



Cosmopolitan's
**VALIA C.L COLLEGE OF COMMERCE
AND VALIA L.C COLLEGE OF ARTS**



NOT ME BUT YOU

**NSS REPORT
2020-2021**

The National Service Scheme was started by Government of India, Ministry of Education and Culture, Govt. of India, in Collaboration with State Government in the year 1969 in 37 selected Universities. Mumbai University has been participating in the scheme right from its inception.

The report of the activities of the NSS unit for the academic year 2020-21 has been a record of accomplishments and triumphs.

HEALTH AND FITNESS

The NSS unit of Valia college has organized various programs in order to make students aware about the importance of health and fitness in today's world where the pandemic has completely shaken the community on a global scale.

- **International Yoga Day of 2020 “Yoga for young minds”**- The NSS celebrated a 10 -day Yoga training programme. Our volunteers Mr. Kunal Dhariwal and Ms. .Aadika Devade participated in a 10-day Yoga Intern Training Programme on “Yoga for Young minds” organized jointly by the University of Mumbai, the Hyderabad (Sind) National Collegiate Board, HSNC University and Kaivylayadham
- **Yoga Intern Training Programme on “Holistic approach to Education”** -Volunteers participated in an online yoga intern training session organized jointly by University of Mumbai, the Hyderabad (Sind) National Collegiate Board, HSNC University and Kaivalyadhana
- **Webinar on Mental Wellness** - Mental state not only controls your consciousness, but also determines how your body functions. Stress, grief and depression can have a negative effect on your mental health. Therefore, to tackle this effectively the NSS unit organized a webinar on 'Mental Wellness' in collaboration with the NGO 'The Movement'.
- **Fit India Movement Week** - The mission of the movement is to bring about behavioral changes and move towards a more physically active lifestyle. Towards achieving this mission, various initiatives have been conducted throughout the week to achieve the following objectives- to promote fitness as easy, fun and free, to spread awareness on fitness and various physical activities that promote fitness through focused campaigns. An inter-collegiate online poster making competition was organized and volunteers attended a five-day yoga online session conducted by Mr. Vivek Jain.

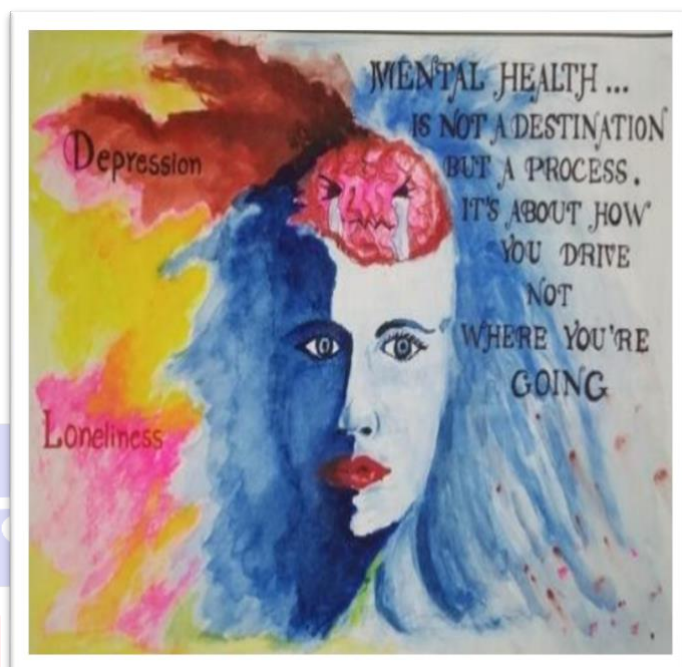
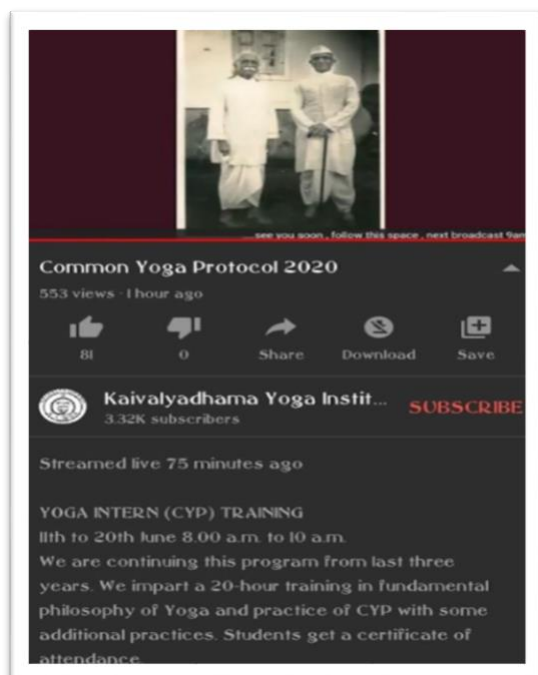
- **Webinar on 'Substance Abuse During Lockdown'** – The Pandemic has limited physical activity and social interactions creating an increase in stress which may lead some people to start using drugs or use them more often or in greater amounts. To increase awareness about this, volunteers attended a webinar on substance abuse during lockdown organized by St. Andrews College in collaboration with Public Concern for Governance Trust.
- **Webinar on 'World Mental Health Day'**- World Mental Health Day is meant to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. NSS organized a webinar on 10th October, 2020 on the occasion of World Mental Health Day by Mrs. Sheela Golechha, Counsellor and Psychotherapist.
- **Quiz activity on 'World Food Day'** – This day is meant to raise awareness on the issue of hunger and healthy food habits for all. It marks the founding day of the Food and Agriculture Organization (FAO) and also aims to tackle global hunger. A quiz activity was organized on 16th October, 2020 to create awareness regarding food habits and a healthy diet plan.
- **HIV/AIDS Week** – 1st December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses. It raises awareness about the importance of engaging youth in the prevention and treatment of HIV/AIDS. A webinar was conducted by Ms. Kanchan Shah (ex-NSS volunteer) a mono acting competition was organized. Volunteers also made E-posters and a video on World AIDS Day. Students prepared a video and circulated - https://www.instagram.com/tv/CfiQdSBgKku/?utm_medium=copy_link
- **Pulse Polio Rally & Training**- NSS organized a rally for Pulse Polio awareness following Covid-19 guidelines and a training session was conducted by BMC ward officer at Lokhandwala health post-K/West ward, Andheri.
- **Pulse Polio Drive** – Polio drive aims to immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain high level of morale among the public. Volunteers participated in the Pulse Polio immunization campaign at Lokhandwala health post-K/West ward, Andheri along with BMC officers.
- **Poshan Pakhwada** - NSS organized an online diet recipe making competition and E-Poster making competition based on nutrition. Ms. Sajida Shaikh, a Post Graduate Diploma in

