

**REGULAR ACTIVITIES OF
SMT.M.M.K COLLEGE OF
COMMERCE &
ECONOMICS
N.S.S UNIT 2019-2020**

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AUGUST 2019

1. MDAACS (Peer Education Training Programme)

This activity was held at Wadala focusing on AIDS awareness on 1st August 2019. 2 FY Volunteers participated in this activity from our unit.

2. Moment of Calm Activity

This moment was organized by our College itself on the birth day of Dada Vaswani which was on 2nd August 2019. All the 50 volunteers formed groups n spread the importance of calmness in all the classrooms.

3. Tree Plantation Activity

Tree plantation was done at a Wadi Khar Danda on 10th August 2019 .15 Volunteers planted 15 different saplings.

4. Leadership Training Programme

Leadership training program at Gagangiri Maharaj Ashram Manori held on 10th to 14th August 2019 was attended by 1 Volunteer.

5. Swatch Bharat Pakhwara

Day 1

of Swatch Bharat was at Khar Danda sea face & and a Dispensary at Khar Danda which was cleaned thoroughly on 13/08/2019.

Day 2

College Cleaning was on 14/08/2019 in the college premises n class rooms of the college.

Day 3

Kopar railway station cleaning was on 16/08/2019 where all the platforms and ticket counters and even the railway bridges were cleaned.

All the 3 swatch Bharat activities were attended by all the 50 volunteers

6. Independence Day

Independence Day celebration in the National College auditorium was attended by 50 volunteers on 15 th August 2019

7. Kolhapur & Sangli Flood Relief Camp.

All the 50 volunteers collected relief for the flood affected Kolhapur and Sangli districts in the college itself from all the class rooms on the 16th August 2019.

8. Empowering Youth as Leadership Training Program

This activity organized at Prof Bal Apte Centre Kalina Campus from 16th to 20th August 2019 was attended by 1 Volunteer.

9. BECC

BECC at Navjeevan Vidya Mandir from 20th to 28th August 2019 was attended by 50 volunteers according to the days allotted to them .The volunteers made the children do different activities like drawing, dance, Singing, yoga along with studies.

10. Bisleri Bottle for Change

The bisleri bottle for change activity at Andheri east held on 21st August 2019 was attended by 5 Volunteers. The collection was 4 kg.

11. Krishna Janmashtami (Book Handi)

Book Handi held by our college in the Conference hall on 23rd August 2019. Where a pyramid of books 4-5 feet high was made indicating knowledge as the only leader to success. This was organized by the 50 volunteers of our NSS unit.

12. Flood Relief Material Seminar

The seminar for flood relief materials at Wilson College On 23rd August 2019 was attended by 5 Volunteers.

13. Fit India Campaign

This campaign held in our college Conference hall on 29th August 2019 was attended by all the 50 Volunteers.

SEPTEMBER 2019

1. TEACHERS DAY

The Teachers day at Smt. M.M.K College celebrated along with a cultural program on 13th September 2019 which was organized by 50 volunteers of the unit. Handmade gifts were also given to the teachers.

2. Blood donation

The blood donation drive at MMK College along with the free Thalassemia and health check up was held on 20th September 2019. 50 volunteers worked and collected 346 units of blood.

3. Walk a talk on Dynamics of Environmental Problems in Mumbai

This activity at Clara's College on 23rd September 2019 was attended by 4 volunteers.

4. 50th N.S.S Day

M.M.K College NSS unit celebrated the 50th NSS day on 24th September 2019 through a small cultural and entertainment program and a street play was also performed. 50 volunteers and the area coordinator were a part of this event.

5. Legal Awareness Seminar.

Legal Awareness Seminar at K.C. Law College held on 26th September 2019 was attended by 10 volunteers.

6. Youth Alone Can 2 days National Seminar

This seminar was held in Prof Bal Apte Centre Kalina Campus on 27th September 2019 and was attended by 2 Volunteers.

7. Gandhi Ahimsa: A Management Perspective.

This seminar held in our M.M.K College on 28th September 2019 telling us importance of ahimsa and use of swadeshi goods was attended by 50 volunteers.

8. Awareness program for primary prevention of Sexual Violence.

This awareness against prevention of sexual awareness held at M.M.K College on 30th September 2019 was attended by 5 volunteers.

OCTOBER 2019

1)SWATCHATA ABHIYAAN

Swatchata abhiyaan was held on 2nd October 2019 at Kalina campus of Mumbai university where 20 volunteers from our college participated in this event. The volunteers actively helped in cleaning the campus and pickin the plastic waste.

