## NSS Unit Report On NSS Activities for Academic Year 2021-2022

#### 1. ART OF LIVING

The Art of living Foundation along with University of Mumbai NSS Unit, organised a 3- day program for students of Bhavans Hazarimal Somani college, from 5th to 7th August 2021 The sessions were conducted on Zoom platform. These sessions commenced at 5 p.m. and concluded at 6 p.m. on all three days. NSS student volunteers of Bhavans College, along with other students of the college, were the participants.

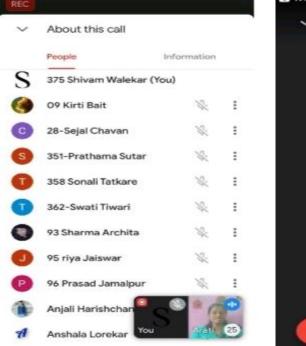
The resource person, Mr. Narayan Kapadia (Mr. Suraj Hegde ) from the Art of Living Foundation , very Effectively demonstrated various relaxation techniques , breathing exercises and yoga. The students actively participated in the session and enjoyed the yoga tips and meditation. Students gave feedback in the chat box and even verbally. 31 volunteers participated on 5<sup>th</sup> August, 25 volunteers participated on 6<sup>th</sup> August and 22 volunteers participated on 7<sup>th</sup> August 2021.





## 2.\_Webinar on "Against violence... towards humanity!" on the occasion of International Youth Day Report

The NSS unit of Bhavan's Hazarimal Somani College organized a Webinar on "Against violence...towards humanity!" on the 12<sup>th</sup> of August 2021 on the occasion of International Youth Day. This webinar was conducted on the Google Meet Platform for a duration of one hour i.e., from 4.00 p.m. to 5.00 p.m. 21 NSS volunteers of the College participated in the event. The resource person for the session, Ms. Aarti Naik is an activist with the Maharashtra Andhashraddha Nirmulan Samiti. She has been working in a tribal area for the last 14 years. She works with youth to sensitize them to issues of gender equality and strives to promote an anti-rape mentality.



### **Activity Photographs**



## **3.** Flag Hoisting Ceremony to mark the 75th Independence Day Celebrations

On Sunday, 15th August 2021, 14 NSS student volunteers, along with Prof. Anant Shelke, Vice-Principal, Junior College, Prof. Mukesh Badgujar, the two NSS Programme Officers of Senior College, Dr. Suraj Gajbhiye and Prof. Jordana Miranda gathered early in the morning in the College premises to celebrate the 75th Indian Independence Day.

The National flag was hoisted by Prof. Shelke, Vice-Principal, Junior College, to the accompaniment of the National Anthem which was sung by all members present.

This Flag Hoisting Activity inspired in students, patriotic fervour and love for their country.

Due to Covid protocol and large gatherings not being permitted, the number of students in attendance was limited to 14.



#### 4. FIT INDIA FREEDOM RUN 2.0 ACTIVITY

As a part of the celebrations of 75 years of India's Independence, "Azadi Ka Amrit Mahotsav", and with reference to Secretary, Higher Education, Ministry of Education's letter DO No. 11018/6/2021 – EBSB dated 5th August, 2021 on the above - mentioned subject, Fit India Mission conceptualized Fit India Freedom Run 2.0. The aim of this endeavour was to encourage citizens to include physical activity of at least 30 minutes into their daily lives.

Therefore, on 15th August 2021, 12 NSS volunteers gathered in the morning on the Kulapati K.M. Munshi Marg, Chowpatty to undertake the 'Fit India Freedom Run 2.0', as directed by the Hon. Prime Minister of India, Mr. Narendra Modi.

The students did the 'Fit India Freedom Run 2.0', which was in keeping with the concept of promoting physical activity amongst citizens. The aim and objective of this activity was to sensitize students also to the importance of exercise, running activities, yoga, etc.

The video of the 12 NSS students participating in the Fitness Run was uploaded onto Social Media, Instagram and onto the Government website to spread awareness about the need for physical fitness.



