

3.6.2 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the Year 2021-22

S. No.	Name of the activity	Organising unit & collaborating agency	Page No.
1.	Jeevan raksha: Vaccination drive I	DMLT	1-7
2.	Jeevan raksha: Vaccination drive II	DMLT	8-10
3.	Composting at home	Department of Biotechnology	11-18
4.	Remedy for Refuse (Electronic Waste collection Drive)	Philosophy department (Value lab)	19-21
5.	Be Generous with yourself	Philosophy department (Value lab)	22-23
6.	Crafting Self-Esteem	Philosophy department (Value lab)	24-25
7.	Secrets of Happiness	Philosophy department (Value lab)	26-27
8.	Why What How Hope	Philosophy department (Value lab)	28-40
9.	Pulse Polio Drive	NSS	41
10.	UDAAN - Teaching Event	NSS	42
11.	COVID-19 Vaccination Drive	NSS	43
12.	Old Clothes Distribution Drive	NSS	44
13.	Blood Donation Drive-1	NSS	45
14.	Beach Cleanup Drive	NSS	46

15.	Blood Donation Drive-2	NSS	47
16.	Mangroves Cleanup Drive	NSS	48
17.	Lend a Hand, Save the land	Rotaract club	49-51
18.	Talent Dikhlaaja 6.0	Rotaract club	52-56
19.	Science Made Easy	Rotaract club	57-58
20.	Akanksha 6.0 (Platform for talent)	Rotaract club	59-61
21.	GIFT-Thalassemia Testing Drive	Rotaract club	62-64
22.	Hello Hydration	Rotaract club	65-66
23.	Lets upcycle (Eco-bricks)	Rotaract club	67-69
24.	Gift of warmth	Rotaract club	70-71
25.	International Yoga Day	NCC	72-73
26.	Tree Plantation Drive	NCC	74-75
27.	COVID-19 Vaccination Drive 1 & 2	NCC	76-77
28.	SSB Capsule training programme	NCC	78-80



SIES College of Arts, Science and Commerce (Autonomous)
Sion West, Mumbai 400 022

NAAC SSR -Cycle 4 : 2018-2023

3.6.2.1 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the year 2021-2022.

This is to certify that pages from number 01 to 80 of the attached documents/reports are verified and found to be true.



Principal

College seal

Department of DMLT
JEEVAN RAKSHA

Title : Vaccination drive

Objective: Free vaccination to all SIES members and their families.

Date,Time and Venue : 24th June 2021 SIES college, Sion.

Report: SIES Management is known to provide service to mankind and in Covid - 19 pandemic, South Indian Education society took a humane initiative for SIES staff and their family members for carrying out vaccination drives.

As a part of Jeevan Raksha, SIES ISR under the guidance of Dr. Harsha Mehta, in association with SIES College of Arts, Science and commerce Sion (West), SIES IMLT and in collaboration with Platinum Hospital, Mulund conducted Vaccination drive on 24th June 2021.

Mr. Jesal Kothari, a social worker, along with his team, procured a total of 500 doses of Covishield exclusively for SIES. 320 jabs were successfully given to SIES staff and their family members.

The Staff and their families, from SIES school matunga, Dr. APJ Abdul Kalam School Ghatkopar, SIES College of Commerce and Economics and SIES college of ASCS, were successfully vaccinated.

Meticulous records were maintained and checked on Cowin Portal by the SIES IMLT staff and Platinum Hospital. Tea and biscuits provided to all the beneficiaries.

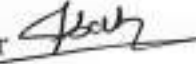
Vaccination drive ended at 5.30 PM

Number of students: 6 and 2 DMLT staff member.

List of Students:


1. Mrs. Jyoti Babar(staff)
2. Mrs Reshmi Das(staff)
1.Fiza Raees Ahmed
2.Popalkar Shubham Dilip
3.Aisha bano Rahmatullah Shaikh
4.Sachin Basant Mandal
5.Khan Nazreen Jamal Ahmed
6.Chauhan Yogesh Rambhed.

Outcome: Vaccination drive has been successful in significantly reducing the spread of disease and saving lives. By increasing vaccination drive rates, these drives contribute to a safer environment for students, faculty and staff.

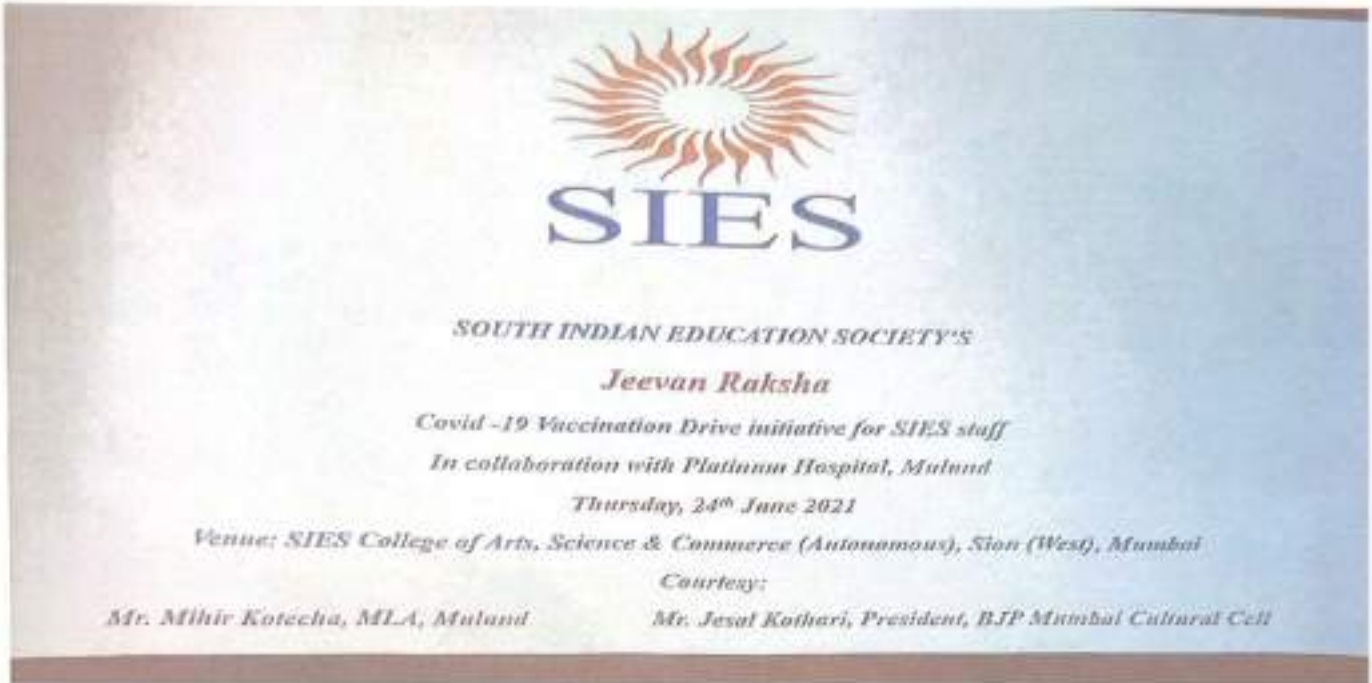
Prepared by: Mrs Jyoti Babar 


for Dr. Manju Phadke
Director
SIES IMLT




Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

Vaccination Drive Banner



Platinum Hospital staff with SIES



Vaccination room



SIES team with Mr. Jesal Kothari



Principal Dr. Uma Shankar with Mr. Devdas Nair.



Vaccination in progress



Course Director
Dr. M. Phadke
M.Sc. (Micro), Ph.D

Department of DMLT
JEEVAN RAKSHA

Title : 2nd Vaccination drive

Objective: Free vaccination to all SIES members and their families.

Date,Time and Venue : 23rd September 2021 SIES college, Sion.

Report: SIES Management is known to provide service to mankind and in Covid - 19 pandemic, South Indian Education society took a humane initiative for SIES staff and their family members for carrying out vaccination drives.

As a part of Jeevan Raksha, SIES ISR under the guidance of Dr. Harsha Mehta, in association with SIES College of Arts, Science and commerce Sion (West), SIES IMLT and in collaboration with Lions Club hospital conducted 2nd Vaccination drive on 23rd September 2021.

Lion's club hospital doctor, along with his team, procured a total of 500 doses of Covishield exclusively for SIES. Around 300 jabs were successfully given to SIES staff and their family members.

The Staff and their families, from SIES School Matunga, Dr. APJ Abdul Kalam School Ghatkopar, SIES College of Commerce and Economics and SIES college of ASCS, were successfully vaccinated.

Meticulous records were maintained and checked on Cowin Portal by the SIES IMLT staff and Lions club hospital. Tea and biscuits provided to all the beneficiaries.

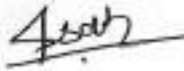
Vaccination drive ended at 5.30 PM

Number of students: 6 and 2 DMLT staff member.

List of Students:


. Mrs. Jyoti Babar(staff)
.Mrs Reshmi Das(staff)
1.Fiza Raees Ahmed
2.Popalkar Shubham Dilip
3.Aisha bano Rahmatullah Shaikh
4.Sachin Basant Mandal
5.Khan Nazreen Jamal Ahmed
6.Chauhan Yogesh Rambhed.

Outcome: Vaccination drive has been successful in significantly reducing the spread of disease and saving lives. By increasing vaccination drive rates, these drives contribute to a safer environment for students, faculty and staff.

Prepared by: Mrs Jyoti Babar 


for Dr. Manju Phadke
Director
SIES IMLT




Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.



SOUTH INDIAN EDUCATION SOCIETY'S

Jeevan Raksha

Covid -19 Vaccination Drive initiative for SIES staff

In collaboration with Lion Tarachand Bapa Hospital and Research Center, Sion

Thursday, 23rd September 2021

Venue: SIES College of Arts, Science & Commerce (Autonomous), Sion (West), Mumbai

Jung



SIES

College of Arts,
Science &
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

**SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE
(AUTONOMOUS), SION WEST, MUMBAI - 400 022**

DEPARTMENT OF BIOTECHNOLOGY

A. Title of the Seminar/Workshop/Conferences:

Composting at Home

B. Background:

A Popular Science lecture organized by Indian Women Scientists' Association (IWSA) jointly with SIES College of Arts, Science & Commerce College (Autonomous), Mumbai.

C. Aims/Objectives:

The main objective of the webinar series was to introduce the participants to:

1. Preparation of soil mix
2. Home composting
3. Techniques of regrowing plants from plant parts

D. Location:

The program was conducted using the online platform MS Teams. It was followed by a question-answer session between the resource person and participants.

E. Target audience/participants with expected number:

81 Undergraduate and postgraduate students

F. Details of Sessions: The session was held on Saturday, 14th August 2021 between 4:00 - 5:00 pm

G. Session and names of Resource Persons:

Mr. Jayant Joshi, Microbiologist and Environmentalist

H. Expected outcome:

The feedback of participants stated that they found the session to be interesting and insightful.

The program helped them to understand:

1. Basket composting
2. Waste management
3. Growing Plants

Tara Menon

Dr. Tara Menon
Co-ordinator
Department of Biotechnology

[Signature]

Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

14.08.2021



Annexures:

Annexures 1: Detail of the Resource persons

Mr. Jayant Joshi is trained as a Microbiologist. His 1st job was at Bombay Beers as a brewer followed by employment at GSK pharmaceuticals, Thane as a steroid fermentation Plant Manager. Last two years he worked in Nashik for formulations and manufacturing units. Mr Joshi is working for NGO, Jidnyasa who are the co-ordinators for Childrens' Science Congress, conducting science projects. He is now working for Samarth Bharat vyaspith in the field of environment. He received an award for Innovation and excellence from the Rotary Club. Thane janata bank also gave "Paryavaran Mitra" puraskar for the promotion of composting among citizens. Post retirement, Mr Joshi is doing voluntary work for environmental projects

Annexures 2: List of Participants

Timestamp	Name of the Participant
2021/08/14 5:17:49 PM GMT+5:30	Jyothika Murugan
2021/08/14 5:18:00 PM GMT+5:30	Bhagyashree Ramachandra Gubber
2021/08/14 5:18:01 PM GMT+5:30	Gauri Jage
2021/08/14 5:18:06 PM GMT+5:30	Grishma Pillai
2021/08/14 5:18:14 PM GMT+5:30	Sharanya shankar
2021/08/14 5:18:16 PM GMT+5:30	Anushka Anant Padmanabhan
2021/08/14 5:18:17 PM GMT+5:30	Divya Nitin Zope
2021/08/14 5:18:24 PM GMT+5:30	Jennifer Francis Nadar
2021/08/14 5:18:25 PM GMT+5:30	Mansi Rawat
2021/08/14 5:18:32 PM GMT+5:30	Anisha Vinay Bhende
2021/08/14 5:18:46 PM GMT+5:30	Krishna Poliseti
2021/08/14 5:18:58 PM GMT+5:30	Pathan Amatul Rehman Shaukat
2021/08/14 5:19:06 PM GMT+5:30	Sakshi Gupta
2021/08/14 5:19:15 PM GMT+5:30	Jesal Vora
2021/08/14 5:19:19 PM GMT+5:30	Anandita Ghorpade
2021/08/14 5:19:23 PM GMT+5:30	Ramkumar M
2021/08/14 5:19:47 PM GMT+5:30	MANALI SHAILESH PRADHAN
2021/08/14 5:20:07 PM GMT+5:30	Shweta Vishwakarma
2021/08/14 5:20:29 PM GMT+5:30	Vaishnavi Mahalingam
2021/08/14 5:20:35 PM GMT+5:30	Aarathi kurup
2021/08/14 5:20:57 PM GMT+5:30	Karishma Manoj Anam
2021/08/14 5:20:57 PM GMT+5:30	Vaidehi Singh
2021/08/14 5:20:57 PM GMT+5:30	Manisha Saroj
2021/08/14 5:20:58 PM GMT+5:30	Sayli Dabhade
2021/08/14 5:21:03 PM GMT+5:30	Mahek Parmar
2021/08/14 5:21:19 PM GMT+5:30	Neha yadgiri appani
2021/08/14 5:21:21 PM GMT+5:30	Manika Sawant
2021/08/14 5:21:25 PM GMT+5:30	Harshitha Sunder Shetty
2021/08/14 5:21:38 PM GMT+5:30	Rahil Ansari
2021/08/14 5:22:26 PM GMT+5:30	Kajal Chandrajit Yadav

