



Accredited 'A' Grade by NAAC

H.R. COLLEGE

of Commerce & Economics



Developing Leaders with a Heart

2020-2021

ANNUAL REPORT





Accredited 'A' Grade by NAAC

HASSARAM RIJHUMAL COLLEGE OF COMMERCE & ECONOMICS

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Dr. Pooja Ramchandani

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Junior College

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Ms. Prachi Gunjaria



Present Trustees H(S)NC Board



Mr. Kishu Mansukhani
President

Mr. Kishu Mansukhani, after a dream career as CEO with the Tata Group, has devoted himself to the promotion of Sindhi culture and language and has inspired all the Colleges to take this up with a missionary zeal.



Mr. Anil Harish
IPP & Trustee

Mr. Anil Harsih, one of the most sought after legal experts and financial analysts of the nation, as Trustee of the Board and Immediate Past President, he brings his forward looking futuristic vision to bear upon what the next generation would be aspiring for.



Dr. Niranjan Hiranandani
Past President & Trustee

Leading entrepreneur and educationist, the man responsible for transforming the skyline of Mumbai, brings a fine sense of balance and creativity into the functioning of Board.



Mr. Lal Chellaram
Trustee

Mr. Chellaram is a businessman with global presence and a conscientious humanitarian. He brings with him the fine blend of the pragmatic and social commitment to his various enterprise in education, healthcare and relief work.



Ms. Maya Shahani,
Trustee

Ms. Shahani truly exemplifies that 'Woman means Shakti'. In the multiple philanthropic and entrepreneurial roles she dons, she has been a transformational leader in business, education, healthcare and outreach programs for which she has been awarded several times.



Mr. Dinesh Panjwani
Secretary H(S)NCB

Distinction of Serving at all three campus of H(S)NCB. Joined in 1979 as a Lecturer and subsequently as Vice Principal of K.C. College, Churchgate. Thereafter he served as Principal of Smt. C.H.M. College, Ulhasnagar, and as Principal of R.D. National College, Bandra. He was Director, NSS, University of Mumbai.

The Trustees, Executive Committee, Principals, Staff and Students of the HSNC Board are dedicated to accomplishing their mission and pledge their individual and collective efforts.

VISION

Create World Class Centres of Excellence that influence the future by:

- Providing Quality Education
- Research
- Exploring new ideas
- Keeping up with Technological and Socio-economic Change

MISSION

- Excellence in Academics
- Innovation in Education
- International Engagements
- Technological Advancements
- Socially Responsible Citizens
- Leadership Development

AIMS

- To prepare skilled professionals
- To instil community consciousness in students
- To produce leaders who can activate change
- To introduce state-of-the-art facilities
- To provide excellent, well trained staff to educate students



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From the Principal's Desk

This has been an extraordinary year. We have been more or less able to come out of the pandemic, which is now endemic, and join forces to usher in a new phase with renewed vigour and enthusiasm. We are all acutely aware of how the COVID 19 pandemic has affected education. Things that were considered normal and routine have undergone a radical transformation. No longer can we be complacent about anything. If the pandemic has taught us one thing, it is that change is inevitable and change has to be encountered and handled with great courage and determination.

We at H.R. College have taken up this challenge and been able to confront it with the able support and collective strength of all our faculty, students, office staff, and associates. Our goal of providing students with uninterrupted quality education remains at the forefront of all our endeavours. This year saw us transitioning once again from complete online classes to a hybrid form of teaching-learning. The teaching faculty were adequately trained for this transition and the students were prepared accordingly. We moved from total online examinations to offline examinations. Understanding the needs of the students who had not written any offline exams for two years, we took appropriate measures to ease the transition for them. Our teaching and non-teaching staff have made themselves available whenever needed, going beyond the call of duty to provide aid, counseling, and support to all our students particularly those who are most vulnerable to stress, and anxiety due to the devastating impact the pandemic may have had on their personal lives. For all of us at this institution, the focus was on trying to understand our student's needs, provide continuous support and ensure that they can access classroom lectures, take exams, submit assignments and not feel left out.

This academic year we have once again excelled in academics, co-curricular and extra-curricular activities. Our junior college student Rishabh Shah has topped the HSC Board exams holding the first rank in college as well as in Mumbai. In the degree college, our TY students in all streams have performed exceedingly well. In my tenure as a Principal, I have tried to develop the potential of our teachers, foster a strong research culture, undertake capacity-building initiatives, streamline administrative processes and instill in our students the value of community service and social welfare. We are committed to excellence in education and our objective is to ensure access and opportunity for growth and development. We are keenly aware that in this rapidly changing world, the workspace also needs people who will be ready to adapt, adopt and be able to work with passion and dedication. To make our students employment-ready,



Prof. Dr. Pooja Ramchandani

we are constantly engaged in upgrading our curriculum to make it relevant to the needs of our time; we also encourage our students to participate in extracurricular activities so that they can develop an all-rounded personality.

Our teachers like always have shown great tenacity and commitment in research and teaching, and all our FY and SY students have performed very well in their exams. Both the teaching and student community have undertaken numerous projects that address contemporary social issues and seek ways to resolve those that require our immediate intervention. The students have engaged wholeheartedly and participated in outreach programs that not only enhanced their knowledge of the given field but also provided them with a deeper insight into the ways of the world. Industry placements have seen some of our brightest and best receive internships and job offers from reputed companies. Many experts from the world of finance, technology, business management and administration, start-ups, and social networks, graced us with their inspiring presence and spoke to our students and teachers motivating them and encouraging them to persevere. Our social engagements with NGOs were at an all-time high. Numerous projects and programs are undertaken by our students with the guidance of the Prof. in-charges to affect lives and contribute to our immediate community. Programs on gender sensitivity and environmental awareness that we organize around the year have a very positive impact on young minds.

The health crisis that the world has faced has created some extraordinary trials for us. However, we are confident that with the support of our management, faculty, staff, student, parents, and associates, we shall be able to stride forward with greater confidence and bigger dreams. Our motto is to persevere until the end, our faith in ourselves is firm, our inspiration is from community, nature, our dedication is to truth and equality, and our goal is to nurture young minds who will make this world a better place. We look forward to another challenging year ahead!

PROGRAMMES OFFERED

• **BACHELORS OF COMMERCE (B.COM)**

It is an undergraduate full time 3 year programme divided into six semesters, which aims to provide the student with specialized skill sets in different fields of commerce.

B.Com (Bachelor of Commerce)

The B.Com programme provides a strong foundation level understanding of the functioning of business organizations, commercial transactions and various specialized operations such as accounting, finance, marketing and human resource by offering a comprehensive curriculum. Students can easily pursue any professional along with the course like CA, CS, CMA or ACCA

B.M.S (Bachelor of Management Studies)

This programme offers advanced studies in the field of management that are necessary to run an organization efficiently. It also provides in-depth knowledge of human resource management, economics, and business studies. The BMS course provides students with vast knowledge of changing world of management, new business techniques, entrepreneurship, trading, finance, stock and risk analysis.

B.A.F (Bachelor of Accounting and Finance)

The curriculum of this programme includes accounting, finance, taxation, auditing, and risk management in addition to regular courses offered under simple Bachelors of Commerce degree. Students who are interested in pursuing jobs in accounting and finance should take up this course.

B.F.M (Bachelor of Financial Markets)

Bachelor of Financial Markets specializes in the nuances of financial markets and covers various related fields like economics, financial risks, investments, etc. If you are interested in the intricacies of how the market functions and to want to build a career around it then BFM is a course that might be the course for you.

B.B.I (Bachelor of Banking & Insurance)

.Bachelor of banking and insurance (BBI) aims to impart students with strong foundational knowledge in the field of Banking, Finance, Insurance as well as other related fields like Business Communication, Insurance Law, Accounting etc.

B.A.M.M.C (Bachelor Of Multimedia Communication)

The programme enables an in-depth understanding of the dynamic field of mass media in its various forms – print, radio, television, advertising, PR, new media and films. In the third year, students select any one of the specializations from Advertising and Journalism.

• **BACHELORS OF VOCATION (B.VOC)**

B.Voc aims at providing adequate skills required for a particular trade. The programme is different from traditional academic ones as it deals more with application-based studies rather than focusing on only theoretical knowledge. BVoc is a three-year duration undergraduate course that can be pursued in a wide range of fields starting from healthcare, food technology and hospitality to creative fields like graphic designing and beauty & wellness.

B.Voc. in Wealth Management

The B Voc in Wealth Management programme deals with the understanding of the financial environment and its functioning while learning about the practical aspect of the wealth management industry.

B.Voc. in Retail Management

Retailing is a vital part of the business industry that involves selling products and services to consumers. With the tremendous growth of the economy, retail management has emerged as one of the fastest growing careers in India. The enormous expansion of the sector has thrown up a big demand for skilled professionals in the field. Job prospects in the retail sector include but are not limited to Customer Sales Associate, Team Leader, Departmental Manager, Floor Manager, Store Manager, Retail Operations Manager, Retail Buyers and Merchandisers, Visual Merchandisers, Logistic Managers, Warehouse Managers and many more. The curriculum includes general education and skill development components having extensive practical and on-the job training along with periodic industrial visits and industry interactions

B.Voc. in Tourism and Hospitality

Bachelor of Vocation (B.Voc.) in Tourism and Hospitality Management is a graduate level program with the objective to provide adequate knowledge and skills related to Tourism, Travel and Hospitality Management for employment and entrepreneurship.

• **MASTERS OF COMMERCE (M.COM)**

Masters of Commerce is a two-year post-graduate level full time programme divided into 4 semester under the HSNCL University. The two-year course delves deeper into the functioning of the economy, capital, revenue, trade, taxes, etc. taught in B.Com.

M Com is a very versatile course and gives the students to choose their careers in various fields. M.Com is also a good course for a candidate who wishes to take up teaching at Junior and Degree level Commerce Programmes. Three broad programme choices in masters offered at the H.R. College are -

Master of Commerce in Accountancy

Master of Commerce in Accountancy course offers specialization in the field of Accountancy. The syllabus deals with the prerequisites of industry and the scholarly world. This degree makes its graduates professional in Taxation, Finance and Accounting, thus making it easier to acquire an administrative role in the financial sector.

Master of Commerce in Banking and Finance

This programme is designed to cater to the growing needs of management professionals for Banking and Financial Services industry. The objective of this course is to develop commerce professionals with specialized skills and applied competencies

in theoretical and practical knowledge of Banking and Finance catering to the contemporary needs of industry and academia by providing student-centric learning ambience backed with critical thinking and problem solving capabilities.

Masters of Commerce in Business Management

M.Com Business Management curriculum deals with the process of planning, controlling, leading, staffing, directing, and controlling business activities. The program is designed for business enthusiasts who are interested in developing and managing the business.

PROGRAMMES OFFERED

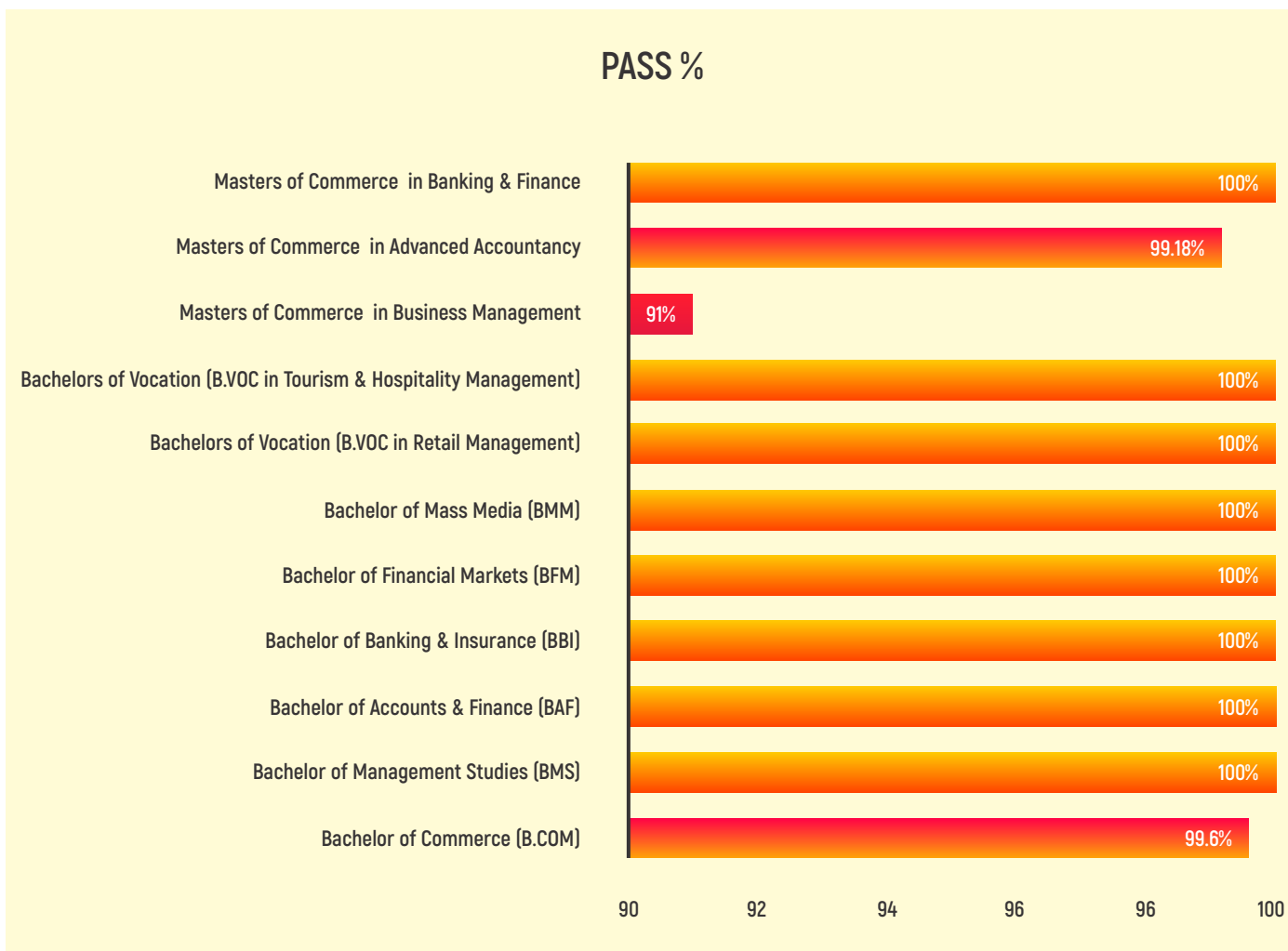
- **B.Com (Bachelor of Commerce)**
- **B.M.S (Bachelor of Management Studies)**
- **B.A.F (Bachelor of Accounting and Finance)**
- **B.F.M (Bachelor of Financial Markets)**
- **B.B.I (Bachelor of Banking & Insurance)**
- **B.A.M.M.C(Bachelor Of Multimedia Communication)**
- **B.Voc. in Wealth Management**
- **B.Voc. in Retail Management**
- **B.Voc. in Tourism and Hospitality**
- **Master of Commerce in Accountancy**
- **Master of Commerce in Banking and Finance**
- **Masters of Commerce in Business Management**