Fitness Nutrition conducted a webinar on nutrition and fitness. Poshan walk, healthy food distribution and cycle rally were also conducted during Poshan Pakhwada by following Covid-19 norms. Students prepared a video on this occasion -

https://www.instagram.com/tv/CNDAzzAgGsH/?utm_medium=copy_link

- **Webinar on “Prioritizing Nutrition among City Students, Khane ko Pehechano”**- People are increasingly busy and have countless commitments. Making nutrition a priority can be challenging. Prioritizing nutrition is a powerful strategy since our priorities dictate how we spend our time and how we feel in terms of our health and even our happiness. Volunteers attended a webinar on 'Poshan Pakhwada' jointly organized by the University of Mumbai and Mahatma Night Degree College of Arts and Commerce.
- **Webinar on 'World Homeopathy Day'** -World Homeopathy Day is celebrated on April 10. birth anniversary of Dr Christian Hahnemann, the founder of homoeopathy. The day marks the importance of homoeopathy and its contribution to the world of medicine. Homeopathy is a system of alternative medicine that uses small, highly diluted doses of natural substances to trigger the body's own healing abilities. A webinar was conducted by Dr. Sharayu Rajwade Kshirsagar to mark this day.
- **No Smoking Day**- No Smoking Day is celebrated to encourage people to quit smoking not just for the good, but for good. Students prepared a short film and circulated-
https://www.instagram.com/tv/CMO4lhGgDr5/?utm_medium=copy_link

SOME GLIMPSES



COSMOPOLITAN EDUCATION SOCIETY'S
VALIA C.L. COLLEGE OF COMMERCE &
VALIA L.C. COLLEGE OF ARTS
NSS UNIT (B-18)

ORGANIZES

ONLINE WEBINAR ON POSHAN PAKHWADA
IN COLLABORATION WITH:

RESOURCE PERSON

Dr. Sajida Shaikh
PGD-Fitness Nutrition

NS SLIM FITNESS STUDIO

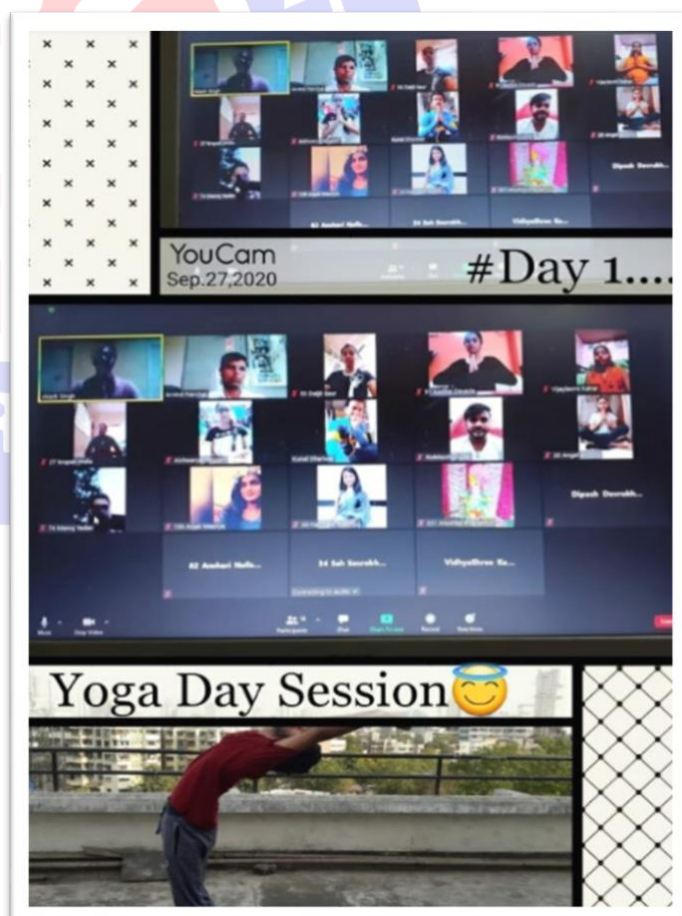
DATE : 27th March, 2021
TIME : 4:00 pm to 5:00 pm

PLATFORM : ZOOM

~Regards,
P.O: Prof.Arvind Panchal
G.S: Kunal Dhariwal
(8779751477)

