

EXTENSION ACTIVITIES

How to Improve Your CV and Write Essays for College Applications - **September 30, 2020**

Icebreaker Series 2020-21 - **October 12-17, 2020**

Adobe Photoshop Workshop - Designing Logos & Instagram Posts - **October 20 & 21, 2020**

Adobe Photoshop - Designing Logos and Instagram Posts - **October 27 - 29, 2020.**

Artificial Intelligence - **January 12, 2021**

Tally ERP 9 Workshop - **January 20, 2021**

Excel in MS-Excel - **January 25, 2021**

"Build your E-Commerce Store in an Hour"
Masterclass - **February 5, 2021**

Stock Market Investing - **April 24, 2021**

An overview of Financial Markets - **August 12, 2020**

Careers In Event Management - **August 25, 2020**

Starting your investing journey - **March 5, 2021**

Consumer Goods and Innovation - **October 15, 2020**

A Sense-Ational way to become a Sense-Ible Marketer -
October 16, 2020

Travel & Languages - **November 6, 2020**

Time Management - **November 19, 2020**

Job Search and CV Building - **August 1, 2020**

The Art of Formal Communication - **September 9, 2020**

The Language of Leadership - **September 26, 2020**

E-Industrial Visit to Jain Farm Fresh Foods Ltd. -
September 11, 2020

Academic Achievers Ceremony - **June 12, 2021**

Institutional Quality Management - **November 27, 2020**

Covid-19 and Changing Business Dynamics -
February 16, 2021

Virtual - Investor Awareness Program - **March 13, 2021**

How to Write a Research Paper - **January 30, 2021**

E-Industrial Visit to Mapro - **January 19, 2021**

Honours Debate - **December 8 & 9, 2020**

Artificial Intelligence & Fintech - **February 28, 2021**

Email Etiquette - **November 8, 2020**

Design and Entrepreneurship - **November 21, 2020**

Social Media Marketing and Advertisement -
December 5, 2020

Launch of Media Network Club - **January 9, 2021**

Importance of Social Media For Careers In Media -
February 5, 2021

Stock Picking Matrix - **July 26, 2020**

All about Algorithm Trading - **September 1, 2020**

Creating & Managing an Optimal Portfolio -
September 17, 2020

Exploring the Food & Hospitality Industry - **October 4, 2020**

Importance of Research in Stock Selection -
November 9, 2020

The Power of Early Investing - **November 27, 2020**

Sales & Its Endless Applications - **March 6, 2021**

Evolution of the Banking Sector And its Importance to
the National Economy - **October 10, 2020**

Risk Management in Banking & Insurance - **October 31, 2020**

Investor Awareness Seminar - **November 29, 2020**

Analytics and Data Science - **January 19, 2021**

Stock Market - **January 23, 2021**

Human Resource - **January 21, 2021**

Investment Banking - **January 24, 2021**

Mergers and Acquisitions - **August 20, 2020**

Financial Planning - **September 16, 2020**

Workshop Conducted on REDC by The Faculty
Development Centre - **October 19, 2020**

Entrepreneurship as a Habit - **November 7, 2020**

Intellectual Property Rights - **May 7, 2021**

Digital Marketing - **September 14, 2020**

Entrepreneurship - **September 24, 2020**

Entrepreneurship and Enactus - **October 19, 2020**

Financial Analysis & Investment Pitch - **October 17, 2020**

Morgan Stanley Internship Drive 2020-21 -
September 18, 2020

Stalk The Stock - September 28 to October 28, 2020

Financial Modelling & Valuation Masterclass -
February 1 to 24, 2021

Finance Future Trends Webinar Series 2020-21 in
Association with The Chartered Institute of
Management Accountants (CIMA) - **February 22 to 27, 2021**

How Tech is Transforming Financial Regulations -
March 25, 2021

Transforming Finance: Blockchains, Machine Learning
and Artificial Intelligence - **March 27, 2021**

Agatekeeper or Business Enabler - **March 26, 2021**

Panel Discussion on Body Shaming and How to Overcome It - **February 27 2021**

The Magic of Books - **October 15, 2020.**

Book Discussion and Review - **March 15, 2021**

Launch of Book Club Database - **May 9, 2021**

Focus - **July 7-9, 2020**

Doodle Workshop - **July 10, 2020**

Mental Health Week - **July 12-18, 2020**

Tunes and Twirls - **July 19 to 25, 2020**

Stock Market 101 - **July 31, 2020**

Icebreaker - **November 1, 2020**

Panel Discussion "Practical Aspects of Wealth Creation" - Mr. Mukesh Dedia and Mr. Kunal Rambhia

Webinar "Coach Your Approach" - **October 24, 2020**

Workshop "Investing In Equities & Mutual Funds" by Mr. Devesh Kapadia - **January 31, 2021**

International Tiger Day - **July 29, 2020**

Ganesh Chaturthi Photography Competition - **September 2-7, 2020**

Workshop on Eco-Friendly Ganesha Idols - **August 21, 2020**

Diwali Diya Painting Workshop - **November 9, 2020**

Green Diwali Campaign - **November 9 & 11, 2020**

Silent Diwali - **November 11, 2020**

'For Students, By Students' Programme - **September 2020 to May 2021**

Fresher's Debate 2020 - **November 9, 2020**

Guru Purnima

Rin Gayin Avdi - **August 2020**

Navaratri's Navadurga

Marathi Bhasha Divas - **February 27, 2021**

Sindhi Culture: Traditional Clothing and Foods - **July 27, 2020**

Role of Youth in Promoting Sindhi Language - **July 28, 2020**

Sindhi Dhamaal - **November 9, 2020**

Puja Bherana Sahib - **July 29 2020**

Sindhi Bhajan Sandhya - **August 9, 2020**

Naye Saal Ji Mauj - **January 16, 2021**

International Sindhi Language Day Celebration - **April 10, 2021**

Accelerating into E-Sports - **September 29, 2020**

Live With Mr. Paanwala - **March 4, 2021**

TRP & TV Monitoring - **November 19, 2020**

Mind Matters: Mental Health Prevention & Preservation - **June 21, 2020**

Student Counselling & Mental Health - **June 24, 2020**

Mom: Mindset of Mothers - **June 28, 2020**

Mentoring the Mentors - **September 4, 2020**

Toxic Positivity - **December 17, 2020**

Overcoming Exam Anxiety - **January 2, 2020**

Philosophical Praxis through Art - **March 11, 2021**

Sigmund Freud: An Everlasting Influence - **May 22, 2021**

Content Writing - **May 31, 2021**

Is The Pandemic To Start A Biz? - **July 8, 2020**

Unemployment and Alternate Source of Income - **July 17, 2020**

Emotional Intelligence Webinar - **January 5, 2021**

Discovering the Art of Communication - **March 15, 2021**

Online Video Editing Session - **June 5 & 6, 2020**

Art of Living Session - **June 14, 2020**

Eq Story Diaries - **July 13, 2020**

Hack the Shell-A Framework to Innovate- **September 12, 2020**

Finding the Story - **July 26, 2020**

Corporate Readiness at Home - **August 15, 2020**

Stress Management - **February 28, 2021**

Public Speaking - **March 2, 2021**

Grooming and Etiquette - **March 3, 2021**

Creative Writing - **March 5, 2021**

Alumni Training Session - **October 17, 2020**

Live Fresher's Casing Session - **November 1, 2020**

Orientation and Training Session - **October 20, 2020**

Panel Discussion on Reality and Complexity of Mergers and Acquisitions - **May 25, 2021**

Seminar on Ai and MI Revolution - **November 7, 2020**

Alumni Lecture with the Founders of Bombay Hemp Company - **October 24, 2020**

Going Beyond the Degree - **October 31, 2020**

Teaching Self-Compassion as a Primary Human Virtue - **November 11, 2020**

How to Build Effective Resumes - **November 21, 2020**

6 S of start-ups - **May 22, 2021**

Minds Wide Open the Art Of Communicating - **September 26, 2020**

Your Superpower Is Your Difference - **September 26, 2020**

The Art of Communicating - **September 26, 2020**

A Tale of Finance by Comic Heroes - **October 3, 2020**

How to Live an Extraordinary Life - **October 3, 2020**

Unravelling Excellence in Cancer Care - **October 10, 2020**

Don't Limit Your Challenges, Challenge Your Limits - **October 3, 2020**

Why We Struggle To Make the Right Choice on Netflix and In Life - **October 10, 2020**

Master Your Mind, Body & Emotions with Ayurveda - **October 10, 2020**

Can the Millennial Change the Millennium - **June 4, 2020**

Insight into the Luxury Travel Industry - **July 9, 2020**
 Bake With Ms. Srishti Tyagi - **June 11, 2020**
 Journey is more important than the Destination - **July 16, 2020**
 Journey from Fashion Blogger to Vogue Stylist - **June 18, 2020**
 Bees and Leadership Connection - **July 23, 2020**
 Anxiety Management in the Pandemic - **June 26, 2020**
 Breaking the Myths of Menstruation - **July 30, 2020**
 Journey of an Actor - **July 2, 2020**
 Zumba - **July 7, 2020**
 Yoga - **July 15, 2020**
 Sound Meditation - **July 20, 2020**
 Feeling & Healing - **July 28 to 30, 2020**
 Standard Intake of Nutrients - **July 28, 2020**
 Striking Balance between College Life and Personal Life - **July 29, 2020**
 Basic Exercises - **July 30, 2020**
 Expressing Self-Compassion Using Creative Arts - **August 8, 2020**
 Sync Originals - Freestyle Dance - **August 13, 2020**
 Sync Originals - Hit Session - **August 18, 2020**
 Sync Webinar on Self-Love - **August 24, 2020**
 Yoga & Hiit Workout - **August 30, 2020**
 Fusion Garba - **October 13, 2020**
 Health & Healing Through Yoga and Meditation - **September 8-10, 2020**
 Teachers' Special: Self-Compassion Using Art - **September 12, 2020**
 Zumba Icebreaker for FY Students - **October 15, 19 & 21, 2020**
 Bollywood Yoga - **October 31, 2020**
 The Fabulous You - **Personal Branding - January 22, 2021**
 The Emotelligent You - Emotional Intelligence - **January 29, 2021**
 The Eloquent You - Public Speaking - **February 6, 2021**
 Decoding SPM - **July 11, 2020**
 Ig Live Inspirational Series "Everyone Has a Story to Tell" - **July 18, 2020**
 Mental Health Awareness Week - **October 4-9, 2020**
 Panel Discussion "5 Trillion Dollar Economy: Marching Towards New India" - **April 10, 2021**
 Think India HRC Vision 2030: The Inception of New Indian Economy - **April 10 & 11, 2021**
 Parliamentary Session- "The Crypto Currency Bill, 2021" - **April 11, 2021**
 Period Art - **October 23, 2020**
 Evolve - **September 4, 2020**
 Social growth and well-being June - **June 2-5, 2020**
 Environmental growth and well-being - **June 5, 2020**
 Beginner's guide to the world of finance - **June 19, 2020**
 Mental Health and well-being - **June 10, 2020**
 Journalism 101 - **June 29, 2020**
 Social Media & Marketing 101 - **July 3, 2020**
 Essence of Colours' Art Competition - **July 17, 2020**
 Explore New Horizons - **July 16 to August 9, 2020**
 'Du Coeur' Poetry Competition - **July 20, 2020**
 Photography & Videography 101 - **July 16, 2020**
 Literature 101 - **July 22, 2020**
 Cooking 101 - **August 5, 2020**
 'Lights Camera Action' - Acting Competition - **July 27, 2020**
 Instagram Live Session with Juggy Sandhu - **August 9, 2020**
 Acting 101 - **July 28, 2020**
 Communicating Your Way to Success - **October 12, 2020**
 Cherry on the Top Dessert Styling Competition - **July 27, 2020**
 From Classrooms to Cabins - **October 13 & 14, 2020**
 Success Mantras to Break the Glass Ceiling - **March 8, 2021**
 Road to MBA - **September 22, 2020**
 Webinar in Collaboration with T.I.M.E. - **October 22, 2020**
 Coffee Grounds by Tata Starbucks - **June 27, 2020**
 Corporate Finance Woman of the Year 2021 - **August 22, 2020**
 Ethical Hacking and Cyber Security - **September 18, 2020**
 Launch of Ernst & Young Scholarship Programme 2020-21 - **November 10, 2020**
 LinkedIn Networking - **November 30, 2020**
 How to Draft a Winning Resume - **December 2, 2020**
 Opportunities and Scope in the BSFI Sector - **December 3, 2020**
 Interview & Group Discussions - **December 3, 2020**
 How to Give an Interview in a Digital Environment - **December 4, 2020**
 How to Make Money - **February 17, 2021**
 Career Counselling Session 2020-21 - **March 16, 2021**
 Pre-Placement Talk by Arvind Fashion House - **March 25, 2021**
 Pre-Placement Talk with Zomato - **April 27, 2021**
 Incubation Fest - **February 22 to 27, 2021**
 Role of Government in Entrepreneurship - **February 23, 2021**
 Role of Communication - **February 24, 2021**
 How to Fund a Start-Up? - **February 25, 2021**

