

N.S.S. UNIT

2020-2021



H.R. College of Commerce & Economics

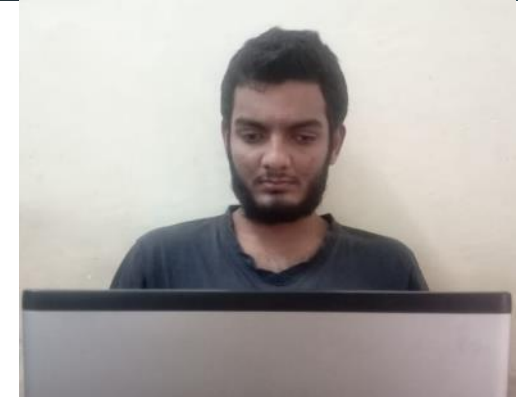


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TRAIN YOUR BRAIN

Dr. Jawahar Mehta spoke of mental issues and stigmas attached to them. The students were also given an opportunity to ask questions anonymously about their mental well-being.

Mental health is as important as physical health and it should not be ignored.



NSS

June 26, 2020

YOGA TRAINING WEEK

The workshop was conducted from June 18, 2020 to June 21, 2020 was organized with Kaivalyadham. During this period online seminars were conducted to teach different Yoga Asanas and create awareness about the importance of Yoga not only to students but also to the teaching and non-teaching staff of the college.



VRUKSH ASANA



PARVAT ASANA



UTTAN MANDUK ASANA (FRONT)



UTTAN MANDUK ASANA (BACK)

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June 18 to 21, 2020



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ANIMAL & BIRD FEEDING



NSS volunteers fed food, water & milk to the stray animals in their neighborhood. The volunteers took part in this event with their guardian's permission.

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July 3 & 4, 2020

TREE PLANTATION WEBINAR

Mr. Sagar Singh spoke on various topics like the minimum forest cover required, water crisis in India, solid waste management, changes that can be implemented in our daily lifestyle; like using public transport, using recyclable stuff, using bucket water instead of shower and few more in order to conserve resources for benefit to

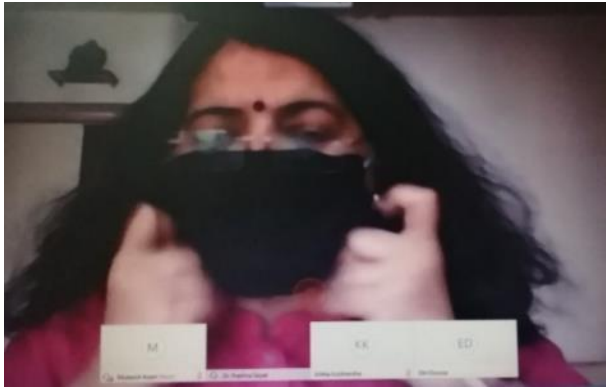


Mr. Sagar Singh

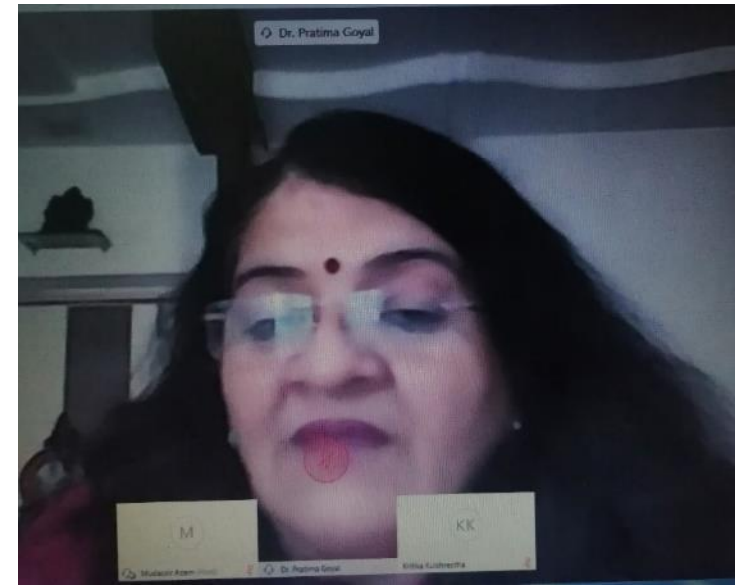
NSS
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July 7, 2020

