



LALA LAJPATRAI COLLEGE OF COMMERCE & ECONOMICS

Lala Lajpatrai Marg, Mahalaxmi, Mumbai – 400034. Tel. No. 23548240/ 23548241 Fax: 23532896

E-mail: lcolcom@mtnl.in | principal.llc@gmail.com | website: www.lalacollege.edu.in

2020-2021

1. Mask Making Activity



Date:- 3rd March 2020

Mask making activity & distribution was conducted, 95 masks were made by the volunteers, keeping in mind the scarcity and need of the masks in the pandemic situation.

Objective: Was to make & distribute mask for those who are in need of it in the pandemic time.

Outcome: 95 masks were distributed to the peoples residing on roads.

PROGRAM OFFICER



PRINCIPAL

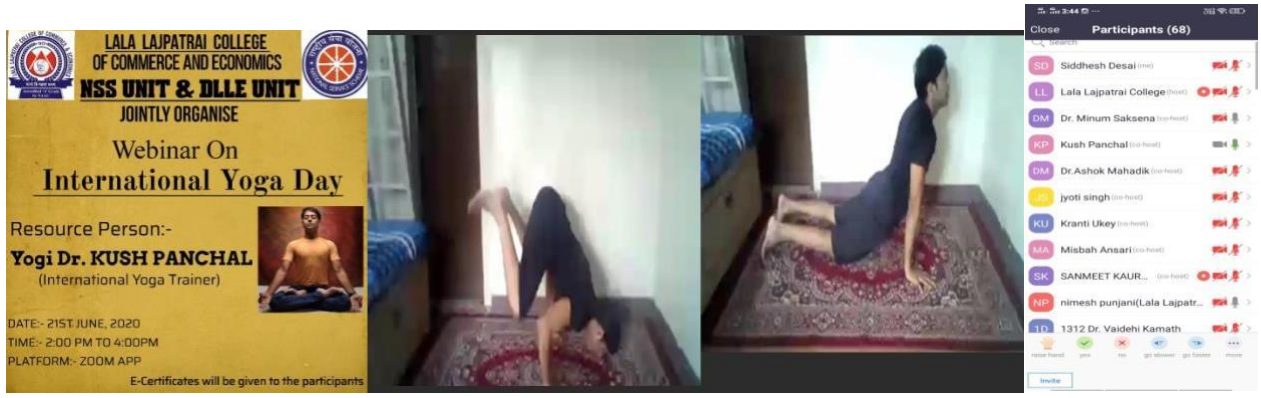


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2. Yoga Workshop Session



Date: - 21st June, 2020

Webinar on International Yoga Day, was organized jointly by NSS UNIT & DLLE UNIT. Resource Person for the webinar was Yogi Dr. Kush Panchal. Objective to organize was to create awareness about The Importance of Yoga in our day-to-day life. 125 number of Participants attended the webinar including faculty members, staff Members and students of the college.

Objective:

- To raise awareness about various benefits of practicing yoga.
- To discover the sense of oneness with yourself, the world and the nature.

Outcome:

Participants were motivated to practice yoga regularly, making healthier choices and following lifestyle patterns that foster good healthy

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3. YUVA MAHITI DOOR SESSION



Yuva Mahiti Door activity was conducted in college in collaboration with Mantralaya Government of Maharashtra as per the instructions received from NSS cell, University of Mumbai wherein 58 volunteers participated and other beneficiaries were 92. A session was conducted on how students can access to general education and affairs. This activity was organised on 31st July 2020.

Objective:

The Objective of this activity was to spread awareness to the general people as to how they can gain general education which necessary to make a living. In today's world education is the most Important thing if you want to excel in life

Outcome:

Students of this seminar learned about how they can help someone gain education and they also learned that education plays an important role in shaping the future of the person they also learnt that education is the most important thing in a person's life.

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4. UNIVERSITY LEVEL WEBINAR ON SELF CARE FOR TEACHERS (13th October 2020)



A webinar on Self-Care For Teacher was jointly organised with NSS CELL university of Mumbai in collaboration with SBC3 wherein 56 faculty members from different colleges across Mumbai university and 04 NSS volunteers participated. The Resource Person for the webinar was Mrs. Priya Arte from SBC3, Mumbai.

