



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

**7.2.1 - Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.**

**1. Nari Sashaktikaran MAD Project run by NSS UNIT**

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 who belonged to the Lions Club of Sion and Lions Club International, who wanted to Make A Difference for the underprivileged. For this project all one must 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 needy students.

**Objective:**

- To connect with economically and socially weak students and their parents through the Mutthi Anaj Daan Project.
- Help them in continuation of their higher study as most of them are 1<sup>st</sup> generation learners.

**Process:**

Students from the college are shortlisted through a rigorous screening and a final list is prepared for the grain's distribution. M.A.D. being tied in with education, only those continuing with their education are eligible to benefit with 5 kg rice and 2 kg tur daal every month. 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. Not only foodgrains but umbrella and notebooks are also distributed to these needy students under this project.

**Outcome:**

Number of beneficiaries increased since June 2016 from 125 to 250 in 2020-21. More donors too have joined the initiative and as a result in the year 2022-2023 on an average 300 needy students (were provided grains every month) benefited in this project.

**ACTIVITIES CONDUCTED DURING 2022-2023**  
**Foodgrains Distribution**





## Umbrella Distribution



## Note Book Distribution



## **2. Geriatric Population: Connect Care Compassion Project run by Department of Sociology**

The social structure of Indian communities is changing rapidly by globalization, urbanization, and migration, changing work culture and shift towards nuclear families. This has shrunk the social life of the elderly. In such a climate the much-needed tolerance of and care for the older generation must be instilled in the youth by implementing value-based education that enhance cross generational expressive ties.

### **Objective:**

- To provide the student with the background necessary to understand the generation gap
- To bring about social change by sensitizing the youth to respect the elderly

### **Process:**

The institution decided to involve the sociology students in the Intergeneration Interaction Project undertaken by NGO THRED with an objective of sensitizing the students regarding the needs of the elderly in year 2016. Memorandum of Understanding with Tulsi Trust-Graceful Living, Mumbai for sessions and activities for the elderly population is signed. On 15th June 2022 Organized a Peaceful Awareness Campaign on “World Elderly Abuse Awareness Day” to create awareness and to sensitize the masses on Elder Abuse.

### **Outcome:**

The students during a Conclave expressed that caring should not only be due to humanity however it should come from the heart. The thought sums up the efforts of the institution and the Department of Sociology over the past many years to fulfill its mission of creating sensitive, nation builders. Every year Department organise the workshop on ‘Elderly Abuse Awareness’ which is quite useful for our senior citizens.

## ACTIVITIES CONDUCTED DURING 2022-2023



Graceful Living in association with Dept. of Sociology, Smt. MMP Shah College ( Auto.) presents



### Free Mobile

### Apps Training for Senior Citizens !

Registration Compulsory.



**DATE - AUGUST 20TH, SATURDAY**  
**TIME - 4: 00 PM TO 7 PM**

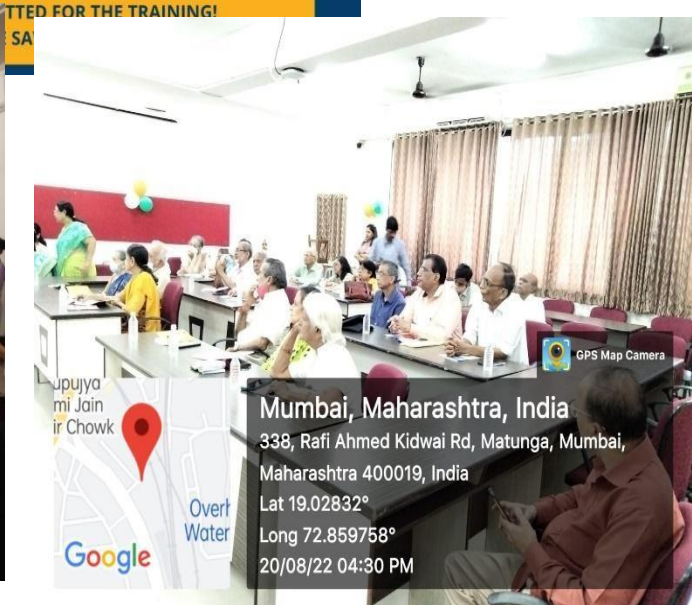
Resource Person - Manasi Golwalkar

- Starting and switching off mobile phone
- Do's and Don'ts while using mobile
- Default tools like Calculator, Calendar
- Google Maps
- Using Mobile apps for booking cabs, ordering medicines and groceries,
- Online payments for phone, electricity, gas.
- Youtube Videos

**For Registration, please contact:**  
**Ms. Akanksha Hire - 9967669247, Mr. Raj Dalvi -8369417911**



Address - M.M.P Shah College 338, Rafi Ahmed Kidwai Rd, Matunga, Mumbai, Maharashtra 400019

