



**BUNTS SANGHA'S  
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE &  
MANAGEMENT STUDIES**

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| 3      | Inter-collegiate Awareness programme on Malnutrition & Obesity Management - under Fit India Campaign   |
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| 5      | Inter-collegiate Webinar on Mission Compassion (Vegan Products Awareness) Under Fit India Campaign   |
| 6      | Inter-collegiate Webinar on Healthy 2020 Mission with Dr. Sharayu Rajwade under Fit India Campaign   |
| 7      | Inter-collegiate Webinar on Covid-19 Vaccine Doubts and Concerns by Dr. C. H. Asrani.  |
| 8      | Inter-collegiate Session on Yoga (Healthy Body) Fit India Campaign   |
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| 12     | Inter -Collegiate Digital Poster Making Competition “No Smoking Day” to create awareness amongst students on health hazards related with smoking   |
| 13     | "Inter-collegiate Skill Development Webinar & Interactive Workshops Webinar on “Sensitization and Awareness of Covid-19 Among Students and Faculty: Handling Post Lock Down Challenges”" |
| 14     | Fit India Movement Five Days Yoga Challenge  |
| 15     | Five Days Exercise Challenge to stakeholders to create awareness on health and fitness under Fit India Movement  |

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 PRINCIPAL  
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|    |  |
|----|--|
| 16 | Inter-collegiate Video Making Competition on Suicide Prevention under Mental Health Awareness  |
| 17 | Inter-collegiate Poster Making Competitions on HIV/AIDs Awareness on World Aids Day  |
| 18 | Awareness programme on HIV AIDS through Red Ribbon Making and distribution activity in the community   |
| 19 | Road Safety Poster Making Event to awareness society at large  |
| 20 | Paper Bag Making activity and distribution in the neighborhood   |
| 21 | Community wise Flag Collection Rally - After Independence Day Celebrations to pay respect to our National Flag                                 |
| 22 | Awareness programme on World Earth Day- Poster Making Competition, Slogan Making Competition, Tree Plantation                                  |
| 23 | Mono Acting Competition to sensitize students on Women Empowerment And Importance Of Education   |
| 24 | NSS Voluntine Week - Seven Days Celebrations on social aspects   |
| 25 | Skill Development Webinar & Interactive Workshops on E - Gurukul   |
| 26 | Intra-Collegiate Quiz on the Occasion of 71st Constitution Day to create awareness amongst students on Constitutional Rights and Duties        |
| 27 | NSS Foundation Day Celebrations to sensitise youth about the Social Issues in the Society  |
| 28 | Inter-collegiate webinar on promotion of Hindi on Hindi Divas  |
| 29 | Observance on Non-Violence Week (Gandhi Commemoration Week)  |
| 30 | Inter-collegiate Competitions on the occasion of Gandhi Jayanthi to create awareness about Gandhian Thoughts and Principles                    |
| 31 | Inter - Collegiate Quiz Competition on Poshan Pakhwada under Fit India Movement to create awareness on health issues related to Women and Kids |
| 32 | Inter-collegiate competition on Fit Khao Fit Raho - Competition under Fit India Campaign   |
| 33 | Quiz Competition On the occasion of Parakram Divas to give Tribute To Netaji Subhash Chandra Bose and inculcate his ideologies                 |

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|    |   |
|----|---|
| 34 | Students participation in Inter - College Quiz Competition on Organ Donation to sensitise youth towards Organ Donation under Health Awareness |
| 35 | Hindi Divas-Slogan Making Competition Sensitise youth on the importance   |
| 36 | Rangoli Competition on "Mental Health"  |
| 37 | Inter - College Quiz Competition on World Health Day to create awareness on health and fitness  |
| 38 | Intra Collegiate Quiz Competition on HIV and AIDS to create awareness among youth   |
| 39 | Inter-Collegiate Online Multi-Disciplinary Student Research Convention on Social Issues   |

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## Community E – Waste Collection Drive



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



**NSS Programme Officer**



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Poster/Brochure



*Vijay Chishvanappa*

NSS Programme Officer

Criterion 3 - Research, Innovations and Extension

*John Pereira*

NSS Programme Officer



*Principal*

Principal  
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**Notice (WhatsApp Message)**

"Cycling gives health to one, E- recycling gives health to all."

Jai Hind! Hello Fellas! #Namaste

The NSS Unit of Bunt's Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai with University of Mumbai in association with MCGM, Mazi Vasundhara and My Green Society is conducting a Waste collection drive(E-Waste, Plastic, Metal, Wood, Paper)

Date: 24th -29th January, 2021

▫All Students are requested to Spread Awareness in their Nearby Area or Society and Collect maximum Waste possible.

A Van will be sent to your Area to collect The Waste.

■ Students staying at Powai or Nearby Powai, can Collect the Waste and Drop it at College by 29th January,2021.

Note : Students participating and Collecting Min. 10kg of the below given things will be

given Appreciation Certificate from the Environment Minister ,UNDP and University Of Mumbai for the same.

Things to be Collected: E - WASTE, PAPER, METAL, GLASS, PLASTIC.

So Hurry Up, Spread Awareness and start Collecting the Waste from now=

Note: All are requested to carry out this activity in your society only, and please follow all the Covid 19 Guidelines

Let's Save the Environment together & Make this World a better place!v

For any further queries, Call or WhatsApp

Mr. Vijay Vishwakarma (Programme Officer) -9769134055

Mr. John Menezes (Programme Officer) -+919867050902

Snehal Rai - 9082362400

Ishan Salian - 9773471471

Regards, NSS Unit.



**NSS Programme Officer**

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**NSS Programme Officer**



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**Report**

**Event:** Community E – Waste Collection Drive

**Date:** 10th February, 2021

**Highlight:** The NSS Unit of Bunts Sangha's S.M Shetty College of Science, Commerce and Management Studies, Powai has conducted "WASTE COLLECTION DRIVE". It includes Paper, Books, E-Waste, Plastics. The drive started from 26th January to 3rd February in association with NSS Cell, University of Mumbai, UNDP, Government of Maharashtra.

Our college managed to collect 100Kgs of waste and handed over to BMC. The aim of this drive to collect the waste and the outcome is to redevelop our city forest with the funds collected by selling the wastes.

Total number of Volunteers Participated: 32



*Vijay Chishvapama*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John Pereira*

**NSS Programme Officer**



*Principal*  
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**University of Mumbai**  
**National Service Scheme**  
**Waste Collection Drive 23<sup>rd</sup> to 31<sup>st</sup> Jan 2021**

|   |  |
|---|--|
| Name of College / Individual                      | Bunts Sangha, SM Shetty College, Powai |
| Name of Programme Officer                         | Mr. Vijay Vishwakarma                  |
| Contact Number                                    | 9769164055                             |
| Total Waste Deposited                             | 50 Kg.                                 |
| Whether list of participating volunteers attached | Yes.                                   |

Signature of PO / Depositing Person: *[Signature]* Signature of Collection Volunteer: *[Signature]*

**University of Mumbai**  
**National Service Scheme**  
**Waste Collection Drive 23<sup>rd</sup> to 31<sup>st</sup> Jan 2021**

|   |                 |
|---|-----------------|
| Name of College / Individual                      | Archana Chauhan |
| Name of Programme Officer                         |                 |
| Contact Number                                    | 9372610036      |
| Total Waste Deposited                             | 9.6 kgs         |
| Whether list of participating volunteers attached | No              |

Signature of PO / Depositing Person: *[Signature]* Signature of Collection Volunteer: *[Signature]*

**University of Mumbai**  
**National Service Scheme**  
**Waste Collection Drive 23<sup>rd</sup> to 31<sup>st</sup> Jan 2021**

| Sr. No | Name of College / Individual           | Amount of Waste | No of Volunteers involved | Signature          |
|--------|--|-----------------|---------------------------|--------------------|
| 1.     | Bunts Sangha, SM Shetty College, Powai |                 |                           |                    |
| 2.     | Vijay Vishwakarma                      | 20              |                           | <i>[Signature]</i> |
| 3.     | John Menezes                           | 10              |                           | <i>[Signature]</i> |
| 4.     | Abhishek Gupta                         | 10              |                           | <i>[Signature]</i> |
| 5.     | Ishan Salian                           | 10              |                           | <i>[Signature]</i> |
| 6.     |  |                 |                           |                    |

**University of Mumbai**  
**National Service Scheme**  
**Waste Collection Drive 23<sup>rd</sup> to 31<sup>st</sup> Jan 2021**

|   |                 |
|---|-----------------|
| Name of College / Individual                      | Archana Chauhan |
| Name of Programme Officer                         |                 |
| Contact Number                                    | 8828486246      |
| Total Waste Deposited                             | 80.5 Kg         |
| Whether list of participating volunteers attached | No              |

Signature of PO / Depositing Person: *[Signature]* Signature of Collection Volunteer: *[Signature]*

**University of Mumbai**  
**National Service Scheme**  
**Waste Collection Drive 23<sup>rd</sup> to 31<sup>st</sup> Jan 2021**

|   |             |
|---|-------------|
| Name of College / Individual                      | Snehal Khat |
| Name of Programme Officer                         |             |
| Contact Number                                    | 9082362400  |
| Total Waste Deposited                             | 20 Kg       |
| Whether list of participating volunteers attached | No          |

Signature of PO / Depositing Person: *[Signature]* Signature of Collection Volunteer: *[Signature]*

*[Signature]*  
**Vijay Vishwakarma**

**NSS Programme Officer**

**Criterion 3 - Research, Innovations and Extension**

*[Signature]*  
**John Menezes**

**NSS Programme Officer**



*[Signature]*  
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## Inter-collegiate Awareness Session on HIV/AIDS



**NSS Programme Officer**



**NSS Programme Officer**

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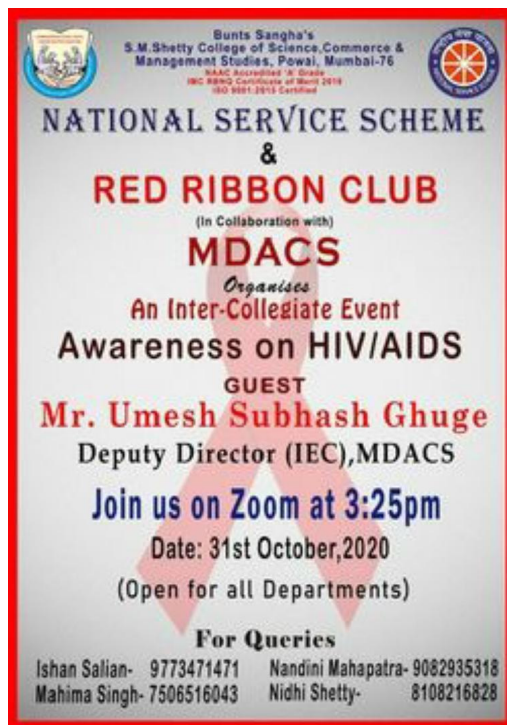
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**Poster & Brochure**



The poster is for an event organized by Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies, Powai, Mumbai-76. It is a NAAC Accredited 'A' Grade and IMC RBNQ Certificate of Merit 2019 institution. The event is titled 'NATIONAL SERVICE SCHEME & RED RIBBON CLUB' and is in collaboration with MDACS. It is an inter-collegiate event focused on 'Awareness on HIV/AIDS'. The guest speaker is Mr. Umesh Subhash Ghuge, Deputy Director (IEC), MDACS. The event will be held on Zoom at 3:25pm on 31st October, 2020, and is open for all departments. For queries, contact Ishan Saliyan (9773471471), Mahima Singh (7506516043), Nandini Mahapatra (9082935318), or Nidhi Shetty (8108216828).



**NSS Programme Officer**



**NSS Programme Officer**

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**Notice**

Aids is not the problem but mindset is. ✨ ✨

Jai Hind!!!

RRC(Red Ribbon Club) and NSS Unit of Bunt's Sangha S.M Shetty College of Science Commerce and Management Studies 🏢 in collaboration with MDACS has organised an intercollegiate webinar on HIV/AIDS.

▫ TOPIC:- AWARENESS ABOUT HIV/AIDS

▫ Resource Person:-Mr Umesh Subhash Ghuge ▫Deputy Director (IEC), MDACS

▫Worked with UNICEF and Childline1097 as a project officer.

◇ VENUE:- Zoom

◇ TIME:- 3:25 pm

◇ DATE:- 31st October 2020

Registration Link in bio

Zoom Link will be provided in your mail I'd.

E-Certificates 📄 will be provided to the participants.

Let us give publicity to HIV/AIDS and not hide it, because [that is] the only way to make it appear like a normal illness. 😊😊

▫For any further queries Contact:-

1. NandiniMahapatra:- 9082935318

2. Nidhi Shetty:- 8108216828

3.IshanSalian:- 9773471471

4.Mahima Singh:- 7506516043

Regards,

Red Ribbon Club 🦋 (RRC).



**NSS Programme Officer**



**NSS Programme Officer**

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**Report**

**Event:** Inter-collegiate Awareness Session on HIV/AIDs

**Date:** 31 October, 2020

**Objective:** Awareness on HIV/AIDS, Precautionary Measures

**Highlight:** The NSS UNIT and the RED RIBBON CLUB of S. M. SHETTY COLLEGE in collaboration with MDACS organized an inter-collegiate webinar “**AWARENESS ON HIV/AIDS**” on 31st October, 2020. The guest and the speaker of the Webinar was Mr. Umesh Subhash Ghuge who is a Deputy Director (IEC), MDACS. Mr. Umesh Ghuge has also worked with UNICEF & Childline1097 as a Project Officer. He made us all aware about the seriousness of HIV & AIDS disease and how it can be transmitted from one person to another, what are the medium through which this disease can spread and also told us the ways how we can protect yourself from getting affected by this disease. He also shared some names and the contact numbers of some government hospitals and organizations who give guidance and do the HIV tests for free. At the end of the webinar, we asked all the volunteers to turn on their videos and take a pledge on the occasion of “**RASHTRIYA EKTA DIWAS**”. **The webinar was a great success having 196 participants from various colleges.**



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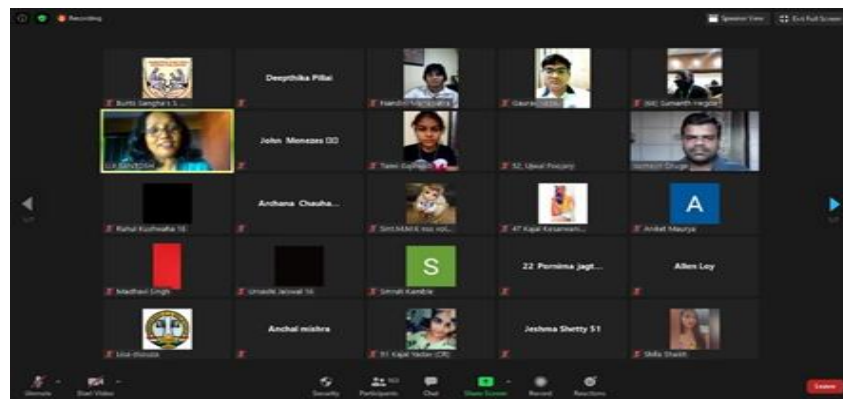
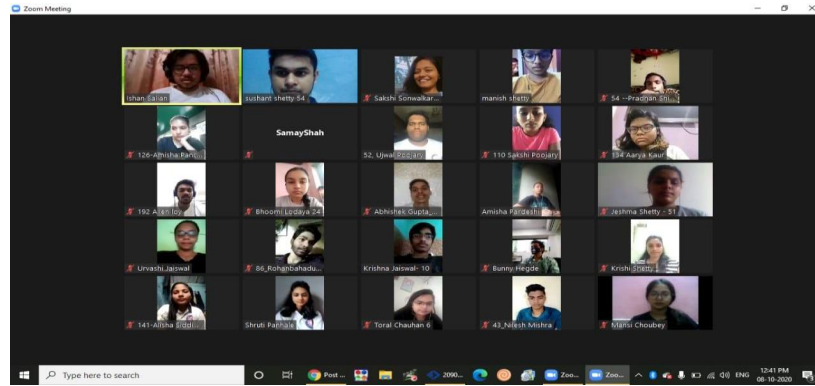
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*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Monazza*

**NSS Programme Officer**



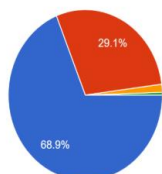
*Principal*

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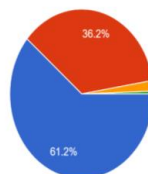
**Feedback Analysis**

How do you rate the theme of the webinar?  
196 responses



● Excellent  
● Good  
● Fair  
● Poor

How did you find the content of the session  
196 responses



● Excellent  
● Good  
● Fair  
● Poor

**Action Taken Report**

| DATE                    | Feedback Received  | Action Taken  |
|-------------------------|--|---|
| Date: 31st October 2020 | <ul style="list-style-type: none"><li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li><li>All the participants were happy to participate in this webinar</li></ul> | NSS Unit will conduct more such interesting and informative Webinars. |



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# Inter-collegiate Session on Yoga (Healthy Body)Fit India Campaign



**NSS Programme Officer**

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**Notice (WhatsApp Message)**

👤 INTERNATIONAL YOGA DAY 👤

Health Club , Sports Department and NSS UNIT of \*Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai, is organising a National Webinar on-

‘Yoga for Healthy Body, Calm Mind & Strong Spirit’

For : Teaching ,Non-Teaching staff, Students,Parents & others.

Resource Persons: Members of Shri Ambika Yoga Kutir

Event Details:

: 21st June, 2020

🕒 : 10:00am -11:00 am (Zoom Webinar).

Registration Link: <https://forms.gle/kD6kBLyS854UhGSm7>

After registration join the telegram group using the link for updates:-

Telegram Group Link:

<https://t.me/joinchat/RT12kBupCN2jYwvtdWZrdg>

Registration Fees: FREE

Registration Limit: 500 Participants

Last Date to Register: 20th June, 2020.

Contact Persons:

Asst.Prof. Himani Shukla Varia

(9768009228)

In case of any queries kindly E-Mail 📧 us at: [himanis@smshettyinstitute.org](mailto:himanis@smshettyinstitute.org)

Kindly Note:

1) Kindly install Zoom software on laptop/desktop or Zoom app on Mobile through Playstore/App store

2)E-Certificates shall be issued to all the registered participants, who attend the webinar and fill the feedback form within 7 working days!



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**Report**

**Event:** Inter-collegiate Session on Yoga (Healthy Body)Fit India Campaign.

**Date:** 21st June, 2020

**Objective:** To promote better mental and physical health of the community at large through the practice of yoga asana.

**Highlights:** "Yoga means addition of energy, strength and peace to the body, mind and soul."

On the occasion of International Yoga Day, the Health Club, NSS Unit and Sports Department of our college jointly organized the session with the objective to promote better mental and physical health of the community and to motivate participants to adopt and practice yoga in their daily lives. Event began with the cordial welcome to our Resource persons, Principal, Vice Principals, Teachers and students. Dr.Sridhara Shetty (Principal) addressed the gathering & welcomed the resource persons for the day. Resource persons started the session in which they demonstrated various sitting and standing yoga asanas explaining the specifications and importance of each. These asanas were taught to relieve mental stress, reduce bodily pain and soothe the soul. Asanas were performed by the participants simultaneously. Yoga Session was followed by 'Question and Answer' session in which queries of participants were answered by the resource person. Session came to an end with the vote of thanks.

**Total number of Participated Volunteers: 132**



**NSS Programme Officer**



**NSS Programme Officer**

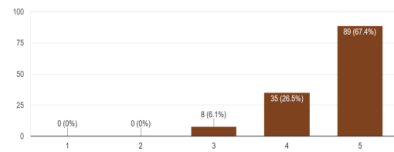
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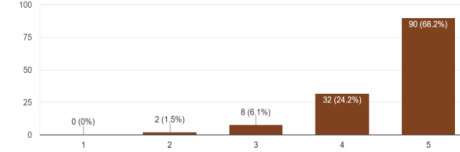
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**Feedback Analysis**

How informative was the session?  
132 responses



How satisfied are you with the session's content?  
132 responses



**Action Taken Report**

| DATE                | Feedback Received  | Action Taken  |
|---------------------|--|---|
| Date: 21 June, 2020 | <ul style="list-style-type: none"><li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li><li>All the participants were happy to participate in this webinar</li></ul> | NSS Unit will conduct more such interesting and informative Webinars. |



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



  
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of Science, Commerce & Management Studies  
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Email: college@smshettyinstitute.org

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STUDIES, POWAI  
NAAC ACCREDITED 'A' GRADE  
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# Inter-collegiate Webinar on Mission Compassion (Vegan Products Awareness) Under Fit India Campaign



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**Poster/Brochure: Mission Compassion 2021**



•Virtual Tour•

Bunts Sangha's, S M Shetty  
College of Science, Commerce and  
Management studies, Powai.  
(Affiliated to University of Mumbai)

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**MISSION COMPASSION 2021**

Join to know about the health benefits of a plant-based  
diet and how you can help save the planet and animals.



**Keynote Speaker: Kuntal A Joisher**  
is the first mountaineer in the world  
to have climbed Mount Everest on  
an entirely plant-based diet.

**Date: 25th February 2021, 4PM TO 5 PM**

**Contact Us**

Jaydeepsinh Jhala  
[india@veganoutreach.org](mailto:india@veganoutreach.org)



**10 Weeks TO VEGAN**

*Vijay Krishnaswami*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John Pienze*

**NSS Programme Officer**



*Principal*  
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**Notice (WhatsApp Message): Mission Compassion 2021**

Greetings To All 🙏

The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai 🏢 is organizing a Inter-collegiate Webinar on "Mission Compassion 2021"

A informative webinar on health benefits of a plant-based diet and how you can help save the planet and animals. 🌍

Speaker of the webinar:- Kuntal A Joisher

(First Mountaineer in the world to climb Mount Everest on an entirety plant-based diet.)

Registration Link 📎 :

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/tZwsdu2tqjguHNDY52M1GpWL35okucHkA50w>

Note: After registering, you will receive a confirmation email containing information about joining the meeting.

Date:- 25th February 2021

Time:- 4:00pm to 5:00pm

Venue:- Zoom Meeting

Note:- All the participants will be provided with E-Certificate

Hope to see you all there.

“We can live as we were meant to live – simply, joyously, of and on the earth. We can live with all our effort and with pure happiness.”

For Further Queries Contact:

Ishan Salian – 9773471471      Snehal Rai - 9082362400

Mahima Singh- 75065 16043      Dipti Shetty- 70451 97444



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**NSS Programme Officer**



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**Report: Mission Compassion 2021**

**Event:** Inter-collegiate Webinar on Mission Compassion (Vegan Products Awareness) Under Fit India Campaign

**Date:** 25<sup>th</sup> February, 2021.

**Highlight:** On Thursday 25th February, students from NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai joined the Mission Compassion 2021 virtual tour organised by Vegan Outreach. 600 students attended the live event and learned about the impact of dietary choices on health, animals, and the environment. Vegan Outreach organized the Mission Compassion virtual event in collaboration with Mumbai University NSS units with support of Prof. Sudhir Puranik, NSS Director of Mumbai University. 7000+ students from 85+ colleges took part in the five-day event.

NSS Program Officer Prof. Vijay Vishwakarma, world's first vegan mountaineer Kuntal Joisher and Vegan Outreach representatives were present at the event. During the one-hour live session, Kuntal Joisher shared his life journey and experience of climbing Mount Everest. He explained the importance of a vegan diet and its health benefits. Kuntal also educated the students about the impact of meat and dairy on animals and the environment.

"Climbing Everest was a personal and spiritual journey. It was also a chance to prove that a vegan diet does not lack nutrition and can support the most difficult physical endurance endeavor on the planet," said Kuntal during the event. "I have never asked anyone to become a vegan. Instead, my idea is to do spectacular things and inspire others to ask me a question—what do you eat that you can pull off such feats?"

"We consume dairy and meat, assuming that it's healthy for us. But this session was an eye-opening experience for all of us. We are thankful to the Vegan Outreach team and Kuntal Joisher for enlightening us."

— NSS Program Officer, Prof. Vijay Vishwakarma

"We interact with hundreds of students regularly during outreach, and most of them want to switch to a vegan diet when they learn about the amount of animal cruelty involved in the process. Our 10 Weeks to Vegan is a guided challenge that provides everything students need



**NSS Programme Officer**



**NSS Programme Officer**

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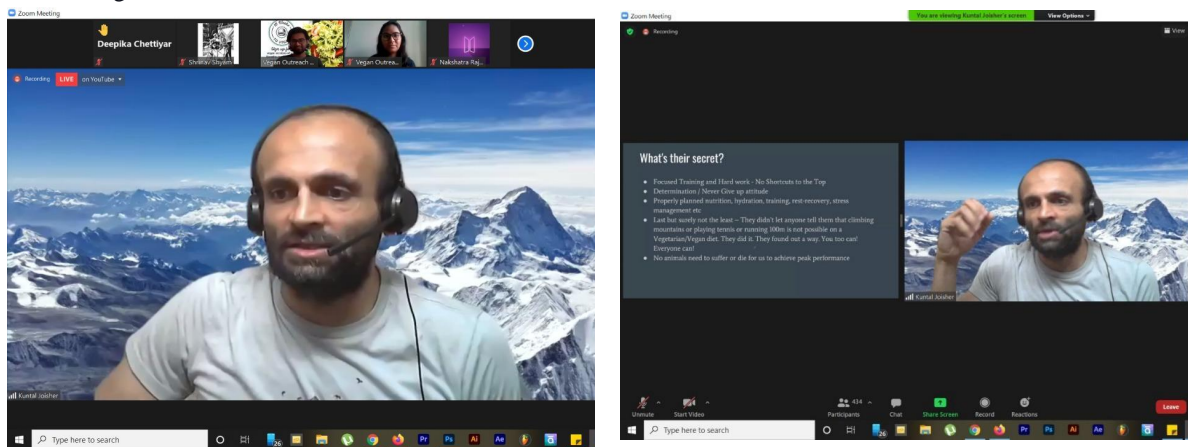
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to know to get started with a vegan diet. The 10 Weeks to Vegan emails include tips and resources to help students make the switch.”

— Jaydeepsinh Jhala, Sr. Outreach Coordinator at Vegan Outreach.

During the Mission Compassion 2021 virtual tour, thousands of students pledged to help animals and the environment by reducing their animal product consumption. More than 84+ colleges affiliated with Mumbai University participated in the event, making this initiative a great success.



**SESSION WAS MUCH MORE INFORMATIVE**

*Vijay Krishnaswama*

**NSS Programme Officer**

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*John Dierse*

**NSS Programme Officer**



*Principal*  
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Certificate: Mission Compassion 2021



*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Dierker*

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# Inter-collegiate Webinar on Healthy 2020 Mission with Dr. Sharayu Rajwade under Fit India Campaign



**NSS Programme Officer**



**NSS Programme Officer**

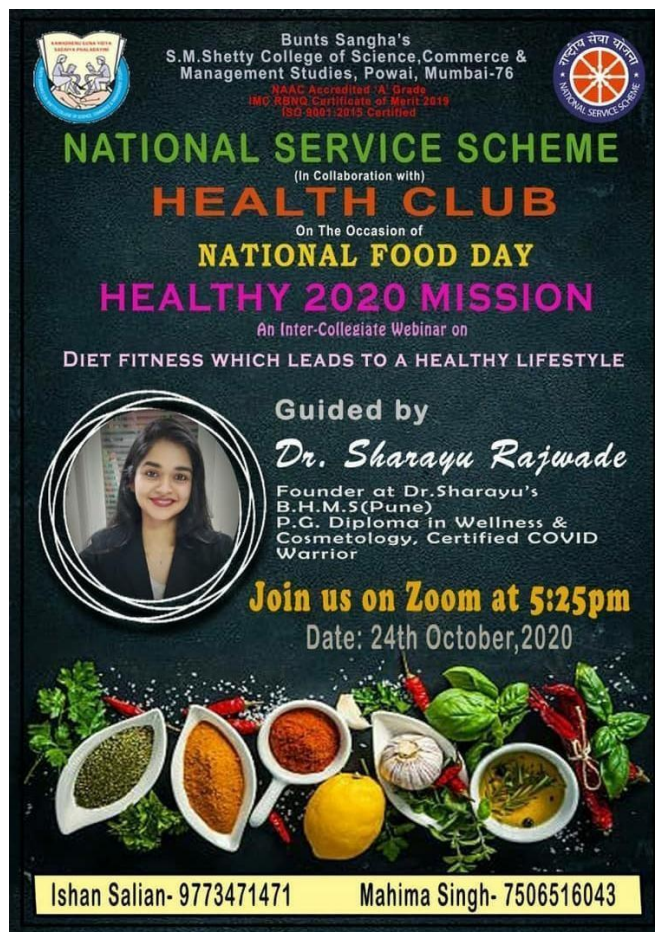
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**Poster & Brochure**



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**NATIONAL SERVICE SCHEME**  
(In Collaboration with)  
**HEALTH CLUB**  
On The Occasion of  
**NATIONAL FOOD DAY**  
**HEALTHY 2020 MISSION**  
An Inter-Colleiate Webinar on  
**DIET FITNESS WHICH LEADS TO A HEALTHY LIFESTYLE**

Guided by  
**Dr. Sharayu Rajwade**  
Founder at Dr.Sharayu's  
B.H.M.S(Pune)  
P.G. Diploma in Wellness &  
Cosmetology, Certified COVID  
Warrior

**Join us on Zoom at 5:25pm**  
Date: 24th October, 2020

Ishan Salian- 9773471471 Mahima Singh- 7506516043

*Vijay Krishnakumar*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John Pienzo*

**NSS Programme Officer**



*Principal*

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**Notice**

One cannot think well, love well, and sleep well, if one has not dined well

Jai Hind!!

Hello Fellas.....

The NSS Unit of Bunts Sangha's SM Shetty College of Science, Commerce and Management Studies   
In collaboration with the Health Club has organised

HEALTHY 2020 MISSION

An Intercollegiate Webinar on


Diet Fitness Which Leads to a Healthy Lifestyle

On the occasion of

NATIONAL FOOD DAY. 🍽️ 🍷 🍰 🥞

Guest of Honour :- Dr. Sharayu Rajwade

Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness and Cosmetology, Certified COVID warrior.

E-Certificates  will be provided to the participants.

Registration link  <https://forms.gle/cdmb4iyfsVFNTdjF6>

♦ Date 📅 - 24/10/2020 Time ⌚ - 5:25pm ♦ Venue- Zoom

☐ For any further queries WhatsApp :-

1. Ishan Salian:- +91 97734 71471
2. Mayur Gami:- +91 79777 19054
3. Mahima Singh:- +91 75065 16043
4. Vrinda Soman:- +91 98693 48460



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**Report**

**Event:** Inter-collegiate Webinar on Healthy 2020 Mission with Dr. Sharayu Rajwade under Fit India Campaign

**Date:** 24<sup>th</sup> October, 2020.

**Objectives:** It will create awareness about how to have a healthy meal and how to keep ourselves fit.

**Highlights:** The NSS UNIT of S. M. SHETTY COLLEGE in collaboration with HEALTH CLUB organized an inter-collegiate webinar “**DIET FITNESS WHICH LEADS TO A HEALTHY LIFESTYLE**” on the occasion of National Food Day. The guest and the speaker of the Webinar was Dr. Sharayu Rajwade who is a founder of Dr. Sharayu's, B.H.M.S (Pune), she is also a P.G. Diploma in Wellness & Cosmetology, Certified COVID-19 Warrior.

