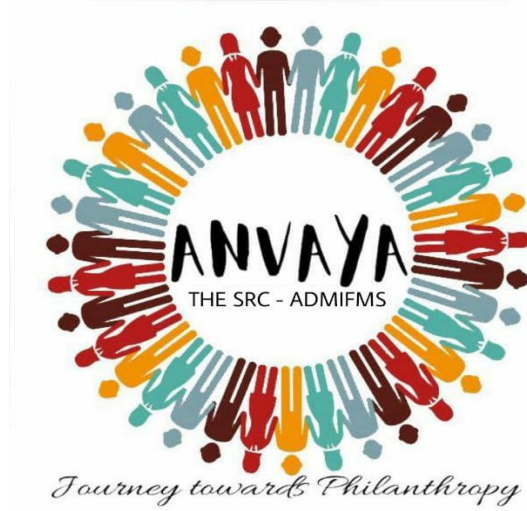


**University of Mumbai's**  
**Alkesh Dinesh Mody Institute for Financial and Management Studies**  
**Anvaya – The Social Responsibility Club**



The institute inaugurated Anvaya – The Social Responsibility Club in the academic year 2020-21 under the initiative of Prof. Dr.Smita Shukla, Dr.Aruna Deshpande, Dr.Naina Salve.

In Sanskrit, Anvaya stands for an unwritten agreement that naturally exists between two entities. Just like there is no smoke without fire, there is no "Business" without the "Environment and Society" at large.

With a focus on acknowledging the importance of Social Responsibility at the institute level, ADMIFMS resolves to uniquely position its graduates to lead responsibly and empathetically in the diverse and multifaceted world we live in today.



## I. Field Visits:

### 1. Reforestation & Plantation Drive

Name of event: Forest Restoration Plantation Drive



Guide: Mr. Sushant More,  
Earth4ever Conservation  
Foundation

Under the initiative of: Prof.  
Dr.Smita Shukla. Dr.Aruna  
Deshpande and Dr.Naina  
Salve

Date: 17th July 2021

Time: 8:00 am to 12.00 pm

Location of event: Sanjay  
Gandhi National Park,  
Khindipada, Bhandup West,  
Mumbai 400082

Number of Participants: 19

On 17th July 2021, Anvaya – The Social Responsibility Club of University of Mumbai's Alkesh Dinesh Mody Institute for Financial and Management Studies (ADMIFMS) in collaboration with Earth4ever Conservation Foundation conducted Forest Restoration Plantation Drive.

It aimed to reconnect people to the forest, nurture their love for nature and deeply inspire them to conserve the last remaining forests in our urban spaces, through: Forest & tree appreciation walks, soil, water management practices and restoring native bio-diversity.

While heading towards the plantation site he gave information about the different local & foreign species, also how the local species and ecosystem is interconnected. Moving towards the site, the group caught sight of beautiful herd of deer.

On reaching the site participants performed various activities like correcting the natural reservoir, digging 3x3 feet trenches which aimed to retain water for the existing saplings throughout the year and planting new saplings. Participants also picked up the litter around the site.









Number of participants: 155 participants

## II. Webinars:

### **1. 'Covid 19 Vaccine – A reality check and its Myths' webinar**

Name of event: 'Covid 19 Vaccine – A reality check and its Myths' webinar

Collaborator: P.D. Hinduja Hospital

Guest Speaker: Dr.Farhad Kapadia, MD, Consultant Intensivist at Hinduja Hospital

Under the initiative of: Prof. Dr.Smita Shukla. Dr.Aruna Deshpande and Dr.Naina Salve

Date: 20 March 2021

Time: 4:30 pm to 5:35 pm

Location of event: Zoom Virtual Platform (host: P.D. Hinduja Hospital)

