



SHRI G.P.M. DEGREE COLLEGE

NSS UNIT : SB-13

Not Me - But You



- National Service Scheme is an Indian government-sponsored public service program.
- It is conducted by the Ministry of Youth Affairs and Sports of the Government of India.
- The scheme was launched in Gandhiji's Centenary year on 24 September 1969.
- NSS has more than 3.2 million student volunteers on its roll spread over 298 Universities and 42 (+2) Senior Secondary Councils and Directorate of Vocational Education all over the country.
- From its inception, more than 3.75 crores students from Universities, Colleges and Institutions of higher learning have benefitted from the NSS activities, as student volunteers.

Aims and objectives

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters
- Practice national integration and social harmony

Motto

The Motto of NSS is "**NOT ME, BUT YOU**".

- NSS helps the students to develop a sense of selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings.
- The philosophy of NSS underlines that the welfare of an individual is ultimately dependent on the welfare of society as a whole.
- NSS volunteers shall strive for the well-being of the society.

Symbol

- The symbol for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India.
- The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space.
- The symbol thus stand for continuity as well as change and implies the continuous striving of NSS for social change.



Badge

- The NSS symbol is embossed on the badge.
- The eight bars in the wheel represent the 24 hours of a day.
- The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit.
- The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.

Eligibility & Programs

- The NSS unit in the college enrolls students as per the NSS guidelines and directions of the University of Mumbai.
- Eligibility for enrolment – 10+2 from any stream
- Capacity – 1 units with total strength of 60 volunteers
- NSS is a 2 years continuous program
- Completion of 120 hours work per year are mandatory
- NSS volunteer certificate will be issued after completion of 240 hours in 2 years and at least one 7 days residential camp must be attended in two years
- This scheme gives an opportunity to students to develop organizational skills, leadership qualities and a sense of social consciousness.
- Various projects are undertaken by the NSS volunteers on and off the campus.

Benefits of joining NSS

- 10 Grace Marks will be provided per year on completion of 120 hours
- Development of soft skills and leadership qualities
- Teaches to be self-disciplined and be well organized with the own set goals
- Growth as an individual and as a team
- Better recruitment prospect with NSS certificate

NSS Program Officers (2023-24)

Mr. Atul Yadav

M.Com., PGDFM, NET

Contact : 9820827674

Ms. Siddhi Sawant

M.Com., (Banking & Finance)

Contact : 9930002408

NSS Leaders (2023-24)

| Sr. No. | Name | Class | Contact |
|---------|-----------------|-------------------|------------|
| 1. | Ashwini Chauhan | SY BMS Finance | 7208404865 |
| 2. | Kajal Saroj | SY BAF | 9022885758 |
| 3. | Pratik Talekar | SY BAF | 9372697948 |
| 4. | Kayt Sayyed | SY BMS | 7066500419 |



SHRI G.P.M. DEGREE COLLEGE

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Tree Plantation Event

08/08/2023

At our college campus, NSS Unit SB-13 conducted a tree-planting event. The event was successfully held on August 8, 2023 under the direction of our renowned trustee sir Mr. Rajkumar Mishra and our principal ma'am Dr. Vandana Sinha. The event began with our principal ma'am welcome. She engaged students in conversation to start the event and inspired them to get involved in various community service projects. Planting trees is not only something that should be done; rather, it is an essential need of the society. In order to protect our environment from air pollution and global warming, tree planting is very crucial. Students from NSS are participating in this event actively. 15 students in all took part in this activity.

Name of the Event : Tree Plantation Event

Date : 08th August, 2023

Time : 9.30 a.m. to 11 a.m.

Event Purpose

- The goal of the event is to educate students about environmental issues
- Encourage them to care about the environment, and help them comprehend the value of planting trees.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Students learned about tree planting.
- Understood its significance for a cleaner environment.
- Developed a sense of civic and social duty among themselves.

WISH U ALL, THE BEST.



Yoga Day Celebration

21/06/2023

The NSS unit (SB13) organized a yoga session on 21st June on the occasion of International Yoga Day under the guidance of our dynamic Principal ma'am Dr. Vandana Sinha, and our respected trustee Sir Mr. Rajkumar Mishra. International Yoga Day is celebrated every year to highlight the importance of Yoga and its benefits for our mind and body. On this occasion, our college invited yoga trainer Shri Ram Vrij Yadav sir, to guide students and motivate them to do yoga every day.

