



Shri Shivaji Education Society's,
MAHASATEE ARTS, COMMERCE & SCIENCE
COLLEGE,

Ulga, Karwar, UttaraKannada, Karnataka-581328

Phone No.:08382-257033

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3.4.1 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of Students Participated
Crime Awareness Programme	In Collaboration with Gram Panchyat and NSS unit	Social Awareness	2023-24	56
Cultural Exchange programme under National Intergration Camp	In Collaboration with K.U.P.G. Centre Kodibag Karwar and NSS Unit of College	Traditional Awareness	2023-24	25
HIV/AIDS Awareness Rally	In Collaboration with Primary Health Care Ulga and NSS Unit of College	Health Awareness	2023-24	30
Cleaning Programme	In Collaboration with Gram Panchyat and NSS unit	Swachhbharat Mission	2023-24	40
World Environmental Day	In Collaboration with Gram Panchyat and NSS unit	Vanamohatsav	2023-24	40
International Yoga Day	In collaboration with Shri.Prakash Revankar, Yoga Trainer, Local Community and NSS unit	Health and Fitness Awareness	2023-24	52
NSS CAMP	In collaboration with janata colony ulga	7 days special camp	2023-24	52
International Yoga Day	In collaboration with Shri.Prakash Revankar, Yoga Trainer, Local Community and NSS unit	Health and Fitness Awareness	2022-23	60
Essay Competition on HIV/AIDS Awareness Programme	In Collaboration with Primary Health Care Ulga and NSS Unit of College	Health Awareness	2022-23	26

Nasha Mukta Awareness Programme	In Collaboration with Primary Health Care Ulga and NSS Unit of College	Health Awareness	2021-22	50
International Yoga Day	In collaboration with Shri.Prakash Revankar, Yoga Trainer, Local Community and NSS unit	Health and Fitness Awareness	2021-22	42
International Yoga Day	In collaboration with Shri.Prakash Revankar, Yoga Trainer, Local Community and NSS unit	Health and Fitness Awareness	2019-20	50
NSS CAMP	In collaboration with gram panchayat Halga	7 days special camp	2019-20	50



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Date: 2/10/2023

GANDHI JAYANTI - 2023

SSES Mahasate Arts, Commerce, and Science College celebrated Gandhi Jayanti on October 2, 2023, with a simple yet meaningful program. Unlike previous years, this year's celebration focused on simplicity and reflection. The program commenced with garlanding portraits of Mahatma Gandhi and offering flowers as a mark of respect and honor. To inspire students with the principles and legacy of Mahatma Gandhi, several students gave speeches highlighting his life, values, and dedication to peace and prosperity.

The event was graced by Principal Dr. Vinod Nayak and other staff members, who joined in honoring Gandhi's contributions and encouraging students to follow his path of truth and non-violence.

CELEBRATION OF GANDHI JAYANTI ON 2ND OCTOBER 2023 and the day of shramadan by teachers and students



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Crime Awareness Programme
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Date:12/12/2023

CRIME AWARENESS PROGRAM

12-12-2023

On December 12, 2023, ShriShivaji Education Society's Mahasatee Arts, Commerce & Science College organized a **Crime Awareness Program** in collaboration with the Karnataka Police Department, Kadra. The program was designed to raise awareness among students about the various types of crimes, preventive measures, and their role in maintaining law and order in society.

The event began with an introductory address by the Principal, Dr. VinodNayak, who emphasized the importance of educating young minds about the significance of crime prevention and the role of responsible citizens in fostering a safe and secure environment.

The resource persons from Kadra Police Station, including senior officers and constables, were invited to conduct the program. The police personnel shared valuable information on various aspects of crime, such as cybercrime, substance abuse, traffic safety, and women's safety. They highlighted common safety protocols and provided practical tips on how students can protect themselves and their communities from falling victim to crime.

The session also included a detailed discussion on the legal rights of individuals and the importance of cooperation with law enforcement authorities. Students were encouraged to report suspicious activities and misuse of social media platforms and to stay vigilant about potential threats.

The officers also conducted an interactive Q&A session, where students actively participated, asking questions related to crime prevention and safety measures. The session helped in clearing misconceptions and equipped students with the knowledge to identify and address potential dangers.

In his concluding remarks, Dr. Nayak thanked the police department for their support in organizing such an important awareness program. He urged the students to stay alert, be responsible citizens, and contribute towards creating a crime-free society.

**CRIME AWARENESS PROGRAM BY KARNATAKA POLICE DEPARTMENT
KADRA**

Held on 12-12-2023



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NATIONAL INTEGRATION CAMP 2023
CULTURAL EXCHANGE PROGRAM
Held on 27-11-2023

On November 27, 2023, Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College participated a National Integration Camp as part of the ongoing efforts to foster unity, harmony, and understanding among diverse cultures across India. The event featured a Cultural Exchange Program, which aimed to bring students from different backgrounds together to celebrate the rich diversity of the nation and promote national integration.