CERTIFICATE COURSES CONDUCTED DURING THE YEAR 2020-21:

Sr. No.	Name of Add on / Certificate programs offered	Duration of course
1.	Stalk the Stock by Fin-Est	30 hours
2.	Financial Modelling and Valuation Masterclass.	30 hours
3.	Stock Trading Masterclass	30 hours
4.	Finance & Investment Bootcamp	30 hours
5.	Advance Excel	30 hours

ACADEMIC PERFORMANCE (PASS PERCENTAGE OF ALL PROGRAMMES)

Program Code	Program Name	Pass %
2C00146	Bachelor of Commerce (B.COM)	99.60
2C01116	Bachelor of Management Studies (BMS)	100.00
2C00456	Bachelor of Accounts & Finance (BAF)	100.00
2C00346	Bachelor of Banking & Insurance (BBI)	100.00
2C00256	Bachelor of Financial Markets (BFM)	100.00
4000156	Bachelor of Mass Media (BMM)	100.00
4O01916	Bachelors of Vocation (B.Voc. in Retail Management)	100.00
4O02016	Bachelors of Vocation (B.Voc. in Tourism & Hospitality Management)	100.00
2C00534	Masters of Commerce in Business Management	91.00
2C00534	Masters of Commerce in Advanced Accountancy	99.18
2C00534	Masters of Commerce in Banking & Finance	100.00
		99.36



M.COM. TOPPERS**Semester I**

Rank Name

1	Poojari Ankita
2	Doshi Kanishka
3	Davda Drashti

Semester II

Rank Name

1	Kabra Salonee
2	Maloo Urja
3	Thakur Krishna Kumar

Semester III**Business Management**

Rank Name

1	Gopani Saloni
2	Khan Asra
3	Bhot Naasha

Semester III**Accountancy**

Rank Name

1	Harianwala Adil
2	Pandya Tavishi
3	Phutane Tanvi
3	Shinde Prachi

Semester IV**Business Management**

Rank Name

1	Bhot Naasha
2	Bhikhaji Freea
3	Borhade Sonal

Semester IV**Accountancy**

Rank Name

1	Bajaj Mohit
2	Devika Kalyana

B.COM. TOPPERS**FYBCOM Semester I**

Rank Name

1	Jamal Aasiya
2	Soni Ranveer
3	Shah Kevin

FYBCOM Semester II

Rank Name

1	Jain Sonit
2	Jain Vineet
2	Jamal Aasiya
2	Lalwani Shagun
2	Shah Kevin
2	Soni Ranveer
3	Dash Ayushman

SYBCOM Semester III

Rank Name

1	Chandok Saluni
1	Chokshi Parsh
2	Harlalka Shruti
3	Agarwal Riya
3	Haque Arshi
3	Jain Aadish
3	Parikh Sanemi

SYBCOM Semester IV

Rank Name

1	Shah Shreya
2	Agarwal Riya
2	Chandok Saluni
2	Chokshi Parsh
2	Haque Arshi
3	Sanjana Prakash

TYBCOM Semester V

Rank Name

1	Doshi Shanay
1	Rane Suyash
2	Jain Ritika
2	Arora Anish
2	Jamal Rubina
2	Bhootra Prachi
2	Noronha Deandra
3	Jain Preksha
3	Jain Reena
3	Gala Tirth
3	Agarwal Divya

4	Vaz Sarah Francesca
4	Thakekar Vedika
5	Kothari Garima

TYBCOM Semester VI

Rank Name

1	Vaz Sarah
2	Mujkuri Ananya
3	Bhandari Aarushi
3	Gala Tirth
3	Haria Deepali P
3	Jacob Feba
3	Jagetiya Raaghav
3	Mehta Aditya
3	Mody Akshat
3	Patni Tanishk
3	Saraf Rohil
3	Selarka Darshita
3	Shah Dipashi
3	Shah Mihir
3	Solanki Manang
3	Talreja Rushika
4	Agarwal Nakul
4	Agarwal Radhika
4	Agarwal Tanay
4	Dangare Aditya
4	Gala Naitik
4	Jain Akshita
4	Jain Jenil
4	Jha Prajjwal
4	Kabra Ayush
4	Kapadia Taronish
4	Kedia Akshay
4	Kedia Malvika
4	Nemani Jheelkumar
4	Ranga Vipin Surendra
4	Sayar Parth
4	Shah Aashvi
4	Shah Darpan
4	Shah Dharmil
4	Shah Harshavi
4	Shah Karan
4	Shah Rahil
4	Shah Somil
4	Sharma Archit
4	Sheth Priyank
4	Tahiliani Ekta
4	Tulsian Rishabh
5	Doshi Shamal
5	Doshi Shanay

INTERCOLLEGIATE PARTICIPATION | WINS | ORGANISED

INTERCOLLEGIATE PARTICIPATION/WINS

Participating in intercollegiate events outside the college provides students with an opportunity to build networks and new friendships. Overall benefits of intercollegiate participation and organization are many. Extracurricular activities provide a place for students to come together, discuss pertinent ideas and issues, and accomplish common goals.

1 RACE 4 OCEANS - June 26, 2020

Project Inaayat of ENACTUS HRC also made it to the top 24 in this international competition.

FINALISTS AT ENACTUS NATIONALS 2020

August 6, 2020

ENACTUS HRC is the only team from Maharashtra to have qualified for the finals.

BENEFICIARY SKILLING CONTEST BY ENACTUS INDIA

Enactus HR College placed Second in the 'Beneficiary Skilling Contest' organised by Enactus India.

LET'S DISCOURSE 2.0 VIRTUAL DEBATE COMPETITION

May 30 & 31, 2020

H.R. College was the Knowledge Partner for the Competition hosted by the Soft Skills Training Organisation, Enunciate School of Communication.

BREWS & BLUES – AN OPEN MIC BY RCKC July 9, 2020

Organised by Rotaract Club of K.C. College.

'CONFRONTING CONFLICTS' A VIRTUAL INTERCOLLEGIATE DEBATE - July 20, 2020

A Virtual Debate organised by Rotaract Club of Jaihind College.

GOVERNMENT OF MAHARASHTRA VIRTUAL MAHA MUN - July 24 & 25, 2020

A Virtual Edition of the CASI GLOBAL NEW YORK Model United Nations Conference.

NATIONAL LEVEL QUIZ COMPETITION

August 5, 2020

A National Level Inter - collegiate Quiz Competition

conducted by Thakur College

ARTHANOMICS - August 14, 15 & 16, 2020

India's first online Business and Economics festival organised by Jai Hind College.

MATHEMATRIX - August 30, 2020

An intercollegiate event organised by Mathematics Association of Podar, hosted by R.A. Podar College of Commerce and Economics.

FINACC 2020 - September 21 - 25, 2020

Finance festival organised by R.A. Podar College of Commerce and Economics.

SEA TOWN FEST 2020 - September 30, 2020

Organised by the Student's Council and Cultural Committee of Lala Lajpatrai College.

SEA TOWN FEST 2020 - September 30, 2020

Organised by the Student's Council and Cultural Committee of Lala Lajpatrai College.

SkillX - October 10, 2020

An online sports event organised by NMIMS College.

JASHAN 2.0 - December 14, 2020

An inter collegiate event organized by the Sindhi Sangat of RD National College.

KSHITIJ - December 2020

Literary Arts, Fine Arts, Performing Arts and Informals - intercollegiate cultural event by Mithibai College.

CHANGE IS US - January 1, 2021

Literary Arts Competition held by The Rotary Club of Mumbai Nariman Point

WHY THE LONG FACE - KC KIRAN FEST January 14, 2021

The Crime Thriller Panel Discussion Competition held by K.C. College as a part of its KIRAN Fest.

KIRAN - January 14-16, 2021

An inter - collegiate cultural and management festival, organised by K.C. College.

SYNERGY - January 16 & 17, 2021

A National level intercollegiate fest by department of Economics and Psychology of St. Xavier's, Jaipur.

SHOUTT - January 21-23, 2021

Jai Hind College's intercollegiate cultural event having several events in various categories namely Literary Arts, Fine Arts, Performing Arts and Informals.

ARITHMÓS - January 22 & 23, 2021

The annual inter-collegiate Mathematics and Statistics festival of Narsee Monjee College of Commerce and Economics.

BOMBAY BUSINESS CONCLAVE

January 31, 2021

A three day Bombay Business Conclave (BBC), the Triathlon i.e., combination of Business, Cultural and Sports events organized by PDSEFB NMIMS.

KACHING 2021 - January 29, 30 & 31, 2021

Ka-Ching, an inter-collegiate business and economics festival organized by NMIMS.

MONETA 2021 - February 3 - 6, 2021

Moneta organised by R.A. Podar College

ZION 2021 - February 8, 2021

ZION Fest conducted by MITHIBAI College.

UMEED 2021 - February 17-20, 2021

H.R. College participated in Umeed an intercollegiate fest organized by Jai Hind College.

XXVIII INTERNATIONAL ECONOMICS CONVENTION - February 18, 2021

HR College of Commerce & Economics won the XXVIII International Economics Convention held at CHM College.

AAROHAN 2021 - February 20, 2021

An intercollegiate fest hosted by MVM of RUIA College.

MANAGMA - February 26, 2021

An intercollegiate fest organised by K.C. College.

TALAASH 2021 -

A Jai Hind College BMS Intercollegiate cultural and management festival organised by Jai Hind College.

AAROHAN - February 18, 19 & 20, 2021

An Intercollegiate Festival organized by MVM of Ruia College.

AAMOD - March 5, 6 & 7, 2021

An Intercollegiate Festival organized by MVM of St. Xavier's College, CSMT.

ARTHASHASTRA - March 14, 2021

A financial market festival organised by N.M. College.

JOULES - March 14, 2021

An intercollegiate event organised by K.C. College.

INSIGHT 2021 - March 18, 19 & 20, 2021

An annual business, finance and economics meet organised by NM College.

MY MARATHI - March 20-21, 2021

An Intercollegiate Cultural Fest hosted by K.C. College, Churchgate.

CORTOKINO 2021 - March 26 & 27, 2021

A BMM fest organized by Thakur College

BLITZCREED 2021 - April 2- 3, 2021

The Annual Literary Fest organized by PSDS Sydenham College.

CONNEXION- April 10, 2021

HR Team took part in the debate competition - War of Words, as part of the English literary association (Department of Business Communication) of Thakur College of Science (Autonomous).

CONNEXION - April 9 & 10, 2021

An inter collegiate event, as part of the English literary association (Department of Business Communication) of Thakur College of Science (Autonomous)

HOJAMALO - April 10, 2021

An Inter-Collegiate competition organized by Sindhi Circle and Alumina Association of Jai Hind College.

ROSTRUM SPECTRUM 2021 - April 12, 2021

An Intercollegiate Literary Extravaganza by R.A. Podar College of Commerce and Economics.

LOQUI 2021 - May 6, 2021

A Philosophical Elocution Competition at the flagship intercollegiate Oratory arts fest **Loqui** held by Shri Ram College of Commerce, DU.

EVENTS ORGANISED

Intercollegiate events are a high point for our institution. There are numerous networking and competitive events that are organized by several student's associations and clubs of the college with widespread participation from all the top colleges of Mumbai.

ALDEBARAN - July 15, 16 & 17, 2020

1st Online National Intercollegiate festival, consisting of 8 events in categories of Finance, Management, Economics, Investment, Marketing, Advertising and Cultural followed by a Panel Discussion.

RIN GAYIN AVDI - August 2020

An Intercollegiate Competition was organised by **Marathi Vangdmay Mandal** to mark the 100th Death Anniversary of 'The Father of the Indian Unrest – Lokmanya Bal Gangadhar Tilak', and to honour his contribution to literature and Journalism.

UNMUTE ME - October 16-20, 2020

The Public Speaking and Debating Society of H.R. College hosted a one of its kind Intercollegiate Poetry Competition.

