

Mahatma Education Society's  
Pillai College of Arts, Commerce & Science  
New Panvel

National Service Scheme 2016-2017

### **TERM I & II ACTIVITIES 2016-2017**

#### **International Yoga day**

As part of worldwide observation of International Yoga Day, National Service Scheme of Pillai College of Arts, Commerce & Science, New Panvel in association with Patanjali Yoga Samiti, Mumbai also observed this day on 21<sup>st</sup> June, 2016 in the campus. A yoga training session from 8:30am to 10:30 am was organized in which Principal Dr. Daphne Pillai, students, teaching and non-teaching staff took part enthusiastically and practiced various 'asanas' of Yoga and pranayama. A Yoga practitioner was invited to demonstrate various Yoga postures and asanas. It was a healthy session and everybody celebrated the day with much fervour.

#### **Essay Writing Competition on Tree Plantation**

To sensitize students towards the importance of Environment and Nature the N.S.S. Unit of Pillai College of Arts, Commerce & Science organized an Essay Writing Competition on Tree Plantation on 30<sup>th</sup> June, 2016. The event witnessed a gratifying response from the students.

#### **Tree Plantation Drive**

NSS Unit of Pillai College of Arts, Commerce & Science participated in the Mega Saplings Plantation Drive at Village Koshimbe, Bhiwandi, Thane on 1<sup>st</sup> July 2016. This was arranged with an agreement to help the government implement the initiative to reverse the decline of green cover of the state and enhance biodiversity by planting 25 lakh saplings on a single day. The Students enthusiastically supported the cause. Taking part in this massive plantation drive highlights the Institutions commitment to the environment.

#### **Disaster Management**

To make endeavours towards creating awareness among the students about disasters and its consequences and to prepare them in advance to face such situations the N.S.S Unit held disaster management training on 5<sup>th</sup> July, 2016. This session was conducted by Disaster Management Authority, Alibag, Raigad. 74 students participated and were benefitted.

#### **Poster Exhibition on Tree Plantation**

The N.S.S Unit conducted a Poster Exhibition on Tree Plantation on 17<sup>th</sup> July 2016. The objective of this exercise was to increase awareness among the students about the importance of trees and to create a sense of responsibility among them to nurture and look after the trees and actively participate in combating pollution.

#### **Rehabilitation and Treatment Campaign**

The NSS cell took the initiative to educate students by organizing Leprosy Education, Rehabilitation and Treatment Campaign by an NGO, ALERT - INDIA on 27<sup>th</sup> July 2016 which enlightened almost 500 students. The prime focus of this program was to focus on the causes of leprosy, signs and symptoms and how to overcome it by simple and effective treatment. Donor cards were issued by Alert India and the college holds an incredible record

in the academic year 2015-2016 by collecting 62,182 INR and donating it to ALERT - INDIA.

### **Cosmetology Treatment Camp**

The National Service Scheme and Jyovi's Care Pvt Ltd jointly organized free Cosmetology Treatment Camp on 28<sup>th</sup> July, 2016 from 10:00 am to 4:00 pm. The students were exposed to the latest techniques in cosmetic treatment of the hair, skin, and nails. Around 200 students along with supporting and teaching staff were examined and benefitted.

### **Awareness Talk on Monsoon Induced Diseases**

No doubt the monsoon is a welcome relief after a dry spell for some time. However, the rain also welcomes a multitude of health problems. Prevention is always better than cure. Accordingly, The Lions Club of Navi Mumbai Champions, the N.S.S. Unit of Pillai College of Arts, Commerce & Science and Fortis Hiranandani Hospital, Vashi jointly organized an Awareness and Educational Programme on Monsoon Induced Diseases for the students on 4<sup>th</sup> August 2016. The ultimate objective of the programme was to prevent getting infected from Monsoon Related Diseases. Overall the programme was successful and the response was good. The efforts put in by the N.S.S. Unit proved to be a great success.

