

NATIONAL SERVICE SCHEME - NSS

MOTTO: 'NOT ME BUT YOU'

2016-17 was yet another fulfilling year for the NSS Unit of St. Andrew's College. Like every year we began with a congratulatory meeting of the volunteers who successfully completed one year with NSS in the previous year 2015-2016 by putting in 120 hours of dedicated social work. These enthusiastic volunteers have played the role of the leaders and volunteers for the year 2016-17 and fulfilled the cardinal principle of the programme that it is organized by the students themselves to enhance their leadership qualities, democratic attitude, sense of civic responsibility and skills of team work & sharing responsibilities. Both the students and the Professors-In-Charge through their combined participation in social service get a sense of involvement in the tasks of community development. The activities undertaken during 2016-17 are as follows:-

COMMUNITY/AREA BASED ACTIVITIES

BANDRA FAIR SECURITY - 11 to 18 September 2016: The much awaited Bandra fair started from 11 to 18 September 2016. The NSS unit of St. Andrew's College assisted the police in providing security at Mount Mary Church for the fair. We provided security for all 8 days of the fair by helping the police in crowd management and arranging the devotees in queues to avoid any stampedes. Special assistance was extended to senior citizens, pregnant ladies and small children in attending Mass at the Church. Snacks & water was also provided to them. We gave First-Aid to the people in need. Our volunteers frisked and checked people's bag to make sure no mishaps occur during the fair. Our Volunteers repeatedly kept on making announcements to maintain silence while entering the Church and to take care of their belongings and children in the crowd. Thus our volunteers left no stone unturned in providing a safe and secure atmosphere for the devotees visiting the shrine. The police officers as well as the officials of the Bandra Fair Committee appreciated our hard work, dedication and commitment.

TEACHING AT A MUNICIPAL SCHOOL AT MIRA ROAD: After an initial orientation in our college regarding the teaching activity, our volunteers were introduced to the Principal, teaching staff and non-teaching staff of the municipal school on the first day of their visit to the school. We were taken to each of the class room where we were supposed to teach; as there were some physically challenged students they explained how to take care of them. We helped the teachers in preparing the teaching aid, craft, art making, and even gave an idea of digital teaching in all the class rooms. We taught them English and even prepared some activities to make their learning easier. We tried to make them more active in the activities done in the class/school. We prepared the children for the Christmas day celebration as we taught them Carols with actions. On the last day we helped the teachers in preparing for the Christmas day for the children and enjoyed a lot with the members of the organization. This activity made us aware about the importance of the right of education. We are grateful to have this beautiful opportunity to spread joy and cheer in the lives of young children.

BANDRA POLICE STATION (BPS) ACTIVITY: This activity was started in 2016 for the first time by the NSS Unit after the conclusion of the Bandra Fair Security Activity mentioned above. The Bandra Police noticed the excellent work done by our volunteers during the Bandra Fair and approached the NSS Unit through the Principal of our college for enlisting the volunteers' assistance at the BPS.

The police taught us how to file missing reports and the different types of stamps used in the police station. They explained us which legal documents should be taken to the Director General of Police and for what purpose. They also explained us which legal documents were required for different permission. We assisted the police by registering the names in the report book of all the people who entered the police station. We helped the police understand the problems faced by the

victims. They also told us which documents are required for passport verification and job verification. They guided us throughout the activity and were very co-operative and supportive of our social work.

All in all, the police station activity was a very enriching experience. We became aware of all the challenges and difficulties faced by the police which made us appreciative and grateful for the work that they are doing.

ENERGY CONSERVATION AWARENESS: The Energy Conservation Project has been initiated by the University of Mumbai. The idea of the project was to sensitize the public about the need to conserve energy. The NSS volunteers were guided to carry out a survey of families in the locality and check the amount of electricity consumption and gave them tips to conserve energy. A follow up list was provided to students in order to note the information. The students then surveyed 7 families for 7 months from June to December and monitored their bill time to time and gave them advice to conserve electricity by minimizing the use of electric appliances that consume more watts, use of CFL bulbs instead of tube lights, etc. The families were then advised to switch off the lights and fans when not in use. The doubts and queries were answered by the volunteers. The survey proved beneficial to many families as the volunteers helped in convincing them the true value of conserving energy for future needs.

