

### Key Indicator 3.3- Extension Activities

*Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year*

#### **Mask Distribution Programme organized by NSS department**

It does not always matter how much you can help others, but the intention is all that counts. Not many people are privileged to help others on a big scale, but still, they do their best. They contribute even the little ways they can and that shows the goodness and humbleness present in their heart. When a disaster occurs, such people stand out from the others. The people who have a golden heart does not care about the circumstances, but still, try to provide help in ways he can. pandemic situation that was very societal vision which inherited in the students towards social development in respect to 3600 degree perspectives aspect always keeping in view while organizing such awareness campaign i.e., Mask distribution. The sudden outbreak of the Coronavirus Pandemic sent the whole world into a whirlwind. Countries got a high amount of COVID-19 infections and many people died. Keeping this in mind, the Government of India announced a nationwide lockdown. This was a vital step in putting breakeon the infection rate. But this sudden announcement, though necessary, came as a huge burden on the whole nation. All workplaces, except the essential sector, came to a standstill and people were told to stay indoors as the deadly virus started to spread rapidly. Transportations stopped, so people were unable to move from one place to another. So, people were both out of work and were unable to go home. The people who suffered most because of this situation were the migrant workers. Most of the people in India, who fall under the poverty line, relocate to bigger cities for jobs. While they are already challenged in terms of survival, the lockdown was an add-on to their miseries. Neither were they able to earn to feed their families nor were they able to travel back home for survival, putting them in deep trouble. Seeing their grave situation, and other groups came forward to provide them with free food for survival. Among these groups, several people have disabilities. These people are the flag bearers of humanity.

#### **2. Online Yoga Workshop and International Yoga Day**

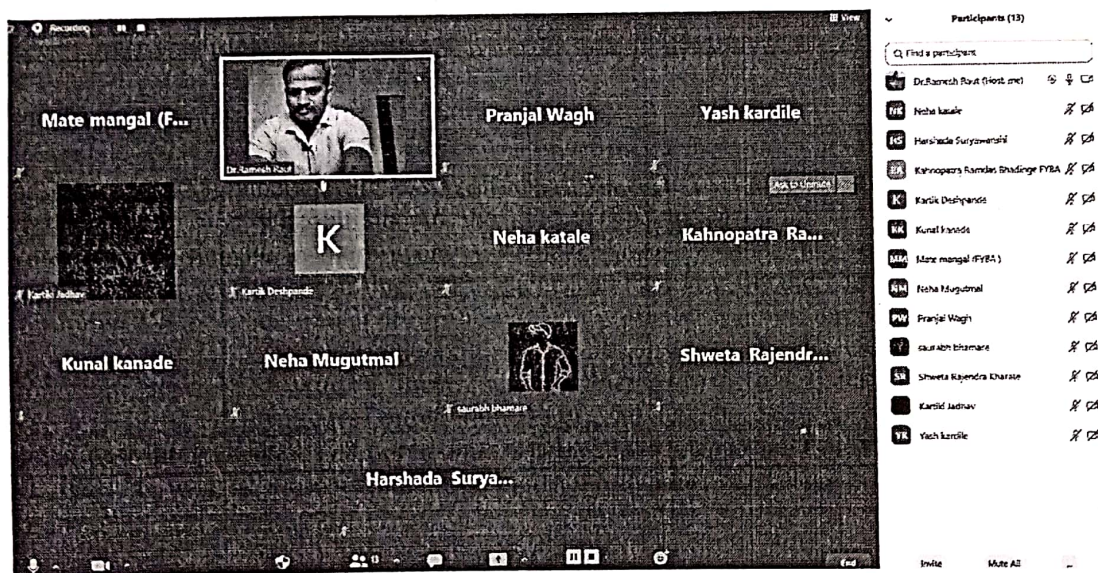
In order to combat the current Scenario of Covid-19, the department of NSS of CHME Society's Bhonsala Military College, Rambhoomi, Nasik organized Online Yoga Workshop on " 01st Sep to 05th Sep 2020 of 05 days this online workshop was started with a purposeful objectives. Our college also celebrated international yoga day every year on 21 June. In which a yoga trainer, Professor Nitin Aherrao Sir of Department of Physical Education highlighted the importance of Yoga in our day to day life .Everday the session was started with the Yoga prayers then they performed various Asanas like Vakrasana, Shalabhasana ,Naukasana, Shashankasana, Gomukhasana, om chanting ,Kapalbharti, Anulom –Velom, various general exercises. Contraindications and discussed about that how these asanas can help us to boost our immunity and made our mental power strong in current situation.After they gave us the instructions about the righteous way to perform various breathing Pranayama and meditations which provides us the relaxedness. All the participants shows their full interests including all the staff members as well as students



and ultimately participants created some kind of concern about Yoga in their life. In order to keeping out healthy and fit during the Pandemic situation by way of such yoga workshop creating sort of confidence that means lot to any institution for its course of work.

### 3. Vigilance Awareness week

Observance of Vigilance Awareness Week every year is a part of multi-pronged approach of the Commission wherein one of the strategies is to encourage all stakeholders to collectively participate in the preventive vigilance measures and fight against corruption, raise public awareness regarding the existence and gravity of and the threat posed by corruption. As per the circular from the university grants Commission, CHME Society's Bhonsala Military College, Rambhoomi, Nasik has observed Vigilance Awareness Week from 23rd Sept. 2020 with the theme (Vigilant India, Prosperous India). Department of NSS organized an awareness programme. For making successfully CHME Society's Bhonsala Military College, Rambhoomi, Nasik Under Department of NSS disseminated by social as well as word of mouth publicity throughout the college for this awareness campaign.



