



**Maharshi Karve Stree Shikshan Samstha's**

# **School of Fashion Technology**

**National Service Scheme**

**Annual Report**

**Academic Year**

**2021-2022**

## NSS Annual Activity Calendar

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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

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## BLOOD DONATION CAMP

Venue: MKSSS, Karvenagar

Date: 18<sup>th</sup> April, 2021



On the auspicious occasion of the celebration of the Birth Anniversary of our Founder Bharat Ratna Maharshi Dhondo Keshav Karve on 18th April 2021. By taking this occasion in account Maharshi Karve Stree Shikshan Samstha in Association with Janakalyan Blood Bank had organized a Blood Donation Camp in School of Fashion Technology.

As the Coronavirus Disease-2019 (COVID-19) pandemic has trampled the healthcare system. NSS members created awareness among the students about the importance regarding the benefits of donating the blood to them as well as how it will be helpful for others because every few seconds, someone, somewhere, needs blood.

We had received a very good response from everyone from our college as well as from outside the campus as this blood donation camp was open for everyone who was willing to donate the blood and to be a part of our good initiative.

All COVID 19 Guidelines issued by the Government was being very well followed strictly during this Blood Donation Camp. Time slots were being allotted to all the donors. Hence, all the participants were requested to carry sanitizers. Face masks were compulsory.



Many faculties from SOFT and students of SOFT gave a very good response also the members from Janakalyan Blood Bank guided and made the girls aware about the factors which are related to women's health and how they can have a healthy diet and lifestyle and can be a blood donor. Also the girls were provided with their blood report for their reference as well as the certificate.

**#Health is Wealth**

# EARTH DAY

Venue: SOFT Campus

Date: 22<sup>nd</sup> April, 2021

On April 22, Earth Day marks the anniversary, the birth of the modern environmental movement since 1970. The fight for a clean environment continues with increasing urgency, as the effects of climate change become more and more apparent every day.

MKSSS's SOFT NSS Unit has organized a small activity which will help contribute to the environment by planting trees at home due to COVID-19 pandemic.

An Indoor small plant which provides oxygen and has medicinal values can be planted to celebrate this occasion. This will not only benefit the family but will also help your step towards Mother Earth. The following suggestions were given regarding the plants which the students can easily plant at home are as follows:

- ❖ •• Areca Palm
- ❖ •• Snake plant
- ❖ •• Aloe Vera
- ❖ •• Gerbera
- ❖ •• Christmas Cactus
- ❖ •• Rama Tulsi
- ❖ •• Orchid
- ❖ •• Peepal Tree
- ❖ •• Neem Tree
- ❖ •• Any other indoor plant of your choice



Also by adding the quote “Earth does not belongs to us. We belong to the Earth” made students generate an interest towards contributing to the healthy and green earth for a better future to stay. And we received a very good response from them as well. And also the students were keen to send us there photos of tree plantation done by their end.

**‘Together We Can Make Everyday Earth Day and Each One of Us Can Make a Difference’**

## Majhi Vasundhara Abhiyaan #Earth Pledge

Venue: Virtual Mode

Date: 24<sup>th</sup> April, 2021

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

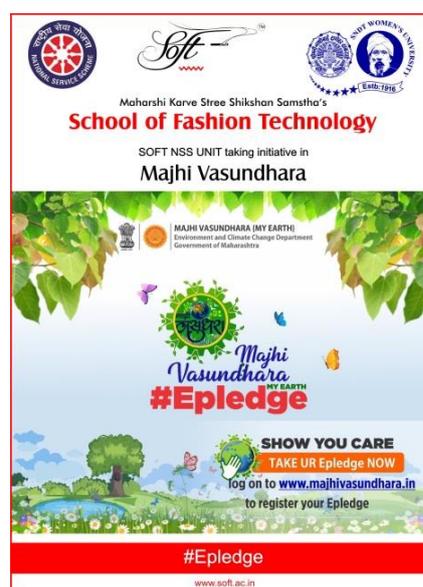
*So, we have to handover to them at least as it been handed over to us.”*

- 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.



**“Plant a tree, so that the next generation can get air for free.”**

# World Environment Day

Venue: Virtual mode

Date: June 6, 2021



World Environment Day was celebrated on 5th June, 2021 by SNDT Women's University in Collaboration with NSS Unit & Environment Sensitization Committee of Dr. Bmn college of Home Science (Autonomous).

The event commenced by paying the audio clip of SNDT WOMEN'S UNIVERSITY song followed by the auspicious lighting of the virtual lamp which is the symbol of brightness and prosperity.

Sant Tukaram was a 17th-century Marathi poet and sant, popularly known as Tuka, Tukobaraya, Tukoba in Maharashtra. Sant Tukaram Maharaj is best known for his devotional poetry called Abhanga and community-oriented worship with spiritual songs known as kirtans. In relation to that was a performance (abhanga recording) of Ms Avani Patekar, student of SNDT college of ARTS, music composition by Dr. Kalpana Jain, HOD of music department.

Furthermore, was a welcome speech by Prof. Mala Bandura, principal of BMN college of Home Science followed by the introduction of our Chief Guest Mr Ramdas Kokre by Ms Milina Pereira.

Dr N. Tendulkar, Assistant head of student department, NSS programme coordinator, gave a brief about how nature should not be taken for granted but respected for its values. He also talked about the united nations theme for world environment day, "reimagine, recreate and restore and made understand the importance of keeping the environment clean.



In addition to this were inputs of Mr Ramdas Kokre, deputy commissioner of kalyan dombivali Municipal Corporation also a well-known speaker, who has won a number of awards in the same field would guide about the importance of solid waste management and environment.

A documentary was shown to all the participants regarding how the district of Dapoli was plastic free in just 15 days. Awareness was created among residents by the use of posters, banners, pamphlets as well as in person by Mr Kokre himself. The mission was based on the principles of Awareness, Replacement, Law and Order.

Bharud is a type of Marathi verse. It has worked to convey religious and moral philosophy to the masses through simple metaphors. Many saints have written Bharud on social enlightenment. Bharud was written by saints before Eknath, Dnyaneshwar and Namdev, and after Tukaram and Ramdas, but they are not as diverse as Eknath Maharaj. The compositions of Saint Tukadoji Maharaj are also prevalent.

