

## Swachata Abhiyan

Name of the event: Swachata Abhiyan of Historical Place (Nizam's Gaddi)

Date: 8<sup>th</sup> August 2022

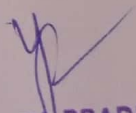
Place: Navkhanda Palace.

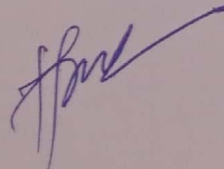
### Aim:

- To make NSS Volunteers awake about the cleanliness of our surrounding and also of historical places around us.
- Aware NSS volunteers and students to conserve the historical places for our future generations.
- To inculcate good character by keeping body, mind, and soul clean and peaceful.
- To make NSS volunteers and students aware about the goal of. making India "Open - Defection free".

### Objective:

- To improve general quality of life in rural areas by promoting cleanliness and hygiene and emitting open defection.
- To make NSS volunteers understand cleaning the environment is the key to the existence and survival of life on Earth.
- Clean environment in Schools, Colleges contribute to a healthy environment for the students to learn.
- To encourage students to grow in a motively and nurturing atmosphere.
- To make NSS volunteers aware to stop the use and dumping of plastic.

  
**DR. VIDYA PRADHAN**  
N.S.S officer  
Dr. Rafiq Zakaria College  
for Women, Aurangabad



**Swachata Abhiyan:**  
**Cleaning of Nizam's Gaddi**



**NSS Volunteers: Cleaning the Historical Place**



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## Mass Singing of National Anthem

Name of the event: Mass Singing of National Anthem

Date: 9 August 2023.

Place: Garware Stadium, Garkheda, Aurangabad.

### Aim:

- To make students aware about the anthem, highlights India's national heritage and demonstrates patriotism and loyalty to one's country.
- To aware them about the national anthem is a symbol of strength and unity in our country. It evokes the feeling of solidarity and patriotism among the members of the country, and it represents the nation's character and identity.
- To uphold and protect the sovereignty, unity and integrity of India.


### Objective:

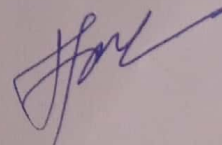
- To celebrate the 75 years of India's independence, the government of Maharashtra appealed to its people to raise for generational anthem.

### Report:

Hearing to the appeal of the Government of Maharashtra, Aurangabad, organised a mass rendering of the National Anthem by inviting students to the Garware stadium, Garkheda, Aurangabad on 9<sup>th</sup> August 2022 at 11:00. AM.

In coordination with Aurangabad Municipal Corporation, Aurangabad the management government officials, school Staffs and non-teaching staff sang the national anthem. When the state was at a standstill for a minute, the students render the national anthem with pride to celebrate the 75 years of independent

  
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NSS Volunteers at Rasullpura  
(Partriotic Feeling)



Staff of Z.P School, Rasullpura



*VP*  
**DR. VIDYA PRADHAN**  
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**Dr. Rafiq Zakaria College**  
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*for*

## Celebration of "Har Ghar Tiranga"

**Name of the event:** 1. Celebration of "Har Ghar Tiranga"

2. Rally

3. Tree Plantation

**Date:** 13 August 2022.

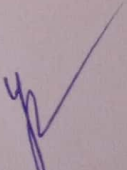
**Place:** Rasulpura, Tq. Khultabad.  
District – Aurangabad.

### Aim:

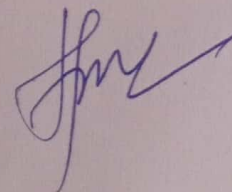
- To invoke the feeling of patriotism in the hearts of the students, villagers, NSS volunteers and teachers.
- To promote awareness about the National Flag.
- To make understand the students, villagers in keeping with honour and dignity of the flag.
- The Indian flag code to be explained to the NSS volunteers.
- To make aware the people about their fundamental rights to fly the national flag year around on their property.
- To Pay homage to freedom fighters as well as celebrate the long history of India.
- To encourage people to bring the Tiranga home and to hoist it to mark the 75<sup>th</sup> year of India's independence.
- Aims to promote patriotism among citizens.

### Objective:

- To make understand villagers, students and public to enhance awareness of our flag.

  
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Dr Maqdoom Farooqui Principal Addressing the Gathering



Har Ghar Tiranga Abhiyan



  
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## Celebration of Azadi Ka Amrit Mahotsav

Name of the event: Celebration of Azadi Ka Amrit Mahotsav.

Huge rally of Dr. R. Z. Campus-II.

Date: 13<sup>th</sup> August 2022.


Place: Dr. R. Z. Campus-II, Town Hall, Jubilee Park, back to college, Aurangabad.

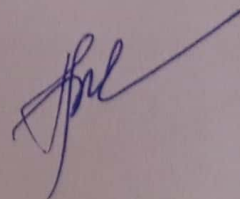
### Aim:

- To have Sabka Saath Sabka Vikas, Sabka Vishwas Sabka Prayas .
- To make students know the government initiative to commemorate the 75<sup>th</sup> or Diamond Jubilee year of Indian Independence Day.
- To remind citizens of the goal of Amritkal.
- To motivate students and public to work towards development of India.
- Aims to boost the Peoples Movement through collaborative campaigns and outreach across India and the world.
- To make NSS volunteers aware about the masses to fight for India's freedom with greater vigour and it ensures that Free India cares for the masses with greater compassion.

### Objective:

- To make students realise that Azadi ka Amrit Mahotsav is based on fine themes.i.e. freedom, ideas, resolve, actions and achievements.
- To aware the students about the theme of the 75<sup>th</sup> Independence Day is "Nation first, always first".
- To make students know that it is an honour to all those people who helped India to realise its potential and further strengthening the vision of India which is the Atmanirbhar Bharat.