Our principal, ma'am Dr. Vandana Sinha, felicitated Shri Ram Virj Yadav sir with the flower bouquet and started the session. Ram Virj Yadav sir started this session by telling us the importance of yoga and teach us simple yoga postures that we can easily impose in our daily routine. Our principal, ma'am Dr. Vandana Sinha, also interacts with students and tell them about the benefits of doing Yoga daily & why yoga is important for students.

Name of the Event : Yoga Day Celebration

Date : 21th June 2023

Time : 8.00 a.m. to 9.30 a.m.

Event Purpose

- To create awareness towards the importance of doing yoga and living a healthy life.
- To give students knowledge about some yoga posture.

Some more Glimpses of the Event

Outcome of the Event...



After the event, our students gained with -

- Knowledge and significance of yoga.
- They became aware about the importance and benefits of yoga.
- They got basic idea about how to live a healthy and disciplined life by doing yoga every day.

WISH U ALL THE BEST



Special NSS Camp

24/01/2023 to 30/01/2023

Shri. GPM Degree College of Science and Commerce organised a special NSS camp for NSS students of our college. This camp will run from January 24th to January 30th. Special camping forms an integral part of the National Service Scheme. It has special appeal to the youth as it provides unique opportunities for group living, collective experience sharing, and constant interaction with the community. In this camp, we organised various activities such as village cleaning, beach cleaning, and time spent at an old age home to connect with the community. A total of 50 students participated in this event.

Name of the Event : Special NSS Camp
Date : From 23rd January 2023 to 30th January 2023

Event Purpose

- The aim of the regular and special camping pro.
- Grammes is to bring youth face-to-face with the community and make efforts to improve their lives.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with –

- The NSS volunteers are inspired to take initiatives for the improvement of Scoville's condition.
- Volunteers are aware of the various government programmes that were organised for the rural people.
- Volunteers are aware of the real situation of rural people and how they can improve it with the help of various government schemes.
- Volunteers gain various skills such as how to handle gravity, how to communicate with people, how to work in a group, and how to face any situation in their life.

WISH U ALL, THE BEST



Blood Donation Camp

28/01/2023

NSS Unit SB-13, NSS volunteers of the college organised a blood donation camp on January 28, 2023, at Shri. GPM College (Andheri East). All the college students, along with teachers, participated in this event. With the assistance of "Hinduhriday Samrat Balasaheb Blood Bank" and Thackeray Trauma Care Municipal Hospital, this blood donation camp was a success. The strongest support for NSS in this event is our principle, ma'am Dr. Vandana Sinha, who always motivates us. Our chief guest at this blood donation camp is the honourable corporater Manohar Panchal (andheri east). 68 units of blood were collected in this drive. 15 volunteers had participated in this activity.

Name of the Event : Blood Donation Camp

Date : 28 January 2023

Time : 8.00 a.m. to 12.00 p.m.

Event Purpose

- The goal of a blood donation camp is to find a suitable donor whose blood is safe for the recipients and who will not be harmed in any way by blood donation.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Positive attitude towards blood donation.
- Students learn skills such as coordination and management.
- Students are aware about the benefits of blood donation.

WISH U ALL, THE BEST.



Paper Bag Making and Distribution Drive

07/01/2023

NSS Unit SB-13 conducted a paper bag making and distribution drive on 7th of January 2023. The students had to make a minimum of 10 bags, which were then distributed to fruit sellers, retail stores on the nearby college campus. The drive began at 11:00 a.m. Students collect the waste paper from the scrap collector and make paper bags. Students create awareness about the advantages of using paper bags when they are distributed.

Name of the Event : Paper Bag Making and Distribution Drive
Date : 07 January, 2023
Time : 11 a.m. to 12 p.m.

Event Purpose

- To explain to students why paper bags are important nowadays.
- To create awareness in students about why they have to use paper bags instead of plastic bags.
- Students can learn how to make a paper bag.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Students are aware of the importance of using paper bags.
- They are able to spread awareness about the use of the environment-friendly alternative to harmful plastic bags.
- In this drive, students learn a new creative thing, which is making a paper bag, as well as communication skills, which help boost their confidence level.

