



Maharshi Karve Stree Shikshan Samstha's  
**SCHOOL OF FASHION TECHNOLOGY, NARHE, PUNE**

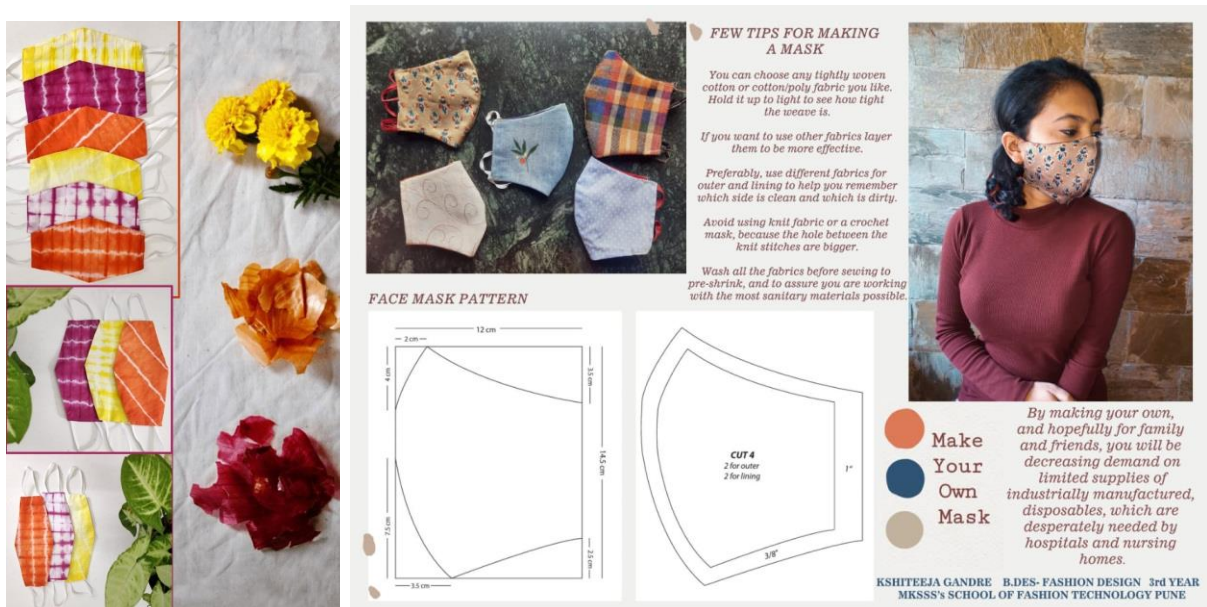
Accredited with "A" Grade by NAAC

Affiliated with S.N.D.T. Women's university, Mumbai

## Mask Making by Students

Venue: Virtual Mode

Date: 20<sup>th</sup> May, 2020



Keep Your Community Safe, Wear A Mask. To curb the spread of COVID-19, wearing masks in important. Protective masks are said to lower the chances of coronavirus entering our respiratory system through droplets that are present in the air. You may be a carrier of COVID-19 and be asymptomatic. By wearing a mask you're stopping the spread and protecting others.

It became necessity to wear mask for each individual. To create awareness and importance of wearing mask NSS unit took initiative to make homemade masks. Fashion design and textile design students along with 2 faculties created different patterns. Some students dyed fabric with natural dyes while some embroidered it with beautiful designs. This will help students to make their self-made masks for themselves and for their family. These patterns were shared with others so that they can also be benefited as it was altogether new for everyone. Also safety tips for putting mask on and taking off was important to know.

Tips for safely putting on and taking off a mask were shared:

- Only touch the ear loops when putting on a mask
- Avoid touching the front of the mask or your face

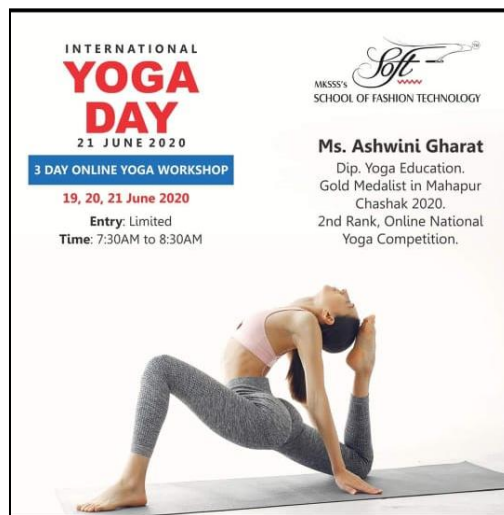
- Wear your mask above your nose
- If possible, wear glasses to protect your eyes
- When removing your mask, use the ear loops to remove
- Place your mask on a clean tissue or paper towel face down
- Wash and dry your homemade mask daily. The heat of your dryer helps to disinfect your mask. If you wear a surgical mask, wear a new one daily



## International Yoga Day

Venue: Virtual Mode

Date: 19<sup>th</sup> - 21<sup>st</sup> June, 2020

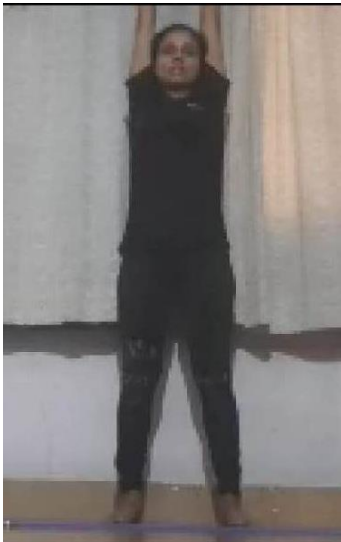


International Day of Yoga or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21<sup>st</sup> June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental, and/or spiritual practice attributed mostly to India. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world. The day devoted to yoga was observed by millions across the world.

To mark this day this year, the School of Fashion Technology conducted the Yoga session for three days from 19<sup>th</sup> June to 21<sup>st</sup> June, 2020. NSS volunteers and Staff of SOFT, were very happy to observe the day through online mode. The Yoga Asanas were practiced in the supervision of Ms. Ashwini Gharat, she started by demonstrating few warm up Yoga exercises. Ms. Ashwini has done Diploma in Yoga Education; she won the gold medal in Mahapur Chashak 2020. She also secured second rank in online National Yoga Competition. Volunteers made sure maximum number of students participate and take benefit of the session. Around 10 postures were performed every day over a period of 60 minutes including Meditation for 5 mins.

This session became a success as the faculty and the students at SOFT realized the importance of yoga and meditation in such pandemic situation in their life, they understood that doing such practices in

their busy day to day schedule is very important for health and mental stress and tension. The members decided to continue the practice for their betterment.



### **Common Yoga Protocol**

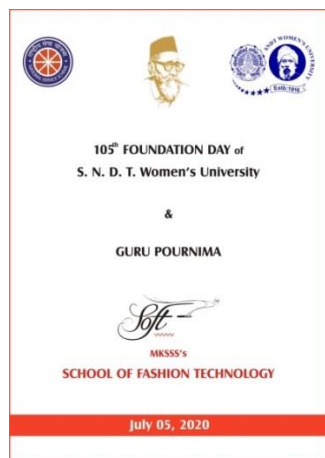
- Prayer
- Warm up exercises, Sukshma Vyayam
  - Neck Bending
  - Neck Rotation
  - Wrist Rotation
  - Shoulder Rotation
  - Knee Movement
- Sitting Postures (Asanas)
  - Bhadrasana
  - Vakrasana
  - Ardha Matsyendrasana
  - Vajrasana
- Spine Postures (So Asanas)
  - Setubandhasana
  - Pawanmuktasana
- Nadi Shodhan Pranayam
- Meditation
- Standing Postures (Uttan Asanas)
  - Tadasana
  - Vrikshasana
  - Vakrasana
  - Padhasana
  - Breath of Joy
  - Tikonasana
  - Shashankasana
- Pron Posture ( So Asanas)
  - Bhujangasana
  - Shalabhasana
  - Makarasana



## S.N.D.T. Foundation Day and Guru Pournima

Venue: Virtual Mode and SOFT campus

Date: 5<sup>th</sup> July, 2020



105<sup>th</sup> S.N.D.T. Foundation Day and Guru Pournima was celebrated on 5<sup>th</sup> July 2020. The Vision of Bharat Ratna Dr. Dhondo Keshav Karve to build a citadel of learning for women is encapsulated in the motto of the University. For over nine decades, the University has been striving for and growing to newer heights of performance and outreach. Recited Shloka at the statue of the Dr. Dhondo Karve at SOFT campus by all staff members.

Shreemati Nathibai Damodar Thackersey Women's University (SNDT WU), celebrated its foundation day on 5th July 2020. We attended the program through facebook live.

Hon'ble Dr. Vishnu Magare, Pro Vice Chancellor, Chief Guest Hon'ble Dr. (Smt.) Pankaj Mittal, Hon'ble Prof. Shashikant Wanjari, Guest of Honour Hon'ble Shri Sudhir Thakarsey and Dr. Deepak Deshpande were present for the event.

