

Bharati Vidyapeeth

(Deemed to be University),

Institute of Management and Entrepreneurship

Development

Erandwane, Pune – 411038

NATIONAL SERVICE SCHEME



ANNUAL REPORT

2020-21

Regular Activities

(SEPTEMBER – OCTOBER 2020-21)

S NO.	ACTIVITIES	DATE
	30 days Fit India Campaign	
1.	Morning Walk & Jog	2 nd September – 2 nd October 2020
2.	Healthy Eating Challenge	4 th September 2020
3.	Yoga Challenge	5 th September 2020
4.	Plank Challenge	7 th September 2020
5.	Squat Challenge	9 th September 2020
6.	Indoor Mental Games	10 th September 2020
7.	Webinar on Fitness	11 th September 2020
8.	Skipping and Push-up Challenge	12 th September 2020
	Ozone Day	
9.	Director IMED Address on Ozone day	16 th September 2020
10.	Tree Plantation	16 th September 2020
11.	No Vehicle Day	16 th September 2020
	Gandhi Jayanti Week	
12.	Story Telling Competition	2 nd October 2020
13.	My Family My Responsibility	3 rd October 2020
14.	Virtual Extempore	5 th October 2020
15.	Scheme Quiz Competition	6 th October 2020
16.	International save girl child	11 th October 2020
	Vigilance Awareness week	
17.	Satark Bharat, Samridhd Bharat	28 th October 2020
18.	Human Rights	29 th October 2020
19.	Unity day Pledge	31 st October 2020

30 DAYS FIT INDIA CAMPAIGN

S. No.	Activity	Date
1.	Fit India Campaign- Morning Walk & Jog	2 nd September 2020 – 17 th September 2020
2.	Healthy eating Challenge	4 th September 2020
3.	Yoga Pose Challenge	5 th September 2020
4.	Plank Challenge	7 th September 2020
5.	Squats Challenge	9 th September 2020
6.	Indoor Mental Games	10 th September 2020
7.	Webinar on Fitness	11 th September 2020
8.	Skipping and Push up Challenge	12 th September 2020

FIT INDIA CAMPAIGN

Fit India movement is a nation-wide movement that encourages people to stay healthy and fit by devoting time in physical activity and sports every day.

It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 (National Sports Day).

This campaign aims to increase the health and living standard of the people.

Every year, the NSS team of IMED organizes this campaign by performing various games and activities like football, basketball, volleyball, kabaddi, etc. This year due to Covid-19 and lockdown the activity was performed from different geographical locations by every participant in their hometown in a safe manner.

The campaign took place from 2nd September, 2020 – 2nd October, 2020. The total of 85 individuals participated in this campaign including 73 students and 13 faculty members.

The campaign was divided into two shifts:-

Morning - 5.30 am - 7.30 am

Minimum 30 minutes of walk or jog daily resulting in average of 10,000 footsteps travelled.

Evening - 4.30 pm - 7.30 pm

Performing yoga, plank, skipping, push ups, playing any indoor game, etc.

A seminar was conducted by **Arjun Jain** on Fitness and its health benefits to spread awareness among the viewers. The campaign was regulated by taking the screenshot of the workout done by participants and posting it in the common NSS group.

The result of this campaign was great as the participants managed to make a huge impact on their families and surrounding as well, as the later ones too contributed in this campaign by doing certain physical activity.

It is requested by everyone to give at least 30 minutes in a day towards fitness and physical activity for better health regime.

Name of the activity	Volunteers & Students Participated	Faculties Participated
Fit India Campaign – Walk/Jog	73	13

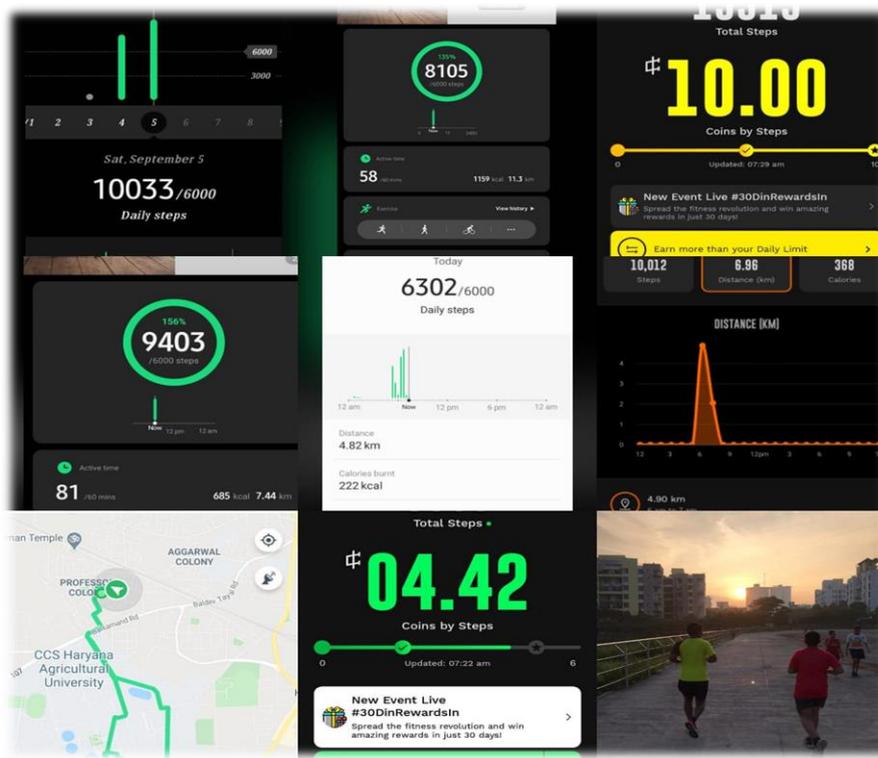
List of participants:-

S.no.	Name	S.no.	Name
1	Arjun Kakkar	44	Swati Sinha
2	Chinmay	45	Vishal Kumar
3	Sonali	46	Nivedita Ranjan
4	Aryan Kushwaha	47	Shrestha raj
5	harshika bhushan	48	Shubham kale
6	Yashasvi	49	Priyanka
7	Ayan Shaikh	50	Anuj
8	Suhani Juneja	51	Ritu Choudhary
9	Arya bhendarkar	52	Kanhaiya Agarwal
10	Shauryankar	53	Samirah Khan
11	Jairath shrama	54	Rajat Kumar
12	Akhilesh	55	Khushboo Rathi
13	Sakshi Shree	56	Mrunal Mahajan
14	Ashish Kumar Sharma	57	Shaurya Pratap Singh
15	Rupam Sinha	58	Madhav Choudhury
16	Harshit Sharma	59	Aman sahney
17	Kaushik Raj	60	Ashwani Gupta
18	Ansi Yadav	61	Ritika Mathur
19	NR Mohitha	62	Krishnpreet Makhija
20	Shaurya Bajaj	63	Mahima Sinha
21	Yuvraj krishna	64	Muskan Khandelwal
22	Shashwat Mahajan	65	Ujjwal Kumar Jha
23	Shreyash Biyani	66	Shruti Dwivedi

