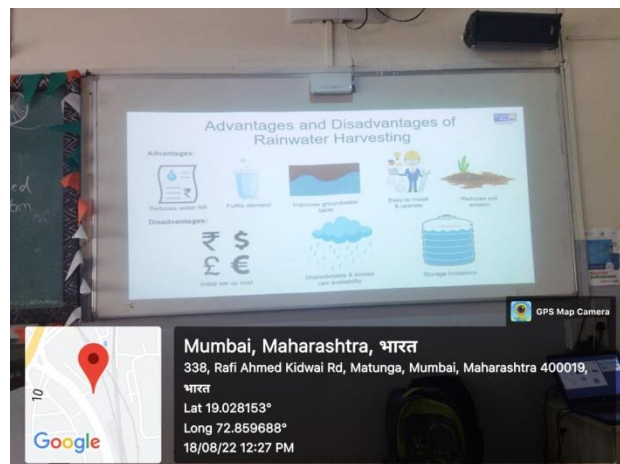
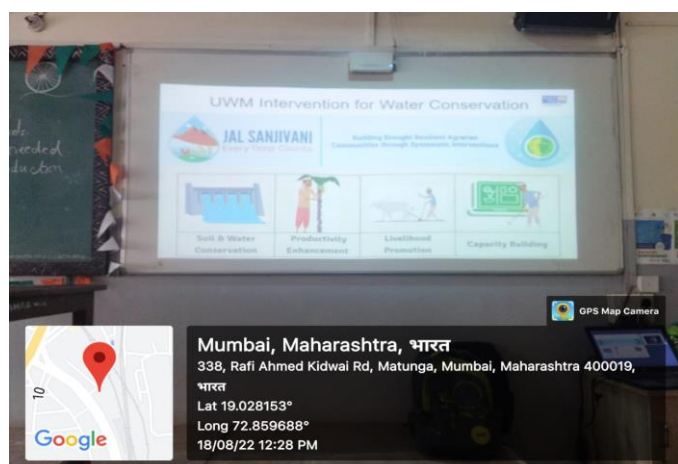
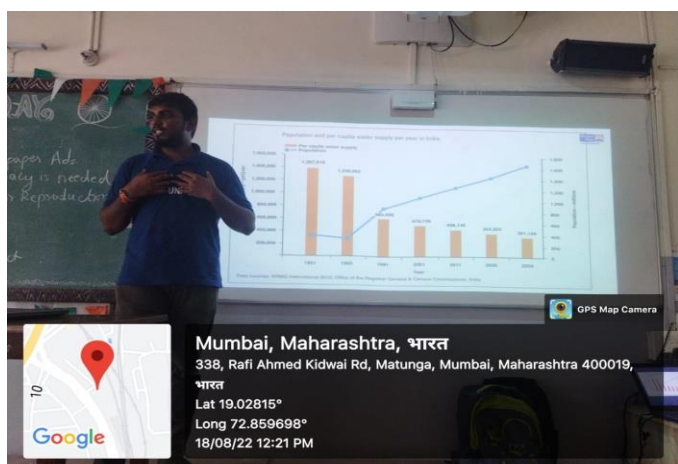
ART & CRAFT DEMONSTRATION

18th August 2022, NSS Unit in joint collaboration with Mahatma Gandhi Handicapped training center Ahmedabad, Gujarat organised the Art & Craft Demonstration. The trainer was Mr. Vicky Barot, He is an Artist and gave a demonstration of paper work (craft) to our students as well as teachers. All enjoyed the session and were inspired to learn this art. To exploring the ideas and recording their experiences by Evaluate and analyse creative works using the language of art, craft and design and also understand the historical and cultural development of their art forms. The objective behind this was to make our Art & craft culture alive in the youth.



SESSION ON WATER CONSERVATION

18th August 2022, NSS unit in collaboration with United Way Mumbai organized of eco club of Water Conservation by Tushar Warag and collection of Dry west. Total 35 students attended. Its objectives is to protect natural water bodies and their aquatic environments. These objectives relate to the volume and quality of water to remain in rivers for the protection of a natural water body and its aquatic environment



ATTENDED A SEMINAR

18th August 2022, Our 6 students has attended a seminar on Environmental and Waste Management Awareness Program and School Administration's Expectation from Civic Administration. At K/West Ward Office, Paliram road, Opposite Best Depot Andheri West, Mumbai-400058.

New Doc 08-08-2022 11.06 PDF

BRIHANMUMBAI MUNICIPAL CORPORATION

Municipal K/W Ward Office,
Opp. BEST Bus Depot
Paliram Road, Andheri (w),
Mumbai-400058

KW/ 40 /AE/SWM/OD
Monday, August 08, 2022

Sub: - Seminar on Environmental & waste management awareness program

And

School Administration's expectation from civic administration

Dear Sir / Madam

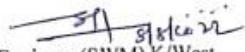
As we all are aware we have taken out planet and the earth for granted and all of us in some way or the other have contributed to the depletion of material resources and destruction of nature and out environment. Global warming has eased and continues to cause natural calamities across the world. The time has come for each and every one of us to look at our own carbon footprint and to take responsibility for restoring the balance in nature. Unexpected and frequent changes in daily climate have caused rise in dengue , malaria and so many other diseases in recent times.

We are happy to inform you that the K/West ward BMC Office in Mumbai has started taking steps towards protecting the environment by keeping the city of Mumbai clean. The K/West BMC office and Global Green Resonance Foundation (GGRF) would like to invite 1 or 2 senior teachers / representative / student's representative for a seminar where GGRF will be sharing information and creation awareness about the importance of conserving nature and environment and what practical steps each one of use can take to bring about a change.

We invite 1 – 2 represntative to attend the seminar / work shop on 18th August 2022 at 01.00 pm. Mention below,

Conference Room, 2nd floor, K/West ward,

K/West ward office, Paliram Road, Opp. BEST Depot,
Andheri (W), Mumbai – 400058


Asstt. Engineer (SWM) K/West

To,
The Principal
.....

YOUTH LEADERSHIP DEVELOPMENT PROGRAM

20 th August 2022, NSS Unit in Collaboration with Vivekananda Kendra organized "Youth Leadership Development" Program for students by Ms.Ankita Vilankar and team . Total 100 students& 2 NSS member attended this program. Providing leadership training prepares youth to manage time, work in a team setting, set goals, start conversations, facilitate meetings, and make effective presentations; all of which are positive life skills that they will carry into adulthood. The objective as “man making and nation building” and its mission as “service with spiritual orientation.” The mission is based on the belief that each individual soul has the potential to be divine and that faith in God is, in fact, faith in oneself.



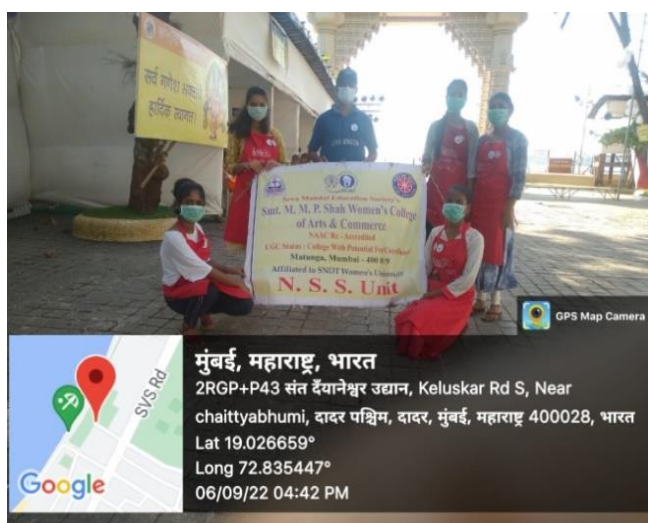
SESSION ON SANITATION AND HYGIENE

25 th Aug and 26 th Aug 2022, NSS Unit in collaboration with Whisper India was organised a session On Sanitation and Hygiene by Sakshi Chaurasiya it's followed by free pads distribution Drive.190 students attend the session 1000/ pads distributed to students. She explained about the Personal hygiene is a necessity for our daily activities. It is very important for the protection of our health and helps to prevent the spread of communicable diseases. It is a social and aesthetic values. An individual who follows the practice of proper personal hygiene gains confidence, pride and dignity. Personal hygiene applies to all parts of the body, but hand hygiene is probably the most important for public health. The promotion of personal hygiene must be well planned in order to bring positive.



NIRMALYA COLLOCATION - ECO- CLUB

On 6th September 2022, Under the Eco- Club of NSS unit in collaboration with United Way Conducted an Event of Nirmalya Collocation at Dadar Chowpati and Facilitating Citizen with Artificial pond at Chittyabhumi Shivaji Park Dadar. Nirmalya collected during immersion ceremony can be put in separate container (shaped as Kalasha or traditional pot). Mumbai and Pune municipal have already started this method to avoid introduction bio-degradable substances into water. Distributing fruits, coconuts and Prasad among poor and Recycling of flowers to make papers of dried flower products .Total 35 student volunteers attended the above activities.



