

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 Re-Accredited B ++

UGC Status: College with Potential for Excellence

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

Website: www.mmpshahcollege.in



Report - N.S.S. Regular Activities 2019 - 2020

Principal

Dr. Leena Raje

Programme Officer:

Smt. Renuka Prajapati

Dr. Bhavana Prem Chand

Dr. Jyotsana Lal

Dr. Rekha Shelar

Mr. Dattatray Gawade

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. Dhairayabala Vora 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 center 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 neighborhoods. 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 checkup 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 Mamnoli 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 Mamnoli 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 255 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.

MAY

FOOD DISTRIBUTION AT TATA HOSPITAL

On 27th May 2019, as a part of our community outreach programme our 3 POs and 7 volunteers were distributed Fruits, Biscuit & Snacks distribution at Tata Hospital for 300 cancer patients and their relatives. Donor Lion Indra Bhatia.



JUNE

YOGA DAY

The 5th International Yoga Day was celebrated at our campus on 21 June 2019, Friday in Student's Common Room and RavjiJivrajChangdaiwala Hall with great enthusiasm and vigour. Almost 201 participants, from NSS, NCC, Sports & 17 Teaching and Non-Teaching staff participated in the event.

The International Yoga Day celebration was divided into two sessions. The first session started exactly at 10 am with Prayer and welcome speech by Ms. Renuka Prajapati, Vice Principal .The Principal Dr. Leena Raje felicitated Chief Guest Ms. Rajeshree Vora and her team and reiterated the importance of Yoga .Further mam advised to practice Yoga on a daily basis. Later on Chief Guest Ms. Rajeshree Vora discussed the importance of Yoga in prevention of diseases occurring due to stressful Lifestyle. After this her team continued the demonstration of Asaans.

The second session started at 12 noon. Ms. Sujata Agarwal, Jr. College Vice - Principal and Ms. Preeti Shah, Co – ordinator of Jr. College felicitated the Chief Guest Ms. Sujata Dalvi & her team from Swami VivekanandVidya Kendra. As per the Protocol the session was started with systematic practice of different 'ASANAS' in standing, sitting and lying positions and (both lying on back and reverse) smoothly changing in succession under supervision of trained Volunteers and Yoga teachers , Ms. Sujata Dalvi & her team. During the session of "Yogabhyas", the Yoga teacher also narrated the usefulness of different "Asanas" as a precautionary measure, in curing many diseases and the usefulness of Yoga in the overall wellbeing of a human being.

The entire "YOGABHYAS" lasted for a couple of hours and ended at 1.15 pm with a "Sanskrit Shloka" and Oath by all the participants that they will continue to practice Yoga for keeping their Body and mind in healthy, stress-free and cheerful condition.

All the other in charges from various departments, Mr. DevidasPatil, Mr. Rakesh Singh , Dr. Rekha Shelar, Ms. MadhaviSathe,Dr.Hina Shah, Ms. DarshanaBuch, Ms. Neelam Singh Ms.Vaishnavi Verma, Mr. HiralalBhosale, ,Mr.DattatrayGawade, Dr. Swati Mohite, Ms. Rashmi Shetey-Tupe, Ms. Soni Singh ,Ms.ArchanaBhat ,Ms.Pradnya More, Ms. Laxmi Mishra, Mrs. Suvarna Joshi, Mrs. Vadana Saha , Ms. Kejal Tarsariya were present for the celebrations.



MUTTHI ANAAJ DAAN

On 22nd June 2019, 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. 255 students were fortunate to get 5 kg of Rice and 2 kg of Turdal. Chief Guest was Lion Guntant Shah and Lion Reema Amin Shah.



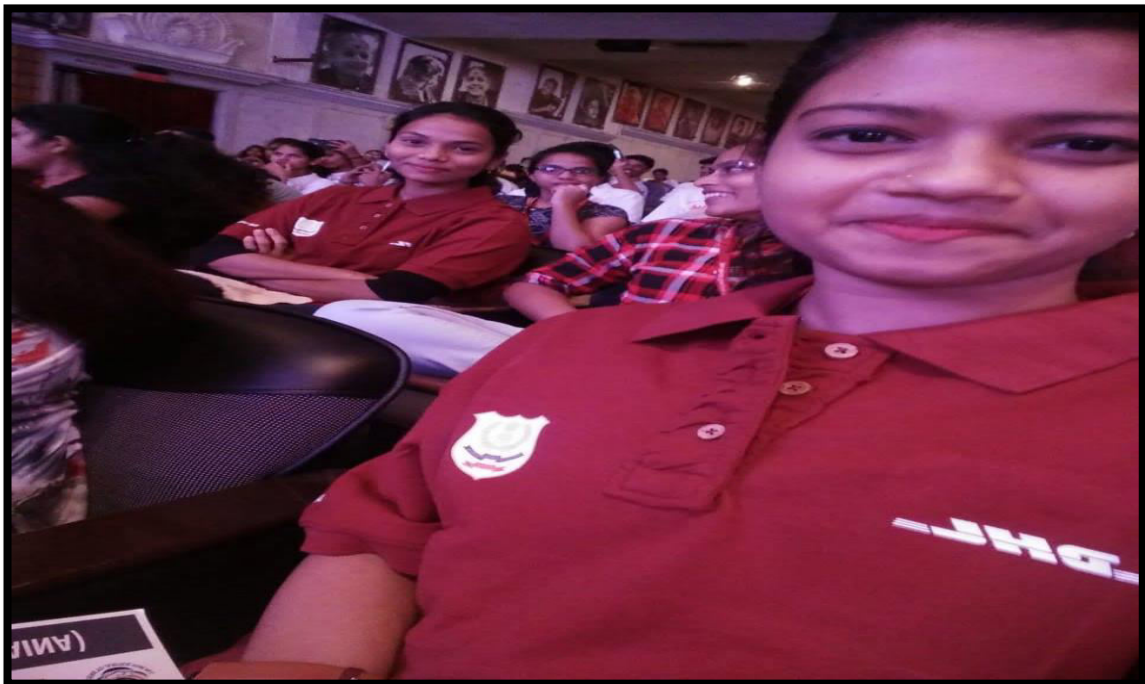
DISTRIBUTION OF KIDS BAG & SNACKS

On 27 th June 2019, NSS Unit has distributed Kids Bag and Snacks to the needy aganwadi children of Mammoli Village



VYASAN MUKTI RALLY

On 26th June, 2019 50 volunteers participated in the Vyasankukti rally and guest lecture at Shanmukhanand Hall, Matunga. The objective behind was to spread awareness about Say No to Drugs.



