



Making Mask and Mask Distribution

1. **Activity/Event Venue & Date** : March 2020 – March 2021
2. **Nature of Participants** : NSS Volunteers and Students of FCRIT
3. **Number of Participants** : 46
4. **Student Coordinator** : Akhilesh Mendon and Anuja Patil
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To make aware the population, the necessity of wearing masks and teaching people how to make COVID-19 safe masks at home

b. Technical Description :

The NSS Unit of FCRIT along with the POs conducted a wide scale campaign to spread awareness of Masks to prevent the spread of COVID-19. The campaign was driven virtually and was spread throughout the lockdown period, beginning from March 2020.

Following the objectives of the campaign, volunteers of NSS Unit made videos and posts that taught the populace how to make their own DIY masks using pieces of clothes which could be easily found at their own homes.

Furthermore, Programme Officers supported the campaign by safely delivering handmade masks to the poor people.

c. Outcomes :

General population was made aware of the importance of wearing a mask and learning to do DIY masks

d. Summary of Feedback : NA

7. **Activity / Event Photograph** :


Program Officer



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 nss_fcrit • Follow

 nss_fcrit An all in one guide to get you through this Convid Pandemic

Video By: Aniketh Rachakonda

35w

♥️ 💬 📌

219 views

MAY 20, 2020

Add a comment... [Post](#)




Program Officer



Ration Distribution

1. **Activity/Event Venue & Date** : Belwadi Sarde,Uran on 16th June 2020
2. **Nature of Participants** : NSS FCRIT Students
3. **Number of Participants** : 2
4. **Student Coordinator** : Yukta Thakur
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
 - Distribution of ration to underprivileged people during Covid-19
 - b. **Technical Description** :

The coronavirus lockdown, imposed 25 March onwards, has highlighted several stories – from migrants travelling home on foot to the poor struggling to make ends meet. However, in these incidents of collective distress and shared pain, NSS volunteer, Yukta Thakur, came forward to help the people who lost their houses due to the cyclone which occurred on 3rd June 2020 and were facing numerous problems due to the lockdown. She distributed face masks, sanitizers, ration (rice, wheat, pulses, oil, etc) and clothes among 25 families.

NSS FCRIT, program officer, Mr. Rahul Jadhav also contributed to personal funds of NSS Mumbai University’s program officer’s initiative for distribution of rashan in Adivasi locality in Raigad district.
 - c. **Outcomes** :
 - Distributed ration, face masks and sanitizers to underprivileged people

7. **Activity / Event Photograph** :


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Prana Yoga Workshop

1. **Activity/Event Venue & Date** : 24-29 June 2020 on Zoom platform
2. **Nature of Participants** : Open to all(NSS and non NSS volunteers)
3. **Number of Participants** : 81
4. **Student Coordinator** : Dhruv Kabra
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

b. Technical Description :

Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Yoga workshop took place on zoom webinar from 24 to 29 June 2020. The Non NSS as well as NSS volunteers took part in this webinar. A total of 81 participants participated in this webinar. The yoga workshop was conducted in morning from 8:30 a.m. to 9:30 am for the 3 days, followed


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by self practise sessions for NSS Unit volunteers for the next 3 days. Khusali Rana, Surabhi Arora, Priyanka Jain, Dhruv Kabra were the mentors of the yoga workshop.

The yoga webinar started exactly at 8:20 a.m in the morning and got over by 9:30 a.m. for the three days. The webinar started with Suryanamaskar followed by asanas and breathing exercises. Initially the asanas were taught by the mentors and then the participants were told to do so. The mentors were keeping watch on the participants while they were performing the asanas and kriyas.

The yoga webinar was a immense success. All the participants poured this ecstasy after performing the asanas and kriyas. This indicated that it was immense success. The e-certificates were given to the participants who participated in the webinar.

c. Outcomes :

A batch of students well aware of the benefits of yoga.