  
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Azadi Ka Amrit Mohotsav Celebration: Dr Maqdoom Farooqui (Principal)  
participated in the rally.  
75 yrs of Independence



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Celebration of  
"Azadi Ka Amrit Mohotsav"



Dr Maqdoom Farooqui, Principal (Dr RZCW)  
Prof. Vidya Pradhan, Vice-Principal (Dr RZCW)  
Mrs. Taskeen, Principal (Model D.Ed. College)  
Mrs Surraya(H.M,) (Rose Academy for Toddlers)  
Mrs. Farhet Sultan, Vice-Principal Jr. (Dr RZCW)  
and students.

*y*  
**Dr. VIDYA PRADHAN**  
N.S.S. officer  
**Dr. Rafiq Zakaria College**  
for Women, Aurangabad

*me*

Celebration of  
"Azadi Ka Amrit Mohotsav"



Dr Magdoom Farooqui Sir Principal inaugurating the huge Rally of  
Dr. Rafiq Zakaria Campus-II

**Dr. VIDYA PRADHAN**  
N.S.S. officer  
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## **Celebration of Independence Day**

**Name of event:** Celebration of Independence Day  
(All Institutes of Dr. R.Z. Campus II)

**Date:** 15<sup>th</sup> Aug'2022

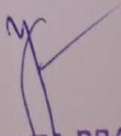
**Place:** Dr. R.Z. Campus II

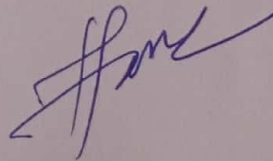
### **Aim:**

- To commemorate the freedom of country
- To remember and remind of the sacrifices our forefathers made to accomplish a critical mission – The Freedom of India.
- To promote Nationalism and Patriotism toward the Nation.
- To educate our small generations on the struggles and magnificent achievements of our freedom fighters.
- To pay homage to India's freedom movement and freedom fighters.
- To aware our young generation about the pride and courage of our brave freedom fighters and colonial rule.
- For awareness among youth is because the future of the Nation depends on the kids and the ability to change the country.

### **Objective:**

- It instils in children/youth/students the Nation that they can care for themselves, making them strong against obstacles.
- It enables children to become influential decision-makers as they take ownership of the one performance or activity they connect to performing on Independence Day.

  
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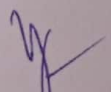


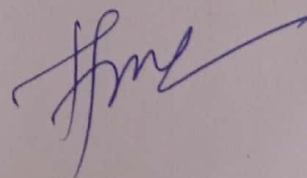
Celebration of  
"Azadi Ka Amrit Mohotsav"



Celebration of 75yrs of Independence



  
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**Dr. Rafiq Zakaria College**  
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## **“Nutrition and Healthy Eating Habits”**

**Name of the event:** Workshop on “Nutrition and Healthy Eating Habits”

**Date:** 21<sup>st</sup> September 2022.

**Resource Person:** Mrs. Maya Wanjare  
Asso. Prof (Dept. of Home Science)  
Govt. College of Arts and Science,  
Aurangabad.

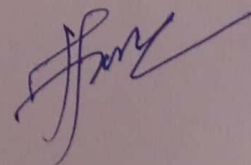
### **Aim:**

- To guide the participants through the essential steps of developing a healthy eating pattern that matches their good health, food preferences and lifestyle demands.
- To make student aware about what to eat and drink to meet nutrition needs, promote health and prevent disease.
- Help students to develop healthy habits and reduce the risk of various diseases.
- To preserve the nutrient value of food and utilize healthy fats, sufficient portions and whole food.

### **Objective:**

- Nutrition education provides students with correct information on the nutritional value of food, food quality and safety, methods of preservation, processing and handling.
- Helping students loose weight, maintain healthy weight and prevent chronic disease by improving dietary habits.
- Understand the importance of a well balanced diet, including the importance of fluids.

  
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Felicitation of Mrs Maya Wanjare (Resource Person) Dr Maqdoom Farooqui



Dr Maqdoom Farooqui (Principal) Interacting with NSS Volunteers



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## Celebration of NSS Foundation Day

Name of Event: 1) Celebration of NSS Foundation Day  
2) Flag Hoisting  
3) Rally  
4) Rangoli  
5) Swachata Abhiyan  
Date: 23<sup>rd</sup> Sept' 22  
Place: Dr. RZCW, A'bad

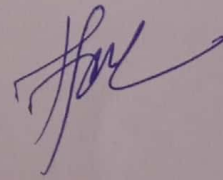
### Aim:

- To commemorate the tireless efforts of each volunteer toward the welfare of society.
- To make the volunteer understand themselves in relation to the community.
- To practice National Integration and Social Harmony.
- To develop among themselves a sense of social and civil responsibility.
- To gain skills in mobilizing community participation.
- Develop capacity to meet Emergencies and Natural Disaster.

### Objective:

- Developing the personality and character of the volunteer through voluntary community service. Education through service.
- To establish rapport with the people.
- To develop competence required for group living and sharing of responsibilities.

  
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Celebration of NSS Foundation Day  
NSS Motto: "Not Me but You"



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**DL VIDYA PRADHAN**  
N.S.S. officer  
**Dr. Rafiq Zakaria College**  
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Swachata Abhiyan:  
NSS Volunteers Involved in Cleaning



Cleaning of the Campus: NSS Volunteers



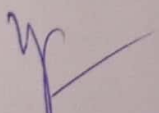
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**Dr. Rafiq Zakaria College**  
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### Celebration of Gandhi Jayanti: Pledge



### Mahatma Gandhi Jayanti Celebration



  
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N.S.S. officer  
**Dr. Rafiq Zakaria College**  
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## Celebration of Constitution Day

Name of Event: 1) Celebration of Constitution Day  
2) Reading of Preamble

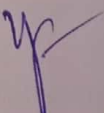
Date: 26<sup>th</sup> Nov' 22 Celebration of Constitution Day

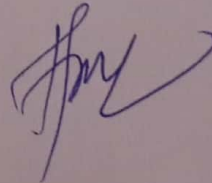
### Aim:

- To spread awareness on the importance of the Indian Constitution and to acknowledge the contribution of its architect Dr B.R. Ambedkar.
- To encourage the students/NSS volunteers to abide by the constitution.
- Motivate the volunteers to reaffirm their commitment to uphold the ideology laid down in the Indian Constitution.
- Celebrate to remember the day of adoption of the constitution of India.
- To spread awareness about the importance of the Constitution.

