# TrackAct - Activity Tracker

Name of the event :-	A Workshop on <b>Exploring Mental Health of Females</b>
Conducted by:-	Soroptimist Welfare Association (SWA) and Women Development Cell (WDC)
Date:-	March 11, 2024
Venue/ Online Platform:-	Conclave I, 1st floor, Architecture Building
Mapping with Vision/Mission:-	To create awareness about the mental health of     women. 2. To help women de-stress.
Mapping with PO:-	It aims to produce graduates who will produce innovative solutions to problems, apply research skills to business challenges and communicate effectively.
Mapping with CO:-	To create awareness on basic principles of human rights through the constitutional changes and to protect the same.
Activity Falls under Criterion/Criteri a: -	Criterion V
Convenor:-	Ms. Sharadha Kadam/Ms. Jyoti Shivade
Co-Convenor: - (if any)	Ms. Arushi Dube

Number of	100
participants benefited:-	
benefited:-	

### Report:-

### "You are more powerful than you know, you are beautiful just as you are" — Melisa Etheridge

The Soroptimist Welfare Association (SWA) and the Women Development Cell (WDC) of Pillai HOC College of Arts, Science and Commerce, Rasayani jointly organised a workshop titled "Exploring Mental Health of Females" on March 11, 2024 on the occasion of International Women's Day. The resource person for this event was Ms. Bushra Ansari (Assistant Professor, Motivational Speaker, Soft Skills Trainer). This workshop was a fun and interactive attempt at discussing the factors resulting in stress. This workshop was joined by both faculty members and students. It focused on societal pressures affecting women's mental health inorder to stand up to societal expectations, which leads to unnecessary stress. The workshop began with understanding that "Learning" is a combination of the 3A's (Attendance, Attention, Absorption). It also compelled the participants in exploring their identities and personalities, further suggesting that we all have a kid, a teenager and an adult inside us. And how each one of us suppresses their needs and desires based on where and who we are with. It also dwelled in the realms of first impression and expression and how one focuses on others perceptions and that can hamper their thought processes and mental well being. It puts a spotlight on how one can become a great individual when they refrain from doubting their abilities. Lastly the workshop addressed crisis management with 3Ps (Patience, Positivity, Problem Solving), feeling confident and satisfied with oneself. The session was interactive and encouraged all the members to acknowledge themselves for their abilities without succumbing to societal pressures and expectations. The session aligned with goal three (Good Health and Well-being) of the UN's Sustainable Development Goals.













# <u>TrackAct - Activity Tracker</u>

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Name of the event :-	"Books for Hope" a Book Distribution Activity
Conducted by:-	Department of Lifelong Learning (DLLE) Youth Red Cross (YRC), and Internal Quality Assurance Cell (IQAC)
Date:-	13 Feb 2024
Venue/ Online Platform:-	<ol> <li>Zilla Parishad School, Shivnagar Wadi</li> <li>Konkan Education Society's Primary school, Mazgaon.</li> </ol>
Mapping with Vision/Mission:-	The vision of the college is to provide education to all, irrespective of region, religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.
Mapping with PO:-	<ul> <li>To ensure excellence in education by maintaining high standards of teaching</li> <li>To help the students enhance their skill sets</li> <li>To work for the personality development of the students</li> <li>To inculcate in them scientific temper and civic sense</li> <li>To provide best infrastructure comparable to international standards</li> </ul>
Mapping with CO:-	-
Activity Falls under Criterion/Crit er ia:-	III, VII
Convenor:-	Mr. Sumeet Mhatre
Co-Convenor : - (if any)	Mr. Ravi Bari

Number of participants benefitted:-	148
Report:-	Report on "Books for Hope" a Book Distribution Activity
	Date: February 13, 2024
	<b>Time:</b> 10:30 am to 1:30 pm

### **Activity Overview:**

The Department of Lifelong Learning (DLLE) and Youth Red Cross (YRC) of Pillai HOC College of Arts Science and Commerce, Rasayani, organized a book distribution activity aimed at promoting education in nearby Zilla Parishad schools. The initiative targeted the following two schools

- 1. Zilla Parishad School, Shivnagar Wadi
- 2. Konkan Education Society's Primary school, Mazgaon.

#### **Objective:**

The primary objective of the book distribution activity was to enhance access to educational resources among students from underserved communities. By providing books directly to the students, the organizers aimed to support their academic endeavors and foster a culture of lifelong learning.

#### **Impact:**

The initiative successfully reached a total of **148 beneficiaries** across the two schools. By equipping these students with educational materials, the organizers hope to contribute towards their academic growth and overall development.

#### **Acknowledgment:**

We extend our heartfelt gratitude to all the volunteers, donors, and supporters who contributed to the success of this initiative. Their dedication and generosity played a crucial role in making this book distribution activity possible.











Winners(if	NA
any):-	

## **Track Act - Activity Tracker**

	11 ack Act - Activity 11 acker
Name of the event :-	Movie Screening( Child Marriage)
Conducted by:-	Institutional Social Responsibility, Women Development Cell & IQAC
Date:-	December 11, 2023
Venue/ Online Platform:-	Conclave II
Mapping with Vision/Mission:-	Vision- To provide education to all , irrespective of region , religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.  Mission - To inculcate scientific temper and civic sense in students
Mapping with PO:-	Students must be able to appreciate literary text and analyse the social, economic and political factors behind the production and reception of the texts.
Mapping with CO:-	To understand different stages for social movement
Activity Falls under Criterion/Criteria :-	VII
Convenor:-	Dr. Babita Panda

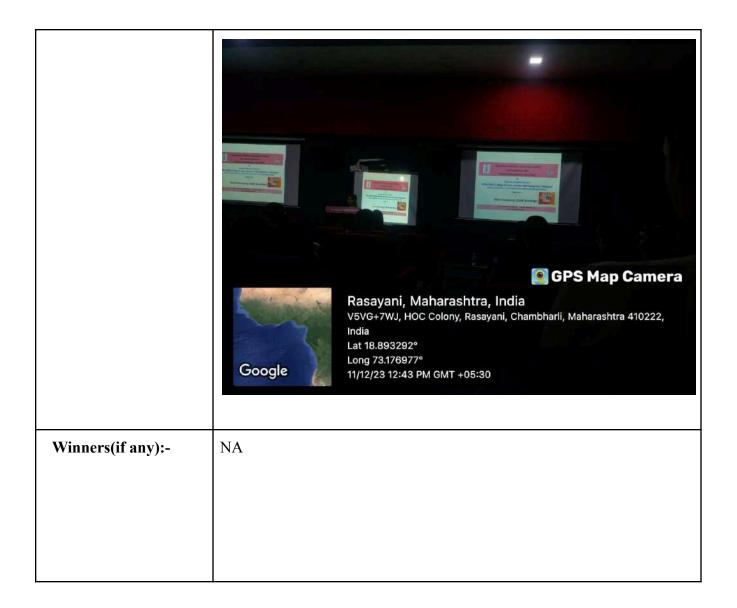
Co-Convenor: - (if any)	
Number of participants	210
Report:-	The Institutional Social Responsibility cell, *Soroptimist Welfare Association (SWA)* and the *Women Development Cell (WDC)* of *Pillai HOC College of Arts, Science, and Commerce, Rasayani*, jointly organized a movie screening on *December 11, 2023*. This event is in accordance with the *"16 Days of Activism,"* highlighting our commitment to addressing issues related to human rights and promoting awareness and remedies within the college community.  The Netflix film *"Sitara: Let Girls Dream"* by director *Sharmeen Obaid-Chinoy* was screened for students, telling the story of Pari navigating challenges associated with child marriages in Pakistan. The event prompted reflective discussions on girls' aspirations, empowerment, and the impact of child marriages. Overall, it served as a thought-provoking platform, emphasizing the influential role of storytelling in fostering awareness and social change. The session aligned with goal five & sixteen(Gender Equality & Peace, Justice and Strong Institutions) of the UN's Sustainable Development Goals.
Photos:-	











