



MARWADI SAMMELAN'S

B. M. RUIA GIRLS' COLLEGE

NAAC Accredited B+ (4th Cycle)

Maharshi Karve Best College Award 2022-23

Affiliated to S.N.D.T. Women's University, Mumbai

11, Krishna Kunj, Vachha Gandhi Road, Gamdevi, Grant Road (West), Mumbai-400007.

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B. M. RUIA GIRLS' COLLEGE

Degree College

NSS Regular Activities Report-2025-26

NSS Unit-2

No of NSS Volunteer -200

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2025-2026

NSS Regular Activities

1-Under the campaign “*Ek Ped Maa Ke Naam*” the NSS Unit of B.M. Ruia Girls’ College carried out a tree plantation drive at the Ashram School and the Panchayat Bhavan premises in the adopted village Nandore (Palghar).

On the occasion of World Environment Day on 5th June 2025, under the leadership of Programme Officers Dr. Hemlata Masiwal, Mrs. Maheshwari Murdeshar, Dr. Kashyap Ganatra and Mr. Ramlakhan Pal, 15 NSS volunteers planted around 10 trees as part of the campaign at the Ashram School and

Panchayat Bhavan premises of Nandore village in Palghar district.



2-On 21st June 2025, on the occasion of *International Yoga Day*, a Yoga Protocol practice session was conducted at B. M. Ruia Girls' College under the joint initiative of the NSS Unit and IQAC, in alignment with the theme "*Yoga for One Earth, One Health.*"

The session was led by Ms. Dhruvi Shah, Yoga Instructor from *The Yoga Institute, Santacruz, Mumbai*, in the college auditorium. Students were also introduced to yoga postures specifically beneficial for women's health and were briefed about their importance.



3-On 26 June 2025, on the occasion of the International Day Against Drug Abuse and Illicit Trafficking, the National Service Scheme (NSS) Unit and the Student Welfare Committee of B.M. Ruia Girls' College jointly organized a "Drug De-addiction Awareness Campaign" to spread awareness among students about the ill effects of drug use.

A lecture-cum-workshop was conducted under the guidance of Assistant Police Inspector Mr. Ughale from the Gamdevi Police Station. As guest speakers,

Mr. Ughale and Police Didi Mrs. Snehal Patil shared their insights with the students and sensitized them about drug abuse prevention.

Following their address, the students of the college took a pledge against drug use. A total of 100 students and 8 faculty members actively participated in this program.



4-On 10th July 2025, Marwadi Sammelan's B. M. Ruia Girls' College organized a vibrant Gurupurnima Celebration under the joint initiative of the NSS Unit and the Cultural Committee. The event witnessed enthusiastic participation from 85 students along with faculty members, making it a meaningful and memorable occasion.

The celebration was conducted to honor and express gratitude towards teachers and mentors, highlighting the deep-rooted significance of the Guru-Shishya Parampara in Indian culture. The program commenced with a formal introduction emphasizing the spiritual and cultural importance of Gurupurnima, followed by a tribute to gurus who play a vital role in shaping the lives and values of students.

Students actively contributed to the event through a variety of cultural performances. The program included soulful singing performances that conveyed devotion and respect, as well as graceful dance presentations that artistically depicted the bond between guru and disciple. These performances not only entertained the audience but also reinforced the traditional values of respect, learning, and dedication.

Faculty members appreciated the efforts of the students and encouraged them to uphold these cultural traditions in their personal and academic lives. The event successfully created an atmosphere of reverence and reflection, reminding everyone of the timeless importance of guidance and mentorship.

Overall, the Gurupurnima Celebration served as a platform to promote cultural awareness, strengthen the values of respect towards teachers, and preserve the essence of India's rich educational heritage through active student participation.



5-On 11 July 2025, on the occasion of World Population Day, the NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College organized a Poster

Making Competition on the theme “Population Control” to spread awareness among students.

This event was conducted with the valuable support of Mrs. Shruti Rande, Associate Professor, Department of Psychology, and Dr. Sunita Mishra, Associate Professor, Department of Hindi. A total of 35 NSS volunteers enthusiastically participated in the competition.

