



**MARWARI VIDYALAYA SANCHALIT SMT. KAMALADEVI
GAURIDUTT MITTAL COLLEGE OF ARTS & COMMERCE**

ISO 9001 : 2015 Certified



Brief profile of the college:

"In 1992, our institution was re-established as Marwari Vidyalaya Sanchalit Smt. K.G. Mittal College of Arts and Commerce, aiming to become a leading institution in education dissemination. The College is affiliated with the University of Mumbai, offering Commerce courses, and is recognized by the Maharashtra State Government for its Junior College programs in the Commerce stream."

Apart from Bachelor of Commerce [B.Com.] the institution also offers: Bachelor of Management Studies (B.M.S), BSc. I.T, BSc. C.S, Bachelor of Mass Media (B.M.M), Bachelor of Commerce in Accountancy and Finance (B.A.F). Also the subjects like Information Technology, Mathematics and Statistics at the Junior College Level have been introduced.

OUR VISION:

To groom our students into self-reliant individuals with strong innate human values, to sensitize them about the social responsibility with the participatory web of management and excellence in education with inclusive mindset and adaptable to the changing scenario.

OUR MISSION:

To be an innovative institution that instills students with knowledge, values, inclusiveness and adaptability which provides opportunities for the youth to be leaders, entrepreneurs and above all good human beings.

From the Director's desk:

I am proud of our NSS volunteers showcasing the selfless contributions to the Society. Through their tireless efforts, they have made a meaningful impact on the community. I congratulate our NSS team for their dedication and commitment to social service. Thus adding every drop of selfless and endless service our NSS volunteers will make our country a Vishva Guru in the dynamic world. Together, let us continue to strive for a better tomorrow."



Dr. Suhasini B. Arya
- Director
Smt. K. G. Mittal College of Arts And Commerce

From the Principals desk

"I am proud to acknowledge the outstanding work of our NSS unit in the year 2024-25, as reflected in this annual report. Our students have demonstrated remarkable compassion, empathy, and commitment to social causes. I commend the efforts of our NSS volunteers and programme officers for their tireless efforts. May this report inspire us to continue serving humanity with humility and dedication."



Dr. Shagun Srivastava
Principal

NSS Report 2024-25

1. Ek Ped Maa Ke Naam[10th June 2024]

In alignment with Prime Minister Narendra Modi's vision on World Environment Day, k.g. mittal college enthusiastically embraced the "Ek Ped Maa Ke Naam" campaign. This initiative was launched on June 5, 2024, encourages citizens to plant trees as a token of love and gratitude towards their mothers. Accordingly our students actively engaged in the "Ek Ped Maa Ke Naam" campaign by: Encouraging students to plant trees at their homes by planting a diverse range of plants like tulsi, money plant etc. given the restriction of space in Mumbai.

Thus we have not only contributed to environmental conservation but also fostered a deeper appreciation for nature and a stronger bond between students and their mothers. This initiative has served as a valuable learning experience, emphasizing the importance of environmental responsibility and the values of love, gratitude, and respect.

No. of student Participants Male -5, Female-10, Total-15

Photo 1



Photo 2



2. University Level Yoga Training Camp

The University NSS Cell & R.D.National College, Bandra jointly organizing a three-day yoga training camp on 17th, 18th and 19th June 2024 for NSS volunteers of various college of Mumbai City & Suburb colleges by experts from Kaivalyadhams. At the camp of 3 days, basic yoga training was provided as prescribed by AAYUSH Yoga Training sessions including lecture and practice aimed at creating basic yogic skills and know how on Yoga which is our heritage. The program helped to restore the balance by helping to strengthen our body, calm our mind, regain our focus and improve self-confidence among the participants.

No. of student Participants :-male -0 Female: 2 Total 2

Photo 1



Photo 2



3. International Yoga Day Activities 10th International Yoga Day Celebration

Chair Yoga -19 June 2024

Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day. The 10th International Day of Yoga with the theme “Yoga for Self and Society” organized CHAIR YOGA SESSION By our esteemed director Dr. Suhasini Arya mdam:

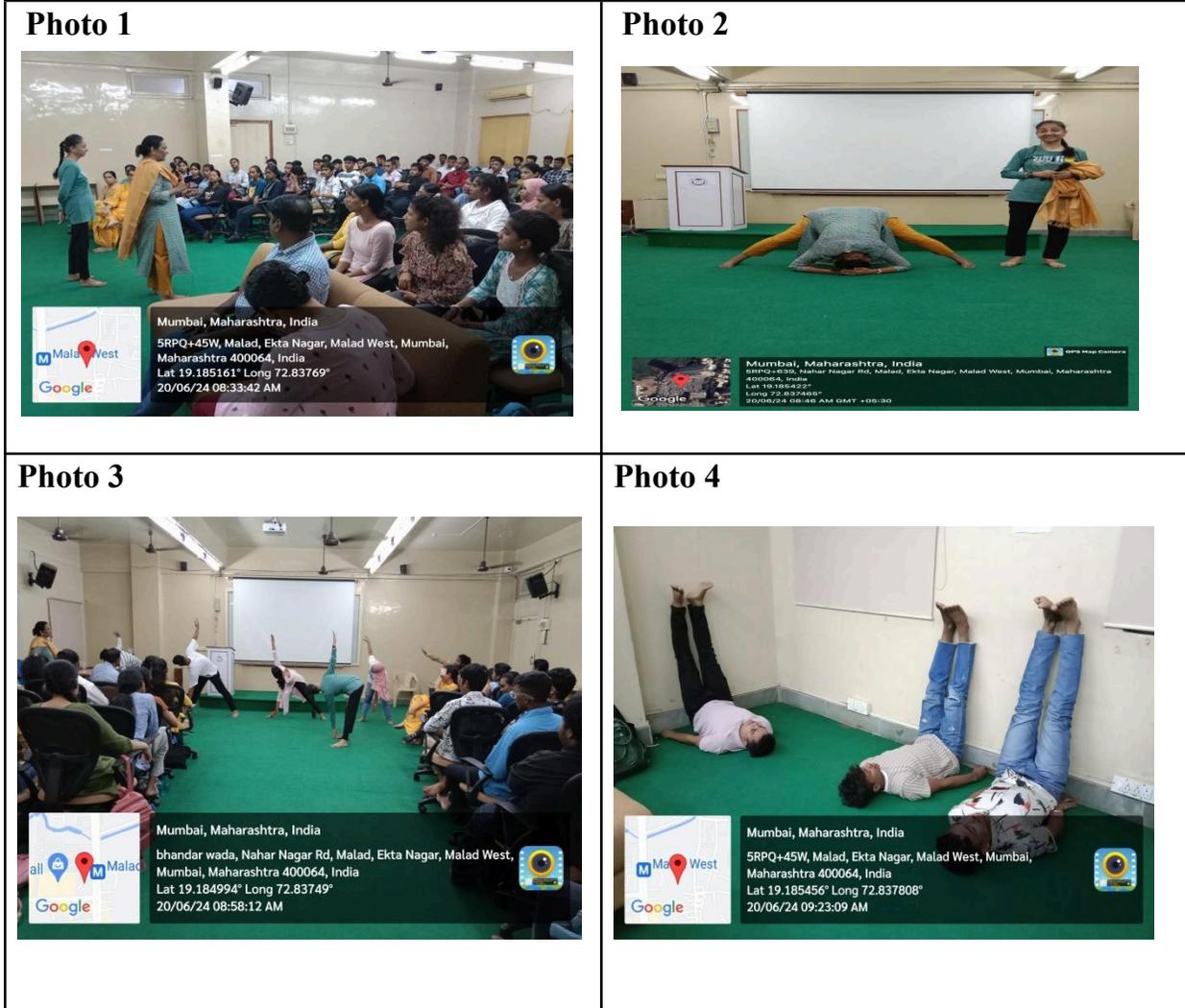
No of student Participation -Male :- 31,Female:-40 Total:-71



4. Yoga Demostratation and lecture :-20th June 2024

There are three types: pure demonstration using only visuals; demonstration with commentary combining visual and verbal instruction; and participative demonstration allowing students to replicate parts of the demonstration. On 20th June, we followed all these 3 types of demonstration techniques and apprised our students the benefits of yoga.

