



MGM's College of Engineering and Technology

Kamothe, Navi Mumbai

Approved by AICTE , Recognized by Govt. of Maharashtra & Affiliated to University of Mumbai



Activity

Name : - Maitribodh parivar program

Date :- 27th december 2023 Hours : 5 hrs

MGM NSS SD-76 volunteers had visited “Maitribodh Parivar program” which was held on 27th december 2023 at vashi , A gathering of global family celebrating Love, Life and Friendship by coming together and truly representing the message of वसुधैवकुटुंबकम्, OneWorldOneFamily





Activity

Name : - ABHA CARD AND AYUSHMAN BHARAT PROGRAM

Date :- 13th January 2023 Hours : 8 hrs

MGM NSS SD-76 organized a “Abha card and Ayushman bharat program” which aims many underprivileged people, especially those living in poverty, lack the resources or awareness to register for an Aadhaar card services , volunteers reach out to underprivileged communities to spread awareness about the benefits of Aadhaar cards and the registration process. They simplify the procedures, assisting with documentation and filling out application forms. Secondly, they organize Aadhaar registration camps in convenient locations within these communities. At these camps, volunteers guide individuals through the biometric data collection process, ensuring a smooth and hassle-free experience





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Activity

:- BLOOD DONATION CAMP

Date :- 25th January 2024 Hours :- 6 hrs

The MGM College of Engineering and Technology NSS Unit hosted a life-saving blood donation camp on 25/01/2024, aiming to replenish local blood banks and raise awareness about this critical act. Held at MGM hospital, the camp saw 26 dedicated volunteers guide a wave of generous donors through the safe and simple process, potentially impacting numerous lives with every unit collected. We encourage everyone to consider regular blood donation - remember, every drop counts!





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Activity :-

TREE PLANTATION

Date :- 26th January 2024

Hours : 4hrs

MGM CET hosted a tree plantation event on 26 January 2024 at back campus of mgm lake. Volunteers here participated in the activity of planting trees of various species. The volunteers were divided into teams and given saplings to sow. After sowing, they watered it. This helped understand the importance of plants and for the maintenance of them, the volunteers are divided into teams for every week watering responsibility.





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Activity :- PLASTIC WASTE SEGRIGATION Date :- 3rd February 2024 Hours :- 5hrs

MGM NSS SD-76 organized a "Plastic waste segregation programs" which aim to sort different plastic types (bottles, bags, food containers etc.) from other recyclables and general waste. This separation happens at the source (homes, offices, etc.), often using color-coded bins or clear labeling. Segregated plastic gets processed more efficiently, reducing contamination and boosting the quality of recycled materials. This, in turn, conserves resources, reduces landfill impact, and creates a more circular economy for plastics. Remember, effective programs involve clear communication, convenient infrastructure, and sometimes incentives to encourage participation!





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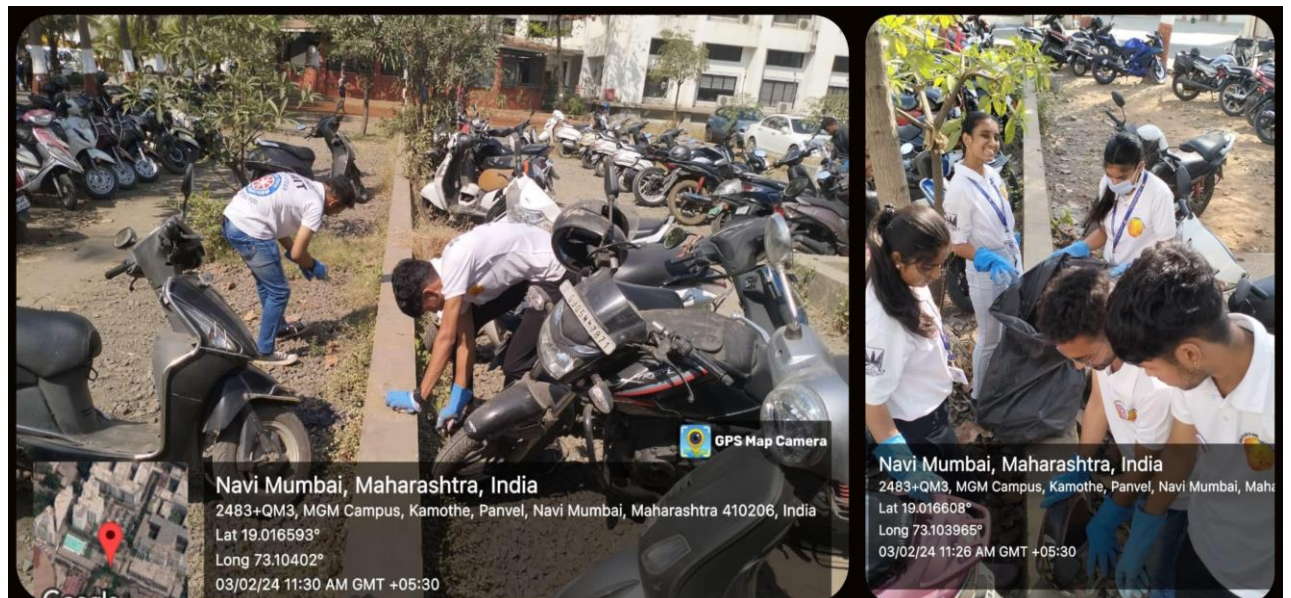


