

#### NSS REPORT FOR THE ACADEMIC YEAR 2023-24

## NSS PO-Siddesh Tari NSS PO-Pricilla Fernandes

## 1) Yoga Day Celebration 21st June 2023 at Raj Bhavan, Goa

The event commenced with an inaugural ceremony presided over by the Governor of Goa. Dignitaries, G20 Delegates, Union Ministers, Yoga Practitioners, and Students of VMSCL participated in this event. Professional Yoga instructor along with Neha Pomburphekar an S.Y.B.A.LLB student led the interactive yoga sessions, catering to individuals of all age groups and fitness levels. Various yoga asanas, pranayama techniques, and meditation practices were demonstrated to the participants.

The event witnessed active participation from yoga enthusiasts, students, and representatives from governmental. This collective involvement contributed to the success of the celebrations. In alignment with the ethos of yoga, efforts were made to ensure environmental sustainability throughout the event. Eco-friendly practices such as waste management, use of biodegradable materials, and minimal energy consumption were prioritized.

The Yoga Day celebration at Raj Bhavan, Goa, served as a platform for promoting the ancient discipline of yoga and its relevance in contemporary times. Through a diverse range of activities, the event fostered awareness, inspiration, and community engagement.





#### 2) Tree Plantation Drive-July 12, 2023

The event was organized by the NSS Cell of VMSCL in collaboration with Inner Wheel Club of Mapusa Elite. NSS Volunteers and Members of Inner Wheel Club of Mapusa actively participated in the initiative. Teaching and non-teaching staff of the college also joined hands to contribute to the cause.

The tree plantation drive took place in a designated area near the college canteen. The location was chosen strategically to enhance the aesthetic appeal of the surroundings and provide additional green cover to the college campus. Prior to the event, the area was prepared ensuring suitable soil conditions for planting. Several species of native trees and shrubs were selected for plantation, considering their adaptability to the local climate and soil conditions.

Moving forward, the non teaching staff and students will monitor the growth and survival rate of the planted saplings, ensuring their long-term viability. Such initiatives underscore the importance of individual and collective responsibility in mitigating climate change and preserving the planet's precious resources.





## 3) Eye Checkup Camp - 12th August 2023

The event was organized by the NSS Cell of VMSCL on the 12th of August 2023. The camp aimed to provide free eye checkup services to the students, faculty, and staff of the college. It was organized by the college in collaboration with ASG hospital. A team of optometrists, ophthalmologists, and supporting staff volunteered their services for the event. The camp was open to all, and participants were encouraged to register in advance to ensure smooth coordination.

The camp offered a range of services including vision testing, screening for common eye conditions etc. Participants underwent comprehensive eye examinations, and those requiring further treatment or corrective measures were referred to their nearby eye care facilities.

The eye checkup camp held at VM Salgaocar College of Law on the 12th of August 2023 served as a valuable initiative to promote eye health and well-being. By providing free eye checkup services and raising awareness about eye care, the camp contributed to the overall health and welfare of the participants.





# 4) Independence Day Celebration at VM Salgaocar College of Law - 15th August 2023

On the auspicious occasion of India's 77th Independence Day, V.M. Salgaocar College of Law celebrated the nation's freedom with great fervour and patriotism. The event, held on the college premises, was a memorable gathering that resonated with the spirit of unity and pride.

The celebration commenced with the hoisting of the national flag by the college principal, accompanied by faculty members, staff, and students. A cultural program followed, featuring various performances that showcased the rich cultural heritage of India. Students stunned the audience with patriotic songs and recitations of poems highlighting the values of freedom, unity, and diversity.





#### 5) Beach Cleaning Drive at Miramar Beach, Goa - 16th September 2023

The beach cleaning drive at Miramar Beach, Goa, held on 16th September 2023, aimed to promote environmental awareness, community engagement, and the preservation of Goa's pristine coastline. It was conducted by Indian Coast Guard in collaboration with NSS Cell of VMSCL and NIO Goa. The event saw enthusiastic participation from college students, Coast Guard Personnels, NGOs, Ministers and government officials, totalling over 400 volunteers.

Volunteers collected and segregated various forms of waste, including plastic bottles, wrappers, cigarette butts, and debris, from the beach and its surrounding areas. The collective efforts of volunteers resulted in the removal of several kilos of waste, significantly improving the cleanliness of Miramar Beach. The beach cleaning drive garnered significant media coverage, increasing public awareness and inspiring similar initiatives across the region.