#### **Activity Photographs**



### 5. Eco-friendly Ganpati Idol Making Workshop Activity

As part of the 'Green' initiative, the NSS Unit of Bhavan's Hazarimal Somani College organized an eco-friendly Ganpati idol- making workshop.

The workshop was conducted on 7th and 8th September, 2021 from 1.00 p.m. to 4.00 p.m. in the NSS Room of the college. 10 NSS student volunteers participated in this two-day programme. One Ganpati idol was prepared out of shaadu Soil.

This activity helped to sensitize students regarding the importance of using eco-friendly material while preparing Ganpati idols for festivals and laid emphasis on the need for 'Green' practices.

## **Activity Photographs**





### 6. VOTER REGISTRATION DRIVE

The NSS unit of Bhavan's Hazarimal Somani College in association with "Mark Your Presence" and Election Commission, Mumbai District organized a Voter Registration Drive. This Drive was conducted on 3 successive days, that is, 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> November 2021. The Voter Registration Drive began at 11.00 a.m. on all the days. The Venue was the NSS room on the 3<sup>rd</sup> Floor of Bhavan's Hazarimal Somani College building.

31 NSS volunteers participated in the Voter Registration Drive on Day 1, 26 volunteers participated on Day 2 and 22 volunteers participated on Day 3.





#### 7. BLOOD DONATION CAMP (AT CHURCHGATE STATION)

NSS unit of University of Mumbai alongwith Jagjivan Ram Railway Hospital in collaboration with Bhavan's Hazarimal Somani College, organized a Blood Donation Camp at Churchgate Railway Station. 17 NSS student volunteers of Bhavan's Hazarimal Somani College participated in this event. The students reached out to commuters/ travellers at the Churchgate Railway Station and effectively convinced people to donate blood. Totally 56 units of blood were collected by the end of the day. The Blood Donation Camp commenced at 9.30 a.m. on 24<sup>th</sup> August 2021 and concluded at 5.30 p.m. on the same day. The objective of this activity was to sensitize students about the need to be a part of a blood donation drive, which ultimately benefits humanity at large.





#### 8. PLASTIC COLLECTION/RECYCLING DRIVE

To create awareness amongst students about the harmful effects of plastic waste, how it can harm the environment and the need to have it recycled, recycled, a Plastic Collection/Recycling Drive was organized by the NSS unit of Bhavan's Hazarimal Somani College in collaboration with the NGO "5R CYCLE FOUNDATION." 63 NSS volunteers participated in this Plastic Recycling Drive. The student volunteers collected plastic waste from areas surrounding the college and from the college itself From the 9th to the 18th December 2021. Totally 5000 bottles of Hard Plastic weighing 55 kgs were collected. In addition to these 17 kgs of Soft Plastic, 5 kgs of Electronic Waste, and 25 kgs of Paper (Waste) were collected by the students. On 20th December 2021, a special tempo despatched by the NGO collected this plastic waste from the college campus.







#### 2 likes

**5rcycle** We always feel inspired when people go that extra mile for environment After we got a call from (@jamalpurprasad, student from NSS Bhavans College, Chowpatty that would you please help us recycle We have collected a lot of plastic waste? After we went for the collection the zeal and enthusiasm of al the students was inspiring and highly contagious They have not only collected from citizens but also from beaches and railway station. All these efforts led to responsible recycling and diversion of 102 kg from landfills. Thank you team NSS Bhavans HS College for this wonderful work and we hope that you continue to do this and be a part of 5RCYCLE FOUNDATION

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### 9. Konkan Flood Relief Activity

The NSS Unit of our college participated in a collection of relief material for the flood – affected people of the Konkan region.8 NSS volunteers participated. NSS volunteers collected food and other material. Food materials collected were as follows: Rice (25 kg), Turmeric powder (2 kg), Chilli Powder (2 kg), Pulses (Dal) (5 kg), Sugar (10 kg), Salt (2 kg), Farsan (Dry Snacks) (4kg), Biscuits (420 packets), Water bottles (5 boxes).