### **Enrolment Camp for Electoral Roll**

The N.S.S. Unit organized a two day drive on 3<sup>rd</sup> and 4<sup>th</sup> August, 2016 in the college premises. The objective of this programme is to enrol the students who had crossed 18 years of age in the Electoral Roll. In this special drive, the eligible students were required to enrol themselves in the electoral roll by filling Declaration Form (supplied by Election Commission of India). Students who had already enrolled were required to submit a declaration to that extent. Students from diverse disciplines had participated in this special drive, and many students had newly enrolled their names as voters and other students had signed in the declaration form stating that they were already enrolled.

### **Blood Donation Camp – Another milestone for the N.S.S. Unit**

National Service Scheme of Pillai College of Arts, Commerce and Science in association with St. George Hospital, Nair Hospital, J.J.Mahanagar Blood Bank and Wadia Hospital organized a Blood donation camp in the college premises on 12<sup>th</sup> August, 2016. It began at around 10 a.m. and continued up to 3:30 p.m., with a steady stream of donors throughout. A blood bank team comprising doctors, nurses, and technicians helped the unit to organize the camp. Principal, staff and students displayed full commitment and involvement in the cause and turned up in large numbers to donate blood. The venue was filled with young Pillaities chatting with each other, happy to be able to play their part in lending a helping hand to people in the region. NSS volunteers played a key role in spreading awareness about the event to the students. The donors were given refreshments and they also received certificate of recognition.

At the end of the day over 576 bottles of blood were collected at the blood donation camp setting a new record on the quantity of blood collected at a single camp. Out of these collected samples 145 blood bottles were given to St. George Hospital, 141 to Nair Hospital, 158 to J.J.Mahanagar Blood Bank and 132 to Wadia Hospital respectively.

Throughout the day, there were smiles and laughter all around - a true embodiment of what we believe in - selfless service with a smile.

### **Thalassemia awareness and detection program in the campus:**

Thalassemia is a group of genetic disorder of blood. It is caused by defective formation of Haemoglobin. Two common types are: Thalassemia Major and Thalassemia Minor (Carrier). Thalassemia Major Disease is preventable. Carriers are generally healthy with mild anemia. With a view to create awareness amongst the students, faculty and staff members, the NSS unit of Pillai College of Arts, Commerce and Science in association with International Association of the Lions Clubs had organized a “Thalassemia Awareness and Detection Camp” on 23<sup>rd</sup> August 2016 in the campus.

The day started off with awareness campaign. Ms. Usha Talwar conducted awareness through intensive class room contact program. Following the campaign the detection camp witnessed a spontaneous participation from NSS volunteers, students, teachers, non-teaching staffs for screening. 131 blood samples were collected. The camp was well executed with the able support of Prof. Shabab Rizvi and the excellent co-ordination and teamwork between staff members, lab technicians and all the volunteers of the event. This camp ended with smile on the faces of the organizers, who were happy to create awareness about Thalassemia in the college.

### **Organ Donation Camp**

The N.S.S. Unit in association with Wheels Charitable Trust organized an Organ Donation Camp on 1<sup>st</sup> September, 2016. The students and the volunteers enthusiastically supported with true embodiment of what we believe in selfless service with a smile and took initiative and participated in this social cause.

### **Swach Bharat Abhiyan**

The N.S.S. Unit initiated Swach Bharat Abhiyan on National Service Scheme Foundation Day which was held on 24<sup>th</sup> September, 2016. The objective of this exercise was to increase awareness among the people and to empower cleanliness campaign started by Honorable Prime Minister Shri. Narendra Modi.

### **Peace and Non-violence Awareness Rally**

The National Service Scheme Unit organized a rally on Peace and Non-Violence. The rally took place on 2<sup>nd</sup> October, 2016 on the occasion of Mahatma Gandhi's birthday at New Panvel.

