

St. Mira's College for Girls, Pune

(Autonomous- Affiliated to Savitribai Phule Pune University)

Department of NSS

Annual Regular Activities Report – 2022-23

Celebration of Poshan Pandharwada – 21st March to 4th April 2022 In connection with this various activities were organized to spread awareness about Nutritious and balance diet as well as session on Anaemia was also taken.

total students 29 reached 1756 people.

- a. **Displaying posters on notice boards-** Students used posters to spread awareness about balanced diet and Nutritious food. Through these posters tentatively 800 were benefited.

b. **Awareness session on Anaemia-** The session on Anaemia was organized to spread the awareness of Nutritious balanced diet. Total 19 students participated in this session. Meaning of Anaemia, consequences of Anaemia, importance of balance diet was given to the participants. Various government schemes were introduced in this session which are working on Poshan Abhiyaan.



C. **Awareness on Social Media platforms-** Students used digital posters to spread awareness about balanced and Nutritious diet. They used their social media platforms to spread awareness about Nutritious food and even made aware about this government scheme. Total 10 students participated in this activity. 356 people they reached with this activity.



2.131st Dr. Ambedkar Jayanti celebration- 13th April, 2022- Guest lecture(online and offline) by Ms. Veena Kenchi-25 student





On the occasion of the 131st Dr. Babasaheb Ambedkar Jayanti and Azadi ka Amrut Mahotsav the Department of NSS organised a Guest Lecture on the 'Indian Constitution' for the students. Ms. Veena Kenchi Ma'am, HoD, Department of Politics and Public Administration explained the significance of the Constitution of India. It was followed by the imperative facts of the constitution and also informed the students regarding the values of the constitution and the right of freedom of religion. Ms Kenchi also listed the fundamental duties mentioned in the constitution and also gave a brief account about the historical background of the constitution. Through this lecture we spread awareness about the constitution. This lecture was conducted in both online and offline mode.

3. Activities for International Yoga Day- 1st April to 29th June 2022.

1. Y-break or Yoga Break Session on "5 minutes Yoga Protocol" – 23 April 2022

A Y-Break session was organized virtually for the NSS volunteers. The students were made to do various stretches which they can do every one hour to help relieve them of their back and neck pain as a result of the continuous online teaching as per the video shared by the ministry. 17 volunteers participated in this session.

2. Activities for Yoga – 17 May 2022

As a part of the government initiative to create awareness and help students with the benefits of Yoga, the following activities were conducted:



- a. **Common Yoga Protocol Practice** – The document created by the government was shared with the volunteers and they were asked to perform the asanas as shared on screen. This involved a few basic stretches of the neck, hands, legs and upper body.

- b. **Yoga Break Session – Y-Break** – This session was conducted with the students to make them realise the benefit of taking a 5 minute break from their studies,



- screen time, etc. every one hour and relaxing their mind and body for better concentration and refreshing a tired mind and body.
- c. **Pranayama Demonstration and Practice for Stress and Anxiety**– part of Yoga demonstration – Since the students are feeling stressed and anxious because of their upcoming offline end semester exams, we organized a special Pranayama session for helping them deal with stress and anxiety which is on the rise because of their exams. We got a positive response from the



volunteers as they all felt calm and refreshed. We also shared tips on how they could use these breathing techniques even during the exams to relax their minds.

The videos were also shared with them for ready access. 18 volunteers participated in



this session

3. International Yoga Day Celebration 21st June 2022

As per the government instructions 8th International Yoga Day was celebrated on 21st June 2022 from 8 to 9 am. Students from Physical Education have demonstrated Asanas and it was followed by common yoga protocol practice was taken. All students and teachers participated in this activity. Activity mode was hybrid. Theme for Yoga Day was "Yoga For Humanity." Total 189 students and 58 staff members actively participated in this activity.