## To clear the conception which the public has regarding vaccination

### What does the Virus do?

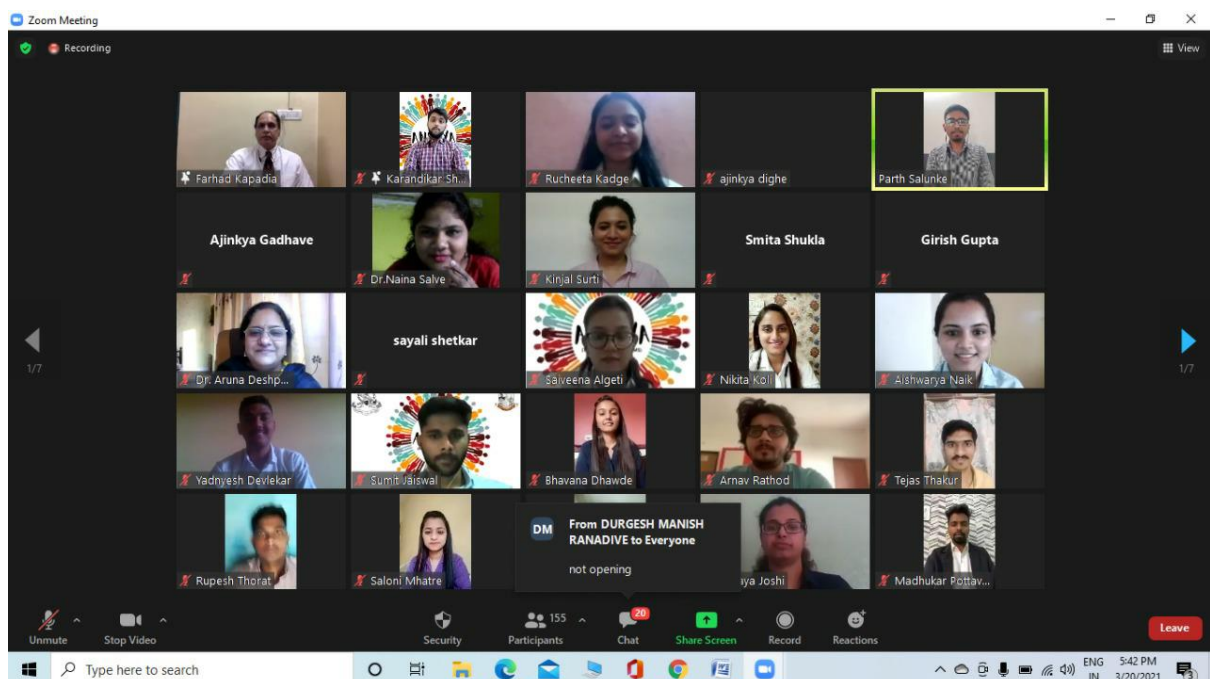
- Inhaled & attaches to certain cells (Angiotensin receptor) using its spike
- Enter cell & the RNA makes copies of itself using the cell machinery
- Destroys the cell, and multiple new virus' enter blood stream & infect more cells
- Body's defense systems clear the virus
- Virus overwhelms defense and causes organ damage & death

### What does the Vaccine do?

- Enters immune cells and makes them create only spike (not full virus)
- Immune system creates defense against the spike protein
- Immune system block virus from entering cells & destroys cells already infected



The world has been in the midst of combating the novel Coronavirus and the COVID-19 Vaccines have brought with them a ray of hope for all mankind. However, a lot of speculation has been associated with the Vaccines, hence, the common man is more confused than relieved about it. Thus, Team Anvaya organized the “Covid 19 vaccine – A Reality Check and its Myths” webinar cum awareness drive in collaboration with P. D, Hinduja Hospital & Medical Research Centre.



## **2. Covid-19 Distress Relief Program webinar**

Name of event: 'Covid 19 Distress Relief Program

Guest Speaker:

Dr. Akhil Utekar: Medical Officer, D Ward, Municipal Corporation of Greater Mumbai

Dr.Eshita Mandal: Psychologist, Psychotherapist & Trainer, TEDx Speaker

Under the initiative of: Prof. Dr.Smita Shukla. Dr.Aruna Deshpande and Dr.Naina Salve

