

SHRI RAJASTHANI SEVA SANGH'S
SMT. PARMESHWARIDEVI DURGADUTT TIBREWALA LIONS JUHU COLLEGE OF
ARTS, COMMERCE AND SCIENCE
J.B. Nagar, Andheri East, Mumbai-400059.

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
2023-24



REPORT ON "Health Awareness Program"

College DLLE department has organized "Health Awareness Program" for the hygiene and sanitation awareness among female students in the seminar hall on 1st March 2024 at 10 am. This program was in collaboration with the Innerwheel Club, Film City, Mumbai and sanitary napkins were sponsored by the Niine Foundation, India.

Dr Nanda Indulkar, DLLE co-ordinator, has started the program by welcoming the guest with flowers. This session was attended by President Dr Aruna Swami, Dr Jayashree Parikh and Dr Swati Desai of Innerwheel Club of Film City. Dr. Ekta Choudhary was the guest speaker for the day. She has given speech on the how female students should maintain hygiene and sanitation in menstrual cycle period. She has elaborated the issues females faced during that period with real examples. She has given important tips for what precaution to be taken during health problems.

This session was attended by more than 200 female students of all the classes. Students find this session very helpful. Sanitary napkins were distributed among all the female students with the help of guests. After the talk, many students raised their questions about the sanitation and hygiene problems and were satisfied with the response they got from the speaker. Session came to end with the round of applause for the efforts taken by Innerwheel Club, Mumbai.

The Health Awareness Program served as a valuable platform for promoting health literacy, preventive healthcare, and holistic wellness among participants. By providing education, resources, and access to healthcare services, the program empowered individuals to prioritize their health and take proactive steps towards leading healthier, more fulfilling lives.

As organizers, we extend our gratitude to all participants, speakers, volunteers, sponsors, and healthcare partners who contributed to the success of the program. Moving forward, we remain committed to organizing similar initiatives to promote health and well-being within our community.



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Dr Nanda Indulkar



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REPORT ON "Beach Cleaning Drive"



College DLLE department has organized "Beach Cleaning Drive" for the students at the Carter Road, Bandra, Mumbai on three consecutive Saturdays i.e. 14th, 21st and 28th October 2023 at 7.00 am. The beach cleaning event, organized in collaboration with My Green Society (J.B.Nagar, Andheri east). The primary objective of this event was to raise awareness about environmental conservation and to actively contribute towards the cleanliness and preservation of our coastal ecosystems.

The event saw an impressive turnout with volunteers from various age groups and backgrounds participating enthusiastically. Among the participants were members of local community groups, students, families, and individuals passionate about environmental activism.

The day commenced with a briefing session where the organizers outlined the objectives of the event, emphasized safety measures, and distributed necessary equipment such as gloves, trash bags, and knives to cut the trash entangled in the mangroves. Volunteers were divided into teams and assigned specific sections of the beach to clean.

The cleaning process involved collecting and disposing of various types of litter including plastic bottles, wrappers, cigarette butts, glass fragments, and other debris. Additionally, participants were encouraged to segregate recyclable items from non-recyclable waste to promote sustainable waste management practices. Throughout the event, there were educational sessions conducted by environmental experts, highlighting the detrimental effects of marine pollution on ecosystems and wildlife. These sessions aimed to foster a deeper understanding among participants and inspire them to adopt eco-friendly habits in their daily lives.

