

NSS

Report for INTERNATIONAL YOGA DAY

Date: 18th – 21st June

2020 Platform: Zoom

App

Program: International Yoga

Day Attendees:

The N.S.S Unit of H.R. College of Commerce & Economics in association with SYNC Club organised a 4 day Yoga workshop which started with an inauguration ceremony on 18th July 2020 and ended with a closing ceremony on 21st June 2020 on the occasion of International Yoga Day in collaboration with Kaivalyadhama Yoga Centre in which online seminars were conducted to teach different Yoga Asanas and create awareness about the importance of Yoga not only among the students but also the teaching & non-teaching staff of H.R. College of Commerce & Economics.

The following are the details of the event:

Sr. No.	Date	Event	Platform	Time	Guest Speaker	Attendees	Beneficiaries
1	18 th June 2020	Inauguration & Yoga for Students	Zoom App	5-6pm	Nitisha Vasaria	23	95
2	19 th June 2020	Yoga for Non-Teaching Staff	Zoom App	5-6pm	Nitisha Vasaria	21	50
3	20 th June 2020	Yoga for Teaching Staff	Zoom App	5-6pm	Nitisha Vasaria	22	55
4	21 st June 2020	Yoga for everyone & Closing Ceremony	Zoom App	11am	Nitisha Vasaria	23	93



Report for TRAIN YOUR

BRAINDate: 26th June 2020

Platform: Zoom

Program: Train Your Brain





Attendees-


Volunteers:

23


Beneficiaries: 97

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with SYNC club of H.R. College conducted a webinar on Mental Health. The event was conducted by Dr. Jawahar Mehta on 26th June live on Zoom. The speaker spoke about the society pressures faced by the people, the importance of Mental health in today's time and how social media affects our mental well being. This event had a very positive impact on everybody present there. We concluded the webinar with a question answer session.





KAIVALYADHAMA
 Where Yoga tradition and Science meet

Join us for
- TRAIN YOUR BRAIN - 
 A Mental Health Session

with
Dr. Jawahar Mehta
 (MD in Psychiatry and
 Associate Professor for
 Yoga & Mental Health at
 Kaivalyadhama, Mumbai)



26TH JUNE | 5:00 PM

*It's okay to
 not be okay.*

REPORT FOR ANIMAL FEEDING

Date: 3rd and 4th July

2020Platform: Cisco

Webex Program: Animal

feeding Attendees: 10

The N.S.S. Unit of H.R. College of Commerce & Economics conducted an event on Animal feeding on the 3rd & 4th of July 2020. In this event many of our volunteers fed food, water & milk to the stray animals in their neighbourhood. The volunteers took part in this event by their guardian's permission. All the rules of social distancing were followed and all the volunteers wore a mask while conducting the event. This was considered to be the need of the hour as many stray animals were sleeping with an empty stomach and no hope during the pandemic.



REPORT FOR SEMINAR ON WASTE MANAGEMENT

Date: 30th July 2020

Platform: Google

Meet

Program: Seminar on Waste

ManagementAttendees-

Volunteers: 25

Beneficiary: 77

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with Compost Live Mumbai conducted a webinar on Waste Management which was led by the guest speaker Ms. Rajeshwari. The event was held on 30th July 2020 between 5pm-6pm on Google Meet. The guest speaker 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. It was a very interactive session as she asked different questions to the audience & also answered different questions of the audience.



REPORT FOR WEBINAR ON STRATEGIES OF INVESTMENT POST COVID-19

Date: 8th August 2020

Platform: Google

Meet

Program: Webinar on Strategies of Investment Post

COVID-19 Attendees-

Volunteers: 26

Beneficiaries: 335

The N.S.S. Unit of H.R. College of Commerce & Economics conducted a webinar on Strategies of Investment post Covid-19 on 8th August 2020 at 12pm on the Zoom App. The Guest Speaker for the same were Mr. Sandeep Batra, President, Corporate Centre ICICI Bank limited. The speaker not only spoke about the topics related to the banking & finance sector but also about the importance of early investment. The webinar was concluded by a Q&A round followed by a vote of thanks by our Principal Dr. Pooja Ramchandani.



REPORT FOR WEBINAR ON MANDALA ART THERAPY SESSION

Date: 3rd September

2020 Platform: Zoom

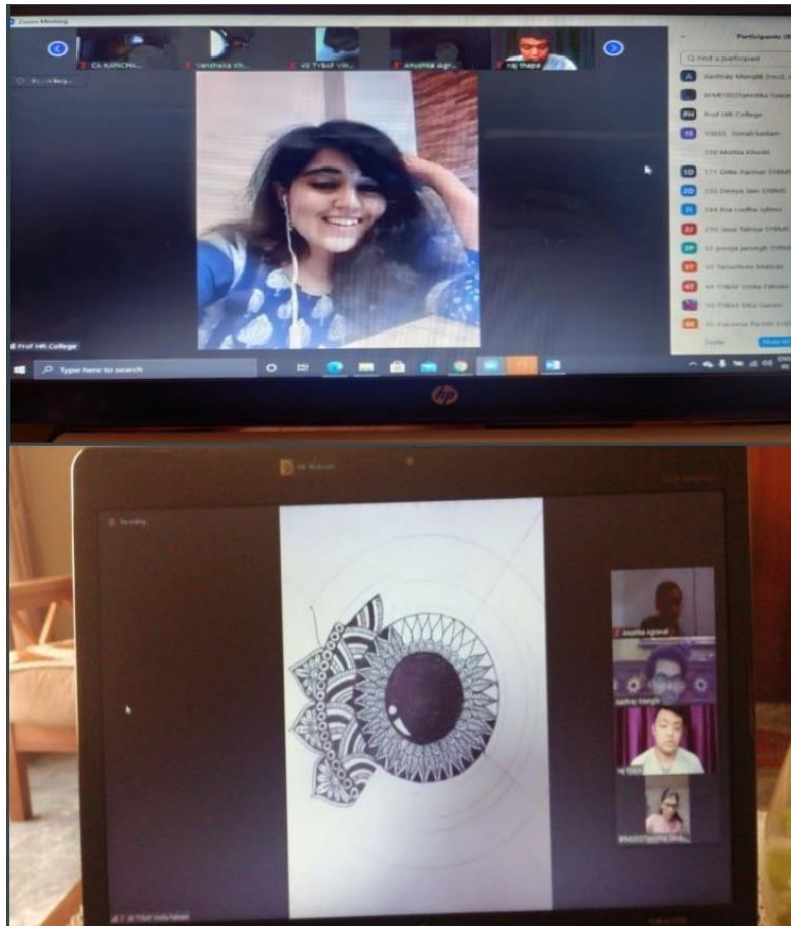
Program: Webinar on Mandala Art Therapy

Session Attendees-

Volunteers: 25

Beneficiaries: 100

The N.S.S. Unit of H.R. College of Commerce & Economics conducted an event on 3rd September 2020 on Mandala Art Therapy session. It was conducted by Ms. Pooja Lalwani who is a self taught Mandala Artist and 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 there as it proved to be a stress buster for them and helped them to increase their patience.



REPORT FOR TEACHER’S DAY CELEBRATION

Date: 5th September

2020 Platform: Zoom

Program: Teacher’s Day Celebration

Attendees-

Volunteers:

23

Beneficiaries: 75

The N.S.S. Unit of H.R. College of Commerce & Economics organised an event for the faculty of our college on the occasion of Teacher’s Day on 5th September 2020. The theme for the same was “Leading In Crisis, Reimagining The Future”. We the volunteers of HRNSS also organised a few cultural performances for the entertainment of our faculty and encouraged them to showcase their hidden talents. It was a fun filled morning for all the teachers and they really appreciated the efforts of the students and this event made an everlasting memory for them.



REPORT FOR WEBINAR ON CAREER GUIDANCE

Date: 17th September

2020 Platform: Zoom

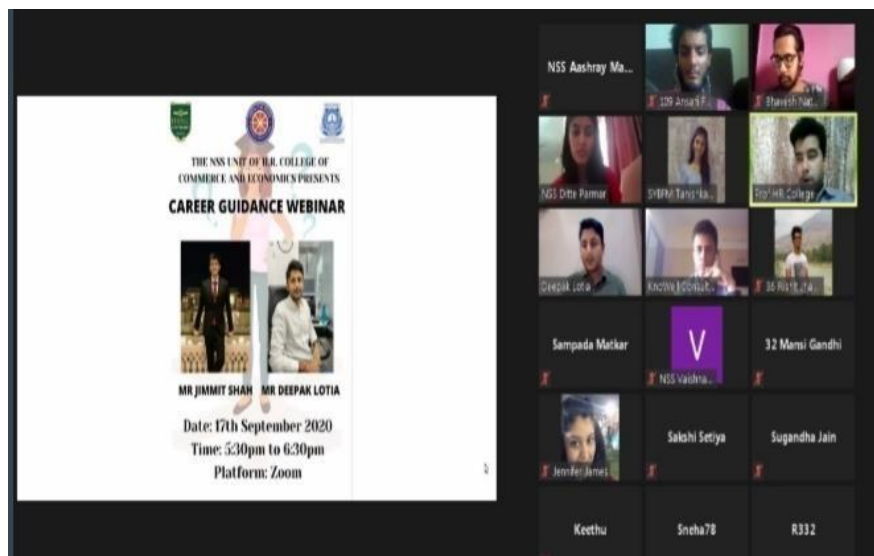
Program: Webinar on Career

Guidance Attendees-

Volunteers: 22

Beneficiaries: 106

The N.S.S. Unit of H.R. College of Commerce & Economics conducted a webinar on Career Guidance. This webinar was conducted on 17th September 2020 from 5:30pm to 6:30pm via a virtual platform Zoom. The speakers for the event were Mr. Jimmit Shah and Mr. Deepak Lotia who have immense knowledge and expertise in this field. The speakers 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 best colleges students can opt ahead. The webinar concluded with a question and answer round.