Date: 9 May 2021

Time: 3:00 pm to 5:00 pm

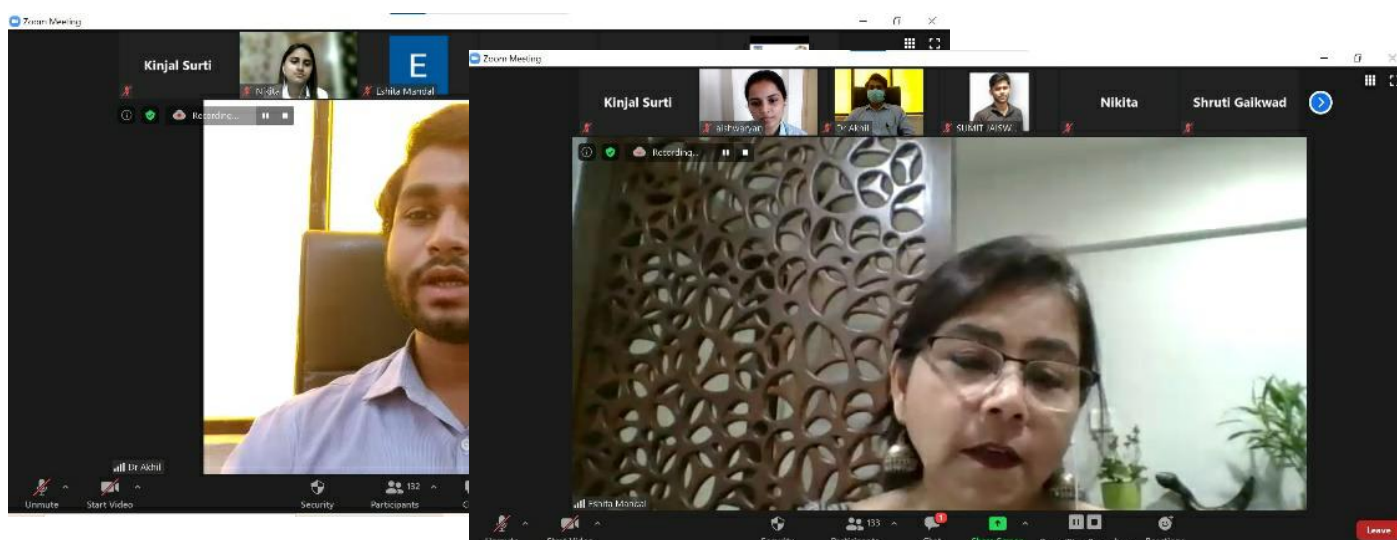
Location of event: Zoom Virtual Platform

Number of participants: 121

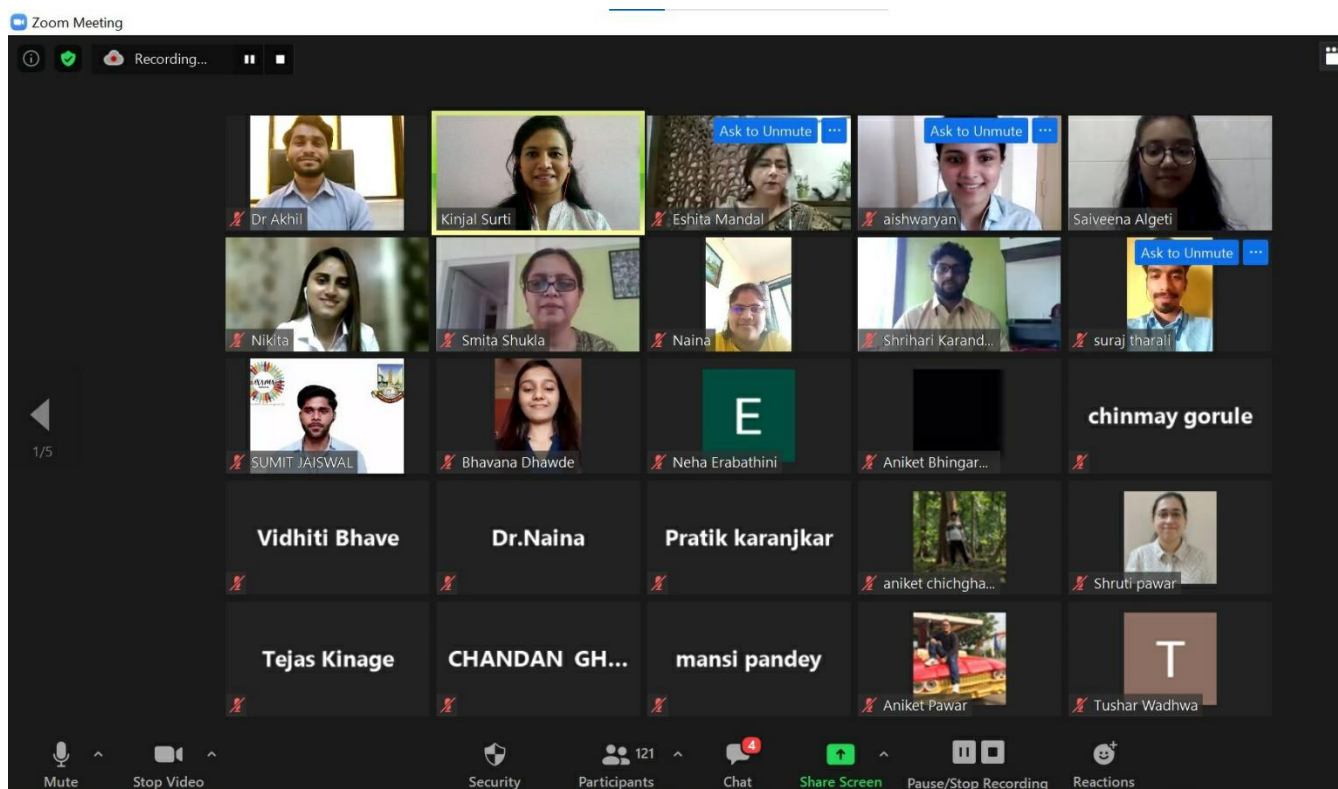
The Covid-19 pandemic has brought the world to a standstill and the only way to fight this battle is to be well informed about the situation. Conjectures about the various tests for Covid-19, new Covid-19 mutants, home treatment, post-Covid recovery, and medication are many and varied.

