

St. Mira's College for Girls, Pune

Department of NSS

Annual Regular Activities Report – 2021-22

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

On the occasion of the 75th anniversary of India's Independence, the Azadi ka Amrut Mahotsav', a webinar on India's freedom struggle was organized on 4th April 2021 at 2pm on the Google Meet platform.

The Chief Guest of the program was Miss Shraddha Chauhan, PGT Teacher of History, Kendriya Vidyalaya, Dehu Road who has 13 years of experience in the fields of teaching. Miss Chauhan was also awarded the Ideal Teacher Award by Lions Club, Dehuroad.



The program was inaugurated by the NSS Program officer Dr. Sandhya Pandit who gave us an introduction and welcomed the esteemed guest and all the volunteers who joined the program. Followed by which, the chief guest, Miss. Shraddha Chauhan gave us a talk on the history of India's freedom struggle. Through a video and a ppt Shraddha Ma'am took the volunteers through the significant contributions of the freedom fighters and also brought out the significance of freedom in ones lives as depicted through different places, events, leaders, slogans, etc. This truly inspired the volunteers to understand the contribution made by our leaders to get freedom for us. This webinar was attended by 60 volunteers. The vote of thanks was proposed by Ms. Sherin George.



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2. **Virtual Photo Exhibition – on freedom Fighters and Places of Historical Significance**

A virtual photo exhibition was conducted by **23 NSS volunteers** to celebrate 75 years of the country's independence. Through this exhibition the volunteers paid homage to the freedom fighters and brought out their contribution to India's freedom struggle. What was also very interesting was that each of these students also highlighted what inspired them personally about the leaders that they had chosen. It had panels showing glimpses of contribution of freedom fighters like Sardar Vallabhbhai Patel, Subhash Chandra Bose, Mahatma Gandhi, Sukhdev, Sangoli 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

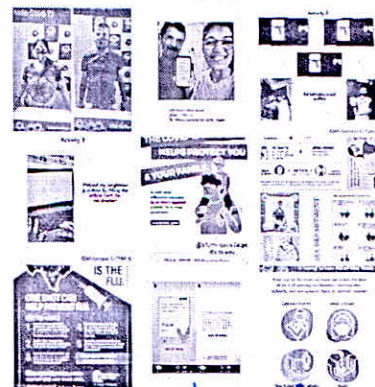
Pudhari – 7th April 2021 Prabhat – 8th April 2021 Lokmat – 10th April 2021

The image shows three newspaper clippings. The left clipping is from 'Pudhari' dated April 7, 2021, titled 'सेंट मीरा विद्यालय 'आझादी का अमृतमहोत्सव''. The middle clipping is from 'Prabhat' dated April 8, 2021, with the same title. The right clipping is from 'Lokmat' dated April 10, 2021, also with the same title. Each clipping contains a short report on the virtual photo exhibition organized by St. Mira's College for Girls.


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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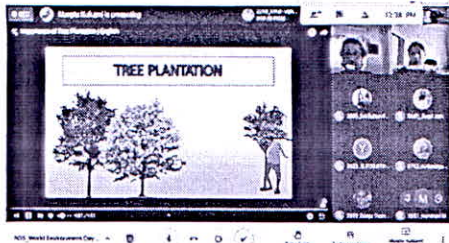


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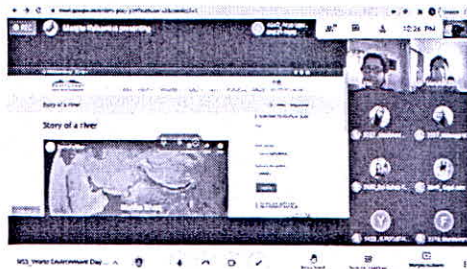
6. World Environment Day – 5th June 2021 - St Mira's College for Girls, Pune NSS Department organized the World Environment Day Awareness Program – 2021 on 5th June 2021 in association with the JeevitNadi Foundation.



“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.



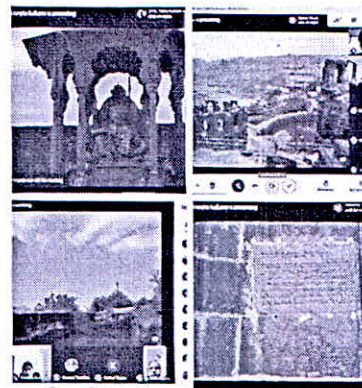
7. Shiv Swarajya Din – 6th June 2021 - St Mira's

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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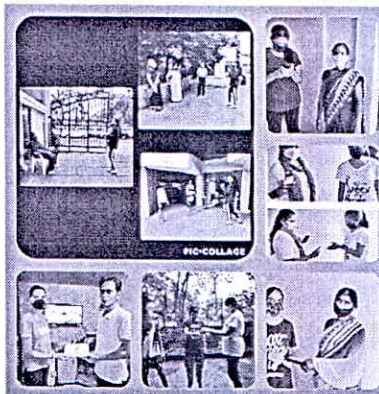


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The programme ended with the Maharashtra Geet and the National Anthem being played to pay our respect to our State and our Country which we proudly belong to. This programme was conducted online following all Covid-19 protocols. In all 65 participants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

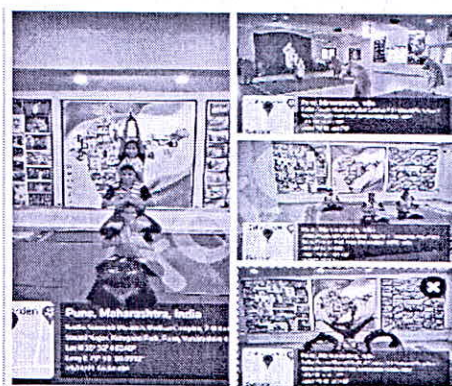
The Department of NSS, St. Mira's College for Girls has organized safety measures and spreading awareness campaign in connection with 'Maze Gaon Corona Mukta Gaon' Abhiyaan (My village Corona Free Village Campaign) organized by the Department of NSS, SPPU. Students tried to reach their friends, society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



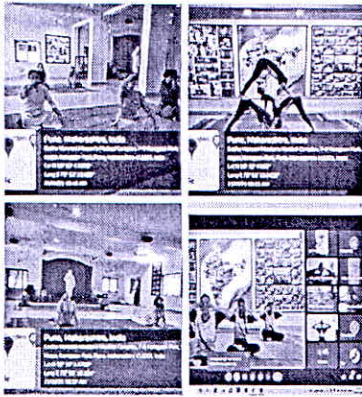
ArdhaChakrasana, Bhadrasana, ArdhaUshtrasana, Vajrasana, Shashankasan, Bhujangasana, Pawanmuktasana, Setubandhasana, Anulom Viloma Pranayam, Bhramari Pranayam, Meditation and Omkar ended with the Pledge. The protocol as given by AYUSH Government of India and Covid-19 protocol was strictly adhered to. 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 aasans, 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 अंतिमोपलब्ध साजरा करण्यात आला. प्राथमिकीकृत उपप्राचार्य मुक्ता देवलाणकर यांनी दैनंदिन जीवनात योगप्रदानाचे महत्त्व विकसित केले. कोरोनाकालात रोग प्रतिकारासाठी वाढकण्यासाठी योग उपयुक्त आहे. नियमित योगप्रदान केल्यामुळे समन्वय, सतुलन, लक्षधरता सुधारते तसेच शारीरिक व मानसिकदृष्ट्या सक्षम व निरोगी ठेवते, असे रव्याने सांगितले. त्यानंतर कार्यक्रमाला शारीरिक शिक्षण संचालक एकता जाधव व महाविद्यालयीन खेळाडू मंडळी कर्ना, शोभन महाडिक, व कतुजा कर्वडे यांनी योगप्रदाने व प्राणायामाचे प्रात्यक्षिक सादर केले. हा कार्यक्रम प्रभार प्राचार्य डॉ. जया राजगोपालन यांच्या मार्गदर्शनाखाली व उपप्राचार्य डॉ. शहीलने अकरा यांच्या सहकार्याने आयोजित केला. यशस्वी जोडामात पुस्तकार विजेत्या मुक्ता कौर, गौरी म्हाळगी, एनएसएस विभागाच्या डॉ. संध्या पंडित व मॉडेल कनकणी आदी सहभागी झाले होते. आपण एकता जाधव यांनी मानले.