The program was successfully conducted under the guidance and supervision of the three NSS Program Officers — Dr. Hemlata Masiwal, Dr. Kashyap Ganatra, and Mr. Ramlakhan Pal.



6-On 24 July 2025, the NSS Unit of Marwadi Sammelan’s B. M. Ruia Girls’ College , in collaboration with Civis NGO, organized a workshop under the Sisterhood Program titled “A-Z of Government Structures – Understanding

How Local, State, and National Governments Function.” The aim of the workshop was to help students understand how different levels of government work and to develop constitutional awareness.

The workshop began with an engaging Preamble Puzzle Activity conducted by Ms. Aradhana Umale, where around 10 students participated and successfully solved the puzzle. All participants then recited the Preamble of the Indian Constitution, gaining familiarity with its key terminologies.

Ms. Aradhana Umale explained the significance of the Preamble, providing insights into the making of the Constitution and the work of the Drafting Committee. She emphasized the role of women in the making of the Constitution, highlighting their contributions:

- Hansa Jivraj Mehta, who played a key role in drafting the Fundamental Rights.
- Rajkumari Amrit Kaur, architect of India’s public health policies.
- Sarojini Naidu, a passionate advocate for civil liberties.
- Sucheta Kriplani, India’s first woman Chief Minister and a strong voice in the Assembly.
- Vijayalakshmi Pandit, a distinguished diplomat who championed India’s role in international cooperation and global governance.

Other notable women who contributed to the framing of the Constitution were also remembered.

Ms. Aradhana Umale then elaborated on the Fundamental Rights guaranteed by the Constitution — Right to Equality (Articles 14–18), Right to Freedom (Articles 19–22), Right against Exploitation (Articles 23–24), Right to Freedom of Religion (Articles 25–28), Cultural and Educational Rights (Articles 29–30), and Right to Constitutional Remedies (Article 32) — explaining their importance with relevant examples. She also spoke about the Fundamental Duties, reminding students that along with rights, the Constitution also prescribes duties which must be followed.

Ms. Aradhana Umale was supported by Ms. Agalya and Ms. Dhanshri, who assisted in the smooth conduct of the workshop. Around 70 NSS volunteers of the college actively participated in the program.



7-Raksha Bandhan Celebration at B.M. Ruia Girls' College on 02 August 2025

The NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College organized the sacred festival of Raksha Bandhan on 2nd August, 2025. On this occasion, Ms. Hema Didi and her associates from *Prajapita Brahma Kumaris Institute, Grant Road (Mehta House)* tied sacred rakhis – a symbol of love and harmony – to all the teaching and non-teaching staff members of the college.

The program began with a guided meditation session conducted by Ms. Hema Didi. She then introduced the Brahma Kumaris organization, explaining that it is active in 198 countries worldwide, spreading the message of yoga and meditation. She further shared that there are about 8,500 centers across India, and it is the only global organization run entirely by women.

In her address, she emphasized that the Brahma Kumaris Institution works beyond caste, religion, and sectarian boundaries to promote humanity and empower women. She also guided the students on how to focus their minds on their studies and overcome negative thoughts.

The event saw enthusiastic participation from nearly all the teaching and non-teaching staff of the junior and senior college, along with around 100 students, who celebrated Raksha Bandhan by tying sacred rakhis.



8-Campaign for registration on My Bharat Portal of Government of India on 4th August, 2025

N.S.S. Unit in association with the Internal Quality Assurance Cell (IQAC) of Marwadi Sammelan's B.M. Ruia Girls' College, Gamdevi, Mumbai (NAAC Accredited B+ 4th Cycle, honoured with Maharshi Karve Best College Award 2022-23, and affiliated to S.N.D.T Women's University, Mumbai) organized a campaign for registration on My Bharat Portal of Government of India on 4th August, 2025. 20 NSS Volunteers registered for the same.

9-Book Distribution under the “Joy of Reading” Campaign at B.M. Ruia Girls’ College

On 8th August 2025, on the occasion of *International Reading Day*, the NSS Unit of B.M. Ruia Girls’ College, in collaboration with the Indian Red Cross Society, organized a book distribution program in the college auditorium under the “Joy of Reading” campaign.

