



NAGINDAS KHANDWALA COLLEGE (EMPOWERED AUTONOMOUS) National Service Scheme (N.S.S. B-28) Annual Report 2023-2024

The NSS Unit B-28 at NK College embarked on a remarkable journey of social service, self-development, and environmental consciousness throughout the period of June to November 2023. Their diverse activities touched upon various aspects of well-being, leaving a positive impact on their college community and beyond.

The unit kicked off with a creative endeavor – a **Poster Making Competition** highlighting the benefits of yoga. This initiative aimed to encourage participation in this ancient practice, fostering both physical and mental well-being. In the days leading up to **International Yoga Day**, volunteers spread awareness by guiding students through a **pledge to explore the importance of yoga**. This enthusiasm culminated in **Yoga Fiesta 2023**, where a trained yoga teacher led volunteers through various postures (asanas), providing practical experience of yoga's potential to enhance well-being.



The unit actively participated in the inauguration ceremony of the **Rajmata Jijau Yuvatti Swarakshan Program**, equipping female volunteers with self-defence skills and promoting their safety and empowerment. Their commitment to learning extended beyond the classroom, as they attended a talk on the **Indian Knowledge System (IKS)**, gaining valuable insights into India's rich heritage.

The unit actively championed environmental causes. A **cloth bag making workshop** encouraged volunteers to create reusable alternatives to plastic bags, while a **poster making competition** focused on raising awareness about "Green Initiatives." Their efforts extended to cultural understanding through an **orientation program on Odia Culture**, celebrating India's diverse heritage.



Meri Matti Mera Desh (My Soil, My Nation) showcased the unit's commitment to patriotism and community engagement. This event involved a rally, street play, and tree plantation drive, fostering a sense of responsibility towards the environment and the nation. Collaborating with the Students' Council and NCC, NSS Unit organized a vibrant **Independence Day celebration**, filled with patriotic performances and displays. The unit recognized the importance of life skills. A session on **stress management** provided volunteers with techniques to manage daily pressures effectively. Their dedication to social good was evident in their participation in a **peer education training workshop**, equipping them to educate their peers on critical health issues.

NSS Unit B-28 actively participated in various awareness campaigns. They organized a **Hiroshima Nagasaki Peace Rally**, commemorating the atomic bombings and promoting messages of peace. Their commitment to environmental restoration was demonstrated through a dedicated tree plantation drive at **Arnala Beach**. They also created and performed a **street play** within the college, addressing a social issue and sparking dialogue within the student community.



Through a poster-making competition, the unit raised awareness about the life-saving potential of **organ donation**. A session by the **v4 Organ Foundation**, further emphasized the importance of this cause. Commitment of student-volunteers to social responsibility continued with participation in a **rakhi distribution** stall on campus, supporting an NGO's initiative for a social cause. They also participated in a beach cleanup drive at Arnala Beach, contributing to a cleaner environment.

The unit actively sought opportunities for personal growth. They participated in a **paper bag making session**, learning how to create eco-friendly alternatives. An **art therapy session** focused on self-love through creative expression, promoting emotional well-being among volunteers. They also attended a **Choomachaar Volunteer Program**, gaining valuable insights about mosquito prevention and disease control. **Youth Week** provided a platform for skill development and healthy competition through various activities.

The unit concluded this period with participation in a **Blood Donation Camp**, contributing to a social cause. Commitment of volunteers to learning continued with a disaster management training program, equipping them with skills to respond to emergencies. Finally, attending a

conference on "The Problem of Rupee" showcased their interest in understanding critical economic issues.





The NSS Unit B-28 at NK College capped off a busy semester with a diverse range of activities geared towards social responsibility, environmental awareness, and personal development. Their commitment to serving the community and empowering themselves is evident in the variety of initiatives they undertook from December 2023 to February 2024.

The unit tackled important health issues by organizing a pledge ceremony to raise awareness about HIV and AIDS, and collaborating with HDFC Bank to host a Blood Donation Drive. NSS unit participated in a pulse polio program, ensuring children received vital vaccinations.

Beyond healthcare, the NSS volunteers actively promoted financial literacy through a session with Krisha Foundation. Their environmental consciousness shone through initiatives like cloth bag distribution to reduce reliance on plastic and beach cleanups at Mahim and an awareness session on coastal ecosystems.

Spreading joy and fostering connections were also central themes. The unit organized a Christmas celebration and assisted residents at the Jeevan Sahara Old Age Home. They participated in a "Joy of Giving" initiative, distributing items to the underprivileged in Goregaon.

