

SREE NARAYANA GURU COLLEGE OF COMMERCE

NSS Activity Report 2020-21

Sr. No.	Name of the activity
1	Food Packet Distribution and Mask Distribution
2	Food for Stray Dogs and Birds
3	Building Sanitization Drive
4	Distribution of Ration Kits to Families in Sathe Nagar
5	Mask Distribution at Shivaji Nagar and Vashi Naka
6	Ration Distribution in Collaboration with Apnalay NGO
7	Distribution of Sanitary Napkins, Masks & Sanitizer with Pratham NGO
8	Awareness Campaign "Yoga Se Hoga" on Social Media Platforms
9	Unpacking Gender - The Lockdown & Violence on Women in association with Akshara NGO
10	Eco-Friendly Ganesh Utsav in Adopted Area (Eco-friendly Tree Ganpati Idol)
11	Consolidated Blood Donation Camp Report
12	Yoga Training in association with Yoga with Kush
13	Quiz on Mahatma Gandhi 151st Birth Anniversary
14	Cycle Ride to Create Awareness on RRC and HIV/AIDS Awareness
15	Training Conducted on Survey on Voting and People's Problems and Concerns in association with Target Publication Ltd. and survey work done on the same for the month:
16	Polio Vaccination Drive in Ayodhya Nagar HP-2 in association with BMC
17	Road Safety Awareness through Placard in association with United Way
18	Behavioural Change to Drive Social Impact through Entrepreneurship & Innovation for Sustainable Development
19	Session on Importance of Female Nutrition by Siddhi Thakur (Gym Trainer)
20	Conversation on Equality on the Occasion of International Women's Day in association with Akshara Foundation

1. Food Packet Distribution and Mask Distribution

- **Date:** May 15, 2020
- **Location:** Vashi Naka, Jijamata Nagar
- **Area Level:** II

Overview:

On May 15, 2020, the NSS unit conducted a significant community service initiative in Vashi Naka, Jijamata Nagar. The primary objective of this activity was to provide essential sustenance and protective measures to the underprivileged populace, particularly during the challenging times of the COVID-19 pandemic.

Description:

A team of dedicated NSS volunteers mobilized resources and efforts to distribute food packets and face masks to the needy individuals residing in the Vashi Naka area. The distribution was meticulously organized to ensure efficient coverage and equitable access to these essential supplies.

Impact:

This initiative had a profound impact on the community, providing immediate relief to those facing food insecurity and vulnerability to the virus. By distributing face masks along with food packets, the NSS unit contributed significantly to public health efforts, promoting preventive measures and reducing the risk of transmission within the community.

Collaborations:

The success of this activity was facilitated through collaboration with local authorities, community leaders, and volunteers from other organizations. This collaborative approach enabled effective resource utilization and widened the reach of the distribution efforts.

Challenges and Solutions:

Despite logistical challenges and constraints posed by the pandemic-induced restrictions, the NSS unit adapted swiftly to ensure the seamless execution of the activity. Timely planning, coordination, and adherence to safety protocols were instrumental in overcoming these challenges.

Future Plans:

Building on the success of this initiative, the NSS unit aims to sustain its efforts in supporting vulnerable communities and promoting health and well-being. Future activities will focus on addressing evolving needs and fostering long-term sustainable development.

Recommendations:

To enhance the impact and effectiveness of future initiatives, the NSS unit will explore opportunities for further collaboration, resource mobilization, and community engagement. Continuous evaluation and feedback mechanisms will be implemented to optimize the outcomes of NSS activities.



2. Food for Stray Dogs and Birds

Introduction:

This report outlines the community service activities conducted by volunteers in the Vashi Naka, Mahada Colony area and the Mumbai Eastern Zone. The activities primarily focused on providing food and water to stray animals and birds, demonstrating a commitment to animal welfare and community engagement.

Objective:

The primary objective of the community service activities was to address the needs of stray animals and birds by providing them with food and water. Additionally, the activities aimed to raise awareness about animal welfare issues and encourage community participation in caring for stray animals.

Methodology:

Volunteers engaged in various activities, including distributing food to stray dogs and birds in the Vashi Naka, Mahada Colony area, and feeding them on the terrace with the help of volunteers. Additionally, volunteers in the Mumbai Eastern Zone organized a week-long initiative to feed stray animals and birds, providing them with water and edible items in the surrounding areas.

Activities and Outcomes:

Date: 15-05-2020

Activity: Distributed foods to Stray Dogs & Birds

Location: Vashi Naka, Mahada Colony

Number of Volunteers: 2

Outcome: Food provided to stray animals and birds, ensuring their sustenance and well-being.

Date: 19-05-2020

Activity: Stray Animal Feeding at the top of the terrace of NSS Volunteer

Location: Vashi Naka, Mahada Colony

Number of Volunteers: 2

Outcome: Stray animals fed on the terrace, demonstrating community involvement in animal welfare activities.

Date: 04-05-2021 to 11-05-2021

Activity: NSS volunteers fed Stray animals and Birds by giving them water and eatables things nearby our surroundings.

Location: Overall in Mumbai Eastern Zone

Number of Volunteers: 125

Outcome: Significant participation from volunteers in feeding stray animals and birds, contributing to their well-being and raising awareness about animal welfare issues.

Conclusion:

The community service activities conducted by volunteers in the Vashi Naka, Mahada Colony area and the Mumbai Eastern Zone have made a positive impact on the lives of stray animals and birds. These activities not only addressed their immediate needs for food and water but also fostered a sense of compassion and responsibility towards animal welfare in the community.





1-A, PL Lokhande Marg, Chembur West,
ACC Nagar, Chedda Nagar, Mumbai,
Maharashtra 400043, India

Latitude 19.060454° Longitude 72.911525°

LOCAL 13:30:02 THURSDAY 05.21.2020
GMT 08:00:02 ALTITUDE 0 METER

LOCAL 14:57:03 THURSDAY 05.21.2020
GMT 09:27:03 ALTITUDE -56 METER



26, Eastern Fwy, Mahul Gaon, MMRDA
Colony, Chembur, Mumbai, Maharashtra
400071, India

Latitude 19.033119° Longitude 72.903529°

LOCAL 06:20:52 TUESDAY 05.19.2020
GMT 00:50:52 ALTITUDE -35 METER

LOCAL 06:22:26 TUESDAY 05.19.2020
GMT 00:52:26 ALTITUDE -36 METER



PL Lokhande Marg, ACC Nagar, Chedda
Nagar, Mumbai, Maharashtra 400043, India

Latitude 19.060688° Longitude 72.914053°

LOCAL 12:58:42 THURSDAY 05.21.2020
GMT 07:28:42 ALTITUDE -62 METER

LOCAL 14:56:44 THURSDAY 05.21.2020
GMT 09:26:44 ALTITUDE -54 METER



27, Eastern Fwy, Mahul Gaon, MMRDA Colony, Chembur, Mumbai, Maharashtra
400071, India

Latitude 19.033156° Longitude 72.903616°

LOCAL 06:22:26 GMT 00:52:26 TUESDAY 05.19.2020 ALTITUDE -36 METER

3. Building Sanitization Drive

- **Date:** May 19, 2020
- **Location:** Lallubhai Compound, Mankhurd
- **Area Level:** II

Overview:

Amidst the COVID-19 pandemic, the NSS unit took proactive measures to contribute to public health efforts by organizing a building sanitization drive in Lallubhai Compound, Mankhurd.