24	Kanak tyagi	67	Nitisha Gangal
25	Nayan pantankar	68	Risha
26	Harsimar Singh	69	Kirtika bansal
27	Zoya Siddiqi	70	Chandranshu sharma
28	Padam Sipani	71	Kundan
29	Tushar Dujari	72	Kumar Aman Anand
30	Monika singh	73	Swapnil Bhole
31	sudeeksha	74	Prof.Shradha vernekar
32	Siddharth Mujumdar	75	Prof.Pratima
33	Vaishnavi	76	Prof.Sandhya
34	Kirti Choudhary	77	Dr.Deepti deshमुख
35	Anuja Khutwad	78	Prof.Baljeet kaur
36	Trideep Das	79	Prof.Kriti gupta
37	Akshay Jain	80	Prof.Bharati yelikar
38	Kriti Kapoor	81	Prof.Shreyas Dingankar
39	Sanjana nayal	82	Dr. Ramchandra Mahadik
40	tashi keshwani	83	Dr. Vijay phalke
41	aditi srivastava	84	Prof.Pramod kadam
42	shital salwani	85	Prof.Arun pawar
43	Komal Verma	86	Prof.Simrat Sarkaria



Faculties and Volunteers during morning walk



Screenshots of step counts sent by volunteers

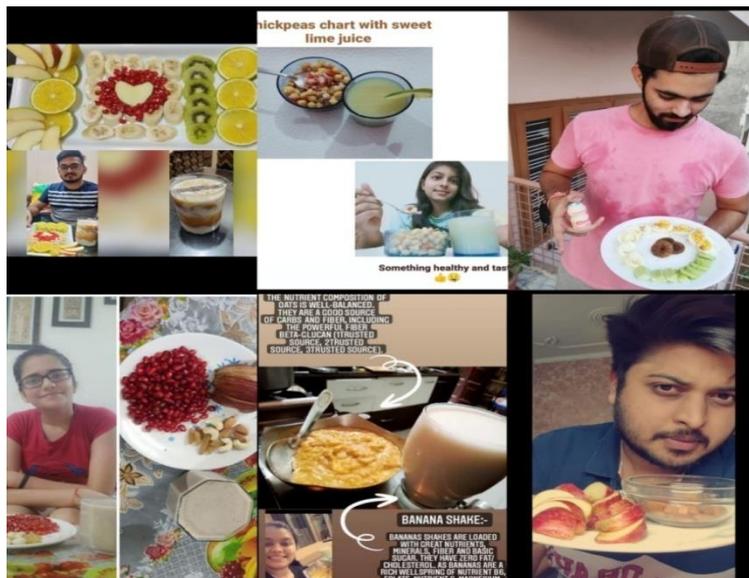
HEALTHY EATING CHALLENGE REPORT

The NSS unit of IMED conducted a 30 days FIT INDIA CAMPAIGN which started from 3rd September, 2020. The first challenge held under the campaign was the EAT HEALTHY CHALLENGE. It was organised on 4th September, 2020. The challenge was very simple. All the participants had to do was to eat a healthy evening snack and send a picture with it. They could include one or more of the following items in their evening snack. The items are Fruit plate, Oats, Soaked Almonds, Dry Fruits, and Sprouts, Boiled egg, Butter Milk, Lemonade, Salad and Fox nuts. They were allowed to include any other item in their snack but had to justify its nutritional value. Having a fruit or fruit juice along with the evening meal was mandatory.

Eating a healthy evening snack has a lot of benefits and our aim was to motivate people to include it in their daily routine.

Some of the benefits are:

- Increases sustained energy
- Improves cognitive function
- Boosts mental health
- Improves focus



Date	Activity	Volunteers Participated
4 th September 2020	Healthy eating Challenge	50

Overall it was a successful activity and 50 health enthusiasts participated in it. List of participants is as below:

S.No	Name	S.No	Name
1	Tushar dujari	26	Chinmay malhotra
2	Khushboo rathi	27	Risha
3	Rajat kumar	28	Aarya bhendarkar
4	Ritu chaudhary	29	Kriti kapoor
5	Harshit sharma	30	Sonali bhushan
6	Sudeeksha	31	Ayan
7	Shreyash biyani	32	Akshay jain
8	Padam sipani	33	Vishal kumar
9	Ritika mathur	34	Akhilesh singh
10	Zoya siddiqi	35	Kirtika bansal
11	Shresth trivedi	36	Ashish sharma
12	Ansi yadav	37	Sakshi shree
13	Samirah	38	Jay
14	Shaurya pratap singh	39	Vaishnavi yadav
15	Anuj jain	40	Monika singh
16	Sanjana nayal	41	Shruti dwivedi
17	Suhani juneja	42	Harshika
18	Kriti choudhary	43	Swati sinha
19	Ashwini gupta	44	Yashasvi aggarwal
20	Shaurya	45	Priyanka
21	Kanak tyagi	46	Nivedita rajan
22	Mohitha	47	Krishnpreet
23	Kunal gupta	48	Muskan khandelwal
24	Nitisha gangal	49	Arjun kakkar
25	Ujjwal kumar jha		

YOGA

Yoga is a magical word. It is often known as that yoga is meeting one's soul with the God's soul. It can heal anything and everything. Regular practice can help us to get rid of any physical and mental problems. It has no. of forms. Different Asanas are performed for several benefits. To boost our immunity we should practice every day.

This year, **NSS unit** of IMED celebrated **Yoga day** as evening activity on **5th of September, 2020** in a different way through online medium. During this pandemic also everybody participated with great enthusiasm.

Students performed different yoga poses (asanas) at their homes and made a collage out of it and shared it. The activity started from 4:30 pm and lasted till 7:30 pm. Major students were able to perform all 6 poses and tested their flexibility and body limits. They felt really refreshed after performing these poses and wished to continue this as a daily routine.

The activity was well organised under the guidance of **Dr. Vijay SS Phalke** and the core team members. It was quite overwhelming to see such a huge participation of **47** volunteers.

Details are given below:



Pictures of the activity: ASANAS – Cobra Pose, Pigeon Pose, Warrior Pose, Bridge Pose, Camel Pose, Crescent Lunge Twist, Bow Pose.

