



**Maharshi Karve Stree Shikshan Samstha's  
School Of Fashion Technology  
In affiliation with  
S.N.D.T. Women's University, Mumbai**



**NSS Unit  
(Academic session 2022-2023)**

**CHECKED BY  
Dr. M. M. Hundekar  
Principal**

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## SCHOOL OF FASHION TECHNOLOGY, NARHE, PUNE

Accredited with "A" Grade by NAAC

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

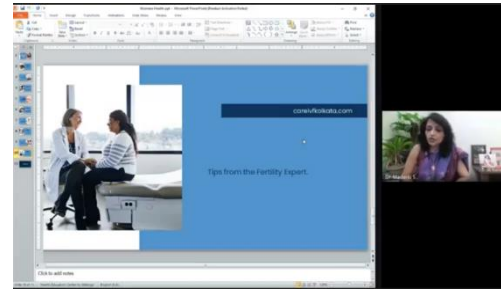
### WEBINAR ON WOMEN'S HEALTH

Venue: Virtual Zoom Meet

Date: 19th April, 2022

This Webinar is organized by Care IVF Kolkata and was taken by Dr. Madanki, a Fertility Consultant.

She has started by talking about self-care, young women should love herself first and foremost, should think positive things, etc. 'Plan of Action' if women have planned or if she is ready then only a man can do it, if she asked for no then there would be no further action. She talked about physical wellbeing by eating healthy, regular exercise and avoids smoking alcohol and drugs. Practicing of Safe Sex by using barrier contraceptives to protect ourselves from sexually transmitted diseases and unwanted pregnancy, regular self-breast examination and keeping a menstrual calendar. Taking care of emotional and psychological wellbeing. She told us what to do and what to not of being aware of it.



She also answered some of the questions which were asked by the audience. Some of the questions are- Causes of infertility, Steps should women take to avoid infertility, causes of women health issues, causes of women Breast cancer, Causes of PCOD, how to handle stress and how to keep our body cool during summer.

**"A woman's health is her capital"**

## INTERNATIONAL YOGA DAY

Venue: SOFT, Pune

Date: 21st June, 2022

Recognizing the universal appeal of Yoga, owing to its demonstrated benefits towards immunity building and stress relief, the United Nations General Assembly (UNGA) proclaimed 21st June as the International Day of Yoga (IDY) on 11th December 2014. Since 2015, this day has been observed all over the world in ever-growing numbers, to remind people across the globe about the benefits of Yoga, and to build enduring public interest in Yoga by highlighting its importance and contributions to public health.

PM Modi, during his speech at the UNGA, said, "Yoga is an invaluable gift of India's 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 an International Yoga Day."

The theme for International Yoga Day 2022 is "Yoga for Humanity".



The NSS Unit, SOFT had organized different competitions on the occasion of YOGA day; they were Quiz, Slogan and Poster Competition. A quiz competition was organized for the 2<sup>nd</sup> year students on the occasion of International Yoga Day 2022, through Google form (Online). The Objective of the quiz competition was to evaluate the knowledge of the participants within academics as well as beyond academics and to make them familiar with the prospects of quizzes and the objectivity of the questions.



What is the theme of International Day of Yoga 2022?

Yoga for Humanity

Yoga for well-being

Yoga for People

Yoga for all

---

Karma yoga is a branch of yoga based on the teaching of which text?

Ashtavakra Samhita

Bhagavad Gita

Hatha Yoga Pradipika

Vedas

---

Which of the following statements is/are correct about Yoga?

Yoga is practiced since ancient India. It is a physical, mental and spiritual practice.

The 'yoga' word is derived from Sanskrit.

Yoga means to join or unite, represent the union of body and consciousness or alertness.

All the above are correct

How many koshas do humans have as per the yogic system?

2

3

4

5

---

Suryanamaskar incorporates

12 mantras

Sequence of body positions

Breathing awareness

All the above

---

The International Day Of Yoga was first celebrated in which year?

2014

2015

2016

2019

44 responses

Accepting responses

Summary Question Individual

Insights

Average	Median	Range
12.16 / 15 points	13 / 15 points	5 - 15 points

Total points distribution

Scores

Release scores

Email	Score / 15	Score released
ankitas2024@soft.ac.in	13	Jun 18 2:32 PM
oswalnishi2024@soft.ac.in	8	Jun 18 2:32 PM
pawarmanali2024@soft.ac.in	13	Jun 18 2:39 PM
diwanpallavi2024@soft.ac.in	12	Jun 18 3:09 PM
sulebhaviakshata2024@soft.ac.in	14	Jun 18 8:20 PM
shedgeaarya2024@soft.ac.in	13	Jun 18 11:10 PM
ghodkesakshi2024@soft.ac.in	14	Jun 19 12:13 PM
indanisejal2024@soft.ac.in	13	Jun 19 4:52 PM

In India yoga is practiced since 5<sup>th</sup> century. Keeping the body & mind in a sound health is the benefit of yoga. All the systems of the body & mind are targeted. The energy generated in the body results in stability, peace & calm. The activities other than academics are necessary for the students. The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga **emphasizes the values of mindfulness, moderation, discipline and perseverance.**

**“Yoga for Humanity”**

## SNDT FOUNDATION DAY

Venue: SOFT, Pune

Date: 5<sup>th</sup> July, 2022

SNDT Foundation Day was celebrated on 5<sup>th</sup> July 2022. The Vision of Bharat Ratna Dr. D.K. 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.

SNDT Women's University is committed to the cause of women's empowerment through access to education, particularly higher education, through relevant courses in the formal and non-formal streams. Further the university is committed to provide a wide range of professional and vocational courses for women to meet the changing socio-economic needs, with human values and purposeful social responsibility and to achieve excellence with "Quality in every Activity".

The event of SNDT Foundation Day was organized by the NSS Unit, SOFT, Pune in the Library of the SOFT campus. The event started with the paying tribute to the founder Maharshi Dr. Dhondo Keshav Karve and then MKSSS Ashram Geet followed by the SNDT Women's University Song "Sanskriti Stree Parashakti".



Ms. Mohika Joshi, NSS Programme Coordinator, SOFT gave a brief about the vision, mission and motto SNDT Women's University. The motto of the university is "An enlightened woman is a source of infinite strength". SNDT Women's University is the first Women's university in India as well as in South-East Asia. The University was founded by Maharshi Dr. Dhondo Keshav Karve in 1916 for a noble cause of Women's Education. The first five women graduated in 1921 from this University. The University Headquarters is in Churchgate Campus, Mumbai, and 3 other campuses of the University are at Juhu, Mumbai, Karve Road, Pune, and Shriwardhan, Raigad. The University has been taking efforts and providing the best quality education to all the women. For Over Nine Decades, the University Has Been Striving For and Growing To Newer Heights of Performance and Outreach. Dr. M. M. Hundekar, Principal, SOFT, Pune also shared her words and experience working with Sanstha and University.



On this occasion few activities were arranged for the teaching and non-teaching staff members:

1. Quiz competition (which will be based on information related to S.N.D.T. Women's University)
2. Creative Slogan on Foundation Day of S.N.D.T. Women's University

Slogans:

1. Excellent women training is the base of the created country.
2. 1) शिक्षणरूपी संस्कारज्योती लावती दारोदारी भगिनीं । हे तर भाग्य आहे संसार जीवनाचे , मांडीती न्यात्यातून सौंदर्य स्वामींनी .  
2)ओजळीचा गुंफा करुन , ज्ञान वसे माळेपरी ।  
स्रीरूपी भाग्य असे हे भारत भूमीवरी
3. Creating a perfectionist, Educating a Society & Making a mark of Sparkle is a Woman.
4. A women with voice is a women with definition

All the participants and winners were given a reward for their participation.



**“An enlightened woman is a source of infinite strength”**

## NSS ENROLLMENT DAY

Venue: Seminar Hall, SOFT

Date: 22<sup>th</sup> July, 2022

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”**

**PRERANA LEADERSHIP CAMP**



Venue: Shantivan Ashram, Panvel

Date: 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> August, 2022

A Leadership camp was organised by the SNDT University of Girls, for all the affiliated Colleges.



