



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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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	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



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Principal Incharge
 St. Mira's College for Gjrils, 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				




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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 Ch...

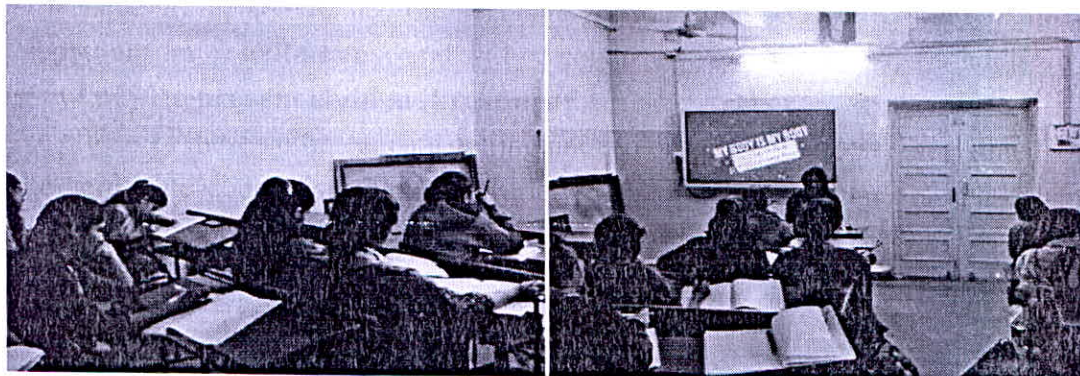
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@My Body Is My Body Program would like to thank Geeta Bora from the Spherule Foundation for doing fantastic work with the My Body Is My Body #GGA Educational Course.

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.

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“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.

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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.

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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. Sasaravala

Coordinator



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

(2019-20)

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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.

Sangeeta Deshmukh

Co-ordinator

मराठी विभाग प्रमुख

Name: - Dr. Sangeeta deshmkh



Jh

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

(2019-20)

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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



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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



J. K.

Principal Incharge
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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

JK

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



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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.



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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 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




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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
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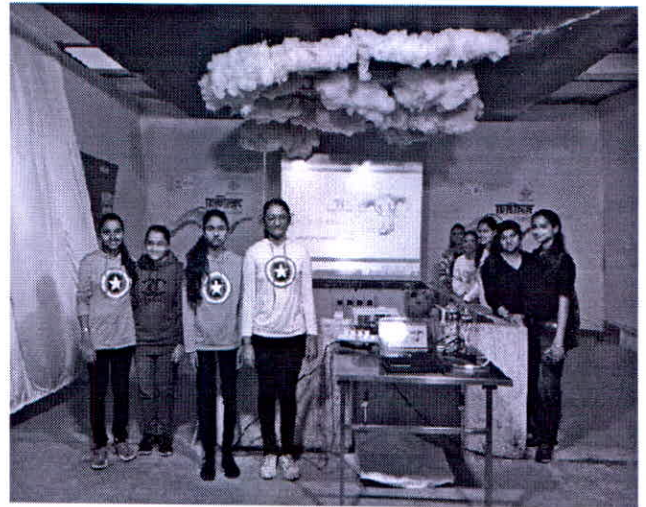
Department of Politics and Public Administration 2019-20

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

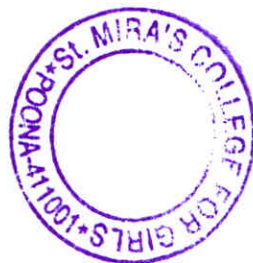
The Students of the Dept participated in the Save Water Campaign, "JAL- MITRA, Save Water- Save Future" at the Amanora Township conducted by Firefly Productions, Pune.

