



RSET's

Ghanshyamdas Saraf college of arts & commerce

METRIC – 7.1.9

Sensitisation of students and employees of the institution to the constitutional obligations: values, rights, duties and responsibilities of citizens

Sr. No.	Particulars
1	List of activities that inculcate values
2	Photos of Activities inculcating values
3	Report of NSS

Activities that inculcate values; necessary to render students in to responsible citizens

Sr. No.	Date	Activities	Details
1	26th June 2022	International day against drug abuse and illicit trafficking	To spread awareness against drug abuse and illicit trafficking NCC committee conducted activity on 26th June 2022. Cadets undertook a rally around the institution and marched the streets by holding in hands the posters and raising various slogans such a 'No alcohol No drugs'
2	11th to 13th July 2022	Guru Purnima – Card Making	NSS unit celebrates Guru Purnima by conducting card making activity from 11th to 13th July 2022. Activity conducted to express love and gratitude towards teachers
3	2nd week of August 2022	Community based Project – NSS Unit	NSS unit conducted educational project in 2nd week of August 2022 in Punarvas Special School to spread happiness among special students
4	17th August 2022	Beach Cleaning Drive	NCC committee conducted beach cleaning drive on 17th August 2022
5	13th September 2022	Blood Donation Drive	NSS unit of the college conducted blood donation drive on 13th September 2022 to help the patients who fights cancer and blood disorders
6	17th September 2022	Aksha Beach Clean – up drive	DLLE organised drive on 17th September 2022 to sensitize students on extension activities at college and community level. Students enriched their knowledge on life skill programmes.
7	17th September 2022	International Coastal cleanup – Beach Cleaning	Green Initiative Committee conducted beach cleaning drive on 17th September 2022 to keep environment green and clean
8	3rd December 2022	Tree Plantation Education Programme	Green Initiative committee organised tree plantation activity on 3rd December 2022 to encourage students for tree plantation and educate students on benefits of indigenous tree plantation and effective techniques of plantation
9	9th December 2022	Puneet Sagar Abhiyan (Beach Cleaning Drive)	NCC committee organised drive on 9th December 2022
10	1st January 2023	Old Age Home Visit	Students of NSS Unit visited old age home on 1st January 2023 to spread happiness and spend quality time with old age people
11	9th January 2023	Swachhta Campaign	NCC committee conducted cleaning campaign on 9th January 2023 and cadets participated in campaign



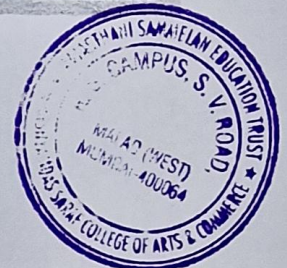
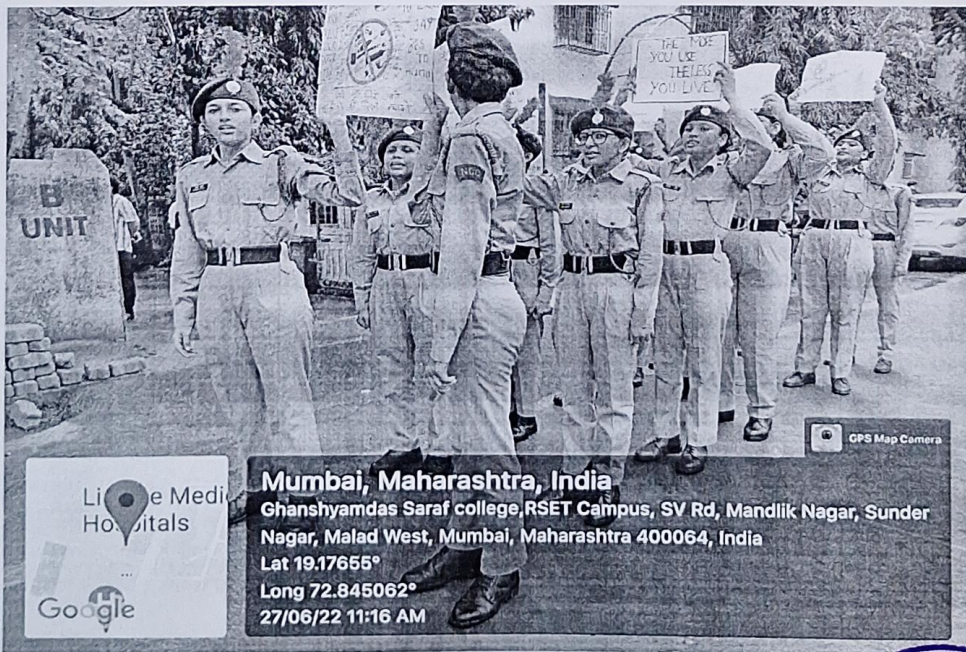
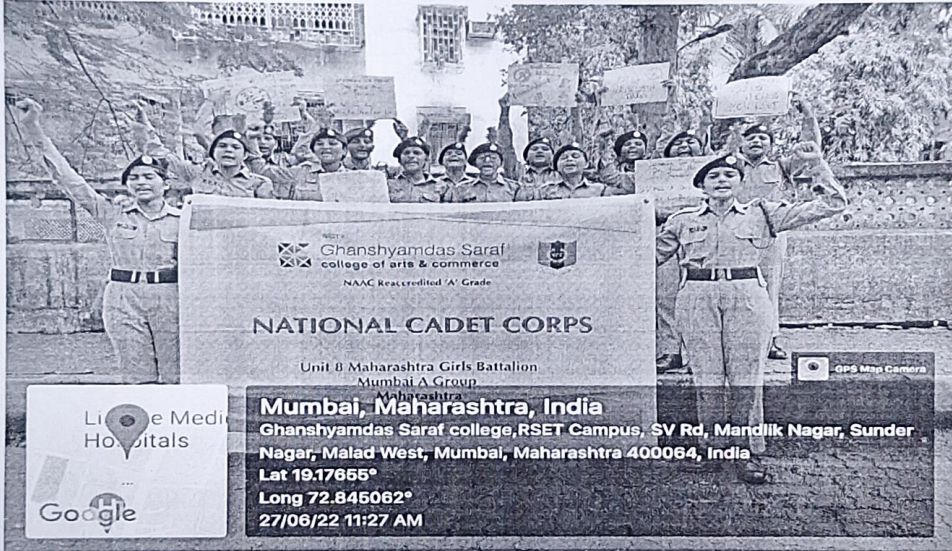
12	19th January 2023 to 23rd January 2023	Community help camp	DLLE organised community help camp from 19th January 2023 to 23rd January 2023 in college campus to provide basic goods and commodities to the needy people
13	21st January 2023	Food Distribution (Orphans)	DLLE students distributed food to orphan and specially abled children. Activity conducted on 21st January 2023
14	30th January 2023	Tree Plantation	Tree Plantation activity conducted by NSS unit on 30th January 2023 in Punarvas School Ground to create awareness about environmental conservation amongst the students



