

NATIONAL SERVICE SCHEME UNIT

ANNUAL REPORT

ACADEMIC YEAR 2022-2023



DCT's

DHEMPE COLLEGE OF ARTS & SCIENCE

RE-ACCREDITED AT 'A' GRADE BY NAAC

ISO 9001: 2015 CERTIFIED

MIRAMAR, PANAJI - GOA

1. **Title:** “Celebration of ICONIC WEEK”
2. **Date:** 8th August 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officers:** Mr. Dinanath S. Parab

Dr. Shilpa Bhonsle

5. **Number of participants:** 25 (M- 5 / F -20)

DCT’s Dhempe College of Arts and Science, Miramar, Goa celebrated Iconic week as a part of Azadi ka Amrit Mahotsav, wherein the NSS volunteers participated in the "Tree Plantation Drive" at Goa University organised by Students for Development Goa, on 8th August 2022.

A total of 25 students participated in the tree planting drive as celebration of Iconic week from 8th to 14th August, 2022.





Glimpse Tree Plantation Drive



Students Participants

1. **Title:** 'Poster-making Competition on The Martyrs of India'
2. **Date:** 14th August 2022
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **Number of participants:** 25 (M- 5 / F -20)

A poster making competition was held on the theme of Martyrs of India on 14th August 2022 at the college campus. Students presented their skills in art with life-like portraits of freedom fighters who offered their lives for the country's independence. All the participants were appreciated for their efforts and presented with deserving tokens.



Faculty and Students Participants

1. **Title:** Talk on "History of India's Struggle for Freedom from 1857 to 1947"
2. **Date:** 14th August 2022
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **Number of participants:** 110 (offline) / 160 (online)

Shri Prajal Sakhardande, Head, Department of History delivered a lecture on the topic "History of India's Struggle for Freedom from 1857 to 1947" on 14th August 2022 at 12.10 p.m. at the Swami Vivekananda Hall of the college. The talk was also streamed live on the college YouTube channel. All the teaching, non-teaching staff and students of the college attended the talk.

The lecture can be accessed through the following link-
<https://www.youtube.com/watch?v=AwRYTP9P-8A>



Lecture by Shri Prajal Sakhardande



Faculty and Students Participants

1. **Title:** ‘Celebratory Video on the eve of Independence Day’
2. **Date:** 14th-15th August 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **Number of participants:** 120

The teaching and non-teaching staff of the college participated in creating a video on the occasion of 75 years of India’s Independence. This video created by Dr. Shilpa Bhonsle was released by Principal Prof. Vrinda Borker at the function following the Flag Hoisting at the college on 15th August, 2022. The video contains clips of the staff members carrying the national flag.



Video contains clips of the staff members

1. **Title:** 'Har Ghar Tiranga' Independence Day Celebration
2. **Date:** 15th August 2022
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **Number of participants:** 370

The faculty members, administrative staff and students of the college participated in the national campaign of Har Ghar Tiranga by hoisting the national flag at their residences from August 13-15, 2022.



National campaign of 'Har Ghar Tiranga' by hoisting the national flag at residences

1. **Title:** Independence Day Celebration
2. **Date:** 15th August 2022
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **Number of participants:** 270, 56 NSS volunteers (M- 26 / F -30)

The National Flag was hoisted by the Principal Prof. Vrinda Borker, on 75th Independence Day at the College campus. In her speech, she emphasised the need to bring education sector at par with its pre-colonisation reputation. She appreciated the efforts of those who dedicated their lives for the betterment of the nation since times immemorial. The function was followed by prize distribution ceremony and cultural programme.



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



Prize distribution ceremony and cultural programme

1. **Title:** “International Coastal Clean-up Day”
2. **Date:** 17th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Mr. Noel Goes
5. **Number of participants:** 16 (M- 11/ F -5)

To celebrate “International Coastal Clean-up Day”, the NSS volunteers participated in the ‘Beach cleaning at Dona Paula beach’ organised by Dempo House on 17th September 2022.

Total 16 students participated in the beach cleaning at Dona Paula beach from 7.00 am to 10.00 am on 17th September 2022. Students cleaned the assigned area on Dona Paula beach by collecting all the plastic and non-biodegradable waste from the beach site and one min video was created.



Students Participants

1. **Title:** “International Coastal Clean-up Day”
2. **Date:** 17th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 22 (M-4 /F - 18)

As part of “International Coastal Clean-up Day”, the NSS volunteers participated in the ‘Beach cleaning at Miramar beach’ organised by Students for Development Goa on 17th September 2022.

Total 22 students participated in the beach cleaning at Miramar beach from 7.00 am to 10.00 am on 17th September 2022.



Glimpse Beach cleaning at Miramar beach

1. **Title:** “International Coastal Clean-up Day”
2. **Date:** 17th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Palia Pandit
5. **Number of participants:** 43 (M- 10/ F -33)

As part of “International Coastal Clean-up Day”, the NSS volunteers participated in the ‘Beach cleaning at Miramar beach’ organised by Corporation of the City of Panaji on 17th September 2022.

Total 43 students participated in the beach cleaning at Miramar beach from 4.00 pm to 6.00 pm on 17th September 2022. Students cleaned the assigned area on Miramar beach by collecting all the plastic and non-biodegradable waste from the beach site.





Students Participants

1. **Title: ‘Best out of waste Memento Making Competition’**
2. **Date:** 21st September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Palia Pandit
5. **Number of participants:** 14 (F -14)

Dhempe College of Arts and Science, Miramar, NSS Volunteers prepared the memento for guests who visit college on various occasions. These mementos were made out of material considered to be discarded as waste. Flowers made out of fleece bags, dolls made out of newspapers, were some of the entries of this competition.



1. **Title: “Placard- making for Swachch Bharat Abhiyaan”**
2. **Date:** 24th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 08 (F -08)

Dhempe College of Arts and Science, Miramar, NSS Volunteers prepared placards, posters with slogans pertaining to Swachch Bharat Abhiyaan. The placards were used by the volunteers during Swachhta rally/cleanliness drives carried out by the NSS Unit.



1. **Title:** “1-minute video on what NSS means to you
2. **Date:** 24th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Palia Pandit
5. **Number of participants:** 04 (F -04)

1-minute video on what NSS means to you

Dhempe College of Arts and Science, Miramar, NSS Volunteers recorded a one-minute video explaining what inspired them to join NSS and how they intend to serve the society as an NSS volunteer.



1. **Title: “Tree plantation”**
2. **Date:** 24th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Palia Pandit
5. **Number of participants:** 11 (11 Female)

Dhempe College of Arts and Science, Miramar, NSS Volunteers On NSS Day, that is on September 24, 2022 NSS volunteers planted tree saplings around their residential premises and took a selfie/photo with it, and posted on the College NSS group with details of their name, class and roll numbers.