No of student Participation:- Male:-38, Female:-39, Total-77



5. Yoga Pledge :- 21st June 2024

Yoga has emerged as one of the most trusted means to boost physical and mental wellbeing. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint

and fulfillment; harmony between human and nature, and a holistic approach to health and well-being. Due to Hon'ble PM Shri Narendra Modi's relentless efforts, June 21 was declared as the International Yoga Day by the United Nations General Assembly.

Accordingly we at K. G. Mittal took the following pledge under the able leadership of our principal Dr. Shagun Srivasatava

I pledge to imbibe yoga as a lifestyle by practicing it regularly, both for myself and with my family.

No of student Participation :- Male:-29, Female:-37, Total -66



6. Mass Demonstrations 21st June 2024

"Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life. The wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population." This infused an era of holistic health revolution in which attention was given more to prevention rather than the cure. The demonstration method is considered to be the best approach to learn

yoga in today's life. This method saves time in presenting, concentrates attention of beginners on relationships to be understood, and makes effectual use of the power of observation. Accordingly, a mass demonstration in the 3rd floor auditorium of the college was held.

No Participation Male:-29, Female:-37, Total -66



7. HIV/AIDS Awareness Training Session Conducted by Mumbai Districts AIDS Control Society (MDACS) 23rd July 2024

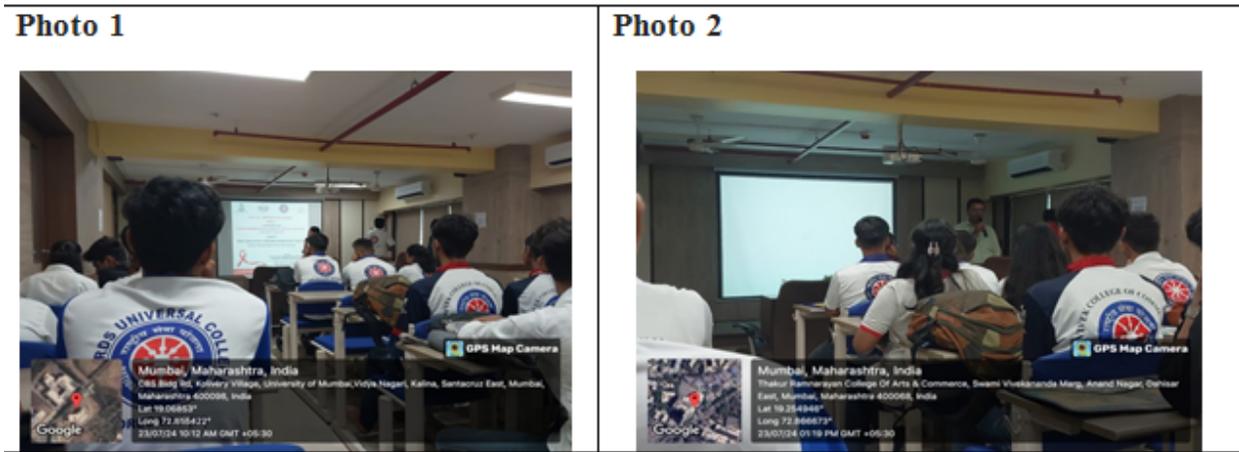
Objective: To raise awareness among the general population about HIV/AIDS through Information, Education, and Communication (IEC) activities.

Key Topics Covered:

- **Understanding HIV and AIDS:**
 - Definition of HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immunodeficiency Syndrome)
 - Transmission pathways of HIV infection (e.g., unprotected sexual intercourse, sharing contaminated needles, mother-to-child transmission)
- **Risk Factors for HIV Infection:**
 - Examination of various behaviors that increase the risk of HIV transmission, such as multiple sexual partners, intravenous drug use, and engaging in high-risk sexual practices.
- **HIV Testing:**

- o Importance of voluntary HIV testing and counseling
- o Availability and accessibility of HIV testing services
- **HIV/AIDS Treatment:**
 - o Overview of available treatment options for HIV/AIDS, including antiretroviral therapy (ART)
 - o Importance of early diagnosis and adherence to treatment regimens

No of student Participation Male:-01, Female:-01, Total-02



8. Red Ribbon club Peer Training on HIV & AIDS :- 27th July 2024

Resource person: Sneha Pakhare, Dharmesh Padri

Objective: To raise awareness among the general population about HIV/AIDS through peer-led Information, Education, and Communication (IEC) activities.

Key Topics Covered:

- Understanding HIV and AIDS, its Transmission pathways
- Risk Factors for HIV Infection
- HIV Testing/ treatment

The peer-led approach to HIV/AIDS awareness training proved to be highly effective in engaging participants and promoting a deeper understanding of the issue.

No of student Participation :-Male:-17, Female:-22, Total-39

Photo 1



Photo 2



9. Kargil Vijay Diwas Paying Homage :- 26th July 2024

Kargil Vijay Diwas ('Kargil Victory Day') is celebrated on 26 July every year in honor of the soldiers who fought in the Kargil War. The contribution of the soldier in 1999 for 3 months was updated to the student and two minutes of silence was observed to commemorate the contributions of the Indian Armed Forces in the college. Patriotism is a social value; the feeling of patriotism is to be inculcated at college level to make sure that student becomes the responsible citizen of our Nation.

Participation Male:-17, Female:-22, Total-39

Photo 1



Photo 2



10. Paper Bag Making :- 2nd August 2024 “We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better.” Accordingly the paper bag making activity was conducted to ignite to need to

adopt paper bags instead of the handy plastic bags. This was done to make them aware about the threat caused by the plastic bags to the environment. The students were guided how to make paper bags out of recycled papers (newspaper). Students were quite enthusiastic about the activity. This activity resulted in increased participation towards improving Mother Nature. Students showcased their creativity and artistic skills by making attractive paper bags and decorating them vibrantly.

Number of students participated :-Male 5, Female 4,Total 9

Photo 1



Photo 2



Photo 3



Photo 4



11.Paper Bag Distribution :- 3rd August 2024

To reduce plastic waste, communities and organizations have started distributing eco-friendly paper bags. These bags serve as alternatives to single-use plastics, reducing pollution and conserving resources.

Paper bags, made from recycled paper, are now being used in stores, reducing plastic consumption, and decreasing long-term environmental damage.

Number of students participated :-Male 6, Female 12, Total 18

Photo 1



Photo 2



12. Poster making Swachha sagar :- 5th August 2024

Swachh Sagar Campaign: Under the "Swachh Sagar" initiative, volunteers have been actively cleaning beaches and promoting the importance of a cleaner ocean. The initiative aims to reduce plastic pollution in water bodies.

"Swachh Sagar" not only focuses on physical cleaning but also advocates for raising awareness about marine life protection and the harmful effects of pollution on aquatic ecosystems.