The volunteers actively sought to expand their knowledge base. Sessions on topics like "Love and Affection," "Child Sexual Abuse," and "Save the Birds" equipped them with valuable information. They attended the Mumbai Sustainability Summit and learned about local efforts to promote environmental sustainability. Personality development was another focus area. The unit co-organized workshops on personality development and self-management with WDC and Ayudh respectively. Their participation in the Kala Ghoda Art Festival showcased their interest in exploring India's rich cultural heritage.

NSS Unit B-28 also honed practical skills by participating in a CPR training program, enabling them to assist in emergencies. Additionally, they attended sessions on the Commodity Market and POSCO (details unavailable) to broaden their understanding of various fields.



Nine volunteers participated in an **ice-breaking session** organized by Ayudh in Borivali East. This session likely involved team-building activities to strengthen connections within the unit. The unit partnered with Nayanam Hospital to conduct an **eye check-up camp** in the College Auditorium. This initiative ensured that 21 volunteers received vital eye care. Their dedication to the community was evident in their participation in a **civic action event** held in collaboration with Godrej. Led by Ms. Riddhi Khandar, a group of volunteers actively engaged in discussions and activities aimed at addressing local civic concerns.

Two NSS volunteers attended a program on **Chhatrapati Shivaji Maharaj**, the founder of the Indian Navy, at the University of Mumbai's Convocation Hall. This event offered them valuable insights into the richness of history. The unit's commitment to the environment continued. While information about the specific **Entrepreneurship and Rural Development Conclave** is missing, a large number of volunteers submitted **paper bags** made at home, demonstrating a focus on eco-friendly alternatives.



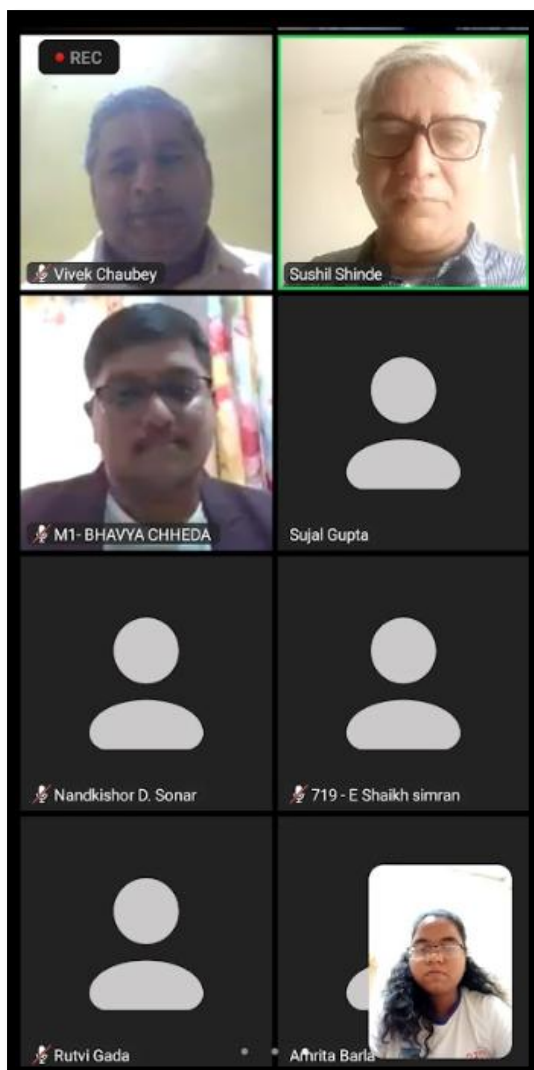
UNIVERSITY LEVEL SOFT SKILLS DEVELOPMENT PROGRAMME:

The National Service Scheme (NSS) Unit B-28 of Nagindas Khandwala College, in partnership with the University of Mumbai, hosted a successful **Soft Skills Training Program** from February 13th to 20th, 2024. Designed to equip volunteers with essential skills, this online program attracted a diverse group of participants, with daily attendance ranging from 115 to 150. Notably, the program ensured gender balance, creating an inclusive learning environment.

Structured curriculum was key. Each day focused on a specific skill delivered by a renowned expert. Mr. Edwin Mathias kicked it off with active listening, followed by Dr. Nelson Daniel exploring social intelligence and Ms. Amruta Sahasrabuddhe delving into relationships with Gen-Z. Dr. Vidyadayini Shetty guided self-discovery, while Dr. Vivek Chaubey addressed the growing scope of NSS health initiatives. Ms. Nita Dhote honed English grammar, while Dr. Nandkishor Sonar and Ms. Sonali Vhatkar tackled communication and collaboration through conversation skills and book review writing respectively. Prof. Dr. Kavita Kalkoti then emphasized team building, and Ms. Riya Jogi equipped volunteers with presentation and negotiation skills for effective leadership. The program concluded with Ms. Preethi Rao addressing gender stereotypes in media and media's role in social responsibility.

