

Thakur Ramnarayan Educational Campus, S.V. Road, Dahisar (East), Mumbai - 400 068 Tel: 022 2828 1200 | Fax: 022 2828 1300 | www.trcac.org.in

#### Criteria 3 - Research, Innovations and Extension

#### Key Indicator 3.4 - Extension Activities

QIM 3.4.1 - Extension activities carried out in the neighborhood community, sensitizing the students to social issues for their holistic development and impact thereof during the year.

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# NATIONAL SERVICE SCHEME



# **EXTENSION ACTIVITIES REPORTS**

2023-2024

#### Activity-1

#### Hum Hai Na- A Day at an Old Age Home

National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized Hum Hai Na- Old Age Home in , was conducted on 2nd April,2023 where students of N.S.S took the initiative of helping elderly people at an Old Age Home Located at Mira-Bhayandar, and making sure to spread happiness and positivity by helping them in their shifting work as well as celebrating a birthday with them.There was active involvement of all the volunteers.

No of participants : Male: 05, Female:04 Total=09 No of Faculty: 02



Activity-2

#### **Bal Gurukul-1**

IDF (Indian Development Foundation) and National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized Bal Gurukul , was conducted on 05th June,2023 at location National Park, Borivali East Barisa Munda Bal gurukul. The term "Bal Gurukul" " which refers to a traditional Indian educational system or residential schooling system, often associated with holistic education. Volunteers Distributed Stationary kits and books for the kids in the bal gurukul.

No of participants : Male: 05, Female:04 Total=09 No of Faculty: 02





#### Activity-3

### **Tree Plantation & Live Recycling**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce with the Indian Navy, initiated a Tree Plantation and Live Recycling at Ghatkopar navel base on 22nd April 2023, event was along with Go Shoonya who were present voluntarily in event for planting tree sapling and showing the live recycling ,cleaning the area and spreading awareness about the importance of a healthy and pollution free environment.

No of participants : Male: 08, Female:07 Total=15 No of Faculty: 02



### Activity-4

#### Rashtriya Swayam

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce organised an event to prepare identification proof (Voter ID) for the people of Rajendra Nagar, Borivali East. This activity aimed to make the youth aware about the importance of having their identification cards.

No of participants : Male: 06, Female:04 Total=10 No of Faculty: 02





#### Activity-5

#### World Labour Day

World Labour Day was organised by N.S.S. Unit of Thakur Ramnarayan College of Arts and Commerce, on 01st May 2023 at Kalinia Campus with an objective to prepare identification proof Voter ID, Aadhar Card and E-Shram card for the people in the locality of kalina

No of participants : Male: 01, Female:01 Total=02 No of Faculty: 02



#### Activity-6

#### **Blood Donation Camp-01**

On the auspicious occasion of Ramnavmi National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts & Commerce, along with National association of realtors, at location organized a Blood Do-nation Camp at Borivali Station On 2nd may 2023. Many Thalassemia patients depend on blood transfusions to survive and thrive, especially small children.

No of participants : Male: 07, Female:07 Total=14 No of Faculty: 02





### Activity-7

### Bal Gurukul-2

IDF (Indian Development Foundation) and National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized Bal Gurukul , was conducted on 5th May, 2023 at location National Park, Borivali East Barisa Munda Bal gurukul. The term "Bal Gurukul" " which refers to a traditional Indian educational system or residential schooling system, often associated with holistic education. Volunteers Distributed Stationary kits and books for the kids in the bal gurukul.

No of participants : Male: 05, Female:04 Total=09 No of Faculty: 02



### Activity-8

#### Walkathon

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce organized a Walkathon-Steps for Road Safety along Transport and Travel wing on 21st May ,2023 at location Borivali East near GH School, the walkathon was initiated with an objective to raise awareness related to causes of road accidents and measures to prevent them.

No of participants : Male: 07, Female:07 Total=14 No of Faculty: 02





#### Activity-9

#### **Polio Dose Drive**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Polio Drops Drive on 28th May 2023 at This activity was held to create a healthy environment for children as well as to support the underprivileged people who were unable to get the dose.

No of participants : Male: 08, Female:07 Total=15 No of Faculty: 02





#### Activity-10

#### Vastradan

National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts & Commerce in collaboration with IDF (Indian Development Foundation) had organised Vastrdaan at TRCAC Campus. This event aimed to address the pressing need for clothing assistance among underprivileged communities. The objective was to raise awareness about social responsibility among students and the community also foster a spirit of giving and community service among participants

No of participants : Male: 04, Female:05 Total=09 No of Faculty: 02





#### Activity-11

#### Awareness on Environmental issues

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce organized a Awareness on Environment Issues along Indian Navy and Go Shoonya on 05th June ,2023 at location Ghatkoper, The volunteers planted saplings and did wall painting to create awareness about the environmental issues and at Mumbai Port they did live recycling of waste.

