

MES COLLEGE OF ARTS AND COMMERCE, ZUARINAGAR-GOA

NCC Naval Wing

21/06/2021

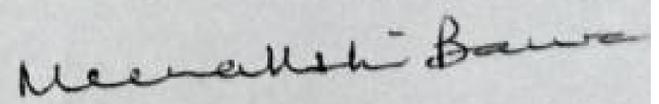
Report on International Yoga Day

The NCC cadets actively participated in International Yoga Day which was organised to spread awareness among the people about the benefits of practicing Yoga for good health and mind. The NCC Cadets spread the message of healthy lifestyle by taking an online pledge that everyone will be gentle towards one & will do Yoga for better health. The Cadets also made videos in which they demonstrated various Asanas for physical health, mental health & peace.

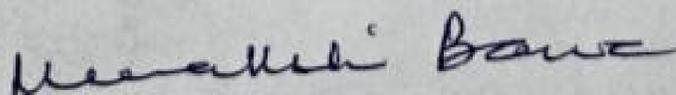
Through the videos they showed that Yoga is the best method to make the mind stress free and relaxed. The Cadets performed yoga Asanas with their family members on the theme 'Yoga from Home, Yoga with Family'. An online yoga quiz competition was also held which witnessed participation of the Cadets of all the units. A virtual yoga session on the topic 'Yoga for well being' was organised in which Mr. Venkatesh Malgimani, a renowned scholar of Yoga shared many tips to improve concentration & mental well being through Yoga Asanas. He spoke on the benefits of Yoga and taught 'Asanas' to improve concentration and mental health. The cadets performed various Asanas practically.



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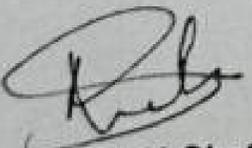


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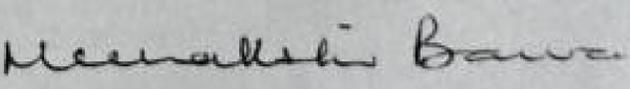
Date: 21/6/2020

List of Cadets Participated in the International Yoga day on 21st June 2020

Sr.No	Roll No	Name	Semester	Class	Div
1	A19133	Rachal Jadkar	IV	SYBA	B
2	A19119	Jaisiya Bankapur	IV	SYBA	B
3	A19238	Shamida Walikar	IV	SYBA	B
4	C19351	Sujeeta Bind	IV	SYBCom	D
5	C19355	Umadevi Pal	IV	SYBCom	A
6	C19320	Laxmi Jaiswar	IV	SYBCom	A
7	C19358	Varshadevi Upadhyay	IV	SYBCom	C
8	C19207	Avinash Rathod	IV	SYBCom	C
9	19012	Balaji B	IV	SYBCA	A
10	C20016	Mebin Verghese	II	B.Com	A
11	C20024	Neha Jaiswal	II	B.Com	A
12	C20038	Sanskriti Tiwari	II	B.Com	A
13	C20111	Jyoti Kanadiyar	II	B.Com	B
14	C20135	Ravindra Kumar Bind	II	B.Com	B
15	C20165	Rekha Makamani	II	B.Com	B
16	C20329	Rupesh Bhosle	II	B.Com	D
17	C20347	Ujjawal Bhatia	II	B.Com	D
18	C20320	Pooja Kattimani	II	B.Com	D
19	A20064	Vinaykumar Pal	II	B.Com	A
20	A20134	Rahul Jasawal	II	B.Com	B
21	A20140	Seema Bind	II	B.Com	B
22	A20164	Shyam Kumar Choudhari	II	B.Com	B
23	C18068	Rupa Majgi	V	TYBCom	A
24	C18127	Kavita Kandolakar	V	TYBCom	A
25	C18146	Vaishali Ralpat	V	TYBCom	B
26	C18521	Vishwanath Badigar	V	TYBCom	B
27	A18139	Simran Mujawar	V	TYBA	A
28	A18229	Nageeta Yadav	V	TYBA	A
29	A18237	Harish Mallhah	V	TYBA	A


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21st June 2020

MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA
NCC ARMY GIRLS WING REPORT
INTERNATIONAL YOGA DAY

International Yoga Day was celebrated on 21st June 2020. 30 cadets participated by doing Yogasanas at home and sending their photos / videos on the group.