REPORT FOR NSS DAY CELEBRATION

Date: 24th September

2020 Platform: Zoom

Program: NSS Day

Celebration Attendees-

Volunteers: 33

The N.S.S. Unit of H.R. College of Commerce & Economics conducted a programme for celebrating NSS Day on 24th September 2020. The event started at 5pm with our Programme Officer motivating everyone to be a responsible NSS volunteer. The volunteers were further briefed by a core committee member about the motto, vision and the mission of NSS. This programme was continued by an ice-breaker session which consisted of various fun filled activities. The activities included a NSS trivia and a group activity where the volunteers had to come up with an innovative initiative which would help NSS reach greater heights.



REPORT FOR FOOD DISTRIBUTION DRIVE

Date: 16th October

2020 Attendees-

Volunteers: 14

The N.S.S. Unit of H.R. College of Commerce & Economics organised a food distribution drive on 16th October 2020. Due to the pandemic a lot of people are suffering. To help the people affected by the pandemic and to help the needy and poor we conducted this drive. Seeing the smile on the faces of the people made us feel satisfied and contented with the work we did. The drive was well appreciated by people around.



REPORT FOR WEBINAR SUSTAINIBILITY: THE KEY TO SERENITY

Date: 23rd October

2020Platform: Zoom

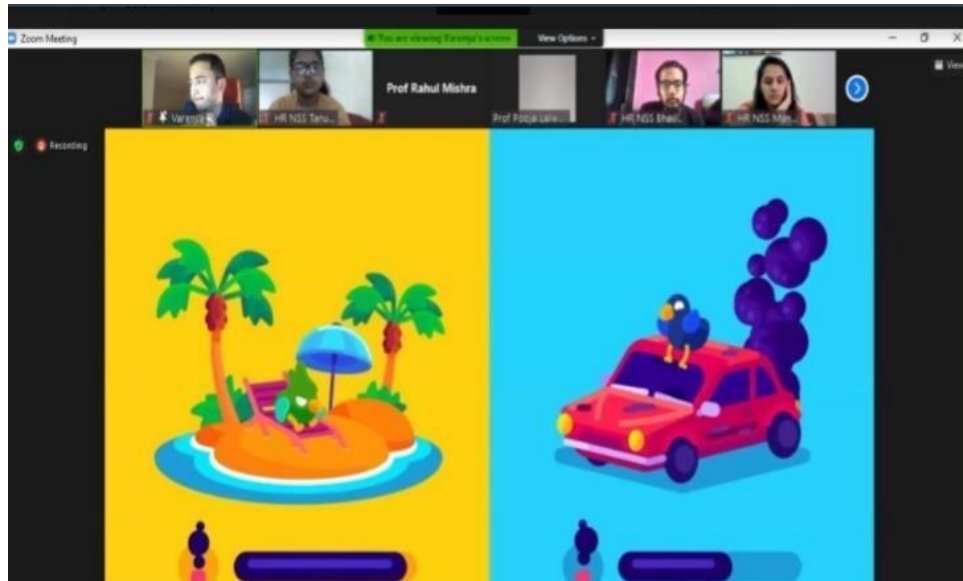
Program: Sustainability: The Key to

Serenity Attendees-

Volunteers: 40

Beneficiaries: 131

The N.S.S Unit of H.R College of Commerce and Economics conducted a webinar on Sustainability: The Key to Serenity. The main focus of the webinar was on Pollution: The Silent Killer, and ways to combat it. The webinar was held online on 23rd October 2020 between 11:00 am - 12:00pm on platform Zoom Meetings. The guest speaker for the same were Mr. Varenya Mehta who is an Environmental Engineer at Kit Professionals Inc., Texas, USA. The idea of the webinar was to encourage students to be a part of the Solution, and not Pollution



REPORT FOR WEBINAR ON HEALTHY LIFESTYLE AND WOMEN CENTRIC CANCER

Date: 27th October

2020Platform: Zoom

Program: Webinar on women centric cancerAttendees-

Volunteers: 22

Beneficiaries: 185

The N.S.S Unit of H.R College of Commerce and Economics in collaboration with Sanjeevani conducted a webinar on Healthy Lifestyle and Women Centric Cancer in light of the Cancer Awareness Month. The event was held online on 27th October 2020 between 4:00pm - 6:00pm on the Platform Zoom Meetings. The speaker for the event was Dr. Arpita Chakraborty who is the senior program executive at Sanjeevani. The event was very informative and well received by all.



REPORT FOR CONSTITUTION DAY CELEBRATION

Date: 26th November

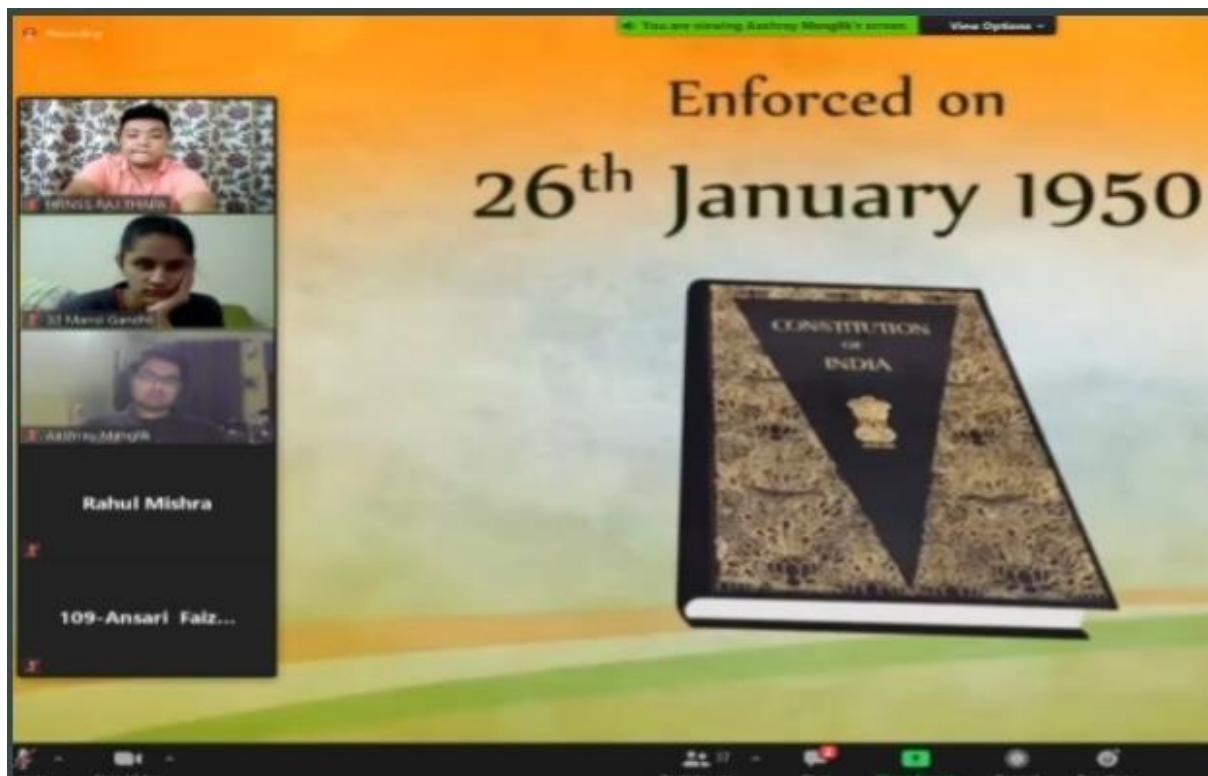
2020Platform: Zoom

Program: Constitution day

celebrationAttendees-

Volunteers: 36

Constitution is not a mere lawyers document, it is a vehicle of life and its spirit is always the spirit of age. The N.S.S. Unit of H.R. College of Commerce and Economics hosted a webinar to celebrate the Constitution Day to commemorate the adoption of the Constitution of India. The webinar was held online on 26th November 2020, between 5:30 pm to 6:60 pm, on Zoom Meetings. A constitutional quiz was also held in order to test the knowledge of volunteers and students about the Constitution.



REPORT FOR HIV/AIDS WEBINAR

Date: 2nd December

2020 Platform: Zoom

Program: Webinar on

HIV/AIDS Attendees-

Volunteers: 43

Beneficiaries: 40

The N.S.S Unit of H.R. College of Commerce and Economics 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 our Guest Speaker- Ms Savita Kurade on 2nd December. Our volunteers learnt what AIDS is all about, how it is spread and precautions that need to be taken to prevent it. At the end of the session many of our doubts were also cleared. Overall the session was very informative, our volunteers were really happy to be a part of this webinar.



REPORT FOR PROJECT PAHUNCH

Date: 5th December 2020

Program: Project

PahunchAttendees-

Volunteers: 20

Beneficiaries: 10

The N.S.S Unit of H.R College of Commerce and Economics in collaboration with Project Pahunch had carried out an incredible initiative which aimed at giving back to the society by doing a bare minimum. Due to the Pandemic Situation, the students from the lower income families are unable to gain access to online education due to the lack of resources. 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 to help them overcome the problem. We have realized that every child yearns to learn and no one should be deprived of it. Education is the key to bring development to the country. We provided around 10-15 old devices and some new tablets to the students in need through our social circle.



REPORT FOR HIV/AIDS DOOR TO DOOR AWARENESS

Date: 7th December 2020

Program: Door to door

awarenessAttendees-

Volunteers: 25

The N.S.S Unit of H.R. College of Commerce and Economics conducted an activity on 7th December 2020 in respect to the HIV/AIDS Week. The volunteers were given a task of going around in their society and spread awareness about HIV/AIDS, what this problem is all about and how is it spread and how it can be prevented. Our volunteers actively participated and were successful in spreading awareness.



REPORT FOR CHRISTMAS DAY CELEBRATION

Date: 12th December

2020Platform: Zoom

Program: Christmas Day

celebrationAttendees-

Volunteers: 20

Beneficiary: 25

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 spreading some festive cheer brought joy to us.