Approximately 500 books were distributed free of cost to the students and faculty members of the college. The initiative aimed to cultivate reading habits among students and encourage a culture of knowledge and learning.



10-Under the initiative “Ek Ped Maa Ke Naam”, students of B.M. Ruia Girls’ College planted nearly 100 saplings.

On 10 August 2025, the NSS Unit of Marwadi Sammelan’s B.M. Ruia Girls’ College, affiliated to SNTD Women’s University, and recipient of the Maharshi Karve Utkrisht Mahavidyalay Award (2022–2023) organized a tree plantation drive in collaboration with Shri Sathya Sai Seva Organization, Mumbai at Vaitarna (East). The plantation activity was conducted from 10:00 AM to 12:30 PM. The volunteers of Shri Sathya Sai Organization had prepared the pits in

advance, which made the tree plantation process smooth and convenient for the students.

During the plantation drive, Mr. Zubin Mulla and his team from Shri Sathya Sai Organization guided and motivated the students. A total of 25 NSS volunteers, along with two NSS Program Officers Dr. Hemlata Masiwal and Mr. Ramlakhan Pal actively participated in the event.

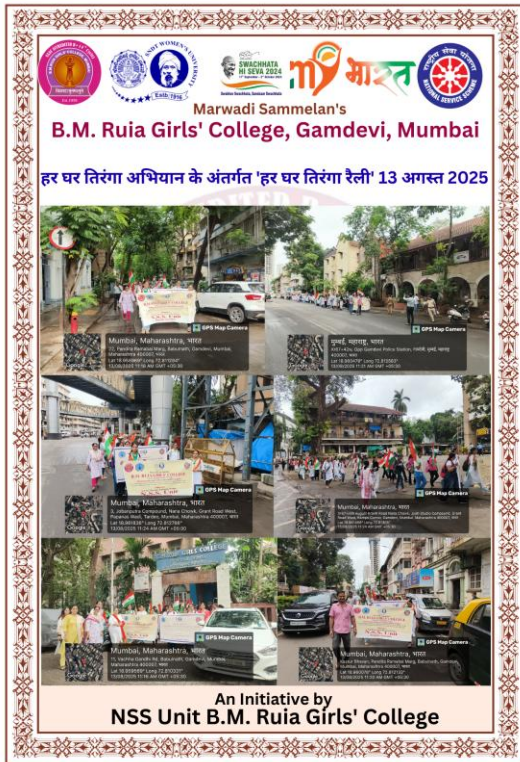


11- 13 August 2025, a Tiranga Rally under “Har Ghar Tiranga” Campaign

On 13 August 2025, under the nationwide “Har Ghar Tiranga” Campaign, the NSS Unit of Marwadi Sammelan’s B.M. Ruia Girls’ College organized a Tiranga Rally. The rally began from B.M. Ruia Girls’ College, proceeded to August Kranti Maidan, and concluded back at the college premises.

Around 110 NSS volunteers enthusiastically participated in the rally. The event was graced by Principal Dr. Santosh Kaul Kak, NSS Program Officers Dr. Hemlata Masiwal and Mr. Ramlakhan Pal, Junior College NSS Program Officers

Mrs. Maheshwari Murdeshwar and Mrs. Suhasini Nikam, as well as Mr. Shebrao Marathe (Non-Teaching Staff). The rally was smoothly and safely conducted with the support of Gamdevi Police Station, under the guidance of Assistant Police Inspector Mr. Rupesh Chauhan and his team of five police officers, whose contribution was crucial to the success of the event.





Marwadi Sammelan's

B.M. Ruia Girls' College, Gamdevi, Mumbai

हर घर तिरंगा अभियान के अंतर्गत 'हर घर तिरंगा रैली' 13 अगस्त 2025



GPS Map Camera



Mumbai, Maharashtra, India

1a, August Kranti Rd, Papanas Wadi, Tardeo, Mumbai, Maharashtra 400026, India



GPS Map Camera



Mumbai, Maharashtra, India

Xr76+658, Papanas Wadi, Tardeo, Mumbai, Maharashtra 400026, India

Lat 18.962875° Long 72.810472°
13/08/2025 11:31 AM GMT +05:30

Google

An Initiative by
NSS Unit B.M. Ruia Girls' College

12-Special documentary screening on 14th August 2025 on solemn observation of Partition Horrors Remembrance Day

NSS Unit of Marwadi Sammelan's B.M. Ruia Girls' College, Gamdevi, Mumbai (NAAC Accredited B+ in 3rd Cycle, affiliated to S.N.D.T Women's University, and honoured with the prestigious Maharshi Karve Best College Award 2022-23), solemnly observed Partition Horrors Remembrance Day by organizing a special documentary screening on 14th August 2025. 60 NSS Volunteers along with three NSS Programme Officers participated in the same.