Number of students participated :-Male 15, Female 8, Total 22

Photo 1



By Sneha Pakhare

Photo 2



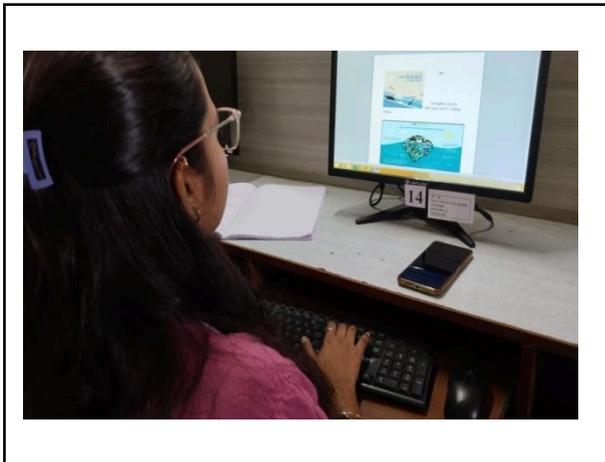
By Bhoomi Vishwakarma

13. Poster Making Save Water :- 5th August 2024

Save Water Campaign: The "Save Water" campaign has focused on educating the public about water conservation techniques, like rainwater harvesting, reducing water wastage, and sustainable agricultural practices.

Water conservation campaigns have seen a positive response, with citizens implementing water-saving techniques in their households and communities

Number of students participated :-Male 13 , Female 8,Total 23

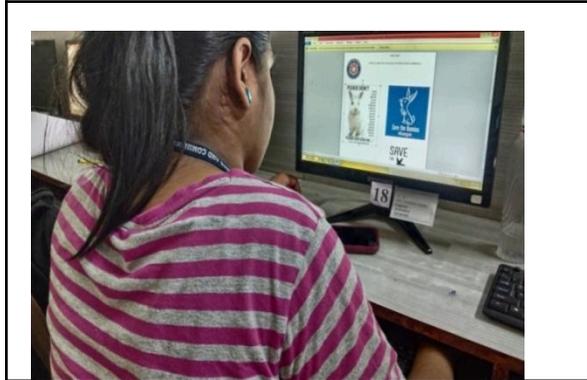


14. Poster Making Save Animal :- 6th August 2024

Save Animals Awareness: Awareness programs have emphasized the importance of animal conservation and protection. Activities like wildlife habitat restoration, anti-poaching efforts, and campaigns against cruelty to animals have gained widespread attention.

The "Save Animals" initiative has been instrumental in reducing illegal hunting, protecting endangered species, and promoting ethical treatment of animals in both rural and urban areas.

Number of students participated :-Male:-15 , Female:- 8 Total :-23



15.P
2024



Bird populations are declining due to habitat loss and climate change. We must act now to protect these vital creatures and their ecosystems. We aimed to raise awareness and inspire action to protect these essential species and their ecosystems.

Number of students participated :-Male:- 5, Female :- ,6Total :-11



16.Har Ghar Tiranga (Youtube Programme) :- 7th August 2024

The "Har Ghar Tiranga" invites every Indian to bring the Tiranga into their homes and proudly hoist it in celebration of our nation's independence. The Indian National Flag is not just a symbol but a profound representation of our collective pride and unity. Historically, our relationship with the flag has often been formal and distant, but

this campaign seeks to transform it into a deeply personal and heartfelt connection. The "Har Ghar Tiranga" initiative strives to ignite a deep sense of patriotism within every citizen and foster a greater understanding of the significance of our national flag.

Number of students participated :-Male 8 , Female 8,Total 16



17. Har Ghar Tiranga Orientation & Pledge :- 10th August 2024

A "Har Ghar Tiranga" orientation program informed participants about the campaign's significance and objectives. Attendees discussed the national flag's history and its symbolism. The program clarified guidelines for respectfully hoisting the flag at homes. Participants collectively pledged to actively participate in the initiative. The event fostered a sense of national pride and unity in celebrating India's independence.

Number of students participated :-Male8, Female 15 Total 23

Photo 1

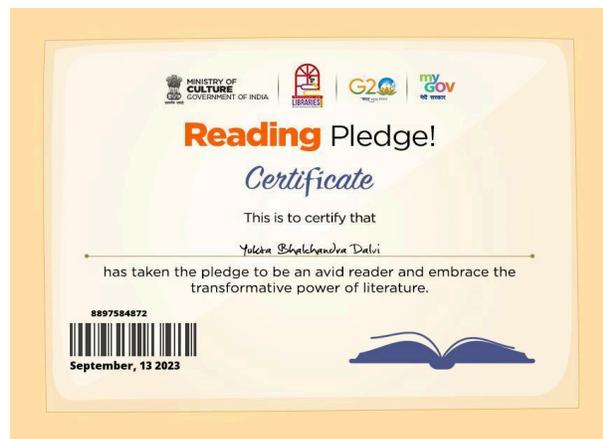


Photo 2

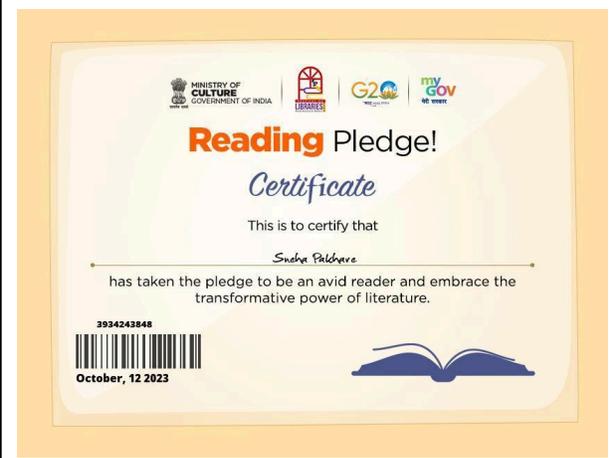


Photo 3

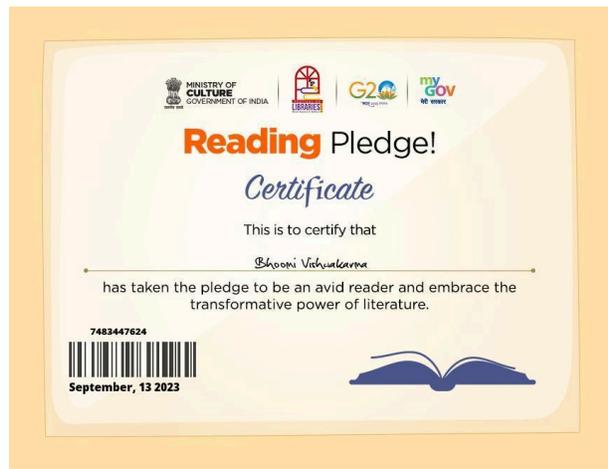
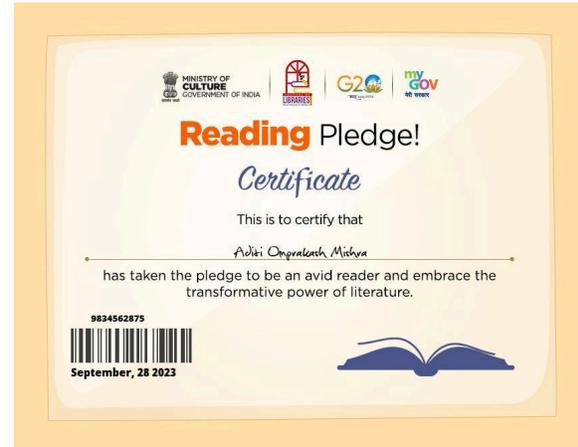


Photo 4



18. Har Ghar Tiranga Popularisation Programme (Door To Door Reach) :-14th August 2024

The Har Ghar Tiranga campaign, aimed at promoting patriotism and celebrating India's independence, saw enthusiastic participation across the nation. Door-to-door outreach programs successfully distributed flags and encouraged citizens to hoist them in their homes. Volunteers engaged with communities, sharing the significance of the campaign and the national flag. The initiative fostered a sense of unity and national pride, with widespread display of the Tiranga. The campaign effectively reached a large segment of the population, strengthening the connection between citizens and the symbol of their nation.