The webinar was full of information and knowledge. She made us aware of how important it is to have a healthy lifestyle and also informed us about the Rainbow color meal and its benefits. We also had a meditation session during the webinar, also we had a QnA session at the end of the webinar where Sharayu Ma'am cleared various doubts and gave the solutions for various health issues. **The webinar was a great success having 140 participants from various colleges.**



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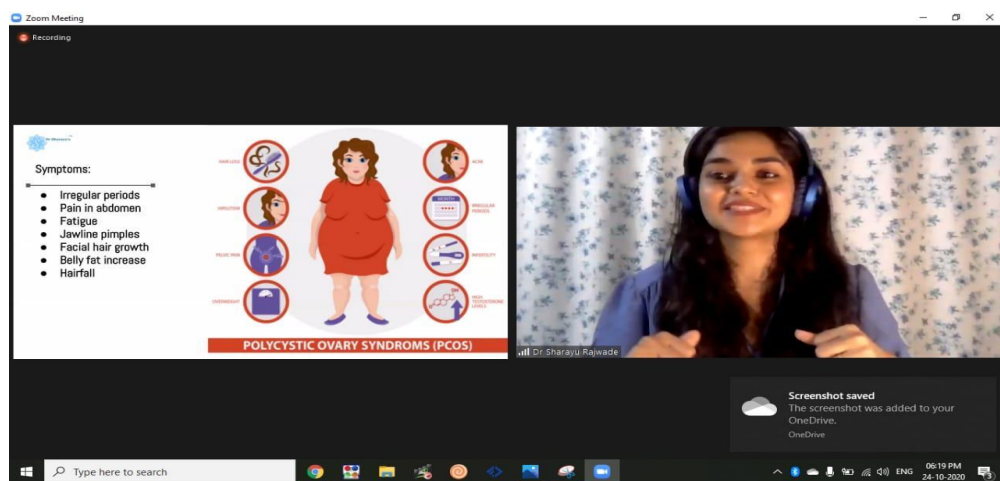
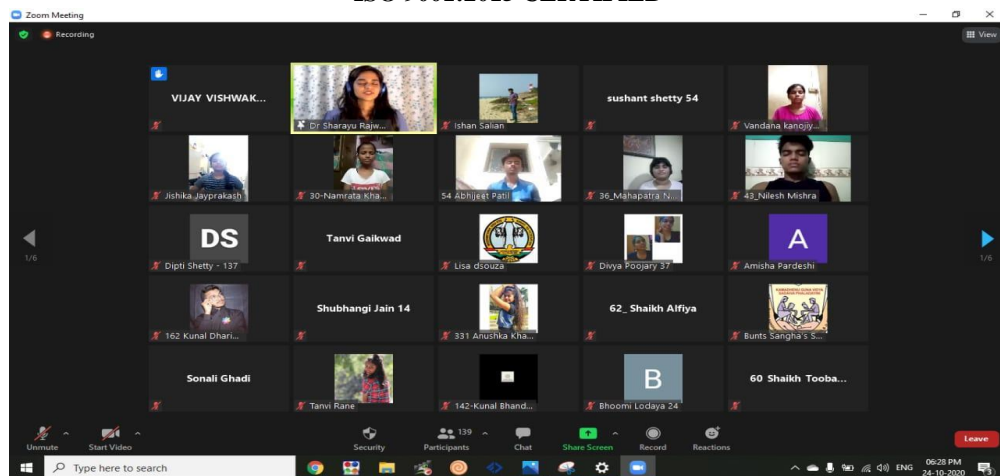


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*Vijay Krishnakumar*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

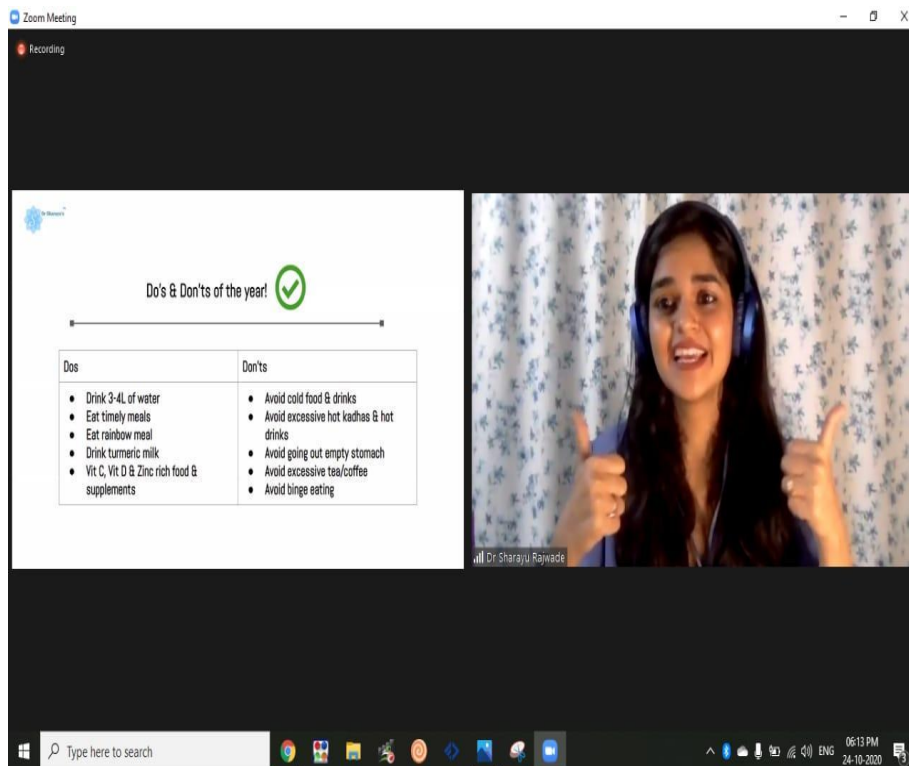


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*Vijay Krishnakumar*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

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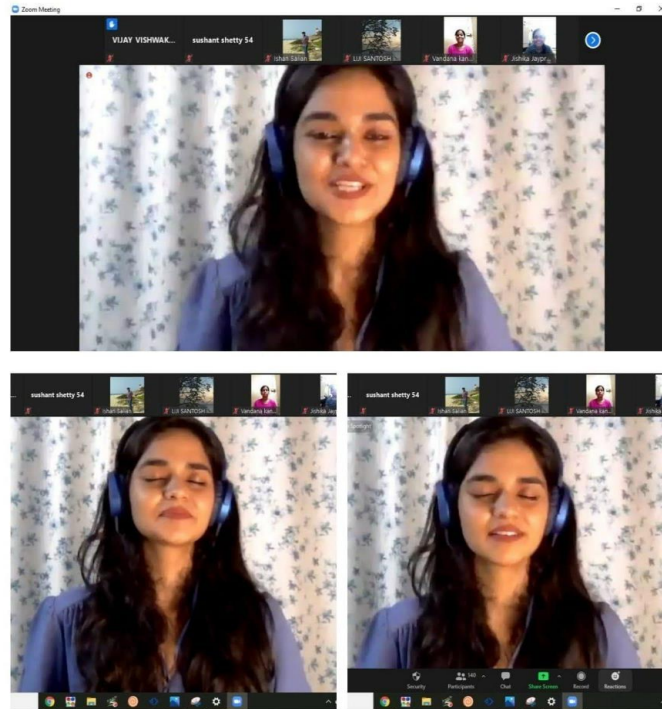


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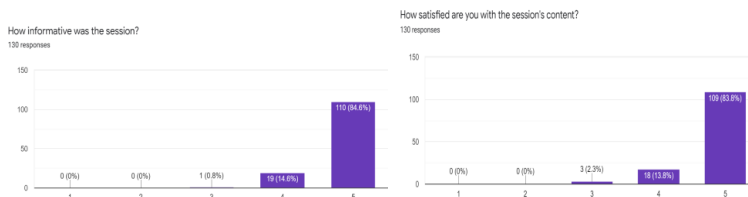
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**Feedback Analysis**



**Action Taken Report**

| DATE                           | Feedback Received   | Action Taken  |
|--------------------------------|---|---|
| 24 <sup>th</sup> October, 2020 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Krishnakumar*

**NSS Programme Officer**

*John Dineen*

**NSS Programme Officer**

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*[Signature]*

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# Inter-collegiate Webinar on Covid-19 Vaccine Doubts and Concerns by Dr. C. H. Asrani.



**NSS Programme Officer**



**NSS Programme Officer**


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**Poster/Brochure**



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## **HEALTH CLUB**


(In Collaboration with)

# **NATIONAL SERVICE SCHEME**

Organizes

## **NATIONAL WEBINAR**

### **"Covid Vaccine- Doubts & Concerns."**



**Guided by**  
***Dr. C H Asrani***  
Diplomate National Board  
(Family Medicine) with MBBS  
Over the years has imbibed knowledge to over 2500+ professionals via his training sessions and educated millions via his editorials, TV appearances and articles.

**Date: 23rd Febraury, 2021**  
**Time: 4:00 - 5:00PM**  
**Venue: Zoom Meeting**

**E- Certificates Will be Provided to all the attendees**  
**For any queires**

Snehal Rai- 9082362400  
Dipti Shetty- 70451 97444

Ishan Salian- 9773471471  
Mahima Singh- 75065 16043



**NSS Programme Officer**



**NSS Programme Officer**

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**Notice (WhatsApp Message)**

Health Club & NSS Unit of  
Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies  
(Affiliated to University of Mumbai), Powai, Mumbai, is organising a National Webinar on-  
" Covid Vaccine- Doubts & Concerns."

For : Teaching ,Non-Teaching staff, Students,Parents & others.

Resource Persons: Dr.C H Asrani

Event Details:

: 23rd February , 2021

🕒 : 4:00 -5:00 PM (Zoom Webinar).

Registration Link: <https://forms.gle/oKJibBWpvJhmR7qM6>

After registration join the Whatsapp group using the link for updates:-

Whatsapp Group Link: <https://chat.whatsapp.com/BmoS5aUABSx37KRjVuZRNw>

Registration Fees: FREE

Registration Limit: 500 Participants

Last Date to Register: 22nd February ,2021.

Contact Persons:

Asst.Prof. Himani Shukla Varia

In case of any queries kindly E-Mail us at: [himanis@smshettyinstitute.org](mailto:himanis@smshettyinstitute.org)

Kindly Note:

1) Kindly install Zoom software on laptop/desktop or Zoom app on Mobile through  
Playstore/App store

2)E-Certificates shall be issued to all the registered participants, who attend the webinar and  
fill the feedback form.



**NSS Programme Officer**



**NSS Programme Officer**

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**Report**

**Event:** Inter-collegiate Webinar on Covid-19 Vaccine Doubts and Concerns by Dr. C. H. Asrani.

**Date:** 23<sup>rd</sup> February, 2021

**Highlight:** The Health Club and NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a National webinar on "COVID-19 Vaccine – Doubts and Concerns on 23<sup>rd</sup> February, 2021. The Resource Person for the webinar was Dr. C. H. Asrani Sir.

The webinar commenced with the Welcoming of our Resource Person, Principal & Vice-principal, Members of Health Club & NSS Unit and the participants from various fields and colleges introduced by our NSS Volunteer Mr. Shrinav Shyam. It was further continued by the Introduction of our Resource Person Dr. C. H. Asrani Sir. Later the Resource person started with this session where he explained to us many things about Covid-19 virus and also about various types of vaccine that are being made across the world. Sir also told us about who can take this vaccine and who all cannot, also many doubts related to health issues that may occur after taking the vaccine were cleared. The Webinar was further Continued by Q & A session where Dr. Asrani Sir cleared all the doubts and concerns of our participants

The webinar ended with the Vote of Thanks by Asst. NSS Representative Ms. Snehal Rai.

There were around 100 participants in the webinar.



**NSS Programme Officer**



**NSS Programme Officer**

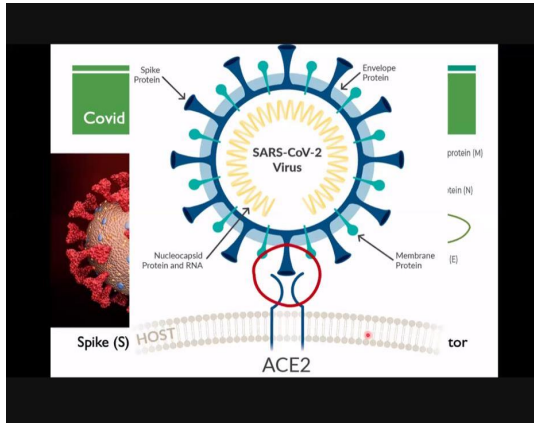
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|----|---------------------------------|--|--|
| H  | Himani Shukla Varia (me)        |  |  |
|    | Swati Shetty (Host)             |  |  |
| DC | Dr Chandramohan Asrani          |  |  |
| 1  | 110 SAKSHI POOJARY              |  |  |
| 1  | 134 Aarya Kaur Singh            |  |  |
| 5  | 14- TYBMM(AD)- Deepthika Pillai |  |  |
|    | 15 Ritik Behal                  |  |  |
| 1  | 158_Sriya Sahu                  |  |  |
| 1  | 17098 Jayesh Watane             |  |  |
| 1  | 192 Allen Loy                   |  |  |
|    | 238 FYBCOM(B) shetty Sagar      |  |  |
| 5  | 39 Suparna Paul SYBBI           |  |  |

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**NSS Programme Officer**

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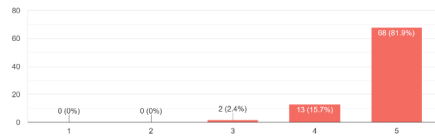


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 Email: college@smshettyinstitute.org

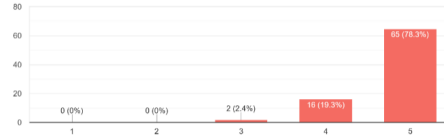
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**Feedback**

How informative was the session?  
83 responses



How satisfied are you with the session's content?  
83 responses



**Action Taken Report**

| DATE                                  | Feedback Received   | Action Taken  |
|---------------------------------------|---|---|
| Date: 23 <sup>rd</sup> February, 2021 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Chishvapama*

**NSS Programme Officer**

*John D'Souza*

**NSS Programme Officer**

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*Principal*

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# Inter-collegiate Session on Yoga (Healthy Body)Fit India Campaign



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**Poster & Brochure**



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## NSS UNIT

To Celebrate Fit india Movement  
*organises*  
**AN INTERCOLLEGIATE WEBINAR ON YOGA**

26TH SEPTEMBER, 2020  
(Open to all )

Join us on Zoom at 6:00pm



**GUIDED BY:**  
*Dr. Kush Panchal*  
International Yoga Trainer

For Queries

|                          |                            |
|--------------------------|----------------------------|
| Ishan Salian- 9773471471 | Deepika Pillai- 9004961914 |
| Mahima Singh- 7506516043 | Mayur Gami- 7977719054     |

*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

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**Notice**

The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce & Management Studies.

Organises

Webinar on Yoga

To celebrate Fit India Movement ,initiated by the Government of India

Open for all

Yoga is the journey of the self, through the self, to the self. It's not about being good at something. It's about being good to yourself.

Date: 26th September 2020

Time : 6:00pm. This session will be guided by Dr. Kush Panchal International Yoga Trainer.

◆ He will guide you through:

☀ प्राणायामसेप्राणबचाओ

☀ Super energetic meditation techniques

☀ Yoga for back pain

☀ Most effective fat loss home exercises

☀ How to stay motivated in this pandemic

☀ Stress Management

🧠 Along with QNA session 🧠

Other topics covered:

1) Amazing memory power techniques



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2) Animal flow movement-based exercises

3) Personalised consultation

4) Detox diet tips for evergreen health

5) Professional meditation audios

Short Introduction -


Dr. Kush Panchal is an accomplished International Yoga Trainer.

He is the personal trainer of KanganaRanaut and ShahidKapur. He has trained Hollywood celebs Emma Watson, Pop Singer Ellie Goulding and James Bond villain Sebastien Fucon. Kush has done his PhD in 'DhyanYog' from Hrishikesh, he has a Masters Diploma in Fitness Management from America and Advanced Degree in Body Weight Training from London. Out of 667 yoga trainers from all over Asia, he was selected among the top 16, to instruct the elite guests of the number one VIP cruise ship 'Holland America Line'. He is also the 1st Indian to conduct his 'Yoga-with-Dance' workshop at the London Bridge with 552 participants!

You cannot always control what goes on outside. But you can always control what goes on inside. This session will surely relax your mind and will be very helpful to fight this pandemic too.

For registration, click here:

<https://forms.gle/AerHqo48htUUHU376>

Please note Zoom link will be provided via mail 

Regards,

NSS UNIT



**NSS Programme Officer**



**NSS Programme Officer**

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**Report**

**Event:** Inter-collegiate Session on Yoga (Healthy Body)Fit India Campaign

**Date:** 26<sup>th</sup> September, 2020.

**Objective:** It will create awareness about how yoga can help to keep ourselves fit.

**Highlight:** The NSS Unit of S. M. SHETTY COLLEGE had organized a fitness Webinar on 26<sup>th</sup> September, 2020 to celebrate **FIT INDIA MOVEMENT**.

In accordance with the Fit India Movement initiated by the Government of India, the NSS Unit of Bunts Sangha's SM Shetty College of Science, Commerce and Management studies had held an intercollegiate "YOGA" webinar on 26th September 2020 at 6:00pm. The session was guided by Dr. Kush Panchal International Yoga Trainer. **There 180 people participated in the intercollegiate yoga webinar.**



**A INFORMATIVE AND INTERACTIVE SESSION TAKEN**

*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John Pienzo*

**NSS Programme Officer**



*Principal*

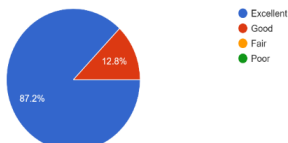
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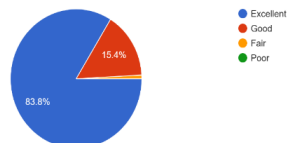
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**Feedback Analysis**

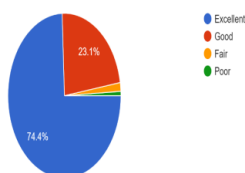
How do you rate the theme of the webinar?  
 117 responses



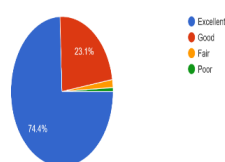
How did you find the content of the session  
 117 responses



Please rate your overall knowledge level about the topic covered AFTER ATTENDING the session  
 117 responses



Please rate your overall knowledge level about the topic covered AFTER ATTENDING the session  
 117 responses



**Action Taken Report**

| DATE                                   | Feedback Received   | Action Taken  |
|--|---|---|
| Date: 26 <sup>th</sup> September, 2020 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Krishnakumar*

**NSS Programme Officer**

*John Dierzy*

**NSS Programme Officer**



*[Signature]*

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**Blood Donation Camp for  
neighborhood community,  
parents, teachers and  
students in association with  
TATA Memorial Hospital**



**NSS Programme Officer**

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**NSS Programme Officer**



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Brochure/Poster



**NSS UNIT**

&

**RED RIBBON CLUB**



In Collaboration With

**TATA MEMORIAL CENTRE**

ORGANISES

**BLOOD**

**DONATION CAMP**

*Donate blood, share life*

Date : 16th January, 2021

Time : 9 am to 3 pm

Venue : SM Shetty Educational  
Institute Auditorium, Powai.

Scan the QR code and register  
yourselves now!



*"A single pint can save three lives, a single gesture can  
create million smiles."*  
**Donor Card will be provided.**

**NSS Programme Officer**

**NSS Programme Officer**

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Principal  
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**Notice (WhatsApp Message):**

रक्तदान इक यज्ञ है,

मानवता के नाम,

आहूति अनमोल है,

लगे ना इसमें कोई दाम.

Attention!!! Attention!!!🔊🔊

Jai HindININ

Hello People.....

NSS UNIT and RRC(Red Ribbon Club) of Bunts Sangha's S.M.Shetty College of Science,  
Commerce and Management Studies, Powai 🏢 with TATA MEMORIAL CENTRE  
Organises the "BLOOD DONATION CAMP" 💉💉

📅 Date : 16th January 2021

🕒 Time : 9 am to 3 pm

➡ Venue : Auditorium, S.M.Shetty Educational Institutions, Near Jal Vayu Vihar, Powai.  
Mumbai - 400076

Those who all are interested to Donate Blood register yourself.

➡ Registration link 📌 :

[https://docs.google.com/forms/d/e/1FAIpQLScjbaQO0xfPooqy8zJBx42jJ6xdMrTB6WgGXCP4fBR4hfo3qA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScjbaQO0xfPooqy8zJBx42jJ6xdMrTB6WgGXCP4fBR4hfo3qA/viewform?usp=sf_link)

Important Note:- 🗣️🗣️

💧 Our college will be taking all precautions and it will be safe to donate.

💧 Donor Card will be given



**NSS Programme Officer**



**NSS Programme Officer**

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📌 Certificates will also be provided to the Donor

➡ Rules for Blood Donation 📌

- 1) Everyone should follow all the covid-19 guidelines. 🧐
- 2) For donating a blood your age should be 18+ and your weight should be 50 Kg or more. ⚖️
- 3) Should have eaten something (Proper lunch) 4 hours prior to the donation. 🍽️ 🥗 🥤
- 4) Must have atleast 6 hours of sleep. 🛌
- 5) You should not be suffering from any kind of bacterial, fungal or any kind of disease. 🚫

For any queries contact 📞 :

👤 Ishan Salian: 9773471471

👤 Mahima Singh: 7506516043

Regards,

NSS unit & RRC

Bunts Sangha's , S.M.Shetty College, Powai

Do register and share with your family and friends

Kindly follow the instructions 🧐 🧐



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**Report**

**Event:** Blood Donation Camp for neighborhood community, parents, teachers and students in association with TATA Memorial Hospital

**Date:** 16th January, 2021.

**Objective:** To collect the maximum number of blood and raise awareness that individuals can save lives and improve the health of others by donating blood.

**Highlights:** The NSS UNIT & Red Ribbon Club (RRC) of BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES in collaboration with TATA MEMORIAL CENTRE organized a Blood Donation Camp on 16th January, 2021. The Camp begins at 9 am in the morning with our first donor. Our Principal Sir Dr. Sridhara Shetty personally had a conversation with most of our Donors. At 11am Our Principal Sir and Management Members inaugurated the program by lighting the lamp and felicitated the Management Members with a sapling. The Donors were provided with Refreshment after donating blood and were given certificate, sapling and a Donor card. All the COVID-19 precautions were taken such as Social distancing, Sanitization, Masks and Gloves. **There were 93 Blood counts and 132 registration.** The program ended with a Thank You speech by our Principal Sir, he also felicitated the Doctors from the Tata Memorial Centre with a sapling as well as addressed the Volunteers.



*Vijay Chishvanappa*

**NSS Programme Officer**

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*John Dierzy*

**NSS Programme Officer**



*S. M. Shetty*  
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**Images**



*Vijay Chishvapanna*

**NSS Programme Officer**

*John Dierges*

**NSS Programme Officer**

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*Prashant*  
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*Vijay Chishvapanna*

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*John Dierges*

**NSS Programme Officer**

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*R. S. Shetty*  
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*Vijay Chishvapanna*

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*John Pereira*

**NSS Programme Officer**



*Principal*  
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*Vijay Chishvapanna*

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*John Dierges*

**NSS Programme Officer**



*R. S. Shetty*  
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# Fit India Movement Five Days Yoga Challenge



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**Poster & Brochure**

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**NATIONAL SERVICE SCHEME**  
**PRESENTS**  
**5 Days Fit Raho Challenge**

Vrikshasana  
(DAY 1)

Dhanurasana  
(DAY 5)

Bhujangasana  
(DAY 2)

Chakrasana  
(DAY 4)

Ardha Chandrasana  
(DAY 3)

From:- 28th September, 2020 Till:- 2nd October, 2020

For Any Queries Contact:-

Ishan Salian: 9773471471 Sushant Shetty: 7738813869

*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John D'Souza*

**NSS Programme Officer**



*S. M. Shetty*

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**Accredited 'A' Grade**  
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**How To Take Part In The Challenge:-**

1. Click a picture of you doing the yoga each day
2. Follow our Instagram handle: @shettynssunit\_b46
3. DM us the picture along with your Name, College Name and E-mail ID

We will feature your pictures on our Instagram story!

Note: (All the participants will be provided with E-Certificates)

**So pull up your yoga pants and get ready to stay fit!**



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**NSS Programme Officer**



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**Notice**

The NSS Unit of  
Bunts Sangha's S.M. Shetty College of Science, Commerce & Management  
Studies Presents 5 Days Fit Raho Challenge On the occasion of Fit India  
Movement,  
We the NSS volunteers are organising a 5-day fitness challenge, where participants will have to  
perform 5 different yoga postures (1 yoga per day) which are given below:-  
▪Day 1 - Vrikshasana  
[https://drive.google.com/file/d/15RN1EVCobXthTw83\\_qO0IONKaR0iptsw/view?usp=drivesdk](https://drive.google.com/file/d/15RN1EVCobXthTw83_qO0IONKaR0iptsw/view?usp=drivesdk)  
▪Day 2 - Bhujangasana  
<https://drive.google.com/file/d/1p9k7-K7GZFgFATupKdgmJkQkxwRJ6oao/view?usp=drivesdk>  
▪Day 3 - Ardha Chandrasana  
<https://drive.google.com/file/d/1gWHqxjtoOwCHfRy8pc-Z2pCpcdS9XAO6/view?usp=drivesdk>  
▪Day 4 - Chakrasana  
[https://drive.google.com/file/d/1TsxfxqNIOE186KVDU3ldRxhonMCS\\_wl/view?usp=drivesdk](https://drive.google.com/file/d/1TsxfxqNIOE186KVDU3ldRxhonMCS_wl/view?usp=drivesdk)  
▪Day 5 Dhanurasana  
[https://drive.google.com/file/d/1rlqPdA6Tc7SkrO\\_8Vk5BoxGGMR3url25/view?usp=drivesdk](https://drive.google.com/file/d/1rlqPdA6Tc7SkrO_8Vk5BoxGGMR3url25/view?usp=drivesdk)  
Sounds fun right? 😊  
To be a part of the 5 Day Fit raho challenge ▪  
Click a picture of you doing the yoga each day.  
▪ Follow our Instagram handle:shettyNSSunit\_b46  
[https://instagram.com/shettyNSSunit\\_b46?igshid=1kiv5rh9bybto](https://instagram.com/shettyNSSunit_b46?igshid=1kiv5rh9bybto)  
▪DM us the picture of the same along with your Name, College Name and E-mail ID  
Or you can whatsapp us at  
Sushant Shetty- 7738813869  
Ishan Salian- +91 97734 71471  
We will feature your pictures on our Instagram story! 😊  
From:- 28th September, 2020  
To:- 2nd October, 2020  
So pull up your yoga pants and get ready to stay fit!



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



**NSS Programme Officer**



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of Science, Commerce & Management Studies  
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Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S  
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STUDIES, POWAI  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Fit India Movement Five Days Yoga Challenge

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

**Highlight:** The NSS Unit of S. M. SHETTY COLLEGE had organized a fitness challenge from 28<sup>th</sup> September, 2020 to 2<sup>nd</sup> October, 2020 for **FIT INDIA MOVEMENT**. The participants had performed different Yoga Asans (1 Asan per day) which were given below:-

Day 1- Vrikshasana

Day 2- Bhujangasana

Day 3- Ardha Chandrasana

Day 4- Chakrasana

Day 5- Dhanurasana

Total number of Volunteers Participated is 90. All the participants were provided with participation certificate.



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**Day 1 Vrikshasana**



*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John Denezo*

**NSS Programme Officer**

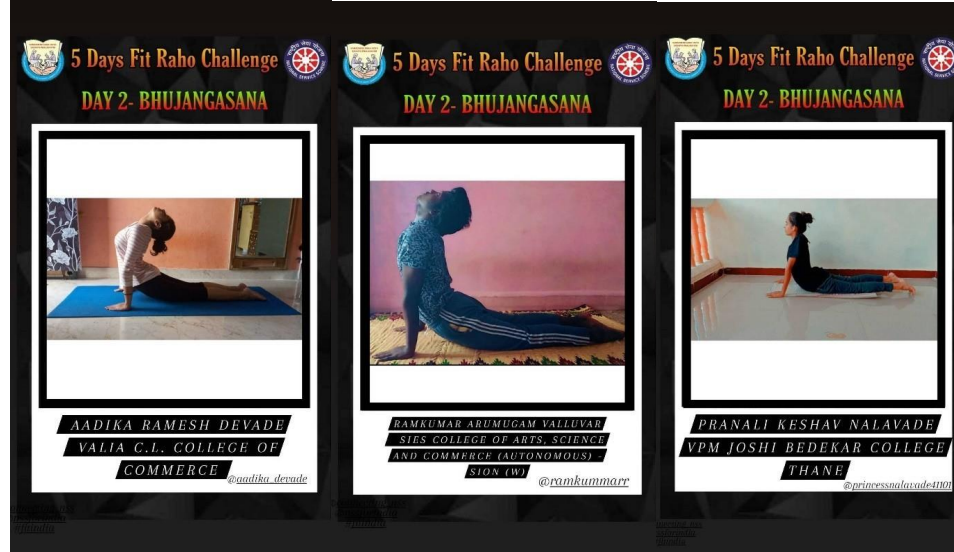


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**Day 2 Bhujangasana**



*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John Deneys*

**NSS Programme Officer**



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**Day 3 Ardha Chandrasana**



*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John D'Souza*

**NSS Programme Officer**



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**Day 5 Dhanurasana**



*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John Deneys*

**NSS Programme Officer**



*P. S. Shetty*

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**Five Days Exercise Challenge  
to stakeholders to create  
awareness on  
health and fitness under Fit  
India Movement**



**NSS Programme Officer**



**NSS Programme Officer**

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NAAC ACCREDITED 'A' GRADE  
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**Brochure/Poster**

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**NATIONAL SERVICE SCHEME  
PRESENTS**

**5 Days Exercise Challenge**  
(An Inter-Collegiate Fitness Challenge)

**Exercise To Be Performed:-**

- Day 1 - Push-ups
- Day 2 - Sit-ups
- Day 3 - Lunges
- Day 4 - Squats
- Day 5 - Pistol Squats

**From:-  
21st September, 2020**

**Till:-  
25th September, 2020**

**For Any Queries Contact:-**

**Ishan Salian: 9773471471      Dipti Shetty: 7045197444**



**NSS Programme Officer**



**NSS Programme Officer**

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## **Rules & Regulation**

1. Make a 1-minute video of you performing the given exercise for the day.
2. Follow our Instagram handle:  
@shettynssunit\_b46
3. DM us your video on instangram along with your Name, College Name, Email ID & Contact Number or mail the same on  
nssunit\_b46@gmail.com
4. The one who performs the most number of each exercise in 1 minute will be declared as the winner.
5. One winner will be declared daily from 21st September to 25th September.
6. Send us your entries by 11pm max, as the winners will be announced at 12am on our Instagram story.

**Note:- (All the participants and Winners will be provided with E-Certificate)**

**So pull up your pants and get ready to stay fit!**



**NSS Programme Officer**



**NSS Programme Officer**

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**Notice (WhatsApp)**

The NSS Unit of Bunts Sangha's  
S.M. Shetty College of Science Commerce & Management Studies.

Presents

Fit Raho Challenge

On the occasion of Fit India Movement,

we the NSS Unit is organising fitness challenges, where participants will have to perform different exercises (1 exercise per day) which are given below:-

Exercise Challenge (21 Sept to 25 Sept)

- Day 1 - Pushups
- Day 2 - Situps
- Day 3 - Lunges
- Day 4 - Squats
- Day 5 - Pistol Squats

Sounds fun right?

Ps: This Challenge is open for all

To be a part of the Fit raho challenge

- Shoot a 1 min video of you doing the exercise each day.

- Follow our Instagram handle:-

shettynssunit\_b46

- Dm us your video on instagram or mail us on nssunit\_b46@gmail.com along with your full name, College name(if student), Email ID, Contact number and instagram id.

- The one who performs most no. of each exercise in one minute will be declared as the winner.

- Winner will be declared daily on the next day of challenge at 12 am on our instagram handle.

(Entries will only be accepted upto 11PM each day)

E-certificates will be given to participants and winners.

We will feature your videos on our Instagram story! 😊

So pull up your pants and get ready to stay fit!

For any queries, Contact:

Dipti Shetty: 7045197444 Ishan Salian: 97734 71471



**NSS Programme Officer**



**NSS Programme Officer**

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**Report**

**Event:** Five Days Exercise Challenge to stakeholders to create awareness on health and fitness under Fit India Movement.

**Date:** 21<sup>st</sup> September, 2020

**Objective:** To let everyone workout daily and keep themselves fit.

**Highlight:** The NSS UNIT of Bunts Sangha's S. M. Shetty College had organized "5 DAYS EXERCISE CHALLENGE " on the occasion of Fit India Movement, where all the participants were asked to perform the given exercises for 5 days. The challenge started from 21st September, 2020 to 25th September, 2020. It was an intercollegiate event. The participants were asked to make a 1-minute video of the exercise and send it to us daily and out of that winners were announced on our Instagram handle. All the participants performed well and gave their efforts. Following are the exercise ask to perform:

Day 1- Pushups

Day 2- Sit ups

Day 3- Lunges

Day 4- Squats

Day 5- Pistol Squats

There were total **146 participants** in the event. All the participants were provided with participation certificates.