Thus, in relation to this was a phenomenal performance of Bharud by Vaishnavi Torne, Bhagyashree Ingle, Kruti Kamble, Sanyakta Sonawne, & Ruchita Pujari.

The programme concluded by a Question and Answer session wherein participants asked certain queries to Mr Kokre, and he giving wonderful solutions to the same.

### Poster Making on World Environment Day by NSS volunteers:



**“If you can't reuse it, refuse it.”**

# COVID-19 AWARENESS

Venue: Virtual mode

Date: 21<sup>st</sup> June, 2021

The NSS Unit of MKSSSS's SOFT had organized a Poster making to spread the Awareness regarding COVID-19 and prevention measures that should be taken.

This activity was designed to intensify students' awareness of the COVID-19 pandemic and the underlying scientific and mathematical concepts and processes involved in the prevention, detection, risk, response and management of the said virus. It aims to ascertain students' awareness and understanding of the COVID-19 pandemic and its relevance to their daily lives, most importantly, their health and well-being, through a poster-making activity. In this way, students' talents and creativity may be recognized even while they are staying at home. Students had created interesting posters on the topic and shared with the college.



“Stay Home, Stay Safe”

# INTERNATIONAL YOGA DAY

Venue: Virtual mode

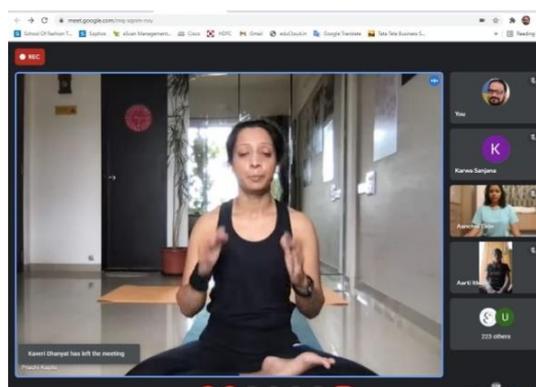
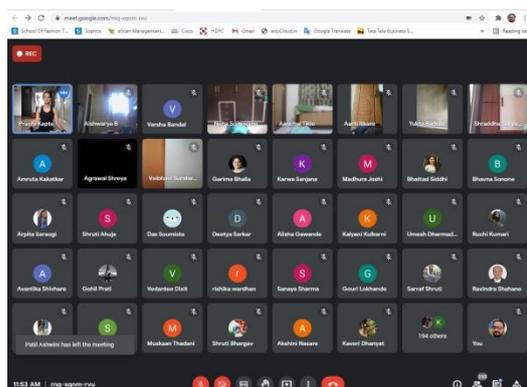
Date: 21<sup>st</sup> June, 2021



International Yoga Day is celebrated annually on June 21.

PM Modi, during his speech at the UNGA, said, Yoga is an invaluable gift of India ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting International Yoga Day.

International Yoga Day 2021: This year the theme is 'Yoga for Wellness' and for the practicing yoga for physical and mental well-being, much relevant for our times in a society still recovering from the impact of the coronavirus disease (Covid-19) pandemic.



What are the objectives of the International Yoga Day?

- Make people aware of the benefits of yoga and connect them with nature.
- To reduce the rate of health-challenging diseases in the world.
- Spreading growth, development, and peace throughout the world.
- Making people aware of physical and mental illnesses and providing solutions through yoga.- It also aims to develop a habit of meditation for peace of mind and self-awareness which is necessary to survive in a stress-free environment.

Workshop on How Helpful is Pranayama in Fighting COVID-19 was taken by Mentor-Prachi Kapte Dhillon, Certified Yoga Instructor, from Kaivlyadham (Lonavala) Endeavour of "Yoga Time with Prachi" Workshop included the Introduction to Yoga, Brahmari Pranayama, Sitali Pranayama, Anulom Vilom Pranayama and Savasana.

**“Inculcate the habit of practicing yoga in your life!”**

## YOGA FOR RESPIRATORY HEALTH & IMMUNITY

Venue: Virtual mode

Date: 1<sup>st</sup> July, 2021

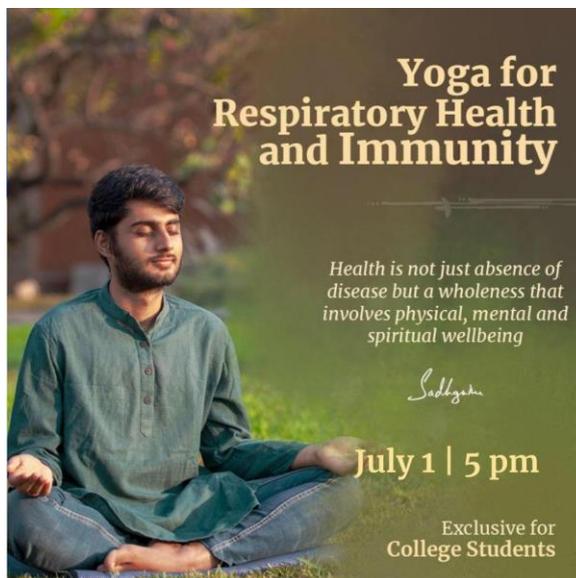
Do you feel like COVID-19 has brought your life to a standstill?

NSS SOFT unit gave a great opportunity to Join a free webinar on \*Yoga for Immunity and Wellbeing\* to learn simple practices to boost your immunity and strengthen your Spine.

*\*For maximum benefits\**

Keep a light stomach condition. Best to avoid external disturbances and sit in an indoor space. Through yoga, practitioners experience improved states of well-being, including physically, physiologically, emotionally, and mentally.

MKSSS's SOFT NSS Unit participated in the webinar which helped understand the importance of Yoga for Respiratory Health and Immunity.