Chief Guest Hon'ble Dr (Smt.) Pankaj Mittal motivated and spoke about women empowerment. She also talked about 7 steps to protect the interest of students and become good citizens. Hon'ble Prof. Shashikar Wanjari spoke about Bharat Ratna Maharshi Dhondo Keshav Karve's motto of the foundation of SNDT and about women's health and wellness.

There are a lot of take away as students and it is a privilege to be a part of S.N.D.T. family.

<https://fb.watch/aQOnmbDUxX/>



## Prerana Leadership Training Camp

Venue: Virtual Mode

Date: 11<sup>th</sup>-15<sup>th</sup> July, 2020

The leadership training camp plays a vital role in each NSS volunteer. The training camp started on 11th July at 10a.m. with an opening ceremony in which the panel introduced themselves and told us about the social work they are doing. Mrs. Swati Mohapatra also discussed few concerns regarding the pandemic Covid-19. She even congratulated and motivated the hard work everybody's doing in this tough time. The UNICEF representative addresses as to how NSS volunteers are leading to Covid-19 awareness and prevention programme in Maharashtra.

<https://youtu.be/WQiOCKuUv-Q>

[https://youtu.be/P4I3nuhk\\_5A](https://youtu.be/P4I3nuhk_5A)

Then further in the session **IMPORTANCE OF KNOWLEDGE AND TEACHERS** was also discussed in which they told that teacher's conceptual understanding and knowledge is critically important at any level. They develop the flexibility for spotting opportunities that they can use for moving students understanding forward.

In the further session the topic for **AGRICULTURE AND ITS IMPORTANCE** was also been discussed in which they told that agriculture is the art and science of cultivating plants and livestock. It is not only an occupation for people but a way of life as well. Its importance is that it is the main source of national income for most developing countries. However, in developed countries it contributes a smaller percentage to their national income.

On **12<sup>th</sup> July** Mr. Deepak Patil talked about **CYBER SECURITY** and its various uses. Firstly, he talked about what is cyber security? In this he explained that it refers to body of technologies, processes, and practises designed to protect networks, devices, programs, and data from attack, damage, and unauthorized access and it may also be referred to as information technology security.

He also covered various points regarding users of mobile in January 2020, users of mobile apps by category, worlds most used social media platform, what happens every min, sharp increase in cybercrime, cyber security statistics etc...



Then he explained about types of cyber Crime.

- Phishing- using fake email to get personal information.
- Hacking- shutting down or misusing websites or computer networks.
- Cyber stalking- use of internet or other electronic means to stalk or harass an individual, group or organization.
- Net extortion- online crime in which hackers hold your data, websites, computer system or other sensitive information hostage until you meet their demands for payments.



### CYBER LAW AND IT ACT 2000-

The act provides legal framework for electronic governance by giving recognition to electronic records and digital signatures. It also defines cyber-crime and prescribes penalties from them. The act directed the formation of a controller of Certifying Authorities to regulate the issuance of digital signature.

### PREVENTION RELATED TO CYBER CRIME-

- USE STRONG PASSWORDS- Use different user id/ password combination for different accounts and avoid writing them down. Make password more complicated by combining letters, number, special character and change them on regular basis.
- BLOCK SPYWARE ATTACKS- Prevent spyware from infiltrating your computer by installing and updating anti-spyware software.
- SECURE YOUR MOBILE DEVICES- Be aware that your mobile devices is vulnerable to viruses and hackers. Download application from trusted sources.

## **NOT ME BUT YOU-**

In this session Mr. Indrajeet Deshmukh told that not me but you is the motto of NSS which reflects the essence of democratic living and upholds the need for selfless service. LPU-NSS helps the student development and appreciation to other persons point of view and also show consideration towards other living being. The philosophy of the NSS is a good doctrine in this motto which underlines on the belief that the welfare of an individual is ultimately dependent on welfare of the society as whole and therefore NSS volunteers shall strive for wellbeing of the society.

## **UNEMPLOYMENT BECAUSE OF COVID-19-**

The crisis has led to a spike in country's unemployment rate to 27.11%.and its 29.22% in rural areas. Then the topics related to save tree, save water was also discussed along with how to strengthen your work.

## **INFORMATION ON NSS-**

The NSS is the Central Sector Scheme of Govt. of India, Ministry of Youth Affairs and Sports.it provides opportunity to the student youth to take part in various govt. led community service activities and programs. The sole aim of NSS is to provide hands on experience o young students in delivering community service. Since the inception of NSS in the year 1969, the no of students increased from 40,000 to 3.8 million. A NSS volunteer who takes part in community service programs would either be a college level or senior secondary level student. Being an active member these students volunteer would have the exposure and experience to the following –

- An accomplish social leader
- An efficient administrator
- A person who understands human nature.

<https://youtu.be/klijzpfWsIc>

On **13<sup>th</sup> July**, Dr. Varsha S Patil took the session in which she told us the minor difference between SOFT SKILLS.

Soft Skills are the combination of people skills, social skills, communication skills, character traits and personality traits, attitude, career attributes etc that enables people to navigate their environment, work well with others, perform well and achieve their goals with complementing hard skills. Soft skills are also defined as desirable skills





for certain form of employment that do not depend on acquired knowledge they include common sense, the ability to deal with people, and a positive flexible attitude.

## IMPORTANCE OF SOFT SKILLS-

- The modern workplace is interpersonal. Collaboration is an integral part of any workplace. Skill such as listening and writing ensure that there is smooth flow of ideas without any conflicts. This creates a productive and healthy work environment.
- They compliment hard skills. Technical skills aren't enough to bring out your potential in your workplace. All career require soft skill to utilise technical expertise at the right time and place.

## ATTRIBUTES FOR SOFT SKILLS-

- Self-awareness/management
- Communication
- Listening
- Networking
- Interpersonal skills
- Problem solving

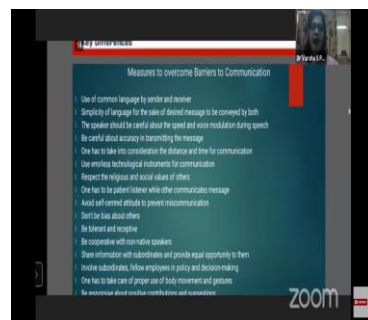
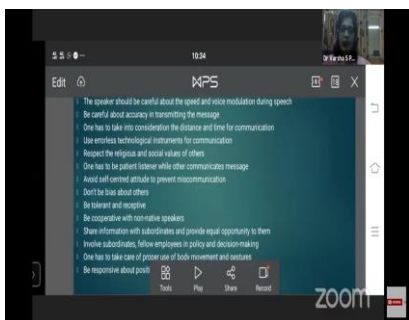


## TIPS FOR IMPROVEMENT-

- Use of proper accent and intonation
- Keep balance between body language and spoken words
- Follow formal dress code in formal situation
- Practise delivering idea in sequence



Then she told about various other topics like barriers to communication, how to overcome barriers to communication, tips for improvement, how to do effective communication, advantages, body language, shades of body language, advantages of effective body language, tips for improvement.



## ETIQUETTES AND MANNERS-

Etiquettes and manners are one of the basic concepts which helps in shining one's personality at social, personal and professional level.

### TYPES OF ETIQUETTES-

- Social
- Professional
- Personal
- Telephonic
- Interview
- Work



### BENEFITS OF GOOD ETIQUETTES AND MANNERS-

- It enhances yours and organizations status
- It differentiates you from others
- It enables you to be confident
- It opens the doors of opportunities for you.
- It makes you feel valued
- It helps people winning around



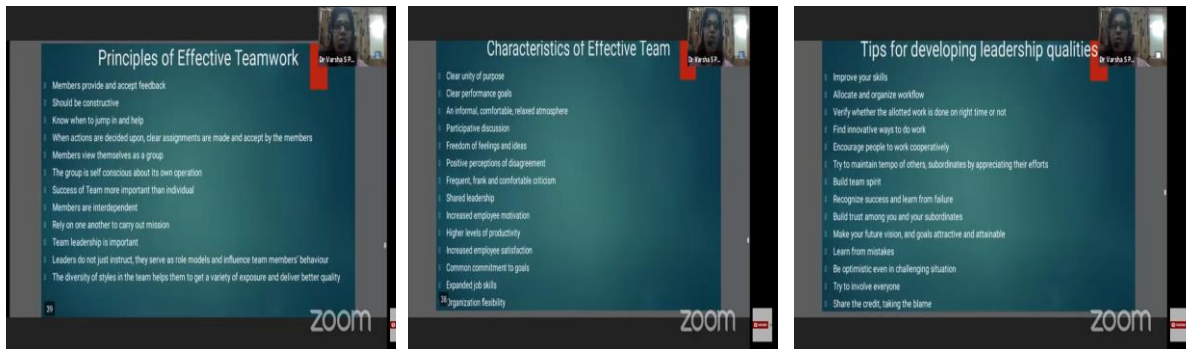
## LEADERSHIP SKILLS-

It refers to the process of leading for success at a decided task. In other words, it means taking lead to initiate activities for fulfilling desired goals.

