



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)

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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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- Ambral	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	2021-22	13
19	Social Service	SY BCom A	2021-22	19
20	Social Service	SY BBA CA	2021-22	46
21	Social Service	TY BCom A	2021-22	37
22	Social Service	TY BCom B	2021-22	64



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23	Social Service	SYBA Div A	2021-22	50
24	Social Service	TY BCom C	2021-22	46
25	Social Service	TYBA Div A	2021-22	26
26	Outreach Program at Spherule Foundation	Dept. of Accountancy	2021-22	14
27	Poshan Pandharawada	NSS Unit with SPPU	2021-22	29
28	International Yoga Day	NSS Unit with SPPU	2021-22	35
29	Swachha Wari- Swastha Wari- Nirmal Wari	NSS Unit with SPPU	2021-22	14
30	Azadi ka Amritmahotsav	NSS Unit with SPPU	2021-22	601
31	Swachata Pandharawada	NSS Unit with SPPU	2021-22	48
TOTAL ACTIVITIES = 31				
TOTAL STUDENTS' PARTICIPATION = 2384				




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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.

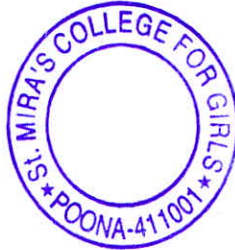
The students responded positively to the session.

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



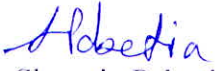

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Report on Nayi Disha Resource Centre and LifeAsia
2021-22

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
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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

Jayashree
 Principal Incharge
 St. Mira's College for Girls

St. Mira's College For Girls, Pune
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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)

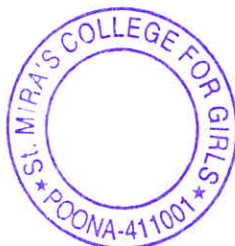
Information of the foundation:


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 RAJGOPALAN
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

Hasina

HASINA SHAIKH

CO-ORDINATOR



Jaya

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.

Manisha Pimpalkhare

Dr. Manisha Pimpalkhare
Coordinator



Jaya Rajagopalan

Dr. Jaya Rajagopalan
Principal In Charge
Principal Incharge
St. Mira's College for Girls, Pune.

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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

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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.

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Shalini Iyer Amruta Narke
Dr. Shalini Iyer and Ms. Amruta Narke.

Coordinators



Jayesh
Principal Incharge
St. Mira's College for Girls

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Activity Report

Title: SOUL: Student Outreach United Learning

Date: 20th November 2021, 2nd April 2022

Number of students: 15

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 Ambral Panchgani. Khadija Cutpiecewala (MA English) is the student coordinator for Ambral Panchgani. 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

15 SOUL *Didis* taught students in the village of Ambral in Panchgani, Satara.

J.J. Sataravala

Dr S. J. Sataravala

Coordinator



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

Sign & Stamp
Reading

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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



Jayab

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

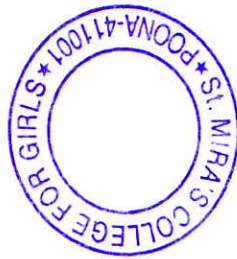
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A social outreach activity was conducted on February 14th, 2022 by Student Council 2021-2022. The social outreach activity was conducted on February 14th, 2022 with the intention of spreading love and joy among the community. The activity was conducted 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

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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
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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.



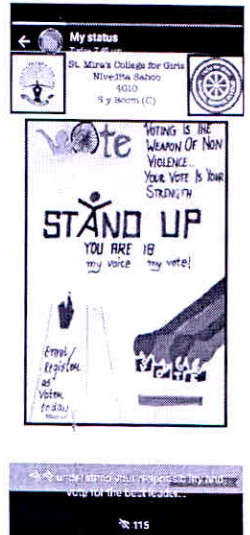
Video 1. <https://www.youtube.com/watch?v=sMnC26TaN6c>

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

Meenal
Veena
Sandhya
Manjira



Jaya
Dr. Jaya Rajagopalan
Principal Incharge
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ACTIVITY – Volunteering at Ishanya Mall for Yellow Ribbon fair

Date : 08th October 2021 – 10th October 2021

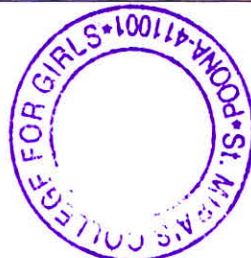
Teacher Co-ordinator – Abhradita Chatterjee Nahvi

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 :



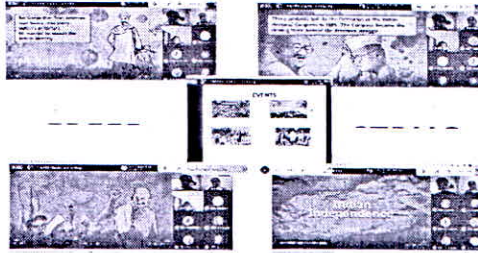
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St. Mira's College for Girls, Pune

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

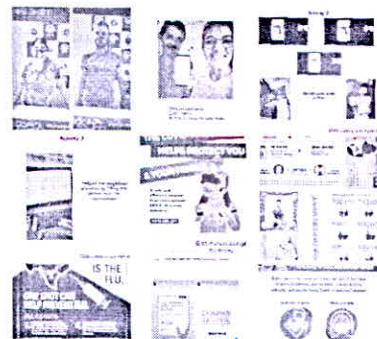
Pudhari – 7th April 2021 Prabhat – 8th April 2021 Lokmat – 10th April 2021



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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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-teachingStaff 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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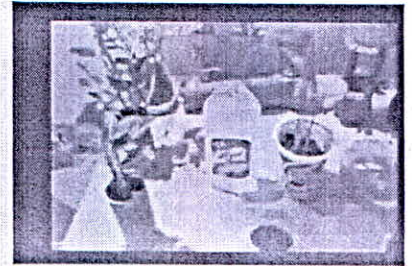
2. The second video was shown to pay tribute to Chhatrapati Shivaji Maharaj by sharing with the audience the Leadership Lessons one can learn from Chhatrapati Shivaji Maharaj.
3. Later, a short film on 'Fort Raigad' – was shown
4. This was followed by a live telecast of the Shiv Swarajya Din Sohala organised 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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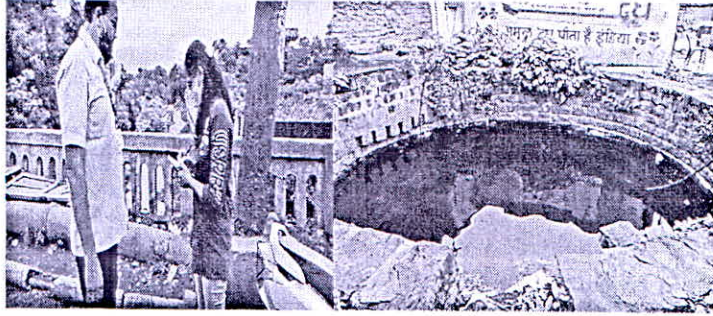
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13. Swachha Wari- Swastha Wari-Nirmal Wari-Harit Wari – 22 July 2021 -
Decade on Eco-System Restoration (2021-30) - 10 students



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.

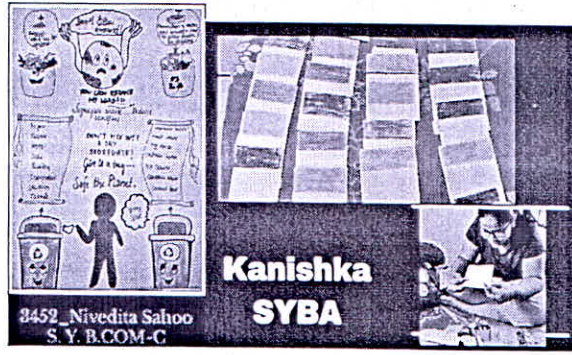


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18. Azadi ka Amrut Mahotsav - Rainwater Harvesting and Water Restoration - Catch the Rain – 09 August 2021- 45 NSS volunteers

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 Aundheneer a village in Khandala
2. 14th August 2021, the Departments of NSS and Physical Education have jointly organised “Azadi ka Amrit Mohotsav- 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/009CpJJUgG8>; <https://youtu.be/gl1GihSLp6I>; <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.



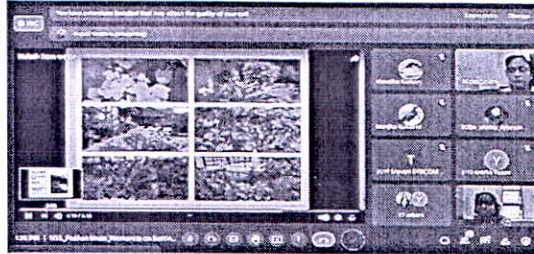
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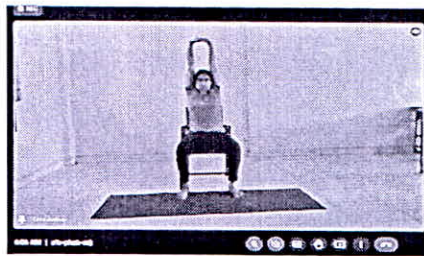



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- c. Workshop on demonstration for setting up of a Kitchen Garden and Benefits of Organic Food – 11 September, 2021 -35 NSS volunteers participated in this workshop.



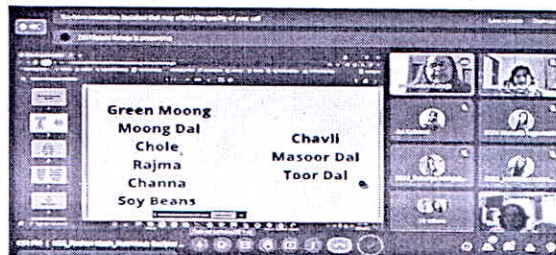
- d. Yoga for building immunity - 15 September, 2021 - 14 participants.



- 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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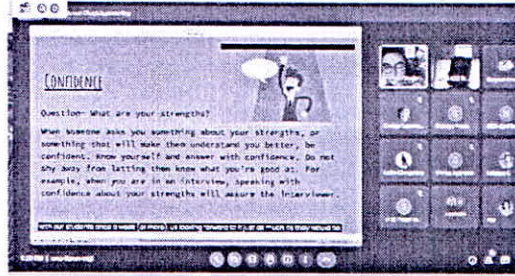
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23. NSS Day Celebration – 29 September, 2021 - 31 participants



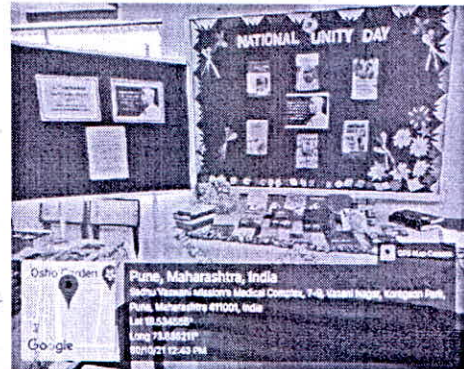
24. Mazi Vasundhara Pledge – Oct 2021



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 - 'Aneka 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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A circular purple stamp with the text "ST. MIRA'S COLLEGE FOR GIRLS" around the top and "PUNE-411001" around the bottom.

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- b. Two short films were also shown to the students based on 1. Fundamental Duty 1 संविधान, तिरंगेऔरराष्ट्रगानकासम्मान and Fundamental Duty 5. भाईचारा औरमाहिलाओंकासम्मान - 18 students have participated for this activity offline.
- c. Display of book collection by the Library
- d. Celebrated with the Electoral Club - 100 participants

29. Voters Registration -1st to 30th Nov 2021

30. Report of Self Defence-17thDecember 2021 - 35 students



31. Azadi Ka Amrut Mahotsav - Victory week Celebration(50th Anniversary of 1971 war) Visit to the War Memorial- 17th December 2021 - 35 NSS volunteers



32. River Cleanliness-as a part of Azadi Ka Amrut Mahotsav - 25 students

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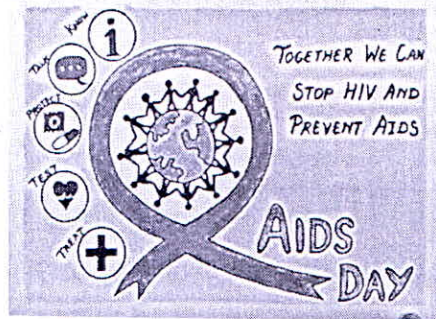


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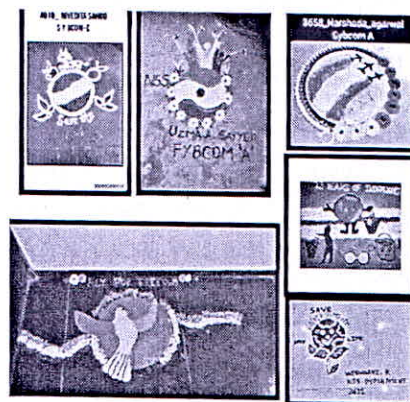


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33. World's AIDS Day 1st December - 20 students reached 1,277 people

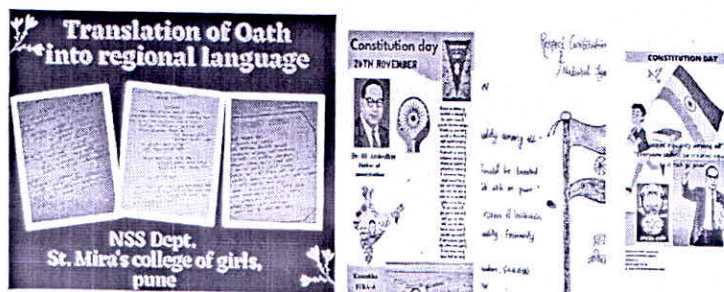


34. Azadi Ka Amrut Mahotsav- Rangoli and Patriotic Song Writing activity – 22nd December 2021 to 25th December 2021 - 12 students



35. Azadi Ka Amrut Mahotsav - Constitutional Day Celebration (15th Dec to 31st Dec 2021) - Following activities undertaken :

- a. Translation of Preamble in to regional languages - 10 volunteers
- b. Youth Led Campaign - Know Your Constitution- Slogans , Quotes, Posters based on Fundamental duties and about Constitution – 8 volunteers
- c. 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 –

- a. 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.