MASK MAKING SESSION



Dr. Pratima Goyal not only taught how to make different types of masks with the help of materials like T-shirt, leggings, pyjamas or socks but also were informed about the right way to wear a mask.



Dr. Pratima Goyal

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Swachhta Pakhwada with HPCL

July 10, 2020

POSTER MAKING COMPETITION

The participants were given two hours to complete and submit their posters on the various topics they could choose from.

Mr. Mudassir Azam, CSR Head of HPCL and Ms. Pooja Lalwani, Faculty, HR College, jointly judged the event and declared the results.



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Swachhta Pakhwada with HPCL

July 11, 2020

FUTURE OF EDUCATION AFTER COVID-19

Mr. Sudhir Purnaik, Director of NSS Cell, University of Mumbai; spoke about online education & it's pros and cons; Impact of Covid-19 on different sectors; How to convert this situation into a boon for ourselves and much more. **Mr. Julio Rebeiro**, also graced the event with his presence and imparted knowledge to everyone present.



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With Public Concern for Governance Trust (PCGT)

July 17, 2020



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AWARENESS QUIZ ON COVID-19

A screenshot of a quiz interface titled "COVID-19 Awareness Champions Quiz". It shows a progress bar for "Total points" at 50/60. The form includes fields for "Email address" (beejal.indulkar@gmail.com), "Name" (Beejal Indulkar), and "Name of the Institution" (H.R. College of Commerce and Economics). A question is displayed: "1. In which country was COVID-19 first reported?" with a radio button selected for "America".

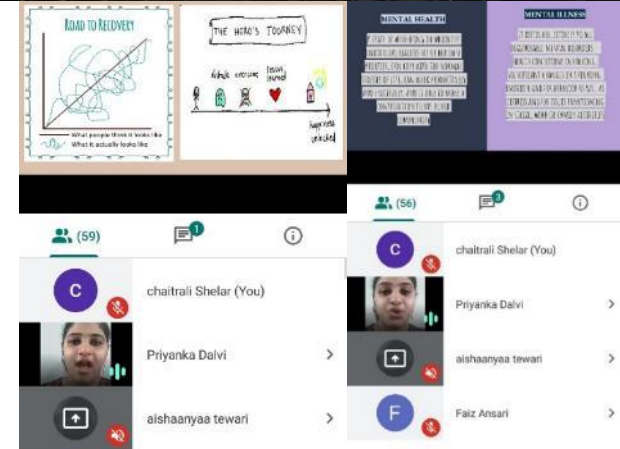
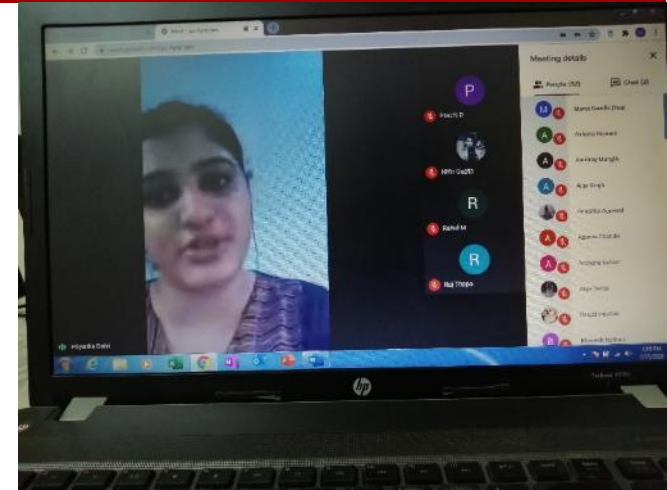
An awareness quiz on COVID 19 was conducted online, attempted by around 40 of NSS volunteers and with a total of 10 questions. The quiz covered all important topics related to COVID-19 to provide information and to create awareness about it.

