

MENTAL HEALTH AWARENESS WEEK

October 4-9, 2020

The world is going through the Covid-19 Pandemic for the last 6 months. Corona has devastated community life, economy, besides adversely affecting family lives. All this has caused tremendous trauma and psychological distress among millions of people leading to mental disorders. The need for healing our minds and souls is now and here. Therefore, it is very important for everyone to be aware of the need for a healthy frame of mind. HR Speaks rose to the occasion and organised a series of events for the students and teachers of H.R. College. The following is the summary of the events marking the occasion:

1. Positive Posters - A Digital Poster Making Competition

2. 'Expressive Art therapy' Session with Dr. Fatema Slatewala
3. 'Food for the Mood' Session with Nutritionist Dhvani Shah
4. 'Exploring the Anxiety Spectrum' Session with Dr. Sheba Singh
5. 'Spiritual Healing' Session with Ms. Anahita Sanjana
6. 'Depression 101' IG Live with Ms. Nyamat Chadha

The 4 sessions were streamed Live on the YouTube Channel of H.R. College of Commerce and Economics. The take-away from these sessions was the fact that mental health is as important as physical health.

According to the feedbacks received, the sessions had proven to be a great learning experience on dealing with psychological distress and working for a positive mental frame of mind for Covid times and beyond.



Dhvani Shah



Anahita Sanjana



Dr. Sheba Singh



Nyamat Chadha

WEBINAR ON SELF LOVE

August 24, 2020

The NSS unit participated in a webinar on 'Self Love' organised by the SYNC Club had Mr. Farrhad Acidwalla, an alumnus of HR College who has an entrepreneur been featured by magazines such as Forbes, MSN, etc. He spoke on the importance of self love and self belief followed by a Q&A round.



Farrhad Acidwalla

MANDALA ART THERAPY SESSION

September 3, 2020

The Mandala Art Therapy was conducted by Ms. Pooja Lalwani, a self taught Mandala Artist who has conducted over 100 workshops. Mandala Art is considered is a therapeutic and a meditative art form. This workshop was well received by everyone present as it proved to be a stress buster for them and helped them to increase their focus.



Pooja Lalwani

HIV/AIDS WEEK

DOOR TO DOOR AWARENESS

December 2, 2020

The NSS Unit of H.R. College organized an online webinar on HIV/AIDS with a message of 'Breaking the Stigma, Global Solidarity and shared responsibility' in respect to HIV/AIDS Week which was led by Guest Speaker Ms Savita Kurade. Volunteers learnt what AIDS is all about, how is it spread and precautions that needs to be taken to prevent it. At the end of the session, many doubts were cleared.



POSTER MAKING COMPETITION

December 3, 2020

The NSS Unit conducted a Poster Making Competition on occasion of the HIV/AIDS Week. The volunteers were required to make posters to spread awareness and to break the stigma around HIV/AIDS. With the posters made by volunteers a buzz was created on social media regarding HIV/AIDS and thereby spread awareness.



SLOGAN/JINGLE WRITING COMPETITION

December 3, 2020

The NSS Unit conducted a Slogan/Jingle Making Competition on occasion of the HIV/AIDS Week.

the given topic.

SKIT MAKING COMPETITION

December 4, 2020

The NSS Unit conducted a Skit making Competition in regards to HIV/AIDS Week, wherein the volunteers were divided into a group of 5 each. They prepared a skit among themselves focusing on creating an awareness for HIV/AIDS.



REEL MAKING COMPETITION

December 5, 2020

The NSS Unit conducted a Reel Making Competition wherein the volunteers were supposed to make a reel of around 30 sec which can spread awareness on HIV/AIDS.



