

Shri Rajasthani Seva Sangh's S.P.D.T.College of Arts, Commerce & Science 's N.S.S. UNIT (B-19)

N.S.S Annual Report 2023-2024

National Service Scheme (NSS) was introduced in India in 1969 by the Ministry of Youth Affairs and Sports. It's a major public service program designed to integrate community service into students' educational experiences. NSS operates in a vast network of academic institutions nationwide, encompassing schools, colleges, and universities. The program serves as a platform for students to develop a sense of social responsibility, leadership, and civic engagement. It encourages them to contribute to social and rural development efforts actively. Participation in NSS activities equips students with practical experience in various areas. These include tree-planting initiatives, literacy campaigns, health awareness drives, and even disaster relief efforts. Through such hands-on involvement, NSS goes beyond academics, shaping students into socially responsible citizens actively involved in building a better nation.

AIMS AND OBJECTIVES OF N.S.S –

- To understand the community where the volunteers work.
- To understand themselves about their community.
- To identify the needs and problems of the community and involve themselves in problem-solving.
- To develop a sense of social and civic responsibility.
- To utilize their knowledge in finding practical solutions to individual and community problems.
- To develop skills in mobilizing community participation
- To acquire leadership qualities and democratic values.
- To develop the capacity to deal with emergencies and natural disasters.
- To practice social harmony and national integration

NSS units work on three bases that are: -

1. AREA-BASED ACTIVITIES
2. COLLEGE LEVEL ACTIVITIES
3. UNIVERSITY LEVEL ACTIVITIES

AREA BASED ACTIVITIES



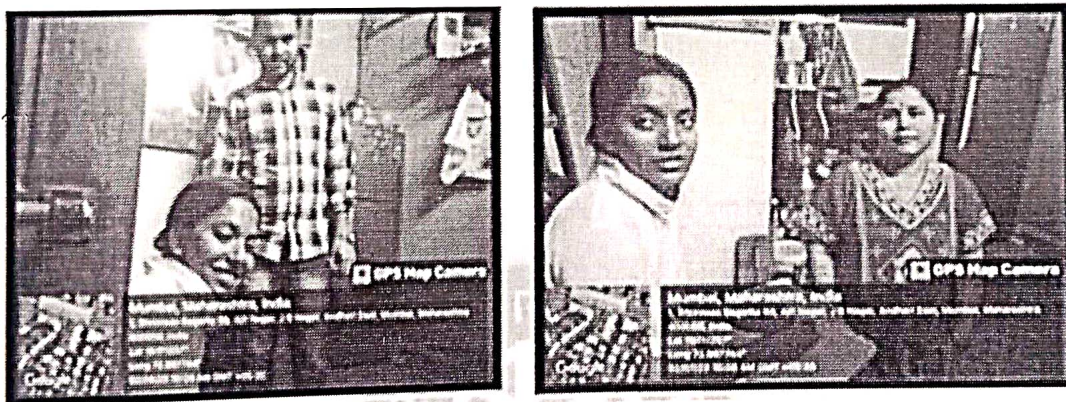
TREE PLANTATION



The NSS unit of our college organized a tree plantation activity on 9th August 2023 under the theme "MERI MATTI MERA DESH". 34 NSS volunteers, including 26 girls and 8 boys, enthusiastically plugged and planted trees, contributing to a greener environment.

ELECTRICITY PROJECT

The NSS Unit of our college has organized the electricity project. This project aimed at saving electricity and raising awareness among the local community. It falls under the area-based two-project category. 65 volunteers, including 31 males and 34 females, actively participated in this initiative.



MANGROVE AND BEACH CLEAN-UP DRIVE

NSS Unit of SPDT College organized a Mangrove and beach cleaning activity at Carter Road on 8th July 2023 and 15th July 2023. It was an area-based project. 28 volunteers participated in this activity, including 13 boys and 15 girls. Mangrove and beach cleaning activities play a significant role in protecting the environment, educating the public, and improving communities. N.S.S. volunteers' efforts contributed to a cleaner and healthier environment in this local ecosystem.





