

ANNUAL REPORT (PROGRESSIVE)
On activities conducted from
JUNE 2023 to March 2024
by
NATIONAL SERVICE SCHEME UNIT



DCT's
DHEMPE COLLEGE OF ARTS & SCIENCE
RE-ACCREDITED AT 'A' GRADE BY NAAC
ISO 9001: 2015 CERTIFIED
MIRAMAR, PANAJI - GOA

1. Activity 1

Title: “International Day of Yoga (IDY) 2023”

Date: 21st June 2023

Name of yoga Instructor: 1. Mr. Pandurang Naik 2. Mr. Sachin Naik (teacher)
3. Akshata Halankar (student)

Number of participants: 109, Teacher, students and NCC; 52 NSS volunteers (M- 18 / F- 34)

Dhempe College of Arts and Science, Miramar, Goa celebrated International Day of Yoga (IDY) 2022 on 21st June 2023. On this occasion Principal, Prof. Vrinda Borker, staff and students participated in great enthusiasm to promote mental, physical and spiritual well-being. A total 109, teacher, students and NCC; 52 NSS volunteers participated for the Yoga day.

Department of N.S.S. Unit and Physical Education & Sports department of our College celebrated 9th International Day of Yoga (IDY) 2023.



Glimpse of the Yoga Day activity

The Yoga session started with warm up and followed yoga asanas. The following asanas were performed Tadasana, Vrikshasana, Trikonasana, Virabhadrasana I, Virabhadrasana II and 2 and Vajrasana, Ardha Padmasana. These asana were followed by Asanas for abdomen such as Pawanmuktasana, Uttanpadasana, Naukasana, Kandharasana and Ardha Halasana.

Pranayama Yoga: Kapalbhathi, Anulom Vilom Pranayama, Bhastrika Pranayama, Surya Namaskar and Chanting of Om.
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2. Activity 2

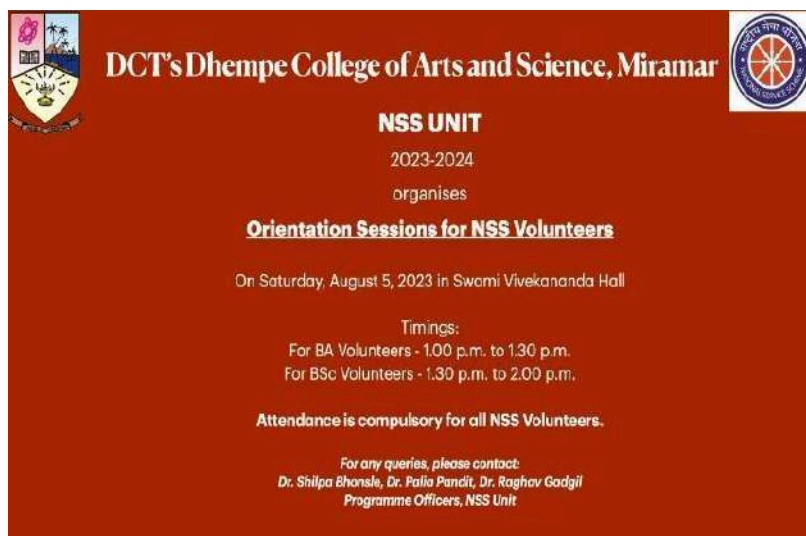
Title: “NSS Orientation/Induction programme for volunteers”

Date: 05th August 2023.

Number of participants: 46 + 42= 88 students (M=28 /F=40)

Dhempe College of Arts and Science, Miramar, NSS unit organised “NSS Orientation/Induction programme”, for NSS volunteers. This Orientation/Induction programme was held for NSS volunteers of FY, SY and TY students on 05th August 2023.

Total 46 students of FYBSc, SYBSc and TYBSc participated for orientation/Induction programme at 1.30 pm to 02.00 pm and 42 students of FYBA, SYBA and TYBA participated in orientation/Induction programme at 1.00 pm to 1.30 pm.





Students Participants

During the orientation Dr. Shilpa Bhonsle gave brief introduction of NSS and its duties to be done by NSS volunteers.

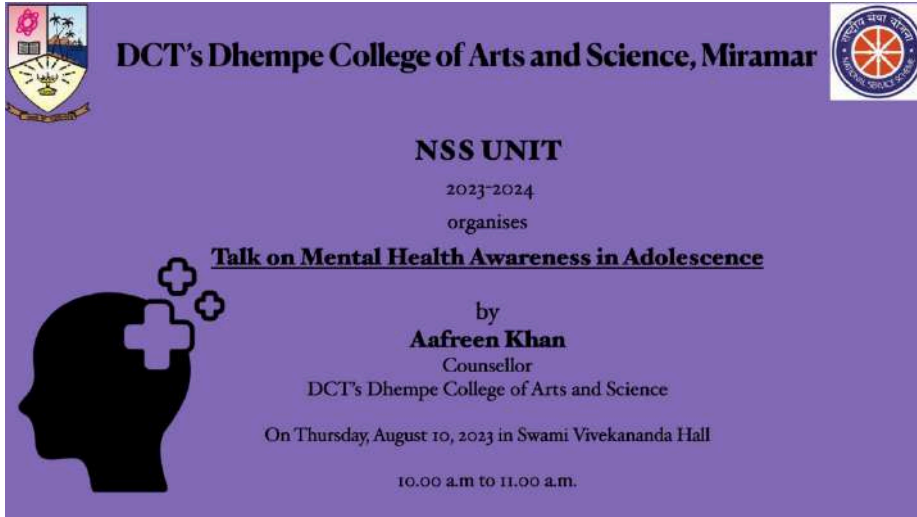
3. Activity 3

Title: “Talk on Mental Health Awareness in Adolescence”

Date: 05th August 2023

Number of participants: 80 students (M=27 /F=53)

Dhempe College of Arts and Science, Miramar, NSS unit organised an awareness talk on the topic “Mental Health Awareness in Adolescence” by Aafreen Khan, College counsellor on 05th August 2023 at 10.00 am onwards in the Swami Vivekananda Hall of the college.



Brochure for the programme



Glimpse of the Programme

The programme started with welcome and introduction by Principal, Prof. Vrinda Borker. Then guest was welcomed with flowers and memento prepared by NSS volunteers. Followed by the talk by Aafreen Khan, College counsellor, she spoke on how mental health is important for the wellbeing. Total 80 volunteers benefitted from this programme from 10.00 am to 12.00 pm. The program ended by vote of thanks by NSS program officer, Dr. Shilpa Bhonsle

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4. Activity 4

Title: “Plantation Drive”

Date: 11th August 2023

Number of participants: 77 students (M=19 /F=58)

On the occasion of Azadi ka Amrit Mahotsav as a part of Meri Mati Mera Desh programme, Dhempe College of Arts and Science, Miramar, NSS unit in association with Department of Botany, organised the plantation Drive was conducted by NSS volunteers on 11th August 2023 at kamat complex 1, Tonca caranzalem Tiswadi Goa



Brochure for the programme



Glimpse of the Programme



Total 50 plants were planted by NSS volunteers with the help of colony people unit the supervision of Dr. Shilpa Bhonsle and Mrs. Manjiri Barve. 77 NSS volunteers participated in this programme from 10.00 am to 12.00 pm.

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5. Activity 5

Title: “NSS inauguration programme”

Date: 12th August 2023.

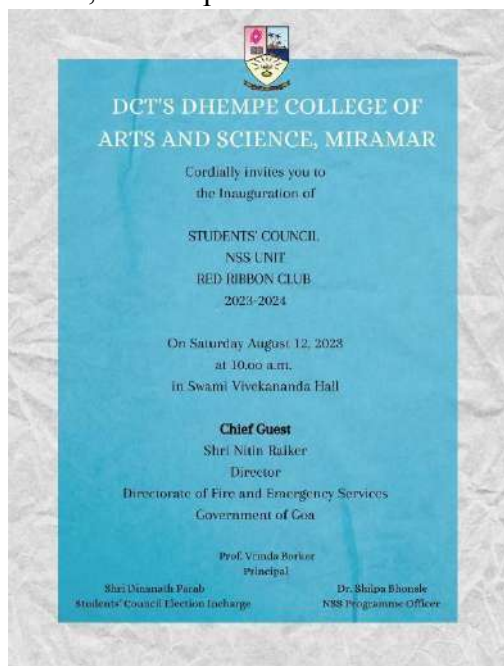
Number of participants: 134 students (M=51 /F=83)

Dhempe College of Arts and Science, Miramar, NSS Unit organised the inauguration of the NSS Unit Academic Year 2023-2024”, for NSS volunteers. The NSS inaugural function was held for NSS volunteers of FY, SY and TY students on 12th August 2023.

The chief guest for the function was Shri. Nitin Raiker, Director; Director of Fire and Emergency Services, Government of Goa. The inaugural function started with welcome addressed by Principal, Prof. Vrinda Borker. Then chief guest was welcomed with potted plant, followed by reading of report of last academic year 2021-2022 by NSS program officer, Dr. Palia Pandit.

The chief guest inaugurated the NSS unit by lighting of lamp. The formal program started by introduction of chief guest by NSS program officer, Dr. Raghav Gadgil and followed by

chief guest address. Shri. Nitin Raiker gave important instruction and congratulated the NSS volunteers for joining NSS program. The program ended by vote of thanks by NSS program officer, Dr. Shilpa Bhonsle.



6. Activity 6

Title: “Distribution of plant sapling and planting”

Date: 12th August 2023.

