

National Service Scheme

Mr. Rahul Mishra
Programme Officer



The University of Mumbai supports the NSS and encourages all the youth to join the programme. The sole aim of the NSS is to provide hands on experience to young students in delivering community service. Since inception of the NSS in the year 1969, students in various universities, colleges and Institutions of higher learning have volunteered to take part in various community service programmes.

The combined participation in community service leads to a sense of involvement in the task of nation building. The motto 'NOT ME, BUT YOU' underlines that the welfare of an individual is ultimately dependent on the welfare of the society as a whole.

Blood Donation Camp

June 14, 2019

The N.S.S. Unit of H.R. College of Commerce & Economics along with **Social & Self Awareness Club (SSAC)** conducted a Blood Donation Camp at Churchgate station in association with Mahavir International Foundation and Jagjivan Ram Hospital (Western Railways) Blood Bank.

The volunteers approached the commuters to donate their blood as there was a shortage of blood supply to the blood banks. As a result of their hard work, the volunteers collected 143 bottles of blood during the drive.



Blood Donation Camp at Churchgate station

Yoga Training Workshop

June 17-21, 2019

The N.S.S. Unit of H.R. College of Commerce & Economics along with **SYNC, HR Speaks** and **SSAC** participated in a five day Yoga Training workshop organised by University of Mumbai and Kaivalyadhama.

The workshop started on June 17, 2019 with an Induction Ceremony where Chief Guest His Excellency The Governor of Maharashtra Shri C.H. Vidyasagar Rao shared the benefits of Yoga with all the trainees.



Trainees performed different asanas



Yoga Training workshop organised by University of Mumbai and Kaivalyadhama

The volunteers were trained in different asanas and taught the theory of Yoga. The workshop ended on June 21, 2019 and the Closing Ceremony was held at the Convocation Hall, University of Mumbai.



Induction Ceremony

Induction ceremony at Rama Watumull Auditorium



June 17, 2019 - Inauguration Ceremony of the 5th University Level Common Yoga Protocol Training Camp in association with Kaivalyadham, NSS Cell, University of Mumbai; supported by the H(S)NC Board Institutions; where His Excellency the Governor of Maharashtra Shri C.H. Vidyasagar Rao was the Chief Guest. Prof. Suhas Pednekar, Vice Chancellor, University of Mumbai, members of the HSNC Board as well as Principals of the institutions run by the Board, were present for the ceremony. (Above right) Shri C.H. Vidyasagar Rao felicitated by Mr. Kishu Mansukhani, President, HSNC Board.



Distinguished audience



Release of the report of the Yoga Intern Camps

Closing Ceremony at the University Convocation Hall



Prof. Suhas Pednekar, Vice Chancellor, University of Mumbai; Principal Dinesh Panjwani, Secretary, HSNC Board; Dr. Hemlata Bagla, Principal, KC College with NSS volunteers at the closing ceremony held at the University Convocation Hall.

Ministry of Ayush

July 29, 2019



*Mr. Parag Thakkar
I/c Principal, HR College*



*Mr. Dinesh Panjwani
Secretary, HSNC Board*



*Mr. P.N. Ranjit Kumar, Joint Secretary,
IEC Y&N Schemes AYUSH*



*Mr. Subodh Tiwari
CEO, Kaivalyatham*



Principals of the HSNC Board Institutions

HRNSS organized a discussion at H.R. College on the benefits of yoga which was attended by the Ministry of Ayush, Secretary of the HSNC board Mr. Dinesh Panjwani, and Principals of the institutions run by the board.

In the session, along with the benefits of yoga, a plan on how to promote yoga in youth was drafted. The dedicated NSS volunteers were responsible for the smooth functioning of the event as well.



Deliberations by Principals on promotion of yoga amongst the youth



Officials from the Ministry of Ayush and the HSNC Board, along with Principals of the HSNC Board Institutions



Co-founders of EcoWarriors India

Seminar on E-waste Management

July 4, 2019

The N.S.S. Unit of H. R. College of Commerce and Economics organized a seminar on E-Waste (Electronic Waste) in collaboration with HPCL in the college. Profound speaker Suraj Kahar, founder and Sagar Singh, co-founder of EcoWarriors India Community gave a brief introduction about E-waste, how it affects climate change and addressed this pressing ecological issue in the community.



HPCL officials at the Seminar held in HR College

Tree Plantation Drive

July 4, 2019

The N.S.S. Unit organized a Tree Plantation Drive in collaboration with Hindustan Petroleum Corporation Limited (HPCL) on H.R. College premises and Marine Lines Police Station.

I/c Principal Mr. Parag Thakkar, Abhishek Dutta (Executive Director), Principal Dinesh Panjwani (Secretary HSNC Board), Rajesh Shinde (Senior Police Inspector) planted saplings, fenced and watered the plants. Students and HPCL executives participated in the tree plantation drive with great zeal and enthusiasm, making it a great success.