TREE PLANTATION DRIVE

On the occasion of Van Mahotsav, on 1st July 2019 the NSS unit organized the Tree Plantation Drive in College Campus. Principal Dr. Leena Raje, 4 Programme Officers and 5 NSS volunteers and created awareness about save trees and save the environment through the medium of Slogans. 4 Neem trees were planted by the volunteers and PO's and Non-Teaching Staff.



WORKSHOP ON PAPER BAG MAKING

On 4th July 2019 our unit organized workshop on Paper bag making. 50 students have attended this work shop. The aim of this workshop was to make our students aware about optimum use of cloth and paper bag to save the environment.



NOTE BOOKS DISTRIBUTION

On 5th July 2019, the N.S.S unit along with Jeevan Prakash Trust and 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. We have distributed 175 dozens of notebooks. The event was honoured by the Chief Guest Lion G.K. Shah, Owner of Samarth Pharmaceutical Company of Vice - Principal Mam, Program Officers, Committee members and the staff was present to grace the occasion.

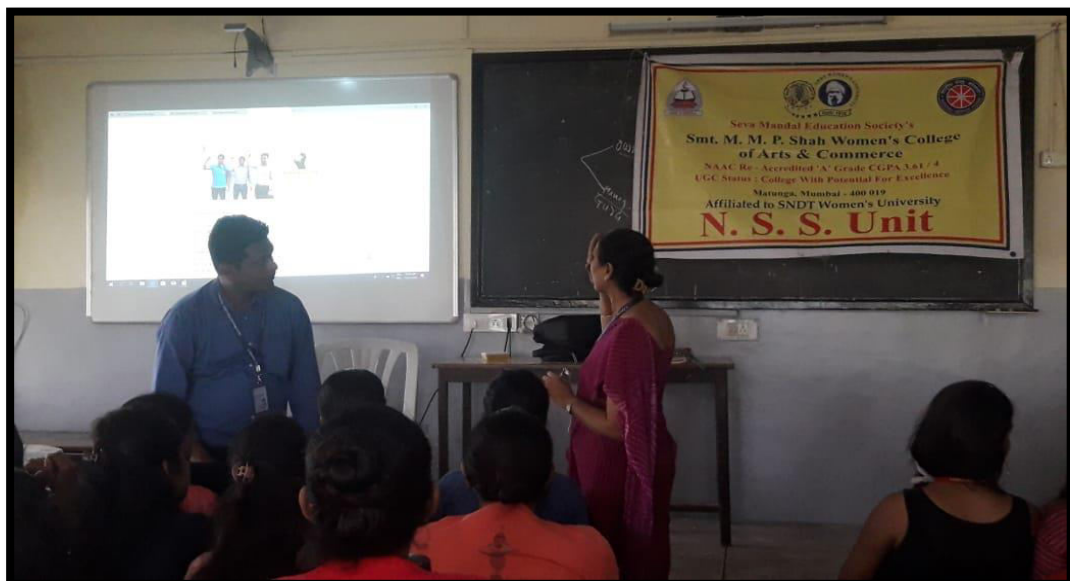
On same day NSS Unit organized Guest lecture by Ms. Monika Gade on Importance of Medicinal Plant. 150 volunteers has attended this lecture and also distributed 50 Tulsi plant to more than 50 volunteers.



ANTI - TOBACCO PLEDGE PROGRAMME

On 10th July 2019, our NSS Unit has participated in Anti - Tobacco Pledge Programme organized by “Sambandh Health Foundation “. This programme was of two days, on first day our volunteers prepared Poster and Slogan on Anti - Tobacco and also spread awareness on the same in their class rooms.

On Second day 11th July 2019, NSS Unit participated in Anti - Tobacco Pledge Programme in every class room of BA and B.com (AFI). Also screened the short film on the same.



WORLD POPULATION DAY

On 11th July, 2019, to celebrate the World Population Day N.S.S Unit organized poster and slogan competition 15 volunteers were participated in this competition and also screened the short Film on " Population Control" 113 students has participated in this programme and creative posters and slogan were displayed on students notice board of new building.

On Same day NSS Unit also organized a guest lecture on "Population and the Masses". The guest speaker was Dr. Swati Mohite. She mainly focuses on the population causes, its consequent and how to control Population and Masses..



MUTTHI ANAAJ DAAN

On 20th July 2019, 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. 175 students were fortunate to get 5 kg of Rice and 2 kg of Turdal. Chief Guest was Lion IndraBhatia.



HIROSHIMA RALLY

On 6th August 2019, 32 volunteers has participated in Hiroshima Day rallyorganized 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.



RAKHI SALE

NSS volunteers helped handicapped children of "Kakoomal and Keslibai vocational Rehabilitation Center, Malad, Mumbai, in setting stalls and selling Rakhi to the students of the college. The programme was organized from 07 August 2019 to 13 August 2019, 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. Amount approx. Rs.6280/-



CLEANLINESS RALLY AT KING'S CIRCLE RAILWAY STATION

On 8th August 2019, 25 NSS Volunteers has participated in the Swachhta rally at our adopted area King circle Station by holding poster and speaking slogan on the platform no.1 and also done signature campaign for cleanliness of station



VOTING AWARENESS RALLY

On 10th August 2019, NSS Unit organized voting awareness rally in collaboration with 180 Matadan Sangh Wadala. The rally was conducted from college to Maheshwari Udhayan to aware about the voting rights. Around 30 volunteers was participated, 3 NSS PO's and 1 Non-Teaching Staff.



RAKSHA BANDHAN CELEBRATION WITH KING'S CIRCLE RAILWAY STATION STAFF, RAILWAY RPF AND RAILWAY MOTOR MAN & GUARD

On 15th August 2019, 10 NSS volunteers and 3 N.S.S. Programme Officers celebrated Raksha Bandhan at king's circle station; volunteers tied the rakhis to station staff, motor man, guard and RPF police. The objective of this activity was to give importance and some memorable moments to the protectors of our society and who give their entire life for our safety.

On same day Volunteers did Swacchta rally to aware the passenger about the cleanliness and hygiene and also cleanliness drive.



