



SADHU VASWANI MISSION'S
St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA(CA)]
6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/ (1962)
College Code: - 013

3.6.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

2017-18

1. List of Activities
2. Reports of Activities



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.



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3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years.

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1	Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'	Green Club	2017-18	79
2	Teaching Activity	Dept. of Business Studies 95 Big FM in association with Mumbai based NGO Upasana	2017-18	32
3	Health Check Up	Dept. of Accountancy n The Hind Shakti Social Foundation	2017-18	8
4	Field Trip	Dept. of Business Studies	2017-18	45
5	'Volunteering in initiative to transform education practices	Tick Links	2017-18	6
6	School Volunteering	Dept of Education n Dhanvantari Foundation	2017-18	20
7	NSS - Regular Activities	NSS and SPPU	2017-18	150
8	NSS- Annual Camp	NSS and SPPU	2017-18	59
TOTAL ACTIVITIES = 08				
TOTAL STUDENTS' PARTICIPATION = 399				



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1

Activity Report

Green Club Initiative- Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'

a. On 24th Jan 2018, MJ JyonitaDeshmukh and Show Producer SanikaMutalik of 95 Big FM were at St. Mira's College for the Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'. The objective of this drive was to create awareness about the health benefits of using sterile sanitary napkins as against cloth, to collect sanitary napkins for women in tribal and slum areas in and around Vasai region of Maharashtra and to break the stigma attached to discussions on sanitary napkin use. The ongoing collection drive was organized by 95 Big FM in association with Mumbai based NGO Upasana. This initiative has been inspired by the upcoming movie release - 'Pad Man'.

b. Our staff and students collectively mobilized 245 packets i.e., around 2500 sanitary napkins. We sensitized the students to purchase and donate bio-degradable and cotton-based napkins as far as possible. **79 students** across all faculties actively participated in the interactive session with MJ Jyonita and Sanika. 95 BIG FM was overwhelmed by the fact that we at St. Mira's had partnered them impactfully for this common cause.



Shalini Eyer
(Coordinator)

Jayesh
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune.
Department of Business Studies
Report of Extension Activities 2017-2018.

Teaching

Teaching the students of classes 8th and 9th at 'Pujya Kasturba Gandhi English Medium School', a government school run by the Akanksha Foundation for a period of 10 days. In the course of this initiative, 32 girls from S.Y.B.Com had the opportunity to essay the role of a teacher.



Rama Venkatachalam

Dr. Rama Venkatachalam
Coordinator & Incharge
Dept. of Business Studies

Jayab

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune.
Department of Business Studies
Report of Extension Activities 2017-2018.

Free health check-ups

Our 8 students helped as volunteers for a 10 day free health check up camp for auto rickshaw drivers of Pune, organised by The Hind Shakti Social Foundation, Free health check-ups were organised for more than 3000 auto rickshaw drivers.

Rama Venkat



Dr. Rama Venkatachalam
Coordinator & Incharge
Dept. of Business Studies

Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune.
Department of Business Studies
Report of Extension Activities 2017-2018.

A field trip

A field trip was organised for the T.Y.B.Com students to the Rural Development Project of the Bombay Mothers & Children Welfare Society at Rajgurnagar on February 14th, 2018. 45 students conducted games and activities for the children of the tribal school, oriented the tribal women of the SHGs on the different business opportunities for rural women and career guidance session for students of Class VII and IX of the village school as a part of Social Entrepreneurship initiative.

Rama Venkat



Dr. Rama Venkatachalam
Coordinator & Incharge
Dept. of Business Studies

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SAARTHI Volunteering Orientation – 2017-18

Department of Sociology organized orientation programme on 'Volunteering in initiative to transform education practices'. This orientation was conducted by Sanjay Mr. Sanjay Dalmia from Ticklinks/OpenLinks Foundation. This is a voluntary initiative started by Mr. Dalmia in 2016 to initiate a change in educational pedagogies and learning. This initiative involved formation of a volunteer group 'Saarthi' who would be given training in video-making and using e-resources more creatively. The students responded spontaneously and 6 students registered as volunteers for this work.



Dr. Vaishali Joshi
Faculty in charge, Dept. of Sociology



Dr. Vaishali Diwakar
HoD, Dept. of Sociology



Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS
DEPARTMENT OF EDUCATION
SOCIAL OUTREACH PROGRAMME

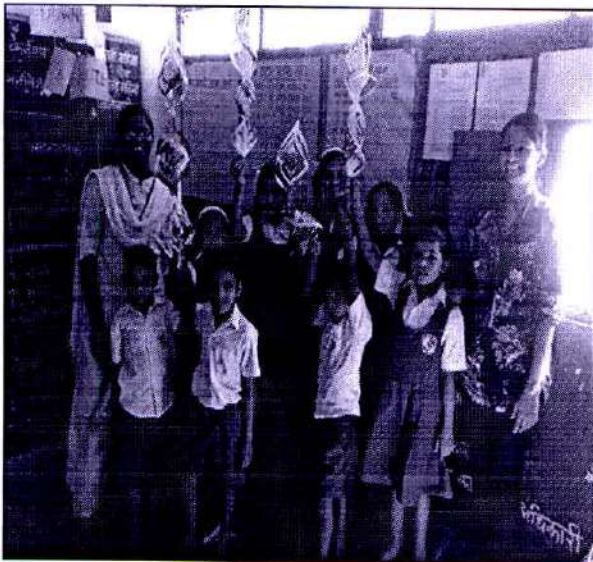
2017-2018

Department of Education conducted a year long activity from July 2017 to February 2018 for 20 students who volunteered and interested in teaching activities in school.

Every week the students conducted activities like drawing, painting, games, craft, simple calculations, learning through fun and play at Dhanwantri Primary School at GanjPeth, Pune.

The following students participated in the activities:

- | | |
|---------------------|----------------------|
| 1. Diksha Singh | 11. Simran |
| 2. D. Jiji | 12. Shivani |
| 3. Shatakshi Karde | 13. Angel Saju |
| 4. R. Prinna | 14. Riddhi |
| 5. Mugddha | 15. Daksha |
| 6. U. Annie | 16. Megha |
| 7. Piyusha Pande | 17. Gauri Khaire |
| 8. Neha | 18. Aishwarya Kamble |
| 9. Karishma Punjabi | 19. Kirandeep |
| 10. Saanchi Sharma | 20. Kausar Shaikh |



Jayash
Principal Incharge
St. Mira's College for Girls, Pune.



Hasina
HASINA SHAIKH

St. Mira's College for Girls, Pune

NSS Department- -Report – 2017-18

Veena Kenchi and Meenal Sumant

1. Inauguration Function

The Inaugural function for 2017-18 was held on 26th July 2017.



Dr. Vishwambhar Choudhari and Adv. Asim Sarode inaugurated the yearly activities of the department

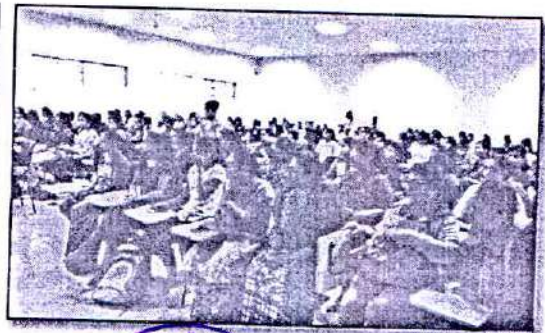


Dr. Chaudhari is a social activist, researcher and environmentalist. He has also participated in the peaceful civil agitations of Medha Patkar and Anna Hazare. After the

recitation of University song, Dr. Chaudhari guided the students on the topic- **“Youth and Social Service”**. He put forth the idea people’s participation in a democracy-its need and importance. He discussed the qualities required for being a good contributing volunteer in the service of the nation. He also elaborated the problems faced by volunteers and made them aware of ground realities in social work. He emphasized the idea that service to society is service to ourselves as we are all part of the same society. This provided and insight to the volunteers regarding the life and hard work of a social activist and volunteers.

Adv. Sarode is a well known human rights activists who supports the civil society volunteers with his legal knowledge. He interacted with the students on the topic- **“Freedom and Responsibilities”**. With the help of simple examples he emphasised the need of responsible enjoyment of freedom and liberties. He emphasised the idea- **“Freedom comes with responsibilities”**.

26/7/2017	Adv. Asim Sarode Human Rights & Law Defenders Flat No. 1, Park Road, 411 005 Pune - 411005	Interacted with the students in the presence of the college. The session was very good and students have responded very well. I am happy to hear that.
26/7/17	Dr. Vishwambhar Choudhari Environmentalist 201, George Road, 411005, Pune DFF Park Road, PUNE	It was nice to interact with your students. Thanks for your hospitality. Students are very good. My best wishes.



NSS PO
Manal

Veena



Jayant
Principal Incharge
St. Mira's College for Girls, Pune.

2. Tree Plantation-

The NSS Department, St. Mira's College for Girls initiated the Tree Plantation Drive on 3rd July 2017. The tree plantation was conducted in association with the Botanical Survey of India, Koregaon Park Pune in their campus. **30 Trees were planted by the students which included- Bottle Palm, Mahogany, Phonex and Jamun Trees.**



The programme was organised by Prof. Veena Kenchi (NSS PO) and Dr. Meenal Sumant (NSS PO). Dr. Jadhav, Dr.



Jayanti, Dr. Jalal of the Botanical Survey of

India guided the student volunteers in planting the trees. Dr. Jadhav also guided the students about the importance of medicinal plants and the varieties available at their institute. **40 NSS volunteers of St. Mira's College for girls**

participated in the tree plantation activity. There will be regular monitoring and recording of the growth of these trees planted.

3. Swachata Pakhwada (1st August to 15th August 2017)

1st August to 15th August 2017 was celebrated as Swachata Pakhwada by the NSS Dept of the college.

The focus was on orientation and sensitization of students regarding responsible behaviour in garbage disposal and general habits of cleanliness. For this- poster-making, talks and documentary screening was done. Last year, the NSS volunteers were given a task of identifying a swachata related problem in the college campus. Many of the students were of the opinion that the disposal of used sanitary pads needs some improvement. Therefore, the NSS department took a two way initiative of orienting students about responsible ways of disposing of sanitary pads and facilitating it by providing paper bags made out of old newspapers and magazines. NSS volunteers took up the responsibility of orienting and encouraging their classmates in this endeavour throughout the year. The NSS volunteers made the paper bags to be used for this project.

Following programmes were organised by the Dept to create awareness, analyse and sensitize the students about the problem of cleanliness.

- 1st august 2017 - orientation of nss volunteers regarding swachhata pakhwada by NSS Programme Officers- Veena Kenchi and Meenal Sumant



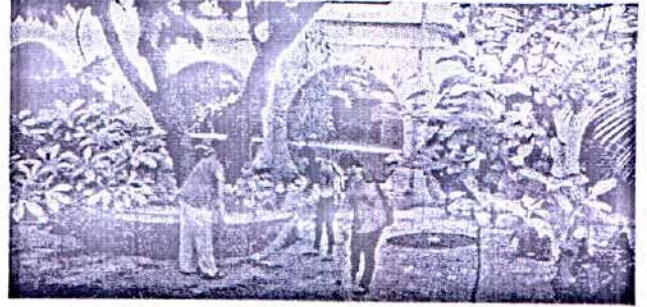
NSS PO
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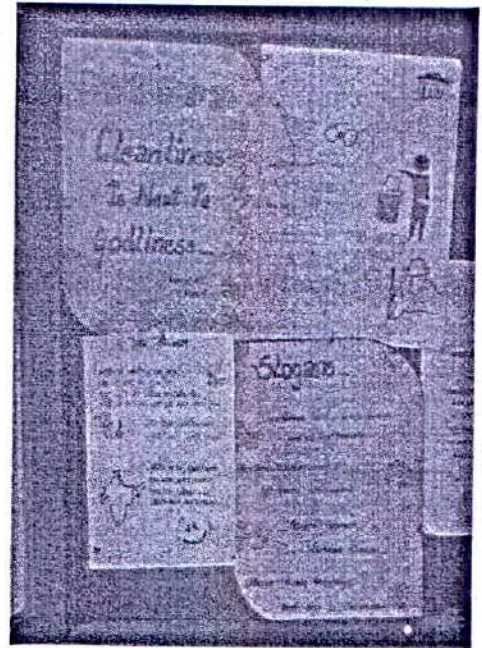
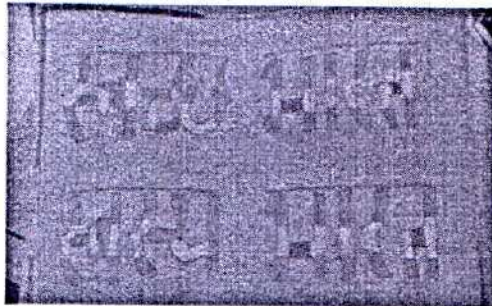
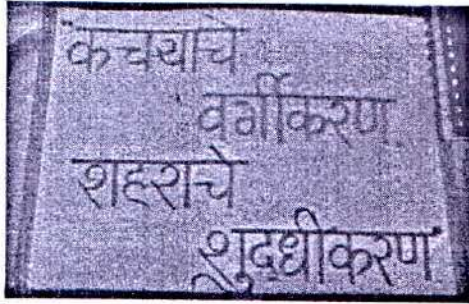
Jayant
Principal Incharge
St. Mira's College for Girls, Pune.

- 3rd and 4th August 2017- Creative expressions by NSS volunteers regarding Cleanliness- making of posters, slogans, poems, essays and articles.

- 3rd August 2017- 'Classroom Cleaning' - The NSS volunteers cleaned college campus and classrooms.

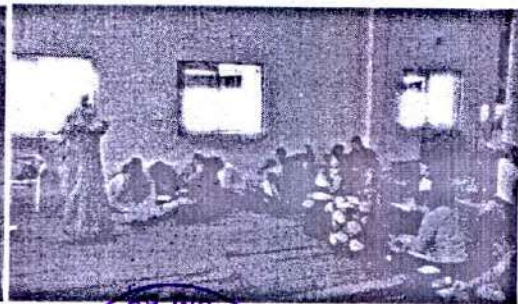
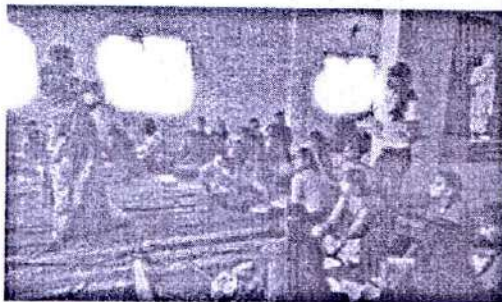


- 5th to 12th August 2017- Display of these expressions (posters, poems and slogans) on college notice board



- 5th August 2017- In continuation with the NSS Dept's effort , the volunteers this year too made Paper bags for responsible disposal of used sanitary pads. These bags were made from old magazines and pamphlets.

Dr. Manisha Pimpalkhare guided the students for making these bags and their usage.



NSS PO

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Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

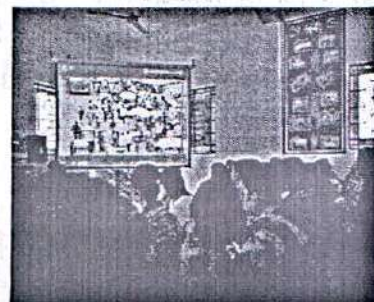
- 8th August 2017- *Talk by Prof. Veena Kenchi* stressing the importance of individual responsibility of all citizens towards a Swachha and Swastha Bharat. *Documentary- "Cleanliness: it starts with ourselves",* was screened for all college students in the assembly hall.



- 8th August 2017 – '*Cleanliness Rally*' was organised by the NSS dept. around the Koregaon Park area. Volunteers enthusiastically participated in creating awareness about the importance of cleanliness to the residents of Koregaon Park vasti. 50 pamphlets about cleanliness were distributed to the citizens in this area.



- 9th August 2017- *Awareness talk by Dr. Meenal Sumant*. She guided the students and gave tips to students which will enable them to follow a clean routine in their individual lives. These tips reiterated the importance of garbage segregation, water and resources management in our everyday lives.



- 11th August- *Cleanliness Drive at Aga Khan Palace*. 120 volunteers of the NSS Department participated in the Cleanliness drive at one of the important world heritage site in Pune, Aga Khan Palace. The volunteers cleaned the lawn and campus of the palace.

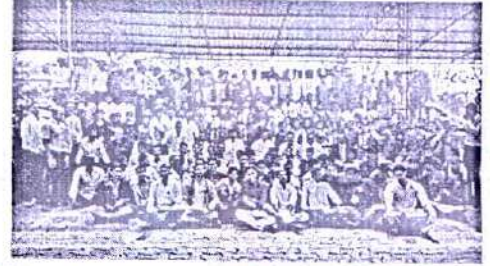
Jayal
Principal Incharge
St. Mira's College for Girls, Pune



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13. PARTICIPATION IN 3-DAY UNIVERSITY CAMP AT KOKANGAON, SANGAMNER

The NSS Dept, Savitribai Phule Pune University and Santoji Thorat Arts and Commerce College organised an University Level Camp at Kokangaon, Sangamner. Pinky Mali and Pratiksha Udamale, two NSS volunteers of our college participated in this 3 day Camp from 8th January to 10th January 2018. The theme of this conference was- "Yuvashakti jva Netrutrava Vikas" (Power of Youth and Development of Leadership Qualities).

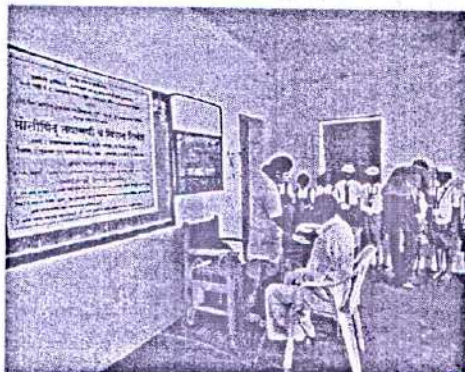


14. YOUTH DAY CELEBRATIONS-

a. EYE CHECK-UP CAMP

On the occasion of Youth Day, the NSS Dept organised a Eye-Check Up Camp at its adopted village- Parodi. This camp was organised in association with the 'Sight for Sightless' programme of the K.K. Eye Institute, Pune. NSS PO Veena Kenchi and Meenal Sumant organised the Camp with their volunteers- Bhagyashree Parchure, Vaishnavi and Megha Rajguru.

72 People benefited from the Camp. 8 Senior citizens were diagnosed for Cataract- Surgery. The K.K. Eye Institute will provide them with Free-Surgery under their special programmes.



NSS PO

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Principal Incharge
St. Mira's College for Girls, Pune.

b. GUEST LECTURE- HEALTHY YOUTH AND NATION BUILDING

In association with the Youth Day Celebrations, the NSS Dept organised a lecture on Healthy Lifestyle for Youth. In today's competitive and stressful world, the young generation need to follow a healthy lifestyle for better performance and achievement. Dr. Amruta Kulkarni guided the students about Healthy food, exercise and nutrient supplements to boost their immunity and increase the levels of haemoglobin.



15. VALEDICTORY FUNCTION-


The valedictory function of the NSS Department was organised on 10th March 2018. Dr. Shivaji Pacharne, Pune District NSS Coordinator was the Chief Guest for the function. He stressed on the role of NSS volunteers in Social Work. He guided students about enhancing their NSS experience.



Shri Vikas Abba Shivale, Sarpanch, Parodi was the Chairman of the function. He spoke about the welfare programmes of his policies and how rural development can become a reality

Veena Kenchi read the annual report and Meenal Sumant presented a vote of thanks.




Principal Incharge
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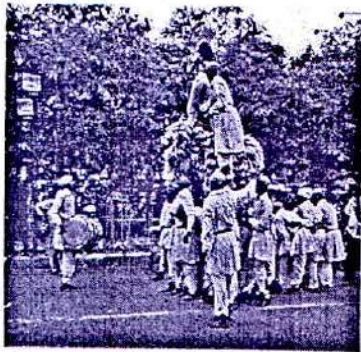


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16. PARTICIPATION BY VOLUNTEERS AT THE TRIBAL EXHIBITION.

Three of our Volunteers, Pratiksha Udamale, Rucha Lathi and Jeevita Naidu volunteered from 15th to 19th March at the Tribal Museum at Queens Garden Pune.

They helped the stall owners in their communication, auditing and overall organisation of the exhibition.



Veena
Veena
Veena Kenchi

Meenal
Meenal
Meenal Sumant

G.H. Gidwan
Principal
Principal
St. Mira's College for Girls



St. Mira's College for Girls, Pune
NSS Winter Camp – Parodi, Tal: Shirur, Dist: Pune
Period - 01/12/2017 to 07/12/2017

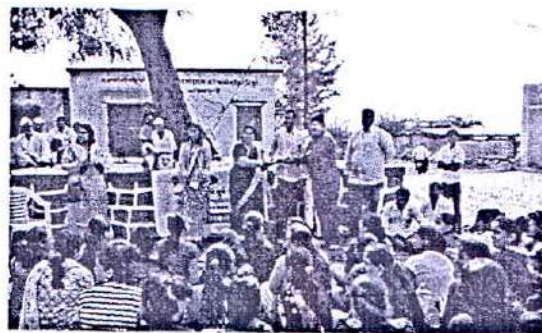
Day 1 – Friday, 1st December 2017

On 1st December, the journey for NSS special camp began from St. Mira's College for Girls, Pune at 8.30 in the morning and reached its destination at village Parodi at 10 a.m.

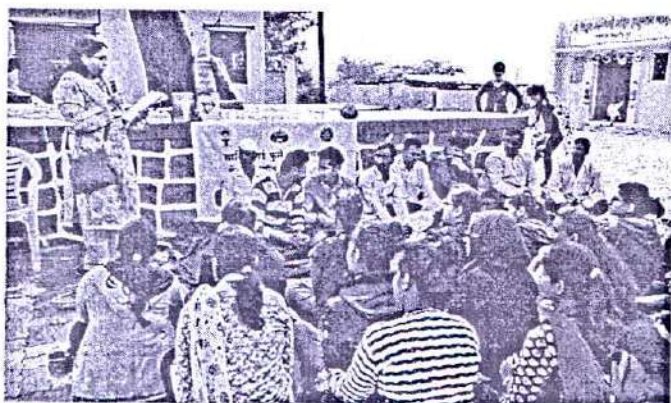
Upon reaching the campsite at Z.P. Primary School at Parodi, the NSS volunteers cleaned the classrooms that were allotted for the camp and helped in setting up kitchen for the camp.



Inaugural Session – At 12.00 noon the inauguration of the camp took place. The Chief Guest for the programme, Mr. Mangaldas Bandal (Ex- Speaker, ZP) interacted with the students. He stressed on the role of youth in Nation building. He shared stories of Alfred Nobel,



Mahatma Gandhi and Dr Ambedkar to emphasize the importance of Service for the good of all. He stressed on the rural- urban divide in India and how the NSS camp experience can be



used to contribute in bridging this divide. He further urged the volunteers to take this opportunity of learning from new environment and also to find more innovative ways of developing villages through education, trade, commerce as well as social service.

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Principal Incharge
St. Mira's College for Girls, Pune.

The Sarpanch, Mr. Vikas Shivale gave a brief history of the village of Parodi. He explained the concept of a group gram panchayat and discussed the agenda of the camp with the students.



The Upsarpanch-Mrs. Satkar, Mr. Ganesh Temgire and other Gram Panchayat members from the village were present for the function..

St. Mira's College for girls', Vice-Principal – Mrs. Madhuchanda Banerjee, Professors-Dr. Vaishali Diwakar, Dr. Jaya Rajgopalan, Dr. Vaishali Joshi were also present during the function.

Mrs. Banerjee in her speech was grateful to the Gram Panchayat for allowing us to conduct the NSS Camp in their village.

Post lunch, the NSS volunteers were divided into various teams. They were assigned the tasks to be undertaken during the Camp and were given the details about the schedule of the Camp. Team building activities were conducted for the volunteers.

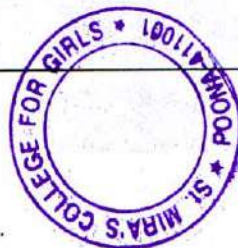
In the evening, the volunteers were engaged in an



interactive session of



getting to know the fellow volunteers and their motivation for joining NSS. This was followed by an impromptu group discussion on My Idea of Social Service.



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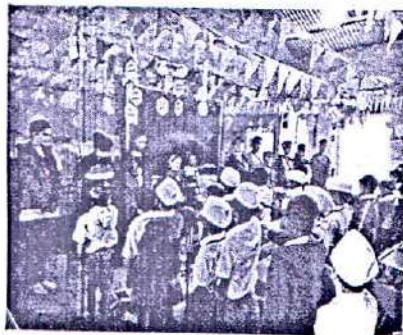
Principal Incharge
St. Mira's College for Girls, Pune.

Day 2 - Saturday 2nd December 2017

Our mornings in the camp started with prayer time- Sanctuary followed by exercises.

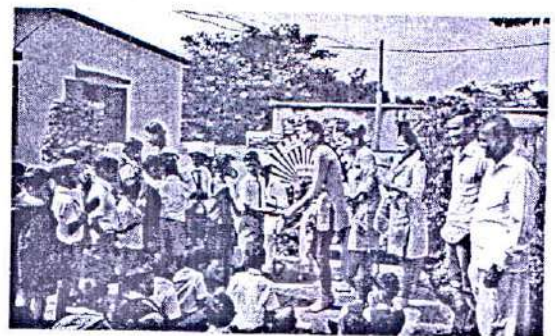


This was followed by a rally conveying the message of 'Beti Bachao'.



This day, the volunteers took over the teaching of the ZP Primary School, Parodi. The classes were conducted by the volunteers. Various art and craft activities, storytelling and games were organized for the students. An inter-class coloring competition was organized for the primary school students.

In the morning session, a book donation programme was arranged for the ZP Primary School, Parodi. The St. Mira's College staff, NSS Volunteers contributed books for donation. A short programme was arranged in presence of Mr. Sambhaji Temgire (Chairman- Shala Samiti). A



total of 150 books were donated to the school. The NSS volunteers have showed an eagerness to setup a library for the school students.

In the afternoon session - Ms. Veena Kenchi interacted with the students on the topic- "Role of NSS in Nation building". She narrated various

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St. Mira's College for Girls, Pune.



contradictions of social life and how NSS volunteers can play an effective role in reducing them.



In the post lunch session- the volunteers undertook Weeding and Cleaning of the area around the burial ground at Parodi for three hours. The area had overgrown weeds and the volunteers took great efforts in cleaning the space.

In the evening, a lecture on 'Meditation and Reiki' for NSS Volunteers and villagers by Ms. Manjita Kulkarni. She introduced the healing method- Reiki and its use for dealing with everyday stress and fatigue. The women of the village were inspired to take some time for their own and how reiki can help them to enhance their life experiences.

In the post-dinner session Group Discussions were conducted on the topics-

1. Environment Protection and
2. Use of Social Media

The NSS volunteers actively participated in a healthy discussion on these topics. The awareness of the students towards the hazards of environment usage and their ideas of sustainable development were welcomed by all. Its said the youth today are addicted to social media, but it was great to realize that these volunteers are aware of the problems and responsible usage of all forms of media.



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St. Mira's College for Girls, Pune.



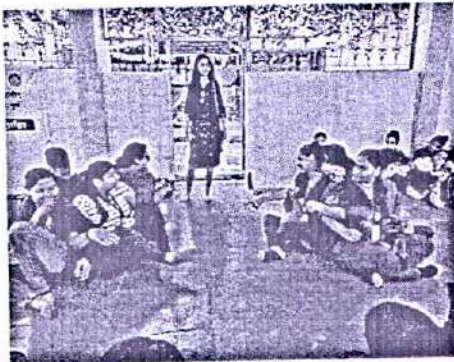
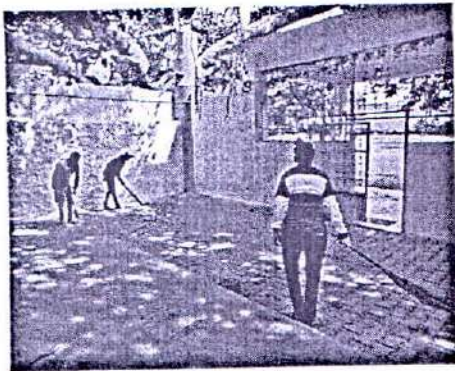
Day 3 - Sunday, 3rd December 2017

Our mornings in the camp started with prayer time- Sanctuary followed by Yoga.

This was followed by a rally spreading the message of Water Literacy and judicious use of water.



After a long walk to the Peer Saheb Dargah- the volunteers undertook a two hours cleanliness drive at the Dargah. The Dargah and the adjoining areas were cleaned and swept by the volunteers. The dry waste around the dargah was collected in large amount and disposed by the volunteers.

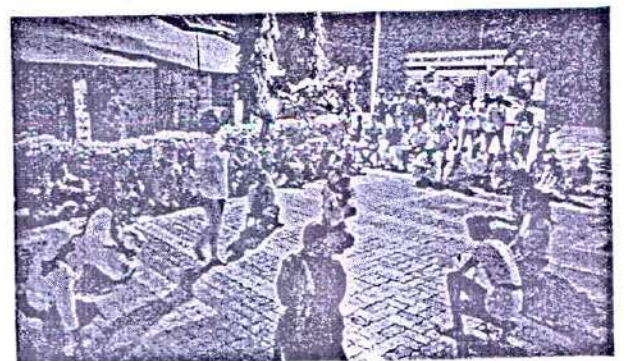


In the pre- lunch session, a Lecture on 'Personality Development' by Ms. Komal Tujare was arranged. She gave them tips to enhance the various traits of their personality and how to present themselves socially.

In the post lunch session, Team Building Games were conducted by Ms. Komal Tujare and Ms. Roma Dar for

the volunteers. Sign language and team efforts were enhanced by these activities.

In the evening- the volunteers performed two Street Plays for the villagers of Parodi. The villagers appreciated the students efforts .The



NSS PO
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St. Mira's College for Girls, Pune.

first street-play was on 'Swachhata' which stressed the importance of individual and collective efforts in realizing our goal of - Swachha Bharat. The second street play- 'Beti Bachao' emphasized the importance of girl child in our families. The various forms of discrimination against girls were depicted with role reversal in the families.

This day being a Dutt Jayanti; the volunteers also participated in the cultural activities of the village. The volunteers participated in the 2 hour Bhajan programme of the Bhajani Mandal.



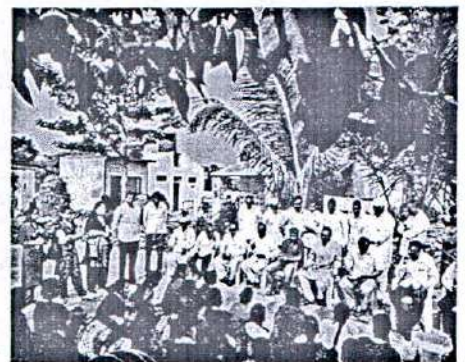
Day 4 -Monday, 4th December 2017

Our morning in the camp started with prayer time- Sanctuary followed by exercises.

This was followed by a rally conveying the message of Swaccha Bharat. To translate the words into action, the NSS volunteers also took up cleaning of the roads in the village.



In the morning session. The volunteers had a conversation with Ex-MLA Ashok Pawar and Ex-Speaker of ZP - Pradip Kand. Mr. Pawar encouraged the students to think differently and try to make inventions which will help in social and community welfare. He spoke about the role of his party in development of Shirur Taluka. Mr Kand asked the students to read more books and enhance their knowledge.




Principal Incharge
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NSS PO




In the pre lunch sessions, the students interacted with Shirur Taluka BDO – Mr. Sandeep Jathar. He explained the role of youth in human development and narrated many of his experiences to the volunteers. This interaction was followed by distribution of uniforms to anganwadi students of Parodi School.

The post lunch session had volunteers interacting with Ms. Shalini Iyer, Ms. Deepanjali Mujumdar and Ms. Hasina Shaikh of St. Mira's College.



A three hours Tree Plantation drive was undertaken at Mhalungi. The NSS volunteers planted 80 trees in the burial ground vicinity at Shivtakrar Mhalungi.

The evening was well spent by the volunteers by interacting with the village women. The volunteers realized a lack of young girls in the village. Discussions related to their daily lives, their routines and general environment in the village was undertaken by the volunteers.

Day 5 –Tuesday, 5th December 2017



Our morning in the camp started with prayer time- Sanctuary followed by exercises.

This was followed by a rally conveying the message of Swachha Bharat. To translate the words into action, the NSS volunteers also took up cleaning of the roads in the village.

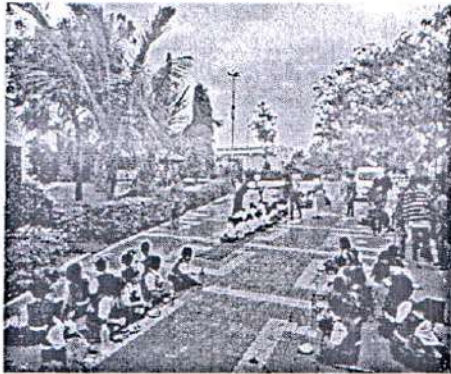
Activities for school children at Satakarwadi ZP school

NSS PO
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Principal Incharge
St. Mira's College for Girls, Pune.

The volunteers today worked in Satkarwadi section of the village. The volunteers visited the ZP school at Satkarwadi. They organised various programmes for the school students and conducted a inter-class colouring competition for the primary school students.



One team of volunteers cooked food for the primary school students of Parodi. The mid day meal was provided by the volunteers to the students. The students relished the food cooked by the volunteers.

The volunteers also undertook a primary survey of Satkarwadi to understand the population composition and occupation in the village. They also tried to gauge the use of internet and mobile amongst the villagers.

In the post-lunch session, a lecture was conducted by Prof. Jyoti Chintan on the topic- Development of Leadership Skills.



In the later session- one team of volunteers conducted the village survey at Parodi.

The evening was well spent by the volunteers by listening to - Marathi Kavita Vachan - 'Mata, Mati and Sanskriti' by Mr. Bharat Daundkar. Mr. Daundkar is one of the 10 most popular Marathi poets in Maharashtra. He recited various poems related to Mother-our origins and our culture. The session was truly enjoyed by the volunteers and the villagers.



The post tea session was arranged for better interaction with the village women. Mehendi Programme by NSS Volunteers for Village Women was organised for making the women talk about themselves and the volunteers to learn about the experiences of the women of the village.



NSS PO
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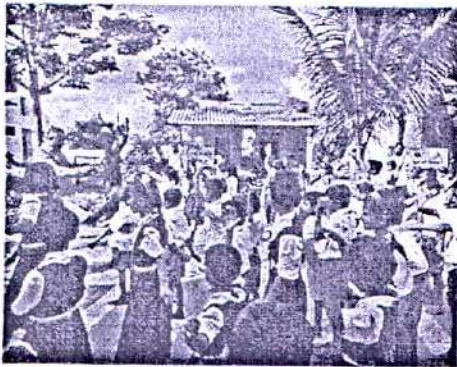

Principal Incharge
St. Mira's College for Girls, Poona.

Day 6 - Wednesday, 6th December 2017



In the morning, a small Prize Distribution ceremony was conducted at Satkarwadi ZP School for the colouring competition. 50 books were donated by the volunteers to this school.

The mid-morning session had a Lecture on Importance of Exercise by Ms. Ekata Jadhav for the volunteers and the primary school children at Parodi.



Self Defence Demonstrations were conducted by Mr. Bhandari and his team of students. He taught basic punches and kicks to the school students. The session was immensely enjoyed by the school students and their teachers.

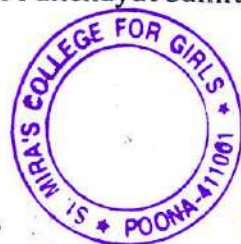
Prof. N. N. Shejwal – Area Coordinator, visited NSS Camp site and interacted with the volunteers. He narrated various incidences of how NSS can be helpful in development of our villages and implementing new ideas and innovation therein.



The interaction was followed by Prize Distribution of Colouring Competition at Parodi by Prof. N. N. Shejwal, Mr. Bhandari and Ms. Ekata Jadhav

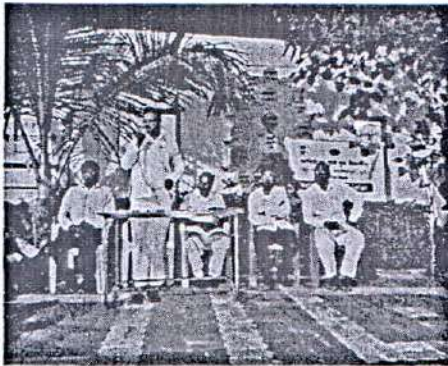
Valedictory Function was organised in the evening. The Speaker of Panchayat Samiti. Mr. Subhashji Umap

NSS PD
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Principal Incharge
St. Mira's College for Girls, Pune.

was the Chief Guest for the programme. Mr. Ganpatrao Kalkute, addressed the students discussing the importance of women in bringing a change in the society. The senior members of the Gram panchayat and other dignitaries from the village interacted with the volunteers regarding the experience of the camp, interactions with the villagers, needs of the students in rural areas like sound communication skills in English and how best the urban youngsters can contribute towards that.



A Cultural Programme consisting of Dance and Song was arranged by NSS Volunteers for the Villagers.

Day 7 -Thursday, 7th December 2017

Our mornings in the camp started with prayer time- Sanctuary followed by exercises.

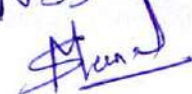
The volunteers contributed Shramdaan : cleaning school premises and rooms and handing over the rooms to the school.



A visit to Vyankatesh Sugar factory was organised for the volunteers. One of the finest factories which creates minimum waste was studied by the volunteers. Technological impact on factories and its impact of environment was discussed by Mr. Sonawane.


Principal Incharge
St. Mira's College for Girls, Pune.



NSS
PO


The NSS volunteers returned to Pune enriched by the novel experience of rural surroundings, generous hospitality of the villagers, memories of hard labour undertaken and the dignity in it, and the discipline that comes naturally with camp life.



Veena
Veena

Veena Kenchi

(NSS PO)

Meenal
Meenal

Meenal Sumant

(NSS PO)



H. H. Gidwan
Principal
St. Mira's College for Girls



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[ARTS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA(CA)]
6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/ (1962)
College Code: - 013

3.6.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

2018-19

1. List of Activities
2. Reports of Activities



Jayah
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St. Mira's College for Girls, Pune.



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3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years.

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1	Educational Coaching	Department of Accountancy and NGO - DeepGriha Society	2018-19	61
2	Awareness on Menstrual Hygiene	Department of Accountancy and NGO Spherule Foundation	2018-19	35
3	Fund raising and awareness on menstrual hygiene	Department of English with NGO Helpline	2018-19	11
4	Digital Learning Volunteers	Department of Sociology with Open Links Foundation	2018-19	6



Jayab
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St. Mira's College for Girls, Pune.

5	River Cleaning	Department of Sociology with Jivit Nadi Foundation	2018-19	4
6	Summer Internship in Jammu and Kashmir	Department of Politics and Public Administration with Borderless World Foundation	2018-19	2
7	School Counselling	Department of Psychology with CMHS	2018-19	10
8	School Volunteering with CYDA	Dept. of Psychology with CYDA	2018-19	1
9	School volunteering with Dhanwantari Trust	Dept. of Education with Dhanwantri Dynanpeeth Foundation	2018-19	25
10	Project Pandita	Dept. of Business Studies with Majhi Maitrin Trust	2018-19	100
11	Animal Rescue and support	Dept. of BBA with Sara Jahase Accha Trust	2018-19	70+6
12	Contribution to Kerala Relief Fund	College level activity with CYDA	2018-19	8
13	Swachh Bharat Internship	Government of India and NSS	2018-19	13
14	Orientation for BBA Volunteers	BBA and Saare Jahan se Acha	2018-19	70
15	Project INDIES	BBA and Saare Jahan se Acha	2018-20	12
16	NSS - Regular Activities	NSS and SPPU	2018-19	150
17	NSS- Annual Camp	NSS and SPPU	2018-19	73
TOTAL ACTIVITIES = 17				
TOTAL STUDENTS' PARTICIPATION = 657				



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St. Mira's College for Girls, Pune.

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Department of Accountancy
Report -Social Outreach
2018-19

St. Mira's College for Girls, Department of Accountancy under their Social Outreach initiative motivated their students to give back to society in their own capacity!

DeepGriha Activities:

- ❖ The Department has signed **Memorandum of Understanding** with NGO's '**DeepGriha Society**'
 - The students were oriented towards rendering a helping hand to children of day care center at DeepGriha. The students volunteered for **Educational coaching** for commerce subjects like Accountancy, Banking, Economics and English.
 - The students also volunteered for conducting **Monthly picnics** conducted for Crèche children of all three centers of DeepGriha Society at Tadiwala Road, Ramtekdi and Bibwewadi.
 - Students **sponsored a stall** for Deep Griha at Mira Bazar, helping the members to generate income. Volunteers helped at the Mira Bazaar stall put by Deepgriha Women entrepreneurs.
 - Volunteers helped in **filing and documentation** at DeepGriha
 - **Social Service** by TY BCOM A,B and C Div. involved:
 - Collection and donation of old toys for the inmates
 - Donation of new Toys and 2 Durries for the Crèche children
 - Stationery items and Groceries items like Rawa, Oil, Sugar donated by Faculty
 - Volunteers prepared and served Breakfast and Lunch for the 100 children of the Crèche at Deep Griha.
 - A session on '**Personal Hygiene during menstruation**' by Dr. Geeta Bora, founder of Spherule Foundation, organized by the department faculty at DeepGriha for the women of the slums of Tadiwala Road.


- ❖ The Department also signed a **Memorandum of Understanding** with NGO **Spherule Foundation**.




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St. Mira's College for Girls, Pune.

The students were encouraged to take up volunteer ship at Spherule Foundation.

- Spherule Foundation founder, Dr. Geeta Bora trained the 20 studentvolunteers under the 'Train the Trainer' Programme -
- A total of 11Second year BCOM students took seven different sessions in PMC schools in Chakan, Kothrud, Yerawada and Dhanori to create awareness regarding menstrual hygiene


Coordinator
Dr. Dimple Buche




Principal Incharge
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Activity Report

Social Outreach: The Helplife: Fashion Show and Suman Magotra Award Function

Number of participating students: $11 + 2 = 13$

18th November 2018 was such a proud moment for the Helplife Team. Girls from different classes volunteered to join the English Department adopt a year-long programme to support the NGO Helplife that looks after 22 differently-abled girls.

What started out in September 2019 with tutoring for exams, food drives, clothes drives, sanitary napkin drives then evolved into arts and crafts. Khushboo Agarwal taught the Helplife girls to make snowmen. Joanne Fernandes showed them how to make other Christmas ornaments and everyone chipped in.

All of this climaxed in the grand Suman Magotra Award Function at Poona Club. This ceremony gives various awards to differently-abled girls who have shown great potential all over the country. There was a wonderful variety entertainment programme of singing, dancing and hold your breath a fashion show compered by our very own Shreya Humnabadkar. The young choreographer Joanne used the five elements of fire, water, earth, sky and spirit to showcase the handicapped girls who walked the ramp with such confidence that it lifted our spirits and made everyone cheer with delight. Everyone worked hard. Karishma Panjabi did their make-up. Daena Garda and her family made the floral decorations for each table. Fatema Lightwala was the chief co-ordinator. Alifiya Ezzi, Ayushi Halder, Anoushka Gutain, Titiksha Padir, Bhakti Oza and Khadija Lokhandwala sat at the stall all evening and sold the handicrafts to the delighted guests. It is certainly a night of 22 stars that will remain with us forever.

J. T. Jataravale

Event Coordinator



JR

Principal Incharge
St. Mira's College for Girls, Pune.

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Project SAARTHI – Digital Learning (2018-19)

Department of Sociology is collaborating with Open Links Foundation, an organization which aims to promote lively classroom learning through audio-visual inputs. 6 students of the department who are now a part of the SAARTHI group are trained in making videos and using digital resources. They work closely with school students and train them in video making and editing, story-telling and visualization, accompanied by some other soft skills.

Wan

Dr. Vaishali Joshi
Faculty in charge, Dept. of Sociology



Diwakar

Dr. Vaishali Diwakar
HoD, Dept. of Sociology


Jayab


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St. Mira's College for Girls, Pune.

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Extension Activity Report 2018-19

River Cleaning and Rejuvenation Project (Weekly - Collaboration
for Academic Year)

The Sociology students also participate in activities of JivitNadi Foundation. Jeevitnadi Foundation works for healthy rivers in Pune. Total 4 students from the department consistently participated mainly in activities like clean up drives, rallies to spread awareness about healthy rivers, for sustaining flora and fauna of the same and as volunteers for river walks.


Manjita Kulkarni
Faculty in charge, Dept. of Sociology


Dr. Vaishali Diwakar
HoD, Dept. of Sociology




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Dept of Politics and Public Administration

Social Outreach Programme-

Internship with Borderless World Foundation (2018-19)

Zahra Shetranjiwala (FY BA) and Neha Kadali (SY BA) (Dept of Politics and Public Administration) under the guidance of Prof. Veena Kenchi volunteered for interning with the Kashmir based NGO- Borderless World Foundation (BWF).

The summer internship (2018) included staying in the state of Jammu and Kashmir and creating psychological profiles of orphans in the BWF Homes of Jammu, Srinagar, Kupwara, Anantnag and Beerwa. The students also conducted a comparative study of orphans of the Jammu and Srinagar homes.



The internship helped in sensitizing students towards the problems of girls in conflict – prone regions. Interactions with the orphans of BWF have immensely helped the students understand the theoretical concepts of conflict, trauma, human rights violations, gender specific issues in conflict –prone areas.

Borderless World Foundation (BWF) is a non-profit, non-governmental organization started by Mr. Adhik Kadam working in Jammu and Kashmir, along the conflict-driven border region in between India, Pakistan & China, BWF has rescued hundreds of girls orphaned in the conflict along the India-Pakistan border. BWF strives toward a vision of "One Great Human Family" through a variety of activities, including disaster relief and emergency medical support for the community and rescuing hundreds of children left orphaned by the ongoing conflict and providing love, support, health care and education to help them grow into a generation of peacemakers.

Activity Coordinator- Ms.  Veena Kenchi




Principal Incharge
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Report on Centre for Mental Health Services Social Outreach
2018-19

School Counseling Remediation Department of Psychology has designed outreach and internship program with Centre for Mental Health Services - School Counselling Remediation (CMHS-SCR). CMHS-SCR Program's primary objective is to train students in the field of school counseling and remediation. CMHS-SCR Program is organized and managed by Centre for Mental Health Services (CMHS) in collaboration with Teach for India (TFI), Pune. The students are placed in one of the 10 low income schools as identified by Teach for India. Each student is supervised and trained by 1 or more trainer provided by CMHS for 6 months. **10 students** have participated in this school counseling program.



Coordinator

Sharmin Palsetia

Ms. Sharmin Palsetia

JB

Principal Incharge

St. Mira's College for Girls, Pune.

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Report on Centre for Youth Development and Activities Social Outreach
2018-19

School Volunteering Psychology Department collaborated with Centre for Youth Development and Activities (CYDA), which provides training and internship programs for various social outreach initiatives like development of the communities, organizing youth conferences and youth entrepreneur summits. 1 student from the department volunteered for this program and participated in activities like teaching basic spoken English, digital literacy, solving youth problems, gender identity and other soft skills.



Coordinator

Sharmin Palsetia

Ms. Sharmin Palsetia

Jh

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS
DEPARTMENT OF EDUCATION
SOCIAL OUTREACH PROGRAMME
2018-2019

Department of Education conducted a year long activity from July 2018 to February 2019 for **25 students** who volunteered and interested in teaching activities in school.

Every week the students conducted activities like drawing, painting, craft, simple calculations, spelling improvement, brain games, etiquettes and mannerism and painting in Kasturba Gandhi primary school, Koregaon Park and Dhanwantri School, Ganj Peth, Pune. This was to ensure that the students get hands on teaching experience and help underprivileged children.

The following students participated in the activities:

- | | | |
|----------------------|-------------------|--------------|
| 1. Sakshee | 11. Mariya Roy | 21. Tamana |
| 2. Shalini | 12. Callen | 22. Savita |
| 3. Neha Pawar | 13. Urmilla | 23. Susmita |
| 4. Neha Salve | 14. Pooja | 24. Abhirami |
| 5. Kaveri Sorte | 15. Samira | 25. Bhavna |
| 6. Aditi | 16. Priyanka | |
| 7. Vaishnavi Darekar | 17. Nisha | |
| 8. Akansha Khandve | 18. Nalini Bawari | |
| 9. Diksha Ayte | 19. Prathna Iyer | |
| 10. Pratiksha yadav | 20. Simran Das | |



Hasina
 Hasina Shaikh

JB
Principal Incharge
 St. Mira's College for Girls, Pune.

9

St. Mira's College for Girls, Pune.
Department of Business Studies
Report of Extension Activities 2018-2019.

Project Pandita

As a tribute to beloved Dada J.P.Vaswani, the Department of Business Studies entered into collaboration with 'Majhi Maitrin Charitable Trust', an NGO working for upliftment of women from underprivileged sections of society. With the realisation of need to focus on empowering women from an early age, 100 student volunteers are contributing in 'Project Pandita', in Kanyashala, Dehu, Dist. through activities like organising career guidance camps, educational games, Drive for books.

Rama Venkat



Dr. Rama Venkatachalam
Coordinator & Incharge
Dept. of Business Studies

JR
Principal Incharge
St. Mira's College for Girls, Pune.



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BBA-Social outreach Program on the project Indies 15th Feb 2019

The BBA- ST Miras Animal Rescue Group has taken a step further by collaborating with the Sare Jahan Se Acha eco pol foundation. Indies-Connect and Care is a flagship project of the foundation, to help volunteers to channelize their benevolence towards street animals more efficiently and effectively.

Change has to start from home so we started by collaring our very own St Mira's Indie MOTI

An enlightening and engaging session on the foundation, it's objectives and how as animal lovers, the volunteers of the Animal Rescue group can contribute to this massive revolutionary movement in the history of animal activism, was conducted by Mr. Raja Narasimhan, Mrs. Manjiree Patwardhan and Mrs. Shivani Mohite.

The session covered essentials of general animal welfare, dos and don'ts of caring for and feeding street animals, along with the knowledge of constitutional rights on providing for the strays. They promoted a solution of the 5 C Principles- Collar, Census, Control, Co-exist and Collaborate for the issues faced today. The talk also influenced the students to implement and teach in their surroundings, about the right techniques to deal with common issues faced in societies pertaining to street dogs and cats.

Details of the Indies movement were elaborated on, where volunteers residing in different areas of the city will be given training on first aid, feeding, calculating census and equipped with the right tools that make these processes easier. Also, information about the 'Indies App' for all volunteers easier access and connectivity was provided. The aim of this collaboration is to encourage, support and influence the students to be more aware and proactive towards life in our environment. **There were 70 participants.**


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St. Mira's College for Girls, Pune.



ST. MIRA'S COLLEGE FOR GIRLS, PUNE

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Contribution to Kerala Relief Fund 2018-19

8 students volunteered and collected fund for the flood affected families in Kerala.

This activity was done with CYDA, an organization which was working to ensure food and medicine supply in the flood affected region.

Wani
Coordinator



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Department of NSS

SWACHHA BHARAT SUMMER INTERNSHIP PROGRAMME JULY 2018

This internship was arranged by Government of India, aimed to engage youth across the country and develop their skill and orientation for sanitation related work and village level development. It also aimed at developing the skill and orientation of youth for sanitation related work and to bring youth across the country an opportunity to make a significant contribution to the swachhata revolution. It also aimed to integrate youth in the community service in rural areas in the run up to the 150th birth anniversary of Mahatma Gandhi

NSS Department of St. Mira's college under the guidance of Prof. Veena Kenchi and Dr. Meenal Sumant conducted 100 hours of physical work in our adopted village Parodi, Taluka – Shirur. 13 NSS volunteers worked extensively in July and conducted following activities.

- Volunteers cleaned the gram panchayat school; premises of gram panchayat office,
- Roads Cleaning
- School ground of gram panchayat school at Shivtakrar Mhalungi.
- Volunteers took efforts for cleaning the weeds, planting the trees and watering them at both the places – Parodi and Shivtakrar Mhalungi.

Students who actively participated-

- | | | |
|----------------------|-----------------|----------------------------|
| 1 • Pinky Mali | 6 Rucha Lathi | 10 Jivita Naidu |
| 2 • Sakshi Shah | 7 Silvie Chung | 11 Yashna Agarwal |
| 3 Vanessa Manuel | 8 Habiba Vasaya | 12 Mercy Guduri |
| 4 • Purvi Bohra | 9 Arohi Gangras | 13 Sneha Das Karmarkar and |
| 5 • Pratiksha Udmale | | |

NSS P.O.

Veena
Veena Kenchi

Meenal
Meenal Sumant



JR
Principal Incharge
St. Mira's College for Girls, Pune.



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The volunteers of the Animal Rescue group from the BBA Department volunteered for Project INDIES for "Sare Jahan Se Acha" foundation under the guidance of Shivani Mohite on 11th March 2019. It was co-ordinated by Dr. Gulshan Gidwani and Abhradita Chatterjee Nahvi and about 12 students participated. The Indies project has initiated collaring of stray dogs all over India and the volunteers collared the strays around South Main Road and areas near the college. Around 12-15 dogs in the areas around Koregaon-park area were collared.



Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, NSS Department

ANNUAL REPORT 2018-19

Inaugural Programme 2018-19 --- 6th August 2018

The Inaugural function for 2017-18 was held on 6th August 2018 Mr. Anwar Rajan (Maharashtra Gandhi Smarak Nidhi, Pune) , inaugurated the yearly activities of the department. He is a well known social activist who has worked in the field of religious unity and has participated in promoting the ideals of Mahatma Gandhi.



He oriented the SS volunteers on the topic, 'Youth and Social Service'. He spoke about 'cleaning of the minds before cleaning of the society' and gave an alternative perspective of social service. He also discussed about the chronic problems in Indian society like superstitions, casteism, religious hatred, forms of inequalities, untouchability, and gender discrimination. He urged the volunteers to try and



change the mindset of the society, but first initiating a change in our attitudes, perceptions and outlook towards various facets of the society. Sir emphasized on modern values like democracy, secularism, equality and fraternity. He also explained the relevance of the Gandhian thoughts with respect to

these modern values.



The Programme was inaugurated by lighting of a lamp by our chief guest – Mr. Anwar Rajan, along with our Principal, Dr. Gulshan Gidwani, our vice-principal Dr. Shalini Iyer, Our Coordinator for BBA and BCS Departments Ms. Stella Ambrose and NSS programme officers. It was followed by the University song and the NSS song. The annual report (2017-18) and the plan for 2018-19 was presented by Prof. Veena Kenchi and Prof. Meenal Sumant presented the Vote of Thanks.



JK

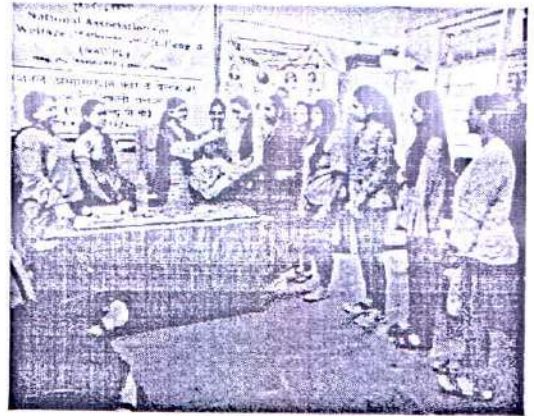
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St. Mira's College for Girls, Pune.

NSS PO
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Social Service Activity in memory of Dada J. P. Vaswani- 21st July 2018

The NSS volunteers undertook a social service activity on 21st July 2018 in the sacred memory of our beloved Dada J. P. Vaswani.