WISH U ALL THE BEST.



Beach cleanup drive

14/11/2022

NSS Unit SB-13, NSS volunteers from the college organised a cleanup drive on 14th November 2022. **Beach cleaning**, or **clean-up**, is the process of removing human waste, especially plastic waste. For beach clean up drives, we select a "Vile Parle beach" (Juhu Beach). Beach cleanups are a great way to get involved in protecting the marine environment, and our volunteers exercised that activity. A total of 20 volunteers participated in this drive.

Name of the Event : Beach cleanup drive
Date : 14 November 2022
Time : 7.00 a.m. to 12.00 p.m.

Event Purpose

- To encourage our students to take an active role in beach preservation and clean-up.
- To maintain beaches clean and trash free with the help of youth.
- To remove the plastic waste that was thrown out by people into the sea.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Positive attitude towards beach cleaning and the marine environment.
- Students understand how to recycle plastic waste.
- Students are able to understand how to reduce waste and, as humans, how we can stop it.

WISH U ALL THE BEST.



College Campus Cleaning Drive

10/10/2022

NSS Unit SB-13, NSS volunteers of the college conducted a campus cleanliness drive under the supervision of NSS Programme Officer, Professor Atul Yadav. The students cleaned the college campus and collected plastic garbage from every nook and corner of the college premises. Around 20 NSS volunteers participated in this cleanliness drive.

Name of the Event : College Campus Cleaning Drive
Date : 10 October 2022
Time : 11 a.m. to 12 p.m.

Event Purpose

- Maintaining a clean college environment sets a good example for students.
- Cleanliness encourages learners to take pride in the college, which makes them less likely to litter, and as such, they will potentially make a bigger effort to maintain their environment.
- To educate and to promote civic sense among students in their community.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Maintaining a clean college environment sets a good example for students.
- Cleaning is important for health and safety.
- This helps to create a positive learning environment for students.
- Clean Campus promotes hygiene, which improves campus hygiene and helps to reduce the spread of illness.

WISH U ALL, THE BEST.



Joy of Giving Celebration

04/10/2022

NSS unit SB-13 has organised The Joy of Giving celebration on October 4, 2022. This event encourages every individual to give, be it time, money, resources, or skills. The joy of giving celebration teaches us the financial benefits of the "act of giving". Students have participated with enthusiasm and contributed 10 boxes of mixed materials, including personal care, grocery, and essentials, and money to SnehaSadan NGO for the help of the people in need.

Name of the Event : Joy of giving
Date : 4 October, 2022
Time : 11.30 a.m. to 3.30 p.m.

Event Purpose

- To encourage the culture of giving between individuals and
- To make students realise their responsibility towards
- To think differently for society to make positive changes and to make
- Our lives are fulfilling when we give, share, and that great inner joy comes from helping others to better their lives.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- They learned how to live their lives to the fullest.
- It gives a sense of satisfaction after doing your bit for the people in your environment.
- We do more for others and it all comes back to us in different forms.
- Every life is precious and important, and how a person treats another person is very important as it reflects a lot about their own lives.

WISH U ALL, THE BEST.



NSS Day Celebration: Presentation on NSS

24/09/2022

NSS Unit SB-13 observed NSS Day by hosting a General Body meeting for the volunteers. The celebration started with address from the, Mr. Suresh P. Rokkadekatti. The meaning and importance of NSS logo was presented. The presentation also covered areas of attention that we as student volunteers of NSS could work upon. The meeting marked its conclusion after a fun and interactive quiz, which was hosted on Quiz Platform. The questions were based on general facts and history with respect to National Service Scheme (NSS). All the volunteers actively participated and enjoyed the event. Active participation from a lot of volunteers was received for the quiz as well.

Name of the Event : NSS Day Celebration - Presentation on NSS

Date : 24 September, 2022

Time : 10 a.m. to 11 a.m.

Event Purpose

- To make students aware about History and Foundation of NSS.
- To make students understand the meaning of NSS Symbol.
- To make students realize their duty and responsibilities as NSS volunteer.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Understanding the community in which they work
- Understand themselves in relation to their community
- Develop among themselves a sense of social and civic responsibility
- Identify the needs and problems of the community and involve them in problem-solving
- Utilise their knowledge in finding practical solutions to individual and community problems.

