

B. M. RUIA GIRLS' COLLEGE
NSS REGULAR ACTIVITIES REPORT 2018-19

MARWADI SAMMELAN'S

B. M. RUIA GIRLS' COLLEGE



NAAC Accredited B+ 3rd Cycle

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SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES

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NSS Activities in association with Government and NGOs during 2018-19

- BMC
- Disaster Management Cell, Greater Mumbai
- Consumer Guidance Society
- KARM NGO
- Indian Red Cross Society
- Lodha Foundation
- Rotary Club of South Mumbai
- Sathya Sai Seva Organization
- Ramakrishna Mission
- Family Planning Association India
- Antarang NGO
- Dena Bank
- Union Bank of India

YOGA AND HEALTH

The NSS Unit of B.M.Ruia Girls' College conducted a week long "Yoga Awareness Programme" on the occasion of International Yoga Day.

- **21st June, 2018 - International Yoga Day**

B.M.Ruia Girls' College celebrated International Yoga Day with great enthusiasm on 21st June 2018, at Shri Ramprasad Poddar Sabagrah. Resource people Ms.Nilima Wagle, Ms.Sucharita Saple and Ms.Vidya Satardekar from Swami Vivekanand Kendra, Dadar, emphasized on the importance and benefits of Yoga and conducted Asanas, Pranayama and Meditation. Around 80 Students and 20 teachers participated in the Yoga Workshop.

Yoga Session was organized on 22 June, 2018, as a part of the week long "Yoga Awareness Programme" held to celebrate International Yoga Day. The resource person for the Yoga Session was Yoga Expert, Ms. Jyoti Dave from Ahmedabad. Ms. Dave did her Yoga Teachers Training Course from USA. She demonstrated various Yoga Asanas, standing postures, sitting postures, backward and forward postures, Pranayam, Kapaalbhati, Anulom vilom, Yognidra, Omkaar, Vrikshashan- Tree Pose, Trikonasan- Triangle pose, Dhanurasana, Paschimotasan- Forward bend, Ardhamatsendryasan- Half spinal twist and many more. She told about the benefits of these asanas and also briefed about Power Yoga. 75 Students and 15 teachers actively participated and performed asanas during the Yoga Session which was enlightening and extremely beneficial for everyone.

On 23rd June 2018, Yoga Awareness Programme was organized in the college by faculty and students of the college. Ms Sapna Bhamri explained and taught Tratak Kriya, Ms Anita Jain taught Pranayam and SYBA student Divya Suthar

demonstrated Suru namaskar. Around 25 students and Faculty attended the program.

“Orientation and Training Common Yoga Protocol” – 26th June, 2018

The NSS Unit of B.M.Ruia Girls College organized “Orientation and Training Yoga Day Protocol” in association with Department of Physical Education, NSS and Department of Students Welfare, SNTD Women’s University, at Shri Ramprasad Poddar Sabagraha on 26th June, 2018 as part of the celebration of International Day of Yoga.

The eminent resource people Ms. Anjali Joglekar, Ms. Beena Pandya from Department of Physical Education and their student Ms. Shivani Mungekar, demonstrated the Yoga asanas, Yoga techniques and Yoga postures according to the Yoga Day Protocol as per Ministry of Ayush, Government of India. Ms. Joglekar and Ms. Beena spoke about the importance of Yoga for development of mind and body. Joglekar Madam emphasized on breathing techniques, stretching and right postures. She told the students about the need to practice Yoga in their daily routine, the benefits of Yoga to improve health and remedies for certain health problems. Yoga asanas build strength, flexibility and confidence and regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. Beena Madam encouraged the students to participate in Yoga training workshop at National level.

They felicitated our Principal Madam, Dr. Santosh Kaul Kak for taking the initiative to promote Yoga for the welfare of the students and teachers. 46 students actively participated and felt rejuvenated and energetic after the Yoga Training Session which was very beneficial for them. The students assured that they will practice Yoga regularly.

HEALTH AWARENESS PROGRAMMES

- **Thalassemia Minor Screening Camp on 24 September, 2018 -**

Thalassemia Minor Screening camp was organized for the students in association with Rotary Club of South Mumbai on 24th September, 2018.

Mr. Vinay from Think Foundation oriented the students about Thalassemia and answered their queries. After the orientation lecture blood samples of 34 students were collected for Thalassemia Minor screening. After a few days the reports were sent by Think Foundation. The tests were conducted by Health Solutions. The reports showed that 9 students had Iron deficiency and no Thalassemia Minor case was reported. The students were given the reports and counselling on Health, Nutrition and Diet.

- **Pulse Polio Immunization Programme**

The NSS unit undertook Pulse Polio Immunization Programme in the 'D' ward area of Mumbai. An orientation and training programme was organized for the students participating in the immunization campaign.