2021/08/14 5:22:32 PM GMT+5:30	Manasa Avanganti
2021/08/14 5:22:49 PM GMT+5:30	Amisha Bodke
2021/08/14 5:23:00 PM GMT+5:30	Susan Martin
2021/08/14 5:23:29 PM GMT+5:30	Shilpa Sivadas
2021/08/14 5:23:32 PM GMT+5:30	Rithik Naidu
2021/08/14 5:23:33 PM GMT+5:30	Gunjan Jotkar
2021/08/14 5:23:33 PM GMT+5:30	Sharvari Khandke
2021/08/14 5:23:37 PM GMT+5:30	Sayali Avadhut Joshi
2021/08/14 5:23:39 PM GMT+5:30	Joanna Charis Johnson
2021/08/14 5:23:41 PM GMT+5:30	Omkar Vijay Yadav
2021/08/14 5:23:41 PM GMT+5:30	Nandita Chavan
2021/08/14 5:23:47 PM GMT+5:30	Dhanisha Mohapatra
2021/08/14 5:23:50 PM GMT+5:30	Liza Fernandes
2021/08/14 5:23:54 PM GMT+5:30	Tamanna Timir Mandal
2021/08/14 5:24:01 PM GMT+5:30	Siddhi Bute
2021/08/14 5:24:12 PM GMT+5:30	Bhakti Jadhav
2021/08/14 5:24:22 PM GMT+5:30	Chirag Mansukh Kothari
2021/08/14 5:24:25 PM GMT+5:30	Jemema Agnes Tripena Raj
2021/08/14 5:24:30 PM GMT+5:30	Kaushal Ramani
2021/08/14 5:24:42 PM GMT+5:30	Tisha Puthran
2021/08/14 5:24:43 PM GMT+5:30	Sheikh Ali Ahmed
2021/08/14 5:24:50 PM GMT+5:30	Manav Patel
2021/08/14 5:24:52 PM GMT+5:30	Shaikh Misba Mohd Farid
2021/08/14 5:24:55 PM GMT+5:30	Daksh Deepak Gharat
2021/08/14 5:25:01 PM GMT+5:30	Harikrishna Rajendra Salla
2021/08/14 5:25:10 PM GMT+5:30	Sneha Anbalagan Dever
2021/08/14 5:25:34 PM GMT+5:30	Niveditha Narayanan
2021/08/14 5:25:56 PM GMT+5:30	Nayan Kasturi
2021/08/14 5:25:57 PM GMT+5:30	Akib Wahab Shiakh
2021/08/14 5:26:00 PM GMT+5:30	Mamta Yarukala
2021/08/14 5:26:01 PM GMT+5:30	Aditi Rao
2021/08/14 5:26:10 PM GMT+5:30	Sanika Rai
2021/08/14 5:26:28 PM GMT+5:30	RUKHSAR ABDUR REHMAN IDRISI
2021/08/14 5:26:33 PM GMT+5:30	Aafrin khan Abdul Hamid
2021/08/14 5:26:48 PM GMT+5:30	Neha Gaonkar
2021/08/14 5:26:54 PM GMT+5:30	Khan Yusra Mohammed Asif
2021/08/14 5:27:01 PM GMT+5:30	Shruti Nilesh Parmar
2021/08/14 5:28:27 PM GMT+5:30	Geeta Paluskar
2021/08/14 5:28:35 PM GMT+5:30	Siddharth mudliyar
2021/08/14 5:29:08 PM GMT+5:30	NIKITA MISHRA
2021/08/14 5:29:18 PM GMT+5:30	Diksha Gajanan Shetti
2021/08/14 5:31:29 PM GMT+5:30	Verma Ruby
2021/08/14 5:31:59 PM GMT+5:30	KHAN ADIBA AYUB
2021/08/14 5:32:05 PM GMT+5:30	Omkar Sundeep wakale
2021/08/14 5:33:30 PM GMT+5:30	Pooja Jain
2021/08/14 5:39:17 PM GMT+5:30	Kundanagathu Roshni Ravindran

2021/08/14 5:40:37 PM GMT+5:30	Rukmani Ramsingasan Bhagat
2021/08/14 5:42:49 PM GMT+5:30	Aditya Ravi Shetty
2021/08/14 5:43:32 PM GMT+5:30	Reshmi Mukul Das
2021/08/14 5:45:06 PM GMT+5:30	Hera Azmi
2021/08/14 6:52:52 PM GMT+5:30	Raghavi Vasanth Kumar

Annexures 3: Photographs of Seminar/Workshop

SIES
Sion Institute of Education
RISE WITH EDUCATION

IWBA
Indian Women Scientists' Association

Popular Science Lecture

Organized by
Department of Biotechnology
STES College of Arts, Science and Commerce (Autonomous),
Sion West.

In association with
Indian Women Scientists' Association,
Vashti, Navi Mumbai

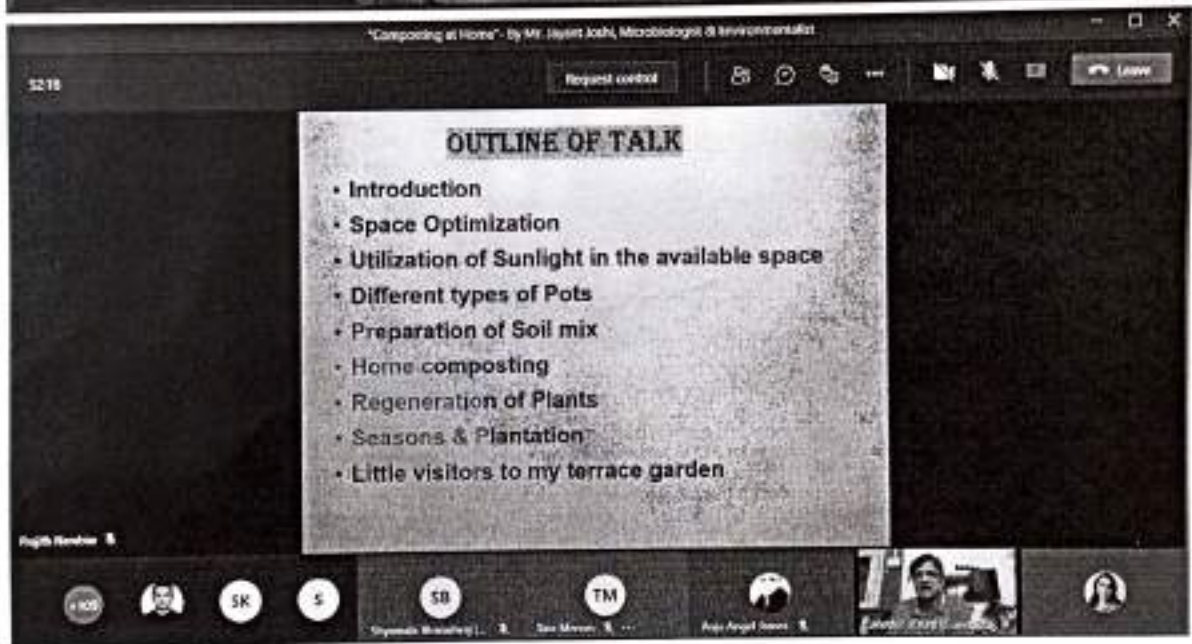
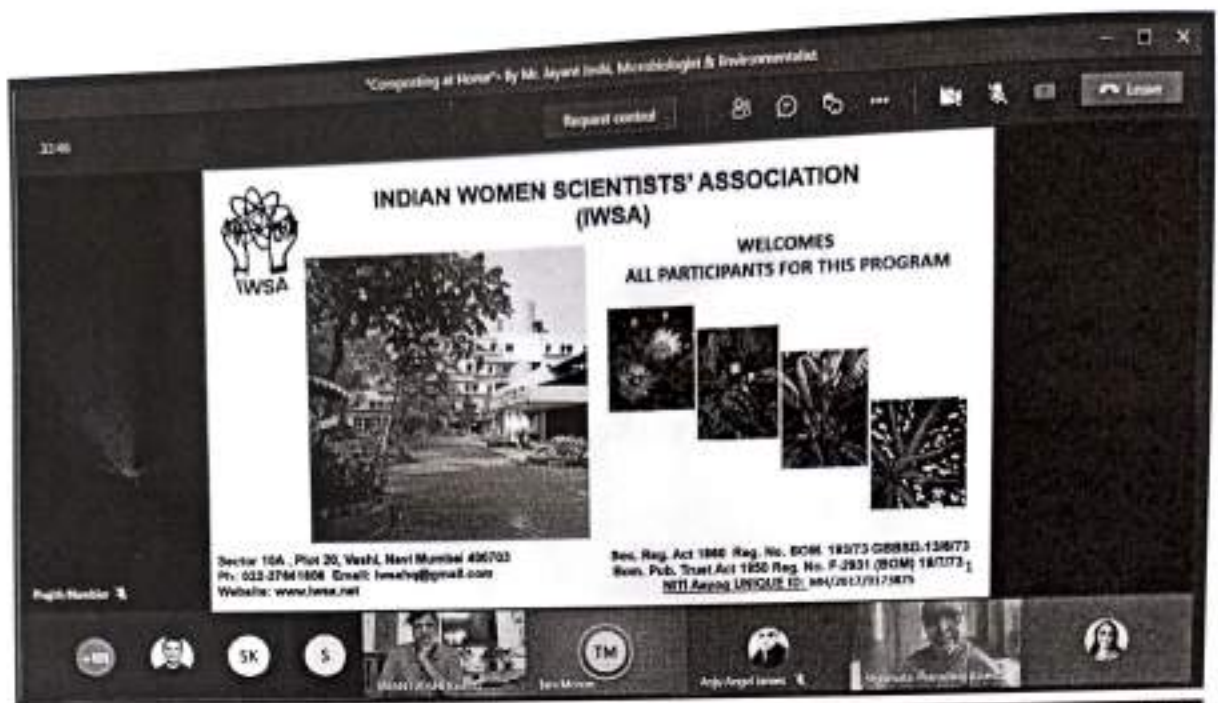
Online Lecture on
Composting at Home

By
Mr. Jayant Joshi

Microbiologist and Environmentalist
Working with NGO Janyasa

Date: 14/08/2021 Time: 4 to 5.30 pm

The session will be held through Microsoft Teams Platform
For Registration use the Link: <http://forms.gle/orzAzmiJKJmcSx0Nw9>





Composting at Home by Mr. Jayant Joshi_2020-2021



Tara Menon
Dr. Tara Menon
Co-ordinator
Department of Biotechnology

14.08.2021



Value Lab Extension Activity Report 2021-2022

The Value Lab Association joined hands with Start Up-cycling Now (SUN) an NGO dedicated to be generous to the planet and learn the various ways we could recycle and upcycle waste.

1. Name of the Event: Remedy for Refuse

Type of Activity: Informative session

Resource Person: Mrs. Natasha D'costa

Theme of Workshop: Based on the value of the month GENEROSITY

Date: 21st February 2022 to 21st March 2022

No. of Teaching Staff participants: 1

No. of student participants: 21 value lab volunteers and college students

Organisers: Value Lab & NSS

Report: For Generosity as the value for the month of February, the speaker Mrs. Natasha, the CEO of SUN gave an insight on sustainable practices, on effective management of our waste and encouraged all of us to start segregating garbage in the house. Listening to the side effects of throwing out E waste without segregation was a revelation to everyone listening. Mrs. Natasha asked the students to fill out a form if they would become e waste ambassadors and help collect their locality's e-waste. To make things more exciting she announced it as a competition and if we were able to collect 100 kgs of e waste, she would give us some fun events (gift coupons) to enrol for free.

As a follow up of the talk, The Value Lab Association in collaboration with SUN Start Upcycling Now and the NSS of SIES College of Arts Science & Commerce conducted an Electronic Waste Drive. **The target for the drive was 100 kgs.** The CEO of SUN, Mrs. Natasha D'Costa encouraged the SIES students to volunteer as e-waste ambassadors and conduct the drive at our own local levels, collecting electronic waste from societies, friends, family members and other associations that the students might belong to.

In the SIES college premises itself, cardboard cartons were placed in the foyer. A total of 21 students, 15 from NSS and 6 from Value Lab volunteered as e-waste ambassadors. At the end of the drive, a **total of 350 kgs of E-waste** was collected. Value lab collected around 200 kgs, NSS collected 80 kgs of e-waste. Pick-up trucks were sent to the localities of the e-waste ambassadors as well as the college to collect the waste, some to be disposed of correctly while others to be upcycled.

The E-waste drive was a huge success. It gave us students the opportunity to take charge, be ambassadors for the planet and initiate sustainable ways of living on the earth. All the volunteers received participation certificates by the SUN organization.

Annexures to the report:

Annexure 1: Event flyers



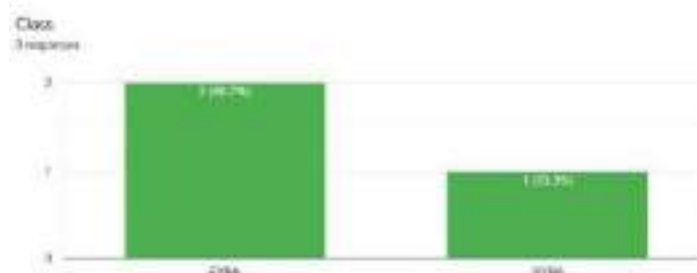
Annexure 2: Workshop Record Link

https://siescms-my.sharepoint.com/:v:/r/personal/sharlene386_ascs_sies_edu_in/Documents/Recordings/The%20Remedy%20for%20Refuse-20220218_160615-Meeting%20Recording.mp4?csf=1&web=1&e=pP5eCs

Annexure 3: Feedback report

Remedy for Refuse

As per analysis of feedback form audience was from Arts & Humanities department



Few amazing responses to

How would you like to show your generosity towards the planet?

By saving and conserving water and electricity, growing more plants and by disposing of waste materials such as plastic, cardboard and e - waste.

The least that one can do is not litter their surroundings and instead use a bin.

3R formula is also very effective : Reduce Recycle Reuse

What is your personal take away from the talk?

We learnt about the community impact of waste segregation and management, dry and e - waste facts, how landfills pollute the environment, dry waste management, how crucial and significant it is to curb pollution by reusing, reducing and recycling waste.

Audience expects the value lab to host more sessions on topic like Stress Management, Self-Management, the Impact of Covid-19 on India's economy and so on!

FEEDBACK ANALYSIS:

As per analysis, the majority of our audience belonged to the Humanities department. 66.7% of responses were from students from FYBA and 33.3% were from students from FYBA.

With respect to the data collected, we can conclude that the audience was moved and intrigued and inspired by the session to a great extent.

When asked how they would like to show their generosity towards the planet, the common responses were by saving and conserving water and electricity, growing plants, disposing of waste items properly and recycling plastic, e-waste etc. They also feel that the least one can do is not litter the surroundings and use a bin, which is a very valid point too.

Some even quoted the 3R formula to be very effective, ie Reduce, Reuse and Recycle.

The main takeaway from the session was that the students/ audience learnt about the community impact of waste segregation and management, and important facts about dry, wet waste and e-waste. They also learnt how landfills pollute the environment, methods to manage dry waste, and the significance and necessity of curbing the pollution by using the 3R formula.

The audience expects the Vale Lab Association to host more sessions on various topics like Stress Management, Self-Management, the Impact of Covid-19 on India's economy and so on!



Value Lab Outreach Activities Report 2021-2022

As part of its outreach activities, Value Lab joined hands with SIES High School, Matunga to collaborate various activities with an aim to take 'values to school.' All the activities were conducted online with the help of MS Teams, Google Forms and social media apps.

2. Name of the Event: Be Generous with Yourself

Type of Activity: Interactive session

Resource Person: Mr. Deep Padharia, SyBSc Student of Sies college of Arts, Science & Commerce, completed 4 years in the teaching field, his core subjects being mathematics and Physics, Director at Deep Educations (Registered Under Startup India 2021)

Theme of Workshop: Based on the value of the month GENEROSITY

Day: Wednesday

Date: 9th March 2022

Timing :3:30pm-4:30pm

Place: MS Teams

No. of Teaching Staff participants:1

No. of Non-teaching staff participants (if any): NIL

No. of student participants: 25

Organisers: Value Lab

Report: The Value Lab Association organized an enlightening guidance session 'Be Generous with Yourself' on 9th March 2022 from 3:30 pm to 4:30 pm on Microsoft teams platform. Mr. Deep Padharia, SYBSc Student of SIES college of Arts, Science & Commerce, completed 4 years in the teaching field, his core subjects being mathematics and Physics, Director at Deep Educations (Registered Under Startup India 2021) was the speaker for this session.

This session was organized for the students of std Xth of SIES High School, Matunga. Since the SSC boards were about to begin in a month, this session was conducted for them to express their stress, anxiety and worries into words so that the students could find comfort in each other and feel confident. The Speaker, Deep Padharia encouraged the students to be expressive and clear some of their academic doubts as well as find solace in each other, as all the students were sailing in the same boat.

A total of 25 students attended the session. The students were hesitant in unmuting themselves in the beginning, however a few of them spoke up and initiated the conversation. Through the session, the students could realize that they aren't alone in all the mixed emotions they are going through and that they could find a safe space in their classmates to be generous and support each other

Annexures to the report:

Annexure 1: Event flyer



Annexure 3: Workshop Record Link

https://siescms-my.sharepoint.com/:v/g/personal/sharlene386_ascs_sies_edu_in/ES8o08oApwdJp0zj2qYVOn4Bml1YBShz7wo0SWKY2J2oQ



Name of the Event: Crafting Self Esteem

Type of Activity: Origami workshop

Resource Person: Ms. Shreshta Krishnan, Mr. Vigneshwar Pillai, Value Lab volunteers

Theme of Workshop: Based on the value of the month SELF-ESTEEM

Day: Saturday

Date: 26th November, 2021

Timing : 4:30pm-5:45pm

Place: MS Teams

No. of Teaching Staff participants: 1

No. of Non-teaching staff participants (if any): NIL

No. of student participants: 70

Organisers: Value Lab

Report: The Value Lab Association organised an Origami Workshop – Crafting Self- Esteem on the 26th November 2021 from 4:30 pm- 5:45 pm for the 7- & 8- std students of SIES High School, Matunga. A total of 70 students joined the workshop. Two members of Value Lab, Shreshta Krishnan and Vigneshwar Pillai volunteered to teach the students the origami. The students were first explained as to what self- esteem is, and why having a healthy self-esteem is important in our lives by the Value Lab Head – Sharlene Fernandes.

