



S.S.T. College of Arts & Commerce

(Affiliated to University of Mumbai, Mumbai)

Ulhasnagar - 421004

NSS Report 2016-2017

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List of Activities conducted in the year 2016-2017

Sr. No.	Name of the activity	Name of the scheme	Number of students participated in such activities
1	Celebration Of International Yoga Day	N.S.S	23
2	Tree Plantation Drive	N.S.S	62
3	Lecture On Traffic Awareness	N.S.S	15
4	Swachh Bharat Abhiyaan	N.S.S	47
5	Residential Camp	N.S.S	138
6	Celebration Of Youth Day	N.S.S	19
7	Celebration Of Republic Day	N.S.S	47
8	Celebration Of Parentine Day	N.S.S	27
9	Shahid Diwas	N.S.S	25
10	Street Play On Beti Bachao Beti Padhao	N.S.S	12
11	Visit To Oldage Home	N.S.S	14
12	Street Play On Blind Faith	N.S.S	17
13	Competitive Exam Training Camp	N.S.S	108
14	Competitive Exam Training Camp	N.S.S	170



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Name of the activity : Celebration of International Yoga Day

No. of Participant : 23

SST College of Arts and Commerce, NSS unit has organized Yoga day Programme on account of International Yoga day on 21st June 2016. The yoga day programme started at 9.00 am. Before the Yoga practice started Respected Principal Sir Dr. J.C. Purswani delivered an enlightening speech on the Importance Of yoga practice for healthy living. Mrs Swapnali Jadhav a yoga practitioner was invited to guide on Yogasanas. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, PawanaMuktaasana, finally ended with Pranayama and meditation. Students other than the NSS unit also participated in this yoga practice and learnt to understand different Yogasanas and their importance for a healthy body and sound mind. The entire programme was co-ordinated by NSS Programme officer Prof. Nilesh Karbhari.



Yoga Instructor Guide Importance of Yoga To NSS Volunteers



NSS Volunteers Doing Meditation On The Occasion Of Yoga Day



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Name of the activity : Tree Plantation

No. of Participant : 62

SST College of Arts and Commerce, NSS unit organized Tree plantation programme at Mangrul village, Ambernath. Students, as well as the NSS programme officer, reached the place at 9. 00 a.m. Different types of saplings were planted. A total of 250 saplings were planted. Students were very active throughout the plantation. They also pledged to look after the plants till their growth. Students realized the importance of tree plantations and expressed their concern towards the Global warming era.



NSS Volunteers planting sapling on tree plantation day



NSS Officer and volunteers at Mangrul village for tree plantation



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Name of the activity : Traffic Awareness

No. of Participant : 15

SST College of Arts and Commerce, the NSS unit volunteered their services in Traffic control on the day of Anant Chaturthi. NSS volunteers formed five groups and deployed at different crowded places of Ulhasnagar like Netaji Chowk, vegetable market, Hira ghat, Ulhas river and immersion site to avoid traffic congestion. NSS volunteers assisted police personnel to control traffic and ensure convenience to passersby and shopkeepers. Co-operation and efforts of volunteers were appreciated by the Senior Police Inspector and other officers. Prof.AmolAdhangale accompanied the volunteers.



NSS volunteers on traffic controlling duty with Programme officer Prof. Amol Adhangale



NSS Volunteer on Traffic Controlling



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Name of the activity : Swachh Bharat Abhiyan

No. of Participant : 47

SST College of Arts and Commerce, NSS unit organized swachh Bharat Abhiyan on the Birth Anniversary of Mahatma Gandhi. Cleanliness drive took place at Ulhasnagar station and the college campus. The objective of this drive was to make students understand the importance of the dignity of labour. Ulhasnagar Municipal Corporation provided brooms, gloves and bleaching powder. NSS programme officer Prof. Nilesh Karbhari accompanied the volunteers. The entire effort of the volunteers was appreciated by Ulhasnagar station master and ensured to provide co-operation in near future. A cleanliness drive was also conducted at the college campus i.e. college library, classrooms and campus.