FOR MORE DETAILS CONTACT
EVENT HEADS:
SEEMA : 8108896475
DALJIT : 9372949215

nss_valia_18 **NSS Valia** **NSS VALIA**



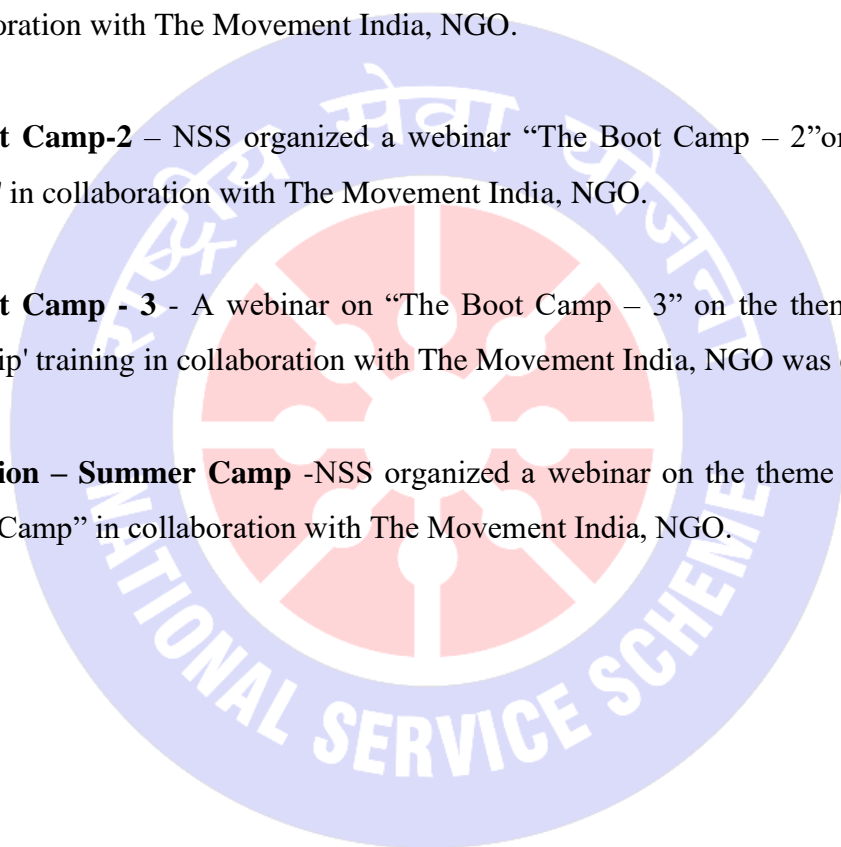
SELF DEVELOPMENT

Self-development is a lifelong process which enables an individual to know one's abilities, to set goals and to act to achieve the goals and to maximize one's full potential. The NSS unit of Valia college has initiated several activities for skill enhancement and increasing personal effectiveness such as goal setting, problem solving and time management.



- **Importance of Skills - Entrepreneurship Programme towards better livelihood-** Volunteers participated in this webinar conducted by the University of Mumbai which aimed at imparting entrepreneurship skills to students.
- **Online Leadership Training Camp PRERANA 2020** - Leadership training camp is a program that is implemented to widen the capacity of individuals to perform efficiently in leadership roles within an organization. It focuses on developing and honing leadership skills like decision making among young students. NSS volunteer Ms. Aadika Devade was selected and completed the five-day online leadership state level camp organized by Shivaji University, Kolhapur.
- **“Webinar on Army as a Career – A personal experience”-** The Indian Army promises both professional and personal growth at every stage of the career. Opportunities to upgrade through various courses are abundant. The adventure and extra-curricular activities in the Army ensure an all-round development essential in today's world. NSS students participated in a webinar conducted by Captain Sudeep Ghoshal (Ex-Indian Army officer) organized by the University of Mumbai.
- **Webinar on 'Why Civil Service is a Dream Career?'** - Unlike any private job or business which remains confined to the organization you work for; civil services allow you to work for the country and its citizens. Civil Services offer an attractive and challenging career to ambitious students with a wide variety of jobs within the fold of the commission. Volunteers attended a webinar conducted by Mr. V.P. Raja organized by Public Concern for Governance Trust in association with V.K. Krishna Menon College of Commerce and S.S. Dighe College of Science.
- **Service to the Nation and Service to Self** - As rightly said by Mahatma Gandhi- “The best way to find yourself is to lose yourself in service of others.” To imbibe these values

and responsibility of the citizen the webinar has been conducted to create awareness in the students about the responsibility of an individual towards the nation. Volunteers attended a webinar organized by the University of Mumbai.

- **Webinar on 'Imbibing Ethical Values for Joy and Success in Life'** – Joy and success are two aspects which flourishes the life of an individual which is essential for inner happiness. Volunteers attended a webinar jointly organized by SIES College of Arts, Science and Commerce and University of Mumbai.
- **The Boot Camp - 1** - NSS organized a webinar on 'The Boot Camp – 1 leadership training' in collaboration with The Movement India, NGO.
- **The Boot Camp-2** – NSS organized a webinar “The Boot Camp – 2” on the theme of 'Integrity' in collaboration with The Movement India, NGO.
- **The Boot Camp - 3** - A webinar on “The Boot Camp – 3” on the theme of 'Servant-Leadership' training in collaboration with The Movement India, NGO was conducted.
- **Orientation – Summer Camp** -NSS organized a webinar on the theme “Orientation – Summer Camp” in collaboration with The Movement India, NGO.