The students seemed enthusiastic and excited to learn and create the origami articles. They were taught patiently and intently. They were taught to prepare a pull up card wherein they had to write a letter to themselves and the other article was an origami bookmark. The students actively participated and were very disciplined. Dr. Kamala Srinivas, the Chairperson of Value Lab congratulated the team for their efforts and encouraged the school students to participate in the events that will be hosted in the future.

Annexures to the report:

Annexure 1: Photos of the event



Annexure 2: Event flyer



Annexure 3: Workshop Record Link

https://siescms.sharepoint.com/sites/ValueLab2/Shared%20Documents/General/Recordings/Origami%20Workshop-20211126_164110-Meeting%20Recording.mp4?web=1



Name of the Event: Secrets of Happiness

Type of Activity: Interactive Workshop

Resource Person: Dr. Aravind Raghavan, The Chinmaya Mission

Theme of Workshop: Based on the value of the month spirituality

Day: Saturday

Date: 25th September, 2021

Timing : 3:00 pm to 4:30 pm

Place: MS Teams

No. of Teaching Staff participants: 2

No. of Non-teaching staff participants (if any): NIL

No. of student participants: 130

Organisers: Value Lab

Report: Everyone wants to be happy in life. A human's end goal is also to reach complete happiness. But it is rare to find one who knows how to achieve happiness. The Value Lab Association of SIES College of Arts, Science and Commerce (Autonomous) organized a workshop on the Secrets of Happiness. On the 25th of September 2021, Dr. Aravind Raghavan gave an eye-opening and interactive talk. With this month's value being Spirituality, this event was exemplary.

The audience were the students from classes 9th & 10th of SIES High School, Matunga. The session was interactive with students enthusiastically wanting to share their thoughts. Dr. Aravind Raghavan, started by asking what we seek in life. It could be eating your favourite meal, getting the first rank in class, being angry at a person and so on. He continued speaking that if we remove anger all that is left is peace and calm. The endeavour of human life is happiness. Now, where can one find happiness? For a person, happiness can be having a new phone or being rich, but real happiness lies within us. It is in our own mind and body we can find happiness. Dr. Raghavan said the secret to our happiness is to be *Awake*. With every letter in the word 'Awake' having a meaning, one can find happiness. The first A stands for *Aim of Life*. Our aim in life should be permanent happiness and freedom from sorrow. Our life is an accident, because the world consists of an internal world of thoughts and feelings and an external world of consciousness, and we value experiences over feelings. This was followed by a small video clip from the animation movie Kung Fu Panda, where the main character finds inner peace during his final battle. Naturally as human beings we all have needs but from time to time we keep a check on them. The W in awake stands for *Work as Worship*. The next A stands for *Alter of Concentration*. Here, a fun activity was performed.

Three students were to volunteer to sign their favourite song. Each of the students sang different songs individually and then all together at one go. This activity showed us how chaos takes place in our minds. If there is chaos there is no concentration. We should hold on to one line of thinking. To strengthen our concentration, we can indulge in concentration exercise daily for a few minutes. K stands for *Know Yourself*. We are so interested in gossip about outsiders that we don't listen to our own body and mind. If we spend some time just by ourselves, our mind will be cleared. We should ask questions about the things we have taken for granted. We don't appreciate the little things in life and by doing so we can be at peace.

E stands for *Equipoise*. Here we learnt how we should never be attached to anything for too long. We all hear the common saying 'This shall pass' when someone is feeling low. But while experiencing happiness the mantra 'This too shall pass' is used. Because we should never be attached to it. Whatever the moment is, we should be in it at that time and then move on.

He concluded the seminar by explaining that if we indulge in all the five letters, we can achieve happiness in our life. He told us how an awakened person is a person who functions from happiness instead of happiness. This workshop was followed by an active question answer session and concluded successfully with a formal vote of thanks.

Annexures to the report:



Annexure 1: Photos of the event

Annexure 2: Event flyer



Annexure 3: Workshop Record Link

https://siescms-my.sharepoint.com/:v:/g/personal/reemam11_hsm_sies_edu_in/EcHB6njJuAZNhH-ePBhLi-YBdUVPmheN-doimHsA50h2hA



Name of the Event: Why What How Hope

Type of Activity: Guest Lecture

Resource Person: Ms. Benaifer Khisay, Remedial educator, school counsellor

Theme of Workshop: Based on the value of the month HOPE

Day: Monday

Date: 12th July, 2021

Timing: 3:00 pm-4:30 pm

Place: MS Teams

No. of Teaching Staff participants: 5

No. of Non-teaching staff participants (if any): NIL

No. of student participants: 100

Organisers: Value Lab

Report: Hope is a wonderful sense of pleasure where one finds light after facing darkness all alone. The Value Lab of SIES College of Arts, Science and Commerce (Autonomous), with Hope as the value for the month of July held a splendid interactive session with special guest Benaifer Khisay, a Remedial Educator and specialises with children with learning disabilities, along with her Dr. Uma Shankar the Founding Person of Value Lab and Principal of SIES College (A); Dr. Kamala Srinivas the Chairperson of Value Lab; Mrs. Kalyani Arumugam Headmistress of SIES School, Matunga and Mrs. Usha Jayaprakash, Mrs. Manju Phull teachers, SIES School were part of this session.

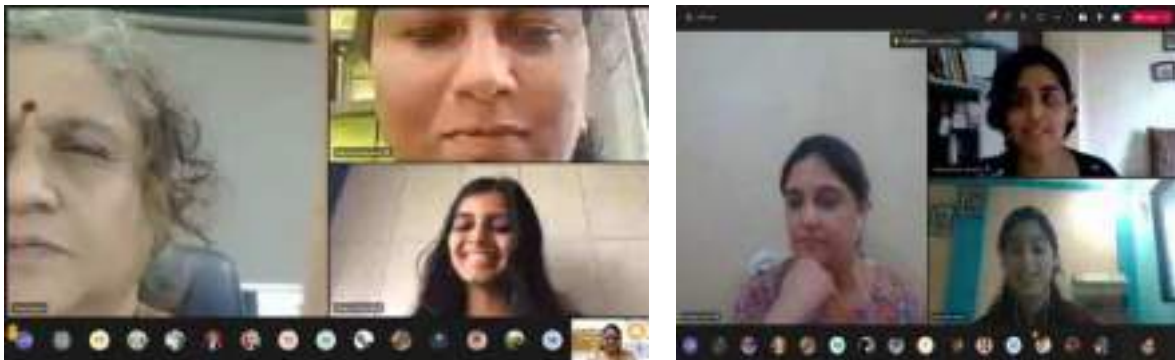
This session was mainly held for the school students of SIES School, Matunga, who were between the ages 12 to 15 years. Benaifer being experienced with school children knew how to communicate and relate with the 12- to 15-year-olds. Started off with how everything has changed since the pandemic and every walk of life is going through some difficult situation and having hope could bring back that normalcy. "Who can give you Hope?" an open question she asked to the attendees. Little voices of 'my family', 'my mother', 'teachers' and many more were the answers. Why hope? Why do humans crave that feeling? Benaifer explained, scientifically, research found out that people who believe highly in hope have lower levels of anxiety and depression, they are also more creative and better at problem solving. Most of these people are positive in nature and don't take failure personally. She mentioned to reward ourselves for every step we complete, to keep ourselves happy and reassure ourselves. A very important statement she made that moved the audience was to never compare ourselves to someone superior to us. As human beings we are so used to

comparing ourselves to something unattainable that it has become completely normal, not realising what a toll it is taking on our mental health. From time to time, we should take two steps back, look at the picture as a whole, someone may be facing a harder situation than us and we should be glad that isn't us. This helps us to see things in a different perspective and we can handle the situation better. "Things Take Time" an inspiring message that helped Benaifer in her tough spot. Telling us to be patient and wait for our achievement to be rewarded.

The event was concluded successfully with very interactive question and answer session.

Annexures to the report:

Annexure 1: Photos of the event



Annexure 2: Event flyer



Annexure 3: Attendance of the event

Full Name	User Action	Timestamp
Kamala Srinivas	Joined	12/07/2021, 14:48:28
Usha Jayaprakash	Joined	12/07/2021, 14:50:24

Manju Phull	Joined	12/07/2021, 14:50:24
Uma Shankar	Joined	12/07/2021, 14:51:12
Kalyani Arumugam	Joined	12/07/2021, 14:53:10
Benaifer (Guest)	Joined before	12/07/2021, 14:48:28
RajGupta	Joined before	12/07/2021, 14:48:28
Parmar Sarthak Shailesh	Joined before	12/07/2021, 14:48:28
Padhi Gaurav Saroj	Joined before	12/07/2021, 14:48:28
Ranjan Aaruv Rajeev	Joined before	12/07/2021, 14:48:28
Bhatia Dhiren Mahesh	Joined before	12/07/2021, 14:48:28
Patel Neel Dinesh	Joined before	12/07/2021, 14:48:28
Kabule Tanvi Balkrishna	Joined before	12/07/2021, 14:48:28
Rathod Nidhi Vinod	Joined before	12/07/2021, 14:48:28
Mhatre Sharavari Sameer	Joined before	12/07/2021, 14:48:28
Chaurasiya Anudeeta R	Joined before	12/07/2021, 14:48:28
Poojary Rakshita Shantaram	Joined before	12/07/2021, 14:48:28
Vaibhav Sonawane	Joined before	12/07/2021, 14:48:28
Yogeshwar Kartheeswari B	Joined before	12/07/2021, 14:48:28
Syed Alfia Mohd Salim	Joined before	12/07/2021, 14:48:28
Kamble Ria Balkrishna	Joined before	12/07/2021, 14:48:28
Shivsanjiv Vigneshwaran	Joined before	12/07/2021, 14:48:28
Pokharna Vidhi Prakash	Joined before	12/07/2021, 14:48:28
Girkar Ishita Deepak	Joined before	12/07/2021, 14:48:28
Surya Kumar Elangomani	Joined before	12/07/2021, 14:48:28
Nadar Ansika Binu	Joined before	12/07/2021, 14:48:28
Shaikh Sameera Sajid	Joined before	12/07/2021, 14:48:28
Aarya Lavesh Mhatre	Joined before	12/07/2021, 14:48:28
Jaiswal Aditya Vinay	Joined before	12/07/2021, 14:48:28
Sunil Borkar	Joined before	12/07/2021, 14:48:28
Gayatri palanivelmurugan	Joined before	12/07/2021, 14:48:28
Shetty Rithvik Karunakar	Joined before	12/07/2021, 14:48:28
Devarkar Arya Ankush	Joined before	12/07/2021, 14:48:28
Roshni Priyan	Joined before	12/07/2021, 14:48:28
Gupta Angel Yashwant	Joined before	12/07/2021, 14:48:28
Bhuyan Sadhana L	Joined before	12/07/2021, 14:48:28
Singh Ritul Krishnakumar	Joined before	12/07/2021, 14:48:28
Gavade Atharv Chandrakant	Joined before	12/07/2021, 14:48:28
Gundrekaya Divya	Joined before	12/07/2021, 14:48:28
Shaikh Mohammed Mustafa	Joined before	12/07/2021, 14:48:28
Bhandari Yatee	Joined before	12/07/2021, 14:48:28
Chavan Kshitija Kiran	Joined before	12/07/2021, 14:48:28

Kunchikorve Purvi Mariappa	Joined before	12/07/2021, 14:48:28
Devendra Muthu	Joined before	12/07/2021, 14:48:28
Sharan Suresh	Joined before	12/07/2021, 14:48:28
Khedekar Samadhan Dilesh	Joined before	12/07/2021, 14:48:28
Nihar S. Haldankar	Joined before	12/07/2021, 14:48:28
Nadar Jasmine Samuel	Joined before	12/07/2021, 14:48:28
nadar Madan Suthanthira	Joined before	12/07/2021, 14:48:28
Jessica D. Phull	Joined before	12/07/2021, 14:48:28
Gawandi Ashmit Anand	Joined before	12/07/2021, 14:48:28
Jain Charvi Paras	Joined before	12/07/2021, 14:48:28
Singh Dimpal Rammanohar	Joined before	12/07/2021, 14:48:28
Nadar Kathirvel Sivakumar	Joined before	12/07/2021, 14:48:28
Rajamahalakshmi Murugan	Joined before	12/07/2021, 14:48:28
Singh Shruti Satendra	Joined before	12/07/2021, 14:48:28
Patil Swar Shekhar	Joined before	12/07/2021, 14:48:28
Insha Naaz Ansari	Joined before	12/07/2021, 14:48:28
Mungekar Mitanshu Kishor	Joined before	12/07/2021, 14:48:28
Ansari Ekra Rizwan	Joined before	12/07/2021, 14:48:28
MRUDULA SHREERAMOJU	Joined before	12/07/2021, 14:48:28
Moopnar Eshaan Arunachalam	Joined before	12/07/2021, 14:48:28
Gayathri Elumalai	Joined before	12/07/2021, 14:48:28
Chitre Manthan Laxmikant	Joined before	12/07/2021, 14:48:28
Ansari Mohammed Shafaat	Joined before	12/07/2021, 14:48:28
Devadevan Muthukumaran	Joined before	12/07/2021, 14:48:28
Gajbhiye Ekansh Pramod	Joined before	12/07/2021, 14:48:28
Jadhav Srushti Nandkumar	Joined before	12/07/2021, 14:48:28
Ahuja Manmeet Singh	Joined before	12/07/2021, 14:48:28
Manisha Thangapandi	Joined before	12/07/2021, 14:48:28
Yadav Avni Shailesh	Joined before	12/07/2021, 14:48:28
Patil Mrunalini Pradeep	Joined before	12/07/2021, 14:48:28
Nagpal Harneek Singh	Joined before	12/07/2021, 14:48:28
Sumathy Ramesh	Joined before	12/07/2021, 14:48:28
Devendra Swati Selvaraj	Joined before	12/07/2021, 14:48:28
Kotian Aisha Dinesh	Joined before	12/07/2021, 14:48:28
Khan Inaya Imran	Joined before	12/07/2021, 14:48:28
Gawand Dhanashree Sandip	Joined before	12/07/2021, 14:48:28
Parmar Meet Bhavesh	Joined before	12/07/2021, 14:48:28
Shakthibalan Subhashchandra	Joined before	12/07/2021, 14:48:28
Nimbalkar Rajveer Santosh	Joined before	12/07/2021, 14:48:28
Devendra Srinivas Shankar	Joined before	12/07/2021, 14:48:28

