

TrackAct - Activity Tracker

Name of the event :-	Gandhi Jayanti
Conducted by:-	NSS & IQAC
Date:-	October 6, 2021
Venue/ Online Platform:-	Parade village
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	HARDIK DAVE
Number of participants	08

Report:-

NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized activities of Gandhi Jayanti at Parade village Under the scheme **To be commemorated as the International Day of Nonviolence.**

Gandhi Jayanti is an event celebrated in India to mark the birthday of [Mahatma Gandhi](#). It is celebrated annually on 2 October, and it is one of the three [national holidays of India](#). The [UN General Assembly](#) announced on 15 June 2007 that it adopted a resolution which declared that 2 October will be celebrated as the [International Day of Non-Violence](#). He is also known as the "Father of The Nation" and this title was given to him by NetajiSubhash Chandra Bose for his relentless struggles for independence.

This day is celebrated every year as Gandhi Jayanti all across India in the honour of Mahatma Gandhi, to commemorate his unparalleled contribution to the Indian Independence Movement. Gandhi Jayanti is observed as a national holiday in India. Mahatma Gandhi believed in the principle of non-violence and practised it throughout the freedom struggle of our country.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



TrackAct - Activity Tracker

Name of the event :-	Literacy Day
Conducted by:-	NSS & IQAC
Date:-	September 9 , 2021
Venue/ Online Platform:-	B.Ed. Classroom
Activity Falls under Criterion/Criteria: -	Criterion 3
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	---
Number of participants	23

Report:-

Under the scheme **Padhna Likhna Abhiyan** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized a webinar on “Literacy Day” on 9th September, 2021.

September 8 was declared International Literacy Day by UNESCO in 1965. The aim of the day is to highlight the importance of literacy to individuals, communities and societies.

Learning to read and write is a crucial part of a child’s development. Reading and writing are essential skills for adults. Being literate means that people can understand and follow written instructions, find out information online or in books, write letters and emails, and use the dominant symbol systems of a culture. It also means that a child or adult is able to participate fully in their community.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-







Winners(if any):-

TrackAct - Activity Tracker

Name of the event :-	Beach Cleaning
Conducted by:-	NSS & IQAC
Date:-	November 13, 2021
Venue/ Online Platform:-	Varsoli Beach, Alibaug
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	HARDIK DAVE
Number of participants	15

Report:-

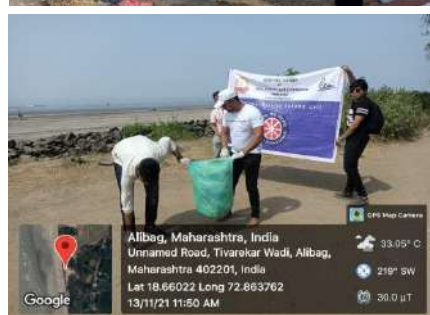
Under the scheme **Swacch Bharat abhiyan Mission** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized a Activity of Beach Cleaning at Varsoli Beach, Alibaug.

Beach cleaning is the process of removing solid litter, dense chemicals, and organic debris deposited on a beach or coastline by the tide, local visitors, or tourists. Humans pollute beaches with materials such as **plastic bottles and bags, plastic straws, , cigarette filters, , Surgical mask and many other items that often lead to environmental degradation.**

Cleaning the beach also **improves the coastal and ocean ecosystem by ensuring that none of the trash kills marine life or is toxic enough to disrupt the aquatic life cycle.** A beach clean-up is also an opportunity to gather new data about the state of our coasts and the types of trash that pollutes them.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



TrackAct - Activity Tracker

Name of the event :-	Women's empowerment
Conducted by:-	NSS & IQAC
Date:-	October 13 , 2021
Venue/ Online Platform:-	Mazgaon Village
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik Dave
Number of participants	16

Report:-

Under the **SWADHAR Greh scheme** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an Activity of women's empowerment on 13 october 2021 at Majhgaon village.

Women empowerment helps in boosting the status of women through literacy, education, training and awareness creation. Empowering women is essential to the health and social development of families, communities and countries.

Womens in our country always face many problems such as dowry, menstrual cycle problems, domestic violence and in health & hygiene. To make them aware about all these problems, our college had organized an awareness regarding all types of violence they face due to lack of education of these problems.

The NSS team of our college tried their best to make them aware of how to fight for their rights.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



Winners(if any):-	--

TrackAct - Activity Tracker

Name of the event :-	Hygiene awareness (sanitary pad)
Conducted by:-	NSS & IQAC
Date:-	October 13 , 2021
Venue/ Online Platform:-	Majhgaon Village
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik dave
Number of participants	16

Report:-

Under the scheme **Pradhan Mantri Jan Arogya Yojana** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized a Activity of hygiene awareness on 13 october 2021 at Majhgaon village.

Women face challenges at various levels. First, accessing sanitary products, underwear, etc. is a transactional challenge. There is the absence of safe, hygienic, and private spaces, such as separate toilets with a door that closes, for women to take care of their menstrual health. Water, toilets, disposal of menstrual products, all prove to be obstacles in women's menstrual health.

Many women in rural areas may also not have access to a toilet at home. Third is the culture and mindset which teaches women as well as men that menstruation should be hidden. Moreover, women's dignity and health are not a priority, for both men as well as women.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



TrackAct - Activity Tracker

Name of the event :-	Essential distribution for flood affected people in Mahad.
Conducted by:-	NSS & IQAC
Date:-	August 14, 2021
Venue/ Online Platform:-	Mahad
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	HARDIK DAVE
Number of participants	05

Report:-

Under the scheme **Aapda Mitra Scheme** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an Activity for Essential distribution for flood affected people in Mahad.

