

## UN's International Day of Friendship Activities

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1) Name : **Neha Mohanlal Sahu**

College/Institution Name: Krantijyoti Savitribai Phule College of Education

University Name: Mumbai University

Class: B.Ed. 1st year

Title of the activity: International Friendship Day

Objectives of the activity: Create awareness about friendship day

Details: Teachers, students, professor were the participants, we discussed about nurturing friendships. We realized that togetherness is good thing; we also shared thoughts on importance of Friendship in our life. It was a very good experience for me.

2) Name : **Khandekar Vidya Anil**

College/Institution Name: Tuljaram Chaturchand College, Baramati

University Name: Savitribai Phule Pune University

Class: S.Y.B.Sc. 2020/21

Title of the activity: Tree Plantation

Objectives of the activity: To plant trees and cleaning of residential colony

Details: In this activity I was with Chaitrali Sawant and Amruta Koli. We planted some saplings; we realized how trees are useful for a better and healthy society. It was an excellent experience for us to think about the wellbeing of our society.



3) Name : **Veer Sangram Kiran**

College/Institution Name: Tuljaram Chaturchand College, Baramati

University Name: Savitribai Phule Pune University

Class: S.Y.Bsc. 2nd year

Title of the activity: Conversations about Covid-19 Awareness

Objectives of the activity: To create awareness and stop the spread of Covid-19

Who were the participants? : Group of my online friends

Describe what you did: I was happy to talk to my friends on this subject and made use of an educative poster. I was happy with my effort and thank my friends for supporting me.

What was the outcome? : Better understanding of Covid-19 and prevention

What were your experiences? : It was an educative and informative

What was your learning?: We can all support and help in creating awareness



4) Name : **Sonali Shivaji Gophane**

College/Institution Name: TC

University Name: SPPU

Class: M.Lib.Sc. (2020-2021)

Title of the activity: Make sure that all words are spelled correctly to improve the quality of communication

Objectives of the activity: To assist friends especially young people to gain confidence to communicate well in English language, to spell and pronounce correctly.

Who were the participants? College friends and other students

Describe what you did: Discussed with a few friends about this service activity, we made and implemented a simple plan. We used a video for better understanding.

What was the outcome?: Participation was very good, sincere efforts to improve spelling and pronunciation.

What were your experiences?: My experience was very good.

What was your learning?: We have to pronounce by understanding the correct spelling.

5) Name : **Soma Dhar**

College/Institution Name: Pillai College of Education and Research, New Panvel

University Name: Mumbai University

Class: First Year B. Ed. 2020-2022

Title of the activity: You, My Friend, are Part of All My Best Memories!

Objectives of the activity: To reduce the stress of monotonous daily life during this pandemic situation

Details : I have conducted this activity with my friends Shubhankar, his wife Rapti, their children Sreeja and Tatin and Myself Soma, my husband Santanu, and our daughter Samridhi. We celebrated the friendship day by calling conference call over WhatsApp. Only one family friend was available as it was a working day. We dressed up nicely with a cup of tea along with some favorite snacks. Our family members also joined and participated in fun activities like dumb charades, puzzles solving, "Antaksari" etc. We are from different places-ourselves from Mumbai and our friends from Kolkata. Other thing I did, I wrote a write up about Friendship day. With this virtual party with our family friends, we made amazing memories. We also brooded over our past fun moments and became emotional. It was very awesome feelings. I learnt that, Friends can help us to celebrate good times and provide support during bad times.

## SHARING THE HUMAN SPIRIT THROUGH FRIENDSHIP

*"Friendship is a sheltering tree."* - Samuel Coleridge

Have you ever thought of what friendship really means? It is really hard to put into words.

Good friends are loyal and accept you for who you are during the good and bad times. Friendships are mutually beneficial, meaning each of you get something out of the relationship. Friends are there when you need them, whether to comfort, support, congratulate, or just listen.