Other material collected included Soaps (21 pieces), Toothpastes (10 tubes), Toothbrushes (5 pieces), Candles (5 packets), Matchboxes (2 Boxes).

Medicines collected included Crocin (6 strips), Band aids - (20), Soframycin (4 tubes), Paracetamol - (1 strip).

All of the abovementioned material was part of the NSS volunteers' contribution and collection.

Totally 21 kits were prepared. The transportation of the material to flood-affected persons in the Konkan region was efficiently organized and attended to by the University of Mumbai.



## थोडक्यात भवन्स कॉलेज्चा एक हात मदतीचा



🔶 मुंबई : राज्यात सध्या पूरपरिस्थिती निर्माण झाल्याने महाड, पोलादपुर, चिपळूण भागात मोठ्या प्रमाणात जनजीवन विस्कळीत झाले आहे. त्यामुळे आता विविध संस्था, गणेशोत्सव व नवरात्रोत्सव मंडळांकडून पुरग्रस्तांना मदतीचे हात पुढे येत आहेत. सामान्य नागरिकांसह आता चौपाटी भवन्स हजारीमल सोमानी कॉलेजच्या एन.एस.एस युनिटनेदेखील आपला 'एक हात मदतीचा' उपक्रम हाती घेतला आहे. या युनिटच्या सहाय्याने पूरग्रस्त भागांसाठी दैनंदिन लागणाऱ्या विविध वस्तू जमा केल्या असून नुकतेच हे सर्व पूरग्रस्त भागातील लोकांना सुपूर्व करण्यात आले. यामध्ये पाणी, तांदळ, औषध, साबण यासारख्या विविध गोधींचा समावेश आहे.



#### **10.** Work for College Activities

The NSS Unit of Bhavan's Hazarimal Somani College organized 'Work for College' Activities on 25th September 2021. 16 Volunteers participated in the activities. Students cleaned and painted the NSS Room situated on the 3rd floor of the college building. Students also cleaned the Terrace Garden of the college, situated on the 4th floor. They collected the garbage and dead leaves and twigs in the garden and also washed the terrace floor. The Objective of this activity was to emphasize the importance of cleanlines and the need to keep our surroundings engaged 'Work for College' clean, and be in a Activity.







#### **11. DISASTER MANAGEMENT**

The NSS unit of Bhavan's Hazarimal Somani College organized a Disaster Management Workshop on 26<sup>th</sup> and 27<sup>th</sup> February 2022. The programme began at 9:00 am. The venue for the programme was Room no. 701 of the college. The Resource Person was Mr Aniruddha Lokhande. He used a PPT to explain various disasters and timely help that can be given. He also demonstrated various techniques with ropes, Dupatta, Bed sheet and Bamboo. He also explained how to use a fire-extinguisher. The objective of this activity was to make students aware of the various disasters that affect human beings and of the timely help and aid that can be given to affected victims.









### 12. BLOOD DONATION CAMP (AT CHURCHGATE STATION)

The NSS unit of University of Mumbai along with Cama and Albless Hospital, in collaboration with Bhavan's Hazarimal Somani College, organized a Blood Donation Camp at Churchgate Railway Station. 25 NSS student volunteers of Bhavan's Hazarimal Somani College participated in this event. The NSS students appealed to commuters to donate blood and convinced many commuters in this regard. Totally 80 units of Blood were collected. The Blood Donation Camp began at 9.00 a.m. and concluded at 5.30 p.m. on 26<sup>th</sup> November 2021.

The objective of this activity was to make students aware of the need to be a part of a blood donation drive which serves humanity. The NSS student volunteers received Letters of Appreciation from Cama & Albless Hospital for their efforts towards making the blood donation camp a success.





### **13. BEACH CLEANING ACTIVITY (AT MAHIM BEACH)**

The NGO 'SEWA' organized a Beach Cleaning Activity on 23<sup>rd</sup> January 2022 at Mahim Beach. 23 NSS volunteers of Bhavan's Hazarimal Somani College participated in this activity. The Activity began at 9.00 a.m. on Sunday. The volunteers collected a lot of plastic waste material like plastic bottles, etc. The objective of this activity was to sensitize students to the importance of keeping the environment clean and the utmost need to keep our beaches clean. It made students aware of how plastic waste can damage our beaches and our environment.







