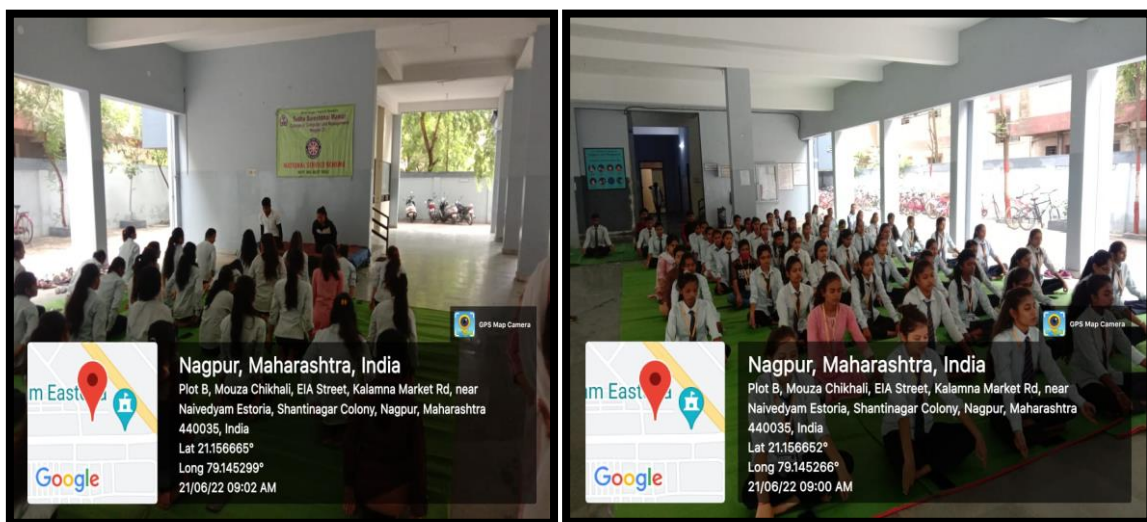


21.6.2022 International Yoga Day Celebration

On June 21, 2022, NSS unit of our college observed the eighth International Yoga Day. The event began with a brief introduction to Yoga Day by NSS Program Officer Mrs. Nisha Vyas. Miss Shefali Shahu, B.Sc. IT part II and Ankit Sahu, of B.Com part II, who are also a Yoga instructors explained to the students about importance and benefits of Yoga, the ancient Vedic practice of our country that helps in keeping a balance between mind, body, and soul, thereby developing a complete and composed human being. Students learned techniques of various asanas like Tadasana, Vakrasana, Surya Namaskar, and breathing exercises like Anulom-Vilom, Bhramari, Kapalbhathi, etc. Warm-up exercises were taken and all the students practiced & performed sitting and standing asanas. The importance of these was explained simultaneously. Vote of thanks was proposed by the NSS volunteer Om Ambulkat.

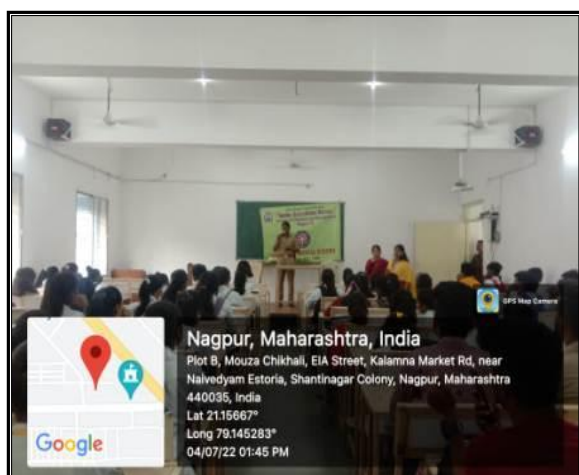


4.7.2022 An Eve- Teasing Awareness

The NSS unit of S.S. Maniar college of Computer and Management, Nagpur organized awareness program on **Eve-Teasing in college campus-Awareness and Prevention** on 4th July 2022 in presence of Dr. Vrushali Parkhi- Officiating Principal of S.S. Maniar College and NSS co-coordinators- Mrs. Nisha vyas and Ms. Deepti Malviya.