INTERNATIONAL DAY OF CLEAN AIR FOR BLUE SKIES

7th September 2022, on the Occasion of International Day of Clean Air for Blue Skies on, NSS Unit in Collaboration with BMC & NMMC organized a workshop on Public Awareness Workshop for Students for Prevention and control of Air Pollution by Mr Shrikant Solunke (Environmental Consultant of BMC & NMMC) On 7 th September , total 140 students 2 NSS PO attend the workshop.

Dr. Shobha Dedhia (HOD – Commerce Department) have taken initiative and immense efforts to conduct this fruitful session. Programme inaugurated in presence of our Programme Officer Dr. Rekha Shelar as she was sharing her thoughts about nature and activities of NSS Unit. Ms. Seema Gupta has also introduced a resource person Mr. Shrikant B. Solunke who is environmental consultant in BMC Dept. & NMMC, he was sharing his knowledge with our 140 students. During workshop he was talking about recycling and how this works, also the responsibilities towards our nature. He also spoke about PUC.

Mr. Shrikant B. Solunke has given invitation to our students for recycle of waste . Students were very enthusiastic while attending the session they were also showing their interest and were interacting with guest too.

He sensitized to students because Air pollution happening in large num. What precautions we should take. Like Conserve energy, turn-off lights and electronics when not in use, use appliances with high energy-efficiency ratings in your home. This will reduce emissions which creates health issues and increased because of air pollution, he also discussed on various points relating to environment. He has also added points on recycle and reuse.

Majority of students were wearing blue color to celebrate this day along with teachers and at the end of the session we have kept Q&A round for the students. They were asking interesting questions to him and Mr. Shrikant Solunke was clearing their doubts in legitimate manner. It was a fruitful session and ended with good vote of thank by one of our Mass Media lecturer & NSS Member Ms.Seema Gupta.



MEDICAL CHECK UP CAMP

10th September 2022, NSS Unit of Smt M. M. P Shah Women's College of Arts and Commerce (Autonomous) Matunga collaboration with Global Gene Corp conducted Medical blood check up camp for Teaching and Non teaching staff . The objective of this camp was to provide free medical check up to the employees of the institute and also to educate them on the required follow-up on the basis of the findings. Total 50+ got benefited.



MUTTHI ANAAJ DAAN

10th September 2022, a program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal.



CLASSICAL DANCE PROGRAM

12th September 2022 , On the occasion of Azadi ka Amrit Mahotsav National Service Planning Ministry ,Higher and Technical Education Department organized A classical dance program based on selected lyrics by Vinayak Damodar Savarkar at Ravindra Natya Mandir Pul Deshpande Academy. Prabhadevi Mumbai for the inaugural program. Total 35 NSS volunteers participated in this program.



N.S.S ORIENTATION

On 12th September 2022, N.S.S. unit of Smt.M.M.P. Shah Women's college of Arts and commerce (Autonomous) organised an N.S.S orientation for FY students across all the faculties. Around 350 students had participated in the orientation. Zonal coordinator and Arts incharge Mrs. Renuka Prajapati, Vice principal of Junior college Mr. Rakesh Singh and NSS PO Dr. Rekha Shelar oriented students for NSS.





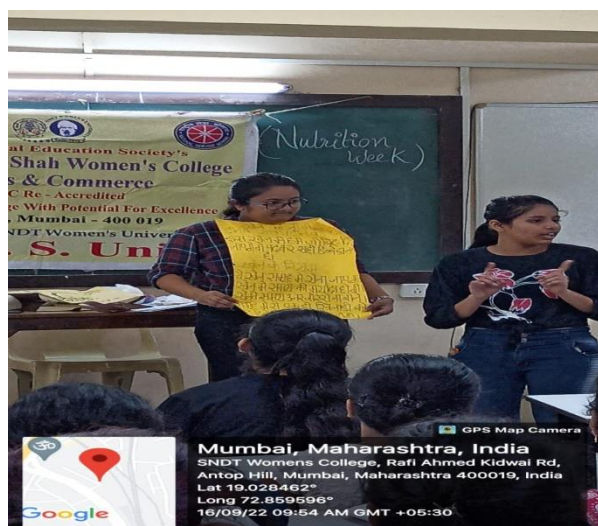
CLEANLINESS DRIVE

16th September 2022, Under the Swachhata Abhiyan NSS Unit organized the awareness campaigning and taking oath at Ray road station. To make people aware of the cleanliness and to tell them the benefits of cleanliness and motivate them to cooperate in it. Total 13 NSS Volunteers has participated.



POSHAN MAAH

16th September 2022, On the occasion of "Poshan Maah" Food and Nutrition Department has organised different events on Nutri games through quiz, discussions, puzzles for NSS volunteers. Total 100 volunteers attended. Students have learnt about balance diet, junk food and healthy food through different games regarding Nutrition and discussion.



CLOTH DISTRIBUTION AT WADALA GATE NO. 4

24th September 2022, On the occasion of NSS Day NSS unit along with Leo Club of MMP Shah College has distributed Cloths at Wadala gate no. 4 slum area and also organised Rally to spread awareness about 'Say No to plastic ' by holding poster and slogan. Total = 13 volunteers and Alumni 5 attended above program.



YUVA MAHOTSAY

On 22 nd and 23 rd September 2022, Our10 NSS volunteers did voluntary work in University Yuva Mahotsav at patakar hall.

SARVA BHASHA KAVI SAMELAN

On 26th September 2022, on occasion of Azadi ka Amrut Mahotsav, NSS Unit in collaboration with Language committee has organised “Sarva Bhasha Kavi Sammelan”. Total 100 NSS volunteers and PO's has attended the same. The purpose of this was to enlighten volunteers about the importance of the all regional Languages.



RD CAMP 2022-23

From 27th To 30th September ,Our 3 NSS volunteers Ms. Kshitija Pawar, Ms.Karina Waghe & Ms. Ishwari Bhogal attending three days RD camp at Shivaji University Kolhapur from 27th to 30th September 2022. The aim of this Pre RD Camp is organized prior to Republic Day Camp in order to select NSS Volunteers who are best in Parade and cultural activities.



CLEANLINESS DRIVE AT REAY ROAD

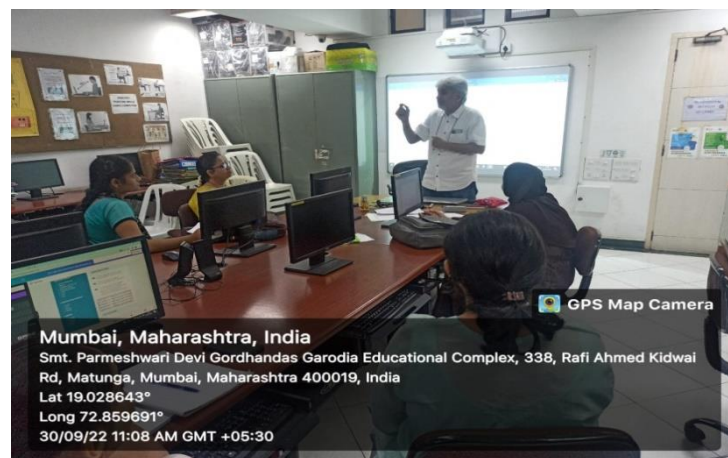
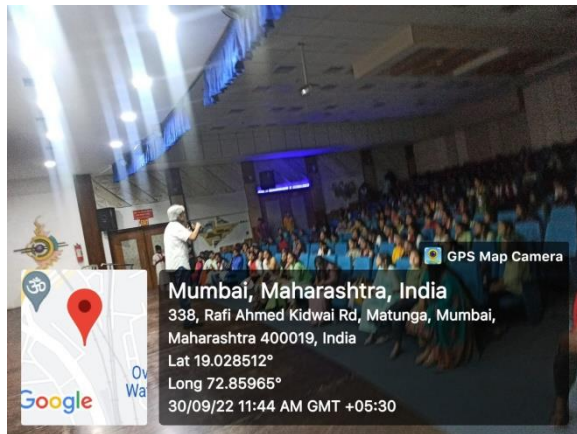
On 30th September 2022 Under the initiative of Swacch Bharat Abhiyan No use of Plastic, NSS Unit of Smt. M. M. P Shah Women's College Arts and Commerce (Autonomous) organized Cleanliness and No use plastic awareness campaign at Ray Road Station. Total 25 Volunteers along with Station Master and staff participated in this campaign.



AWARENESS ON THALASSEMIA

30th September 2022, Mr. Pankaj Thanna along with the NSS PO went Every classroom and Auditorium to aware to all the students about what is Thalassemia, symptoms, causes, why this check-up necessary for everyone etc. The aim of spreading awareness about thalassemia disease, its preventive measures and to avoid transmission among people throughout the world. Take a look at this year's theme, Thalassemia disease, symptoms and prevention. Outcome of this awareness was 200 students enroll themselves for this check up camp.





RALLY ON VYASAN MUKTI

1st October, 2022, On the occasion of Mahatma Gandhi and Lal Bahadur Shastri Jayanti Nashabandi Mandal, Maharashtra state in collaboration with department of Social Justice and social welfare, Government of Maharashtra social welfare department Mumbai city University of Mumbai and SNDT Women's University NSS Cell, NCC and global human organisation, organised Rally on Vyasan Mukti name 'Aami chalattho vyasan Mukti Sathi' at Azad Maidan to Gate Way of India. Vyasan Mukti abhiyan intends to reach out to the masses and spread awareness about substance abuse through the rally. Our 25 NSS Volunteers students participated in a rally against different kinds of addictions.



