



SHRI VILE PARLE KELAVANI MANDAL'S
NARSEE MONJEE COLLEGE OF COMMERCE AND
ECONOMICS (AUTONOMOUS)

NAAC RE-ACCREDITED A GRADE COLLEGE (CGPA 3.42)

PRESENTS



M É L A N G E

2020-2021



NOT ME BUT YOU

C O N T E N T S

1. VISION AND OBJECTIVE

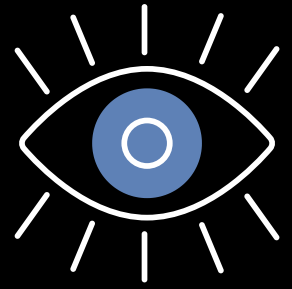
2. ABOUT NSS AND ABOUT NMNSS

3. FROM THE DESK

4. PROJECTS AND EVENTS

5. OUR TEAM

VISION



- To ensure the self-development of personality by embedding ethical values to support moral consciousness of well-being in any situation by serving the society in a righteous manner.
- To stand as a motivating factor for understanding reactions of society and exercising social harmony and contributing to the well-being of the community one works in.



OBJECTIVE

- To understand the community which we serve and obtaining knowledge of our long term relation with that community. Identifying the needs and problems of the society and involving local bodies to solve them.
- To inculcate sense of social and civic responsibility and our influence on them. Acquiring leadership qualities, democratic attitudes and utilising skills of volunteers with guidance to find solution for underlying along with upcoming problems.
- To act as a cohesive unit.
- To develop competence for sharing the responsibilities and driving social compatibility with mobilising community participation.

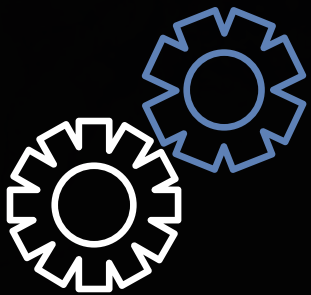
A B O U T N S S

MOTTO - "NOT ME BUT YOU"



The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to other living beings.

The philosophy of the NSS is well doctined in this motto, which underlines/on the belief that the welfare of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.



A B O U T N M N S S

MOTTO - "THODA SA DIL, THODI SI WILL"

Living up to the objectives of National Service Scheme, NM-NSS aims to provide a platform to develop Social leadership qualities in students. The motto of NM NSS unit: All it requires is 'Thoda sa Dil, Thodi si Will'.

It means that all it takes is a little of compassion and willingness to make a difference to our society. The strength of our unit lies in our unity, Perseverance and enthusiasm to make a difference. We believe not in just change but a continuous and progressive change.

F R O M T H E D E S K



D R . P A R A G A J G A O N K A R

PRINCIPAL

"Alone we can do so little; together we can do so much"

As an association, the NSS unit embodies this very spirit and gives a platform to our students to be of benefit to society in not one but many ways. It makes the students confident, develops leadership skills, and gets them acquainted with different people from different sections of society. In its motto of "Not Me But You", NSS inculcates within the students a spirit of volunteering which is what will culminate into creating compassionate and selfless citizens of the future. 2020 has been a challenging year for all of us, however, the NMNSS unit has beaten the odds and has carried out various events in the field of education, women empowerment, environmental conservation and public wellness to make a difference in society so that it becomes a better place for everyone to live in. I appreciate their efforts and wish them the best in their future endeavours.

F R O M T H E D E S K



D R . N I R M A L A C H A V A N

V I C E P R I N C I P A L

“No act of kindness, no matter however small is ever wasted”

The NSS unit of Narsee Monjee College of Commerce and Economics is one of the best precedents of the above statement; it lends a helping hand to those who are less fortunate. While some of us are fortunate enough to enjoy certain privileges in life, there are a lot of people who are denied the essentials of life, who are grappling for their meager continuation. It is the attempts of such organizations that assist in creating the inducement for change. Now is the time to create an impression on society and realize one’s true potential. Let us all collectively give a helping hand in doing the right thing. Let us be the change we want to see in our society. My kind wishes to all NSS volunteers. Little help on your part can create a vast difference in the lives of some.

PROGRAM OFFICERS

DR. KEDAR BHIDE

NSS gives students a chance to develop holistically and strives to instill the values. It was the challenging year 2020-21, and the NMNSS accepted the unrivaled challenge of continuing the heritage of social services.

