



National Centre for Rural Development's
Sterling College of Arts, Commerce & Science

(NAAC Accredited)

(Affiliated to University of Mumbai)

Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in Website - <https://www.sterlingcollegeofcommerce.com>

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2020-21**

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Sumanthi Gopaul
Coordinator, IQAC
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[Signature]



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Abstract

The NSS Unit of the college has conducted various activities for the benefits of the society. The NSS unit in the beginning of the year conducts a meeting with all the members to motivate the students to enroll NSS programs who are wishing to do some work towards the society. After this meeting students enroll for the NSS activities for the academic year. The University of Mumbai has sanctioned 50 seats for NSS unit to our college. Once enrolment is over a meeting of all NSS volunteers is held to decide about the activities to be conducted during the year. The NSS unit during the year 2020-21 conducted different online activities due to covid-19 such as Vigilance awareness, Covid-19 awareness, Vegan Outreach to promote vegetarianism, Constitution Day Celebration to make students aware about constitution of India, Work Life Balance in Pandemic, Women's Health & Nutrition, Psychological Impact on Youth during Pandemic, Covid 19 Vaccination Awareness, Human Rights Awareness with the help of NSS PO and members, volunteers and Principal of the college. The NSS unit always welcomes the suggestions given by volunteers, teachers and others.

Sumanthi Gopal

Coordinator, IQAC
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[Signature]

Principal
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Structure of NSS unit (2019-20)

Sr.	Name		Contact no.
1.	Dr. M.G Gonda	Principal	9960471347
2.	Mr. Adarsh Mitra Verma	NSS PO	9768422982
3.	Mr. Ranjeet Thakur	NSS Member	9594826048
4.	Mr. Mahesh Aute	NSS Member	8424994894
5.	Ms. Mridula Dabhale	NSS Member	9769731153
6.	Mrs. Rucham Thakur	NSS Member	9920427637
7.	Mr. Suraj Chouhan	NSS Representative	9769564198

Smriti Gopal

Coordinator, IQAC
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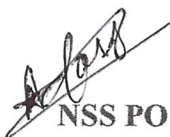
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Email – senior_commerce@yahoo.co.in

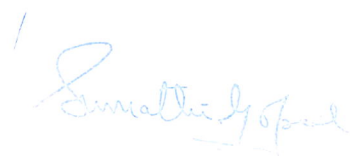
NSS

Notice Date: 10/08/2020

This is to inform all Students that NSS unit is going to organise NSS orientation programme on 14/08/2020 through zoom app at 11 AM .Students will be oriented about NSS activities and interested students shall be given NSS enrolment form. A zoom link shall be provided to your groups.


NSS PO


Principal
Principal
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NSS Unit

NCRD's Sterling college of arts, Commerce and Science
Organize

NSS ORIENTATION PROGRAMME

Students will be oriented about NSS activities and
intrested students shall be given
NSS enrollment form

Date - 14 Aug 2020

Time - 11 AM

Venue - Online

Contacts -

Adarsh Verma -

9768422982



Sumathi J. Paul

A zoom link shall be provided to
your group

Coordinator, IQAC
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[Signature]
Principal
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Report

Title of the Activity: NSS ORIENTATION PROGRAM

Date: 14/08/2020

Venue: online

Objectives of the programme: To orient first year students about NSS and activities under NSS banner.

Outcome of the programme: The students of the FY classes have been oriented about NSS activities and an awareness about national service has been created.

The NSS Unit organized an orientation program for the students of FY, SY and TY B.Com on 14th AUGUST, 2020 from 11 am to 12 through zoom app. The orientation program commenced with the NSS song. NSS Programme Officer In-charge ADARSH VERMA (Assistant Professor), briefed the volunteers on the NSS motto, importance of the NSS symbol and badge, aims and objectives, role and duties of volunteers, as well as activities to be performed in the village adopted by the Unit.

Feedback : The students got the knowledge about the NSS activities. many students were so enthusiastic to join the NSS

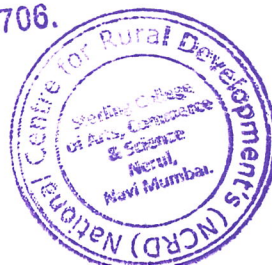
Participation: There were 70 students from all FY classes including NSS PO and NSS committee members who participated in this program.