Tree Plantation Drive in collaboration with Hindustan Petroleum Corporation Limited (HPCL) on H.R. College premises

ENT Health Check-up Camp

July 9, 2019

The NSS unit of H.R. College organized an ENT health checkup camp at the municipal school in Gorhe village, Palghar whereby 400 students and school teachers benefited from the camp.

Thanks to Dr. Jatin, a renowned ENT specialist who spontaneously agreed and cooperated to conduct the event successfully.



ENT camp was conducted successfully at Gorhe

Seminars on Menstrual Hygiene

July 8, 2019

The N.S.S. Unit in collaboration with Hindustan Petroleum Corporation Limited (HPCL) and ENACTUS Club of H.R. College organized a seminar on Menstrual Hygiene at BMC School in Colaba where CM Dharmik was invited as a guest of honour.

Another seminar was held at Valiram Bherumal Melwani Model High School (VBM) and Master Sitaldas Punwani Tutorial High School (MSPT). The session started with all the volunteers and female students taking the swachhta pledge or shwachhta shapath to maintain cleanliness in the environment. Sujata Londhe, Chief General Manager Treasurer of HPCL and Mudassar Azam, Executive Head of CSR were invited as guests of honour. More the 230 female students attended the seminar.

Members conducting both the sessions spoke about reasons why a female body menstruates. The seminars at both the venues emphasized the importance of personal hygiene practices especially during the menstrual period. At the conclusion of the seminar menstrual kits including a sanitary napkin, sponsored by HPCL, were distributed to the girls.

July 9, 2019

The N.S.S. Unit of the college in collaboration with Hindustan Petroleum Corporation Limited (HPCL) and ENACTUS Club of H.R. College conducted a similar seminar on menstrual hygiene in the municipal school at Gorhe village, Palghar.



Girls of the BMC School, Colaba



Menstrual kits including a sanitary napkin, sponsored by HPCL, were distributed to the girls after the seminar.



Seminar at VBM and MSPT Schools



Menstrual kits sponsored by HPCL, were distributed to the girls of the municipal school at Gorhe, after the seminar.

Distribution of Seed Cards

July 9, 2019

The N.S.S. Unit conducted a door to door campaign in its adopted village Gorhe under Swachhata Pakhwada, where the students divided into groups and distributed seed cards amongst the residents with an aim to make the earth green again. 90 houses were successfully covered during the campaign.



Distribution of Seed Cards to residents of Gorhe village

Poster Making Competition

July 11, 2019

The N.S.S. Unit of H.R. College organized a Poster Making Competition in collaboration with Hindustan Petroleum Corporation Ltd (HPCL) under the Swachhta Pakhwada. The event was conducted within the college premises.



The students were enthusiastic and exhibited their artistic abilities wherein they expressed their thoughts in the form of quotations, paintings, sketches on the theme Swachhta. The winners were to be declared in the month of August.

Mass Pledge on Toxic Substances

July 11, 2019



Program Officer Rahul Mishra administered a mass pledge to the NSS members at H.R. College to remain committed towards cleanliness in all areas including self, family, locality, village and work place and on substance abuse.

Dustbin set up

July 12, 2019

The volunteers in collaboration with HPCL installed dustbins in the college premises.



Health talk

July 12, 2019

HRNSS conducted a health talk in collaboration with HPCL where Dr. Arvind spoke on how to maintain good health.



Swachh Bharat Rally

July 9, 2019

The NSS unit of H.R. College in collaboration with HPCL, under the SWACHHATA PAKHWADA program, successfully conducted Swachh Bharat Rally with the volunteers of the municipal school of GORHE village at Palghar, to spread awareness about cleanliness.



Spreading awareness about cleanliness in Gorhe

Swachhta Shapat

July 12, 2019

The N.S.S. Unit of H.R. College organized a Swachhta Shapat (Pledge Taking) event in collaboration with Hindustan Petroleum Corporation Ltd. (HPCL), under the Swachhata Pakhwada on the HPCL premises. Sr. Executive Director of HPCL, Mr. Abhishek Dutta conducted the Swachhata pledge or Swachhata shapat to maintain cleanliness in the environment. The event was attended by Dr. Pooja Ramchandani and Dr. Jehangir Bharucha, Vice Principals; Dr. Navin Punjabi, Head of Placement Cell at H.R. College and other HPCL executives. Associate staff of H.R. College and housekeeping staff of HPCL took part in the pledge taking as well.