HIV/AIDS RALLY

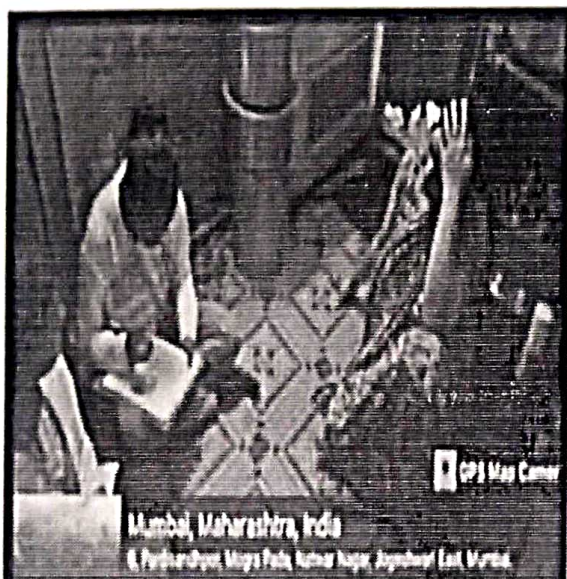
On December 1st, 2023, the NSS Unit of SPDT College organized HIV/AIDS awareness rally at the J.B. Nagar area. Along with staff members, 47 volunteers, including 23 boys and 24 girls participated in the rally. The rally aimed to raise awareness about this crucial health issue within the community. This initiative actively contributed to educating the public and promoting responsible behaviour to combat the spread of HIV/AIDS.



CIVIL AND SOCIAL RESPONSIBILITY SURVEY

On 29th, August 2023, a social survey was conducted by the NSS Unit of SPDT College, including 5 boys and 20 girls. The main objective of this activity was to interact with the local people, understand their problems, and propose effective solutions. This initiative helped the volunteers in improving their communication skills, leadership qualities, and soft skills.





PAPER BAGS DISTRIBUTION

On October 25th, 2023, our college NSS unit organized a paper bag distribution activity to promote environmental consciousness within the community. 62 enthusiastic volunteers, including 29 boys and 33 girls, participated in the initiative. They actively made 3,000 paper bags from recycled newspapers. N.S.S. volunteers distributed these paper bags within the nearby local market, aiming to encourage residents to adopt eco-friendly alternatives to plastic bags and contribute to a cleaner environment.



FIT INDIA FREEDOM RUN

N. S.S. unit of S.P.D.T college organized a Fit India Run on 5th October 2023. 23 volunteers participated in this event, with 12 boys and 11 girls.





ANTI-PLASTIC RALLY

NSS Unit of SPDT College also organized an anti-plastic rally on October 6th, 2023, to reduce plastic use and promote the use of paper and cloth bags. 21 volunteers, comprising 14 boys and 7 girls, actively participated in the rally, raising awareness about the harmful effects of plastic and encouraging a shift towards more sustainable alternatives.



DEEP CLEANING DRIVE

The NSS unit of our college actively participated in a deep cleaning drive on February 10th, 2024. Ten dedicated volunteers, comprising 6 boys and 4 girls, joined forces with BMC authorities to clean the J.B. Nagar area. Their contribution towards a cleaner and healthier environment was commendable.





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COLLEGE-BASED ACTIVITIES

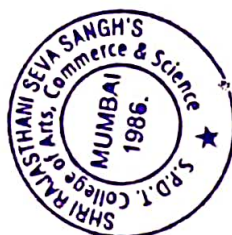
YOGA DAY CELEBRATION

On 21st June 2023, International Yoga Day was celebrated with the participation of 20 volunteers, including 8 boys and 12 girls. The event focused on Yoga Asanas and various Yogas beneficial for the body, providing valuable insights to the participants about the practice of Yoga.



BLOOD DONATION CAMP

In collaboration with Nair Hospital, on December 4th, 2024, our NSS unit hosted a blood donation campaign, inspiring students, working professionals, and others to participate in this life-saving act. The drive successfully collected 50 units of blood, which will be used to aid patients battling cancer and other illnesses. This initiative served as a significant contribution to the community, demonstrating the dedication of our NSS volunteers to helping those in need.





POSTER MAKING COMPETITION

On the occasion of Vijay Kargil Diwas, the NSS unit of SPDT College organized a poster-making competition on 25th August 2023. 10 volunteers, consisting of 5 boys and 5 girls, enthusiastically participated in the event. Certificates and medals were distributed to all the participants for their contribution.