**The Winners of the Competition are:-**

**Day 1- Pushups**



*Vijay. Krishnaswamy*

**NSS Programme Officer**

*John Pereira*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

 *Principal*  
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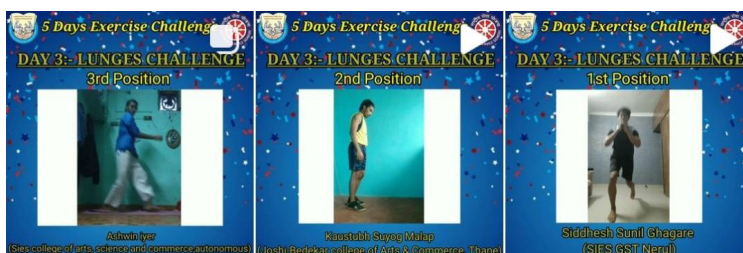


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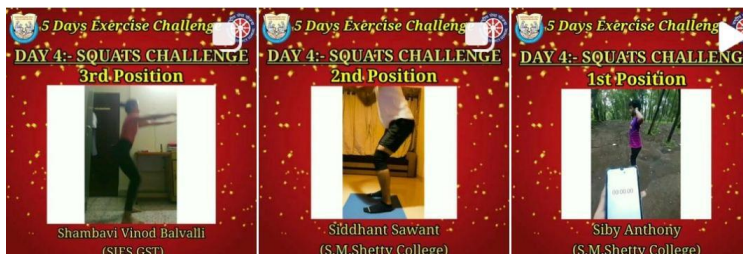
**Day 2- Situps**



**Day 3- Lunges**



**Day 4- Squats**



*Vijay Krishnaswama*

**NSS Programme Officer**

*John Pereira*

**NSS Programme Officer**

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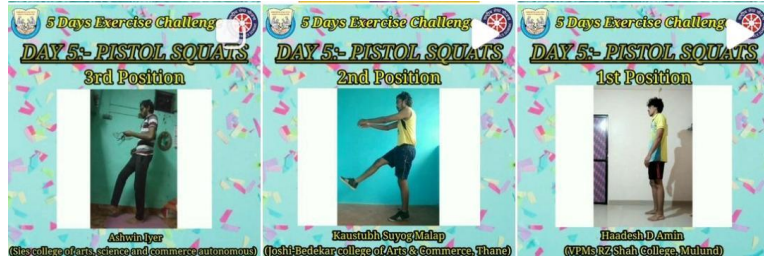
*Principal*

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**Day 5- Pistol Squates**





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# Inter-collegiate Poster Making Competitions on HIV/AIDS Awareness on World Aids Day



**NSS Programme Officer**

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**Brochure/Poster**



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Management Studies, Powai, Mumbai  
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## NATIONAL SERVICE SCHEME & RED RIBBON CLUB

Presents  
An Intercollegiate Event

## POSTER MAKING COMPETITION ON WORLD AIDS DAY

\*Winner will get E- certificate\*

▼ LAST DATE FOR SUBMISSION:- 1st December 2020

▼ \*TIME:- TILL 4PM\*



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**NSS Programme Officer**

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Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

## RULES AND REGULATIONS

1. Poster size should be A/4.
  2. Save your file as pdf for a quick and easy upload.
  3. Entry must be submitted before 1st December 2020.
  4. The posters will be judged according to the following criteria:-  
creativity, presentation and relevance of the topic.
  5. No poster should include an image or name of the government officials.
  6. Decision of the judges will be final.
- \*RESULTS WILL BE DECLARED ON 1st DECEMBER 2020.\***

- For any further queries Contact :-
1. Nandini Mahapatra:- +91 9082935318
  2. Nidhi Shetty:- +91 8108216828
  3. Ishan Salian:- +91 97734 71471
  4. Mahima Singh:- +91 75065 16043



*Vijay Krishnaswami*

NSS Programme Officer

*John Dierker*

NSS Programme Officer

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**Notice (WhatsApp Message)**

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep. 🎨  
IN JAI HINDIN Hello Fellas!!

The RRC (Red Ribbon Club) with NSS Unit of Bunt's Sangha S M Shetty College of science Commerce and Management Studies Powai has organized a Poster Making Competition on the occasion of WORLD AIDS DAY.

Since 1988, the World AIDS Day is held on December 1 every year. It is an international day to raise awareness about HIV and AIDS around the world. On this day, besides raising awareness of the AIDS pandemic caused by the spread of HIV infection, memorials are held to honor persons who have died from HIV/AIDS.

♦ **THEME: WORLD'S AIDS DAY**

You need to submit your pdf through the link given below 📎

<https://forms.gle/CsqhXRqhXEg3y2qi6>

Winner will get E- certificate 🏆

**TO BE NOTED** 📢

▼ **LAST DATE FOR SUBMISSION:-** 1st December 2020

▼ **TIME:-** TILL 4PM

▼ **RULES AND REGULATIONS**

1. Poster size should be A/4.
2. Save your file as pdf for a quick and easy upload. 📄
3. Entry must be submitted before 1st December 2020.
4. The posters will be judged according to the following criteria:- creativity, presentation and relevance of the topic. 🎨
5. No poster should include an image or name of the government officials. 🚫
6. Decision of the judges will be final.

**RESULTS WILL BE DECLARED ON 1st DECEMBER 2020.** on 📢

•For any further queries Contact 📞 :-

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3. Ishan Salian:- +91 97734 71471
4. Mahima Singh:- +91 75065 16043

Regards

Red Ribbon Club (RRC).



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**Report**

**Event:** Inter-collegiate Poster Making Competitions on HIV/AIDS Awareness on World Aids Day

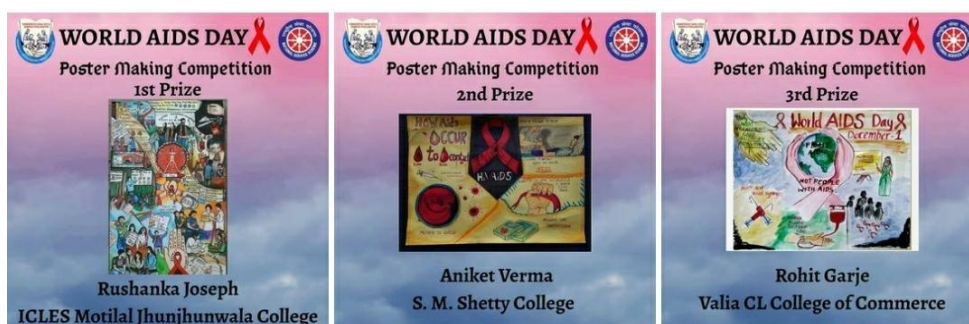
**Date:** 1<sup>st</sup> December, 2020.

**Objective:** This event was organized for "Poster Making".

**Highlights:** This event was organized by the NSS Unit of our College. The Participants were asked to create posters and submit them in the given Google Form provided. **There were 15 participants from different colleges in Mumbai.** The event was judged by Ms. Swati Shetty.

The winners of the events are:

1. Rushanka Joseph - ICLES Motilal Jhunjhunwala College
2. Aniket Verma - S. M. Shetty College
3. Rohit Garje of Valia CL College of Commerce





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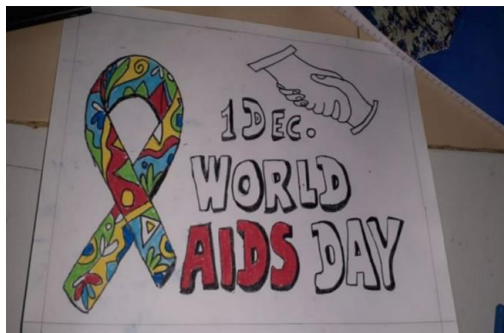
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**Posters Submitted by the Participants**



Kannika Nadar



Yogini Thakur



Vaishnavi Wagh



Anchal Mishra

*Vijay Krishnaswamy*

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*John Dierker*

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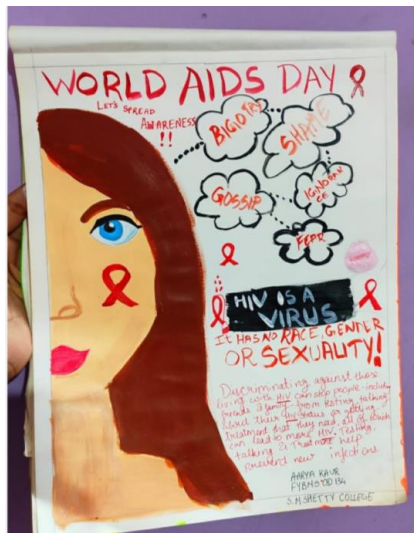
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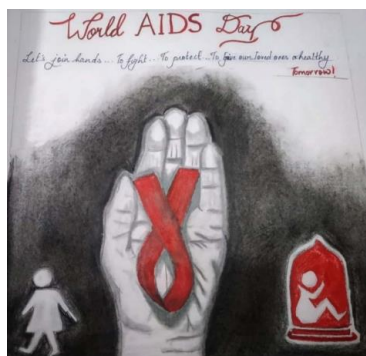
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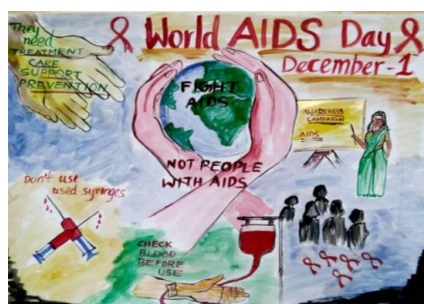
Rushanka Joseph



Aarya Kaur



Reema Palan



Rohit Garje

*Vijay Chishvanappa*

NSS Programme Officer

*John Pereira*

NSS Programme Officer

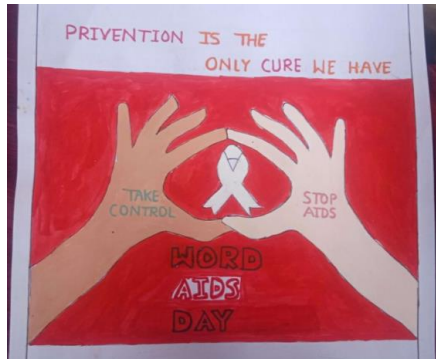
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*S. M. Shetty*  
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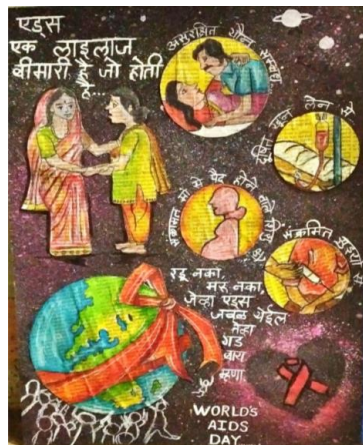
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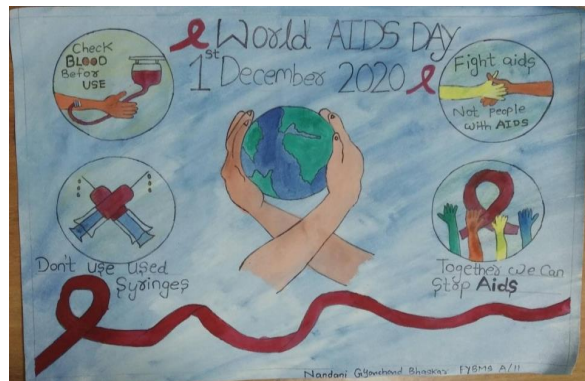
Priyanka Thorat



Archana Chauhan



Balkrishna Kodare



Nandani Bhaskar

*Vijay Chishvanappa*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

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Aniket Verma



Janhanvi Koli

*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Dierges*

**NSS Programme Officer**

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# Paper Bag Making activity and distribution in the neighborhood



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**NSS Programme Officer**



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## NATIONAL SERVICE SCHEME

*Presents*  
**An Intra-collegiate Event**



# PAPER BAG MAKING

**The one who've made maximum number of paper bags will be considered as the winner.**

**Last Date of Submission is**  
**29th March, 2021**  
**Till 12:00am**

**E-Certificates will be provided**

**Results will be declared on 30th March, 2021**

For any queries

|                          |                              |
|--------------------------|------------------------------|
| Snehal Rai- 9082362400   | Deepthika Pillai- 9004961914 |
| Ishan Salian- 9773471471 | Sushant Shetty- 7738813869   |



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**Notice (WhatsApp Message)**

If you are 'Fantastic' then do something 'Drastic' to cut the 'Plastic', use 'Paper Bags'

Hello Everyone! 🙋

The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies is organizing a Paper Bag Making Competition 🎉

Things you need to do:-

1. Participants have to make paper bags and keep them to their self.
2. Maximum Number of bag from participants will be considered as the Winner.
3. Winnner will be provided One Hour in their diary for this activity.
4. Send us the picture and video through the Google form link given below 📷 \_

[\\_https://docs.google.com/forms/d/e/1FAIpQLSf4YIsIVQKqxnT6sNf64amcOoe4-xmDFikOu8QLXP5XWFYTTQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf4YIsIVQKqxnT6sNf64amcOoe4-xmDFikOu8QLXP5XWFYTTQ/viewform?usp=sf_link)

Note:-

The given Google link will be open till 11pm on 29th March, 2021

You can refer to this video for making paper bags yourself ✨👉

<https://youtu.be/M0yZwfiNuUI>

Results will be declared on 30th March, 2021.

E-certificate will be provided to all the Participants & Winners

For any queries feel free to contact

Snehal Rai – 9082362400      Ishan Salian - 9773471471

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**Report**

**Event:** Paper Bag Making activity and distribution in the neighborhood

**Date:** 30<sup>th</sup> March, 2021.

**Highlight:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai organised an Intra-collegiate Paper Bag Making Competition on 29<sup>th</sup> March, 2021. The volunteers were asked to make Paper Bags and send pictures and a small 10 seconds video while making them. There were 18 volunteers who participated in the competition from different department of our College. The Winners of the Competition are:

**1<sup>st</sup> Prize:**

1. Vandana Kanojiya (FYBBI) with 120 paper bags
2. Sriyakumari Sahu (FYBSC-IT) with 120 paper bags

**2<sup>nd</sup> Prize:**

1. Krishna Jaiswal (FYBAF) with 100 paper bags

**3<sup>rd</sup> Prize:**

1. Priti Sharma (SYBCOM) with 62 paper bags.



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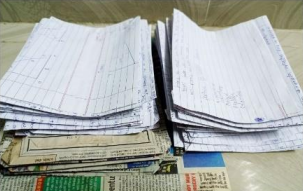
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 **Paper Bag Making Competition**   
*1st Prize*



Kanojiya Vandana kadeprasad  
Class-FYBBI  
(120 Paper Bags)

 **Paper Bag Making Competition**   
*2nd Prize*



Krishna Jaiswal  
Class-FYBAF  
(100 Paper Bags)

 **Paper Bag Making Competition**   
*1st Prize*



Sahu Sriyakumari Sunil  
Class-FYBSIT  
(120 Paper Bags)

 **Paper Bag Making Competition**   
*3rd Prize*



Priti Sharma  
Class-SYBCOM  
(62 Paper Bags)



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# NSS Voluntine Week - Seven Days Celebrations on social aspects



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**NATIONAL SERVICE SCHEME**  
*Presents*  
**NSS Volunteer Week**  
(From 8th February To 14th February)

- 8th February- Thank You Day
- 9th February- Cleanliness Day
- 10th February- Food Donation Day
- 11th February- Cloth Donation Day
- 12th February- Tree Plantation Day
- 13th February- Animal Feeding Day
- 14th February- Valentine Day

**For Any Queries Contact:-**

Snehal Rai-9082362400Shivam Upadhyay-9321413771

Ishan Salian-9773471471Mahima Singh-7506516043

**How To Be A Part Of This  
Week-Long Activity**

1. Click a picture of you doing the given activity each day.
2. Send us the picture through the link given in our Instagram bio.

**We will feature your picture in  
our Instagram story.**

**Note: All the participants will be  
provided with E-certificate**

**The Happiest People Are The Ones  
Who Make Others Happy.**



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**NATIONAL SERVICE SCHEME**  
Presents  
**NSS Volunteer Week**  
(From 8th February To 14th February)

**DAY 1:-**  
**Thank You Day**  
(8th February 2021)

As the name says we have to thank people but not just any random, we have to thank people who make this world a better place. Thank people such as traffic police, watchmen, sweepers, peons, doctors, policemen, etc by giving them a gift like a greeting card, any flower or chocolate, etc. They do get paid for their work but they don't get enough appreciation for it. Thanking them will make their day. If you can't step out, no worries. Keep stories, make people aware of how these people try to keep our society better.

- Click a picture of you doing the given activity each day.
- Send us the picture through the link given in our Instagram bio.
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**NATIONAL SERVICE SCHEME**  
Presents  
**NSS Volunteer Week**  
(From 8th February To 14th February)

**DAY 2:-**  
**Cleanliness Day**  
(9th February 2021)

Cleanliness is something everyone must do. Start from your house, clean your desk, cupboard, fans, sweep the floor, keep this habit going. If possible try to gather in a group of 4-5 people and clean your area following covid 19 guidelines. We would be happy to see pictures, videos. Share with more and more people and make them aware of the same.

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**NATIONAL SERVICE SCHEME**  
Presents  
**NSS Volunteer Week**  
(From 8th February To 14th February)

**DAY 3:-**  
**Food Donation Day**  
(10th February 2021)

On this day try feeding at least a person, there are people out there who still struggle for one-time food, why not provide them with some, don't just donate and stop, keep giving food to the person in need as it is a daily necessity. The smile you'll see when they receive food will be precious. Send us photos of them smiling, we would like to give a shout-out, spread awareness for the same.

- Click a picture of you doing the given activity each day.
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**NATIONAL SERVICE SCHEME**  
Presents  
**NSS Volunteer Week**  
(From 8th February To 14th February)

**DAY 4:-**  
**Cloth Donation Day**  
(11th February 2021)

On this day collect all those clothes which don't fit you or which you are not using anymore. Donate all those clothes to any needy person near your residence and click a picture with them while donating the clothes and send us to spread awareness for the same.

- Click a picture of you doing the given activity each day.
- Send us the picture through the link given in our Instagram bio.
- We will feature your picture in our story.



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## **NATIONAL SERVICE SCHEME**

Presents

### **NSS Volunteer Week**

(From 8th February To 14th February)

### **DAY 5:-**

### **Tree Plantation Day**

**(12th February 2021)**

The last time to plant trees was 20 years earlier and the next time is now! Try planting a minimum of one sapling, water it daily, the more it'll grow the more you'll be satisfied. keep the habit of planting trees, it's for our benefit only. You can plant a small sapling at your home or in your society. Click pictures send us to spread awareness for the same.

- Click a picture of you doing the given activity each day.
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## NATIONAL SERVICE SCHEME

Presents

### NSS Volunteer Week

(From 8th February To 14th February)



### DAY 6:-

### Animal Feeding Day

(13th February 2021)

On a daily basis, you see different types of homeless animals searching for food and starving in hunger. On this day take a step forward and feed all those animals in your locality and try to take care of them, don't wait any further. Feed one animal and you'll carry on, for sure! Click pictures send us to spread awareness for the same.

- Click a picture of you doing the given activity each day.
- Send us the picture through the link given in our Instagram bio.
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## NATIONAL SERVICE SCHEME

Presents

### NSS Volunteer Week

(From 8th February To 14th February)

### DAY 7:-

### Valentine Day

(14th February 2021)

This valentine shows your love and gratitude to your parents and your guardians, who take care of yours, fulfill all your needs and always be there with you in all ups and downs. Show them your love by thanking them, preparing a small letter, poem, or card for them, and expressing your feelings for them in words. Your small gesture will definitely bring a big smile to their face and definitely make their day.

- Click a picture of you doing the given activity each day.
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**Notice (WhatsApp Message)**

Hello Everyone,☐

The NSS UNIT of S. M. Shetty College of Science, Commerce and Management Studies, Powai 🏢 has organized a The NSS Volunteers Week from 8th February to 14th February, 2021. 🌻

**Thankyou Day - 8th February, 2021 🌸**

As the name says we have to thank people but not just any random, we have to thank people who make this world a better place. Thank people such as traffic police, watchman, sweepers, peons, doctors, policeman, etc by giving them a gift like a greeting card, any flower or chocolate, etc. They do get paid for their work but they don't get enough appreciation for it. Thanking them will make their day. If you can't step out, no worries. Keep stories, make people aware of how these people try to keep our society better.

**Cleanliness Day - 9th February, 2021 🧹**

Cleanliness is something everyone must do. Start from your house, clean your desk, cupboard, fans, sweep the floor, keep this habit going. If possible try to gather in a group of 4-5 people and clean your area following covid 19 guidelines. We would be happy to see pictures, videos. Share wid more and more people and make them aware for the same.

**Food Donation Day - 10th February, 2021 🍲**

On this day try feeding at least a person, there are people out there who still struggle for one-time food. why not provide them with some, don't just donate and stop, keep giving food to the person in need as it is a daily necessity. The smile you'll see when they receive food will be precious. Send us photos of them smiling, we would like to give a shout-out, spread awareness for the same.

**Cloth Donation Day - 11 February, 2021 🧺**

On this day collect all those clothes which don't fit you or which you are not using anymore. Donate all those clothes to any needy person near your residence and click a picture with them while donating the clothes and send us to spread awareness for the same.

**Tree Plantation Day - 12th February, 2021 🌳**

The last time to plant trees was 20 years earlier and the next time is now! Try planting a minimum of one sapling, water it daily, the more it'll grow the more you'll be satisfied. keep the habit of planting trees, it's for our benefit only. You can plant a small sapling at your home or in your society. Click pictures send us to spread awareness for the same.



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**Animal Feeding Day - 13th February, 2021 🐾**

On a daily basis, you see different types of homeless animals searching for food and starving in hunger. On this day take a step forward and feed all those animals in your locality and try to take care of them, don't wait any further. Feed one animal and you'll carry on, for sure! Click pictures send us to spread awareness for the same.

**Voluntine Day - 14th February, 2021 ❤️**

This **Voluntine Day** show your love and gratitude to your parents and your guardians, who take care of yours, fulfill all your needs and always be there with you in all ups and downs. Show them your love by thanking them, preparing a small letter, poem, cards or you can also give them some gifts or cakes etc, and expressing your feelings for them in words. Your small gesture will definitely bring a big smile to their face and definitely make their day.

■ How To Be A Part Of This Week-long Activity

▪ Click a picture of you doing the given activity each day.

▪ Send us the picture through the link given below 📎

[https://docs.google.com/forms/d/e/1FAIpQLSfxiYjbk-zdwuxpViUGExoycviEzFh0dLJc8O30o1MKWBjuwA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfxiYjbk-zdwuxpViUGExoycviEzFh0dLJc8O30o1MKWBjuwA/viewform?usp=sf_link)

We will feature your picture in our Instagram story

Note: All the participants will be provided with E-Certificates

For any queries contact: 📞

Sushant shetty: 7738813869

Shivam upadhyay: 9321413771

Ishan salian: 9773471471

Mahima singh: 7506516043

**The Happiest people are the ones who make others Happy**



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**Report**

**Event:** NSS Voluntine Week - Seven Days Celebrations on social aspects

**Date:** 14<sup>th</sup> February, 2021.

**Report:** The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai had organized an NSS Volunteer Week from 8<sup>th</sup> February 2021 to 14<sup>th</sup> February 2021. The event consists of 7 days wherein different activities were conducted on each day. The volunteers were asked to perform the given activities around their locality by taking all the necessary Covid-19 precautions.

The activities which were conducted from 8<sup>th</sup> February to 14<sup>th</sup> February 2021 are:

**1. Day 1 – Thankyou Day (8<sup>th</sup> February 2021).**

As the name says we have to thank people but not just any random, we have to thank people who make this world a better place. Thank people such as traffic police, watchman, sweepers, peons, doctors, policeman, etc. by giving them a gift like a greeting card, any flower or chocolate, etc. They do get paid for their work but they don't get enough appreciation for it. Thanking them will make their day. If you can't step out, no worries. Keep stories, make people aware of how these people try to keep our society better.

**2. Day 2 – Cleanliness Day (9<sup>th</sup> February 2021).**

Cleanliness is something everyone must do. Start from your house, clean your desk, cupboard, fans, sweep the floor, and keep this habit going. If possible, try to gather in a group of 4-5 people and clean your area following COVID-19 guidelines. We would be happy to see pictures, videos. Share with more and more people and make them aware for the same.



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**3. Day 3 – Food Donation Day (10<sup>th</sup> February 2021).**

On this day try feeding at least a person, there are people out there who still struggle for one-time food. why not provide them with some, don't just donate and stop, keep giving food to the person in need as it is a daily necessity. The smile you'll see when they receive food will be precious. Send us photos of them smiling, we would like to give a shout-out, spread awareness for the same.

**4. Day 4 – Cloth Donation Day (11<sup>th</sup> February 2021).**

On this day collect all those clothes which don't fit you or which you are not using anymore. Donate all those clothes to any needy person near your residence and click a picture with them while donating the clothes and send us to spread awareness for the same.

**5. Day 5 – Tree Plantation Day (12<sup>th</sup> February 2021).**

Try planting a minimum of one sapling, water it daily, the more it'll grow the more you'll be satisfied. keep the habit of planting trees, it's for our benefit only. You can plant a small sapling at your home or in your society. Click pictures send us to spread awareness for the same.

**6. Day 6 – Animal Feeding Day (13<sup>th</sup> February 2021).**

On a daily basis, you see different types of homeless animals searching for food and starving in hunger. On this day take a step forward and feed all those animals in your locality and try to take care of them, don't wait any further. Feed one animal and you'll carry on, for sure! Click pictures send us to spread awareness for the same.



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**7. Day 7 – Valentine's Day (14<sup>th</sup> February 2021).**

This valentine shows your love and gratitude to your parents and your guardians, who take care of yours, fulfil all your needs and always be there with you in all ups and downs. Show them your love by thanking them, preparing a small letter, poem, cards or you can also give them some gifts or cakes etc, and expressing your feelings for them in words. Your small gesture will definitely bring a big smile to their face and definitely make their day.

**Total 267 Volunteers from different colleges took part in this Week-long activity.**



*Vijay Krishnaswamy*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John Dierker*

**NSS Programme Officer**



*Principal*

**PRINCIPAL**  
Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

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S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT  
STUDIES, POWAI  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
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*Vijay Krishnaswama*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

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# Observance on Non-Violence Week (Gandhi Commemoration Week)



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**Poster & Brochure**

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Affiliated to University of Mumbai  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 9001:2015 Certified

**INTERNAL QUALITY ASSURANCE CELL**  
*In Collaboration With*  
**NATIONAL SERVICE SCHEME**  
*Presents*  
**An Inter-Collegiate Event**  
**Gandhi Commemoration Week**  
**THEME- GANDHI'S VISION FOR INDIA**  
**EVENTS**  
• Slogan Satyagraha - Slogan Making  
• Ahimsa ki Awaaz - Singing Competition  
• Azaad Kadam - Dance Competition  
• Ithihas ka Chitr - Sketch Making  
**7th October, 2020 - 10th October, 2020**  
**RESULTS WILL BE ANNOUNCED ON**  
**11TH OCTOBER, 2020**  
*For Enquiries*  
Ishan Salian- 9773471471 Mahima Singh- 7506516043  
Vrinda Soman- 9869348460 Mayur Gami- 7977719054

**Slogan Satyagraha- Slogan Making**  
**Rules & Regulations**

1. Topic for the competition is "Non-Violence".
2. The Slogan must not contain any Provocative, Objectionable, or Inappropriate Content.
3. Slogan should be concise and not more than 15-20 words.
4. Slogan must be written on specified topics otherwise it would be rejected.
5. The Slogan must be original.
6. Submission of Slogan should be done before 5pm of 9th October.
7. While submitting mention your Name, Stream, College Name, Phone Number and Email-ID.
8. Slogan must be submitted on provided Mail-ID: nssunitb46@gmail.com (Format of submission: JPEG PDF anyone from the mention format)
9. Decision of the judges will be final.

*For Enquiries*  
Shruti Panhale- 9930065435 Dipti Shetty- 7045197444



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**Aazaad Kadam- Dance Competition**

*Rules & Regulations*

1. The Act should be based on Theme- "Non-Violence"
2. The time limit should be mini 1min and max 3mins.
3. Any props can be used during the act.
4. Costume should be decent.
5. The last day of submitting video is till 10th October, 2020 till 7:00pm.
6. Video should be mailed at nssunitb46@gmail.com

*For Enquiries*

Shruti Pal- 8655482987  
Swati Shetty- 7678030327  
Deepika Pillai- 9004961914

**Itihas ka Chitr- Sketch Making**

*Rules & Regulations*

1. The Sketch must be drawn on A4 size or A3 size paper.
2. The Participants can send only one entry.
3. Sketch must be drawn on specific topic- Sketch Of Gandhiji.. More preferably in historic moment For eg. The Dandi March, Satyagraha, With Chakra. otherwise it would be rejected.
4. Submission of your sketch should be done before 3pm of 10th October.
5. While submitting mention your Name,Stream,College Name, Phone Number and Email-ID.
6. Your sketch must be submitted on provided Mail-ID: nssunitb46@gmail.com (Format of submission: JPEG/PDF anyone from the mention format)
5. No late entries will be allowed.
6. Decision of the Judges will be final.

*For Enquiries*

Ujwal Poojary- 8692066846  
Snehal Rai- 9082362400



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**Ahimsa ki Awaaz- Singing Competition  
*Rules & Regulations***

1. The video of participants singing should be minimum 45 seconds to 2mins.
2. Karaoke and Instruments are allowed
3. No late entries will be accepted.
4. Submission of your video should be done before 9pm of 9th October, 2020.
5. The participants can choose any song from the songs given below:-
  - Vaishnav Jan To
  - Raghupati Raghav
  - Bande mein tha dum
  - Aao Bachcho
  - Bapu ki Amar Kahani
  - Sabarmati ke Sant Tune Kardiya Kamaal
  - Sakhi ( Satyamev Jayate)
  - Tumhare Purane Shabd (Saba and Imaad)

**Note: Only the songs given by us will be considered**

***For Enquiries***

**Shrinav Shyam- 8108781685**

**Abhishek Gupta- 8779181490**



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**Notice**

Jai Hind

Warm greetings to one and all!!!

Non-violence is a powerful and just weapon, which cuts without wounding and ennoble the man who wields it. It is a sword that heals. Awareness of our own inner violence and eliminating its negative effects upon our own intentions.

The IQAC of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies

 in collaboration with NSS

Present

Gandhi Commemoration Week on "Gandhi Vision for India" has organised an Intercollegiate event

▪ Theme:- \*Gandhi Vision for India

Events:-

> Slogan Slogan Satyagraha!

• Submission Date - 9th October 2020

> Dance Azaad Kadam

• Submission Date - 10th October 2020

> Sketch इतिहास का चित्र

• Submission Date - 10th October 2020

> Singing Competition Ahimsa ki Awaz

• Submission Date - 9th October 2020



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Submission of the above events should be done through mail 

nssunitb46@gmail.com

Kindly refer to the Brochure  attached for detailed information of the events.

Registration Link:- 

<https://forms.gle/PhQAu36h1NfkhPtr9>

E-Certificates  will be provided to the Winners and Participants.

- Results will be out on our Instagram page :-

[https://instagram.com/shettynssunit\\_b46?igshid=oahwycsclum](https://instagram.com/shettynssunit_b46?igshid=oahwycsclum)

- Also follow our other social media handles

Facebook page :-

<https://www.facebook.com/smshettyss/>

- YouTube Channel :-

[https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

□ For any further queries WhatsApp :-

1. Ishan Salian:- +91 97734 71471
2. Mayur Gami:- +91 79777 19054
3. Mahima Singh:- +91 75065 16043
4. Vrinda Soman:- +91 98693 48460

Regards, NSS UNIT



**NSS Programme Officer**



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**Report**

**Event:** Observance on Non-Violence Week (Gandhi Commemoration Week)

**Date:** 11<sup>th</sup> October, 2020.

**Objective:** To disseminate the message of non-violence among the people through education and public awareness.

**Highlight:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies has organized various Inter-collegiate competitions. On the Occasion of Gandhi Jayanti, the NSS Unit organized Observance of Non - Violence (Gandhi Commemoration Week).

There are various types of competition

1. Slogan Making Competition ~ Slogan Satyagraha!
2. Dance Arts ~ Azaad Kadam.
3. Singing Competition ~ Ahinsa ki Awaz.
4. Sketch Making Competition ~ Itihas ka Chitr.