The beach cleaning drive at Miramar Beach, Goa, on 16th September 2023, was a resounding success, highlighting the power of collective action in preserving our natural heritage. By fostering community involvement, raising awareness, and advocating for sustainable practices, such initiatives play a vital role in ensuring the cleanliness and beauty of Goa's coastal areas for generations to come.



#### 6) Ek Rakhi Sainiko Ke Liye - 18 August 2023

On 18 August 2023, a special event "Ek Rakhi Sainiko Ke Liye" was organized by NSS Cell of VMSCL to honor and express gratitude towards the soldiers of our nation. "Ek Rakhi Sainiko Ke Liye" is an initiative that fosters a bond of appreciation and respect between students and soldiers through the traditional Indian festival of Raksha Bandhan. This initiative involves students sending rakhis to soldiers stationed at the borders or serving in different parts of the nation.

This initiative stands as a shining example of how simple acts of kindness and appreciation can bridge the gap between different sections of society and inspire collective efforts towards a common cause.



## 7) ISRO Quiz

Students of VM Salgaocar College of Law participated in ISRO Quiz, aimed at promoting space science and enhancing students' knowledge about the Indian Space Research Organisation (ISRO). This quiz was held in online mode on mygov portal.



## 8) "Meri Mati Mera Desh" Campaign: October 1st-31st, 2023

"Meri Mati Mera Desh" is a unique initiative aimed at fostering a deep sense of connection and unity among citizens towards their homeland, India. The essence of this initiative revolves around the symbolism of soil, which represents the very foundation of our nation. The concept involves individuals from various parts of the country collecting a small portion of soil in a urn from their respective regions and sending it to a central location, typically Delhi, where it is ceremoniously preserved.



#### 9) RG Hospital Marathon at Shyama Prasad Stadium - 1st October

On October 1st, 2023 RG Hospital organized a marathon at Sham Prasad Stadium, aimed at promoting health awareness. The NSS Volunteers of our college were called to participate in this event in different capacities i.e. as participants and also as volunteers. The event saw enthusiastic participation from people of all age groups, including individuals from different walks of life such as healthcare professionals, fitness enthusiasts, students, and local residents. The marathon comprised various race categories, including a full marathon (42.195 km), half marathon (21.0975 km), and a fun run (5 km) for amateurs and beginners.

The marathon fostered a sense of community engagement, bringing together people from diverse backgrounds to support a common cause of promoting health and well-being. The RG Hospital marathon was a resounding success, fostering health awareness & community engagement. Such events play a crucial role in promoting a healthier society and supporting those in need of medical assistance.



## 10) Shramdan for Swachhata - October 1st and 2nd, 2023

In alignment with the Swachh Bharat Abhiyan, an initiative launched by the Government of India to promote cleanliness, NSS Cell of VMSCL conducted cleanliness drives at various places in Goa i.e. Panjim, Ponda, Margao, Sanquilim, Mapusa, Porvorim, Bicholim etc on October 1st and 2nd, 2023. Shramdan, or voluntary labor, plays a crucial role in fostering cleanliness and hygiene within communities.

NSS Volunteers actively participated in clean-up drives across various locations, including streets, parks & public areas,. They collected and disposed of litter and waste materials, contributing to the beautification of their surroundings.

The Shramdan event conducted on October 1st and 2nd, 2023, exemplified the power of community participation in driving positive change towards cleanliness and hygiene. Through collaborative efforts and a shared vision for a cleaner nation, the event contributed to the realization of the goals set forth by the Swachh Bharat Abhiyan.



#### 11) DAAN Utsav - October 6, 2023

The DAAN Utsav, also known as the Joy of Giving Week, was celebrated by NSS Cell of VMSCL on October 6, 2023, with great enthusiasm and participation from students. This annual event aims to promote the culture of giving and generosity among people from all walks of life.

NSS Cell organised donation drive to support the underprivileged sections of society. These initiatives provided essential resources and services to those in need, fostering a sense of solidarity and compassion within the community. The widespread participation and generosity displayed during the DAAN Utsav underscored the collective commitment towards creating a more equitable and compassionate society



#### 12) Red Ribbon Run 8th October 2023

The Red Ribbon Run held on 8th October 2023 marked another successful stride in raising awareness about HIV/AIDS prevention and support. NSS Volunteers of VMSCL took part in this event, contributing to the inclusive and community-driven spirit of the event. Organized by the Goa State Aids Control Society in collaboration with Govt of Goa and educational institutions, the event also drew participation from various segments of the community.