Sr. Executive Director of HPCL, Mr. Abhishek Dutta conducted the Swachhata pledge

Felicitation Programme for Staff

July 12, 2019

The N.S.S. Unit of H.R. College in collaboration with Hindustan Petroleum Corporation Ltd (HPCL) conducted a Felicitation Programme for Associate Staff of H.R. College and Housekeeping Staff of HPCL under Swachhata Pakhwada on HPCL premises. The event was graced by Dr. Pooja Ramchandani and Dr. Jehangir Bharucha, Vice Principals; Dr. Navin Punjabi, Head of Placement Cell at H.R. College and other executives of HPCL. All the Associate staff of H.R. College along with Housekeeping Staff of HPCL were felicitated with trophies and sanitary kits sponsored by HPCL. Vice



Principal Dr. Pooja Ramchandani spoke a few words in favour of the dedicated staff members. Senior Executive Director of HPCL, Mr. Abhishek Dutta thanked all staff members along with program officer Mr. Rahul Mishra who too gave his regards and shared the stage. Refreshments were provided at the end of the event.

Seminar on countering fake news

July 19, 2019

HRNSS in collaboration with PGGT conducted a dialogue on countering Fake News with Ms. Kavita Iyer.



Red Ribbon Club (RRC) Training Workshop

July 29, 2019

Two volunteers from the NSS unit of H.R. College attended the Red Ribbon Club (RRC) training workshop at the Mumbai District Aids Control Society (MDACS), Wadala, where the NSS volunteers from each college were trained to become "peer educators of AIDS".

The volunteers were also introduced to the project for the academic year on the International Youth Day (IYD) theme "Be educated about HIV/AIDS" under which volunteers will be conducting the project this year.



RRC Training Workshop

Donations: Kolhapur & Sangli

August 13-15, 2019

HRNSS had set up a donation desk for the devastation caused by floods that occurred in Kolhapur and Sangli in the month of August.



Cleanliness drive

August 3, 2019

The NSS unit of H.R. College in collaboration with Mumbai Police conducted a cleanliness drive outside the Churchgate station subway to support Swachh Bharat Abhiyaan. The NSS volunteers and Mumbai Police selflessly cleaned the area to spread awareness and importance of hygiene in society.



Students and Mumbai Police clean area near Churchgate subway

Poshan Rally

September 30, 2019

The volunteers of HRNSS participated in the Poshan Rally organized by the university of Mumbai to spread awareness about the hunger issues faced by the underprivileged school kids.



Seminar on Mental Health

August 9, 2019

The N.S.S. Unit of H.R. College in collaboration with Tarasha, a field action project of the Centre for Health and Mental Health, School of Social Work, Tata Institute of Social Sciences, Mumbai; and Krisha Foundation organized an interactive session on Mental Health in the conference room of the college.

Speaker Ms. Priyanka Dalvi, Training Coordinator and Ms. Aishaanyaa Tewari, Project Coordinator explained how the Tarasha Foundation functions and also invited students to be part of this project. Students will be trained to volunteer for the same. Vice Principal Dr. Rajeshwari Ravi and Program Officer Mr. Rahul Mishra also shared their views and personal experiences. During the second half of the seminar, along with the question answer round, activities were conducted for student involvement to make the seminar more interactive.



Vice Principal Dr. Rajeshwari Ravi felicitates coordinator after Seminar on Mental Health conducted by Tarasha a field action project by TISS

Hiroshima Day Peace Rally

August 6, 2019

The N.S.S. Unit participated in the Hiroshima Day Peace Rally organised by Mumbai Sarvodaya Mandal in the memory of those who died on the fatal day of the bombing of Hiroshima and Nagasaki on July 6 & 9, 1945.

The rally commenced at Azad Maidan and concluded at Hutatma Chowk where the volunteers took the pledge to maintain peace. The rally was conducted by Prof. Rana (NSS) and Jayind (Sanstha Head).



Hiroshima Day Peace Rally



NSS Induction & Orientation Ceremony

September 11, 2019

The NSS unit of H.R. College organized an Induction ceremony along with Orientation of the Unit in the conference room of the college. The New Core committee for the year 2019-20 along with program officer Mr. Rahul Mishra were inducted with badges and letters presented, delegating portfolios to be held during the year.

The event was graced by Chief Guests Mr. Mohan Chaughule, Mr. Nikhil Agarwal, Mr. Mudassir Azam from HINDUSTAN PETROLEUM CORPORATION LTD. (HPCL). Mr. Abhijeet Kakade from Bisleri graced this ceremony too. The event started with an audio visual presentation of the details and benefits of activities done by HRNSS including the past events and upcoming events.

Mr. Abhijeet addressed the audience on the harm caused by use of plastic, specially bottles and introduced a campaign launched by Team Bisleri to collect and recycle plastic bottles. The dignitaries acknowledged everyone present in the room with some inspiring words showing support and conveying their best wishes. Vice Principal Dr. Rajeshwari Ravi felicitated the chief guests and shared a few words on this occasion.

Dignitaries from HPCL felicitated the new core members during the Induction Ceremony. Former HRNSS program officer Mr. Atul Sathe shared his thoughts on work done by NSS and felicitated a few core members. The program officer of HRNSS Mr. Rahul Mishra concluded the ceremony with a vote of thanks and emphasized on the importance of NSS in the society.