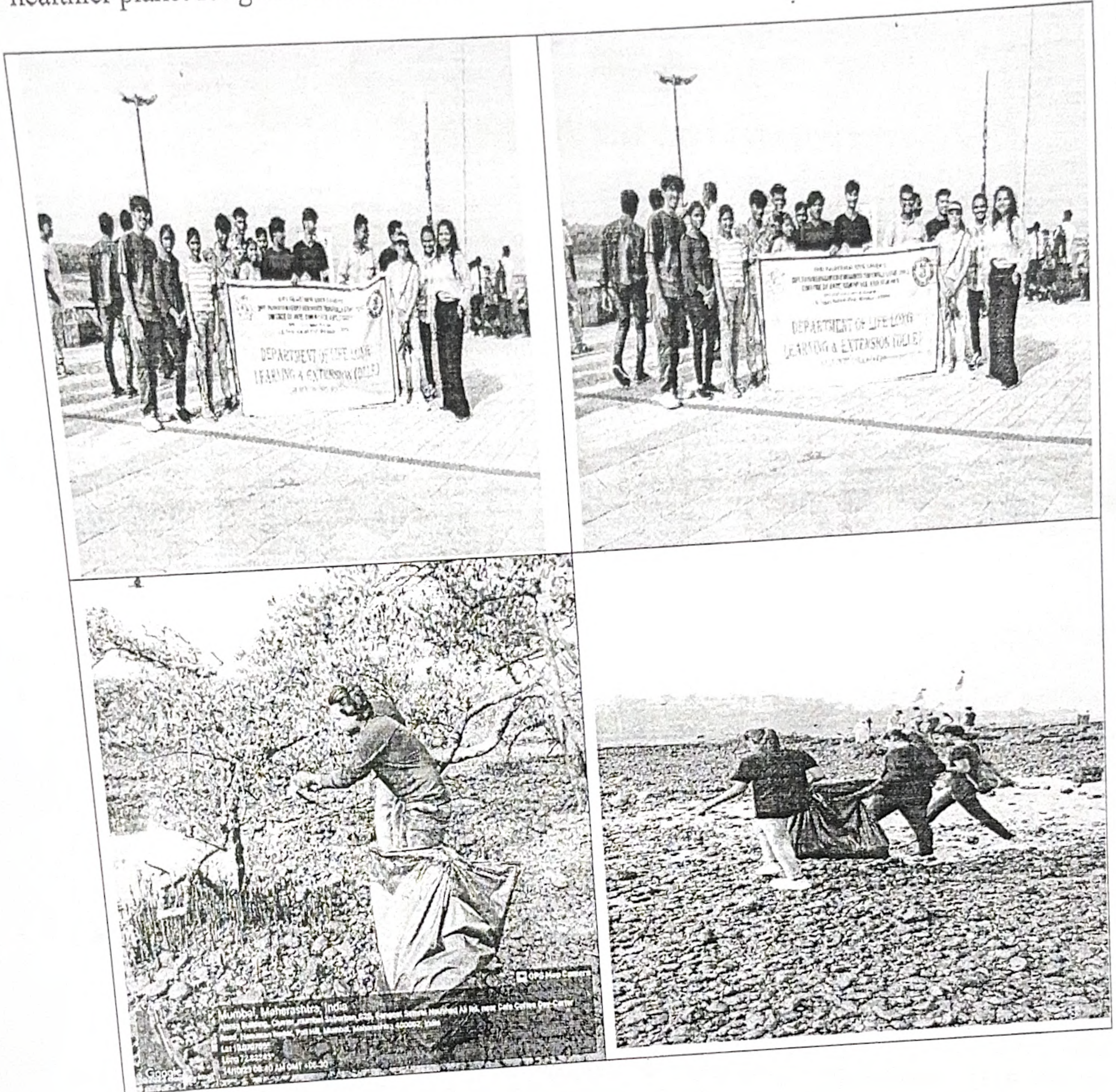
Despite the challenges posed by the large volume of litter, the collective efforts of volunteers resulted in a significant improvement in the cleanliness of the beach. Several tons of waste were collected and properly disposed of, mitigating potential harm to marine life and enhancing the overall aesthetics of the coastline.

Moreover, the event served as a platform for community engagement and collaboration, fostering a sense of environmental stewardship among participants. Many volunteers expressed their appreciation for the opportunity to make a tangible difference and pledged to continue supporting similar initiatives in the future.

The beach cleaning event was a resounding success, underscoring the power of collective action in addressing environmental challenges. By bringing together nearly 150 individuals committed to safeguarding our natural resources, the event not only contributed to the

immediate improvement of the beach but also sparked long-term awareness and advocacy for sustainable practices.

We extend our heartfelt gratitude to organisers, volunteers, sponsors, and supporters who contributed to the success of the event. Moving forward, we remain committed to organizing more initiatives aimed at promoting environmental conservation and creating a cleaner, healthier planet for generations to come.



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REPORT ON "SANITARY NAPKIN DISTRIBUTION DRIVE"

College DLLE department has organized "Sanitary Napkin Distribution Drive" in the Ajit Nagar area, Andheri east, Mumbai by the students 2nd March 2024 at 10.30 am. This program was sponsored by Niine Foundation. They have supplied with the sanitary napkins so students can make awareness about it among underprivileged area.

BScIT students has made awareness about the sanitary napkins and their bio degradable disposal process to the females in the area. An awareness campaign was conducted to educate women and girls about menstrual health and hygiene. An interactive sessions were held to address common misconceptions and taboos related to menstruation.