### TIPS FOR DEVELOPING LEADERSHIP SKILLS-

- Improve your skills
- Allocate your organize workflow
- Find innovative ways to do work
- Build team spirit
- Try to involve everyone
- Share the credit, taking the blame.





## BAD INFLUENCE ON YOUTH-

- Extended screen time is associated with poor academic performance, sleep deprivation, reduce physical activity and face to face social interaction.
- Media has sharp effect on how teens understand beauty and positive body language. Misleading messages can affect children's self-esteem.
- Media often portrays grownups to be cool if they eat junk, smoke, drink alcohol, use drug drive fast. All these presentations of adult life can have influence on teens, making them copy their favourite actor.
- Social media sometimes spread biased information and fake news. Teens may start believing that provided information and start causing shift in their behaviour and attitude.
- Tweens and teens often get exposed to bullying, rumour spreading, unrealistic view of other people's life and peer pressure through social media.
- Habitual viewing or gaming maybe the most speculated negative effect of social media. It can raise the likelihood of media addiction in long run.

[https://youtu.be/\\_eT9xIHRAbg](https://youtu.be/_eT9xIHRAbg)

<https://youtu.be/WzjwFEeDLTw>

On 14<sup>th</sup> of July 2020, Dr. Prakash Amte discussed about his life and what all he had seen through his journey. Prakash Baba Amte is a social worker from Maharashtra, India. Amte and his wife, Mandakini Amte were awarded the Magsaysay award for "Community Leadership". In 2008 for their philanthropic work in the form of the Lok Bidradri Prakalp amongst the Madia Gonds in the Gadchiroli district of Maharashtra and the neighbouring states of Telangana and Madhya Pradesh. In November 2019 he was awarded with ICMR Lifetime Achievement Award by Bill Gates. He talked about his early challenges in Hemalkasa where he learnt their primary language and built a small clinic in the form of hut under a tree.

Then he told that how he worked hard and in a smart way to gained their acceptance and trust. In last he told about the days of struggling doctors in a hamlet without electricity, water and roads to the time they set up the Animal Ark, a home for rescued animals ranging from deer to crocodiles to hyaenas, the couple recounted their trials and tribulation with liberal dose of humour. He ended the session by saying that ‘’ he believed in no other religion but humanity’’.

[https://youtu.be/6k\\_M2Bt1d5s](https://youtu.be/6k_M2Bt1d5s)

<https://youtu.be/kCCEO29RjPw>

On **15<sup>th</sup> July, 2020** it was the last day of Prerana Leadership Training Camp in which they thanked everybody for being so patient for 5 days and attending the sessions religiously. They made us aware the work an NSS volunteer.

<https://youtu.be/dTaZLWrSXG4>

[https://youtu.be/1\\_HM0SL5WBA](https://youtu.be/1_HM0SL5WBA)



# World Organ Donation Day

Venue: Virtual Mode

Date: 13<sup>th</sup> August, 2020

A successful live session was celebrated virtually for the importance of organ donation by Raj Bhavan, Maharashtra and S.N.D.T. Womens University, Mumbai. NSS Unit participated in this event.

It started with Mr. Nitin Prabhutendolka, an NSS Program co-ordinator from SNTDWU, who inaugurated the session and welcomed all the dignitaries

The aim of this day is to motivate human beings to pledge to donate organs after death, and to spread awareness about the importance of organ donation. Dr. Pandit addressed by giving presentation on the same. He described death as a stage in which all functions of the brain stem have been permanently and irreversibly ceased. Further he explained in detail about organ donation which eventually means the process of removing tissues or organs from a live, or recently dead person to be used in another live person. Also, donor is the one who gives and recipient is the one who receives. Further he upgraded us about laws by the government which states that the donation can only be done in recognised hospitals under recognised doctors and there is no chance of any mischiefs or fraud activities as it is governed by the government itself. Further is mentioned the clauses for the people who can donate, he can be anyone from 2 years up to 80 years. Also each religion too supports this donation camps. Adding to this he asked people to convey the message to your near and dear ones to donate and spread awareness about the same through social medias and publicity. Concluding he emphasized on becoming a gift of life so that you can save up to 8 lives.

Further in contact session Dr. Pandit solved certain queries which mainly focused on the family approval if anyone faces a sudden death, and for the recent corona pandemic one should never donate organs if suffered from the virus, also NOTO website can be useful in filling the forms for the donation along with the hospitals but to make a note that the person informs it to his family members so that it can be practised.

SOFT NSS UNIT CELEBRATES  
WORLD ORGAN DONATION DAY

Raj Bhavan Maharashtra  
&  
SNT Women's University, Mumbai  
राष्ट्रीय सेवा योजना National Service Scheme

**World Organ Donation Day**  
जागतिक अवयव दान दिवस

Guest of Honour  
Shri. Santosh Kumar, I.A.S.  
Principal Secretary to  
Hon'ble Governor of Maharashtra

Awareness talk by Dr. Rahul Pandit  
followed by  
Interactive Session

August 13, 2020: 12:30 - 1:45 PM  
Live at: <https://www.facebook.com/softnssunit/live/>

Maharshi Karve Stree Shikshan Samstha's  
**School of Fashion Technology**

August 13, 2020

[www.soft.ac.in](http://www.soft.ac.in)

The next informative messages were addressed by the Honourable governor Santosh Kumar, he updated us towards the past events that took place. And explained about the statistics that there are very few people who donate and the count is very high for the people who are in need when compared with foreign countries. So it's very important to take actions to uplift the human kind welfare. Henceforth, this day is celebrated as Organ Donation day. So the youth of this generation can take efforts and start convincing about the same to their families and near and dear ones. It's the same as blood donation camps and one should not hesitate and not to limit it when only needed. It can help build better chances for a person to be in this world as a person can save upto 7 lives after donating his organs. Concluding he emphasised that the donation is referred as Act of God. He emphasized the NSS coordinators to convince families and people to spread awareness about the same.

Further the lead was forwarded to prof. Shashikala, who took great efforts in setting up the session. She thanked the dignitaries for spreading up these brilliant ideas. She emphasized on the topic that it is very hard to convince the educated family rather than the uneducated ones. Living in this century, back in past this act of transferring organs has been followed but one can only understand its importance when one suffers in his family. We neglect the fact and just find excuses under these orthodox myths. Continuing she focussed on the humanity concept that says if atleast a person is able to live a happy life he must make sure that he can convey and spread the awareness about donation.

Concluding she reassured the dignitaries about the helping hands put forward by SNTD under the guidance of Raj Bhavan to take more initiatives through NSS candidates and enlightened everyone to donate as a key point thus creating a link chain between humanity and social service.

The session was further followed by an oath towards the donation which states,

Humanity is our main religion. We will fill up the lives of people who are in need and is being suffered with joy and pomp is the main lesson of humanity and I truly believe. Through organ donation the one in need and the one who has faced death we can just give a great sentiment to make them alive and I truly will stick to it. I make a pledge that I'll donate all the needed organs if it makes the other person happy. This the main lesson of humanity and it is a right. My organs should be donated for the sake of human welfare. My future generations should flourish from this so, I will make sure to spread awareness and I'll spread the same sanskar to my generations to come. For this to work I'll always be attentive and be ready for it.

The session ended well with show and pomp by giving a vote of thanks.

<https://www.facebook.com/sndtwuniversity/videos/29990350777942>

## My Family, My Responsibility SELF-IMMUNITY CHECK BY RADHEE FOUNDATION

Venue: Virtual Mode

Date: 17<sup>th</sup> August, 2020



**RADHEE**  
Disaster and Education  
Foundation



RITU SALVE

On 17<sup>th</sup> Aug 2020, the RADHEE foundation program was conducted by DR. RITA SAVLA, Founder director RADHEE Disaster and Education Foundation. NSS unit of MKSS's SOFT participated in the activity. The mission of RADHEE foundation was to combat COVID-19 by strengthening immunity of the citizen of India. The objective of 'SELF-IMMUNITY CHECK' was to reduce the socio-economic impact of COVID-19 on India by improving the immunity of individuals which will be a game-changer in our fight against the pandemic.

'SELF-IMMUNITY CHECK' was a well thought of application developed by RADHEE and its knowledge partners to strengthen Indian Citizen's immunity. The application understands one's personal physical and mental well-being.

The application had three main important components to go through- MENTAL HEALTH, PHYSICAL HEALTH and DIET. The main outcome from the whole session was-

- 1) It helped in reducing the number of covid-19 positives patients and deaths.
- 2) It helped reduce the number of depression and suicide cases.
- 3) Developed the strong immunity of citizen would be instrumental in restarting the normal life.
- 4) Improved the health and well-being of Indian citizen.
- 5) Also, it helped in reducing burden on healthcare infrastructure by reducing hospitalization.