7. Activity / Event Photograph :



A mentor performing headstand


Program Officer



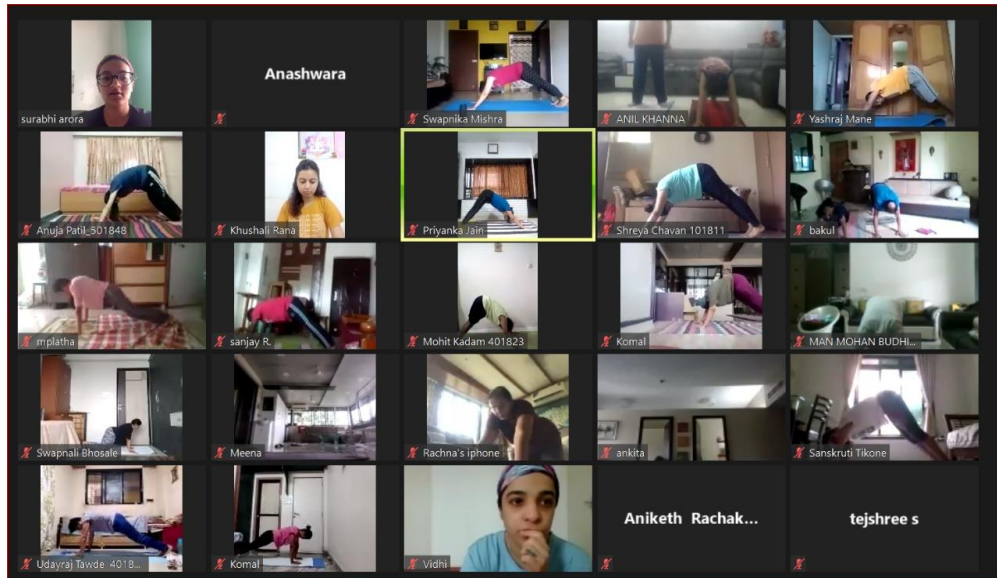
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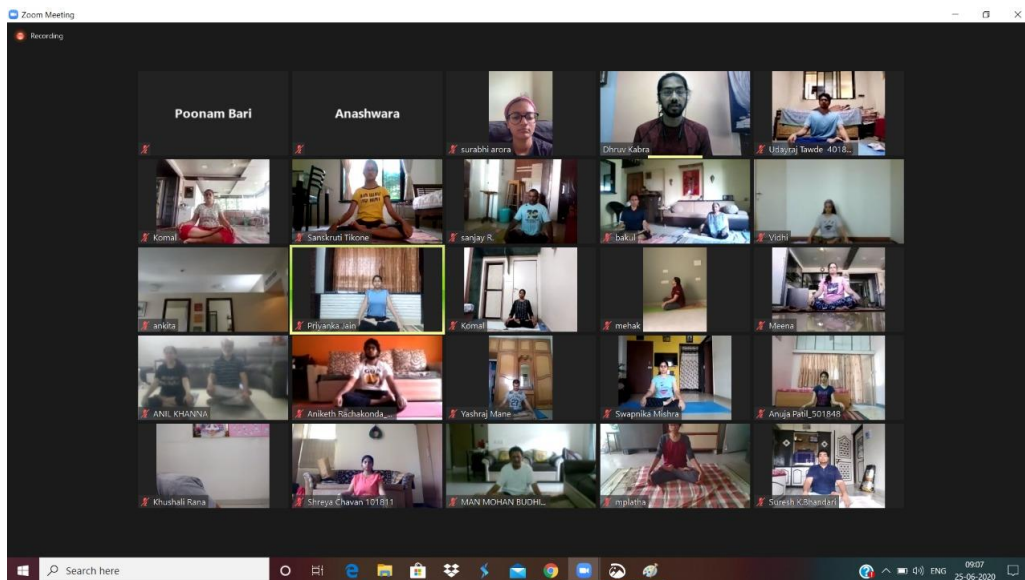
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Participants performing asana



Participants performing asana

Program Officer



COVID-19 Awareness during Ganesh Chaturthi Festival

- 1. Activity/Event Venue & Date** : 22nd August 2020 – 3rd September 2020
- 2. Nature of Participants** : NSS Volunteers of FCRIT and Non-NSS students of FCRIT
- 3. Number of Participants** : 50
- 4. Student Coordinator** : Akhilesh Mendon
- 5. Staff Coordinator** : Mr. Rahul Jadhav
- 6. Brief Summary of the Activity/Event (in maximum 500 words):**

d. Objectives :

To spread awareness of COVID-19 healthy regulations to be followed during the festivities of Ganesh Chaturthi without waning the joys and vibrancy of the festival

e. Technical Description :

The NSS Unit of FCRIT conducted a week-long campaign prior to Ganesh Chaturthi to spread awareness of COVID-19 regulations to be followed in these difficult times. The campaign was mainly conducted in the form of a pledge drive using Google Forms.