### Objective:

- To honour and remember the father of Constitution Dr B.R. Ambedkar and instil sense of patriotism in the students/volunteers.
- To inculcate the constitutional obligations among the students.
- To create awareness about our constitution, also to sensitize the students.

  
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Celebration of Constitution Day: Pledge given by Principal to all.



Reading and Pledge to NSS Volunteers: Dr. Maqdoom Farooqui (Principal)



**Dr. VIDYA PRADHAN**  
N.S.S. officer  
**Dr. Rafiq Zakaria College**  
for Women, Aurangabad

## **"Naamvistar Divas"**

Name of the event: Celebration of "Naamvistar Divas" and workshop on.  
"In memoriam Naamvistar".

Date: 14<sup>th</sup> January 2023.


Guest: Mr. Zahoor Shaikh (Management Council Member,  
Dr. B.A.M.U, Aurangabad.

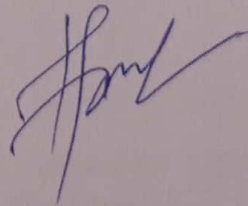
### **Aim:**

- To make aware the NS volunteers about the Dalit movement to change the name of Marathwada University in Aurangabad.
- Aimed to make students aware of the social movement.
- To aware student Naamvistar Din is success of Namantar movement.

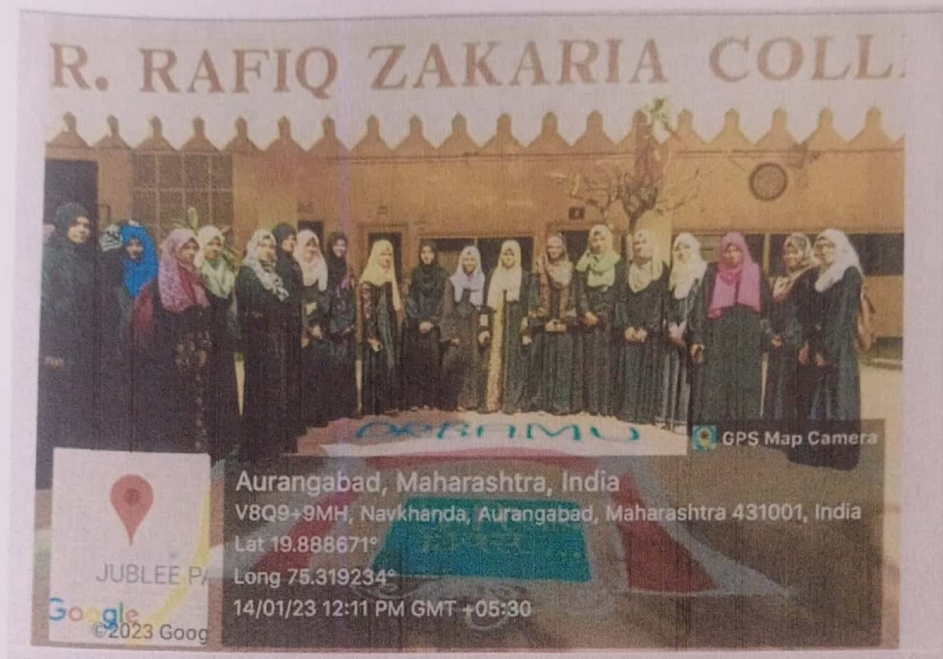
### **Objective:**

- To know the students that the university was renamed as Dr. Babasaheb Ambedkar Marathwada University to pay homage to the work done by Dr. Babasaheb Ambedkar for the education and development of Marathwada region.
- To make students know the progress and development of Dr. Babasaheb Ambedkar Marathwada University.

  
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Celebration of Namvistar Diwas: Rangoli by NSS Volunteers



Namvistar Diwas Celebration (Rangoli of Dr BAMU, A'bad)



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**Dr. Rafiq Zakaria College**  
for Women, Aurangabad

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## National Minority Day

Name of the event: National Minority Day.  
Date: 18 December 2022.  
Resource person: Dr. Makhdoom Farooqi (Principal)

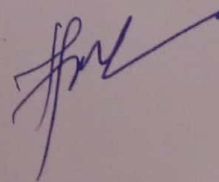
### Aim:

- Aims at promoting and protecting the rights of people of linguistic, religion, caste and ethnic minorities of India.
- Aims at upliftment of minorities.
- To protect the rights of minorities, contributing nation-building and ensuring the protection of minorities special language, race, religion, culture and heritage etc.
- To improve the conditions for raising and disseminating awareness about national, linguistic, religion and cultural identities.
- To aware people of their minority rights and also to aware them of the Government's Minority plans.

### Objective:

- To highlight the need to eliminate all severe form of discrimination towards different communities of minorities.
- To make student aware about the various aspects of articles and laws for minorities.
- To uphold the right to freedom and equal opportunities for the ethnic minorities in India.
- Create awareness about the respect and dignity of the minorities.
- To uplift all the minority sections of the society and back them to voice their opinions.

  
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### NSS (Special Camp) 2022-23

Our NSS unit organised the NSS Special Camp from 23<sup>rd</sup> Jan'2022 to 29<sup>th</sup> Jan'2022.