SOME GLIMPSES

PATUCK POLYTECHNIC TRUST'S
PATUCK-GALA COLLEGE OF
COMMERCE & MANAGEMENT
Affiliated to University of Mumbai
Re-accredited NAAC B++ Grade (2.77 CGPA)

Day -1
Resource Person

Dr. Radhakrishnan Pillai
Director, Chanakya International Institute of Leadership Studies, University of Mumbai

Time: 4:30 pm to 6:00 pm

Day -2
Resource Person

Ms. Shernaz Buhariwala
Head, Patuck LifeSkills Foundation

Time: 4:30 pm to 6:00 pm

NATIONAL SERVICE SCHEME UNIT ORGANISES

TWO DAYS DISTRICT LEVEL THEME BASED WORKSHOP ON

SERVICE TO NATION & SERVICE TO SELF

2-3 OCTOBER, 2020


2nd October, 2020	Chanakya Ideas on Service to Society
3rd October, 2020	Personal Social Responsibility

On Google Meet Platform

E-certificates will be provided to the participants

Link to join workshop: <https://meet.google.com/nvt-wern-vyk>

For further queries contact below:-
Dr. Tasfiya Shaikh- 9270804921 / Mr. Abhijit Paradkar-8928969476






Mansi gaonkar has joined the meeting.

thos of Army





their fearlessness in combat and in the face of the enemy even when fighting against great odds or even when facing death.

less Of Retaliation - Maj Mairaggan Saravanan, Vrc (P)



sudeep ghoshal



Cosmopolitan Education Society's
Valia C.L. College of Commerce &
Valia L.C. College of Arts
NSS Unit (B -18)
Organizes



A WEBINAR ON
The Boot Camp 1 – Leadership Training Workshop
Collaborated with The Movement




Speaker : Preejo Sir

Date : 07 December 2020
Time : 4 : 00 pm to 5 : 30 pm
Platform : Zoom


E- Certificate will be provided to all participants

Contact
(GS) Kunal Dhariwal- 8779751477
(PO) Prof. Arvind Panchal




SIES College of Arts, Science & Commerce (Autonomous),
Sion(W), Mumbai- 400022

In association with
Public Concern For Governance Trust
Presents webinar on



Imbibing Ethical Values For Joy & Success In Life

By
Dr. R. K. Anand



- India's senior-most pediatrician
- Former Medical Director Of Jaslok Hospital & Research Center
- Founder Trustee Of Public Concern For Governance Trust

Date: 22nd October 2020
Time: 5 pm to 6:15 pm
Venue: YouTube live

E-certificates will be provided to all the participants

[f@siesnssunit](#)
[@nss_sies.asc](#)

NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS

Commemorative days are celebrated to pay tribute, remember and honor the people who have gone before us and who has created an impact in the society through their sacrifices and hard-work. National and international commemorative days acknowledge the actions and activities that helped the society to reflect upon past occurrence and their relationship in today's world which significantly shaped the contemporary society.

- **Independence Day Celebration & Inter-Collegiate Solo Singing Competition -**

Independence Day reminds us of all the sacrifices that were made by our freedom fighters to make India free from British rule. Independence Day was celebrated on 15 August, 2020 via the zoom platform. NSS organized an inter-collegiate online patriotic solo singing competition on the occasion of Independence Day.

- **NSS Day Celebration** - NSS aims to “inculcate the social. welfare thoughts in the students, and to provide service to the society without. any prejudice.” On 24th September, 2020, volunteers celebrated NSS day via Zoom platform. Students prepared a video on- “What is NSS?”

https://www.instagram.com/tv/CHBEaoaARZF/?utm_medium=copy_link

- **Gandhi Jayanti and Lal Bahadur Shastri Jayanti** - On the occasion of Gandhi Jayanti, 2nd October, 2020, volunteers attended an online Bhajan Sandhya session with the theme 'Gandhi Jayanti, Lal Bahadur Shastri Jayanti and International Day of Non-Violence' organized by the University of Mumbai.

- **Rashtriya Ekta Diwas celebrations** – Rashtriya Ekta Diwas- National Unity Day commemorates the birth anniversary of Sardar Vallabhbhai Patel, India's first Home Minister, who played an important role in persuading many princely states to join the Union of India. He is famously known as Iron Man of India and as one of the founding leaders of the Republic of India. On 31 October, 2020, volunteers took a pledge and participated in a Rashtriya Ekta Diwas quiz to celebrate the birth anniversary of Sardar Vallabhbhai Patel.

- **Samvidhan Diwas** – On 26th November, 2020, the NSS volunteers on the occasion of Samvidhan Diwas made E-posters, wrote essays and took a pledge on the Constitution of India. A college level webinar was conducted to create awareness regarding importance of Samvidhan Diwas. Students also prepared a video on the occasion of Constitution Day - https://www.instagram.com/tv/CIDp8zrA5IX/?utm_medium=copy_link
- **Webinar on 'Konshila Anavaran Samarambh'**-Students attended a webinar on Dr. Babasaheb Ambedkar organized by the University of Mumbai on 6th December, 2020
- **Webinar on 'Swami Vivekananda Birth Anniversary and Yuva Din Programme'** – On 9th January, 2021, volunteers attended a celebration programme on 'Swami Vivekananda Jayanti' organized by the University of Mumbai.
- **Republic Day Celebrations-** 26th January is celebrated to commemorate the date on which the Constitution of India came into effect, in the year 1950. Volunteers celebrated Republic Day on 26th January, 2021 via the Zoom Platform
- **Webinar on 'Shivaji Jayanti'**- Shivaji Jayanti is the birth anniversary of Maratha king Shivaji. The day also sees the celebration of the rich and diverse cultural heritage of the Marathas. On the occasion of Shivaji Jayanti, 19th February, 2021, a webinar was organized by Dr. Nitin Arekar, C.H.M College. Volunteers attended a webinar conducted by the University of Mumbai.
- **Webinar on 'Consumer Rights Day'** – World Consumer Rights Day is an annual occasion dedicated to highlighting the power of consumers and their rights for a fair, safe and sustainable marketplace for everyone. NSS organized a webinar on 15th March, 2021. 'Consumer Rights Day' on the theme of 'Introduction to Consumer Rights' by advocate Ms. Piyush Maheshwari.
- **Celebration of Maharashtra Day** - Maharashtra Day is celebrated on May 1 every year. This day marks the foundation of the rich legacy for the state of Maharashtra. Volunteers attended an online celebration of Maharashtra Day, organized by the University of Mumbai on 1st May, 2021.