**Total number of Volunteers Participated: 75**



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**The Winners of the all Competition:-**

**Slogan Making Competition:-**



**Sketch Making Competition**



*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Pienzo*

**NSS Programme Officer**



*Principal*

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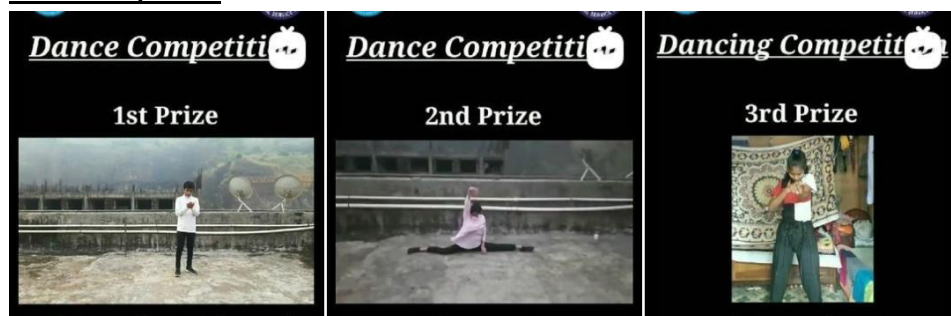


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**Singing Competition**



**Dance Competition**





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# **Inter-collegiate Competitions on the occasion of Gandhi Jayanthi to create awareness about Gandhian Thoughts and Principles**



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**Brochure/Poster**



**Bunts Sangha's**  
**S.M.Shetty College of Science, Commerce &**  
**Management Studies, Powai, Mumbai-76**  
Affiliated to University of Mumbai  
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ISO 9001:2015 Certified

## NATIONAL SERVICE SCHEME

Presents

### Mahatma Gandhi- Father of the Nation

(An Inter-Collegiate Competition)

### On The Occasion Of Gandhi Jayanti

### Events to be conducted:-

- Poster Making
- Poetry Making
- Essay Writing

### Topics for the event:-

- Mahatma Gandhi : A True Peacemaker / महात्मा गांधी: एक सच्चे शांतिदूत |
- Mahatma Gandhi : The Power of Influence / महात्मा गांधी : प्रभाव की शक्ति|
- The Rise of Mahatma Gandhi / उदय महात्मा गांधी जी का|

Date of submission - 28th September to 1st October 2020

### For Any Queries Contact:-

|                                 |                                   |
|---------------------------------|-----------------------------------|
| <b>Snehal Rai: 9082362400</b>   | <b>Abhishek Gupta: 9967469363</b> |
| <b>Ishan Salian: 9773471471</b> | <b>Riya Kittikal: 8691987625</b>  |



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**Rules and regulations for Poetry making  
and Essay writing**

1. The poem/essay can be written in English or Hindi.
2. Do not include any pictures or other illustration.
3. The poem or essay should not be copied from any internal website, it should be original.
4. The decision of the judge will be final.
5. No late entries will be accepted.
6. You can write your essay/poem and click picture of it and submit it into pdf form.
7. You can also type your essay , if participants are typing the participants must follow the format as :- Font size "12", Times New Roman and doubled spaced.



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**Rules and regulations for Poster making**

1. Poster size should be A/4.
2. Save your file as pdf for a quick and easy upload.
3. Entry must be submitted before 1st October 2020.
4. The posters will be judged according to the following criteria:- creativity, presentation and relevance of the topic.
5. No poster should include an image or name of the government officials.
6. Decision of the judges will be final.



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**Notice (Whatsapp Message)**

On the occasion of Gandhi Jayanti

\*NSS Unit\* of \*Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies\* is conducting various competitions.

As we all know Mahatma Gandhi is well-known as "Father of the Nation".

So here we are celebrating Gandhi Jayanti by organising,

1. Poster making.

2. Poetry making.

3. Essay writing.

\*Topics\* :-

1. Mahatma Gandhi : A True Peacemaker / महात्मा गांधी: एक सच्चे शांतिदूत।

2. Mahatma Gandhi : The Power of Influence / महात्मा गांधी : प्रभाव की शक्ति।

3. The Rise of Mahatma Gandhi / उदय महात्मा गांधी जी का।

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1. Poster size should be A/4.

2. Save your file as pdf for a quick and easy upload.

3. Entry must be submitted before 1<sup>st</sup> October 2020.

4. The posters will be judged according to the following criteria:- creativity, presentation and relevance of the topic.

5. No poster should include an image or name of the government officials.

6. Decision of the judges will be final.

\*Rules and regulations for Poetry making and Essay writing\* :-

1. The poem/essay can be written in English or Hindi.

2. Do not include any pictures or other illustration.

3. The poem or essay should not be copied from any internal website, it should be original.

4. The decision of the judge will be final.

5. No late entries will be accepted.

6. You can write your essay/poem and click picture of it and submit it into pdf form.



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7. You can also type your essay , if participants are typing the participants must follow the format as :- Font size "12", Times New Roman and doubled spaced.

You need to submit your pdf through the link given below 

<https://forms.gle/VTvkmvwobs1guf9UA>

Or email us at (email id)



[Nssunitb46@gmail.com](mailto:Nssunitb46@gmail.com)

\*Note\*:- The mail should also include Name of the participants, College name and Topic.

\_ \*A person can participate in all 3 events but cannot send more then 1 entry in a single competition\*\_

Date of submission - \*28<sup>th</sup> September to 1<sup>st</sup> October 2020.\*

Results will be declared on \*2<sup>nd</sup> October 2020\*

 \*Winner will get E- certificate\* 

You can check the result on our Instagram page –

[https://instagram.com/shettyssunit\\_b46?igshid=oahwycseldum](https://instagram.com/shettyssunit_b46?igshid=oahwycseldum)

Also follow our other social media handles

YouTube Channel - [https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

Facebook page – <https://www.facebook.com/smshettyss/>

For any queries call or WhatsApp :-

1. Snehal Rai – 9082362400
2. Abhishek Gupta – 9967469363
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2. Riya Kittikal – 8691987625



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**Report**

**Event:** Inter-collegiate Competitions on the occasion of Gandhi Jayanthi to create awareness about Gandhian Thoughts and Principles

**Date:** 2nd October, 2020

**Objective:** This event was organized on the occasion of "Gandhi Jayanti".

**Highlights:** The NSS UNIT of S. M. SHETTY COLLEGE organised an inter-collegiate event named as "**Mahatma Gandhi- Father Of The Nation**" on the occasion of Gandhi Jayanti. The event included:

1. Poster Making Competition
2. Poetry Writing Competition (Hindi/English)
3. Essay Writing Competition (Hindi/English)

The participants were given three topics:-

1. Mahatma Gandhi: A True Peacemaker / महात्मा गांधी: एक सच्चे शांतिदूत |
2. Mahatma Gandhi: The Power of Influence / महात्मा गांधी : प्रभाव की शक्ति|
3. The Rise of Mahatma Gandhi / उदय महात्मा गांधी जी का|

On the basis of which they had to submit us their entries.

The date of submission for the event was from 28th September,2020 to 1st October,2020. The results were declared on 2nd October, 2020.

**THE WINNERS OF THE EVENT**

**Total number of Participated Volunteers: 69**



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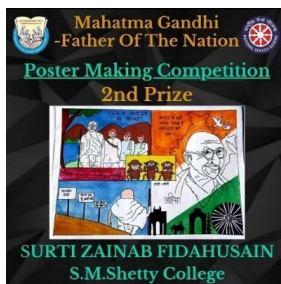
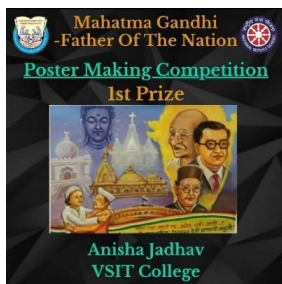
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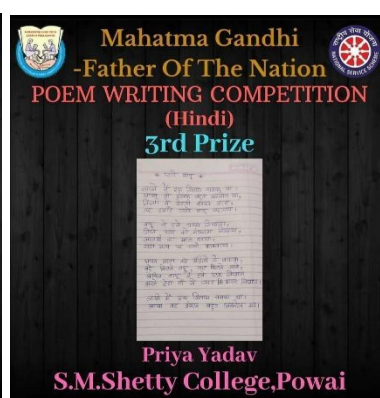
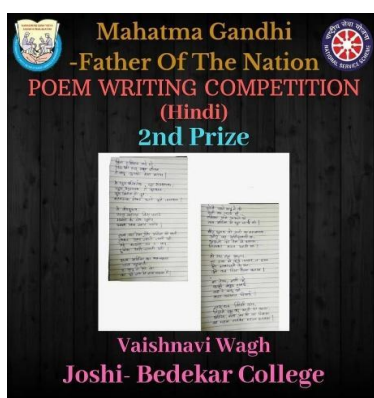
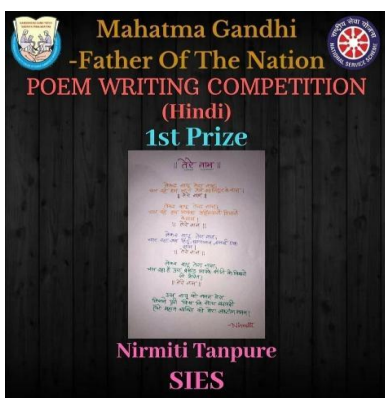
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Email: college@smsshettyinstitute.org

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**STUDIES, POWAI**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**POSTER MAKING:-**



**Poetry Writing (Hindi):-**



*Vijay Krishnakumar*

**NSS Programme Officer**  
**Criterion 3 - Research, Innovations and Extension**

*John Dineen*

**NSS Programme Officer**

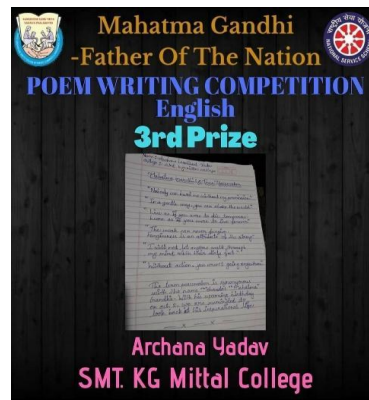
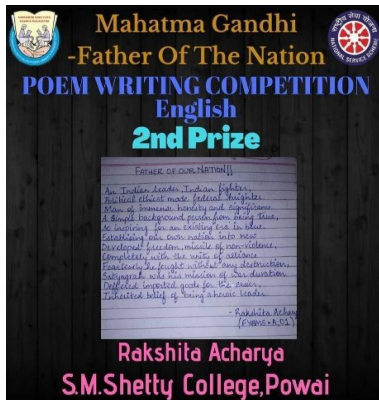
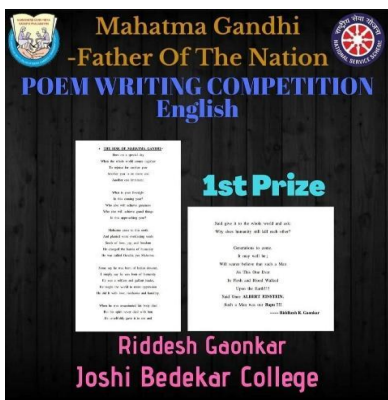


*Priya*

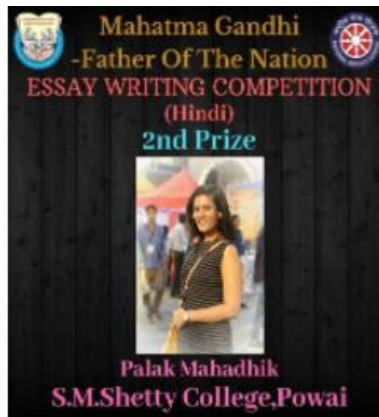
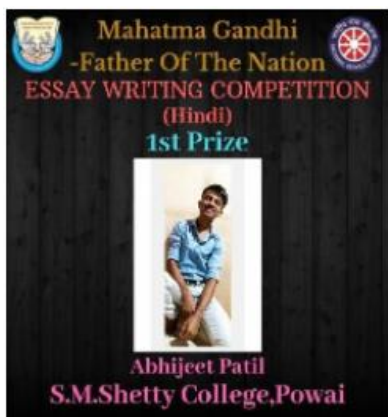
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**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Poetry Writing (English):-**



**Essay Writing (Hindi):-**



*Vijay. Krishnarajama*

**NSS Programme Officer**

**Criterion 3 - Research, Innovations and Extension**

*John Dineen*

**NSS Programme Officer**

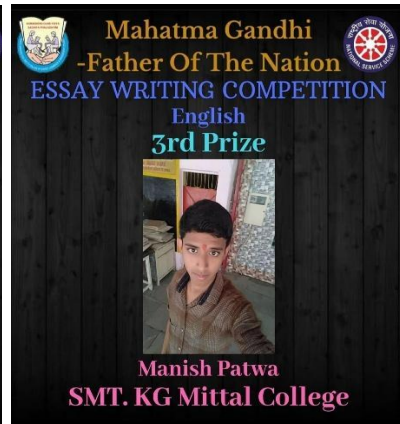
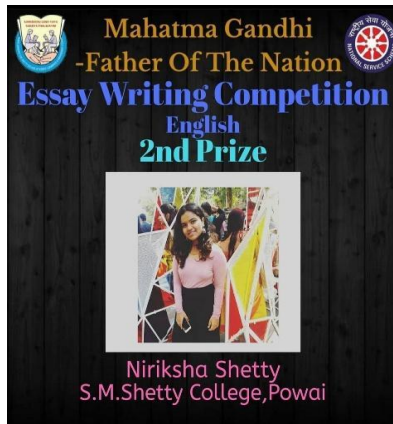
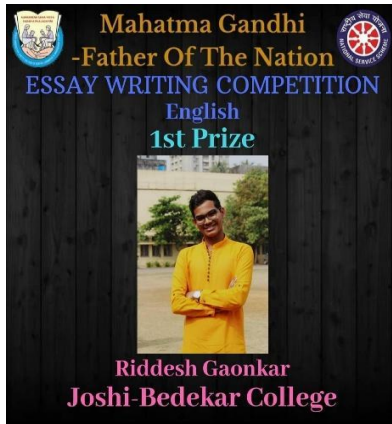


*Prashant*

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**Essay Writing (English):-**





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**Inter - Collegiate Quiz  
Competition on Poshan  
Pakhwada under Fit India  
Movement to create  
awareness on health issues  
related to Women and Kids**



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**Notice (WhatsApp Message)**

Jai Hind!!

Hello Fellas!!!

The NSS UNIT of Bunts Sangha's S. M. Shetty College of Science Commerce and Management Studies, Powai with the University of Mumbai is back with an Quiz Competition on POSHAN PAKHWADA under FIT INDIA MOVEMENT

TOTAL 20 QUESTIONS WILL BE ASKED related to Nutrients needs in our body, Yoga and Cycling.

Starts:- 30th March, 2021 - 3:00 Pm

Ends:- 31th March, 2021 - 3:00 Pm

Quiz Link:- [https://docs.google.com/forms/d/e/1FAIpQLSe\\_do-Ek4UlnOAnDzOgBPMz\\_3YFihE6h7SY3Hh8pwPH9V-HDQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe_do-Ek4UlnOAnDzOgBPMz_3YFihE6h7SY3Hh8pwPH9V-HDQ/viewform?usp=sf_link)

Participants scoring 60 and above will be awarded with an E-Certificate

Also follow our Social Media Pages for upcoming events -

Instagram - [https://instagram.com/shettynssunit\\_b46?igshid=m7t6o9tszuj3](https://instagram.com/shettynssunit_b46?igshid=m7t6o9tszuj3)

Facebook - <https://www.facebook.com/smshettynss/>

Youtube - [https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

For further queries Contact

1. Ishan Salian:- 9773471471

2. Snehal Rai:- 9082362400

Regards

SM Shetty NSS Unit



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**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Inter - Collegiate Quiz Competition on Poshan Pakhwada under Fit India Movement to create awareness on health issues related to Women and Kids

**Date:** 31<sup>st</sup> March, 2021

**Highlight:** The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai organized a Quiz Competition on Poshan Pakhwada under Fit India Movement on 30<sup>th</sup> March to 31<sup>st</sup> March, 2021.

**Total 263 Volunteers from 13 Colleges across Mumbai had participated in the competition.** Participants Scoring 60% and above were provided with the E-Certificates.

**Quiz Questions:**

|   |   |   |   |   |  |
|---|---|---|---|---|--|
| <p>Who is the Father of Yoga? *</p> <p><input type="radio"/> Patanjali</p> <p><input type="radio"/> Ramana</p> <p><input type="radio"/> Paramahansa Yogananda</p> <p><input type="radio"/> Jack Lalanne</p>         | <p>What is the important for your Vitamin? *</p> <p><input type="radio"/> Vitamin A</p> <p><input type="radio"/> Vitamin B1</p> <p><input type="radio"/> Vitamin C</p> <p><input type="radio"/> Vitamin B12</p>                             | <p>Which of the following is considered a complete protein source? *</p> <p><input type="radio"/> Almond</p> <p><input type="radio"/> Horse Bean</p> <p><input type="radio"/> Soy Bean</p> <p><input type="radio"/> Cashew Nut</p>                    | <p>The Standard name for Mountain goat is? *</p> <p><input type="radio"/> Capra</p> <p><input type="radio"/> Tachusa</p> <p><input type="radio"/> Tachusa</p> <p><input type="radio"/> Tachusa</p> <p><input type="radio"/> Tachusa</p>   | <p>Butter has more calories than margarine? *</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>  | <p>Which of these is NOT considered a nutrient? *</p> <p><input type="radio"/> Vitamins</p> <p><input type="radio"/> Minerals</p> <p><input type="radio"/> Fiber</p> <p><input type="radio"/> Fats</p>                                   |
| <p>Which is not a type of Yoga Asana? *</p> <p><input type="radio"/> Bhujangasana</p> <p><input type="radio"/> Bhujangasana</p> <p><input type="radio"/> Bhujangasana</p> <p><input type="radio"/> Bhujangasana</p> | <p>Which Vitamin is important from Zinc, Iron, and Calcium? *</p> <p><input type="radio"/> Vitamin A</p> <p><input type="radio"/> Vitamin B</p> <p><input type="radio"/> Vitamin C</p> <p><input type="radio"/> Vitamin D</p>               | <p>Which of the following food items is rich in iron? *</p> <p><input type="radio"/> Rice</p> <p><input type="radio"/> Apple</p> <p><input type="radio"/> Potato</p> <p><input type="radio"/> Orange</p>  | <p>Beverages factor into childhood obesity because kids? *</p> <p><input type="radio"/> Drink too much soda</p> <p><input type="radio"/> Do not drink enough milk</p> <p><input type="radio"/> Drink too many sugar sweetened soft drinks</p> <p><input type="radio"/> All of the above</p> | <p>This food group is our body's best source of energy? *</p> <p><input type="radio"/> Meat Group</p> <p><input type="radio"/> Fats, Oils and Sweet</p> <p><input type="radio"/> Fruit, Vegetables</p> <p><input type="radio"/> Bread and Cereals</p> | <p>The bread, cereal, rice and pasta group is a good source of _____? *</p> <p><input type="radio"/> Carbohydrate</p> <p><input type="radio"/> Calcium</p> <p><input type="radio"/> Vitamin C</p> <p><input type="radio"/> Vitamin D</p> |
| <p>What is the most important nutrient? *</p> <p><input type="radio"/> Carbohydrates</p> <p><input type="radio"/> Protein</p> <p><input type="radio"/> Fats</p> <p><input type="radio"/> Water</p>                  | <p>When was the first International Yoga Day celebrated? *</p> <p><input type="radio"/> 21 June 2014</p> <p><input type="radio"/> 21 June 2015</p> <p><input type="radio"/> 21 June 2016</p> <p><input type="radio"/> None of the above</p> | <p>What is the benefits of Meditation? *</p> <p><input type="radio"/> Reduced Meditation</p> <p><input type="radio"/> Reduce Stress and Depression</p> <p><input type="radio"/> Movement Meditation</p> <p><input type="radio"/> All of the above</p> | <p>What sort of nutrient is cholesterol? *</p> <p><input type="radio"/> Mineral</p> <p><input type="radio"/> Fat</p> <p><input type="radio"/> Protein</p> <p><input type="radio"/> Carbohydrate</p>   | <p>The healthiest source of protein is meat, poultry, fish, or eggs? *</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>   | <p>Citrus fruits are an excellent source of _____? *</p> <p><input type="radio"/> Calcium</p> <p><input type="radio"/> Vitamin C</p> <p><input type="radio"/> Vitamin B</p> <p><input type="radio"/> Glycine</p>                         |



**NSS Programme Officer**



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Criterion 3 - Research, Innovations and Extension





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# Intra Collegiate Quiz Competition on HIV and AIDS to create awareness among youth



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Criterion 3 - Research, Innovations and Extension



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**Notice (Whatsapp Message)**

The NSS unit in collaboration with the Red Ribbon Club (RRC) of Bunts Sangha's SM Shetty College has organized a quiz on the HIV/AIDS

Hiv continues to be a major global public health issue, having claimed more than 35 million lives so far.

PARTICIPANTS scoring above 75% will be awarded with e-certificates.

Link to participate : <https://forms.gle/PCCBtDwaZ9syNx5>

AIDS is a judgement we have brought upon ourselves.

Our social media links :-

Instagram: [https://instagram.com/shettyNSSunit\\_b46?igshid=7wc5i7xus1x4](https://instagram.com/shettyNSSunit_b46?igshid=7wc5i7xus1x4)

Facebook: <https://www.facebook.com/smshettyNSS/>

YouTube: [https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

For any queries contact:-

Ishan Salian: 97734 71471

Mahima Singh: 75065 16043

Nandini Mahapatra: 9082935318

Nidhi Shetty : 8108216828



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**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Intra Collegiate Quiz Competition on HIV and AIDS to create awareness among youth

**Date:** 5<sup>th</sup> November, 2020

**Objective:** To make students aware about HIV/AIDS.

**Highlight:** The NSS unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a **Quiz competition** on 5<sup>th</sup> November, 2020 on the theme HIV/AIDS. **Total 414 Volunteers participated in the competition. Participants Scoring 75% and above were provided with the Certificates.**

**Quiz Questions:**

|   |   |  |
|---|---|--|
| <p>Q1. What does AIDS stands for * 1 point</p> <p><input type="radio"/> Acquired Immuno Deficiency Syndrome</p> <p><input type="radio"/> Acquired Immune Deficiency Syndrome</p> <p><input type="radio"/> Acquired Immune Deficit Syndrome</p> <p><input type="radio"/> Active Immuno Deficiency Syndrome</p> | <p>Q7. How many stages are there in HIV infection? * 1 point</p> <p><input type="radio"/> 4</p> <p><input type="radio"/> 5</p> <p><input type="radio"/> 3</p> <p><input type="radio"/> 6</p>                                  | <p>Q4. What is the main purpose of RRC? 1 point *</p> <p><input type="radio"/> Home for the Homeless</p> <p><input type="radio"/> HIV/AIDS awareness</p> <p><input type="radio"/> Providing Medications</p> <p><input type="radio"/> None of the above</p> |
| <p>Q2. What symbolizes HIV positive * 1 point</p> <p><input type="radio"/> Pink</p> <p><input type="radio"/> Blue</p> <p><input type="radio"/> Purple</p> <p><input type="radio"/> Red</p>  | <p>Q8. Which Day is considered World AIDS Day * 1 point</p> <p><input type="radio"/> 21st December</p> <p><input type="radio"/> 1st December</p> <p><input type="radio"/> 7th April</p> <p><input type="radio"/> 5th June</p> | <p>Q5. What is the ABC of HIV? * 1 point</p> <p><input type="radio"/> Airway Breathing Circulation</p> <p><input type="radio"/> Abstinence, Be Faithful, Condom</p> <p><input type="radio"/> Anti Bodies Cure</p> <p><input type="radio"/> None</p>        |
| <p>Q3. What does RRC stand for * 1 point</p> <p><input type="radio"/> Red Ribbon Club</p> <p><input type="radio"/> Red Riding Cop</p> <p><input type="radio"/> Rash Riding Club</p> <p><input type="radio"/> None of the above</p>  | <p>Q9. Where was HIV First found in India? * 1 point</p> <p><input type="radio"/> Punjab</p> <p><input type="radio"/> Maharashtra</p> <p><input type="radio"/> Assam</p> <p><input type="radio"/> Chennai</p>                 | <p>Q6. Can HIV be transmitted through Oral Sex? * 1 point</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Maybe</p>  |



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# Inter-collegiate Awareness programme on Malnutrition & Obesity Management - under Fit India Campaign



NSS Programme Officer



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Poster/Brochure



Bunts Sangha's  
S.M.Shetty College of Science, Commerce &  
Management Studies, Powai, Mumbai-76  
Affiliated to University of Mumbai  
NAAC Accredited 'A' Grade  
ISO 21001:2018 Certified  
IMC RBNQ Certificate of Merit 2019

**NATIONAL SERVICE SCHEME**

*Presents*  
**A National Webinar**  
**Topic: Malnutrition & Obesity Management**

**Guided by**  
**Dr. Sharayu Rajwade Kshirsagar**  
Homoeopathic Family Doctor  
Founder at Dr.Sharayu's  
B.H.M.S(Pune)  
P.G. Diploma in Wellness &  
Cosmetology, Certified COVID  
Warrior

**Join us on Zoom**

Date: 27th March, 2021 Timing: 4pm to 5pm  
**E-Certificates will be provided**

For any queries

Snehal Rai- 9082362400 Deepthika Pillai- 9004961914  
Ishan Salian- 9773471471 Sushant Shetty- 7738813869



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**Notice (WhatsApp Message)**

Malnutrition can be as common in poverty as in wealth, one for the lack of food, the other for the lack of knowledge of food

By eating many fruits and vegetables in place of fast food and junk food, people could avoid obesity

Jai Hind ININ

Hello Fellas.....

The NSS Unit of Bunts Sangha's SM Shetty College of Science, Commerce and Management Studies, Powai is organizing

A National level Webinar on

Malnutrition and Obesity Management

On the occasion of Poshan Pakhwada and Under Fit India Movement. ✨

Guest of Honour :- Dr. Sharayu Rajwade Kshirsagar

Founder at Dr. Sharayu's

B.H.M.S (Pune)

P.G. Diploma in Wellness and Cosmetology, Certified COVID warrior.

E-Certificates 📄 will be provided to the participants.

Registration link 📌

[https://docs.google.com/forms/d/e/1FAIpQLSckfoi1zoX5H2\\_g4XboFxuvAtxchmCXf8Ba0kJHz\\_pXIeWP9A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSckfoi1zoX5H2_g4XboFxuvAtxchmCXf8Ba0kJHz_pXIeWP9A/viewform?usp=sf_link)



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■ To be noted

◆ Date 📅 - 27/03/2021

◆ Time 🕒 - 4:00 Pm

◆ Venue- Zoom

■ Also follow our other social media handles

■ Our Instagram page :-

[https://instagram.com/shettynssunit\\_b46?igshid=oahwycsclum](https://instagram.com/shettynssunit_b46?igshid=oahwycsclum)

■ Facebook page :-

<https://www.facebook.com/smshettynss/>

■ YouTube Channel :-

[https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

□ For any further queries WhatsApp :-

Snehal Rai - 9082362400

Ishan Salian - 9773471471

Deepthika Pillai - 9004961914

Sushant Shetty - 7738813869

Regards,

NSS UNIT



**NSS Programme Officer**



**NSS Programme Officer**

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**Report**

**Event:** Inter-collegiate Awareness programme on Malnutrition & Obesity Management - under Fit India Campaign

**Date:** 27th March, 2021.

**Highlights:** The Health Club and NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a National Level webinar on "Malnutrition and Obesity Management on the occasion Poshan Pakhwada under Fit India Movement on 27th March, 2021. The Resource Person for the webinar was Dr. Sharayu Rajwade Kshirsagar.

The webinar commenced with the Welcoming of our Resource Person, Principal & Vice-principal, Programme Officers and Teacher In-charges of NSS and the participants from various fields and colleges introduced by our NSS Volunteer Mr. Vaishnavi Gaikwad. It was further continued by the Introduction of our Resource Person Dr. Sharayu Rajwade Kshirsagar Ma'am. Later the Resource person started with this session where she explained us what nutrition are important for the body; how can we gain those nutrients from our food on daily basis. She also explained about Malnutrition and how can we manage our diet to achieve stability in mental and body health. The Webinar was further Continued by Q & A session where Dr. Sharayu Rajwade Kshirsagar Ma'am cleared all the doubts of the participants.

The webinar ended with the Vote of Thanks by our NSS Volunteer Ms. Ayesha Khan. **There were around 173 participants in the webinar.**



**NSS Programme Officer**



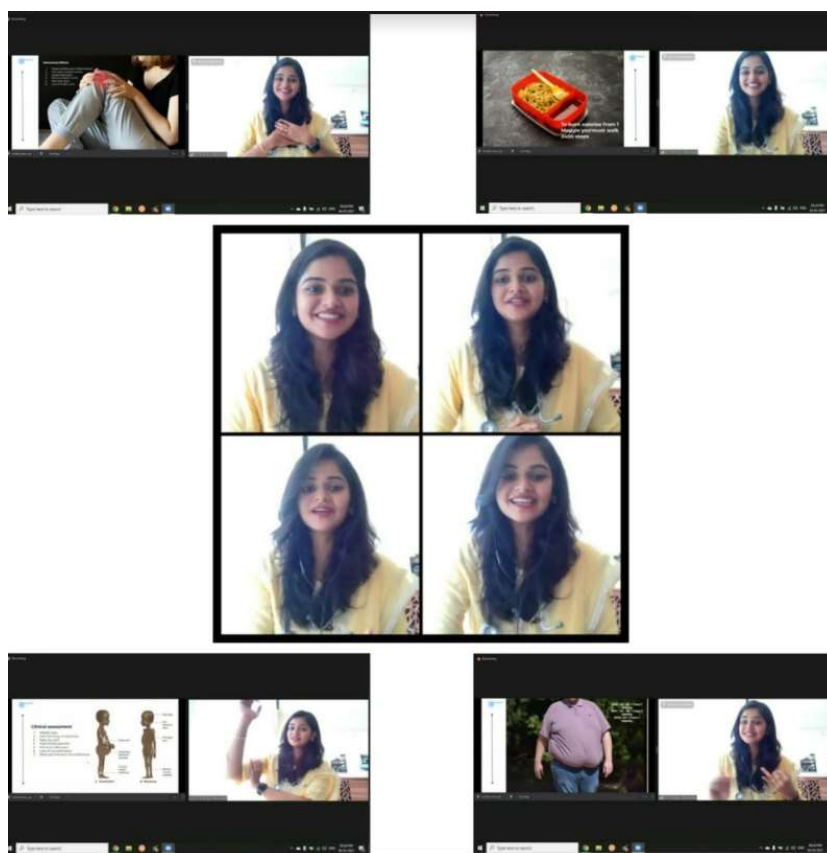
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Email: col.sage@buntnet.institute.org

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NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**



*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Dineen*

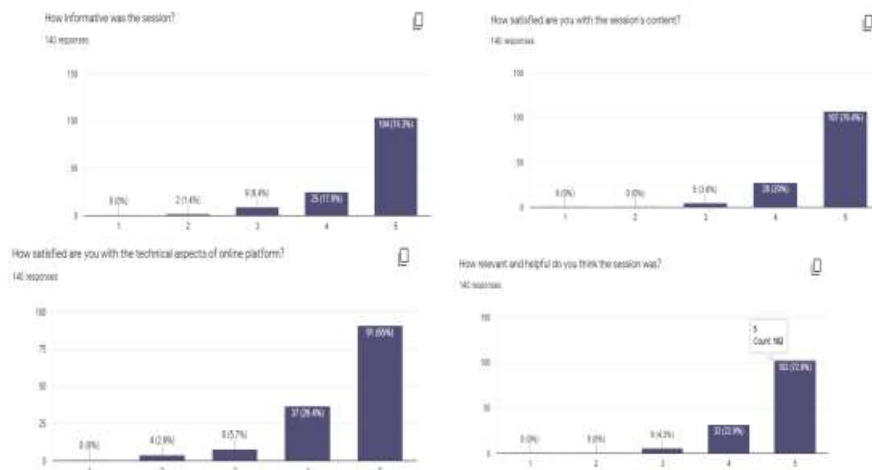
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**Feedback Analysis**



**Action Taken Report**

| DATE                               | Feedback Received   | Action Taken  |
|------------------------------------|---|---|
| Date: 27 <sup>th</sup> March, 2021 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Dineen*

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# Inter-collegiate Session on World Mental Health Day under Mental Health Awareness



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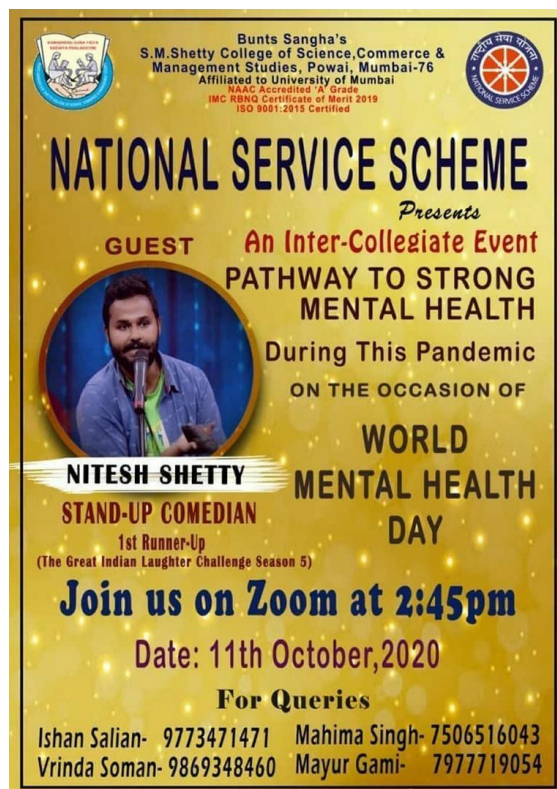


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Poster & Brochure



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**NATIONAL SERVICE SCHEME**  
*Presents*  
**GUEST An Inter-Collegiate Event**  
**PATHWAY TO STRONG MENTAL HEALTH**  
During This Pandemic  
ON THE OCCASION OF  
**WORLD MENTAL HEALTH DAY**

**NITESH SHETTY**  
**STAND-UP COMEDIAN**  
1st Runner-Up  
(The Great Indian Laughter Challenge Season 5)

**Join us on Zoom at 2:45pm**  
**Date: 11th October, 2020**

**For Queries**  
Ishan Salian- 9773471471 Mahima Singh- 7506516043  
Vrinda Soman- 9869348460 Mayur Gami- 7977719054

*Vijay Krishnaswamy*

NSS Programme Officer

*John Diercks*

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**Notice**

When I is replaced by We, even Illness becomes Wellness..... 🧑🧑

This year, we've all been staying inside more, with our day-to-day routines disrupted, and many of us have felt the negative effects on our mental health.