**On 22<sup>nd</sup> Jan'2023,**

Our NSS Unit organised the Orientation Programme and NSS programme officer Prof. Vidya Pradhan has discussed all the activities which are to be carried out throughout the 7 days of Special Camp. Work was allotted to the Volunteers Day side and session wise.

The NSS Camp was inaugurated on 23<sup>rd</sup> Jan'2023 at 11.30 am by the auspicious hands of Mr. Anirban Ghosh, Executive Director and State Head MSO, Indian Oil, Govt. of Maharashtra. The State has started with our college the "Suraksha Samruddhi Abhiyan", Dr. Maqdoom Farooqui Sir felicitated Mr. Ghosh.

**On 23<sup>rd</sup> Jan'2023,**

The programme on awareness of cooking gas safety and use was given demo by the officials of the Indian Oil. Students were asked to question whatever doubts. They have and practical demo was given to the students.

In the afternoon session the lecture on "Thalassemia Awareness" was organised and Dr. Mahindra Singh Chavan, Director Satya Sai Blood Bank, A'bad was invited. He explained about the blood group testing, blood plasma, blood platelets and circulation of blood.

The group play on "Social Awareness" i.e., Dowry, Beti Padhao, Beti Bachao, Environment Awareness, Water Conservation, Tree Plantation was given by the volunteers. Every concept and street play were given demo.


**On 24<sup>th</sup> Jan'2023,**

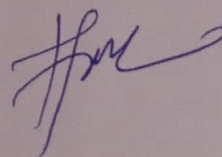
Lecture on, "Social Awareness: Early Marriage" was organised and Mrs. Geeta Ambhore, Mahila Bal-Vikas, was invited.

The day was also celebrated as "National Girl Child Day". All the Volunteers were facilitated to hear that they are women.

In the afternoon session, on 24 Jan'2023, Dr. Amol Pandav, Health Consultant was invited.

A lecture on "Health Care and Fitness" was organised and Mr. Zabee Patel, Consultant, Chest Physician, Pannasia Hospital, A'bad gave lecture on B.P, Blood Sugar and Thyroid to the students.

  
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On 25<sup>th</sup> Jan'2023,

Cancer Awareness was organised and Dr. Anuradha Shewale, MD (Gynaecologist) Shewale Hospital, A'bad. was invited to deliver talk on Breast Cancer and Cervical Cancer. She also explained about Mammography and Pap Smear Test.

In the next session "National Voters Day" celebration was done.

In the afternoon session, Mrs. Bansal, Asst. Prof. Dept. of Sports, Dr. BAMU, A'bad was invited to talk on "Blissful Yoga for Physical, Mental and Spiritual Health". Various Asanas was given demo and every volunteer whole heartedly participated in the event.

Rangoli competition was organised on social theme, freedom fighter and women empowerment. It was a very enriching experience for the volunteers.

On 26<sup>th</sup> Jan'2023,

The celebration of Republic Day was organised by the all Institutions of Dr. Rafiq Zakaria Campus-II. A grand celebration was witnessed by the students and parents. Tree plantation was done on this occasion. Cultural programme and Flag Hoisting was also organised. Patriotic songs were sung and we all enjoyed the day.

In the next session, poster awareness programme was organised at "Bibi ka Maqbara", keeping in mind that near about 5000-6000 people would visit it as it was free on that day.

Our NSS volunteers prepared posters on "Say No to Plastic", Environment Conservation, Tree Plantation, Energy Conservation, Water Conservation, "Beti Padhao Beti Bachao" and many more social issues. The volunteers gave slogans and created awareness about all the social issues. It was a very enriching experience for all of us.

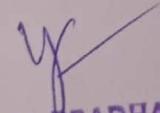
In afternoon session we had lunch and then we returned back and the Swachata of Campus and cleaning of Masjid was done by the volunteers.

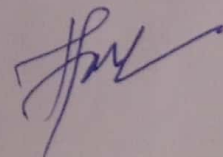
On 27<sup>th</sup> Jan'23,

We have organised the lecture of Mr. Nikalje. D.S, Project Co-ordinator, Jal Jeevan Mission, Z.P, A' bad was invited to talk on "Jal Shakti Abhiyan" and "Jal Par Charcha" was organised.

Mr. Nikalje has given demo on, "Water quality assessment and how to test Drinking Water?". The volunteers actively participated in the event.

The next session "Women Entrepreneur", "Home Jewellery Making" was organised and Mrs. Khan Anjum, Jan Shiksha Sanstha, A'bad was invited. She

  
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**Dr. Rafiq Zakaria College**  
for Women, Aurangabad



gave hands on training to the volunteers on jewellery making, so that students learn and earn the livelihood for self-employment.

In the afternoon session, Prof. Anil Palve, Director, Shreyas Institute of Management, A'bad was invited to talk on Career Opportunities for girls and also on preparation for M.P.S.C and U.P.S.C exams.

Students were enlightened by the talk and raised many questions on U.P.S.C (selection criteria).

In the next session, Mr. Irfan Pathan, Social Worker, Aditya Birla Education Trust, A'bad was invited to interact on "Mental Health Awareness". He guided the students on "Post Covid and Mental Health".

**On 28<sup>th</sup> Jan'23,**

lecture on "Women Empowerment: Value Education" was organised and Mrs. Mubshera Firdous, Vice-Principal, Iqra Junior College, A'bad was invited to guide our volunteers about the awareness of girl's behaviour in the society. It was a very interesting and knowledgeable lecture.

In the next session, "**Tobacco Addiction Awareness and Exhibition**" was organised and Dr. Amol Kakde, Director, Consultant, National Tobacco Control Programme, District Hospital, A'bad was invited. He talked on oral cancer, causes, symptoms, treatment and preventive measures. Slide Show was directly shown to the volunteers of the actually person suffering from oral cancer. He requested volunteers to make aware about the relatives, father, brother, etc. about the causes of oral cancer.