During the drive, sanitary napkins were distributed free of cost to all attendees. Each participant received napkins, ensuring they have access to menstrual hygiene products, emphasizing the importance of using sanitary napkins and proper disposal methods. Participants were encouraged to ask questions and seek advice on related health concerns.

By providing free sanitary napkins, the drive ensured that women and girls had access to essential menstrual hygiene products, which they may have otherwise struggled to afford. The educational sessions helped raise awareness about menstrual health and hygiene practices, empowering women to make informed choices and take better care of their health. The initiative fostered a sense of community empowerment, with volunteers and participants coming together to address an important issue that affects women's well-being and dignity.

The sanitary napkin distribution drive was a resounding success, contributing to the promotion of menstrual health and hygiene in underserved communities. By providing essential menstrual hygiene products and education, the initiative made a tangible difference in the lives of women and girls, empowering them to manage their menstruation with dignity and confidence.



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REPORT ON "Mental Health Awareness Program"

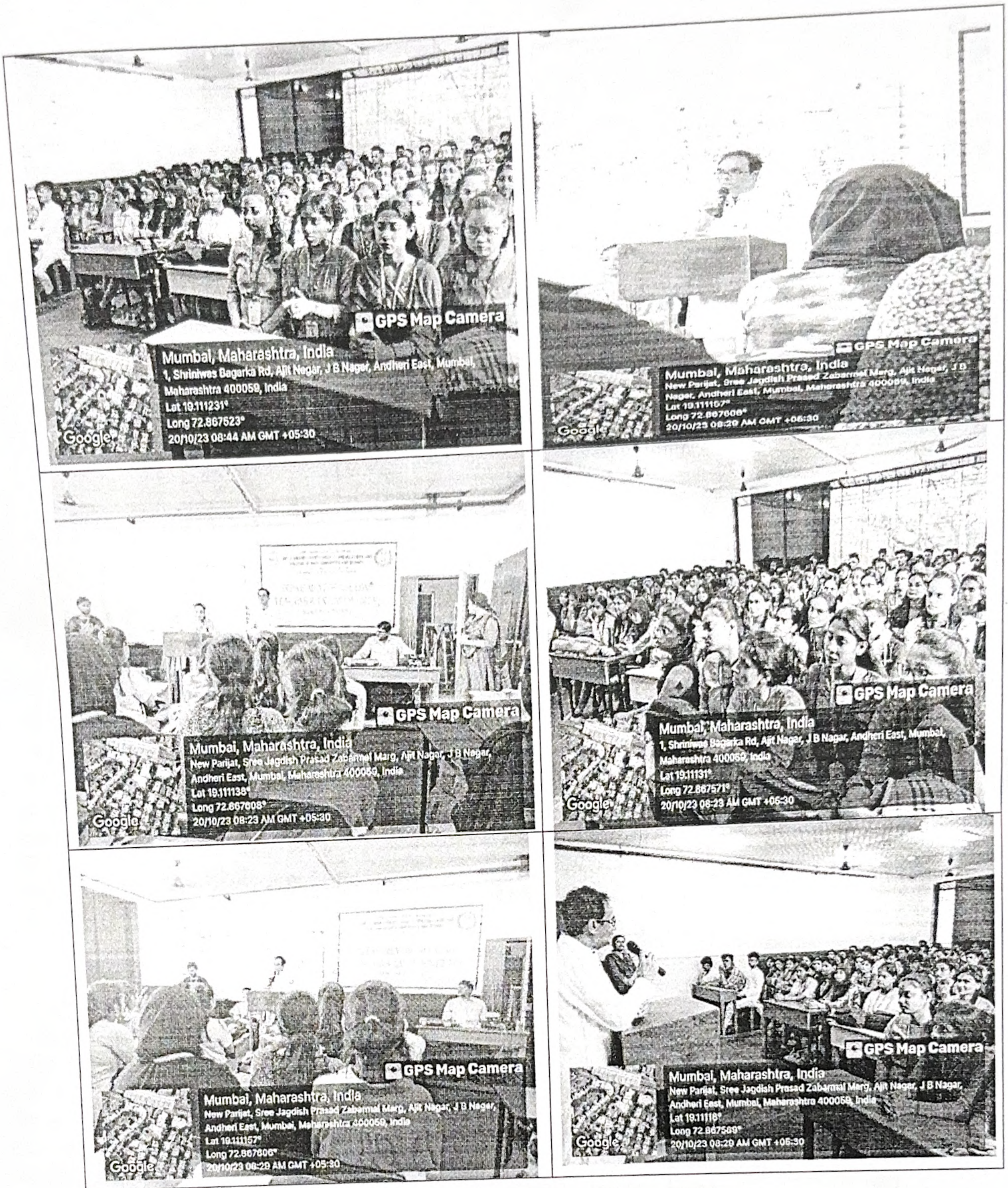


College DLLE Unit has conducted the Mental Health Awareness program in collaboration with Divya Babaji Sushumna Kriya Yoga Foundation on 20th October 2024 at 9:30 am in room np 201. The speaker Mr. K. Srinivas from Saffron Capital Advisors Private Limited has conducted session in various colleges for stress management among students.

In recent years, there has been a growing recognition of the importance of mental health awareness and well-being. Mental health issues affect millions of individuals worldwide, impacting their daily functioning, relationships, and overall quality of life. In response to this growing concern, organizations and communities have been implementing various initiatives to promote mental health awareness and provide support to individuals struggling with mental health challenges. One such initiative is the introduction of meditation programs, which have shown promising results in improving mental well-being and resilience.

Increase awareness and understanding of mental health issues, including common symptoms, causes, and available support resources. Introduce participants to the practice of meditation as a tool for managing stress, anxiety, and improving overall well-being. Provide practical techniques and strategies for incorporating mindfulness and meditation into daily life routines.

Mental health awareness and meditation program offer a holistic approach to promoting mental well-being and resilience within communities and organizations. By increasing awareness, providing practical tools, and fostering a supportive environment, the program empowers individuals to take control of their mental health and lead healthier, happier lives. Total 80 students have attended this session and took benefit of this event.



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REPORT ON "VOTING AWARENESS PROGRAMME"



College DLLE department has organized Voting Awareness Programme on "Mera Vote Mere Desh Ke Liye" for the third-year students in the room no 502 on 12th March 2024 at 9.30 am. This program was in collaboration with Government of India.