Description:

On May 19, 2020, NSS volunteers undertook the task of sanitizing buildings within the Lallubhai Compound to mitigate the risk of viral transmission and safeguard the health of residents. Equipped with necessary protective gear and sanitization equipment, volunteers diligently sanitized common areas, staircases, and frequently touched surfaces, ensuring a hygienic environment for the community.

Impact:

The building sanitization drive played a crucial role in promoting hygiene awareness and preventing the spread of COVID-19 within residential areas. By proactively addressing sanitation needs, the NSS unit contributed to the well-being and safety of residents, particularly vulnerable groups such as the elderly and individuals with pre-existing health conditions.

Collaborations:

Collaborating closely with local authorities, housing societies, and community leaders, the NSS unit orchestrated a coordinated effort to execute the sanitization drive effectively. This collaborative approach facilitated resource mobilization, logistical support, and community engagement, enhancing the reach and impact of the initiative.

Challenges and Solutions:

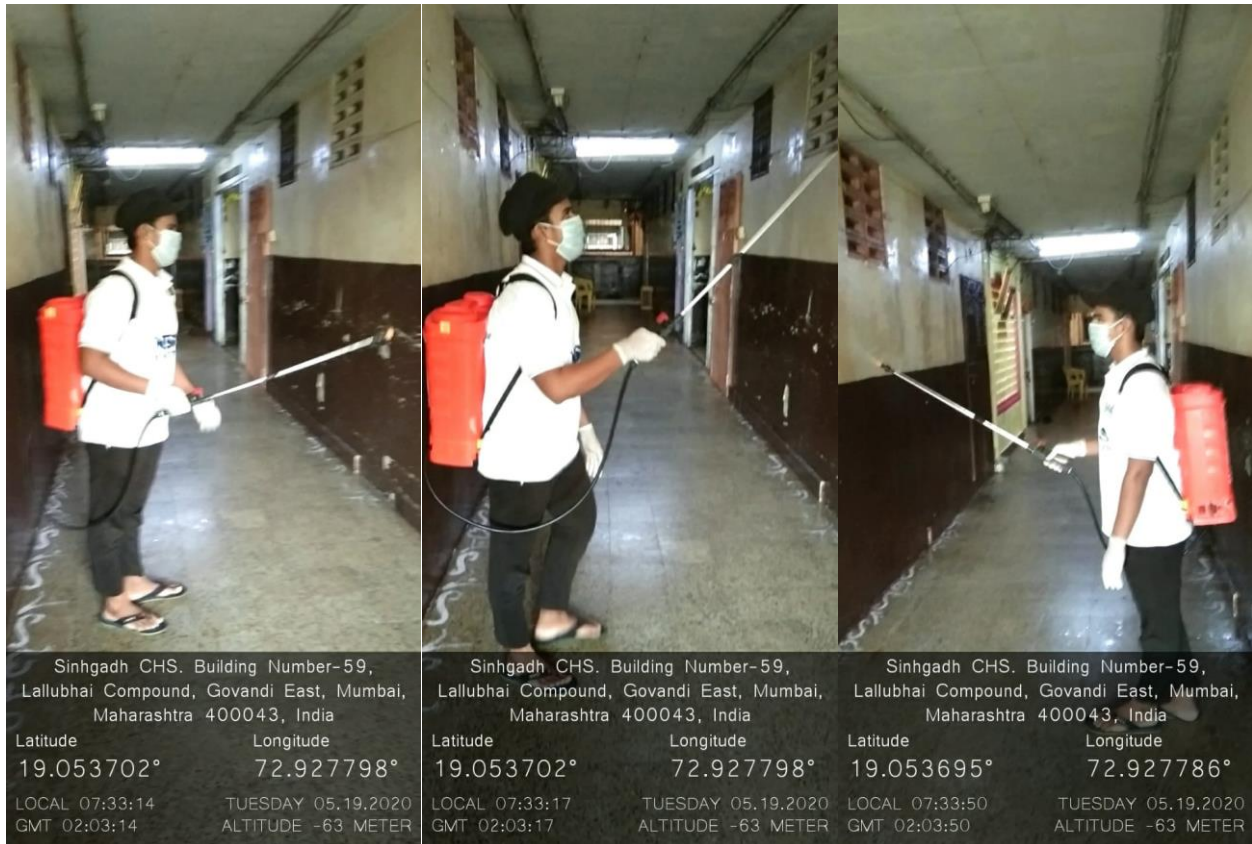
Despite logistical challenges such as limited access to sanitization equipment and adherence to safety protocols, NSS volunteers demonstrated resilience and adaptability in overcoming obstacles. Effective communication, volunteer training, and adherence to standard operating procedures were key strategies employed to address challenges and ensure the success of the sanitization drive.

Future Plans:

Recognizing the ongoing importance of maintaining hygiene standards, the NSS unit aims to institutionalize building sanitization initiatives as part of its regular activities. Future plans include conducting awareness campaigns on sanitation practices, fostering community ownership of hygiene initiatives, and leveraging technology for efficient sanitization management.

Recommendations:

To sustain and enhance the impact of building sanitization drives, the NSS unit will explore opportunities for partnership with local government agencies, sanitation experts, and corporate entities. Continuous monitoring and evaluation will be integral to assessing the effectiveness and scalability of sanitization initiatives in diverse community settings.



4. Distribution of Ration Kits to Families in Sathe Nagar

- **Date:** May 21, 2020
- **Location:** Sathe Nagar, Mankhurd
- **Area Level:** II

Overview:

In response to the socioeconomic challenges exacerbated by the COVID-19 pandemic, the NSS unit undertook a compassionate initiative to provide essential food supplies to families in need within Sathe Nagar.

Description:

On May 21, 2020, NSS volunteers coordinated the distribution of 100 ration kits to families residing in Sathe Nagar, Mankhurd. Recognizing the heightened vulnerability of marginalized communities during the pandemic-induced lockdown, the NSS unit mobilized resources and efforts to ensure access to basic sustenance for those facing food insecurity.

Key Contents of Ration Kits:

Each ration kit included essential food items such as rice, wheat flour, pulses, cooking oil, spices, and other non-perishable items, sufficient to sustain a family for a specified period.

Impact:

The distribution of ration kits had a tangible impact on the recipients, providing immediate relief and support to families grappling with economic hardship and food scarcity. By addressing the basic needs of vulnerable households, the NSS unit contributed to alleviating the burden of hunger and promoting human dignity and well-being.

Collaborations:

The success of this initiative was made possible through collaboration with local authorities, community leaders, and philanthropic organizations. By leveraging collective resources and expertise, the NSS unit ensured the efficient distribution of ration kits and maximized the reach of its relief efforts.

Challenges and Solutions:

Despite logistical challenges such as procurement and transportation of supplies amidst lockdown restrictions, NSS volunteers demonstrated resilience and creativity in overcoming obstacles.

Timely planning, coordination with local stakeholders, and adherence to safety protocols were instrumental in mitigating challenges and ensuring the smooth execution of the distribution drive.

Future Plans:

Building on the success of this initiative, the NSS unit remains committed to addressing the evolving needs of vulnerable communities and promoting social justice and equity. Future plans include:

- Continued monitoring of socioeconomic indicators to identify and respond to emerging challenges.
- Expansion of relief efforts to reach additional underserved communities and marginalized populations.
- Collaboration with government agencies, NGOs, and civil society organizations to advocate for systemic reforms and policy interventions to address structural inequities and vulnerabilities.