In the West, yoga is popularly viewed as a form of physical activity, as a way to exercise one's physical body and to release the stress of everyday life. The yoga of physical posture is referred to as Hatha Yoga (Chaline, 2000). According to Chaline (2000), Hatha yoga corrects posture; increases flexibility, Muscle strength and endurance; and also promotes relaxation. Attending a Hatha yoga class often means following guided instruction in a dimly lit room, accompanied by the aroma of incense, while quiet music plays in the background.

However, what visibly occurs during an instructor- Led yoga class makes up only one part of the practice. People practice Hatha yoga to attain pure and total health and enlightenment, as is claimed by the definitive yoga text, The Yoga Sutras of Patanjali (Satchidananda, 1990). But what parts of the body exactly do these practices affect and how do they do it? This literature review attempts to identify what takes place during this period of internal concentration.

As mentioned in the introduction, meditation (Dhyana) is the seventh limb of Ashtanga Yoga, and it exists in many forms. Meditation is more than just sitting in a cross-legged position, Eyes closed and hands on either knee with a closed forefinger and thumb. Much occurs internally While in a meditative state, beginning with focusing the mind on the third eye (ajna chakra)—the Space between the eyes.

NSS volunteers enjoyed the session and was very refreshing.

**“Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul.”**

## **SNDT FOUNDATION DAY**

Venue: Virtual mode

Date: 5<sup>th</sup> July, 2021

On 5<sup>th</sup> July 2021, the university celebrated 106<sup>th</sup> foundation day of Shreemati Nathibai Damodar Thackersey Women's University (SNDT). The event opened with the national anthem followed by the university song. The registrar of SNDTWU introduced the panel and gave a brief history of the institution.

The speech contained the growth and journey of expansion of the university. On this day, 106 years ago in 1916, Maharshi Karve's vision to empower women through education came to life. Back then it only had 5 girls studying under SNDT and now it has more than 50,000 girls excelling in different fields.

The event proceeded with a few words of encouragement from the vice chancellor. Which segwayed to a self-composed song by Moumina Rana and sung by Jyoti Bhande, about seeking strength from the almighty to fight and overcome our sufferings during difficult covid-19 situation. It gave an ode to those who lost their loved ones and those who helped in fighting this biological war.

To conclude the event teaching staff, non-teaching staff and students were felicitated and the two major scholarships was mentioned that gave support to many girls in having a better future through education, following what the institution stands for- confidence, inclusion and equity.

**'Sanskrita Stree Parashakti ' (An enlightened woman is a source of Infinite strength)**

## INDEPENDENCE DAY CELEBRATION

Venue: SOFT, Pune

Date: 15<sup>th</sup> August, 2021

MKSSS's School of Fashion Technology and Vision English Medium School, Narhe had organized the 15<sup>th</sup> August, 2021 celebration at the SOFT Campus.

This year was the 75<sup>th</sup> Independence Day of India. 'Azadi Ka Amrit Mahotsav' an initiative of the Government of India takes back the entire country to the glorious history of its people, cultural ethos and achievements and also a glimpse of the modern nation that the nation has turned into in 75 years after the independence in 1947. The year-long celebrations will showcase progressive India's socio-cultural, political and economic identity. The journey of "Azadi ka Amrit Mahotsav" began on March 12, 2021 and will continue for 75 weeks leading the nation to the 75th anniversary of Independence and will end post a year on August 15, 2023.

As this year was a lockdown period, the celebration was organized keeping mind the Covid-19 protocols. The teaching and non-teaching staffs of both SOFT and Vision School were present at the campus.



The poojan of Bharatmata was done. And then flag hoisting ceremony took place at 8 am followed National anthem, dhwaja geet and pledge.



The Chief Guest for this year was Mr. Amod Wagh, Guest of Honor was Mr. Kiran Barat, Dr. M.M. Hundekar, Principal, SOFT and

Mrs. Kanchan Wagh, Principal, Vision English School were present at the event. This year 2 COVID Warriors were felicitated for their work in the pandemic times Ms. Nikita Khatal and Ms. Rutuja Naral. They had worked at the cremation ground day-night and cremated the COVID-19 dead bodies. They shared their thoughts and the work they had been doing in the tough times of pandemic.

**“Nation First, Always First”**

## TEACHER'S DAY CELEBRATION

Venue: SOFT, Pune

Date: 5<sup>th</sup> September, 2021

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



On the occasion of Teacher's Day which is celebrated on the 5<sup>th</sup> September, NSS Unit and Cultural department of SOFT Pune had organized fun interactive games for the teaching and non-teaching staff of the College. The time of COVID-19 pandemic has been a tough time for each and every one. To have refreshment and fun other than the regular works with department had organized few fun activities at the college itself. Games like dumb charades, musical chairs, interactions, music and dance were organized, As it was a lockdown period students could not be present physically, they all had sent their warm wishes for all the teachers through videos and messages.

**“A good teacher is the one who can inspire hope, ignite imagination and instill a love of learning.”**

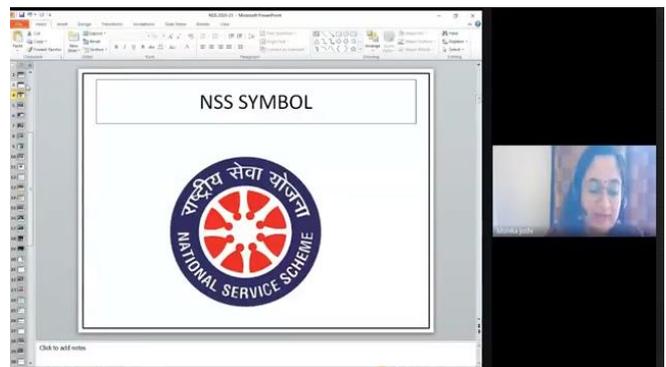
# NSS ENROLLMENT DAY

Venue: Virtual Mode

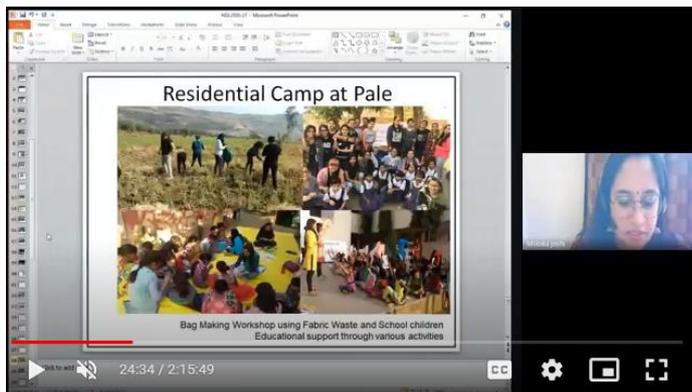
Date: 8<sup>th</sup> September, 2021

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.