13-Tree Plantation under the 'Ek Ped Maa Ke Naam' Campaign – Silwester Textile Campus, Boisar

On 23rd August 2025, the NSS Unit of B.M. Ruia Girls' College organized a tree plantation drive at the Silwester Textile Campus in Boisar, Palghar district, under the "*Ek Ped Maa Ke Naam*" campaign.

Led by NSS Programme Officers Dr. Hemlata Masiwal, Dr Kashyap Ganatra and Prof. Ramlakhan Pal, around 38 NSS volunteers actively participated and planted approximately 10 saplings.



14-Industrial Visit to Silwester Textile Campus, Boisar on 23rd August, 2025.

On 23rd August 2025, an Industrial Visit to Silwester Textile Campus in Boisar, Palghar district was organized for the students of B. M. Ruia Girls' College.

Dr. Hemlata Masiwal, Dr. Kashyap Ganatra and Mr. Ramlakhan Pal and students actively participated in the same. 38



SILWESTER TEXTILE INDUSTRY



23RD AUGUST 2025



15-On 3rd September, 2025, under the joint initiative of the National Service Scheme (NSS) Unit of Marwadi Sammelan's B.M. Ruia Girls' College and the Civis NGO, the Sisterhood Program conducted Workshops 2 and 3.

In the second workshop, the roles and responsibilities of legislators, Members of Parliament (MPs), and corporate entities were discussed, and how they influence

governance and decision-making processes. It was also discussed whom to approach when issues arise and how to use these channels effectively.

The third workshop focused on public consultation and emphasized its importance in law-making. It was learned why it is crucial for citizens to contribute their opinions and suggestions, as this helps in creating more inclusive and effective laws. Additionally, the session covered the Right to Information (RTI) process, highlighting the importance of filing an RTI whenever we have doubts or need clarification on government decisions or policies.

These workshops provided practical insights into how governance works and how citizens can actively participate to hold institutions accountable.

16-NSS Orientation Programme

The National Service Scheme (NSS) Orientation was successfully conducted on 24th September, 2025

On 24th September 2025, NSS Unit of Marwadi Sammelan's B.M. Ruia Girls' College and recipient of the 'Maharshi Karve Best College Award 2022-23' — organized an NSS Orientation Lecture on the occasion of NSS Day (24th September).

In this orientation session, Program Officer Dr. Hemlata Masiwal addressed the NSS volunteers, introducing them to the importance of community service and inspiring them to transform from mere volunteers into dedicated warriors of social change. Around 15 NSS volunteers also shared their views on the foundation, functioning, and significance of NSS.

The session was attended by 55 volunteers along with Program Officers Dr. Hemlata Masiwal and Mr. Ramlakhan Pal.



17-Under the Swachh Bharat Mission, six students and one Program Officer from NSS Unit of Marwadi Sammelan’s B.M. Ruia Girls’ College and recipient of the ‘Maharshi Karve Best College Award 2022–23’— participated in an awareness campaign organized jointly by Mission Green Mumbai and the Azad Maidan Police Station on 25th September 2025, as part of the ‘Swachhata Hi Seva 2025’ initiative.

This event was a part of the nationwide Swachhata Hi Seva 2025 campaign (17th September – 2nd October 2025), aimed at spreading awareness about cleanliness, sustainability, and civic responsibility.

The campaign was organized to inspire NSS volunteers to take an active role in maintaining public cleanliness, waste management, and community hygiene. During the event, officers from the Azad Maidan Police Station addressed the students, emphasizing the vital role of youth in the Swachhata Hi Seva movement and how they can contribute to ensuring civic responsibility and community participation.