Mrs. Chanda Dandawate (API), Kalamna Police Station was invited as a chief guest for the program. She addressed students regarding the preventive measures for eve teasing. Eve teasers frequently undergo unnecessary touching, pushing, shoving, or vulgar comments on the public transports and streets, while on the other hand they are also frequently harassed at workplaces by male colleagues or bosses. These experiences severely hinder women's productivity as well as mobility. In the long run, these women and girls, their families, and thus the whole society suffer.

Also, Mrs. Dandawate guide students about the Eve-Teasing acts and informed about Child helpline numbers informed students about the police assistance to prevent sexual harassment for dealing with complaint and conducting an enquiry.



6.7.2022 A Report on Cyber Security Awareness Program

The NSS Unit of S.S. Maniar College of Computer and Management organized awareness program on Cyber Security on 6th July 2022 for the students of junior college and undergraduates in presence of Dr. Vrushali Parkhi- Officiating Principal of S. S. Maniar College and NSS Coordinators Mrs. Nisha Vyas and Ms. Deepti Malviya. The team of Police officers- Ms. Payal Sonawane (PC), Mr. Manoj Raut (PSI), Sanjay Mane (PSI), Harmesh Manmode (PSI) of Kalamna Police Station- Cyber crime Department approached the Principal for conducting awareness program. The Principal immediately granted the permission for the same. Mr. Bablu Thakur, Police Constable, Cyber crime department- Kalamna Police Station was the key speaker of the program.

The cyber security Awareness program was organized with the main objective of enhancing student's awareness and attitudes toward cyber security and safe and secure digital payment.

Mr. Thakur given some guidelines for handling social media like whatsapp, Facebook, Instagram etc and suggested some privacy policies to make social media account more secure. He aware students about the two-step authentication usage or password complexity for gmail accounts. He also aware students about the different gaming platforms like PUBG and precaution to be taken while playing.

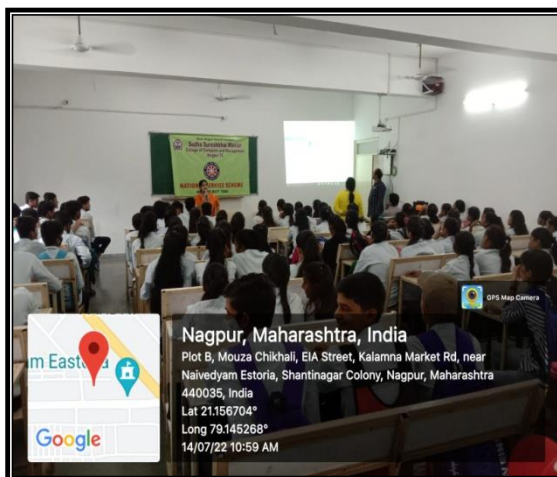
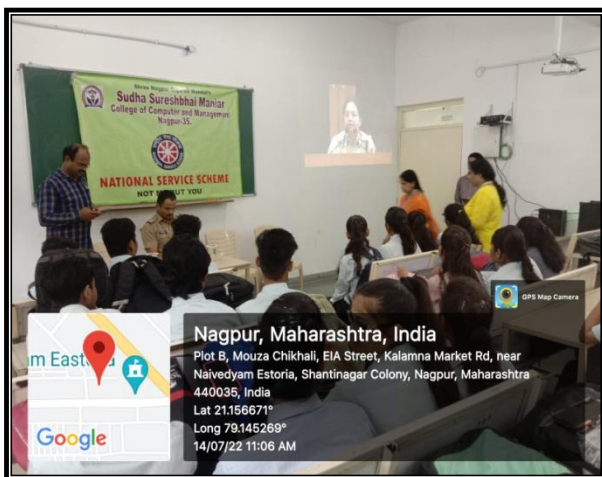
Moreover, Ms. Payal Sonawane suggested to make the use of wallet for making secure digital payments and advised not to share OTP with anyone. Also, she suggested the procedures and guidelines for the police assistance in case of any cyber attack and unauthorised transactions.

Around 70 students were benefited from the program. The Program concluded by the vote of thanks by Mrs. Nisha Vyas.