Activity :-

CAMPUS CLEANLINESS DRIVE

Date :- 3rd February 2024 Hours :- 5hrs

MGM NSS SD-76 organized a comprehensive "cleanliness drive" in "MGM Campus" Enthusiastic volunteers armed themselves with brooms, dustpans, and bags, determined to transform the college environment





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Activity :- ROAD SAFETY AWARENESS Date :- 3rd February 2024 Hours : 10hrs

MGM NSS SD-76 hosted a "Road safety awareness" event near kalamboli flyover which includes Raising awareness about traffic safety which help in reducing the tragedies and creating a safer environment for everyone on the road





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Activity :-

WATERING AND IRRIGATION

Date :- 3rd February 2024 Hours : 12hrs(Daily Activity)

MGM NSS SD-76 volunteers breathe life into barren landscapes through their dedicated tree plantation programs. But their work doesn't end with simply planting saplings. The crucial task of nurturing these young trees until they establish themselves firmly falls upon their shoulders as well. This includes a well-planned watering and irrigation strategy, ensuring the saplings receive the vital nourishment they need to thrive





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Activity :- PAPER DONATION ACTIVITY Date :- 5th February 2024 Hours : 7hrs

MGM NSS SD-76 volunteers has conducted "paper donation activity" by encouraging students, faculty, and staff to donate unused pages of notebooks which promotes paper recycling , contributing to a more sustainable environment , raise awareness and Promotes social responsibility



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Note : Captured by GPS Map Camera



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Note : Captured by GPS Map Camera



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Navi Mumbai, MH, India
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Activity :-

PAPER BAG DISTRIBUTION ACTIVITY

Date :- 7TH February 2024 Hours : 7hrs

MGM NSS SD-76 volunteers had organized a "paper bag distribution activity" which aims to promote environmental awareness and encourage the community to switch from harmful plastic bags to more sustainable alternatives . Volunteers typically started making paper bags through donated materials like newspapers , notebook pages,etc . During distribution, volunteers educate the community about the effects of plastic bags on the environment





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Activity :- MARATHI BHASHA GAURAV DIN Date :- 27rd February 2024 Hours : 6hrs

MGM NSS SD-76 volunteers had visited “Kavsaji jahangir sabhagruhe Mumbai university” on the occasion of “Marathi bhasha gaurav din” celebrated on February 27th, is a day to honor the rich heritage and legacy of the Marathi language. It coincides with the birth anniversary of the revered Marathi poet, Kusumagraj (real name Vishnu Vaman Shirwadkar) Marathi Bhasha Gaurav Din is a time for Marathi speakers to celebrate their language and culture. The Event mainly include poetry recitals, lectures on Marathi literature and history, performances of traditional Marathi art forms, and discussions on the importance of preserving and promoting the language.





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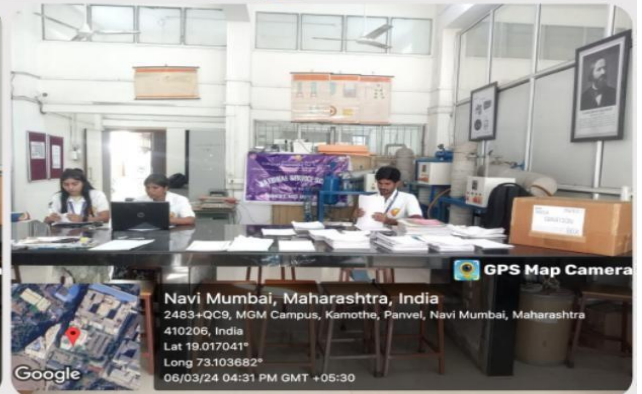


Activity :-

DONATED PAPER BINDING

Date :- 6th march 2024 Hours : 6hrs

MGM NSS SD-76 volunteers had conducted "Donated Paper binding activity" which aims to repurpose paper that would otherwise go to waste, promoting sustainability and reducing environmental impact. Participants gathered together to sort and stack the paper, create covers using recycled materials or decorative paper, and bind the pages into notebooks using simple binding techniques like stitching or stapling. These notebooks can then be distributed to those in need, such as students, community members, or organizations, providing them with essential stationery items while also fostering a sense of community involvement and environmental responsibility.