HIV/AIDS STREET PLAY

On December 2nd, 2023, our NSS unit organized an impactful street play within the college premises to raise awareness about HIV/AIDS amongst the students. Through engaging performances and dialogues, the play aimed to dispel myths surrounding the virus, emphasize safe practices, and encourage empathy towards those living with HIV/AIDS. The play effectively captured the attention of the audience, sparking important conversations and promoting responsible behavior within the college community.





COLLEGE CLEANING DRIVE

NSS unit organized a cleaning activity on the occasion of Independence Day on 14th August 2023. 18 volunteers, including 9 girls and 9 boys, participated in the cleaning drive.



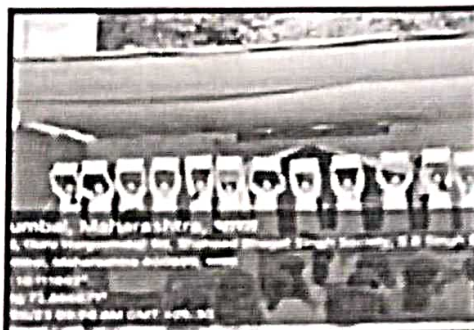
POSTER MAKING COMPETITION

On 9th August 2023, NSS organized a poster-making competition under the theme "MERA MATI MERA DESH". 15 volunteers, including 6 boys and 9 girls, enthusiastically participated in the event, showcasing their creativity and concern for the environment.



DISCIPLINE MANAGEMENT

On the occasion of Independence Day, our NSS unit volunteers actively participated in maintaining discipline during the celebration. 54 volunteers, including 22 boys and 32 girls, contributed to a smooth and orderly event.



SEMINAR ON ROAD SAFETY

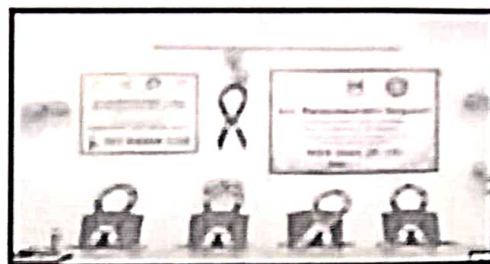
On 23rd August 2023, a seminar was organized on the theme "Two wheels one life" by NSS unit. 55 volunteers including 19 boys and 36 girls enthusiastically participated in the event. The seminar was concluded with demonstrations to showcase the importance of road safety.



RED RIBBON CLUB INAUGURATION

On 12th September 2023, 48 volunteers (22 boys and 28 girls) from our college participated in the inauguration of the Red Ribbon Club. Our N.S.S. program officer and the RRC leader provided informative sessions about the club and its activities. This initiative aimed to raise awareness and spread knowledge about HIV/AIDS prevention, care, and support, empowering the students to become responsible peer educators within the college community.





WORKSHOP ON EFFECTIVE COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT

On December 9th, 2023, a workshop was organized on effective communication skills and personality development. The workshop, led by the speaker I.C. Principal Mrs. Pranita Ganesh, witnessed the participation of 51 enthusiastic volunteers, with a balanced mix of 25 boys and 26 girls. This session proved to be an enriching experience, equipping students with valuable tools and insights to refine their personalities.



SEMINAR ON COMBATTING STRESS- A HOLISTIC APPROACH

The NSS unit of SPDT College organized a stress management workshop on 13th September 2023. 88 volunteers participated in the program, including 41 boys and 47 girls. The workshop proved to be highly beneficial, with the NGO "YGPT" providing valuable guidance to students on managing stress effectively during exam time.





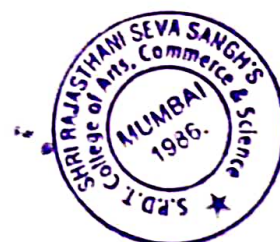
NSS DAY CELEBRATION AND CLEANING ADOPTED AREA

NSS unit of SPDT college organized a cleaning activity on 25th September 2023 to clean the college campus and the adopted area in celebration of NSS Day. 50 volunteers, including 28 boys and 22 girls, enthusiastically participated in the event, contributing to a cleaner environment.



BLOOD TEST CAMP

The NSS unit of SPDT college organized a blood test camp on 30th September 2023. A total of 10 volunteers, including 5 boys and 5 girls, participated in the camp. This free blood check-up camp was conducted for college students, teachers, and outside people, providing a valuable health service to the community.