The program began with an inaugural ceremony where students and faculty members from various states of India were welcomed. The ceremony emphasized the importance of national unity



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Date:16/1/2024

HIV Awareness Program Rally

The HIV Awareness Program was conducted at Shri Shivaji Education Society's Mahasateer Arts, Commerce, and Science College on 16th January 2024 to educate students and the local community about the importance of HIV prevention, early detection, and treatment. The program aimed to reduce stigma and discrimination surrounding HIV/AIDS while promoting healthy practices among young adults. The event was organized in collaboration with various health organizations and local healthcare professionals.



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Swachatta Abhiyan

The cleaning programme was organized to commemorate Gandhi Jayanti by promoting cleanliness and hygiene under the Swachh Bharat Mission. The goal was to create a cleaner environment in the college and surrounding areas, spread awareness on the importance of cleanliness, and encourage community participation.

The programme began with a brief gathering, where the importance of cleanliness and hygiene was discussed. Participants were divided into teams, each assigned specific areas around the college campus and nearby streets for cleaning. The teams picked up waste, segregated it, and disposed of it responsibly, while also removing weeds and other debris from public spaces.

Waste Collection, Segregation and Disposal Community Awareness was successfully Done by students.

NSS Volunteers appreciated the opportunity to serve the community and learned valuable lessons on waste management. The cleaning programme on 02-10-2023 was a successful effort in promoting cleanliness and community engagement. By bringing together students, faculty, Gram Panchayat members, and NSS volunteers, the event strengthened the commitment to a clean and healthy environment in line with the Swachh Bharat Mission.



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World Environmental Day



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Date: 5/6/2024

ENVIRONMENTAL DAY

5th June 2024

On **5th June 2024**, ShriShivaji Education Society's Mahasate Arts, Commerce, and Science College, Ulga, Karwar, celebrated **Environmental Day** to raise awareness about environmental issues and encourage eco-friendly practices. This event aligned with **World Environment Day**, a global initiative to promote environmental protection and sustainability. Faculty, students, and staff gathered to show their commitment to preserving nature through educational sessions, activities, and tree-planting drives. The college was a success, fostering a sense of environmental responsibility among students, faculty, and staff. The day's activities—tree-planting, awareness rallies, workshops, and pledges—effectively highlighted the importance of ecosystem restoration and sustainable practices. This program strengthened the college community's dedication to environmental preservation and inspired continued actions towards creating a greener, cleaner planet.



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International Yoga Day



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Date: 21/6/2024

INTERNATIONAL YOGA DAY 21st JUNE 2024

Shri Shivaji Education Society's Mahasate Arts, Commerce, and Science College, Ulga, Karwar, celebrated **International Yoga Day** on **21st June 2024**. Recognized globally, International Yoga Day promotes the physical, mental, and spiritual benefits of practicing yoga. This year's event aimed to encourage students, faculty, and staff to embrace a healthy lifestyle through regular yoga practice.

College was a resounding success. The event provided a valuable platform for students and staff to experience the physical and mental health benefits of yoga. The guided session, interactive discussion, and commitment pledge left participants motivated to embrace yoga as part of a balanced lifestyle.





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NSS CAMP



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Date: 10/1/2024

On January 10, 2024, Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College, under the leadership of **Dr. I.R. Kajugar**, Program Officer, conducted a **7-day special camp** as part of the **National Service Scheme (NSS)** at **Janata Colony, Ulga**. The camp aimed to instill social responsibility, community service, and awareness among students while addressing the needs of the local community.

The NSS unit, with the active participation of students, worked towards the development of the village and engaged in various social and educational activities. The camp's primary goal was to foster a spirit of selfless service among the participants while contributing to the betterment of the community.

During the 7-day camp, the NSS volunteers conducted several activities, including: **Community Cleanliness Drives, Health and Awareness Programs, Educational Workshops, Social Welfare Activities, Cultural Programs etc.**

Throughout the camp, **Dr. I.R. Kajugar**, the Program Officer, guided and motivated the volunteers, ensuring that the camp remained impactful and productive. The local villagers appreciated the efforts of the NSS unit and expressed gratitude for the various improvements made during the camp.

The camp concluded with a closing ceremony where **Dr. I.R. Kajugar** addressed the volunteers, emphasizing the importance of community service and the impact that such initiatives can have on the lives of individuals. He also encouraged students to continue contributing to society, using the experience to inspire change and development in other communities.

NATIONAL SERVICE SCHEME

Conducted on 10TH JANUARY 2024 under the leadership of DR.I.R.KAJUGAR as a program officer.NSS unit conducted 7days special camp at janata colony ulga.



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2022-23

International Yoga Day



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Date: 22.06.2023

INTERNATIONAL YOGA DAY 2023

On 21st June 2023 International yoga day was organised in our college and yoga master Sri. PrashanthRevankar guided our students on all the protocol of the yoga. Principal Dr. Vinod Nayak, all staff members and students performed Surya Namaskara and various yoga asanas, followed by a chanting of Omkar for 11 times.