REPORT FOR FUNDAMENTALS OF CIVIL RIGHTS, IPC AND POLICE

Date: 12th January

2021Platform: Zoom

Program: Fundamentals of Civil Rights, IPC and

PoliceAttendees-

Volunteers: 39

Beneficiary: 115

The N.S.S Unit of H.R College of Commerce and Economics conducted a webinar for the purpose of shedding light on a topic of extreme importance. The title of the webinar was “Fundamentals of Civil Rights, IPC and Police”. The event was held on 12th January 2021 between 11:00am - 12:00pm via Zoom Meetings. The speaker for the same was Mr. M.K. Mishra IPS(Retd.). The webinar focused on enlightening everyone on the Fundamentals of Civil Rights, IPC and Police.



REPORT FOR STATIONERY DISTRIBUTION DRIVE

Date: 26th January 2021

Program: Stationary Distribution

DriveAttendees-

Volunteers: 25

"One child, One teacher, One book and One Pen can change the world". The N.S.S Unit of H.R College of Commerce and Economics took an initiative on the 72nd Republic Day to provide 72 underprivileged students with Stationary Kits and Pouches. This Republic day we aimed at giving back to the Society by doing a bare minimum. We have realized that every child yearns to learn and that no one should be deprived of it. Help those in need, it may not bring much change to you, but will definitely change the world for someone else.



REPORT FOR ROAD SIGNS AWARENESS VIDEO

Date: 31st January 2021

Program: Road Signs awareness

videoAttendees-

Volunteers: 20

The N S.S Unit of H.R. College of Commerce and Economics made a Road signs awareness video on occasion of the Road Safety Awareness Month. Our volunteers one by one explained different road signs for the purpose of creating awareness.



REPORT FOR CLEAN-UP DRIVE

Date: 7th February 2021

Venue: Chowpatty

Beach

Program: Beach Clean-Up

DriveAttendees-

Volunteers: 25

The N.S.S Unit of H.R College of Commerce and Economics 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 on 7th February 2021 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; necessary precautions were taken.



REPORT FOR IMPORTANCE OF DRIVING LICENSE VIDEO MAKING

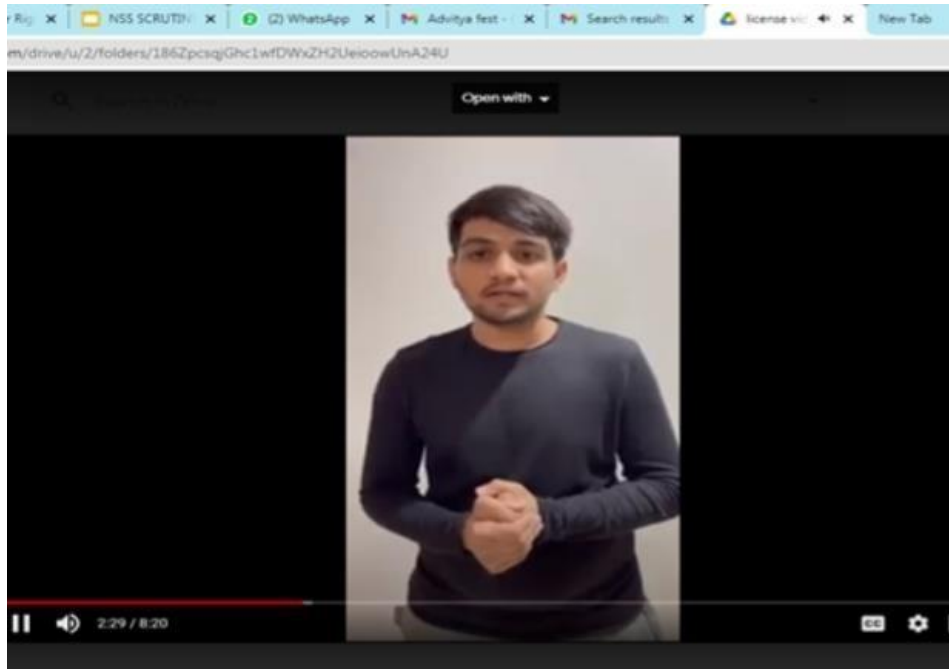
Date: 20th February 2021

Program: Importance of Driving License Video

MakingAttendees-

Volunteers: 11

The N S.S Unit of H.R. College of Commerce and Economics made a video based upon the importance of Driving License on occasion of the Road Safety Awareness Month. The main focus of the video was to create awareness on importance of driving license.



REPORT FOR SWACHHTA DRIVE

Date: 21st February

2021 Attendees-

Volunteers: 15

“One clean place is a safe place”. Keeping this quote in mind the N.S.S Unit of H.R College of Commerce and Economics conducted a Swachhta drive on 22nd February 2021. Our aim was to clean the premises around our respective residential areas. Every volunteer picked up their grooms and took equal efforts to make this event a success. Few of our volunteers even inspired few people around them to join them in this noble act.



REPORT FOR BLOOD DONATION DRIVE

Date: 22nd February 2021

Venue: H.R. College

Campus

Program: Blood Donation**DriveAttendees-****Volunteers: 21****Beneficiary:**

Blood Donation is extremely important as each bottle of blood collected helps in saving upto 3 lives. The N.S.S Unit of H.R College of Commerce and Economics conducted a blood donation drive at the H.R. College Campus in collaboration with the KEM Blood Bank. The blood Donation Drive was held on 22nd February 2021 from 9am onwards to 5pm. The volunteers worked with dedication and discipline throughout the day. This drive was successful as a total 33 units of blood was collected.



REPORT FOR WORLD CONSUMER RIGHTS DAY

Date: 15th March

2021Attendees-

Volunteers: 41

“Know your rights before buying the products”. On the occasion on the World Consumer Rights Day, The N.S.S Unit of H.R College of Commerce and Economics conducted an online

event for spreading more awareness about the rights and responsibilities of a consumer. We conducted a webinar to the volunteers aware and later conducted a quiz to test the knowledge that they've gained through the webinar.



REPORT FOR SANITARY KIT DISTRIBUTION

Date: 16th March

2021 Venue: Sakhya

Program: Sanitary Kit

Distribution Attendees-

Volunteers: 20

The N.S.S Unit of H.R College of Commerce and Economics conducted a Sanitary Kit Distribution 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 upto 3 years. We did our bit and helped the women to feel strong and empowered in every way possible.



REPORT FOR CYBER CRIME AWARENESS & SAFETY MEASURES

Date: 20th March

2021 Platform:

Online

Program: Cyber Crime Awareness and Safety

Measures Attendees-

Volunteers: 29

The N.S.S Unit of H.R College of Commerce and Economics hosted the 8th National Webinar on Cyber Crime Awareness and Safety Measures in collaboration with the CollCom. Cyber Security is of immense importance today. Thus we conducted a webinar on the same, 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 our event who shed light on this topic. Our volunteers learnt a lot about cyber security through this webinar and realized what our speaker said One single vulnerability is all an attacker needs.



REPORT FOR EARTH DAY CELEBRATION

Date: 22nd April

2021Attendees-

Volunteers: 41

The greatest threat to the planet is the belief that someone else will save it. We The N.S.S Unit of H.R College of Commerce and Economics took a step ahead and on occasion of this Earth Day conducted a cloth bag/jute bag making activity for the volunteers. We should all move towards a sustainable living and promote eco-friendly products to protect the earth. “The earth is what we all have in common” and we should come together to protect it.



REPORT FOR ANIMAL AND BIRD FEEDING

Date: 26th & 27th April

2021 Attendees-

Volunteers: 27

The N.S.S. Unit of H.R. College of Commerce & Economics conducted an event on Animal feeding on the 26th & 27th of July 2020. In this event many of our volunteers fed food, water & milk to the stray animals in their neighbourhood. The volunteers took part in this event by their guardian's permission. All the rules of social distancing were followed and all the volunteers wore a mask while conducting the event. This was considered to be the need of the hour as many stray animals were sleeping with an empty stomach and no hope during the pandemic.



REPORT FOR INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIOPHOBIA, TRANSPHOBIA

Date: 17th May

2021 Attendees-

Volunteers: 33

The N.S.S Unit of H.R College of Commerce and Economics conducted a poster making activity to break the barriers and stereotypes against homophobia, biophobia and transphobia. A lot of people have some pre-conceived notions and find it hard to accept the LGBTQ community. To change the mind these people and the outlook of the society we conducted this activity. This event was well received by all.



REPORT FOR INTENSIVE ANIMAL AGRICULTURE COULD SPARK THE NEXT PANDEMIC

Date: 19th May

2021 Attendees-

Volunteers: 42

The N.S.S Unit of H.R College of Commerce and Economics in collaboration with Humane Society International- India organized an seminar on Intensive Animal Agriculture Could Spark the Next Pandemic. Humane Society International believes that compassion for animals is a natural human condition regardless of culture, economic circumstance or political system. The speaker for this seminar was Mr. Abhishek Talukdar. By recognizing and celebrating the bond between animals and people throughout the world, we can start to break down the barriers to animal protection and create a new global culture :a culture of compassion for all animals.

Recording

HUMANE SOCIETY INTERNATIONAL
INDIA

INTENSIVE ANIMAL AGRICULTURE COULD SPARK NEXT PANDEMIC!



PPT by Abhishek Talukdar, Campaigner-Eat Kind India, Hsi/India

Abhishek Talukdar
Mansi Gandhi
BPM: 100 Tania Na...
HRNSS Tania Na...

REPORT FOR TREE PLANTATION WEBINAR

Date: 7th July 2020

Platform: Cisco

Webex

Program: How to do Tree Plantation at Home

Attendees: 22

Beneficiaries: 204

The N.S.S Unit of H.R. College of Commerce & Economics in collaboration with Hindustan Petroleum Corporation Limited (HPCL) conducted an online seminar on how to practice tree plantation at home led by the guest speaker Mr. Sagar Singh as a part of the Swachhta Pakhwada on 7th July 2020 live on Cisco Webex between 3-4pm which was attended by the N.S.S. volunteers and students of H.R. College as well as other college students and HPCL employees. The event was commenced by the CSR Head of HPCL Mr. Mudassir Azam by welcoming and introducing our guest speaker Mr. Sagar Singh. The guest speaker started the session by sharing a video about with us. He spoke about some important topics like the minimum forest cover required, water crisis in India, Solid Waste Management, the changes we can make in our daily lifestyle like using public transport, using recyclable stuff, using bucket water instead of shower and few more in order to try and help creating a better environment.