At the end of the session, the NSS volunteers had given a task to enrol people through a self-assessment of their physical and mental health and put them on track to take remedial actions to strengthen their immunity. After completion of the given target, the certificate will be received by all the 100 NSS participants of the SOFT for acting as a shield like warriors to spread the awareness of diet, physical, mental and healthy well-being in this pandemic year.

# Independence Day

Venue: Amphi theater SOFT campus

Date: 15<sup>th</sup> August, 2020



Independence Day was celebrated on 15th August, 2020 in our college in collaboration with Vision English medium school by MKSSS's SOFT NSS Unit along with Cultural unit . On account of the pandemic situation, only Principal, HODs and cleaning staff of both the institutions were present. Flag hosting was done by

Hon. Jayant Inamdar, managing committee member of our parent organization, Maharshi Karve Stree Shikshan Samstha (MKSSS). The Chief Guest of this event was 'Sarpanch' of Narhe gaon Ms Vanshiv and Guest of honor was Upa-Sarapanch of Narhe gaon Mr. Sushant Kute.

The program concluded by felicitating cleaning staff for their extraordinary contribution in this pandemic period by SOFT Principal and Vision English Medium School Principal. Every one appreciated the work these cleaning staff do with dedication and deserve to be recognized.



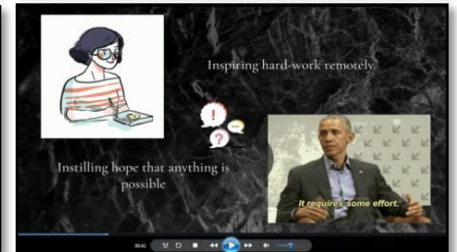
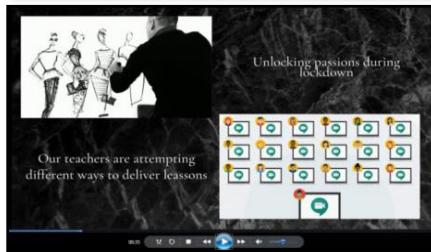
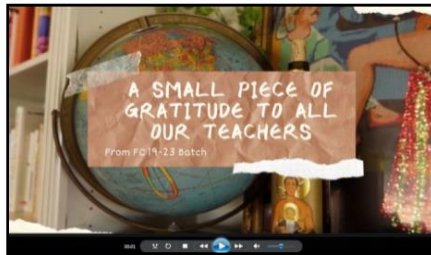


# Teacher's Day Celebration

Venue: Virtual Mode

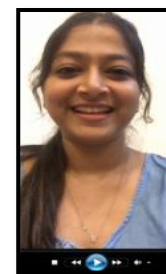
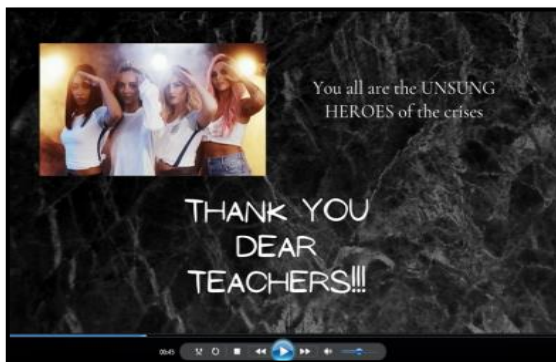
Date: 5<sup>th</sup> September, 2020

In India 5<sup>th</sup> September is celebrated as Teachers' Day as a mark of tribute to the contribution made by teachers to the society. 5th September is the birthday of a great teacher Dr. Sarvapalli Radhakrishnan, who was a staunch believer of education, and was the well-known diplomat, scholar, President of India and above all a Teacher.



Every year we celebrate Teacher's day at our college campus.

This year due to the ongoing pandemic circumstances students sent videos in which they expressed their heartfelt gratitude towards teachers for their support and teaching.



# Spit Free India Movement

Venue: Virtual Mode and SOFT campus

Date: 11<sup>th</sup> September, 2020



As we all know spitting in public places can become a strong source of spread of COVID-19.

NSS and Sambandh Health Foundation started a campaign



Mahika Joshi  
MKSS's School Of Fashion Technology

Oct 26, 2020

## Letter of Appreciation

Dear Leader,

On behalf of 'Pledge for Life' team, we would like to thank you and your NSS unit for supporting the [Spit Free India Movement](#)

During this Corona crisis, experts determined that spitting spreads the virus. Chewing tobacco, gulka, khaini, etc cause the urge to spit and hence the Government, under the Disaster Management Act 2005 gave the order to stop spitting in public places and the Prime Minister, Shri Narendra Modi, himself, urged the public to do so too.

The National Service Scheme (NSS) is supporting the Spitting Kills campaign wherein NSS Volunteers created awareness among public on the issue. This appreciation letter is issued because your NSS Unit has till 25<sup>th</sup> Oct 2020 got 144 persons to fill in the Spitting Kills weblink.

Your timely action is saving the spread of Covid-19 as well as reducing the usage of chewing tobacco. We now look forward to your getting thousands more to fill the weblink.

Thank you for your service to society.

  
Arvind Mathur  
Trustee  
Sambandh Health Foundation



Celebrities like Bhumi Pednekar and Akshay Kumar help to spread awareness about this movement to develop interest within the young generation. A QUIZ was made in an attempt to bring the nation together in the fight against covid-19 with a participating certificate for every participant. Our college had participated in this program and

SPIT FREE INDIA MOVEMENT which is endorsed by Ministry of Youth Affairs & Sports. The “SPIT FREE INDIA MOVEMENT” was conducted for LIFE- TOBACCO FREE INDIA on 11<sup>TH</sup> Sept, 2020. The objective of spit free India movement was to stop spread of splitting in public places and roads as covid-19 would spread thoroughly. There were lots of videos, slogans and posters made to create awareness among every citizen of India.

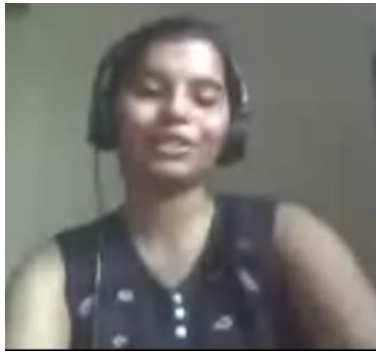
collected as many score and helped spread about the anti-splitting program to stop the spread of covid-19. SOFT received appreciation letter from 'Pledge for Life' team for the same.



## NSS Enrollment Day

Venue: Virtual Mode

Date: 17<sup>th</sup> September, 2020



This event was organized by the NSS unit headed by Ms. Mohika Joshi and 3<sup>rd</sup> year NSS students welcomed all the students to participate in the NSS activity. To begin with the program

Ms. Mohika Joshi gave introduction about the NSS and congratulated students as they were willing to participate in the social cause and was willing to contribute towards society. She explained the necessity of our contribution towards society.

Her speech was very encouraging, she insisted the girls to participate in all the events, and activities. Her speech was full of enthusiasm and she even said that studies are not the only one thing important as it's already said 'Marks don't make a man'. She wished her every student to participate in some or the other activity and donates their time for society and environment.

Afterwards NSS volunteers shared their experience for their one year spent as NSS volunteer. They also mentioned that in their life it helped them to increase their patience and approach towards life. A quick brief was given by representative to students of previous work done by NSS volunteers and inspired the students to participate in the noble cause.

At the end 2<sup>nd</sup> year students were told the importance of NSS and asked to enroll to serve for country by enrolling themselves on Google form.



## Fit India Anniversary Program and NSS Award Ceremony

Venue: Virtual Mode

Date: 24<sup>th</sup> September, 2020



First anniversary of fit India movement organised by ministry of youth affairs and sports was celebrated followed with NSS award ceremony.

Hon'ble prime minister of India launched "The Fit India Age Appropriate Fitness Protocol" to make physical fitness a way of life. It aimed behavioural changes- from sedentary lifestyle to physically active way of day-to-day living. Mr.Kiren Rijijiju feted the seven Indian fitness influencers having great personality who were present in this event. This movement includes the age group from 5-18, 18-65 and 65+ years.

Shri Devendra Jhajharia (paralympic javelin gold medallist javelin throw for india) said we should never give up on life. He shared his experience by telling that his left hand was injured but he decided to choose to recover and be confident in life.

Ms.Afshan ashiq (Indian football goal-keeper from Jammu-Kashmir) "ace it like Afshan" was titled for Afshan. Currently she plays for Mumbai FIFA club as a goal keeper. She brought women empowerment by supporting young women players in the society. She added women is said to be a mother, daughter or a sister so to face the difficulties in life, she must be mentally as well physically fit enough to handle all the problems. Like player Dhoni- we should tackle every situation calmy and keenly.