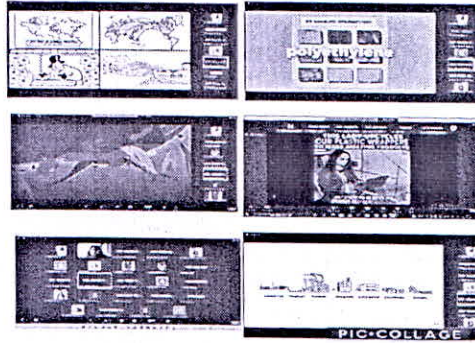
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b. Time to #Cancel Plastic!- 14th Jan, 2022 - 25 volunteers

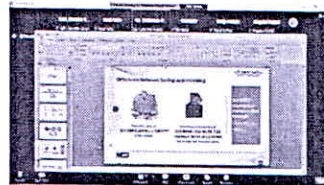


c. Guest lecture on Changing Mentality of Youth - 15th Jan 2022 - 45 students

d. A session on "All about Swami Vivekananda- Life Sketch and Teachings" – 17th Jan 2022 – 27 students



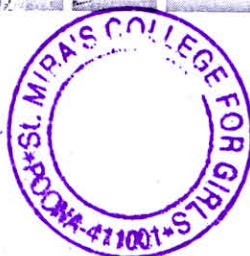
e. A Session on "Financial Literacy Awareness" –18th January 2022 - 78 participants



38. Suryanamaskar's program under Azadi Ka Amrut Mahotsav-Tagline- "SuryaNamaskarForVitality" – 14thJan Makarsankranti - 27 students

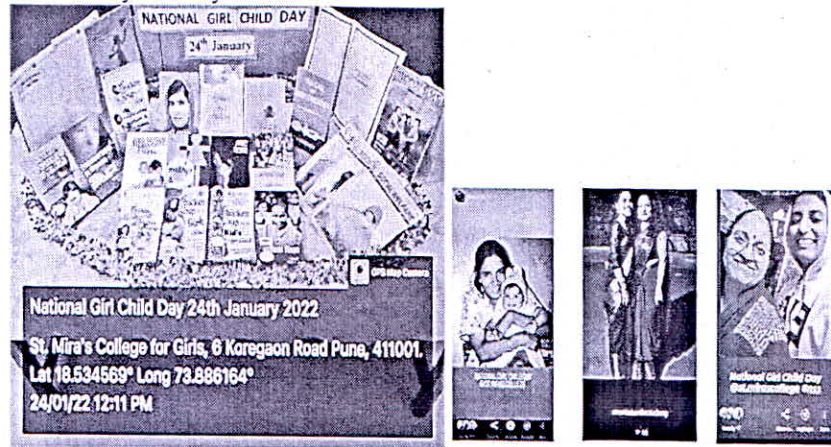


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39. **Celebration of National Girl Child Day under Azadi Ka Amrut Mahotsav - 24th January 2022** - 56 volunteers – Following activities conducted:
- Selfie with Mother - Through selfies students reached 1,569
 - Poster making - through posters students 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

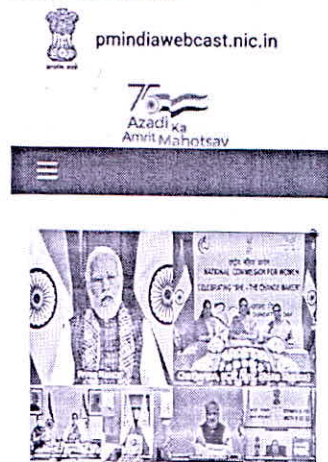


40. **Celebration of National Voter's Day - 25th January 2022**

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**



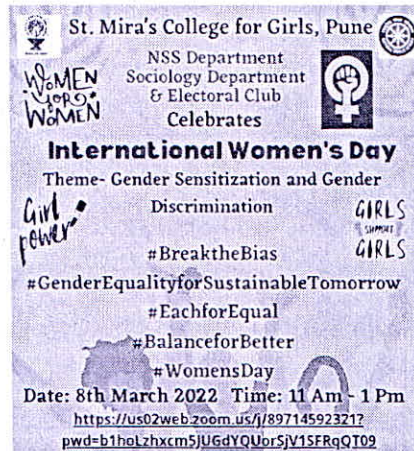
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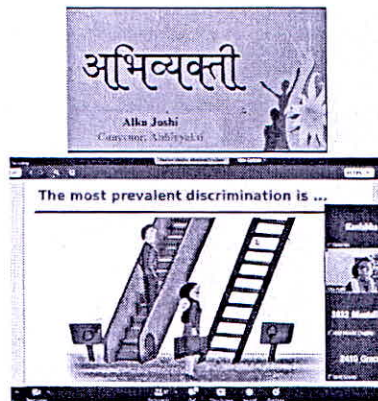
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42. Azadi Ka Amrut Mahotsav - International Women's Day on the theme Gender Sensitization and Gender Discrimination - 8th Mar 20, 2022

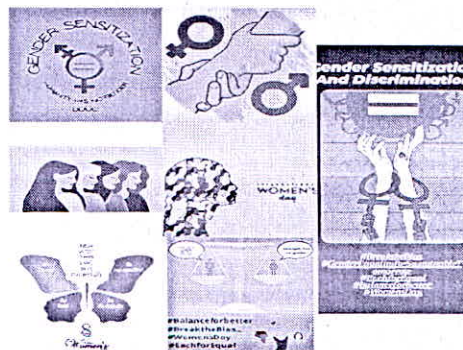


Following activities were conducted -

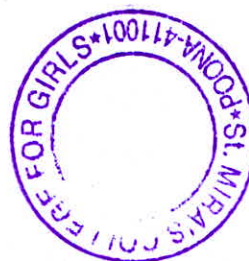
- a. Guest Lecture on Gender Sensitisation and Gender Discrimination - 8th March - 87 Volunteers



- b. Poster Activity - 15 volunteers reached out to around 1700 people.
Hashtags used: #BreaktheBias, #GenderEqualityforSustainableTomorrow, #EachforEqual, #BalanceforBetter, #WomensDay



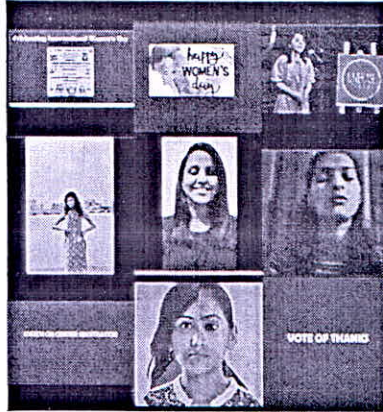
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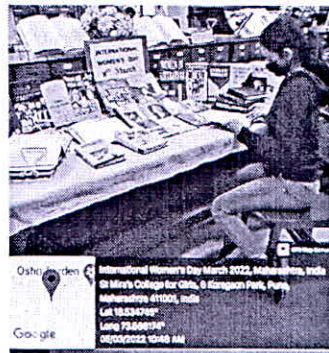
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- c. **WOMEN'S DAY PROGRAM-** Students Expressing their views based on the theme "Gender equality today for a sustainable tomorrow" - 9th March 2022 -37 Volunteers



- d. **Book Display By College Library** on the occasion of International Women's Day – 8th March to 31st March 2022



43. **NSS Vaedictory Programme** - 22nd March 2022 - Guest speaker - Mrs. Suvarna Gokhale

Dr. Sandhya Pandit
Ms. Manjita Kulkarni
NSS POs

SP
MSK



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

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Department of NSS

Annual Regular Activities Report – 2021-22

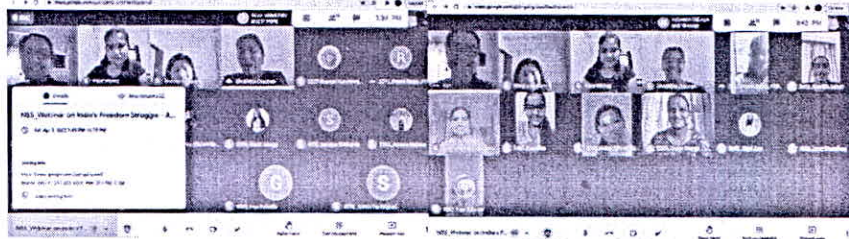
1. Azadi ka Amrut Mahotsav –April 2021 - Celebrating 75 Years Of India's Independence - Webinar on 'India's Freedom Struggle – An Overview'

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 Vallabhbai Patel, Subhash Chandra Bose, Mahatma Gandhi, Sukhdev, Sangoli Rayanna, 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

सेंट मीरा महाविद्यालयात 'आझादी का अमृतमहोत्सव'

प्रधान वृत्तसंघा

पुणे, दि. ७ - आगता देश स्वातंत्र्याचे ७५ वर्षे पूर्ण करणार आहे. या अंतर्गत सात सातके 'आझादी का अमृतमहोत्सव' साजरा करण्याचे घोषित केले आहे. याप्रसंगीच दांडी यात्रेत ११ वर्षे पूर्ण होत आहेत. या निमित्ताने पुणे येथील सेंट मीरा महाविद्यालयातील राष्ट्रीय सेवा योजनेअंतर्गत आझादीचा अमृतमहोत्सव साजरा करण्यात आला. जिल्हा प्रशासनाच्या आगाखान पॅलेस येथे झालेल्या उद्घाटनाच्या कार्यक्रमात महाविद्यालयातील पाच स्वयंसेविकांनी महभाग मोदवला. तसेच महाविद्यालयामध्ये अंतर्गत दूरध्वनीस वित्त प्रदर्शन आयोजित केले. काँग्रेस शाखेतील विद्यार्थिनींनी स्वातंत्र्यलढ्यातील संघर्शात स्वातंत्र्यसेनानी आणि त्यांच्या कार्याबद्दल माद्रीकरण केले. निबंध स्पर्धेद्वारेही आगोजन करण्यात आले. काँग्रेसमधून महाविद्यालयाच्या प्राचार्या डॉ. गुलशन निहवानी, उप-प्राचार्या प्रीमती शार्लिनो अथर ह्यांचे सहकार्य मिळाले. राष्ट्रीय सेवा योजनेचे कार्यक्रमा अधिकारी यावेळी उपस्थित होते. मांडवता कुलकर्णी यांनी सूत्रसंचालन केले. प्रमुख पाहुण्यांचा परिचय डॉ. संघ्या पॉडित यांनी करून दिला. शार्लिन जॉर्ज यांनी आभार मानले.

My Pune Edition
Apr 7, 2021 Page No. 3
newspaper.pudhari.co.in

सेंट मीरा महाविद्यालयात 'आझादी का अमृतमहोत्सव'

प्रधान वृत्तसंघा

पुणे, दि. ७ - आगता देश स्वातंत्र्याचे ७५ वर्षे पूर्ण करणार आहे. या अंतर्गत सात सातके 'आझादी का अमृतमहोत्सव' साजरा करण्याचे घोषित केले आहे. याप्रसंगीच दांडी यात्रेत ११ वर्षे पूर्ण होत आहेत. या निमित्ताने सेंट मीरा महाविद्यालयातील राष्ट्रीय सेवा योजनेअंतर्गत 'आझादी का अमृतमहोत्सव' (१२ मार्च ते ५ एप्रिल) साजरा करण्यात आला. जिल्हा प्रशासनाच्या आगाखान पॅलेस येथे उद्घाटन कार्यक्रमात महाविद्यालयातील ५ स्वयंसेविकांनी महभाग मोदवला. तसेच महाविद्यालयामध्ये या कार्यक्रमांतर्गत दूरध्वनीस वित्त प्रदर्शन आयोजित केले गेले. यात स्वातंत्र्य लढ्यातील संघर्षात ऐतिहासिक ठिकाणे आणि त्यांचे महत्त्व, स्वातंत्र्य सेनानी आणि त्यांच्या कार्याबद्दल विद्यार्थिनींनी माद्रीकरण केले. निबंध स्पर्धेद्वारेही आगोजन केले. श्रद्धा चीतान यांनी भारतीय स्वातंत्र्य लढ्यातील संघर्षात पटना, स्वातंत्र्य सेनानी आणि त्यांच्या कार्याबद्दल माद्रीकरण केले. पहिल्यांदा ८० विद्यार्थिनींनी महभाग मोदवला. कार्यक्रमास प्राचार्या डॉ. गुलशन निहवानी, उप-प्राचार्या शार्लिनो अथर यांचे सहकार्य मिळाले. सूत्रसंचालन कार्यक्रमा अधिकारी मंजला कुलकर्णी, प्रमुख पाहुण्यांचा परिचय डॉ. संघ्या पॉडित यांनी करून दिला. आभार शार्लिन जॉर्ज यांनी मानले.