Additionally, NSS volunteers were encouraged to become more sensitive and proactive toward their civic duties and to participate actively in promoting cleanliness. The program also included an orientation on the Mission Green Mumbai campaign, creating awareness among the students about environmental conservation and sustainability initiatives.



18-Rally on the occasion of “Say No to Drugs” on 1st October, 2025.

NSS Unit of B. M. Ruia Girls’ College. 30 students alongwith 1 PO attended the same.



19-On 3rd October 2025, the National Service Scheme (NSS) Unit and the Department of Hindi of B.M. Ruia Girls’ College jointly organized a poetry recitation event on the occasion of Abhijat Marathi Language Day.

On this occasion, around 10 students recited poems based on various eras and themes of the Marathi language, showcasing the richness and diversity of Marathi literature.

The event was graced by the presence of NSS Program Officers Dr. Hemlata Masiwal and Mr. Ramlakhan Pal, along with approximately 35 students from the college, who actively participated and appreciated the celebration of the Marathi language and its poetic heritage.

20-Workshop on 'Awareness on Menstrual Health and Hygiene' conducted on 4th October 2025

NSS Unit of B. M. Ruia Girls' College conducted a Workshop on 'Awareness on Menstrual Health and Hygiene' on 4th October 2025. 50 students and 2 NSS PO attended the same.



21-On 4th October 2025, the National Service Scheme (NSS) Unit of B.M. Ruia Girls' College participated in a cleanliness drive at Dadar Chowpatty under the 'Swachhata Hi Seva Hai' (Cleanliness is Service) campaign, organized under the leadership of the 'For Future India' organization.

As part of the initiative, the volunteers carried out cleaning activities at the Chowpatty area near Kirti College.

A total of 40 NSS volunteers took part in the cleanliness drive, accompanied by Dr. Hemlata Masiwal, Dr. Kashyap Ganatra, and Mr. Ramlakhan Pal. The activity

aimed to promote civic responsibility and environmental cleanliness among youth and the community.

22-On 10th October, 2025, the National Service Scheme (NSS) Unit of B.M. Ruia Girls' College organized in a cleanliness drive at B. M. Ruia Girls' College under the 'Swachhata Hi Seva Hai' (Cleanliness is Service) campaign.

As part of the initiative, the volunteers carried out cleaning activities in the college premises.

A total of 30 NSS volunteers took part in the cleanliness drive, accompanied by Dr. Hemlata Masiwal, Dr. Kashyap Ganatra, and Mr. Ramlakhan Pal.



23-Celebration of the “Vande Mataram Sarthashatabdi Mahotsav” under the guidance of a State-Level Committee on 7th November 2025 by organizing a Collective Singing of the National Song – “Vande Mataram” to commemorate this historic milestone of 150th anniversary of the composition written by Bankim Chandra Chattopadhyay in his novel ‘Anandamath’

In accordance with the directives issued by the Government of Maharashtra and SNDT Women’s University, and under the guidance of a State-Level Committee, the NSS Unit of B. M. Ruia Girls’ College organized a Collective Singing of the National Song – “Vande Mataram” on 7th November, 2025 to commemorate the 150th anniversary of its composition by Bankim Chandra Chattopadhyay in his seminal novel Anandamath. This initiative aimed to honor the song’s enduring legacy in India’s freedom movement and to evoke a spirit of patriotism, pride, and sacrifice among students and staff. The event commenced with a brief introduction on the historical and cultural significance of Vande Mataram. A solemn and spirited collective singing of the national song was conducted by all participants. The NSS Programme Officers emphasized the importance of national unity and cultural heritage. The activity served as a tribute to the values embedded in the song and reinforced the role of youth in nation-building. 15 Staff Members, 3 NSS Programme Officers and 70 Students participated in the same. The event fostered a sense of national pride and emotional connection to India’s freedom struggle. It provided an opportunity for students to engage with historical narratives and reflect on the sacrifices made by freedom fighters. The activity strengthened the NSS Unit’s commitment to promoting civic responsibility and cultural awareness. Photographs of the event were taken for documentation and submission to the University and State Committee as per guidelines.