In Edify, Kadam, Pragati, Sparv we effectively carried out numerous initiatives. In addition, we conducted "Inter-collegiate Event – Advitiya" and took part in university projects. I applaud every volunteer's effort to make this difficult year unforgettable. You are all worthy of my applause and thanks for all the selflessness and for all the work you do.



DR VANDANA MISRA



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

I believe that each and every individual has some obligation towards the country. NSS is an organization that was introduced in 1969 with the singular objective of bringing a difference in the minds of youth towards leading a selfless life. NSS offers you a platform wherein you can take your step towards reshaping the society by working in a team and experiencing immense fulfillment and satisfaction. I look forward to working with NSS volunteers and guiding them throughout the activities that they undertake to fulfill their social responsibility.

PROF. VAISHALI N KURHEKAR

The motto of NSS is 'Not me, But You'.

NSS volunteers adhere to this motto and selflessly work towards the improvement of the society. This organization is not only beneficial for the society but a learning experience for the volunteers nonetheless. The volunteers turn out to be self-disciplined and self-reliant leaders and play an active role in numerous events like Tree Plantations, Awareness Drives, and various socially sensitive issues that enhance and sharpen their skills. NSS volunteers shall take the baton ahead by facing challenges with excellent leadership and management skills. They will carry forward these learnings and implement them in their life that lies ahead. My best wishes to all NM NSS volunteers.



PROGRAM OFFICERS

PROF. SMITIN BELCHADA

NSS is a team of influencers and change-makers who are in a position to guide and facilitate positive changes in someone's life. NSS is a voice within society, a voice so strong and powerful that it can create a revolution of great work and selfless service. With every passing year, the dedication and sincerity of NMNSS volunteers reach new heights surprising everyone. The effort and hard work that they put in is charismatically visible. Let's not forget, 'the trees which are pruned, watered and nurtured with caring hand bear the greatest fruit; it is the same with people.'



PROF. KESIA VARGHESE

Being a part of a social service organization like NSS feels grateful. The enthusiasm with which all the volunteers and leaders execute various events is commendable.

All the events, projects, and the 7-day camp make a difference in the lives of thousands of people and I'm sure these students with hearts full of hope get the best result, just like they put in their best efforts.



PROF. PRASHANT JADHAV

Social responsibility is a duty every individual must perform. I would like to appreciate all the efforts taken by NSS to address social concerns through various events like Blood Donation Drive, Aashayein, Meethi si dor, and also projects like Kadam, Pragati, Edify and Sparv. The NSS platform equips the students with all that they require to establish themselves and work as a group towards awareness of social issues. I wish them all the luck for their future endeavors. Keep up the good work!



O U R B E N E F A C T O R



M R . C H A N D R A K A N T D O S H I

I am Lion Chandrakant Doshi. I am 85 years of age.

I am fully involved in social activities since last many years. The main area of my concern is aged people. I have been dist chairman, Senior citizens, in Lions International Dist. 3231 A3. I am managing Samanraya Senior citizen Association with 400 members.

I have started Senior citizen Activity center undertaking various activities.

I am connected with NSS unit of NM college since last 15 years. As soon as core team is formed, they plan their activities based on University guidelines and with my guidance. All the members are very enthusiastic and work in the planned way. Leaders also help in guiding the activities.

They are providing necessary help in my social activities. Seven days camp is planned properly and executed with all efforts. During the camp, I help them in organising medical camp for the benefit of villagers.

Some of the past Nss members also remain active with social instinct and they remain in touch with me. I feel happy being associated with them year after year. I wish them all the success in their enduring activities.



P R O J E C T S



E V E N T S





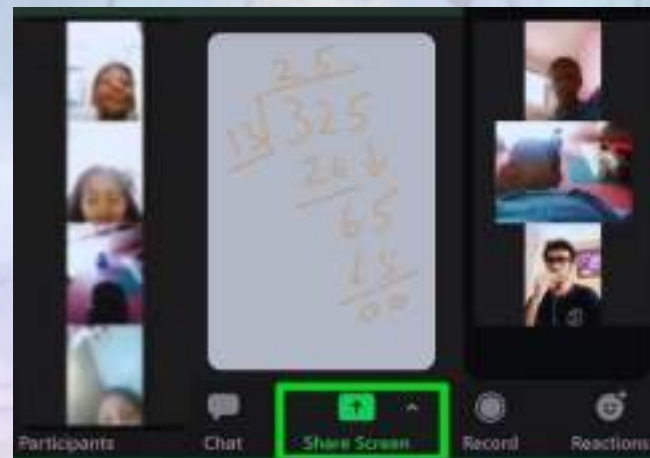
EDIFY

PROJECT

" The beautiful thing about learning is that nobody can take it away from you "