Voting is a fundamental right and responsibility in any democratic society, yet voter apathy and disenchantment persist in many communities. The Voting Awareness Program addresses these challenges by fostering a culture of civic engagement and promoting informed and active participation in the electoral process. By raising awareness about the significance of voting and providing citizens with the necessary information and resources, the program aims to strengthen democratic values and ensure inclusive and representative governance.

Dr Nanda Indulkar, DLLE coordinator, has started the program by sharing the importance of voting for the country. Voting Awareness Program aimed at promoting voter education, engagement, and participation among citizens. The program encompasses various initiatives and strategies designed to raise awareness about the importance of voting, voter registration procedures, and voting rights. Through targeted outreach efforts, community partnerships, and educational campaigns, the program seeks to empower citizens to exercise their democratic right to vote and contribute to the electoral process. This report evaluates the effectiveness of the program and offers recommendations for future enhancements to further enhance voter awareness and participation.

The Voting Awareness Program represents a concerted effort to promote voter education, engagement, and participation among citizens. By raising awareness about the importance of voting and providing citizens with the necessary information and resources, the program contributes to the vitality and integrity of the democratic process. Moving forward, it is essential to sustain and enhance these efforts to ensure that every citizen can exercise their democratic right to vote and contribute to the collective governance of their communities and nations. Through continued collaboration and commitment, we can build a more informed, inclusive, and participatory democracy.

We have shared the link with the students to register for the electoral process. This session was attended by 45 students and they find this session very helpful.



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REPORT ON "A TALK ON CYBER CRIME"



College DLLE department has organized "Talk On Cyber Crime" for the first-year students in the seminar hall on 18th August 2023 at 10 am. Dr Nanda Indulkar, DLLE co-ordinator, has started the program by welcoming the guest. This program was in collaboration with the Cyber Crime Department of Mumbai Police. Police Inspector, Mrs. Gauri Vichare, has shown the concern for the incremental cybercrimes specially among youth.

The objective of the talk was to raise awareness among participants about the various forms of cybercrime, their impact on individuals and organizations, and strategies for prevention and mitigation. The talk featured expert speakers who provided insights into the evolving landscape of cyber threats and the importance of cybersecurity in today's digital age. The talk commenced with an overview of cybercrime, including its definition, scope, and prevalence in modern society. The speakers highlighted the diverse nature of cyber threats, ranging from hacking and identity theft to phishing and ransomware attacks.