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



Activity Coordinator- Ms. *Veena* Kenchi



Jayab
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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

Shobha

Ms. Sharmin Palsetia

Jayak

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

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

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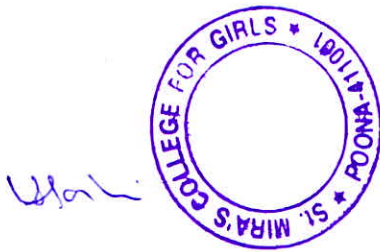
Report- GLOBAL OPPORTUNITY YOUTH INITIATIVE (2019-20)

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

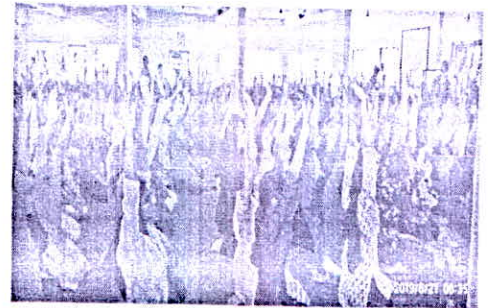
68 students attended the 18 hour training on SALT Methodology and 30 students participated in conducting Youth Assessment in the community.

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



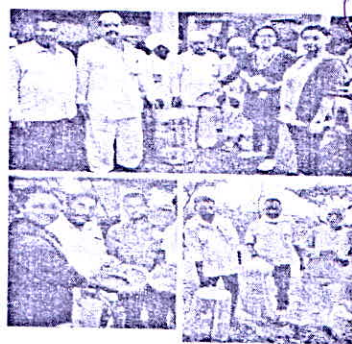
Jayal
Principal Incharge
St. Mira's College for Girls, Pune.

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.



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.



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.

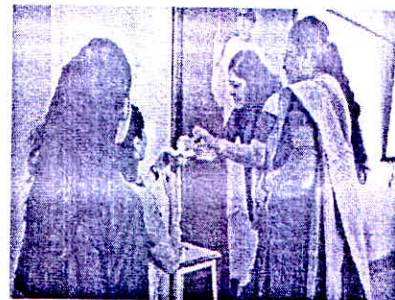
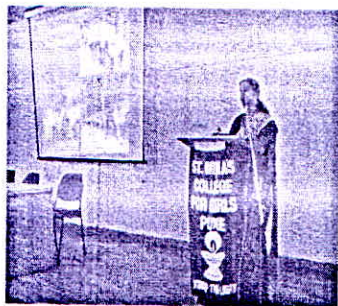
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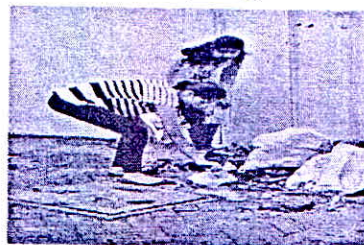
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were also cleaned by the volunteers.

⑧ **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.



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

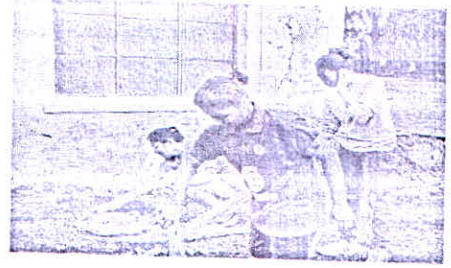


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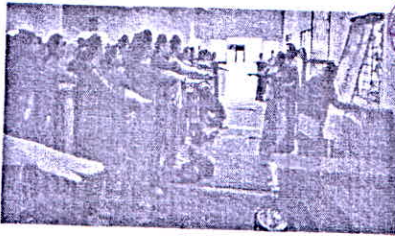
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On Thursday, June 27, 2019, seven NSS volunteers went to Sant Gadgebaba Municipal School for cleanliness. They interacted with the warkaris and helped them. Volunteers collected dry garbage and cleaned the area.



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.

