



S.N.D.T. WOMEN'S UNIVERSITY

National Service Scheme Cell

1st floor, Above Patkar Hall
1, Nathibai Thackersey Road,
MUMBAI- 400 020.



श्रीमती ना. दा. ठाकरसी महिला विद्यापीठ

राष्ट्रीय सेवा योजना कक्ष

पहिला मजला, पाटकर हॉल बि ल्डींग,
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S.N.D.T. WOMEN'S UNIVERSITY

NATIONAL SERVICE SCHEME CELL

REPORT

2022-2023

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NSS Cell
SNDT Women's University,
Mumbai-400 020



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AVHAN 2022

As per the directives received from the Secretary to Government , Raj Bhavan, the responsibility to organize the State Level Disaster Management preparedness training camp – “AVHAN”, the Chancellor Brigade has been given to Universities from the year 2022-23.

As proposed by the State NSS Cell, selected 30 NSS Volunteers for each District from different Universities will form as squad of each district to work with the District Level Disaster Management Cell for the year. These NSS volunteers from each district received training at

KBCNMU, Jalgaon from December 19-28, 2022. SNDT Women's University has sent 25 students as per the allotted quota to participate in AVHAN 2022.

AVHAN PHOTOS



[Signature]

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(AVHAN 2022, at KBCNMU, Jalgaon from December 19-28, 2022)

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8th International Yoga Day

This year the 5th International Day of Yoga Celebrations organised by the SNDT Women's University NSS Cell, in collaboration with Kaivalyadhama Yoga Institute, Mumbai in the month of June 18 to July 2, 2022. The Programmes conducted at the University, Conducted & affiliated Colleges & the society as well.

University International Day of Yoga Celebration

SNDT Women's University Department of physical Education, Department of student Development & NSS Cell in collaboration with Kaivalyadham in yoga Instituted Mumbai organized Practice of Common Yoga Protocol on 5th International Day of Yoga on June 21, 2022 from 7.00 am to 8.00 am at Badminton Court & Patkar Hall, Churchgate Campus. Approximately 1563 students, teachers were present for the session.

Churchgate Campus



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(8th International Yoga Day, on June 21, 2022 at Churchagate Campus)

Tree Plantation Drive

This year the “Tree Plantation Drive was organized by NSS Cell, SNDT Women’s University in collaboration with Government of Maharashtra in the month of 12July 2022. The program was also conducted at the University, conducted & affiliated colleges.

We are happy to inform you that the “Vanmahotsav” (Tree Plantation Drive) was coordinated by NSS Cell of SNDT Women’s University Mumbai & the guidelines were given by Forest Department of Government, Maharashtra. The colleges also followed the guidelines of the program, and done the plantation. Overall 2789 trees planted on the occasion of “Vanmahotsav for the year 2022-23

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Tree Plantation Drive Photos



(Tree Plantation Drive collaboration with Government of Maharashtra in the month of 12July 2022.)

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Fit India Movement



Approximately 735 students participated in the Fit India Movement Program

Swachhata Abhiyan

The Swachhta Abhiyan activity conducted by the college NSS Units in collaboration with NGOs and Govt. agencies. Approximately 923 students participated in Swachhta Mohim program At different places.

Beach Cleaning Movement At Mahim & Beach Cleaning Movement At Arnala



(Swachhata Abhiyan, Beach Cleaning Movement At Mahim & Beach Cleaning Movement At Arnala)

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Constitution Day



Constitution Day Celebration-26-Nov 2019



Shilpa

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Blood Donation Camp photos



Total 150 volunteers participated and 58 samples were collected in the blood donation camp

Self Defense Training program



Approximately 2210 volunteers participated in the Self Defense Program.

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NSS Program officer meeting cum orientation program

NSS Zonal Coordinator & NSS Programme Officers Meeting cum Orientation was organized on July 19-20, 2022 at on 11.00 am at Maharshi Karve Seminar Complex, SNDT Women's University, Churchgate campus.

Silent Peace Rally

Mumbai Sarvodaya Mandal has organized "Silent Peace Rally" on Saturday, August 6, 2022 to commemorate Hiroshima Day with NSS Volunteers of the NSS CELL & NSS Units of the Colleges. The aim of this rally is to promote peace and communal harmony among the citizens of Mumbai. Approximately 750 NSS volunteers participated from the colleges of Mumbai region.