MUTTHI ANAAJ DAAN

On 3rd October 2022, a program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal. Also Lion Atul Sanghavi distributed Text book to the 100 Students . Lions Club of Sion gave freeship cheque to the college NSS Unit.



THALASEMIA CHECK UP CAMP

On 3rd October 2022, NSS unit of Smt. M. M. P Shah Women's College of Arts and Commerce(Autonomous) in collaboration with Lions Club Sion Conducted Thalassaemia check up camp for above 18 years students .Total 189 students taken Thalassaemia vaccine.

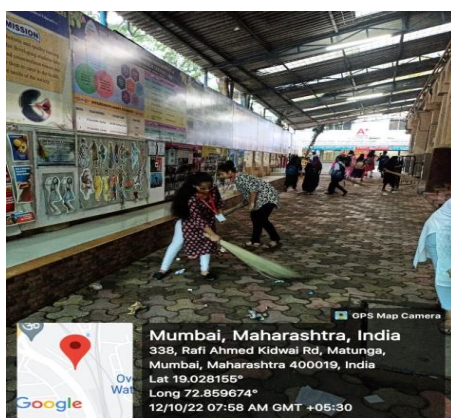


CLEANLINESS DRIVE UNDER THE "CLEAN INDIA CAMPAIGN"

On 12th October 2022, NSS unit has organised a cleanliness drive under the "Clean India Campaign". Around 50 NSS volunteers has cleaned many areas of college premises. They have cleaned area of outside the campus as well. The campaign was aimed for making the streets, roads and offices clean from filth and garbage. One of the main objectives of the drive is to make India Open Defecation Free (ODF). The campaign also targets raising public awareness about cleanliness through rigorous media campaigns and to institute door to door garbage collection in urban household and ensuring its safe disposal.

NSS unit has also organised Elocution competition on Clean India 20 students expressed their view. Total more then 50 students attend the program on 12th October 2022.

NSS unit organised session on "Protect Environment Through Cleanliness" under the "Clean India Campaign". Guest Speaker: Ms. Renuka Prajapati . Total, 75 Volunteers attend the session 13th October 2022. Session focus serves to introduce us to the important concepts and key terms that are used in environmental health and hygiene. Madam Starting with a brief description of the historical importance of hygiene and sanitation, she explain the scope of environmental health and describe the links between hygiene, sanitation and human health. Madam describe the steps in environmental health planning and give you an overview of volunteers role in the management of hygiene and environmental health at community level. This session will help volunteers better understand subsequent sessions



GUEST LECTURE ON YOUR TURN NOW

14th October 2022, NSS unit in collaboration with Leo Club of MMP Shah College organised a Guest Lecture on Your Turn Now - □□ □□□□ □□□□. Guest speaker was Mr. Rushabh Turakhia. Total 60 volunteers has attended the same. He explained how you can reform to kindle the kindness that lies within all of us. It not only makes people more thoughtful, compassionate, kind and generous but also makes us more aware of the world around. He also said that when any individual gets that little taste of kindness from you, you give them a Your Turn Now card that says now it's their turn to touch someone's heart or make them smile. The aim of this is to make random acts trigger a chain of kind acts.



WORKSHOP ON ACCEPTANCE

18th & 19th October 2022, NSS Unit organise workshop on Acceptance for UG First Year Arts & Commerce students. Guest speaker: Mr. Jignesh Sanghvi, Clinical hypnotherapist, Mind Trainer and Life Coach. In this workshop he has explain how to tackle the situation which was came sudden in life and also he has focuses on the different ways to practice and handling the self-acceptance . He has explained how you can show acceptance in everyday life. Total students for both the days was 300 per day.

 **Seva Mandal Education Society's**
Smt. Maniben M.P. Shah Women's College
of Arts & Commerce (Autonomous)
NAAC Re-Accredited B++ (CGPA 2.88/4) (Cycle 3)
UGC Status : College with Potential for Excellence (2016-2021)
Best College (2017-18) S.N.D.T. Women's University



NSS Unit
Organise
Workshop on
ACCEPTANCE



Guest Speaker: Mr. Jignesh Sanghvi
Clinical hypnotherapist, Mind Trainer and Life Coach

Date : 18th October, 2022 - UG First Year Arts
19th October, 2022 - UG First Year Commerce

Time : 7.30 am – 12.30 pm **Venue : Visanji Ravji Auditorium**

Mrs. Renuka Prajapati
NSS Zonal Co-ordinator

Dr. Leena Rajee
Principal

Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex
338, R.A. Kidwai Road, Matunga (E), Mumbai:400019



Mumbai, Maharashtra, India
Guru Tegh Bahadur Nagar Railway Station, Sion East, Sion, Mumbai, Maharashtra
400022, India
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Long 72.863579°
18/10/22 08:49 AM GMT +05:30



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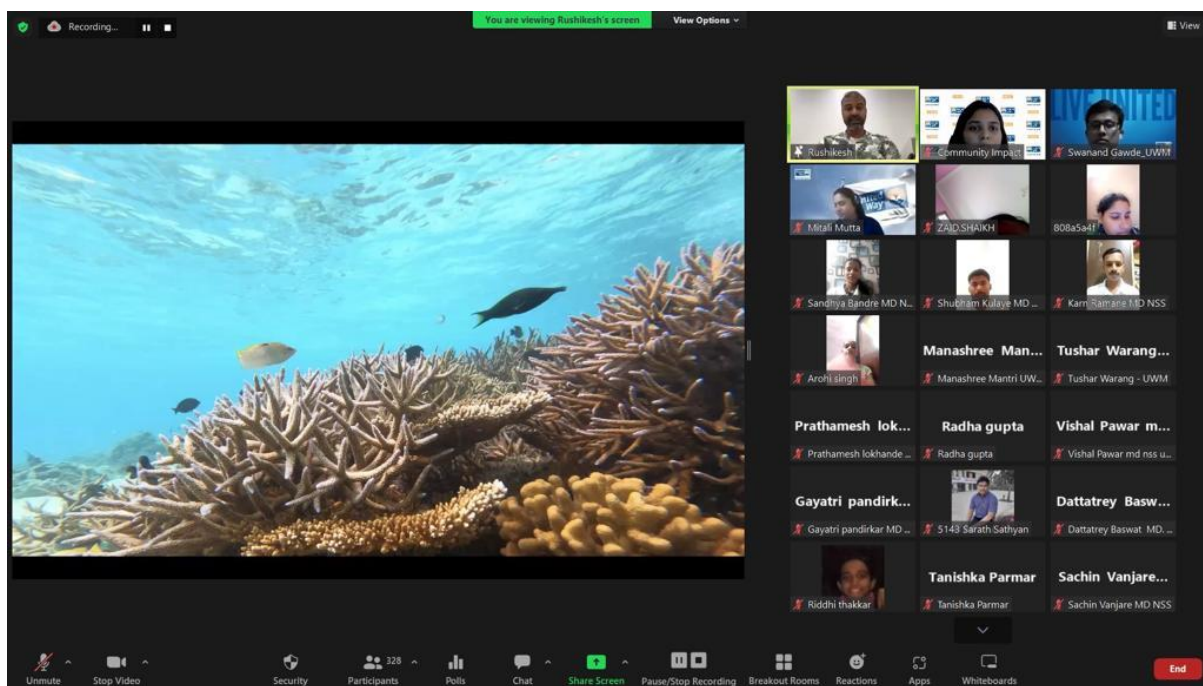
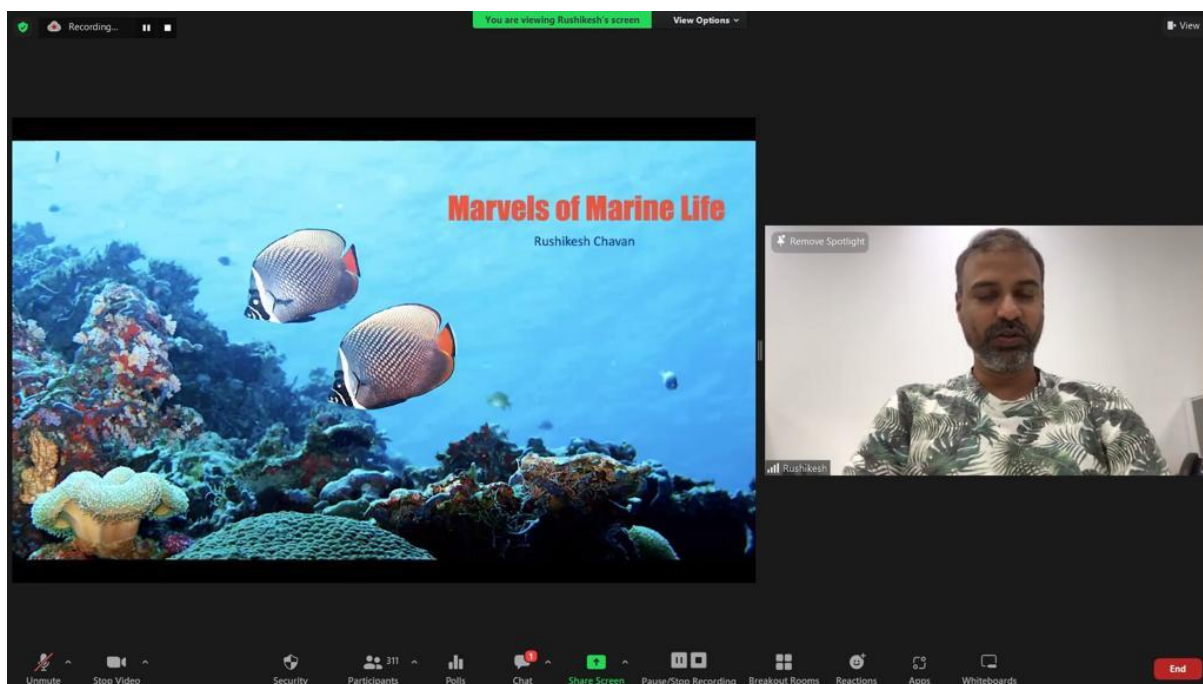
CLEANLINESS DRIVE

20th October 2022, NSS unit of Smt. M.M.P Shah college celebrated cleanliness drive through different activities. Volunteers played Street play on No plastic use at Reay road station and then after wall painting and cleanliness drive. Volunteers created Awareness surrounding station and Railway platform through poster and slogan for cleanliness awareness and No Plastic Use. 15 NSS Volunteers participated in this activities.