F	Friends always help each other
R	Respecting your friends, a lot
I	I like my friends a lot
E	Encourage your friends
N	Never pick a fight with your friends
D	Deserting your friends is very unkind
S	Standing up for one another is what good friends do
H	Hurting your friends is wrong
I	Inspiration comes from friends
P	Politeness goes a long way in friendship

The International Day of Friendship is a United Nations (UN) day that promotes the role that friendship plays in promoting peace in many multilingual cultures. Make a new friend or reconnect with an old one. Friendships come in many forms, and we begin developing them when we're very young. Throughout our lives, friendships and their meanings evolve as rightly said by: **Rachel Naomi Remen**

*"The most basic and powerful way to connect to another person is to listen....A loving silence often has far more power to heal and to connect than the most well-intentioned words."*

-----Soma Dhar Roll no 09.F.Y. B ED 2020-2021

6) Name : **Wani Sawan Anilchandra**

College/Institution Name: Padmabhooshan Vasantraodada Patil Institute of Technology, Budhgaon

University Name: Dr.Babasaheb Ambedkar Technological University

Class: NA

Title of the activity: Help after Flood

Objectives of the activity: To help the people in cleaning after flood damage

Details: It was a great opportunity for my Friends and me to help some families in cleaning their homes, shops which were damaged due to floods. People appreciated the help in order to re-start their routine work. It was such a great experience for us to serve the society and help people in their bad times.



7) Name : **Waghmare Sonali Shankar**

College/Institution Name: Tuljaram Chaturchand College, Baramati

University Name: Savitribai Phule Pune University

Class: M. Lib. I. Sc.

Title of the activity: Friendship day

Objectives of the activity: Enjoy

Details: My friends Ashwini, Sonali and me came together after so many days during this lockdown period. We had good conversation. We were so happy to meet each other. We did lots of fun, really it was an amazing experience for us.

8) Name : **Bankar Shubhangi Sanjay**

College/Institution Name: Tuljaram Chaturchand College, Baramati

University Name: Savitribai Phule Pune University

Class: Sybsc (2020-21)

Title of the activity: Changing Life style – Good or Bad!

Objectives of the activity: To discuss with friends on the purpose of our life and explore who we are .

Details: I have conducted this activity with Shubhangi Sanjay Bankar and Anjali Sanjay Nale. We discussed what is the purpose of our life and can the changing life style help us to realize why are we existing? It was a good experience and we understood the two sides of these subject.

What were your experiences?: We understood different perspective and the influence of a changing life style on our individual life and on our community.

9) Name : **Pankaj Shankar Kore**

College/Institution Name: Rajarambapu College Of Pharmacy, Kasegaon

University Name: Shivaji University, Kolhapur

Class: D,B and M.Pharm

Title of the activity: Online Essay and Elocution Competition

Objectives of the activity: To encourage students to show their hidden skills

Details: On the occasion of friendship day, my students have participated in this activity. We organized an “Online Essay and Elocution Competition”. Students have shared their thoughts on various subjects such as Flood disaster management, awareness on Corona Virus. Students have taken part in this competition with lots of enthusiasm and hard work.

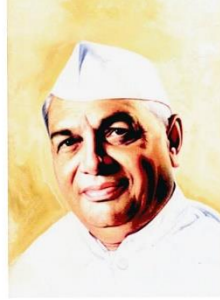


लोकनेते राजारामबापू पाटील यांच्या जयंतीनिमित्त



कासेगाव शिक्षण संस्थेचे

राजारामबापू कॉलेज ऑफ फार्मसी, कासेगाव चा राष्ट्रीय सेवा योजना अंतर्गत



## ऑनलाइन निबंध व वक्तृत्व स्पर्धा

प्रिय विद्यार्थी मित्र मैत्रिणींनो सध्या कोरोनामुळे लॉकडाऊन असल्याकारणाने घराच्या बाहेर निघणे शक्य नाही. त्यामुळे खास तुमच्या कलागुणांना वाव देण्यासाठी आम्ही ऑनलाइन निबंध व वक्तृत्व स्पर्धा घेत आहोत. जास्तीत जास्त विद्यार्थ्यांनी यात सहभाग घ्यावा अशी नम्र विनंती.

### टीप :-

1. सर्व सहभागी विद्यार्थ्यांना ऑनलाइन certificate देण्यात येतील.
2. विजेत्या स्पर्धकांना आकर्षक बक्षीसे देण्यात येतील.
3. ऑनलाइन निकाल जाहीर दिनांक - 01/08/2021.
4. ऑनलाईन रेजिस्ट्रेशन अनिवार्य.
5. निबंध दिलेल्या ई-मेल वरती वेळेत mail करावा.
6. वक्तृत्व स्पर्धा zoom meet द्वारे आयोजित करण्यात येतील.