Mahad was among the regions worst-affected by the floods that ravaged western Maharashtra. At least 38 people have lost their lives and hundreds of people are now homeless as the record breaking rainfall in the surrounding area caused the worst natural disaster ever in Mahad. In this devastating situation, there is huge requirement of Packed food, milk, drinking water, medical kits, cloths, blankets, etc . This is the time we stand together in the name of humanity.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



Coal Village, Maharashtra, India
Koal Rd, Coal Village, Maharashtra
402301, India
Lat 18.068839 Long 73.427665
14/08/21 02:40 PM

26.96° C
268° W
31.0 μT



Winners(if any):-

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TrackAct - Activity Tracker

Name of the event :-	Children day
Conducted by:-	NSS & IQAC
Date:-	November 15 , 2021
Venue/ Online Platform:-	Mazgaon village
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	HARDIK DAVE
Number of participants	5

Report:-

Under the scheme **To pay tribute to our former Prime Minister, Pandit Jawahar Lal Nehru** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an activity on “Children Day on 15th November, 2021 at Mazgaon village.

Pillai HOC College of Arts, Science and Commerce, witnessed a very beautiful celebration of this year's Children's Day. Children's Day is usually celebrated not in a very distinctive manner. But this year went very much differently for our college. The NSS team worked hard to fulfill their promise they made to themselves last year.

This year the activity went very well. We distributed samosa as snacks and crayon colours, children recited some poems in English as well as in Marathi and we taught them alphabets such as [ABCD].

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.s

Photos:-





Winners(if any):-	

TrackAct - Activity Tracker

Name of the event :-	Competition: 1) Fancy Dress & 2)Fit me Activity (video of fitness)
Conducted by:-	NSS & IQAC
Date:-	August 15, 2021
Venue/ Online Platform:-	Online (ZOOM Platform)
Activity Falls under Criterion/Criteria: -	Criterion 3
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Mr. Hardik Dave
Number of participants	150

Report:-

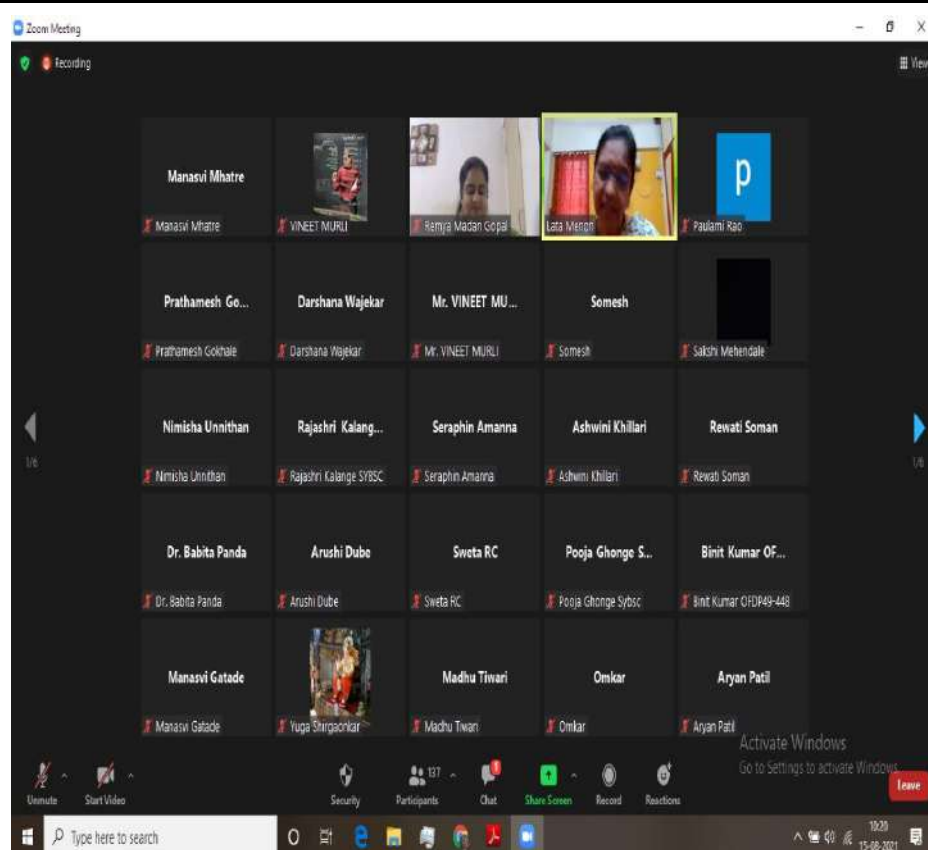
Under the scheme **To know the establishment of a free and independent Indian nation** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an online Competition on 1) Fancy Dress & 2) Fit me Activity (video of fitness) on 15th August, 2021 to celebrate the 75th year of India's Independence "Azadi ka Amrit Mahotsav".