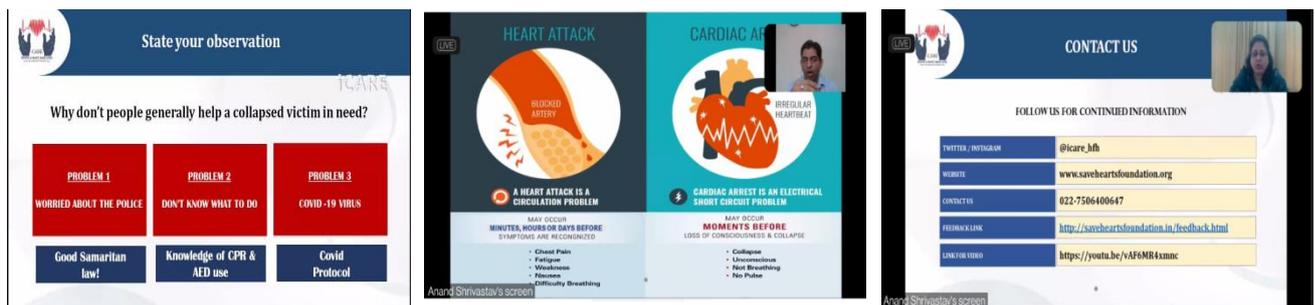
**“Not Me but You”**

# SUDDEN CARDIAC ARREST

Venue: Virtual mode

Date: 28th September, 2021

In a webinar by Save Hearts Foundation, we understood the difference between a heart attack and a sudden cardiac arrest. Heart attack is a circulation problem which may occur minutes/ days/ hours after some recognizable symptoms like chest pain, fatigue, weakness, nausea and difficulty in breathing. Whereas cardiac arrest is an electrical short circuit problem which occurs moments after symptoms like unconsciousness, difficulty in breathing and loss of pulse. The person may also collapse during a sudden cardiac arrest.



The session educated us with 4 steps that we can perform in case of a sudden cardiac arrest. They are as follows-

Step1: Understand whether it is a Heart Attack or a Cardiac Arrest.

Step2: Call your nearest hospital and ask them for an ambulance.

\*ask them for a cardiac ambulance because it has an assigned doctor and necessary medical equipment in it\*

Step3: Start performing CPR (chest compressions) at the rate of 100-120 compressions per minute. You are expected to put the heel of your dominant hand at the center of the chest at the level of nipples and put your other hand on the top of that hand.

\*avoid bending your hand from the elbow\*

Step4: If you have an AED machine available, use it on the patient on bare and dry skin by following the instructions given by the machine itself.

The webinar concluded by saying that one should always stay calm and perform all the above steps until the ambulance arrives. Our presence of mind and awareness about the sudden cardiac arrest can save a life.

**“A healthy heart is a key to happiness in life.”**

## WORLD MENTAL HEALTH DAY CELEBRATION

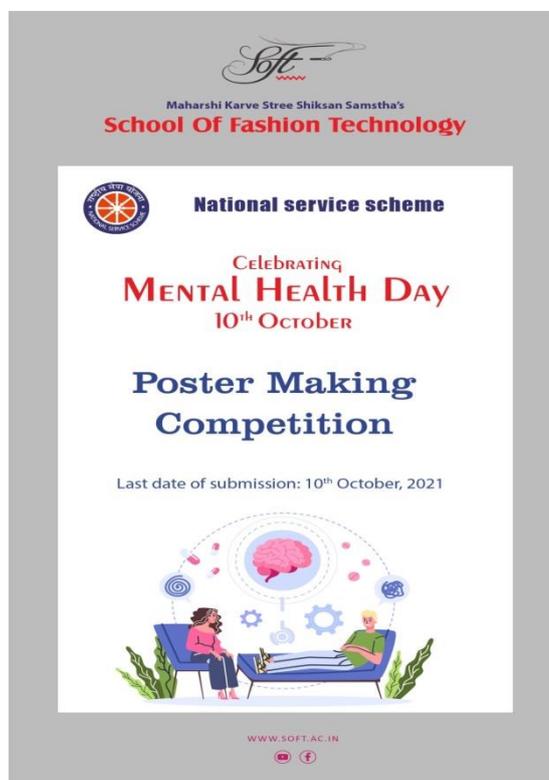
Venue: Virtual mode  
2021

Date: 10th October,

With the world slowly resuming to its normalcy, the pressures of coping up with the work and work environments have increased which may result into one being stress, depression and anxiety. It is extremely necessary for every individual to speak up about the same and at the same time not feel embarrassed or ashamed. Sometimes, an individual is also completely and entirely unaware of the fact that they are mentally disturbed. We believe it is extremely necessary for everyone to not only be physically fit but also mentally fit and strong.

On the occasion of World Mental health day, the NSS unit here at soft decided and took an initiative to spread awareness about mental well- being. We organized a poster competition for the same.

Each poster was skillfully designed by our students with easy to comprehend quotes and slogans that would simply and subtly pass on the message and create an immediate impact in the mind of the viewers about mental sanity.



**"There is hope, even when your brain tells you there isn't."**

## BAYA KARVE AWARDS 2021

Venue: MKSSS

Date: 29<sup>th</sup> November, 2021

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 like Smt. Gangutai Patwardhan, Dr. Manda Amte, Smt. Naseema Harajuku, Smt Pushpa nade, Smt. Prema Puraw, Smt. Vijaya Lawate, Smt. Renu Dandekar, Smt. Smita Kolhe, Smt. Meena Inamdar, Smt. Sindhu Ambike, Dr. Maya Tulpule, Smt. Padmaja Godbole, Smt. Meera Badawe, Smt. Anuradha Bhosale, Dr. Sanjivani Kelakar, Smt. Jayashri Kale, Smt. Suvarna Gokhale, Smt. Sunita Godbole, Smt. Chandrika Chauhan, Smt. Rusha Walavi and Smt. Jaya Tasaung Moyong 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 composed of eminent persons of social and academic repute every year.