Participants were introduced to different types of cybercrime, such as financial fraud, data breaches, cyberbullying, and online harassment. The speakers underscored the significance of understanding the various tactics employed by cybercriminals to exploit vulnerabilities and compromise cybersecurity. Participants gained insights into the financial losses, reputational damage, and legal ramifications associated with cyberattacks, as well as the psychological toll on victims.

Practical strategies for preventing and mitigating cyber threats were discussed, including the importance of strong passwords, regular software updates, encryption, and secure browsing habits. Participants were encouraged to adopt a proactive approach to cybersecurity and remain vigilant against potential risks.

Legal and ethical implications of cybercrime were explored, including jurisdictional issues, data privacy regulations, and ethical hacking practices. Participants gained a deeper understanding of the legal framework governing cybersecurity and the importance of ethical conduct in cyberspace.

This session was attended by 80 students of first year class of Bcom, BA as well as BScIT. Students find this session very impactful. After the talk, many students raised their questions about the cyber-crimes and were satisfied with the response they got from the speaker. Session came to end with the round of applause for the efforts taken by Cyber Crime department of Mumbai Police.



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REPORT ON "Elocution Competition"



College DLLE department has organized Elocution Competition on the occasion of "Marathi Bhasha Din" on 27th February 2024 in the seminar room at 10.00 am. The elocution competition was a platform for participants to showcase their oratory skills and express themselves on various thought-provoking topics. This event was in collaboration with College Marathi Wangmay Mandal, the event aimed to foster public speaking abilities, promote critical thinking, and encourage self-expression among participants.