Also, fear, worry, and stress are normal responses to perceived or real threats. Added to the fear of contracting the virus in this pandemic situation are significant changes to our daily lives. We are now faced with new realities of working from home, temporary unemployment, home-schooling, personal losses, and lack of physical contact and our mental health needs attention more than ever.

Thus, in order to demystify the Covid-19 related myths and provide support for mental health during these trying times, team Anvaya conducted the 'Covid-19 Distress Relief Program'.







### 3. Yoga for Health and Well-Being

Name of event: ‘Yoga for Health and Well-Being’

Guest Speaker: Mr. Vijay Gemnani, Yoga Instructor, Fitness Coach & Founder DanZfit Studio

Under the initiative of: Prof. Dr.Smita Shukla. Dr.Aruna Deshpande and Dr.Naina Salve

Date: 21 June 2021

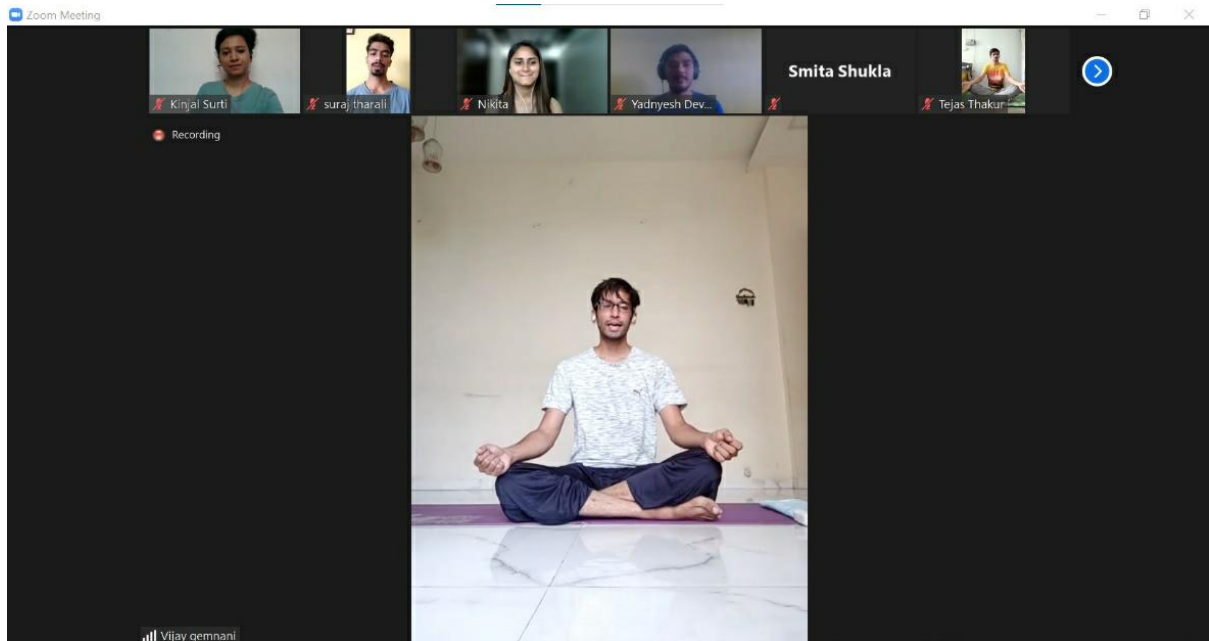
Time: 10:30 am to 12:00 pm

Location of event: Zoom Virtual Platform

Number of participants: 121

Mr. Vijay Gemnani conducted a webinar – ‘Yoga for Health and Well-Being’. The webinar was held in the interest of all stakeholders at the Department of Management, University of Mumbai and received a participation of 121 participants comprising of students, professors, staff members and their families and friends. The guest speaker demonstrated do-it-along exercises to help tackle stiffness in body, lack of concentration, anxiety and motivation. He made the participants aware about the benefits and importance of practising yoga in day-to-day life, especially when lockdown led us to having a sedentary lifestyle. The registration of the participants was done prior to the event.