REPORT ON POSTER MAKING COMPETITION

Date: 11th July 2020

Program: Digital Poster

Making Attendees:

Volunteers: 12

Beneficiaries: 48

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with Hindustan Petroleum Corporation Limited (HPCL) conducted an online Poster Making Competition as a part of the Swachhta Pakhwada on 11th July 2020. Nearly 50 students had participated from various colleges. The participants had been given two hours to complete and submit their posters on the various topics they could choose from. The participants' efforts and initiative was appreciated by one and all. Later the results were announced based on the joint judgement of Prof. Pooja Lalwani mam and the CSR Head of HPCL Mr. Mudassir Azam



REPORT ON MACHINE-LESS MASK MAKING

Date: 10th July 2020

Platform: Cisco

Webex

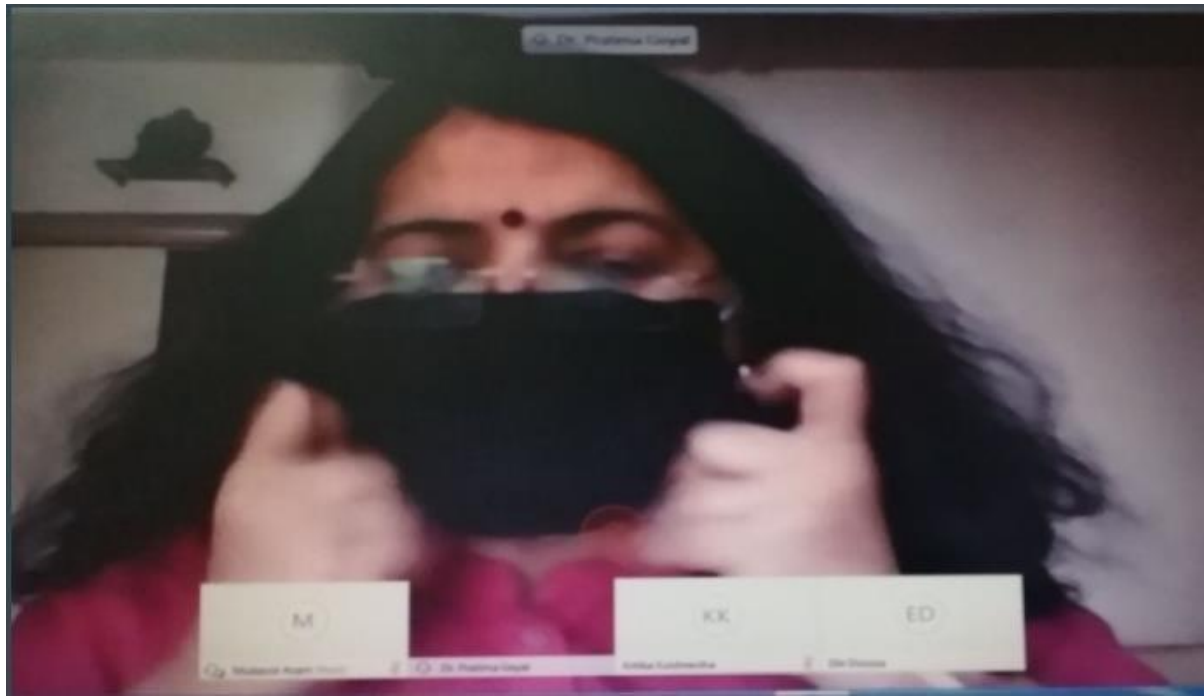
Program: Machine-Less Mask

MakingAttendees-

Volunteers: 21

Beneficiaries: 102

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with Hindustan Petroleum Corporation Limited (HPCL) conducted an online seminar on Machine Less Mask Making at home led by our guest speaker Dr Pratima Goyal as a part of the Swachhta Pakhwada on 10th July 2020 live on Cisco Webex. In this session we were not only taught how to make different types of masks with the help of materials like T-shirt, leggings or pyjamas and socks but also were informed about the right ways to wear a mask.



REPORT FOR SEMINAR ON DEALING WITH COVID-19 AS INDIVIDUALS AND ASCORPORATES

Date: 13th July 2020

Platform: Cisco

Webex

Program: Seminar on dealing with COVID-19 as Individuals and as

CorporatesAttendees-

Volunteers: 25

Beneficiaries: 120

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with Hindustan Petroleum Corporation Limited (HPCL) conducted an online seminar on Dealing with COVID-19 as individuals and as corporates on 13th July 2020 live on Cisco Webex. This seminar was led by Shri. Prabhat Pani, Senior advisor, Tata Trusts who was introduced by the CSR Head of HPCL Mr. Mudassir Azam. The guest speaker not only talked about several ways on how we could boost our immune system and maintain our well-being and health during these times but also talked about problems faced by the most marginalized communities and what we can do to improve or solve those.

Problems faced by most marginalized communities

Some facts

In 2011 (Census): 4.1 Cr
Estimated in 2020: 5.6 Cr, dependents in villages 22.4 Cr
(1 in 6 people in India are migrants)

India: Urban population: 35%, of which 24% in slums
Mumbai: 42%, majority live in 1-room accommodation -
no regular supply of water, electricity, poor sanitation, etc.
Dharavi: density 5 lakh/sq km

- Support in agriculture
- Backbone for India's manufacturing sector (MSMEs, and 50% contract labour in organized sector)

What you can do

Take care of marginalised people around you –
Contract workers, security guards, sanitation /
housekeeping personnel, servants, drivers,
policemen, shopkeepers, hawkers, etc.

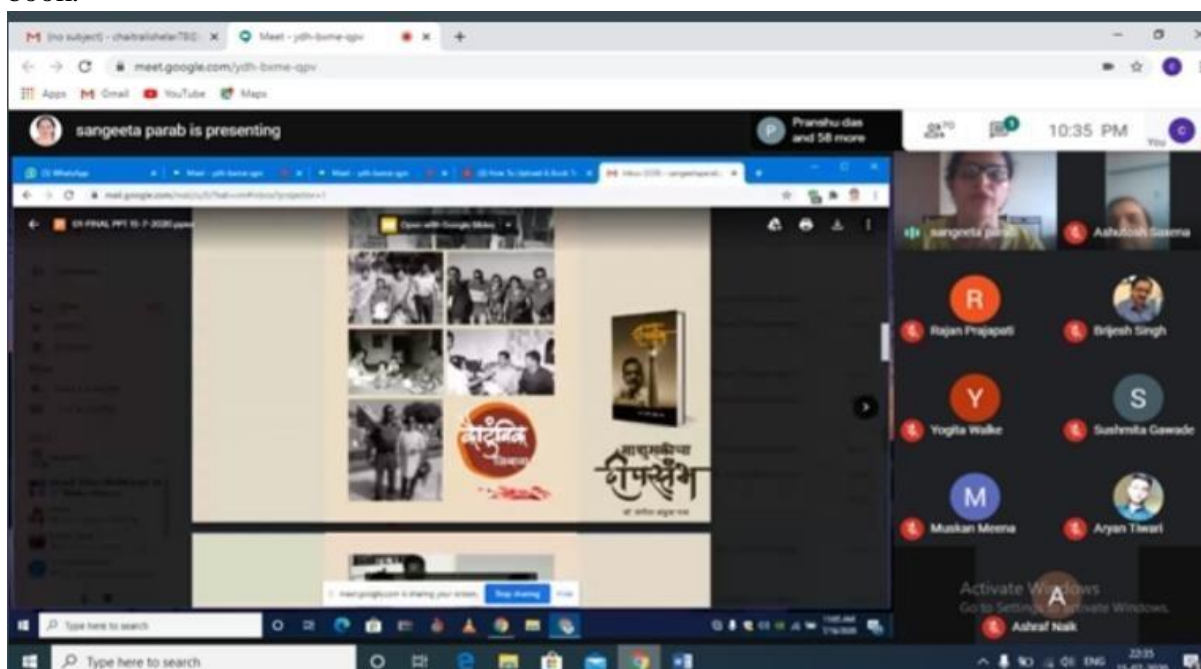
- Speak with respect and dignity
- Offer them food, tea and drinking water
(currently, masks and gloves)
- Do not bargain on prices
- Give them unused household items, clothes,
toys, phones, computers (in good condition)
- Spend time with their children – either
playing or teaching (support financially)

6

Book Launch of Dr. Sangeeta Parab

Date: 16th July 2020

The N.S.S. Unit of H.R. College of Commerce & Economics attended a webinar by Dr. Sangeeta Parab (Associate Professor-Department of Chemistry) about her first book which was organised by the N.S.S. Unit of Jai Hind College. The webinar was conducted on 16th July 2020 from 11:00am-12:00pm on Google Meet. Nearly 85 people attended the webinar. In the webinar she not only shared her journey about writing the book and but also told us about the book and shared with us a detailed presentation about the contents of her book.



Seminar on Future of Education after COVID-19

Date:17th July 2020

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with the Public Concern for Governance Trust (PCGT) conducted an online seminar on the topic Future of Education after Covid-19 led by the guest speaker Mr. Sudhir Purnaik, the Director of NSS Cell, University of Mumbai on the zoom app. The webinar was also Live on the YouTube Channel of H. R. College of Commerce & Economics. The Guest Speaker 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 had also graced the event with his presence and imparted knowledge to everyone present.