NSS Students with HPCL Officials



Mr. Mudassir Azam from HPCL doing the honours



Dr. Rajeshwari Ravi felicitating Mr. Mudassir Azam

Media Interaction on Elections

October 4, 2019

The volunteers attended the media interaction on the election held at KC quadrangle followed by a Q and A session.



Library Cleaning Event

August 13 & 14, 2019

The N.S.S. unit conducted a Library Cleaning Event for 2 days, as per the schedule given by the University of Mumbai, under the project head 'Swachh Bharat Pakhwada'. On the first day 18 Volunteers cleaned the main library, dusted book by book and cleaned the glass of the showcases. On second day 12 Volunteers dusted all the furniture, shelves, fans, windows as well as magazines. The event was a big success due to active participation of volunteers and support from library faculty and peon who provided us with all the cleaning equipment and much needed guidance.



Dynamics of Environmental Problems in Mumbai

August 23, 2019

The NSS unit of H.R. College participated in a university level event organised by PUBLIC CONCERN OF GOVERNANCE TRUST (PCGT) at Clara's college, Andheri. Guest speaker Adv. Afroz Shah, UN's Champion of the Earth; spoke on the Dynamics of Environmental Problems in Mumbai. The event held from 9:30 am to 12 noon was followed by a Q&A session where students expressed their concern towards the degrading environment and the solution to a sustainable development.



Guest speaker Adv. Afroz Shah, UN's Champion of the Earth

Save Trees Save Environment Rally

August 23, 2019

The N.S.S. Unit of H.R. College participated in a University level Inter-Collegiate Rally organized by Kirti M. Doongursee College on the occasion of 50th year celebration of N.S.S. The rally theme was based on Save Environment, Save Trees. Volunteers prepared slogans, painted their faces, held banners and made jingles on conservation of trees.



Rally to create awareness for the protection of the environment

Mission Plantation

August 15, 2019

On the 73rd Independence day, the NSS unit of H.R. College along with the Students' Council, Sports Council and CASCADE Club collaborated with KRISHA FOUNDATION, a Public Charitable Trust registered under the Maharashtra Public Trust Act; ECOWARRIORS INDIA, a group of community leaders to preserve and protect the environment; and HINDUSTAN PETROLEUM CORPORATION LTD. (HPCL) to pay tribute to the nation and celebrate this Independence Day in a unique way by preparing and distributing 73,000 seed bombs that were to be used to plant trees and save the environment.

Seed bombs are an easy and convenient way to plant trees in open areas where seeds cannot naturally germinate. Seed bombs are a mix of indigenous seed of plant and compost soil. These Seed bombs were to be distributed to communities and NGOs for bombing them in open areas to help germinate.

This activity contributes to MISSION PLANTATION initiated by the Government of Maharashtra under the leadership of Chief Minister Shri Devendra Fadnavis of planting 33 crore trees by the end of 2019. The entire process was done with the involvement of students and youth from NGOs and various environmental communities. Mr. Rahul Mishra, NSS program officer of H.R. College emphasized the role of youth for fighting the adverse effect of climatic changes. "Seed bomb project is one way to bring about positive change in the environment with the involvement of youth".



Seed bombs prepared by students



Preparation of seed bombs in full swing

Seed Bomb Project

August 17, 2019

The N.S.S. Unit of H.R. College of Commerce and Economics in collaboration with HINDUSTAN PETROLEUM CORPORATION LTD. (HPCL), Krisha Foundation and EcoWarriors India conducted a Seed Bomb Distribution and Plantation at its adopted village Gorhe, near Palghar to support MISSION PLANTATION initiated by Maharashtra Govt., under the leadership of our Hon'ble Chief Minister Shri Devendra Fadnavis to plant 33 crore trees by the end of 2019.

The volunteers dug and planted 250 saplings. This initiative was also supported by Mr. Bhagwat Kamble the Gram Sewak of Gorhe. The green patches are depleting day by day and it's the need of the hour to act now and save the environment for the future generations. This event was led by NSS volunteers under the Swachhta Pakhwada.

A SEED BOMB is made up of a mixture of soil, organic compost and seeds. All it requires is bombing them on the ground and the rain does rest of the job. Volunteers in groups of four, started at the base of Kohoj Hill and were supported by the villagers. The Gram Panchayat provided gardening tools and saplings to be planted. The volunteers were joined by program officer Mr. Rahul Mishra in planting the saplings. Mr. Kamle instructed the volunteers and taught them the right way to dig and complete the entire process correctly.



Volunteers plant the seed bombs at Gorhe

Swachhta Walkathon

August 17, 2019

The N.S.S. Unit of H.R. College in collaboration with HINDUSTAN PETROLEUM CORPORATION LTD. (HPCL), Krisha Foundation conducted a Swachhta Walkathon at Gorhe, near Palghar, under the Swachhta Pakhwada.

