



Fr. C. Rodrigues Institute of Technology

NATIONAL SERVICE SCHEME

Sector - 9A, Vashi, Navi Mumbai - 400 703, INDIA.
Telephone: 022-2777 1000, 2766 1924, 2766 0618.
Website: www.fcrit.ac.in



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Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Bhajan Sandhya
2. **Activity/Event Venue & Date** : 2/10/2021, Virtual event
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 28
5. **Student Coordinator** : Snehal Maria
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To inculcate values of non-violence amongst the students and to encourage active participation of students in social activities following the belief of Mahatma Gandhi in the concept of Service Leadership on the event of Mahatma Gandhi Jayanthi.
 - b. **Technical Description** :
NSS unit of Fr. C. Rodrigues Institute of Technology attended a live session of Bhajan Sandhya on YouTube. The event was organized by University of Mumbai on Mahatma Gandhi Jayanthi and International Non-violence Day. The session started at 4 pm which prolonged for 2 hours
A promotional message was circulated to every WhatsApp group encouraging interested students to appear for the live session. The session introduced many exquisite bhajans sung by well-known singers. Each of the songs helped in nurturing the teachings of Mahatma Gandhi. After every song there was an insightful explanation regarding the song played. Further in the session, different renowned speakers shared their thoughts and views on the occasion. Normally the programme is conducted at Gateway of India so this time many students were able to take part in the programme as it was conducted online. A total of 49 participants took part in the event
 - c. **Outcomes** :
Bhajan Sandhya was a very informative session and created a soothing and mesmerizing atmosphere for everyone.

Rahul Jadhav
NSS Program Officer



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8. Activity / Event Photograph :



Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Orientation for new batch of NSS
2. **Activity/Event Venue & Date** : Virtual Event, 1th October, 2021
3. **Nature of Participants** : NSS Volunteers of new Unit, Program
Officers and volunteers from previous unit
4. **Number of Participants** : 50
5. **Student Coordinator** : Anvisha H. Pathak
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
Arranging an induction program for the new members of the NSS team and discussing the overall working of the unit.
 - b. **Technical Description** :
The orientation program for NSS volunteers for the year 2021-23 was organized by NSS unit along with Programme Officer Mr. Rahul Jadhav on 8th October, 2021 at 6 pm.
In the discussion, PO explained the functioning of the NSS unit along with some protocols which are to be followed. Few initiatives and camps that can be arranged under NSS like Fit India, Green Initiative, cyber security, tree plantation, blood donation camp were discussed. The two-year course of NSS includes completion of 120 hours of NSS activity schedule each year along with one special camp of 7 days (under government guidelines). Also, for the smooth functioning of the NSS unit, recruitment of different subunits like documentation team, publicity team, technical team, etc. are required whose formation activities were discussed.
Towards the end of the session, previous year's NSS team explained what and how on their part did they contribute to the unit.
 - c. **Outcomes** :
The new batch was educated enough regarding the functioning of the NSS unit.

Rahul Jadhav

NSS Program Officer



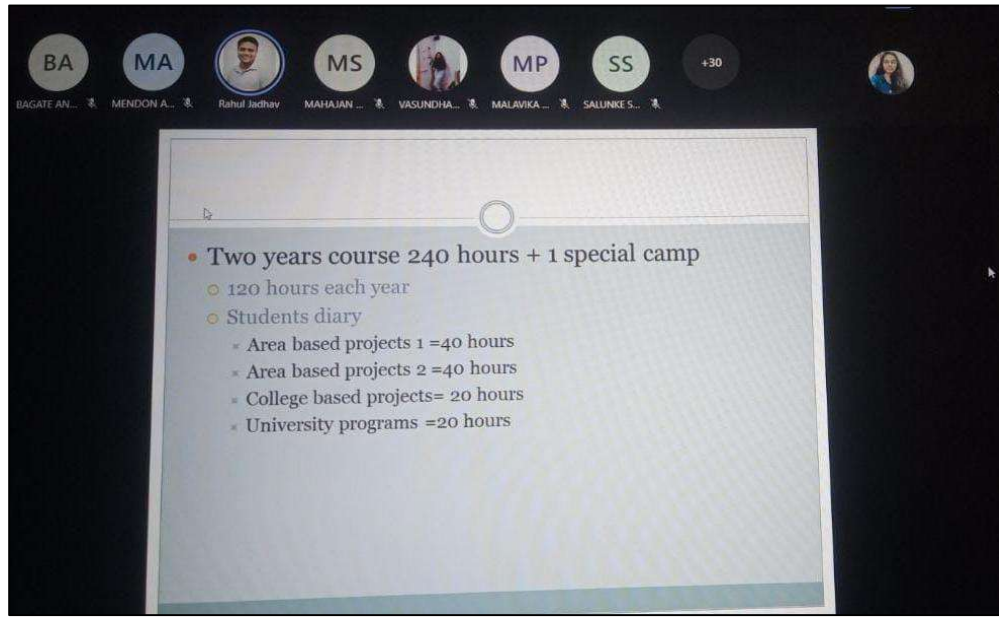
Fr. C. Rodrigues Institute of Technology