ALUMNI ENGAGEMENTS, PLACEMENTS, COLLABORATIVE ACTIVITIES & INTERNSHIPS

ALUMNI ENGAGEMENTS

Name of Event and Name of Alumni Engaged

- Masterclass with **Ms. Masumi Mewawalla**
 Alumni lecture with the founders of Bombay Hemp Company
 - **Mr. Jahan Peston Janas**
 - **Mr. Chirag Tekchandaney**
 Going beyond the Degree
 - **Mr. Anirudh Agarwal**
 - **Ms. Priyanshi Chokshi**
 Entrepreneurship as a Habit
 - **Mr. Abhinav Ravi**
 Teaching Self-Compassion as a primary Human Virtue
 - **Mr. Sahil Raina**
 How to Build Effective Resume?
 - **Mr. Sharang Dhaimade**

COLLABORATIVE ACTIVITIES & INTERNSHIPS

An Agreement for Recommendation of Students

- Ritsumeikan Asia Pacific University, Japan

Summer Internship Programme

- Plop Stories
- Marsilex
- AdaptFlex
- Unschool
- Mavent Tech
- Younity.in
- Kompete
- Gozoop
- Brand Saloon
- Blitz Jobs
- Vibrant Holiday Destinations Pvt Ltd
- Startup Lanes
- Finrex Treasury Advisors LLP
- Spectrum Food Solutions
- EduKEY Intelligent Systems
- ABC Consultants Pvt Ltd

Internship Programme

- Savage & Palmer
- Grad2Live
- Kapiva
- Metvy
- Freedom Assets Management
- Unschool
- Peacock Solar
- Glitch
- Muskurat Foundation
- Sureti IMF

PLACEMENTS DURING THE YEAR

Name of the Employer	No. of Students Employed
MSCI	06
Endurance International Group	01
TresVista	05
ICICI Bank	14
Ernst & Young	16
QuickSell	01
Deutsche Bank	05
ICICI Lombard	04
Mahindra Logistics Ltd.	01
Liquiloans	02
Genpact	04
TopHire	01
Schbang	04
Nexdigm SKP	03
K12 Techno Services Pvt. Ltd.	03
Calvin Klein & Tommy Hilfiger	03
TresVista	01
Interactive Brokers	03
NeoSoft Technologies	01
Zomato	04
Visible Alpha Solutions Pvt. Ltd.	02
IDBI Placement	08
PricewaterhouseCoopers (PwC)	01
Upstep Academy	02
Media.net	01
Ugam Solutions	01
Atticus Advisors	01
Deloitte	09
Zell Education	01
Fourth Signal	02
Liquiloans	02
UnMath School Pvt. Ltd.	01
Gradeazy	01

Winter Internship Programme

- Jio Creative Labs
- Zinglin Media Pvt. Ltd.
- Kalakari Gifts
- Expertrons
- Algorithmics

MOUs SIGNED DURING THE YEAR

Name of the Institution/ Industry/ Corporate House	Year of signing MoU	Duration
ACK Capital Management Private Limited	2020-21	14th July 2020 until it is expressly terminated by other party
LFC Securities Pvt. Ltd.	2020-21	14th July 2020 until it is expressly terminated by either party on mutually agreed terms.
AIESEC in South Mumbai	2020-21	1st January 2021 to 31st December 2024
LEAPUP EDUTECH PVT. LTD.	2020-21	11th January 2021 to 10th January 2022
ATS Learning Solutions	2020-21	11th January 2021 to 10th January 2022
BFSI Sector Skill Council of India	2020-21	19th January 2021 to 18th January 2024
Think India	2020-21	25th February 2021 to 24th February 2024
Fellowship Computer Centre Pvt. Ltd.	2020-21	25th February 2021 to 24th February 2024
LEAPUP EDUTECH PVT. LTD.	2020-21	19th March 2021 to 18th March 2022
LEAPUP EDUTECH PVT. LTD.	2020-21	19th March 2021 to 18th March 2022
ItalkTherapy	2020-21	7th April 2021 to 6th April 2022
Ritsumeikan Asia Pacific University	2020-21	27th April, 2021 to 30th April, 2023
Lala Lajpatrai College of Commerce & Economics	2020-21	29th June 2021 to 28th June 2023

THE US CONSULATE

August 28, 2020

The IPC was thrilled to host Deborah Rosario from Education USA at USIEF Mumbai. The



session commenced with the introduction of our chief guest which was followed by insights into the higher education system of U.S. Deborah Rosario briefed the students about education in the USA explaining the various courses offered for masters with the help of a detailed presentation.

Education USA at USIEF Mumbai is supported by the US State Department with over 430+ centers in 170+ countries with 7 Centers in India - Ahmedabad, Mumbai, Chennai, New Delhi, Kolkata, Hyderabad and Bangalore. The programme ended with Q&A session.

FRENCH CONSULATE

September 3, 2020

The IPC of H.R. College was delighted to host Mr. Vikash, the Campus France Manager of the western region. Mr. Vikash has 8 years of experience in the educational management domain and previously affiliated with NMIMS, Cambridge University and IIT Bombay incubation startup. He has had diverse work experience in private and public universities, with both national and international expertise.

Campus France is the government agency that operates under the French ministry of external affairs, headquartered in Paris. The principal objectives are to help students achieve higher education in France and also aid them with visa, study plan, personal counseling and workshops. Mr. Vikash gave a detailed explanation about the opportunities available in higher studies in France in every field and shared a small video to summarize the entire session.

NEW ZEALAND CONSULATE

September 5, 2020

The IPC of H.R. college was delighted to host Mrs. Shaileja Vora, the Market Development Manager at Education New Zealand. The session commenced with a brief introduction of what New Zealand has to offer, its education system and the benefits of studying there. This was followed by information on the universities in New Zealand and the diverse courses they have to offer.

8 government funded universities with globally recog-

nized degrees were showcased. Participants were briefed about the Fees structure, scholarships and international student support by the universities and government. The session concluded with a Question and Answer round.



EDHEC BUSINESS SCHOOL

September 7, 2020

The IPC was delighted to host Mr. Nilesh Gaikwad, a regular columnist and country manager at EDHEC Business school on Zoom.

The session commenced with the introduction of our honorable chief guest. The students of H.R. College gave a brief about the various achievements made by the college. Mr. Gaikwad briefed the students on how to build a strong CV. Students were taught how to make a Cover Letter which is a more personal way of introduction of an individual. Students were made familiar with the admission process and the requirements for the same. The session was concluded with a Q&A segment which cleared doubts about various aspects on how to seek admission at EDHEC Business school.

AN INSIGHT ON HIGHER EDUCATION FROM OUR INTERNATIONAL ALUMNI - PANEL DISCUSSION

September 20, 2020

The International Programmes Committee of H.R. College organized a Panel discussion on 'An insight on higher education from our international alumni'. The panelists were students of HR with experience of studying abroad.

The session commenced with the introduction of our prestigious panelists. The panel consisted of Mr. Naren Punjabi (student of Tsinghua College, China), Mr. Roshan (National University of Singapore) Mr. Yash Sanghvi (Brandeis University, USA), Ms. Shruti Khetwani (University of Windsor), Mr. Premal Shah (University of Sydney, Australia), Mr. Siddharth Narayan (Erasmus University Rotterdam, Amsterdam) and Mr. KrishVelkar (King's College, London). They not only shared their university



experience but also gave valuable insights into various aspects of studying abroad, the challenges they faced while preparing for international education and the steps followed by them.

The event was exceptionally interactive and highly engaging. A lot of doubts were solved and queries were satisfactorily answered by the experienced panelists on-board.

ZIPCODE 2.0

November 23 & 24, 2020

Zipcode was an individualistic 'International themed Fest' organized by the International Programmes Committee of H.R. College of Commerce & Economics. The focal point of ZIPCODE, was the global environment. The objective was to create a holistic and real experience of the international scenario for students, increase their knowledge about world affairs, and celebrate the diversity of the world. It encompassed international insight, exposure, and enlightenment through seminars, quizzes, case studies and mega management events. The simulation served as an ideal way to pave personal growth as well as teamwork with a competitive twist.



*Laurance M. Sanchez,
Kedge Business School,
France*



*Deborah Rosario,
Education USA Adviser,
USIEF*

The ZIPCODE Closing Ceremony was enriched by the presence of **Ms. Laurance Mariet Sanchez** from Kedge Business School, France and **Ms. Deborah Rosario**, Education USA Adviser, USIEF who

imparted substantial knowledge and advice about education and offered tips on navigating through student life. The second edition of Zipcode was a success, cherished by both the participants and the organisers. The event was facilitated with the unconditional support and guidance of the I/C Principal Dr. Pooja Ramchandani and the faculty in-charge, Dr. Chandani Bhattacharjee.

Zipcode football event

Dani Carvajal



BAND - B

POSITION - DEFENDER



MASTERCLASS ON BUSINESS GROOMING & ETIQUETTE

December 9, 2020

The International Programmes Committee organised a MasterClass on Business Grooming and Etiquette with guest speaker Maria Ramstad Kristiansen, Head of Marketing and Student Recruitment at SHL Luzern. SHL Schweizerische Hotelfachschule Luzern is one of the two original Swiss hotel management schools with over 100 years' experience teaching students from around the world in the fine art of Swiss hospitality and management.



Maria Kristiansen

Over a 100 students participated in this MasterClass, along with I/C Principal Dr. Pooja Ramchandani and Teacher In-charge Dr. Chandani Bhattacharjee. The webinar kicked off with a welcome speech by Team IPC and speaker introduction by Pushtii, followed by Dr. Ramchandani and Dr. Bhattacharjee addressing those present.

Maria enlightened us with an introduction into the ABC (appearance, behaviour, communication) of business ethics, which can take you a long way in building professional relations. She also spoke about EQ, personality traits, character skills, importance of good clothing, how to build your image in accordance with your company's image and profession, good workplace ethic and behaviour protocol while interacting with professional groups.

This seminar was very informative and all the students definitely imbibed a lot from it.



COLLEGE FAIR 2021

January 19, 2021

The International Programmes Committee successfully completed The College Fair 2021, an informative week long conclave where undergraduate students got a chance to interact with universities from all over the globe, as they inquired about their future course of education.

Beginning with an inauguration ceremony the I/C principal addressed the international university representatives; who then met their student shadows, after which they engaged in an engrossing panel discussion about the future of the education industry post the pandemic.

After a successful start to the week, the first session was one where students were advised by Times Group counsellors to find the most apt graduate program for them, with respect to selecting the correct country, course, and how to use student profiling to one's benefit. They also covered the application process and visa requirements, providing a protean solution to student's needs.

The third day saw a session about GRE and GMAT, entrance exams that are considered vital to crack, to gain admission to good universities. H.R. College students learned which exam was better suited to their needs, when and where they could take the exams, and how to gain a competitive advantage in them.