SANITARY PAD DISTRIBUTION DRIVE I

The NSS unit of SPDT college organized a sanitary pad distribution program for the college girls on 5th October 2023. 81 girl volunteers participated in the event ensuring the distribution of sanitary pads to the girls. This initiative aimed to address menstrual hygiene needs and promote well-being among the college's female students.



PAPERBAG MAKING WORKSHOP & DISTRIBUTION DRIVE II

The NSS unit of SPDT college organized a paper bag-making and distribution activity. 62 volunteers, including 29 boys and 33 girls, participated enthusiastically in this activity. The volunteers made more than 5000 paper bags, which were distributed among vendors and people in the adopted area to reduce plastic waste. This initiative aimed to promote environmental sustainability and encourage the community to adopt eco-friendly alternatives.





MERI MATI MERA DESH KALASH YATRA

The NSS unit of SPDT college organized Amrit Kalash Yatra on 26th October 2023 under the theme "MERI MATTI MERA DESH". 20 volunteers, including 10 boys and 10 girls, actively participated in the event. The Yatra was organized from college to J.B.Nagar. In this event, several people participated including the Principal, all the college staff members, students, and people from the adopted area, fostering a sense of community and national pride.



FIT INDIA RUN

The NSS unit of SPDT College organized a "This Fit India Run" activity on October 27, 2023, within their adopted area of J.B Nagar. The event aimed to promote health and fitness among the community. A total of 22 volunteers participated in the run, with an enthusiastic mix of 10 boys and 12 girls contributing to the initiative. Their participation helped raise awareness about the importance of physical activity and a healthy lifestyle.



E-BRICKS

The NSS unit of SPDT college conducted an e-bricks-making activity on 30th October 2023 in collaboration with MY GREEN SOCIETY. A total of 67 volunteers participated in the event, including 34 boys and 33 girls. Plastic water bottles were filled with plastic wrappers and other waste materials. These bottles were then sent to a construction site where they were customized and used to make park chairs, tables, statues, and other items. This initiative effectively combined environmental consciousness with creative construction, tackling plastic waste while contributing to the beautification of public spaces.



ESSAY WRITING COMPETITION

The NSS unit of SPDT college organized an essay writing competition on the occasion of "Vigilance Awareness Week" on 03/11/2023. Ten enthusiastic volunteers, including 2 boys and 8 girls, actively participated in the event, showcasing their writing skills and raising awareness about the importance of vigilance in various spheres of life.



UNIQUE DISABILITY ID CARD DISTRIBUTION

The NSS unit of SPDT college organized a Unique Disability ID Card Distribution Camp on 03/11/2023. 13 volunteers, including 5 boys and 8 girls, actively participated in this event, ensuring a smooth and successful distribution process.





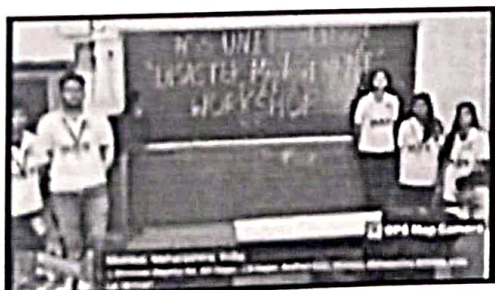
SCREENING OF VIKSIT BHARAT LECTURE

On 11/12/2023 there was an online lecture on Viksit Bharat organised by government of India. The lecture was addressed by honourable Prime Minister Narendra Modi on the topic of Viksit Bharat. A total of 51 volunteers attended this online event, including 29 boys and 22 girls.



DISASTER MANAGEMENT WORKSHOP

The NSS unit of SPDT College conducted a seminar on disaster management on January 31st, 2024. A total of 62 volunteers participated, with 26 boys and 36 girls. Unit leader Ahmed Ebji led the workshop, discussing crucial disaster management measures and survival techniques to equip the volunteers with essential knowledge in case of emergencies.



FREE HEALTH CHECK-UP

The NSS unit of SPDT college conducted a free health check-up camp for the college students and staff members on 10th February 2024 within the college campus. A total of 20 volunteers, comprising 10 boys and 10 girls, actively participated in the event to ensure its smooth operation.



VOTER AWARENESS CAMPAIGN

The N.S.S. unit organized a **Voter Awareness Program** to spread awareness among the citizens about voting, a fundamental right of any citizen that enables them to choose the right leaders of tomorrow.

