



University of Mumbai



A Unit of

University of Mumbai

LIFELONG LEARNING & EXTENSION

V.V. Bhavan, 'B' Road, Churchgate, Mumbai – 400 020

Website : www.mudlle.ac.in

DLLE (DEPARTMENT OF LIFE LONG LEARNING AND EXTENSION) WAS INITIALLY KNOWN AS DACEE (DEPARTMENT OF ADULT AND CONTINUING EDUCATION AND EXTENSION)

The Department of Lifelong Learning and Extension (DLLE), formerly known as DACEE, stands as a significant and mandated division within the University of Mumbai. Its fundamental purpose is to foster a meaningful and enduring connection between universities and the wider community. DLLE serves as a platform for the exchange of ideas, innovations, research, and the interaction of students, effectively bridging the gap between academia and society.

DLLE operates with a profound objective: to amplify the voices and experiences of those who have been historically marginalized or overlooked. By nurturing this dialogue, DLLE empowers its students to become advocates and representatives for these often underserved segments of society. Through direct interaction, students gain firsthand insights into the challenges and realities faced by these individuals, fostering a heightened sense of responsibility and citizenship.

This engagement with underprivileged and marginalized members of society impels DLLE students to actively contribute towards alleviating their burdens. In doing so, DLLE cultivates a sense of empathy, awareness, and proactive involvement in the betterment of the broader community. This transformative process empowers students to channel their efforts towards



creating positive change, thereby contributing to the upliftment of the less fortunate and downtrodden.

In essence, DLLE's mission goes beyond conventional education. It forges a link between academic pursuits and societal well-being, instilling in students the values of empathy, responsibility, and social consciousness. By facilitating this dynamic exchange, DLLE not only enriches the educational experience but also contributes to fostering a more inclusive and compassionate society.

The establishment of the DLLE unit at VIVA College was undertaken with a clear set of objectives aimed at enriching the educational experience and nurturing well-rounded individuals. These objectives reflect the college's commitment to holistic development and fostering a sense of social consciousness among its students.

Inculcating Moral Values and Holistic Development: One of the primary goals of the DLLE unit is to foster the development of moral values and facilitate holistic growth in students. Beyond academic achievements, the unit recognizes the importance of character-building and the cultivation of ethical principles. By instilling moral values, the college aims to contribute to the overall personal and ethical development of its students.

Providing a Platform for Exchange of Thoughts: The DLLE unit serves as a dynamic platform for students to engage in meaningful dialogue, share diverse perspectives, and exchange thoughts. This open exchange encourages intellectual growth and broadens students' horizons by exposing them to a variety of viewpoints. Through such interactions, students are sensitized to a range of social issues and responsibilities.

Promoting Social Responsibilities: The DLLE unit is dedicated to nurturing a sense of social responsibility among students. By creating awareness about societal challenges and encouraging active engagement in community-oriented activities, the unit helps students develop a strong sense of empathy and a commitment to making positive contributions to society.

Academic Benefits: The DLLE unit also provides tangible academic benefits, offering students the opportunity to earn 10 grace marks in their overall academic scores as per college ordinances. This incentivizes active participation and engagement in the unit's activities, reinforcing the importance of balanced personal and academic growth.



In essence, the VIVA College DLLE unit's objectives align with the institution's broader vision of education. By emphasizing moral values, holistic development, social consciousness, and academic benefits, the unit plays a vital role in shaping well-rounded individuals who are not only academically proficient but also ethically responsible and socially aware citizens.

O.229-A. BENEFITS TO STUDENTS

- **Individual**
 - **Leadership qualities**
 - **Management skills**
 - **Team Building**
 - **Moral & ethical Values**
 - **Sensitized towards society and its problems**
 - **Information of Various Careers**

- **Academic**
 - **Additional 10 grace marks according to ordinance 229A**

COMMUNITY LEVEL ACTIVITY

- **Sensitizing students towards social responsibility with projects like SWS & CP to know and understand about the status of women in society and various career options.**
- **Exhibiting posters**
- **Street plays**



Academic Year 2025-2026

PROJECTS CARRIED OUT BY THE STUDENTS:

VOCATIONAL CAREER ORIENTED PROJECTS

- CP (CAREER PROJECT)
- INDUSTRY ORIENTATION PROJECT (IOP)

COMMUNITY ORIENTED PROJECTS

- SWS (STATUS OF WOMEN IN SOCIETY)

TOTAL NO. OF STUDENTS REGISTERED: 362

Extension Work Teachers:

NAME OF THE EXTENSION TEACHER	DEPARTMENT
MR. VIKAS GUPTA	BIOTECHNOLOGY
DR. ROHAN GAVANKAR	BOTANY
MR. VINODKUMAR DIDWANA	BOTANY
MS. TANVI BORE	BIOCHEMISTRY
MR. DEVESH MACHHI	BIOCHEMISTRY