Number of students participated :-Male 8 Female 15,Total 23

Photo 1



Photo 2



Photo 3



Photo 4



19. Slogan Writing :- (20th August 2024)

The activity aimed to raise awareness about environmental issues and encourage students to think creatively about solutions to pollution. The activity saw enthusiastic participation from students, showcasing their talent and concern for the environment. The slogan writing competition was an excellent platform for students to express their ideas and

concerns about environmental issues. It successfully raised awareness and encouraged students to think critically about how they can contribute to a cleaner and greener world.

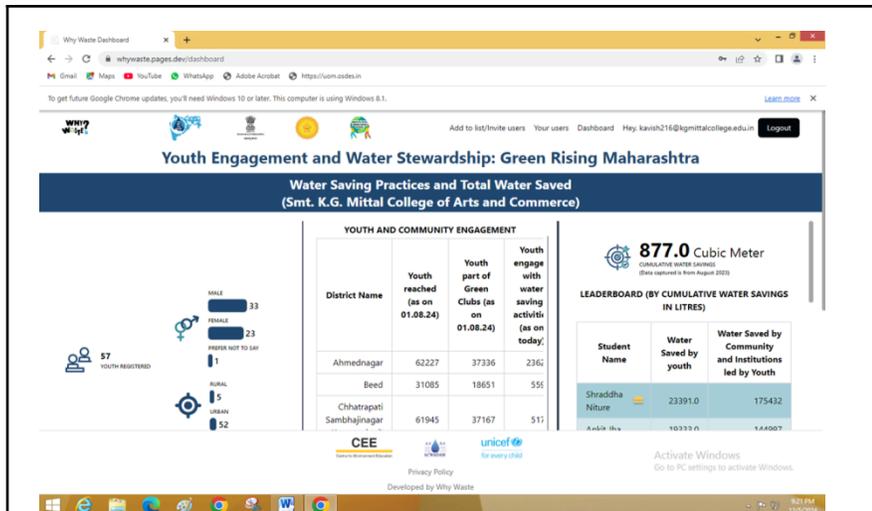
Number of students participated :-Male 8 Female 15,Total 23



20 Save Water Awareness Drive (21st August 2024)

The NSS unit promoted and created an awareness drive about saving water through the Why Waste, the project is a collaborative effort with CEE and UNICEF, promoting water conservation among youth and communities. The program aimed and utilized the Why Waste app to track individual and community water savings, with a student Ms. Shraddha Niture leading with 23,391 liters saved.

Number of students participated :-Male 33 Female 23,Total 56



21.Swachha Bharat Awareness :- 22nd August 2024

Swachh Bharat Abhiyan clean-up drive raised awareness about the importance of sanitation and hygiene in the community. Volunteers actively participated in cleaning public spaces, including streets, parks, and surrounding areas. The drive aimed to instill a sense of responsibility among citizens towards maintaining cleanliness and reducing waste.

Number of students participated :-Male 18 Female 5 ,Total 23



22.Health & Hygiene 23rd August 2024

Promoting handwashing hygiene is essential in public health initiatives to improve community health outcomes. Proper handwashing technique, including thorough washing and drying, maximizes its effectiveness in germ removal. Integrating

handwashing education into daily routines, especially before meals and after using the restroom, is crucial for maintaining personal and public health. An awareness session in this regard was held that aimed to improve sanitation practices and reduce the spread of illness.

Number of student participated Male 24 Female 37 Total 61



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23 Swachhta Hi Seva (SHS) Beach Cleaning :- 17 September 2024

Report on "Swachh Bharat Swachh Sagar" Beach Cleaning Activity
Location: Aksa beach
Organized by: University of Mumbai
Under the "Swachh Bharat Swachh Sagar" beach cleaning activity conducted. The initiative aimed to raise awareness about marine pollution and contribute to the cleanliness and environmental protection of the coastal ecosystem. Volunteers actively participated in collecting various types of litter, including plastic bottles, bags, wrappers, glass, and other debris. The "Swachh Bharat Swachh Sagar" beach cleaning activity was a successful endeavor that brought together volunteers from diverse backgrounds to contribute to a cleaner and healthier coastal environment.

This initiative highlights the importance of community participation and collective action in addressing environmental challenges.

Number of students participated :-Male 5 Female 6,Total:- 11



24. Swachhta Hi Seva Mangrove Clean Up Drive :- 21th September 2024

A mangrove cleaning drive successfully removed debris and plastic waste from a vital coastal ecosystem. Volunteers worked together to restore the natural beauty and health of the mangrove forest. The initiative raised awareness about the importance of mangroves for coastal protection and biodiversity. Participants collected and properly disposed of harmful pollutants, preventing

them from further damaging the environment. The cleaning drive fostered a sense of community responsibility and encouraged ongoing efforts to protect these valuable natural resources.