From then on, the next few days involved several sessions daily with various universities, including prominent names like University of Cincinnati, University of Kentucky, Sydney University, London School of Economics, York University, Ashoka University, Brandeis University, University Business School, KEDGE Business School, Queens Mary University London, University of Melbourne, and several more. In incredibly personal sessions, pupils learned about individualised applications, requirements, deadlines, while also interacting with professors and admissions officers who gave insider tips to crack the application! That concluded an interesting and informative week that brought about global exposure, ambition, and mutual understanding.

INDIAN SCHOOL OF BUSINESS (ISB) - YOUNG LEADERS PROGRAMME (YLP)

March 8, 2021

Adhering to its motto, the International Programmes Committee of H.R. College once again helped students 'Explore Global Dimensions' - and this time, it was done in association with the acclaimed Young Leaders Programme (YLP), a roadmap to the revered Post Graduate Programme of one of India's top business schools, the Indian School of Business (ISB), Hyderabad & Mohali.

Mr. Amit Tyagi, the Associate Director of Admissions at the Indian School of Business critically evaluated the hurdles faced by young graduates as they enter the corporate world.

The Young Leaders Programme is essentially designed to equip young leaders with multi-disciplinary perspectives, thinking skills & research tools to aid them achieve their career goals. Thus, YLP guarantees a deferred admission to high potential college students to the much revered & globally ranked MBA, the Post Graduate Programme (PGP) in Management at the ISB.

Following the tri-uni contingent approach, various corporate visits including learning weekends & a mandatory 20 month work experience post graduation, YLP fundamentally focuses on entrepreneurship, innovation & diversity.

Mr. Tyagi meticulously explained the application process, the ISB global edge, alumni network & careers. To conclude this extremely insightful session, he also threw light on the queries of our students, and also provided his personal touch point!



CAREER DELIBERATIONS IN CHANGING TIMES - PANEL DISCUSSION

January 27, 2021

The International Programmes Committee of H.R. College of Commerce and Economics organised a panel discussion on career deliberations in changing times in collaboration with the Queen Mary University of London. A panel of experienced professors from both H.R. College and Queen Mary University joined the discussion to guide the students in making informed decisions for their future.

The event commenced with a concise introduction of the panel of speakers and H.R. College. The guest speakers provided the students with insights on the impact on current jobs by globalisation, technology, disruption and the students were made aware of emerging job opportunities that one can look out for. Further, the participants were educated about the career decisions that they must make in these trying times. The discussion concluded with a Questions & Answer round where all the doubts and queries that the participants had were satisfactorily answered by the panel.

INCLUSIVENESS

INTERNATIONAL YOGA DAY

June 18-21, 2020

The N.S.S Unit in association with SYNC Club organised a 4 day Yoga workshop which started with an inauguration ceremony on June 18, 2021 and ended with a closing ceremony on June 21, 2021, the occasion of International Yoga Day.

It was organised in collaboration with Kaivalyadhama Yoga Centre, with help of online seminars, 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.



Inauguration of International Yoga Day



Demonstration of yoga asanas by HR students.

Guest Speaker Nitisha Vasaria conducted the following events:

- June 18, 2020 Inauguration & Yoga for Students
- June 19, 2020 Yoga for Non-Teaching Staff
- June 20, 2020 Yoga for Teaching Staff
- June 21, 2020 Yoga for everyone & Closing Ceremony

TRAIN YOUR BRAIN

June 26, 2020

The N.S.S. Unit in collaboration with SYNC Club conducted a webinar on Mental Health.

The event was conducted by **Dr. Jawahar Mehta**

who spoke of mental issues and stigmas attached to



them. The students were also given an opportunity to ask questions anonymously about their mental well-being. Mental health is as important as physical health and it should not be ignored.



FEEDING ANIMALS

July 3 & 4, 2020

The N.S.S. Unit conducted an event with volunteers feeding food, water & milk to the stray animals of their neighbourhood. The volunteers participated with their guardian's permission, following all rules of precaution and social distancing. This was considered to be the need of the hour as many stray animals were going hungry during the pandemic.



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.



SEMINAR ON WASTE MANAGEMENT

July 30, 2020

The webinar on Waste Management which was led by Ms. Rajeshwari who spoke about Compost Live, what is Compost & why should you compost? She also shared more information about ideal content of compost pile, troubleshooting, materials required & much more. It was a very interactive session as she asked different questions of the audience & also answered questions from the audience.



Rajeshwari

STRATEGIES OF INVESTMENT POST COVID-19

August 8, 2020

The Guest Speaker Mr. Sandeep Batra, President,



Mr. Sandeep Batra, ICICI Bank

Corporate Centre ICICI Bank limited spoke about the topics related to the banking & finance sector but also about the importance of early investment. The webinar was concluded by a Q&A round followed by a vote of thanks by I/C Principal Dr. Pooja Ramchandani.

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

TEACHER'S DAY CELEBRATION

September 5, 2020

The N.S.S. Unit organised an event for the faculty of the college on the occasion of Teacher's Day with the theme "Leading In Crisis, Reimagining The Future". HRNSS



also organised a few cultural performances for the entertainment of the 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.

CAREER GUIDANCE WEBINAR

September 17, 2020

A webinar on Career Guidance was conducted with 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.



NSS DAY

September 24, 2020

A programme for celebrating NSS Day was held 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 followed by an ice-breaker session which consisted of various fun filled activities, including 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.

FOOD DISTRIBUTION DRIVE

October 16, 2020

The NSS Unit organised a food distribution drive to help people affected by the pandemic and alleviate hunger. This drive was very significant in the light of the pandemic's devastating impact on the poor.



SUSTAINABILITY: THE KEY TO SERENITY

October 23, 2020

The NSS Unit of HR College of Commerce and Economics conducted a webinar on Sustainability: The Key to Serenity. The main focus of the webinar was on pollution and the ways to combat it. The guest speaker for the same were Mr. Varenya Mehta who is an environmental engineer at Kit Professionals Inc., Texas, USA.



WEBINAR ON WOMEN CENTRIC CANCER

October 27, 2020

The NSS Unit of HR 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 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.



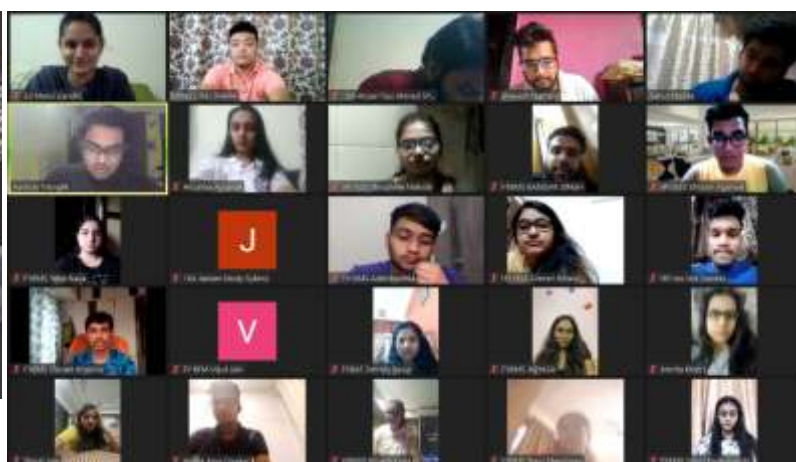
TEAM BUILDING AND ICEBREAKER SESSION

November 25 2020

If we have to succeed, we need to work together as a team and an icebreaker is an opportunity for conducting activities or games designed to welcome attendees and warm up the conversation among the volunteers. Overall, the event was very well received and helped the volunteers to get to know each other well.



Icebreaker Session



Constitution Day

CONSTITUTION DAY CELEBRATION

November 26, 2020

NSS Unit of H.R. College hosted a webinar to celebrate the Constitution Day to commemorate the adoption of the Constitution of India. A constitutional quiz was also held in order to test the knowledge of volunteers and students about the Constitution.

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.

Be positive but not test HIV positive
 Hate the disease, but not the diseased!
 Don't let the humanity within you fade, help those with HIV/AIDS.

Volunteers were supposed to show their writing skills on 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

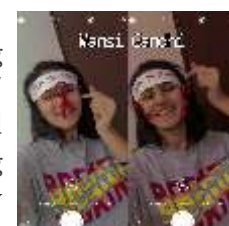
The NSS Unit conducted a Reel Making Competition wherein the volunteers were supposed to make a reel of around 30 sec which can spread awareness on HIV/AIDS.



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.



DOOR TO DOOR AWARENESS

December 7, 2020

The NSS Unit conducted an activity in respect to the HIV/AIDS Week. The volunteers were given a task of going around in their society and to awareness about HIV/AIDS.



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.



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.



FUNDAMENTALS OF CIVIL RIGHTS, IPC AND POLICE

January 12, 2021

The NSS Unit 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 speaker for the same was Mr. M.K. Mishra IPS(Retd.).



REPUBLIC DAY TRAINING

January 22-25, 2021

The volunteers of the NSS Unit of HR College attended the Republic Day training programme. The training timings were 11:00 am to 2:00 pm. The location for practice was KC College. The training programme aimed at preparing the volunteers for the Republic Day Parade which was a part of the Republic Day Celebrations on January 26, 2021.



BEST OUT OF WASTE

January 26, 2021

The NSS Unit of HR College conducted a Best out of Waste Competition as a part of the 72nd Republic Day Celebration. For this event there was no particular theme, so volunteers were given an opportunity to go ahead and make anything they like, preferably in tricolour. The event was conducted on January 26, 2021 and the entries for the competition were accepted till 11 pm.



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 underprivileged students with stationery kits and pouches.



REPUBLIC DAY CELEBRATION

January 26, 2021

The NSS Unit of H.R College took active participation in the Republic Day Celebrations on the January 26, 2021.

There were two programs at two different locations. The first program was the Republic Day Parade at the KC College Campus at 8:00 am. And the second program was at the HSNC University at 10:00 am.



PROGRAM: BADGE MAKING COMPETITION

January 29, 2021

The NSS Unit of H.R. College conducted a Badge Making Competition on occasion of the Road Safety Awareness Month. The volunteers were asked to make at least one badge based upon the theme. The volunteers had to be very creative and artistic.



ROAD SIGNS AWARENESS VIDEO

January 31, 2021

The NSS Unit of H.R. College made a Road signs awareness video on occasion of the Road Safety Awareness Month. The volunteers explained different road signs for the purpose of creating awareness.



SLOGAN WRITING COMPETITION

February 3, 2021

The NSS Unit of H.R. College of Commerce and Economics conducted a Slogan Making Competition on occasion of the Road Safety Awareness Month.



ESSAY WRITING COMPETITION

February 5, 2021

The NSS Unit of H.R. College conducted an Essay Writing Competition on occasion of the Road Safety Awareness Month. The volunteers were asked to come up with an essay on Road Safety. It was an opportunity for our volunteers with spectacular writing skills to pen down their thoughts on the given topic of Road Safety.

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.

ROAD SAFETY QUIZ

February 15, 2021

The NSS Unit of H.R. College conducted a Road Safety Quiz on occasion of the Road Safety Awareness Month. The road safety quiz was meant to test and help increase the knowledge of our volunteers about Road Safety.



IMPORTANCE OF DRIVING LICENSE VIDEO MAKING

February 20, 2021

The NSS Unit 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 with a proper license.

SWACHHTA DRIVE

February 21, 2021

“One clean place is a safe place”. Keeping this quote in mind the NSS Unit of HR College conducted a swachhta drive to clean the premises around our respective residential areas. Every volunteer picked up their brooms and took efforts to make this event a success. Few of our volunteers even inspired few people around them to join them in cleaning.



BLOOD DONATION DRIVE

February 22, 2021

Blood Donation is extremely important as each bottle of blood collected helps in saving up to 3 lives. The NSS Unit conducted a blood donation drive at the H.R. College Campus in collaboration with the KEM Blood Bank. The blood Donation Drive was held from 9am 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.

COSPLAY COMPETITION

March 8, 2021

The NSS Unit of HR College conducted an event on the occasion of International Women's Day that is celebrated on March 8 every year.