7.1.9 Activities that inculcate values; necessary to render students in to responsible citizens

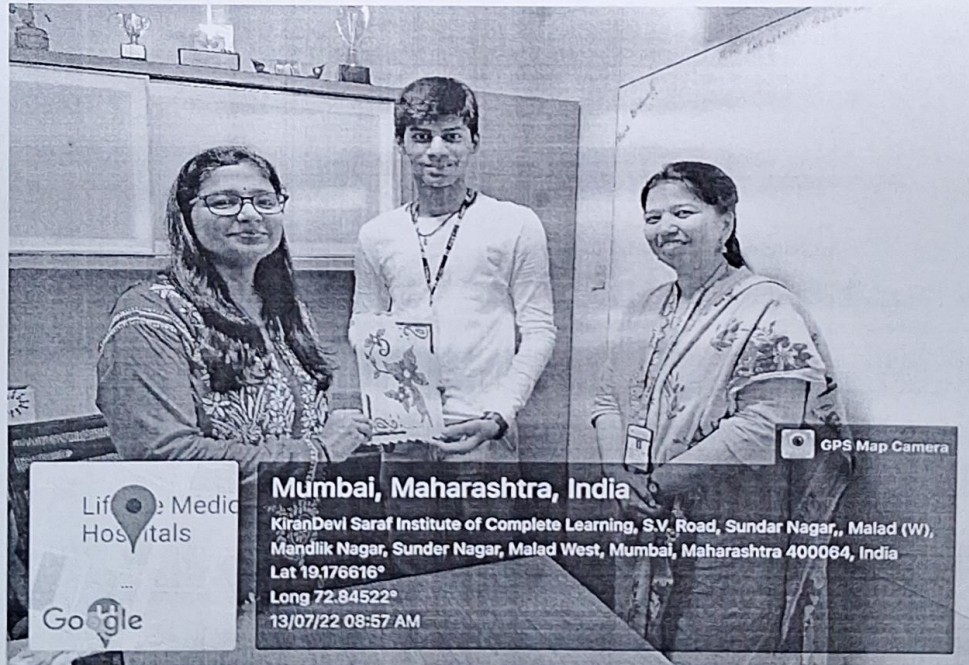
International day against drug abuse and illicit trafficking

To spread awareness against drug abuse and illicit trafficking NCC committee conducted activity on 26th June 2022. Cadets undertook a rally around the institution and marched the streets by holding in hands the posters and raising various slogans such a 'No alcohol No drugs.'



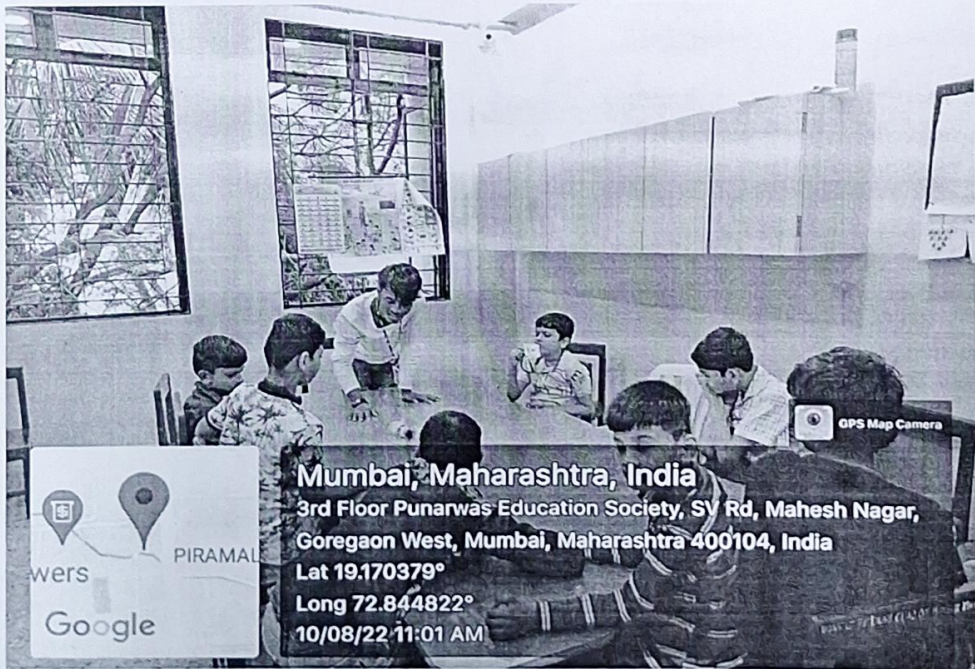
Guru Purnima – Card Making

NSS unit celebrates Guru Purnima by conducting card making activity from 11th to 13th July 2022. Activity conducted to express love and gratitude towards teachers.