This year's Maharshi Karve Stree Shikshan Samstha's, 26th National Level Baya Karve Award was conferred upon Kilambi Pankaja Valli of Aditi Pratishthan from Jammu.

The award was presented by the National Executive Member of Rashtriya Swayamsevak Sangh, Indresh Kumar, the President of the organization Smita Ghaisas and chief guest of the program. The award comprises Rs 1, 01,000 and a memento.

Indresh Kumar, speaking at the event, noted that a decent human person is ruled by strong educational and cultural legacies, which enable him to live in this world. Maharshi Karve Stree Shikshan Samstha, according to him, teaches its students these ideals. He also stated his desire for a comparable branch of the Samstha to be established for the benefit of students in Jammu and Kashmir.

The President of the Maharshi Karve Stree Shikshan Samstha, Smita Ghaisas; Chairman, Ravindra Deo, Vice Chairman, Vidya Kulkarni, Member of the Board of Directors, Seema Kamble, Members of the Selection Committee, Sanjay Tambat and Vibhavari Bidve and Secretary of the Samstha Dr P V S. Shastri, were present on the occasion.

Maharshi Karve set the precedent for women's empowerment through social work and education which has been continued by the Samstha for the past 125 years. The reputation of the organization is spread all over the country.

Pankaja didi claims that the Sangh instilled principles in her that have driven her to be a part of this noble cause for the past 27 years. Pankaja Didi migrated to Jammu during the unrest in J&K in the 1990s and has remained a vital part of the region ever since. She has dedicated herself to the care and treatment of those who have been victims of terrorist assaults and bombings. Didi was also an integral part of the establishment of Aditi Pratishtan, a rehabilitation center for orphaned girls, which began with just three girls in her care. In addition to her rehabilitation work, Pankaja Didi is in charge of getting the girls married and assisting them in settling down in life.

At the end of the programme, Pankaja Didi urged all Indians to not only go on pilgrimages to holy places like Vaishnodevi, but also to do their part in supporting their great cause.

## NATIONAL YOUTH DAY – 2022

Venue: Virtual mode

Date: 12th January, 2022

*We are what our thoughts have made us; so, take care about what you think. Words are secondary. Thoughts live; they travel far. -Swami Vivekananda.*

The National Youth Day is celebrated on the 12<sup>th</sup> of January every year. It commemorates the birth anniversary of Swami Vivekananda, whose teachings and ideals have been a source of inspiration for the youth of India.

Every year, the National Youth Day is observed all over India, in schools and colleges hosting a variety of events and activities for students. Each year, the festival carries a different theme. *For the year of 2022, the theme was: It's all in the mind.* The festival is organized by **National Service Scheme (NSS)** and **Nehru Yuva Kendra Sangathan (NYKS)** under the aegis of the Ministry of Sports and Youth affairs of India. Each year, the events of this festival take place physically, across India, however due to the current social situation due to COVID-19 and its restrictions, the events of the year 2022 were organized *online*.

The event started with an address by the Hon'ble Prime Minister **Shri Narendra Modi**.



On the occasion of National Youth Day, PM Shri Narendra Modi inaugurated the Manimandapam at Puducherry. The structure has a build-up area of 1,565 sq.m, which houses various facilities such as: An open-air auditorium, A museum, theatre hall, library and two lecture halls. His address to the audience also mentioned that the Govt. of

India is set to commence 15 new technological centres to help develop the skills of Indian youth.

Apart from hosting the live session consisting of the speeches and public addresses by many of the country's influential personalities, the event also featured a unique homepage of the website: Puducherry Promenade, which featured 3 main halls, namely: Subramanya Bharathi, Vivekanand Manthan Campus and Shri Aurobindo Arena.



- The Vivekananda Manthan Campus featured the assembly hall, a virtual reimagination of an assembly lobby, which hosted the live video of the public speeches by Hon'ble PM Shri Narendra Modi, Puducherry chief minister Shri N. Rangaswamy and other influential personnel.

- The Subramanya Bharathi featured gateways to various other parts of the interactive website such as, the Island of Dreams, Play, Music Concert and Indigenous games. The indigenous games section featured a variety of unique regional games of India such as: Thang Ta, Mallakhamb, Silambam, Gatka, Kalari, Kabaddi, etc.



- The Island of Dreams is an immersive 360° VR experience, allowing the audience to experience various adventure sports such as Hot air balloon riding, Yacht riding etc via an interactive 360° video. You can also explore the island as a whole from aerial view. The Island of Dreams was a beautiful experience and the highlight of the whole event webpage.

**“The earth is enjoyed by heroes—this is the unflinching truth. Be a hero. Always say, “I have no fear.”**

## Majhi Vasundhara Abhiyaan #Earth Pledge

Venue: Virtual Mode

Date: 1<sup>st</sup> January, 2021

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.



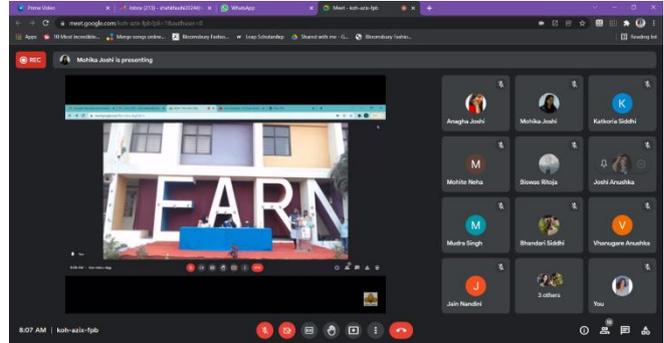
**“Save trees, live an active lifestyle.”**

# REPUBLIC DAY CELEBRATION

Venue: Virtual mode

Date: 26th January, 2022

The 73<sup>rd</sup> Republic Day was celebrated at our esteemed university with complete enthusiasm, involvement and pride. The event began at 7:30 am as all the educators and students came together and assembled for the event.