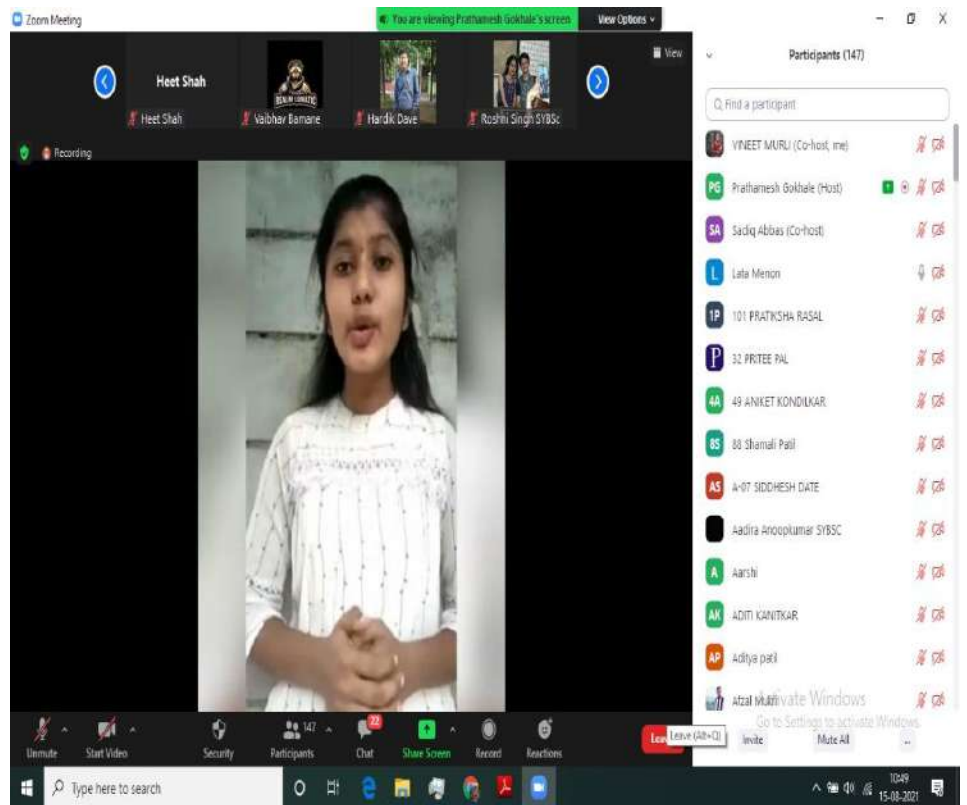
We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and strong support to organize such an event on an online platform to mark this momentous day. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

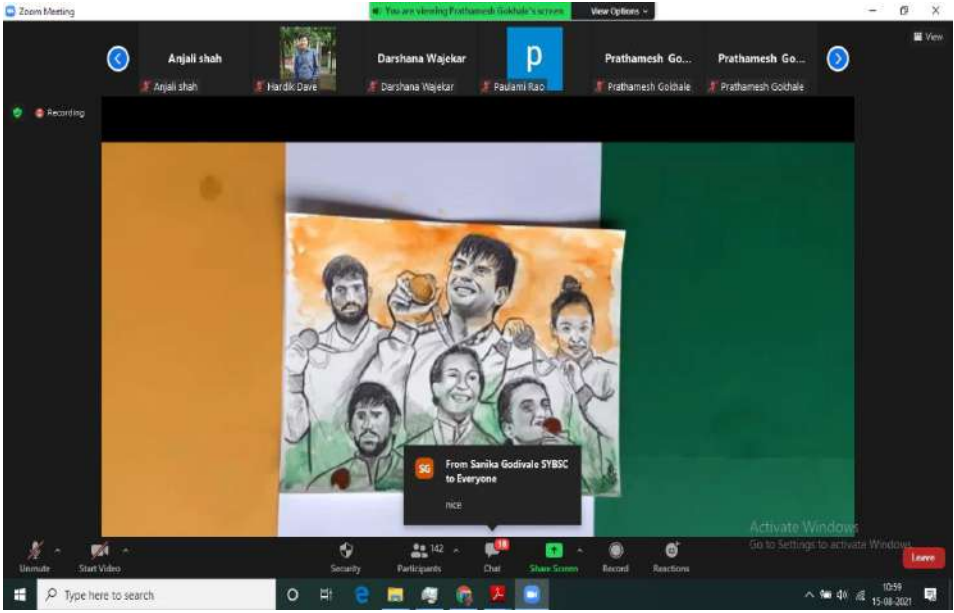
We would like to specially thank all our alumni, who contributed and participated to mark the special occasion, befitting to the theme of the event.

Total Registration for competition: 13

Photos:-





	
<p>Winners(if any):-</p>	<p>--</p>

TrackAct - Activity Tracker

Name of the event :-	Medical Camp
Conducted by:-	NSS & IQAC
Date:-	October 16, 2021
Venue/ Online Platform:-	Walmal village
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	
Number of participants	13

Report:-

Under the scheme **Pradhan Mantri Swasthya Suraksha Yojana** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized a Medical Camp at Walmal village.



Free medical camps are set up with a sacred aim to bring awareness amongst the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from.

The importance and objectives of the medical camp free medical advice, medicine to the unfortunate people and refer them for specialized treatment or surgery whenever it is required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



	 
Winners(if any):-	--

TrackAct - Activity Tracker

Name of the event :-	Tree plantation
Conducted by:-	NSS & IQAC
Date:-	August 17, 2021
Venue/ Online Platform:-	Majgaon
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	HARDIK DAVE
Number of participants	08

Report:-

Under the **'Vanmohotsav' Scheme** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized aActivity of Tree plantation at Majhgaon.