## **TrackAct - Activity Tracker**

Name of the event :-	old age home visit
Conducted by:-	ISR & IQAC
Date:-	23 October, 2023
Venue/ Online Platform:-	Karuneshwar old age care house Bhanghar , Panvel

Mapping with Vision/Mission:-	To help the students enhance skill sets.
Mapping with PO:-	PO 7: Students must be able to appreciate literary text and analyze the social, economic and political factors behind the production and reception of the texts.
Mapping with CO:-	CO 1. To create social awareness at a preliminary level for students across the board CO3. To sensitize students about social problems plaguing Indian society and to emphasize the role of educated youth to address the same CO4. To create awareness about growing social problems in India
Activity Falls under Criterion/Criteria: -	VII
Convenor:-	Dr. Sulochana Bhalekar Ms. Rachana Choraghe
Co-Convenor: - (if any)	Mr. Priyesh Keekan
Number of participants	20
Report:-	The Institution Social Responsibility Cell in association with the IQAC of Pillai HOC College of Arts, Science and Commerce had organised a visit to Karuneshwar Old Age Home in Waje taluka on 23rd October 2023 at 11 am. The lead teachers were Asst. Professors Dr Sulochana, Ms Rachana and Mr Priyesh. There were around 20 students too who attended the old age home. The old age home housed around 50 people, who were from different strata of society. Their enthusiasm and

good hearted spirit overwhelmed the onlookers. One could see the sparkle in their eyes when they saw someone was visiting them and ready to spend their time with them. The students enthusiastically participated in this event. Some played garbha to entertain them. This was indeed a great experience one could have fetched in their entire life. There were some goods in the form of sugar, detergent, apples and dry fruits given to them. At the outset the committee acknowledges the teaching fraternity who helped monetarily to make this process happen. This was a very small initiative that the committee took to encourage the young minds to tilt towards the benevolent act of servitude towards society. The committee promises to come up with more such activities in the near future too.









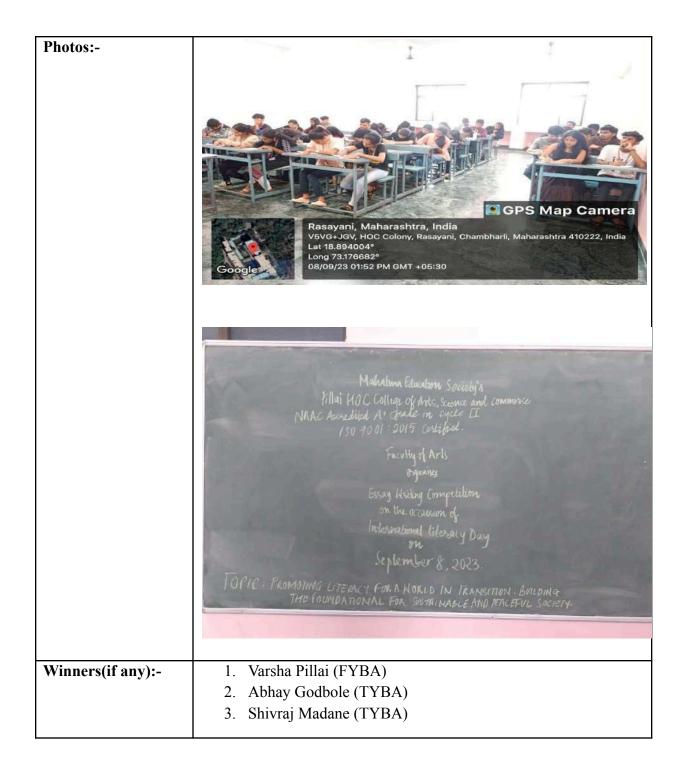


Winners(if any):-	

### <u>TrackAct - Activity Tracker</u>

Name of the event :-	Essay Writing Competition on "Promoting Literacy for a World in
	Transition: Building the Foundation for Sustainable and Peaceful
	Society"
Conducted by:-	English Literary Association and Faculty of Arts in Association with
	Internal Quality Assurance Cell
Date:-	September 08, 2023
	_
Venue/ Online	Classroom 807
Platform:-	

Mapping with Vision/Mission:-	Vision: To provide education to all irrespective of region, religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.  Mission: To ensure excellence in education by maintaining high standards of teaching
Mapping with PO:-	Programme: B.A.
Wapping Will 10.	PO 1: The learners are expected to understand how cultural, historical, linguistic and environmental factors shape and influence the world. PO 3: Students are expected to think critically and write creatively.
Mapping with CO:-	Course: Communication Skills in English
3	CO 3: The students will acquire proficiency in the skills of listening; speaking, reading and writing that will help them meet the challenges of the world.
	Course: Foundation Course
	CO 2. To help the students to upgrade their knowledge on current
	challenges and issues of Indian society
Activity Falls under Criterion/Criteria:-	Criterion VII
Convenor:-	Mr. Sujith Babu S.
Co-Convenor: - (if any)	Ms. Kalavati Upadhyay
Number of participants benefitted:-	37
Report:-	The Faculty of Arts in association with Internal Quality Assurance Cell of Pillai HOC College of Arts, Science & Commerce, Rasayani organised an Essay Writing Competition on the occasion of International Literacy Day (UNESCO 14 C/Resolution 1.441) on September 08, 2023.  "Promoting Literacy for a World in Transition: Building the Foundation for Sustainable and Peaceful Society" was the topic for the competition. Thirty seven students from various streams participated in the event. The programme started at 2 p.m. and culminated at 3 p.m. Students wholeheartedly participated in the event.



## **TrackAct - Activity Tracker**

Name of the event :-	"Chemkonscio" on the occasion of International Literacy Day

Conducted by:-	Department of Chemistry & IQAC
Date:-	September 08, 2023
Venue/ Online Platform:-	Department of Chemistry PHCASc
Mapping with Vision/Mission:-	Vision- To provide education to all, irrespective of region, religion, caste, economic strata and academic performance  Mission - To help the students enhance skill sets. To inculcate in them scientific temper and civic sense.
Mapping with PO:-	Apply the basic knowledge of chemistry to perform various tasks assigned to them at the workplace in industry and academia to meet the global standards.
Mapping with CO:-	Acquire the knowledge and generic skills for employment or further training in R&D, science-based industry and establishments, education, and for training at management levels in other professions.
Activity Falls under Criterion/Criteria: -	VII
Convenor:-	Dr. Sulochana Bhalekar
Co-Convenor: - (if any)	-

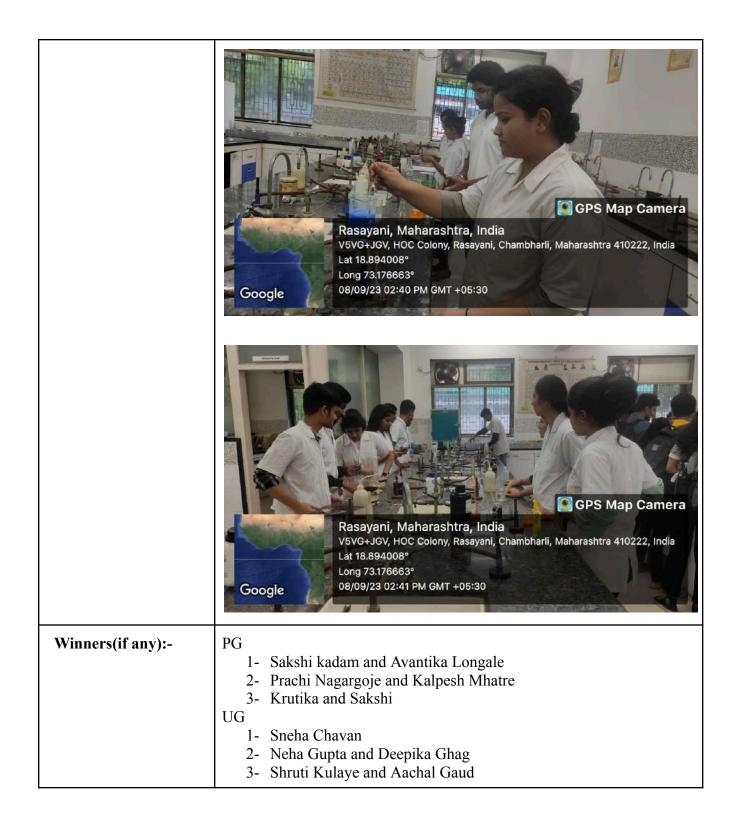
Number of participants	38
Report:-	Department of Chemistry in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized an event "Chemkonscio" on the occasion of International Literacy Day  The objective of International Literacy Day is to raise awareness about literacy and its importance among individuals, communities, societies across the world. It is not only to combat illiteracy but also to use it as a tool to empower individuals as well as the whole community. The main aim is to highlight the importance of literacy as a fundamental human right and the foundation for lifelong learning.  On this occasion numerous live experiments were organized by the department of chemistry to promote literacy, raise awareness and address global challenges of illiteracy. These live experiments help students to strengthen theoretical concepts. These initiatives have the potential to make a significant impact in reducing illiteracy rates and promoting a culture of lifelong learning.  We would like to thank all student participants for participating in this activity and faculty members for making this event a grand success. We also thank our Principal for her encouragement and support.