Number of students participated :-Male :- 0 Female:- 4,Total :-4

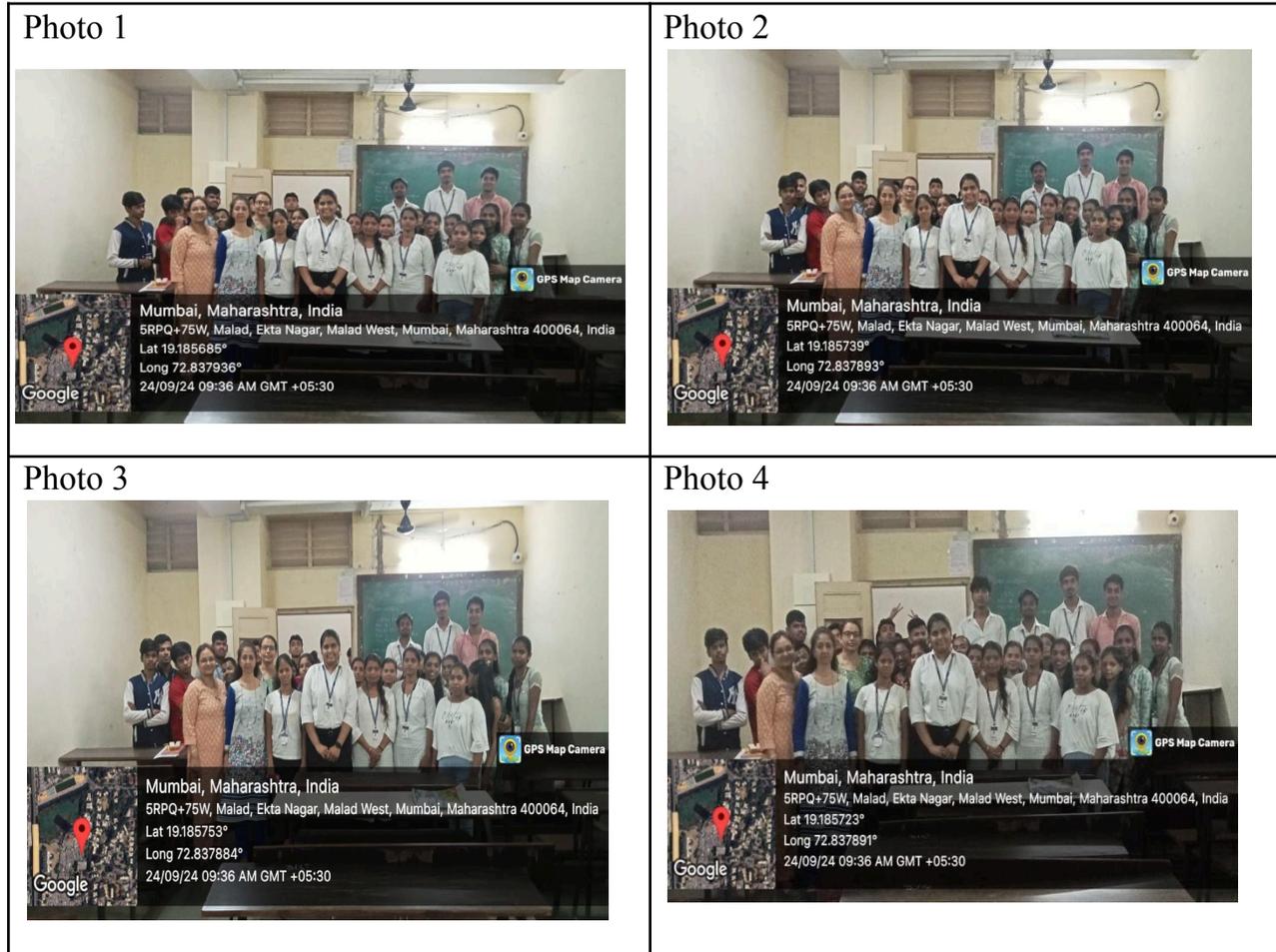


25. NSS Day Celebration :- 24 September 2024

The National Service Scheme (NSS) allows students to be a part of various government –led community services activities and program. It is a special occasion to honor and celebrate the efforts of every volunteer in working towards the well-being of everyone in

their community. The day was celebrated by a lecture on NSS and its role in community outreach to light up the spirit of NSS amongst the volunteers. In all 28 students participated in the program

No.of student participant:- Male- 9.Female:-19 Total :-28



26. Swachhta Samundra E- Poster :- 24th September 2024

A "Swachh Samudra" (Clean Ocean) e-poster making activity engaged participants in creatively promoting ocean conservation. Participants designed digital posters highlighting the detrimental effects of pollution on marine life and ecosystems. The activity aimed to raise awareness about the importance of reducing plastic waste and protecting our oceans

Number of students participated :-Male:- 4 Female :-5,Total:- 9



27. Swachha Samundra Poster Awareness :-25th September 2024

Swachha Samundra posters were shared online & physically to amplify the message and encourage responsible environmental behavior. The initiative fostered digital creativity while advocating for a cleaner and healthier marine environment.

Number of students participated :-Male 20 Female 24, Total 44



28. Voter Awareness 17 October 2024

The event focused on educating citizens about the importance of voting. Information on voter registration and the electoral process was disseminated. Street plays and rallies were conducted to engage the community. The campaign successfully reached a large number of people and encouraged voter participation.

No of student Participation Male:-1 Female:-3 Total:- 4

Photo 1



Photo 2



Photo 3



Photo 4



29. Cyber Jagrukta Awareness:- 22nd October 2024

The Cyber Jagrukta Awareness program was held on 22nd October 2024. The event aimed to educate students about online safety and cybersecurity. Students learned about the dangers of cyberbullying and online harassment. The program included interactive sessions to engage students. Participants were encouraged to share their experiences and ask questions. Students pledged to practice safe online habits and spread awareness. The event marked an important step towards creating a cyber-aware community.

Number of students participated :-Male:- 4 Female:- 5, Total :-9



30. Digital Surakshita

The Digital Surakshita program was held on 23rd October 2024. The event focused on promoting digital literacy and online safety. Students learned about the importance of strong passwords and two-factor authentication. The Participants received resources on how to report cybercrimes and seek help. The event contributed to creating a digitally aware and responsible community.

Number of students participated :-Male:- 8 Female:- 13 Total :-22

Photo 1



Photo 2



31. SVEEP Pledge :-26th October 2024

Systematic Voters' Education and Electoral Participation program, better known as SVEEP, is the flagship program of the Election Commission of India for voter education, spreading voter awareness and promoting voter literacy in India.

Accordingly the NSS unit under SVEEP undertook a drive to *Encourage students and their families and friends to register and vote and Participate in voter registration drives.*

Number of student participants:- Male :32 Female :30 Total:- 62



32. Eco-friendly Kandil (lantern) Making (10 october 2024)

A paper Kandil (lantern) making activity was conducted with the objectives of fostering creativity, promoting environmental awareness, and celebrating cultural heritage

A step-by-step demonstration of Kandil making was provided to participants. Different Kandil designs (simple to complex) were introduced. Participants were encouraged to experiment with colors, patterns, and decorative elements. Assistance was provided to participants as needed. **Activity Outcome:** Participants successfully created a variety of colorful and unique paper Kandeels. The activity fostered a sense of accomplishment and pride among participants. The handmade Kandeels were displayed for admiration

No. of student participants :-Male :- 9 Female:- 4 Total:-13

Photo 1



Photo 2



33. Daan Utsav

Daan Utsav is a powerful movement that fosters a culture of giving and compassion within Indian society. By participating in this initiative, individuals can make a significant difference in the lives of others and contribute to a more just and equitable world. THE UTSAV IN OUR COLLEGE focused on providing handmade paper pouches and Kandeels (traditional lanterns) to underprivileged children. This act of kindness not only provides them with useful items but also fosters a sense of joy, creativity, and community support.

Number of student participants:- Male : 4 Female : 12 Total:- 16

Photo 1



34. Voting Day – assistance :- 20th November 2024

To help voters particularly - senior citizens, divyangjan, pregnant women etc to navigate the voting process within the polling place and to help them find information on candidates and ballot measures. The NSS volunteers assisted such target groups in casting their votes.

Number of student participants:- Male : 0 Female : 2 Total:- 2

35. Pulse Polio Drive: Polio Vaccination Drive (Training Program): NSS volunteers of our College had attended training program to participate in Government's National Polio Vaccination Program (Pulse Polio Immunization Programme) on **5 december 2024**

No of student participant:- (Male :- 10, Female -12) Total 22



36. Polio Vaccination Drive 9 December to 13th December 2024 (6 Days) NSS unit of our College participated in Government's National Polio Vaccination Program (Pulse Polio Immunization Programme) Door to door Polio Drive starting from 9th December to 13 December 2024.