They visited the National Association for the Welfare of the Physically Challenged, Pune. It is an organization run by Mr. Rahul Deshmukh wherein handicap students are given assistance for education, skill development and recreation. The department donated nine bed sheets for the hostel run by the institute.



The volunteers were made aware of the facilities in the hostel area, the technical rooms as well as recreational room for the kids. The institute telecasted two short documentaries on the work of Mr. Rahul Deshmukh for the volunteers. Our volunteers will occasionally also participate in any activities undertaken by the association, like reading to the students, compilation of notes for them and celebrating festivals with these students.

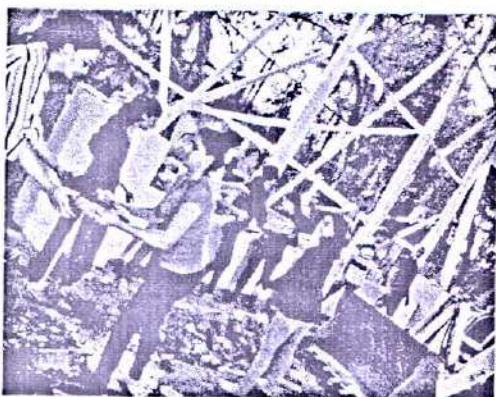


KAR SEVA- AT SADHU VASWANI MISSION

The Department of NSS was privileged to volunteer for the Kar Seva activity at the Sadhu Vaswani Mission on 14th September 2018.

This Kar Seva work was for Rev. Dada J. P. Vaswani's sacred Samadhi.

48 NSS Volunteers with their Programme Officers, Prof. Veena Kenchi and Prof. Meenal Sumant participated in this activity. The students formed a human chain and helped in removing stones and mud for leveling the area for the construction of the sacred Samadhi.



NSS PO
Meenal

JR
Principal Incharge
St. Mira's College for Girls, Pune.



Report- Tree Plantation- 4th July 2017

The NSS Department, St. Mira's College for Girls organised the Tree Plantation Drive on 4th July 2017. The tree plantation was conducted in association with the Botanical Survey of India, Koregaon Park Pune at their Mundwa Campus. 30 Trees were planted by the students which included- Bottle Palm, Mahogany, Phonex and Jamun Trees.



The programme was organised by Prof. Veena Kenchi (NSS PO) and Dr. Meenal Sumant (NSS PO).

Dr. Jadhav, Dr. Jalal of the Botanical Survey of India guided the student volunteers in planting the trees. Dr. Jadhav also guided the students about the importance of medicinal plants and the varieties available at their institute. **27 NSS volunteers of St. Mira's College for girls** participated in the tree plantation activity. There will be regular monitoring and recording of the growth of these trees planted.



Swachhata Pakhwada 1st to 15th August 2018

NSS Department of St. Mira's college celebrated 1st to 15th August as Swachhata Pakhawada.



The focus was on orientation and sensitization of students regarding responsible behaviour in garbage disposal and general habits of cleanliness. For this- poster- making, talks and documentary screening was done. Last year, the NSS volunteers were given a task of identifying a swachhata related problem in the college campus. As our continuing efforts for responsible disposal of used sanitary pads, the NSS department took a two way initiative of

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orienting students about responsible ways of disposing of sanitary pads and facilitating it by providing paper bags made out of old newspapers and magazines. NSS volunteers took up the responsibility of orienting and encouraging their classmates in this endeavor throughout the year. The NSS volunteers made the paper bags to be used for this project.

Following programmes were organized by the Dept to create awareness, analyse and sensitize the students about the problem of cleanliness.



- 2nd august 2018 - orientation of NSS volunteers regarding swachhata pakhwada by NSS Programme Officers- Veena Kenchi and Meenal Sumant

- 4th August 2018- Talk by Prof. Veena Kenchi stressing the importance of individual responsibility of all citizens towards a Swachha and Swastha Bharat.



- 4th August 2018- Institutional Cleaning- The volunteers were divided into various groups and were assigned the task of cleaning the college campus- playground, garden, classrooms, library and the college parking.



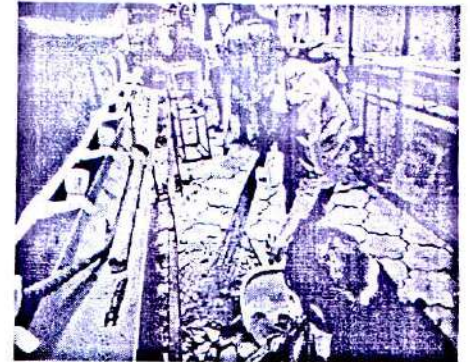
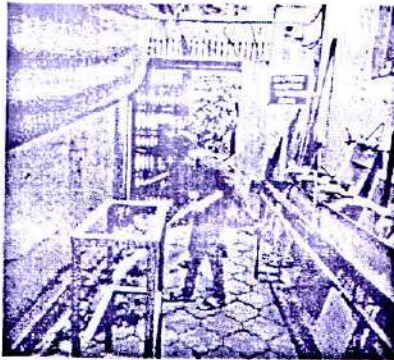
- 6th August 2018- Eminent social activist Mr. Anwar Rajan interacted with the NSS volunteers on the topic, 'Youth and Social Service'. He spoke about 'cleaning of the minds before cleaning of the society' and gave an alternative perspective of social service.

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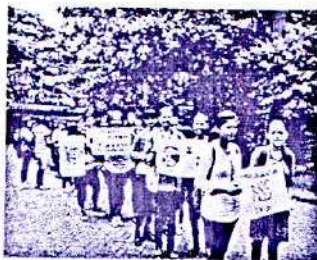
- 7th August 2018- Cleanliness Drive at the Sadhu Vaswani Mission Campus- The NSS volunteers undertook the task of cleaning the mission campus around the hostel.



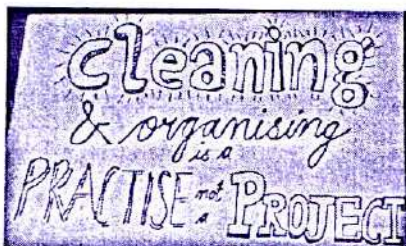
- 8th August 2018- In continuation with the NSS Dept's effort, the volunteers this year too made Paper bags for responsible disposal of used sanitary pads. These bags were made from old magazines and pamphlets. Dr. Manisha Pimpalkhare guided the students for making these bags and their usage.



- 8th August 2018- 'Cleanliness Rally' was organised by the NSS dept. around the Koregaon Park area. Volunteers enthusiastically participated in creating awareness about the importance of cleanliness to the residents of Koregaon Park vasti.

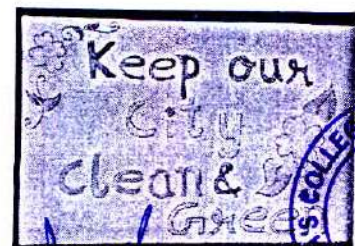


- 5th to 12th August 2018- Display of posters (posters, poems and slogans) on college notice board



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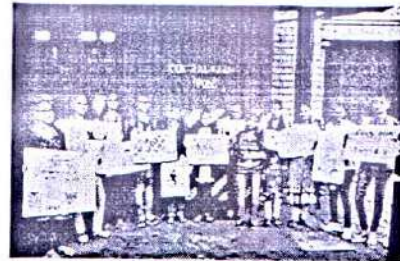


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St. Mira's College for Girls, Pune.



- 14th August 2018- Awareness drive at the Pune Railway Station- the NSS volunteers distributed pamphlets at the Pune Railway Station and urged the citizens to keep the station clean.



BLOOD DONATION CAMP



The NSS Department organised a Blood Donation Camp in association with the Inlaks and Budhrani Hospital in our college campus to encourage and motivate students to donate blood. The students responded enthusiastically and we had 114 walk ins. The hospital team were well organised wherein every walk-in was checked for their weight, Hemoglobin and Blood Pressure.

A total of 48 bottles of blood was collected in this blood donation camp.



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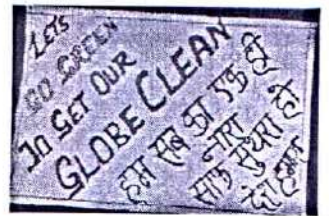
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Principal Incharge
St. Mira's College for Girls, Pune.

NSS DAY - 24TH SEPTEMBER 2018

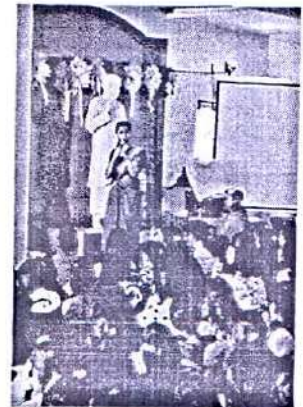
Every year NSS Day is celebrated on 24th September 2018. This year the theme for the celebrations was "Swacchata Hich Sewa". On this occasion following programmes were organised-

1. Awareness Campaign-

- a. The volunteers of the department has made in wonderful posters for creating awareness regarding cleanliness and the role of the citizens in it. These posters were showcased around the campus wherein the students could read about it and be aware of the problems created by being unclean and creating waste in public places. (24th September to 2nd October 2018)
- b. The NSS volunteers created and distributed pamphlets in the Koregaon Park area on 25th September 2018 for encouraging citizens to participate in cleanliness work and keep their surroundings clean.



2. **Lecture-** Ms. Komal Tujare was invited to speak to the Junior College students about the importance of Clean and Green Environment. She made an interesting audio visual presentation which stressed on extinction of animals, pollution of water and the destruction of Mother Earth. This wholesome approach helped in making students realise the impact of their small unclean habits and dirt surroundings. She also emphasised that all these efforts were not for the nature or for someone else but for the survival of the human kind.



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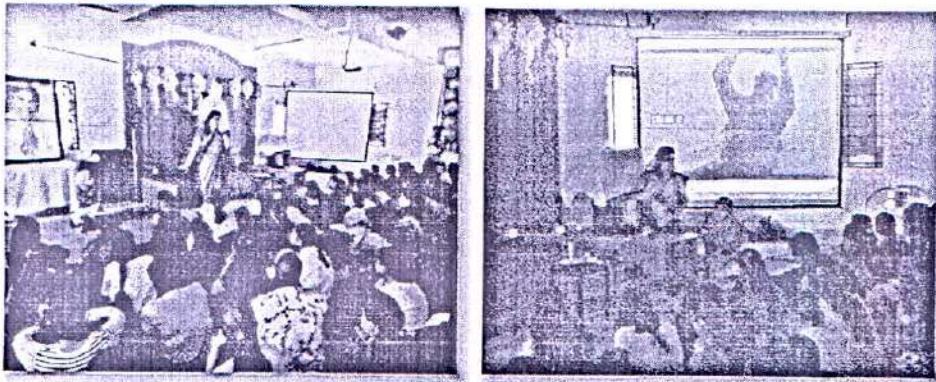


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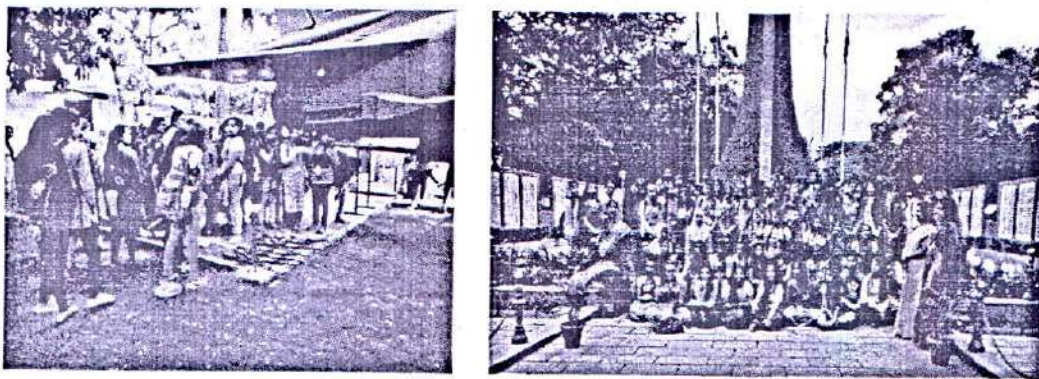
SURGICAL STRIKE DAY - 29th September 2018

Dept of National Service Scheme and Dept of Politics and Public Administration

The Surgical Strike Day was celebrated with enthusiasm and energy jointly by the Depts. of NSS and Politics and Public Administration by Prof. Veena Kenchi and Dr. Meenal Sumant.



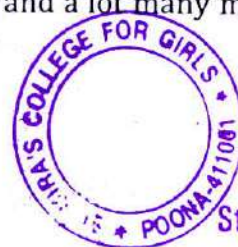
Prof. Neena Dutta, was invited by the Depts. to speak to the students on the events of the Surgical Strike. She explained in detail the need for the strike and the actual events of the strike with the help of an audio visual presentation. The students were mesmerized with her presentation and were beaming in pride for our Armed Forces, their valour, bravery and courage.



Students were taken for a field visit to the National War Memorial and the Southern Command War Museum wherein they learnt about various war stories, their history and had a visual treat of all these events. National War Museum allowed the students to see guns, models, rockets, tanks and MIG 23 Plane Prototype and many more important historical references that have assisted India's brave hearts to guard the nation during the times of war. The museum also takes us back to the history of the Maratha Kings.

It also has a collection of tanks such as T-55, Vijayanta, Captured Pakistani Patton Tanks, Armoured Personnel Carriers {APCs}, MIG-23 BN Fighter and a lot many more, it also lets

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us know about 'Mission Pawan' used in Sri Lanka against LTTE. Ms. Anita D'Cuna, Mrs. Neena Dutta and Mrs. Vibha Rathod helped in making the visit a success.

With all these events for the day, the students were discussing about Heroism, Valour and Sacrifices of Indian Army.

NATIONAL UNITY DAY-- 31st October 2018-

The National Unity Day 2018 was celebrated the Department of NSS, Student Development Cell and the Library of St. Mira's College for girls, Pune.

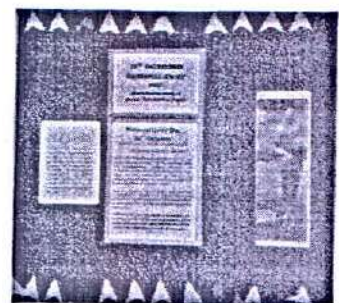
On this occasion, following activities were undertaken-

1. **Oath Taking Ceremony-** The staff and students undertook the national unity oath on this occasion. The oath was given by Hasina Shaikh, Veena Kenchi and Meenal Sumant



2. **Display of books** on Sardar Patel and the Unification of States in the library for the staff and students to read more information about this great leader and his efforts for uniting India. Ms. Anandi and Ms. Madhuri encouraged students to read more and enhance their knowledge.

3. **Display of information** about National Unity Day on the notice boards for creating awareness about the celebrations.



MINDSCOPE MENTAL HEALTH FILM FESTIVAL 2018-19

Following NSS volunteers participated in Mindscope Mental Health Film Festival on 23rd November 2018. This time Caring for Caregivers was the theme of the Festival. 9 of the NSS volunteers actively participated in an event by helping for backstage, registration, seating arrangement, hospitality, etc. Planning Meeting was also held on 21st November, 2018.

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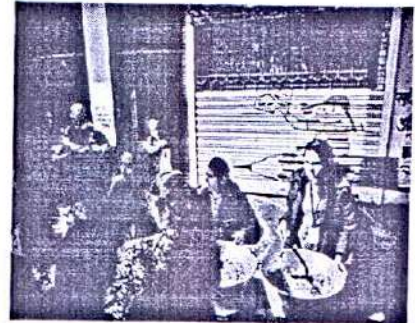
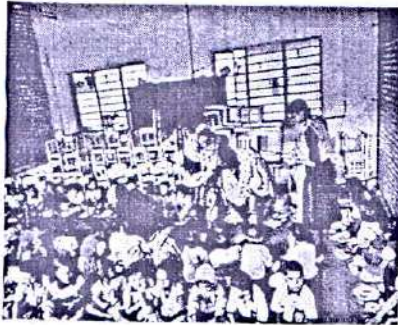
1. Rucha Lathi
2. Jivita Naidu
3. Neha Kumar
4. Bhagyashree Parchure
5. Sai
6. Esmath Dehkhanpurwala
7. Nandini
8. Yashada Dixit
9. Aparna Lawate



Bal Mela- 11 January 2019

The NSS volunteers helped the Sadhu Vaswani Mission in organising a Bal Mela on the occasion of Sadhu Vaswani's Mahayangya. The Bal Mela was organised on 11th January 2019 at the Ram Rajya Madhyamik School, Upper Indira Nagar, Bibwewadi.

The mela was organised for both, the morning and afternoon shifts of the school. The volunteers arranged food stalls and also played various games with the students of the school. 45 volunteers participated in this activity.



Bal Mela- 24 February 2019

The NSS volunteers helped the Sadhu Vaswani Mission in organising a Bal Mela on the occasion of the Thanksgiving Week. The Bal Mela was organised on 24th February 2019 in the St. Mira's School Campus.

The families of the Sevaks and Sevikas enjoyed various stalls of Mehendi, Tattoo and games arranged by the volunteers

25 volunteers participated in this activity.

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Electoral Day Celebration- 25th January 2019, Friday

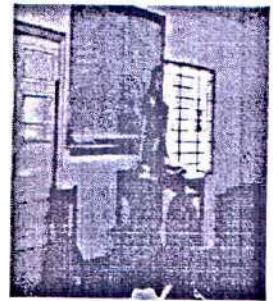
St Mira's College celebrated Electoral Day by taking oath for free, fearless and impartial voting. Dr. Meenal Sumant gave oath to the students and approximately 1500 students took the oath.



Dr. Meenal Sumant addressed FYBA students i.e. new voters and explained importance of voting, importance of impartial and fearless voting to them. She also explained the requirements for registration as voters and the process of registration.



An Essay competition was organized for FYBA class by Ms. Veena Kenchi; Head; Department of Politics. The topic for the Essay was 'My Idea of Ideal Citizen.' Students actively participated in the competition and expressed their views on Ideal Citizen. 25 students participated out of which two essays were chosen as best essays. Ms. Shriradha Gupta and Ms. Megha Roychoudhary were awarded 1st and 2nd prizes respectively.



Report- Screening of Pariksha Pe Charcha - Date- Tuesday 29th January 2019



The students of First Year B.A., B.Com and Third Year BA class watched the live telecast of our Prime Minister, Mr. Narendra Modi's Pariksha Pe Charcha 2.0 on Tuesday, 29th January 2019 from 11.00 am to 1.00pm

Mrs. Hasina Shaikh and Ms. Veena Kenchi organised this telecast for the students. The discussion by our Prime Minister has been very productive and useful for students and teachers who usually connect exams with intense stress and tension.

The discussion included Prime Minister Modi discussing stress management, time management which will help students to develop and take decisions for their future.



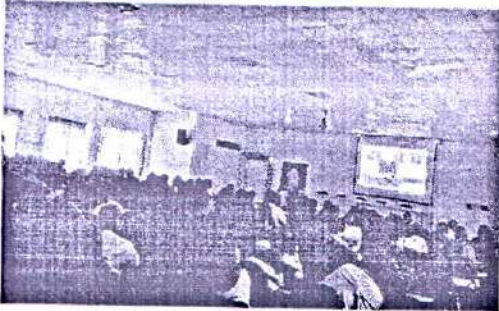
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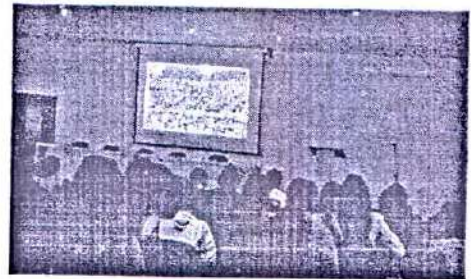
Parents should observe the child's potential, ability, interest so that they can guide the children to choose career according to their aptitude. Student's psychological problems like depression should be tackled by parents; teachers and he also suggested some techniques to relieve stress and depression

He also urged students to build relations with their parents, understand them, introduce them to new technology and conversations should flow in the household. And parents should develop their relations with teachers for better interaction.



Education should be skill oriented, aimed at building lives, and broader objective of

exams should be life skills. Knowledge should be applicable in real life. This discussion will enable better interaction between students, teachers and parents



Prize Distribution Ceremony February, 14th 2019.

Annual Prize Distribution of the degree college students took place on 14th February, 2019. Four of the NSS volunteers helped on the stage for carrying trophies and other prizes. Following is the list of the volunteers who helped for prize distribution.

1. Anjali Pillai
2. Nandini
3. Yashada Dixit.
4. Samrita Guha

Participation in the District Youth Parliament 2019

The NSS volunteers from St. Mira's College for Girls participated in the Pune District Youth Parliament.

Students who participated in the preliminary round (Zonal) were- Yashada Dixit, Nandini Mangalore, Vaishnavi Darekar, Aadya Ghaisasi, Isha Karandikar, Tejashree Bandal and Sakshi Gidwani.

Three of these volunteers, Vaishnavi Darekar, Aadya Ghaisasi and Yashada Dixit were selected for the District level rounds. These volunteers presented their views on the topics of Corruption, Foreign Policy of India, Terrorism etc.

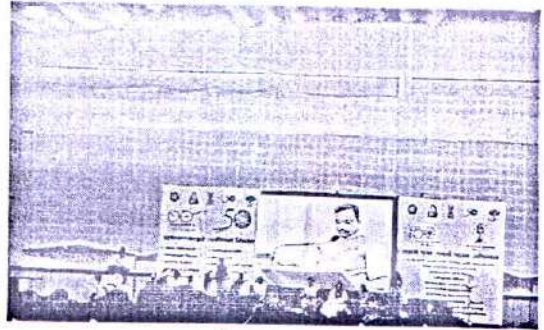


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Two Day State Level NSS Seminar 23rd and 24th February, 2019.

NSS Department, SPPU, organized Two Day State Level Seminar for all the Programme Officers at Shri. Chhatrapati Shivaji Sports Complex, Balewadi. Seminar was organized on the occasion of the completion of the 50 years of establishment of the National Service Scheme. Seminar intended to have fruitful discussion on planning the activities for the 50th year of NSS.



Eminent personalities addressed the audience in these two days. Dr. Nitin Karmalkar, Vice-Chancellor, SPPU; Mr. P. Bhapkar, Commissioner, Shri. Chhatrapati Shivaji Sports Complex; Ms. Nalini Deshmukh, Brand Ambassador, NSS; Dr. Rajesh Pande, Member, Management Committee, SPPU; Dr. Sanjay Chakane, Ugale Sir, Mr. Ajay Shinde, Youth Officer; Ms. Bhagyashree Marghade; Mr. Nitin Ghorpade, dr. Prabhakar Desai, Director, NSS, SPPU were present for the inaugural ceremony.



Dr. Rajesh Pande, Member, Management Committee, SPPU; Dr. Nitin Karmalkar, Vice-Chancellor, SPPU; Mr. P. Bhapkar, Commissioner, Shri. Chhatrapati Shivaji Sports Complex and Ms. Nalini Deshmukh, Brand Ambassador, NSS addressed the audience. Mr. Vinod Tawade,



NSS POs Veena Kenchi and Meenal Sumant attended the seminar along with the four NSS volunteers – Rucha Lathi, Jivita Naidu, Pratiksha Udamale and Aishwarya Kalyankar. Volunteers attended seminar and helped the organizers for arranging lunch and organizing the event.

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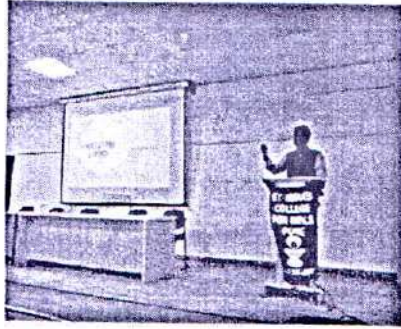
VALEDICTORY FUNCTION

The NSS Valedictory Function was organized on 14th March 2019. The Chief Guest for the valedictory function was Mr. Jawwad Kazi, Coordinator, Unique Academy Camp Branch.



The programme started with invoking the blessings of the almighty by lighting of the lamp, followed by the university song and NSS song.

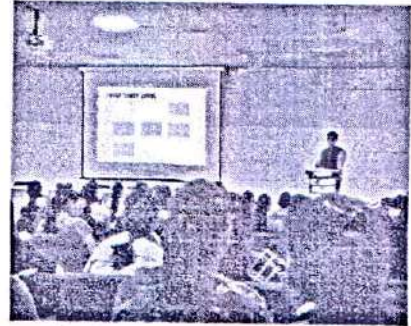
Programme Officer, Veena Kenchi presented the Annual Report of NSS Department 2018-19.



Mr. Kazi conducted a session on, "Impactful Living"

for the volunteers. He explained how are lives and work are of little value if it doesn't impact the lives of others. He narrated biographies of real life heroes who have done exceptional work for the society. Dream- Commitment and Hard Work is what he focused in his session. Mr. Kazi

also guided the students on study skills and time management skills.



Veena Kenchi
NSS co-ordinator

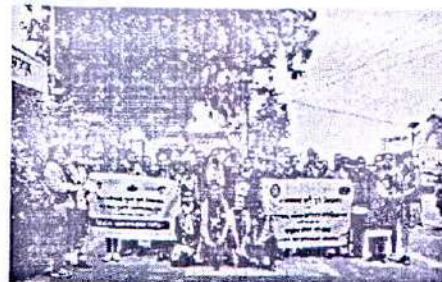


G. H. Gidwani
Principal

St. Mira's College for Girls, Pune.
NSS Winter Camp – Parodi, Tal: Shirur, Dist: Pune
Period - 09/12/2018 to 15/12/2018

Day 1 – 09/12/2018; Sunday

On 9th December, the journey for NSS special camp began from St. Mira's College for Girls, Pune at 8.30 in the morning and reached its destination village Parodi at 10 a.m. The students from Hujurpaga College reached at 10.30 a.m. to the destination. Upon reaching the campsite at Z.P.



Primary School at Parodi, the NSS volunteers cleaned the classrooms that were allotted for the camp and helped in setting up kitchen for the camp.



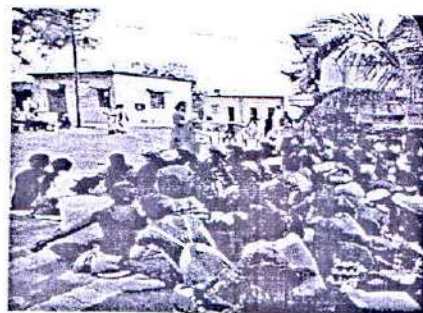
Professors from St. Mira's College – Dr. Snober Satarawala, Ms. Suhail Azawedo, Ms. Komal Tujare and Ms. Roma Dar visited the camp. They interacted with the students and congratulated them for being the part of the NSS camp. Ms. Roma delivered a lecture on Team Building and explained the importance and advantages of

team work. Ms. Roma and Ms. Komal conducted team-building games for the volunteers.

Post lunch, the NSS volunteers were divided into various teams. They were assigned the tasks to be undertaken during the camp and were given the details about the schedule of the Camp.

In the evening, two women entrepreneurs interacted with the volunteers and guided them about self-empowerment.

Ms. Soniya Sumant (Team Manager-Just Dial) demonstrated 'Making of Perfumes, Scents and Deodrants'. Ms. Chaitrali Honap (an entrepreneur) demonstrated the artificial jewellery making and explained the importance of self-employment.



In pre-dinner session the volunteers of both the colleges were engaged in an interactive session of getting to know the fellow volunteers and their motivation for joining NSS.

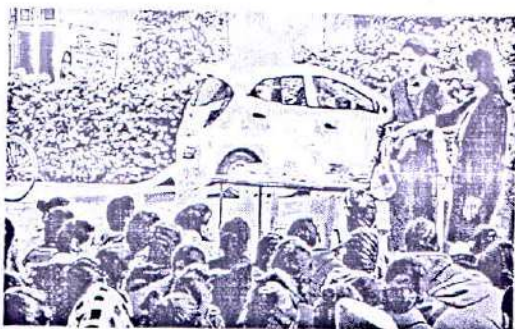
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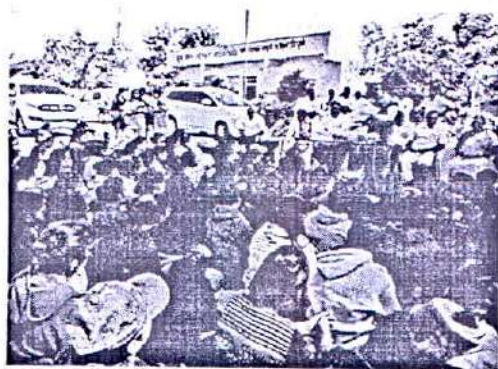
Day 2 – 10/12/2018; Monday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song and exercises.



In the morning, NSS volunteers enjoyed a lecture on 'First aid' by Ms. Pooja Nimbore. She demonstrated and explained various techniques of first aid and post-accident critical care.

Inaugural Session – At 10.00 am the inauguration of the camp took place. The programme started with the address of Ms. Ushatai Wagh, Treasurer, Maharashtra Girls' Education Society. Dr. Bairagi, the principal, Hujurpaga Commerce College, addressed the volunteers. The chief guest for the programme, Ms. Rekha Bandal



(Member, ZP) interacted with the students. She briefly explained the social work done by her. She stressed on the role of women in Nation building. Ex-sarpanch of Parodi village, Mr. Vikas Shivale also addressed the audience. He stressed on the rural-urban divide in India and how the NSS camp experience can be used to contribute in bridging this divide. He further urged the volunteers to take this opportunity of learning from new environment and to find more innovative ways of developing villages through education, trade, commerce as well as social service. The Sarpanch, Mr. Ganesh Temgire welcomed the volunteers of both the colleges and explained the agenda of 7 days camp. He explained the concept of a group gram panchayat and discussed the agenda of the camp with the students. The Upsarpanch-Mr. Rahul Shivale, Mr. Sushant Temgire and other Gram Panchayat members from the village were present for the function.

St. Mira's College for girls', Vice-Principal – Mrs. Shalini Iyer, Professors-Dr. Manisha Pimpalkhare and Ms. Jyoti Chintan were also present during the function. Mrs. Iyer wished a good luck to both the colleges for the camp. In her speech she expressed her gratitude to the Gram Panchayat for allowing us to conduct the NSS Camp in their village. Post-inaugural Dr. Pimpalkhare and Ms. Chintan interacted with the students.

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Post-lunch different groups discussed the topics for streetplays and volunteers of both the colleges practiced for the street play.

Day 3 – 11/12/2018; Tuesday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song and exercises.

A village rally on 'Save Water' was conducted by the volunteers of both the colleges.



NSS volunteers undertook the Cleaning of Parodi Village. The groups of volunteers were assigned different parts of the village for cleaning. Some groups were given the job of village surveys. These students went from door to door and conducted basic socio-economic survey of the village.



In the evening, Ms. Anushree Thakar, Founder, Trimiti, guided students and taught them the leadership skills. She also talked about the mentally challenged people and their financial rehabilitation.

Every evening, volunteers used to gather outside the vitthal mandir and accompany the villagers in singing 'haripath'. Students actively participated in singing bhajans on the rhythm of tal and dholaki. NSS Volunteers also enjoyed playing fugadi after the bhajan.

In the pre-dinner session volunteers interacted with each other and practiced for street plays.

Day 4 – 12/12/2018; Wednesday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song and exercises.

NSS volunteers of both the colleges went to Satkarwadi Zilla Parishad Primary School. Volunteers interacted with the school children; sang poems and rhymes for them. They also conducted 'Colouring Competition' for all the classes in the school. We provided pictures and crayons



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St. Mira's College for Girls, Pune.

to them. Volunteers guided the students and helped them to colour the picture.

After the competition, school students demonstrated their talents to our volunteers and all the volunteers were surprised to see these village scholars. The student (4th standard - Satkarwadi Zilla Parishad Primary School) wrote 12 digit numbers (70 thousand crores) very easily without any support from the teacher. They have developed a code language, with which they explain any difficult word to their fellow students. They also demonstrated their language skills.

Some of the volunteers made pits in the Parodi village for tree plantation. Volunteers really worked hard and made 15 pits with the help of spades and hoes.



Post lunch Free Breast Cancer Awareness Session was organized for the women in the parodi village. Dr. Dipali Chavan explained the causes, symptoms and diagnosis of the breast cancer. All the women in the village were checked for breast cancer too.

In the evening, volunteers practiced for street plays and cultural programme. In the evening some groups went to Peer Saheb Dargah for cleaning.

Day 5 – 13/12/2018; Thursday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song and exercises.

A village Rally on the theme 'Save Girl Child' was conducted by the volunteers.

A tree plantation at parodi village was undertaken by the NSS volunteers. All the saplings were donated by the NSS volunteers of St. Mira's College and Hujurpaga College. Professors from St. Mira's College – Ms. Hasina Shaikh, Ms. Manjita Kulkarni visited the camp. Ms. Kulkarni guided the students about the alternative healing technique – 'Reiki'. She talked about the origin and history of Reiki. She explained the technique of Reiki and its advantages in detail.

More than hundred books were collected by the staff, students and NSS volunteers of St. Mira's College. These books were donated to the Zilla Parishad Primary School, Parodi, at the hands of Ms. Hasina Shaikh, Ms. Manjita Kulkarni and NSS volunteers.



A 'colouring competition' in zilla parishad primary school was conducted jointly by the volunteers of both the colleges. Students were provided with the pictures and crayons. Volunteers guided the students and helped them to



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Principal Incharge
St. Mira's College for Girls, Pune.

colour the picture. Volunteers interacted with the school children; sang poems and rhymes for them.

A Poetry recitation programme by a renowned Poet Mr. Bharat Daundkar called 'Mata, Mati and Sanskriti' was organized for the volunteers. Mr. Bharat Daundkar commented on love, parents and their love, and attacked on various taboos in our society through this programme.

The day was ended with an interactive session with Mr. Swamiraj Bhise, a well-known social activist. Initially he guided the students about the social service and putting up a street play. Then he put up a street play with the help of some of the volunteers. He demonstrated all the minute techniques and details of Street play to the students. Students enjoyed the session.

Day 6 – 14/12/2018; Friday

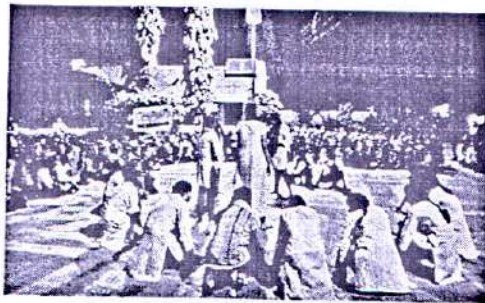
Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song and exercises.

A village rally on the theme 'cleanliness' was conducted by the volunteers.

A day was devoted to tree plantation. Students were divided into two groups. One group accompanied by Ms. Veena Kenchi went to the Satakarwadi for tree plantation and the other group with Ms. Meenal Sumant and Mr. Arde visited Shivtakrar Mhalungi for tree plantation. NSS volunteers enthusiastically made the pits, planted the trees and watered the plants at both the places. 20 and 15 trees were planted respectively. Prof. N. N. Shejwal visited NSS Camp and tree plantation at Shivtakrar Mhalungi was done at the hands of Prof. N. N. Shejwal. He interacted with the students and encouraged them to interact with the village people and understand their history, problems, etc.

Post lunch students practiced for street plays and cultural programmes.

In the evening, a small cultural programme was put up by all the NSS volunteers for the villagers



of Parodi. Programme was hosted by Munira and Kartiki. Street plays on the themes male-female equality, farmers suicide, cleanliness were put up by the students. Solo and group dance performances were also enjoyed by the villagers. The main attraction of the programme was the Powada put up by one non-marathi student. This powada was actually written and presented by Munira Phaltanwala. Mr. Shivaji Pacharne, Department of NSS,

SPPU, was also present for the cultural programme.

On the day of cultural programmes, a dinner was organized by all the villagers of parodi. NSS volunteers enjoyed a yummy dinner of Maaswadi and Bhakari.

Jaysh
Principal Incharge
St. Mira's College for Girls, Pune.



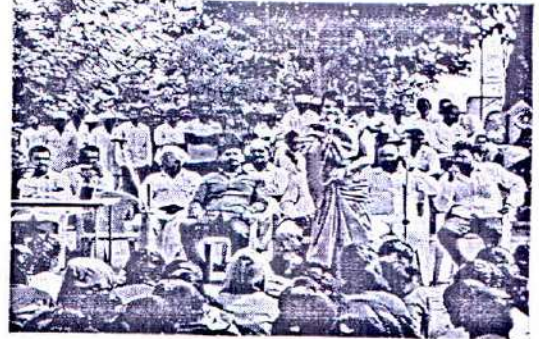
NSS PO
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Day 7 – 15/12/2018, Saturday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song and exercises.

All the NSS volunteers cleaned the premises of ZP Primary school and Gram Panchayat Office.

Valedictory Programme: Valedictory Function was organised in the morning. The Speaker of Panchayat Samiti. Mr. Vishwas Kohakade and Ms. Rekha Bandal, Member, Zila Parishad were the chief guests for the programme. Ex Sarpanch Mr. Vikas Shivale and the other senior members of the gram panchayat



were also present for the event. They interacted with the volunteers regarding the experience of the camp, interactions with the villagers, needs of the students in rural areas like sound communication skills in English and how best the urban youngsters can contribute towards that.

Mr. Vishwas Kohakade and Ms. Rekha Bandal interacted with the students. Ms. Rekha Bandal invited all the students for the lunch and to visit her Haveli which was under construction. Prize distribution of the Colouring Competition was done at the hands of the Chief Guests.

After the valedictory programme, the school rooms and gram panchayat office were cleaned by the NSS volunteers and handed over to the village. On the way to Pune, NSS volunteers visited the Bandal Haveli and enjoyed Misal Pav arranged by Ms. Rekha Bandal. Mr. Vikas Shivale arranged for the visit to Vyankatesh Sugar Factory which was worth visiting. One of the finest factories which creates minimum waste was studied by the volunteers. Technological impact on factories and its impact on environment was discussed by Mr. Sonawane.

[Handwritten signature]
NSS co-ordinator



[Handwritten signature]
Principal

॥ ग्रामपंचायत हा लोकशाहीचा पाया आहे ॥



ग्रुप ग्रामपंचायत पारोडी, शिवतक्रार म्हाळुंगी ता. शिरूर, जि. पुणे.



सौ. चेंताली राहुल शिबले
संयंत्रण मो.: ९८३०७०२५५३

श्री. गणेश भाऊसाहेब टेमगिरे
संयंत्रण मो.: ९४०३०७५८३६

दिनांक: १५/१२/२०१८



मा. प्राचार्यसाहेब सो,
सेंट मीरा मुलींचे महाविद्यालय,
पुणे.

महोदय,

आपणांस अभिनंदनपर पत्र सादर करण्यात येतेकी, सावित्रीबाई फुले पुणे विद्यापीठां अंतर्गत सेंट मीरा मुलींचे महाविद्यालय पुणे यांच्या राष्ट्रीय सेवा योजना विभागातर्फे पारोडी व शिवतक्रार म्हाळुंगी ता. शिरूर जि. पुणे येथे विशेष श्रमसंस्कार शिबीर दिनांक ९ डिसेंबर २०१८ ते १५ डिसेंबर २०१८ या कालावधीमध्ये ग्रामस्वच्छता अभियान, वृक्षलागवड करणे त्याचप्रमाणे जलसंवर्धन, स्त्री-जन्माचे स्वागत या विषयांवर पथनाट्य, गावाचे प्राथमिक सर्वेक्षण व ग्रामीण- शहरी जीवनातील आवश्यक असणारे बदल किंवा अडीअडचणीवर वेगवेगळ्या उपाययोजनेबद्दलची माहिती, वीज बचतीचे महत्व अशा प्रकारे अतिशय चांगले उपक्रम यशस्वीरित्या पार पाडले आहेत. त्याबद्दल ग्रुप ग्रामपंचायत पारोडी तर्फे सेंट मीरा महाविद्यालयातील सर्व शिक्षक वृंद व विद्यार्थिनींचे विशेष आभार मानून पुढील कार्यास शुभेच्छया.

कळावे,



Sande
ग्रामसेवक

ग्रुप ग्रामपंचायत पारोडी, शिवतक्रार
म्हाळुंगी, ता. शिरूर, जि. पुणे

सरपंच

NSS PO
Hand

Jayde
Principal Incharge
St. Mira's College for Girls, Pune.



ग्रुप ग्रामपंचायत पारोडी, शिवतक्रार म्हाळुंगी

ता. शिरूर, जि. पुणे.



सौ. चेंताली राहुल शिवले

उपसरपंच मो.: ९८९०७०२५५९



श्री. गणेश भाऊसाहेब टेमगिरे

सरपंच मो.: ९८०३७७५८३६

जावक क्र.: Camp Evaluation
Letter

१५ डिसेंबर २०१८

मा. सरपंच ग्रुप ग्रामपंचायत पारोडी - शिवतक्रार म्हाळुंगी, ता. शिरूर, जि. पुणे.

यांजकइन हायला देण्यात येतो की सेंट मीरा मुलींचे महाविद्यालय, पुणे प्रांच्या राष्ट्रीय सेवा योजना विभागातर्फे पारोडी व शिवतक्रार म्हाळुंगी ता. शिरूर, जि. पुणे येथे विशेष प्रमसंस्कार शिबीर दिनांक ०९/१२/२०१८ ते १५/१२/२०१८ या कालावधीत आयोजित करण्यात आले होते.

या निवासी शिबीर काळात व्याख्यान, प्रभातफेरी याद्वारे जलसंवर्धन, स्वच्छ भारत, कन्यारत्ना अभियान या विषयांवर जनजागृती करण्यात आली. या शिबीराच्या काळात पारोडी - शिवतक्रार म्हाळुंगी गावांसाठी खालील उपक्रम राबविण्यात आले.

- १) पारोडी व शिवतक्रार म्हाळुंगी गावातील स्मशानभूमी परिसरातील वात काढणे व स्वच्छता करणे
- २) गावातील पीएसडीव दूरगाह ची स्वच्छता
- ३) पारोडी - शिवतक्रार म्हाळुंगी येथे वृक्षारोपण, तसेच सातकरवाडी येथेही वृक्षारोपण
- ४) जलसंवर्धन, स्त्री जन्माचे स्वागत या विषयांवर पथनाट्य
- ५) प्राथमिक शाळेतील विद्यार्थ्यांसाठी १०१ पुस्तकांची झेट
- ६) प्राथमिक शाळेतील विद्यार्थ्यांसाठी उपक्रम व स्पर्धा
- ७) पारोडी व सातकरवाडी गावाचे प्राथमिक सर्वेक्षण
- ८) रेकी, महिलांचे अशोष्य, स्वयंरोजगार, ब्रेस्ट कॅन्सर या विषयांवर व्याख्यान
- ९) गावातील कुटुंबांना त्यांच्या दैनंदिन कामांमध्ये मदत
- १०) विविध सामाजिक विषयांवर विचार - प्रसार आणि जागृती आमच्या मते वरील सर्व कामांचे मूल्यमापन रु १५०००/- अस होईल. सेंट मीरा मुलींच्या महाविद्यालयातील ससयो विभागाचे व त्यांच्या संयोजक विद्यार्थीनींचे या शिबीरातील यशाबद्दल अभिनंदन व त्यांच्या भविष्यातील कार्यासाठी शुभेच्छा!

Jayat

Principal Incharge
St. Mira's College for Girls, Pune.



ग्रामसेवक
सरपंच

ग्रुप ग्रामपंचायत पारोडी, शिवतक्रार
म्हाळुंगी, ता. शिरूर, जि. पुणे

NSS PO
Handwritten signature



SADHU VASWANI MISSION'S
St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA(CA)]
6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/ (1962)
College Code: - 013

3.6.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

2019-20	1. List of Activities 2. Reports of Activities
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Jayesh
Principal Incharge
St. Mira's College for Girls, Pune.



SADHU VASWANI MISSION'S
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3.6. 3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs) &

3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years.

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1	Volunteering at Eye Check Up Camp	Department of Accountancy and NGO -DeepGriha Society	2019-20	7
2	Stationery Collection and Donation drive	Department of Accountancy and NGO -DeepGriha Society	2019-20	6
3	Sponsoring one day picnic for creche children	Department of Accountancy and NGO -DeepGriha Society	2019-20	50
4	Certificate Course in Community Engagement-	Department of Accountancy- NGO Spherule Foundation	2019-20	10
5	'Declutter and Donate' Drive - Student Volunteering	Law Club of Department of Accountancy and	2019-20	11



Jayab

Principal Incharge
St. Mira's College for Girls, Pune.

6	Teaching programme	Department of English with Aasra Foundation	2019-20	7
7	Community asset mapping	Department of English with Aasra Foundation	2019-20	2
8	Fund raising and spreading awareness	Department of English with Connecting NGO	2019-20	25
9	Volunteering as Writer for Blind students.	Department of Marathi with SSGM School, Pune	2019-20	55
10	Slogan Writing for Covid-19 Awareness	Department of Marathi with Aakashwani Pune and Kesari News Paper, Pune.	2019-20	4
11	River cleaning and awareness	Department of Sociology and Jivit Nadi Foundation	2019-20	18
12	Volunteering for Project Pandita – empowerment of girl child	Dept of Business Studies and Majhi Maitrin	2019-20	30
13	Fund raising	Dept of Economics with PRAYATNA	2019-20	3
14	Animal Rescue and support	Dept. of BBA and Animal Saviours	2019-20	7
15	Har Mahina Har Mahila – Promotion of sustainable and eco-friendly Menstrual solutions	Dept. of BBA-CA and Sare Jahan Se Achha.Foundation	2019-20	110
16	Orientation in Social Outreach	Dept. of BBA-CA and Change-Makers Today	2019-20	50
17	Orientation in how to work for awareness on Mental Health and prevention of Suicides.	Department of Psychology and Connecting NGO	2019-20	54



Jayab
Principal Incharge
 St. Mira's College for Grls, Pune.

18	Save - Water Campaign	Dept. of Politics and Public Administration with amanora Township and Firefly Productions	2019-20	10
19	Livelihood Study – Connecting Youth with sustainable opportunities- Orientation workshop	Global Opportunities Youth Initiative	2019-20	68
20	Livelihood Study – Connecting Youth with sustainable opportunities- FIELD WORK	Global Opportunities Youth Initiative	2019-20	30
21	NSS - Regular Activities	NSS and SPPU	2019-20	150
22	NSS- Annual Camp	NSS and SPPU	2019-20	69
TOTAL ACTIVITIES = 22				
TOTAL STUDENTS' PARTICIPATION = 776				




Principal Incharge
 St. Mira's College for Gjrils, Pune.

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Accountancy
Report - Social Outreach
2019-20

DeepGriha Activities

A stationery collection drive by the volunteers of Department of Accountancy in the form of pencils erasers, sharpeners and notebooks for DeepGriha, our social outreach partner is a regular feature each semester. The collection drive was also on during the inter- departmental event, MIRA BAZAAR. On 19th November 2019, the volunteers donated the collected stationery for DeepGriha's adult education program and education of Creche children.

- Students of Department of Accountancy showcased their social bent on 28th Nov. 2019 when 7 UG and PG students volunteered at an eye check up camp organized by DeepGriha Society at village Ovhale, Hinjewadi, Pune. The students assisted the doctors who had come from England . Dr. Alex applauded the volunteers for selfless service at the camp.
- To be happy make others happy! - This virtue of our revered Dada J.P. Vasawani was truly followed by the TY BCOM students who set out on 22nd February 2020 for a day of service at DeepGriha Society, our Social Outreach Partner.

The service included arrangement of a day picnic; food preparation & serving and donation of grocery items and goodies for Creche children of DeepGriha Society.

This extension activity saw donation by all students and active involvement of 50 TY BCOM students who planned and organized all the activities along with all faculty of the Department of Accountancy. A group of students also donated profit earned by them during Mira Bazaar!

A total of 101 small kids of DeepGriha Society went for a picnic organised by our student volunteers of TY BCOM A, B and C division. They received the creche children at Empress Garden, sponsored their entry fee and entertained the small kids by playing games and different rides. The kids also enjoyed a ride of the toy train sponsored by our students.

The students prepared Rawa kheer for breakfast and Pulav, boondi raita and gulab jamun for Lunch in the kitchen of DeepGriha Society for 130 children of their three centres Tadiwala road, Ramtekdi and Bibwewadi. The lunch was carried and served to the children and staff of DeepGriha at Empress Garden.

The donation included 16 kgs. of Groundnut and 15 kgs. Jaggery and 8 packets of Glucose biscuits and 2 packets of chocolates.

SPHERULE FOUNDATION:



Jayant
Principal Incharge
St. Mira's College for Girls, Pune.

CERTIFICATE COURSE in Community Engagement

The volunteers of Department of Accountancy under the social outreach initiative, have acquired the skill of conducting sessions and ease of handling the sensitive issue of menstrual hygiene. Extending their expertise to the students of BBA, Symbiosis Viman Nagar, Pune on 22nd November, 2019, our 4 volunteers became trainers and inspirers in how to conduct these awareness sessions which was witnessed by the founder of Spherule Foundation, Dr. Geeta Bora.

St. Mira's College for Girls in collaboration with Spherule Foundation launched a 30 hour 'Certificate Course in Community Engagement' in 2019-2020. The course aimed at sensitizing students towards social realities, bond with local community and in-turn develop communication skills and personality.

10 student volunteers enrolled in the course, undertook training in conducting awareness sessions on menstrual hygiene and conducted such sessions in Pune Municipal Corporation schools in areas like Dhanori, Wagholi, WadgaoSheri, Vishrantwadi, Yerawada, Chandan Nagar, Kharadi and slum of Vishrantwadi area.

As a sequel to the above, the volunteers are got trained as 'Global Goodwill Ambassadors' for prevention of child abuse and will be conducting sessions in PMC schools on 'My body is my body' to prevent child maltreatment.

The efforts of these volunteers are getting noticed on social media and acclaimed.

The certificate course is building a variety of skills in the volunteers and enhancing their employment opportunities.

Social Media Coverage

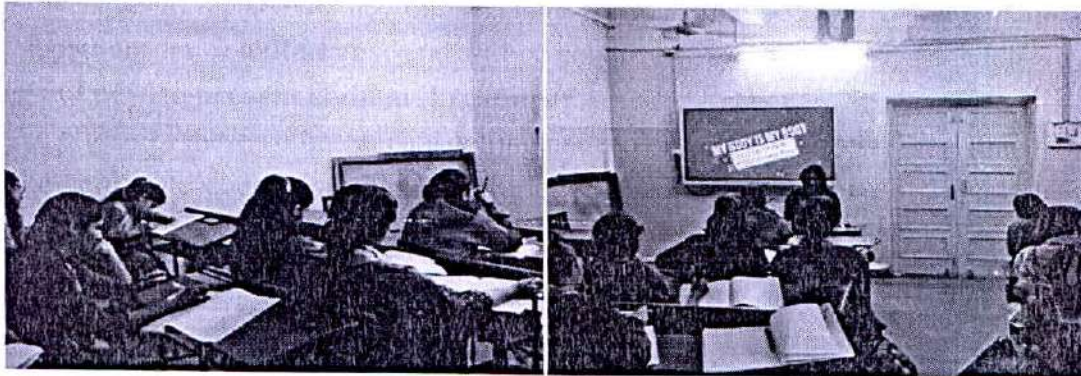


Chrissy Sykes · 1st

Creator of the My Body Is My Body Program (Free Musical Animated Body Safety Program 19 Languages GGA VP Cr...
th · 🌐

@My Body Is My Body Program would like to thank Geeta Bora from the Spherule Foundation for doing fantastic work with the My Body Is My Body #GGA Educational Course. All these young girls are studying the course at Saint Miras college, Pune India. They will be taking what they have learned and sharing the My Body is My Body Program with the children in their communities. Thank you so much Geeta Bora

#safeguarding #schooling #mybodyismybody #safeguardingchildren #educatingchildren #childabuseprevention #ambassadors #parenting #schools #childdevelopment #parents #teaching



Coordinator
Dr. Dimple Buche



Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous-Affiliated to Savitribai Phule Pune University
"Declutter and Donate" (Law Club Initiative) – 07th July 2019
Department of Accountancy in collaboration with SWaCH

In a world shrouded by consumerism "Reduce, Reuse and Recycle" may be incompatible. However these three ways are highly essential for eliminating waste and protecting the environment. This calls for not only imparting education and creating awareness on the effects of waste, but the most important aspect of cleaning it to use this waste and convert it to more useful products.

With this objective in mind the Law Club under Department of Accountancy collaborated with SWaCH in an initiative titled "Declutter and Donate", on 7th July 2019 - a Mega collection drive in Trillium society, Magarpatta City, Hadapsar. Eleven girls of our College volunteered in this initiative by spreading awareness and helping in collecting and sorting out the pre-owned articles which were collected. Items such as clothes, footwear, toys, plastic bottles, old furniture, utensils, etc., were collected which will be further recycled and sold.



Meenakshi Wagh MsWagh
Name and Signature of Coordinator:

Ms. Meenakshi Wagh

Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Activity Report

Social Outreach Teaching Programme at Aasra

Number of participating students: 7

St. Mira's College for Girls, Pune, collaborated with the NGO AASRA for the successful realization of their social outreach programme for the academic year 2019-2020. The volunteers have engaged in summer teaching programmes for the children, alongside a supplementary activity of Community Asset Mapping for the residents of Ishrat Baug, Mohammedwadi, Pune.

The following volunteers have been a part of the summer teaching programme from May 2019 to June 2019 on a voluntary basis:

1. Sanjna Deshpande (SYBA 2609)
2. Shreya Humnabadkar (TYBA 4912)
3. Lujain Hussainy (TYBA 4915)
4. Friyana Munshi (TYBA 4920)
5. Ayushree Nair (TYBA 4921)
6. Tasneem Khadkiwala (TYBA 4926)
7. Anoushka Gutain (TYBA 4946)

Subsequently, the following volunteers assisted in the **Community Asset Mapping (CAM)** programme from June 2019 to December 2019 on a voluntary basis:

1. Shreya Humnabadkar (TYBA 4912)
2. Ayushree Nair (TYBA 4921)

A total of seven student volunteers from the UG level of the institute have shown their competence in scheduling and performing various outreach activities during the period of May 2019-December 2019.

J. T. Sataravale
Coordinator



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Activity Report

Community Asset Mapping

Number of participants: 02

In the 4th week at AASRA, the volunteers mostly played fun learning games like Mafia and zombie game with the children and worked on basic grammar and pronunciation. The volunteers attended the introductory session of Community Asset Mapping (CAM) which was guided by Tara. They learnt the fundamentals of CAM which included knowing major topics like why it is important to keep records of assets of a community as well as minor queries such as what are open ended questions and what role they play in CAM. To make sure volunteers understood the process Tara divided them in two teams and asked them to attempt an Asset Map each, later giving each map awards like maximum number of assets, best team work and most organized. This gave the volunteers a sense of achievement and motivated them to study Assets and bag more awards in the next session. It also gave them a better idea about what they'll be working towards in AASRA. The volunteers are looking forward to teaming up and helping the Community armed with the new skills they've learnt. Two volunteer Shreya Humnabadkar and Ayushree Nair went on to be involved with the CAM programme for the entire year.

J.J. Sataravala

Coordinator



JB
Principal Incharge
St. Mira's College for Girls, Pune.

(2019-20)

St. Mira's College for Girls, Pune
An Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Marathi

Report of the outreach program

Activity Report

Date	Name of Activity	Student Attended
19/8/19 to 22/8/19.	Writer for Secondary School Blind Students	55

Writer for Secondary School Blind Students

55 students from our college helped Blind students of Shri Sant Gadge Maharaj Vidyalaya, Pune as a writer during their examinations for the period 19/8/19 to 22/8/19.



Co-ordinator

मराठी विभाग प्रमुख

Name: - Dr. Sangeeta deshmukh





Principal Incharge
St. Mira's College for Girls, Pune.