ACTIVITIES CARRIED OUT BY THE DEPARTMENT

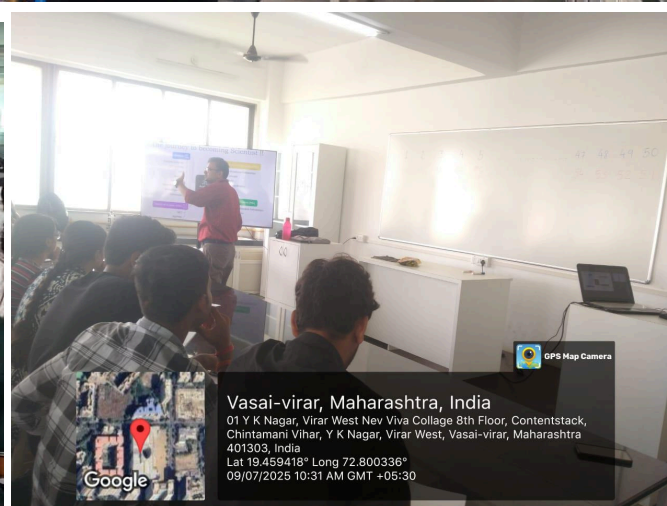
Talk on Career Opportunities and Competitive Exams

Date: 17th June, 2025 & 9th July, 2025

Venue: Biotechnology Lab, 6th Floor

Student Strength: 35 & 54 students

The Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit, in collaboration with the Department of Biotechnology, organized an informative talk on “Career



Blood Donation Camp

Date: 10th July, 2025

Venue: VIVA College, Atrium - New Campus

A Blood Donation Camp was successfully organized on 10th July from 10:00 a.m. to 2:00 p.m. by the NCC, Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit, and the Department of Biological Sciences, in association with Sarla Blood Bank.

The primary objective of the camp was to encourage voluntary blood donation and spread awareness about its importance in saving lives. Students, teaching staff, and non-teaching staff of the college actively participated in the noble cause. The event witnessed enthusiastic participation,



with several donors coming forward to contribute selflessly.

The medical team from Sarla Blood Bank ensured proper screening, hygiene, and safety measures throughout the process. Donors were provided with refreshments and certificates of appreciation for their contribution.

The camp concluded on a positive note, with participants expressing a sense of satisfaction and pride in contributing to society. The organizers extended heartfelt gratitude to all donors, volunteers, and the medical team for making the event a grand success.

VISHNU WAMAN THAKUR CHARITABLE TRUST'S
BHASKAR WAMAN THAKUR COLLEGE OF SCIENCE
YASHVANT KESHAV PATIL COLLEGE OF COMMERCE
VIDHYA DAYANAND PATIL COLLEGE OF ARTS
(VIVA COLLEGE)
AFFILIATED TO UNIVERSITY OF MUMBAI

BLOOD DONATION CAMP

ORGANIZED BY
NCC, DLLE AND BIOLOGICAL SCIENCES
IN ASSOCIATION WITH SARLA BLOOD BANK

SAVE LIVES

JOIN US ON
10 JULY, 2025
TIME- **8AM - 2PM**
ATRIUM, VIVA COLLEGE





Anti-ragging awareness week

Date: 12th August, 2025

Venue: Biotechnology Lab, 6th Floor

Student Strength: 57

The **Anti-Ragging Committee**, in collaboration with the **Department of Lifelong Learning and Extension (DLLE)**, **VIVA College Unit**, organized an awareness programme on **12th August 2025** as part of the *Anti-Ragging awareness Week*.

The event aimed to spread awareness among students about the laws, regulations, and preventive measures related to ragging, thereby fostering a safe and respectful campus environment.

A **video presentation** was shown to the students, highlighting:

- The legal consequences of indulging in ragging.
- The importance of mutual respect and empathy among peers.
- Measures and mechanisms available to report incidents of ragging.
- The collective responsibility of students and staff in ensuring a ragging-free campus.

Through this initiative, students were sensitized to the harmful effects of ragging and encouraged to actively participate in creating a supportive and inclusive atmosphere in the college premises.

The programme successfully fulfilled its objective of reinforcing the message that **VIVA College stands firmly against ragging** and is committed to upholding a safe academic environment for all.





Essay writing - Cleanliness and Hygiene

Date: 11th September, 2025

Venue: Class Room 738,741 & Biotechnology Lab, New campus

Student Strength: 185

Swachhata Pakhwada 2025 – Essay Writing Competition

The Ministry of Education has announced the observance of *Swachhata Pakhwada* from 1st to 15th September 2025, celebrating the 10th consecutive year of this nationwide cleanliness drive. As part of this initiative, the **Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit** organized an **Essay Writing Competition** on **11th September 2025**.

The competition witnessed an overwhelming response with **185 students from various classes** enthusiastically participating. Students expressed their views on cleanliness, hygiene, and community responsibility with creativity and awareness. The event served as a platform to encourage young minds to think critically and contribute positively towards the vision of a *Clean India*.