It took place from 2nd of August to 4th August at Shantiwan Ashram, Panvel. There were 44 total students from different SNDT colleges. Mrs. Beena Pandya was the teacher in charge. Ms. Swati Gavankar and Shraddha Patil were the coordinators who were there to guide and help the students around. All girls were requested to assemble at Panvel station at 8 am, from where they were taken to Shantiwan by bus. The place was serene and peaceful. Students were allotted dormitories and asked to freshen up and get ready for the next 3 days of excitement and learning. They were then divided into groups of 9 each. There were total 5 groups. As they were divided into various groups no one knew each other. But as groups were formed, they interacted with each other and tried to know them. The schedule for the camp was handed over to everyone, which helped them. We were expected to reach for sessions and meals on time. Whistle would be blown thrice before any session or meal, as a signal to assemble for the same and if failed we were punished. Punctuality was one of things we had to be particular about.

The camp began with a lecture by Mr. Nilakant Koli Sir who have been staying in Shantiwan for years. He briefed us about the place and what it was and how it started, etc. He started the session with fun activity where we were asked to enact the situation in a minute. It was a group activity, this activity helped us build our connection, helped to improve our team work and make it more efficient, take decision fast and more accurate, etc. We had a series of such sessions after that. All the sessions were essential for us to improve our leadership skills. The second session was of Dr. Kavita Kholagade who taught us how self transformation helps a leader to grow and become a better leader, she conducted various activities during her session which helped us understand the importance well. After ma'am's session we had a lecture over Leadership Password to Success by Dr. Jaywant Mane, in his lecture we learnt how important it is to listen carefully and to listen to people around as a leader, it helps us as leaders to take decision in effective manner. We were done with our sessions for day 1 with that lecture. We then played group games and enjoyed our time in the campus.

Day 2 started on a healthy note where girls among the 44 were chosen to teach others Yoga and other fitness exercises. After which we were taken around for morning walk. After the walk we were given 1 and half hour to get freshened up, have breakfast and be ready for the coming up sessions for the day. Our first session for the day was with Mr. Parmeshwar, he taught us various



kinds of games that can be played among each other or kids around and make them happy. He also taught us tribal dance which was done in a group, it helped us understand how co-ordination works as a team and helps the work[dance] look better. He also taught us various songs which would be loved by the kids and help them learn new things through the song. He was very energetic throughout his session which boosted our energy. The follow up session was by Kiran Gaikwad ma'am who taught us artistic skills using the minimum resources available, by the end of her session we all had our final products ready made of bottle and thread. It taught us one thing surviving without internet and still being creative isn't that hard as we all 44 of us had 44 different art pieces. The purpose of this session was not only to encourage our creativity but also to relieve stress. The later session was taken by Beena ma'am who taught us through group games. The games were easy but the lesson they taught were interesting. One important lesson we learnt was communication is the key to success, if we had better communication we won as a group. After ma'am's fun lecture we had a visit planned around Shantiwan conducted by Nilakant Sir himself. Shantiwan was established in 1953 for providing help for leprosy patients. It grew eventually and they had a lot of things built around to support those patients and help them live a simple better and normal life. We meet these patients and they were so glad to see us as they don't have much visitors. They welcomed us with a huge smile and had talk with us. Few patients who recovered from leprosy were still staying at the ashram and helping. Few also made carpets in the factory and exported those. We also saw the making of the carpet and it was open for us to buy. As we went around the campus we saw the beauty of nature around and how beautifully the campus was built. They also had a naturopathy centre open for everyone. The campus also had Rajeev-Rajan old age home established in 1997, we interacted with all the old age people there and they blessed



us with lots of love and blessings. They also had a boarding school at a distance of 1.5 km but due to COVID it was close for us to visit.

After our Trail in the campus we headed back to the area allowed to us for high tea and got freshened up for our last session for the day with Dr Nitin Prabutendolkar. During his session we were to have a 5-minute conversation with the person sitting right next to us and write down their strengths and weaknesses. As a leader, it's important to recognise other's strengths. Later we were told to write our own strengths and weakness. As a leader it is also important to introspect. by this we concluded our day and practiced for our cultural program that was to happen on the last day. It was the last day of Leadership Camp it started with a powerful session of Zumba which was conducted by 3 girls in the group and followed by a walk in the vicinity. The day started with a skill development session and was followed by Menstrual Hygiene and Nutrition session by Mrs, Rohini Anekar. We all sat in a circle and discussed. It wasn't a lecture but more of an interaction session where we got to openly talk and ask questions. This session was really helpful as there were questions that we were shy to talk about were still discussed openly and freely without hesitation. The last day came towards end where all the different groups performed for the cultural event. All were very creative, few danced, few enacted, few sang powada, it was a beautiful event and a learning experience to understand how to manage a group of unknown people and still work in a way where the best talents of individuals are showcased. By the end of the event there was a price distribution that took place, where the teachers and mentors selected 10 best leaders with various titles. Among which Miss Arya Surve from School Of Fashion Technology, Pune won the title of Talented Leader of the camp.



By the end of these 2.5 days of camp, we realised we came here with no idea as in what would happen here and came with just our bags of clothes but while going back we were not just carrying our bag of clothes but also a bag of knowledge better understanding and skills of improvement. We were also taking back an unforgettable experience and lots of new friends with whom we spent our days and nights. This 2.5 day camp was short yet full of learning. This experience will surely help us in our future lives and help us become better person and leader.



## RICE PLANTATION AT WINZAR

Venue: Winzar

Date: 26<sup>th</sup> July, 2022

*“Agriculture is the most healthful, most useful and most noble employment of man.” – George Washington.*

The day started earlier than usual for us volunteers, who were all excited and motivated for the new experiences that the day had in store for us. Everyone gathered in the college at 8:30 am in the morning, waiting where the volunteer work was to be done. Necessities pa



(Welcoming of the NSS volunteers and briefing about the day and tasks)

didn't mind soiling and with a fresh mind we boarded the bus and started the journey. After about 1.5 hours of travelling through the villages we passed on our way, aweing at the lush green landscape and the cloudy weather, our bus arrived at Winzar.

As soon as we landed in Winzar, we were welcomed into the Amruteshwar Arts, Commerce and Science College, the only higher

secondary education institute in the area. We were welcomed by the Sarpanch, College Faculties and other members of the village. We got to learn about the “Ek Divas Shetisathi, Shetkaryanchya madati sathi” campaign that was launched by Sri. Sadanand (Nandu) Phadke, to help out the farmers. Often, farmers face hardships in their course of farming, particularly the problem of labour. Manual labour is hard to find, and without it, many farmers cannot properly farm their fields, this makes them bear heavy losses. We the SOFT NSS unit, had visited the village to help the farmers in their work and provide them with manual labour for a day.





The Unit of 50 girls was divided into 2, as there were 2 different locations that we needed to volunteer at. One group was accompanied by Varsha ma'am, and another by Mrunal ma'am. We were told to keep our bags and phones in the bus and only carry our lunches along with us. The villagers had brought their own vehicles to take us to the location of the farms.

Once we reached the farms, we were further divided into 2 groups that would be sent to 2 different farms. The task of the day for us was to remove the saplings that had grown and bunch them to be planted into the farms in a proper order later. This step is called as (दाढ खणणे).

We entered the rice paddies, careful of not stepping onto the already planted saplings. The farmer, who accompanied us, taught us how to gently uproot the saplings, paying attention to not causing any damage to the plant or breaking the roots. We got a short training from the farmer as well as the other people who were working in the farms. After this training session, we were ready to work in the paddy.



We set to work of uprooting the sapling, washing the mud off in the paddy waters, bunching the saplings together and bundling the saplings tying a knot with its own leaves. Little by little we began clearing a small space of crops, repeating the above-mentioned process over and over, whilst laughing and singing amongst ourselves to keep us entertained. It was a fun yet tiring activity. Until lunch time we had managed to make quite a few bundles of crops, although we were nowhere near to how much area of land the seasoned farmers and farm helpers beside us had done.