-B.B King

Project Edify is dedicated to aiding the remedial students of sixth and seventh grade of BMC Dixit School with English and Mathematics. Owing to these difficult times, we had to shift to virtual sessions where our volunteers taught students for 2 hours every day on the Zoom meeting app. This year we had 27 students combining both the grades. In Project Edify, we don't limit ourselves to academics, we aim for the holistic development of the students by providing general knowledge, moral and ethical education in addition to various co-curricular activities. The greatest reward for a teacher is to see the students slowly progress and transform into better versions of themselves. Undoubtedly, this is what has kept Team Edify going even in such uncertain times.



On the occasion of Republic Day, Edify organized quizzes on national symbols and freedom fighters and educated the students about the significance of the tricolor as well as the constitution and its creators. We celebrated Makar Sankranti and Basant Panchami by doing art and craft activities based on these festivals. We observed Teacher's Day by teaching the students about Dr. Sarvepali Radhakrishnan's life and the values he stood for. On children's day, the students were indulged in various games and shown YouTube videos as a source of infotainment. For Christmas, the volunteers read the story of Jesus Christ and his greatness and played Pictionary intending to make the students familiar with the things associated with Christmas. Our volunteers tried their level best to create a virtual classroom where the students can stay engaged as they used to in the physical classrooms.

Beneficiary

“I grasped a lot from the remedial classes conducted by NM-NSS volunteers. Project Edify made the process of learning a lot easier and fun oriented. Co-curricular and General Knowledge sessions were fun as well as knowledgeable at the same time. Edify also helped me a lot in scoring good marks in my school examination.”

- Dishu (6th Std, MPS Dixit Road School)





P R A G A T I

PROJECT

"To deny people their human rights is to challenge their very humanity"

- Nelson Mandela

NMNSS believes that all sections of society in India, have equal control over their lives, can take important decisions in their lives, and have equal opportunities. Without empowering all sections of the society equally, a nation can never have a good growth trajectory. Project Pragati aims at encouraging and inspiring all sections of society to voice their opinions against preconceived notions and prejudices. Society taboos, sex education, menstrual hygiene awareness, woman empowerment, and many such sensitive issues are addressed by Pragati to form a more inclusive community.

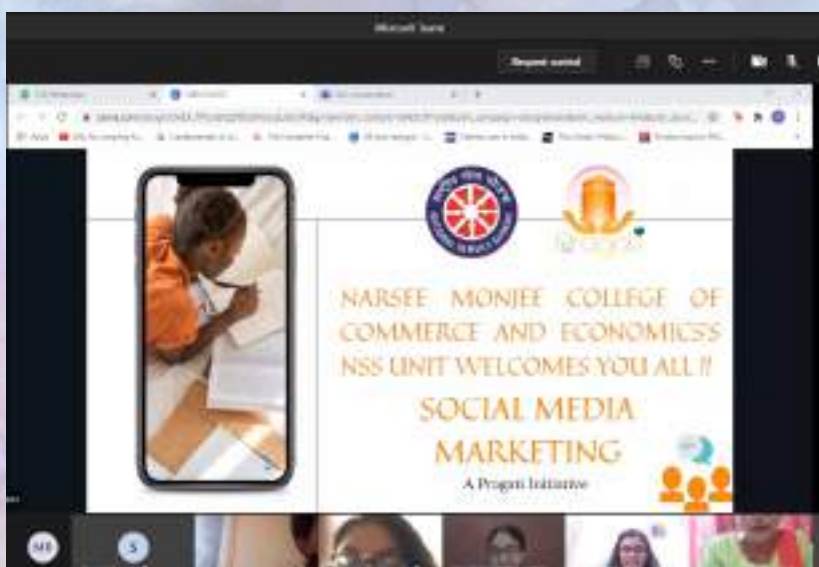
At the end of pride month, Project Pragati gathered various common questions and myths related to the LGBTQIA+ community and approached a few individuals from the community to help out with the answers. This helped in clearing doubts in the minds of the students regarding different gender identities and sexual orientations that people prefer to be identified by. This in turn helped in creating LGBTQIA+ inclusivity by raising awareness on becoming open-minded to all kinds of members of the human family.