No of participants : Male: 05, Female:05 Total=10 No of Faculty: 02





Activity-12

### **Blood Donation Camp-02**

On the auspicious occasion of Ramnavmi National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts & Commerce, along with Prithvi foundation, Organised a blood donation camp -02 on 14th June 2023 at TRCAC CAMPUS organized a Blood Do-nation Camp. Many Thalassemia patients depend on blood transfusions to survive and thrive, especially small children.

**No of participants** : Male: 05, Female:05 Total=10 No of Faculty: 02





### Activity-13

#### **NO Honk Day**

National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized No Honking Day on 13th and 14th June 2024, To prevent noise pollution in the environment due to unnecessary honking in the areas of Kandivali and Dahisar East and West The volunteers initiated the rally along with posters stating quotes based on noise pollution and also helped the traffic police.

No of participants : Male: 05, Female:06 Total=11 No of Faculty: 02



### Activity-14

#### **Tree Plantation Miyawaki**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce, initiated a Tree Plantation at Indralok, Mira - Bhayander on 17th June, 2023, along with JP Morgan Group & Go Shoonya.Who were present voluntarily in event for planting tree sapling ,cleaning the area and spreading awareness about the importance of a healthy and pollution free environment in the areas nearby to Mira-Bhayander

No of participants : Male: 09, Female:09 Total=18 No of Faculty: 02





#### Activity-15

#### **International Yoga Day**I

International Yoga Day was organised by the National Service Scheme (NSS) Unit of Mumbai University and Thakur Ramnarayan College of Arts & Commerce from 18th June to 21st june at Mumbai university, Charni Road and TRCAC Campus with and objective to promote importance of Yoga in the daily life of an individual.

No of participants : Male: 06, Female:06 Total=12 No of Faculty: 02



#### Activity-16

#### **Tree Plantation**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce, initiated a Tree Plantation at Indralok, Mira - Bhayander on 24th June, 2023, along with JP Morgan Group & Go Shoonya. Who were present voluntarily in event for planting tree sapling ,cleaning the area and spreading awareness about the importance of a healthy and pollution free environment in the areas nearby to Mira-Bhayander

No of participants : Male: 09, Female:09 Total=18 No of Faculty: 02





### Activity-17

#### Aashayein

Aashyein Project is organised by N.S.S Unit of Thakur Ramnarayan College of Arts and Commerce along with IDF (Indian Development Foundation) volunteers pack stationary kits and distribute it to the underprivileged students. This event occurs frequently.

No of participants : Male: 09, Female:11 Total=20 No of Faculty: 02

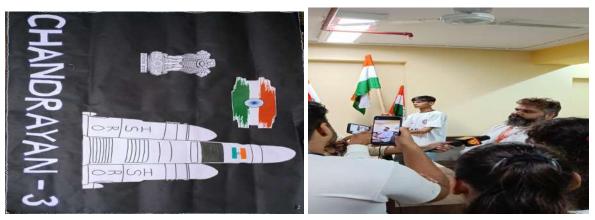


Activity-18

# Chandrayan-3 Launch

National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized Chandrayan-3 Launch Telecast, on 14th July,2023 at location TRCAC Seminar hall.It was an exciting opportunity to witness India's technological prowess and scientific achievements on a global stage.

**No of participants** : Male: 08, Female:10 Total=18 No of Faculty: 02





### Activity-19

#### **Blood Donation-03**

The volunteers of N.S.S along with Jito seva Group at Borivali railway station organized a Blood Do-nation Camp on 02nd August 2024. Many Thalassemia patients depend on blood transfusions to survive and thrive, especially small children.

No of participants : Male: 09, Female:02 Total=11 No of Faculty: 02





### Rakhi Making

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce, on the occasion of Raksha Bandhan provided 4200 handmade rakhis to the Indian Armies as an act of gratitude towards the protection and safety provided by them throughout the society from 8th august to 20th august 2024. The Volunteers made rakhis at the college campus for consecutive 5 days while making the rakhis and later the rakhis were neatly packed with the packet of Tika and Sweets for our Soldiers in order to be able to express their gratitude towards them.

**No of participants** : Male: 06, Female:08 Total=14 No of Faculty: 02





#### Activity-21

#### **Tree Plantation & Live recycling**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce with theGo Shoonya, initiated a Tree Plantation at Malad/Indralok Phase-3 and Live Recycling at Malad on 11th August, 2023 & 12th August, 2023 along with Go Shoonya who were present voluntarily in event for planting tree sapling and showing the live recycling ,cleaning the area and spreading awareness about the importance of a healthy and pollution free environment.