Prabhat
Pune, 08 April 2021
https://paper.prabhat.net/G/

लोकमत

सेंट मीरा महाविद्यालयात 'आझादी का अमृत महोत्सव'

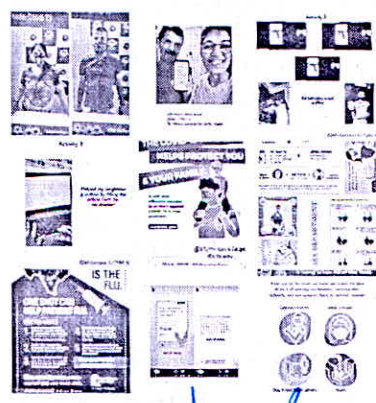
पुणे - आगता देशाकरिता भारताचा स्वातंत्र्याचे ७५ वर्षे पूर्ण करणार आहेत. या अंतर्गत सात सातके 'आझादी का अमृत महोत्सव' साजरा करण्याचे घोषित केले जात आहे. या निमित्ताने पुणे येथील सेंट मीरा महाविद्यालयातील राष्ट्रीय सेवा योजनेअंतर्गत 'आझादी का अमृत महोत्सव' साजरा करण्यात आला. या अंतर्गत विविध कार्यक्रमांचे आयोजन करण्यात आले. जिल्हा प्रशासनाच्या आगाखान पॅलेस येथे उद्घाटन कार्यक्रमात महाविद्यालयातील पाच स्वयंसेविकांनी महभाग मोदवला. तसेच महाविद्यालयामध्ये अंतर्गत दूरध्वनीस वित्त प्रदर्शन आयोजित केले गेले. यात स्वातंत्र्य लढ्यातील संघर्षात ऐतिहासिक ठिकाणे आणि त्यांचे महत्त्व, स्वातंत्र्य सेनानी आणि त्यांच्या कार्याबद्दल विद्यार्थिनींनी माद्रीकरण केले. निबंध स्पर्धेद्वारेही आगोजन केले. श्रद्धा चीतान यांनी भारतीय स्वातंत्र्य लढ्यातील संघर्षात पटना, स्वातंत्र्य सेनानी आणि त्यांच्या कार्याबद्दल माद्रीकरण केले. पहिल्यांदा ८० विद्यार्थिनींनी महभाग मोदवला. कार्यक्रमास प्राचार्या डॉ. गुलशन निहवानी, उप-प्राचार्या शार्लिनो अथर यांचे सहकार्य मिळाले. सूत्रसंचालन कार्यक्रमा अधिकारी मंजला कुलकर्णी, प्रमुख पाहुण्यांचा परिचय डॉ. संघ्या पॉडित यांनी करून दिला. आभार शार्लिन जॉर्ज यांनी मानले.

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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:

1. 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.

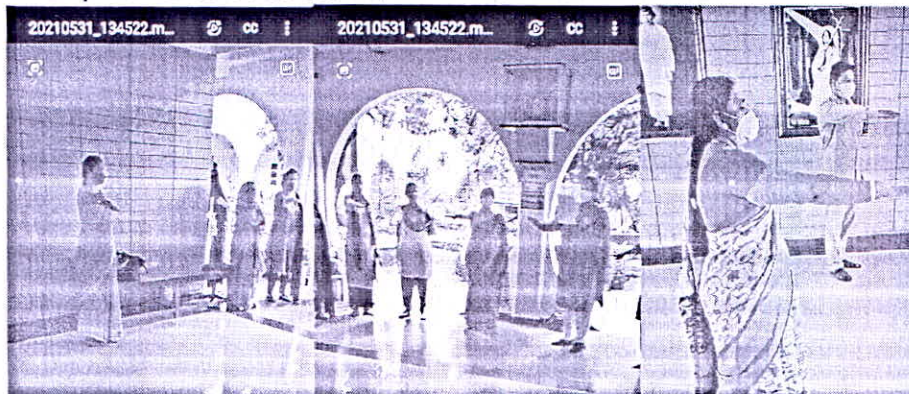
2. **Encouraging people to take vaccination of COVID-19** - Total 6 family members of the volunteers took vaccination for COVID-19.
3. **Helping senior citizens with vaccination process** - (Online form filling, counselling and clearing their doubts.) 5 Online forms were filled and 5 people were given 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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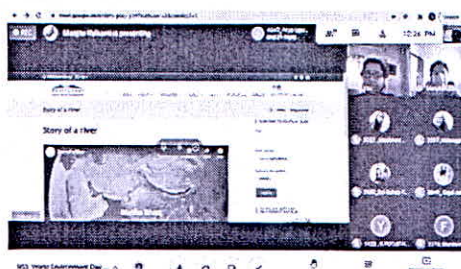
6. **World Environment Day – 5th June 2021 - St Mira's College for Girls, Pune NSS Department organized the World Environment Day Awareness Program – 2021 on 5th June 2021 in association with the JeevitNadi Foundation.**



“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.

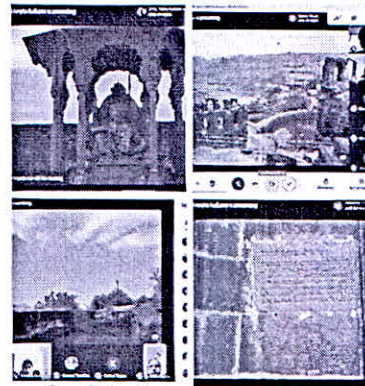
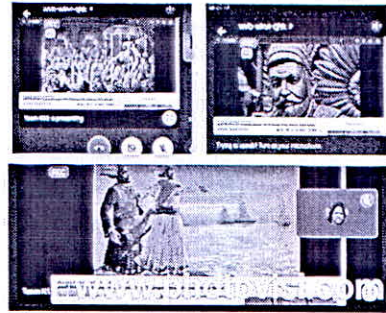


7. **Shiv Swarajya Din – 6th June 2021** - St Mira's College for Girls, Pune NSS Department organized the Shiv Swarajya Din on 6th June 2021. This historic day of Shiv Rajyabhishek Din was celebrated in Maharashtra today to mark the coronation day of the great Maratha warrior king Chhatrapati Shivaji 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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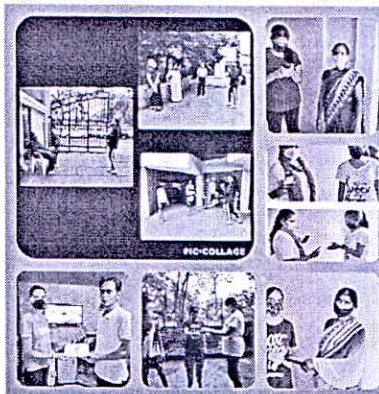


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The programme ended with the Maharashtra Geet and the National Anthem being played to pay our respect to our State and our Country which we proudly belong to. This programme was conducted online following all Covid-19 protocols. In all 65 participants 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

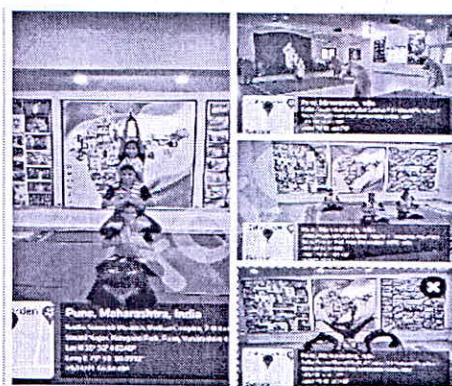
College for Girls has organized safety measures and spreading awareness campaign in connection with 'Maze Gaon Corona Mukta Gaon' Abhiyaan (My village Corona Free Village Campaign) organized by the Department of NSS, SPPU. Students tried to reach their friends, society members, and those people who have 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,



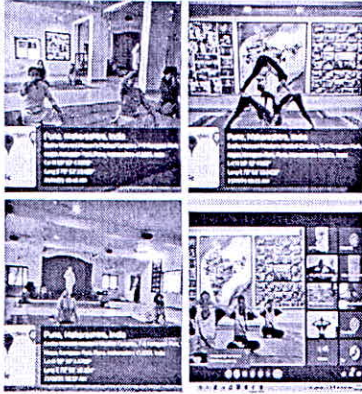
ArdhaChakrasana, Bhadrasana, ArdhaUshtrasana, Vajrasana, Shashankasan, Bhujangasana, Pawanmuktasana, Setubandhasana, Anulom Viloma Pranayam, Bhramari Pranayam, Meditation and Omkar ended with the Pledge. The protocol as given by AYUSH Government of India and Covid-19 protocol was strictly adhered to. 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 आंतरराष्ट्रीय योग दिवस आनिवारण साजरा करण्यात आला. प्राथमिकीकृत उपप्राचार्य मुष्का देवलाणकर यांनी देवेंद्रिय जीवसात योगप्रदानचे महत्त्व विशद केले. कोरोनाकालात रोग प्रतिकारासाठी वाढकण्यासाठी योग उपयुक्त आहे. नियमित योगप्रदान केल्यामुळे समर्थ, सतुल्य, लक्षधरिता सुधारते तसेच शारीरिक व मानसिकदृष्ट्या सक्षम व निरोगी ठेवते, असे रानी मोगिलने, त्यानंतर कार्यक्रमाला शारीरिक शिक्षण संचालक एकता जाधव व महाविद्यालयीन फुटबॉल संघाचे, शोभन महाडिक, व कतुजा कर्वडे यांनी योगप्रदाने व प्राणायामाचे प्रात्यक्षिक सादर केले. हा कार्यक्रम प्रभार प्रचार्य डॉ. जया राजगोपालन यांच्या मार्गदर्शनाखाली व उपप्राचार्य डॉ. शहीलने अकरा यांच्या सहकार्याने आयोजित केला गेला. यंत्रेणी जीवसात पुष्कर विजेत्या मुखनेस को. गौरी म्हाळगी, एनएसएस विभागाच्या डॉ. संध्या पंडित व मॉडरत कुनकणी आदी सहभागी झाले होते. आपार एकता जाधव यांनी मानले.

Tue, 22 June 2021
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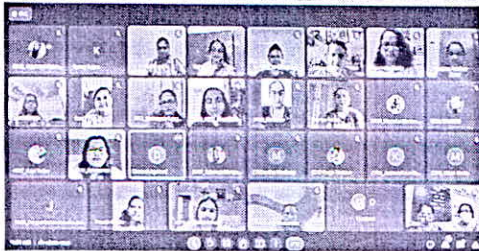


10. Panel Discussion on Eliminating Use of Plastic – 25th June 2021 - Green Club and NSS Department held a Panel Discussion on 25th June 2021 between 10am to 11.15 am on Google meet.

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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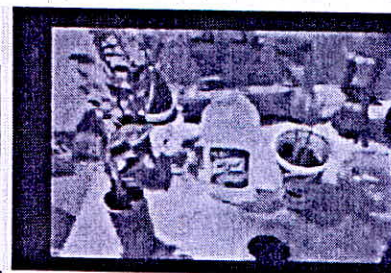
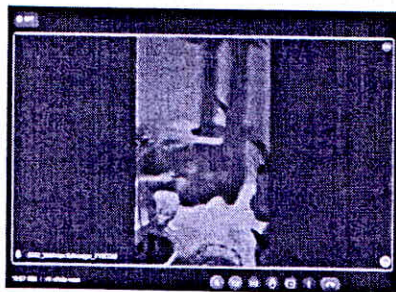
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the use of plastic material for packaging and at the end Miss Gauri discussed the taboo relating to Menstrual cups.

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, @dcarthigueane, @NSSMaharashtra, @NSSIndia, @RohitakarDesai7 and retweeting @ianuragthakur



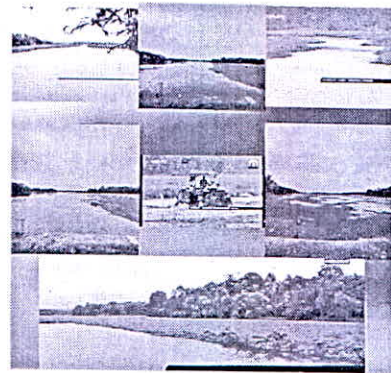
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13. Swachha Wari- Swastha Wari-Nirmal Wari- Harit Wari – 22 July 2021 - Decade on Eco-System Restoration (2021-30)

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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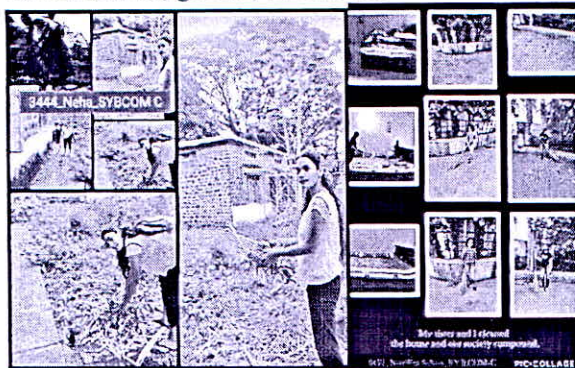
17. Swachhata Pakhwada – 1st Aug to 15th Aug 2021

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

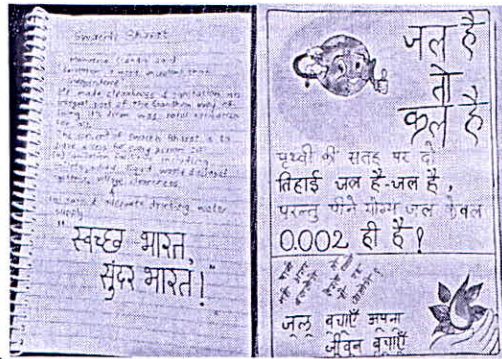
In this activity total 10 students have taken part. Handmade posters were created, 7 posters, 2 poems, 1 slogan poster was made. On various topics like Corona and Hygiene, Segregation of Wet and Dry garbage, Importance of cleanliness, Clean City initiative, Catch the Rain, where it falls, when it falls.



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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.

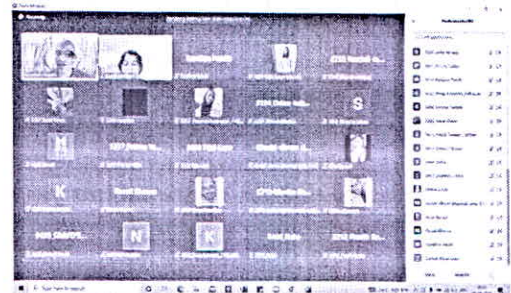
12th to 15th August – Video making for cleanliness, posting on social media platforms and sending total views.