Sr.no	Name of cadet	Class	Signature
1	Ashwini Rathod	SYBA	Ashwini
2	Sneha Yadav	SYBA	Sneha
3	Sangeeta Chavan	SYBA	Sangeeta
4	Sapna Mali	SYBA	Sapna
5	Savita Pujari	SYBA	Savita
6	Puja Naik	SYBCOM	Puja
7	Vaishnavi Hulginal	SYBA	Vaishnavi
8	Amina Khatun	SYBCOM	Amina
9	Bindiya Rathod	SYBCOM	Bindiya
10	Ruksana Shaikh	SYBA	Ruksana
11	Jyoti Rathod	SYBCOM	Jyoti
12	Priyanka Sunagar	SYBCOM	Priyanka
13	Pooja Singh	SYBCOM	Pooja
14	Pinky Saroj	SYBCOM	Pinky
15	Anshu Jaiswar	FYBCOM	Anshu
16	Preeti Naik	TYBCOM	Preeti
17	Shweta Yadav	TYBCOM	Shweta
18	Muskan Anchanal	TYBCOM	Muskan
19	Laxmi Behera	TYBCOM	Laxmi
20	Ratnamma Kara	TYBCOM	Ratnamma
21	Nitika	FYBCOM	Nitika
22	Sunita Shankal	TYBCOM	Sunita
23	Laxmi Manikyala	TYBCOM	Laxmi
24	Savitri Koti	FYBCOM	Savitri
25	Anushka Naik	TYBA	Anushka
26	Mahadevi Hireacurber	TYBA	Mahadevi
27	Laxmi Madar	TYBCOM	Laxmi
28	Maheshwari Maurya	TYBCOM	Maheshwari
29	Kusma Thapa	FYBCOM	Kusma
30	Asvita Mandrekar	TYBA	Asvita

Lt. Swati A. Shigaonker
Associate NCC Officer
Army Girls Wing



Meenakshi Bawa
Dr. Meenakshi Bawa
Officiating Principal

PRINCIPAL
Murgaoor Education Society's
COLLEGE OF ARTS & COMMERCE
ZUARINAGAR GOA

15th August 2020

MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA

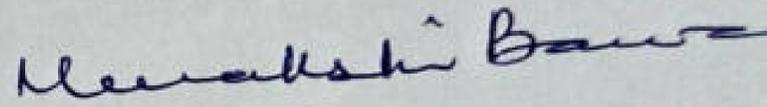
NCC ARMY GIRLS WING REPORT

INDEPENDENCE DAY 15TH AUGUST 2020

15th August 2020 was celebrated as Independence Day in the college. Principal Dr. Meenakshi Bawa, MES HSS Principal and Chief Guest Ms. Nelly Rodrigues, MES HSS Vice Principal Shri. Sudesh Prabhudesai were present on the occasion. None of the cadets were present due to Covid-19 Pandemic situation.



Lt. Swati A. Shigaonker
Associate NCC Officer
Army Girls Wing



Dr. Meenakshi Bawa
Officiating Principal

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19th December 2020

MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA

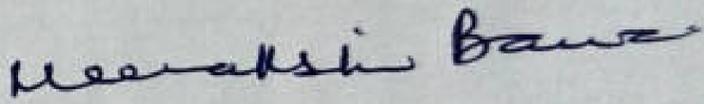
NCC ARMY GIRLS WING REPORT

GOA LIBERATION DAY 19TH DECEMBER 2020

19th December 2020 was celebrated as Independence Day in the college premises. Due to the ongoing COVID -19 pandemic only 8 cadets were called for the flag hoisting.

Sr. no	Name of Cadet	Class	Signature
1	Ratnamma Kara	TYBCOM	R. Kara
2	Maheshwari Maurya	TYBCOM	M. Maurya
3	Muskan Anchanal	TYBCOM	Muskan
4	Sweta Yadav	TYBCOM	Swetya
5	Sunita Shankal	TYBCOM	Sunita
6	Nitika	FYBCOM	Nitika
7	Ashwini Rathod	SYBA	Ashwini
8	Gayatri Jadye	SYBCOM	Gayatri


Lt. Swati A. Shigaonker
Associate NCC Officer
Army Girls Wing


Dr. Meenakshi Bawa
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26th January 2021

MES COLLEGE OF ARTS & COMMERCE, ZUARINAGAR GOA

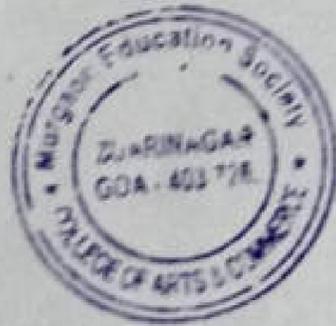
NCC ARMY GIRLS WING REPORT

REPUBLIC DAY 26th January 2021

List of cadets who participated in the Republic Day Celebrations on 26th January 2020