The walkathon started at 11 am from the village center to the municipal school and back. The main objective of this initiative was to spread awareness in society about environmental hygiene. Keeping the surroundings clean is as important as personal cleanliness.

Volunteers were spirited and enthusiastic, ranting quotes like 'Apla Bharat, Swachh Bharat', 'Swachh Bharat, Sundar Bharat' etc. The dedicated volunteers marched towards the school while the residents watched and supported them. During the rally some Volunteers who were paired, stopped to explain the cause of the rally and collected dry waste from the streets to dispose it off.



'Fit India Movement'

August 29, 2019

The N.S.S. Unit of H.R. College in association with the Sports Council watched a live telecast of the Hon'ble Prime Minister Narendra Modi inaugurating the 'Fit India Movement' on Khel Diwas on the college premises. The objective was to make physical activities and sports, a part of daily life of the citizens and to promote a healthy life.

The live telecast delivered by the Prime Minister was to motivate and inspire to work towards Fit India as well as acknowledge the administration of 'Oath of Fitness' in the Programme. The volunteers played games like kho-kho, langdi and had other sports activities on the college terrace. They took a pledge to devote time for physical activities and sports every day and also encourage their family members and neighbours to be physically fit and make India a Fit Nation.

Human Chain Formation

August 23, 2019

The NSS unit of H.R. College in collaboration with HINDUSTAN PETORLEUM CORPORATION LTD. (HPCL), conducted a Human Chain Formation drive at Marine Drive to spread awareness about environmental hygiene in the society.

510 volunteers across 30 colleges from Mumbai actively participated in the event. The event started at 10:30 am right after a walkathon. The volunteers of NSS unit of HR College with the help of traffic police managed and controlled the traffic and crowd at marine drive. The participant volunteers cheerfully cooperated throughout the event and made a human chain standing with the sun overhead. Refreshments were distributed post the event on the college campus.



Partnering Youth for a Better Tomorrow'

August 27, 2019

The N.S.S Unit attended a university event organised by Public Concern for Governance Trust (PCGT) at the Lala Lajpatrai Auditorium. The speaker Mr. Sanjay Barve, Mumbai Police Commissioner, enlightened the volunteers on the importance of traffic rules and spoke regarding new rules formed by government regarding traffic. The event concluded with a small Q & A session with the NSS volunteers.



HR NSS volunteers at Lala Lajpatrai College for the event

Rally to spread awareness about road safety

August 29, 2019

The NSS unit in collaboration with Public Concerns Government Trust (PCGT) organised a rally to spread awareness about road safety. This rally commenced from the college, continuing towards Oval Maidan, Churchgate station and then back to college.

The aim of the rally was to spread awareness among the public to follow the rules and regulations and thus maintain road safety keeping themselves and others around them safe.



Rally to spread awareness about road safety

Road Safety through Pledges

August 28, 2019

The NSS unit of H.R. College in collaboration with Public Concerns Government Trust (PCGT) organised an event of taking an oath to maintain road safety through pledges. These pledges contained the five basic rules and regulations to be followed to ensure road safety. Mass awareness for taking this pledge was created through a desk setup in the college canteen, with volunteers personally engaging with the students of the college. Among the 1000 pledges signed, there was a pledge signed by the I/C Principal, Mr. Parag Thakkar along with other teachers.



Taking an oath to maintain road safety through pledges

Distribution of Food to the Elderly

August 2019

The NSS unit of HR College collaboration with Robinhood Army conducted fun n game sessions at All Saints Home, a home for senior citizens. Post fun activities food was distributed to the elderly inmates. This initiative was to show gratitude to the older generation and let them know that their contribution to society is much appreciated.



Food distribution at All Saints Home

Workshop by Bisleri: BOTTLES FOR CHANGE

August 19, 2019

The N.S.S. Unit participated in a workshop by Bisleri that trained volunteers to create awareness among citizens about importance of plastic recycling, at the Bisleri Tower, Andheri. The workshop was conducted from 11 am to 12:30 pm. Program officer Mr. Rahul Mishra accompanied the volunteers for this session.



At Bisleri premises for the workshop

DeAddiction Rally

September 27, 2019

The NSS unit of H.R. College organised a DeAddiction Rally to Create Awareness about the ill effects of Addiction. The volunteers reported at the College canteen at 9.30 am and commenced with the rally shortly. This rally routed from college gate, Oval Maidan, Churchgate station and back to college .



Creating Awareness about the ill effects of addiction

Organ Donation Rally

September 5, 2019

The NSS unit of H.R. College in collaboration with JJ HOSPITAL, Byculla, organised a rally to spread awareness about organ donation. Around 400 students from across the city participated enthusiastically along with the trainees of the fire department and students of a Nursing school from Pune.