GUEST LECTURE ON LEADERSHIP

On 17 th August 2019, NSS Unit organised Guest Lecture on Leadership. The Key note speaker was Leo Dipesh Doshi ,Past Multiple District President. 60 NSS Volunteers along with 3 PO's were attended. He explain about how one can be a leader , what is the quality of the leader and Role of a good leader.



N.S.S. ORIENTATION

N.S.S Unit organized an orientation program for N.S.S.Volunteers on 20th August 2019. 300 volunteers attended the program. Mrs. Renuka Prajapati, NSS programme officer oriented the student about NSS Motto, Objectives, importance about NSS badge. After that she explained various activities undertaken by the NSS unit like – MutthiAnaajDaan, Freeship programme, Special Camp, various camps etc. The theme and the projects undertaken by the NSS unit were spoken about in detail to the students to motivate them to be a part of the NSS unit. In this orientation Special Guest Ms. DivyaPongde, Ms. HimadriPandya and Ms. Purva Chaudhri addressed the volunteers by sharing their experience with the students.



PRE RD SELECTION CAMP

Our 2 NSS Volunteers Ms. Bharti Ashok Lakade & Ms. Santoshi Tarkeshwar Acharya have attended University Level Pre RD Selection Camp 2019-20 it was organized by University NSS Cell at Committee Room Juhu Campus, Santacruz on 22nd August 2019.

DONATION COLLECTION FOR FLOOD RELIEF

From 21st August 2019, NSS Unit joined it's hands with Maharashtra Shasan through NSS Cell of SNDT Women's University in helping the flood-affected populace of Kolhapur and Sangli. Students, Teaching and non-Teaching Staff are donated things like Food grains, Snacks, Sugar, Tea powder, Sanitary pad, Cloths, blankets, Stationery etc. We had send this donation on 30th August 2019.



FIT INDIA MOVEMENT

Prime Minister Narendra Modi on 29th August 2019 launched a nation-wide 'Fit India' Movement on the occasion of National Sports Day. The campaign is aimed at encouraging people to inculcate physical activity and sports in their day to day life. NSS Unit organized different activities in Student's Common Room, GYM and every class room with great enthusiasm and vigour. Total 820 students from all faculties were participated in this event.

To fulfill the aim of this campaign we had organized live telecast of Fit India Movement and Pledge along with different activities in different class rooms such as:

- Yoga Session with demonstration of Asana
- Martial Arts Training
- Physical Fitness and Floor Exercise through GYM Equipment
- Guests Lecture:

1. Healthy Diet and Fitness: The Guest Speaker was Ms. MadhaviSathe

2. Fitness through Walking: The Guest Speaker Dr. ShubhangiKulkarni

Besides all this 13 students from various faculty participated in Senior Intercollegiate Chess, Yoga and Ropemalkhamb competitions held on 29th September 2019 and 30th September 2019 at SNDT Women's University Church gate Campus on occasion of National Sports day.





SWACHTA RALLY

On 30th and 31st August 2019, 10 NSS Volunteers along with 4 PO's did Swachta rally at King's Circle Railway Station to aware the passenger about the cleanliness and hygiene by holding poster and spoken slogan on the platform and also done cleanliness drive.



ADVISORY COMMITTEE MEETING

On 3rd September 2019, NSS Unit organised Advisory Committee Meeting held in Smt. MMP Shah Women's College, Principal Dr. Leena Raje, Mr. Rahim Shaikh, Social Worker, Mr. Yanketesh Yapuram, Health Department BMC, All NSS PO's and NSS Committee Members has attended the meeting.

GUEST LECTURE ON SMT. DAKSHABEN PATHAK MEMORIAL LECTURE

On 5th September 2019, 50 NSS volunteers have attended the Guest Lecture on Smt. Dakshaben Pathak Memorial Lecture Series on "Women & Health". Topic Tuberculosis and Resistance to Multiple Drugs" organised by BMN College of Home Science, Matunga.

TEACHER'S DAY CELEBRATION

On the occasion of teacher's day Lions club of Sion felicitated our NSS Unit Teachers Mrs. Renuka Prajapati, Dr. Bhavana Premchand, Mr. Rakesh Singh, Dr. Rekha Shelar, Ms. Falguni Gogri, Ms. Soni Singh, Mr. Dattatray Gawade, Ms. Kejal Tarsariya at Lion Tarachand Bapa Hospital on 7th September 2019



MUTTHI ANAAJ DAAN

On 14th September 2019, 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. Rice and tur dal were distributed keeping in mind the nutritional value necessary. 250 students was fortunate to get 5 kg of Rice and 2 kg of Turdal .Chief Guest was Mr. Kedar Bhatt, Associate Director, Financial Strategy& Guest of Honour was Rotarian Akshay Mehta.

On same day our 5 NSS volunteers along with our Programme officer Mrs. Renuka Prajapati has participated in Plastic Banned" organised by BMC .

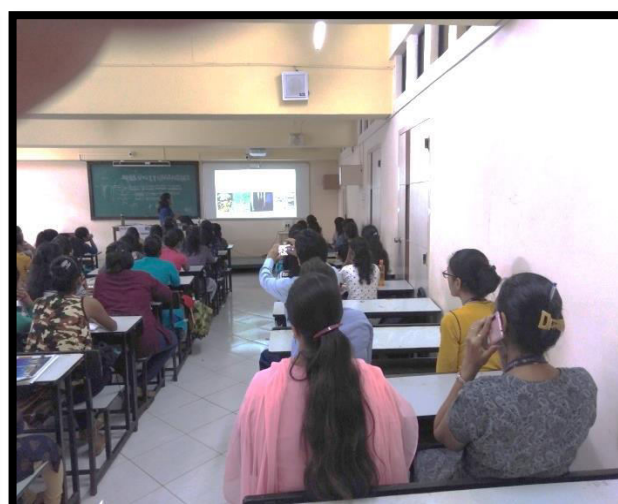


STATE LEVEL PRE RD CAMP

Our NSS volunteer Ms. Bharati Lakade has completed State Level Pre Rd Camp at Dr. Babasaheb Ambedkar Marathwada University from 14th to 16th September 2019.