Lunch break was a moment of Euphoria for us. Tired and hungry, we sat down to lunch with the farmers. We shared what foods we had brought along with us amongst ourselves and enjoyed the food wholeheartedly. Each bit and morsel tasted like the best morsel we have ever had. (P.S methi paratha and mirchi kharda are a heavenly pairing)

Post lunch, we were shown and taught how to plant the crops (लावणी) that we had bundled up earlier. This had to be done systematically and in a proper line. Each crop had to be planted at an equal distance from each other in all four directions. The bundles of crops from earlier were thrown into the fields to be planted. You only plant about 3-4 individual samplings together at a time. The planting into the soil has to be firm as the paddy is filled with water. Each time that we plant a crop, we are supposed to take one step forward and plant the next crop at that place. This is a trick that helps maintain equal and sufficient distance between two planted crops. We planted about 4-5 rows of crops before calling it a day.

Felicitated by the Sarpanch and villagers. We shared our experiences with our fellow volunteers and the farmers. After taking a group picture, we headed towards the bus and travelled back to our campus. The bus ride back was sleepy and silent, in stark contrast to the bus ride to the farms that was filled with energy and chatter.





Venue: SOFT, Pune

Date: 8<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

This year we completed 75 years of Independence 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.

On this occasion various activities were organized by NSS, Sports and Cultural department. On 8<sup>th</sup> August, 2022 T-shirt Painting Competition was organized for the 1<sup>st</sup> Year Foundation students. And the theme for the T-shirt painting competition was Independence 2.0. The students had painted very interesting ideas on the T-shirts as their vision of Independence 2.0.



**“Azadi ka Amrut Mahotsav”**  
**RANGOLI MAKING - Azadi Ka Amrit Mahotsav**

Venue: SOFT, Pune

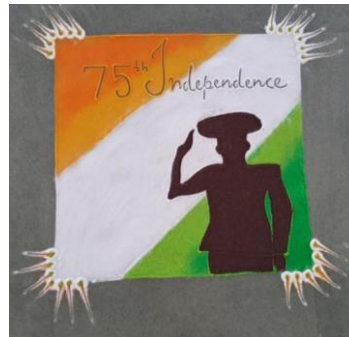
Date: 9<sup>th</sup> August, 2022



MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

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On this occasion various activities were organized by NSS, Sports and Cultural department. On 9<sup>th</sup> August, 2022 Rangoli Making Competition was organized for the students and staff members. And the theme for the Rangoli Making competition was Independence/Azadi ka Amrut Mahotsav.



**“Azadi ka Amrut Mahotsav”**

**CREATING VIDEOS ABOUT HAR GHAR TIRANGA**

**- Azadi Ka Amrit Mahotsav**

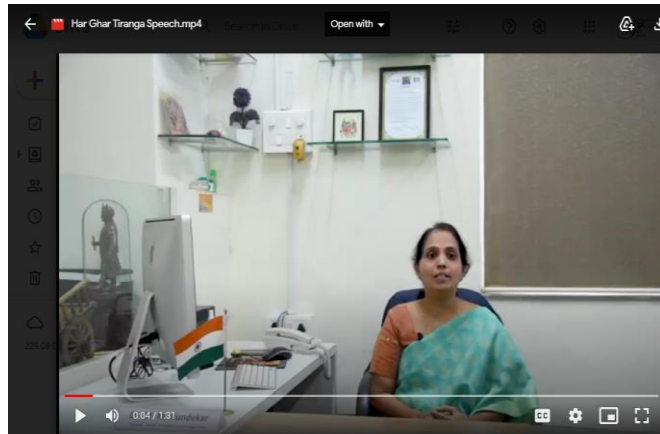
Venue: SOFT, Pune

Date: 10<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

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On this occasion various activities were organized by NSS, Sports and Cultural department. On 10<sup>th</sup> August, 2022 the NSS volunteers were asked to create videos appealing to all the students and staff members to hoist the flag at their home, institute, etc. Also a video of our Principal Dr. M. M. Hundekar ma'am was created where she appealed to everyone to hoist the flag under the Government to India's initiative Har Ghar Tiranga.



**“Azadi ka Amrut Mahotsav”  
RAKSHA BANDHAN FOR SOCIAL WORKERS  
- Azadi Ka Amrit Mahotsav**

Venue: SOFT, Pune

Date: 11<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

This year we completed 75 years of Independence 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.

On this occasion various activities were organized by NSS, Sports and Cultural department. On 11<sup>th</sup> August, 2022, as it was Rakshabandhan Festival the students tied the rakhis to the social workers, the cleaning staff of the college, traffic police, security guards, etc.



**“Azadi ka Amrut Mahotsav”**

**PLEDGE FOR DRUG FREE INDIA- Azadi Ka Amrit Mahotsav**

Venue: SOFT, Pune

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

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

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On this occasion various activities were organized by NSS, Sports and Cultural department. On 12<sup>th</sup> August, 2022, the Central govt. of India had advised to take a pledge for "Drug free India" under the Azadi ka Amrut Mahotsav. All the students, teaching and non-teaching staff members participated and pledged for Drug Free India at the campus. The pledge was taken in three languages English, Hindi and Marathi.



**"Drug free India"**

**HAR GHAR TIRANGA - Azadi Ka Amrit Mahotsav**



Venue: SOFT, Pune

Date: 13 & 14<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

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On this occasion various activities were organized by NSS, Sports and Cultural department. On 13<sup>th</sup> and 14<sup>th</sup> August, 2022 the Central Govt. of India had been campaigning to hoist the flags at every house, office, etc. under the Har Ghar Tiranga campaign on the Diamond Jubilee celebration of Azadi ka Amrut Mahotsav. The flag was hoisted at the college and also all the students and faculty members hoisted flags at their home.



**“Har Ghar Tiranga”**



**INDEPENDENCE**

### **DAY- Azadi Ka Amrit Mahotsav**

Venue: SOFT, Pune

Date: 15<sup>th</sup> August, 2022

India, which celebrates Independence Day on 15 August, has marked its 75th anniversary this year. The occasion is invariably toasted with great enthusiasm across the nation, and a grand celebration is usually organized in INDIA. People hoist the tricolor flag, sing the national anthem, and keenly participate in various cultural events. To celebrate the day, different events under 'Azadi ka Amrit Mahotsav', with the 'Nation First, Always First' theme is celebrated this



Year 2022. The government aims to hoist 200 million Tricolors to mark the special occasion. This tradition was started by Jawaharlal Nehru, the first prime minister of the independent India, and is continued till date.

**Agenda of the Programme:**

\*Flag hoisting at SOFT College.\*- 7:00 to 7:10 AM.

\*Welcome, introduction and felicitation of the guest\* by Ms. Kanchan Satpute, Principal Vision English Medium School 7:10 AM.to 7:15 AM.

\*Cultural Programs\*- 7:15to 8:15 AM.

1. Preprimary slogans
  2. Sanskrit song-Vision
  3. Song-SOFT
  4. Dance -Vision
  5. Dance -SOFT
  6. Pyramid-Vision
  7. Speech by Lt .Col. Rohit Patwardhan -5 minutes.
  8. Vote of Thanks by Dr. Manju Hundekar, Principal School of Fashion Technology
  9. Vande Mataram.
- \*Refreshments\* -  
8:15 AM. To 8:30 AM.

The Guest of Honour Lt .Col. Rohit Patwardhan gave an inspiring speech to the students which suggested a few key points like planning of short term goals & long term goals & taking care of your fitness every time. This is a special occasion for all the countrymen to commemorate the birth of a free nation after the relentless efforts of freedom fighters and revolutionaries against the oppressive British rule. The celebration of Independence Day honours the sacrifices of our courageous leaders and freedom fighters, who gave their all for the sake of the nation and the countrymen.