To acknowledge their efforts, **e-certificates** were awarded to all participants. The competition not only promoted awareness about cleanliness but also strengthened the spirit of active citizenship among the students.



The event concluded successfully, reflecting the commitment of VIVA College towards fostering social responsibility and aligning with the nationwide *Swachh Bharat Abhiyan*.





Poster Making - Cleanliness and Hygiene

Date: 12th September, 2025

Venue: Biochemistry Lab & Class room 621, 6th Floor

Student Strength: 33

Swachhata Pakhwada 2025 – Poster Making Competition

As part of the *Swachhata Pakhwada* initiative announced by the Ministry of Education from **1st to 15th September 2025**, the Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit proudly organized a **Poster Making Competition** on **12th September 2025**.

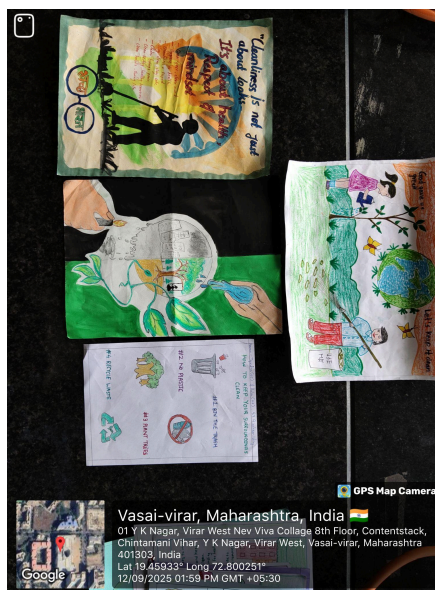
This year marks the **10th consecutive year** of the nationwide cleanliness drive, aiming to promote awareness about **cleanliness, hygiene, and responsible community engagement**.

A total of **33 students** from different classes participated in the competition, presenting creative and thought-provoking posters on the importance of maintaining a clean and healthy environment. Their artworks reflected themes such as waste management, hygiene practices, and collective responsibility towards society.

All participants were awarded **e-Certificates** in recognition of their active involvement and valuable contribution.

The event not only showcased the artistic talents of students but also reinforced the importance of cleanliness as a habit and duty. The DLLE unit extends heartfelt appreciation to all participants for making the competition a success.

Together, let's pledge for a cleaner tomorrow!





MetaboMeals: Cooking The Science Of Nutrition

Date: 19th September, 2025

Venue: Biochemistry Lab, 6th Floor

Student Strength: 61

On the eve of **Nutritional Week**, the **Department of Lifelong Learning and Extension (DLLE)** - VIVA College Unit in collaboration with **Department of Biochemistry**, organized a unique fun + learning activity titled *MetaboMeals: Where Food Meets Science* on **19th September 2025** at the **Biochemistry Laboratory, 6th Floor, New VIVA Campus**.

The activity aimed to blend culinary creativity with scientific understanding of nutrition. Students enthusiastically participated in **solo, duo, and group teams (maximum of four members)**. Each participant/group was asked to prepare a **homemade dish** and present it along with:

- The **dish name**
- A **recipe description**
- A **Nutrition Facts Chart** highlighting carbohydrates, sugars, fats, proteins, and other key nutrients.

The presentations were evaluated based on **dish presentation, taste, and nutritional value**. **Judging was conducted by the faculty panel**, and the **best dishes were awarded prizes and certificates**, recognizing the students' creativity and effort.

The event concluded with a formal **Vote of Thanks**, expressing gratitude to all participants, organizers, and judges for making *MetaboMeals* a grand success. The initiative not only showcased students' **cooking skills** but also enhanced their **nutritional knowledge** and scientific awareness, making the day truly memorable.



Vishnu Waman Thakur Charitable Trust's
Bhaskar Waman Thakur College of Science,
Yashvant Keshav Patil College of Commerce,
Vidhya Dayanand Patil College of Arts,
(VIVA College)
Affiliated to University of Mumbai
NAAC Accredited

METABOMEALS: COOKING THE SCIENCE OF NUTRITION

Organized by
Department of Biochemistry in
collaboration with IQAC and DLLE

WINNERS

First Prize

M02- Ayush Kini
M04- Komal Menaria

Second Prize

M10- Esha Patkar
M15- Shristy Patel
and team

Third Prize

M20- Shruti Ardhi and team
M23- Isha Dash

Consolation Prize

M01- Riya Kulkarni and team
M12- Shreya Pandey and team
M24- Swara Mhatre and team
M26- Purvaja Mosamkar and team

Congratulations





Vasai-virar, Maharashtra, India
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Coastal cleanup drive

Date: 20th September, 2025

Venue: Marambal Pada Coastal Area, Old Jetty, Virar West

Student Strength: 108

On the occasion of *International Coastal Cleanup Day*, the Department of Lifelong Learning and Extension (DLLE) in collaboration with the National Service Scheme (NSS) organized a **Coastal Cleanup Drive** at *Marambal Pada Coastal Area, Old Jetty, Virar West* on **20th September 2025**.