Date	Activity	Volunteers Participated
5 th September 2020	Yoga pose challenge	47



Another student performing poses

List of the students who participated in the activity:

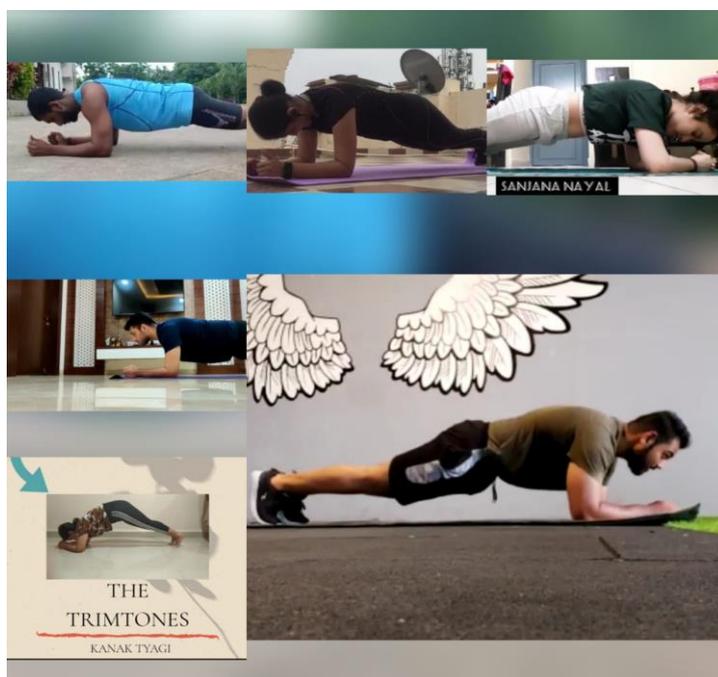
S.No	Name of volunteers	S. No.	Name of volunteers
1	Zoya Siddiqui	25	Samirah
2	Mohitha Noorera	26	Sakshi Shree
3	Shreyash Biyani	27	Ritika Mathur
4	Risha	28	Anuj Jain
5	Muskan Khandelwal	29	Shaurya bajaj
6	Sanjana Nayal	30	Aarya Bhendarkar
7	Shaurya Pratap Singh	31	Ujjawal Jha
8	Suhani Juneja	32	Akshay jain
9	Kriti Kapoor	33	Harshika Bhutan
10	Priyanka Ahlawat	34	Kaushik Raj
11	Khusboo Rathi	35	Madhav Chaudhary
12	Rajat Kumar	37	Chandranshu Sharma
13	Rupam Sinha	38	Vaishnavi Yadav
14	Harshit Sharma	39	Kanhaiya Agarwal
15	Ansi Yadav	40	Niti Gangal
16	Swati Sinha	41	Shreth Trivedi
17	Kanak Tyagi	42	Akhilesh Singh
18	Padam Sipani	43	Sonali
19	Shashwat Mahajan	44	Yuvraj Krishna
20	Ritu Choudhary	45	Ashwani Gupta
21	Kritika Bansal	46	Monika Singh
22	Ayan	47	Krishnpreet Makhija
23	Vishal Kumar		
24	Ashish Sharma		

PLANK CHALLENGE

The NSS unit of IMED has organised fit India campaign of 30 days in which we made the students and the faculties aware about the importance of fitness and on the daily basis the participants have started to exercise run and walk during this fitness campaign we also organised some evening activities during which on the fifth day we organised a plank challenge in which the participants has to do a one minute plank and shoot a video of them doing a plank. All the participants participated actively in the challenge and a wonderful job by doing a plank of 1 minute the participants did many variations in the plank like:-full plank, alternating plank etc.

Plank is considered as one of the most wonderful exercise for the core strengthening in this the candidate has two holder particular position which strengthen their core, which basically strengthen the whole body and gives whole body exercise, from pelvic girdle to shoulder girdle as well as legs. The plank strengthens the spine which ultimately improves the posture of the body this exercise is very helpful in making youth fit.

This fit India campaign help the participants to inculcate the daily exercising and taught them the importance of staying fit and active which brouter healthy change in their lifestyle.



Volunteers doing planks

Date	Activity	Volunteers Participated
7 th September 2020	Plank Challenge	51

List of the Participants:

S. No.	Name	S. No.	Name
1	KanakTyagi	27	ZoyaSiddiqi
2	SanjanaNayal	28	ShreyasBiyani
3	Aryan kushwaha	29	Jairath Sharma
4	RupamSinha	30	Yuvraj Krishna

5	NayanPatankar	31	N.R.Mohitha
6	Risha	32	ShashwatMahajan
7	Harshit Sharma	33	ChinmayMalhotra
8	NitishaGangal	34	Ashwani Gupta
9	Ansiyaday	35	SuhaniJuneja
10	PadamSipani	36	ShauryankarLingwal
11	Rajat Kumar	37	AmanSahaney
12	ArjunKakkar	38	Ujjwal Kumar Jha
13	TusharDujari	39	ShauryaPratap Singh
14	Priyanka	40	Monika Singh
15	RitikaMathur	41	Ashish Kumar Sharma
16	Akshay Jain	42	ShresthTrivedi
17	Shaurya Bajaj	43	Ayan Sheikh
18	Swati Sinha	44	KirtiChoudhary
19	KritiKapoor	45	Vishal Kumar
20	MahimaSinha	46	KanhaiyaAgarwal
21	Chandranshu Sharma	47	AaryaBhendarkar
22	HarshikaBhushan	48	RituChoudhary
23	Kaushika Raj	49	MadhavChoudhury
24	Harsimar Singh	50	VaishnaviYadav
25	SonaliBhushan	51	Sakshi Shree
26	KritikaBansal		

SQUATS CHALLENGE

Squat is a strength exercise in which trainee lowers their hips from standing position and then stands back up. During the descent of the squat, the hip and knee joints flex while the ankle joint dorsiflexes conversely

the hip and knee joints extend and the ankle joint

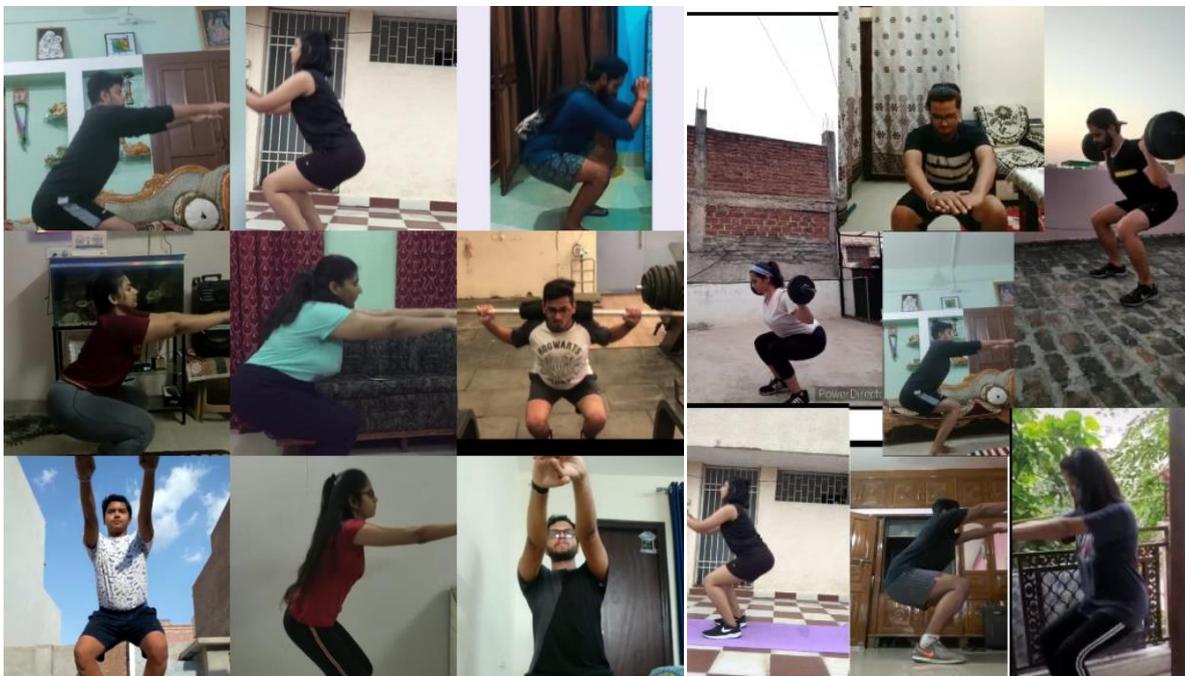
plantarflexes when standing up.