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Activity :-

SELF-DEFENCE WORKSHOP FOR HOUSEKEEPING WOMENS

Date :- 7th march 2024 Hours : 4hrs

MGM NSS SD-76 volunteers had conducted "Self defence workshop for housekeeping women" this workshop covers basic self-defense moves, situational awareness, and assertiveness training to enhance womens safety and confidence in various environments. Additionally, participants learn about personal safety measures, effective communication strategies, and how to recognize and respond to potential threats, empowering them to protect themselves both at work and in their daily lives





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Activity :-

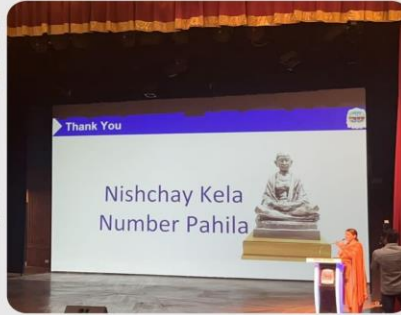
SWACHATTA SURVEKSHAN EVENT

Date :- 11th march 2024 Hours : 5hrs

MGM NSS SD-76 volunteers had attended "swachatta survekshan" event conducted by NMMC for the remarkable feat of securing Navi mumbai as 2nd rank as the cleanest city . During the event, the NSS SD76 team of MGM College of Engineering were rightfully honored and facilitated for their outstanding dedication and contribution towards making Navi Mumbai a shining example of cleanliness and civic responsibility



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Note : Captured by GPS Map Camera



Navi Mumbai, MH, India
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400703, MH, India
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400703, MH, India
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Activity :-

Fire safety, prevention and evacuation

Date :- 3rd January 2024 Hours :- 2 Hours

MGM NSS SD-76 volunteers recently participated in a comprehensive training program focused on fire safety, prevention, and evacuation. The session covered fundamental aspects of fire safety, including identifying common fire hazards, practicing prevention techniques such as proper storage of flammable materials, and understanding emergency response protocols. Participants engaged in interactive activities like group discussions and role-playing exercises to reinforce learning and enhance practical skills.

The training aimed to equip volunteers with the knowledge and confidence to respond effectively to fire emergencies and contribute to community safety. Attendees gained valuable insights into recognizing fire risks, utilizing fire safety equipment, and executing orderly evacuation procedures. Overall, the program emphasized proactive fire prevention measures and the importance of preparedness in ensuring a safe and resilient community.



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Activity :-

First Aid Drill workshop for students

Date :- 6th January 2024 Hours:- 2hrs

The "First Aid Drill Workshop for Students" conducted by volunteers from MGM NSS SD-76 was a highly successful and impactful event aimed at equipping students with essential first aid skills. The workshop, held on [insert date] at [insert venue], commenced with an informative lecture covering basic first aid principles and techniques such as CPR, wound management, and emergency response. Following the lecture, practical demonstrations were conducted by volunteers to illustrate these techniques, which were then followed by hands-on practice sessions where students actively participated in simulated emergency scenarios. The workshop concluded with a question-and-answer session, addressing students' queries and reinforcing the importance of immediate first aid response.

The outcome of the workshop was notably positive, with students showing improved confidence and readiness in administering basic first aid. By the end of the session, participants demonstrated enhanced knowledge and skills, setting a foundation for them to respond effectively in real-life emergencies. This initiative not only imparted life-saving skills but also instilled a sense of responsibility towards community well-being among the attendees. Overall, the "First Aid Drill Workshop for Students" was a commendable effort that successfully empowered students with valuable skills, thanks to the dedication and enthusiasm of the volunteers and organizers involved.



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Activity :-

Skin care and haircare workshop for students

Date:- 7 January 2024 Hours:-4 hrs

On 7 January 2024 volunteers from MGM NSS SD-76 participated in a comprehensive workshop focused on skin and hair care for students. The workshop, aimed at educating young participants about essential aspects of personal grooming, was organized with the objective of promoting awareness and fostering healthy habits. During the session, participants learned about various skincare routines tailored to different skin types, the importance of sunscreen and hydration, and common hair care practices for maintaining healthy hair. The interactive nature of the workshop allowed students to engage actively, ask questions, and gain practical insights into effective skincare and hair care practices suitable for their age group.