14.07.2022 Anti Narcotics Awareness Drive

NSS Unit of our college participated in the Anti-Narcotics Awareness Drive via the online platform organized by the Nagpur Crime Branch Police, NARCOTIC DRUGS AND PSYCHOTROPIC SUBSTANCES CELL (NDP) at National Fire Service College Nagpur on 14th July 2022. 'Say no to drug Abuse' was the theme of the wonderful initiative taken by the Nagpur Crime Branch. Mr. Harmesh Parmar, Head Constable of the Kalmana Police Confidential Section, sought permission to set up this program in our college, Chinmay Pande, Deputy Police Detention Officer, Launched the Event. He outlined the significance of this drive and its goals. He described how drugs can influence people's physical, mental, and social conduct. Following his remarks, Ms. Aswati Dolje Joint Commissioner of Police was invited on the stage. She described the various strategies used by the Drug Mafia to turn young people into drug addicts. She urged students to not take any eatable items from unknown persons on the college premises. She also requested that if they found any student or any person who was behaving unusually they should immediately contact the police. There were many dignitaries who enlightened the students with their ideas, knowledge, and experiences. Dr. Shreyas, a psychiatrist explained that drugs, alcohol and smoking may be temporary stress relievers but were carcinogenic in the long run and that they attack the central nervous system and put a



person in a mental state where you no longer can think rationally and crave for more drugs. A video in which a teenager and healthy swimmer, falls prey to smoking and drinking was shown and eventually, he loses his health and turns into a weak, pale guy. The video was an eye opener for the students.

30.7.2022 Covid-19 Vaccination Camp (Booster Dose)

A Vaccination Camp of Booster Dose (Third Dose) was organized in association with NMC Public Health Care Centre for the faculty and parents of the students on 30th July 2022. NSS volunteers of the college assisted the members of the health department of NMC to maintain smooth functioning of the camp. Both Covishield and Covaxin were available. Ninety five people benefited from the camp. The camp was successfully achieved due to the hard work of the doctors, Sister Sushma vaccine administrators, and the College Administration.

The NSS volunteers of our college were grateful to be a part of such a wonderful initiative and always look forward to having more opportunities like these in the future to provide their help to the community in any way.



4.8.2022 Tetanus-Diphtheria (Td) Booster.

The NSS unit of our college organized a tetanus-diphtheria (Td) booster vaccination camp on 4th September 28, 2022, for the students of Junior college who are below the age of 18th. **Td** is the booster shot for older children and adults that only protects against diphtheria and tetanus. It protects against bacterial infection and improves the immunity system of children.

A total of 220 Students were vaccinated with tetanus-diphtheria (Td) booster. N.S.S volunteers actively participated in the arrangement of the camp.



11.8.2022 HAR GHAR TIRANGA ABHIYAN

Har Ghar Tiranga Abhiyan, the Abhiyan symbolizes the commemoration of all those valiant men and women who sacrificed their lives fighting for the freedom of Motherland. 'Har Ghar Tiranga' is a campaign of the Government of India under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. To Participate in this event NSS unit of our college also participated in this event by distributing 100 Flags to our students so that they can put the flag in their houses. They were encouraged to spread the word about this Abhiyan to as many people as possible in order to encourage them to participate.



12.8.2022 Aids Awareness Program

On August 12, 2022, the NSS Unit of our college hosted a guest lecture by Nitu. S. Shinde. The Ti Trucker Project is managed by Nitu Shinde at the Indian Institution of Youth Welfare, an NGO that promotes HIV/Aids education and care. The program was organized to celebrate International Youth Day.

NSS Program Officer Mrs. Nisha Vyas gave the opening remarks. After that, Mrs. Nitu Shinde gave a presentation to the students in which she discussed HIV/AIDS-related concerns and introduced them to the notion of HIV/AIDS.

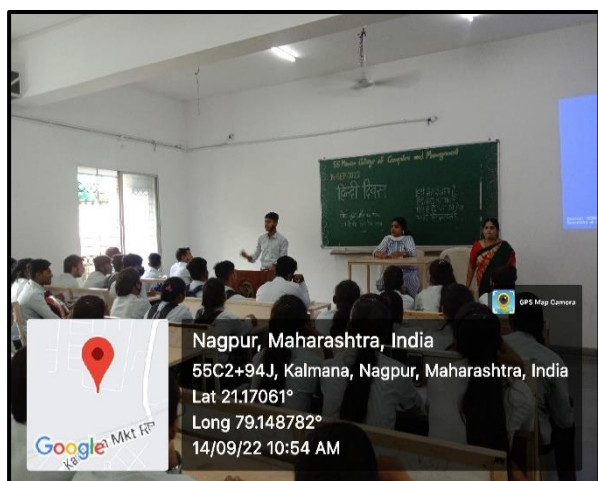
After the lecture, the students engaged in conversation and addressed their misconceptions, such as "sharing clothes cannot spread HIV," "a mosquito bite cannot carry HIV," and "a close kiss cannot spread HIV." The speaker responded to the questions.