**Dignitaries on the  
Dias**

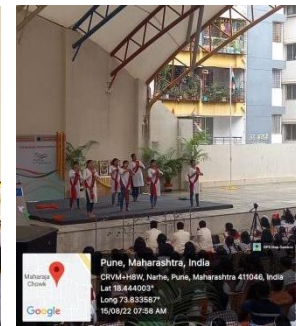
**Flag Hoisting by the Guest**

Lt .Col. Rohit Patwardhan

**Felicitation of the Guest**

Lt .Col. Rohit Patwardhan





The Event was attended by the School of Fashion Technology Staff & Students, Vision English Medium School Staff, students & Parents.  
The approximate no. of attendees was School of Fashion Technology Staff + Students – 110.  
The Online link was sent to the students. Vision English Medium School Staff, students & Parents – approximately 400

## “Azadi Ka Amrit Mahotsav”

# POSTER MAKING ON ANTI RAGGING AND HYGIENE

## - Azadi Ka Amrit Mahotsav

Venue: SOFT, Pune

Date: 16<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

This year we completed 75 years of Independence 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.

On this occasion various activities were organized by NSS, Sports and Cultural department. On 16<sup>th</sup> August, 2022 a poster making was organized for the 1<sup>st</sup> year students. The topic of the poster making was Anti ragging and Hygiene.



**“Azadi Ka Amrit Mahotsav”**

## QUIZ ON AZADI KA AMRIT MAHOTSAV

Venue: SOFT, Pune

Date: 16<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

This year we completed 75 years of Independence 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.

On this occasion various activities were organized by NSS, Sports and Cultural department. On 16<sup>th</sup> August, 2022 an online quiz competition "Azadi Ka Amrit Mahotsav" is being organized on the occasion of Independence Day 2022.

The Questions for the Quiz were as follows:

Q.1 Who wrote the poem Saare Jahan Se Achha?

- a) Munshi Prem Chand
- b) Muhammad Iqbal
- c) Rabindranath Tagore
- d) Mahatma Gandhi

Q.2 Who was the founder of Indian National Congress?

- a) Mahatma Gandhi
- b) Jawaharlal Nehru
- c) Motilal Nehru
- d) A.O Hume

Q.3 Who was the founder president of gadar party?

- a) Sohan Singh Bhakna
- b) Lala Lajpat Rai
- c) Kartar Singh Sarabha
- d) Bhagat Singh

Q.4 How many spokes are there in the Ashoka Chakra?

- a) 23
- b) 22
- c) 24
- d) 21

Q.5 When did Jallianwala Bagh massacre occur?

- a) 1911

b) 1941

c) 1817

d) 1919

Q.6 Who is the writer of patriotic song Sarfaroshi ki tamanna?

a) Ram prasad bismil

b) Sukhdev

c) Bhagat singh

d) Rajguru

Q.7 Who designed the national flag of India?

a) Dr. Bhim Rao Ambedkar

b) Pingali Venkayya

c) Dada Bhai Naroji

d) Gopal Krishna Gokhle

Q.8 East India Company started trade with India from which city?

a) Surat

b) Calcutta

c) Bombay

d) Gujrat

Q.9 Which of the following leaders is known as Iron Man of India?

a) Mahatma Gandhi

b) Jawahar Lal Nehru

c) Sardar Vallabh Bhai Patel

d) Lala Lajpat Rai

Q.10 In which year Mahatma Gandhi returned from South Africa to India?

a) 1940

b) 1870

c) 1890

d) 1915

**“Azadi Ka Amrit Mahotsav”**



## COLLECTIVE NATIONAL ANTHEM SINGING

### - Azadi Ka Amrit Mahotsav

Venue: SOFT, Pune

Date: 17<sup>th</sup> August, 2022

MKSSS's School of Fashion Technology, Pune had organized various activities on the occasion of Azadi Ka Amrit Mahotsav.

This year we completed 75 years of Independence 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.

On 17<sup>th</sup> August, 2022, as per the Government GR, MKSSS's SOFT NSS unit had organized "Collective National Anthem Singing" under the campaign of "Swarajya Mohotsav" at 11.00 AM. All the students, teaching and non-teaching staff were present at the event.



### “Azadi Ka Amrit Mahotsav”

## COVID VACCINATION DRIVE

Venue: SOFT, Pune

Date: 26<sup>th</sup> August, 2022

In the view of the pandemic, MKSSS' School of Fashion Technology (S.O.F.T.), PUNE, had arranged a vaccination drive on August 26th, 2022. Even though the death rate has been reduced after 2 years of lockdown, constant fear and uncertainty, the Corona virus still infects many. The reduction in the rate of the infection was a result of the active vaccination drive arranged by the government. The government has advised people to get the booster (III) dose, in order to have better protection from the virus. S.O.F.T. had organized a vaccination drive for the same.

The members of the NGO 'Niramay' had come to S.O.F.T. to inject students, teachers, staff, as well as outsiders who were willing to get the vaccines. The vaccines were given totally free of cost. The vaccination drive lasted for 3 hours, from 11 in the morning to 2 in the afternoon. The vaccination center was flooded with the students of .SO.F.T. Even the faculties as well as the staff members were eager to get the vaccines. The members of Niramay, Archana Gayakar, Punam Gayakar, Sulochana Kharat, Bharti Chikne, Dr. Sandhya Tambhekar, Venkar Beradar, were present at the vaccination drive. The members advised people not to take the vaccine on an empty stomach, or if they had the flu.

The common rumor that girls shouldn't take the vaccine while on their periods was discarded by the members. A total of 213 doses were injected at the end of the day. The NSS volunteers of S.O.F.T. volunteered and helped the members of Niramay, throughout the drive.

The members of Niramay, suggested that it is essential for people to arrange such drives, as many people living in the rural areas have still not been exposed to the existence of vaccines which puts them at a high risk of getting infected with Covid. Though we have reached a new high with the number vaccines that were injected it is still important to take into consideration these people.



**“Arm yourself against COVID-19”**

# GENDER SENSITIZATION

Venue: SOFT, Pune

Date: 20<sup>th</sup> September, 2022

The Gender Sensitization Seminar took place on 20th September 2022 at the School of Fashion Technology, Pune. Seminar was organized by NSS Unit. The seminar was conducted to spread the gender equality. The session was conducted by Dr. Pallavi Kasande and Swati Ranade. The commenced with introduction by Mohika Joshi ma'am.

Objectives:

1. To understand better perspective is more important than a perfect solution.
2. Certain activities highlighted the points such as differences, perspectives, thoughts

Overview and Flow of the seminar:

The seminar began with the introduction to why gender sensitization is important. Ma'am tried explaining different perspectives and objectives through different fun games.

Activity 01: To find the word from the initials of the group members.

Moral: We all are different but somewhere we are same.

Activity 02: Quiz and ideal men and women drawings.

Moral: There is no ideal image of men or women; everybody is unique in their own way.





Activity 03: Facing in opposite direction and shaking hands.

Moral: Every person thinks in different way, everybody has different perspective.

Activity 04: In a pair, a partner to be blind folded third person to guide the person with blind fold.

Moral: Trust factor, nobody is 100%. We find a companion because we are not 100%, sometimes we must be completely dependent on somebody in some situations. We need to have conversation, trust, and dialogs to communicate to each other.

Ma'am explained how Indian movies are spreading wrong messages which are related to gender inequality. Interactive discussion of questions that students had.



The seminar was concluded by the Vote of thanks by Mrunal Karampuri ma'am.