### **Track Act - Activity Tracker**

Name of the event	NUTRITION WEEK
:-	
Conducted by	DLLE
Conducted by:-	DLLE
	(DEPARTMENT OF LIFELONG LEARNING &
	EXTENSION)
Date:-	05/09/2023
Venue/ Online	ZP SCHOOL SHIVNAGAR & ZP SCHOOL MOHOPADA
Platform:-	
Mapping with	TO HELP THE STUDENTS ENHANCE THEIR SKILL SET.
Vision/Mission:-	2. TO WORK FOR THE PERSONALITY DEVELOPMENT OF THE
	STUDENTS
Mapping with PO:-	
Mapping with CO:-	
Activity Falls under	CD 7
Criterion/Criteria:-	CR 7
Convenor:-	MR. SUMEET MHATRE
Convenor:	MIN SOURCE T MINITINE
Co-Convenor: -	
(if any)	
Number of	1.50
participants benefited:-	160
benefiteu:-	
Report:-	
	DLLE Unit of Pillai HOC College of Arts, Science & Commerce,
	in association with IQAC on Tuesday, September 05, 2023
	celebrated nutrition week an activity by distributing fruits.
	The Fruits Distribution Activity for ZP School Children was
	conducted as a part of the United Nations Sustainable Development
	Goal (SDG) 17 - Partnership for the Goals. This initiative aimed to
	promote nutrition awareness and healthy eating habits among

school children. The event took place during Nutrition Week, focusing on SDG 2 - Zero Hunger and SDG 3 - Good Health and Well-being. The primary objective of this activity was to distribute fresh and nutritious fruits to ZP School children to promote healthy eating habits and emphasize the importance of including fruits in their daily diet.

The activity took place on September 05, 2023 at 1:00 pm till 3:30 pm at ZP School of Shivnagar and Mohopada. The event involved 16 volunteers from our organization, 10 school teachers and 2 Principals and 160 ZP School children. Our organization procured a variety of fresh fruits, including Apples, Kiwi, Oranges, Guava and Sweet Lime etc. These fruits were carefully selected to ensure they met quality and hygiene standards. Volunteers were responsible for washing and packaging the fruits in individual portions.

The Fruits Distribution Activity was a meaningful contribution to the global efforts to eradicate hunger and promote good health, aligning with SDG (Partnerships for the Goals). By collaborating with the ZP School and engaging with the children, our organization played its part in fostering a healthier and more aware generation.

We remain committed to working towards a sustainable future in line with the United Nations' Sustainable Development Goals and look forward to more such initiatives in the future.

Our gratitude goes out to our Principal Dr. Lata Menon, Vice Principal Mr. Binit Kumar, all the volunteers, teachers, and children who made this event a success.







# <u>Track Act - Activity Tracker</u>

Name of the event:-	WORLD FOOD DAY
Conducted by: -	DLLE
	(DEPARTMENT OF LIFELONG LEARNING & EXTENSION)
Date: -	19/10/2023

Venue/ Online	PILLAI HOC COLLEGE OF ARTS, SCIENCE &
Platform: -	COMMERCE, near Canteen
Mapping with	TO HELP THE STUDENTS ENHANCE THEIR SKILL SET.     TO WORK FOR THE PERSONALITY DEVELOPMENT OF THE
Vision/Mission: -	STUDENTS
Manning with DO.	
Mapping with PO: -	
Mapping with CO: -	
Activity Falls under	CR 7
Criterion/Criteria: -	
Convenor: -	MR. SUMEET MHATRE
donvenori	
Co-Convenor: -	
(if any)	
(if any)	
Number of	
participants	115
benefited: -	
Report: -	
пероге	
	DLLE Unit of Pillai HOC College of Arts, Science & Commerce,
	in association with IQAC on Thursday, October 19, 2023,
	celebrated World Food Day.
	World Food Day, observed on October 16 each year, is a global
	event dedicated to raising awareness about the importance of
	sustainable food systems, promoting food security, and addressing
	issues related to hunger and malnutrition. To celebrate World Food
	Day, our team organized a street play in the canteen, aiming to
	attract and educate the public about these critical global issues.
	This report provides a comprehensive overview of the event,
	including its planning, execution, and the impact it had on the
	attendees. The World Food Day Street play held in our canteen
	was a successful event in terms of attracting and educating the
	public. It served as a platform to raise awareness about critical
	global issues and inspired individuals to act. With continued

efforts and engagement, we aim to contribute to a world where everyone has access to safe, nutritious, and sustainable food.

### Photos: -



Raigad, Maharashtra, India V5VG+FGH, HOC Colony, Raigad, Chambharli, Maharashtra 410207, India



## <u>TrackAct - Activity Tracker</u>

Name of the	National Nutrition week
event :-	

Conducted by:-	Youth Red Cross (YRC)
	and
	Internal Quality Assurance Cell (IQAC)
Date:-	5 September 2023
Venue/ Online	1. Oldage Home
Platform:-	2. Gulsunde Village
Mapping with	The vision of the college is to provide education to all, irrespective of
Vision/Mission:-	region, religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.
Mapping with	To ensure excellence in education by maintaining high standards of
PO:-	teaching
	• To help the students enhance their skill sets
	<ul> <li>To work for the personality development of the students</li> <li>To inculcate in them scientific temper and civic sense</li> </ul>
	To provide best infrastructure comparable to international standards
	-
Mapping with	-
CO:-	
Activity Falls	VII
under	
Criterion/Criter	
ia:-	
Convenor:-	Mr. Ravi Bari
Co-Convenor: -	Ms. Rachana Choraghe
(if any)	
Number of	10
participants:-	
Report:-	Report on
	Fruit Distribution in Old Age Home and ZP School in
	Nutrition Week
	Date: September 5, 2023
	Introduction:
	The Youth Red Cross (YRC) and Institutional Social Responsibility (ISR) Committee of Pillai HOC College of Arts, Science, and Commerce

organized a special event to mark Nutrition Week. As part of our commitment to social responsibility and community engagement, we conducted a fruit distribution program in an old age home and a Zilla Parishad (ZP) school. The event aimed to promote healthy eating habits and provide nutritious snacks to the elderly residents of the old age home and the young students of the ZP school.

#### **Event Details:**

Date and Time: The event took place on September 5, 2023, from 1:00 PM to 4:00 PM.

