

**V. K. KRISHNA MENON COLLEGE OF COMMERCE AND ECONOMICS AND SHARAD SHANKAR DIGHE COLLEGE OF SCIENCE AND P. A.  
MENON COLLEGE OF MANAGEMENT**

**Bhandup - (East), Mumbai-42**

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**Details of activities conducted by the Committee for Academic Year 2022-23**

**Name of the Committee: - NSS**

**Name of the Committee Convener - Dr. Sunitha K. K.**

**Activities at College Level**

Sr. No.	Date/s of Event		Title / Theme of Event	Brief Detail of a activity	No. of Beneficiaries
	From	To			
1	21-06-2022	21-06-2022	International Yoga Day	This activity was conducted in the Auditorium on the occasion of International Yoga Day The instructors gave from Maa Sree gave a session on Meditation.	13
2	21-06-2022	21-06-2022	International Yoga Day	International Yoga Day Was Celebrated In Menon College In The College Auditorium. Shri Ambika Yoga Kutir Group Was Invited To Teach Yoga	13
3	11-07-2022	11-07-2022	Awareness Program	Ganesh Nagar Is Near Bhandup Station So It Little Crowded We Took That As Opportunity To Spread Awareness Among People About Malaria And Dengue	16
4	19-07-2022	19-07-2022	Awareness Program	Chamunda Nagar Is Near Bhandup Station Somany Chawla Are There So We Took That As Opportunity To Spread Awareness Among People About Malaria And Dengue	14
5	23-07-2022	23-07-2022	Indian Armed Forces: Our Pride	We answered a Quiz on the Topic of Kargil Diwas online	15

6	26-07-2022	26-07-2022	Indian Armed Forces: Our Pride	Col.Unnikrishnan Started To Tell About His Kargil Story And The Specific Movement That Happened There. Overall He Told His Story & Then Guided The Students Who Want To Become An "Army Officer".	50
7	03-08-2022	03-08-2022	Thalassemia screening	Dr.Pankaj Had Come One Day Before To Tell All Students About The Program And Had Made Students Aware About Thalassaemia.	18
8	08-08-2022	08-08-2022	AIDS awareness	The Awareness On Hiv And Aids Was Organized By V. K. Krishna Menon College At Ganesh Nager At 8 August 2022 .	12
9	15-08-2022	15-08-2022	Independence Day	Like Every Year This Year Our College Had Independence Day Celebrations. We Entered The College Ground And The Decoration Was Just Fantastic!.Everyone Was Given A Flag To Hold. Our College Principal And Vice-Chairperson Hoisted The Flag.	13
10	29-08-2022	29-08-2022	Street Play workshop	The Workshop Started With Jagdish Sir Introducing Himself And His Past Works. Then He Proceeded To Explain How To Organize A Street Play, From Idea Creation And Script Writing To How To Sit And Perform In Front Of A Crowd.	16
11	12-09-2022	12-09-2022	Orientation	The New Office Bearers Of The Student Council Were Being Felicitated	20
12	13-09-2022	13-09-2022	Orientation	It Was A First Ever Day Of Our Nss Journey Our Nss Orientation Which Began With The Introduction Of Our Program Officer And Then The Introduction Of Our Office Bearers.	79
14	14-09-2022	14-09-2022	Hindi Bhasha Diwas	How Important The Hindi Language Is And We Should Always Respect The Hindi Bhasha Speech By Mrs. Sanyogita	50
15	14-09-2022	14-09-2022	Yoga Course	Shri Ambika Yoga Kutir Group Was Invited To Teach Yoga Sitting Yoga Was Taught First And They Explained The Benefits Of Yoga Then Standing Yoga Was Taught.	72

