

# N.S.S. ANNUAL REPORT

YEAR 2021-2022

Asmita college of Arts and Commerce for Women, Vikhroli

NSS Unit of our college which always try to develop the personality of volunteers through arranging effective lectures,workshops and providing them to work for society. Due to COVID-19 we conducted NSS activities online and offline mode. The following activities were successfully conducted by our NSS unit with leadership of program officer Prof. Seema Phadke and Prof. Pallavi Shende.

150 volunteers enrolled for the year 2021-2022. An orientation program for the new comers was organized. They have given the ideas about NSS and over all activities to be conducted throughout the year.



The NSS Unit of our college celebrated International Yoga Day on 21<sup>st</sup> June, 2021. We have conducted two days online Yoga training session. This sessions were conducted by Prof. Anjali Deshmukh. Prof. Deshmukh has demonstrated different Asanas which are mainly useful for the health of youngsters. Prof. Deshmukh explained very well about importance of Yoga in Corona pandemic

situation. The students were motivated and they were aware about how Yoga is useful to increase immune system.

In the month of July 2021, appeal was made regarding flood Relief Fund. Our College staff collected Rs.12000/- to give flood affected people. We have conducted three days workshop of Art of Living in collaboration with Art of living Youth Club. The theme of the workshop was The Art of living COVID Care Protocol Immunity Booster.

Our 5 volunteers participated in Flash mobile activities, which were conducted by MDACS. They performed at the railway station to raise public awareness about HIV/AIDS. Volunteers made posters on awareness on HIV/AIDS, followed by class to class awareness among the other students of the college.

Volunteers made posters on “Betibachao , Betipadhao” performed street play on this theme. Our NSS Unit conducted workshop on Self Defence which was organised in collaboration with Vikhroli Police station and Indian Institute of Mix Marshal Art. Slogans and poster were made by volunteers on Women Achievements. International Women’s Day was celebrated by the volunteers. Various programme were organised by the Unit like Elocution, poem recitation. Prof. Seema Phadke delivered a Lecture on Women Achievements through Ages.





Paper Bags were made from old Newspapers by the volunteers and distributed in the nearby shops. Plastic bottles and plastic bags were collected from nearby place. A lecture was organised by Prof. Clara Correia on “Save Habitat-A need of Hour”. Another lecture was arranged for the volunteers that was on ‘Microgreen’. One of our volunteer, who was trained member of Aasha Foundation, explained about importance of micro green and informed about how micro greens can grow at home.

Road Safety campaigns were conducted by the volunteers. Volunteers made ply cards and posters on Road safety. Volunteers rallied on road safety, urging bike riders to wear helmets. A lecture was conducted by NSS PO on road safety, explained rules for walkers.

Our NSS unit organised a vaccination drive for COVID -19 in association with BMC, followed by the awareness for vaccination. Volunteers created Class to Class to awareness of precaution to be taken during offline lectures about COVID-19.





Our 5 Volunteers were trained in voting registration Drive. They have registered 80 persons in the voting list. For creating awareness on Voting Rights volunteers made posters and slogans, and made online class to class awareness.



Awareness was created on Organ Donation. Attended lecture on Organ Donation organised by University of Mumbai. Digital posters made by the volunteers and participated in quiz which was organised by V4oragans Foundations.

A lecture was arranged on POCSO. It was delivered by Ad. Rupali Nagpurkar. Prof. Anjana Dhere delivered a lecture on occasion of Constitution Day. On the National Girl Child Day, volunteers give a talk on how to save the girl child and move them forward.

Our 4 NSS volunteers completed online leadership training program. Our volunteers participated in various programmes which were organised by University of Mumbai throughout the year. Our Volunteers participated in Intercollegiate competitions organised by nearby colleges, and got prizes also.

- 1) Gauri Mohite- 1<sup>st</sup> Prize Poster Competition (R. Z. Shah College, Mulund)
- 2) Dance Group-2<sup>nd</sup> Prize Dance Competition (DAV College, Bhandup)
- 3) Gauri Mohite-3<sup>rd</sup> Prize Singing Competition(DAV College,Bhandup)

Our NSS Unit organised Rangoli competition on Azadi ka Amrut Mahotsav .Many volunteers participated in this competition.