Tue, 22 June 2021
<https://epapar.sprabhat.net/>



10. Panel Discussion on Eliminating Use of Plastic – 25th June 2021 -

Green Club and NSS Department held a Panel Discussion on 25th June 2021 between 10am to 11.15 am on Google meet. The dialogue began with introducing the topic- Miss Shannon R talked about what goes around comes around. Ocean throws garbage (created by us) back to us, so it is our collective responsibility to reduce garbage as much as possible. Miss Rakhi pointed out that it takes about 4000 years for plastic to degrade, hence we should say “No” to use of polythene bags. Miss Namrata Datta added to this discussion regarding reusable H2O bottle plus cloth bags- At present, plastic use is choking us and We are the change makers, need determination to bring the change. Miss MaitrayeeSangitrao highlighted



how everywhere plastics are used right from makeup/spectacles. She concluded by asking audience these questions- Do we need it, is it necessary?? We must decide how much plastic to be used in everyday life. Miss Gauri Raje stated that change begins at home - we must adopt zero plastic-based lifestyle, however challenging it is. She gave examples of using bamboo brush, upcycling old clothes, not to cut plastic pouches completely to avoid microplastics, encouraged to use menstrual cups. Miss Saloni Kullar spoke about human beings at our best are extremely creative, she added to switch to ink pens, cut gel pens can be used as beads, plastic stand of pens stuck together etc. Miss Annmariya said that plastic creates scarcity of land , alternative is use metal straw. Miss Kajal Yadav coaxed all to buy bigger bottles to avoid using more of plastic consumption. Miss Riya Pawar spoke about how plastic tiffin boxes can be reused as jewellery boxes, use cloth flowers, use paper cups, etc. Miss Anushka said that living a simple life is not easy but everyone can do it. Miss Aariya Parve shared here ideas of the various means to cut down plastic such as use of paper glasses, wire hangers etc.



Audience participation showed an overwhelming response to this discussion. Miss Kanishka informed to use steel items for milk cans. Miss Nivedita Sahoo suggested use of wooden items in the kitchen. Miss Shannon encouraged audience to use cotton based sanitary towels, use metals instead of paper because trees are being harmed, use paper bags which are made out of newspapers. Miss Rajni Singh, Inhouse faculty said that be responsible consumers , make producers to rethink



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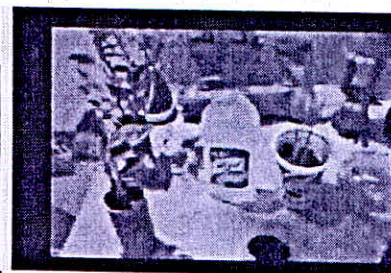
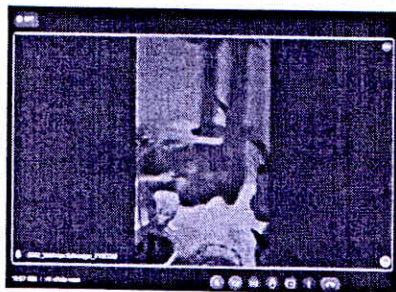
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the use of plastic material for packaging and at the end Miss Gauri discussed the taboo relating to Menstrual cups.

The discussion ended with the conclusion by Dr. Sandhya Pandit and Miss Manjita Kulkarni, Inhouse faculty. Last but not the least let us everyone work together to “Save Mother Earth” and refuse to use Plastic, Eliminate Plastic.

11. Activity 2 by NSS - Demo of using Pet Bottles as Wall hangings or Plant Pots

This demo was given by FYBA student Vaishnavi Kshirsagar who showed and encouraged the NSS volunteers and audience on how the Pet Bottles of beverages can be reused as beautiful hangings in the garden, curd boxes can be painted and turned into beautiful pots for plants to be kept in the house, etc. Her efforts and ideas were very well appreciated by all. In all 12 students participated as Panel members and the audience included 40 NSS volunteers and 6 teachers



12. Tokyo Olympics 2020 – July 2021 - It was a moment of great pride for the NSS volunteers of St. Mira's College for Girls to create messages for the Indian Olympic Team representing the country for the Tokyo Olympics 2020. Messages and videos cheering the team, conveying best wishes for their performance were created by the volunteers and shared on their social media handles. The NSS volunteers also made congratulatory video messages for the participants who had made the country proud by winning medals in different sports they participated in. The messages and videos of students were also shared on the college social media handles like Twitter, Instagram and Facebook using the hashtag #Hamara Victory Punch and by tagging the following handles: @CMOMaharashtra, @samant_uday, @kamalkumarkar, @YASMinistry, @dcarthigueane, @NSSMaharashtra, @NSSIndia, @RohitBhakarDesai7 and retweeting @ianuragthakur



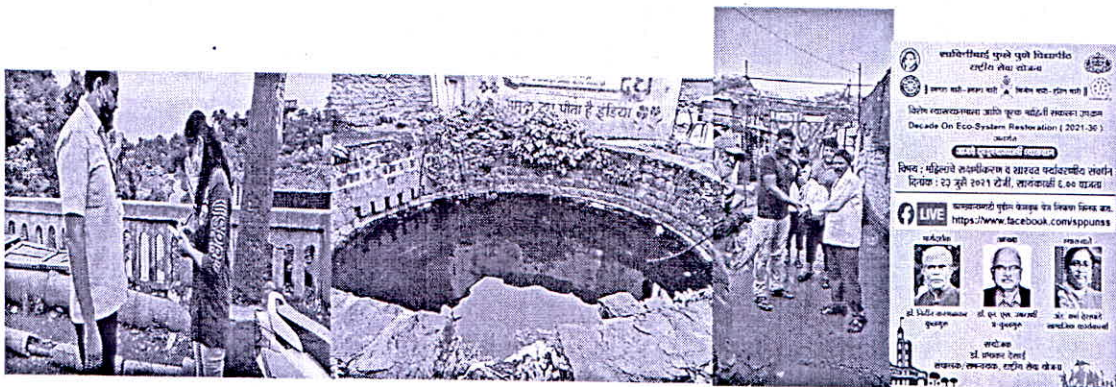
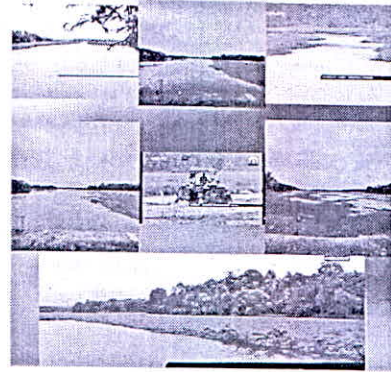
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**13. Swachha Wari- Swastha Wari-Nirmal Wari-
Harit Wari – 22 July 2021 - Decade on Eco-
System Restoration (2021-30)**

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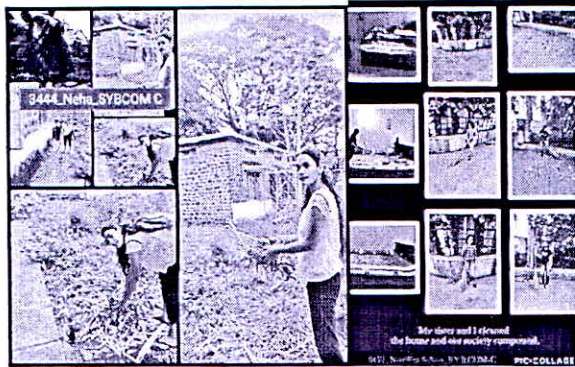
17. Swachhata Pakhwada – 1st Aug to 15th Aug 2021

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.