Squats are considered a vital exercise for increasing the strength and size of the lower body muscles as well as developing core strength.

This year, **NSS unit** of IMED organised **Squats Challenge** as evening activity on **9th of September, 2020** in a different way through online medium. Everybody participated with great energy and showed their possible strength.

Students performed the challenge at their homes and made videos and shared it. The activity started from 4:30 pm and lasted till 7:30 pm. They enjoyed the activity as it was a strength building activity.

The activity was well organised by core team members under the guidance of **Dr. Vijay SS. Phalke**. It was quite overwhelming to see such a huge participation of **47** volunteers.



Volunteers performing squats

Date	Activity	Volunteers Participated
9 th September 2020	Squats Challenge	47

List of the students who participated in the activity:

1	Padam Sipani	25	Kirtika Bansal
2	Zoya Siddiqi	26	Kriti Kapoor
3	Sanjana Nayal	27	Harsimar Singh
4	Ansi Yadav	28	Arjun Kakkar
5	Harshit Sharma	29	Shashwat Mahajan
6	Rajat Kumar	30	Aman Sahney
7	Ritu Choudhary	31	Suhani Juneja
8	Khushboo Rathi	32	Shaurya Pratap Singh
9	Aryan Kushwaha	33	Monika Singh
10	Shreyash Biyani	34	Swati Sinha
11	Kaushik raj	35	Vaishnavi yadav
12	Samirah	36	Shauryankar Lingwal
13	Ashish Kumar Sharma	37	Kanhaiya Agarwal
14	Ujjwal Kumar Jha	38	Chandranshu
15	Harshika Bhutan	39	Rupam Sinha
16	Nayan Patankar	40	Aarya Bhendarkar
17	Risha	41	Ashwani Gupta
18	Akshay jain	42	Priyanka
19	Kanakyagi	43	Kriti Choudhary
20	Anuj jain	44	Jairath Sharma
21	Shaurya bajaj	45	Madhav Chaudhary
22	Sakshi Shree	46	Chinmay Malhotra
23	Sonali Bhutan	47	Ritika Mathur
24	NR Mohitha		

INDOOR MENTAL GAMES

NSS Team has organised a Fit India Campaign for 30 days under which different activities has been performed by volunteers. This campaign was started on 2nd September and Director of IMED, Dr. Sachin S. Vernekar joined us to motivate about importance of staying fit and staying fit would result to Hit India. In order to make the volunteers and the students of our college Fit and develop a healthy habit of waking up early and walk or run in order to maximize their steps .Other than this the NSS unit of IMED has also organised some Evening Activities for engaging the participants and let them do some fun and interesting fitness stuffs everyday .Just like that there was one mental health activity (**indoor mental game**) challenge which was organised on 10th September 2020, where the participants were asked to upload a photo of playing the games like carom, chess, Sudoku .As we should train each and every part body part so with physical health we should also take care of our mental health .Playing games helps to boost up the memory.A great participation was showed by the participants and this evening Activity was a success. Also it was appreciated by lot of people. This Fit India Campaign has really brought a good change among the participants and making this campaign as a challenge and organising it as a competition has brought lot of participation.



Volunteers playing indoor mental games with family

Date	Activity	Volunteers Participated
10 th September 2020	Indoor mental game	44

The list of participants who

participated in the fun Evening Activity:-

S.NO	Name	S.NO.	Name

1	Rajat Kumar	23	Kirtikabansal
2	KhushbooRathi	24	SuhaniJuneja
3	Sakshi Shree	25	KanhaiyaAgarwal
4	Ritikamathur	26	NR Mohitha
5	Harshit	27	Ashish
6	ZoyaSiddiqi	28	ShauryaPratap Singh
7	Risha	29	Vishal Kumar
8	Ayan	30	Swati
9	JaiRath Sharma	31	ShauryankarLingwal
10	Akhilesh Singh	32	Yashasvi
11	Ansi	33	VaishnaviYadav
12	Samirah	34	Monika Singh
13	SonaliBhushan	35	ChinmayMalhotra
14	ShreyashBiyani	36	Rupam
15	Kaushik raj	37	AmanSahney
16	Kanaktaygi	38	ASHWANI GUPTA
17	ShresthTrivedi	39	KirtiChoudhary
18	AaryaBhendarkar	40	Harshikabhushan
19	Anujjain	41	Arjun Kakkar
20	Padamsipani	42	KritiKapoor
21	RituChoudhary	43	Harsimar Singh
22	Madhavchaudhary	44	ShashwatMahajan

WEBINAR ON FITNESS

In today's world fitness is something which every individual urge to have in his lifestyle, and it's important also. But motive behind fitness varies from person to person. Some do because; they want to be healthy while some want an attractive personality and etc.

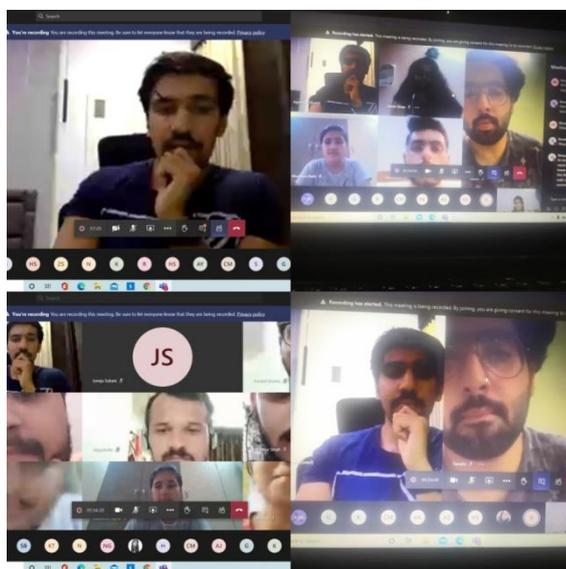
Now when we see today's youth involvement in fitness activities it's incredible.

With this thought in mind NSS unit of IMED organized a "Fit India Campaign" for 30 days under which different activities were performed by volunteers, students and faculties. This campaign was started on 2nd September.

On 9th day of this campaign NSS unit organized a webinar on how to improve your health and get to know how to do exercise effectively and make your lifestyle healthy. To conduct this webinar Mr. Arjun Jain was invited. He is the Fitness Advisor, founder of A.N.S Performance & Nutrition. He holds an experience of 6 years in fitness industry.

In this webinar our guest talked about the fitness activities one can apply in his daily life. Many rumors regarding diets, various drinks were Clearfield by the Fitness Advisor.

A question and answer round was also conducted. The webinar was attended by approximately 45 fitness enthusiast who included NSS volunteers, faculties, and students of IMED. And in the end the activity was a successful one.



Glimpse of the webinar.