EKAYAN... A CELEBRATION OF HUMAN RIGHTS - October 10-14, 2020

A four day inter-collegiate event was conducted by the Social and Self Awareness Club of HR College.

NUMERO UNO 2020 - October 26, 27 & 28, 2020

A pan-India Mathematics and Statistics Festival, organised by the Students Council of HRC for the 16th consecutive year.

HR LITFEST 2020 - November 7 & 8, 2020

The second edition of H.R. College's **National Inter-Collegiate Literary Arts Festival** was conducted on the by the HR Speaks.

EVERYDAY MATH - ONLINE QUIZ COMPETITION - November 22, 2020

An online inter-collegiate quiz competition open to students of both junior and degree college.

OFF D' CUFF - January - April, 2021

The 8th Edition of OFF D' CUFF a National Level Literary Arts Event Series had an array of enriching National events organised by PSDS of HR College.

NAANDI - January 6-9, 2021

The flagship event of MVM, successfully completed its fifth year

THE DASTUR DEBATE COMPETITION

January 28 & 30, 2021

The Growth Development and Change Cell in association with the Chamber of Tax Consultants, conducted the 4th edition of the iconic National Level Dastur Debate Competition.

WORKSHOP ON MICROSOFT POWER BI

February 9 & 10, 2021

A workshop on Microsoft power BI conducted in association with Mr. Karthik Dale, Founder DataSkills, Hyderabad.

DISCIDIUM - February 13, 14 & 15, 2020

A Business and Economics Festival organised by the degree college students of H.R. College

ELYSIUM 2021 - March 5, 6 & 8, 2021

The fifth edition of the fitness & wellness college fest organised by the SYNC Club.

BULLSEYE - March 18, 2021

Bullseye the flagship event of ICHR, a celebrity mock stock exchange, was conducted on a virtual platform.

BLAZE 2021 - March 18-27, 2021

ICHR presented the **10th Edition of Blaze**, its annual Inter & Intra Collegiate festival

NUMBER NINJAS 2021 - March 21, 2021

The Math Club of HR College of Commerce & Economics conducted its flagship event - Number Ninjas was conducted virtually on a national level.

MYSTIQUE - April 1-4, 2021

A brainchild of the HR B.M.S, 'Mystique' was a one of its kind cultural & management festival,

BOOK REVIEW COMPETITION - April 20, 2021

The Book Club of HR College organised its first intercollegiate "Book Review Competition".



ROTARY INTERNATIONAL'S OUTSTANDING PROJECT IN SOUTH ASIA



ROTARACT SOUTH ASIA OUTSTANDING PROJECT AWARDS
 Rotaract Club of Hassaram Rijhumal College, India for "Aashayein"
 Helped holistic development of rural villages in the Indian state of Maharashtra, including water, light, education, sanitation, and economic and human development services.

Aashayein - Adopt A Village is the social initiative taken up by the **Rotaract Club of H.R. College** which aims at the **holistic development of rural villages in Maharashtra**. It's main focus areas are that of **water, light, education and sanitation**. This project is carried out in different villages in the **Sangamner Block** of the **Ahmednagar District** in **Maharashtra**.

In the year 2019-2020, Aashayein- Adopt A Village won the title of **Rotary International's Outstanding Project in South Asia**.

This is the **second time** that we have been **awarded** with the title and the **third time** that we have been **nominated** for the same. In the same year, we also won the title for **The Best Community Service Initiative in South Asia**.



The Lunchbox - Covid Relief Edition 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, surpassed all expectations!

In the course of only two days, **RCHR HR College** Rotaractors managed to donate 2000+ theplas and 300+ biscuit packets along with more than 1000 bottles of water from the NGO's end.





XXVIII INTERNATIONAL ECONOMICS CONVENTION

February 18, 2021

The Economics Convention is an annual event held jointly by the Hyderabad (Sind) National Collegiate Board and Jai Hind College with the primary objective of inculcating academic and research skills at the undergraduate level. Each year the event is hosted by one of the colleges of the Boards. Started in 1993, by the HSNC Board under the chairmanship of Dr. Ram Tarneja, the Economics Convention was the perfect platform to bring together young students from across the city, nation and globe to focus and debate on issues facing the Indian/world economy.

The themes of the convention over the years have covered various issues concerning the economy ranging from globalization of the Indian economy, current economic policies, the Indian Economy at crossroads, Infrastructural developments in India, Structural Reforms, the Economy and its Environment, Ecology and Technology, Global Trade and Finance, Knowledge Revolution and Social Development, Development of Indian States, Issues of Environment related to Greater Mumbai, Mumbai - the Melting Pot (Urban-Rural Migration) and India & Selected Asian countries.

Of all the academic initiatives of the HSNC Board, the Economics Convention is one of the most meaningful, the most relevant and the most eagerly awaited inter-collegiate events of the year.

H.R. College of Commerce & Economics participated in the 28th International Economics Convention organised by CHM College. The topic given was “**Economics of Migration**” and the country given was Canada.

Due to the extraordinary circumstances on account of Covid-19 and the consequential restrictions internationally, this year, the Economics Convention (ECOCON) was held online on Zoom.

H.R. College was represented by Alina Shaikh, Tamana Baghla, Varun Sriram, Kushal Gowani and Taranjit Singh. The team was mentored by Prof. Anuradha Iyer. Out of the 10 National and International Teams that took part, H.R. College secured the **1st position overall** and were proclaimed the winners of ECOCON 2021.

The team also won the **Awards for Best Innovation and 2nd Place for the Best Question and Answer.**

The Best Contribution Tamana Baghla

Best Speaker Kushal Gowani

1st place overall





ARTHANOMICS 2020

August 14, 15 & 16, 2020



Winners

The Students' Council represented the College at **Arthanomics 2020**, India's first online Business and Economics festival organised by Jai Hind College. This year there was a major remodelling of the event to conduct it online in view of the Covid-19 pandemic. Regardless of that, the Contingent successfully won the festival and got the trophy home.

The Contingent Leaders for the same were **Harsha Gwalani** and **Nidhi Shah**. The entire team also participated in a pre-event, **ArthaConnect** which was held on **August 12 & 13, 2020**.

The team witnessed victory in the following events:

1) Arthanomics Assembly

2nd Position- Simran Dassani and Devangi Joshi

2) Doom and destiny

2nd Position- Ahaan Kapileshwari and Simran Dassani

3) Policy Pandemonium

2nd Position- Ahaan Kapileshwari and Priyanshi Chandel

4) Comic Catalysis

1st Position- Ishika Goplani

5) Stock it up

1st Position- Krish Badlani

3rd Position- Devik Rajani



FINACC 2020

September 21 - 25, 2020

The Students' Council represented H.R College at **Finacc**, organised by R.A. Podar College of Commerce and Economics.

The Contingent Leader for the festival was **Titiksha Dugar** and the Assistant Contingent Leader was **Vani Gera**.

The festival had 5 events - Quiz-o-ccounts, Take it Easy Policy, Business Analyst, Esploro Presentado and Étude DeCas.

The participants witnessed victory in the following events:

ETUDE DE CAS:

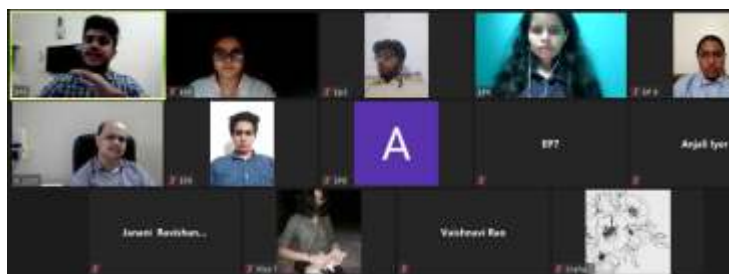
1) Ishika Goplani and Devangi Joshi **3rd** Position

ESPLORO PRESENTADO:

1) Pratheeksha Nair & Titiksha Dugar **2nd** Position

2) Namita Prabhu and Luvai Dhorajiwal **3rd** Position

The festival ended on a positive note where all the participants were appreciated and recognised for their hard work and efforts.





KA CHING 2021

January 29, 30 & 31, 2021

The Students' Council represented H.R College at Ka-Ching, an inter-collegiate business and economics festival organized by NMIMS. The Students' Council gracefully managed to secure the **1st** Position and bought the trophy home. The Contingent Leader for the same was Namita Prabhu and Assistant Contingent Leaders were Devangi Joshi and Saurav Motiramani.



Winners

There were 15 events in the festival namely: Bull Run, Arbitrator, Follow The Buzz, Joker, Tradonomics, Rajneeti, Inquizitive, Kaching Nine-Nine, Moneyball, Upstart, Worthwords, Pitch Please, War of Westeros, Somehow I Manage and Meme Lord. These events were held on online platforms like Zoom and Airmect.

The participants were victorious in:

FOLLOW THE BUZZ

Danish Malhotra & Yosha Khurrana **1st** position

RAJNEETI

Ahaan Kapileshwari & Devangi Joshi **2nd** position



MONETA 2021

February 3 - 6, 2021

The Students' Council participated in Moneta organised by R.A. Podar College with Contingent Leader Pratheeksha Nair and Assistant Contingent Leaders Ishika Goplani and Luvai Dhorajiwala.



There were 11 events in the festival namely: Bull Ring, Beyond D Street, Big Brand Theory, Corporate Ladder, True And Fair View, Think Tank, Manobhav, Production Paradox, Legit, Bizarre Quiz and Management Games. They also conducted sessions in collaboration with Investor Education and Welfare Association (IEWA) under Institutional Social Responsibility (ISR).

The participants witnessed victory in various events.

BEYONDD STREET

Saurav Motiramani **3rd** position

MANOBHAV (Marathi category)

Kaushal Sakhardande & Nishant Gagangras **1st** position

THINK TANK

Vani Gera & Aishwarya Gupta **3rd** position



INSIGHT 2021

March 18, 19 & 20, 2021

The Students' Council represented H.R College of Commerce and Economics at Insight, an annual business, finance and economics meet organised by NM College.

The Students' Council secured the **2nd Runner Up** position with great pleasure led by Contingent Leader Vishruti Shah and Assistant Contingent Leaders Varun Sriram and Vinita Tanwani.

There were 12 events in the festival namely: Gear It Up, Gafla 3.0, Profile Prodigy, Rupee Over Fatality, The Security Conundrum, Periculum, Edifice, The Country's Gambit, Retailneeti, Claim Your Reign, The Fifth Columnist and Pursuits of Position. These events were held on online platforms like Zoom, Airmeeet and Slack.

Sameeksha Agarwal procured the **1st position in Gafla 3.0**.

The Contingent gave a tough competition to the other teams in the festival. It was a great and wholesome experience for all the participants.



CORTOKINO 2021

March 26 & 27, 2021



CortoKino, an all **BMM** fest organized by Thakur College, as quirky and exciting as the name sounds, was all the more fun to work for and participate in. The activities organized, beginning from the CL Meet to the PR Activities and all other events which followed, together created immense excitement in us to work together as a team. We grew more confident in our work ethic and made new friends along our path. CortoKino organized several events and we participated in almost all and won prizes for the same.

In two of the events, we were placed **2nd** and in two, we were at the **3rd** position. Altogether every event we participated in, we managed to make the best of it and enjoyed ourselves. After getting recognized by the legend, Daler Mehndi himself, and our stories being reposted by him; winning '**The Best Online PR**' award in the fest was a cherry on the cake.

It was a different experience for us, being the First-Year students, who have not participated in fests, leading a team ready to win, and we succeeded.





LET'S DISCOURSE 2.0 VIRTUAL DEBATE COMPETITION

May 30 & 31, 2020

The Public Speaking & Debating Society of H.R. College was the Knowledge Partner for Let's Discourse 2.0, a Virtual Debate Competition hosted by the Soft Skills Training Organisation, Enunciate School of Communication.

Four skilled members of PSDS Varun Sriram, Vanshika Mithani, Yash Rajani and Omar Mansuri participated in this enriching debate competition comprising of Four Rounds of intense rebuttal, incorporating a variety of Debate Formats, having eliminations after each round. Our team members qualified for further rounds with Vanshika Mithani a finalist of the Competition, after winning 3 consecutive rounds of Debates.



Vanshika Mithani



Varun Sriram



Yash Rajani



Omar Mansuri



'CONFRONTING CONFLICTS' A VIRTUAL INTERCOLLEGIATE DEBATE

July 20, 2020

2nd place

'Confronting Conflicts' a Virtual Debate by Rotaract Club Jaihind College intended to find out the various mindsets about key problems in society at large. **PSDS HR** was represented by Yash Rajani and Varun Sriram for this two member team debate.

They tackled multiple rounds of the debate, delving into heavy topics such as "Capital Punishment is necessary," for which the team was against; "Female actresses who are overweight should not be given lead roles," for which the team was for the proposition, and the final round for which they were for the topic, "The art can be separated from the artist."

Adeptly dealing with such challenging topics landed them in the final, and after a heated debate, they claimed the **2nd Place** in this intercollegiate debate.

The Topics of the Debate Included:

Round 1

- Digital payments are secure and India is

ready to go cashless.

- Citizenship Amendment Act 2019 was fundamentally discriminatory.
- Violent video games should be banned.
- Extra-judicial killings (Encounters) by police should be penalized.
- The development of artificial intelligence will help humanity.
- Kashmir problem: Is a creation of India's unwise policies?
- Avengers are stronger than The Justice League

Round 2

- Reservations in jobs in India are justified

Round 3

- India should invest more in Education & less in Military.