The purpose of the initiative was to reach to people and convince them that, the grandeur of the festivities would not be compromised if they followed the regulations strictly. On the similar lines, a pledge was circulated among our contacts that asked them to pledge to conform to the regulations and submit the photos of their celebration to us.


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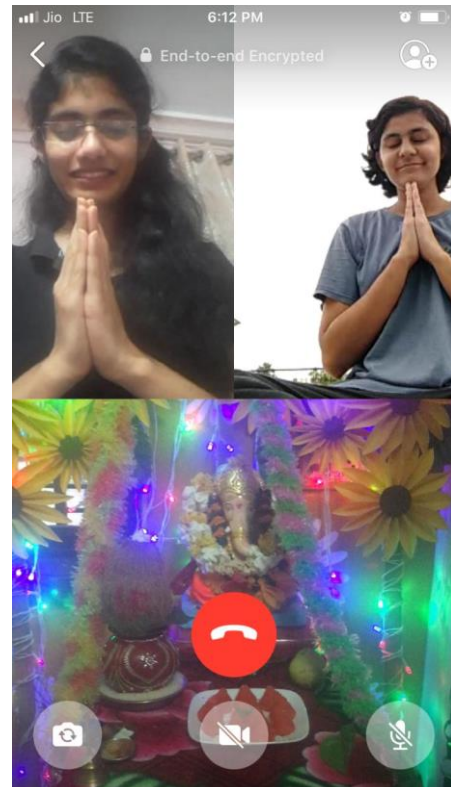
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f. Outcomes :

A festival conforming to the norms of self-distancing and following regulations was celebrated.

7. Activity / Event Photograph :




Program Officer



AIDS Awareness Campaign

– Quiz and Poster Making Competition

1. **Activity/Event Venue & Date** : 25th November 2020 - 1st December, 2020
2. **Nature of Participants** : NSS Volunteers and students of FCRIT
3. **Number of Participants** : 80
4. **Student Coordinator** : Anuja Patil
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Brief Summary of the Activity/Event (in maximum 500 words):**

g. Objectives :

Celebration of world AIDS day students understanding of AIDS through quiz and through creative posters and sharing it on social media

h. Technical Description :

The NSS Unit of FCRIT conducted a Quiz Competition and Poster Making Competition under the theme of AIDS Awareness Campaign starting from 25th November to 1st December 2020. The event was conducted virtually, following the governments directions to continue social welfare under lockdown.

The purpose of the campaign was to spread awareness on the disease of AIDS, which is caused by the HIV and how social stigma affects the mental and physical well-being of those infected. Hence, the unit decided to organise a quiz competition and poster making competition simultaneously.

The questions of the quiz were designed in such a way that they questioned the moral ethics of our behavior rather than factual questions.

This not only helped the participant understand the fault in their attitude


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but also taught them the facts of the disease, thus debunking the infamous myths.

Furthermore, the poster making competition was conducted in the similar light, of questioning our behaviour towards the patients and spreading awareness among the population. The submissions were accepted as digital posters as well as handmade posters.