### **Observance of Vigilance Awareness Week**

As part of the on-going Vigilance Awareness Week, the N.S.S. Unit of Pillai College of Arts, Commerce & Science in association with CIDCO performed street plays to create awareness about anti-corruption on 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> November 2016 at different venues in New Panvel, Kalamboli and Khanda Colony. The first year N.S.S. volunteers under the guidance of Prof. Prajakta Bapat member of N.S.S. Unit organized and participated in the event. The event turned out to be a great success as it managed to communicate to the public the need to get the country rid of the evil that is corruption.

### **Constitutional Day**

National Service Scheme of Pillai College of Arts, Commerce & Science, New Panvel, organized the celebration of constitution day on 26<sup>th</sup> November 2016 at 11:00 am in the college campus. The programme started with garlanding the portrait of Dr. Babasaheb Ambedkar. Prof. Gurpreet Kaur Kalsa, Pillai College Arts, Commerce & Science, delivered an informative speech about constitution of India. Total 120 NSS volunteers were present for the programme.

### **AIDS Awareness Campaign**

World Aids Day observed annually on December 1st, is dedicated to raising awareness to the Aids pandemic caused by the spread of HIV infection.

The N.S.S. Unit observed this day by involving young students in the awareness campaign. A poster making competition was also organized and these posters were carried from class to class to create awareness among students. The volunteers actively participated in spreading awareness and believe that the future generation has the ability to sensitize others and prevent spread of HIV.

### **7 days' Residential Camp**

National Service Scheme organized 7-days Residential Camp from 5<sup>th</sup> December to 13<sup>th</sup> December 2016 at Karole. There were 75 students selected from the NSS unit to set out for the 7 days camp in order to serve the society. Students were accompanied by the NSS coordinators. Each day began at 6:00 am followed by yoga. Soon Students got accustomed to this routine.

#### **Activities Conducted in 7 days' Residential Camp at Karole:**

The activities included Zila Parishad School repairing work, cleaning and painting the entire school, Tree Plantation, School ground leveling, Health check up camp, Swaccha Bharat Abhiyan awareness for villagers and lecture in Shivaji Maharaj School.

Each day the students looked forward to doing their best for the village community. Pillai College believes that, each human being has his/her duty to serve this society, and help those in needs and help them grow and develop in the best way possible. With this in mind the NSS volunteers had set out for the camp and are happy to say that the volunteers did their best to bring a smile on the faces of the villagers.

### **'Women's Bike Rally' spotlights two-wheeler safety issues**

On 3<sup>rd</sup> January 2017, N.S.S. Unit in association with Navi Mumbai Traffic and Fortis Hospital, Vashi, flagged off 'Women's Bike Rally' for the 'Road Safety Campaign'. Over 250 women bikers participated in the bike rally to educate the public on the importance of wearing helmets while riding two-wheelers. The initiative has been taken to spread awareness about the importance of road safety by the Navi Mumbai Traffic Police partnered by Fortis Hospital, Vashi. The biker cavalcade, on its journey from Centre One mall, Vashi to Centre One mall, Nerul, engaged with motorists and pedestrians about the importance of road safety and the fatalities that could be avoided.

### **World's Largest Walk Against Blindness**

The N.S.S. unit took part in the 'Tamaso Ma Jyotir Gamaya – The Walk Against Blindness' organized on 8<sup>th</sup> January 2017 which the Advanced Eye Hospital and Institute (AEHI) and One Vision Health and Research Foundation claim it as the largest-ever walk in the country to raise awareness for the pledging of eye donations. Nearly 7,000 people across age groups and professions pledged to donate their eyes during event on Palm Beach Road in Sanpada, Navi Mumbai.

