

BUNTS SANGHA'S
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT
STUDIES, POWAI.
NAAC ACCREDITED 'A' GRADE
ISO 9001:2015 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Approval Form –World Suicide Prevention Day (Video Making Competition on-”What Keeps You Motivated In Difficult Days of Your Life”)

Department: NSS UNIT

Program: World Suicide Prevention Day (Video Making Competition on-What Keeps You Motivated In Difficult Days of Your Life)

Objectives: To get an insight on what keeps the youth of India motivated at times of distress and difficulties. Amplifying the same to spread awareness among the youth by communicating that - “there’s always a way out”

Need: There is rising rate of suicide among the youth of our nation caused mainly due to depression and lack of communication. This activity intends to give depressed youngsters a ray of hope by letting them know that there is always a solution to a problem.

Content: The activity gave us a variety of information in video format where youngsters can be seen telling us what makes them feel better when they are stressed, depressed, feeling anxious and unable to communicate their problems with their peers. Thus, this further gives other youngsters motivation and tips on how to deal with such situations.

Judge: Miss. Pratima Bhandarkar (Student Counsellor)

Date: 10th September,2020

Cost/Budget: Nil / Not Applicable

Proposed by: Mr.Ujwal Poojary

Verified by: Prof. Vijay Vishwakarma



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension




PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smsshettyinstitute.org

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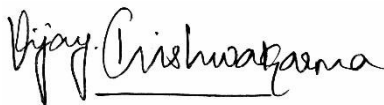
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**Minutes of the meeting - World Suicide Prevention Day (Video Making Competition
on-"What Keeps You Motivated In Difficult Days of Your Life")**

There was a meeting taken place on Zoom Platform on 7th September, 2020

Minutes of the meeting:

- To discuss about the social media team.
- To distribute work to the leader's team.
- To discuss other upcoming events.
- To discuss how to make the participants submit their video.



NSS Programme Officers



NSS Programme Officer



**Poster -World Suicide Prevention Day (Video Making Competition on-"What Keeps You
Motivated In Difficult Days of Your Life")**

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Bunts Sangha's
S.M. Shetty College of Science, Commerce &
Management Studies, Powai, Mumbai-76


NATIONAL SERVICE SCHEME

organises


WORLD SUICIDE PREVENTION DAY

Competition


**Topic: What keeps you motivated
in difficult days of your life"**



Create a short video based on Topic



**Results will be announced on
10th September, 2020**



For more queries contact:
Ishan Salian: 9773471471 Ujwal Poojary: 8692066846
Mahima Singh: 7506516043 Mayur Gami: 7977719054

**(The best three videos will be uploaded on
our instagram page and youtube channel)**

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Facebook:



SM Shetty College's NSS Unit

15 Sep 2020 • 🌐

#lifeisapreciousgift

Suicide doesn't end the chances of life getting worse, it eliminates the possibility of it ever getting any better. When you fe... See more



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Instagram:



shettyinssunit_b46



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Notice -World Suicide Prevention Day (Video Making Competition on-"What Keeps You Motivated In Difficult Days of Your Life")

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Principal
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Dear All,

Greetings for the day!

I savor life. The value of life is not in its duration, but in its donation. You are not important because of how long you live, you are important because of how effective you live.

The NSS unit of Bunts Sangha's SM Shetty College, Powai has organised a competition on 10th September 2020 for the occasion of WORLD SUICIDE DAY where the participants have to make a short video on the topic "WHAT KEEPS YOU MOTIVATED IN DIFFICULT DAYS

OF YOUR LIFE" □ □

Video should be submitted to the given email ID :- nssunitb46@gmail.com
One can also post it on their respective Instagram account and tag our Instagram page:-
shettynssunit_b46

For rules and regulations and more information please refer to the pdf

E-Certificates shall be issued to all the participants

Report -World Suicide Prevention Day (Video Making Competition on-"What Keeps You Motivated In Difficult Days of Your Life")

Event: What Keeps you Motivated in difficult days of your Life (Video Making Competition) on World Suicide Prevention Day.