16	15-09-2022	15-09-2022	Blood Donation	V.K Krishna Menon College In Association Of K.E.M Hospital Arranged A Blood Donation Camp There Were 2 Doctors Along With The Team From K.E.M Hospital.And It Was The First Big Activity Of The Junior Volunteers	73
17	22-09-2022	22-09-2022	Disaster Maagement	This Event Was Organized To Distribute Certificate Among Student How Attend Disaster Management Course In 2021-22	19
18	23-09-2022	23-09-2022	Security of women	The Workshop Started With Welcoming Of Speaker By Sunita Ma'am. Some People From Ngos Were Also Present For The Workshop. They Gave A Overview On Problems Faced By Women's In Today's Life.	50
19	24-09-2022	24-09-2022	Tree plantation	On 24th September 2022, I Was Lucky Enough To Be A Part Of Planting Trees Session. All The Nss Volunteers Were Asked To Gather At College Ground For Planting Trees.	51
20	26-09-2022	26-09-2022	Ground levelling	It Is Done To Remove Some Unnecessary wild Plants Which May Cause Difficulty For Students To Play	40
21	27-09-2022	27-09-2022	Ground levelling	The Program of Cyber Security The Seminar Was Very Help Full For Student Not Only For Student It Is Help Full For Everyone	47
22	29-09-2022	29-09-2022	Cyber security	The Program of Cyber Security The Seminar Was Very Help Full For Student Not Only For Student It Is Help Full For Everyone	32
23	02-10-2022	02-10-2022	Gandhi Bhajan	On 2nd Oct V.K.Krishna Menon College Held Celebration Of Gandhi Jayanti. Students Performed Beautiful Bhajan Which Was Soul Touching Even Sang Songs.	40
24	02-10-2022	02-10-2022	Eye Check up camp	V.K Krishna Menon College Arranged A Eye Check Up Camp For The Students Of Primary Section Of Menon School	16
25	03-10-2022	03-10-2022	Pease march	In Peace March There Were Approx 250+ Students We Started From Our College To Nahur We Sang Song, Slogans Etc.	30
26	03-10-2022	03-10-2022	Cultural Expo	In Cultural Event Students From Our College Got Chance To Show Their Talent Like Dance, Group Dance, Solo Singing And Etc	10

27	04-10-2022	04-10-2022	Founders Day	V.K. Krishna Menon College, Bhandup Celebrated Its Founder's Day On 4th October 2022. The Celebration Was Held In A Zoom Meeting. The College Was Established In The Year 1982	45
28	15-10-2022	15-10-2022	Blood Donation	A Blood Donation Camp Was Organized By Kem Hospital At Ilt Bombay On 15 October 2022. It Was Held At The Convocation Hall In Powai. A Team Of 5 Doctors Came From The Kem Hospital For Collection Of Blood	5
29	13-11-2022	13-11-2022	Blood Donation	The Blood Donation Camp Was Organized By K. E. M Hospital On 13 November 2022 At Lower Parel. We Reached N M Joshi School Around 7. 20. The Program Started By Cutting The Bow By The Minister And The Kem's Head	12
30	17-11-2022	17-11-2022	Blood Donation	The Blood Donation Camp Was Arranged At Mazagon Dockyard Shipbuilder The Program Started By Cutting The Bow By The Minister And The Kem's Head And After The Inauguration We Immediately Started Helping And Arrange The Things	6
31	26-11-2022	26-11-2022	Blood Donation	Constitution Day Poster Was Made By 2 Volunteers For The Constitution Day Program Organised By Vk Krishna Menon College	2
32	26-11-2022	26-11-2022	Constitution Day	The Constitution Day Program Was Organized By V. K. Krishna Menon College On 26 November At The Auditorium.	12
33	26-11-2022	26-11-2022	Reading of Peamble	On 26 November We Celebrated Constitution Day In The Auditorium. At 8:00 Am The Program Started. Guests Came Into That Program. All Volunteers Were Present. Students Reading The Preamble.	45
34	29-11-2022	29-11-2022	Street Play	The Street Play Program Was Conducted By V. K. Krishna Menon College At Bmc School At 29 November 2022 At Their Ground.	11

35	01-12-2022	01-12-2022	AIDS Awareness Rally	V.K. Krishna Menon College Arranged A Hiv Rally On 1st December 2022 .In And All 59 Volunteer Were Participating In The Rally. Everyone Were Given The Poster To Hold Throughout The Rally	59
36	01-12-2022	01-12-2022	Seminar on Waste recycling	This Seminar Is All Based On Recycling Plastic Waste In This It Had Explain 3 R's In Detail They Are Reduce Reuse And Recycle	59
37	02-12-2022	02-12-2022	Rangotsav	A Rangostav Was Organized To Give A Welcome Party To All Program Second Year Students. There Were Many Exciting Games and Dance	12
38	02-12-2022	02-12-2022	Poster Exhibition	We Hold Up Poster Near Ganapathi Temple Bhandup. We Sang Many Slogan And Tried To Educate Passer By	19
39	04-12-2022	04-12-2022	Blood Donation	NSS Volunteers Of Krishna Menon College Went To Lalbagh Parel For One Day Blood Donation Camp In Collaboration With Kem Hospital	10
40	07-12-2022	07-12-2022	Cleanliness drive	We Clean The Leaf From The Ground. We Collected Them In A Garbage Bags. Backside Of College Building We Broom The Grounds.	44
41	07-12-2022	07-12-2022	Voter's Awareness	They Gave The Information On Election Awareness. Those People Had Come From Votter Committee They Told Up The Importance Of Voting And Also Gave The Knowledge Related To It.	45
42	09-12-2022	09-12-2022	Blood Donation	Blood Donation Camp Was Arranged By Hdfe Bank In Collaboration With K.E.M Hospital	5
43	09-12-2022	09-12-2022	Navy Day	On The Occasion Of Navy Day That Was Held In Our College Auditorium We Had A Seminar By Veteran Lt.Cdr Bijay Nair Sir.	79
44	10-12-2022	10-12-2022	Street Play	On 10th Dec In Morning We Had Street Play Which Was Done By Our Nss Volunteers And It Was Held Near Bhandup Station On East Side. The Street Play Started At 11:30 Am To 12 Pm. This Street Play Was Very Helpful And Informative For Every People	12