The Project is conducted on a continuous basis throughout the year. Student volunteers are placed at the centre in 'D' ward area where they administer polio drops to the children of south Mumbai on the stipulated dates. In the following weeks the students conduct door-to-door visit and administer polio drops to children. More than 100 volunteers regularly participate in the Pulse Polio Programme.

12 to 17 August, 2018- Pulse Polio Immunization Programme

18 November, 2018 – Pulse Polio Immunization Programme, Lotus Building

- **Eye Check-up Camp organized by KARM NGO -**

6 January, 2019 – 87th Free Eye Check-up Camp at Worli Naka Municipal School Building, Dr. Annie Besant Road, Worli, Mumbai, from 8 am to 3 pm.

17 February, 2019 - 88th Free Eye Check-up Camp at Municipal School, Kamatipura, 5th Lane, Near Bengali Masjid, Mumbai, from 8 am to 3 pm.

NSS students actively volunteered for registration duty and assistance during the Free Eye Check-up, Free Spectacles Distribution and Free Cataract Operation Camp organized by KARM NGO. More than 5000 people from the community visited the camp. The volunteers helped in carrying out registration of the people attending the camp for check-up and assisted the senior citizens and guided women and children present for the Eye Check-up. They helped in distribution of free spectacles, medicines and conducted awareness programme among the community people.

The volunteers were appreciated by everyone for their dedication and active participation in community service. The NSS volunteers interacted with the community and had a good learning experience. The volunteers were given 'Certificate of Appreciation' from KARM NGO for their hard work, devotion and enthusiasm during the Eye Check-up Camp.

- **Awareness Programme on Menstrual Hygiene by Indian Red Cross Society from January to February, 2019**

NSS students actively volunteered for the month-long Awareness Programme on Menstrual Hygiene Management and distribution of Free Sanitary Napkin Hampers Programme, organized by Indian Red Cross Society. SYBA students Nancy, Badami and Kavita contacted more than 100 schools and told them about the initiative of Indian Red Cross Society to create awareness on Menstrual Hygiene and distribution of Free Sanitary Napkin to economically weak students.

- **Distribution of Sanitary Napkins by Indian Red Cross Society on 12 February, 2019**

Menstrual Hygiene Management by Indian Red Cross Society

The NSS students also volunteered for the Distribution of Sanitary Napkins Programme organized by Indian Red Cross Society. On 12 February, 2019, an Interactive Workshop on Menstrual Hygiene Management and distribution of Free Sanitary Napkin Hampers, was organized at Patkar Hall, SNDT Women's University Campus, Churchgate. Around 40 Schools were invited. The Chief Guest for the occasion was distinguished Prof. Shashikala Wanjari. Mr. Suresh Deora, Vice Chairman, Mr. Vijay Kumar Singhal, Hon. Secretary, Mr. Gajendra Lashkari, Committee Member, Mrs. Chandra Ruia, Committee Member of IRCS - Mumbai and other Dignitaries showed their support for the noble cause and appreciated the volunteers for their active participation.



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An awareness lecture on Menstrual Hygiene was organized and Indian Red Cross Society Mumbai distributed Sanitary Napkins Hampers comprising 12 packets for one year, to the students of B.M.Ruia Girls' College on 16th March, 2019.



ENVIRONMENT CONSERVATION

30th July, 2018 - Tree Plantation Programme.

The NSS Unit of B.M.Ruia Girls' College celebrated Van Mahotsav. The programme was organized to promote awareness and create enthusiasm

among the volunteers for planting trees and realize the importance of environment conservation. The college organized awareness campaigns for the students and community about the benefits of tree plantation and the need for environment conservation. Participation of students in the programme made them appreciate nature and understand the need to protect trees and know the harm caused by cutting down trees. The Chief Guest, Ms. Minal Patel, Corporator of Malabar Hill (Ward 217), Dr. Santosh Kaul Kak, Principal; NSS POs and teaching and non-teaching faculty and NSS volunteers actively participated in the event. Saplings were planted in the college campus. The Tree Plantation Programme was an initiative to save the environment, to which we owe.

NSS ORIENTATION PROGRAMME

NSS Orientation Programme was organized on 16 August, 2018 for First year students of BCom, BA, BMS, BMM and BCA. Mrs. Renuka Prajapati, Zonal Coordinator, S.N.D.T Women's University, spoke about the NSS logo, NSS moto, Regular activities and Special Camp Programmes that NSS volunteers can participate in. She highlighted the importance and need for NSS and explained the various Camps organized at National and University level. She motivated the volunteers by telling them the significance and advantages of enrolling as NSS volunteers. The students got a better understanding of the activities conducted at National, Zonal and College level. She emphasized on empathy and the importance of helping others and conveyed the NSS motto "Not Me But You". The students were motivated by her effective presentation and enrolled their names as NSS Volunteers for the current year and pledged to participate and contribute for the betterment of the community and nation.