## TREE NAMING AND COUNTING AT THE SOFT CAMPUS

Venue: SOFT, Pune

Date: 12<sup>th</sup> January, 2023

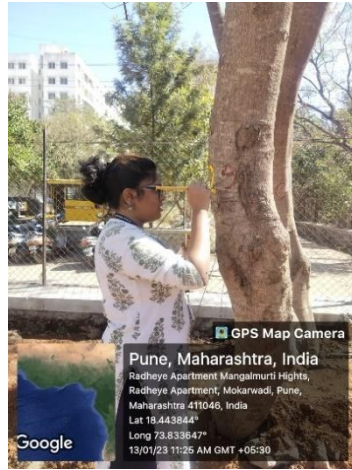
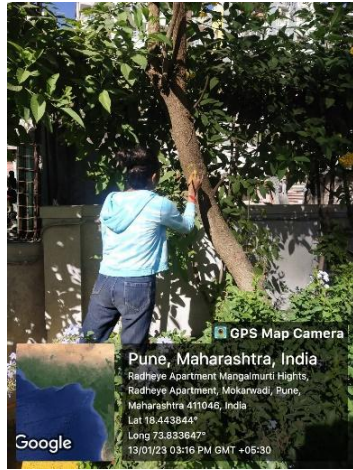
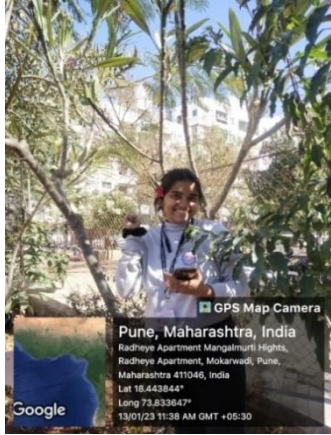
The volunteers to worked for college landscaping, that is name tagging and numbering all the trees and plants around our college campus, we had a lot of enthusiasm doing this task as it gave us a lot of knowledge about various variety of plants and trees. We first made a list of plants with their names and their family mentioned in it. Our Gardner gave all the information for plant names. We started writing the numbers on every tree with a chalk and got a total count of 130+ trees. We did face difficulties in identifying which tree or plant it was but then figured and tagged them.



The task was to Oil Paint and accordingly writes and finalizes the chalk numbered plant. We added few more trees and plants which were newly grown and were not present in the list that was made in past months. We decided to take yellow coloured paint as it suited our campus. This activity made us realize how vast our world is! Variety of plants and trees with different uses and how beautiful they were. We climbed different walls to Tag with numbers. It was difficult to know which tree was where and to name with their scientific biological names.

This task took many hours but was full of fun and knowledge, that kept us away from academics and its practicality bought good source of understanding and knowledge regarding variety of plants and trees. These numbers will then be plated and permanently tagged on a tree, so that whenever we see a tree we will know which one is it. We finished numbering the trees and finalized a list that had every information of that plant.





**“To plant a garden is to believe in tomorrow.”**

# MANUAL SCAVENGING SURVEY REPORT

Venue: Near Student Residence

Date: February-March, 2023

“I may not be born again but if it happens, I will like to be born into a family of scavengers, so that I may relieve them of the inhuman, unhealthy, and hateful practice of carrying night soil.” - Mahatma Gandhi.

A “Manual Scavenger” is a person hired by an individual, a local authority, a public or private agency to physically clean, carry, dispose of, or otherwise handle human excreta in an insanitary latrine or in a drain or pit where human excreta is disposed of, or on a railway track or any other space or location.

The NSS unit here at SOFT decided and took an initiative to become an active participant to find out the issues related to Manual Scavenger in and around the places in Pune. As, It was important that such a community is required to be contacted and interacted with to provide health solutions. So therefore we requested students to interact with the workers community in and around places and provide us with the information. This information is crucial so as to develop better health solutions for such a community.

From the survey conducted by the SOFT NSS Unit, These are some issues and challenges highlighted, which are faced by the people in this community.

Employers do not provide them with the safety gears or equipment like Gloves, Safety aprons, gum boots, safety goggles, respiratory masks, and most importantly uniforms. Even if they have all necessary gears and equipment, sometimes they have to immerse almost their lower half into the sewer so the boots and gloves don't work and they get filled with dirt and water.



This leads to face health issues i.e manual contact with excreta exposes them to various diseases, skin infections, rotting of fingers and limbs, tuberculosis, hepatitis, leptospirosis, helicobacter and nausea. Some manual scavengers complain about not being able to eat due to exposure to excreta.

Based on the survey, some suggestions given by the NSS Unit are as follow,



Is to provide them with a full waterproof uniform which includes a safety kit, gum boots, a full length bodysuit, masks, gloves, ropes, harnesses, a cap, and a safety belt. This would ensure that no area of the body is affected by the drainage waters, gasses and dirt. The uniform which can be worn by them when they have to get down into the drain lines and while doing other tasks of cleaning when they are on the ground. To be careful of the tenacity of the uniform material, provide them with alternate uniforms.



Along with that to prevent major health issues, Do a strict regular health checkup, administer them with TT injections every 3 months and give hand wash and sanitizers to clean up after the job. A medical kit to be also provided for emergencies and hence they feel that suffices for the time being.



Also conduct workshops to ensure that workers understand the usage and importance of safety and hygiene to prevent from any accidents and illnesses. Along with that spread awareness in society regarding the diseases caused by improper disposal, Segregation of waste.



As they risk their lives by doing such work as in this case it was with no safety uniform and equipment, as NSS volunteers the awareness to be created among the workers and also in the society to provide them the safety measurements if they are working in the particular area. Even if they are not any corporation workers, just being an outside worker would be helpful for the safety purposes.

Lastly the government can perhaps look more into the working conditions of these human scavengers from all over the country and then maybe have a generic solution on an average to improve the work environment for them. Providing a decent salary should be given to them for the very important task that they perform for us which will in a way help them sustain their households in a better way.

**“Say No to Manual Scavenging”**

## WOMEN'S DAY

Venue: MKSSSS's SOFT

Date: 08 March, 2023

The International Women's Day was celebrated at MKSSSS's School of fashion technology on 8th March, 2023. The purpose of celebrating Women's Day was to recognize and honor the efforts of the women in today's world.

The event was organized in the seminar hall at 3:30 p.m. in the august presence of our college principal Dr. M. M Hundekar and Mrs. Garima Bhalla HOD.



The chief guests for the program were Mrs. Amruta Deogaonkar Business Cell Head BJP, Pune. She enlightened the students about the opportunities and entrepreneurship in fashion industry. She also explained about the start up culture and how youngsters can benefit Government policies and schemes.

Another guest speaker for the event was Mrs Surekha Deshpande who is the President elect of Rotary club of Pune Metro. She spoke at length about various addictions and answered the queries put forth by the students. With the help of few videos, she explained adverse effects of the addiction towards cell phone, tobacco, drinking etc. Overall, the program was an interactive and thought-provoking session which would benefit the students at the college.



The guest was felicitated by Dr. M.M Hundekar and Mrs. Garima Bhalla HOD. The program was conducted by the college faculty Ms. Mohika Joshi and Sejal Patil a 3rd year NSS volunteer. At the end of the program vote of thanks was proposed by Ms. Mohika Joshi Program Officer on behalf of NSS unit of SOFT.

**“There is no limit to what we, as women, can accomplish.”**



# NSS CAMP PREPARATION

Venue: SOFT, Pune

Date: 1<sup>st</sup> March, 2023

NSS Unit of MKSSS School of Fashion Technology started preparations for the 7 days Residential Camp at Kamshet, Adivasi Ashram Shala. Meetings were conducted regarding the planning of agenda, itinerary & activities.

The practice session of 4 skits was conducted in the college amphitheater to bring awareness about waste management, education, women empowerment, among villagers. The NSS committee member's co-ordinated very well in each and every activity which took place in college campus. The tie dye session were undertaken under the guidance of the college teachers so that committee members can teach the villagers and students well over there. We took meeting for deciding our agendas and planning for activities.

We were also taught about various stitching techniques for embroidery which was later taught to the women in different villages.

The NSS members made posters for the awareness amongst children and villagers. Before the final sessions each and every activity was been practiced and was well coordinated. Conclusion: Overall the practice session was very interactive and responsive and the tie and dye experience was very knowledgeable.



## NSS RESIDENTIAL CAMP

Venue: Kamshet, Pune

Date: 14<sup>th</sup>-20<sup>th</sup> March, 2023

### Agenda:

As briefed by the SNDT University, and discussion and guidance of our Principal Dr. M. M. Hundekar madam, NSS volunteers have planned following agendas to be covered in the Special Camp 2023.