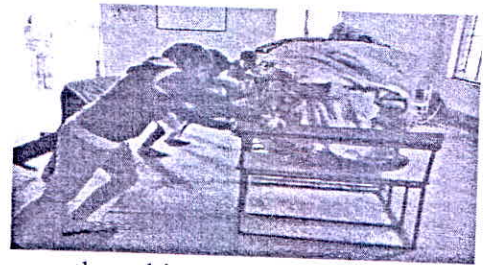
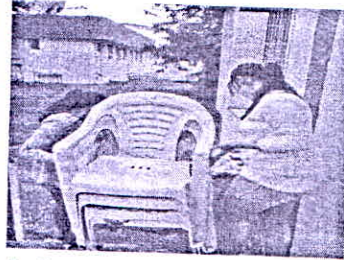
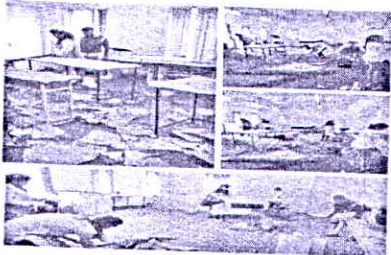


5) **No Tobacco Day:** The NSS department of St. Mira's College celebrated the No Tobacco Day on the occasion of World Population Day i.e. 11th July; 2019. NSS PO Dr. Meenal Sumant interacted with the students, sevaks and sevikas and discussed the disastrous effects that tobacco has on lungs and respiratory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



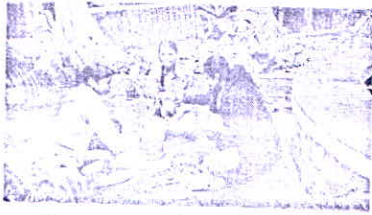
chairs, racks, walls, and every other thing which was there in those rooms. Volunteers even dumped the broken articles, the collected garbage and unwanted things in the allotted area. After cleaning both the rooms, volunteers actually wiped all the articles – tables, computer tables, chairs, benches,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

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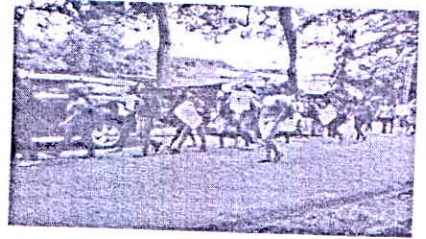
allotted area.



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.

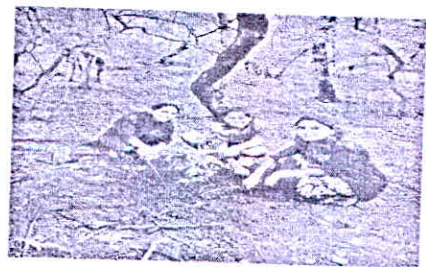
Ten of the NSS volunteers went to Poona Station and undertook awareness campaign on Friday, 9th August. Volunteers talked to the people over there and convinced them for keeping the place clean. Volunteers explained the importance of cleanliness and discussed the ill-effects of dirty environment. In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

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.

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



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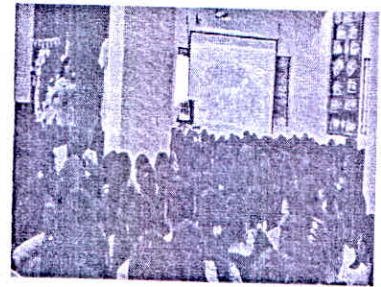
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all the volunteers were sent to the examination building for the valedictory function. Dr. Praful Pawar, Registrar, SPPU; Mr. Rajesh Pandey, Member, Management Council, SPPU; Dr. Sanjay Chakane; Dr. Prabhakar Desai, Director – Dept. of NSS, SPPU; Dr. 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.

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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.

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.

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.



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



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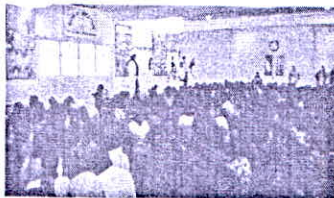
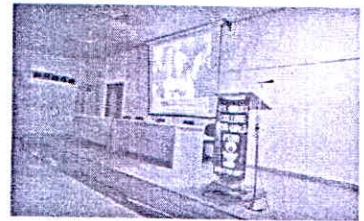
volunteers worked hard from 7 am to 10.30 am and collected all kinds of non-degradable garbage – plastic, clothes, glass, fiber, POP idols, thermocol, etc. from the banks of the river. Rubber gloves, masks, certain instruments like spades, shovels, etc. were provided for the safety of the students. All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



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.