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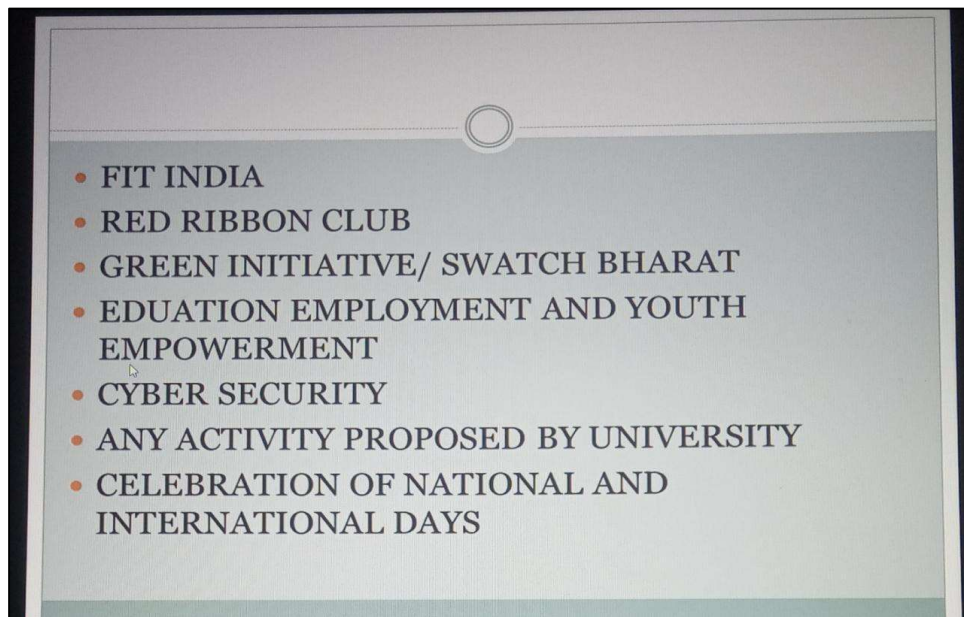
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8. Activity / Event Photograph :



1. Participants and NSS course description



2. Initiatives taken by the NSS unit of FCRIT

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NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Webinar on Child Abuse
2. **Activity/Event Venue & Date** : Virtual Event, 17th Oct 2021
3. **Nature of Participants** : NSS unit volunteers
4. **Number of Participants** : 29
5. **Student Coordinator** : Divya Vyas
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives:

To enhance Self-awareness of Gender Equality and Gender Relations. This webinar intends to change attitude, behaviour, and beliefs that reinforce gender inequalities. To increase knowledge regarding appropriate and responsible reactions to disclosures of childhood sexual abuse and also to Increase knowledge of prevention methods for child sexual abuse.

b. Technical Description:

NSS unit of Sinhgad College of Engineering's Organized a webinar on Save Girl child on 17 October 2021. The session was facilitated by Mrs. Archana Atul Sasane, Program officer, Goran Grosskoph family clinic, family planning Association of india,Pune. The main topic of seminar was Gender Sensitization and Child Sexual Abuse. The webinar was conducted on Microsoft Teams from 3.00 PM. Activity was open for all.Total 113 students attended the webinar.

It was very interactive session. Firstly, they discussed about Gender Sensitization. What is Gender Sensitization and what are the gender stereotypes being a man and being a woman and how gender works as system. Then they discussed about Child sexual abuse. The speaker lectured thoroughly highlighted how different approaches can be delivered for the education for children to protect themselves and make them a responsible citizen of the country in order to never commit such crimes.

c. Outcomes:

The "Save Girl Child" an interactive and informative webinar on Gender Sensitization and Child Sexual Abuse was conducted successfully with a total strength of 29 participants.

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NSS Program Officer



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8. Activity / Event Photograph:

Sinhgad College Of Engineering's National Service Scheme
Organizing a Webinar On Save Girl Child

TOPIC
Gender Sensitization And Child Sexual Abuse

GUEST SPEAKER
Mrs. Archana Atul Sasane
(Program Officer,
Goran Grosskoph Family Clinic, Family
Planning Association Of India, Pune.)

July 17 **17th OCTOBER 2021**
3:00 PM

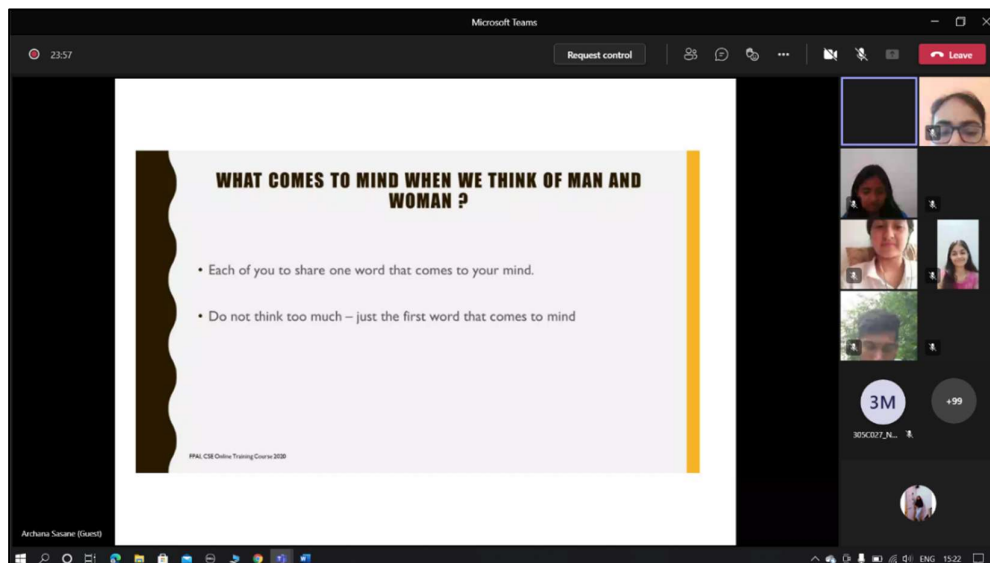
Scan the QR Code to join us on Microsoft Teams.

Activity is open for all.