Date	Activity	Volunteers Participated
11 th September 2020	Webinar	42

Participants of the webinar were

1. Suhani	2. Kanak
3. Kanhaiya	4. Kaushik
5. Khushboo	6. Kirti
7. Komal	8. Kriti
9. Madhav	10. Mohitha
11. Nitisha	12. Nivedita
13. Priyanka	14. Rajat
15. Risha	16. Ritika
17. Rupam	18. Arjun
19. Aryan	20. Ashish
21. Ayan	22. Chandranshu
23. Aashwani	24. Ratanjai
25. Harshika	26. Harismar
27. Shashwat	28. Shaurya
29. Shauryankar	30. Shreyash
31. Shruti	32. Swati
33. Ujjwal	34. Yashasvi
35. Zoya	36. Chinmay
37. Aman	38. Ansi
39. Harshit	40. Sakshi
41. Anuj	42. Shaurya Pratap

SKIPPING AND PUSH-UP CHALLENGE

The NSS unit of IMED has organized a Fit India Campaign as a 30 days challenge in order to make the volunteers and the students of our college Fit and develop a healthy habit of waking up early and walk or run in order to maximize their steps. Other than this the NSS unit of IMED has also organized some Evening Activities for engaging the participants and let them do some fun and interesting fitness stuffs every day.

Just like that there was one Skipping and Push-Up challenge which was organized on 12 September 2020, where the participants were asked to upload a video of not more than 1 min showing the number of times they can do skipping and the number of times they can do pushups .Skipping and Push-Up are a good fitness exercise which warms up the body and also pushup is beneficial for the muscle growth of chest and shoulder .A great participation was showed by the participants and this evening Activity was a success . Also it was appreciated by lot of people.

This Fit India Campaign has really brought a good change among the participants and making this campaign as a challenge and organizing it as a competition has brought lot of participation.



skipping
challenge

Volunteers
performing
and pushup

Date	Activity	Volunteers Participated
12 th September 2020	Skipping and Push-Up challenge	32

The list of participants who participated in the fun Evening Activity

1	SAKSHI SHREE
2	PADAM SIPANI
3	ZOYA SIDDIQI
4	SHAURYA PRATAP SINGH
5	NAYAN PATANKAR
6	HARSHIKA BHUSHAN
7	HARSHIT SHARMA
8	ANSI YADAV
9	ARYAN KUSHWAHA
10	HARSIMAR SINGH
11	CHANDRANSHU SHARMA
12	ANUJ JAIN
13	ASHAY JAIN
14	KAUSHIK PATHAK
15	RISHA
16	SHREYAS BIYANI
17	ARJUN KAKKAR
18	MONIKA SINGH
19	SANJANA NAYAL
20	AMAN SAHNEY
21	AKHILESH SINGH
22	ARYA BHENDARKAR
23	SONALI BHUSHAN
24	AYAN SHAIKH
25	SHASHWAT MAHAJAN
26	JAIRATH SHARMA
27	KUNDAN
28	SAMIRAH KHAN
29	ASHWANI GUPTA
30	SUHANI JUNEJA
31	CHINMAY MALHOTRA
32	MADHAV CHAUDHARY

WORLD OZONE DAY

Everything on this earth, living and non-living is connected in some way. These connections often affect us in many ways. We are facing pandemic as well as climate crises at the same time. One of the climatic effect on the earth is global warming due to ozone layer depletion. Every year on 16th September, we celebrate International ozone day to spread awareness of the depletion of ozone layer and how to preserve it.

This year, NSS unit of IMED celebrated this day in a unique manner in form of different activities. The activities were started from the early morning with a fitness activity.

NSS Team has organised a “Fit India Campaign” for 30 days under which different activities has been performed by volunteers. This campaign was started on 2nd September and on the 14th day of the campaign and on international ozone day Director IMED, Dr. Sachin S. Vernekar joined us to motivate about importance of staying fit and staying fit would result to Hit India. With this, on the occasion of ozone day he told us about the importance of ozone layer for the mother earth, how without ozone layer the survival on earth would be impossible. He also suggested us the measures and steps we should take to reduce the depletion of ozone day. This morning session began at 6:15 am through online mode and was attended by many faculty and students of IMED.

Date	Activity	Volunteers Participated
16 th September 2020	Director Address for Fit India and Ozone Day	34



Director IMED, Dr. Sachin S. Vernekar addressing volunteers during morning walk on International Ozone day

Another activity conducted was one day campaign of No Vehicle Day. As we know vehicles are the major source of air pollution which also affects the ozone layer. In order to take a step towards protecting our mother earth and giving a small break to our vehicles, No Vehicle Day was celebrated. All the IMED students as well as faculties took an active part in this campaign by not using their vehicles for a day and even promoted this campaign further by posting their photographs with no vehicle day posters on various social media platforms. This campaign was started in the morning and continued for the whole day.

Date	Activity	Volunteers Participated
16 th September 2020	No Vehicle Day	60



Planting more and more trees is a need of this hour. As trees grow, they help stop climate change by removing carbon dioxide from the air, storing carbon in the trees and soil, and releasing oxygen into the atmosphere. As every year, this year too IMED celebrated International Ozone Day by planting saplings. All the IMED Teaching and non-teaching staff took active part in this activity. The activity was inaugurated by Director IMED, Dr. Sachin S. Vernekar. About 35 saplings were planted in the campus.

Date	Activity	Saplings Planted
16 th September 2020	Tree Plantation	35



All the activities were well organized by NSS core team under the guidance of Programme officer, Dr. Vijay SS. Phalke. The event was successful with the help of the volunteers, IMED students and faculties in spreading awareness about planting more and more trees and less use of vehicles contributing in a step towards protecting our Mother Earth.

ACTIVITES UNDER GANDHI JAYANTI WEEK
REPORT SUMMARY

S. No.	Particulars	Date	No. of volunteers
1	Story Telling Competition	02/10/20	11
2	My Family My Responsibility	03/10/20	70
3	Unleash Your Creativity	04/10/20	15
3	Virtual Extempore	05/10/20	27
4	Scheme Quiz Competition	06/10/20	64

STORY TELLING COMPETITION

The NSS unit of IMED has conducted story telling competition on the occasion of Gandhi Jayanti It was the 1st activity, My Life is message This Activity was conducted by Ananya and Monika of BBA , under the guidance of Dr Vijay Phalke sir (NSS program officer) ,in this activity students had to share a story of Gandhi ji , Oct 2nd the story could be related to anything his life , career , protest , it was done completely virtually , students sent it following all the instructions and everyone gave their huge efforts .

This activity made us all learn about the different stories of Gandhi ji it was a complete success and all the students taught a lot the volunteers, organisers, students. Every year this activity is organized and students are given a platform to express their emotions for Gandhi ji and show patriotic feeling.

There were total 11 students who participated .The winners were awarded with cash prize and certificate



Date	Activity	Volunteers Participated
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2 ^h oct 2020	Story telling competition	11
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MY FAMILY MY RESPONSIBILITY

We have organized a “My Family My Responsibility” under which we have Taken Virtual Survey by Students of IMED. This activity has been conducted on 3rdOctober 2020.