A total of **108 student volunteers from DLLE** actively participated in the drive along with **4 staff members**, contributing their efforts towards environmental conservation and community awareness. The participants enthusiastically engaged in collecting plastic waste, bottles, and other non-biodegradable materials scattered along the coastal stretch.

The initiative not only helped in restoring the cleanliness of the coastal area but also spread the message of maintaining sustainable practices and protecting marine ecosystems. The event proved to be a valuable learning experience for the students, instilling in them a sense of social responsibility and environmental stewardship.

The Cleanup Drive concluded successfully with collective efforts, marking a significant contribution towards the global cause of safeguarding our coasts for future generations.





India Maritime Week Exhibition

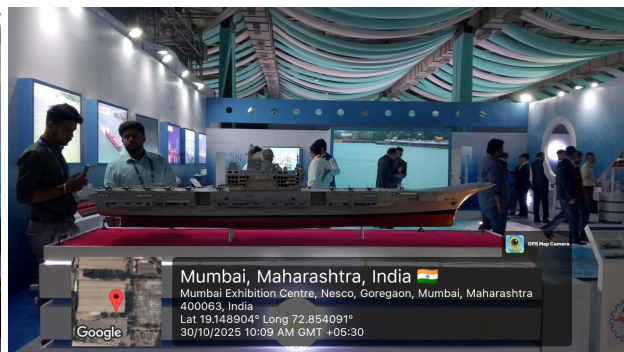
Date: 30th October, 2025

Venue: NESCO Exhibition Hall, Goregaon.

Student Strength: 150

The students of the Department of Lifelong Learning and Extension (DLLE) Unit, VIVA College, attended the *India Maritime Week Exhibition* held from **27th to 31st October 2025** at NESCO Exhibition Hall, Goregaon. A total of **150 students**, along with the **DLLE staff members**, visited the exhibition on **30th October 2025** from **10:00 a.m. to 4:00 p.m.** The exhibition showcased the latest developments and innovations in India's maritime sector. Students explored various stalls and interactive zones displaying **modern technologies**, including **Virtual Reality (VR) simulations**, **Artificial Intelligence (AI) applications**, **port automation systems**, and **sustainable shipping models**. The **VR zone** provided a realistic experience of maritime operations and ship navigation, while AI-based exhibits demonstrated advancements in logistics, cargo tracking, and marine safety. Students gained valuable insights into the technological progress and future opportunities in the maritime industry. The visit proved to be **highly informative and engaging**, enhancing students' practical understanding of India's growing maritime infrastructure and its global impact. It was indeed a memorable and educational experience for all participants.





Cyber Crime Awareness

Date: 3rd November, 2025

Venue: Seminar Hall, New Campus

Student Strength: 63 students

A *Cyber Crime Awareness Program* was organized on 3rd November 2025 at the Seminar Hall of New VIVA College, Virar (West). The session was jointly organized by the **Rotary Club of Virar** in collaboration with the **Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit** and the **National Service Scheme (NSS)**. The event commenced at **11:00 a.m.** with a warm welcome of the esteemed guests by the staff members, followed by the **felicitation of all police officers and dignitaries** present. The session featured an **informative and inspiring talk by police officers**, who highlighted various aspects of cybercrime, including online safety measures, responsible use of social media, and ways to report cyber offenses. The talk proved to be very useful and eye-opening for the students. Towards the end of the session, **all participants took a pledge** to use the internet responsibly and spread awareness about cyber safety. The program concluded with a **vote of thanks** delivered by a staff member, expressing gratitude to the guests and organizers for their valuable contribution.

A total of **63 students from the DLLE Unit** actively participated in the event. The session was highly informative and successfully achieved its objective of spreading awareness about the importance of cyber security in today's digital world.



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Nagar, Virar West, Virar, Vasai-virar, Maharashtra 401303,
India
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Security Check Activity at Maharashtra Sagari Mandal – Ro-Ro Jetty, Marambal Pada

Date: 19th & 20th November, 2025

Venue: Sagari Mandal – Ro-Ro Jetty, Marambal Pada

Student Strength: 8 & 6 students

A Security Check Activity was conducted in collaboration with the **Maharashtra Police** at **Maharashtra Sagari Mandal – Ro-Ro Jetty, Marambal Pada, Narangi, Virar West** on **19th and 20th November 2025**. Volunteers from **NSS (National Service Scheme)**, **NCC (National Cadet Corps)**, and **DLLE (Department of Lifelong Learning and Extension) – VIVA College** actively participated to assist police officers in maintaining security and managing passenger movement at the jetty.