### निबंध व वक्तृत्व विषय :-

1. महापूर- मानवी मूळ चूक.
2. कोरोना एक निर्भीड सत्य.
3. लोकनेते राजारामबापू पाटील.
4. लोकशाहीर अण्णा भाऊ साठे.
5. लोकमान्य टिळक.

वार - शनिवार  
दिनांक - 31/07/2021  
वेळ- सकाळी 10 वाजेपर्यंत.

Email id -  
rcpnss@gmail.com

Registration link - <https://forms.gle/3GiP1HCxTBgAGPv8At>

टीप - स्पर्धेत भाग घेणाऱ्या सर्व विद्यार्थ्यांना ई सर्टिफिकेट देण्यात येईल

प्राचार्य-  
डॉ. सी एस मगदूम

उपप्राचार्य-  
डॉ. एस के मोहिते

आयोजक  
प्रा. पंकज कोरे  
डॉ. आय डी राऊत

**10) Name : Pooja Talreja**

College/Institution Name: MES' Pillai College Of Education And Research

University Name: Mumbai University

Class: M. Ed.

Title of the activity: Write-up

Objectives of the activity: To express my gratitude for my friends

Details: I wrote an article on the topic 'Sharing the human spirit through Friendship' and expressed heartfelt gratitude to my friends. We rarely express gratitude for what we have. It was wonderful to do it on a special day. I learnt that we should be always thankful on for the friends we have in our life.

**11) Name : Shiba Khatoon**

College/Institution Name: NA

University Name: Central University of Kerala

Class: Ph.D. (2nd Year)

Title of the activity: We All Belong and are One

Objectives of the activity: To acknowledge, appreciate and honor the service rendered by our Security Guards on this Friendship Day 2021.

Details: I have completed this activity with one of the Security Guards' Representative.

I have prepared a hand-made card expressing my greetings on Friendship Day and Gratitude for the kind service rendered by the Security Guards of our House Complex (Kolkata, West Bengal). I saw the happiness, smiling faces and feelings of belongingness.

I felt motivated, creative, satisfied, calm and happy. I have also learnt that our simple, kind attempts make a huge difference in and around us.



12) Name : **Khan Saira Bano Mohd Ilyas**

College/Institution Name: Aishabai College of Education Mumbai

University Name: SNDT University

Class: B.Ed .(2019-2021)

Title of the activity: Lets be friends

Objectives of the activity: To befriend with the kids and foster a sense of confidence and happiness within them.

Details: I selected the kids for friendship as I perceived and scrutinized that they were too much shy and uncomfortable at my home. The maid was fastidious and grumpy most of the time so the kids were always sitting quietly at one place for long hours till the maid finishes her time. I was disposed to the idea that the kids need attention and love, so I decided to befriend with them and impart cohesive environment in my house.

Initially I started calling them not by names but used "beta" so they feel good and relaxed. I offered them some chocolates and interacted with them. I got to know that their schools were virtual and they weren't able to study properly, also online education deteriorated their academic. So I thought to share with them some comic books. I didn't hand over smart phones to them as I was aware the books are the best option.

Initially when I gave them some plastic cups to play. Then later I sat with books, but by looking at the books they used to pretence and run away, so in order to grasp attention I started telling them stories, comics that actually garnered their attention. Later I showed them some comic books, asked them to read out and comprehend by at least looking at the picture. The kids happily looked into the comic books and sat next to me to try to read out and understand the stories and laugh. It was an emotional and lovable experience to make the kids my friends and educate them slowly and steadily through the means of Friendship.

13) Name : **Dr. Bhavna Dave**

College/Institution Name: MES' Pillai College of Education & Research, New Panvel (W)

University Name: University of Mumbai

Class: NA

Title of the activity: "Literary Expressions"

Objectives of the activity: To enable the students to share the Human Spirit of Friendship by providing them a platform to share their feelings and emotions.; To bring out the creative abilities of the students ;To enhance the writing skills of the students

Details : Students of the M.Ed. & B.Ed. programme have participated in this activity.

The Global Citizenship Club of the college provided a space for the students to express their feelings and emotions for their friends and dedicate to them in the form of short write-ups or poems. Students participated whole-heartedly. Those who did not have the creative abilities to

write their original poems, did take the trouble of searching on the net but yet selected those poems which matched their feelings and emotions.