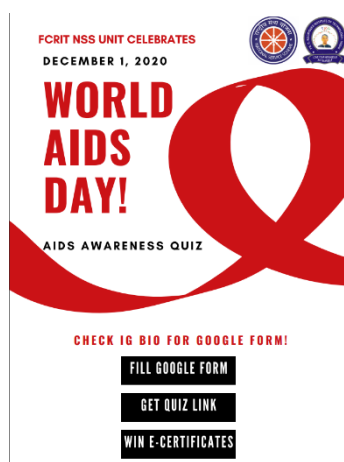
The response to the campaign was excellent and overwhelming. We received more than 80 entries and were delighted by the hard work of people to spend their time in crafting handmade posters.

i. Outcomes :

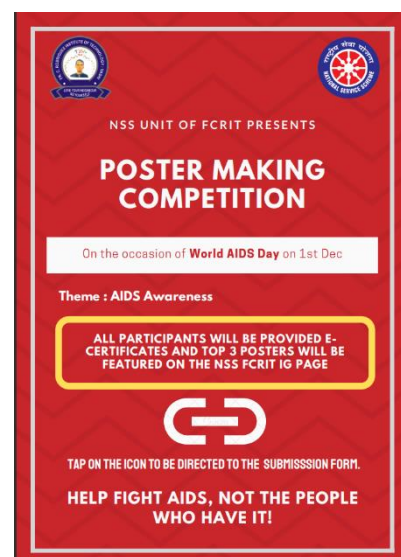
Participants of the quiz were awarded points out of 15 and top three were featured on the unit's Instagram handle. Similarly, winners of the Poster Making Competition were awarded with certificates and were featured on the unit's Instagram page, drawing critical appreciation from followers.

7. Activity / Event Photograph :

The poster calling students for participating in Poster Making Competition



The poster calling students for participating in Quiz Competition




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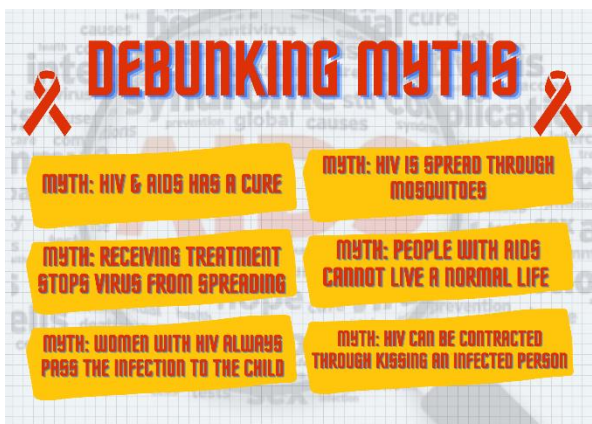
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First prize winner - Ms Sanika Deshmukh

Second Prize Winner - Ms. Sasha David



Third Prize Winner - Ms. Afrin Dange


Program Officer



Get Fit, Don't Quit Challenge (Fit India)

1. **Activity/Event Venue & Date** : Conducted Virtually from 7th February to 28th February, 2021
2. **Nature of Participants** : Students and Teachers
3. **Number of Participants** : 68
4. **Student Coordinator** : Ayush Misra, Khushi Singh
5. **Staff Coordinator** : Rahul Jadhav
6. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
 1. To promote the importance of physical fitness among students and faculty members
 2. To encourage participants to exercise (walking, jogging, cycling) through competitive leaderboard and encouraging messages
 - b. **Technical Description** : Get Fit, Don't Quit challenge was organized under the Fit India theme of National Service Scheme (NSS). The primary motive of the event was to help participants gain back an active lifestyle by doing basic exercises like walking, etc. This event was conducted virtually for a duration of three weeks during which participants recorded their activity on the STRAVA mobile app. The STRAVA mobile app logs the details of the activity by first classifying it as either walking, jogging or cycling. The log also contains details like the time taken to complete and the distance covered. It generates a leaderboard based on activity of the club members.

The event recorded participation of about 68 members and following are the winners:


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	Rank	Name	Distance covered (in KM)
Walking	1	Shrestha Sharma	153.12
	2	Shreya Sapale	143.55
	3	Akshata Sangwai	130.38
Cycling	1	Charles Paul	742.9
	2	Siddharth Kannadkar	662.54
	3	Samantha Dias	126.96
Running	1	Sarvesh Mandavkar	67.2
	2	Siddhesh Mohite	53.63
	3	Amar Murumkar	50.4

c. Outcomes :