Venue 1: Old Age Home -

Venue 2: ZP School -

#### **Activities:**

- **1. Preparation:** Prior to the event, our committee members coordinated with the authorities of both venues to ensure a smooth execution of the program.
- **2. Distribution at Old Age Home:** At the old age home, our team members interacted with the residents, listened to their stories, and shared moments of joy. Each resident received a plate of mixed fruits.
- **3. Distribution at ZP School:** At the ZP school, we conducted an interactive session on the benefits of eating fruits. We engaged the students in fun activities such as fruit trivia quizzes and explained the nutritional value of the fruits being distributed.

#### **Impact and Benefits:**

- **1. Promotion of Healthy Eating:** The event encouraged healthy eating habits among both the elderly residents and young students, emphasizing the role of fruits in maintaining good health.
- **2. Community Engagement:** It fostered a sense of community engagement and social responsibility among the college students involved in organizing the event.
- **3. Joy and Interaction:** The event brought smiles to the faces of the elderly residents and young students, promoting a positive atmosphere in both venues.

#### **Conclusion:**

The Fruit Distribution program during Nutrition Week organized by the YRC and ISR Cell of Pillai HOC College of Arts, Science, and Commerce was a successful initiative. It not only promoted healthy eating habits but also fostered a sense of community and social responsibility among the college students. We hope to continue such initiatives in the future, contributing to the well-being of our community.

We extend our heartfelt gratitude to all those who supported and participated in this event, making it a memorable experience for everyone involved.



(Students at Old AgeHome)



(Students interaction with residents)



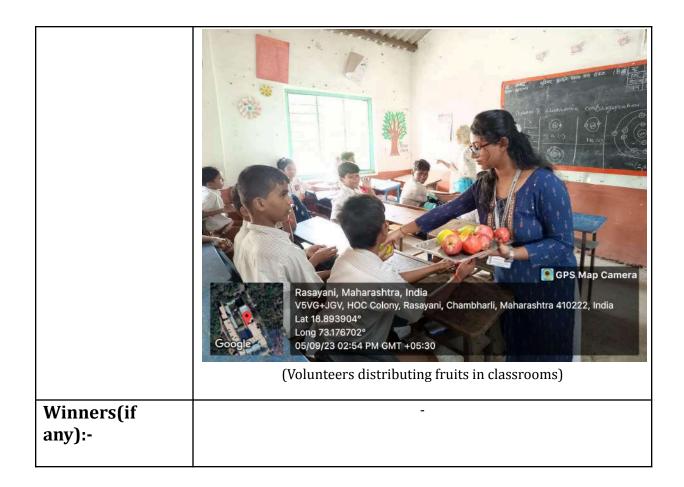
(Students at ZP School, Gulsunde)



(Students at ZP School, Gulsunde)



(Interaction with ZP School staffs)



Name of the event :-	Tree plantation drive
Conducted by:-	ISR, NSS & IQAC
Date:-	09 August, 2023
Venue/ Online Platform:-	PHCASc College Campus
Mapping with Vision/Mission:-	To help the students enhance skill sets.
Mapping with PO:-	PO 1: The learners are expected to understand how cultural, historical, linguistic and environmental factors shape

	and influence the world.
Mapping with CO:-	CO3. To understand the importance of environment and sustainable development
Activity Falls under Criterion/Criteria: -	VII
Convenor:-	Dr. Sulochana Bhalekar
Co-Convenor: - (if any)	Ms. Rachana Choraghe
Number of participants	55
Report:-	Institutional Social responsibility (ISR), National Service Scheme (NSS) and in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized Tree plantation drive  The objective of this event is to create awareness and spread the message of saving our planet- Protecting our environment is the need of the hour. To help nature and mother earth to get its natural beauty and components back, to help students understand the value of plants and trees. To inspire students to provide these services to society. The tree plantation drive was held under the Flagship Programme of "Meri Mati Mera Desh", 09 August 2023.  We express our sincere gratitude to our Principal, Dr Lata Menon for constant support. We are also grateful to our Vice Principal, Mr Binit Kumar and to all our colleagues for their cooperation to make the event successful. We thank all the participants and everyone who supported and contributed to making this event a success. Moving forward, we will continue organizing such initiatives to promote environmental awareness and work towards a greener, sustainable future for generations to come.









। रसायनी । वार्ताहर । पाताळगंगा नदी आणि पर्यावरण संवर्धन चॅरिटेबल ट्रस्ट व पिल्लई एचओसी कला विज्ञान व वाणिज्य महाविद्यालय रसायनी यांच्या संयुक्त विद्यमानाने बुधवार ९ ऑगस्ट रोजी महाविद्यालयाच्या प्रांगणात विविध जातींच्या वृक्षांची लागवड करण्यात आली. याप्रसंगी श्रीमती लता, संदेश मेंगाळ, अरुण जाधव, श्रीमती अनिता, श्रीमती कलावती, श्रीमती सुलोचना व महाविद्यालयाचे विद्यार्थी मोठ्या संख्येने उपस्थित होते. पाताळगंगा नदी व पर्यांवरण संवर्धन चॅरिटेबल ट्रस्टच्या माध्यमातून पाच हजार वृक्षलागवड मोहिम सुरू आहे. तसेच खालापूर तालुक्यातील गोरगरीब, गरजूंना विविध माध्यमांतून सहकार्य करण्याचे काम सुरू आहे.त्यांच्या या उपक्रमाचे सर्वत्र कौतुक होत आहे.

# रसायनीत चॅरिटेबल ट्रस्टच्यावतीने वृक्ष लागवड

रसायनी: पाताळगंगा नदी आणि पर्यावरण सिवर्धन चॅरिटेबल ट्रस्ट व पिल्लई एचओसी कला विज्ञान व वाणिज्य महाविद्यालय रसायनी यांच्या संयुक्त विद्यमाने महाविद्यालयाच्या प्रांगणात विविध जातींच्या वृक्षांची लागवड करण्यात आली. यावेळी आंबा, वड, पिंपळ, जांभूळ, पेरू इत्यादी वृक्ष लागवड करण्यात आली. याप्रसंगी प्राचार्य पिल्लेज कॉलेज, संदेश मेंगाळ शाखा अभियंता पाटबंधारे विभाग, अरुण जाधव अध्यक्ष पाताळगंगा नदी आणि पर्यावरण संवर्धन चॅरिटेबल ट्रस्ट, अनिता, कलांवती व स्मुलोचना व महाविद्यालयाचे विद्यार्थी उपस्थित होते. पाताळगंगा नदी व पर्यावरण संवर्धन चॅरिटेबल ट्रस्टच्या माध्यमातून पाच हजार वृक्ष लागवड मोहिम सुरू आहे. तसेच खालापूर तालुक्यातील गोरगरीब, गरजूंना विविध माध्यमातून सहकार्य करण्याचे काम सुरू



Name of the event :-	UN SUSTAINABLE DEVELOPMENT GOALS: CHALLENGES AND SIGNIFICANCE
Conducted by:-	INTERNAL QUALITY ASSURANCE CELL OF PILLAI HOC COLLEGE OF ARTS, SCIENCE AND COMMERCE, RASAYANI
Date:-	25 <sup>th</sup> October,2023

Venue/ Online Platform:-	Conclave I
Mapping with Vision/Mission:-	<ol> <li>To ensure excellence in education by maintaining high standards of teaching.</li> <li>To inculcate in them scientific temper and civic sense.</li> </ol>
Mapping with PO:-	NIL
Mapping with CO:-	NIL
Activity Falls under Criterion/Criteria:	CRITERION VII
Convenor:-	Mrs. SHEEBA RAJAN
Co-Convenor: - (if any)	Mr. KEEKAN PRIYESH RAGHAVAN
Number of participants benefitted:-	37
Report:-	The IQAC of Pillai HOC College of Arts, Science and Commerce, Rasayani had organised a seminar titled <b>UN SUSTAINABLE DEVELOPMENT GOALS: CHALLENGES AND SIGNIFICANCE</b> for its faculty members on 25 <sup>th</sup> October, 2023 at Conclave I from 1 pm to 2:30 pm to commemorate the United Nations Day celebration. The session was graced by Mrs. Nuzhat Shaikh, Asst. Professor from Government Law College, Churchgate. He shed light on the 17 Sustainable Development Goals of 2023. The session was well received by the audience and was immediately followed by the Question and Answer session. Such initiatives are carried out by IQAC to create awareness about the socio-economic and culture of world order. The event ended with a Vote of thanks delivered by Asst. Professor, Mr. Sujith Babu.