It was an act of affirmation by the students, and each one took an extra effort to make their friends feel special, and express their gratitude. This happiness was doubled when they realized that they also receive when they take a step forward to give. That was the best part. As a teacher-educator, I have learnt that more opportunities should be given to students to imbibe these Universal Human Values.

## Me, Introversion and Friendship

Deepa Bal, Roll no. 2, F.Y.M.Ed.

The world is no longer a happy and peaceful place to live. It is incremented day by day with negative emotions like greed, dishonesty, anger, distrust, lies etc.

*"Friendship is a process in which the ore of our humanity is sifted and refined so that the strengths and the weaknesses may be gradually neutralized."*

- Eugene Kennedy

A friendship is practically the glue that is still holding the world together. The soul of friendship is located in honesty, respect, sharing, and loyalty. The making and the keeping of friends over the long haul of a lifetime is a spiritual practice. Ask any introvert, they will explain how difficult is it for them to approach out to make friends. Until and unless they get adopted by any extrovert, they will suffer in loneliness and not a single soul will know about their pain and loneliness. It requires large reserves of diligence, patience, trust to nurture any relationship. Same holds true in friendship. I can vouch introverts excel in them. They just lie latent and need the just amount of stimulation.

All my close friends are extroverts. I feel blessed that I found them, better to say they found me. From them I have learned the art of communication. Words, gestures, even silence etc. are your tools. Using them when and where is the art that one needs to master. My friends taught me that. Good friends really help to chisel to better finesse bestowing you with your inner glow.

However having many friends around, but deep down you are your own greatest foe will cause more strife and grief leading to discontent and internal ambiguity. It is imperative for you to feel the happiness that comes from being your own best friend first and foremost. The ease and harmony that you can feel comes from accepting yourself, caring for yourself, enjoying your own company, just like a best friend would. You should embrace yourself as you are. Only then you can embrace others love them and show compassion.

We need a world at peace, love and positivity towards every entity around. Friendship goals will help to achieve this.

*May all beings be friends with each other. - Ayya Khema*

### ANGEL IN DISGUISE

I know this journey may not be that long,  
but it passed by singing beautiful songs,  
They say souls recognize each other by vibes,  
No wonder you so easily fit in my tribe,  
You always treat me in your loving care,  
and life troubles so easily share.

Well I really don't know how this began,  
It all started one day with a smile,  
From day one I knew we were a fabulous clan,  
Cause you always went for me that extra mile.  
As we all know life's a journey of happiness and sorrows,  
you were always there for me when I needed you the most,

I don't know what life may bring Morrow,  
But having you in my life is God I thank the most.  
Thank you for being my strong pillar in tough times,  
Always my hope and strength in life's distress,  
I thank God each day for all our beautiful times,  
As having you in my life, I know I'm truly blessed.  
That's why I call you my Angel in disguise.

RAFFELLIA FONSECA

### Friends Forever

My interest in friendship day has increased over a decade. Starting with my School friends to Junior college Friends then to UG friends to PG friends and this friends list has increased with lots of new friends after my PG life. I had spent my best memory with all my friends. We all are still connected with each other we also had many get-togethers and waiting to meet and have same fun which we used too.

A friend is someone we turn to,  
When our spirit needs a lift.  
A friend is treasure,  
Friendship is a gift.  
A friend is who fill our live with joy, and grace,  
With bunch of friends there is one friend who cheers me up, and console me  
when I am sad.  
Is none other than my best friend who is along me forever.



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## Ray of hope...

**Kajal Bamola, M.Ed. Student**  
**Roll No – 3**

I walked alone in the darkness ,in search of hope ,  
And bumped into a ray of light,  
With you being my side life turned out to be alluring,  
I thank almighty God for having such a friend in my life ,  
It is rightly said that true friends never part,  
Friends are the twinkle of love in this bitter universe  
They are always with you through your ups and downs,  
With distance far means nothing when someone means everything,  
It is impossible to forget your love never & ever,  
WE are SO CLOSE AND SO FAR .

## ***TO MY BEST FRIEND... Poem by Vikas Pandey***

As years go by day by day  
I've travelled along life's highway  
I've been up and I've been down  
Sometimes just went 'round and 'round  
There are many times I couldn't have made it through  
If I hadn't been fortunate enough to have a friend or two.  
But the one that stands out from all the rest  
Is you my friend, my very best!  
You've been with me through thick and thin  
When I just wanted to cry, you made me grin.  
When I fell down you helped me up  
Without you, I would be fresh out of luck.  
You'll never know how much your friendship has meant  
Or how much I treasure the time we've spent.  
I just want to thank you for giving of yourself  
Your friendship, one of my life's greatest wealth.