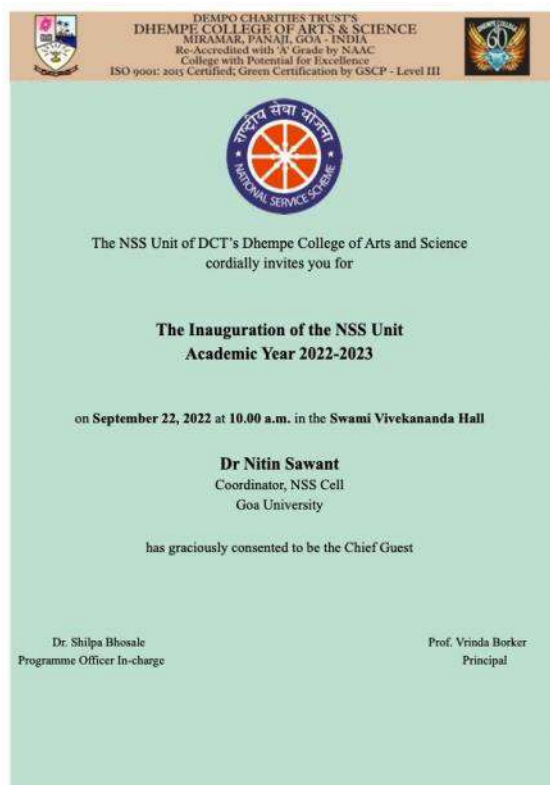
1. **Title:** “The Inauguration of the NSS Unit Academic Year 2022-2023”
2. **Date:** 22nd September 2022.
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants:** 97 (M-43 / F -54)

The NSS Unit of DCT’s Dhempe College of Arts and Science, Miramar, organised “The Inauguration of the NSS Unit Academic Year 2022-2023”, for NSS volunteers. The NSS inaugural function was held for NSS volunteers of FY, SY and TY students on 22nd September 2022.



Brochure for the program

The chief guest for the function was Dr. Nitin Sawant, Coordinator of NSS Cell Goa University. The inaugural function commenced with welcome address by Principal, Prof. Vrinda Borker. The Chief Guest was then welcomed with a memento prepared by NSS volunteers, 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 the traditional lamp. The Chief Guest was introduced by NSS PO Shri Noel Goes which was followed by the address of Dr. Nitin Sawant. In his speech, Dr. Nitin Sawant gave important instructions and congratulated the NSS volunteers for joining NSS. The programme ended by vote of thanks by NSS program officer, Dr. Shilpa Bhonsle.



Inauguration of NSS unit by Dr. Nitin Sawant

A total of 97 students participated for inauguration of the NSS Unit Academic Year 2022-2023 from 10.00 am to 12.00 am. Students of FY, SY and TY participated in inauguration programme.



Students Participants

1. **Title:** “NSS Orientation/Induction programme for volunteers”
2. **Date:** 23rd September 2022.
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

5. **Number of participants:** 96 BSc (M-57 / F -39) + 43 BA (M-11 / F -32)

The NSS Unit of the college organised “NSS Orientation/Induction programme”, for NSS volunteers. This Orientation/Induction programme was held for NSS volunteers of FY, SY and TY students on 23rd September 2022.

Total 96 students of FYBSc, SYBSc and TYBSc participated for orientation/Induction programme from 10.00 am to 11.00 am and 43 students of FYBA, SYBA and TYBA participated in the orientation/Induction programme from 10.00 am to 11.00 am.



Students Participants

During the orientation Dr. Shilpa Bhonsle and Dr. Palia Pandit gave a brief introduction of NSS and its duties to be done by NSS volunteers and NSS diaries and badges were given to the volunteers.

1. **Title:** “Talk on Ayushman Bharat Pradhan Mantri Jan Arogya Yojana”
2. **Date:** 23rd September 2022.
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

5. **Number of participants:** 101 (M- 21/ F -80)

The NSS Unit of DCT’s Dhempe College of Arts and Science, Miramar, organised “A Talk on Ayushman Bharat Pradhan Mantri Jan Arogya Yojana’ by Dr. Anup Netravalkar, Medical Management and Quality Manager, Directorate of Health Services, Campal, Panaji, Goa.

Dr. Palia Pandit introduced the chief guest for the function, Dr. Manish Gaunekar, Nodal officer, Ayushman Bharat Pradhan Mantri Jan Arogya Yojana. Dr Anup Netravalkar, medical management and quality manager, Ms Dikshita Borkar, operation manager; Ms Puja Naik, monitoring and evaluation manager and Mr Ruben Dcosta, IT consultant were present for this function.



Introduction of the Guests for the programme

The chief guest and other dignitaries were welcomed with mementos by Dr. Shilpa Bhonsle. This was followed by the talk on Ayushman Bharat Pradhan Mantri Jan Arogya Yojana by Dr. Anup Netravalkar. In his talk he explained to the volunteers about this public health insurance scheme and its benefits for the people. He also requested the volunteers to participate in this programme in large numbers.



Speaker -Dr. Anup Netravalkar

A total of 101 BSc and BA volunteers benefitted from this programme from 11.30 am to 1.00 pm. The program ended with a vote of thanks by NSS program officer, Dr. Palia Pandit.



Students Participants

1. **Title: “Healthy Dietary Practices”**
2. **Date:** 27th September 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants:** 99 (M- 28/ F -71)

DCT’s Dhempe College of Arts and Science, Miramar, NSS unit celebrated ‘**Poshan Maah September 2022**’ from 26th to 30th September 2022. As part of it, the unit organized a lecture on “Healthy Dietary Practices” by Mrs. Varsha S. Naik, Assistant Professor at Goa College of Home Science, Panaji.



The function started with a welcome address by Vice Principal, Mrs. Manjiri Barve. The guest was welcomed with a memento prepared by NSS volunteers. In her talk, Mrs. Varsha S. Naik explained the volunteers about the importance of healthy food habits for all the age groups. She also emphasised the significance of the local food which is not promoted due to packaged food.



Glimpse of the Programme

A total of 99 BSc and BA volunteers attended this programme from 10.00 am to 11.30 pm. The programme ended by vote of thanks by NSS program officer Dr. Shilpa Bhonsle.