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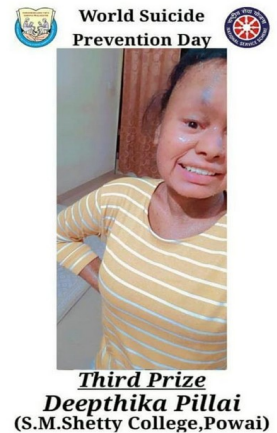
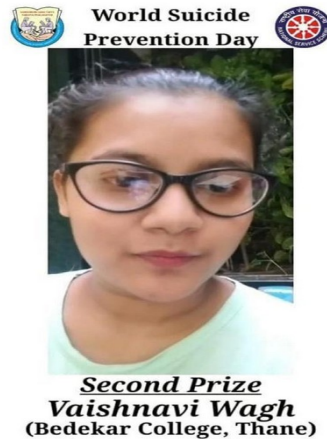
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Date : 10th September, 2020

Highlight: The NSS UNIT of S. M. SHETTY COLLEGE had organized a competition on 10th September 2020 on the account of **World Suicide Prevention DAY**. The participants had to make a short video on the topic "**WHAT KEEPS YOU MOTIVATED IN DIFFICULT DAYS OF YOUR LIFE**". Total 16 Volunteers participated in the event. All the participants were provided with participation certificates.

The **winners** of the competitions are:

1. Ajay Ramesh from Ramniranjan Jhunjhunwala college,
2. Vaishnavi Wagh from Bedekar college.
3. Deepthika Pillai from S.M. Shetty college.



Vijay Krishnakarma

NSS Programme Officer

John Peneze

NSS Programme Officer

Participation List-World Suicide Prevention Day (Video Making Competition on-"What Keeps You Motivated In Difficult Days of Your Life")

List of Participants:-

1. Ajay Vishwakarma - Rj college
2. Anurag Gupta - Rajdhani college, Delhi University Economics hons

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3. Deepthika pillai - S.M.Shetty college powai
4. Krupali Mota - valia college
5. Mohammad Sibtain Kadri - Bharatisadan University
6. Nafisa Ansari - Valia C. L. College of Commerce
7. Shakti shukla - Guru Nanak Khalsa College
8. Sushmita Shukla - University of mumbai
9. Divya Bhausahab Sawant - ICL motilal jhunjunwala college vashi
10. Neha Agarwal - JVM's Mehta Degree College, Airoli
11. Preet Kaur Sethi - S.M.Shetty college powai
12. Rakshita Manglani - LTP LeaderSeva Sadan's College of Education, Ulhasnagar
13. Shrinav Shyam - S.M.Shetty college
14. Shruti Harilal Gupta - Guru Nanak Khalsa College
15. Vaishnavi Wagh - Bedekar College, Thane
16. Shruti Pal - S.M.Shetty college

Certificate Sample Copy -World Suicide Prevention Day (Video Making Competition on-"What Keeps You Motivated In Difficult Days of Your Life")

Certificate of Achievement

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Certificate of Participation

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Vijay Krishnaswama
NSS Programme Officer

John Pierres
NSS Programme Officer

Thank you letter -World Suicide Prevention Day (Video Making Competition on-"What Keeps You Motivated In Difficult Days of Your Life")

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SMS/

10th September, 2020

To,
Miss. Pratima Bhandarkar (Student Counsellor)

S.M Shetty Degree College,
Powai.

Dear Madam,

It was truly a pleasure to have you with us as our Judge for World Suicide Prevention Day (Video Making Competition on-"What Keeps You Motivated In Difficult Days of Your Life")"organized by 'NSS UNIT' of our college.

On behalf of our college, we'd like to thank you for the generous gift of your time, judging the competition and giving us your precious opinion. Your time and dedication made it possible for us to reward students for their efforts and made this competition a successful one.

With Regards,
Thanking you,

Yours faithfully,
Dr.Sridhara Shetty
PRINCIPAL

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