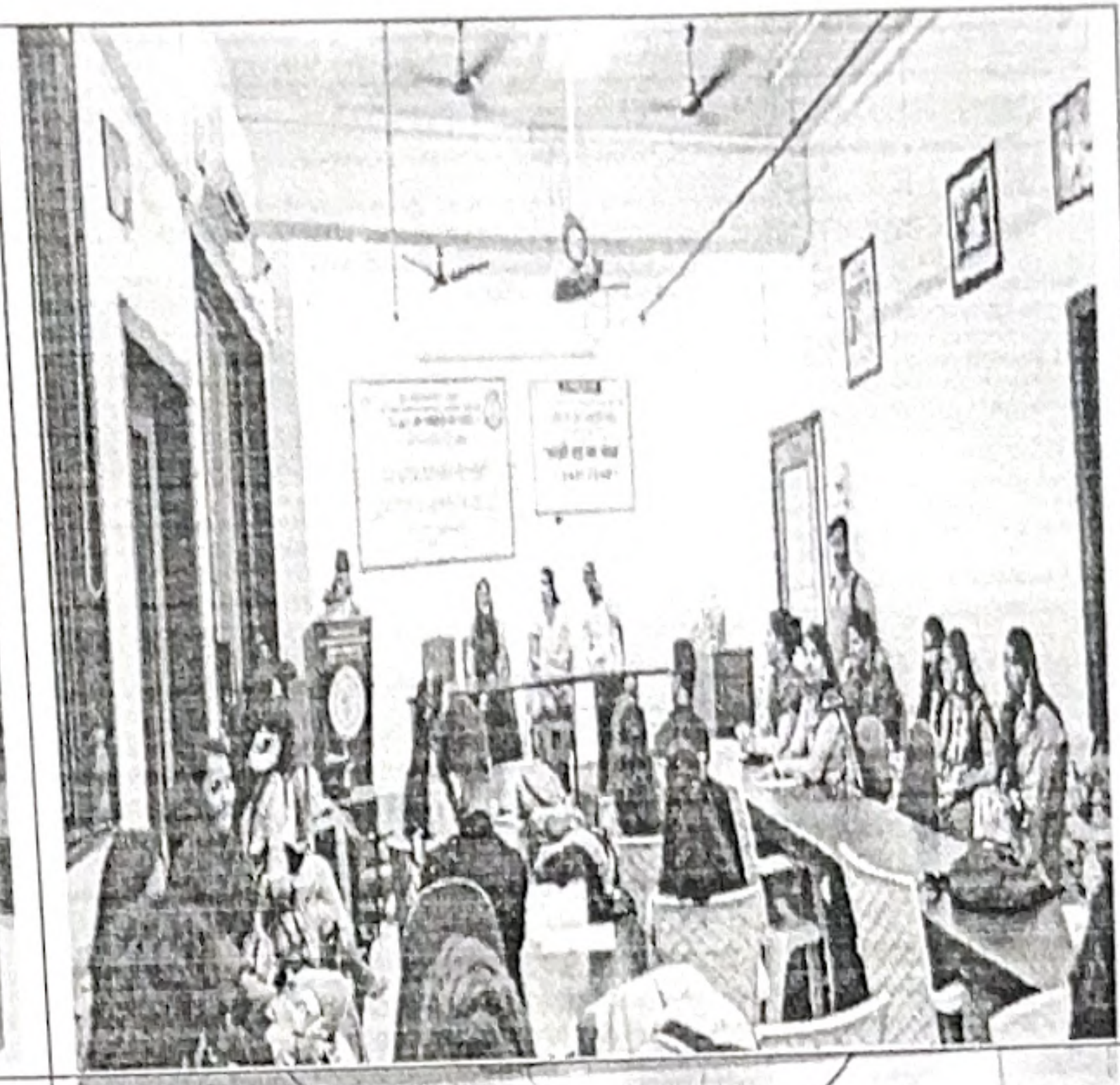
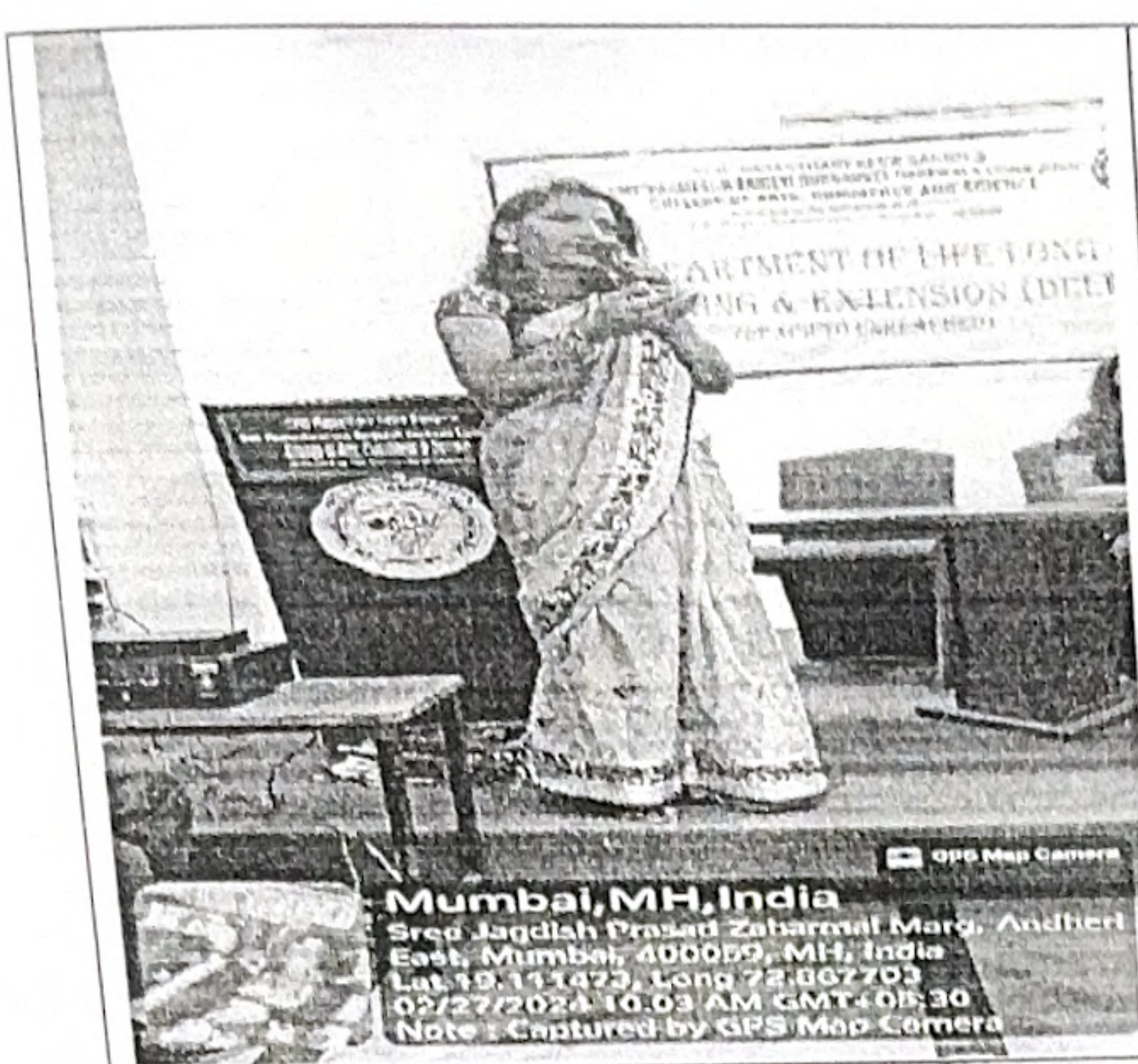
The competition attracted 10 participants from our College. The competition comprised one round to test different aspects of public speaking proficiency. Participants were evaluated based on criteria such as clarity of speech, articulation, content relevance, delivery style, and overall impact. The topics for event was related to famous personalities like Vir Savarkar, Shivaji Maharaj, Gadge Maharaj etc.