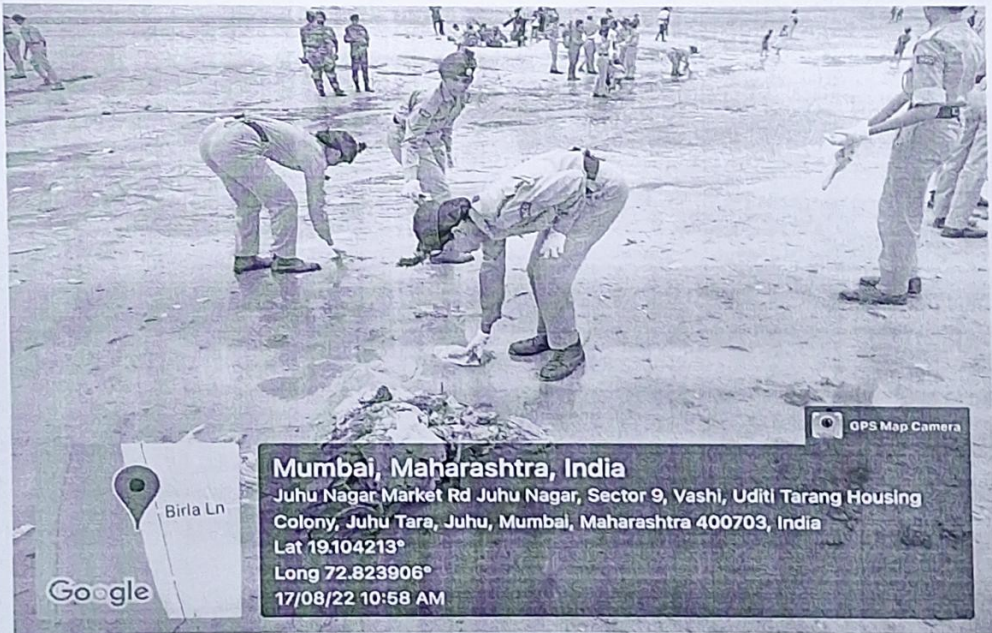
Community based Project – NSS Unit

NSS unit conducted educational project in 2nd week of August 2022 in Punarvas Special School to spread happiness among special students.



Beach Cleaning Drive

NCC committee conducted beach cleaning drive on 17th August 2022.



Blood Donation Drive

NSS unit of the college conducted blood donation drive on 13th September 2022 to help the patients who fights cancer and blood disorders.



Aksha Beach Clean – up drive

DLLE organised drive on 17th September 2022 to sensitize students on extension activities at college and community level. Students enriched their knowledge on life skill programmes.



International Coastal cleanup – Beach Cleaning

Green Initiative Committee conducted beach cleaning drive on 17th September 2022 to keep environment green and clean.



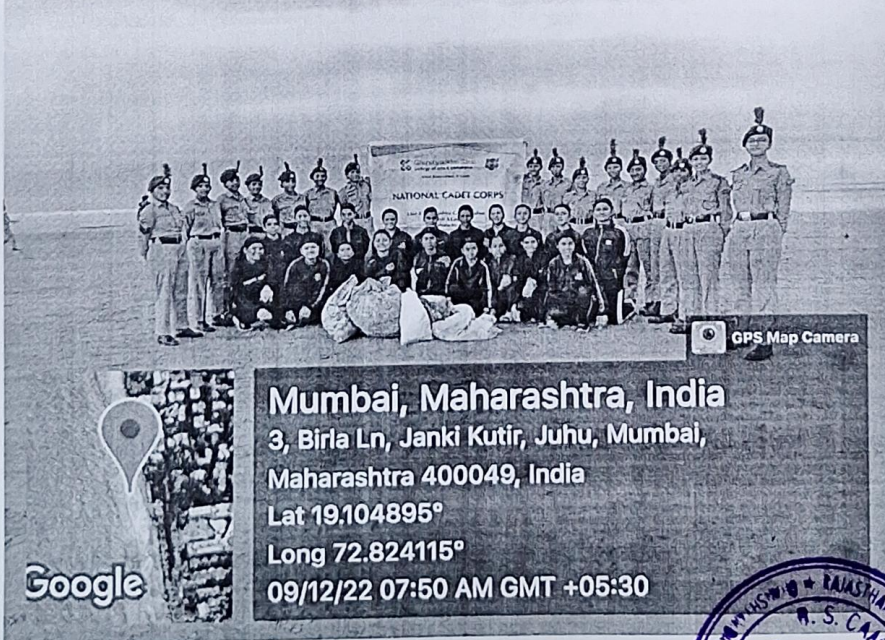
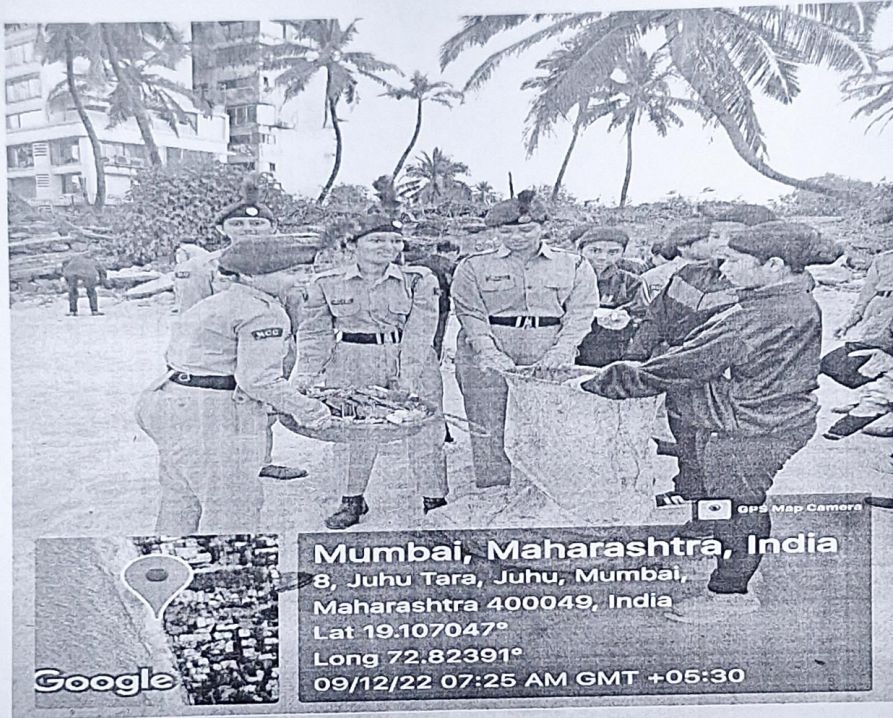
Tree Plantation Education Programme