COORDINATORS:-
Neha Mahajan
Aniket Ghule:8793968760

Instagram: /scoe_nss
Facebook: /NSSCOE2015
YouTube: /SCOE NSS

POSTER FOR THE WEBINAR



Rahul Jadhav
NSS Program Officer



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Microsoft Teams Meeting Grid (23:24)

Participants visible in the grid:

- NSS_OMKAR D MASKE
- Archana Sasane (Guest)
- Salom vibhute
- adesh saike nss
- Aniket Ghule
- VEDANTI BHALCHANDRA SU...
- Puja Mundhe
- GOMTE MAYURI
- BHAKTI BIDWE
- Madhura Shete
- 302E074 NIRAJ VATNI
- 71906010K
- Tejas Chakane
- BORSE DEVAYANI
- VASUNDHARA VIJAYKUMAR...
- nss pratima (Guest)
- 305C027_NEHA MAHAJAN
- Anushka Alekari
- LAXMIKANT BHALE
- ANTO SEN

Microsoft Teams Meeting (24:41)

GENDER STEREOTYPES

Being a Man	Being a Woman
Physically strong	Considerate
Emotionally not expressive	Quiet
A sexual predator	Submissive
Heterosexual	Chatty
Financially successful	A good communicator
In charge of a family	Well groomed
Cool	Emotionally strong
A father	Well organized/good at multi-tasking
Proud	Practical
Powerful	Nonviolent
Athletic	Modest
Brave	Curvaceous
Unafraid of violence or of using violence	Physically weaker than a man
Humorous	Caring
Loyal to friends	A mother

PPAL CSE Online Training Course 2020

Rahul Jadhav
NSS Program Officer



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Microsoft Teams

29:42

Request control

Leave

Different Gender Norms

- Defines different **gender roles** for men and women (eg men must be breadwinners, women must be carers, nurturers – the masculine and feminine roles).
- **Division of Labour** (including sexual division of labour)
- Different **activities and tasks** for men and women (public domain for men, private for women. Productive for men – earning income/wages. Reproductive for women – caring, nurturing social reproduction. Women's tasks undervalued and invisible, eg cooking, cleaning, women's work fragmented)
- **Differential Access to and control over resources** (Resources e.g. money, land, technology, knowledge, self esteem, time, space). Different levels of access and control defines who has the power to take decisions and influence social beliefs, norms and behaviour

Archana Sasane (Guest)

MB +101

Manali Ban...

Microsoft Teams


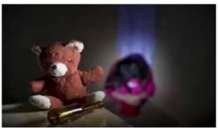
40:40

Request control

Leave

बाल लैंगिक अत्याचार म्हणजे ?

- वय ताकद ,पद किंवा स्थान आणि नात्याने मिळालेल्या सत्तेच्या आधारे कोणतीही व्यक्ती जेव्हा १८ वर्षा खालील बालकाबरोबर लैंगिक कृती करते तेव्हा तो बाल लैंगिक अत्याचार ठरतो.



Archana Sasane (Guest)

3M +107

305C027_N...

Attendees (113)

- Guest
- Rakesh Kalel External
- VASUNDHARA VIJAYKUMAR ... External
- 2058018_CHETAN PATIL External
- 2058071_ANKITA ZIRPE External
- 205C028_KSHITUA MANE External
- 206A020_JANVI BANTE External
- 206A034_ROSHANI OHAL External
- 3058075_Rahul Sangamneri External
- 71813178K External
- 71906010K External
- 72001187G External
- 72022600H External
- AN... External
- adesh salko rss (Guest) Guest

Rahul Jadhav

NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Two Wheels One Life - Safe Rider
2. **Activity/Event Venue & Date** : Webinar on 12th November 2021
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 85 participants
5. **Student Coordinator** : Divya Vyas
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To conduct a webinar which educate students to about traffic rules. It was conducted with the vision to empower youth and bring all students together on one platform to discuss and learn about various aspects of road safety.

b. Technical Description :

The Disaster management club of NSS unit of Fr.C.Rodrigues Institute of Technology organized a webinar on road safety “**Two Wheels One Life - Safe Rider**” on 12th November 2021. The event was conducted on Zoom from 4.30 pm to 7.30 pm.

A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT. The promotion was done for complete 2 days i.e., 11th and 12th November. The session started at 4.45 pm with interaction about basic knowledge of two wheeler safety and traffic rules, then a quiz was given on the same reference. Further in the session, different conditions were shown in which accidents can occur and how to avoid it ,how to check tyre pressure, which helmet should be used, etc. At the end of the session the same quiz was given once again to ensure that the participants have understood the webinar.

A total of **85 individuals**, staff and students included, attended the webinar and a Certificate of Appreciation too was awarded to the students who had given two quizzes one before the webinar and other after the webinar on road signs, safety accessories and questions were based on the topics covered in the webinar.

With the aim to increase awareness among people, we kept free registration and made the link available to everyone on 12th November so that the ones who missed their chance during the registration could still participate and learn.

At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease.

The team who organized this event are eagerly lending their efforts for the next event to make it a success.

c. Outcomes :

The “Two Wheels One Life - Safe Rider” an interactive and informative webinar on Traffic signs, signal and road safety was conducted successfully with a total strength of 85 participants.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :

NSS UNIT OF FCRIIT
PRESENTS

Two Wheels One Life

**SAFE RIDER
TRAINING SESSION**

"Road safety is state of mind,
accident is absence of mind."

**REGISTER
NOW**

An initiative of Under the aegis of Supported by Managed by

United Way UNITED FOR ROAD SAFETY Mahindra Rise. GLOBAL ROAD SAFETY PARTNERSHIP

Date: 12th November, 2021
Time: 4.30 PM to 7.30 PM

POSTER FOR THE WEBINAR

Rahul Jadhav
NSS Program Officer



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The screenshot shows a Zoom meeting interface. The main content is a presentation slide with the following text and graphics:

- Slide Title:** TWO Wheels ONE Life
- Subtitle:** SAFETY FOR TWO WHEELER RIDER
- Logos:** United Way (An Initiative of), UNITED FOR ROAD SAFETY (Under the aegis of), and Mahindra Rise (Supported by).
- Image:** A silhouette of a person riding a motorcycle.

The Zoom interface includes a top bar with participant names (Kartikraj Easwar..., Vedanti Surve, Kristen, Shubham Tale), a search bar for participants, and a list of 58 participants on the right side.

The screenshot shows a Zoom meeting interface displaying a flowchart titled "Objective & Take Away for Participants". The flowchart is divided into two columns:

- Objectives:**
 - Identify hazards on the road
 - Who causes the accidents? Man/ Machine
 - Learn defensive riding techniques
 - Use these techniques to prevent accidents and injuries on the road
- Take Away:**
 - Importance of Safe Riding Practices
 - Use of Personal Protective Equipment
 - Importance of traffic rules & regulations
 - Sharing the road with other road users

The Zoom interface at the bottom shows controls for Unmute, Start Video, Participants (88), Chat, Share Screen, Reactions, and a Leave button.