Adjusting to this new normal is hard and the uncertainty is adding another layer of stress. Don't worry we all feel the same way and we understand your concerns. 🧐🧐

Warm greetings to one and all !!!

The NSS UNIT of S.M Shetty College of Science Commerce and Management studies 🏢 has organised a webinar On the occasion of WORLD MENTAL HEALTH DAY.

.Guest of Honour and Speaker :- MR NITESH SHETTY (Famous Comedian)

Short bio:-

Mr. Nitesh Shetty started his journey with fever 104fm Mumbai as an Ob jock then went on to join RedFm 93.5 as Evening show producer with Rj Rishi Kapoor, his first claim to fame was in the song Mumbai Tula BMC bharosa Naii kaa? Which was viral internet sensation. He started doing standup comedy in the year 2017 and soon got his first break in The Great Indian laughter challenge season 5 the show judge by Akshay Kumar, Sajid khan and Shreyas talpade. He went on to become the first runner-up of the show winning bell for his every performance. He also hosted a dance reality show on andtv known as high fever dance Ka Naya tevar, currently he is co-writer Dance plus season 5 on star plus, currently he is hosting a digital show on Bollywood hungama .

E-Certificates 📄 will be given to the participants.

Registration link 📌

<https://forms.gle/Da9hLhfbNhzHXRyy8>

Date 📅 - 11/10/2020 (i.e. Sunday)

Time 🕒 - 2:45pm Venue - ZOOM

You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens. 😊😊 Regards

NSS Unit



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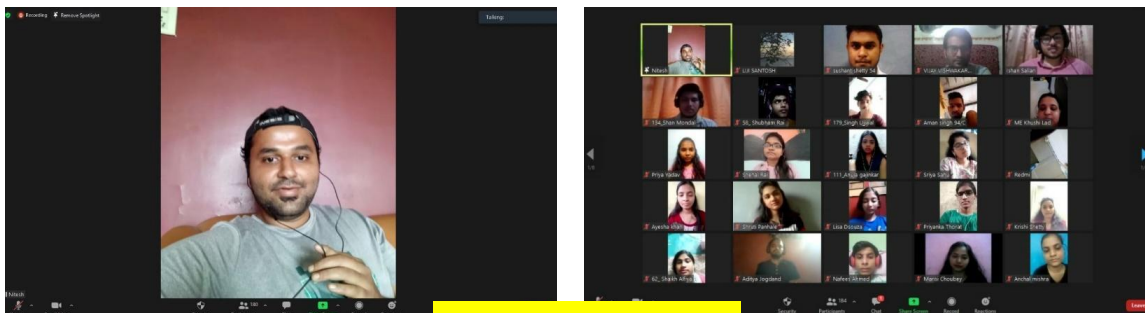
**Report**

**Event:** Inter-collegiate Session on World Mental Health Day under Mental Health Awareness

**Date:** 11<sup>th</sup> October, 2020.

**Objective:** Catering to Mental Illness / Stress due to Pandemic, Ways to Overcome Stress.

**Highlight:** The NSS UNIT of S. M. SHETTY COLLEGE organized an inter-collegiate webinar "Pathway to Strong Mental Health" on the occasion of World Mental Health Day. The guest and the speaker of the event was Mr. Nitesh Shetty who is a stand-up comedian. From an MBA to a Stand-up Comedian Mr. Nitesh Shetty shared his life's journey while talking about the importance of mental health. He also gave us some good tips on how to keep yourself mentally strong and how to stay positive always. **The webinar was a great success having 202 participants from various colleges.**



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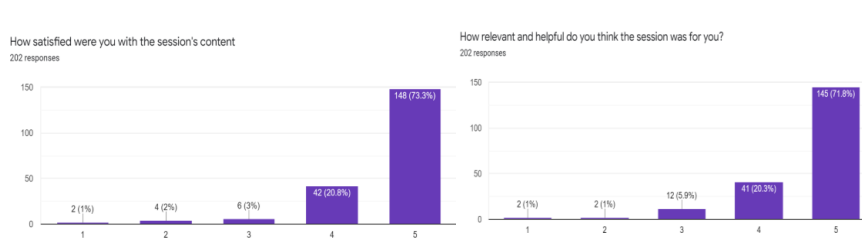
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**Feedback Analysis**



**Action Taken Report**

| DATE                    | Feedback Received   | Action Taken  |
|-------------------------|---|---|
| Date: 11st October 2020 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Dineen*

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*[Signature]*

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# Inter collegiate Webinar on World Suicide Prevention Day Under Mental Health Awareness



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Poster/Brochure



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**NATIONAL SERVICE SCHEME**  
*Presents*  
**An Intra-Collegiate Webinar**  
**"Suicide Prevention"**

**Guided by**  
**Ms. Sachi Mulki**  
A Psychologist by training  
and a Mental Health  
Advocate. She is the  
Training Manager at Sister  
Living Works.

**Date: 4th March, 2021**  
**Time: 4:30pm**  
**Venue: Zoom**

**E-Certificates will be provided**

For any queries  
Snehal Rai- 9082362400 Ishan Salian- 9773471471  
Mahima Singh- 7506516043 Dipti Shetty - 7045197444

*Vijay Krishnaswami*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John D'Amico*

**NSS Programme Officer**

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**Notice (WhatsApp Message)**

Greetings to All 🙏

The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai 🏢 is organizing a Intra-collegiate Webinar 📺 on Suicide Prevention.

An Interactive Webinar to learn about recognizing Warning signs of Suicide, Risk Factor, Protective Factor and How to effectively respond to someone in a Suicidal crisis.

About the NGO:

Sisters Living Works is an NGO dedicated to the cause of Suicide Prevention in India by raising community Awareness, Involvement, Education and Advocacy.

About the Resource Person:

Sachi Mulki - A Psychologist by training and a Mental Health Advocate. She is the Training Manager at Sister Living Works.

Date: 4th March, 2021

Time: 4:30 Pm

Venue: Zoom Video call

Register now through the below given link

[https://docs.google.com/forms/d/e/1FAIpQLSeVY5HBn4S2S3SJ\\_x6\\_noBVG6EknsMtqHA9efl](https://docs.google.com/forms/d/e/1FAIpQLSeVY5HBn4S2S3SJ_x6_noBVG6EknsMtqHA9eflP8B0H142jSQ/viewform?usp=sf_link)

[P8B0H142jSQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeVY5HBn4S2S3SJ_x6_noBVG6EknsMtqHA9eflP8B0H142jSQ/viewform?usp=sf_link)

Note: Participants limit 100 only

All the Participants will be provided E-certificate

For any further queries feel free to contact:

Ishan Salian - 9773471471

Snehal Rai - 9082362400

Mahima Singh - 75065 16043

Dipti Shetty - 70451 97444



**NSS Programme Officer**



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**Report**

**Event:** Inter collegiate Webinar on World Suicide Prevention Day Under Mental Health Awareness

**Date:** 4<sup>th</sup> March, 2021.

**Highlight:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai organized a Webinar on Suicide Prevention on 4<sup>th</sup> March, 2021 at 4:30 by Ms. Sachi Mulki, she is a psychologist by training, and a mental health advocate. She is the training manager at Sisters Living Works. The webinar commenced with the welcome speech given by our NSS Volunteer Ms. Beulah Sundarajan. Later she also introduced our Resource Person Ms. Sachi Mulki, then Ms. Sachi Mulki ma'am took over the webinar and started the session. Q n A session was also held in the webinar, it was a interactive session. The webinar was end with the Vote of Thanks by NSS Assistant Representative Snehal Rai.

**Total number of Volunteers Participated: 73**



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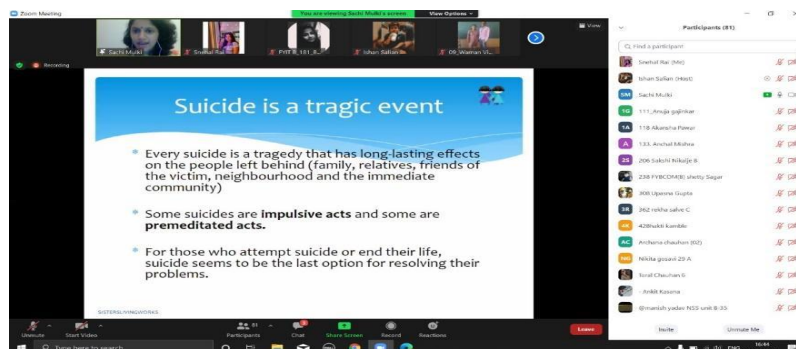
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*Vijay Krishnakumar*

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*John Dineen*

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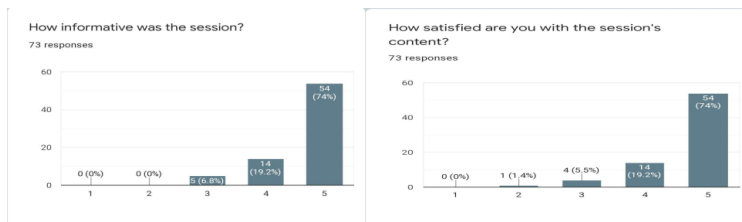


*[Signature]*  
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**Feedback Analysis**



**Action Taken Report**

| DATE                              | Feedback Received   | Action Taken  |
|-----------------------------------|---|---|
| Date: 4 <sup>th</sup> March, 2021 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Deneys*

**NSS Programme Officer**



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**Inter -Collegiate Digital Poster  
Making Competition “No  
Smoking Day” to create  
awareness amongst students on  
health hazards related with  
smoking**



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**NSS Programme Officer**

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**Poster/Brochure**





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**Rules & Regulations**

1. The Poster Size should be A4 (21\*29.7cm)
2. Handmade painting and design are strictly prohibited, only digitally designed posters (photoshop, Canva or any Mobile apps, etc) will be accepted file format: JPEG or PDF)
3. Posters will be judged under the criteria of- Creativity, Presentation and Relevance of the topic No Smoking Day
4. Late Submission won't be considered
5. The poster shouldn't be copied from any internet website, it should be original.
6. Any kind of offensive posters won't be tolerated
7. 10secs Timelapse of your work (from beginning till the end) is mandatory

**Note: Submission should be done through given Google Form only  
or  
You can whatsapp us on the given phone Number**

**ALL THE BEST!!!**



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**Notice (WhatsApp Message)**

Hello Everyone! ✨

The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai 🏫 is organizing a Inter-collegiate Digital Poster Making Competition on the Occasion of No Smoking Day

Rules and Regulations:

1. The Poster Size should be A4
2. Handmade painting and design are strictly prohibited, only digitally designed posters (photoshop, Canva or any Mobile apps, etc) will be accepted file format: JPEG or PDF)
3. Posters will be judged under the criteria of- Creativity, Presentation and Relevance of the topic No Smoking Day
4. Late Submission won't be considered
5. The poster shouldn't be copied from any internet website, it should be original.
6. Any kind of offensive posters won't be tolerated
7. 10secs Timelapse of your work (From beginning till the end) is mandatory
8. Submit your posters through the given link below 📌

[https://docs.google.com/forms/d/e/1FAIpQLSd5LLifBDMYTdFIPbqFHrtTpPGI47Ys3H6utE3Yi\\_f9JSsEzg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd5LLifBDMYTdFIPbqFHrtTpPGI47Ys3H6utE3Yi_f9JSsEzg/viewform?usp=sf_link)

Last date of Submission is 10th March, 2021 till 10:00am.

Results will be announced on 10th March, 2021

E-certificate will be provided to all the Participants and Winners. 🏆

For any further queries feel free to Contact:

Snehal Rai - 9082362400

Deepthika Pillai - 9004961914

Sushant Shetty - 7738813869

Ishan Salian - 9773471471



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**Report**

**Event:** Inter -Collegiate Digital Poster Making Competition "No Smoking Day" to create awareness amongst students on health hazards related with smoking

**Date:** 10<sup>th</sup> March, 2021.

**Highlight:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai organized a Digital Poster Making Competition on the occasion of No Smoking Day on 10<sup>th</sup> March 2021, the topic for the Digital Poster Making Competition was "No Smoking Day". The participants were provided with a submission link, where they had to submit their Posters. **There were 18 entries from Different Colleges from all over the India.** The Last date of submission for the Digital Poster Making Competition was 10<sup>th</sup> March, 2021 at 10:00am. The Results were declared on 10<sup>th</sup> March, 2021. The Winners for the same were:



*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Pereira*

**NSS Programme Officer**

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*Prachi*  
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**"Inter-collegiate Skill  
Development Webinar &  
Interactive Workshops  
Webinar on "Sensitisation and  
Awareness of Covid-19 Among  
Students and Faculty:  
Handling Post Lock Down  
Challenges"**



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**Poster**

The poster features a background with a world map and red virus-like icons. It includes several logos: the college's crest, the NSS Unit logo, the NIPHT logo, the WACA logo, and the BS logo. The text is centered and reads: "Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai. Mumbai - 76 (Affiliated to University of Mumbai) NAAC ACCREDITED 'A' GRADE IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 9001:2015 CERTIFIED NSS UNIT In Collaboration with National Institute of Public Health Training and Research, Govt. of Maharashtra and Women Against Cyber Abuse Foundation ORGANIZES A NATIONAL LEVEL WEBINAR ON 'SENSITISATION AND AWARENESS OF COVID-19 AMONG STUDENTS AND FACULTY: HANDLING POST LOCK DOWN CHALLENGES' 6th June, 2020 2:00 pm to 3:30 pm (Zoom Webinar) Registration Fees: FREE Registration Link: https://forms.gle/txc3Np4LKkoZ9J6A6 E-certificates Will Be Given For Queries Email us at: johnm@smshettyinstitute.org". At the bottom right, there is a "HOME SAFE" logo with a house icon.



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



**NSS Programme Officer**





PRINCIPAL  
Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S  
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT  
STUDIES, POWAI.  
NAAC ACCREDITED 'A' GRADE  
ISO 9001:2015 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Notice**

Dear All,  
Greetings for the day!  
NSS Unit of  
Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to  
University of Mumbai), Powai, Mumbai,  
In Collaboration with National Institute of Public Health Training & Research ,Government of  
Maharashtra, and  
Women Against Cyber Abuse Foundation is organizing a National Level Webinar on-  
"SENSITISATION AND AWARENESS OF COVID-19 AMONG STUDENTS AND  
FACULTY: HANDLING POST LOCK DOWN CHALLENGES"  
For: Faculty & Students  
Resource Persons:  
Dr Deepak.Raut Director NIPHTR  
Dr Suparna Khera CMO(SAG)  
Ms Rosy Joseph(PHNO)  
Event Details:  
Date : 6th June, 2020  
Time : 2:00 pm to 3:30 pm (Zoom Webinar).  
Registration Link:  
<https://forms.gle/txc3Np4LKkoZ9J6A6>  
After registration join the whatsapp group for updates:-  
Registration Fees: FREE  
Mr. Vijay Vishwakarma  
NSS Programme Officer



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Mr. John Menezes

NSS Programme officer

Member Teachers

Mr Ashish Navik

Mrs Rohini Shetty

In case of any queries kindly E-Mail us at : [johnm@smshettyinstitute.org](mailto:johnm@smshettyinstitute.org)

Links for whatsapp groups: (Kindly Join only one group after successful registration)

Whats App Group 1: <https://chat.whatsapp.com/CFqvKsTKbJUC7N6YRmEAWr>

Whats App Group 2: <https://chat.whatsapp.com/KWWtjpFyEzjC6QLDVS0ID6>

WhatsApp Group 3: <https://chat.whatsapp.com/HttWMq6JyUSEpu3CwclmNV>

Whats App Group 4: <https://chat.whatsapp.com/GJMC2rGG3POA5vD3suiIfT>

WhatsApp Group 5: <https://chat.whatsapp.com/JmdasWNG6wLBqiZXoHLUSG>

If any of the link does not open, kindly copy paste it in your web browser

Kindly Note:

1) Kindly install Zoom software on laptop/desktop or Zoom app on Mobile through Playstore/App store

2) E-Certificates shall be issued to all the registered participants, who attend the webinar and fill the feedback form!



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**Report**

**Event:** "Inter-collegiate Skill Development Webinar & Interactive Workshops Webinar on "Sensitisation and Awareness of Covid-19 Among Students and Faculty: Handling Post Lock Down Challenges"

**Date:** 6<sup>th</sup> June, 2020.

**Objective:** To spread awareness among students and faculty regarding Covid-19 and handling post lockdown challenges.

**Highlight:** The NSS Unit of Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai, in Partnership with National Institute of Public Health Training & Research, Government of India Under Ministry of Health and Family Welfare (MOHFW), and Women Against Cyber Abuse Foundation organised a National Level Webinar on "SENSITISATION AND AWARENESS OF COVID-19 AMONG STUDENTS AND FACULTY: HANDLING POST LOCK DOWN CHALLENGES" for Faculties and Students on 6th June, 2020 at 2.00 p.m. to 3.30 p.m. (Zoom Webinar)

The webinar witnessed a huge participation of over 1,200 students and faculties representing almost 29 states and union territories including Maharashtra. They were accommodated on Zoom as well as on YouTube Live. (<https://youtu.be/xqpxy3bsJfE>)

**Our Resource Persons for the session were**

- Dr Suparna Khera CMO (Senior Administrative Grade) NIPHTR
- Ms Rosy Joseph (Public Health Nursing Officer) NIPHTR
- MS. Vibha Singh (Master Trainer) & Director WACA

The Topics that were highlighted were:

1. Epidemiological features of Covid 19
2. Prevention of COVID 19 :Safe practices at home
3. Creating safe work environments for students and faculty
4. Behavioral practices of students in Managing stress stigma and discrimination



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Also a testimonial video of Mr. Gaurav Sharma, our alumni and currently a Ground Level News Reporter who had contracted COVID while serving the patients, his quarantine experience and his successful recovery was shown.

The Question Answer Session was very lively with our Resource Persons giving insightful views to the questions and queries raised by the participants

The Event was spearheaded and proficiently handled by NSS Programme officers Mr. Vijay Vishwakarma and Mr. John Menezes and also by Member Teachers Mr. Ashish Navik and Mrs. Rohini Shetty

The support of our NSS Student Leaders is immense and we place on record the contributions by Mr. Ishan Salian, Ms. Mahima Singh, Ms. Shreya Rai, Mr. Mayur Gami, Ms. Vrinda Soman, Mr. Pranav Singh and Ms. Riya Singh.

Gazing at the overwhelming response and feedback received from participants we conclude that it was an impactful session with practical solutions at ground level.

We hope to collaborate for more such opportunities.

The webinar was conducted on National Level on the topic "Sensitisation and Awareness of Covid-19 among Students and Faculty: Handling Post Lock down Challenges". There were total 1350 participants where 729 were male participants and 629 were female participants.

| DATE           | MALE | FEMALE | TOTAL |
|----------------|------|--------|-------|
| 6th June, 2020 | 729  | 621    | 1350  |



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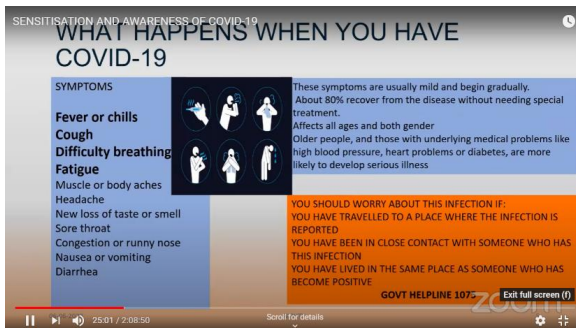
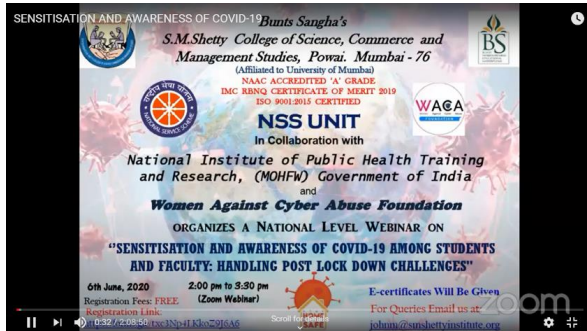


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*Vijay Krishnakumar*

**NSS Programme Officer**  
**Criterion 3 - Research, Innovations and Extension**

*John Joseph*

**NSS Programme Officer**

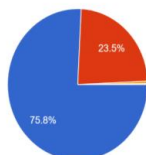


*Prashant*

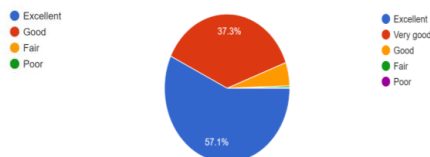
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**Feedback Analysis**

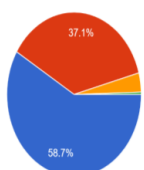
How do you rate the theme of the webinar?  
 1,350 responses



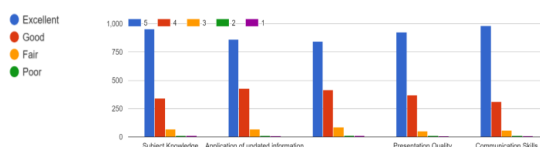
How did you find the content of the session?  
 1,350 responses



How do you rate time management in the webinar?  
 1,350 responses



Please rate our resource person Dr Suparna Khara, Ms Rosy Joseph and Ms Vibha Singh (1- LOWEST, 5- HIGHEST)



**Action Taken Report**

| DATE           | Feedback Received   | Action Taken  |
|----------------|---|---|
| 6th June, 2020 | <ul style="list-style-type: none"> <li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li> <li>All the participants were happy to participate in this webinar</li> </ul> | NSS Unit will conduct more such interesting and informative Webinars. |

*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Joseph*

**NSS Programme Officer**



*Principal*

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# Inter-collegiate Video Making Competition on Suicide Prevention under Mental Health Awareness



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**Poster**

**Bunts Sangha's**  
**S.M.Shetty College of Science, Commerce & Management Studies, Powai, Mumbai-76**

**NATIONAL SERVICE SCHEME**  
*organises*  
**WORLD SUICIDE PREVENTION DAY**  
**Competition**

**Topic: What keeps you motivated in difficult days of your life"**

**Create a short video based on Topic**

**Results will be announced on 10th September, 2020**

**For more queries contact:**  
**Ishan Saliyan: 9773471471 Ujwal Poojary: 8692066846**  
**Mahima Singh: 7506516043 Mayur Gami: 7977719054**



**NSS Programme Officer**

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## **Rules & Regulations**

- 1. Minimum Time- 1minute.  
Maximum Time- 3minutes.**
- 2. No use of vulgar or political language**
- 3. Video should be in MP4 format**
- 4. Language used can be hindi or English.**
- 5. Video should be submitted to given email ID.  
One can also post it on their respective  
instagram account and tag our NSS insta page.**
- 6. Entry is limited to only one video per student**
- 7. While submitting, All the details of the particular  
individual' s Full name, College Name and College  
code are required.**
- 8. Top 3 best video will be selected by our juries and  
those will be recieving e-certificates.**
- 9. Last day of submission of video is 9th September,  
2020.**

**Submit your videos on [nssunitb46@gmail.com](mailto:nssunitb46@gmail.com)**

**Note: Winners and Participation Certificate will  
be provided**

**(The best three videos will be uploaded on  
our instagram page and youtube channel)**



**NSS Programme Officer**

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**Notice**

Dear All,

Greetings for the day!

I savor life. The value of life is not in its duration, but in its donation. You are not important because of how long you live, you are important because of how effective you live.

The NSS unit of Bunts Sangha's SM Shetty College, Powai has organised a competition on 10th September 2020 for the occasion of WORLD SUICIDE DAY where the participants have to make a short video on the topic "WHAT KEEPS YOU MOTIVATED IN DIFFICULT DAYS OF YOUR LIFE" 🙌 🙌

Video should be submitted to the given email ID :- nssunitb46@gmail.com

One can also post it on their respective Instagram account and tag our Instagram page:-  
shettynssunit\_b46

For rules and regulations and more information please refer to the pdf

E-Certificates shall be issued to all the participants



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**NSS Programme Officer**



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**Report**

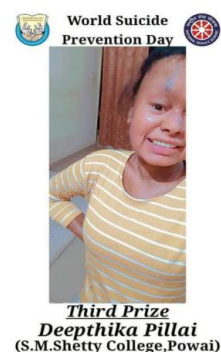
**Event:** Inter-collegiate Video Making Competition on Suicide Prevention under Mental Health Awareness

**Date :** 10th September, 2020

**Highlight:** The NSS UNIT of S. M. SHETTY COLLEGE had organized a competition on 10th September 2020 on the account of **World Suicide Prevention DAY**. The participants had to make a short video on the topic "**WHAT KEEPS YOU MOTIVATED IN DIFFICULT DAYS OF YOUR LIFE**". **Total 16 Volunteers participated in the event. All the participants were provided with participation certificates.**

The **winners** of the competitions are:

1. Ajay Ramesh from Ramniranjan Jhunjhunwala college,
2. Vaishnavi Wagh from Bedekar college.
3. Deepthika Pillai from S.M. Shetty college.



*Ajay. Krishnakumar*

**NSS Programme Officer**

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*John Pereira*

**NSS Programme Officer**

  
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# Awareness Programme on HIV AIDS through Red Ribbon Making and distribution activity in the community



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**Notice (WhatsApp Message)**

Strengthen the support to weaken the spread of aids.

IN JAI HIND Hello Fellas!!

The RRC (Red Ribbon Club) with NSS Unit of Bunt's Sangha S M Shetty College of Science Commerce and Management Studies Powai 🏢 has organised an intercollegiate activity on the WORLD AIDS DAY where the participants have to make a red ribbon out of any red coloured material (ie. Cloth, Paper, etc). You can even paint or colour the material red.

The participants are supposed to click a selfie or a picture with the red ribbon made by them and put it on your stories and also tag:-

@shettyNSSunit\_b46 (Our Instagram handle) @connecting\_nss @nssforindia

♦ THEME : WORLD'S AIDS DAY

STORIES TO BE UPLOADED ON 1st DECEMBER 2020.

🔔 TO BE NOTED 🔔

Tagging all the handles mentioned is mandatory.

👉 Stories that fulfill the above criteria will be reposted on our insta story.

Note: If Your Account is a Private Account, make sure that you make it Public for just one day so that we can repost your story.

Act now against it or regret it for the rest of your life.

•For any further queries Contact 📞 :-

1. Nandini Mahapatra:- +91 9082935318
2. Nidhi Shetty:- +91 8108216828
3. Ishan Salian:- +91 97734 71471
4. Mahima Singh:- +91 75065 16043

Regards

Red Ribbon Club (RRC).



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**Report**

**Event:** Awareness programme on HIV AIDS through Red Ribbon Making and distribution activity in the community

**Date:** 1<sup>st</sup> December, 2020.

**Highlight:** The Red Ribbon Club (RRC) and NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies organized a Red Ribbon Making Activity. The volunteers were asked to make a red ribbon that is the logo of RRC with paper or cloth and click pictures with it and send it to us through a google form, which will be posted on our social media story.

**Total number of Volunteers Participated: 10**





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# Road Safety Poster Making Event to awareness society at large



**NSS Programme Officer**



**NSS Programme Officer**

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ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Poster/Brochure**



Bunts Sangh's  
S.M.Shetty College of Science, Commerce &  
Management Studies, Powai, Mumbai-76  
Affiliated to University of Mumbai  
NAAC Accredited 'A' Grade  
ISO 21001:2018 Certified  
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**NATIONAL SERVICE SCHEME**  
**Presents**  
**An Intercollegiate**  
**Poster Making Competition**  
**(On the Occasion of Road Safety Month)**

**Theme:**  
**Road Safety**

**Last Day of Submitting Poster:-**  
**7th February 2021 (Before 9:00pm)**

**Results will be declared on:-**  
**8th February 2021**

**For Any Queries Contact:-**

Shruti Panhale-9930065435    Riya Kittikal-8691987625  
Mahima Singh-7506516043    Ishan Salian-9773471471



**NSS Programme Officer**



**NSS Programme Officer**

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## **Rules And Regulations**

1. The Poster size should be A4.
2. For making your poster you can use paint or also can sketch your poster.
3. Stick to the topic ROAD SAFETY.
4. Posters will be judged under the criteria of Creativity, Presentation, and Relevance of the topic ROAD SAFETY.
5. Save your file as pdf for quick and easy upload.
6. You can submit your Poster by Sunday 07/02/2021 before 9:00 pm.
7. Submit your poster by mail at.  
**nssunitb46@gmail.com**
8. Your mail should include the Name of the Participant, College Name, and Topic.
9. Late submission won't be considered.
10. Results will be declared through our social media handle on Monday i.e 08/02/2021.

**May The Best Art Win!**



**NSS Programme Officer**



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STUDIES, POWAI**

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Notice (WhatsApp Message)**

Creative thinking inspires ideas. Ideas inspire change ✨

Jai Hind 🇮🇳

Hello fellas!!! 👋👋

The NSS Unit of Bunts Sangha's S.M Shetty College of Science Commerce and Management Studies Powai 🏢 is organising an Intercollegiate Poster Making Competition on the occasion of Road Safety Month 🚦

▪ **THEME- ROAD SAFETY**

▪ **Rules and regulations:**

- The poster should be creative and should not be copied from anywhere.
- Submit your poster on time. Late submission won't be entertained.
- Submit your posters on the e-mail id below along with the given details↓

- Full Name

- Full College Name

- Contact Number

nssunitb46@gmail.com

▪ Date of submission- 07/02/2021

▪ Submission Time- Till 9 pm

Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones. 💜

Can't wait to see your creativity 🤩🤩

For any queries Contact 📞 :-

Shruti Panhale- 9930065435

Riya Kittikal- 8691987625

Ishan Saliyan- 97734 71471

Mahima Singh- 75065 16043



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL  
Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org



**BUNTS SANGHA'S  
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT  
STUDIES, POWAI**

**NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Road Safety Poster Making Event to awareness society at large

**Date:** 8<sup>th</sup> February, 2021.

**Highlight:** The NSS Unit of Bunts Sangha's S.M Shetty College of Science, Commerce and Management Studies, Powai has conducted "Poster Making Competition". "Painting is an entertaining activity and a great way to convey messages without words and is very appealing to the youth," The competition was based on the theme "Road Safety". The event was held at intercollegiate level. It was open for all colleges and for NSS units too. According to the theme given, the participants had to make posters indicating road safety and what everyone should follow for road safety. They used paints, color pencils, crayon and colors according to their convenience to make the poster. **There were 41 entries for the posters which showed the ways to follow for road safety.** Posters which were beyond recognition were a delight. The last date of submission was commenced on 7<sup>th</sup> February 2021. The event was judged by Prof. Richa Sharma.