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Independence Day Celebration

15/08/2022

NSS students and staff members celebrated Independence Day at the college campus. The program began by welcoming a Chief Guest Mrs. Shaheen Hussain Ma'am. A flag led by Principal Ma'am Dr. (Mrs.) Vandana Sinha. Principal Ma'am delivered a speech on how important Independence Day is for students. On this 75th Amrit Mahotsav ceremony, all NSS volunteers, teachers, and college staff performed a parade. For this occasion, NSS volunteers organized a cultural program; in which teacher gave the speeches and students in various languages and some students sang patriotic songs.

Event Details

Name of the Event : Independence Day Celebration

Date : 15 August 2022

Time : 8.00 a.m. To 10.00 am.

Event Purpose

- To celebrate the 75th Independence Day.
- Tribute to those who have sacrificed their lives for our nation like freedom fighters, soldiers etc.
- To make students aware about flag hosting event, parade performed on the day.
- To aware the students about the importance of the national flag.



Outcome of the Event

After participation in the event, our students gained with -

- It promotes confidence and self-esteem, as well as motivation and perseverance in students for our country.
- Students realized the power of freedom, and this celebration inspires the younger generation to serve the country.
- Students learn the value of being independent as a nation and as a community.

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NSS ORIENTATION

11/08/2022

On August 11, 2022, Mr. Suresh P. Rokkadekatti Sir delivered a National Service Scheme (NSS) orientation session. The program was designed to help students become aware of the NSS and its social necessity. The introduction of the NSS was given in the initial phase of guidance followed by the aims and objectives of the same. Suresh Sir spoke about the impact of NSS on society. He discussed the plans and schedule for the upcoming NSS activities. It has done its best to motivate and inspire students to join and participate in the National Service Program. Finally, he asked the students, who were ready to register for the NSS, and informed them to complete the application form and give it to him (NSS program officer).

Event Details

Name of the Event : Seminar - New N.S.S. Volunteers to orient them about all aspects of N.S.S.
Date : 11th August 2022
Time : 10.00 a.m. To 10.30 am.

Event Purpose

- To inform Students about the concept of the NSS and its goals and objectives.
- Inform students about the impact of the NSS on society.
- Students have been provided with information on activities in the coming days.



Outcome of the Event

After participation in the event, our students gained with -

- Students appreciated the session and were very happy to hear more about the National Service Scheme.
- Students were motivated to become members of the NSS unit.
- The message of the NSS was successfully conveyed to the students.

WISH U ALL, THE BEST.

Tree Plantation Programme : My Earth – My Duty

05/08/2022

The NSS Unit SB-13 organized a “Tree Plantation” programme “My Earth – My Duty” under the National Service Scheme (NSS) on Friday, 5th August, 2022 in the college premises. Under the Guidance of Principal Dr. Mrs. Vandana Sinha, NSS Program Officer, NSS volunteers planted more than 58 trees. The students also placed bricks as barricades and each student took the responsibility to nourish and maintain the allocated plant. Eventually, the ground attained a glorious look. The committee decided to proceed with the same inspiration, enthusiasm and zeal to enhance the beauty of the college campus.

Name of the Event : Tree Plantation Programme- My Earth- My Duty

Date : 5th August, 2022

Time : 9:00 a.m. to 12:00 p.m.

Event Purpose

- To Create awareness among students about the importance of trees in our life.
- To make students realize their responsibility towards Nature.
- To think differently for the Society to make positive changes and to make improvement.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- The Knowledge that Tree plantation means planting more trees in a planned way. It is very necessary for the environment.
- The need to give back to the earth and take care of her the same way she has been taking care of us for so long.
- The need to plant as many trees as possible to make our earth beautiful and green again.

WISH U, ALL THE BEST.

The International Yoga Day has been celebrated by NSS Unit SB-13. Mrs. Pranita Prashant Olvekar has conducted the event and enlightened us on the importance of Yoga and the ways in which it can be incorporated into our daily lives. She also conducted live Yoga practice. It was a refreshing and interactive event.

Name of Event : International Yoga Day

Date : 21st June, 2022

Time : 10.00 a.m. to 12.00 p.m.