13 Aug 2021 - At Aundhe village near Khandala Mission Cleanliness Activity report

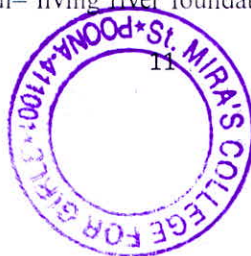


18. Azadi ka Amrut Mahotsav - Rainwater Harvesting and Water Restoration - Catch the Rain – 09 August 2021

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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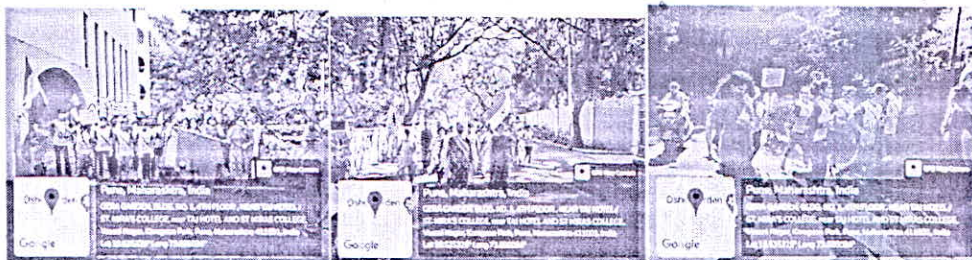
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NSS program officer Ms.ManjitaKulkarni who gave us a brief introduction about the Chiefguest and welcomed the esteemed guest and all the volunteers who joined the program. Followed by which the Chief Guest Mr.Niranjan Upasani gave us a talk on Rainwater Harvesting and waterrestoration. The talk was mainly focussed on making the volunteers aware about issuesand need for water conservation wherein he mentioned the present conditions of the waterbodies 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 Amrit Mohotsav- 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, sprit 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 ChatrapatiIjjamata 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/0O9CpJJUgG8>; <https://youtu.be/gl1GhSLp6I> ; <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- कूपोषणछेडपोषणकीओर

– 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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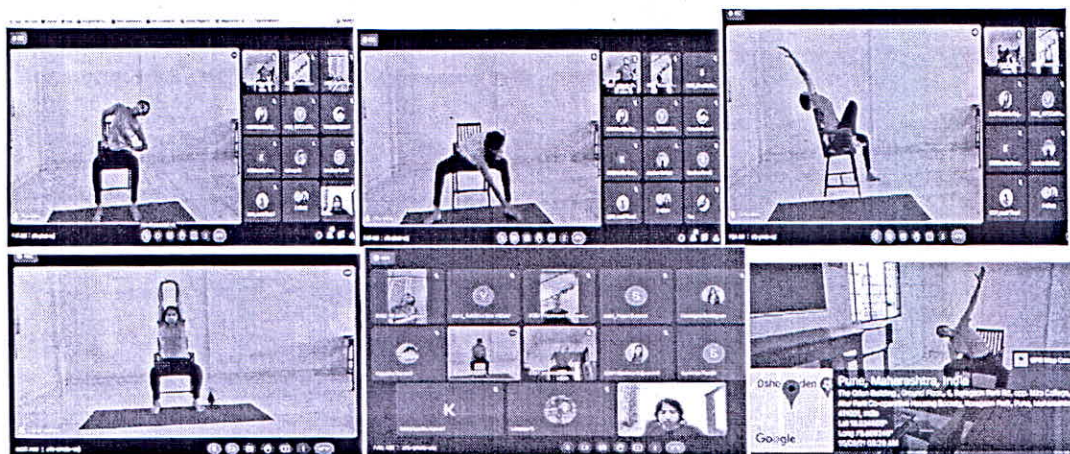


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healthy food crops and vegetables in her garden that are not only nutritious and healthy but also eco-friendly and refreshing. She informed the volunteers of some of the ecofriendly ways to avoid harm to the environment by preparing the compost at 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.

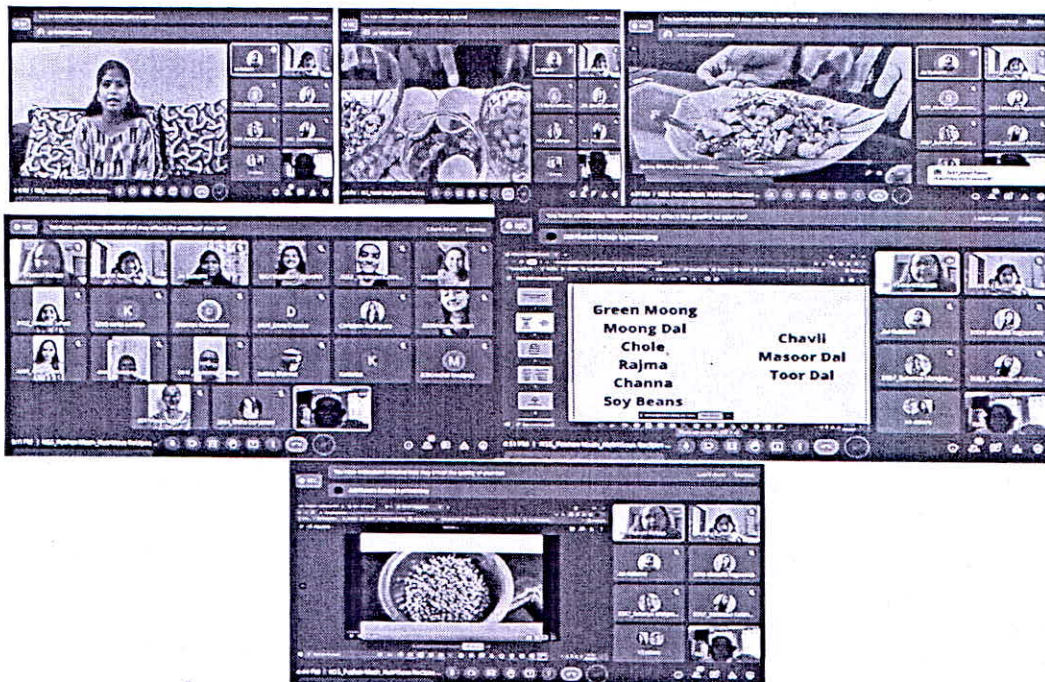
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f. **Demonstration of Nutritious Recipes with Millets – 21 September 2021** - This was conducted with the aim of creating awareness among students to know about regional and local food - Millets, vegetables, traditional recipes – students presented 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

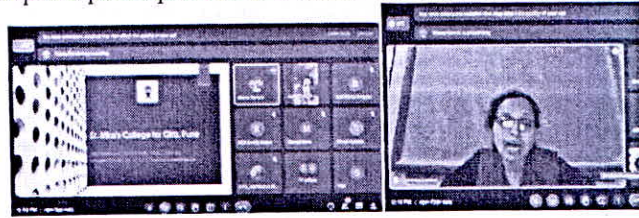
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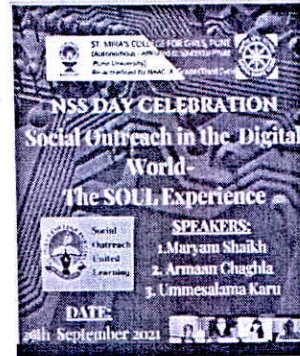
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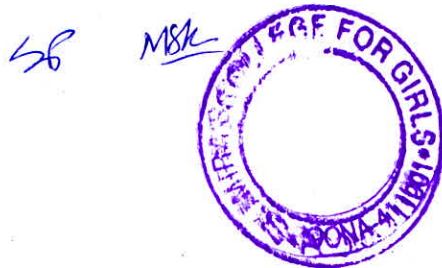
with the students and a documentary- Age of Democracy was screened for the students. The NSS Department spoke about leadership qualities that should be nurtured in a democracy. A total of 90 participants participated in this online celebration of the Constitution Day.



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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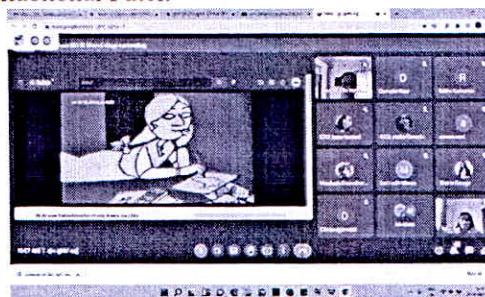


25. Azadi ka Amrut Mahotsav Cleanliness Drive on Gandhi Jayanti – 2nd October, 2021

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.



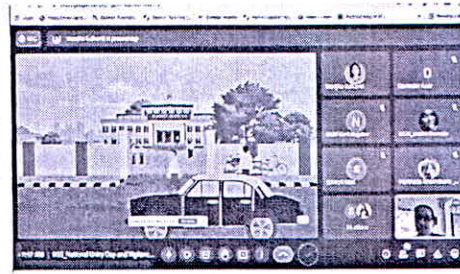
27. Vigilance Awareness Campaign- 26th October 2021 to 31st October 2021

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, तिरंगेऔरराष्ट्रगानकासम्मान and Fundamental Duty 5. भाईचारा औरमाहिलाओंकासम्मान 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 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. The organizer instructed as to how the drive will continue for the day.

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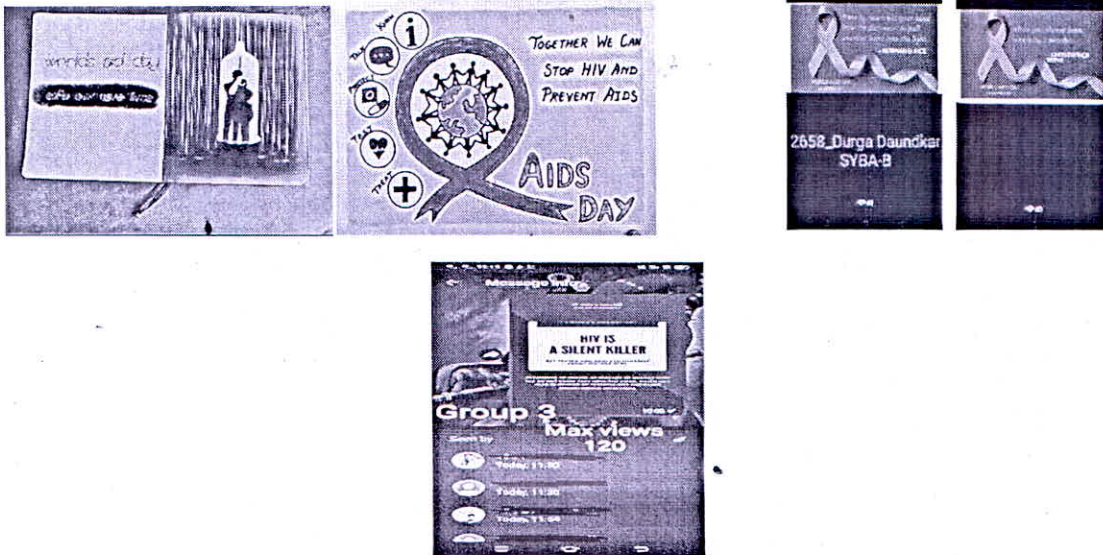


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Students got divided into groups of five students each. They collected garbage near and around the river side where more than 30 bags of garbage were collected and the locality was cleaned to the maximum level. Teacher continuously motivated and pumped 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".



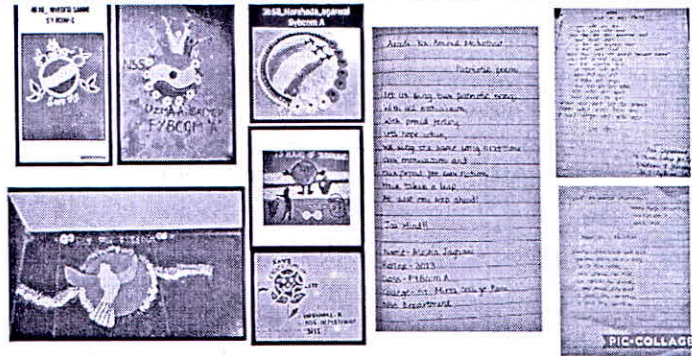
34. Azadi Ka Amrut Mahotsav- Rangoli and Patriotic Song Writing activity - 22nd December 2021 till 25th December 2021 - Department of NSS has celebrated Azadi Ka Amrut Mahotsav in connection with it the Self composed Patriotic song/poem activity and Rangoli activity was organized in between 22nd December 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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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.

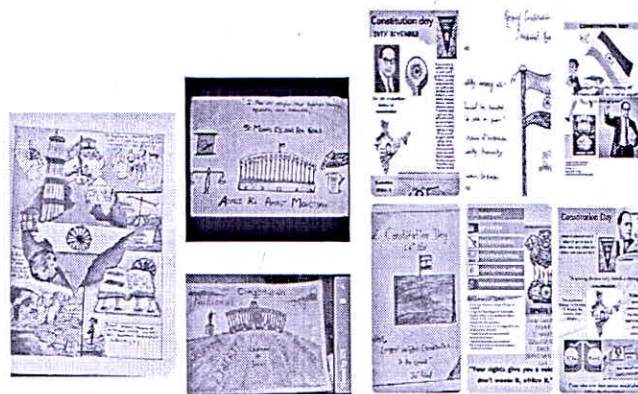


35. Azadi Ka Amrut Mahotsav - Constitutional Day Celebration - 15th to 31st Dec 2021 - The Department of NSS celebrated Constitutional Day from 15th Dec to 31st Dec 2021. Various activities were organized in connection with this celebration. Activities such as Translation of Oath in to regional languages, 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

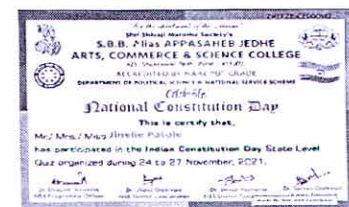
a. Translation of Oath/ Preamble - 10 volunteers participated in the translation activity. The students translated and read the Oath in various regional languages like Marathi, English, Hindi and Bengali. Students typed this in word document and some did in handwritten manner.