*Vijay Krishnaswamy*

**NSS Programme Officer**

*John Pereira*

**NSS Programme Officer**

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*Richa Sharma*  
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**Community wise Flag  
Collection Rally - After  
Independence Day  
Celebrations to pay respect to  
our National Flag**



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**NSS Programme Officer**



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**Notice (WhatsApp Message)**

Jai HindIN

Hello everyone,

The NSS Unit of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai has organized a Flag Collection Rally.

All you need to do is simply visit your society or your residing locality taking all the covid-19 precautions and pick up all those flags or any tricolored objects that are thrown on the ground or left behind in a disrespectful way.

Collect all such things, take a selfie or a picture of that and send us the image.

Collect all the tricolor objects and flags and submit it when the college reopens.



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**Report**

**Event:** Community wise Flag Collection Rally - After Independence Day Celebrations to pay respect to our National Flag

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

**Highlight:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai organized a Flag Collection Rally. The volunteers were ask to go around some places where they stay and search for a tri-color object or a flag which have been left out or disrespected the next day after Republic Day with all the necessary Covid-19 precaution.

**Total number of Participated volunteers: 55**





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# Awareness programme on World Earth Day- Poster Making Competition, Slogan Making Competition, Tree Plantation



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IMC RBNQ CERTIFICATE OF MERIT 2019**

**Notice (WhatsApp Message)**

Hello Fellas!

The TIVONA NATURE CLUB & NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai 🏫 is organizing a Series of Competition on the Occasion of

WORLD EARTH DAY 🌍

- ◆ POSTER MAKING COMPETITION.
- ◆ TREE PLANTATION.
- ◆ SLOGAN MAKING COMPETITION.

POSTER MAKING COMPETITION 🎨 :-

Rules and Regulations -

1. The poster should be creative and should not be copied from anywhere.
2. Last date of submission is 22nd April, 2021.
3. Submit your poster on time. Late submission won't be entertained.

▪ Submit your posters on the e-mail id below along with the given details↓

- Full Name
- Full College Name
- Contact Number

nssunitb46@gmail.com

TREE PLANTATION 🌱 :-

The last time to plant trees was 20 years earlier and the next time is now! Try planting a minimum of one sapling, water it daily, the more it'll grow the more you'll be satisfied. keep the habit of planting trees, it's for our benefit only. You can plant a small sapling at your home or in your society. Click pictures send us to spread awareness for the same.



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- Click a picture of yourself while planting sapling.
- Post the picture on your Instagram story tagging our NSS Unit page @shettyunit\_b46.
- We will repost your picture in our Instagram story.

**SLOGAN MAKING COMPETITION 🎉 :-**

**Rules and Regulations -**

1. The Slogan can be written in Hindi or English.
2. The Slogan must not contain any kind of provocation, objectionable or inappropriate content
3. The Slogan must be original.
4. Last date of submission for Slogan is 22nd April, 2021.

- Submit your posters on the e-mail id below along with the given details↓

- Full Name

- Full College Name

- Contact Number

nssunitb46@gmail.com

E-Certificate will be provided to all the Participants and Winners.

Results will be out on 23rd April, 2021

For further queries Contact:-

1. Snehal Rai - 9082362400
2. Deepthika Pillai – 9004961914



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



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NAAC ACCREDITED 'A' GRADE  
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**Report**

**Event:** Awareness programme on World Earth Day- Poster Making Competition, Slogan Making Competition, Tree Plantation

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

**Highlight:** The NSS Unit and Tivona Nature Club of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai Organized a Series of Competitions on the occasion of World Earth Day from 20<sup>th</sup> April to 22<sup>nd</sup> April. The competition includes:

1. Poster Making Competition.
2. Slogan Making Competition.
3. Tree Plantation.

The theme for all the event was World Earth Day. The results were declared on 22<sup>nd</sup> April, 2021.

**Total number of Volunteers Participated: 236**



**NSS Programme Officer**



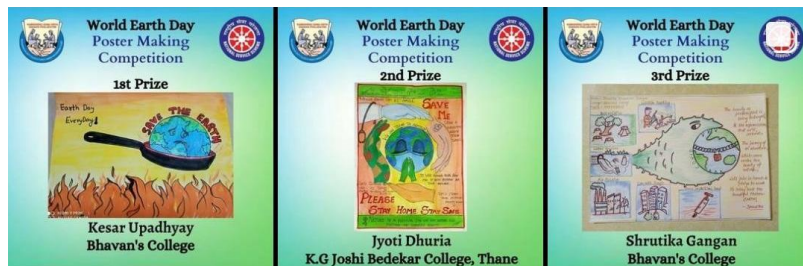
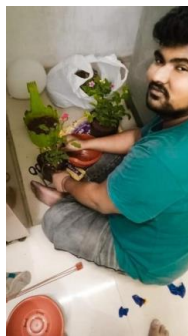
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*Vijay Krishnaswama*

**NSS Programme Officer**

*John Dierze*

**NSS Programme Officer**

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*Principal*  
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# Mono Acting Competition to sensitise students on Women Empowerment And Importance Of Education



NSS Programme Officer



NSS Programme Officer



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Brochure/Poster



The brochure is a vertical poster with a dark blue background and red curtains on the sides. At the top, it features the college's name and accreditation details. The main title 'NSS UNIT PRESENTS Monoacting Competition (An Inter-collegiate event)' is centered, with an illustration of two theatrical masks below it. The topics are listed as '1. Importances of Education' and '2. Women Empowerment'. The submission date is '11th October to 16th October 2020', with a note that videos are not accepted after 5pm on the 16th. Results are declared on '17TH OCTOBER 2020'. Contact information for Nikita Shetty and Snehal Rai is provided at the bottom.

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MANAGEMENT STUDIES, POWAI.  
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ISO 9001:2015 CERTIFIED

**NSS UNIT**  
**PRESENTS**  
*Monoacting Competition*  
*(An Inter-collegiate event)*

Topics :-  
1. Importances of Education  
2. Women Empowerment

Date of Submission :- 11th October to 16th October 2020  
(No videos will be accepted after 5pm of 16th October)

RESULTS WILL BE DECLARED ON  
17TH OCTOBER 2020

For any further queries Contact :-  
NIKITA SHETTY - 8879353952  
SNEHAL RAI - 9082362400



NSS Programme Officer



NSS Programme Officer



  
PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S  
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ISO 9001:2015 CERTIFIED**



**RULES AND REGULATIONS :-**

1. THE DURATION OF THE VIDEO  SHOULD BE A MINIMUM OF 1 MINUTES -MAXIMUM OF 3 MINUTES.
2. ARTISTS CAN PERFORM AND SEND THEIR VIDEOS IN HINDI / MARATHI / ENGLISH. 
3. OBSCENITY AND OFFENSIVE GESTURES ARE STRICTLY NOT ALLOWED. 
4. HOLLYWOOD /BOLLYWOOD/ ORIGINAL SCRIPTS ARE ALLOWED. 

**JUDGING CRITERIA**

1. *Honesty of the theme.*
2. *Level of motivation in the video.*
3. *Acting skills.*
4. *Flow of expression.*
5. *Overall expression.*



**NSS Programme Officer**



**NSS Programme Officer**





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IMC RBNQ CERTIFICATE OF MERIT 2019**

**Notice (Whatsapp Message):**

**Jai Hind**

The NSS Unit of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies\* is conducting a Mono Acting competition.

\_Where we all know Education is very important as well as safety of women\_

So here we are spreading some useful information to everyone through

•Short videos.

**Topics :**

1. Importance of education.
2. Women empowerment.

**Rules and regulations :**

1. The duration of the video should be a minimum of 1 minutes -maximum of 3 minutes.
2. Artists can perform and send their videos in Hindi / Marathi / English.
3. Obscenity and offensive gestures are strictly not allowed.
4. Hollywood /Bollywood/ Original Scripts are allowed.

**Judging criteria of the video**

1. Honesty of the theme
2. Level of motivation in the video
3. Acting skills
4. Flow of expression
5. Overall impression

You need to submit your video through email :

[nssunitb46@gmail.com](mailto:nssunitb46@gmail.com)

**Note:- \_Participants can only send single entry\_**

The mail should also include:

1. Name of the participant
2. College name
3. Topic
4. Instagram Id
5. Synopsis (small summary of the video)

**Date of submission** - 11th October to 16 th October 2020

(No videos will be accepted after 5pm of 16th October)



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Results will be declared on - 17 October



Winner and participants will get E- certificate



You can check the result on our Instagram page -

[https://instagram.com/shettyynssunit\\_b46?igshid=oahwycsclum](https://instagram.com/shettyynssunit_b46?igshid=oahwycsclum)

Also follow our other social media handles

YouTube Channel -

[https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

Facebook page -

<https://www.facebook.com/smshettyynss/>

For any queries call or WhatsApp :-

1. Nikita Shetty- 8879353952
2. Snehal Rai - 9082362400
3. Mahima singh -75065 16043
4. Ishan Salian—9773471471

Regard,  
NSS Unit.

**NSS Programme Officer**

**NSS Programme Officer**



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**Report**

**Event:** Mono Acting Competition to sensitise students on Women Empowerment And Importance Of Education

**Date:** 17<sup>th</sup> October, 2020.

**Objective:** This is an Mono Acting Competition.

**Highlights:** The NSS UNIT of BUNTS SANGHA'S S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES organized "**Monoacting Competition**". The theme of the Monoacting competition was "Women Empowerment and Importance of Education" and the participants were asked to send us the videos to our NSS Email id. The participants were allowed to send their entries in Hindi, English and Marathi. The date of submission of the Monoacting was from 11th October,2020 to 16th October, 2020. **Total number of Volunteers Participated: 5.** The results were declared on 17th October and the winner of the competition were:-

1. Shreya Shah – K. C College.
2. Kushi Shetty – Mithibai College.
3. Aarya Mehta – UPG College.



**NSS Programme Officer**

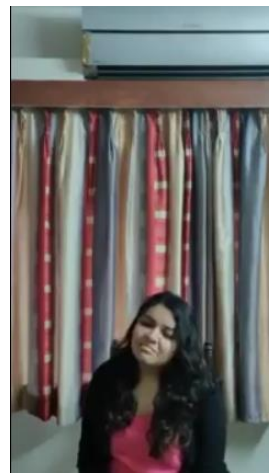


**NSS Programme Officer**

  
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**Mono Acting Video Submitted by the Participants**



*Vijay Krishnakumar*

**NSS Programme Officer**

*John Pereira*

**NSS Programme Officer**



*Principal*  
PRINCIPAL

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# Skill Development Webinar & Interactive Workshops On E - Gurukul



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



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**STUDIES, POWAI**  
**NAAC ACCREDITED 'A' GRADE**  
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Poster/Brochure



The poster is for an event titled "E-GURUCOOL" which is a "FOUR DAYS WEBINAR". It is presented by the "Internal Quality Assurance Cell (IQAC) & Alumni Association" in collaboration with the "NSS Unit". The event is an "Online Skill Development Webinar & Interactive Workshops by our College Alumni's - Successful Professionals and Experts at their respective domains". The dates are "8th to 12th April, 2021" and the time is "5:30pm to 6:30pm". The fee is "Your Time & Attention". The resource person is "Prominent Alumni's of S. M. Shetty College of Science, Commerce & Management Studies". It also states that "E-Certificates will be provided". The poster includes logos for the college, NAAC, and IMC RBNQ.

Bunts Sangha's  
S. M. Shetty College of Science, Commerce &  
Management Studies, Powai, Mumbai-76  
Affiliated to University of Mumbai  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 21001:2018 Certified

**Internal Quality Assurance Cell (IQAC)  
& Alumni Association**

In Collaboration with  
**NSS Unit**  
*Presents*

**E-GURUCOOL**

**FOUR DAYS WEBINAR**

Online Skill Development Webinar & Interactive Workshops by  
our College Alumni's -  
Successful Professionals and Experts at their  
respective domains

*Grab the opportunity to learn from those  
who've walked your path*

Date: 8th to 12th April, 2021  
Time: 5:30pm to 6:30pm  
Fee- Your Time & Attention

Resource Person  
Prominent Alumni's of S. M. Shetty College of  
Science, Commerce & Management Studies

**E-Certificates will be provided**



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

  
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Powai, Mumbai-400 076  
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Email: colage@smshettyinstitute.org

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**STUDIES, POWAI**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

|   |   |
|---|---|
|    | <p><u><b>On 04th April, 2021</b></u></p> <p><u><b>Topic: Start up in Tours and Travel</b></u></p> <p><u><b>About Her:</b></u><br/>           Bachelorette in B.com(BBI)<br/>           Financial Analyst in Accenture Solutions Pvt. Ltd<br/>           Co-Owner of Finsagle Tours &amp; Travel</p>                   |
|   | <p><u><b>On 06th April, 2021</b></u></p> <p><u><b>Topic: B2B Selling Skills in the corporate world.</b></u></p> <p><u><b>About Her:</b></u><br/>           MMS (Marketing), M.Com (Finance)<br/>           Working as Assistant Manager (Naukiri.com)<br/>           Former Marketing Intern at TopprTechnologies</p> |
|   | <p><u><b>On 10th April, 2021</b></u></p> <p><u><b>Topic: Facial Grooming: Basic Eye Make-up Tips</b></u></p> <p><u><b>About Her:</b></u><br/>           Bachelorette in B.com(BBI)<br/>           Freelancer Makeup Artist</p>  |
|    | <p><u><b>On 10th April, 2021</b></u></p> <p><u><b>Topic: Facial Grooming: How to get flawless Makeup Base</b></u></p> <p><u><b>About Her:</b></u><br/>           M.Com, Stylist/Cosmetologist</p>   |
|  | <p><u><b>On 18th April, 2021</b></u></p> <p><u><b>Topic: Community Based Social Work</b></u></p> <p><u><b>About Him:</b></u><br/>           M.Com, M.A (Economics),<br/>           NET-JRF, Research Scholar NITIE- Mumbai</p>  |
|  |   |



**NSS Programme Officer**



**NSS Programme Officer**

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**FRMCPFL**  
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**Notice (WhatsApp Message)**

Bombarded with Information all around but are these relevant to you?  
Bunt's Sangha's S.M. Shetty College of Science, Commerce & Management Studies  
Internal Quality Assurance Cell (IQAC) & ALUMNI ASSOCIATION In Collaboration with NSS  
Unit Presents E-Gurucool 🧑🏫🧑🏫  
An initiative by Alumni Association curated by and for like minded people, willing to develop or  
enhance skills for highly competitive corporate world  
Understand through  
Four Days Online Skill Development Webinar & Interactive Workshops  
by our own college Alumni's ~ Successful professionals and Experts at their respective  
domains! 📈

Grab the opportunity to learn from those who've walked your path 🗺️

📅 Date - 8th to 12th April'21

🕒 Time - 5:30 to 6:30 PM

📄 Registration Link - Kindly refer the brochure 📄

💰 Fee - Your Time & Attention

📄 E -Certificate will be provided to all the participants participating in all Four Days Workshop  
!

For more details refer our attached brochure

For any Queries Contact -

Sagar Suvarna - 97699 09392

Neha Nair – 7738801090



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STUDIES, POWAI  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Skill Development Webinar & Interactive Workshops on E – Gurukul.

**Date:** 8th April, 2021 to 12th April, 2021

**Timing:** 5:30 pm to 6:30pm , **Venue:** Zoom App

**Scope:** Students of Undergraduate and Postgraduate Courses (All Streams)

**Resource Persons and Topics:**

| <b>Date</b>                 | <b>“Resource Person(s)”<br/>With Designation</b>  | <b>Topic</b>  |
|-----------------------------|---|---|
| 8 <sup>th</sup> April,2021  | Ms. Sahista Ganja<br>Financial Analyst in Accenture<br>Solutions Pvt Ltd.<br>Co-owner of Firangis Tours &<br>Travel | Start up in Tours & Travel                          |
| 9 <sup>th</sup> April,2021  | Ms. Jasjyot Kaur,<br>Assistant Manager ,Naukri.com  | B2B Selling Skills in the Corporate<br>World        |
| 10 <sup>th</sup> April,2021 | Ms. Shraddha Bhadra<br>Freelancer Makeup Artist   | Facial Grooming –Basic Eye makeup<br>tips           |
| 10 <sup>th</sup> April,2021 | Ms. Neha Sonar<br>Stylist & Cosmetologist   | Facial Grooming –How to get<br>flawless makeup base |
| 12 <sup>th</sup> April,2021 | Mr. Chandan Gupta,<br>Research Scholar, NITIE-Mumbai  | Community Based Startup                             |



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**Highlights-** The day 1 of the webinar started with the opening remarks by Asst. Prof. Ms. Komal Tiwari - Member - Advisory Committee followed by the welcome speech delivered by Principal Dr. Sridhara Shetty. Chairman Shri. B. R. Shetty motivated students by appreciating our alumni for constant contribution to the college in one way or the other. The programme continued with Asst. Prof. Sahana Raviprasad – Alumni Association in - charge, introducing the resource person to the participants of day 1, followed by technical session by Ms. Sahista Ganja.

After the technical sessions and question and answer discussion, vote of thanks was proposed by Dr. Liji Santosh - Vice Principal and IQAC Coordinator.

All other four days sessions started with a welcome address and resource person introduction by Alumni Association members and after a technical session with question and answer discussion sessions ended with vote of thanks by members of Alumni Association.

**In total 165 participants participated all five days sessions and E - Certificates were distributed to them.**

**Team Members for the event:**

Dr Liji Santosh- IQAC Coordinator  
Asst. Prof. Sahana Raviprasad - In Charge Alumni Association  
Asst. Prof. Sandesha Shetty – Vice Principal & Member  
Asst. Prof. Dr. Tushar Sambare - Member  
Asst. Prof. Virendra Singh - Member  
Asst. Prof. Nidhi Chandorkar - Member  
Asst. Prof. Kalpana Menon - Member  
Asst. Prof. Komal Tiwari - Member



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Mr. Armand D' Costa - President Alumni Association

**Members of NSS UNIT**

Asst. Prof. Vijay Vishwakarma – NSS Programme Officer

Asst. Prof. John Menezes – NSS Programme Officer

Asst. Prof. Ashish Navik – NSS Teacher Member

Asst. Prof. Swati Shetty – NSS Teacher Member



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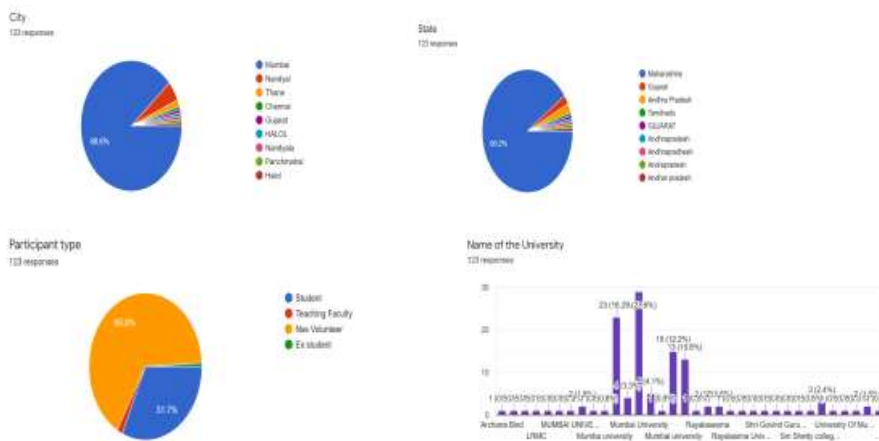
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### Feedback Analysis

Day 2- B2B Selling Skills in the corporate world by Ms. Jasjyot Kaur



**Day 4- Community Based Start Up by Mr. Chandan Gupta**

Vijay Chidambaram

John Pienyz

   
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**Hiranandani Gardens, Powai, Mumbai, Maharashtra 400076**

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**Action Taken Report**

| DATE  | Feedback Received  | Action Taken  |
|---|--|---|
| 8 <sup>th</sup> to 12 <sup>th</sup> April, 2021 | <ul style="list-style-type: none"><li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li><li>All the participants were happy to participate in this webinar</li></ul> | NSS Unit will conduct more such interesting and informative Webinars. |



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**Intra-Collegiate Quiz on the  
Occasion of 71st Constitution  
Day to create awareness  
amongst students on  
Constitutional Rights and  
Duties**



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**Notice (Whatsapp Message)**

The NSS unit of Bunts Sangha's SM Shetty College has organized an intercollegiate online Quiz competition on the occasion of 71<sup>st</sup> CONSTITUTION DAY.

Those who score 60% and above will be awarded with e-certificates.

Link will Open at 8.00 A.M

Link will Close at 10.00 P.M

<https://forms.gle/TKQuGKSvBKj2v8Rx9>

For any queries contact:-

Ishan Salian: 97734 71471      Mahima Singh: 75065 16043

Ujjwal Poojary: 8692066846      Shruti Panhale: 9930065435



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**Report**

**Event:** Intra-Collegiate Quiz on the Occasion of 71st Constitution Day to create awareness amongst students on Constitutional Rights and Duties

**Date:** 26<sup>th</sup> November 2020

**Highlight:.** The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai as per the guidelines of University of Mumbai had organized a Quiz competition on 26th November, 2020 on the occasion of 71st CONSTITUTION DAY. **Total 514 Volunteers from 11 Colleges across Mumbai had participated in the competition.** Participants Scoring 60% and above were provided with the E-Certificates.

**Quiz Questions:**

|   |   |  |   |
|---|---|--|---|
| <p>When was the Constitution of India came into effect? *</p> <p><input type="radio"/> 26th January, 1947</p> <p><input type="radio"/> 26th January, 1949</p> <p><input type="radio"/> 26th January, 1950</p> <p><input type="radio"/> 26th January, 1948</p>                                   | <p>Mr. Narendra Modi is the _____ of India. *</p> <p><input type="radio"/> Seventh</p> <p><input type="radio"/> Fifth</p> <p><input type="radio"/> Sixth</p> <p><input type="radio"/> Fourteenth</p>  | <p>The idea of 'Concurrent List' in the Indian Constitution is taken from the Constitution of _____? *</p> <p><input type="radio"/> Ireland</p> <p><input type="radio"/> Canada</p> <p><input type="radio"/> Australia</p> <p><input type="radio"/> Japan</p>                        | <p>How many Schedules are contained in the Constitution of India? *</p> <p><input type="radio"/> 12 Schedules</p> <p><input type="radio"/> 20 Schedules</p> <p><input type="radio"/> 10 Schedules</p> <p><input type="radio"/> 25 Schedules</p> |
| <p>Which of the following is the main Standing Committee of Lok Sabha? *</p> <p><input type="radio"/> Committee on Public Accounts</p> <p><input type="radio"/> Estimates Committee</p> <p><input type="radio"/> Committee on Public Undertaking</p> <p><input type="radio"/> All the Above</p> | <p>Which amendment of the constitution was offered full statehood to Arunachal Pradesh? *</p> <p><input type="radio"/> Fifty-Fifth</p> <p><input type="radio"/> Sixtieth</p> <p><input type="radio"/> Forty Fourth</p> <p><input type="radio"/> Sixty-Fifth</p>         | <p>Who is the Basic Fundamental Right Protector? *</p> <p><input type="radio"/> Supreme Court</p> <p><input type="radio"/> High Court</p> <p><input type="radio"/> All both</p> <p><input type="radio"/> Parliament</p>  | <p>Which one of the following State Legislature does not have two houses? *</p> <p><input type="radio"/> Karnataka</p> <p><input type="radio"/> Maharashtra</p> <p><input type="radio"/> Tamil Nadu</p> <p><input type="radio"/> Bihar</p>      |
| <p>To whom the General Purpose Committee advises? *</p> <p><input type="radio"/> The President</p> <p><input type="radio"/> The Vice-President</p> <p><input type="radio"/> The Speaker</p> <p><input type="radio"/> The Prime Minister</p>   | <p>Who among the following appointed the Governor of the States in India? *</p> <p><input type="radio"/> The Prime Minister</p> <p><input type="radio"/> The Parliament</p> <p><input type="radio"/> The Chief Ministers</p> <p><input type="radio"/> The President</p> | <p>Which Article describes the Right to Education in the Age Group 6 to 14 is the Fundamental Right? *</p> <p><input type="radio"/> Article 20th</p> <p><input type="radio"/> Article 21st</p> <p><input type="radio"/> Article 21st A</p> <p><input type="radio"/> Article 22nd</p> | <p>Who is empowered to declare National Emergency? *</p> <p><input type="radio"/> Prime Minister of India</p> <p><input type="radio"/> President of India</p> <p><input type="radio"/> Governors of State</p>                                   |



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# **NSS Foundation Day Celebrations to sensitise youth about the Social Issues in the Society**



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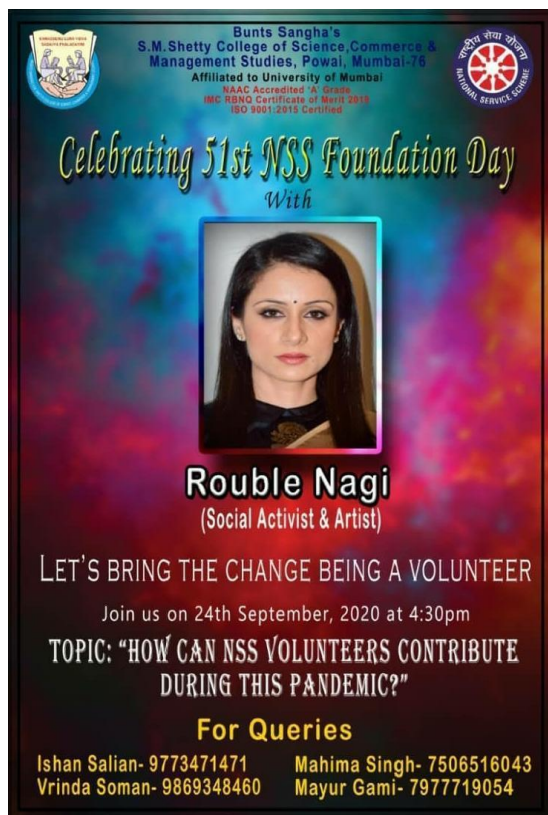
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**Poster & Brochure**



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IMC RBNQ Certificate of Merit 2019  
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*Celebrating 51st NSS Foundation Day*  
With



**Rouble Nagi**  
(Social Activist & Artist)

LET'S BRING THE CHANGE BEING A VOLUNTEER  
Join us on 24th September, 2020 at 4:30pm  
TOPIC: "HOW CAN NSS VOLUNTEERS CONTRIBUTE  
DURING THIS PANDEMIC?"

**For Queries**  
Ishan Salian- 9773471471      Mahima Singh- 7506516043  
Vrinda Soman- 9869348460      Mayur Gami- 7977719054



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**Notice**

The best way to find yourself is to lose yourself in the service of others. 🙏🙏

The NSS Unit of Bunts Sangha's SM Shetty College Powai will be celebrating the 51st NSS Foundation DAY with ROUBLE NAGI on the topic "HOW CAN NSS VOLUNTEERS CONTRIBUTE DURING THIS PANDEMIC."

The webinar is scheduled on 24th September 2020. Timing: -4:30pm

Our Guest Speaker

**Ms. Rouble Nagi** is the **Founder of Rouble Nagi Art Foundation & Rouble Nagi Design Studio**. She is an award-winning, internationally acclaimed artist with over 800 murals to her credit. With over 150 exhibitions worldwide. She is a member of the India Design Council (IDC). She is also the first Woman Artist to be invited to exhibit at the Rashtrapati Bhavan Museum Gallery New Delhi. An Artist and Social worker who promotes young and talented artists from India and abroad.

Our social media handles :-

Instagram handle:-

[https://instagram.com/shettynssunit\\_b46?igshid=1xuafngvhevvgf](https://instagram.com/shettynssunit_b46?igshid=1xuafngvhevvgf)

Facebook handle:-

<https://www.facebook.com/smsbettynss/>

YouTube channel:-

[https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

Regards,

NSS UNIT.



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**Report**

**Event:** NSS Foundation Day Celebrations to sensitise youth about the Social Issues in the Society

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

**Objective:** Orientation to Students about NSS, Contribution in Pandemic

**Highlight:** The NSS UNIT of S.M.SHETTY COLLEGE organized an inter-collegiate webinar "How Can NSS Volunteers Contribute during This Pandemic?" On the occasion of NSS Foundation Day and NSS Inauguration. The guest and the speaker for the webinar was Mrs. Rouble Nagi Ma'am

Who Social Activist & Artist. In the webinar she told us what motivated her to become a social activist and how did her continued helping others. She also made us aware about how can we help others through our talent and hobbies. Mrs. Rouble Nagi Ma'am also showed us the video how she and her team worked hard and painted the slum and turned it into a clean and beautiful area. We so had a Q & A session in the end of the webinar. The webinar was ended with a beautiful NSS song which was sang by our Volunteers. The webinar was a great success with almost 200 Participants from different colleges.



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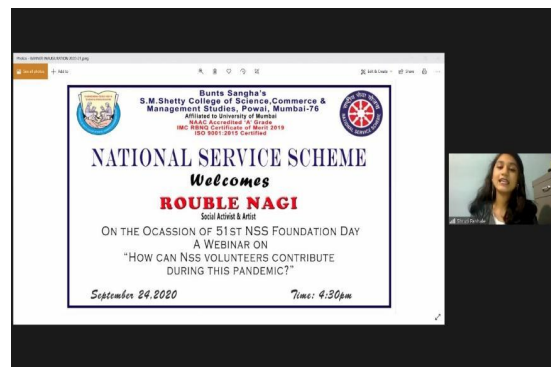
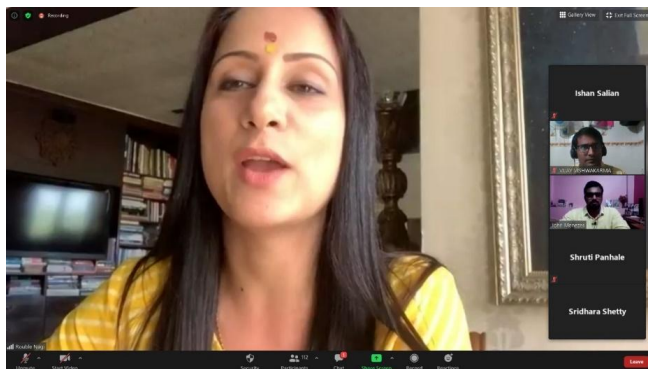
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*Vijay Krishnaswama*

**NSS Programme Officer**

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*John Menzies*

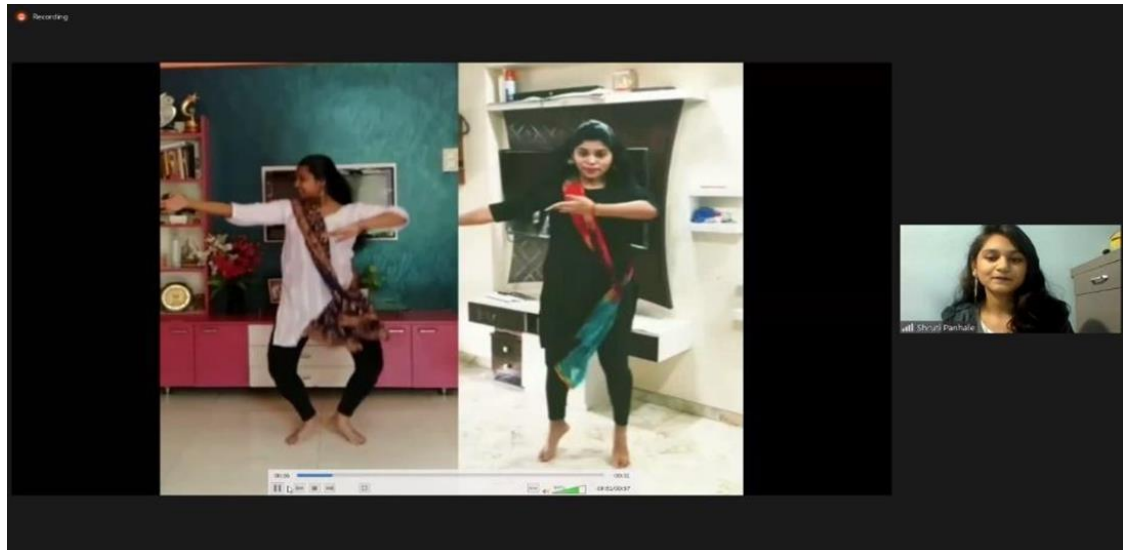
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*Roubie Nagi*

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*Vijay Krishnakumar*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

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*Principal*

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# Inter-collegiate webinar on promotion of Hindi on Hindi Divas



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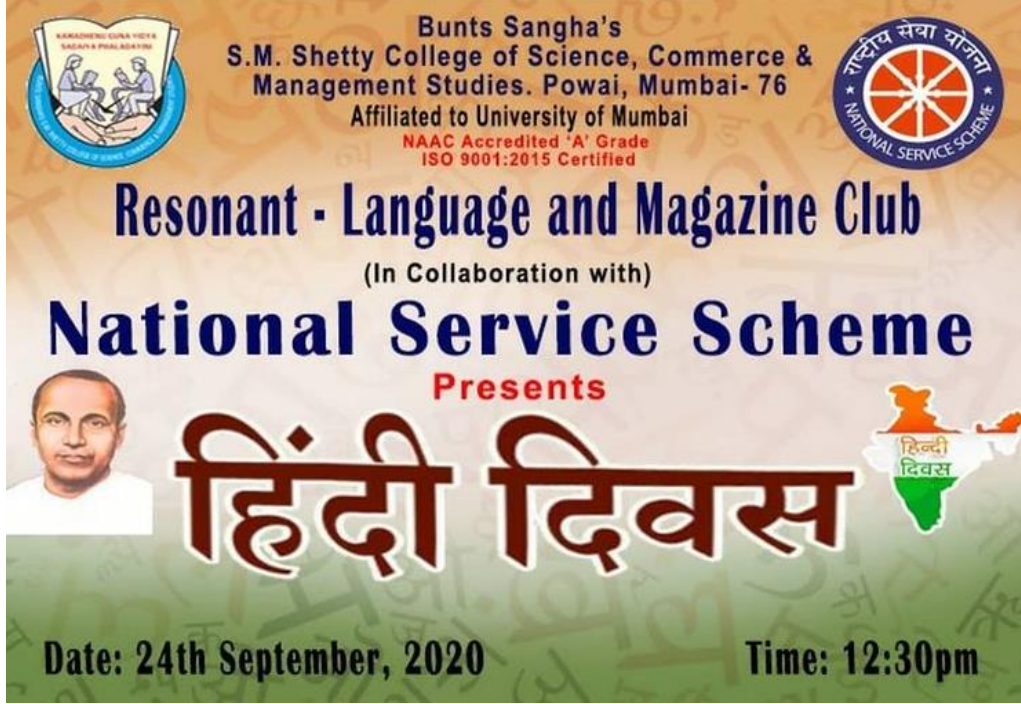


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Poster



The poster is for a Hindi Divas event. At the top left is the college logo with the motto 'KARADINERU-GUNA VOTU SAKATA-PRAJALAKSHINE'. To its right is the college name 'Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies, Powai, Mumbai- 76', followed by 'Affiliated to University of Mumbai', 'NAAC Accredited 'A' Grade', and 'ISO 9001:2015 Certified'. On the top right is the National Service Scheme (NSS) logo with the motto 'राष्ट्रीय सेवा योजना' and 'NATIONAL SERVICE SCHEME'. The main title is 'Resonant - Language and Magazine Club' in blue, followed by '(In Collaboration with)' and 'National Service Scheme' in large blue letters. Below this is 'Presents' in red, and the main event title 'हिंदी दिवस' in large, stylized brown letters. To the left of the title is a portrait of Mahatma Gandhi, and to the right is a map of India with 'हिंदी दिवस' written on it. At the bottom left is the date 'Date: 24th September, 2020' and at the bottom right is the time 'Time: 12:30pm'.