Tree plantation is good for the environment. Everyone knows that trees are the source of oxygen. They inhale carbon dioxide and exhale oxygen without which the survival of living beings is not possible on earth.The need for tree plantation has become even greater these days because of the growing pollution in the environment. Tree plantation involves transplanting tree seedlings to grow forests and spread greenery around.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



TrackAct - Activity Tracker

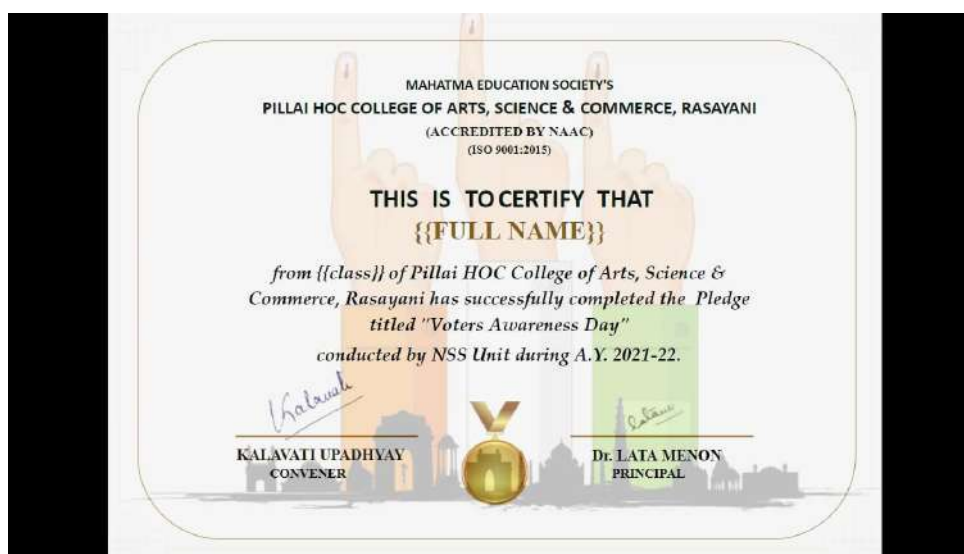
Name of the event :-	VOTER AWARENESS DAY
Conducted by:-	NSS & IQAC
Date:-	JAN 25, 2022
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria :-	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik Dave
Number of participants	145


Report:-

Under the scheme **Election Commission of India 'MyVote My right'** NSS unit of PHCASC celebrated Voter's day on 25th January 2022. The National Voters' Day has been celebrated on January 25 every year since 2011, all across the country to mark the foundation day of Election Commission of India, i.e. 25th January 1950. The main purpose of the NVD celebration is to encourage, facilitate and maximize enrolment, especially for the new voters. Dedicated to the voters of the country, the day is utilized to spread awareness among voters and for promoting informed participation in the electoral process by taking oath. 145 volunteers participate in this event.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



	
Winners(if any):-	--

TrackAct - Activity Tracker

Name of the event :-	Blanket Donation Drive
Conducted by:-	NSS & IQAC
Date:-	JAN 26, 2022
Venue/ Online Platform:-	Maazgoan
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik Dave
Number of participants	10

Report:-

Under the scheme **PM Garib Kalyan Anna Yojana** On a cold winter day, our NSS team came together to share warmth and compassion with those in need. A blanket donation drive was organized by NSS unit of PHCASC college ON 26 JAN, 2022. And distributed them on 26th January, 2022 to the needy people in our adopted village . This event was organized in physical mode by taking all the safety precautions for COVID-19. Some of our volunteers came to college and worked during this COVID times taking all the precautions and also our principal ma'am "Dr. Lata Menon" and our program officer "Prof. Kalavati upadhyay " along with NSS member Prof. Anita Rajput also guided and supported us. All the blankets were sanitized before distributing them to the needy. Due to it was occasion of 26 Jan, 2022 NSS unit organized some competition among the kids in tribal village like Rangoli Competition and Drawing Competition on the Theme on 26 Jan,2022. Kids participated with full enthusiasm and full energy. The winners were given prizes too.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-





Winners(if any):-



TrackAct - Activity Tracker

Name of the event :-	Vaccination Drive
Conducted by:-	NSS & IQAC
Date:-	October 27 , 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	HARDIK DAVE
Number of participants	5

Report:-

Under the scheme **Har Ghar Dastak campaign** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an activity of "Vaccination drive" on 27th October, 2021.

Now that COVID-19 vaccines have reached billions of people worldwide, the evidence is overwhelming that no matter which one you take, the vaccines offer life-saving protection against a disease that has killed millions. The pandemic is far from over, and they are our best bet of staying safe.

Our college had arranged a vaccination drive for the students and all staff members of Pillai HOC College, Rasayani. Vaccination is one of our life saving medicine and works as a shield against the Corona Virus, to accelerate the vaccination process for the students and staffs of our college. The college had launched Mission Vaccination for All. The mission will not only help our college students and staffs to get quicker and easier access to the vaccines, it will also help create awareness by busting myths and misinformation.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



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<p>Winners(if any):-</p>	<p>--</p>

TrackAct - Activity Tracker

Name of the event :-	Aids Awareness Day
Conducted by:-	NSS & IQAC
Date:-	December 02 , 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik dave
Number of participants	55