The rally started from Nariman Point to GMC ground, Charni Road followed by undertaking an organ donation pledge. The event was graced by Hon'ble Mr. Yaakov Finkelstein, Consulate General of Israel; Mr. Nimrod Calmark, Deputy Consulate General of Israel; Dr. Prabhat Rahangdale, Director, Fire Brigade, Maharashtra State; Mr. S. Vijayakumar, Additional CP, Mumbai Police; Mr. Nishandar DCP, Mumbai police. At the conclusion of the event, Dr. Ajay Chandanwale, Dean, JJ hospital, addressed the audience about importance of organ donation.



Rally to spread awareness about organ donation



Dignitaries present for the organ donation pledge

Ganpati Visarjan

September 12, 2019

The NSS unit of H.R. College of Commerce and Economics participated controlling the crowd and helping the police department during Ganesh Visarjan.

The dedicated volunteers of the HRNSS took the initiative to help the Mumbai Traffic Police to ensure safety of the citizens and smooth movement of traffic during the Ganpati Visarjan at Girgaon Chowpatty, on the last day of Ganpati Visarjan. The event was graced by Shri Devendra Fadnavis, Chief Minister of Maharashtra and Shri Bhagat Singh Koshyari, Governor of Maharashtra.

We are grateful to Mr. Rahul Mishra, Program Officer and the Mumbai Police for their dedication and constant support towards the unit.



Book Donation Drive

October 2, 2019

The volunteers of HRNSS conducted a book donation drive with an aim to collect 300 books to set up a library at the municipal school at Gorhe, Palghar for the underprivileged students.



Library Set Up

October 4, 2019

A library at the municipal school in Gorhe, Palghar was set up. 77 of the books were collected for the library through a book donation drive at the college.

Collection of Plastic Bottles

September 12, 2019

The N.S.S. Unit set up a desk to collect plastic bottles on the college premises. The volunteers collected all the hard and soft plastic and bottles from the canteen area and college. The collected plastic material was despatched to Bisleri International Pvt. Ltd. for recycling where the plastic will be converted into flakes to produce non-edible products such as cloth fabric, handbags, window blinds and other useful products.



Navratri Celebration

October 7, 2019

The NSS unit participated in Navratri celebration organised by the college on the terrace. The event started at 9 am where Students displayed their cultural skills by doing the dandiya.



SEMINAR - National Constitution Day 26/11

November 26, 2019



The 2008 Mumbai attacks were a series of terrorist attacks that took place in November 2008, when 10 members of an extremist terrorist organisation, carried out 12 coordinated shooting and bombing attacks lasting four days across Mumbai. Homage was paid to those who perished during the attacks. More than 145 students attended the event.



Tree Plantation Drive at Aarey

January 5, 2020

The NSS unit of the college participated in a tree plantation drive at Aarey Forest organized by the TREE SENA with an aim to plant 4000 trees across Aarey and revive Mumbai's green cover.



Thalassemia Drive

September 17, 2019



The drive for a Complete Blood Count was conducted in the college library

Over 400 students from H.R. College and volunteers from NSS units of other nearby colleges participated in the Thalassemia awareness and blood screening camp in the name 'Thalassemia Free India' where they were briefed about Thalassemia and their blood samples tested for Thalassemia. A press conference was also held at H.R. College on the same day.



Faculty also participated in the drive undergoing a Complete Blood Count

The students underwent a Complete Blood Count (CBC) test the haematology analyser in the college library. Students were given their reports on the spot. Those suspected of any abnormalities were given proper counselling. TransAsia donated a sophisticated ERBA fully automated haematology analyser to PATUT and sponsored the blood tests done, for all students.



A student undergoing the test

Team from TransAsia Bio-Medicals

Singer Pankaj Udhas, President, PATUT; Actor Jackie Shroff, Brand Ambassador, Thalassemia India and Mr. Suresh Vazirani, CMD, TransAsia Bio-Medicals shared their vision of a 'Thalassemia Free India' in the presence of Dr. Suhas Mohnalkar, Head, Sickle Cell Disease programme, Maharashtra; Mr. Kishu Mansukhani, President, Hyderabad (Sind) National Collegiate Board; and Mr. Parag Thakkar, I/C Principal, HR College and Mrs. Mala Vazirani, Executive Director, Transasia Bio-Medicals.



Actor Jackie Shroff, Brand Ambassador, Thalassemia India



Singer Pankaj Udhhas, President, PATUT; Actor Jackie Shroff, Brand Ambassador, Thalassaemia India were felicitated at HR College



Address by Pankaj Udhhas, President, PATUT



TransAsia donated a sophisticated ERBA fully automated haematology analyser to PATUT and sponsored the blood tests done



Audience and dignitaries at HR College



Officials of TransAsia Bio-Medicals and other guests



With NSS volunteers - organisers of the event



Beach clean-up drive

October 2, 2019

The NSS unit in collaboration with Hindustan Petroleum Corporation Limited (HPCL) organised a beach clean-up drive at Chaitrabhoomi beach, Dadar. The event started by undertaking the swachhta pledge followed by cleaning the beach. This was to commemorate the Father of our Nation, Mahatma Gandhi and his vision towards a clean India.



