



NSS ATHARVA
ATHARVA COLLEGE OF
ENGINEERING
MALAD (W), MUMBAI-400095



NSS ATHARVA UNIT: 1

UNIT STRENGTH: 50

ACADEMIC YEAR: 2020-2021

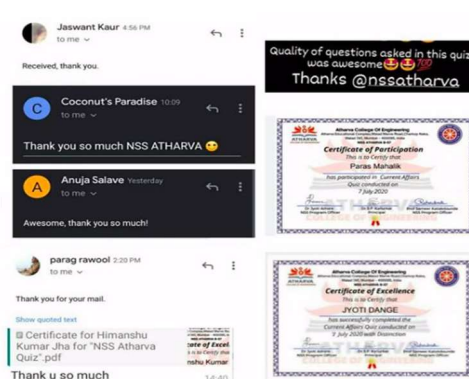
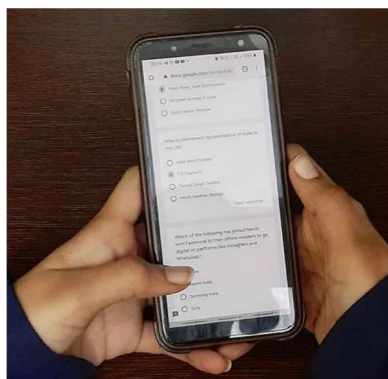
Programme Officer: Prof. Sameer Katakoudne

Dr. Jyoti Amare

REGULAR ACTIVITIES FOR 2020-2021

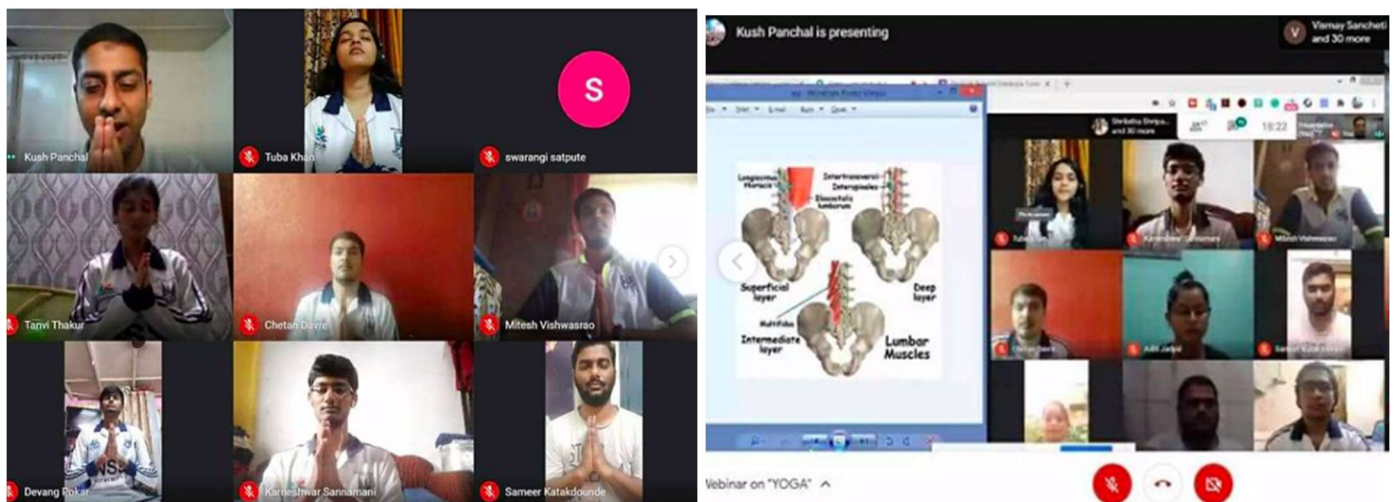
❖ Online Quiz Competition – 7th July 2020.