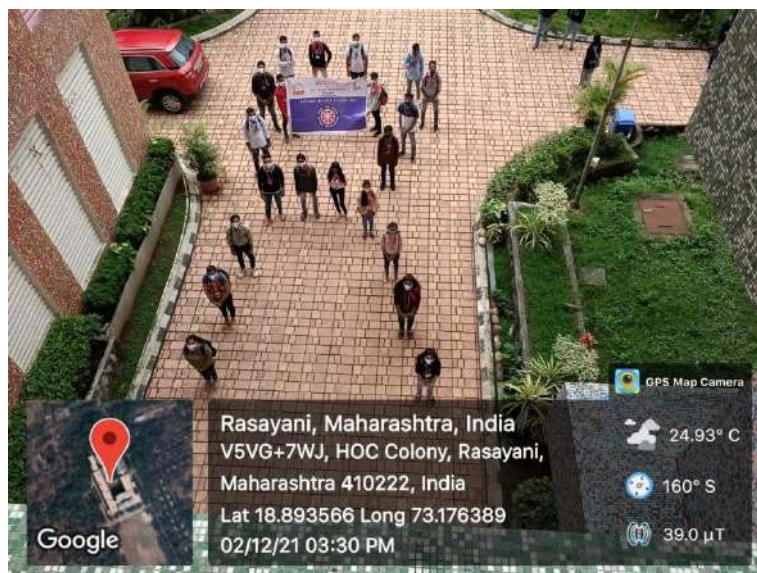
Report:-

Under the **Red Ribbon Scheme** NSS unit in association with the Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized Aids Awareness day on December 02, 2021.

The NSS unit of PHCASC observed World AIDS Day to spread awareness regarding AIDS, call for an increased response to move towards and speak out against HIV stigma following the theme of World AIDS Day 2021, which is "End inequalities, End AIDS ". The NSS volunteers shared facts and medically accurate information about HIV and AIDS. All the student-teachers and faculty members wore red ribbons to raise awareness about AIDS. AIDS awareness slogans 'Let's Stop HIV Together', 'Open your eyes before AIDS closes them' etc resonated through the air. further it stated "we all should take constructive steps to eliminate chronic diseases for making our planet safe and spreading awareness about AIDS disease in communities is must, which our NSS unit volunteers are doing to a great extent." The event was organized by the Red Ribbon Club.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-





TrackAct - Activity Tracker

Name of the event :-	Ekta Diwas
Conducted by:-	NSS & IQAC
Date:-	31 October, 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik Dave
Number of participants	50

Report:-

Under the **Ek Bharat Shreshtha Bharat Scheme** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an Activity on Ekta Diwas(**National Unity Day 2021 in India**) **The event had participation in large numbers, Students & teachers took** an oath to preserve the unity, integrity and security of the nation in the spirit of unification of the county. Thereafter students also engaged themselves in cultural activities by representing each state on the Themed: Unity in Diversity and life history and contribution of Sardar Vallabh Bhai Patel towards making of India.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



TrackAct - Activity Tracker

Name of the event :-	Human Rights Day
Conducted by:-	NSS & IQAC
Date:-	December 11 , 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik dave
Number of participants	08

Report:-

Under the scheme **commemorate the Universal Declaration of Human Rights - Equality** NSS unit in association with the Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an Activity on Human Rights day on December 11, 2021.

Human rights are the basic rights every human being is entitled to. Every year, Human Rights Day is celebrated across the world on December 10 'to commemorate the adoption of the Universal Declaration of Human Rights (UDHR)'. The theme for this year was 'Reducing inequalities and advancing human rights. Many volunteers participated enthusiastically in the activity. The activity was organised by the NSS Program Officer ,the overall supervision and guidance of NSS members at College campus. To sensitize and educate the NSS volunteers about the importance of human rights and the need to protect and promote them, NSS unit ask students to make signs based on equality and do awareness about reducing inequalities.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-





Winners(if any):-

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TrackAct - Activity Tracker

Name of the event :-	Orientation Programme NSS
Conducted by:-	NSS & IQAC
Date:-	December 06 , 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik dave
Number of participants	SY Students(126)

Report:-

Under the **National Service Scheme** Day NSS unit in association with the Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized the NSS Orientation Programme on December 06, 2021.

The speaker for the day was Area Coordinator and PO of KLE college Prof. Neha Pandhare. The session was addressed for the NSS volunteers to understand the importance of NSS at the University level. The motto, logo and objective of NSS and the days to be celebrated by the NSS throughout the year was informed to all the NSS volunteers. They were given awareness on the importance of social service for the upliftment of society and in general for the building up of a better nation in future. They were informed about the Regular activities, Special camp and other voluntary services that can transform a society for overall well being. Volunteers were enrolled and team leaders were also selected from the volunteers.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and non-teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.


Photos:-





REPORT ON " REPORT ON ANTI PLASTIC BAN 2021"

Name of the event :-	" REPORT ON ANTI PLASTIC BAN 2021"
Conducted by:-	NSS
Date:-	6th July, 2021
Venue/ Online Platform:-	Mhopada Market
Activity Falls under Criterion/Criteria:-	Criteria 3, Criteria 7
Convenor:-	Ms. Kalavati Upadhya
Co-Convenor: - (if any)	
Number of participants Registered:-	22
Report 250 words:-	<p>Distribution of Paper bag</p> <p>Under the scheme awareness campaign on single-use plastics by Ministry of Environment NSS committee of the college takes various initiatives to contribute to the community services. The use plastic articles especially plastic bags probe a serious threat to environment. Hence, The NSS unit of Pillai HOC college of Arts, science and commerce, Rasayani conducted a paper bag making and distribution drive on Tuesday, 6th of July 2021 under the guidance of the NSS Program officer Mrs. Kalavati Upadhya and NSS member Mr. Hardik Dave.</p> <p>Firstly we started it by orientation program, Kalavati Ma'am explained us about the activity and the importance of being a volunteer of NSS. Keeping in mind about the Pandemic situation we followed all the social distancing norms and lockdown strictures.</p> <p>The students had to make paper bags which were then distributed to all the locality vendors. Around 22 students participated in the session. We</p>