Recommendations:

To optimize the impact and sustainability of future relief efforts, stakeholders are encouraged to:

- Foster partnerships and collaboration across sectors to leverage resources and expertise for maximum impact.
- Prioritize the needs of marginalized and vulnerable populations in relief and recovery planning and implementation.
- Adopt a rights-based approach to humanitarian assistance, emphasizing dignity, inclusion, and community participation.
- Advocate for policies and programs that address the root causes of poverty and inequality, promoting resilience and social justice for all.



LAKE ATHABASCA CANADA
Latitude 19.063713° Longitude 72.930738°
LOCAL 11:01:19 THURSDAY 05.21.2020
GMT 05:31:19 ALTITUDE 0 METER



LAKE ATHABASCA CANADA
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LOCAL 11:02:26 THURSDAY 05.21.2020
GMT 05:32:26 ALTITUDE 0 METER

5. Mask Distribution at Shivaji Nagar and Vashi Naka

- **Date:** May 21, 2020, to May 25, 2020
- **Locations:** Shivaji Nagar & Vashi Naka
- **Area Level:** II

Overview:

Recognizing the critical role of masks in preventing the spread of COVID-19, the NSS unit organized a comprehensive mask distribution drive in Shivaji Nagar and Vashi Naka to promote public health and safety.

Description:

From May 21, 2020, to May 25, 2020, NSS volunteers conducted a targeted mask distribution campaign in Shivaji Nagar and Vashi Naka. Understanding the importance of widespread mask usage in mitigating the risk of viral transmission, volunteers distributed reusable cloth masks and disposable masks to residents and community members.

Distribution Strategy:

Volunteers employed a strategic approach to ensure equitable distribution of masks, targeting densely populated areas, public spaces, and high-traffic locations frequented by residents. Efforts were made to reach vulnerable populations, including elderly individuals, frontline workers, and economically disadvantaged families.

Impact:

The mask distribution drive had a significant impact on enhancing community awareness and compliance with public health guidelines. By providing access to masks, the NSS unit empowered individuals to protect themselves and others from COVID-19, contributing to the collective effort to flatten the curve and curb the spread of the virus.

Collaborations:

Collaboration with local authorities, community organizations, and health professionals was instrumental in the success of the mask distribution drive. Leveraging existing networks and partnerships facilitated efficient resource mobilization, logistical support, and community outreach, enhancing the reach and effectiveness of the initiative.

Challenges and Solutions:

Despite logistical challenges such as procurement and distribution logistics, NSS volunteers demonstrated adaptability and resilience in overcoming obstacles. Strategies such as crowd management, volunteer training, and coordination with local stakeholders were employed to ensure the smooth execution of the mask distribution drive.

Future Plans:

Building on the momentum of the mask distribution campaign, the NSS unit will continue to prioritize public health interventions and COVID-19 response efforts. Future plans include:

- Sustained advocacy for mask-wearing and adherence to other preventive measures through awareness campaigns and community engagement activities.
- Collaboration with health authorities and civil society organizations to address emerging challenges and adapt strategies to evolving public health dynamics.
- Integration of mask distribution into broader initiatives promoting health equity, social justice, and community resilience.

Recommendations:

To optimize the impact and sustainability of future mask distribution initiatives, stakeholders are encouraged to:

- Prioritize mask distribution in areas with high population density, limited access to healthcare, and increased vulnerability to COVID-19 transmission.
- Tailor distribution strategies to meet the diverse needs and preferences of communities, including provision of culturally appropriate masks and educational materials.
- Monitor mask usage and effectiveness through community feedback mechanisms and epidemiological surveillance, adjusting interventions as needed to maximize effectiveness.
- Advocate for policies and resources to support universal access to masks and other essential protective measures, particularly for marginalized and underserved populations.



A57-4, Mkada Chawl, Koliwada, Sion, Mumbai, Maharashtra 400022, India
Latitude 19.039026° Longitude 72.872622°
LOCAL 16:59:04 GMT 11:29:04 THURSDAY 05.21.2020 ALTITUDE -62 METER



A56-2, Mkada Chawl, Koliwada, Sion, Mumbai, Maharashtra 400022, India
Latitude 19.038977° Longitude 72.872655°
LOCAL 17:06:28 GMT 11:36:28 THURSDAY 05.21.2020 ALTITUDE -65 METER



A57-11, Mkada Chawl, Koliwada, Sion, Mumbai, Maharashtra 400022, India
Latitude 19.038978° Longitude 72.872524°
LOCAL 17:03:26 GMT 11:33:26 THURSDAY 05.21.2020 ALTITUDE -65 METER

6. Ration Distribution in Collaboration with Apnalay NGO

- **Date:** May 21, 2020
- **Location:** Shivaji Nagar
- **Area Level:** II

Overview:

In collaboration with Apnalay NGO, the NSS unit facilitated the distribution of ration kits to families in need within Shivaji Nagar, addressing food insecurity exacerbated by the COVID-19 pandemic.

Description:

On May 21, 2020, NSS volunteers partnered with Apnalay NGO to distribute ration kits to families facing economic hardship in Shivaji Nagar. Leveraging the resources and support provided by the NGO, volunteers coordinated the seamless distribution of essential food supplies to alleviate hunger and ensure access to nutritious meals for vulnerable households.

Key Contents of Ration Kits:

The ration kits, provided by Apnalay NGO, consisted of staple food items such as rice, wheat flour, pulses, cooking oil, spices, and other essential commodities, tailored to meet the dietary needs of families.

Impact:

The collaboration between NSS and Apnalay NGO had a significant impact on addressing food insecurity and promoting community well-being in Shivaji Nagar. By providing timely assistance to families in need, the initiative contributed to alleviating hunger, reducing financial strain, and fostering resilience amidst the challenges posed by the pandemic.

Collaborations:

Partnership with Apnalay NGO was instrumental in the successful execution of the ration distribution drive. Through collaborative efforts, NSS volunteers and NGO staff synergized their resources, expertise, and networks to reach vulnerable populations effectively and maximize the impact of the relief efforts.

Challenges and Solutions:

Despite logistical challenges such as coordination of distribution logistics and adherence to safety protocols, NSS volunteers and NGO partners demonstrated flexibility and dedication in overcoming obstacles. Effective communication, volunteer training, and community engagement were key strategies employed to ensure the smooth implementation of the ration distribution drive.

Future Plans:

Building on the success of this collaborative initiative, the NSS unit and Apnalay NGO intend to continue their partnership in addressing the multifaceted needs of communities affected by the pandemic. Future plans include:

- Expansion of relief efforts to reach additional underserved areas and marginalized populations.
- Integration of livelihood support and social protection measures to enhance the resilience of vulnerable households.
- Advocacy for systemic reforms and policy interventions to address root causes of poverty and inequality, promoting sustainable development and social justice.

Recommendations:

To optimize the impact and sustainability of future collaborative initiatives, stakeholders are encouraged to:

- Strengthen partnerships and coordination mechanisms between NSS units, NGOs, government agencies, and community-based organizations to leverage complementary strengths and resources.
- Prioritize community participation and empowerment in relief and recovery efforts, ensuring that interventions are responsive to the needs and priorities of affected populations.
- Advocate for policies and investments that address underlying structural inequalities and vulnerabilities, promoting inclusive and equitable access to resources and opportunities for all.

7. Distribution of Sanitary Napkins, Masks & Sanitizer with Pratham NGO

- **Date:** June 11, 2020
- **Location:** Sathe Nagar, Mankhurd
- **Area Level:** II

Overview:

In collaboration with Pratham NGO, the NSS unit organized a distribution drive to provide essential hygiene supplies, including sanitary napkins, masks, and sanitizer, to residents of Sathe Nagar, Mankhurd, promoting health and well-being amidst the COVID-19 pandemic.