Patil Darsh Mahendra	Joined before	12/07/2021, 14:48:28
Nandini Halder	Joined before	12/07/2021, 14:48:28
Bhuwad Vidhi Sunil	Joined before	12/07/2021, 14:48:28
Pupala Manasvi Rajesh	Joined before	12/07/2021, 14:48:28
Mohammad Adam Aziz	Joined before	12/07/2021, 14:48:28
Kadam Chaitrali Manesh	Joined before	12/07/2021, 14:48:28
Rahod Jinisha Vijay	Joined before	12/07/2021, 14:48:28
Khan Mohammed Hisham Asif	Joined before	12/07/2021, 14:48:28
Devendra Indhumati	Joined before	12/07/2021, 14:48:28
Zahid Khan	Joined before	12/07/2021, 14:48:28
Pendurkar Paulami Santosh	Joined before	12/07/2021, 14:48:28
Muchlambi Stuti A	Joined before	12/07/2021, 14:48:28
Patil Mrunmayee Pradeep	Joined before	12/07/2021, 14:48:28
Karthik Unnikrishnan	Joined before	12/07/2021, 14:48:28
Shinde Tanushree	Joined before	12/07/2021, 14:48:28
Patekar Shubham Jayant	Joined before	12/07/2021, 14:48:28
Prashanth Ramesh	Joined before	12/07/2021, 14:48:28
Shetty Aadhya Harish	Joined before	12/07/2021, 14:48:28
Khan Rida Rehmatulla	Joined before	12/07/2021, 14:48:28
Shrigadi Ritika Bhaskar	Joined before	12/07/2021, 14:48:28
Patel Moksh	Joined before	12/07/2021, 14:48:28
Nikhil Kumaresan	Joined before	12/07/2021, 14:48:28
Nadar Vighnesh Kumar S	Joined before	12/07/2021, 14:48:28
Vishwakarma Krishna Shivkumar	Joined before	12/07/2021, 14:48:28
Kande Priyansh Sumit	Joined before	12/07/2021, 14:48:28
Nadar Shreelaxmi Selvakumar	Joined before	12/07/2021, 14:48:28
Dubey Vinayakkumar Nagendra	Joined before	12/07/2021, 14:48:28
Tank Jainik	Joined before	12/07/2021, 14:48:28
Gangadhari Neha	Joined before	12/07/2021, 14:48:28
Ashish K. Prajapati	Joined before	12/07/2021, 14:48:28
Saipriya Sudhirkumar	Joined before	12/07/2021, 14:48:28
Bera Sabuj Prakash	Joined before	12/07/2021, 14:48:28
Nadar Sanjith Pomurugan	Joined before	12/07/2021, 14:48:28
Rajani Gupta	Joined before	12/07/2021, 14:48:28
Rajkumar Hershana Shree	Joined before	12/07/2021, 14:48:28
Parmar Devanshi	Joined before	12/07/2021, 14:48:28
Fodkar Shoeb Taufiq	Joined before	12/07/2021, 14:48:28
Akshara Khandagale	Joined before	12/07/2021, 14:48:28
Tanisha Mukesh jethwa	Joined before	12/07/2021, 14:48:28
p.sivaharni	Joined before	12/07/2021, 14:48:28

Rohini K	Joined before	12/07/2021, 14:48:28
Shinde Rudula Bharat	Joined before	12/07/2021, 14:48:28
Tanishka Ramesh Gaikwad (Guest)	Joined before	12/07/2021, 14:48:28
Mugdha A. Kangane (Guest)	Joined before	12/07/2021, 14:48:28
D.unnati	Joined before	12/07/2021, 14:48:28
Surekha Mestri	Joined before	12/07/2021, 14:48:28
Lakshmanan	Joined before	12/07/2021, 14:48:28
TANVI AVINASH SONAWANE	Joined before	12/07/2021, 14:48:28
Maheswari p (Guest)	Joined before	12/07/2021, 14:48:28
Tanvi Narvekar	Joined before	12/07/2021, 14:48:28
Divyanshu R vaishya	Joined before	12/07/2021, 14:48:28
Foram Wadhel	Joined before	12/07/2021, 14:48:28
Noman ansari	Joined before	12/07/2021, 14:48:28
Kunchikorve Tejashri	Joined	12/07/2021, 14:48:30
Ashwin Ravi (Guest)	Joined	12/07/2021, 14:48:32
REHAN SHAIKH (Guest)	Joined	12/07/2021, 14:48:42
sohan rajesh shinde (Guest)	Joined	12/07/2021, 14:48:44
Devendra Janani Nityanand	Joined	12/07/2021, 14:48:44
Sonawane Ashish	Joined	12/07/2021, 14:48:47
Banglore . Nandini . Sahadev (Guest)	Joined	12/07/2021, 14:48:49
Samar Pooja Pintu	Joined	12/07/2021, 14:48:56
Gaikwad Grishma Sharad	Joined	12/07/2021, 14:49:01
Mugdha A. Kangane (Guest)	Joined	12/07/2021, 14:49:03
huzafa (Guest)	Joined	12/07/2021, 14:49:10
Ramesh Singh	Joined	12/07/2021, 14:49:39
sana (Guest)	Joined	12/07/2021, 14:49:40
Kumbhar Yuvana Vikram	Joined	12/07/2021, 14:49:41
Kumbhar Yuvana Vikram	Joined	12/07/2021, 14:54:45
Rao Shreeja Rajiv (Guest)	Joined	12/07/2021, 14:49:58
Sushila Bobade	Joined	12/07/2021, 14:50:16
Thailambal Ramakrishnan	Joined	12/07/2021, 14:50:24
Thevar Selvikasini vethan	Joined	12/07/2021, 14:50:24
Shaikh Abdul Zoheb Abdul Jilani	Joined	12/07/2021, 14:50:24
Thevagi Murugiah	Joined	12/07/2021, 14:50:24
Kesarkar Divya N	Joined	12/07/2021, 14:50:24
Pujari Vaishnavi Abhijit	Joined	12/07/2021, 14:50:24
Gaikwad Vaishnavi	Joined	12/07/2021, 14:50:24
Sharlene Steven Fernandes	Joined	12/07/2021, 14:50:24
Muruhari Angio Prasannakumar	Joined	12/07/2021, 14:50:24
Chavan Vidya Sandeep	Joined	12/07/2021, 14:50:24

Koli Radhika Manish	Joined	12/07/2021, 14:50:24
Koli Radhika Manish	Joined	12/07/2021, 14:55:30
Kumaresh Kanthasamy	Joined	12/07/2021, 14:50:24
Mugdha N. Bhosle	Joined	12/07/2021, 14:50:24
Lavande Aditya K	Joined	12/07/2021, 14:50:24
Khan Mohammed Bilal	Joined	12/07/2021, 14:50:24
Thakur Ayesha Shabbir	Joined	12/07/2021, 14:50:24
Sawant Harsh Sitaram	Joined	12/07/2021, 14:50:24
Bankar Siddhanti Pravin	Joined	12/07/2021, 14:50:24
Baikadi Bhavesh Timesh	Joined	12/07/2021, 14:50:24
Deepa Yadav	Joined	12/07/2021, 14:50:24
Mhatre Swara Sujan	Joined	12/07/2021, 14:50:24
Nandini Ganesh	Joined	12/07/2021, 14:50:24
Bohara Palak Dinesh	Joined	12/07/2021, 14:50:24
Shaikh Shabnam Kadar	Joined	12/07/2021, 14:50:24
Yadav Shaurya Santosh	Joined	12/07/2021, 14:50:24
Viklar Sabeena Kaja M	Joined	12/07/2021, 14:50:24
Taleti Lavanya Ravi	Joined	12/07/2021, 14:50:24
Panada Rohankumar Ramesh	Joined	12/07/2021, 14:50:24
Qureshi Asifa Asif	Joined	12/07/2021, 14:50:24
Mohammad Tousif Abdul Kadir	Joined	12/07/2021, 14:50:24
Bairu Akhil Pullaih	Joined	12/07/2021, 14:50:24
Yadav Gopi Kannan	Joined	12/07/2021, 14:50:24
Maria Fancia Maria Longineus	Joined	12/07/2021, 14:50:24
Suthar Divya	Joined	12/07/2021, 14:50:24
Devendra Ansh Nitin	Joined	12/07/2021, 14:50:24
Pillai Arjun A	Joined	12/07/2021, 14:50:24
Shetty Vedika Venkatesh	Joined	12/07/2021, 14:50:24
Aruntathiyar Harnisha	Joined	12/07/2021, 14:50:24
Arundhiyar Giri Ravi	Joined	12/07/2021, 14:50:24
Sangeetha Rao	Joined	12/07/2021, 14:50:24
Lakhare Tanhavi Rajesh	Joined	12/07/2021, 14:50:24
Shaikh Ahmed Mustafa	Joined	12/07/2021, 14:50:24
Fodkar Aamir Taufiq	Joined	12/07/2021, 14:50:24
Ansari Atif Basit	Joined	12/07/2021, 14:50:24
Verma Aayush Rajkumar	Joined	12/07/2021, 14:50:24
Rhea Gautam Prabhu	Joined	12/07/2021, 14:50:24
Sawant Sejal Vinod	Joined	12/07/2021, 14:50:24
Nadar Shweta Kavirajan	Joined	12/07/2021, 14:50:24
Chalimela Tanish Manohar	Joined	12/07/2021, 14:50:24

Epili Bhagaban Lachheya	Joined	12/07/2021, 14:50:28
Subhashini Shetty	Joined	12/07/2021, 14:50:32
Khand Mohd Zaid Umar	Joined	12/07/2021, 14:50:35
Vaish Anurag K	Joined	12/07/2021, 14:50:35
Vigneshwari Sunder	Joined	12/07/2021, 14:50:40
Shinde Yash	Joined	12/07/2021, 14:50:50
Akshara Khandagale (Guest)	Joined	12/07/2021, 14:50:54
Kuril Saksahm Deepak	Joined	12/07/2021, 14:50:54
Sujatha Karande	Joined	12/07/2021, 14:50:58
Dani Mayank Prakash	Joined	12/07/2021, 14:50:59
Shreshtha Krishnan	Joined	12/07/2021, 14:51:13
Bhele Nawang Vinod	Joined	12/07/2021, 14:51:17
Kunchikorve Jyoti Mariappan	Joined	12/07/2021, 14:51:21
Shantanu Khamkar (Guest)	Joined	12/07/2021, 14:51:33
Balmiki Arya Rakesh	Joined	12/07/2021, 14:51:55
Armaiti Dinyar Billimoria	Joined	12/07/2021, 14:52:11
Shubhangi Adhav	Joined	12/07/2021, 14:52:12
Devaki Ramkrishnan	Joined	12/07/2021, 14:52:31
Nadar Varshini Velkumar	Joined	12/07/2021, 14:52:39
Zeena Mehernosh Khambatta	Joined	12/07/2021, 14:53:19
Nirmala Philipose	Joined	12/07/2021, 14:53:39
Mohite Pooja Deepak	Joined	12/07/2021, 14:53:40
Krittika Kannan	Joined	12/07/2021, 14:53:41
Ghadage Vidhee Jitendra	Joined	12/07/2021, 14:53:43
Bhatt Hemish Rajendra	Joined	12/07/2021, 14:53:46
Nidhi A.Chawda	Joined	12/07/2021, 14:53:48
Gatla Shubham Vaman	Joined	12/07/2021, 14:53:50
Shetty Karthik Shekhar	Joined	12/07/2021, 14:53:58
Fallah Fatima Abdul Rasooi	Joined	12/07/2021, 14:54:06
Mansi Santosh Kelkar	Joined	12/07/2021, 14:54:08
Anushka lad	Joined	12/07/2021, 14:54:21
Jadhav Aditya Ajay	Joined	12/07/2021, 14:54:34
Shaikh Huzaifa	Joined	12/07/2021, 14:54:57
nREHAN SHAIKH (Guest)	Joined	12/07/2021, 14:55:01
Shantanu Khamkar (Guest)	Joined	12/07/2021, 14:55:10
DONA BIJU BIJU	Joined	12/07/2021, 14:55:14
Mugdha A. Kangane (Guest)	Joined	12/07/2021, 14:55:22
Rai Krishna Raju	Joined	12/07/2021, 14:55:27
Nadar Kirthanadevi L	Joined	12/07/2021, 14:55:29
Pisal Anuja A	Joined	12/07/2021, 14:55:29

Shreya Sachin Naik	Joined	12/07/2021, 14:55:35
Dange Shreya Rajkumar	Joined	12/07/2021, 14:55:37
Maiti Surya Arupkumar	Joined	12/07/2021, 14:55:38
Tankariya Rishi Diip	Joined	12/07/2021, 14:55:43
Patil Gayatri Amit	Joined	12/07/2021, 14:56:18
Aaditya Gupta (Guest)	Joined	12/07/2021, 14:56:48
Devendra Savitha	Joined	12/07/2021, 14:57:01
Balaji Suresh Kholan (Guest)	Joined	12/07/2021, 14:57:12
Konar Dharmesh Saravanan	Joined	12/07/2021, 14:57:13
Devendra Krishpriyan Rajan	Joined	12/07/2021, 14:57:13
Chelimela Anvi Manohar	Joined	12/07/2021, 14:57:21
advait (Guest)	Joined	12/07/2021, 14:57:24
Garima Tripathi	Joined	12/07/2021, 14:57:28
Gaikwad Tanishka Ramesh	Joined	12/07/2021, 14:57:30
Jain Tanshu Pankaj	Joined	12/07/2021, 14:57:53
Chaturvedi Utkarsh	Joined	12/07/2021, 14:57:54
Vanam Harshavardhan Siddhivinayak	Joined	12/07/2021, 14:58:16
Hadiya Hawaldar (Guest)	Joined	12/07/2021, 14:58:26
Balaji Suresh Kholan (Guest)	Joined	12/07/2021, 14:58:27
Pranav Rajkumar	Joined	12/07/2021, 14:58:46
Yash pawar (Guest)	Joined	12/07/2021, 14:58:53
Rayyan Hamid Hawaldar (Guest)	Joined	12/07/2021, 14:59:09
Kadam Kaushik Ajit	Joined	12/07/2021, 14:59:20
S.B. Madhubharathi	Joined	12/07/2021, 14:59:33
YASHJAIN (Guest)	Joined	12/07/2021, 14:59:37
Nisha Raman	Joined	12/07/2021, 14:59:44
Ansari Mohd Saad Salim	Joined	12/07/2021, 14:59:56
Rathod Ishita Nitin	Joined	12/07/2021, 15:00:12
Mansi Yogesh Naik	Joined	12/07/2021, 15:00:34
Chhajalani Kshitij Raju	Joined	12/07/2021, 15:01:09
Mohole Soham Girish	Joined	12/07/2021, 15:01:49
Gaikwad Piyush Ramesh (Student)	Joined	12/07/2021, 15:02:29
Surekha Mestri (Guest)	Joined	12/07/2021, 15:03:09
Rayyan Hamid Hawaldar (Guest)	Joined	12/07/2021, 15:03:15
Aaditya Gupta (Guest)	Joined	12/07/2021, 15:03:21
Chavan Jhanvi Arun	Joined	12/07/2021, 15:03:23
Chavan Aniruddh Arun	Joined	12/07/2021, 15:04:01
Basavada Shivani Ellaya	Joined	12/07/2021, 15:04:27
Nadar Divya	Joined	12/07/2021, 15:05:00
Smita Kurne	Joined	12/07/2021, 15:05:17

Sheryl Wilfi	Joined	12/07/2021, 15:10:36
Niranjan koppu (Guest)	Joined	12/07/2021, 15:06:50
Devkule Aarya Rajendra	Joined	12/07/2021, 15:07:35
chinky shivnath Prasad (Guest)	Joined	12/07/2021, 15:07:47
Tanishka Ramesh Gaikwad (Guest)	Joined	12/07/2021, 15:08:21
Bohara Harshit Dinesh	Joined	12/07/2021, 15:08:26
sriram Guruswamy (Guest)	Joined	12/07/2021, 16:25:19
sriram Guruswamy (Guest)	Joined	12/07/2021, 15:08:34
Devendra Karthikayan	Joined	12/07/2021, 15:08:35
Deep Bhavesh Padharia	Joined	12/07/2021, 15:12:00
Purohit Nisha Suresh	Joined	12/07/2021, 15:12:14
Patekar Shubhra Jayant	Joined	12/07/2021, 15:32:31
Ethiraj Rishi Shriram	Joined	12/07/2021, 15:12:33
Bhosale Tanmay Tukaram	Joined	12/07/2021, 15:13:08
Vivek S.Shinde	Joined	12/07/2021, 15:14:08
Shrivastav Anvesha Anand	Joined	12/07/2021, 15:14:30
Tanvi Narvekar (Guest)	Joined	12/07/2021, 15:34:26
Kadam Rranveer	Joined	12/07/2021, 15:26:43
Devandra Soundharya Muthu	Joined	12/07/2021, 15:15:39
Konar Vineet Venkateshwaran	Joined	12/07/2021, 15:16:47
Rao Shreeja Rajiv (Guest)	Joined	12/07/2021, 15:17:03
Waghmare Atharva Kiran	Joined	12/07/2021, 15:17:06
Gaurav S. Shinde	Joined	12/07/2021, 15:17:23
Manjrekar Deeshali Shashank	Joined	12/07/2021, 16:28:18
Vaghela Urvi Jayesh	Joined	12/07/2021, 15:17:31
Gokul Kaliraj	Joined	12/07/2021, 15:18:20
Nadar Baveena Sorimuthu	Joined	12/07/2021, 15:33:51
Lokhande Janhavi	Joined	12/07/2021, 15:19:50
Wadekar Dhruv Santosh	Joined	12/07/2021, 15:20:03
Mamidala Mayur Mohan	Joined	12/07/2021, 15:23:47
Balasurya kanthiya. (Guest)	Joined	12/07/2021, 15:27:34
Yousuf sayyed (Guest)	Joined	12/07/2021, 15:29:10
Tanvi Narvekar (Guest)	Joined	12/07/2021, 15:29:23
Mandal Rohit Mahanand	Joined	12/07/2021, 15:30:30
Borkar Sarvesh Mangesh	Joined	12/07/2021, 15:30:31
Tanvi Narvekar (Guest)	Joined	12/07/2021, 15:30:51
Nakka Pranay Raju	Joined	12/07/2021, 15:31:39
Wadwal Sali Vijay	Joined	12/07/2021, 16:15:32
Vishwakarma Sakshi Shravan	Joined	12/07/2021, 15:32:13