NSS Atharva (B-57) organized an online quiz competition on Current Affairs. More than 300 students from various schools and colleges participated in the quiz competition. The competition was held and managed the entire day by the volunteers, interacting diligently with the participants. Participants were felicitated with Appreciation certificate and participating certificate respectively. The positive responses from such a huge amount of audience surely showed that the event was a total success.



❖ Yoga with Kush – 8th August 2020

We NSS Atharva (B-57), in collaboration with Yogi Kush, had organized a free webinar on yoga for our volunteers and every fitness enthusiast, to make way for a healthy lifestyle! In the event, our host Yogi Kush introduced everyone to the immense power of Yoga. He taught the attendees about the importance of yoga in daily lifestyle. Why is it necessary to stay healthy? How could it affect mental health? Many of these questions were answered during the session. The webinar ended with a Q&A session. Everyone enjoyed and got refreshed with the thought in mind. Practicing Yoga could bring a wide change in the busy schedule.



❖ Mental Health Awareness - 10th September 2020.

A webinar was held on the topic of managing and taking care of mental health with our guest speaker, Ms. Natasha Ambre. The doubts regarding stigma surrounding mental health, how to handle oneself and take oneself forward during tough times, and how to counteract the stigma and judgements was briefly explained. Various degrees of a person's psychological management and situations were discussed with dos and don'ts elaborated. It was an important informative session much needed in today's fast paced world.



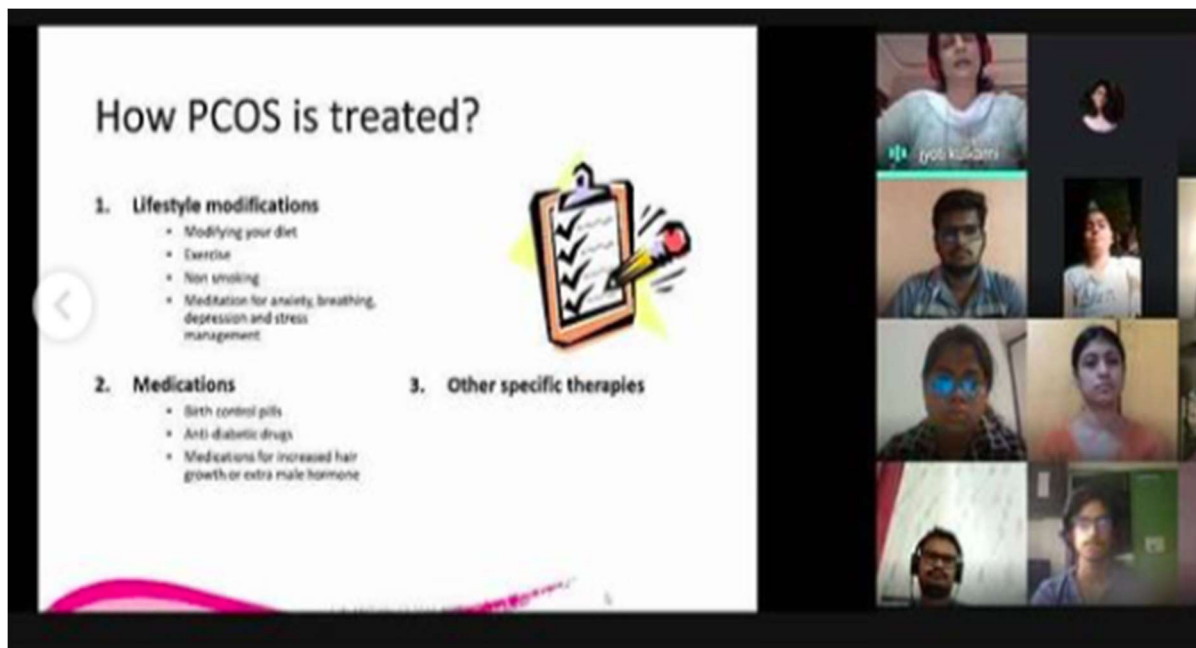
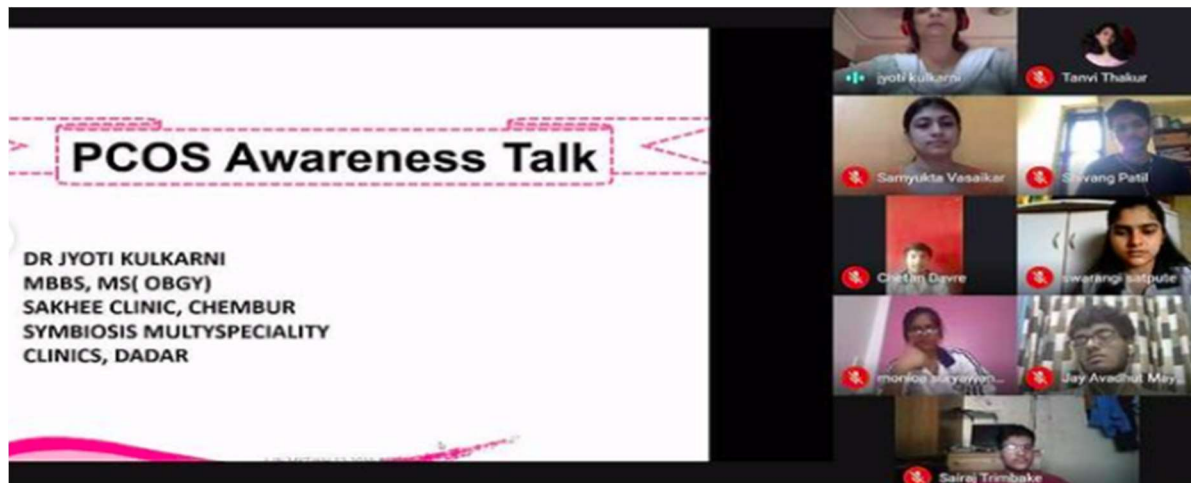
❖ iCare Event - 21th September 2020.