Shri Milind Soman (actor, runner and has published a popular book-made in India) said to remain fit and healthy we need to work hard. In 2012, he ran from Delhi-Bombay. His mother at the age of 81 runs for marathons and is his inspiration. He also said-“**fitness has no age limit**”.

Ms.Rujuta Diwekar (nutritionist and sports science expert) made “**eat local, think local**” movement possible. She said a person should always consume the local food which is cultivated in their own state in order to eat fresh and healthy food. Due to this movement, many local farmers earned their livelihood and it led to the growth of the Indian economy.

Shri Swami Shivadhyanam Saraswati (completed engineering from IIT Delhi and has done the masters from MIT) said Yogshatra ain't just study or syllabus but it is also a medium applied in our daily lifestyle. In his ashram people get independent after a several period of time. He stated everyone should inculcate these 'yoga capsules' in their life- **mantra, asana, pranayam, relaxation** and **dhyan** which will help everybody lead a fruitful life.

Shri Virat Kohli (Indian cricketer and a current captain of Indian national team) said that as per the growing demand of sports, fitness is lacking behind. So fitness should be the first priority and then comes your daily sports practice. Also, physical fitness and diet goes hand in hand. And with the mental health and physical health everything is achievable in life. “**Families that play together that stays together**”, he said.

Shri Mukul Kanitkar (motivated 29,973 no. Of school students to perform mass suryanamaskar at Gwalior in 2005 and created a Guinness world record) stated not only body and mind but balancing the emotions is most important. He said now the Gita is read by all the people and is applied in the daily well-being. He expounded awareness of fitness can be passed from -

**A single person    family    society    country    nature spiritual aspect** and that changes the actual purpose of life. This is how fitness can be turned into the prime duty for every citizen of India.

And last but not least the current pm of our country Narendra Modi concluded this ceremony by thanking all the great influencers. He expounded to every person to inculcate fitness in his/her life by spending at least 1-2 hours daily. A motto by pm stated- “**Fitness Ki Dose, Aadha Ghanta Roj**” and ended up his speech by giving his best wishes to the whole country.

After this program NSS award ceremony was conducted in which few NSS volunteers were awarded for their exceptional work and devotion towards betterment of our country.

## Fit India Plog Run

Venue: Virtual Run

Date: 2<sup>nd</sup> October, 2020



The Fit India Plog run was a part of the Fit India Movement organized by Prime Minister Modi on 2<sup>nd</sup> Oct, 2020. The Fit

India Plog Run was categorised as PM Modi's "Swachh Bharat Abhiyan" and "Fit India movement". The run was organized at several parts of India to celebrate 151<sup>th</sup> birth anniversary of Mahatma Gandhiji.

The main objective was to promote the habit of fitness and cleanliness among all the citizens of the country. This event involves jogging for around 2km or more and collecting plastic/garbage while running on 2nd Oct 2019. The campaign signifies two effects namely 'Swasth' and 'Swachta' which is staying fit while keeping the city clean while jogging.



NSS unit had participated in the Fit India Plog Run keeping all the safeties in mind of covid-19. A task of running 2 Km virtually keeping the Swachha Bharat mission alive in our minds and sharing the Km of the actual distance as a tribute to Mahatma Gandhi was undertaken. It created awareness about fitness as well as cleanliness among the young generations in order to aim to make India fitter.



## My Family My Responsibility – Poster Making

Venue: Virtual Mode

Date: 12<sup>th</sup> October, 2020



Amid the spike in number of coronavirus cases, Maharashtra government launched My Family-My Responsibility campaign from September 15 by Chief Minister Uddhav Thackeray to fight COVID19 pandemic. Corona virus was spreading rapidly during second wave. 'My Family-My Responsibility' campaign involved a massive effort to reach out to every home in the state.

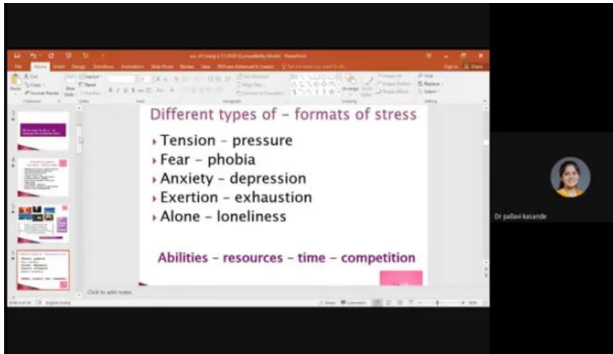
NSS unit of MKSSS's SOFT took initiative to help to reach out maximum people through poster making. Main moto was to practise guidelines laid by Government on Individual, Family and Social levels for a COVID-free state. These posters were created in order to motivate maximum number of people to adopt a new lifestyle for effective COVID control while going beyond the use of mask, maintaining physical distancing, and use of sanitizers, it is now necessary to adopt some changes in our personal, familial and public lives.



# Webinar of Stress Management

Venue: Virtual Mode

Date: 03<sup>rd</sup> November, 2020



Effective stress management helps you, to break stress in your life, to make oneself happier, healthier, and more productive. The ultimate goal is a balanced life, with work on time, happier relationships, fun relaxation, and resilience to hold up under pressure and to face new challenges.

Dr. Pallavi Kasande, Psychological Counsellor and SOFTSKILL trainer at Mind Gym Consultancy delivered her webinar on the current situation of pandemic and mental stress in young student's life. In a professional course you undergo a lot of challenges to make your ideas into reality.

The main objectives of session were

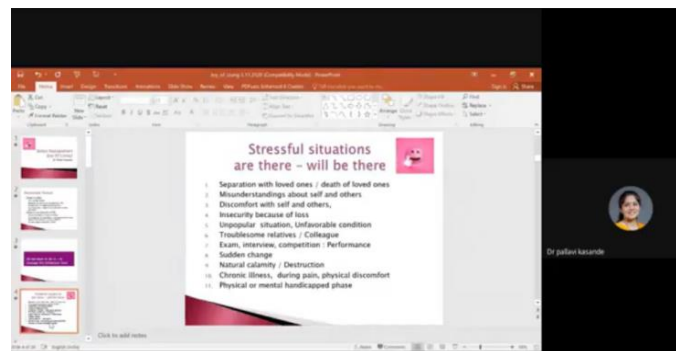
- To orient students about stressful events of their life.
- To aware students how to deal with the stress.
- To understand self-management techniques and implement them in day to day life.
- To acquire the students for adapting joy of living and spread the passivity around.

The session was very informative, influential and easy to understand. She enlightened students with the meaning of stress, stress management, importance of stress management and ways to cope with stress.

Some of the ways to cope with stress are water therapy, yoga, meditation, praying, and journaling, maintaining a healthy diet and being solution oriented.

Long term solutions to cope with stress could be training one's mind, being mindful about oneself and surroundings, openness to experience and acceptance of every situation.

We have challenges every day and we must be able to face the challenge and believe in ourselves. Having a good approach towards every day is a good habit and it welcomes all the good thoughts, good vibes and goodness around us.





Dr. Pallavi also enlightened students by one quote which is, **“Give time, everything heals with time”** which was an eye opener as we usually tend to find instant results but little do we know that time heals all sorrows and worries.

Lastly, she talked about having goals. Short term goals like daily goals and long term goals like career goals. She made us strongly think about the goals that we want and the need to be positive in today's world.

This session surely will help students in many ways. At the end Ms. Mohika Joshi thanked Dr. Pallavi for sharing about an important topic as it is extremely necessary with no limit to age group.

## Webinar on Circular Economy: Way to Sustainable Future

Venue: Virtual Mode

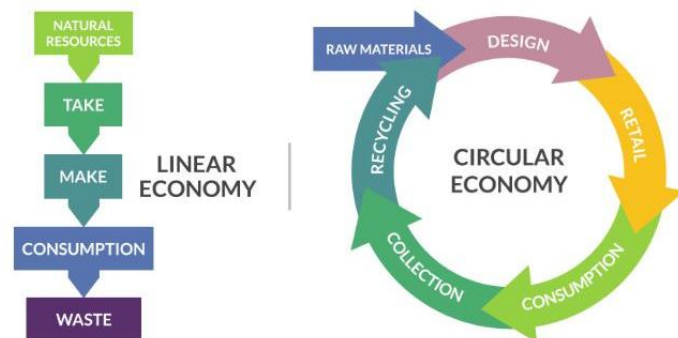
Date: 18<sup>th</sup> November, 2020

Poornam Ecovision Foundation, working in the field of environment and waste management took up this awareness initiative to organize a webinar on Circular Economy- Way to Sustainable future. NSS unit of SOFT participated in this webinar.