- 1st to 7th August – Cleanliness drive
- 8th to 10th August- Slogan, Poetry writing and Poster making
- 10th August- Pledge for Swachhata
- 11th August- Paper Bag making workshop
- 12th to 15th August – Video making for cleanliness, posting on social media platforms and sending total views.
- 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

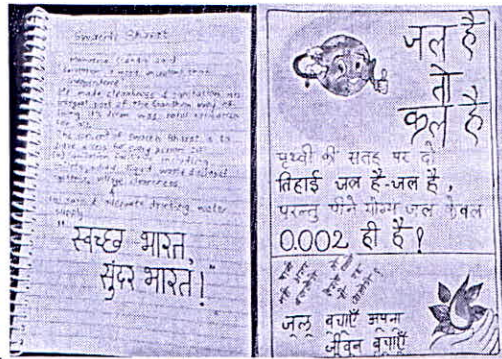
In this activity total 10 students have taken part. Handmade posters were created, 7 posters, 2 poems, 1 slogan poster was made. On various topics like Corona and Hygiene, Segregation of Wet and Dry garbage, Importance of cleanliness, Clean City initiative, Catch the Rain, where it falls, when it falls.



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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.

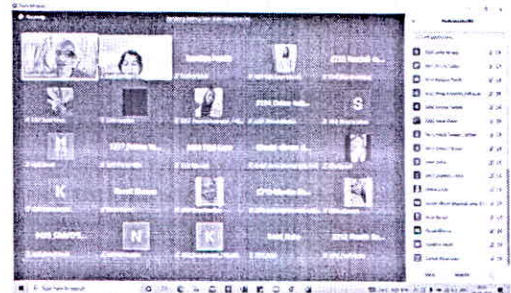
12th to 15th August – Video making for cleanliness, posting on social media platforms and sending total views.

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

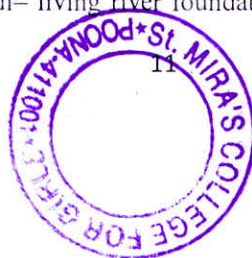


18. Azadi ka Amrut Mahotsav - Rainwater Harvesting and Water Restoration - Catch the Rain – 09 August 2021

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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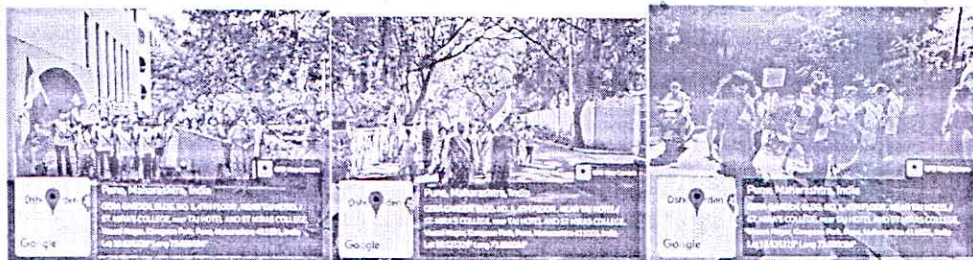
NSS program officer Ms. Manjita Kulkarni who gave us a brief introduction about the Chief guest and welcomed the esteemed guest and all the volunteers who joined the program. Followed by which the Chief Guest Mr. Niranjan Upasani gave us a talk on Rainwater Harvesting and water restoration. The talk was mainly focussed on making the volunteers aware about issues and need for water conservation wherein he mentioned the present conditions of the water bodies in Pune and he also spoke about rainwater harvesting, different methods of rainwater harvesting and how we can practice rainwater harvesting cost-effectively. He also educated and encouraged the volunteers to practice rainwater harvesting and popularize the tagline "Catch the Rain, where it falls, when it falls". At the end of the lecture, there was a Q&A Session where the Chief guest addressed the doubts of the volunteers. A group of 45 NSS volunteers attended the program. The Vote of Thanks was proposed by NSS volunteer Ms. Delna Anklesaria.

19. Azadi ka Amrut Mahotsav - Fit India Freedom Run Campaign 2.0 – 13th and 14th August 2021

1. On 13th August 2021 – 6 NSS volunteers ran at Aundhe near a village in Khandala where they had gone for a social service activity. This activity was done to commemorate "India @ 75" and to create awareness of healthy lifestyle through Fitness among the villagers.



2. On 14th August 2021, the Departments of NSS and Physical Education have jointly organised "Azadi ka Amrut Mahotsav- FIT INDIA Freedom Run 2.0" on college campus. This event was conducted to commemorate "India @ 75" and to create awareness of healthy lifestyle through Fitness among the students and staff members. This run also created awareness on importance of mass participation, spirit of unity and support and the contribution of our freedom fighters using these methods for awakening the people during the freedom struggle. In this event all all teaching and non-teaching staff of the college and students ran or walked for 2 kms - from College Campus to Osho Garden and back to college. Total 51 participants (15 girls and 36 staff members) took part actively in the event and realised the benefit of a morning run/walk. For the Inauguration Ceremony our Chief guest - Shiva Chatrapati Jijamata Award winner Ms. Gurbans Kaur, Principal Incharge Dr. Jaya Rajgopalan, Vice Principal Dr. Shalini Iyer, Registrar Suvarna Mahalgi, and other teaching and non-teaching staff members were present. The Brief introduction of race and route was given by Director of Physical Education, Mrs. Ekta Jadhav. The Principal In-charge Dr. Jaya Rajgopalan Flagged off the event and started the run. All the participants completed the run enthusiastically and successfully. The Freedom Run ended at St. Mira's College gate and all the Covid-19 norms were followed. The NSS Programme Officer, Dr. Sandhya Pandit was there to coordinate the whole event and thanked everyone for their enthusiastic participation.



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The Youtube videos of this event were uploaded on social media sites as well for creating awareness. - <https://youtu.be/0O9CpJJUgG8>; <https://youtu.be/g1GIhSLp6I> ; <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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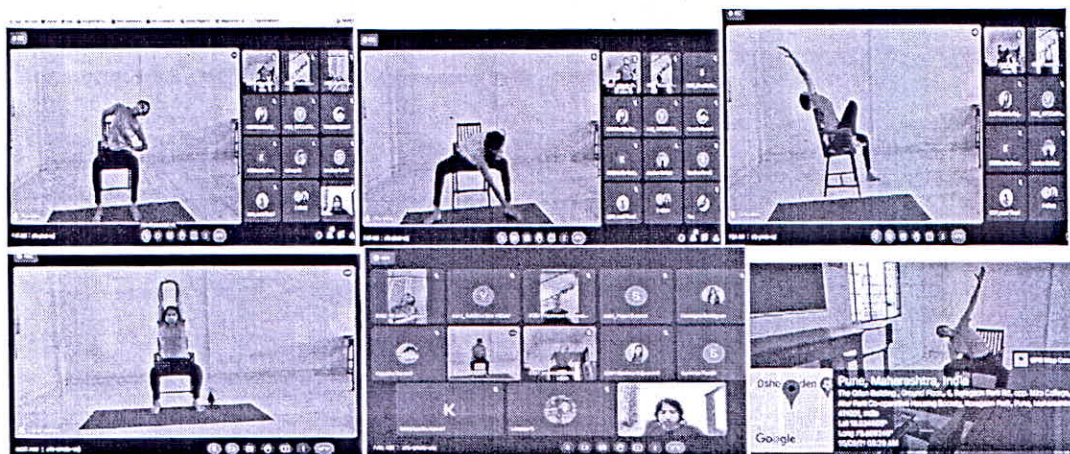



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healthy food crops and vegetables in her garden that are not only nutritious and healthy but also eco-friendly and refreshing. She informed the volunteers of some of the ecofriendly ways to avoid harm to the environment by preparing the compost at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