No of participants : Male: 10, Female:13 Total=23 No of Faculty: 02



Activity-22

# Meri Mati Mera Desh

The volunteers of N.S.S. Organized a rally for meri mati mera desh and took panch pran pledge at location Dahisar Police Station on 12th August 2023. The pledge is taken at the memorial site during the "Meri mati Mera Desh" campaign, affirming the commitment to the country. "Meri mati Mera Desh" is a nationwide and people-led initiative

No of participants : Male: 17, Female:21 Total=38 No of Faculty: 02







### Activity-23

#### **Green Society Championship Awareness**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce with the Indian Navy, initiated a Tree Plantation on 15th August 2023 at location IC Colony Madapeshvar Road, along with Go Shoonya who were present voluntarily in event for planting tree sapling and showing the live recycling ,cleaning the area and spreading awareness about the importance of a healthy and pollution free environment.

No of participants : Male: 05, Female:06 Total=11 No of Faculty: 02



Activity-24

### Chandrayan-03

National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized Chandrayan-3 landing on moon Telecast, on 23rd August ,2023 at location TRCAC Seminar hall. It was an exciting opportunity to witness India's technological prowess and scientific achievements on a global stage.

No of participants : Male: 08, Female:10 Total=18 No of Faculty: 02







#### Activity-25

#### **Beach CleanUp Drive**

National Service Scheme (NSS) Unit of Thakur Ramnarayan College of Arts and Commerce had organized a **Beach Cleanup Drive** at Uttan Beach, Gorai and Manori Beach. This initiative aimed to promote environmental awareness and contribute to the conservation of marine ecosystems by cleaning up litter and waste along the beach.

No of participants : Male: 18, Female:22 Total=40 No of Faculty: 02



Activity-26

### TRCAC Cha Ladka - Ganesha Celebration

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce, under the guidance and support of N.S.S Programme Officer and the volunteers of N.S.S. organized a Celebration for Ganesh Chaturthi Utsav with Eco Friendly Idol and decorations at college campus.from 18th September, 2023 to 20th September, 2023.

No of participants : Male: 15, Female:13 Total=28 No of Faculty: 02





### Activity-27

#### Amrut Kalesh Veeron Ko Naman

N.S.S. Organized a rally for Amrut Kalesh and took panch pran pledge at location Trcac Campus on 29th September 2023. The pledge is taken at the memorial site during the "Meri mati Mera Desh" campaign, affirming the commitment to the country. "Meri mati Mera Desh" is a nationwide and people-led initiative

No of participants : Male: 06, Female:08 Total=14 No of Faculty: 02



### Activity-28

### **E waste Collection Drive**

N.S.S Unit of Thakur Ramnarayan College of Arts and Commerce Organised E waste Collection Drive on 30th September 2023 with and objective of green society, volunteers collected E-waste from students and faculties later the E Waste was send for Recycling

No of participants : Male: 08, Female:04 Total=12 No of Faculty: 02







#### Activity-29

#### **Sanitary Pad distribution**

N.S.S Unit of Thakur Ramnarayan College of Arts and Commerceorganized Sanitary Pad distribution campaign.It was distributed in local areas of National Park followed by nukkad natak to create awareness regarding health hygiene for women along with GO Shoonya and IDF. The keen interest was observed among localities in understanding the demolition of taboo on the menstruation cycle and its myths.

No of participants : Male: 03, Female:07 Total=10 No of Faculty: 02



#### Activity-30

#### **Unity Pledge**

N.S.S Unit of Thakur Ramnarayan College of Arts and Commerce took a unity pledge on National Unity Day in memory of Sardar Vallabhbhai Patel as it was his Birth Anniversary. We all took a pledge to remove waste which is hazardous and dangerous to the Environment. We also took a pledge to follow and save the integrity of our nation.

**No of participants** : Male: 06, Female:04 Total=10 No of Faculty: 02





### Activity-31

#### Indian Swachata League

N.S.S Unit of Thakur Ramnarayan College of Arts and Commerce Organised Indian Swchata League on 1st October and 2nd October 2023 Teams who were present voluntarily for collection of waste and creation of awareness through rally.Volunteers carried out the activity by picking up the littered plastic wrappers, boxes, papers and empty bottles and disposing them by segregating the dry waste and wet waste, cleaning the area and spreading awareness about the importance of disposing the waste correctly in the dustbin instead of littering it in the surrounding.

No of participants : Male: 03, Female:07 Total=10 No of Faculty: 02



Activity-32

# Live Recycling at University

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Live Recycling at University on 5th March 2024 volunteers did live recycling at kalina campus

No of participants : Male: 04, Female:05 Total=09 No of Faculty: 02







### Activity-33

### **Tree Plantation**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce with the Indian Navy, initiated a Tree Plantation on)7th October, 2023 at locationJogeshwari SRPF, long with Go Shoonya who were present voluntarily in event for planting tree sapling ,cleaning the area and spreading awareness about the importance of a healthy and pollution free environment.