1. Women Empowerment
2. Skill Development
3. Education
4. Swatchh Bharat Abhiyan
5. Women health & hygiene

### DAY 1

On 14th March, 2023 all volunteers & NSS programme officers departed at 10.00 am from college campus towards the camp base, Kamshet, Adivasi Ashram Shala. It is a residential board school for primary & secondary students. We reached at school & had lunch. Volunteers were divided into two groups as follows for the village & school. Volunteers for the village left for the interaction with villagers & Sarpanch of Karanjgaon, Mormarwadi, Gavthan, Sablewadi. They greeted us with a rose for each volunteer that was a kind start to this.

Volunteers in school did set up of Tie & Dye with faculty along with some school students, continued the activity of experimenting with the tying techniques. They also had an introductory round with different classrooms & playing games with them on ground for an interactive fun part of the day. Everybody returned from the village and settled up themselves in their allotted room. Had dinner at 8.30pm. Review meeting was held and the schedule was presented of the next day and the teams were distributed accordingly. The day concluded with excitement of activities of the next day.







## DAY 2

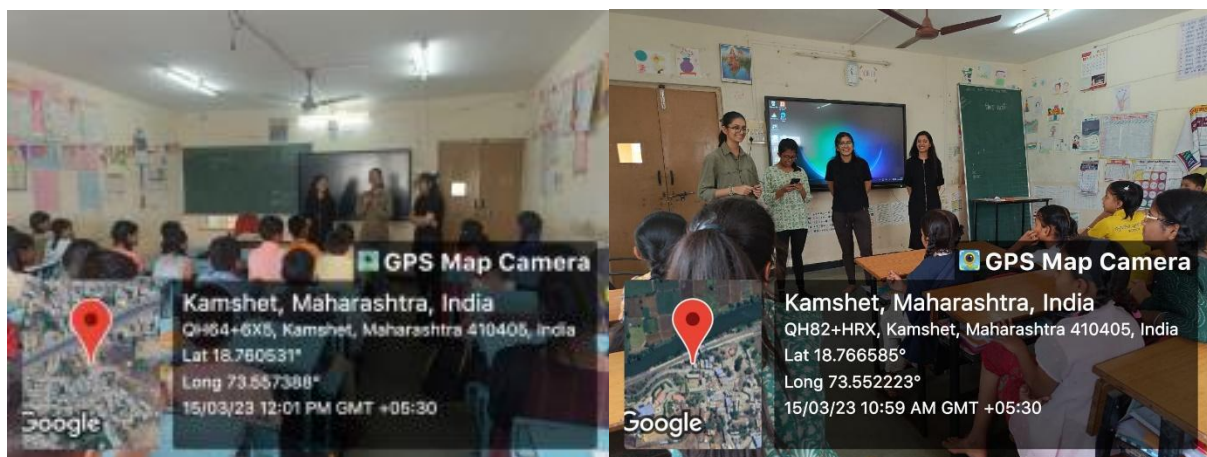
Volunteers woke up at scheduled time at 6.00 am. NSS Prayer & Exercise was continued after getting freshen up. Breakfast done at 8.00am. From 9.00 am, the duties for teams were distributed & proceeded for their activities.

Day 2 activities are as follows – Tie & Dye process with mentor, Educational session on Manners & Greets by our volunteers, Career Guidance Session (doubt solving), Tie & Dye workshop with students

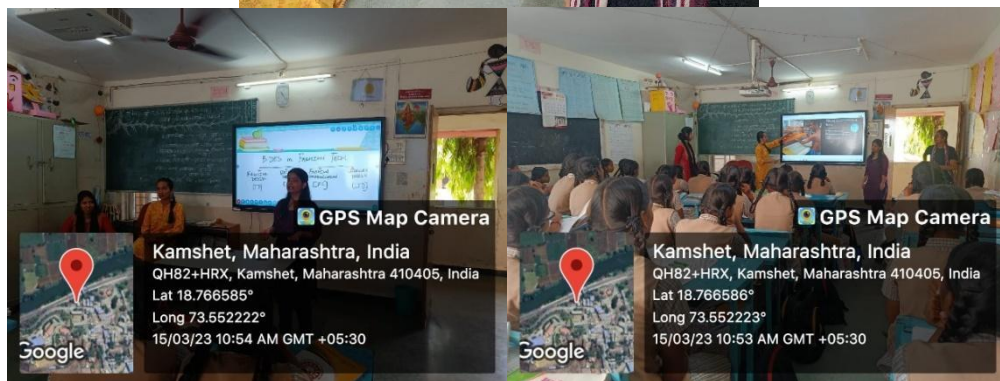
1. Tie & Dye Activity – The previously tied muslin cloth in various techniques were dyed in Haldi (turmeric) mixture by boiling, soaking & drying. Firstly, it was experimented & tested by our volunteers.



2. Educational Workshop on Manners & Greets – It was held in 5th & 6th Standard classes. Session 1- 5th Grade from 10:00am - 11:45am & Session 2 - 6th grade from 11:45am - 1:00pm. Upon entering we had a warm welcome by the students, volunteers introduced themselves to all students, gave a brief about NSS and School of Fashion technology. Proceeded with Manners & Greetings session, gave them some information about how to behave and talk with each other. Made it interactive and asked them about their ambitions and hobbies. They also showed their talents with amazing performances of songs and dances along with displaying their artworks. The students were very cooperative and enthusiastic throughout the whole session. The response received from the students was very fulfilling and above expectations.



3. Career Guidance Session – Session was with 9th standard. The session included student’s introduction and their career option, doubt solving, providing information about various fields and details about entrance exams, scholarships & shared some tips while preparations. Cheered up to the budding successors and wished them luck for their career. It was an interactive and responsive session; they interestingly questioned and got their doubts solved. It was fun yet informative educational session.



4. The workshop was conducted on **Tie & Dye with students** from class 07th. We provided Muslin, thread and cutters. Students were divided in group of 06, who were taught different methods of folding and tying the swatch of muslin. Student made 02 samples each. The Workshop was interesting and something new for them, which made them create more ideas,



also they experimented few samples. Total 84 samples were made by students. They experimented on that very day on handkerchief and dyed with the colours they had, it turned out beautiful and it seemed they were so excited to try it & show that to us, it made our day fulfilling with what knowledge we are providing.



Activities were concluded at 5.30, had a tea break. Continued with ironing the dried up & tie dyed Muslin cloth and traced designs by volunteers for the further process of embroidery. Had dinner at 8.30pm. Review meeting was held and the schedule was presented of the next day and the teams were distributed accordingly. The day concluded with excitement of activities of the next day.

### DAY 3

Volunteers woke up at scheduled time at 6.00 am. NSS Prayer & Exercise was continued after getting freshen up. Breakfast done at 8.00am. From 9.00 am, the duties for teams were distributed & proceeded for their activities. At 10.00 am, we gathered up with for the school assembly which was energy pack for the whole day, the way it unites the voice and the systematic way it shows how they are disciplined as they are growing up.



1. Took an **awareness session on waste management** in standard 8<sup>th</sup>. We gave them information about the Swacch Bharat Abhiyan told them when it started, what was the main reason to start it, how it can change our surroundings and asked for their point of views as well. All the students were very enthusiastic and told us how they separate wet and dry waste and how they would act in certain situations. Also, told them to make posters.



2. After that in the afternoon we did a session with standard 8<sup>th</sup> and taught them **embroidery**. The sample we had made using the tie and die we gave them those sample on which we had made marking of the embroidery patterns. We gave them the material and taught them running stitch. We got to know that they were aware of some of the basics and were enjoying the tasks we have them. During the process they also shared their interest and hobbies. We had a fun time we danced together and they also sang songs , it was amazing to see them being so full of life and having such great talents.



3. In the evening we took a **Macrame workshop** with standard 9<sup>th</sup>. We told what macrame is how we can use it for creating various things. We showed them a few sample created by us. For the



beginning we taught them a few basic knots. We taught them square knot and spiral knot. We taught them how we can use these knots to create earrings and key chains. We gave them the materials and taught them the process how they can mix two knots and how fun it can be. All the students were very delighted to make the products. It was a new thing for them and then showed us a lot of enthusiasm. We gifted them the products they had made and that just made them super happy. Lastly to conclude, it was definitely a very benefitting workshop for them. To say the least, it is safe to say that both, the students and us the hosts of the session had fun. The delight was shared equally amongst us.