Round 4

- Indian government has done a great job in tackling the Corona Virus Pandemic.



CHANGE IS US

January 1, 2021

1st place

PSDS of H.R. College participated in the **Literary Arts** Competition held by The Rotary Club of Mumbai Nariman Point, where the club secured the **1st Place**. **Participant: Armaana Randhawa**

The **Essay** Written by PSDS member **Simran Panjwani** on 'The Evolution of the Relationship Between Man & Nature' as a part of their Social Initiative - Ink For The Earth bagged the **3rd Place overall**.



GOVERNMENT OF MAHARASHTRA VIRTUAL MAHA MUN

July 24 & 25, 2020

Special Mention Award

The **Public Speaking & Debating Society** participated in Government of Maharashtra MAHA MUN- A Virtual Edition of the CASI GLOBAL NEWYORK Model United Nations Conference. MAHA MUN is a government of Maharashtra affiliated MUN, usually held in the Mumbai University Kalina Campus.

The agenda for the same was deescalating tensions in the Asia-Pacific region with a specific emphasis on Indo-Pakistan and Indo-China issues. PSDS was represented by ace MUNner Vice President Yash Rajani, who was the delegate of the Federal Republic of France in the UN Security Council. Yash did PSDS proud by winning the **3rd** Position at the Conference, referred to as the coveted **Special Mention Award**.



PSDS team at Maha MUN

Yash did PSDS proud by winning the **3rd** Position at the Conference, referred to as the coveted **Special Mention Award**.



SEA TOWN FEST 2020

September 30, 2020

3rd place

PSDS member Simran Panjwani secured the **3rd Position** in the **Slogan Writing Competition** at the SEA TOWN FEST 2020 organised by the Student's Council and Cultural Committee of Lala Lajpatrai College of Commerce & Economics, Mumbai.



BREWS & BLUES – AN OPEN MIC BY RCKC

July 9, 2020

The Open Mic Event held by Rotaract Club of K.C. College, titled “Brews and Blues”; was a multi-disciplinary Event that gave students possessing Performing Arts Prowess a platform to showcase an array of talents, such as dancing, singing, elocution, theatre, declamation, performance poetry etc.

Vanshika Mithani from **PSDS** performed a Poetic Piece that she had written herself on 'Bullying' titled “The Girl I Used To Be” that was widely acclaimed and received a positive response from the Chief Guests.



Vanshika Mithani



BLITZCREED 2021

April 2- 3, 2021

1st place

PSDS team represented H.R. College in BlitzCreed 2021, The Annual Literary Fest Organized by PSDS Sydenham College. PSDS HRC was the winner of BlitzCreed 2021, securing the **1st** position for the second consecutive year!

The Contingent leaders were Varun Sriram, Aayan Ali Shah and Yash Rajani along with the Assistant Contingent leaders - Breanna Fernandes and Riya Choithani.

Here are the winners of various events:

1st Position	Breanna Fernandes	Mai Hoo Na (A character embodiment event)
1st Position	Omar Mansuri	Test your Wits (A quiz competition)
1st Position	Deboleena Ghosh	Rescripted (Rewriting history)
2nd Position	Varun Sriram and Luvai	For Or Not For (A debate)
2nd Position	Adheet Shetty, Akshita Gupta and Breanna Fernandes	Let's Play Politics (An Indian Politics event)



ZION 2021

February 8, 2021

1st place

Armaana Randhawa from the **PSDS** Team participated in a Debate Event called Bone of Contention and Secured the **1st** position for **Best Speaker** in the ZION Fest conducted by MITHIBAI College.



WHY THE LONG FACE - KC KIRAN FEST

January 14, 2021

2nd place

PSDS President Vanshika Mithani secured the **1st Runners Up** Position at **The Crime Thriller Panel Discussion Competition** held by K.C. College as a part of its KIRAN Fest.



MATHEMATRIX

August 30, 2020

2nd place

Epsilon (Jr. College) has been participating in this intercollegiate event organised by Mathematics Association of Podar, hosted by R.A. Podar College of Commerce and Economics; for past three years, and winning every time! This year it was the first Pan India Level Digital Mathematics Event wherein **Epsilon Club** along with **Investment Club of H.R. College** participated as one contingent and secured winning position – maintaining our streak of winning Mathematrix.

There were various pre-Events followed by the main Events. The competition was tough as colleges all over India were participating. The contingent secured the **First Runners Up in overall** event. It was an amazing exposure and a great learning experience for all participants. This event gave us the opportunity to understand and learn the wonderful applications of Mathematics to real life situations.

ICHR team CL: Siddhant Shanbhag; with ACLs: Shubham Sanghvi, Rutvi Jain and Aditi Vajrekar.

Epsilon team CL: Sagar Bhurat; ACL: Vandan Dave.

Another great win of HR College!



FINALISTS AT ENACTUS NATIONALS 2020

August 6, 2020

As a fruit of the rigorous efforts put in by our entire team, it is for the first time after 2012 that Enactus HRC has been ranked amongst the top 4 Enactus teams of India!

Out of 24 competing semi finalists and 86 total competing teams, **ENACTUS HRC** is the only team from Maharashtra to have qualified for the finals. Rigorous efforts put in by our team, it is for the first time after 2012 that Enactus HRC has bagged this position in finals.

Finalists



Top 4



1 RACE 4 OCEANS

June 26, 2020

Project Inaayat of **ENACTUS HRC** also made it to the top 24 in this international competition as it seeks to make a sustainable impact on SDGs 5, 8 and 14.

Innaayat is a **Top 24** 1 Race 4 Oceans project that creates menstrual hygiene awareness and provides sustainable menstrual hygiene solution to women at a cost of Rs.9/- per month through reusable and biodegradable sanitary kits, creating less pollution impact on our oceans. These kits are stitched by rural women from marginalized societies. We had qualified as one of the top 24 teams out of more than 1700 active Enactus teams worldwide!

From amongst the 107 projects based in 20 countries, ours has been chosen in the top 24 list.

Top 24

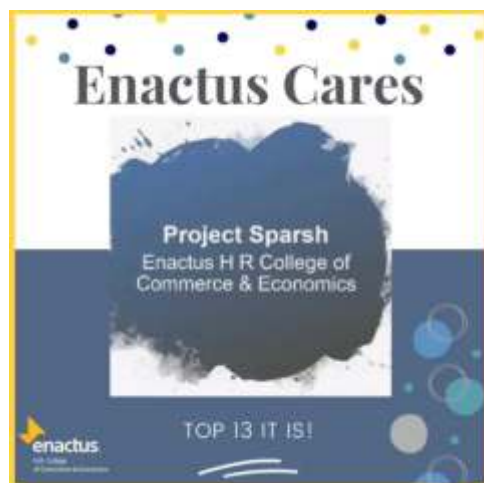


ENACTUS CARES

Enactus India organized an ideation contest accepting innovative and feasible ideas to help the society with the Covid-19 pandemic, under the banner of Enactus Cares.

Our proposal was of making foot operated hand sanitizer stands, providing 100% contactless sanitation. Competing with 110 ideas from Enactus teams across India, **Enactus HRC's** idea secured a position within the **top 13** ones!

Top 13





BENEFICIARY SKILLING CONTEST BY ENACTUS INDIA

Nationals 2nd place

Enactus HR College added another feather to the cap by securing National Second place in the 'Beneficiary Skilling Contest' organised by Enactus India.

The team showcased videos about the functioning of its projects and how the products of Project Inaayat and Project Aajeevika are manufactured.

This included details of how Enactus HR College is **impacting communities** and **transforming the lives of beneficiaries in rural Maharashtra**.

Enactus HR College was awarded with a **Cash Prize** for the win!!



ROSTRUM SPECTRUM 2021

April 12, 2021

1st & 2nd place

The **PSDS** team participated in the Flagship Intercollegiate Literary Extravaganza **ROSTRUM SPECTRUM** held by R.A. Podar College of Commerce and Economics where it secured the **1st & 2nd** Positions in the **Debate**.

The winners were:

1st position Riya Choithani

2nd position Deboleena Ghosh



CONNEXION

April 10, 2021

1st place overall

PSDS Team secured **1st position over all in debate** with members Teesha Jain and Smrithi Rasur taking part in the debate competition - War of Words, as part of the English literary association (Department of Business Communication) of Thakur College of Science (Autonomous).



SYNERGY 2021

January 16 & 17, 2021

2nd place

Reshu Agarwal, a part of the **PSDS** team, participated in a **National level intercollegiate fest by department of Economics and Psychology of St. Xavier's, Jaipur** and secured the **2nd** Position in the event '**PressQuest**' - a report writing and debating event.



SkillIX

October 10, 2020

1st place

Even if Team **ICHR** couldn't play sports in person or couldn't be on campus, but yet our participants showed the best of their abilities in the online sports events at **SkillIX** organised by **NMIMS College** and won the **1st** place at the event.

Cls: Ishika Chandhok and Nishchal Raheja.



ARTHASHASTRA

March 14, 2021

1st place

TEAM ICHR and **Team Epsilon** (Jr. College) participated in **ARTHASHASTRA**, an event organised by N.M. College and won the **1st position**. Arthashastra is a financial market festival where the knowledge of the participants regarding financial markets & investments is put to a test.

Kudos to all the participants for putting in their best and the hardworking CL and ACL for harnessing their efforts to the fullest. CL: Esha Punjabi and ACL: Simi Lath

Sanjeev Jain of Epsilon won **2nd** place in an event at Arthashastra!



JOULES

March 14, 2021

2nd place Overall

TEAM ICHR of HRC participated in **JOULES** an intercollegiate event organised by K.C. College. The HR College team won the overall **2nd** position. Joules was a cultural and management fest where students portrayed their talent and intelligence spread over a myriad of events.

Kudos to all the participants for putting in their best and the hardworking CL and ACL's. CLs: Reshu Agrawal and Dhruv Shingate; with ACLs: Aarsh Zota and Harsh Mukhtyar.



BOMBAY BUSINESS CONCLAVE

January 31, 2021

2nd place

TEAM ICHR of HRC participated in Bombay Business Conclave (BBC), the Triathlon i.e., combination of Business, Cultural and Sports events organized by PDSEFB NMIMS.

The entire event was spread across 3 days which contained 18 to 20 events testing the participants skills in different ways. H.R. College team participated in this event for the first time and managed to secure the **2nd** Position!

Cls: Ritika Sharma and Mukta Hegishte



NATIONAL LEVEL QUIZ COMPETITION

August 5, 2020

3rd place

The **Young Leaders Club** represented HR College and secured **3rd** place at the National Level Inter-collegiate Quiz Competition as a Contingent Named - yellow, an Event conducted by Thakur College.

The team was also awarded as the **Best College** and **Best CL!!**

The contingent was led by CL : Mr. Aakashu Jain and

ACL : Mr. Karan Khetan along with Muskaan Gulabani and Praniksha Poojari.



SHLOKA COMPETITION

June 14, 2020

1st place

The **Young Leaders Club** of HR College secured the **1st** place in the Shloka Competition organised by Lala Lajpatrai College of Commerce & Economics, Mumbai.



ARITHMÓS

January 22 & 23, 2021

3rd place

H.R. College of Commerce and Economics stood **3rd** place at Arithmós, the annual inter-collegiate Mathematics and Statistics festival of Narsee Monjee College of Commerce and Economics. Founded in 2019, with an aim to foster awareness about Mathematical disciplines and stimulate critical thinking and analytical reasoning among the student community.



SEA TOWN FEST 2020

September 30, 2020

3rd place

The **Young Leaders Club** of HR College secured the **2nd runner-up** position in the intercollegiate **SEA TOWN FEST 2020** organised by the Student's Council and Cultural Committee of Lala Lajpatrai College of Commerce & Economics, Mumbai.



CONSORTIUM

September 12, 2020

Consortium was an Inter-Collegiate Event organized by the Rotaract Club of N.M. College.

Sanjeev Jain, Parth Shah & Manan Jain represented **Team Epsilon** of H.R. College and secured the **2nd** Position in *The Voice of the Brain*.

Parth Shah also secured the **2nd** Position in *The Right to Bid*.



UMEED 2021

2021

The **NSS Unit** of H.R. College participated in Umeed an intercollegiate fest organized by Jai Hind College and won the **BEST COLLEGE AWARD**.

The volunteers participated in various events with great enthusiasm and won several competitions led by **CL** - Elin D'souza.

Here are the winners of various competitions held in Umeed:

1) Short film - 1st prize

- A. Sahil Kedari
- B. Bhavesh Nathani
- C. Anushka Agrawal
- D. Faiz Ansari
- E. Luvai Dhorajiwala
- F. Karan Kumar
- G. Raj Thapa

Winners

2) Chess - 1st prize

Jainam Mody

3) Meme making - 2nd Prize

Ashita Bachwani

4) Blog it up - 2nd Prize

Simran Totlani

5) Spell bee - 3rd Prize

Luvai Dhorajiwala

6) Slogan writing

Ria Lodha **2nd Prize**

Vikrant Khairnar **3rd Prize**



JASHAN 2.0

December 14, 2020

Sindhi Sangat HRC scored a marvellous victory by placing **1st** in Group Dance, Solo Dance, Mimicry and Singing at Jashan - an inter collegiate event organized by the Sindhi Sangat of RD National College.

They also won some **special awards for PR Media Activity, Best Depiction of Sindhi Culture, Special Sense of Humour and Best Choreography**.

1st place



MANAGMA

February 26, 2021

TEAM ICHR participated in MANAGMA an intercollegiate fest organised by K.C. College. HR College won the **2nd** position, where managerial, financial and economical skills were put to test.