**FIRST 40 REGISTRATIONS WILL BE**





## CONCLAVE ON CREATING A WORLD FOR ALL AGES

	<p>Seva Mandal Education Society's  <b>SMT. MANIBEN M. P. SHAH WOMEN'S COLLEGE OF          ARTS AND COMMERCE (AUTONOMOUS)</b>          NAAC Reaccredited B++ (CGPA 288/4) (Cycle -3)          UGC Status: College with Potential for Excellence (2016 -2021)          Best Collage (2017-2018) S N D T Women's University</p>
	<p><b>DEPARTMENT OF SOCIOLOGY</b></p> <p><i>In collaboration with</i></p> <p> <b>HelpAge India</b> Fighting isolation, poverty, neglect</p> <p><i>Organizes a Conclave on the topic</i></p> <p><b>“Creating a World for all Ages”</b></p> <p>Date : August 12, 2022      Time : 11.00 am to 12.00 noon          Venue : Room No. 202, New Building</p>
<b>MODERATOR</b>	
<p>Mr. Prakash N. Borgaonkar          Head – Mah. &amp; Goa          HelpAge India</p>	<p>Dr. Hina Shah, Associate Professor          Smt. Maniben M. P. Shah Women's          College of Arts And Commerce</p>
<b>PANELLIST</b>	
<p>Advt. Nirmala Samant Prabhavalkar          Ex. Mayor Mumbai</p>	<p>Ms. Priyanka Bore          Student</p>
<p>Mr. Vijay Aunde, Vice President          FESCOM Maharashtra</p>	<p>Ms. Mercy          Student</p>
<p>Dr. Bhavana Prem Chand          HOD, Department of Sociology</p>	<p>Dr. Leena Rajee          Principal</p>
<p>Smt. Parmeshwary Devi Gordhandas Garodia Educational Complex,          338, R. A. Kidwai Road, Matunga, Mumbai 400 019</p>	



## WORLD ELDERLY ABUSE DAY: AWARENESS AND PREVENTION

1/1



Dr. Leena Rajee  
Principal

SEVA MANDAL EDUCATION SOCIETY'S

**Smt. Maniben M. P. Shah Women's College of Arts & Commerce**  
(Autonomous Under S.N.D.T. Women's University, Mumbai)

**NAAC REACCREDITED B++ CGPA 2.88**

UGC STATUS - COLLEGE WITH POTENTIAL FOR EXCELLENCE

Adjudged as Best College (2017-18) SNDT Women's University

Smt. Parmeshwari Devi Gordhandas Garodia Educational Complex,  
338, R. A. Kidwai Road, Matunga, Mumbai - 400 019. • Tel.: 2409 5869  
E-Mail : 021.mmpshah@gmail.com • Website : www.mmpshahcollege.in

Ref. No.

Date: 20/06/2022

To,  
The Principal

Subject: Workshop on Elderly Abuse Awareness

Dear Madam / Sir,

The Department of Sociology is organizing a workshop on "Elderly Abuse Awareness" on June 24, 2022 from 10.30 am to 1.00 pm in our college premises. As a part of "Azadi ka Amrit Mahotsav". As we are marking World Elderly Abuse Awareness Day and we cordially invite your students for the same. The workshop will create awareness about elderly abuse in the society among the students.

Kindly send names and contact numbers of 10 students from second and third year who would be participating in the workshop by June 22, 2022. Departmental Email ID - sociology@mmpshahcollege.in

All participants will be given certificates.

Thanking you,

With warm regards,

  
Dr. Leena Rajee  
Principal

### Degree

BA., BA-MM,  
B.Com. B.Com-AFI, BMS,  
M.A-Counselling Psychology,  
M.A. Hindi  
M. Com - Marketing Mgt.  
M.Com - Advanced Mgt.  
Accounting & Auditing  
M. A. Mass Media

Center for Distance Education  
(Hindi Medium)  
(Affiliated to Mahatma  
Gandhi International  
Hindi Vishvavidyalay)



## LECTURES AND INTERACTIONS



## FASHION SHOW FOR SENIOR CITIZENS

**GRACEFUL LIVING**  
LOVE • LIFE • LIBERTY

**Smt. Maniben M.P. Shah Women's College of Arts and Commerce**

**Graceful Living in association with Smt. Maniben M.P. Shah Women's College of Arts and Commerce**  
**Invite you to a**  
**Special Fashion Show For Senior Citizens**

**Come experience this with us in this unique fashion show**  
**celebrating not just external but internal beauty of senior citizens!**

**Date & Time : 4th June**  
**5:00 pm onwards**

**Venue : Crystal Banquet Hall, 3rd floor, Manav Seva Sangh 255, 257, Sion Main Rd, Sion East, Sion, Mumbai, Maharashtra 400022**

**RSVP: Amruta 9833136536 Pravin 7715971904**



*Archana Patki*

Dr. Archana Patki  
Officiating Principal