### 14. BEACH CLEANING ACTIVITY (AT DADAR CHOWPATTY BEACH NEAR KIRTI COLLEGE)

Activity Report:- The NGO 'United Way' organized a Beach Cleaning Activity on 18th September 2021 at Dadar Chowpatty Beach (near Kirti College). 9 NSS volunteers from Bhavan's Hazarimal Somani College pariticipated in this activity. The Activity began at 7.00 a.m. The volunteers collected a lot of waste material and plastic waste. The objective of this activity was to sensitize students to the importance of keeping our beaches clean and the necessity of taking care of our environment.







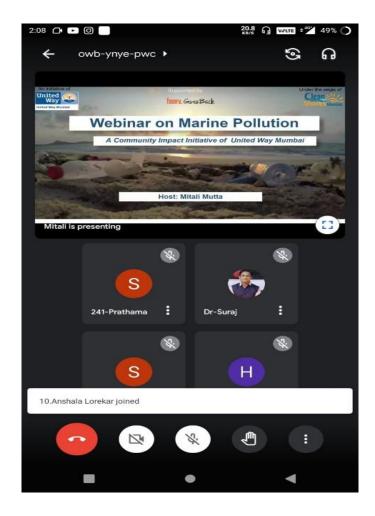
#### **15. FLAG HOISTING CEREMONY ON REPUBLIC DAY**

On 26<sup>th</sup> January 2022, 27 student volunteers along with Principal of the College, Prof. (Dr.) S.V. Rathod, Vice Principal of Junior College, Prof. Anant Shelke, Supervisor (Junior College), Prof. Vajreshwari, members of the Gymkhana Committee and the two NSS Program Officers (Senior College), Dr. Suraj Gajbhiye and Ms. Jordana Miranda gathered at 8.15 a.m. to celebrate Republic Day. The National flag was hoisted by Prof. (Dr.) S.V. Rathod, Principal of Bhavan's Hazarimal Somani College, to the accompaniment of the National Anthem. The Flag Hoisting Activity inspired in students, patriotic fervour and love for their country.



#### **16. WEBINAR ON MARINE POLLUTION**

A Webinar on Marine Pollution was organized by United Way (NGO) in collaboration with NSS unit of Bhavan's Hazarimal Somani College. 26 NSS volunteers attended the webinar. The webinar was held on 20<sup>th</sup> September 2021, on Google Meet. The Resource person was Ms Mitali Mutta. The resource person spoke about the sources of marine pollution. She also spoke about waste generated during festivals, waste disposed by households, natural waste, littering by beach goers, etc. She also said that there is a lot of littering on Beaches and Plastic waste being the most common waste found on the shores of Mumbai. The objective of this activity was to sensitize students to littering on beaches, plastic waste deposits and to impress upon them the need to keep the environment clean.



### **17. WEBINAR ON 'PLASTIC RECYCLING**

The NSS Unit of Bhavan's Hazarimal Somani College in association with "Recharkha Ecosocial" organized a Webinar on "Plastic Recycling" on 8<sup>th</sup> December 2021. This webinar was conducted on Google Meet.48 volunteers participated in this event. The resource person for the session was Dr. Smita Birkar. She has a Ph.D in Plastic Engineering.