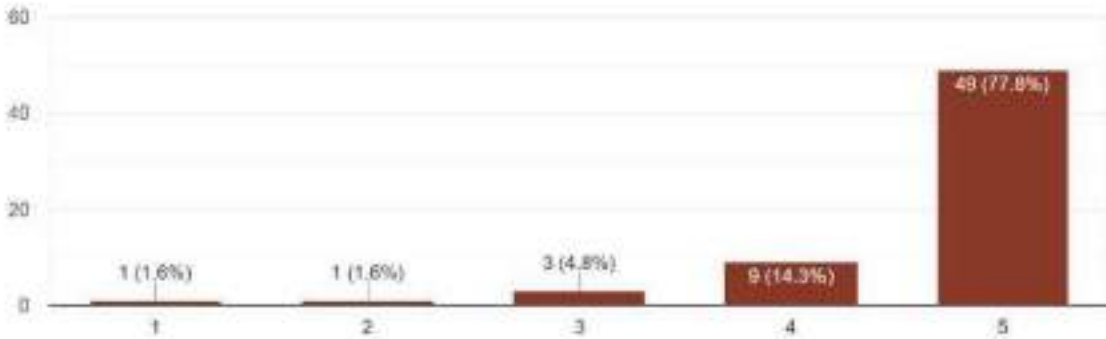
Shantanu Khamkar (Guest)	Joined	12/07/2021, 15:33:19
Abhinaya Balasubramaniam	Joined	12/07/2021, 15:33:38
Vedha Archita Seenivasagam	Joined	12/07/2021, 15:35:40
Salunkhe Ishika Sachin	Joined	12/07/2021, 15:38:08
meet Parmar (Guest)	Joined	12/07/2021, 15:40:24
Shweta Ganesh Ganesh	Joined	12/07/2021, 15:43:07
Suhas Kadam	Joined	12/07/2021, 16:09:05
Vaishali Patil	Joined	12/07/2021, 15:43:15
Ayush Jagamba Mishra	Joined	12/07/2021, 15:47:29
Jadhav Ayush Naresh	Joined	12/07/2021, 16:01:53
Chippa Ritesh Laxman	Joined	12/07/2021, 16:05:24
Yousuf sayyed (Guest)	Joined	12/07/2021, 16:06:56
Niranjan koppu (Guest)	Joined	12/07/2021, 16:22:58

Annexure 4: Feedback of the event

Why What How HOPE

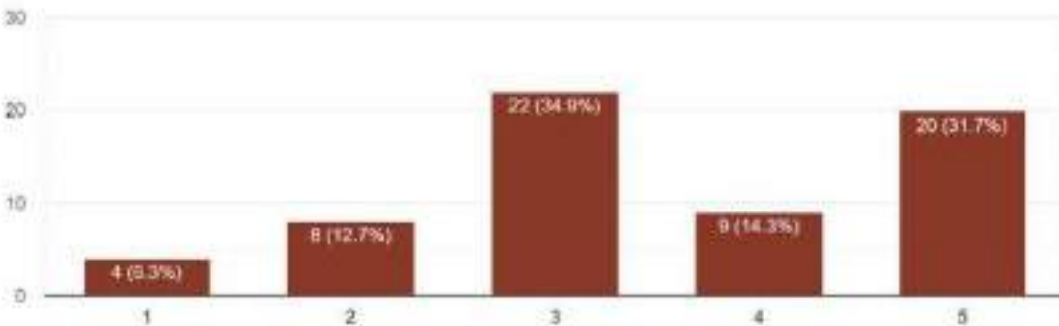
Audience was from SIES High School (Secondary Section) Matunga.

How relevant was the talk with regard to the value 'HOPE'?
63 responses



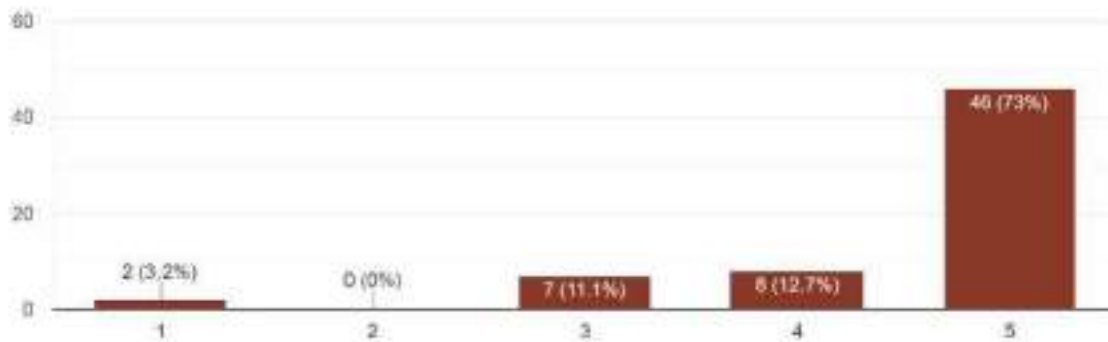
(1 : Satisfactory & 5: Excellent)

Before listening to the talk, how often have you used the value 'HOPE' in your daily life?
63 responses



After listening to the talk, how often will you use the value 'HOPE in your daily life?

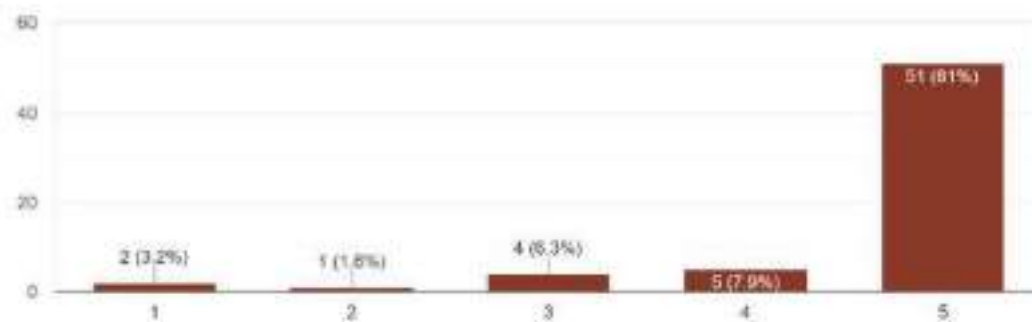
63 responses



(1:Not every time & rarely 5:Every time & frequently)

Did the guest speaker effectively deliver the idea of the value through title of the talk 'Why What How HOPE'?

63 responses



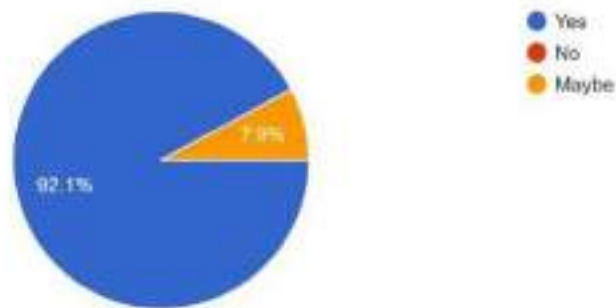
(1 : Satisfactory & 5: Excellent)

What is the most valuable message you will cherish life-long while engaging with 'HOPE' as the value?

[Click here to read responses of audience](#)

Would you like to attend more activities and sessions by Value Lab?

63 responses



FEEDBACK ANALYSIS:

The audience for this session was majorly from the Secondary Section of the SIES High School, Matunga. Out of the feedback received, 77.8% found the talk to be excellent and in line with the topic. When asked about their opinion of Hope and if they have associated with it previously, 31.7 % quoted that hope is something that they have associated with very frequently, and 34.9 % have moderately been familiar with the idea of Hope. 6.3 % of the audience have very rarely associated themselves with the idea of Hope. Post the talk, when asked how many will incorporate Hope in their daily life, 73 % of the students quoted that they would, every time and very frequently. 81 % of the students felt that the guest speaker delivered the idea of the value of hope very effectively through the talk. When asked about the most valuable message that the audience would cherish for a lifetime. They said that hope is a very positive and affirmative feeling. It also gives us the confidence to not only work on ourselves and improve ourselves but also to evolve. 92.1 % of the audience would definitely attend more activities that the Value Lab Association conducts.

Dr. Kamala Srinivas
Chairperson, Value Lab



Dr. Uma Shankar
Principal

Pulse Polio Drive

Date: 27.06.2021 to 02.07.2021

Venue: Matunga and Sion, Mumbai

The NSS Unit volunteers in association with the Medical Representatives of MCGM F/North Ward extended support and human help in administering Polio vaccine to children below age of 5 years in Matunga and Sion area. The volunteers vaccinated such children at Sion Railway Station and also conducted door to door vaccination. A total of 500 children were vaccinated between 27th June, 2021 to 2nd July, 2021. A total of 50 volunteers active and continuous participation in the prolonged event.



NSS Volunteer administering Polio Vaccine at Sion railway Station

Dr. Dinesh Pathak
NSS Programme Officer

Dr. Uma M Shankar
Principal



UDAAN – Teaching Event

Date: 12.09.2021 to 16.12.2021

Venue: Sion, Mumbai

Platform: MS TEAMS

The NSS Unit organised a teaching event for underprivileged children in the nearby vicinity of the College to enhance a desire for education and further learning in their lives. From the area of Sion, five girl children belonging to financially weak families were selected and were taught basics of English and Math. Due to the lockdown, the complete teaching programme was conducted online through MS TEAMS platform. Upon completion, the girl children seemed to have boosted confidence and will power in speaking and are energized with potential to learn and uphold their family. A total of 24 volunteers actively participated in the teaching programme.



Dr. Dinesh Pathak
NSS Programme Officer



Dr. Uma M Shankar
Principal

COVID 19 Vaccination Drive

Date/s: 30.10.2021 and 29.11.2021


Venue: SIES College of Arts, Science and Commerce (Autonomous), Sion (W)

The NSS Unit organised COVID 19 Vaccination drive in the College premises in association with MCGM F/North Ward medical officers and their team. Necessary logistical arrangements were done in the College premises and the auditorium was used to administer vaccines to various individuals. The recipients included NSS volunteers itself, College students, their parents, people in the neighbourhood and even other less known and unknown people. Vaccination was administered upon verification of Aadhar followed by understanding medical background and finally administer of vaccine. Like such, two vaccination drives were conducted successfully by the Unit and administered vaccines to a total of 251 recipients.


The drive was organized by 27 NSS volunteers



A college student getting his first dose of Covishield - COVID 19 vaccine


Dr. Dinesh Pathak
NSS Programme Officer




Dr. Uma M Shankar
Principal

Old Clothes Distribution Drive


Date: 07.11.2021

Venue: Sion, Mumbai


The NSS Unit organized a collection drive of old clothes which were distributed to poor individuals and roadside dwellers in the nearby. All types of clothes were collected except innerwear and were graded as per size and gender. All the collected clothes were then handed over to 12 individuals creating a small change in their lives. A total of 34 volunteers actively extended support for executing this drive.



NSS volunteers distributing old clothes to the needy


Dr. Dinesh Pathak
NSS Programme Officer



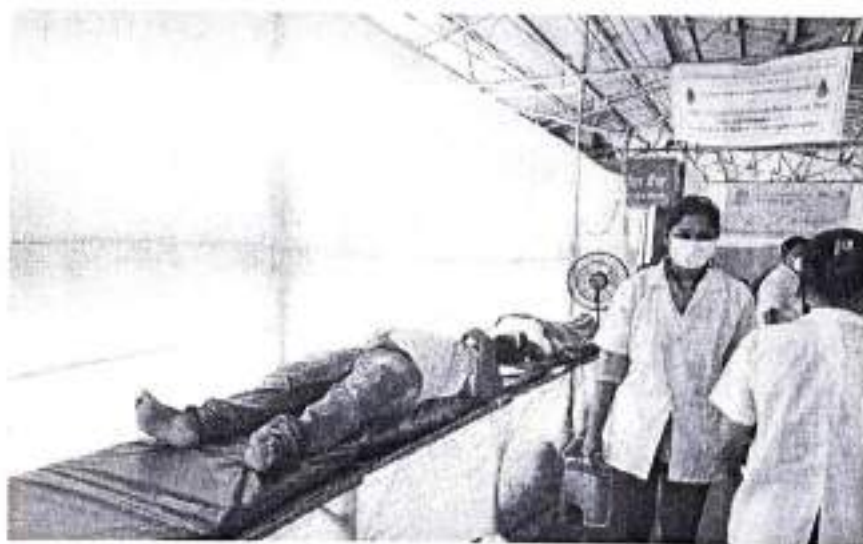

Dr. Uma M Shankar
Principal

Blood Donation Drive - 1

Date: 21.11.2021

Venue: Dadar Railway Station

The NSS Unit organised a Blood Donation Drive at Dadar Railway Station in association with Sri Satya Sai Seva NGO and LTMG Sion Hospital Blood Bank. All necessary logistical arrangements were provided for and volunteers took charge of convincing and getting donors from the station area itself. Maximum precaution was taken by the whole team w.r.t. COVID 19 disease. A total of 21 volunteers extended active support and 90 blood units were collected and handed over to LTMG Sion Hospital Blood Bank. Considering the equation of 1 unit of blood saving 3 lives, the unit savoured 270 lives.



Blood Donation Drive at Railway Station


Dr. Dinesh Pathak
NSS Programme Officer




Dr. Uma M Shankar
Principal

Beach Clean-up Drive

Date: 19.12.2021

Venue: Dadar Chowpatty, Mumbai

The NSS Unit organised a beach clean-up drive at Dadar Chowpatty with necessary permissions from the municipal and the police authorities. The central idea of the event was to sensitize visitors and nearby citizens about the importance of having a clean marine surrounding and existence of fair marine life. A total of 350 individuals would have witnessed the clean-up drive and 60 NSS volunteers extended their hands towards the clean-up task.



NSS Volunteers extending hand towards Dadar Chowpatty clean-up


Dr. Dinesh Pathak
NSS Programme Officer




Dr. Uma M Shankar
Principal

Blood Donation Drive - 2

Date:03.03.2022

Venue: SIES College of Arts, Science and Commerce (Autonomous), Sion (W)

The NSS Unit organised a Blood Donation Drive in the College premises in association with the LTMG Sion Hospital Blood Bank. All necessary logistical arrangements were provided for, and volunteers took charge of drawing an effective PR for making students and people in the neighbourhood aware about blood and its donation. The volunteers also approached passers-by thereby convincing them to donate blood. A total of 44 volunteers extended active support and 80 blood units were collected which was under the administration of LTMG Sion Hospital Blood Bank.