SESSION ON MARVELS OF MARINE LIFE

29th October 2022, NSS Unit has organised the Expert session on Marvels of Marine Life. Guest speaker was Mr. Rushikesh Chavan. Total 17 NSS volunteers and 1 PO attended. To promote the conservation of marine ecology and reducing plastic waste in our oceans, a tripartite.



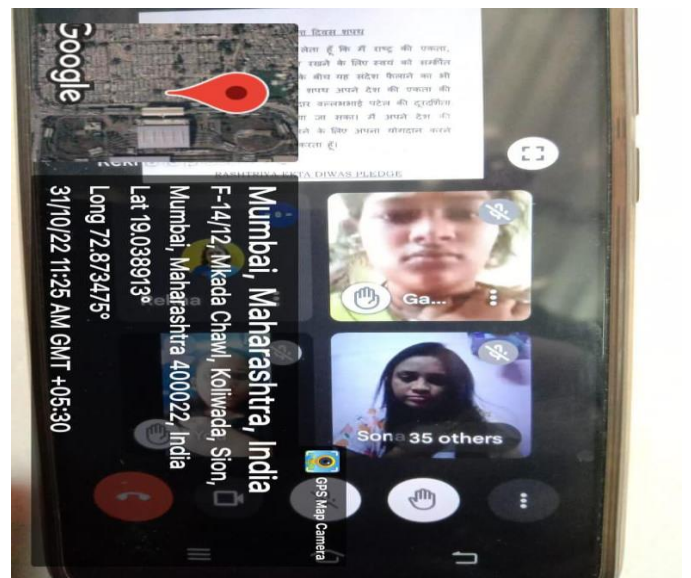
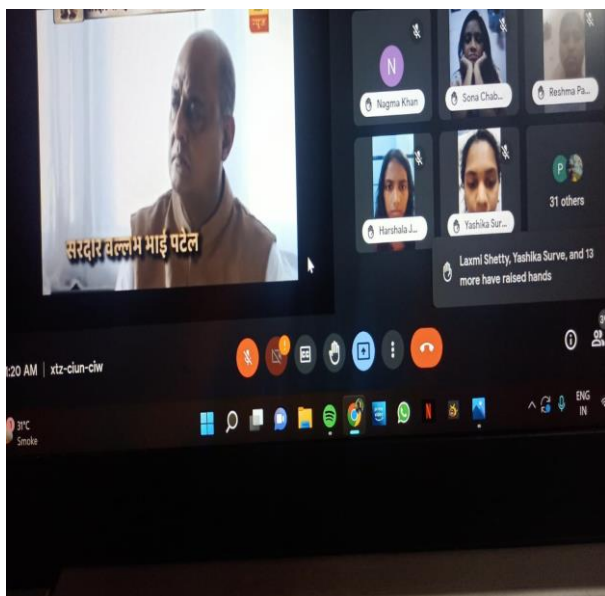
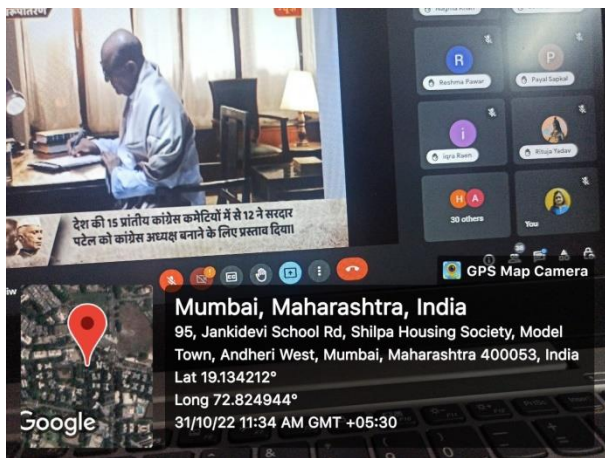
RASHTRIYA EKATA DIVAS

31st October 2022, On the occasion of Rashtriya Ekata Divas NSS Unit organised Unity Run from college to kidwai Road surrounding Area and took Rashtriya Ekata Divas Pledge. Total 50 NSS Volunteers and Two NSS POs and Five teachers participated in today's Program.

Same day Second Activity was done through online mode. Students took online Rashtriya Ekata Divas Pledge. And watched small documentary film on Sardar Vallabhai Patel. 38 students and 2 NSS POs attended the session

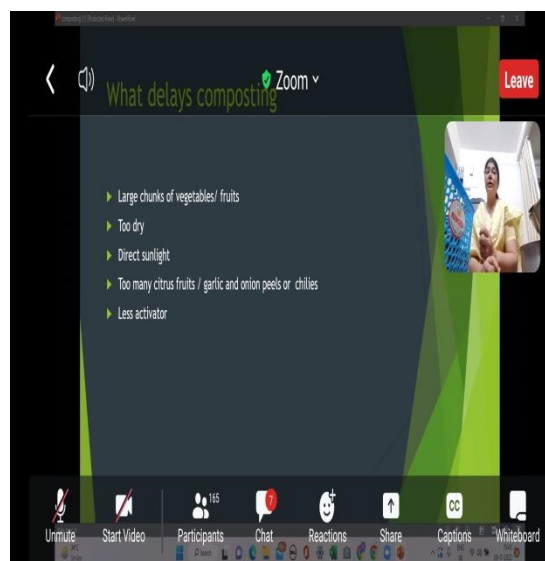
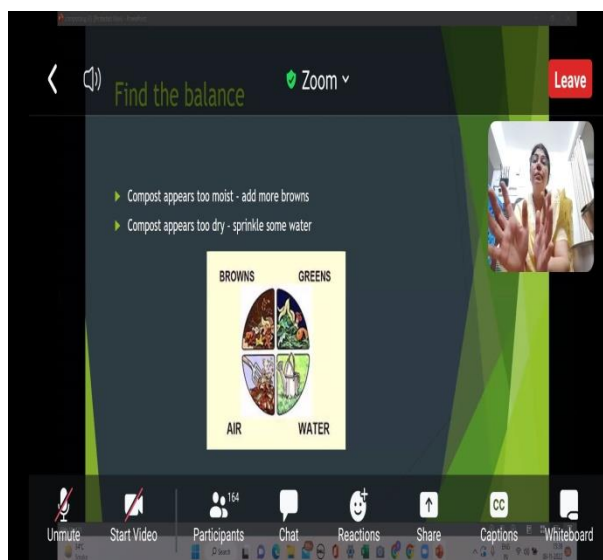
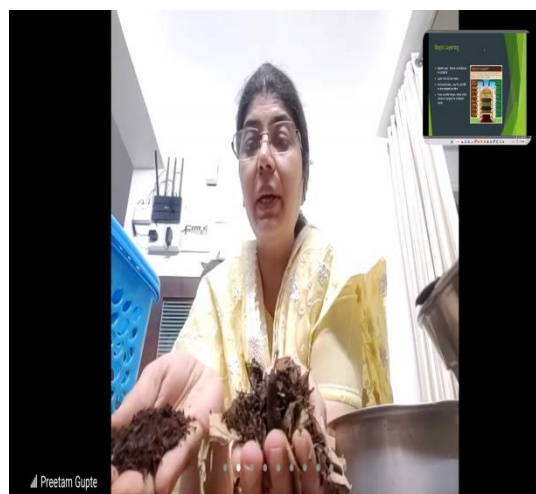
NSS unit Organised the Rally on the occasion of Rashtriya Ekata Divas. Total 30 volunteers have participated for same. The main objective behind organising various events on the occasion National Unity Day is to promote national integration among the people of India and to maintain the unity & security of the country.