1. Title: “Poshan Maah September 2022 Celebration - Series of talk”

1. Vector Borne Diseases; 2. Climate Change

2. Date: 27th September 2022

3. Name of the college: DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa

4. NSS Program officer: Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. Number of participants: 99

DCT's Dhempe College of Arts and Science, Miramar, NSS unit celebrated ‘Poshan Maah September 2022’ from 26th to 30th September 2022. Under the aegis of this programme, the unit organized “Poshan Maah September 2022 Celebration - Series of talk” lecture on “Vector Borne Diseases” by Mrs. Arpita Korgaonkar , Extension Educator UHC, Panaji and second lecture on “Climate Change” by Mrs. Rupali Sakhalkar, Health Educator UHC, Panaji.



Speaker - Mrs. Arpita Korgaonkar

The function started with a welcome address by NSS program officer Dr. Shilpa Bhonsle. The guests were welcomed with mementos prepared by NSS volunteers. In the first lecture on “Vector Borne Diseases” by Mrs. Arpita Korgaonkar, she explained to the volunteers about the different vector borne diseases, their spread and control. The second lecture was on “Climate Change” by Mrs. Rupali Sakhalkar, a health educator who explained the volunteers about the climate change and their effects and also gave information about Rabies.

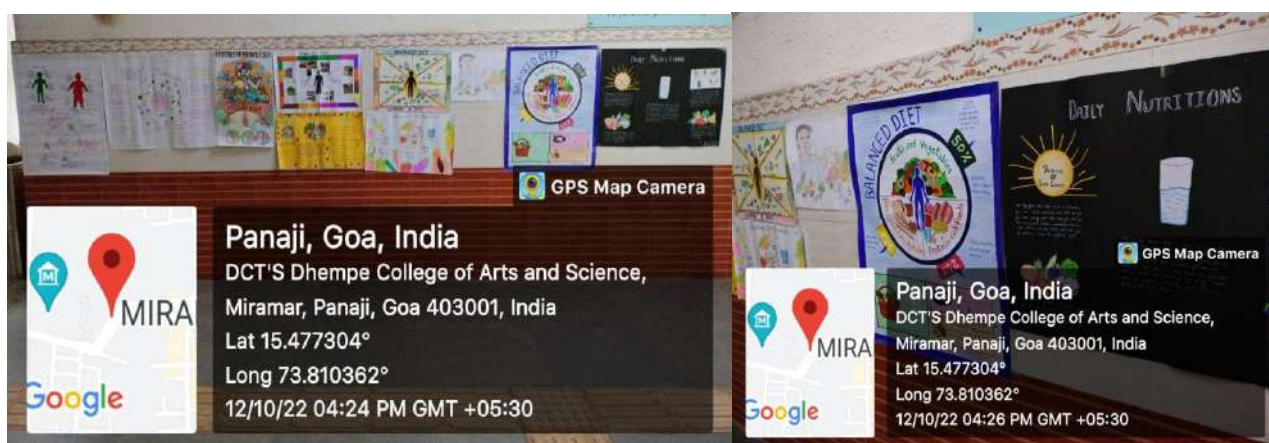


Speaker - Mrs. Rupali Sakhalkar

A total of 99 BSc and BA volunteers attended this programme from 11.30 am to 12.30 pm. The program ended by a vote of thanks by NSS program officer Dr. Palia Pandit.

1. **Title: “Poster Making Competition- Importance of Balanced Diet”**
 2. **Date:** 30th September 2022
 3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
 4. **NSS Program officer:** Dr. Shilpa Bhonsle
- Dr. Palia Pandit
- Mr. Noel Goes
5. **Number of participants:** 14 (M-3/ F -11)

DCT’s Dhempe College of Arts and Science, Miramar, NSS unit celebrated ‘Poshan Maah September 2022 on 30th September 2022 by organising “Poster Making Competition-Importance of Balanced Diet”. NSS volunteers designed posters with effective depiction of balanced diet. With various types of colouring tools, the volunteers presented their ideas in painting to promote healthy dietary practices.



Poster Making Competition Importance of Balanced Diet

A total of 14 (11 Female/03 Male) volunteers participated in the same.

- 1. Title: “Essay Writing Competition- Significance of Nutrition in Adolescence”**
- 2. Date:** 30th September 2022
- 3. Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
- 4. NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

- 5. Number of participants:** 18 (M - 3/ F -15)

DCT’s Dhempe College of Arts and Science, Miramar, NSS unit celebrated ‘Poshan Maah September 2022 on 30th September 2022 by organizing “Essay Writing Competition- Significance of Nutrition in Adolescence”.

The NSS Volunteers drafted essays on the theme of “Significance of Nutrition in Adolescence”. The volunteers highlighted the importance of nutrition in adolescence in the present times. They also explained various factors influencing adolescent dietary habits.

A total of 18 (15 Female/03 Male) volunteers participated in the same.

1. **Title:** “Inaugural of Clean India 2.0 - Month Long Programme”
2. **Date:** 1st October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 29 (M-12 / F -17)

The NSS unit attended ‘Inaugural of Clean India 2.0 - Month Long Programme’ on 1st October 2022 organized Nehru Yuva Kendra, Sangathan Panaji Goa at Miramar beach at 4.00 pm.



Glimpse of the programme

The function was inaugurated by Nehru Yuva Kendra volunteers at Miramar Beach, by chief guest ZP North Goa President, Mr Sidhesh Shripad Naik; Nehru Yuva Kendra Goa Maharashtra State Director, Mr. Prakash Manue, NSS University Coordinator, Dr Nitin Sawant; Nehru Yuva Kendra and NSS dignitaries. This was followed by a small symbolic beach

cleaning at Miramar Beach 4.00pm onwards. A total of 29 NSS volunteers attended this programme from 4.00 pm to 5.30 pm.

1. **Title:** “Tribute to Mahatma Gandhi”
2. **Date:** 2nd October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes
5. **Number of participants:** 34 (M-9 / F -25)

DCT’s Dhempe College of Arts and Science, Miramar, organized Tribute to Mahatma Gandhi in college campus on 2nd October 2022 at 8.30 am on the occasion of Gandhi Jayanti.



Glimpse of the programme

The function started with welcome addressed by Principal, Prof. Vrinda Borker, followed by floral tribute to Mahatma Gandhi by Principal, teachers, NSS program officers and NSS volunteers. The program ended with a vote of thanks by NSS program officer, Dr. Palia Pandit. A total of 34 NSS volunteers attended this programme from 8.30 am to 9.30 am.

1. **Title:** “Street Play performance and Dance Performance for awareness”
2. **Date:** 2nd October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants:** 18 (M-08 / F -10)

DCT’s Dhempe College of Arts and Science, Miramar, organized street play performance and dance performance for awareness about voting right and citizens duty, in campus on 2nd October 2022 at 9.30 am on the occasion of Gandhi Jayanti. Total 18 NSS volunteers attended this activity from 9.30 am to 10.00 am.