As we waited for our Guest of honor and Chief Guest to arrive, we were informed regarding the importance of celebrating this national festival. Republic day is celebrated in the honor of our country becoming a democratic country bringing the constitution to life. The constitution informs us about our rights as well as of our duties as the loyal citizens of the nation. Our guests arrived at 8:00 am. They were welcomed with a brief round of applause. The flag was hoisted by our Guest of honor Mr. Purushottam A. Lele followed by the recitation of our glorious national anthem on beat of a drumming band. The flag anthem was sung right after.

Everyone took a minute to settle done after the flag hoisting. Our respected principal Dr. Hundekar welcomed the Guest of honour Mr. Lele and Chief guest Mrs. Swati S. Dimble by presenting a token of appreciation. Mrs. Dimble was then welcomed to the podium to share a few words of wisdom and also to share her experience with us over working as a welfare worker contributing to our community. Not only were her words inspiring but deeply moving. Her kind words were followed up by Mr. Lele whose speech motivated us equally. A vote of thanks was giving in appreciation of our valued guests who delighted us with their joyous presence and spared us their valuable time on this occasion. The entire event was concluded by singing Vande Mataram and paying our final tribute for the day.

**“Being respectful, being caring is the true meaning of being a Republic.”**

# PAYING HOMAGE TO BHARATRATNA LATA MANGESHKAR

Venue: Virtual Mode

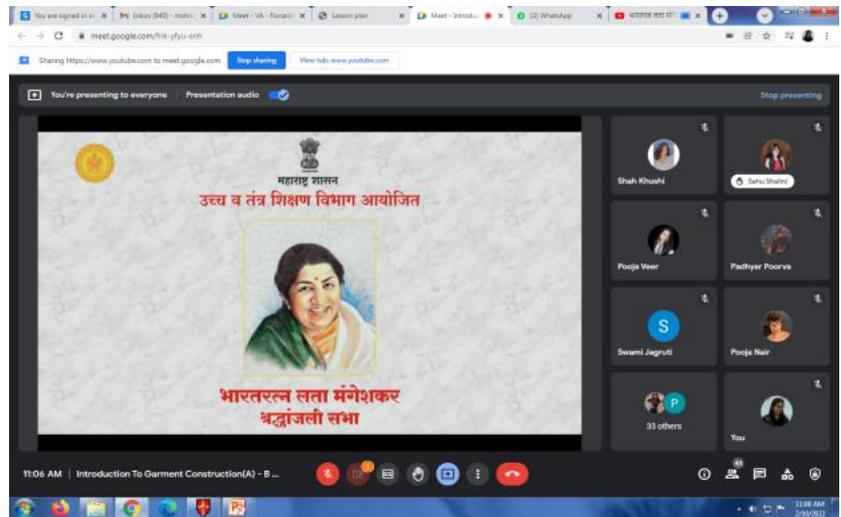
Date: 10th February, 2022

With heavy hearts, we all paid our final homage to Bharatratna Lata Mangeshkar. The event began at 11:00 am as all the educators and students all over the state came together and assembled for the event through the virtual mode.

The event commenced with singing the national anthem. Post national anthem a silence for few minutes was observed in respect of Mrs. Lata Mangeshkar.

Respects were paid by MLA Mr. Uday Samant, Mr. Bacchav, the Principal of Ruia College and student representatives on the behalf of all the students and educators across the state.

A very heart-warming video over Lataji's journey in the industry was presented in her memory. The nightingale of India started her journey at the very young age of five. When we talk about her, a very charismatic and generous image appears in front of our eyes. She taught us the true meaning of music and to give justice to each letter and sound. No words can define her. She has become synonymous for music.



**“As a singer, you have to bring the soul to the song.”**

# AZADI KA AMRIT MAHOTSAV

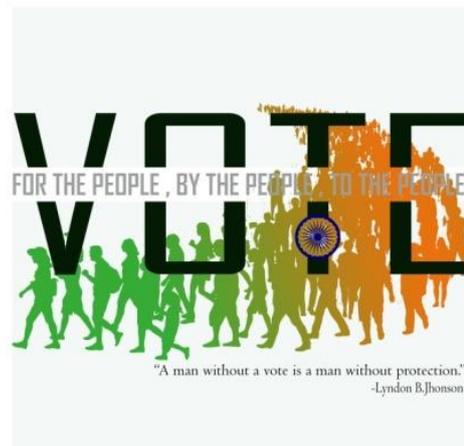
## Poster making on importance of voting in Democracy

Venue: Virtual mode

Date: 17th February, 2022

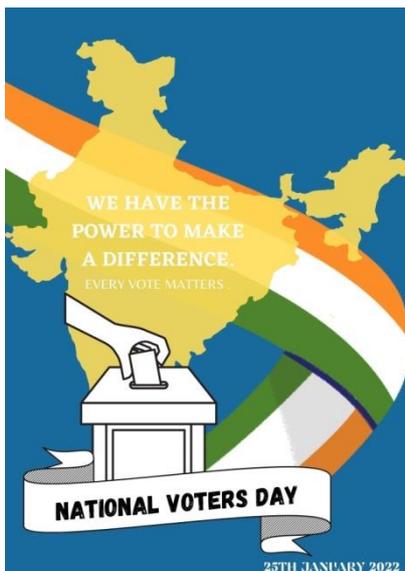
India is the world largest democracy and has continued to be a democratic country since the last seven decades. One of the most fundamental aspects of a democracy is the right to vote. India has seen 17 general elections and numerous state and local body elections since independence.

In the spirit of the 'Azadi Ka Amrit Mahotsav', an initiative of the Government of India to commemorate 75 glorious years of progressive India and its rich history, diverse population, magnificent culture and great achievements, the NSS unit at The School of Fashion Technology had conducted a Poster Making competition on "The Importance of Voting in Democracy" in which the students did a brilliant job by illustrating their creative ideas in the form of innovative handmade and digital posters on the theme 'National Voters' Day' and 'Democracy fortnight'.