Winners(if any):-	

# <u>TrackAct - Activity Tracker</u>

Name of the event :-	World First Aid Day 2023
Conducted by:-	Youth Red Cross (YRC) and Internal Quality Assurance Cell (IQAC)
Date:-	12 September 2023
Venue/ Online Platform:-	AV Room, 8th flr., PHCASC
Mapping with Vision/Mission:-	The vision of the college is to provide education to all, irrespective of region, religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.
Mapping with PO:-	<ul> <li>To ensure excellence in education by maintaining high standards of teaching</li> <li>To help the students enhance their skill sets</li> <li>To work for the personality development of the students</li> <li>To inculcate in them scientific temper and civic sense</li> <li>To provide best infrastructure comparable to international standards</li> </ul>
Mapping with CO:-	-
Activity Falls under Criterion/Criter ia:-	VII

Convenor:-	Mr. Ravi Bari
Co-Convenor: -	-
(if any)	
Number of	30
participants:-	
Report:-	Youth Red Cross (YRC) in association with Internal Quality Assurance Cell (IQAC) of Pillai HOC College of Arts, Science and Commerce, Rasayani has organised a session titled First Aid Day: Saving Lives Together on 12th September 2023 to mark the International First Aid Day 2023.  International First Aid Day plays a vital role in promoting first aid knowledge, skills, and awareness worldwide.  Student volunteers who attended International First Aid Day sessions gained valuable knowledge and skills in first aid. These sessions provided them with the essential training needed to respond effectively in various emergency situations. By participating in these educational events, these student volunteers have not only acquired the ability to make a difference in critical moments but have also contributed to building a more prepared and resilient community. Their commitment to learning and volunteering reflects a commendable dedication to the principles of humanitarianism and the promotion of first aid awareness.  During the International First Aid Day session, a total of 34 attendees participated. The event commenced at 2:40 PM and concluded at 3:30
Photos:-	PM.



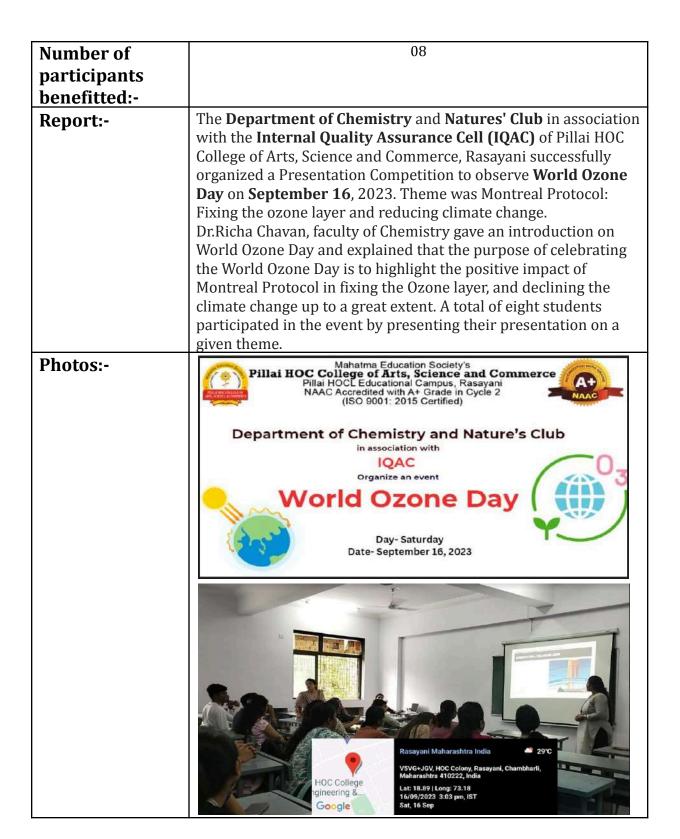






**TrackAct - Activity Tracker** 

Name of the event :-  Conducted by:-	Presentation Competition on World Ozone Day 2023  Department of Chemistry and Nature's Club
Date:-	September 16, 2023
Venue/ Online Platform:-	Room No.107, First floor
Mapping with Vision/Mission:-	<ul> <li>Vision:         <ul> <li>The vision of the college is to provide education to all, irrespective of region, religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.</li> </ul> </li> <li>Mission:         <ul> <li>To ensure excellence in education by maintaining high standards of teaching</li> <li>To help the students enhance their skill sets</li> <li>To work for the personality development of the students</li> <li>To inculcate in them scientific temper and civic sense</li> <li>To provide best infrastructure comparable to international standards</li> </ul> </li> </ul>
Mapping with PO:-	Developed scientific outlook not only with respect to science subjects but also in all aspects related to life.
Mapping with CO:-	Students should know the oxides of carbon, oxides and oxyacid of sulphur and nitrogen with respect to environmental aspects.
Activity Falls under Criterion/Criter ia:-	VII
Convenor:-	Dr.Archana Bhagwat
Co-Convenor: - (if any)	Ms.Neethumol K G















# Winners(if any):-

1<sup>st</sup>: Shraddha Sharad Dabhade 2<sup>nd</sup>: Kalpesh Ashok Mhatre

3<sup>rd</sup>: Prachi Arjun Nagargoje

# <u>TrackAct - Activity Tracker</u>

Name of the event :-	Space week Celebration
Conducted by:-	Department of Physics & R & D lab
Date:-	07/10/2023
Venue/ Online Platform:-	Offline AV room
Mapping with Vision/Mission:-	Mentioned

Mapping with PO:-	
Mapping with CO:-	
Activity Falls under Criterion/Criter ia: -	
Convenor:-	Dr. Jayanta K Behera
Co-Convenor: - (if any)	Dr. Vineetha P
Number of participants benefitted:-	20
Report:-	World Space week is celebrated during 4th -10 th October of each year to mark the two International occasions 1. 4 th Oct 1957: Launch of 1 st human made satellite, Sputnik 1, leading to space exploration. 2. 10 th Oct 1957: Signing the Treaty of principles that governs the activity

of state in

exploration & peaceful used of outer space, that includes Moon & other celestial bodies.

In view of this, Department of Physics in association with R & D cell had organised a scientific

India's Rockets & Datellites Rings of Saturn

Details of the event:

Title of the event: Space week Celebration

Date & Da





Winners(if any):-	NIL

Name of the event:-	Guidance Session- Empowering Minds: Strategies of Suicide Prevention and Mental Well-being
Conducted by:-	Soroptimist Welfare Association (SWA) and Women Development Cell (WDC)
Date:-	September 11, 2023
Venue/ Online Platform:-	Auditorium, 9th floor, PHCASC Building

Mapping with Vision/Mission:-	<ol> <li>To work for the personality development of the students</li> <li>To inculcate in them scientific temper and civic sense</li> </ol>
Activity Falls under Criterion/Criteria:	Criterion V
Convenor:-	Dr. Babita Panda
Co-Convenor: - (if any)	Ms. Priyanka Sorte
Number of participants benefitted:-	427
Report:-	"Your mental health is everything — prioritize it. Make the time like your life depends on it because it does." — Mel Robbins On account of World Suicide Prevention Day, the Soroptimist Welfare Association (SWA) and the Women Development Cell (WDC) of Pillai HOC College of Arts, Science and Commerce, Rasayani jointly organized a guidance session titled "Empowering Minds: Strategies of Suicide Prevention and Mental Well-being" on September 11, 2023. Ms.Ipsita Chatterjee, founder/CEO of "Thehraavठेहराव" and a psychologist was the speaker at the event. She has been a practitioner and researcher in the area of psychotherapy and mental health for about 7 years. The event opened with an introduction to the theme, emphasizing the importance of addressing mental health issues within the college community. The event's goal was to provide students with practical strategies to support their mental well-being and that of their peers. Attendees were encouraged to make personal commitments to prioritize their mental health and take proactive steps in supporting their peers. The event emphasized the role of college students in advocating for improved mental health services on campus. The event concluded with a call to action, encouraging students to apply the strategies and knowledge gained during the event in their daily lives. Participants left with a deeper understanding of suicide prevention and mental well-being and a sense of empowerment to make a difference within their college community. The session aligned with goal three(Ensure healthy lives and promote well-being for all at all ages) of the UN's Sustainable Development Goals.