24-Celebrated the 'Veer Baal Diwas' on 26th December, 2025 by organizing a Poster Making Competition.

NSS Unit of Marwadi Sammelan’s B. M. Ruia Girls’ College, Gamdevi, Mumbai (NAAC Accredited B+ in 4th Cycle, affiliated to S.N.D.T. Women’s University, and honored with the prestigious Maharshi Karve Best College Award 2022-23), celebrated the 'Veer Baal Diwas' by 26th December, 2025 organizing a Poster Making Competition. The event encouraged creativity and awareness among students, highlighted the values of courage, sacrifice, and patriotism associated with the day and provided a platform for young minds to express their thoughts visually. The activity not only nurtured artistic skills but also instilled a sense of social awareness and responsibility among students, aligning with the NSS motto: 'Not Me, But You.'



25-Celebrated Savitribai Phule Jayanti on 3rd January 2026, by screening a documentary on her life.

NSS Unit of Marwadi Sammelan's B. M. Ruia Girls' College celebrated "Savitribai Phule Jayanti" on 3rd January, 2026 by organizing a Documentary Screening on the life journey of Savitribai Phule who was an Indian Social Reformer, Educationalist and the First Female Teacher of India. 30 NSS Volunteers and 3 NSS POs participated in the same.

26-Workshop on Consumer Guidance and Financial Literacy was conducted on 12th January 2026.

Marwadi Sammelan's B.M. Ruia Girls' College, Gamdevi, Mumbai, accredited by NAAC with a B+ grade in its 4th cycle and honoured with the Maharshi Karve Best College Award 2022–23, along with Sitaram Deora Institute of Management Studies, affiliated to S.N.D.T. Women's University, Mumbai, organised a Workshop on Consumer Guidance and Financial Literacy. The event was conducted by the Internal Quality Assurance Cell, the Department of Commerce, the Department of Sociology, and the NSS Unit in collaboration with the Consumer Guidance Society of India.

The workshop was held on 12th January 2026 from 11:30 a.m. to 12:30 p.m. in Room No. 13 on the fifth floor, and it aimed to raise awareness about consumer rights and responsibilities while also imparting practical knowledge on financial literacy, including budgeting, savings, and investments. It sought to empower women students as #BeingSuperWoman to make informed financial decisions and encourage responsible consumer behaviour.

The outcomes included a deeper understanding of consumer protection laws, improved financial awareness among students, and stronger collaboration between academia and consumer advocacy organisations. This initiative reflected the institutions' commitment to quality education, holistic learning, and community engagement, while also equipping students with essential life skills that aligned with the vision of NAAC accreditation and the ethos of S.N.D.T. Women's University.

27-Prime Minister's address to students titled Pariksha Pe Charcha was streamed on 6th February 2026.

A Live streaming of Prime Minister Shri Narendra Modi's Pariksha Pe Charcha was organised on 6th February, 2026, where about 50 students actively learned exam strategies, time management, and effective revision techniques.



28-Educational visit to Kala Ghoda festival was conducted on 7th February, 2026

NSS Unit of B. M Ruia Girls' College organised an educational visit to Kala Goda Festival on 7th February, 2026. 43 NSS Volunteers accompanied with 2 NSS PO actively participated in the same.







29-NSS Volunteers attended a National Conference on “Indian Scenario of Alternative Care Services for Children, with Special Focus on Foster Care Service” on 20th February 2026

The NSS Unit of B.M. Ruia Girls' College attended the National Conference on “Indian Scenario of Alternative Care Services for Children, with Special Focus on Foster Care Service” on 20th February 2026, in collaboration with Swanath Foundation and SNTD Women’s University, along with 30 students and one Programme Officer.





30-NSS Volunteers participated in a mass singing event to commemorate the 350th Martyrdom anniversary of Shri Guru Teg Bahadur Ji.

The NS.S. Unit of B.M. Ruia Girls' College and Sitaram Deora Institute of Management Studies in association with the Internal Quality Assurance Cell organised a mass singing event to commemorate the 350th martyrdom anniversary of Shri Guru Tegh Bahadur Ji. Students honored the supreme sacrifice of Shri Guru Tegh Bahadur Ji, revered as "Hind Di Chadar" for his martyrdom in defense of religious freedom, faith, and human dignity. The aim was to instill and strengthen values of social harmony, national unity and social responsibility among the youth. 45 students attended the event.