Cleaning Kalina Campus, Mumbai University

October 2, 2019

The NSS unit of HR College participates in a university level event at the Kalina campus of University of Mumbai. The volunteers from colleges across the city enthusiastically cleaned the entire campus to commemorate the Father of the Nation, Mahatma Gandhi and his vision towards a clean India.

Street Play on Road Safety

With increase in road accidents, the NSS unit conducted a street play on 'Road Safety'. This street play highlighted the importance of road safety and spread awareness of traffic signals. HR NSS ranked first place at NM College's Fest 'Ekatva'.

November 30, 2019: Outside H.R. College of Commerce & Economics.

December 10, 2019: In 7 day Residential Camp at GORHE.



Omkar initiative

October 20, 2019

Members of the N.S.S unit of H.R. College volunteered for OMKAR - an organisation working for the blind and widows for the 31st Annual Deepawali Gift Distribution program organized by Anhd Kevk Society at Ghatkopar.

Around 2500 blind people and 700 widows were invited for this programme from all over Maharashtra. All the people invited were given out ration supplies amounting to Rs.1200/- each. Volunteers helped them to distribute food items like Grocery, Sweets. They also volunteered them to arrange Marriage of 9 Blind Couples.

The event turned out to be a great success due to the volunteers' enthusiasm as well as support received from the authorities. All the volunteers who participated in this event received a letter of appreciation from Anhd Kevk Society as a token of appreciation for work done.



Voter ID registration

August 30, 2019

The NSS unit of the college set up a table in the college canteen for Voter ID registration. The volunteers encouraged and helped the students to register themselves for the next Electoral roll. 27 students registered themselves by the end of the event.



Run for Unity

October 31, 2019

The NSS Unit of H.R. College participated in the Run for Unity and Mass Pledge Taking organized by the University of Mumbai on the occasion of birth anniversary of Sardar Vallabhai Patel and death anniversary of the late Indira Gandhi, 'National Unity Day' and 'National Resolution Day' respectively.

The participants of the event included the Mumbai Police and different NSS units among others. The event was graced by the presence of the Chief Minister of Maharashtra Shri Devendra Fadnavis. It started with a mass pledge with the CM and then a run from the Nariman Point to the Grant Medical College Students Association Gymkhana.



Campaign on Wheels

November 7, 2019

The NSS unit of H.R. College participated in a seminar and Flag off ceremony of Mukti Caravan's "Campaign on Wheels" at Gateway of India.

The Maharashtra State Legal Authority along with Bachpan Bachao Andolan organized this event. The event was based on child labour and launch of 'Campaign on Wheels' to create awareness of child rights and reduce child abuse.

Volunteers from various NSS units participated in the programme. The event concluded with the National Anthem.



Aids Week: Skit Competition

December 3, 2019

The volunteers organized a skit competition to spread awareness about HIV/AIDS and to get rid of the misconceptions about the same.



Slogan Writing Competition

December 4, 2019

The volunteers organized a slogan writing competition on the topic "STIGMA AND DISCRIMINATION ON HIV/AIDS" to bring out the creative side of the participants.



Aids Week: Seminar

December 4, 2019

The volunteers organized an informative session on HIV/AIDS to throw light on the stigmas and misconception related to it.



Aids Week: Cap Painting Competition

December 5, 2019

The volunteers organized a cap painting competition on the topic "STIGMA AND DISCRIMINATION ON HIV/AIDS". The participants painted the caps with different messages to spread awareness.



NSS annual camp at Gorhe

December 9-15, 2019

The 7-day NSS Camp took place in Gorhe Village, Palghar. The campers were welcomed by the Sarpanch, Upsarpanch, Gram Sevak and several villagers. The camp programme started with an intensive cleanliness drive in the streets of the village. During the drive, lots of plastic was collected, especially tobacco sachets. NSS volunteers organized a 'Career Guidance after SSC' session with Excel Academy at the municipal school nearby. Volunteers were divided into multiple groups for a door-to-door awareness session on HIV/AIDS. A Swachhta Rally and Cleanliness Drive in the vicinity was undertaken followed by a Hand wash session promoting Swachh Bharat Abhiyaan with students and teachers of the municipal school. Volunteers performed a street play to create awareness on the importance of road safety at the municipal school ground. A session on replacing use of plastic with cloth and paper bags was also conducted.

Volunteers conducted a yoga session with a quite active batch of the municipal school students. Ear checkup Camp was set up with Dr. Jatin Shah of Aanvi Hearing at Gram Panchayat for the villagers. This was held from 11PM to 4PM where 48 villagers were checked. An awareness session was conducted about the effects of tobacco consumption on oral health covering 140 households.