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

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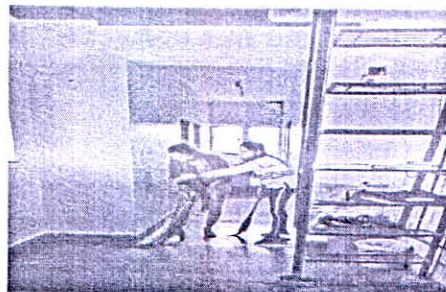


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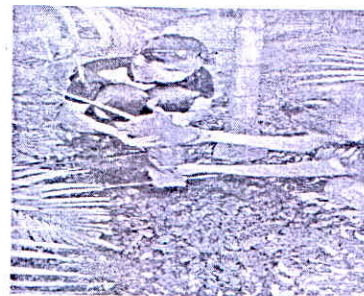
premises, their houses, locality clean. The schedule of all the activities of Swachhata Pakhwada was read out to the students and students were encouraged to participate in all the activities.

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.

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.



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.



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 SwachhataPakhwada. 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.

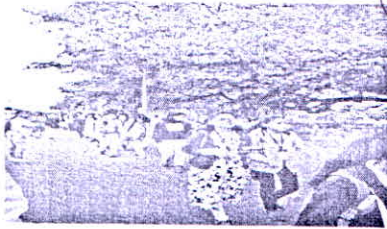
Many volunteers interacted informally with the blind and aged residents of this old age home. They tried to understand the problems of these people; they tried to open them up and shared moments of love and happiness with them.

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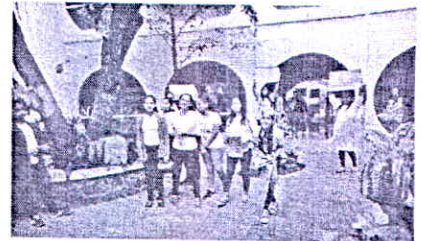
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the people, for the people and by the people governance. The students were guided by Dr. Sumant to take the Voter's Pledge of voting fearlessly without any religious, caste or regional considerations.

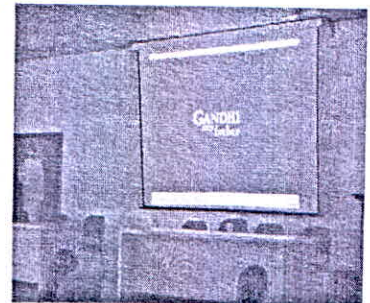
2. **Registration of New Voters-** The NSS department conducted a voter registration drive for the students of the college. The new voters were guided about the registration process. The NSS volunteers encouraged the students and enthusiastically helped students to search their names on the election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

Sinhagad Cleanliness Drive: St. Mira's College with its two NSS POs and four NSS volunteers participated in Sinhagad 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 Sinhagad and great warrior Tanaji. This was followed by Powada on Tanaji's Fight for Sinhagad 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

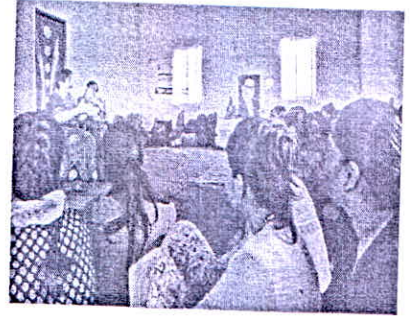
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people to observe 25th November as Meatless Day through Rath Yatra. All the college students, faculties pledge not to have non-vegetarian food on this particular day. Through Rath Yatra vegetarianism is promoted. St. Mira's College puts up float showing 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.