Learning from the Programme: The students learned how to serve society through college

NSS PO

IQAC coordinator
Coordinator, IQAC
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Principal
Principal
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NSS


Notice

Date: 10/09/2020

This is to inform all the students that a NSS Unit is organising an online program on Hindi Divas on 14/09/2020 at 11.30 am in which Prof. Adarsh Verma will tell about the importance of National Language. All students are requested to join the zoom link provided in class whatsapp group.


NSS (PO)


Principal
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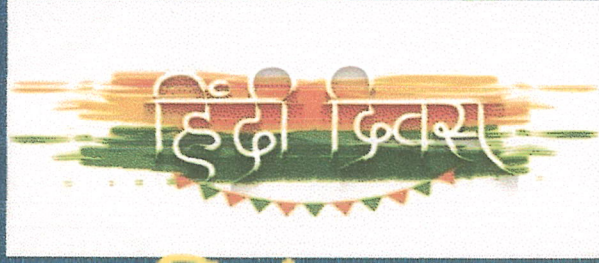
Email – senior_commerce@yahoo.co.in



**राष्ट्रीय सेवा योजना
विभाग**



**स्टर्लिंग कॉलेज ऑफ आर्ट्स, कॉमर्स एंड
साइंस
नेरुल, नवी मुंबई**



१४ सितंबर २०२०

समय: ११ AM

ऑनलाइन

संपर्क: आदर्श वर्मा-९७६८४२२९८२

**नागरिकों को मातृभाषा के
उपयोग और सम्मान के लिए
प्रोत्साहित करने के लिए।**

Postel Maker

Coordinator, IGAC
NCRD'S Sterling College of Arts,
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Principal
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Report

Title of the Activity: Hindi Divas

Date: 14/09/2020

Venue: Online


Objective: To create an awareness on Hindi and its importance.

Outcome of the Program:

NSS Unit of College had organised an online program on Hindi and its importance on the occasion of Hindi Divas in which Prof. Adarsh Verma gave a wonderful speech on the importance of Hindi.

Feedback: Students liked the program and gave positive feedback and requested to organise it again.

Participation: There were 89 participants who participated in this online program

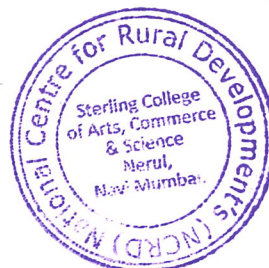

NSS (PO)


IQAC Coordinator

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Nerul - 400 706.


Principal

Principal
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Nerul, Navi Mumbai - 400706



Sterling college of Arts, Commerce & Science
Nerul.

NSS

Notice

Date: 6/10/2020

This is to inform all the students that a NSS Unit is organising an online program on Covid-
awareness on 11/10/2020 at 11.30 am in which Dr. Gourihar Patil will create awareness
on Covid-19 and will discuss about preventive measures. All students are requested to join
the zoom link provided in class whatsapp group.

NSS (PO)

Principal

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Nss unit

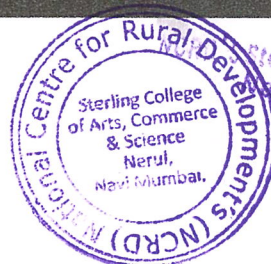
Of
**Sterling college of arts commerce and
science**

Organise
Covid -19 awareness program

To spread awareness about
prevention measures of covid -19
disease

- Date :- 11 / 10 / 2020
- Time :- 11 am onwards
- Venue :- online
- Contact no. :-
 - ADARSH VERMA :- 9768422982
 - BHUMIKA SINGH :- 8369383370

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Principal
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Email – senior_commerce@yahoo.co.in

Report

Title of the Activity: Covid-19 awareness

Date: 11/10/2020

Venue: Online

Objective: To create an awareness about preventive measures on covid-19

Outcome of the Program:

NSS Unit of College had organised an online program on Covid-19 awareness in which Dr. Gourihar Patil created awareness about preventive measures on covid-19.

Feedback: Students liked the program and gave positive feedback and requested to organise it again.

Participation: There were 37 participants who participated in this online program.

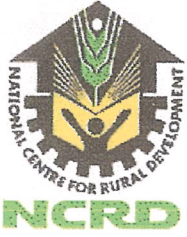
NSS (PO)

IQAC Coordinator
Coordinator, QAC
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Principal

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NSS

Notice

Date: 12/10/2020

This is to inform all the students that a NSS Unit is going to organise a webinar on Work Life Balance in Pandemic on 17/10/2020 at 12 p.m. Prof. Adarsh Verma will address the students on the above mentioned topic. All students are requested to join the zoom link provided in Whats App class group.