- **Indian Navy Day-** Indian Navy Day is celebrated to respect the Indian Navy's counter attack in Operation Trident during the Indo- Pakistan war in 1971. On this occasion students prepared a video and circulated - https://www.instagram.com/reel/CIWK-tzALR3/?utm_medium=copy_link
- **International Women's Day –** On the occasion of International Women's Day, students prepared a short film

https://www.instagram.com/tv/CMJxb5EgSc1/?utm_medium=copy_link

SOME GLIMPSES

मंत्रण
मुंबई विद्यापीठ
आयोजित

६३ वा महाराष्ट्र राज्य वर्धापन दिन

राज्यवार, दिनांक १ मे २०२१
वेळ: सकाळी ११:३० वाजता

कार्यक्रमात सहभागी होण्यासाठी खालील लिंकवर क्लिक करावे

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मुंबई विद्यापीठ
आयोजित

**महाराष्ट्राचे आराध्यदेवत
छत्रपती शिवाजी महाराज
यांच्या जयंती निमित्त
विशेष व्याख्यान**
(आभासी पद्धतीने)

• व्याख्याते •
डॉ. नीतिन आटेकर
मराठी विभागप्रमुख, ज्योत्सना, अग्रविभाग, उन्मुक्तकण्ठ
विषय: द्यतेचे राजे

• आयोज •
प्रा. सुहास पैरणेकर
अ. कुलगुरू, मुंबई विद्यापीठ

• सन्माननीय उपस्थिती •
प्रा. रविंद्र कुलकर्णी
अ. कुलगुरू, मुंबई विद्यापीठ

• विजित •
डॉ. बळीराम गायकवाड
अ. पत्राची कुलसचिव, मुंबई विद्यापीठ

क्रवार, दिनांक १९ फेब्रुवारी २०२१
सकाळी १०:३० वाजता

कार्यक्रमात सहभागी होण्यासाठी खालील लिंकवर क्लिक करावे

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प्रमाण पत्र
राष्ट्रीय एकतादिवस शपथ

मैं सत्यनिष्ठा से शपथ लेता हूँ कि मैं राष्ट्र की एकता, अखंडता और सुरक्षा को बनाए रखने के लिए स्वयं को समर्पित करूंगा और अपने देशवासियों के बीच यह संदेश फैलाने का भी भरसक प्रयत्न करूंगा। मैं यह शपथ अपने देश की एकता की भावना से ले रहा हूँ जिसे सरदार वल्लभभाई पटेल की दूरदर्शिता एवं कार्यों द्वारा संभव बनाया जा सका। मैं अपने देश की आंतरिक सुरक्षा सुनिश्चित करने के लिए अपना योगदान करने का भी सत्यनिष्ठा से संकल्प करता हूँ।

4353896872
October 31 2020

Kamal Dharwadkar
हस्ताक्षर

मुंबई विद्यापीठ
आयोजित

भजन संध्या

शुक्रवार, दिनांक २ ऑक्टोबर २०२० • संध्याकाळी ५:०० वाजता

कार्यक्रमात सहभागी होण्यासाठी खालील लिंकवर क्लिक करावे

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HUMAN VALUES

Human values are important because they help us to grow and develop. It helps us to create the future we want to experience. When we use our values to make decisions, we make a deliberate choice to focus on what is important to us. When values are shared, they build internal cohesion. The NSS unit of Valia college incorporated human values into the students' lives by organizing events that can imbibe value-based education which will be fruitful for the overall development.

- **Webinar on Organ Donation Awareness** - Organ donation is an extremely noble and honorable act that benefits society. Organ transplant dramatically depends on the availability of human organs. It is the only way of saving the lives of patients who have had terminal organ failure. Volunteers attended an informative webinar on organ donation conducted by Shri. Shrikant Apte organized by the University of Mumbai.
- **Blood Donation Webinar** - The importance of donating blood is not only to save the lives of thousands of people who are deprived of life, but also to save the lives of many more who are affected by various diseases and help them to fight numerous illnesses. Volunteers attended a webinar on blood donation organised jointly by the Ramnarain Ruia Autonomous College and University of Mumbai. Blood donation camps were organised in the college in collaboration with Mahatma Gandhi Seva Mandir Blood Bank. Students performed a street play and made a short film on blood donation awareness –

Street Play on Blood Donation -

https://www.instagram.com/tv/CLd0eorApML/?utm_medium=copy_link

Short Film on Blood Donation Drive

https://www.instagram.com/tv/CLws6x2gMaj/?utm_medium=copy_link

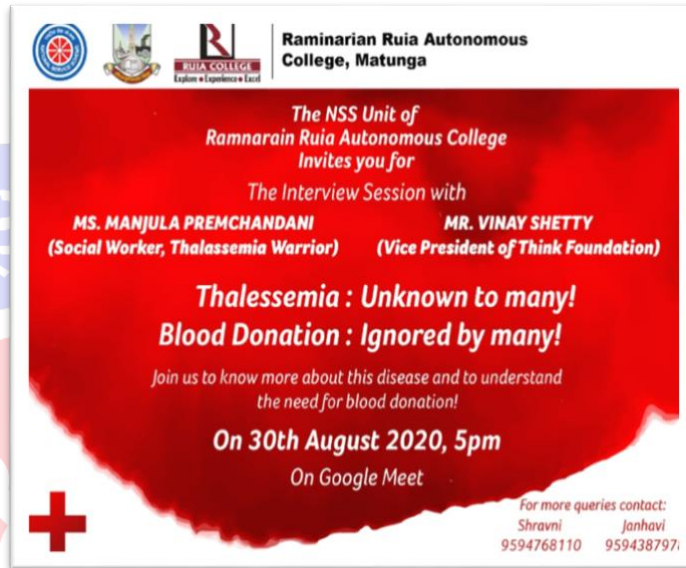
- **Webinar on 'Anti- Human Trafficking'**- NSS organized an awareness session on Anti-Human Trafficking in collaboration with 'The Movement India', NGO. The webinar explained about how important it is to set up and strengthen Anti Human Trafficking Units in all districts of states and union territories under 'Nirbhaya Fund'.