Vanshikha Sonwane, NSS volunteer, gave the Vote of Thanks to close the session. There were all 110 students in the program.



14.8.2022 Hindi Diwas

The Constitution of India adopted and gave the status of the 'Official Language to Hindi on 14 September 1949. The NSS unit of our college organized a program on the 14th Sep 2022. Mrs. Kavita Baheti, Assistant Professor of Hindi, assisted the students in preparing a PowerPoint presentation to highlight the significance of Hindi and the contribution of our poets and writers to Hindi language. A group discussion on the topic "Primary Education in Hindi, was initiated by Mrs. Nisha Vyas, NSS Program Officer. Students passionately participated in this event.



17.8.22 “ Let Us Sing the National Anthem”

NSS unit of our college organized the “ Let Us Sing the National Anthem” on 17.8.22 at 11.00 am, an initiative by prime minister Narendra Modi, to commemorate the 75th year of Independence with an aim to gather the largest possible number of Indians to sing the national anthem at the same time.

Our students and teachers gathered on the ground floor and sang National Anthem with great enthusiasm. About 100 students and 20 teachers participated in the activity.



20.8.2022 Sadhbhavna day

To commemorate the birth anniversary of former Prime Minister late Rajiv Gandhi, every year the college celebrates Sadhbhavna Day on August 20,2022. The NSS Programe Officer Mrs Nisha Vyas addressed the participants and explained the background of Sadhbhavna Day celebration. She requested the students’ to live in peace, affection and communal harmony and also highlighted the importance of national integration. Mr.Santosh Shahu helped NSS team to take the oath. Ms Nisha Vyas Program officer extended a vote of thanks. All NSS volunteers (105) took great efforts to make this program successful.



29.8.2022 Report on “Eco-friendly Ganesha Idol Making” Competition

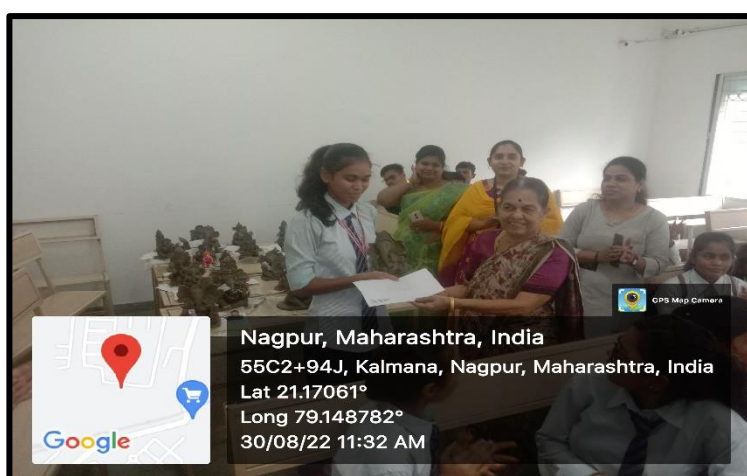
On the religious occasion of Ganesh Chaturthi, the NSS unit of our college organized the “Eco-friendly Ganesh Idol making” competition on 29th August 2022. The competition got an overwhelming response with 75 students from junior college and graduate classes participating in it. Students displayed their talent and gave messages to reduce Water pollution and maintain eco-balance through their imaginative portrayal of Lord Ganesh.

One of the NSS Volunteers Ms. Nandini Prajapati of B.Com-III demonstrated how to make Ganesha Idol from shadu soil. The students were asked to bring shadu soil along with them and for those students who couldn't manage to bring the soil, the college provided it. This competition enabled the students to celebrate the eco-friendly Ganesh festival grandly without harming the environment and thus be responsible towards the environment to make a better and cleaner planet.

The competition was judged by Dr. S.A. Bhide, Director of S.S. Maniar College, and winners were awarded a cash prize. Also, she appreciates the efforts taken by NSS volunteers and the Teacher in charge Mrs. Nisha Vyas for the competition.

