

NATIONAL SOCIAL SCHEME (NSS)
(BEST NSS UNIT AWARDED BY UNIVERSITY OF MUMBAI)

The academic year 2019-20 began with guidance of Prin. Dr. Maheshchandra P. Joshi and initiative of Programme Officer Dr. Prashant H. Bhagat with many new activities. The activities commenced with the Enrollment of volunteers and their orientation by keeping in mind the theme “Swachha Bharat Abhiyaan”, as suggested by NSS Cell, University of Mumbai.

NSS Unit undertook the following projects during 2019-20:

- Blood Donation and Health Check Up Campaign with J.J.Mahanagar and Lions Club
- Rural Health check up and Eye Check up Drive.
- Crowd Control and Public Safety activities during Ganpati Emersion at Mahim Chaupaty.
- Beach Cleaning activities.
- Yuva Mahitidute Abhiyaan
- Kolhapur-Sangli Relief Drive
- Covid-19 Awareness Drive
- Swachha Bharat Abhiyaan with Public Participation.
- Road Safety Project with Kalanagar Traffic Police.
- Red Ribbon Club (RRC) Project for AIDS Awareness with MDACS,Wadala.
- Disaster Preparedness Training & Disaster Management with NDRF and others.
- Preparation of Paper Bags from Old News Papers with active Volunteers.
- Pulse Polio Immunatization Drive with BMC Authority,H-Ward,Mumbai
- Dengue and Malaria Awareness Drive with BMC Authority,H-Ward,Mumbai.
- Run for Unity
- Voters Awareness with Collector Office and State Government.
- Tree Plantation with University of Mumbai.
- University Kalina Campus Swachha Bharat Abhiyaan.

Orientation Programme:-

The NSS Unit of Chetana College conducted an orientation programme for 200 students on 23rd August, 2019. The programme was chaired by Dr.Sunita Tidke, NSS Programme Officer, P.D.Lion’s College, Malad, Mumbai provided information on responsibilities and duties of NSS to the volunteers. she also interacts with volunteers on various social issues and schemes. The volunteers got a better understanding of the work to be effectively carried out by them.

Blood Donation Drive:-

The event took place during 21st August,2019 at College Campus with the help of J.J.Mahanagar Blood Bank, Sion With a collaborative efforts of the doctors.NSS volunteers apart from creating awareness helped the staff in making the arrangement, collection of blood samples, looking after the donors as well as registration, refreshment and appreciation desk, 56 units of blood were collected during the drive.

HIV/ AIDS Awareness Project:-

Red Ribbon Club has formed in Chetana NSS Unit with Mumbai AIDS Control Society (MDAC), Wadala, NSS unit of Chetana college organized a weeklong event from 1st Dec, 2019 to 7th Dec, 2019 on 'HIV/AIDS Awareness Week' in its campus coinciding with its fervor and verve the college festivals for the wider outreach and stronger impact. The event began with an interactive session about HIV/AIDS by MDACS Trained Programme Officer Dr.Prashant Bhagat (Mumbai District AIDS control society). The volunteers, well equipped with relevant knowledge then geared up for the action oriented events like poster competition, essay writing competition, rally, Exhibition etc. Chetana NSS UNIT has performed Four Street plays on HIV/AIDS Awareness Drive at Vakola, Khar and Bandra area. we need to make to realize the society that HIV/AIDS is not a stigma and together we can fight against its wide spread.

Fit India Movement:-

Fit India Movement is a Nationwide Campaign that aims at encouraging people to include physical activities and sports in their everyday live. Fitness has been always an integral part of culture. Recognising the need for the same H'ble Prime Minister of India Narendra Modi launched a 'Fit India Movement' to encourage and empower the people of the Nation to change the way they led their lives and to imbibe in them the habit of keeping them fit. The campaign was launched to commemorate the birth anniversary of Hockey wizard, Major Dhyan Chand at Indira Gandhi Stadium in the country capital at 10:00 a.m. Prime Minister's speech emphasized on the importance of keeping fit in this technologically driven era and stressed upon the need for one and all to bring about significant positive changes in their lifestyles. For the same, 29th August 2019 the NSS unit of Chetana College has organised a Fit India Movement Week from 29th August, 2019 with full of Fitness activities and inaugurated with Guest Lecture on 'Mental Wellness" by Prof. Sachin Pimple , Professor of Psychology at R.N. 23. More than 100 students has participated and benefited from the same.

