



SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS), MUMBAI



Report of NSS activities (2018-19)

The academic year 2018- 2019 saw a revitalization of NSS unit of the college. As per university allotment we enrolled 200 volunteers in our NSS unit. An orientation session was conducted for them by the Area Coordinator, Prof. Kranti Ukey on 1st September, 2018. A synopsis of the main activities completed by a NSS unit is given below:

1) Swachh Bharat Activities: (Screening, Swachh Bharat area project, Talk.):

- **Swachh Bharat Area Project (8th August, 2018 – 15th February, 2019):** 1) Introduction Orientation session 2) Plastic ban debate and discussion 3) Haloli Visit (teaching and tree plantation) 4) Pledge taking and Eco-friendly (Independence Day) March 5) Campus Cleaning 6) Cloth Bag Collection and Distribution at Grant Road Station and market 7) Online Survey 8) Talk by Anjana Oza 9) **Kitchen Compost and Waste Segregation** to promote waste composting at a society level - Waste segregation and kitchen composting which was later distributed to the neighbors of the volunteers.
- A **Screening** on 'Plastic Ban' and on 'Reduce, Reuse and Recycle' was held on 16th January.
- The **specific** days were celebrate as follows: (1) Gandhi Jayanti: (2nd October) Jashn-e-aman, Gandhi Peace March from grant road station to Mani Bhavan (2) International Yoga Day (21st June): Yoga sessions (3) International Girl Child's Day (10th October) Poetry Writing and Gift Making (4) NSS Day: (24th September) Campus Cleaning (5) Independence Day: (15th August) Pledge taking and Eco-friendly March (6) Aids Day: (1st December) T-shirt Painting (7) College Day: (12th December) Cultural Program was held (8) Republic Day: Flag Hoisting 9) Martyrdom day: (30th January) Essay Writing on 'Life of Gandhi' (10) Hiroshima Day (6th August) Peace March at Azad Maidan. (11) Surgical Strike Day: (26th September) Digital Card Making.
- **Talk on Swachh Bharat Abhiyan** was held on 31st January, 2019 in College by Sudhakar Pandurang, Swachhta Nirikshak, MCGM D Ward, Solid Waste Management.

2) Awareness Programs (NSS week, MDACS Poster making, Red Ribbon club, Screening on Plastic ban, Road Safety, Knowing the Penguin: Byculla Zoo Project Communal Harmony, Walk.):

- **NSS week** was celebrated with the following activities 1) Debate on Gandhism on 28th September. 2) Poster Making on Environmental Pollution on 27th September. 3) Documentary Screening on Water Pollution on 26 September.
- **Knowing the Penguin: Byculla Zoo** project was a 20 Area hour project organized by Sophia College from 11th to 18th November, 2018 (1st Batch) and from 13th Jan (2nd Batch) wherein the volunteers visited and helped at the zoo, whilst learning more about penguins.
- **Road Safety Area Project** (9th - 24th February, 2019) was organized to spread awareness on road safety and it's importance, the following activities were conducted. 1) Orientation program 2) Poster Making and Display 3) One on One interaction 4) Story and Essay writing 5) Pledge wall 6) PPT / video compilation 7) Guest lecture 8) Quiz.
- **Red Ribbon Club area project** was organized to spread awareness about HIV/AIDS from 12 January to 15th Feb, 2019, these were the following activities conducted for the same. 1) Blood Donation Camp with TATA Memorial Hospital 2) Human Chain Formation and Pledge 3) T-shirt painting 4) Guest Lecture on HIV/AIDS 5) Documentary Screening.
- **MDACS poster making** was held to spread awareness about HIV AIDS at Wadala on 26th November.
- A **Poetry Slam** was held to celebrate **Communal Harmony** on 7th August.
- A **Screening** on 'Plastic Ban' and on 'Reduce, Reuse and Recycle' was held on 16th January.
- '**WALK WITH ME...EASY MY PAIN**' was a Walk arranged to spread awareness about the life of Cancer Patients on 13th October.

3) **Empowerment and Programs for Women and Weaker Sections in society (Poetry writing, Diya sale, Notebook Making and Distribution, Talks, Self-Defense, Workshop and Orientations, Kerela Relief.):**

- **Talk** about 'Underprivileged children on personality training' was held on 28 November, 2018. Another **talk** on 'Sexual Harassment at Workplace' on 16th October, 2018 by Majlis.
- On **International girl child's day**, 10th October, 2018 a **poetry writing** competition was held.
- A **Notebook Making workshop** was held on 13th December, 2018 and the books produced **were distributed at Haloli village**.
- **Self-Defense area project** was organized to learn self-defense from 15th - 22nd December, 2018. It was conducted by Ms. Bhavana Chavan and Ms. Shreya Kamble of Combat of Taekwondo Academy to teach young girls to protect themselves, they were therefore given self-defense training for the same.
- A '**Diya sale**' was organized on 11th October and the money collected from it will be used in the upcoming year for sponsoring stationery (books, pens, textbooks, etc.) to our adopted village- Haloli's school kids.
- A **Collection Drive** of food, medicines and toiletries was held on 20th August for Kerela after the unfortunate floods, extending our support to the state.