(2019-20)

St. Mira's College for Girls, Pune
An Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Marathi

Report of the outreach program

Activity Report

Date	Name of Activity	Student Attended
13 April 2020	Slogan Writing for Covid -19 Awareness	4

Slogan Writing for Covid -19 Awareness: To spread awareness about Covid -19 among the citizen our 4 students and HOD Department of Marathi wrote slogans for Aakashwani Radio and Kesari News Paper, Pune.



Co-ordinator

मराठी विभाग प्रमुख

Name: - Dr. Sangeeta deshmukh




Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Extension Activity Report 2019-20
River Cleaning and awareness

The Sociology department is collaborating with JeevitNadi Foundation, an organization working in the field of spreading awareness on water conservation and clean water bodies. 18 students from the department participated in the river bank cleaning activity organized on weekly basis by the foundation.



Manjita Kulkarni
Faculty in charge, Dept. of Sociology



Dr. Vaishali Diwakar
HoD, Dept. of Sociology



Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune.
Department of Business Studies
Report of Extension Activities 2019-2020.

Project Pandita

As a tribute to our beloved Dada J. P Vaswani, the Department of Business Studies under the inspirational leadership of Dr. Gulshan H Gidwani along with the faculty members- entered into collaboration in 2018 with 'Majhi Maitrin Charitable Trust', an NGO working for upliftment of women from underprivileged sections of society. With the realisation of need to focus on empowering women from an early age we decided to contribute towards 'Project Pandita', in Kanyashala, Dehu, Dist, Pune for a second year in a row. On 10th of January, 2020, 24 girl students of Class IX accompanied by 2 teachers of the Kanyashala and 3 trustees of MMCT visited our institution. The students were taken on a campus tour of the college by 30 enthusiastic student volunteers. Career guidance and activities were conducted.

Rama Venkatachalam

Dr. Rama Venkatachalam
Coordinator & Incharge
Dept. of Business Studies



Principal

Principal Incharge
St. Mira's College for Girls, Pune.

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Activity Report

Fund raising for Prayatna

The Department of Economics & Business Economics supported a stall for the NGO "Prayatna-for people with special Needs" at the Annual Mira Bazaar organized by the Dept of Business Studies of our College on December 14th, 2019. 3 students helped sell various products made by inmates of Prayatna such as incense sticks, scented candles, scarves, masalas, etc.



Shalini Iyer

Dr Shalini Iyer
Coordinator

JH

Principal Incharge
St. Mira's College for Girls, Pune.



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

BBA – (SMCARG) ACTIVITY I academic year 2019-2020(10th April- 29 May 2019)

Volunteers from (SMCARG) St Miras College fo Girls along with the Indies team in collaboration with Wadgaonsheri **Animal Saviours**, Kalyani Nagar Woof and other volunteers has over the past 30 days conducted a census of the Stray Dog population and counted nearly 800+ Dog's in Wadgaonsheri and 250+ dogs in Kalyani nagar with the help of the Indies app. It was almost a 2 month long volunteering program. There were about 10 girls who had participated in this program.

This census recorded on the Indies app allows the volunteers to have hands-on data with regards to number of Dog's, Male Female ratio, Sterilization and Vaccination details, Dog's under/ requiring medication allowing the volunteers to plan sterilization and vaccination drives.

This data can also be made available to the government agencies allowing them to use the information to draw up plans and budgets accordingly.

The census drive also ensured that the local community saw the volunteers at work first hand and were also able to share their grievances, get medical assistance for sick dogs, get puppies signed up for adoption camps.



Principal Incharge
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BBA SOCIAL OUTREACH 2019-2020

Her Mahina, Har Mahila

Women's Wellness for Women, By Women

The BBA department has launched its 2nd Social Outreach Program for the academic year 2019-2020. The program is coordinated by Abhradita Chatterjee Nahvi

Vision

- Break the Menstruation taboo across all genders through awareness, education and easy accessibility to products and services.

Mission

- To provide authentic digital and offline information on menstrual health, hygiene and wellness to girls and women in India
- Collaborate and Involve various stake holders
- Provide scope and support for propagating various products and services
- Focus on usage and disposal of menstrual products

On 12th of July 2019, the BBA Department organized an orientation session with Mr. Raja Narasimha & his wife Mrs. PritiRaja from NGO Sare Jahan Se Achha. They spoke to the students about the collaboration of their project "**Har Mahina Har Mahila**".

The project's primary vision is to break the taboo across all the gender and spread awareness. The growing concern that is been faced by the women of India is something which pulled the attention of the college to motivate their girls to go further and help with their project.

In the session students were made aware that out of 8 tons of waste, 2ton of the sanitary napkins are being segregated by hand which made the girls question on the hygienic method of disposal of the used napkins. Initially they will be spreading awareness regarding the different menstrual products that are available in the market and also be selling them at a cheaper rate so that a larger mass can afford it.

Apart form the above various other problems rekatod to women will be addressed. They are

- Puberty & Menstruation
- Menopause
- Girlie Guppa
- Good Touch Bad Touch
- ParenTeen



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BBA SOCIAL OUTREACH ACTIVITY II (HMHM) – Har Mahina Har Mahila

Volunteers from St Mira's College for Girls along with Her Mahina Har Mahila Team of our Foundation were involved in promoting sustainable and eco-friendly Menstrual solutions at "Pune Monsoon Market", an exhibition event held at The Mills on 27 th and 28 th July, 2019. They interacted with about 500 visitors over these two days and explained the importance of Women's Menstrual Health, Hygiene and Wellness.

The key activities of Her Mahina Har Mahila project are spread towards Counselling, Education, Awareness and Training. The students were trained a day prior on these topics and how to address the audience/visitors. Apart from spreading awareness about the project, the students also helped in selling the following items like Sanitary Pads (NGO manufactured), Reusable Cloth Pads, Menstrual Cups, Book Marks (made by students), Embroidered T shirts (as Merchandise). The total value collected was Rs.8,760.00.

The following students participated in this activity under the able co-ordination from Prof. Abhradita Chatterjee.

Co-ordinator

Abhradita Chatterjee Nahvi




Principal Incharge
St. Mira's College for Girls, Pune.

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Report on 7-12-2019

Orientation for Social Outreach by CHANGEMAKER TODAY NGO

An orientation lectures was organized for BBA(CA), BBA and BCom students for social outreach program in collaboration with Changemakers Today, NGO.

The speaker for the session was Co-founder of Changemakers Today, NGO Mr. Rohan Shinde, HR executive of TCS & an social entrepreneur.

He oriented students about their NGO's contribution towards Women Empowerment, Health issues, Human Rights, Animal Welfare, Environmental conservation, Poverty eradication, Unemployment, Gender Equality, etc. Some of their recent activities include Mega cleanliness drive held at Sinhagad Fort, Tree plantation drive, Environmental sustainability meetups, Republic day Drive, visiting Old age homes, etc.

The main motive of the session was to create awareness about how can one help to create a better living for self and others. The session was very informative and interactive, which gave students an insight into how they can contribute towards the society. Many students volunteered for their activities.

50 students from BBA(CA)/BBA/BCOM have attended the orientation.

This orientation was organized by Mrs. Monika Rajguru and Mrs. Deepanjali Mazumder.


Mrs. Monika Rajguru

Program Coordinator


Mrs. Deepanjali Mazumder

Program Coordinator




Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
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Department of Politics and Public Administration 2019-20

Save Water Campaign, "JAL- MITRA, Save Water- Save Future"

The Students of the Dept participated in the Save Water Campaign, "JAL- MITRA, Save Water- Save Future" at the Amanora Township conducted by Firefly Productions, Pune.

10 Students participated in this 10-day awareness drive. The students had to explain the water cycle model and the impact of changing environment on this cycle.

1	RUCHA LATHI
2	JIVITA NAIDU
3	PRATIKSHA UDAMALE
4	AKANKSHA TOPE
5	VAISHNAVI MORE
6	VAISHNAVI DAREKAR
7	BHAVANA KHUDE
8	ABHIRAMI MISAL
9	SANCHI GAIKWAD
10	AKANKSHA KHANDWE



Veena
Activity Coordinator- Ms. Veena Kenchi



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
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Report on Connecting NGO Social Outreach
2019-20

Orientation in Volunteering for Mental health as a part of the social outreach activity the Psychology department organized an orientation by Connecting NGO facilitated by Ms. Barkha Nanwani and Ms. Zahra Shetranjiwala. Connecting is actively working for awareness on Mental Health and prevention of Suicides. They also conducted a session on 19th August, 2019 facilitated by Ms. Liyaan Sataravala, Ms. Arva Kapasi and Ms. Zahra Shetranjiwala. This orientation workshop was attended by 54 students who got insight into how to work for prevention of suicide and create awareness on mental health.



Coordinator

Sharmin Palsetia

Ms. Sharmin Palsetia

Jayak

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE**Autonomous (Affiliated to Savitribai Phule Pune University)****Report- GLOBAL OPPORTUNITY YOUTH INITIATIVE (2019-20)**

The College is participating from this year in Global Opportunity Youth Initiative, a collaborative project along with Tata Strive, Centre for Youth Development and Activities, Centre For Advocacy and Research (CFAR), Yardi Vasti Vikas Prakalpa and Lighthouse, Pune City Connect. The project aims at building sustainable and dignified entrepreneurship and employment opportunities to youth. In view of this long-term aim, the preliminary task of understanding youth livelihood challenges was accomplished through a pilot survey of a neighborhood in Yerwada. Students of the college across various participated wholeheartedly in the rigorous work which involved -

1. Three-day training on strength-based approaches to engage with community, collect data & conduct digital mapping of community.
2. Data collection in groups of three each.
3. Data analysis & report writing

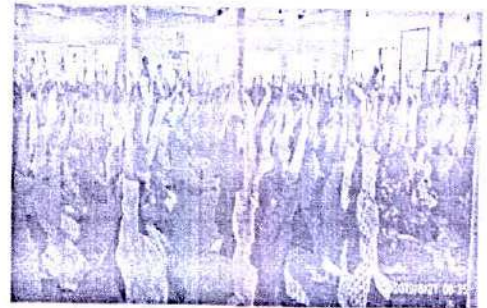
68 students attended the 18 hour training on SALT Methodology and 30 students participated in conducting Youth Assessment in the community.

This Social Outreach Program has offered us great opportunity to connect knowledge and skills in a socially fruitful manner.



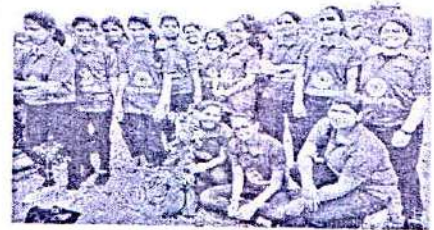
Jayashree
Principal Incharge
St. Mira's College for Girls, Pune.

① **The International Yoga Day:** The NSS Department of St. Mira's College started its yearly activities with the International Yoga Day. 21st June 2019 was celebrated as the 5th International Yoga Day at St. Mira's College for Girls to encourage the feelings of peace, harmony and unity between the man and the nature. The program was well-attended by the staff and students. The program commenced with a brief introduction to Yoga and its importance in day to day life followed by the outstanding display by the sports students' of Yoga Pyramids and different yoga postures like the Vrikshasana, Tadasana, Ardha-chakrasana, Vakrasana, Vajrasana, Shashankasana, Ardha-Ustrasana, Paschimottanasana, etc., and ended with Pranayam and meditation.



② **The Guinness Book World Record:** NSS Department, St. Mira's College participated in the Guinness Book World Record Attempt by SPPU, with total 241 students and 5 teachers – Ms. Hasina Shaikh, Ms. Manjita Kulkarni, Ms. Ekata Jadhav, Dr. Sandhya Pandit and Dr. MeenalSumant on Sunday, 23rd June 2019.

The NSS Department, SPPU attempted Guinness Book World Record for 'The Largest Distribution of Saplings' by distributing 16731 Neem saplings to 16731 students from over 300 colleges from Pune District. Honorable Chief Minister Mr. Devendra Phadanwis addressed the students. He congratulated all the students for being part of this grand event and appealed them to be ready to break their own record in the future. Pune Guardian Minister Chandrakant Patil, Dr. Nitin Karamalkar, Vice-chancellor, SPPU, Mr. Rajesh Pandey addressed the students too. Dr. Sanjay Chakane hosted the entire event.



③ **Swachha Wari, Swastha Wari:** Under Swachha Wari, Swastha Wari, Nirmal Wari, Harit Wari, NSS volunteers visited the Dindis in Sant Gadgebaba Municipal School in Koregaon Park. 5200 patrawalis were collected from AISSMS, COE on 25th and 26th June by NSS POs – MeenalSumant and Sandhya Pandit. All the patrawalis were distributed by NSS POs and Staff members – Ms. Gauri Mhalgi, Dr. Arwah Madan, Ms. Jyoti Chintan, along with the students. Patrawalis were distributed to the dindis in Shaniwar Peth, Sant Gadgebaba School and Koregaon Park area.

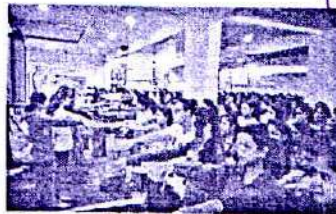
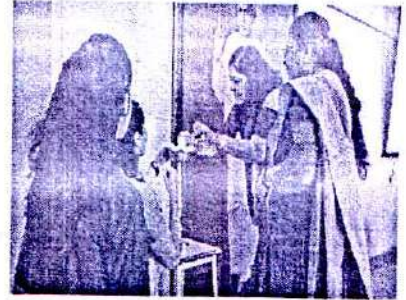
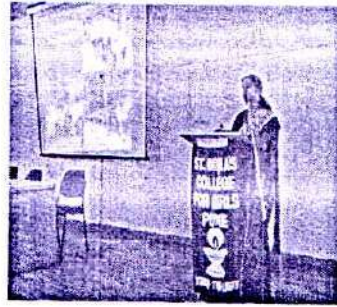
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Anand



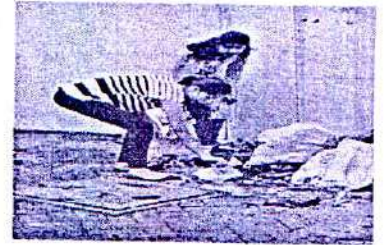
Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

were also cleaned by the volunteers.

(A) **NSS inaugural Function:** NSS inaugural is customary to start the NSS activities every year. On the day of Inaugural, i.e. 3rd August 2019, Dr. Meenal Sumant briefed the audience about all the activities undertaken in 2018-19 and plan for the year 2019-20. Dr. Manisha Pimpalkhare - Ex NSS PO guided the students and told them about selfless service. Ms. Veena Kenchi - Ex NSS PO praised the active participation of all the volunteers and discussed the benefits of NSS.



(9) **Swachhata Pakhwada:** Every year NSS department celebrates Swachhata Pakhwada enthusiastically from 1st to 15th Aug, 2019. Swachhata Pakhwada was inaugurated by taking pledge of swachhata. Dr. Meenal Sumant gave swachhata pledge to approximately 800 students. They took pledge to keep the college, college premises and residential locality clean. Students committed to devote 100 hours throughout the year for cleanliness and encourage other 100 people for cleanliness drive.



(9) **Cleanliness Drive** was undertaken by the NSS department on 8th August, 2019. Under cleanliness program the whole college campus was cleaned by 83 NSS volunteers. College ground, garden, corridors on all the floors, class rooms on all the three floors, audio-visual room, staff room, cubicles, NSS room were cleaned by the volunteers.



All the litter was picked up and segregated by the volunteers. All the notice boards were neatly arranged by the NSS students. Students cleaned the rooms, wiped the windows and wet dirty floors. Cleaning a garden was a tough job. But NSS volunteers literally picked up all the wet garbage from the ground and the garden and dumped it in the

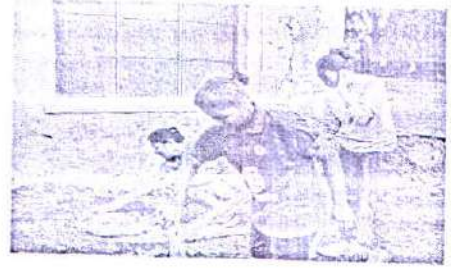


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A. Anand



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On Thursday, June 27, 2019, seven NSS volunteers went to Sant Gadgebaba Municipal School for cleanliness. They interacted with the warkaris and helped them. Volunteers collected dry garbage and cleaned the area.



On Friday, June 28, 2019, NSS volunteers again assembled at Sant Gadgebaba Municipal School after the departure of the dindis. NSS volunteers cleaned the premises; dry and wet garbage was collected separately.

4) **Orientation for FYs:** Two orientation sessions for the students of first year BA and BCOM were conducted by Dr. Meenal Sumant and Dr. Sandhya Pandit on 2nd July and 8th July 2019 respectively. Students were taken to the journey of NSS activities for the year 2018-19. Two of the NSS volunteers, Pooja Yadav and Anisha Vipparati shared their experiences of NSS with the FY students. They encouraged them to become a part of NSS.

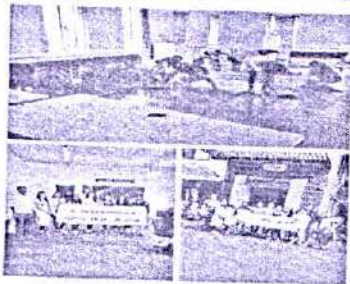
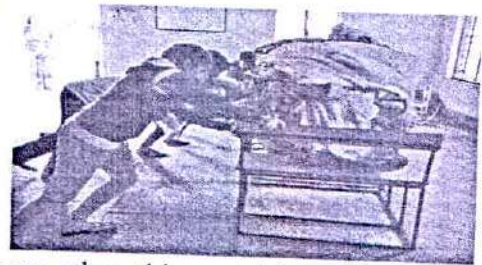
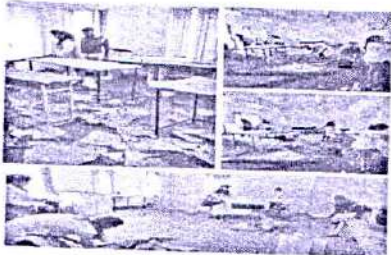


5) **No Tobacco Day:** The NSS department of St. Mira's College celebrated the No Tobacco Day on the occasion of World Population Day i.e. 11th July, 2019. NSS PO Dr. Meenal Sumant interacted with the students, sevaks and sevikas and discussed the disastrous effects that tobacco has on lungs and respiratory system.

Nearly 500 students, along with the Teachers, Non-teaching Staff, Sevaks and Sevikas pledged not to consume tobacco in any form and to restrain others from the use of tobacco.



6) **Swachha Bharat Summer Internship Program:** NSS volunteers actively participated in 'Swachha Bharat Summer Internship Program', which was undertaken on 11th July 2019. All the volunteers went to the Poona Blind School for this activity. Two immensely dirty rooms, which were not used for years, were assigned to us for cleaning. A batch of 10 volunteers really worked hard to make those rooms clean and tidy. The volunteers cleaned the floor, windows, tables,



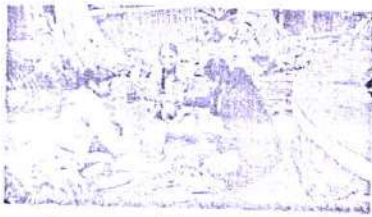
chairs, racks, walls, and every other thing which was there in those rooms. Volunteers even dumped the broken articles, the collected garbage and unwanted things in the allotted area. After cleaning both the rooms, volunteers actually wiped all the articles – tables, computer tables, chairs, benches, etc. with a piece of wet cloth. They wiped the floor and windows too. Ultimately toilets

NSS PO
Meenal



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

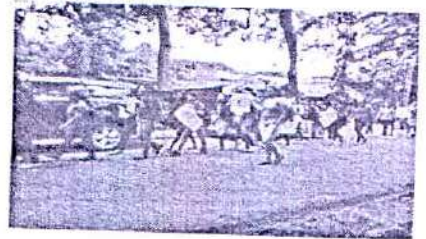
allotted area.



Dr. Mrs. Manisha Pimpalkhare, a senior faculty form Economics Dept. took **workshop on making paper bags** on Friday, 9th August. Around 30 volunteers participated in the workshop and made more than 500 paper-bags. These bags are kept in the washrooms by NSS volunteers regularly for proper disposal of sanitary napkins and keeping the washrooms clean. NSS department undertook 'Plastic Free Campus Campaign' on 10th Aug, 2019. 40 NSS volunteers participated in the event. Volunteers were divided in the group of 8 and sent to various places in the college like, ground, garden, parking area, corridors, etc. Total three bags of plastic were collected by the volunteers. These efforts were appreciated by all the teachers and especially by the principal ma'am.

Ten of the NSS volunteers went to Poona Station and undertook awareness campaign on Friday, 9th August. Volunteers talked to the people over there and convinced them for keeping the place clean. Volunteers explained the importance of cleanliness and discussed the ill-effects of dirty environment. In the end volunteers undertook rally and exhibited the importance of cleanliness through posters.

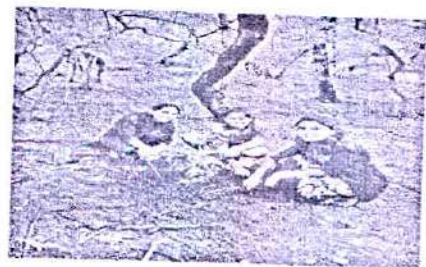
(10) **Swachhata Rally** was organized by the department of NSS, St. Mira's College on Wednesday, 14th August. Eighty-six students participated in the rally of almost two kilometres. Rally covered the area of Koregaon Park, Koregaon road, etc. All the volunteers enthusiastically participated in the rally with slogans like 'Pune City, Clean City', 'Swachha Bharat, Swastha Bharat', 'Amache Pune Swachha Pune', 'Don't be lean, Keep the city green', etc. Students were holding the posters on cleanliness done by themselves.



The Swachhata Pakhwada was ended with **the Planning Meeting with the Vice-Principal Ma'am** – Dr. Mrs. Shalini Iyer. Vice-Principal Ma'am addressed the volunteers and appreciated the efforts taken by them to clean the institution. She discussed some measures to keep the college clean and asked for the contribution from all the students. She asked the

students for not to litter anywhere in the premises, put all the garbage in the dustbins, organizing competitions like 'The Clean Class Competition' etc. She also told students not to bring eatables outside the canteen to preserve cleanliness. The session was interactive and students came with lots of suggestions for maintaining the cleanliness in the college and premises. Volunteers suggested for hand-wash dispensers, more brooms, dustbins and dustpans, etc.

(11) **Tree Plantation:** NSS Department of St. Mira's College participated in One Day Workshop on Tree Plantation in SPPU on 9th Aug 2019. NSS volunteers of St. Mira's College planted around 20 trees on the SPPU hill. At 4 pm



NSS PO
H. Anand



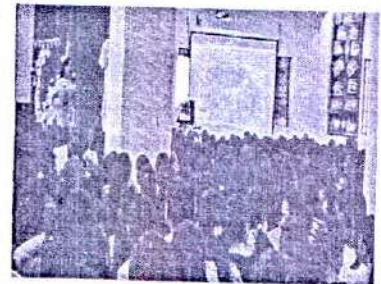
Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

all the volunteers were sent to the examination building for the valedictory function. Dr. Praful Pawar, Registrar, SPPU; Mr. Rajesh Pandey, Member, Management Council, SPPU; Dr. Sanjay Chakane; Dr. Prabhakar Desai, Director – Dept. of NSS, SPPU; Dr. Vilas Ugale; Dr. Mohan Vaman were present for the Valedictory. All the dignitaries discussed the importance of tree plantation and reiterated that each student should plant and conserve one tree in the college life.



Raksha Bandhan: NSS volunteers celebrated Raksha Bandhan with visually challenged and other specially-abled students of NAWPC (National Association for the Welfare of the Physically Challenged) on 15th August, 2019. Volunteers tied rakhis to the students staying in a hostel of NAWPC. All these students are generally from socially and economically backward background.

NSS Day: In line with the annual theme this year – ‘Water Conservation’, NSS department decided to celebrate NSS Day with orientation of the students on water conservation and display of posters on water conservation. Dr. Meenal Sumant addressed the students and discussed the National Problem of Water Scarcity. She talked about the current situation of water scarcity, recent news about the water crisis in various states of India, etc.



She gave forecast about the water scarcity, ground water scarcity, availability of drinking water, etc. and discussed the measures at length. Control of population, rainwater harvesting, regular recharge of ground water, redistribution of water through canals or pipelines, controlling water pollution, reuse of household waste water, efficient irrigation techniques as water conservation measures were discussed with the students. NSS volunteers made posters on water conservation and same posters were displayed in the NSS room and on the notice board. The aim was to create awareness among all the college students about saving every drop of water.



National Unity Day: The Department of NSS celebrated National Unity Day on 24th of October as Diwali vacation is starting from 31st Oct, 2019. Dr. Meenal Sumant conveyed the importance of National Unity Day to the students. A birth anniversary of Late Sardar Vallabh Bhai Patel is celebrated as a National Unity Day, so the students were enlightened about the great work and tremendous efforts taken by him for

the unity of India. All the students and teaches took pledge to be united and to maintain the unity of India.

A video on unity was shown to the students. As it was a carton film, students could better relate it to themselves. The carton film on Ek and Anek aptly explained the importance of unity. The strength of the unity was explained with the help of a story of unity of pigeons and mice against the hunter.

NSS PO
Atarad



Jayat
Principal Incharge
St. Mira's College for Girls, Pune.



15) **Mindscope:** Every year Trimiti trust organizes Mindscope – A Mental Health Film Festival to create awareness regarding different mental illnesses, their causes, symptoms, and necessary treatment, remedies, etc. Every year the NSS volunteers of St. Mira's college actively participate in this event. Overcoming Challenges was the theme of the film festival.

A planning meeting was held by the founder of the Trimiti trust in the college premises and each and every event was carefully chalked out with the help of the volunteers. All the volunteers reached NFAI at 11.30 am on the day of the event, and worked whole day tirelessly. Total 11 students participated in the event. All the volunteers capably handled the whole event from beginning to end. Registrations of the guests, hospitality, seating arrangement of the people, winding up of the event at the end were all done by the volunteers. The organizers of the event appreciated the sincerity, commitment and hard work of the volunteers. The organizers were happy with the volunteers.

16) **Walkathon:** On Saturday, January 18, 2020; Departments of Sports and NSS of St. Mira's College for Girls organized Walkathon to promote the importance of exercise and to create awareness about fitness among the people. One hundred and forty-three students along with seven staff members actively participated in the event. Students and staff together walked approximately for 3 kilometers with posters, shouting slogans of fitness and created awareness about daily exercise. Fight for Fitness, Health is Wealth, East or West Fitness is the Best were some of the slogans.



17) **Blood Donation Camp:** NSS department in association with Inlacks Budhrani Hospital organized a Blood Donation Camp on 22nd November, 2019. This year, total 87 students from FY/SY/TY/BA, BCOM, BCS, BBA, BCA enthusiastically participated and registered themselves to donate blood. Out of these 87 registrations 36 volunteers passed the weight, HB and other criteria and were fit for blood donation. All the 36 donors were provided with snacks- coffee, biscuits and banana. All the donors were given certificate of a donor. The camp went well except one case of infection. A case of infection (Ms. Shivani, TYBA experienced bleeding, pain and black spot after some hours of blood donation) was reported day after, which was referred to the doctor of Budhrani hospital for cure.

18) **River Cleaning:** In connection with National River Day, an NGO - Sare Jahan Se Achha, Friends of Dr. Salim Ali Bird Sanctuary and Pune Municipal Corporation organized mega river cleaning project on 23rd November at Dr. Salim Ali Bird Sanctuary. 29 volunteers of St. Mira's college along with NCC units of Garware and Modern college, Army commandos participated in the event. All the



NSS PO
Blair



Fayaz
Principal Incharge
St. Mira's College for Girls, Pune.

volunteers worked hard from 7 am to 10.30 am and collected all kinds of non-degradable garbage – plastic, clothes, glass, fiber, POP idols, thermocol, etc. from the banks of the river. Rubber gloves, masks, certain instruments like spades, shovels, etc. were provided for the safety of the students. All the volunteers were provided snacks and tea.

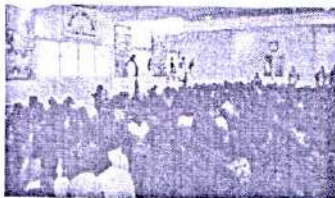


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Organ Donation Awareness: In connection with the Birth Anniversary Celebration of our revered founder Sadhu T. L. Vaswani, NSS department organized a guest lecture on 'Organ Donation – Awareness and Importance' on 26th November 2019. Ms. Mini Thomas and Mr. Arvind Agarwal from the NGO-Rebirth Foundation, visited our college and interacted with our students. Ms. Mini Thomas touched upon many important aspects of organ donation – maintaining health, need of organ donation, benefits and importance of organ donation, the actual process of organ donation, green corridor, etc. Students were given thorough knowledge about the donation of the organs. Both of them encouraged students for organ donation. Mr. Agarwal gave real life examples about the organ donations and appealed all the audience to donate organs from the bottom of his heart. Around Twenty students and one faculty readily filled the form for organ donation.

The 70th Constitution Day: The 70th Constitution Day was celebrated by the Dept of Politics and Public Administration in association with the Dept of NSS on Tuesday, 26th November 2019. Following activities were conducted on this occasion-

1. **Live Telecast of the proceedings of the Parliament** on the special occasion of the Constitution Day. More than 150 students attended this proceeding wherein the President of India, Prime Minister and Vice-President of India spoke about the importance of Samvidhaan, contribution of Dr. Babasaheb Ambedkar and the importance of Fundamental Duties enshrined in the Constitution.



2. **Skit by students of Std XI-** Under the guidance of Mrs. Anita D'Cunha, the students of Std XI performed a short skit emphasizing the importance of fundamental rights and laws in the Constitution. Students enacted small incidents from our daily lives to show the impact of fundamental rights and their importance in our lives. Domestic violence, right to equality and right to education were shown through the skit.

3. **Reading of the Preamble-** All Staff and students participated in the reading of the Preamble in the assembly hall of the college.



SwachhataPakhwada:(16th January to 31st January) was inaugurated by taking pledge of swachhata. Dr. MeenalSumant discussed the importance of swachhata. All the students of the college were requested to be 'Clean Volunteer' and to keep

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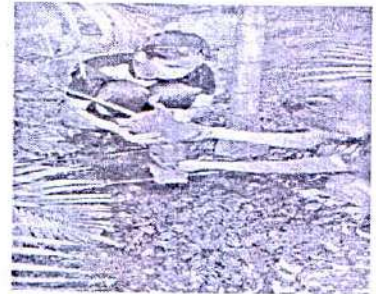
premises, their houses, locality clean. The schedule of all the activities of Swachhata Pakhwada was read out to the students and students were encouraged to participate in all the activities.

Swachhata pledge was taken by 400 students and 20 teachers approximately. They took pledge to keep the college, college premises and residential locality clean. Students committed to devote 100 hours throughout the year for cleanliness and encourage other 100 people for cleanliness drive.

22) **Hostel Cleaning: 18th January, 2020:** NSS Department of St. Mira's College with 24 students went to Sadhu Vaswani Mission's Nursing college hostel for cleaning. All the volunteers were properly equipped with brooms, dustpans, dustbins, mops and buckets. Volunteers were divided into two groups as there were two floors of the hostel. Each group first picked the litter up, then swept the corridors of the hostel and then finally mopped each floor. They swept and cleaned the stairs also. The stairs were mopped by the volunteers. The railings were cleaned by the volunteers. The management of the hostel was very much cooperative.



23) NSS department with 11 volunteers and 2 teachers went to Sadhu Vaswani Mission's Gurukul School for **tree plantation**. On 20th January, volunteers reached the school at 12.15 pm. High CO₂ absorbing plants were chosen for tree plantation. Neem, Peepal, Amala, Saptaparni were planted as they are high CO₂ sequesters and good water purifiers. The suitability of plants in the given ecosystem was also considered. Total 20 saplings – 10 neem, 5 peepal, 3 amala and 2 saptaparni were planted.



24) Tuesday, 28th January, 21 NSS volunteers along with the NSS officers visited **NAB – an NGO National Association for the Blinds** at Khandala as a part of the Swachhata Pakhwada. No sooner did the volunteers reach the place, they started cleaning the area. Volunteers were divided into groups and each group was allotted the area for cleaning. Volunteers cleaned the garden area, collected dry and waste garbage separately; they swept the whole garden area including main gate area, grass patches, backside of the medical clinic, etc.



Some girls went to the kitchen for cleanliness. They arranged kitchen neatly, swept the area and cleaned the kitchen. Few volunteers swept the stairs and the corridors. Other girls cleaned their workplaces like weaving section, knitting section, soap-making section, etc. Storage area, rooms and dining hall were cleaned too by the volunteers.

Many volunteers interacted informally with the blind and aged residents of this old age home. They tried to understand the problems of these people; they tried to open them up and shared moments of love and happiness with them.

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At the end, 10 NSS volunteers performed a street-play on 'Cleanliness and No Plastic' for the blind people and demonstrated the advantages and importance of cleanliness and ill-effects of dirty, unhealthy surroundings. All the people were appealed to ban single use plastic and use less or no plastic at all. In a very formal conversation with all the aged people over there, volunteers sang a krishnbhajan and one of the volunteers presented a poem on 'Female Foeticide'. One of the blind ladies sang melodious songs for our volunteers. Students interacted with Ms. Asha Ratnaparkhi ma'am, Honorary Secretary over there and expressed their gratitude.



Road Safety Week: 11th to 17th January was celebrated as Road Safety Week. In connection with this, NSS department of St. Mira's College organized a Road Rally conveying the importance of traffic rules and creating awareness about road safety amongst public. Total 70 students participated in the event enthusiastically creating awareness with slogans and

posters.

Electoral Day- The Department of Politics and Public administration and the Department of National Service Scheme (NSS) conducted various activities to celebrate Electoral Day on 25th January 2020 and 27th January 2020.

1. The Students of Junior College participated in the **Essay Writing Competition** organized by the department of Politics. The students of English medium (23 students) and Marathi medium (24 students) participated in this competition and enthusiastically penned their thoughts about the topic, "Elections". The students were guided by Mrs. Anita D'Cunha. She discussed the current electoral scenario in the class and encouraged the students to voice their opinions regarding elections in India. The best essays were submitted in the Zilla Parishad Office.



2. **Lecture** for FYBA students- Mrs. Veena Kenchi conducted a special lecture on "**Electoral Process in India**" for the FY students for emphasizing the importance of free and fair elections. She discussed the role of Election Commission. Students enthusiastically participated in the discussion and shared their experience regarding propaganda styles of political parties, speeches of leaders and the various election gimmicks used by various parties. The lecture concluded by emphasizing the role of people's participation for the success of free and fair elections.



1. **Voter's Pledge-** Dr. MeenalSumant discussed the establishment of Election Commission and the idea of celebrating Electoral Day on 25th January. She elaborated the role of the younger generation in making democracy a true-of



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the people, for the people and by the people governance. The students were guided by Dr. Sumant to take the Voter's Pledge of voting fearlessly without any religious, caste or regional considerations.

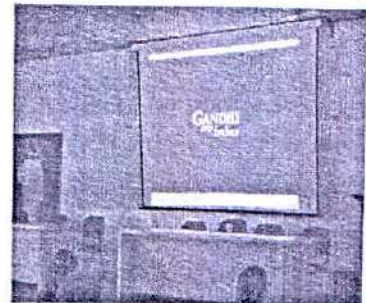
2. **Registration of New Voters-** The NSS department conducted a voter registration drive for the students of the college. The new voters were guided about the registration process. The NSS volunteers encouraged the students and enthusiastically helped students to search their names on the election commission website.

Sinhagad Cleanliness Drive: St. Mira's College with its two NSS POs and four NSS volunteers participated in Sinhgad Cleanliness Drive organized by the Department of NSS on Sunday, 23rd February, 2020. We reached Tanaji Malusare Samadhi at 10 am. Volunteers helped for carrying snacks from the parking space to the Samadhi place. Dr. Sanjay Chakane introduced the students with the history of fort Sinhgad and great warrior Tanaji. This was followed by Powada on Tanaji's Fight for Sinhgad and a poem on Shivaji Maharaj. Dr. Rajesh Pandey, Dr. Prabhakar Desai, Dr. Umarani addressed the students. Honorable Vice-chancellor Dr. Nitin Karmalkar was the chief guest for the event. St. Mira's volunteers first visited the Samadhi and then cleaned the nearby area. Volunteers collected four sacks of plastic on this occasion.

Gandhiji's 150th Birth Anniversary Celebration: 31st August, 2019: On the occasion of the 150th Birth Anniversary of Gandhiji, NSS department decided to focus and preach the values taught by him. In the month of August, a street play was put forward by the junior college students on the cleanliness. Students explained the importance of cleanliness and disastrous effects of dirty and non-cleaned living.



September: 1. On the occasion of 150th Birth Anniversary of Gandhiji, NSS Department in association with the Film Club run by the Sociology Dept. of St. Mira's College, organized a screening of a movie - 'Gandhi My Father' on 18th September, 2019. Around 40 students were present for the event. Different and unknown aspects of Gandhiji's life were put in front of the students through this movie. Students carefully watched a movie and shared and discussed the views regarding it.



2. On the occasion of the 150th Birth Anniversary of Gandhiji, NSS department decided to focus and preach the values taught by him. In the month of September, Dr. Manisha Pimpalkhare, Former NSS PO oriented students about the importance of Truth. She talked about the alternative truths i.e. lies and how social opinion is formed on that basis. She highlighted the cost that we have to pay for alternative truth. She appealed students to stick to the truth in any situation. She convinced the audience the importance of truth with different examples and current news.



23rd November: In tune with Gandhiji's teaching - empathy for all, St. Mira's College participated in **Rath Yatra**. This year 23rd November was Rath Yatra. Every year we try and convince

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people to observe 25th November as Meatless Day through Rath Yatra. All the college students, faculties pledge not to have non-vegetarian food on this particular day. Through Rath Yatra vegetarianism is promoted. St. Mira's College puts up float showing the vegetables, importance of eating vegetables. Songs of vegetarianism were played throughout the Rath Yatra. Animals are like humans and should be protected. They also have right to life. These are some of the slogans with which an appeal is made to the public to follow vegetarianism. NSS volunteers participated actively in all these activities and walked almost 6 kilometers to promote vegetarianism.

December: NSS department organized a lecture on 'Gandhiji's Thoughts and its Relevance in today's world.' Ms. Veena Kenchi, Head, Dept of Politics, was invited to the special winter camp to deliver the lecture at Kondhawale Village. She guided the volunteers regarding the concepts like Ahinsa, Satya, Prayer, Cleanliness, Ramrajya and explained its importance in real life world.



Many Shramadan Activities were organized by the students at the adopted village Kondhawale. - Cleaning of the village, Plastic Free Village, Cleaning the Village Temple etc.

Interaction of the students with the villagers was also very important part of the program.

Students were instructed to go to the villagers, help them in their day-to-day activities, understand their problems and develop bond with the villagers.



21 Ek Bharat Shreshth Bharat: December 2019 - This year the theme of the annual socials of the college was 'Ek Bharat Shreshth Bharat'. The special cultural events of different states were incorporated in the program. Students enthusiastically participated in the annual gathering. There were cultural events like Bhangra from Punjab, Garba from Gujarat, Lavani and Gondhal from Maharashtra, Kaththak from Kerala and Bharatnatyam from Tamilnadu, etc.



A special event on the seven sisters of north-eastern states like Asam, Mizoram, Nagaland, Arunachal Pradesh, Tripura, Manipur, Meghalay and Sikkim was organized by the students depicting their culture, clothing, food habits, etc. The cultural program was ended with the fashion show



showcasing the culture of different states like Kashmir, Madhya Pradesh, Maharashtra, Gujarat, Rajasthan, Kerala, Tamilnadu, etc. The cultural program lasted for three hours creating awareness among 500 students.

32 Ek Bharat Shreshth Bharat 30th January 2020: As a tribute to Mahatma Gandhiji- Father of our Nation and to celebrate Unity in



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Diversity, All-religion prayers were organized in St. Mira's College. On the occasion of the death anniversary of Mahatma Gandhiji i.e. Martyr's Day. To celebrate United India with diverse cultures, Hindu, Muslim, Sikh, Christian, Buddhist and Sindhi prayers were recited at the prayer time. Students also explained the moral of each prayer and helped all the students to understand one and same message of love and compassion that is given by all religions. Naznin from SYBA recited muslim prayer, Sakshi presented sindhi prayer; Dilshin Kaur sang sikh prayer; Sanchi recited and explained Buddhist prayer and the session was ended with Gandhiji's bhajan 'Vaishnav Janato' by Sakhi Kulkarni – all from SYBA/BCOM. A minute's prayerful silence was observed at the end of all the prayers.

The Valedictory function: On 9th of March 2020, the NSS department of St. Mira's College held the Valedictory function. PSI Mr. Ravindra Gawari was the Chief Guest for the occasion. The function was elicited with the lighting of the lamp by the PSI- Mr. Ravindra Gawari and our Vice Principals - Dr. Shalini Iyer and Ms. Stella Ambrose. This was followed by University song and NSS song. NSS program officer, Dr. MeenalSumant presented annual report for the year 2019-20.

A guest lecture on 'Cyber Security' was organized by the NSS Department on this occasion. PSI Gawari sir discussed various case studies of cybercrimes through Facebook, WhatsApp, Instagram, etc. and filed complaints that helped us gaining awareness of frauds happening and advised us to stay safe and vigilant from online payment applications, social media and fraud calls. Sir advised all the precautionary steps of the cybercrimes. He also explained the process of registering complaints against cybercrimes. The session was very much interactive and enjoyed by all the NSS volunteers. Volunteers found the information very useful. The session was concluded by question answer session.



Dr. MeenalSumant
Dr. Sandhya Pandit
NSS POs

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Handwritten signature in purple ink: G.H. Gidwani

Dr. Gulshan Gidwani
Principal

responsibilities as NSS volunteers.

Post lunch, the NSS volunteers were divided into various teams. They were assigned the tasks to be undertaken during the camp and were given the details about the schedule of the Camp.

In the evening, a walk in the Village was organised for the students to acquaint themselves with the topography of the village and interact with the villagers.

Later in the evening the students were given time for Slogan Writing for the Morning rally on Water Conservation wherein each group had to come up with 3 slogans and no group could repeat the slogans. Hence, the girls creatively put their mind to it.

Day 2 – 7/12/2019; Saturday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song, Pranayam and exercises.



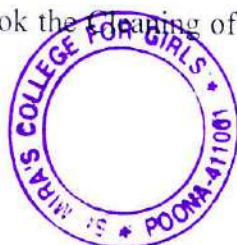
A Morning Rally in the Village was conducted on Water Conservation and an awareness on the importance of Saving water for the prosperity of the nation was created by the students.

In the morning, NSS volunteers enjoyed a lecture on 'Entrepreneurship and Self' by Dr. Rama Venkat from St. Mira's College for Girls. She

encouraged the students to know themselves, so that they can set goals for themselves; she also emphasized on skill development, staying positive, being focused which will in turn make them confident. And all this will happen with having clarity of thought. Dr. Venkat spoke on the fact that Soft skills have to be improved – both oral and written communication, the importance of networking - connecting with people and maintain cordial relationships and most significantly to have empathy and never to be judgemental. She introduced the students to the Three Qs - IQ, EQ and Spiritual Quotient(SQ) and how necessary these are for overall development and for being successful in life. The students were quite motivated post this session. This was followed by a Group Discussion on 'Reduce, Reuse and Recycle' of all the groups chaired by Dr. Venkat. The ideas shared by the students were very innovative and creative and well appreciated by the chairperson.

In the afternoon, the NSS volunteers undertook the cleaning of Kondhavale Village. They were

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St. Mira's College for Girls, Pune.
NSS Winter Camp – Kondhavale, Tal: Mulshi, Dist: Pune
Period - 06/12/2019 to 12/12/2019

Day 1 – 06/12/2019; Friday

On 6th December, the journey for NSS special camp began from St. Mira's College for Girls, Pune at 8.00 in the morning and reached its destination village Kondhavale at 10 a.m. Upon reaching the campsite at the Samaaj Mandir at Kondhavale, the NSS volunteers cleaned the hall and two rooms that were allotted for the camp and helped in setting up the kitchen for the camp.

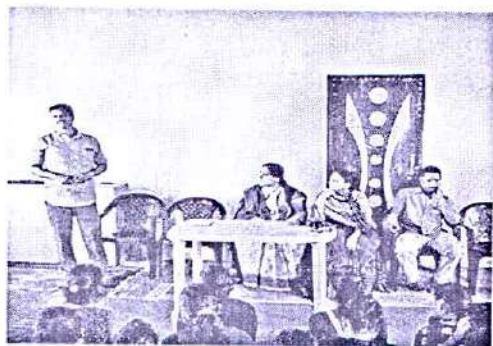
Inaugural Session – At 10.00 am the inauguration of the camp took place. Following people were present for the inauguration: Sarpanch of Kondhavale village Shri Anant Kandhare, Upasarpanch Shri Yenpure, Gram Panchayat member Shri Ashok Jori of Kondhavale village; from St. Mira's College for Girls', Vice-Principal – Dr. Shalini Iyer and Controller of Exams –



Dr. Soniya Chavan were present. The programme started with the address of Sarpanch Anant Kandhare who welcomed the volunteers of the college to the village and explained the agenda of the 7 days camp. He discussed the agenda of the camp with the students and offered his full support to the students while they were there.

The Vice-Principal – Dr. Shalini Iyer addressed the students in Hindi and motivated the students for the mission of a 'Green India, Clean India', the need to plant more trees, the benefits of

sustainable living, to create less waste and contribute towards a modern and sustainable India for a better tomorrow. The Gram Panchayat member Shri Ashok Jori informed the students about the details of the village and their expectations from the students while they are there.



Dr. Iyer expressed her gratitude to the Gram Panchayat and the Sarpanch for allowing the College NSS Unit to

come to the village and host the students there. Dr. Iyer wished good luck to the students for the camp. Post-inaugural Dr. Chavan interacted with the students and reminded them of their

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to make Londhavale a Plastic Free village. The groups of volunteers were assigned different parts of the village for cleaning. They undertook activities of Sweeping and cleaning the garbage in the village.

While the students were cleaning the village, a surprise visit by the College Registrar, Mrs. Suvama and Senior Clerk, Mrs. Sulochana Bajaj motivated the students. The students were very happy to see them and an interaction that followed with the students cheered them on. The students then showed the village to the Registrar wherein they too interacted with the villagers. An interaction with a special person, the oldest lady of the village, almost believed to have crossed the number 100 was quite enthralled during this meet with the Registrar.

In the pre-dinner session volunteers interacted with each other and practiced for street plays.

They also worked on Slogan Writing for the next day's Morning Rally on 'Swachha Gaon Swachha Bharat'.

Day 3 – 8/12/2019; Sunday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song, Pranayam and exercises.

A Morning Rally in the Village was conducted on 'Swachha Gaon Swachha Bharat' This was followed by a Lecture on 'Mindfulness through Communication Skills' by Prof.



Suhaile Azavedo of St. Mira's College for Girls using practical demonstration to help them understand team work. The take away of this lecture was for the students to realize in life how important it is 'To Respond and Not React'. This proved to be very beneficial throughout the Camp tenure as these were

testing times for the volunteers and they had to prove their mettle by responding to situations and people and not reacting.

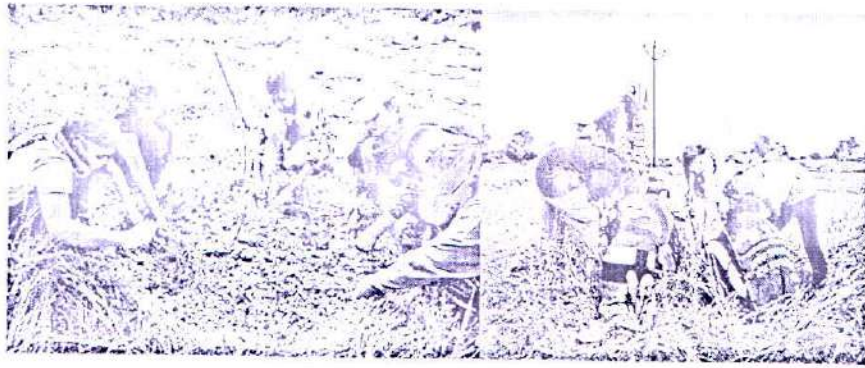
Other professors Dr. Snober Sataravala and Ms. Komal Tujare too interacted with the students and motivated and pepped them up by sharing their experiences of living away from families and friends and the importance of 'Service' and the satisfaction one derives from it.

Post Lunch Mr. Jori had come and he took the volunteers around to show them the medieval period Shankara temple and Veergalas which belonged to the Maratha period.

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This was followed by making arrangements for water provision for trees planted near the Medieval period temple. The volunteers made pits in the village for the trees planted

to survive and water them as well. The Volunteers really worked hard and made about 15 pits with the help of spades and hoes and cleared the area with the help of sickles. Later the volunteers went to interact with the villagers and conducted a survey of village homes and facilities available with them. These students went from door to door and conducted basic socio-economic survey of the village.

While conducting the survey they also helped them with their daily chores like washing vessels, filling up drinking water, cleaning and chopping vegetables, etc. By this time the students had developed a strong bond with the village women and children.



The volunteers were then given time for Slogan Writing for next day's Morning Rally on 'Health and Nutrition'. Later the girls practiced for the street plays which they had to enact on Tuesday. We ended the day with a mid-week Camp Feedback Session from the students to assess what we were doing right and areas where we can improve to make the remaining days more fruitful. This was a first of its kind initiative taken by the Programme Officers to open the interaction among the students. This platform provided an opportunity for the students to realize how they were reacting to things instead of responding and helped them change their outlook to things completely in the days that followed. This effort was appreciated by the students.

Day 4 – 9/12/2019; Monday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song, Pranayam and exercises.

A Morning Rally in the Village was conducted on 'Health and Nutrition'.

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Since the Primary school toilet was the only toilet available for the students to use, the volunteers without any complaints, would clean the toilet of the school before the school hours would begin to ensure a clean facility for the school students and teachers. This was a regular activity for the days spent in the village from this day on. A Swachh Gaon Abhiyaan initiative was taken of a different part of the village i.e. Cleanliness of Shankar temple of Shivajis period and also of the temple premises. The volunteers weeded out the wild and dried grasses from the premises. NSS Programme Officer, Dr. Meenal Sumant conducted an Interaction with the volunteers about the NSS objectives and Camp objectives. She made the students realise of the favours we were drawing from the villagers, in terms of provision of stay and water, washroom facilities, garbage disposal, etc. This way we hoped that the volunteers would reduce the waste being created and work towards a better village environment. The Students too shared their own village experience with everyone, and the luxuries we are getting in this village made especially available for us to avoid inconvenience to us. In the afternoon the students practiced for their Street plays and wrote slogans for the next day's



Morning rally on 'Beti Bachao'.

They then arranged for a Fun Fair for the village women. It included applying mehendi for them, games including duck the ball in the bucket, draping saris in a minute – fastest sari first, taking ukhaanas, etc. The elderly women and the Sarpanch too appreciated the activity as it brought a lot of joy and happiness to the women folk. Since the women were busy with cooking and filling water, the girls helped the women with these chores to finish it fast and then come for the fun fair to be able to enjoy the games for them. On this day the girls went on a Mobile diet of a day and got no phones. This effort was highly

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appreciated by the parents who felt it was highly necessary to keep the children away from their phones in this day of high addiction and dependency on it. The students too did not remember their phones once the Fun fair activities had begun.

Day 5 – 10/12/2019; Tuesday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song, Pranayam and exercises.

A Morning Rally in the Village was conducted on 'Beti Bachao'.

The morning began with a Guest lecture on 'Health and Nutrition' by Dr. Arvind Sarsambi - He

gave the students basic information on what good

health and nutrition is. How health is based on

nutrition, he focused on body image- physical,

mental, emotional included; importance of

carbohydrates, proteins and fats in the diet; how

proteins increase muscle strength, carbohydrates is

glucose and fat has to be balanced; he also informed

them how the same cooking oil is not to be used for a

long time. Keep changing cooking oils, liver is a storehouse of energy, junk food = fermented

food, Balanced diet includes water intake - 5 to 6 ltrs, after 6 to 7 hrs sleep drink minimum half to

1 ltr water before getting out of bed - after 3 mths pimples will disappear, hairfall reduces leading

to healthy hair, drink when thirsty even if during meals, don't overeat, kab aur kaise khaana

chahiye, eat less than ur hunger, eat max 4 times a day, nutrition has a great impact on your

mental behavior; a curry with vegetables, dry veg, rice, no repetition of Roti's, sweets once in a

day, min 30 mins exercise everyday, mental exercises

are also very important - speak your mind out if u r

disturbed, learn to say NO to all BAD Habits and say

YES to all physical exercises. The student gave a Vote

of

thanks as well.

This was followed by an Interaction of students with



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Ms. Veena Kenchi and Dr. Manisha Pimpalkhare, professors from St. Mira's College for girls on Values of NSS. Dr. Pimpalkhare also recited a self written poem on 'Service' and importance of service in ones life.

A 'colouring competition' in the Zilla Parishad Primary School was conducted by the volunteers. Students were provided with the pictures and crayons. Volunteers guided the students and helped them to colour the pictures given. Volunteers interacted with the school children; sang poems and rhymes for them. Prizes for this were distributed on the last day of the camp.

On this day the volunteers had also prepared a special meal of 'Pav Bhaji' for the 60 students of the school and 15 students of the Aanganwadi. The students rejoiced at the sight of getting something different and tasty to eat prepared by the volunteers. The happy, smiling and content faces of the children spoke volumes of how much difference a small act of service like this can make to the lives of these children.

The volunteers then Practiced for the Street Play which they had to perform. The evening of the students was enlightened with a Lecture by Mr. Swamiraj Bhise a well-



known social activist from Savitribai Phule Pune University to teach the students on how to set up Street Plays. He made the session extremely interactive and fun-filled for the students to learn from. The volunteers learnt through voice exercises on how to modulate voices to improve the performance. He also judged the student's street

plays, gave feedback and improvised their plays. The final outcome of this improvisation resulted in a tearful and inconsolable response of the students and village audience. Later the Volunteers practiced for the Cultural events to be performed for the next day.

Day 6 – 11/12/2019; Wednesday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song, Pranayam and exercises. This was followed by a Visit to the nearby village, Chinchwad gaon for a Morning Rally on 'Gender Equality'. The volunteers created awareness through their slogans on the need to educate girls and teach the boys to respect girls and contribute to the work at home.

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Along with this a Cleanliness drive was also undertaken along the way to make the entire region clean and Plastic free. A little farther away from Chinchwad gaon was a dam. The volunteers were taken to Visit the Belavade Dam which was surrounded by lofty mountains and lush green valleys of the Sahyadri mountain range. It was a beautiful sight to behold. The volunteers interacted with villagers passing by and also helped an elderly lady carry the load of her freshly washed clothes back to her house. The Aji was very touched and overwhelmed with this gesture of the girls. The volunteers felt happy to be able to get a smile on the face of this Aji. After returning from the dam a Lecture on 'Reiki, Meditation and it's Benefits' by Ms. Manjita Kulkarni from St. Mira's College for Girls was organised. In this lecture Ms. Kulkarni spoke on the basic Chakras in the body, spoke of alertness, spiritual direction, sustainable happiness, motivation out of depression, concentration, 24 points of reiki meditation, etc. She also focused on how this practice helps in memory retention, reduce the effect of bad influences on your life, how healing can be given, vibrations can be cleared, and how you have to believe in what you want, to reach what destiny has in store for you. She also informed the volunteers of the number of health benefits Reiki has and demonstrated the actual 24 points. The highlight of this session was a Group Reiki that was performed on students wherein 25 volunteers participated to experience the power of reiki to reenergize them after a tiring day to feel peaceful again from within. Post this session these volunteers shared experiences of the vibrations they experienced while the reiki was in progress and how they were more at peace with themselves and their surroundings. This way they all were geared up for the Valedictory function and the Cultural programme that was to follow in the evening.