In the afternoon session, a lecture on "Self-Employment" was organised and Ms. Mariam, Unique Training Centre, A'bad was invited. She gave hands on training to the students on techniques of facial, threading, beauty therapies, and beauty parlour business. This was a very interesting and admirable moment for our volunteer as it was interesting for them.

It was followed by "**Self-Grooming**" and "**Personality Development**". Ms. Ayesha was invited and she talked on "Personal Grooming", types of self-grooming, psychology of grooming and personality development.

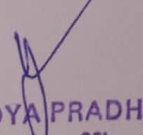
It was a very interesting session as it was hands on training session and many volunteers were interested in it.

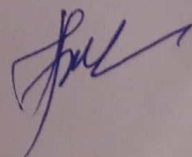
**On 29<sup>th</sup> Jan'23,**

"Herbal Beauty and Natural Cosmetic" session was organised.

In the afternoon, Blood group testing of NSS volunteers was done.

They were very keen about what is their blood group and even the procedure was given to them.

  
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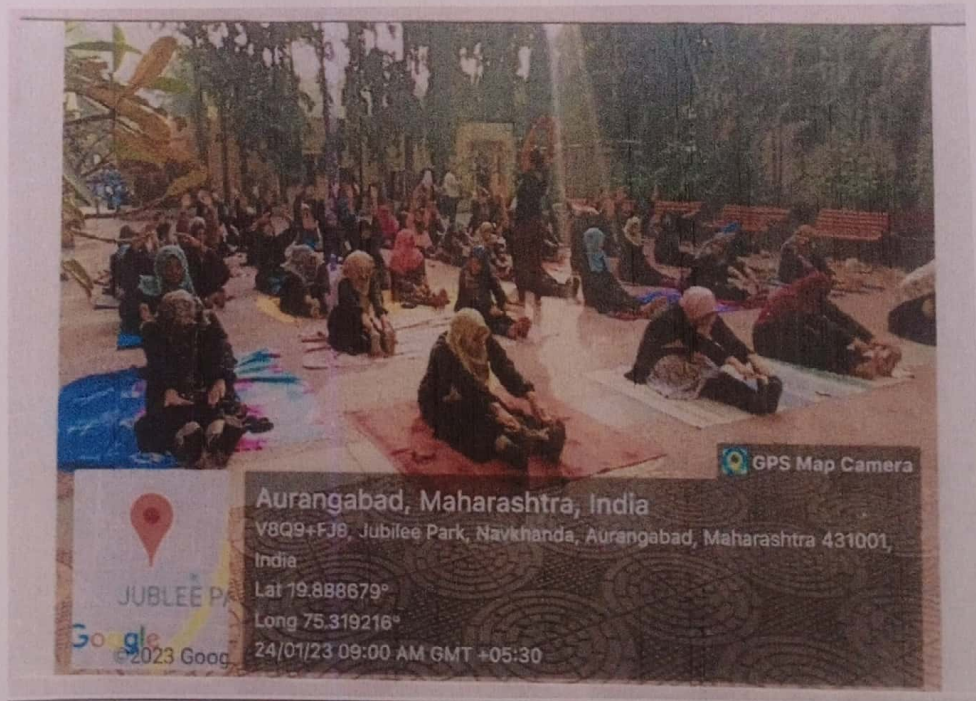




### Yoga training – Special Camp



### Yoga Training



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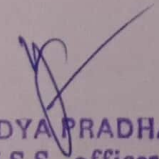
**PRINCIPAL**  
Rafiq Zakaria College For Women  
Navkhanda, Jubilee Park  
AURANGABAD. (M.S.)

**Suraksha Se Samrudhi:-**  
**Dr Maqdoom Farooqui Principal Felicitating Mr Anirban Ghosh on the**  
**Occasion**



**Felicitation of Team of Indian Oil on the occasion of Demo**



  
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## Suraksha Se Samruddhi



## Practical Demo on: Safety of LPG Gas Cylinder



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### Thalassemia Awareness: Ms Iram Reciting Math



### Dr Mahindra Singh Chauhan (Thalassemia Awareness)



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## Social Awareness

Name of event: Early Child Marriage

Date: 24<sup>th</sup> Jan'23

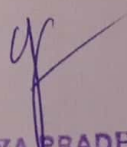
Resource Person: Mrs. Geeta Ambhore, Counsellor,  
Mahila Bal Vikas, Govt. of Maharashtra,  
Aurangabad.

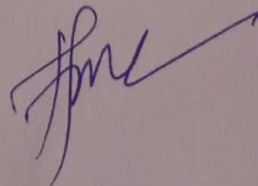
### Aim:

- Strengthening community-based child protection system, including NSS volunteer, students, to prevent child marriage.
- Awareness to help create an environment conducive to social change where girl's education is valued and recognised as an imperative.
- Raise awareness on child marriages and promote gender equality.
- To empower adolescent girl by improving their nutritional and health stating and upgrading various skills, home skills, life skills, and vocational skills.
- To promote sensitization and awareness on the girl child.

### Objective:

- To ensure the strict implementation of law.
- To ensure participation of the children and women and ensure their empowerment through giving them free education to the age of 18.
- To provide safety to children against sexual exploitation.

  
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Early Child Marriage: -  
Mrs Geeta Ambhore delivering Talk



Mrs Geeta Ambhore: “Early Child Marriage”



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## **Advance Pain Management**

**Name of event:** Advance Pain Management.

**Date:** 24<sup>th</sup> Jan' 23

**Resource Person:** Dr Amol Pandav, Health Consultant,  
Pain Panasia Hospital, Aurangabad.

### **Aim:**

- To aware NSS volunteer about distinguish between pain, pain threshold and pain tolerance.
- To know the symptoms of chronic pain.
- To aware about the indicator of pain.
- To teach them the types of pain.
- To make students aware about pain management.