PAINTING COMPETITION

December 6, 2020

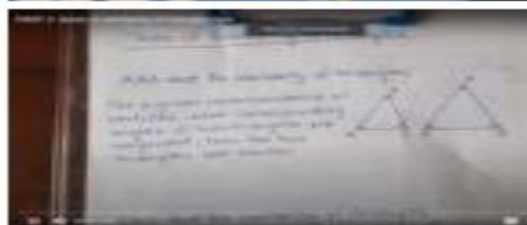
The NSS Unit conducted a Painting Competition in respect to the HIV/AIDS Week. The volunteers showed their creativity by painting anything related to the same topic on any worn-out T-Shirts.



TEACHING PROGRAMME

March 6, 2021

The NSS Unit of H.R College carried out an Online Teaching Program in collaboration with Angel Xpress Foundation. The volunteers were assigned different topics from Mathematics and Science and the programme was spread across Grade 6 to Grade 10 students. We sent pre-recorded videos to the students so that it would benefit them in the future as well.



NAZARIYA - THE PANEL DISCUSSION

November 14, 2020

The Women's Development Cell hosted the 'Nazariya' panel discussion to



spread awareness about the prevailing rape culture in India and to come up with solutions and steps that we as individuals, and collectively as a society can take to protect our women and men from sexual atrocities and oppression. Our first panelist was Ms. Shraddha Agarwal, a reporter and content editor at the Pari NGO. Our second panelist was R Balaji, a renowned TEDx speaker and LGBTQ rights activist. The third panelist for this event was Ms. Divyangana Trivedi, an author, law student and founder of the Will and Way organization.

The discussion commenced with Ms. Shraddha Agarwal who talked about the misogynistic representation of women in media, the influence of Bollywood on rape culture and the normalization of toxic masculinity in society. She highlighted how caste and gender hierarchy play a role in doubly oppressing women. R Balaji shared their personal experience of being sexually assaulted as a child and as a male victim of rape. They talked about how they dealt with homophobia and why negative gender

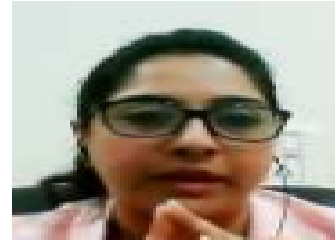
stereotypes need to be done away with.

Ms. Divyangana Trivedi highlighted why humanitarianism is the need of the hour. One of the key points she made was that rape is gender neutral and hence laws regarding rape need to be gender neutral too. The panelist wrapped up the discussion by talking about how children need to be taught about gender equality and why sex education in schools is mandatory. It was a very interactive session where questions from the enthusiastic audience were answered.

EMOTIONAL INTELLIGENCE WEBINAR

January 5, 2021

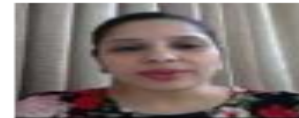
Ms. Pooja Punjabi, a renowned psychologist, explained the importance of understanding various situations and trigger points to learn more about one's mental health. She opined that emotions play a huge part in our lives, especially when making financial decisions. Fear, regret, anxiety and greed affect our decision making process. She demonstrated the correct way to identify and address one's emotions in order to make the appropriate financial decisions.



AWAAZ...LET THE SILENCE BE HEARD!

February 26, 2021

A Panel Discussion on the stigma associated with mental health, named, *Awaaz... Let the Silence be heard*, was conducted by the Social and Self Awareness Club of H.R. College of Commerce and Economics, on zoom platform.



Dr. Amanpreet Nagpal

The panel discussion organized in collaboration with Aapka Sahara Foundation and graced by around 40 people. This was an initiative to break the stigma and the silence associated with the concept, and to raise a voice for this sensitive issue, while also ensuring to provide a safe space for the audience and panelists to share their own stories and experiences with regard to mental health.

Dr. Amanpreet Nagpal, a practicing psychologist whose words of wisdom were inspiring, moderated the event. The panel for the discussion was formed by some notable students of H.R. College, namely, Ms. Vanshika Mithani, Mr. Shaunak Sawant, Mr. Anvay Dixit and Ms. Rashi Yadav whose opinions and experiences formed the heart of the event.



