

National Service Scheme Term I Report 2023-24

1. Event: Combatting Stress- A Holistic Approach

Title: Guidance to combating stress.

1. The NSS unit of Pillai College of Arts, Commerce and Science(Autonomous) in association with YGPT organised an essential session by Maitreyi Gayatri on 4th July, 2023. This session was extremely invaluable to the students as it was primarily focused on the aspects of stress and how to combat it. It was beneficial to the pupils as they got to grasp how to remain serene and calm whilst being in an unfavorable condition. The attendees were very well explained and satisfied as it brought out a positive outlook towards mental health.





2. Event: Patanjali Yoga Samiti

Title: A way of life to stay healthy and happy.

On the 21st of June 2023 the NSS unit organized Yoga Training sessions in association with Patanjali Yoga Samiti, on the account of 9th International Yoga Day. The instructors elaborated on how Yoga impacts our body. The students and the representatives exercised Yoga experiencing the serene gains of it. This Yoga training benefitted the students considerably and made it evident that doing Yoga regularly can give such helpful results.



3. Event: International Day against Drugs and Abuse.

Title: Learning the importance of one's safety.

The NSS cell organized a session on International Day against drug abuse and illicit trafficking in association with Anti Narcotic Cell, crime branch, Navi Mumbai. On June 24th, 2023, the students were highlighted on the topic of drug abuse. It deeply moved the students to grasp the importance of what such activities can affect. It proved to be a very advantageous approach for students to gain an understanding of these issues.



4. Event: International Day on Drugs and Abuse

Title: Guidance on one's morals and safety.

The NSS unit, organized a conference on International Day against drug abuse and illicit trafficking in association with Panvel Taluka Vidhi Sewa Samiti and Panvel Bar Association. On June 26th, 2023, the students were highlighted on the topic of drug abuse. It deeply moved the students to grasp the importance of what such activities can affect. It proved to be a very advantageous approach for students to gain an understanding of these issues.



5. Event name: Tree Plantation

Title: Planting trees for a better tomorrow.

The NSS Unit of Pillai College of Arts, Commerce, and Science organized a Tree Plantation event on the 12th of August 2023. Many students enthusiastically participated in this good cause. Many plants were planted in Natlas Village next to the MIDC Taloja by the students and teachers of Pillai College. The students felt excited and proud to be a part of the plantation, as these small plants will eventually grow into beautiful trees one day and contribute to the environment.



6. Event: Meri Maati Mera Desh

Title: Tribuiting the National Heroes.

The NSS Unit celebrated "Meri Maati Mera Desh" by organizing an event on the 4th of October 2023. It was organized to commemorate the culminating event of 'Azad Ka Amrit Mahotsav.'

This activity involved paying tribute to the 'Veers for the Individuals who have made the supreme sacrifice for the country. Ceremonies were conducted at various levels, including Panchayat/Village/Institution, Block, Urban Local Body, State, and National levels. This activity was aligned with the theme 'Meri Maati Mera Desh.' As part of this initiative, the students were tasked to create a Kalash and collect Mathi from people and students.

AMRIT KALASH MERI MAATI MERA DESH



Mahatma Education Society's
Pillai College of Arts, Commerce & Science
(Autonomous)
Affiliated to University of Mumbai
NAAC Accredited 'A' grade (3 cycles)
Best College Award by University of Mumbai
ISO 9001:2015 Certified



7. Event: Blood Donation

Title: Donating blood can save one's life.

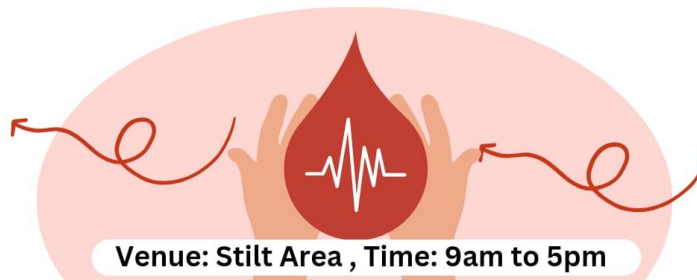
The NSS Unit organized a Mega Blood Donation Camp on the 25th of August 2023. Many students willingly came forward to donate their blood, which could potentially save someone's life. A total of 497 blood bottles were donated. The college received an award for its remarkable contribution to the cause of Blood Donation from the University of Mumbai, presented by the Honorable Vice-Chancellor.

Organises

MEGA BLOOD DONATION CAMP

25th August, 2023

Donate Blood And Be The Reason For Someone's Existence



8. Event: Ganapati Visarjan

Title: Panvel Mahanagar Palika Ganesh Murtidaan

The NSS unit, organized a drive to promote celebrating this Ganesh Chaturthi in an eco-friendly manner, together with Panvel Mahanagar Palika. The event was held on 23rd September 2023 at Kharghar, Navi Mumbai. Students successfully executed the drive by encouraging people to bring home the eco-friendly idols made of Fire clay(Shadu clay) and donate the lord Ganpati idols.