4) **Green Initiative (Tree Plantation, Cloth Bag collection and distribution, Rangoli and Video Making, Caption and Poetry Writing, Discussion, Save Water, Save Electricity.):**

- **Tree Plantation** drive was organized at Amarson Gardens on 7th July, 2018, likewise volunteers planted tree saplings in their own societies in the first week of July. Like-wise Tree Plantation was also done at Haloli village on 28th July.
- **Camp Activities:** 1) Vanrai Bandhara (1 dam) construction. 2) Tree Plantation. 3) Cloth Bag Distribution.
- **Cloth bag collection (8 August to 6th September) and distribution** was held at the University level and under Swachh Bharat area project, they were distributed at Grant Road Station and market (6th September) as well as at Haloli village (28th July)
- **Rangoli and Video Making** endorsing 'Pollution Free Diwali' during Diwali break (5th to 10th November, 2018) at their respective homes.
- **Diya Painting Workshop** was held on 4th October to endorse Pollution free Diwali.
- **Caption and Poetry Writing** was held on 12th February, 2019 on the theme 'Environment Conservation'.
- **Discussion** on careful use of water was organized on 26th September, 2018 on College Campus.
- **Save Water Area Project** organized the following activities to spread awareness from 21st December, 2018 to 15 February, 2019. 1) Poster Making 2) Questionnaire making and Report Writing 3) Social Media Posting – An online initiative to spread awareness about water conservation 4) Spreading Awareness- Video Making 5) Talk and discussion on water conservation 6) Online survey 7) Documentary screening on 'Life without Water' 8) Interviewing people about water conservation and spreading awareness.
- **Save Electricity Area Project** from 24 December, 2018 to 4th January, 2019 to spread awareness about usage of alternative energies. The activities conducted are: 1) Questionnaire making for survey and interview 2) Statistical Comparison of Electricity bill of a Festival and a Normal month 3) T-shirt painting for spreading awareness 4) Poster making 5) Interviewing people to know public opinion.

5) **Health and Hygiene programs (Thalassemia and Anemia detection check-up, Blood donation drive, Health and Hygiene, Organ Donation street play, Yoga Sessions, Rally, workshop, Lecture.):**

- A **Thalassemia and Anemia detection check-up** was held on 20th August Sophia College.
- A **street play on organ donation** was conducted at Grant Road Station on 9th October 2018. blood donation drive was conducted as a part of RRC on 1st February, 2019.
- **Blood donation drive** was held on 20th August, 2018 in Sophia College.
- A **Rally** for 'Freedom From Addiction' was held on 1st October, 2018 from Azad Maidan to Gateway of India. (University event).
- A **Workshop** on 'De-addiction and its Prevention' was held at Siddharth College on 11th December, 2018. (University event).

- A **Lecture** was held on 'Cardiac related Health Issues and Awareness' at the University hall on 17th December, 2018.
- **Health and hygiene area project** was conducted from **29th January to 22nd February, 2019**. The following activities were undertaken for the same:- 1) Talk on Menstrual cups 2) Survey on hygiene and cleanliness 3) Social Media and Campus Awareness 4) Documentary screening - Diabulimia: The world's most dangerous eating disorder 5) Preparing healthy recipes 6) Preparation of diet chart 7) Talk on Polycystic Ovary Disease 8) Body Mass Index Test.
- **Yoga Sessions** were held from 16th to 18th October in college for the volunteers to inculcate the habit of practicing Yoga.

6) **Educational program (Shiksha, Youth Parliament.):**

- **Shiksha** was a project to teach students at BR Ambedkar BMC school from 13 to 18th January, 2019.
- **Youth parliament** was held on 6th August, 2018 at Sophia College, discussing innumerous political scenarios and current affairs.

6) **Miscellaneous Activities: (Digital Launch by PM Modi, Mani Bhavan Visits, Photography Competition, Essay on NSS Experience, Mahiti Doot Orientation)**

- An Inauguration of Digital Launch by PM Modi was held in College on 3rd February, 2019.
- 2 **Mani Bhavan Visits** (7th January and 13th February) were organized for the volunteers to imbibe Gandhi's life and know more of his struggle, ideologies and way of life.
- **Photography Competition** and **Essay on NSS Experience** was held for the volunteers.
- **Mahiti Doot Orientation** was held on **3rd and 10th October, 2018** for FY and SY volunteers respectively.
- **Blood Donation Drive** CST in association with Nair Hospital was organized at CST on 30th January, 2019.

**NSS - POs: Ms. Rochelle Ferns.
Sr. Patricia D'Souza**

Principal: Dr. (Sr.) Ananda Amritmahal

DONATE BLOOD, SAVE LIFE AT ANDHERI STATION



YOUTH PARLIAMENT AT MD COLLEGE



HELP OUR SOCIETY HEAL (HOSH)
STARTING POINT : SHIVAJI PARK



CLOTH BAG COLLECTION
AND DISTRIBUTION



SWACCHTA HI SEVA, KALINA CAMPUS



DIGITAL INDIA INAUGURATION
BY PM MODI – 3rd February, Sophia College



NSS Orientation



Communal Harmony- Poetry Slam



TALK ON SWACCH BHARAT ABHIYAN
on 31st January, 2019 by Sudhakar Nirikshak.



Yoga Sessions



Notebook making workshop



Tree Plantations – Amarasons, Societies



Diya Painting Workshop and Sale



BLOOD DONATION DRIVE at CST



Anti-plastic Campaign



Waste segregation and kitchen composting



Street Play on Organ Donation



Campus cleaning



SHIKSHA



RED RIBBON CLUB



KNOWING THE PENGUIN: BYCULLA ZOO PROJECT



Self-Defense



ROAD SAFETY



HEALTH & HYGIENE
Body Mass Index Test