The theme for the Competition was Breaking Stereotypes and Empowering Women. The volunteers were required to dress up as a character or have a prop related to the theme and had to make a 20 - 25 secs video explaining what they dressed up as or talk about gender stereotype or women empowerment.

WORLD CONSUMER RIGHTS DAY

March 15, 2021

On the occasion on the World Consumer Rights Day, the NSS Unit of HR College conducted an online event for spreading more awareness about the rights and responsibilities of a consumer. A webinar and quiz were held and



conducted on the topic.

SANITARY KIT DISTRIBUTION

March 16, 2021

The NSS Unit conducted a Sanitary Kit Distribution drive for the under-privileged 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.

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.



WORLD WATER CONSERVATION DAY QUIZ

March 22, 2021

The NSS Unit conducted an online quiz on the occasion of water conservation day to spread awareness that water is life. The volunteers learnt new facts and decided to act on it as they felt responsible as the citizens of this planet.



MONOLOGUE COMPETITION

March 26, 2021

The NSS Unit of HR College conducted a monologue to spread awareness about various social issues. The topic was also given in such a way that the volunteers had a freedom to choose any social issue that they felt strongly about.

WORLD HEALTH DAY

April 7, 2021

The NSS Unit of HR College conducted a cooking competition on the occasion of the World Health Day to spread awareness about healthy eating and healthy lifestyle. The volunteers prepared healthy dishes and told us about the nutrient value of each dish prepared by them. "Good health is a main source of happiness in life, it helps to



maintain a smile on your face.”

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.



ANIMAL AND BIRD FEEDING

April 26 & 27, 2021

The NSS Unit conducted an event on animal feeding where the 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 during the pandemic.



DEBATE COMPETITION

May 2, 2021

The NSS Unit of HR College conducted a debate competition activity for the volunteers on some ongoing social issues. This debate competition made our volunteers aware about the different issues around them. We pitted two volunteers against each other, one in favor of the topic



and one against. The heated debate competition was very interesting and exciting to watch.

INTERNATIONAL DAY AGAINST HOMOPHOBIA AND TRANSPHOBIA

May 17, 2021

The NSS Unit of HR College conducted a poster making activity to break the barriers and stereotypes against homophobia and transphobia. A lot of people have some pre-conceived notions and find it hard to accept the LGBTQ community. This activity was undertaken to effect change in the mindset of people and transform the outlook of our society.



INTENSIVE ANIMAL AGRICULTURE COULD SPARK THE NEXT PANDEMIC

May 19, 2021

The NSS Unit of HR College in collaboration with Humane Society International- India organized a 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.



Debate Competition



Intercollegiate organisation-cum-participation by NSS Unit of HR College in collaboration with Hindustan Petroleum Corporation Limited (HPCL)

HPCL conducted the following events as a part of the Swachhta Pakhwada attended by the N.S.S. volunteers and students of H.R. College, as well as students from other colleges and HPCL employees.

TREE PLANTATION WEBINAR

July 7, 2020

The event commenced with Mr. Mudassir Azam, CSR Head of HPCL, welcoming and introducing the guest speaker Mr. Sagar Singh, who shared a video and spoke about various topics like the minimum forest cover required, water crisis in India, solid waste management, changes that can be implemented in our daily lifestyle; like using public transport, using recyclable stuff, using bucket water instead of shower and few more in order to conserve resources for benefit to all.

MACHINE-LESS MASK MAKING

July 10, 2020

Dr. Pratima Goyal 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 way to wear a mask.



Dr. Pratima Goyal

DIGITAL POSTER MAKING COMPETITION

July 11, 2020

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



SEMINAR ON DEALING WITH COVID-19 AS INDIVIDUALS AND AS CORPORATES

July 13, 2020

Mr. Mudassir Azam, CSR Head of HPCL introduced Shri Prabhat Pani, Senior advisor, Tata Trusts who was the guest speaker. He not only talked about several ways on how to boost the immune system and maintain our well-being and health during these times. He spoke of the problems faced by the most marginalized communities and how we can improve or solve those.



DR. SANGEETA PARAB'S BOOK LAUNCH

July 16, 2020

A webinar to launch a book by Dr. Sangeeta Parab, Associate Professor, Department of Chemistry, Jai Hind College was conducted by their NSS unit. She not only shared her journey about writing the book and but also told us about the book and shared a detailed presentation on the contents of her book.





Intercollegiate events conducted/attended by the NSS Unit of HR College

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.*

LAUNCH OF PARTNERSHIP OF YUWAAH WITH MINISTRY OF YOUTH AFFAIRS & SPORTS INDIA

July 22, 2020

The N.S.S. Unit attended a seminar on the launch of partnership of Yuwaah with the Ministry of Youth Affairs & Sports India. The event was conducted on Facebook Live on the facebook page of UNICEF India at 4:00pm. The introduction was given by Ms. Dhuwarakha, UNICEF Delhi who also hosted the event. The UNICEF representative in India Shri Yasmin Ali Haque explained the Yuwaah strategy and what is generation unlimited.

A video about Yuwaah's highlights was shared followed by a video of Hon'ble Sports Minister's message from the day the partnership was signed. The two N.S.S. volunteers shared their personal ideas and experiences. Then a video showcasing broad areas of collaboration and joint work plan was also shared.

The District Youth coordinator Mr. NYK Rampur, UP took the panel discussion further. Argentina Matavel, UNFPA Representative and Shoko Noda, UNDP Resident Representative shared their thoughts. Finally Ms. Usha Sharma, Secretary, Ministry of Youth Affairs and Sports, considered a true champion of the partnership, shared her views and thoughts with everyone.



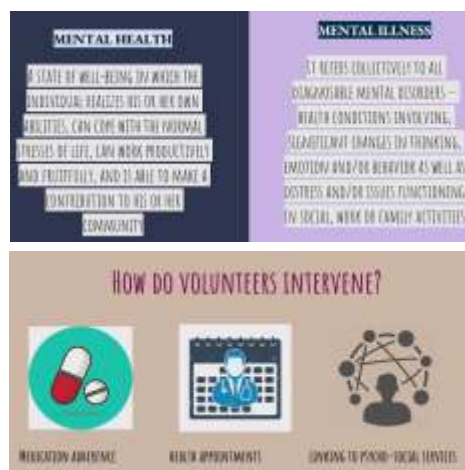
SEMINAR ON WALK THE TOP TOPPERS

July 22, 2020

The event organised by the N.S.S. Unit of Jaihind College was inaugurated by their Principal, followed by a speech by Mrs. Zubeida Surti, guest of honour; after which an online interactive session with the toppers of Jai Hind college ensued, who shared their success stories and their journey of how they became toppers.



*Mrs. Zubeida Surti,
guest of honour*



SEMINAR ON UNDERSTANDING MENTAL HEALTH & COMMUNITY SUPPORT

July 25, 2020

The seminar was conducted in collaboration with a Team of Mental Health Professionals from Tarasha, a Field Action Project of Tata Institute of Social Sciences Mumbai. 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 and other people.

SEMINAR ON ARMY AS A CAREER - A PERSONAL EXPERIENCE

July 26, 2020

A webinar on Army as a career - a Personal Experience was organised by the University of Mumbai to commemorate the 21st Kargil Vijay Divas; led by Captain Sudeep Ghosal, Ex officer, First Bihar Battalion, Indian Army. Captain Sudeep talked about the ethos of army namely non-discrimination, E-spirit de corps, fairness and honesty, discipline and integrity, fidelity, honour and courage, forthrightness etc. and shared his journey while in the Indian Army. The event was well received by all and the stories of bravery inspired everyone.



ELOCUTION COMPETITION

August 6, 2020

The N.S.S. Unit participated in an elocution competition conducted by K.C. College, HSNC University. The topics covered various issues like malnutrition and digitalization in India. It was a great platform for all the volunteers to participate and attend such a knowledgeable event amidst the pandemic.

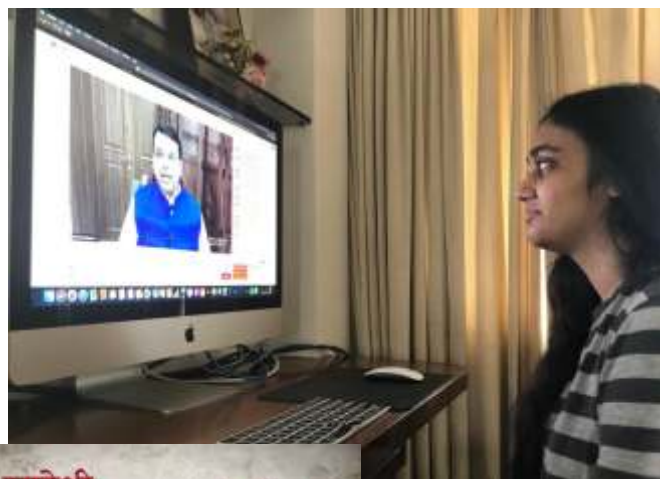


CELEBRATING THE BIRTH ANNIVERSARY OF LOKMANYA TILAK AND ANNABHAU SATHE

August 1, 2020

A webinar was conducted by Savitribai Phule Pune University and Mumbai University in the memory of Bal Gangadhar Tilak and Annabhaou Sathe on their birth anniversary.

The event was graced by several dignitaries including Shri Uddhav Thackeray, Maharashtra CM; Shri Devendra Fadnavis, former Maharashtra CM and Shri Ajit Pawar, Deputy CM of Maharashtra. This event was attended by the NSS volunteers on YouTube live.



INDEPENDENCE DAY PAINTING COMPETITION

August 7, 2020

A painting competition was conducted as a part of the Independence Day celebrations with the theme “Vande Mataram”. Nearly 106 students from various colleges from all over Maharashtra participated in this competition and displayed their artistic skills through an array of paintings on the given theme. The participants' enthusiasm was appreciated by one and all.



INDEPENDENCE DAY SINGING COMPETITION

August 9, 2020

A singing competition was organised by the NSS Unit as a part of the Independence Day celebrations with the theme of “Vande Mataram”. Nearly 61 students from various colleges from all over Maharashtra participated in this competition. Their great vocals with good control and projection over their voices left the judges in awe of the talented participants.



INDEPENDENCE DAY DANCING COMPETITION

August 10, 2020

A dancing competition with the theme of “Vande Mataram” was organised by the NSS Unit as a part of the Independence Day celebrations. Nearly 24 students from various colleges from all over Maharashtra participated in this competition. All the participants had great charisma and they put their heart and soul into the dance. The participants' enthusiasm was appreciated by one and all.



INTERNATIONAL YOUTH DAY

August 13 2020

The N.S.S. Unit conducted various competitions for their volunteers on occasion of the International Youth Day. The competitions included 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.

FIGHTING CLIMATE CHANGE THROUGH OUR DIET

August 19 2020

The N.S.S. Unit in collaboration with the Humane Society International conducted a webinar on Fighting Climate Change through our Diet. 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 amounts 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.



WHY CIVIL SERVICE IS A DREAM CAREER

August 28, 2020

The N.S.S. Unit attended a webinar on 'Why Civil Service is a Dream Career' conducted by the Public Concern for Governance Trust (PCGT) in association with V.K. Krishna Menon College of Commerce & Economics and S.S. Dighe College of Science. The speaker was Mr. V.P. Raja, Trustee, PCGT. The speaker spoke about the importance & scope of civil services, eligibility of various civil services and more. Q & A round cleared the doubts or answer various queries of the attendees.

PANEL DISCUSSION ON SAFETY OF CHILDREN AGAINST SEXUAL OFFENCES DURING LOCKDOWN

August 23, 2020

The N.S.S. Unit participated in a Panel discussion conducted by the Public Concern for Governance Trust (PCGT) in coordination with Mumbai Police and Aangan Trust to safeguard children's right of Protection against sexual offences. In the discussion the speakers were sharing information about the sexual harassment and even real life incidents as an example. The event also had a Q & A round in which various doubts and queries were cleared. The event was also graced by the presence of Mr. Julio Rebeiro.