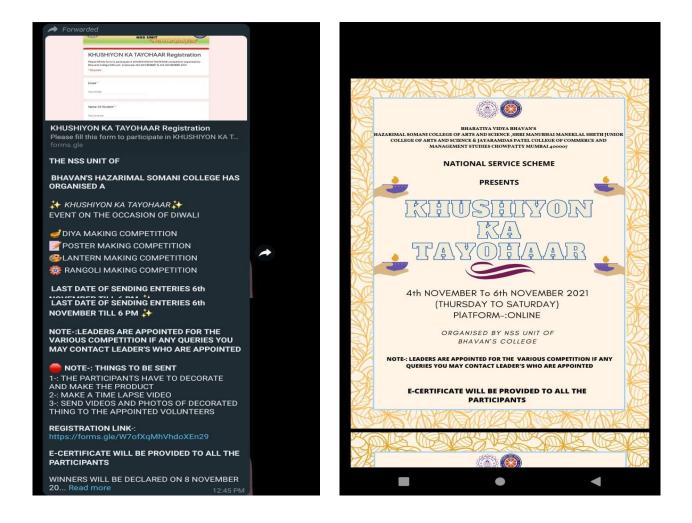
She spoke about "Plastic Pollution," littering, lack of waste segregation at source, lack of sensitization among consumers. She spoke of ways to reduce Plastic Pollution.

The objective of this activity was to make students aware of "Plastic Pollution" and the importance of "Plastic Recycling.

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#### **18. KHUSHIYON KA TYOHAAR ACTIVITY**

The NSS Unit of Bhavan's Hazarimal Somani College organized an event titled 'Khushiyon ka Tyohaar,' on the occasion of Diwali. 4 Competitions, that is Diya Making Competition, Poster Making Competition, Lantern Making Competition and Rangoli Making Competition were organized on an Online Platform. Totally 15 volunteers participated in the events. Participants were told to decorate and make the product, to make a time lapse video and to send videos and photos of the decorated thing to the appointed volunteers. The duration of these events was from 4<sup>th</sup> to 6<sup>th</sup> November, 2021. The objective of this activity was to encourage volunteers to participate in creative competitions on the occasion of Diwali.



### 19. STREET PLAY AND POSTER MAKING COMPETITION ON OCCASION OF WORLD AIDS DAY

The NSS unit of Bhavan's Hazarimal Somani College organized a Street Play and Poster Making Competition on the occasion of 'World AIDS Day,' on 1<sup>st</sup> December, 2021.

Totally 25 students participated, out of which 7 participated in Poster Making Competition on the topic of AIDS and 18 participated in the Street Play. Poster making Competition was held in Room No. 302. The Street Play on the theme of AIDS was performed in Room No. 701 by the volunteers. The objective of this activity was to create 'AIDS Awareness' amongst students.







# 20. SWACHHA BHARAT ABHIYAN: SHRAMDAN CLEANLINESS DRIVE

The NSS unit of Bhavan's Hazarimal Somani College organized a "College Campus Cleaning Activity" on 20<sup>th</sup> November 2021.

30 Students participated in this activity. Students cleaned the NSS Room  $3^{rd}$  Floor, store room,  $6^{th}$  floor and removed clutter. The objective of this activity was to emphasize the importance of cleanliness amongst students.





### 21. NEW INDIA @ 75 ACTIVITIES

The NSS unit of Bhavan's Hazarimal Somani College organized the "New India @ 75 Activity" as part of a Govt. of India initiative in Collaboration with NACO and MDACS on the 28<sup>th</sup> September, 2021.Total 31 volunteers participated in the activities. Students prepared Posters and Masks, to create awareness about HIV Aids. The venue for the activity was NSS Room, 3<sup>rd</sup> Floor. The objective of this activity was to educate the students about AIDS.

### **Activity Photographs**



#### 22. CONSTITUTION DAYCELEBRATION

The NSS Unit of Bhavan's Hazarimal Somani College organized "Constitution Day" Programme on 26<sup>th</sup> November 2021, in Room No 21 of Bhavan's Hazarimal Somani College. Total 49 volunteers participated in this activity. The Resource Person for the day was Dr. Priya Mital who delivered a lecture on the subject of the Constitution and its importance. The objective of this activity was to create awareness amongst students regarding the need to honour the Constitution of the country.