Description:

On June 11, 2020, NSS volunteers joined forces with Pratham NGO to distribute sanitary napkins, masks, and sanitizer to individuals and families in Sathe Nagar. Recognizing the importance of menstrual hygiene and personal protective measures in preventing the spread of COVID-19, volunteers ensured equitable access to these essential supplies, particularly for women and girls.

Key Contents of Distribution:

The distribution included:

- Sanitary napkins: Essential menstrual hygiene products to promote women's health and dignity.
- Masks: Protective face masks to reduce the risk of viral transmission and promote public health.
- Sanitizer: Hand sanitizer to facilitate hand hygiene and infection prevention practices.

Impact:

The collaborative distribution drive had a significant impact on enhancing hygiene awareness and access to essential supplies among residents of Sathe Nagar. By providing sanitary napkins, masks, and sanitizer, the initiative contributed to improving menstrual health, reducing COVID-19 transmission, and fostering a culture of health and safety within the community.

Collaborations:

Partnership with Pratham NGO facilitated the effective coordination and implementation of the distribution drive. Leveraging the expertise and networks of both organizations, volunteers maximized the reach and impact of the initiative, ensuring that vulnerable populations received the support they needed to stay healthy and resilient.

Challenges and Solutions:

Despite logistical challenges such as procurement of supplies and adherence to safety protocols, NSS volunteers and NGO partners demonstrated adaptability and determination in overcoming obstacles. Creative solutions, including volunteer training, community engagement, and resource mobilization, were employed to ensure the smooth execution of the distribution drive.

Future Plans:

Building on the success of this collaborative initiative, the NSS unit and Pratham NGO are committed to ongoing efforts to promote health and well-being in Sathe Nagar and beyond. Future plans include:

- Sustained provision of hygiene supplies and education to empower individuals and communities to prioritize their health.
- Integration of menstrual health and hygiene promotion into broader health and development programs to address systemic barriers and promote gender equity.
- Advocacy for policies and investments that prioritize access to essential hygiene supplies and services as fundamental human rights.

Recommendations:

To maximize the impact and sustainability of future collaborative initiatives, stakeholders are encouraged to:

- Strengthen partnerships and collaboration between NSS units, NGOs, government agencies, and community-based organizations to leverage collective resources and expertise.
- Prioritize community participation and ownership in program design and implementation, ensuring that interventions are culturally sensitive and contextually appropriate.
- Advocate for systemic changes and investments that address underlying determinants of health and well-being, including poverty, gender inequality, and inadequate access to basic services.



Annabhau Sathe Nagar, Govandi East, Mumbai, Maharashtra 40004
Latitude 19.053968° Longitude 72.929776°
CAL 18:21:03 GMT 12:51:03 THURSDAY 06.11.2020 ALTITUDE 0

8. Awareness Campaign "Yoga Se Hoga" on Social Media Platforms

- **Date:** June 17, 2020, to June 24, 2020
- **Location:** Social Media Platforms
- **Area Level:** II

Overview:

In celebration of International Yoga Day and to promote the physical and mental health benefits of yoga, the NSS unit organized an awareness campaign titled "Yoga Se Hoga" on various social media platforms.

Description:

From June 17, 2020, to June 24, 2020, NSS volunteers spearheaded the "Yoga Se Hoga" campaign on popular social media platforms such as Facebook, Instagram, Twitter, and YouTube. The campaign aimed to raise awareness about the importance of yoga in maintaining overall well-being and to encourage individuals to incorporate yoga into their daily routines.

Key Components of the Campaign:

- Creation and dissemination of informative posts, videos, and graphics highlighting the physical, mental, and emotional benefits of yoga.
- Sharing of yoga tutorials, breathing exercises, and meditation techniques to empower participants to practice yoga at home.
- Engagement activities such as live yoga sessions, Q&A sessions with yoga experts, and interactive challenges to foster community participation and dialogue.
- Promotion of inclusivity and accessibility by offering modifications and adaptations for individuals of all ages, abilities, and fitness levels.

Impact:

The "Yoga Se Hoga" campaign generated significant engagement and reached a wide audience across social media platforms. By leveraging the power of digital media, the campaign succeeded in demystifying yoga, debunking myths, and inspiring individuals to embark on their yoga journey for improved health and well-being.

Collaborations:

Collaboration with yoga instructors, wellness experts, and influencers enriched the content and reach of the "Yoga Se Hoga" campaign. Leveraging their expertise and networks, NSS volunteers

maximized the impact of the campaign and fostered meaningful connections with diverse audiences.

Challenges and Solutions:

While digital outreach offered a wide reach, ensuring meaningful engagement and sustained participation posed challenges. NSS volunteers addressed these challenges by:

- Creating compelling and interactive content to capture audience interest and encourage active participation.
- Leveraging social media analytics to monitor engagement metrics and adjust strategies in real-time to optimize reach and impact.
- Encouraging peer-to-peer sharing and community building to foster a sense of belonging and collective empowerment among participants.

Future Plans:

The success of the "Yoga Se Hoga" campaign has inspired the NSS unit to continue leveraging social media as a platform for health promotion and community engagement. Future plans include:

- Ongoing dissemination of yoga-related content and resources to support individuals in their yoga practice and holistic well-being.
- Collaboration with local yoga studios, schools, and community centers to offer in-person and virtual yoga sessions and workshops.
- Integration of yoga and mindfulness practices into broader health promotion initiatives, addressing emerging health challenges and promoting resilience in communities.

Social Media links :

<https://www.instagram.com/p/CBIASa4DxPo/?igshid=1jm7lmmzsjgfy>

<https://www.instagram.com/p/CBnn9yBD7en/?igshid=qd2uxf691dv7>

https://m.facebook.com/story.php?story_fbid=154372979532729&id=105768757726485

9. Unpacking Gender - The Lockdown & Violence on Women in association with Akshara NGO

- **Date:** July 10, 2020
- **Location:** Online via ZOOM App
- **Area Level:** II

Overview:

In collaboration with Akshara NGO, the NSS unit organized an online seminar titled "Unpacking Gender - The Lockdown & Violence on Women" to raise awareness and initiate dialogue on the gendered impacts of the COVID-19 lockdown, particularly regarding violence against women.

Description:

On July 10, 2020, NSS volunteers facilitated a virtual seminar via the ZOOM App in partnership with Akshara NGO. The seminar aimed to unpack the intersectional dynamics of gender, socioeconomic inequality, and public health crises, with a specific focus on the heightened risks and vulnerabilities faced by women during the COVID-19 lockdown.

Key Topics Covered:

- **Gender-Based Violence (GBV) during the COVID-19 Pandemic:** Understanding the increased prevalence of GBV and its various forms, including domestic violence, sexual harassment, and online abuse, exacerbated by the conditions of lockdown and isolation.
- **Structural Inequalities and Gendered Impacts:** Exploring the root causes of GBV, including patriarchal norms, economic dependence, and limited access to resources and support systems, and their exacerbation in times of crisis.
- **Response and Support Mechanisms:** Highlighting the importance of survivor-centered approaches, legal protections, and community-based interventions in addressing and preventing GBV, as well as avenues for seeking help and support.

Outcomes:

The seminar stimulated critical reflection and dialogue among participants on the urgent need to address GBV as a public health and human rights issue. Key outcomes included:

- Increased awareness and understanding of the gendered impacts of the COVID-19 lockdown and associated violence against women.
- Empowerment of participants with knowledge and resources to recognize and respond to instances of GBV in their communities.