ESSAY WRITING COMPETITION

An essay writing competition was organized on the theme of 'Voting Awareness' among college students on 12th February 2024. A total of 15 students participated in the event, with 8 boys and 7 girls showcasing their writing skills.



POSTER MAKING COMPETITION

A poster-making competition was organized on the theme of 'voting awareness' among college students on 13th February 2024. A total of 10 volunteers participated in the activity, with 9 girls and 1 boy enthusiastically showcasing their creativity.





SANITARY PADS DISTRIBUTION DRIVE – II

On the occasion of WOMEN DAY CELEBRATION our N.S.S. Unit organized sanitary pads Distribution Drive in the adopted area. A total of 27 volunteers had taken part in this activity. Among those 9 male and 18 female volunteers were there. More than 500 sanitary pads were distributed to the women.

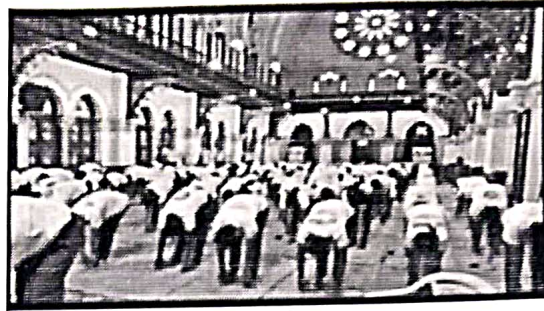
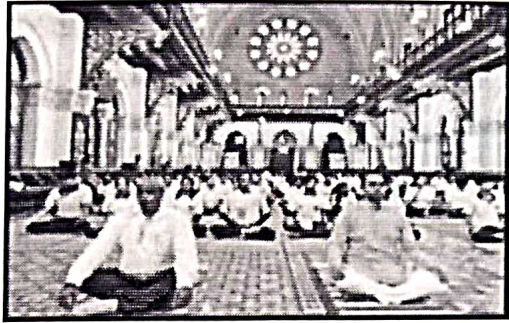


UNIVERSITY LEVEL ACTIVITIES

YOGA DAY CAMP

University of Mumbai organized a Yoga Day Camp on the 18th, 19th, 20th, and 21st of June 2023. The camp aimed to promote the benefits of yoga and celebrate International Day of Yoga. Two dedicated volunteers, one male and one female, contributed their time and efforts to ensure the smooth running of the event.





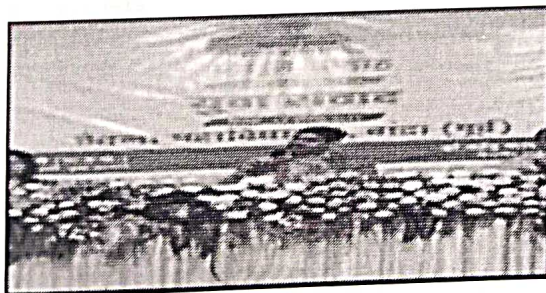
VAN MAHOTSAV RALLY

University of Mumbai organized a Van Mahotsav Rally on 14th July 2023 at Nehru Park, Versova. A total of 17 volunteers participated in the event, with 8 boys and 9 girls enthusiastically contributing to the initiative. This rally highlighted the importance of environmental preservation and encouraged active participation in tree plantation drives.



YUVA SAMVAD

It was held on 2/8/2023 at Chetna College .Our two N.S.S. Volunteers attended this event.



RRC WORKSHOP AT WADALA

An RRC workshop was organized at Wadala on 5th, August 2023. RRC Leaders from our college attended this one-day training session which was focused on RRC-related activities.



RRC MARATHON

The Red Ribbon Club organized RRC marathon on October 9th, 2023. 11 volunteers, including 7 boys and 4 girls, actively participated in the event, showcasing their dedication to raising awareness. Their enthusiastic participation played a vital role in the marathon's success.