COMMUNITY SERVICE, WORKSHOPS, GUEST LECTURES AND COMPETITIONS ORGANIZED

29 June, 2018- Awareness Lecture on Reproductive Health was organized by Family Planning Association India, followed by an Essay writing competition.

Workshop on Cloth Bags

23 July, 2018- Workshop on Cloth Bags was organized for the students. The resource person Mrs.Kshama Tamankar and Mrs. Sapna Bhambri showed the students to make cloth bags from cloth and recycled clothes like T-Shirts, tops, Jeans, etc.

Sadhbhavana Diwas – Harmony Day

On the occasion of Sadhbhavana Diwas a documentary film on “Walk of Hope” was shown on 16 August, 2018.

Essay Writing Competition

The NSS Unit in association with Sathya Sai Seva Organization organized Essay Competition on 17 August, 2018.

Workshop on Consumer Awareness and Guidance

“Consumer Awareness” session by Mrs.Trupti Raul from Consumer Guidance Society of India, was organized for the students on 20 August, 2018.

Workshop on Financial Awareness

“Financial Awareness” session by Mrs. Shilpa Wagh was organized for the students on 20 August, 2018.

Community Service - The NSS volunteers of B.M.Ruia Girls' College donated food packets to The Food Army Collection Centre at Tardeo, on 20 August, 2018, as a small initiative to provide help and reach out to the flood victims in Kerala.

Lecture on Human Rights

Lecture on Human Rights by Mr. Bhagwan Sharma was conducted on 31 August, 2018.

Rotaract installation on 18th September, 2018 –

The Annual Rotaract installation ceremony was conducted by Rotary Club of Mumbai, Malabar Hill in the college on 18 September, 2018. New members among the students were appointed for conducting the activity for the year 2018-19. The President, Secretary, Treasurer were selected and the students were told about their responsibilities.

Disaster Management Programme on 21 September, 2018-

NSS Unit and Disaster Management Committee organized Disaster Management Programme by Mr. M. A. Aware, Dy. Controller Civil Defence, Greater Mumbai on 21 September, 2018.

125th Anniversary Celebration of Swami Vivekanand's historic address at the World Parliament of Religions in Chicago on 29 September, 2018 –

15 students and 5 faculty members of B.M.Ruia Girls' College attended the programme on 125th Anniversary Celebration of Swami Vivekanand's historic address at the World Parliament of Religions in Chicago organized at Ravindra Natya Mandir, Prabhadevi, Mumbai, organized by Ramakrishna Math & Ramakrishna Mission. The sessions were very useful which included

interpretation of Swami Vivekanand's historic address by eminent speakers from different faiths.

Surgical Strike Observation Day- 29 September, 2018

NSS volunteers wrote appreciation and gratitude messages, poems, cards and posters to the Brave Indian Soldiers which was sent to the soldiers.

Beach Cleaning Drive - 2 October, 2018-

'Swachata Se Divyata Tak' - Beach Cleaning Drive, Youth Awareness Programme organized by Sathya Sai Seva Organization on 2 October, 2018 at Dadar Beach on the occasion of Gandhi Jayanti, under Swachh Bharat Abhiyan. NSS volunteers from FYBA and FYBCom actively participated in the Beach Cleaning Programme.

Swachh Bharat Abhiyan was carried out in the college campus and community in association with Dena Bank, Gamdevi Branch.

Soft Skill Training Programme - 'Antarang' – 10 October to 22 November, 2018

Soft Skill Training was conducted for the students from 10 October to 22 November, 2018. The topics covered were:

- CV Building, Interview Skills, Effective Communication Skills,
- Work Ethics, Time Management, Anger Management, Planning and Organizing Skills, Presentation Skills
- Role Play, Aptitude Test, Critical Thinking, Employability Traits, Grooming
- Finance sector, Beauty and Wellness Education
- Career Planning in the field of Banking and Finance, Government Sector, Human Resource, Education, Beauty and Wellness, Fashion Designing.
- Visit to Axis Bank, Hill Road, Bandra

Disaster Management Programme on 13 October, 2018-

On the occasion of Disaster Risk reduction Day, the NSS Unit organized Disaster Management Awareness Programme by Mr. Rai Sanjay Rane, on 13 October, 2018. 72 students from Degree and Junior college attended the workshop.

Quiz competition

On 16th October, 2019, Union Bank of India conducted a Quiz competition for 100 students based on Gandhian values, corruption, vigilance and General Knowledge.