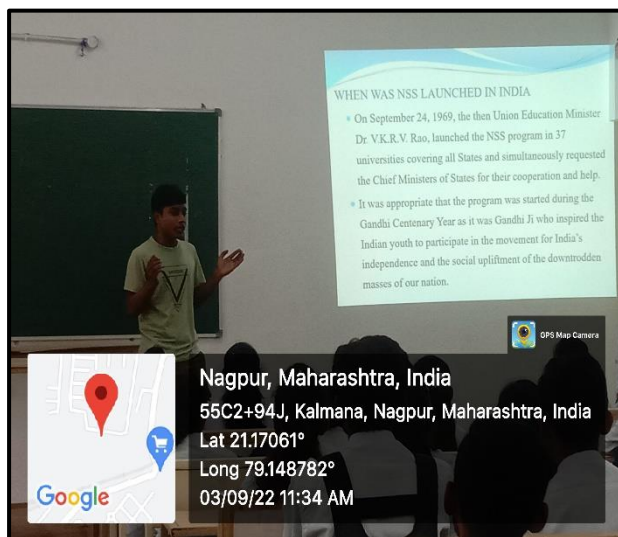
The winners were as follows : First place:- Ms. Sakshi Soni

Second place :- Hariketan Mishra



2.9.2022 Orientation program for NSS volunteers

An Orientation program was organized NSS unit of our college on 3rd September 2022. Mr. Ankit Sahu of B.Com III explained about the NSS motto, emblem, objective and activities. NSS Unit, presented a video before the new comers about the programme and activities being done under the National Service Scheme. The session gave a clear understanding on various activities carried out by NSS. Freshers actively participated in the discussion.



17.9.2022 Guest Lecture on “Functional Foods & Nutraceuticals”

POSHAN Abhiyaan is the Government of India’s flagship program to improve nutritional outcomes for children, adolescent girls, pregnant women, and lactating mothers. To ensure community mobilization and increase people’s participation, every year the month of September is observed as “Rashtriya Poshan Maah” across the country. To participate in this activity NSS unit of our college organized a Guest Lecture on “Functional food and Nutraceuticals” specially for girls students on 17th September, 2022 at 10.30 a.m. by Dr. Rekha Sharma an associate Professor UGC Human Resource Development, Centre Rashtrasant Tukadoji Maharaj Nagpur University. She is also the coordinator of SWAYAM and Unnat Bharat Abhiyaan of Rashtrasant Tukadoji Maharaj Nagpur University. Her online course on Functional Foods and Nutraceuticals has been launched for the seventh time through the SWAYAM portal of MHRD, Government of India.

The program started with a welcome speech by NSS volunteer Arti Verma followed by the introduction of the Guest. Dr. Bhide Director of our college felicitates Dr. Rekha Sharma with a floral bouquet. Dr. Rekha Sharma explain to students about Functional food and Nutraceuticals through a PowerPoint presentation. She explained that Functional foods are defined as products that resemble traditional foods but possess demonstrated physiological benefits. However, nutraceuticals are commodities derived from foods but are used in the medicinal form of pills, capsules, or liquids. She also informed students about the nutrient value of our local food. We should eat seasonal food to keep ourselves healthy. She also focused on the consumption of millets like jawar, bajra etc. She describes the importance of nutrition food for our body.

After her presentation, she interacts with the students and solved their doubts. This lesson was informative for the students. The program concluded with a Vote of Thanks by Vaishnavi Rajput. All 102 students were present during the program.



17.9.2022 Guest Lecture on “Swayam and MOOC”

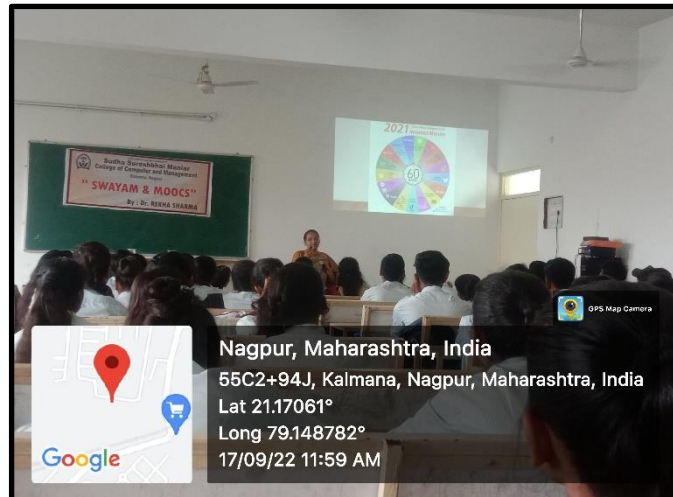
A Guest Lecture was organized by our college on the “Swayam and MOOC” **massive open online course** on 17th September 2022 at 11.30 a.m. The chief guest of the program was Dr. Rekha Sharma coordinator of SWAYAM and Unnat Bharat Abhiyaan of Rashtrasant Tukadoji Maharaj Nagpur University.