2)BHAJAN SANDHYA

Bhajan sandhya was held on the account of Gandhiji's 150 on the 2nd of October 2019 at the Gate Way of India where 20 volunteers from our college took part and enjoyed the melodies of the bhajan sandhya evening.

3) CPR TRAINING PROGRAMME

Cardio Palmonary Resuscitation (CPR) camp was held in Smt. M.M.K. College of Commerce and Economics on the 4th October 2019 where our volunteers were explained about the emergency treatment that can be given if someone suffers a heart attack.

4)VOTERS AWARENESS RALLY

A Voters awareness rally was held on 18th October 2019 where 20 volunteers participated. The rally started at national college and ended at the Bandra railway station with a human chain. The volunteers where made to say slogans and hold charts throughout the rally.

5)MASS VOTERS AWARENESS PROGRAMME

A voters awareness programe was held in the Kalian campus of Mumbai University for making the voters aware of why voting is necessary on the of October 2019. 20 volunteers participated from our college.

6)RUN FOR UNITY

The Iron Man Of INDIA – Shri Sardar Vallabhai Patel. Run For Unity Programme was organized a The Rashtriya Ekta Diwas which is celebrated on the Birth

Anniversary Of t Marine Drive on 30th October 2019 which was attended by 6 volunteers along with our Programme Officer.

NOVEMBER 2019

1) Mukti Karwa Campaign on Wheels

Maharashtra state legal services had organized this mukti karwa camp on wheels on the 7th November 2019 at gateway of India where 10 volunteers from our college attended the seminar and gained knowledge.

2) CPR Activity

CPR activity was held at Holy family hospital Bandra on 13th november 2019 in which 20 volunteers participated from our unit. Where heart marshal practical training was given.

3) Blood Donation At Bandra Station

10 of our volunteers volunteered the blood donation camp bandra station on 15th November 2019. Our volunteers made the people aware about the importance of donating blood.

4) Siridhanya – Talk By Dr. Khadar Valli

A seminar on the awareness of the organic food grains was held at Kalina campus of Mumbai University on the 18th of November 2019

5) World Meatless Day

World meatless day was observed in Smt. M.M.K College on 25th November 2019 where 10 volunteers From our college made all the willing students take the oath of not eating meat on that day.

6) Constitution day

All the volunteers celebrated The Constitutional day at Smt. M. M. K. College on 26th November 2019 by reciting the preamble.

7) Bottle For Change Activity

Bottle for change activity was held in the college throughout the month where all the volunteers collected different kinds of plastic waste and sent it for recycling to the Bisleri company.

DECEMBER 2019

1] Aids week

AIDS week was celebrated in Smt. M.M.K. College from 1st to 10th December 2019. All the 41 volunteers participated in different events such as poster making, tshirt painting, human chain, awareness rally, etc.

2] Menstrual hygiene walk and event

Menstrual hygiene walk and event was held in Bandra Bandstand on the 15th of December 2019 where 10 female volunteers participated and gained knowledge about how important it is to maintain proper hygiene and also carried out a rally.

3] Water literacy & conversation practice activity

Water literacy & conversation practice activity was held at Fort campus on 16th December 2019 which was attended by 2 volunteers they were made aware of importance of water and it's conservative practice

4] Social Awareness Ride

KPB Hinduja had organized a social awareness ride & competition on 21st december 2019. Where 4 volunteers participated and took benefits of the activity by presenting a model on Sexual Harrasement in Office & Disaster Management, they won the best model award .

January 2020

1】 University level disaster preparedness training programme -

On 6th & 7th January 2020 2 volunteer participated in the university level disaster management camp where they were thought about different ways of disaster managements.

2】 Bharari Socio- Cultural Programme

Sydenham college had organized an intercollegiate nss fest from 23rd and 24th January where we participated in many events and won first prize in rangoli

3】 All religion prayer and Get - together

At R.D. National auditorium an All India religion prayers and get together was held on 30th january 2020 were our volunteers volunteers thr events.

4】 Avishkar

On 31st january 2020 10 volunteers from our college went to volunteer the avishkar event at mumbai university kalina campus.

5】 Republic Day

On 26th January 2020 republic Day celebration began at 8 am. The flag hoisting was done by the chief guest followed by national anthem and cultural program.

Signature of the Programme officer

Signature of the Principal

(Rubber Stamp of the College)