### **Objective:**

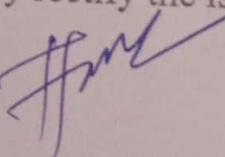
- To learn about the knee pain.
- To understand and know about the causes of knee pain.

### **Report:**

The NSS unit organised the lecture on "Advance Pain Management", Dr Amol Pandav, Health Consultant, Pain Panasia Hospital, Aurangabad, was invited to deliver a talk on "Knee Pain Management".

Dr Pandav in his lecture discussed that knee pain is common problem that varies from little injuries to medical complications. Knee pain can be highly localised or might be different. For acute knee injury rehabilitation therapies such as physiotherapy and other associated modalities may rectify the issues. He

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**Advance Pain Management**  
**NSS Volunteer reciting Math**



**Dr. Amol Kakde, Health Consultant, Pain Panasia Hospital: Knee Pain Management**



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N.S.S. officer  
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## Heart Care Fitness

Name of event: Heart Care Fitness

Date: 24<sup>th</sup> Jan' 23

Resource Person: Mr. Zabee Patel, Consultant,  
Chest Physician, MBBS,  
Mumbai.

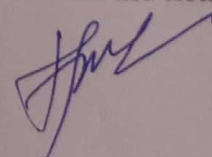
### Aim:

- To aware the volunteers about the cardiovascular health and certain lifestyle habits.
- To raise awareness about the heart diseases and its preventive measure to manage the cardiovascular diseases.
- To raise awareness about the sign and symptoms of cardiovascular diseases to avoid further complications.
- To encourage people/students to inculcate healthy lifestyle to prevent and control any heart related ailments.
- Raise awareness, increase screening and prevent and control high blood cholesterol.
- Increase awareness about the signs and symptoms of heart attack and strokes.

### Objective:

- Raise awareness of the symptoms of valve diseases in order to serve lives and improve quality of life.
- To understand the structure of heart.
- To understand the relationship between cardiac output, stroke volume and heart rate.
- To understand the short and long-term effects of exercise on the heart.

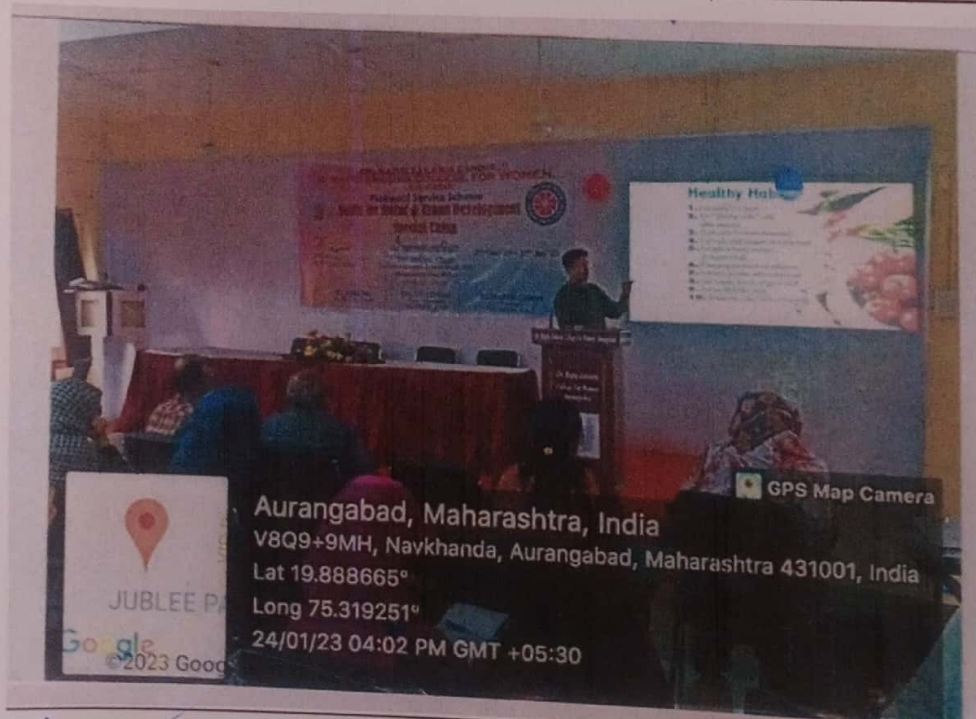
  
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**Heart Care and Fitness Awareness: -**  
**Mr Zubeer Patel, Consultant, Chest Physician, MBBS, Mumbai, Delivering**  
**Lecture.**



**Dr. Zubeer Patel: Healthy Eating Habits for Good Quality and Strong Life**



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## Mental Health Awareness

Name of the event: Mental Health Awareness

Date: 27<sup>th</sup> Jan' 23

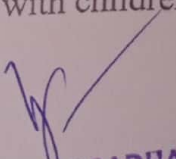
Resource person: Mr. Irfan Pathan, Social Worker,  
Aditya Birla Education  
Trust, Aurangabad

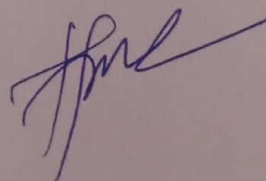
### Aim:

- To raise awareness about the mental health continuation, reduce stigma associated with mental illness.
- To promote help seeking behaviours and emotional wellbeing practices.
- To create self-efficiency.
- To study the six key areas of mental health.
- To help students develop the cognitive skills or processes to progress towards logical thinking.
- To enforce the volunteers of mental health knowledge in several health care & in social development.
- To make them know about the difference of mental health & mental illness.

### Objective:

- To understand what is meant by "mental health".
- Having an understanding of some of the most common mental health problems.
- Understand ways in which students can manage their individual mental health to make everyday living easier.
- Understand the common mental health problems or disorders associated with children and youth.