Pragati conducted a social media marketing workshop called 'Pragati E-bridge' in which the volunteers helped around 25 women to learn how to use social media to expand their businesses on WhatsApp, Instagram, Facebook, and Linked In. A series of 7 sessions was conducted under the said workshop on the online platform-MS Teams in which our attendees were taught everything from marketing strategies, sharing products, content creation to making contacts online with the help of PowerPoint presentations made by our volunteers. Each of our attendees was assigned one volunteer from our unit who stayed in constant touch to help them apply theory into practice after each session. The event was a huge success considering that social media has become an effective medium to connect to our target audience, especially in the pandemic.

Project Pragati celebrated Mental Health Week 2020 by organizing a series of online events like digital illustration competition, memoir writing, and discussions to highlight the problems related to mental health and encourage the students to speak up about the same unhesitatingly. On the occasion of Girl Child Day 2020, Project Pragati organized a debate on the topic 'Abortion: a virtue or a sin' where the students expressed their point of view backed by solid reasons.

On International Women's Day, Pragati shared a heart-warming video on our social media page in which the volunteers were seen replacing the most commonly used negative words for women with stronger and better words. The video was a reminder to all the women out there to never let others dictate how you define yourself and live your life.





SPARV

PROJECT

"Over 1 billion people have no access to clean drinking water, and more than 2.9 billion have no access to sanitation services. The reality is that a child dies every eight seconds from drinking contaminated water, and the sanitation trend is getting sharply worse, mostly because of the worldwide drift of the rural peasantry to urban slums"

- Marq de Villiers.

Project Sparv of NMNSS strives to eradicate poverty from the base level and aims to improve the standard of living of the people in the slums. It believes that even small efforts on our end can make considerable changes in the lives of the less fortunate people. Before the pandemic struck the world, Sparv conducted activities like medical camps, wall painting sessions, and spreading awareness through skit and dance in the selected slums in Mumbai. It also organized entertainment sessions at selected old-age homes in Mumbai





A project with its purpose best served on the field, Sparv too had to innovate in the face of social distancing and other restrictions. Taking into account the government guidelines, as well as the necessary precautions, Sparv conducted a Sweet Distribution Drive on the occasion of Makar Sankranti where 21 of our volunteers from different states donated sweets, notebooks, and food to the needy. The feedback we received from the volunteers was overwhelming as they indeed distributed joy.

Sparv posted an awareness video about Covid Frontline Workers to acknowledge their dedication, commitment, and courage which is saving countless lives and making thousands of differences. It also depicted the plight of the migrant workers along with the various government schemes in place to help them.





K A D A M

PROJECT

'One of the first conditions for Happiness is that the link between man and nature shall not be broken'

- Leo Tolstoy

This link, however, seems thoroughly damaged and irredeemable in current times. We, as inhabitants of this planet that we call our home, are drifting away from nature as we speak. Daily, we see people, children and adults alike, neglecting our environment without a second thought that it is us who need the planet and not the other way round. This very approach has led our environment to the brink of extinction time and time again, and humankind has had to face innumerable epidemics, endemics, and pandemics, very much like the prevalent Covid-19 to name a few.



However, to correct this very approach is the underlying purpose that Project Kadam of NMNSS aims to achieve. In this project, we aim to rejuvenate the lost connection between the youngsters and Mother Earth and make them conscious of the impact their actions have on our world as a whole. From trying to replenish our local environments to raising awareness in regards to wildlife and animal welfare, Project Kadam tries to inculcate every little aspect of Environmental welfare into its spectrum.

During the Van Mahotsav Saptah, Kadam aimed at educating people about the importance of trees and the positive impact they have on the environment by sharing some lesser-known facts about the same on our social media handle.

Kadam conducted a webinar on Plastic Management in collaboration with Bottles For Change, an initiative by Bisleri International on 25th September on the online platform MS Teams. Ms. Shreya Sudhir, the CSR specialist for Bisleri International, gave valuable insights on the classification of plastic and how it should be cleaned and stored. She also informed the volunteers about the BFC App which helps in the collection of plastic through the Bisleri agents covering Mumbai, Navi Mumbai, and Thane.