Coordinator, IQAC
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NSS (PO)

Principal

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NSS Unit
STERLING COLLEGE OF

ART, COMMERCE & SCIENCE

Organizing

Work Life Balance In
Pandemic

For Enquiry Contact
Adarsh Verma: 9768422982
Bhumika Singh: 8369383370

Date: 17/10/2020
Venue: Online
Time: 11 am

To create awareness on about work life balance in
pandemic

Sumathi Gopal

Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.

Principal

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NCRD'S Sterling College of Arts, Commerce & Science
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Report

Title of the Activity: Work Life Balance in Pandemic

Date: 17/10/2020

Venue: Online

Objective: To create awareness on about work life balance in pandemic.

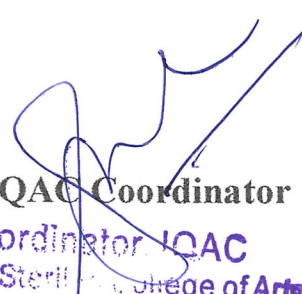
Outcome of the Program:


NSS Unit of College had organised a webinar on Work Life Balance in Pandemic in which Prof. Adarsh Verma gave valuable speech on how to balance work and life in pandemic.

Feedback: Students liked the program and gave positive feedback and requested to organise it again.

Participation: There were 66 participants who participated in this online program.


NSS (PO)


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Coordinator IQAC
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NSS

Notice

Date: 20/10/2020

This is to inform all the students that a NSS Unit is organising an online program on Vigilance awareness on 29/10/2020 at 11.30 am in which Prof. Parth Joshi will give valuable speech. All students are requested to join the zoom link provided in class whatsapp group.

NSS (PO)

Principal

Principal
NCRD'S Sterling College of Arts, Commerce & Science
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**Nss unit
Of**



**Sterling college of commerce &
science
Organise
Vigilance awareness of
program**

To generate an awareness in the public at large
about the ill effects of corruption

Date: 29/10/2020

Venue: online

Time: 11:00

contact number:-

ADARSH VERMA :- 9768422982

BHUMIKA SINGH :- 8369383370



Sumanthi J. Patel

**Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.**

[Signature]
Principal

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Report

Title of the Activity: Vigilance Awareness Program

Date: 29/10/2020

Venue: Online


Objective: To generate an awareness in the public at large about the ill effects of corruption.

Outcome of the Program:


NSS Unit of College had organised vigilance awareness in which Prof. Parth Joshi gave valuable speech.

Feedback: Students liked the program and gave positive feedback and requested to organise it again.

Participation: There were 43 participants who participated in this online program .


NSS (PO)


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NSS

Notice

Date: 14/11/2020

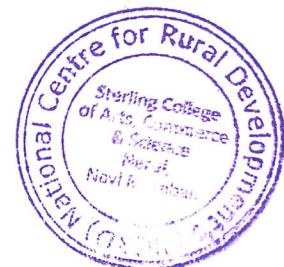
This is to inform all the students that a NSS Unit is organising an online program on Vegan Outreach on 20/11/2020 at 4 pm in which Ms. Astha Gupta (Outreach Coordinator at Vegan Outreach, India) will deliver the lecture on being vegan . All students are requested to join the zoom link provided in class whatsapp group.

NSS (PO)

Principal

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Report

Title of the Activity: Vegan Outreach

Date: 20/11/2020

Venue: Online

Objective: To create an awareness on animal rights and to protect them by being vegetarian.

Outcome of the Program:

NSS Unit of College had organised an online program on Covid-19 awareness on animal rights and to protect them by being vegetarian in which Ms. Astha Gupta (Outreach Coordinator at Vegan outreach, India) created awareness about animal rights and to protect them by being vegetarian.

Feedback: Students liked the program and gave positive feedback and requested to organise it again.

Participation: There were 73 participants who participated in this online program



Certification Webinar

FOOD-PLANET-HEALTH

NSS Unit of Sterling College of Arts, Commerce and Science Organizes a Webinar with Vegan Outreach.

20th November 2020 | 4:00 pm - 5:00 pm

Speaker: Astha Gupta
Outreach Coordinator at Vegan Outreach, India

[Register today](#)

10 Weeks TO VEGAN



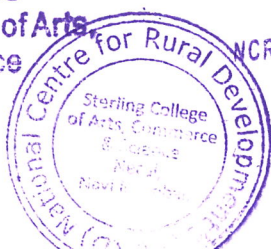
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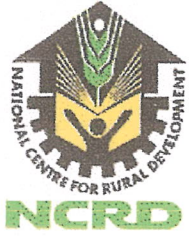
[Signature]

IQAC Coordinator
Coordinator, IQAC
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Nerul - 400 706.