**4.Paper Quilling Workshop** in 5<sup>th</sup> & 6<sup>th</sup> standard. Here, volunteers taught them different techniques and variations of shapes from quilling strips. We provided material like quilling strips, fevicol and A4 paper. Students were divided in group of 06, who were taught different methods of rolling strips and bending them into different shapes and we asked them to draw sketch where they placed their formed shapes. We interacted with them and made them understand the usage and different ways in which quilling can be done. We also introduced them with new English words. Student made 02 samples each. After the workshop we had conversation with them about their experience and their thoughts on the workshop. They were so excited to make & keen to learn more. Volunteers taught them rings & they were so generous to gift us that after making them. Interaction with them was fun-loving and we all enjoyed the workshop equally.





**5. Paper Origami** - Volunteers prepared different types of simple techniques to teach them frog, butterfly & rings & many more. The workshop was conducted on origami with students for class 04th. We provided material like scissors, fevicol and A4 paper. Students were divided in group of 05, who were taught different methods of folding paper and creating origami. We interacted with them and made them understand the usage and different ways in which origami can be applied. We also introduced them with new English words related to paper origami. Student made 02 samples each. After the workshop we had conversation with them about their experience and their thoughts on the workshop. The Workshop was interesting and something new for them, which made them create more ideas, they also experimented with a few samples. The response from the students were exceptionally creative and interactive.





Activities were concluded at 7 PM, had a tea break. Continued with ironing the dried up & tie dyed Muslin cloth and traced designs by volunteers for the further process of embroidery. We were done haldi dyed muslin tracing and some embroidery. Had dinner at 8.30pm. Review meeting was held and the schedule was presented of the next day and the teams were distributed accordingly. The day concluded with excitement of activities of the next day.

#### DAY 4

Volunteers woke up at scheduled time at 6.00 am. NSS Prayer & Exercise was continued after getting freshen up. Breakfast done at 8.00am. From 9.00 am, the duties for teams were distributed & proceeded for their activities. At 10.00 am, we gathered up with for the school assembly.

1. Street play on Waste Management – Volunteers prepared a street play on Waste Management for the awareness of managing waste in their area & also segregation of waste as wet & dry waste. Also prepared posters & displayed the posters 8<sup>th</sup> standard students made. Clicked pictures with students, had lunch & volunteers left for the village.



2. Survey & Embroidery, Tie & Dye Workshop –  
Volunteers were divided for villages for the survey & activities. Survey was on the overall observation about the village facilities, essentials to know what difficulties they face. They were introduced to PM Yojanas for the fulfilments and emergencies. Also different skits were performed in different villages for the awareness. The topics were on women empowerment & women education. In Sablewadi village, we had a tie-dye activity as they were very interested to know about it and to do so.  
Also embroidery workshops were done in every village. There was a satisfactory response and was fun interacting with them.







### 3. School Activities

Some Volunteers stayed back in school for activities like general knowledge session, Pictionary & paper craft in different classes.



In 6<sup>th</sup> Standard, Paper craft session.



In 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> standard volunteers were conducting general knowledge and Pictionary games related to their academics and social topics. Students interestingly answered and were smart to know & keen to learn about new things.



Volunteers played games with them after the activities at 6 pm. Further, freshen up themselves and continued the samples – embroidery, finishing. Had dinner at 8.30pm. Review meeting was held and the schedule was presented of the next day and the teams were distributed accordingly. The day concluded with excitement of activities of the next day.

## DAY 5



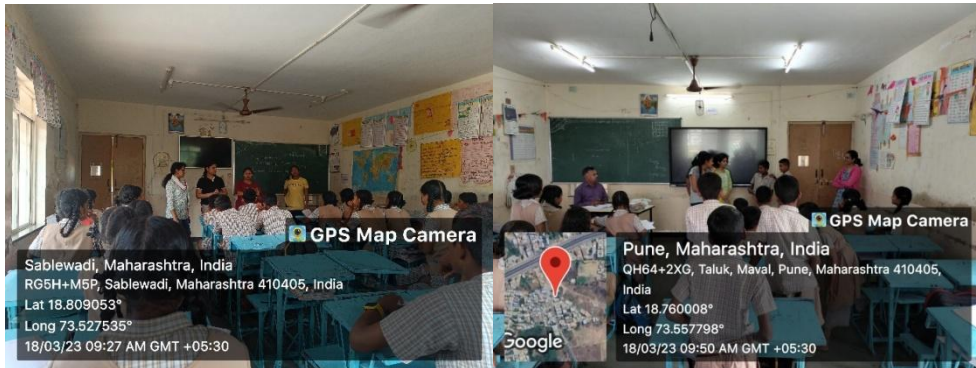
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### Communication Skills Educational Session

Volunteers were in class of 6<sup>th</sup> & 7<sup>th</sup> for session. They were taught about what is communication, types of it, importance, uses, do's & don'ts in easy language & examples. Also gave an activity to write something on any topic or their idol.

Solved their doubts regarding this concept. Had fun & informative yet educational session.



Some volunteers were on rounds with different classes for the session of reciting poems, stories; helping academically yet having fun in that.



### Paper Origami in 5<sup>th</sup> & 6<sup>th</sup> standard

Upon entering we had a warm welcome by the students, volunteers introduced themselves to all students, gave a brief about NSS and School of Fashion technology. Proceeded with origami session, gave them some interesting topics. We made it interactive and various products were taught to them like- dragon, butterfly ring, frog, rabbit, bookmarks. They also wanted to learn more and had advanced knowledge about the paper and had active participation. They also showed their equal interest with lots of creativity. The students were very cooperative and enthusiastic throughout the whole session. The response received from the students was very fulfilling and above expectations.



After lunch at 1.30 pm, we planned already to organize a cultural events for students in categories like dancing, singing, treasure hunt & fashion show.

We started preparing for the programme, their grasping power & excitement for learning and main is their energy made us through handle whole event.

Post lunch, 3<sup>rd</sup> standard had fashion show tasks, our volunteers draped scarfs, stoles & odhnis in different style. It was fun as they got to know and be as models, as volunteers taught them ramp walk as well. They were looking beautiful & made them ready for the programme.





1<sup>st</sup> & 2<sup>nd</sup> for singing, 4<sup>th</sup> class for dance, 5<sup>th</sup> & 6<sup>th</sup> too. Volunteers were distributed amongst each other for various performance preparation.

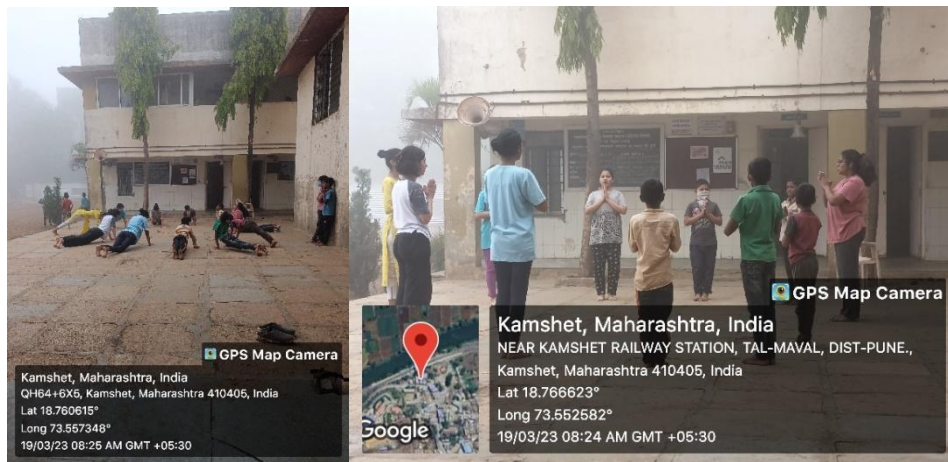
Meanwhile, there was DRAWING COMPETITION held in class 7<sup>th</sup> on the topic of – Their Dream / Nature. The objective was to bring out the creative expression, artistic skills of the students and also to gauge their awareness towards their future goals. The aim of this competition was not merely to see the creative aspects but also to make them understand themselves. The result of this competition was based on students' creativity skills and public speaking ability while explaining their drawing. This competition kept students engaged and offered them platform to showcase their skills. The artistic endeavours of the students were highly praised and encouraged by the volunteers.