- **Pledge on 'Central Vigilance Commission'** - Central Vigilance Commission is the apex vigilance institution, free of control from any executive authority, monitoring all vigilance activity under the Central Government and advising various authorities in Central Government organizations in planning, executing, reviewing and reforming their vigilance work. NSS volunteers took an 'Integrity Pledge' initiated by the University of Mumbai and Central Vigilance Commission.
- **Webinar on 'Vigilance Awareness Week'** – NSS volunteers attended a webinar on Vigilance Awareness conducted by the University of Mumbai
- **Webinar on 'Smruti Gandh'** – NSS volunteers attended a webinar on the remembrance of Balasaheb Thackeray, organised by Balasaheb Thackeray Study Centre and the University of Mumbai.
- **Road safety club awareness-** Road safety is something important that has to be followed at all times to ensure the safety of the operators of a vehicle, passengers, and pedestrians. The measures and methods taken to establish road safety include the use of various road safety products. NSS volunteers participated in an online Road Safety Club awareness workshop, E-poster-making, quiz competition and short video making in collaboration with United Way Mumbai. Volunteers also prepared E-posters and made a video on road safety in collaboration with the United Way Mumbai.
- **Daan Utsav-** Donating to the needy is a great way to improve the conditions in your neighborhood or community. Donating food to the worthy people or organizations helps counter poverty, hunger and at the same time, it can improve harmony, friendliness, and trust among residents. 45 food kits were distributed to the needy villagers at Urse village, Vangaon, (adopted area), Dahanu as a part of Daan Utsav 2020.
- **Guest lecture on 'Swami Vivekananda's Value Based Leadership'** – Swami Vivekananda was not only a multi-faceted personality but was also far ahead of his times. We often speak of Swamiji as 'the Great Innovator of Management Values', though the whole science of management didn't exist at that time. NSS attended a guest lecture on Swami Vivekananda's Value Based Leadership jointly organised jointly by Balasaheb Thackeray Adhyasan Kendra and the University of Mumbai.

- **International Anti -Corruption Day-** International Anti- Corruption Day is observed to raise public awareness about the issue of corruption. Students prepared a video and circulated –

https://www.instagram.com/tv/CIlzRB4gLL7/?utm_medium=copy_link

SOME GLIMPSES



ENVIRONMENT PROTECTION

We all depend on many benefits from the environment and nature, which affect every aspect of our existence. Decisions about managing our environment often fail to take account of nature's ability to provide these benefits. Managing the environment in ways that provide some benefits can sometimes reduce its ability to provide others. By managing the environment well, we can provide many more benefits and greatly improve our quality of life.

- **'Ganesh Utsav' Online Poster Making Competition** – Eco -friendly Ganapati are purely made up of natural products. The use of eco-friendly idols saves our water resources. The idols made up of harmful chemicals pollute water bodies. An inter-collegiate and intra college online poster making competition was organized on the occasion of Ganesh Chaturthi based on the theme of “Eco-friendly Ganesh Utsav”.
- **Online Ganesh Utsav Competition** -NSS volunteers participated in the online slogan-writing, poster-making and essay writing competition(s) on Ganesh Utsav with a focus on environment protection organized by the University of Mumbai.
- **Video on how to make eco-friendly Ganesha** : Students prepared a video on,”How to make eco-friendly Ganesha”
- https://www.instagram.com/tv/CH2jK20gUt0/?utm_medium=copy_link
- **“Bottles for Change”** - Volunteers attended a webinar on 'Plastic Recycling' in collaboration with Bisleri International Private Limited conducted by Ms. Megha Dhuri. Bottles for Change aims to create awareness among citizens about importance of plastic recycling. The session ensured on channelizing all kinds of used clean plastic for recycling to ensure the greener cleaner environment. The 'Bisleri International Private Limited' Team recorded a video on plastic collection drive in college.
- **“Plastic Collection Drive”** - Volunteers collected plastic from various homes totaling 58 kgs in three days and handed over to the Bisleri International Private Limited for recycling purpose. Volunteers urged the people to reduce consumption of harmful plastic which is damaging the environment. And to inculcate a positive behavioral change in terms of reducing plastic waste from our daily use.

- **“E-Waste Collection Drive”**- E-waste, refers to all items of electrical and electronic equipment (EEE) and its parts that have been discarded by its owner as waste without the intent of re-use. Volunteers collected E- Waste from homes and nearby vicinities and handed over to the BMC as per directives from the University of Mumbai.
- **“E-Waste & Dry Waste Webinar”** - Dry waste is dry materials that have been contaminated with a hazardous chemical waste. Volunteers attended a webinar on segregation of E-waste and Dry waste and recycling of E-waste conducted by the University of Mumbai.
- **“Online Paper Bag Making activity”**- Volunteers learnt paper bag making via zoom session and made paper bags at home. Regular paper bags entirely depend on the green environment for their production. Paper made from recycled waste requires almost 50% less energy and up to 75% less water as compared traditional paper making processes
- **“Disaster Preparedness”**- Volunteers had attended a five-day disaster preparedness series organized jointly by Nagindas Khandwala College of Commerce, Arts and Management Studies in collaboration with Aakansha Social Foundation and Rotary Club of Virar.
- **National Pollution Control Day**- The college observed National Pollution Control Day on Dec, 2nd in memory of all the people who lost their lives during 1984 Bhopal Gas Tragedy. Students also prepared and circulated a video on this day - https://www.instagram.com/tv/CITLc-Bgbdv/?utm_medium=copy_link
- **International Forest Day** – International Forest Day is celebrated to raise awareness about the importance of all types of forests. On this occasion students prepared a video - https://www.instagram.com/p/CMr-Q2PA1SI/?utm_medium=copy_link

SOME GLIMPSES



WAR AGAINST COVID

The NSS unit of Valia college organized various programmes to combat and prevent the spread of the disease and spread awareness among the community. The aim was to extend the knowledge base among individuals to enhance their active participation in the prevention mechanisms with respect to the spread of the pandemic, so that society starts appreciating and voluntarily follows social distancing.