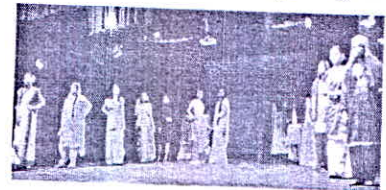
Students were instructed to go to the villagers, help them in their day-to-day activities, understand their problems and develop bond with the villagers.



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.

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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St. Mira's College for Girls, Pune,

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. Meenal Sumant 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. Meenal Sumant
Dr. Sandhya Pandit
NSS POs

St. Mira's



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.

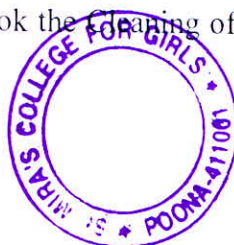


A Morning Rally in the Village was conducted on Water Conservation and an awareness on the importance of Saving water for the prosperity of the nation was created by the students. In the morning, NSS volunteers enjoyed a lecture on 'Entrepreneurship and Self' by Dr. Rama Venkat from St. Mira's College 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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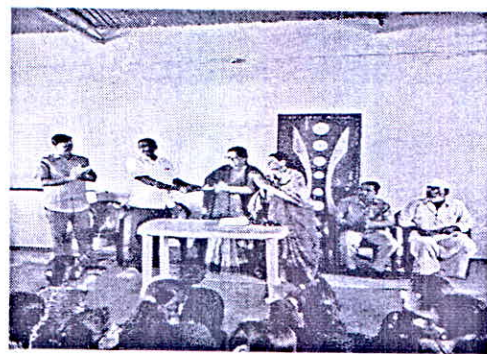
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St. Mira's College for Girls, Pune.
NSS Winter Camp – Kondhavale, Tal: Mulshi, Dist: Pune
Period - 06/12/2019 to 12/12/2019

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.

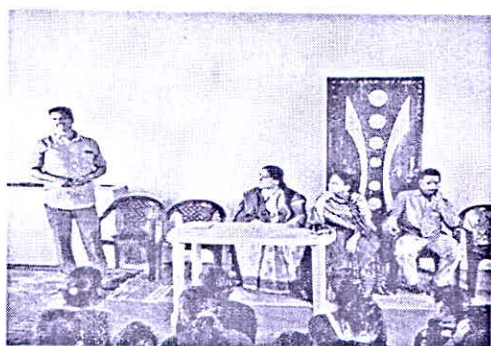
Inaugural Session – At 10.00 am the inauguration of the camp took place. Following people were present for the inauguration: Sarpanch of Kondhavale village Shri Anant Kandhare, Upasarpanch Shri Yenpure, Gram Panchayat member Shri Ashok Jori of Kondhavale village; from St. Mira's College for Girls', Vice-Principal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

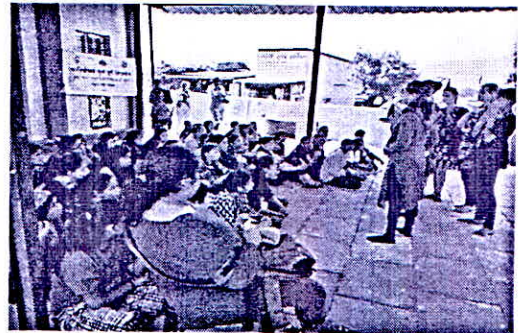
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St. Mira's College for Girls, Pune.

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

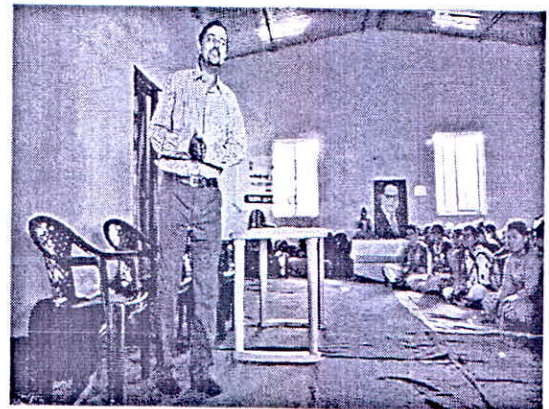
are also very important - speak your mind out if u r

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

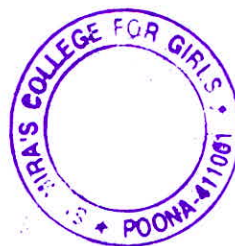
YES to all physical exercises. The student gave a Vote

of thanks as well.