Sr. no	Name of Cadet	Class	Signature
1	Puja Naik	SYBCOM	
2	Ashwini Rathod	SYBA	
3	Sweta Yadav	TYBCOM	
4	Gayatri Jadye	SYBCOM	
5	Maheshwari Maurya	TYBCOM	
6	Laxmi Manikyala	TYBCOM	
7	Laxmi Behera	TYBCOM	
8	Sunita Shankal	TYBCOM	
9	Mahadevi Hireacurber	TYBA	
10	Muskan Anchanal	TYBCOM	
11	Anshu Jaiswar	FYBCOM	
12	Jyoti Rathod	SYBCOM	
13	Dhanashree Palekar	FYBA	
14	Anusha Chari	FYBCOM	
15	Shanelly Mergulhao	SYBCOM	
16	Vaishnavi Hulginal	SYBA	
17	Pooja Rathod	FYBA	

Lt. Swati A. Shigaonker
Associate NCC Officer
Army Girls Wing



Dr. Meenakshi Bawa
Officiating Principal
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MES College of Arts and Commerce, Zuarinagar-Goa
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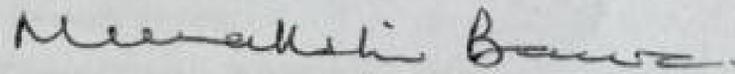
Date: 26/1/2021

List of Cadets Participated in the Republic Day Celebration on 26th January 2021

Sr.No	Roll No	Name	Semester	Class	Div
1	A19133	Rachal Jadkar	IV	SYBA	B
2	A19119	Jaisiya Bankapur	IV	SYBA	B
3	A19238	Shamida Walikar	IV	SYBA	B
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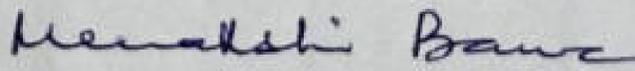

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NSS Consolidated Report 2020-21

MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Making and Distributing of Face Masks to fight Covid-19 pandemic



The NSS volunteers of MES College, Zuarinagar were involved in making face masks to fight covid-19 pandemic. A total of 2800 face masks were made by the NSS volunteers. These masks were distributed free of cost to the general public including neighbours, sanitary workers, migrant population and such needy people. The activity was an attempt to inculcate the sense of compassion towards the depressed sections of society, especially the people who were negatively affected due to the pandemic.

Meenakshi Bawa

Dr Meenakshi Bawa

(Officiating Principal)

Shri Dattaprasad Shirgurkar

Shri Dattaprasad Shirgurkar

(NSS PO In Charge)



Celebration of Independence Day (15th August 2020)

i. **Video recording:**



NSS Volunteers were made to record their videos and upload on social media platforms like Instagram, Facebook and WhatsApp on Independence Day. The videos were pertaining to the importance of Independence Day. A total of 42 volunteers participated in this activity. The activity was conducted with a vision to impart a sense of patriotism among the NSS volunteers.

ii. **Essay Competition:**

Essay Competition on topic 'Indian Independence success and failures' was conducted for NSS Volunteers. A total of 33 NSS volunteers participated in the Essay Competition. The competition created a critical approach of volunteers towards the nation, especially the way state agencies functioned to create socio-economic upliftment of population in India with a vision to develop an inclusive, integrated and democratic society based on principles like liberty, equality and justice.



iii. **Poster Competition:**

Poster Competition on Indian Independence was conducted to commemorate Independence Day. Students were allotted 'Importance of Independence' theme to prepare poster. A total of 51 NSS volunteers participated in the competition. The competition helped to imbibe the importance of democratic values among the students like liberty, equality and justice which were denied during the pre-independence era.

Meenakshi Bawa

Dr Meenakshi Bawa
(Officiating Principal)

[Signature]

Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

NSS Day Celebrations (24th Sept 2020)

i. **Essay Competition:**

To commemorate NSS Day an essay competition was conducted on 24th September 2021. NSS volunteers were given topic 'Role of Youth in Nation Building' for the essay competition. A total of 24 NSS volunteers participated in the competition. The competition aimed at creating the awareness among the NSS volunteers about the importance of nation building and also a sense of nationalism.

ii. **Poster Competition:**

A poster competition was conducted on NSS Day on 24th September 2021 on theme 'Role of Youth in Society'. A total of 42 NSS volunteers participated in the competition. The competition was organised to instil a sense of community feeling among youth and a social sense which could create an inclusive society based on cooperation, integration and diversity.

iii. **Slogan Competition:**

NSS volunteers were made to write slogans on the topic 'NSS & Youth' as part of Slogan Competition to commemorate NSS Day on 24th September 2021. A total of 37 NSS volunteers participated in the competition. Idea behind competition was to link student to NSS by blood and veins so that they become committed towards the community service and create a society based on the human values like sacrifice and brotherhood.