#### **4. ‘TumhareKalKeLiye Apna AajDenewalaSainik’ webinar**

Name of event: ‘TumhareKalKeLiye Apna AajDenewalaSainik’ webinar

Collaborator: Lakshya Foundation

Guest Speaker: Mrs. Anuradha Prabhudesai – Founder President of Lakshya Foundation

Under the initiative of: Prof. Dr.Smita Shukla. Dr.Aruna Deshpande and Dr.Naina Salve

Date: 07 July 2021

Time: 3:00 pm to 4.35pm

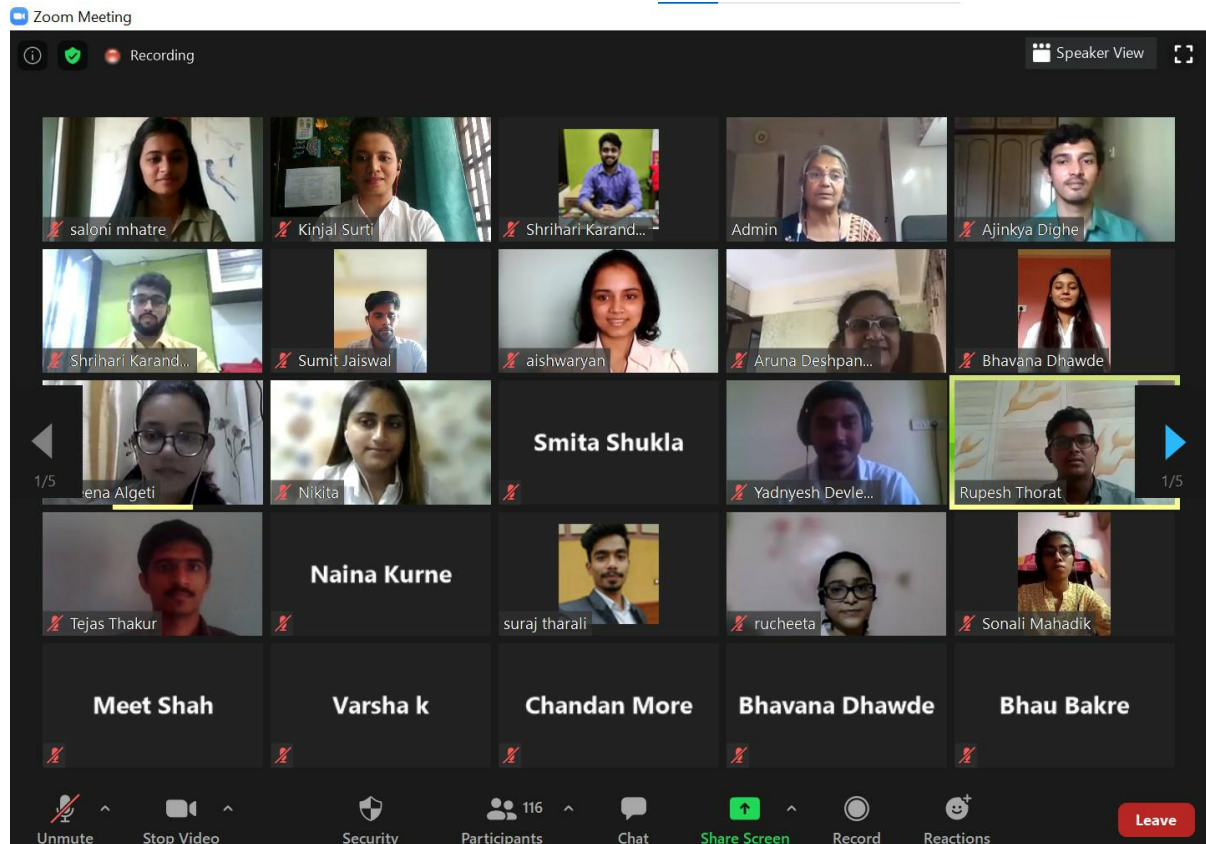
Location of event: Zoom Virtual Platform

Number of Participants: 132

This event aimed to bridge the gap between armed forces and the civilians. Also, the moto was to spread the saga of sacrifices of these young soldiers.