Students Participation

1. **Title:** “Swacchta Activity at Miramar Circle ”
2. **Date:** 2nd October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants:** 27 (M- 21/ F - 6)

DCT’s Dhempe College of Arts and Science, Miramar, organized Swacchta Activity at Miramar Circle on 2nd October 2022 at 10.00 am on the occasion of Gandhi Jayanti. A total of 27 NSS volunteers attended this Swacchta activity from 10.00 am to 11.00 am.



Students Participation

1. **Title:** “Swacchta Activity in Campus”
2. **Date:** 2nd October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants:** 24 (M- 8/ F -16)

Dhempe College of Arts and Science, Miramar, organized Swacchta Activity in Campus on 2nd October 2022 at 10.00 am on the occasion of Gandhi Jayanti. Total 24 NSS volunteers attended this Swacchta activity from 10.00 am to 11.00 am.



Students Participation

1. **Title:** “Rally and Plogging activity ”
2. **Date:** 2nd October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants:** 28 (M-6 / F -22)

DCT’s Dhempe College of Arts and Science, Miramar, organized Rally and Plogging Activity at Miramar Circle on 2nd October 2022 at 10.30 am on the occasion of Gandhi Jayanti. A total of 28 NSS volunteers attended this Rally and Plogging activity from 10.30 am to 11.00 am.



Students Participation

1. **Title:** “Inaugural ceremony FIFA U/17 Women’s World Cup Goa 2022”
2. **Date:** 10th October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 129 (M-37 / F -92)

DCT’s Dhempe College of Arts and Science, Miramar, NSS unit attended ‘Inaugural ceremony FIFA U/17 Women’s World Cup Goa 2022’ on 10th October 2022 organized at Shyama Prasad Mukharjee Stadium, Bambolim at 3.30 pm onwards.



NSS volunteers for the programme

The function was inaugurated at Shyama Prasad Mukharjee Stadium Bambolim ‘FIFA U/17 Women’s World Cup Goa 2022’, followed by cultural program. State of Goa will be hosting 16 Matches of FIFA U/17 Women’s World Cup Goa 2022 in Goa from 11th October to 26th October 2022. Total 129 NSS volunteers attended this programme from 3.00 pm to 5.30 pm.

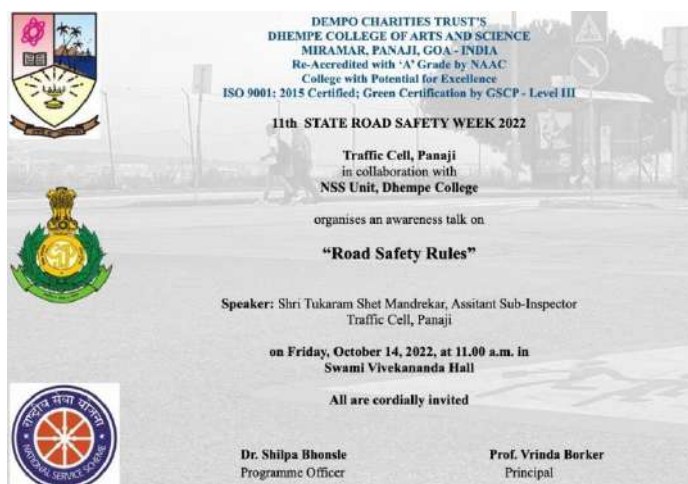
1. **Title:** “Road Safety Rules”
2. **Date:** 14th October 2022
3. **Name of the College:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Ms. Noel Goes

6. **Number of participants:** 108 students (M- 38/ F - 70)

Dhempe College of Arts and Science, Miramar, the NSS unit in collaboration with Traffic Cell, Panaji organised an awareness talk on the occasion of 11th State Road Safety Week 2022 on the topic “Road Safety Rules” by Shri. Tujaram Shet Mandrekar, Assistant Sub –Inspector, Traffic Cell, Panaji on 14th October 2022 at 11.00 am onwards in the Swami Vivekananda Hall of the college.





NSS volunteers for the programme

The programme started with welcome addressed by Principal, Prof. Vrinda Borker. Then guest was welcomed with memento prepared by NSS volunteers. Then the resource person, Shri. Tujaram Shet Mandrekar, emphasised on the number of accident in the state of Goa. Sir also spoke about the different road safety rules to be followed in his talk. Total 108 BSc and BA volunteers benefitted form this programme from 11.00 am to 1.00 pm. The program ended by vote of thanks by NSS program officer, Dr. Palia Pandit.

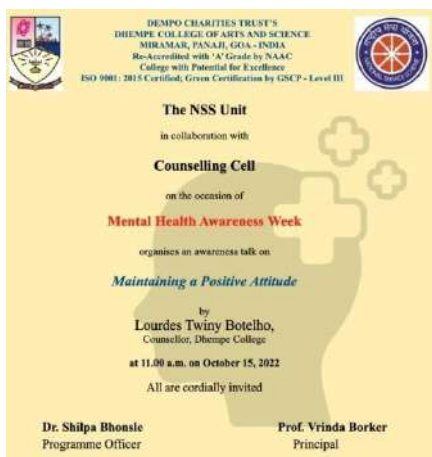
1. **Title:** “Maintaining a Positive Attitude”
2. **Date:** 15th October 2022
3. **Name of the College:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Ms. Noel Goes

5. **Number of participants:** 108 students (M-40/ F -68)

Dhempe College of Arts and Science, Miramar, the NSS unit in collaboration with Counselling Cell, organised an awareness talk on the occasion of Mental Health Awareness Week on the topic “Maintaining a Positive Attitude” by Lourdes Twiny Botelho, College counsellor on 15th October 2022 at 11.00 am onwards in the Swami Vivekananda Hall of the college.





NSS volunteers for the programme

The programme started with welcome addressed by Vice Principal, Mrs. Manjiri Barve. Then guest was welcomed with memento prepared by NSS volunteers. Followed by the talk by Lourdes Twiny Botelho, College counsellor, she spoke and interacted with the volunteers how to maintaining a positive attitude and its key for success. Total 108 BSc and BA volunteers benefitted form this programme from 11.00 am to 12.00 pm. The program ended by vote of thanks by NSS program officer, Dr. Palia Pandit.