**- Contributed by Melita Lobo, B.Ed. Student**

## FRIEND FOR ALL TIMES

You are a feather on the wings of an angel.

You are the fire at the wick of the candle.

You carry me through the darkest of my hours.

Until we can claim that happiness is ours.

The warmth when I am cold,

sitting at the side of the lane.

Looking at the sky,

as the sunshine turns to rain.

Fix the heartbreak for after it,

comes a rainbow;

That will shine on you'

till the whitening of the crow.

By Soniya Pawar...

## *Beauty of Friendship* (Dedicated to my friend Neelam mourya)

From the day that I first knew you,  
Your heart was pure and kind;  
Your smile was sweet and innocent,  
Your wit was well refined.

The sparkle in your eyes was keen,  
Your friendship fast and real;  
Soft words were your virtue,  
And humour your appeal.

We grew as friends together,  
We laughed and shared our dreams;  
Along the way crush or two,  
Went unrevealed, it seems.

As years rolled on, our paths were split,  
Our roads went separate ways;  
We each pursued our interests,  
That occupied our days.

We soon forgot our youthful bliss,  
Of tender carefree years;  
We didn't talk or keep in touch,  
Throughout life's pain and tears.

Then my darkest hour came,  
And tried me to my core;  
To save my heart from ruin,  
I closed and locked the door.

Then out of every nowhere,  
With precise directed cue;  
An old familiar smile,  
Came slowly into view.

Although much time was gone,  
And the die of fate long cast;  
It was as if we hadn't missed,  
A second of the past.

You listened with attentive care,  
And reassured my mind;  
That loving hearts are still alive,  
With purpose and design.

Deep inside I've locked way,  
Emotions yet untold;  
As time goes on, and bonds grow strong,  
They will all unfold.

So thank you, friend, for taking time,  
To demonstrate your love;  
It's yet another blessing that,  
I'm undeserving of

*Your Friendship Means a Lot of SCIENCE  
to me*

In my life, you came like ENZYMES  
Of course, there had been good times

The strongest BOND of friendship formed  
and you always acted as LIGASES.  
Whatever the circumstances were,  
You maintained your integrity.  
And you never became ENDONUCLEASES.

You make me cry,  
You make me laugh,  
My valves sound LUB-DUB  
with zig-zag ECG GRAPH.

We could be apart for years upon end,  
But still remain the BEST OF FRIENDS.  
The show must go on  
Within our NEURONS.

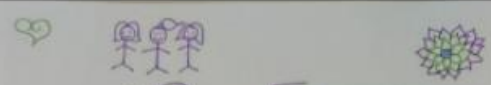


Archana

## Life Is A Patchwork Of Friends

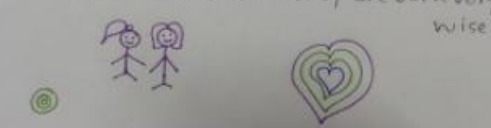
"Friends" the word fills our heart with memories.  
 Memories of our childhood, of moments of freeness  
 And carelessness.  
 The memories of our early schooling and college days  
 When we were taught to be responsible  
 Yet we kept finding ways to fill our days with fun and  
 desires.  
 The names and moments still keep cropping up in thoughts,  
 The best friend, the good friend and not so good one too.  
 The time has separated us but not from memories.  
 We try to remain connected with some of them,  
 Yet, not like our early days, though.  
 The priorities have changed and we need to look  
 After our family, kids etc. also.  
 However, the memories of our early life do not perish easily,  
 The moments we all cherish often.

-Surabhi Sinha



**TRUE FRIENDS—**

♥ THANK YOU, for sharing a Hug and Smile.  
 makes a friendship so worthwhile  
 Time to care, be a little bold  
 ♥ A friendship never can be too old.  
 Take some time to hold a hand ♥  
 makes troubles melt like drifting sand  
 ♥ Help each other, no regards to time  
 heart and souls begin to bind.  
 Thank you for caring, opening your eyes  
 true friends know—they are both very  
 wise!