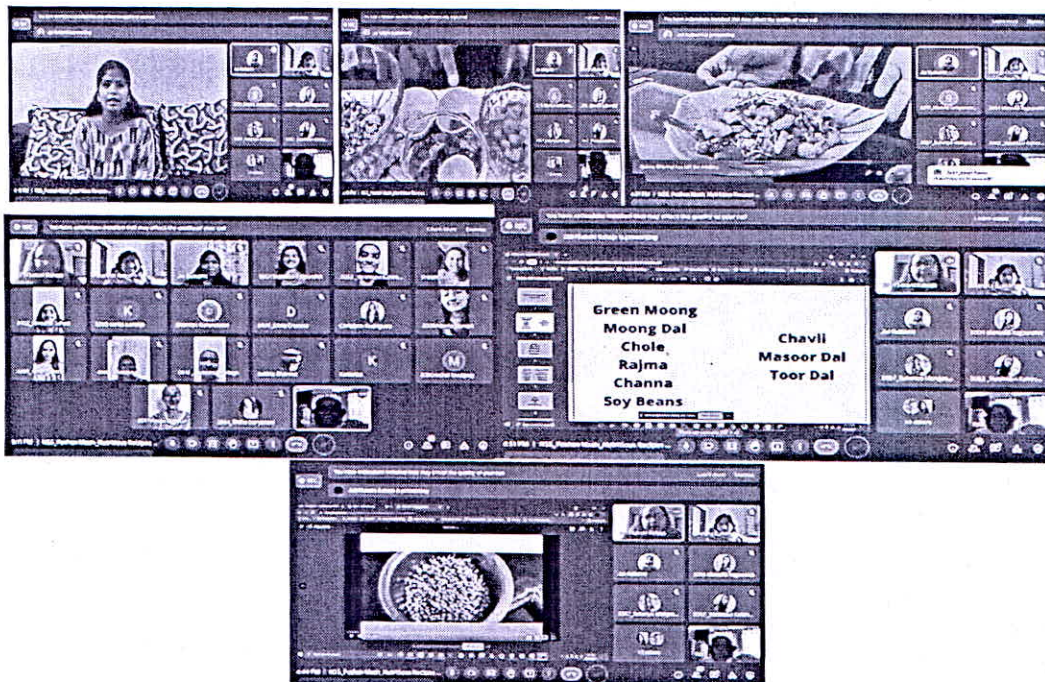
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f. **Demonstration of Nutritious Recipes with Millets – 21 September 2021** - This was conducted with the aim of creating awareness among students to know about regional and local food - Millets, vegetables, traditional recipes – students presented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

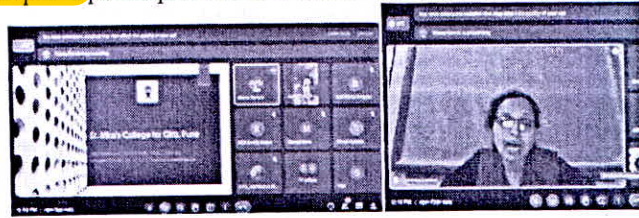
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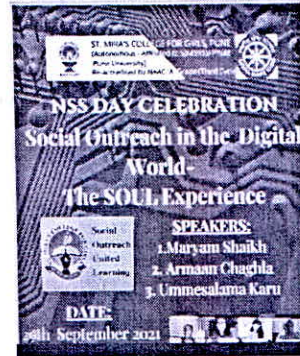
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with the students and a documentary- Age of Democracy was screened for the students. The NSS Department spoke about leadership qualities that should be nurtured in a democracy. A total of 90 participants participated in this online celebration of the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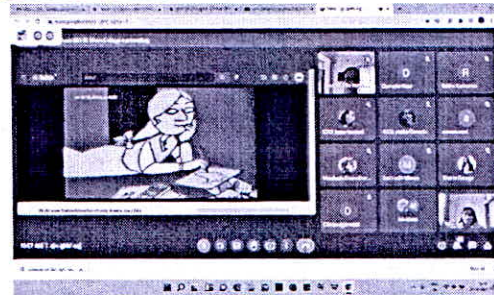


25. Azadi ka Amrut Mahotsav Cleanliness Drive on Gandhi Jayanti – 2nd October, 2021

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.



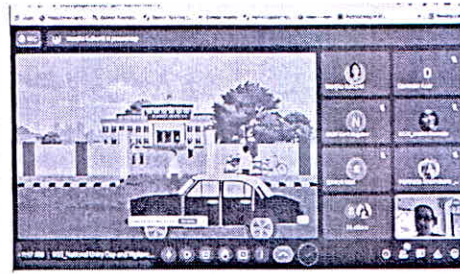
27. Vigilance Awareness Campaign- 26th October 2021 to 31st October 2021

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, तिरंगे और राष्ट्रगान का सम्मान and Fundamental Duty 5. भाईचारा और माहिलाओं का सम्मान to realize their duties as a responsible citizen and aware them about our fundamental rights given by our Constitution. This was celebrated at 12:50pm in 114 classroom of the college. Total 18 students have participated for this activity offline.



c. Display of book collection by the Library - The library had displayed a book collection on the occasion of the "Indian Constitution Day" on 26th November. The collection was displayed before one week of the Constitution till 30th Nov. 2021. Students and faculty visited the library to see the books and use them for references in their subjects. Students realized about the constitutional safeguards and importance about them.



d. Celebrated the Constitution Day with the Electoral Club -

The Department of Politics and Public Administration enthusiastically celebrated the Constitution Day on 26th November 2021. The programme was celebrated and coordinated along with the Electoral Club of the College. The programme was conducted virtually on Google Meet platform, Mrs. Anita D'Cunha Ma'am gave an introductory speech, explaining the significance of the Constitution of India. It was followed by the imperative facts of the constitution shared by Arpita Chaudhari and a PPT presentation was shared by Sanskruti Ingale regarding the values of the constitution and the right of freedom of religion.



The students of the department of Politics and Public Administration presented a skit on domestic violence. The skit underlines the message about how the various provisions of the constitution help the helpless people. Anagha, listed the fundamental duties mentioned in the constitution and Namra Tamboli gave a brief account about the historical background of the constitution. Tejaswini Dahatonde gave a speech in

Marathi about the Constitution of India. The importance of the constitution as a panacea for all social evils was well brought out through song, posters by Purvi Dixit and other art displays. Mrs. Anita and

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Ms. Veena led the collective reading of the Preamble in English and Marathi respectively. Lastly, a joyful quiz was shared by Andrea, which spread awareness about the constitution. A total of 100 participants participated in this online celebration of the Constitution Day.

29. Voters Registration - 1st to 30th Nov 2021 – Eligible students were guided on registering their names in the voter's list.

30. Self Defence Demo Workshop- 17th December 2021 - The NSS department of the St Mira's College for Girls Pune, had organised a workshop on 'Self Defence' on the 17th December 2021. The session was conducted by Ms Maya who is currently pursuing her masters in the field of physical education. The aim of the session was to create awareness among young adults on protection of one's self from the wrong doing and know basic techniques to overcome possible harassments in the form of touch. Simple hand techniques were taught as the solutions to most of the forms of harassment faced by students. An actual demonstration of attacks and defence were carried by the volunteers with high level of confidence.



Topics of depression, self-awareness, confidence, social media and alertness were the central themes of the session. Different self defence techniques were taught to the students. **35 students** attended this session. The day ended with the girls promising to spread awareness and teach the same techniques to young girls in their families and neighbourhood. The student volunteers who coordinated this workshop were Zainab Nagarwala and Janya Dudiya.

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

- The Department of NSS and the Department of History had organised a visit to the National War Memorial, Pune under Azadi Ka Amrut Mahotsav celebration of "Victory Week" (50th Anniversary of 1971 war), on the 17th of December 2021. 35 NSS volunteers got an opportunity to visit the memorial and learn about various achievements made by the Indian Defence Forces. The memorial was made by the citizens of Pune to honour those who lost their lives fighting on the borders to keep the country safe. Two minutes of silence was observed and candles were lit to pay our respect to them. Total **35 NSS volunteers** had



a peaceful and motivational morning and it was a day that instilled a feeling of brotherhood towards one another and great respect for our soldiers. The student volunteers who coordinated this activity were Zainab Nagarwala and Janya Dudiya.