	<p>together made around 55 paper bags. The drive began at 11:30 am with the program officer Mrs. Kalavati Upadhya, the NSS member Mr. Hardik Dave. The students then proceeded towards the vendors.</p> <p>The NSS volunteers while distributing the paper bags created awareness on the need to use such Eco-friendly bags. The students of the college also created awareness amongst the people about the harmful consequences of using plastic bags and also motivated them to use paper bags.</p> <p>Thanks & Regards, NSS Unit PHCASC</p>
<p>Photos:-</p>	
<p>Winners(if any)/ Course Completed:-</p>	<p>NA</p>

TrackAct - Activity Tracker

Name of the event :-	KARGIL: A Tribute To Soldiers, A Message To Youth
Conducted by:-	NSS & IQAC
Date:-	July 26, 2021
Venue/ Online Platform:-	Zoom
Activity Falls under Criterion/Criteria: -	Criterion 7
Convenor:-	Ms.Kalavati Upadhyay (NSS) & Ms.Remaya Madangopal(IQAC)
Co-Convenor: - (if any)	Hardik Dave(NSS)
Number of participants	244

Report:-

Mahatma Education Society's

**Pillai HOC College of Arts, Science and Commerce ,
Rasayani**

REPORT ON KARGIL VIJAY DIWAS

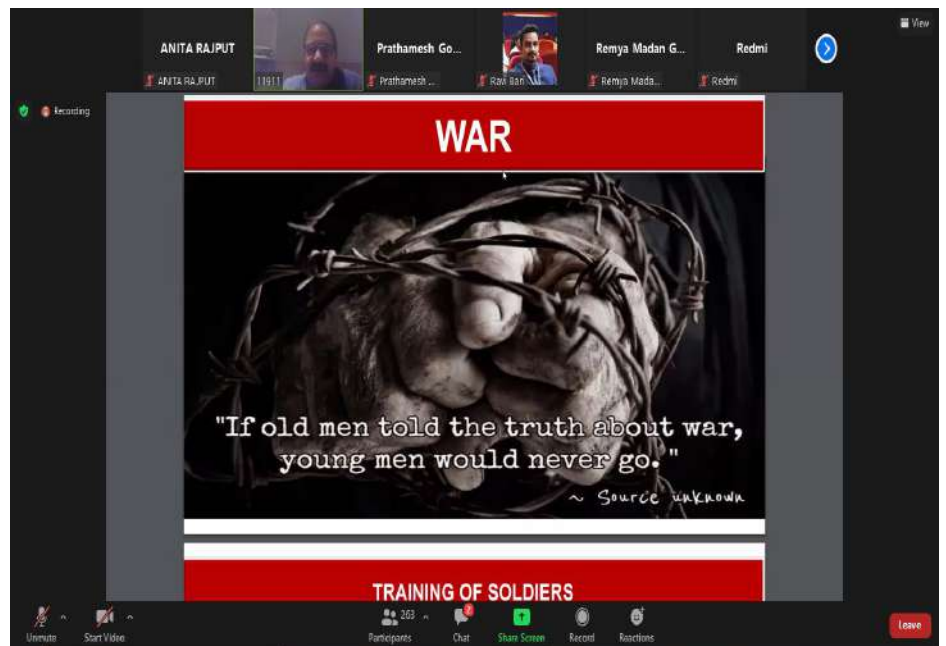
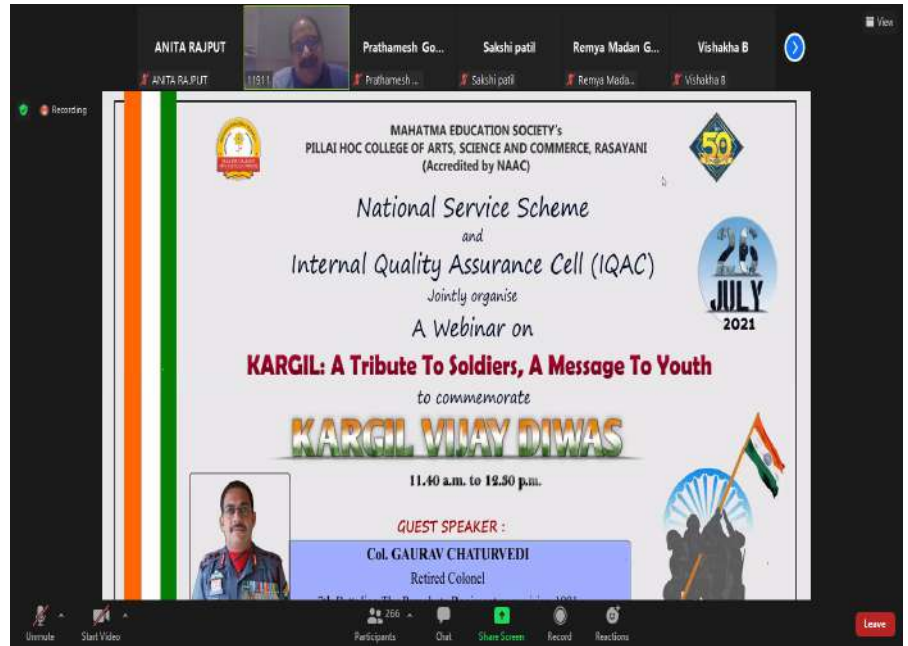
The following Report is based on the Webinar conducted by the IQAC and NSS unit of Pillai HOC College of Arts, Science and Commerce ,Rasayani under the scheme **In honour of the Army's successful mission on 26th July, 2021.**

We would like to express our gratitude towards our keynote speaker for webinar Col.Gaurav Chaturvedi (Retired Colonel -7th Battalion The Regiment Commission 1991).