Bunts Sangha's  
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राष्ट्रीय सेवा योजना  
NATIONAL SERVICE SCHEME

Resonant - Language and Magazine Club  
(In Collaboration with)  
**National Service Scheme**  
Presents  
**हिंदी दिवस**

Date: 24th September, 2020 Time: 12:30pm

*Dijay. Krishnaswama*

NSS Programme Officer

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*John Pienzo*

NSS Programme Officer



*[Signature]*  
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**Notice (WhatsApp)**

हिंदी का सम्मान देश का सम्मान है। हमारी स्वतंत्रता कहां है, राष्ट्र भाषा जहां है।

मन की भाषा प्रेम की भाषा, हिंदी है भारत जन की भाषा।

Resonant-Language and Magazine Club in collaboration with the NSS Unit of Bunts Sangha's SM Shetty  
College ne 24 September 2020, 12:30 pm ko Webinar Ka aayojan Kiya hai

हमें हमारी संस्कृती कभी नहीं भूलनी चाहिए।

पेड़ भले ही कितना भी बड़ा और हराभरा हो जाए, जड़ से जुड़े रहने पर ही खड़ा रह सकता है।

Our social media handles :-

Instagram handel:-[https://instagram.com/shettyynssunit\\_b46?igshid=1xuafngvhevfgf](https://instagram.com/shettyynssunit_b46?igshid=1xuafngvhevfgf)

Facebook handel:-<https://www.facebook.com/smshettyynss/>

YouTube channel:-[https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

शुभेच्छा

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Bunts Sangha's S.M. Shetty College  
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Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org



**BUNTS SANGHA'S  
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT  
STUDIES, POWAI  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event** – Inter-collegiate webinar on promotion of Hindi on Hindi Divas

**Date** – 14<sup>th</sup> September, 2020.

**Objective** - Orientation towards Hindi Language, To know and understand recent trends and developments.

**Highlight:** On 24th September 2020, the Language and Magazine Club- Resonant and The N.S.S. Unit of the Bunts Sangha's S. M. Shetty College Of Science, Commerce And Management Studies, Powai, organised Hindi Diwas Samaroh-2020, which is celebrated across the country on 14th September every year. Due to lockdown the event was conducted online through zoom application.

The programme commenced with the host Ms. Pragati Tiwari of SYBAMMC welcoming everyone followed by a Hindi prayer. Afterwards Mr. Abhishek Rajkishore Gupta of TYBCOM addressed the audience about the importance of Hindi language.

Prof. Vijay Vishwakarma introduced the chief guest Dr. Anshu Shukla. She is Assistant Professor of Department of Hindi, at Mumbai University.

**Total number of Volunteers participated: 74**



*Vijay Vishwakarma*

**NSS Programme Officer**

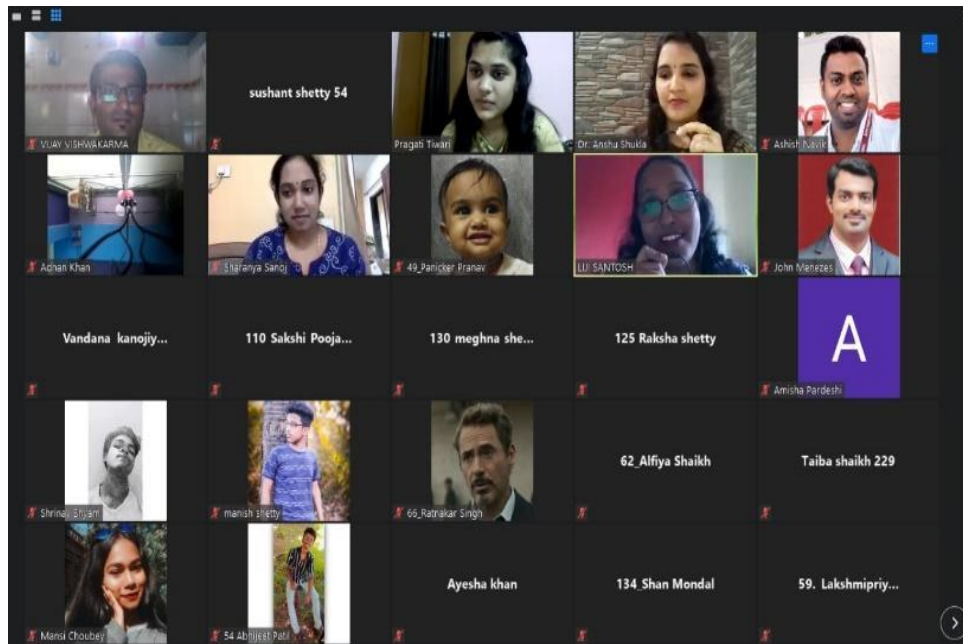
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*John Pienzo*

**NSS Programme Officer**

 *P. S. Shetty*  
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*Dipay Chishwanappa*

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*John Meneses*

**NSS Programme Officer**



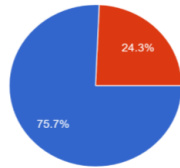
*Principal*

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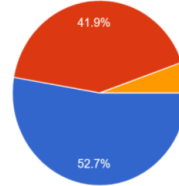
**Feedback Analysis**

How do you rate the webinar?  
74 responses



● Excellent  
● Good  
● Fair  
● Poor

How did you find the content of the session?  
74 responses



● Excellent  
● Very good  
● Good  
● Fair  
● Poor

**Action Taken Report**

| DATE                                   | Feedback Received  | Action Taken  |
|--|--|---|
| Date: 24 <sup>th</sup> September, 2020 | <ul style="list-style-type: none"><li>Participants appreciated the efforts taken by the college to conduct this event even during pandemic.</li><li>All the participants were happy to participate in this webinar</li></ul> | NSS Unit will conduct more such interesting and informative Webinars. |



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# Inter-Collegiate Competition On Fit Khao Fit Raho - Competition Under Fit Inida Campaign



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Poster & Brochure



Bunts Sangha's  
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**NSS UNIT**  
Presents  
**Fit Khao, Fit Raho  
Competition**  
(An Inter-Collegiate Cooking Competition)

To Participate in the Competition  
Send us:-

1. Photo of Your Prepared Healthy dish.
2. Photo of Ingredients.
3. Recipe of the dish.
4. Benefits of the dish to our body.

Event Is Open For All Age Groups

**Last Date Of Sending Entries:**  
24 October, 2020 upto 10 pm

**Winners Will Be Declared On:**  
30th October, 2020

**For Any Queries:**

Dipti Shetty : 7045197444 Abhishek Gupta : 9967469363  
Snehal Rai : 9082362400 Ishan Salian : 9773471471



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Email: college@smshettyinstitute.org



## Rules & Regulations

1. The participants have to cook a dish which they feel is healthy and nutritious to our body or else they can also cook junk foods and replace the unhealthy ingredient with a healthier one.  
For eg: Replace Maida with Wheatflour, etc
2. Participants have to send the picture of the dish made by them, list of ingredients required to make it, the recipe and benefits of it on the email id- nssunitb46@gmail.com or you can also dm us on whatsapp number the given above.  
(Kindly mention your fullname, instagram id and also college name if college student)
3. After receiving all the entries, we will post all the pictures on our instagram, participants need to share the same on their story tagging our instagram Handle- @shettynssunit\_b46 also don't forget to follow us and to use the hashtags: #fitkhaofitraho #fitindiamovement
4. Winners will be finalised on the basis of highest no. of likes. (Post with fake likes will be directly disqualified)
5. E-certificates will be given to all the participants.
6. Winners will be declared on 30 October, 2020 on our Instagram handle.
7. Winner will be provided with certificate of appreciation.



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**Notice**

Helloooo Students!!!!!!!

As we all know that its so much important to keep ourselves fit and healthy even during this period of our life, so we the NSS UNIT of Bunts Sangha's S. M. Shetty College of Science, Commerce & Management Studies, Powai\* has organised an intercollegiate event i.e. Fit Khao, Fit Raho under Fit India Movement.

◆ Here, the participants have to cook a dish which they feel is healthy and nutritious to our body or else they can also cook junk foods and replace the unhealthy ingredient with a healthier one.

For eg: Replace Maida into Wheatflour, etc.

◆ They have to send the picture of the dish and ingredients with recipe and benefits of it on the email id- nssunitb46@gmail.com or even they can dm us on whatsapp on the below given numbers.

(Kindly mention your fullname and instagram id)

Last date for sending entries: 24 October, 2020.

Note :- Things to be sent:

- 1) Photo of Prepared dish
- 2) Photo of Ingredients
- 3) Recipe of the dish



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4) Benefits of the dish to our body.

◆ After receiving all the entries, we will post all the pictures on our Instagram, so the participants need to share it on their story tagging our

Instagram id- shettyinssunit\_b46

And also don't forget to follow us and to use following hashtags while sharing:

#fitkhaofitrah

#fitindiamovement

Winners will be finalised on the basis of highest no. of likes.

(Post with fake likes will be directly disqualified)

E-certificates will be given to all the participants.

Winners will be declared on 30 October, 2020 on our Instagram handle.

They will be given winning E-certificate

Do participateeeee!!!!

For further queries:

Contact or Dm on whatsapp,

Dipti Shetty : 7045197444

Snehal Rai : 9082362400

Abhishek Gupta : 9967469363

Ishan Salian : 9773471471



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**Report**

**Event:** Inter-collegiate competition on Fit Khao Fit Raho Competition under Fit Inida Campaign

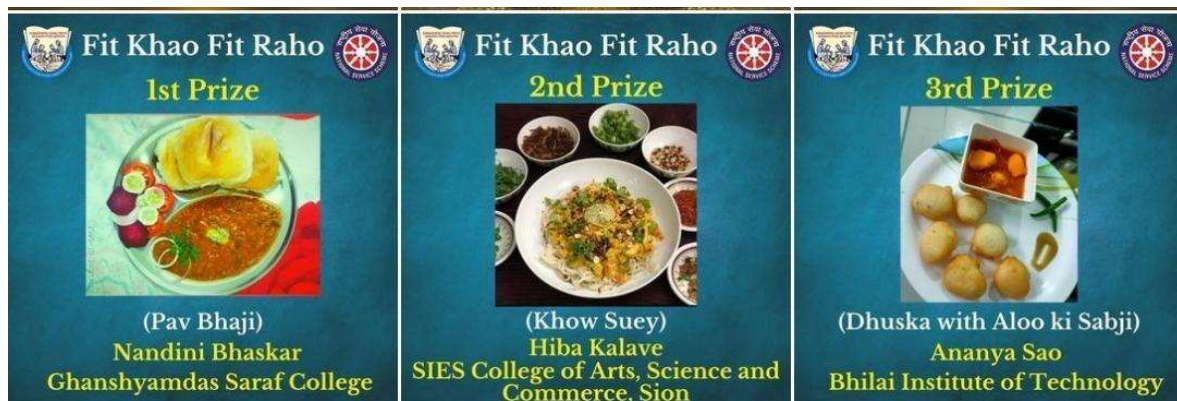
**Date:** 24<sup>th</sup> October, 2020.

**Objective:** To aware everyone Healthy food is also Delicious

**Highlight:** The NSS Unit of S. M. SHETTY COLLEGE, Powai had organized a Healthy Meal challenge "Fit Khao, Fit Raho" on 24<sup>th</sup> October, 2020 for **FIT INDIA MOVEMENT**. The participants had cooked a dish which they feel is healthy and nutritious to our body.

**Total 23 Volunteers** has been participated in the event. All the participants were provided with participation certificates

**The Winners of the Competition are:-**





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**Quiz Competition On the  
occasion of Parakram Divas to  
give Tribute To Netaji  
Subhash Chandra Bose and  
inculcate his ideologies**



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**Notice (Whatsapp Message)**

The NSS unit of Bunts Sangha's SM Shetty College is back with a Quiz competition on PARAKRAM DIVAS that is tribute to NETAJI SUBHASH CHANDRA BOSE.

TOTAL 20 QUESTIONS will be asked related to his journey towards the nation and the lifestyle he had.

Those who score 60% and above will be awarded with e-certificates.

Link will Open at 8.00 A.M

Link will Close at 10.00 P.M

<https://forms.gle/UCRtPxSbzPPVrnBM8>

Our social media links :-

Instagram: [https://instagram.com/shettyynssunit\\_b46?igshid=7wc5i7xus1x4](https://instagram.com/shettyynssunit_b46?igshid=7wc5i7xus1x4)

Facebook: <https://www.facebook.com/smshettyynss/>

YouTube: [https://www.youtube.com/channel/UC3ysq4y-Y\\_7UmvOkP6t60\\_Q](https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q)

For any queries contact:-

Ishan Salian: 97734 71471

Mahima Singh: 75065 16043

Snehal rai : 9082362400



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**Report**

**Event:** Quiz Competition On the occasion of Parakram Divas to give Tribute To Netaji Subhash Chandra Bose and inculcate his ideologies

**Date:** 23rd January, 2021

**Objective:** This Quiz was organised on the occasion of **Parakram Divas** (Tribute to NETAJI SUBHASH CHANDRA BOSE)

**Highlight:** The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai as per the guidelines of University of Mumbai had organized a Quiz competition on 23th January, 2021 on the occasion of **Parakram Divas** that is a tribute to **Netaji Subhash Chandra Bose** on his Birth Anniversary. **Total 346 Volunteers from 11 Colleges across Mumbai had participated in the competition.** Participants Scoring 60% and above were provided with the E-Certificates.

**Quiz Questions:**

|   |   |  |   |
|---|---|--|---|
| 1. Which of the following is correct about Subhash Chandra Bose? *<br><input type="radio"/> (a) He is called the beacon of light of India<br><input type="radio"/> (b) He became the congress president for the second time in 1939.<br><input type="radio"/> (c) He proclaimed the "Dilli Bhago"<br><input type="radio"/> (d) He said, "Give me blood, I will give you freedom." | 3. In which year Bharat Ratna was announced for Netaji Subhash Chandra Bose? *<br><input type="radio"/> (a) 1988<br><input checked="" type="radio"/> (b) 1992<br><input type="radio"/> (c) 1994<br><input type="radio"/> (d) 1996 | 5. Which examination did Subhash Chandra Bose pass in England? *<br><input type="radio"/> (a) Indian Civil Service<br><input type="radio"/> (b) British Civil Service<br><input type="radio"/> (c) Indian Foreign Service<br><input type="radio"/> (d) British Foreign Service | 9. In which year did Subhash Chandra Bose become Supreme Commander and take charge of Indian National Army? *<br><input type="radio"/> (a) 1932<br><input type="radio"/> (b) 1935<br><input type="radio"/> (c) 1943<br><input type="radio"/> (d) 1945 |
| 2. "Springing Tiger: A Study of a Revolutionary" is a biographical work on __? *<br><input type="radio"/> (a) Bhagat Singh<br><input type="radio"/> (b) Chandrashekhar Azad<br><input type="radio"/> (c) Subhas Chandra Bose<br><input type="radio"/> (d) Shyamal Krishna Verma   | 4. When was Subhash Chandra Bose born? *<br><input type="radio"/> (a) 23 January 1897<br><input type="radio"/> (b) 11 July 1898<br><input type="radio"/> (c) 5 May 1897<br><input type="radio"/> (d) 14 August 1900               | 6. Which army was headed by Subhash Chandra Bose? *<br><input type="radio"/> (a) Indian National Army<br><input type="radio"/> (b) Light Brigade<br><input type="radio"/> (c) Foreign Legion<br><input type="radio"/> (d) Bengal Regiment                                      | 10. Which of the following book is written by Subhash Chandra Bose? *<br><input type="radio"/> (a) Letters to Emilie Schenki 1934-1942<br><input type="radio"/> (b) An Indian Pilgrim<br><input type="radio"/> (c) Ideas of a Nation                  |
| 5. Which examination did  | 7. Which motto was founded by   |  |   |

*Vijay Krishnarajama*

**NSS Programme Officer**

**Criterion 3 - Research, Innovations and Extension**

*John Dineez*

**NSS Programme Officer**



*Principal*

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**Students participation in Inter  
- College Quiz Competition on  
Organ Donation to sensitise  
youth towards Organ Donation  
under Health Awareness**



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**Notice (WhatsApp Message)**

JAI HIND

The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai has organised a quiz on the Organ Donation.

THEME:- ORGAN DONATION

DATE:- 22nd April, 2021

CLICK THIS LINK TO PARTICIPATE IN QUIZ

<https://docs.google.com/forms/d/e/1FAIpQLSebgJUMtEIVlbGBoPi-HVbj2t-G1LVDDMCw0hvKkA027p6GDA/viewform>

THE PARTICIPANTS WILL BE PROVIDED BY E-CERTIFICATE

For any further queries Contact:-

1. Ishan Salian - 9773471471
2. Snehal Rai - 9082362400

Regards

SM Shetty NSS Unit



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**Report**

**Event:** Students participation in Inter - College Quiz Competition on Organ Donation to sensitise youth towards Organ Donation under Health Awareness

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

**Highlight:** The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai organized a Quiz Competition on Organ Donation 22<sup>nd</sup> April, 2021. **Total 336 Volunteers from different Colleges across Mumbai had participated in the competition.** Participants Scoring 60% and above were provided with the E-Certificates.

**Quiz Questions:**

|  |  |   |
|--|--|---|
| One organ, eye and tissue donor can save and improve the lives of? *<br><input type="radio"/> Up to 10 people<br><input type="radio"/> Up to 20 people<br><input type="radio"/> Up to 40 people<br><input type="radio"/> Up to 50 people | What is organ donation? *<br><input type="radio"/> Allow removing his own organ legally<br><input type="radio"/> Saving a person's life<br><input type="radio"/> Sell the organ willingly<br><input type="radio"/> Donate organ forcefully | How many people can die each day due to lack of available organs to transplant? *<br><input type="radio"/> 7<br><input type="radio"/> 12<br><input type="radio"/> 15<br><input type="radio"/> 18                  |
| Organs that can be Donated? *<br><input type="radio"/> Lungs<br><input type="radio"/> Kidney<br><input type="radio"/> Pancreas<br><input type="radio"/> All of the Above   | Which country have the lowest number of organ donor? *<br><input type="radio"/> China<br><input type="radio"/> France<br><input type="radio"/> India<br><input type="radio"/> USA  | Which organ can you donate whilst you are still alive? *<br><input type="radio"/> Liver<br><input type="radio"/> Kidney<br><input type="radio"/> None of the above<br><input type="radio"/> Both Liver and kidney |
| The world Organ Donation Day is observed every year on? *<br><input type="radio"/> 18th August<br><input type="radio"/> 18th July<br><input type="radio"/> 13th August<br><input type="radio"/> 13th July                                | What is involve in organ transplant? *<br><input type="radio"/> Tissue and organ<br><input type="radio"/> Tissue only<br><input type="radio"/> Organ only<br><input type="radio"/> Vessel and organ  | You can pay to be ranked in a higher position on the transplant waiting list? *<br><input type="radio"/> True<br><input type="radio"/> False  |

*Vijay Krishnakumar*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

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*P. S. Shetty*

**PRINCIPAL**

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# Hindi Divas-Slogan Making Competition Sensitise youth on the importance



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Poster



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Affiliated to University of Mumbai  
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ISO 9001: 2015 Certified

**NSS Unit  
Presents**

**हिंदी हदर**

**'Slogan Making Competition'**

It's time to be creative, frame a slogan on Hindi or particularly about it,  
as a language.

In case of queries contact:  
PRANATI MISHRA: 7045814040 MAHIMA SINGH: 7506516043  
ISHAAN SALIAN: 9773471471 MAYUR GAMI: 7977719054

*Vijay Krishnaswami*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John Pereira*

**NSS Programme Officer**



*P. S. Shetty*

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**IMC RBNQ CERTIFICATE OF MERIT 2019**



**Poster Making Competition**

**Rules and Regulations. :**

1. The slogan should be in Hindi.
2. It's time to be creative, form a slogan on Hindi or about Hindi, as a language.
3. The slogan should not have any inappropriate words leading to commoners sentimental emotions.
4. Any form of name tagging of a public figure is invalid.
5. The slogan should be minimum of 2 lines maximum of 4. (Word limit 24)
6. The slogan should be meaningful, compact and informative.
7. Best 3 slogans will be given a certificate as a token appreciation and will be tagged on SM Shetty Degree College's NSS Units Instagram handle for their creative work.
8. Results will be declared on 12th September on the Instagram handle @nssunit\_b46 , evening 7 pm.

**Submissions to be made on :**  
**nssunitb46@gmail.com**

**[Participation Certificates will be provided.]**



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**PRINCIPAL**  
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of Science, Commerce & Management Studies  
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Tel: 022-6132 7352  
Email: college@smshettyinstitute.org



**BUNTS SANGHA'S**  
**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT**  
**STUDIES, POWAI.**  
**NAAC ACCREDITED 'A' GRADE**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Hindi Divas-Slogan Making Competition Sensitise youth on the importance

**Date:** 12<sup>th</sup> September, 2020.

**Highlight:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies had conducted **HINDI DIWAS "Slogan Making Competition"** on 12th September 2020. On the Occasion of Hindi Diwas. The participants had to make a slogan about Hindi language in Hindi. **We had a total 26 entries for Slogan Making. All the participants were provided participation certificates.**

The winners of the competitions are:-

1st- Namrata Kishorkhade - Valia C. L college of Commerce Andheri

2nd- Name: Zia Moulvi- Sophia College for Women.

2nd- Vaishnavi Wagh- Joshi Bedekar College Thane

3rd- Mohammad Sibtain Kadri - Bharatisadan University



*Vijay Krishnaswamy*

**NSS Programme Officer**

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*John Pereira*

**NSS Programme Officer**



*Principal*

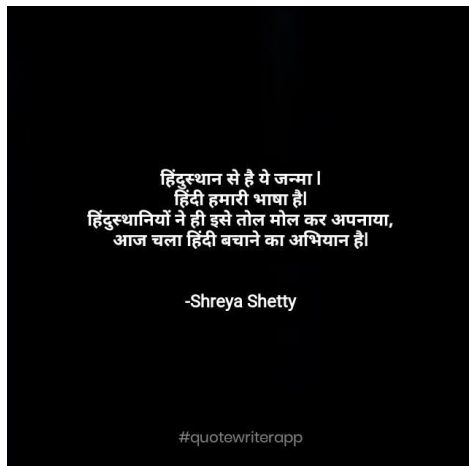
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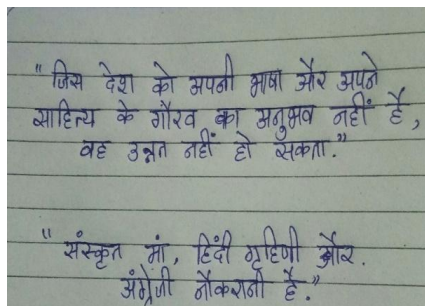
**List of Participants:-**

Shreya Shetty - Mulund College of Commerce

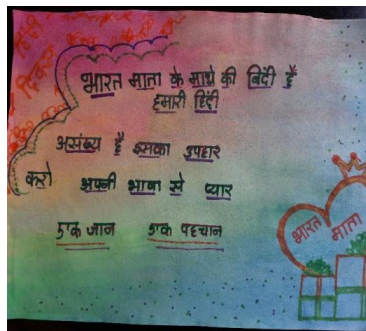
Akshata Jadhav - S.M.Shetty College



हिंदुस्तान का हर एक इंसान,  
बोले ऐसी ये भाषा है ।  
शायद इसिलिए हिंदी भाषा,  
भाषाओंकी महाराणी है ।



Anjali Shenoy – Nagindas Khandwala College



Bhagyawati Nandwana – Prahladrai College



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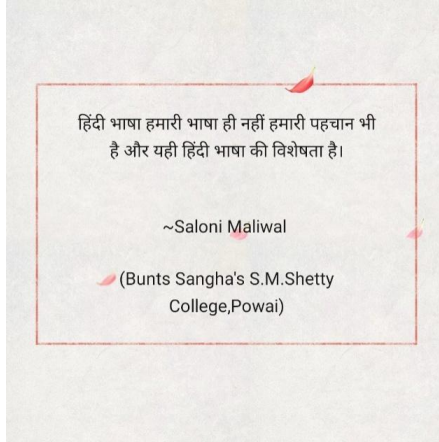
Disha Shetty - Terna Engineering College

Shraddha Panchal - JVM'S Mehta College



सबसे पेहली, सबसे निराली,  
हिंदी है हमारी मातृभाषा,  
हिंदी है हमारी पेहचान,  
हिंदी से ही है हिंदुस्तान ।

Saloni Maliwal - S. M. Shetty College



Rupal Pawar - Mulund College of Commerce

Name :- Rupal Prashant Pawar  
Std. SY BAF  
Mulund College of Commerce

\*Slogans

जो नहीं करते राष्ट्रभाषा का सम्मान 🙏,  
हमेशा होता है उनका अपमान.....

अंग्रेजी खाली आशा है,  
हिंदी तो राष्ट्रभाषा है 🇮🇳!!!!

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Richa Dubey - Prahladraidaemia Lions College

Sachin Gupta, Joshi Bedekar College, Thane

**Hindi bhasha**

Bharatiyo ke garima ke wani  
Bol jaise dil me bas jati  
Nara yehe ham lagayange  
Hindi bhasha ke bela ko sare jaha me sajayange

Name:-Sachin Gupta

College:-Joshi bedekar College,Thane

Topic:-हिंदी दिवस

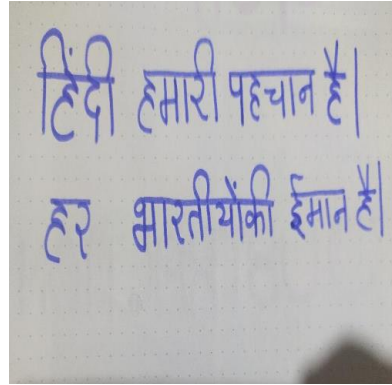
Slogan:-

हिंदी में लिखता हूं क्योंकि समाज में बदलाव लाना है  
सरल भाषा के जरिये हर मुद्दा देश को समझाना है।

Mohammad Sibtain Kadri



Hosana Dsilva



Saloni Maliwal

Sidhi Vanve

**NSS Programme Officer**

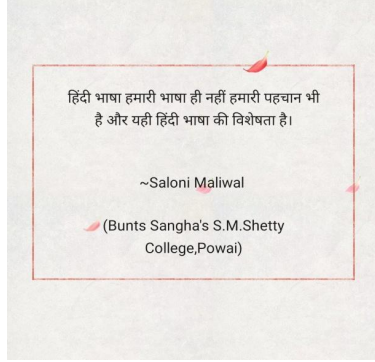
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हिंदी हम सबकी है शान,  
हिंदी अपनाकर बनोओ हमारे देश को महान!!

**NSS Programme Officer**  
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# Rangoli Competition on “Mental Health”



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Poster



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**NATIONAL SERVICE SCHEME**

**PRESENTS**

**RANGOLI COMPETITION**

*On the occasion of World Mental  
Health Day*

**THEME :- Mental Health**

**DATE OF SUBMISSION :-**

**5th October 2020 to 8th October 2020**

**ENTRIES WILL BE ACCEPTED ONLY TILL**

**5PM OF 8th OCTOBER**

**RESULTS WILL BE DECLARED ON**

**10TH OCTOBER 2020**

**FOR ANY FURTHER QUERIES CONTACT :-**

**Snehal Rai - 9082362400 Abhishek . G - 9967469363**

**Dipti Shetty - 7045197444 Ishan Salian - 97734 71471**

*Vijay Krishnakumar*

**NSS Programme Officer**

**Criterion 3 - Research, Innovations and Extension**

*John D'Souza*

**NSS Programme Officer**



*P. S. Shetty*

PRINCIPAL

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**RULES AND REGULATIONS :-**

1. The rangoli should be based on the theme i.e., Mental health.
2. Save your file as pdf for a quick and easy upload. 📁
3. The participants should fill proper details while sending entries.
4. No late entries will be accepted. 🙅
5. The participants should send a small 15 - 30 seconds video as a proof to us (that they are the one who's making rangoli). 🎬

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**Notice(Whatsapp Message)**

Jai Hind

The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management has organized an intercollegiate

**RANGOLI COMPETITION**

On the occasion of World Mental Health Day

Rules and regulations :-

1. The rangoli should be based on the theme i.e., Mental health.
2. Save your file as pdf for a quick and easy upload.
3. The participants should fill proper details while sending entries.
4. No late entries will be accepted.
5. The participants should send a small 15 - 30 seconds video as a proof to us (that they are the one who's making rangoli). ☑

Note :- The last day of submitting your rangoli is 8th October 2020

Entries will be accepted only till 5pm

Submit your Rangoli in the Google form given below <https://forms.gle/8FjqbQnvi4nXppw37>

**RESULTS WILL BE DECLARED ON 10TH OCTOBER 2020**

Results will be out on our Instagram page :-

[https://instagram.com/shettynssunit\\_b46?igshid=oahwycsldum](https://instagram.com/shettynssunit_b46?igshid=oahwycsldum)

For any further queries Call or WhatsApp :- Snehal Rai :- 9082362400, Abhishek Gupta :-

9996746936, Dipti Shetty:- 7704519744, Ishan Salian :- 97734 71471



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**ISO 9001:2015 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Rangoli Competition on "Mental Health"

**Date:** 10th October 2020.

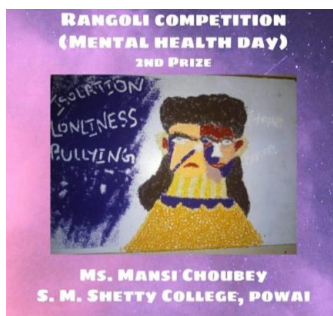
**Highlights:** The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies had conducted "**Rangoli Competition**". On the Occasion of World Mental Health Day on 10th October 2020. The participants had to make a rangoli based on the theme i.e., Mental Health. **There were around 10 entries for the event. The participants were provided with participation certificates.**

The winners of the competitions are:-

1st- Megha Hanmant More - K.G. Joshi Bedekar College, Thane

2nd- Choubey Mansi Santosh - Bunt's Sangha's S. M. Shetty College, Powai.