[Signature]

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NSS


Notice

Date: 20/11/2020

This is to inform all the students that a NSS Unit is going to celebrate Constitution Day on 26/11/2020 online at 11.30 am which Prof. Dr. Sumathi Gopal will tell about the importance of Constitution of India and its important sections and articles. All students are requested to join the zoom link provided in class whatsapp group.


NSS (PO)


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NCRD's Sterling Institutes, Nerul, Navi
Mumbai



The NSS UNIT OF STERLING COLLEGE
**Constitution
day
celebration**

To create awareness on Constitution of India
and important section and articles

The NSS Unit of college had organised an online
program constitution of India and important
section and articles which Prof Sumathi Gopal
Told about the importance of
Constitution of India and important section and
articles

DATE : 26/11/2020
TIME : 11AM
VENUE : ONLINE

Adarsh Verma: +91 97684 22982

Sumathi Gopal

Coordinator, IQAC
NCRD'S Sterling College of Arts,
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Adarsh Verma

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Report

Title of the Activity: Constitution Day Celebration

Date: 26/11/2020

Venue: Online

Objective: To create awareness on Constitution of India and important sections and articles.

Outcome of the Program:

NSS Unit of College had organised an online program Constitution of India and important sections and articles in which Prof. Dr. Sumathi Gopal told about the importance of Constitution of India and its important sections and article.

Feedback: Students liked the program and gave positive feedback and requested to organise it again.

Participation: There were 86 participants who participated in this online program

NSS (PO)

IQAC Coordinator

Coordinator, IQAC
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Principal

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Email – senior_commerce@yahoo.co.in

NSS

Notice

Date: 06/12/2020

This is to inform all the students that NSS Unit is going to organise a webinar on Human Rights Awareness on 10/12/2020 at 11 a.m. Prof. Dr. Sumathi Gopal will address the students on the importance of human rights. All students are requested to join the zoom link provided in Whats App class group.

NSS (PO)

NCRD'S QAC
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Sector 19, Nerul (East), Navi Mumbai – 400706

Tel. No. : +91-22-2770 5535.

Email – senior_commerce@yahoo.co.in



HUMAN RIGHTS MOVEMENT!



*Sterling college Arts
Commerce and Science*

ORGANIZING

HUMAN RIGHTS AWARENESS

Date - 10 / 12 / 2020

Venue - Online

Time - 11 am

Student's - 50

FOR ENQUIRES CONTACT -

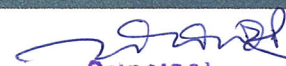
ADARSH VERMA - 9768422982

SUMITA GOPAL - 9892622912

**To Create The Awareness On Human
Rights**



Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.


Principal
NCRD'S Sterling College of Arts, Commerce & Science
Nerul, Navi Mumbai - 400706





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Report

Title of the Activity: Human Rights Awareness

Date: 10/12/2020

Venue: Online


Objective: To create awareness on Human Rights

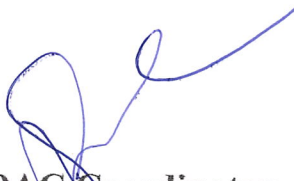
Outcome of the Program:

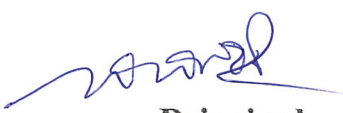
NSS Unit of College had organised a webinar on Human Rights Awareness. Prof. Dr. Sumathi Gopal gave valuable speech and informed students about the importance of human rights.

Feedback: Students liked the program and gave positive feedback of conducting such programs again.

Participation: There were 50 participants who participated in this online program.


NSS (PO)


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Principal
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NSS

Notice

Date: 18/02/2021

This is to inform all the students that a NSS Unit is going to organise a webinar on Women's Health & Nutrition on 23/02/2021 at 11 a.m. by Dr. Sheetal Thakkar. All students are requested to join the zoom link provided in Whats App class group.

NSS (PO)

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NSS UNIT

Sterling College of Arts,
Commerce & Science nerul, navi
mumbai

women's health and nutrition



venue - online webinar

Time - 10 am to 12pm

Special guest - Dr. sheetal thakkar

46 participants can be
accepted .

Hurry
up...!