Mrs. Anuradha Prabhudesai started with salutation, “Jai Hind” which gave an energetic start to the event. She spoke about the qualities possessed by soldiers of Indian Army.

Mrs. Prabhudesai presented three words to the participants and asked them to imbibe in their



respective careers. Those words were जुनून, जज़्बात और नैत्रत्व. Madam shared stories of brave Indian soldiers conveying their high dedication, loyalty and devotion towards India which invoked a sense of pride in all the participants. The discussion was followed by a Question & Answer session.

## **5. Cyber Sakhi: Cyber Crime Awareness Program**

Name of event: Cyber Sakhi: Cyber Crimes Awareness Program

Collaborator: Responsible Netism, Ahaan Foundation

Guest Speaker: Mrs. Manisha Salvi, Trainer, Responsible Netism

Under the initiative of: Prof. Dr.Smita Shukla. Dr.Aruna Deshpande and Dr.NainaSalve

Date: 03 August 2021

Time: 4:00 pm – 5:30 pm

Location of event: Zoom Virtual Platform

Number of Participants: 64



The programme was a unique webinar conducted by Responsible Netism for girl students from BMS and MMS programs of ADMIFMS so as to foster digital empowerment, a safe cyber experience and ensure mental well-being in cyber space. This programme was sponsored by Bank of Baroda Financials.

The programme highlighted:

- Cyber-crimes against women,
- Legal implications of crimes,
- Psychological impacts of irresponsible behavior,
- Teaching tech tips to secure devices and most importantly
- Understanding reporting mechanisms of cyber-crimes so as to protect themselves.

The discussion was followed by a Question & Answer session.

The screenshot shows a Zoom meeting interface. At the top, there are participant names: Kinjal Surti, Responsible Netism, 75 Neha More, and Saloni Mhatre. The main content is a presentation slide with the title 'RESPONSIBLE NETISM' and a table with three columns: SECTION, NATURE OF CRIME, and PUNISHMENT.

SECTION	NATURE OF CRIME	PUNISHMENT
66 C	Creation of Fake Profile	Upto 3 Years + Upto 2 Lakh Fine
66 E	Posting Private Parts of A Person	Upto 3 Years + Upto 2 Lakh Fine
66 D	PHISHING AND SPOOFING	Up To 3 Years And Upto 2 Lakh Rs* FINE
420, 464	Emails, SMS, Calls, To Seek Personal Valuable Info	Up To 3 Years + Up To 2 Lakh Fine
509	Sharing Posting Word, Gestures Content Used To Defame Harass Insult Or Shaming A Woman Or Person, SEXTING	Up To 3 Years + Up To 2 Lakh Fine
507 / 499	For Publishing Or Transmitting Obscene Material Or Sexually Explicit Act, MMS, AUDIO	Up To 5 - 7 Yrs Imprisonment Up To 10 Lakh Fine
67 67 A	Stalking Monitoring Through Electronic Communication	Up To 3 Years + Fine
354 D	Hacking, Stealing Data Pictures Taking Images Videos And Sharing Without Consent (Even For School Projects)	Up To 3 Years Imprisonment Up To 2 Lakh Fine
500 / 509	Child Pornography	Up To 7 Years Imprisonment Up To 10 Lakh Fine
65	Cyber Terrorism	Life Imprisonment
66		
67 B		
66 E		

## 6. The Milk Bag Project:

Name of event: The Milk Bag Project

Collaborator: Har Ghar Hara Ghar, Clean Mumbai Foundation, Garbage Free India

Guest Speaker: Mrs. HansuPardiwala& Mrs. ChitraHiremath

Under the initiative of: Prof. Dr.Smita Shukla. Dr.Aruna Deshpande and Dr.Naina Salve