Objective:

The objective of this webinar was to enlighten the teachers who are overburdened and stressed out due to uncertainties and fearful environment due to the pandemic about various steps to cope-up with the situation. The session also provided information regarding various tips to take care of not only their physical health but mental health too, thus making sure that have everything you need to.

Outcome:

The Teachers learnt about various techniques and skills on evaluating their physical and mental health and also tips regarding maintaining a sound mind and body.

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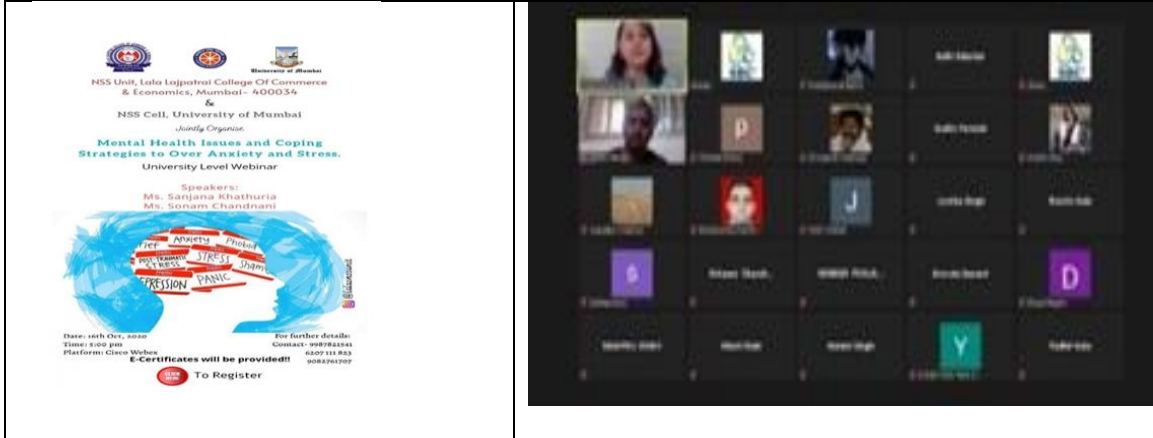


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5. UNIVERSITY LEVEL WEBINAR ON MENTAL HEALTH ISSUES & COPING STRATEGIES TO OVERCOME ANXIETY & STRESS(16/10/20)



University Level Webinar on 'Mental Health Issues & Coping Strategies' was jointly organised with NSS Cell, University of Mumbai on Cisco WebEx. 530 NSS Volunteers & teachers from various colleges under Mumbai University attended the webinar.

Objective :

Was to create awareness about the measures to be taken on how to stable our mental health in the time of pandemic.

Outcome: Participants were taught various techniques & methods to be stress free during the tough times of pandemic

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6. ORIENTATION SESSION (MAVA) (20/10/20)

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VENUE :- ZOOM PLATFORM

An online Orientation Program was conducted, to brief the NSS Volunteers about the nature of activities and its implementation and execution under the project to be undertaken by the NGO Men Against Violence And Abuse (MAVA) 56 NSS Volunteers participated.

OBJECTIVE :

The objective to conduct the activities under MAVA was to create awareness about Gender Sensitization and role of NSS Volunteers in promoting gender equality.

OUTCOME :

The volunteers were well informed about the action plan to be undertaken for Project MAVA.

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7. WEBINAR ON ROLE OF YOUTH IN FIGHT AGAINST CORRUPTION (31-10-2020)

Close		Participants (65)	
Q Search:			
	Siddhesh Desai (Co-host, host)		
	LALA LAJPATRAI... (Host)		
	KRISHNA GUPTA (Co-host)		
	Kranti Ukey (Co-host)		
	Neelam (Co-host)		
	05 Ishmeet kaur Anand		
	1920503 Archies Gurav		
	1920564 Aakash Suryavan...		
	2021550Kavya		
	8401- Shivani Acharya		
	Aaliya nagra		
	Abhay Pai		

VENUE:- GOOGLE-MEET

On the occasion of Vigilance Awareness Week a Webinar on 'Role of Youth in Fight Against Corruption' was jointly organised with Public Concern for Governance Trust (PCGT) wherein 65 NSS Volunteers participated the Resourse Person for the webinar was Mr. Krishna Gupta from PCGT.