Volunteers were divided into 2 teams, Team 1 set out to paint the wall of primary school to inculcate the learning system through mode of wall painting. The second team conducted a cleanliness drive with a hand wash session within the school premises. Volunteers conducted a yoga session with Mr. Babu Narude from Kaivalyadhama and a cloth bag making session, where NSS volunteers taught ladies to make cloth bags out of T-shirts using only a pair of scissors and even encouraged them to start using more of paper bags and cloth bags. An Awareness session on digital literacy was also held for the villagers highlighting the importance of using digital media like Paytm etc. Volunteers carried out a door-to-door awareness session on Thalassemia- a blood disorder passed down through families.

NSS volunteers conducted book donation at the library that was set up and read out stories from various books and a total of 330 books were donated. An annual Financial Literacy Session was held by programme officer Mr. Rahul Mishra with the villagers. With this, a few volunteers set up a Thalassemia Checkup camp with TransAsia Biomedical Limited at Gram Panchayat from 11:30 AM where a total of 113 blood samples were collected. A self-defence Workshop was conducted at the municipal school with Mr. Pravin Chavan and his assistant Ms. Kanchan for secondary students. Volunteers also undertook an awareness campaign on Menstrual hygiene.



The camp was concluded by a visit to an organic farm visit at the nearby village Sange, where volunteers were taught about soil fertility and the integrated farming system and conducted seed bombing thereafter. The camp was a huge learning experience for all involved and every volunteer came back to the city, humbled and happy.



Nanhe Kadam

February 26, 2020

Education is the fundamental right of every child and we believe that “No child should skip school because of non availability of footwear.”

The volunteers of HRNSS crowd funded 174 pairs of footwear and donated them to the underprivileged students of the municipal primary school at Gorhe, Palghar. This initiative was well praised by the principal and teaching staff of the school as well as the villagers.



The pair of sandals donated to the children



Finding the right size



Each student of the municipal school got a pair of sandals



Traffic management drive

February 18, 2020

The volunteers of HRNSS in collaboration with the traffic dept., Mumbai Police conducted a traffic management drive near the Churchgate area to make people aware about the importance of road safety.

Seminar on Aids Awareness

December 4, 2019

Infection caused by the Human Immunodeficiency Virus (HIV) in the human body results into weakening of people’s immune system (defense system) against infections and some types of cancer. This immunodeficiency results in increased susceptibility to a wide range of infections, cancers and other diseases that people with healthy immune systems can fight off.

The most advanced stage of HIV infection is called as Acquired Immunodeficiency Syndrome (AIDS). It is defined by the occurrence of any of more than 20 opportunistic infections or HIV-related cancers.



Blood Donation Drive

February 27, 2020

HRNSS in collaboration with Lion's club and Nair hospital conducted a Blood Donation Drive in the college premises .The total footfall was over 60 people where 37 bottles of blood was collected.



I/C Principal Mr. Parag Thakkar with Programme Officer Mr. Rahul Mishra and members of the NSS organising team.

Blood Donation Camp at Churchgate Station



National Service Scheme (NSS)

BHARARI

January 23 & 24, 2020

Organised by Sydhnem College

Theme Any Social Issue

1st - Fashion Show

1st - Debate Competition

3rd - Rangoli Making Competition

Best CL Trophy

Best College - Runner up



ADVITIYA

January 8 & 9, 2020

University Level fest organised by NM College

1st - Street Play (Nukkad Natak)

1st - Photography

2nd and 3rd - Poster Making theme 'Any Social Issue'

Best College Trophy - Runner up



TIMES GREEN GANESHA FEST

September 9, 2019

organized by SIWS College

NSS volunteers from various college participated by creating a ganesha from clay. The main aim was to make the environment clean and green by making of eco-friendly ganesha. Volunteers participated in huge numbers.



EKATVA

January 10, 2020

organised by Valiya College

The NSS unit volunteers actively took part in various cultural events such as group dance, poster making, street play, etc.



UNIVERSITY LEVEL POSTER MAKING COMPETITION

August 31, 2019

The NSS unit of H.R. College participated in a University Level Poster Making Competition held at R.D. National College, Bandra with the theme - Green Campus and Reducing Carbon Footprints.

The competition was held on the badminton court premises of the college from 8:30 am to 10:30 am. Volunteers from NSS units of 36 colleges participated in this event. Mink Panjwani represented our unit in this competition. Dr. Neha Jagtiani, Principal, R.D. National College welcomed chief guests Mr. Vinod Tawde, Hon'ble Minister of Higher and Technical Education, Government of Maharashtra and Mr. Ashish Shekhar, Hon'ble Minister of School Education, Sports and Youth Welfare of Maharashtra.

After an inspirational speech, participation certificates were given to participants.



Vegetarian Recipe Making Competition

November 22, 2019

The volunteers participated in a recipe making competition organized by KC College to promote the consumption of vegetarian food.



Poster Making Competition

November 26, 2019

The volunteers participated in a University level poster making competition that was held at Seva Sadan College on the topic "CONSTITUTION OF INDIA".

