

# SNDT Women's University

Shreemati Nathibai Damodar Thackersey Women's University



## NAAC – DVV CRITERION III SUPPORTING DOCUMENTS For

3.6.4- Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years

3.6.4.1. Total number of students participating in extension activities listed at 3.6.3 above year-wise during the last five years.

DVV Query 3.6.4- HEI to affix the attendance , report , newspaper clippings , certificates for DVV partner verification for the following outreach activities :Exhibition : TB prevention and diet (2016-17) ; Patanjali Yog Shivar Date: 19th July 2017 ; MARROW DONOR REGISTRY (2018-19) and DISASTER MANAGEMENT TRAINING (2019-20) for the metric 3.6.4

# Patanjali Yog Shivir



## **Patanjali Yog Shivir**

**Date:** 19<sup>th</sup> July 2017

**Abstract:** Yoga is a mental, physical and spiritual practice that should be carried out every day. It embodies the unity of mind and body and keeps us refreshed throughout the day.

On account of creating awareness and making people understand the importance of yoga, NSS UMIT conducted a short yoga session in support with the Patanjali organization. The program started with a special cause of tree plantation in the college garden by the students, teachers and the Patanjali team. The tree plantation was then preceded by yoga, which included active participation of large number of students. Different yoga postures like Vrikshasana, Bhadrasana, Pawasana and Muktasana were taught to the students along with meditation. The students also got various tips to live a happy and healthy life.

The yoga session was enjoyed a lot by each and every student. A heartfelt thanks to all the teachers and the Patanjali organization for such a peaceful and pleasant yoga session. The event was concluded with a thought that “Yoga is a light, which once lit, will never dim. The better your patience, the brighter the flame.”


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Students performing yoga



Students and teachers planting saplings

  
 Dr. Shikha Nema  
 Principal (Addl. Charge)

# MARROW DONOR REGISTRY



## MARROW DONOR REGISTRY

**Date:** January 11, 2019

**Abstract:** The MDR(I) is India's first NGO which maintains computerised database of voluntary - unrelated stem cell donors and facilitates blood Stem Cell transplants for patients with life-threatening blood diseases. At any time, all over the world, there are about 3,000 patients searching for a donor for a Stem Cell transplant. Less than 30% of those in need of a transplant will find a suitable donor within their family. Unfortunately India is lagging behind. We do not have such a functional registry. In order for the Indian registry to provide a reasonable chance of a successful match (to make unrelated donor transplants possible), MDR(I) has been established to cater to the requirements of our ethnic population across India and abroad.

In order to uplift our motto "NOT ME BUT YOU" NSS-UMIT in collaboration with the doctors of Tata Memorial Hospital spread awareness about the ailing and weakly people in our society who suffer from life threatening blood diseases and require stem cells. A Bone Marrow Registration Camp was also held in the college where more than 100 volunteers registered to help save lives.



The Registration

  
Dr. Shikha Nema  
Principal (Addl. Charge)

# DISASTER MANAGEMENT TRAINING



## **DISASTER MANAGEMENT TRAINING**

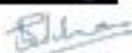
**Date:** September 14, 2019 & September 15, 2019

**Abstract:** NSS UMIT conducted a two days **disaster** management training in its premises, to spread awareness among the students and help them understand the skills needed, if any doomsday situation may hover upon.

The drill took place in the grounds, where a fake fire was initiated by the fire department. With instructions from the firemen to stay calm and cool headed in the situation, they demonstrated, how to escape any dangerous situation, without undergoing any kinds of casualties.

Along with teaching us life lessons on how to escape the situation, first aid and immediate yet effective solutions to casualty were also demonstrated. The medical team demonstrated these first aid techniques on volunteers and also emphasised on keeping our mind calm in and alert in any kind of situation. Overall, the event ended on a high note, with the volunteers and students learning some valuable life lessons.



  
Dr. Shikha Nema  
Principal (Addl. Charge)