Awaaz was successful in achieving its objectives as could be proved by the active participation from both the audience and the panelists accompanied by the guidance of the moderator and positive reviews received from the viewers.

WOMEN'S DEVELOPMENT CELL

The Women's Development Cell aims to spread awareness about gender equality and not female superiority. We strive to break stereotypes, fight against social patriarchy and bridge the gap between gender inequalities.

We have organized rallies to virtual events, which have covered all aspects of a change we intend to create. We have actively participated and organized many campaigns, seminars and rallies furthermore; we have collaborated with different NGOs.

The role of the Cell is to equip the students with the requisite awareness and self-confidence, which in turn would allow them to take their rightful place in the society.



National Character Debate - THE IMITATION GAME

April 6, 2021

The Public Speaking and Debating Society hosted The Imitation Game, a Virtual Debate in a unique Character Debate Format. This was the finale of the PSDS OFF D'CUFF 2021 Event Series, a National Intercollegiate Literary Extravaganza.

After having hosted **Debates** in a variety of formats such as Oxford, Cambridge, Frank Anthony, Turncoat Extempore this year, we at PSDS, decided to conclude our flagship event series on a high, with a never-before-seen Debate Format wherein students had to mimic various fictional/movie/book characters assigned to them and debate as that character would.

This debate witnessed well-known characters from Bollywood and Hollywood cinema, such as **Dictator Aladeen, Gordon Ramsay, Chatur, Katniss Everdeen, Captain Holt** to name a few, engage in rebuttal!

The event portrayed extravagance and saw contestants participate from all across the country and throughout a number of colleges. A total of *12 participants competed in the National Grand Finale Round.*

The esteemed Panel of Judges For The Event were:

Miss Rozzlin Pereira - An actress, singer, dancer, musician, radio host and content creator, she is an all-rounder in performing arts. She starred as the titular role in 'Loretta', a musical production, and her performance as 'Aunt Maggy' has garnered a fanbase of nearly 30000 on YouTube.

Mr. Yash Tiwari - He is a public speaker, mental health awareness advocate, an award-winning author and a youth influencer. He has delivered 5 TED Talks, at the world-renowned platform of TEDx, all by the age of 18. He has been awarded the 'Young Author of 2020', 'Youth Leader Award', 'Top 100 Influential People of India', among many others.

The Winners of The Imitation game were:

1st place	Marushka Kenia	Jindal Global Law College
2nd place	Adheet Shetty	H.R. College, Mumbai.
3rd place	Breanna Fernandes	H.R. College, Mumbai.

The participants outdid themselves and strived for excellence.

BEACH CLEAN-UP DRIVE

February 7, 2021

The NSS Unit of HR College conducted a Beach Clean-Up Drive in collaboration with the Connect for Organization at



Chowpatty Beach. Beach Clean-Up is an essential activity as cleaning the beaches helps in improving the ocean and coastal ecosystem. The beach clean-up took

place from 3 pm to 5pm. Even during times like these, the volunteers took part enthusiastically. All the rules and regulations were followed while conducting the beach clean-up and all necessary precautions were taken.

THE TREE PLANTATION CAMPAIGN

September 29 - October 5, 2020

The members of Student United Way commenced The Tree Plantation Campaign to make this world a better place by focusing on the importance of plants in our lives. The event was promoted on Instagram and WhatsApp by means of posters and messages. We requested people to send in their pictures and videos of planting, maintaining hygiene and social distancing, considering the pandemic. We created two hashtags for our campaign: #plantspreachlife and #ihelpsuwhrkogreen so that people can use them when they post pictures and videos.

Our target was to plant 200 greens but with the help of many we were able to plant 250+ greens. We provided certificates from H.R. College of Commerce and Economics to the ones who contributed. On October 5, 2020, the pictures and videos of people planting were posted on our Instagram page.