After the warm welcome of the audience, the platform was offered to the chief speaker of the event Mr. Bhushan Panchpande, whose reputation precedes him. Msc. in Industrial Chemistry, PHD in Environmental science, with 15 years of industry experience and 17 international and national



journal publications, Mr. Bhushan took over this webinar to highlight the drawbacks of our current model of linear economic growth where we obtain the natural resources, consume it and then dispose it off without caring about its repercussions. Talking about the environmental damage caused by it, he then reminded us how 92% of minerals, fossil fuels, metals and biomass entering our economy isn't getting reused, ultimately harming the environment catastrophically. While we looked at the global reports and data, showing how the globally increasing population would require 50% more energy, 40% more water



and 35% more nutrition by the near future, he questioned us if we can refrain from obtaining the resources from the nature and dispose it off after consumption but still make a good use of it? Is that even possible?

It was brought to our knowledge that 3 out of every 4 clothes end up in landfills. He also

mentioned how the high rising levels of CO<sub>2</sub> in our atmosphere is harming our planet to greater extents. Mr. Bhushan specifically highlighted the "Well below 2°C" scenario analysis done by professor Veerabhadan and 32 other colleagues in 2017 which not only gave a reality check of the situation of our planet earth but also led to the development of a new risk category called "Existential Crisis" to be prevalent by 21st century. In other words, this was a reminder for us to stop and realize the consequences of our actions. Mr. Bhushan clearly stated that the suggestions made by the professors of this research, to abolish the use of fossils fuel are very unlikely to be practiced immediately by the people. Even though the government and the UN made plans and commitments, we are still nowhere near our future of a climate safe world by 2050.

In desperate times like this, it is that we realize that the linear economy model has got to change and the only solution for a sustainable future is circular economy. It is the one that is going to meet the needs of a new future.

Mr. Bhushan compared the regenerative nature of our resources with circular economy and said that everything in our nature is circular. He couldn't stress more on the fact that waste is just a resource put in a wrong place and it must be considered as a proper resource to be put to good use. If Circular economy is truly applied at every stage of a product cycle then in the end there is no waste generated.

We need to build a world where resources are kept working, waste is managed and put back to work and residues are carefully disposed.

The first step towards building such a future is changing the mindset of the people and making them aware that the shape of the future is circular. This is our chance to change, so let's make it count.

<https://www.facebook.com/poornamecovisionfoundation/videos/2529306967362065/>



# Constitution Day - Pledge of Preamble

Venue: Virtual Mode

Date: 26th November, 2020



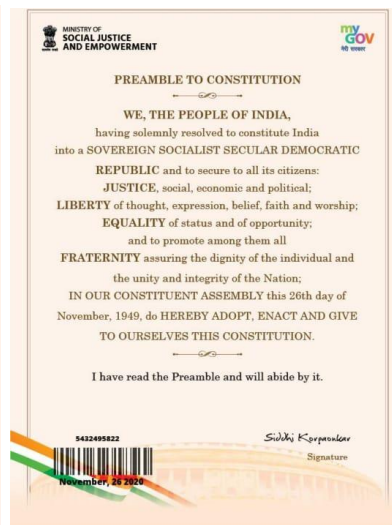
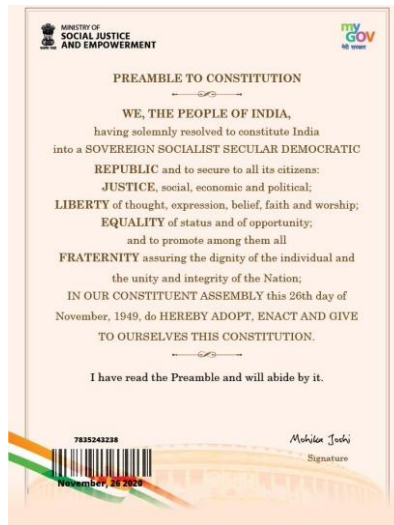
Constitution Day is celebrated on 26<sup>th</sup> November every year. On this occasion NSS volunteers took initiative to participate and read our constitution Preamble with our Prime Minister Narendra Modi.

The 'Preamble' of the Constitution of India is a brief introductory statement that sets out the guiding purpose and principles of the document, and it indicates the source from which the document which derives its authority, meaning, the people. It was adopted on 26 November 1949 by the Constituent Assembly of India and came into effect on 26th January 1950.

The hopes and aspirations of the people, as well as the ideals before our nation, are described in the preamble in clear words. It may be considered as the soul of the Constitution. The preamble can be

referred to as the preface which highlights the entire Constitution.

All NSS volunteers participated and read Preamble from their respective locations while ensuring to adhere to the guidelines issued in the wake of Covid-19 pandemic. After reading they came to know that the Preamble of Indian Constitution



has 73 words. The 73-word Preamble to the Constitution of India outlines the ideals that must guide Indian democracy. Together with the Directive Principles of State Policy, it provides the context in which the country can achieve the fundamental rights guaranteed by the Constitution.

## Baya Karve Award Ceremony

Venue: Virtual Mode

Date: 29<sup>th</sup> November, 2020



First National Baya Karve 2020  
Awarded To Joya Tasung Moyong

Every year on 29th November, in remembrance of Baya Karve, wife of Bharat Ratna Maharshi Dhondo Keshav Karve, the prestigious Baya Karve Award is conferred upon a lady social worker or educator to give recognition for the exemplary work in her field. The year 2020-21 is the 25th year of Baya

Karve Award. Many accomplished social workers and educators have received this prestigious award for their exemplary work in their respective fields.

In the year 1996, to mark the centenary year of the Maharshi Karve Stree Shikshan Samstha, the Baya Karve Award was constituted. The awardee is selected by an independent selection panel comprising of eminent persons of social and academic repute every year. This year, Dr. Anjali Deshpande and Smt. Seema Kamble and Samstha's President Smt. Smita Ghaisas were the members of this panel for the selection of deserving candidate.

The Baya Karve Award Ceremony took place at the Karve Nagar campus of MKSSS. Hon. Shri. Sunil Deodhar, the National Secretary of BJP conferred the award to Smt. Joya Tasung Moyong, the General Secretary of a non- governmental organization, Women against Social Evils, based at Pasig hat, East Siang District, Arunachal Pradesh. This program was showcased through YouTube.

Through WASE, Joya works against the social evils like alcohol, drugs and substance abuse. Her work includes prevention of the use of narcotic drugs by the school children, educating the society to accept a healthy lifestyle, efforts to reduce the crime in the society arising because of the drug and substance abuse. She employed effective measures like prohibiting sale in the shops without a proper license, prohibiting sale to children, mandatory installation of the CCTV cameras. She works extensively to create awareness about ill effects of alcohol, drugs and substance abuse. In the last few decades, Arunachal Pradesh is struggling with the problems of substance and drug abuse instigated by new-age narcotics like heroine, brown sugar and opium. The addiction of these substances is a threat to the younger generation. She is trying to tackle these problems by finding practical solutions by community participation.

Joya also works to help women with their problems like domestic violence, trafficking and abuse. At present, she is working as the Chairperson of the District Child Welfare Committee, constituted by the Women and Child Welfare Department of the East Sayang District. She has mobilized the women from her community to participate in this work. Her work was recognized by the State Government of Arunachal Pradesh by awarding her the Gold Medal.



## Prevention of Addiction

Venue: Virtual Mode

Date: 04<sup>th</sup> December, 2020

The poster is for a webinar titled "Prevention of Addiction Webinar Series Episode- 5" with the theme "Addictions in Women". It features a portrait of Mukta Puntambekar, Director of Muktagan Rehabilitation Centre. The event is organized by Rotary Club of Pune Metro and Rotary District 3131. The date is Friday, 4th December 2020, from 3 pm to 4 pm. It provides YouTube and Facebook live links. The poster also lists partners: Maharshi Karve Stree Shikshan Samstha's School of Fashion Technology National Service Scheme (NSS), Rotaract Club of Electrical MCOE Metro, and Rotaract Club of MES (IMGC). Contact information for Rtn. Makarand Phadke (President) and Rtn. Vivek Kulkarni (Secretary) is provided.

On December 4<sup>th</sup>, 2020 our MKSSS's SOFT NSS unit joined hands with Rotary Club of Pune Metro and Rotary District 3131 and organized a webinar with went live on YouTube and Facebook. It was about Prevention of Addiction in Women. Learn to SAY NO. बोलो ना to all addictions and stay healthy and live longer.

Starting with the introduction of Ms. Mukta Puntambekar (director of muktagan rehabilitation center) which was given by Rtn. Surekha Deshpande. The speaker holds many majors in psychology and contributed a lot towards women. So, we the students of Students were asked to give questions related to addiction and its prevention a few days prior. Around 200 questions were raised.

The discussion covered major 4 types of addictions discussed were NADI i.e., nicotine, alcohol, drugs and internet abuse. So, the major question was why and how the addiction was spreading among women and what is to be done about it. The speaker then explained that the number of cases of addiction

started increasing around 2004. By the time it grew so much that Muktagan had to establish a different Centre "NISHIGANDH" for women to give them proper treatment required. Further she added the major reason for this tremendous increase is the lack of social acceptance, different psychological aspects and told that its more of an environmental issue rather than peer.