  
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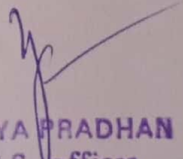
Prof. Vidya Pradhan and Dr. Megha Rai (National Voters Day Celebration)

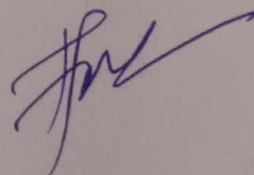


Mental Health Awareness

Dr Maqdoom Farooqui (Principal) felicitated Mr. Irfan Pathan (Social Worker)



  
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# Blissful Yoga for Physical, Mental and Spiritual Health

Name of the event: Blissful Yoga for Physical, Mental and Spiritual Health.

Date: 25<sup>th</sup> Jan' 23

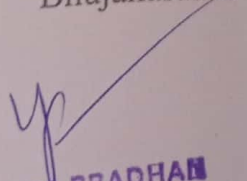
Resource Person: Mrs Banswal, Asst. Prof.,  
Dept. of Physical Education, Dr B.A.M.U., A'bad.

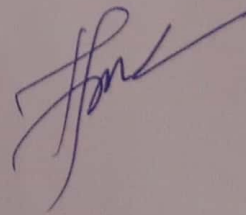
## Aim:

- To enable the volunteers to have good health.
- To practice Mental Hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- To make students aware that Yoga is, "Self-Identification and Self-Perfection which forms through Self-Purification and Self-Realization".
- Yoga is Self-Realization i.e., Moksha, Kaivalya or Nirvana. This is state, free from miseries and suffering of life.
- To enable the volunteers that Yoga offers the goal of life and means to reach it.

## Objective:

- Integrating the body, mind and thoughts so as to work for good ends.
- To learn Yoga techniques.
- To provide concentration, peace of mind and sense of morality through Asanas, Pranayama and Meditation.
- To study Vajrasana, Sarvangasana, Mayurasana, Chakrasana, Bhujanasana.

  
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N.S.S. officer  
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Blissful Yoga for Physical, Mental and Spiritual Health:  
Mrs Banswal, Asst. Prof. Dept. of Sports, Dr. BAMU, A'bad



Mrs Banswal teaching various steps of Yoga to NSS Volunteers



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N.S.S. officer  
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## Republic Day Celebration

Name of event: Celebration of Republic Day.

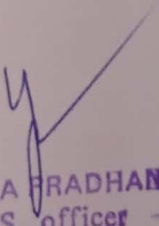
Date: 26<sup>th</sup> Jan' 23.

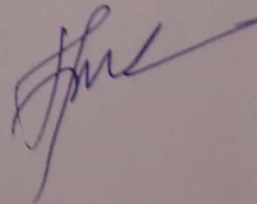
### Aim:

- To create awareness in small kids about the Republic Day celebration.
- To develop the right spirit of Independent and Individual India.
- To let students of Rose Academy for Toddlers and Model School event promotes India's diverse culture and also colonize to the martyrs who has sacrificed their lives for the freedom of the Country.
- To make volunteers know about the governing principles of the Indian Constitution.
- To make students aware about the difference between Independence Day and Republic Day.

### Objective:

- To create awareness regarding the significance of celebrating the Republic Day.

  
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Celebration of Republic Day  
Dr. Maqdoom Farooqui Addressing the Gathering



Principal of all Institutes of Dr. R.Z Campus-II



*[Signature]*  
**DR. VIDYA PRADHAN**  
N.S.S. officer  
Dr. Rafiq Zakaria College  
for Women, Aurangabad

*[Signature]*

## Social Awareness

Name of event: Poster Exhibition on Social Issues at Bibi ka Maqbara, A'bad.

- Say No to Plastic.
- Beti Bachao Beti Padhao.
- Environment Awareness.
- Water Awareness.
- Tree Plantation.

Date: 26<sup>th</sup> Jan' 23.

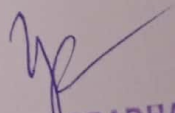
Place: Bibi ka Maqbara, Aurangabad.

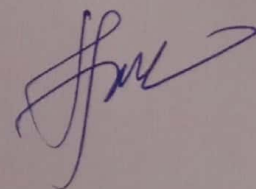
### Aim:

- To raise awareness so they can be used to draw an audience and encourage them to talk to you or take part in demonstration.
- To achieve long term lasting behavioural changes.
- To create a sense of community and engagement.
- Raising awareness, persuasion, mobilization, fund raising.
- To grab the attention of public and help them focus on the various issues.
- Public awareness understanding about the importance and implication of certain programme.

### Objective:

- To inculcate social values among the volunteers by organizing different extra-co-curricular activities.
- To produce platform for the students to work together ingroups and to get opportunity to develop social and moral skills