9. Event: VOTER REGISTRATION DRIVE

Title: "A step towards the development of the country."

The NSSunit of PCACS organized a Voter Registration Drive for all Pillai College students. This initiative took place on August 11, 2023, within the Pillai College campus—the drive aimed to empower all students approaching 18 to register for their Voter IDs. Substantial student participation ensured the success of the event. The primary objective of this drive was to provide a convenient and accessible platform for students to obtain their Voter IDs right within the educational institution.



10. Event: NSS Planning Session

Title:

The NSS unit jointly organized the NSS Planning session for the Raigad district. The program was conducted through the Pillai College campus, uniting representatives from 58 diverse colleges across the district. Key figures from Mumbai University, including Sushil Shinde and

Ramesh Devkar, oversaw the program. District coordinators Jeevan Vichare and Nikhil Karkhani were actively involved. Additionally, departmental coordinators Dr. Divakar Kadam, Dr. Datta Hingmire, and Dr. Rizvi, along with Kalavati, played essential roles in the program.



11. Event: Plastic Waste collection

Title: Successful Plastic waste clean-up drive

On the 31st of October 2023, the NSS unit took a proactive stance in addressing the plastic waste issue by organizing a Plastic Waste Collection Drive, during which they successfully collected 22.75 kilograms of plastic waste. Their initiative aimed to not only clean up the local environment but also raise awareness about responsible waste management and the importance of reducing plastic consumption. The event was an example of community-driven environmental action, which can contribute to a cleaner and more sustainable future.



12. Event: International Women's Day

Title: Women Dignity

The NSS unit successfully organized a Women's Sensitization Poster Making Event on International Women's Day, held on October 4th. The event aimed to raise awareness about eradicating violence against women. Participants were encouraged to craft impactful posters advocating for gender equality, respect, and the safety of women in society. Through artistic expression, the event aimed to inspire positive change and promote inclusivity. It was a significant step in supporting the cause of ending violence against women.



13. Event: NSS STEM Cell Awareness Drive

Title: “Empowering today for a better tomorrow.”

On 7th July, 2023, the NSS unit organized a compelling awareness drive on stem cells, providing knowledge and understanding among students. This initiative aimed to educate the college community about the significance of stem cells in medical research and potential therapeutic applications. Through informative sessions and interactive activities, students were enlightened about the role of stem cells in regenerative medicine. The drive successfully raised awareness about the importance of supporting stem cell research for medical advancements, encouraging a proactive approach to health and well-being within the college community.



14. Event: SESSION ON CYBERCRIME

Title: “Cybersecurity Insights: Empowering Navi Mumbaikars.”

NSS unit in collaboration with Navi Mumbai Police, conducted the "Jagruk Navi Mumbaikar Abhiyan" on July 12, 2023. The event featured Dr. Vishal Mane, a distinguished Police Officer, Cybercrime & Security Expert, Inspirational Speaker, Author, and Innovative Strategist, as the speaker. Addressing the college community at 1:30 PM, Dr. Mane shared valuable insights on cybersecurity and safety, contributing to the overall awareness and preparedness of the students. This collaboration aimed to empower students with essential knowledge on maintaining security in the digital age, aligning with the college's commitment to better education.





15. Event: PLEDGE TAKING CEREMONY
 Title: "Pran Se Prithvi Tak: Pillai's Pledge for Motherland and Environment."

The NSS unit of Pillai College of Arts, Commerce, and Science(Autonomous) hosted the "Meri Mati Mera Desh 'Panch Pran' Pledge Taking Ceremony on August 9, 2023. The event aimed to instill a sense of patriotism and environmental consciousness among students. The ceremony began with a meaningful pledge, emphasizing the five vital elements ('Panch Pran') that sustain life. Students, faculty, and staff participated in the ceremony, reaffirming their commitment to preserving and respecting the nation and the environment. This initiative aligned with the college's dedication to fostering values of social responsibility and environmental stewardship. The ceremony concluded with a collective sense of unity and responsibility, symbolizing a shared commitment to the well-being of the nation and the planet.



16. Event: SOCIAL ENRICHMENT PROGRAMME
Title: "Pragati: Crafting Futures, Fostering Health in Six Villages."

The NSS unit orchestrated a transformative initiative, "Pragati - Social Enrichment Programme," spanning six villages on September 16. The program encompassed diverse skill-building activities such as stitching, carpentering, and beauty enhancement training, fostering empowerment within the community. On September 30, the department extended its outreach by conducting treatments for cataract, distributing spectacles, organizing Swachhta Abhiyan, facilitating teeth checkups, and conducting a local village survey. This multifaceted approach

addressed healthcare, skill development, and community engagement, embodying the college's commitment to holistic societal development. The NSS team's dedication and impactful interventions left a lasting impression, contributing positively to the well-being and upliftment of the participating villages.