When she talked about the common addictions, tobacco was the one which is been intake my majority in various forms. The cons of tobacco being damage the brain cell, ulcer, major types of cancer, weakens immune system and many more. Use of narcotics such as 'weed' (Bhang, Ganja) is growing too and its addiction has disastrous effect on physical and neurological health. Not only to themselves but also indirectly to the unborn as it effects the sperm count in men and infertility in women.

But as we know "prevention is better than cure" so we were also told some points to detect if that person is addict or on its verge, the major self-check is the consumption quantity and denial. Other hints being their appearance, peculiar smell, sudden change in weight and sleep, depressing eyes and dark circles, spending time alone, etc.



As a result, to the discussion and the webinar we were also told 2 main points to succeed, **HONEST, OPEN- MINDED WILLING (HOW)** were the person is ready to change and the other being a **ONE**

**DAY GOAL- I'LL NOT DRINK TODAY.** These small steps of these kinks helps and makes it easier to keep them making a long-time commitment.

Also, lastly when asked about the difference in result in western culture and her so she told that because of the family environment and the way they are treated and do their work the result is much higher here than in western culture. We are doing better than them. And with this the session came to an end.

Overall, it was a very informative session with the rotary club and Ms. Mukta. Students were able to relate and the way she explained the symptoms and its after effects were very elaborative. The questions which we send to them were also taken into consideration.



<https://www.youtube.com/watch?v=c7yKYP6bEHs&t=582s>

## Majhi Vasundhara Abhiyaan #Earth Pledge

Venue: Virtual Mode

Date: 04<sup>th</sup> December, 2020



*“The earth, the air, the land and the water are not an inheritance from our forefathers but on loan from our children.*

*So, we have to handover to them at least as it was handed over to us.”*

- Mahatma

Gandhi

Majhi Vasundhara is a Government of Maharashtra initiative, as a step towards creating awareness and asking the people to take an E-Pledge to conserve and protect our Earth and her resources.

On 1st January 2021 at 17.00 hrs, Chief Minister of Maharashtra, Hon’ble Shri Uddhav Balasaheb Thackerayji inaugurated “Majhi Vasundhara Abhiyaan” Web-portal and also took an Epledge on this Web-portal, in the presence of Environment Minister Hon’ble Shri Adityaji Thackeray and other members.

MKSSS’s SOFT NSS unit invited all green hearts to participate in this initiative by taking the Earth Pledge. The pledge suggests small actions/ changes to be taken by each one of us in our day-to-day life. These small actions/ changes if taken properly and practiced every day, can aggregate to bring about change in the environment. This holistic initiative “Majhi Vasundhara” (My Earth) will make everyone aware of the impacts of climate change and environmental issues and will encourage making a conscious effort towards the improvement of the environment.

It is a unique integrated exercise, focusing on all five elements of nature i.e. “Panchamahabhuta” comprises Bhumi (Earth), Jala (Water), Vayu (Air), Agni (Energy), Akash (Enhancement) to ensure sustainable development for the state. At this juncture of the beginning of a new decade, we hope that we can collectively mitigate the effect of Climate Change.

The Majhi Vasundhara campaign was to be accessed through an online portal [www.majhivasundhara.in](http://www.majhivasundhara.in) on which students were to take an E-Pledge after registering for the same.

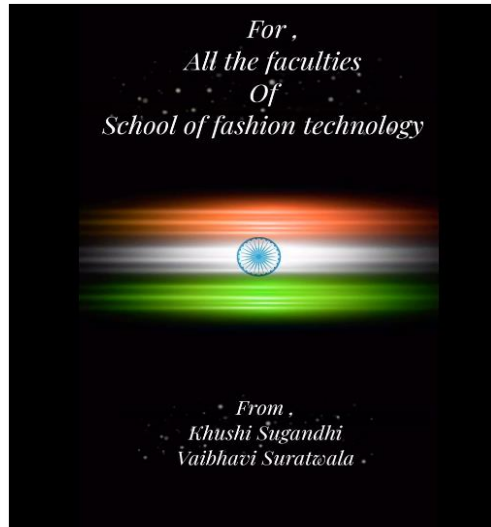
A certificate is also issued for the pledge taken.



## Republic Day

Venue: SOFT campus

Date: 26<sup>th</sup> January, 2021



Republic Day is a very important and special occasion for India and citizens of India. We all celebrated the 72nd Republic Day on the commemoration of a historic moment when India's constitution came into start on 26th January, 1950, an occasion that completed the country's long required change toward becoming an independent republic country.

Every year we celebrate this important day at our college campus but this year it was not possible due to the unfortunate circumstances.

Owing to these situations the college planned to have it online and for that the cultural department had arranged few activities and had it open for all the students of SOFT to participate in the planned activities.

PFB the list of activities conducted:

- 1) Sing patriotic song (Audio clip or Video clip)
- 2) Dance performance suitable to occasion (Video clip)
- 3) Write a Poem on patriotism
- 4) Dress up yourself suitable to occasion and click a photograph
- 5) Make any recipe using tri-color and click a photograph

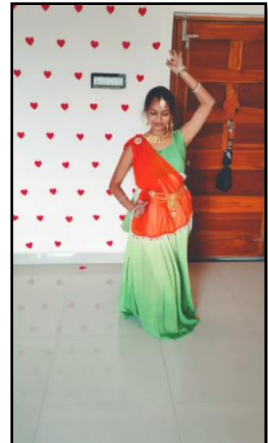
We received an overwhelming response from the students and it was a splendid display of their creativity and talent.



**PHOTOS**



**DANCE PERFORMANCES**



**RECIPES**



## SINGING



## POEMS

तेरी मिट्टी में अनगिनत लोग मिल गए  
वो सारे सैनिक और क्रान्तिकारी एक साथ जुड़ गए।  
इस देश कि स्वतंत्रता हर किसी का सपना था।  
ओर जिसने भी देश के लिए बलिदान दिया वो किसी न  
किसी का अपना था।  
इनको खोकर स्वतंत्रता पआइ हमने  
इन्हीं स्वतंत्रता कि हवाओं में इनका जिक्र सुना है मैंने।  
देश के लिए जो भी करेंगे इमानदारी से करेंगे  
जि जान लगा कर इस देश के सम्मान की रक्षा करेंगे।  
माना कि कमियां हम सब में है  
पर हमारी क्षमता इन कमियों से कई ज्यादा है ।  
अपने देश को हर पीढ़ा से मुक्त करना है।  
गर्व से कहती हु भारत में अनन्त काल तक जन्म लेना  
है।

*Khushi Sugandhi*



Salute India

Let's honor our armed forces,  
The men and women, who serve,  
Whose dedication to our country  
Does not falter, halt or swerve.  
Let's respect them for their courage:  
They're ready to do what's right  
To keep India safe,  
So we can sleep better at night.  
Let's support and defend Indian soldiers,  
Whose hardships are brutal and cruel,  
Whose discipline we can't imagine,  
Who follow each order and rule,  
Here's to those who choose to be warriors  
And their helpers and true:  
They're fight for Indian values,  
They're fight for me and uh,  
Jai Hind!

Apurva Bukke  
2<sup>nd</sup> year FC

# Prevention of Addiction

Venue: Virtual Mode

Date: 28<sup>th</sup> January, 2021



**Episode-6**  
Our Partners :  
College of Engineering, Pune  
Maharshi Karve Stree Shikshan Samstha's  
School of Fashion Technology  
National Service Scheme (NSS)  
Rotaract Club of Electrical MCOE Metro  
Rotaract Club of MES (IMCC)



**SAY NO बोलो ना**  
Say No - Web Series  
ROTARY CLUB OF PUNE METRO  
**Rotary**  
District 3131



**Rotary**  
RID 3131 & Rotary Club of Pune Metro  
invite you for the  
**Prevention of Addiction  
Webinar Series  
Episode- 6**  
**SAY NO बोलो ना**  
Say No - Webinar Series  
**Dr Ashish Deshpande**  
Consultant Psychiatrist  
**DRUGS**  
Don't Use Just Refuse..  
Date - Thursday, 28th January 2021  
From 4 pm to 5 pm  
Youtube :<https://www.youtube.com/c/PublicImageRID3131>  
FB live : <https://www.facebook.com/RotaryClubofPuneMetro/>  
Our Partners :  
College of Engineering, Pune  
Maharshi Karve Stree Shikshan Samstha's School of Fashion Technology National Service Scheme (NSS)  
Rotaract Club of Electrical MCOE Metro  
Rotaract Club of MES (IMCC)  
**Rtn. Makarand Phadke** President  
**Rtn. Vivek Kulkarni** Secretary  
Email :[president.rcpm@gmail.com](mailto:president.rcpm@gmail.com)

Prevention of Addiction Webinar Series is an organised by District 3131's Rotary Action Group on January 28<sup>th</sup>, 2021, Thursday, from 4pm to 5pm.