1. **Title:** “Online Webinar: Food- Planet- Health”

2. **Date:** 18th October 2022

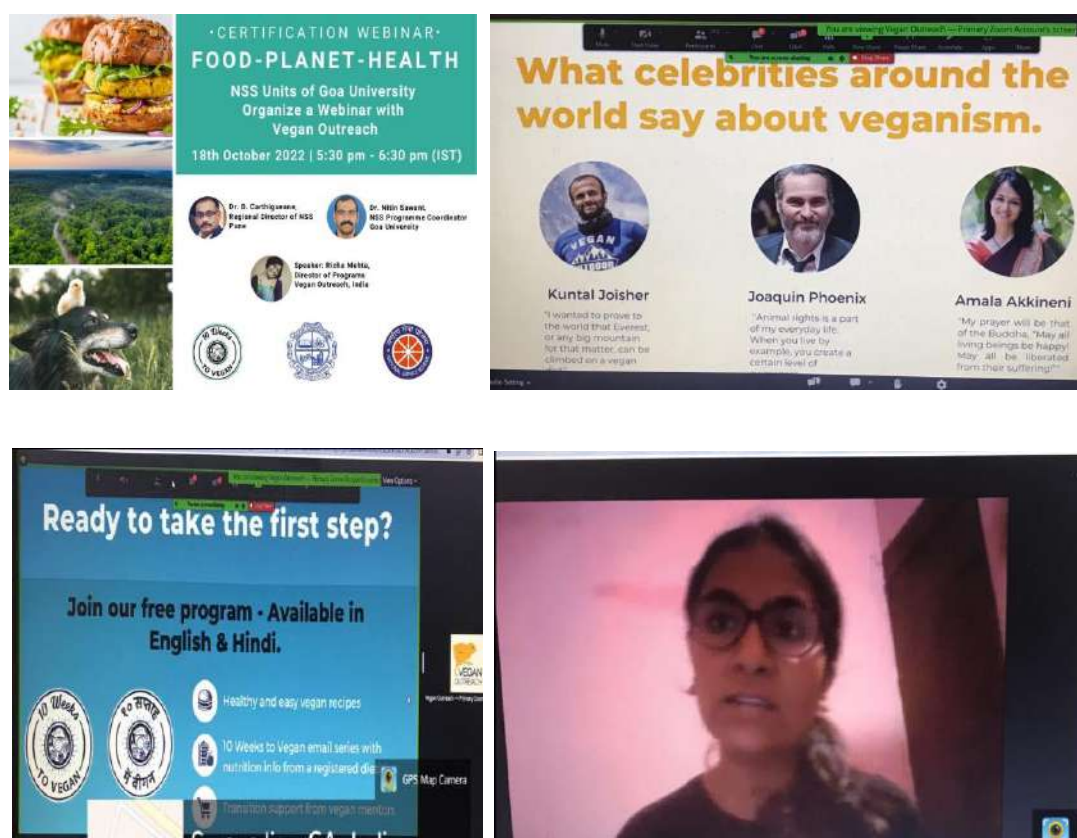
3. **Name of the College:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji
Goa

4. **NSS Program officer:** Dr. Shilpa Bhonsle

5. **Number of participants:** 42 (M-/ F -)

Vegan Outreach organized a webinar on the impact of diets on the environment, health, and animal issues in collaboration with all the NSS units of Goa University on 18th October 2022 at 5:30 pm - 7:30 pm. The online webinar was on the topic ‘Food- Planet- Health’. Vegan Outreach collaborated with the Ministry of Youth Affairs and Sports to conduct nationwide online awareness sessions about the importance of a sustainable and healthy diet.

Vegan Outreach is an international organization working for the environment and animal rights. Through their Adopt a College program they collaborated with NSS units across the country and spread awareness among students about pressing environmental issues and solutions.



Glimpse of online Webinar: Food- Planet- Health

The program included certificates for all the participants of the Webinar. A total of 42 NSS volunteers participated for this online webinar.

1. **Title:** “Swachh Bharat 2022” Mega Cleanliness Drive
2. **Date:** 19th October 2022 and 28th October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 32 (M- 14/ F - 18), 44 (M- 9/ F - 35)

The NSS Unit of DCT’s Dhempe College of Arts and Science, Miramar participated in “Swachh Bharat 2022: Mega Cleanliness Drive” by plastic collection organised by Ministry of Youth Affairs & Sports Directorate Goa on 19th October 2022. It was a nation-wide event in collection of 1.5 Kg/ Volunteer.

A total of 32 students participated in plastic collection 9.00 am to 1.00 pm on 19th October 2022. Students cleaned the assigned area by collecting all the plastic and non-biodegradable waste from the given site.





Students Participants

A total of 44 students participated in plastic collection 9.00 am to 10.00 am on 28th October 2022. Students handed over the collected garbage to CCP.

1. **Title:** “Donate blood Camp - bleed for a cause”
2. **Date:** 21st October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Number of participants: Total 79 participated**

38 Donated blood (23 Male, 15 Female)

13 Rejected blood donors (4 Male, 9 Female)

28 NSS volunteers (M-14/ F -14)

DCT’s Dhempe College of Arts and Science, Miramar, NSS Unit in association with HDFC Bank organized ‘Donate blood Camp - #bleedforacause’, one of India’s largest corporate blood donation drives on 21st October 2022 at 9.30 am. A total of 79 participated for this camp, 38 donated blood, 13 volunteers were rejected blood donors and 28 were NSS volunteers for the blood donation camp from 9.00 am onwards.

Prof. Vrinda Borker, Principal; Dr. Swati Pawar, Vice Principal, Mr. Jayesh Chikhal, Mrs. Madhu Kasavajhula and Mr. Raji Nair from HDFC Bank, were present for the inaugural function of the blood donation camp.





Teachers and Students Participation

A total of 38 volunteers donated blood from 10.00 am to 1.00 pm. The program ended by a vote of thanks by NSS program officer, Dr. Shilpa Bhonsle.

1. **Title:** “National Unity Day Run (Rashtriya Ekta Diwas Run) & Pledge”
2. **Date:** 20th, 22nd and 31st October 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 40 (M- 10/ F -30)

DCT’s Dhempe College of Arts and Science, Miramar, organized Rashtriya Ekta Diwas on 31st October 2022 at 10.00 am on the occasion of the Birth Anniversary of late Sardar Vallabhbhai Patel. A total of 40 NSS volunteers and 39 teachers attended this Rashtriya Ekta Diwas programme from 10.00 am onwards.

Prof. Vrinda Borker, Principal; Dr. Swati Pawar, Vice Principal and Shri Prajal Sakhardande, Head, Department of History gave floral tribute to late Sardar Vallabhbhai Patel and all took the National Unity Day Pledge.

On 20th and 22nd October 2022 total of 30 (M- 4/ F -26) +16 (M- 6/ F -10)= 46 NSS volunteers participated in National Unity Day Run at Miramar, Goa and celebrated Rashtriya Ekta Diwas to mark the birth Anniversary of late Sardar Vallabhbhai Patel in collaboration with the Physical Education Department of the college.