Kargil Vijay Diwas is commemorated every 26th July in India, to observe India's victory over Pakistan in the War of 1999 for the liberation of sections of Kargil District in Ladakh from Pakistanis on 26th of July. On this date, India successfully took command of the high outposts. Kargil Vijay Diwas is celebrated on 26 July every year in honour of the Kargil War's Heroes. This day is celebrated in the Kargil-sector and the national capital, New Delhi, where the Prime Minister of India pays homage to the soldiers at Amar Jawan Jyoti at India Gate every year. Functions are also organized all over the country to commemorate the contributions of the armed forces. We thank all the faculty members for their constant support to make this event successful. We also thank our Principal Dr Lata Menon Ma'am for her support and guidance. We would like to place on record our appreciation to our Vice-Principal.

Total Registration : 322

Photos:



ANITA RAJPUT Prathamesh Go... Remya Madan G... Redmi

Recording

TRAINING OF SOLDIERS

HOPE – LIKE TODAY COVID - THIS TOO SHALL PASS .

EMPATHY – TODAY WE NEED THIS MORE THAN EVER.

HUMOUR – COVID TIMES BE LIGHT ON LIFE.

FEAR OF UNKNOWN.

DRIVE AND DETERMINATION- BE STEEL WILLED.

ABOUT A SOLDIER

Unmute Start Video Participants 267 Chat Share Screen Record Reactions Leave

ANITA RAJPUT Prathamesh Go... Remya Madan G... Redmi

Recording

The build-up

CHINA Karakoram Pass

Actual Ground Position Line

Skardu

400 waiting to cross over

200-250

BATALIK

80-100

KAKSAR

200-250 in Mashkoh

DRASS 60-80

KARGIL

May 10-14 Infiltrators noticed in Drass, Kaksar & north of Mashkoh valley

May 14 - Flushing out operations begin

May 9 - Heavy Pakistani shelling damages ammo dump in Kargil

May 7 - Pak artillery fires on Indian patrol

May 8 - Clash between troops and infiltrators

May 6 - Army patrol notices 9-10 infiltrators east of Batalik

Line of Control (LoC)

National Highway - Srinagar

Hajipir Pass

Poonch

Doda

Udhampur

Jammu

Leh

Map not to scale

Estimated numbers of infiltrators

Unmute Start Video Participants 265 Chat Share Screen Record Reactions Leave

ANITA RAJPUT

Prathamesh Go...



Remya Madan G...



ANITA RAJPUT

Prathamesh...

Rani Bari

Remya Mada...

Recording



Participants (233)

AR	ANITA RAJPUT (Me)		
	Rani Bari (Host)		
I	11911 (Co-host)		
HD	Hardik Dave (Co-host)		
PG	Prathamesh Gokhale (Co-host)		
RM	Remya Madan Gopal (Co-host)		
VB	Vishalha S (Co-host)		
BD	07_vikrant Deshmukh		
10	10 Devayani Gupta		
J	13_SIDDHESH JADHAV		
1P	16 Pooja Mishra		
2M	23 Monika Durgade		
2P	27- POOJA DESHMUKH		
2R	32 Rish Kamble SYIT		

Unmute

Participants 233

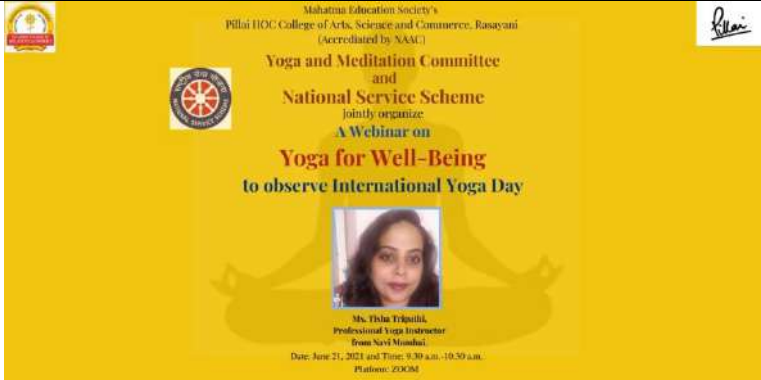
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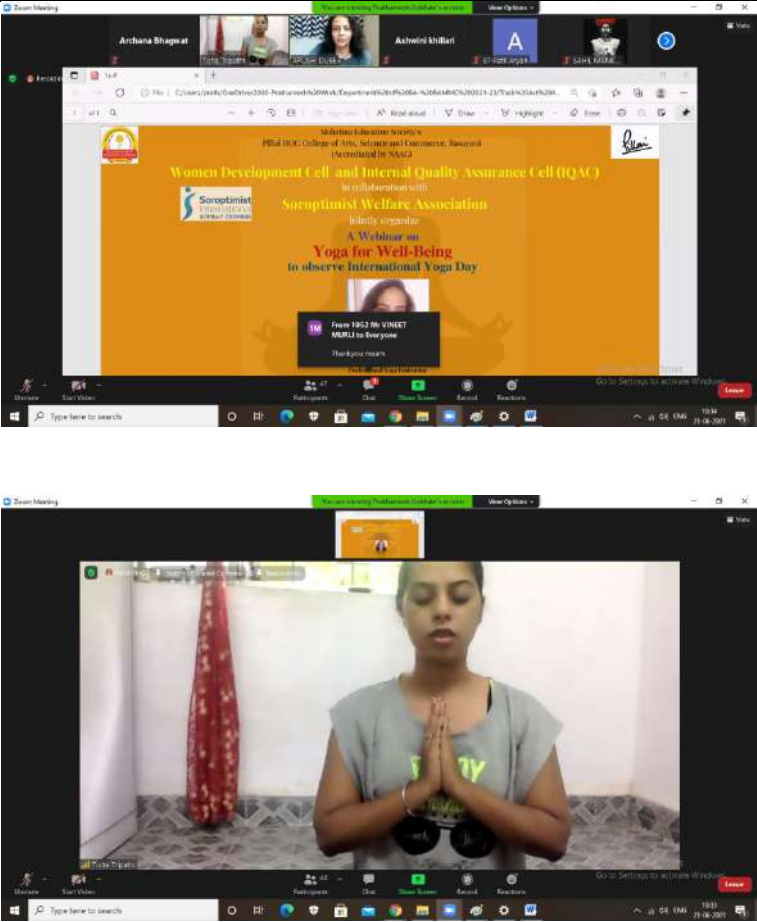
Invite