Green Initiative committee organised tree plantation activity on 3rd December 2022 to encourage students for tree plantation and educate students on benefits of indigenous tree plantation and effective techniques of plantation.



Punet Sagar Abhiyan (Beach Cleaning Drive)

NCC committee organised drive on 9th December 2022.



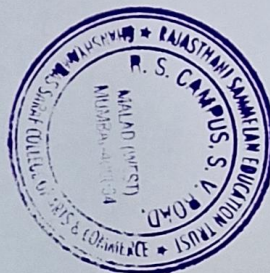
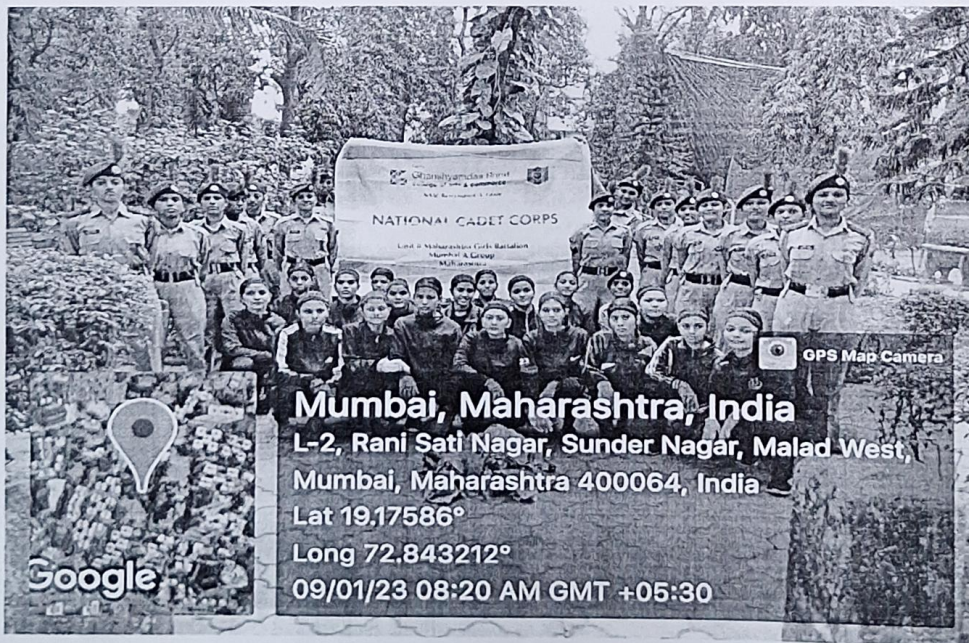
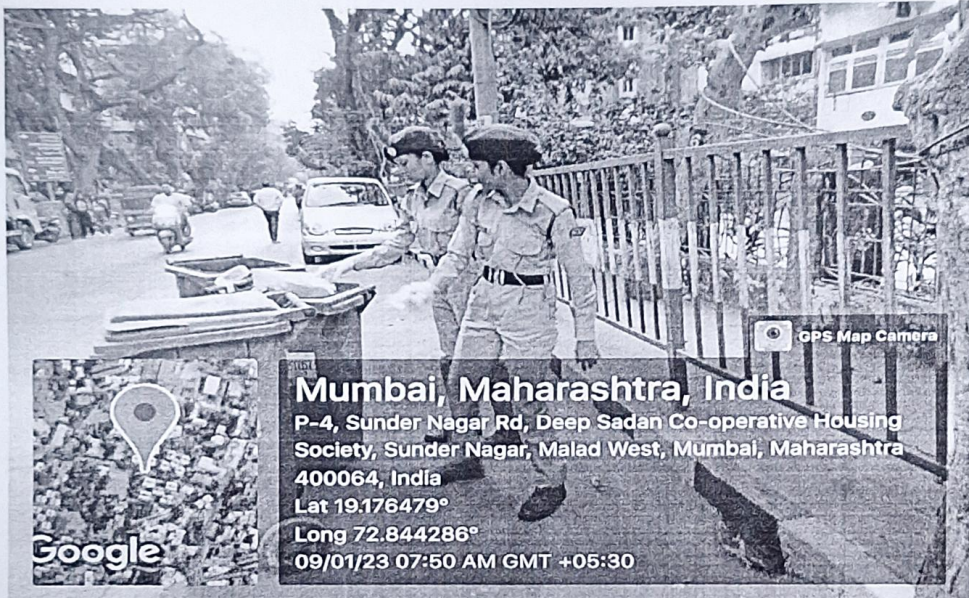
Old Age Home Visit

Students of NSS Unit visited old age home on 1st January 2023 to spread happiness and spend quality time with old age people.