- Diya Thakur

As reinstated over the times by our honorable Prime



Minister, Shri Narendra Modi, the youth is our future and the driving force behind the potential progress and development of our nation. Being the responsible citizens of this country, we feel it is extremely important for us to cast our vote, raise a voice and make our own government. The students here at SOFT are above the age of 18 years i.e., they are eligible to vote but it's important to evoke awareness about the same among them.

Hence, by the means of this competition we helped our students understand and realize the value of their voice in democracy.

**“Believe in the power of your vote.”**

## AZADI KA AMRIT MAHOTSAV

Venue: Virtual mode

Date: 18<sup>th</sup> February, 2022

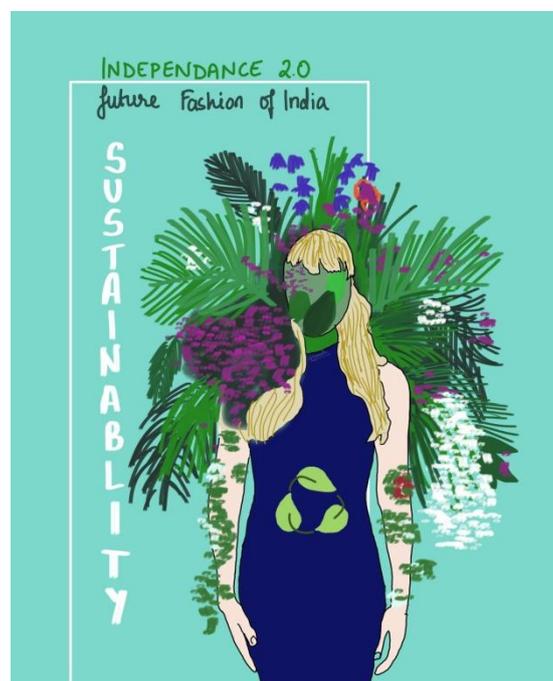
As a part of the 'Azadi Ka Amrit Mahotsav', which is an initiative of the Government of India to commemorate 75 glorious years of progressive India and its rich history, diverse population, magnificent culture and great achievements, the NSS unit



at The School of Fashion Technology organized a competition to explore the creative instinct in the students and to encourage them to pen their ideas on Indian Independence.

In view of the competition, the students were supposed to write an essay, compose a poem, suggest an impressive slogan or design an E-poster on some interesting topics which incorporate the contribution of the fashion industry in the growth of the country for the past 75 years, post-independence.

Some really innovative posters, insightful essays and powerful slogans were put forward by the students on several impactful subjects like 'Azadi ka Digital Mahotsav' which gave a gist about Indian fashion brands; 'Independence 2.0', which provided a potential insight about the future of fashion in India; 'Celebrating Unsung Heroes', which portrayed Indian designers who represented India on an International platform; and 'Aatma Nirbhar Bharat', which is an essential phrase to voice the idea of making India the Global start up Hub of Fashion.



The competition was an effective way to fuel the creative mindset of the students and at the same time, helped them realize the value and contributions of the industry that they are a part of, in the developing Independent India.

**“Think of yourself as a curator, rather than a consumer.”**

# FOOD-PLANET-HEALTH

Venue: Virtual Zoom Meet

Date: 22<sup>nd</sup> February, 2022



This Food-Plant-Health program is organized by Vegan Outreach India, to teach why Plant products are way better than animal products. Veganism is practice of saying no to animal products. Most animal products contain 50% fat. Dairy industry uses illegal hormone injections on a daily basis, pus and bacteria in milk by that animal milk is neither healthy nor natural for humans.

Meat contains genetic manipulation, unhygienic conditions of poultry farms, nitrates saturated fats, and salt. Due to bad polluted ocean, fishes also get unhealthy.

Animal agriculture costs more in health damage than it contributes to the economy. It also the biggest Cause for climatic change- highest use of land and water, human lives, biggest polluter. Going for vegan it requires fewer animals and hurts fewer animals.

By this it reduces animal suffering, respect animal rights and leaves more land for wildlife. And they also suggested a free program to take the first step towards saving the animal lives.



“Peace starts on our plate.”

## WOMEN'S DAY CELEBRATION

Venue: SOFT Campus

Date: 10th March, 2022



Women day celebration was organized on women empowerment by School of Fashion Technology, Pune. Women day celebration at soft included celebrating the journey of alumni from being student to entrepreneurs in fashion industry. With lots of appreciation to the hard work of their alumni and their achievements also inspiring session for current and prospective students to follow their passion and make a mark in their career.

Entrepreneurs like Sujata Tokey (Founder of Sujata's design studio, Pune), Sonam Parmar (designer and founder of her label-SPJ Sonam Parmar Jhavar), Sneha Advani (fashion designer and creative head and founder of the brand SNEH), Deepti Acharya (founder spectrum clothing, brand name-Rose couture), Jaya Vishwas Kadam (designer and owns brand name SHOBHA) with the principal mam of soft with all the faculty members and all the students attended the program.



Entrepreneur's motivated students putting up there real life stories and all the hard work they made to become successful. Starting from changings the views of their family for fashion designer to start of their business, with the help of one machine and one masterji and a garage they have their own brands and studio today. After facing family pressure, financial problem, society pressure and there professional life they have achieved their success. With such an inspiring and motivating lessons the program ended with student's queries and principal mam's vote of thanks.

All we learn from them is "PATIENCE, PERSISTENT AND PASSION ARE 3P FOR SUCCESS"

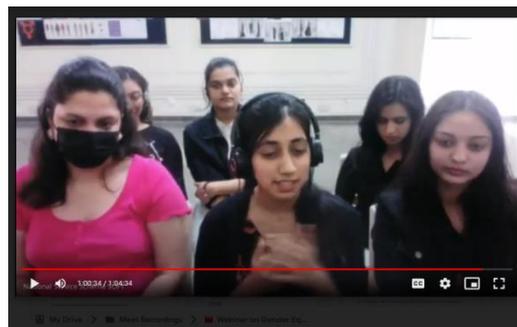
**"Every role a woman plays is bound to make your day."**

## GENDER EQUITY AND GENDER EQUALITY

Venue: SOFT Campus

Date: 11th March, 2022

Gender equity, equality between men and women... doesn't mean that ladies and men must become the identical, but that their rights, responsibilities and opportunities won't rely on whether or not they were born male or female. Gender equity means fairness of treatment for men and girls in keeping with their respective needs.