CORE TEAM MEMBERS

President
Rushabh Gundecha
Vice President
Esha Daglia
PR Director
Pankaj Mandani
Finance Head

Awareness Programs

AWARENESS QUIZ ON COVID-19

July 19, 2020

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



Graffiti Painting

December 24, 2020

The members of The Rotaract Club of H.R. College painted a few walls in Parel in the month of December. These walls gave out social messages. The BMC had contacted the directors of RCHR and this project was done in association with them.



Tryst with Destiny & V The People are two major campaigns conducted on Independence Day and Republic Day to evoke the feeling of patriotism and salute the nation by performing a flash mob amongst the crowd. This year Tryst with Destiny took place at Churchgate station and Mumbai Central station and V The People was at Chhatrapati Shivaji Maharaj Station.



UNDERTSANDING GENDER & SEXUALITY: SOCIO LEGAL ASPECTS

June 12, 2020



The pride month was celebrated with an interactive session on understanding gender and sexuality with Zahabia Rajkotwala and Lubaina Plumber of Ilhaam Inclusive, a legal institution born out of the need to respond and redress multifaceted problems of substandard legal implementation and lack of social perspective using the tools of re-education.

LET'S TALK PERIODS

A silence breaking initiative against menstruation. A precursor to bashing myths and taboos, for it is only identifying that we can terminate a problem. We approached around people coming from all walks of life to share their views in order to normalise talking about anything related to periods!



ROAD SAFETY

- Ashita Bachwani, HRNSS -

Not adhering to the rules of Road Safety is a big problem for us at present. Today we are living in an age of science, where vehicles for transportation are increasing day by day, whose speed has also increased a lot. Even a small mistake while driving the vehicle proves fatal to the person and us in front.

According to WHO's Report, India has the second-highest number of road accidents in the world. India accounts for 10 percent of the deaths for road accidents in the world.

Road Traffic Mortality in India

In 2009, there were 14.60 persons per 1 lakh. Which increased to 14.6 in 2013.

The highest percentage of road accidents in India occur in Uttar Pradesh and the lowest in Tamil Nadu

Most accidents in India occur with young people. In 2016, 60% of people who died in an accident in India were aged between 18 and 35 years.

Throughout the world, 1.3 million people die every year in road accidents, of which 1 lakh people die in India alone

Main Causes of Road Accidents in India

1. Self-publicist
2. Speedy driving
3. Overtake
4. Drunk driving
5. Not wearing seatbelts

1. Self-publicist

To show themselves better than others, people show their stunts while driving, for which a slight lapse leads to a road accident. Due to these stunts, the one driving is killed.

2. Speedy Driving

In India, driving at the speed of overspending is also becoming an obsession. Day by day, as over one high-speed vehicle has come in the country, the number of accidents for over-speeding has increased for their running.

3. Overtake

While driving on the road, people do not consider themselves less than a racer, and overtaking is their skill. Overtaking in the right way is not wrong but overtaking wrongly is not right. You are in danger, but you also endanger the lives of others on the road.

4. Drunk Driving

The main cause of road accidents in India is 'drink and drive'. And its trend is increasing among the youth and few people are going through the adventure of death in the streets of the drunken street.

5. Not Wearing Seat Belt

It is essential to wear a seat belt while driving. Not only it keeps your posture right, but also reduces the chances of injuries during a head-to-head collision. It also increases the likelihood of survival of the drivers without having to suffer any significant damage.

How to Follow Road Safety Rules Properly?

1. Do Not Drive a Vehicle in the High Speed
2. Follow the Traffic Rules
3. Do Not Drive a Vehicle After Drinking Alcohol
4. Do Not Use Headphones
5. Drive Carefully

Conclusion

Together we should all be aware of road safety, and our children should also learn to follow traffic rules. Only then will we be able to reduce the ever-increasing road accidents, so we will also be safe and the person in front will also be reliable.



CYBER CRIME AWARENESS AND SAFETY MEASURES

March 20, 2021

The NSS Unit of HR College hosted the 8th National Webinar on Cyber Crime Awareness and Safety Measures in collaboration with the CollCom. Cyber Security is of

immense importance today. A webinar on the same was held to make our volunteers aware about the various threats they face and provide them with solutions. Mr. Ranjan Kumar, the Founding Member of CollCom was the speaker for the event.