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Essay Competition on HIV/AIDS Awareness Programme

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Date:04.07.2023

ESSAY COMPETITION

An essay competition on HIV/AIDS Awareness Programme was conducted on 3.7.2023 by SSES's Mahasateecollege, in collaboration with Primary Health Centre, Ulga. The duration of competition was one hour. It started at 2.30 and ended up at 3.30 PM. All the students actively participated in the competition with full enthusiasm.



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2021-22

NashaMukt Awareness Programme



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Date: 05.08.2022

NASHA MUKTA ABHIYAN

Nasha Mukta Abhiyan programme was organised by SSE Society's Mahasatee Arts, Commerce and Science College on 04.08.2022. Shri. Vardai, Kannada Professor, Mahasatee PU College, Ulga was the Resource Person. In his address, laid stress on local aspects and urged to spread the message of drug deaddiction to all the sections of society. On the eve of the event, students and all staff participated in a Pledge Ceremony Against Drug Abuse.





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International Yoga Day



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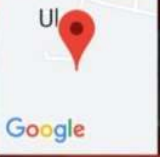
Website: www.sesmacsc.co.in

Date: 22.06.2022

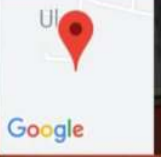
INTERNATIONAL YOGA DAY - 2022

SSSES's Mahasatee Arts, Commerce and Science College, celebrated international yoga day on 21st June 2022 under the guidance of Yoga Master Shri. Prashant Revankar. He explained the importance of Yoga in everyday life. He encouraged all to practice Yoga and meditation on a regular basis for a healthy body and mind. He also explained the common Yoga Protocol and demonstrated various Asanas like Tadasana, Vrikshasana, Pad-Hasthasana, Ardha Chakrasana, Trikonasana, Vajrasana, Ustrasana, Makarasana Etc. with their benefits & cautions.





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21/06/22 11:31 AM



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2019-20

International Yoga Day



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Date: 22/06/2019

INTERNATIONAL YOGA DAY - 2019

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

Today, on 21st June 2019, SSE Society's Mahasatee Arts, Commerce and Science College celebrated 6th International Yoga Day. It was attended by Principal, Professors, and Students of the college with great enthusiasm.

The event began with a brief introduction on Yoga Day and by welcoming the chief guest Shri. Prakash Revankar. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously.





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Date: 25-09-2020

Fit Indian Movement

The Fit India Movement activity on 25-09-2020 successfully promoted health awareness among students and the local community. The Fit India Movement activity was organized to promote health awareness and physical fitness among the local community and students of Mahasatee College. The initiative aimed to encourage an active lifestyle, spread awareness about the importance of regular exercise, and support the overall well-being of the participants. The event highlighted the importance of physical activity for a healthy lifestyle and built a foundation for ongoing health-focused initiatives.




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Date: 19/03/2020

On March 13, 2024, Shri Shivaji Education Society's Mahasate Arts, Commerce & Science College, under the leadership of Shri **V. S. Naik**, Program Officer, conducted a **7-day special camp** as part of the **National Service Scheme (NSS)** at **gram panchayathalga**. The camp aimed to instill social responsibility, community service, and awareness among students while addressing the needs of the local community.

The NSS unit, with the active participation of students, worked towards the development of the village and engaged in various social and educational activities. The camp's primary goal was to foster a spirit of selfless service among the participants while contributing to the betterment of the community.

During the 7-day camp, the NSS volunteers conducted several activities, including: **Community Cleanliness Drives, Health and Awareness Programs, Educational Workshops, Social Welfare Activities, Cultural Programs etc.**

Throughout the camp, Shri **V. S. Naik**, the Program Officer, guided and motivated the volunteers, ensuring that the camp remained impactful and productive. The local villagers appreciated the efforts of the NSS unit and expressed gratitude for the various improvements made during the camp.

The camp concluded with a closing ceremony where Shri **V. S. Naik** addressed the volunteers, emphasizing the importance of community service and the impact that such initiatives can have on the lives of individuals. He also

encouraged students to continue contributing to society, using the experience to inspire change and development in other communities.

NATIONAL SERVICE SCHEME

NSS unit conducted 7 days special camp at **gram panchayathalga** from 13th march 2020 to 19th march 2020



Prof. C.S. Nalk
N.S.S. Programme Officer

Principal
Mazara College



Prof. C.S. Nalk
N.S.S. Programme Officer

Principal
Mazara College



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Date: 11-9-2019

Pond Cleaning at Halga Area

The pond cleaning initiative aimed to clean and restore the local pond in Ulga, Karwar. The objective was to contribute towards environmental conservation, improve local water quality, and support the Swachh Bharat Mission. By involving the college, Gram Panchayat, and community, the event sought to foster community engagement and awareness regarding water conservation and waste management.

The pond cleaning activity held on 11-9-2019 was a successful collaborative effort, embodying the spirit of the Swachh Bharat Mission. This initiative not only improved the local environment but also strengthened the partnership between Mahasatee College, the Gram Panchayat, and the community. It serves as a model for future environmental actions, and similar programs will be planned to sustain the cleanliness and ecological balance of the area.





C.S. Naik
Prof. C.S. Naik
N.S.S. Programme Officer
M.A.C.S. College

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