45	14-12-2022	14-12-2022	Blood Donation Camp	Blood Donation Camp Was in Collaboration With Kem Hospital. At Siemens Company.	7
46	18-12-2022	18-12-2022	Blood Donation Camp	Blood Donation Camp Was Collaboration With Kem Hospital At Govandi	3
47	20-12-2022	20-12-2022	Fun & Fair	There Were Stalls Of Various Items Like Food ,Jewellery,Etc.The Volunteers Were Guided To Help Them and Maintain Silence	16
48	21-12-2022	21-12-2022	FIR to Judgement	A Seminar Was Arranged By College On Fir And Judgements .It Was Very Helpful Session For Students	40
49	28-12-2022	28-12-2022	Blood Donation Camp	A Seminar Was Arranged By College On Fir And Judgements .It Was Very Helpful Session For Students	4
50	30-12-2022	30-12-2022	Kathakali	Kathakali Is an Evolved Dance Form Popular In The South Indian State Of Kerala. This Indian Classical Dance Involves Storytelling Activities Through Fascinating Footwork And Expressive Gestures Of Face And Hands	16
51	31-12-2022	31-12-2022	Kathakali	Keechakvadham The Keechakvadham Was One Of Art In Kathak Which Displays Different Emotions In The Best Way That Is Kathak.	15
52	10-01-2023	10-01-2023	Beauty Contest-Descipline	V.K.Krishna Menon College Had Organized Mr And Mrs Menon Competition To Showcase The Talent Of Boys And Girls.	10
53	18-01-2023	18-01-2023	Awareness	14 Volunteers Of Nss Unit Made Blood Donation Posters To Create Awareness About The Importance Of Blood Donation	14
54	26-01-2023	26-01-2023	Republic Day	Republic Day Commemorates The Spirit Of Independent India, In Order To Keep The Students Connected To Their Nation And Its History,	49
55	30-01-2023	30-01-2023	Martyr's Day	As There Was Lakshh Festival Organised Various Sports Activities Were There For That We Wanted Our Grounds To Be Cleaned And Pitches Had To Be Made For Sports.	34
56	31-01-2023	31-01-2023	Ground cleaning	As There Was Lakshh Festival Organised Various Sports Activities Were There for That We Wanted Our Grounds To Be Cleaned And Pitches Had To Be Made For Sports.	49

57	21-02-2023	21-02-2023	Understanding Geeta	The Bhagvat Geeta Session Was An Excellent Session.Priests From Iskon Were Invited For The Same.	16
58	26-02-2023	26-02-2023	Blood Donation	Blood Donation Camp Was Collaboration With Kem Hospital At New Don Bosco High School	6
59	27-02-2023	27-02-2023	Awareness	The Aim Of The Hiv/Aids Awareness Programme Is To Empower And Increase The Awareness To Participants Of Hiv/Aids, Its Impact, Management And Availability Of Support Systems	56
60	27-02-2023	27-02-2023	Marathi Bhasha Diwas	Marathi Bhasha Divas or Marathi Language Day Is Celebrated Annually On February 27 To Honor The Birth Anniversary Of Famous Marathi Poet Vishnu Vaman Shirwadkar,	57
61	01-03-2023	01-03-2023	Lets remember Martyrs	Jayant Diwan Sir Is One Of The Best Person To Give Information About Various Freedom Fighters..He Talked About Different Freedom Fighters How They Got Recognised For Their Work.	40
62	03-03-2023	03-03-2023	Disaster Management	Seminar Was Taken By The People From The Civil Defense Department To Teach Us About Disaster Management By Lahu Malgavi Sir.	43
63	04-03-2023	04-03-2023	Workshop on Self defence	The Work-Shop Of Self Defence Started With A Welcome Speech Of Nainesh Patel Sir And Then After That The Self Defence Work-Shop Started With The Students Of BMS BCom And Many More.	50
64	13-03-2023	13-03-2023	Disaster management	Disaster Management Course Was Arranged By The College For The Benefits Of The Student. It Was A Five Day Course.	40
65	15-03-2023	18-03-2023	Prize distribution	This Event Was Organized By Our College To Recognise And Give Certificate To All The Winner From All Fields Like NSS, DLLE, Lakshh Fest, Etc	11