Number of participants: 134 students (M=51 /F=83)
(106 = teaching and non-teaching staff)

On the occasion of Azadi ka Amrit Mahotsav as a part of Meri Mati Mera Desh programme, with the theme distribution of plant sapling and planting was held for teaching, non-teaching and NSS volunteers of FY, SY and TY students on 12th August 2023 of Dhempe College of Arts and Science.





Distribution of plant sapling by Shri. Nitin Raiker

The chief guest for the function was Shri. Nitin Raiker, Director; Director of Fire and Emergency Services, Government of Goa. The programme started with welcome by Principal, Prof. Vrinda Borker. Then chief guest was welcomed with plant sampling. Shri. Nitin Raiker distributed the plant sapling and urge the participants to plant them at their residence and to take care of the sapling. The program ended by vote of thanks by NSS program officer, Dr. Shilpa Bhonsle. A total 240 plant sampling were distribution to the staff and students in the College campus.

7. Activity 7

Title: Swachta Activity in the Annexe Campus

Date: 15th August 2023

Number of participants: 14 NSS volunteers (M- 4/ F -10)

Independence Day Celebration was followed by Swachhta Activity in the Annexe Campus of the College. Volunteers collected non-biodegradable waste in garbage bags and weeded the vehicle parking area.



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Photos of the event

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8. Activity 8

Title: Independence Day Celebration

Date: 15th August 2023

Number of participants: 94 NSS volunteers (M- 34 / F -60)

DCT's Dhempe College of Arts and Science, Miramar celebrated Independence Day on 15th August, 2023 at 8.30 a.m. in the college premises. Principal Prof. Vrinda Borker hoisted the National Flag. She mentioned in her speech that India has progressed despite repeated invasions in the past.



The National Flag was hoisted by the Principal of the College, Prof. Vrinda Borker



Dr. Palia Pandit then administered the Panch Pran Pledge under the Meri Maati Mera Desh initiative. The programme included patriotic song singing and prize distribution.



..... **Prize distribution ceremony and cultural programme**

9. Activity 9

Title: Postcards to Jawans for Rakshabandhan

Date: 18/08/2023

Number of participants: 39 (28F/11M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, wrote affectionate messages on postcards to be sent to Jawan (Army soldiers) guarding the border of India. They also attached a rakhi to the postcards for the soldiers.

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10. Activity 10

Title: “Session on traffic rules and regulation”

Date: 18th August 2023.

Number of participants: 108 students (M=44 /F=64)

The NSS Unit of DCT’s Dhempe College of Arts and Science organised a Interactive Session on traffic rules and regulation on 18th August, 2023 at 12.00 noon in the Swami Vivekananda Hall of the College.



Brochure for the programme

Principal Prof. Vrinda Borker welcomed the gathering and emphasised the importance of traffic rules and regulation for the students. Dr. Raghav Gadgil, NSS Program officer, introduced Shri. Sudesh Narvekar (DySP Traffic Cell) and Shri. Tukaram Shet Mandrekar (Assistant Sub Inspector Traffic Cell).

Then the resource person, Shri. Sudesh Narvekar introduced the importance of the traffic rules and regulation in his session, followed by Shri. Tujaram Shet Mandrekar, in his session emphasised on the number of accidents in the state of Goa. Sir also spoke about the different road safety rules and signals to be followed by every citizen.

Finally, Dr. Shilpa Bhonsle presented the memento to the guests Shri. Sudesh Narvekar (DySP Traffic Cell) and Shri. Tukaram Shet Mandrekar and proposed the vote of thanks. Students and faculty members of the college attended the session.



11. Activity 11

Title: Fit India Pledge

Date: 23/08/2023

Number of participants: 96 (54F/38M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, Goa, took Fit India Pledge online to lead an active and healthy lifestyle and do his/her best to encourage people to follow the same.





12. Activity 12

Title: Making of seed bombs

Date: 26/08/2023

Number of participants: 4 (2F/2M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, were guided by Dr Shilpa Bhonsle to make seed bombs. As a part of this activity, students carried seeds with them and followed the procedure to create a seed bomb.

13. Activity 13

Title: “Raksha Bandhan celebration”

Date: 30th August 2023

Number of participants: 18 students (M=02 /F=16)

Dhempe College of Arts and Science, Miramar, NSS volunteers celebrated Raksha Bandhan with Government of Goa, Directorate of Fire and Emergency Services officials, on 30th August 2023 at 11.00 am onwards in department of Directorate of Fire and Emergency Services.



Handmade rakhi were taken by the NSS volunteers to Department of Directorate of Fire and Emergency Services. The NSS volunteers showed their love by tying Rakhi (sacred thread) to the officials in the office, offering sweets and celebrating the bond of love, protection and affection. Dr. Shilpa Bhonsle, NSS Program officer accompanied and guided them throughout the program. Total 18 volunteers participated in this programme from 11.00 am to 2.00 pm.

14. Activity 14

Title: “Felicitation of Goan Freedom Fighter Sharada Savaikar”

Date: 31st August 2023.

Number of participants: 125 students (M=24 /F=101)

The NSS Unit and History-History Forum of DCT’s Dhempe College of Arts and Science organised a Felicitation of Goan freedom fighter Sharada Savaikar and an Interactive Session,

under the national programme of Merit Maati, Mera Desh on 31st August, 2023 at 3.00 p.m. in the Swami Vivekananda Hall of the College.

Principal Prof. Vrinda Borker welcomed the gathering and emphasised the significance of knowing about the struggles of the freedom movement of India and Goa. Shri Prajal Sakhardande, Head, Department of History, introduced Sharada Savaikar, and requested her to address the gathering.

Freedom fighter Sharada Savaikar described her journey as a young girl committed to the cause of freedom of Goa. She took it upon herself to support the satyagrahi movement and did not budge even when she was imprisoned and tortured in prison. She provided vivid description of her experiences in imprisonment. She also mentioned writing poetry and songs which gave her solace during the difficult times.

The felicitation ceremony was headed by Prof. Borker wherein she presented Sharada Savaikar with a shawl, srfal, memento and a potted plant. Dr. Shilpa Bhonsle proposed the vote of thanks. The session was attended by students and faculty members of the college.

Felicitation of Goan Freedom Fighter Sharada Savaikar



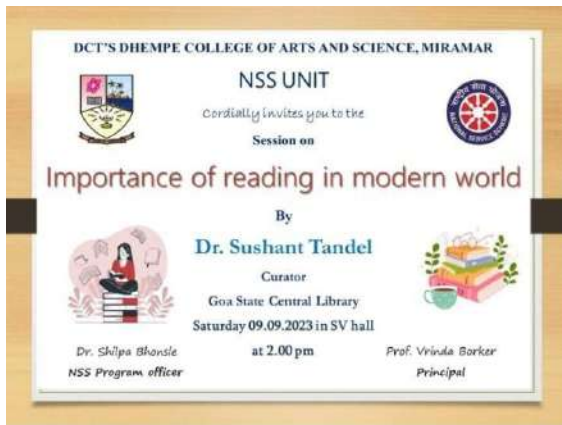
15. Activity 15

Title: “Importance of reading in modern world”

Date: 9th September 2023

Number of participants: 68 students (M=24 /F=44)

Dhempe College of Arts and Science, Miramar, organised a session on “Importnces of reading in modern world” by Dr. Sushant Tandel, curator of Goa State Central Library on 9th September 2023 at 2.00 pm onwards in the Swami Vivekananda Hall of the College.



The programme started with welcome and introduction by NSS program officer, Dr. Palia Pandit. Then guest was welcomed with potted plant by NSS volunteer. Followed by the talk by Dr. Sushant Tandel. He spoke on how reading plays an important role in our daily life.

He emphasised in how reading develops the mind and gives us excessive knowledge and lessons of life. Reading improves our vocabulary and develops communication skills. Total 68 volunteers benefitted from this programme from 2.00 pm to 3.00 pm. The program ended by presenting memento to the resource person and vote of thanks by NSS program officer, Dr. Shilpa Bhonsle.

16. Activity 16

Title: International Coastal Cleanup Day (Beach Cleaning)

Date: 16/09/2023

Number of participants: 28 (13F/15M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, participated in the International Coastal Cleanup Day (Under the aegis of United Nations Environment Programme and South Asia Cooperative Environment Programme) organized by Indian Coast Guard in collaboration with CSIR-National Institute of Oceanography, Goa, Ocean Society of India, and National Center for Polar and Oceanic Research, Vasco Goa at Miramar beach and

conducted cleaning activities. Union Minister for Ports, Shipping and Waterways and Tourism, Shripad Naik, graced the event as chief guest.

#SwachhBharat, #GarbageFreeIndia, #SHS2023 @SwachhBharatGov, @swachhbharat, @PMOIndia



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17. Activity 17
Title: Swachhata Hi Seva Rally

Date: 29/09/2023

Number of participants: 26 NSS volunteers (14F/12M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, conducted a rally under swacchata Hi Seva displaying placards of conserving the environment and lessening the use of plastic in our day to day activities. The rally began from college premises till the Agriculture department at Miramar, and returned to college. During this rally, the students also shouted slogans to pass the message. NSS Programme Officers Dr Raghav Gadgil and Dr Shilpa Bhonsle conducted the event.