Teachers and Students Participation - National Unity Day Pledge



Students Participation - National Unity Day Run



Students with physical education instructors

6. **Title:** “Preamble Reading ”

7. **Date:** 26th November 2022

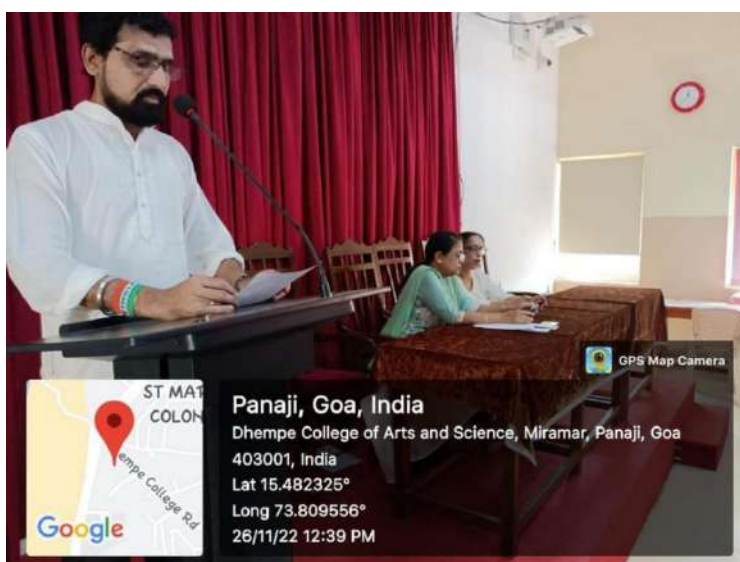
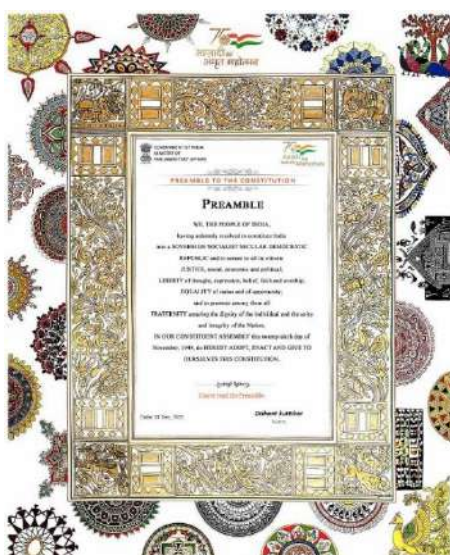
8. **Name of the College:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa

9. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit

Mr. Noel Goes

10. **Number of participants:** 92

DCT's Dhempe College of Arts and Science, Miramar, organized 'Azadi Ka Amrit Mahotsav- Constitution Day 2022' on 26th November 2022 at 12.30 am onwards in association with Ministry of Parliamentary Affairs, New Delhi and Directorate of NSS New Delhi in connection with Constitution Day 2022.



A total of 92 NSS volunteers participated in Preamble reading and online quiz on Constitution Day 2022. Prof. Vrinda Borker, Principal; Dr. Swati Pawar, Vice Principal and Shri Prajal Sakhardande, Head, Department of History read the Preamble on Constitution Day.

1. **Title:** “Clean-A-Thon”
2. **Date:** 28th November 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 02 (F -02)

The NSS Unit of DCT’s Dhempe College of Arts and Science, Miramar, participated in the ‘Clean-A-Thon’ organised by the Divyaj Foundation, and the Bhamla Foundation in collaboration with the Goa government, Clean-A-Thon is an initiative to instill the values of keeping our surroundings clean. It extends not only to the residents of the state of Goa, but also to the tourists. The last day of the International Film Festival of India (IFFI), 2022 began with a cleaning drive at Miramar Beach.



Beach cleaning at Miramar beach

The event was flagged off with a beach cleaning drive at Miramar beach. It was led by the Chief Minister of Goa, Dr Pramod P Sawant, Ms Amruta Fadnavis, the founder of Divyaj Foundation, and members of the Goa Cabinet. Bollywood actors like Jackie Shroff, Karan Kundra, and choreographer Remo D’Souza also took part in the Clean-A-Thon.

1. **Title:** “ Flag hoisting ceremony - Goa Liberation Day”
2. **Date:** 19th December 2022
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit
Mr. Noel Goes
5. **Number of participants:** 25 (M-03/ F -22)

DCT’s Dhempe College of Arts and Science, Miramar, Celebrated Goa Liberation Day on December 19, 2022 the most significant day in the history of Goa. The flag hoisting ceremony was on the college campus at 8.30 am.



Glimpse of the programme

The function started with the flag hoisting ceremony by Principal, Prof. Vrinda Borker, followed by her address. She emphasised that Goa Liberation Day is celebrated as a reminder that the state of Goa got its freedom from the Portuguese after a long struggle and it remained under the colonial rule for 450 years. The function ended with the National Song. A total of 25 NSS volunteers attended this programme from 8.30 am to 9.30 am.

1. **Title:** 'Purple Fest'
2. **Date:** 03rd to 08th January 2023
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa.
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit
5. **Number of participants:** 75 (M-25 / F -50)

The NSS Unit of DCT's Dhempe College of Arts and Science, Miramar, participated in Purple Fest organised organized by the Office of the State Commissioner for Persons with Disabilities, Goa and Directorate of Social Welfare, Goa.



Glimpse of the programme

On 3rd and 4th January 2023, a total 57 students participated in Purple Fest orientation programme, wherein students volunteers were trained for the program.

From 5th to 8th January 2023, 75 students participated in the event as dedicated volunteers, in celebrating diversity, Indian's first ever inclusive festival that celebrated persons with disabilities. The NSS volunteers were helping the persons with disabilities in

various places. Duties were allotted to them, such as registration, taking care of the disabled, food suppliers' group, reserved volunteers, housekeeping and security service. Dr. Shilpa Bhonsle was the Co-ordinator for this program from DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa.

1. **Title:** 'Tribute to Swami Vivekanand Jayanti'
2. **Date:** 12th January 2023
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa.
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

5. **Number of participants:** 17 (M-09 / F -08)

DCT's Dhempe College of Arts and Science, Miramar, organized Tribute to Swami Vivekananda in the college campus on 12th January 2023 at 11.30 am on the occasion of Swami Vivekanand Jayanti.



Glimpse of the programme

The function started with an address by Principal, Prof. Vrinda Borker, followed by floral tribute to Swami Vivekanand by Principal, teachers, NSS program officers and NSS volunteers. The program ended with a vote of thanks by NSS program officer, Dr. Palia Pandit. A total of 17 NSS volunteers attended this programme from 11.30 am to 12.00 am.