WORKSHOP ON "HOME COMPOSTING AND BIO ENZYME"

7th & 9th Nov. 2022, United Way Mumbai organized Online Workshop on "Home Composting and Bio Enzyme" By Preetam Gupte and Team for Volunteers of Eco - club of NSS Unit. He explained how you can use simple kitchen ingredients to make natural cleaners that are safe for human health and the environment. The workshop is most fun when volunteers make own (their) bioenzyme during the workshop. They can also choose to attend the session to learn about the process and make later. The objective of the session is to provide a better understanding of the key aspects of management through source segregation, and composting of the organic part at household level. Workshop would be online (self-paced) with a proper mix of interactive sessions addressed by subject matter experts and professionals. The workshop provides a flexibility of on-demand literature, virtual presentations and case studies. Assessment exercises and group discussions on the modules will be provided for assessment and engagement of the participants. Total both the day 35 Volunteers and One PO attend the workshop.



BEACH CLEAN-UP DRIVE

15th Nov. 2022 United Way Mumbai in collaboration with Eco - Club of NSS Unit organised beach clean-up drive at Dadar beach, near Kirti College. Beach clean-ups help protect the marine ecosystem by removing the trash that poses a danger to aquatic animals and plants. Human rubbish can be toxic to the beach and marine environments. Total 24 students participated.



GUEST LECTURE ON KASHI HOTE MATDAR NONDHANI? (VOTING REGISTRATION)

18th Nov. 2022 NSS Unit in collaboration with Matdar Kendra organised Guest Lecture on Kashi Hote Matdar Nondhani? (Voting Registration). Guest Speaker was Ms. Mansi Pawar and her team Ms/ Bharati Sakpale & Vinod Govil. Total 37 volunteers & 2 PO's attended.



MUTTHI ANAAJ DAAN

24th Nov. 2022, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal. Chief Guest was Lion Seema Dalmia, President Lions Club of Sion.



AIDS AWARENESS RALLY

1st December 2022, NSS Unit in collaboration with Leo Club Of MMP Shah College organised AIDS Awareness Rally from College to Maheshwari Udhyan on Occasion of World AIDS Awareness Day. Total Two teacher and One PO Along with 40 NSS Volunteers Participated in Rally. The activities mainly focused on raising awareness about the status of the pandemic and encouraging progress in HIV / AIDS (acquired immunodeficiency syndrome) prevention, treatment, and care around the world. The younger generation aware about the causes, symptoms, tests and treatments for treating HIV infection. The campus authorities organised rallies, poster making.

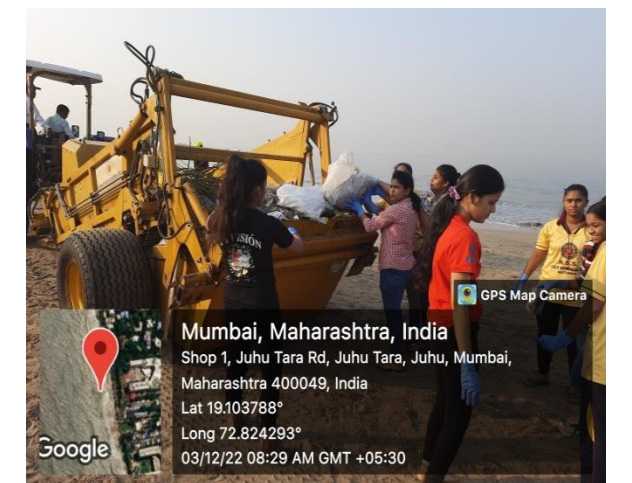
Same day NSS Unit Organized Poster and slogan writing competition. Total 25 students participate.



CLEANING DRIVE AT JUHU BEACH.

3rd December 2022, NSS Unit in collaboration with Leo Club Of MMP Shah College has organised a Cleanliness drive as per the instructions received by Government of Maharashtra 'Mazi Mumbai -Swachha Mumbai ' Abhiyan. We began the activity by beach Cleaning drive at Juhu beach.

Total one teacher and two PO Along with 20 NSS Volunteers Participated in cleaning drive.



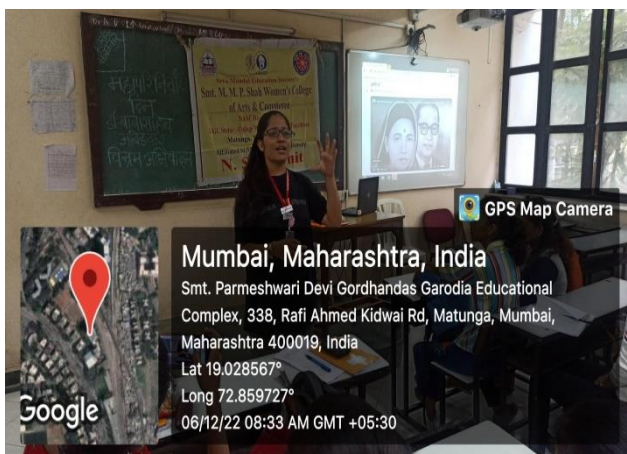
SHORE WALK

5th December 2022 , United Way organised shorewalk for MMP Shah College Eco Club student at Joggers Park, Bandra. Total 25 students participating along with one NSS PO. The shorewalk that starts from Joggers park bandra . Sea will familiarise attendees with the city's forgotten marine stories. People can discover hermit crabs that make their homes inside sea shells and find colourful sea sponges, sea anemones and different types of snails right at the edge of a city that is full of concrete. The initiative helps city-dwellers identify and understand the coastal biodiversity in and around Mumbai. Volunteers can sate their curiosity about the rare marine organisms



FILM SCREENING SESSION

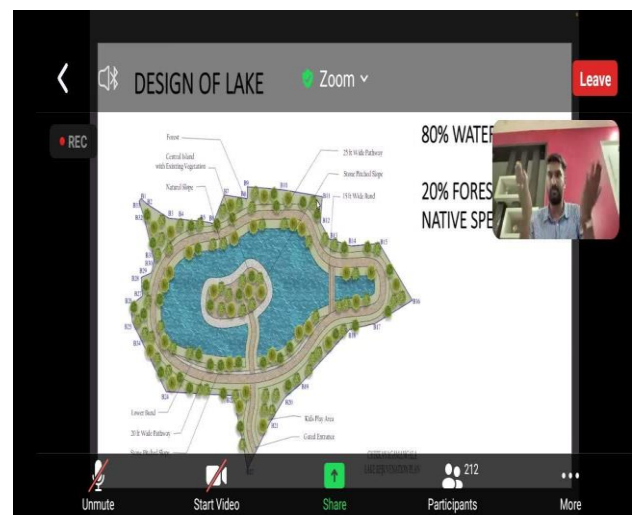
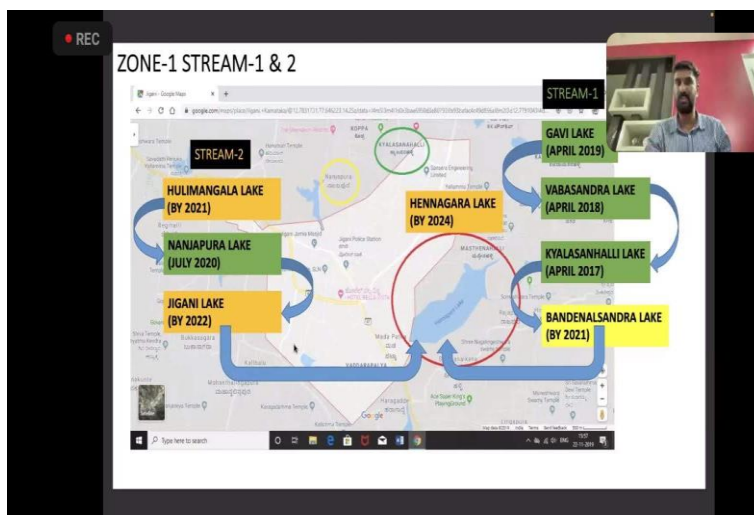
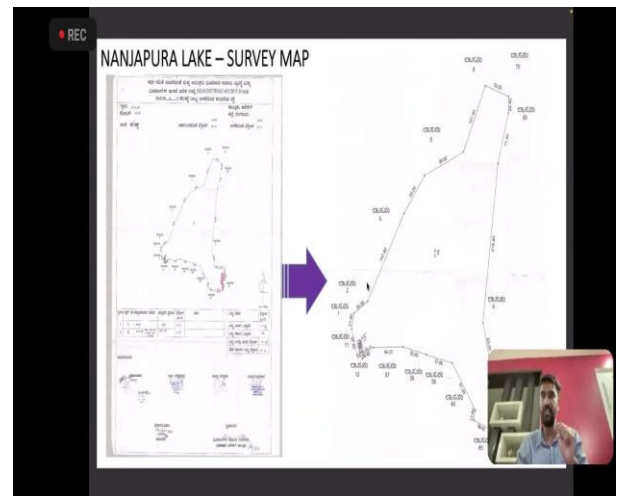
6th December 2022, NSS Unit Collaboration with marathi Department Organized Film Screening session on the Occasion of Dr. Babasaheb Ambedkar Mahapanrivan Din . This program was Followed by Elocution. Students and teachers has expressed their views. 68 students along with one NSS PO and One teacher attended the program. By Seeing this films volunteers learn more about Dr. Babasaheb Ambedekar they also knows about their contribution towards the nation and the world.