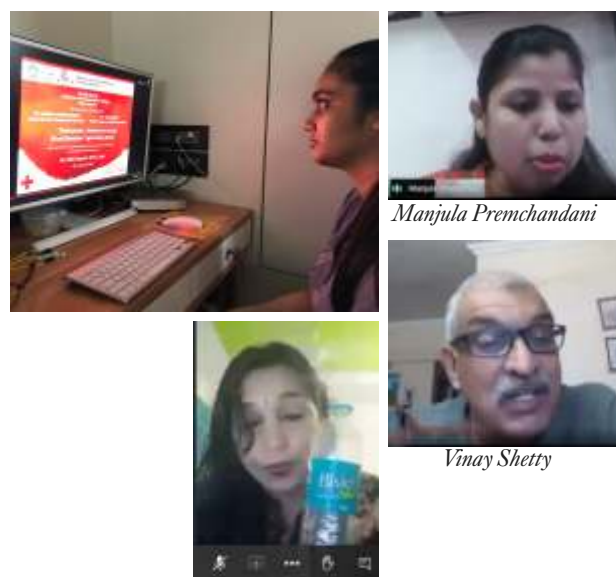
*Mr. Julio Rebeiro,
Public Concern for Governance Trust*

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.



Manjula Premchandani

Vinay Shetty

BOTTLES FOR CHANGE

September 25, 2020

An online event was conducted by the NSS Unit of NM College, Mumbai in association with Bisleri Bottles. The topic for the webinar was Plastic Management with guest speaker Ms Shreya Sudhir, CSR head of Bisleri. She explained about the various types of plastic and their hazardous effects. She showed us what steps Bisleri is taking for recycling plastic through their bottles for change initiative. They also shared information about their application through which they manage the campaign. The webinar ended with a Q & A round where the guest speakers answered various questions followed by a vote of thanks.



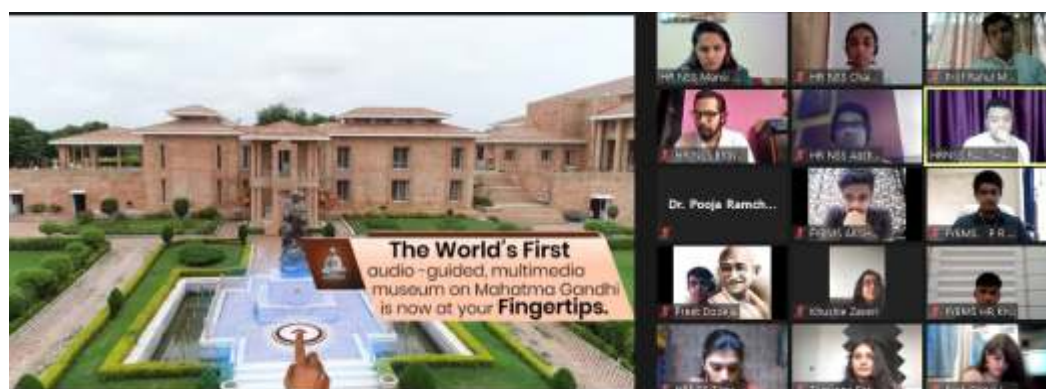
Member, Datta Ramanand Society Mumbai

GANDHI JAYANTI & LAL BAHADUR SHASTRI JAYANTI CELEBRATIONS

October 2, 2020

The NSS Unit attended a Bhajan Sandhya programme organized by NSS Cell, University of Mumbai on the occasion of Gandhi Jayanti, Lal Bahadur Shastri Jayanti and International Day of Non Violence.

The Chief Guests for the event were Mr. Dilip Prabhavalkar (Actor), Mr. Shridhar Phadke (Musician), Ustad Taoufiq Qureshi (Musician), Ms. Gitika Varde-Qureshi, (Classical Singer), and Mr. Kishor Kadam, (Actor). Various bhajans and songs were sung by different artists to mark the birth anniversary of Mahatma Gandhi and Lal Bahadur Shastri. The soulful program was well received by the audience.



NATIONAL VOLUNTARY BLOOD DONATION DAY

October 1, 2020

The NSS volunteers participated in an online event on the occasion of National Voluntary Blood Donation Day conducted by MDAC. The speakers for the event were Dr. Anant Deshpande, HOD, Hinduja Hospital Blood Bank and Dr. Rajesh Sawant, HOD, Kokilaben Hospital Blood Bank.

The speakers discussed the importance of voluntary blood donation and how this could help the people in need.

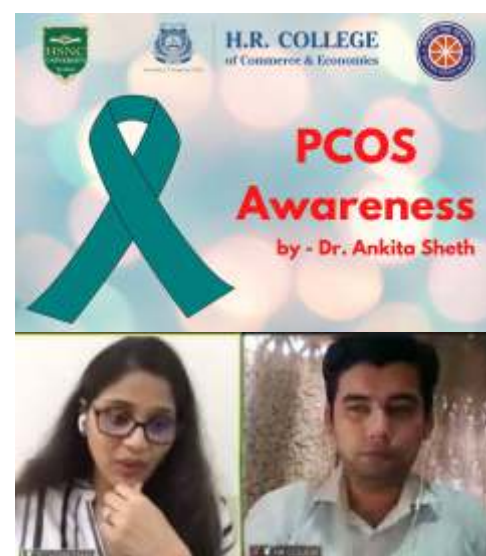


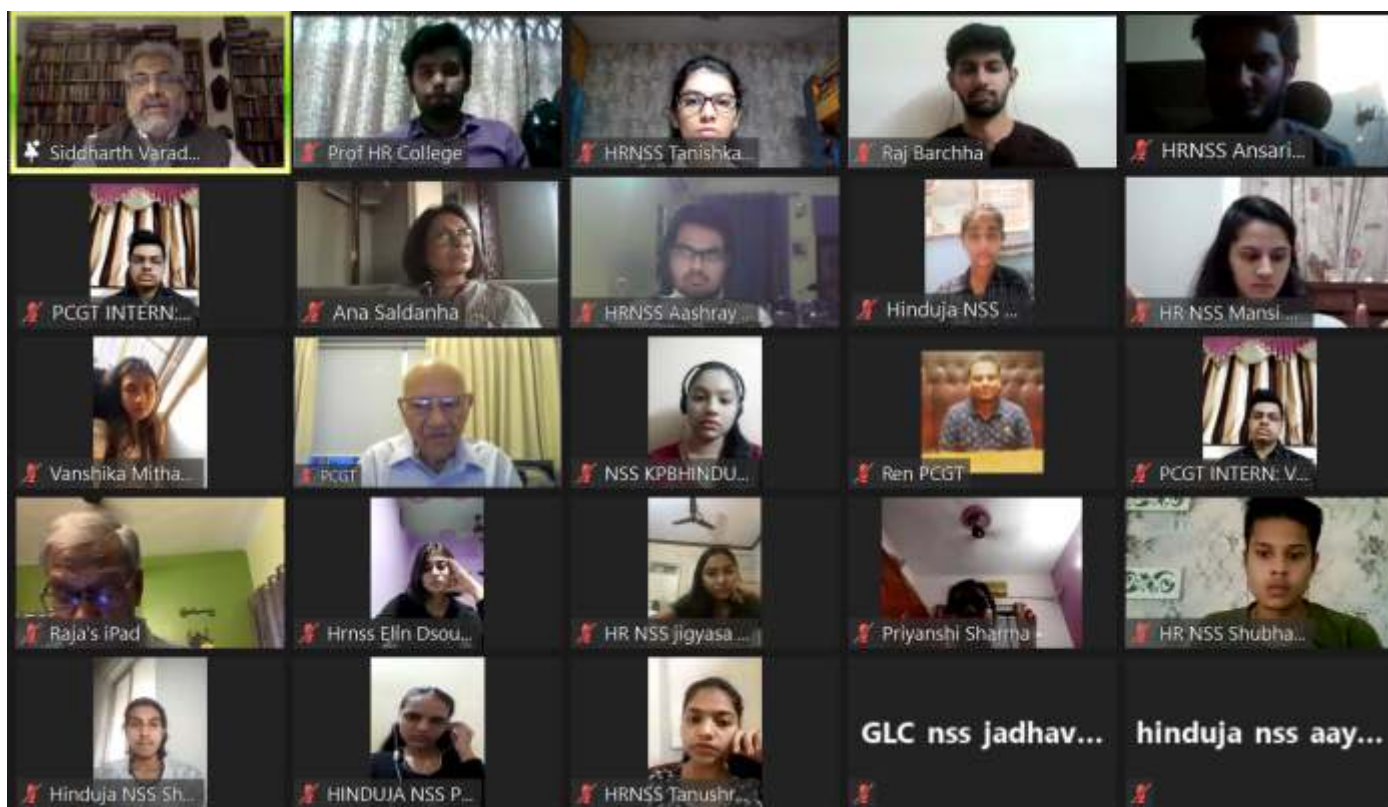
WEBINAR ON PCOS

October 4, 2020

A webinar at the University level to spread awareness on Polycystic Ovary Syndrome - PCOS was conducted via a virtual platform Zoom and was also Live on YouTube.

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 800 attendees with a wide range of knowledge and helped everyone get a better understanding of PCOS.





ROLE OF JOURNALISM IN DEMOCRACY

December 8, 2020

The NSS Unit in collaboration with the Public Concern for Governance Trust (PCGT), 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.

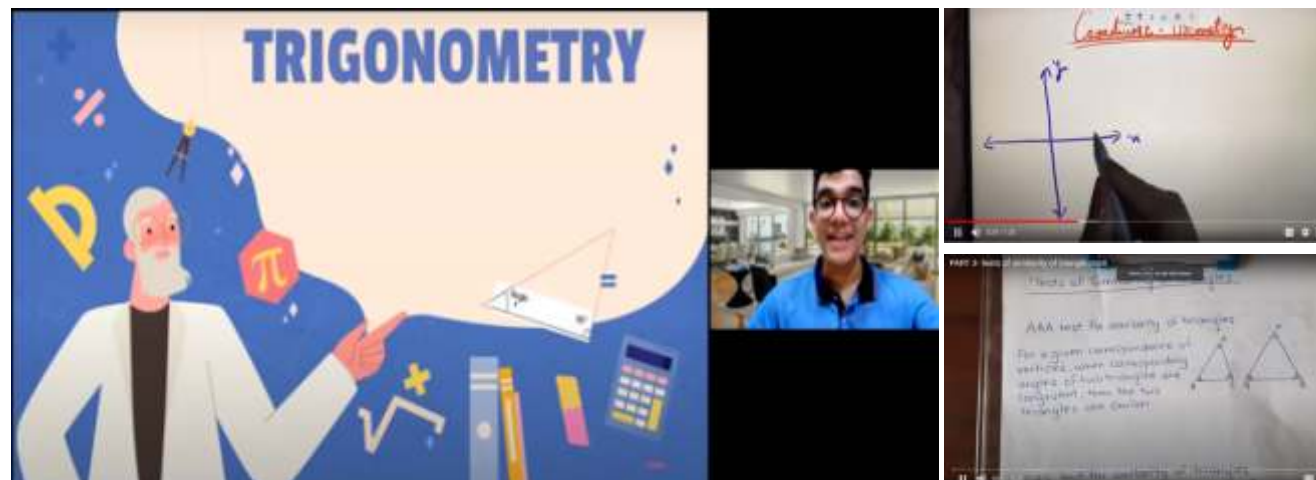


Mr. Siddharth Varadarajan, Editor in Chief, The Wire

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.



Project Inaayat

Seeing the opportunity to improve the *current sanitary conditions of women and eliminate all the systemic myths of the natural process of menstruation*, we launched *Project Inaayat in April 2018*. We have now launched our brand new website www.projectinaayat.com



Project Inaayat is a collaboration with an international organization 'Days For Girls' – <https://www.daysforgirls.org/>

With 'Inaayat' meaning 'a blessing' in Urdu, this project comes as a blessing to the rural women who stitch sanitary napkin kits as well as the women who use them.