#### 23. DISTRICT LEVEL WEBINAR ON INTERNATIONAL DEMOCRACY DAY

The NSS Unit of Bhavan's Hazarimal Somani College organized a District Level Webinar on International Democracy Day on 15<sup>th</sup> September 2021. The webinar was held on Zoom platform and was titled 'Democracy in India: Issues and Challenges'. 369 students from all over Mumbai attended the webinar. 26 volunteers from Bhavans Hazarimal Somani College participated in the webinar. The resource person was Dr Harshad Bhosale. He spoke about the significance and relevance of Democracy in our world today. He spoke of tolerance and inclusiveness.

The Objective of this activity was to create awarenesss amongst students about the relevance of democracy in today's world.





# 23. VACCINATION DRIVE 2.0 FOR JUNIOR AND SENIOR COLLEGE STUDENTS

The NSS Unit of Bhavan's H.Somani College in Association with BMC 'D' ward and Jaslok Hospital organized a Free Vaccination Drive for Junior and Senior College Students.

Preparation for Vaccination Drive was done on 2<sup>nd</sup> February 2022 and 19 Students participated in the activity.Students prepared the room, prepared the banners announcing the Drive and did other related work.

The Vaccination Drive was conducted on 3<sup>rd</sup> February 2022 (Day1) in which 28 NSS Volunteers participated. The Drive continued on Day 2 (4<sup>th</sup> February 2022) in which 28 NSS Volunteers participated. The Drive began in the morning and concluded in the evening. It took place in the Physical Chemistry Lab, ground floor of the College building.

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#### 24. WEBINAR TO CELEBRATE NSS DAY

The NSS Unit of Bhavan's Hazarimal Somani College organised a webinar to celebrate NSS Day on 24<sup>th</sup> September 2021. 14 students participated in the webinar. The resource person was Dr Suraj Gajbhiye. He spoke about " How NSS was Initiated",The launch of the NSS, the significance of the NSS Symbol. He spoke of how NSS is about providing service to society. The objective of this activity was to make students understand the importance and relevance of NSS in today's world.





#### 25. VERMICOMPOST ACTIVITY

As a part of Swachha Bharat Abhiyaan, The NSS Unit of Bhavan's H.S College organised a vermicomposting activity on 27<sup>th</sup> October 2021 at Bhavan's H.S College. Total 46 volunteers participated in the activity.The NSS Students collected wet waste from the college canteen, campus and Botanical garden on the 4<sup>th</sup> floor. The collected wet material was kept in a big drum for vermicomposting, also the earthworms were added with ample moisture. The drum was kept for composting for 2-3 months. The wet waste process was continued.







## 26. Blood Donation Camp at CSMT Railway Station

The NSS unit of University of Mumbai along with Nair Hospital and Cancer Aid and Research Foundation, in collaboration with Bhavan's Hazarimal Somani College, organized a Blood Donation Camp at CSMT Railway Station. 24 NSS student volunteers of Bhavan's Hazarimal Somani College participated in this event. The NSS volunteers appealed to commuters to donate blood for this cause, and were successful in convincing a good number of commuters. Totally 63 units of blood were collected. The Blood Donation Camp commenced at 9.30 a.m. and concluded at 5.30 p.m. on 21<sup>st</sup> October 2021. The objective of this activity was to address the problem of blood requirement for medical emergencies







#### 27. VACCINATION DRIVE FOR STUDENTS AND STAFF

The NSS Unit of Bhavan's Hazarimal Somani College in association with BMC "D" Ward organized a Vaccination Drive for Students and Staff of the College.

Preparation for the Vaccination Drive was done on 28<sup>th</sup> October 2021 and 17 NSS students participated in this activity. Students prepared the room, prepared the banners announcing the Drive and did other related work.

The Vaccination Drive was conducted on 29<sup>th</sup> October 2021 from 10.00 a.m. to 3 p.m. in Physical Chemistry Lab, Ground Floor of the College building. Dr Sonali Rode, Joint Director graced the occasion. 36 NSS volunteers participated in the Vaccination Drive. Covaxin and Covishield doses were administered by doctors and nurses.

Totally 66 Students and Staff got vaccinated.

The objective of this activity was to sensitize students about the need to assist people in getting vaccinated in times of Covid 19 pandemic.