Rashtra Prem Utsav:

Mr.Bhagat Singh Koshiyari,the current Governor of Maharashtra State inaugurated the function- RashtraPrem Utsav with many dignitaries of Mumbai University and other guests. The event was held on 11th September,2019 and attended by the volunteers of

Chetana College, National Service Scheme Unit. An emphasis was made on greeting guests with Book, instead of Bouquet. The event started with zeal, enthusiasm and energy. The guests gave speeches about the teachings of Swami Vivekananda, Pros and Cons of current Education System, Patriotism in the hearts of Indian and such sensational topics that touched the souls of the youth. After few valuable words delivered by the guests, a play was conducted based on the life of Swami Vivekananda and his teachings, and the way he lived his life. It was truly inspirational and agitated motivation among the people to lead a better life.

Yoga Day:

Keeping the spirit of 'International Yoga Day' alive all across the world, our unit organized a Yoga Session by 'Art of Living' team for the students on 21st June 2019. The students were educated on the importance of Yoga. They were explained that yoga helps in maintaining not only physical and mental health but also a healthy social life. The students were taught various Aasanas starting with basic exercises to warm up and stretching followed by the series of Padmasana, Vajrasana and ending with Shavasana. After Asanas session students were also taught the Pranayama – For Longevity. Chetana NSS Unit has organised a Yoga Day at CIMR Hall, College Campus and more than 300 Students, 20 Teachers and 05 Nonteaching staff has participated in the Workshop.

5 Days Yoga Camp was also organized from 17 th June,2019 to 21st June,2019. On 17th June there was inauguration of Yoga Workshop at auditorium of K.C College, Churchgate at 10:30 am to 1 pm. In this program Chief Guest H'ble Governor Vidyasagar Rao had come to aware the importance of Yoga. On 18th June to 20th June there was Workshop of Common Yoga Protocol at Kaivalyadham from 11 am to 1 pm. There volunteers had learned benefits of Yoga, how to do Yoga and some basic aasana with their benefits. On 21 st June volunteers had celebrated International Yoga Day at Convocation Hall, University of Mumbai Fort from 10 am to 1 pm. After that our Chief Guest Dr. Suhas Pednekar had came, they appreciated all and gave the message that everyone should do Yoga every day.

Kolhapur-Sangli Flood Relief Drive:-

Chetan's NSS Unit has contributed a big hand of help to the Kolhapur- Sangali Flood affected people by collecting Cereals, Sugar, Beverages, Hygiene Products, Pulses, Biscuits, Medicine, SaniPad, Clothes etc. NSS Volunteers has appeal to every class in college for getting donation in kind from them as well Chetana's Junior College Teaching Staff has extended a very big hand for getting donation in kind. This Community Based activity provided a good learning lesson to all NSS Volunteers. Approximately 154 families were benefited from this drive.

Covid-19 Awareness Drive:

Covid-19 Pandemic awareness drive were conducted by NSS Volunteers by conducting online quiz on 'Covid-19 Awareness Quize' and 'Arogya setu App Awareness Quiz'.

During this hard time volunteers had donated blood by putting their lives in danger. NSS Unit has prepared one YouTube video on 'Covid-19 Awareness'. Volunteers has worked with BMC Staff while distributing Ration and Food Stuff at Dharavi and Kurla area.

Mahitidoot Abhiyaan:

For awaring the students for different government schemes and policies, Government of Maharashtra has initiated a project called 'Mahitidoot'. Basic aim of this project is to train the students and let them provide opportunity to inform and guide government schemes to needy people like widows schemes to be informed to widow's family for benefiting their lives. Chetana NSS Unit was constantly conducted awareness and training session by authorities from government. More than 400 students has downloaded the 'Mahitidoot App' and conducted awareness activities in communities. Approximately 2000 families were benefited by this project.

Kargil Vijay Diwas:

On 26th July 2019 On 'Kargil Vijay Divas' government brought movie URI before students. The movie is related to how our army fought on the border on this day. About 40 to 50 volunteers of Chetana college participated in this program held by the government and honored the respect for the soldiers and motherland. Approximately 300 people were benefited by this activity.

Anti-Dowery Rally:

On 26th November 2019, our 30 of NSS Volunteers participated at rally on Anti-Dowry Movement. The rally starts from Suncity Theatre to Sathaye college campus. Many of the colleges join us in that rally. The rally starts at 8:30 am and get over at 10 am. With the many bold thoughts on anti dowery practices. Chetana NSS Volunteers has spread a message to community for 'stop dowery and save lives'. From this rally approximately 10,000 people were benefited.