The workshop was well-received by the attendees, who found the information both relevant and valuable. It not only equipped students with practical tips for maintaining healthy skin and hair but also emphasized the significance of self-care and hygiene. The volunteers from MGM NSS SD-76 played an instrumental role in facilitating discussions and ensuring that the workshop was engaging and informative. Overall, the event was a success, leaving a positive impact on the participants and encouraging them to adopt a proactive approach towards their personal grooming and well-being.



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Activity :-

Full Body Checkup Day 1 and Day2

Date :-8 January 2024 Hours:- 8 hrs

On [date], volunteers from MGM NSS SD-76 participated in a comprehensive "PCOD Awareness for Men and Women" program aimed at educating both genders about Polycystic Ovary Syndrome (PCOS). The event provided a platform to discuss the challenges and symptoms associated with PCOS, emphasizing the importance of early detection and treatment. Through interactive sessions led by medical experts, attendees gained insights into the prevalence of PCOS, its impact on reproductive health, and lifestyle modifications to manage symptoms effectively. The program successfully addressed misconceptions and encouraged open dialogue to foster better understanding and support for individuals affected by PCOS.

The "PCOD Awareness for Men and Women" program proved instrumental in enhancing awareness and sensitivity towards PCOS within the community. Volunteers actively engaged in disseminating crucial information learned during the sessions, emphasizing the significance of regular health screenings and adopting healthy lifestyle practices to mitigate PCOS-related risks. Moving forward, MGM NSS SD-76 remains committed to promoting health education initiatives that empower individuals to take charge of their reproductive health and advocate for greater awareness and support for PCOS.



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Activity :-

PCOD Awareness for men and women

Date:- 9 January 2024 Hours:-3

MGM NSS SD-76 volunteers over two days:

The MGM NSS SD-76 volunteers recently participated in a comprehensive health initiative titled "Full Body Checkup Day," spanning two days. This program aimed to promote proactive health management and disease prevention among participants. On the first day, volunteers underwent a series of medical examinations and screenings, including blood tests, vital sign assessments, and specialist consultations. The second day focused on health education sessions covering topics such as nutrition, exercise, and stress management. Participants gained valuable insights into their health status and received personalized recommendations for maintaining or improving their well-being. The event fostered a culture of health awareness and encouraged participants to prioritize preventive healthcare practices.

The comprehensive nature of the program provided volunteers with essential health assessments and knowledge to make informed decisions about their lifestyles. Moving forward, the insights gained from this initiative will likely contribute to a more health-conscious community, emphasizing the importance of regular checkups and proactive health measures in preventing diseases and promoting overall wellness. This event exemplifies the commitment of the MGM NSS SD-76 volunteers towards health advocacy and community welfare.



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Activity :-

Health and hygiene awareness for workers

Date:-10 January 2024 Hours:-4 hrs

On 10 January 2024, volunteers from MGM NSS SD-76 actively participated in a comprehensive "Health and Hygiene Awareness for Workers" program aimed at promoting well-being among workers. The event was organized and featured expert talks on the importance of maintaining good health and hygiene practices in the workplace. Topics covered included personal hygiene, sanitation, nutrition, and disease prevention. The volunteers engaged in interactive sessions, learning practical strategies to implement and advocate for healthier workplace environments. They also distributed informational materials and facilitated discussions to address common health concerns faced by workers in our community.

The program proved to be a valuable opportunity for our volunteers to contribute meaningfully to community welfare. They gained insights into the challenges faced by workers regarding health and hygiene and acquired tools to promote positive behavioural changes. Moving forward, our volunteers are committed to furthering these initiatives within MGM NSS SD-76 and extending support to workers in adopting healthier lifestyles. This experience underscored the significance of such educational programs in fostering a culture of health awareness and empowerment among workers, ultimately contributing to enhanced productivity and well-being in the workplace.



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Activity :-

Time management for students to find time

Date:-13 January 2024 Hours:-2hrs

The "Time Management for Students" program attended by our MGM students was a valuable session aimed at enhancing students' skills in managing their time effectively. The program provided practical insights into prioritization, planning, and goal-setting, tailored specifically to meet the demands and challenges faced by students. Participants learned strategies to allocate time efficiently for academics, extracurricular activities, and personal pursuits, emphasizing the importance of balance and productivity. The session equipped attendees with practical tools and techniques to optimize their schedules, reduce procrastination, and foster a disciplined approach towards time management.

Moreover, the program emphasized the significance of self-discipline and self-awareness in optimizing time utilization. Participants were encouraged to identify their own time-wasting habits and adopt proactive measures to overcome them. The session also highlighted the role of effective communication and delegation in managing time, particularly within team settings and group projects. Overall, the "Time Management for Students" program was instrumental in empowering our volunteers with the skills and mindset necessary to navigate their academic and personal endeavours more efficiently and productively.