The program started at 11.30 a.m. with a welcome note by Miss Aarti Varma of B.Com III followed by a welcome of Guest by our Director Dr. Sudha Bhide with a floral bouquet. Dr. Rekha Sharma, explained that SWAYAM (Study Webs of Active-Learning for Young Aspiring Minds) and MOOC (Massive Open Online Courses) platform was developed indigenously by AICTE in 2016 to facilitate the hosting of online courses which could be accessed by anyone, anywhere at any time free of cost to achieve three cardinal principles of Education Policy viz. access, equity, and quality. SWAYAM is one of the world’s biggest MOOCs integrated platform of free online courses, covering subjects from high school onwards till higher education including Skill based courses to ensure that every student benefit from learning material through ICT. She further explained that The courses hosted on SWAYAM are in 4 quadrants –

- (1) Video lectures,
- (2) Specially prepared reading material that can be downloaded/printed
- (3) Self-assessment tests through tests and quizzes and
- (4) An online discussion forum for clearing doubts.

Steps have been taken to enrich the learning experience by using audio-video and multimedia and state-of-the-art pedagogy/ technology. She said that AICTE-SWAYAM Team also provides Help Desk support to the SWAYAM platform through email and telephone for handling queries from end users and service requests. She also gave a practical demo to them about how to enroll and see different coursed available on the Swayam site through a

PowerPoint presentation. The program concluded with a vote of thanks by Vaishnavi Rajput of B.COM III. All 80 students benefited from the program.



2.9.2022 Sickle Cell Screening Camp

Sickle cell disease is a preventable but inherited disorder of red blood cells, These illnesses are chronic, life-impairing, and in some cases, life-threatening. To create awareness about Sickle cell anaemia, a camp was organized in association with “Sickle Cell association”, Nagpur on 1st Oct 2022. The purpose of the program was the prevention of birth of children affected with Sickle cell anaemia, through well-planned screening programs, information dissemination, and awareness generation activities and helps avert the imminent threat of this genetic disorder turning into a major health problem. 183 students were tested and 12 students were found to be positive. A counselling session was also conducted for the positive students and their parents by the association.



26.9.2022 NSS foundation day

A program was organized to celebrate NSS foundation day on 26.9.2022. The chief guest of the program was Dr. Bhau Daydar former NSS co-ordinator of R.T.M. Nagpur University. The program started with an introductory speech by Dr. Sudha Bhide director of the college. Dr. Bhau Daydar explained the role of the National Social Service in a student's life. He also explained the responsibilities of NSS volunteers. Students sang the NSS song which was appreciated by the guest. The program ended with National Anthem.



1.10.2022 Sickle Cell Screening Camp

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7.10.2022 Blood Donation Camp

A blood donation camp was organized in collaboration with blood bank of Lata Mangeshkar Hospital on 7th October 2022. The camp began at 10.00 a.m. with a short inaugural function where Dr. Sanjay Koregaonkar and his five member team was given a floral welcome. 24 units of Blood were collected. The blood donors were given refreshment a certificate, card and T.shirt by the Hospital. The camp concluded at around 2.30 p.m.