It is dedicated to strengthening girls' sense of dignity and self-esteem by making and providing sustainable menstrual hygiene solutions and health education.

Our vision is to ensure that every girl and woman will have ready, feasible access to reusable hygiene supplies.

OUR PROJECT INAAYAT HAS TWO ASPECTS:

- Manufacturing reusable biodegradable sanitary napkins
- Conducting sustainable menstrual hygiene awareness sessions and breaking the taboo surrounding it.

**PROJECT INAAYAT HAS
SUCCESSFULLY IMPACTED
50,000 +
LIVES AND STRIVES TO IMPACT
MANY MORE LIVES IN THE FUTURE**



INAAYAT KITS

Pocket Pod

Contents of this kit:

- 1 Waterproof Shield
- 2 Absorbent Liners
- 1 Soap

These are designed for those who have newly shifted to sustainable methods of menstruation. Also apart from being travel friendly, comfortable & biodegradable, it can be used upto "3 years" which is just Rs.2.5 monthly expense! (Rs.30 per year)



Standard Kit

Contents of this kit:

- ♦ 2 Waterproof Shields
- ♦ 8 Absorbent Liners
- ♦ 2 Plastic Bags
- ♦ 1 Cloth Bag
- ♦ 2 Soaps
- ♦ 2 Instruction Manual



This reusable sanitary kit, being completely biodegradable, comfortable, easy to wash and can be used upto “3 years” which is just Rs.7 approximate monthly expense! (Rs.83 per year approx.)

Super Kit

Contents of this kit:

- ♦ 2 L Waterproof Shields
- ♦ 8 L Absorbent Liners
- ♦ 2 Ziplock Bags
- ♦ 1 Cloth Bag
- ♦ 2 Soaps
- ♦ 2 Instruction Manuals



Designed especially to cater the needs of older menstruators. This reusable sanitary kit, being completely biodegradable, comfortable, easy to use and can be used upto “3 years” which is just Rs.7.4 approximate monthly expense! (Rs.88 per year approx.)

All In One

Contents of this kit:

- ♦ 1 L Waterproof Shield
- ♦ 2 L Absorbent Liners
- ♦ 2 Waterproof Shields
- ♦ 6 Absorbent Liners
- ♦ 2 Ziplock Bags
- ♦ 1 Drawstring Bag
- ♦ 2 Soaps
- ♦ 2 Instruction Manuals



This contains extra liners for ones’s whole period cycle. This reusable sanitary kit, being completely sustainable and eco-friendly, can be used upto “3 years” which is just Rs.7.6 approximate monthly expense! (Rs.92 per year approx.)

Super Kit Plus

Contents of this kit:

- ♦ 2 L Waterproof Shield
- ♦ 8 L Absorbent Liners
- ♦ 2 Ziplock Bags
- ♦ 1 Cloth Bag
- ♦ 2 Soaps
- ♦ 2 Panties
- ♦ 2 Instruction Manuals



This reusable sanitary kit, being completely sustainable and eco-friendly, can be used upto “3 years” which is just Rs 11 approximate monthly expense! (Rs.133 per year approx.)

Urban Model

After months of meticulous planning, the Urban Model developed under Project Inaayat has finally been set into motion, with the Campus Ambassador program leading the implementation. In addition to this, the coming months would see various other plans under the urban model being executed.



These include setting up of menstrual hygiene awareness camps in housing society and corporates, rolling out internships, setting up stalls in colleges and evolving Inaayat into a one-stop solution of menstrual hygiene by also creating an open market of sustainable menstrual products.

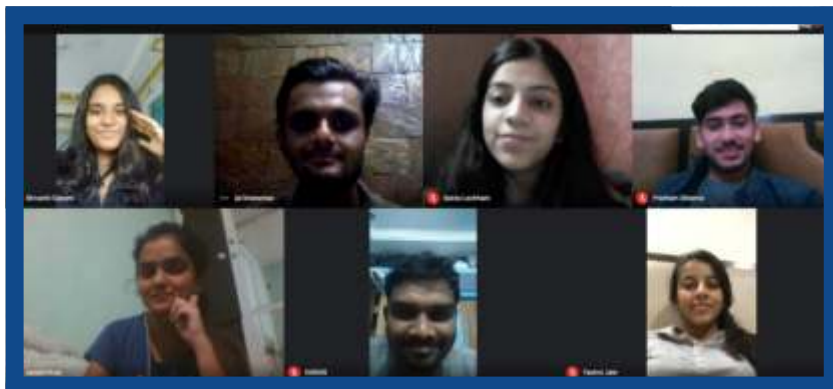
The Urban Model signifies Inaayat's entry into the B2C market for moneyed urban audience. It has been developed with the intent of swiftly enabling their switch from plastic pads to sustainable ones.

Community Model

In order to eliminate the limitations caused due to geographic boundaries, Project Inaayat has introduced a Community Ambassador program. Under this, communities with poor menstrual hygiene conditions shall have an ambassador appointed in them. This ambassador shall be responsible for spreading sustainable menstrual hygiene awareness in the community by conducting sessions and improving the hygiene through the sale of cloth pads.



Campus Ambassador Program



A Campus Ambassador program has been started under project Inaayat that aims to recruit young talent that has a Head for Business and a Heart for the world. These ambassadors shall be the pioneers on sustainable menstruation hygiene management in their respective colleges, with the responsibility of spreading awareness regard the same.

After months of meticulous planning, the Urban Model developed under Project

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The Urban Model signifies Inaayat's entry into the B2C market for moneyed urban audience. It has been developed with the intent of swiftly enabling their switch from plastic pads to sustainable ones.

Launch of Project Inaayat Website

Project Inaayat is proud to announce and go live with it's website www.projectinaayat.com.

Inaugurated on the 12th of October after an entire month of rigourous efforts, the website is a milestone in the development of project Inaayat into an Menstrual Hygiene Management (MHM) umbrella organisation, instead of just a cloth pad manufacturer.

The aim of this Website is to connect to the urban audience and empower them with the knowledge to make them switch to sustainable





MENSTRUATION MATTERS

24th May– 28th May, 2020

✓ Despite the prevailing extraordinary circumstances due to COVID-19, our commitment to empower people is one we shall live up to.

Starting from 24th MAY we conducted an InstagramLive series with 5 new topics and 5 different speakers for 5 days continuously with experts from the concerned fields under menstruation to spread knowledge of topics of critical importance.

UNICEF CHALLENGE

28th May, 2020

On the occasion of World Menstruation Day, we took up the RED DOT CHALLENGE started by UNICEF. A video where more than 150 people from all around the world took up the challenge and pledged to end the stigma surrounding menstruation was created, where we all the various clubs within the college and Enactus community worldwide came together to make this challenge a huge hit.



PERIOD PARTY

June 28 – July 31, 2020

Conducting various webinars regarding period problems with founders of several organizations working in the field of sustainable menstruation, young authors encouraging youth to destigmatize period myths with ease and international menstrual coaches empowering women to embrace their cycles and learn the best possible ways to live them.

An Oscar winning film based on menstruation- “Period. End of sentence” was streamed on Google meet to explain menstruation in India under 40 mins.

PERIODICALS

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.



#TacklingTheTaboo CAMPAIGN

In the #TacklingTheTaboo we gave the youth a chance to take a pledge to normalise menstruation and bust all the taboos around this natural process and to bring out change in menstrual stigma by asking our participants to make a short video clip of themselves stating how, as an individual, they'll take initiative and pledge to eradicate any existing menstrual stigma/taboo.

DONATIONS & DISTRIBUTION DRIVES

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 Desouza 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 inaat 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 spaces.

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.



ZERO WASTE MODEL

Zero Waste is a set of principles focused on waste prevention that encourages the redesign of resource life cycles so that all products are reused. There is a growing global population that is faced with limited resources from the environment. To relieve the pressures placed on the finite resources available it has become more important to prevent waste.

The business model of our Project Aajeevika is focused on Zero Waste principles and hence the products produced are crafted wholly from fabric cut offs, which strongly supports sustainability by protecting the environment, reducing costs and producing additional jobs in the management and handling of wastes back into the industrial cycle.

Our Zero Waste designs strive for reduced materials use, use of recycled materials, use of more benign materials, longer product lives, reparability and ease of disassembly at end of life.

OUR ZERO WASTE PRODUCTS

SCRUNCHIES

(AJ Zero Waste Product)

These luscious and 100% sustainable scrunchies are the ideal choice for any season. Being elastic and stretchable, they ensure no breakage or damage is done to your hair. As they are multipurpose, you can tie them around your hair or wear it around your wrist as a bracelet. Perfect for daily wear and special occasions, you can now make your hair look gorgeous all year long.



KNOTTED HEADBANDS

(AJ Zero Waste Product)

These beautifully crafted knotted hairbands are made from fabric cutoffs making them sustainable as well as trendy. Each hairband has an elastic band making it perfectly tailored for your head type. Perfect for daily wear, these hairbands will match any season and occasion.



REVERSIBLE HEADBANDS

(AJ Zero Waste Product)

Designed exclusively for every woman out there, these reversible hairbands are perfect to keep your hair out of your face. Made from fabric cut-offs, they are sustainable, stretchable and stylish. The elastic band closure ensures it adapts to every head circumference. Perfect for daily wear, workouts and travel.



Manufacturing tote bags by capitalising on indigenous skills of the villagers to improve their livelihood.

#CHANGEISCOMING

With an aim to promote zero waste lifestyle and sustainable options, Enactus HRC under its Project Aajeevika introduced the Change Is Coming campaign. We asked our audience to tell us that one sustainable thing they had switched to, that changed their lives for the better. Having garnered a number of great responses, we had some of our participants tell us how they not only switched to sustainable options but also made the product they are using from scratch.

TRANSPARENT MASKS

On 3rd December 2020, which happens to be the World Disability Day, Rotary Club of Mumbai Kandivali West took up the initiative of spreading smiles by distributing transparent masks in Koshish school. 100 masks under Project Aajeevika were distributed in this special school for differently abled students.



Transparent masks

WEBINARS, INSTAGRAM LIVES AND MUCH MORE ..

MENTAL HEALTH AWARENESS

May 31, 2020



Along with menstruation we support other causes too. A mental health session was conducted to celebrate the mental health awareness month and address the mental health crisis among the youth with Ms Disha Manchekar.

UNDERTANDING 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.

IDEATE THE IDEAL ACTIVITY

An ideation contest for students of HR College where if they were given a chance which innovative product /venture would they like to start or manufacture to achieve at least one SDG.



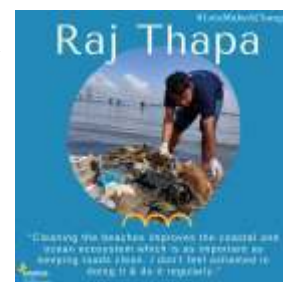
OUR BLOGS : ENACTUS HRC TALKS



A blog initiative of ENACTUSHRC has commenced, where new perspectives on various social issues and sustainable development goals are posted every week. Articles from students from across studying various colleges and pursuing different courses are collected and presented on website for a quick read.

LET'S MAKE A CHANGE FACEBOOK CAMPAIGN

A campaign where students had to submit their photos while doing any kind of social work along with a short description. This was to encourage the students to continue contributing back to the society even in the most subtle forms possible.



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!



FUNDRAISER

KUDOS TO ENACTUS HRC

May 2021

Enactus HR x TAUP x HFH



“IN LIFE, THERE IS NO SUCH THING AS IMPOSSIBLE; ITS ALWAYS POSSIBLE!”

Enactus HR College is proud to share that under the flagship Project Inaayat, an order of Rs.4.15 Lakh has been received from Bindu, an organisation engaged in the field of de-stigmatizing menstruation and eradicating period poverty in India.

Under this collaboration, 2600 menstrual hygiene kits will be produced by Enactus HRC's rural production centre and distributed in North and Central India.

This collaboration will positively impact the lives of various menstruators who lack access to hygienic menstrual products, as well as help the rural beneficiaries earn livelihood.