The Red Ribbon Run not only raised awareness about HIV/AIDS but also fostered a sense of unity and compassion within the community. By promoting education, and action, the event contributed to ongoing efforts to combat stigma and improve access to care for individuals living with HIV/AIDS.



#### 13) Self-Defense Workshop for Women- October 9, 2023

The Women Empowerment Cell off VMSCL in association with NSS Cell conducted a self-defense workshop for women on 9<sup>th</sup> October 2023 in the conference hall of the college. The workshop aimed to empower women with essential self-defense techniques and strategies to enhance their confidence and safety in various situations. The workshop commenced at 11 am and was facilitated by a experienced self-defense instructor certified in martial arts and personal safety. It consisted of both theoretical sessions and practical demonstrations to equip participants with practical skills and knowledge.

#### Objectives:

- 1. To educate women about potential threats and how to recognize them.
- 2. To teach effective self-defense techniques applicable in real-life scenarios.
- 3. To boost participants' confidence and ability to protect themselves.

The instructor began by discussing the importance of self-defense and the psychology of attackers. Participants learned how to identify warning signs and assess potentially dangerous situations. Various self-defense techniques were demonstrated, including strikes, kicks, blocks, and escape maneuvers. Participants actively engaged in practicing these techniques under the guidance of the instructor.

An interactive question and answer session allowed participants to clarify doubts and seek additional guidance on specific self-defense concerns. Feedback from the students was overwhelmingly positive, with many expressing gratitude for the opportunity to learn practical self-defense skills in a supportive environment. This workshop for female students, was a resounding success, achieving its objectives of empowering women with essential self-defense techniques and boosting their confidence.





## 14) ECI Focus Group Discussion - 9 October 2023

The focus group convened on October 9, 2023, to discuss trends, challenges, and opportunities in Environmental, Social, and Governance (ECI) practices. It Stressed on transparency, accountability, and ethical leadership. Advocated for collaboration among stakeholders. Highlighted the need for ESI awareness and skills training. Discussed standardized reporting frameworks for transparency. Commitment to ongoing education and best practice exchanges. The discussion fostered collaboration and commitment to driving positive change in ESI practices across industries.



#### 15) Nutrition 101 - 11 October 2023

On 11<sup>th</sup> Oct, NSS Cell of VMSCL College hosted a guest lecture on nutrition, The guest speaker for this event was Mekhala Bhat Mandurkar a renowned expert in the field. The lecture aimed to enlighten students about the importance of nutrition in maintaining a healthy lifestyle and its impact on overall well-being.

The speaker elucidated the basic principles of nutrition, emphasizing the significance of a balanced diet comprising essential nutrients such as carbohydrates, proteins, fats, vitamins, and minerals. Students gained insights into the varying nutritional needs across different age groups, genders, and lifestyles. The lecture highlighted the importance of understanding individual dietary requirements to promote optimal health.

Practical tips were shared on cultivating healthy eating habits, including meal planning, portion control, and mindful eating. The speaker emphasized the importance of incorporating a diverse range of foods to ensure adequate nutrient intake.

Following the presentation, an interactive Q&A session provided students with the opportunity to seek clarification on nutrition-related queries and share their own experiences and concerns. In conclusion, the guest lecture on nutrition served as a valuable educational experience for students



#### 16) Leadership Camp - October 16, 2023

Centre for Political Leadership in association with NSS Cell of VMSCL organized Leadership Camp for the students on October 16, 2023. It was an enriching and impactful event aimed at fostering leadership skills among the students. Resource person Alen D'Souza engaged various activities designed to enhance the leadership abilities of the participants.

The camp commenced with an inspiring opening ceremony, setting the tone for the day's events. Participants were introduced to the key themes and objectives of the camp, emphasizing the importance of effective leadership in both personal and professional settings.

Throughout the day, attendees participated in a series of interactive workshops and teambuilding exercises facilitated by experienced leadership coach Alen D'sauza. These activities focused on communication skills, problem-solving, decision-making, and conflict resolution, providing participants with practical tools and strategies to become more effective leaders. Participants had the opportunity to learn from real-world examples and engage in meaningful discussions on leadership principles and best practices.



