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| 8 | 31 OCTOBER | (UNITY RUN) NATINAL UNITY DAY | 08 |


1 Name/ Title of the Programme: Yoga day

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| Name/ Title of the Programme: YOGA DAY | |
| Date: 21st JUNE 2022 | Total Participants / Beneficiaries (in figures) – Total:24 cadets Male: 24 |
| Resource Person/ Chief Guest (If any or else NA): NA | |
| Convener of Programme:- Dr. Vaibhav Satvi & Dr. Deepak Gupta | |
|  |  |
| <p>Brief report of programme</p> <p><u>Yoga Day Report</u> On 21st June, Yoga Day was celebrated at Viva College with great enthusiasm, as approximately 30 cadets** gathered on the college campus to observe the occasion. The event lasted for 2 hours and began with a peaceful 30-minute meditation session, helping everyone center their minds and prepare for the physical practice ahead. Following the meditation, the cadets engaged in a series of **yoga poses**, each offering distinct benefits for the body and mind. The session included popular asanas such as the **Lotus Position, Bhujangasana, Dhanurasana, Trikonasana, Baddha Konasana, Virasana, Chakrasana, Garudasana, Navasana, and Cobra Pose. The practice concluded with a fun and energizing round of josh push-ups, encouraging participants to push their limits and build strength. In addition to the physical activity, senior cadets took the opportunity to address the group and deliver an inspiring speech on the importance of yoga in daily life.</p> | |
| News Paper Cutting (if applicable/ or else NA) | NA |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | https://drive.google.com/file/d/1J9_4y7RJWpRbZyN5wXLn4JZC8PSwDGkX/view?usp=drive_link |



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2. Name/ Title of the Programme: Disaster Management

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| Name/ Title of the Programme: <u>Disaster Management</u> | | | | |
| Date: <u>3rd AUGUST 2022</u> | | Total Participants / Beneficiaries (in figures) – Total: <u>49 cadets</u> | | |
| | | Male: 24 Female: 25 | | |
| Resource Person/ Chief Guest (If any or else NA): | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| | | | | |
| Convener of Programme -Dr. Vaibhav Satvi & Dr. Deepak Gupta | | | | |
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| <p>Brief report of programme</p> <p><u>Disaster Management</u></p> <p>On 3rd August, Viva College hosted a <i>Disaster Management Seminar</i> aimed at educating students, faculty, and staff about safety protocols during crises, such as natural disasters and emergencies. The seminar was organized with the help of the National Disaster Response Force (NDRF) and the local firefighting team from the Vasai-Virar area, who were invited to share their expertise. Held in the auditorium of Old Viva College, the seminar provided crucial information on disaster preparedness. The NDRF and firefighting teams briefed the audience, which included college faculty, students, and NSS and NCC cadets, on the locations of nearby firefighting stations and emergency services in Vasai and Virar.</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | NA | | |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | | https://drive.google.com/file/d/144gtPzviDQAf4EM5y3zw2OtFM6DldfgY/view?usp=drive_link | | |



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| 3. Name/ Title of the Programme: <u>Bicycle Rally Report</u> | | | | |
| Date: <u>10th AUGUST 2022</u> | | Total Participants / Beneficiaries (in figures) – Total: <u>55 cadets</u> | | |
| | | Male: Female: | | |
| Resource Person/ Chief Guest (If any or else NA): | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| Convener of Programme- Dr. Vaibhav Satvi & Dr. Deepak Gupta | | | | |
|  | |  | | |
| Brief report of programme <u>Bicycle Rally Report</u> <p>On **10th August 2022**, a vibrant *Cycle Rally* was organized by **Viva College**, in association with the **National Service Scheme (NSS)** and the **National Cadet Corps (NCC)**, under the initiative of **Azadi Ka Amrit Mahotsav**. The rally was aimed at promoting national unity and environmental awareness, with a total of **75 students** participating. The event kicked off at **8:00 AM** from the **New Viva College**, with all participants singing the **National Anthem**, setting a spirited tone for the rally. The cyclists made their way towards **Marambapada Jetty**, covering the distance and arriving at their destination by **9:00 AM**. Upon arrival, the rally participants were warmly welcomed by local dignitaries, including **Mr. Ranjan Vaman Patil**, the **Corporator of Ward No. 3**, who greeted each cyclist with a **bouquet of flowers**. The welcoming ceremony highlighted the community support for the event and the importance of such initiatives in fostering connections between students and local residents. After the rally, the students visited the **Kandalvan Project**, a significant environmental initiative by the **Government of Maharashtra**. During the visit, **Mr. Ashok Patil**, the **President of the Marambapada Kandalvan Committee**, briefed the students about the importance of the project and urged them to actively contribute to preserving the region's biodiversity. This session highlighted the crucial role young people play in safeguarding the environment for future generations.</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | | NA | |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | | | https://drive.google.com/file/d/131745tr5Siw3nHRWrqnIwJdbxa8Uy8u/view?usp=drive_link | |





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4. Name/ Title of the Programme: **TREE PLANTATION**