Each life impacted through the projects is a step towards representing HR College at Enactus National Competition 2021. Apart from the immense hard work and determination of all Enactus HRC members, the constant support received from I/C Principal Dr. Pooja Ramchandani has been instrumental in this huge achievement!

TESTIMONIALS

“Enactus HRC was the first youth run social enterprise that The Period Society collaborated with since it's inception in 2019, and we have partnered with them since. I am incredibly impressed by and grateful for their support with programming, marketing, and outreach whenever we purchase pads from them or collaborate on a fundraiser. They always manage to come up with places we can donate to where there is a necessity of eco friendly period products and during our collaboration have endured that we reach out to a variety of marginalized populations. The content of the sessions we deliver together has been extremely interactive and comprehensive and their volunteers are always pleasant to work with on projects. The Period Society will continue partnering with them in the long term and we recommend their social enterprise which reduces the cycle of dependency within rural areas with a focus on environment sustainability without any reservations.”

- Period Society



About the Fundraiser:

Habitat for Humanity India is supporting families and individuals living in vulnerable conditions with no safety net by providing them with essential goods and hygiene items. Habitat's Hygiene Kits and Family Essentials Kits provide families with essential goods which meet their basic needs. Currently, Habitat India has served 11,14,490 individuals with a total of 4,07,410 Kits distributed to the people who are battling the phase of lockdown across the country.

Enactus HRC in collaboration with The Alpha Urbane and Habitat for Humanity has stepped in to sensitise and raise awareness on the importance of hygiene and sanitation through our WASH (Water, Sanitation and Hygiene) program. As the country implements unprecedented measures amidst the global health emergency, we are supporting families and individuals by providing them with family essential kits and hygiene kits.



The Rotaract Club of H. R. College was chartered on 30th June, 1986. The year 2019-20 is the 34th year for the club with a total membership of over 250 students. It is the oldest club in the college with a total of 360 projects per year consisting of cultural projects, community-based projects among others.

Some of the major projects are:

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.

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



LITER OF LIGHT - Lighting up a dark village street



15 October 2020 | Rasheeda Bhagat

Giving is the new cool for Mumbai's Rotaractors

When the taskforce of the Rotaract Club of HR College, RID 3141, wrapped their young minds over a set of grim statistics which pointed out that 16.3 crore people in India lack access to safe drinking water, 28.7 crore people lack basic education and 20 crore people have no access to reliable power, they decided to do something about it.

“Everyone wants to see change, but no one wants to be the change. So we said let prepare ourselves to be that change,” says Jinay Parikh, director of the club's taskforce. Hence was born Aashayein-Adopt A Village, a community initiative with the objective to do holistic development of rural villages in Maharashtra. Their most powerful mantra was collaboration.

Carried out in five villages in Ahmednagar district, the Rotaractors focused on water and sanitation, electricity and education. In collaboration with the Watershed Organisation Trust, the Project Boon was started, “under which we have built 14 wells, four check dams and a number of hand pumps,” says Purvi Todi, co-director of the taskforce team.

Next, partnering with the Liter of Light, an organisation that has put together an open source design for a low-cost tube light that refracts solar light to provide daytime interior lighting, “we have installed more than 150 solar powered lights, including community street lights, study lamps and house lights, in these villages,” says Parikh.

For the education and entrepreneurship component of their social outreach initiative, the Rotaractors started Gazab Maharashtra, to educate youth about the importance of entrepreneurship and business studies. “Till date we have funded 60 entrepreneurs with seed capital to set up self-owned and sustainable businesses,” he says.

In addition, 30 re-usable sanitary kits, which can be used up to 4–5 years, were distributed in these villages, and four community toilets were also built. “We have also conducted workshops with the villagers to teach them the importance of sanitation and hygiene,” Purvi adds.

Parikh says the Rotaractors realised that due to drought conditions in these villages, “there was no work in farms and the farmers couldn't get enough produce for sustenance. We are grateful to RAC HR College, who came to our rescue and built check dams, tanks and wells in these villages.”

The Rotaractors have made this an interactive programme and this project has pages on social media platforms such as Instagram, Facebook and Linked In. For more info: aashayeinadoptavillage.com



GAZAB MAHARASHTRA - A 7 day program where members go to a rural college to teach entrepreneurial and business skills, in turn fund a new business idea of a student.



SANITATION - Teaching village women the basics of menstrual hygiene

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.

Vogue, a legacy of 23 years, is an interschool personality contest and talent hunt that involves most of the prestigious schools of Mumbai. It is divided into a total of 3 phases and 2 categories. The 2 categories for the same are personality and talent. For Phase 1, there are children from the grade of 7-10 that are hand-picked by our members. Through this project, we aim to develop the personality of these children over a span of 8 days, that is, phase 2. With various activities and workshops, they are



Members of the club have fed a million people by distributing packs of nutritious food at railway stations and in slum areas under **LUNCHBOX**.

The Lunchbox - Covid Relief Edition to provide food and water to the migrant workers and the people in need.



able to get a peak of the outside world. After spending time with children of different schools, they are trained for the final day where they battle it out against each other to win various titles. Thus, this project cultivates them into a confident person with a strong personality. The 23rd Vogue happened at Sophia Bhabha Auditorium on February 4, 2020.

Action Replay is another professional development project, in its 11th year on September 21, 2019. It is Mumbai's biggest open sports and entertainment fest. This project has two aspects to it: quiz and entertainment. For the quiz, there are two categories, the school category and the general category. Members of the best quiz clubs from all over Mumbai participate in the same with a competitive spirit. On the other hand, the entertainment sector includes box cricket, football, Fifa and various other games wherein the members and the participants compete.

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.

Fifa Streets is a project which provides an equitable platform for the boys of the slums in the field of sports. It is a football tournament that gives them a chance to showcase their talent to the entire world.

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.

Tak Dhinak Dhin is an intra-institute dance competition wherein members go to 10 different municipal schools in the city. The kids have fun dance sessions. After around one week of fun dance practice with the kids, they compete against each other on the final day.

Quicksilver is also one such project where in the members go to various institutes in Mumbai. Over a span of 5 days, they train the kids in the educational as well as extra- curricular sector. All of them then battle it out on the final day through quiz, fashion show and various other activities. The finale was held on September 7, 2019 at the K.C. Auditorium.

We are the World, a 19 year old legacy, is a two-day annual Interschool internationally themed cultural extravaganza where the top 30 schools of Mumbai come together and battle it out amongst various events to win the title. There is a total of 25 events consisting of Fine Arts, Literary Arts, Performing Arts and Informals. A crowd total of 5000 people every year witness this extravaganza. This being the 19th year the event was taken a notch higher with an outdoor venue and ongoing activities like never before. The 19th We Are The World took place at H.R. College and Karnataka Sports Ground on November 30 and December 1, 2019.

Nayaab is a fundraising exhibition for a social cause. It is a two-day annual exhibition held at Mahalaxmi



Dance competition Tak Dhinak Dhin



Training the kids for Quicksilver



Nayaab - a fundraising exhibition



House of Dreams - building brick houses for people below poverty line



Utsav - a festive night for the visually impaired

racecourse with a total of 80 stalls and a crowd of more than 5000 people. Started just a year back, this exhibition has more to offer with its various ongoing activities and evening musicals by some of the most talented artists. All the proceeds of the exhibition go for a social cause, Aashayein - Adopt a Village. This year Nayaab took place on October 19, 20 & 21, 2019 at the Mini Turf Club Lawn, Mahalaxmi Racecourse.

House of Dreams is a mission to build a roof over the homeless with the support of the Rotary Club of Bombay and the help of Habitat for Humanity. This is one project where RCHRites go down to a building site and build houses for the homeless. It's has been going on since the past 7 years and till today members have helped successfully construct 10 houses for the underprivileged. This year House of Dreams took place at Gawandiwadj, Karjat on February 19, 2020.

Evolution-Revolution, a mission to evolve a life and revolutionise the society, is a 6 weeks long project where to focus on the kids of the Bhavishyaan community and aim to teach them everything but academics. Each session focuses on particular life skills such as health and hygiene, communication and presentation, marketing, values, and many more, and these life skills are taught to the kids through various fun activities and modern technology. This year it took place at GK Marg Municipal School, Lower Parel from January 31 to February 14, 2020.

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.

A Christmas Wish, an initiative taken by the Rotaract Club of H.R. College that focuses on bringing a smile on the faces of the differently-abled. For this project, members go over to an institute of the mentally challenged and celebrate the festival of Christmas with them and get an opportunity to spread happiness. They play many games, have a fashion show and also do fine art with them which they enjoy thoroughly. This year the project took place at Om Creation Trust, Mahalaxmi on December 23, 2019.

Utsav, a dandiya night with the blind, is one initiative taken by the Community service team of the Rotaract



UTSAV - Playing dandiya



(Above & Below) SPARKLES-autistic children entertained by RCHR volunteers.



Evolution-Revolution project where students go to municipal schools and volunteer as teachers



PAATHSHALA - BMC school kids are taught basic subjects with own curriculum and books



PEHCHAAN -students from Municipal Schools having appeared their SSG Examinations trained to be college ready



Tryst With Destiny on Republic Day

Club of H.R. College. Members get the opportunity to celebrate the festival of Navratri with the visually challenged and dance our hearts out on the beats of the Navratri songs. This year a cookery workshop with the blind was conducted along with pottery as well. Ustav took place at Victoria Memorial School, Tardeo on November 17, 2019.

Sparkles is one project where members spend a day with the kids who suffer from Downs Syndrome and play various fun activities with them. The main goal is to spend time and bond with the kids and enjoy with them as much as possible. This cultivates humility and sense of gratitude among members towards each and every individual. This year's Sparkles was at Jai Vakeel Foundation.

Waves is another project of the Rotaract Club of H.R. College. In this project, members go on a ferry ride with cancer patients. It is a one-hour long ferry ride wherein various games and activities are played with them. Cancer patients need some type of exposure in their life and this project just gives them a chance to bond and help share their stories.

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.



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.

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.



HEALTHY LIFESTYLE AND CANCER PREVENTION

October 9, 2020

A webinar on Healthy Lifestyle and Cancer Prevention was conducted by the Social and Self Awareness Club of HR College in collaboration with Sanjeevani... Life Beyond Cancer, an award winning, registered, Non- Profit Organization. The event was aimed at spreading awareness about healthy, positive lifestyle and early detection and prevention of cancer.

The webinar was attended by 30 students from various fields, both from HR College and other esteemed colleges. The presentation given by the Speakers Ms. Arpita Chakraborty and Ms. Florina were really topical and informative.



Arpita Chakraborty and Florina of Sanjeevani Life Beyond Cancer.



Dr. Pooja Ramchandani, I/C Principal & Dr. Madhu Kelkar, Teacher in-charge SSAC, HR College.

TECH SKILLS 101

October 16 & 17, 2020

The Social and Self Awareness Club of HR College conducted a two-day Webinar covering topics like 'GSuite' and 'LinkedIn', on both the days respectively. The event was aimed at familiarizing the students with the technology that is used in their daily and professional lives and helping them upgrade their digital skills.

The webinar was conducted on Zoom platform and was attended by approximately 120 students from various fields, both from HR College and other esteemed colleges. Speaker Ms. Jeni Asher, a Strategic Marketing Specialist at Indian Institute of Digital Marketing, gave a presentation that was really topical, informative and enthralling.



FIVE STAR GREEN HOMES

November 6, 2020

Social and Self Awareness Club conducted an event on 'Five Star Green Homes' which focused on the topic, enriching eco-friendly home along with environment. The speaker of the session was Mr. Jagdish Sandhanshiv, who is actively working towards betterment of environment.



Five Star Green Homes webinar

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.



Jagdish Sandhanshiv

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

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.



Dr. Madhu Kelkar

SILENT VOICES: BRING THE KIND BACK TO MANKIND

March 26, 2021

The Social and Self Awareness Club of HR College conducted a webinar named “Silent Voices” covering the topic 'Animal Behaviour'. The event aimed to bring the cruelty prevailing against animals into limelight and to think of measures for their welfare.