A panel of experienced judges, comprising educators, public speakers, and professionals from relevant fields, assessed the performances of participants impartially. Judges provided constructive feedback to each participant, highlighting strengths and areas for improvement, thereby fostering continuous learning and skill development.

The competition witnessed captivating performances from participants, who demonstrated remarkable eloquence, passion, and confidence on stage. Each speaker brought a unique perspective to their chosen topics, captivating the audience with their persuasive arguments, poignant anecdotes, and engaging delivery styles.

The elocution competition served as a platform for participants to hone their public speaking skills, express their ideas, and engage with relevant issues impacting society. The event not only provided a forum for intellectual discourse and expression but also fostered camaraderie and mutual respect among participants.

As organizers, we extend our gratitude to all participants, judges, volunteers, and college authorities who contributed to the success of the competition. We remain committed to organizing similar events in the future, providing opportunities for individuals to develop their oratory skills and become effective communicators in their respective fields.



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REPORT ON "Go Green Go Brown"



College DLLE department has organized "Go Green Go Brown" for the students in the Goenka and Associates Educational Trust (GATE) Police School at Thane on 11th October 2023 and 12th October 2023 at 7:30 am. This program was in collaboration with the My Green society, J.B.Nagar, Andheri East, Mumbai.

The "Go Green, Go Brown" campaign was a community-driven initiative aimed at promoting sustainable waste management practices, particularly emphasizing the importance of composting organic waste. Organized by My Green Society the campaign sought to raise awareness about the environmental benefits of composting and encourage widespread adoption of composting practices among school students from 5th to 8th standards. This programme has major four activities which are as under:

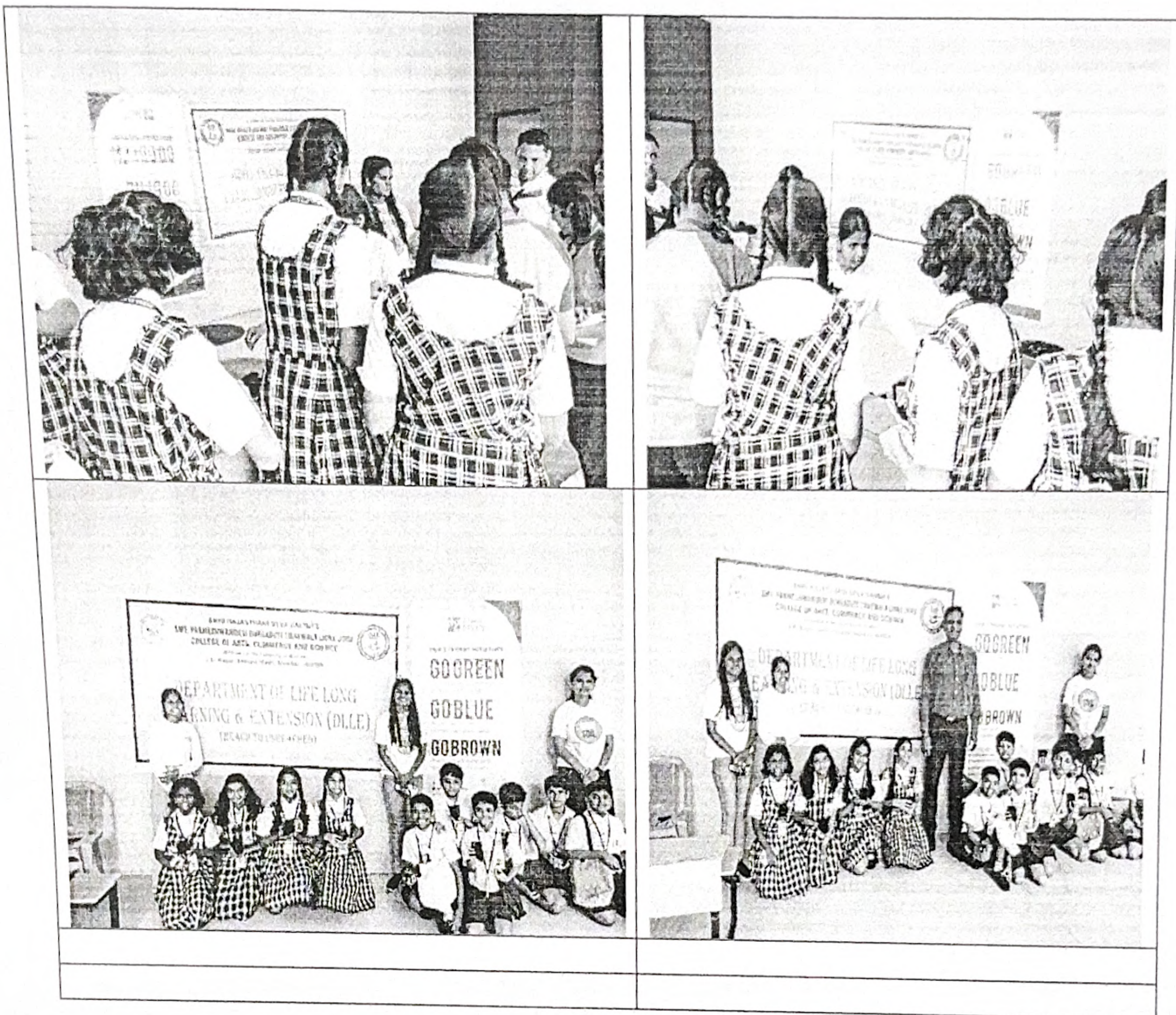
1. Plantation and composting
2. E-waste Collection
3. Used bedsheet collection
4. Eco-brick Making

The primary objectives of the campaign were as follows:

Raise awareness about the environmental impact of organic waste and the benefits of composting. Encourage students to segregate organic waste from other types of waste and initiate composting at home or community composting facilities. Provide education and resources to support individuals and communities in implementing composting practices effectively. Promote a culture of sustainability and responsible waste management within the community. The "Go Green, Go Brown" campaign encompassed a variety of activities and initiatives designed to engage and educate nearly 2000 students.

The "Go Green, Go Brown" campaign exemplified the power of community-driven initiatives in promoting sustainable practices and fostering environmental stewardship. By empowering residents to compost their organic waste, the campaign not only contributed to waste reduction efforts but also fostered a deeper connection between communities and their local environments.

We extend our appreciation to all participants, DLLE volunteers, sponsors, and supporters who contributed to the success of the campaign. Moving forward, we remain committed to building on the momentum generated by the campaign and continuing our efforts to create a greener, more sustainable future for all.



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REPORT ON "UDID Distribution Ceremony"



College DLLE department has organized "Unique Disability Identification Card Distribution Ceremony" for the disabled person situated in the Andheri east area in the open auditorium on 3rd November 2023 at 11 am. Dr Nanda Indulkar, DLLE coordinator, has started the program by welcoming the guest. This program was in collaboration with the Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Government of India.

Unique Disability Identification (UDID) cards to handicapped individuals. UDID cards are essential documents that provide recognition and enable access to various government schemes, facilities, and concessions for people with disabilities. The distribution process involves several stages, including application, verification, and issuance, ensuring that deserving individuals receive the necessary support and assistance.

The distribution of UDID cards plays a crucial role in recognizing and supporting handicapped individuals by providing them with essential benefits and privileges. These cards serve as a means to identify and categorize disabilities, facilitating targeted assistance and services tailored to individual needs. The process of distributing UDID cards involves collaboration between government agencies, healthcare providers, and disability rights organizations to ensure efficient and equitable access for all eligible individuals.

Importance of ongoing efforts to enhance the distribution process and maximize the impact of UDID cards in promoting the rights and well-being of handicapped individuals. Through collaborative action and commitment, we can build a more inclusive and equitable society where every individual, regardless of disability, can thrive and contribute to the community. We extend our gratitude to the efforts taken by Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Government of India for their contribution to the society. This session was attended by 50 people along with of DLLE and NSS.



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