Date: 22November 2021

Time: 4:00 pm – 5:00 pm

Location of event: Microsoft Teams Platform& Zoom Virtual Platform

Number of Participants: 71

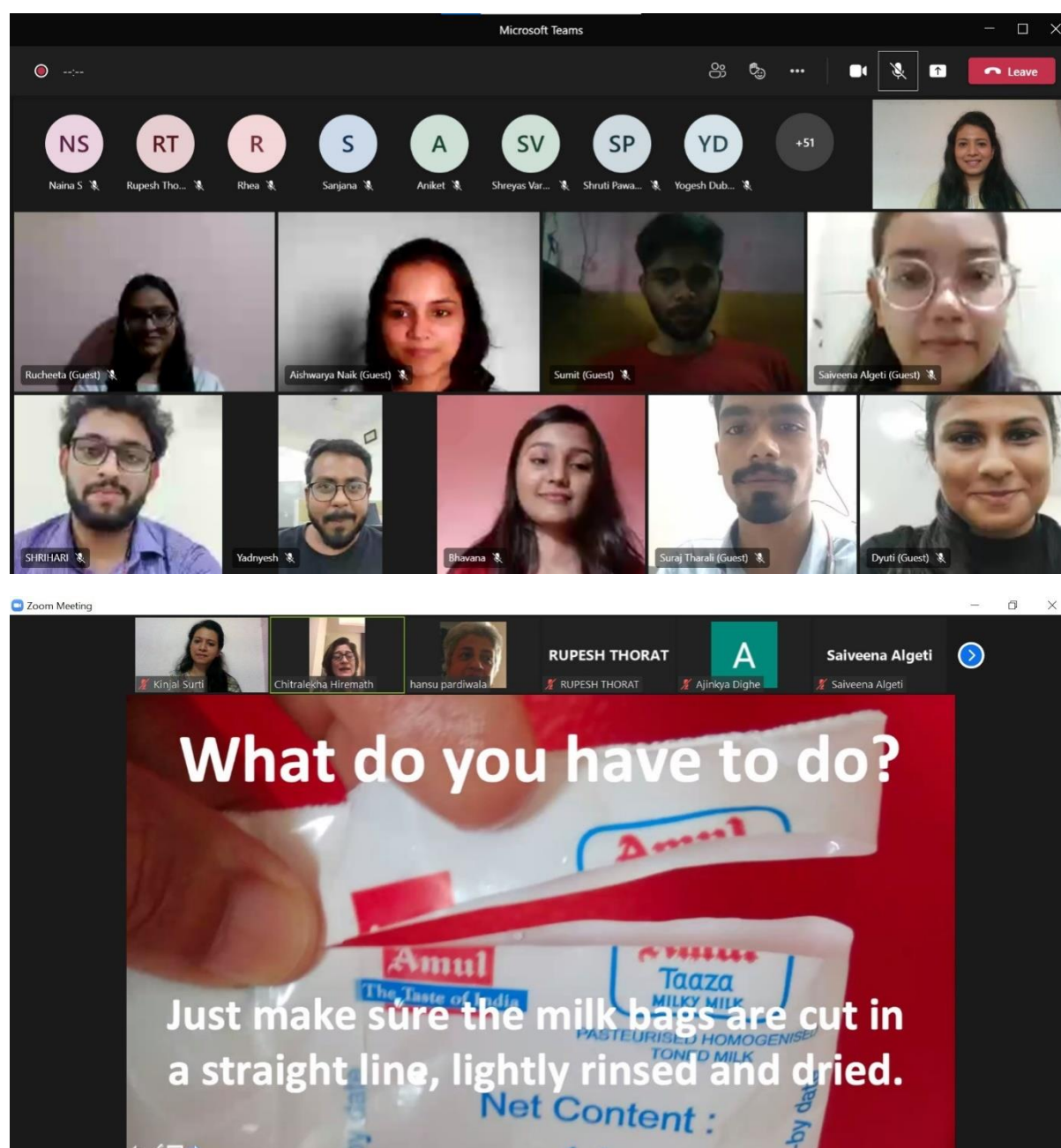
The program was organised by Anvaya SRC to amplify the The Milk Bag Project initiated by Mrs. HansuPardiwala, Mrs. ChitraHiremath& Mrs. Kunti Oza in

collaboration with Har Ghar Hara Ghar, Clean Mumbai Foundation and Garbage free India.

The program highlighted the following:

- Contribution of Milk Bags on overall waste generated in India
- Ways to participate in the Milk bag project that promotes recycling plastic milk bags
- Steps involved in setting up the milk bag collection activity.
- Video demonstrating the same.

The discussion was followed with question-and-answer session to address doubts regarding the activity and concluded with a vote of thanks.