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July 19, 2020

UNDERSTANDING MENTAL HEALTH AND COMMUNITY SUPPORT

The Guest Speakers **Ms. Priyanka Dalvi** & **Ms. Aishaanyaa Tewari** spoke about the difference between Mental Well Being & Mental Illness and the road to recovery. They also gave detailed information about their Care Give Programme. The young volunteers of the Care Give Programme also shared their experience with others & how it can help you and other people.



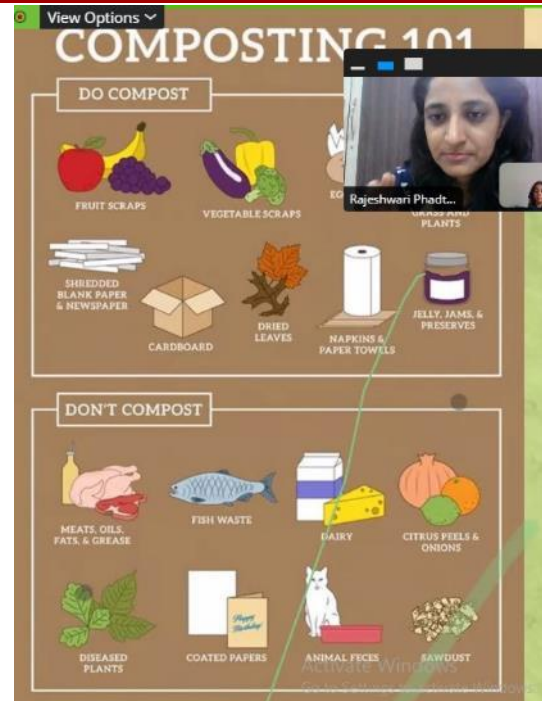
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With Tarasha - a Field Action Project of TISS, Mumbai

July 25, 2020

WEBINAR ON WASTE MANAGEMENT

Ms. Rajeshwari who spoke about Compost Live, what is Compost & why should you compost? She also shared more information about ideal content of compost pile, troubleshooting, materials required & much more.



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July 30, 2020

INDEPENDENCE DAY COMPETITIONS



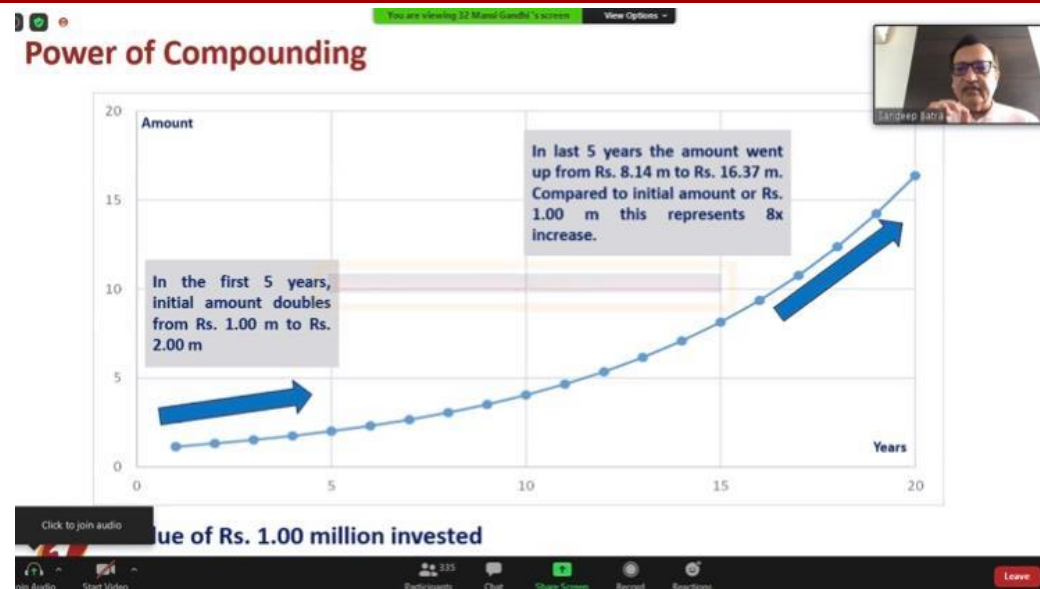
Painting, singing and dancing competitions were part of the Independence Day celebrations whereby nearly 200 students from various colleges from all over Maharashtra participated, displaying their artistic skills which left the judges in awe.