Name of the event:-	Guidance Session- Creating Hope Through Action
Conducted by:-	Soroptimist Welfare Association (SWA) and Women Development Cell (WDC)
Date:-	September 11, 2023
Venue/ Online Platform:-	Auditorium, 9th floor, PHCASC Building

Mapping with Vision/Mission:-	<ol> <li>To work for the personality development of the students</li> <li>To inculcate in them scientific temper and civic sense</li> </ol>
Activity Falls	Criterion V
under	
Criterion/Criteria:	
-	
Convenor:-	Dr. Babita Panda
Co-Convenor: - (if any)	Ms. Priyanka Sorte
Number of	709
participants	
benefitted:-	
Report:-	"There is hope, even when your brain tells you there isn't." —
	John Green
	On account of World Suicide Prevention Day, the Soroptimist Welfare Association (SWA) and the Women Development Cell (WDC) of Pillai HOC College of Arts, Science and Commerce, Rasayani jointly organized a guidance session titled "Creating Hope through Action" on September 11, 2023.  Ms. Komal Haware, Clinical Psychologist, RCI Certified Counsellor with over 12 years of experience was the speaker of the session. The event commenced with an introduction to World Suicide Prevention Day and its global significance. The theme, "Creating Hope Through Action," was introduced to set the tone for the session. Participants were made aware of the critical role they play in addressing this pressing issue. The concept of hope as a driving force for change was explored. Participants learned how hope can play a crucial role in recovery and healing. The importance of seeking professional help and the role of counselling and therapy in restoring hope was emphasized. Participants were encouraged to take action at the individual level through self-care practices and seeking help when needed. The significance of building strong community support networks and reducing the stigma around mental health was highlighted. Advocacy efforts for mental health awareness, improved access to mental health services, and supportive policies were discussed as essential actions. Information about local and national mental health resources, crisis helplines, and support organizations was provided to participants. They were equipped with knowledge

assistance. The session concluded with a summary of key takeaways, emphasizing the ongoing efforts required for suicide prevention and mental well-being.

The session aligned with goal three(Ensure healthy lives and promote well-being for all at all ages) of the UN's Sustainable Development Goals.

#### **Photos:-**



Mahatma Education Society's

Pillai HOC College of Arts, Science and Commerce, Rasayani

Affiliated to University of Mumbai

NAAC Accredited with A+ Grade, CGPA 3.26 in Cycle II ISO 9001:2015 Certified

Soroptimist Welfare Association(SWA)

and

Women Development Cell(WDC)

Jointly Organize

A Guidance Session

**Creating Hope through Action** 

DATE: 11th September, 2023 TIMING: 11:00 a.m to 12:00 p.m. Venue: Auditorium

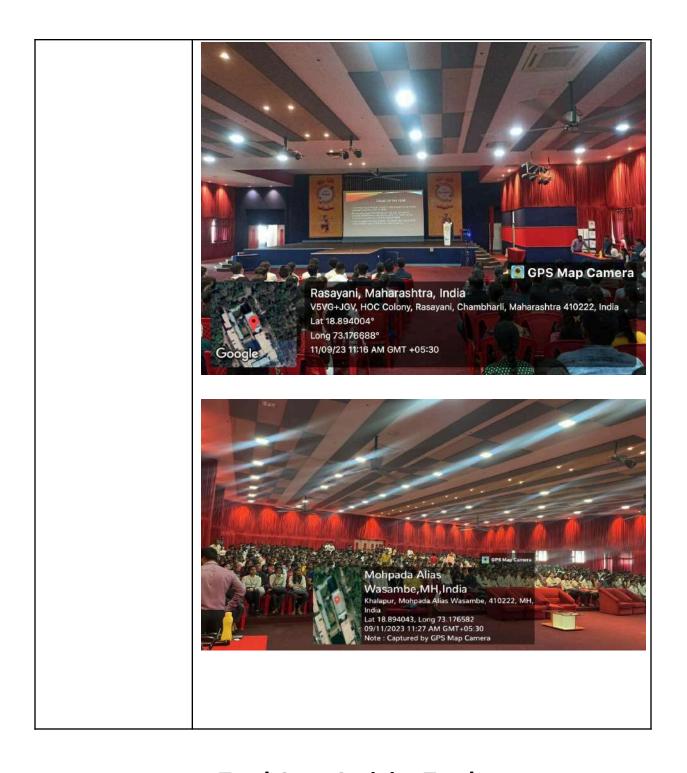












<u>TrackAct - Activity Tracker</u>

Name of the	
	International day of clean energy event
event :-	Green Hydrogen- The Clean Fuel of Future
	70.
Conducted by:-	Department of Physics and Nature's Club in association with
	IQAC
Data	
Date:-	25/01/2024
	23/01/2024
Venue/ Online	Online - Conclave I
Platform:-	
Mapping with	-
Vision/Mission:-	
	To build a sustainable future: renewables for climate action and
Mapping with	sustainable development.
PO:-	
Mapping with	-
CO:-	
Activity Falls	
under	
Criterion/Criteria:	Cr 7
_	
Convenor:-	Dr. Vineetha P
Co-Convenor: -	
(if any)	Mrs. Neethumol K.G
Number of	
	70
participants	
benefitted:-	
Report:-	Department of Physics and Nature's Club in association with Internal
	Quality Assurance Cell (IQAC) of Pillai HOC College of Arts, Science and
	Commerce, Rasayani successfully organised an online talk titled "Green
	Hydrogen -The Clean Fuel of Future" to observe International Clean
	Energy Day (January 26) on January 25,2024, in conclave I.

The programme started at 11.10 am with a welcome address and a brief introduction about the keynote speaker **Dr. Sterlin Leo Hudson M** by Dr. Vineetha P, assistant professor of physics. Then, Dr. Sterlin Leo Hudson M began his presentation explaining what clean energy is and why it is important now. The objective of the event was to build a sustainable future: renewables for climate action and sustainable development. The session effectively promoted the awareness that the connection between clean energy, socio-economic development, and environmental sustainability is crucial in addressing issues faced by vulnerable communities worldwide. It was an informative and engaging session and well received by the audience. The event had a short question answer session. The session ended at 12.15 pm with the vote of thanks by Mrs. Neehumol K.G, assistant professor of mathematics.