Rahul Jadhav
NSS Program Officer



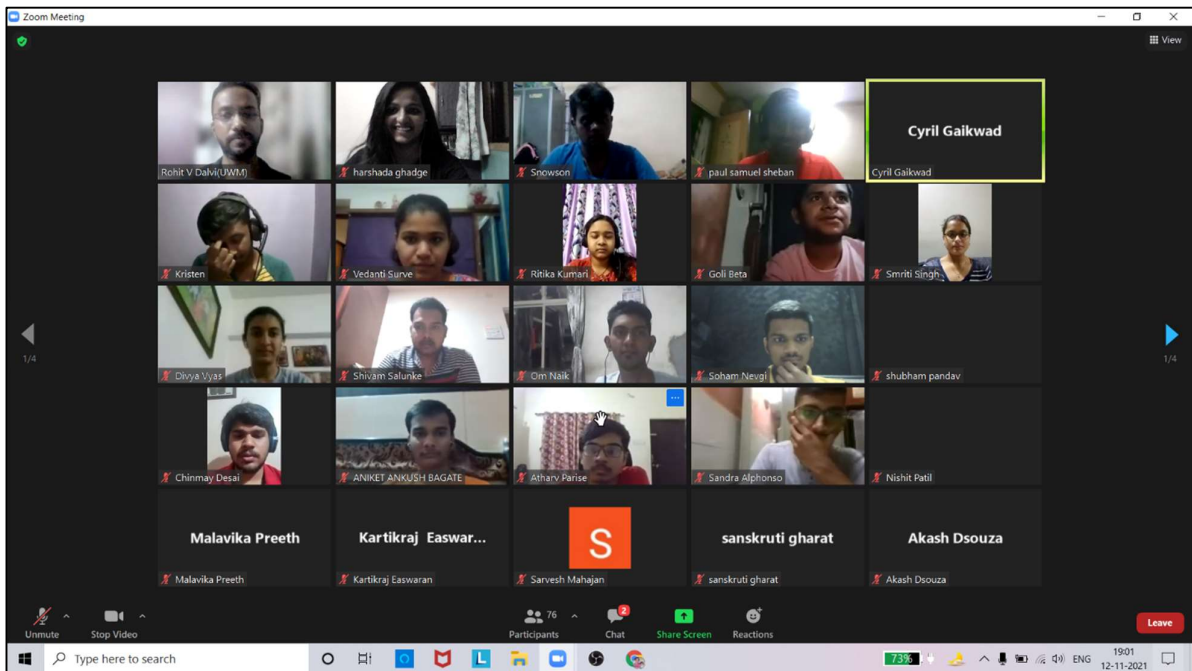
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SCREENSHOTS OF EVENT CONDUCTED

Rahul Jadhav

NSS Program Officer



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An initiative of



United Way Mumbai



Supported by



Certificate

OF APPRECIATION

This certificate is presented to

Anvisha H. Pathak

For participating in the Webinar on Two Wheeler Road Safety held by
United Way Mumbai in the month of October, 2021

Knowledge partner



In Collaboration with



MEMBER OF THE





George Aikara
(CEO, United Way Mumbai)

CERTIFICATE OF APPRECIATION

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Animal Welfare Awareness Quiz
2. **Activity/Event Venue & Date** : Google form on 13th November 2021
3. **Nature of Participants** : Students
4. **Number of Participants** : 73
5. **Student Coordinator** : Snowson Joseph
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To conduct an Awareness Quiz with the aim to develop an understanding of the Animal Welfare and Animal Rights. Thus, enhancing their knowledge of their surrounding animals, cruelty, rights, activism, and animal feeding so they're aware to take actions in future and help them understand the problem in a better way.

b. Technical Description :

The Animal Welfare club of NSS unit of FCRIT organized an Awareness Quiz competition on 13th November 2021. The event was conducted on Google form from 2:30pm to 6:00pm.

The quiz was available to all and anyone who wanted to give the quiz was allowed to do so. A poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for complete 2 days i.e., 12th and 13th November. Further, once the promotion was complete by 13th November, the quiz link which was present in that promotion message was made active from 2:30pm to 6:00pm on 13th November.

A total of **73 individuals**, students, participated in the awareness quiz competition and each participant was awarded with a participant certificate as an appreciation. Photos of top 3 winners were featured on our official Instagram handle. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

c. Outcomes :

The "Animal Welfare Awareness" quiz competition was a success that attracted 73 participants

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :

***ANIMALS DO SPEAK,
BUT
ONLY TO THOSE WHO
KNOW HOW TO
LISTEN!***

NSS UNIT OF FR.C. RODRIGUES INSTITUTE OF TECHNOLOGY, VASHI
PRESENTS

ANIMAL WELFARE: AWARENESS QUIZ

QUIZ DATE : 13 NOVEMBER 2021

**LINK WILL BE OPEN AT THE
RESPECTIVE TIME**

POSTER FOR THE AWARENESS QUIZ

Rahul Jadhav

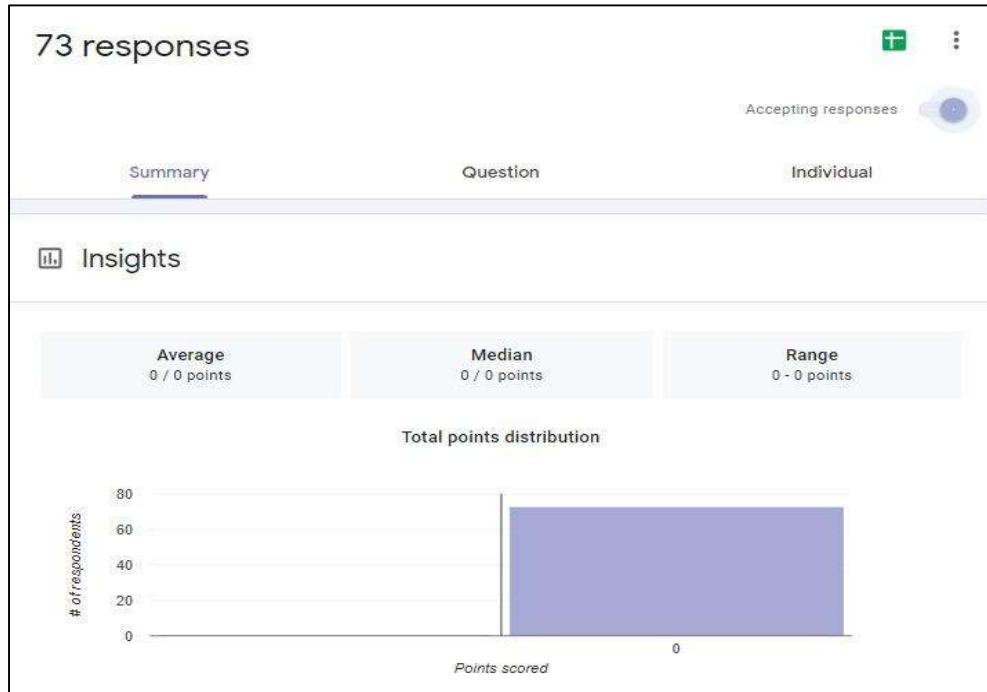
NSS Program Officer



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NUMBER OF PARTICIPANTS IN THE QUIZ

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Cleanliness Drive
2. **Activity/Event Venue & Date** : Offline Event 14th Nov, Panvel, Vashi, Thane
3. **Nature of Participants** : NSS Volunteers of Unit
4. **Number of Participants** : 22
5. **Student Coordinator** : Divya Vyas
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To contribute on an individual level to cleanliness drive arranged by NSS Unit of FCRIT in collaboration with AIESEC at different locations including Thane, Vashi and Panvel. And get experience to work in an offline initiative.

b. Technical Description :

The Cleanliness drive was organized on 14th November 2021 at 7:30 am by AIESEC at different locations. Thane, Vashi and Panvel were the locations where students from our NSS unit contributed. The cleanliness drive began at 7:30 am. Garbage bags, gloves etc. required for the drive were provided by AIESEC. Thus the drive began and the area was made garbage free by all the volunteers by giving their contribution. The drive ended around 10 am. After the cleanliness program all the NSS volunteers were provided with an individual certificate for working in this noble initiative by AIESEC. And thus the initiative was successful with completion of total clean up of all the locations.

c. Outcomes :

Volunteers had a great experience working in the drive. And working on actual field during the initiative. Overall the experience was positive.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



NSS team of Thane during the Clean-up drive



NSS Team at Panvel during the Clean-up drive

Rahul Jadhav
NSS Program Officer



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NSS team at Vashi during the Clean-up drive

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Quiz & Survey on Nutrition
2. **Activity/Event Venue & Date** : Virtual Event, 16th November, 2021
3. **Nature of Participants** : NSS Volunteers, Program Officers and other non NSS members
4. **Number of Participants** : 161
5. **Student Coordinator** : Vedanti Surve
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To conduct a quiz & survey on Nutrition with the aim of understanding the importance of healthy diet practises and to spread awareness about the same. Thus, inculcate a will to eat healthy and help avoid problems caused by lack of healthy food.
 - b. **Technical Description** :
The Quiz & Survey was organised on 16th November, 2021 from 10 am to 11:59 pm. The event was conducted through google forms. The quiz was available to all and anyone, and whoever wanted to give the quiz was allowed to do so. A poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for two days i.e., 15th and 16th November. The nutrition quiz and survey brought in a total of 160 people, including staff and students, who were each given a participant certificate as a token of their appreciation.
 - c. **Outcomes** :
The Quiz & Survey tested the knowledge of the participants regarding nutrition and its various aspects, and helped spread awareness amongst the people about it. Thus, the event was a success.

Rahul Jadhav
NSS Program Officer



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8. Activity / Event Photograph:



POSTER FOR THE QUIZ & SURVEY ON NUTRITION

Rahul Jadhav
NSS Program Officer



Fr. C. Rodrigues Institute of Technology

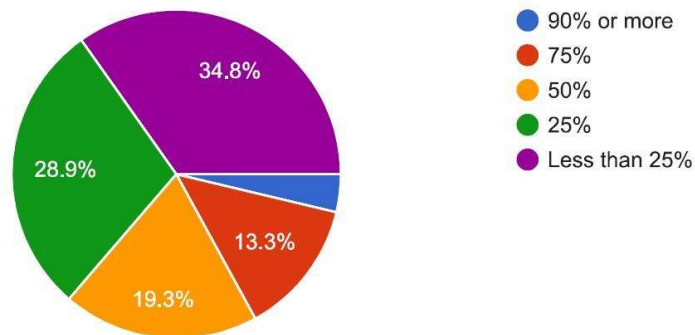
NATIONAL SERVICE SCHEME

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9. What percentage of your regular diet consists of meat and meat products?

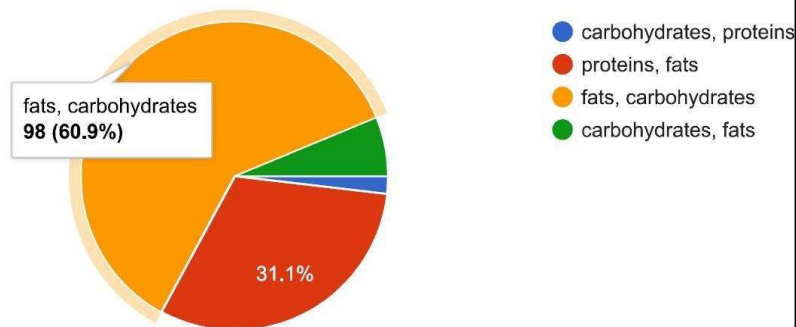
135 responses



NUMBER OF PARTICIPANTS IN THE SURVEY

To overcome diabetes, a person can increase the intake of _____ and reduce the intake of _____.