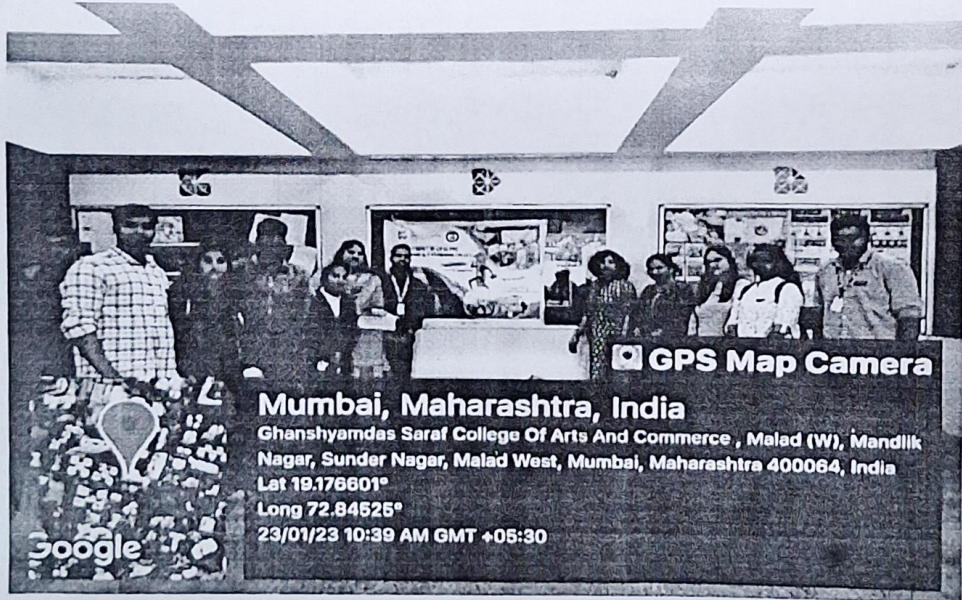
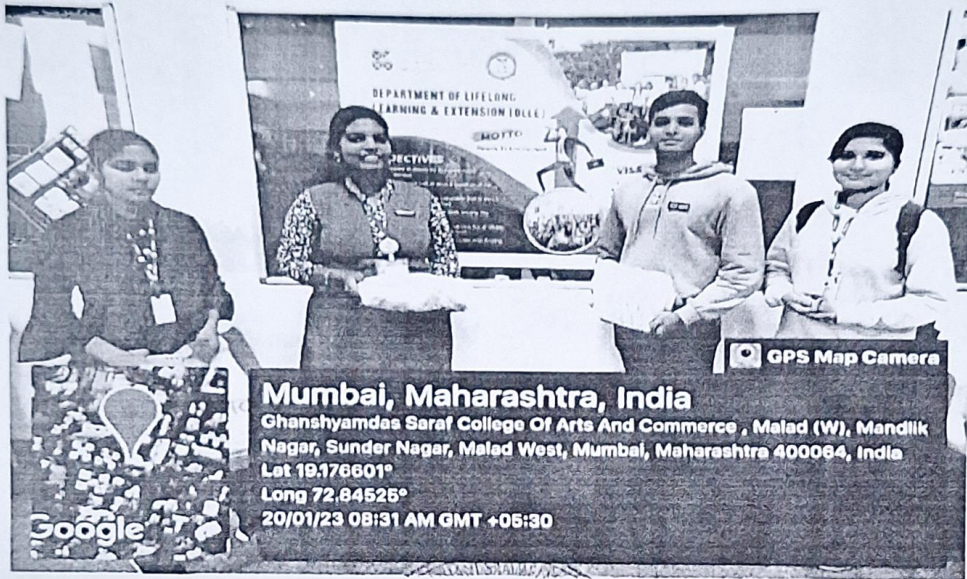
Swachhta Campaign

NCC committee conducted cleaning campaign on 9th January 2023 and cadets participated in campaign.



Community help camp

DLE organised community help camp from 19th January 2023 to 23rd January 2023 in college campus to provide basic goods and commodities to the needy people.