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Activity :-

Sanitary Pad Distribution in the surrounding

Date:-12 January 2024 Hours:-2 hrs

Our MGM NSS SD-76 volunteers recently organised a significant initiative aimed at promoting menstrual hygiene in our community through a "Sanitary Pad Distribution in the Surrounding Area" program. This impactful event was organized with the goal of raising awareness about menstrual health and ensuring access to essential hygiene products for women and girls. The volunteers actively engaged in distributing sanitary pads to individuals in need, contributing to the improvement of menstrual health practices and reducing stigma associated with menstruation within our local area.

During the program, our dedicated volunteers demonstrated compassion and commitment towards addressing an important societal issue. By providing sanitary pads to those who require them, the initiative not only offered immediate assistance but also contributed to fostering conversations around menstrual health and hygiene. This proactive effort by the MGM NSS SD-76 volunteers signifies a step forward in promoting inclusivity and wellbeing within our community, emphasizing the importance of supporting individuals' fundamental needs for menstrual hygiene management.



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Activity :-

managing academics and volunteering

Date:- 15 January 2024 Hours:- 3hrs

The "Managing Academics and Volunteering" program attended by our MGM NSS SD-76 volunteers proved to be an enriching experience. The program emphasized the importance of striking a balance between academic commitments and volunteer work, highlighting practical strategies for effective time management and prioritization. Volunteers gained insights into aligning their academic goals with meaningful community engagement, discovering how to leverage volunteering experiences to enhance personal development and skill acquisition. Moreover, the sessions explored the significance of building sustainable routines to accommodate both academic responsibilities and volunteer initiatives, fostering a holistic approach towards personal growth.

Participants found the program highly beneficial as it provided them with actionable tips to optimize their schedules and navigate challenges associated with managing academics alongside volunteering. The interactive nature of the sessions encouraged active participation and facilitated peer learning, enabling volunteers to share experiences and exchange ideas on effective strategies. The program underscored the inherent value of volunteerism in complementing academic pursuits, nurturing a well-rounded perspective towards personal and professional development. Overall, the "Managing Academics and Volunteering" program empowered our volunteers with practical tools and insights to harmonize their academic journeys with impactful community service, fostering a sense of purpose and responsibility among the participants.



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Activity :-

Yoga Session for youth day

Date:- 12 January 2024 Hours:-2 hrs

The MGM NSS SD-76 volunteers recently participated in a specialized program titled "Managing Academics and Volunteering." This initiative aimed to equip volunteers with effective strategies to balance their academic responsibilities alongside their commitment to community service. The program covered essential topics such as time management techniques, prioritization of tasks, and methods for optimizing study schedules to accommodate volunteering activities without compromising academic performance. Through interactive workshops and discussions, participants gained valuable insights and practical skills to manage their academic workload efficiently while actively engaging in volunteer initiatives.

The "Managing Academics and Volunteering" program proved highly beneficial for the MGM NSS SD-76 volunteers, providing them with actionable tools to navigate the challenges of balancing academics and volunteer commitments effectively. Participants appreciated the opportunity to learn from experienced mentors and fellow volunteers, exchanging valuable tips and experiences. The program emphasized the importance of leveraging time wisely and maintaining a healthy balance between academic pursuits and community service. Overall, it was a successful endeavour that empowered volunteers to excel in both their academic endeavours and their contributions to society through volunteering.



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Activity :-

Fitness And Nutrition Initiative at Dhamni

Date:- 24 January 2024 Hours:-3 hrs

A group of volunteers from MGM NSS SD-76 recently participated in the "Fitness And Nutrition Initiative at Dhamni" program. This initiative aimed to promote awareness and education about fitness and nutrition among participants and the community. The volunteers actively engaged in various activities such as fitness workshops, nutritional counselling, and interactive sessions on the importance of a balanced diet and regular exercise. Through this program, attendees gained valuable insights into maintaining a healthy lifestyle and were equipped with practical tips to implement positive changes in their daily routines.

The participation of MGM NSS SD-76 volunteers in the "Fitness And Nutrition Initiative at Dhamni" program was impactful and well-received. The volunteers not only contributed their time and efforts but also played a pivotal role in fostering a culture of wellness within the community. Their involvement in conducting workshops and providing guidance underscored the significance of prioritizing fitness and nutrition for overall well-being. This initiative exemplifies the commitment of MGM NSS SD-76 towards promoting health awareness and making a positive difference in the lives of individuals through community engagement and education.