4. College Library- Celebration of International Yoga Day

College library had organized a book display on the occasion of 8th International Yoga Day. Theme was 'Yoga For Humanity'. Yoga related books were showcased to understand the importance and benefits of Yoga in our daily life.



4. Marathi Sahitya Sammelan at SPPU- 29th April to 1st May 2022- 15 students attended this event in SPPU.



5. Shiv Swarajya Mahotsav (Shiv Swarajya Din celebration)- 6th June 2022- 63 total (Teachers-37, Non-teaching staff 5, student. 21)



A. Shiv Swarajya Din Celebration- Maharashtra geet and Rashtrageet was sung.-All the teaching staff, Non-teaching staff and some students celebrated this day by lighting the lamp in the hands of the college authority, information about Shivaji Maharaj and his contribution towards Hindavi Swarajya was explained to everyone. Maharashtra geet and Rashtra geet was sung by all present members. Total participants were 63 - Teachers-37, Non-teaching staff 5, students 21.

B. Short documentary on Shivaji Maharaj and on Shivrajyabhishek-Short documentary screening was done which was telling the story of ShivSwarajya Din, and gave some insight of the history and about the changes which were done by Shivaji Maharaj.



C. Book display by the Library- on Shivaji Maharaj and his teachings, Students were amazed to read and understand the contribution of Shivaji Maharaj and his Hindavi Swarajya.

D. Participation in Shiv Swarajya Din -Rajyabhishek Sohla -Live from Satara city-total 51 participants. 21 teachers, 20 students, 10 Non-teaching staff.

6. Swachha Wari-Swasthya Wari- Nirmal Wari-Harit Wari and Corona free Awareness, Disaster management Campaign and Tree plantation Dindi Program



under Smaran Krantiveeranche and State level NSS Dindi Participation in SPPU-22nd, 23rd and 24th June 2022-14 students participated.

a. Distribution of Biscuit packets to the Warkaris-

Our college has distributed biscuit packets to the warkari's near our main entrance on 22nd June 2022.



b. Participation in “Swachhya Wari-Swasthya Wari-Nirmal Wari-Harit Wari and Corona Free Awareness, Disaster management Campaign and Tree plantation Dindi program”(22,23 and 24 June 2022) under this program “Smaran Krantiweeranche and State level NSS Dindi”-

Department of NSS participated in Smaran Krantiweeranche program organized by Department of NSS,SPPU followed by State level NSS Dindi on 23rd June 2022. Our 14 students participated in this program followed by State level NSS Dindi. In this program students understood the patriotism towards our country and contributions of many patriots towards it. In Dindi students were filled with bhakti towards lord Panduranga even they realized the power of unity and learnt about the how to serve the society.



7.Swachhata Pakhwada-Cleaning Drive -1st to 15thAug 2022-16 volunteers



A. Cleaning drive - House and society-NSS volunteers cleaned their house, common areas of the society on this occasion. Some students spread awareness about cleaning through posters on social media platforms. 16 students participated in this activity.

8. Azadi Ka Amrut Mahotsav – Celebrating 75 Years of India's Independence – August 2022 - 1st to 17th August,2022



A. Poster Making on the theme of Independence Day-1st to 9th August,2022- 25 volunteers

B. HarGhar Tiranga - Rally with Botanical Survey of India – 10th August 2022- 70 NSS volunteers.

C. Orientation on HarGhar Tiranga and Azadi ka Amrut Mahotsav – 12th August, 2022- 300 students attended in the sanctuary.

D. HarGharTiranga – Yuva Sankalp – Guinness Book of World Records – 12 th Aug 2022-In this activity 58 staff and 443 students participated on the college campus.

E. Webinar on India's Freedom Struggle- 13th August 2022-24 students participated.

F. Hoisting Flag in College – 13th to 15th Aug 2022-25 volunteers attended.

G. Samuhik Rashtrageet Gayan – 17th August, 2022-All staff and students present on that day attended this Samuhik Rashtrageet Gayan.