The sixth episode in this series focused on the prevention of drugs, highlighting few cases where people have fallen into the trap of drug addiction. The webinar began with the host, Mrs. Amita Nene, introducing all the attendees. Mrs. Gargi Choudhary was the co-host and a representative of the younger generation. Mr. Abhijeet, a former drug addict, talked about how drugs affected his life and health. He also spoke about his professional and personal life.

The speaker for the episode was Mr. Ashish Deshpande, working as a consultant Psychiatrist and a Coordinator for National Scientific Committee for Addiction Prevention. He talked about the science behind how drugs gradually affect your brain and eventually your body functions, including people who care about you. He also spoke about how different drugs are even used for medicinal purposes, but their continuous usage turns into an addiction. Session was very informative and will benefit lot of them.

<https://www.youtube.com/watch?v=YggWLNrjjw>



## Webinar on Environmental Law

Venue: Virtual Mode

Date: 27<sup>th</sup> January, 2021

The poster is for a webinar titled "ENVIRONMENTAL LAW" presented by POORNAM ECOVISION FOUNDATION. It features a small image of a woman, Gouri Joshi, and text describing the webinar's focus on environmental legal principles and natural resource management. It also includes the date and time (27th Jan, Wednesday, 4:30 PM) and contact information for the speaker, Gouri Joshi, an Enviro-Legal Consultant at Earth & Bonjaee Hospitality Pvt. Ltd. The poster also mentions that no registration is required and that participants should follow the organization on Facebook.

Environmental law is an aspect of Law that provides protection to nature influenced by environmental legal principles. It will be interesting to learn about laws & regulations regarding Nature Conservation. This webinar was conducted by Poornam Ecovision Foundation which is a non-profit organization that works on environmental and waste management. They help in making people aware of proper environmental practices and disposal methods.

The special guest of this webinar was Adv. Gouri Joshi who is working as an Enviro-Legal Consultant, Earth & Bonjaee Hospitality Pvt Ltd for effective implementation of environmental policies and laws for sustainable planning and development in Western Maharashtra. She has core competence in understanding multi sectoral aspects of land use and land planning laws. She has also been the founder member and founder partner director of some organizations such as Earth, Rise, Prokruti, Adivas and Bonjaee hospital pvt ltd.

Law is an age old concept which helps to regulate the society and resource distribution. It needs followers and believers and acts to change the society or its works to regulate the changes which are already occurring in the society.

Laws are interlinked and demand holistic and integrated implementation. Laws can be legislative-executive, substantive-procedural, civil-criminal, public-private, national-international, etc.

### Why do we have laws?

Laws help to protect the natural components, resources and ecosystems; prevention of degradation while doing equitable distribution and using resources; control over exploitation, pollution and adverse impacts through regulations and compensate the impacts by balancing rights and duties by restoration and conservation.

### Why Environmental Law?

The natural resources are the base of our civilization and have existential values and derivation of benefits out of these natural resources which are called as ecosystem services and we must protect, control over exploitation and preserve these ecosystems which will impact our existence.

There has been an evolution of environmental law from Ancient India till today.

Before formal environmental laws, following are the laws that were considered:

1. Land and land use laws
2. Revenue and tax laws
3. Property and property transfer laws
4. Water use and irrigation laws
5. Personal and succession laws
6. Trade regulation laws
7. Traditions and customary laws

Environmental laws over powered these laws.

Environmental Laws in India:

### How are these laws applicable?

1. Pre-registration of business, factory, industry, big residential projects, infra-supra structure, transport
2. Demand to take permissions and sanctions



3. All permissions and sanctions are conditional to ensure implementation
4. Enforcement and compliance agencies
5. Ignorance and violations are redressed through judicial decisions

There are Entrepreneurship Areas in this sector:

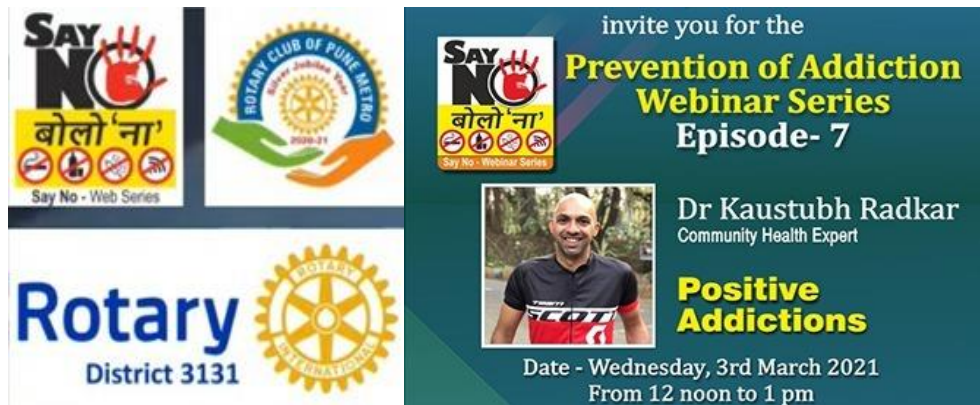
1. Business/Activity Strategist
2. Legal compliance advisors/consultants
3. Survey and data managers(para legal services)
4. Expert agencies working as amicus curiae
5. Lawyers/liaisoning/compliance reporting
6. NGOs/Civil Societies/reporting
7. Companies/Agencies/NGOs for implementation
8. Redressal Systems: tribunal/experts/judges/arbitrators

Her talk on the Entrepreneurship opportunities in Environmental Law was inspiring.

## Prevention of Addiction

Venue: Virtual Mode

Date: 03<sup>rd</sup> March, 2021



Prevention of Addiction Webinar Series is an organised by District 3131's Rotary Action Group on March 3rd , 2021, Wednesday, from 12 noon to 1 pm.

The seventh episode in this series focused on **positive addictions**, an addiction to keep yourself healthy. The webinar began with the host, Mr. Amit Apte, introducing all the attendees. Mr. Srinivas Patwardhan was the co-host, introduced as the son of Mrs. Sonal Patwardhan, a member of Rotary Club Pune South,

The speaker for the episode was Dr. Kaustubh Radkar, an athlete, a Community Health Expert, and a motivational speaker, and proudly introduces himself as addicted to sports. He has finished the Ironman Triathlon 29 times as of August 2021, making him the first Indian to do so. He has worked with the John Hopkins hospital rehabilitation experts from 2008 to 2013.

He talked about the importance of living a healthy lifestyle, be it mental or physical health, which will keep you happy and the negative addictions far away from you.

He also mentioned how social media is not a trademark of motivation builder for a person. He also spoke about how it has affected the mental health of the younger generation and the solution to the same is to reduce screen time, be it social media websites/ apps or OTT platforms.

He also referred to Virat Kohli, and how his transformation from a flamboyant, arrogant athlete to the remarkable sportsman he is now. Mr. Radkar highlighted the importance of proper sleep, nutrition, rest and recovery through this example.

He concluded with asking the viewers to invest in their health, and to learn to be happy.

<https://www.youtube.com/watch?v=i7q-uOIOA-w&t=1520s>

## Entrepreneurship Webinar, on the Occasion of Women's Day

Venue: Virtual Mode

Date: 06<sup>th</sup> March, 2021



On account of Women's Day, MKSSS and Rotary Club of Pune Metro felicitated Chief Guest Lt Gen Madhuri Kanetkar with the Rotary Vocational Excellence Award.

The session started with a brief introduction of the Rotary Club of Pune Metro and MKSSS and their histories and field of work and progress over the years. Founder and director of Stay Fit Enterprise Pvt. Ltd Shilpa Phadke spoke on her journey from being a telecommunication engineer to entering the food business and becoming an entrepreneur. She spoke about breaking stereotypes and fixed mindsets and doing what you set your mind on, through her own story of struggle and success.

She enlightened the audience on not only looking at entrepreneurship as a medium to manifest a passion project but also to understand the most important aspects of entrepreneurship such as research, revenue, response, and possibilities/scope of the business.

The second speaker was, Director of Chrysalis Business Solutions, Rachana Gupta who spoke on the topic of 'why should the current generation encourage entrepreneurship?'. She spoke about how entrepreneurship is the progress of the individual, the family, the community, and hence the country. She shed light on how you find the right people you need in your life, when you focus on your purpose, look at the bigger picture, and keep your head held high.

Chief guest Lt Gen Madhuri Kanetkar spoke about making tough decisions and sticking to them throughout life. She also spoke about how India is a country that gives an incredible amount of importance to community and family and how we need to hold on to these values to make life easier and better for young women to reach their fullest potential. She dedicated the Plaque that she received as First Female Deputy Chief to the Maharshi Karve Stree Shikshan Samsthaa to honor her grandmother, who was a great source of inspiration in her life and who was a student of MKSSS.

<https://www.youtube.com/watch?v=a4PYR-0YQnE>

Ms. Mohika Joshi  
NSS Program Officer

Dr. M. M. Hundekar  
Principal