Post lunch the volunteers were given time for preparing for the cultural programme and for performing the street plays for the villagers.

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Valedictory Programme: Valedictory Function was organized in the evening. Mr. Mahadeo

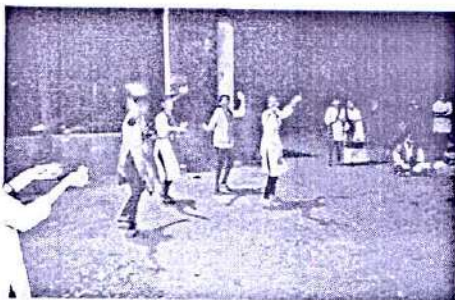


Anna Kondhare, President-

Rashtrawadi Yuvak Congress, Mulshi Tahasil, Mr. Sunil Chandere, President, Bhor-Velha-Mulshi Constituency, Rashtrawadi Congress Party, Mr. Anant Kandhare, Sarpanch, Kondhawale Group Grampanchayat, Mr. Somnath Yenpure, Up-sarpanch, Kondhawale Group Grampanchayat and Mr. Ashok Jori were present for the event. Mr. Sunil Chandere was the guest speaker and Mr. Mahadeo Anna Kondhare was the president of the valedictory function. They interacted with the volunteers regarding the experience of the camp, interactions with the villagers, needs of the students in rural areas like sound communication skills in English and how best the urban youngsters can contribute towards that.

This function was also attended by Mr. Shivaji Pacharne, District Co-ordinator, SPPU and Mr. Nana Shejwal, Area Co-ordinator of SPPU. They congratulated the volunteers on successful completion of the camp and interacted with the students. They shared experiences of their college NSS camp initiatives and encourage the students to think on those lines for future.

The Chief guests of the valedictory function and the SPPU representatives enjoyed the dinner made by the volunteers sponsored by the village authorities.



Post dinner and the valedictory function, a small cultural programme was put up by all the NSS volunteers for the villagers of Parodi. The programme was hosted by Amruta Pawar. Street plays on the themes male-female equality, Beti bachao, cleanliness were put up by the students. Solo and group dance performances and Patriotic song singing were also performed for the villagers which they really enjoyed.

NSS PQ
Shree



JB
Principal Incharge
St. Mira's College for Girls, Pune.

Day 7 – 12/12/2019; Thursday

Our mornings in the camp started with prayer i.e. Sanctuary, followed by University Song, NSS Song, Pranayam and exercises.

All the NSS volunteers cleaned the premises of ZP Primary school toilet, premises of the Samaj Bhavan where we were staying, one big hall and two small rooms were also cleaned to be handed over to the Sarpanch. We very proudly handed over the rooms to them cleaner than what we had received them in.

Prize distribution of the Colouring Competition was done at the hands of the student volunteers. The volunteers bid a tearful farewell to all the villagers and came back to Pune with fond memories in their heart and learnings of simplicity, service and gratitude to remember forever.

--Some Glimpses of the other regular activities of the Camp--



Dr. Meenal Sumant
Dr. Sandhya Pandit
NSS Programme Officers

Meenal
Sandhya



G.H. Gidwani
Dr. Gulshan Gidwani
Principal



SADHU VASWANI MISSION'S
St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA(CA)]
6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/ (1962)
College Code: - 013

3.6.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

2020-21

1. List of Activities
2. Reports of Activities



Jayab

Principal Incharge
St. Mira's College for Girls, Pune.



SADHU VASWANI MISSION'S
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3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years.

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1	CRSA- Covid Resources Students' Association	Initiative by St. Mira's College for Girls	2020-21	103
2	SOUL- Social Outreach United Learning	Dept of English with NGO Aasra	2020-21	12
3	Tree Plantation Drive-	Department of Accountancy with Deepgriha	2020-21	4
4	Collection and distribution of academic books	Department of Accountancy with Deepgriha	2020-21	86
5	To upload academic content on App	Department of Accountancy with Spherule Foundation	2020-21	4
6	Fund Raising for Helpline	Department of English with NGO- Helpline	2020-21	39
7	NSS Annual Activities	NSS Unit with SPPU	2020-21	150
TOTAL ACTIVITIES = 07				
TOTAL STUDENTS' PARTICIPATION = 398				



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

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COVID RESOURCES STUDENTS' ASSOCIATION (2020-21)

Covid Resources Students' Association is a initiative started by Taarini Das, Urvi Shetty and Karuna Das, our students who came together to help India heal via Social Media! They thought it was important for such a campaign to be carried out because it clearly was the need of the hour. They wanted people to spend time with their loved ones during these times rather than run around for resources.

CRSA India helps people by providing well researched and accurate verified information to fulfill their requirements. They have a team of enthusiastic volunteers from around the country (103) helping them to be more, learn more and help more. In the span of 3 weeks, they have been able to help around 2000 people around India and have decided to be there for people as long as they're needed to be.

They have a team for collection of well researched data and resources from different social media platforms, websites. One the resources have been sent on the group. CRSA India volunteer heads for every state make sure that most of the data is verified and updated on the spreadsheet that consists of all genuine and verified data made available for everyone in need.

The group has a Google meeting from 10AM to 10PM every day for the entire team whoever is free to join. On this call, the team helps in verification of all data. They personally call up all the resources on the spreadsheet every day to confirm availabilities.

The team gets a lot of requests through their personal social media handles and also their main Instagram page - @CRSAindia. The team try to help as many people as they can.

Urvi
Co-ordinator
Social Outreach
Committee



JK
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Activity Report

SOUL: Social Outreach United Learning

Social Outreach Teaching Programme at Aasra

Number of participating students: 12

St. Mira's College for Girls, Pune, collaborated with the NGO AASRA for the second successful realization of their social outreach programme for the academic year 2020-2021. The volunteers have engaged in online teaching programmes focussing on Spoken English for the children of Ishrat Baug, Mohammedwadi, Pune. They covered topics like objects in a shop to polite greetings and public relations. The classes took place once or twice a week using the zoom online platform. The students shared PPTs, chatted and had discussions.

A total of twelve student volunteers from the UG and PG level of the institute have shown their competence in scheduling and performing various outreach activities during the period of November 2020-January 2021.

J. J. Satavale

Coordinator



JR
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Accountancy
Social Outreach-20-21

Report

DeepGriha Activities

- The Department of Accountancy took a step towards its outreach activity **post Covid outbreak**
 - In December 2020, the college donated a Smart TV to DeepGriha- 'City of Child'- Kasurdi Village, Pune
 - On Saturday, 6th February 2021, the faculty and Students of the Department of Accountancy conducted a **tree plantation drive** at the residential school – 'City of Child' of DeepGriha Society at Kasurdi Village on Solapur Road, Pune.

4 students - 3 current students and 1 alumni of the college were actively involved in:

- purchase of mango and coconut saplings and
- planting them on campus of the school at Kasurdi Village.

The team planted in all 5 mango saplings and 10 coconut saplings.

- During March 2021, All TY BCOM Students contributed money, purchased **academic books** required and **donated** them to the students of DeepGriha Residential School, Kasurdi Village.

Spherule Foundation:

- 04 students of SY BCom volunteered to **upload academic content** on app "Insta Shala" developed by Spherule Foundation **during Covid -19** to extend online education to students of PMC schools.



Coordinator:
Dr. Dimple Buche




Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Activity Report

Social Outreach Fund Raiser for Helpline

Number of participating students: 39

The MA students of St. Mira's College for Girls, had a fund raising drive to collect money for the NGO Helpline which is for physically challenged women. The students raised a total of Rs22,000.

J. J. Sasaravala



Coordinator

JR
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

Department of NSS

Annual Report – Regular Activities – 2020-21
(COVID-19 Pandemic Year)

6th International Yoga Day, 21st June 2020 – 148 students

'Swachhawari- Swasthyawari - Nirmalwari-
Haritwari- Virtual War - Inaugural Session' - 29th
June, 2020 – 50 students



'Webinar on Supercharge your Life' - 3rd July, 2020 - 40 students

SwachhaWaari, SwasthaWaari, NirmalWaari, HaritWaari – July 2020 – 80 students

'SPPI-NSS Wari 2020 Valedictory Function' - 7th July, 2020 – 50 students

'No Tobacco Pledge' - 21st July, 2020 – 50 students and 20 staff

'Dada's Vision of Education and its relevance in Today's Times' - 24th July, 2020

'Special Sanctuary organized for our revered Guru Dada J. P. Vaswani's 102nd Birthday' - 1st August, 2020 - 60 volunteers

'NSS Spit Free India Movement – Pledge for Life' - 12th August, 2020 - 60 NSS volunteers

Organ Donation Awareness Campaign Week - 13th August to 20th August 2020

13th August, 2020 – 'Inauguration of Organ Donation Awareness Week'

14th August, 2020 – 'Fir Zindagi – Life Starts'

15th August, 2020 – 'Orientation on Organ Donation'

16th August, 2020 – 17th August, 2020 – 'Digital Poster Making and Slogan Writing'

35 volunteers made about 85 posters in order to reach out to their friends, families and society at large.

18th August, 2020 – 'Awareness creation among College Staff and Non-Teaching Staff'

19th August, 2020 – 'Inspiration Talk to motivate for Organ Donation' – 40 students

20th August, 2020 – 'Creating Awareness through Social Media platforms'

ShikshakParv-Webinar on NEP 2020-Ministry of Education - Wednesday, 16th Sep 2020.

NSS Day Celebration - Guest Lecture on "Safety and Precautions for the Family during Covid Times" - 24th September 2020 – 75 students

Report –of Cleanliness drive on the occasion of Gandhi Jayanti - Friday 2nd October, 2020. – 80 students

Fitness drive on the occasion of Gandhi Jayanti - Friday 2nd October, 2020. -50 students participated in this fitness drive.


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Majhakatumbh Majhi Jambhatri - 15 Sept 2020 to 25 Oct 2020

1. Handwashing Demo and Precautions for Family during Covid times - 9 Oct. 2020 -More than 86 students were present
2. Yoga with Family
3. Guest Lecture on Safety and Precautions for Family during Covid Times - 24 Sept. 2020
4. Poster Making

Jan Andolan Campaign on Covid 19 - 16th October to 25th October 2020

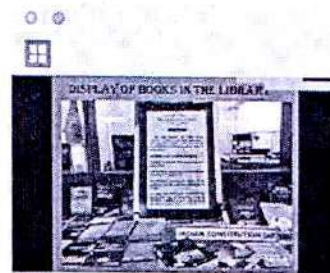
16th October, 2020 - 'Pledge Taking by Faculty, Staff and Students'

17th October, 2020 - 21st October, 2020 - 'Digital and Creative Hand Made Poster Making' - 20

19th October, 2020 - 'Awareness creation among College Staff and Non-Teaching Staff'

20th - 25th October, 2020 - 'Creating Awareness through Social Media platforms'

On Student Whats App Status, On College Facebook Page , On College Website



SwachhaSurvekshan 2021 Intercollegiate competitions report - 17 NSS students participated

National Unity Day - 31st Oct, 2020 - 50 students

Vigilance Awareness Week - Satark Bharat, Samridha Bharat - 27th October to 2nd November 2020

Anti-Corruption Integrity Pledge for Organisations- Tuesday, 27th October, 2020

Integrity Pledge for Citizens

Guest Lecture on Anti-Corruption Awareness - Monday 2nd November 2020.

Mission Begin Again - 22nd Oct, 2020

National Education Day - 11th Nov., 2020

To celebrate this day, the following activities were conducted:

1. A Webinar on 'National Education Day - Its Significance in today's Life'
2. Elocution by Students on importance of literacy and education.
Four students participated This session was compered by our very own third year B.A. student, NamrattaDatta. - 85 students from NSS and the department of education were present for both the activities organized - the Webinar as well as the Elocution session of the students.
3. 'Each One Teach One' - Nearly 40 students of the Department of Education

CONSTITUTION DAY 2020 - 26th Nov. 2020

1. Collective Reading of the Preamble to the Constitution.
2. Collective Reading of the Fundamental Duties of Citizens of India
3. Screening of the Documentary- Samvidhaan.

NSS INAUGURATION PROGRAM - 28th November 2020

Report for Voters List campaign held on 5th and 6th Dec and 12th and 13th Dec 2020

Total 40 students from BA and B.Com have registered online on given website their names in voters list.


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Fit India Thematic Campaign from 1st Dec to 30th Dec 2020 (Fitness ka Dose-Aadha Ghanta Roz) - 4th
Friday, Dec 2020

'Maajhi Vasundhara 2021' - 1st to 15th January, 2021

NSS Code – A-45		College Name – St. Mira's College for Girls, Pune	
Sr. No.	Name of the Activity	No. of Students (Participated Online)	No. of Students (Participated Offline)
1	HaritShapat Pledge – Orientation Session	78	-
2	Kitchen Garden from Kitchen Waste – Lecture cum Demo Session	55	-
3	Segregation of Household Waste and Converting Wet Waste into Organic Compost – at Home and in the Neighbourhood – Lecture cum Demo Session	49	-
4	Rainwater Harvesting - Lecture	40	-
5	Towards a Plastic Free Home – Lecture cum Demo Session	54	-
6	Best Out of Waste – Demo Session – Lantern and Basket Making	45	-
7	Short Video Screening on Need for Segregation of Waste – 'Mera Baba DeshChalata Hai'	45	-

YuvaSaptah – 12th Jan. to 18th Jan. 2021

The Youth Day was enthusiastically celebrated jointly by the Departments of Politics and Public Administration, NSS and Student Welfare. This day is celebrated on 12th January 2021.

The online session was attended by 80 participants.


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A Panel discussion was held on the following topics -

1. 'Views of Swami Vivekananda and Today's Youth' - Speaker for this topic was Ms. Veena Kenchi
2. 'The Changing Mindset of Today's Youth' - Speaker for this was Mrs. Pooja Jain.
3. 'Disposal of Plastic Waste' was explained to the students through videos.
4. Clean and Healthy India - Contribution of the Youth
5. Display of Books on Swami Vivekananda by the Library




Principal Incharge
St. Mira's College for Girls, Pune.



ParakramDiwas Celebration - Saturday, 23rd Jan 2021.

NSS Code - A-45		College Name - St. Mira's College for Girls, Pune
Sr. No.	Name of the Activity	No. of Students who Participated *
1	"The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India" - Lecture by Dr. Sandhya Pandit, Head, Dept of History, St. Mira's College for Girls	31
2	The Flame that Burns Bright- India's Struggle for Independence - Documentary Screening	30

* - Please Note: The College has its End Semester exam in progress due to which the number of participating students was impacted

NATIONAL VOTERS DAY CELEBRATIONS - 25TH JANUARY 2021

Two programmes were organised by the college on the occasion of the National Voters Day 2021

1. Poster making and Slogan Writing
2. Awareness Programme-

Covid-19 Vaccination Awareness Campaign - Jan-Feb, 2021

Report of Road Safety Awareness campaign - 18th January to 17th February 2021

NSS Code - A 45	College Name - St Mira's College for Girls, Pune
Name of the program	Students Participation
E-Quiz on the Rules to be followed while riding or driving on the roads	92 students 29 teachers and non-teaching staff
Poster making and Slogan writing competition (handmade and by using technology)	7 handmade posters 2 technological posters
Road Safety Pledge (15-02-2021)	56
Road Safety Awareness Campaign videos	29

Report of the Guest lecture on Cyber Security Safety Awareness - 2nd March 2021, Tuesday.

63 Students and the staff participated in this Session on Cyber Security. This session was very informative for both the staff and the students to understand why we need to protect our information and how and not fall prey to cyber fraud.

International Women's Day - 8th March -Guest Lecture by **Renowned Advocate Rama Sarode** on 'Gender Violence and Judiciary System in India'


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AZADI KA AMRIT MAHOTSAV – at Aga Khan Palace, Pune – 12 March 2021

On the occasion of the 75th anniversary of India's Independence, the Azadi ka Amrit Mahotsav program was launched with a heritage walk from the Aga Khan Palace on 12th March 2021.

Five NSS volunteers from St. Mira's College for Girls, Pune – Pooja Kotambe, Sherin George, Christina D'Souza, Chetana Thorat and Zainab Nagarwala participated in this event and learnt a lot about the contribution of the freedom fighters and the significance of India's struggle for independence.

NASHA MUKT BIHARAT ABHIYAAN - Webinar on De-addiction of Substances -23rd March 2021, Pune

PoshanPandharvada – 16 March to 31 March 2021 - Yoga for Good Health - 26 March, 2021

25 volunteers actively participated in the live practical session which was demonstrated by an NSS volunteer Sai Kachare under the guidance of the director of Physical Education, Mrs. Ekta Jadhav.

Dr. Sandhya Pandit
Ms. Manjita Kulkarni

SP
MSK

NSS POS



Shalini Iyer
for Principal



JR
Principal Incharge
St. Mira's College for Girls, Pune.

12
(a)

**St. Mira's College for Girls, Pune
Department of NSS**

Annual Report – Regular Activities – 2020-21 (COVID-19 Pandemic Year)

1. COVID-19 Awareness 2020 - 30th April, 2020

NSS Department of St. Mira's College actively participated in Awareness Creating Programme. College organized/ participated in following activities throughout this period.

- a) Total 94 volunteers attended training in English or Marathi. Out of total 56 students attended training in Marathi and remaining 38 attended it in Hindi.
- b) 14 videos creating awareness about corona were uploaded on youtube by 12 NSS volunteers and total 15 posters digital and handmade were made by 14 volunteers.
- c) Almost all the volunteers took pledge to stay at home and to create awareness about Corona virus.
- d) Around 70 NSS volunteers and 2 POs downloaded Arogyasetu app. and uploaded required information.
- e) 70 volunteers have registered themselves as Corona Warriors either on NSS web portal or using telegram app.
- f) Total 69 volunteers made 1176 masks and distributed these masks to the needy people in the vicinity. Sai Kachare made great contribution towards this by making 600 masks and by distributing them to the hospital staff through Bharat Forge company. Another NSS volunteer Pooja Saini too made 100 masks single handedly and donated them.
- g) 59 volunteers made approximately 9.880 liters of handwash/sanitizer at home using available ingredients at home.
- h) 70 volunteers adopted 371 families for creating awareness about corona. Volunteers either went from door to door or contacted these families on whatsapp or through phone call. All the families were informed about the symptoms of corona, precautions to be taken, all the families were surveyed with respect to health issues, use of masks and handwash etc. they were told to download arogyasetu app.
- i) 1 online meeting was conducted on 20th April 2020 to orient students about corona awareness. Total 22 volunteers attended the meeting and gave positive response.



2. 6th International Yoga Day, 21st June 2020 - The 6th International Yoga Day was celebrated by St. Mira's College for Girl's virtually due to the Covid-19 pandemic situation. The department of Physical Education and Sports had organised an online Practical Webinar on Yoga in two different sessions. The total 148 students and staff members actively participated in the live practical webinar. This year the theme of the Yoga Day was 'Yoga at home, Yoga with Family'. It was conducted by director of Physical Education, Mrs. Ekta Jadhav. The chief guest was our senior most Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur. Followed by practical session which includes prayer, different Yoga posture such as Sukshma Vyayama, Tadasana, Vrukshasana, padahastasana, Ardha Chakrasana, Trikonasana, Bhadrasana, Ardha Ushtrasana, Vajrasana, bhujangasana, Pawanmuktasana, setu bandhasana etc. ended with Kapalbhathi, Anulom Viloma, Bhramari Pranayam and Dhyana.

3. 'Swachha wari- Swasthya wari - Nirmal wari- Harit wari- Virtual Wari - Inaugural Session' - 29th June, 2020 - Place: Sant Dyaneshwar Sabhagruh (Facebook page, You tube live). The program was started by the Bhaktirang program which included 'Abhngas'. The chairperson for this program was Dr. Nitin Karmalkar, Vice chancellor of SPPU; Guests were Dr. NS Umrani, Registrar Praful Pawar, Management council member Mr. Rajeshji Pande, Principal Dr.Sanjay Chakne , Members-

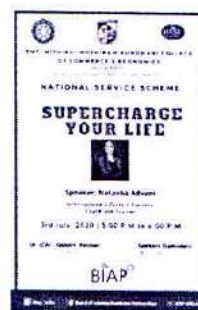


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St. Mira's College for Girls, Pune.

Bhagyashree Mandalkar, Dr. Prabhakar Desai, Director NSS, Student Development Cell Director, Mr. Santoshji Parchure.

NSS Department of St. Mira's college participated in the Virtual wari inaugural program attempt by SPPU, with students and 2 teachers- Dr. Sandhya Pandit and Ms Manjita Kulkarni. Some students attended the program on Facebook page and some attended from you tube link at 11 am on Monday 29th June, 2020. Mr Rajeshji Pande spoke of student's contributions in times of Covid and Dr. NS Umrani gave guidance about the Wari. He stated this was the Maharashtrian tradition of various saints. Dr. Karmalkar said we have to take everyone out of their frustration and for that they have suggested some ways like organizing such kind of programs so everyone can come together. Vote of thanks was given by Santoshji Parchure.

4. 'Webinar on Supercharge your Life' - 3rd July, 2020 - On 3rd of July, 2020, the NSS department in association with Smt. Mithibai Mothiram Kundnani College of Commerce & Economics organised a webinar on 'Supercharge your life' from 5pm to 6:30pm. The platform used for this webinar was zoom and was also broadcasted live on YouTube as well as Facebook on the college's official page. The speaker for this webinar was Natasha Advani, an international lifestyle success coach and trainee. The webinar was attended by 40 students of St Miras College for Girls, Pune. The webinar began with giving thanks to Goddess Saraswati followed by an introduction of the speaker for the day. Natasha Advani spoke about the various techniques and rituals that she has been following for almost 20 years in order to live a better and positive life. Some of the techniques that she mentioned were meditation, journaling, going for a walk and how laughing plays an important role for keeping our body healthy. She also spoke about how important it is to start our day on a positive note either by meditating or exercising. Natasha Advani in a very apt way said, "Our internal world is a reflection of our external world" in addition to saying this she explained the importance of having a healthy diet in order to live a healthy life. The webinar was an insightful and relaxing session which informed everyone how to keep ourselves healthy and fit both physically and mentally especially during this tough time.



5. Swachha Waari, Swastha Waari, Nirmal Waari, Harit Waari – July 2020 - St Mira's College for Girls, Pune under the guidance of SPPU organized various activities under the **Swachha Waari, Swastha Waari, Nirmal Waari, Harit Waari** initiative. These activities were conducted by the students in their own houses and localities because this time the Covid-19 pandemic had struck the world and engulfed it. Since the actual physical waari was called off in order to contain the spread of the disease, various health and sanitation related activities were conducted by the students. The University had organized an inauguration and a valedictory function for this initiative as well.

1. **Swachha Waari** - A cleanliness drive was undertaken by the student volunteers in their own houses and localities.
2. **Swastha Waari** - Under this a No Tobacco Campaign was undertaken to create awareness among the people of the ill-effects of consumption of tobacco.
3. **Nirmal Waari** - Under this initiative a No Spitting drive was conducted as this disease of Covid-19 was such that it could easily spread through spitting, etc. Hence, awareness against spitting was conducted by the students through various social media platforms.
4. **Harit Waari** - This was a tree plantation drive where students were encouraged to plant medicinal plants and trees which will purify the air and provide more oxygen.

Inspite of the lockdown students participated enthusiastically to do their best maintaining social distancing and other Covid-19 protocols.

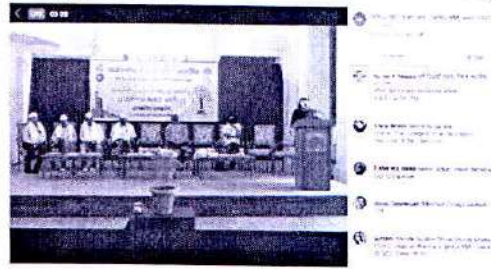
6. 'SPPU-NSS Wari 2020 Valedictory Function' - 7th July, 2020

On the 7th of July, 2020 a valedictory function of the SPPU-NSS Wari took place virtually on several platforms such as Facebook, YouTube and Zoom. Every year, the NSS department of the Savitribai



Principal Incharge
St. Mira's College for Girls, Pune.

Phule Pune University organises several activities in connection with the annual religious procession called Wari to Pandharpur. Awareness drives, cleanliness drives, health camps, tree plantation and distribution of biodegradable plates are some of the key features of the SPPU- NSS wari. This year, despite the COVID 19 pandemic, The NSS dept. organised such activities along with the virtual wari that took place. This program was organised from the 3rd of July, 2020 to the 7th of July, where the students engaged in activities such as tree plantation, awareness against spitting and tobacco, and cleanliness. The valedictory function of the same, took place on the 7th of July 2020.

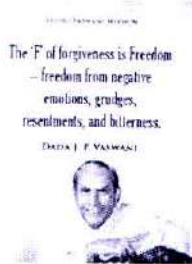


Several dignitaries from SPPU were present. The function started with watering of a plant by the dignitaries, the university song and Dr Prabhakar Desai (Director, NSS, SPPU) introducing all the dignitaries. Dr. Nitin Karmarkar, (Vice-Chancellor, SPPU), said that wari should not be looked at just as a spiritual journey; It is an opportunity for service. Mr. Rajesh Pande (Chairman, Organizing Committee) also stressed on working together and contributing even the tiniest bit possible. NSS and its slogan, “not me but you” is a sacrament which develops each student’s personality, he said. On the same lines, Mr. N.S Umbrani (Pro Vice Chancellor, SPPU) said that NSS gives wholesome education to students. They learn the importance of working hard and being efficient and sincere in everything they do. Prafulla Pawar (IC, Registrar, SPPU), Sanjay Chakne (Managing Director & Member of Management council), Dr. Santosh Parchure (Director, Students' Development, SPPU) and Bhageshree Manthalkar (Former Member of Management Council) wholeheartedly thanked all the NSS volunteers for their sincere efforts, for working beyond the goal and for working even when the whole world was shut down. Mrs. Manthalkar also said that the youth has showed that NSS is Non-stop Service to the Society. All the dignitaries thanked, congratulated and motivated the NSS volunteers for working hard. The function concluded with tree plantation in the campus.



7. No Tobacco Pledge - 21st July, 2020 - Students, along with the Non-teaching Staff, Sevaks and Sevikas pledged not to consume tobacco in any form and to restrain others from the use of tobacco.

8. Dada's Vision of Education and its relevance in Today's Times - 24th July, 2020



On the occasion of our revered Guru Dada J. P. Vaswani's 102nd Birthday, our College organized a live Webinar on Dada's Vision of Education and its relevance in Today's Times. Our Mentor said – “Life is a school and experience is our teacher. But the fees we pay is quite high!” The volunteers of the NSS department attended in this special eye-opening session by the Keynote Speaker – Dr. Sanjay Deshmukh, Former Vice Chancellor, University of Mumbai. This was a mark of tribute to our Spiritual



Mentor – Dada J.P. Vaswani. This webinar was successfully initiated and organized by our Principal, Dr. G.H. Gidwani. The students greatly benefitted by the pearls of wisdom shared by Dr. Deshmukh through his varied experiences and interactions he had in the field of education.

9. Special Sanctuary organized for our revered Guru Dada J. P. Vaswani's 102nd Birthday- 1st August, 2020 - On the occasion of our revered Guru Dada J. P. Vaswani's 102nd Birthday, the College had organized a special sanctuary to pay our tribute to him and to the work and contribution made by him to our lives. More than 60 volunteers of the NSS department attended in




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this special virtual sanctuary as our Guru touched each of our lives in more ways than one. He was the torchbearer to bring light into many of our lives and taught us how to uplift ourselves spiritually through service of the head, hand and the heart. Speakers like Dr. Shanti inspired the students on how the spirit for life should never die whatever circumstances in life that one may face.



10. NSS Spit Free India Movement – Pledge for Life - 12th August, 2020

The volunteers of the NSS department participated in the NSS Spit Free India Movement – Pledge for Life initiative of NSS – KBC North Maharashtra University – Arts, Commerce and Science College, Bodwad. More than 60 NSS volunteers took this pledge for life of not spitting in public places. Based on a video, questions were asked and these students solved the quiz successfully. All these volunteers received Certificates of Participation for the same.



11. Organ Donation Awareness Campaign Week - 13th August to 20th August 2020

As a part of the Organ Donation Awareness Week, the NSS department undertook the following activities in order to create awareness, encourage and inspire staff, students, non-teaching staff, friends, family, relatives and the neighborhood people to take the pledge to donate their organs and contribute to this great cause. Through these activities everyone was made aware of our duty towards the nation and that donation of organs is a very humble cause through which they can contribute to the society at large.



a. 13th August, 2020 – Inauguration of Organ Donation Awareness Week - The NSS students virtually participated in the inauguration function of the Organ Donation Awareness Week organized by the SPPU-NSS department at the hands of our Honourable Governor Bhagat Singh Koshiyari. Before this programme the students were also sent messages on whats app to speak to their parents and make them aware of this campaign.



b. 14th August, 2020 – Fir Zindagi – Life Starts - Every year to spread awareness on the topic of organ donation the NSS department organizes a guest lecturer to speak on the same. But due to the Covid crises this year the session was conducted virtually on Facebook by Savitribai Phule Pune University- NSS. Mrs. Aarti Gokhale, central coordinator of ZTCC Pune, was invited to speak and enlighten all NSS volunteers on the subject of organ donation. Organs can be donated in many ways “Unfortunately in India there are very few organ donors as compared to other foreign countries” added Mrs Gokhale. She also stated the reason as to why it is that way. She further explained the role of media and how it helps in spreading awareness to people. In conclusion Mrs. Aarti Gokhale encouraged all the NSS volunteers to spread awareness about organ donation and save lives.



c. 15th August, 2020 – Orientation on Organ Donation - An orientation of the students regarding the importance of organ donation was done. Initially, a short and impactful video on ‘Organ Donation’ was shown to the students which showed them the joy and satisfaction of loved ones to see their near and dear ones alive because of a noble cause of organ donation by one person and family. This was followed



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by a discussion over it regarding the current data of loss of lives due to organ failure, importance of organ donation and benefits of organ donation.

d. 16th August, 2020 – 17th August, 2020 – Digital Poster Making and Slogan Writing - The NSS



volunteers were motivated to make digital posters to create awareness about organ donation, remove the superstitious beliefs associated with it. The volunteers put on their thinking caps and with the help of open sources available on the internet and their creativity, 35 volunteers made about 85 posters in order to reach out to their friends, families and society at large.



e. 18th August, 2020 – Awareness creation among College Staff and Non-Teaching Staff - In order to create and encourage the Teaching and Non-teaching staff of the college towards Organ Donation, the NSS POs spoke to them informally and cleared any doubts they had regarding the same. Posters were also put up in the common areas of the college like the Notice Board, Staff room, Library, etc. to enable the participation of more and more people in this humble endeavor. Messages were also shared on college what's app groups both in the degree and junior college.



Alongwith this the NSS volunteers were also encouraged to put up these posters on their society notice boards to reach out to the society.

f. 19th August, 2020 – Inspiration Talk to motivate for Organ Donation -Dr. Meenal Sumant from the Department of Economics spoke to the students about Organ



Donation. The reason why Dr. Sumant was the right person for this was because she had pledged for organ donation last year with her husband. This was important because the NSS volunteers got first-hand information from their teacher who has



actually taken the pledge which definitely inspired many volunteers. Dr. Sumant spoke about the necessity of organ donation by giving the actual statistical data, where we can see the requirement of organ donation. Madam explained the importance of this, the need to create awareness and types of organ donation. She also mentioned the age where we can donate our organs and even the restrictions of the age where we cannot donate some particular organs. Dr. Meenal shared her personal experiences about how she decided to pledge for donating her organs and encouraged the volunteers. 26 Students were present for this awareness lecture. Some girls shared their information about organ donation and asked their queries.



g. 20th August, 2020 – Creating Awareness through Social Media platforms - A short video was made by the students and was shared on the College Facebook and Instagram pages. Many teachers and NSS volunteers shared this video on their own FB and Insta pages with the hope and intention of creating an unending chain of reaching out to the millions of people using these platforms in times of Covid. The efforts of the students



was highly appreciated. The NSS volunteers also posted slogans and posters made by them on What's App statuses and FB and Insta stories which were viewed by many of their friends, family and relatives. Through this the volunteers reached about 1500 people who saw their FB stories and what's app statuses, 35 FB likes and 5 shares; and 201 views, 50 likes and a few comments on Instagram Videos. They were also encouraged to share these on their society what's app group to



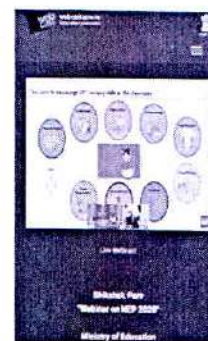
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reach to the society at large. A number of doubts and misconceptions raised by their loved ones were also cleared by the volunteers.

12. Report – Shikshak Parv -Webinar on NEP 2020 by Ministry of Education - 16th Sep 2020 -



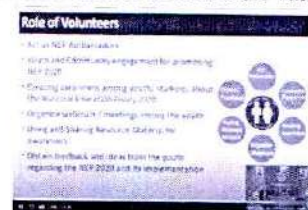
The Webinar started with an introduction by the Defence minister –New Delhi. He stated the importance of education and appreciated the New Education Policy 2020. According to him, this policy will help develop the social, emotional and moral state of a student. More focus was given on making students Atmanirbhar – self-dependent. In the



second session, the salient features of school education in this policy were discussed. In the third session, salient features of transforming higher education was discussed by Prof. Rajnish Jain, Principal Secretary, UGC. The idea is to focus on value



based Quality higher education This policy focuses on a broad based, multi-disciplinary holistic education through experiential learning. In that it looks at increasing access to education through MOOCs, SWAYAM, MERU- Multidisciplinary education and research university being established, etc. It



also involves employment based education, hence more focus on vocational education.

The volunteers should act as ambassadors of NEP 2020 to ensure it reaches the citizens and promote confidence in them about the benefits of this new policy. This awareness can be created by organising webinars, meetings among the youth, sharing resource materials, etc. This was followed by a brief question and answer session.

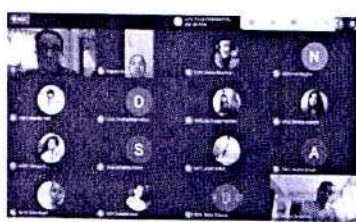
13. NSS Day Celebration - Guest Lecture on “Safety and Precautions for the Family during Covid Times” - 24th September 2020 -

Every year NSS Day is celebrated on 24th September as the Foundation day. This year the theme for the celebrations was “Maajhe Kutumb, Maajhi Jababdaari”. This is an initiative of the Maharashtra State Government to detect all citizens who are sensitive and vulnerable to catch the COVID-19 virus in the global pandemic being faced in the last 7 months. On this occasion the following Guest Lecture was organised- **Dr. Arvind Sarasambi**, a medical professional and a



COVID Warrior himself who had volunteered and actually worked in the Covid wards of a hospital in Madhya Pradesh, was invited to speak to the NSS volunteers about the importance of ‘Safety and Precautions for the family during this Covid-19 pandemic’.

Dr. Sarasambi gave an overview of what this disease is all about and appreciated the efforts taken by the government to control this pandemic and create awareness amongst the people. He spoke of how



our culture of ‘Atithi Devo Bhava’ had changed to ‘Atithi Risko Bhava’. This was because of the irresponsible behavior and attitude of the people towards this disease especially after Unlock 1.0. So he highlighted that the need of the hour was to create awareness about the safety measures to be taken in order to control the disease and in case of any symptom they should go to a medical professional immediately instead of using self-medication. Sir, gave the key mantra to be followed by the volunteers in order to act responsibly towards their family –

1. Safe Home is a Happy Home – so don’t step out of the house unless an emergency.
2. Offer to do the work of all members above the age of 65 years.
3. FOOD – Eat regularly and ONLY food prepared at Home – NO JUNK FOOD – NO AERATED drinks
4. Wash Hands regularly




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5. Wear Mask and Gloves properly
6. AVOID social gatherings – if very important. Maintain Social Distance
7. While returning from outside. Sanitize hands before entering the house, have a bath and wash the clothes immediately.
8. Suggested Steam Inhalation and Salt Water Gargling as effective measures for possible prevention

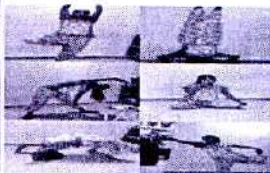
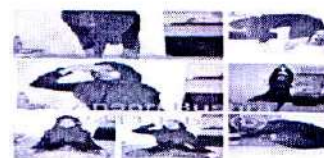
He stressed on making your MIND Strong and not to fear. Dr. Sarasambi also gave information about the tests conducted for detecting Covid-19. The session ended with a question and answer session in which he cleared all the doubts which the volunteers had. This lecture was an effort to create awareness and encourage students to take care of their families by taking all possible precautions during this pandemic. Through this lecture everyone was made aware of our duty towards the nation and how they can contribute to the society at large by being responsible citizens.



14. Report of Cleanliness drive on the occasion of Gandhi Jayanti - 2nd October, 2020 - Cleanliness drive was organized by NSS volunteers on the occasion of Gandhi Jayanti. FY BA, B.Com and SYBA, B.C.com students took part in this full day activity. They cleaned their room, house, toilets, common areas of the society etc. Approximately 80 students participated in this cleanliness drive. Many of them have cleaned their garden and common roads of the society. This was their contribution towards father of the nation.



15. Fitness drive on the occasion of Gandhi Jayanti - 2nd October, 2020 - Fitness drive was organized by NSS volunteers on the occasion of Gandhi Jayanti. FY BA, B.Com and SYBA, B.C.Com students took part in this full day activity. They performed various asanas, Suryanamaskar, done cycling, jogging for their fitness. Approximately 50 students participated in this fitness drive.



16. Majha Kutumb, Majhi Jababdari – 15 Sept. 2020 to 25 Oct. 2020 - St Mira's College for Girls, Pune under the guidance of SPPU organized various activities under the Majha Kutumb, Majhi Jababdari – 15 Sept. 2020 to 25 Oct. 2020 campaign of the Govt. of Maharashtra initiative. The following activities were conducted under this campaign.

a. Handwashing Demo and Precautions for Family during Covid times – 9 Oct. 2020 - Against the background of Covid-19, a handwashing demo was held for the students to maintain hygiene by Mrs. Shanthi Fernandes who told the students about the correct technique of washing the hands to remove germs properly.

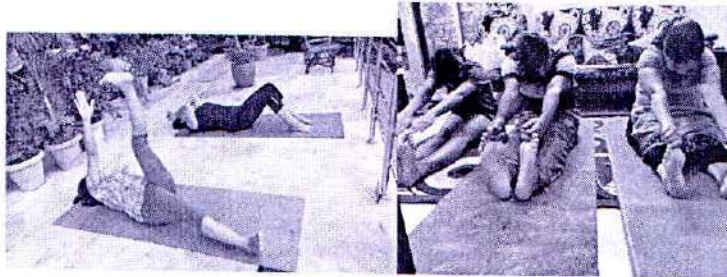


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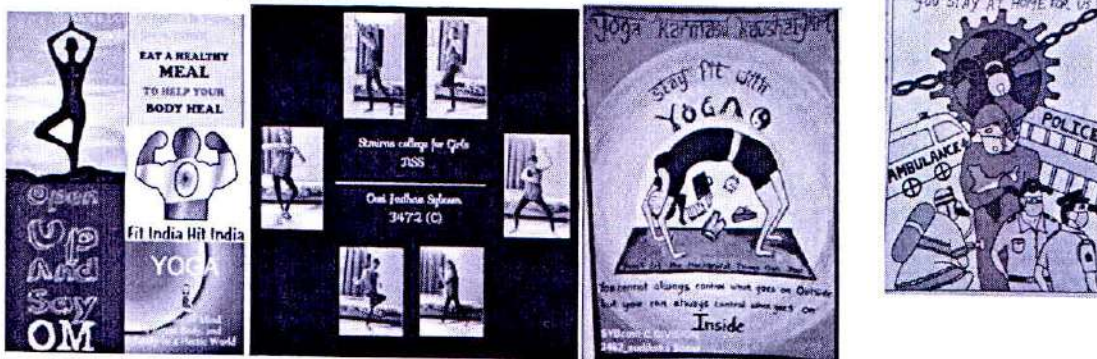
b. **Yoga with Family** - The students were encouraged to maintain their physical and mental health by doing Yoga with the family to build strong bond with their families in these testing Covid times and ensure that everyone was maintaining good health.



c. **Guest Lecture on Safety and Precautions for Family during Covid Times – 24 Sept. 2020** - A doctor was invited to address the students on the safety precautions to be taken for the entire family during Covid-19. He stressed on the importance of taking precautions and not developing any fear against this disease.



d. **Poster Making** - The students enthusiastically made posters on spreading the message of exercising and maintaining good health and also on the Use of Masks, Washing hands and the importance of maintaining social distancing in these hours of the Covid-19 pandemic.



Inspite of the lockdown students participated enthusiastically to do their best maintaining social distancing and other Covid-19 protocols.

17. **Jan Andolan Campaign on Covid 19 - 16th October to 25th October 2020** - As a part of the Jan Andolan Campaign on Covid 19, the NSS department of St. Mira's College for Girls, Pune undertook the following activities in order to create awareness, encourage and inspire staff, students, non-teaching staff, friends, family, relatives and the neighborhood people to take the pledge to follow the three key messages and contribute to the well-being of the people at large. Through these activities everyone was made aware of our duty towards the nation and emphasized to "Unlock with Precautions" and follow - Covid-19 Appropriate behavior in the New Normal.




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a. 16th October, 2020 – ‘Pledge Taking by Faculty, Staff and Students’ - The NSS volunteers and other students alongwith the faculty and staff of the college took a pledge online of following the three key messages as a part of this campaign



provided by the government of India. It focused on 1. Wearing a Mask, 2. Maintaining Hand Hygiene by washing hands properly and 3. Maintaining Physical Distancing. The students were also asked to make everyone aware of this campaign.

b. 17th October, 2020 – 21st October, 2020 – ‘Digital and Creative Hand Made Poster Making’ - The NSS volunteers were motivated to make digital posters as well as show their creativity by making original hand drawn posters to create awareness about spreading the three key messages as a part of the ‘Unlock with Precautions’- Jan Andolan Campaign on Covid-19. The volunteers put on their thinking caps and with the help of open sources available on the internet and their creativity, about 20 volunteers made posters in order to reach out to their friends, families and society at large.



c. 19th October, 2020 – ‘Awareness creation among College Staff and Non-Teaching Staff’

In order to create awareness, motivate and encourage the Teaching and Non-teaching staff of the college towards the campaign, the NSS POs spoke to them informally and cleared any doubts they had regarding the same. Posters were also put up in the common areas of the college like the Notice Board, Staff room, Library, etc. to enable the participation of more and more people in this humble endeavor. Messages were also shared on college what's app groups both in the degree and junior college. Alongwith this the NSS volunteers were also encouraged to put up these posters on their society notice boards to reach out to the society.



d. 20th – 25th October, 2020 – ‘Creating Awareness through Social Media platforms’ - The NSS volunteers posted posters made by them on What's App statuses and FB and Insta stories which were viewed by many of their friends, family and relatives. Through this the volunteers reached many people who saw their FB stories and what's app and Instagram statuses. They were also encouraged to share these on their society what's app group to reach to the society at large. A number of doubts and misconceptions raised by their loved ones were also cleared by the volunteers. These posters and Banners were shared by the students and faculty on their social media accounts for creating awareness. These posters were also shared on the college website and social media platforms.

On Student Whats App Status



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On College Facebook Page



On College Website



18. Swachha Survekshan 2021 Intercollegiate competitions report - Savitribai Phule Pune University , NSS Department and Pune Municipal Corporation , Solid Waste Management Office jointly organized Swachha Survekshan 2021 Intercollegiate competitions held in October 2020. From St. Mira's college 17 NSS students participated in various competitions under Swachha Survekshan 2021 Intercollegiate competition. In Essay competition 7 students participated, Poetry competition 3 students participated and in Drawing competition 7 students participated . Topic for these competitions were as follows : Topics – Clean India Prosperous India, Clean pune Beautiful Pune, City Free from Garbage.

19. National Unity Day - 31st Oct, 2020 - The Department of NSS celebrated National Unity Day on 31st Oct, 2020. Dr. Sandhya Pandit conveyed the importance of National Unity Day to the students. This day is celebrated to mark the birth anniversary of Late Sardar Vallabh Bhai Patel, so the students were informed about the great work and tremendous efforts taken by him for the unity of India.



To celebrate this day, the following activities were conducted:

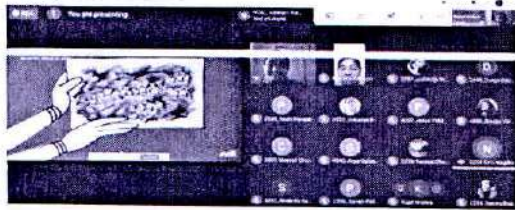
- All the students took the pledge to be united and to maintain the unity of India.
- The students also participated in the National Unity Day Quiz organized by the Government of India. Around 40 FY students and 35 SY students received the Certificate of Participation of this Quiz.



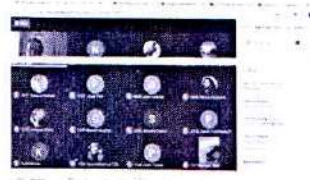
c. Four videos were shown to the students to mark this day. Two videos were a documentary on Sardar Vallabh Bhai Patel which were his biographies to inform the students of the significant contribution of Sardar Patel to the country – right from his participation in Jan Andolans during the Freedom movement to the resolving of the challenging task faced by India in Re-organisation of the States.



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d. This was followed by the screening of 2 short films on unity which was shown to the students. One was on 'Tree of Unity' which conveyed the message of



'United we Stand, Divided we Fall' to the students. As it was a cartoon film, students could better relate to the concept and the idea of unity. The second cartoon film on 'Ek, Anek aur Ekta' aptly explained the importance of unity to the students. The strength of the unity was explained in the short film with the help of a story of unity of birds and mice against the hunter.

e. This was followed by a discussion with the students to understand the importance of unity and integrity in our lives and country at large.

These activities were conducted keeping the current global pandemic situation safety norms in view.

20. Vigilance Awareness Week – Satark Bharat, Samridhdha Bharat - 27th October to 2nd November 2020

- As a part of the Vigilance Awareness Week to be observed from 27th October to 2nd November 2020, the NSS department of St. Mira's College for Girls, Pune undertook the following activities in order to create awareness, encourage and inspire staff, students, non-teaching staff, friends, family, relatives and the neighborhood people to take the integrity pledge for citizens and organisations separately and contribute to the well-being of the society at large. Through these activities everyone was made aware of our duty towards the nation and emphasized that all stakeholders need to work together to eradicate corruption.



a. Anti -Corruption Integrity Pledge for Organisations - 27th October, 2020- On 27th October the faculty members, administrative staff, and service staff have taken the Integrity pledge for Organisations. This was to assure that corruption will not be initiated or tolerated from any employee or employer in this institution, and neither in other aspects of his/her life. Every person promised that they will do their service with integrity and work honestly. Ethical practices will be promoted.



b. Integrity Pledge for Citizens - On the same day we also took the Integrity Pledge for citizens with our students and encouraged to take the same with their families and neighbourhood to create more and more awareness in society about the good intentions of the government to eradicate corruption from our country. We committed to be vigilant and to maintain highest standards of honesty and integrity at all times and support the fight against corruption.

c. Guest Lecture on Anti-Corruption Awareness - 2nd November 2020 - The speaker for the day was Mr Vijaykumar Uddhavarao Golhait (Central Excise Department, Aurangabad). He has worked in many departments of Central Excise and actually worked in this field. The program was started with an introduction to corruption and the damage it causes to our country. Mr. Golhait shared the day to day experiences of common man to help the students understand the



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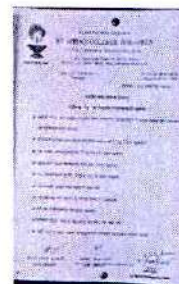
concept and practices of corruption. He then discussed some legal procedures and laws which can be helpful to stop corruption. Lastly, Mr. Golhait explained some real life incidences of Central Excise to know how people use new ways for corruption in order to evade taxes, etc. In his concluding remarks, he suggested some small but important tips on how we can stop this corruption ... for example starting with our mind conditioning for benefits, how to change ourselves and how to stop others from not falling prey to corrupt practices. In very simple yet effective manner Mr. Golhait motivated the students for staying vigilant and never offering or accepting any bribe. He appreciated the efforts of the institution to imbibe these values in the youth at such a young age coz this is what will help the country achieve the goal of – Vigilant India, Prosperous India.

21. Mission Begin Again - 22nd Oct, 2020 - Under the Government of India and Dept. of Higher Education, Maharashtra Government's initiative of MISSION BEGIN AGAIN, for easing of restrictions and phase wise opening of the



Lockdown instructions were provided by the government. These instructions were to be followed by students, staff – teaching and non-teaching, sevaks and sevikas not only in college premises but also whenever they stepped outside their homes. These instructions were made keeping the current COVID-19 pandemic in mind where slowly the movement of people outside their homes was being allowed with a lot of precautions. These instructions were

displayed on the notice boards on the college premises and were also displayed on the college website. This was done to create as much awareness as possible for the safety of the people. The students and staff greatly benefitted by these simple but highly effective preventive measures to be taken by them.



22. National Education Day - 11th Nov., 2020 - The Department of Education in association with the Department of NSS celebrated National Education Day on 11th Nov., 2020. India is observing the National Education Day 2020 today. Every year since 2008, November 11 is celebrated as education day to commemorate the birth anniversary of Maulana Abul Kalam Azad. Maulana Azad was independent India's first education minister. Prof. Hasina Shaikh, Head, Department of Education, conveyed the importance of National Education Day to the students. The students were informed about the great work and tremendous efforts taken by Maulana Azad for building of the nation through education. To celebrate this day, the following activities were conducted:

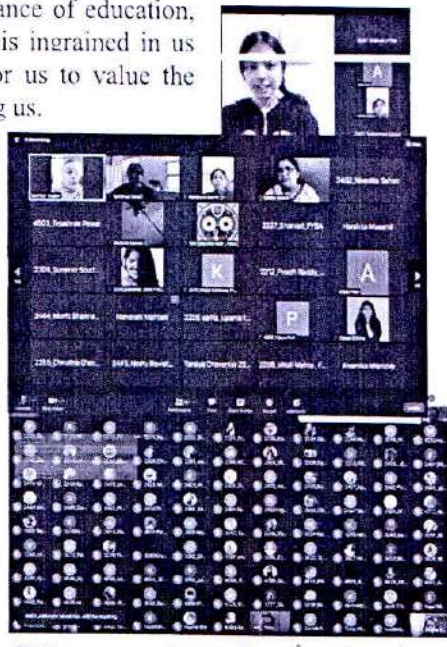


- a. **A Webinar on 'National Education Day – Its Significance in today's Life'** The speaker Prof. Mumtaz Shaikh, Assistant Professor, HGM Azam College of Education is also a Counsellor at IGNOU and MANUU. She briefed the students on the views and contribution of Maulana Azad to education. She guided the students to understand the significance of education in ones life. With self-confidence comes self-respect. Prof. Shaikh highlighted to the students Maulana Azad's emphasis on skill based education; He said, "We want employment generators and not employment seekers." Therefore, students need to be focused, self-reliant and confident because that will give you your identity.
- b. **Elocution by Students on importance of literacy and education** - Four students participated. This session was compered by our very own third year B.A. student, Namratta Datta. She introduced the session with the importance of Maulana Azad's work in the field of education.



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- i. Dale Halestead, FYBA student – spoke on the importance of education, inspiring words of Maulana Azad and how education is ingrained in us since the beginning. She also highlighted the need for us to value the education we receive and use it as a tool for empowering us.
- ii. Yashashree Dahad, FYBA student – spoke to the audience in Marathi– emphasized on the aims of the current government in the field of education - their emphasis on adult literacy, universal primary education, education in rural regions, right to education 2009, Sarva Shiksha Abhiyaan, girl education – in short, she brought out the contribution of the government in fulfilling the dreams of the Maulana Azad for education to all.
- iii. Harshita Masand, 12th student–spoke on **Skill awareness and empowerment** which is the theme for this year – She started her speech with the question ‘What is real education?’ Not only theory but development of necessary skills to empower oneself. She spoke of how a good education is important for future career and livelihood – opportunities are waiting to be explored which can be used if you are skilled enough.....education ignites the fire in you to learn and strengthens your confidence. Education n knowledge are interrelated – Education never lets the thirst of knowledge die; and knowledge can be gained from anything and everything one experiences in life; therefore, education and knowledge go hand in hand.



- iv. Maitrayee Sangitarao, SYBA student– spoke on the Importance of education. She started with a story to engage the audience to let them know the stark realities of life. She quoted Confucius – ‘Education breeds confidence, Confidence breeds Hope, Hope breedsPeace’. This quote she connected to the sole purpose of Education. She motivated students to turn windows and doorways of opportunities in their favour and empower themselves and those around us. Maitrayee also was very grateful to Dada Vaswani for this institution which is giving education to girls not only of mind but also of heart – coz this she personally felt will take her a long way in living a fulfilling life.



The Vote of thanks was proposed by Prof. Hasina Shaikh and was very well received by the students. Both these session were attended by NSS POs Dr. Sandhya Pandit and Ms. Manjita Kulkarni. 85 students from NSS and the department of education were present for both the activities organized - the Webinar as well as the Elocution session of the students. These activities were conducted keeping the current global pandemic situation safety norms in view.



c. ‘Each One Teach One’

Nearly 40 students of the Department of Education were given this activity of ‘Each One Teach One’. In this the students were expected to teach atleast one person who cannot read or write. They could also provide Digital Literacy to their family members if all in their family members were educated in the traditional sense. Since digital literacy is the need of the hour and the senior members of the family are finding this as a huge challenge, this effort was very well appreciated by parents and grandparents of the students.



23. Constitution Day 2020 – 26th Nov. 2020 - The Department of National Service Scheme with the Department of Politics and Public Administration enthusiastically celebrated the Constitution Day on 26th November, 2020. In the times of a pandemic, the day was celebrated online on Google Platform



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with 100 students participating enthusiastically. Dr Sandhya, Ms. Manjita and Ms. Veena conducted the online session with the students.

The activities conducted were-

a. **Collective Reading of the Preamble to the Constitution.**



b. **Collective Reading of the Fundamental Duties of Citizens of India**



c. **Screening of the Documentary- Samvidhaan**



d. The SYBA students of Political Science attended the Live Screening of the Prime Minister's Speech on the occasion of Constitution Day.



e. The Library showcased the Constitution of India and other important books related to the framing of the Constitution.



f. The Junior College section of the Dept. of Politics and Public Administration, conducted a programme which began



by Mrs. Anita D'cunha highlighting the importance and significance of India's Constitution. The PREAMBLE was recited by Mrs. D'Cunha at sharp 11 am as declared by our Honorable Prime Minister Mr. Narendra Modi. The programme was then proceeded by various girls from class XII ARTS EM



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and MM who spoke on various terms of the Preamble each which are: Sovereignty; Socialism; Secularism; Democracy; Republic; Justice; Liberty; Equality and Fraternity and also the significance and importance of our Indian Constitution in today's time in detail.

24. NSS Inauguration Program Report- 28th Nov. 2021 - The NSS Unit of St Mira's College for Girls, Pune formally inaugurated its activities for the year 2020-21 on 28th November 2020 at 12pm on the Google Meet platform. The agenda of this program was to put forward the prime motto of NSS "Not Me but You". The motto



reflects the essence of selfless service and appreciation of every person's point of view and also to show consideration for fellow human beings. The chief guest of the function was Mr. Rahul Deshmukh, founder of National Association for the Welfare of Physically Challenged (NAWPC) in 2008 (formally known as SNEHANKIT) and his wife Mrs. Devata Deshmukh.