1. **Title:** Flag hoisting ceremony - Indian Republic Day Celebration
2. **Date:** 26th January 2023
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle

Dr. Palia Pandit

Mr. Noel Goes

5. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
6. **Number of participants:** 231 (Teachers, non-teaching staff, students, NCC and 24 NSS volunteers) (M- 6 / F -20)

The National Flag was unfurled by the Principal of the College, Prof. Vrinda Borker, on 74th Indian Republic Day at the College campus. In her speech, she emphasised the need to bring education sector at par with its pre-colonisation reputation. She appreciated the efforts of those who dedicated their lives for the betterment of the nation since times immemorial. The function was followed by a prize distribution ceremony for different activities conducted by NSS during the academic year 2022-2023. The NSS volunteers who had completed 60 hours of various activities successfully were awarded the certificate of appreciation for semester I, III and V.



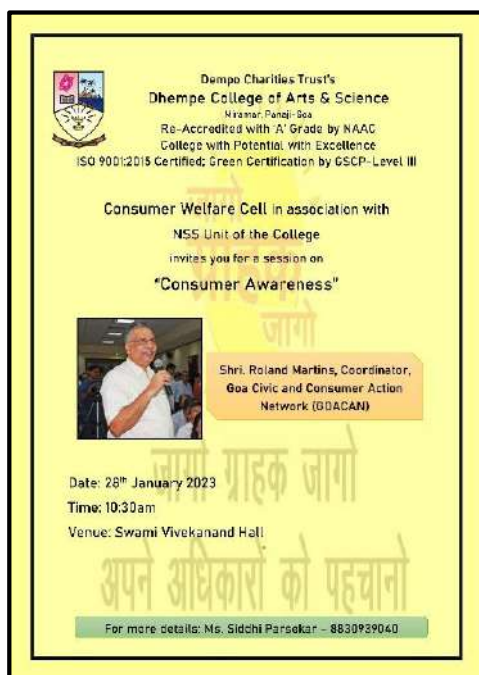
NSS Volunteers singing Vande Mataram and Prize distribution

1. **Title:** “Consumer Awareness”
 2. **Date:** 28th January 2023
 3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
 4. **Consumer Welfare Cell Nodal Teacher:** Ms. Siddhi Parsekar
 5. **NSS Program officer:** Dr. Shilpa Bhonsle
- Dr. Palia Pandit
- Mr. Noel Goes
6. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa.
 7. **Number of participants:** 66 (61 students and 5 teachers) (M- 22 / F - 39)

The Consumer Welfare Cell in collaboration with the NSS Unit of the College organized a talk on ‘Consumer Awareness’ on 28th January 2023 from 10:30 am to 12:00 pm in the Swami Vivekananda Hall. Mr. Roland Martins, Coordinator of the Goa Civic and Consumer Action Network (GOACAN) was the resource person.

The programme began with the welcome speech by the Principal of the College, Prof. Vrinda Borker. The lecture by Mr. Roland Martins emphasized the fact that a consumer should be aware of consumer rights and consumer responsibilities. The audience was briefed about the six consumer rights with real-life examples and scenarios. A consumer’s responsibilities such as being aware and complaining in case of improper service or fraud were also discussed. The various things to check on the packaging of any item, safety measures when using gas cylinders were specially dealt with. He also informed importance of doing regular cylinder maintenance checks and the compensation available in case of accidents was also brought to the notice. The procedure of filing a complaint in the event of fraud or any other dispute was explained to the audience.

Moreover, being aware and spreading awareness around us was the focus of the session. The program concluded with a vote of thanks. The session was attended by 66 participants.



Flyer of the program



Principal addressing the gathering



Glimpses of the program

11. Title: '1st Environment of Sustainability Summit'

12. Date: 4 February 2023

13. Name of the college: DCT's Dhempe College of Arts and Science, Miramar, Panaji
Goa

14. NSS Program officer: Dr. Shilpa Bhonsle

Dr. Palia Pandit

15. Number of participants: 16 (M-5/ F -11)

The 1st Environment of Sustainability Summit was held at Dr. Shyama Prasad Mukherjee Stadium, Goa University on February 4, 2023. The Summit was organised by Goa State Pollution Control Board. The Summit addressed key issues of environmental protection solutions and technological support.



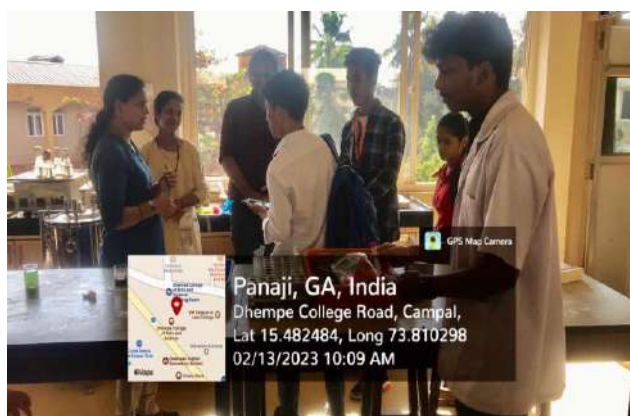
Glimpse of the programme

1. **Title:** “ Rastriya Ekatmata Yatra 2023”
2. **Date:** 13th February 2023
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit

16. Number of participants: 29 (M-7/ F -22)
20 (M-8/ F -12)

Dhempe College of Arts and Science, Miramar in association with Goa University organized Akhil Bharatiya Vidyarthi Parishad Goa in collaboration with Vidyarthi Nidhi Goa hosted Rastriya Ekatmata Yatra 2023 in the College campus and in Goa University campus. Total 29 students participated in Dhempe College and 20 students in Goa University for Students Experience in Interstate Living (SEIL). For this program there was interaction with two North East students with our students and teachers in college campus on 13th February 2023.

1. Shina Nyamtey, B.Sc. 4th Semester, Department of Botany from Indira Gandhi Government College, Tezu (IGGC), Arunachal Pradesh.
2. Atul Debberma, B.A. 3rd Semester Political Science, Kamalpur Government Degree College, Tripura.