The activity was held in **two shifts** on both days:

- **6:00 AM – 2:00 PM**
- **2:00 PM – 9:00 PM**

A total of **30 volunteers** contributed, including **6 volunteers from DLLE (Department of Lifelong Learning and Extension)**. Their responsibilities included helping with security checks, guiding passengers, and maintaining discipline at the site.

The event successfully strengthened coordination between youth volunteers and the Maharashtra Police, providing students with practical exposure to security operations while ensuring smooth passenger flow and public safety.







 महाराष्ट्र पोलीस	बोळीज पोलीस ठाणे भिरा-भाईदर-वसई-विरार पोलीस आयुक्तालय. पत्ता :-म्हाडा वाणिज्य इमारत क्र.२, विरार नालसागोपारा लिंक रोड, जकातनाका जवळ विरार पश्चिम ता.वसई जि.पालघर, ४०१ ३०५ मोबा.नं.:8655727592, E-mail : bolinjps.mb- vv@mahapolice.gov.in	
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प्रति,

मा.प्राचार्य
वि.वा.कॉलेज विरार प.


विषय :- सागर कवच अभियाना करिता एनसीसी/एन.एस.एस चे विद्यार्थी
यांचा सहभाग होणेबाबत
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दि १२/११/२०२५

महोदय,

उपरोक्त विषय व संदर्भान्वये आपणास कळविण्याते येते कि, सागरी सुरक्षेच्या अनुषंगाने दिनांक १९/११/२०२५ ते २०/११/२०२५ या कालावधीत सागर कवच अभियान राबविण्यात येणार आहे. सदर अभियानाचे अनुषंगाने म्हारंबळपाडा, चिखल डोंगरी, नारंगी येथील लॅण्डिंग पॉईंट, जेटी, नाकाबंदी ठिकाणे येथे पोलीस बल तैनात करण्यात येणार आहे. सदर अभियानामध्ये एन.सी.सी/एन.एस.एस चे विद्यार्थी यांना सामील करून घेण्याबाबत संदर्भिय पत्राचे सुचना झालेल्या आहेत.

तरी सदर अभियानात सहभागी होण्याकरीता आपले महाविद्यालयातील किती विद्यार्थी उपलब्ध होवू शकतात याबाबत माहिती व यादी इकडील कार्यालयास पाठविण्यास विनंती आहे.




(प्रकाश कावळे)
वरिष्ठ पोलीस निरीक्षक
बोळीज पोलीस ठाणे

Sanitary Napkins Awareness Talk

Date: 20th December, 2025

Venue: Online

Student Strength: 73 students

A Sanitary Napkins Awareness Talk was organized by Rajasthani Mahila Mandal in association with Saukhyam Reusable Pads, in collaboration with the National Service Scheme (NSS) and the Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit. The programme was conducted on 20th December 2025 from 12:00 noon onwards through online mode on Google Meet.
<https://meet.google.com/hyj-eadf-din>

The session aimed to create awareness among students regarding menstrual hygiene, with special emphasis on biodegradable sanitary napkins and reusable sanitary pads as sustainable and eco-friendly alternatives.

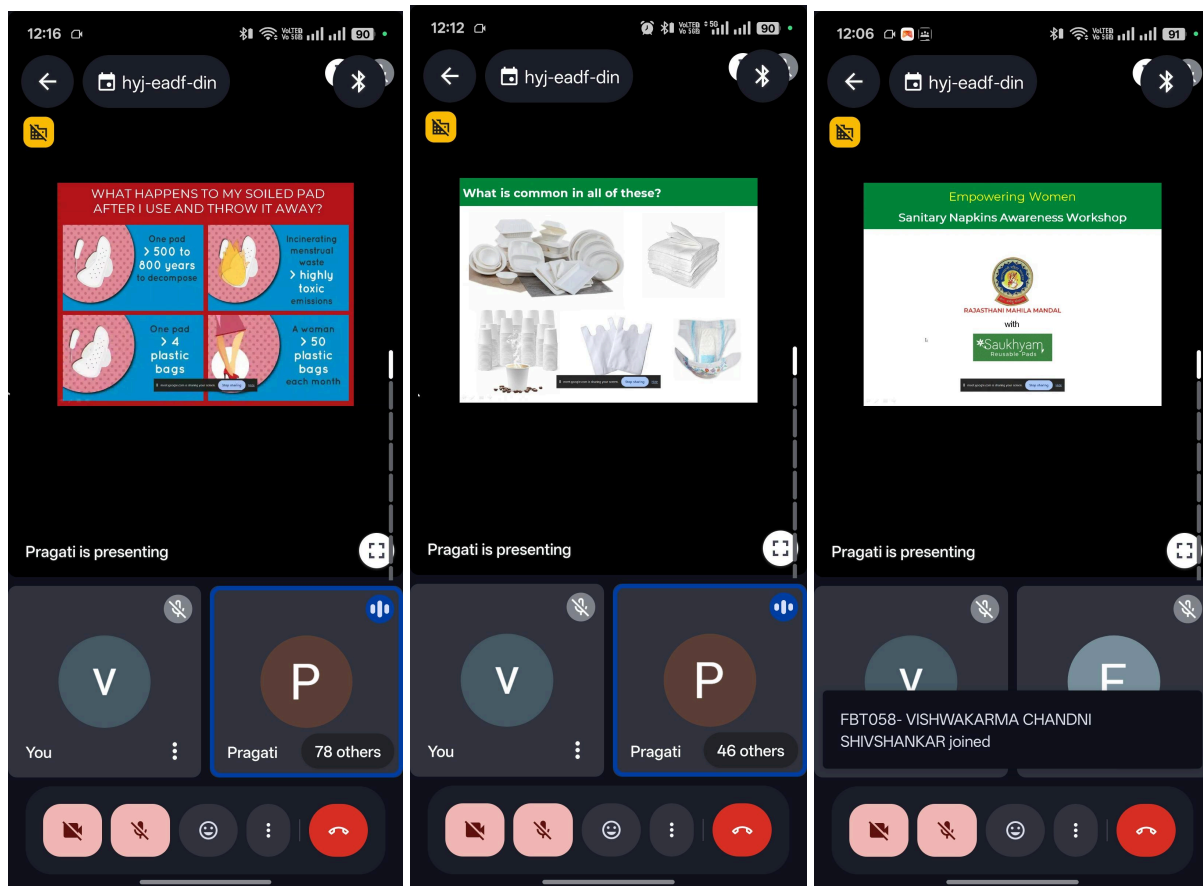
The guest speaker, Ms. Pragati, provided valuable insights into menstrual health and hygiene, explaining the environmental impact of conventional sanitary napkins and highlighting the advantages of using