32. River Cleanliness-as a part of Azadi Ka Amrut Mahotsav – Festival of Indian Rivers- 12th December, 2021 - Azadi ka Amrut Mahotsav- Festival of Indian Rivers under this program St. Mira's College for Girls participated in an offline cleanliness: Community participation drive of the Mula-Mutha river in Bhaironallah 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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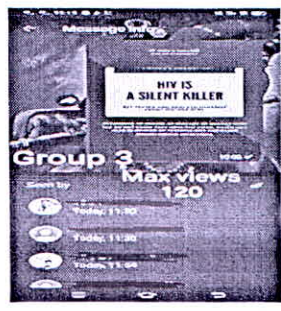
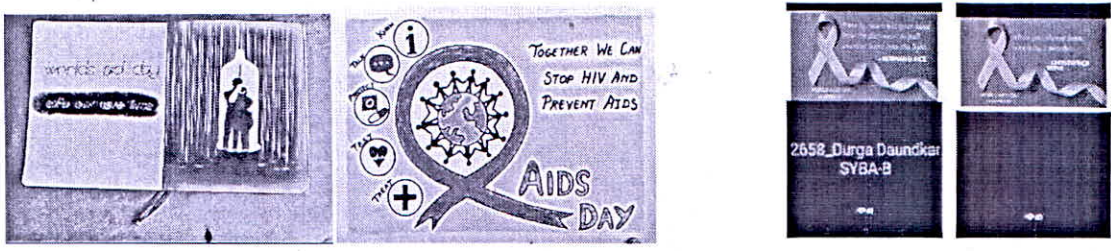


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Students got divided into groups of five students each. They collected garbage near and around the river side where more than 30 bags of garbage were collected and the locality was cleaned to the maximum level. Teacher continuously motivated and pumped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

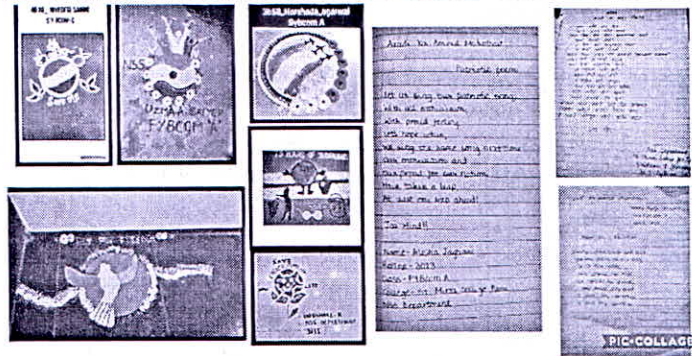
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Rangoli with Tricolors on their porch. Celebrated 75 years of independence and contributed towards the love for The Nation. 7 students participated in this Rangoli activity and given social message in their rangoli. NSS student coordinators for these 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

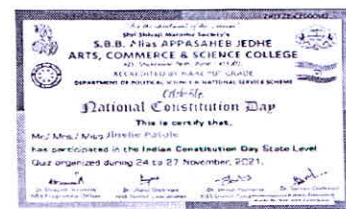
a. Translation of Oath/ Preamble - 10 volunteers participated in the translation activity. The students translated and read the Oath in various regional languages like Marathi, English, Hindi and Bengali. Students typed this in word document and some did in handwritten manner.



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.

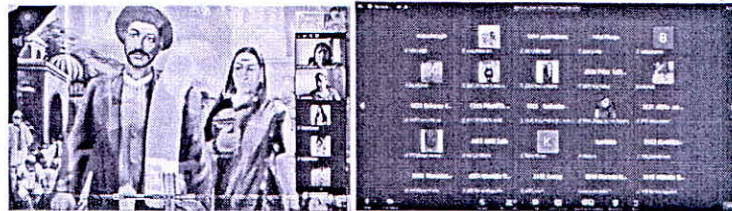
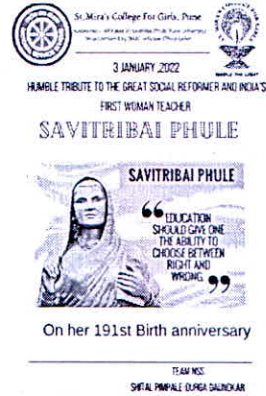


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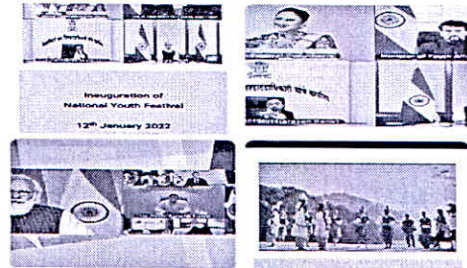
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36. Savitribai Phule Birth Anniversary Celebration report - 3rd January, 2022 - Department of NSS celebrated 191st Birth Anniversary of Krantijyoti Savitribai Phule on 3rd January, 2022. On this occasion one session was organized in which information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

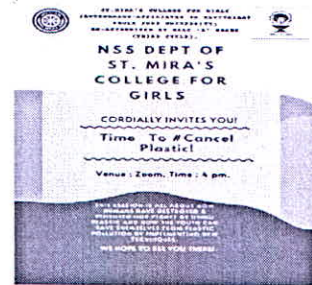


37. Report on Swami Vivekananda's Birth Anniversary Celebration – Yuva Saptah from 12th to 18th January 2022 - St. Mira's College for Girls, Department of NSS celebrated Azadi Ka Amrut Mahotsav under the National Youth Week celebrating Swami Vivekananda's Birth Anniversary (YuvaSaptah) from 12th January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

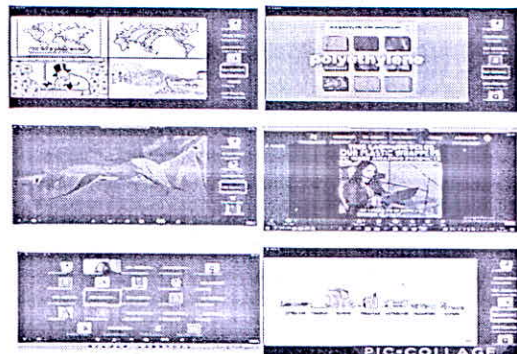
a. Participated Inaugural session of 25th National Youth Festival -12th January 2022 by Hon'ble PM Shri Narendra Modi Ji- 72 NSS students with their teachers attended this inauguration session.



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



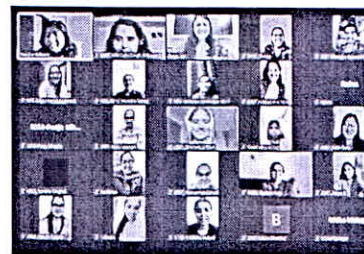
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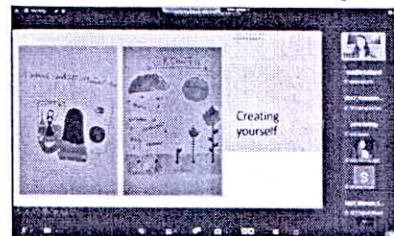
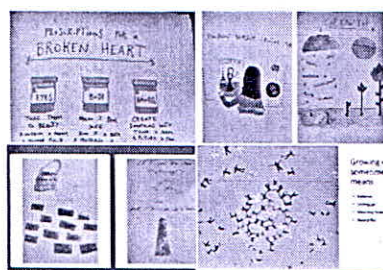
huge change. Youth are the future generations of this planet. And if everyone is determined to bring change then they can bring a huge change. NSS volunteer coordinators for this activity were Sharvari Kurundawad, Lakshaya and Sherin George.

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.