#SwachhBharat, #GarbageFreeIndia, #SHS2023 @SwachhBharatGov, @swachhbharat, @PMOIndia



18. Activity 18

Title: Distribution of paper bags

Date: 29/09/2023

Number of participants: 26 NSS volunteers (14F/12M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, distributed paper bags to the shopkeepers in the Miramar area. The students spread awareness of reducing the use of plastic bags as they cause harm to the environment and thus will help in keeping the surroundings clean. The students also promised to provide additional paper bags to the shop owners to benefit the environment. NSS Programme Officers Dr Raghav Gadgil and Dr Shilpa Bhonsle conducted the event.

#SwachhBharat, #GarbageFreeIndia, #SHS2023 @SwachhBharatGov, @swachhbharat, @PMOIndia



19. Activity 19

Title: Swachhata Hi Seva Ek Tarikh Ek Ghanta Pledge Taking

Date: 01/10/2023

Number of participants: 32 NSS volunteers (21F/11M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, administered Swachhata Pledge to the NSS volunteers. The volunteers did Shramadaan under Swachhata Hi Seva Ek Tarikh Ek Ghanta cleanliness.

#SwachhBharat, #GarbageFreeIndia, #SHS2023 @SwachhBharatGov, @swachhbharat, @PMOIndia



20. Activity 20

Title: Swachhata Hi Seva Ek Tarikh Ek Ghanta cleaning

Date: 01/10/2023

Number of participants: 32 NSS volunteers (21F/11M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, in association with the Income Tax Office (exemptions), Panjim, Rotary Club of Mapusa and SS Dempo College of Commerce and Economics Cujira, under "Swachhata Hi Seva" campaign conducted a cleanliness drive from 10 am to 11 am between Miramar and Caranzalem stretch on the roadside.

#SwachhBharat, #GarbageFreeIndia, #SHS2023 @SwachhBharatGov, @swachhbharat, @PMOIndia



21. Activity 21

Title: Gandhi and Shastri Jayanti

Date: 02/10/2023

Number of participants: 24 NSS volunteers (14F/10M)

On 02/10/2023, a special garlanding ceremony was conducted at DCT's Dhempe College of Arts and Science, Miramar to commemorate the birth anniversaries of two great Indian leaders, Mahatma Gandhi and Lal Bahadur Shastri. The event aimed to pay tribute to their contributions to India's struggle for independence and their enduring legacies in our nation's history. Students and faculty members took turns to offer floral tributes to these iconic figures.

#SwachhBharat, #GarbageFreeIndia, #SHS2023 @SwachhBharatGov, @swachhbharat,

@PMOIndia



22. Activity 22

Title: Swachhata Hi Seva placard making

Date: 02/10/2023

Number of participants: 6 NSS volunteers (3F/3M)

Under the 'Swachhta Hi Seva' programme, the NSS Unit of DCT's Dhempe College of Arts and Science organized a Swachta Placard-making competition for NSS Volunteers. Volunteers made placards with slogans of cleanliness.



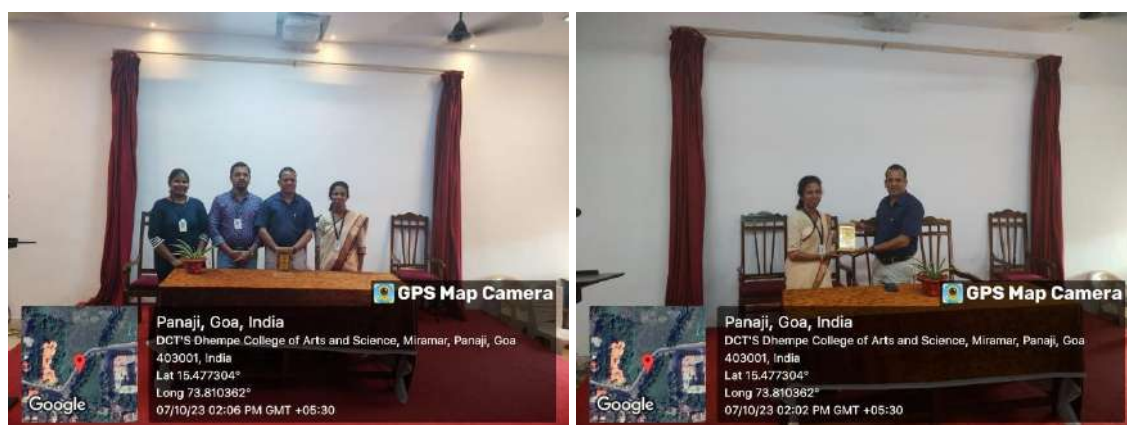
23. Activity 23

Title: Health is Wealth

Date: 07/10/2023

Number of participants: 47 (33F/14M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, Goa, organized a talk on “Health is Wealth” delivered by Dr Mahesh Verlekar, an Ayurvedic Physician. He emphasized the importance of healthy eating habits and inculcation of exercises in our routine. He advised all the listeners to live stress-free and to eat a balanced diet.





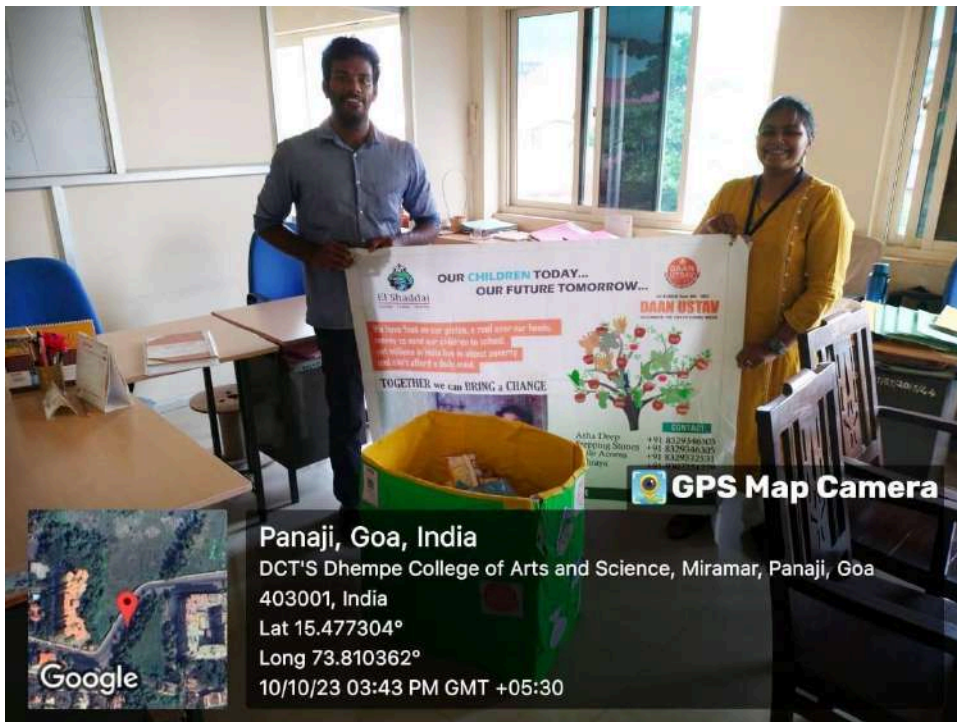
24. Activity 24

Title: Joy of Giving

Date: 10/10/2023

Number of participants: 39 (23F/16M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, Goa in collaboration with El Shaddai Charitable Trust, Panjim organized a “Dhan Utsav” or the “Festival of Giving” in our college. This trust helps the needy and poor by giving donating the daily essentials to them. The students and faculty from the college donated various items such as toileteries, books, pencils, mat, bag, sugar and groceries.



25. Activity 25

Title: National Red Run (GSACS)

Date: 08/10/2023

Number of participants: 8 (2F/6M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, participated in the National Red Run organized by National AIDS Control Organization, Ministry of Health and Family Welfare, Government of India in collaboration with Goa State AIDS Control Society, Panjim. The event was flagged off at Sports Authority of Goa Ground, Bambolim. The volunteers ran for 2 km in the spirit of spreading awareness of AIDS.





26. Activity 26

Title: Blood Donation Camp

Date: 09/10/2023

Number of participants: 46 (20F/16M/1parent/6 teachers/3 non-teaching)

The NSS Unit of Dhempe College of Arts and Science, Miramar, Goa in collaboration with HDFC Bank, and Goa Medical College, Goa organized a blood donation camp on 9th October 2023. On this occasion, Principal, Prof. Vrinda Borker, staff of the college, students and their parents, NSS volunteers, NCC Cadets and the public came forward to donate blood and to be a part of this noble act. Donating blood is a mutually beneficial process that helps save someone's life, but also promotes health that benefits the donor physically and mentally. The NSS volunteers worked enthusiastically and the PO coordinators donated blood as well.





धेंपे महाविद्यालयात रक्तदान शिबिराला प्रतिसाद



मिरामार : रक्तदान शिबिरात सहभागी झालेले रक्तदाते व डॉक्टर्स.

■ टीम दैनिक हेराल्ड

पणजी, दि. १४ : धेंपे कला आणि विज्ञान महाविद्यालय, मिरामार, एचडीएफसी बँक आणि रक्तपेढी, गोवा वैद्यकीय महाविद्यालय बांबोळी यांच्या संयुक्त विद्यमाने धेंपे महाविद्यालयात रक्तदान शिबिराचे आयोजन करण्यात आले.