- **Training Programme for Volunteers to Combat Covid – 19** - To unite the community in the fight against Covid -19, the NSS unit brought together a training programme to motivate and mobilize volunteers to be ready to beat Covid- 19. Volunteers attended the Training Programme to combat Covid – 19 and for creating awareness among students This was organized by the University of Mumbai.
- **Pledge on Covid-19** – The student volunteers urged all the students to wear mask, frequently use hand wash, to maintain distance and avoid public gathering. Also urged the students to unite in the fight against Covid -19, through collective determination and discipline. Volunteers took an online pledge to combat Covid-19.
- **Online Cotton mask making activity** – As masks became the new normal volunteers learnt how to make cotton masks via zoom session and made cotton masks at home. Students prepared a video
- **Covid Vaccination and Plasma Donation Awareness Webinar** - Volunteers attended a webinar organized by Bhavan's College, Andheri (West) conducted by Dr. Priyanka Maurya.
- **Vaccination centre in collaboration with M.C.G.M** -The college along with Aditi Puri Charitable Trust setup a MCGM covid vaccination centre in the Smt. Jyotsna Harshad Valia Conference Hall from 5th June,2021 which provided free vaccines to the community.
- **Videos on Covid: Students prepared and circulated 3 videos on covid:**

Tribute to Covid-19 Warriors

https://www.instagram.com/tv/CHurVusAQo5/?utm_medium=copy_link

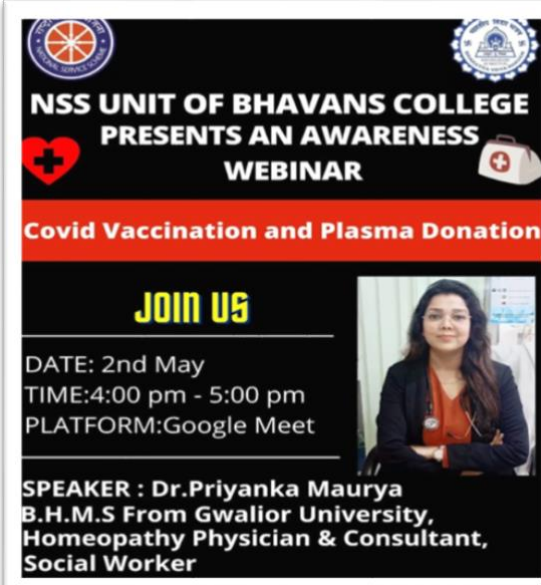
Cotton Mask Making

https://www.instagram.com/tv/CHztTrlARdP/?utm_medium=copy_link

Covid-19 Awareness

https://www.instagram.com/p/CHuydK7A2so/?utm_medium=copy_link

SOME GLIMPSES



NSS UNIT OF BHAVANS COLLEGE
PRESENTS AN AWARENESS WEBINAR

Covid Vaccination and Plasma Donation

JOIN US

DATE: 2nd May
TIME: 4:00 pm - 5:00 pm
PLATFORM: Google Meet

SPEAKER : Dr. Priyanka Maurya
B.H.M.S From Gwalior University,
Homeopathy Physician & Consultant,
Social Worker



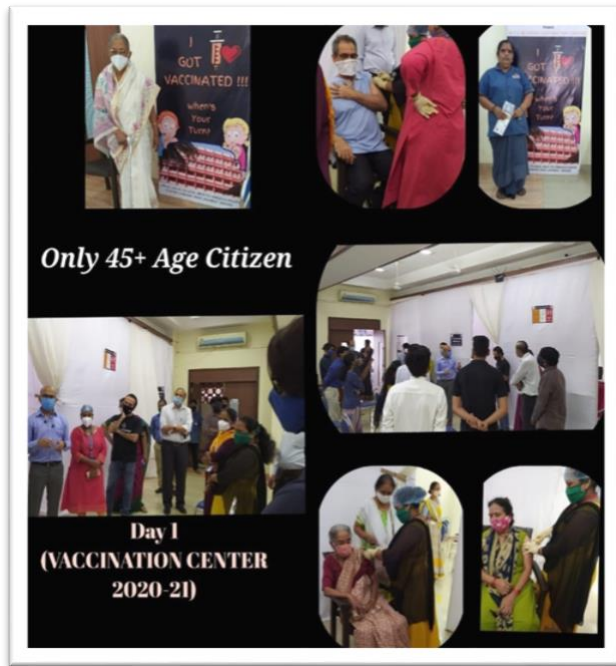
**I PLEDGED TO BECOME A
DIGITAL COVID WARRIOR**


To know more, write to
youthagainstcovid@unitedwaymumbai.org

In collaboration with  

An initiative of  








ADITI PURI C.T.