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‘Vande Mataram’ Competitions

August 7-10, 2020

STRATEGIES OF INVESTMENT POST COVID-19



Mr. Sandeep Batra, President, Corporate Centre ICICI Bank limited spoke about the topics related to the banking & finance sector but also about the importance of early investment. The webinar concluded with a Q&A round.

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August 8, 2020

74th INDEPENDENCE DAY



Padmashri Mrs Shovana Narayana



Major General Sanjay Soi

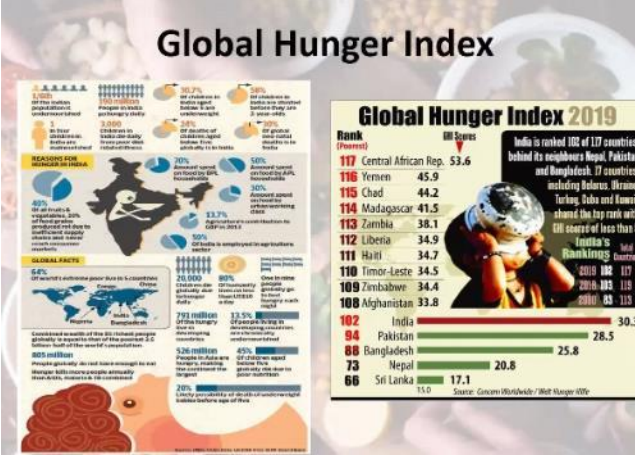


There were also several cultural performances by the alumni's and students of our college.

August 15, 2020

FIGHTING CLIMATE CHANGE THROUGH OUR DIET

Guest speakers **Mr. Abhishek Taludkar** & his colleague **Ms. Noyonika Gogoi** spoke about the ill treatment of animals in poultry farms, the harmful antibiotics given to them in large amount and slaughtering of animals on a daily basis with statistical data. They also enlightened everyone how all of this is creating a disturbance and crisis in the Natural Environment.



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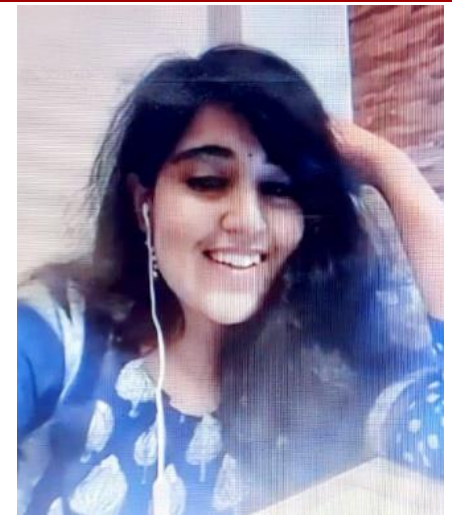
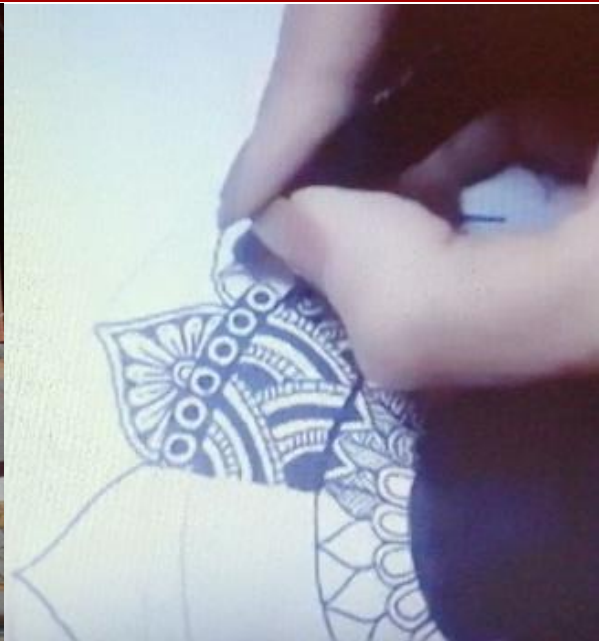
With the Humane Society International August 19, 2020