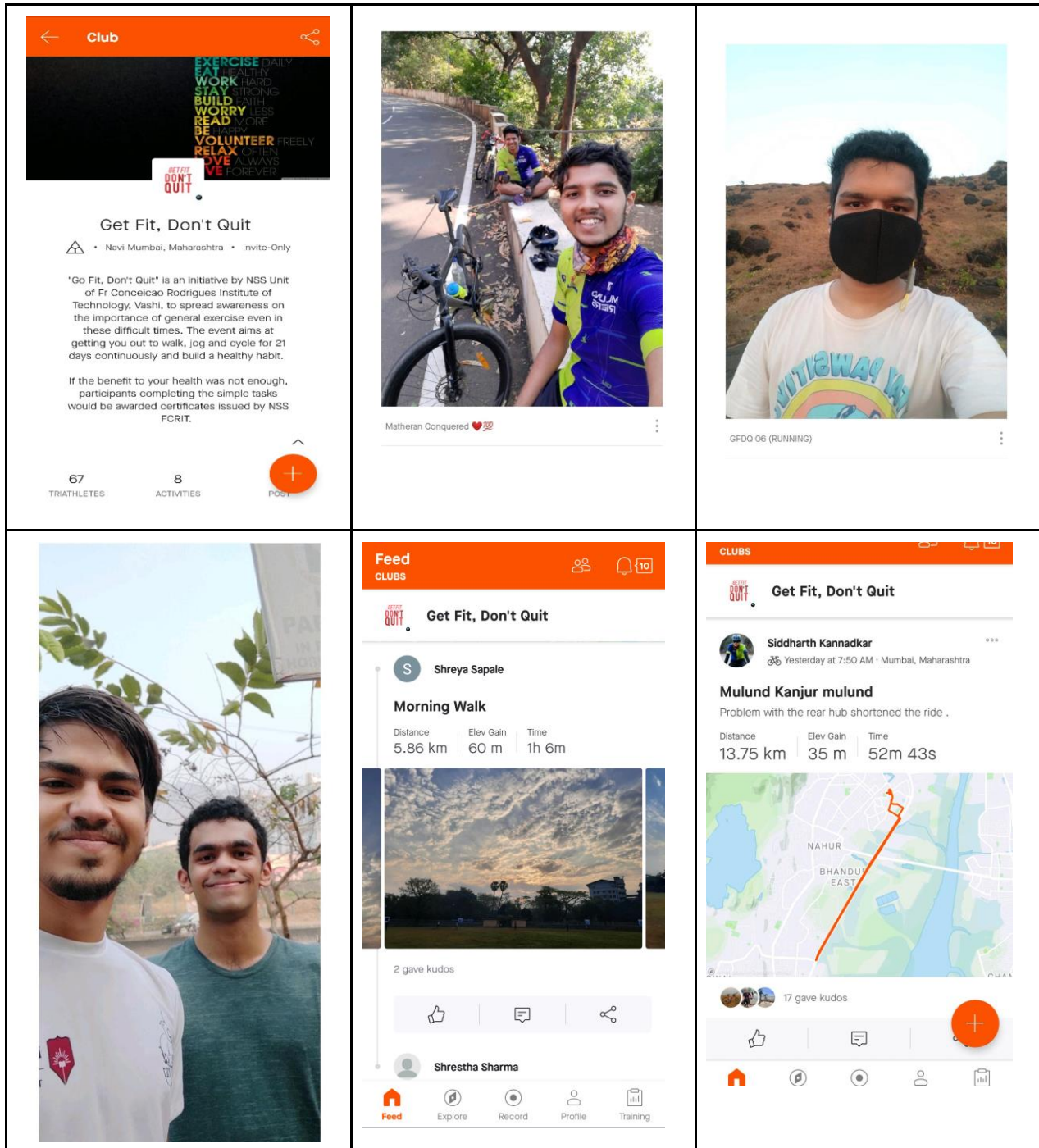
1. The objectives of the event were successfully achieved


Program Officer



2. successfully inculcated a new habit among participants to lead a healthy and active lifestyle