NSS volunteers at Ulhasnagar station



NSS volunteer engaged in cleanliness drive



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Name of the activity : Special Residential Camp

No. of Participant : 138

SST College of Arts and Commerce, NSS Unit had organized 7 days residential camp at Adivasi School Gothehar, Shahpur. NSS volunteers reached the campsite at 9 am. and settled themselves. The camp inauguration was scheduled for 11.00 am. Chief guest Shri B. S. Bidve was felicitated by Principal Dr. J.C. Purswani. A seven-day Residential camp was scheduled from 9th November 2016 to 15th November 2016. For 7 days different activities were pre-planned. The camp routine used to start from 5.00 am. in the morning with morning prayer followed by yoga and exercise. After breakfast programme officer accompanied volunteers to the adopted village for shramdan. By noon after coming back from Shramdan volunteers used to get fresh and up followed by lunch and rest. From 2.00 pm lectures were scheduled on different topics such as the art of Rekhi, management games, leadership, guidance lecture on street play etc. the day was wrapped up by 10 p.m. with a cultural programme presented by volunteers after dinner. Volunteers expressed their experience of the entire day. On the last day of the camp students were felicitated by NSS Programme officers Prof.NileshKarbhari, Prof.Reena Mishra and Prof.Amol Adhangale



Activities at 7 days Residential camp



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Name of the activity : Celebration Of Youth Day

No. of Participant : 19

The University of Mumbai organized Yuva Diwas as the birth anniversary of Swami Vivekanand symbolizing the Youth power of the nation. On this occasion, Shri Sanjay Deshmukh (Vice-chancellor of the University of Mumbai), NSS co-ordinator of University of Mumbai Shri Bidve sir, District Co-ordinators of different regions and programme officers of various colleges attended the Programme. The event was inaugurated by Vice-Chancellor Shri Sanjay Deshmukh. He delivered a speech on how youth can play a vital role in strengthening the Nation. Prof. B. Bidve also emphasised the pivotal role of NSS volunteers in developing sensitivity regarding national issues such as education, Female foeticide, gender equality etc. other dignitaries also expressed their views on this occasion. Programme came to an end with the national anthem.



NSS Programme officers of various colleges



NSS Programme officer Prof. Nilesh Karbhari attended the Programme with NSS volunteers



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Name of the activity : Republic Day Celebration

No. of Participant : 47

Republic day was celebrated in college with great enthusiasm. The program began at 8 am. Founder Principal of College Dr. J.C.Purswani unfurled the National Flag amidst loud cheers. He followed the rituals by lighting lamps and Pooja before the photo of Dr. Babasaheb Ambedkar. Everyone saluted the National Flag, after that there was a speech by our Principal Sir. He put across the concern about how National development is possible only through Youth development. The celebration came to an end with patriotic songs & a parade led by NSS Volunteers. This entire event was anchored by Prof. Deepak Gavade.



Students and Faculty members attended the Republic day celebration



Principal sir performing rituals after Flag hoisting



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Name of the activity :Parentine Day Celebration

No. of Participant : 27

SST College of Arts and Commerce, NSS unit has organized Parentine day on 14th February, 2016. On this day NSS volunteers presented their gratitude towards their parents. The programme started at 11.00 am with an inauguration ceremony. Principal sir Dr. J.C. Purswani light the lamp and Saraswati Vandana was sung. Programme officer Prof. Nilesh Karbhari presented PPT before parents stating the contribution of their wards in NSS. Finally, NSS volunteers felicitated their Parents presenting their gratitude toward their parents by offering rose flowers to them. Some parents also presented their emotions toward such a wonderful programme held at college. The programme got wound up by 1.00 pm.



NSS Programme officer presenting activities of NSS before parents



NSS volunteers felicitating their parents



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SHAHID DIWAS

No. of Participant : 25

SST College of Arts and Commerce, NSS unit paid homage to the martyrs of the 26/11 attack on 26th November 2016. Principal Sir Dr. J.C. Purswani delivered a speech on this day and recalled the selfless sacrifice of the heroes. All the teaching, non-teaching staff including students light candles. Two minutes of silence was kept to express respect for their sacrifice.