Dr Meenakshi Bawa
(Officiating Principal)


Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

National Unity Day: (31st October 2020)

i. Reading of unity pledge by staff members:



The staff members of M.E.S. College Zuarinagar including teaching and Non-teaching took an oath to ensure unity and integrity of India at 10 am in the premises of M.E.S. College. A total of 34 staff members were present for the oath taking ceremony. Oath was administered by Asst. Prof. Selton Gomes. National Unity Day is celebrated as the birthday of first Home Minister of India, Ironman Sardar Vallabh Bhai Patel, who played a pivotal role in integrating various princely states within the union of India and tried to make India a sovereign and democratic nation with territorial integrity. The pledge would imbibe a sense of patriotism, unity, integrity and brotherhood among the staff members.

ii. Reading of Unity pledge and uploading on social media platforms like Instagram, Facebook and WhatsApp:





A total of 92 NSS Volunteers took pledge on 31st Oct 2020 on Rashtriya Ekta Diwas at 10 am. The videos of same were shared with the NSS Program Officers for record. With this activity an awareness was created about the political history of India, especially with regard to integration of princely states in India which was done under the able leadership of Sardar Vallabh Bhai Patel, first Home Minister, popularly known as Iron Man of India. This activity would make a student patriot and develop loyalty and commitment towards the nation.

iii. Essay Competition on Integration of India:

An essay competition on topic 'Role of Sardar Vallabh Bhai Patel in Uniting India' was conducted for students. A total of 12 students participated in the same. The competition was aimed to create awareness about the remarkable work done by Sardar Patel, First Home Minister of India in integrating more than 560 princely states within the territory of India and making India a nation.


Dr Meenakshi Bawa
(Officiating Principal)


Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Instagram account of NSS Unit created

11/22 11:22 AM
nss_mes_goa



1
Posts

82
Followers

11
Following

NSS UNIT MES COLLEGE GOA
This is official account of the NSS unit of MES College
Zuarinagar Goa

Edit Profile

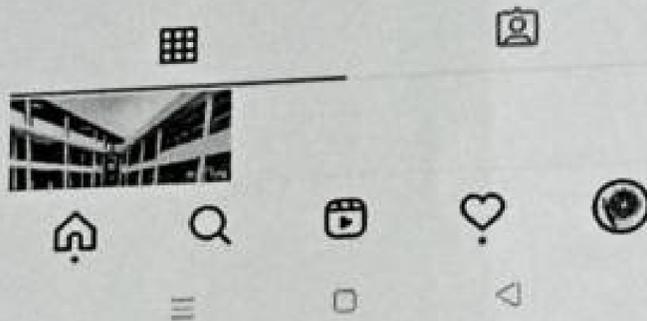
Discover People

See All



Find More People to
Follow

See All



As the NSS Unit cannot physically reach to students due to pandemic situation, it was decided to create Instagram Account of NSS, so that NSS Unit would constantly remain in touch with NSS volunteers in this era of virtual world. Maximum NSS activities are online, activities could be disseminated through Instagram.

Meenakshi Bawa

Dr Meenakshi Bawa
(Officiating Principal)

Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa
NSS UNIT

Celebration of Constitution Day: (26th November 2020)

1. Reading of preamble by staff members:



The NSS Unit of M.E.S College of Arts and Commerce, Zuarinagar observed 26 November 2020 as Constitution Day. Pledge was taken by principal and faculty to abide by responsibilities of citizen as given in Constitution of India. Fundamental rights of Indian constitution were also read by the Dept of Political Science. On this occasion there were many activities organised like preamble reading, poster making, essay writing, reading of fundamental duties. NSS program officer Mr. Satish Gangavati had organised Online poster making competition in which the volunteers were instructed to use the software such as



Canva, Photoshop, coral draw and come up with a poster based on theme "Constitution of India". A total of 11 Volunteer's had participated for this activity. Apart from this preamble reading was also carried in which the NSS Volunteers were tutored on preamble and were told to put that as their WhatsApp status to spread the awareness on constitution of India. A total of 20 volunteers have participated for reading preamble. Student and faculty participated enthusiastically during the activity which helped them to understand the importance of Constitution. Participants were encouraged to take similar activities on their own to spread knowledge about Constitution of India.