The program began with the welcome address by Ms. Gayatri Vaidya. A short prayer by Ms. Vaishnavi Kshirsagar followed the address. The Principal, Dr. Gulshan. H. Gidwani sent in a special message for all the NSS volunteers - 'We must give back to the society more than we draw from it.' The University song and the NSS song were played soon after the message. The NSS Program officer Dr. Sandhya Pandit presented the NSS annual activity report 2019-20, followed by a video showcasing all the activities carried out by the volunteers. The NSS program officer Mrs. Manjita Kulkarni gave a brief introduction about the chief guest to all our NSS volunteers. The senior NSS volunteers, Ms. Kajal Mishra and Ms. Nandrani Mahtani conducted a Q&A session with the chief guest.



The session gave us an insight about their life, the challenges they faced, and how they overcame those challenges. It encouraged the volunteers for all of life's challenges in the future. At the end of the session, the forum was open for the volunteers to ask questions to the chief guest. The vote of thanks was proposed by Ms. Sherin George.

Dr. Sandhya Pandit

SP

Ms. Manjita Kulkarni

MSK

NSS POs



G. H. Gidwani
Dr. G.H. Gidwani
(Principal)

St. Mira's College for Girls, Pune
Department of NSS

Term 2 - Annual Report – Regular Activities – 2020-21 (COVID-19 Pandemic Year)

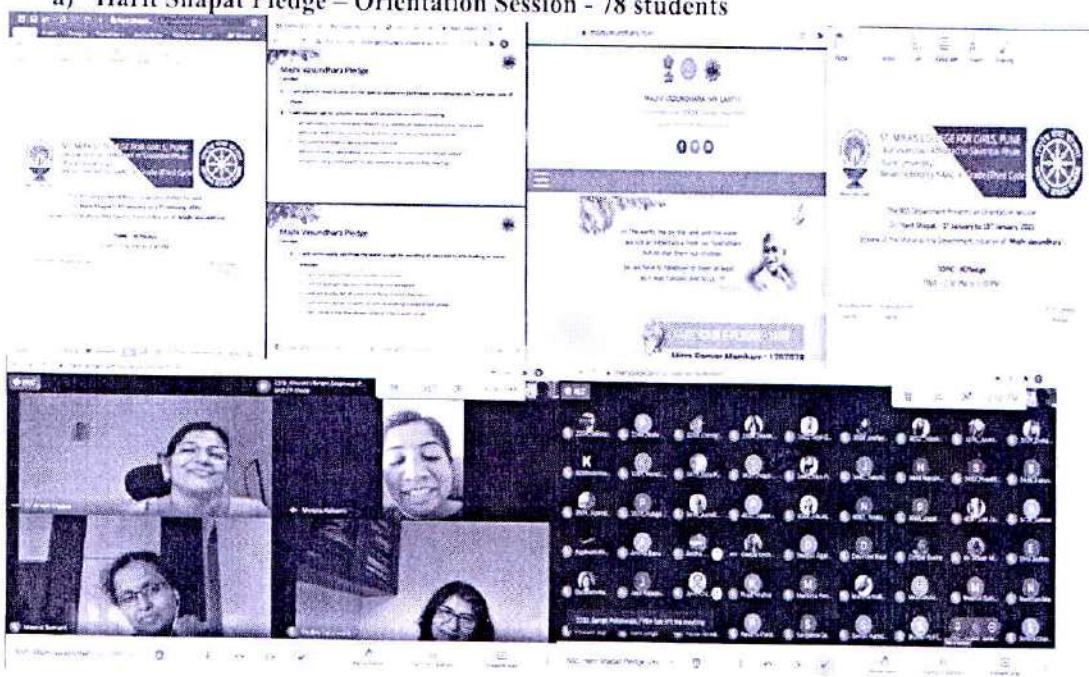
25. Report for Voters List campaign held on - 5th and 6th Dec and 12th and 13th Dec 2020
Election Commission announced awareness program on 5th and 6th Dec that was Sat-Sun and on 12th and 13th Dec, for enrolling new names in voters list for age group 18 and above. Those who were eligible they enrolled their names in given website. Total 40 students from BA and B.Com have registered online on given website their names in voters list.

26. Fit India Thematic Campaign from 1st Dec to 30th Dec 2020 (Fitness ka Dose-Aadha Ghanta Roz) - 4th, Friday, Dec 2020 - On the occasion of Fit India Thematic Campaign (Fitness Ka Dose –Aadha Ghanta Roz). Physical Fitness awareness activity was taken by the students. Almost 8 students participated in this activity. Students made small videos with physical fitness slogans to encourage others for physical fitness activities. This small video was posted on their social media accounts for physical fitness awareness.

27. Physical fitness activities from 13th December to 22nd December 2020-Students participated in various physical activities under Fit India Campaign -Fitness ka Dose -Aadha Ghanta Roz. Students have completed activities such as cycling, walking, running, yoga for their fitness.

28. 'Maajhi Vasundhara 2021' - 1st to 15th January, 2021
Following activities were conducted by the NSS department as a part of the 'Maajhi Vasundhara 2021' initiative. These activities were planned in alignment with fulfilling the different components of the Harit Shapat Pledge taken by the students, faculty and non-teaching staff of the institute.

a) Harit Shapat Pledge – Orientation Session - 78 students

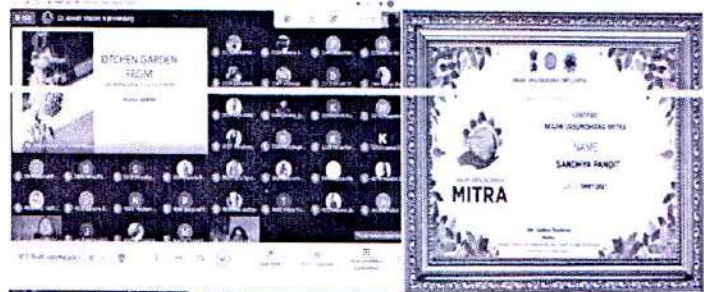


b) Kitchen Garden from Kitchen Waste – Lecture cum Demo Session-55 students

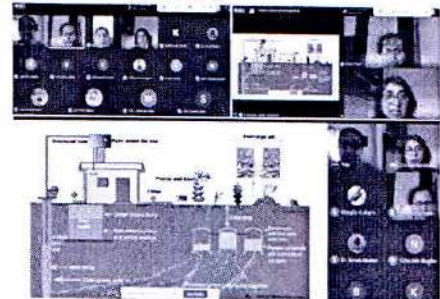


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c) Segregation of Household Waste and Converting Wet Waste into Organic Compost – at Home and in the Neighbourhood – Lecture cum Demo Session – 49 students



d) Rainwater Harvesting – Lecture – 40 students

e) Towards a Plastic Free Home – Lecture cum Demo Session – 54 students



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f) Best Out of Waste – Demo Session – Lantern and Basket Making – 45 students

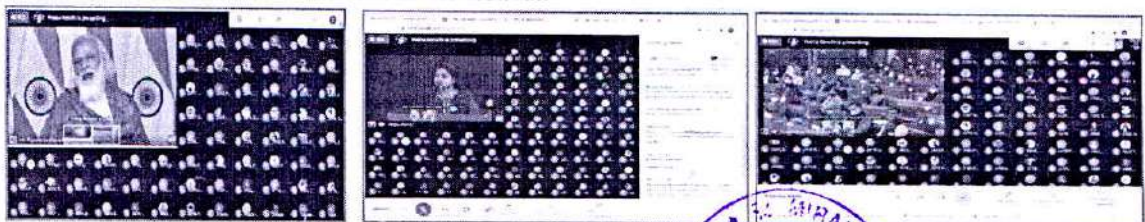


g) Video Screening on Need for Segregation of Waste – ‘Mera Baba Desh Chalata Hai’- 45 students



29. Yuva Saptah – 12th Jan. to 18th Jan. 2021- St.Mira's College for Girls, NSS Department organized a few activities on the occasion of Yuva Saptah, which celebrates the Birth Anniversary of Swami Vivekananda as a mark of tribute to the great Youth Icon of India. This was done with the intention of introducing the ideas and vision of Swami Vivekananda to the youth of today. Swamiji always believed in the power of the youth to mobilize change.

The Youth Day was enthusiastically celebrated jointly by the Departments of Politics and Public Administration, NSS and Student Welfare. This day is celebrated on 12th January 2021. On this occasion, the students, faculty participated participating in these celebrations in an online session. The valedictory function of the National Youth Parliament Festival was live telecasted for the students in this session. The students were inspired by the speeches of the three national winners of the festival.

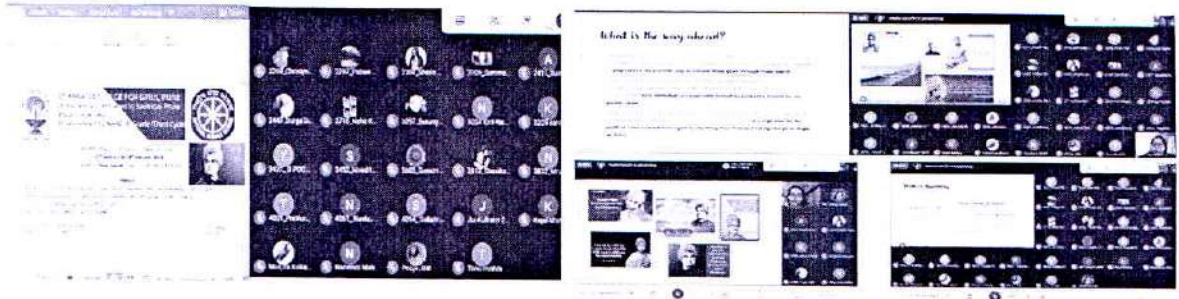


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Prime Minister Modi, in his address, spoke of the teachings of Swami Vivekananda and their relevance today. He stressed on the idea of- 'Jan Sewa se Jag Sewa' elaborating the idea of Rashtra Sewa se Antar-Rashtra Sewa. He said, the cycle from developing individuals to institutions and from creation of institutions to individuals is a great strength of India. He urged young leaders to participate in politics and focus on personality development and team building.

The online session was attended by 80 participants. The programme was conducted by our faculty members- Ms. Veena Kenchi, Dr. Sandhya Pandit and Mrs. Hasina Shaikh.

A panel discussion was held on the following topics –



a) 'Views of Swami Vivekananda and Today's Youth' - Speaker for this topic was Ms. Veena Kenchi

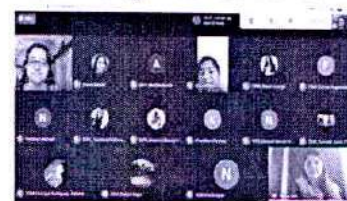
Ms. Kenchi described the four-fold mantras of Swami Vivekananda. She connected the Physical, Social, Intellectual and Spiritual quests of Swami Vivekananda with today's time and told the importance of these quests in today's life. Some impactful quotes of Swami Vivekananda were shared by her. Ms. Veena also explained how an individual can contribute to Nation building with guidance from Swami Vivekananda's views.



b) 'The Changing Mindset of Today's Youth'-Speaker for this was Mrs. Pooja Jain.

Mrs. Jain started the talk with the contemporary situation of Covid. She spoke about power of the youth and how they can change the world. She has given many examples such as Malala and her work, Greta Thunberg who dared to bring a change in the world. She motivated students that you "Youth" are powerful, courageous and now they are expressing mental health issues, spirituality, and other things which are there in their minds.

Major concern was of shame, failure and vulnerability. Mrs. Pooja spoke about the negative impact of social media. Focus was given more to the acknowledgement of vulnerability, no matter what happens always be courageous, acknowledge your relationship with yourself and everything you do for yourself and for the society.



c) 'Disposal of Plastic Waste' was explained to the students through videos.



Three videos were screened for them. First video introduced them with plastic waste and it suggested small things which we can do for creating less plastic waste. In the 2nd video some organizations gave insight on how they used plastic for creating new beautiful daily plastic things from the old plastic. Another video showcased that wearing a cloth mask is also dangerous for environment and create awareness about other masks which are made from plants.

d) Clean and Healthy India – Contribution of the Youth

To bring out the role of youth in achieving a Clean and Healthy India under the (Swachha va Swastha Bharat Abhiyaan), a very touching and impactful video on the importance of the Segregation of Wet Waste and Dry Waste - 'Mera Baba Desh Chalata Hai' – was shown to the NSS volunteers. This video sensitized the students to the problems and fears of the families of workers who positively contribute to the cleanliness of the city's waste management system by risking their health and their lives. The solution to this was of taking the responsibility on ourselves of being responsible citizens and segregating our waste at source itself and helping them in the process.

e) Display of Books on Swami Vivekananda by the Library

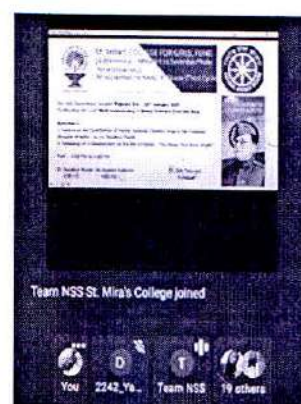
The College Library arranged for a display of books on Swami Vivekananda, his life, his teachings, quotes, etc. to give students and staff an opportunity to access these books easily and get an opportunity to read the contribution and achievement of this great personality.



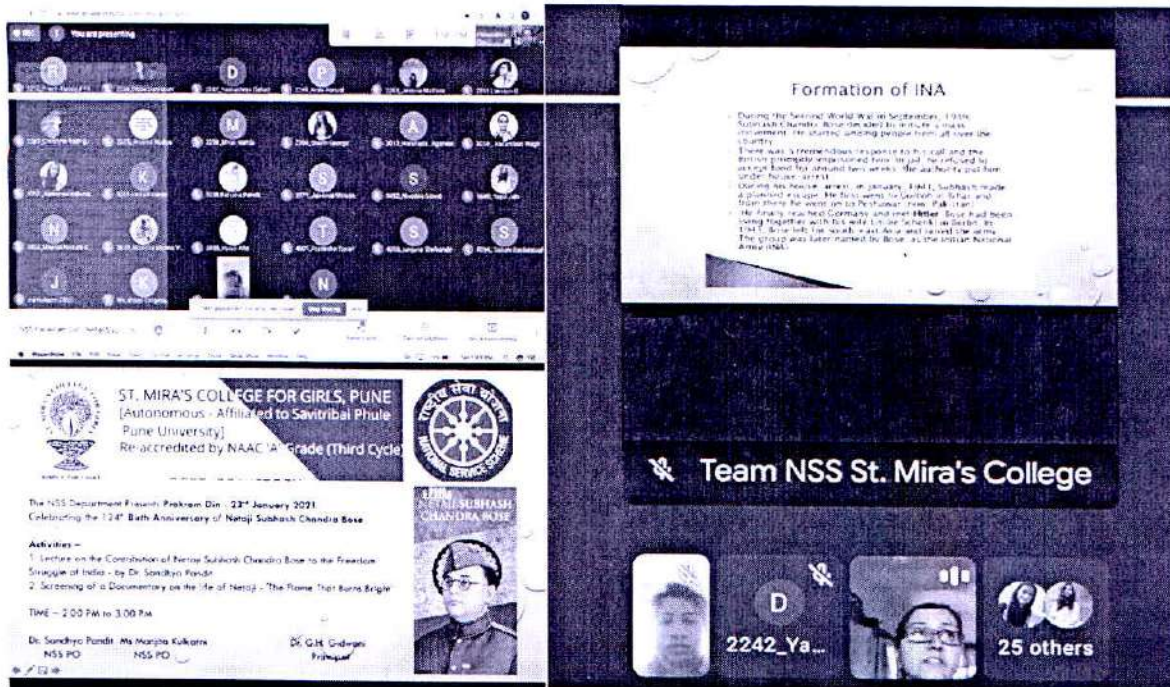
30. Parakram Diwas Celebration - 23rd Jan 2021

a) "The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India" – Lecture by Dr. Sandhya Pandit, Head, Dept of History, St. Mira's College for Girls - 31 students

b) The Flame that Burns Bright- India's Struggle for Independence – Documentary Screening - 30 students




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*Please Note: The College had its End Semester exam in progress due to which the number of participating students was impacted.

- a) **Lecture on “The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India” by Dr. Sandhya Pandit - As part of Parakram Diwas Celebrations –the 124th Birth Anniversary of Netaji Subhash Chandra Bose, NSS department of St. Mira’s College for Girls organized a lecture on the topic “The Contribution of Netaji Subhash Chandra Bose to the Freedom Struggle of India” by Dr. Sandhya Pandit, Head, Dept of History, St. Mira’s College for Girls.**



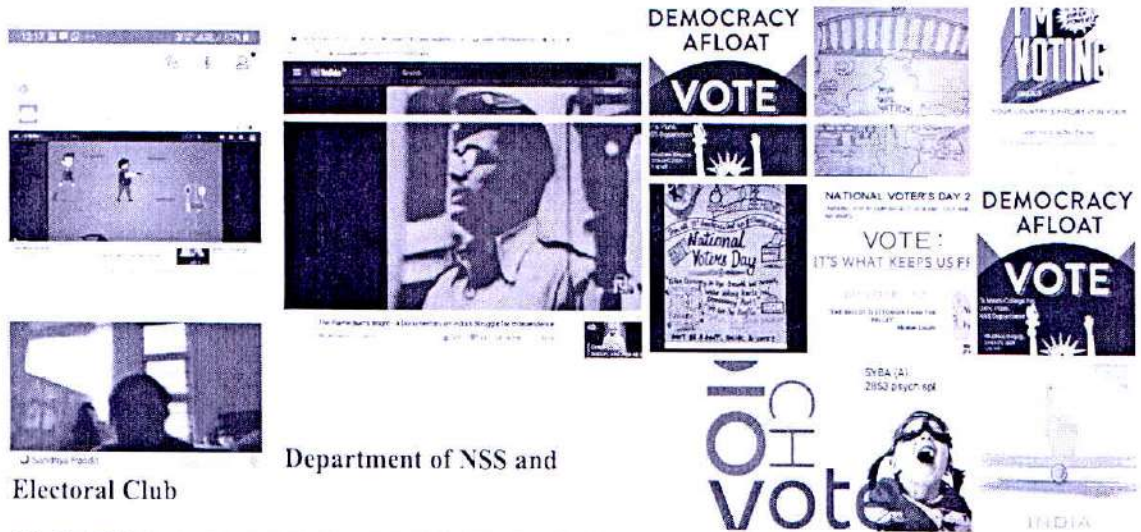
Dr. Sandhya started with the famous quotes given by Subhash Chandra Bose. She explained the significance of Netaji’s life and his work with simple things which he practiced in his daily routine, like his dressing code, principals etc., even his contribution in Indian Army at the time of British era. The description and work of Azad Hind Sena, meaning behind so many quotes like “Tum Muze

Khoon do Main Tumhe Azadi Dunga” were also explained to the volunteers. Netaji encouraged and created the Spirit of freedom into Indians, love for the country, patriotism, willingness and importance of sacrifice for the country.

- b) **Documentary Screening –“The Flame Burns Bright- India’s Struggle for Independence” - This documentary directed by Ashish Mukherjee was shown to the students. It is based on the life of Netaji Subhash Chandra Bose, through which a brief history of Netaji’s life and his achievements were described to the participants. The documentary had original archived footage of Netaji’s speeches, photographs and his interactions with various world leaders. This instilled interest and inspiration in the volunteers to know more about the greatness and contribution of Netaji to India’s independence.**




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Department of NSS and Electoral Club

31. NATIONAL VOTERS DAY CELEBRATIONS – 25TH January 2021

Two programmes were organized by the college on the occasion of the National Voters Day 2021

- a) **Poster making and Slogan Writing** - On the occasion of National Voters Day, 25th Jan. 2021, St Mira's College for Girls NSS department and Electoral Club organized Poster Making and Slogan Writing Awareness Campaign on the theme **"Making Our voters Empowered, Vigilant, Safe and Informed"** / **"सभीमतदाताबने -सशक्तसतर्क, सुरक्षितएवंजागरूक"** given by the Election Commission. Students tried to encourage new voters through their slogans and posters bringing out the significance of voting and responsibility and duty of each



citizen to vote. Dr. Sandhya Pandit, NSS Officer encouraged and motivated students to participate in this activity.

- b) **Awareness Programme** - The Electoral Club and NSS Department jointly organised a programme for celebrating the National Voters Day. The programme was organised to make students realize the importance of elections and the role of Election Commission in conducting free and fair elections in the country.

The programme was conducted online on Cisco WebEx meeting. There were 100 participants for the programme.

Dr. Meenal Sumant, our electoral officer explained the students the need for voting and how our government and their policies affect our daily lives. She stressed on our role to bring about a change in the society.

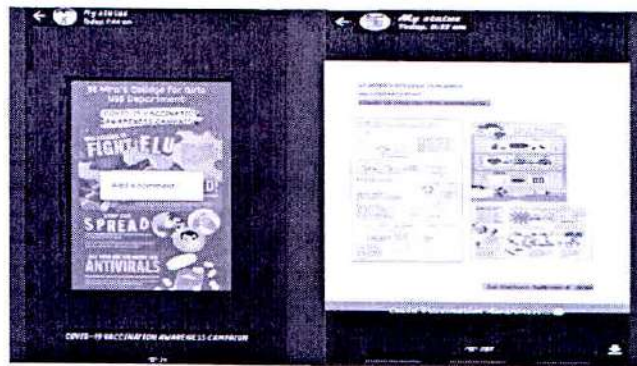
Ms. Veena Kenchi, member of the electoral club, discussed the role of Election Commission and the importance of citizen participation in the political affairs of the country. She shared few interesting facts about elections in India.



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Mrs. Anita D'cunha from the Dept. of Politics and Public administration, discussed the nature of Indian democracy and how people have enthusiastically participated in nurturing it and keeping it intact. Me Manjita Kulkarni from the NSS department concluded the programme by highlighting on the theme of the year – “**Making our voters Empowered, Vigilant, Safe and Informed**” and presented the vote of thanks.

32. Covid-19 Vaccination Awareness Campaign - Jan-Feb, 2021- Under the Ministry of Health and Family Welfare, the Dept of Health and Family Welfare had planned to rollout the vaccination program for Covid-19 across the country. In this regard, the NSS volunteers of St. Mira's College whole heartedly co-operated and disseminated the message to build an environment of universal vaccine acceptability. The students enthusiastically shared the material on various social media handles to create awareness amongst all the people and reach out to as many as possible for the successful implementation of this drive. More than 55 NSS volunteers participated and reached out to almost 500 people.



33. Report of Road Safety Awareness campaign - 18th January to 17th February 2021

St Mira's College for Girls, Pune organized various activities for the Road Safety Awareness Campaign from 18th January to 17th February 2021. We have taken E-Quiz on the Rules to be followed while riding or driving on the roads, Poster making and Slogan Writing competition was also conducted. The Students also took the Road Safety Pledge of the government. In addition to this Road safety awareness campaign videos were shown to them to understand the importance of road safety.

The following shows the activities which we took and the number of participants in that activity.

a) **E -Quiz on the Rules to be followed while riding or driving on the roads** - NSS department of St Mira's participated in various activities for the Road Safety Awareness Campaign from 18th Jan to 17th Feb 2021. We had organized an e-quiz on the Rules to be followed while driving or riding on the roads. This was for all the students and teachers. 92 students along with 29 teachers participated in this e-quiz and they were familiarized with the rules of riding while on the road. This was about signs, information about how to drive and what to do in certain conditions while driving on the roads.

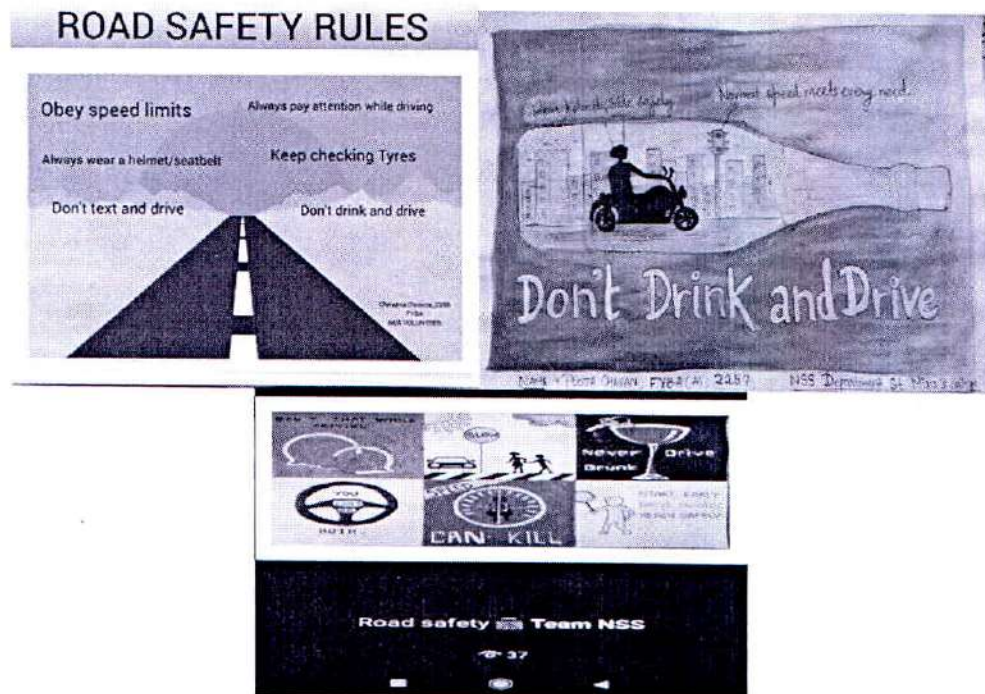


b) **Poster making and Slogan writing** - In Poster making competition students created handmade posters about the rules of road safety along with slogans. These students posted this on their social media platforms

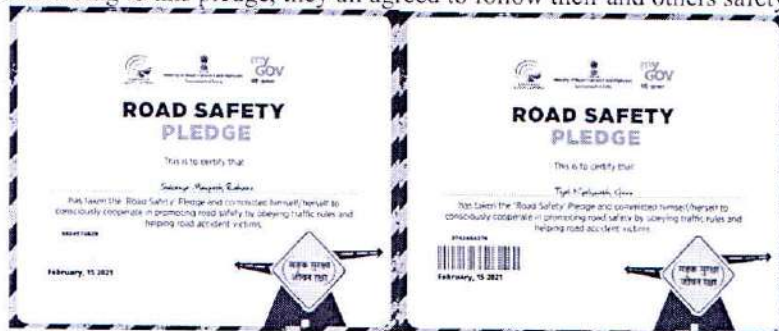


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and created awareness about road safety. 9 Students participated in this competition. Students used government posters also to spread awareness in the community.



c) Road Safety Pledge - In this campaign 50 students and 6 teachers have taken the road safety awareness pledge. According to this pledge, they all agreed to follow their and others safety while driving on the road.



d) Road Safety Awareness Campaign videos Screening - Road safety awareness videos given by the government were shown to the students on online platforms to make them aware about the reality of accidents and about the rules and regulations while driving and even the need for us to follow it. 3 Videos were shown and 30 participants participated in this awareness activity.

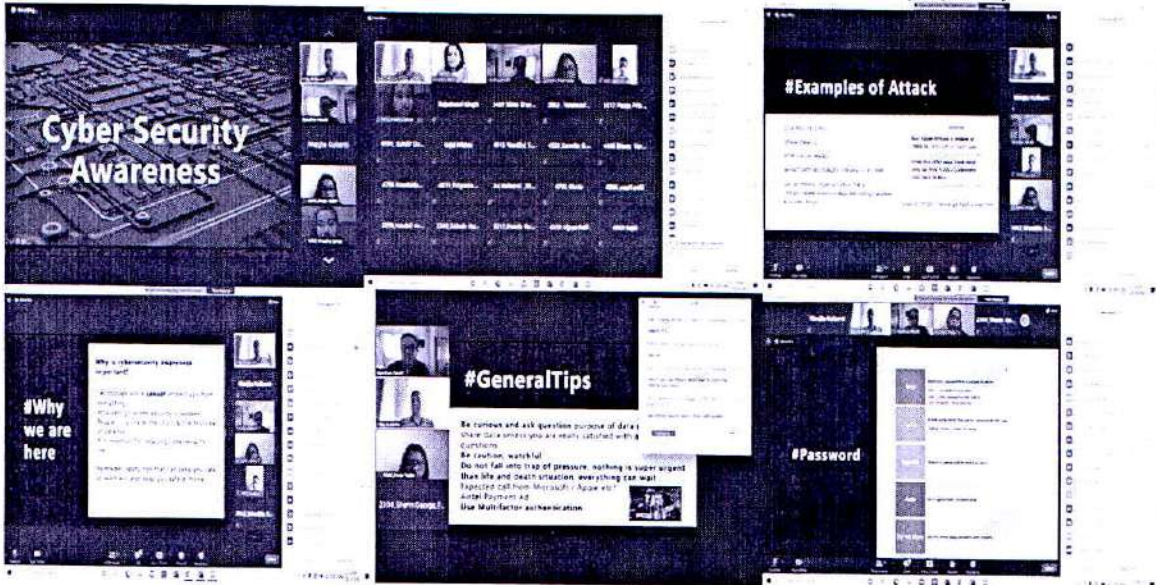




34. Report of the Guest lecture on Cyber Security Safety Awareness- 2nd March 2021

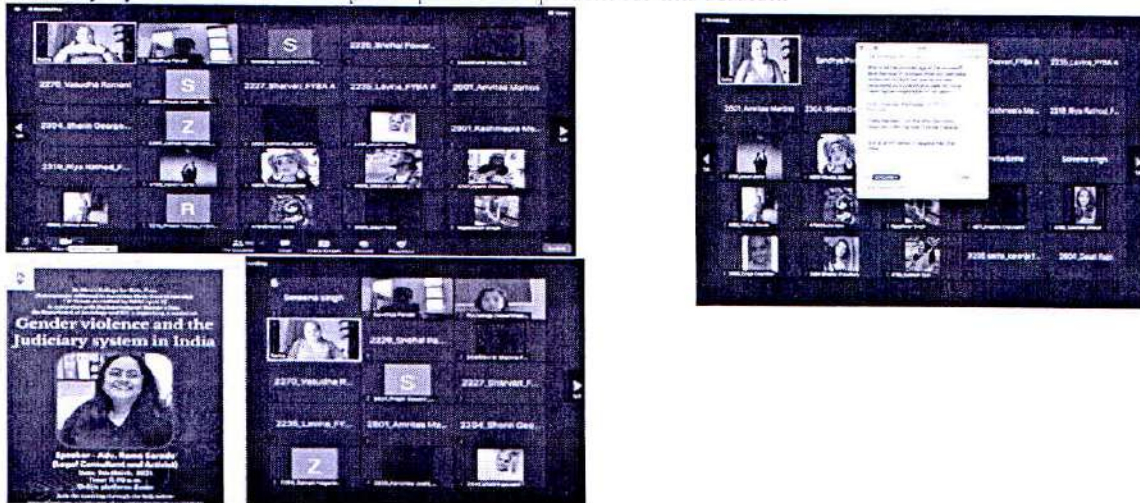
St Mira's College for Girl's, Pune - NSS Department had organized a Guest Lecture on Cyber Security Safety Awareness as a part of the UGC directive regarding implementation of 'Cyber Security Awareness'.

The Guest Speaker was Mr. Vijay Kulkarni, Development Manager from Allscripts India LLP, Pune. Vijay Sir gave the basic introduction about technology and how and for what we use it. He discussed some cases where people can use technology for malpractices, examples such as fraud text messages, emails or spams etc. He actually gave some links to show the difference between real and fraud cases. Students also shared their experiences regarding these cases. At the end he gave small but useful tips to stop the misuse of our information and provided some measures on how we can protect our information. These measures included deleting previous history of that application or browser history, using original software's and applications, frequently changing your passwords, etc. Mr. Kulkarni made this a very interactive session through the use of Polls and use of reactions ensuring active participation of the audience. 63 Students and the staff participated in this Session on Cyber Security. This session was very informative for both the staff and the students to understand why we need to protect our information and how and not fall prey to cyber fraud.



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35. International Women's Day – 8th March - Guest Lecture by **Renowned Advocate Rama Sarode** on 'Gender Violence and Judiciary System in India' - The Department of Sociology and ICC along with NSS department in connection with the International Women's Day invited renowned woman achiever and Advocate Rama Sarode (Legal consultant and activist) and organized a session on "Gender Violence and the Judiciary System in India". 100 participants were present for this session.



Advocate Rama Sarode discussed the historical time till now that women needs and the requirements which were not considered for her justice. She discussed several domestic violence cases and other cases and their results to give us the actual scenario of today's women's condition. She observed that with new cases new laws are made but still women are not fully aware of it. She suggested that women advocates should be included to understand women issues and this should be done with sensitivity to be able to reach out to more needy women both in the urban and rural setup. She ended her session with question and answers and giving insight about articles regarding women. Many students took active part in the discussion and raised pertinent questions on the topic. The NSS volunteers also benefited from this lecture.

36. CELEBRATING 75 YEARS OF INDIA'S INDEPENDENCE

AZADI KA AMRUT MAHOTSAV – at Aga Khan Palace, Pune – 12 March 2021 On the occasion of the 75th anniversary of India's Independence, the Azadi ka Amrit Mahotsav' program was launched with a heritage walk from the Aga Khan Palace on 12th March 2021.

The 'Azadi Ka Amrit Mahotsav' walk was jointly organized by the Department of Archaeology of India, Ministry of Culture, Nehru Youth Center, National Service Scheme (NSS) and District Collector's office to mark the beginning of celebrations of the 75th anniversary of India's Independence.

The Chief Guest of the program was Mr. Madan Mohan Goel, Advisor to the finance commission of Haryana Government.

MLA and former Minister Chandrakant Patil, Rajendra Yadav of Indian Archeological Department, Mr. Rajesh Pandey, Yashwant Mankhedkar of Nehru Youth Center, Deputy Divisional officer Santosh Kumar Deshmukh, Former MLA Jagdish Mulik, and District Information Officer Rajendra Sarg were also present.



The program was initiated by the District Youth officer of Nehru Youth Center Yashwant Mankhedkar who gave an introduction and welcomed the esteemed guests and all the NSS volunteers who joined for the program from different colleges of Pune. Followed by which the chief guest, Mr. Madan Mohan Goel, advisor to the Haryana government's economic commission, addressed the gathering in which he said that the country had gained political Independence, but that everyone needed economic independence. He paid homage to the martyrs who sacrificed their lives in the freedom struggle. The heritage walk that started from



Aga Khan Palace went all the way up to Moriga Shoppe and back to Aga Khan Palace. Corona restraining rules were followed during the march.



An exhibition was organized by the Bureau of Outreach Communication, Ministry of outreach communication, Ministry of information and broadcasting, and the Government of India to celebrate 75 years of the country's independence and pay homage to the freedom fighters and their contribution to the country's freedom struggle. The exhibition was inaugurated by the Union Minister Mr. Prakash Javadekar.

It had panels showing glimpses of contribution of freedom fighters like Mahatma Gandhi, Sardar Vallabhbhai Patel, Lokmanya Tilak, Dr. Babasaheb Ambedkar and many others.

At the end of the program there was a special dance performance by a group of volunteers followed by a live telecast of a speech by the Hon. Prime Minister Shri Narendra Modi.

Five NSS volunteers from St. Mira's College for Girls, Pune – Pooja Kotambe, Sherin George, Christina D'Souza, Chetana Thorat and Zainab Nagarwala participated in this event and learnt a lot about the contribution of the freedom fighters and the significance of India's struggle for independence.

37. NASHA MUKT BHARAT ABHIYAAN - Webinar on De-addiction of Substances - 23rd March 2021, Pune - The NSS department of St. Mira's College for Girl's held an online Webinar on 'De-addiction of Substances' on 23rd March 2021 at 2.00 pm which fell on a Tuesday. There were a total of 54 participants, including the NSS Program Officers - Dr.Sandhya Pandit and Mrs.Manjita Kulkarni. The honorable speaker for the day was Mr.Nihar Hasabnis, a member of 'Muktangan Rehabilitation Centre' which was established in 1986 and is helping people till date and saving numerous lives.



With the growing drug, alcohol, tobacco and hookah use, and increase in crime rates due to the use of excess drugs, the highlight of the session was 'Use, Misuse and Abuse' of the aforementioned substances. This phrase was explained with quite diligence to the students by the speaker. The discussions went from along the lines of types of drugs and it's physiological and psychological effects to the ones those got added to the list due to the Covid-19 situation, that was gadget addiction, social media and the addictions that are frowned upon when spoken in the polite society, sex addiction and pornography. Mr. Nihar also shared his knowledge on the behavioural response of kids brought in for treatment by their parents. Children who are forced to take treatment are more likely to bounce back to the disastrous habits than when they willingly come to get help for themselves.



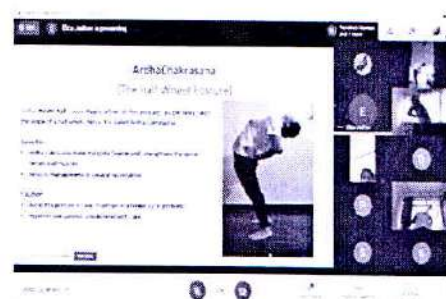
The session concluded with a question and answer round and the girls participated with great enthusiasm. Various students shared their experiences and encounters with people who highly consume drugs and alcohol and how it not only affects the consumer but everyone around them. Positive ways to relieve stress were also suggested and that no excuse is acceptable for drug abuse if it goes out of control. The webinar ended by Mr. Nihar pointing out to the students that in order to blend with the crowd, drug consumption or a certain kind of behaviour is not necessary and the youth should be aware of the ill effects of drug consumption and help the ones around them who want to change and live a better life. The Vote of Thanks for the webinar was proposed by the NSS volunteer, Ms. Sherin George. All the NSS volunteers highly appreciated the efforts for organizing this webinar in today's vulnerable and stressful times.



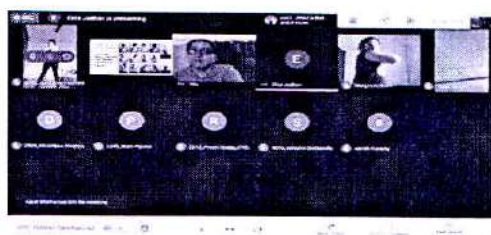
38. Poshan Pandharvada – 16 March to 31 March 2021

Under the guidance of the NSS Department, SPPU, St Mira's College for Girls, Pune organized various activities for the **Poshan Pandharvada** to be observed from 16 March to 31 March 2021. The idea was to reach maximum people and create awareness in the society on the importance of a balanced and nutritious diet, the significance of Yoga for a healthy mind and body and how both food and exercise when done in the right balance can enhance both the physical and mental well-being of all individuals concerned. Awareness in the society was achieved through the following activities organised –

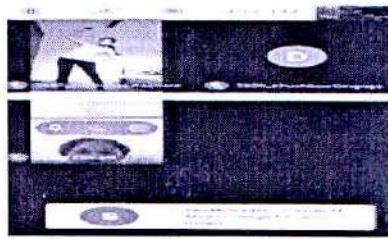
a. Yoga for Good Health – 26 March, 2021 - St Mira's College for Girls, Pune organized various activities for the **Poshan Pandharvada** to be observed from 16 March to 31 March 2021. We organised an online Practical Training Session on Yoga titled 'Yoga for Good Health'. The total 25 volunteers actively participated in the live practical session which was demonstrated by an NSS volunteer Sai Kachare under the guidance of the director of Physical Education, Mrs. Ekta Jadhav. Mrs. Jadhav brought out how Yoga was a very important and useful activity in this pandemic situation, how performing of some Asanas boosts immune system and keeps us healthy.



Sai demonstrated different Yoga posture such as Tadasana, Vrukshasana, Padahastasana, ArdhaChakrasana, Trikonasana, Ardha Ushtrasana, Vajrasana, Bhujangasana, Pawanmuktasana, Setu bandhasana etc. and ended with Dhyana. The importance of each of these asanas was explained to the students in detail and proved to be very useful for the volunteers and the program officers involved.




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b. TASTE VS WAIST - Importance of a Balanced and Nutritious Diet – 30th April, 2021

On Tuesday, 30th March 2021, 40 NSS students received an enriching talk about The Importance of a Balanced and Nutritious diet by an impeccable dietician Dr. Rashida Karu as a part of the 'Poshan Pandharvada'. The speaker and chief guest Dr. Karu spoke and explained this topic in the most easy and fun way, leaving students with a clear and informed mind on how to achieve not only a healthy diet but a healthy lifestyle. She began this talk with a simple statement that, our body is a machine and like every machine it requires the right kind of food to work efficiently and effectively. She informed the students about eating the right quality and quantity of food, along with how it must be cooked, with the help of a sample diet for youngsters our age. In order to make us more aware of the necessity of a good diet, she spoke about the advantages and disadvantages of having a balanced diet. Dr. Karu gave the students the most important tip and trick for achieving this, saying "Moderation is key", one must eat everything but in the right amount, and familiarised us switching to healthier options in our day to day diet. She addressed the



with



contemporary myths and trends regarding weight loss and diet. Last but not the least, she advised the students to make health a part of their mindset. The students were truly delighted and encouraged by her, to take a step towards a healthy lifestyle in the safest and educated manner. 40 volunteers participated and effectively conveyed this message to their families reaching out to about a 100 beneficiaries approximately.

c. Awareness Campaign through Social Media Platforms - 31st March 2021

In order to create awareness regarding the importance of Nutrition, the NSS volunteers posted slogans and posters on various social media platforms like Whatsapp statuses and FB and Insta stories which were viewed by many of their friends, family and relatives. Through this initiative, 38 volunteers reached about 3000 beneficiaries who saw their FB and Insta stories and Whatsapp statuses. They were also encouraged to share these on their society what's app group to reach to the society at large.

On Whats App Status

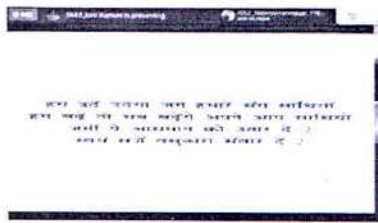
On Insta Stories



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39. NSS VALEDICTORY PROGRAM REPORT – 9th April 2021

The NSS Unit of St. Mira's College for Girls, Pune



organized the Valedictory program on 9th April 2021 at 12pm on the Google Meet platform. The agenda of this program was to put forward the prime motto of NSS "Not Me but You - In the times of Covid-19 Pandemic".



The Chief Guest of the function was **Dr. Ravindra Ahire, KSKW ASC College, District Coordinator, Nashik district** who was awarded the State level Award for Best Programme Officer for his work done during the pandemic and for his work on disaster management.



The entire program was hosted by the NSS volunteers themselves. It began with the welcome address by Ms. Sarah Husainy. A bhajan by Ms. Sakshi



followed the address.

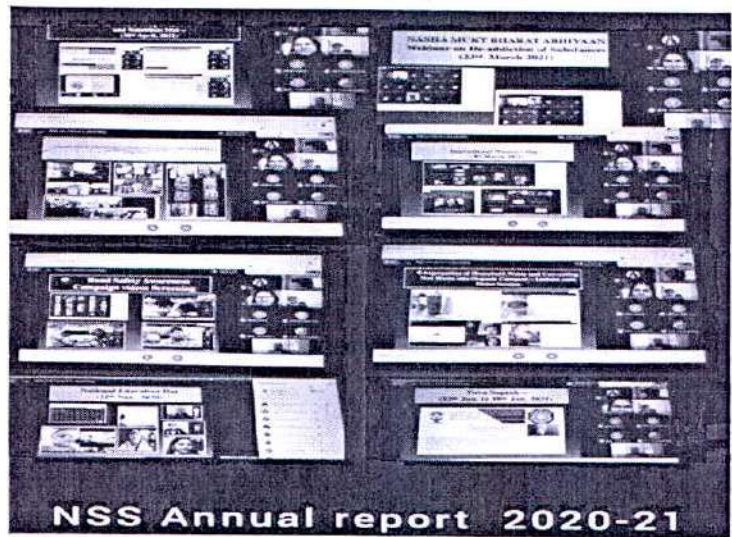
The NSS song was played soon after the bhajan. The NSS program officer Ms. Manjita Kulkarni gave a brief introduction about the Chief Guest, Dr. Ravindra Ahire to all our NSS volunteers.

Followed by which the chief guest, Dr. Ravindra Ahire addressed the attendees on the role of NSS volunteers in the pandemic situation. The chief guest in his address spoke about how the NSS volunteers have not been deterred by the lockdown, and they took up the challenge to produce reusable masks in large numbers, also



about 60,000 NSS students of SPPU joined hands with Government officials to provide door to door service in Pune, Ahmednagar and Nashik district amidst the coronavirus lockdown. He also spoke about how NSS volunteers are doing every bit by spreading awareness on COVID-19 through their social media platforms. He also appreciated the efforts of every volunteer that was involved or had actively participated.

The NSS annual activity report for the year 2020-21, showcasing all the activities carried out by the volunteers during the academic year was presented by Ms. Kirti Kamuni.



The University song was played soon after the report presentation.



[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.



Our BBA-BCA Co-ordinator Mrs. Stella Ambrose addressed the students and encouraged them for all their future engagements with NSS.



The vote of thanks was proposed by Ms. Sarah Husainy. A final word of appreciation for the contribution of all NSS volunteers inspite of the limitations of the pandemic situation was given by Dr. Sandhya Pandit, NSS PO with which the function culminated.

40. Report- COVID-19 Vaccination Mahotsav -11th April to 14th April 2021)

The NSS Department of St. Mira's College actively participated in COVID -19 Vaccination Mahotsav. The College organized an awareness campaign as a part of this Mahotsav. The following activities were taken throughout this period:

- COVID-19 Vaccination Awareness through Government posters** - These were posted on various social media platforms to encourage people to take vaccination and to spread awareness about it. In this activity total 25 students participated and reached 2,422 people.
- Encouraging people to take vaccination of COVID-19** - Total 6 family members of the volunteers took vaccination for COVID-19.
- Helping senior citizens with vaccination process** - (Online form filling, counselling and clearing their doubts.) 5 Online forms were filled and 5 people were given counselling about benefits of vaccination.



*The NSS volunteers are still continuing with the counselling activity to encourage them to take the vaccine.

Dr. Sandhya Pandit

Ms. Manjita Kulkarni

NSS POS



G.H. Gidwani

(Principal)



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6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/ (1962)
College Code: - 013

3.6.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

2021-22	1. List of Activities 2. Reports of Activities
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Principal Incharge
St. Mira's College for Girls, Pune.



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3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years.

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1	Investors Education and Financial Literacy	Dept. of Economics with Board of Industry Academia Partnership	2021-22	88
2	Academic Coaching of Students	Department of Accountancy with Deepgriha	2021-22	25
3	Activity with Nayi Disha and Life Asia	Dept. of Psychology with Nayi Disha and Life Asia.	2021-22	8
4	River cleaning and awareness	Dept. of Sociology with Jeevitnadi Living River Foundation	2021-22	6
5	Making Educational Videos	Dept. of Education with Kafila Foundation	2021-22	25



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Principal Incharge
St. Mira's College for Girls, Pune.

6	Miranomics Inauguration	Dept of Economics	2021-22	71
7	Social Work	Dept. of English with Saheli HIV/AIDS Karyakarta Sangh	2021-22	44
8	Gender Equality Today for Sustainable Tomorrow	Dept. of Economics	2021-22	19
9	SOUL- Social Outreach United Learning	Dept. of English - Village-Ambra	2021-22	15
10	SOUL- Social Outreach United Learning	Dept. of English with NGO Aasara	2021-22	11
11	Joy of Giving	Student Council with Deepgriha Society	2021-22	9
12	Youth Empowerment Program	St. Mira's College for Girls with IDOBRO and Infinity Rise Foundation	2021-22	111
13	Volunteering at Stalls for FarmDidi	Center for Women Entrepreneurship, Dept of BBA with Farm Didi	2021-22	4
14	Voter Awareness Orientation	Electoral Club, NSS and Dept of Politics and Public Administration	2021-22	677
15	Volunteering at Ishanya Mall for Yellow Ribbon Fair	Dept of BBA and BCA with Majhi Maitrin Charitable Trust.	2021-22	14
16	NSS Annual Activities	NSS Unit with SPPU	2021-22	150
17	Workshop on Waste Segregation and Disposal	Law Club- Dept. of Accountancy	2021-22	65
18	Orientation- Soul Program 2022-23	Department of English	2022-23	13
19	Social Service	SY BCom A	2022-23	19
20	Social Service	SY BBA CA	2022-23	46
21	Social Service	TY BCom A	2022-23	37
22	Social Service	TY BCom B	2022-23	64



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St. Mira's College for Girls, Pune.

23	Social Service	SYBA Div A	2022-23	50
24	Social Service	TY BCom C	2022-23	46
25	Social Service	TYBA Div A	2022-23	26
26	Outreach Program at Spherule Foundation	Dept. of Accountancy	2022-23	14
27	Punaravartan Clay Recycling Campaign	College Activity	2022-23	14
28	Poshan Pandharawada	NSS Unit with SPPU	2022-23	29
29	International Yoga Day	NSS Unit with SPPU	2022-23	35
30	Swachha Wari- Swastha Wari- Nirmal Wari	NSS Unit with SPPU	2022-23	14
31	Azadi ka Amritmahotsav	NSS Unit with SPPU	2022-23	601
32	Swachata Pandharawada	NSS Unit with SPPU	2022-23	48
TOTAL ACTIVITIES = 32				
TOTAL STUDENTS' PARTICIPATION = 2398				




 Principal Incharge
 St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

Dept of Economics

Webinar Investor Awareness Financial Literacy

03/08/2021

Report

The department of Economics, in association with Board of industry Academia Partnership had organised a webinar on Investor Education and Financial Literacy among the students on 3rd August 2021.

88 students attended the session.

The resource person was Ms. Daksha Gogia, a financial expert and trainer for financial Literacy. In her lucid and interactive session, Ms. Daksha spoke about the nature, parameters and precautions to be taken while investing in financial markets.

The students responded positively to the session.

Dr. Manisha Pimpalkhare coordinated the session.

Manisha

Dr. Manisha Pimpalkhare

Coordinator



Jaya

Dr. Jaya Rajagopalan

Principal In Charge

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
(Autonomous-Affiliated to Savitribai Phule University)
Departments of Accountancy and Commerce
Social Outreach initiative for an NGO-Deep Griha Society
2021-2022 September 2021 to February 2022
Academic Coaching to the children of Deep Griha Society

REPORT

Social Outreach initiative for an NGO-Deep Griha Society was undertaken by the **Department of ^{ACCOUNTANCY and} Commerce** for T.Y.B.Com. and M.Com. students between September 2021 to February, 2022.

In the background of COVID-19, the children of Deep-Griha were out of main stream learning where our volunteers assisted through online academic coaching in the subjects of English & mathematics from 5th to 10th Standard across all 4 centres of Deep-Griha.

The teacher coordinators initiated the registration of volunteers, organised an online session to introduce volunteers with Deep Griha Officials. This facilitated to understand the subjects in which students needed academic assistance.

Volunteers were facilitated with flexibility of scheduling the online sessions.

The volunteers prepared the Study material like pdfs and Power Point Presentations to make the coaching-learning process effective. Mode of coaching was through Google Meet Platform

Mr. Nimbalkar gave us a very positive review for the coaching - learning process. The outcome of this initiative is that the volunteers have learned collective efforts, understanding learner's attitude, exploring the subject and presenting as per the understanding of the learners.

The volunteers developed the skills such as Social Skills, IT, Research, Team-work, Coordination and Presentation Skills.

Dr. Dimple Buche
Mrs. Jyoti Chintan
Asst. Prof. Shanthi Fernandes
Event Coordinator

Dimple Buche
Jyoti Chintan

Shanthi Fernandes



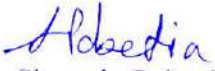
Jayab
Principal Incharge
St. Mira's College for Girls

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Report on Nayi Disha Resource Centre and LifeAsia
2021-22

Department of Psychology, St. Mira's College for Girls collaborated with Nayi Disha Resource Centre and LifeAsia for the outreach program. Nayi Disha Resource Centre is a NGO with an online information resource platform that supports families of persons with Intellectual and Developmental Disabilities (IDD). LifeAsia Community Empowerment serves as the local Pune coordinator for populating Pune service providers.

The department has collaborated with the agencies to develop one of the national services on the Nayi Disha Online Platform- a National Directory of Service Providers for Individuals with Autism and Intellectual and Developmental Disabilities. The program will help the parents with children with special needs to find service providers like special schools, speech therapists, special educators etc. 8 students have participated in the outreach program. The volunteers will undergo a training followed by listing the service providers of Pune.


Ms. Sharmin Palsetia
Coordinator




Dr. Jaya Rajagopalan
HOD

St.Mira's College for Girls
(Autonomous- Affiliated to Savitribai Phule Pune University)
Department of Sociology and Department of NSS
Report of River Cleanliness-as a part of Azadi Ka Amrut Mahotsav

Azadi ka Amrut Mahotsav- Festival of Indian Rivers under this program St. Mira's College for Girls participated in an offline cleanliness: Community participation drive of the Mula Mutha river in Bhairoba nallah Smashan Bhoomi in association with Jeevitnadi Living River Foundation on 12th December 2021, Sunday. There were almost above 25 students who participated in this cleanliness drive 6 from Sociology department. The organizer instructed as to how the drive will continue for the day. Students got divided into groups of five students each. They collected garbage near and around the river side for two hours (8:30 to 10:30 am) and in these two hours there were more than 30 bags of garbage that were collected and the locality was cleaned to the maximum level. Teacher continuously motivated and pumped students to do the activity. There was also a very good security system and even all the Covid norms were followed in this drive. Students realized their responsibility towards river and environment cleanliness.

Coordinator Sign
 Manjita Kulkarni *MJK*




Dr. Vaishali Diwakar
 HOD Sign
 Dr. Vaishali Diwakar

Jayanti
 Principal Incharge
 St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Education (2021-22)
Social Outreach Program Report

In the first week of December 2021, the Department of Education conducted a week long activity with Kashmir based NGO 'Kafila Foundation'. Students prepared a short Educational videos and forwarded to the NGO where students up to 8th standard are taught various subjects. There were 25 videos shown to the students at NGO, it was based on good habits, hygiene, interpersonal communication, decision making, truthfulness, kindness, politeness etc.


Hasina Shaikh
Co-ordinator




Dr. Jaya Rajgopalan
Principal in charge
St. Mira's College for Girls, Pune.


SOCIAL OUTREACH PROGRAM (Department of Education)

Information of the foundation:


KAFILA FOUNDATION is a registered under MSME Government of India, is a Non-Government Organization(NGO) based in Kupwara(Kashmir).As the name itself suggests a group working together towards the ultimate goal on the basis of Unity In Diversity. Present world is full of challenges & “Kafila Foundation” is all about to tackle these challenges in a smarter way more effectively & efficiently. The foundation has been initiated with the guidance of like-minded, well experienced, honest & committed personalities of the Society. An intervention at the right time, like educating one generation or providing livelihood to increase income can help families break the cycle of generational poverty.

Kafila Foundation is an Educational Organization initiated by Mr. Ishfaq Ahmad Bhat dedicated to peace, harmony, and stability across the state & country as a whole & it will render its service in education, health, sports, industries, tourism, environment & economic development etc. The entire team of Foundation is well dedicated & feels proud & competent to take on the Nation with challenges ahead.

With the main aim having education the organization aims to work at the grassroots level there by holding pens & books in the hands of those who wishes to dream of enlightening their life but have no means. As we are aware about the fact of certain issue that prevails among all the regions, responsible citizen of different places have agreed to work together, carrying out the activities that can bring peace, stability, harmony & development in the respective troubled zones with turmoil & tribulation among the state & country as a whole. It is the firm belief that the activities mentioned above can overcome the sufferings of the people by bringing economic & social stability. The organization aims to work unanimously to fight against all the social evils irrespective of the religion, caste, creed, color, gender etc. Among all the things mentioned above the Foundation with the passage of time will work for the similar cause & will act as an Ambassador with a message of “Love for all Hate for none “with the neighboring countries as well.