Event Purpose

- To develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness.
- To help people connect with nature and the divine consciousness that rules over the entire universe.
- To decrease the health challenges that people face throughout the world due to unhealthy eating habits and disorganized lifestyle.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- The need and importance of Yoga and Meditation in our life.
- Relief from the stress that almost all the people face in their daily lives and this session also helped them relax their mind and become peaceful.
- The benefits of Yoga are numerous, including physical fitness, stress control, general well-being. Mental clarity and greater self-understanding. People of all ages can practice Yoga.

WISH U ALL THE BEST.



Nukkad Natak: Beti Bachao Beti Padhao

11/10/2021

On the occasion of International Day of the Girl child the students under NSS Unit performed a Nukkad Natak on the topic “Beti Bachao, Beti Padhao” to highlight the importance of a girl child and women empowerment. Students shared a strong social message to stop the discrimination of the girl child. The due importance was given on ensuring the survival and protection of girl. It was a great initiative from NSS unit of SDGC in which all the NSS volunteers performed well with great enthusiasm.

Name of Event : Nukkad Natak on the Topic “Beti Bachao, Beti Padhao”

Date : 11th October, 2021

Time : 11 a.m. to 12 p.m.

Event Purpose

- To understand the framework for a solid intervention aimed to push the needle for girls’ empowerment in developing contexts.
- To make students understand the need for girl’s education so as to bring positive changes in society.
- To generate awareness among students for improving the efficiency of welfare services intended for girls.
- To address the issue of decline in girl child sex ratio and promote women's empowerment.

Some more Glimpses of the Event ...



Outcome of the Event.....

The event resulted in spreading of the message to stop female foeticide and need of education and empowerment of girl child. Also, people there appreciated the Nukkad Natak and they got to learn a lot from this and people there appreciated it a lot and they gave their feedback after the Nukkad Natak, and also they wanted to see the Nukkad Natak again.

WISH U ALL THE BEST.



NSS Unit SB-13 observed NSS Day by hosting a virtual General Body meeting for the volunteers. The celebration started with address from the NSS Programme Officer, Mr. Nilesh Dave. The meaning and importance of NSS logo was presented. The presentation also covered areas of attention that we as student volunteers of NSS could work upon. The meeting marked its conclusion after a fun and interactive quiz, which was hosted on Quiz Platform. The questions were based on general facts and history with respect to National Service Scheme (NSS). All the volunteers actively participated and enjoyed the event. Active participation from a lot of volunteers was received for the quiz as well.

Name of Event : NSS Day Celebration; Presentation on NSS

Date : 24th September, 2021

Time : 1 p.m. to 2 p.m.

Event Purpose

- To make students aware about History and Foundation of NSS.
- To make students understand the meaning of NSS Symbol.
- To make students realize their duty and responsibilities as NSS volunteer.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- Understanding the community in which they work
- Understand themselves in relation to their community
- Develop among themselves a sense of social and civic responsibility
- Identify the needs and problems of the community and involve them in problem-solving
- Utilise their knowledge in finding practical solutions to individual and community problems.

WISH U ALL THE BEST.



Swachhata Pakhwada: Quiz Competition

1/08/2021

An online Intra-college quiz competition on “Swacchta Pakhwada” was organized by NSS Unit SB-13 of to spread the awareness of keeping our society and surroundings clean. The registration was opened for all college students. Before starting the Quiz, rules were explained to the participants. 80 students from various class participated in the event where the students had attempt 50 question related to Swachhata Pakhwada, Swachh Bharat Mission and current affairs on Swachh Bharat Project.

Due to the Covid pandemic, the event was conducted **online via zoom**.

Name of Event : Swachhata Pakhwada-Quiz Competition

Date : 1st August, 2021

Time : 11 a.m. to 12 p.m.

Event Purpose

- Quick and informal assessment of student knowledge.
- To generate awareness among students the importance and need for cleanliness.
- To make students aware about various Current Affairs in regards of Swachhata Pakhwada, Swachh Bharat Mission and current affairs on Swachh Bharat Project.

Heartiest congratulations to these winners ...

Rank - 1 Ansari Aamina (SYJC)

Rank - 2 Mohd Saud Faruk Mullaji (SYJC)

Rank - 3 Pravin Singh (SYBCOM)

Some more Glimpses of the Event ...



Outcome of the Event...