The activity has been organized by Vishal Kumar, Prajjwal Asthana and Tejas Gujar with the help of 70 Volunteers and the mentors in the guidance of Dr. Vijay Phalke (NSS Programme Officer) in online mode due to COVID-19 pandemic situation.

The volunteers were supposed to Fill a Google Form in which their recent health and travel details were taken along with their family members to make a clear survey, after that everyone posted their family photo in which the volunteers had done a fantastic job. We merged every photo and made a final video.

(<https://www.youtube.com/watch?v=irNIhrOIoYs&feature=youtu.be>)

In this pandemic Online Survey is a creative idea.



My Family, My Responsibility’ campaign will aim to achieve effective health care education for the control of Covid-19 outbreak.

The health Survey will monitor family members, senior citizens and oxygen levels.

Date	Activity	Volunteers Participated
3 rd October 2020	My family my responsibility	70

UNLEASH YOUR CREATIVITY

"Live as if you were to die tomorrow, Learn as if you were to live forever."

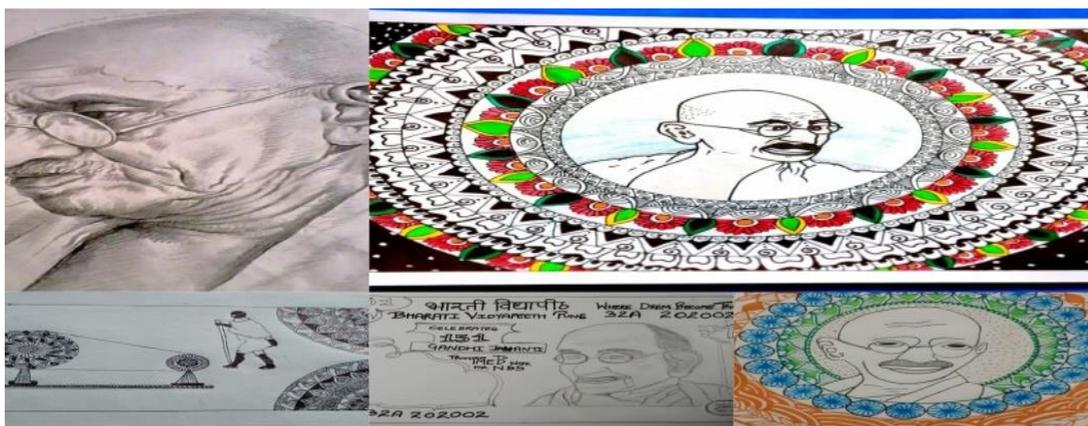
Gandhian philosophy undoubtedly played a crucial role in winning India its independence and is followed and implemented not only in India but in various parts of the world as well, even today.

Bharati Vidyapeeth (Deemed to be University) IMED ,PUNE organized a **GANDHI JAYANTI WEEK** from 2nd october to 6th october on the occasion of Gandhi Jayanti, to celebrate and commemorate the Birthday of such a vibrant and influential personality who was a son of Mother India and later came to be known as the Father Of The Nation.

The week included a Painting competition, **UNLEASH YOUR CREATIVITY** .The activity was guided by our NSS programme officer Dr. Vijay S.S. Phalke. Participation was exceptionally well. Volunteers participated actively. Because of covid-19 situation this activity was also conducted in a virtual mode.

The registration for the activity was done through google form. All the volunteers actively participated in the event and we received amazing paintings.The best paintings were uploaded on IMED NSS Instagram handle and the compiled video of all the received art was uploaded on IMED NSS YouTube channel also. We received More than 15 paintings and sketches.The winners of the competition was given certificate and cash prize was given as the first prize.After all this we can definitely say that the activity was a successful one.

Some of the paintings are:-



Date	Activity	Volunteers Participated
4 th October 2020	Painting competition	15

VIRTUAL EXTEMPORE COMPETITION

The NSS team of Bharati Vidyapeeth (Deemed to Be University), Institute of Management and Entrepreneurship Development (Pune), organized a “Virtual Extempore Competition” under Gandhi Jayanti week from 4:15pm till 5:30pm on 5th October, 2020. Students were given the topic “Atmanirbhar Bharat. The activity was guided under the event coordinator Dr. Pramod kadam and the judge of the event Dr. Sonali Dharmadhikari.

The motive of the event was to make aware about what is the actual meaning of being Atmanirbhar bharat. The event took place on Microsoft teams. There were two rounds; round 1 the elimination round through

google forms and round 2 the virtual extempore competition. There were 27 participants and 21 participants qualified for the next round. They were given 3 minutes time to showcase their understanding of the topic, originality, presentation, time management, and innovative thinking. The award for them will be cash prize and certificates for the top 3 positioned participants. In the end the event was concluded with the warm wishes by the audience gather for the event.



An interaction between the participants



Extempore competition

Date	Activity	Volunteers Participated
5 th oct 2020	Extempore competition	27

SCHEME QUIZ COMPETITION

NSS Unit of IMED Bharati Vidyapeeth (deemed to be) University organized GANDHI JAYANTI WEEK from 2nd October 2020 to 8th October 2020. Under which 7 activities were organized.

On 6th October 2020, Scheme quiz competition was held. It was conducted by Harshika Bhutan and Ritu Chaudhary under the guidance of their mentor Ashish Sharma and NSS Program officer Mr. Vijay S Phalke. Faculty Coordinators were Pratima Gund ma'am and Sangeeta Patil ma'am. Mr. Ramchandra Mahadik was invited as the Judge of the event.

Total 64 students registered for the activity out of which 35 cleared the elimination round. Elimination round was conducted through Google forms in which students had to answer 10 question about latest Government schemes within 8 minutes of time.

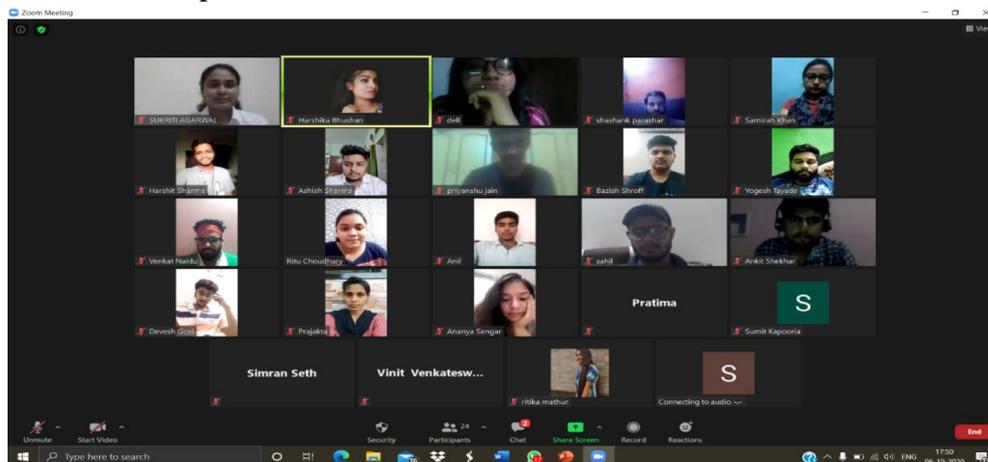
The final round was conducted through an online meeting platform called ZOOM app. There were 25 questions in total and the students had to answer the questions correctly in the chat box. The top 3 three fastest answers were considered and was marked accordingly. The first correct answer was given 5 points followed by second correct answer with 3 points and third correct answer with 1 point.