EXPERT SESSION ON 'ECOLOGICAL RESTORATION OF DEAD LAKES'

6th December 2022, United way organised an Expert session On 'Ecological Restoration of Dead Lakes' by Mr. Anand Malligawad(Lake Conservation) of Eco club for students On 6th December, 2022 through online mode. He explain about points that students can understand why is the lake restoration important, what are the four approaches to ecological restoration etc..

Total 25 students attend the session. Students also participated in quiz and for the same certificates were given.



VOTING AWARENESS RALLY

7th December 2022, NSS Unit of Smt. M. M. P. Shah Women's College of Arts and Commerce in Collaboration With Wadala matadar sangh Organised Voting Awareness Rally From College to Maheshwari Uddyan On , 07th December, 2022. Total 40 NSS volunteers has participated along with Wadala matadar sangh team Mr. Udhakar Waghmare, Mr. Avindra Khadkikar, Mr. Shailes Vinod Gohil, Mr. Shailesh Shirvadkar, Mr. Ganesh Gholap and Two NSS PO and two teachers from Smt. M. M. P. Shah College.



AWARENESS RALLY ON MEN AGAINST VIOLENCE AND ABUSE

10th December 2022, On the Occasion of International Human Rights Day mava (Men Against Violence and abuse) Organise, public Awareness Rally to spread mass Awareness on increasing violence against Women on 10 th December , 2022 from Dadar T. T to maheshwari Uddyan. Our 35 NSS Volunteers along with Ambedkar college, Khalsa college Ruia college, BMN college volunteers has participated in Rally. MAVA represented skit Play ' Bas itni si Baat' by our college and another college's to spread Awareness Violence against Women's.



NSS 7DAYS RESIDENTIAL CAMP

After the two years of COVID – 19 Pandemic the most awaiting NSS Special Camp was inaugurated amidst great cheering on 24th December 2022, Rtn. Nikunj Jhaveri was invited as a chief guest for the Inaugural Function. Lion Seema Dalmia was invited as a Special Guest. It was also attended by management members, Principal Madam, Programme Officers and some other invited dignitaries who had come to bless us. They were all presented a gift, shawl & mala as a token of love and chocolates by our Programme Officers, who welcomed them all (humbly). Mr. Rakesh Kumar Singh, P.O. highlighted on the theme of the camp and activities which were scheduled during the 7 days special camp. The chief guest and special guest has spoke few words praising and blessing our efforts. Then all the dignitaries were thanked for gracing the occasion.

The camp would also help students to identify their strengths and weaknesses and focused on building their strengths further and for the overall development. Total 50 Volunteers ppremises in this academic year.



ELOCUTION COMPETITION AND FILM SCREENING

3rd January 2023, Sociology, Marathi Department & NSS Unit joint organised the Elocution Competition and Film Screening for the students where they express their views on occasion of Savitribai Phule Jayanti. Total 70 volunteers has present for Film Screening and 10 volunteers has took part in Elocution Competition. Every year, Savitribai Phule Jayanti is observed on this day to recognize the achievements & significant contributions towards improving women's rights, and education as well as abolishing the discrimination faced by people based on their castes and genders. Here is all you need to know about the revolutionary Indian woman who began the mission to educate women in India. And the history, social impact and contribution to Indian education by Savitribai Phule.



MUTTHI ANAAJ DAAN

7th January 2023, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal. Chief Guest was Ms. Sunita Mandelia and Guest of Honour Ms. Subhashini Harikrishnan.





PAINTING AT KING'S CIRCLE STATION

12th & 13th January 2023, 3 NSS volunteers has did painting at King's Circle Railway station Garden.



YUVA SANVAD KARYSHALA

14th January 2023, Marathi Department & NSS Unit organised Yuva Sanvad Karyshala on account of celebration of Marathi Bhasha Savardhan Pakwada & Rashtriya Yuva Din .Guest speaker was Mr. Sachin Thite. Total 55 students participated.



सेवा मंडळ एज्युकेशन सोसायटी संचालित
श्रीमती.मणिबेन.एम.पी शाह कला आणि
वाणिज्य महिला स्वायत्त महाविद्यालय, माटुंगा
NAAC Reaccredited B++ (CGPA 2.88/4, Cycle III)
Recipient of UGC-CPE Grant (2016-2021),
Adjudged Best College (2017-2018) SNDT Women's University

मराठी भाषा संवर्धन पंधरवडा २०२३ आणि राष्ट्रीय युवा दिन
मराठी विभाग आणि राष्ट्रीय सेवा योजना
आयोजित

युवा संवाद कार्यशाळा



मार्गदर्शन : **श्री. सचिन थिटे**
सरचिटणीस, अनिस कोकण विभाग
१४ जानेवारी २०२३, सकाळी : १० : ३० ते ११ : ३०
ठिकाण : २०४, नवीन इमारत

निमंत्रक



डॉ. अर्चना पत्की
प्रभारी प्राचार्य
Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex, 338,
R A Kidwai Road, Matunga (E), Mumbai 400019



SUBHASH CHANDRA BOSE JAYANTI CELEBRATION

23rd January 2023, Marathi Department & NSS Unit organised a guest talked on Netaji Subhash Chandra Bose. Total 70 volunteers has participated for the same.



NATIONAL VOTERS DAY

Morning Session

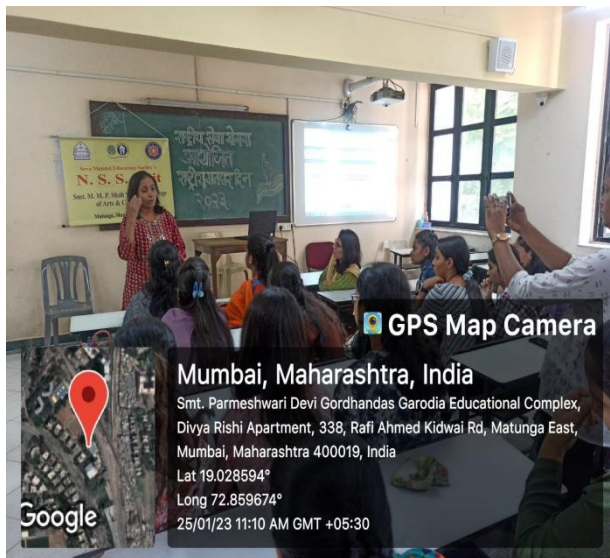
N.S.S Unit of Smt. Maniben. M. P. Shah celebrated the "National Voter Day Program" on 25th January 2023. Dr. Swati Mohite took a session for NSS volunteers on voting awareness. Apart from that students took part in various competitions such as Poster making, Elocution, essay writing. More than 75 students attended the Oath taking ceremony along with the activities initiated by NSS unit.

40 students along with one PO attended the session on "National Voter Day Program" organised by S.N.D.T women's University.

Afternoon Session

On the Occasion of National Voter Day NSS Unit organized Oath taking ceremony for voting in classrooms. NSS Programme officers had read the pledge after that all students has repeated the same. Total 180 students were present for the same.





GANDHI JAYANTI PADYATRA

30th January 2023, On the occasion of Hutatma Din , our more than 20 volunteers has participated in the Gandhi Jayanti Padyatra (Peace Rally) from Manibhavan Gandhi Sangruhalay to Mumbai Sarvodaya mandal Grant Road.



VOTING AWARENESS

On 6th February 2023, NSS Unit along with BMC people Smt Shweta Bauskar, Shri Sadand Mayekar, Shri Jitendra Padelkar and Shri Vinod M Thavi come to our college for Aware the youth about the voting awareness.



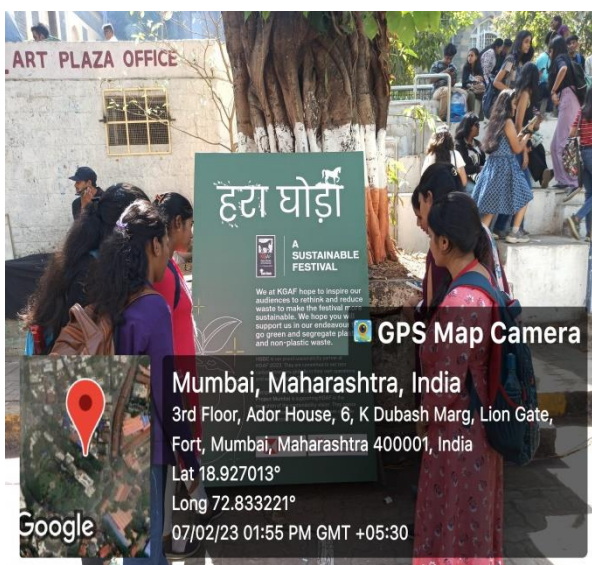
MUTTHI ANAAJ DAAN

On 7th February 2023, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 200 students were fortunate to get 5 kg of Rice and 2 kg of dal. Chief Guest was Lion Seema Dalmia President Lions Club of Sion.



FIELD VISIT

On 7th February 2023, NSS Unit Organized Field Visit to the Kala Ghoda Art Festival. Total 37 NSS volunteers along with 2 PO's and 2 Teachers have visited. The aim of this visit is to sanitize the volunteers about the Art, heritage and culture.