HASINA SHAIKH
Co-ORDINATOR




Dr. JAYA RAJGOPAL
PRINCIPAL IN CHARGE
Principal Incharge
St. Mira's College for Girls, Pune.

Contact details:

KAFILA FOUNDATION Cherakote(Lolab),Kupwara Kashmir,(193223)

www.kafilafoundation.org

info@kafilafoundation.org

+91 9596573672 +91 99068 58954

The activities St. Mira's College propose to conduct in association with Kafila Foundation:

The main aim of Foundation is "Education" therefore it will initiate an educational institute at Cherakote (Lolab) this year which will provide free education to the Needy, Destitute, Handicapped & Orphans.

- a. Help in teaching the Students
- b. Videos on Personal Hygiene
- c. Teaching of Basic English/ Language Development
- d. Story telling
- e. To involve students in Activities like mental games
- f. Career Guidance/Awareness
- g. Mental Health Activities
- h. Life skill Education (self-awareness, problem solving, decision making, empathy, communication and interpersonal skills, coping with stress and emotions)
- i. Value education (honesty, gratitude, truthfulness, Loyalty) etc.
- j. General knowledge
- k. Art and craft

Hakim

HAKIMA SHAIKH

CO-ORDINATOR



Jayab

DR. JAYA RAJGOPALAN

PRINCIPAL IN CHARGE

Principal Incharge
St. Mira's College for Girls, Pune.


ST. Mira's College for Girls, Pune
Dept of Economics
2021-22
Inaugural Event of MiRaNomics the Economics Club
27th July 2021
Report

The department of Economics had organised a guest lecture to mark the inauguration of its Club_MiRaNomics on 27th July 2021 at 4 pm. It was an online event conducted on Google Meet. The objective of the club is to promote a spirit of enquiry and analysis about everything and anything connected to economics.

The guest speaker for the day was Dr. Sujata Khadilkar, Head of the dept of Economics at S.K. Somaiya College of Arts, Science and Commerce, Vidyavihar, Mumbai. She spoke about the "Sustainable Cities and National Smart Cities Mission in India". Dr. Khadilkar presented her views on how smart can also be made sustainable and the natural environment and the environment built by us has to coexist. She further underlined the implications of smart city projects for Pune and its surrounding areas. She suggested a few contemporary and geo-specific topics of research that the members of MiRaNomics can take up.

The lecture was attended by 71 students of St. Mira's College, who made it an interactive session. Overall, the lecture was very well received by the students.

Dr. Manisha Pimpalkhare was the coordinator of the event.


Dr. Manisha Pimpalkhare
Coordinator




Dr. Jaya Rajagopalan
Principal In Charge
Principal In Charge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous College (Affiliated to Savitribai Phule Pune University)

Activity Report

Title: Social Work at Saheli HIV/AIDS karyakarta Sangh

Date: 23 February 2022

Number of students: 44 (present at the venue Rashida Jeewanjee due to COVID protocol)

Report:

In memory of Sadhu TL Vaswani the MA students donated 25kg of rice, 10kg tur dal and 2 kg sugar to Saheli HIV/AIDS karyakarta Sangh and NGO started by and for sex workers. The food will be distributed on priority basis first to the elderly, then the unwell and pregnant women.

J.J. Sataravala

Dr S. J. Sataravala

Coordinator



Jayal

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
[Autonomous-affiliated to Savitribai Phule Pune University]
Dept of Economics
Activity Report

Power Point and Video presentation on
UN SDG 5: Gender Equality Theme: "Gender Equality Today for a Sustainable
Tomorrow".
#BreakThe Bias

On the occasion of International Woman's Day on Wednesday, March 8, 2022, a Power Point and Video Presentation activity was conducted for the SYBA Divisions A & B English and Marathi Medium students by Dr. Shalini Iyer and Ms. Amruta Narke- subject teachers of the Economics General paper transacted in Semester IV, viz. Labour Economics.

This Class Orientation session was conducted from 9:15am to 10:00am from Room 108 in the online mode, on Google Meet and Zoom. <http://meet.google.com/yxi-uwdn-hrz> and <https://us04web.zoom.us/j/74841983828?pwd=Smp3NzVQZWFCQnV6VC9BQ3ZmRDIPUT09>

The teachers alternated between English and Marathi to bring out the significance of International Woman's Day(IWD). With the focus of the United Nations Sustainable Development Goal (SDG) 5 on Gender Equality, the theme for this year's IWD was "Gender Equality Today for a Sustainable Tomorrow".

The objective of this presentation was to create awareness about Gender Discrimination, to sensitize the students about Gender Equality for an inclusive world and to create awareness about the global agenda to break the gender bias.

The students were oriented about the IWD, 2022 #BreakTheBias global agenda which aims for a world free of discrimination, free of stereotypes, free of all kinds of violence, a world with inclusiveness and equality.

This class presentation was attended by 19 enthusiastic students. The session was a clarion call to our young ladies that they can unite together to free our world from Gender Discrimination! #BreakTheBias.

The learning outcomes sought by the teachers were to equip the young lady learners to recognize and comprehend forms of Gender Discrimination, be motivated to stand up for themselves, for Women's Rights, Gender Equality, and to evince interest in supporting any campaign for Gender Justice. The programme evinced a positive feedback from the students, wherein more than 93.8% students showed interest in supporting gender issues.

.....

Shalini Iyer Amruta Narke
Dr. Shalini Iyer and Ms. Amruta Narke.

Coordinators



Jayesh
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
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Activity Report

Title: SOUL: Student Outreach United Learning

Date: 20th November 2021, 2nd April 2022

Number of students: 11

Report:

The core committee of student volunteers met to chart out the activities for the semester. Alumna Maryam Shaikh would take a guest lecture on methods of teaching spoken English on 2nd January 2022 at 4:30 pm. Each SOUL didi or Mira's Volunteer would take 15 classes minimum one-on-one with their student partner at Aasra Pune. Ayushree Nair (MA English) is the student coordinator for Aasra Pune. Both SOUL Didis and their students will fill a pre course registration form and a post course form to assess levels of learning and the impact of the course. Teaching would be using presentations and storytelling. The focus would be on spoken communication targeting employment. 11 SOUL *Didis* taught children at Aasra.

J.J. Sataravala

Dr S. J. Sataravala

Coordinator



Jayak

Principal Incharge
St. Mira's College for Girls, Pune.

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Autonomous (Affiliated to Savitribai Phule Pune University)

A social outreach activity was conducted on February 14th, 2022 by Student Council 2021-2022. The social outreach activity was conducted on February 14th, 2022 with the intention of spreading love and joy among the community. The activity was conducted by raising monetary funds from the student council members and teachers and using those funds to buy groceries for Deep Griha Society. Deep Griha society is a charitable institution that works on the betterment and upliftment of underprivileged members of the society.

Elizabeth Kanade

Ms Elizabeth Kanade

Co-ordinator



Jayesh

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

REPORT ON YOUTH EMPOWERMENT PROGRAM

St. Mira's College for Girls along with IDOBRO and INFINITY RISE FOUNDATION conducted the Youth Empowerment Program, a prestigious endeavour by UNICEF to create FIVE MILLION YOUNG WARRIORS across the globe on **2nd August 2021**. We feel immensely proud as our Third Year students across all streams will be a flagbearer for this noble cause. The Orientation for Dhan Gyan, a financial literary course for women empowerment and YuWaah Walkthrough commenced with a little celebration of Dada's Birthday and an impressive tour of St. Mira's. The program was presided over by Ms. Deepali Bhagwate, Impact Manager-Program and Mr. Deepak Nanda, Senior Associate Impact, Communications and Technology, RISE Infinity Foundation. The first program, Dhan Gyan was a CSR activity by TATA Financial Group. It is a skill and value based education to make women aware of financial literacy, proper managing of finances and make effective retirement plan. More than fifty students registered for Dhan Gyan on the spot and the rest of them followed later.

The second program was on Young Warriors conducted by UNICEF, a program instituted to make young generation fight Covid 19 for themselves and the society. YuWaah is a gamified Whatsapp Chat for interaction with Young Warriors providing knowledge and various courses on personality development and mental health. The student has to sign up and is entitled to a UID allotted by UNICEF to track her progress. After completion of five tasks asked by UNICEF, the student will get a certificate of Young Warrior and become permanently registered with them throughout their life.

111 students actively participated for the program. Most of the students participating for the movement have completed the tasks and we are trying to make others enrol for it. It is an ongoing process and will be carried on for some more time.

Mrs. Jyoti Chintan *JChintan*

Mrs. Amrita Basu *ABasur*



Jayab
Principal Incharge
St. Mira's College for Girls



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VOLUNTEERING AT VARIOUS STALLS FOR FAMDIDI – “Deccan Hospitality Fest” & “PUWO Shopping Fest” and TEDX StMiras College

Date : 04th – 06th March 2022

Initiative by Centre for Women Entrepreneurship and Dept of BBA

Faculty Co-ordinator – Abhradita Chatterjee Nahvi

REPORT

Volunteers of St Mira's College for girls, along with FarmDidi team, were involved in promoting 100% natural & authentic food products handmade by women farmers from rural India at exhibitions ('Deccan Hospitality Fest' & 'PUWO Shopping Fest' and TedxStmirasCollege) held in Pune during 4th – 6th March 2022.

As FarmDidi Mascots, they interacted with about 1000+ visitors during the same and explained the importance of eating healthy food while promoting products for FarmDidi.

All Farm Didi products are 100% natural, authentic, with ingredients sourced directly from farms and have no preservatives or artificial substances. We stick to local and authentic recipes and methods of processing and preparation.

The students were trained two days prior on these events on basic selling skills & awareness of the brand ethos around FarmDidi. Overall product sales achieved during the event, apart from spreading brand awareness, amounted to INR 35,000. The activity under the able coordination from Professor Ms Abhradita Chatterjee.

Abhradita Nahvi



Jayesh
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune.

Voters Awareness Week

15th December to 21st December 2021

Report

The Electoral Club, The Department of NSS and the Department of Political Science of St. Mira's College for Girls celebrated 'Voters Awareness Week' from 15th December to 21st December 2021. Following activities were organized as a part of Voters Awareness Week.

1. Orientation of the proposed voters through videos – Following videos were screened online to all the classes by the class teachers. Awareness about the voters registration benefitted 677 students. Videos about the convenience of online registration, procedure of online registration were shown to the students.



Video 1. <https://www.youtube.com/watch?v=sMnC26TaN6c>

Video 2. https://www.youtube.com/watch?v=pE_OMTJuEwg

Video 3. <https://www.youtube.com/watch?v=ytFYTVgJ5mc>



2. Online Registration of New Voters –The following links for online voters' registration were shared with the students. - <https://voterportal.eci.gov.in/> , <https://nvsp.in/>The students were encouraged to register online as voters. Twelve students registered online using above links.



3. Awareness through Posters Campaign - NSS volunteers made posters and displayed them as their status. Total twentytwo NSS volunteers made posters on voters awareness and circulated on the social media. All the posters together received 1000 views.

Dr. Meenal Sumant
Ms. Veena Kenchi
Dr. Sandhya Pandit
Ms. Manjira Kulkarni

Handwritten signatures of Dr. Meenal Sumant, Ms. Veena Kenchi, Dr. Sandhya Pandit, and Ms. Manjira Kulkarni.



Jaya
Dr. Jaya Rajagopalan
Principal in Charge
St. Mira's College for Girls, Pune.



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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

ACTIVITY – Volunteering at Ishanya Mall for Yellow Ribbon fair

Date : 08th October 2021 – 10th October 2021

Teacher Co-ordinator – Abhradita Chatterjee Nahvi

REPORT

Students from TYBBA and TYBCA volunteered for the fair in collaboration with Majhi Maitrin Charitable Trust (MMCT). The Yellow Ribbon NGO Fair associated with the Ishanya Foundation was held for three days (08th-10th Oct 2021) at Creativity Mall, Yerwada, Pune. Students volunteered in batches and helped to manage MMCT's stall at the fair. They were well appreciated for their contribution. List of students who volunteered are listed below:

1	Lazina Tamboli-TY BCA	8308798428
2	Apurva Vatare – TY BCA	8698867077
3	Hitika Kataria - TYBBA	8983976787
4	Urvashi - TYBBA	9325449677
5	Sakshi Tilker _TYBBA	9112250202
6	Ayushi Keshari _TYBCA	9307965549
7	Saymaa Tamboli - TYBCA	7420817814
8	Saloni Gangani - TYBBA	9158152739
9	Rutuja Deshpande - TYBBA	8806941293
10	Alina Baig - TYBCA	8087145292
11	Samiksha Kulaskar - TYBCA	9503883012
12	Shruti Rajguru - TYBCA	9834873263
13	Shubhangi Dhore - TYBCA	9890953612
14	Nandini Jadhav - TYBBA	8956854296

Signature :



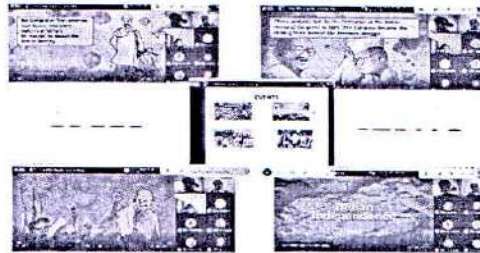
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St. Mira's College for Girls, Pune

Department of NSS

Annual Regular Activities Report – 2021-22 (Covid-19 Pandemic Year 2) - List

1. Azadi ka Amrut Mahotsav –April 2021 - Celebrating 75 Years Of India's Independence - Webinar on 'India's Freedom Struggle – An Overview' - 60 volunteers



2. Virtual Photo Exhibition – on freedom Fighters and Places of Historical Significance - 55 volunteers.

News Reported in 3 Newspapers – Pudhari, Prabhat and Lokmat

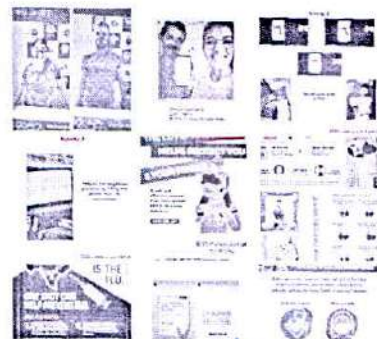
Pudhari – 7th April 2021 Prabhat – 8th April 2021 Lokmat – 10th April 2021

The image shows three newspaper clippings. The first is from Pudhari dated April 7, 2021, reporting on the event. The second is from Prabhat dated April 8, 2021, also reporting on the event. The third is from Lokmat dated April 10, 2021, reporting on the event. Each clipping includes a headline, a sub-headline, and a short article describing the activities and the participation of students and faculty.

3. Report– COVID-19 Vaccination Mahotsav -11th April to 14th April 2021

The following activities were taken throughout this period:

1. COVID-19 Vaccination Awareness through Government posters - 25 students participated and reached 2,422 people.



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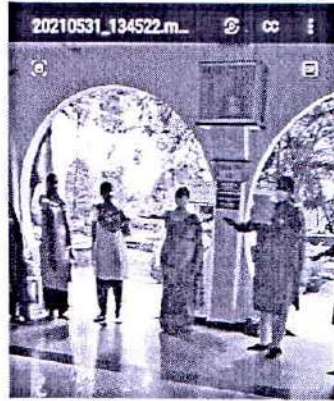


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2. Encouraging people to take vaccination of COVID-19 - Total 6 family members of the volunteers took vaccination for COVID-19.
3. Helping senior citizens with vaccination process - (Online form filling, counselling and clearing their doubts.) 5 Online forms were filled and 5 people were given counselling about benefits of vaccination.
4. CRSA Work – 19th April 2021 to 5th June 2021 – Covid Warriors - 35 volunteers



5. 'World No Tobacco Day Pledge' - 31st May, 2021 - 60 students, 5 teachers, 8 non-teaching staff and 8 Sevaks and Sevikas together participated in this activity.



6. World Environment Day – 5th June 2021 -

Following activities were undertaken to mark this day:

- a. 2 Videos were shown to the students – One video was by the JeevitNadi Foundation – 'The Story of a River'. The second video was on 'Importance of Tree Plantation'– 42 students
- b. NSS volunteers also shared their initiatives on saving the environment through a discussion in the end.
- c. Vaishnavi Kshirsagar shared the idea of planting a tree on birthdays of each family member. She has so far planted 300 trees in her garden and also planted one more on this occasion to mark the World Environment Day.
- d. Teaching and Non-teaching Staff were encouraged to clean their emails - reached 50 staff members through this post.



7. Shiv Swarajya Din – 6th June 2021 - Following activities were undertaken to mark this day: 65 participants were there– 45 volunteers partichis. 17 Teachers and 3 Non-teaching Staff were also there.

1. 2 Videos were shown to the students – One video was shown to pay Homage to Chhatrapati Shivaji Maharaj.

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2. The second video was shown to pay tribute to Chhatrapati Shivaji Maharaj by sharing with the audience the Leadership Lessons one can learn from Chhatrapati Shivaji Maharaj.
3. Later, a short film on 'Fort Raigad' – was shown
4. This was followed by a live telecast of the Shiv Swarajya Din Soha organised by COEP, Pune which was attended by esteemed dignitaries of the Government of Maharashtra.

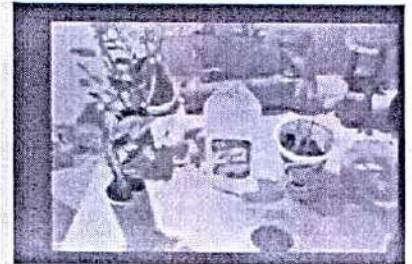


8. Report- Maze Gaon Corona Mukta Gaon –20th June 2021 - 6 NSS volunteers participated in this activity as this was the exam period.
9. 7th International Yoga Day, 21st June 2021- Total 205 students and staff members



10. Panel Discussion on Eliminating Use of Plastic – 25th June 2021 - Green Club and NSS Department held a Panel Discussion– 45 students

11. Activity 2 by NSS - Demo of using Pet Bottles as Wall hangings or Plant Pots
 - 12 students participated as Panel members and the audience included 40 NSS volunteers and 6 teachers



12. Tokyo Olympics 2020 – July 2021 -

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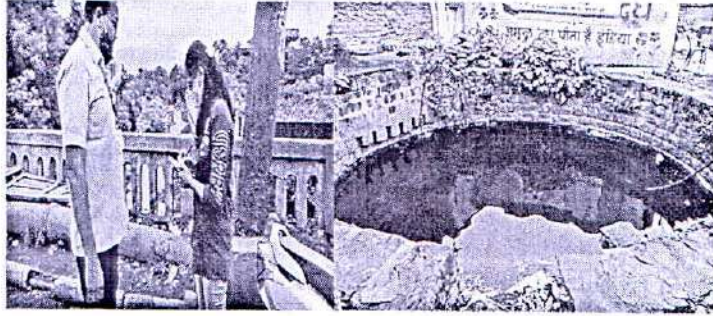
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13. Swachha Wari- Swastha Wari-Nirmal Wari-Harit Wari – 22 July 2021 - Decade on Eco-System Restoration (2021-30) - 10 students



14. Azadi ka Amrut Mahotsav - Singing of Rashtragaan – 05 August 2021

15. Webinar on Effect of NEP 2020 on Youth Empowerment and Sports Development - 4th Aug 2021 - 20 students participated

16. Social Service Activity at Aundhe and Dongargaon, Khandala – 13th Aug 2021 – Activity was conducted with our parent body, Sadhu Vaswani Mission – 6 students



17. Swachhata Pakhwada – 1st Aug to 15th Aug 2021

Following activities were taken in this Swachhata Pakhwada –

- 1st to 7th August – Cleanliness drive - 15 students
- 8th to 10th August- Slogan, Poetry writing and Poster making
- 10th August- Pledge for Swachhata - 10 students
- 11th August- Paper Bag making workshop - 19 students
- Khandala Mission Cleanliness Activity report at Aundhe- 13 Aug 2021
- 12th to 15th August – Video making for cleanliness, posting on social media platforms and sending total views.



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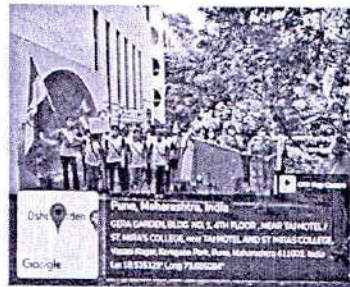

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18. Azadi ka Amrut Mahotsav - Rainwater Harvesting and Water Restoration - Catch the Rain – 09 August 2021- 45 NSS volunteers

19. Azadi ka Amrut Mahotsav - Fit India Freedom Run Campaign 2.0 – 13th and 14th August 2021

1. On 13th August 2021 – 6 NSS volunteers ran at Aundh near a village in Khandala
2. 14th August 2021, the Departments of NSS and Physical Education have jointly organised “Azadi ka Amrit Mahotsav- FIT INDIA Freedom Run 2.0” on college campus - 51 participants (15 girls and 36 staff members) participation.



The Youtube videos of this event were uploaded on social media sites as well for creating awareness. - <https://youtu.be/009CpJJUqG8>; <https://youtu.be/gl1GhSLp6l>; <https://youtu.be/b3JCM-IPviY>

20. Azadi ka Amrut Mahotsav - Inaugural Address by Governor of Kerala on Webcast of SPPU – 25th August, 2021 - 20 NSS volunteers

21. PoshanMaah – 1st to 30th September, 2021 –

- a. Theme: Converging towards a healthy walk through life-
कूपोषणछोडपोषणकीओर - थामेक्षेत्रीयभोजनकीडोर
- b. Plantation drive – 08 September, 2021 -15 NSS volunteers and 3 teachers participated in this drive.



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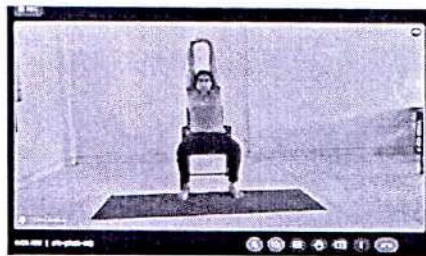


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- c. Workshop on demonstration for setting up of a Kitchen Garden and Benefits of Organic Food – 11 September, 2021 -35 NSS volunteers participated in this workshop.



- d. Yoga for building immunity - 15 September, 2021 - 14 participants.



- e. Y-break or Yoga Break Session on” 5 minutes Yoga Protocol” – 17 September 2021 - 27 staff members participated



- f. Demonstration of Nutritious Recipes with Millets – 21 September 2021 - 24 students



- g. E-Quiz – 24 to 30 September 2021 - 20 volunteers appeared for the quiz

22. International Democracy Day 18th Sep 2021- 90students

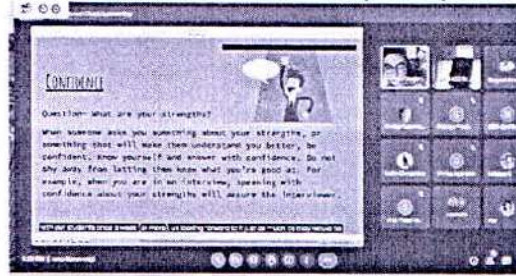
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23. NSS Day Celebration – 29 September, 2021 - 31 participants



24. Mazi Vasundhara Pledge –Oct 2021



25. Azadi ka Amrut Mahotsav Cleanliness Drive on Gandhi Jayanti – 2nd October, 2021 - 21 NSS volunteers participated

26. National Unity Day - 28th October 2021 - Following activities to mark the Birth Anniversary of Sardar Valabhbhai Patel.

1. Short Film Screening - 'Anekta Main Ekta' - 47 students
2. Display of Books by the College Library



27. Vigilance Awareness Campaign, 26th October 2021 to 31st October 2021 -

- a. Short film screening - Based on this year's theme 'Independent India @75: Self Reliance with Integrity' - 3 short films were screened - 47 students and teachers were present



- b. Integrity Pledge - 525 students and teachers took this pledge

28. Report- Constitutional Day celebration- 26th Nov 2021

- a. Reading of 'The Preamble'

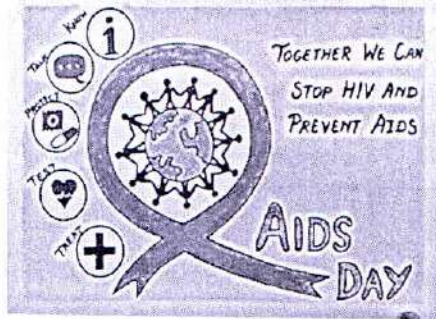
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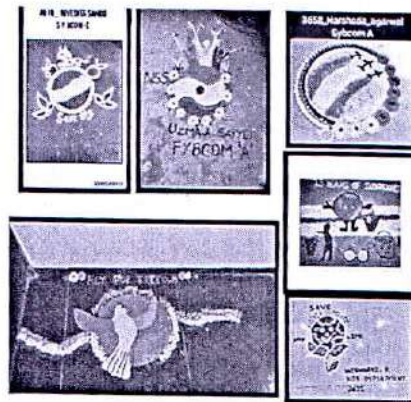


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33. World's AIDS Day 1st December - 20 students reached 1,277 people



34. Azadi Ka Amrut Mahotsav- Rangoli and Patriotic Song Writing activity – 22nd December 2021 to 25th December 2021 - 12 students



35. Azadi Ka Amrut Mahotsav - Constitutional Day Celebration (15th Dec to 31st Dec 2021) - Following activities undertaken :

- Translation of Preamble in to regional languages - 10 volunteers
- Youth Led Campaign - Know Your Constitution-** Slogans , Quotes, Posters based on Fundamental duties and about Constitution – 8 volunteers
- National Constitutional Day State Level Quiz-** 14 students



36. Savitribai Phule Birth Anniversary Celebration – 3rd Jan. 2022 - 38 students

37. Swami Vivekananda's Birth Anniversary Celebration - YuvaSaptah from 12th to 18th January 2022

Following activities were organized by NSS volunteers –

- Participated in Inaugural session of 25th National Youth Festival - 12th January 2022 by Hon'ble PM Shri Narendra Modi Ji- 72 NSS students with their teachers attended this inauguration session.

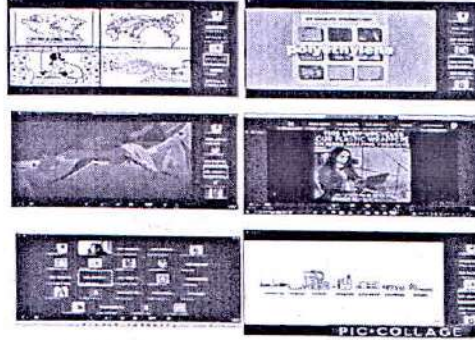
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- b. Time to #Cancel Plastic!- 14th Jan, 2022 - 25 volunteers



- c. Guest lecture on Changing Mentality of Youth - 15th Jan 2022 - 45 students

- d. A session on "All about Swami Vivekananda- Life Sketch and Teachings" – 17th Jan 2022 – 27 students



- e. A Session on "Financial Literacy Awareness" –18th January 2022 - 78 participants



38. Suryanamaskar's program under Azadi Ka Amrut Mahotsav-Tagline- "SuryaNamaskarForVitality" – 14thJan Makarsankranti - 27 students



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39. **Celebration of National Girl Child Day under Azadi Ka Amrut Mahotsav - 24th January 2022** - 56 volunteers – Following activities conducted:
- Selfie with Mother - Through selfies students reached 1,569
 - Poster making - through posters students spread this awareness among 543 people.
 - Importance of Girl Child through dance, poems, speeches, videos, and presentations – All by NSS volunteers
 - Awareness of Government Schemes for Girl Child
 - Display of Books by Library



40. **Celebration of National Voter's Day - 25th January 2022**

Following activities were organized on this occasion –

- Voters' Pledge** - 48 NSS volunteers took pledge
- Guest Lecture** - A guest lecture was organized by the NSS department and Electoral club - 60 volunteers
- Making Poster and Slogans to Spread Awareness** -6 NSS volunteers reached 457 people through their posters on social media.
- Quiz**- 60 Students participated
- Voters' Pledge of SPPU-Department of NSS**- 11 students

41. **Participation in 30th Foundation Day of National Commission for Women Celebration - 31st January 2022. 33 students**



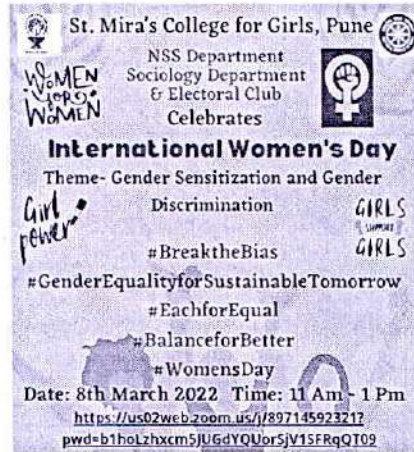
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42. Azadi Ka Amrut Mahotsav - International Women's Day on the theme Gender Sensitization and Gender Discrimination - 8th Mar 20, 2022

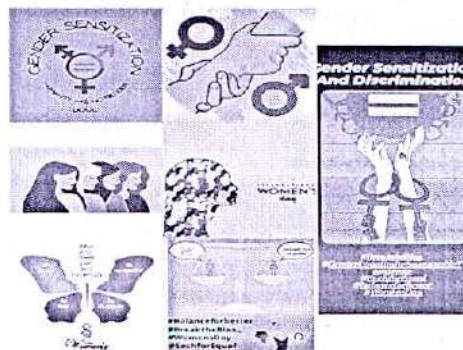


Following activities were conducted -

- a. Guest Lecture on Gender Sensitisation and Gender Discrimination - 8th March - 87 Volunteers



- b. Poster Activity - 15 volunteers reached out to around 1700 people.
Hashtags used: #BreaktheBias, #GenderEqualityforSustainableTomorrow, #EachforEqual, #BalanceforBetter, #WomensDay



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- c. **WOMEN'S DAY PROGRAM-** Students Expressing their views based on the theme "Gender equality today for a sustainable tomorrow" - 9th March 2022 -37 Volunteers



- d. **Book Display By College Library on the occasion of International Women's Day** – 8th March to 31st March 2022



43. **NSS Valedictory Programme - 22nd March 2022 - Guest speaker - Mrs. Suvarna Gokhale**

Dr. Sandhya Pandit
Ms. Manjita Kulkarni
NSS POs

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Dr. Jaya Rajagopalan
Principal Incharge
Principal Incharge
St. Mira's College for Girls, Pune.

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St. Mira's College for Girls, Pune

Department of NSS

Annual Regular Activities Report – 2021-22

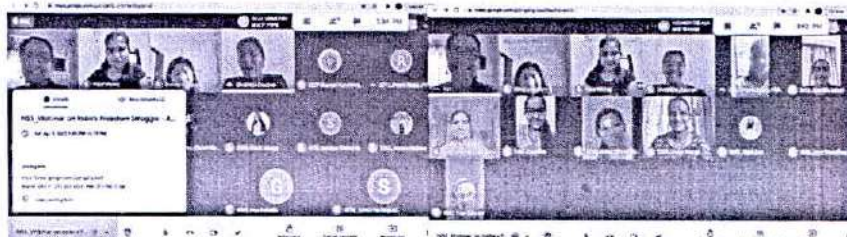
1. Azadi ka Amrut Mahotsav –April 2021 - Celebrating 75 Years Of India's Independence - Webinar on 'India's Freedom Struggle – An Overview'

On the occasion of the 75th anniversary of India's Independence, the Azadi ka Amrut Mahotsav', a webinar on India's freedom struggle was organized on 4th April 2021 at 2pm on the Google Meet platform.

The Chief Guest of the program was Miss Shraddha Chauhan, PGT Teacher of History, Kendriya Vidyalaya, Dehu Road who has 13 years of experience in the fields of teaching. Miss Chauhan was also awarded the Ideal Teacher Award by Lions Club, Dehuroad.



The program was inaugurated by the NSS Program officer Dr. Sandhya Pandit who gave us an introduction and welcomed the esteemed guest and all the volunteers who joined the program. Followed by which, the chief guest, Miss. Shraddha Chauhan gave us a talk on the history of India's freedom struggle. Through a video and a ppt Shraddha Ma'am took the volunteers through the significant contributions of the freedom fighters and also brought out the significance of freedom in ones lives as depicted through different places, events, leaders, slogans, etc. This truly inspired the volunteers to understand the contribution made by our leaders to get freedom for us. This webinar was attended by 60 volunteers. The vote of thanks was proposed by Ms. Sherin George.



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2. Virtual Photo Exhibition – on freedom Fighters and Places of Historical Significance

A virtual photo exhibition was conducted by 23 NSS volunteers to celebrate 75 years of the country's independence. Through this exhibition the volunteers paid homage to the freedom fighters and brought out their contribution to India's freedom struggle. What was also very interesting was that each of these students also highlighted what inspired them personally about the leaders that they had chosen. It had panels showing glimpses of contribution of freedom fighters like Sardar Vallabhbhai Patel, Subhash Chandra Bose, Mahatma Gandhi, Sukhdev, Sangoli Rayyanna, etc.



The volunteers also exhibited and spoke of the historical importance of places to the country's freedom struggle. The exhibits included historical places like Cellular jail, Aga Khan Palace, Dandi beach, Yerwada Jail, etc.

These Photo exhibitions was attended by 55 volunteers.

News Reported in 3 Newspapers – Pudhari, Prabhat and Lokmat

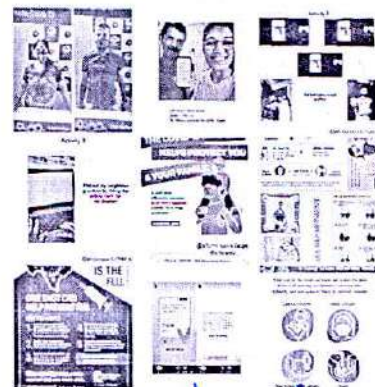
Pudhari – 7th April 2021 Prabhat – 8th April 2021 Lokmat – 10th April 2021

The image shows three newspaper clippings. The left clipping is from 'Pudhari' dated April 7, 2021, with the headline 'सेंट मीरा विद्यालय 'आझादी का अमृतमहोत्सव''. The middle clipping is from 'Prabhat' dated April 8, 2021, with the headline 'सेंट मीरा महाविद्यालयात 'आझादी का अमृतमहोत्सव''. The right clipping is from 'Lokmat' dated April 10, 2021, with the headline 'सेंट मीरा महाविद्यालयात 'आझादी का अमृत महोत्सव''. Each clipping contains a short report in Marathi about the virtual exhibition organized by NSS volunteers at St. Mira's College.

3. Report- COVID-19 Vaccination Mahotsav -11th April to 14th April 2021

The NSS Department of St. Mira's College actively participated in COVID -19 Vaccination Mahotsav. The College organized an awareness campaign as a part of this Mahotsav. The following activities were taken throughout this period:

- COVID-19 Vaccination Awareness through Government posters -** These were posted on various social media platforms to encourage people to take vaccination and to spread awareness about it. In this



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activity total 25 students participated and reached 2,422 people.

2. **Encouraging people to take vaccination of COVID-19** - Total 6 family members of the volunteers took vaccination for COVID-19.
3. **Helping senior citizens with vaccination process** - (Online form filling, counselling and clearing their doubts.) 5 Online forms were filled and 5 people were given counselling about benefits of vaccination.

4. **CRSA Work – 19th April 2021 to 5th June 2021**

CRSA i.e. Covid Resource Student Association is an organization run by students to help people in dire need of Covid resources by providing verified and well researched data. During this time of uncertainty and noise, The Covid Resource Student Association was committed to being in the front-line to help provide resource. It was important to conduct such a campaign simply because it was the need of the hour. CRSA wanted to help people with verified information, so that instead of running around for resources, people could attend to the needs of their loved ones. It was also set up with the intention of boosting people' morals since the association couldn't be directly involved in supplying resources.

Urvi Shetty, a sociology student at St. Mira's College, Pune, launched Covid Resource Student Association (CRSA) in association with Taarini Das and Karuna Das. The project officially began on the 19th of April 2021. A group of 35 NSS volunteers from St Mira's College joined hands to work together with CRSA to do their bit in helping the country heal and get through these trying times. Together they were working on helping COVID patients and their families to get access to resources like medicines and injections keeping the government regulations in mind, real-time availability of ICU and oxygen beds, plasma donors, tiffin facilities, ambulance services to name a few. In this endeavour, the NSS volunteers group helped them in the data collection and verification of the data across the country. In a short span of forty five days, the volunteer team succeeded in helping over 2000 patients. The team helped patients not only from Pune but also from the cities like Agra, Bengaluru, Delhi, Mumbai, Jaipur, Jhansi and Dehradun etc. through various social media platforms. The messages that the volunteers received from people thanking them for leads, resources or even some moral support, is what kept them encouraged and motivated to keep helping people every day.

5. **'World No Tobacco Day Pledge' - 31st May, 2021** - The Department of NSS organized a pledge taking activity on World No Tobacco Day - 31st May 2021. This was observed in accordance with the World Health Organization (WHO) and global partners as directed by University Grants Commission (UGC-Western Region Office). Students, Teachers along with the Non-teaching Staff, Sevaks and Sevikas pledged not to consume tobacco in any form and to restrain others from the use of tobacco. Awareness was also created among the staff against the harmful and deadly effects of tobacco use and passive exposure to smoking. This was done in line with the theme for this year of 'Commit to Quit'. 60 students, 5 teachers, 8 non-teaching staff and 8 Sevaks and Sevikas together participated in this activity. The pledge taking was organized following strict adherence to Govt. guidelines and protocols on Covid-19.

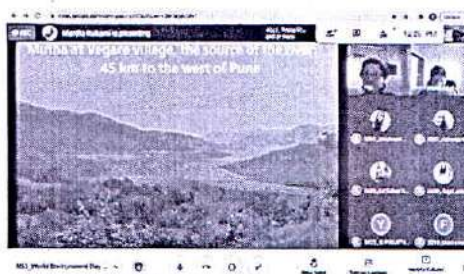


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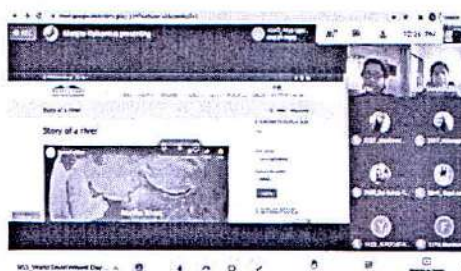
6. **World Environment Day – 5th June 2021 - St Mira's College for Girls, Pune NSS Department organized the World Environment Day Awareness Program – 2021 on 5th June 2021 in association with the JeevitNadi Foundation.**



“A better environmental future requires better environmental awareness for future generations.”



The United Nations (UN) celebrates



'World Environment Day' on 5th June every year globally. World Environment Day is celebrated with the aim of taking positive steps to protect the environment from polluting the earth and to inspire people around the world in this direction.

NSS PO, Dr. Sandhya Pandit introduced the session by sharing the objectives of celebrating this event with the students.

- To spread awareness among the public about issues related to the environment.
- To encourage people living in society and communities to contribute as active representatives in this campaign.
- To motivate people to clean up the surrounding areas for better start of this campaign with our NSS volunteers as ambassadors.



Following activities were undertaken to mark this day:

- 2 Videos were shown to the students – One video was by the JeevitNadi Foundation – ‘The Story of a River’ – which shared the condition of the Mula-Mutha river then and now. Since this river is in Pune it created awareness among the students of how important it is to keep the river clean for protecting the biodiversity of this city. The second video was on ‘Importance of Tree Plantation’ – shown to create awareness on the importance of Oxygen against the background of the Covid-19 Pandemic. – 42 students participated in this.
- NSS volunteers also shared their initiatives on saving the environment through a discussion in the end. Bhavika Naik shared her way of contributing to saving the environment. She said, “I have started using menstrual cup from last week since a sanitary pad takes more than 500 yrs to decompose and approximately one woman uses about 10000 pads in her entire life. This is my small contribution□”.
- Vaishnavi Kshirsagar shared the idea of planting a tree on birthdays of each family member. She has so far planted 300 trees in her garden and also planted one more on this occasion to mark the World Environment Day.
- Teaching and Non-teaching Staff were encouraged to clean their emails – for this a post shared by Bhavika, an NSS volunteer was forwarded to them to help them realise the necessity of deleting



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unnecessary emails which contributes to polluting the environment. – We reached 50 staff members through this post.

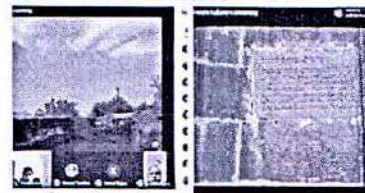


7. **Shiv Swarajya Din – 6th June 2021 - St Mira's College for Girls, Pune** NSS Department organized the Shiv Swarajya Din on 6th June 2021. This historic day of Shiv Rajyabhishek Din was celebrated in Maharashtra today to mark the coronation day of the great Maratha warrior king Chhatrapati Shivaji Maharaj. It was on this day in the year 1674 when Shivaji Maharaj was crowned as the Chhatrapati of the Maratha Kingdom. NSS volunteers, the teachers and the non-teaching staff all enthusiastically participated in this celebration.

NSS PO, Dr. Sandhya Pandit introduced the session by paying homage to Chhatrapati Shivaji Maharaj and informing the audience about his true greatness. Dr. Pandit also shared the significance of celebrating this event with the students.

Following activities were undertaken to mark this day:

1. 2 Videos were shown to the students – One video was shown to pay Homage to Chhatrapati Shivaji Maharaj.
2. The second video was shown to pay tribute to Chhatrapati Shivaji Maharaj by sharing with the audience the Leadership Lessons one can learn from Chhatrapati Shivaji Maharaj. Leadership skills are required by both students and professionals for their careers. This was very well appreciated by everyone.
3. Later, a short film on 'Fort Raigad' – was shown to create awareness on the importance of the strategic location of this fort and its significance as the capital of the Maratha kingdom under Shivaji Maharaj. This film inspired many of them try and visit it at least once whenever possible keeping the current pandemic restrictions in mind.
4. This was followed by a live telecast of the Shiv Swarajya Din Sohala organised by COEP, Pune which was attended by esteemed dignitaries of the Government of Maharashtra.



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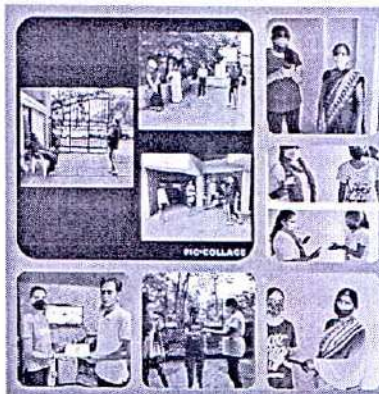


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The programme ended with the Maharashtra Geet and the National Anthem being played to pay our respect to our State and our Country which we proudly belong to. This programme was conducted online following all Covid-19 protocols. In all 65 participants were there- 45 volunteers participated. 17 Teachers and 3 Non-teaching Staff were also there.

8. **Report- Maze Gaon Corona Mukta Gaon – 20th June 2021** - The Department of NSS, St. Mira's

College for Girls has organized safety measures and spreading awareness campaign in connection with 'Maze Gaon Corona Mukta Gaon' Abhiyaan (My village Corona Free Village Campaign) organized by the Department of NSS, SPPU. Students tried to reach their friends, society members, and those people who have maximum exposure to different people like maids and watchmen for this campaign. They also helped the maids to register on Cowin App



for their vaccination. NSS PO, Dr. Sandhya Pandit too convinced her maid for the vaccination as she was scared of the reaction to her body as she stays alone. 6 NSS volunteers participated in this activity as this was the exam period.

9. **7th International Yoga Day, 21st June 2021**- St. Mira's College for Girl's virtually celebrated the 7th International Yoga Day on 21st June 2021 due to the Covid-19 pandemic situation. To create awareness among the students and staff, the Department of Physical Education and Sports and the Dept. of NSS had organised an online Practical Session along with Yoga Pyramids Demonstration by the students. NSS volunteer Sai Kachare and sports students Sheetal Mahadik and Rutuja Kawade participated in the demonstrations. Total 205 students and staff members actively participated on Google meet and Facebook live platforms. This year the theme of the Yoga Day was " Be with Yoga, Be at Home ". Yoga is a very important and useful activity in this pandemic situation which we can perform in less space and it boosts

our immune system, improves strength, balance, flexibility and keeps us physically and mentally healthy. It was conducted by the Director of Physical Education, Mrs. Ekta Jadhav. The program began with a brief introduction of Yoga and their importance in day-to-day life followed by Yoga Pyramids Demonstration and then a practical session which included prayer, different Yoga postures such as Sukshma Vyayama, Suryanamaskar, Tadasana, Vrukshasana, Padahastasana,



ArdhaChakrasana, Bhadrasana, ArdhaUshtrasana, Vajrasana, Shashankasan, Bhujangasana, Pawanmuktasana, Setubandhasana, Anulom Viloma Pranayam, Bhramari Pranayam, Meditation and Omkar ended with the Pledge. The protocol as given by AYUSH Government of India and Covid-19 protocol was strictly adhered to. 10 students also participated in the 'Yoga for Life' Quiz organised by the Ministry of Education, Govt of India which was on the Effects, types of asanas, sequence when it is performed, How it is Beneficial to us, etc.

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सेंट मीरा महाविद्यालय

महाविद्यालयाच्या शारीरिक शिक्षण व एनएसएस विभागाच्या वतीने ऑनलाईन योग दिवस आयोजित झाला. कन्यात आता प्रामाणिकता उधारणाने सध्याचे वेळापत्रकात योगी देवदेव जीवित योगसभाने पहिले विशद केले. कर्माकारणाने ही प्रतिस्पर्धाकरी काढण्यासाठी योग उपयुक्त आहे. किर्तित योगसभेने केलायुळे सान्ध्य, मधुन, लघुपिण्या मुळेही तसेच शारीरिक व मानसिकदृष्ट्या सध्या व निगीने ठेवणे, असे रचना सांगितले. त्यानंतर कायक्रमाने शारीरिक शिक्षण संचालक एकदा ज्ञान व पारिवर्तमानाने मुळातू मनु कसे, शोभन महाविक व कटुका कसे यांचे योगसभे व प्रशासनाचे प्रात्यक्षिक सादर केले. हा कार्यक्रम प्रत्येकी प्राचार्य डॉ. जया राजेंद्रकराने यांच्या मार्गदर्शनाखाली व उपशासन्य डॉ. वसुधेने अग्या यांच्या सहकार्याने आयोजित केला गेला. घडलेली योजनायुक्त पुस्तका विजेत्या गुणवत्ता कोर, गीते प्यारळी, एनएसएस विभागाच्या डॉ. संजया पीठल व मंजिषा कुमरणी अदी सहचार्यी प्राले सोबि. आपा एवता बांधव यानी मानते.

मोबाइल Tue, 22 June 2021
<https://paperkit.net/>



10. Panel Discussion on Eliminating Use of Plastic – 25th June 2021 - Green Club and NSS Department held a Panel Discussion on 25th June 2021 between 10am to 11.15 am on Google meet.

The dialogue began with introducing the topic- Miss Shannon R talked about what goes around comes around. Ocean throws garbage (created by us) back to us, so it is our collective responsibility to reduce garbage as much as possible. Miss Rakhi pointed out that it takes about 4000 years for plastic to degrade, hence we should say “No” to use of polythene bags. Miss Namrata Datta added to this discussion regarding reusable H2O bottle plus cloth bags- At present, plastic use is choking us and We are the change makers, need determination to bring the change. Miss MaitrayeeSangitrao highlighted how everywhere plastics are used right from makeup/spectacles. She concluded by asking audience these questions- Do we need it, is it necessary?? We must decide how much plastic to be used in everyday life.



Miss Gauri Raje stated that change begins at home - we must adopt zero plastic-based lifestyle, however challenging it is. She gave examples of using bamboo brush, upcycling old clothes, not to cut plastic pouches completely to avoid microplastics, encouraged to use menstrual cups. Miss Saloni Kullar spoke about human beings at our best are extremely creative, she added to switch to ink pens, cut gel pens can be used as beads, plastic stand of pens stuck together etc. Miss Annmariya said that plastic creates scarcity of land , alternative is use metal straw. Miss Kajal Yadav coaxed all to buy bigger bottles to avoid using more of plastic consumption. Miss Riya Pawar spoke about how plastic tiffin boxes can be reused as jewellery boxes, use cloth flowers, use paper cups, etc. Miss Anushka said that living a simple life is not easy but everyone can do it. Miss Aariya Parve shared here ideas of the various means to cut down plastic such as use of paper glasses, wire hangers etc.



Audience participation showed an overwhelming response to this discussion. Miss Kanishka informed to use steel items for milk cans. Miss Nivedita Sahoo suggested use of wooden items in the kitchen. Miss Shannon encouraged audience to use cotton based sanitary towels, use metals instead of paper because trees are being harmed, use paper bags which are made out of newspapers. Miss Rajni Singh, Inhouse faculty said that be responsible consumers , make producers to rethink



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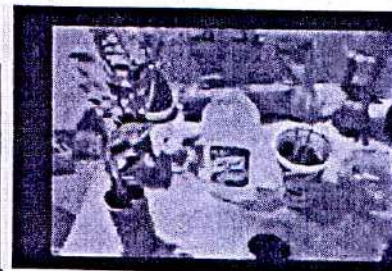
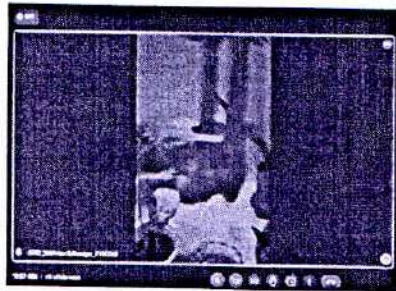
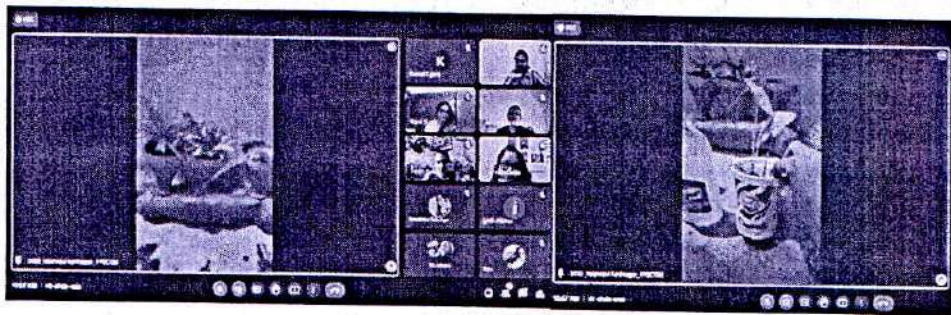
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the use of plastic material for packaging and at the end Miss Gauri discussed the taboo relating to Menstrual cups.

The discussion ended with the conclusion by Dr. Sandhya Pandit and Miss Manjita Kulkarni, Inhouse faculty. Last but not the least let us everyone work together to "Save Mother Earth" and refuse to use Plastic, Eliminate Plastic.

11. Activity 2 by NSS - Demo of using Pet Bottles as Wall hangings or Plant Pots

This demo was given by FYBA student Vaishnavi Kshirsagar who showed and encouraged the NSS volunteers and audience on how the Pet Bottles of beverages can be reused as beautiful hangings in the garden, curd boxes can be painted and turned into beautiful pots for plants to be kept in the house, etc. Her efforts and ideas were very well appreciated by all. In all 12 students participated as Panel members and the audience included 40 NSS volunteers and 6 teachers



12. Tokyo Olympics 2020 – July 2021 - It was a moment of great pride for the NSS volunteers of St. Mira's College for Girls to create messages for the Indian Olympic Team representing the country for the Tokyo Olympics 2020. Messages and videos cheering the team, conveying best wishes for their performance were created by the volunteers and shared on their social media handles. The NSS volunteers also made congratulatory video messages for the participants who had made the country proud by winning medals in different sports they participated in. The messages and videos of students were also shared on the college social media handles like Twitter, Instagram and Facebook using the hashtag #Hamara Victory Punch and by tagging the following handles: @CMOMaharashtra, @samant_uday, @kamalkumarkar, @YASMinistry, @dearthigueane, @NSSMaharashtra, @NSSIndia, @RohitakarDesai7 and retweeting @januragthakur



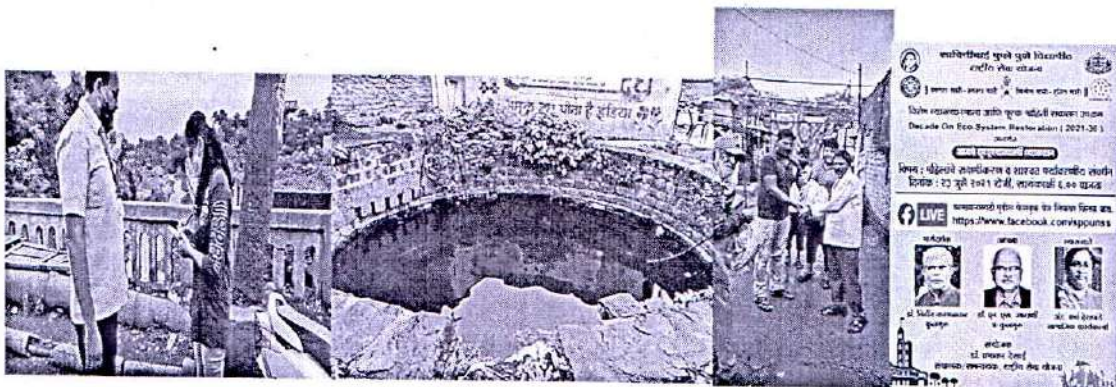
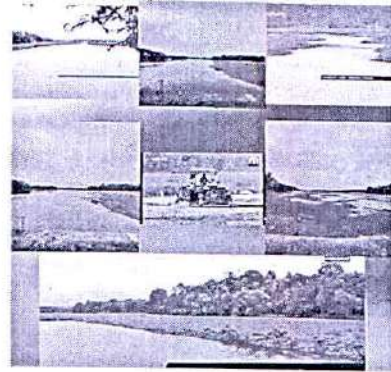
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**13. Swachha Wari- Swastha Wari-Nirmal Wari-
Harit Wari – 22 July 2021 - Decade on Eco-
System Restoration (2021-30)**

Department of NSS under the guidelines of SPPU, NSS department have participated in the historical water body management initiative organized as a part of wari activity 22nd July 2021. 10 students have participated in this activity and they have visited historical water sources near their place and collected all the history about that water resource like when it was created, how was the structure , quantity of storage, historical importance(if any)etc.In this MulaMutha river side, Bhopkhel,Pune, MulaMutha side taken from Hadapsar, cannel , near Magarpatta, Indrayani river- Alandi,KaviyoorPuncha, Thiruwvalla, Kerala these some sources were explored by NSS volunteers.



14. Azadi ka Amrut Mahotsav - Singing of Rashtragaan – 05 August 2021

One of the events related to the celebration of Azadi ka Amrit Mahotsav was the rendering of the National Anthem of India by everyone. At our college, students including NSS volunteers, teaching and non-teaching staff all participated in this individual rendering of the 'Rashtragaan' and uploaded their videos on <https://rashtragaan.in>.

15. Webinar on Effect of NEP 2020 on Youth Empowerment and Sports Development - 4th Aug 2021 - Department of NSS, St. Mira's college have attended theme-based webinar organized by Ministry of Education with Ministry of Youth Affairs and Sports Development on 4th August,2021. This webinar was organized on the occasion of 1 year completion of The National Education Policy 2020. This webinar was about skill enhancement of the youth and in this webinar importance of New Education Policy for skill-based development was told. Total 20 students participated in this webinar.