H. Valedictory Program at SPPU of Yuva Sankalp and HarGhar Tiranga Campaign – 15th Aug, 2022-7 students attended this program.

I. War Memorial Visit – 24 Aug, 2022-on the occasion of 75 years of Independence(Azadi Ka Amrut Mahotsav). 30 students participated in this visit.



Students got to know about various historical movements and detailed information about freedom fighters. They experienced the atmosphere which was showcasing all the Indian struggles and victories on several wars. They have seen various equipments, guns. This museum is made by the citizens of Pune to honor those who lost their lives fighting on the borders to keep the country safe.



9. Anti- Drug program- No Tobacco Pledge was taken by teaching, non-teaching staff and students - 13 th August 2022 - NSS Dept of college- total 500 students- The NSS Department at St. Mira's College for Girls organized taking of the Pledge Against the Use of Tobacco. Students, along with the Teaching and Non-teaching Staff, Sevaks and Sevikas pledged not to consume tobacco in any form and to restrain others among their family, friends, neighbours from the use of tobacco. All the students present in the college on that day participated in the oath taking activity.



10. Swachhata - Cleaning drive- College campus cleaning- 30th August, 2022- 48 volunteers.

Department of NSS had organized a college campus clean up drive on 30th August, 2022. In this drive 48 NSS volunteers participated for cleaning. Students cleaned all the floors, staircases, corridors, garden etc. In the campus. They bifurcated the garbage into dry and wet. While doing this activity students realized the importance of cleanliness.





11. Celebrating Poshan Maah- 1st to 30th September, 2022-The Department of NSS celebrated Poshan Maah 2022 from the 1st of September to the 30th of September as part of the Government of India's launched flagship scheme called Poshan Abhiyan (Prime Minister's Overarching Scheme for Holistic Nutrition) in 2018 to strengthen the efforts to end hunger and malnutrition. The theme for this year was 'Mahila Aur Swasthya' and 'Bacha Aur Shiksha'. In connection with this various activities were organized to spread awareness about the importance and focus on the health of women and children and to promote a healthy diet.



Following activities were conducted under "Poshan Maah".

a. Yoga Session- 7th Sep, 2022- 51 students

b. Quiz by the government of India based on the knowledge about the nutritional properties of the millets and legumes in our day to day life- 25 students



c. Awareness program through Notice Boards

d. Pledge taken by the students for eating a balanced diet- 14th September, 2022

e. Spreading awareness on social media platforms through Posters- 26th volunteers reached - 4000 people.

f. Guest lecture on the Importance of a Balanced Diet and a Healthy Lifestyle by Dr. Geeta Parwani MD (HOM), BHMS - 21st September, 2022- 80 students attended this session.



g. Rainbow Thali- healthy recipes demonstration and video sharing- 27th September,2022- 28 students

h. Zoomba session- 24th september,2022- 45 students.



12. NSS Inauguration Program- Guest lecture on Importance of a Balanced Diet and a Healthy Lifestyle by Dr. Geeta Parwani MD (HOM), BHMS - 21st September,2022- 80 students attended this session.



13. Celebrated NSS Day -24th September,2022- 54 volunteers



A. Activities to understand meaning of NSS - 54 volunteers-There were a total of 9 groups consisting of 5 students in each. The students were given A4 size chart paper and sketch pens and were also provided with topics related to NSS. They were given 10 minutes to draw on the charts to explain their understanding of the topic. They were asked to



come in front, one group at a time to explain their charts. Some of the groups also presented small skits. It was a very interactive program and the students seemed to really enjoy the activity, and understood the meaning of the sentence NOT ME BUT YOU and importance of being an NSS volunteer.

b. Guest lecture - Supriya Badgujar. She was an NSS volunteer in the years 2012-2014. She is currently working as an assistant teacher in SNBP School & Jr. College, Yerawada branch. She constantly motivated the students to express their views and to speak publically. She told the students about the importance of and benefits of being a part of NSS in their lives in a way that will stick with the students for a longer period of time. She also explained how NSS is not just a credit course but a social work which is also to be done outside of college to help the community as whole along with sharing her life stories as to how NSS helped her in her personal life.