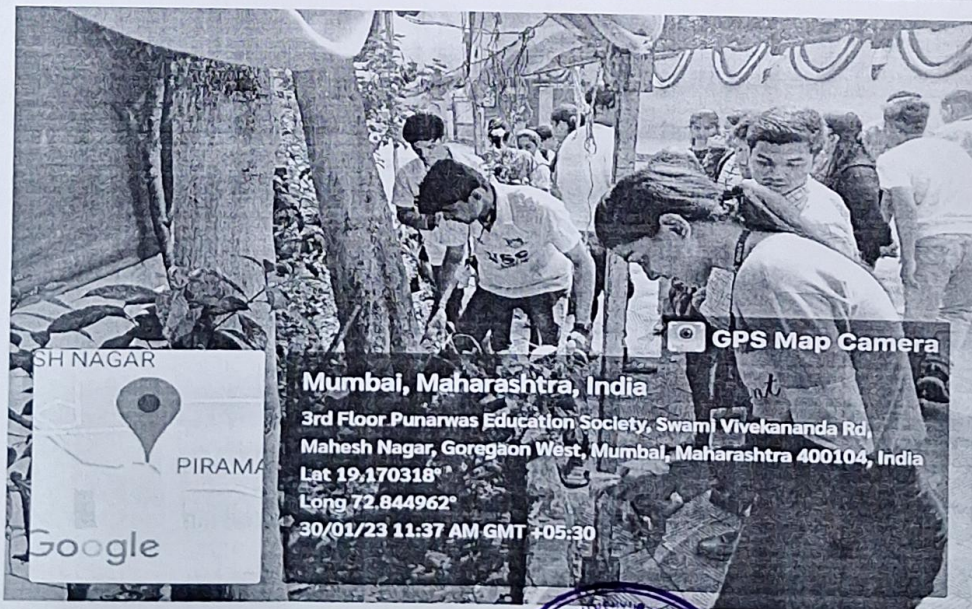
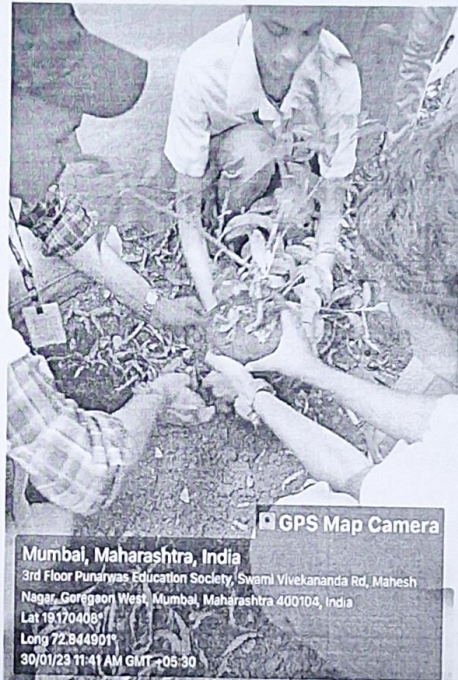
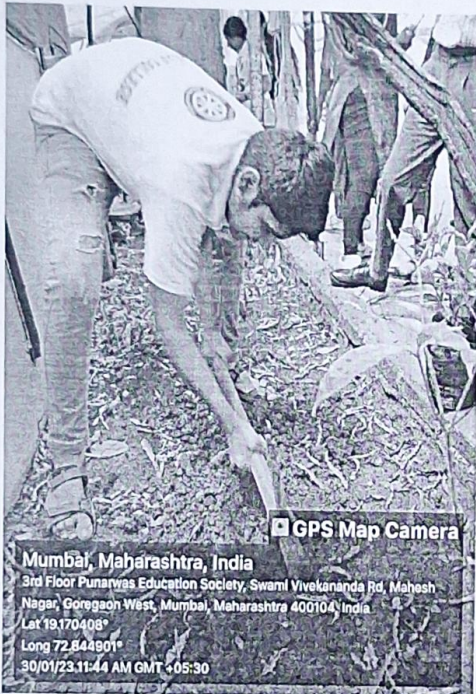
Food Distribution (Orphans)

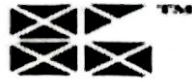
DLLE students distributed food to orphan and specially abled children. Activity conducted on 21st January 2023.



Tree Plantation

Tree Plantation activity conducted by NSS unit on 30th January 2023 in Punarvas School Ground to create awareness about environmental conservation amongst the students.





Ghanshyamdas Saraf
college of arts & commerce
EDUCATION EMPOWERS

NSS Unit enrolled 100 volunteers during the academic year 2022-23.

Following activities were under taken

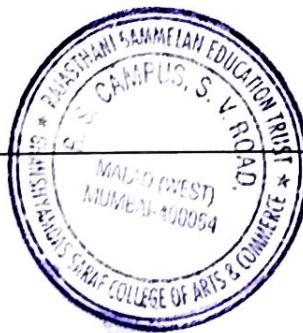
1. **WORLD'S BLOOD DONOR DAY** (14th June 2022): On the occasion of the World's Blood Donor Day, 27 volunteers made posters to spread the message emphasizing the importance of blood donation.
2. **YOGA TRAINING CAMP** (16th June – 21st June 2022): NSS Unit of Mumbai University organized a Yoga Training Camp in which 2 volunteers were selected. It was conducted online for 4 days and offline for 2 days. Along with the yoga practice, lectures related to yoga, health, and wellness were given by the experts & doctors during the camp.
3. **YOG UTSAV – INTERNATIONAL YOGA DAY** (19th June 2022): In collaboration with BrahmaKumari's, Yoga Day was celebrated. 24 volunteers participated in which various relaxing movements, asanaas, and mind-relaxing mudras were taught.
4. **GSCC YOGA DAY** (21st June 2022): To highlight the importance of the practice of yoga, International Yoga Day was celebrated by our college along with the NCC Unit. 19 NSS volunteers participated.
5. **ANTI DRUGS DAY** (24th June 2022): 13 volunteers participated in an awareness program on drug consumption held by Mumbai University in association with the Narcotics Control Bureau (NCB), which covered various aspects including the causes and prevention of drug addiction.
6. **INTERNATIONAL DRUG ABUSE DAY** (25th June 2022): On the occasion of International Day Against Drug Abuse and Illicit Trafficking, 15 volunteers participated in the 5 Km stretched Marathon Cyclothon organized by Narcotics Control Bureau (NCB) to spread awareness about it.
7. **PAPER MAKING ACTIVITY** (04th July – 06th July 2022): Our 37 volunteers made paper bags and distributed them to shopkeepers near the college. Paper bags were made out of waste newspaper and rough papers.
8. **GURU PURNIMA** (11th July – 13th July 2022): On the auspicious occasion of Guru Purnima that is on 13th July 2022 our 22 volunteers made cards for Principal, Teachers and Non-teaching staff.