- Strengthened partnerships and collaboration between NSS, Akshara NGO, and other stakeholders in advancing gender equity and social justice.

Collaborations:

Collaboration with Akshara NGO enriched the content and reach of the seminar, leveraging the organization's expertise in gender advocacy and violence prevention. Through joint efforts, NSS volunteers and NGO partners amplified the impact of the seminar and fostered meaningful dialogue on gender issues within the community.

Challenges and Solutions:

Navigating sensitive topics such as GBV and gender inequality required careful planning and facilitation to ensure a safe and inclusive environment for participants. NSS volunteers addressed these challenges by:

- Providing trauma-informed facilitation and resources for participants experiencing distress or trauma triggers.
- Implementing strict confidentiality measures to protect the privacy and safety of survivors sharing their experiences.
- Offering follow-up support and referrals to local resources for participants seeking further assistance or guidance.

Future Plans:

Inspired by the success of the seminar, the NSS unit and Akshara NGO plan to continue collaborating on initiatives to address GBV and promote gender equality. Future plans include:

- Expansion of awareness campaigns and advocacy efforts to challenge harmful gender norms and promote gender-sensitive policies and practices.
- Implementation of community-based interventions and support services to empower survivors and prevent GBV in diverse settings.
- Integration of gender perspectives into broader social and health programs to ensure inclusivity and responsiveness to the needs of all community members.

Recommendations:

To sustain and enhance the impact of future initiatives addressing GBV, stakeholders are encouraged to:

- Foster partnerships and collaboration with diverse stakeholders, including government agencies, civil society organizations, and grassroots movements, to leverage collective expertise and resources.
- Prioritize survivor-centered approaches and survivor voices in program design, implementation, and evaluation, ensuring that interventions are responsive to the needs and experiences of those affected by GBV.
- Advocate for policy reforms and systemic changes to address the root causes of GBV and promote gender equity and social justice at all levels of society.

Akshara Centre
and
National Service Scheme (NSS)

SIES College of Arts, Science, & Commerce (Autonomous)

SIES Nerul College of Arts, Science, & Commerce

Sree Narayan Guru College of Commerce

Sathaye College

N.S.S. College of Commerce & Economics

Patil-Gala Degree College of Commerce & Management

presents **Webinar on**
Unpacking Gender
Domestic Violence in Lockdown

Dr. Trupti Jhaveri Panchal
Asst. Professor,
Tata Institute of Social Sciences
Speaker

Dr. Nandita Gandhi
Codirector - Akshara Centre
Moderator

Rahul Bose
Actor, Director, Social Activist
Speaker

Date: 10th July 2020
Time: 3:00 pm to 4:00 pm

Registration Mandatory

Zoom Link will be provided on your registered email id

Recording **LIVE** on Facebook

Exit Full Screen

Nandita Gandhi

Trupti Jhaveri Panchal

Rahul Bose

Audio Settings ^

Chat Raise Hand Q&A

Leave

5/4/24, 11:00 AM

Gmail - Thank you [Unpacking Gender Webinar]



Asst. Prof Mohammed Jabir <mohammedjabirusmangani@gmail.com>

Thank you [Unpacking Gender Webinar]

1 message

Vaishnavi M <vaishnavim.aksharacentre@gmail.com>
To: Chaitanya Songirkar <chaitanyas@sies.edu.in>
Bcc: Mohammedjabirusmangani@gmail.com

17 July 2020 at 12:54

Dear Madam/Sir

Greetings from Akshara!

We would like to thank you for your collaboration with Akshara in bringing together our webinar, **Unpacking Gender: Domestic Violence In Lockdown**, with Panellists Rahul Bose and Dr. Trupti Jhaveri Panchal along with Chief Guest Dr. Uma Shankar from SIES College. With your collaboration, we have been able to reach your college students and raise awareness on a very important issue of the rise of domestic violence in the pandemic.

We began with understanding the impact of COVID-19 and the subsequent lockdown on women. Being the primary caregivers and domestic workers inside their homes, a lockdown like situation hits them the worst. Dr. Trupti discussed how violence perpetrated by men themselves trapped indoors and their means to earn severely impacted, was a way to retrieve their lost sense of "manhood". Rahul Bose also threw light on how patriarchy accords the highest power to men, giving them the right to be violent towards their partners and women in their families without any consequences. Our entire discussion can be accessed [here](#).

However, we are concerned that the mobilization strategy needs to be readdressed in order to ensure increased turnout. Before the webinar, we could together mobilize over 900 registrations and yet we only had around 200 students turnout for the webinar, out of the total 483 participants present. A detailed report is shared below.

Improving our mobilization strategy would optimize the efforts put by Akshara and colleges and help us reach out to larger student groups. Despite all our efforts, very few registered students participated. We would really appreciate it if we could have a conversation on how we can improve and get more student participation in future programs.

Since Akshara and the collaborating college will be giving joint certificates to those who attended we will soon share a list of students from your college who were present for the Webinar.

Akshara Centre values the relationship that it has shared with NSS for more than 10 years, now. It is with your support that we have been able to engage hundreds of young minds towards gender equality through various activities in the past and we look forward to collaborating again in the near future!



Vaishnavi Mahurkar
Program Officer: Youth For Change
Akshara Centre
Dhuru Building, 2nd floor, opp Bank of Maharashtra Gokhale Road,
Dadar West, Mumbai 400028, India

10. Eco-Friendly Ganesh Utsav in Adopted Area (Eco-friendly Tree Ganpati Idol)

Introduction:

This report provides an overview of the community service activities conducted by volunteers in the Deonar Colony area. The activities focused on Ganpati decoration using recycled materials and promoting eco-friendly practices during the Ganesh Utsav celebrations.

Objective:

The primary objective of the community service activities was to promote environmental sustainability and creativity by encouraging the use of recycled materials for Ganpati decoration. Additionally, the activities aimed to raise awareness about eco-friendly practices during the Ganesh Utsav festival.

Methodology:

Volunteers engaged in two main activities: Ganpati Decoration (Best Out of Waste) and Ganesh Utsav in Adopted Area (Eco-friendly Tree Ganpati Idol). These activities involved creative endeavors and community engagement to promote environmental consciousness.

Activities and Outcomes:

Date: 16-08-2020 to 21-08-2020

Activity: Ganpati Decoration (Best Out of Waste)

Location: Deonar Colony

Number of Volunteers: 20

Outcome: Volunteers utilized recycled materials to create Ganpati decorations, promoting sustainability and creativity within the community.

Date: 22-08-2020 to 25-08-2020

Activity: Ganesh Utsav in Adopted Area (Eco-friendly Tree Ganpati Idol)

Location: Deonar Colony

Number of Volunteers: 5

Outcome: Volunteers organized eco-friendly Ganesh Utsav celebrations, including the installation of a Tree Ganpati Idol, demonstrating a commitment to environmental preservation during religious festivities.

Conclusion:

The community service activities conducted in the Deonar Colony area showcased the commitment of volunteers to promote environmental sustainability and creativity. By utilizing

recycled materials for Ganapati decoration and embracing eco-friendly practices during the Ganesh Utsav celebrations, volunteers contributed to raising awareness about the importance of environmental conservation.



**एन.एस.एस युनिट
ऑफ**



**श्री नारायणा गुरु कॉलेज ऑफ कॉमर्स
सहकार्य**

विघ्नहर्ता मित्र मंडळ

सार्वजनिक गणेशोत्सव

१ - इको फ्रेंडली गणेश मूर्ती
२ - इको फ्रेंडली सजावट
३ - २४ ऑगस्ट, २०२० रोजी रक्तदान शिबीर (एक बॉटल बाप्पासाठी)
४- रोग प्रतिकारशक्ती वाढवणाऱ्या गोळ्यांचे वाटप.