14. Swachha Amrut Mahotsav-17th Sep to 2nd Oct 2022-

a. NSS Department and College cleaning- 6 Volunteers



- b. Under Clean India Campaign -2.0 collection drive of Plastic -19th October 2022- 19 students - 10 kg plastic was collected from the college campus.



C. Temple Cleaning(Yerawda)- Tarkeshwar temple yerawada was cleaned by NSS volunteers. Students segregated dry and wet garbage and cleaned the temple and nearby area under the tagline Swachhata High Sewa on 1st October ,2022. Total 23 students participated in this cleaning drive.



D.Cleaning Drive in Poona Blind School- 15 students-Department of NSS organized a cleaning drive in Poona Blind School. So as per their requirement students cleaned their ground and plastic and other unwanted grass was removed



by the NSS students.

15. Celebration of National Unity Day (Birth Anniversary of Sardar Vallabhbhai Patel)- 31st October,2022

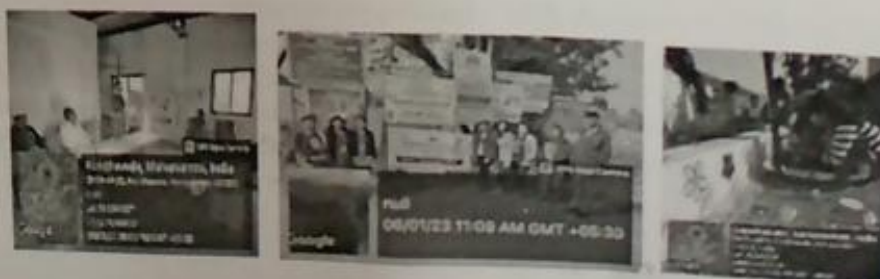
- a. **Unity Pledge was taken-** 23 students have taken the pledge on the occasion of Sardar Vallabhbhai Patel's Birth Anniversary.
- b. **Run For Unity-** 25 students - spreading awareness about unity.



16. Participated in Swachh Survekshan 2023 (1st November to 20th November,2022)for encouraging civil participation organized by Pune Municipal corporation - 1 student participation in poster competition and 18 students used government posters to spread awareness about this competition they reached 914 people. (Due to exams participation was not there).



17. NSS Winter camp - 6th January 2023 to 12th January , 2023 Kondhawle village , Taluka - Mulshi, District - Pune.



- Full Report in a different Docs.



18.Voter's Registration Process awareness - 15th January to 20th January, 2023-Students spread awareness about the online voting registration process through Voter's Helpline Application.-Department of NSS, Electoral Club and Department of Political science and Public Administration-Department of NSS had organized an voting registration drive from 15th January 2023 to 20th January

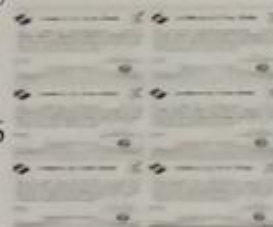
2023. In this drive information about online application named Voter's Helpline was given to the students and requested them to download this application from the play store. Two videos were shared with the students to understand the process and steps of new registration. In this drive total 132 students filled college form stating that they have registered for new voter's registration. Among them 71 students said that their EPIC number is yet to come.

19. Lokshahi Pandharwada was celebrated from 26th January 2023 to 10th February, 2023.

a. Poster making and spreading awareness about the importance of voting was done through social media platforms- 14 students participated and reached 796 people.



b. Quiz and e-voters pledge was taken by 45 students.



c. Video screening on the importance of voting- 16 students participated.

d. Oath- for using voting right was taken by 16 students. Student coordinators- Lalita Choudhari and Resham .