OBJECTIVE:

The objective of the webinar was to Educate participants on the prevalence and consequences of corruption. It also enlightened the attendees with an overview of effective strategies to combat corruption.

OUTCOME:

The volunteers were motivated to fulfil their responsibility in creating further awareness among the masses about the adverse implications of corruption and the need to take a stand against it to make India corruption free.

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8. WORLD TOILET DAY E-MARATHON (10TH- 15TH NOVEMBER 2020)

One of our Volunteer participated in e- Marathon organized by CYDA, WaterAid, UNICEF INDIA on the occasion of World Toilet Day 19th Nov, 2020. 27 volunteer actively participated in the event

Objective:

The main objective of the e-marathon on World Toilet Day is to raise awareness about the global sanitation crisis and to promote initiatives to improve sanitation and hygiene in developing countries.

Outcome:

The outcome of the e-Marathon World Toilet Day campaign was successful in raising awareness and funds for global sanitation initiatives.

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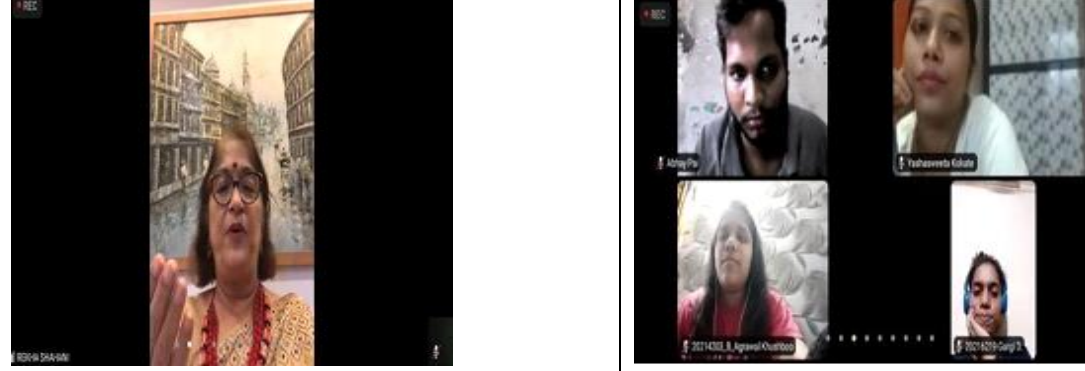


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9. WEBINAR ON POWER OF NOW (30TH NOVEMBER 2020)



Webinar on Power of Now was organised jointly with PCGT.

Mrs. Rekha Shahani (Trustee, PCGT) was the speaker for the webinar.

60 volunteers attended the webinar on ZOOM

Objective

To make the students understand the power of present.

To instil in them the values of the present times to develop the great future.

Out come

Students gained the knowledge about the importance and value of time .

Students learnt not to waste the time .

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10. BLOOD DONATION DRIVE II (11th December 2020)



Blood donation activity was conducted in collaboration with Nair Hospital Blood Bank, as per instructions received from NSS Cell of MUMBAI UNIVERSITY where in 20 volunteers took part.

This activity includes motivating people to donate blood. Total 101 unit of blood was collected. This activity was conducted at Dadar Railway Station. It was our first experience of organizing a Blood Donation Camp at Railway Station.

Objective: To wipe off the scarcity of blood and ensure availability of safe and quality blood and other blood components, round the clock and throughout the year.

Outcome: A majority of the donors were willing to be regular donors. The donors showed positive effects like a sense of satisfaction after the donation. Creating an opportunity for blood donation by conducting many blood donation camps may increase the voluntary blood donations.