रक्तदानाचे महत्त्व प्रसारित व्हावे आणि जीव वाचवण्याच्या उदात्त कार्यात हातभार लावावा, या हेतूने या शिबिराचे आयोजन करण्यात आले. रक्तदान शिबिराचे प्राथमिक उद्दिष्ट विद्यार्थी, त्यांचे पालक, प्राध्यापक आणि इतर कर्मचारी यांच्यात ऐच्छिक रक्तदानास प्रोत्साहन देणे आणि रुग्णालये आणि आरोग्य सुविधांमधील रक्ताची वाढती मागणी पूर्ण करण्यास मदत करणे हा होता. या कार्यक्रमात एकूण ४६ युनिट रक्त संकलित करण्यात आले.

27. Activity 27

Title: Meri Maati Mera Desh Amrut Kalash

Date: 11/10/2023

Number of participants: 53 (35F/18M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, participated in the **Meri Maati Mera Desh** Campaign by holding **Amrit Kalash** on the college premises. The college students, teaching and non-teaching staff, brought a handful of Mitti/Rice from their respective houses and was collected in an Amrit Kalash at the college campus. Amrit Kalash yatra was too organized within the campus. Students were encouraged to take Panch Pran Pledge during this event.





28. Activity 28

Title: Swachhata Hi Seva Special Campaign 3.0

Date: 12/10/2023

Number of participants: 19 (10F/9M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, participated in the cleanliness drive conducted outside Goa Medical College, Bambolim in association with Goa PMRU and FDA, Goa. Also present were students of Goa College of Pharmacy, Goa Nursing Institute and Nestle India Ltd. In all, 150 participants were present.

#specialcampaign3.0





29. Activity 29

Title: Meri Maati Mera Desh (Distributing plants to the proprietors)

Date: 12/10/2023

Number of participants: 33 (19F/14M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, conducted a drive to distribute plant saplings to proprietors around the college campus, including shop owners and local people. The distribution of saplings teaches people about the importance of plants, their care, and their role in the ecosystem. Thus increasing environmental awareness.





30. Activity 30

Title: Khadi Mahotsav and pledge

Date: 2nd to 31st October 2023

Number of participants: 19 (8F/11M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, observed Khadi Mahotsav from 2nd to 31st October 2023 by taking a e-pledge from the portal and also promoting the use of khadi products.



31. Activity 31

Title: Fit India Swachhata Freedom Run 4.0

Date: 08/10/2023

Number of participants: 27 (F/M)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, conducted Fit India Swachhata Freedom Run 4.0 to inculcate the habit of walking and running in people in the quest for better health and fitness and also to spread the importance of cleanliness under the theme "Swachh Bharat, Swasth Bharat". A total of 27 volunteers ran for 3 km on the Miramar beach, collecting garbage on their way. The event culminated by disposing garbage in the bins on the beach.

#SwachhBharatSwasthBharat #Run4India



Registered as : NSS
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- My Event Page

Fit India Swachhata Freedom Run 4.0

Fit India Swachhata Freedom Run 4.0

Participants : 27
Organisation name : DCTs Dhempe College of Arts and Science

[Add Participants](#)





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32. Activity 32

Title: Apada Mitra/Sakhi (Community volunteers in disaster response)

Date: 17th to 31st October 2023

Number of participants: 16 (4F/11M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, underwent training for Apada Mitra/Sakhi (Community volunteers in disaster response) from 17th to 31st October 2023, organised by Directorate of Fire Services, at St Inez, Panjim. The entire training period for the students was enlightening and highly motivational. The students were trained in basic fire safety and the operation of fire extinguishers, and performed chemical leakage drills with hands-on experience in wearing Personal Protective Equipment (PPE) kits. Along with this, performing CPR was also taught, supplemented with lessons on loading a casualty onto a stretcher. In addition, a variety of knot-tying was also taught. This training also included a flood rescue session at Siridao beach, where a raft-building exercise was carried out. Overall, the course was outstanding.





33. Activity 33

Title: National Unity Day Pledge and Run (Rashtriya Ekta Diwas)

Date: 31/10/2023

Number of participants: 10 (4F/6M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, Goa, in association with the Directorate of Sports and Youth Affairs, participated in the National Unity Run on National Unity Day, 31st October 2023. The students also took the Unity Pledge on this occasion.



34. Activity 34
Title: National Games
Date: 5th November 2023

Number of participants: 16 (7F/9M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, attended the National Games at Campal Open Ground and watched the sport Yogasana.



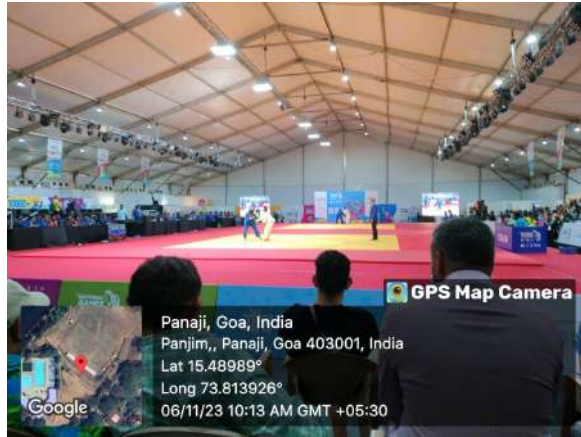
35. Activity 35

Title: National Games

Date: 6th November 2023

Number of participants: 7 (4F/3M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, attended the National Games at Campal Open Ground and watched the sport Yogasana and Lagori.



36. Activity 36

Title: National Games

Date: 7th November 2023

Number of participants: 17 (11F/6M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, attended the National Games at Campal Open Ground and watched the sport Judo and Lagori.



37. Activity 37

Title: National Games

Date: 8th November 2023

Number of participants: 7 (5F/2M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, attended the National Games at Campal Open Ground and watched the sport Judo and Yogasana.
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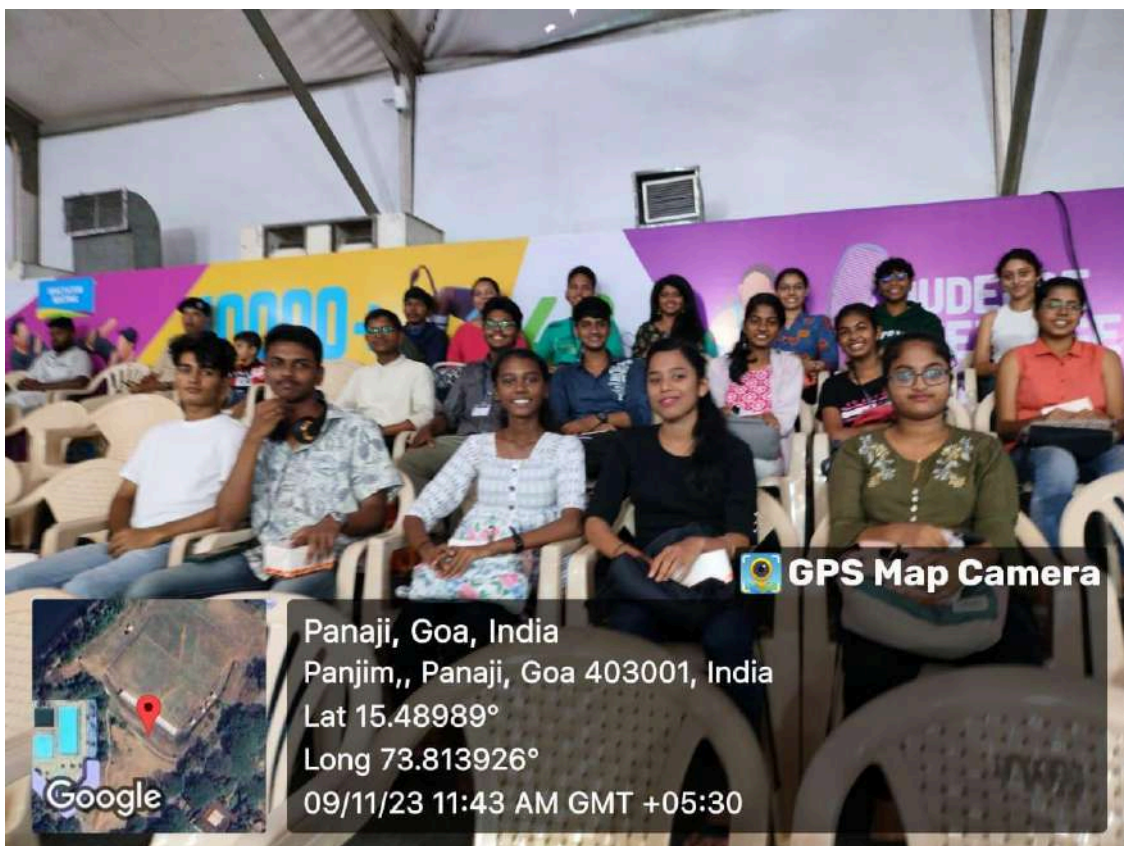
38. Activity 38

Title: National Games

Date: 9th November 2023

Number of participants: 18 (10F/8M)

The NSS volunteers of Dhempe College of Arts and Science, Miramar, Goa, attended the National Games at Campal Open Ground and watched the sport Judo and Kalaripayatu.