LIVE SESSION FOR VOTING AWARENESS

On 8th February 2023, 2 NSS PO's and 45 Volunteers has attended the live session on Voting Awareness organised by BMC People on account of Lokshahi Pandharvada. This session was online on Zoom. The purpose to make attend this session by our volunteers was to understand the importance of voting in youth , history of voting , reasons for conducting voting and how the voting can change the country overall development.

NATIONAL UNITY AND INTEGRITY THROUGH CULTURAL EXCHANGE

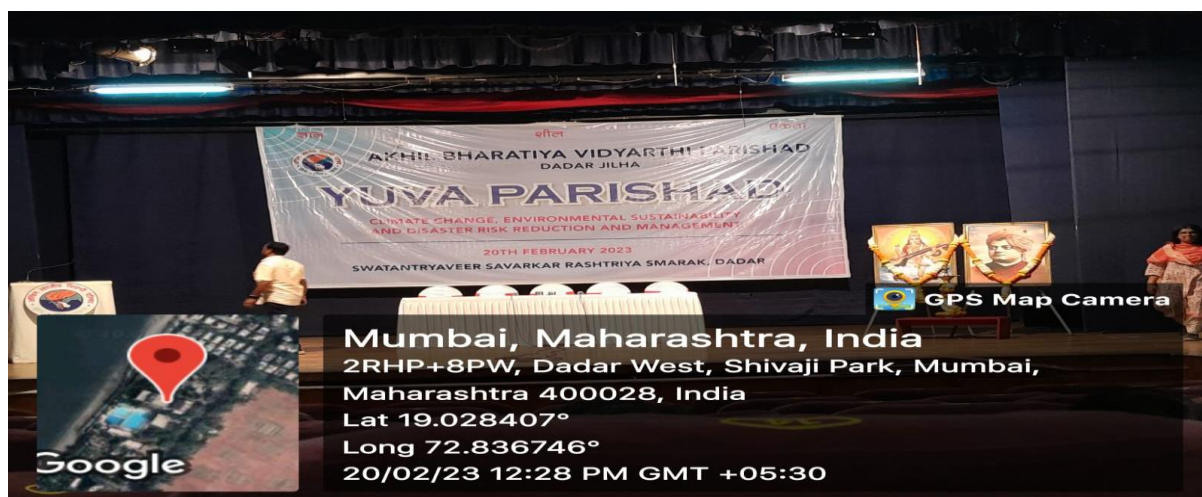
17th February 2023, Our 23 NSS Volunteers and 10 sociology students along with 1 NSS PO and 1 teacher visit this Mahotsav. This event is an opportunity to showcase the rich and diverse cultural heritage of India. It aims to promote National Unity and integrity through cultural exchange.





GUEST LECTURE

20th February 2023, To celebrate the G20 Presidency, Akhil Bharatiya Vidyarthi Parishad Dadar is organising the YUVA PARISHAD on the topic of Climate Change, Environmental Sustainability and Disaster Risk Reduction and Management at Swatantryaveer Savarkar Rashtriya Smarak, Dadar. Guest Speaker was Gauranga Das Prabhu, ISKON. Our 6 NSS volunteers have attended the same.



NSS ANNUAL DAY & PRIZE DISTRIBUTION

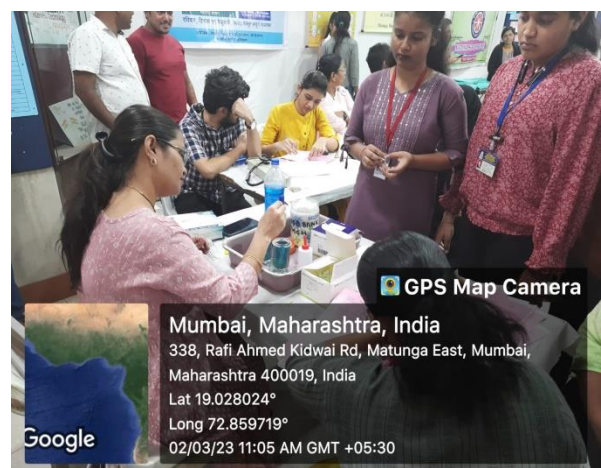
On 2nd March 2023, NSS Unit celebrated NSS Annual Day and Prize Distribution function. Around 150 volunteers attended this function. Around 18 Active NSS Volunteers, 5 NSS Alumni, 3 Best NSS Volunteers and 6 social workers were felicitated with Trophies and Certificates with the worthy hands of Chief Guest Mr. Rushabh Turakhia, Special Guest - Lion Seema Dalmia, Management Members, Officiating Principal Dr. Archana Patki and Jr. college Vice Principal Mr. Rakesh Kumar Singh all NSS PO were present for the function

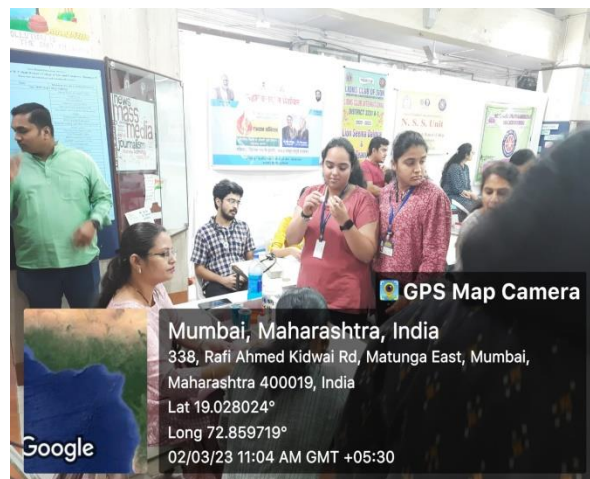




BLOOD DONATION

On 2nd March 2023, NSS unit of Smt. MMP Shah Women's College, Dr. BMN College & Smt. Sunanda Pravin Gambhirchand Institute of Nursing & Paramedical Science in co-operation with LTMG Hospital Sion and Lions Club of Sion organized Blood donation drive. Total 43 Students, Teachers and office staff donated the Blood. The aim of this camp is to make aware our volunteers that Blood donation is one of the most significant contributions that a person can make towards the society.





INTERNATIONAL WOMEN'S DAY

On 8th March, 2023, On the Occasion of International Women's Day, NSS Unit organized Elocution and Poetry recitation Competition. 2 NSS PO along with, 15 NSS Volunteers expressed their views on Inspired women in their life, total 54 NSS volunteers attended the Program.

Besides this our NSS Volunteers also gave Roses to the women staff, sweeper, and watchmen of the College. They also give roses to mahila police in matunga police station as the gestures of love and humanity





MUTTHI ANAAJ DAAN

On 15th March 2023, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where students were distributed rice and dal as a part of the programme. 200 students were fortunate to get 5 kg of Rice and 2 kg of dal. Chief Guest was Lion Alka Rajesh Gandhi.



CLEANING DRIVE OF MANGROVES CARTER ROAD, BANDRA

on 16th March 2023 , N.S.S. Unit of M.M.P. Shah College in collaboration with United Way Mumbai has organised a cleaning drive of Mangroves Carter Road, Bandra Total 39 Students participated in the cleaning drive of Mangroves at Carter Road with the team of United Way Mumbai and with one teacher of N.S.S. Unit.



CERTIFICATE DISTRIBUTION FOR ECO CLUB STUDENTS



सेवा मंडल एज्युकेशन सोसायटी कैम्पस में रक्त दान शिविर संपन्न



मुंबई (उत्तरशक्ति)। माटुंगा स्थित सेवा मण्डल एज्युकेशन सोसायटी संचालित कॉलेजों की एन.एस.एस.युनिट द्वारा श्रीमती मणिबेन एम.पी. शाह कॉलेज के फायर में लार्यंस क्लब ऑफ साइन और साइन हॉस्पिटल के सहयोग से रक्तदान शिविर का आयोजन किया गया। इस शिविर का उद्घाटन मैनेजमेंट के सेक्रेटरी डॉ. भरत

पाठक, प्राचार्या डॉ. अर्चना पतकी द्वारा किया गया। इस अवसर पर मुख्य अतिथि के रूप में समाजसेवी ऋषभ तुरकिया एवं लायंस क्लब सायन की प्रेसिडेंट लायन सीमा डालमिया उपस्थित थीं। इस शिविर में शिक्षक, शिक्षकेतर कर्मचारियों के साथ-साथ छात्रों ने उत्साहपूर्वक भाग लिया। जिसमें 47 लोगों ने रक्तदान किया। शिविर के दौरान समाजसेवा के थीक टैंक चंद्रवीर बंशीधर यादव सहित कई गणमान्य लोग उपस्थित थे। लगभग 75 छात्रों को हीमोग्लोबिन कम होने के कारण या वजन कम होने के कारण रीजेक्ट कर दिया गया।

माटुंगा में रक्तदान शिविर का आयोजन

मुंबई. माटुंगा स्थित सेवा मण्डल एंज्युकेशन सोसायटी संचालित कॉलेजों की एनएसएस यूनिट द्वारा मणिबेन एमपी शाह कॉलेज के प्रांगण में लायंस क्लब ऑफ सायन और सायन हॉस्पिटल के सहयोग से रक्तदान शिविर का आयोजन किया गया. इस शिविर का उद्घाटन मैनेजमेंट के सेक्रेटरी डॉ. भरत पाठक, प्राचार्या डॉ. अर्चना पतकी द्वारा किया गया. इस अवसर पर मुख्य अतिथि के रूप में समाजसेवी ऋषभ तुरकिया एवं लायंस क्लब सायन की प्रेसिडेंट लायन सीमा डालमिया उपस्थित थीं. शिविर में शिक्षक, शिक्षकेत्तर कर्मचारियों के साथ-साथ छात्राओं ने उत्साहपूर्वक भाग लिया. जिसमें 47 लोगों ने रक्तदान किया. शिविर के दौरान समाजसेवी शिक्षाविद् चंद्रवीर बंशीधर यादव आदि उपस्थित थे.