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11. BLOOD DONATION DRIVE III (22th December 2020)



१०० शिबिरात ७२१६ रक्तदात्यांचे रक्तदान
महानगरातून... अल्पकालीन परिस्थिती आणि लॉकडाऊनने निमित्त यामुळे निर्यातलेली अल्पकालीन वेळी अचानक रक्तदान शिबिरां आयोजित करता आली नाहीत तर रक्तपेशीचा आठवण रक्तदान करणाऱ्या रक्तदात्यांची संख्या देखील कमी झाल्याने रक्तदान घेण्याचा प्रयत्नात रक्तदान तुटल्याचे भासू लागल्या होत्या. या पार्श्वभूमीवर शासनाने केलेल्या आवाहनाला जमिनीत येत मुंबई विद्यापीठाच्या शाखाविद्यालयाच्या पाठगाराला निवासस्थाने रक्तदान शिबिरात येऊ ही बाबतीची केलेली आहे.
राष्ट्रीय सेवा योजनेच्या विद्यार्थ्यांनी राहणंद व वाळपट्टी विद्यालयातून ६, ७, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५, २६, २७, २८, २९, ३० अशा ३० शिबिरांत ७,२१६ रक्तदाने घेतली जाण्याची घोषणा करण्यात आली आहे.
राष्ट्रीय सेवा योजनेच्या विद्यार्थ्यांनी राहणंद व वाळपट्टी विद्यालयातून ६, ७, ८, ९, १०, ११, १२, १३, १४, १५, १६, १७, १८, १९, २०, २१, २२, २३, २४, २५, २६, २७, २८, २९, ३० अशा ३० शिबिरांत ७,२१६ रक्तदाने घेतली जाण्याची घोषणा करण्यात आली आहे.
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Blood donation activity was conducted in collaboration with KEM Blood Bank, at CSMT railway station as per instructions received from NSS Cell of MUMBAI UNIVERSITY where in 26 volunteers took part.

This activity includes motivating people to donate blood. Total 110 unit of blood was collected. It was the 100th Blood Donation Camp by NSS Cell University Of Mumbai during the pandemic.

Objective:

To wipe off the scarcity of blood and ensure availability of safe and quality blood and other blood components, round the clock and throughout the year.

Outcome:

A majority of the donors were willing to be regular donors. The donors showed positive effects like a sense of satisfaction after the donation. Creating an opportunity for blood donation by conducting many blood donation camps may increase the voluntary blood donations

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12. ABHIRUP YUVA SANSAD (07TH JANUARY 2021)



6 Students from Lala Lajpatrai College participated in Abhirup Yuva Sansad Mock Parliament, MIT Pune . Group of Lala Lajpatrai College, K.C college & Maharashtra of Mumbai were the winners of this competition and bagged the 1st prize of Rs 10,000.

Objective:

To encourage students to showcase their talent

Outcome:

Students display their talents at different stages

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13. BLOOD DONATION DRIVE III (22th December 2020)



DEPARTMENT OF TRANSFUSION MEDICINE
Seth G.S. Medical College & K. E. M. Hospital
Parel, Mumbai - 400 015
Tel. 24151109

Ref. No. _____ Date _____

TO WHOMSOEVER IT MAY CONCERN

This is to certify that following student of Lala Lajpatrai College
has actively involved in the blood donation camp held on 22/12/20 at
Sai Baba Municipal School, Lalbaug, Parel with co-ordination of
Blood Bank K.E.M Hospital, Parel at address 222 units of blood.

1) Siddhesh R. Desai
2) _____
3) _____
4) _____
5) _____

We appreciate & appreciate their initiative, participation & contribution in activities during the blood donation camp & in this noble task.
We wish them all the best in all their future endeavours.

[Signature]
Mr. Parvinder Singh
C.D.S.O.
DEPT. OF TRANSFUSION MEDICINE,
K.E.M. Hospital, Parel
DEPARTMENT OF TRANSFUSION MEDICINE,
Seth G.S. Medical College & K.E.M. Hospital,
Parel, Mumbai - 400 015.

Blood donation activity was conducted in collaboration with KEM Blood Bank & Lalbaug Sarvajanik Utsav Mandal, as per instructions received from NSS Cell of MUMBAI UNIVERSITY .

This activity includes motivating people to donate blood. Total 235 unit of blood was collected. This activity was conducted at Ganesh Galli at Sai Baba Municipal School, Lalbaug.