Blood Donation Drive at SIES College premises


Dr. Dinesh Pathak
NSS Programme Officer




Dr. Uma M Shankar
Principal

Mangroves Clean-up Drive

Date: 27.03.2022

Venue: Airoli, Navi Mumbai

The NSS Unit organised a Mangrove Clean-up drive at Coastal and Marine Biodiversity Centre, Airoli, Navi Mumbai under the guidance of Beach Please India NGO. The aim was to ensure sensitization about clean marine resources and make Indian beaches clean. The clean-up program has been witnessed by 350 individuals and a total of 60 volunteers participated.



Mangroves Clean-up drive at Airoli, Navi Mumbai by NSS volunteers


Dr. Dinesh Pathak
NSS Programme Officer




Dr. Uma M Shankar
Principal

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Lend a hand Save the Land

B. Background:

This event aims to fulfil several things on our checklist which include: Reduce the use of plastic by selling bags. Also, educate children about how harmful plastic is and why we should switch to eco-friendly products. Teaching underprivileged children, new cloth painting techniques. Another motive behind carrying out this event - The money from the sale of the tote bags is used for the educational needs of the children.

C. Aims/Objectives: 5 days before the event, the plan was prepared and the same was approved by the Vice-Presidents. Authorizations and other formalities were coordinated with Ms Yogita Salvi, owner of Swayam Mahila Mandal.

The Project Chairpersons decided to organize the event in collaboration with Swayam Mahila Mandal and Vaishnavi Mahila Mandal.

A total of 100 carrier bags, 2 boxes of fabric paint and paintable vegetables were purchased 10 days before the event.

A JPEG and PR message was posted in the official RCSES WhatsApp group and circulated to other groups to publicize the project and its purpose. A Google form was created and circulated by Project Chairpersons for ordering tote bags. On September 29, 2021

Project Chairpersons along with the club members visited children in Vikhroli. The event started at 2pm. It started with the introduction of Chairpersons and the Rotaract Club.

Then they asked all the children to introduce themselves and a nice introduction session gave the event a positive and cheerful note. They informed the children why plastic is harmful and also explained to them why they are raising money through the event to help them with their education.

They also explained to them the difference between regular paint and fabric paint and how they would use fabric paint to design the tote bags. The volunteers taught them to paint vegetables on fabrics with a lady finger.

When the painting was finished, they wrote a note that read "Please help us" and their names on the note. The goal was simply for the buyer to know the name of the person they were donating for. The volunteers clicked pictures with it and handed out cookies.

Miss Yogita Salvi, Editor-in-Chief of the newspaper 'Tarun Bharat', covered the entire event live on Facebook. The profit made from the sale of these bags was used for educational purposes for the children. All the bags were delivered to the respective buyers.

D. Location: Tagore Nagar

E. Target audience/participants with expected number: 28

F. Date of the activity: 30-9-2020

G. Name of Resource Persons: Rtr.Rajvee Gala

H. Outcome/Feedback:

Children were convinced that plastic is bad for the environment and they should use eco-friendly products. They also decided to further promote this message. Miss Yogita Salvi (owner of Swayam Mahila Mandal) appreciated us for being from Generation Z and still understanding the importance of using bags like we used to and how dangerous plastic is.

She also mentioned that the Rotaract Club of SIES College, Sion (W) always has unique event ideas. The children had fun and asked us to do more such events with them. Miss Manju (owner of Vaishnavi Mahila Mandal) asked us to hold more events with them and this time for the empowerment of women in their mandals. We thanked both organizations for allowing us to run the event

I. Funding: NIL

Organizing committee (students) -

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	10.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	11.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	12.	Rtr. Lohit Uechil
4.	Rtr. Hrishi Jaiswal	13.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	14.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	15.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	16.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	17.	Rtr. Nida Ali
9.	Rtr. Tejashree	18.	Rtr. Vaishnavi Deore

Report prepared by: *AS Tuna*

Annexures :

Pictures :



Skaur
Convener
(Surjeet Kaur)



Uma
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Slon (West), Mumbai - 400 022.

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Talent Dikhlaja 6.0

B. Background:

The organization kids had agreed to prepare performances of dance, singing, acting etc. and when asked, all of them chose the theme of Republic Day for their performances

As requested by the organization, a healthy snack breakfast was arranged for the participants. We began the event by introducing our club and inaugurating the event at the location. First, we distributed breakfast to the children and then proceeded with the event. We received a brilliant participation of 40 children on our Day 1 itself. Each one performed amazing group dances on patriotic songs, a street play on "SAVE TREES", Rap on social issues, solo dance, solo singing, kids aged 4 to 8 years also participated and performed a group dance. We were very overwhelmed watching these talented kids. After all the performances, certificates and water bottles as a gift were given to all the participants as an appreciation for their talent. A citation was presented to the organization for their great cooperation and support in the event. We presented the vote of thanks for the day and concluded Day 1 of Talent Dikhlaja 6.0.

Day 2: Underprivileged Women & Senior Citizen Organization:

Sawali Seva Foundation, Mankhurd Date: 30th January, 2022 - 3:00pm to 6:00pm.

Both the categories of underprivileged women; senior citizens were conducted on the same day with the same organization. This day was very close to our hearts as we all see our grandparents, mothers working day and night for us but only few of them get a chance where they can take some time out for themselves. We made sure we did not miss this opportunity and enjoyed it to our fullest. We began with a brief introduction of our club and most importantly our motive for the event.

To our surprise all the ladies were so interactive they danced, sung a song, asked us riddles, and acted bits of performances in front of everyone. The senior citizen women hesitated at first but when they saw us dance freely, they also started dancing with us. One of the old ladies narrated a story to us. Overall, we enjoyed our time with them and our aim to make their day a fun and memorable was completely successful. Later they were given blankets (sponsored by rotary) and mugs as a token of appreciation. Keeping in mind the sensitivity of the category, we avoided distribution of certificates.

Day three : Gurukul School for Special Children, Ghatkopar Date: 11th February, 2022 - 2:00pm to 3:00pm. The event was supposed to happen offline in the school but due to rising COVID-19 and government restrictions, schools were shut again. But that didn't stop us. We

used the power of technology to the fullest and decided to execute this event on the Zoom Meetings app as the kids were familiar with it.

There was constant cheering and applause going on in the chat box. The participants were happy after seeing their videos getting so much love and appreciation. After all the videos were played a Vote of thanks and an E-citation was presented as a token of appreciation to the school. Later, when the school reopened CPs and VCPs visited the school and handed over participants their certificates and water bottles as a gesture of appreciation to the children and concluded the event for the day.

Day 4: Anti-trafficking Center Organization: Prerna Foundation, Khetwadi Date: 27th April, 2022 - 4:00pm to 6:00pm. Finally, after relief from COVID and exams we were back with the opportunity of TDJ 6.0 being held in person. This organization's kids loved face painting so they insisted on doing that. Following the drill, we visited the organization and introduced our club and the event. We distributed the kids in the group of 6 and provided them with colors. All of them were so talented they painted spiderman, smileys, bunny, scenery, tiger on each other's faces. All of them were looking so adorable with painted faces and innocent smiles. The kids were very well-mannered and cooperated with us. We played a few fun games with them to interact and get to know them. Once they were done painting, we appreciated them with certificates and pouches (sponsored). A Vote of thanks was given by the Chairperson and the day was concluded. The organization had strict child protection policy under which we were not allowed to click photos. The organization members clicked pictures and sent us the same but we are not allowed to upload or use anywhere on social media.

Day 5: LGBTQ Organization: The Rainbow Alliance Date: 14th May, 2022 - 6:00pm to 7:30pm

This event collaboration was very impactful for us. The Rainbow Alliance is a part of SIES College, Sion (W). We prove that different organizations from college can come together and create an amplified impact in the community. The Rainbow Alliance is an organization set up by students to create a better environment for the LGBTQ community. As the college was not functioning, we decided to do an event online where we had a drive link wherein the participants uploaded their videos. We had online meetings with the organization for the flow of events and participation from their end. Around 3 mock trials were taken with the MOCs making sure the event goes on smoothly. A zoom meeting link was sent across the Rotaract groups and the rainbow alliance organization. We started the event with an introduction of the club, event and the organization. Later, the videos were screenshared followed by a lot of cheering and appreciation in the chat box. A special introduction for each participant was given before playing the video. Many participants performed amazing dances, songs, drum playing, guitar playing, drawings, photography, poems etc. At the end vote of thanks and citation were presented. The day came to a delightful end.

Day 6: Juvenile Organization: Juvenile Home, Sandhurst Road Date: 16th May, 2022 - 2:00pm to 4:00pm. After endless efforts, we finally got permission to conduct our event with the juvenile kids. We were strictly not allowed to talk to them about anything personal or share our contact numbers if they asked for it. As it was already informed by the organization we had to conduct a drawing competition. We provided them with drawing paper, colors and sketch pens. Following topic was decided for them~ "What do they want to be in the future?" Some of them made a hospital as they wanted to become doctors, some made school,

airplane etc. Each one of them participated actively and made the best drawings. We played a few games with them. As there were some restrictions we couldn't interact or click pictures. Overall, it was a fun day for them and they enjoyed it. They even asked us to visit again next week. We provided them with certificates and water bottles and the day ended.

Day 7: Orphanage Organization: The Salvation Army – Children Home, Sion (E) Date: 17th May, 2022 - 9:00am to 11:00am. The organization gave us the permission to conduct the event but strictly in the given time as they had other daily routines lined up. All the participants were girls and they were very cheerful and interactive. The organization had conducted dance workshops in the past so everyone was very good at dancing. The girls were very active and participated in the event actively. They performed group dance, solo dance, and sung songs. We were happy to know that they were given dance training and it clearly showed in their performances. Also, here for safety purposes we weren't allowed to take many pictures. We played passing the parcel with them for fun and interacted quite a lot about their hobbies, what they wanted to be in future etc. We provided them with biscuits as requested by the organization. Lastly, certificates and water bottles were given as an appreciation to children and the day ended with bright smiles and happy memories.

Day 8: Tribal Kids Organization: Kawthewadi, Neral. This category as the name suggests was far away from where we stayed. Thanks to our enthusiastic OC as they traveled carrying all the gifts and speakers. This organization radiated a different kind of energy, full of zeal and literally brought out the charm of Talent Dikhlaja being a festival. They were all prepared with their dances. Their hospitality was amazing. As soon as we reach them they offer us water, food etc. We started the event with the introduction of the club and event. We had to converse with them in their local language Marathi. So for the first time we prepared the introduction in Marathi language. They have a big hall where all participants were ready in their amazing outfits all dressed up for their performances. It was so cute to see small girls wearing their traditional Maharashtrian sarees. We had a lovely audience, all the people from the village gathered to encourage their kids. Kids performed group and solo dances on Marathi songs, the dance form was also tribal. It was so good to see the traditions of our state. Constant cheers and applause were going on as a new participant performed. We provided them with certificates and water bottles as appreciation. We thanked the audience, participants and the organization heads for giving us permission and being co-operative. The event finally concluded with happy faces and cheer in the atmosphere.

C.Aims/Objectives:

Talent Dikhlaja 6.0 is our Rotaract Club's Mega-Flagship event. This is the sixth year of the project. Talent Dikhlaja began 5 years ago with the noble purpose of providing a forum for the community's specially abled children to demonstrate their unique talents and abilities. The event was held to show society how essential special individuals are and how skilled they can be despite their impairment. The primary goal of Talent Dikhlaja 6.0 is to create a forum for the impoverished members of our society to showcase any of their talents. As our tagline suggests, "where the community takes the stage", we believe that everyone deserves the opportunity to learn more about themselves and their surroundings. Dance, singing, instrument playing, poem writing, mono acting and painting are all welcome at this event. We want to create a non-judgmental, non-competitive platform for our society's jewels to play

their hearts out while being recognized and appreciated. There are no rankings in this event, all participants receive an equal and abundant amount of gratitude and acknowledgement in the form of certificates and presents, making society a better place for everyone and ensuring that everyone has an equal opportunity to express themselves.

D. Location: Pan Mumbai

E. Target audience/participants with expected number: 353

F. Date of the activity: 25/1/2021 to 17/5/2021

G. Name of Resource Persons: Rtr. Rajvee Gala, Rtr. Riya Tiwari and Rtr. Saahithi Balakrishna .

H. Outcome/Feedback: We got a lot of positive feedback about the event from our sponsors and college heads. The organizations were glad and thanked us for conducting the event with them and giving their kids a platform. We shall be continuing the same project in coming years as well. Making sure we add some new categories to it. Adding LGBTQ category this year, we extended our support towards them. We would try adding new categories like acid attack survivors, domestic violence survivors, mouth and feet painting, blind kids in our future project which we couldn't do this year because of COVID-19 restrictions.

I. Funding: Rotary Club of Bombay Pier & Innerwheel of Bombay Pier

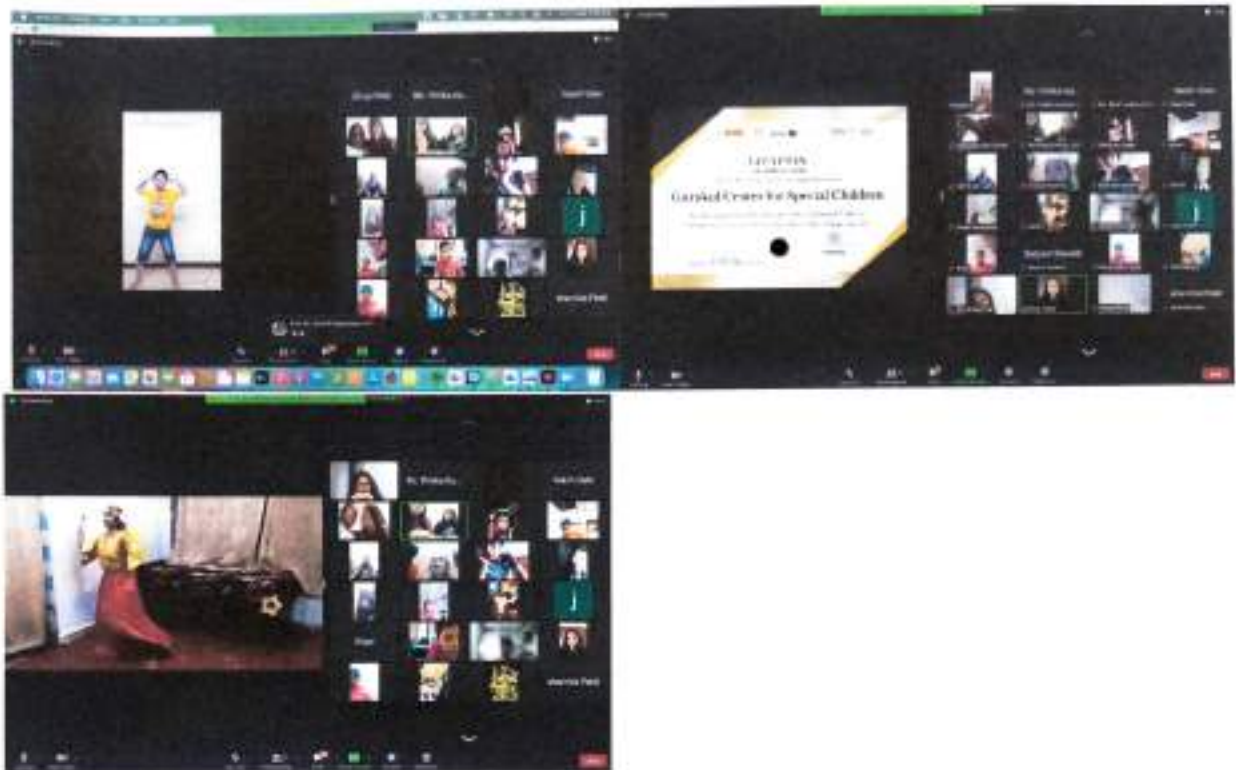
Organizing committee (students) -

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	10.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	11.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	12.	Rtr. Lohit Ucchil
4.	Rtr. Hrishi Jaiswal	13.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	14.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	15.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	16.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	17.	Rtr. Nida Ali
9.	Rtr. Tejashree	18.	Rtr. Vaishnavi Deore

Report prepared by: *RS Tiwari*

Annexures

Awards : Nominated for Best Flagship Project at AARA- Rotaract District 3141
Pictures



Sham
Convener
(Surjeet Kaur)



Uma Shankar
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Science Made Easy

B. Background:

The aim of this event was to make learning interesting and exciting through live experiments for the Interactors of Interact Club NES High School. Learning can be very interesting and enjoyable if properly learned. Since children are very impatient, there is no better way than to show them this by experimenting. We wanted them to understand that science can be interesting.