GUEST LECTURE ON MISSION MANGROVE

On 19th September 2019, NSS organised Guest lecture on Mission Mangrove. Guest Speaker was Ms. Pooja Talekar. 45 volunteers have attended. She explain about how mangrove are important for nature, its types, Uses and Facts of Mangroves. She also focuses on why we should protect the Mangrove forest



GUEST LECTURE ON MOTIVATION AND LEADERSHIP

On 20th September 2019, NSS Unit organised Guest Lecture on Motivation and Leadership. The Key note speaker was Lion Bhavana Shah, Past District Governor 3231 A1. 55 NSS Volunteers along with 3 PO's were attended. She discuss about the leadership quality that can help to inspired and motivate our team. She also explain why motivation is important in leadership, how leadership related to motivation , what are the most important skills for leadership.



N.S.S. WEEK CELEBRATION

As a part of Golden Jubilee Year of National Service Scheme, NSS Unit celebrated NSS Week in our college. The activities were follows:

24th September 2019 – Dr. Rekha Shelar organised Film Screening on “Role of Youth in Development of Nation”. 50 volunteers were attended this session. After the screening there was an discussion session has carried.

25th September 2019- Mr. Rakesh Singh organised Elocution competition on “Population Control” in class room. Total 25 volunteers were participated in this competition. Out of this Best 6 were selected.

25th September 2019 - Mr. Ajay Singh and Ms. Soni Singh organised Essay competition on “Jal Hai Toh Kal Hai” in class room. Total 17 volunteers have participated.

27th September 2019 – As a part of NSS Week celebration Dr. Bhavan Prem Chand given a talk on “Female Foeticide” and also shown Documentary Film on same and volunteers also taken the oath for the same. Around 80 volunteers have attended this session. The aims of showing this film are to gain an insight of thought process of today's women of society and to compare their attitude towards female foeticide and girl child of the family.

27th September 2019 – 15 volunteers has done Cleanliness drive and No Plastic Campaign at King’s Circle Railway Station by holding poster and speaking slogan on the platform.

28th September 2019 - Cleanliness Drive and Awareness Rally at King’s Circle Station 12 volunteers has participated in drive.

29th September 2019 – On the occasion of NSS Week Purnahuti Programme NSS Unit planted a Mango tree with the worthy hands of Principal Dr. Leena Raje and given the name as “NSS 50” and also organised the talk on “Carrier After NSS” by Ms. Rachana Jhaveri.



VYASANMUKTI RALLY

On October 1st, 2019 the NSS unit of Smt. Maniben M.P. Shah Women's College of Arts and Commerce participated in the Vyasnamukti rally organized by Sahayak Aayukt Samaj Kalyan, Mumbai. The objective of the rally was to spread awareness about is to make them understand and stop the additcion . 08students marched from Hutatma Chowk to Gateway of India.

AWARENESS RALLY

On 1st October 2019, 25 NSS Volunteers has participated in the Awareness Rally on "No Plastic Use" at King's Circle Railway Station. The aim was to raise awareness about the negative impacts of plastic on the environment and human health and accordingly find practical ways to reduce and avoid the use of plastic .



GANDHI JAYANTI PEACE RALLY

On 2nd October 2019, on account of Gandhi Jayanti, the NSS unit with the Lions club of Sion organized 'Awareness rally' from College to Sion hospital, Tara Chand Bapa hospital, SIES College, Sion circle with play cards and posters on No Plastic Use, Voting Awareness and Cleanliness. 185 volunteers have participated in this rally.

On same day 15 NSS Volunteers has participated in the Swachhta Shapath along with station staff at platform.



MUTTHI ANAAJ DAAN

On 5th October 2019, 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. Rice and tur dal were distributed keeping in mind the nutritional value necessary. 250 students were fortunate to get 5 kg of Rice and 2 kg of Turdal. Chief Guest was Lion Zarnaben Somaiya. Lions Club of Sion also gave the donation cheque Rs 45, 000 for student's freeship.

On same day around 50 volunteers has attended the Gandhian Lecture at Visanji Ravji Auditorium.



GUEST LECTURE

On 9th October 2019, NSS Unit organised guest lecture on “Plastic Ban” by Mr. Ajay Rajput. The aim of this lecture was to raise awareness about the negative impacts of plastic bags on the environment and human health and accordingly find practical ways to reduce and avoid the use of plastic bags. Plastic bags usually end up polluting the environment and endangering people's health and Short documentary was also shown. Total 82 volunteers have attended this lecture.



VOTING AWARENESS RALLY

On 15th October 2019 NSS Unit in collaboration with 180 Wadala Vidhansabha Matdarsangh has organized Voter Awareness Rally from College to Maheshwari Udhayan by holding poster and speaking slogan of road. The aim of this rally is to aware the people about the importance of voting, votes their right and increase the percentage of voters in Up- coming election in their areas. Total 70 volunteers along with 2 PO's and 4 Members from 180 Wadala Vidhansabha Matdar sangh have participated in this rally. Flag off was done by Dr. Bharat Pathak, Hon. Secretary of SMES.



MAHIM BEACH CLEANING

On 19th October 2019, Global Green Resonance Foundation has organized Beach Cleaning Drive. Our 31 NSS volunteer as participated in Beach Clean Up Drive at Mahim Beach.



CLEANLINESS DRIVE AT JUHU BEACH

On 8th November 2019, 15 volunteers were gone for Cleanliness Drive at Juhu Beach. They cleaned the beach area and also they picked up plastics bag and garbage on the beach. Then they made aware the people about the cleanliness with the help of poster & slogan.



MUTTHI ANAAJ DAAN

On 16th November 2019, 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. Rice and tur dal were distributed keeping in mind the nutritional value necessary. 250 students were fortunate to get 5 kg of Rice and 2 kg of Turdal. Chief Guest was Lion Mina Kanakia. In this programme Lion Srinivas Rao has conducted the Question & Answer session related to Current Affairs in India and he also gave the 3 Cash prize to those students who has gave the correct answer.



FILED VISIT AT COASTAL AND MARINE BIODIVERSITY CENTER AT AIROLI

On 18th November 2019, 24 NSS volunteers & 1 PO has gone for filed visit at Coastal and Marine Biodiversity Center at Airoli, Navi Mumbai which was organised by NSS Unit. Ms. Pooja Talekar has been divided this visit into two parts the first section is dedicated to coastal biodiversity that will house exhibits on mangroves and the aquatic life found on the coast while the second section will showcase marine biodiversity and will have exhibits on whales, dolphins, turtles and others. Volunteers visited the centre, in that centre they can hear the sounds of whales, flamingos, dolphins as well as other species to get a better understanding of their life as well as information about marine ecology. The creek, which is a haven for almost 200 species of resident as well as migratory birds. After this we had seen the creek outside the centre. The aim is to provide a glimpse into the marine and coastal biodiversity around Mumbai.