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9. **YOUTH SKILLS DAY (24th July 2022):** In collaboration with We Can We Will Foundation, 10 volunteers actively participated, activities such as dance, maths techniques, acting, drawing, singing, etc. Concentration based games were played.
10. **PR MESSAGE FOR JUNIORS (27th July 2022):** 15 volunteers went to the class of first year batch and spoke about what is NSS, motto, benefits, advantages, camps, etc
11. **INTRODUCTION ROUND FOR JUNIORS: (01st August 2022 – 03rd August 2022)** - Let us know more was the introduction round held by NSS Volunteers for the upcoming freshers. We NSS Volunteers have made 7 groups in which juniors were divided in each group. In total 35 NSS Volunteers made the event successful, also 200 new students joined us and gave their introductions.
12. **MDACS (MUMBAI DISTRICT AIDS CONTROL SOCIETY): (04th August 2022) – MUMBAI AIDS CONTROL SOCIETY** in association with National Service Scheme of University of Mumbai is organized a Peer Educator Training Workshop on HIV/ AIDS for Mumbai college students. The main aim of this workshop was to motivate the students to come up with Red Ribbon Club in our college and help the patients of HIV/ AIDS positive people to overcome the taboos about these 2 diseases.
13. **ORIENTATION SESSION FOR JUNIORS: (05th August 2022)** - The orientation program was held just next day to Introduction Round. The program was conducted and a total of 215 people joined. There were 190 new students who attended the orientation. The orientation held was so great and very successful. Even many of the new students were very excited to join NSS.
14. **AREA BASED ACTIVITY – EDUCATIONAL PROJECT: (1st week of August to 2nd week of September)** – A significant active participation of 75 Volunteers in groups of 18 to 20 volunteers have visited Punarvas School, Goregaon west where they interacted & performed many kinds of activities with the differently abled school children for about more than one & half month.
15. **AREA BASED ACTIVITY – HEALTH PROJECT: (1st week of August to 2nd week of September)** – A active participation of 72 Volunteers in groups of 18 to 20 volunteers have visited M.W. Desai Hospital, Malad East where they interacted with the patients & gave them moral support. Also, they have helped the Hospital staff to maintain the register records.
16. **EK SUUR AUR EK TAAL: (09th August 2022)** – Our 14 volunteers participated in this event which was in collaboration with Govt. Of Maharashtra, organised by Yuvak Biradari. 20 other college participated, students of conducted rally and historical skit was performed from the college how our fighters gave up there for the independence for our country India.

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17. **ARTICLE WRITING COMPETITION:** (11th August 2022) – This competition was held to mark the 75th INDEPENDENCE DAY. Topics were Importance of Flag & Partition Horror Remembrance Day. 26 NSS volunteers participated along with NCC students.

18. **ORIENTATION SESSION ON ICC (INTERNATIONAL COASTAL CLEANLINESS DRIVE):** (12th August 2022) – Resource person briefed us about the Indian Coast Guard and International Coastal Clean-up Drive where 20 NSS volunteers participated. My Green Society started a Puneet Sagar Abhiyan to make a plastic free environment. On the 17th of Sept. beach clean-up event was organized by My Green Society & Indian Coast Guard. **ORIENTATION SESSION ON ICC (INTERNATIONAL COASTAL CLEANLINESS DRIVE).**

19. **TIRANGA YATRA (PADAYATRA):** (13th August 2022) - Under the guidance of MLA Smt. Vidya Thakur Ji has organised this rally to celebrate the (AZADI KA AMRIT MAHOTSAV). This rally was 3km from Ram Mandir Station to Savarkar Bridge, Goregaon (W). 32 Volunteers participated with the slogan "BHARAT MATA KI JAI", and "VANDE MATARAM".

20. **HAR GHAR TIRANGA:** (14th August 2022) - Seniors' volunteers of NSS including juniors distributed the Flag in neighbours, vendors, helper, and policies and celebrated Independence Day by giving the flags. 21 Volunteers participated in this event

21. **INDEPENDENCE DAY CELEBRATION:** (15th August 2022) – Our Honoured Chief Guest hoisted our Indian Flag saluting and cultural Program on Independence Day was celebrated. Students from RSET Campus participated in this event. 10 Volunteers participated in this event

22. **CLEANLINESS DRIVE:** (16th August 2022)- 45 Volunteers participated in the Cleanliness drive activity in the college campus.

23. **BLOOD DONATION DRIVE –** (13th September 2022): NSS Unit has organized a Blood Donation Drive on 13th September 2022 in association with B.Y.L. Nair Ch. Hospital, Govt Blood Bank in Collaboration with The Lions Club of Millennium at Durgadevi Saraf Auditorium from 8.00 a.m. to 1.00 p.m. 84 Units of blood were collected and 55 volunteers participated in this drive. This Blood donation drive was successfully concluded with the technician team of Blood bank and our NSS volunteers.

24. **INTERNATIONAL COASTAL CLEANUP - BEACH CLEANING –** (17th September 2022): 20 volunteers from NSS Unit have done the beach cleaning activity on 17th September at Aksa Beach in association with My green Society foundation in collaboration with Indian Coast Guard & local BMC authorities.