Kudos to all the participants for putting in their best and the hardworking CL and ACL for harnessing their efforts to the fullest. CL: Nimisha Jain and ACL: Vidi Vyas

2nd place



HOJAMALO

April 10, 2021

Sindhi Sangat of H.R. College placed **3rd** and also won the **Best PR Activity Trophy** at Hojamalo, an Inter-Collegiate competition organized by Sindhi Circle and Alumina Association of Jai Hind College, where leading Sindhi colleges of Mumbai participated.

3rd place



CONNEXION

April 9 & 10, 2021

Shashvat Sharma, SYBMS represented the **Book Club of H.R. College** at an inter collegiate event, as part of the English literary association (Department of Business Communication) of Thakur College of Science (Autonomous) and secured **overall 1st position** in Essay and Creative writing.

1st place overall



Shashvat Sharma



LOQUI 2021

May 6, 2021

The **Book Club** of H.R. College placed **overall 1st** in the **Philosophical Elocution** Competition at the flagship intercollegiate Oratory arts fest **Loqui** held by Shri Ram College of Commerce, DU.

1st Place - Shashvat Sharma, SYBMS. Congratulations - Team Liber Amantes!

1st place overall



MÉLANGE 2020

October 17, 2020

The **French Club** of Smt. M.M.K. College of Commerce and Economics organized the **Mélange** Intercollegiate French event. Aakshi Kale from the French Club of H.R. College, participated in À la mode (fashion show) and secured **2nd** position.

All the participants were asked to send a video clip of their performance. There was an elimination round in which 4 participants made it to the finals. The results were announced virtually on zoom platform.

Many events like dancing, singing and cooking were included in this fest.

2nd place



Aakshi Kale



TALAASH 2021

2020-21

Team **BMS HR College** placed **2nd** at Talaash, a Jai Hind College BMS Intercollegiate cultural and management festival organised by Jai Hind College.

Inspite of being enthralled by a deadly pandemic, we worked extremely hard & followed all safety norms perfectly to put up a great and effortless show. Our performances included the use of multiple elements such as green screens & various other props - all of which were made by our students through scratch, a catalyst that helped them explore their creativity.

Led by Contingent Leaders, Mitisha Mavani, Miti Shah, Nikhil Sippy, Sanaya Sheth & Assistant Contingent Leaders Akshita Kothari, Aman Gubitra, Ayushi Savla, Kabir Dhameja, Krisha Tahiliani, Mudit Makhija, Pushtii Parekh & Shikha Kothari; this team left no stone unturned and secured podiums in multiple individual events like fashion show, dance, acapella, treasure hunt & so on.

2nd place



KSHITIJ 2020

December 2020

3rd place overall

Mithibai College's intercollegiate cultural event Kshitij, was held in two phases across the month of December. The first phase took place between 1st - 5th December and the second phase between December 28-30, 2020. The festival had several events in various categories like Literary Arts, Fine Arts, Performing Arts and Informals. The college secured **3rd place overall** in this festival.

The Contingent Leader was **CHOICE** Club President: Shubh Kapadia and ACLs Hrithik Bathija, Nikhil Sippy and Mitisha Mavani.

The students put up sterling performances and our college won the **Best CL award** for this festival. This cultural fiesta encouraged students to participate and show their talent in different areas and win many accolades.



KIRAN 2021

January 14-16, 2021

3rd place overall

Kiran is an inter - collegiate cultural and management festival, organised by K.C. College. We are extremely proud to share that the esteemed college **placed 3rd overall** at this cultural and management jamboree.

The winning team, headed by Contingent Leader; Miti Shah and Assistant Contingent Leaders; Ayushi Savla and Shikha Kothari was trained under the leadership of our cultural committee - **CHOICE**.

Securing winner podiums in almost all events, be it management, sports, fine arts events, informal events like Miss Kiran, gaming events and so on, our performance has been truly excelling as we set the bar higher for every one of our students under guidance of Professor in-charge Dr. Amit Nandu.



*Winning team of Kiran 2021
with I/C Principal Dr. Ramchandani*



SHOUTT 2021

January 21-23, 2021

3rd place overall

Shoutt 2021 is Jai Hind College's intercollegiate cultural event having several events in various categories namely Literary Arts, Fine Arts, Performing Arts and Informals. HR College stood an overall third in this festival and also bagged the **Informals trophy** for winning all Informals Events.

The students put up magnificent performances and put their best foot forward and the college students also swept the **Best CL award**. This cultural fiesta encouraged students to participate and show their talent in different arenas and get the college the winning podium.

The Contingent Leader for the Festival was a student from SYBMS, Mitisha Mavani. The ACLs were chosen from FYBMS, Joy Jain and Ayushi Savla. These students are a part of our cultural committee **CHOICE**.



AAROHAN

February 18, 19 & 20, 2021

Aarohan is an Intercollegiate Festival organized by Ruia College, Matunga, where the **Marathi Vangdmay Mandal** of H.R. College won the **1st** place and were the Overall Winners of Aarohan 2021. The members won various individual events and group events.

The contingent of the college was lead by CL Kaushal Sakhardande (S.Y. B.Com), ACLs Shreya Bhoir and Sharwari Sawant (both F.Y. B.Com). Kaushal Sakhardande also bagged the award for being the **Best CL**.

The MVM team won the following events:

- English Bebate
- Creative Writing in English & Marathi
- Poetry in English and Marathi
- Digital Art
- Make up and Face Painting
- Antakshari
- Stand Up Comedy
- Instrumental Fashion Show
- Meme Making
- CL War

1st place overall



AAMOD

March 5, 6 & 7, 2021

Aamod is an Intercollegiate Festival Organized by MVM of St. Xavier's College, CSMT. **Marathi Vandgmay Mandal** participated in the festival and won few events.

The contingent was lead by CL Sahil Ramane and ACL Sumit Sanas (both from F.Y. B.Com).

The MVM team won the following events:

- Doodle Making
- Make up Competition
- Marathi Poetry
- Ad Film Making



MY MARATHI

March 20-21, 2021

My Marathi is an Intercollegiate Cultural Fest hosted by K.C. College, Churchgate. **MVM** of H.R. College secured **1st Runners Up** Place. The contingent of the college was lead by CL Veda Navaghane (T.Y. B.Com), ACLs Smruti Jagadale (F.Y. B.Com) and Parnika Mhatre (FYJC).

The MVM team won the following events:

- Fashion Show
- My Marathi Icon
- Instrumental Fusion
- Dialouge Writing
- Charoli Writing
- Improvisation

2nd place



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

EMPLOYEE ENGAGEMENT & RECOGNITION

In the journey of shaping the new university the teaching faculty of H.R. College contributed immensely in designing the curriculum structure to be followed by the HSNC University. Board of Studies (BOS) was formed and following faculty members represented the BOS

Sr. No.	Name of Faculty	Board of Studies
1.	Dr. Pooja Ramchandani	Dean of Commerce, HSNC University
2.	Dr. Rita Khatri	Board of Studies in Vocational Retail Management
3.	Ms. Kanu Priya Sharma	
4.	Dr. Shweta Singh	
5.	Mr. Rahul Mishra	
6.	Dr. Tasneem Razmi	
7.	Ms. Bharti Jethani	
8.	Mr. Manish Malkani	
9.	Dr. Chandani Bhattacharjee	Board of Studies in Environment Management
10.	Dr. Rani Tyagi	
11.	Ms. Trisha Dutta	
12.	Dr. Geeta Nair	Board of Studies in Business Economics
13.	Dr. Jehangir Bharucha	
14.	Ms. Saleha Syed	
15.	Ms. Pooja Lalwani	
16.	Mr. Parag Thakkar	Board of Studies in Accountancy and Finance
17.	Mrs. Anjali Vachhani	
18.	Ms. Poonam Jain	
19.	Dr. Chandani Bhattacharjee	Board of Studies in Vocational Tourism & Hospitality
20.	Dr. Rani Tyagi	
21.	Mr. Rahul Mishra	
22.	Dr. Rita Khatri	Board of Studies in Commerce And Management
23.	Dr. Jasbir Sodi	
24.	Dr. Navin Punjabi	
25.	Ms. Kanupriya Sharma	
26.	Dr. Shweta Singh	

RESEARCH AND ADVISORY

The Research and Advisory Committee (RAC) was constituted on **December 8, 2020**. The role and responsibility of RAC is to periodically guide the research scholars and review their work.

Sr. No.	Composition	Chairperson/Members	Names
1.	Director	Chairperson	Dr. Pooja Ramchandani
2.	One / Two Professors / Associate Professors	Members	Dr. Geeta Nair Dr. Rita Khatri
3.	Two / Three subject experts to be nominated by the Director of the constituent Department of the University	Members	Dr. Neelam Arora Dr. Khushpat Jain Dr. Kanchan Fulmali
4.	Assistant Professor	Members	Dr. Jaya Manglani Dr. Navin Punjabi

RESEARCH & PUBLICATIONS BY THE FACULTY

- Research Papers Published in Conference Proceeding and Peer Reviewed Journals **21**
- No. of Articles published in Books **09**
- Faculty member completing Ph.D. **01**
- Faculty members recognized as Research Guide **03**

THE ENTREPRENEURSHIP AND INCUBATION CELL

The Entrepreneurship and Incubation Cell of H.R. College was established as a student body, certified by the Ministry of Education and Mahatma Gandhi Council of Rural Education, which aims to inculcate the spirit of entrepreneurship in the minds of young students and create a zeal amongst the students who wish to pursue entrepreneurship as a career.

The Entrepreneurship and Incubation Cell of H.R. College conducted its Inaugural Incubation Fest called RISE (Reinforcing Startup and Entrepreneurship) to foster the spirit of entrepreneurship and impart technical knowledge to the upcoming entrepreneurs of our country. The committee invited business ideas from participants and contingents all over Mumbai. From these entries, the top 8 teams were given an opportunity to present their business ideas to a panel of judges. For three days, renowned industry experts such as Mr. Mithun John, CEO at the Strategy & Operations for the Maharashtra State Innovation Society; Mr. Rishabh Shah, Founder and President of IIMUN, Founder and CEO of Aufklaren Group of Companies; and Ms. Namita Shah, Founder of Presolv360; conducted three workshops, which were attended by the qualifying participants, as well as other students from H.R. College. These workshops provided the participants with insights into essential topics such as the role of government in entrepreneurship, obtaining funding for start-ups, the role of communication and pitching for start-ups among others.

OUR ACHIEVERS'

Leadership at HR

Led by I/C Principal Dr. Pooja Ramchandani, H.R. College has evolved a new educational philosophy: To put the responsibility of learning on the learner. Hence, the instructional paradigm has, perhaps for the first time, shifted from a teacher-centric model to a learner-centric one.

Critical analytical faculties are evolved as students explore their own problem-solving skills in an environment that, while being supportive, isn't smothering or stifling. H.R. has seen much success with its student-centric methodology, proving it is superior to the traditional teacher-centric approach.

Simply put, this is because the student-centric model leads to student empowerment. The role of the teacher shifts from being the 'Sage on the Stage' to being a 'Guide by the Side'. The students, on their part, assume active responsibility for their own learning. Interactive methods such as project work, class assignments, working in small groups or in pairs, role play, brainstorming and using case studies are all extensively used to get students involved in the process of their education.

The key highlights of the student-centric model at H.R., which has helped students acquire life skills, knowledge management and long-term learning are: Corporate Seminars (which cover a wide range of dynamic courses reflecting emerging trends); Certificate Courses; organising the 'Lecture Series', where professionals from leading organisations address educate students on the dynamics of the real world; creating partnerships with industry, NGOs and other stakeholders (to bring communities to the classrooms) and so on.

It is part of an ongoing quest to institute state-of-the-art infrastructure and modern teaching-learning methodology to make knowledge acquisition effective at H.R. Students are encouraged to undertake internships in order to acquire a hands-on learning experience.

Felicitations on International Women's Day March 8, 2021



Dr. Pooja Ramchandani felicitated by Shri Dinesh Panjwani, Hon'ble Vice Chancellor HSNC University, Mumbai.



Felicitated by the Sindhi Youth Circle, Ulhasnagar by her own Guru from CHM College Madam Ms. Mona Rupani, recognising Dr. Pooja Ramchandani's contribution as a woman in the field of Education.

❖ Congratulations ❖

Dr. Niranjan Hiranandani, Past President HSNC Board; Provost, HSNC Univeristy, Mumbai; Founder & MD Hiranandani Group of Companies
on being conferred with

MUMBAI RATNA AWARD

by the August hands of

Hon'ble State Governor Shri Bhagat Singh Koshiyari Ji at the Raj Bhavan.

The Mumbai Ratna Awards given for exceptional service in various walks of life have been instituted by the Films Today Media Ltd, Nana Nani Foundation and Enarr Group.



August gathering at the award ceremony

Mumbai Ratna Award

July 19, 2021



**Dr. Niranjan Hiranandani,
Past President & Trustee,
HSNC Board**

Completion of 25 Years



Dr. Jehangir Bharucha
Joined 16.08.1993



Ms. Laju Sharma
Joined 20.06.1994



Mr. Parag Thakkar
Joined 21.11.1994



Ms Suman Gupta
Joined 20.06.1995

INTERNAL QUALITY ASSURANCE CELL

For the IQAC of HR College of Commerce and Economics continuous improvement in quality processes has always been one of its key agenda and efforts are directed to collaboration, innovations and best practices that are also socially inclusive. The broad theme of IQAC this year included continuous mentoring and collaborations to ensure excellence in overall performance. With the aim of improving the academic and administrative performance of the institution, the following mentoring sessions were organised by the IQAC for the academic year 2020-2021:

- The IQAC team invited **Dr. Shehernaz Nalwala**, A former Vice Principal Wilson College and coordinator for IQAC, to conduct a session on the theme of 'Preparation for NAAC.' The lecture cum interactive session took place virtually on August 13, 2020. She gave her views and suggestions on what can help an institution to grow and maintain stability, which included among other things various audits, certificate courses, mentoring, feedback etc.