UNIVERSITY ACTIVITIES

The following NSS activities were undertaken at the University Level:

- 1) WASTE MANAGEMENT – 9July 2016:
- 2) TREE PLANTATION - 18July 2016:
- 3) FOUNDATION DAY – 18July, 2016:
- 4) PEACE RALLY – 6August 2016:
- 5) KRANTI DIVAS–9August 2016:
- 6) ECO FRIENDLY STREET PLAY - 12 August 2016:
- 7) CLEANLINESS ORIENTATION - 12August 2016:
- 8) CLEANLINESS DRIVE–15August 2016:
- 9) MONSOON MARATHON –21August 2016:
- 10) TIRANGA MARCH–22August 2016:
- 11) HAMARA STATION HAMARI SHAAN–22August 2016:
- 12) WALKATHON–30 August 2016:
- 13) DISASTER MANAGEMENT -7 September 2016:
- 14) I QUIT TOBACCO SESSION – 28September 2016:
- 15) BHAJAN SANDHYA – 2 October 2016:
- 16) SWACH BHARAT ABHIYAN – 2October 2016:
- 17) BLIND WALK – 13October 2016:
- 18) NO GADGET DAY SESSION – 15October 2016:
- 19) TRAFFIC POLICE ACTIVITY – 28October 2016:
- 20) RUN FOR UNITY - 31October 2016:
- 21) CONVOCATION – 16January 2017:
- 22) NOTEBOOK MAKING – 18&19January 2017:

COLLEGE ACTIVITIES

The following NSS activities were undertaken at the College Level:

- 1) S.Y. ORIENTATION – 20June 2016:
- 2) **YOGA DAY – 21 June 2016:**
- 3) **ANTI DRUG DAY – 27June 2017:**

- 4) **ANTI DRUG DAY CHARTS – 27June 2017:**
- 5) **BLOOD DONATION VOLUNTEERING - 1July 2016:**
- 6) **ANTI NARCOTICS SESSION–7July 2016:**
- 7) **NACC – 12July 2016:**
- 8) **F.Y. ORIENTATION– 2August 2016:**
- 9) **BRM ORIENTATION – 4August 2016:**
- 10) **FLAG HOISTING – 15 August 2016:**
- 11) **FLAG PICKING – 16August 2016:**
- 12) **ECO FRIENDLY STREET PLAY – 31August 2016:**
- 13) **JHANKAAR SECURITY – 19September 2016:**
- 14) **WASTE MANAGEMENT SESSION – 22September 2016:**
- 15) **NSS DAY WORKING GROUP – 23September 2016:**
- 16) **NSS DAY – 24September 2016:**
- 17) **ORIENTATION SESSION FOR TEACHING AT THE MIRA ROAD MUNICIPAL SCHOOL – 24SEPTEMBER 2016:**
- 18) **WOMEN DIGNITY - LAADLI – 27September 2016**
- 19) **CELEBRATE BANDRA – 12November 2016:**
- 20) **NSS MEETING – 28November 2016:**
- 21) **BLOOD DONATION PROMOTION – 10December 2016:**
- 22) **BLOOD DONATION CHARTS – 12December 2016:**
- 23) **BLOOD DONATION CREATIVE – 14December 2016:**
- 24) **BLOOD DONATION – 14December 2016:** The NSS unit of St Andrews College organized a blood donation drive where Mahatma Gandhi Blood Bank and Holy Family Hospital were called for collecting the blood units. Along with the blood donation, thalassemia tests too were conducted. The drive witnessed the students willingly come forward to donate blood with the intention of saving another life. Students, teaching staff and non-teaching staff came whole heartedly to donate blood. The tireless work of the NSS volunteers and mainly the support of the students helped the NSS unit to collect 195 units of blood out of the 292 participants. Hard work by the volunteers finally paid off in making the event a successful one.
- 25) **TALK ON HUMAN TRAFFICKING – 20December 2016:**
- 26) **CRIB MAKING – 20December 2016:**

VARIOUS CAMPS DURING THE YEAR

LEADERSHIP TRAINING CAMP 2016– 5 Days Residential Camp- 9 August 2016 to 13 August 2016: The University of Mumbai National Service Scheme and MPV Valia College of Commerce had jointly organized a residential Leadership Training Camp at the teachers' training academy, University of Mumbai, Kalina Campus. Two of our F.Y volunteers attended this camp. They had a great experience for 5 days with various informative sessions about NSS and general issues and many team building activities.

NATIONAL DISASTER RELIEF FORCE (NDRF) TRAINING CAMP – 5 Full Days Non Residential Camp - 3 October 2016 to 7 October 2016: Two of our volunteers attended this 5 full days non-residential camp organized by KES Shroff College in association with the University of Mumbai. They were trained by the NDRF team as to what should be done when any disaster takes place. How to rescue people in danger with the help of rope, different ways to tie the rope, a session on human body, fire, building collapses, water rescue, snakes, etc. What the volunteers liked the most was that these sessions were conducted by highly trained & experienced team of the NDRF who had overcome such disaster situations many times in real life. Their expertise shone through and enhanced the value of the sessions.