### III. Important Days' Celebration



## 1. World Health Day: Video

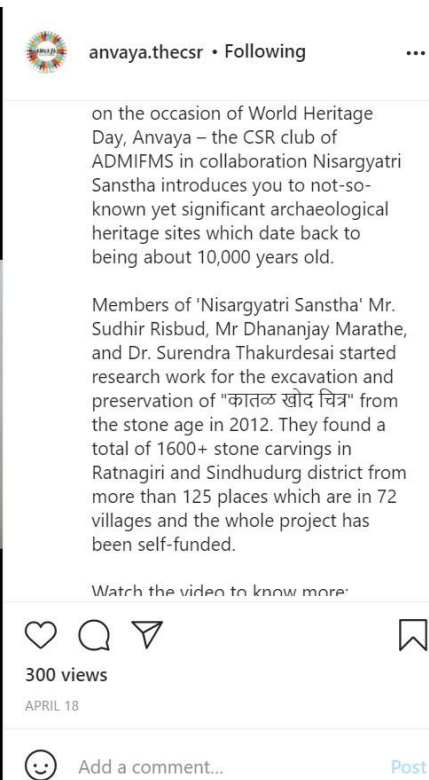


Team Anvaya created a video on World Health Day to create awareness about the cumulative positive impact of moving to simple healthier habits in our everyday life. We asked the audience to join hands with us to pledge to give priority to our mental and physical health in all of life's circumstances.

## 2. World Heritage Day: Video

On the occasion of World Heritage Day, Team Anvaya of ADMIFMS in collaboration with Nisargyatri Sanstha introduces you to not-so-known yet significant archaeological heritage

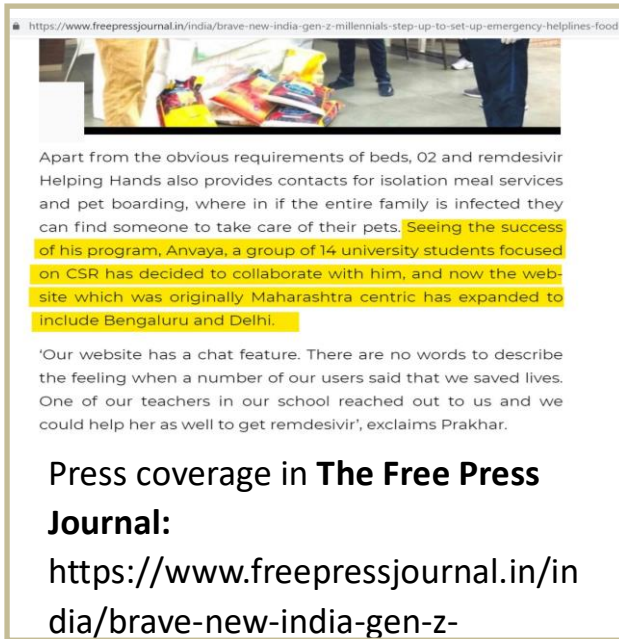
sites which date back to being about 10,000 years old.



Members of 'Nisargyatri Sanstha' Mr. Sudhir Risbud, Mr. Dhananjay Marathe, and Dr. Surendra Thakurdesai started research work for the excavation and preservation of "कातळखोदचित्र" from the stone age in 2012. They found a total of 1600+ stone carvings in Ratnagiri and Sindhudurg district from more than 125 places, which are in 72 villages and the whole project has been self-funded.

## IV. Collaborations

## 1. Covid-19 Helping Hands x Team Anvaya



Anvaya has collaborated with Prakhar Goel, an industrious student from Hill Spring International School for Covid-19 Helping Hands initiative.

The Covid 19 Helping Hands website provides up-to-date information on essential supplies and emergency helpline numbers for Oxygen Suppliers, Hospital and Bed availability, Blood and plasma donors, Remdesivir distributors, and Isolation Meals service pan India.

All 14 members of Anvaya - the CSR club have pledged to spend a few hours a day to gather updated and verified information from the cities of Mumbai, Thane, Pune, Delhi, and

Bengaluru and share the same on a daily basis to help expand the initiative and touch many more people's lives.

A crisis like this calls for community engagement more than ever and we at Anvaya strive to make the difference.

## 2. Art of Living x Team Anvaya

Art of Living, Mumbai collaborated with Anvaya for the Covid-19 related Relief Initiative. We used the power of Social Media and helped them promote two of their projects on our platforms as mentioned below:



**Covid Warrior Project:** A model built to give and receive help via social media platforms

**Calm Down Your Lockdown Anxiety Meditation:** Every day, at 1 pm IST, online meditation sessions are conducted as it is very important to care for mental health during these challenging times.