20 EduYouthMeet organized by Art Of Living Foundation- 4th February, 2023. Participation of 39 students.- Program organized for youth was attended by the students they were enriched by the words of Shree Shree Ravishankar.



20. International Women's Day celebration organized by the Department of NSS and Department of Sociology. - on 8th March, 2023- total 36 participants participated. Virtual mode.- The Department of NSS and The Department of Sociology celebrated "International Women's Day" on 8th March, 2023. From 3pm on Google meet platform. There were a total of 36 participants present. The program was coordinated by Gracey and Ashleen. Through the program the students celebrated womanhood. The students took active part in the celebration

A. Video screening -The program began with the brief introduction on the history of women's day by Gracey. Students got to understand why 8th March came to be celebrated as International women's day through this information. Students were also shown a music video 'Scars to Your Beautiful' by Alessia Cara that talked about the idea that all women are equally beautiful irrespective of their differences.

B. Sharing some schemes for women- Followed by this Nss students gave us information about various schemes launched by the government for the welfare of women. Under this was Mahil E- haat, Working women's hostel, Lady Mahirbai Tata Education Scholarship, Swadhar Greh scheme and Glow and Lovely Scholarship. Students were given brief information on the aims and objectives of these schemes and scholarships for women.

C. Dance and Song performance by students- Nss students also portrayed their ideas on womanhood through dancing and singing. Students sang song on womanhood and created a beautiful environment. The dance portrayed by our student was really graceful.

D. Sharing experience of individuals about womanhood- Lastly the students expressed their opinions and their stories related to their experience as a women. The students expressed their personal stories which was really inspiring to hear.

E. Library book display- On the occasion of women's day the library held a display of book on womanhood. A lot of students enjoyed watching the display put forth by the library.

Student volunteers- Gracey Gaware, Ishita Pillay, Tejaswini Rajput and Ashleen Kaur





21. College campus cleaning drive- 9th March, 2023.- Department of NSS has organized a cleaning drive on 9th March 2023 in the college itself. 22 volunteers has participated for cleaning the college which includes the following:

- Plastic removal from college garden
- Cement removal from the setting area
- Collecting the garbage
- Cleaning the area near Mira's statue

After the activity the students realized the importance of cleaning .



Student volunteers :- Ashleen kaur , Payal kasre

21. Valedictory program-Guest lecture on the role of laboratory in women's health by Dr. Kaumudi Deshpande, Assistant pathologist at Dr. Godbole laboratory, Pune. On 14th March, 2023. 41 students were present.

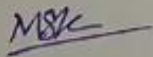


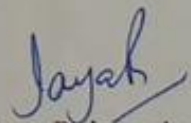
Department of NSS has organized a validatory program in St. Mira's College for girls on 14 March 2023. 41 students were present for this program. Chief Guest Dr. Kaumudi Anand Deshpande (Assistant Pathologist at Dr. Godbole Laboratory, Pune). She guided students with an interesting topic and a currently floating topic "Role of Laboratory in Women's Health". She encouraged youth present there with the most important topic such as why women's health should be taken as the first priority. Why here health is important with the true fact that she is the silent pillar of family health. With other true fact that is why women suffer a lot the answer was lack of attention towards them.

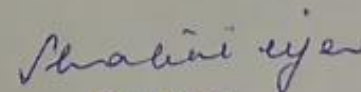
She discussed about the women's health problems, how pathology helps women to overcome these problems. And gave some tips about good health such as yearly checkup of body according to age group, what are different types of cancer, what are their symptoms in one's body, how can one prevent by early and frequent checkups, tests, etc.

Student volunteers - Ishita Pillay, Tejaswini Rajput, Mariya Kakajiwala, Sakina, Shivanjali, Ashleen Kaur and Vaishnavi.

Ms. Manjita Kulkarni
NSS Program Officer




Dr. Jaya Rajgopalan
Principal Incharge


Vice-Principal
St. Mira's College For Girls