REPORT FOR SEMINAR ON UNDERSTANDING MENTAL HEALTH & COMMUNITY SUPPORT

Date: 25nd July 2020

Platform: Google

Meet

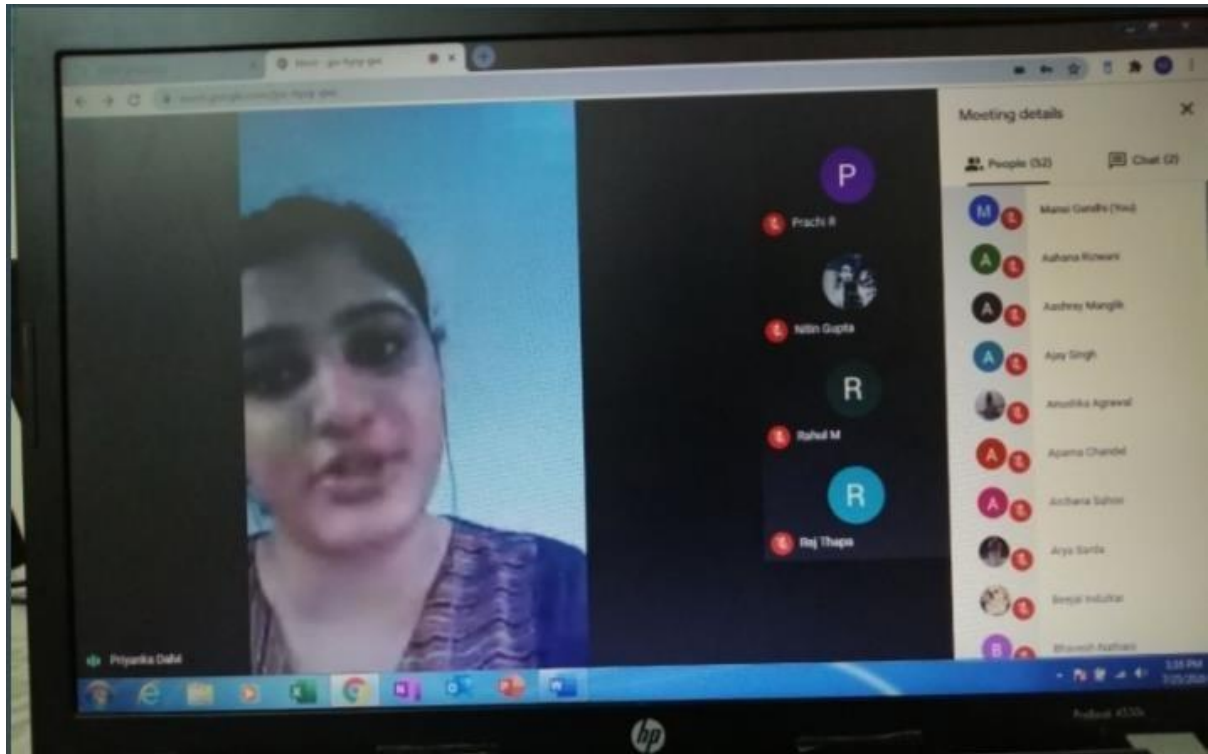
Program: Seminar on Understanding Mental Health & Community

Support Attendees-

Volunteers: 20

Beneficiaries: 59

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with Tarasha, a Field Action Project of Tata Institute of Social Sciences Mumbai conducted a webinar on the topic Understanding Mental Health & Community Support by a Team of Mental Health Professionals of Tarasha. The event was conducted on 25th July 2020 between 2:30pm-4:00pm on the platform Google Meet. The Guest Speakers Ms. Priyanka Dalvi & Ms. Aishaanyaa Tewari spoke about Mental Health, 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 along with the other people.



REPORT FOR INTERNATIONAL YOUTH DAY

Date: 13th August 2020

Program: International Youth

Day Attendees-

Volunteers: 19

The N.S.S. Unit of H.R. College of Commerce & Economics conducted various competitions for their volunteers on 12th August 2020 on occasion of the International Youth Day. The competitions include poster making, video making and meme or gif making. The theme for the same was “Youth Engagement for Global Action” which majorly focused on two topics HIV/AIDS awareness and COVID-19. The competitions not only helped the volunteers to get a better understanding about the topics and get over the stereotypes but also made the general public aware about it through our social media posts.



REPORT FOR WEBINAR ON FIGHTING CLIMATE CHANGE THROUGH OUR DIET

Date: 19th August

2020 Platform: Zoom

App

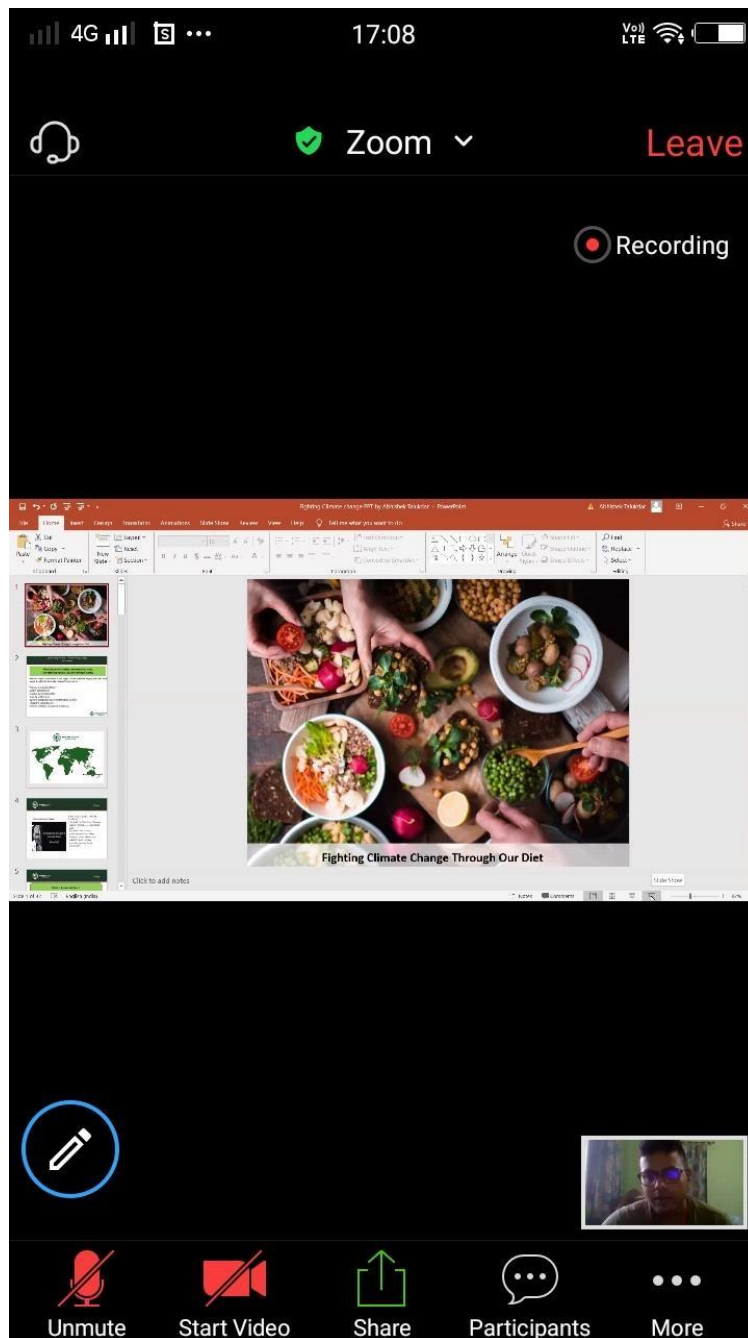
Program: Webinar on Fighting Climate Change through our

Diet Attendees-

Volunteers: 27

Beneficiaries: 80

The N.S.S. Unit of H.R. College of Commerce & Economics in collaboration with the Humane Society International conducted a webinar on Fighting Climate Change through our Diet on 19th August 2020 on the Zoom App from 5pm to 6pm. The webinar was attended by nearly 80 people. The Event was led by the guest speakers Mr. Abhishek Taludkar & his colleague Ms. Noyonika Gogoi . The speakers 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. The webinar was concluded by a Q&A round followed by a vote of thanks.



REPORT FOR PCOS WEBINAR

Date: 4th October 2020

Platform: Zoom

Program: PCOS

webinarAttendees-

Volunteers: 25

Beneficiaries: 516

The N.S.S Unit of H.R.College of Commerce & Economics organized a webinar at the University level to spread awareness on Polycystic Ovary Syndrome-PCOS. The event was conducted via a virtual platform Zoom and was also Live on YouTube. It was conducted on 4th October, 2020 from 4pm to 5pm and was graced by more than 800 beneficiaries. The guest speaker for the webinar was Dr. Ankita Sheth who takes special interest in clinical dermatology (with expertise in PCOS). The talk was very informative and provided all attendees with a wide range of knowledge and helped everyone get a better understanding of PCOS.



REPORT FOR ROLE OF JOURNALISM IN DEMOCRACY

Date: 8th December

2020Platform: Zoom

**Program: Role of journalism in
democracyAttendees-**

Volunteers: 36

Beneficiary: 173

The N S.S Unit of H.R. College of Commerce and Economics 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 who spoke on the importance of journalism as it gives current and relevant information and news to the public. The speaker's experience and knowledge taught us a lot about the topic. The webinar was well received by all the volunteers.



REPORT FOR TEACHING PROGRAMME

Date: 6th March

2021 Platform:

Online

Program: Teaching

Programme Attendees-

Volunteers: 20

Every Child Yearns to Learn, and Education is the most powerful weapon which can be used to change the world. The N.S.S Unit of H.R College of College of Commerce and Economics carried out an Online Teaching Program in collaboration with Angel Xpress Foundation. The volunteers were assigned different topics from Mathematics and Science and the program 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 as well. All the volunteers dedicatedly took part in this event and poured their heart to help the students excel.



SEMINAR ON FUTURE OF EDUCATION AFTER COVID-19

July 17, 2020

The N.S.S. Unit of HRC in collaboration with the Public Concern for Governance Trust (PCGT) conducted an online seminar on the topic Future of Education after Covid-19 with Mr. Sudhir Purnaik, Director of NSS Cell, University of Mumbai. The webinar was also Live on the Youtube Channel of H.R. College of Commerce & Economics.

The Guest Speaker spoke about online education & its 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 and imparted valuable insights.

