



NSS REGULAR ACTIVITIES REPORT 2020-2021

- **Five days International Yoga Day Programme**

B. M. Ruia Girls' College and Sitaram Deora Institute of Management Studies Mumbai, affiliated to S.N.D.T. Women's University Mumbai celebrated International Yoga Day 2020. The five day long programme started on 17th June 2020 and ended on 21st June 2020.

Students, Aluminise, Parents, Academicians and Community members participated in the event conducted over the period of 5 days. Details, day wise, have been given below :

Day 1, 17th June 2020 :

The NSS Unit of the college conducted a survey and a competitive quiz on 'Health and Yoga awareness'. This survey was conducted to understand the awareness of Yoga among people living in the Mumbai Metropolitan Region (MMR) during the lockdown period (June 17 - June 20, 2020). 161 volunteers participated in the survey.

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level "Yoga Awareness" quiz. More than thousand participants participated in the quiz from various regions of the country.

Day 2, 18th June 2020 –

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level Webinar on “Supercharge Your Life” by Lifestyle Success coach Ms. Natasha Advani from 4:00 – 5:00 pm on Zoom and Youtube.

Day 3, 19th June 2020-

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level Intercollegiate “Surya Namaskar Competition”.

Day 4, 20th June 2020-

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level webinar on “Fitness for all” by Fitness expert Mr. Hemant Rathod from 5:00 – 6:00 pm on Zoom and Youtube.

Day 5, 21st June 2020 –

Cultural committee, sports committee and NSS unit in collaboration with IQAC of the college conducted a National level Webinar on “Building up Strength and Immunity through Yoga To fight with COVID-19” by Yoga expert Shri Sukhdev Shastri from 10:00 am– 12:00 noon on Zoom and YouTube.

- Organised a Webinar on “Community Health Challenges of Hepatitis B and C”

on the occasion of World Hepatitis Day by NSS Cell of B.M. Ruia Girls’ College, Mumbai in collaboration with United Way Mumbai.

Date - 28th July, 2020.

Online Platform – Microsoft Team

Participants –

Participants PO’s – 02

- Total number of 126 Students, Teaching and Non – Teaching staff took pledge for COVID Appropriate Behaviour On October 8, 2020.

- Organised an online NSS Orientation for F. Y. and S.Y. B A., B. Com. , B.M.S. by NSS Cell of B.M. Ruia Girls' College, Mumbai.

Date – October 13, 2020

Time – 4.30 pm to 6 pm

Online Platform - Microsoft Team

Participants –

Participants PO's - 02
- Celebrated “Vachan Prerna Divas”, by NSS Cell of B.M. Ruia Girls' College, Mumbai. The program started with a College Prayer, NSS Song and SNTD song. A brief description of Vachan Prerna Divas was given by NSS PO Dr. Usha Kiran Tiwari. Many Teaching and Non teaching faculty presented poems/ quotations/short paragraphs/ reviews of books for about 2-4 minutes in Marathi/ Hindi/ English. Address was given by Principal Dr. Santosh Kaul Kak. The whole program was anchored by NSS PO Ms. Swati Vaidya. Meeting concluded with a few slides played with photographs of former president Dr. APJ Abdul Kalam and Rashtra Geet at the end.

Date – October 15, 2020

Time – 12 noon to 1.30 pm.

Online Platform – Google Meet

Participants – 100

Participant PO's - 03
- Organised an Webinar on “Hepatitis Awareness” by NSS Cell of B.M. Ruia Girls' College, Mumbai.

Date – October 16, 2020

Time – 4.00 to 5.55 pm.

Online Platform – Microsoft Team

Resource Person – Janet Joseph, United Way Mumbai

Participants –

Participants PO's – 02
- 26th October 2020 – NSS Unit of the college post various links, study material on Polio for NSS Volunteers on WhatsApp groups, which motivates them to read material or

watch videos to gain knowledge. On 26th October 2020, the NSS unit made a quiz on Polio Awareness and sent it to volunteers to make them aware about Polio.