After participation in the event, our students gained with -

- The experience that the things they learn in class room at college can be applied in their daily life.
- The Quiz with exceptional questions, case studies, challenges them, act as a learning tool and them with their critical thinking, analytical & observational skills.
- The comprehensive results report helps them assess their strengths and soft spots in Economic.
- The participation certificate, a matter of pride, decorates their academics over a decade.

WISH U ALL THE BEST.



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Tree Plantation Programme: My Earth – My Duty

5/08/2021

The NSS Unit SB-13 organized a “Tree Plantation” programme “MY EARTH – MY DUTY” under the National Service Scheme (NSS) on Tuesday, 5th August, 2021 in the college premises. Under the Guidance of Principal Dr. Mrs. Vandana Sinha, NSS Program Officer, NSS volunteers planted more than 20 trees. The students also placed bricks as barricades and each student took the responsibility to nourish and maintain the allocated plant. Eventually, the ground attained a glorious look. The committee decided to proceed with the same inspiration, enthusiasm and zeal to enhance the beauty of the college campus.

Name of Event : Tree Plantation Programme- My Earth- My Duty

Date : 5th August, 2021

Time : 11 a.m. to 3 p.m.

Event Purpose

- To Create awareness among students about the importance of trees in our life.
- To make students realise their responsibility towards Nature.
- To think differently for the Society to make positive changes and to make improvement.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- The Knowledge that Tree plantation means planting more trees in a planned way. It is very necessary for the environment.
- The need to give back to the earth and take care of her the same way she has been taking care of us for so long.
- The need to plant as many trees as possible to make our earth beautiful and green again..

WISH U ALL THE BEST.



Celebration: Drug Abuse Day

24/09/2021

The NSS UNIT SB-13 of celebrated 'Drug Abuse Day' on 24th September 2021 to raise awareness about drug abuse among students and to highlight the threat that drugs pose to our society. The theme for the Day was 'Share Facts on Drugs, Save Lives'. The theme promotes combating misinformation and sharing drugs-related facts as well as solutions for treatment to fight against the problem. As a part of the event, activities like Poster Making, Slogan writing and Speeches were organized in which 86 students participated with great enthusiasm. Students showed their creativity through posters, slogans and speeches. They also carried placards bearing messages of drug abuse to show their support for the movement.

Due to the Covid pandemic, the event was conducted **online via Zoom App**.