biodegradable and reusable sanitary products. The session was informative and interactive, encouraging students to adopt safe and sustainable menstrual practices.

A total of 73 students actively participated in the programme, making the session successful and impactful.

The programme concluded with a vote of thanks delivered by Dr. Deepa Dalvi, who expressed gratitude to the guest speaker, organizing committee, and participants for their cooperation and support.



Road Safety Awareness Bike Rally

Date: 1st January, 2026

Venue: Regional Transport Office (RTO), Virar East

Student Strength: 8 students



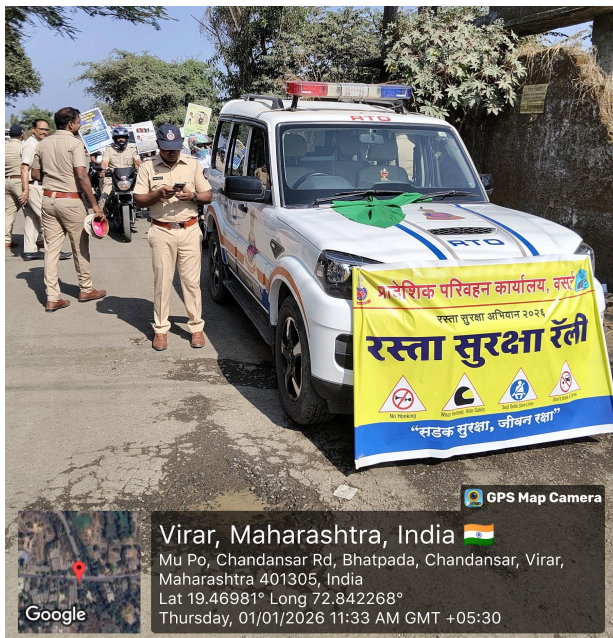
A **Road Safety Awareness Bike Rally** was successfully conducted on **01 January 2026**, jointly organised by the **Regional Transport Office (RTO), Virar East** and the **Department of Lifelong Learning and Extension (DLLE) – VIVA College Unit**.

The rally aimed to spread awareness about **road safety rules, responsible driving, and traffic discipline** among the general public. The rally commenced from the **RTO Office, Virar East**, proceeded up to **Chandansar**, and concluded with a return to the **RTO Office**.

A total of **10 students from the DLLE – VIVA College Unit** actively participated in the rally. The students rode bikes carrying awareness messages and followed traffic rules, setting an example for safe road behaviour. Their participation played an important role in conveying the message of **“Safety First”** to commuters and local residents.

The rally was conducted smoothly under the guidance of RTO officials and proved to be an effective initiative in promoting road safety awareness.