No. of Student participation:- (Male -8, Female 11 – Total:-19)

Photo 1



Photo 2



Photo 1



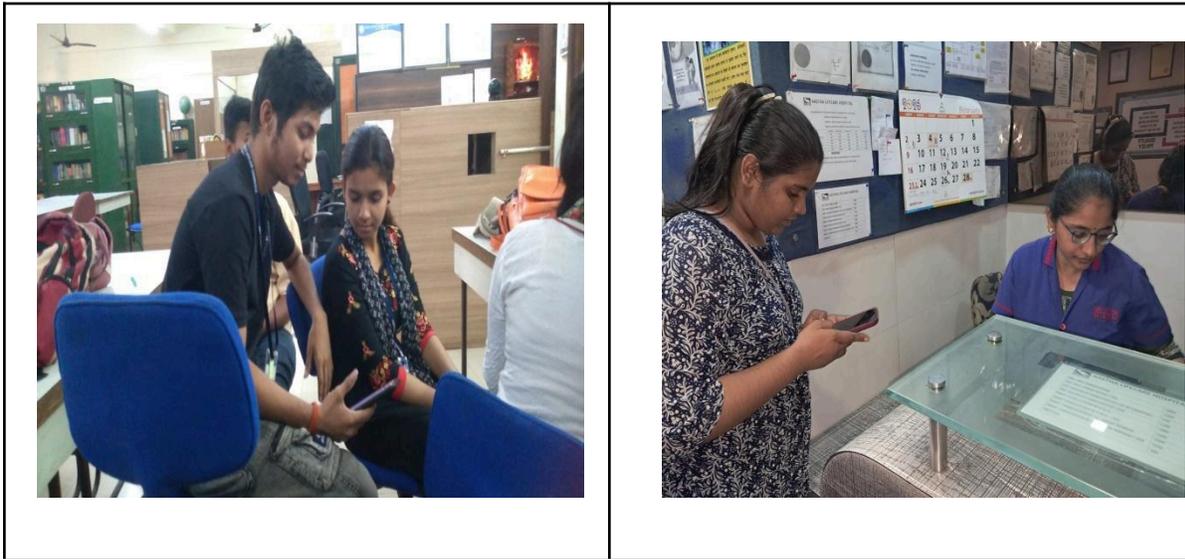
Photo 2



37. Financial literacy Survey:-9th to 14th December 2024

Financial literacy survey assessed the participants' understanding of key financial concepts, including budgeting, saving, and investing. The survey revealed varying levels of financial knowledge across different demographics, highlighting areas for targeted education. Initial findings suggest a need for increased awareness regarding debt management and long-term financial planning. The survey emphasized the importance of financial literacy in empowering individuals to achieve financial well-being.

Number of participants Male : 34 Female : 55 Total 89



38 Paper pouch Making :- 13thDecember2024

A paper pouch making Workshop was conducted to foster creativity, promote environmental awareness, and develop practical life skills. The objective was to promote the use of recycled materials and reduce reliance on single-use plastics. A step-by-step demonstration was provided to participants on various paper pouch making techniques (e.g., folding, gluing, and decorating). Participants were encouraged to experiment with different designs, colors, and embellishments. Assistance was provided to participants as needed. The activity raised awareness about the environmental impact of plastic pollution and the importance of sustainable alternatives. The workshop fostered a sense of community and shared learning among participants.

Number of student participants :- Male:- 2 Female:- 3 : Total:- 5



39. Fit India(Pledge):- 16th December 2024

The Fit India movement, launched by the Government of India, aims to encourage sports and physical activity among all citizens. our college celebrated the **Fit India Week Celebrations** from 16th December 2024 to 21st December 2024

- To enhance the physical fitness levels of students.
- To inculcate healthy lifestyle habits among students.
- To promote sportsmanship and teamwork.
- To create a vibrant and energetic school environment.

Special events and activities were organized during Fit India Week, including

1. Pledge 16/12/24

No of student Participant Male:-22 Female:-40 Total 60



40 Air Pollution Survey :-16th to 21st December 2024

The air Pollution Survey was conducted from 16th to 21st December 2024. The survey aimed to assess and raise awareness of the NSS volunteers about air pollution. The survey included interactive sessions on sustainable practices. Participants received resources on how to reduce their carbon footprint. The event contributed to raising awareness about air pollution and promoting sustainable practices.

No of student Participant:- Male:-4 Female:-11 Total :-15



41.prakruti parikshan :- for the students, staff, stakeholders and neighbouring community 17/12/24 Ayurveda is a science that considers each and every human being as a clearly unique & different being. The treatment that goes well for one person is not necessarily similar for the other. Based on this theory, Ayurveda has categorized people on the basis of prakruti, on their characters and habits into different units “Vata, Pitta & Kapha”. Physicians and the person can know & understand what his/her body needs & what it wants to refrain & for prevention of lifestyle disorder, specific disease & maintain their personal health. Through this campaign prakruti was recorded and each individual got PRAKRUTI CERTIFICATE & also DIETARY ADVICE what to eat, how much exercise can be done daily to prevent lifestyle disorders. Next day the medical camp was organized for the stakeholders (parents), community outreach (neighboring area) and NSS volunteers of neighboring college. Based on the prakruti report many students have adopted healthier lifestyle habits, including regular exercise and a balanced diet. The Fit India initiative had a positive impact on the lives of students of our college. Through a variety of activities and programs, the school has successfully promoted physical fitness, healthy lifestyles, and a love for sports among its students.

No. Of student Participants Male :-242 Female :- 194

Photo 1



Photo 2

Photo 3



Photo 4



42. Nadi parikshan 18th Decemer 2024

Nadi Parikshan, an ancient Ayurvedic diagnostic technique, involves pulse diagnosis to assess an individual's health and well-being. Practitioners analyze the subtle movements of the radial pulse to understand the balance of the three doshas (Vata, Pitta, Kapha). This traditional method provides insights into potential imbalances and guides personalized treatment approaches, including dietary and lifestyle recommendations. Nadi Parikshan is considered a non-invasive tool for understanding an individual's constitution and identifying potential health issues. It plays a significant role in Ayurvedic medicine by offering a holistic perspective on health and disease.

No of student Participant :-Male :-15 Female:-25 Total 40

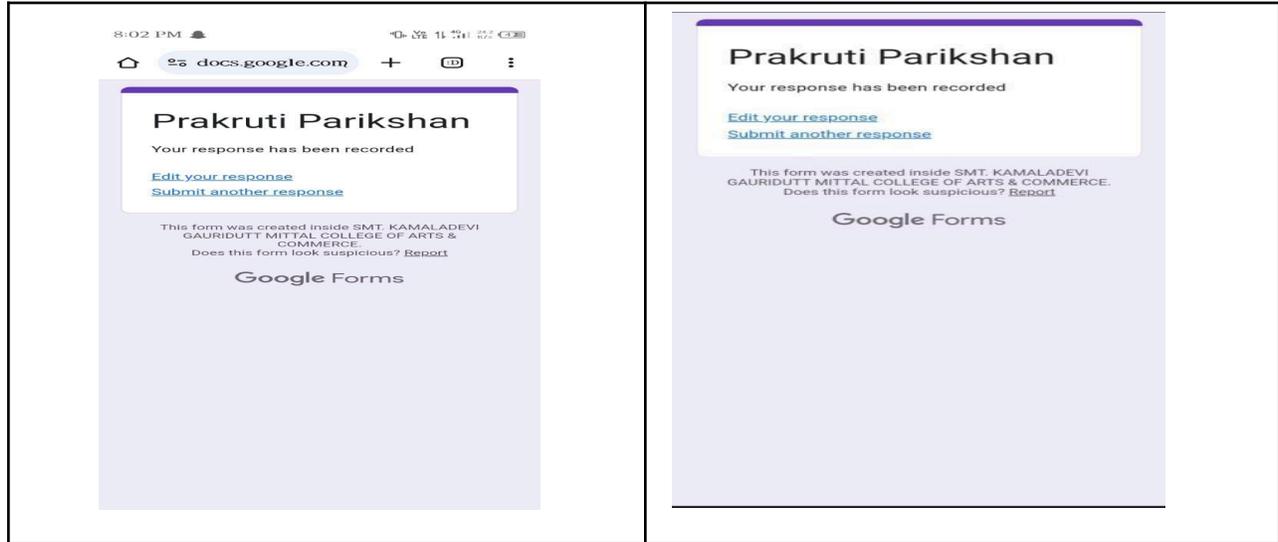


43. Online Quiz on Prakruti Parikshan 20th December 2024

A quiz on Nadi Parikshan, the ancient Ayurvedic pulse diagnosis technique, was conducted to assess participants' understanding of this traditional healing practice. The quiz covered various aspects of Nadi Parikshan, including the principles of doshas (Vata, Pitta, Kapha), pulse identification, and its application in health assessment. Participants demonstrated varying levels

of knowledge, with some showcasing a deep understanding of the subject while others required further learning. The quiz highlighted the importance of preserving and promoting traditional Ayurvedic practices like Nadi Parikshan.