स्थळ :- देवनार म्युनिसिपल कॉलनी, एफ-५ समोर, संजय गांधीनगर, गोवंडी, मुंबई - ४०००८३



**NSS unit of
SREE NARAYANA GURU COLLEGE OF COMMERCE**

in Association With



**VIGHNAHARTA
MITRA MANDAL**



SARVAJANIK GANESH UTSAV

ACTIVITY

- 1) Eco-friendly Ganesh
- 2) Eco-friendly Decoration
- 3) One Bottle for Bappa (Blood Donation Camp) 24th August, 2020 from 4.00pm to 8.00pm
- 4) Distribution of immunity booster medicines (Arsenic) to Donors.

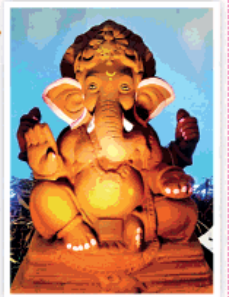
Venue: Deonar Municipal Colony, Infront Of AF-5, Sanjay Gandhi Nagar, Mumbai 400043.





दत्तक घेतलेल्या विभागात विराजमान

चेंबूरच्या एनएसएस युनिटच्या माध्यमातून नारायण गुरु कॉलेज ऑफ कॉमर्समध्ये यंदा नियमांचे पालन करूनच गणेशोत्सव साजरा होणार आहे. यंदा कॉलेजच्या एनएसएस युनिटने दत्तक घेतलेल्या देवनार या भागात मूर्तीची प्राणप्रतिष्ठापना होणार आहे. यापूर्ण उपक्रमात एकूण १५ ते २० जण सहभागी असतील. हा गणेशोत्सव दहा दिवसांचा असून त्या दरम्यान रक्तदान शिबिराचे आयोजन करण्यात आले आहे. 'कोरोना योद्धे' या विषयावर ऑनलाइन पोस्टर मेकिंग स्पर्धेचेसुद्धा आयोजन करण्यात आले आहे. त्यानंतर विसर्जनाच्या दिवशी इकोफ्रेंडली गणेशोत्सव आणि पर्यावरणाचा संदेश देणारी भिरवणूक मोजक्याच विद्यार्थ्यांच्या उपस्थितीत काढली जाणार आहे.



11. Consolidated Blood Donation Camp Report

Introduction:

This report provides an overview of the community service activities conducted by volunteers in the Deonar Colony area and surrounding regions. The activities encompassed a range of initiatives, including blood donation drives and visits to blood banks, aimed at supporting healthcare initiatives and promoting community well-being.

Objective:

The primary objective of the community service activities was to contribute to healthcare initiatives, specifically through blood donation drives and visits to blood banks. These activities aimed to address the critical need for blood donations and raise awareness about the importance of regular blood donation for saving lives.

Methodology:

Volunteers engaged in two main activities: a Blood Donation Drive with Jagjivan Ram Hospital (Western Railway) and a visit to Sadguru Blood Bank in Kopar Khairane. These activities involved active participation from volunteers and collaboration with healthcare institutions to facilitate blood donations.

Activities and Outcomes:

Date: 24-08-2020

Activity: Blood Donation Drive with Jagjivan Ram Hospital (Western Railway)

Location: Deonar Colony

Number of Volunteers: 10

Outcome: 14 blood bags were collected during the drive, demonstrating the commitment of volunteers to support healthcare initiatives and contribute to blood banks.

Date: 09-10-2020

Activity: Visited Sadguru Blood Bank, Blood Donation in Sadguru Blood Bank, Kopar Khairane

Location: Kopar Khairane, Kharghar

Number of Volunteers: 4

Outcome: 4 blood bags were collected during the visit to Sadguru Blood Bank, highlighting the dedication of volunteers to participate in blood donation activities across different locations.

Conclusion:

The community service activities conducted by volunteers in the Deonar Colony area and surrounding regions have made a significant impact on healthcare initiatives, particularly in addressing the need for blood donations. Through active participation in blood donation drives and visits to blood banks, volunteers have demonstrated their commitment to supporting community health and well-being.



12. Yoga Training in association with Yoga with Kush

Date: 12-09-2020

Location: Online via Zoom App

Level: Area Level I

Number of Participants:

- NSS Volunteers: 70
- Community Members: 53

Objectives:

- To promote physical and mental well-being among participants through yoga practice.
- To collaborate with Yoga with Kush to provide expert-led yoga training sessions.

Outcomes:

- Conducted yoga training sessions via Zoom App, led by instructors from Yoga with Kush.
- Increased participation from both NSS volunteers and community members, reaching a total of 123 participants.
- Provided valuable techniques for stress relief, relaxation, and overall health improvement.

Participation Statistics:

- 70 NSS volunteers and 53 community members participated in the Yoga Training sessions.

Duration: The Yoga Training sessions were held on 12th September 2020.

Impact:

- Improved physical fitness and mental health among participants through regular yoga practice.
- Fostered a sense of community and camaraderie among participants, despite physical distancing measures.
- Empowered individuals with tools and knowledge to incorporate yoga into their daily routines for long-term well-being.

Challenges Faced:

- [If applicable, mention any challenges faced during the online yoga training sessions and how they were addressed.]

Recommendations for Improvement:

- Continue organizing online yoga training sessions to promote health and wellness within the community.
- Explore opportunities for additional collaborations with yoga instructors or wellness experts to offer diverse training options.



Sree Narayana Guru college of commerce
NSS unit
presents
Yoga training on 12th sept, 2020
from 8.00pm onwards

ABOUT
Dr. Kush

Dr. Kush Panchal is an accomplished International Yoga Trainer. He is the personal trainer of Kangana Ranaut and Shahid Kapur. He has trained Hollywood celebs Emma Watson, Pop Singer Ellie Goulding and James Bond villain Sebastien Fucon. Kush has done his PhD in 'Dhyan Yog' from Hrishikesh, he has a Masters Diploma in Fitness Management from America and Advanced Degree in Body Weight Training from London. He is also the 1st Indian to conduct his 'Yoga-with-Dance' workshop at the London Bridge with 552 participants!

contact Leaders for **Registration**
or scan QR code

Contact NSS leaders

Omkar Kashyap - 7045234042
Kajal Parkale - 9326007459



Made with PosterMyWall.com

13. Quiz on Mahatma Gandhi 151st Birth Anniversary

Date: 02-10-2020

Location: Online via Google Form

Level: Area Level I

Number of Participants: 137

Objectives:

- To commemorate the 151st Birth Anniversary of Mahatma Gandhi and promote awareness about his life and principles.
- To engage participants in an educational and interactive quiz format to test their knowledge about Mahatma Gandhi.

Outcomes:

- Conducted a virtual quiz on Mahatma Gandhi's life, teachings, and contributions, using a Google Form platform.
- Increased awareness about Mahatma Gandhi's philosophy of non-violence, truth, and social justice among participants.
- Encouraged self-learning and reflection on the relevance of Mahatma Gandhi's ideals in contemporary times.

Participation Statistics:

- 137 individuals participated in the Mahatma Gandhi Quiz via the Google Form.

Duration: The quiz was conducted on 2nd October 2020.

Impact:

- Enhanced understanding and appreciation of Mahatma Gandhi's legacy and principles among participants.
- Inspired individuals to reflect on their own values and actions in alignment with Mahatma Gandhi's teachings.
- Promoted active engagement with history and social issues through an interactive and educational format.