From 1st October to 8th October, Project Kadam celebrated wildlife week. A series of posts were put out on social media. These posts explored the myths about wildlife and also gave the audience a glimpse of the locally available cruelty-free products and the companies that were selling the same. Our volunteers lent their voice to a monologue portraying the plight of animals due to unregulated fishing, poaching, and cruelty in the name of culture which was posted on social media.

Kadam conducted a session with the students of BMC Dixit School in which they were informed and sensitized about Eco-friendly Diwali and the harm caused by firecrackers. It was a very interactive session that left a lasting impression on the students.





A D V I T I Y A

EVENT

Our very own university event Advitiya, presented in the form of an intercollegiate competition is very cherished as it unveils the creativity, responsibility, and leadership qualities of our volunteers. Each event conducted in Advitiya has various socially appreciated themes associated with it and thus, through this event, we aspire to provide a platform to the enthusiastic young minds of NSS units to showcase their talent in different fields and instill in them a sense of social responsibility. This year Advitiya was conducted for two days on the online platform MS Teams with more than 150 participants & 25 colleges joining in.





Challenging yet intriguing events such as Mono-acting, Video Making, Poetry Writing, Face Painting, Theme Based Dance Competition, Olympics as well as workshops like Antarchakshu were organized. Antarchakshu was a very unique workshop organized by NMNSS in collaboration with Mr. Krishna Warriar of Xavier's Resource Centre for the Visually Challenged (XRCVC). It was filled with interactive activities and fun games that helped the volunteers experience the world from the perspective of the visually challenged people as well as understand their frame of mind. All the events in addition to the unceasing enthusiastic approach of our volunteers made Advitiya an overwhelming success.





AASHAYEIN

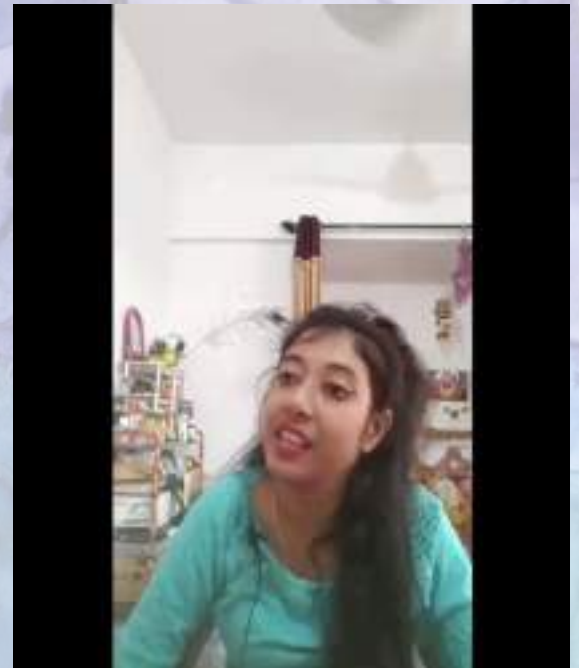
EVENT

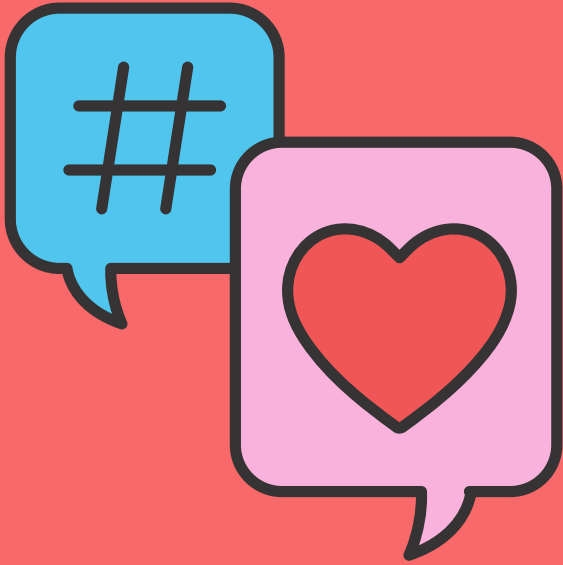
‘Abled does not mean enabled. Disabled does not mean less abled.’

– Khang Kijarro Nguyen


Aashayein, an exclusive event for the specially-abled is entrenched in this very spirit. It is a platform for the participants to put forth and be appreciated just for their abilities and talents. With a plethora of competitions ranging from dancing, singing to mono-acting, Aashayein had the spotlights to put all the talents on the center stage.