ii. **Reading of Preamble and uploading on social media platforms like Instagram, Facebook and WhatsApp:**



NSS unit of MES College of Arts and Commerce, Zuarinagar Goa organised reading the Preamble to the Constitution of India on occasion of 'Constitution Day' on 26/11/2020 by online mode through action videos uploading on whatsapp. Around 13 volunteers took part the pledge. The NSS volunteers participated in reading the Preamble to the Indian Constitution. This activity helped students to understand the constitutional and human values present in the Indian Constitution which attempts to make India a democratic and inclusive nation.



iii. **Dissemination of Public Messages on Fundamental Duties:**



NSS Unit of M.E.S College of Arts and Commerce Zuarinagar, celebrated Constitution Day on 26th November 2020 by organising various activities. One of the activities was, making a 30 second video of Fundamental Duties prescribed in the Indian Constitution.

In this activity, volunteers had to make a 30 seconds video explaining any one fundamental duty prescribed in the Indian Constitution. The rationale behind organising this activity was making students aware of their Fundamental Duties as citizens of India.

After making these videos, volunteers had to post these videos on social media platforms for creating awareness in the public. 16 volunteers from B.A. as well as B.Com participated in this activity. NSS Program Officer Ms. Madhuri Marathe coordinated this activity.

iv. **Poster making on Indian Constitution:**

NSS unit of MES College of Arts and Commerce, Zuarinagar Goa organised poster making competition on occasion of 'Constitution Day' on 26/11/2020 at 8.00 am to 3.00 pm by online mode through whatsapp. The students were told to upload the poster or send through mail. Around 33 volunteers took part for the competition. This competition was conducted for the NSS volunteers to enhance the knowledge



and information about Indian Constitution and to spread awareness by mobilizing the youth. Poster showcased the creativity of the students. The volunteers came up with very artistic and brilliant ideas. NSS volunteers sketched different pictures, message related to Indian Constitution in the posters or chart. The activity made the NSS volunteers to understand and revisit the Human Values and Democratic Values which are enshrined in Indian Constitution.

v. **Essay competition on making of Indian Constitution:**

On the occasion of celebration of Constitution Day on 26th November 2020 the NSS Unit of M.E.S. College organised essay competition on the topic "Making of Indian Constitution". The volunteers were asked to write an essay pertaining to the main theme of the competition.

The volunteers displayed their knowledge on Indian constitution in English as well as Hindi. Total of 43 volunteers participated in the Essay writing competition. The fundamental idea behind the competition was to understand the process of making Indian Constitution. Indian constitution has been a result of long history and struggle. Students learnt various human values like liberty, equality, justice, fraternity and democracy which are enshrined in Indian Constitution to create an inclusive and harmonious society.

vi. **E-poster competitor on Indian Constitution:**



NSS Unit conducted an E-Poster Competition for NSS Volunteers to commemorate Constitution Day. NSS Unit of M.E.S College of Arts and Commerce Zuarinagar, celebrated Constitution Day on 26th November 2020 by organising various activities. One of the activities was, making a E- Poster on Indian Constitution.

In this activity, volunteers had to design and distribute the e-poster and banners on social media on Indian Constitution. The motive behind organizing the above event was to make volunteers aware about the Indian Constitution.

After making the e-poster, volunteers had to post it on social media platforms for creating awareness in the public. 11 volunteers from B.A , B.Com as well as BCA participated in this activity. As the students are on social media its important to educate them in a manner, they absorb the idea. The competition would make



students to understand the glorious political, social and human values enshrined in Indian Constitution. Program Officer Ms. Sandhya Ghogale coordinated this activity.


Dr Meenakshi Bawa
(Officiating Principal)


Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Fit India program (November-December 2020)

- i. **Prabhat Feri:** NSS volunteers took a round in their locality for at least 2 kilometres as a part of Fit India Programme. While taking the round they collected waste from the area to ensure clean environment. The activity had a dual motive of keeping the environment clean and being physically and mentally fit.
- ii. **Uploading video while doing exercise:** Due to pandemic students could not go to gym and playground. Therefore, they had to do exercise at home. NSS Volunteers were asked to do exercise as a part of Fi India programme and upload the same as status on WhatsApp and Instagram. The activity would encourage other people in the society to remain physically fit and a healthy society would be created in the long run.