H.R. College of Commerce & Economics



MANDALA ART THERAPY SESSION



Ms. Pooja Lalwani

Mandala Art is considered is a therapeutic and a meditative art form. This workshop by Ms. Pooja Lalwani was well received by everyone present as it proved to be a stress buster for them.

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September 3, 2020

TEACHERS DAY CELEBRATION



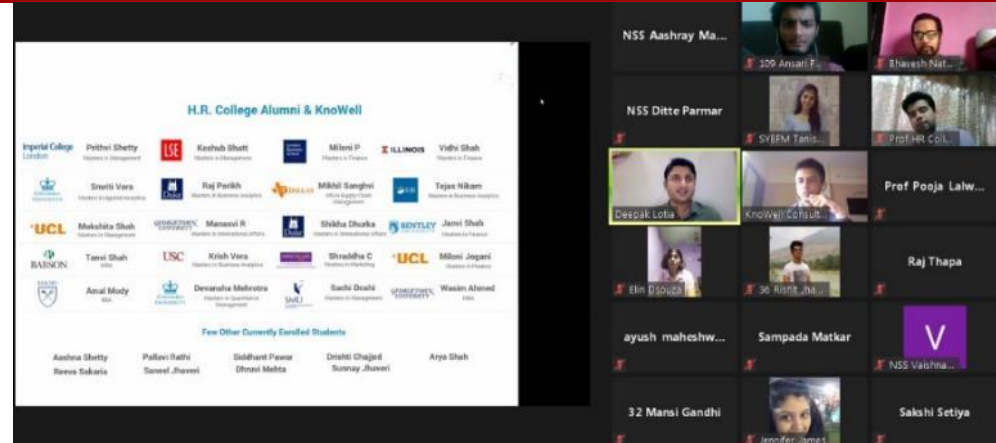
Cultural performances for the entertainment of the faculty were organised and they were encouraged to showcase their talents. It was a fun filled morning for all and they really appreciated the efforts of the students.

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Leading In Crisis, Reimagining The Future

September 5, 2020

CAREER GUIDANCE WEBINAR




The speakers **Mr. Jimmit Shah & Mr. Deepak Lotia** spoke about how students can plan their futures and shape their life by choosing the right career for themselves. They provided information about the various career choices available and the best colleges students can opt for. The webinar concluded with a question and answer round.

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September 17, 2020

NSS DAY CELEBRATION - ICE BREAKER



OUR VISION

- The vision is to inculcate a spirit of serving the society among the youths.
- It also has vision of mobilizing available resources to enable targeted young people to become more educated and better prepared for national issues requiring urgent attention, through national service activities in deprived areas.



The Programme Officer motivated everyone to be a responsible NSS volunteer, and briefed about the motto, vision and the mission of NSS. An ice-breaker session consisting of various fun filled activities. The activities included a NSS trivia and a group activity.