The winners of the Event were:

1st Ritika Mathur with 62 points

2nd Samirah Khan with 52 points

3rd Shashank Parashar with 23 points



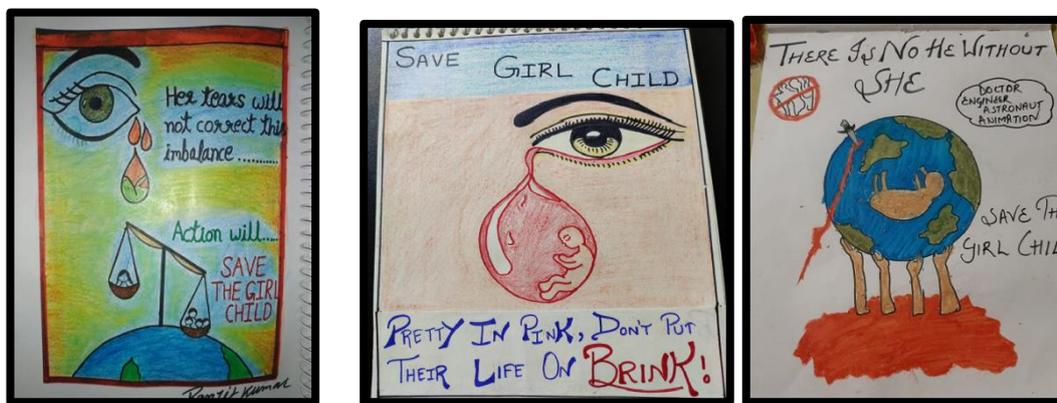
Date	Activity	Volunteers Participated
6 th oct 2020	Scheme quiz	65

SAVE GIRL CHILD

(National Girl Child Day 2020)

NSS Unit of IMED, Bharati Vidyapeeth (Deemed to be) University has organized an activity “SAVE GIRL CHILD” under which different activities has been performed by volunteers. This activity been conducted on 11th October 2020.

The activity has been organised by Arjun Kakkar with the help of core committee members including Dr. Vijay Phalke (NSS Programme Officer). This activity was basically organized for the enrollment of MBA first year students in which 29 volunteers have participated.



The activity was performed in online mode due to COVID-19 pandemic situation. The volunteers were supposed to perform two activities. In the **first task**, volunteers were supposed make a video sharing their views that As a youth, how can they change the mindset of people regarding present condition of girls and saving girl child. The second task was to make handmade posters and to write a slogan regarding the topic in which students had done a spectacular job.

This activity has been organized on the golden occasion of ‘**National Girl Child Day 2020**’ to spread awareness among the people to save girl child. As today also in India, girls get killed under her mother’s womb when the parents get to know that there is a girl. People in today’s world also have the same old thoughts that girl are a responsibility and they can’t do anything where today girls can earn more than boys and work at high managerial positions too.

Date	Activity	Volunteers Participated
11 th oct 2020	National Girl Child Day 2020’	29

VIGILANCE AWARENESS WEEK

On the auspicious occasion of Vigilance Awareness Week, the NSS unit of IMED, BVDU has organised a very informative awareness Activity in order to spread the knowledge about anti-corruption.

Vigilance is considered to be an important management function and its role is to protect the organization from various internal threats, which are often more serious than external threats...

The activity was carried out by Dr Simrat sarkaria in the presence of honourable Dean BVDU, Director IMED Dr Sachin S Verneker Sir along with the faculty staff, and stake holders of IMED. Honourable Director Sir motivated the audience with his short and powerful speech. The session began with the introduction, and discussion about the roles of Central Vigilance Commission, Their role as an apex institute for ensuring that all premier institutes in India work for the welfare of the citizens without indulging in any corrupt practices.

Also the students were briefed about the role of CVC in spreading awareness about the anti - corruption laws in India followed by this , the audience were informed about the corruption index published by Transparency

International and India's position in the same where in India lies at 80 among 180, position (80/180 countries).

We were also informed about the History of the anti - corruption laws in India right from their inception which was very important to know. Later it was discussed about the role of Prevention of Corruption Act, 1988. What all comes under the provision of the section containing the 'public duty' & 'public servants'. The Role played by the United Nations Convention against Corruption. And the major amendments in the Prevention against Corruption Act in 2018. As a result of which giving bribe also became a punishable offence?

The session was very interactive, informative and interesting. The audience of 100 plus people including Faculties, staffs, and the stake holders of IMED made it a success. Special thanks to govt of India for organizing this awareness week on the birthday of Vallabh Bhai Patel and making the youths know about the importance of anti-corruption so they can fight against the corruption.

Date	Activity	Volunteers Participated
27 th oct to 2 nd nov	Vigilance Awareness week	100

SATARK BHARAT SAMRIDDH BHARAT

The NSS unit of IMED conducted the **SATARK BHARAT SAMRIDDH BHARAT** Activity on 28th October under the Vigilance Awareness Week.

Vigilance Awareness week is observed every year as a part of the multi-pronged approach of the Commission, to encourage stakeholders to collectively participate in the prevention of and fight against Corruption. This is observed every year during the week in which the birthday of Sadar Vallabhbbhai Patel (31st October) falls. The Commission also aims to raise public awareness, regarding the existence causes and gravity of and the threat posed by the Commission.

The Vigilance Awareness Week-2020 was observed this year from 27th October, 2020 to 2nd November, 2020 on the theme "Satark Bharat, Samridh Bharat (Vigilant India, Prosperous India)".

Corruption is the abuse of entrusted power for private gain. Corruption erodes trust, weakens democracy, hampers economic development and further exacerbates inequality, poverty, social division and the environmental crisis. Exposing corruption and holding the corrupt to account can only happen if we understand the way corruption works and the systems that enable it.

The NSS unit of IMED made an awareness video which illustrated how corruption works and why each citizen of our country needs to fight for its eradication.