- Organised “National Unity Day” by NSS Cell of B.M. Ruia Girls’ College, Mumbai on
Date – October 31, 2020
Time – 4 pm – 5 pm.
Online Platform – Google Meet
Participants – 67
Participant PO’s - 03
- Organised “Organisational Oath of Integrity” during Vigilance week, October 27-
November 2, 2020 by NSS Cell of B.M. Ruia Girls’ College, Mumbai.
Date – November 2, 2020.
Time – 12 – 12.45 pm
Online Platform – Google Meet
Participants – 130
Participant PO’s - 03
- Organised “Making an Online Social Media Campaign: Training in Video Posts and
Hashtags” by NSS Cell of B.M. Ruia Girls’ College, Mumbai
Date – November 6, 2020
Time – 6.30 pm – 8 pm
Resource Persons : NSS POs
Online Platform – Google Meet
Participants –
Participants PO’s – 02
- 7th – 15th November 2020- NSS Volunteers and POs made slogans and videos about the
“ No Crackers Campaign” and posted them on various social media platforms like
Instagram, Facebook, Whatsapp, Twitter etc.
- Organised “Constitution Day ” by NSS Cell of B.M. Ruia Girls’ College, Mumbai on
Date – November 26, 2020

Time – 10.30- 11.15 am

Online Platform – Google Meet

Participants – 135

Participants PO's - 02

- “Minority Rights Day” organised by NSS Cell & Minorities committee of B.M. Ruia Girls’ College, Mumbai.

Date – December 19, 2020

Time – 8.30 am onwards

Online Platform – Microsoft Team

Participants – 100

Participants PO's – 02

- “National Youth Day” was celebrated by the NSS Cell of the college.

Date –January 12, 2021

Time – 11.45 am to 12.30 pm

Online Platform – Microsoft Team, YouTube

<https://youtu.be/0Pr9pCqxW44>

Participants – 50

Participants PO's – 02

- Organised a Webinar on “Awareness on Menstrual Health and Taboos” by NSS Cell of B.M. Ruia Girls’ College, Mumbai in association with SNDT Women’s University Mumbai and Global Hunt.

Date –January 27, 2021

Time – 4 pm – 5 pm.

Resource Person -Mrs. Nitya Chaudhary, CSR Executive, Unicharm India

Online Platform – Microsoft Team

Participants –

Participants PO's - 02

- Organised a Webinar on “Cyber security event Responsible Netism” by NSS Cell of B.M. Ruia Girls’ College, Mumbai

Date –February 8, 2021,

Time – 11 am – 12:30 pm.

Online Platform – Microsoft Team

Participants – 170

Participants PO's – 02

- B. M. Ruia Girls' College and Sitaram Deora Institute of Management studies Gamdevi Mumbai organised a National Webinar on “ Role of Extension Activities and Sports” on 17th May 2021 at 11.30 am onwards. The Resource person was Dr. Atul H. Salunke, Principal, KES Dr. C.D. Deshmukh Commerce and Science, K. G. Tamhane Arts College, Roha Raigad, SLO and OSD, Government of Maharashtra and Dr. Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala.



Microsoft Teams

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Priv...](#) Dismiss

B. M. Ruia Girls' College
NSS Cell 2020-2021

Minorities Rights Day
December 18, 2020

Online event on December 19, November 8.30 am

Swati Vaidya

+81 SP SM KP NQ SS SV

Nooruzia Qazi (Guest) Sharmila Sharma Swati Vaidya

Participants

Type a name

Share invite

In this meeting (88) Mute all

- drushakiran.tiwari
- Ganga upadhayay Guest
- Nuteeka Guest
- Aachal chaurasiya Guest
- agarwalp2002 Outside your organization
- alka mishra Guest
- Anjali Guest

Type here to search

08:39 19-12-2020

REC

Kusum Jain and 77 more

10:46

You

D

S

S

You

Swati Vaidya

sapna bhambri

BEENU SINGH

Nooruzia Qazi

Swati Vaidya

You can't remove this participant

Kushal Singh has left the meeting

C

K

R

Meeting details

Type here to search

10:46 26-11-2020

Recording

Online Harassment

Lewd comments or remarks

Trolling

Sending objectionable images

Sending spam links

Dr Usha Kiran T...