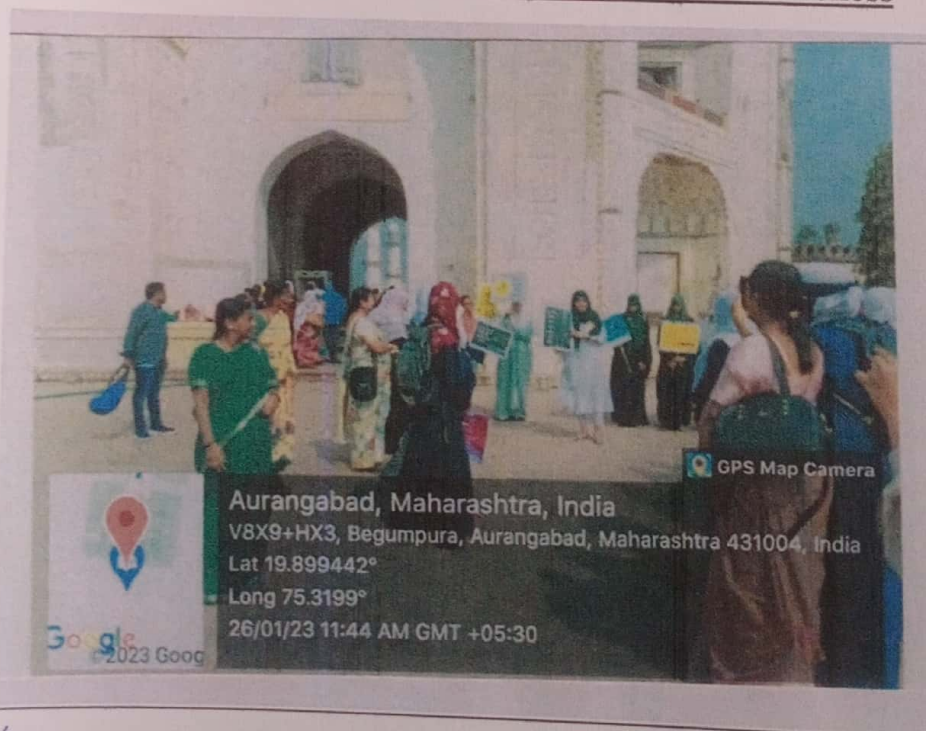
  
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N.S.S. officer  
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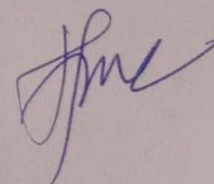
Prof. Vidya Pradhan, Dr Megha Rai and NSS Volunteer: Poster Exhibition  
at Maqbara



NSS Volunteers Presenting Poster's on Social Awareness



  
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## **Jal Shakti Abhiyan**

**Name of event:** Jal Shakti Abhiyan (Jal Pe Charcha)

**Date:** 27<sup>th</sup> Jan' 23.

**Resource Person:** Mr Nikalje .D.S., Project Co-ordinator,  
Jal Jeenvan Mission, Zilla Parishad, A'bad

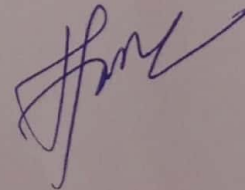
### **Aim:**

- To manage and conserve rainwater and recharge the aquifers in the country.
- To provide fresh and clean drinking water.
- Promotion of students/citizens for water conservation, augmentation and preservation.
- To aware the citizens to accelerate water harvesting conservation,
- To enable the volunteers to create awareness on afforestation.

### **Report:**

Dr Nikalje in his lecture said that, "Catch the Rain, where it falls, when it falls". The theme was "Source sustainability for drinking water". Mr Ram Nath Kovind, has launched the Jal Shakti Abhiyan.

  
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Dr. Nikalje: Jal Pe Charcha:  
Demo on Water Quality Testing



Mr Nikalje: Delivering Talk on Water Harvesting



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Dr. Rafiq Zakaria College  
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## Women Empowerment: Through Value education

Name of the event: Women Empowerment

Date: 28<sup>th</sup> June 23

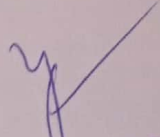
Resource person: Mrs Mubshera Firdous, Vice-Principal,  
Iqra Junior College Aurangabad

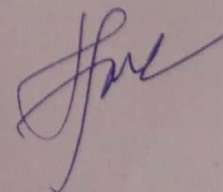
### Aim:

- To enable volunteers to become self-confident, self-conscious and occupies.
- Self-dignity through education to make them understand about their rights in different fields and skills to do different jobs and thus contribute directly to the society.
- To develop leadership abilities through education and improve the quality-of-life styles through development of capacity
- To develop and improve the health and hygiene quality of the family

### Objective:

- Training the volunteers to face the outer world with the right attitude and values.
- To promote respect and understanding for diversity beyond safety cultural, religious and ethics differences.
- To make a positive contribution to society through good living Trust.
- Emphasis on helping students develop their personalities so that they can shape their future and deal with challenges with rare.
- To instill a nerve of Patriotism and good citizen values.

  
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Value Education  
Mrs Firdous felicitated by Dr Kauser



Women and Islam: Mrs Firdous delivering talk



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Dr. Rafiq Zakaria College  
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## Valedictory program

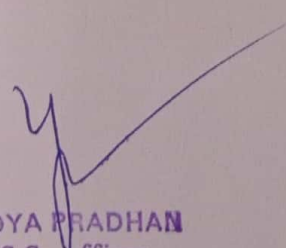
On the 7<sup>th</sup> day of NSS special camp we have organized the valedictory program.

Mr. Jaleel Shaikh, Asst. commissioner social welfare, Aurangabad region was invited as a chief guest. In his speech he said that NSS helps the volunteers to form individually and also as a group. It makes the students confident, develop leadership skills & gain knowledge about different people from different work of life. Special camp forms an integral part of NSS. It provides unique opportunities to the student for group living, collective experience sharing and constant interaction with community. The sole aim of the NSS is to provide hands on experience to young students in delivering community service. The NSS is a concrete attempt in making education relevant to the needs of society.

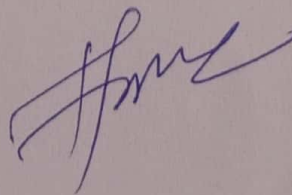
Special camping forms an integral part of NSS. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community.

Our principal Dr. Maqdoom Farooqui gave presidential address said that encouraging the volunteer youth to work long with the adult in the rural areas there by developing their character, social consciousness and commitment discipline and health & helpful attitudes towards the community.

He wished the volunteers "Best of luck" for future endeavor.



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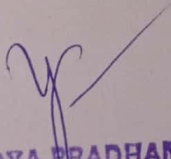


### Mr Shaikh Jaleel Valedictory Function of Camp



### Dr Maqdoom Farooqui (Principal): Addressing the Gathering



  
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N.S.S. Officer  
Dr. Rafiq Zakaria College  
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