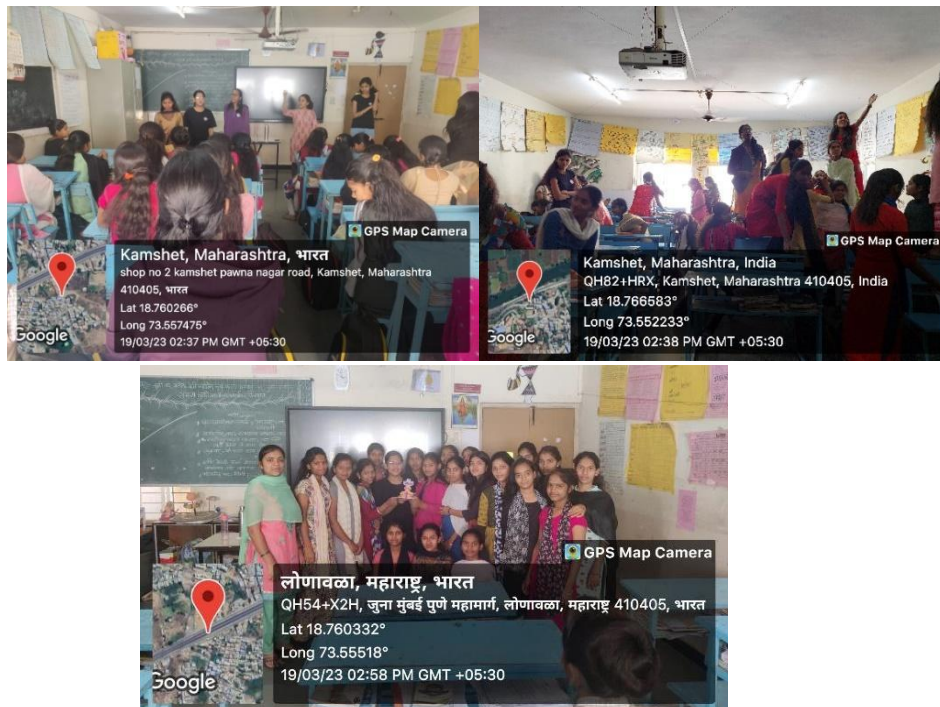
Some of the volunteers did preparation of treasure hunt game making hints through social topics related riddles. All activities & preparation was done till 7pm. Further, freshen up themselves and continued the samples – embroidery, finishing. Had dinner at 8.30pm. Review meeting was held and the schedule was presented of the next day and the teams were distributed accordingly. The day concluded with excitement of event organized & the performances.

## DAY 6

Volunteers woke up at scheduled time at 7 am. NSS Prayer & Exercise was continued after getting freshen up. Some of the school students also joined for the exercise. Breakfast done at 8.00am. From 9.00 am, the duties for teams were distributed & proceeded for their activities. Students were having a holiday, did a practice session with them and the material needed was collected by volunteers for the programme.



## 1. Treasure hunt





Game was organized in the class of 9<sup>th</sup> . It was something new for them, our volunteers explained them rules & divided group among them. There were hints on the basis of social topics so that they will also help them to be aware & also solve the riddles. It was fun watching how the groups played dedicatedly and were able to solve riddles smartly. The winner group got a trophy as treasure made by our volunteers.

## 2. Menstrual Hygiene Session, Red Dot Campaign.

This session was held with 7<sup>th</sup> & 8<sup>th</sup> girls. Volunteers gathered all girls from these classes and briefed them with the session introduction.

There was a skit performed on menstrual hygiene, misunderstandings that should be solved in every house, do's & don'ts. We asked them questions on this, listened on their part of stories.

Red Dot Campaign was done as the last part of session. Red Dot Campaign is about sanitary pad disposal identification as for the pickers to identify the newspaper packet which has red dot on it.

We distributed newspaper to girls and taught them to make it & hence spread the awareness of this amongst them & told them to continue this all along.



We also helped the mess workers for the kitchen chores.

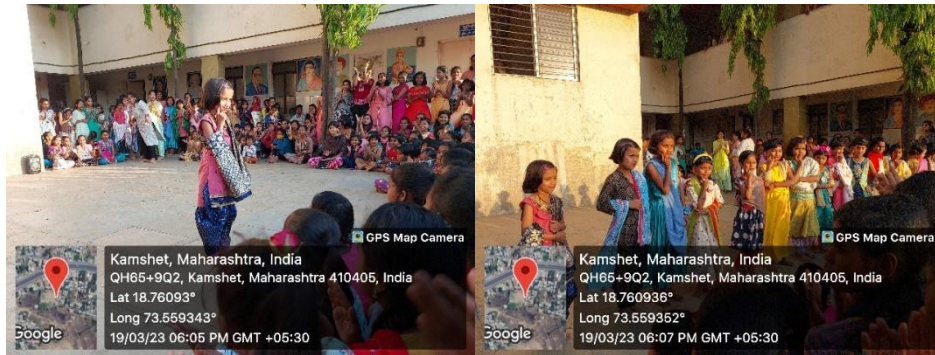


After lunch at 1.30pm. Everyone was sent to rest and then prepare for cultural programme. Our volunteers helped to get them dressed.

**CULTURAL ENTERTAINMENT PROGRAMME** started at 5 pm.



1<sup>st</sup> & 2<sup>nd</sup> Standard – Singing programme.



Fashion show – 3<sup>rd</sup> standard students.



Dance on Radha Kaise Na Jae by 4<sup>th</sup> standard students.





5<sup>th</sup> standard students on Sami Sami.



6<sup>th</sup> & 7<sup>th</sup> students also performed various dances.

Also Our Volunteers did dance performance with full of energy.



The programme concluded with everybody dancing & then students went for dinner at 7 pm. We wrapped up the programme and got freshen up then went for dinner at 8 pm. As it was the last day with full of activities, everybody packed their bags and lots of love from students. We had free time where we had a thought on session where we had talk on these days we spent here. Everybody dozed off early & were preparing themselves to go. We were excited to gift them things for the next day.

## DAY 7

Volunteers woke up at scheduled time at 7 am. NSS Prayer & Exercise was continued after getting freshen up. Some of the school students also joined for the exercise. Breakfast done at 8.00am. We wrapped up the room and the packed the things we carried. We played games, sang songs till then we got ready to go to village and we went for the rounds in classes with heavy hearts to say them good bye with gifts we bought for them.

After lunch we left for the Pale village for the survey and from there direct to college campus.



We had lot of memories with these good byes!  
SURVEY AT PALE







We surveyed every house, tried to know about their difficulties for transport and medical emergencies, these are the only major issues in these areas, they have to travel many kilometres by themselves. Bus facilities are poor.

They are provided with the facility of gas & electricity.

We gave them the information regarding agricultural PM Yojanas, widely.

The survey rounds concluded, also some women from village & our volunteers had an embroidery session in short.

We had informative yet fun day in Pale & hence, we left for college campus at 5pm.

### CONCLUSION OF 7 DAYS CAMP –

Volunteers involved got to learn a lot from things, experienced team work, leadership, handling a students group, teaching, etc. & many more.

Being disciplined, responsible made us very confident conveying the right things to students and amongst each other.

We were glad to get a chance to involve as NSS Volunteer, being a social service volunteer made us proud and believe in ourselves that we can help these students & villagers in some aspect where they will also remember us in a good memory and happy moments.

**Dr. M. M. Hundekar**

**Principal**