Election Voting Awareness Session

Date: 5th January, 2026

Venue: Biotechnology Lab, 6th Floor, New Campus

Student Strength: 52 students



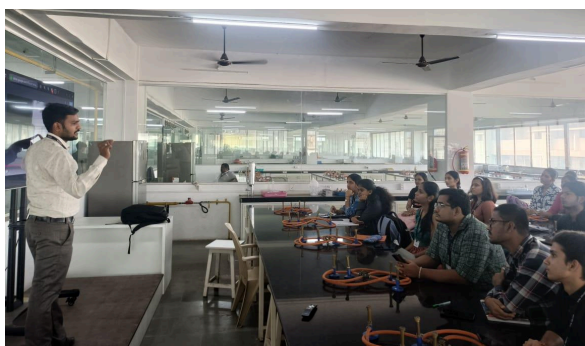
The Department of Lifelong Learning and Extension (DLLE) organized an **Election Voting Awareness Session** on **5th January 2026** with the objective of educating students about the importance of voting and the recent changes in the electoral process. The session aimed to promote responsible citizenship and encourage youth participation in democratic activities.

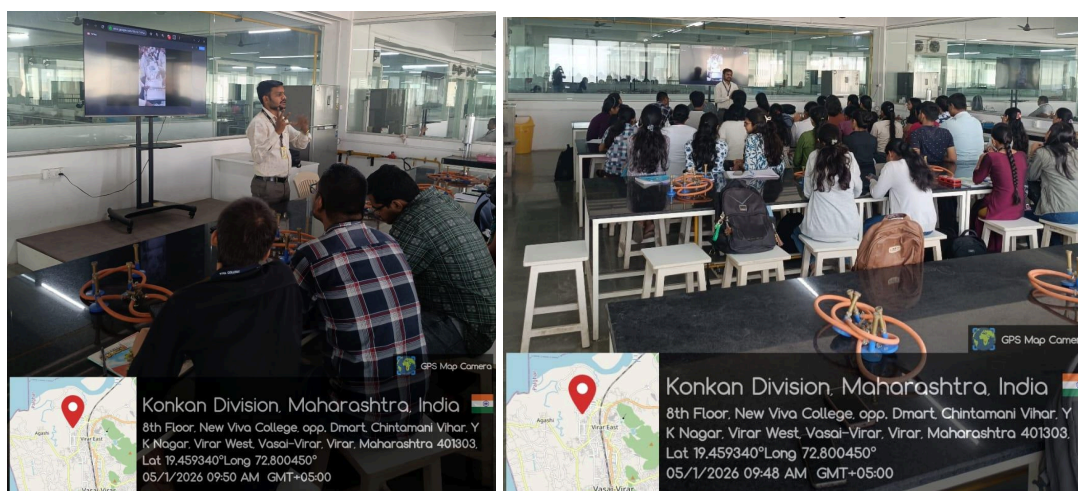
A total of **52 Third Year students** actively participated in the session. The program focused on creating awareness about election literacy, voter registration procedures, the significance of informed voting, and ethical participation in elections.

During the session, students were informed about the **recent changes and reforms in the voting system**, including updates in voter registration processes, the use of Electronic Voting Machines (EVMs), Voter Verifiable Paper Audit Trail (VVPAT), digital awareness initiatives, and measures taken by the Election Commission to ensure transparency and fairness in elections.

The resource person emphasized the role of youth in strengthening democracy and motivated students to register as voters and actively participate in elections. Interactive discussions and question-answer sessions made the program informative and engaging.

The session concluded with a message highlighting that voting is not only a right but also a fundamental responsibility of every citizen. The program was successful in enhancing students' awareness and encouraging active democratic participation.





UDAAN FESTIVAL

Date: 28th January, 2026

Venue: Sonopant Dandekar College, Palghar

Student Strength: 22 students

The UDAAN Festival, organized by the Department of Lifelong Learning and Extension (DLLE), University of Mumbai, was successfully held on 28th January 2026 at Sonopant Dandekar College, Palghar. The festival aimed to create awareness about important social issues among students, with a special focus on election literacy, voter education, and political awareness.

A total of 17 colleges from across the Palghar zone actively participated in the festival, making it a vibrant and competitive event.

The festival featured various competitions and activities:

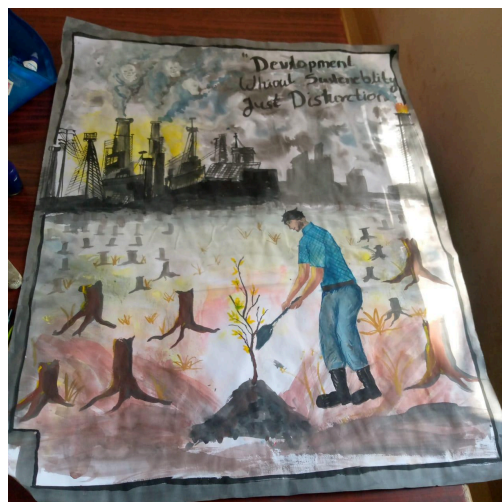
Street Play Competition: Participants presented impactful street plays highlighting the importance of election literacy, voter awareness, electoral participation, and other social concerns. The performances effectively conveyed strong social messages and encouraged responsible citizenship.

Poster Making Competition: Students demonstrated their artistic talents by designing creative posters focusing on voter registration, electoral reforms, political awareness, and the significance of informed voting. The posters reflected innovation, clarity of message, and social responsibility.