Unmute Me

TrackAct - Activity Tracker

Name of the event:-	A Webinar on “Yoga for Well-being”
Conducted by:-	Yoga and Meditation Committee in association with National Service Scheme (NSS), PHCASC
Date:-	Jun 21, 2021
Venue/ Online Platform:-	Zoom
Activity Falls under Criterion/Criteria:-	Criterion V
Convenor:-	Ms. Ravi Bari
Co-Convenor: -	Ms. Kalavati Upadhyay
Number of participants benefitted:-	52
Report:-	<p style="text-align: center;">Mahatma Education Society’s Pillai HOC College of Arts, Science and Commerce, Rasayani <u>Report on A Webinar on “Yoga for Well-being”</u></p> <p>On the occasion of International Yoga Day, Yoga and meditation Committee of Pillai HOC College of Arts, Science and Commerce College, Rasayani in association with National Service Scheme (NSS) had organized a webinar on “Yoga for Well-Being” for teaching and non-teaching staff on Jun 21, 2021, from 9.30 am-10.30 am under the Ministry of Ayush Health Scheme through online zoom platform.</p>

	<p>The event began with a welcome note and introduction of the resource person, Ms. Tisha Tripathi by Mr. Ravi Bari, a member of the Yoga Committee and NSS. The resource person explained the origin, importance, and precise way of yoga to balance life. She also explained the contrary implications of yoga. Various breathing techniques such as mudras and asanas were practised in the session. Anulom vilom, Suryabhedan, Chandrabhedan, and kapalbhati were covered in the breathing session. In the mudra session, chin mudra and chinmay mudra was practised by all the participants. Towards the end of the session, yogic breathing and om chanting were practised. E- Certificates were issued to all those who participated in the event. A total of 52 participants attended this event. The event ended with a vote of thanks by Ms. Arushi Dube and positive feedback from the staff members.</p> <p>We owe a great deal of gratitude to Dr. Lata Menon, Principal, PHCASC for her constant support and guidance. We would like to place on record appreciation towards our Vice-Principal Mr.Binit Kumar.</p> <p>Thanks & Regards, Yoga and Meditation Committee & national Service Scheme (NSS).</p>
<p>Photos:-</p>	

	
Winners(if any):-	NA

TrackAct - Activity Tracker

Name of the event :-	Constitution Day
Conducted by:-	NSS & IQAC
Date:-	November 26, 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik Dave
Number of participants	All Students of institution Present that day


Report:-

Under the scheme **commemorating the adoption of the Constitution of India** NSS unit in association with the Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an Activity on Constitution Day. Constitution day is celebrated through NSS on 26/11/2021 in Pillai HOC College of Arts, Science and Commerce, Rasayani. The Preamble to the Constitution read out by CR of Each Class . All the students and staff followed the Preamble. Constitution Day (or Samvidhan Divas), also known as National Law Day, is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted the Constitution of India, and it came into effect on 26 January 1950.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-



	
Winners(if any):-	--

TrackAct - Activity Tracker

Name of the event :-	26/11 A tribute to Marty's Day
Conducted by:-	NSS & IQAC
Date:-	November 26, 2021
Venue/ Online Platform:-	PHCASC
Activity Falls under Criterion/Criteria: -	III
Convenor:-	Ms. Kalavati Upadhyay
Co-Convenor: - (if any)	Hardik Dave
Number of participants	All the students enrolled in our institution participated in this event Around 50 students

Report:-

Under the scheme **candle light march to honor and to remember all those people who were attacked** NSS unit in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized a Activity Tribute to Martyrs Day on 26 Nov attack

It has been 13 years since the terror attacks in Mumbai orchestrated by Lashkar-e-Taiba left 166 people dead and 238 injured. So to give a tribute to all the fighters who fought bravely and to everyone who lost their lives. We at PILLAI HOC COLLEGE OF ARTS SCIENCE AND COMMERCE hosted a candle light march to honor and to remember all those people who were attacked. Also everyone kept two minutes of silence for peace of people who lost their lives and families who lost their loved ones in the attack.

We thank our Principal, Dr. Lata Menon, our chief guest for the day, for inspirational words during the address, for her guidance to students and teaching staff. We are also grateful to our Vice Principal, Prof. Binit Kumar and to all our colleagues for their cooperation to make the event successful.

Photos:-





Winners(if any):-

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