A year that spared nothing in its wake, also affected our working at Aashayein. Nonetheless, the volunteers adapted and made the entire event an online spectacle. The physical distance couldn't however mow down the spirits of our 43 participants. With a whole range of performances right from energetic to soothing to downright adorable, the participants brought out the emotions in all of us. An event that bases its success on its connection with the participants, Aashayein stood against the test of circumstances and culminated in yet another memorable year.

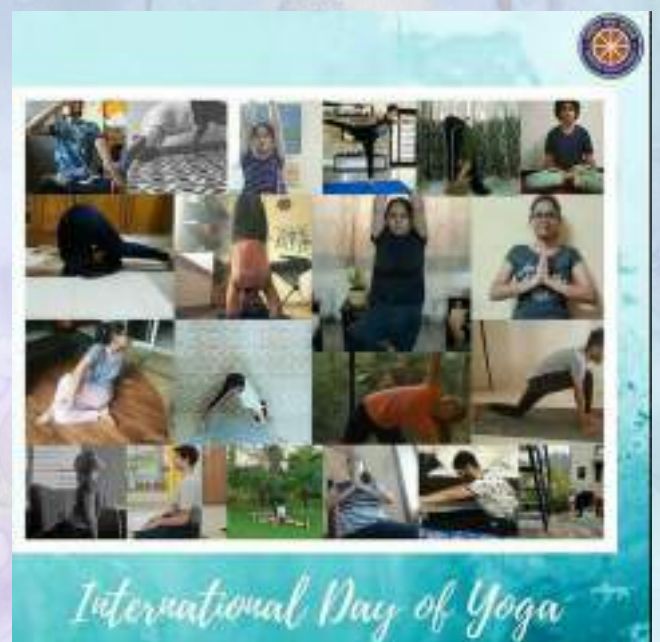




S O C I A L M E D I A C A M P A I G N S

 @ n m _ n s s

- On the occasion of International Yoga Day, Team NMNSS shared a series of posts explaining the benefits of yoga as well as a video of our volunteers practicing different yoga postures.
- During the initial period of the pandemic, it was very essential to create awareness on wearing a mask, therefore, we shared a post regarding various types of masks and their importance.
- A few days before our Republic Day, we posted a series of reels showing lesser-known facts about our country in terms of sports, science, space, culture, corporates, freedom fighters, and elections.
- On our 73rd Independence Day last year, our volunteers depicted the beautiful Indian culture by wearing the traditional attires of various states in a video posted on our social media handle.



- During Suicide Prevention Month, every project of NMNSS shared videos that highlighted the importance of mental health and how the conversation around the prevention of suicides should never stop.

- Project Edify emphasized the roles schools can play in the mental health development of the students in their growing years.

- Project Sparv highlighted the issue of increased farmer suicides in India and how proactive solutions should be taken, allowing the farmers to sustain themselves throughout their lives without facing the desperation that adversity brings to them.

- Project Kadam focused on how spending time in nature has been found to help with mental health problems as it helps in emotional regulation and improves memory functions.

- Project Pragati focused on the mental trauma experienced by the people belonging to the LGBTQIA+ community when they are surrounded by people who are not receptive to acceptance and how education can play a prominent role in changing the mindset of society.

- NMNSS supported the noble initiative taken by Teach For India to reduce the problem of hunger faced by the daily wage earners of Shankarwadi during a hard time of lockdown by posting a video, persuading people to donate to this noble cause.

- On the occasion of Ganesh Chaturthi, we posted a video showing how the festival can be celebrated in an eco-friendly manner amid the pandemic.

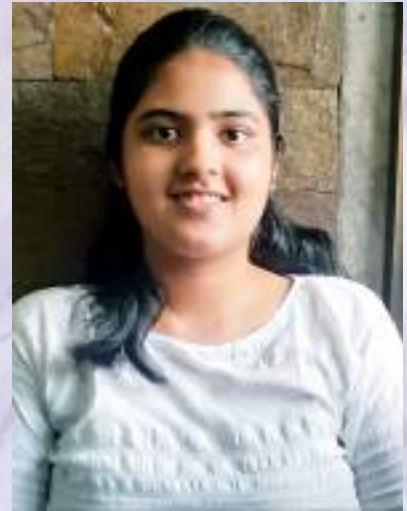
All our social media posts collectively received high appreciation with a reach of more than 20,000 people.