The webinar was conducted on zoom platform with approximately 40 students (attendees) from various fields of HR College. The presentation given by the speakers Ms. Sonal Alva, full-time Educational Manager at Welfare of Stray Dogs NGO and Ms. Shreya Kelkar and Mr. Viraj Krishnaraj Rao, volunteers at Animal Welfare Fund & Co., was really very insightful and topical. The enthusiastic participation from the students and the volunteers of the club and the consistent guidance of the teacher in-charge of SSAC, Dr. Madhu Kelkar has been the motivating factor behind the event's successful achievement of its objective.



Ms. Shreya Kelkar

ONE OF A KIND

August 6, 7 & 8, 2020

A series of webinars called **One of a Kind** were conducted by Student United Way with an aim 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. GUEST SPEAKERS were Dr. Rituparna Ghosh, Alex Mathew, Dr. Shailesh Wagle and Mehar Bhagat

Mental Health Wellness

August 6, 2020

Guest speaker **Dr. Rituparna Ghosh**, a consultant psychologist and psychotherapist focused on student mental health. COVID-19 related stress in people's lives and how to cope up with the same was discussed. Online classes, lockdowns, maintaining grades, etc. have increased stress levels among students during the pandemic. She told that students shouldn't hesitate to visit a psychologist as both mental and physical health are equally important. Students of Student United Way asked a number of questions regarding mental health which were answered with ease.

LGBTQIA+ community

August 7, 2020

The guest speaker of the webinar on LGBTQIA+ community was **Alex Mathew A.K.A Maya**, The Drag Queen who is a TEDx speaker and a LGBTQIA+ influencer. A session discussing that we are all unique and valid, made it an interactive one. "Walk into a room like a Queen"- those were Alex's exact words when asked how to be self-confident. He advised students to ignore the people who judge and welcome those who appreciate them for who they are. He shared his story of coming out of the closet. Of course it wasn't easy for him to get accepted in the society for being a Drag Queen. Alex answered every question in the chat box. His inspiring story made this session an very interesting one.



COVID-19 Warriors

August 8, 2020

The guest speakers of the webinar on Covid-19 Warriors were **Dr. Shailesh Wagle**, a Community Investment Manager at United Way Mumbai and **Mehar Bhagat**, a COVID-19 survivor who is a wellness coach and dietician.



Dr. Shailesh explained what COVID-19 is and what are its symptoms. Different levels of the seriousness of COVID-19 was discussed. He explained how to wash hands, sanitize properly, to use and dispose masks and gloves etc.



Mehar Bhagat shared her experience of COVID-19 and told us how it's difficult to return back to society because people judge and avoid her just because she had been a victim of COVID. She focused on how to identify COVID and what to do if you are tested positive. She urged all to face it with strong will power, take COVID-19 as a challenge and overcome it fearlessly.



COVID LETTERS OF LOVE

August 9-16, 2020

The members of Student United Way started a campaign called COVID Letters of Love to show gratitude to the COVID frontline workers by writing handwritten letters and displaying each of them via social media. This initiative was dedicated to all COVID warriors who braved emergency rooms when no one dared to step out, to all those who have sacrificed their lives in the line of duty. 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.

SUW received 162 letters from across the globe by August 12, 2020. These were published on SUW Instagram page so that the letters reached these unsung heroes, showing gratitude for their efforts. On August 16, 2020 a video was posted on H.R. College's YouTube channel wherein the I/C Principal Dr. Pooja Ramchandani, Vice Principal Dr. Navin Punjabi, faculty mentor Ms. Kanu Priya Sharma, the event volunteers and SUW members expressed gratitude to all the COVID warriors.

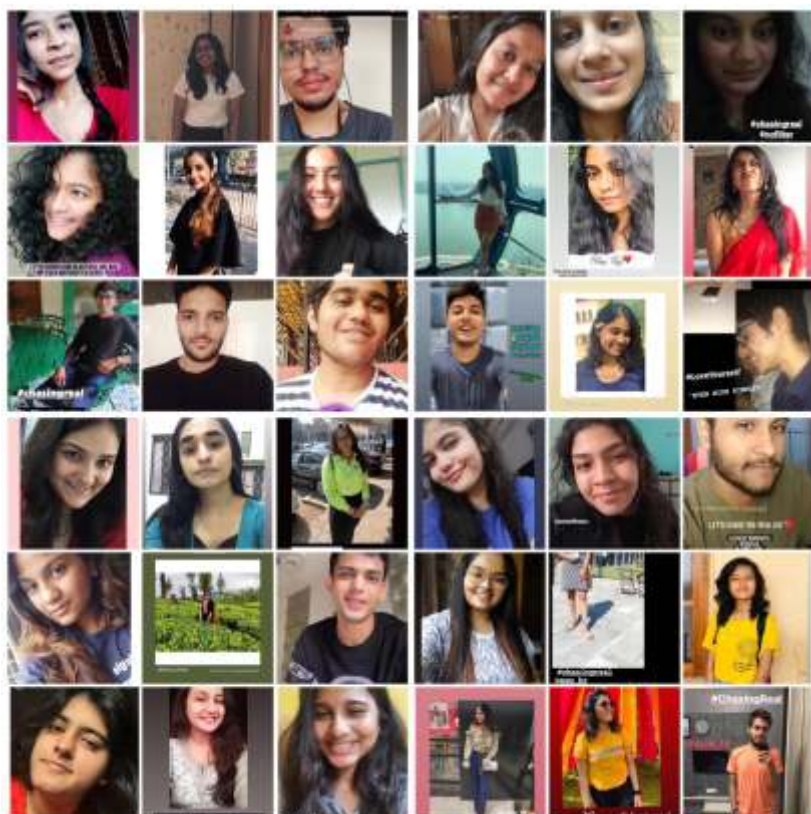


CHASING REAL

September 18-24, 2020

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 no-filter 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 to gather the courage to post their pictures in their own skin without fear, insecurity or shame.

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 #ihelpsuwrgogreen 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.



TWO WHEELS, ONE LIFE.

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.



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 spear headed 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.

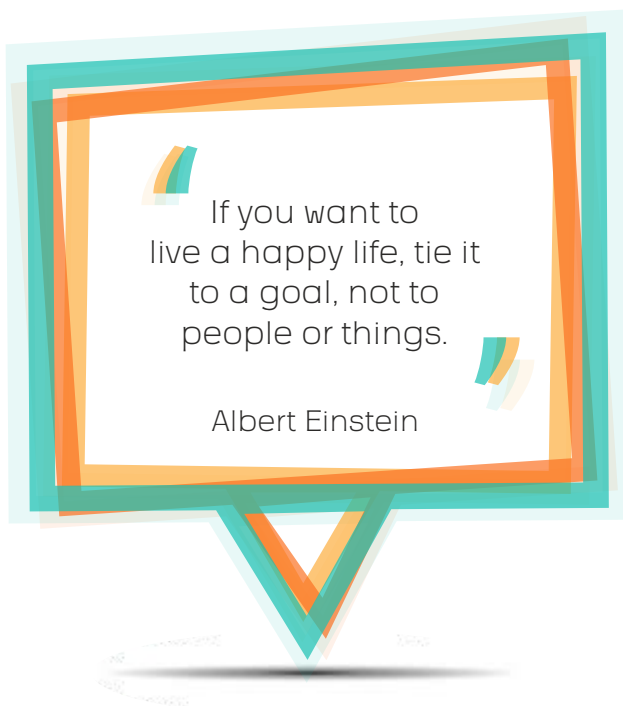
A certificate of participation from H.R. College of Commerce and Economics was provided to all participants of the project, which was a huge success due to their dedication and efforts. For every donation, they got a smile in return!



Donations to NGOs



Donating to the less privileged



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.

COUNSELING SESSIONS

In light of the increasing Mental health issues in recent times, the club attempted to contend with the dilemma by providing one-on-one Counselling Sessions for the students of H.R. College of Commerce and Economics by collaborating with few counsellors from outside. The highlights of these sessions are as follows:

- The sessions can be availed exclusively by the Degree College students of H.R. College of Commerce & Economics.
- These sessions are complimentary.
- The sessions are conducted online (Zoom/ Google Meet).
- The counselling sessions are provided one-on-one with the counsellor.
- The information discussed during the therapy sessions and all documentation is private and complete confidentiality is maintained.
- Counselling sessions are provided on areas of Stress Management, PTSD, OCD, ADHD, Anxiety, Grief Counselling, Personal Growth, Clinical Depression, Bipolar Disorder, Career, and Relationship Counselling, Dealing with Phobia and Fears, Behavioural & Self-Esteem Issues.

Our Counsellors included Ms. Nikhila Deshpande, Dr. Ganesh Tajane, Ms. Devika Khanna and our Advisor is Ms. Pallavi Vasan. We have also collaborated with an organisation for providing complimentary workshops for the students of H.R. College - The Upper Storey, run by Ms. Devanshi Kanani, Ms. Dhruvi Dharia and Ms. Kinjal Vira.

HEALIUM: HOPE. HEAL. HARMONIZE.

May 23-28, 2021

The Mental Health Awareness Club of H.R. College of Commerce and Economics organized their launch event "HEALIUM: Hope. Heal. Harmonize."

The event was the club's first flagship event, the first day of which also marked the inauguration ceremony of the club. The event consisted of a wide range of activities, which aimed at healing and spreading love and positivity, as follows:

LAUNCH EVENT AND WEBINAR ON ANXIETY MANAGEMENT DURING THE PANDEMIC

A webinar conducted with Ms. Raashi Thakran, enlightened the audience as to what is possible to deal with stress and anxiety during this pandemic.

The webinar started with a welcoming speech by I/C Principal Dr. Pooja Ramchandani and an introduction of the club's counsellor partners. It further went on to have



the audience share their stories and inspire each other by speaking words of wisdom about the importance of good mental health.

LET IT OUT

The second day of the event had the participants let out their emotions and release their bottled-up feelings via any form of art from sketching, dancing, writing to singing. A Google form was circulated for the same, wherein the participants uploaded their entries.

I AM THANKFUL

The third day of the event was aimed at expressing gratitude, being thankful, and showing appreciation. A series of tasks were shared via a WhatsApp group starting with detox, followed by writing a letter to ourselves, to someone we love/admire, listing down 15 positive things that happened during the pandemic, and lastly, hugging our loved ones. The activities helped in developing an attitude of gratitude among the participants, and feel blessed for the seemingly smaller things in life.

INHALE-EXHALE

Inhale-Exhale was a Yoga & Meditation session, conducted by Ms. Parmita Shroff who enriched our knowl-

edge about yoga and introduced us to the wonders of meditation in dealing with stress and anxiety, by teaching us pranayama, body scan, breathing exercises, and various yoga poses that can help us calm down our senses.

A DAY FOR MYSELF

Aimed at instilling the attitude of self-care among the participants, a set of tasks were shared via WhatsApp group to the participants. The day started with asking the participants to meditate for 15 minutes, followed by having a hot water bath. The first task given to them was to read a book or magazine for an hour. Second task was to pamper themselves by applying facemasks. The third task was about making a phone call to a friend or a family member whom they have not spoken for a while. The last task was to binge-watch their favourite TV show or listen to their favourite podcasts without any guilt.



Parmita Shroff

SAY NO TO STRESS!

The last day of the event consisted of stress buster activities. The participants played a variety of games that focussed on distracting the mind from stress while also making people realize some good qualities about themselves.



Words of encouragement from the I/C Principal

The event concluded with sending giveaways to the participants. The giveaway was a pdf comprising of various books, quotes, short films, and Spotify playlists, to help the participants in their dark phases, uplift their mood and motivate them not to give up on themselves.

100+ people registered in this week long event and participated in various activities. The activities were very much liked and appreciated by the participants, as it helped in healing invisible wounds, with the hope for things to get better in life, while realizing the importance of self-care and self-love. The efforts of the club members and volunteers resulted in a successful execution of a meaningful event.