Run for Unity – ‘Rashtriya Ekta Diwas’ - 31 October, 2018 –

NSS volunteers participated in the Rally at NCPA on the occasion of Birth Anniversary of Sardar Vallabhai Patel.



Sesquicentennial Birth Anniversary Celebrations of Sister Nivedita - 29 November, 2018

NSS volunteers participated in the Concluding Function of the Sesquicentennial Birth Anniversary Celebrations of Sister Nivedita organized at St. Andrew's Auditorium, Bandra, by Ramakrishna Mission. Many eminent speakers addressed the gathering. There were Panel Discussions with College Principals and Students Group Discussions. The students got an opportunity to listen to great speakers, their ideology, views and opinions on the importance of Youth Development for a better future.

‘Workshop on College to Corporate’ on 1 December, 2018 –

52 Students participated in the ‘Workshop on College to Corporate’ by Dr. Giri Shankar organized by Sathya Sai Organization at Dharmashetra, Mahakali Caves, Andheri. Felicitation of Youth Awareness Programme Essay Competition winners. From B.M.Ruia Girls’ College the winners were 1st Prize for Marathi Essay Competition – Smita Rajaram Govikar and Consolation Prize: Pooja Ramakant Sangmiskar. (Jr. College)

Women and Social Media

NSS volunteers attended the public discourse on Women and Social Media organized by YWCA of Bombay on 1 December, 2018 at YWCA, Fort. The topics discussed were on #Me Too calls out toxic work spaces for women, Dealing with sexist online trolling.

National Youth Day on 12 January, 2019 –

NSS volunteers celebrated National Youth Day and attended the programme at Ramakrishna Mission, Khar, on the occasion of Swami Vivekanand’s Birth Anniversary celebrations. They were made aware about the ideology and contributions of Swami Vivekananda for the development of Youth. The Topics covered were ‘Strength is Life, Weakness is Death’, Illumine Knowledge Resources, ‘Quality Indian- The Need of the Hour’. The sessions were very valuable and informative for the students.

University Leadership Camp at Boisar from 14th to 16th January, 2019.

Nidhi Jain, Divya Parmar, Uma Chauhan and Anshu Yaduwansh attended the 3 days Leadership Camp.

Beach Cleaning at Mahim on 19 January, 2019

The NSS volunteers participated in the Beach Cleaning Drive, at Mahim on 19 January, 2019, under Swachh Bharat Abhiyan.

Mission Sahasi, Workshop on Self-defense, on 19 January, 2019

The students participated in the Mission Sahasi, Self Defense Programme organized by ABVP on 19 January, 2019 in the college auditorium. The students learnt various techniques of Self-Defense. The students actively participated and pledged to be strong women and fight for their own rights and take to task anyone who disrespects women.



State level Convention for NSS Programme Officers at Balewadi Sports Stadium, Pune –

Dr. Hemlata Masiwal and Mr. Ram Lakhan attended the State level Convention for NSS Programme Officers at Balewadi Sports Stadium, Pune on 23 and 24 February, 2019.

International Women's Day-

On the occasion of International Women's Day on 8th March, 2019, a guest lecture on Women's Movement in India by Ms. Ujjawala Mhatre was organized for the students. She spoke about the history of social reform movement which focused on practices like female infanticide, child marriage, sati, widow remarriage, purdah, gender inequality, etc. She also enlightened the students about the great Indian reformers who were instrumental in bringing about a change in society and who strived to achieve Women's Rights like Jyotiba Phule and Savitribai Phule, Dr. Babasaheb Ambedkar, Tarabai Shinde, Radhabai Kamble, etc. She also spoke about the autonomous Women's Movement, Anti Rape Movement, #Me Too Movement, etc. A short video on women empowerment was shown to the students followed by discussions.

Rally on awareness of Menstrual Hygiene on International Women's Day

The NSS volunteers participated in the Rally on Female Sanitary and Sanitation awareness on International Women's Day on 8th March, 2019. The Run4Nine with Padman Akshay Kumar, Prayas, A Walk For a Cause, to support Menstrual Hygiene was organized by JCI, Marine Lines. The Rally commenced from St.Xavier's High School and ended at Karnataka Sports Association.



Savitribai Phule *Smriti Divas* – 10 March, 2019

On the occasion of Savitribai Phule *Smriti Divas* students spoke about the great contributions made by Savitribai Phule for Women's Rights in India. She also worked to abolish discrimination and unfair treatment of people based on caste and gender. Group discussion on Role of Women in Society was also conducted.

World Water Day – 22 March, 2019.

World Water Day was observed on 22 March, to highlight the importance of the most valued treasure which is often ignored. The students took a pledge to use water responsibly.