#### 17) Unity Day Quiz - October 31, 2023

Students of V.M. Salgaocar College of Law participated in Unity Day Quiz, On October 31, 2023. The quiz aimed to promote awareness and understanding of different cultures, traditions, it also commemorated the importance of unity and solidarity among people of diverse backgrounds and values, fostering a sense of unity and harmony within the community. This quiz was held in online mode on mygov portal.



## 18) Save Soil Campaign- 7 Dec 2023

NSS Cell of VMSCL conducted Save Soil Campaign to Raise awareness about the critical role of soil in sustaining life and ecosystems. Educate the community about the causes and consequences of soil degradation. Implement practical solutions to conserve and rehabilitate soil health. Mobilize community members to actively participate in soil-saving initiatives. Campaign Activities:

The campaign kicked off with Documentary Screening in the college. it covered topics such as soil erosion, nutrient depletion, and sustainable agricultural practices. College students made placards and did door to door campaigning, sharing informative posts to reach a wider audience.

Through their passion, dedication, and collective action, college students have demonstrated the power of grassroots movements in addressing pressing environmental challenges. The Save Soil Campaign stands as a testament to the importance of youth-led initiatives in fostering sustainable practices and nurturing a healthier planet for future generations.



#### 19) International Human Rights Day Celebration - December 10, 2023

The NSS Cell of VMSCL in Association with Centre for Political Leadership, celebrated The International Human Rights Day at VM Salgaocar College of Law, Goa, on December 10, 2023, was a momentous occasion that brought together students & faculty to commemorate the universal principles of human rights. Throughout the day, awareness campaigns, Competitions and interactive sessions were conducted to educate participants about their rights and responsibilities as global citizens. Documentary Making Competition was held which received a huge response from the students.

https://www.instagram.com/p/C012vkGtAdb/?igsh=bXFnZWFlNXF2bjZs

## 20) Essay Competition "My Vote, My Rights - 5th January 2024

On the 5th of January 2024, the NSS Cell conducted an essay competition on the theme "My Vote, My Rights." The event aimed to raise awareness among students, about the significance of voting rights and civic engagement. The competition saw enthusiastic participation from students. Essays covered a wide range of topics, including the historical significance of voting rights, the responsibility of citizens in democracy, the impact of voter apathy on governance, and the role of technology in enhancing electoral processes.

The essay competition on "My Vote, My Rights" served as a platform for fostering dialogue and reflection on the importance of democratic participation. Such initiatives are crucial for promoting civic engagement and strengthening democratic values in the community.



#### 21) Empower the Vote: Quiz on Voter Awareness- 5 Jan 2024

Venue: Conference Hall, V.M. Salgaocar College of Law

The quiz competition aimed to foster voter awareness among the students of V.M. Salgaocar College of Law was Organized by the **Quiz Club of V.M. Salgaocar College of Law**, the event was a proactive initiative to instill a sense of civic responsibility and highlight the importance of participating in the democratic process.

The competition saw enthusiastic participation. Teams comprising students from B.A.LLB & Degree LLB showcased their knowledge and engagement in matters pertaining to voting rights, electoral process, and the significance of active participation in elections.

The quiz comprised of 5 rounds, including general knowledge about the electoral process, historical milestones in voting rights, local and national elections, and current issues shaping the political landscape. The questions were meticulously crafted by quizmaster Amit Sukhtankar and Joshua D'souza to ensure a balance between informative content and engaging challenges.

The competition not only served as a platform for healthy competition but also as an educational tool. Attendees, including both participants and spectators, actively engaged in discussions sparked by the quiz questions.

Altogether, 10 teams had registered for the competition, out of which 4 were selected for the finals. Govind Sawant and Rugved Jawdekar from B.A.LLB secured 1st place, Sankalp Gaonkar and Achal Candolkar from B.A.LLB secured secured 2nd place, while Swetang Naik and Aniket Murgaonkar from Degree LLB achieved 3rd place honors.

The quiz competition effectively fulfilled its objective of promoting voter awareness among the college students. In conclusion, the quiz competition served as an exemplary effort in promoting voter awareness within the college community, fostering a generation of responsible and informed voters.



## 22) Purple Fest Volunteering - 8th to 13th January 2024

For the students of VMSCL (NSS & Non NSS students) Volunteering for Purple Fest in Panjim from 8th to 13th January 2024 was a dynamic experience that brought together a diverse community of individuals. The festival, celebrating art, culture, and creativity, showcased an array of performances, workshops, and exhibitions by the specially abled people. As volunteers, our student's role was crucial in ensuring the seamless execution of the event.