THALASSEMIA AND CBC CHECKUP

On 25th November 2019, Thalassemia and CBC Checkup was organized in collaboration with the Lions Club of Sion. Mr. Pankaj Tanna discussed about the significance of getting Thalassemia check-up done before entering into a marital relationship. 212 students gave blood sample for testing.



CONSTITUTION DAY

On 26th November, 2019 NSS unit celebrated the Constitution day on this occasion different activities has done ,such as volunteers prepared and displayed chart on the need and importance of constitution ,essay and elocution competition is also done on the same. As a part of program Mr. Rakesh Singh, has gave lecture on Fundamental Rights and also skits and videos was screened on Indian Constitution Day for the volunteers.



WORKSHOP ON BCPT ENGLISH E TECH TRAINING

On 29th November 2019, NSS Unit in collaboration with BCPT organized English one day E Teach Training Programme for NSS volunteers of MMP Shah Women's College and M.D Shah Women's College Malad. Under this programme, BCPT had developed teaching materials (videos) for teaching basic English to primary school students (vernacular medium). In this programme Prof. Vandana Chakrabarti, Executive Trustee, BCPT and her team trained our volunteers to teach English easily with the help of various methods like videos, Games, animated stories and pictures. They also teach four rule of teaching to make it easily understand and develop the confidence among the students. At the end of the training the volunteers has gave group wise demonstration



MAHAWALKATHON

On 30th November 2019, 39 NSS volunteers were participated in Mahawalkathon organized by Government of Maharashtra (PWD, MMVD), CSR Dairy & CASI Global. Theme for this walk was Road Safety, No Honking and Safe Driving.



AIDS AWARENESS

On 2nd December 2019, NSS Unit organised Film Screening on the occasion of Aids Awareness Day. Dr. Rekha Shelar conducted a lecture on AIDS awareness, the aim of the lecture was to make the students aware about when and where can one go for HIV testing, importance of early detection to increase the life span of HIV Positive individual Etc.

On same day Elocution competition was conducted for the volunteers.



BCPT ENGLISH E .TEACH PROJECT

On 12th December to 2nd February 2020, From this month 16 NSS Volunteers were going for BCPT English E .Teach Project . Under this project our volunteers are working with various NGOs and School such as Shelter Don Bosco Wadala, Dharavi Diary Mahim, Ram Krishna Sarada Samiti (GTP Nagar), Sardar Nagar School (GTP Nagar), L P Sion School, Shri Ganesh Vidya Madir.(this is ongoing project till the date).



MUTTHI ANAAJ DAAN

On 14th December 2019, 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. Rice and tur dal were distributed keeping in mind the nutritional value necessary. 250 students were fortunate to get 5 kg of Rice and 2 kg of Turdal. Chief Guest was Lion Sanjiv Mehta and his family. In this programme Lion Srinivas Rao has showed the PPT Presentation and he also explains about 360 degree giving education, enriches and empowers with soft skills and jobs and also asked students to come ahead and share their experience after taking the Anaaj. After that Lion Usha Sampat has given the gift to the students who have shared their experience in the open forum.



NSS SPECIAL CAMP

24th to 30th December 2019, 210 volunteers participated in this camp held in the College Premises the chief guest –Lion Sunil Patodia (International District Endorsee), Guest of Honour was Lion Chetna Jhaveri (President Lions Club of Sion), Special Guest Lion Kamlesh Dalal (District Governor, Dist. 3231 A1), Principal Dr. Leena Raje and all N.S.S. Programme officers were present for the inaugurated function. The guests inaugurated the special camp at 11.30 am. Chief Guest gave a speech praising the efforts taken by the faculty of the N.S.S unit and also motivated, inspired and encouraged the volunteers.

In this camp various Guest Lecture, Group Activities, Skit Play, Cultural Programmes, Patriotic Song, Leadership Training& Competition were organized for the betterment of volunteers. Apart from this ‘Slum Visit’, “Adopted area Wadala gate No. 4 and King Circle Railway Station to spread awareness about ‘Cleanliness & Hygiene’. The theme of the camp for this year was “Women Empowerment”, and “Swachh Bharat Abhiyan”& “Skill Development



PERSONALITY CONTEST (EK BHARAT SHREATHA BHARAT)

On 28th December 2019, NSS Unit organised the Personality Contest. Almost 57 students participated with great zeal and enthusiasm. Students were traditionally dressed and presented themselves confidentially in front of the judges. Mr. Venketesh Yapuram & Ms. Manjula Pipalia were present to judge “Personality Contest Competition”. Judges asked various question related to their costume, culture, traditional food etc. the participates answered them confidentially. Best 3 were selected and 3student get consolation Prize



RAZING DAY SECURITY ORGANIZED BY WADALA RAILWAY STATION

On 2nd January 2020, 40 NSS Volunteers were participated in the Awareness Rally organized by Wadala Railway Police on the account of Razing day; volunteers create awareness about the railway rules and women Safety among the passengers.



MUTTHI ANAAJ DAAN

On 4th January 2020, 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. Rice and tur dal were distributed keeping in mind the nutritional value necessary. 250 students were fortunate to get 5 kg of Rice and 2 kg of Tur dal. Chief Guest was Mr. Kirti Kumar Shah & Ms. Sulochana Shah. In this programme Lion Srinivas Rao has showed the PPT Presentation and he also explains about 360 degree giving education, enriches and empowers with soft skills and jobs. After students have expressed their views.



BLOOD DONATION CAMP

On 8th January 2020, NSS unit of Smt. MMP Shah Women's College & Dr. BMN College in co-operation with LTMG Hospital Sion and Lions Club of Sion organized Blood donation drive. Total 47 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.



RUN FOR VIVEKANANDA ZERO SINGLE USE PLASTIC MARATHON

On 12th January 2020, on the occasion of National Youth Day 9 NSS Volunteers has participated in “Run for Vivekananda Zero Single Use Plastic Marathon” in 5 Km (FUN RUN).



VOTING AWARENESS RALLY

On 18th January 2020, NSS Unit organized the Rally on “Electoral Literacy for Stronger Democracy”. 35 volunteers and 3 POshave participated in this rally. Rally started from College to Matunga & Maheshwari Udyan. The aim of this rally is to create awareness about the Voting rights among the society.