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September 24, 2020

GANDHI JAYANTI CELEBRATION



The guest speakers **Dr. John Chelladurai** and **Mr. Ashwin Zala**, shed light on the life of Mahatma Gandhi & Gandhian principles and their importance. The event also included a virtual tour of the Gandhi Teerth, a research institution and museum on Mahatma Gandhi, in Jalgaon, Maharashtra. The speakers patiently answered the various questions of the attendees. The webinar ended with a teaser launch of **Thuk Mat India Campaign** initiated by the HRNSS.

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October 2, 2020


PCOS WEBINAR

Dr. Ankita Sheth who takes special interest in clinical dermatology (with expertise in PCOS), gave an informative talk and provided awareness about PCOS for better understanding and knowledge.



When to seek medical help ??

- Symptoms persisting inspite of healthy lifestyle
- Difficulty in conception
- Family history of Diabetes (type 2) or other hormonal and metabolic disorders (eg hypothyroidism, hypercholesterolemia, obesity)
- Family history of Endocrine tumours



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October 4, 2020



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WEBINAR ON POLLUTION



A webinar on Sustainability: The Key to Serenity, focused on Pollution: The Silent Killer, and ways to combat it. The guest speaker **Mr. Varenya Mehta** is an environmental engineer at KIT professionals inc. in Texas, USA.

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October 23, 2020

TEAM BUILDING & ICE BREAKING SESSION



A team building and ice breaker session for the first year recruits to know more about NSS and help them break the ice with the other recruits and their seniors. A few activities and games were organized to welcome them.

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November 25, 2020

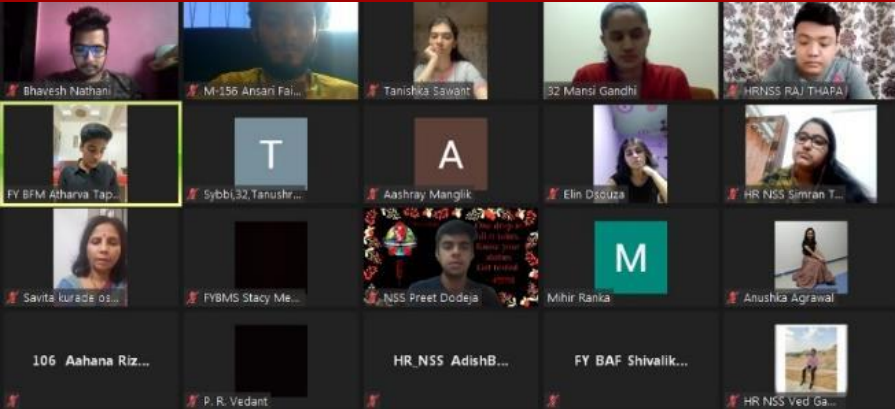


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HIV AIDS WEEK



HRNSS in collaboration with the Mumbai District AIDS Control Society(MDACS) conducted a week of events under The Red Ribbon Club, consisting of several activities like poster making, reel making, slogan/jingle writing and skit making; based on the topic HIV/AIDS and following the theme for the year Global Solidarity and Shared Responsibility.

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1st week of December, 2020



H.R. College of Commerce & Economics



PROJECT PAHUNCH PHASE 1

The N.S.S Unit in collaboration with Project Pahunch carried out an initiative to provide old devices to children from low income families and help them gain access to online education during this Pandemic Situation.



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December 5, 2020

ROLE OF JOURNALISM IN A DEMOCRACY



In collaboration with the Public Concern for Governance Trust(PCGT), HRNSS conducted a webinar on Role of Journalism in a Democracy. The webinar was led by Mr. **Siddharth Varadarajan**, Editor in Chief, The Wire; spoke of the importance of journalism as it gives current and relevant information and news to the public.

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December 8, 2020

CHRISTMAS DAY CELEBRATION



The NSS Unit in collaboration with the Connect for Organization conducted a virtual Christmas celebration for the underprivileged students of different Municipal schools. The story about Christmas celebration and its importance was shared. The volunteers played various games and sang x'mas jingles with them. Playing a virtual Santa to these kids and spread of some festive cheer brought joy to us.

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December 12, 2020