C O R E T E A M 2 0 2 0 - 2 0 2 1

A M I S H A H

"We make a living by what we get we make a life by what we give." These words by Winston Churchill have always inspired me and it was NSS that gave me the opportunity to turn my wish of giving into a reality. When I actually started working, I realized that this process of giving was far more rewarding than anything I could have gifted myself. NSS has helped me become a more conscious and responsible citizen. I have started appreciating the little things which I never really paid attention to. Not only this, working for NSS has forged friendships that otherwise may not have existed. The whole experience of NSS has made me an overall better person and if I had a choice I would want to do it all over again."



R I S H I T S A N G H A V I

"I believe that when we put ourselves in the service of others, we discover our own lives and our own happiness. People of my generation always wonder why 'someone' doesn't do 'something' about the existing societal and environmental issues. I staunchly feel that this 'someone' should reside in each and every one of us. NM-NSS provided me an opportunity of being this 'someone'. The marvelous journey of mine, starting as a year one volunteer and ending as a core; taught me critical thinking, teamwork, communication, and leadership skills which further boosted my self-development and intellectual growth. NSS is a platform which acts as a starting point or a stepping stone for serving the noble humanity and it also makes us realize that together, we can make a visible change to make this world a better place to live in."



R I S H I R A N I W A L A

"NSS has changed my perspective towards a lot of things in life. What began as a journey of serving society, became a journey of self-discovery and it ended up giving me more than I could have asked for. It also showed me what we, as a group of students are capable of if we are focused and determined towards our goals. It provided me with numerous opportunities which not only helped me in serving society but also in honing my leadership and communication skills in the form of a core member. I am sure that this experience will stay with each and every one of us far beyond the tenure of 2 years and it is the camaraderie which will be cherished forever."



C O R E T E A M 2 0 2 0 - 2 0 2 1

V R U T I K R A J A N I

"It feels like yesterday I started my journey in NMNSS and now it has come to an end. What I take along with me is the experience, knowledge, leadership skills, patience, empathy, and a truckload of memories to cherish for a lifetime. I firmly believe that social service should be a part of everyone's life. This is because at the end of our lives, what is more, important is to realize who we are and what that has contributed to the process of making a difference in people's lives. NMNSS has given me a platform to practice this very thought. I have made friends that have become family and I hope that every volunteer joining NMNSS experiences what I have and even more."



N U P U R P A N D Y A

"NMNSS has been an eye-opener for me. Not only has it broadened my vision for the future but has also provided me with a family. Social service is now an ingrained part of my life and my journey to serve society began from here, therefore, I would advise each and everyone out there to give back to society, even in the most minimalistic manner they can. After all, we all have a responsibility to the larger family of man, especially if we're privileged."



J H E E L S H A H

"When I think of Social Service, I can only think of NSS. The experience which I have had in these 2 years is what I cannot explain in words, it adds tremendously to your skillset, real-life learnings, and experience. Seeing that you, at such a young age, can actually make an impact in people's lives is an overwhelming feeling. If you somewhere feel, even minutely, that making a change for the better is your purpose then NSS is what will lead to actualizing your dream."



C O R E T E A M 2 0 2 0 - 2 0 2 1

T A R O N I S H V A P I W A L A

"I have always been passionate about social service. But being compassionate is futile if you don't act towards it. The one thing I was most certain about in my first year of college was, joining NSS. NSS gave me a platform that made me realize the significance of giving back to the society. In doing so, you not only feel grateful for what you have but also feel fulfilled as a human being in general. These two years have shaped me into a better version of myself who is empathetic and appreciates the little things in life. It has been an absolute honor to have been the core but it has also taught me an important lesson i.e., you can succeed better when you help others along with you to succeed as well. It has been a memorable journey of social change and self development. It was a pure privilege to give back to the society through working in NM-NSS."



S O H A M P A T O L E

"Being a part of Narsee Monjee College's National Service Scheme, I firmly believe in doing good for the society selflessly. This value of making a change step by step, now has been deep rooted inside me because of NMNSS. Not only I gained knowledge of the official workings but also various other aspects of dealing with a family of 100 members. I'm very grateful for being able to contribute towards welfare of my country at large and will always be. "



LET'S COME FORWARD AND
SPREAD HAPPINESS
BECAUSE ALL IT REQUIRES
IS " THODA SA DIL AND
THODI SI WILL "



For any further queries, contact :
nsscore6@gmail.com