-Priyanka Walunj

## वही तो एक दोस्त है।

प्रवाह के विपरीत जो तुम्हारे साथ साथ हो ,वही तो एक दोस्त है।  
 हज़ारों की हो भीड़ पर तुम्हें पुकारता हो जो ,वही तो एक दोस्त है।  
 असंख्य कांटे हो मगर रास्ते में फूल सा पैरों तले बिछ जाए जो,वही तो एक दोस्त है।  
 रात जब बड़ी लगे,अंधेरा घेरने लगे अपने जाल में हमें  
 उजाले की तब इक किरण बन कर रौशनी करे जो, वही तो एक दोस्त है।  
 उम्मीद टूट जाए जब, कुछ नहीं सुझाए जब  
 तब हमारा हौसला आये और बढ़ाए जो वही तो एक दोस्त है।  
 हमारी एक जीत पर , हमारी हर खुशी में बस  
 बिना झिझक के हर घड़ी मुस्कुराए जो वही तो एक दोस्त है।  
 ये दोस्ती है जो हमें रखती है खुशियों के इर्द गिर्द  
 एक तरफा नहीं मगर दोनों ओर से हाथ बढ़ाए जो वही तो सच्ची दोस्ती है।

Vandana Tripathi

**OYE BESTIE SUNN...**

JO BAKWAS BHAARI BAATO SE PAKAYE   
 WO HOTA HAI YAAR

JO HAR THELLE PE SATH KHAYE   
 WO HOTA HAI YAAR

JO HAR SECRET KO PET MEI DABA KE RAKHE   
 WO HOTA HAI YAAR

JO KUCH BHE KARKE TERA KAAM KARE   
 WO HOTA HAI YAAR

JO HUME DUNIYA KA SABSE KHUBSURAT FARISHTA SAMJHE   
 WO HOTA HAI YAAR

JO HAR PROBLEM KO MAATH DE   
 WO HOTA HAI YAAR

JISKO KHONE SE HUM DAARE   
 WO HOTA HAI YAAR

JO ANSU KO MUSKAAN MEI BADALE   
 WO HOTA HAI YAAR

-Aditi

# Sharing the Human Spirit through Friendship

How many times it so happened to you that you were in the quirkiest of your moods and a friend calls up? Talking to her just for 10 minutes perks you up like never before and your quirkiness vanishes like it never existed. How many times it so happened that you passed some of your exams, barely though, because your friend gave you some last-minute pointers to write? How many times have you felt sick to the core and few slangs from your buddy made you jump out of bed? How many times have you had tears in your eyes laughing at jokes that never made any sense to anyone. And how many times have you actually cried because your friend had a break up. Oh!!! It happens to me almost all the time.

Each one of us must have had such moments with our bunch of besties. Yeah, for sure, that's what friends are for, aren't they? To create an imaginary world out of nothing and make us soar high up in the sky or push us down to the depths of the ocean. Friends are the people you can do anything and nothing and still have the best time every time. Friendship surely is the most mesmerizing aspect of human spirit, no matter how hard you try you can never get over the sync of it.

Bernard Williams said, man never made any material as resilient as the human spirit. And where do you think this resilience of human spirit is drawn from? Where do think the survive and thrive instinct of human spirit sustains the world despite the hardships and gloom?

One can arguably say that friendship is an overrated emotion, because there are many more infusions to the human spirit. I would counter argue that by saying that each of these infusions find their roots in friendship. The human spirit is a blend of our emotions, intellect, fears, passions and creativity, but each of these ingredients traces back to friendship, whichever path you may travel. We all have success stories that are for real only because our friends pushed and supported us through the dark struggles. Our friends live our fears sometimes just as we do. Our passions are celebrated in true spirit only by friends. Our intellect and creativity are inspired and nurtured by our friends. When we are in this beautiful bond of friendship, we are accepted for who we are but we are also inspired to become who we want to be.

When we reach out to others via bridges of friendship, we strengthen the human spirit with trust and love and nurture the very essence of humanity.

When life throws difficult questions at us, we use this human spirit of friendship to create answers.

The concord of words written here are not authored by me, they simply bunched out of my emotions because I have experienced all this in every stage of my life. My life is nothing short of a saga that has extended and lived the human spirit of friendship in the form of friends, family and teachers. I have survived and thrived as I have walked along the bridges shared by human spirit of friendship. I so profoundly dedicate this to all those with whom I have shared the bridges, today and forever.

Me, on a Voyage creating footprints while sharing the human spirit through friendship.

With love,

From me to my junkie besties

Pooja Talreja

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