NSS Week Celebration:

50th NSS Day Celebration On 24th September 2019, 160 of our NSS volunteers celebrated 50th NSS day. Through this Event many past volunteers who are working in social field were present to guide volunteers. Various social activities were performed by our volunteers. Our volunteers performed Street plays various Social Themes and also other competitions and events where they showcased their talents to help to community.

National Seminar on 'Youth Alone Can' :

On 27-28 September 2019 3 of Our NSS volunteers participating the Two Day National Seminar on Youth Alone can Organized by Prof. Bal Apte Centre for studies in student & Youth movement, University of Mumbai. The aim was to create new way for youth movement. Many Speakers guardian on youth movement in front of many NSS volunteers. All the volunteers gave their outstanding contribution in the 2 days of 'Youth movement'. They also got the certificate of appreciation for their participation, cooperation & conduct throughout the programme.

Voters Awareness Drive:

Voters awareness is one of the constantan Community based project conducted in association with Collector office, Mumbai Western Suburban District. Workshop on hands on training on EVM Machin was organised in college by NSS Unit to aware about the use of EVM machine and to guide the community in this context 35 volunteers were participated and benefited from this workshop. National voters day were celebrated by Chetana's NSS Volunteers at Prakash Gad, Kalanagar on 21st January, 2020. Also, On 30th September 2019 R.D. National college has Organized Awareness Seminar and Workshop on 'Importance Of Voting Among Youth' in Collaboration with NSS CELL Mumbai University and Bandra West Voting Assembly. Our 10 Volunteers has Attended Seminar and benefited.

Zero Plastic Marathon:

This marathon is initiated by government of Maharashtra and NSS Cell, University of Mumbai for spreading a mass message to community for avoiding use of plastic and protecting the environment. Chetana's NSS Volunteers has participated IN this rally for spreading a right message to the community and concern for the environment.

Crowed Control Activity:

This is a regular community base activity conducted by Chetana's NSS unit in association with Mahim Traffic Police to control the crowed on the occasion of Ganpati Emersion and directing and helping the people. Result of this activity is zero missing figure at crowed place which is appreciated by Mahim Traffic Police, Mumbai. 50 NSS Volunteers has participated and served the community and contributed religiously toward society.

Beach Cleaning Activity:

Protecting Natural Resources is always a priority of Chetana's NSS Unit. To that extent this activity is conducted immediate next day after Ganpati emersion to clean Mahim beach and collect garbage and nirmalya. Segregation of garbage is also conducted into degradable and non degradable and all collected garbage were handover to BMC for further process. BMC Staaf also helps volunteers for providing safety kits and guidance.

Bhajan Sandhya:

On 2nd Oct on the occasional Gandhi jayanti Our 40 of NSS volunteers had Attended the bhajan Sandhya at Gate Way of India. This programme is ingurated by dignitaries from government, university and celebrities for strengthening the Gandhian Thoughts in the minds of the Youth. Many cultural programmes were organised by University for honoring the Mahatma Gandhi Jayanti. 'Satya and Ahimsa' Philosophy of Mahatma Gandhi is spreded to other volunteers also.

Mumbai University Kalina Campus Cleaning Activity:

On 2nd Oct on the occasional Gandhi jayanti Our 25 of NSS volunteers had Attended the bhajan

"Swachhta hi Seva" event which held in Kalina campus and organized by Mumbai University. The event was started in present of Mr.Sundir puranik. Who gave the

importance of cleanliness and how the Cleanliness was important to Gandhiji our volunteers have cleaned the areas and saved the nature.

National Education Day:

11th November 2019, 25 of NSS Volunteers had celebrated National Education Day on the birth anniversary of Maulana Azad. In this program we took the prayer, speech delivered by one of our NSS Volunteer, played games and ended the programme.

Pulse Polio Immunization Drive:-

Public Health Department of Mumbai Corporation is working hard and determines to immunize more than 1.1 million children's of 0-5 year's age group. Chetana's NSS Unit has extended hands to support to Pulse Polio Drive and health establishment to reach out more children's and in immunization. Volunteers have worked for three weeks throughout the year for immunization drive at Bandra Station, Khar Station, Kherwadi Slum.