17. Event: AWARENESS ON WOMEN SAFETY
Title: "Safeguarding Journeys: Empowering Minds for Women and Railway Safety."

The NSS unit conducted a significant awareness drive on women and railway safety in collaboration with Panvel Railway Police. The enlightening session, held on July 24, 2023, featured Mr. Ajit Kanse from Panvel Railway Police as the esteemed speaker. The initiative aimed to empower students with knowledge and strategies to enhance women's safety and promote awareness about railway safety measures.

The session emphasized proactive steps for personal safety and responsible conduct near railway premises, aligning with the college's dedication to student well-being and societal responsibility.





18.Event:

CLEANLINESS

DRIVE

Title: "Pillai College's 'GreenTouch': A Swachhta hi Seva Initiative."

The NSS unit known for its commitment to community welfare, organized the 'Swachhta hi Seva' campaign on October 1, 2023. The event took place in the picturesque garden opposite the college, commencing at 8:00 AM.

The campaign aimed to instill the values of cleanliness and service among students, fostering a sense of responsibility towards the environment. Volunteers actively participated in cleaning and beautifying the garden, promoting the importance of a clean and green community.

This initiative not only contributed to the immediate surroundings but also served as a reminder of the significance of cleanliness in building a healthier and more sustainable society. The college continues to prioritize such community-driven activities, aligning with its commitment to holistic education and societal well-being.



Navi Mumbai, Maharashtra, India
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Long 73.1279°
01/10/23 09:57 AM GMT +05:30



19. Event: CANCER AWARENESS DRIVE
Title: “Cancer Awareness Voyage.”

The Nss unit conducted a Cancer Awareness Drive, reaching every classroom. Affiliated to the University of Mumbai, the college, with its 'A' grade NAAC accreditation and prestigious awards, demonstrated its commitment to social causes. The National Service Scheme orchestrated the drive, aiming to educate students about cancer prevention, symptoms, and the importance of early detection. The initiative, conducted class to class, engaged students actively, fostering a sense of responsibility and awareness.

DID YOU KNOW?
80% Cancers are Preventable

Join us and Know more about prevention and early detection of cancer

10 July 2023 | 1:30 pm to 3:30 pm

N.S.S of Pillai college of Arts Commerce & Science,
Plot No. 10, Sector 16, New Panvel, Navi Mumbai – 410 206

Speakers

Dr. Priya Eshpuniyani
Thoracic Surgeon,
Mumbai.

Dr. Pushpak Chirmade
Consultant Medical Oncologist,
Mumbai.

Moderator

Mr. Vivek Sharma
Social Entrepreneur

Organizer

Mrs. Annita Gupta
Cancer Care Coach

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grow & give

MICKEY AMOGH FOUNDATION

20. **Event: KOTAK UMANG PROGRAMME** **Title: "Language Empowerment Initiative."**

The NSS Scheme organized the "Kotak Umang Programme" from July 4th onwards, under the guidance of Mr. Rizvi. The program aimed at assessing the communication skills and English speaking proficiency of students in non-English medium schools along the Harbour Line. Volunteers conducted a comprehensive test, including audio-video and reading assessments, in various schools. The initiative, in collaboration with Kotak Education Foundation, aimed to identify areas of improvement and provide valuable insights into enhancing language skills among students.

This program reflects the college's commitment to community engagement and fostering educational development beyond its campus boundaries. The active participation of NSS volunteers made the initiative impactful, contributing to the overall mission of skill development and empowerment.



21. Event: BLOOD DONATION CAMP WITH KEM HOSPITAL

Title: "Gift of Life: Blood Donation Drive."

The NSS Cell, in collaboration with KEM Hospital, organized a successful Blood Donation Camp on November 6th at Panvel Station. The event witnessed enthusiastic participation from students, faculty, and local community members, showcasing the spirit of altruism within the college community. KEM Hospital, renowned for its healthcare services, partnered with the college to ensure a seamless and medically supervised blood donation process.

The camp adhered to stringent safety protocols, ensuring a secure environment for donors. Trained medical professionals from KEM Hospital supervised the entire process, from registration to the actual donation. Donors underwent a thorough health screening to guarantee the eligibility and safety of the blood collected.

The NSS volunteers actively engaged in promoting awareness about the significance of blood donation, encouraging participation, and assisting in the smooth functioning of the camp. Their efforts contributed to the overall success of the event.

The Pillai College of Arts and Commerce NSS Cell, through events like the Blood Donation Camp, continues to uphold its commitment to social welfare and community well-being, embodying the ethos of responsible citizenship within the educational framework.





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