161 responses



NUMBER OF PARTICIPANTS IN THE QUIZ

Rahul Jadhav
NSS Program Officer



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CERTIFICATE OF PARTICIPATION

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Vegan Outreach Webinar
2. **Activity/Event Venue & Date** : Virtual event, 20th November 2021
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 47 participants
5. **Student Coordinator** : Snowson Joseph
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To conduct a webinar which educates the students about the impact of food choices on animals and the environment, thus instilling a will to save life and enabling better knowledge for both new and current animal lovers.
 - b. **Technical Description** :
The Animal welfare club of NSS unit of Fr. Conceicao Rodrigues Institute of Technology organized a webinar on “Food-Plant-Health” on 20th November 2021. The event was conducted on Zoom platform from 5:00pm to 6:30pm. A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for complete 3 days i.e., 17th, 18th and 19th November. The session started at 5:15 pm with interaction about basic knowledge food and how it is obtained, then a few questions were asked on the same reference. Further in the session, information and resources were provided to the student to make informed decisions for compassionate life choices and contribute to protecting the animals and the environment. A total of 47 individuals, staff and students included, attended the webinar and each participant was awarded with a participation certificate. With the aim to increase awareness among people, we kept free registration and made the link available to everyone on 20th November, so that the ones who missed their chance during registration could still participate and learn. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.
 - c. **Outcomes** :
The “Food-Planet-Health”, an interactive and informative webinar on impact of food on animals and the planet was conducted successfully with a total strength of 47 participants.

Rahul Jadhav
NSS Program Officer



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8. Activity / Event Photograph :



POSTER FOR THE WEBINAR



Rahul Jadhav
NSS Program Officer



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Animal Agriculture and Climate Change



One of the Largest Sources of GHG

Meat and dairy produce 60% of agriculture's greenhouse gas emissions despite providing only 37% of our protein



Highest Usage of Land and Water

- Animal agriculture uses 33% of drinking water.
- 70% of the agricultural land, and is the main cause of deforestation!



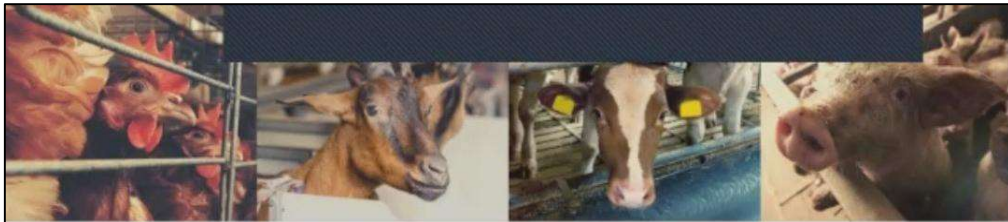
Human Lives

A million people lost their homes due to climate change in 2019. 600 million people will be affected due to climate change events in India.



Biggest Polluter

- 15.3 million tons of methane
- Inefficient waste management
- High levels of groundwater and river water contamination



What is factory farming?

health hazards

hormones

world hunger

antibiotics

cramped cages

global warming

forced impregnation

deforestation

methane emissions

pollution

water wastage

Rahul Jadhav
NSS Program Officer



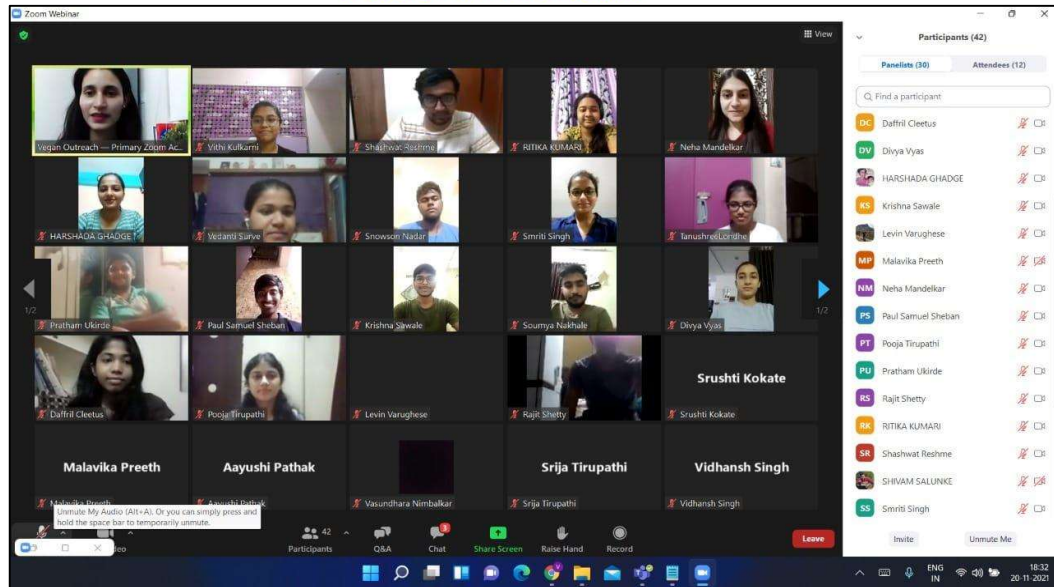
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SCREENSHOTS OF EVENT CONDUCTED

Rahul Jadhav

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Brief Activity/Event Report

1. **Name of the Activity/Event** : Solid Waste Management Webinar
2. **Activity/Event Venue & Date** : Virtual event, 21st November 2021
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 56 participants
5. **Student Coordinator** : Vasundhara Nimbalkar
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To generate awareness about the different kinds of waste being generated, their impact on the environment and ways to deal with them.
 - b. **Technical Description** :
The Green Initiative club of NSS unit of FCRIT conducted a webinar on “Solid Waste Management”, on 21st November 2021, as a prerequisite to the 30-day Waste Segregation programme. The speaker for the session was Mr. Vijaykumar Nimbalkar who has been working for the last 18 years in the field of Environment Protection, Conservation and Rural Development. The event was conducted on Microsoft Teams from 10:30 am to 12:30 pm, and the topics discussed included types of waste, environmental effects, segregation of waste into wet and dry waste and different ways of treating wet waste like compost plant. Students as well as faculty were free to attend the webinar, and the link for it was circulated in the promotional message through WhatsApp along with the event poster. The promotion was done for complete 3 days i.e., 18th, 19th and 20th February. A total of **56 individuals** attended the webinar and each attendee was invited to participate in the 30-day waste segregation activity. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.
 - c. **Outcomes** :
The “Solid Waste Management” webinar was successfully conducted with 56 attendees.