16. Social Service Activity at Aundhe and Dongargaon, Khandala – 13th Aug 2021 – This Activity was organised by our parent body, Sadhu Vaswani Mission. A heavy downpour, unpaved, wet muddy roads, and poor living conditions with kaccha houses; that's the khandala our volunteers witnessed. It was a regular relief effort wherein ration kits to a total of 176 families in the villages of Vetulwadi (113) and Aavande Katkari Wadi (63) affected by heavy rains and the ongoing pandemic were distributed. Ration kits included wheat flour, rice, dal, pulses, poha/sabudana/suji, sugar, spices, tea and 1litre cooking oil. The ration could last an average family for a month.

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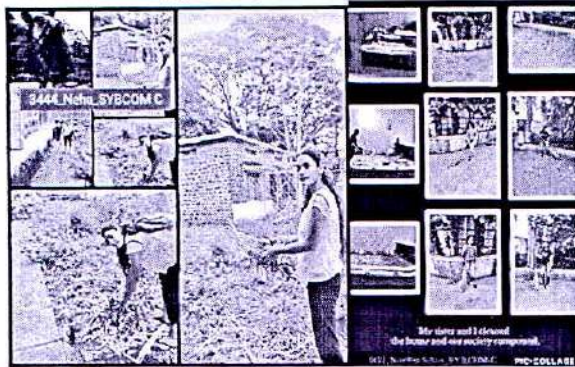
17. Swachhata Pakhwada – 1st Aug to 15th Aug 2021

Department of NSS, St. Mira's college for girl's have celebrated Swachhata Pakhwada from 1st August to 15th August 2021. Following activities were taken in this Swachhata Pakhwada.

- a. 1st to 7th August – Cleanliness drive
- b. 8th to 10th August- Slogan, Poetry writing and Poster making
- c. 10th August- Pledge for Swachhata
- d. 11th August- Paper Bag making workshop
- e. 12th to 15th August – Video making for cleanliness, posting on social media platforms and sending total views.
- f. 13th Aug 2021 - Swachhata at Aundhe village near Khandala

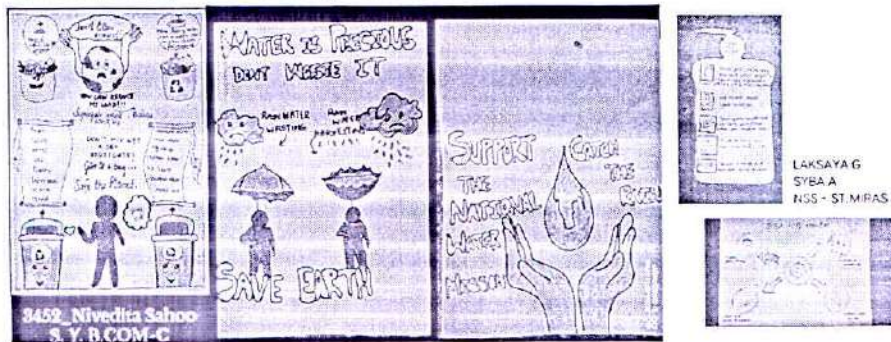
1st to 7th August – Cleanliness drive

Cleanliness drive 15 students participated in this. They cleaned their rooms, society common areas, garden, terrace etc.



8th to 10th August- Slogan, Poetry writing and Poster making

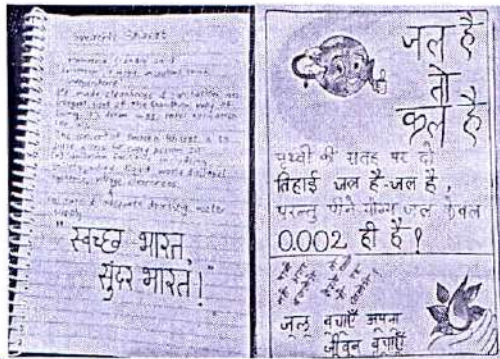
In this activity total 10 students have taken part. Handmade posters were created, 7 posters, 2 poems, 1 slogan poster was made. On various topics like Corona and Hygiene, Segregation of Wet and Dry garbage, Importance of cleanliness, Clean City initiative, Catch the Rain, where it falls, when it falls.



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10th August- Swachhata Pledge, followed by short films on Swachhata.

11th August- Paper Bag Making workshop was taken for the students. Vaishanavi Kshirsagar has taken this workshop. Total 19 students have made approximately 20 paper bags



each.

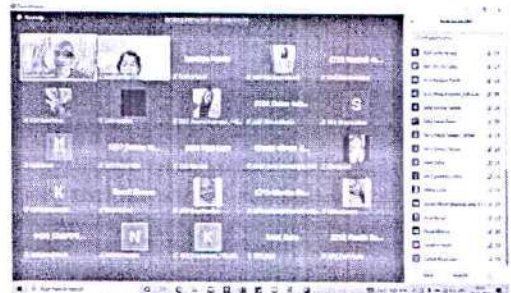
12th to 15th August – Video making for cleanliness, posting on social media platforms and sending total views.

13 Aug 2021 - At Aundhe village near Khandala Mission Cleanliness Activity report



18. Azadi ka Amrut Mahotsav - Rainwater Harvesting and Water Restoration - Catch the Rain – 09 August 2021

On the occasion of celebrating the 75th year of India's Independence, Azadi Ka Amrut Mahotsav, a guest lecture on the topic "Catch the Rain - Rainwater Harvesting and Water Restoration" was organised on the google meet platform. The program was organised by the NSS Department. The Chief guest of this program was Mr. Niranjan Upasani a former Japanese Language Specialist with a reputed US based MNC, Founder director and CEO of Bluewiss Environment Enrichers and also the founder director of JeevitNadi- living river foundation. The program was inaugurated by the



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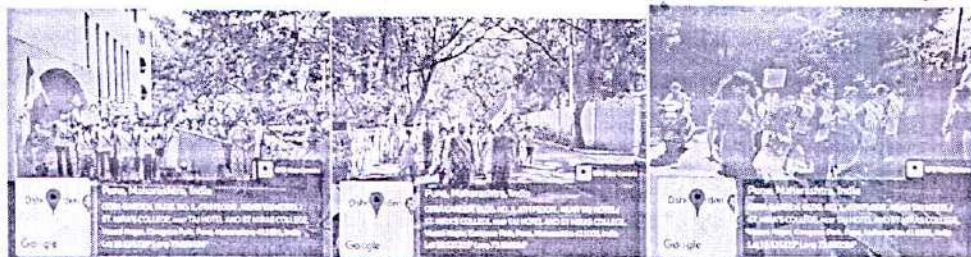
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NSS program officer Ms. Manjita Kulkarni who gave us a brief introduction about the Chief guest and welcomed the esteemed guest and all the volunteers who joined the program. Followed by which the Chief Guest Mr. Niranjan Upasani gave us a talk on Rainwater Harvesting and water restoration. The talk was mainly focussed on making the volunteers aware about issues and need for water conservation wherein he mentioned the present conditions of the water bodies in Pune and he also spoke about rainwater harvesting, different methods of rainwater harvesting and how we can practice rainwater harvesting cost-effectively. He also educated and encouraged the volunteers to practice rainwater harvesting and popularize the tagline "Catch the Rain, where it falls, when it falls". At the end of the lecture, there was a Q&A Session where the Chief guest addressed the doubts of the volunteers. A group of 45 NSS volunteers attended the program. The Vote of Thanks was proposed by NSS volunteer Ms. Delna Anklesaria.

19. Azadi ka Amrut Mahotsav - Fit India Freedom Run Campaign 2.0 – 13th and 14th August 2021

1. On 13th August 2021 – 6 NSS volunteers ran at Aundhe near a village in Khandala where they had gone for a social service activity. This activity was done to commemorate "India @ 75" and to create awareness of healthy lifestyle through Fitness among the villagers.
2. On 14th August 2021, the Departments of NSS and Physical Education have jointly organised "Azadi ka Amrut Mahotsav- FIT INDIA Freedom Run 2.0" on college campus. This event was conducted to commemorate "India @ 75" and to create awareness of healthy lifestyle through Fitness among the students and staff members. This run also created awareness on importance of mass participation, spirit of unity and support and the contribution of our freedom fighters using these methods for awakening the people during the freedom struggle. In this event all all teaching and non-teaching staff of the college and students ran or walked for 2 kms - from College Campus to Osho Garden and back to college. Total 51 participants (15 girls and 36 staff members) took part actively in the event and realised the benefit of a morning run/walk. For the Inauguration Ceremony our Chief guest - Shiva Chatrapati Jijamata Award winner Ms. Gurbans Kaur, Principal Incharge Dr. Jaya Rajgopalan, Vice Principal Dr. Shalini Iyer, Registrar Suvarna Mahalgi, and other teaching and non-teaching staff members were present. The Brief introduction of race and route was given by Director of Physical Education, Mrs. Ekta Jadhav. The Principal In-charge Dr. Jaya Rajgopalan Flagged off the event and started the run. All the participants completed the run enthusiastically and successfully. The Freedom Run ended at St. Mira's College gate and all the Covid-19 norms were followed. The NSS Programme Officer, Dr. Sandhya Pandit was there to coordinate the whole event and thanked everyone for their enthusiastic participation.



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The Youtube videos of this event were uploaded on social media sites as well for creating awareness. - <https://youtu.be/0O9CpJJUG8>; <https://youtu.be/g11GhSLp6I> ; <https://youtu.be/b3Jcm-IPviY>

20. Azadi ka Amrut Mahotsav - Inaugural Address by Governor of Kerala on Webcast of SPPU – 25th August, 2021

Honourable Arif Mohammad Khan, Governor of Kerala gave a very enlightening talk on valuing India's Independence. He highlighted the aspect of the unity in diversity of India and said if you define India by race, religion, language, many will be excluded. During his address, he said though India was ruled by different people it was still described as one. He further stated, 'India was defined only by 'Aatma', which does not exclude even plants and animals.....' His address was a real eye-opener to the rich cultural heritage and diversity of India having its own sources of inspiration in its own culture. 20 NSS volunteers attended this live webcast.

21. PoshanMaah – 1st to 30th September, 2021 –

a. Theme: Converging towards a healthy walk through life- कूपोषणछोडपोषणकीओर

– थामेक्षेत्रीयभोजनकीडोर - Under the guidance of the Ministry of Women and Child Development, Ministry of Youth and Sports, Govt. of India and the NSS Department, SPPU, St Mira's College for Girls, Pune organized various activities for the PoshanMaah to be observed from 1 September to 30 September 2021. The idea was to create awareness in the society on the importance of a balanced and nutritious diet for which planting of nutritious and medicinal plants is important, setting up of Kitchen Gardens, the significance of Yoga for immunity and how both food and exercise when done in the right balance can enhance both the physical and mental well-being of all individuals concerned. The following activities were organised:

b. Plantation drive – 08 September, 2021 - We organized a Plantation drive in association with the Botanical Survey of India. We planted many saplings of plants like Palm tree, etc. The NSS volunteers also reviewed the plants which were planted by the college NSS volunteers in 2016. 15 NSS volunteers and 3 teachers participated in this drive. There were many students from Satara college who were interning with BSI as well who participated in this activity with the staff of BSI also being there. The students realized how important it is to look after the plants with love and care for the environment to be preserved for future generations. Dr. Sandhya Pandit introduced everyone to the objective behind undertaking this drive and the vote of thanks was proposed by Ms. Manjita Kulkarni (NSS PO) and Mrs. Dubey of BSI. Some of the following trees were planted:- Arjun, Fan Palm, Lal Kanchan, Coffee tree, Lakshmi-taru. 23 tree saplings were planted



c. Workshop on demonstration for setting up of a Kitchen Garden and Benefits of Organic Food – 11 September, 2021 - The basic needs in our lives- Sujalam (clean water), Suphalam (healthy crop) and Malayajshitalam (fresh air). These are the important aspects in our lives that contribute to our existence. Unfortunately, these things are declining due to the rapid increase in human population and irresponsible usage of the resources done by them. Promoting organic farming has become more important now. Dr. Rupali Sheth, NSS PO, Huzurpaga College is a live example of this as she grows such

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healthy food crops and vegetables in her garden that are not only nutritious and healthy but also eco-friendly and refreshing. She informed the volunteers of some of the ecofriendly ways to avoid harm to the environment by preparing the compost at home, and engaging in Organic farming. She also informed the volunteers of the advantages of organic farming are immense and encouraged each one to do so. 35 NSS volunteers participated in this workshop.



d. Yoga for building immunity - 15 September, 2021 - We organised an online Practical Chair Yoga Session for the NSS volunteers targeting adolescent girls. This was done in accordance with Covid-19 norms and protocol followed. 15 volunteers actively participated in the live practical session which was conducted by our college Director of Physical Education, Mrs. Ekta Jadhav. Mrs. Jadhav brought out how Chair Yoga is a very simple and useful activity in this pandemic situation, especially when everyone is leading a sedentary lifestyle and spending most of the time sitting in front of the computer screens. She also shared how simple stretches and asanas could be done in between 2 lectures which will help relieve them of their back and neck pain. She also shared how performing of some Asanas like Trikonasana and suryanamaskar boosts immune system and keeps us healthy. This session was attended by 14 participants.



e. Y-break or Yoga Break Session on "5 minutes Yoga Protocol" – 17 September 2021

A Y-Break session was organized in the college premises for all the teaching and non-teaching staff of the college making them do various stretches which they can do every one hour to help relieve them of their back and neck pain as a result of the continuous online teaching as per the video shared by the ministry. All Covid-19 protocols were followed. The video was also shared with them for ready access. 27 staff members participated in this session.

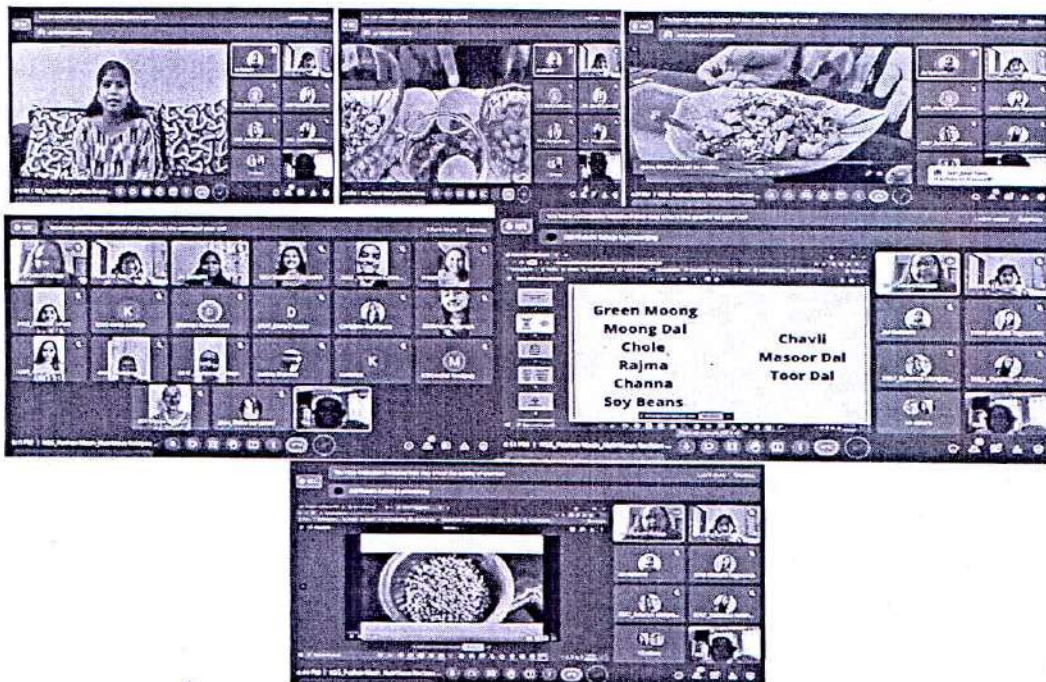
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f. Demonstration of Nutritious Recipes with Millets – 21 September 2021 - This was conducted with the aim of creating awareness among students to know about regional and local food - Millets, vegetables, traditional recipes – students presented local nutritious recipes which were easy to make and healthy and nutritious to eat as well. Sakshi Raheja and Jui Kulkarni TYBA Psychology special subject. In this session some short and nutritious recipes videos were shown even some healthy recipes were shared by Jui and Sakshi, which can save the time, and give us nutritious value and immunity. Some recipes shared were- Sprout salad, Green Moong Dosa, Oats Chocolate Smoothy, Beetroot chips, etc with the volunteers and also demonstrated cooking of Moong Dosa, Salads, and healthy smoothies. Students enjoyed and some students also shared their recipes. For this session 24 students were present.



g. E-Quiz – 24 to 30 September 2021 - The volunteers also participated in an E-Quiz organised by the Government of India for focusing on Malnourishment issues in children and received certificates for the same. In all 20 volunteers appeared for the quiz.



22. International Democracy Day - 18th Sep 2021- The Department of Politics and Public Administration enthusiastically celebrated the Democracy Day on 15th September 2021. The programme was celebrated and coordinated along with the Electoral Club and NSS Department of the College. The programme was conducted virtually on Google Meet platform, Meenal Sumant Maam gave an introductory speech, explaining the significance of Democratic form of government. Ms. Veena discussed the origins and merits of democracy

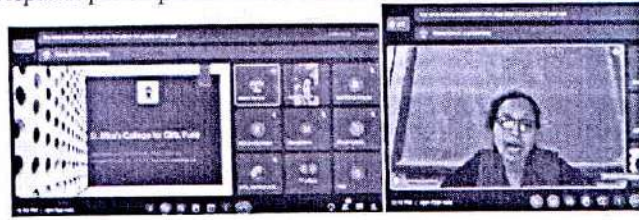
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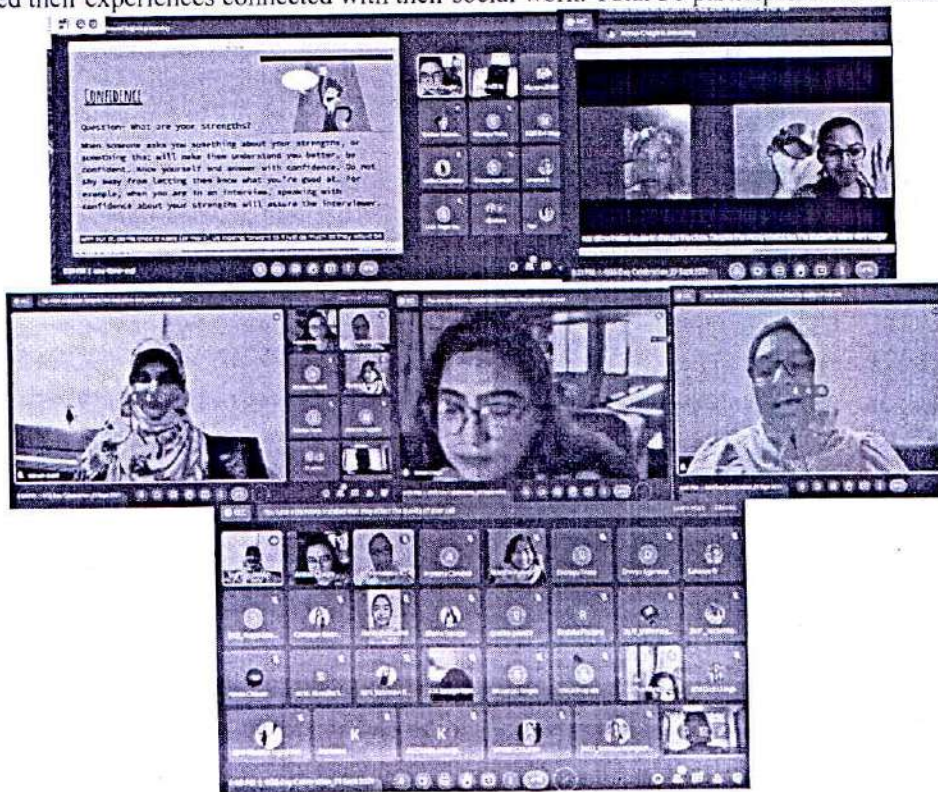
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with the students and a documentary- Age of Democracy was screened for the students. The NSS Department spoke about leadership qualities that should be nurtured in a democracy. A total of 90 participants participated in this online celebration of the Constitution Day.



23. NSS Day Celebration – 29 September, 2021 - On the occasion of NSS Day we had organized an online guest lecture on 'Social Outreach in the Digital World- The SOUL Experience' by the SOUL team. SOUL means Social Outreach United Learning experience – An innovative initiative which was shared by the team members Maryam Shaikh, Armaan Chaghla, Ummesalama Karu. These girls shared their experience of reaching out to the society and doing service using the digital platform. Through online teaching to Marginalized children working with the NGO Aasra, this team taught poor kids English in a joyful and educational way. With this teaching they contributed digitally towards the society even during the pandemic when the world stood still. Team members discussed about their challenges and happy moments which they experienced with these children. This team encouraged the students to go for social bond, to contribute towards society. At the end NSS volunteers shared their experiences connected with their social work. Total 31 participants were there.



24. Mazi Vasundhara Pledge - 2nd Oct – All students and faculty to the e-pledge for protecting our environment for which they received Certificates as well.

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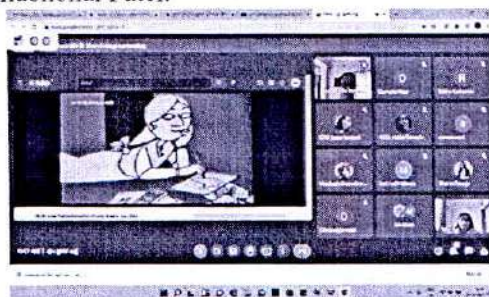


25. Azadi ka Amrut Mahotsav Cleanliness Drive on Gandhi Jayanti – 2nd October, 2021

Under the Green Village-Clean Village initiative to be undertaken in the adopted villages, it was not possible to go due to the pandemic situation. The NSS volunteers enthusiastically conducted this cleanliness drive in their urban spaces in all the common areas of their societies, buildings, staircases, club houses, cowsheds, etc. The objective of making people aware and motivating them to understand the need and importance of cleanliness was achieved by the volunteers as many society members joined these students in cleaning their respective campus after seeing them do it alone. 21 NSS volunteers participated in this drive.

26. National Unity Day – 28th Oct, 2021 - The Department of NSS had organized the following activities to mark the Birth Anniversary of Sardar Vallabhbhai Patel.

1. **Short Film Screening** - To celebrate The National Unity Day which falls on 31st October, 2021, the NSS volunteers were given information on the great contribution made by Sardar Vallabhbhai Patel during India's freedom struggle and more importantly on accepting the challenging task after India's independence of re-organising 560 Princely states and amalgamating them into the nation of independent India in order to unite it in the real sense. Keeping the same spirit of unity in mind, the volunteers were shown a short film 'Anekta Main Ekta' highlighting the importance of overcoming challenges by staying united. 47 students participated for this film screening.



2. **Display of Books** - The College Library had also organized a book exhibition on the occasion of National Unity Day displaying books on Sardar Patel and his contributions encouraging students to read more on the contribution of the Iron Man of India.



27. Vigilance Awareness Campaign- 26th October 2021 to 31st October 2021

a. **Short film screening** - Based on this year's theme 'Independent India @75: Self Reliance with Integrity' - 3 short films were screened as a part of Vigilance Awareness Campaign on the theme where students were given information about corruption and most importantly how to stop corruption, whom to contact if we find such cases. Awareness was created to show how important it is to clean the systems of India as well. 47 students and teachers were present.

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b. Integrity Pledge - Students and staff members took the pledge for Integrity and committed to uphold highest standards of honesty and integrity and to follow the rule of law in all the walks of life. Total 525 students and teachers took this pledge as a part of the Vigilance Awareness Campaign.

28. Constitutional Day Celebration- 26th Nov 2021 - Department of NSS, the Department of Politics and Public Administration along with the Electoral Club and College Library has celebrated Constitutional Day on 26th November, 2021.

a. Reading of 'The Preamble' - Department of NSS celebrated Constitution Day on 26th November, 2021 by reading 'The Preamble' was done by the students. Total 18 students have participated for this activity offline.

b. Two Short Films were also shown to the students based on 1. Fundamental Duty 1 संविधान, तिरंगे और राष्ट्रगान का सम्मान and Fundamental Duty 5. भाईचारा और माहिलाओं का सम्मान to realize their duties as a responsible citizen and aware them about our fundamental rights given by our Constitution. This was celebrated at 12:50pm in 114 classroom of the college. Total 18 students have participated for this activity offline.



c. Display of book collection by the Library - The library had displayed a book collection on the occasion of the "Indian Constitution Day" on 26th November. The collection was displayed before one week of the Constitution till 30th Nov. 2021. Students and faculty visited the library to see the books and use them for references in their subjects. Students realized about the constitutional safeguards and importance about them.



d. Celebrated the Constitution Day with the Electoral Club -

The Department of Politics and Public Administration enthusiastically celebrated the Constitution Day on 26th November 2021. The programme was celebrated and coordinated along with the Electoral Club of the College. The programme was conducted virtually on Google Meet platform, Mrs. Anita D'Cunha Ma'am gave an introductory speech, explaining the significance of the Constitution of India. It was followed by the imperative facts of the constitution shared by Arpita Chaudhari and a PPT presentation was shared by Sanskruti Ingale regarding the values of the constitution and the right of freedom of religion.



The students of the department of Politics and Public Administration presented a skit on domestic violence. The skit underlines the message about how the various provisions of the constitution help the helpless people. Anagha, listed the fundamental duties mentioned in the constitution and Namra Tamboli gave a brief account about the historical background of the constitution. Tejaswini Dahatonde gave a speech in

Marathi about the Constitution of India. The importance of the constitution as a panacea for all social evils was well brought out through song, posters by Purvi Dixit and other art displays. Mrs. Anita and

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Ms. Veena led the collective reading of the Preamble in English and Marathi respectively. Lastly, a joyful quiz was shared by Andrea, which spread awareness about the constitution. A total of 100 participants participated in this online celebration of the Constitution Day.

29. Voters Registration - 1st to 30th Nov 2021 – Eligible students were guided on registering their names in the voter's list.

30. Self Defence Demo Workshop- 17th December 2021 - The NSS department of the St Mira's College for Girls Pune, had organised a workshop on 'Self Defence' on the 17th December 2021. The session was conducted by Ms Maya who is currently pursuing her masters in the field of physical education. The aim of the session was to create awareness among young adults on protection of one's self from the wrong doing and know basic techniques to overcome possible harassments in the form of touch. Simple hand techniques were taught as the solutions to most of the forms of harassment faced by students. An actual demonstration of attacks and defence were carried by the volunteers with high level of confidence.



Topics of depression, self-awareness, confidence, social media and alertness were the central themes of the session. Different self defence techniques were taught to the students. 35 students attended this session. The day ended with the girls promising to spread awareness and teach the same techniques to young girls in their families and neighbourhood. The student volunteers who coordinated this workshop were Zainab Nagarwala and Janya Dudiya.

31. Azadi Ka Amrut Mahotsav - Victory Week Celebration (50th Anniversary of 1971 war) - Visit to the War Memorial- 17th December 2021

- The Department of NSS and the Department of History had organised a visit to the National War Memorial, Pune under Azadi Ka Amrut Mahotsav celebration of "Victory Week" (50th Anniversary of 1971 war), on the 17th of December 2021. 35 NSS volunteers got an opportunity to visit the memorial and learn about various achievements made by the Indian Defence Forces. The memorial was made by the citizens of Pune to honour those who lost their lives fighting on the borders to keep the country safe. Two minutes of silence was observed and candles were lit to pay our respect to them. Total 35 NSS volunteers had



a peaceful and motivational morning and it was a day that instilled a feeling of brotherhood towards one another and great respect for our soldiers. The student volunteers who coordinated this activity were Zainab Nagarwala and Janya Dudiya.

32. River Cleanliness-as a part of Azadi Ka Amrut Mahotsav – Festival of Indian Rivers- 12th December, 2021 - Azadi ka Amrut Mahotsav- Festival of Indian Rivers under this program St. Mira's College for Girls participated in an offline cleanliness: Community participation drive of the Mula-Mutha river in Bhaironalla Smashan Bhoomi in association with Jeevitnadi Living River Foundation on 12th December 2021, Sunday. There were almost above 25 students who participated in this cleanliness drive. The organizer instructed us to how the drive will continue for the day.

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Students got divided into groups of five students each. They collected garbage near and around the river side where more than 30 bags of garbage were collected and the locality was cleaned to the maximum level. Teacher continuously motivated and pumped students to do the activity. There was also a very good security system and even all the Covid norms were followed in this drive. Students realized their responsibility towards river and environment cleanliness.



33. Worlds AIDS Day - 1st December - Department of NSS had celebrated Worlds AIDS Day on 1st December, 2021 by spreading awareness about AIDS through posters and slogans. Total 20 students participated in this activity. Students created posters based on AIDS and its precautions. They used several social media platforms to spread awareness about AIDS. They reached 1,277 people with this activity. Worlds AIDS Day students were told to watch a film based on AIDS named "My Brother Nikhil".



34. Azadi Ka Amrut Mahotsav- Rangoli and Patriotic Song Writing activity - 22nd December 2021 till 25th December 2021 - Department of NSS has celebrated Azadi Ka Amrut Mahotsav in connection with it the Self composed Patriotic song/poem activity and Rangoli activity was organized in between 22nd December 2021 till 25th December 2021. Students celebrated Azadi Ka Amrut mahotsav by writing original Poems cum songs on Patriotic theme. Students have expressed their nationalism through their words. 5 students composed short poems based on this theme and celebrated Azadi ka Amrut mahotsav. Department of NSS celebrated Azadi Ka Amrut Mahotsav by Putting

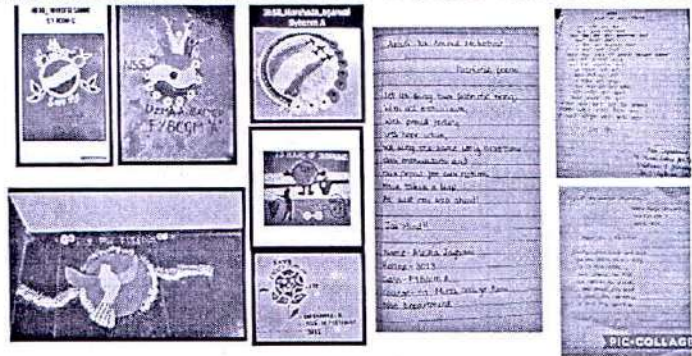
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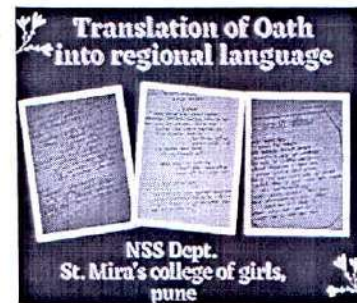
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Rangoli with Tricolors on their porch. Celebrated 75 years of independence and contributed towards the love for The Nation. 7 students participated in this Rangoli activity and given social message in their rangoli. NSS student coordinators for these activities were Nivedita Sahoo and Gracey.

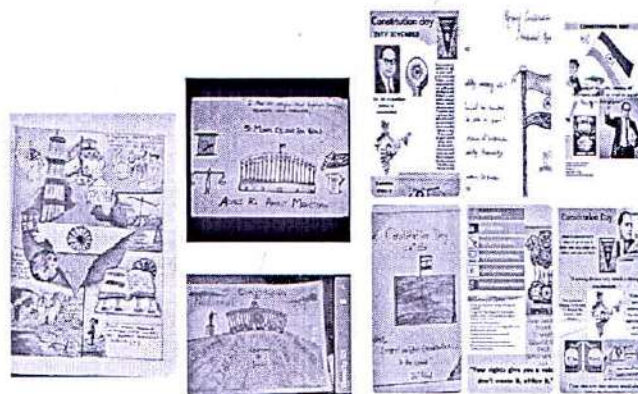


35. Azadi Ka Amrut Mahotsav - Constitutional Day Celebration - 15th to 31st Dec 2021 - The Department of NSS celebrated Constitutional Day from 15th Dec to 31st Dec 2021. Various activities were organized in connection with this celebration. Activities such as Translation of Oath in to regional languages, Posters based on Fundamental duties and about Constitution, and slogan writing based on the same topic were organized under the same. Student Coordinators - Kanishka, Manashvi Valia and Alisha Jagtiani

a. Translation of Oath/ Preamble - 10 volunteers participated in the translation activity. The students translated and read the Oath in various regional languages like Marathi, English, Hindi and Bengali. Students typed this in word document and some did in handwritten manner.



b. Youth Led Campaign - Know Your Constitution- Started from 26th November Slogans, Quotes, 8 Posters- (digital and handmade) were created by the students to highlight the importance of the Constitution and the Fundamental duties and posted on their social media platforms to spread awareness.



c. National Constitutional Day State Level Quiz- 14 students participated in this quiz and tested their knowledge about the Constitution. Student NSS program coordinators for these 3 activities were Kanishka, Manashvi Valia and Alisha Jagtiani.

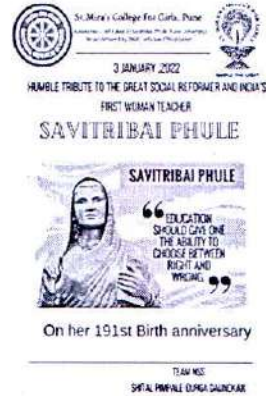


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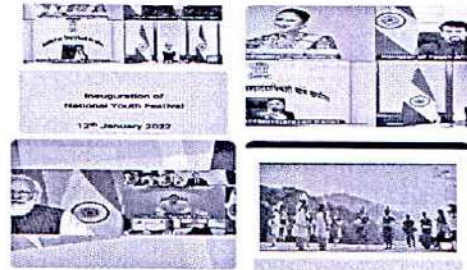


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36. Savitribai Phule Birth Anniversary Celebration report - 3rd January, 2022 - Department of NSS celebrated 191st Birth Anniversary of Krantijyoti Savitribai Phule on 3rd January, 2022. On this occasion one session was organized in which information related to Krantijyoti Savitribai Phule was shared with all the students, one video named "India's First Lady Teacher Savitribai" was shown to them about the contribution of Savitribai Phule towards education system and towards society. At the end many students paid a tribute through a poem towards Savitribai Phule. Priyanka Chourasiya, Manisha Rajpurohit. Even many students discussed on previous condition and today's condition of the women. Every student expressed their gratitude towards Krantijyoti Savitribai Phule. Total 38 students attended this session. Students who coordinated this activity are DurgaDaundkar and Shital pimpale.

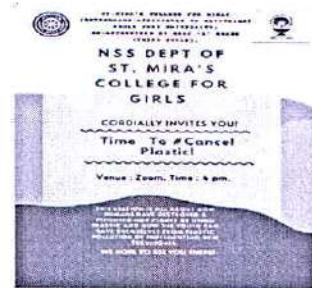


37. Report on Swami Vivekananda's Birth Anniversary Celebration – Yuva Saptah from 12th to 18th January 2022 - St. Mira's College for Girls, Department of NSS celebrated Azadi Ka Amrut Mahotsav under the National Youth Week celebrating Swami Vivekananda's Birth Anniversary (YuvaSaptah) from 12th January to 18th January 2022. As a part of this celebration following activities were organized by NSS volunteers:

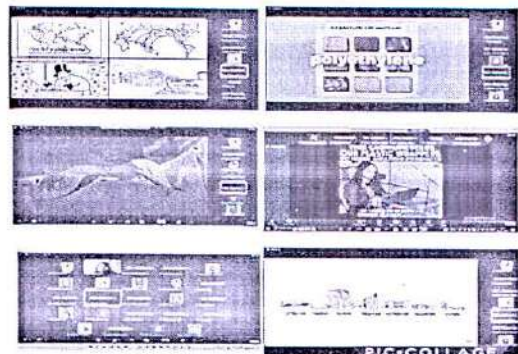


a. Participated Inaugural session of 25th National Youth Festival -12th January 2022 by Hon'ble PM Shri Narendra Modi Ji- 72 NSS students with their teachers attended this inauguration session.

b. Time to #Cancel Plastic! - 14th January 2022 - Celebration started with a session on "Time to # Cancel the plastic!" on 14th January 2022 at 4pm on Zoom meeting. The session began with the significance of celebrating Yuva week, and introduction about Swami Vivekananda's thoughts connected to the power of youth and what plastic pollution is and how it affects us? What students can do to reduce the use of plastic? The session was coordinated by Sharvari Kurundwad who informed students about the topic through videos and her speech and also Nivedita Sahoo who briefed them about various tips for reducing and recycling plastic. There were total 25 participants attending the session.



In the session students got to know what plastic pollution is, and how it is harming our environment through short interesting videos. Then students got aware of some basic regular steps that we can follow to reduce recycling of the plastics already available. Through videos they got to know how other people are dealing with plastic pollution, some are recycling, some are using plastic waste in some creative way. In the end students understood that the youth can bring a



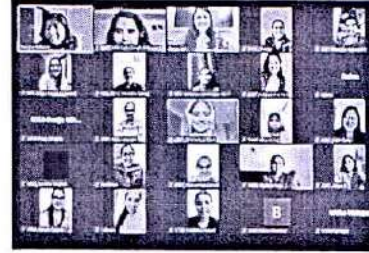
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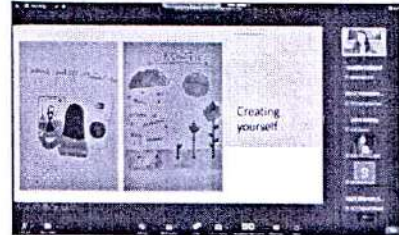
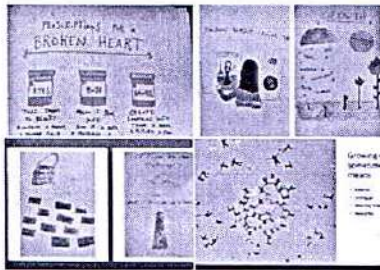
huge change. Youth are the future generations of this planet. And if everyone is determined to bring change then they can bring a huge change. NSS volunteer coordinators for this activity were Sharvari Kurundawad, Lakshaya and Sherin George.

c. Guest lecture on Changing Mentality of Youth – 15th January, 2022 - Department of NSS in St. Mira's College had organized a session on "Changing Mentality of Youth" on 15th January, Saturday. The session started with an introduction by Manisha Rajpurohit. The program was arranged on digital platform, Zoom. The guest of honor of the session was Pooja Jain, founder and counselling psychologist of Safe Stories. She has completed her BA in psychology from Ferguson College and MA in Applied Psychology, specialization in couple and family therapy. She is a trained and licensed Career Guidance counselor.

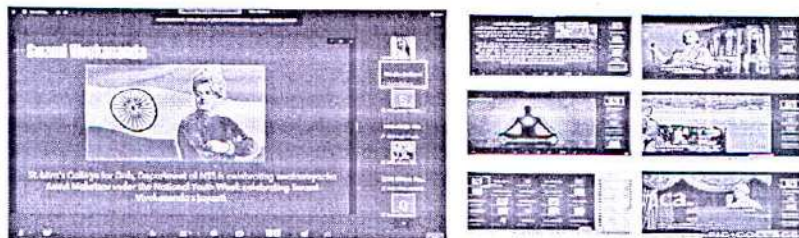


Mrs. Pooja started her session by giving some real life examples and by telling a story on Adulthood. She raised a question, "How to Become Adult?". She explained how youth should be stable and adult by using following 4 points. She later focused on how parents or adult think that they should work on the youth, but it just create confusion in teenager. She continued with how to grow up by identifying yourself, saying no, giving up etc. She also said that some times we should just give up some things, let it go, sometimes our demerits, sometimes others demerits. She then landed up on a very indispensable point,

"Prescription on Broken Heart", it means to repair your mental health. She continued that students have many mental issues like depression and they overthink. She made clear that we have to be our own Doctor when it comes to mental health, and should heal our self, by relaxing. She then gave a very nice message that is, "Don't be afraid of the Chaos, There is a touch of madness in all things." People will judge you, be confident in yourself. You do not have to follow all the unseen rules made by society, you should be comfortable in your own way. Don't lose your balance by taking negative thoughts from the world, be positive. Total 45 students attended this guest lecture. NSS Coordinators for this lecture were Manisha Rajpurohit and Vaibhavi Joshi.



d. A session on "All about Swami Vivekananda- Life Sketch and Teachings" – 17th Jan 2022 - A session was organized in which sketch of Swami Vivekananda's life and his teachings were showed and explained through stories in the form of videos and audios. These stories were shared by the students admiring the teachings of Swami Vivekananda. The video on Swami Vivekananda's life Story was shared by Laksaya G which speaks about Swami Vivekananda's early life and education, his work connected to Ramkrishna Math and Nationalism. Asmita Kumari and Manisha Rajpurohit showed a tribute towards Swami Vivekananda by sharing teachings and motivational Stories of Swami Vivekananda. This session was taken on 17th January on zoom platform. Total 27 students attended this session. NSS coordinators for this session were Durga Daundkar and Shital Pimpale.



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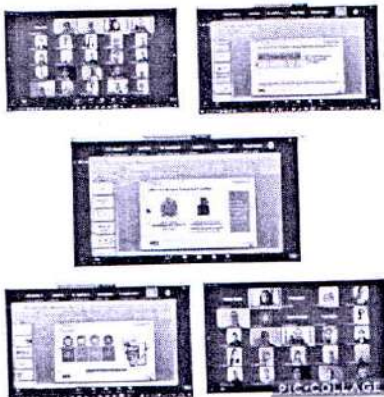


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e. A Session on "Financial Literacy Awareness" under Yuva Saptah- Azadi Ka Amrut Mahotsav – 18th January 2022

The program was organized by the NSS Department, St. Mira's College for girls, Pune to mark the Jayanti of Swami Vivekananda under Yuva Saptah- Azadi Ka Amrut Mahotsav on 18th January 2022 at 4pm on Zoom meeting. There were total 78 participants attending the session. The main Speaker and the chief guest of the program was CA Sudarshan Pukale. The program was inaugurated by the NSS Volunteer Miss. Nivedita Sahoo who gave an



introduction and welcomed the esteemed guest and all the volunteers ,non-volunteers who joined the program. Followed by which, the chief guest, Mr. Sudarshan Pukale gave the students a very informative presentation on Financial literacy and made them aware of many unknown concepts related to savings and investments. He also explained how to utilize money in the best way and how to grow it to secure our financial future. Followed by the harm of I (Inflation) factor, Importance of investments, Financial goals, Mutual Funds, SIP , and not only this but also how to make ones investments work and it's risk as well. The webinar was attended by NSS

Volunteers and Non-NSS Volunteers in great numbers. The program ended by the vote of thanks, proposed by NSS Volunteer Miss. Yashashree Dahad. NSS Student volunteers for this program were Nivedita Sahoo and Yashshree Dahad.

38. Suryanamaskar's program under Azadi Ka Amrut Mahotsav-Tagline

"SuryaNamaskarForVitality" on the occasion of Makarsankranti - 14th Jan, 2022 - Students of NSS department participated in Suryanamaskar program under Azadi Ka Amrut Mahotsav held on 14th January ,2022, on the occasion of Makarsankranti. The tagline for this was "SuryaNamaskarForVitality" . This festival comes as a thanks giving to Mother Nature for spreading health, wealth and happiness around. It is important to mention that Surya Namaskar is a set of asanas in combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done in a chronological manner in order



to complete the process of one round of Surya

Namaskar. Total 27 students completed this activity of doing Suryanamaskar. Students registered themselves on given website and received certificate after uploading their Suryanamaskar Photographs. Many students are continuing with 21st day

Suryanamaskar challenge which has been conducted by Physical Education department of our college. Students really felt nice and realized the importance of exercise through this activity.

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39. Celebration of National Girl Child Day under Azadi Ka Amrut Mahotsav - 24th January 2022 - The Department of NSS celebrated 'National Girl Child Day' on 24th January under Azadi Ka Amrut Mahotsav (75 years of Independence). The following activities were conducted:



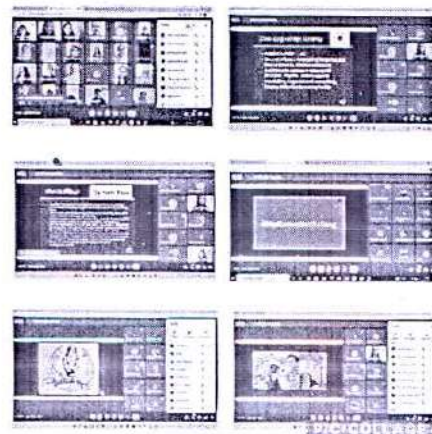
a. **Selfies with Mother** - Through selfies students reached 1,569 beneficiaries to create awareness.



b. **Poster Making** - Through posters students spread this awareness among 543 people.



c. **Importance of Girl Child through dance, poems, speeches, videos and presentations** - There were a total of 56 participants attending the program. The program was coordinated by Nivedita Sahoo, Gracey and Siddhi Singh. In this program, Students understood why they celebrate national girl child day. The participants expressed their views on the topic through dance, poems, speeches, videos, and presentations. Students also got to know the schemes that the government launched for empowering girls like Mukhyamantri Laadli Yojana, Balika Samridhi Yojana, Preventing selective gender abortion, National Scheme of Incentives to Girls for Secondary Education, Mukhyamantri Kanya Suraksha Yojana which aimed at protection and promotion of safety of girls. During the program the students also came to know about the success of the Ministry in empowering girls. Various young girl achievers were virtually appreciated for their work during the lockdown. Students were also informed of women achievers like P.V.Sindhu, Sakshi Malik, Malala, Priyanka Paul etc. Through videos like Dear Young Woman and Scars are Beautiful students spread the message about self-love and accepting oneself as it is no



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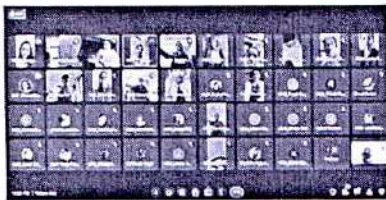
matter what we are. Activities were also conducted such as- creating awareness using posters and clicking selfies with their mother and posting it on their social media platforms for saving girl child through using various hashtags like #SaveGirlChild, #SelfieWithDaughter, #BetiBachaoBetiPadhao, #HarKadamBetiKeSang. They could spread awareness to people via posters and people via selfie with mother. The program concluded with a strong speech regarding saving girl children.

d. Display of Books by the Library –

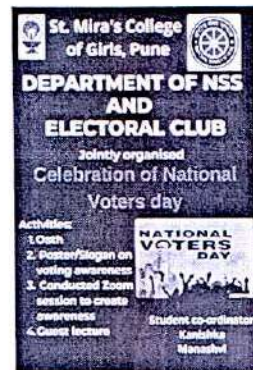


40. Celebration of National Voter's Day- 25th January 2022 - Every year 25th January is celebrated as national Voters' Day. In connection with this, Department of NSS and Electoral Club celebrated National Voter's Day on 25th January 2022. Following activities were organized on this occasion:

a. Voters' Pledge - As a part of this celebration students have taken the pledge for free and fearless voting and to follow all the guidelines given by Democracy and Constitution. Total 48 NSS volunteers took pledge on the occasion.



and to follow all the guidelines given by Democracy and Constitution. Total 48 NSS volunteers took pledge on the occasion.



b. Guest Lecture - A guest lecture was organized by the NSS department and Electoral club. It was conducted by Ms. Veena Kenchi, Head, Dept. of Political Science highlighting the importance of voting in democracy and presented videos regarding the adult suffrage movement. Quotes on the importance of voting, were presented at the end of the lecture. A total of 60 Participants joined the guest lecture. Ms. Meenal Sumant, Electoral Club Officer, gave the welcome speech and vote of thanks was presented by NSS volunteer Kanishka.

c. Making Poster and Slogans to Spread Awareness - Students used social media to create awareness about voting. They shared posters to create voting awareness among the peers. 6 NSS volunteers reached 457 people through their posters on social media.



d. Quiz- A quiz about voting and elections was conducted to test the knowledge of students in the subject. 60 Students participated in this quiz. NSS Student coordinators Kanishka and Manashvi conducted quiz successfully.

e. The Voters' Pledge of SPPU-Department of NSS- Total 11 students participated in the program and took the pledge. Students were oriented about the voting procedure and importance of voting. NSS Program Officers also took pledge in this program.



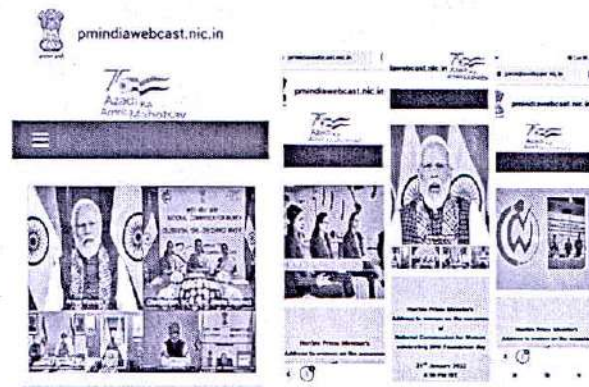
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41. Participation in 30th Foundation Day of National Commission for Women Celebration - 31st January 2022 - Department of NSS has participated in the Celebration of 30th Foundation Day program organized by The National Commission for Women on 31st January 2022. Hon'ble Prime Minister Shri Narendra Modi Ji has given the address to the nation on this occasion. The work of a woman was appreciated in this program by Narendra Modi Ji. Total 33 students along with their 2 teachers joined this virtual program on 31st January 2022.



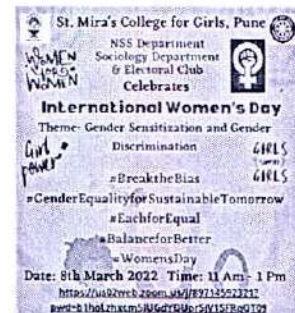
42. International Women's Day under Azadi Ka Amrut Mahotsav on the theme Gender Sensitization and Gender Discrimination - 8th Mar 2022 – NSS student volunteers who coordinated these activities were Sherin George, Nivedita Sahoo, Ananya Goswami, JanyaDudiya, Kanishka. Following activities were organised:

a. Guest Lecture on Gender Sensitisation and Gender Discrimination

The NSS Unit of St Miras college for girls, Pune in association with Sociology department organized International Women's Day celebration program on 8th March 2022 at 11 am on Zoom platform. The program was attended by 87 Volunteers. Ananya Goswami giving an introduction about the occasion and welcoming the Chief guest and her team and the NSS volunteers who joined the program. Followed by which, Ms. Janya gave a

brief introduction about the Chief Guest. This was followed by the Chief Guest and speaker for the day, Ms Alka Joshi giving a guest lecture on Gender Sensitisation and Gender Discrimination. The lecture gave us an insight about how Gender Sensitisation is one basic requirement for the normal development of any individual. And also how Gender Sensitisation promotes equality of men and women by allowing men and women to view what is stereotypical of and reasonable for their gender. The vote of thanks was proposed by Ms. Sidhi.

b. Poster Activity - As a part of International Women's Day Program activity volunteers spread awareness about Gender Sensitisation and Gender Discrimination on various social media platforms. Total 15 students participated in this activity. Through the posters the students were able to reach out to around 1700 people. Hashtags used: #BreaktheBias, #GenderEqualityforSustainableTomorrow, #EachforEqual, #BalanceforBetter, #WomensDay



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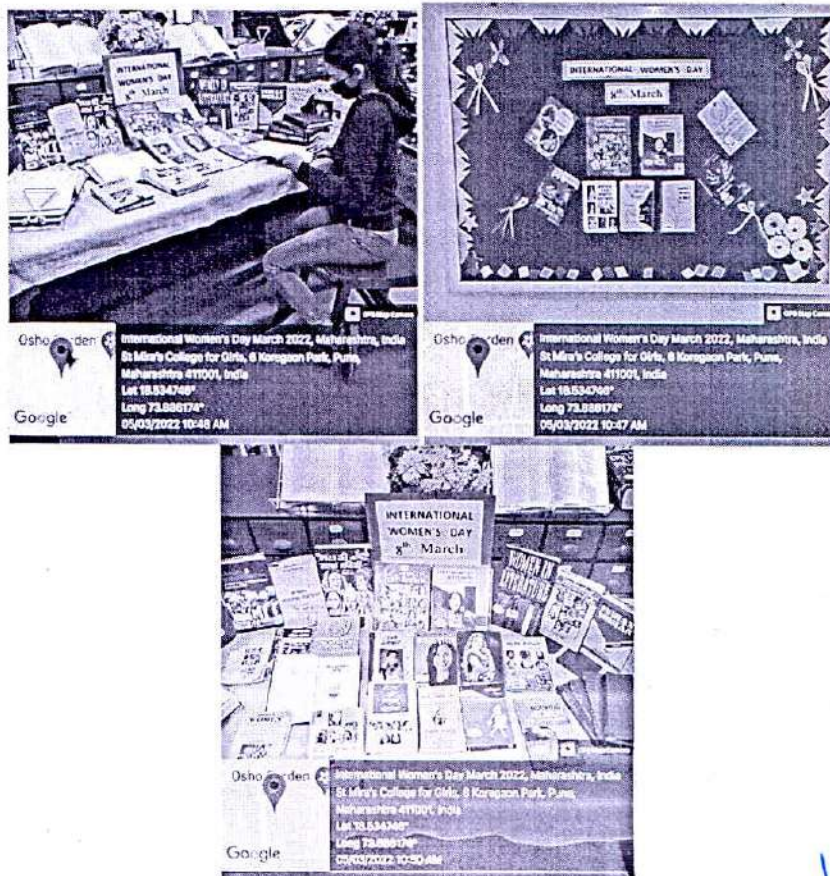


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c. **Women's Day Program- Students Expressing their views based on the theme "Gender equality today for a sustainable tomorrow" – 9th March 2022** - The NSS Unit of St Mira's College for Girls, Pune organized a program to celebrate the power of Womenhood on 9th March 2022 at 12pm on Zoom platform. The program was attended by 37 Volunteers. The program began with Ms Sherin George giving an introduction about the occasion and welcoming the NSS Volunteers who joined the program. The participants expressed their views on Gender Sensitisation and Gender Discrimination through their Poems- By Vaishnavi and Manisha, Song- by Sherin George, Dance- by Suhani, Speech- Sidhi, Videos. The vote of thanks was proposed by Ms Manisha.



d. **Book Display By College Library on the occasion of International Women's Day –** The College Library had displayed a book collection on the occasion of 'International Women's Day'. This day is celebrated annually on 8th March to commemorate the cultural, political, and socioeconomic achievements of women. The collection will be displayed till 31st March 2022. Students and all non-teaching, teaching staff was encouraged to get more information about women, their rights-economic, social, political etc... even Gender and its role in the society.



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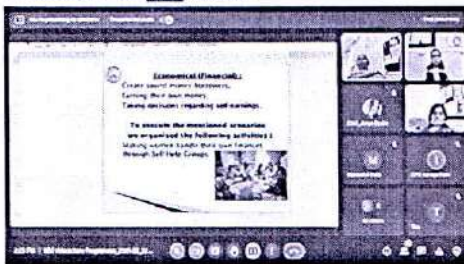
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43. NSS Valedictory Programme – 22nd March 2022 – For the valedictory programme the Department of NSS invited as Guest Speaker – Mrs. Suvarna



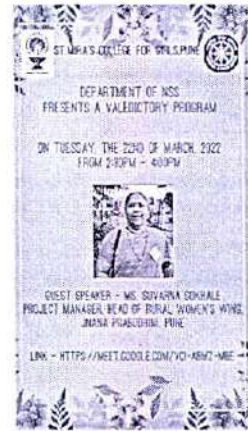
Gokhale, who spoke to the volunteers on the topic - 'Empowering Rural Women through Social Service'. Suvarna tai as she is fondly called by all is the Project Manager, at Jnana Prabodhini and also heads the Rural Women's Wing. Through her vast

experience of working with rural women in the last 30 years, she shared practical experiences of how she set up SHGs in the Velhe taluka and empowered women to make them independent financial decision makers.