Objective:

To wipe off the scarcity of blood and ensure availability of safe and quality blood and other blood components, round the clock and throughout the year.

Outcome:

A majority of the donors were willing to be regular donors. The donors showed positive effects like a sense of satisfaction after the donation. Creating an opportunity for blood donation by conducting many blood donation camps may increase the voluntary blood donations.

[Signature]

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[Signature]

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14. WASTE COLLECTION DRIVE (26TH JANUARY 2021 TO 13TH FEBRUARY 2021)



Our NSS Unit collected 4023 kg of Recyclable Waste under the Carbon Neutral Project jointly organised by University of Mumbai, Maji Vasundhara and UNDP. 38 NSS Volunteers were part of the campaign.

Objective:

The objective of waste management is to reduce or eliminate the generation of waste and to ensure that any waste that is generated is managed in a safe and responsible manner.

Outcome:

It could also lead to increased recycling and composting of materials, as well as increased awareness of the importance of reducing waste in the environment.

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15. SLOW DOWN ACTIVITY (3rd FEBRUARY & 4th FEBRUARY 2021)



Slow Down Activity 32nd National Road Safety Month 21 observed by Ministry of Road Transport & Highway, Volunteers actively participated in 2 Days Road Safety Awareness Activity 'Slow Down' at Haji Ali Junction & City Bakery, Worli conducted jointly by NSS Cell, University of Mumbai & United Way Mumbai & Mumbai Police. The activity was featured on Mumbai Police Official Instagram Handle. Total of 55 students were part of the event.

<https://www.instagram.com/p/CK5hRwoFRzx/?igshid=nx6pn2ekd5qj>

Objective: The objective of organizing road safety awareness is to reduce the number of road accidents and fatalities caused by unsafe driving practices. It seeks to raise public awareness about the importance of safe driving and to encourage people to reduce their risk of being involved in an accident. The goal is to reduce the human and economic losses associated with road accidents, as well as to improve the quality of life for those affected by them.

Outcome: The outcome of organizing road safety awareness can be seen in the form of improved road safety behaviour and a decrease in the number of road accidents and fatalities. People are more likely to drive safely and obey traffic laws, such as obeying speed limits, wearing seatbelts, and avoiding distractions.

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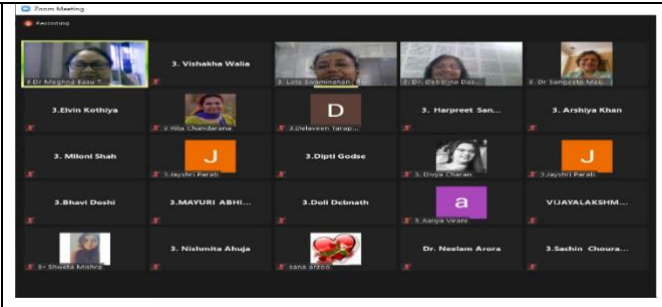
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16. Virtual tour - Mission Compassion 2021 (26th February, 2021) -HEALTH BENEFITS OF A PLANT-BASED

DIET

- What about protein from animals?**
1. Inhumane and unethical
 2. Highly inefficient way of producing calories / protein
 3. Animal agriculture is responsible for 14.5% of global greenhouse gas emissions, use up about 70% of agricultural land, and is one of the leading causes of deforestation, biodiversity loss, and water pollution.
 4. Full of cholesterol
 5. Full of unhealthy saturated fats
 6. Full of antibiotics leading to bug resistance
 7. Very low in fiber



University Level Session on Mission Compassion was organised. Mr. Kuntal Joisher was the keynote Speaker. The Session was about the Health Benefits of a plant-based diet and how we can help to save the planet and animals.

NUMBER OF PARTICIPANTS/ BENEFICIARIES: 175 Nos.

Objective: The objective of the virtual tour on 10 Weeks to Veganism is to provide an introduction to veganism and to help individuals transition from a non-vegan lifestyle to a vegan lifestyle. The tour will cover topics such as plant-based nutrition, environmental consciousness, and ethical considerations.

Outcome: The tour provided a range of topics from nutrition and health to ethical considerations and recipes. It may also provide an opportunity to connect with other vegans in the local community.

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