#### Responsibilities:

- 1. Event Setup: Volunteers participated in setting up stages, booths, and signage to prepare the venue for the festival.
- 2. Participant Assistance: Throughout the event, volunteers assisted attendees with inquiries, guided them to various activities and provided necessary support.
- 3. Logistics Management: Volunteers coordinated transportation, handled equipment, and managed supplies to facilitate smooth operations.
- 4. Crowd Management: Ensuring the safety and comfort of attendees, volunteers helped manage crowd flow and provided assistance during peak hours.

The dedication and commitment of volunteers contributed significantly to the success of the event. Volunteering at Purple Fest was not only a valuable opportunity to contribute to a meaningful event but also helped the students to gain hands-on experience in event management.





#### 23) National Youth Week and Road Safety Week Celebration - January 13, 2024

NSS Cell of VMSCL in collaboration with NSS Cell of Goa university, NYKS, Goa Police, Directorate of Youth and Sports & social welfare dept. celebrated both National Youth Week and Road Safety Week. The event started by garlanding Swami Vivekanandas portrait followed by principals welcome address. The programme was graced by the presence of the esteemed Chief Guest, Hon. Minister Govind Gaude (Minister of Sports, Art and Culture, Rural Development Agency) who added significance to the occasion with his esteemed presence. Other presiding dignitaries were Kalidas Ghatwal (Director of Nehru Yuva Kendra) Arvind Kutkar (Director of Sports Govt of Goa) Tukaram Shet Mandrekar (ASI traffic cell Panjim) Nitin Sawant (Nss coordinator Goa University).

The event aimed to highlight the importance of empowering youth and promoting road safety measures within the community. It served as a platform for fostering awareness and initiating. discussions on these crucial issues. Hon. Minister Govind Gaude, in his address, emphasized the pivotal role of the youth in shaping the future of the nation. He stressed the importance of instilling a sense of responsibility and caution among the youth.

Furthermore, distinguished guests shared their insights and experiences, contributing to the enriching discussions held throughout the event. Overall, the National Youth Week and Road Safety Week celebration at V.M. Salgaocar college of Law served as a significant platform for raising awareness, fostering dialogue, and inspiring positive action among the students.



#### 24) National Youth Day Celebration - January 16, 2024

The NSS Cell of VMSCL celebrated National Youth Day in Association with Directorate of Higher Education on 16<sup>th</sup> January 2024. It turned out to be a dynamic event graced by Chief Guest Hon. Minister Sripad Naik (Minister of state for tourism and ports) . The day commenced with a ceremonial lighting of the

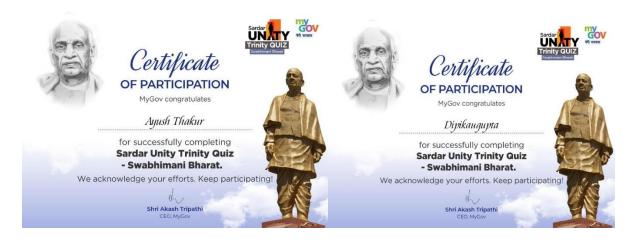
lamp, followed by principals address. Mr. Naik's address emphasized the importance of youth empowerment and education in nation-building, echoing the principles of Swami Vivekananda.

Interactive sessions and workshops covered topics such as entrepreneurship, innovation, and mental health, providing valuable insights into these topics for the youth. The event concluded with a sense of unity and enthusiasm, reinforcing the commitment to nurturing and empowering the youth for a brighter future.



## 25) Swabhimani Bharat Quiz on MyGov Portal - January 21, 2024

NSS Volunteers of VMSCL participated in Swabhimani Bharat Quiz hosted on MyGov portal On January 21, 2024, this initiative of the govt is aimed at promoting awareness and knowledge about India's rich cultural heritage, history, and achievements. The quiz fostered a sense of pride and patriotism among the students by celebrating India's cultural diversity and accomplishments. The Swabhimani Bharat Quiz on the MyGov portal exemplified the government's commitment to promoting cultural awareness and citizen engagement.



#### 26) Blood Donation Camp- January 23, 2024

Venue: Conference Hall, VM Salgaocar College of Law

NSS Cell of V.M. Salgaocar College of Law conducted blood donation camp in association with MOG Foundation and GMC Blood Bank on January 23, 2024. It aimed to encourage students, faculty, and staff to donate blood to help meet the growing demand for blood units in hospitals and medical facilities.