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.

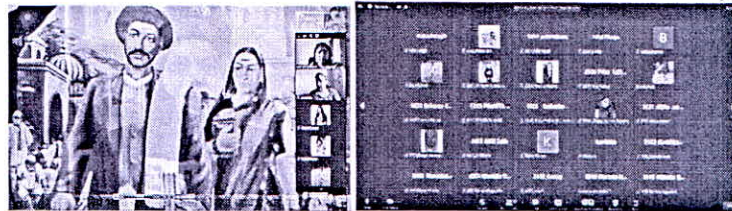
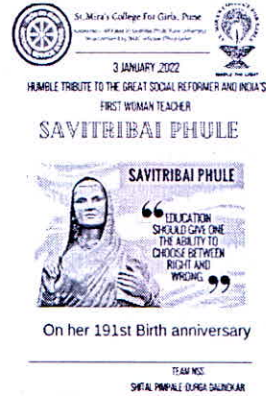


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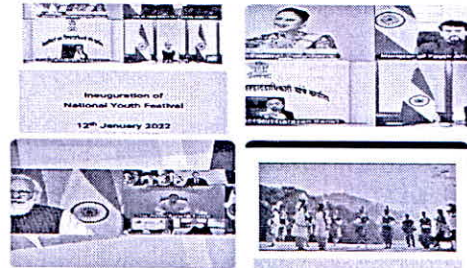


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36. Savitribai Phule Birth Anniversary Celebration report - 3rd January, 2022 - Department of NSS celebrated 191st Birth Anniversary of Krantijyoti Savitribai Phule on 3rd January, 2022. On this occasion one session was organized in which information 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.

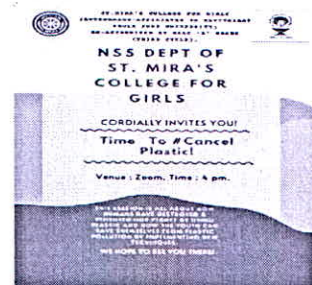


37. Report on Swami Vivekananda's Birth Anniversary Celebration – Yuva Saptah from 12th to 18th January 2022 - St. Mira's College for Girls, Department of NSS celebrated Azadi Ka Amrut Mahotsav under the National Youth Week celebrating Swami Vivekananda's Birth Anniversary (YuvaSaptah) from 12th January to 18th January 2022. As a part of this celebration following activities were organized by NSS volunteers:

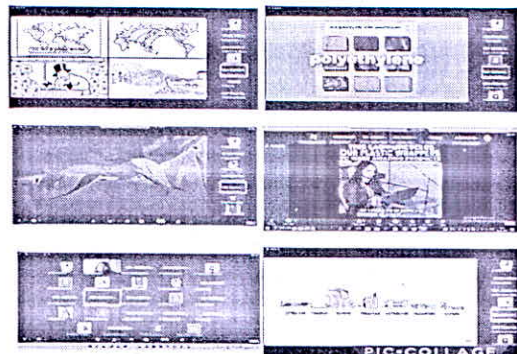


a. Participated Inaugural session of 25th National Youth Festival -12th January 2022 by Hon'ble PM Shri Narendra Modi Ji- 72 NSS students with their teachers attended this inauguration session.

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



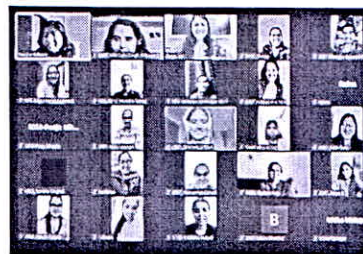
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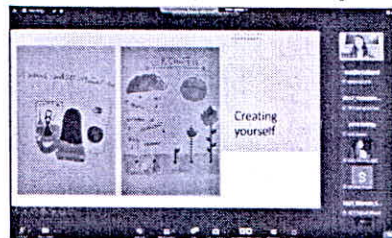
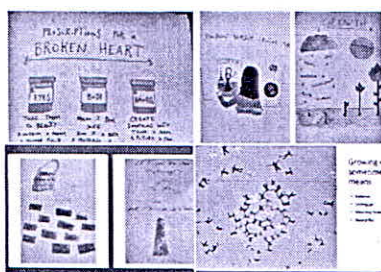
huge change. Youth are the future generations of this planet. And if everyone is determined to bring change then they can bring a huge change. NSS volunteer coordinators for this activity were Sharvari Kurundawad, Lakshaya and Sherin George.

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.

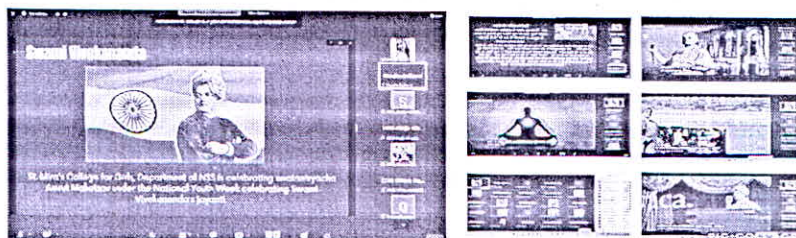


Mrs. Pooja started her session by giving some real life examples and by telling a story on Adulthood. She raised a question, “How to Become Adult?”. She explained how youth should be stable and adult by using following 4 points. She later focused on how parents or adult think that they should work on 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. AsmitaKumari 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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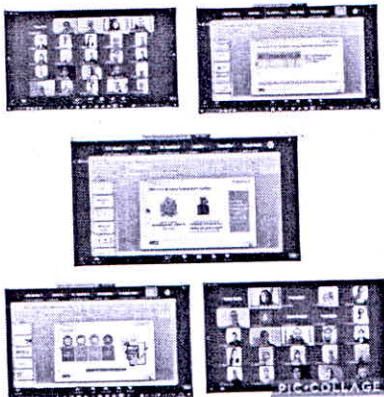
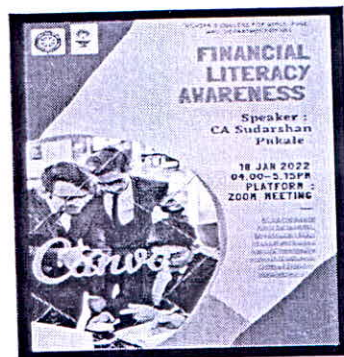


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e. A Session on "Financial Literacy Awareness" under Yuva Saptah- Azadi Ka Amrut Mahotsav – 18th January 2022

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.

SP MBK



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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:



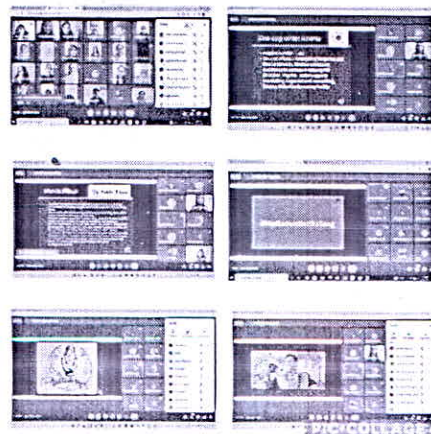
a. **Selfies with Mother** - Through selfies students reached 1,569 beneficiaries to create awareness.



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



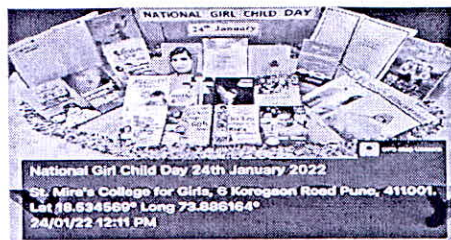
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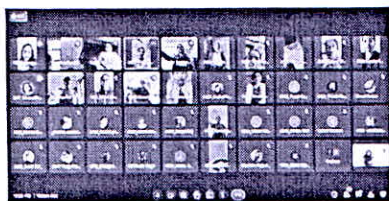
matter what we are. Activities were also conducted such as- creating awareness using posters and clicking selfies with their mother and posting it on their social media platforms for saving girl child through using various hashtags like #SaveGirlChild, #SelfieWithDaughter, #BetiBachaoBetiPadhao, #HarKadamBetiKeSang. 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 –

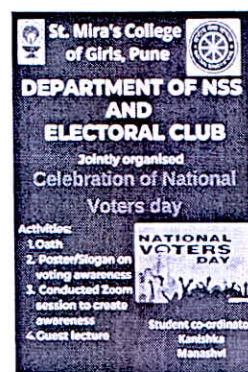


40. Celebration of National Voter's Day- 25th January 2022 - Every year 25th January is celebrated as national Voters' Day. In connection with this, Department of NSS and Electoral Club celebrated National Voter's Day on 25th January 2022. Following activities were organized on this occasion:

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.

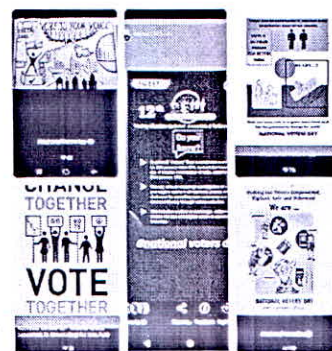


and to follow all the guidelines given by Democracy and Constitution. Total 48 NSS volunteers took pledge on the occasion.



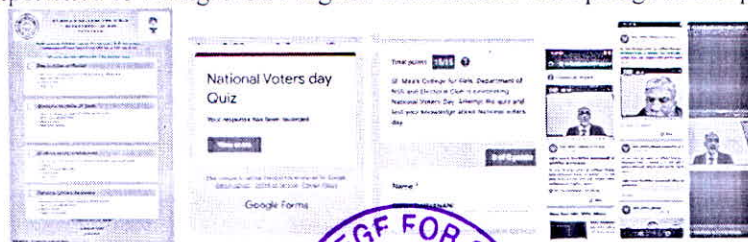
b. Guest Lecture - A guest lecture was organized by the NSS department and Electoral club. It was conducted by Ms. Veena Kenchi, Head, Dept. of Political Science highlighting the importance of voting in democracy and presented videos regarding the adult suffrage movement. Quotes on the importance of 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.



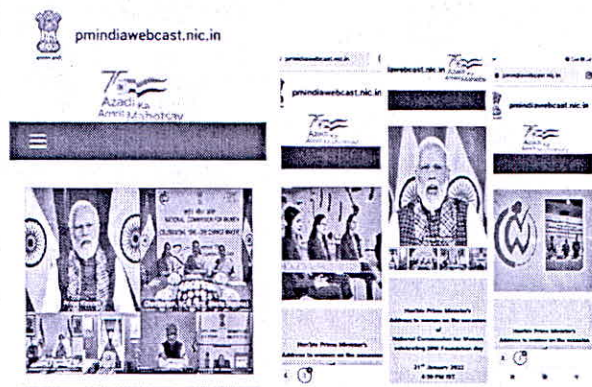
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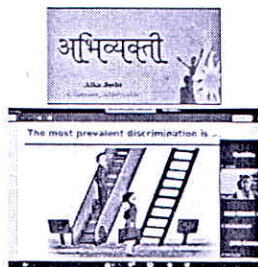
41. Participation in 30th Foundation Day of National Commission for Women Celebration - 31st January 2022 - Department of NSS has participated in the Celebration of 30th Foundation Day program organized by The National Commission for Women on 31st January 2022. Hon'ble Prime Minister Shri Narendra Modi 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.



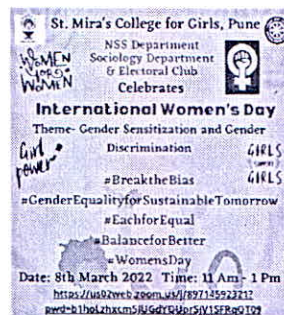
42. International Women's Day under Azadi Ka Amrut Mahotsav on the theme Gender Sensitization and Gender Discrimination - 8th Mar 2022 – NSS student volunteers who coordinated these activities were Sherin George, Nivedita Sahoo, Ananya Goswami, JanyaDudiya, Kanishka. Following activities were organised:

a. Guest Lecture on Gender Sensitisation and Gender Discrimination

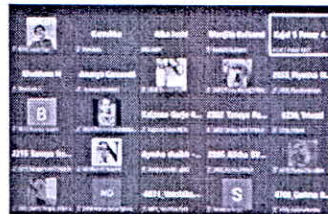
The NSS Unit of St Miras college for girls, Pune in association with Sociology department organized International Women's Day celebration program on 8th March 2022 at 11 am on Zoom platform. The program was attended by 87 Volunteers. Ananya Goswami giving an introduction about the occasion and welcoming 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.