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| Name/ Title of the Programme: <u>TREE PLANTATION</u> | | | | |
| Date: <u>13th AUGUST 2022</u> | | Total Participants / Beneficiaries (in figures) – Total: <u>30 cadets</u> | | |
| | | Male: Female: | | |
| Resource Person/ Chief Guest (If any or else NA): | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| | | | | |
| Convener of Programme- Dr. Vaibhav Satvi & Dr. Deepak Gupta | | | | |
|  | |  | | |
| Brief report of programme <u>Tree Plantation</u> <p>On 13th August, Viva College organized a <i>Tree Plantation Program</i> in collaboration with the NCC (National Cadet Corps) and NSS (National Service Scheme). The event took place at the Jivdani Temple, starting at 8:00 AM. A total of 30 cadets actively participated in the program, which began at Panch Payari and covered a large portion of the surrounding area. During the plantation drive, approximately 300 trees were planted, contributing to environmental conservation and enhancing the green cover in the locality. In addition to the tree planting, the cadets raised awareness about the importance of trees and their role in sustaining the environment. The program concluded with a sense of accomplishment, as participants reflected on their contribution to a greener future. This initiative not only helped improve the local environment but also educated the community on the vital role trees play in maintaining ecological balance.</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | NA | | |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | | https://drive.google.com/file/d/1Iyo5ldGkUBaSEDDDLKfkaY-yXsanpkqQ/view?usp=drive_link | | |




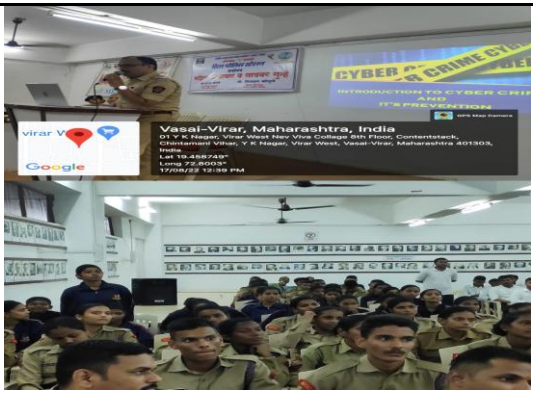
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| 5. Name/ Title of the Programme: <u>Independence day</u> | | | | |
| Date: <u>15th AUGUST 2022</u> | | Total Participants / Beneficiaries (in figures) – Total: <u>55 cadets</u> | | |
| | | Male: Female: | | |
| Resource Person/ Chief Guest (If any or else NA): | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| Convener of Programme- Dr. Vaibhav Satvi & Dr. Deepak Gupta | | | | |
|  | |  | | |
| Brief report of programme (in 250 -300 words) | | | | |
| <p><u>Independence day</u> On 15th August , Viva College organized Independence day on Viva college ground. In this program 35 NCC cadets were present. The program started with parade carried out by NCC cadets. After the parade , Guests arrived for unfurling the flag .After unfurling the flag National Anthem was Sung by everyone. After National Anthem , Everyone took the pledge. After that, Guests gave a Motivational speech about how our country got freedom after so much struggles , he also included Why freedom is important and how we as young people can contribute to our nation. After this Various students sung patriotic songs to motivate others .And then Refreshments were given to everyone and the program concluded .The event concluded with refreshments being served to all the participants, and the entire program ended on a positive and energized note, celebrating the values of independence and unity. The Independence Day celebration at Viva College was a heartfelt tribute to India's journey to freedom and a reminder of the importance of contributing positively to the nation's growth.</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | | NA | |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | | | https://drive.google.com/file/d/1TmNfQex4q0gBMFXqKQQJ1RS62kJliMFu/view?usp=drive_link | |



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| 6. Name/ Title of the Programme: <u>Puneet Sagar Abhiyaan</u> | | | | |
| Date: <u>17th AUGUST 2022</u> | | Total Participants / Beneficiaries (in figures) – Total: <u>15 cadets</u> | | |
| | | Male: 15 Female: 0 | | |
| Resource Person/ Chief Guest (If any or else NA): <u>ADG. MAJ.GEN. YOGENGRA SINGH</u> | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| 1 | BRIG. ASHWINI NAIR | GROUP COMMENDER | | |
| 2 | COL. D.S SAHANA | 3 MAH BN - OC | | |
| Convener of Programme-MUMBAI 'A' GROUP HEADQUATERS | | | | |
|  | |  | | |
| Brief report of programme <u>Puneet Sagar Abhiyaan</u> <p>On **17th August**, a group of **NCC cadets** from Mumbai participated in the *Puneet Sagar Abhiyaan*, a beach cleaning drive organized to promote environmental cleanliness and awareness. The event was conducted with the support of a local **NGO**, which provided the necessary materials for the drive. The cadets reported to the beach at **9:00 AM sharp**, where they were provided with **gloves and bags** for collecting waste. The event began with a motivational speech by the **CO Sir**, who emphasized the importance of cleanliness and how small actions, like keeping our surroundings clean, can have a significant impact on the environment. This speech set the tone for the day, urging the cadets and participants to take pride in their contributions. To raise awareness and inform the public about the importance of the drive, the **NCC cadets** displayed **posters** they had made, which provided information about the *Puneet Sagar Abhiyaan* and its goals. The cadets were also guided by instructions from the NGO team, and together, they worked diligently to clean the beach. The *Abhiyaan* lasted for **2 hours**, during which a substantial amount of waste was collected, making the beach significantly cleaner. After the cleanup, the **Chief Guest**, **Ms. Aisha**, the leader of the NGO, praised the NCC cadets for their hard work and commitment to the cause. As a token of appreciation, refreshments were provided to all the participants. The event concluded on a positive note, with the overall coordination and management of the program carried out by **SUO Shubham Mohan Patil** and **JUO Tejas Milind Prabhu**, who ensured everything ran smoothly from start to finish. The *Puneet Sagar Abhiyaan* was not only a successful initiative in keeping the beach clean but also a valuable experience for the cadets in understanding the significance of environmental responsibility.</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | NA | | |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | | https://drive.google.com/file/d/1bt-h-ZU1nUAHf-kLaKtJ25pc1VEzqDSF/view?usp=drive_link | | |