Tahseen shaikh

RESPONSIBLE NETISM

Mitali 11 D

Recording You are viewing Responsible Netism's screen View Options

Online Harassment

- Lewd comments or remarks
- Trolling
- Forceful sexual conversation
- Sending objectionable images
- Sending spam links

Dr Usha Kiran T...
Tahseen shaikh
Responsible Netism
Mitali 11 D

Unmute Start Video Participants 163 Chat Share Screen Record Reactions Leave

Microsoft Teams

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#) Dismiss

Janet Joseph-United Way Mumbai (Guest) Swati Vaidya sonuj (Guest) S

Ayesha memon. Nandini padma Nuteeka NP

prachi Singh PS Rajshree Ram RR Kruthika Ankam

L FB ZM SG SD ND PG

Type here to search 17:49 16-10-2020

B. M. Ruia Girls' College, Gamdevi, Mumbai, October 31, 2020 NSS Unit National Unity Day

Participants: You, Haresh Murdeshwar, Anju Thakur, 12th A 113 Khushi sol..., Shradha Poojary, VARSHA JANGID, Juhi Yadav, Shagufta Shaikh, Zeba Mansuri, Dr. Usha Kiran Tiwari, Renuka Pawar, Jyoti Choudhary, Pawan Dewasi, AARTI CHAUHAN, Rubina Sajid, sharmeen shk, Sonali Darade, Laxmi Chavan, shravani Balekar, Ritika Samanta, RAZINA THAKUR, Nuteeka Mandavkar has left the meeting, Swati vaidya, KHUSHI BARNWAL, sapna bhambri, Uzma Dhoraji, sapna bhambri.

National Unity Day October 31, 2020

B. M. Ruia Girls' College Gamdevi, Mumbai, Oath of Integrity for Organizations, on November 2, 2020
Observance of Vigilance Week, Oct27-Nov2

Participants: You, Dr. Santosh Kaul Kak, Dr. Santosh Kaul Kak, sumita guha, Mahejabeen Mornin, Dr. Ganatra Kashyap A., Maheshwari Murdeshwar, Anju Thakur, Usha Kiran Tiwari, Economics ke Funde With..., anita patil, 12A. 8. Akanksha Bandi, mukesh sanghvi, BEENU SINGH, sakshi gupta, Kavita Patil, AARTI CHAUHAN, VARSHA JANGID, Manju yadav, Nuteeka Mandavkar, Sanjana Jaiswar, Aamirah Gopalani, Amisha Bhoumit, Poonam Singh, Kshama Tamhankar, Ajitha Gopinath, Trupti Padaya 12th A 62, sapna bhambri, anita jacob, Anita Jain.

Oath of Integrity NSS Regular Activity

Smt. B. M. Ruia Girls' College
NSS Cell 2020-2021
National Unity Day
राष्ट्रीय एकता दिवस
October 31, 2020

Participants: You, Swati Vaidya, Haresh Murdesh..., Kshama Tamhan..., sapna bhambri, Anju Thakur.

National Unity Day October 31, 2020



सत्यमेव जयते



CENTRAL VIGILANCE COMMISSION

Certificate of Commitment

This is to certify that

Dr USHA KIRAN TIWARI

has adopted the Integrity Pledge and is committed to uphold highest standards of honesty & integrity and to follow probity and rule of law in all walks of life



4962249862

P. Daniel
Additional Secretary

Central Vigilance Commission, Satarkta Bhawan, G.P.O. Complex, INA, New Delhi-110023
Tel: 011- 24600200 (30 Lines), Fax No. 011- 24651010/24651186, Website: www.cvc.nic.in