Principal Sir Dr. J. C. Purswani addressing the gathering on Sahid Diwas



Students on Sahid Diwas



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Name of the activity : Street Play on BETI BACHAO BETI PADHAO

No. of Participant : 12

NSS Unit of SST college organised street play on the theme of "Beti Bachao Beti Padhao" in collaboration with Aai Foundation NGO is a commendable initiative. It's great to know that 12 volunteers from the NSS unit of SST College in Ulhasnagar participated in the event. Street plays are an effective way to raise awareness and engage the community on important social issues. "Beti Bachao Beti Padhao" is a campaign in India that aims to address the declining child sex ratio and promote the education and empowerment of girls. By organizing a street play on this topic, you are actively contributing to spreading awareness and promoting positive change in society. The involvement of volunteers, both from the NSS unit and Aai Foundation NGO, showcases the collaborative effort and dedication towards the cause. Through the street play, you can reach a wider audience, captivate their attention, and convey the message effectively. Such initiatives not only educate and inspire people but also create a platform for dialogue and discussion on gender equality and women's empowerment.



NSS Volunteers doing awareness through street play



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Name of the activity : Visit to Oldage Home

No. of Participant : 14

The NSS unit of SST College Ulhasnagar organized visit to Oldage home at Badlapur. NSS volunteers from SST College of Arts & Commerce, Ulhasnagar-4, visited NAVDURGA VRIDHA AASHRAM in Badlapur. The visit aimed to spread happiness and joy among the elderly residents and make their Diwali celebrations memorable. These old age people are left alone in old age home in spite of their family. NSS volunteers visited the old age home to make these old people feel a sense of belongingness. Volunteers also offered some home made Diwali delicacies and sweets to them. People felt honoured and respected. NSS volunteers realized the importance of older people. NSS Programme officer prof. Amol Adhangale accompanied the volunteers.



Volunteers shared Diwali Food with Sr. Citizen



Volunteers served food to Sr. Citizen at Oldage home



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Street Play on Blind Faith

Date: 20th December 2016

Venue: Venus Chowk, Ulhasnagar

Participants: 17 NSS volunteers

Summary

The NSS unit of SST College Ulhasnagar organized a street play on the theme of "Blind Faith" at Venus Chowk, Ulhasnagar on 20th December 2016. The aim of the event was to raise awareness about the negative impact of blind faith in society and encourage critical thinking among the masses.

A total of 17 NSS volunteers actively participated in the street play, under the guidance of NSS Program Officer, Shri Amol Adhangale. The volunteers worked together to script and rehearse the play, ensuring that the message was effectively conveyed to the audience.

The street play took place in the bustling area of Venus Chowk, attracting the attention of passersby and locals. The volunteers utilized their acting skills, dialogue delivery, and creative props to engage the audience and deliver a powerful message against blind faith.

The play highlighted various aspects of blind faith, such as superstitions, religious extremism, and irrational beliefs. Through thought-provoking scenes and dialogues, the volunteers aimed to challenge these beliefs and encourage rational thinking and scientific temper. The audience response was overwhelmingly positive, with many individuals stopping to watch the street play and appreciate the efforts of the NSS volunteers. The play succeeded in creating awareness and initiating discussions among the spectators about the need to question blind faith and promote logical reasoning.

The NSS Program Officer, Shri Amol Adhangale, played a vital role in guiding the volunteers throughout the process. His experience and expertise provided valuable insights, ensuring the street play achieved its objectives effectively.



NSS Volunteers performing Street play on the theme of Blind Faith



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Name of the activity : Competitive Exam Training Camp

No. of Participant : 108

A 5 days state level residential camp on Competitive Examination Guidance, based on the concept - "A New Approach to Competitive Examinations", was organized from 5th May to 9th May 2016 at Netaji Subhash Chandra Bose, Sainiki School, Phulgaon, Pune.