*Mr. Sudhir Purnaik,
Director of NSS Cell,
University of Mumbai.*



*Mr. Julio Rebeiro, Founder Trustee,
Public Concern for Governance Trust.*

ENACTUS ACTIVITIES 2020-2021

1. Name of the activity: **Live Session**
2. Name of the scheme: **Sustainable Mensuration**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **8**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency:

Collaborating Agency: Neya

We are member of Enactus H. R. College of Commerce and Economics organised an Instagram live session on 31st March, 2021 in collaboration with Neya organisation. This organisation works towards awareness of menstruation and mental health. In total we had 4 live sessions with them over three weeks. The topics were- affordability of sustainable menstrual products and what makes them better, Scotland pad movement, men for menstruation, and sustainable menstrual products. These topics were chosen to break the taboo around menstruation and myths about it which in turn spread awareness.

In total, there were 7 speakers including the series of live sessions.

For each of the session, there were at least 30 viewers including the team members and 100-330 views on each of the live session recording uploaded afterwards.

The whole series of live session was a great success and was liked by a lot of people and appreciated by both the organisation.

7. Photographs or any supporting document of relevance should have proper captions

and dates.:

8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA

LIVE SESSION ON AFFORDABILITY WITH REGARDS TO SUSTAINABLE MENSTRUAL PRODUCTS



Be there! 31st March- 6:00 PM IST on Project Inaayat's Instagram account!

 neyaachennai

ACTIVITIES 2020-2021

1. Name of the activity: **MHM Session**
2. Name of the scheme: **Sustainable Mensuration and its hygiene**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **6**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency: Hamaara Sapna

Menstruation hygiene management session was conducted on 14th March in Pat village for 25 ladies by one of our community ambassadors, Mrunal Samant. Along with the session 50 kits were distributed.

We conducted three online menstrual hygiene management sessions with Hamaara Sapna organisation-

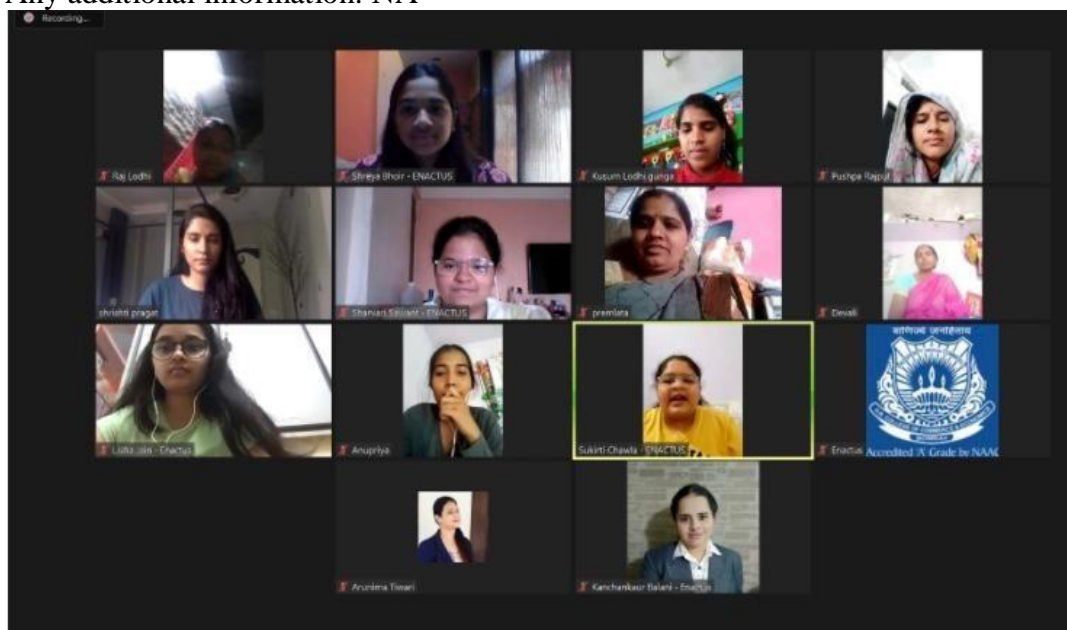
Session 1 (8th March) – 55 participants were there
Session 2 (10th March) – 40 participants
Session 3 (11th March) – 100 participants

These sessions were conducted over three languages – English, Hindi, & Marathi. We cover varied topic under this session such as puberty, menstrual products, PMS, PCOD/PCOS, menstrual cycle, anatomy, also bursting various myths and taboos. We tried to make it safe space to talk about periods.

This was a great experience for both of us, Enactus HRC as well as a collaborative agency. Our team members who were the speakers were outstanding with their job and were appreciated by the collaborating organisation.

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:

Any additional information: NA



ACTIVITIES 2020-2021

1. Name of the activity: **Periodicals Season 2**
2. Name of the scheme: **Menstrual Stigmas**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **10**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency:

Periodicals, an IGTV series curated to educate people regarding Menstrual Hygiene Management (MHM) and Periods in general. Using interesting facts and real-world statistics as our tools, we would be explaining about periods and all the major issues under MHM through this series. An initiative towards breaking the Period Stigma.

We make season 2 with 3 episodes for periodicals as well on 9th May, 2021. This was an excellent initiative by our marketing team and the video editing was done by us as well.

In both of our video we got 500 views on average.

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA

 *naayat*
presents

PERIODICALS

ACTIVITIES 2020-2021

1. Name of the activity: **Enaction**
2. Name of the scheme: **Enactus Nottingham**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **5**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency: Enactus Nottingham, UK

Enaction – International Discussion Forum took place on 29th May, 2021 at 9pm where international members imparted insights on their country's mechanism.

Enaction, a cultural exchange with Enactus Nottingham from UK, their outlook on mitigating the current issues of the world and how can we together employ methods for a better cause (hence en-action) were the major takeaways of this forum.

Views from both the Enactus teams were exchanged and a lot of operational work was discussed. This session gave an immense motivation to all our team members and gave insights on how to become a better Enactus team.

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA



ENACTUS HRC PRESENTS

ENACTION

AN INTERNATIONAL DISCUSSION FORUM

With

Enactus Nottingham, UK

Date: 29th May, 2021
Time: 9pm IST | 3.30pm GMT

ACTIVITIES 2020-2021

1. Name of the activity: **Distribution Drive**
2. Name of the scheme: **Menstrual Hygiene Kits Distribution**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **4**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency:

Project Inaayat was initiated with a hope that every woman has the privilege of menstruating under hygienic conditions. Taking a step towards this aim, on 4th October 2020 our team planned and executed a distribution drive of sanitary pads in a small village called Gaimukh Village. This village, although just a few miles across the city of Thane, is home to various traditional tribal communities who have very little access to any kind of menstrual hygiene products. Aided by the generous donations by our sponsors: Rotaract Ghatkopar, Sophia Dsouza and various Leo and lions' clubs, a total of 300 kits were successfully funded for this distribution. We are extremely thankful to them for collaboratively recognising the need for making sustainable menstrual products accessible to these tribal women. The entire distribution process was handled efficiently and smoothly by the volunteers by our collaborative partners: Aarna foundation who were critical in making this distribution drive a success. The month of November brings in a festive mood and, in an attempt, to lighten up lives for Diwali this year, our team planned another distribution drive of Inaayat kits on 6th November. Covid has ushered in challenging times for orphans and we recognised two orphanages in Mumbai: Bal bhavan and Amcha ghar who were in need for menstrual products. A total of 80 kits were distributed between these two Orphanages for young girls aged 13- 18 years. To usher in the new year on a bright note, In January with the generous donation by our technical partners DFG, our team donated 100 sanitary kits to rescue foundation. Rescue foundation is an organisation that helps abandoned sex workers and helps them rehabilitate into safer space

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA



ACTIVITIES 2020-2021

1. Name of the activity: **Webinar on LGBTQ++**
2. Name of the scheme: **LGBTQ at workplace**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **6**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency:

Collaborating Agency: Vishal Pinjani

Students of our club, Enactus HRC are always enthusiastic to talk about topics which are taboo but needs utmost attention. The rights and status of LGBTQ+ community is one of those. We decided to conducted a webinar on the topic – “LGBTQA++ inclusivity at workplace”.

Our esteemed speaker, Mr. Vishal Pinjani who is LGBTQ activist, TEDx speaker as well as life coach engaged in interesting discussion on the mentioned topic.

This session was conducted on pride month, 28th June, 2021 over zoom platform at 6pm. Total number of participants who joined were around 50. It was a wholesome experience to have discussion on this topic for all the team members and even the audience had a lot of questions to ask.

Hopefully, we were able to make those 50 people in the session aware about a lot more about LGBTQ community then they were before the session.

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student’s attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities:
10. Any additional information: NA



H.R. COLLEGE
of Commerce & Economics



**LGBTQA+
INCLUSIVITY
AT WORK
PLACE.**



Vishal Pinjani
LGBTQ Activist,
Tedx speaker,
life coach.

Time : 6 pm
Date: 28th June, 2021

ACTIVITIES 2020-2021

1. Name of the activity: **HAQIQAT**
2. Name of the scheme: **Environmental Issues**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **12**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency: N/A

Enactus HRC brought HAQIQAT – Not Real Until You Experience It, a documentary series unravelling the reality of the most pressing environmental issues of our time.

We launched three episodes of this documentary, first one covered the topic – Slaves of Plastic, where the speakers talked about plastic. Plastic pollution free world is not a choice but a commitment to life – a commitment to the next generation.

Our second episode highlighted the issues of extinction and how our current unconscious activities would rob our future generations the opportunity to cherish the nature's beautiful creations.

The third and final episode – Baack On-Line! It's time we stop depending upon something that we have created and start controlling the problems caused of it.

1st episode (25th July) – 815+ views
2nd episode (10th August) – 270+ views
3rd episode (19th November) – 150+ views

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA



Extinction wants you to see

HAQIQAT



Poverty wants you to see

HAQIQAT

ACTIVITIES 2020-2021

1. Name of the activity: **Daughter's Day Sale**
2. Name of the scheme: **Sale on Aajeevika products**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **6**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency: N/A

We launched a sale on the occasion of Daughter's Day. It has hefty discounts on our aesthetic sustainable products like scrunchies, headbands, tote bags, bow clips, etc under our Aajeevika Project. This happened in the month of September.