माटुंगा के एम. एम. पी. शाह महिला कॉलेज में वार्षिकोत्सव संपन्न



मूर्खः मादृगं स्थितः सेनां बंधतः
 पूर्वकालेन सोमायुधौ द्वाभ्यां संघातिनौ
 श्रौतनीं गमयित्वा एषः पुरः शतं महीतः
 कोलेन मे राष्ट्रं सेनां बोधनां युद्धतः
 बालिकं पुनरागतं विहाय समगोहं गमय
 हुआ। एवं वार्यक्रम का अन्त्यनान् मुख
 अतिथिः श्रुष्य तुर्गुयिना
 सम्पातिनः अतिथिः लोचनं मीमांसा द्वाविमेषा
 व मैनेकण्डे के मेहेद्री हीं। पातः पातः
 नै वीपः प्रज्जलिन् कस्के विहा।
 अस्मरः परं हीं। बंधनः पातः एवं कोलेन
 को प्राचार्थः हीं। अर्धनः
 पत्नीः नै श्रेष्ठः तुर्गुयिना एवं लोचनं
 मीमांसा द्वाविमेषा को उनैके सम्यक्
 सेना एवं हामोः परं वीपः युद्धतः
 वक्राः को के निमः विहा पाः मदः कार्यः

होते शाहू श्रीपति एवं सम्मान चिन्ह देकर	समासेश्वरी शिक्षाविद् संदीपरी वंशीधर	होना शाहू का भी अभिर्भूत किया गया	सीमा डालमिया ने भी कच्यो को
उनका अभिर्भूत किया। शाहू ही शिक्षा	बदल समासेश्वरी महोदय शैलेश, प्रमोद	। पूरे वर्ष में अच्छा काम करने वाले 27	संवेष्टित किया मिस. सीमा गुप्ता ने
महिलाएं एवं समाज सेवा में संलग्न अथवा	शिवकुमार केकरेड श्यामराव एवं डॉ०	सुभाषों को प्रमाण पत्र व टाई	आभार प्रस्तुत किया।

प्रदान किया गया। कॉलेज की प्राचार्या डॉ. अर्चना पाटील को डॉक्टरेट की उपाधि मिलने पर डॉ. भरतबाई पाटील ने शाल श्रॉकल देकर सम्मानित किया। कार्यक्रम में एन.एस.एस. की वार्षिक रिपोर्ट डॉ. रेखा शेलार ने प्रस्तुत किया।

प्र. कृष्ण कुमार आभार करने के कार्यक्रम का संचालन किया। मिस शंका जगना ने गैलनों का परिचय दिया। मुख्य अतिथि श्री कृष्ण तुलकिया ने छात्रों को समग्र सेवा एवं अब आप की बारी के बारे में बताया। लॉयस क्लब आप सायन को प्रिसेंटेंट लाइन मीमा डारमिगन ने भी बयों को संबोधित किया मिस. सीमा गुप्ता ने आभार प्रस्ताव किया।

नवभारत

मणीबेन शाह महिला कॉलेज में मना वार्षिकोत्सव



■ **मुंबई**, नवभारत न्यूज नेटवर्क.
माटुंगा स्थित सेवा मंडल एजुकेशन
सोसायटी द्वारा संचालित मणिलेन एम.पी.
शाह महिला कॉलेज में राष्ट्रीय सेवा योजना
यूनिट का वार्षिक पुरस्कार वितरण
समारोह संपन्न हुआ. इस कार्यक्रम का
उद्घाटन मुख्य अतिथि व्रक्षभ
तुर्वीकर, अतिथि लायन सीमा
डालमिया व मैनेजमेंट के
सेक्रेटरी डॉ. भरत पाठक ने
दीप प्रज्ज्वलित कर किया. इस
अवसर पर डॉ. भरत पाठक
एवं कॉलेज की प्राचार्या डॉ.

अर्चना पतकी ने ऋषभ तुरकिया एवं लॉयन सीमा डालिमिया को उनके सामाजिक सेवा एवं हमारे एनएसएस यूनिट की छात्राओं के लिए किए गए मदद कार्य के हेतु शाल श्रीफल एवं सम्मान चिन्ह देकर अभिनंदन किया। साथ ही शिक्षा, साहित्य एवं समाज सेवा में मुंबई समाजसेवी शिक्षाविदु चंद्रवीर बंशीधर यादव, समाजसेवी रहीम शेख, प्रथमेश शिवरकर, वैकटेश यापुरम एवं डॉ. हीना शाह का भी अभिनंदन किया गया। इस अवसर पर 27 छात्राओं को प्रमाण पत्र व ट्रॉफी प्रदान कर सम्मानित किया गया।

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लायन्स क्लब ऑफ सायन द्वारा प्रमुण सीमा दालमिया, सेक्रेटरी प्राची शाह, पञ्जनरी झा शाह अने डॉ-ऑडिनेटर राकेश सिंघना नेतृत्वमा मुझी अनाव दान प्रोजेक्ट अंतर्गत अमममपी शाह कोलेजना वरुदियातमंद 300 विद्यार्थीओना परिवारने अनावनुं वितरण करायुं हतुं, जेमां 20 परिवारने लायन्स क्लब ऑफ बाणुलनाथ द्वारा अनाव वितरण करायुं हतुं. आ प्रसंगे डॉ. भरत पाठक, कोकिलाबेन अशोकभाई महेता, राकेश सिंघ, राजेश शाह, प्रमोद दालमिया, भावना प्रेमचंद तथा क्लबना पदाधिकाारीओ उपस्थित रह्यां हतां

नवभारत

7 दिवसीय विशेष शिविर का उद्घाटन

■ मुंबई, नवभारत न्यूज नेटवर्क. माटुंगा स्थित सेवा मंडल एजुकेशन सोसायटी द्वारा संचालित श्रीमती एम.एम.पी. शाह महिला महाविद्यालय में राष्ट्रीय सेवा योजना यूनिट द्वारा 'आजादी का अमृत महोत्सव' के उपलक्ष्य में 7 दिवसीय विशेष शिविर का आयोजन किया गया. शिविर का उद्घाटन रो. निरंजन झवेरी ने दीप प्रज्वलित कर किया. झवेरी ने छात्रों को समाज सेवा को जीवन का अभिन्न अंग बना लेने की सलाह दी. विशेष शिविर के संचालक राकेश सिंह ने कार्यक्रम के बारे में बताया कि व्याख्यान, कार्यशाला, प्रशिक्षण और सांस्कृतिक कार्यक्रमों का आयोजन किया जायेगा.



स्वच्छता के लिए सक्रिय रहेगा छात्राओं का दल

प्रतिदिन 25 छात्राओं का दल किंग सर्कल रेलवे स्टेशन पर स्वच्छता अभियान के तहत सक्रिय रहेगा. एक दिन डबल डेकर बस से मुंबई दर्शन का आयोजन किया जायेगा. इस अवसर पर वसंत खेतानी,

अतुल संघवी, सोमा डालमिया, संतोष चौहान, रीता संघवी, भारती भरत पाठक के अलावा अनेक गणमान्य उपस्थित थे. संचालन कृष्ण कुमार कापूरकर ने किया. आभार प्रदर्शन मंदार गावडे ने किया.

नवभारत

कॉलेज में मनाया गया शिव स्वराज्य दिवस



■ मुंबई, नवभारत न्यूज नेटवर्क. माटुंगा स्थित सेवा मंडल एजुकेशन सोसायटी द्वारा संचालित श्रीमती मणिबेन एमपी शाह महिला महाविद्यालय में राष्ट्रीय सेवा योजना विभाग द्वारा शिव स्वराज्य दिवस का आयोजन किया गया. प्राचार्य डॉ. लीना राजे ने शिवाजी महाराज की प्रतिमा पर

माल्यार्पण करके कार्यक्रम की शुरुआत की. छात्राओं और ऑफिस के स्टाफ ने मिलकर छत्रपति गीत-संगीत, नृत्य, वक्तव्य और शार्ट फिल्म जैसे कार्यक्रम पेश किए. कार्यक्रम में मनोहर यादव, सुरेश यादव, विजय कदम ने महान व्यक्तित्व का वर्णन गीतों के माध्यम से पेश किया.

ACHIEVEMENTS OF NSS VOLUNTEERS AT STATE LEVEL

On 26 th January 2023, Ms.Karina waghe SY BA marathi medium NSS Volunteer march in the Maharashtra State Level Republic Day Parade in Shivaji park .



Ms. Kshitija Pawar has actively participated in the state level training camp on Disaster Management Organized by Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon on 19th December to 28th December 2022(TYBA Marathi Literature students)