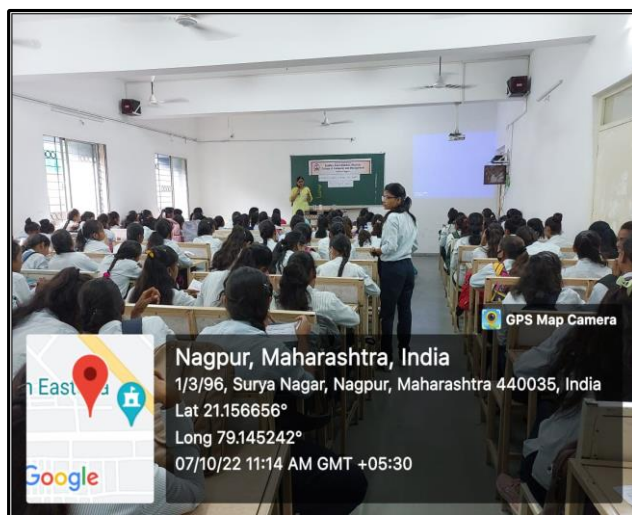
7.10.2022 Blood Group Detection Camp

125 students participated in the blood group detection camp held on 7th Oct 2022 in collaboration with Lata Mageshkar Hospital, Nagpur. The doctor explained the students the different blood groups the students. The camp concluded at 2.30 p.m.



7.10.2022 Gynecological Counseling Session

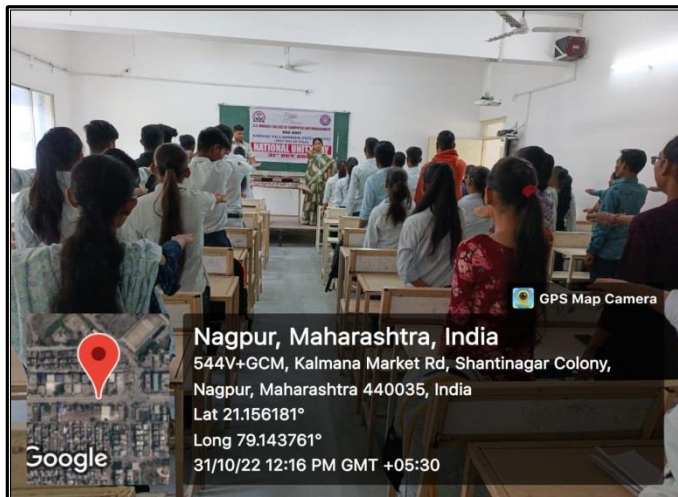
A gynaecological counselling session was held in the college premises on 7th October 2022. Dr. Mrunali Wankhade, gynaecologist from Lata Mangeshkar Hospital Nagpur, explained menstruation hygiene to the girls. **She clarified that** poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which could result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush. She also talked about different myths associated with menstruation in India. Girls interacted with Dr. Mrunali and cleared doubts and problems faced by them during menstruation.



31.10.2022 National Unity Day

Sardar Vallabhbhai Patel's birth anniversary was celebrated on 31st October Day in the college premises as "National Unity Day" to carry the message of "Unity in Diversity" and also to permeate the youth with values assimilated by knowledge and respect for the country's diverse legacy. The program started with a floral welcome of the chief guest of the program Dr. Abhay Mudgal, NCC co-ordinator V.M.V Arts and Commerce College Nagpur. The activity started with a pledge-taking ceremony that embarked on the spirit of unity among fellow students. Dr. Abhay Mudgal explained to the students the contribution of Sardar Vallabhbhai Patel. He also narrated some short stories about Sardar Patel which filled the entire atmosphere with patriotism.

There was an active participation of students and staff in organizing the program.



9.11.2022 Free Eye Check Up Camp

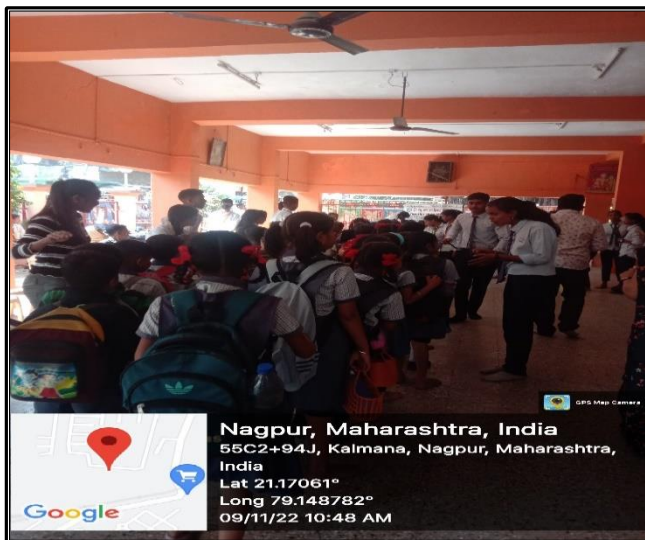
A "FREE EYE CHECK UP CAMP " was organized in collaboration with Mahatme Eye Bank, on November 9, 2022. The camp was held for the benefit of the public at Sitla Mata Mandir, close to Dipty Signal. Nagar Sewak Ishwar Kawale inaugurated the Camp. There was an excellent response to the medical camp due to wide publicity by NSS volunteers. 96 people aged above 40 took advantage of the Eye Check-up camp. 25 were advised for cataract surgery and they would be treated free of cost by the Mahatme Eye Bank.