Meenakshi Bawa

Dr Meenakshi Bawa
(Officiating Principal)

Shri Dattaprasad Shirgurkar

Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



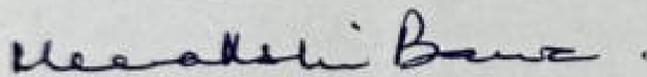
MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

1. World AIDS Day (1st December 2020)

i. Essay Competition on HIV-AIDS:

An essay competition was conducted in collaboration with Red Ribbon Club and NSS Unit. The theme for essay was 'Challenge of HIV-AIDS' in 21st Century. A total of 14 NSS volunteers participated in same. It is not only important to understand the disease but to develop the compassion towards the victim. It is important to develop a sense of brotherhood and compassion towards those people in society who are the victims of physical, mental or medical ailments, this would create a tolerant, compassionate and an inclusive society.



Dr Meenakshi Bawa

(Officiating Principal)



Shri Dattaprasad Shirgurkar

(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Celebration of Goa Liberation Day (19th December 2020)

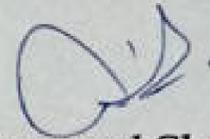
E-Collage making competition to commemorate Goa Liberation Day

NSS Unit of MES College organised an E-Collage making competition on the theme 'Goa Liberation'. A total of 23 NSS volunteers participated in the competition. As Goa was ruled by Portuguese for around 450 years and the Union of India sent military to liberate Goa from the Portuguese, its important for the current generation to have the knowledge towards the political history of Goa. Such activities would develop a sense of unity and patriotism among the students.

Meenakshi Bawa

Dr Meenakshi Bawa

(Officiating Principal)