Challenges Faced:

- [If applicable, mention any challenges faced during the quiz and how they were addressed.]

Recommendations for Improvement:

- Organize similar educational quizzes on historical and social justice figures to promote continuous learning and awareness.
- Collaborate with educational institutions and organizations to reach a broader audience and enhance the impact of future quizzes.

Link of response:

https://docs.google.com/spreadsheets/d/1fnafkdedg-qNZT_iDpCxNdxIEOB8g6xukhfK1vLti8/edit#gid=1471113940



14. Cycle Ride to Create Awareness on RRC and HIV/AIDS Awareness

Date: 01-12-2020

Location: Limoni Bhag, Chembur

Level: Area Level II

Number of Participants: 11 (Male: 5, Female: 6)

Objectives:

- To raise awareness about the Red Ribbon Club (RRC) and HIV/AIDS prevention among community members.
- To promote physical activity and eco-friendly transportation through cycling.

Outcomes:

- Organized a cycle ride event in Limoni Bhag, Chembur, to create awareness about RRC and HIV/AIDS prevention.
- Participants cycled through the community while distributing informational pamphlets and engaging in conversations about RRC and HIV/AIDS awareness.
- Reached out to approximately 1000 individuals, including 500 males and 500 females, with information about RRC and HIV/AIDS prevention.

Participation Statistics:

- 11 individuals participated in the cycle ride event to create awareness on RRC and HIV/AIDS. Among them, 5 were male participants, and 6 were female participants.

Duration: The cycle ride event took place on 1st December 2020.

Impact:

- Raised awareness about the importance of RRC and HIV/AIDS prevention measures among community members.
- Promoted the benefits of physical activity and cycling for both individual health and environmental sustainability.
- Encouraged dialogue and discussion about HIV/AIDS stigma reduction and the importance of regular testing and access to healthcare services.

Challenges Faced:

- [If applicable, mention any challenges faced during the cycle ride event and how they were addressed.]

Recommendations for Improvement:

- Organize similar awareness events regularly to maintain community engagement and reinforce key messages about RRC and HIV/AIDS prevention.
- Collaborate with local healthcare providers and organizations to offer HIV/AIDS testing and counseling services during future events.

Twitter :

https://x.com/nssunit_sngc/status/1333774961924661248



ON THE OCCASION OF



Brihanmumbai Municipal
Corporation



Mumbai Districts
AIDS Control Society



World **AIDS** Day 2020



Cyclists from
**Red Ribbon Club Volunteers of
Sree Narayana Guru College of Com.**
will ride out with Imran, a unicyclist,
to raise awareness about
know your status of HIV!

THEY WILL RIDE FROM **CHEMBUR TO GOVANDI
VIA LIMBONI BAUG.** SHOW YOUR SUPPORT
BY CHEERING THEM ON THIS ROUTE!

15. Training Conducted on Survey on Voting and People's Problems and Concerns in association with Target Publication Ltd. and survey work done on the same for the month:

Introduction:

This report presents an overview of community service initiatives conducted by volunteers in various areas, focusing on activities such as training sessions and surveys related to voting rights and public concerns. These endeavors aimed to foster civic engagement and address the needs and concerns of the community.

Objective:

The primary objective of the community service activities was to enhance civic participation and address community issues by conducting surveys and training sessions. These initiatives aimed to gather insights into public concerns, particularly related to voting rights, and empower community members with knowledge and skills to address these issues effectively.

Methodology:

Volunteers engaged in two main activities: training sessions on survey techniques and conducting surveys on voting rights and public concerns. These activities were conducted in collaboration with Target Publication Ltd. and involved active participation from volunteers and community members.

Activities and Outcomes:

Date: 28-11-2021

Activity: Training conducted on a survey on voting and the people's problems and concerns in association with Target Publication Ltd.

Location: Hindi High School, Ghatkopar

Number of Volunteers: 17

Outcome: Volunteers received training on survey techniques to effectively gather data on voting rights and public concerns, enhancing their capacity to address community issues.

Date: 29-01-2021 to 28-02-2021

Activity: One Month Survey Done on Voting rights & the People's problems in association with Target Publications Ltd.

Location: Overall in Mumbai Eastern Zone

Number of Volunteers: 19

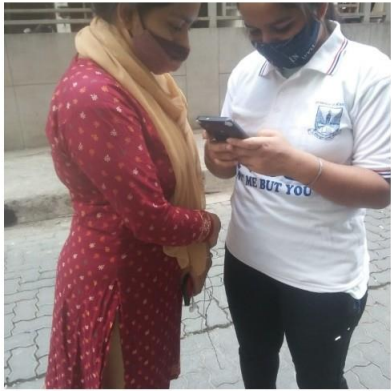
Outcome: A total of 9844 surveys were conducted during the one-month period, providing valuable insights into public concerns and issues related to voting rights in the Mumbai Eastern Zone.

Conclusion:

The community service activities conducted by volunteers, in collaboration with Target Publication Ltd., have contributed significantly to civic engagement and community

empowerment. Through training sessions and surveys, volunteers have played a crucial role in gathering data on public concerns and advocating for solutions to address these issues effectively.





16. Polio Vaccination Drive in Ayodhya Nagar HP-2 in association with BMC

Date: 31-01-2021

Location: Vashinaka, Chembur

Level: Area Level II

Number of Participants: 3

Objectives:

- To support the polio eradication efforts in collaboration with the Brihanmumbai Municipal Corporation (BMC).
- To ensure the vaccination of children in Ayodhya Nagar HP-2 to prevent the spread of poliovirus.

Outcomes:

- Participated in a polio vaccination drive organized in Ayodhya Nagar HP-2 in association with BMC in Vashinaka, Chembur.
- Assisted in the vaccination process by providing logistical support and helping to create awareness about the importance of polio vaccination.
- Ensured that 3 children in the area received the polio vaccine, contributing to the ongoing efforts to maintain polio-free status.

Participation Statistics:

- 3 NSS volunteers participated in the Polio Vaccination Drive.

Duration: The Polio Vaccination Drive took place on 31st January 2021.

Impact:

- Supported the BMC's efforts in achieving and maintaining polio eradication in Mumbai.
- Helped in reaching children in the targeted area and ensuring they receive essential vaccinations to protect them from poliovirus.
- Raised awareness about the importance of vaccination and disease prevention among community members.

Challenges Faced:

- [If applicable, mention any challenges faced during the vaccination drive and how they were addressed.]



17. Road Safety Awareness through Placard in association with United Way

Date: 09-02-2021

Location: Chedda Nagar Signal, Chembur

Level: Area Level II

Number of Participants: 21

Number of Audience Reached: More than 1000 commuters & motorists

Objectives:

- To raise awareness about road safety and promote responsible behavior among commuters and motorists.
- To collaborate with United Way to implement an impactful road safety campaign at Chedda Nagar Signal.

Outcomes:

- Conducted a road safety awareness campaign through placards at Chedda Nagar Signal, Chembur, in collaboration with United Way.
- Engaged 21 NSS volunteers in distributing and displaying road safety placards with messages emphasizing the importance of following traffic rules and safe driving practices.
- Reached out to more than 1000 commuters and motorists, delivering key road safety messages and encouraging behavioral change.

Participation Statistics:

- 21 NSS volunteers actively participated in the road safety awareness campaign.

Duration: The campaign took place on 9th February 2021.