NSS Atharva organized a webinar on Cardiac Arrest Resuscitation to make people acknowledge on do's and don'ts that a common person should know regarding it and how one can help a someone who has a Cardiac Arrest. Our Speakers Ms.Sumaiya Raghavan and Mr.Anand Shrivastav cleared some myths and gave some very useful tips which can help us save someone's life. They also explained how even a common human being like us can actually take action and help someone in need. To summarise it was a session that was quite interesting and helpful for everyone.



❖ PCOS Awareness – 19th October 2020.

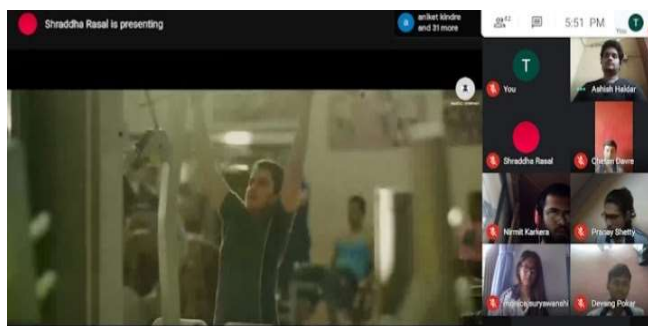
NSS Atharva (B-57) hosted a webinar on **PCOS awareness** that gave a brief on symptoms, causes, and treatment for PCOS. PCOS, Polycystic Ovarian Syndrome is a health problem that affects 1 in 10 women of childbearing age. Our guest speaker Dr. Jyoti Kulkarni, a consultant obstetrician and gynecologist at Symbiosis Specialty Clinic, Dadar revealed the symptoms of PCOS. Further, she described causes, diagnosis, and treatment. She also discussed risk factors, after effects, medications, and diet involved that would help nurture the health of women facing PCOS. The webinar was informative and concluded with a Q&A session.



❖ Webinar on Entrepreneurship - 20th September, 2020.