This year, the walk was preceded by a carnival in the top eight colleges of the city, with students participating in singing, dancing and video-making contests. The audition for the same was organized in our college campus on 19<sup>th</sup> December 2016 and the semi-finals were conducted on 4<sup>th</sup> January 2017. 5 students were shortlisted for the finals. We are proud to announce that in the final round **Zubair S.Y.B.M.M. bagged the Best Movie Making award for which he was felicitated with a trophy, cash prize and certificate and Immanuel T.Y.B.FM won the second prize in dance and was awarded with a trophy and certificate.**

### **Road Safety Week**

The Ministry of Road Transport & Highways has organized the 28<sup>th</sup> Road Safety Week from 9<sup>th</sup> January, 2016 to 15<sup>th</sup> January, 2016 throughout the country to create awareness among the general public to improve the safety on road. In association with the Ministry, the N.S.S. unit conducted a week long activities to contribute to the cause of road safety. The activities included display of banners, lecture on road safety, poster exhibition, essay writing competition on road safety, Short film on road safety and a street play was also enacted for the same.

### **Youth Week- Youth for Digitization and Cashless Society**

As directed by the University of Mumbai the N.S.S. Unit celebrated the Youth Week from 12<sup>th</sup> to 16<sup>th</sup> January 2017 dedicating to Swami Vivekanand's Birth Day celebration, observing the theme "Youth for Digitization and Cashless Society". Following were the activities carried during the week:

A campaign was conducted at Raigad Bazaar for the vendors on 23<sup>rd</sup> December 2017. The vendors showed great interest in trying to understand the cashless transaction at a minimal level also. Some of the NSS volunteers spoke at an individual level in making the people understand the value of e-transactions and benefits of digital economy. A lecture was organized to sensitize students about digital banking systems so that the awareness about cashless transactions can trickle down to the grassroots level. A poster exhibition was also organized for the same.

### **Community Service Day**

Our Community Service Day was celebrated on the 21<sup>st</sup> January, 2017 at Dr. Vasudevan Pillai's Campus. It brought together residents from various orphanages and old age homes. The N.S.S. Unit of Pillai College of Arts, Commerce & Science hosted residents from Ramakrishna Niketan and Rajeev Rajan Adharghat, Shantivan. Senior citizens from these ashrams visited our campus and they were treated to lunch, fun activities and a day of happiness with the aid of our teachers and student volunteers. The institution continues to stay connected with these organizations and continue to nurture them at an institutional level year after year to improve their quality of life.

### **Heartfulness Meditation Session**

National Service Scheme in association with Ramachandra Mission organized Heartfulness Meditation Session from 23<sup>rd</sup> to 25<sup>th</sup> January 2017. This Heartfulness Meditation is an initiative focused on colleges and administered by Shri Ramachandra Mission, a nonprofit organization. During the session the volunteers of the organization introduced Heartfulness relaxation and Sahag Marg meditation system – simple technique of relaxation and meditation- to all the students. The 3 day programme was conducted class wise, guided meditation for few minutes followed by an interactive session with the students on their experience.

### **National Voters Day**

National Voters Day is celebrated every year on January 25 to promote participation in elections and increase voter enrollment, especially of youngsters in the 18 to 19 years age group. The National Service Scheme unit observed the day to commemorate the foundation day of the Election Commission of India and also to enhance the participation of voters, especially the youth in the democratic process. On this occasion all the students took pledge that they will make optimum utilization of their voting power and encourage others to come forward and contribute in the national interest.

The programme was conducted under the guidance of Prof. Shabab Rizvi Programme Officer, NSS Unit of the College.

### **Transform Maharashtra-Engaging the youth in governance**

'Transform Maharashtra an initiative by ACT (Action for Collective Transformation) provides an opportunity to college students in Maharashtra to put their heads together and come up with solutions to 11 critical challenges being faced by the State at present. These solutions should be implementable by the Government. The top team in each of the themes, chosen based on judges criteria will present their solution to Hon'ble Chief Minister. The N.S.S. Unit of our college has taken up the responsibility to motivate the students to take part in this contest which is a biggest platform for youth to create a road map of developed Maharashtra by 2025.

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