No of student Participant :- Male :- 1, Female :-8 Total:-9



44.ESSAY WRITING:- 20TH DECEMBER 2024

The essay writing activity centered around the theme of "Sustainable Development and its Goals." Participants were tasked with crafting essays that addressed key aspects of this topic. This included defining sustainable development, explaining its importance, outlining the interconnectedness of its various goals, and discussing the challenges and opportunities associated with achieving them.

The essay writing activity on sustainable development and its goals provided a valuable platform for participants to explore this critical topic. By engaging with the key themes and reflecting on the challenges and opportunities, participants likely gained a deeper understanding of the importance of sustainable development and their role in creating a more sustainable future.

No of Student Participant Male:-5 Female:- 5Total 10

Photo 1



Photo 2



Photo 3



Photo 4



45.Fit India - Fun Games :- 21st December 2024

Engaging and enjoyable games play a crucial role in promoting physical fitness within the Fit India movement. These games, designed to be inclusive and accessible, encourage individuals of all ages to participate in physical activity. Such activities not only improve physical health but also foster teamwork, sportsmanship, and a sense of community. The Fit India movement utilizes these games to inspire a nationwide culture of fitness and well-being.

No of Student Participant:- Male:-15 Female:- 18 Total 33

Photo 1



Photo 2



Photo 3



Photo 4



46. MY VIEW ON LEADERSHIP :- 23rd DECEMBER 2024

The "My View on Leadership" event was held .The event aimed to promote leadership skills and inspire students.Participants shared their perspectives on leadership and what it means to them. Dr. Navnita Megnani shared insights on effective leadership qualities and practices.

The event included interactive sessions on teamwork and communication.Participants received resources on how to develop leadership skills.

No of studenParticipant :-Male:- 5Female:- 6 Total :-11

Photo 1



Photo 2



Photo 3



Photo 4



47. VEER BALDIWAS :- 26th DECEMBER 2024

Veer Bal Diwas was celebrated on to honor the martyrdom of the Sahibzades.

The event aimed to inspire students with the values of courage and sacrifice.

3. Students participated in the event by watching the youtube message of the honorable prime minister Mr. Modi

Who shared stories of the Sahibzades' bravery and their significance in Indian history.

The event contributed to promoting patriotism and national pride among students.

No.of student Participant:- Male:-8 Female:- 15Total23

Photo 1

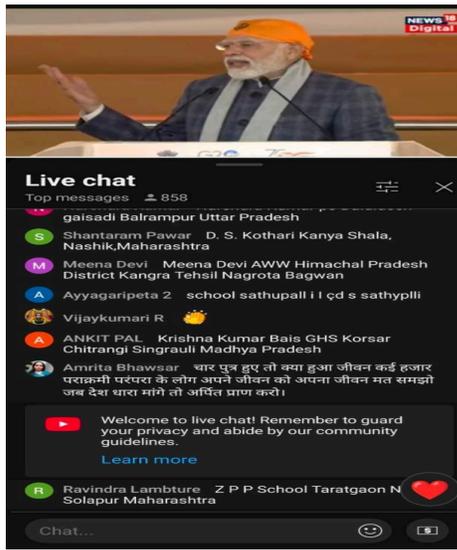


Photo 2



48.GRANTH DINDI :- 4TH JANUARY 2025

"Granth Dindi" is a book procession, a traditional Marathi cultural event, where books are carried in a palanquin (a type of carriage) as part of a larger procession, often used to promote reading and literacy.

No.of student Participant:- Male:-2 Female:-6 Total 8

Photo 1



Photo 2



Photo 3



Photo 4



49.वाचन संस्कृती आणि आजचा युवक :- 8th January 2025

(Vachan Sanskruti aur Aajcha Yuvak)*

The event "Vachan Sanskruti aur Aajcha Yuvak" was held on 8th January 2025 under the aegis of govt of maharashtra The event aimed to promote reading habits and literary awareness among students. Dr. Sanchita Roy, the NSS PO who has sole authored 6 undergraduate textbooks shared insights on the importance of reading in today's digital age.

Students pledged to develop a regular reading habit and explore different genres of literature.

The event was organized in collaboration with the english literary cell and book club of the library .The event contributed to promoting a culture of reading and literary appreciation among students.

No.of student Participant Male:- 1,Female:-3 ,Total :-4

Photo 1

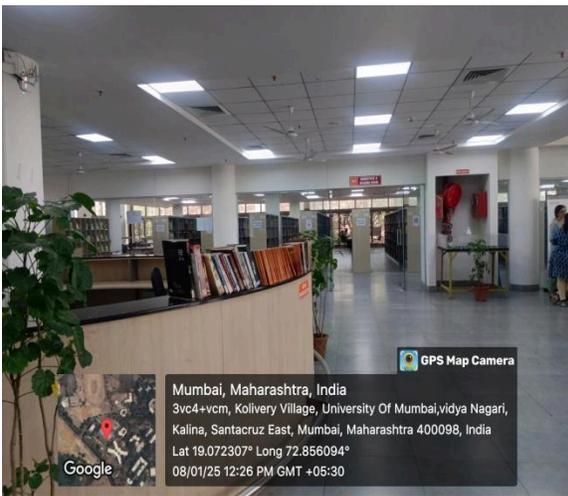


Photo 2



Photo 3



Photo 4



50.TB mukt Bharat:-10th January 2025

10 Jan 2025 TB Mukht Bharat

The "TB Mukht Bharat" event was held on 10th January 2025

The event aimed to raise awareness about tuberculosis and promote a TB-free India. Experts shared information on the causes, symptoms, and treatment of TB.

.Students participated in Digital poster-making, and e awareness creation . Students pledged to spread awareness about TB and promote healthy habits.