Disaster Management Cell:-

As suggested by the NSS cell, University of Mumbai, NSS Unit had formed a "Disaster Management Cell" consisting of a group of 50 Volunteers. Students were given a basic idea about Disaster Management and awareness for community participation, both at family as well as the community level, and also the mobilization of communities to adopt risk reduction strategies and practices. Volunteers participated & motivated from the training. Now it is planned to make a database of ex-students & regular student to form a Disaster management cell on permanent basis, so that this cell can work through the year on Natural climates like flood, earthquakes, etc. & manmade climates like bomb blast, train accident, fire etc.

Swachha Bharat Abhiyaan:-

Swachha Bharat Mission activities were regularly conducted at adopted area, Bus stands, Railway Stations, college premises and market places. Approximate population were covered in this mission was 6000 people. During special camp at Bhal Gaon Village also NSS Volunteers devoted for Swachha Bharat Mission. Community participation as innovative mode was operated at adopted village and regular follow up action was undertaken.

Road Safety Project:-

By understanding the frequent incidences of road accidents in Mumbai. Chetana NSS Unit had undertaken a community based project for Road Safety. During this project NSS volunteers had spread the message for 'Suraksha Pala, Apghat Tala' at Kherwadi signal, Kalanagar Signal and at college road. Kalanagar Traffic Police Team also co-operated this project for massive awareness.

University Level Leadership Training Camp:

From Chetana's NSS unit, Two Volunteers namely Vinayak Gele (F.Y.B.Com.) and (F.Y.B.Com.) were participated in Five Day's Residential University level 'Leadership Training Camp' from 26th -30th, August 2019 at Manori ashram, Manori Village.

State Level Camp at Gadchiroli:

State level camp on 'Youth for Swachhata Movement' has organised at Gadchiroli from 16- 21 January, 2020. From Chetana's NSS Unit NSS Volunteer Namita Naik was selected from University of Mumbai. From this camp trained volunteer has guided the NSS Volunteers during Weekly NSS Meets and sensitized the volunteers towards national duties on Swachhata.

Vivekanand Peace Marathon Mumbai-

State Government of Maharashtra and NSS Cell, organised 'Vivekanand Peace Rally Marathon' at Juhu on 3rd February, 2019 for spreading the message of peace into the society and National Integration. 10 volunteers from Chetana's NSS Unit has participated in the Marathon and win the Medals.

SPECIAL RESIDENTIAL CAMPING PROGRAMME (07 DAYS):-

Chetana's NSS Unit organized special residential camp for 7 day from 4th-11th January, 2020 at Zilla Parishad School, Bhal Gaon village, Taluka - Ambernath, District – Thane. NSS volunteers along with NSS Programme Officer Dr. Prashant Bhagat, 01 Female assistant Teacher Prof. Pratiksha Karambe and Peon Ravi Kudia Were handled the camp. Many resource persons visited the camp namely Dr. Avinash Shendre, Ex- NSS PO Pragati College, Dombivali, Mr. Lalit Bhole, Brand Manager, M.I. Pharmaceutical, Dr. Ashutosh Sexena, Department of Commerce, Jai Hind College, Dr. Rupa Nilpani, Meditation Trainer, Mr. Sachin Khedekar, Trainer on Disaster preparedness, Mr. Raju Koli, Andhshradha Nirmulan Samiti, Miss. Trupti Saha, Youth Connect Foundation, Mr. Daniel, Activist on Gender Issues. Mr. Sushil Shinde, District Coordinator, NSS Cell, University of Mumbai.

Dr. Ashok Chaudhari, Trustee, Chetana Trust and Principal Dr. Maheshchandra P. Joshi inaugurated the camp and interacted with villagers, volunteers and School students at Bhal village.

NSS volunteers conducted social and cultural programmes for villagers. Volunteers organized cleanliness camping, street play, Gram Swachhata and teaching and training to primary and secondary Z.P. School students in the rural camping programme.

Cleanliness Drive was organized by volunteers in Bhal village by this drive volunteers tried to clean entire village with the support of young people and village community with high support. Volunteers have counseled to village regarding cleanliness habits and good health.

Health Check up camp in association with Nahar Hospital and Street play was organized by volunteers at adopted village on the 'Swacha Bharat Abhiyan' at different location of the village, the street play were organized and spreader the message for the Swacha Bharat Abhiyan.

Socio – economic survey were organized by the NSS volunteers for understanding the profile the villagers and knowing there exact problems and opportunities. Volunteers collected data through structured questionnaire covering many socio- economic dimensions. Villagers showed the positive response to the survey activity.

Every day morning exercising and prayer session was conducted and at night ‘day review’ was conducted. CPR workshop was organized by Jaslok Hospital for NSS volunteers for understanding the CPR life saving tricks with many practical hands on training at camp. Prof.Krishna Nikumb, Vice Principal were present and motivated volunteers at Valedictory Function.