39. Activity 39

Title: Samvidhan Diwas (Constitution Day)

Date: 26/11/2023

Number of participants: 31 (21F/10M)

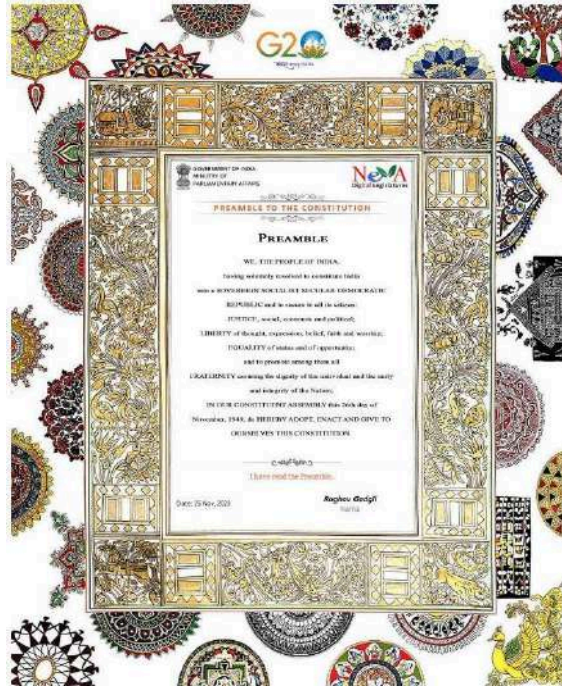
The Samvidhan Diwas (Constitution Day) is celebrated every year on 26th November to commemorate the adoption of the Constitution of India besides highlighting and Reaffirming the ideals & principles it upholds and honour and acknowledge the contribution of our Founding Fathers. The NSS Unit of Dhempe College of Arts and Science, Miramar, Goa, took

(a). Online reading of the Preamble to the Constitution in 22 Official Languages and English.

(b) Online Quiz on Bharat Loktantrakijanani".

Faculty members of the college also took the pledge.





40. Activity 40

Title: Registration Drive for New Voters

Date: November 27, 2023

Number of participants: 71 [56 Female/ 15 Male]

Under SVEEP (Systematic Voters' Education and Electoral Participation), Booth Level Officers visited Dhempe College of Arts and Science on 27 November 2023 between 12.30 pm and 3.30 pm. They conducted a massive drive to register new voters. A total of 71 students participated and submitted their details for the issuance of new voter cards.

All the students were also appreciated by being presented with a certificate from Mamlatdar, Tiswadi Taluka, Shri. Kaushik Dessai.





41. Activity 41

Title: Awareness activity such as sensitizing programme for NSS Volunteers and citizens.

Date: 1st December, 2023

Number of participants: 18 [14 Female/4 Male]

The Red Ribbon Club announced 3 competitions in order to raise the awareness of the students about HIV/AIDS: i. Red Ribbon Making and Distribution 2. Comic Strip Designing Competition and iii. Flash Fiction Writing Competition.

Additionally, the students also participated in the World AIDS Day event at Institute Menezes Braganza, Panaji, organised by Goa State AIDS Control Society.





Image Caption: Students attending the World AIDS Day event at Institute Menezes Braganza

42. Activity 42

Title: Pledge by Volunteers to disseminate information and prevent stigma and discrimination related to HIV/AIDS day.

Date: 1st December, 2023

Number of participants: 13 [5 Female/8 Male]

Students of the Institution took a pledge to create awareness and work towards the reduction of stigma and discrimination.



Image Caption: Glimpses of Students Taking the Pledge

43. Activity 43

Title: Display of information related to HIV/AIDS on the display board of College.

Date: 1st December, 2023

Number of participants: 14 [6 Female/8 Male]

Students made posters and put it up on the College notice board along with the information posters shared by the NSS Regional Directorate, Pune on 1st December, 2023.



Image Caption: Information on College Notice Board

44. Activity 44

Title: Tweets advocating preventive behavior from the respective handle of NSS units.

Date: 1st December, 2023

Number of participants: 01 Female

One student having an account on 'X', the erstwhile Twitter, posted a tweet on AIDS awareness.

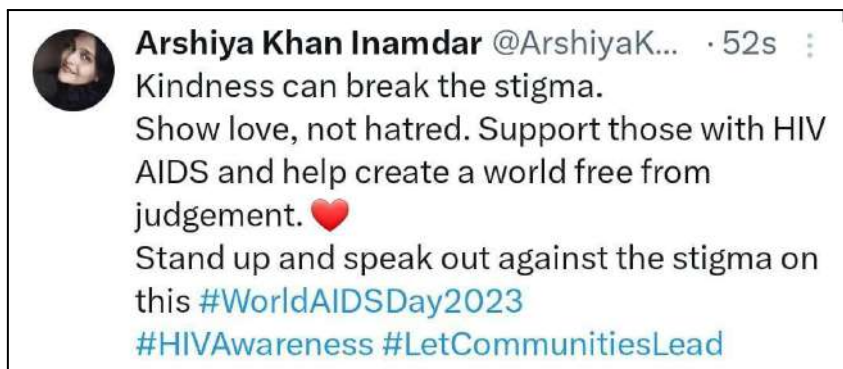


Image Caption: Student's Tweet on World AIDS Day

45. Activity 45

Title: National Integration Camp (NIC) at Jalgaon

Date: 30/11/2023 to 6/12/2023

Number of participants: 2 (0F/2M)

Two NSS volunteers, Ayas F. Khan (SYBSc) and Vishant Borkar (FYBSc) attended National Integration Camp at Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon organized by Ministry of Youth Affairs & Sports, Government of India. The Goa Team at the camp won the best poster award and the best camping team award. The team was also interviewed on Doordarshan and featured on a local newspaper.





विद्यापीठाचा उपक्रम • सहभागी विद्यार्थी म्हणाले, मिनी भारताचे दर्शन घडल्याने भारतावलो 'रासेयो'च्या एकात्मता शिबिरात भारतीय लोकसंस्कृतीसह परंपरांचा झाला अभ्यास

प्रतिनिधी | जळगाव

मटकी नृत्यासह कन्नड भाषेतील गीतावरील नृत्याविष्काराने वेधून घेतले लक्ष

आयत्या रावन्नातील नृत्य अथवा गीत तर कुणी सादर कोलच मात्र इतकित इतर रावन्नातील नृत्य आणि गीत केवळ दोन-तीन दिवसांत मोबाच्या साइकलव्हेकटून शिबिरून सादरीकरण केव्हावर मित्रातल्या जल्मून प्रतिसाधने भाग्यभूत गेलो. खऱ्या अर्थाने मिनी भारताचा एक भाग होता आले याचा आनंद असल्याच्या प्रतिक्रिया राष्ट्रीय सेवा योजनेच्या राष्ट्रीय एकात्मता शिबिरात सहभागी प्रारंभच्या विद्यार्थी-विद्यार्थिनींनी दिव्य मराठीच्या प्रतिनिधीशी बोलताच जकात केल्या. तेलंगणाच्या पालनुरू विद्यापीठाची पायल राजपुरीहिलेन राजस्थानी नृत्य सादर केले. यंत्रियार तेलंगणाचे 'बदकाम' या समूहानुसार तिने भ्रम घेणारा, समूह चर्चा आणि जंक्चुमेंटमध्ये काम करताना मराठी, हिंदी भाषा शिकता आली. कारण तेलंगणात हिंदी भाषा बोलली जात नाही असे ती म्हणाली.



विद्यापीठात राष्ट्रीय सेवा योजनेच्या एकात्मता शिबिरात नृत्य सादर करताना विद्यार्थिनी.

भाषा समजून घेता आली : संत गाडगेमठाने उभारलेली विद्यापीठाचा वेगळा मुळी आणि साहित्यीकदृष्टीने पूर्ण विद्यापीठाचा शुभच गोरी यांनी इतर राज्यंचे कला प्रकार सादर केले. देखिले पहिल्या बंगालचे गीताने आणि राजस्थानी भाषेतील पोथीचे हे गीत सादर केले. शुभच योजने जन्मून उभारले सादर केले. सर्व राज्यातील

याकनंसा सोमव पेऊन संमळणारी राबो फोक अकिंदा सादर केला. त्याने राजस्थान, कर्नाटकच्या शिबिराभोसोवत साथ सात केली. भाषेची अडचण जाणवली नाही असे या दोघांनी सांगितले. 'मिन् थेटला उनस (कन्या अलेस) हा तेलंगणाचा शब्द मी शिकलो' इतर शब्द जाणोवपुकेन शिकल्याचे देखिल म्हणाल्या.

विद्यार्थी राजपूत : केंद्रच्या देवी अहिल्यादेवी विद्यापीठाचे प्रतिनिधित्व केले. पाच प्रदेशाची असल्याने मटकी इतना सादर केला. मात्र त्यावेळीच कर्नाटकच्या मैत्रिणीकडून कन्नड गीत शिकले आणि ते सादर केले.

प्रार्थिता शर्मा : आसामच्या मुवाढटी विद्यापीठाच्या प्रार्थिता शर्मा तिने दोन दिवसात राजस्थानी नृत्य शिकून रंगमंचावर सादर केले. सधेच असासामचे कल्पकरी हे लोकनृत्य सादर केले. इतर राज्यांच्या भाषा शिकण्याचा प्रयत्न आहे.

मीरा जैना : ओडिसाच्या उत्कल विद्यापीठाचे प्रतिनिधित्व केले. 'तिया रंगोल मारा डोर' या राजस्थानी नृत्याला प्रतिसाद मिळाला. तिने ओडिसाच्या भक्तीचे ओडिसीनृत्य सादर केले. राज्यांच्या सोमा शिबिरात घडून घडल्या.