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Activity :-

Voter's Day- awareness and registration

Date:- 25 January 2024 Hours:- 2

On Voter's Day, our MGM NSS SD-76 volunteers participated in an engaging "Awareness and Registration" program aimed at educating and registering citizens to vote. The event was organized with the objective of spreading awareness about the importance of voting and ensuring eligible individuals were registered to participate in the electoral process. Throughout the day, our volunteers actively engaged with community members, explaining voting procedures, emphasizing the significance of each vote, and assisting attendees in completing voter registration forms.

The program was a resounding success, with a notable turnout of participants eager to learn about their voting rights and responsibilities. By the end of the day, a significant number of individuals were newly registered voters, equipped with the knowledge and motivation to engage in the democratic process. The dedication and enthusiasm of our volunteers were instrumental in making this event impactful, paving the way for increased civic engagement and participation in future elections within our community.



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Activity :-

Blood Donation Camp at MGM Hospital

Date:-25 January 2024 Hours:-3 hrs

On 25 January 2024 , volunteers from the MGM NSS SD-76 participated in the "Blood Donation Camp at MGM Hospital" program. The event aimed to encourage and facilitate blood donation to support patients in need. Volunteers actively engaged in various roles, including assisting with registration, donor coordination, and post-donation care. Their dedication and enthusiasm contributed significantly to the smooth functioning of the camp. The initiative not only promoted the noble cause of blood donation but also fostered a sense of community service among the participants.

The volunteers' efforts resulted in a successful event, with a commendable number of donors contributing to this life-saving cause. The camp not only emphasized the importance of voluntary blood donation but also highlighted the crucial role of community involvement in healthcare initiatives. The MGM NSS SD-76 volunteers demonstrated exemplary teamwork and commitment, reflecting the spirit of service and compassion instilled by the National Service Scheme.



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Activity :-

Republic Day celebration at college

Date:- 26 January 2024 Hours:-3hrs

The MGM NSS SD-76 volunteers enthusiastically participated in the "Republic Day Celebration at College" program, showcasing their dedication to community service and national spirit. The event, held on January 26th, featured a range of activities aimed at promoting patriotism and unity among students. The volunteers actively contributed to the success of the program by organizing cultural performances, conducting awareness sessions on civic duties, and emphasizing the significance of India's constitution and democratic values. Their involvement not only enriched the celebration but also inspired fellow students to actively engage in nation-building activities.

The Republic Day event served as a platform for the MGM NSS SD-76 volunteers to exhibit their commitment to social responsibility and leadership. The volunteers played a pivotal role in fostering a sense of pride and respect for the country's heritage through their thoughtful presentations and interactions with the college community. Their efforts were widely appreciated, reflecting the NSS unit's dedication to instilling values of civic engagement and national pride among youth. Overall, the Republic Day celebration was a resounding success, thanks to the enthusiastic participation and diligent efforts of the MGM NSS SD-76 volunteers.



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Activity :-

Tree Watering

Date:- 26 January 2024 Hours:- 2hrs

On [date], volunteers from the MGM NSS SD-76 enthusiastically participated in a tree watering program aimed at supporting local tree health and sustainability efforts. The event was organized as part of the ongoing community service initiatives undertaken by the group. Volunteers gathered at [location] equipped with watering cans and tools, ready to contribute to the environmental well-being of the area. Throughout the session, participants diligently watered trees in designated areas, ensuring that each tree received the necessary hydration to thrive during the season. The program not only promoted ecological awareness but also fostered a sense of responsibility towards preserving our natural surroundings.

The tree watering initiative proved to be a rewarding experience for all involved, highlighting the impact of collective action in nurturing our urban green spaces. By engaging in such activities, volunteers from MGM NSS SD-76 demonstrated their commitment to environmental stewardship and community engagement. The event concluded with a sense of accomplishment and motivation to continue advocating for sustainable practices within the local community.



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Activity :-

Shivjayanti Celebration in college

Date:-19 February 2024 Hours:- 3hrs

The MGM NSS SD-76 volunteers participated in the "Shivjayanti Celebration in College" program with great enthusiasm and dedication. The event was organized to commemorate the birth anniversary of Chhatrapati Shivaji Maharaj, a revered historical figure in Maharashtra. The volunteers actively engaged in various activities such as cultural performances, speeches highlighting the life and achievements of Shivaji Maharaj, and community service initiatives. Their involvement added vibrancy to the celebration and helped in fostering a deeper understanding of Shivaji Maharaj's legacy among the students and attendees.