The event contributed to promoting awareness and action towards a TB-free Indiaby 2025

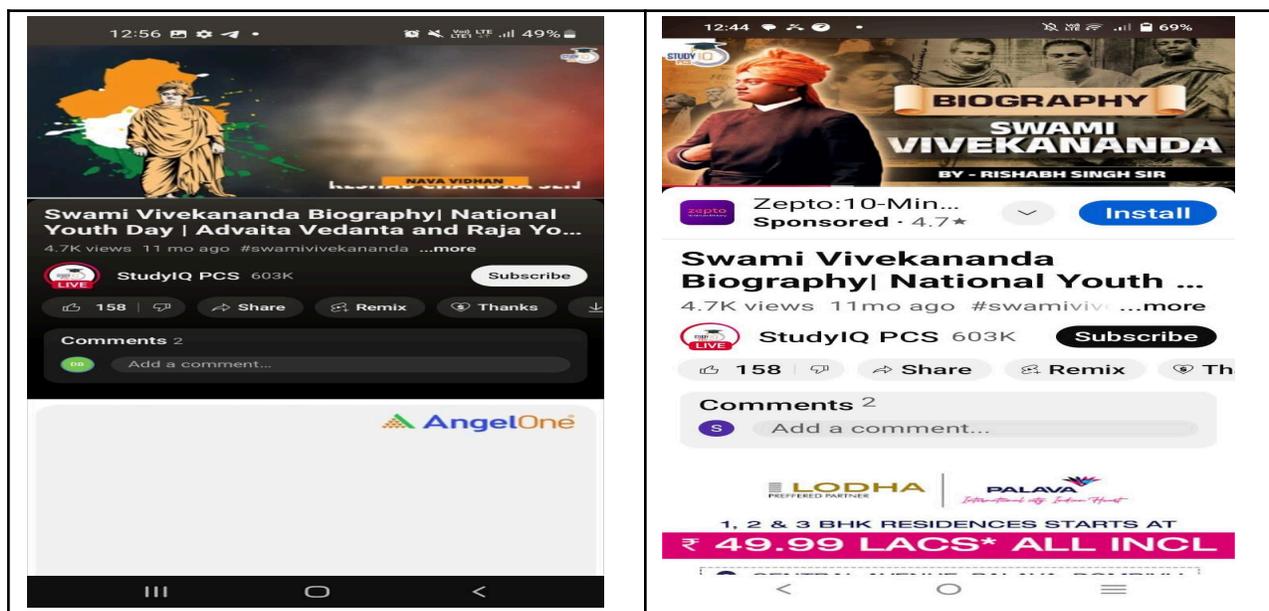
No of student Participant :-Male:-0 Female:-5 Total:- 5



51. Swami vivekananda Jayanti (National Youth Day):-12 January 2025

Swami Vivekananda Jayanti, celebrated annually on January 12th, commemorates the birth anniversary of the influential Indian spiritual leader and philosopher, Swami Vivekananda, also known as National Youth Day.

No of student Participant Male:- 4,Female:-11 Total 15

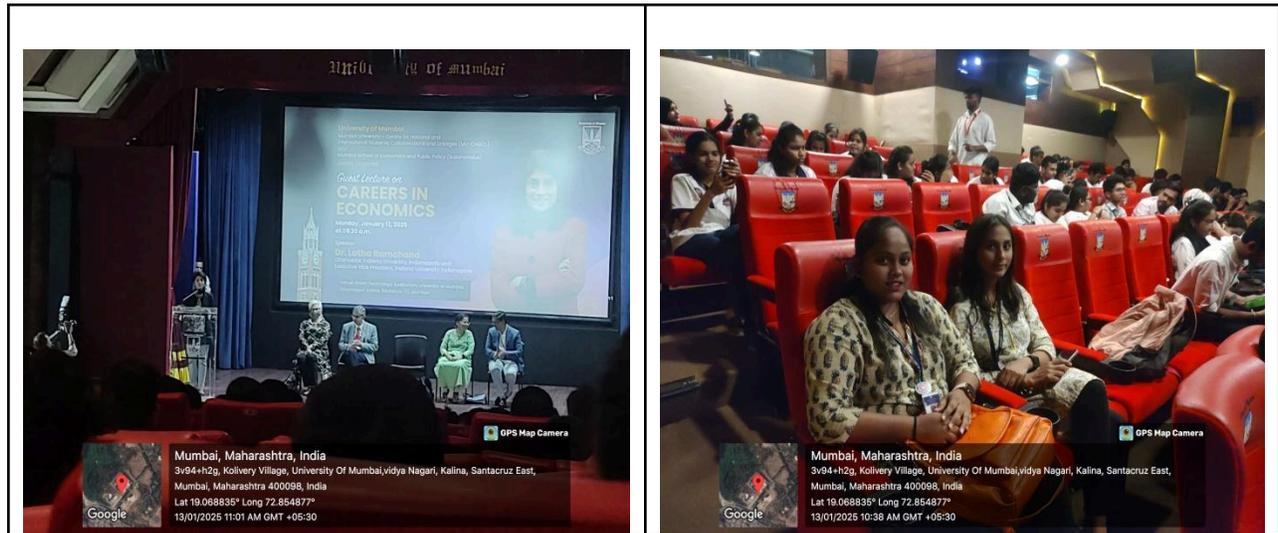


52. Career in Economics :- 13th January 2025

Mumbai University - Centre for National and International Students, Collaborations and Linkages (MU-CNISCL) and Mumbai School of Economics and Public Policy (Autonomous) jointly organized a guest lecture on Careers in Economics . The speaker is Dr. Latha Ramchand, Chancellor, Indiana University Indianapolis and Executive Vice President, Indiana University, Indianapolis.

The speaker stated that Economics offers diverse career paths in academia, research, government, and the private sector, focusing on analyzing markets, forecasting trends, and advising on policy. Demand for economists remains strong, with specializations like econometrics, behavioral economics, and financial economics gaining prominence in the competitive world.

No Of student Participant :-Male:-0 Female:- 2 Total : 2



53 .National Voter day – Pledge and Poster Making :-25th January 2025

National Voters' Day 2025: National Voters Day was celebrated on 25 January to encourage the youth to participate in the vote in the electoral process. It not only encourages the youth to participate in the electoral process but also focuses on the fact that the right to vote is a basic right. Poster making activity was done to create awareness among the youth

No.of student Participant :-Male:- 6 Female:- 12Total :-18



54. Online Training Course In Organ Donation awareness:-8th February 2025

The online training course for Organ Donation Awareness is conducted by the NSS-University of Mumbai. The training program involved studying eight chapters on organ donation and completing a questionnaire based on each chapter. The course was structured around eight chapters covering various aspects of organ donation. Participants were required to read each chapter and then complete a corresponding questionnaire to assess their understanding of the material. The structured approach, with its chapter-wise questionnaires and clear certification criteria, ensures that participants gain a thorough understanding of this important topic. The SOP and project implementation documents provide the necessary framework for the successful execution and evaluation of the training program.

No. of student Participant :-Male:-8 Female:- 9 Total :-17



55. Punyashlok Ahilyadevi Holkar Jayanti Trishtabdi sambharmbh:-14th February 2025

A celebration marking the trishtabdi (300th birth anniversary) of Punyashlok Ahilyadevi Holkar was organized by the University of Mumbai. The event's chief guest was Padma Bhushan Shrimati Sumitra Tai Mahajan. Shrimati Mahajan shared inspiring stories about Ahilyabai Holkar's life and also recounted personal anecdotes from her own experiences. She highlighted the enduring respect and reverence the people of Indore continue to hold for Ahilyabai, emphasizing their unity and willingness to uphold her values regardless of religious differences. She also announced that Ahilyabai's birthplace, Ahmednagar railway station, has been renamed Ahilya Nagar in her honor. During her address, Shrimati Mahajan noted that Ahilyabai Holkar was bestowed with the title "Jaganmata" (Mother of the Universe) and was the first woman to receive the prestigious title of "Punyashlok." Ahilyabai Holkar is remembered as a great warrior queen and a symbol of courage, leadership, and unwavering devotion to her people.

No of student Participant :-Male:- 0,Female:- 4,Total 4



56.NSS Prize Distribution :- 1st March 2025

The Prize Distribution Ceremony was organized for the NSS volunteers of the current academic year where several prizes were given for the outstanding performance/Achievement/contribution in NSS Activities like environment champion , swachha bharat, women empowerment and gender equality etc.

No of student Participant :-Male:-09 ,Female:-13 ,Total:- 22



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