3rd- Komal Pradeep Kadam - K J Joshi Bedekar College, Thane (W).



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**Rangolis made by the participants - Rangoli Competition "Mental Health"**



*Vijay Krishnakumar*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension

*John Dineen*

**NSS Programme Officer**



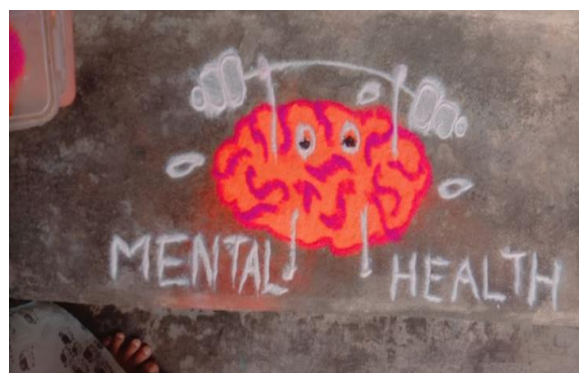
*Prashant*

PRINCIPAL

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*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Dineen*

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*Prashant*

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*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Denny*

**NSS Programme Officer**

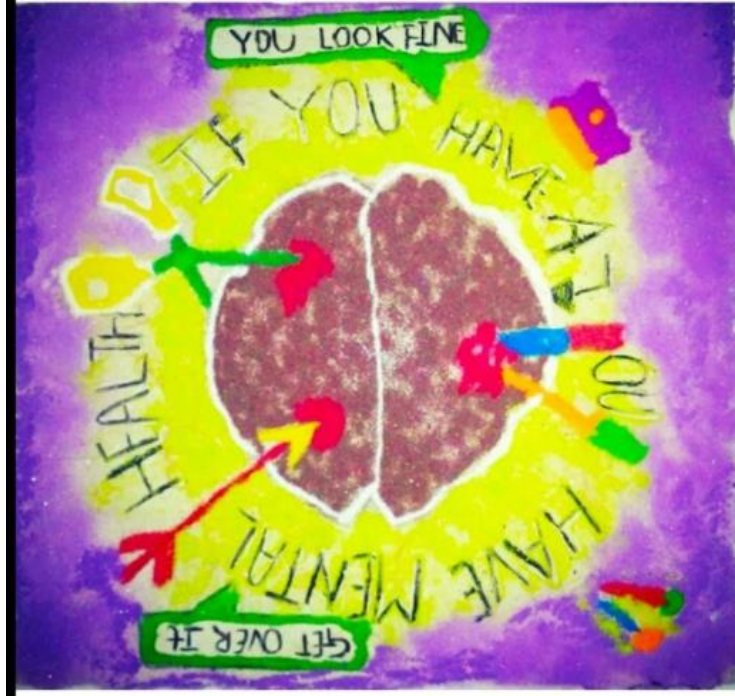


*Prashant*

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*Vijay Krishnakumar*

**NSS Programme Officer**

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*John Pienzo*

**NSS Programme Officer**



*P. S. Shetty*

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# Inter - College Quiz Competition on World Health Day to create awareness on health and fitness



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



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ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019**

**Notice (WhatsApp Message)**

A fit body, a calm mind, a house full of love. These things cannot be bought ' they must be earned  
INJai Hind Hello Fellas!!!  
The NSS UNIT of Bunts Sangha's S. M. Shetty College of Science Commerce and Management Studies,  
Powai [ ] organizes a Quiz Competition on the occasion of World Health Day 2021 under FIT INDIA  
MOVEMENT

Theme: Building a fairer, healthier world for everyone  
TOTAL 20 QUESTIONS WILL BE ASKED related to Healthy Diet, Mental Illness & Fitness  
Date: 7th April, 2021

Timing: 9:00am to 9:00pm

Quiz Link:-

[https://docs.google.com/forms/d/e/1FAIpQLSdQaZkc5rFK950WdvSMvTe9gKTluQPtWOTf4OQc8ZA\\_WkogMg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdQaZkc5rFK950WdvSMvTe9gKTluQPtWOTf4OQc8ZA_WkogMg/viewform?usp=sf_link)

Participants scoring 15 and above will be awarded with an E-Certificate

For further queries Contacts

Ishan Salian:- 9773471471

Snehal Rai:- 9082362400

Regards

SM Shetty NSS Unit



**NSS Programme Officer**

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**NSS Programme Officer**



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**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report**

**Event:** Inter - College Quiz Competition on World Health Day

to create awareness on health and fitness

**Date:** 7<sup>th</sup> April, 2021

**Highlight:** The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai organized a Quiz Competition on World Health Day 2021- with the following theme Building a fairer, healthier world for everyone on the occasion of World Health Day on 07<sup>th</sup> April, 2021. **Total 600+ Volunteers from different Colleges across Mumbai had participated in the competition.** Participants Scoring 60% and above were provided with the E-Certificates.

**Quiz Questions:**

|  |   |  |
|--|---|--|
| <p>Which of the following is a non-dairy source of protein? * 1 point</p> <p><input type="radio"/> Beans</p> <p><input type="radio"/> Cheese</p> <p><input type="radio"/> Yoghurt</p> <p><input type="radio"/> Option 4</p>  | <p>How can you get enough Vitamins &amp; Minerals? * 1 point</p> <p><input type="radio"/> At least five portions of fruit and vegetables</p> <p><input type="radio"/> Meat, fish or alternatives such as beans and pulses</p> <p><input type="radio"/> Option A &amp; Option B</p> <p><input type="radio"/> Pizza, Burger &amp; other junkies</p>   | <p>Mental illness is caused by * 1 point</p> <p><input type="radio"/> Personal Weakness</p> <p><input type="radio"/> Lack of willpower</p> <p><input type="radio"/> A number of factors including biological factors, stressful or traumatic life events, and long-lasting health conditions such as heart disease or cancer</p> |
| <p>Mental illnesses are * 1 point</p> <p><input type="radio"/> Very Common</p> <p><input type="radio"/> Not Common</p> <p><input type="radio"/> Fairly Common</p>  | <p>You should warm up before exercising. * 1 point</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>   | <p>Weight loss should be the most important goal of fitness and exercise. * 1 point</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>   |
| <p>Poor mental health increases the risk for long-lasting (chronic) physical conditions like * 1 point</p> <p><input type="radio"/> Heart Disease</p> <p><input type="radio"/> Cancer</p> <p><input type="radio"/> Stroke</p> <p><input type="radio"/> All the above</p> | <p>What is the definition of muscular strength? * 1 point</p> <p><input type="radio"/> The ability of muscles to exert maximum force in one contraction</p> <p><input type="radio"/> The ability of muscles to exert minimum force in one contraction</p> <p><input type="radio"/> The ability of muscles to repeatedly exert maximum force</p> <p><input type="radio"/> The ability of muscles to repeatedly exert minimum force</p> | <p>For an individual who is obese which of the following would be a positive change in their diet? * 1 point</p> <p><input type="radio"/> Decrease intake of saturated fat</p> <p><input type="radio"/> Decrease intake of fruit and vegetables</p> <p><input type="radio"/> Increase salt intake</p>                            |



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**Inter-Collegiate Online Multi-  
Disciplinary Student Research  
Convention on Social Issues**





Bunts Sangha's  
S.M.Shetty College of Science, Commerce  
and Management Studies, Powai  
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**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001 : 2018 Certified**



## RESEARCH CELL & NSS CELL

### ORGANIZE

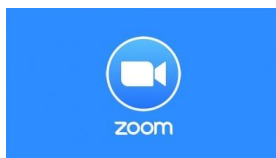
MULTI-DISCIPLINARY INTER-COLLEGIATE ONLINE  
STUDENT RESEARCH CONVENTION 2021

ON

**CHANGING DYNAMICS OF COVID ERA:  
NEW NORMAL IN SOCIETY AND INDUSTRY**

**Monday, 5<sup>th</sup> April, 2021**

**Venue: S M SHETTY COLLEGE ZOOM LINK**



## REPORT

The RESEARCH CELL & NSS UNIT organized Multi-Disciplinary Inter-Collegiate ONLINE Student Research Convention on 5<sup>th</sup> April, 2021. The theme of the Convention was '**CHANGING DYNAMICS OF COVID ERA:NEW NORMAL IN SOCIETY AND INDUSTRY**'.

The convention started off with lighting of the ceremonial lamp by Shri B R Shetty Chairman(PEC) ,Prin.Dr Sridhara Shetty and other dignitaries . Vice-Principal Prof Sandesha Shetty welcomed all the dignitaries and all the participants from other colleges.

Dr Liji Santosh ,Vice-Principal of the college gave the Intoductory remark on the changing dynamics of Covid Era.Prin.Dr. Sridhara Shetty addressed the participants on the impact of Covid on the economic, socio-political scenario of India and how research in these areas can help the nation in the long run.

Prof Vijay Vishwakarma, Convener of the Convention, gave the Vote of Thanks.

Total 136 research papers were received out of which 102 were selected which were published in the "International Journal of Research in Management & Social Science" (ISSN: 2322-0899) Impact Factor: 6.45

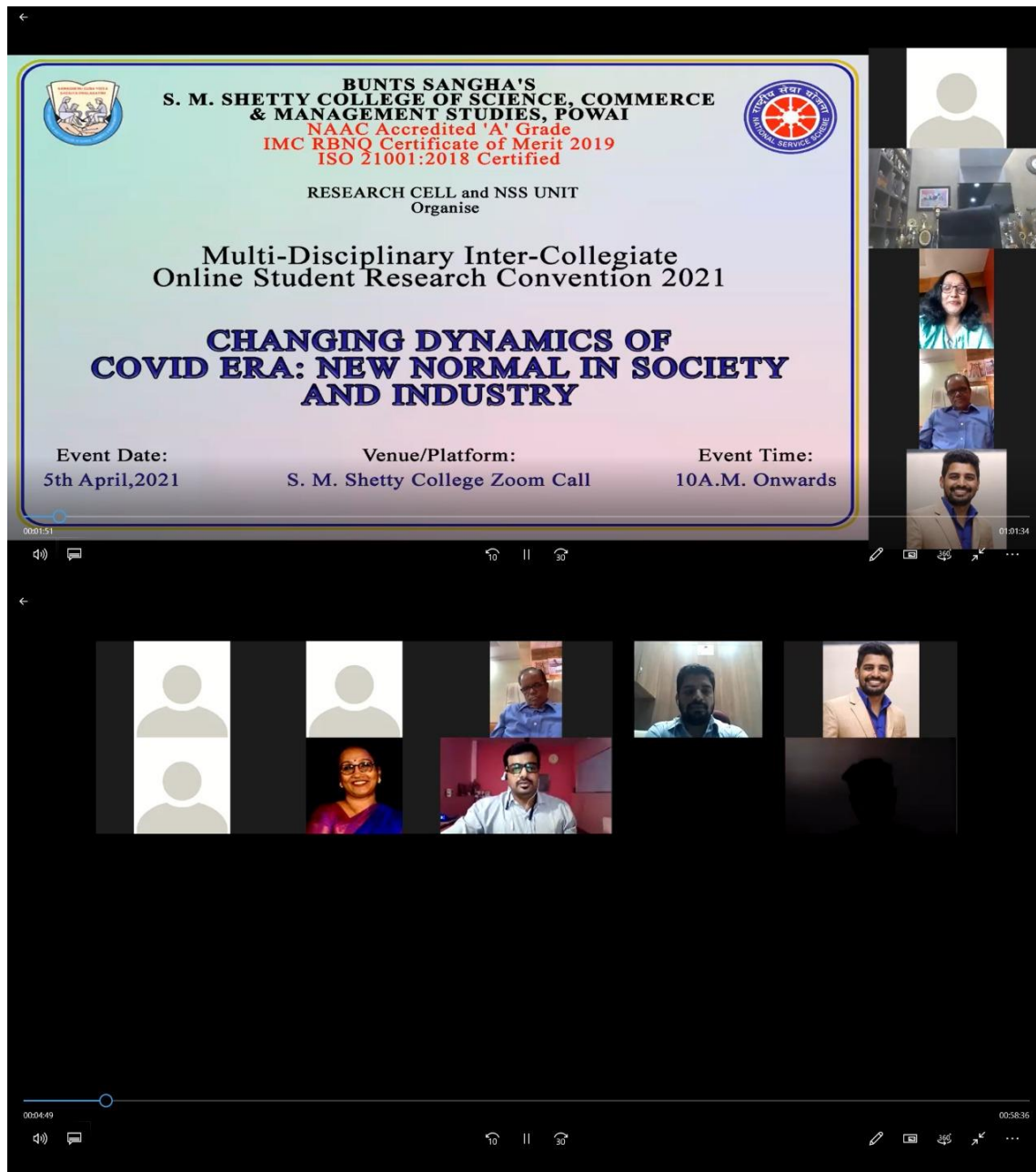
The convention had total 152 students registered and 18 Teacher Guide. There were around 20+College who contributed their research papers. We would like to acknowledge M L Dhanukar College & Vikas College for contributing maximum papers from their college.

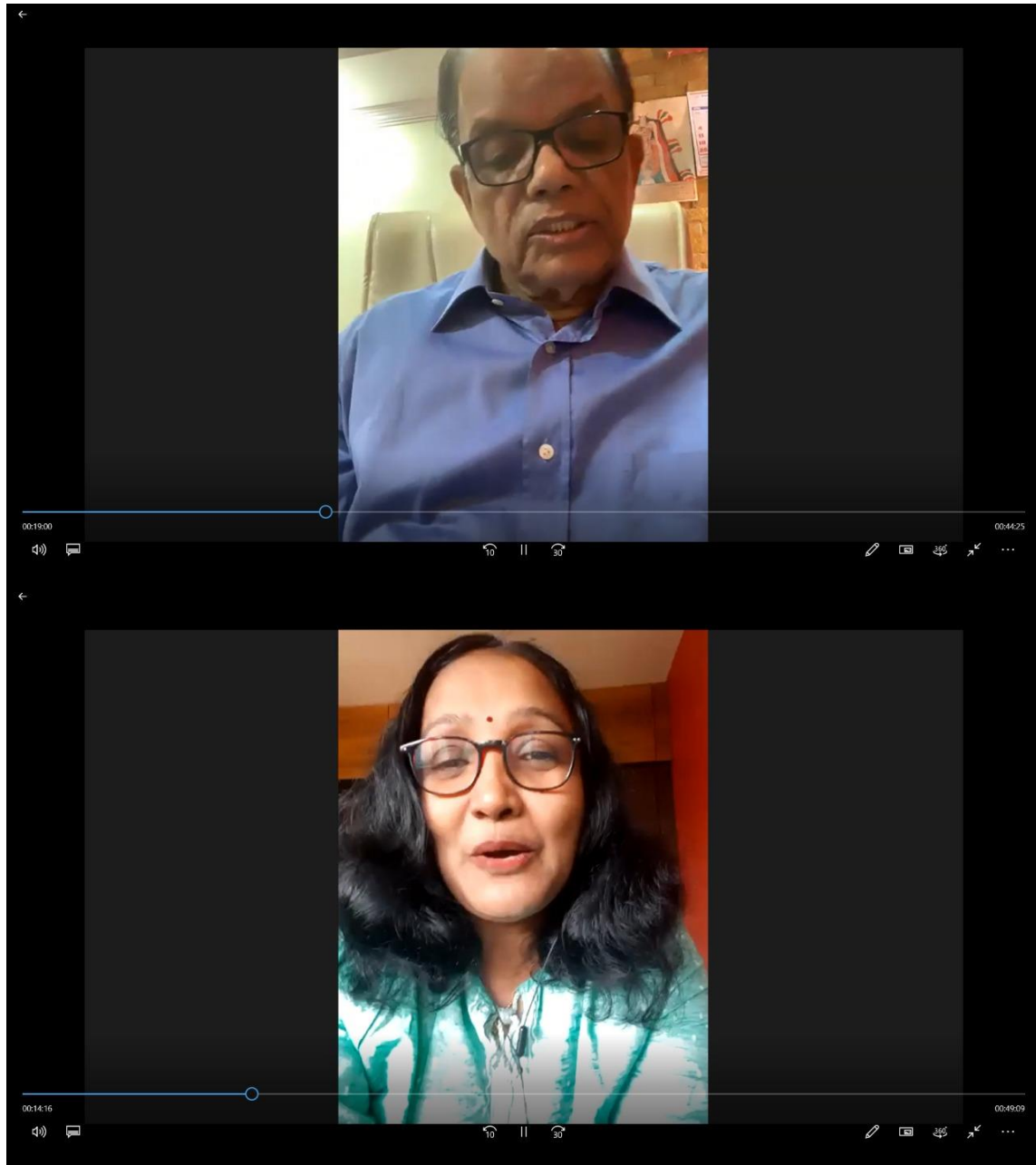
There were in all 3 Tracks. In Track I 23 students presented, Track II 26 students presented, Track III 24 students presented.

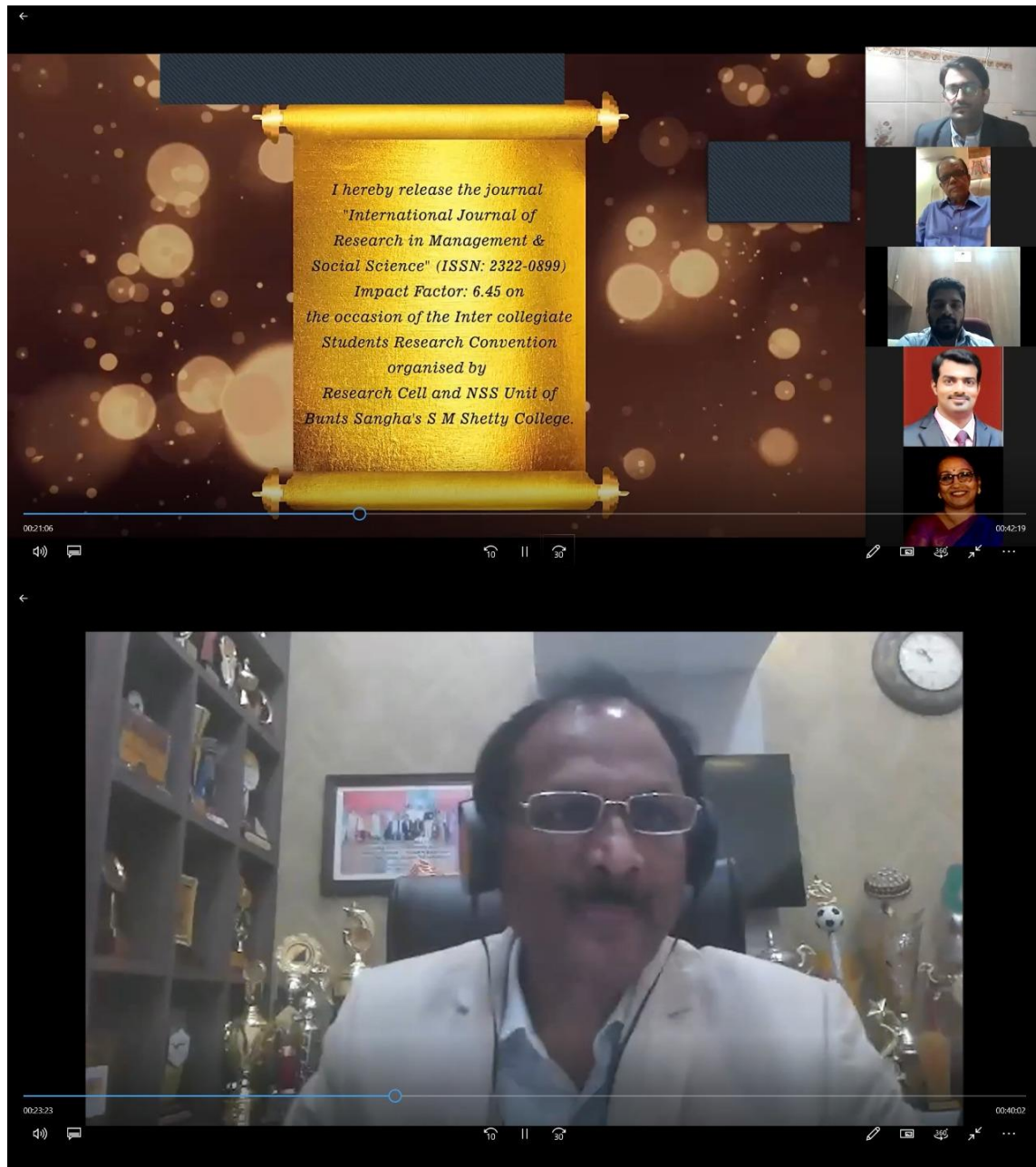
| TRACK                     | TRACK<br>CHAIR- PERSON | DISCIPLINES   | TIME           |
|---------------------------|------------------------|---|----------------|
| TECHNICAL<br>SESSION – I  | Dr Shraddha Shukla     | Commerce, Accountancy & Management                  | 11:45am-1:30pm |
| TECHNICAL<br>SESSION – II | Dr Vinita Pimpale      | Commerce, Accountancy & Management                  | 11:45am-1:30pm |
| TECHNICAL<br>SESSION –III | Prof Gaurang Rajwadkar | Mass Media , Information Technology, General Topics | 11:45am-1:30pm |

| Sr.No | Track | Name of the Winners   |
|-------|-------|---|
| 1     | I     | Akshat Aggarwal<br>9004892040<br>Bunts Sangha's SM Shetty College of Management, Powai    |
| 2     | II    | Burhanuddin Mohamed Bangdiwalla<br>8454802646<br>Valia C. L. College Of Commerce And Arts |
| 3     | III   | Jennifer Jagose<br>9167341108<br>HR College of Commerce and Economics                     |

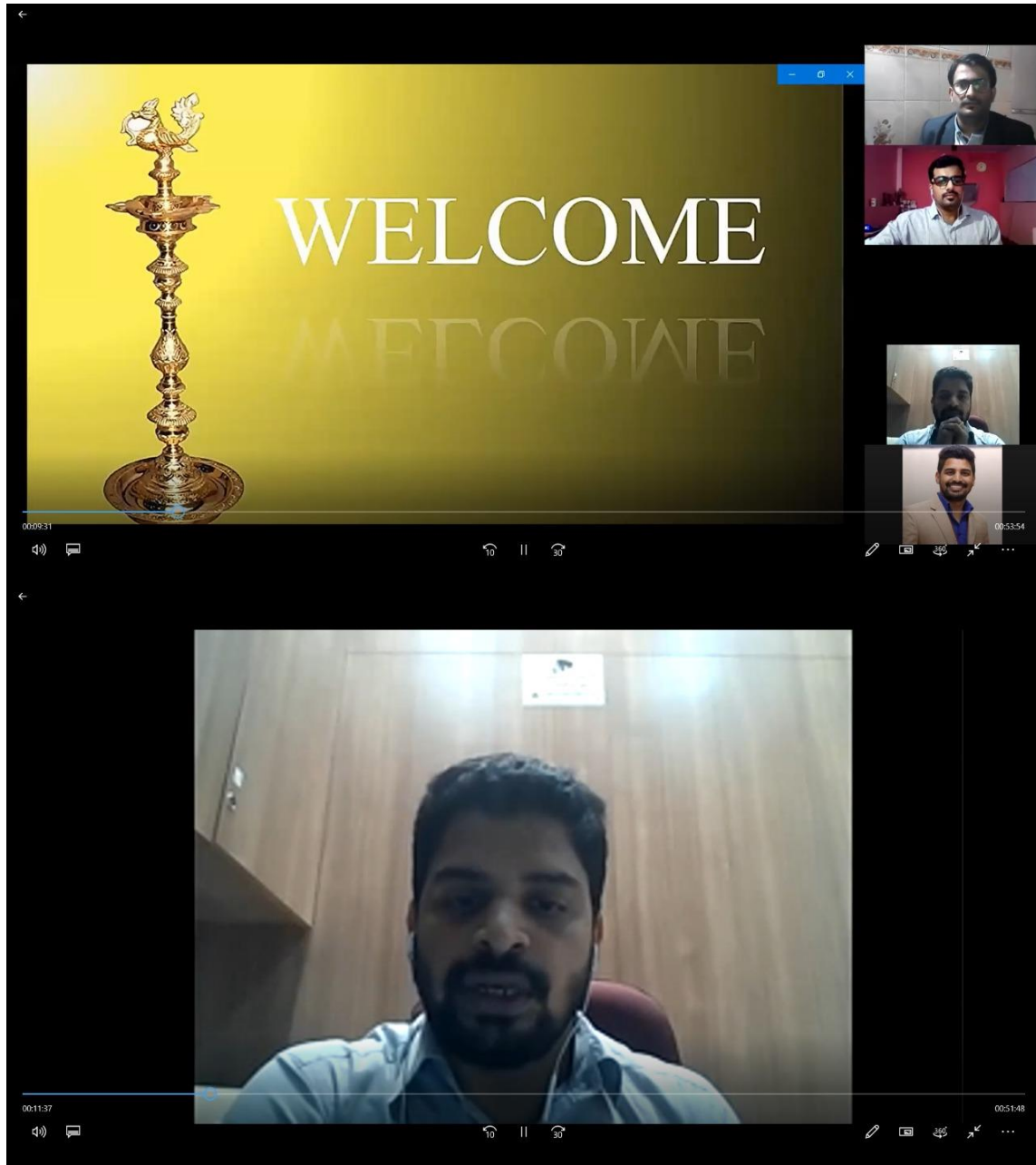
## PHOTOS



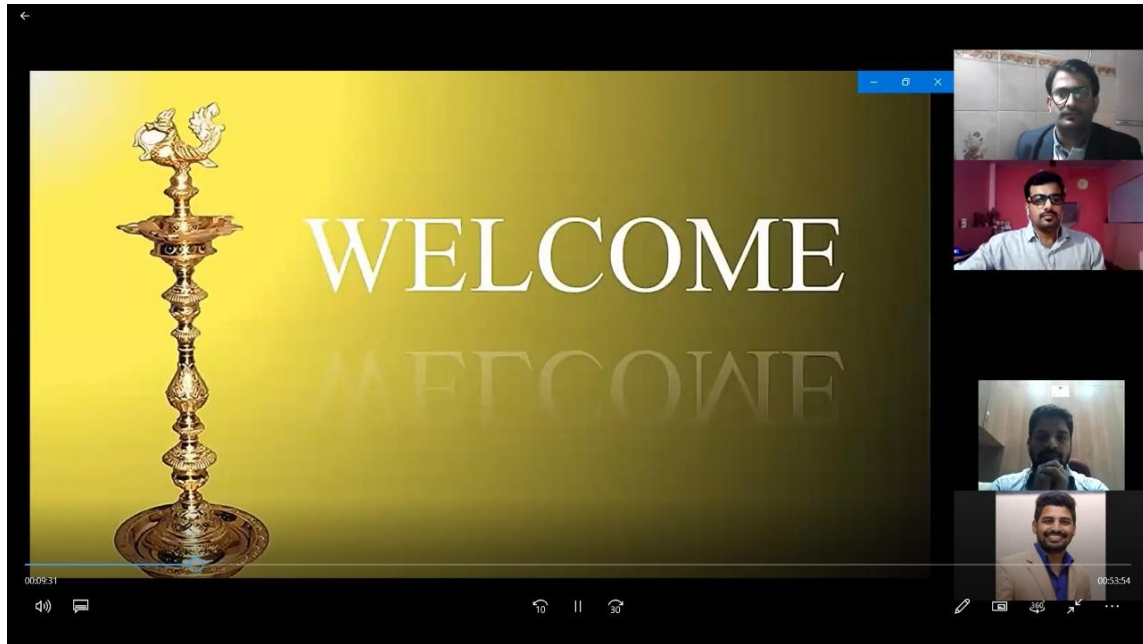












## Program Schedule

05.04.2021

|  |  |
|--|--|
| 10:30am-10:35am  | NATIONAL ANTHEM  |
| Comparing &<br>Briefing about the College<br>10:35am-10:40am                 | <b>Mr John Menezes</b><br><i>NSS Programme Officer</i>                           |
| 10:40am-10:42am  | <b>Lighting of the lamp by the Dignatories</b>                                   |
| Welcome Address<br>10:43am-10:45am   | <b>Mr. Sandesha Shetty</b><br><i>Vice Principal</i>                              |
| Briefing about the<br>Convention<br>10:45am-10:50am                          | <b>Dr. Liji Santosh</b><br><i>Vice Principal &amp; IQAC Coordinator</i>          |
| Address by Chairman &<br>Release of<br>Conference Journal<br>10:50am-11:00am | <b>Shri. B R Shetty</b><br><i>Chairman Powai Education Committee</i>             |
| Keynote Address<br>11:00am-11:20am   | <b>Dr. Sridhara Shetty</b><br><i>Principal</i>                                   |
| Vote of Thanks<br>11:20am-11:30am  | <b>Mr. Vijay Vishwakarma</b><br><i>Convener</i>                                  |
| TECHNICAL HEAD   | <b>Mr Mithilesh Chauhan</b><br><b>(Creating Zoom link &amp; Technical parts)</b> |

### **TECHNICAL SESSIONS**

| TRACK                  | TRACK CHAIR- PERSON    | DISCIPLINES   | TIME           |
|------------------------|------------------------|---|----------------|
| TECHNICAL SESSION – I  | Dr Shraddha Shukla     | Commerce, Accountancy & Management                  | 11:45am-1:30pm |
| TECHNICAL SESSION – II | Dr Vinita Pimpale      | Commerce, Accountancy & Management                  | 11:45am-1:30pm |
| TECHNICAL SESSION –III | Prof Gaurang Rajwadkar | Mass Media , Information Technology, General Topics | 11:45am-1:30pm |

#### **I. TRACK– I INCHARGE Mr. John Menezes**

|   |   |
|---|---|
| <b>Technical Session Head</b>                     | Dr Shraddha Shukla                            |
| <b>Technical In charge</b>                        | Mr. John Menezes (Zoom link & Technical part) |
| <b>Introduction of the Technical Session Head</b> | Mrs Preeti Matharu                            |
| <b>Coordinating with the Participants</b>         | Mrs Preeti Matharu & Mr. John Menezes         |
| <b>Address by the Head</b>                        | Dr Shraddha Shukla                            |
| <b>Paper Presentation</b>                         |   |
| <b>Vote of Thanks</b>                             | Mr. John Menezes                              |

#### **II. TRACK– II INCHARGE Mr.Mithilesh Chauhan**

|   |   |
|---|---|
| <b>Technical Session Head</b>                     | Dr Vinita Pimpale                         |
| <b>Technical In charge</b>                        | Mr Hamid Khan(Zoom link & Technical part) |
| <b>Introduction of the Technical Session Head</b> | CA Zainab Rangwala                        |
| <b>Coordinating with the Participants</b>         | CA Zainab Rangwala & Mr.Mithilesh Chauhan |
| <b>Address by the Head</b>                        | Dr Vinita Pimpale                         |
| <b>Paper Presentation</b>                         |   |

|                       |   |
|-----------------------|---|
| <b>Vote of Thanks</b> | Mr Hamid Khan(Zoom link & Technical part) |
|-----------------------|---|

### **III. TRACK – III INCHARGE Ms Neena Sharma**

|   |  |
|---|--|
| <b>Technical Session Head</b>                     | Prof Gaurang Rajwadkar                       |
| <b>Technical In charge</b>                        | Mrs Avneet Kaur (Zoom link & Technical part) |
| <b>Introduction of the Technical Session Head</b> | Ms Neena Sharma                              |
| <b>Coordinating with the Participants</b>         | Ms Neena Sharma & Miss Swati Shetty          |
| <b>Address by the Head</b>                        | Prof Gaurang Rajwadkar                       |
| <b>Paper Presentation</b>                         |  |
| <b>Vote of Thanks</b>                             | Miss Swati Shetty                            |