## <u>TrackAct - Activity Tracker</u>

Name of the	International Yoga Day
event :-	
Conducted by:-	Yoga and Meditation Committee

and
Internal Quality Assurance Cell (IQAC)
20 June 2023
Auditorium, 9th flr. PHCASC
The vision of the college is to provide education to all, irrespective of region, religion, caste, economic strata and academic performance thereby
becoming the real catalyst for change in the society.
To ensure excellence in education by maintaining high standards of teaching
To help the students enhance their skill sets
To work for the personality development of the students
To inculcate in them scientific temper and civic sense
To provide best infrastructure comparable to international standards
-
V and VII
Mr. Ravi Bari
Ms. Priya Prakash
IVIS. FITYA FTANASIT
299
255
Introduction:
Pillai HOC College of Arts, Science, and Commerce celebrated International Yoga Day on June 20 with great enthusiasm and participation. The event
aimed to promote the physical, mental, and spiritual benefits of practicing
yoga and to raise awareness about its importance in maintaining a healthy
lifestyle. The event took place on the college campus and witnessed active participation from students, faculty, and staff.
Event Highlights:

- Inauguration and Keynote Address: The event commenced with an inauguration ceremony featuring a keynote address by Mr. RP Yadav. He emphasized the ancient origins of yoga and its relevance in modern times. He discussed how yoga can be a powerful tool for achieving holistic health and balance in life.
- Expert Workshop by Mr. RP Yadav: The highlight of the event was a special workshop conducted by Mr. RP Yadav himself. He led participants through various yoga asanas, explaining their benefits and the correct techniques for practicing them. His in-depth knowledge and interactive teaching style engaged participants at all levels of expertise.
- Yoga Philosophy and Lifestyle Talk: Mr. RP Yadav delivered a comprehensive talk on the philosophy underlying yoga. He discussed the eight limbs of yoga and how they offer a holistic approach to life. He also emphasized the importance of adopting a yogic lifestyle beyond the mat.
- Pranayama and Meditation Session: A dedicated session on pranayama (breath control) and meditation was conducted by Mr.
   RP Yadav. Participants learned different breathing techniques to enhance their lung capacity and calm their minds. The meditation session focused on achieving mental clarity and inner peace.
- Question and Answer Interaction: Mr. RP Yadav engaged with the participants in an open Q&A session. Attendees had the opportunity to clarify doubts, seek guidance on their personal practice, and gain insights from his vast experience.
- Patanjali Yoga Demonstration: Mr. Yadav and his team performed a captivating yoga demonstration that showcased the prowess of advanced yoga practitioners. The demonstration included intricate asanas, impressive balancing acts, and displays of flexibility that left the audience in awe.
- **Group Yoga Practice:** The event concluded with a mass yoga practice session led by Mr. RP Yadav. Participants came together to perform a sequence of yoga asanas under his guidance. This collective practice created a sense of unity and harmony among the attendees.

#### Impact:

The International Yoga Day celebration at Pillai HOC College left a positive impact on the participants. It not only provided them with valuable insights into yoga but also encouraged them to incorporate yoga into their daily lives. Many participants expressed their interest in continuing their yoga practice after experiencing its physical and mental benefits firsthand.

The International Yoga Day celebration at Pillai HOC College of Arts, Science, and Commerce was a resounding success. The event succeeded in raising awareness about the importance of yoga and its potential to enhance well-being. By bringing together students, faculty, and staff, the

event fostered a sense of community and unity, contributing to the holistic development of all participants.













Winners(if any):-

**Track Act - Activity Tracker** 

	Truck fact factivity frucker
Name of the event:-	Movie Screening( Child Marriage)
Conducted by:-	Institutional Social Responsibility, Women Development Cell & IQAC
Date:-	December 11, 2023
Venue/ Online Platform:-	Conclave II
Mapping with Vision/Mission:-	Vision- To provide education to all , irrespective of region , religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.  Mission - To inculcate scientific temper and civic sense in students
Mapping with PO:-	Students must be able to appreciate literary text and analyse the social, economic and political factors behind the production and reception of the texts.
Mapping with CO:-	To understand different stages for social movement
Activity Falls under Criterion/Criteria :-	VII
Convenor:-	Dr. Babita Panda
Co-Convenor: - (if any)	

Number of participants	210
Report:-	The Institutional Social Responsibility cell, *Soroptimist Welfare Association (SWA)* and the *Women Development Cell (WDC)* of *Pillai HOC College of Arts, Science, and Commerce, Rasayani*, jointly organized a movie screening on *December 11, 2023*. This event is in accordance with the *"16 Days of Activism,"* highlighting our commitment to addressing issues related to human rights and promoting awareness and remedies within the college community.
	The Netflix film *"Sitara: Let Girls Dream"* by director *Sharmeen Obaid-Chinoy* was screened for students, telling the story of Pari navigating challenges associated with child marriages in Pakistan. The event prompted reflective discussions on girls' aspirations, empowerment, and the impact of child marriages. Overall, it served as a thought-provoking platform, emphasizing the influential role of storytelling in fostering awareness and social change. The session aligned with goal five & sixteen(Gender Equality & Peace, Justice and Strong Institutions) of the UN's Sustainable Development Goals.











## **Track Act - Activity Tracker**

Track fict fictivity fracker	
Name of the event :-	Seminar on Human Rights Violation and its Remedies on the occasion of Human Rights Day
Conducted by:-	Institutional Social Responsibility, Women Development Cell & IQAC
Date:-	December 11, 2023
Venue/ Online Platform:-	Conclave II
Mapping with Vision/Mission:-	Vision- To provide education to all , irrespective of region , religion, caste, economic strata and academic performance thereby becoming the real catalyst for change in the society.  Mission - To inculcate scientific temper and civic sense in students
Mapping with PO:-	Realized that pursuit of knowledge is a lifelong activity and in combination with untiring efforts and positive attitude and other necessary qualities leads towards a successful life.
Mapping with CO:-	To create awareness on basic principles of human rights through the constitutional changes and to protect the same

Activity Falls under Criterion/Criteria :-	VII
Convenor:-	Dr. Sheeba Rajan
Co-Convenor: - (if any)	Dr. Babita Panda -
Number of participants	210
Report:-	The Institutional Social Responsibility (ISR)and the *Women Development Cell (WDC)* of *Pillai HOC College of Arts, Science, and Commerce, Rasayani*, jointly organized a seminar titled *"Human Rights Violation and Its Remedies"* on *December 11, 2023*. This event is in accordance with the *"16 Days of Activism,"* highlighting our commitment to addressing issues related to human rights and promoting awareness and remedies within the college community.  *Dr. Amitabh Sampatrao Gawale* led a seminar on "Human Rights Violation and Remedies," exploring global and Indian contexts. Illustrating the universal nature of human rights, he connected them with specific constitutional articles and relevant sections of the Indian Penal Code. Real-life case studies were discussed, fostering an interactive session that
	empowered participants to understand the complexities of human rights challenges and their legal remedies. The seminar successfully bridged the gap between theory and practical application, providing a holistic view in a concise format. The session aligned with goal five & sixteen(Gender Equality & Peace, Justice and Strong Institutions) of the UN's Sustainable Development Goals.









Winners(if any):-	NA

### Teachers' Day Celebration 2023

Date: September 5, 2023

Organizers: Staff Welfare Committee in association with Internal Quality Assurance Cell (IQAC)

Venue: Pillai HOC College of Arts, Science and Commerce, Rasayani

Time: 12:30 pm to 04:30 pm

Overview:

On September 5, 2023, Pillai HOC College of Arts, Science and Commerce, Rasayani, celebrated Teachers' Day with great fervor and enthusiasm. The event, organized by the Staff Welfare Committee in collaboration with the Internal Quality Assurance Cell (IQAC), aimed to honor and appreciate the dedicated faculty members of the college.

#### **Event Details:**

The Teachers' Day Celebration took place within the respective classes, creating an intimate and personalized atmosphere for both students and faculty members. Each class took the initiative to organize various games, activities, and events to express their gratitude towards their teachers. These included engaging games, talent shows, skits, musical performances, and a cake-cutting ceremony.

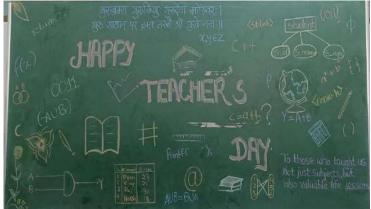
### Overall Impact:

The Teachers' Day Celebration at Pillai HOC College of Arts, Science and Commerce, Rasayani, not only celebrated the invaluable contributions of the faculty members but also strengthened the bond between teachers and students. It provided a platform for students to express their gratitude and admiration for their mentors while fostering a sense of unity and belonging within the college community.

## Conclusion:

The collaborative efforts of the Staff Welfare Committee and the Internal Quality Assurance Cell ensured the success of the Teachers' Day Celebration, creating memorable moments for both teachers and students alike. Such initiatives not only recognize the hard work and dedication of educators but also promote a positive and nurturing academic environment within the college.