The participation of MGM NSS SD-76 volunteers in the Shivjayanti Celebration exemplified their commitment to both cultural heritage and community engagement. Through their involvement, they not only contributed to the success of the event but also demonstrated the values of service and leadership promoted by the National Service Scheme (NSS). The volunteers' dedication and enthusiasm left a positive impact on all participants, reinforcing the significance of celebrating historical figures like Chhatrapati Shivaji Maharaj within educational institutions. This event served as a meaningful opportunity for the volunteers to connect with their cultural roots and inspire others to uphold the spirit of service and valor embodied by Shivaji Maharaj.



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Activity :-

Marathi Bhasha Gaurav Din

Date:- 27 February 2024 Hours:- 6 hrs

The MGM NSS SD-76 volunteers enthusiastically participated in the "Marathi Bhasha Gaurav Din" program, celebrating the richness and significance of the Marathi language. The event, held on [date], featured engaging activities such as poetry recitations, cultural performances, and informative sessions highlighting the historical and literary importance of Marathi. Volunteers actively contributed to the event by organizing and participating in various segments, showcasing their dedication to promoting linguistic heritage and cultural awareness within the community.

The program successfully emphasized the importance of preserving and promoting Marathi language and culture, fostering a sense of pride and appreciation among participants. Through this event, attendees gained deeper insights into the language's heritage and its role in shaping local identity. Overall, the "Marathi Bhasha Gaurav Din" was a meaningful and enriching experience, strengthening bonds within the community and encouraging continued support for linguistic diversity and cultural heritage initiatives.



Activity :-

Need for Medical Detoxification

Date:- 4 march 2024 Hours:-2hrs

The "Need for Medical Detoxification" program attended by MGM NSS SD-76 volunteers provided valuable insights into the critical role of medical detoxification in managing substance use disorders. The session emphasized the importance of specialized medical interventions to address withdrawal symptoms and ensure the safety of individuals undergoing detox. Key topics covered included the assessment of detoxification needs based on substance types, severity of addiction, and associated medical or psychiatric conditions. Volunteers gained a deeper understanding of the risks associated with detox without medical supervision and learned about evidence-based practices for safe and effective detoxification procedures.

Participants also explored the broader societal impact of substance use disorders and the significance of community involvement in supporting individuals through the detoxification process. The program highlighted the need for collaboration among healthcare professionals, community organizations, and volunteers to enhance access to medical detox services and promote recovery-oriented approaches. By the end of the session, volunteers were equipped with practical knowledge and insights to advocate for comprehensive detoxification services and contribute meaningfully to initiatives addressing substance use disorders within their community.



Activity :-

Self-Defence Workshop For Housekeeping

Date:- 7 march 2024 Hours:-3 hrs

A group of volunteers from MGM NSS SD-76 recently participated in a specialized "Self-Defence Workshop For Housekeeping" program. The workshop aimed to equip housekeeping staff with essential self-defence techniques and safety strategies tailored to their work environment. The session covered practical skills such as situational awareness, basic self-defence moves, and effective communication during confrontational scenarios. Participants engaged enthusiastically, demonstrating a keen interest in learning methods to enhance their personal safety while on duty.

The workshop was both informative and empowering, providing valuable insights into self-protection measures for housekeeping professionals. Attendees gained confidence in handling challenging situations and expressed gratitude for the practical knowledge shared during the session. Overall, the workshop was a success in promoting safety awareness and equipping participants with vital tools to safeguard themselves in their workplace.



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Activity :-

Viksit Bharat- PM's speech

Date:- 13 march 2024 Hours:-3 hrs

A group of volunteers from MGM NSS SD-76 attended the "Viksit Bharat- PM's speech" program featuring the Prime Minister's address. The event, aimed at fostering development and progress in India, was an insightful session where the Prime Minister highlighted key initiatives and strategies for the nation's growth. The volunteers engaged attentively, gaining valuable perspectives on national development and the government's vision for the future.

The program provided a unique opportunity for MGM NSS SD-76 volunteers to witness firsthand the Prime Minister's vision for a developing India. The speech emphasized the importance of innovation, education, and inclusive growth. The volunteers left the event inspired and motivated, eager to contribute actively to the nation-building efforts outlined by the Prime Minister.



Activity :-

Beach Cleaning at Vashi

Date:- 16 march 2024 Hours:- 3 hrs

On [Date], volunteers from the MGM NSS SD-76 participated in a beach cleaning program at Vashi. The event was organized with the goal of promoting environmental awareness and community involvement in maintaining clean public spaces. The volunteers enthusiastically engaged in removing litter and debris from the beach area, demonstrating their commitment to environmental stewardship. Despite the challenging conditions, such as the presence of various types of waste, the team worked diligently to collect and dispose of the trash responsibly. This initiative not only contributed to the immediate improvement of the beach's cleanliness but also highlighted the importance of collective action in preserving our natural surroundings.