46. Activity 46

Title: Purple Fest Training

Date: 09/12/2023

Number of participants: 39 (27F/12M)

The organizers of the International Purple Fest event to be held in Goa from 8th to 13th January 2024 conducted a training session on delegate assistance for the student volunteers of the college on 9th December 2023. This is India's First-of-its-kind inclusive festival that celebrates persons with disabilities and invites everyone to a world of boundless possibilities, where unity takes centre stage and diversity is celebrated with open arms. The training was in association with the Office of the State Commissioner of Persons with Disabilities, Government of Goa, Directorate of Social Welfare, Government of Goa and Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Government of India. Raghu D. and Vishal Naik conducted the session.



47. Activity 47

Title: National Adventure Camp Himachal Pradesh

Date: 07/12/2023 to 17/12/2023

Number of participants: 1 (1F)

Ms Rachel Sweety Britto, the NSS volunteer of Dhempe College of Arts and Science, Miramar, attended a 10-day-long National Adventure Camp at Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports (ABVIMAS), Narkanda, Himachal Pradesh from 7th December to 17th December 2023.

An ordinary day at the camp was fun, and filled with adventure trips at high altitude trekking and skiing center, Narkanda. The camp included lectures on topics like mountain walking & mountain manners, flora and fauna, mountain hazards, on himalayas, on first aid, high altitude sickness & cold injuries to name a few. Adventure activities included rock climbing, knot practice, trek to Sara, Jubbar Lake & Hatu peak, valley crossing, jungle trek, jumaring etc. This was topped up by cultural activities in the evenings and camp fire on the last day.



48. Activity 48

Title: Elocution and Poster Competition

Date: December 16, 2023

Number of participants: 24 [21 Female/ 3 Male]

DCT's Dhempe College of Arts and Science and the Department of Political Science, in collaboration with the Office of the Mamlatdar, Tiswadi, organized an intercollegiate Elocution and Poster competition. This event, under the aegis of the Election Commission of India's flagship program on Systematic Voter Education and Electoral Participation (SVEEP), underscores the pivotal role that each of us plays in shaping the destiny of our nation through the power of our vote. SVEEP is a multi-intervention programme that reaches out through different modes and media to educate citizens, electors, and voters about the electoral process to increase their awareness and promote informed participation. Mentors Ms Clarinda Dias (Dept. of English), Ms Svetlana Fernandes (Dept. of English), Ms Yogini Malvankar (Dept. of Economics), Dr Karuna Singh (In-charge Political Science), Mr Sainandan Iyer (Dept. Political Science), Dr Raghav Gadgil (Dept. of Geology) encouraged their students to participate in this competition and contributed to its success.

The winners of the Elocution competition are:

- 1) Sanchali Fadte, 21023, TYBSc
- 2) Caroline Barreto, 2301456, FYBA
- 3) Ishaan Dalvi, 2301457, FYBA

The winners of the Poster Competition are:

- 1) Elvina Francisca Braganza, 2302068, FYBSc & Dixita Dayanand Desai, 2302066, FYBSc
- 2) Vaibhavi Laxmikant Divkar, 2302078 FYBSc and Shruti Ashok Gawas, 2302075, FYBSc
- 3) Rohini K Nayak, 2302323 FYBSc Biotechnology and Alliya Cota, 232745, FYBSc Biotechnology






DCT'S SVEEP
DHEMPE COLLEGE OF ARTS AND SCIENCE
 SYSTEMATIC VOTERS' EDUCATION AND ELECTORAL PARTICIPATION (SVEEP),
 A FLAGSHIP PROGRAM OF THE ELECTION COMMISSION OF INDIA
 &
 DEPARTMENT OF POLITICAL SCIENCE
 IN COLLABORATION WITH OFFICE OF THE MAMLATDAR, TISWADI GOA
 INVITE ENTRIES FOR AN
**INTRA-COLLEGIATE ELOCUTION
 & POSTER MAKING CONTEST**
 ON
DECEMBER 16TH 2023

<p>ELOCUTION Topic The Power of One Vote: Igniting a Culture of Political Engagement</p> <ul style="list-style-type: none"> • 30 min to each participant for presentation. • Use of inappropriate words & gestures will lead to disqualification. • Judgement Criteria: Relevance, Content, Presentation Skills & Adherence to Time Limit. <p style="font-size: x-small;">Prizes: 1st Place: ₹1000 2nd Place: ₹750 3rd Place: ₹500</p>	<p>POSTER MAKING Theme Color the Future: A Palette of Possibilities through Electoral Participation</p> <ul style="list-style-type: none"> • Maximum Participants : 2 : Time Limit: 1 hour. • 1 white sheet paper will be given per team. • Participants must bring their own stationery. • Poster that contain obscene language/artwork or defame/injure any person(s), community etc. will be disqualified. • Judgement Criteria: Creativity, Design, Relevance. <p style="font-size: x-small;">Prizes: 1st Place: ₹1000 2nd Place: ₹750 3rd Place: ₹500</p>
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ALL PARTICIPANTS WILL RECEIVE CERTIFICATES OF PARTICIPATION
 INTERESTED STUDENTS SHOULD CONFIRM THEIR PARTICIPATION BY
 COMPLETING THIS GOOGLE FORM <https://forms.gle/YSK4PMWZCJY7ND8Y2>
 ON OR BEFORE DECEMBER 15TH, 2023
 FOR DETAILS CONTACT: DR. RAGHAV GADGI: 8390578547
 SAINANDAN IYER: 9823191925

49. Activity 49

Title: Goa Liberation Day

Date: 19/12/2023

Number of participants: 8 (4F/4M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, celebrated Goa Liberation Day in the presence of NSS volunteers, teaching and non-teaching staff and NCC cadets. The principal addressed the gathering. The NSS Volunteer Sakshi Prabhudesai was the compere for the day and Mansi Volvoikar patriotic song.



50. Activity 50

Title: LPG Consumer Rights and Safety Demonstration

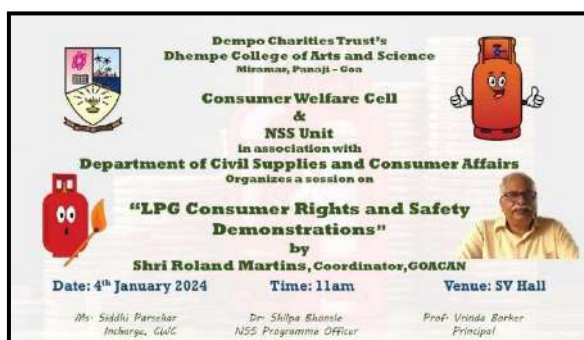
Date: 04/01/2024

Number of participants: 79 (32M/47F) (75 students and 4 teachers)

Consumer Welfare Cell Nodal Teacher: Ms. Siddhi Parsekar

The Consumer Welfare Cell (CWC) and NSS Unit of DCT's Dhempe College of Arts & Science organized a session on 'LPG Consumer Rights and Safety Demonstration' for the students and faculty members on Thursday, 4th January 2024 at 11 am in the SV hall. Mr. Roland Martins, Coordinator, GOACAN, and his team member Mrs. Lorna Fernandes conducted the session. After Principal Prof. Vrinda Borker's welcome address, Mr. Roland Martins commenced the session. He began by explaining the consumer rights about LPG cylinders. He told us about the identification of expiration dates and the weight of LPG cylinders. He also talked about the pricing and delivery instructions for gas cylinders. He explained the importance of doing the mandatory check-up of the cylinder by a certified person from the gas company and noting the cylinder delivery dates, which help in claiming insurance in case of an LPG accident.

He informed the participants about the precautions to be taken when using gas cylinders such as proper ventilation, timely check-ups, using ISI-marked gas stoves and pipes, and being alert. The take-home message was being aware of the consumer rights and safety measures about LPG cylinders and educating others about the same. The session ended with a very lively question-and-answer session.







51. Activity 51

Title: National Youth Day

Date: 12/01/2024

Number of participants: 39 (24F/15M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, celebrated National Youth Day enthusiastically and reverently. The event aimed to inspire and empower the youth, echoing the ideals and teachings of the great philosopher and spiritual leader Swami Vivekananda. The Principal gave a brief introduction highlighting the significance of National Youth Day, which is celebrated on January 12th, the birth anniversary of Swami Vivekananda. Participants were reminded of Swami Vivekananda's vision for the youth as a nation's backbone, emphasizing their role in building a strong and prosperous society. The centrepiece of the celebration was the garlanding of a large portrait of Swami Vivekananda, symbolizing respect and admiration for his teachings.



52. Activity 52

Title: National Youth Festival Inauguration screening

Date: 12/01/2024

Number of participants: 39 (24F/15M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, screened the inauguration ceremony of the 27th National Youth Festival through a Live telecast on YouTube from Nashik 12.15pm onwards.



53. Activity 53

Title: National Youth Week

Date: 15/01/2024

Number of participants: 104 (68F/36M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, celebrated National Youth Week enthusiastically and reverently. The event aimed to inspire and empower the youth, echoing the ideals and teachings of the great philosopher and spiritual leader Swami Vivekananda. Various Directorates of the Goa Government viz. Youth & Sports Affairs, Higher Education, Technical Education, Planning & Statistics and Information & Publicity supported this event by planning the talk, appointing distinguished speakers to the respective colleges, and defining the program schedule. The program began with the floral welcome to the guests of the function, Dr Kalpa Govekar, CA Dhvani Shah and Shri Ganraj Morajkar. This was followed by the lighting of the lamp and garlanding the portrait of Swami Vivekananda. The Principal highlighted the importance of the occasion and the talks.