### Activities at Inter-Collegiate Level

Sr. No.	Date/s of Event DD/MM/YYYY		Title / Theme of Event	Brief Detail of a activity	No. of Beneficiaries
	From	To			
1	15-03-2023	15-03-2023	Cleanliness	Program Was About Cleanliness And Hygienic Awareness At Worli Beach. We Volunteers Get to The Sea Side And Worli Fort to Clean The Area.	3
2	15-03-2023	15-03-2023	Competition Advocacy	The Regional Competition Advocacy Programme: Dr. Rajesh Kumar Explained About The Rules And Regulations Of Competition Law Along With Answering Various Doubts The Audience Had	16
3	15-03-2023	15-03-2023	International Yoga Day	International Yoga Day Camp Was Held By University Of Mumbai With Collaboration Kaivlyadham In Which They Taught Us About Yoga And Gave Info Like History Of Yoga And It's Benefits	2
4	15-03-2023	15-03-2023	International Yoga Day	They Tought Different Types Yoga And Benefits. Regular Practicing Of Yoga Helps To Maintain The Physical Balance Of The Body	2
5	07-06-2022	07-06-2022	DAV College	International Yoga Day Was Celebrated In Dav College On 21th June. There Were Many Participants From DAV College And Menon College. Shri Ambika Yoga Kutir Group Was Invited To Teach Yoga	3
6	12-06-2022	12-06-2022	Say No to drugs	The Webinar On The Theme Of Say No To Drugs, Yes To Life Was Organized By The Nss Cell, University Of Mumbai On 24th June On The Occasion Of 26th June International Day Against Drug Abuse And Illicit Trafficking.	21
7	16-06-2022	16-06-2022	Hemotsav	The Hemotsav Event Was Organized By Indian Development Foundation In Collaboration With Hema Foundation. They Showed Us Various Short Films Depicting Various Moral Values	15



8	17-06-2022	17-06-2022	PEER Educator Training	The One Day Peer Educator Training Workshop Was Organized By Mdacs For Sensitizing The Youth Of Today About Hiv & Aids. The Main Purpose Of The Workshop Is To Make The Students Aware Of The Danger Of Aids And The Alarming Rate At Which It's Spreading.	2
9	21-06-2022	21-06-2022	Angni Pankh	The Aganipankh Program Was Organized By R. A. D. A. V College On 5 August 2022 At Their Auditorium.	5
10	24-06-2022	24-06-2022	Tiranga Rally	It Wa Tiranga Rally At Santacruz .To Celebrate The 75 <sup>th</sup> Independence Day	10
11	25-06-2022	25-06-2022	Adventure camp selection	To Select The Volunteers For Adventure Camp.	2
12	02-08-2022	02-08-2022		It Was The Very First Event Of Akshara Akshara Orientation Were We Got To Know What Akshara Is All About	27
13	05-08-2022	05-08-2022	RTI workshop	To Provide Brief Information About Rti And Rts	12
14	13-08-2022	13-08-2022	NRD selection	We Reached The College At 9:00am Attendance Was Taken Or After That We Were,Told About The Selection Of Republic Day Parade Camp, And After That Running Was Taken On The Road	2
15	15-09-2022	15-09-2022	Azadi @75	The Azadi @75 Was Organized By Lala Lajpatrai College The Program Was Started By The Speech Of Principal And All The Other Members Such As Street Play Competition Were Both Held In Auditorium All The Performance Was Very Nice And Awesome	13
16	16-09-2022	16-09-2022		This Program Was Setup By Icbr (Inclusive Community Based Rehabilitations) It Started With Many Tricky Games Which Was New To Us But As Well As A Small Experience Of What The Disabled People Goes Through	4
17	20-09-2022	20-09-2022		Nasha Mukta Bharat . On Occasion Of Mahatma Gandhi Jayanti And Lal Bahadur Shastri Jayanti Then Who As Organized That Programme They Were Introduced The Topic Before Starting The Rally	8