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25. **INTERCOLLEGIATE POSTER MAKING COMPETITION NSS & DLLE IN ASSOCIATION WITH IQAC – (21st September 2022):** 32 Students from different colleges participated in the Poster making competition on a) addiction of mobile phone b) Importance of Exercise/ Body shaming c) Pollution: ways to tackle it on 21st September 2022 in which 10 NSS Volunteers participated in this event
26. **DE-ADDICTION RALLY – (1st October, 2022):** A rally was organized against drug addiction by NCB from Azad maiden to Gateway where 20 volunteers participated.
27. **BHAJAN SANDHYA – (2nd October, 2022):** On occasion of Mahatma Gandhi Jayanti and Lal Bahadur Shastri Jayanti a Bhajan sandhya event was organized at Gateway of India by university of Mumbai and 19 volunteers participated.
28. **RASHTRIYA EKTA DIWAS – (31st October 2022):** Our unit took a pledge to preserve and strengthen unity, and the integrity of our nation. Pledges were taken in 3 different languages where 33 volunteers participated.
29. **LEADERSHIP TRAINING CAMP – (31st October to 04th November 2022):** The session was very interactive and nice. Our 2 volunteers were selected and have participated in this camp. There were some tasks and activities given to volunteers to develop their skills.
30. **CHILDREN'S DAY – (14th November, 2022):** On the occasion of children's day, 37 NSS volunteer visit school to spread happiness by giving chocolates and spending a day with them at DAV School Malad.
31. **FILM, TELEVISION & THEATRE ACTING WORKSHOP – (15th November, 2022):** Lion Yusuf Qasmi Founder of Smita Patil Street Theatre Mumbai awarded as "King of Street Play", sir gave the in detail brief information about the film, television and theatre making where 2 volunteers participated.
32. **STREET PLAY TRAINING WORKSHOP – (16th November, 2022) - Mr. Jagdish Sansare** Assistant Professor and Street Play Trainer taught us about the street play where 2 volunteers participated.
33. **QUIZ COMPETITION ON HIV/AIDS – (16th November 2022):** Questions for the Quiz Competition on HIV/AIDS, Treatment, Stigma and Discrimination, social media, TB, Corona and Important Days. 2 volunteers were selected for the quiz and attend the competition.
34. **CULTURAL PROGRAM BY MAURITIUS STUDENTS (Nrutyaavishkar) – (18th November, 2022):** Witnessing a cultural program by Mauritius students as a part of Cultural Exchange program between two nations. 3 volunteers visited the event and created a great bond between the other nation volunteers.

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Dastgir



35. **ANTI DOWRY RALLY** – (26th November, 2022): On the occasion of ANTI DOWRY DAY a rally has been organized by the University of Mumbai (NSS CELL). Anti-Dowry Movement, devoted to the cause of eradication of DOWRY Custom from the Society for the last 50 years. We are observing 26 November as ANTI DOWRY DAY since last several years. 40 Volunteers took an initiative to participate in the rally.
36. **BLACK DAY (26/11)** – (26th November, 2022): On 'Black Day' 24 of our volunteers visited gateway of India where 14 years ago attack happened and honour police officers by lightening the candle and thanked them for the duty what they do for us.
37. **AIDS DAY - Poster Making:** (1st December, 2022): This day is about spreading awareness about global HIV/AIDS disease. Our 36 volunteers made posters spreading awareness about it. Topics for the competition 1. Message of awareness 2. Preventive measures.
38. **TREE PLANTATION:** (3rd December 2022): Our 30 volunteers worked with the other committee to plant and get educate ourselves about the benefits of indigenous tree plantation and will also learn effective techniques of plantation.
39. **MOCK DRILL SESSION:** (06th December,2022): A scenario in which 600 participants practise how they would react in the event of a disaster or emergency. For the sake of safety, mock drills are held in schools, colleges. Our 41 volunteers helped to rescue the college students to open space where in emergency they can go if fire catches.
40. **NSS RESIDENTIAL CAMP:** (18th to 24th December 2022): Our college unit conducted Residential Camp of 7 days under the theme of "Swachh Bharat Abhiyaan" at Naik Foundation, Tandulwadi, Near Pargaon, Saphale East Pin- 401102 in which our 50 volunteers participated along with 3 NSS P.O.
41. **OLD AGE HOME VISIT** (1st January, 2023): 19 Volunteers visited old age home at Bhayander where volunteers Interacted, sang various old melodies, dance and entertained them. Also, our volunteers distributed snacks to them. We make them happy and feel happy on the new year.
42. **TREE PLANTATION** (30th January, 2023): 26 Volunteers planted 20 variety of different plants with Punarvas students in their school ground. Our volunteers coordinated with them and learnt technique of tree plantation and all the students and volunteers learnt the importance of environmental conservation.
43. **FIRST AID & CPR TRAINING WORKSHOP** (8th February,2023): 2 Volunteers participated in First Aid & CPR Training Workshop in Dalmia College.

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44. **INTERCOLLEGIATE QUIZ COMPETITION "QUIZZARD"** (13th February,2023): 14 Volunteers participated to conduct Quiz competition where Student from the different colleges participated having three rounds in the competition a) Selection round b) Spin the wheel round c) Rapid fire round.
45. **I STAND FOR PEACE MEDIATION** (25th February,2023): 12 Volunteers participated in the meditation session with Gurudev Sri Sri Ravi Shankar Ji aimed at enhancing and protecting mental health.
46. **SOFT SKILLS DEVELOPMENT PROGRAMME** (21st February to 2nd March,2023): 2 Volunteers participated in the University level online session conducted by N.L. College.

NSS P.O.
Prof. Rajkumar Jaiswal
Prof. Yogita Mahimkar
Prof. Nikita Rastogi

Jaiswal
Mahimkar
Rastogi



Ashwat Desai
PRINCIPAL
[DR. ASHWAT DESAI]

PRINCIPAL
Rajasthani Sammelan Education Trust
Ghanshyamdas Saraf College
Of Arts & Commerce