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| 7. Name/ Title of the Programme: <u>Cyber Crime Seminar</u> | | | | |
| Date: 17 th August 2022 | | Total Participants / Beneficiaries (in figures) – Total: <u>30 cadets</u> Male: 14 Female: 16 | | |
| Resource Person/ Chief Guest (If any or else NA): INSEPECTOR VIJAY PANDURANG PATIL | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| 1 | INSEPECTOR VIJAY PANDURANG PATIL | VARIST POLICE ADHIKARI | | |
| Convener of Programme -Dr. Vaibhav Satvi & Dr. Deepak Gupta | | | | |
|  | |  | | |
| Brief report of programme <u>Cyber Crime Seminar</u> <p>On **17th August**, a **Cyber Crime Seminar** was held at the **Viva College Seminar Hall**, organized by the **NSS (National Service Scheme)** department in collaboration with the **Police Department**. The seminar aimed to raise awareness about the growing issue of cybercrime and educate students on how to protect themselves in the digital age. The seminar began at **11:30 AM**, starting with an insightful speech by a **Police Officer**, who addressed the audience on several key topics. He emphasized the importance of maintaining good public-police relations and how the general public can actively assist law enforcement in ensuring the safety of everyone in society. The officer highlighted the alarming rise of **cybercrime** in recent years and elaborated on various types of cybercrimes, such as online fraud, identity theft, phishing, and cyberbullying. He shared practical tips and preventive measures that individuals can take to safeguard themselves, such as being cautious with personal information online, using strong passwords, and staying vigilant against suspicious activities. Following the officer's speech, the audience had the opportunity to engage in a **Q&A session**, where several participants raised questions about cybercrime and how to protect themselves. The officer addressed these concerns in detail, providing valuable insights and guidance. He also shared the contact information for the **Cyber Crime Department**, along with the **Cyber Crime Helpline Number**: **155260**, and encouraged everyone to report any cybercrime incidents. The official website for reporting cybercrimes is https://cybercrime.gov.in/..</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | NA | | |
| Attendance Sheet (PDF format - student signature- in case of events conducted offline; student list with link of recording for events conducted Online) | | https://drive.google.com/file/d/1vLC23uZKP1ysqW0WLNFP26qiVmkAuOoL/view?usp=drive_link | | |



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| 8. Name/ Title of the Programme: <u>UNITY RUN (National unity day)</u> | | | | |
| Date: 31 st October | | Total Participants / Beneficiaries (in figures) – Total: <u>30 cadets</u> | | |
| | | Male: Female: | | |
| Resource Person/ Chief Guest (If any or else NA): | | | | |
| Sr. No. | Name of the Resource Person/ Chief Guest | Affiliation | Mobile Number | Email ID (if available) |
| | | | | |
| Convener of Programme -Dr. Vaibhav Satvi & Dr. Deepak Gupta | | | | |
|  | |  | | |
| Brief report of programme <u>(Unity run) National unity day</u> <p>The *Unity Run* on 31st October, organized by the Vasai Virar Municipal Corporation (VVMC) in celebration of Vallabhbhai Patel Jayanti and as part of the Fit India movement, was a great success. The event, which was a 3-kilometer "joy run," kicked off at 7:15 AM and lasted until around 11:00 AM, drawing in enthusiastic participation from students across various years — 1st, 2nd, and 3rd year cadets. The participants ran together with great energy, reinforcing the spirit of unity and fitness. After the run, refreshments were provided to all, and the event concluded with a memorable group photograph of both the participants and the officials. The atmosphere was vibrant and full of camaraderie, making it a day to remember for everyone involved.</p> | | | | |
| News Paper Cutting (if applicable/ or else NA) | | NA | | |
| Attendance Sheet (PDF format - student signature-in case of events conducted offline; student list with link of recording for events conducted Online) | | https://drive.google.com/file/d/1fHLAivxXzVEJJGb_eMu9S4nI0MPuG5-e/view?usp=drive_link | | |



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