C. Aims/Objectives:

The motive behind conducting Science Made Easy is to introduce experiments that Interactors can carry out inside their house. This makes learning science in a new and fun way. We picked out 2 easy yet effective science experiments to carry out at home. The first experiment was to educate them approximately acid-base reactions, in which they were requested to get turmeric, washing powder, lemon juice and water. Rtr. Kamala Thakur, Sports and Partners-In-Service Director carried out this experiment where she started off by adding turmeric to the water and requested the interactors to comply with her, she then added washing powder to the turmeric water and asked the interactors about the change in the color of water. They answered saying the color had changed to RED from YELLOW. Later she asked them to add lemon juice to the mixture, the water again turned to YELLOW. This shows how acids and bases react when mixed together. Since the second experiment dealt with a lit candle it was a little dangerous, so Rtr. Smruti Tawde performed it while the interactors watched. She wrote RCSIESSW with LIME JUICE on a piece of paper and held the paper above the lit candle. Slowly the white paper started to show the text written with the lemon juice and it started turning BROWN. This shows the invisible ink experiment. The event ended successfully with Project Chairpersons appreciating and acknowledging the efforts of the interactors.

D. Location: Zoom Meetings

E. Target audience/participants with expected number: 91

F. Date of the activity: 25/1/2021 to 17/5/2021

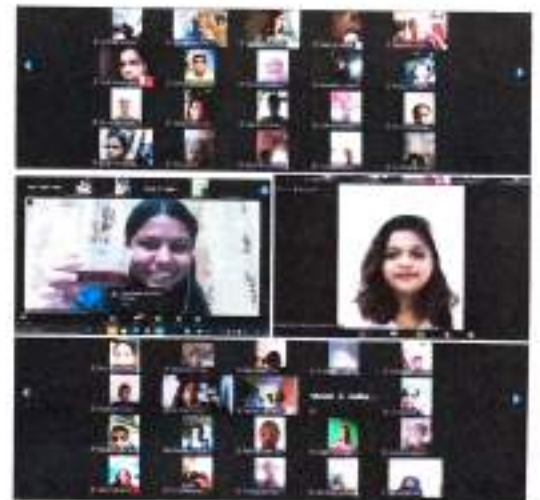
G. Name of Resource Persons: Rtr. Smruti Tawde & Rtr. Kamala Thakur

H. Outcome/Feedback: No post work meetings were required for this event. All the participants truly enjoyed the event and loved the idea behind it. The teacher Coordinator Sujata Ma'am of the NES School, joined the event too and thanked us for conducting such an event which will also help the students academically. Most students who attended the event had the following similar feedback: Teacher I like both the experiments very much I really like the experiment

Organizing committee (students) -

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	10.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	11.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	12.	Rtr. Lohit Uechil
4.	Rtr. Hrishika Jaiswal	13.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	14.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	15.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	16.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	17.	Rtr. Nida Ali
9.	Rtr. Tejashree	18.	Rtr. Vaishnavi Deore

Report prepared by: *BS Furia*



Kans
Convener
(Surjeet Kans)



Uma
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.



Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Akanksha 6.0

B. Background: True happiness involves the full use of one's power and talents. Akanksha is a Flagship Project of the Rotaract Club of SIES College, Sion (W), supported by the Rotary Club of Bombay Pier, Innerwheel Club of Bombay Pier and the Interact Clubs of SIES and NES High Schools. Akanksha was founded six years ago with the noble goal of providing a platform for all children to express their talents in Performing Arts, Literary Arts and Fine Arts. We added a new category this year INFORMALS. This category was created with the sole objective of bringing informal competitions into mainstream and increasing their mental health. This event was held with the goal of spreading the venture to an ever-increasing number of schools and providing a platform for more students. Because social greatness is such an important part of a student's career, this event provided a platform for them to find their abilities and then seek enhancements for them, something that no school, including underprivileged ones, could do.

C. Aims/Objectives:

Akanksha gives an opportunity to many college students who are constantly keen to showcase their abilities. It revealed their hidden abilities. It created a feel of familiarity and satisfaction among themselves. Due to the pandemic and online schooling, college students have been lacking out on extracurricular sports and the possibility to take part or perform. Through Akanksha we as a Club ought to offer them a platform for their abilities. The college students, their parents and faculty instructors have been encouraged to take part in more such events. The interactors also had an opportunity to apprehend the drift of events, take part in and analyse more about Rotaract. Being a Partners- In- Service, one of the principal goals of AKANKSHA is to deliver the 3 branches – Rotary, Rotaract and Interact collectively to make a big occasion like this possible. Interactors have been nicely versed with the info and flaws of the occasion making plans and control method so that you can be useful for them within the future. The support of the Rotary Club of Bombay Pier was an integral part of this initiative, and Rotarians attending the events improved the Rotary Rotaract Relation. This year, the OC team learned and adapted a new format for implementing a mega project. Everyone involved in the project learned something new. With the participation of schools across Mumbai in Akanksha this year, the project has succeeded in providing a platform for more students and has the potential to have a greater impact. The enthusiasm and commitment of the participants and their parents stood out. Participating in online events was also a challenge for them as many of them came from underprivileged schools, but fortunately with the help of OC teams and teachers, this barrier has almost been overcome. Lastly, Akanksha 6.0 received a total participation of participants and more than entries in all.

D. Location: Pan India Project conducted Online

E. Target audience/participants with expected number: 150+

F. Date of the activity: 19-12-2020 to 28-12-2020

G. Name of Resource Persons: Rtr. Pritika Kanthak, Rtr. Bhavya Dave, Rtr. Mahavidya Satishkumar and Rtr. Suraj Karnati.

H. Outcome/Feedback: Akanksha gave an opportunity to many students who are always eager to show off their talents. It brought out the hidden talents and skills that students themselves did not know they possessed due to lack of opportunity. It created a sense of familiarity and pride amongst themselves. Due to the pandemic and the online schooling system, students were missing out on extracurricular activities and the opportunity to participate or perform. Through Akanksha we as a Club could provide them a platform for their talents. The students, parents and school teachers were impressed by the smooth functioning of the project. The interactors too had an opportunity to understand the flow of events, participate and learn more about Rotaract. Being a Partners- In- Service one of the foremost aims of AKANKSHA is to bring the three branches – Rotary, Rotaract and Interact together to make a huge event like this possible. The support of the Rotary Club of Bombay Pier was an integral part of this initiative, and Rotarians attending and judging the events, improved the Rotary-Rotaract Relation. With members interacting with Rotarians they came to know more about the rotary and their involvement and support in the betterment of Rotaract. This year the OC Team too learned and adapted to a newer format of conducting mega projects, every individual involved got to learn something new in the process..

Lastly, AKANKSHA Received 1000 entries from participants representing over 40 Schools

I. Funding: Rotary Club of Bombay Pier & Innerwheel of Bombay Pier

Organizing committee (students) -

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	10.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	11.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	12.	Rtr. Lohit Ucchil
4.	Rtr. Hrishi Jaiswal	13.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	14.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	15.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	16.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	17.	Rtr. Nida Ali
9.	Rtr. Tejashree	18.	Rtr. Vaishnavi Deore

Report prepared by: *RS Hira*

Annexures :

Awards : AARA for Best PIS Rotary Rotaract Jt. Project in Rotaract District 3141.

Pictures :



SKaur
Convener
(*Subject Kaur*)



Uma
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Gift.

B. Background: Thalassemia is a blood disorder involving lower-than-normal amounts of an oxygen-carrying protein. The aim of this event was to hold a Human Leukocyte Antigen Test, for Thalassemia patients and their families. The test was conducted under the guidance of a professional. Our aim was to serve the community through this event and also ensure Rotaractors gain exposure and interact with experienced professionals as they run the tests with the help of professionals. The event also aimed to strengthen Rotary, Rotaract and Inner wheel relations while creating impact in the society.

C. Aims/Objectives:

Volunteers were assigned portfolios such as Crowd Management, Swab Testing, Verification and Registration. Once the event began, patients and families of patients with Thalassemia began arriving. 24 members from our club made sure everything was carried out smoothly and with proper care. The volunteers were given detailed instructions and guidelines on their responsibilities. The instructions were as followed: After a form is filled up by the responsible person, it must be thoroughly cross-checked for all the fields by another person, before taking the cheek swab. It's very important.

The person responsible for entering the data in the system must ensure that the entries in the system tally with the total number of forms. This rule applies to the person responsible for scanning the forms as well. The volunteers responsible for managing the crowd must ensure that there are not more than two families at Mr. Madan Chawla will brief the whole process to all the volunteers on the spot before the camp begins, and he will be there till the end for any guidance and support. Some members were at the registration desk, dealing with administrative work. A few of the members were allocated for crowd management, handling the patients and family members who had begun to arrive. Some members were responsible for collecting the swab tests while some were collecting data from everyone. As everyone entered the premises, their personal information like their name, etc. was noted down at the desk. Once they had provided the necessary details and were registered, they were directed to the swab testing location. Rotaractors then collected their swab tests with all the necessary precautions to be taken. The Rotaractors had their masks and gloves on while taking the swab test. These swab tests will be sent to a German lab for testing and each test is of market price 12,000/- Once the swab test was completed, we had Dr. Dua who was examining everyone. He had a record of the patient's medical history and had their previous reports as well.

D. Location: PRISM Healing Centre, Grant Road

E. Target audience/participants with expected number: 175 Beneficiaries

F. Date of the activity: 6/12/2021

G. Name of Resource Persons: Rtr. Lekha Poojary

H. Outcome/Feedback: No post-work meetings were required for this event. All the volunteers loved the opportunity to work under a medical professional and perform a swab test. They truly enjoyed the event idea of serving society in a way that affects the lives of patients. They were happy that they could learn more about thalassemia under a professional. When we discussed the feedback for the event, the members said that they would like to volunteer for such activities more often, and the Rotaractors who weren't able to attend expressed their desire to do more such projects since they also wanted to be a part of more such events. Rtn. Suni Ghabawala, Innerwheel President was extremely pleased with the volunteers of our club and was happy to do this project with us.

Organizing committee (students) -

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	9.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	10.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	11.	Rtr. Lohit Uccil
4.	Rtr. Hrishi Jaiswal	12.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	13.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	14.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	15.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	16.	Rtr. Nida Ali

I. Funding: Not involved

Report prepared by:

PS Furia

Annexures :
Pictures :



Surjeet Kaur
Convener
(Surjeet Kaur)



Uma Shankar
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Hello Hydration

B. Background:

After the event blueprint was approved by the team, we went ahead with the preparations of the event. A jpeg and PR message were created and released on the club's official WhatsApp group. An order of 10 litres of lemonade was placed with the supportive and cooperative women of Vaishnavi Mahila Mandal. We bought paper glasses and also placed an order of 50 hot and freshly prepared samosas with a local vendor. On the day of the event, 3 volunteers visited the Mahila Mandal and collected the lemonade from them. At 3:00pm, all the volunteers gathered at Gajanan Maharaj Chowk, Vikhroli. Volunteers visited the construction sites and introduced our club to the workers around. We also explained to them that we have brought some freshly prepared lemonade and hot samosas for them and we would be glad to help them. The Head at the site granted us permission to proceed and we went ahead with the distribution. The lemonade was filled in paper glasses and samosas were distributed among the workers. A garbage bag was provided to collect the glasses and to avoid mess. We were able to cover 3 construction sites in the neighborhood. A total of 75+ workers were benefited by this initiative and the volunteers went home with smiling faces.

C. Aims/Objectives: With the upcoming winters, Mumbai seems to pay no heed to lowering temperatures, rather recording the hottest and wettest days of November. We aim to make a change in everyone's lives. Hydration is the most basic necessity for an individual, so we decided to provide it to our hard working laborers. Lemonade with Glucon-D will help the laborers stay hydrated in the scorching heat and give them an icy cool break from work. But who will prepare it for them? We approached the wonderful women of Mahila Mandal to help us prepare the drink for them.

D. Location: Bikhroli

E. Target audience/participants with expected number: 75

F. Date of the activity: 30-11-2020

G. Name of Resource Persons: Rtr.Rajvee Gala

H. Outcome/Feedback:

We would like to help and provide employment to Vaishnavi Mahila Mandal by ordering food tiffin and promoting their work in future events. We also presented a citation to the women of Vaishnavi Mahila Mandal for their amazing contribution. Members insisted on conducting the same event in coming quarters on a larger scale.

Funding: Rotary Club of Bombay Pier

Organizing committee (students) -

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	9.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	10.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	11.	Rtr. Lohit Uechil
4.	Rtr. Hrishi Jaiswal	12.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	13.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	14.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	15.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	16.	Rtr. Nida Ali

Report prepared by: *As Furia*

Annexures :

Pictures :



Skaur
Convener
(*Subject kaur*)



Uma
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Let's Upcycle

B. Background:

Ever wondered where the chips packets or toffee wrappers end up going? A look around might tell us that it might be part of the litter spread on the road, or still lying around in the nearby dumpster. We're all aware of the grave state of plastic contamination in our oceans and how plastic has become everyone's number one enemy. So, what if we told you there's a way to cut down on the quantity of plastic that ends up in the ocean? Plus, it only takes 2 minutes of your time and you can do it from the comfort of your own home? What precisely is this amazing method that has capacity to solve the world's most pressing issue right now? Eco bricks are one solution to reuse this plastic waste and build something useful from it. Instead of throwing the plastic waste and bottles we can make eco bricks with them. It is a small yet very important step towards conserving the environment.

C. Aims/Objectives: After the approval of the blueprint, we went ahead with the preparations for the event. This event was divided into two phases: Phase 1 was an online session conducted on the Zoom Meetings App. The highlights of the session were: The chairpersons, Rtr. Tharani and Rtr. Eshaan aimed to provide an in - depth knowledge to our volunteers about the concept of eco bricks. A presentation was presented to the volunteers to explain the process through visual representation. We talked to the volunteers and guided them on how eco bricks are made. A step by step process was provided to all the volunteers. We informed them about the materials and what can be included in an eco-brick and what must not be a part of an eco-brick. We also told them about the use of eco bricks at various levels and how it is economic and sustainable.

After Phase 1, A separate WhatsApp group of volunteers was made who would collect plastic waste in 11 days span and then join us on ground to make eco bricks. Keeping in mind the COVID situation, we restricted the number of people to 15 volunteers for the on ground phase. RSVPs took daily update of plastic collection on the group. Volunteers were suggested to inform the stores in their locality where plastic usage happens on a daily basis to store these plastics for the good cause. They were also asked to spread message regarding eco-bricks to their friends, family and local store owners. On 28th December we gathered at a terrace in Chembur and started preparing eco bricks. As instructed, volunteers brought a bag full of plastic waste, scissors, and stick. Plastic waste from each volunteer was gathered and we started cutting small pieces of plastic. All the volunteers filled the bottles and compressed

the waste using a stick. We were successful in making 7 eco bricks. We wish to continue this process until we make a good number of eco bricks. We would donate it to a NGO where they already make shelters from eco bricks and are in need of more.

D. Location: Chembur

E. Target audience/participants with expected number: 28

F. Date of the activity: 18-26 December 2020

G. Name of Resource Persons: Rtr. Eshaan Pinto, Rtr. Tharani Gorky

H. Outcome/Feedback:

An Eco brick is a reusable building block made by packing solid non-biodegradable garbage into plastic container to a specific density. The bottles are excellent building blocks for nearly any construction because they are packed with a set density. They can also be filled with non-biological non-recyclables that are dangerous to the environment if not contained. Because plastic trash is a long-lasting and robust substance, Eco bricks are a sustainable solution to utilize non-biodegradable plastic waste. As a result, plastic is kept out of the ecosystem, preventing environmental contamination. A proper reuse of plastic was done by this initiative. Not only we were able to manage our plastic waste and give our bit to the environment but also we will be able to make a shelter for animals at a very minimal amount. Members of our club as well as the general public were educated about Eco bricks as a result of this effort. Even small contribution counts, which is why we were pleased to learn that local store owners, general public were thrilled with this concept and went out of their way to support the cause by informing their customers and friends and family.