31-NSS Volunteers attended a Youth Conclave on Road Safety on 25th and 26th February

Five NSS volunteers from the NSS Unit of B.M. Ruia Girls' College attended the program titled "Youth Conclave on Road Safety" at Dikshant Sabhagruh, University of Mumbai, on 25th and 26th February 2026. The program was organized by the University of Mumbai.



32-A seminar on “Cyber Crime: Awareness, Prevention and Remedies” was conducted on 2nd March 2026.

Department of Commerce and NSS Unit in association with the Internal Quality Assurance Cell (IQAC) of Marwadi Sammelan's B. M. Ruia Girls' College, Mumbai, NAAC Accredited B+ (4th Cycle); Maharshi Karve Best College Award 2022–23; Affiliated to S.N.D.T. Women's University, Mumbai, organised a Seminar on "Cyber Crime: Awareness, Prevention and Remedies" on Monday, 2nd March 2026 at 11:30 a.m. as part of the International Women's Week Celebrations. The seminar aimed to empower young women to use digital platforms confidently and responsibly while ensuring their online safety. The session was conducted by Mr. Govind Kumar, Social Worker, who provided valuable insights into various forms of cyber crimes such as online harassment, identity theft, morphing, and financial fraud. The seminar was interactive, and students actively participated by asking questions and sharing their concerns regarding online security. 66 students attended the seminar.



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SITARAM DEORA INSTITUTE OF MANAGEMENT STUDIES

Affiliated to S.N.D.T. Women's University, Mumbai

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WOMEN'S WEEK PROGRAMME

2nd - 8th March, 2026

on the occasion of International Women's Day

Department of Commerce and NSS Unit
in association with Internal Quality Assurance Cell
organises

SEMINAR ON

CYBER CRIME: AWARENESS, PREVENTION AND REMEDIES

on Monday, 2nd March, 2026 at 11:30 a.m.



Resource Person:
Mr. Govind Kumar
Social Worker

With the rapid expansion of digital platforms, women are increasingly vulnerable to cyber crimes such as online harassment, cyber stalking, identity theft, morphing, and financial fraud. Awareness of cyber safety practices and legal remedies has become essential in today's digital era. This seminar aims to educate students about online safety, preventive strategies, legal safeguards, and reporting mechanisms to ensure a safer online environment. The programme seeks to empower young women to use digital spaces confidently and responsibly.

Objectives of the Seminar

- To create awareness about various forms of cyber crimes against women.
- To educate students about preventive measures and remedies.
- To provide practical safety tips for responsible digital usage.
- To inform participants about complaint and redressal mechanisms.
- To promote digital safety and cyber ethics.

All UG & PG students, Teaching and Non-Teaching Staff are encouraged to attend and participate in this important awareness programme.

Seminar on 'Cyber Crime: Awareness, Prevention and Remedies' 2nd March 2026



33-Seminar titled “Legal Safeguards for Women and Children: Understanding POCSO, POSH and the Domestic Violence Act” as part of its Women’s Week Programme on 6th March, 2026

B. M. Ruia Girls’ College, affiliated with S.N.D.T. Women’s University, Mumbai, organized a seminar titled “Legal Safeguards for Women and Children: Understanding POCSO, POSH and the Domestic Violence Act” as part of its Women’s Week Programme held from 2nd to 8th March 2026 in celebration of International Women’s Day. The event was jointly conducted by the NSS Unit and the Department of Sociology in association with the Internal Quality Assurance Cell. Scheduled on 6th March 2026 at 11:30 AM, the seminar featured Ms. Agalya Yadav, Assistant Manager and Trainer for TRP, as the resource person. The session aimed to raise awareness about crucial legal protections available to women and children, focusing on the POCSO Act, POSH Act, and the Domestic Violence Act. By highlighting these important legislations, the seminar sought to empower participants with knowledge of their rights, encourage reporting of abuse and harassment, and foster a culture of safety and equality. This initiative reflected the college’s commitment to social responsibility and women’s empowerment, aligning with the broader theme of International Women’s Day. 107 NSS Volunteers, 4 Faculty Members and 4 NSS Programme Officers participated in the event.