Major Projects

PROJECT PAHUNCH

December 5, 2020

The NSS Unit in collaboration with Project Pahunch had carried out an incredible initiative which aimed at giving back to the society. Due to the Pandemic, students from the lower income families are unable to gain access to online education. Project



Pahunch aimed at bridging the gap and thereby helping such students located in various parts of Mumbai gain access to education by providing electronic devices. We provided around 10-15 old devices and some new tablets to the students in need through our social circle.

SANITARY KIT DISTRIBUTION

March 16, 2021

The NSS Unit conducted a Sanitary Kit Distribution drive for the underprivileged women of *Sakhya* as a part of the Women's Day Celebration. Twenty Sanitary Kits were distributed to these women and they were told about the importance of maintaining hygiene, and made aware about the usage and importance of sanitary pads. The sanitary kits products from Enactus under their project *Inaayat* are completely eco-friendly, reusable and sustainable and can be used up to 3 years.



Project Aajeevika

Aajeevika, in Hindi, refers to 'livelihood' and implementing on the same



We started this project to provide employment to the rural women of Maharashtra, thus increasing their family incomes and henceforth, enhancing their standard of living.

Canvas tote bags and Transparent masks were one of the first items to be manufactured under Project Aajeevika. We have executed this concept via two fold application of social entrepreneurship. We make these tote bags out of canvas clothes which makes it environment friendly and reusable. Its biodegradable and is very handy. These bags are stitched by the rural women of Maharashtra who have been trained by us. In this way, we provide employment and skills and promote woman empowerment. We provide customizing services too. These tote bags are lashed by trendy and quirky designs. We promote the use of cloth bags and condemn plastic use of any kind. Join us and change not only the perspective of environment friendly concepts but also women empowerment.

While the masks, which has become the "new normal", helped people with speech and hearing disabilities, who lip-read and use sign language, to communicate better with each other and the outside world on a daily basis. Sign language is not simply handed gestures but a combination of hand movements, facial expressions and body language. Hence, communicating without risking life posed to be a serious issue for them that called for an immediate action. To tackle the same, we came up with our own range of cloth masks, with a transparent plastic panel near the mouth area that makes the expressions of the person visible and readable. This helps the Deaf and Mute community to communicate better.

Aashayein - Adopt A Village: aims at the holistic development of rural villages of Maharashtra. It includes providing water, water conservation facility, education, entrepreneurship, human development, light etc. Various PR and fund-raising activities have been undertaken for the same.

BOOND (water) involves providing safe and clean drinking water by means of building tube and surface wells.



BOOND - Students from the Rotaract Club helped build the well in the Varzeandi District.



GAZAAB MAHARASHTRA (education) involves going to the village for a one-week duration and teaching the villagers economics, commerce and entrepreneurial studies followed by a business pitch on ideas and funding is provided to the best ideas.

LITER OF LIGHT (light) involves installing street and home lights in the areas of the village devoid of light.

Lunchbox is a Community Service initiative where food is provided to the poor. The members of the club come together with various food items in different areas of the city. They then pack lunch boxes and distribute it to the poor in the surrounding areas.

The Lunchbox - Covid Relief Edition is an initiative in collaboration with Srimad Ramchandra Love and Care NGO with an aim to provide food and water to the migrant workers and the people in need. In the course of only two days, members donated 2000+ theplas and 300+ biscuit packets along with more than 1000 bottles of water from the NGO's end.

Udaan is a Community Service initiative taken by the Rotaract Club of H.R. College. Through this project basic personal hygiene and sanitation is taught to the under privileged. Members distribute kits including basic hygiene necessities. They provide sanitary napkins to the girls at a low cost. Employment opportunities are also provided to the ladies of the slums. This year Udaan took place at Cuffe Parade and Colaba Slums.