Positive feedback from participants solidified the program's success. The diverse curriculum, expert-led sessions, and interactive online format were key contributors. Looking forward, potential improvements include pre- and post-program assessments to gauge skill development, incorporating a mix of online and offline sessions, and follow-up workshops for continued support.

This Soft Skills Training Program served as a valuable platform for NSS volunteers. By honing their communication, collaboration, and leadership skills, they are better equipped for not only social service endeavors but also for future careers. This collaborative effort by Nagindas Khandwala College and the University of Mumbai highlights the importance of fostering well-rounded individuals who can create lasting positive change.



A Week of Transformation: A Look Back at the NSS Special Camp

The NSS Special Camp, held from December 13th to 19th, 2023, was a whirlwind of activity, self-discovery, and community engagement. Over seven days, participants embarked on a transformative journey that touched upon various aspects of personal and social development.

Day 1: Building Bonds and Serving the Community

The camp commenced with introductions, team building exercises, and a spirit of collaboration. The afternoon saw volunteers engaged in a meaningful Shramdaan initiative, beautifying the local area and fostering environmental responsibility. Interactive games in the evening honed observation skills and provided a platform for laughter and bonding.

Day 2: Learning and Growing Together

A peaceful morning of yoga and prayer set the tone for a day brimming with knowledge and cultural immersion. Sessions on "Dream Work is Team Work" and "Education and Society" emphasized the power of collaboration and the intricate relationship between education and social progress. Dr. Nelson Daniel's session on "Social Quotient" equipped participants with valuable tools for navigating social interactions, while Mr. Ranjit Pawar's presentation offered a captivating glimpse into tribal life and Karambeli culture. The vibrant cultural program in the evening showcased the diverse talents of the participants, and a captivating sky gazing session concluded the day.

Days 3-4: Expanding Horizons and Embracing Challenges

The following days continued the momentum with a continuation of Mogra tree plantation and meaningful donation drives. Sessions on "First Aid and Basic Healthcare" and "Cryptocurrency and Transaction of Money" provided practical knowledge and opened doors to discussions about the future of finance. The mind game "Bomb in the City" tested communication and collaboration skills, while a variety of sports activities offered a chance for physical exertion and friendly competition. Introspective discussions and cultural celebrations further enriched the experience.

Day 5: Reflecting and Celebrating

The bittersweet day of culmination began with a session on "Self-Realization," followed by the final round of Mogra tree plantation and donations. Prof. Tulsidas Mokol and Prof. Aalam Shaikh shared their insights and experiences, while Mr. Bajrang Sonawane's talk on "Youth and Gandhi" rekindled the spirit of service. A review session allowed participants to reflect on their journey, followed by a lively Sports Day and a vibrant cultural competition.

Day 6: Honing Skills and Leaving a Legacy

The penultimate day focused on creative expression and communication. A "Street Play Training Workshop" equipped participants with tools for impactful social messaging, followed by a spirited competition showcasing their newly acquired skills. Sessions on "Listening Skills" and "Team Building and its Importance" emphasized the importance of communication and collaboration. Associate Prof. Suresh Shetkar's session on "Leadership &

N.S.S." inspired participants to take initiative and contribute positively. The day concluded with a vibrant performance of street plays, a review session filled with cherished memories, and a final round of goodbyes.

Day 7: A Fond Farewell and Lasting Impact

The final day arrived with a mix of emotions. After a heartfelt farewell ceremony acknowledging the program's impact, participants departed, carrying with them the echoes of laughter, the lessons learned, and the friendships forged. The NSS Special Camp wasn't just about activities; it was about growth. The participants honed new skills, gained confidence, and discovered their inner strength. They left behind a legacy of environmental care, a community touched by their service, and a spirit of collective growth that will undoubtedly continue to inspire positive change.









PARTICIPATION OF VOLUNTEERS AT THE NATIONAL, DISTRICT AND UNIVERSITY LEVEL:

1. Mr. Bhavya Jigar Chheda
 - Participated in 27th National Youth Festival held at Nashik and won First Prize in Declamation Competition
 - Participated in National Gandhian Leadership Training Programme
2. Mr. Vasu Kansagara
 - Participated in University Level Leadership Training Programme
3. Ms. Shreya Upadhyay
 - Participated in University Level Leadership Training Programme



Dr. Vivek J Chaubey
NSS Programme Officer