The program began with Ms



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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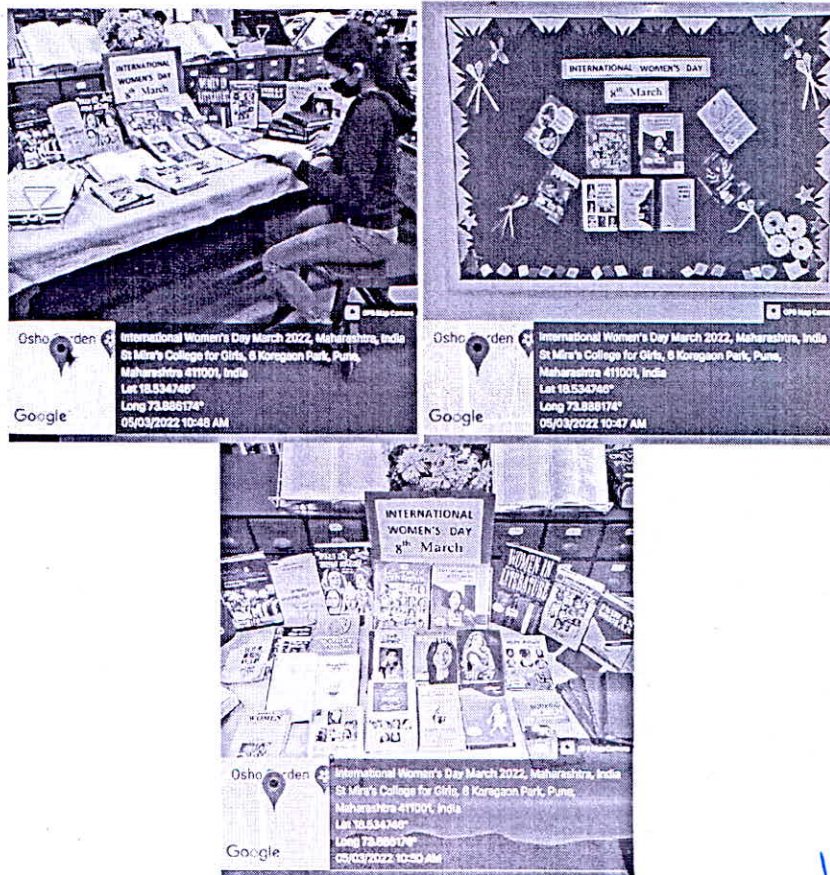


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c. **Women's Day Program- Students Expressing their views based on the theme "Gender equality today for a sustainable tomorrow" – 9th March 2022** - The NSS Unit of St Mira's College for Girls, Pune organized a program to celebrate the power of Womenhood 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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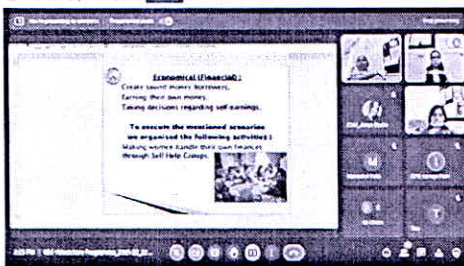
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43. NSS Vaedictory Programme – 22nd March 2022 – For the valedictory programme the Department of NSS invited as Guest Speaker – Mrs. Suvarna



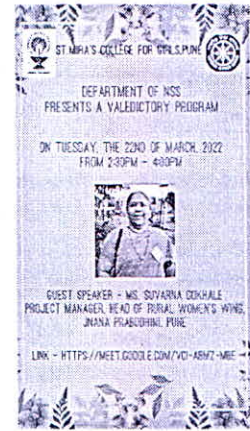
Gokhale, who spoke to the volunteers on the topic - 'Empowering Rural Women through Social Service'. Suvarna tai as she is fondly called by all is the Project Manager, at Jnana Prabodhini and also heads the Rural Women's Wing. Through her vast

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 *SP*
Ms. Manjita Kulkarni *MBK*
NSS POs



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

SP MBK

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]
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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




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St. Mira's College for Girls, Pune**(Autonomous-Affiliated to SavitribaiPhule Pune University)****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**

88

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Social Service- 29th July 2022

Report on Orphanage visit

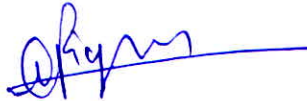
On 29th of July 2022, 27 students of SYBBA(CA) along with class teacher Mrs. Monika Rajguru from St. Mira's college for girls visited an Bhartiya Seva Kendra, Koregaon Park.

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
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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.

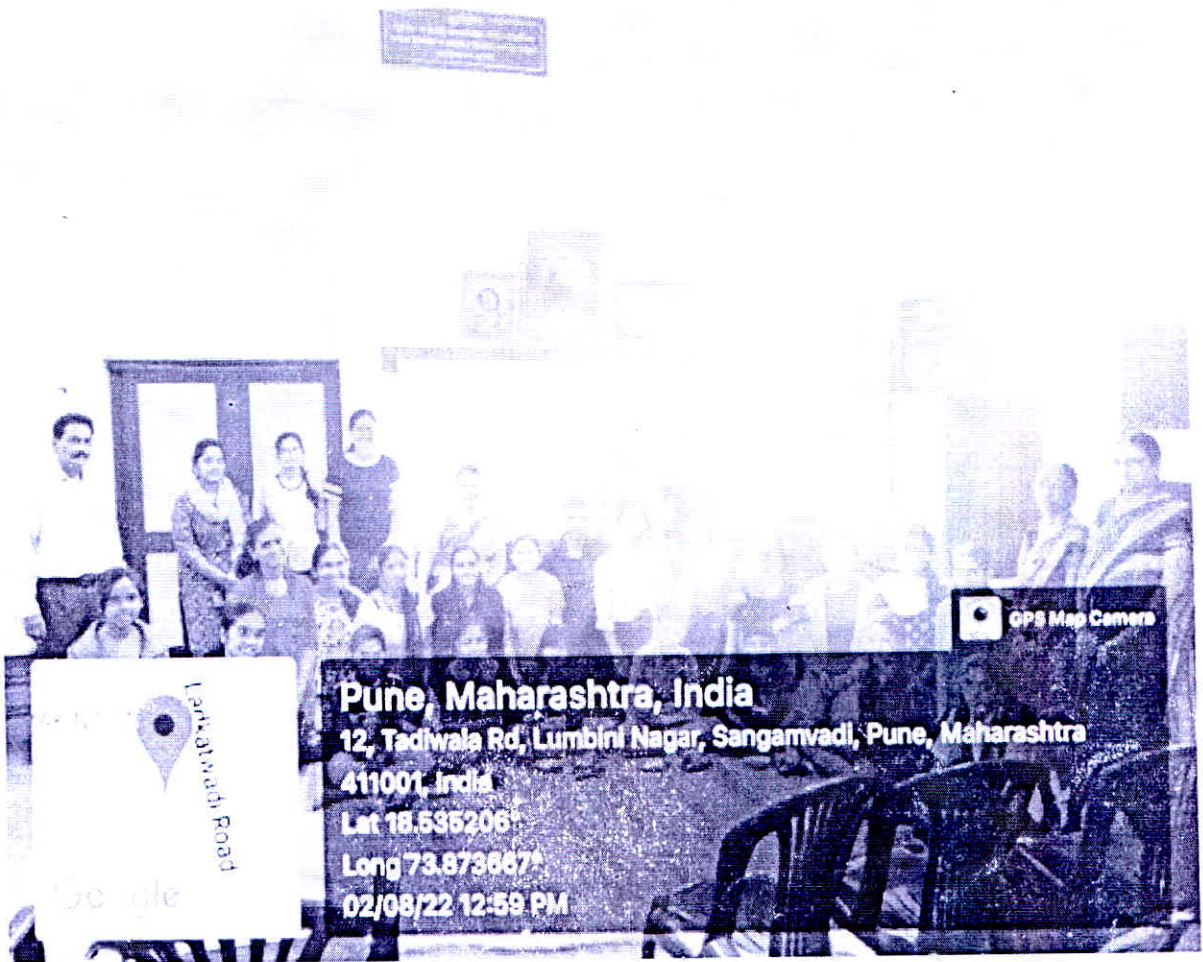
47

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. Poojita Magwade
(Coordinator)



[Signature]
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Social Service

August 4, 2022

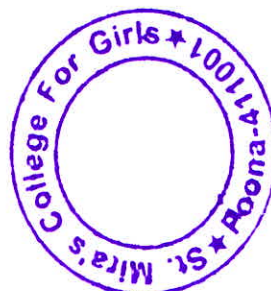
REPORT

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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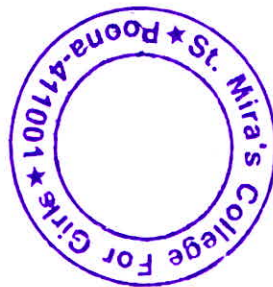
Social Service by TYBA (A) commemorating Dada J.P. Vaswani's birthday and
Anjali Week 2022-23
Report

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 Zendeatil 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

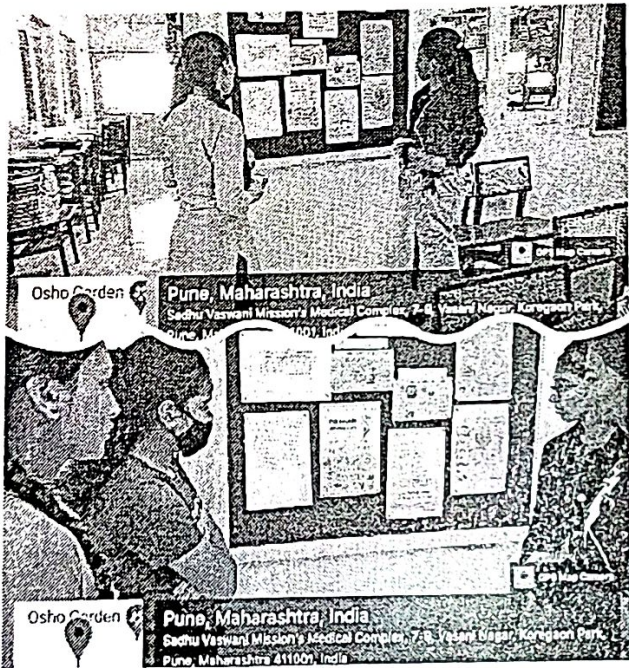
St. Mira's College for Girls, Pune

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



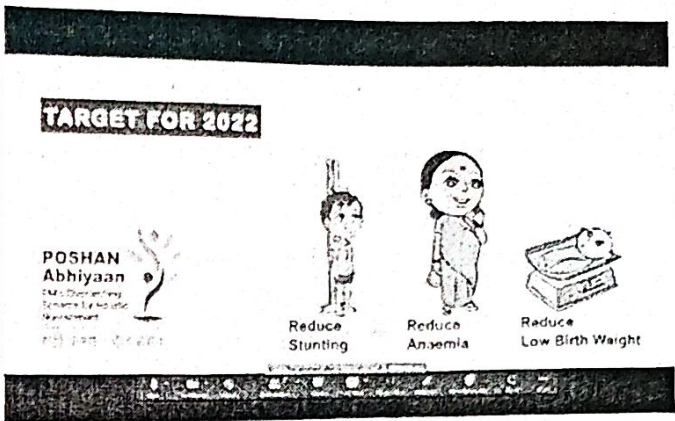
2. Awareness Session on Anaemia - The session on Anaemia was organized to spread the awareness of Nutritious balanced diet. Total 19 students participated in this session. Meaning of Anaemia, consequences of Anaemia, importance of balance diet was given to the participants. Various government schemes were introduced in this session which is working on Poshan Abhiyaan.



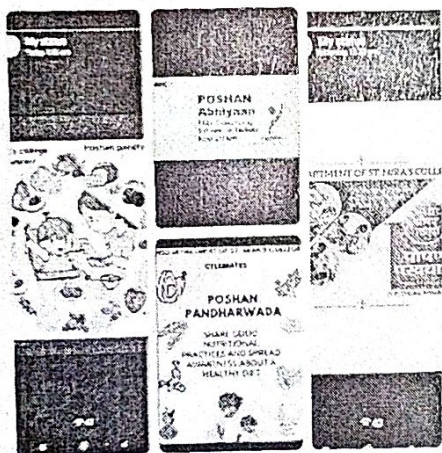
SP MSK



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

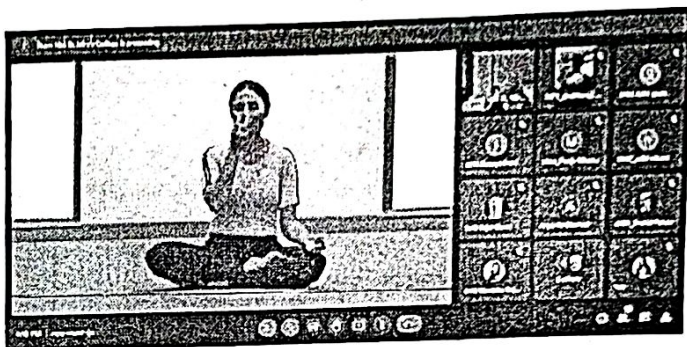
Jaya
Dr. Jaya Rajagopalan
Principal Incharge

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



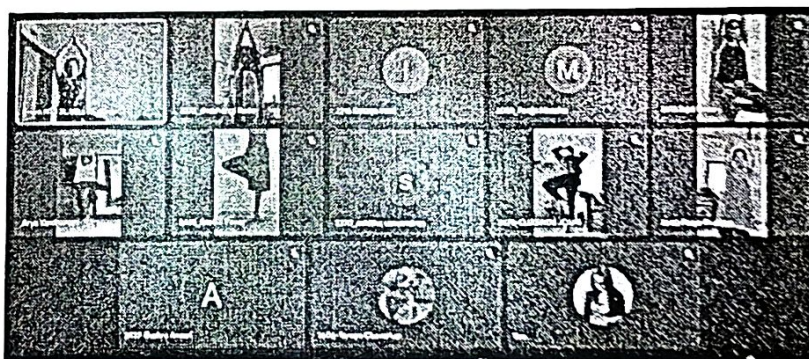
and neck pain as a result of the continuous online teaching as per the video shared by the ministry. 17 volunteers participated in this session.

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:

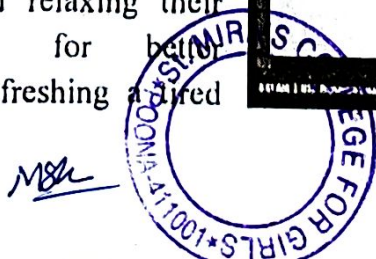
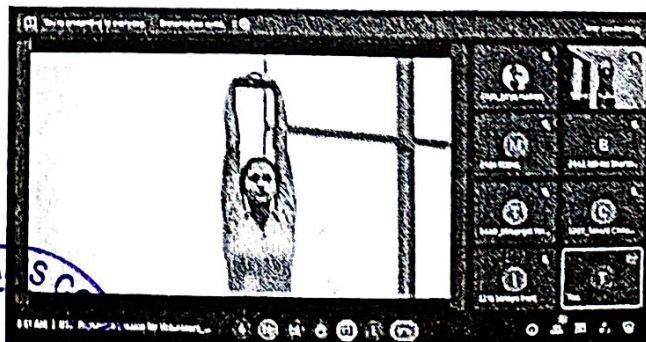
a. Common Yoga

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.