Glimpse of the program

1. **Title:** 'Yog Shibir with Swami Ramdev'
2. **Date:** 20 February 2023
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit
5. **Number of participants:** 29 (M-7/ F -22)

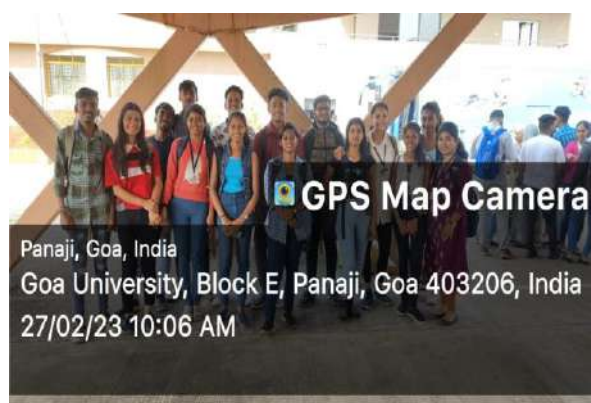
Yog Shibir with Swami Ramdev was held at Dr. Shyama Prasad Mukherjee Stadium, Goa University on February 20, 2023. The volunteers witnessed the performance of Yoga master Swami Ramdev. They were made aware of the long-term benefits of yoga and meditation.



1. **Title:** 'Indian Air Force Exhibition'
2. **Date:** 27 February 2023
3. **Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit

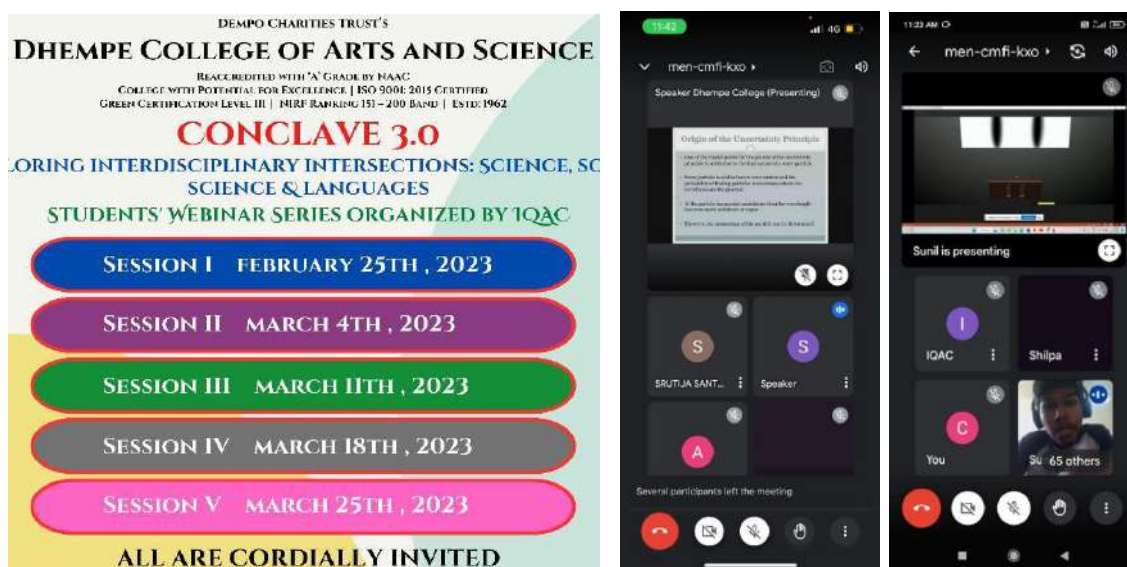
17. Number of participants: 52 (M- 13 / F -39)

The Indian Air Force conducted a lecture and an exhibition for NSS volunteers and college students on February 27, 2023 from 9.30 a.m. to 12.00 p.m. at Dr. Shyama Prasad Mukherjee Stadium, Goa University. Volunteers were guided by experts in the process of recruitment by IAF and were encouraged to serve the nation by working for the air force.



1. **Title:** “Conclave 3.0 (2022-2023) - Session II”
2. **Date:** 4th March 2023
3. **Name of the College:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
5. **Number of participants:** 30 (M- 14 / F -16)

A session of “Conclave 3.0: Exploring Interdisciplinary Intersections: Science, Social Science and Languages”, a student’s webinar series was organized by IQAC DCT’s Dhempe College of Arts and Science, on 4th March 2023 at 11.00 am - 12:30 pm.



Glimpse of online conclave Webinar

A total of 30 NSS volunteers participated in this online webinar. Certificates were given to all those who participated.

1. **Title:** “Digital Goa Youth Summit”
2. **Date:** 28th March 2023
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit
5. **Number of participants:** 68 (M- 33/ F -35)

The students of DCT’s Dhempe College of Arts and Science, Miramar participated in Digital Goa Youth Summit organized in collaboration with Directorate of Higher Education and Goa State Higher Education Council in association with the National Skilling Startup Newton School. This event was held at Dr. Shyama Prasad Mukherjee Stadium on 28th March 2023. The Hon. Chief Minister of Goa, Director DHE and other National Experts attended this event. A total of 68 students participated in the Digital Goa Youth Summit from 8.30 am to 4.00 pm.



Brochure for Digital Goa Youth Summit



Glimpse of the programme

1. **Title:** “District Level Neighborhood Youth Parliament”
2. **Date:** 30th March 2023
3. **Name of the college:** DCT’s Dhempe College of Arts and Science, Miramar, Panaji Goa
4. **NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit
5. **Number of participants:** 33 (M- 13 / F -20)

DCT’s Dhempe College of Arts and Science, Miramar with Goa University participated in District Level Neighborhood Youth Parliament, celebrating G20 Presidency of India in collaboration with Nehru Yuva Kendra Sangathan, North Goa in Goa University campus.



NSS volunteers at Goa University

In this programme the NSS volunteers interacted in District Level Neighborhood Youth Parliament. A total of 33 volunteers participated in this program, from 8.00 am to 2.30 pm on 30th March 2023.

Volunteer Achievements:

1. Miss. Yeshasvi G. Gaunekar, Sy. BSc, represented West Zone, NSS Pre-RD Camp held in Gujarat. Sardar Patel University, Vallabh Vidyanagar, Dist. Anand from 20th to 29th November 2022.
2. Miss. Tanuja Harapriya Sethi participated in NSS Adventure Camp for 2022 - 2023 Atal Bihari Vijpayee Insatitute of Mountaineering & Allied Sports (ABVIMAS), Regional Qater Sports Centre, Pong Dam, P.O. Sansarpur, Terrace, Tehsil Jaswan Kotla, Dist. Kangra (HP) from 20th to 29th November 2022.
- 3.
4. Miss. Apurva Donge participated in Nehru Yuva Kendra Camp at Hubballi from 12th to 16th January 2023.
5. A total of 52 student volunteers participated in Purple Fest organized by State Commissioner for Persons with Disabilities from 6th -8th January 2023.

Dr. Shilpa Bhonsle
NSS Program officer

Prof. Vrinda Borker
Principal