Suvarna Tai also shared the different facets of Women Empowerment being economical, political, social and the Family. Ma'am also told the volunteers how dependent the women were when it came to returning bank loans that even bankers interact with these ladies and look forward to getting some tips on their discipline of earning and saving. It was a very interesting and interactive session which was an eye-opener for the volunteers. This session was attended by 85 volunteers. The NSS student

co-ordinators for this programme were Kanishka, Gracey, Janya, Manashvi, Vaibhavi and Ananya.



Dr. Sandhya Pandit
Ms. Manjita Kulkarni
NSS POs

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Jayab
Dr. Jaya Rajagopalan
Principal Incharge
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Department of Accountancy

Report

Workshop on – “CCI Sustainability (Corporate, Community, Individual): Waste Segregation and Disposal”

Law Club Initiative

The Law Club of the Department of Accountancy organized a Workshop on the topic “CCI Sustainability (Corporate, Community, Individual): Waste Segregation and Disposal” for second year Commerce students on 16th March 2022 from 12:15pm to 01:45pm. The workshop was conducted by Mr. Sathya Natarajan, a Red Dot Campaigner, an Environment Foot Soldier and a National Coordinator, Urban Spaces - Climate Reality Project, India.

The session commenced with a rationale of the Workshop followed by an introduction of the speaker and his various initiatives to protect the environment. The speaker, with the help of a quiz introduced the participants to various types of Wastes generated and its segregation at the source. This was followed by statistics about the gigantic waste generated and the challenging task of its disposal and management faced by the civic authorities and its impact on the environment. The significance of the new decentralized Waste Management paradigm and its positive impact on the planet were also focused upon.

The Workshop basically highlighted the significance of the Red Dot Campaign in the light of the threat caused by the lack of awareness about the ways to dispose sanitary waste (a hazardous type of a waste) impacting the health of the waste collectors thereby emphasizing on the dignity of labour. The speaker also underlined the significance of Sustainable Development Goals (SDGs) and certain laws in the context of waste segregation and disposal.

The session concluded with a vote of thanks to the speaker.

Sixty Five students participated in the workshop.

*Meenakshi Wagh
MSWagh*

**Name and Signature of the Coordinator
Dr. Meenakshi Wagh**



Jayash

**Principal Incharge
St. Mira's College for Girls, Pune.**



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: office@stmirascollegepune.edu.in

PU/PN/AC/015/(1962)
College Code:- 013

Report for "Introduction to St. Mira's College Soul Program_ 2022-23"- 13.07.2022

The SOUL (Social Outreach United Learning) Programme by the Department of English, for the academic year 2021-22, is to be in collaboration with the Sadhu Vaswani School where TYBA S3 students from the college will be mentoring Standard 4 students from the school. The aim of the program is to help students learn spoken English and to offer support to their academic instruction. This program will introduce TYBA S3 English Special students to ELLT teaching. To this effect a session was conducted on the 13.07.2022 by College alumna, Khadija Cutpiecewala and Ayushree Nair, to orient the TYBA S3 English special students to the SOUL program. Having successfully conducted it themselves before, Khadija and Ayushree offered the TYBA girls a wealth of information and guidance. Apart from sound teaching methods and successful mentor – mentee relations several other topics were covered in the session from how to generate useful study material, planning quizzes and assigning worksheets. The alumna spoke on the positives of the program especially the imparting of teaching skills and life skills like responsibility, commitment, punctuality and leadership while also enabling the slow learners to overcome all challenges in learning English through active engagement in the course. 13 students attended the program. The program was coordinated by the subject teacher, Suhaile Azavedo

Programme Coordinator
Asst. Prof. Suhaile Azavedo



Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

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Social Service-Anjali Week-SYBCOM Division A-05th August 2022

REPORT

In connection with Dada J.P. Vaswani's Mahayagna, the class teacher of SYBCOM Division A along with a group of students visited the Missionary of Charity Mother Teresa's Home on 05th August 2022.

The students coordinated with the Missionary regarding the items that they required prior to the visit and accordingly purchased and donated grocery items comprising of rice, wheat, sugar, biscuits, and toiletries on behalf of St. Mira's College for Girls.

The students also distributed home-made cakes and chocolates to the inmates of the institution which was relished by them. A singing and dance programme was also organized for the inmates and the students interacted with them. Total number of students is 19.

MSWagh

Coordinator

Meenakshi Wagh



Jayash

Principal In Charge

Principal Incharge
St. Mira's College for Girls

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St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Social Service- 29th July 2022

Report on Orphanage visit

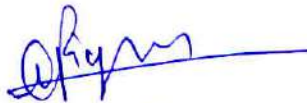
On 29th of July 2022, 27 students of SYBBA(CA) along with class teacher Mrs. Monika Rajguru from St. Mira's college for girls visited an Bhartiya Seva Kendra, Koregaon Park.

Children of different ages between 0-6 lived there. The ratio of girls and boys were equal. Children from various places like Railway Station, footpaths and near the garbage area, were collected and brought there

We gave them necessary items like crayons, drawing books, etc. The walls of Baal Seva Kendra were carved very beautifully with paintings and cartoons.

The people of Bhartiya Seva Kendra took good care of children.

The visit to the Orphanage was a gratifying experience for us. Total number of students 46.



Mrs. Monika Rajguru

Co-Ordinator



Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Social Service- Anjali Week- TY BCOM A Division – 25th July 2022

Report

As a part of the Anjali Week celebrations, On 25th July 2022, the students of TY BCOM A Div. along with their class teacher- Dr. Dimple Buche visited DeepGriha Society for a social service initiative.

DeepGriha Society situated on Dhole Patil Road, a NGO working in the area of women empowerment and Child care of Slum dwellers.

Mr. Rajendra Sir of DeepGriha welcomed the students and shared the activities undertaken at DeepGriha. The students were also given an insight into the activities in which previous batch students of our college were involved and appreciated all the effort put in by them.

The students collected funds for the service which was supported by college and coordinated by their class teacher Dr. Dimple Buche.

A team of students looked into collection of funds whereas another team coordinated with DeepGriha Official to identify the items required by them and yet another team looked into sourcing the items required for donation.


Collectively the Class donated the following items:

1. 2 (Two)Twin Burner Gas Stoves
2. 30 CFL/ LED bulbs of different wattage.

The students were very enthusiastic to meet the inmates of DeepGriha. The students thought towards making the day memorable for DeepGriha Children took them into organizing a birthday party for 7 children who enjoyed the Cake cutting and BHEL made by our students at DeepGriha and served to the children. The students and Deepgriha children danced together to end the visit on a happy note!

A total of 83 students participated in the contribution towards the social service and 37 students participated in the actual service at DeepGriha Society.

This initiative definitely helped our students in becoming a sensitive citizen realizing the need to be engaged with the community around.


(Dr. Dimple Buche)
Coordinator




Principal Incharge
St. Mira's College for Girls, Pune.

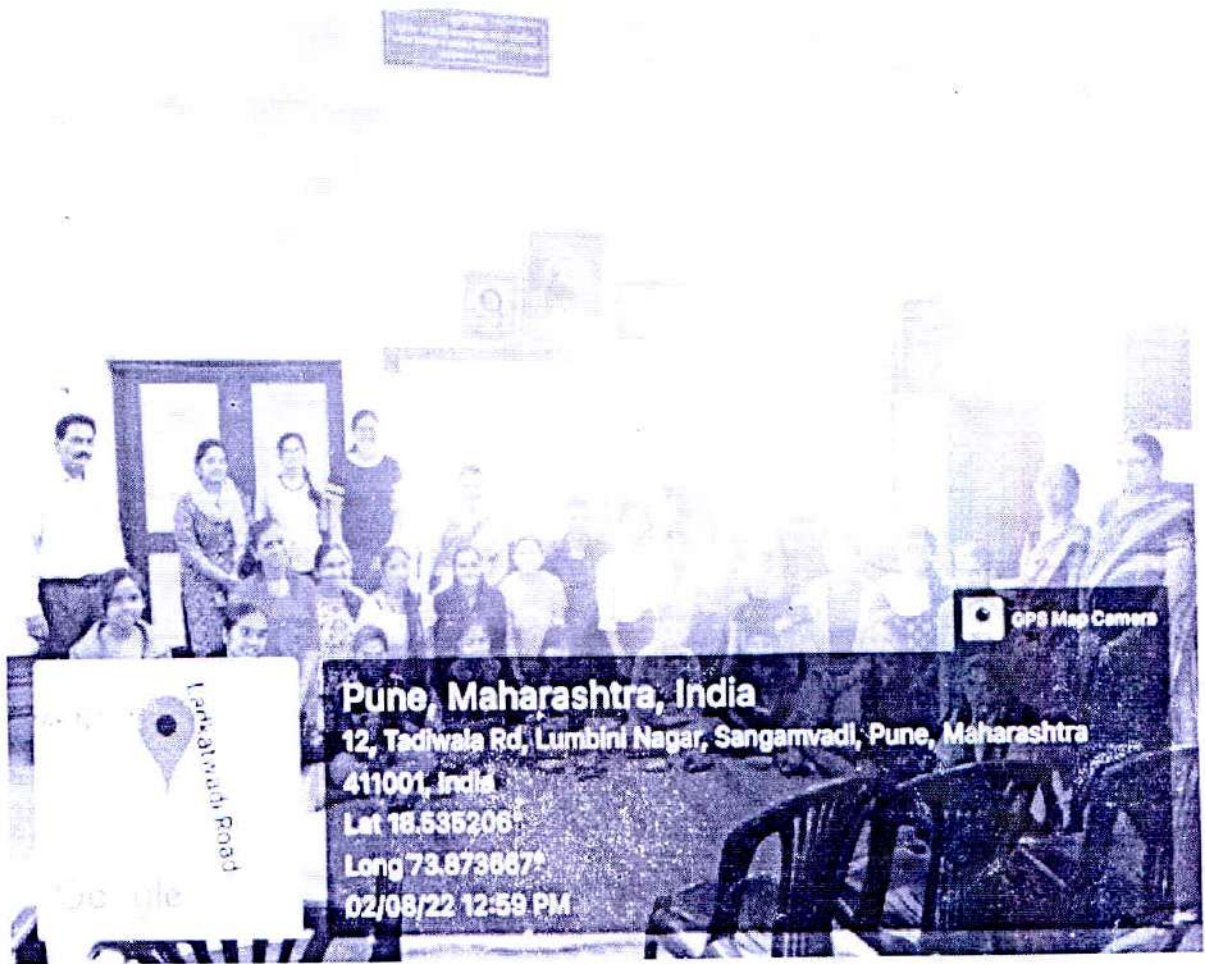
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St. Mira's College for Girls, Pune
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Event: Social Service of TYBCom 'B'

Date: 2nd August 2022

On 2nd August 2022, TYBCom B division Class teacher with her students (19 students gave service and 45 students donated in cash and kind) visited Deep Griha Society, Tadiwala Road, Pune. The donations included stationery items such as Colour crayons, A4 size notebooks, School Bags, Umbrellas, Snacks for inmates. The students interacted with the Aadhar kendra children. Mr. Rajendra Aher from Deep Griha Society Gave an insight into different programs run by them for the underprivileged and orphan children. Total number of students is 64.



Dr. Jayshree Mahajan
(Coordinator)



[Signature]
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune

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Social Service

August 4, 2022

REPORT

The SYBA A class of St. Mira's College participated enthusiastically in the Social Service programme organised as part of the Anjali Week celebrations of Dada J. P. Vaswani's birth anniversary. As part of the programme, the students collected unused stationery items such as pencils, pens, erasers, scales, sketch pens, notebooks, glue sticks, etc in huge quantities. In addition, textbooks were bought for SSC board students. All the items collected and purchased were then donated to Sant Gadge Maharaj Vidyalay in Koregaon Park. Several girls from the class visited the school to make the donation and interacted with the students of the school briefly. The programme helped sensitise the students towards the importance of education and the ways in which they can contribute towards the growth of the nation. Total number students is 50.



Komal Tujare

Coordinator



Principal Incharge
St. Mira's College for Girls

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St. Mira's College For Girls Pune
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Social Outreach Program

As Dada J.P Vaswani says "Do as much good as you can, to as many as you can, on as many occasions as you can, and as long as you can!" **On July 27, 2022, St. Mira's College for Girls** had organized a social outreach program to Deep Griha Society, an independent charity aimed at improving the lives of informal low-income communities in Pune, India with whom the department of Accountancy had signed an MOU for outreach activities. This social activity was arranged by the efforts of Students of **TYBCOM Div.-C**

The implementation of the Social Outreach Program began with raising social awareness among students by creating leaflets and distributing them via an online platform.

Students showed active participation by donating money to the activity, and donations were also made in the form of Kind such as rice, wheat and dal. Some students volunteered to monitor the social activities.

On the day of the activity Babita, Pooja, Pratiksha, Sneha and Shruti did Seva by Rolling around 400 Chappatis for lunch. Later that day, the total 46 students visited the organization and played a variety of games, including Ludo, Carrom, Antakshari, bottlepass and dance which received enthusiastic participation from everyone. The students also handed out goodies of edible items and candles, Vicks, Cream rolls and bells. Students also wrote a good luck note on the goodies and to withstand the recent harm to the environment, the students made handmade bags with newspaper to protect the environment. At the end of the activity, everyone had a smile of joy, the people had the joy of love, and students who had the joy of giving love.

The Total accumulation of Groceries were: -

Rice - 31kg.

Wheat - 57kg.

Toor Dal - 14kg.

moong dal 10kg.

Salt -2pkts.

And 30 goody (hamper) bags that consisted of candles, Cream rolls, Vicks, bhel etc.

Student coordinator:

Aditi Bagal

Nandani Hucche *Nandani*

Class Teacher:

Ms.Elizabeth Kanade • *Elizabeth Kanade*



Jh
Principal Incharge
St. Mira's College for Girls

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St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Social Service by TYBA (A) commemorating Dada J.P. Vaswani's birthday and
Anjali Week 2022-23
Report

In honour of Rev. Dada J.P. Vaswani's birthday and Anjali Week 2022-23, the students of TYBA A conducted a collection drive of stationery and school items which they bought themselves and donated books worth Rs 1815 for standard VII and VIII students of Shri Harishchandra Zendeptil English Medium School on 03.08.2022. The students accompanied by the faculty visited the school and handed out the stationery items and books to the students. Total number of students 19.

School Visit Photograph 1



S. Azavedo
Suhaile Azavedo
Faculty Co-ordinator



[Signature]
Principal Incharge
St. Mira's College for Girls

St.Mira's College for Girls
(Autonomous- Affiliated to Savitribai Phule Pune University)
Outreach Programme 2022-23
Report-Punaravartan Clay Recycling Campaign

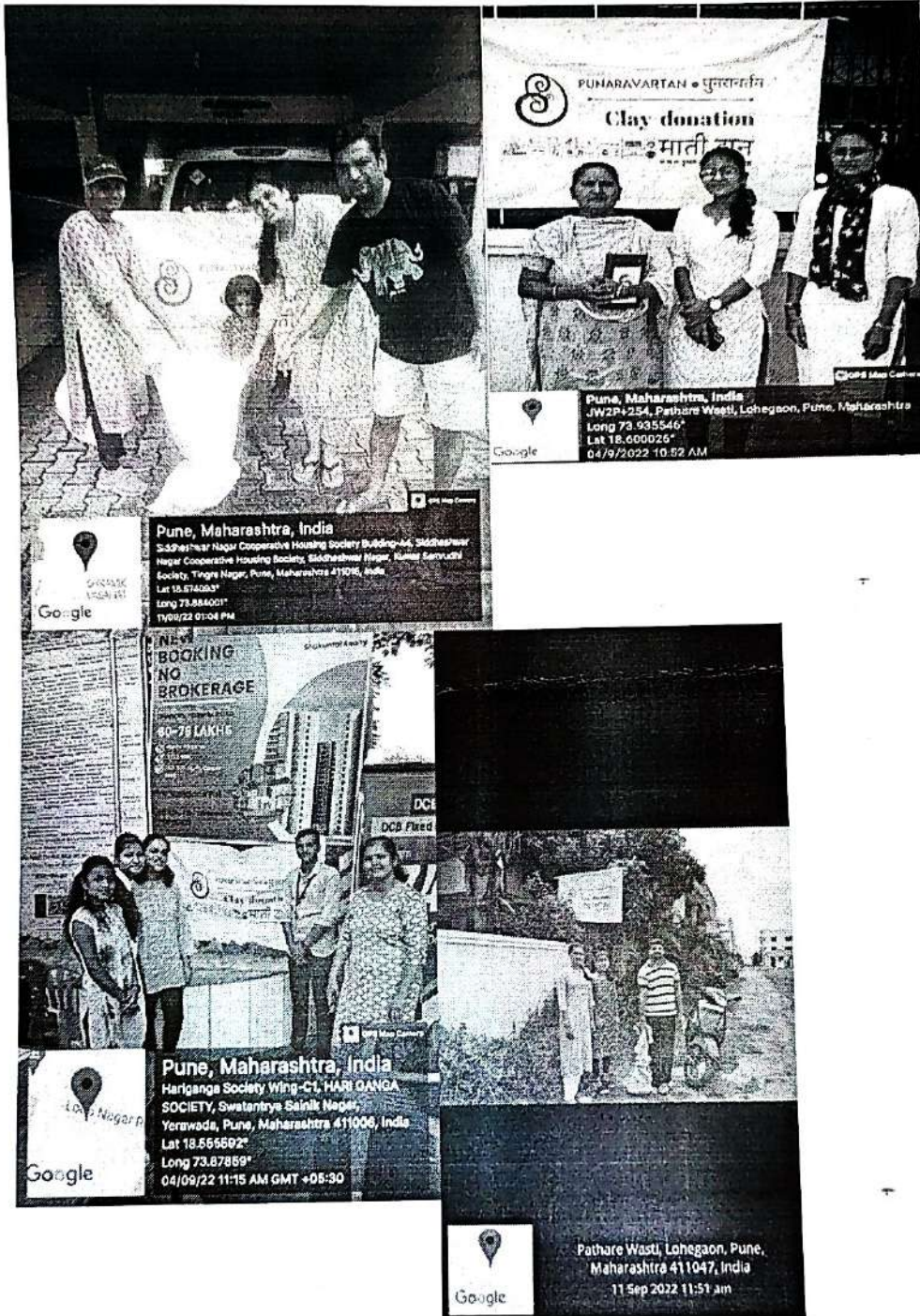
The students of St. Mira's College for Girls participated in the City Wide Clay Sludge Collection and Recycling Campaign launched city-wide by Punaravartan in an attempt to collect and redistribute shaadu maati clay sludge after the visarjan of Ganesh idols. Several educational institutions and NGOs from around the city joined in the campaign. The main task of the campaign was to ensure that clay is kept clean and stored carefully so that it can be reused by the artisans. Fourteen girls from St. Mira's College participated in the campaign with great enthusiasm on the 4th and the 11th of September, 2022. The girls were responsible for the collection of shaadu maati sludge from various parts of Pune and successfully handed it to the trucks assigned for collection. The campaign sensitized girls towards environmental concerns and also inspired them to protect nature and practise recycling.


Faculty Coordinator
Manjita Kulkarni




Principal Incharge
St. Mira's College for Girls, Pune.

St.Mira's College for Girls
(Autonomous- Affiliated to Savitribai Phule Pune University)
Outreach Programme 2022-23
Photos-Punaravartan Clay Recycling Campaign



MSK
 Faculty Coordinator
 Manjita Kulkarni



Jayab
 Principal Incharge
 St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

Department of NSS

Report – Poshan Pandharwada 21st March to 4th April 2022

Department of NSS celebrated Poshan Pandharwada from 21st March to 4th April 2022. In connection with this various activities were organized to spread awareness about Nutritious and balance diet as well as session on Anaemia was also taken.

1. Displaying posters on notice boards- Students used posters to spread awareness about balanced diet and Nutritious food. Through these posters tentatively 800 were benefited. Students Participation = 10 students



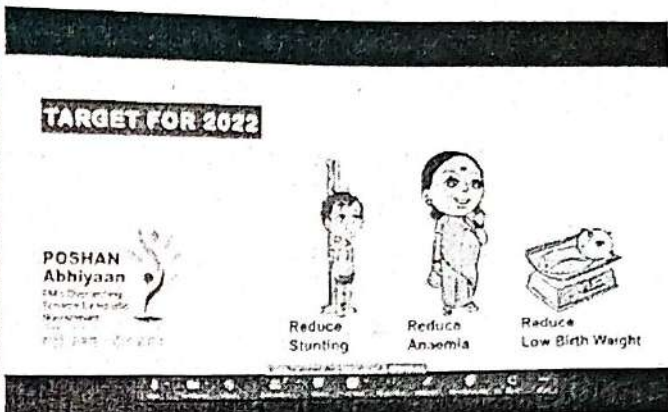
2. Awareness Session on Anaemia - The session on Anaemia was organized to spread the awareness of Nutritious balanced diet. Total 19 students participated in this session. Meaning of Anaemia, consequences of Anaemia, importance of balance diet was given to the participants. Various government schemes were introduced in this session which is working on Poshan Abhiyaan.



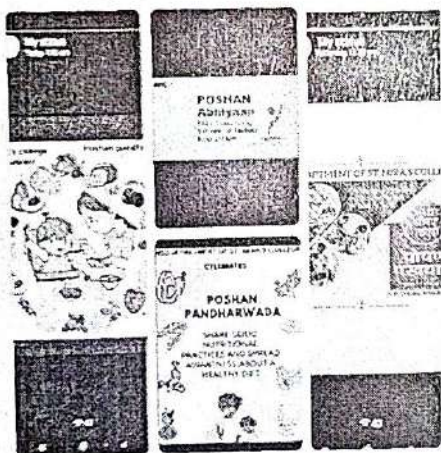
SP MSK



Jayak
Principal Incharge
St. Mira's College for Girls, Pune.



3. Awareness on Social Media platforms- Students used digital posters to spread awareness about balanced and Nutritious diet. They used their social media platforms to spread awareness about Nutritious food and even made aware about this government scheme. Total 10 students participated in this activity. 356 people they reached with this activity.



NSS PO's

Dr. Sandhya Pandit *SP*

Manjita Kulkarni *MBK*



SP MBK

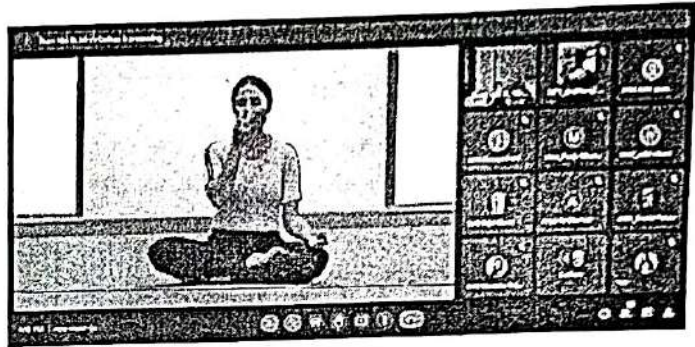
Jaya
Dr. Jaya Rajagopalan
Principal Incharge

St. Mira's College for Girls, Pune
Activities for International Yoga Day – 1st April to 29th June 2022
Department of NSS

The NSS Department at St. Mira's College for Girl's virtually organised the following activities as part of the planning and celebration of International Yoga Day for the year 2022. Our students are preparing for their end semester exams which are going to be held offline after the Covid-19 pandemic break. The students were feeling stressed and anxious because of that. Hence we planned the following sessions for them:

1. Y-break or Yoga Break Session on "5 minutes Yoga Protocol" – 23 April 2022

A Y-Break session was organized virtually for the NSS volunteers. The students were made to do various stretches which they can do every one hour to help relieve them of their back and neck pain as a result of the continuous online teaching as per the video shared by the ministry. 17 volunteers participated in this session.

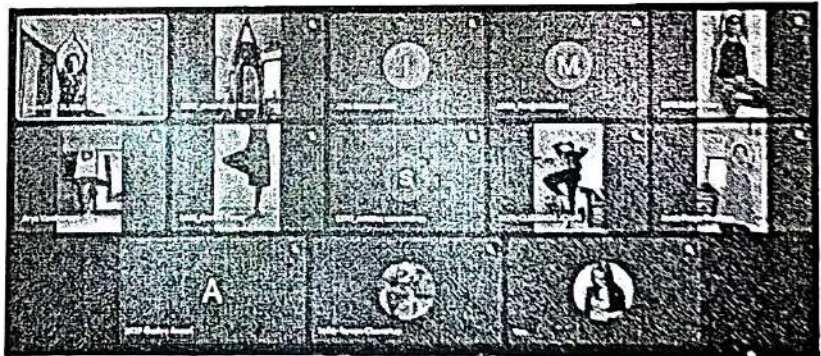


2. Activities for Yoga – 17 May 2022

As a part of the government initiative to create awareness and help students with the benefits of Yoga, the following activities were conducted:

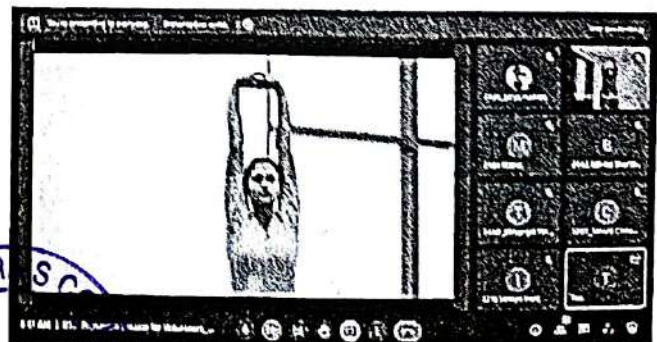
a. Common Yoga

Protocol Practice – The document created by the government was shared with the volunteers and they were asked to perform the asanas as shared on screen. This involved a few basic stretches of the neck, hands, legs and upper body.



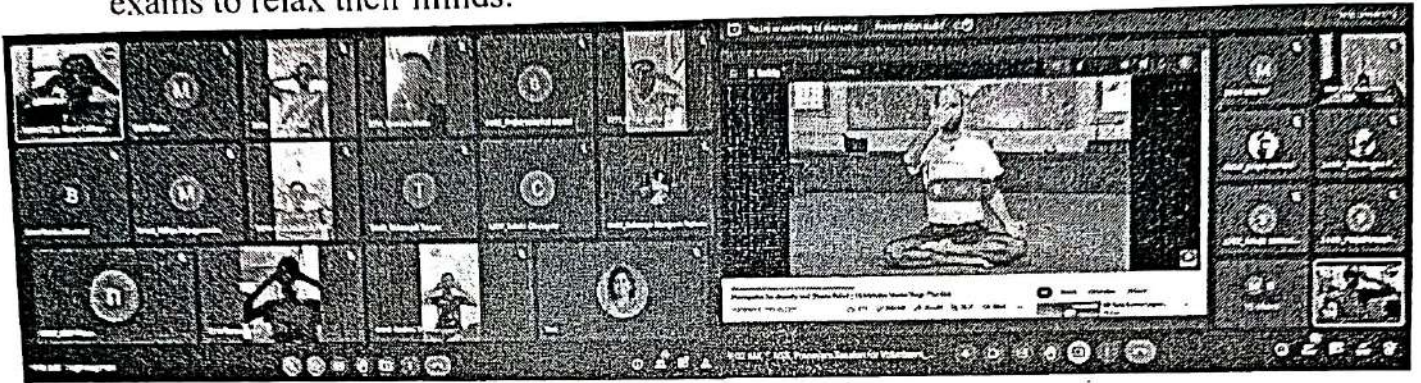
b. Yoga Break Session – Y-Break –

This session was conducted with the students to make them realise the benefit of taking a 5 minute break from their studies, screen time, etc. every one hour and relaxing their mind and body for better concentration and refreshing tired mind and body.



Jayak
Principal Incharge
St. Mira's College for Girls, Pune.

c. **Pranayama Demonstration and Practice for Stress and Anxiety**– part of Yoga demonstration – Since the students are feeling stressed and anxious because of their upcoming offline end semester exams, we organized a special Pranayama session for helping them deal with stress and anxiety which is on the rise because of their exams. We got a positive response from the volunteers as they all felt calm and refreshed. We also shared tips on how they could use these breathing techniques even during the exams to relax their minds.



The videos were also shared with them for ready access. 18 volunteers participated in this session.

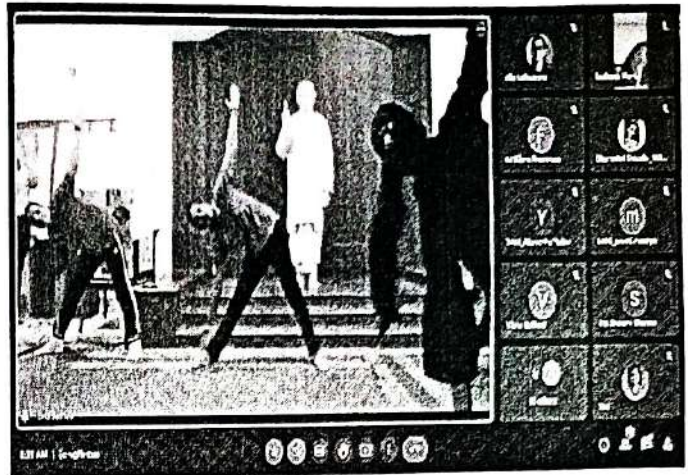
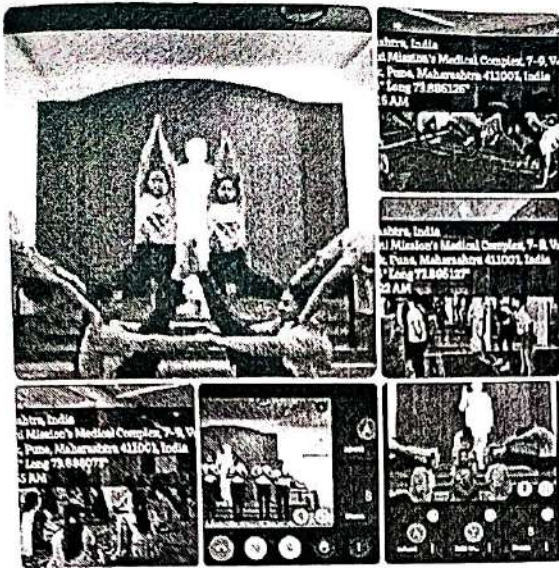
3. International Yoga Day Celebration 21st June 2022

As per the government instructions 8th International Yoga Day was celebrated on 21st June 2022 from 8 to 9 am. Students from Physical Education have demonstrated Asanas and it was followed by common yoga protocol practice was taken. All students and teachers participated in this activity. Activity mode was hybrid. Theme for Yoga Day was "Yoga For Humanity." Total 189 students and 58 staff members actively participated in this activity.



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.

MBK



4. College Library- Celebration of International Yoga Day

College library had organized a book display on the occasion of 8th International Yoga Day. Theme was 'Yoga For Humanity'. Yoga related books were showcased to understand the importance and benefits of Yoga in our daily life.



NSS POs

Dr. Sandhya Pandit

Ms. Manjita Kulkarni

SP
MSK



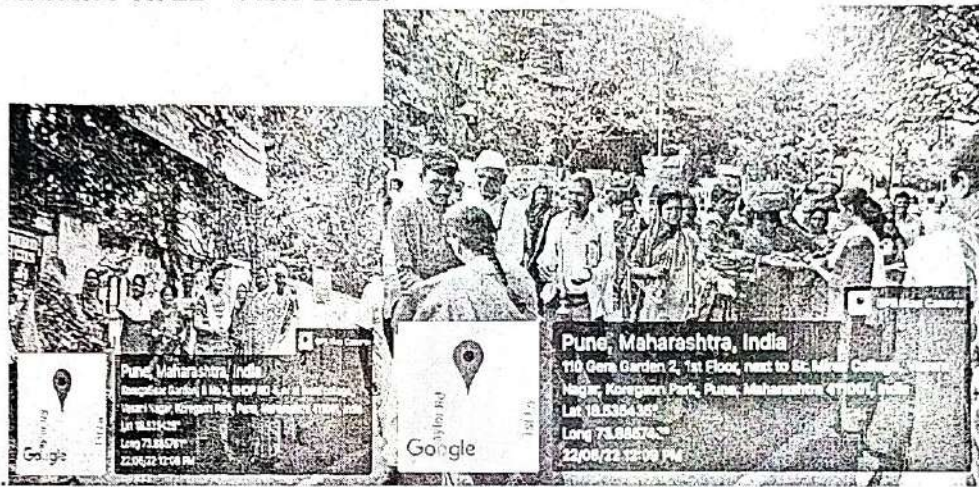
Jayant
Dr. Jaya Rajagopalan
Principal Incharge

St. Mira's College for Girls
Department of NSS

Report-of "Swachhya Wari-Swasthya Wari-Nirmal Wari-Harit Wari and Corona Free Awareness, Disaster management Campaign and Tree plantation Dindi program"(22,23 and 24th June 2022) under this program "Smaran Krantiweeranचे and State level NSS Dindi participation" in SPPU

1. Distribution of Biscuit packets to the Warkaris-

Our college has distributed biscuit packets to the warkari's near our main entrance on 22nd June 2022.



2. Participation in "Swachhya Wari-Swasthya Wari-Nirmal Wari-Harit Wari and Corona Free Awareness, Disaster management Campaign and Tree plantation Dindi program"(22,23 and 24 June 2022) under this program "Smaran Krantiweeranचे and State level NSS Dindi"-

Department of NSS participated in Smaran Krantiweeranचे program organized by Department of NSS,SPPU followed by State level NSS Dindi on 23rd June 2022. Our 14 students participated in this program followed by State level NSS Dindi. In this program students understood the patriotism towards our country and contributions of many patriots towards it. In Dindi students were filled with bhakti towards lord Panduranga even they realized the power of unity and learnt about the seva towards society.

SP MSK
NSS PDS



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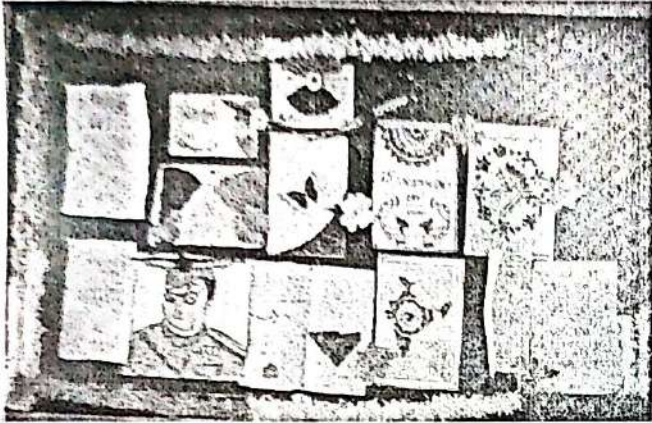
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Department of NSS

AzadiKa Amrut Mahotsav – Celebrating 75 Years of India's Independence

Poster Making on the theme of Independence Day

The volunteers were encouraged to make posters on the contribution made by our freedom fighters for getting independence for our country. Many students made creative posters and also wrote slogans on it. These posters were used during the rally that was organized with the Botanical Survey of India. 25 volunteers participated in this.



Har Ghar Tiranga - Rally with Botanical Survey of India – 10th August 2022

Botanical Survey of India – Western Regional Centre, Pune organized 'Har Ghar Tiranga rally' in collaboration with the Department of NSS, St.Mira's College for Girls, Pune Maharashtra on 10th August 2022. Students had made posters on creating awareness about the sacrifices made by our freedom fighters and shouted slogans all along in the rally in all languages of Hindi, Marathi and English. This created awareness in the minds of the passersby and the people residing in the neighborhood on the significance of this historic moment. The local traffic police also supported in this rally and participated ensuring the traffic of the area was not disrupted. 70 NSS volunteers took part in this rally along with the staff of BSI.



SP MSK
NSS PDs

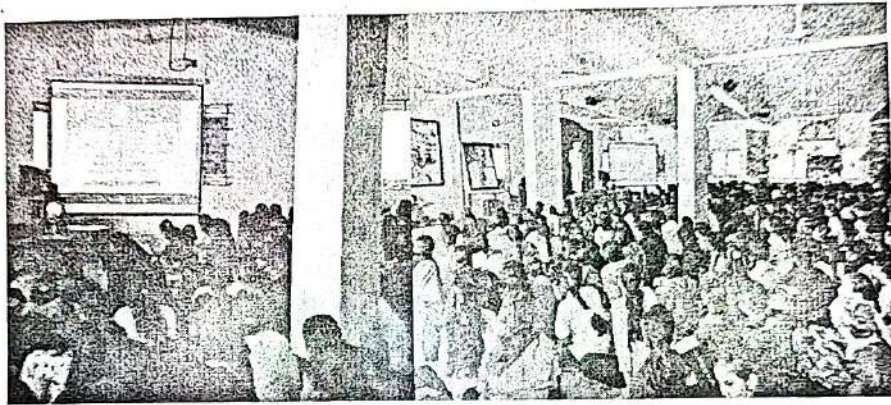



Principal Incharge
St. Mira's College for Girls, Pune.



3. Orientation on Har Ghar Tiranga and Azadi Ka Amrut Mahotsav – 12th Aug, 2022

An orientation session was organized in the college Sanctuary Hall for all the students on the Har Ghar Tiranga initiative of the government and how historic a moment it is going to be. The students and staff were guided on the dos and don'ts of this initiative and the responsibility that went with it. Dr. Sandhya Pandit also informed all present about the significance of the Azadi Ka Amrut Mahotsav and the important contribution made by the freedom fighters and how important it is for them to value the sacrifices made by our predecessors.



4. Har Ghar Tiranga – Yuva Sankalp – Guinness Book of World Records – 12th Aug 2022

Under the aegis and guidance of the NSS Department at Savitribai Phule Pune University, the college NSS department organized the Har Ghar Tiranga – Yuva Sankalp initiative to participate in creating a record of the largest online album of people holding the Tricolour. This gave the staff, students an opportunity to contribute in the second world record being created by our parent University, the SPPU. In this activity 58 staff and 443 students participated on the college campus.



SP MBK
NSSPO₃



JK
Principal Incharge
St. Mira's College for Girls, Pune.

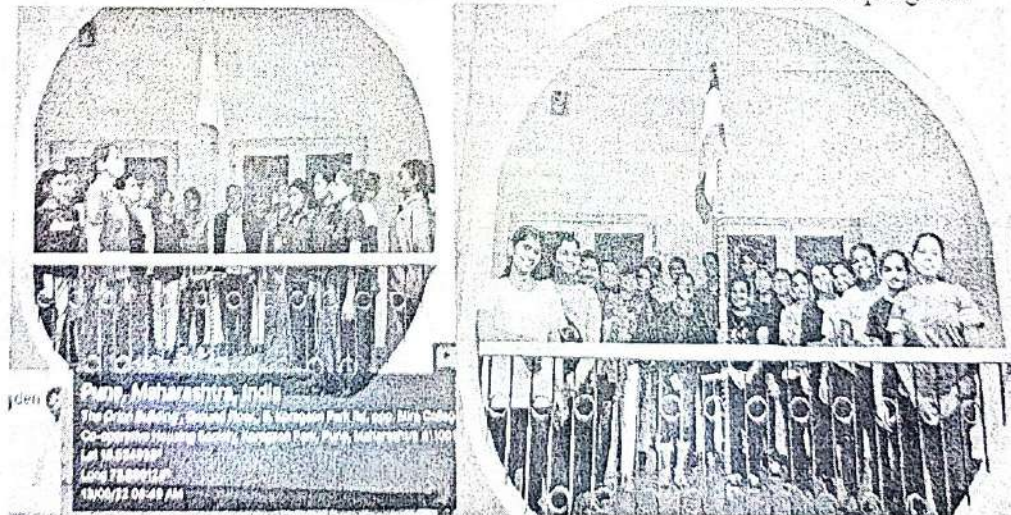
5. Webinar on India's Freedom Struggle- 13th August 2022

On the occasion of the 75th anniversary of India's Independence, the Azadi ka Amrit Mahotsav, the Department of History organized a webinar on India's freedom struggle on 13th August 2022 at 12 noon on the Google Meet platform. The program was organized to mark the 75th Anniversary of India's Independence – the Azadi ka Amrit Mahotsav. The Chief guest of the program was Miss. Shraddha Chauhan. The program was inaugurated by Dr. Sandhya Pandit who gave us an introduction and welcomed the esteemed guest and all the students who joined the program. Followed by which, the chief guest, Miss. Shraddha Chauhan gave us a talk on the history of India's freedom struggle. Through a video and a ppt Shraddha Ma'am took the volunteers through the significant contributions of the freedom fighters and also brought out the significance of freedom in one's lives as depicted through different places, events, leaders, slogans, etc. This truly inspired the students to understand the contribution made by our leaders to get freedom for us. This webinar was attended by 24 participants.



6. Hoisting Flag in College – 13 to 15th Aug 2022

The NSS Department with the Sports Dept organized to hoist the Flag in College as part of the Amrit Mahotsav from the 13th to the 15th of August. This program was attended by the Principal Incharge, Vice Principal, senior Sports Teacher and students. The flag was hoisted by Dr. Jaya Rajagopalan, Principal Incharge, Dr. Shalini Iyer, Vice Principal and Gurbans Kaur Ma'am, senior Sports and Athletics Trainer. 25 students attended this program.



7. Samuhik Rashtrageet Gayan – 17th August, 2022

The college students and staff of the college all gathered at our Sanctuary hall for singing of the National Anthem at 11am as per the government directive. All staff and students who were present on campus participated in singing our Rashtrageet together with great pride showing solidarity, unity and love for our country on the occasion of 75th Anniversary of India's Independence.

SP MSK
NSS PGs



JR
Principal Incharge
St. Mira's College for Girls, Pune.



8. Valedictory Programme at SPPU of Yuva Sankalp and Har Ghar Tiranga Campaign – 15th Aug, 2022-The NSS students attended the Programme at SPPU of Yuva Sankalp and Har Ghar Tiranga Campaign and registering the activity in the Guinness Book of World Records.



9. Book Display by Library – check dates and photos

The College Library organized a display of books related to India's Independence Movement and Freedom Struggle. Biographies, autobiographies of freedom fighters, their contribution to getting independence for our country, the trials and tribulations faced by them and all the events that contributed towards getting India her freedom was showcased through this display. This inspired many students and aroused feelings of patriotism in their minds.

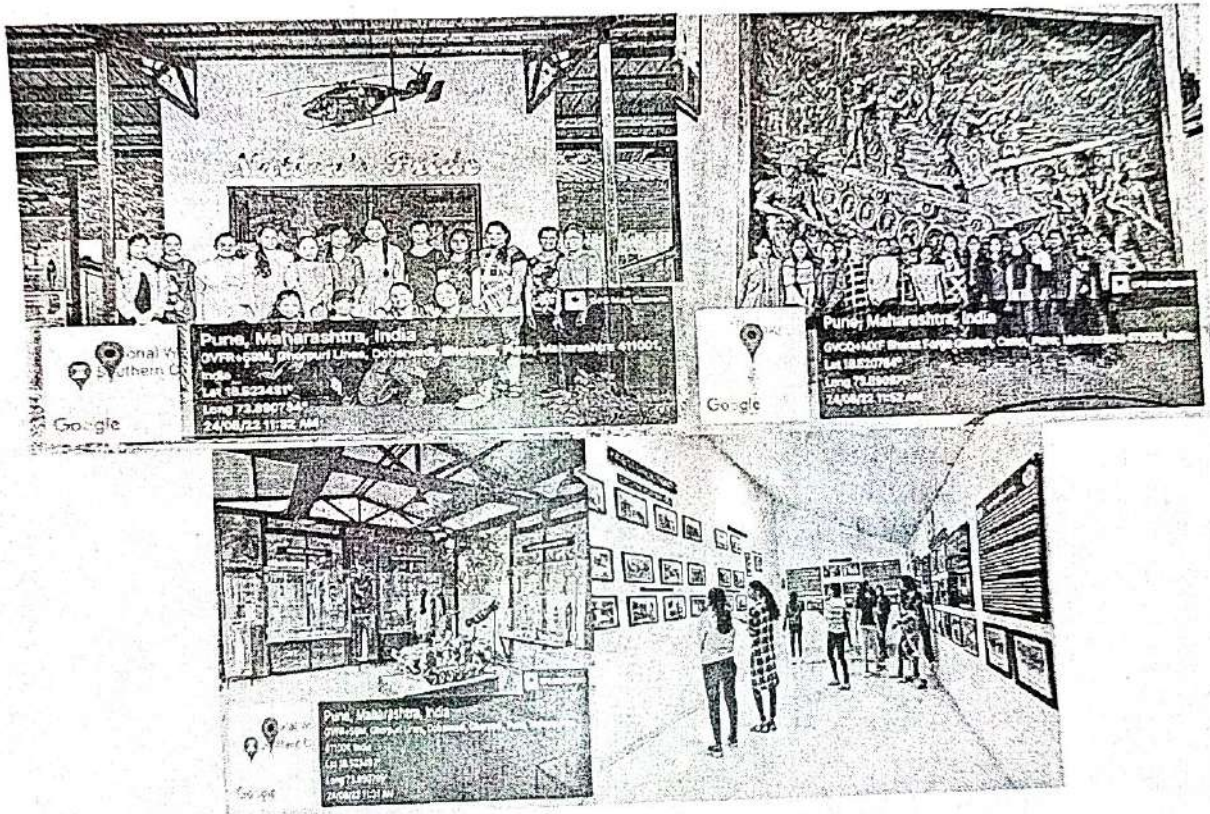


JR
Principal Incharge
St. Mira's College for Girls, Pune.

SR MBK
NSS PDs

10. War Memorial Visit – 24 Aug, 2022

Department of NSS had organized a visit to War Memorial Museum on the occasion of 75 years of Independence(Azadi Ka Amrut Mahotsav). 30 students participated in this visit. Students got to know about various historical movements and detailed information about freedom fighters. They experienced the atmosphere which was showcasing all the Indian struggles and victories on several wars. They saw various equipments, guns used in wars. This museum is made by the citizens of Pune to honour those who lost their lives fighting on the borders to keep the country safe.



Dr. Sandhya Pandit
Ms. Manjita Kulkarni
NSS POs

SP

SP MBK
NSS POs

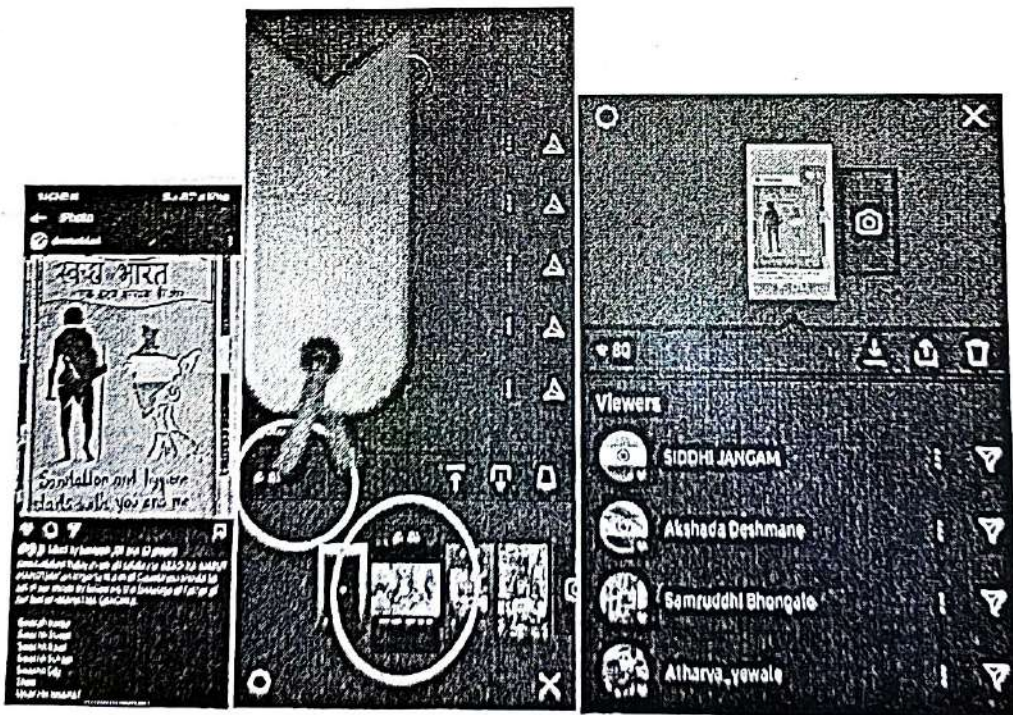
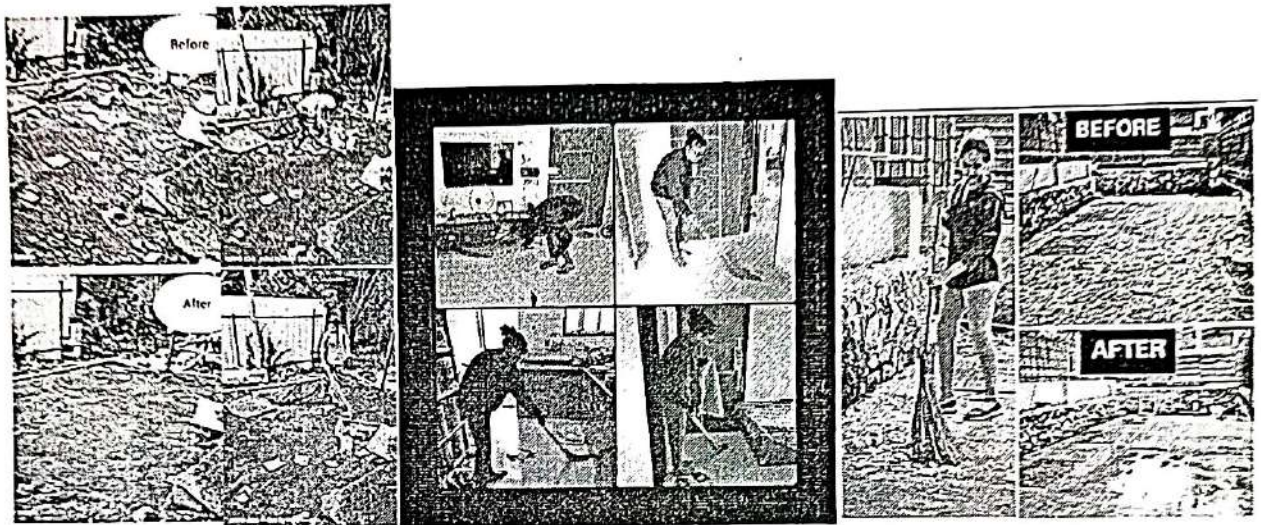


Jaya
Dr. Jaya Rajagopalan
P (Principal Incharge)
St. Mira's College for Girls, Pune.

St. Mira's College for Girls
 Department of NSS
 Report of Swachhata Pandharwada from 1st August to 15th August 2022
 In connection with Azadi Ka Amrut Mahotsav

1. Cleaning drive - House and society

Department of NSS had organized a cleaning drive from 1st August to 15th August 2022. NSS volunteers cleaned their house, common areas of the society on this occasion. Some students spread awareness about cleaning through posters on social media platforms. 16 students participated in this activity.



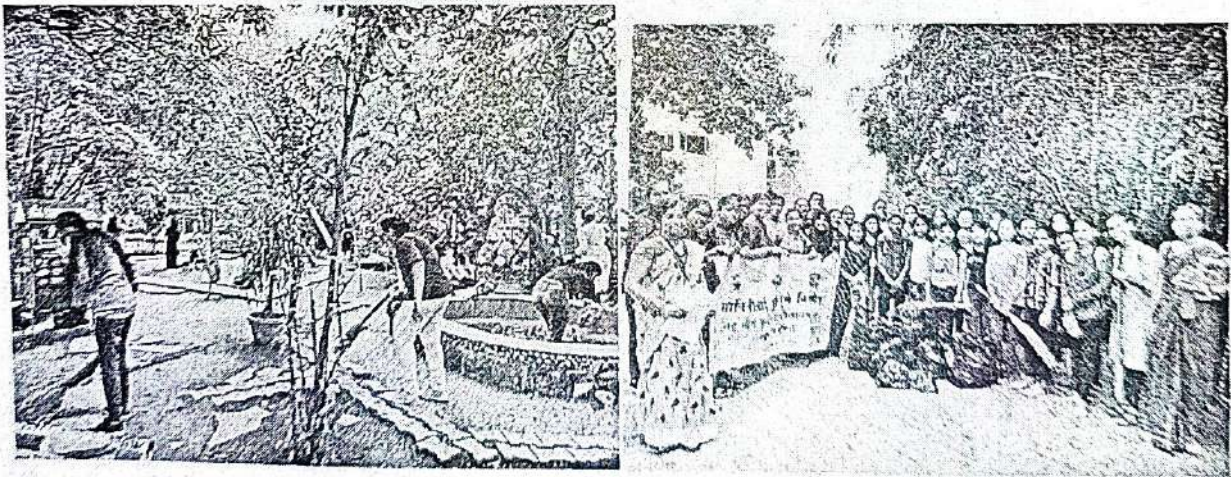
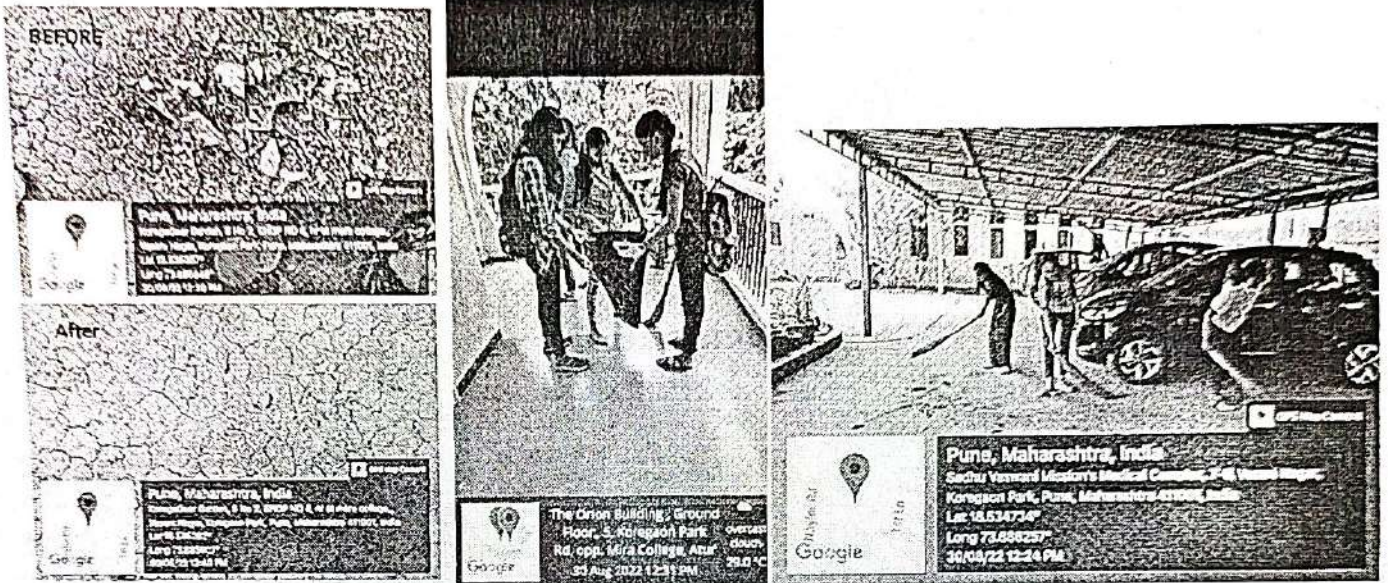
MBK



Jayak
Principal Incharge
 St. Mira's College for Girls, Pune.

2. Cleaning Drive - College campus

Department of NSS had organized a college campus cleanup drive on 30th August, 2022. In this drive 48 NSS volunteers participated for cleaning. Students cleaned all the floors, staircases, corridors, garden etc. in the campus. They bifurcated the garbage into dry and wet. While doing this activity students realized the importance of cleanliness.



NSS Programme Officers
Dr. Sandhya Pandit
Ms. Manjita Kulkarni

SP
MSK



Jayak
Dr. Jaya Rajagopalan
Principal In-charge