Empowering Girls to be Empowered Parents

The Department of Students' Development in Collaboration with NSS Unit of L.T College of Nursing, Churchgate campus has organized seminar on Empowering Girls to be Empowered Parents on August 19, 2019 from 10.30 am to 12.30 pm at Patkar Hall. The topics covered were as follows

- 1) Importance of Breast Feeding
- 2) Homosexuality
- 3) Pornography
- 4) Human Trafficking
- 5) Teenage Pregnancy

Pre RD Camp at University Level

Pre State Level Parade selection was conducted at Juhu Campus on August 22, 2019. Approximately 120 NSS Volunteers were present from colleges and 10 NSS Volunteers selected to participate in Pre-RD Selection Camp.

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State Level Selection Camp for Pre RD

State Level Selection Pre RD Camp held at Babasaheb Ambedkar Marathwada University, Aurangabad. Mrs. Sujata Kullur, PO, UMIT, Juhu Campus deputed as female team Manager, The following volunteers were present for the camp.

Sr No.	Name of the student	College Name
1	Ms.BharatiLakade	MMP Shah College, Matunga
2	Ms.Ritu Swami	UMIT, Juhu
3	Ms.AnushkaThakkar	UMIT, Juhu
4	Ms.AditiVarunkar	UMIT, Juhu
5	Ms.AshwiniLodha	SMRK BK AK MahilaMahavidyalay, Nashik
6	Ms.SushmaBachchulal Patel	MD Shah, Malad
7	Ms.MayuriGopalraoBhosle	C.B.Shah, Sangli
8	Ms.SanghwalYashpreetKaur	SNDT Arts & Com, Churchgate
9	Ms.PoojaShirke	MD Shah, Malad
10	Ms. NehaDinkarDhanve	MKSSS Satara

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Selection of West Zone Pre RD Camp

Three NSS Volunteers selected to participate in West Zone Pre RD Camp at Hemchandracharya North Gujarat University (HNGU), Patan, Gujrat from November 5-14, 2022.

Sr. no.	Name of the student	Name of the College
1	Ms.Mayuri Gopalrao Bhosle	C.B.Shah, Sangli
2	Ms.AnushkaVijay Thakkar	UMIT, Juhu Mumbai
3	Ms.PoojaRajesh Shirke	MD Shah College, Malad Mumbai
4.	Ms.Sushma Bachchulal Patel	MD Shah, Malad Mumbai
5	Ms.Seeju Jitendra Singh	UMIT, Juhu Mumbai

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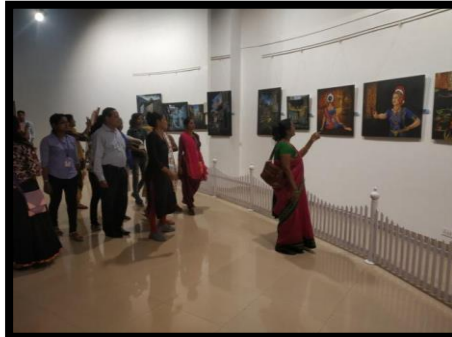
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State Level Republic Day Camp (SRD)

Five volunteers selected for State Level Republic Day Camp 2018 held at Sports Complex, Vidyanagari, Kalina Campus, University of Mumbai from January 17 to 26, 2022.

Sr. no.	Name of the student	Name of the College
1	Ms.Mayuri Gopalrao Bhosle	C.B.Shah, Sangli
2	Ms.Anushka Vijay Thakkar	UMIT, Juhu Mumbai
3	Ms.Pooja Rajesh Shirke	MD Shah College, Malad Mumbai
4.	Ms.Sushma Bachchulal Patel	MD Shah, Malad Mumbai
5	Ms.Seeju Jitendra Singh	UMIT, Juhu Mumbai



Signature

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Road Safety Photos



State level Adventure Camp

The National Service Scheme dept. State Govt, in collaboration with Sant Gadgebaba Amravati Vidyapeeth, Amravati organized Adventure Sports Camp at chikhardara on January 28 to February 01, 2022. Four NSS volunteers participate from SNDTWU. 2 NSS volunteers from P. V. Polytechnic College and 2 volunteers from UNIT college participated in the camp..

