

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

Accredited with "A" Grade by NAAC

Event Name: Constitution Day - Pledge of Preamble

Organizing Bodies: SOFT NSS Unit My GOV

Place: Virtual Mode

Date and Timing: 26th November, 2020

Participant list: Faculty and students

Brief about Events:

Constitution Day is celebrated on 26th 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.

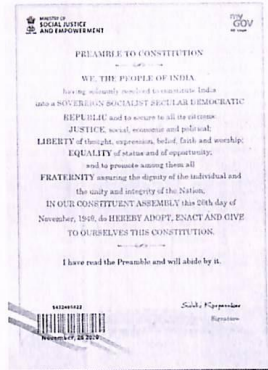
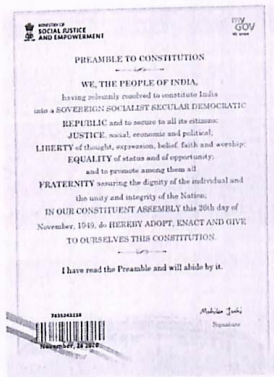
All NSS volunteers participated and read Preamble from their respective locations while ensuring to adhere to the guidelines issued in the wake of Covid-19 pandemic. After reading they came to know that the Preamble of Indian Constitution has 73 words. The 73-word Preamble to the Constitution of India 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.



Evidence of events:

Constitution Day

Read the Preamble



Stamp and signature of authority



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

Accredited with "A" Grade by NAAC

Event Name: Webinar on SPIT FREE INDIA Movement

Organizing Bodies: SOFT NSS Unit S.N.D.T. University

Place: Online

Date and Timing: 11th September, 2020

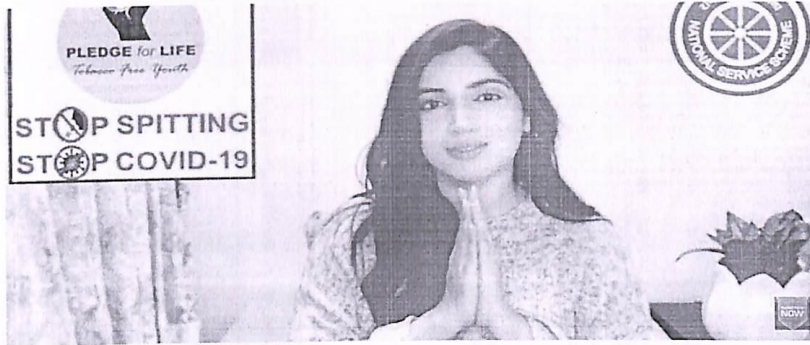
Participant list: Students

Brief about Events:

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 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 11TH Sept, 2020. The objective of spit free India movement was to stop spread of spitting 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.

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 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.

Evidence of events:



104/11 Silver Gate, DLF Phase 5 Gurgaon 122002
 Email: nssoffice@nssindia.org Phone: +91 8860311405



Mohini Doshi
 663551 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 the Corona crisis, experts determined that spitting spreads the virus. Chewing tobacco, gutka, 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, Sri Narendra Modi, firmly, urged the public to do so too. The National Service Scheme (NSS) is supporting the Spitting Kills campaign whereas NSS Volunteers created awareness among public on the issue. This appreciation letter is issued because your NSS Unit has 18 25th Oct 2020 got 144 persons to fill in the Spitting Kills worksheet. 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 worksheet.

Thank you for your service to society.


 Arvind Mathur
 Director
 Sanshodhan Health Foundation



NSS is creating awareness against spitting in public places



Get family/friends to use SPITTING KILLS Link, answer the short quiz & earn a participation Certificate. Save Lives

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Accredited with "A" Grade by NAAC

Event Name: Webinar on Prevention of Addiction

Organizing Bodies: SOFT NSS Unit Rotary Club of Pune

Place: Online

Date and Timing: 04th December, 2020

Participant list: Staff and Students

Brief about Events:

On December 4th, 2020 our MKSS'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.

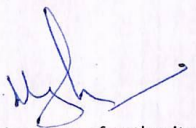
The discussion covered major 4 types of addictions discussed were NADI i.e., nicotine, alcohol, drugs and internet abuse. So, the major question was why and how the addiction was spreading among women and what is to be done about it. The speaker then explained that the number of cases of addiction started increasing around 2004. By the time it grew so much that Muktangan 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.