### 4. Covid –Vaccine Awareness Programme

As India gears up for its covid-19 vaccination drive across the country, the government wants students and faculty members to dispel misinformation against the Covid vaccine, and provide basic information about the vaccination plan. In a circular sent to all higher education institutions, the University Grants Commission (UGC) asked colleges and universities to help the government in raising funds. Accordingly, guidelines and instructions framed for conducting awareness programme on Covid –Vaccine Awareness Programme. Given the high proportion of hesitancy being driven by those choosing to

*[Handwritten Signature]*  
**PROGRAMME OFFICER**  
 NSS  
 Bhonsala



“wait and see” if the vaccine was safe, this campaign sought to counter this position with fact-based messaging highlighting the urgency of vaccination using messages like, “Every day you wait to get vaccinated is another day that you could be spreading COVID-19 in your family and community.” This campaign aimed to reassure people, despite the perceived rush to develop and distribute vaccines that the time for them to be vaccinated is now. With an initiative undertaken by the NSS cell of our college visited door to door and provided need of our guidance regarding vaccine is safe and must for preventing Corona pandemic. Our NSS cell and Programme officers tend to people who lived surrounded of college. At that time, about covid vaccine state of anxiety was high and its implications on the people were too much afraid for inoculation. By way of imparting knowledge and information then which somewhere turned out to be dire need.

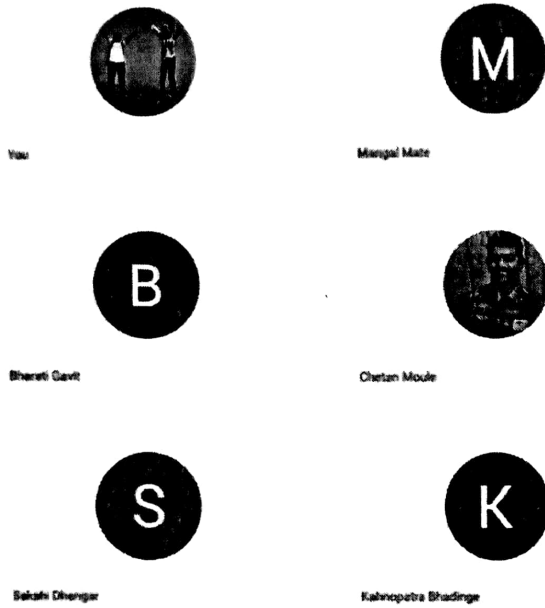
### 5. Pulse Polio Awareness Programme

To eliminate polio completely, every child in every household must be vaccinated. But thousands of children are still missing out on the polio vaccine. In addition to interruptions of vaccination campaigns and immunization activities by the COVID-19 pandemic, many of these children live in remote, fragile and conflict affected areas, which make reaching them with vaccines even more difficult.

The sudden outbreak of the Corona virus Pandemic sent the whole world into a whirlwind. Countries got a high amount of COVID-19 infections and many people died. Keeping this in mind, the Government of India announced a nationwide lockdown. In this campaign our NSS cell conducted one visit to college surrounding society wherein rate of pulse polio vaccination is very low than urban dwellers of the society. Because, this class of people having tremendous lack of knowledge and awareness. Hence, there must be sort of information regarding pulse polio vaccination.

### 6. Legal Rights of Women and its Awareness

In our Indian constitution every single aspect related to rights, duties, obligations and role have been enshrined. In such a manner, about women legal rights and their duties especially enlighten. Women's rights under the Constitution of India mainly include equality, dignity, and freedom from discrimination; additionally, India has various statutes governing the rights of women. Violence against women, especially sexual violence, is a serious concern in India. The United Nations adopted the universal declaration of Human Rights on 10 December 1948 which proclaims that all human beings are born free and have equal right to dignity Whereas, Gender equality means a society in where in both women and men enjoy the same opportunities, rights and obligations in different spheres of life. Equality in decision making, economic and social freedom, equal access to education and right to practice an occupation of one's choice. In order to promote gender equality we need to the empowerment of women, and concentrate on areas which are most crucial to her well being. In wake of pandemic, in respect to guidelines of lockdown/unlock down. In accordance with university direction about conducting teaching activity online. On 28th July 2020 under the Students Welfare Department of our college organized awareness programme on the issue of Legal Rights of Women and its Awareness.



- 21 (21)
- Add people
- IN CALL
- Ramesh Raut (You)
  - Aachal Dahat
  - Bharati Gavli
  - Cadet Harshal Thapekar
  - Chetan Moule
  - deepak gaykar
  - Genesh Nikam
  - Kalinopatra Bhadinge
  - Kartik Dashpande
  - Kunal Kanade
  - Mangal Mate
  - Neha Kotale
  - Omkar Ufale
  - RAHUL Mali
  - Rutuja Thorave
  - Sakshi Dhangar
  - Saurabh Bhambare
  - Shantanu Katala
  - Suraj Waghmare
  - Valishnavi Meger
  - Yash Kardile

**PROGRAMME OFFICER**  
 National ... (D 15)  
 Bhonsale ...