Asmita Foundation, in association with SST College of Arts and Commerce, organized a residential camp on the concept of "Student - An Administrative Officer" for youth development in a peaceful and scenic environment to make students look at education from a new perspective. 175 needy and aspiring students from all corners of Maharashtra participated in this camp.

In the inauguration ceremony of this residential camp, the founder of Lokseva Pratishtan, Shri. Deepak Paigude, was present. Also, some professors from the Pune district were present. After the inauguration, students were divided into different groups. In order to improve the students' peace of mind, concentration, intelligence, and morale, Mr. Jeevan Vichare taught them karate and boxing for their physical exercise, yoga, meditation and self-defence for seven days.

IBN Lokmat Branch Manager, Shri. Deepak Khanolkar, guided the students on how important it is to develop personality while studying for competitive exams. Mr. Anup Singh, a former officer of the Indian Navy, addressed the students on the subject of leadership skills. He said that leadership skills are essential to bring about any kind of change.

To guide the students on the subject of goal achievement, Prof. Jeevan Vichare said that, "Once you set your goals, you can work towards them and that is why setting goals is very important." Mr. Prashant More tried to connect with the students through poems. Prof. Savita Itarkar of MIT Institute of Education guided the students on how to overcome mental stress while studying for the competitive exams.

In this camp, maximum emphasis was given to important subjects like English, Maths and Intelligence Test for MPSC, UPSC, Banking and Staff Selection exams, which are always difficult for the students. "How can students study for exams in less time?" - was answered by Prof. Kunal Singh.

Prof. Ashok Mishra gave guidance for English subject. Prof. Prakash Galande gave a proper understanding on the subject of Intelligence Test. Mr. Brijesh Tripathi from IIT Powai gave information about which magazines, newspapers, books to read while studying for the UPSC exam. Mr. Abhijit More, Police Sub Inspector, Pune District, guided the students on how to study for MPSC. "Achieving a goal requires determination and hard work."

Mr. Anup Dandekar, HR Manager, Rolls Royce Company, Pune was invited to guide on the topic of interview skills. During the discussion, he said that it is every man's dream to get a good job, where one can have good experience and also get a good salary. It is *everyone's* dream but in order to fulfil this dream, a thorough guidance is necessary on how to give an interview.

Prof. Uday Shinde, who came with the students of Raigad district in this residential camp, organized a cultural program for the students on the last day. Thus the residential camp was successfully concluded. The organizers specially lauded the efforts of volunteers of SST College of Arts and Commerce for coordinating various campsite events.



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Lectures and various activities at Competitive Exam Training Camp



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Name of the activity : Competitive Exam Training Camp

No. of Participant : 170

A 7 Days State Level Residential Camp was conducted from 27th December 2016 to 2nd January 2017 at Sonwane Farm House, Revati Pada, Goveli-Murbad Road, Kalyan. 170 needy and promising students from all corners of Maharashtra participated in this camp. Kalyan taluka MLA, Shri. Narendra Pawar, was also present. Mr. Brijesh Tripathi, I.I.T. from Powai, gave a thorough guidance about the UPSC Exam.

Prof. Vaibhav Patil from Mumbai taught Mathematics in a very simple way. This helped the students to reduce the fear of mathematics. Prof. Ashok Mishra explained the nuances of English to the students. Prof. Prakash Galande gave detailed information about the Intelligence Test. Mrs. Sapna Sarang guided the students on the most important subject in MPSC and UPSC exams i.e., Science and Technology. Mr. Viraj Rane from Dadar-Mumbai gave a thorough guidance on the subject of Geography in the competitive examination. Prof. Jeevan Vichare said that it is necessary to plan for a year to achieve success in competitive exams. During all these seven days, the students were taught meditation and Pranayama for increasing the concentration level and peace of mind, along with some self-defense techniques.

The farewell ceremony of the camp was attended by MP of Kalyan-Bhiwandi region, Mr. Kapil Patil. He wished the students success. In this manner the volunteers of the National Service Scheme of SST College played an important role in the successful completion of the 7-day residential camp.



Various activities at Competitive Exam Training Camp