No of participants : Male: 09, Female:09 Total=18 No of Faculty: 02



### Activity-34

### **Tribal Diya Distribution**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce has organized "Tribal Diya Distribution". Team who were present voluntarily and selling the diyas to help tribal women.

No of participants : Male: 09, Female:09 Total=18 No of Faculty: 02





#### Activity-35

#### **Constitution Pledge**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce has organized "Constitution Day Celebration" on 26th November 2023 in Trcac campus. The volunteers did a play on creating awareness about our fundamental rights given by our constitution.

No of participants : Male: 09, Female:09 Total=18 No of Faculty: 02



Activity-36

#### **Aids Awareness**

National Service Scheme (N.S.S.) Unit of Thakur Ramnarayan College of Arts & Commerce and Red Ribbon Club has organized an "Aids awareness" event for creating awareness for AIDS by organizing competitions like slogan writing and poster making for students

No of participants : Male: 09, Female:09 Total=18 No of Faculty: 02





### Activity-37

### Hum Hai Na-2

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Hum Hai Na-2 on 12th December 2023 at Mira Road old age home volunteers helped old people distributed Ration

No of participants : Male: 07, Female:08 Total=15 No of Faculty: 02



Activity-38

# **Polio Drops Drive**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Polio Drops Drive on 10th December 2023 at This activity was held to create a healthy environment for children as well as to support the underprivileged people who were unable to get the dose.

No of participants : Male: 15, Female:20 Total=35 No of Faculty: 02







#### Activity-39

#### Vikshit Bharat - Voice of Youth

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Vikshit Bharat - Voice of Youth on 1th December 2023 at Trcac Campus, the Telecast of PM modi's Speech was shown to the students to build the awarenes among students

No of participants : Male: 06, Female:06 Total=12 No of Faculty: 02



Activity-40

### Shivaji Maharaj Statue Cleaning

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Shivaji Maharaj Statue Cleaning on 16 th December 2023 at location Mira Road, Volunteers helped in Cleaning the shivaji Maharaj statue to promote cleanliness

No of participants : Male: 09, Female:11 Total=20 No of Faculty: 02





### Activity-41

### **JOY OF Giving**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized JOY OF Giving on 16th december 2023 at location, The Volunteers collected the ration and distributed to poor people

No of participants : Male: 08, Female:08 Total=16 No of Faculty: 02



Activity-42

### **National Youth Day**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized National Youth Day on 12th January 2024 at location TRCAC Campus volunteers performed skit on youth awareness topics

No of participants : Male: 09, Female:06 Total=15 No of Faculty: 02





### Activity-43

### **Republic Day**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Republic Day on 26th January 2024 at location TRCAC Campus

No of participants : Male: 16, Female:22 Total=38 No of Faculty: 02



Activity-44

# **Black Day**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Black Day on 14th February 2024 at location TRCAC Campus, Volunteers lighted candles to respect and gratitude to the soldiers who sacrificed their lives at pulwama attack

No of participants : Male: 14, Female:16 Total=30 No of Faculty: 02





### Activity-45

#### **Blood Donation -04**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Blood Donation -04 on 14th Feb 2024 at location to help thalassemia Patients

No of participants : Male: 09, Female:06 Total=15 No of Faculty: 02





Activity-46

### **Blood Donation Camp 5**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Blood Donation Camp 5 on 18th Feb 2024 at location to help thalassemia Patients

No of participants : Male: 14, Female:20 Total=34 No of Faculty: 02







### Activity-47

### Shivaji JAyanti Celebration at University

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Shivaji Jayanti Celebration at University on 20 Feb 2024 at location Mumbai University.

No of participants : Male: 07, Female:08 Total=15 No of Faculty: 02



Activity-48

# Live Recycling at University

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Live Recycling at University volunteers did live recycling at kalina campus

No of participants : Male: 10, Female:10 Total=20 No of Faculty: 02





#### Activity-49

#### Saree to tote

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Saree to tote on 7th March 2024 volunteers collected sarees from faculty members and students and donated it to womens to support sui dhaga entrepreneurship

No of participants : Male: 06, Female:06 Total=12 No of Faculty: 02





Activity-50

# **Peoples Deep Clean Drive**

National Service Scheme (NSS) Unit and Ceep Committee of Thakur Ramnarayan College of Arts and Commerce had organized Peoples deep Clean Drive on 9th March 2024 at SK Stone, Mia road. **No of participants** : Male: 15, Female:20 Total=35 No of Faculty: 02