Shri Ganraj Morajkar, OSD at Goa CSR Authority, briefed the students about the need for Mera Yuva Bharat. He advised the students to register on the Website and explained how experiential learning will aid the students in becoming the leaders of tomorrow. Shri Ganraj also discussed the importance of Youth participation in the Nation building process. He then provided valuable insights into the government's schemes for our country's youth, such as CM Rozgar Yojana and CM Apprenticeship scheme. He advised the students to prepare for various state and central government exams while discussing about the central and state government jobs.

CA Dhvani Shah delivered a "Financial Management as a Youth" talk. She emphasized on saving money and keeping a tab on the monthly expenditure. This would help the students to achieve their financial freedom. Dhvani highlighted the importance of 8th wonder of the world, compounding. She elaborately explained money management.

Dr Kalpa Govekar, Consultant Psychiatrist and Life Coach, highlighted the causes of mental sickness like peer pressure, broken families, academic stress, relationship issues, etc. and linked it to the broader concept of depression. She focused attention on anxiety management practices like meditation, yoga, mindfulness, breathwork, art therapy and pet therapy. Dr Kalpa warned the students of bad habits such as smoking, drinking and drugs.



54. Activity 54

Title: National Integration Camp Dharwad

Date: 05/01/2024 to 11/01/2024

Number of participants: 1 (1F)

Ms Ana Joaquina Bluvenia Gomes, NSS volunteer of Dhempe College of Arts and Science, Miramar, attended a week-long National Integration Camp at NSS Bhavan, Karnatak University, Dharwad from 05th to 11th January 2024.

An ordinary day at the camp began with Yoga and meditation session in the morning. The activities like swachh bharat, informative lectures by eminent personalities, and the cultural performances made up for the days at the camp.





55. Activity 55

Title: Elocution and Poster Competition organized by the Chief Electoral Officer in collaboration with the Directorate of Higher Education at Goa College of Home Science

Date: January 12, 2024

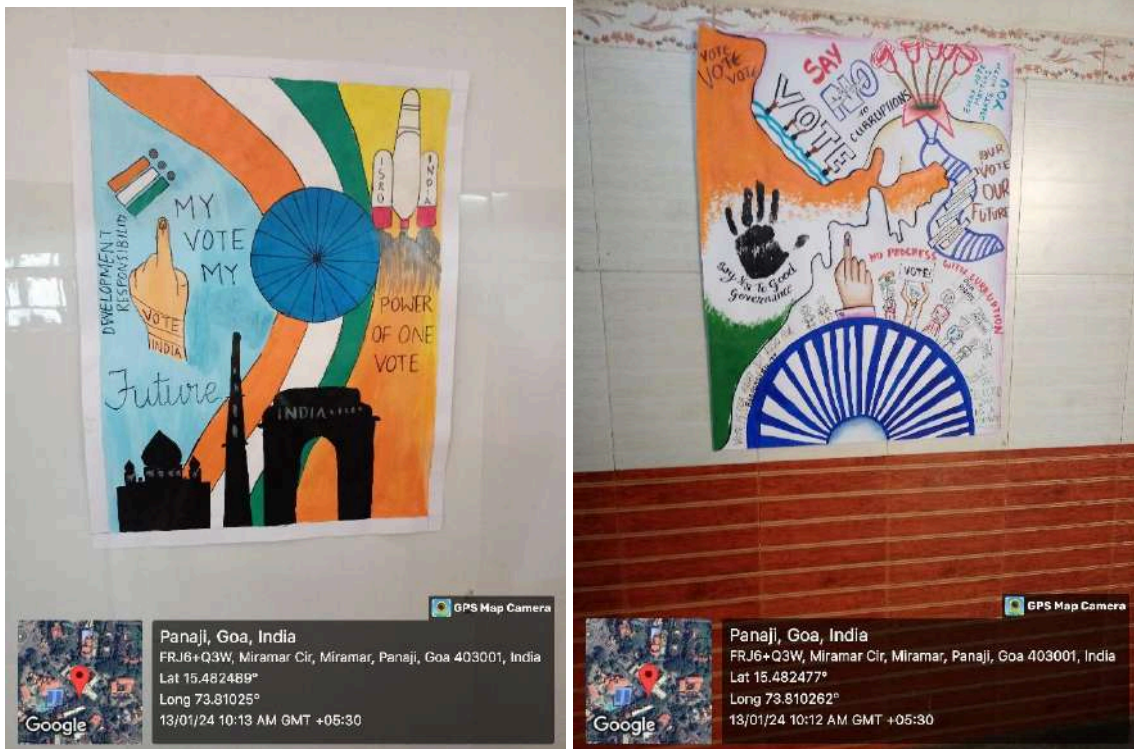
Number of participants: 03 [03 Female]

The following three (3) students (3F) participated in the Elocution and Poster competition organized by the Chief Electoral Officer in collaboration with the Directorate of Higher Education at Goa College of Home Science on 12th January 2024.

Sanchali Suvarn Fadte 21023 TYBSc Geology Participated in Elocution Competition.

Dixita Desai, FyBsc, 2302066, Major: physics, minor: geology, VAC-II, MC Konkani & Vaibhavi Divkar, FYBSc, 2302078, Major: Physics, minor: Geology, VAC - folk tales, MC – history participated in the Poster competition.

Election and voter awareness posters were displayed in the premises of Dhempe College of Arts & Science. It received vast viewership.



56 Activity 56

Title: National Voter's Day

Date: 25/01/2024

Number of participants: 145 (107F/38M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, celebrated National Voters Day by hosting Chief Minister Dr Pramod Sawant in the college and attend the programme "Namo Navmatdata Sammelan" addressed by Honourable Prime Minister of India Shri Narendra Modi. Other dignitaries present were Shri Rudolf Fernandes, MLA of St Cruz constituency Goa, Shri Rohit Monseratte, Mayor Corporation City of Panaji, Deputy Mayor Sanjeev Naik, & Chairman of Dempo Charities Trusts' Shri Shrinivas Dempo. Principal welcomed the gathering. Shrinivas Dempo emphasized on the power of United India and power of single vote in electing the people's representatives. Chief Minister Dr Pramod Sawant stressed on the fundamental right to vote on this Voter's Day and addressed the youth in the audience.





57 Activity 57

Title: National Adventure Camp Himachal Pradesh

Date: 14/01/2024 to 23/01/2024

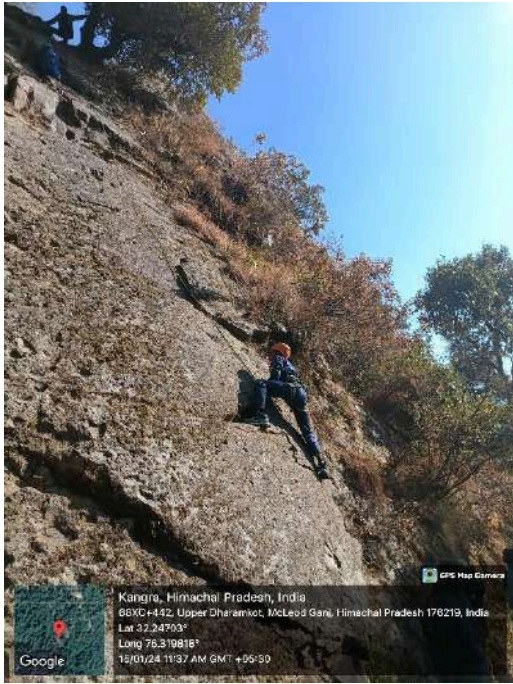
Number of participants: 2 (2M)

Mr Siddhit Shrirang Shenvi and Mr. Dhruv Swapnil Parmekar, the NSS volunteers of Dhempe College of Arts and Science, Miramar, attended a 10-day-long National Adventure Camp at Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports (ABVIMAS), Dharmashala, Himachal Pradesh from 14/01/2024 to 23/01/2024.

An ordinary day at the camp was fun, and filled with adventure trips. Head instructor Mr Jitendra Bokta (Head of the regional mountaineering center, Adventure Sports and Camping, Dharamshala) introduced the camp details to the participants. All volunteers visited the Tibetan Monastery. Activities included Rock climbing using a harness and carabiner, Artificial Rock climbing (a popular form of rock climbing performed on artificial structures that attempt to mimic the experience of outdoor rock), rappelling, trekking at Naddi village, learnt the basics of river crossing/valley crossing, jumaring (the second climber (the one who delays the lead climber on the route) uses ascenders to climb the rope instead of climbing directly on the rock, after the activity), climbed the the height of 9399.606ft at the place known as Triund. Also visited places like Dharamshala cricket stadium, State War Memorial (HP), tea garden (HP).

Lectures such as Mr.Sonam Chepa on the basics for mountaineering and usage of ropes as a lifeline in the life of a mountaineer, culture and language of Himachal Pradesh by Mr. Som Dutt. Also visited Dal lake and trekked till there. Teams also played Tug of War and cricket.







58 Activity 58

Title: Republic Day

Date: 26/01/2024

Number of participants: 33 (21F/12M)

The NSS Unit of Dhempe College of Arts and Science, Miramar, celebrated 75th Republic Day of India with great enthusiasm and fervour. The NSS volunteer Vishant Borkar sang a patriotic song “Bhui Mhaji” in Konkani, while Yash Apte displayed extraordinary skills at playing flute. Other NSS volunteers Sakshi Prabhudesai, Manasi Volvoikar and Amisha sang Vande Mataram. Mousumi Biswas was the compere for the whole programme. Principal Prof Vrinda Borker stressed on the constitution of India and praised Ambedkar team for drafting it. She asked the students to vote wisely and emphasized the importance of ethical voting.