Dr. Nalwala

- The IQAC hosted a one-day webinar on November 27, 2020, which was jointly organized by RUSA, Maharashtra and HSNC University on Institutional Quality Management (NAAC Preparation Strategy). The experts selected by RUSA gave their views and suggestions on the processes involved for the initiation and promotion of a culture of quality enhancement. This programme witnessed participation of more than 400 delegates from various colleges in India and abroad.

- The IQAC invited **Dr. Kurup**, Retired Principal of V.G Vaze College, Mumbai on 16th September, 2020 for a virtual meet to guide the IQAC team on the topic “Documentation Procedures for NAAC (National Assessment and Accreditation Council).” Dr. Kurup emphasised on the importance of a full proof preparation to be done by the IQAC team as well as the entire staff for a good NAAC score.



Dr. Kurup

- The IQAC successfully monitored a virtual Webinar on March 13, 2021 for faculty and non-teaching staff on “Financial Freedom - An Investor Awareness Program” by **Priyanka Acharya**. This webinar was conducted with the objective to create awareness & educate the students on the basics of investment, difference between savings & investment, myths and realities of the securities markets, power of compounding, inflation, and benefit of starting early, types of investments among others.



Priyanka Acharya

PARAMARSH SCHEME OF UGC

The College being one of the high performing institutions in the last 3 consecutive cycles of NAAC has been granted the mentorship under Paramarsh Scheme of UGC to mentor other NAAC aspiring institutions in achieving excellence. The college is mentor to 6 known institutions in Mumbai aspiring for excellence in NAAC. These institutions are:

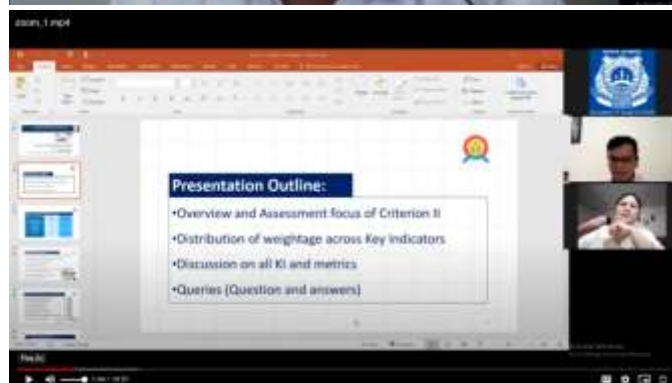
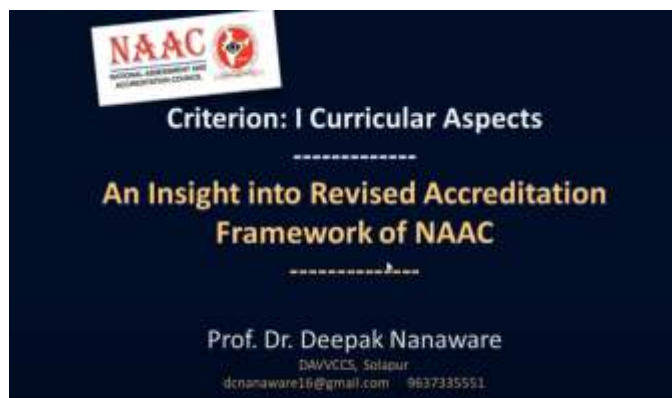
1. **K.C. Law College, Mumbai**
123, Dinshaw Wachha Road, Vidyasagar Prin. K.M. Kundnani Chowk, Chrchgate, Mumbai - 400020.
2. **G.J. Advani Law College, Mumbai**
Barrister Hotchand Gopaldas Advani Marg, Off Linking Road, Bandra (W), Mumbai - 400050.
3. **Nari Gurshani Law College, Thane**
CHM Campus, Smt. Chandibai Himathmal Mansukhani Road, Opp. Railway Station (W), Ulhasnagar - 421003.
4. **Watumal Institute of Engineering and Computer Technology, Thane**
Plot No.157, C.H.M Campus, Opp. Ulhasnagar Railway Station, Ulhasnagar (W) - 421003.
5. **Hashmatrai and Gangaram Himathmal Mansukhani Institute of Management, Thane**
Smt. CHM Campus, Opp. Ulhasnagar Railway Station, Ulhasnagar - 421003.
6. **Principal K.M. Kundnani College of Pharmacy, Mumbai**, Plot No. 23, Jote Joy Building, Rambhau Salgaonkar Road, Cuffe Parade, Mumbai - 400005.

The Internal Quality Assurance Cell of H.R. College has extended its roles and responsibilities for the successful achievements of objectives of Paramarsh. The activities of Paramarsh included continuous mentoring and guidance throughout the year undertaken by the faculty of the college and by experts from industry and academia.

The experts included:

- Dr. Bhole, retired Associate Professor and Head, Department of Microbiology, Abasaheb Garware College, Pune.

- Dr. Vijay Joshi, Chief Consultant at RUSA.
- Dr. Vani Laturkar, Senior Professor and Head - Management, School of Commerce and Management Sciences, Swami Ramanand Teerth Marathwada University, Nanded.
- Dr. Deepak Nanaware, Associate Professor and Head, Department of English, DAV Velankar College of Commerce, Solapur. Resource person for Internal Quality Assurance Cells of Institutes and NAAC quality measures.
- Dr. Pramod N. Pabrekar, Senior consultant at RUSA and other industry experts.



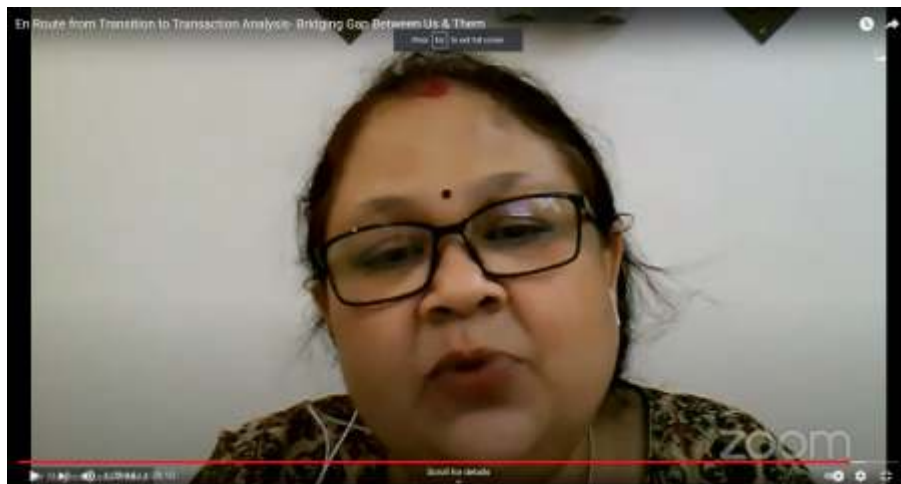
One Day National Webinar jointly organised by

IQAC

Lala Lajpatrai College of Commerce & Economics | H.R. College of Commerce & Economics

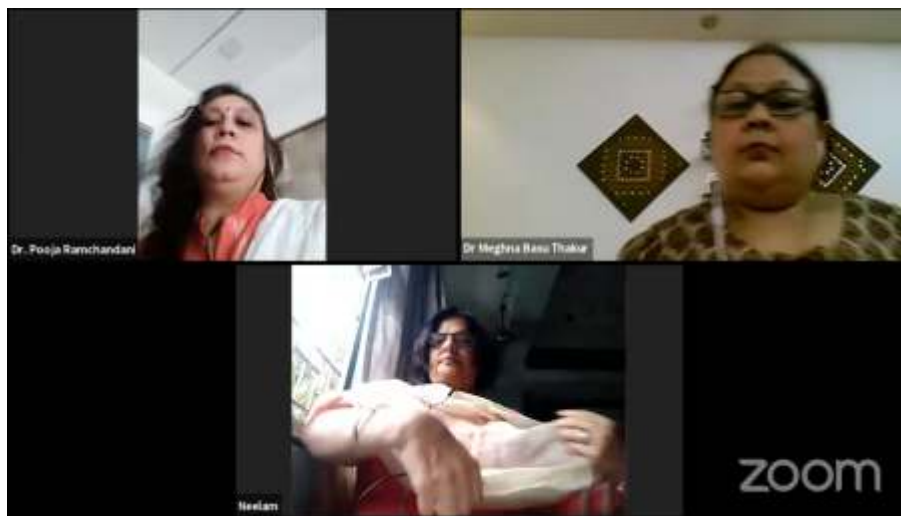
EN ROUTE FROM TRANSITION TO TRANSACTION ANALYSIS - BRIDGING GAP BETWEEN US & THEM

Wednesday, July 29, 2020 | On Zoom

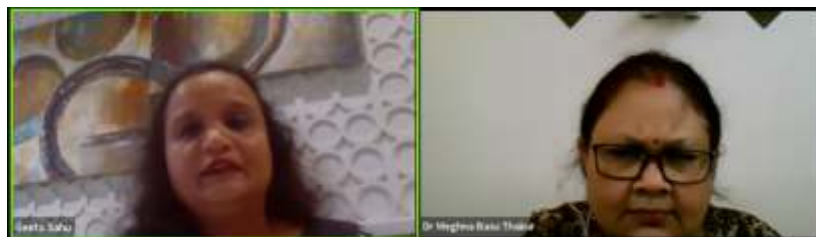


An Online National Webinar was organised jointly by the Department of Commerce & Internal Quality Assurance Cell (IQAC) of Lala Lajpatrai College of Commerce & Economics and Internal Quality Assurance Cell (IQAC) of H.R. College of Commerce & Economics On "En Route from Transition to Transaction Analysis - bridging gap between us & them". The speaker for the session was Dr. Meghna Basu Thakur, Academician & Head - Dept of Psychology - R.D. National College.

352 participants from all over the country attended the session. The session covered the various facets of Ego states viz parent & child, also highlighted on the importance of transactional analysis capturing the significance of Johari Window in this global pandemic crisis.



Dr. Pooja Ramchandani, I/C Principal, HR College, *Dr. Meghna Basu Thakur*, Academician & Head - Dept of Psychology - R.D. National College and *Dr. Neelam Arora*, Principal, Lala Lajpatrai College of Commerce & Economics.



Vote of Thanks by Ms. Geeta Sahu

UNDER RUSA

One Day Webinar jointly organised by RUSA, Maharashtra & HSNC University

INSTITUTIONAL QUALITY MANAGEMENT (NAAC Preparation Strategy)

Hosted by IQAC

H.R. College of Commerce & Economics | Smt. M.M.K. College of Commerce & Economics

9.30 am onwards | Friday, November 27, 2020 | On Zoom

This one-day webinar, the first major programme organized by the HSNC University, after its inception, witnessed participation of more than 400 delegates from various colleges in India and abroad. Hosted by the Internal Quality Assurance Cells (IQAC) of HR College of Commerce & Economics and Smt. MMK College of Commerce and Economics, was held under the guidance of Dr. Vijay Joshi, Chief consultant at RUSA and Dr. Pramod N. Pabrekar, Senior consultant at RUSA.

Dr. Pooja Ramchandani, I/C Principal, HR College, in her welcome speech, spelt out the objective of the webinar as setting of institutional standards for obtaining higher grades at NAAC while Mr. Kishu Mansukhani, President of HSNC Board, articulated the objective of setting up HSNC University in alignment of the curriculum with the needs of the industry. He pointed out the new Yoga and vocation based courses started by various institutions under HSNC Board in keeping with this aim.

Mr. Vijay Joshi, the Chief consultant at RUSA, emphasized the responsibility that came with the status of being the first Cluster University in the country and the significance of being a trend setter in the field of education. He also spoke about the need for establishing

certain checks and balances for ensuring quality in education, for rewarding excellence and for imbibing quality culture in education.

In his inspiring address, Dr. CA Niranjn Hiranandani, Provost, HSNC University, called attention to the need for bringing about a paradigm change in education as well as the importance of devising syllabus aligned with the requirements of industry. He stressed on the necessity of up skilling through a process of unlearning, relearning and up learning in educational institutions in order to ensure that, students develop employability skills. India, he said, could become the next education centre of the world, with teachers playing a leading role in it.

The first technical session, piloted by Dr. Vani Laturkar, Senior Professor and Head-Management, School of Commerce and Management Sciences, Swami Ramanand Teerth Marathwada University, Nanded; focussed on the new NAAC parameters and the methods of inculcating quality systems in institutions. Dr. Laturkar explained the vision for NAAC process in terms of quality enhancement, self-evaluation, sustenance, initiation and promotion of a culture of quality enhancement. Institutional accreditation under NAAC, she





Dr. Vijay Joshi, Chief consultant at RUSA



Dr. Pramod N. Pabrekar, Senior consultant at RUSA



Prof. C.N. Rawal, Principal Brihan Maharashtra College of Commerce



Mr. Kishu Mansukhani, President, HSNC Board



Dr. Vani Laturkar, Senior Professor and Head-Mgmt., School of Commerce and Management Sciences, Swami Ramanand Teerth Marathwada University, Nanded



Dr. Niranjana Hiranandani, Provoost, HSNC University



Prof. Dinesh Panjwani, Vice Chancellor of the HSNC University



Dr. Pooja Ramchandani, I/C Principal, HR College

explicated, was basic for its survival and growth and further for acquiring various grants, starting new courses and programmes and obtaining autonomous status. Participants were apprised about the changes the process of NAAC has undergone with the emphasis having shifted from subjective to objective, offline to online, qualitative to quantitative, college centric to student centric as well as ICT based functioning and system generated scores. She also highlighted the new concepts of third party validation of data and importance of Student Satisfaction Survey (SSR). The process of accreditation with key indicators, strictures relating to data deviations, criteria wise weightages were also elaborated.