“Be the change you wish to see in the world.”-Mahatma Gandhi

We NSS- ATHARVA (B-57) in collaboration with Ashish Haldar, Co-founder of Apna bookwala organized a webinar on Entrepreneurship and how you can become one. During the Event, our speaker first defined what it meant to be an Entrepreneur. Then he conducted some fun activities to explain how everyone has their perspective towards things. Further, he also conducted a logo making activity where participants try their way around making a simple logo. He then covered some important points that an Entrepreneur keeps in mind for correct execution of his ideas. All the participants thoroughly enjoyed a session and got a good idea about how to work their way around Entrepreneurship.

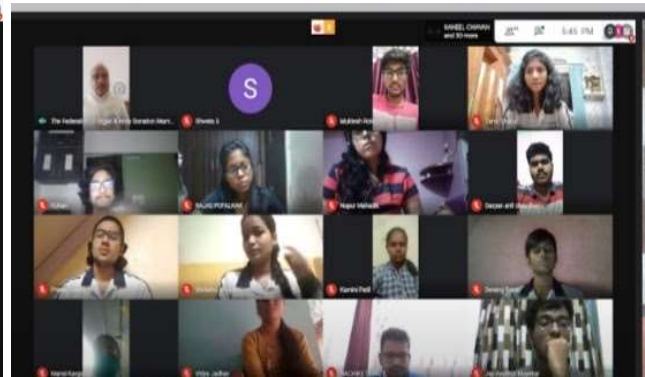


❖ Webinar on organ Donation - 1st November, 2020.

NSS ATHARVA (B-57) hosted a webinar on Organ donation to spread awareness about importance of Organ donation. In Collaboration with “The Federation of Organ and Body donation” Mr. Purushottam Pawar. The participants made this webinar more interactive and informative!

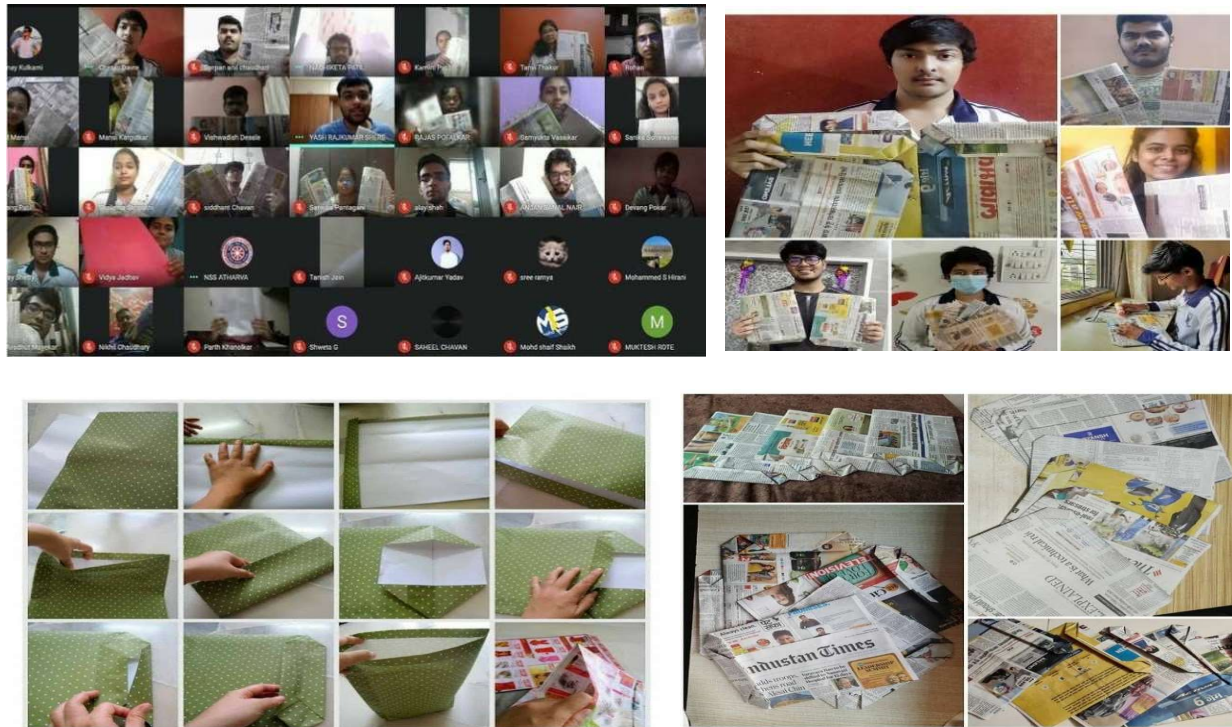
Some points discussed in the webinar is.