This was followed by an Interaction of students with



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

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.

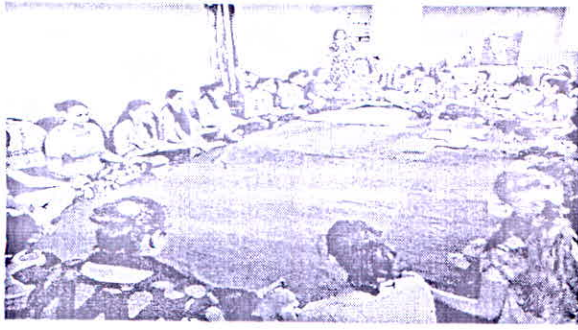
Day 6 – 11/12/2019; Wednesday

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 Ajji 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 Ajji. 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

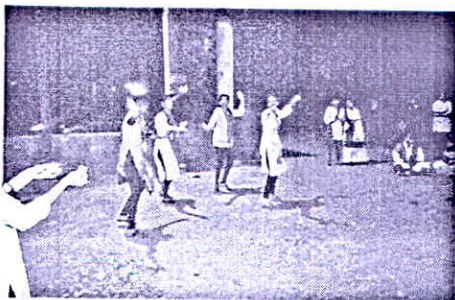


Anna Kondhare, President-

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.

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

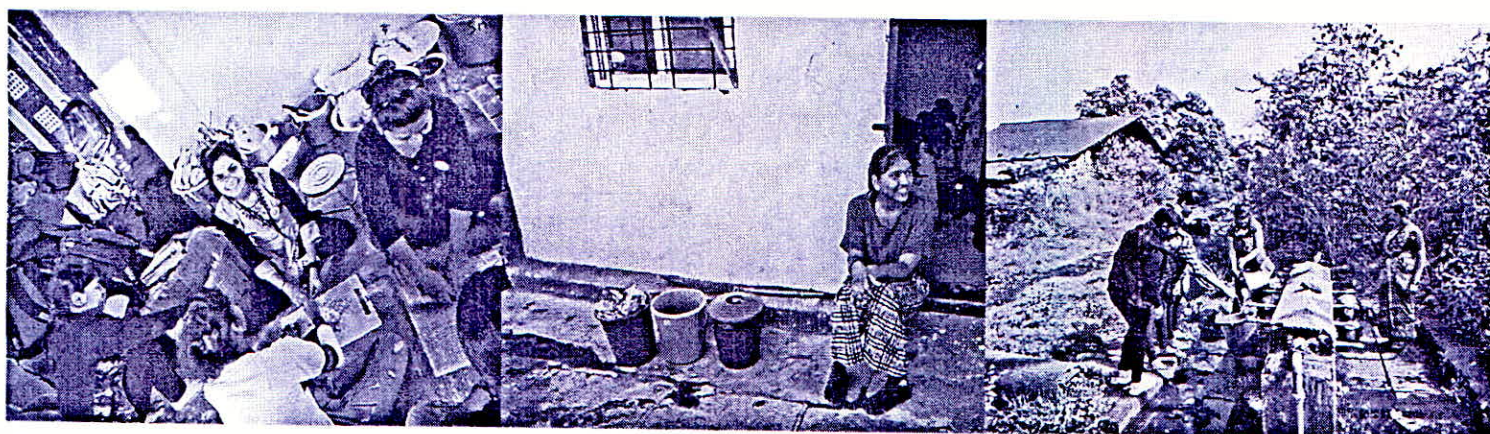
Day 7 – 12/12/2019; Thursday

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