The second technical session conducted by Dr. Bhole, retired Associate Professor and Head, Department of Microbiology, Abasaheb Garware College, Pune, centred on the role of IQAC in the assessment and accreditation process. Hailing the IQAC as the think tank of an educational institution, he stressed upon its role in developing quality systems, quality enhancement and quality sustenance. He brought out the importance of preparing a perspective plan for the next 5 to 10 years as part of the goal setting initiative of an institution, to be conveyed to all stakeholders and development of systems for self-assessment involving feedback and SSR. He also pointed out the need for identifying key performance indicators in the process of setting benchmarks. Decisions as to what to benchmark, who to benchmark, data

collection and analysis, gap analysis and gap filling were also identified as essential responsibilities of IQAC.

The third and the last technical session, on Documentation for NAAC, was conducted by Prof. C.N. Rawal, Principal Brihan Maharashtra College of Commerce. In his talk, centred on the novelties introduced in documentation, he identified authenticity, objectivity, transparency and credibility of data as the key principles of documentation. The mode of document submission, data exposition as well as data creation, were enumerated by him in great detail. Lastly, he explained exhaustively the documents that would need to be uploaded criteria-wise.

The Q/A session was moderated by Mr. Mani Iyer, Vice Principal, Smt. MMK College, following Ms Geeta Sahu's request questions which were posted in the chat box, were answered at the end of the session. To questions related are the various funding available for research from various agencies, Dr. Vani Laturkar explained the three types of funding agencies in existence; these being UGC and ICSSR. She further explained that apart from these two funding agencies, few industrial houses also provide funding. The difference between government funding and industrial funding was further elaborated by her. CSR funding provided by companies could also help enhance the image of educational institution. Principal Joshi pointed out that national research funding agency would be established in future and that its budget would 20,000 Crores per year. This funding would be provided for science, social science, commerce and humanities.



*Dr. CA Kishore S. Peshori,
I/C Principal, Smt. MMK
College of Commerce and Economics*



*Dr. Bhole, retired Associate Professor
and Head, Department of Microbiology,
Abasaheb Garware College, Pune*



*Dr. Navin Punjabi,
Vice Principal,
HR College*



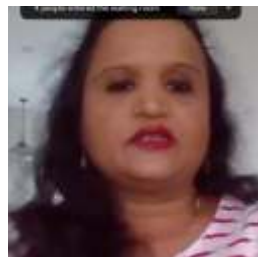
*Mr. Mani Iyer,
Vice Principal,
Smt. MMK College*



*Dr. Jasbir Sodi,
IQAC Coordinator, HR College*



*Ms. Chippy Susan Bobby,
IQAC Coordinator, MMK College*



*Prof. Geeta Sahu,
HR College*



*Dr. Madhu Kelkar,
HR College*

On the questions related to Green Initiatives Dr. Laturkar added that these related to the institutions i.e. whether they are attempting to keep their environment clean via measures such as no vehicle day, paper shredders for waste paper generated, recycling and so on. She explained that Green audit is concerned with all the practices that help towards an eco-friendly and pollution free environment. Dr. Bhole as well as Dr. Joshi also added few noteworthy points. Dr. Rawal pointed out ideas like reusing water, reduction of electricity, plastic free campus and car-pooling which will help to sustain the campus as well as the community.

Ms. Chippy Susan Bobby, IQAC Coordinator, MMK College and rapporteur of the entire session, summarized the highlights of the webinar. Beginning with a quote of William Shakespeare, she pointed out how the HSNC Board has been organising various webinars and lectures during this pandemic. She praised Dr. Joshi for his insights in the field of education as also Dr. Vani Laturkar for highlighting the need to look at new NAAC parameters and their functioning. She congratulated Dr. Bhole for explaining the fundamental roles of IQAC, which he identified as quality control and quality assurance. Terming the IQAC as a think-tank he challenged the participants to think out of the box. Dr. Rawal was thanked for giving a wonderful explanation on the documentation process for NAAC, which he explained, has changed. There is, he declared, greater emphasis on the data provided. A dynamic college website is yet another need of the times.

Prof. Dinesh Panjwani, Vice Chancellor of the HSNC

University, thanked RUSA for inviting him. He applauded the initiative taken by HR College and Smt. MMK College in conducting the webinar, the massive participation in the current one as well as the willingness of the HSNC University to associate with programmes involving improvement of quality standards in educational institutions. He pointed out the need for documentation, given that 70% assessment carried out today is online. NAAC, he reiterated is a prerequisite, since it gives an opportunity to institutions to learn from one another. He further explicated the need for autonomy in the field of education. Admiring the NAAC as a learning platform he declared that the identity of any college and its teachers is associated with it. Hence he put emphasis on a preparation strategy for NAAC along with personal discipline.

The webinar concluded with a vote of thanks proposed by Dr. CA. Kishore S. Peshori, I/C Principal, Smt. MMK College of Commerce and Economics.

At the end feedback was collected which was analysed. Participants included 75% of the teaching staff and rest 25% were Principals and non-teaching staff. Approximately 80% of the participants highly rated all the resource persons as "Excellent". Considering the usefulness of the webinar, 82% of participants rated the webinar at "5" on the scale of 5 and all the participants felt it most informative and relevant. Indeed it was both fruitful and engaging, with the resource persons providing vital information regarding quality improvement measures for our educational institutions and their maintenance according to the new parameters set by NAAC.

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

Zipcode football event
Dani Carvajal



BAND - B
POSITION - DEFENDER



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.

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.



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.



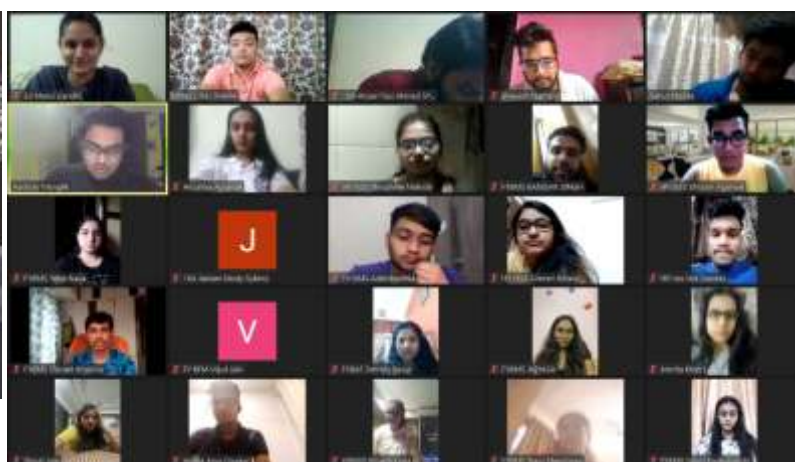
TEAM BUILDING AND ICEBREAKER SESSION

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.



Icbreaker 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

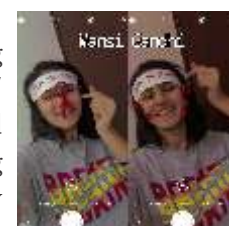
The NSS Unit conducted a Reel Making Competition wherein the volunteers were supposed to make a reel of around 30 sec which can spread awareness on HIV/AIDS.



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 HSNL 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.

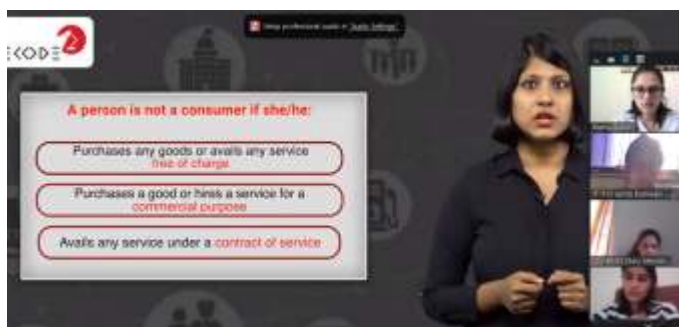


The theme for the Competition was Breaking Stereotypes and Empowering Women. The volunteers were required to dress up as a character or have a prop related to the theme and had to make a 20 - 25 secs video explaining what they dressed up as or talk about gender stereotype or women empowerment.

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

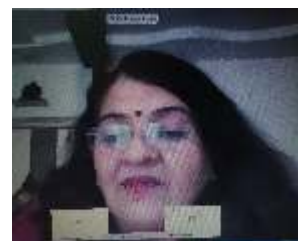
July 7, 2020

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.



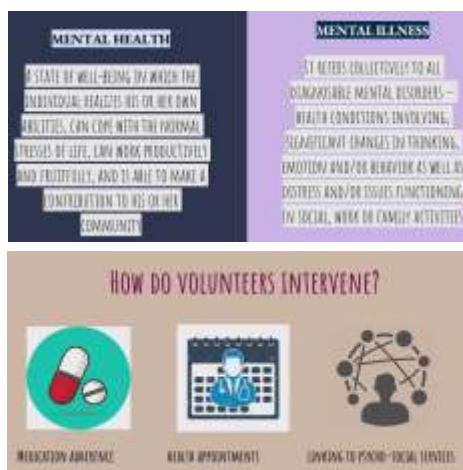
SEMINAR ON WALK THE TOP TOPPERS

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.

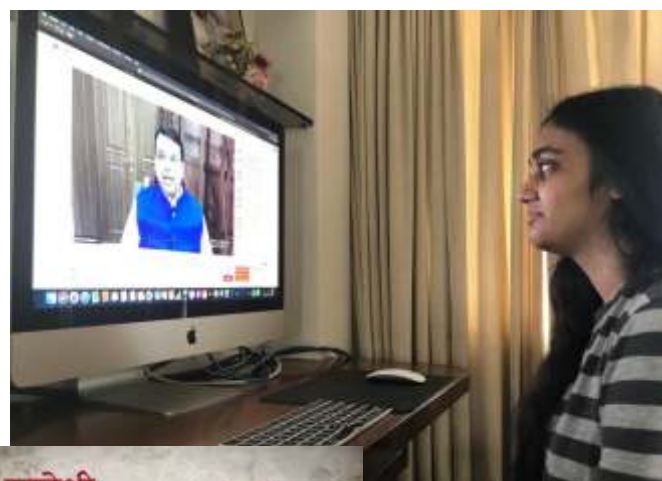


CELEBRATING THE BIRTH ANNIVERSARY OF LOKMANYA TILAK AND ANNABHAU SATHE

August 1, 2020

A webinar was conducted by Savitribai Phule Pune University and Mumbai University in the memory of Bal Gangadhar Tilak and Annabhau 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.



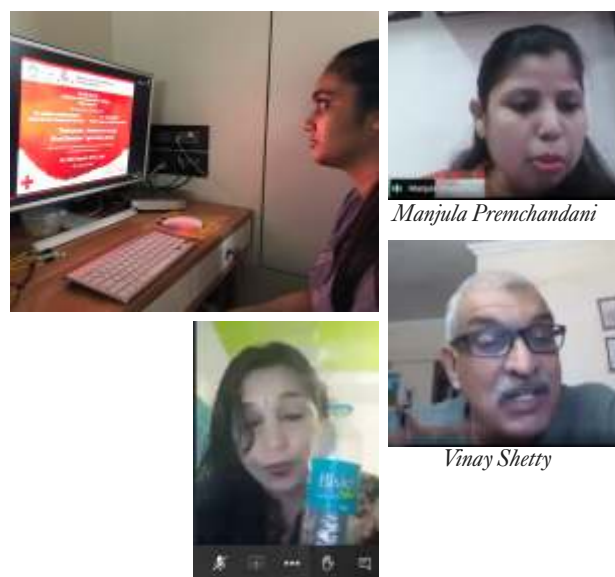
*Mr. Julio Rebeiro,
Public Concern for Governance Trust*

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.



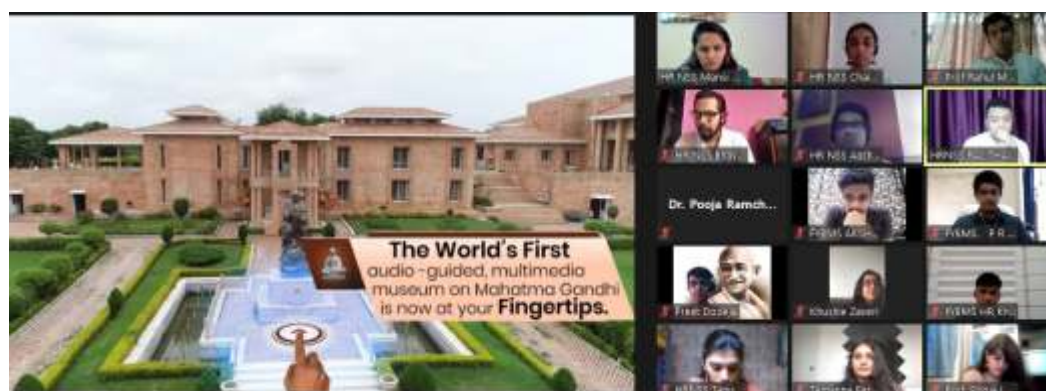
Member, Datta Ramanand Society Mumbai

GANDHI JAYANTI & LAL BHADUR 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.