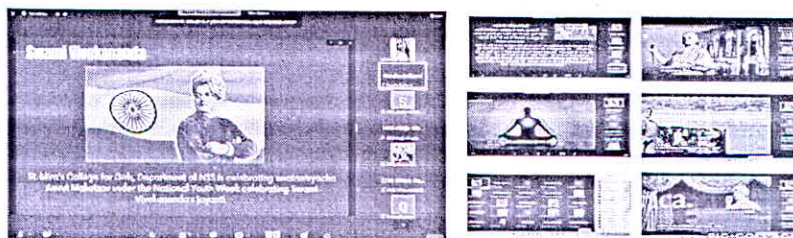


Mrs. Pooja started her session by giving some real life examples and by telling a story on Adulthood. She raised a question, "How to Become Adult?". She explained how youth should be stable and adult by using following 4 points. She later focused on how parents or adult think that they should work on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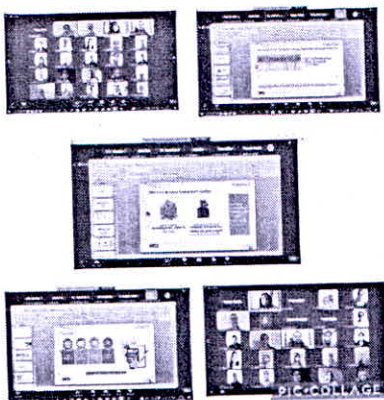
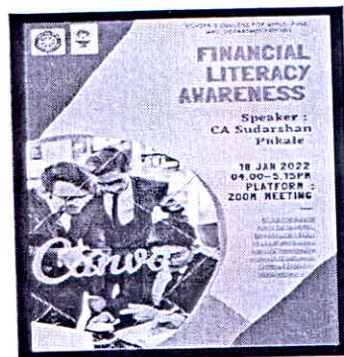


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e. A Session on "Financial Literacy Awareness" under Yuva Saptah- Azadi Ka Amrut Mahotsav – 18th January 2022

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.

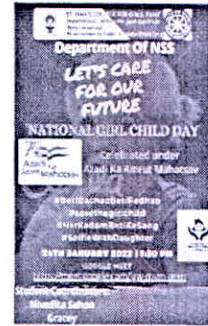
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39. Celebration of National Girl Child Day under Azadi Ka Amrut Mahotsav - 24th January 2022

- 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:



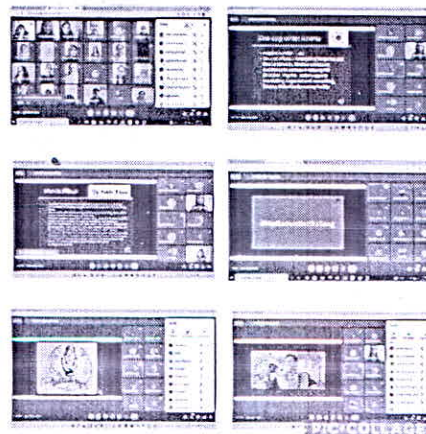
a. Selfies with Mother - Through selfies students reached 1,569 beneficiaries to create awareness.



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



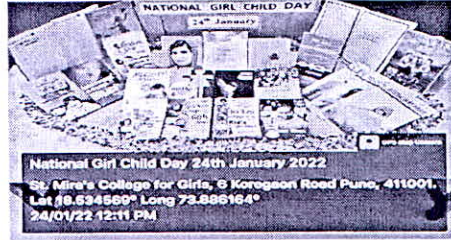
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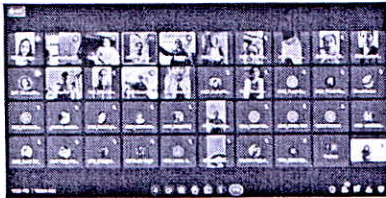
matter what we are. Activities were also conducted such as- creating awareness using posters and clicking selfies with their mother and posting it on their social media platforms for saving girl child through using various hashtags like #SaveGirlChild, #SelfieWithDaughter, #BetiBachaoBetiPadhao, #HarKadamBetiKeSang.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

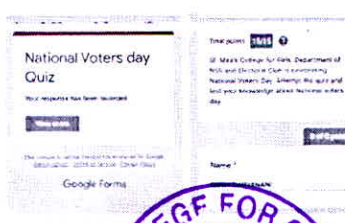
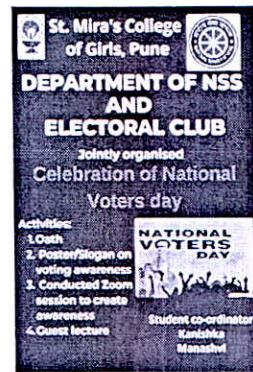


b. Guest Lecture - A guest lecture was organized by the NSS department and Electoral club. It was conducted by Ms. Veena Kenchi, Head, Dept. of Political Science highlighting the importance of voting in democracy and presented videos regarding the adult suffrage movement. Quotes on the importance of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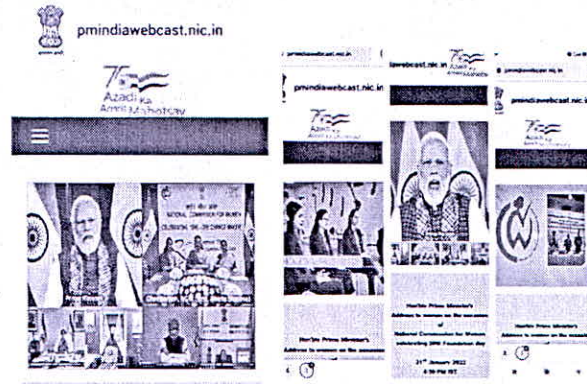


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41. Participation in 30th Foundation Day of National Commission for Women Celebration - 31st January 2022

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.

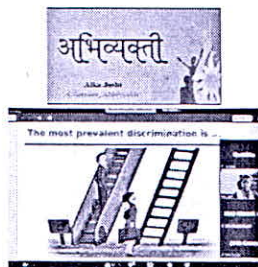


42. International Women's Day under Azadi Ka Amrut Mahotsav on the theme Gender Sensitization and Gender Discrimination - 8th Mar 2022

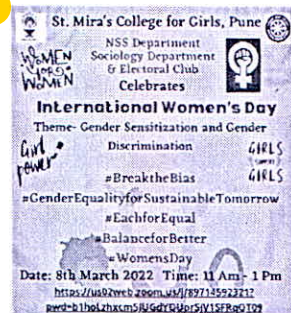
NSS student volunteers who coordinated these activities were Sherin George, Nivedita Sahoo, Ananya Goswami, JanyaDudiya, Kanishka. Following activities were organised:

a. Guest Lecture on Gender Sensitisation and Gender Discrimination

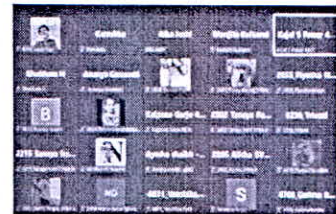
The NSS Unit of St Miras college for girls, Pune in association with Sociology department organized International Women's Day celebration program on 8th March 2022 at 11 am on Zoom platform. The program was attended by 87 Volunteers. Ananya Goswami giving an introduction about the occasion and welcoming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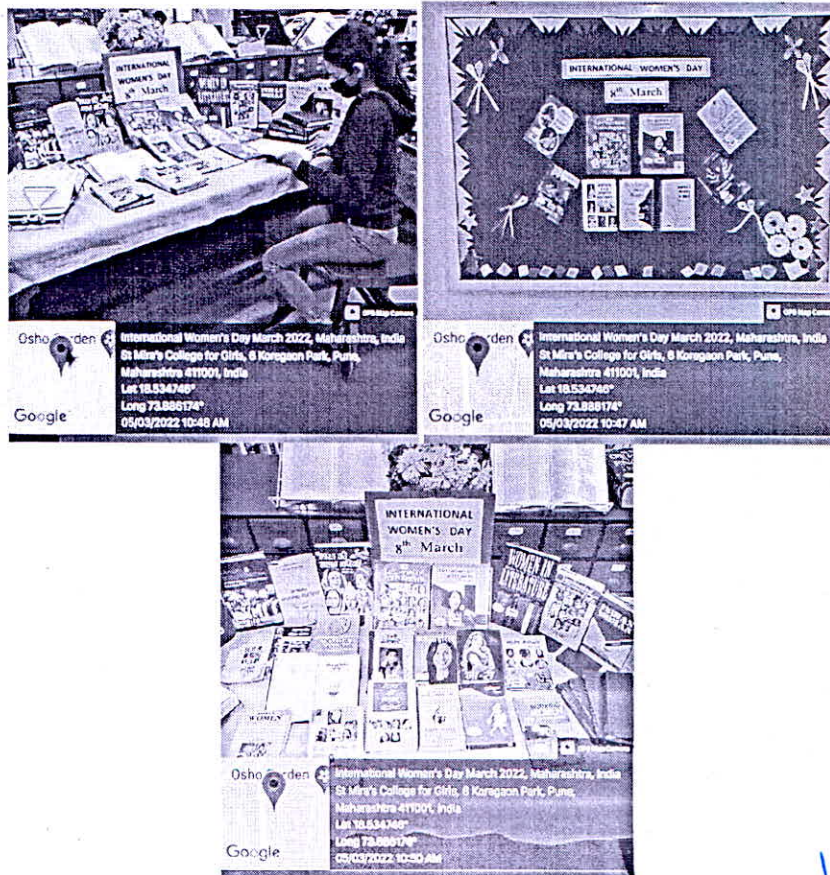


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c. **Women's Day Program- Students Expressing their views based on the theme "Gender equality today for a sustainable tomorrow" – 9th March 2022** - The NSS Unit of St Mira's College for Girls, Pune organized a program to celebrate the power of Womenhood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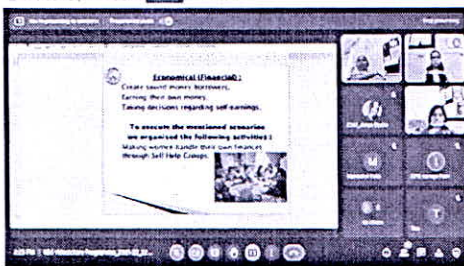
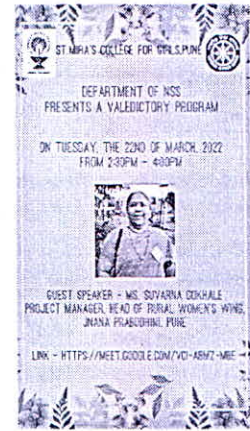
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43. NSS Valedictory Programme – 22nd March 2022 – For the valedictory programme the Department of NSS invited as Guest Speaker – Mrs. Suvarna Gokhale, who spoke to the



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

experience of working with rural women in the last 30 years, she shared practical experiences of how she set up SHGs in the Velhe taluka and empowered women to make them independent financial decision makers.



Suvarna Tai also shared the different facets of Women Empowerment being economical, political, social and the Family. Ma’am also told the volunteers how dependent the women were when it came to returning bank loans that even bankers interact with these ladies and look forward to getting some tips on their discipline of earning and saving. It was a very interesting and interactive session which was an eye-opener for the volunteers. This session was attended by 85 volunteers. The NSS student

co-ordinators for this programme were Kanishka, Gracey, Janya, Manashvi, Vaibhavi and Ananya.

Dr. Sandhya Pandit
Ms. Manjita Kulkarni
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Dr. Jaya Rajagopalan
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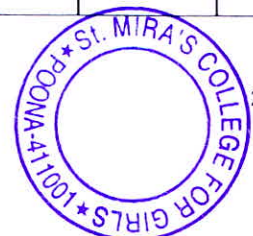
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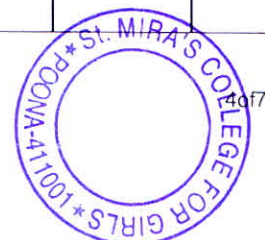
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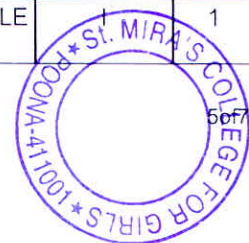
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106	12021039523	SASEENDRAN ASHITHA K SASEENDRAN	OPEN	B.A.	FEMALE	I	1	Regular
107	12021039546	OVHAL MANSI ARUN	SC	B.A.	FEMALE	I	1	Regular
108	12021039496	IRANI SANAYA AMIN	OPEN	B.A.	FEMALE	I	1	Regular
109	12021039494	YADAV RIYA ROSHANLAL	OBC	B.A.	FEMALE	I	1	Regular
110	12021039461	SHIRSATH SHWETA SURESH	SC	B.A.	FEMALE	I	1	Regular
111	12021039554	PAWAR SNEHAL GANESH	NT(B)	B.A.	FEMALE	I	1	Regular
112	12021039845	PACHANGE SHUBHECHHA SANDIP	OBC	B.Com.	FEMALE	I	1	Regular
113	12021039859	SHAIKH IRAM IMTIYAZ	OPEN	B.Com.	FEMALE	I	1	Regular
114	12021039949	NIKAM ADITI BHARAT	SC	B.Com.	FEMALE	I	1	Regular
115	12021039821	JADHAV SHILPA ANANDA	OPEN	B.Com.	FEMALE	I	1	Regular
116	12021039678	PATOLE JINELLE JAYPRAKASH	OPEN	B.Com.	FEMALE	I	1	Regular
117	12021039803	TALEKAR PRANITA PRAMOD	OPEN	B.Com.	FEMALE	I	1	Regular
118	12021039862	JOSHI VAIBHAVI VINAYAK	OPEN	B.Com.	FEMALE	I	1	Regular
119	12021039945	CHOUGULE SAKSHI LAHU	OPEN	B.Com.	FEMALE	I	1	Regular
120	12021039883	CHAVAN DISHA SHIVKUMAR	NT(D)	B.Com.	FEMALE	I	1	Regular
121	12021039922	GAYRI POOJA NANURAM	OPEN	B.Com.	FEMALE	I	1	Regular
122	12021039889	PANCHAL VIDYA BABURAO	OBC	B.Com.	FEMALE	I	1	Regular
123	12021039850	TODKAR ARPITA VILAS	OBC	B.Com.	FEMALE	I	1	Regular
124	12021039870	SUTAR SONI GEMARAM	OPEN	B.Com.	FEMALE	I	1	Regular
125	12021039861	NAIDU TRIVENI NAGRAJLU	OPEN	B.Com.	FEMALE	I	1	Regular
126	12021039959	TATTU SANIKA KAMLESH	OPEN	B.Com.	FEMALE	I	1	Regular

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Jayant
Principal Incharge
St. Mira's College for Girls