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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)

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Maharshi Karve Stree Shikshan Samstha's
SCHOOL OF FASHION TECHNOLOGY, NARHE, PUNE
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Event Name: Prevention of Addiction

Organizing Bodies: SOFT NSS Unit Rotary Club of Pune

Place: ONLINE

Date and Timing: 28th January, 2021

Participant list: Students

Brief about Events:

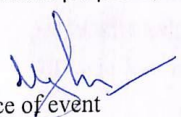
Prevention of Addiction Webinar Series is an organised by District 3131's Rotary Action Group on January 28th, 2021, Thursday, from 4pm to 5pm.

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 effect 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.


Evidence of event

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Event Name: Prevention of Addiction

Organizing Bodies: SOFT NSS Unit Rotary Club of Pune

Place: ONLINE

Date and Timing: 03rd March, 2021

Participant list: Students

Brief about Events:

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.

Evidence of event

SAY NO
बोलो ना
Say No - Web Series

ROTARY CLUB OF PUNE DISTRICT 3131

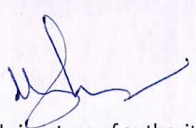
Rotary
District 3131

invite you for the
**Prevention of Addiction
Webinar Series
Episode- 7**

Dr Kaustubh Radkar
Community Health Expert

Positive Addictions

Date - Wednesday, 3rd March 2021
From 12 noon to 1 pm


Stamp and signature of authority



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

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Event Name: Majhi Vasundhara Abhiyaan #Earth Pledge

Organizing Bodies: SOFT NSS Unit Government of Maharashtra

Place: Online

Date and Timing: 04th December, 2020

Participant list: SOFT students and Faculties

Brief about Events:

"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 17.00hrs, Chief Minister of Maharashtra, Hon'ble Shri Uddhav Balasaheb Thackerayji inaugurated "Majhi Vasundhara Abhiyaan" Web-portal and also took an E-Pledge 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 on which students were to take an E-Pledge after registering for the same.

A certificate is also issued for the pledge taken.



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Event Name: Fit India Anniversary Program and NSS Award Ceremony

Organizing Bodies: SOFT NSS Unit S.N.D.T. University

Place: Online

Date and Timing: 24th September, 2020

Participant list: Students

Brief about Events:

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 Rijijju 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 Jhaharia (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 dhyana** 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 stay together**", he said.

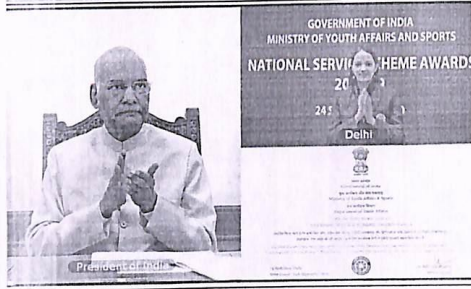
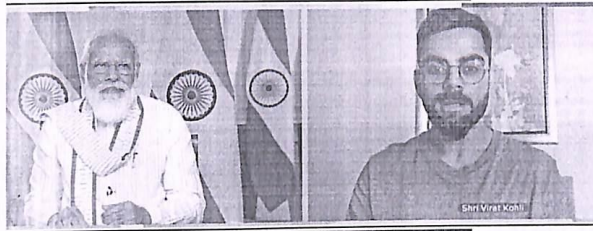
Shri Mukul Kanitkar (motivated 29,973 no. of school students to perform mass suryanamaskar at Gwalior in 2005 and created a Guinness world record) stated not only body and mind but balancing the emotions is most important. He said now the Gita is read by all the people and is applied in the daily well-being.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

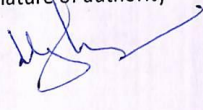
And last but not least the current pm of our country Narendra Modi concluded this ceremony by thanking all the great influencers. He expounded to every person to inculcate fitness in his/her life by spending at least 1-2 hours daily. A motto by pm stated- "**Fitness Ki Dose, Aadha Ghanta Roj**" and ended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

Evidence of event



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Maharshi Karve Stree Shikshan Samstha's
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Event Name: Mask Making by Students

Organizing Bodies: SOFT NSS Unit

Place: Online

Date and Timing: 20th May, 2020

Participant list: Students

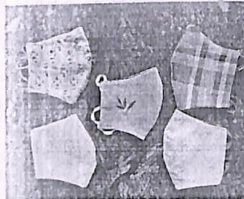
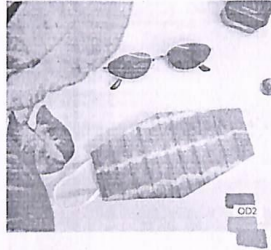
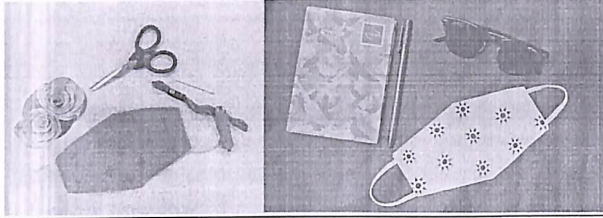
Brief about Events:

Keep Your Community Safe, Wear A Mask. To curb the spread of COVID-19, wearing masks is 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 necessary to wear a mask for each individual. To create awareness and importance of wearing a mask, the 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 a mask on and taking it off were important to know.