59 Activity 59

Title: EVM & VVPAT Demonstration cum Training Session for Teachers and Students

Date: February 1, 2024

Number of participants: 45 (35 Female/10 Male)

Office of the Mamlatdar of Tiswadi Taluka & Assistant Electoral Registration Officer, 11 Panaji A.C., visited Dhempe College of Arts and Science, Miramar and conducted a demonstration cum training session for college teachers and students on 1st February 2024.



60 Activity 60

Title: NSS Felicitation Programme

Date: 22/02/2024

Number of participants: 86 (50F/36M)

The Felicitation Ceremony of NSS Volunteers was held on February 22, 2024 at 10.30 a.m. in the SV Hall. Shri Arvind Khutkar, Director, Directorate of Sports and Youth Affairs, Government of Goa, was the Chief Guest, and Dr. Nitin Sawant, Coordinator, NSS Cell, Goa University, was the Guest of Honour. The function was attended by Principal Prof. Vrinda Borker, NSS Programme Officers Dr. Shilpa Bhonsle, Dr. Palia Pandit and Dr. Raghav Gadgil, and NSS volunteers.

Volunteers were felicitated for the following activities:

1. Volunteers who have completed 60 hours of regular activities in the odd semester.
2. Volunteers who have attended NSS Special Camp at Shikeri Goshala
3. Volunteers who attended Unity Run at DSYA

4. Volunteers who have represented at National Camp
5. Volunteers who have donated blood
6. Volunteers who have completed Aapada Mitra/Sakhi Course
7. Volunteers who attended National Games
8. Volunteers who are winners of Red Ribbon Club Activities
9. Volunteers who have participated in Red Run
10. Purple Fest volunteers





61 Activity 61

Title: Road Safety and Traffic Awareness Action

Date: 01/03/2024

Number of participants: 23 (13F/10M)

The NSS Unit & Consumer Welfare Cell of DCT's Dhempe College of Arts and Science, Panaji-Goa organized a "ROAD SAFETY AND TRAFFIC AWARENESS ACTION" on 1st March 2024 from 9:00 am to 11:00 am at the Miramar Circle. The traffic action was conducted as part of the National Road Safety Month 2024. The activity was assisted by GOACAN members; Mr. Roland Martins and Mrs. Lorna Fernandes, and assistant Sub. Inspector Mr. Santosh Kalangutkar.

Traffic awareness is crucial for ensuring road safety and preventing accidents. The main motive of the action was to create awareness about following the traffic rules and practicing safe driving to ensure the safety of oneself and others. The action aimed to educate the community on traffic rules, emphasize the importance of safe driving practices, and foster a sense of responsibility among road users. Another key aspect was educating people about the use of proper ISI-marked helmets and insurance claims in case of accidents.

The students began the action from the college parking lot to the Miramar Circle by holding placards, flags, and banners depicting safe traffic practices and saying slogans demanding safe roads and proper signage on the roads.

Impactful slogans were created to convey key messages related to road safety, banners included information on speed limits, seat belt usage, and the dangers of distracted driving.

The importance of following traffic and road safety measures was conveyed to the general public. The traffic action concluded with a press interview by the conveners and students for the In Goa 24×7 channel.

YouTube link: <https://youtu.be/gOReyqcKra4?si=hgrUK0ZS-VV5w7Zo>







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62 Activity 62

Title: Mera Pehla Vote Desh Ke Liye

Date: 28 Feb to 06 March 2024

Number of participants: 46 (30F/16M)

Mera Pehla Vote Desh ke Liye from 28 Feb to 06 March 2024 with the objective to ensure universal enlightened participation of youth in election.

Students took a pledge from the portal <https://pledge.mygov.in/mera-pehla-vote/>

15F/8M = 23

Students also answered quiz on India's democracy

<https://quiz.mygov.in/quiz/quiz-on-indias-democracy/>

15F/8M = 23



63 Activity 63

Title: Actizen Project

Date: 02nd December 2023 to 04th March 2024

Number of participants: 5 (3F/2M)

A Project undertaken by NSS students for in collaboration with Desh Apnaye Foundation, we as students of NSS Dhempe College of Arts and Science Miramar Panjim Goa, under the guidance of Dr. Shilpa Bhonsle, recently embarked on a project aimed at identifying and addressing issues within our locality. One particular concern was the hazardous state of a partially constructed footpath near Taniya Hotel in Maimollem, Vasco, Goa. This incomplete footpath seriously threatened the safety of

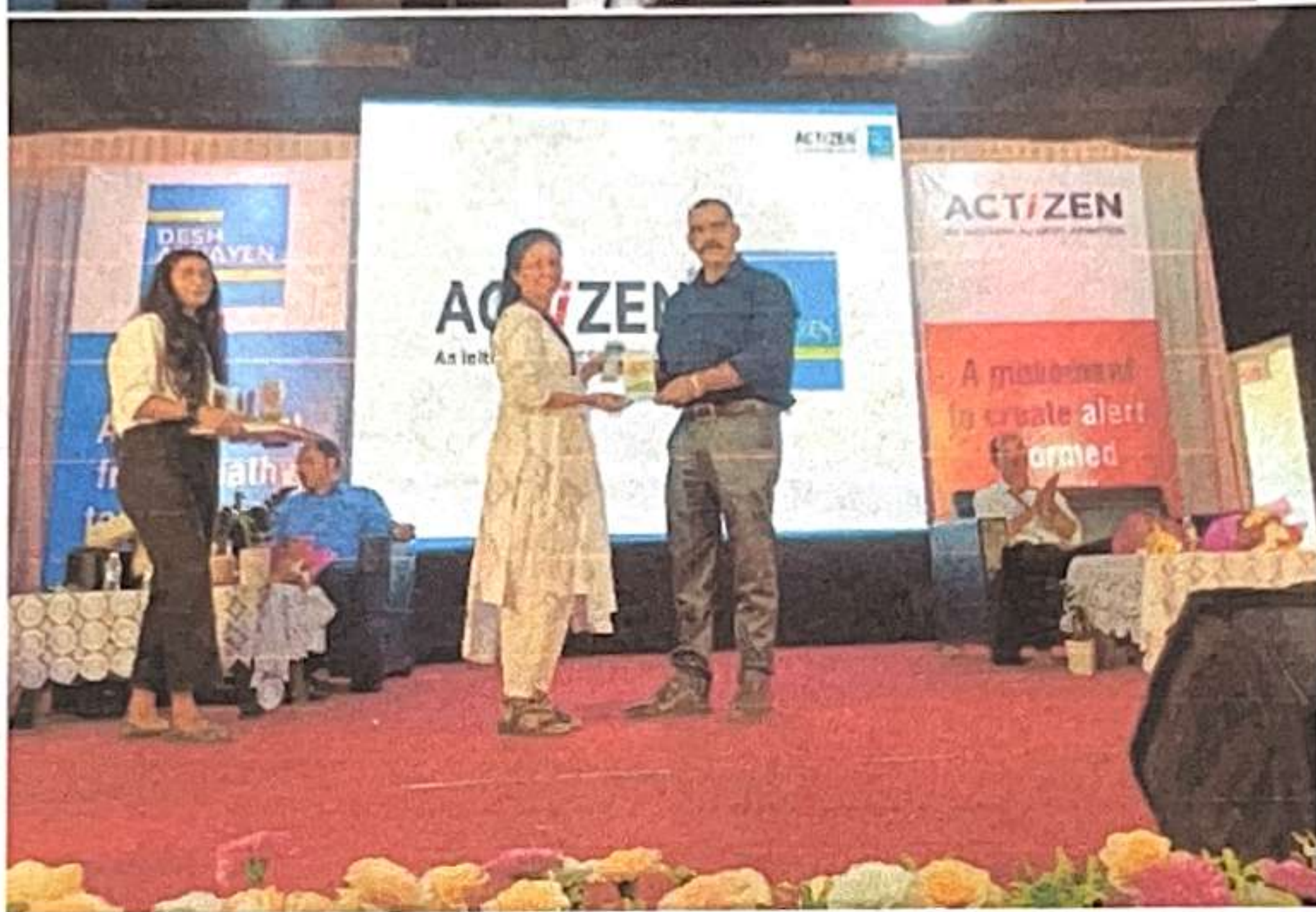
pedestrians, particularly elderly individuals and schoolchildren who traverse the area daily.

To address this issue comprehensively, our group conducted a thorough survey to gauge the extent of the problem and its impact on the community. The findings were compiled into a detailed report highlighting the urgency of rectifying the situation. This report, along with a formal letter, was submitted to the Municipality of Mormugao Council for their attention and action.

Furthermore, as part of our advocacy efforts, we had the opportunity to meet with Mr. Ramchandra Kamat, the Vice Chairman of the Mormugao Municipal Council, to discuss the matter and seek his support in resolving it promptly. Additionally, our endeavours caught the attention of News Baba TV Goa, who interviewed our group to shed light on the pressing issue and our efforts to address it.

Through our concerted efforts and advocacy, we hope to see tangible improvements in the infrastructure of our locality, ensuring the safety and well-being of all residents and visitors alike. Desh Apnaye Foundation in collaboration with Desh Apnaye Foundation





Shilpa Bhonsle

Dr Shilpa Bhonsle
NSS Program Officer



Vrinda Borker

Dr. Vrinda Borker

Principal
Principal
Dempo Charities Trust's
Dhempe College of Arts & Science
Panaji Goa