

The following Capacity Development and Skill Enhancement activities are organized for improving students' capabilities:

LIFE SKILLS (YOGA, PHYSICAL FITNESS HEALTH AND HYGIENE)

Sr.No.	Topic
01	Lecture organized on Corona outbreak: Chemistry, Immunity & Approaches
02	Online session on "Corona Outbreak: Chemistry, Immunity & Approaches"
03	An online event on the occasion of International Yoga Day
04	YOGA DAY activity

VPM's B N BANDODKAR COLLEGE OF SCIENCE, THANE
Department of Chemistry

Department: Chemistry

Day & Date: Thursday 30 July 2020

Time: 11.30 am.

Activity: Corona Outbreak: Chemistry, Immunity & Approaches

Resource Person: Dr. Anita Goswami-Giri,

Student participation – TY.BSc - 94. Platform : webex and also given google classroom link

The Department of Chemistry arranged a lecture for T.Y.B.Sc (Chemistry) students of B. N. Bandodkar College of Science, Thane. The lectures began welcome to all students by Head of the department Dr. D R Ambawadekar. Sir boosted all students and said to cope-up with this pandemic situation with confidence and care.

The lecture aimed to aware students regarding corona virus and its effect on human being. Dr. Goswami-Giri explained the structure of corona, its function, various situation in the Mumbai, Maharashtra, India and worldwide. She explained the social awareness about Govt. programs, plant food values, stress levels of society and immunity. She also said that the role of chemistry and precautionary measures will help students for the development of immunity in relation to nutrient/Diet. The virus spreads mainly through the air when people are near each other. It leaves an infected person as they cough, sneeze, speak and enters another person via their mouth, nose, and eyes. It might also spread via contaminated surfaces. With mask, using sanitizer, social distancing will definitely decline the situation against the covid-19. The session concluded with an interactive session

Total 94 (on webex – TY.BSc -50 and on google classroom -44) benefitted of the lecture.

Head , Dept. Chemistry

DEPARTMENT OF BIOCHEMISTRY

LECTURE ON CORONA OUTBREAK: CHEMISTRY, IMMUNITY & APPROACHES

VPM'S B. N. Bandodkar College of Science, Department of Biochemistry had organized lecture on Corona outbreak: Chemistry, Immunity & Approaches for S.Y.Bsc & T.Y.Bsc students on 1st august 2020 at 9.30 am via online mode and also given classroom link. 38 students along with 3 staff members were present.

Dr. Mrs. Anita S. Goswami-Giri briefed the students about corona virus chemistry and spreading in India with higher rate due to people are in close proximity to one another for long periods of time. The virus spreads mainly through the air when people are near each other. It leaves an infected person as they cough, sneeze, speak and enters another person via their mouth, nose, eyes. It might also spread via contaminated surfaces.

She also emphasized on outbreak of corona virus and higher risk of individuals with certain pre-existing illnesses like cardio vascular disease, diabetes, and respiratory diseases. She also talk about some of the recently published research papers by world health organization on covid-19 virus.

She gives the following guidelines as preventive measures to boost immunity with diet and exercise. She mentioned the importance of having Turmeric, Cumin, Coriander and garlic in proper amount in diet to prevent any type of infection. Curcumin boosts the immune function & Garlic has powerful anti-inflammatory and antiviral properties which enhances body immunity. Vitamin C act as a powerful antioxidant and protects against damage induced by oxidative stress.

Students were guided about Regular exercise and meditation which can improves metabolism, which has a direct correlation with body immunity. The pandemic situation may be stressful situation. she shared some tips with students to overcome the stress and keep mental health strong.

She encouraged the students to read different recent research articles related to covid-19 virus and upgrade the knowledge. The session concluded with an interactive session with the students and motivated them to write their views and perspectives of pandemic situation.

Co-ordinator
Department of Biochemistry
Dr.Mrs.AnitaS.Goswami-Giri

VPM 'S
B .N.Bandodkar College of Science, Thane



NATIONAL SERVICE SCHEME

International Yoga Day

Date : 21st June 2020

"Yoga Does Not Transform The Way We See Things , It Transforms The Person Who Sees."

As we all are aware about the pandemic situation we all are facing i.e. Covid -19. Due to this virus we can't gather to perform any activity. So we all conducted this event inside our houses and through Internet we performed some Yogasana's to celebrate International Yoga Day.

So on the occasion of the "International Yoga Day" by knowing all the importance of Mental Health and to remain fit not only physically but also mentally NSS unit of B. N. Bandodkar college of science conducted the event which was based on Yoga in their particular houses through Internet.

As of now we are unable to gather somewhere to educate and spread awareness among people about Yoga so our volunteers did Yoga with their families at their home and educated them about all the benefits of Yoga to our body. 50 volunteers among which 35 boys and 15 girls participated in this online event.

Firstly in the morning, each volunteer of NSS performed Yoga in their homes and clicked the picture while performing it. They practiced yoga for about 30 minutes.





Dr. Ajit Bhumkar,
Mr. Vicky Patil,
Ms. Komal Gaikwad.
(NSS Programme officers)

VPM 's B.N.BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS),THANE



NATIONAL SERVICE SCHEME

Date: 02.04.2021

Report of the activity- Yoga Day

NSS UNIT of B.N.Bandodkar College of Science (Autonomous), Thane carried out the YOGA DAY activity which was carried out in their own home on 2nd April 2021 which started from 8.00 am till 5 pm.

The art of practising yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind. Keeping in mind yoga adds year to our life, and life to our years. NSS volunteers actively participated in this activity.

In this covid-19 situation, yoga day activity is celebrated on an individual basis at their home only. Volunteers were said to do yoga at their home and click the pictures while doing yoga and submit it. The deadline for submission of pictures was 5.00 pm. The pictures of the same were shared on social media to increase active participation in the future events. And sharing the photos on social media also accomplishes another important goal in encouraging more and more people towards yoga.

The volunteers showed active participation in this activity. 41 volunteers participated in which 15 boys and 26 girls.



VPM'S B.N. BANDODKAR COLLEGE OF SCIENCE
(AUTONOMOUS), THANE(W), NAAC RE-
ACCREDITED "A" GRADE



NSS UNIT ORGANISING **YOGA**

peace full mind better body
lets use this time to heal ourselves with yoga as a tool



once you understand
the grammar of YOGA:
you can write your
poetry of movements.



DATE: 2 APRIL
VENUE: ONLINE



Dr. Ujjwala Gokhe,

Mrs. Akanksha Shinde,

Dr. Prahalad Wagh.

(NSS Programme Officers)