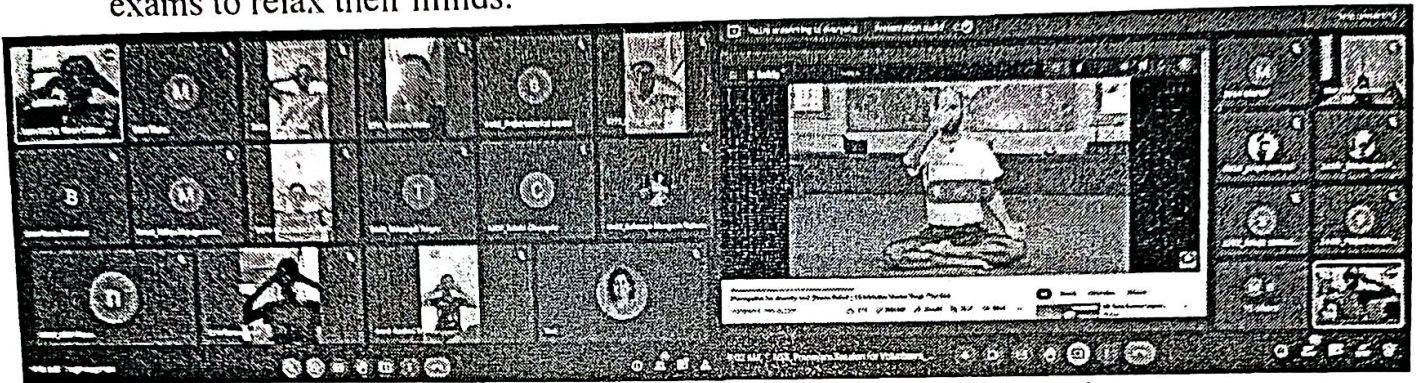
b. Yoga Break Session – Y-Break –

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.

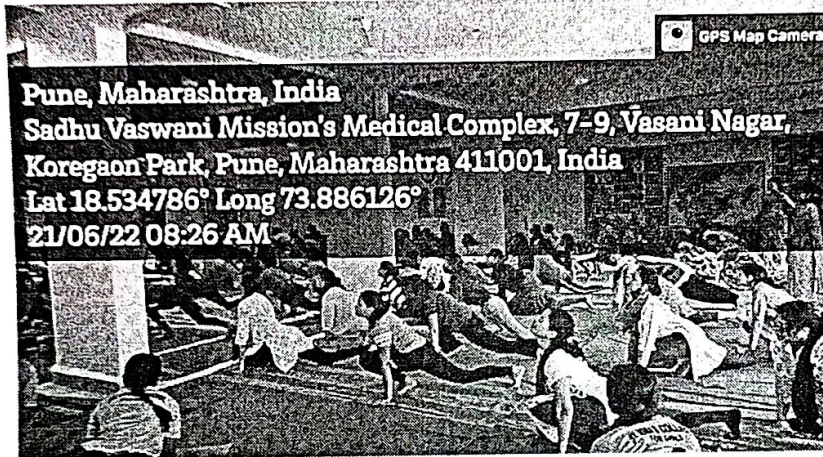
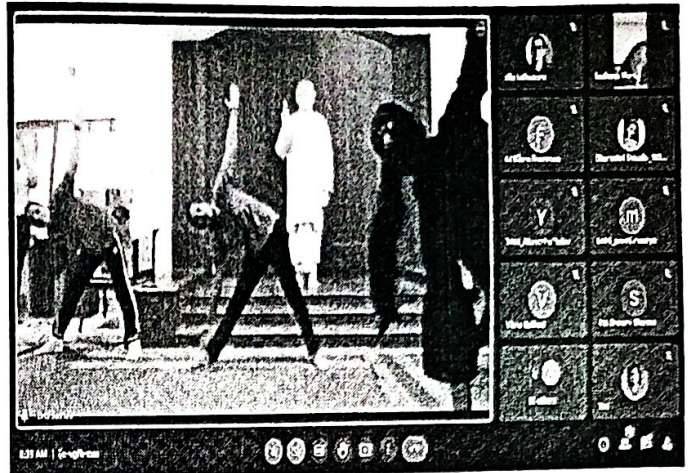
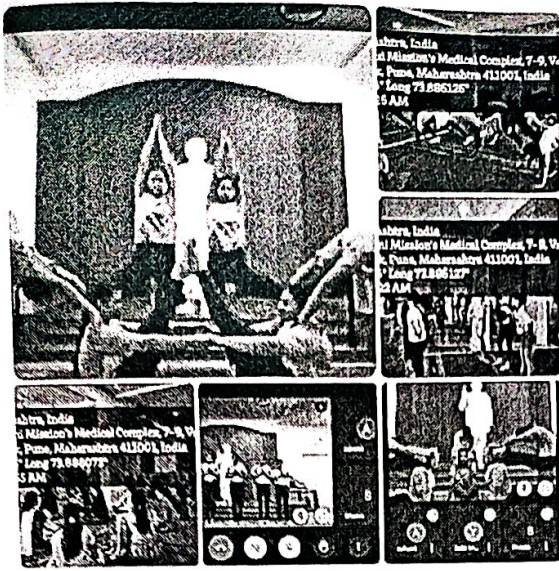
3. International Yoga Day Celebration 21st June 2022

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



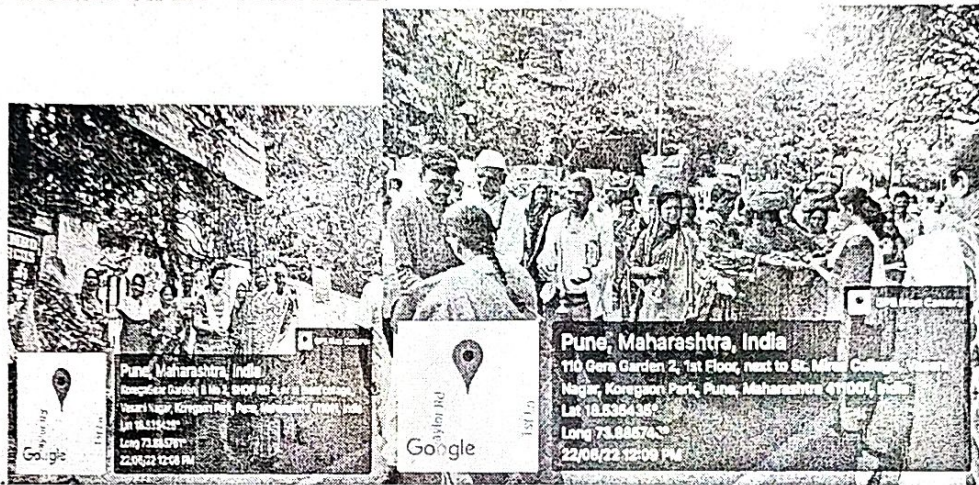
Jayak
 Dr. Jaya Rajagopalan
 Principal Incharge

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



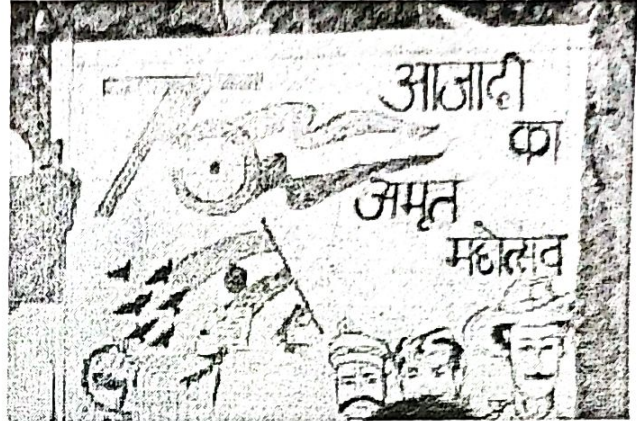
JR
Principal Incharge
St. Mira's College for Girls, Pune.

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

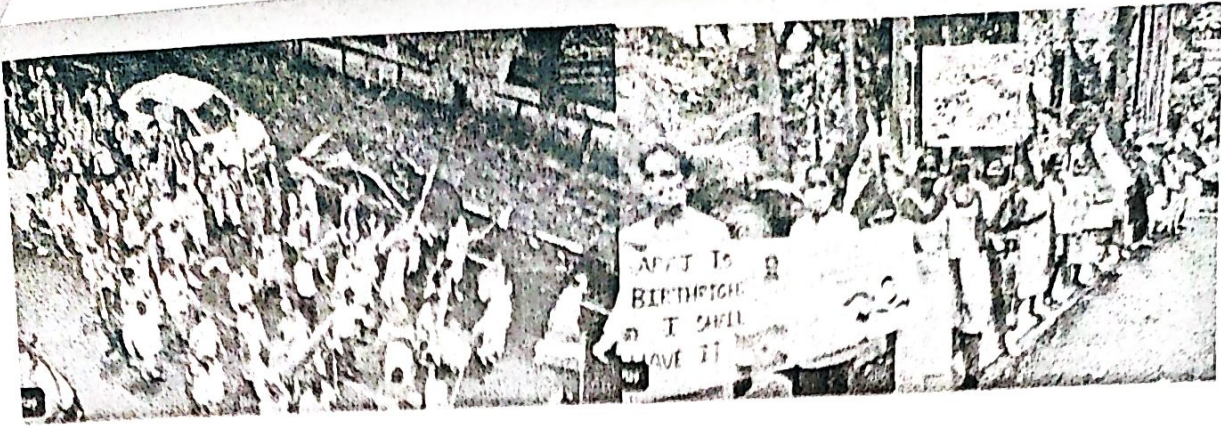
Botanical Survey of India – Western Regional Centre, Pune organized 'Har Ghar Tiranga rally' in collaboration with the Department of NSS, St.Mira's College for Girls, Pune Maharashtra on 10th August 2022. Students had made posters on creating awareness about the sacrifices made by our freedom fighters 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

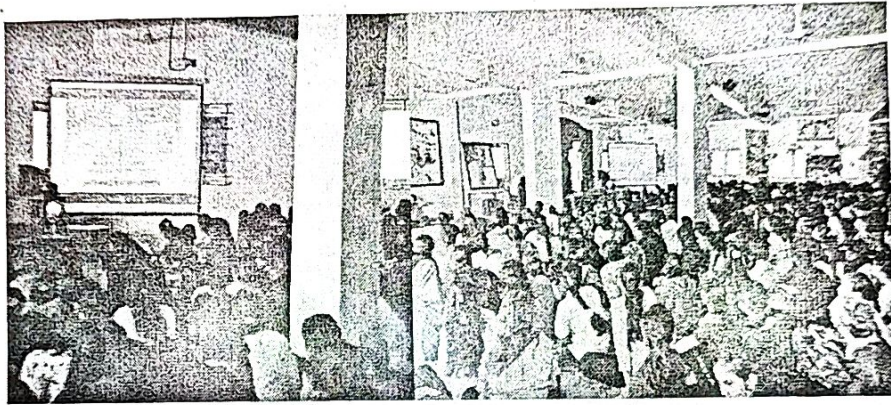



Principal Incharge
St. Mira's College for Girls, Pune.



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.



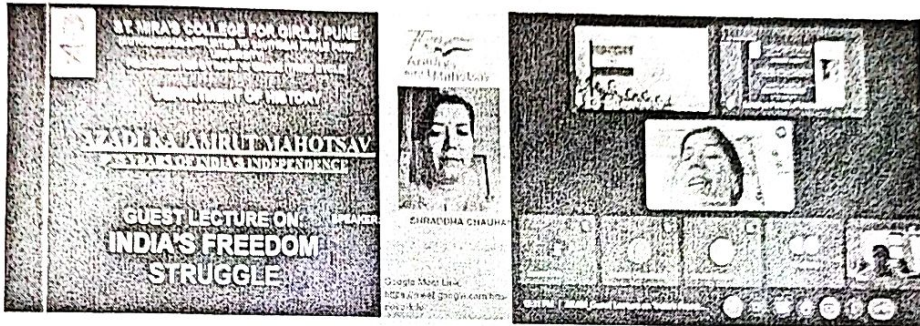
SP MBK
NSSPOs



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

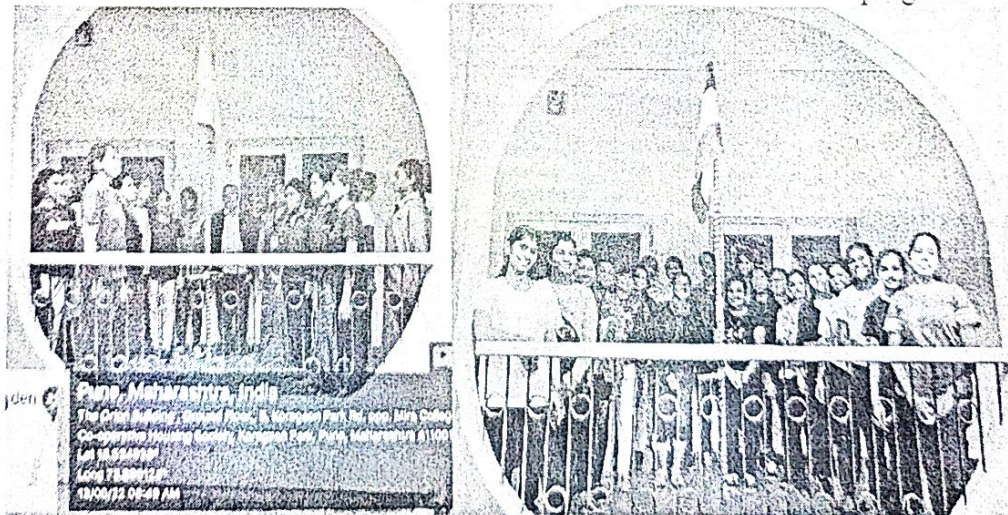
5. Webinar on India's Freedom Struggle- 13th August 2022

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.