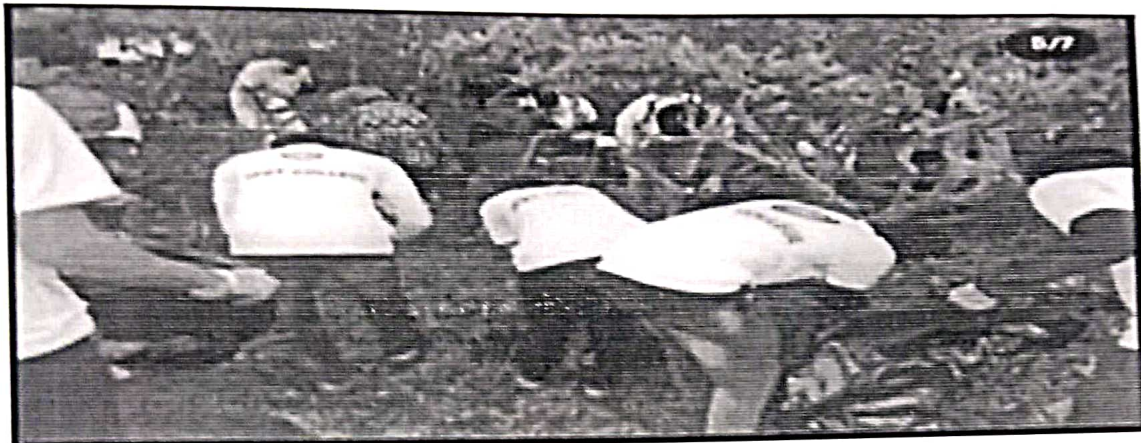
MANGROVE CLEANING & SWACHHATA HI SEVA

The University of Mumbai organized a mangrove cleaning activity on 16th September 2023, 1st October 2023, and 14th October 2023. A total of 56 volunteers participated, including 37 boys and 20 girls. This initiative not only saw enthusiastic participation from NSS volunteers but also witnessed the interaction of celebrities, making the event even more impactful.



COASTAL BEACH CLEANING

The NSS unit of SPDT College conducted a coastal beach cleaning activity on 28th October 2023. A total of 14 volunteers participated in this activity, with an equal number of boys and girls (8 each) demonstrating their commitment to environmental protection.



TRAFFIC MANAGEMENT DURING GANPATI IMMERSION

The University of Mumbai organized a Ganpati immersion activity from September 20, 2023, to September 28, 2023. A total of 25 volunteers, including 16 boys and 9 girls, participated in the event, contributing their efforts towards a smooth and environmentally responsible immersion process.



DE-ADDICTION RALLY

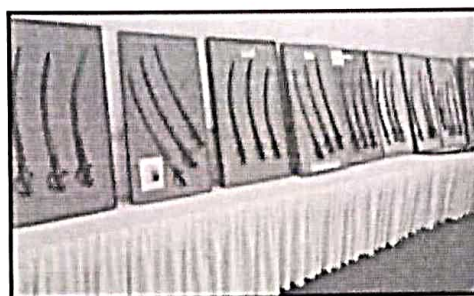
The NSS unit of SPDT College actively participated in a De-Addiction Rally held on September 30th, 2023. Demonstrating their commitment to raising awareness about this critical issue, 20 volunteers, comprising an equal mix of 10 boys and 10 girls, enthusiastically contributed to the event. Their participation signifies the college's dedication to promoting a healthy and drug-free society.





SHIVAJI MAHARAJ THE FOUNDATION FATHERS

It was held on 31/10/2023, our 3 volunteers attended this event in which there were 1 boy and 2 girls.



AMRIT KALASH LIVE STREAMING

The NSS unit of SPDT college successfully participated in Amrit Kalash Yatra live streaming held at the University of Mumbai on 31st October 2023. A total of 7 students, including 3 boys and 4 girls, were part of this event.



BLOOD DONATION CAMP

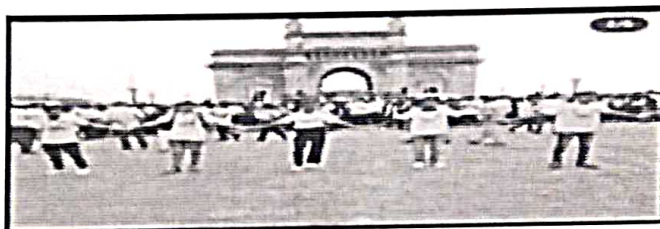
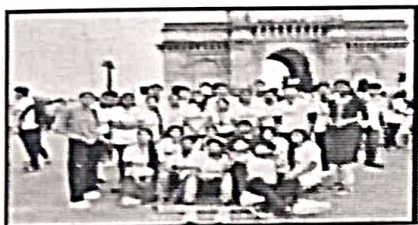
The NSS unit of our college successfully organized a blood donation camp at Andheri Railway Station on September 8th, 2023. Both boys and girls from the NSS actively participated in the initiative. The camp witnessed a remarkable turnout, with a total of 110 units of blood collected. This drive played a vital role in replenishing local blood banks and potentially saving lives in the community.