SAVITRIBAI PHULE PUNE UNIVERSITY

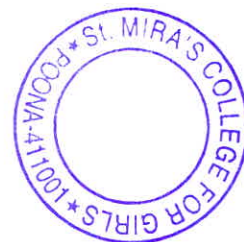
National Service Scheme

127	12021039832	VARDHAMAN ARYA RANJEET	OPEN	B.Com.	FEMALE		1	Regular
128	12021039982	YADAV RAKHI RAJESH	NT(B)	B.Com.	FEMALE		1	Regular
129	12021039819	RAKSHITA DHARMRAJ PILLAY	OPEN	B.Com.	FEMALE		1	Regular
130	12021039868	SHELAR SALONI SANDEEP	OPEN	B.Com.	FEMALE		1	Regular
131	12021039764	SHAIKH MERAJ SAMEER	OPEN	B.Com.	FEMALE		1	Regular
132	12021039936	ZURUNGE KADAMBARI TANAJI	OBC	B.Com.	FEMALE		1	Regular
133	12021039935	MHASKE POOJA NARAYAN	OPEN	B.Com.	FEMALE		1	Regular
134	12021039984	SAKSHI RAMJI YADAV	OPEN	B.Com.	FEMALE		1	Regular
135	12021039916	BURKULE SEJAL AMBADAS	SBC	B.Com.	FEMALE		1	Regular
136	12021039932	JADHAV SHREYA DHANAJI	OPEN	B.Com.	FEMALE		1	Regular
137	12021039808	KOLAKI SRUSHTI VEERESH	OBC	B.Com.	FEMALE		1	Regular
138	12021039757	PRAJAPTI SHIVANGEE MAYARAM	OPEN	B.Com.	FEMALE		1	Regular
139	12021039929	MORE SNEHA RAHUL	SC	B.Com.	FEMALE		1	Regular
140	12021039811	BAND RUTUJA GAJANAN	OBC	B.Com.	FEMALE		1	Regular
141	12021039752	CHAVAN NIVEDITA ARUN	OPEN	B.Com.	FEMALE		1	Regular
142	12021039851	SAPKAL LISHA BHALCHANDRA	SBC	B.Com.	FEMALE		1	Regular
143	12021039919	SAYYED UZMA ABID	OPEN	B.Com.	FEMALE		1	Regular
144	12021039643	GAWADE SAKSHI ABHAY	OPEN	B.Com.	FEMALE		1	Regular
145	12021039683	PARTE VAIBHAVI SANTOSH	OPEN	B.Com.	FEMALE		1	Regular
146	12021039700	PARDESHI RUTIKA RUPESH	NT(B)	B.Com.	FEMALE		1	Regular
147	12021039760	JAGTIANI ALISHA DEEPAK	OPEN	B.Com.	FEMALE		1	Regular
148	12021039838	SURVE YASHWANTI UMESH	OPEN	B.Com.	FEMALE		1	Regular
149	12021039869	SURYAWANSHI GAYATRI RAMAKANT	OBC	B.Com.	FEMALE		1	Regular
150	12021039645	TINGRE SHIVANJALI KALURAM	OPEN	B.Com.	FEMALE		1	Regular

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St. Mira's College for Girls



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सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)

राष्ट्रीय सेवा योजना

गणेशखिंड, पुणे - ४११ ००७



A-045

डॉ. प्रभाकर देसाई

एम.ए., पीएच.डी.

संचालक

कार्यालय क्र. : ०२०-२५६२२६८८/८९

: ०२०-२५६२२६९०/९१

: ०२०-२५६२२६९२

: ०२०-२५६९७३४१

म्यातंत्र्याचा अमून महोत्सव

संदर्भ : रासेयो-३६३

दि. १७ Nov २०२१

प्रति,

मा.प्राचार्य,

साधु वासवाणी मिशन सेंट मिराज कॉलेज फॉर गर्ल्स पत्ता:

कोरेगाव रोड ता.: हवेली(महानगर पालिका हद्द वगळून) जि:

पुणे पिनकोड: 411001

विषय: सन २०२१-२०२२ या वर्षासाठी राष्ट्रीय सेवा योजना एकक मान्यता.

महोदय/महोदया,

सावित्रीबाई फुले पुणे विद्यापीठ, राष्ट्रीय सेवा योजनेअंतर्गत शैक्षणिक वर्ष २०२१-२०२२ साठी आपल्या महाविद्यालयास अनुक्रमे १००,५० असे एकूण १५० (दीडशे) रासेयो विद्यार्थी स्वयंसेवक संख्येचे/ची दोन एकक/के मंजूर करण्यात येत आहे/त. त्यानुसार प्रत्येक एककास स्वतंत्र कार्यक्रम अधिकारी मंजूर करण्यात आले/ला आहे/त. याकरिता आपल्या महाविद्यालयास रु.२१० प्रती विद्यार्थी x १५० रासेयो विद्यार्थी स्वयंसेवक संख्या = रु ३१५०० या प्रमाणे अनुदान मंजूर करण्यात येत आहे. मंजूर अनुदानापैकी ७०% अनुदानाचा प्रथम हप्ता आपल्या रासेयो खात्यावर इ सी एस/एन ई एफ टी द्वारे वर्ग करण्यात येत आहे.

१. महाराष्ट्र शासनाने ठरवून दिलेल्या SC -११.८%, ST-९.४% व Other-७८.८% या संवर्गनिहाय तरतूदीनुसार रासेयोमध्ये स्वयंसेवकांना प्रवेश द्यावेत. त्यानंतर अल्पसंख्यांक विद्यार्थी संख्या स्वतंत्ररित्या नमूद करावा. प्रवर्गनिहाय संख्येनुसार रासेयो महाविद्यालयांना नियमित कार्यक्रमाचे अनुदान शासनमार्फत उपलब्ध होणार आहे याची नोंद घ्यावी.

२. महाविद्यालयाने रासेयो मंजूर विद्यार्थी संख्येपेक्षा जास्त विद्यार्थ्यांना प्रवेश देऊ नये. अतिरिक्त विद्यार्थी संख्येची संपूर्ण जबाबदारी संबंधित महाविद्यालयाची राहिल.

३. राष्ट्रीय सेवा योजनेअंतर्गत निवड केलेल्या स्वयंसेवकांच्या नावांची वर्गनिहाय व प्रवर्गानुसार यादी रासेयो कार्यालयास online जमा करावी. (यादी पाठविल्यानंतर त्यात कुठल्याही परीस्थितीत बदल होणार नाही.)

४. रासेयो मासिक अहवाल (Monthly Report) प्रत्येक महिन्याच्या ५ तारखेपर्यंत अपलोड करणे बंधनकारक आहे.

५. महाविद्यालयाम स्वतंत्र पत्रव्यवहार न करता उपक्रमांसंदर्भात (www.unipune.ac.in/nss) या रासेयो लिंकवर वेळोवेळी परिपत्रके प्रसिद्ध केली जातील. त्यानुसार महाविद्यालयांनी कार्यक्रम आयोजित करून सदर अहवाल, छायाचित्र इ. रासेयो Web Portal वर तयार केलेल्या ठिकाणी अपलोड करावीत.

६. रासेयो नियमित कार्यक्रम व विशेष शिविरे ह्या दरम्यान संचालक, रासेयो, विभागीय समन्वयक, जिल्हा समन्वयक पूर्वसूचना न देता भेट देतील. त्यामुळे रासेयो कार्यक्रमांची व शिविरांची नियमितता व सुसूत्रता अबाधित ठेवण्याची सर्व जबाबदारी आपल्या महाविद्यालयाची आहे.

७. प्रत्येक रासेयो एककाने दरवर्षी अध्यादेश १६३ बाबत रासेयो स्वयंसेवकांना परीक्षेपूर्वीच अवगत करावे आणि परीक्षेपूर्वीच त्यांचे अर्ज महाविद्यालयामार्फत online भरणे अत्यावश्यक आहे. याबाबत परीक्षेअगोदर रासेयो स्वयंसेवकांमध्ये जागृती करावी.

८. केंद्र व राज्य शासनाने निर्धारित केलेल्या रासेयो कृतिकार्यक्रमांचे आयोजन व अंमलबजावणीची जबाबदारी आपल्या एककावर अपरिहार्यपणे येते.

९. कोरोना रोगाचा प्रादुर्भाव असेपर्यंत शारिरीक अंतर राखून व प्रशासनाचे नियम पाळून उपक्रमांचे आयोजन करावे. ह्या सर्व बाबींचे काटेकोर पालन व निर्धारण करण्याच्या अटीवर आपल्या रासेयो एककास मान्यता देत आहे. कळावे, ही विनंती.

टिप : केंद्रीय लेखापरीक्षणाच्या वेळी मानधनाकरिता मान्यतापत्र जोडणे आवश्यक आहे.

संचालक
राष्ट्रीय सेवा योजना