The event witnessed an enthusiastic turnout, with a significant number of students, faculty members, and staff participating actively. Volunteers from MOG Foundation and GMC blood banks also supported the event.

- 1. Registration: Participants were required to register their details, including their name, age, blood type, and contact information, at the registration desk.
- 2. Screening: Registered donors underwent a preliminary health screening conducted by medical professionals to ensure their eligibility for blood donation.
- 3. Donation: Eligible donors proceeded to the donation area, where trained phlebotomists collected blood units by following strict safety protocols.
- 4. Refreshments: Refreshments and snacks were provided to donors post-donation to help them replenish their energy levels.

A team from Goa Medical College blood bank, led by Dr. Claire oversaw the blood donation programme from 9:30 am to 1:30 pm. All participants and donors were presented with certificates, while the donors additionally received blood donor cards issued by the GMC.



## 27) TRAI Consumer Awareness Programme in Collaboration with Goa Cyber Cell-January 24, 2024

The Telecom Regulatory Authority of India (TRAI) conducted a Consumer Outreach Programme in association with the Goa Cyber Cell and NSS Cell of V.M. Salgaocar College of Law on January 24, 2024. The primary objective of the programme was to empower consumers with knowledge about their rights regarding telecom services, data privacy, cybersecurity, and the procedures for grievance redressal. The event was a collaborative effort between TRAI and the Goa Cyber Cell, leveraging their expertise in telecommunications regulation and cybersecurity, respectively.

The event started with principals address, followed by lecture on Rights of Telecom Consumers by Shri Brajendra Kumar, Advisor TRAI RO Bengaluru, which was followed by panel discussion between Asst. Prof Ramrai Naik & Shri Brajendra Kumar. Representatives of telecom companies i.e. JIO, Airtel, BSNL & VI were also present.

Police Inspector Vidyanand Pawar presented on various cyber crimes committed in the state of Goa with the help of cases handled by him and provided audience with few guidelines to protect against the crimes. Also shared few apps available to check on data piracy. Asst. Professor Varsha Redkar had mindful questionnaire session with PI, Vidyanand Pawar about accessing WIFI in public places, about cryptocurrency etc.

Students had the opportunity to ask questions and clarify doubts regarding telecom regulations, data privacy laws, and cybersecurity concerns. TRAI distributed informational pamphlets, brochures, and other resources containing essential information about consumer rights, cybersecurity tips etc. This programme proved to be an invaluable initiative in educating students about their rights and responsibilities in the digital age.



Venue: V.M. Salgaocar College of Law Miramar, Panaji, Goa - 403512	
Timings	Session
10:00 to 10:30hrs.	Registration and Welcome Drinks
10.30 to 10.40 hrs	Welcome Address by <b>Shri Manish Raghav</b> , Joint Advisor, Regional Office, TRAI, Bengaluru
10.40 to 10.50 hrs	Address by Principal, <b>Dr. G. Shaber Ali.</b> V.M. Salgaocar College of Law
10.50 to 11.20 hrs	Seminar presentation on Telecom rights and Privileges by <b>Shri Brajendra Kumar</b> , Regional Head and Advisor, Regional Office, TRAI, Bengaluru
11.20 to 11.40 hrs	The session will be moderated by <b>Mr Ramrai Naik</b> , Assistant Professor, VMSCL, Goa
11.45 to 12.30 hrs	Seminar presentation by <b>Shri Pawar</b> , Inspector of Police, Cybercrime, Goa
12.30 to 12.55 hrs	The session will be moderated by <b>Ms Varsha</b> <b>Redkar</b> , Assistant Professor, VMSCL, Goa
12.55 to 13.00 hrs	Vote of thanks by <b>Shri K Muralidhara</b> , Senior Research Officer, Regional Office, TRAI,Bengaluru
12 00 has	Refreshments

Faculty Co-ordinators: Siddhesh Tari & Priscilla Fernandes

















#### 28) Republic Day Celebration at VM Salgaocar College of Law- January 26, 2024

On January 26, 2024, VM Salgaocar College of Law celebrated Republic Day with great enthusiasm and patriotic fervour. The event aimed to commemorate the adoption of the Constitution of India and to instil a sense of national pride among the students and faculty members. The celebration commenced with the hoisting of the national flag by the college principal, accompanied by the singing of the national anthem by students and staff members. The Republic Day celebration at V.M. Salgaocar College of Law fostered a spirit of patriotism, unity, and responsibility among the students and faculty members.