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University level Leadership Training Camp Jalgaon Phptos



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NSS Program officer meeting cum orientation program

NSS Zonal Coordinator & NSS Programme Officers Meeting cum Orientation was organized on July 01, 2022 at on 10.00 am at Maharshi Karve Seminar Hall, SNDT Women's University, Churchgate campus.

• Report of NSS Meeting

NSS Cell SNDT Women's University organized NSS Zonal Coordinator & NSSProgram Officer meeting cum orientation on July 1, 2022 at on 10.00 am at Maharshi Karve seminar Complex, SNDT Women's University, Churchgate Campus.

45 program Officers & Zonal Coordinators presents for the meeting the followingagenda were discussed in the meeting.

1. To discuss the NSS Enrollment of Regular & Special camp activities for the year 2020-21 & 2021-22 with the bifurcation of SC, ST and others (submit the details inthe meeting).
2. To discuss on the Audit for the year 2021-22.
3. To discuss on the NSS State Level Awards. . To discuss on the Incentive Marks ofNSS. 4
5. To distribute diary, badges & certificate for the year 2022-23
6. To discuss on the activity calendar for the year 2022-23.
7. To discuss & submit the report of activities from the year 2021-22.
8. To discuss about the training of Programme Officers of ETI Training Centre fortheyear 2022-23.
9. To discuss the allotment of University/State Level camps & selection of collegeas a team manager.
10. Any other matter with the permission of Chair.



NSS Coordinator
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Ref.No.NSS/PO Meeting-2022-23/08

June 18, 2022

To,
The Principal by
All the Conducted & Affiliated Colleges to
SNTD Women's University,
having NSS Units.

Dear Sir/Madam,

This is for your kind information that the NSS Zonal Coordinators & NSS Programme Officers Meeting cum Orientation will be organized on **July 01, 2022 at on 10.30 am** at Maharshi Karve Seminar Complex, SNTD Women's University, Churchgate campus.

We request you to kindly depute your NSS Programme Officers as per NSS strength to attend the Meeting cum Orientation Programme which is **compulsory**.

The Agenda for the Meeting is as follows:-

1. To discuss the NSS Enrollment of Regular & Special camp activities for the year 2020-21 & 2021-22 with the bifurcation of SC, ST and others (submit the details in the meeting).
2. To discuss on the Audit for the year 2021-22.
3. To discuss on the NSS State Level Awards.
4. To discuss on the Incentive Marks of NSS.
5. To distribute diary, badges & certificate for the year 2022-23
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8. To discuss about the training of Programme Officers of ETI Training Centre for the year 2022-23.
9. To discuss the allotment of University/State Level camps & selection of college as a team manger.
10. Any other matter with the permission of Chair.

Note: - The attendance is compulsory for NSS Programme Officer of each college for the Meeting.

Thanking you,

Yours Faithfully

(Dr. Nitin S. PrabhuTendolkar)
Assistant Dean of Students' &
NSS Program Coordinator

Cc: 1) Zonal Coordinators
2) NSS Program Officers of the college.

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Annual Report: Community Outreach Initiatives of NSS Unit, SNDT Women's University

Academic Year 2022-2023

The NSS Unit of SNDT Women's University has prioritized impactful **community outreach** initiatives this year, addressing critical social, environmental, and health issues. These programs have significantly contributed to empowering communities and fostering social responsibility among students.

1. Cleanliness Drives and Swachh Bharat Abhiyan Initiatives

Under the *Swachh Bharat Abhiyan*, the NSS Cell conducted multiple cleanliness drives:

- **Beach Cleaning Drive at Juhu Beach (October 10, 2022):**
In collaboration with *Joy Foundation*, 50 NSS volunteers actively participated in cleaning Juhu Beach. Over 10 bags of plastic and non-biodegradable waste were collected, emphasizing marine conservation and creating public awareness about responsible waste disposal.
- **Campus Cleanliness Campaigns:**
Regular cleanliness drives were conducted at all SNDT Women's University campuses to promote hygiene and environmental consciousness among students, staff, and the local community.