AWARENESS RALLY

On 18th January 2020, NSS Unit organized the Awareness Rally on “Say No to Plastic”. 35 volunteers have participated in this rally. Rally started from College to Maheshwari Udyan. The aim of this rally is to create awareness about the Plastic Banned and how the plastic is affected our environment as well as our health.



SKILL DEVELOPMENT PROGRAMME

On 23rd January 2020, Our NSS Unit has conducted a Stitching Training Course for the 3 months under the theme of Skill Development Programme. The trainer was Smt. Shantala Swadi Tilake. The training was given to 20 students.



GUEST LECTURE

On 24th January 2020, NSS Unit organized Guest Lecture on “Employment Opportunities in Tourism” under the theme of **Ek Bharat Shreshtha Bharat**. The guest speaker was Dr. Swati Mohite. She explained how travel and tourism industry is growing tremendously and will continue so in the coming years. In India the travel industry hopes to create 46 million job opportunities by 2025 and our government is also taking various initiatives to improve the structure and promote tourism efficiently. After that she focused on the Employment Opportunities in Tourism and various initiatives taken by the government for the Tourism promotion in India. Total 65 volunteers have attended



VOTING OATH TAKING CEREMONY

On 24th January 2020, NSS Unit in collaboration with 180 Wadala Vidhansabha Matdar Sangh organized the Oath Taking Ceremony on the occasion of National Voters Day . Total 65 volunteers have participated.



STREET PLAY ON “NO PLASTIC USE”

On 25th January 2020, NSS Unit organized the street Play on “Say no to Plastic” at King’s Circle station and Lions Senior Citizen Garden. The aim of the play was to aware the society about the problems and effects of the plastic use.



ESSAY COMPETITION

On 25th January 2020, NSS Unit organized the Essay Competition on the Voting Awareness for the NSS Volunteers. Best 2 were selected and their names will be send to 180 Wadala Vidhansabha Matdar Sangh.

MUTTHI ANAAJ DAAN

On 31st January 2020, 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. Rice and tur dal were distributed keeping in mind the nutritional value necessary. 250 students were fortunate to get 5 kg of Rice and 2 kg of Turdal. Chief Guest was KaSondra Byrd - Manager, LCIF Humanitarian Initiatives. In this programme Lion Srinivas Rao has showed the PPT Presentation and he also explains about 360 degree giving education, enriches and empowers with soft skills and jobs.



NSS ANNUAL DAY & PRIZE DISTRIBUTION FUNCTION

On 4th Feb 2020, NSS Unit celebrated NSS Annual Day and Prize Distribution function. Around 200 volunteers attended this function. Around 10 Active NSS Volunteers were felicitated with Trophies and Certificates with the worthy hands of Chief Guest Lion Kamlesh Dalal, Guest of Honour - Lion Daara Patel & Lion Chetna Jhaveri, Special Guest Lion Armaity Cooper, Management Members, Principal Dr. Leena Raje, Sr. College Vice Principal Smt. Renuka Prajapati and Jr. college Vice Principal Mrs. Sujata Agarwal all NSS PO were present for the function



DISASTER MANAGEMENT TRAINING CAMP

31 NSS Volunteers and 1 Lecturer have attended Disaster training Camp on 4th and 5th February 2020. It was organized by Chancellor's Brigade: NSS wing training camp on Disaster preparedness and S.N.D.T. Women's University NSS Cell, Mumbai. They give training of when any disaster happen how we help each other, how to prevent and percussion, different types of knot, how to recues people.



LEADERSHIP TRAINING CAMP

5 NSS Volunteers has participated in Leadership Training Camp Saphale Village under the theme of FIT India & Women Empowerment from 6th to 8th February 2020 organized by NSS Unit of MNW College and NSS Cell of SNDT Women's University. Leadership is an essential quality and is described as a process of social influence in which a student can enlist the aid and support of others in the accomplishment of a common task. The camp focused on the qualities and the various skills like motivation, soft skills, time management, self-awareness, assertiveness exhibited by a leader. This camp motivated and transformed this student into better leaders of tomorrow. In this Camp our volunteers has got the 1st prize in Best Walkathon, 2nd prize in Best Performance in Cultural Events and Best Group Presentation, 3rd prize for Best NSS Volunteers.



WORKSHOP ON BASIC MAKE UP & HAIRSTYLE AT MAMNOLI VILLAGE

On 9th Feb 2020, NSS Unit conducted the Workshop on Basic Make Up and Hairstyle at Mamnoli village for the Mahila Bachat Gat. In this workshop they had learned how to apply makeup products on their face, also get to know about the uses of various make up products .The aim of taking this workshop is to make the village women's Self Employed.



YOUTH TALK

ANGC and College of Education jointly organized Youth Talk with Hon'ble Sharad Pawar (युवा संवाद) on 23rd February 2020 at Bhartiya Krida Bhawan, Wadala (BPed College), 20 NSS Volunteers has participated in this talk.



DOCUMENTARY

On 22nd February 2020, NSS Unit has screened the short documentary on ‘Bhasha Sarvardan kalachi Garaj’. Around 80 volunteers have seen this documentary.



DEBATE COMPETITION

On 24th February 2020, Debate competition was conducted on the topic 'Mother tongue v/s English'. 7 groups has participated 2 volunteers in each group.

On same day Elocution Competition was also organized on the topic ' Needs and Significance of the Mother tongue : Past , Present and Future



MATRUBHASHA DIVAS CELEBRATION

On 26th February 2020, on the occasion 'Marathi Matrubhasha Divas' showed the short documentary on 'Maharashtra Culture' and 'Orissa - The Divine Land (Incredible India)' under the theme of **Ek Bharat Shreshtha Bharat** '. Around 80 volunteers have seen this documentary. The aim of showing this documentary is to understand the Orissa culture, climate, dance, food and tourist attraction places in Orissa.



ELOCUTION COMPETITION

On 7th March 2020, NSS Unit in collaboration with Economics department has organized the Elocution Competition on “The Role of Inspiring Women in Your Life”. In these students have express their views how women’s are contribute in the field of social, economic, cultural and politics. Students used to talk about different women like Mother Teresa, Sunita Williams, Kiran Bedi, Saudamini Deshmukh, Dipa Karmakar etc. some students has also talk about their Teacher and mother who inspired them. Total 20 students have participated.