Creative Writing Competition: Students expressed their thoughts through essays, poems, and short stories based on the given theme. The entries showcased deep understanding, creativity, and sensitivity towards the importance of democratic participation.



Elocution Competition: The elocution competition provided a platform for students to confidently articulate their views on election literacy and political engagement. Participants impressed the audience with their persuasive speaking skills and powerful arguments. We are proud to announce that our college secured First Prize in the Street Play Competition and Consolation Prize in the Elocution Competition, bringing great honor to the institution. The program concluded with a heartfelt vote of thanks followed by the National Anthem, marking the successful completion of the UDAAN Festival 2026.





MEGA UDAAN FESTIVAL

Date: 18th February, 2026

Venue: Pherozeshah Mehta Bhavan Ground, University of Mumbai, Vidyanagri Campus

Student Strength: 15 students

The students of VIVA College have successfully qualified for the **Mega Final Round of the Street Play Competition** organized on the occasion of **Chhatrapati Shivaji Maharaj Jayanti**. The competition is titled “**Shaugatha**”, which highlights the valor, courage, and inspiring life of **Chhatrapati Shivaji Maharaj**.

The Mega Final Round was scheduled to be held on **Wednesday, February 18, 2026, at 09:30 AM** at **Pherozeshah Mehta Bhavan Ground**, located within the **University of Mumbai, Vidyanagri Campus**.

The street play competition aimed to encourage students to express social awareness, patriotism, and historical values through creative performances. The selected students from VIVA College prepared a powerful street play reflecting the bravery, leadership, and ideals of Chhatrapati Shivaji Maharaj. Through their energetic acting, strong dialogues, and coordinated teamwork, the students effectively conveyed the theme of “**Shaugatha**”, celebrating the heroic legacy of the great Maratha warrior.

Participation in this prestigious Mega Final Round provided students with an excellent platform to showcase their talent in acting, scriptwriting, and stage performance. It also helped them develop confidence, teamwork, and communication skills.

The management and faculty members of VIVA College expressed their pride and appreciation for the students’ remarkable achievement in reaching the Mega Final Round. Their dedication, hard work, and enthusiasm brought honor to the institution and inspired fellow students to actively participate in cultural and co-curricular activities.

Overall, the event served as a meaningful tribute to the life and contributions of Chhatrapati Shivaji Maharaj while promoting creativity, cultural awareness, and student engagement.





PCOD AND ANEMIA AWARENESS SESSION

Date: 7th March, 2026

Venue: Reading Room, New Campus

Student Strength: 61 students

The **Department of Lifelong Learning and Extension (DLLE), VIVA College Unit**, in collaboration with **DP Foundation, Virar**, organized an **Awareness and Guidance Session on PCOD and Anemia** on the occasion of **International Women's Day** on **7th March 2026**

The main objective of the session was to create awareness among girl students about the increasing health issues of **Polycystic Ovarian Disease (PCOD)** and **Anemia**, their causes, symptoms, prevention, and the importance of maintaining a healthy lifestyle and balanced nutrition.

A total of **61 students actively participated** in the session. The program was conducted by **Ms. Shweta Jadhav, Ms. Sapna Gole, and Ms. Mamta Dhanmeher**, who shared valuable knowledge and practical guidance regarding women's health and hygiene. The speakers explained the common symptoms of PCOD such as **irregular menstrual cycles, hormonal imbalance, weight gain, acne, and stress**, and emphasized the importance of early diagnosis, proper diet, and regular exercise.

The speakers also discussed **Anemia**, highlighting its causes such as **iron deficiency, poor nutrition, and lack of awareness**, and suggested preventive measures including the consumption of **iron-rich foods like green leafy vegetables, dates, jaggery, pulses, and fruits**, along with regular health check-ups.

During the session, the resource persons also created awareness about **menstrual hygiene and the importance of using safe and plastic-free sanitary napkins**. They explained that many conventional sanitary pads contain **plastic and harmful chemicals**, which may cause **skin irritation, infections, and**



environmental pollution. The speakers suggested the use of **good quality plastic-free and biodegradable sanitary napkins**, which are **skin-friendly, hygienic, and environmentally safe.** They explained that maintaining proper menstrual hygiene and using safe sanitary products can help reduce reproductive health problems and promote overall well-being.

The session also included a **live demonstration**, where the experts explained the correct use and disposal of sanitary napkins, healthy dietary practices, and simple lifestyle changes that can help in preventing PCOD and anemia.

The program was **interactive and informative**, where students actively participated and asked questions regarding menstrual health, nutrition, and lifestyle management. The awareness session helped students understand the importance of **women’s health, hygiene, and preventive care.**

The program concluded successfully with positive feedback from the students, making the session a meaningful initiative in promoting **women’s health awareness** on the occasion of **International Women’s Day.**





VSDidwana

Brupta

Signature of Extension Teachers