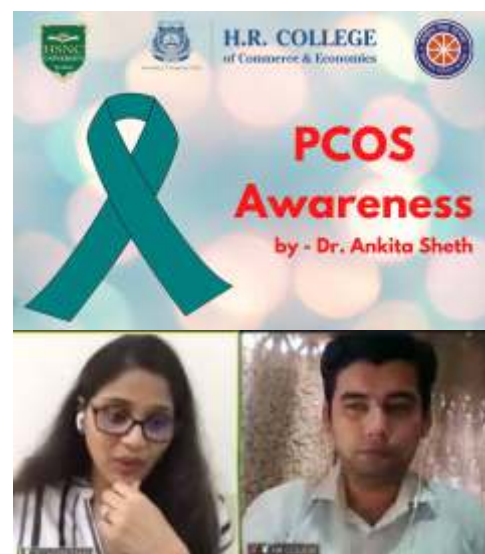


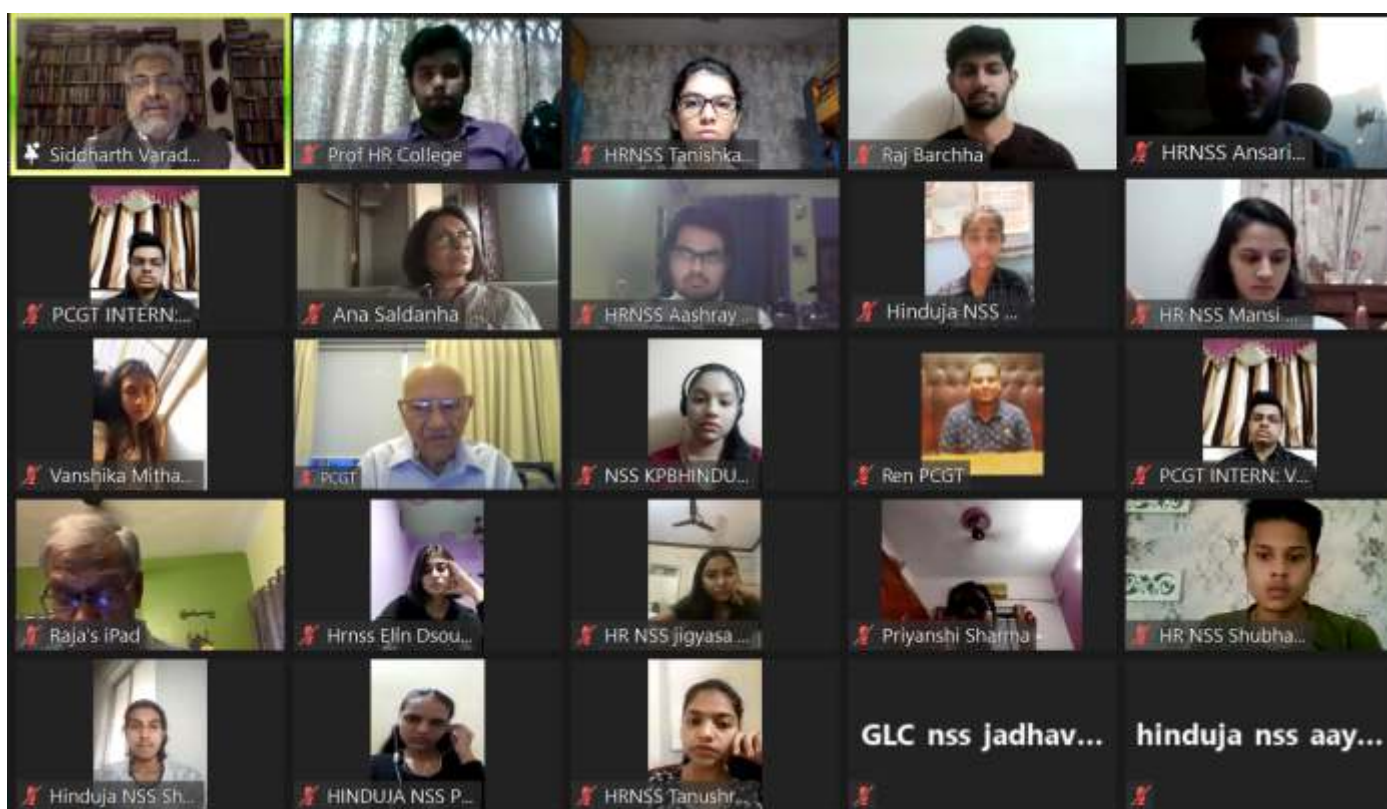
WEBINAR ON PCOS

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.

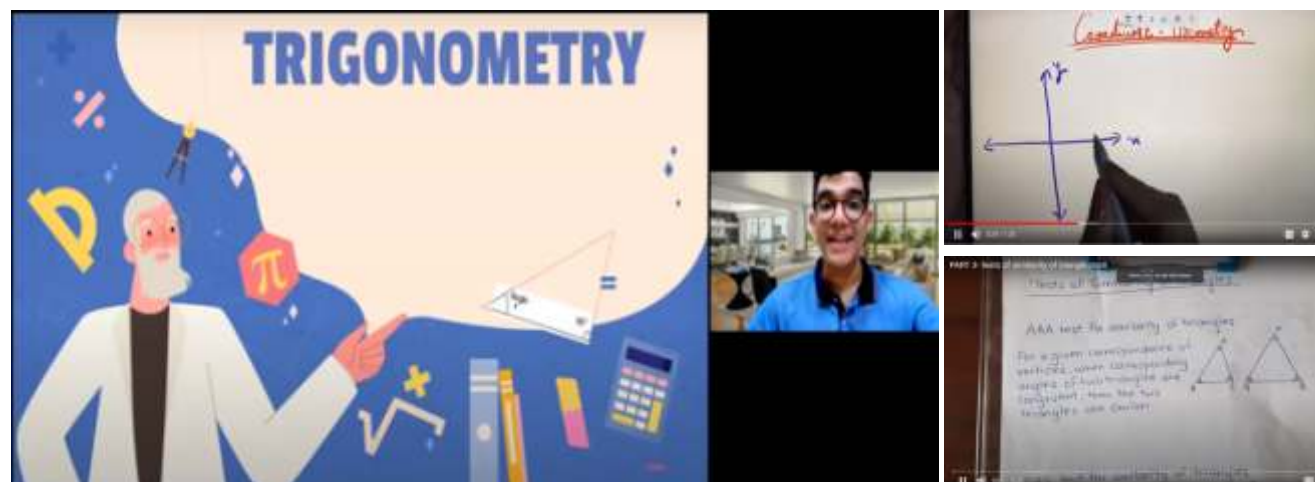


Mr. Siddharth Varadarajan, Editor in Chief, The Wire

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.

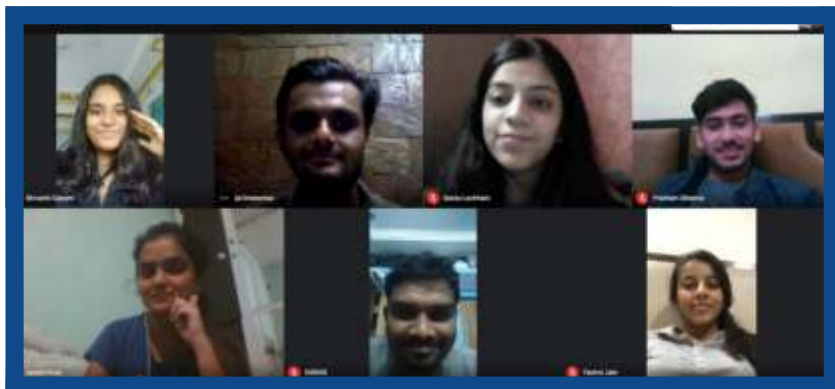
The Urban Model signifies Inaayat's entry into the B2C market for moneyed urban audience. It has been developed with the intent of swiftly enabling their switch from plastic pads to sustainable ones.

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.

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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 inaayat kits on 6th November. Covid has ushered in challenging times for orphans and we recognised two orphanages in Mumbai : Bal bhavan and Amcha ghar who were in need for menstrual products. A total of 80 kits were distributed between these two Orphanages for young girls aged 13- 18 years. To usher in the new year on a bright note, In January with the generous donation by our technical partners DFG, our team donated 100 sanitary kits to rescue foundation. Rescue foundation is an organisation that helps abandoned sex workers and helps them rehabilitate into safer 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.



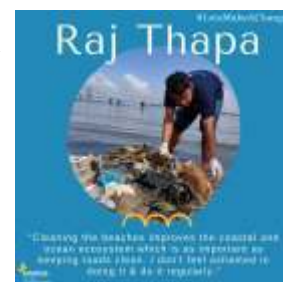
OUR BLOGS : ENACTUS HRC TALKS



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.



Upgrading digital skills with Jeni Asher

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.

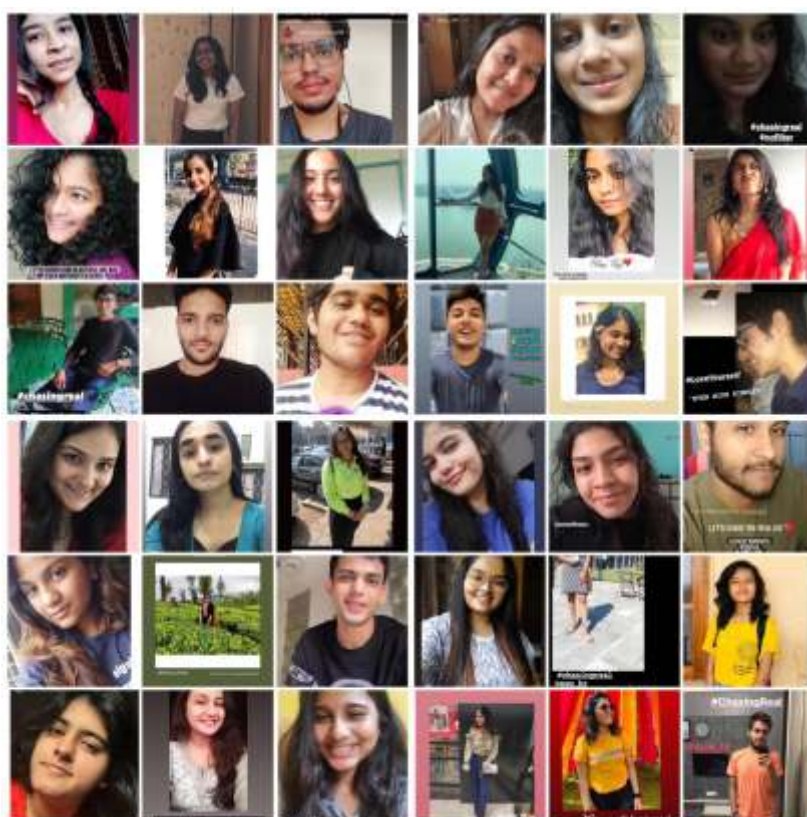


CHASING REAL

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.

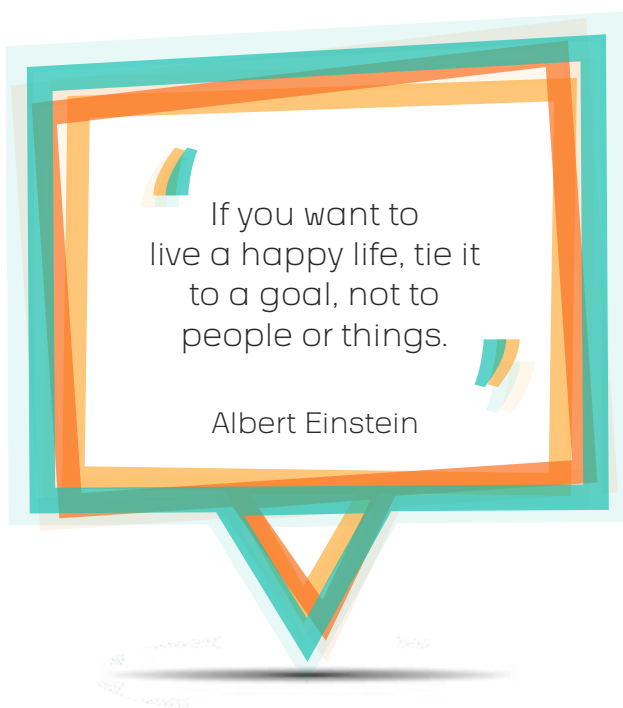
A certificate of participation from H.R. College of Commerce and Economics was provided to all participants of the project, which was a huge success due to their dedication and efforts. For every donation, they got a smile in return!



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.

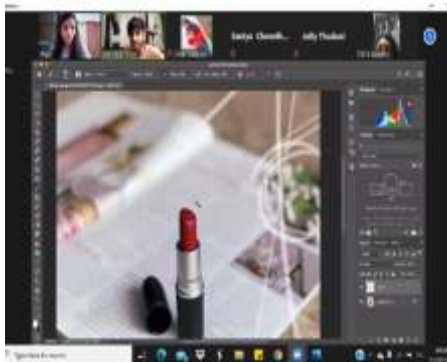
PHOTOGRAPHY REVIEW SESSION

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.



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