## **TrackAct - Activity Tracker**

Name of the event :-	Visit to Adivasi pada
Conducted by:-	ISR & IQAC
Date:-	14 August, 2023

Venue/ Online Platform:-	PHCASc College Campus
Mapping with Vision/Mission:-	To help the students enhance skill sets.
Mapping with PO:-	PO 7: Students must be able to appreciate literary text and analyze the social, economic and political factors behind the production and reception of the texts.
Mapping with CO:-	CO 1. To create social awareness at a preliminary level for students across the board  CO3. To sensitize students about social problems plaguing Indian society and to emphasize the role of educated youth to address the same  CO4. To create awareness about growing social problems in India
Activity Falls under Criterion/Criteria: -	VII
Convenor:-	Dr. Sulochana Bhalekar
Co-Convenor: - (if any)	-
Number of participants	25

### Report:-

Institutional Social responsibility (ISR), in association with Internal Quality Assurance cell (IQAC) of Pillai HOC college of Arts, Science and Commerce, Rasayani had organized a Visit to Adivasi pada on the occasion of "World Tribal day".

The objective of this event is to demonstrate tribal heritage, culture, socioeconomic condition, and everyday life of tribal community. The Visit to adivasi pada event was held on the occasion of "World Tribal Day" on August 12, 2023 at Parade Rasayani. We have distributed Notebooks, Stationery, Packed food to all children in adivasi pada. Students interacted with children and motivated them for education.

We express our deepest gratitude to our Principal, Dr Lata Menon for constant support. We are also grateful to our Vice Principal, Mr Binit Kumar. We thank all the student participants and everyone who supported and contributed to making this event a success.













Winners(if any):-	

# **TrackAct - Activity Tracker**

Name of the event :-	Yoga Shivir
Conducted by:-	SWA in collaboration with WDC of Pillai HOC College of Arts, Science
	& and Commerce, Rasayani
Date:-	June 20, 2023
Venue/ Online Platform:-	Auditorium, 9 <sup>th</sup> Floor, PHCASC Building
Mapping with Vision/Missi on:-	To help the students enhance their skill set     To work for the personality development of the students.

Activity Falls under Criterion/Crit er ia:-	Criterion VII		
Convenor:-	Dr. Babita Panda		
Co-Convenor : - (if any)	Ms. <u>Arushi Dube</u>		
Number of participants benefitted:-	335		

## Report:- To commemorate International Yoga Day 2023, The Soroptimist Welfare

#### Association (SWA) in association

with the Women Development Cell (WDC) of Pillai HOC College of Arts,

Science, and Commerce, Rasayani successfully organized Yoga Shivir for all the students.

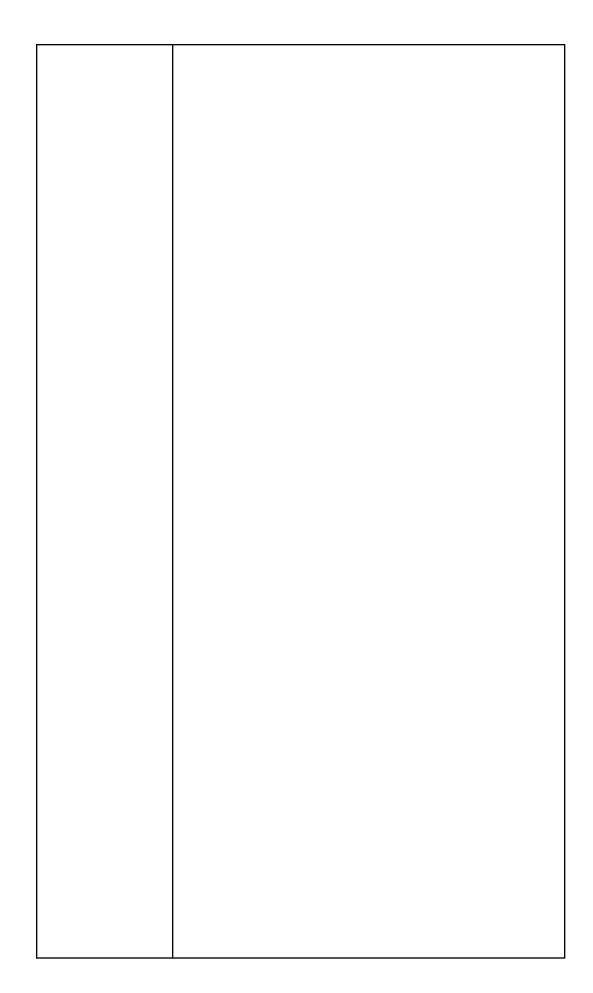
Every year on June 21, the globe celebrates International Yoga Day to bring attention to this age-old discipline and to recognise the benefits yoga has had on people's physical and spiritual well-being. Yoga is a practise that is effective for calming the body and mind and enhancing one's immune system.

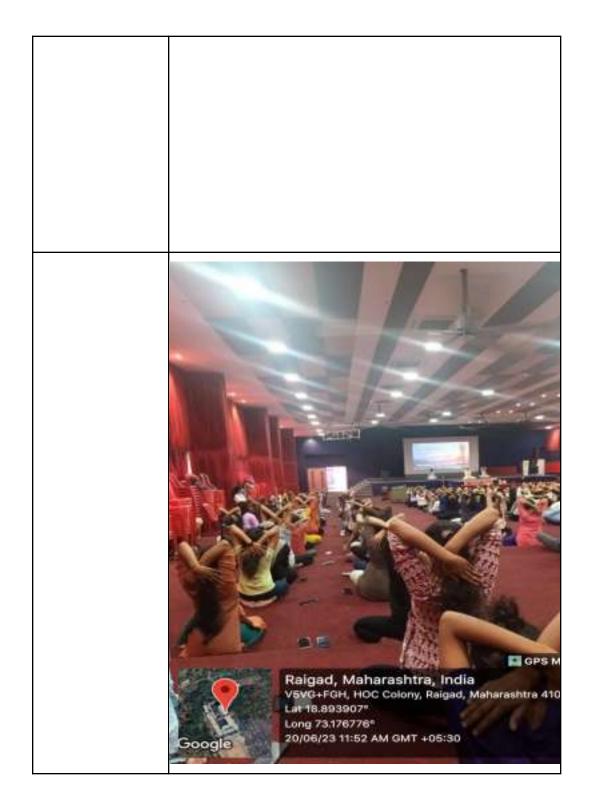
The event's resource person was chief yoga instructor Mr. Ram Palat Yadav, a former navy officer who is currently employed by Patanjali. At 10:30 am, the event began with the lighting of the lamp by Dr. Lata Menon, the principal and the resource person.

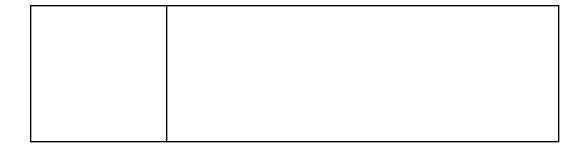
All of the students participated in warm-up activities and practised both sitting and standing asanas while simultaneously hearing explanations of their significance. The event concluded by 12:30 pm with a formal vote of thanks. This event was attended by 335 students across all streams thereby making it a grand success.



<u> </u>					







## **HIV AIDS AWARENESS**

**REPORT ON - HIV AIDS Awareness** 

Date- 12th August 2023

Time- 2:00 pm

Venue-Rasayani.

Number of participants-85

Organized by - NATIONAL SERVICE SCHEME UNIT (NSS) OF PHCASC.

The National Service Scheme (NSS) organized a comprehensive HIV/AIDS awareness campaign aimed at disseminating accurate information, dispelling myths, reducing stigma, and promoting prevention strategies. Recognizing the importance of raising awareness about HIV/AIDS, NSS mobilized its volunteers to engage communities in educational initiatives to combat the spread of the virus.