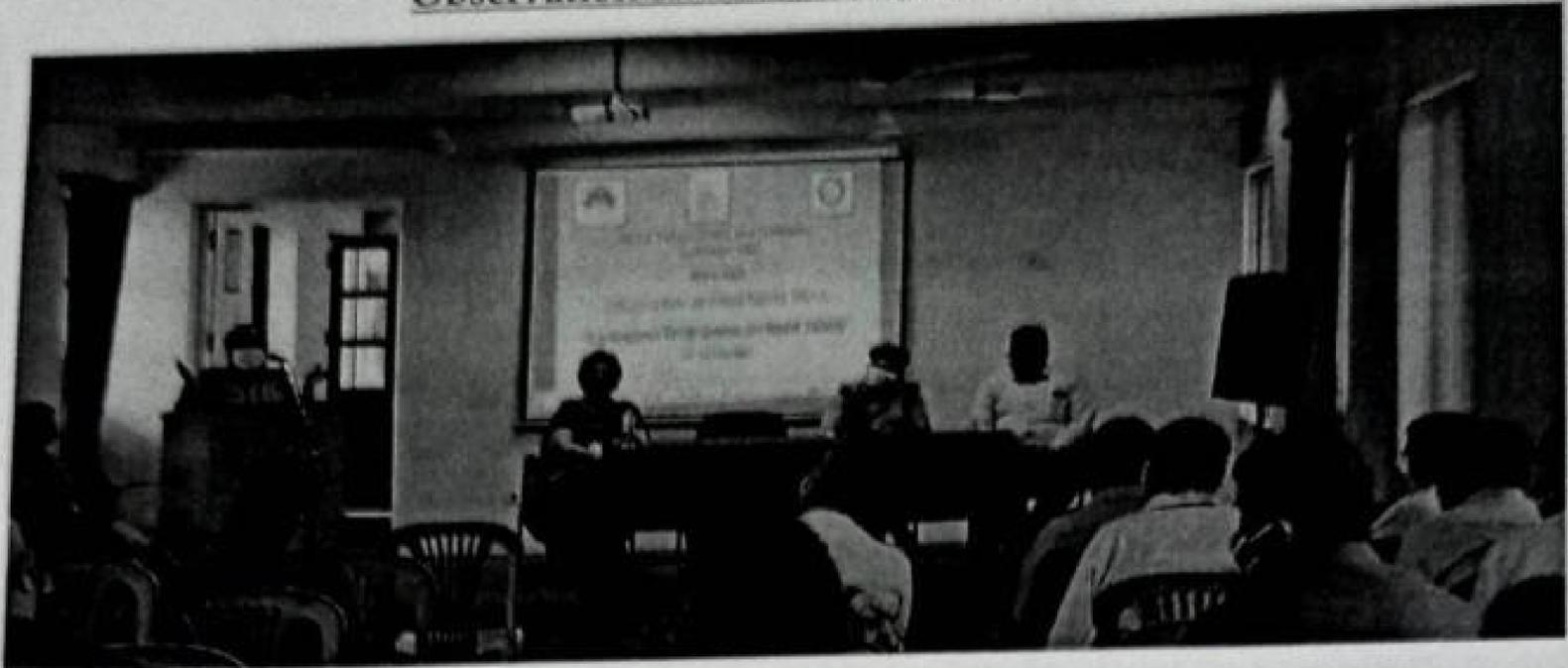
Shri Dattaprasad Shirgurkar

(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa
NSS UNIT

Observation of Road Safety Week



The NSS Unit of MES College Zuarinagar in collaboration with RTO Office, Margao organised an awareness programme for the staff members of MES College as a part of Road Safety Week on 19th Feb 2021. The programme commenced at 11:30 am and concluded at 1:30pm. Ms Percy Coutinho, PSI, RTO Margao was the resource person for the programme. A total of 37 teaching and non-teaching staff members of MES College participated in the awareness programme. The programme started with the welcome address by the officiating Principal Dr Meenakshi Bawa. Vote of thanks were proposed by the NSS PO In Charge Mr Dattaprasad Shirgurkar.

Meenakshi Bawa

Dr Meenakshi Bawa

(Officiating Principal)

Dattaprasad Shirgurkar

Shri Dattaprasad Shirgurkar

(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Selection of Outstanding NSS Volunteer for Pre-RD and RD Camp: (December 2020 to January 2021)



Outstanding NSS Volunteer of MES College Ms. Dargada Reshma Maliksab was selected for Pre-RD Camp and subsequently for RD Camp. She attended Republic Day Parade on Rajpath on 26th January 2021.

Meenakshi Bawa

Dr Meenakshi Bawa
(Officiating Principal)

Shri Dattaprasad Shirgurkar

Shri Dattaprasad Shirgurkar
(NSS PO In Charge)



MES College of Arts and Commerce, Zuarinagar-Goa
NSS UNIT

Selection of Outstanding NSS Volunteers for National Integration Camp

The following Outstanding NSS Volunteers of our college got selected and attended National Integration Camp held in Jaipur Rajasthan in March 2021.

- i. Satardekar Akhil Anil
- ii. Reji Jomi A. D.

National Integration Camp is conducted by the Ministry of Sport and Youth Affairs, Government of India every year to create a sense of unity, fraternity and brotherhood so that the love and harmony is developed among youth in all parts of India.

Meenakshi Bawa

Dr Meenakshi Bawa
(Officiating Principal)

[Signature]

Shri Dattaprasad Shirgurkar
(NSS PO In Charge)