We got an amazing response and sold a lot of products. Few of our products were even sold out because of this sale.

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA

Daughter's Day Sale



Enactus HRC



September, 2021

ACTIVITIES 2020-2021

1. Name of the activity: **Online Session**
2. Name of the scheme: **Empathy on Entrepreneurship**
3. Year of the activity: **2020-21**
4. Number of teachers participating in such activities: **1**
5. Number of students participating in such activities: **6**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency.:

Collaborating Agency:

Enactus has always built an empathetic side inside all the team members because of the work we do, and thus we decided to share it to everyone else through our webinar with Terry Torok on the topic – Empathy in Entrepreneurship.

Terry is an amazing human being and his webinar was so interactive throughout. He is the Chief Innovation Officer for Enactus and has a lot of experience.

We had this session on 11th October, 2021 on the Zoom platform and were able to gather more than 70 attendees. It was a package of learning with fun for all of us. Beside the attendees and team members, we got a lot of appreciation from our faculty in charge as well.

7. Photographs or any supporting document of relevance should have proper captions and dates.:
8. Student's attendance documents. Attendance sheet provided should contain the signature of students.:
9. Certificates for selected extension activities.:
10. Any additional information: NA



ENACTUSHRC INVITES
YOU TO ORIENTATION +
SPEAKER SESSION



MR. TERRY TOROK
CHIEF INNOVATION
OFFICER

EMPATHY IN ENTREPRENEURSHIP

Date: 12/10/2021
Day: Tuesday
Timing: 6:30 PM



RCHR REPORT

1. AASHAYEIN- ADOPT A VILLAGE

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. It happened in the entirety of the academic year catering to different aspects listed below:-

- 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.
- SANITATION- is to educate village women about basic menstrual hygiene and distribution of sanitary napkins, re-usable for a span of 3 years.
- BOOND- (water) involves providing safe and clean drinking water by means of building tube and surface wells.

2. LUNCHBOX

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. It happened in the month of January, 2021.



3. RATION DONATION

Ration Donation was a project where 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. This was conducted with efficiency where all safety protocols were followed. The ration consisted of essentials like rice, oil, flour and biscuits as well.



4. GRAFFITI PAINTING

Graffiti Painting was conducted by 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. It was conducted in the Parel area and the wall was assigned by the BMC. The concept of the designs were themed around social issues and were executed entirely by our members.



5. PATSHAALA

Patshaala is a project that focuses on the academic development of the kids of Bhavishyaan community of municipal schools. This project revolves around the overall development of the kids and helps to mould them into confident and independent individuals in future. The project was conducted online in its initial stages because of the onset of Covid 19 but later on as the restrictions eased out, it was conducted offline. The information consisted of topics required to be covered in school.



6. BACK TO SCHOOL DRIVE

Back to School Drive is a project that focuses on the academic development of the kids of Bhavishyaan community of municipal schools. This project revolves around the overall development of the kids and helps to mould them into confident and independent individuals in future.



7. UNHEARD VOICES

The Unheard Voice is an ongoing project that inspires and motivates people through the platform of social media. It is a 3-week long project. Different and diverse people are interviewed and their stories are posted on Instagram that makes their voice heard to hundreds of people. The stories were recorded by our members and was released on Instagram along with a picture. The agenda was to cover all the stories which were unheard about and needed to be covered.

4:28

4G



theunheardvoice_rchr



24 Posts

230 Followers

2 Following

The Unheard Voice

Community Organization

A singular platform to voice the thousands who are unheard.

A page aiming to make a difference in the world.

An initiative by @rc_hr



Followed by rc_hr, diyaranawat7 and 95 others

Following

Message

Contact



THE UNHEARD VOICE



This is Rape Culture.

#GivingIsTheNewCool



The Women Development Cell Report

WOMEN'S DEVELOPMENT CELL

MS. SALEHA SYED
COORDINATOR



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.

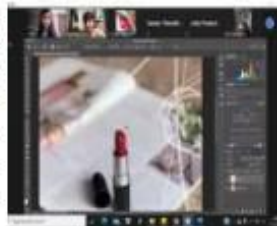
FRAME OF MIND

September 12-17, 2020

PHOTOGRAPHY GUIDANCE SESSION

September 12, 2020

The Women's Development Cell conducted a guidance session as a precursor to the 'Frame of Mind' Photography Competition by photography aficionado, Mr. Janmajay Tiwari, conducted the session.



Mr. Tiwari is a strong believer in women empowerment and portrays it through his work, which enlightened the participants by educating them about the technical aspects of Photography & the empowerment of emotions.

PHOTOGRAPHY REVIEW SESSION

September 17, 2020

The Women's Development Cell conducted a review session with all the participants of the 'Frame of Mind' Photography Competition with esteemed judge, Mr. Janmajay Tiwari. He reviewed the various photographs submitted by all the talented participants. He reviewed each entry and shared his valuable feedback for participants. He appreciated all the aspects he liked in their work and pointed out all the flaws that they needed to work on. He shared precious



tips and tricks that could help them improve and master the art of photography.

He also explained various technical concepts that left participants in awe of his sheer expertise. He declared the results of the competition and displayed the entries sent by the Top 5 winners. He edited their photos using Photoshop and demonstrated various effects that can be used to further enhance their images. He also enlightened the audience by sharing various editing apps and websites they can use to take impeccably professional images.

This immensely enriching session concluded with Mr. Tiwari's words of encouragement for participants and a vote of thanks.

In conclusion, this successful event was the result of team coordination. This event was executed with good promotional activities

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.

ICEBREAKER

After an introduction to WDC there were fun activities to help the members get acquainted. The students showcase their talent, especially singing. The enthusiasm of the members to work towards women empowerment for the betterment of women and the society at large was heartening.



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.

WOMEN'S DAY

March 8, 2021

The Women's Development Cell hosted a Women's Day Celebration to commemorate International



Women's Day. The event started with Prof. Priyamvada Sawant reciting a poignant poem. This was followed by an interactive session conducted by Prof. In-charge Mrs. Saleha Syed, where students asked interesting questions and teachers and parents gave their enriching inputs. The discussion highlighted topics like gender roles, sexism, social taboos and stereotypes. The guest speaker Dr. Farhin Katge, who is a Professor and Head of Pediatric Dentistry at Terna Dental College, delivered a motivating message to the audience about how important it is for women to be independent and chase their dreams.

Various dazzling performances were conducted during the evening. The audience witnessed some soulful poems and melodious songs recited by talented students which mesmerized the audience.

An enriching Quiz Session was conducted that made everyone jog their memories as they answered questions about general knowledge, iconic women and their achievements, as well as women-centric Bollywood films.

The celebration concluded with an awe inspiring address by our second guest speaker, Dr. Neha Shah, an ace consulting psychiatrist who motivated women to stand up for themselves and claim their rights & freedom.

CORE COMMITTEE

President	Editorial Head
Krish Vijan	Kareena Parekh
Vice President	Marketing and Guest Relations Head
Hiba Siddiqui	Devik Rajani
Technical Head	Socials Head
Ashna Hasolkar	Jolly Thadani
Social Media Head	Vinita Tanwani
Pranjal Tharpar	
PR Head	
Vanshika Mithani	

ACTIVITIES 2020-2021

1. Name of the activity : **One of a kind**
2. Name of the scheme : **General Awareness**
3. Year of the activity : **August 6,7,8, 2020**
4. Number of teachers participating in such activities : **1**
5. Number of students participating in such activities :
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency. :
Collaborating Agency :

We the members of Student United Way of H.R. College of Commerce and Economics commenced our event called One of a Kind on 6th August, 2020. The main aim of the event is to normalize the so-called taboos in our society and let people know how mental health, LGBTQIA+ community and COVID-19 survivors are anything but taboo. The event was promoted via WhatsApp and Instagram and the forms were circulated online so that people can fill them up to attend these sessions. The topic of the webinar conducted on 6th August, 2020 was Mental Health Wellness. The guest speaker was Dr. Rituparna Ghosh who is a consultant psychologist and psychotherapist. The topic of the webinar conducted on 7th August, 2020 was LGBTQIA+ community. The guest speaker was Alex Mathew A.K.A Maya The Drag Queen who is a TEDx speaker and a LGBTQIA+ influencer. The topic of the webinar conducted on 8th August, 2020 was COVID-19 Warriors. The guest speakers were Dr. Shailesh Wagle, a Community Investment Manager at United Way Mumbai and Mehar Bhagat, a COVID19 survivor who is a wellness coach and dietician.

7. Photographs or any supporting document of relevance should have proper captions and dates. :
8. Student's attendance documents. Attendance sheet provided should contain the signature of students. :
9. Certificates for selected extension activities. :
10. Any additional information : NA

STUDENT UNITED WAY

"ONE OF A KIND"

DR. RITUPARNA GHOSH
Consultant Psychologist and psychotherapist

THURSDAY
6TH AUGUST
5:30-6:00PM

Student United Way
PRESENTS

"ONE OF A KIND"

#DragQueen

ALEX MATHREW AKA MAYAMMA

7th August, Friday
5:30pm -6pm

STUDENT UNITED WAY

"ONE OF A KIND"

#COVIDWARRIORS

DR. SHALESH WAGLE

MEHR BHAGAT

8th August, Saturday
17:30-18:00

ACTIVITIES 2020-2021

1. Name of the activity : **Covid Letters of Love**
2. Name of the scheme : **General Awareness**
3. Year of the activity : **August 9-16, 2020**
4. Number of teachers participating in such activities : **1**
5. Number of students participating in such activities : **162**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency :
Collaborating Agency :

We the members of Student United Way of H.R. College of Commerce and Economics commenced our event called COVID Letters of Love on 9th August, 2020. The main aim of the event was to show our gratitude to the COVID frontline workers by writing handwritten letters and displaying each of them via social media considering the pandemic. This initiative is dedicated to all COVID warriors who braved emergency rooms when no one dared to step out, to all those who have sacrificed their lives during the line of duty and to all those who are putting up themselves in the frontline everyday fighting the battle with COVID-

19. Messages and posters were created to promote this event via our Instagram page and WhatsApp. We created a hashtag for our event, i.e., #dilsethankyou. We received 162 letters from across the globe by 12th August, 2020. On 13th August, 2020 we published all the letters on our Instagram page so that the letters reach these unsung heroes to let them know that we value their work and how grateful we are to have them during this pandemic. On 16th August, 2020 we posted a video on H.R. College's YouTube channel wherein the Principal of our college Dr. Pooja Ramchandani, our Vice Principal Dr. Navin Punjabi, our faculty mentor Ms. Kanu Priya Sharma, the event volunteers and SUW members express our gratitude to all the COVID warriors, i.e., an open letter for them. Handwritten letters from India, UAE, USA, UK, etc. came in and each letter was shown in the YouTube video and Instagram posts so that these letters reach the COVID warriors. We received a good feedback for this event. This initiative was a huge success because many people were exploiting this unique opportunity to express their gratitude to the heroes of the hour.