Rahul Jadhav

NSS Program Officer



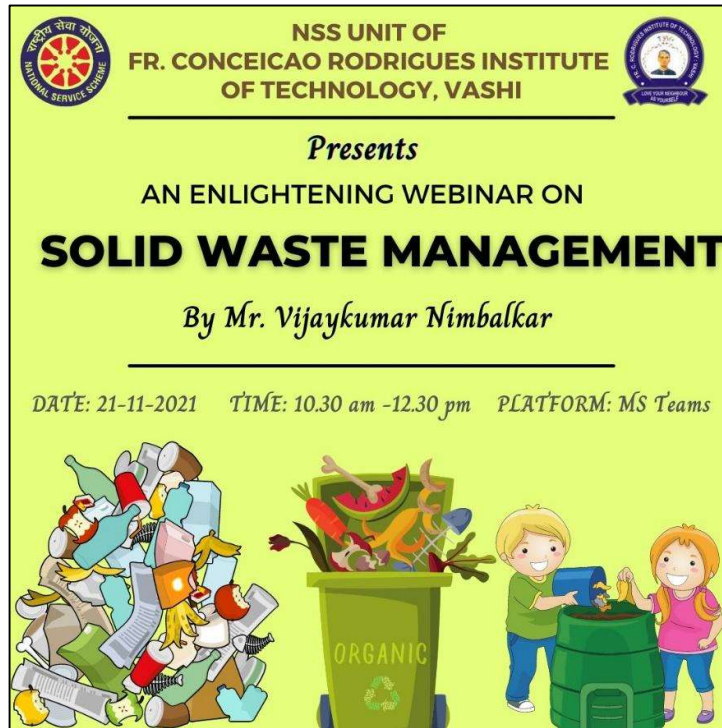
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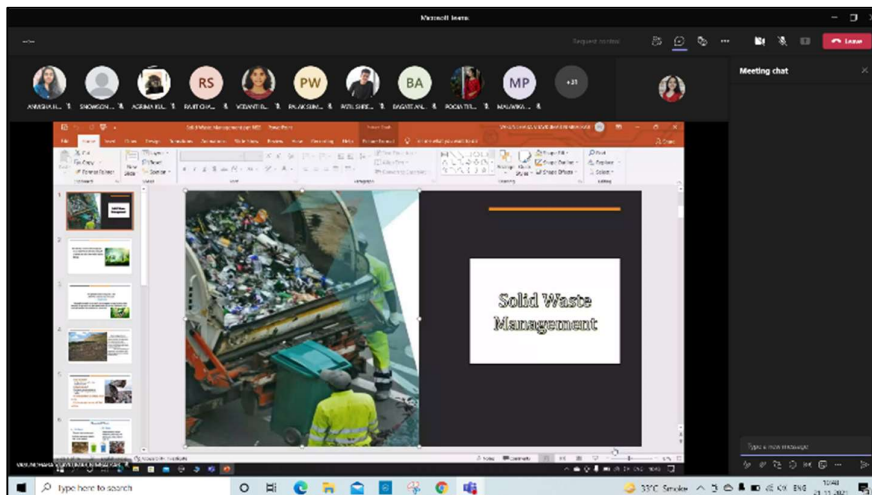


8. Activity / Event Photograph :



POSTER FOR THE WEBINAR

SCREENSHOTS OF THE WEBINAR



Rahul Jadhav

Rahul Jadhav
NSS Program Officer



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Example of Decentralized Waste Management Plant

- We will take an example of One ward having approx. 1000 households
- There will be approximate one thousand kg. of waste collected daily, of which around 600 kg of waste will be wet waste. For collection of the same, the one pick up will be sufficient.
- Approx. 2000-3000 sq.ft. open space will be required for compost plant for wet waste and sorting for dry waste.
- Wet Waste collected per year will be approx. 219 T from which approx. 44 T compost will be produced.



Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Quiz on World Aids Day
2. **Activity/Event Venue & Date** : Google form on 1st December
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 57 participants
5. **Student Coordinator** : Harshada Ghadge
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To conduct an Awareness Quiz with the aim to develop an understanding of World Aids Day that takes place on 1 December every year. It's an opportunity for people worldwide to unite in the fight against HIV, and to commemorate those who have died from an AIDS-related illness.
 - b. **Technical Description** :
The Disaster Management club of NSS unit of Fr.C.Rodrigues Institute of Technology organized an Awareness Quiz competition on 1st December 2021. The event was conducted on Google form from 12pm to 11:59pm. The quiz was available to all and anyone who wished to give the quiz was allowed to do so. A registration form, poster and a promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done from 30th November to 1st December . Further, once the registration was completed by 11:59 pm on 30th November , the quiz link was sent to the participants on their respective email id at 12pm on the same day. A total of 57 individuals, staff and students included, participated in the awareness quiz competition and each participant was awarded with a participant Certificate as an appreciation. With the aim to increase awareness among people, we kept the registration free and made the link available to everyone on 2nd December as well, so that the ones who missed their chance during registration could still participate. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.
 - c. **Outcomes** :
The “ Awareness on World Aids Day ” quiz competition was successfully conducted with 57 participants.

