

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

National Service Scheme

Term I Report (2022-23)

N.S.S UNIT of our college organized various activities in the period of lockdown, by obeying all the rules and regulations of the lockdown, given by the Government.

Session on Understanding Uncertainty

The NSS unit in association with YGPT - Youth for Global Peace and Transformation organized a session on 'UNDERSTANDING UNCERTAINTY' on 13th July 2021 at 4:00pm on Zoom platform and the speaker for the session was Ms. Anuradha Bhatkar.

The objective of the session was to enable the students to understand- What is Uncertainty? What is Fear and what is the impact of Fear? How can Uncertainty be managed? Understanding the root cause of Uncertainty and How to overcome it. It was an informative session. Students, Faculty members and the NSS volunteers attended the session.

Online Yoga Camp

The N.S.S. Unit of Pillai College of Arts, Commerce & Science jointly with Patanjali Yog Samiti organized online yoga camp on 24st June, 2021 at 8:00am on Zoom platform. The session was carried under the guidance of a well trained yoga instructor Mr. Ram Palat Yadav, Retd. Lieutenant(Indian Navy) from Jila Prabhari- Patanjali Yog Samiti. The students were made aware about the importance and benefits of yoga. Around 100 volunteers participated with the eagerness to gain an insight about how indispensable yoga is. A number of asanas poses were explained in detail and demonstrated by the speaker and volunteers were made to participate. The focus was on how we can improve our lifestyle by incorporating yoga in our day to day activities and acquire physical, mental and spiritual coordination.

Online Workshop - "Psychological Support for Covid Pandemic"

The COVID-19 pandemic brought in its wake an unforeseen mental health crisis. The impact of the pandemic has pushed governments to put measures in place to curb not only the physical health of individuals but their mental health and psychosocial well-being as well. The NSS unit in Association with Mahatma Gandhi National Council for Rural Education (MGNCRE), Ministry of Education, Govt. of India organized an online workshop on "Psychological Support for Covid Pandemic situation (Covid helpers skill for student community) on 17th June, 2021 at

4:00pm on Google meet platform. The speaker of the day was Hon. Smt. Jayashree Jani, (MGNCRE), Ministry of Education, Govt. of India. The speaker addressed the mechanism to successfully deal with the COVID-19 pandemic by enhancing immunity and mitigating the risk. Faculty members and students from different departments participated and were highly benefitted by the session.

Go-Green Initiative

The N.S.S. volunteers of Pillai College of Arts, Commerce & Science organized two days tree plantation drive on 21st & 22nd July, 2021. The unit encouraged the students to plant saplings, click selfies and tag it. The students showed great enthusiasm in planting them and they knew their hard work would yield more benefits.

Mahad, Chiplun flood relief measures

NSS volunteers always take up relief operations on priority whenever a natural disaster occurs. The unit with the motive to extend help to the flood affected residents at Mahad and Chilplin collected food materials like rice, cereals, pulses, oil and many more provisions till 26th July, 2021. The collected materials were well packed by volunteers and helped for distribution. These volunteers worked tirelessly to mobilize relief materials and also worked for the smooth distribution of the collected materials in the affected areas.

Combating Stress & Anxiety in Current Pandemic

The NSS unit in association with YGPT - Youth for Global Peace and Transformation conducted a session on “Combating Stress & Anxiety in Current Pandemic - A Holistic Approach” with Dr. Santosh Gupta, MD as the Resource Speaker. The session was conducted on the joyous occasion of 75th Independence Day 'Azadi Ka Amrut Mahotsav' under the 'Fit India Campaign'. It was held on 13th August, 2021 at 6:00pm on Zoom platform.

The session was to enable the students to understand-

What is Stress? How does our body react when we are anxious? Understanding the root cause and how to overcome it?

Let Us Sing The National Anthem- 75 years of independence

Ahead of independence day, Government invited videos of people singing the national anthem. The official YouTube page of MyGov India also shared a video titled 'Let Us Sing The National Anthem', giving step-by-step details about the government initiative.

To celebrate 75 years of independence and commemorate it as ‘Azadi Ka Amrut Mahotsav’, the Government of India called upon people to submit videos of them singing the national anthem. The NSS unit PCACS encouraged volunteers, students and faculty members to unite and sing the National Anthem to instill pride and unity amongst all. It also invited all to register on the official website and upload their videos. According to the website, a compilation of the uploaded videos of the National Anthem was shown live on August 15, 2021.

Covid Care Immunity Booster

Mumbai University NSS in Association with The Art of Living for Pillai College of Arts Commerce and Science organized “Covid Care Immunity Booster for Students” on 31st August, 2021 at 5:00 pm via Zoom platform.

Art of living has launched these programs all across India to support the fight against the pandemic. These programs help improve people's mental and physical health.

Free Eye Check up Camp



NSS unit of Pillai College of Arts, Commerce & Science and Soroptimist International, Mumbai chapter jointly organized Free Eye check up camp at the campus on 30th September, 2021. It took the initiative to motivate others and create awareness about the protection and importance of eyes. Teaching and non teaching staffs were all informed about the eye check-up camp and they turned up in good numbers for the camp. “Eye is the jewel of the body”. It is the lamp of the body. If your eyes are healthy, your whole body will be full of light,” this was the message spread across during the camp.

**Mahatma Education Society's
Pillai's Group of Institution**
New Panvel, Navi Mumbai - 410206

On accounts
of
NSS DAY

PCE NSS PCE Unit and NSS PCACS Unit,
Organizes a Webinar on topic

**Awareness on
Stem Cell Donation**

Guest Speaker
Dr. Praveen Clement
Bone marrow transplant coordinator.
At Marrow Donor Registry India. (MDRI)

Webinar Link:
<https://meet.google.com/ces-qaop-cbn> 24th Sept. at 7 p.m.

All participants will be provided with an E-Certificate

Contact us NSS.PCE@MES.AC.IN Follow us @NSS.PCE

Stem Cell Transplant Awareness

Stem Cell Transplant Registration and Awareness Drive N.S.S. Unit of PCACS in association with PCE organized Stem Cell Transplant awareness drive on 24th September, 2021 at 7:00pm in Google meet platform. Awareness was given by Dr. Praveen Clement, Bone marrow transplant coordinator, Marrow Donor Registry India(MDRI). Students and the other participants were oriented about Stem Cell Donor Registration.

Mega Blood Donation Camp

Donating blood is a habit among the Pillai family and we have many examples where all students, teaching and non-teaching fraternity donate blood every year with much fervor and zeal. This year the mega blood donation camp was organized in association with Lions Club of Millennium on 30th September, 2021. Each donor was thanked profusely with gratitude saluting their spirit and for being an exemplary figure for the others.



Quiz

The National Service Scheme of Pillai College of Arts, Commerce & Science(Autonomous) made a sincere effort to conduct online quiz on 2nd October, 2021 using Google Forms. This was to commemorate the birth anniversary of Mahatma Gandhi. The NSS volunteers, students and staff members were encouraged to take on the quiz. Students and staff members actively participated and received e-certificates of participation on taking the quiz.