7. Activity / Event Photograph :



Abdul
Program Officer



The Secret to Cybersecurity

1. **Activity/Event Venue & Date** : Microsoft Teams, 15/02/2021
2. **Nature of Participants** : NSS volunteers and Students
3. **Number of Participants** : 57 participants
4. **Student Coordinator** : Cyril, Derek and Shreya
5. **Staff Coordinator** : Mr. Rahul Jadhav and Mrs. Dhanashree Hadsul
6. **Brief Summary of the Activity/Event (in maximum 500 words):**

j. Objectives :

To spread awareness about cyber laws, social media security, passwords, user sanitation etc.

k. Technical Description :

The cyber security club of NSS unit of FCRIT organised a webinar on the topic “The Secret to Cybersecurity” 15th February 2020, in collaboration with Agnel Cyber Cell. This event was conducted was conducted on Microsoft teams. There were four presenters who are members from Agnel Cyber Cell and students from FCRIT, Vashi.

There was an active participation from 57 attendees throughout the event.

Topics covered are:

1. Current Statistics on Cyber Crime
2. Identity Theft
3. Cyber Laws
4. Securing Social Media accounts
5. Password
6. User Sanitation

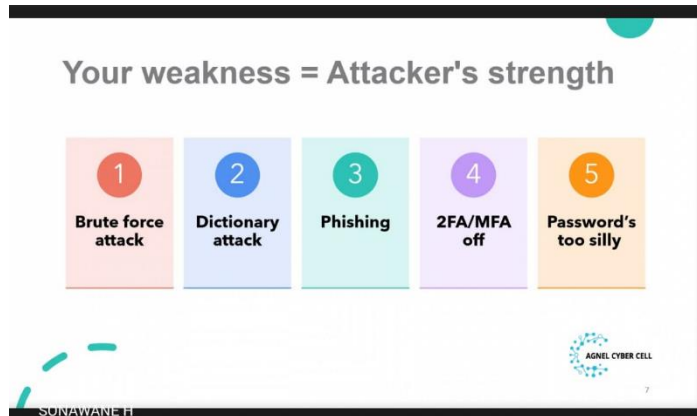
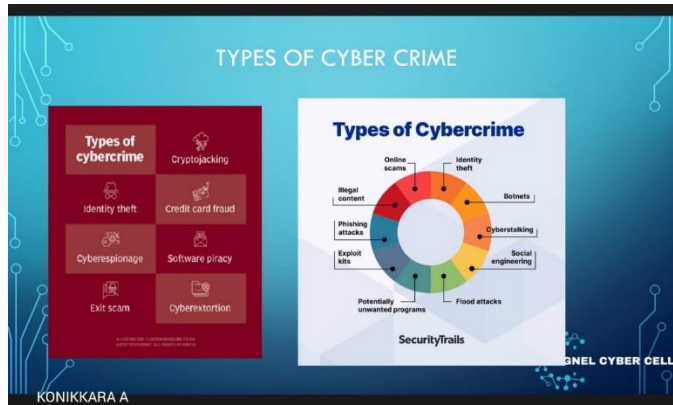

Program Officer



I. Outcomes :

The webinar was a success and there were 57 participants.

7. Activity / Event Photograph :




Program Officer



NSS x ACC Secret to cybersecu... x

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Apps Networking Basics Pentesting Resources Full Stack Developer Reverse Engineering CTF RESORCES & P... Data Forensics Scripting Pentesting Resour...

"One single vulnerability is all an attacker needs."

Window Snyder,
Chief Security Officer, Fastly

AGNEL CYBER CELL

JERIN J

NSS x ACC Secret to cybersecu... x

docs.google.com/presentation/d/1L1-7A-ec_Bg-rBGRoognfwQ0T7RnoJKV6qZc0xNh7oo/ed...
Apps Networking Basics Pentesting Resources Full Stack Developer Reverse Engineering CTF RESORCES & P... Data Forensics Scripting Pentesting Resour...