Organizing committee (students) –

SR. NO	NAME	SR. NO	NAME
1.	Rtr. Lekha Poojary	10.	Rtr. Saniya Sayed
2.	Rtr. Pooja Kumavat	11.	Rtr. Darshan Jain
3.	Rtr. Rajvee Gala	12.	Rtr. Lohit Uechil
4.	Rtr. Hrishi Jaiswal	13.	Rtr. Bhavya Dave
5.	Rtr. Rishabh Shetty	14.	Rtr. Raji Shah
6.	Rtr. Jeslin Joy	15.	Rtr. Tanish Randeep
7.	Rtr. Hamsini Uyer	16.	Rtr. Devika Rane
8.	Rtr. Parimal Saraf	17.	Rtr. Nida Ali
9.	Rtr. Tejashree	18.	Rtr. Vaishnavi Deore

Report prepared by: *BS Furia*

Annexures

Pictures :



S Kaur
Convener
(*Surjeet Kaur*)



Uma Shankar
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (West), Mumbai - 400 022.

Name of the Department: Rotaract Club of SIES College, Sion West

A. Title of the Activity: Gift of Warmth.

B. Background: There is more joying in giving than in receiving and we at Rotaract Club of SIES College, Sion (W) couldn't agree more. Winters are quite harsh for everybody, with the cold and chilly winds. The aim of this event was to spread joy, happiness, and love by lending a hand and donating blankets this winter to keep them warm. We decided to approach and seek the help of our Rotary club ie The Rotary Club of Bombay Pier to conduct this event.

C. Aims/Objectives:

Rotaractors were asked to wear masks and gloves, carry sanitizer and follow the guidelines given . On the day of the event, the Rotaractors assembled to reach the destination, Kawthewadi Village. We had a total of 17 Rotaractors with us for the drive, who were chosen on the basis of first come first basis. The blankets which were collected from the college a day before were all set to provide comfort to the members of Kawthewadi Village. To reach our venue, all the Rotaractors assembled at Thane station and boarded a train from there together. At 10 AM, we reached Kawthewadi and assembled everyone there. We began with the donation, interacted with the people there and had a lovely time getting to know each other. More than 100 blankets were distributed there, thereby creating an impact on the society.

D. Location: Kawthewadi Village

E. Target audience/participants with expected number: 200 People of Kawthewadi Village

F. Date of the activity: 27/12/2021

G. Name of Resource Persons: Rtr. Kamala Thakur, Rtr. Smruti Tawde

H. Outcome/Feedback: We asked the members what they thought of the event, what additions they would like to make to the project, what was their favorite part and we received fabulous responses. They said that they would love to carry more such donation drives with the help of our Rotary club. All the volunteers loved to be part of the donation drive and insisted on carrying out more such projects on a larger scale often to keep creating the change we wish to see in the world.

I. Funding: Rotary Club of Bombay Pier

Annexures

Pictures :



Skaur
Convener
(Surjeet Kaur)



Uma
Dr. Uma Shankar
Principal
Principal
SIES College of Arts, Science &
Commerce (Autonomous)
Sion (W. ... Mumbai - 400 022.



Name of the Department: National Cadet Corps

- A. Title of the Workshop/Activity:** International Yoga Day
- B. Background:** The cadets of SIES NCC Unit participated International Yoga Day 2021 at morning 7.30 am to 9.30 am. It helps the students understand how to maintain harmony between body and mind. Like every year, to promote and spread awareness about Yoga and its benefits the NCC cadets performed Yoga at their homes. They shared the benefits of yoga, and some yoga protocols that can be followed for a healthy life.
- C. Aims/Objectives:** Yoga Day is celebrated among the children and youth to make them understand the importance of Yoga in their life.
- D. Location:** Students residential places and home.
- E. Target audience/participants with expected number:** Students, all family members and neighbors etc.
- F. Date of the activity:** 21/06/2021
- G. Name of Resource Persons:** Nil.
- H. Outcome/Feedback:** Yoga helps us build a strong physical, mental and spiritual health system. Yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.
- I. Funding if any:** SIES College
- J. Annexures:**

i. List of Participants

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	AKSHAY PATIL	17	JANHAVI PRABEER DASS
2	SACHIN PATIL	18	JYOSTNA YEWALE
3	BHANUPRATAP SISODIA	19	NIKITA MANSING JADHAV
4	ROSHAN MUSALE	20	SAKSHI ANIL MISHRA
5	ALOK GUNJAWALE	21	YAZISHNI GANDHI
6	MAYUR JAMBVKAR	22	YOGITA CHAVAN
7	GORAKSHANATH SHAMA	23	ARTI SHIRTAVALE
8	ANAND SALUNKE	24	DIVYA THEVAR

9	ARJUN BOMIDI	25	NEHA MANSING JADHAV
10	VENKATRAMAN KRISHNAMURTHY	26	NISHTHA PANCHAMDAS GUPTA
11	UDAYRAJ SHINDE	27	DHANASHREE CHAVAN
12	ROHIT SHINDE	28	KRISHNA SINGADIYA
13	NEETESH PRAJAPATI	29	MAYURI VILAS KERKAR
14	MIHIR GOLE	30	PRAJAKTA RAJU KAMBLE
15	DAYANAND KADAM	31	PRITI BABAN KAMBLE
16	ONKAR BHALERAO	32	PRIYA DEEPAK TAMBE

ii. Photographs (Geotagged)




Principal,
SIES College of Arts, Science & Commerce,
Sion (West), Mumbai - 400 022.

Principal




Lt. D. K. PAWAR
Coy Commander
1 Mah Bn NCC
SIES College, Sion (W)
NCC ANO



Name of the Department: National Cadet Corps

- A. Title of the Workshop/Activity:** Tree Plantation
- B. Background:** The SIES NCC cadets performed Tree Plantation (Van Mahotsav) at their residential places. Trees represent life, growth, peace and nature. Keeping this in mind Tree Plantation was organized under the awareness program “Van Mahotsav”. Van Mahotsava means “Tree Festival”. This tree planting festival is observed annually, over a period of week. Cadets planted 21 plants in their premises in lockdown.
- C. Aims/Objectives:** Plantation of trees and plants aids in making the environment better. It purifies the air, conserves water, helps in climate control, preserves soil and benefits the overall environment in several other ways.
- D. Location:** Students residential places during lockdown.
- E. Target audience/participants with expected number:** Students and cadets of units.
- F. Date of the activity:** 08/07/2021
- G. Name of Resource Persons:** Nil.
- H. Outcome/Feedback:** Cadets planted 21 plants in their premises in lockdown. They planted desi trees like Neem, Peepal, Tulsi, Tamarindus Indica, etc. Plantation done near cadet’s premises.
- I. Funding if any:** SIES College
- J. Annexures:**

i. List of Participants

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	PRITAM PREMA DEBNATH	12	PALLAVI PAVITHRAN
2	PRATIK CHIKNE	13	PRIYA KORI
3	ROHIT KAMBLE	14	PRIYANKA MISHRA
4	KAILAS KALE	15	SHRAVNI PARAB
5	HRISHIKESH JADHAV	16	VAIBHAVI BORHADE
6	MOHAMMAD FAIZAN	17	NEHA JAISWAR

7	AKSHAY JADHAV	18	AARTI SHIRTAVALE
8	GAURAV SHINDE	19	DIVYA THEVER
9	ABHAY VIJAY DUBEY	20	YAZISHANI GANDHI
10	GAURAV BHOIR	21	JANHAVI DASS
11	SUJIT PADWAL		


ii. Photographs (Geotagged)




 Principal,
 SIES College of Arts, Science & Commerce,
 Sion (West), Mumbai - 400 022.

Principal




Lt. D. K. PAWAR
 Coy Commander
 1 Mah Bn NCC
 SIES College, Sion (W)
NCC ANO



Name of the Department: National Cadet Corps

- A. Title of the Workshop/Activity:** Covid -19 Vaccination Drive
- B. Background:** The SIES NCC cadets conducted Covid – 19 Vaccination Drive with the collaboration of Municipal Corporation of Greater Mumbai F/N Ward on dated 30 October 2021 and 29 November 2021 at college campus during lockdown. College NSS also participated in this program.
- C. Aims/Objectives:** Vaccinating the entire eligible population at the earliest in Sion and Dharavi area.
- D. Location:** SIES College Sion West.
- E. Target audience/participants with expected number:** Students and eligible population in Sion and Dharavi area.
- F. Date of the activity:** 30 October 2021 and 29 November 2021.
- G. Name of Resource Persons:** Municipal Corporation of Greater Mumbai F/N Ward.
- H. Outcome/Feedback:** The NCC cadets assisted to Municipal Corporation of Greater Mumbai F/N Ward to perform Covid -19 Vaccination Drive with proper hygiene. More than 200 persons are vaccinated successfully.
- I. Funding if any:** Municipal Corporation of Greater Mumbai
- J. Annexures:**
 - i. List of Participants**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	PRITAM PREMA DEBNATH	8	PALLAVI PAVITHRAN
2	PRATIK CHIKNE	9	PRIYA KORI
3	ROHIT KAMBLE	10	PRIYANKA MISHRA
4	KAILAS KALE	11	GAURAV SHINDE
5	HRISHIKESH JADHAV	12	ABHAY VIJAY DUBEY
6	MOHAMMAD FAIZAN	13	GAURAV BHOIR
7	AKSHAY JADHAV	14	SUJIT PADWAL

ii. Photographs (Geotagged)




Principal,
SIES College of Arts, Science & Commerce,
Sion (West), Mumbai - 400 022.

Principal




Lt. D. K. PAWAR
Coy Commander
1 Mah Bn NCC
SIES College, Sion (W)
NCC ANO



- A. Title of the Activity:** SSB Capsule Training Program
- B. Background:** SIES NCC UNIT organized SSB Capsule Training Program (Online) from 18 Feb 2022 to 20 Feb 2022. Program organized for the NCC cadets who are really interested in the Armed Forces with the collaboration of GN Khalasa and Rizavi College.
- C. Aims/Objectives:** To inspire and motivate NCC cadets to take up career in Armed Forces. To SSB selection, preparations for mock tests and interviews modeled on the actual tests and interviews that aspirants will face, will boost the aspirants' confidence by familiarizing them with a real time situation.
- D. Location:** SIES College MS-TEAM platform (online)
- E. Target audience/participants with expected number:** NCC cadets, college students and students preparing for Armed Forces.
- F. Date of the activity:** 18 Feb 2022 to 20 Feb 2022.
- G. Name of Resource Persons:** Col. Kulwant Kataria (Sena Medal)
- H. Outcome/Feedback:** The NCC cadets from three colleges are participated in this online SSB Capsule. The important topics such as selection process, OLQ, setting of goals, clear myths about SSB and questions and answers are covered in the program. Students got the outline of SSB to prepare systematically.
- I. Funding:** SIES College, G N Khalasa and Rizavi College
- J. Annexures:**
 - i. List of Participants:**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	PARAG KADAM	29	KADAM DIKSHITA TANAJI RUPALI
2	ABHISHEK DUBEY	30	KOMAL KASHYAP (GUEST)
3	AJAY JAISWAL	31	LCPL RANI DHANAWADE
4	AKSHAY TANAJI PATIL	32	MARIYAM SHAIKH (GUEST)
5	AMBRE ADITYA (GUEST)	33	NAIR VINIT VIJAYKUMAR
6	AMRUT SHETTY (GUEST)	34	NANDINI YADAY

7	ANKIT KUMAR (GUEST)	35	NILESH PAL (GUEST)
8	CDT SANJANA SAWANT (GUEST)	36	PARAG KADAM (GUEST)
9	CDT YASH DONGARE	37	PARAG KADAM (GUEST)
10	CDT ZAINAB SK (GUEST)	38	PARDESHI VISHWAJEET
11	CDT. ARUNKUMAR YADAV (GUEST)	39	PRATYUSH MOHANTY
12	CDT. GAYATRI KHEMNAR. (GUEST)	40	PRAVEEN PANDEY
13	CHAITANYA KAPASE (GUEST)	41	RAJPUT KALYANI
14	COL K. KATARIA, SENA MEDAL (GUEST)	42	ROSHAN KHOBRAGADE (GUEST)
15	CPL SAIF PATHAN (GUEST)	43	RUSHIKESH BAGAL
16	DATTARAM MORE (GUEST)	44	SANKET DIGHE
17	DATTARAYA PAWAR	45	SATYENDRAKUMAR
18	DHAIRYA RANA	46	SAVIO PEREIRA (GUEST)
19	DHIRAJ YADAV (GUEST)	47	SHUBHAM JADHAV
20	DHIRAJ YADAV (GUEST)	48	SHUBHAM PANDEY (GUEST)
21	DWIVEDI SHIVAM SI	49	SINGH AYUSH RANJEET
22	GAIKWAD ADITYA ANIL SHAILA	50	SINGH JAI RAJESH
23	GANESH MAYEKAR (GUEST)	51	SUBHAM PRADHAN
24	GAWAND VYAS NARENDRA	52	SURAJ DHOKALE
25	GOLDE GUPTA (GUEST)	53	SURAJ DHOKALE (GUEST)
26	HARSHAD SUDHAKAR SHETTIGAR	54	VIJAYA SINGH (GUEST)
27	HARSHAL SURVE	55	YASH PATEL (GUEST)
28	HRITHIK KHANDE (GUEST)		

ii. Photographs (Geotagged)

SIES NCC UNIT
ORGANIZES
SSB CAPSULE TRAINING PROGRAM
SSB GUIDANCE LECTURE SERIES IN
COLLABORATION WITH SIES COLLEGE, SION
COLLEGE AND DHANUKA COLLEGE

UNITY AND DISCIPLINE

Conducts conducted by:

FIVE DAYS SSB INTERVIEW PROCESS EXPLAINED

Are you really interested in the Indian Armed Forces???

If yes, then why are you waiting?? Register here!!!

Date: 18 February 2022 Timing: 1430 - 1730 hrs
19-20 Feb 2022 Timing: 0800 - 1100 hrs

982258064 / 8879166398



WHAT AFTER SSB?

- ☐ ALL RECOMMENDED CANDIDATES UNDERGO MEDICAL EXAMINATION FOR 1 TO 3 DAYS.
- ☐ MEDICALLY FIT CANDIDATES ARE CALLED TO JOIN TRAINING ACADEMY ON THE BASIS OF MERIT AND ENTRY SCHEME.
- ☐ ON SUCCESSFUL COMPLETION OF TRAINING...

LEADERSHIP IN ARMED FORCES

- > INTELLECTUAL ABILITIES
- > SOCIAL INTELLIGENCE
- > EMOTIONAL INTELLIGENCE
- > LEADERSHIP ATTRIBUTES
- > MENTAL AND PHYSICAL STAMINA

OFFICER LIKE QUALITIES (OLQs)

FACTOR I: PLANNING & ORGANISING (APPLYING BASIC INTELLIGENCE INTO PRACTICAL FIELD FOR SOLVING VARIOUS COMPLEX SITUATIONS)

- EFFECTIVE INTELLIGENCE
- REASONING ABILITY
- ORGANISING ABILITY
- POWER OF EXPRESSION


FACTOR II: SOCIAL ADJUSTMENT (LEVEL OF ADJUSTMENT & INTER-PERSONAL RELATIONSHIP THE CANDIDATE REFLECTS)

- SOCIAL ADAPTABILITY
- CO-OPERATION
- SENSE OF RESPONSIBILITY


Principal,
SIES College of Arts, Science & Commerce,
Sion (West), Mumbai - 400 022.

Principal




Lt. D. K. PAWAR
Coy Commander
1 Mah Bn NCC
SIES College, Sion (W)
NCC ANO