Some more differences..

### Equity

1. Positive discrimination
2. Equity is more subjective.
3. Respects individual differences and diversity.
4. It identifies the differences and tries to reduce the gap between the groups
5. Equity principle works even if people do not start from the same point.

### Equality

1. Negative Discrimination
2. Equality is measurable.
3. Does not give enough value to individual differences and diversity.
4. It is not concerned with the differences or gap between two or more groups
5. Equality principle can only work if everyone starts from the same place.



In the webinar meeting of the department of NSS on 11th March 2022, the view was expressed that on the occasion 9 International women's day which was on 8th March 2022 the students should be aware of Gender equity of equality. On this occasion, the college NSS team had organized a very interesting webinar on women's equity over equality.

The speaker Dr. Swati Partani (founder of RAAH) gave us knowledge about the difference between equity of equality. She made the session very interactive and interesting by giving us various examples. Dr. Swati Partani, is Asst Professor and HOD, Child Development Department, at Maniben Nanavati Women's College. She is Executive Editor of "Research Horizons" an International peer reviewed research journal listed in EBSCO. She has served on the advisory Board of the day care unit of the Institute of Chemical Technology. She is an expert on the Advisory board of simply do- Learning Synapses Education Solutions, an ECE Organization. She has been associated with HD dept., PGSR SNTD since 2012, in guiding research.

**"Join the majority, vote for equality!"**

## DANDI MARCH QUIZ COMPEITION

Venue: Online

Date: 12<sup>th</sup> March, 2022

An Online Quiz Competition was organized by the MKSSS's SOFT NSS Unit, on 12<sup>th</sup> March, 2022 which was based on the Dandi March. In which the students from 1<sup>st</sup> year, 2<sup>nd</sup> year and 3<sup>rd</sup> year had participated.

On March 12, 1930, Mahatma Gandhi embarked a historic Salt March from Sabarmati Ashram in Gujarat's Ahmedabad to the village of Dandi in the state's coastal area to protest against the steep tax the British levied on salt. The Dandi March, also known as the Salt March and the Dandi Satyagraha was an act of nonviolent civil disobedience led by Mohandas Karamchand Gandhi. The march lasted from 12th March, 1930 to 6th April, 1930 as a direct action campaign of tax resistance and nonviolent protest against the British salt monopoly. On 12th March, Gandhiji set out from Sabarmati with 78 followers on a 241-mile march to the coastal town of Dandi on the Arabian Sea. There, Gandhi and his supporters were to defy British policy by making salt from seawater. At Dandi, thousands more followed his lead, and in the coastal cities of Bombay and Karachi, Indian nationalists led crowds of citizens in making salt. Lord Irwin was viceroy during the launch of Civil Disobedience Movement. Sarojini Naidu was among the leaders who accompanied Mahatma Gandhi during Dandi March.

Students contributed good response and they acquired more information of Dandi March by attempting quiz.

### Question for quiz were

Non-violent protest against the British monopoly on salt production known as?

Who led the Dandi march?

The Dandi March, also known as the Salt Satyagraha, began on \_\_\_\_\_ and was an important part of the Indian independence movement

Which Indian mass movement began with the famous 'Dandi March' of Mahatma Gandhi?

Mahatma Gandhi started Dandi March with 79 volunteers from which Ashram

Salt Satyagraha is notable for at least three reasons. Which of the following is not one of them?

What is the end date of Dandi march?

The Salt March was also called the \_\_\_\_\_ because all the people were joining the procession wearing white khadi

The first day's march of 21 km ended in the village of?

From where to where did the Dandi March span?

The Salt Satyagraha campaign was based upon Gandhi's principles of?

Who got influenced by the Satyagraha teachings of Gandhi and the March to Dandi?

At midnight on 31 December 1929, the INC (Indian National Congress) raised the tricolor flag of India on the banks of the?

Which committee gave Gandhiji the responsibility for organizing the first act of civil disobedience.

A prominent newspaper wrote about the choice: "It is difficult not to laugh, and we imagine that will be the mood of most thinking Indians."

**“Atma Nirbhar Bharat”**

## BLOOD DONATION CAMP

Venue: SOFT Campus  
2022

Date: 16th March,



On 16.03.2022 MKSSS's SOFT NSS unit organized a blood donation camp in the School of Fashion Technology. Under the guidance of Ms. Mohika Joshi the initiative was taken by the NSS unit of the college in accordance with the blood bank. A team of doctors and a few nurses from the Janakalyan Blood Bank arrived at the campus

before the scheduled time and the programme started exactly at 10:00 AM as earlier notified. All the preparations such as arrangement of beds, sanitation and the refreshments for the donors were done with the help of NSS students and college workers.

The girls were very excited about the donation. More than 125 students and faculties and staff members of SOFT registered. A total of 34 units of blood was collected and were eligible for donating because of reasons like underweight, low hemoglobin, tattooing and piercing and in many cases lack of sleep. Programme continued till 5.00 PM. The donors were given refreshments to re-energize them. Team gave a motivational speech on the benefits of blood donation and the further procedure with the blood collected at camp.





The members who were not eligible for the donation were given a diet chart and a few tips to increase their hemogram levels. The NSS volunteers made sure that the event took on smoothly and helped solve doubts of the donors. Their initiative and efforts were acknowledged by the college authority. The volunteers were also encouraged to arrange more such events in the future.

The organization gave the certificates to the donors. At the end the college was awarded with a certificate and vote of thanks letter from Janakalyan Blood Bank.

**“Blood Donation...It Will Cost You Nothing, It Will Save A Life!”**

Ms. Mohika Joshi  
NSS Program Officer

Dr. M. M. Hundekar  
Principal