On same day Smt. Renuka Prajapati has gave the talk on “Why We Celebrate International Women’s Day”. She explained the history of the Women’s Day. She also focused on those woman personalities who have excelled in their own fields. Indeed, women have contributed greatly to the welfare of the society and to the country subsequently. She though that it is the celebration of respect, appreciation, love and care towards women in our life and in the society. It is glad that Women’s Day is celebrated in schools and colleges nowadays so that respect and care for women are instilled into the minds of the young generation, right from their childhood days. Total 60 students has attended this lecture



INTERNATIONAL WOMEN'S DAY

On 9th March 2020, As part of International Women's Day our NSS Unit planted Sapling on Wadala Char Rasta Divider around 25 sapling planted in collaboration with the BMC people. On same day our NSS Volunteers has given the rose to the Women Staff of the College and also in the neighbourhood to express their gratitude.



AWARENESS ABOUT COVID-19

From 22nd March 2020 , Our NSS Volunteer are create awareness COVID-19 through making motivational posters, slogans and Videos related to how you can prevent the spread of the CORONAVIRUS and Follow the Lockdown in their neighbourhood and also to show gratitude towards our doctors, nurses, ward boys, police force and all the government official through WhatsApp till date. All this activities were reported to University NSS COVID -19 Group.

सभी के लिए बुनियादी सुरक्षा के उपाय

SMT.M.M.P. SHAH WOMEN'S COLLEGE OF ARTS & COMMERCE
AUTONOMOUS COLLEGE UNDER SNDT WOMEN'S UNIVERSITY
NAAC RE- ACCREDITED 'B++' GRADE
UGC STATUS: COLLEGE WITH POTENTIAL FOR EXCELLENCE





करना है

- आपकी व्यक्तिगत स्वच्छता पर ध्यान दें
- साबुन से लगातार हाथ धोते रहें
- छींकने और खांखाने के दौरान अपना मुँह ढाँके
- जब आपके हाथ नष्ट दिखें, तब अपने हाथों को साबुन और बहते पानी से धोएं
- जब आपके हाथ स्पष्ट रूप से नष्ट न हों, तब भी अपने हाथों को अल्कोहल-आधारित हैंड सैनिटाइजर या साबुन और पानी से साफ करें
- प्रयोग के तुरंत बाद डिब्बे को किसी बंद डिब्बे में फेंक दें
- अव्यक्त महसूस होने पर डॉक्टर से मिलें



करना न है

- यदि आपके खाली और खुला हो तो किसी के संपर्क न करें
- सार्वजनिक स्थानों पर न जाएं
- जीवन धमकियों से संपर्क न करें/अपने आस के क्षेत्र से बचें
- खोले की खाना, पीने के पदार्थों के बाल्टों में या जगहों के नष्ट किने जाने वाले स्थानों पर न जाएं



Not Me But You Smt. Maniben M P Shah Women's College of Arts and Commerce, Matunga, Mumbai -400019
Autonomous, NAAC Reaccredited B++
UGC status : College with Potential for Excellence




soap and running water when hands are visibly dirty



If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water



World Health Organization

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Autonomous, NAAC Reaccredited B++
UGC status : College with Potential for Excellence

क्या है कोरोना वायरस ?

कोरोना वायरस का संबंध वायरस के ऐसे परिवार से है, जिसके संक्रमण से जुकाम से लेकर सांस लेने में तकलीफ जैसी समस्या हो सकती है। कोरोना वायरस, विषाणुओं के एक बहुत बड़े परिवार का हिस्सा है लेकिन इनमें से किसी व विषाणु ही ऐसे हैं जो इंसानी को संक्रमित कर सकते हैं।

लक्षण

- ज्वर बढ़ना
- खांसी
- जुकाम
- थिरेस्ट
- खुसाह
- गले में खराब

व्याप

- इलाज नहीं है उपचार
- दिन में कई बार हाथ धोएं
- बीमार लोगों से दूर रहें

कैसे फैलता है कोरोना वायरस ?

- संक्रमित व्यक्ति के आंसू या छींकने से
- किसी व्यक्ति के बिस्तर या कपड़े जगह
- अपने आसपास की जगह को साफ और

सावधानी बरतें

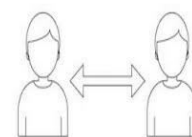
- दिन में कई बार हाथ साबुन या हैंडसेनिटाइजर से साफ करें
- जिनमें सर्दी या फ्लू जैसे लक्षण हों, उनके करीब न जाएं
- पर्याप्त मात्रा में लिक्विड या पोषक तत्व लें
- खाने में दही का इस्तेमाल जरूर करें
- मीबाइल स्क्रीन को डिस्इन्फेक्टिंग वाइप से साफ करें
- वायरस साफ रखें, प्लास्टिक कंटेनर का इस्तेमाल न करें

ऐसा न करें

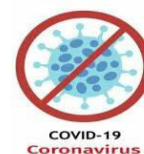
- गंदे हाथों से आँख, नाक या मुँह न छुएं
- गले न लगे और न ही हाथ मिलाएं
- सार्वजनिक जगहों पर न थूकें
- डॉक्टर की सलाह के बिना दवा न लें
- इस्तेमाल हुए नैपकिन, टिश्यू पेपर खुले में न फेंकें
- फ्लू वायरस से दूषित सतहों को न छुएं
- सार्वजनिक जगहों पर स्मोकिंग न करें
- अनावश्यक एचआरना की जांच न करवाएं

लक्षण

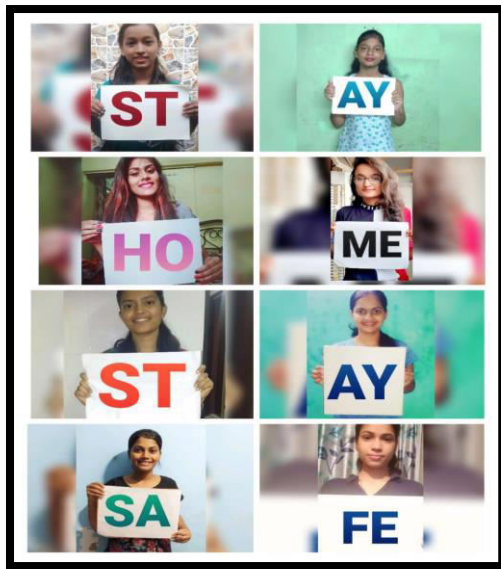
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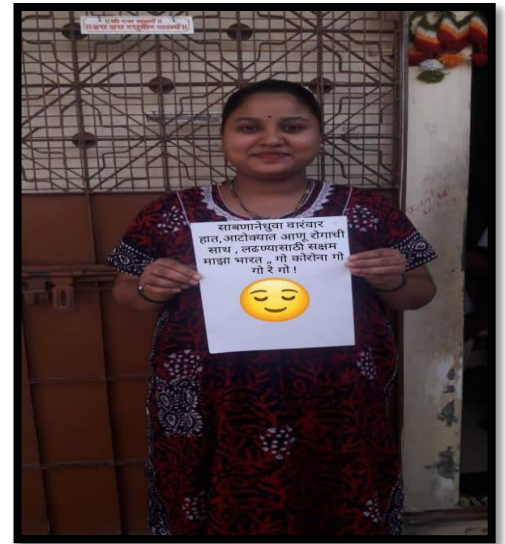