Tips for safely putting on and taking off a mask:

- 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



FEW TIPS FOR MAKING A MASK

You can choose any tightly woven cotton or cotton-poly fabric you like. Hold it up to light to see how tight the weave is.

If you want to use other fabrics layer them to be more effective.

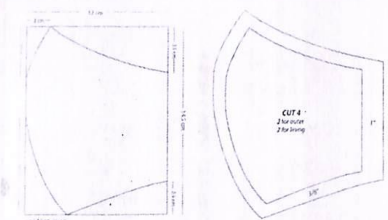
Preferably, use different fabrics for outer and lining to help you remember which side is clean and which is dirty.

Avoid using knit fabric or a crocheted mask, because the hole between the knit stitches are bigger.

Wash all the fabrics before sewing to pre-shrink, and to ensure you are working with the most suitable materials possible.



FACE MASK PATTERN



By making your own, and hopefully for family and friends, you will be decreasing demand on limited supplies of industrially manufactured disposables, which are desperately needed by hospitals and nursing homes.

Make Your Own Mask

KSHITEEJA GANDHE, BDES-FASHION DESIGN, 10th YEAR, MMSST'S SCHOOL OF FASHION TECHNOLOGY PUNE

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Event Name: Masks distribution

Organizing Bodies: SOFT

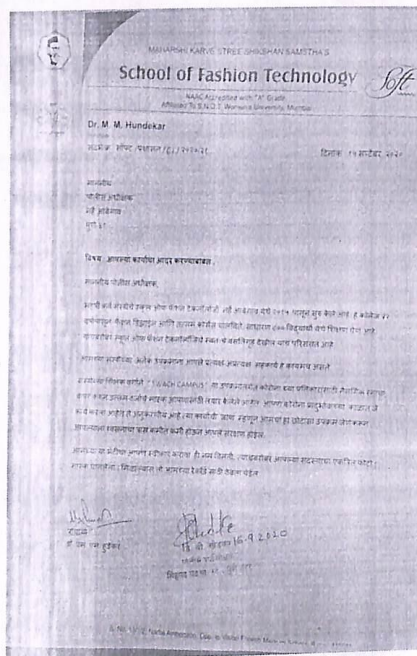
Place : Gram panchayat Narhe and Narhe Police Chowki.

Date and Timing: 16th September 2020

Participant list: Staff

Brief about Events:

As a part of social activity mask were manufactured and distributed to Gram panchayat Narhe and Narhe Police Chowki.



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Event Name: Blood Donation camp

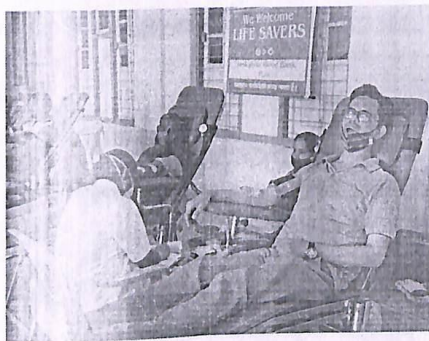
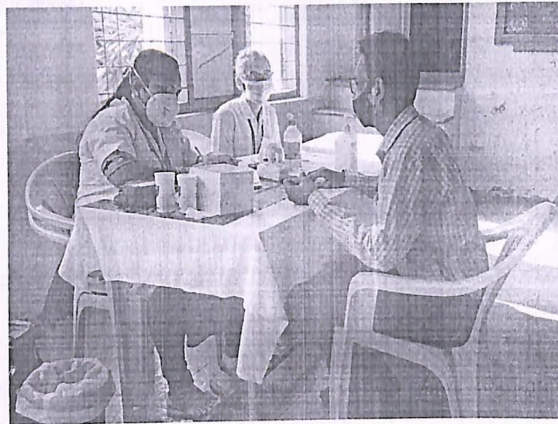
Organizing Bodies: MKSSS

Place: MKSSS campus

Date and Timing: 19th April 2020

Participant list: Staff

Brief about Events: Blood donation camp was organized by MKSSS on 19th April 2020 on occasion of Maharshi Karve Jayanti



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