IN COLLABORATION WITH

VALIA COLLEGE

PRESENT,



M.C.G.M COVID VACCINATION CENTRE










DAY 5

Time - 10:00Am - 3:00Pm

THURSDAY ONLINE REGISTRATION
(START BOOKING YOUR SLOTS)

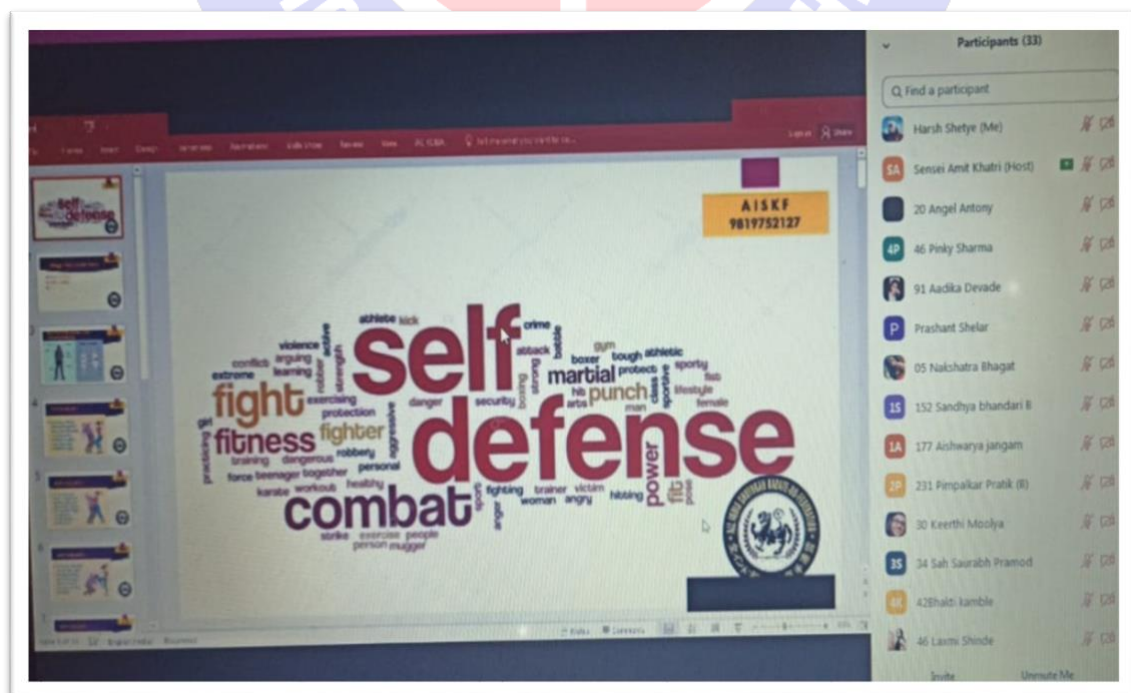
KUNAL : 8779751477, ANGEL : 9653658029

GENDER SENSITIZATION

Gender is an important consideration in development. It is a way of looking at how social norms and power structures impact on the lives and opportunities available to different groups of men and women. The NSS unit of Valia college puts special emphasis on removing gender disparities and inequality by bringing certain cultural changes by organizing certain activities specifically on empowering women because of the inequalities in their socio-economic status.

- **Webinar on 'New Aspects of Women in Leadership'**- Volunteers attended a webinar on 'New Aspects of Women in Leadership' organized jointly by the Balasaheb Thackeray Adhyasan Kendra and the University of Mumbai.
- **Webinar on “Women in Leadership - Defence”**. NSS volunteers attended a webinar on “Women in Leadership - Defence” jointly organized by the University of Mumbai and Rajiv Gandhi National Institute of Youth Development. The webinar reflected on the opportunities for women in leadership that have emerged from Army’s response, enables more women to progress more naturally into leadership roles
- **'Self Defense Workshop'** – NSS organized an online workshop on self-defense by Sensei Amit Khatri which was attended by volunteers.

SOME GLIMPSES








**You are cordially invited to
WEBINAR ON
"WOMEN IN LEADERSHIP- DEFENCE"
1st March, 2021; Time: 11.00 to 12:30 pm**

Invited Speaker
DR. SEEMA RAO
INDIA'S FIRST WOMAN COMMANDO TRAINER
Recipient of Nari Shakti Puraskar from the
Hon'ble President of India in 2019



Jointly Organized by
REGIONAL CENTRE, RGNIDY, CHANDIGARH
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH
DEVELOPMENT
&
NATIONAL SERVICE SCHEME, UNIVERSITY OF MUMBAI
In association with
R.D. AND S.H. NATIONAL COLLEGE, MUMBAI


[CLICK HERE FOR
REGISTRATION](#)

• Webinar link will be provided by E mail.
• All the participants will be provided
E- certificate


DR. NEHA JASTIANI
PRINCIPAL (VC)
RDNC

DR. K. GURESBAN,
ASSOCIATE PROFESSOR
AND OSD, RGNIDY,
RC CHANDIGARH

SUDHIR PURANIK
DIRECTOR
NATIONAL SERVICE SCHEME
UNIVERSITY OF MUMBAI




**COSMOPOLITAN EDUCATION SOCIETY'S
VALIA C.L. COLLEGE OF COMMERCE &
VALIA L.C. COLLEGE OF ARTS
NSS UNIT (B-18)**



ORGANIZES

**Δ WORKSHOP ON : SELF DEFENCE
ON THE OCCASION OF
INTERNATIONAL DAY OF HAPPINESS**

IN COLLABORATION WITH :
(ACADEMY OF SPORTS & FITNESS
PROFESSIONALS INSTITUTE)



SENSEI AMIT KHATRI
**CHIEF INSTRUCTOR AND TECHNICAL
DIRECTOR OF ALL INDIA SHOTOKAN
KARATE -DO FEDERATION.**

DATE - 20th March, 2021 TIME - 3:00pm Onwards

~Regards,
Valia C.L. NSS Unit.

**PLATFORM :
ZOOM**