- During a lifetime a person can pledge for organ donation by filling up a donor form.
- A person can donate blood in a span of every 3 months.
- Organ can be donated at any stage from newborn to a 70 year old person.
- In case of skin donation, skin between waist and toes is taken.
- Only person without any disease can donate organs
- Donated skin can reduce upto 80% of the burn victim pain.



❖ Paper Bag Making - 24th November, 2020.

Paper bag make our society clean and healthy. It is our responsibility to create awareness about the need and the process of making paper bags so that the future of the country can live in a healthy and clean environment. NSS ATHARVA (B-57) Volunteers conducted a virtual paper bag making session, in which volunteers learned about the process of making the paper bags and its importance.



❖ Paper Bag Distribution – 25th November, 2020.

To create awareness in the society NSS Atharva volunteers made and distributed paper bags in their neighborhoods. Our volunteers also requested the shopkeepers to increase the use of paper bags as they are recyclable and thus a true friend of the environment.

"Use Paper Bags, Save Environment"



❖ **Making and Distribution of Cloth Bags - 26th January, 2021.**

NSS ATHARVA (B-57) Volunteers Organized a cloth bag distribution event in Dharavali Village. Our volunteers interacted with the villagers, educated them about the effects of plastics in the environment, and distributed the cloth bags that our volunteers made. We also encouraged the villagers to make their own bags and decrease the use of plastic bags to save our environment.



❖ Activities with Children at Dharivali Village- 26th January 2021.

At Dharavali village NSS Atharva volunteers interacted with the children and explained them about coronavirus and some precautions to be taken to prevent it. Our volunteers arranged some fun activities for the children like drawing, coloring along with playing songs and dancing. In the end, our volunteers distributed some chocolates and muffins to the children.



❖ Beach Clean Up -14 February 2021.

NSS Atharva (B-57) volunteers organized beach cleanup event with Beach Warriors Foundation at Juhu beach. The main motive was to collect the waste which had been strewn on the beach. Our volunteers picked up waste ranging from plastics to micro plastics, straws and pen caps. Volunteers actively took part in the cleanup drive. Our teamwork and efforts showed the results. This Event was successful, which gave us a sense of satisfaction for our contribution to keep the environment clean.



❖ Traffic Policing – 15th – 16th February 2021.

The main aim of the event was to spread awareness among bikers and drivers about safety on the road and to make sure that every vehicle was following the rules. We NSS volunteers were spreading awareness among the motorists by displaying posters that had traffic safety quotes. We convinced bike riders without helmets to wear helmets and made them understand the importance of it. The result was that many people were made aware due to this traffic safety campaign and our event was successful. We had a sense of satisfaction after the event got over, and had a feeling of pride for our traffic policemen for how they put in so much effort to maintain safety and ensure that all motorists follow the rule.



❖ **Thanksgiving to Police Officers – 19th February 2021.**

The main objective of the event was to show gratitude for their immense contribution for the safety of our country and its people during this pandemic. Respected SP sir shared his words and knowledge about us being the youth how can we change the world by contributing in social services and how we can set a good example to others. He later added since the covid-19 cases are on high numbers, first take care of yourselves and your families by following the necessary guidelines and to get vaccinated. It later preceded by vote of thanks and gifting a sapling to SP Sir and a thank you card for police officials in the station. The result was the front liners were really contended with our warm gesture towards them and this created a sense of satisfaction in every NSS volunteer present. Hence, event was a success.