Impact:

- Increased awareness among commuters and motorists about road safety principles and the need for responsible behavior on the roads.
- Promoted positive changes in attitudes and behaviors related to traffic rules adherence and respect for pedestrians and other road users.
- Contributed to efforts aimed at reducing road accidents and fatalities in the Chedda Nagar Signal area.

Challenges Faced:

- [If applicable, mention any challenges faced during the campaign and how they were addressed.]

Recommendations for Improvement:

- Continue organizing road safety awareness campaigns periodically to reinforce messages and sustain behavior change.
- Collaborate with local authorities and traffic police to support enforcement efforts and infrastructure improvements aimed at enhancing road safety.



18. Behavioral Change to Drive Social Impact through Entrepreneurship & Innovation for Sustainable Development

Date: 22-02-2021

Location: SNGCC, Chembur

Level: College Level

Number of Participants: 56

Objectives:

- To explore the role of entrepreneurship and innovation in driving behavioral change for sustainable development.
- To inspire students to become agents of social change through entrepreneurial endeavors.

Outcomes:

- Organized an event at SNGCC, Chembur, focusing on behavioral change for social impact through entrepreneurship and innovation.
- Featured discussions, presentations, and case studies highlighting successful initiatives and projects driving sustainable development.
- Engaged 56 participants in exploring innovative approaches to address social and environmental challenges through entrepreneurial ventures.

Participation Statistics:

- 56 students participated in the event on Behavioral Change through Entrepreneurship & Innovation for Sustainable Development.

Duration: The event took place on 22nd February 2021.

Impact:

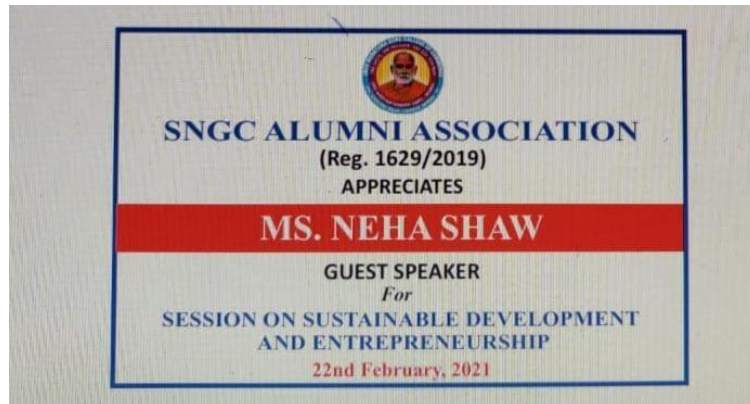
- Raised awareness among participants about the potential of entrepreneurship and innovation in addressing societal and environmental issues.
- Inspired students to develop entrepreneurial skills and mindset to create positive social impact and contribute to sustainable development goals.
- Facilitated networking and collaboration opportunities among participants interested in launching their own social ventures or joining existing initiatives.

Challenges Faced:

- [If applicable, mention any challenges faced during the event and how they were addressed.]

Recommendations for Improvement:

- Organize follow-up workshops or mentorship programs to support students in developing and implementing their entrepreneurial ideas for social impact.
- Foster partnerships with local businesses, NGOs, and government agencies to provide resources and support for student-led social ventures.



Session on Importance of Female Nutrition by Siddhi Thakur (Gym Trainer)

Date of Event: 08-03-2021

Name of Speaker: Siddhi Thakur (Gym Trainer)

Organizing Institution: SNGCC, Chembur

Level of Activity: College Level

Number of Participants: 30

Objective:

The session on the Importance of Female Nutrition aimed to educate female students about the significance of maintaining a balanced diet and healthy eating habits for overall well-being and optimal physical fitness. By providing insights and guidance on nutrition, the objective was to empower female students to make informed dietary choices and prioritize their health and wellness.

Activities Undertaken:

Presentation by Siddhi Thakur: Gym Trainer Siddhi Thakur conducted a comprehensive presentation on the importance of female nutrition, covering topics such as essential nutrients, dietary requirements, meal planning, and the impact of nutrition on fitness and health.

Interactive Discussion: Participants engaged in an interactive discussion with the speaker, where they had the opportunity to ask questions, seek clarification, and share their experiences and concerns related to nutrition and diet.

Q&A Session: A dedicated question-and-answer session allowed participants to address specific queries and receive personalized advice and recommendations from the expert speaker.

Distribution of Informational Material: Handouts and informational material on female nutrition and healthy eating habits were distributed to participants, serving as a resource for further reference and guidance.

Impact:

Increased Awareness: The session enhanced participants' awareness and understanding of the importance of female nutrition, highlighting the role of diet in promoting overall health, fitness, and well-being.

Empowerment: Participants gained valuable insights and knowledge about nutrition, empowering them to make informed dietary choices and adopt healthier eating habits.

Motivation for Positive Change: The session motivated participants to prioritize their health and wellness, inspiring them to take proactive steps towards improving their dietary habits and lifestyle choices.

Professional Guidance: The expert guidance provided by Siddhi Thakur equipped participants with practical strategies and recommendations for achieving their nutrition and fitness goals.

Conclusion:

The session on the Importance of Female Nutrition conducted by Siddhi Thakur at SNGCC, Chembur, served as a valuable educational initiative aimed at promoting health and wellness among female students. By providing expert insights and guidance on nutrition, the session contributed to empowering participants to make healthier lifestyle choices and prioritize their well-being.



**NSS Unit of Sree Narayana Guru College of
Commerce**

**NSS unit is organizing a session on
Importance of Female Nutrition**

Siddhi Rakesh Thakur
Bodybuilding athlete & fitness trainer

Guest Speaker
Siddhi Rakesh
Thakur

PARTICIPATION

-  **Beach Body 2020**
-  **Mumbai Shree 2020**
-  **Maharashtra Shree 2020**

5th place in women's physique
(Mumbai Shree 2020)



 **Monday, Mar 8, 2021**
Time 1:30 PM
2nd Floor, Room no. 202



19. Conversation on Equality on the Occasion of International Women's Day in association with Akshara Foundation

Date: 08-03-2021

Location: Online via Zoom App

Level: College Level

Number of Participants: 29

Objectives:

- To commemorate International Women's Day and promote discussions on gender equality and women's rights.
- To collaborate with the Akshara Foundation to raise awareness about issues related to gender equality and advocate for positive change.

Outcomes:

- Organized a conversation on Equality on the occasion of International Women's Day in association with the Akshara Foundation, conducted via Zoom App.
- Facilitated discussions on various aspects of gender equality, including challenges faced by women, initiatives for women's empowerment, and the importance of inclusive policies and practices.
- Engaged 29 participants in reflecting on gender stereotypes, promoting diversity and inclusivity, and fostering a culture of equality and respect.

Participation Statistics:

- A total of 29 participants took part in the conversation on Equality on the Occasion of International Women's Day.

Duration: The conversation took place on 8th March 2021.

Impact:

- Raised awareness among participants about the importance of gender equality and women's rights, contributing to a more inclusive and equitable society.
- Encouraged dialogue and critical thinking on gender-related issues, empowering participants to challenge stereotypes and advocate for positive change.
- Strengthened collaboration between NSS and the Akshara Foundation in addressing gender inequalities and promoting women's empowerment initiatives.

Challenges Faced:

- [If applicable, mention any challenges faced during the conversation and how they were addressed.]

Recommendations for Improvement:

- Organize follow-up sessions or workshops to delve deeper into specific topics related to gender equality and women's empowerment, providing opportunities for skill-building and action planning.
- Collaborate with local NGOs, women's groups, and advocacy organizations to amplify efforts in advancing gender equality and social justice.