UNIVERSITY LEVEL CAMP – 7 Days Residential Camp – 9 January 2017 to 15 January

2017: One of our volunteers was selected for a University level camp from our college. It was organized by the NSS unit of ICS College, Khed. The theme of the camp was Swachhata Abhiyan. This rural residential camp was organized to train NSS volunteers from various colleges to stay together in a rural setting, acquire competence required for group living and sharing responsibilities with the main target of promoting & achieving a clean village.

SPECIAL RESIDENTIAL RURAL CAMP – 7 Days – 23 January 2017 to 29 January

2017: The much awaited NSS rural residential camp was held at Yusuf Meherally Centre, Tara Village, Panvel Taluka. Our adopted village, Koralwadi is located across a mountain and is a kilometre away from this campsite. 41 volunteers participated in the camp assisted by at least two/three professors at any point of time. The students provided community service in the adopted village such as cleaning the village, cleaning and painting the school building, cleaning the area in front of the school. We arranged for the excavator to loosen the soil and to enable levelling of the ground in front of the school. Thereafter, the volunteers removed all the big stones and rocks from the dug up mud and manually levelled the ground with the help of simple equipments. The students also performed street plays for the residents of the near-by villages on social issues such as cleanliness, women's education, addiction, etc. Swachh Bharat Abhiyan was carried out at the campsite and also in the adopted village & students made the villagers aware about the importance of cleanliness. Flag hoisting was done on Republic Day at both the campsite and the adopted village. Educational materials were also gifted to the children in the adopted village. A tribal girls' hostel was visited by our female volunteers who gifted them some educational materials and personal hygiene products. This interaction enriched each and every one's life that were present there. Our volunteers woke up early every morning for an exercise schedule and after breakfast some of the volunteers helped out daily in the kitchen with the cleaning and cutting of vegetables and preparation of food. Three guest sessions were held for the volunteers on topics such as Personality Development, Superstition, Street Play Skills, Relationship, and Gender Sensitivity.

Away from our home and our families for 7 days during the camp and also throughout the past one year, we created a new supportive family with our NSS team members and learnt qualities such as professional commitment, time management, empathy, tackling minor health issues, group-living, sharing our resources and talents selflessly, communications skills and so much more.....so much more to learn and grow.....already looking forward to the next year of NSS activities.

Our students displayed great enthusiasm and a sense of involvement to extend their services for the community development. They worked hard and actively participated in each and every activity and fulfilled the NSS motto 'NOT ME, BUT YOU'.

Students-in-charge: The true pillars of NSS are the student leaders who have toiled much beyond their call of duty to make the NSS Unit of St. Andrew's College excel in all the activities undertaken. For the year 2016-17 the leaders were: Tania Fernandes (Main Leader, S.Y.B.A.F.), Racheal Cardoza (Assistant Leader, S.Y.B.Com), and 6 Leaders - Noella Picardo (S.Y.B.Com), Caroline Coelho (S.Y.B.Com), Sweenel D'mello (S.Y.B.Com), Joyce Kothari (S.Y.BA), Mark Pinto (S.Y.BA), and Mikhail Rodrigues (T.Y.B.B.I.)

Professors-in-charge: Rachel George - NSS Programme Officer, Abhishek Sood, Neeraj Shukla, Januarita D'souza.

Professors who assisted during the Special Residential Rural Camp: Ritesh Sheth, Vidhyadhar Dhamapurkar



BANDRA FAIR SECURITY -VOLUNTEERS MANAGING THE CROWD



BANDRA FAIR SECURITY - THE FULL NSS TEAM ON THE LAST DAY



BANDRA STATION CLEANING ON THE OCCASION OF GANDHI JAYANTI



BANDRA STATION CLEANING ON THE OCCASION OF INDEPENDENCE DAY



ANTI-DRUG STREET PLAY PERFORMED IN THE COLLEGE FOYER



BLOOD DONATION CAMP - OUR COLLEGE STAFF DONATING BLOOD



TRAFFIC POLICE TRAINING CONDUCTED AT BYCULLA



RUN FOR UNITY ACTIVITY



RURAL CAMP - LAST DAY



RURAL CAMP - ON THE WAY TO KORALWADI OUR ADOPTED VILLAGE



FLAG HOISTING AT BANDRA POLICE STATION



DISASTER MANAGEMENT SESSION CONDUCTED IN OUR COLLEGE



WASTE MANAGEMENT ACTIVITY CONDUCTED IN OUR COLLEGE