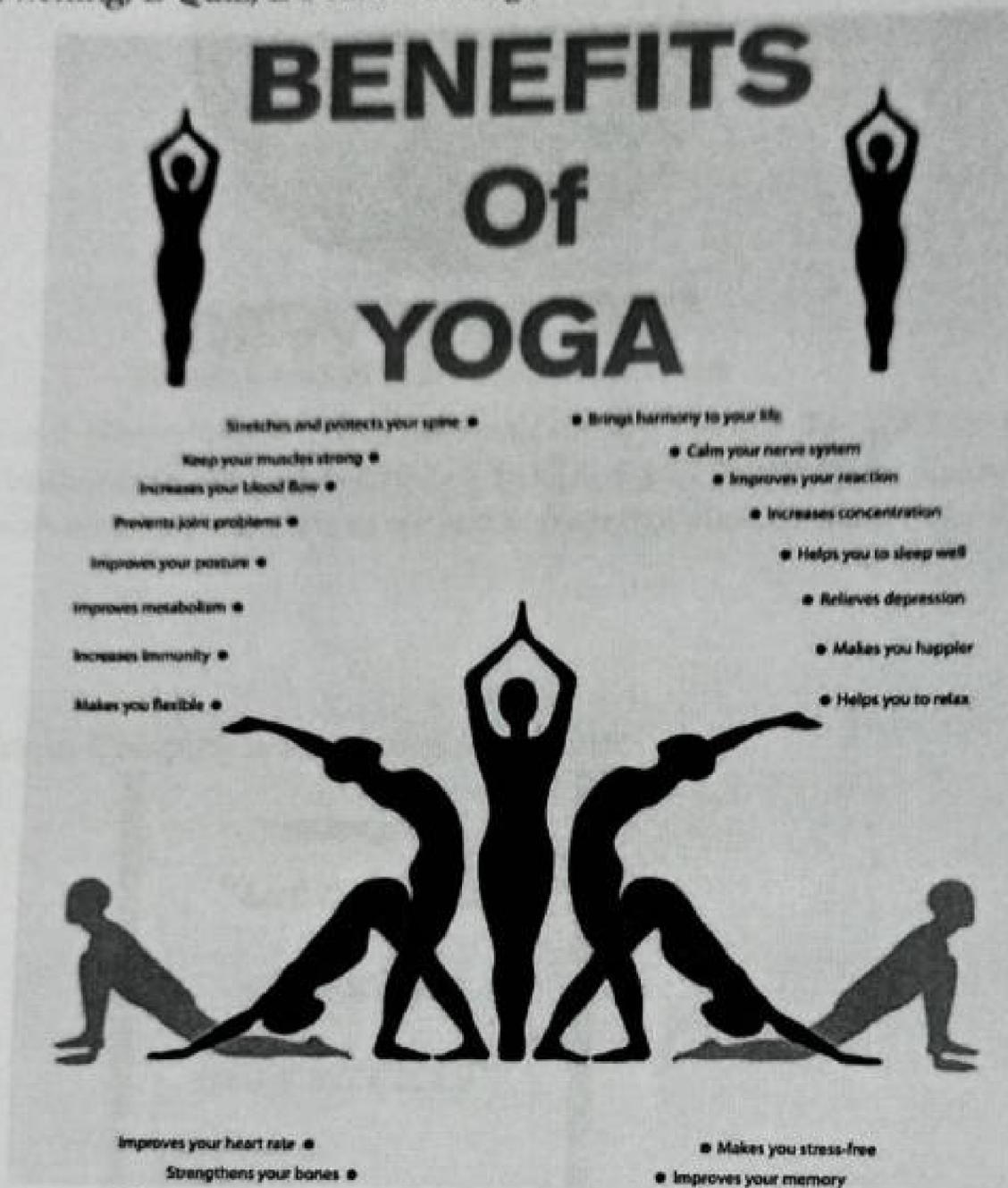


MES College of Arts and Commerce, Zuarinagar-Goa

NSS UNIT

Celebration of International Yoga Day:

The NSS Unit of M.E.S College of Arts and Commerce, Zuarinagar observed 21 June 2021 as International Yoga Day, Due to the current pandemic all the activities were organised online. On this occasion there were many activities organised such as slogan writing, E-Quiz, E-Poster making, Short Video Clip.



NSS program officer Mr. Satish Gangavati had organised Online poster making competition in which the volunteers were instructed to use the software such as Canva, Photoshop, coral draw and come up with a poster based on theme 'Yoga Everyday'. A total of 20 Volunteer's had participated for this activity.

Apart from this, posting a quote which defines YOGA EVERYDAY was also instructed in which the NSS Volunteers were told to put that as their WhatsApp



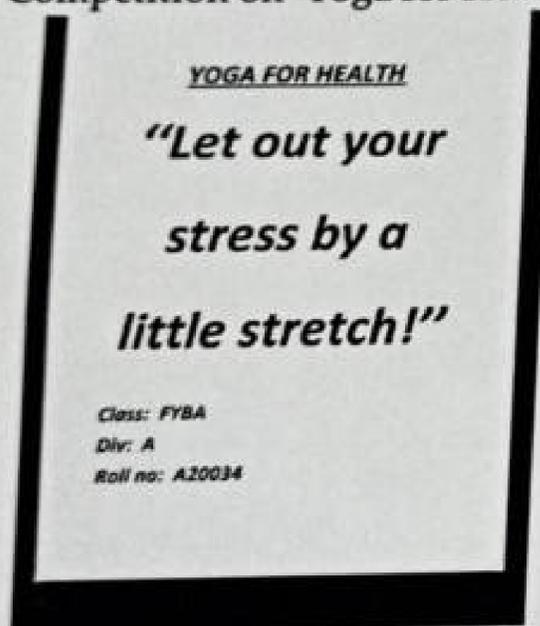
status to spread the awareness on. A total of 20 volunteers participated in the activity.



HAPPY YOGA DAY

Student and faculty participated enthusiastically during the activity which helped them to understand the importance of YOGA. Participants were encouraged to take similar activities on their own to spread knowledge about Yoga.

i. Slogan Competition on 'Yoga for Health':



NSS Unit of M.E.S College of Arts and Commerce Zuarinagar, celebrated International Yoga Day on 21st June 2021 by organising various activities. One of the activities was writing a slogan on the theme "Yoga for Health". In this activity,