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WOMEN'S WEEK PROGRAMME

2nd - 8th March, 2026

on the occasion of International Women's Day

**NSS Unit and Department of Sociology in association with the
Internal Quality Assurance Cell
organises**

Seminar On

**"LEGAL SAFEGUARDS FOR WOMEN AND CHILDREN:
UNDERSTANDING POCSO, POSH AND THE
DOMESTIC VIOLENCE ACT"**



DATE
06 MARCH, 2026



TIME
11:30 AM

Resource Person-

Agalya Yadav

Asistant Manager and Trainer for TRP.

DR. NOORUZIA QAZI
I/C PRINCIPAL



34-NSS Unit of B. M. Ruia Girls' College, in association with the Indian Red Cross Society, Mumbai, organized a special program to commemorate Savitribai Phule Smriti Diwas by organising Distribution of Free Sanitary Napkin Hampers on 10th March, 2026.

On 10th March 2026, the National Service Scheme (NSS) Unit of B. M. Ruia Girls' College, in association with the Indian Red Cross Society, Mumbai, organized a special program to commemorate Savitribai Phule Smriti Diwas. The event was designed to honor the life and contributions of Savitribai Phule, the pioneering social reformer and educationist who dedicated her life to women's empowerment and upliftment of marginalized communities.

The central activity of the program was the free distribution of sanitary napkin hampers, aimed at promoting menstrual hygiene and spreading awareness about women's health. The initiative sought to break societal taboos surrounding menstruation and encourage young women to adopt healthy practices. The program began with an introduction highlighting Savitribai Phule's role in advancing women's rights and education, followed by an address by President of Marwadi Sammelan Adv. Shri Sushil Vyas and representatives of the Indian Red Cross Society, who emphasized the importance of menstrual hygiene and the need for open conversations about women's health.

A total of 142 students participated in the event, actively engaging in discussions and receiving sanitary hampers. The NSS volunteers played a crucial role in coordinating the distribution process, ensuring smooth execution and fostering a supportive environment. The program not only provided tangible benefits in the form of sanitary products but also created a platform for awareness, dialogue, and empowerment.

This initiative had a significant impact on the students, reinforcing values of social responsibility, health awareness, and women's empowerment, all of which resonate deeply with the vision of Savitribai Phule. The collaboration between the NSS Unit and the Indian Red Cross Society strengthened institutional ties and set a precedent for future health and welfare programs.

In conclusion, the event successfully combined commemoration with community service, making Savitribai Phule Smriti Diwas both meaningful and impactful. By reaching 142 students, the program honored the legacy of a great reformer while contributing to the well-being and empowerment of young women in the college community.



B.M. RUIA GIRLS' COLLEGE

Affiliated to S.N.D.T. Women's University, Mumbai.

ON THE OCCASION OF SAVITRIBAI PHULE SMRITI DIWAS DISTRIBUTION OF FREE SANITARY NAPKIN HAMPERS
10TH MARCH 2026



35-NSS Unit of B. M. Ruia Girls' College actively celebrated International Water Day (which falls on 22nd March) on 23rd March 2026.

NSS Unit of B. M. Ruia Girls' College actively celebrated International Water Day (which falls on 22nd March) on 23rd March 2026 with the objective of spreading awareness about the importance of water conservation and promoting sustainable water management practices among students. During the program, NSS POs discussed several practical and implementable water conservation measures:

- Turning off taps while brushing and avoiding unnecessary water usage
- Repairing leaking taps and pipes promptly
- Using buckets instead of showers for bathing
- Reusing water from washing vegetables for gardening
- Practicing rainwater harvesting at household and community levels
- Avoiding wastage of water in college premises

The event witnessed enthusiastic participation from NSS volunteers and students. Their active involvement reflected a strong commitment towards environmental sustainability and responsible citizenship. The celebration of International Water

Day was a meaningful initiative that successfully raised awareness about water conservation. The program encouraged students to become responsible individuals and motivated them to take small but impactful steps towards preserving water for future generations. 25 students and 3 NSS POs participated in the same.