01) Removable Media Safety

- Removable media (such as USBs, CDs and so on) are a useful tool for cybercriminals since they enable malware to bypass an organization's network-based security defenses.
- Malicious removable media can steal data, install ransomware or even destroy the computer they're inserted into.
- Eg: USB Rubber Ducky, Keylogger sticks, etc

AGNEL CYBER CELL

JERIN J

Program Officer



Selfie With My Plant

1. **Activity/Event Venue & Date** : 15/02/21-30/04/2021
2. **Nature of Participants** : Everyone from students to staff
3. **Number of Participants** : 35
4. **Student Coordinator** : Pratik Pinto
5. **Staff Coordinator** : Mr. Shoaib Shaik
6. **Brief Summary of the Activity/Event (in maximum 500 words):**

m. **Objectives** :

To encourage growing and nurturing plants at home and motivating the current plant growers to do even better, by showcasing their skills.

n. **Technical Description** :

The Green Initiative club of NSS unit of FCRIT organized an event, "Selfie With My Plant", which was launched on the 15th of February. The participants were required to grow and nurture a plant in their home or garden for a fortnight and upload a selfie with it on the 30th of February, describing their experience briefly. The platform used for collecting the entries for this competition was Google forms and was open for everyone to join in. The link for the same was circulated on class groups as well as among family and friends along with an introductory message and a poster, which was also posted in the official Instagram handle. A total of 35 individuals, participated in this event and each participant was awarded with an appreciation certificate. The top 3 entries were selected from among the participants and the winners were featured on the official Instagram page. At every stage of the competition, the


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organisers of this event could be contacted and were ready to address any doubts, through the phone numbers that were shared along with the promotional message. The organizing team is now working eagerly towards the success of their next event.

o. Outcomes :

The competition, “Selfie With My Plant”, was a success, and was well received as a green initiative.

7. Activity / Event Photograph :



Poster for the competition

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Participation certificate for the competition



SELFIE WITH PLANT


Program Officer



Vaccination and Covid Resources Awareness Drive

1. **Activity/Event Venue & Date** : 16th April 2021
2. **Nature of Participants** : NSS Volunteers
3. **Number of Participants** : 50
4. **Student Coordinator** : Akhilesh Mendon
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Brief Summary of the Activity/Event (in maximum 500 words):**

p. Objectives :

To provide the general population with help to register for vaccination as well as providing links to resources which would be useful during the crucial Second Wave period of the pandemic.

q. Technical Description :

The NSS Unit of Fr. C. Rodrigues Institute of Technology, recognising the need Second Wave of the pandemic as the need of the hour, assembled from various credible sources, the following:

Registration for Vaccine through Arogya Setu App (video, courtesy of GoI)

www.youtube.com/watch?v=XmA0-e2gpQ

Registration for vaccination via COWIN website (pdf, courtesy of GoI)

<https://bit.ly/3swJgl8>

FAQs regarding vaccination (pdf, courtesy of GoI)

<https://bit.ly/3mXvx5E>

'How do Vaccines Work?' (video, courtesy of NSS Mumbai University)

<https://www.youtube.com/watch?v=s9O4bSFwfts>


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Resources such as Ventilators, Remdesivir etc. (Courtesy of theuncutteam)

<https://bit.ly/3eaORIM>

Government helpline and toll free number for queries related to vaccination

020-26127394 (MH)

r. Outcomes :

The message was circulated throughout the college WA groups as well as on respective social media handles of students of the college. Furthermore, many students registered for their first dose of vaccine when the slots were open

7. Activity / Event Photograph :

CoWIN
YOUR GUIDE
TO GET THE JAB

Co-WIN
Winning Over COVID

Those above 45 with co-morbidities and the 60-plus population must register on the CoWIN 2.0 app.

Applicant will have to fill in a form and upload a 'co-morbidity certificate' in case he/she is between 45 and 59 years of age.

Applicant will receive an OTP, which leads to a printable advisory note.

Advisory note and Age-Proof have to be carried without fail.

FOUR people can be registered with single mobile number.

Get an e-certificate post-vaccination in just 2 minutes!

List of Co-morbidities
Heart failure, cancer, respiratory disease, coronary artery disease, kidney/liver/hematopoietic stem cell transfer and post-cardiac transplant, etc.

Serving the community, with the gift of immunity!

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Vaccination Awareness Drive

REGISTRATION FOR CO-WIN VACCINE USING
AROGYA SETU APP


Program Officer