Name of Event : Celebration on Drug Abuse Day

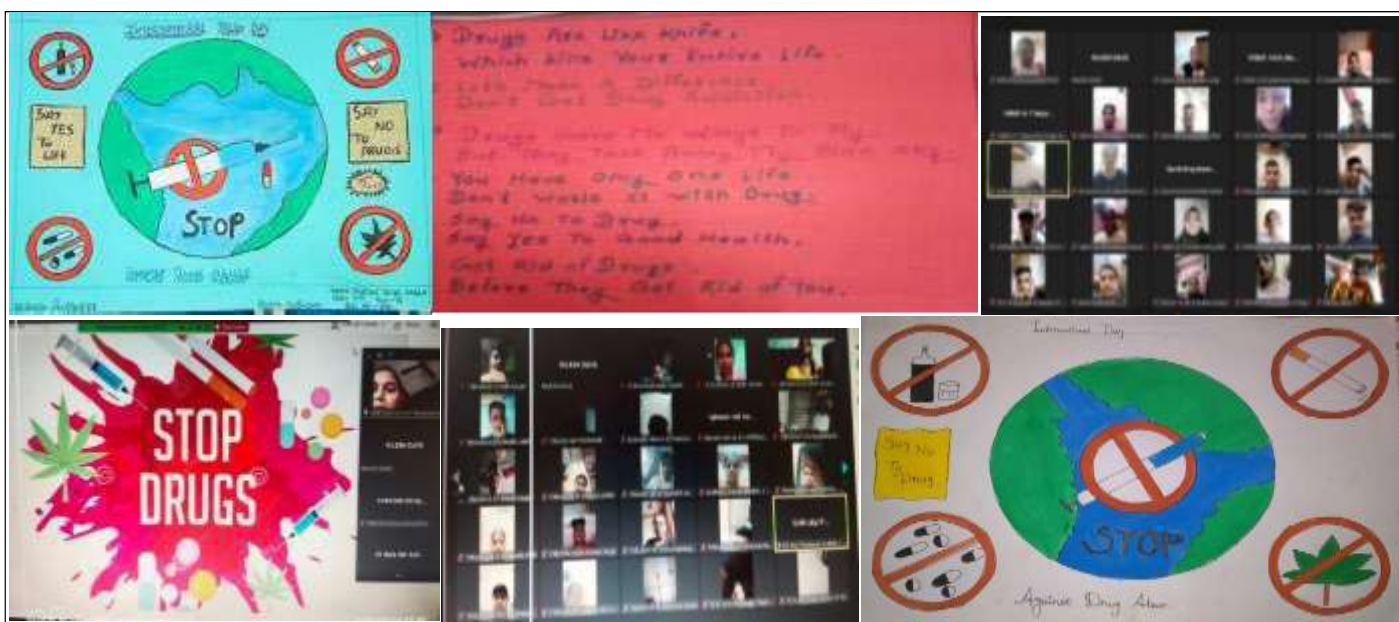
Date : 24th September, 2021

Time : 1 p.m. to 2 p.m.

Event Purpose

- To highlight the dangers of drug abuse and bring awareness to students on how to deal with it.
- To strengthen global action and cooperation towards creating a society that is free from drug abuse and unlawful drug trade.
- To promote health and to reduce the vulnerability to substance use and abuse among students.

Some more Glimpses of the Event ...



Outcome of the Event.....

After participation in the event, our students gained with –

- The importance to understand that Drug abuse damages the individual and society very silently.
- The fact that this 'Silent Terrorism' of drug abuse destroys mankind hence it is better to live healthy life and Say No to Drugs for the First time and every other time.

WISH U ALL THE BEST.



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NATIONAL SERVICE SCHEME

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International Yoga Day

21/06/2021

The International Yoga Day has been celebrated by NSS Unit SB-13. Mrs. Ruchita Desai has conducted the event and enlightened us on the importance of yoga and the ways in which it can be incorporated into our daily lives. She also conducted live yoga practices. It was a great and interactive event. The event was virtually attended by 95 students.

Name of Event: International Yoga Day

Date: 21st June, 2021

Time: 8 a.m. to 9 a.m.

Event Purpose

- To develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness.
- To help people connect with nature and the divine consciousness that rules over the entire universe.
- To decrease the health challenges that people face throughout the world due to unhealthy eating habits and disorganized lifestyle.

Some more Glimpses of the Event



Outcome of the Event...

After participation in the event, our students gained with -

- The need and importance of Yoga and Meditation in our life.
- Relief from the stress that almost all the people face in their daily lives and help them relax their mind and become peaceful.
- The benefits of Yoga are numerous, including physical fitness, stress control, general well-being. Mental clarity and greater self-understanding. People of all ages can practice Yoga.

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Poster Making Competition: World Environment Day

05/06/2021

An Intra-College poster making competition was organized by the NSS Unit SB-13 on 05th June, 2021 to create the awareness among students that the environment is very important for human existence and it is our duty to protect it. The objective of the competition was to ignite the fire of imagination, awareness and creativity in the students. The theme of the competition was 'Environment Protection'. The young learners displayed their artistic skills through an array of posters. Students were given the topic - "Save Environment" and were asked to send the posters to the NSS Programme Officer. 22 students participated in the competition with immense zeal and enthusiasm and made beautiful posters which gave us the message of Protecting the Environment & providing a best to our future generations. It was a great opportunity to watch these young minds creating and displaying their ideas on paper.

Due to the Covid -19 pandemic, the event was conducted **online**.

Name of Event : World Environment Day- Poster Making Competition

Date : 05th June, 2021

Time : 9 a.m. to 5 p.m.

Event Purpose

- Quick and informal assessment of student knowledge.
- To make students aware about environmental issues.
- To make students aware about their duties and responsibilities for protection of environment.

Heartiest congratulations to these winners ...

Rank -1



Raina Ramudamu

SYBCOM/A/10

Rank -2



Ashish Karale

SYJC/D/11

Rank -3



Raina Ramudamu

SYJC/A/27

Outcome of the Event.....

After participation in the event, our students gained with –

- The experience that the things they learn in class room at school can be applied in their daily life.
- Poster competitions can generate publicity and provide information.
- To engage the community's interest in an issue, reveal community issue and raise awareness of an issue in a way that is visual inclusive and fun.
- The participation certificate, a matter of pride, decorates their academics over a decade.
- To care about the environment and its importance.