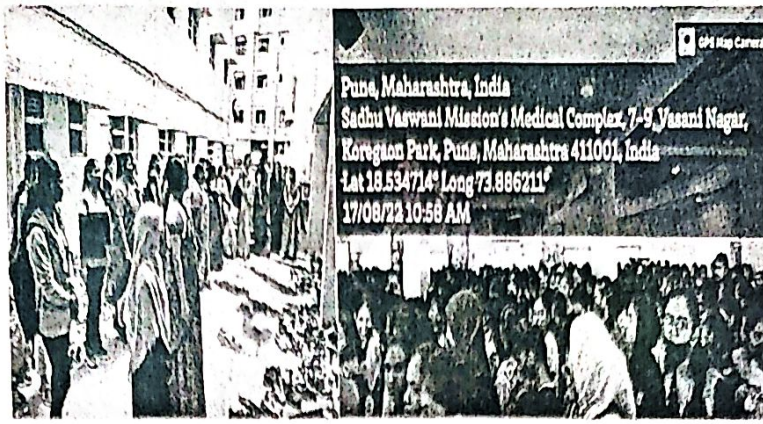
7. Samuhik Rashtrageet Gayan – 17th August, 2022

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.

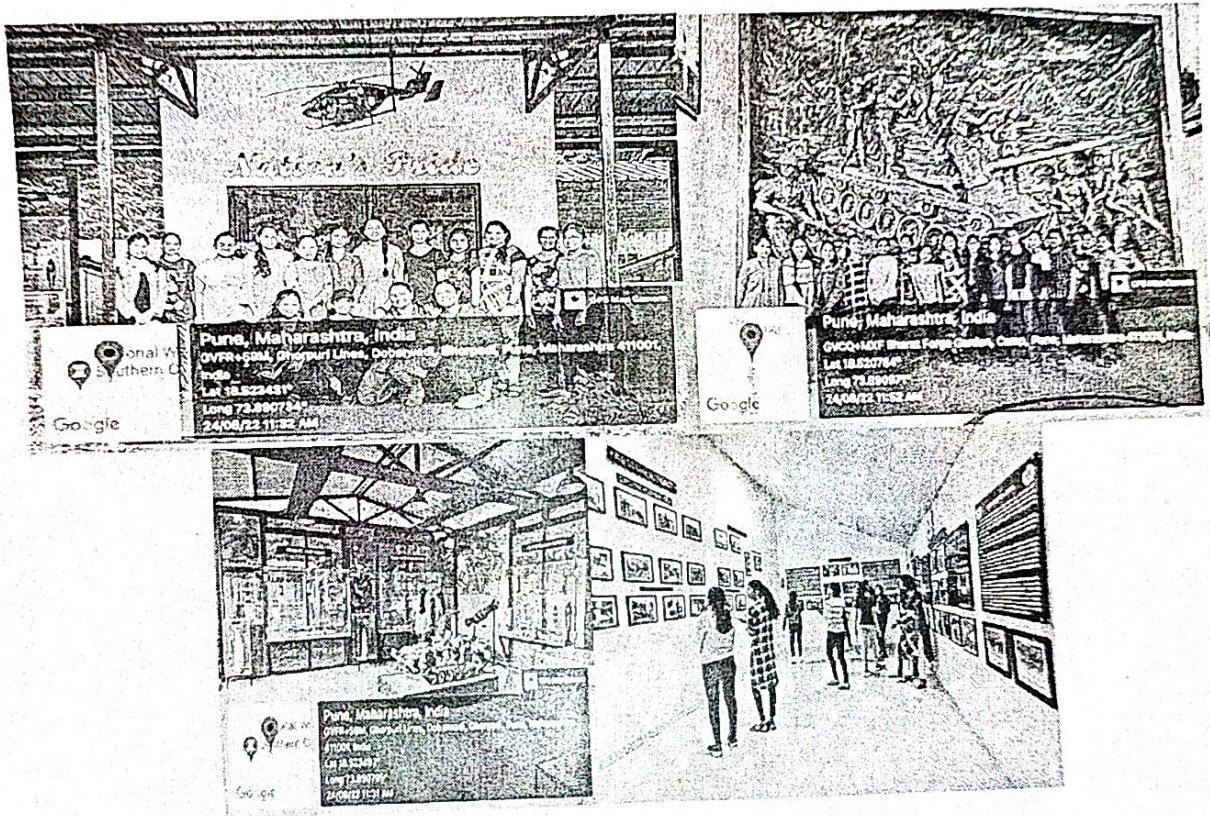


JR
Principal Incharge
St. Mira's College for Girls, Pune.

SR MSK
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

Jaya
Dr. Jaya Rajagopalan
(Principal Incharge)
St. Mira's College for Girls, Pune.

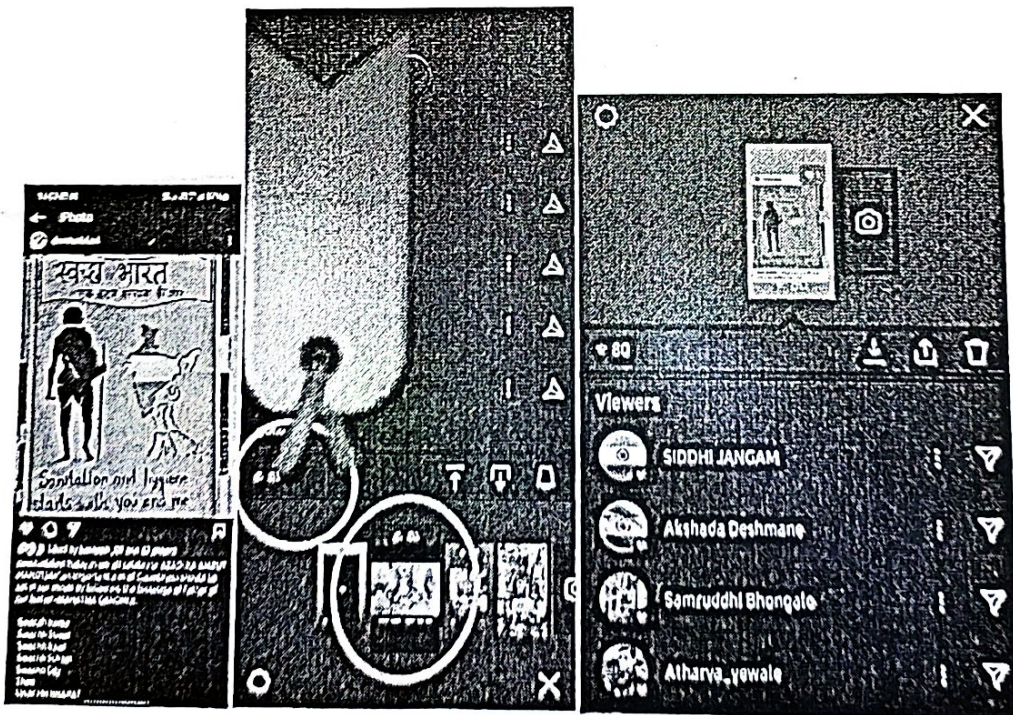
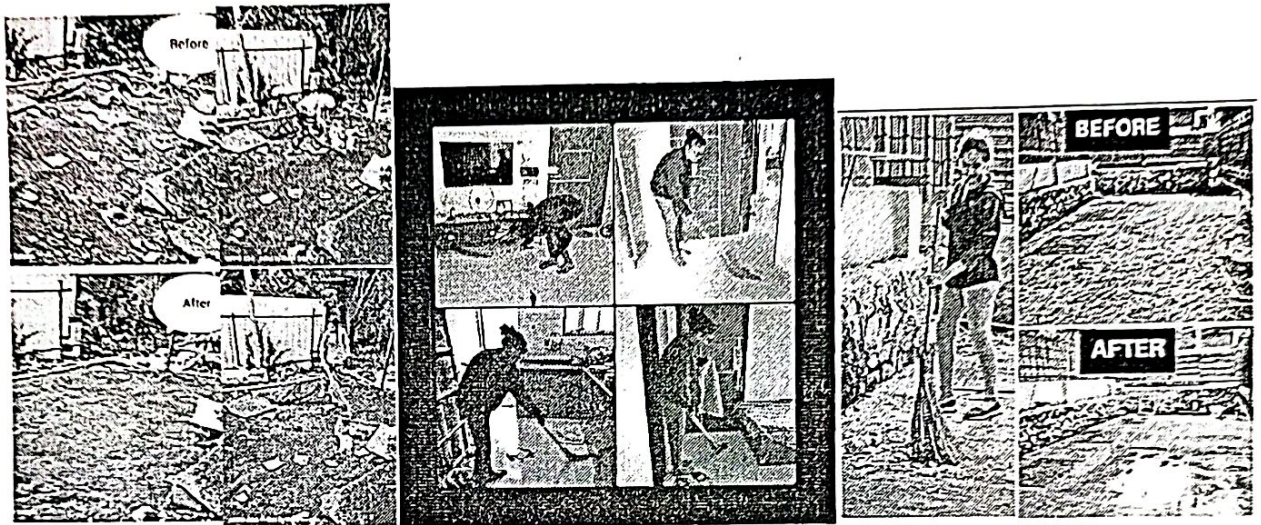


SP MBK
NSS POs

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.



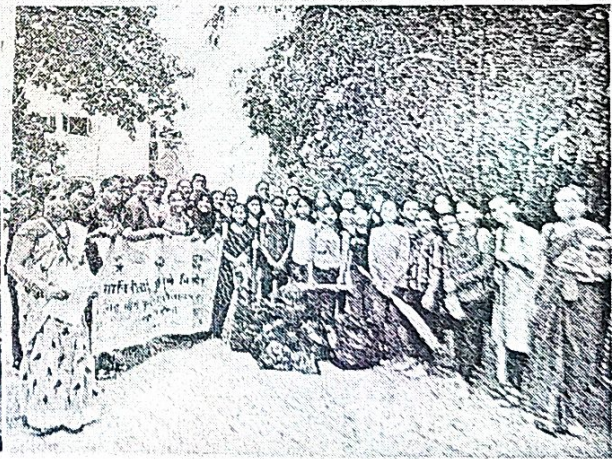
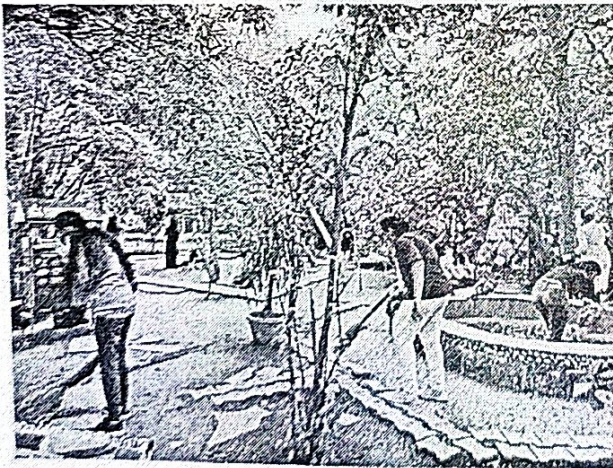
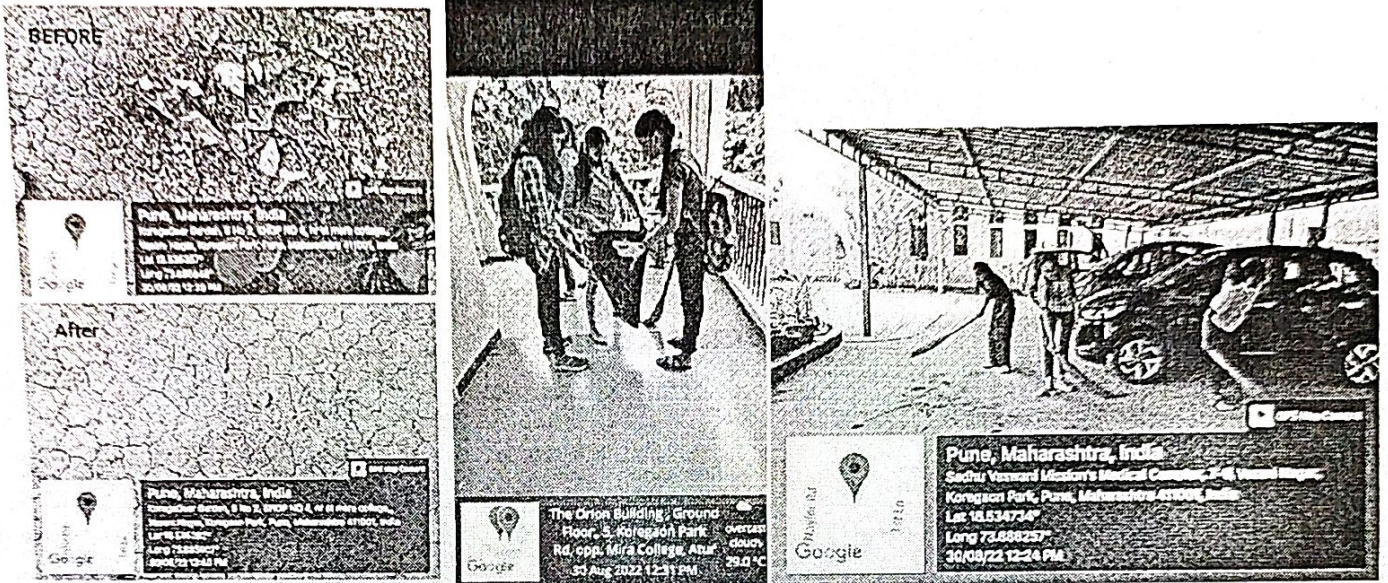
MBK



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