7. Photographs or any supporting document of relevance should have proper captions and dates. :

ACTIVITIES 2020-2021

1. Name of the activity : **Chasing Real**
2. Name of the scheme : **General Awareness**
3. Year of the activity : **September 18-24, 2020**
4. Number of teachers participating in such activities : **1**
5. Number of students participating in such activities : **188**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency :
Collaborating Agency :

The main aim of the event was to normalize all the imperfections imposed by the society, begin a filter free era, accept ourselves just the way we are and chase the real us. Student United Way started promoting the event via Instagram and WhatsApp with the help of messages and posters. We asked people to send in their no-filter pictures via google form so as to show society how beautiful we are even without filters or makeup and requested them to post their nofilter pictures on Instagram and WhatsApp by using #chasingreal. 188 people accepted this challenge and posted their pictures without filters by using the hashtag, showing society how they have let their insecurities go. We asked people to send in their self-acceptance stories, i.e., stories where they questioned themselves for the way they are, whether they were treated differently by society and how they overcame their insecurities. All these pictures were put on our Instagram story as well. 12 people shared their self-acceptance stories while few preferred to stay anonymous. On September 24, 2020, the self-love pictures and stories were posted on our Instagram page. Many found this event powerful as it had a positive impact on people. Chasing Real helped many together the courage to post their pictures in their own skin without fear, insecurity or shame.

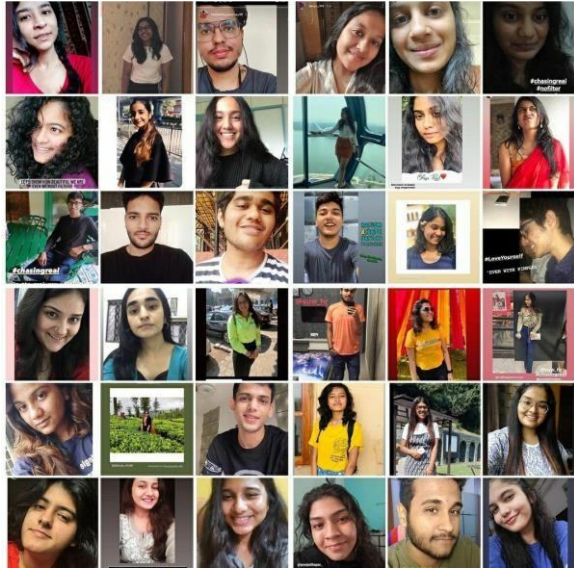
7. Photographs or any supporting document of relevance should have proper captions and dates. :
8. Student's attendance documents. Attendance sheet provided should contain the signature of students :
9. Certificates for selected extension activities :
10. Any additional information : NA

#ChasingReal

Chasing Real

REAL IS BEAUTIFUL

Date: 18-24th September 2020



Anonymous

I used to be someone who was disturbed about the way I look. I always thought that how I looked, the way I'm built, etc. makes people judge me and that they won't accept me. I started to try and fit in always trying to make myself someone who I am not. And then almost 2 years back I met a person in my life who loved me no matter how I looked, she gave me the assurance that I was perfect the way I am, and what anyone else thinks doesn't matter. She is the reason for the confidence I have in myself right now. She made me feel comfortable in my own skin. And I love her for that. Yes it took her to make me realize that what matters is that I accept myself. Everyone needs to believe it. Sometimes she herself falls prey to the thoughts she saved me from, and I help support and assure her that she is pretty no matter what. I think we all need someone who shows us that you matter the way you are. And for that I happen to be around here and support each other the way they are.

Anonymous

To be honest, I still haven't accepted myself for the way I am. I've always been an obese kid. I want to change myself as I'm not comfortable in my skin, but it's like the extra weight has become a part of me now. I hope someday I'll be happy with the way I look.

Anonymous

We live in a world where we are constantly judged for who we are or how we behave. We are made to conform to societal norms. In such a big world I'm just a tiny speck trying to find who I am and how I fit in. But in this constant struggle I've forgotten how I really feel. I don't really have a story per say, but I'd just like to put it there for all those who are finding themselves, don't give up. You are enough and you are worth it however you are. Just love yourself for being you!

Anonymous

I used to be someone who was disturbed about the way I look. I always thought that how I looked, the way I'm built, etc. makes people judge me and that they won't accept me. I started to try and fit in always trying to make myself someone who I am not. And then almost 2 years back I met a person in my life who loved me no matter how I looked, she gave me the assurance that I was perfect the way I am, and what anyone else thinks doesn't matter. She is the reason for the confidence I have in myself right now. She made me feel comfortable in my own skin. And I love her for that. Yes it took her to make me realize that what matters is that I accept myself. Everyone needs to believe it. Sometimes she herself falls prey to the thoughts she saved me from, and I help support and assure her that she is pretty no matter what. I think we all need someone who shows us that you matter the way you are. And for that I happen to be around here and support each other the way they are.

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ACTIVITIES 2020-2021

1. Name of the activity : **The Tree Plantation Campaign**
2. Name of the scheme : **General Awareness**
3. Year of the activity : **September 29- October 5, 2020**
4. Number of teachers participating in such activities : **1**
5. Number of students participating in such activities : **250**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency :
Collaborating Agency :

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 #ihelptuwhrgogreen 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.

7. Photographs or any supporting document of relevance should have proper captions and dates. :
8. Student's attendance documents. Attendance sheet provided should contain the signature of students :
9. Certificates for selected extension activities :
10. Any additional information : NA



ACTIVITIES 2020-2021

1. Name of the activity : **Two Wheels One Life**
2. Name of the scheme : **Road Safety**
3. Year of the activity : **November 6, 2020**
4. Number of teachers participating in such activities : **1**
5. Number of students participating in such activities : **30**
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency :
Collaborating Agency : United Way, Mumbai

The members of Student United Way of H.R. College of Commerce and Economics, led by Pankaj Mandani, participated in an event called Two Wheels One Life where the SUW members volunteered to promote road safety awareness among people. United Way, Mumbai, which is an extension of the International NGO United Way, conducted this event to sensitize maximum people on this important topic. This awareness campaign was conducted in three stages, which then led to the fourth one. The volunteers were asked to do the following:

- Road Safety Webinar- November 6, 2020 Attend a webinar conducted by United Way, Mumbai regarding road safety so that the volunteers get a fair idea of how to promote road safety.
- Road Safety Quiz - January 24, 2021 A quiz prepared by United Way, Mumbai was distributed among people, through the volunteers, to gauge the knowledge of road safety in the minds of public.
- Road Safety Poster Making Programme - February 3-5, 2021 Ask people to make at least one handmade poster on the topic of road safety. With this activity, road safety is etched in their memory and this helps people to be alert.
- Road Safety Social Media Engagement Programme - February 24-25, 2021 Promote six digital posters of road safety prepared by United Way, Mumbai; on the social media handles, so that maximum people can reflect over road safety and the important role it plays in our lives. Majority of the SUW members participated in this event with great enthusiasm. In the end, the volunteers received certificates from United Way, Mumbai stating that they had successfully become a Road Safety Volunteer by promoting road safety among people. Individual trophies for the same will be distributed soon.

7. Photographs or any supporting document of relevance should have proper captions and dates :
8. Student's attendance documents. Attendance sheet provided should contain the signature of students :
9. Certificates for selected extension activities :
10. Any additional information : NA



ACTIVITIES 2020-2021

1. Name of the activity : **Project Muskan**
2. Name of the scheme : **General Awareness**
3. Year of the activity : **April 1-6, 2021**
4. Number of teachers participating in such activities : **1**
5. Number of students participating in such activities :
6. Report of the event. Detailed report for each program extension and outreach program to be made available, with specific mention of number of students participated and collaborating agency :
Collaborating Agency :

We the members of **Student United Way of H.R. College of Commerce and Economics** commenced our event called *Project Muskan* on 1st April, 2021. The main aim of the event was attending to the needs of the underprivileged by way of donations. The COVID-19 pandemic has created unmet needs above and beyond the usual. Together we tried to make this pandemic a little easier for the disadvantaged by donating essentials and contribute for their betterment.

Messages and posters were created to spread awareness about the issues faced by the unfortunates during this pandemic. Considering the pandemic, the project was only limited to SUW members. Members were asked to collect things that they no longer need which is in good condition and donate it to their nearest NGO or charitable organisation or donate it to someone who is in need. Food and money were not allowed to be donated via this project. Everyone had to strictly follow the COVID-19 protocols while donating, i.e., wear masks and gloves, sanitize their hands and maintain social distance and they were asked to click a picture of themselves donating. The SUW members donated essentials such as clothes, stationary, sanitizers and masks in NGOs and charities near their homes. On 9th April, 2020, we posted the pictures on our Instagram page to show how SUW has taken a step towards change. Certificate of participation from H.R. College of Commerce and Economics were provided to everyone who participated. This project was a huge success as for every donation we got a smile in return.

7. Photographs or any supporting document of relevance should have proper captions and dates :

8. Student's attendance documents. Attendance sheet provided should contain the signature of students :

9. Certificates for selected extension activities :

10. Any additional information : NA