Social Distancing



Stay Home Stay Safe





AWARENESS ABOUT COVID-19

30th March 2020, Our NSS Volunteers and Programme Officers participated in Stay at Home, save live pledge campaign and committed themselves to abide by the lockdown rules and regulations. Online certificate was issued for the same. Volunteers also created awareness for the same via WhatsApp to their friends, relatives and neighbourhood.



BCPT ENGLISH –E-TEACH PROJECT

30th March to 1st May 2020, During lockdown period under BCPT English –E-Teach project our volunteers gave online training and share videos with their friends, relatives and neighbourhood. And the link was shared among the students.

ONLINE TRAINING ON COMBATING COVID-19

2nd April 2020, Our 120 NSS Volunteers and other students were enrolled themselves for Online Training on combating COVID-19 through WhatsApp organised by Maharashtra State & UNICEF.

GAMING SESSION

8th April 2020, As per recommendations of UGC on maintaining Mental Health of students. NSS Unit has organised Online Games which was in jointly Collaboration with Lions Club of Sion. Host of the programme was Lion Dr. Dipti Gandhi. In this game volunteers were asked question about current scenario, Bollywood and Finance related. They were also asked to send the selfies with family, videos and many more.



SKILL DEVELOPMENT TEACHING COURSE

Under the Skill Development Teaching course, our trainer Smt. Shantala mam has showed how to prepare mask the training was online. Then our Volunteers prepare mask and gave to the family members as well as needy in their neighborhood. 20 Volunteers took training and out of which 4 NSS Volunteers prepared masks and provided to more than 134 needy people in the neighbourhood area at AntopHill, Wadala and Dharavi.



ONLINE WORKSHOP FOR NSS WARRIORS ON AWARENESS ABOUT COVID -19

On 14th April 2020, 10 NSS volunteers has attended this workshop organised by Maharashtra State & UNICEF.

Youtube Link: <https://youtu.be/YdjG8dvfMrE>

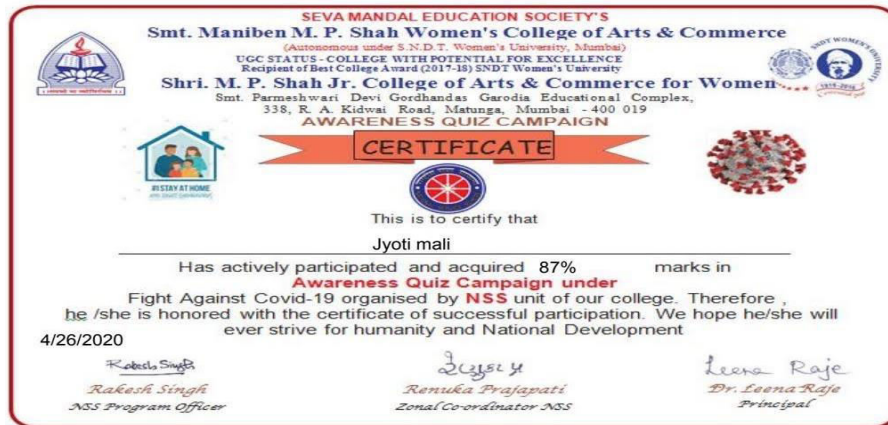
WORKSHOP ON COVID-19

23rd April 2020, Our 15 NSS volunteers and other students has attended the online workshop on COVID-19 organized by Maharashtra Government.

Youtube Link : <https://youtu.be/zFrQ73nHHYI>

ONLINE QUIZ

26th April 2020, Online Quiz was organised by NSS Unit to create awareness about COVID-19 through online link wherein participants received E certificate after completing the Quiz. More than 750 participation .



ONLINE QUIZ

On 1st May 2020, On the occasion of Maharashtra Day to commemorate the formation of Maharashtra state, Online quiz was held to spread awareness about 'Red Cross Society'. More than 100 volunteers participated in this quiz.

ORIENTATION OF NSS OFFICIALS AND VOLUNTEERS ON COVID -19

On 7th May 2020, 3 NSS PO's and 25 Volunteers has participated in the Orientation of NSS Officials and Volunteers on COVID – 19 organised by UNICEF & NSS Cell of SNDTWU. <https://youtu.be/7ndWbmUGJGc>

WEBINAR ON DIET DURING LOCKDOWN

17th May 2020, Arranged Webinar through Zoom in joint collaboration with Zeal Wellness on 'Diet during Lockdown' which was attended by 278 students to maintain High Immunity in 3 different session. The Guest Speaker was Ms. Sakina Patrawala.

ORIENTATION OF NSS OFFICIALS AND VOLUNTEERS ON COVID -19 : STIGMA & DISCRIMINATION

23rd May 2020, 3 NSS PO's and 35 volunteers has participated in this orientation organised by NSS Cell SNDTWU and UNICEF. <https://youtu.be/GxgAXy19a-w>

AWARENESS ABOUT AROGYA SETU APP

During lockdown we have installed 1237 Arogya Setu App and 247 I GOT App. Students have also asked their family members and Friends to download Arogya Setu App, wherein we could get approximately numbers of 187 people.

Our NSS Unit with the help of Students volunteers and POs have created awareness in students as well as society by creating and uploading more than 37 videos and 20 digital banners overall.

SPECIAL ACHIEVEMENT

NSS Volunteer Ms. Nikita Chaubey was worked in joint collaboration with BMC Ward L in various activities. Such as collecting data of senior citizens, Covid Positive patient in nearby locations, Collecting various sample for Ascertaining Oxygen level in Blood, arranging medical camp in surrounding areas.