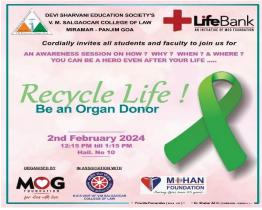
#### 29) Guest Lecture: Nutrition and Diet-January 31, 2024

The NSS unit of VM Salgaocar College of Law organised an informative onsite health talk on "Nutrition and Diet" on 31st January 2024. The event occurred from 12:15 pm to 1:15 pm within the college premises, aiming to enlighten students on the significance of maintaining a healthy diet for overall well-being. Talk conducted by the Dr. Andria from RG Hospital Porvorim, along with the professors and NSS PO in charges Professors Priscilla Fernandes and Siddhesh Tari. The event not only raised awareness about nutrition but also equipped students with practical knowledge to make informed dietary choices which will contribute to their overall health and well-being. This initiative has been conducted to promote holistic education, emphasising the importance of physical health alongside academic pursuits.



#### 30) Report on Awareness Programme on Organ Donation-February 2, 2024

On February 2, 2024, an awareness programme on organ donation was conducted at VM Salgaocar College of Law by the NSS cell in association with Mohan Foundation. The event aimed to educate students and faculty about the importance of organ donation and to dispel myths surrounding the process. The programme commenced with an introductory session by Gabriel Pereira, highlighting the significance of organ donation in saving lives and improving the quality of life for many individuals. Various aspects of organ donation, including the process, eligibility criteria, and legal aspects, were discussed in detail. Overall, the awareness programme on organ donation at V.M. Salgaocar College of Law fostered a greater understanding and appreciation for this life-saving practice among students and faculty members.







# 31) Awareness Programme on HIV/AIDS at VM Salgaocar College of Law- February 16, 2024

On 16th February 2024 the students of V.M Salgaocar College of Law, Miramar, Goa participated in a well-organized and meaningful HIV awareness program organized by Red Ribbon Club of VMSCL in Association with N.S.S. unit of the V. M. Salgaocar College of Law. The program aimed to educate students about HIV/AIDS and promote understanding and empathy towards those affected by the disease.

Peter Borges, Chairman of Child Rights Commission Goa and founder of Human Touch Foundation, emphasized the importance of HIV awareness and discussed the recent implementation of the HIV Act, 2017 shedding light on legal aspects related to HIV/AIDS and also stressed on the need to implement the mandated provisions of the Act in all institutions.

Masooma Shaikh, the Co-lead for adolescents' health and wellbeing at Human Touch Foundation, provided a concise overview of HIV, its transmission, prevention, and treatment options.

Mrs. Sandhya Chawan, a Psychologist and Lead for adolescents' health and well-being at Human Touch Foundation, conducted an interactive quiz to engage students and enhance their understanding of HIV. The quiz covered myths and facts about HIV/AIDS, treatment methods and various other legal provisions related to HIV. The quiz was won by Nivan Braganza a student of the 4th Year B.A.L.L.B.

The Key Note speaker for the day was Mrs. Celina Menezes, a HIV survivor, an Activist and Program Lead for Women & HIV at Human Touch Foundation who shared her personal journey of living with HIV, overcoming social stigmas, and becoming an advocate for HIV awareness and support. Her testimony inspired students to challenge misconceptions and foster compassion for individuals living with HIV/AIDS.

Students actively participated by asking questions and seeking clarifications on various aspects of HIV/AIDS. Peter Borges once again highlighted the relevance of concepts like PrPH (Prevention of parent-to-child transmission) and PPH (Prevention of Partner-to-Partner Transmission), highlighting their significance in our society's efforts to combat HIV/AIDS. He

also discussed the role of community-based organizations in providing support and advocating for the rights of individuals affected by HIV/AIDS.

The program concluded with a deeper understanding of HIV/AIDS among the students, fostering empathy, and a commitment to spreading awareness and combating stigma surrounding the disease.



#### 32) Online Lecture on Voter Awareness- February 16, 2024

This programme was conducted by NSS Cell to Educated students on voting rights and procedures. Expert speakers covered topics like electoral systems and citizen roles. This programme involved Interactive Q&A sessions addressed voter queries, Encouragement for voter registration and active participation etc. This programme helped in Effective fostering of civic engagement.