Back to School Drive & Paathshala are two such projects that focus on the academic development of the kids of Bhavishyaan community of municipal schools. These projects revolve around the overall development of the kids and help mould them into confident and independent individuals in future.

PROJECT INCREDIBLES

December 6-9, 2020

The Women's Development Cell conducted Project INCREDIBLES, a food donation and sustainability drive. Food and nutrition are basic human rights, but countless people are deprived of food every day and suffer



from chronic malnutrition. In order to counter poverty and hunger and to create awareness about the adverse effects of wasting food, WDC came up with this benevolent drive. The project aimed at providing food to needy people in local areas. The members of the club donated home-cooked, healthy & nutritious meals to less fortunate people like beggars, homeless children, slum dwellers, laborers as well as stray animals in their neighborhoods.

In addition to this, the members also came up with a Social Media Campaign, which inspired others to conserve food and donate to the less fortunate. The informative and useful posts on our Instagram page made people aware about how leftovers could be re-used instead



of simply being wasted. Thus, Project INCREDIBLES was completed successfully, taking all necessary precautions and safety measures owing to the pandemic.

PROJECT MUSKAN

April 1-6, 2021

The members of Student United Way of H.R. College of Commerce and Economics launched *Project Muskan* on April 1, 2021 with the primary purpose of providing some essentials for the underprivileged during the COVID-19 pandemic. Together the volunteers tried to make the ongoing lockdown, in the wake of the covid-19 pandemic, a little easier for the most vulnerable communities who have been victimized further, by donating essentials and contributing towards their betterment.

Messages and posters were created to spread awareness about the persistent challenges faced by the less privileged during the pandemic. Considering the pandemic, the project was only limited to SUW members and was spearheaded by Esha Daglia

Members collected items in good condition that they no longer required and donated them to their nearest NGO or charitable organisation or to someone in need. Food and money were not allowed to be donated via this project. The volunteers involved, practiced the necessary health and safety guidelines while disseminating the material. Everyone strictly followed the COVID-19 protocols and maintained social distance while clicking a picture of themselves donating.

The SUW members donated essentials such as clothes, stationery, sanitizers and masks to NGOs and charities near their homes.

On April 9, 2020 pictures were posted on the Instagram page to show how SUW had taken a step towards change.

A certificate of participation from H.R. College of Commerce and Economics was provided to all participants of the project, which was a huge success due to their dedication and efforts. For every donation, they got a smile in return!



CHRISTMAS DAY CELEBRATION

December 12, 2020

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



EARTH DAY CELEBRATION

April 22, 2021

The greatest threat to the planet is the belief that someone else will save it. We The NSS Unit of HR College took a step ahead and on occasion of Earth Day conducted a cloth bag/jute bag making activity for the volunteers.

WEBINAR ON BLOOD DONATION

August 30, 2020

The N.S.S. Unit attended a webinar on Blood Donation organised by the NSS Unit of Ramnarain Ruia Autonomous College along with University of Mumbai and the Think Foundation.

It was an interview session conducted on Blood Donation Awareness. The interviewees for the same were **Mr. Vinay Shetty** and **Ms. Manjula Premchandani** who also spoke about Thalassemia which is a disease unknown to many.

STATIONERY DISTRIBUTION DRIVE

January 26, 2021

HRNSS believes "One child, One teacher, One book and One Pen can change the world." The NSS Unit took an initiative on the 72nd Republic Day to provide 72 under-privileged students with stationery kits and pouches.



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March 16, 2021

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aware about the usage and importance of sanitary pads. The sanitary kits products from Enactus under their project *Inaayat* are completely eco-friendly, reusable and sustainable and can be used up to 3 years.

Ration Donation

September 10, 2020

The members of the Rotaract Club of H.R. College donated more than 50 kilograms of ration to the helpless people in the slums of Colaba. This project took place amidst the lockdown that helped these people in grief.

Share A Meal

January 20, 2021

This project was a social media food donation project by the members of The Rotaract Club of H.R. College. Through this project, hundreds of food boxes were delivered.