Medical camp ended at around 2:00 P.M.



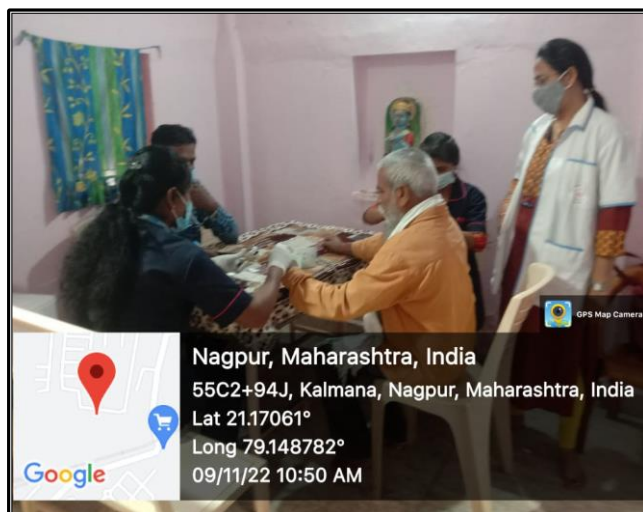
9.11.2022 Sickle Cell Screening Camp

Sickle Cell Screening Camp was organized for the Zila Parishad School located at Dipty Signal, Nagpur in association with Mahatme Hospital Sickel Cell Detection department. The camp began at 10.00 am. 173 Students of Zila Parishad School aged between 8 to 11 were tested. 10 were positive. Positive students' parents were also tested for the disease. Dr. Archana Wath counselled the parents of positive students and explained about the disease. She advised them to take folic acid supplements daily and choose a healthy diet.



9.11.2022 General Health Check-Up Camp

A “General Health Check-Up Camp” was organized in association with the Radiance Hospital for the resident of people of Dipty Signal area on 9th November 2022. The camp was set up at a busy area of Dipty Signal. At 10 am, camp officially began. Umesh Rajurkar, nagar sewak inaugurated the camp. Dr. Arvindraised public awareness of health issues and the steps that may be taken to prevent them. . The camp included ECG, blood pressure, diabetic check-up, and physical consultation. Medicines were distributed freely for some health problems and further investigations were advised. More than 200 people took benefit of free consultation. ECG was done free of cost for four people. In the end, all went away very happy – both the patients and the team of doctors.



26.11.2022 Constitution Day

Constitution Day (National Law Day), also known as Samvidhan Divas, was celebrated on 26th November in the college premises. The Chief guest of the program was Dr. Abhay Mudgal Assistant Professor VMV Arts and Commerce College Nagpur. The event started with reading the preamble that inculcated the spirit of nationalism among the students. Dr. Abhay Mudgal expressed his opinion and explained the importance of the day to the students.

More than 40 students, teachers and non-teaching staff participated in this event.



15.12.2022 Visit to NGO “Samarpan”

Used as well as new woollen blankets and clothing were distributed to the needy. Volunteers put in a lot of effort to collect clothes and blankets from college students and teachers. On December 15, 2022, woollen clothes and blankets were donated to the "patients and their families travelling to the Government Medical Hospital for treatment. Our volunteers also helped the volunteers of “Samarpan” an NGO in making and distributing food to the needy. This excellent initiative drew the participation of 30 volunteers.



12.1.2023 Youth Day Celebration

15 students participated an elocution competition organized to commemorate Swami Vivekananda's birth anniversary on January 12, 2023. The Topic of the competition was: “New Education Policy, Role of Teachers, Students, and Colleges”. The program's anchor was BBA II student Kavita Sahu. Using a PPT, Nisha Vyas, NSS Program Officer, explained Swami Vivekananda's philosophy and how students should adopt his values in their daily lives.

Poonam Shahu of B. Com II was the recipient of the first prize and recipient of the second prize was Ankit Thakre of B.Sc. IT III. All NSS volunteers took great efforts to make this event a success.