Link of the video: https://youtu.be/z_EMY8JumQ4

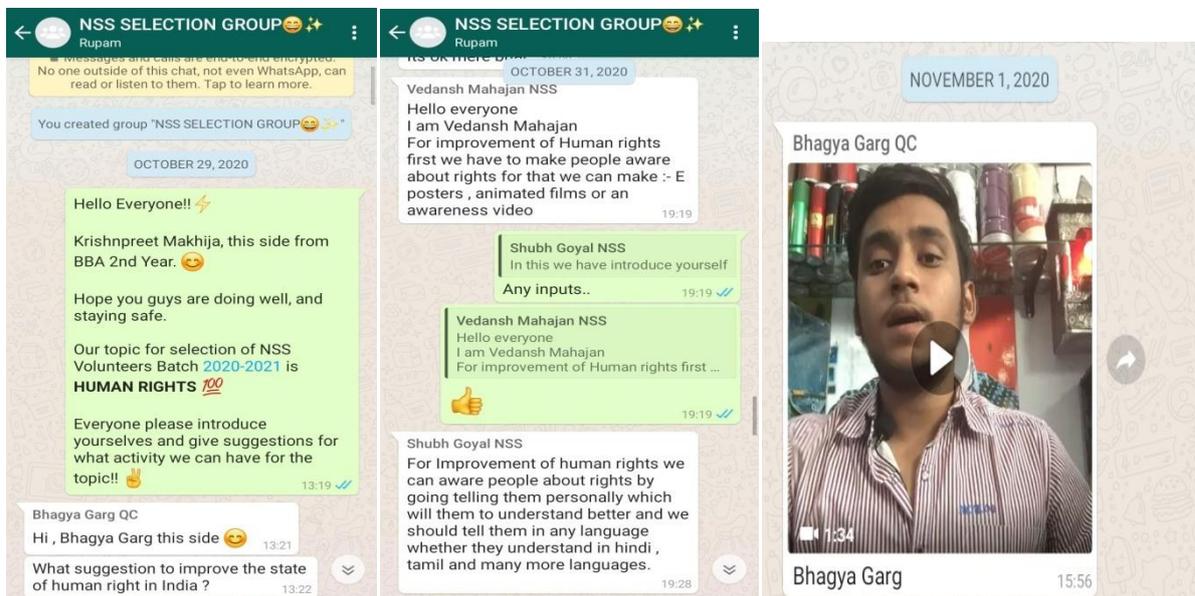


HUMAN RIGHTS

The NSS Unit of IMED conducted the Human Rights Awareness Activity on 29th October 2020 under the Vigilance Awareness Week.

As we all know, Human rights are moral principles or norms that describe certain standards of human behavior and are regularly protected in municipal and international law. They are an important means of protection for us all, especially those who may face abuse, neglect, and isolation. Most importantly, these rights give us power and enable us to speak up and to challenge poor treatment from others.

So, we encouraged students-to-be-selected, to come up with their perceptions about Human Rights. A total eight of them were asked to make a video of themselves speaking about Human Rights for 1 minute. The deadline mentioned to them was 5 P.M. While this was the main task for them to be selected, their active/inactive participation was also assessed through WhatsApp Group from 29th of October to 1st November, 2020, where they were asked to introduce themselves, give suggestions for the activity that could have been carried out for the selection process and also, acknowledge important notices and messages.



NATIONAL UNITY DAY

National Unity Day the National Unity Day (Rashtriya Ekta Diwas) is celebrated on 31st October to commemorate the birth anniversary of Sarkar Vallabhbhai Patel.

On the occasion of National Unity day our hon'ble Director Sir had given the speech on Rashtriya Ekta Diwas. He told us about the unforgettable legend Sarkar Vallabhbhai Patel who used his wittiness to gather all the princes to make India united. He mentioned about the pandemic situation in country right now and despite this situation all the Indians are standing together, fighting hard and slowly & steadily situation is becoming better. He talked about all the faculties of the IMED who are giving constant efforts and support to the students even in online mode. Lastly he requested everyone to stay safe and wished for the normal situation once again so that all the students rejoin the campus life.

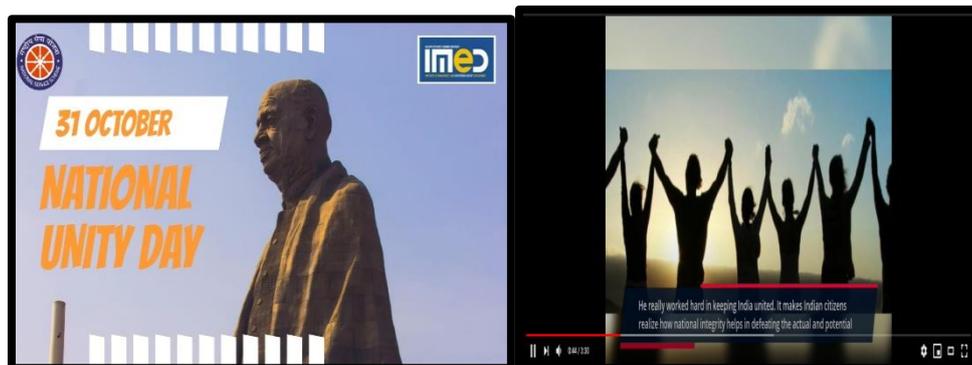
Also the Unity Day pledge was conducted in which our Director Sir, Faculty guides, Supporting staff & students took the pledge in online classes with the help of NSS Mentors.

Including faculties and students around 200 people took the pledge

So much of creativity, great ideas and more was observed in this activity. Students actively participated in the activity for the selection in the NSS.

In final they decided to make an awareness video in which they explained the life of Sarkar Vallabhbhai patel and the purpose of National Unity Day celebration. The same was uploaded in the IMED NSS YouTube Channel.

Few snapshots of activity:-



The link for the above mentioned video which is uploaded in the YouTube is given below:-

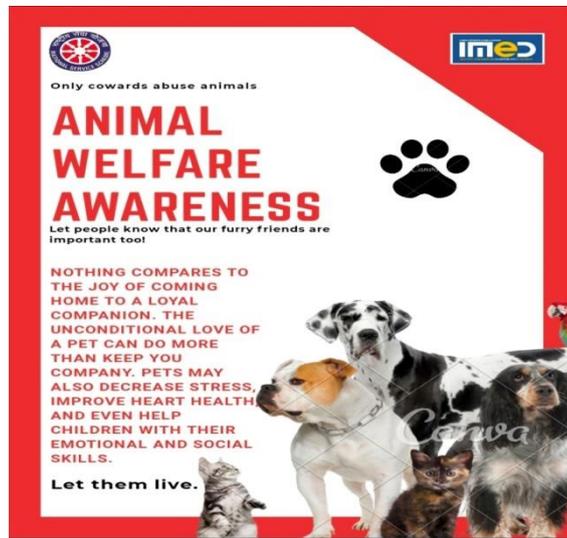
https://www.youtube.com/watch?v=bPnUB6O4_v8&t=43s&ab_channel=NssImed

Date	Activity	Volunteers Participated
31th oct 2020	Unity day	200

ANIMAL WELFARE AWARENESS

The NSS team of Bharati Vidyapeeth (Deemed to Be University), Institute of Management and Entrepreneurship Development (Pune), organized an activity on “Animal Welfare Awareness” on 1ST November 2020. Few students took part in this awareness activity. The activity was guided under Dr. Vijay SS Phalke.

The motive of this activity was to create awareness regarding animal care, animal husbandry, and humane treatment. An animal's welfare means providing for its physical and mental needs. In this activity all the participants created a short video guiding, informing and spreading awareness to showcase “Animal welfare”. 11 students participated and took the initiative towards Animal Welfare Awareness through a short video. . There was a meeting conducted where each participant suggested and concluded on how we can spread awareness on animal welfare. Small video is made to showcase what it is all about. The "animal welfare Awareness" is in different stages of development in different countries. Culture and historical development impact upon the status of animal welfare and the stage of the movement's development. People got to know that how Culture and society also impact upon the way in which the animal welfare can carry out its advocacy for best impact. Religion can also impact upon attitudes towards animal welfare, hampering or advancing the cause.



Date	Activity	Volunteers Participated
1 st Nov 2020	Animal welfare awareness	11