#### **Activity Photographs**









#### **28. PERSONALITY DEVELOPMENT PROGRAMME**

The NSS Unit of Bhavan's Hazarimal Somani College in association with SFD and WHEF organized a Personality Development Programme on 2<sup>nd</sup> and 3<sup>rd</sup> March, 2022. It was a 2 Day programme. The programme was held in Room No. 401 of the college.

On Day 1, i.e. 2<sup>nd</sup> March, 2022, Mr. Gurdit Singh Vohra, the first resource person had a very interactive and participative session with the students. The 2<sup>nd</sup> resource person Mr. Nilesh Tharwani emphasized the importance of the 3 E's (Energy, Enthusiasm and Empathy) and the role of a leader.

On Day 2, 3<sup>rd</sup> March, 2022, the resource person Mr Sashwat Anand spoke of Competitive Exams and the last resource person Mr. Ashish Wakankar's was very inspiring for the students also.

The objective of this programme was to create awareness amongst students with regards to the need for personality development.









#### 29. SURYANAMASKAR YOGA ACTIVITY (AS A PART OF AZADI KA AMRIT MAHOTSAV)

The NSS unit of Bhavan's Hazarimal Somani College organized a Suryanamaskar Yoga Activity for the students. This warm-up Yoga Activity was conducted by Ms Aastha Dadhich, the Resource Person and ex- NSS leader. The yoga activity was held on 23<sup>rd</sup> and 24<sup>th</sup> February 2022 in the morning in Room No. 701 of Bhavan's H.S. College building.

50 NSS volunteers participated in the yoga activity on 23<sup>rd</sup> February 2022 and 45 NSS volunteers participated on 24<sup>th</sup> February 2022. The 2 NSS Program Officers were also present.

By doing this activity, students realized the importance of the exercise of yoga and the significance of Suryanamaskar. This Suryanamaskar activity was conducted as a part of 'Azadi ka Amrit Mahotsav,' as directed by the Government of India.









#### **30. NATIONAL VOTER'S DAY**

To create awareness amongst students about the importance of voting, the NSS unit of Bhavan's Hazarimal Somani College organized 4 Competitions on the occasion of National Voter's Day. Poster Making, Essay Writing, Singing Competition and Short Film Making Competitions were organized. 50 NSS volunteers participated in these events. The Pledge provided by the Election Commission of India was read by the students, the two Program Officers, the Vice-Principal of Junior College and the Principal of the College. 16 students participated in the Poster Making Competition. 24 students participated in the Essay Competition. Students wrote essays on topics like "I am the voter of the new generation," "I will not sell my vote," etc.1 student participated in the Singing Competition. The objective of these activities was to sensitize students to the importance of voting.

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#### **Photographs of the activity**

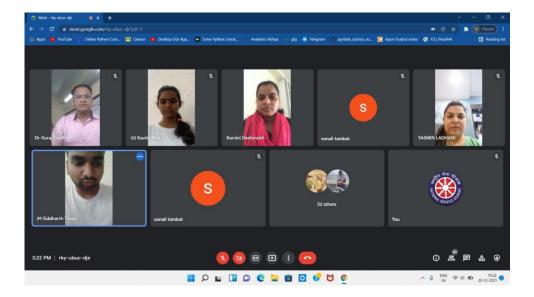






### 31. Webinar on 'Comprehensive Sexuality Education'

A Webinar on 'Comprehensive Sexuality Education' was organized by the Family Planning Association India, Mumbai Branch, in collaboration with the NSS unit of Bhavan's Hazarimal Somani College. 62 NSS Volunteers attended the webinar. The webinar was held on 20<sup>th</sup> December 2021 on google meet. There were 2 Resource Persons, Dr. Yasmin Ladhani, a Gynaecologist and Dr. Kamini Deshmukh, a Psychologist. The resource persons discussed issues like Sexual and reproductive health, Gender Bias, alongwith Stress Management, Time Management and Managing Anger. This webinar helped to create an awareness amongst students regarding sexual and reproductive health, gender roles and the importance of stress management amongst the youth today.



#### **Activity Photographs**