The Special Rural Camp gave the good opportunities for volunteers and participants to develop their personality through social activities and interaction with local rural people of the Bhal Village.

**ANNUAL STAR PERFORMERS OF THE
YEAR 2019-20**

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| 01. BEST N.S.S. LEADER (MALE) (T.Y.B.Sc. IT) | : Manoj Takalkar |
| 02. BEST N.S.S. LEADER (FEMALE) (S.Y.B.Com.) | : Karuna Kumbhar |
| 03. BEST N.S.S. ALL ROUNDER (IT)) | : Arbaz Pathan (T.Y.B.Sc. IT) |
| 04. BEST N.S.S. ACTIVITY ORGANIZER (MALE) (T.Y.B.Sc. IT)) | : Prashant Tiwari |
| 05. BEST N.S.S. ACTIVITY ORGANIZER (FEMALE) (F.Y.B.Com.) | : Shaheen Khan |
| 06. BEST N.S.S. VOLUNTEER (MALE) (F.Y.B.Com.) | : Subham Gole |
| 07. BEST N.S.S. VOLUNTEER (FEMALE) (F.Y.B.Com.) | : Namita Naik |
| 08. BEST N.S.S.DISCIPLINE VOLUNTEER (F.Y.B.Com.) | : Rohit Gupta |
| 09. BEST N.S.S. CO- LEADER (MALE) (S.Y.B.Sc. IT) | : Sushant Nimbalkar |
| 10. BEST N.S.S. CO- LEADER (FEMALE) (F.Y.B.COM.) | : Sejal Dange |
| 11. N.S.S SPECIAL PRIZE (F.Y.B.Com.) | : Prateek Karkera (S.Y.B.Sc. IT) : Nikhil Kunchikorve |

(F.Y.B.Com.)

: Sankesh Sawant (S.Y.B.Com.)

: Dayanand Malekar

: Mahesh Bamne (F.Y.B.Com.)

: Vinay Gele (F.Y.B.Com.)

12. BEST CAMPER (MALE)

: Rishi Kadre (F.Y.B.Com)

(FEMALE)

: Kavita Tiwari (T.Y.BAF)

The NSS Unit is very Thankful to Dr.Atul Salunke (SLO),Prof.Sudhir Puranik (Director,NSS Cell), Prof.Sushil Shinde (District Co-Ordinator) ,Chetana Management Committee, Principal Dr.Maheshchandra Joshi, Teaching and Non-Teaching Staff, Various social agencies,NGOs, Govt Officials for helping and motivating the NSS Activities during the regular activities.

Thank You,

Dr. Prashant H.Bhagat

(N.S.S. Programme Officer)

**ANNUALNSS STAR PERFORMERS OF THE
YEAR 2019-20**



**Manoj Takalkar (T.Y.B.Sc.IT)
BEST NSS LEADER (MALE)**



**Karuna Kumbhar (S.Y.B.Com)
BEST NSS LEADER (FEMALE)**



**Arbaz Pathan (T.Y.BAF)
BEST NSS ALL ROUNDER**



Prashant Tiwari (T.Y.B.Sc.IT)



Shaheen Khan (F.Y.B.Com)



Shubham Ghole (F.Y.B.Com)

BEST NSS ACTIVITY ORAGNISER (MALE) BEST NSS ACITIVITY ORAGNISER (FEMALE) BEST NSS VOLUNTEER (MALE)



Namita Naik (F.Y.B.Com)



Rohit Gupta (F.Y.B.Com)



Rishi Kadre(F.Y.B.Com)

BEST NSS VOLUNTEER (FEMALE)

BEST NSS DISCIPLINE VOLUNTEER

BEST NSS CAMPER (MALE)



Sushant Nimbalkar(S.Y.B.Sc.IT) Sejal Dange(F.Y.B.Com) Prateek Karkera(S.Y.B.Sc.IT)

BEST NSS CO-LEADER (MALE)

BEST NSS CO-LEADER (FEMALE)

NSS SPECIAL PRICE



Nikhil Kunichikorve(F.Y.B.Com) Sankesh Sawant (S.Y.B.Com) Dayanand Malkar(F.Y.B.Com)

NSS SPECIAL PRICE

NSS SPECIAL PRICE

NSS SPECIAL PRICE



Mahesh Bamane(F.Y.B.Com)

NSS SPECIAL PRICE