WISH U ALL THE BEST.

Blood Donation

11/11/2021

A blood donation is truly an altruistic gift that an individual can give to others in need. In only 45-60 minutes, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

On 11th November 2021 our NSS unit had organized blood donation campaign at Andheri Station in Collaboration with Jagjivan Ram (Western Railway) Blood bank It was an inspirational drive for the youth students. 116 units of blood were collected in this drive. 18 Volunteers had participated in this activity

Name of Event : Blood Donation

Date : 11 st November , 2021

Time : 10 a.m. to 6;00 p.m.



Benefits Blood Donation

Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:

- reduce stress
- improve your emotional well-being
- benefit your physical health
- help get rid of negative feelings
- provide a sense of belonging and reduce isolation



Paper Bags Distribution

04/01/2022

Paper bag distribution activity was conducted on 4th January 2022. This activity included making bags out of newspaper to send the message to the people of our society that we should try to save our environment by using paper bags instead of plastic bags. 28 volunteers participated in this activity and made 1,200 paper bags and distributed in the nearby local market. They explained the vendors about harmful effects of using plastic bags and encouraged them to use paper bags.

Name of Event: Paper Bags Distribution

Date : 3 & 4th January , 2022

Time : 7 a.m. to 2;00 p.m.



Benefits Paper Bag Distribution

Paper bags have amazing advantages in terms of environmental friendliness. They work to create a more sustainable world because ...

- They are natural and biodegradable
- They are reusable and recyclable
- Their raw material is sourced from sustainably managed forests
- They store carbon dioxide (co2)



SHRI G.P.M. DEGREE COLLEGE

NATIONAL SERVICE SCHEME

Not Me, But You



Republic Day Celebration

26/01/2022

NSS students and staff members celebrated Republic Day in college campus on 26.01.2022 at 8:00 AM. The programme started with welcome of chief guest and Flag Hoisting by the Principal Mam Mrs. Dr. Vandana Sinha, SGDC. Principal Mam gave a speech on importance of Republic Day to the students. On this occasion parade was performed by all the NSS Volunteers and from teaching staff some teachers sing patriotic song and also some teachers gave speech on importance of Republic Day.

Name of Event: Republic Day Celebration

Date : 26th January , 2022

Time : 8.00 a.m. to 10:00 am.



Out Come:

- We realize our right to lead a good and dignified life, right to get educated, right to follow any religion, right to speak freely and putting own views, everything depends on Constitution of India.
- It has been proved that the month long Republic Day Parade Camp changes the overall personality of the participating volunteers.
- Republic Day commemorates the spirit of independent and individual India.

ALL THE BEST !!!



SHRI G.P.M. DEGREE COLLEGE



Andheri East

NSS UNIT : SB-13

Not Me - But You

National Safety Day

An Intra-College poster making competition was organized by the NSS Unit on 4 March 2022. This exciting poster making competition was to ignite the fire of imagination, awareness and creativity in the students. The theme of the competition was Road Safety. Before starting the competition, instructions were given to the participants. Poster making competition Protection Environment for 20 marks was undertaken for all students of college in which 46 students participated.

Due to the covid pandemic, the event was conducted online via Google form.

Event Details

Event : Poster making competition "Road Safety"
Date : 4th March, 2022
Time : 9:00 am to 5:00 pm

Event Purpose

- Quick and informal assessment of student knowledge.
- To engage the community's interest in an issue, reveal community issue.
- To make students aware about Road Safety.
- To develop imagination subject by using quiz-based learning.

Heartiest congratulations to these winners ...

| | |
|---|---------------------------------------|
|  | Rank - 1 MR. Sybil Burman FYJC |
|  | Rank - 2 Mr. Mourya Vikash SYJC |
|  | Rank - 3 Neha Yadav FYJC |

Outcome of the Event

After participation in the event, our students gained with -

- The experience that the things they learn in class room at school can be applied in their daily life.
- Poster competitions can generate publicity and provide information.
- To engage the community's interest in an issue, reveal community issue and raise awareness of an issue in a way that is visual inclusive and fun.
- The participation certificate, a matter of pride, decorates their academics over a decade.

Wish You , All The Best .