BHAJAN SANDHYA

Bhajan Sandhya was held on 2nd October 2023 at Gateway of India by the University of Mumbai. Many Colleges participated in the event. The event started at 3:30 pm volunteers participated in these events. The event ended at 6:30 pm.



LEVERAGING YOUTH TO STRENGTHEN-INDIA PARTNERSHIP

On 20th February 2024, five volunteers participated in this activity. There were 4 boys and 1 girl.



Y-TALK PROGRAM

The NSS unit of SPDT College participated in the Y talk program on 24th February 2024. Fourteen volunteers, including 7 boys and 7 girls, enthusiastically participated in the event. Various concerts and fun activities were held, making it a memorable experience for all.



AVHAAN: CHANCELLOR BRIDAGE DISASTER MANAGEMENT STATE LEVEL CAMP 2023-24.

Our unit Leader got the opportunity to be a part of a state-level Disaster Management Camp. From our N.S.S. unit, our volunteer Mr. Ahmed Ebji has been selected for the state-level Disaster Management camp AVHAAN 2023-24. The camp duration was 10 days. This camp was held at Gondwana University, Gachhiroli. The camp started from 25th December 2023 to 03rd January 2024. This camp aims to train the young generation for emergency time as a 1st respondent.





SEVEN DAYS SPECIAL CAMP

Every year NSS volunteers of our college attend a 7-day special Camp. This year also NSS volunteers attended camp at Arogya and Naturopathy Institute, Jambhil ghar, Badlapur West volunteers did Shramadan for all 7 days. Cleaning village, cleaning of forests Area & cleaning of Camp area. Tree plantation, survey of the village, theory, and practicals were conducted at the site.



Glimpses of seven days residential camp





MEDIA COVERAGE

दैनिक आदर्श महाराष्ट्र

मी अज न एच सी ६/२६/२०२३ २०२५



+ वर्ष : १४ + अंक ७ + मुंबई, बुधवार, २४ जानेवारी २०२४ + किंमत रु. : ३/- + पाने ८

श्रीमती परमेश्वरी दुर्गादत्त तिंब्रेवाला लायन्स जुहू महविद्यालय येथे
राष्ट्रीय सेवा योजनेच्या निवासी शबिरात व्यसनमुक्ती मार्गदर्शन



मुंबई : श्रीमती परमेश्वरी दुर्गादत्त तिंब्रेवाला लायन्स जुहू (अंधेरी) महाविद्यालयात येथे राहणाऱ्या राष्ट्रीय सेवा योजनेच्या निवासी शबिरात आज (बुधवार) सकाळी १० वाजता एक बैठक आयोजित करण्यात आली. या बैठकीत राष्ट्रीय सेवा योजनेच्या निवासी शबिरात राहणाऱ्या विद्यार्थ्यांना व्यसनमुक्ती मार्गदर्शन देण्यात आले. यावेळी डॉ. त्रिशला मेहता यांनी व्यसनाच्या प्रकारांबाबत माहिती देऊन त्याच्या दुष्परिणामांबाबत विद्यार्थ्यांना सांगितले. त्यांनी व्यसनमुक्तीसाठी घ्याव्यात पावले याबतही त्यांनी विद्यार्थ्यांना मार्गदर्शन केले. यावेळी डॉ. त्रिशला मेहता यांनी विद्यार्थ्यांना प्रश्नोत्तर सत्रही आयोजित केले. यावेळी डॉ. त्रिशला मेहता यांनी विद्यार्थ्यांना प्रश्नोत्तर सत्रही आयोजित केले. यावेळी डॉ. त्रिशला मेहता यांनी विद्यार्थ्यांना प्रश्नोत्तर सत्रही आयोजित केले.

Nidhi

Dr. Nidhi Pundir

N.S.S. Program Officer

Trishla

Dr. Trishla Mehta

PRINCIPAL

SHRI RAJASTHANI SEVA SANGH'S

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