2. Village Development and Tree Plantation

- **Mega Tree Plantation Drive (July 2023):**
A large-scale tree plantation drive was organized in **Sonave and Viratan Budrak villages**, Safale, under the campaigns *Meri Mati Mera Desh* and *Green Club*.
 - **500 saplings** were planted at Zilla Parishad school grounds and community spaces.
 - Saplings of bamboo and other native trees were distributed to students for plantation in their localities.
 - Rallies were conducted to educate villagers on the importance of tree conservation, reinforcing the need for sustainable practices.

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3. Vysan Mukti Rally (November 3, 2022)

The NSS Cell joined hands with the **Department of Social Justice and Social Welfare, Government of Maharashtra**, to organize a rally from Azad Maidan to Churchgate. The event focused on raising awareness about substance abuse and drug addiction, educating communities on its detrimental impact. Volunteers carried banners and distributed pamphlets, directly engaging with urban populations to amplify the message.

4. Plastic Collection Drive (October 16, 2022)

Partnering with *Dhyas Foundation*, NSS volunteers led a plastic collection initiative in **Vasai**, gathering over 50 kilograms of plastic waste, tetra packs, and e-waste from residential areas.

- Educational sessions were held for community members, emphasizing sustainable waste management and reducing single-use plastic.
- The event concluded with motivational speeches highlighting collective responsibility towards a cleaner environment.

5. Health and Nutrition Awareness Programs

- **Women's Health and Nutrition Seminar (September 2022):**
A seminar targeted at women aged 18–25 addressed key health concerns, such as anemia and malnutrition, and debunked common dietary myths. Practical tips for balanced diets were shared to empower participants in maintaining better health.
- **Millet Awareness Campaign (January 2023):**
As part of the *International Year of Millets*, this session educated over 200 participants about the benefits of incorporating millets into daily diets, especially for managing conditions like PCOS and diabetes. Communities were encouraged to adopt millet-based foods, enhancing health and food security.

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6. Community Challenge Program

A unique three-week initiative, *The Community Challenge*, engaged students and local residents in envisioning and designing an *Ideal Mumbai*. Activities included:

- Workshops on civic amenities, live complaint filing for local issues (e.g., potholes, sanitation), and participatory urban planning.
- Interactive sessions promoting collaboration between students and community members to address urban challenges.
- Certificates of participation were awarded to encourage continued involvement in community improvement efforts.

7. Awareness Through Street Plays

- **Tree Conservation and Mental Health Awareness:**
NSS volunteers performed street plays in local communities to spread awareness about tree conservation (*Ek Ped Maa Ke Naam*) and mental health challenges faced by youth. These engaging performances reached diverse audiences, effectively communicating vital messages.

8. Nirmalya Visarjan and River Clean-Up Drives

During the Ganesh Festival, the NSS Cell collaborated with local NGOs for **Nirmalya Visarjan** drives, collecting biodegradable offerings to prevent water pollution. Volunteers participated in **river clean-up initiatives**, ensuring minimal ecological damage while promoting eco-friendly festival practices.

9. Tobacco and Substance Abuse Awareness

Focused sessions and outreach programs were conducted in urban and rural areas to educate communities about the harmful effects of tobacco consumption and substance abuse. Emphasis was placed on prevention and rehabilitation strategies, empowering individuals to make healthier lifestyle choices.

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Impact Summary

The community outreach initiatives of SNDT Women's University's NSS Cell have positively influenced local communities and the environment. Key outcomes include:

- Active engagement with over **2,000 community members** through direct outreach activities.
- Increased awareness of environmental conservation, sustainable living, and public health issues.
- Encouragement of eco-friendly practices, including waste segregation, tree plantation, and use of biodegradable materials.
- Enhanced civic responsibility among NSS volunteers and local populations.

Conclusion

The NSS Cell of SNDT Women's University remains dedicated to empowering communities and fostering a sense of social responsibility among students. These community outreach efforts reflect our unwavering commitment to nation-building and sustainable development. We express our gratitude to all volunteers, collaborators, and faculty for their steadfast support in making these initiatives successful.

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