18	21-09-2022	21-09-2022		To Celebrate Gandhi Jayanti & International Non-Violence Day, various harmonious bhajan were sung	12
19	24-09-2022	24-09-2022		In Collaboration With Jai Hind College There Was A Event Called Vcan .It Was A Very Nice And Interactive Event where we got to know about Fire Safety and Hazards.	56
20	27-09-2022	27-09-2022		We Visited The Vinobabhave Bhavan, Mumbai Sarvodaya Mandal Which Is A Gandhi Book Center, Which Had Many Books,	25
21	01-10-2022	01-10-2022		Information Related Hiv/Aids It Was Quiz Competition .Which Was Very Fun To Play	2
22	02-10-2022	02-10-2022		To Celebrate National Unity Day By Arranging A Rally/Run	11
23	11-10-2022	11-10-2022		The Program Was About Spreading Awareness About Hiv Aids To Common People Living In Our Society.	5
24	12-10-2022	12-10-2022		The Area Level Poster Competition Held At Ramanand Arya Dav College , Nss Unit. The Topic Of Competition Was Majhi Mumbai Swachh Mumbai	3
25	17-10-2022	17-10-2022		They Briefed Us About Their College Fest, And We Were Given The Contingent Code. The Contingent Code Was Based On A Famous Fort Of India. There Was A Quiz Competition .	3
26	31-10-2022	31-10-2022		Proper Waste Management The Increasing Waste Disposal In An Improper Way Was The Main Topic To Be Discussed	2
27	01-12-2022	01-12-2022		An Interview Was Taken To Test Our Abilities. Many Volunteers From Different Colleges Were Present There For The Camp Selection	2
28	03-12-2022	03-12-2022		Akshara Compensatory Workshop On Active Citizen Was Organize By Foundation It Was A Very Wholesome Event	13
29	08-12-2022	08-12-2022		Event Was Organized By Akshara On Sexual Harassment faced ny Women on a daily basis.	11

30	15-12-2022	15-12-2022		Akhil Bharatiya Marathi Sahitya Sammelan (All India Marathi Literary Conference) Is An Annual Conference For Literary Discussions By Marathi Writers.	6
31	17-12-2022	17-12-2022		Road Safety (Ncpa) Nariman Point In this activity we got to know how many accidents occur in a year and how to prevent it by promoting Road safety.	
32	21-12-2022	21-12-2022		Ideas And Action For Smart And Sustainable Mumbai Metropolitan Region	2
33	29-12-2022	29-12-2022		To Inform About Jai Hind College Nss Fest Umeed. And The Registration Process	2
34	06-01-2023	06-01-2023		14 Volunteers Of The Nss Unit Made Blood Donation Posters To Create Awareness About The Importance Of Blood Donation.. We Drew Attractive Pictures & Wrote Creative Slogans.	14
35	11-01-2023	11-01-2023		The Meeting Started At 2:30 pm On Thursday, 17 January. The Cl And Acl Were Given The Code Name For Participation In The Event By Playing A Fun Game.	2
36	12-01-2023	12-01-2023		Street Play, singing, Dancing Competitions Had For Nss Volunteers. At Least 20 Teams Were Present And It Was Organized By Bhavans College.	10
37	17-01-2023	17-01-2023		Jai Hind College Of Churchgate Arranged A Ummed Flashmob At Marine Drive.	12
38	18-01-2023	18-01-2022		Ahimsa Week Solo Singing Competition . The Anchor Of This Competition Is Kashish Parab.	10
39	19-01-2023	19-01-2023		We Volunteers Prepared The Street Play At Last Moment. It Was Related To Different Pollution We Face In Current Life And Measures To Avoid It.	10
40	21-01-2023	21-01-2023		It Was The Inauguration Function Of Ahimsa Week The Function Was Inaugurated By The Chairman Of The College	13

41	22-12-2023	22-12-2023		The PcgT Annual Programme Was A Wonderful Experience . A Documentary On PcgT Was Shown To Us And Introduction To It Was Given,Followed By It There Was A Wonderful Skit Presented By School Children	31
42	23-01-2023	23-01-2023		It Was A Akshara Closing Event It Was A Very Nice Event With Lots Many Seminars,Live Music Etc.	17
43	23-01-2023	23-01-2023		The Inizio Fest Was Organized By S. M.Shetty College On 24 February 2023 At There College Only	8
44	08-02-2023	08-02-2023		Nss Unit Of Mumbai arranged A Nice Program Of Gurudev Sri Sri Ravi Shankar Which Was Arranged By Mumbai University .	8
45	08-02-2023	08-02-2023		International Women's Day ( Self Defense Program) The How To Differentiate The Gender And Sex & Then Self Defense Training Program	5