To get link contact
- Adarsh verma
-976822982

Coordinator, IQAC
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Principal
Sterling College of Arts, Commerce & Science
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Email – senior_commerce@yahoo.co.in

Report

Title of the Activity: Women's Health & Nutrition

Date: 23/02/2021

Mode: Online

Objective: To create awareness on Women's Health & Nutrition

Outcome of the Program:

NSS Unit of College had organised a webinar on Women's Health & Nutrition. Dr. SheetalThakkar addressed students on the importance of health and nutrition of women.

Feedback: Students gave positive feedback and requested to organise such programs again.

Participation: There were 46 participants who participated in this online program.

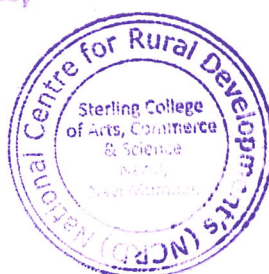

NSS (PO)


IQAC Coordinator

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NSS

Notice

Date: 19/03/2021

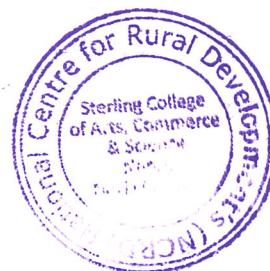
This is to inform all the students that NSS Unit is going to orgainse a webinar on Psychological Impact on Youth during Pandemic on 23/03/2021 at 11:30 a.m. Prof. Dr.ManasiKilledar will conduct the session . All students are requested to join the zoom link provided in Whats App class group.

NSS (PO)

Coordinating IQAC
NCRD'S Sterling College of Arts,
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Nerul - 400 706.

Principal

Principal
NCRD'S Sterling College of Arts, Commerce & Science
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**NCRD's Sterling Institutes, Nerul,
Navi Mumbai**



The NSS unit of Sterling college

Psychological impact on youth during pandemic

To inform students that how
pandemic has psychologically
impacted on student

NSS Unit of college had organised a webinar on
psychological impact on youth during pandemic
Prof Dr. Manasi Killedar gave valuable speech

DATE : 23/03/2021

TIME : 11AM

VENUE : ONLINE

ADARSH VERMA : 97684 22982

Sumathi J. Patel
Coordinator, IQAC
NCRD'S Sterling College of Arts,
Commerce & Science
Nerul - 400 706.

Adarsh Verma
Principal
NCRD'S Sterling College of Arts, Commerce & Science
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Report

Title of the Activity: Psychological Impact on Youth during Pandemic

Date: 23/03/2021

Venue: Online


Objective: To inform students on how pandemic has psychologically impacted students.

Outcome of the Program:

NSS Unit of College had organised a webinar on Psychological Impact on Youth during Pandemic. Prof. Dr. Manasi Killedar gave valuable speech.

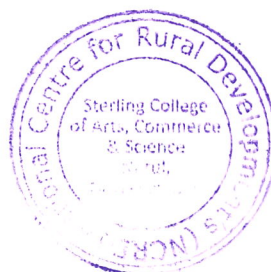
Feedback: Students liked the program and gave positive feedback.

Participation: There were 52 participants who participated in this online program.


NSS (PO)


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NSS

Notice

Date: 03/05/2021

This is to inform all the students that NSS Unit is going to organise a webinar on Covid 19 Vaccination Awareness on 07/05/2021 at 12 p.m. Principal Sir will address the students on the importance of vaccination. All students are requested to join the zoom link provided in Whats App class group.

Coordinator, IQAC
NCRD'S Sterling College of Arts,
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NSS (PO)

Principal
Principal

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Email – senior_commerce@yahoo.co.in



NSS UNIT



**STERLING COLLEGE OF ARTS
COMMERCE & SCIENCE**

Organizing

COVID 19 VACCINATION AWARENESS



Date : 07/05/2021

Venue : Online

Time : 11:00 am

Student's : 60

For Enquiry Contact
ADARSH VERMA: 9768422982
BHUMIKA SINGH: 8369383370



To create awareness on covid

19 Vaccination

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Nerul - 400706.



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Report

Title of the Activity: Covid 19 Vaccination Awareness

Date: 07/05/2021

Venue: Online

Objective: To create awareness on Covid 19 Vaccination.

Outcome of the Program:

NSS Unit of College had organised a webinar on Covid 19 Vaccination Awareness. Principal sir gave valuable speech and informed students about the importance of vaccination.

Feedback: Students gave positive feedback.

Participation: There were 60 participants who participated in this online program.


NSS (PO)


IQAC Coordinator

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