The participation of the MGM NSS SD-76 volunteers in the beach cleaning at Vashi was a resounding success. Through their efforts, a significant amount of litter was removed from the beach, contributing to a cleaner and more sustainable environment. This event underscores the positive impact of community-driven initiatives in tackling environmental challenges. Moving forward, it is hoped that such activities will continue to inspire greater community engagement and foster a sense of responsibility towards our natural habitats. The dedication and teamwork exhibited by the volunteers exemplify the spirit of service and environmental consciousness advocated by the MGM NSS SD-76 program.



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Activity :-

Disaster Management- precaution

Date:- 19 march 2024 Hours:-2 hrs

The MGM NSS SD-76 volunteers recently participated in a comprehensive "Disaster Management - Precaution" program aimed at enhancing their preparedness and response skills in various disaster scenarios. The session covered key aspects such as identifying potential risks, implementing preventive measures, and understanding emergency protocols. Participants learned about effective communication strategies during crises and the importance of swift, coordinated action. Practical exercises allowed volunteers to apply their knowledge, fostering teamwork and quick decision-making. Overall, the program equipped attendees with essential tools to contribute effectively to disaster preparedness and community safety.

This training initiative was instrumental in empowering MGM NSS SD-76 volunteers with valuable insights and practical skills for handling diverse emergency situations. By focusing on proactive measures and risk assessment, participants gained a deeper understanding of disaster preparedness. The interactive nature of the sessions encouraged active engagement and knowledge-sharing among volunteers. Moving forward, the acquired expertise and experiences will undoubtedly strengthen the readiness of the MGM NSS SD-76 team to support disaster management efforts within their community.



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Activity :-

Official Meeting of all NSS Volunteers

Date:- 20 march 2024 Hours :-2

The recent "Official Meeting of all NSS Volunteers" brought together enthusiastic participants from MGM NSS SD-76 for a productive session. The event focused on fostering community engagement and discussing upcoming initiatives. Volunteers actively shared their experiences, showcasing the impact of ongoing projects and proposing innovative ideas for future endeavors. Key topics included sustainable development, social awareness campaigns, and collaborative efforts with local organizations. The meeting concluded with a renewed sense of purpose and commitment among the volunteers, inspiring them to continue making meaningful contributions to society.



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Activity :-

Nutritionist session for kamothe sports players

Date:- 20 march 2024 Hours:-3

The MGM NSS SD-76 volunteers recently participated in a "Nutritionist Session for Kamothe Sports Players" program. The session aimed to educate and empower local sports players in Kamothe about the importance of nutrition in enhancing athletic performance and overall health. The volunteers actively engaged with the participants, assisting in organizing the session and facilitating discussions. Through interactive presentations and Q&A sessions led by nutrition experts, the players gained valuable insights into designing optimal diets for their athletic needs, including pre- and post-game nutrition strategies. Overall, the event fostered a deeper understanding of the critical role of nutrition in sports and provided practical guidance for maintaining peak performance.

The participation of MGM NSS SD-76 volunteers in the "Nutritionist Session for Kamothe Sports Players" program was instrumental in promoting health awareness within the local sports community. By collaborating with nutrition experts, the volunteers contributed significantly to the success of the session, ensuring that athletes received expert advice tailored to their specific needs. The event not only emphasized the importance of proper nutrition for sports performance but also encouraged a culture of health and well-being among participants. Moving forward, such initiatives will continue to play a vital role in supporting athletes and promoting holistic approaches to sports training and development in Kamothe.



Activity :-

Pulse Polio Immunisation

Date:-21 march 2024 Hours:-3

On the occasion of the "Pulse Polio Immunisation" program, volunteers from MGM NSS SD-76 actively participated in promoting and facilitating polio vaccinations within the community. The volunteers engaged in door-to-door awareness campaigns, educating families about the importance of polio immunisation and encouraging them to bring their children for vaccination. They assisted healthcare professionals at designated vaccination booths, ensuring smooth registration and administration of the vaccine. The enthusiasm and dedication of the volunteers significantly contributed to the success of the program, with a notable increase in vaccination coverage across the targeted areas.

The participation of MGM NSS SD-76 volunteers in the "Pulse Polio Immunisation" program exemplifies their commitment to public health initiatives and community service. Their efforts played a crucial role in raising awareness about polio eradication and promoting vaccination as a vital preventive measure. Through their outreach activities and support at vaccination centers, the volunteers effectively mobilised local communities to participate in the immunisation drive, thereby contributing to the broader goal of achieving a polio-free society. The initiative not only benefited the immediate community but also underscored the impact of youth engagement in public health campaigns.