Rahul Jadhav
NSS Program Officer



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8. Activity / Event Photograph :

NSS UNIT
of
**Fr. Conceicao Rodrigues Institute
of Technology Vashi**
ON
WORLD AIDS DAY
Organizes
**QUIZ & POSTER
COMPETITION
ON AIDS AWARENESS**
**FIGHT AIDS
NOT
PEOPLE
WITH AIDS**
Date :- 1 December 2021

POSTER FOR THE AWARENESS QUIZ

Rahul Jadhav

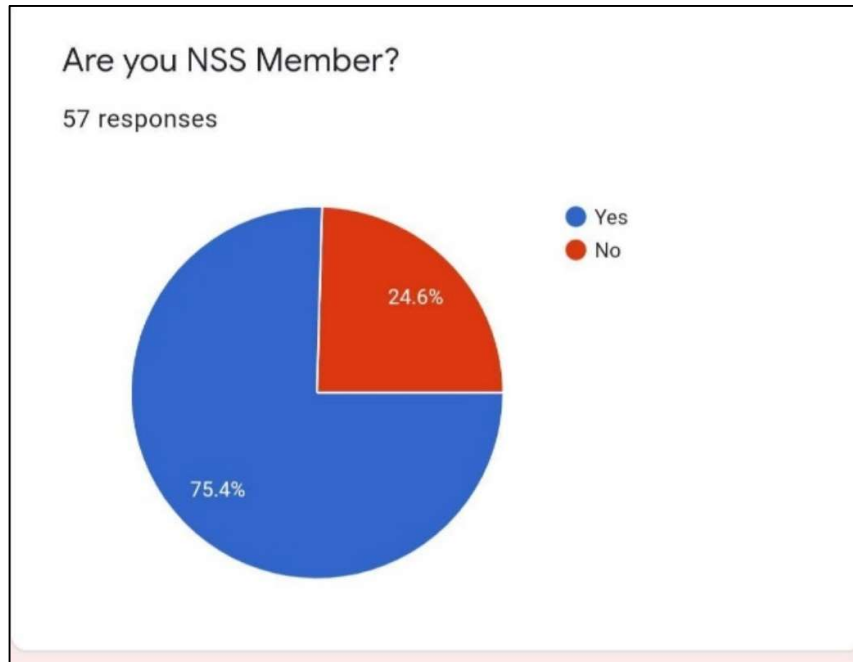
NSS Program Officer



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NUMBER OF PARTICIPANTS IN THE QUIZ

Rahul Jadhav
NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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Brief Activity/Event Report

1. **Name of the Activity/Event** : Poster on World Aids Day
2. **Activity/Event Venue & Date** : Google form on 1st December
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 11 Participants
5. **Student Coordinator** : Harshada Ghadge
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To make an Awareness Poster with an aim to develop an understanding of World Aids Day that takes place on 1 December every year. It's an opportunity for people worldwide to unite together in the fight against HIV, and to commemorate those who have died from an AIDS-related illness.

b. Technical Description :

The Disaster Management club of NSS unit of Fr.C.Rodrigues Institute of Technology organized an Awareness Poster competition on 1st December 2021. The event was conducted on the Google form from 12pm to 11:59pm. The poster making was open to all and anyone who wished to make a poster was allowed to do so. A registration form, poster and a promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done from 30th November to 1st December. Further, once the registration was completed by 11:59 pm on 30th November, the link to upload the poster was sent to the participants on their respective email id at 12pm on the same day. A total of **11 individuals**, staff and students included, participated in the Awareness Poster competition and each participant was awarded with a certificate as an appreciation. With the aim to increase an Awareness among people, we kept the registration free for the Poster Competition. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

c. Outcomes :

The “Awareness on World Aids Day ” poster competition was a success with a total of 11 participants.

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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8. Activity / Event Photograph :

NSS UNIT
of
Fr. Conceicao Rodrigues Institute
of Technology Vashi
ON
WORLD AIDS DAY
Organizes
QUIZ & POSTER
COMPETITION
ON AIDS AWARENESS
FIGHT AIDS
NOT
PEOPLE
WITH AIDS
Date :- 1 December 2021

POSTER FOR THE EVENT

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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Rahul Jadhav
NSS Program Officer



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WINNER'S CERTIFIATES

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Solid waste Management Project campaign
2. **Activity/Event Venue & Date** : Online
3. **Nature of Participants** : Students and Faculties of FCRIT
4. **Number of Participants** : 40
5. **Student Coordinator** : Vasundhara Nimbalkar
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To create awareness among the peoples regarding segregation of waste on individual basis.
 - b. **Technical Description** :
Green Initiative club of NSS unit of Fr.C.Rodrigues Institute of Technology organized a 30 Days Project Campaign on Solid Waste Management from 1st December to 30th December. A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for a complete 4 days i.e., 27th ,28th ,29th and 30th November. Before this activity webinar was conducted based on this. A total of 39 individuals, staff and students included, participated in the activity. Basically the activity was on segregation of waste in Dry and Wet waste on individual basis at home.At the end of the activity wet waste was used as compost and dry waste was given to scrap/ recycled/garbage collectors. First form was circulated on 7th December for collecting photos (for proof) of segregated dry and wet waste.2nd form was circulated on 31 December. The E-certificate was distributed to 39 students and faculties for participating in webinar and in 30 days activity.
 - c. **Outcomes** :
Participants have participated in this activity wholeheartedly and segregated the waste properly. Overall the objective of this activity is achieved.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :

NSS UNIT OF
FR. CONCEICAO RODRIGUES
INSTITUTE OF TECHNOLOGY, VASHI
PRESENTS

30 DAYS PROJECT CAMPAIGN ON SOLID WASTE MANAGEMENT

STARTING FROM 1ST DECEMBER 2021

BASIC IDEA ABOUT THE PROJECT CAMPAIGN :

1. Segregate Wet-waste and Dry-waste on daily basis.
2. At the end of the project, Wet-waste can be used as compost.

E-Certificates will be issued to all participants completing the campaign

POSTER FOR THE EVENT



Rahul Jadhav
NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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Agnel Charities

Fr. Conceicao Rodrigues Institute of Technology

NATIONAL SERVICE SCHEME UNIT

CERTIFICATE

OF PARTICIPATION

This certificate is given to

Vasundhara Nimbalkar

for participating in the 30 days Solid Waste Management project campaign and webinar, organised by the Green Initiative club of NSS Unit of Fr. Conceicao Rodrigues Institute of Technology.





Mr. Rahul Jadhav
NSS PROGRAM OFFICER



S.M. Khot
PRINCIPAL

CERTIFICATE OF PARTICIPTION

Rahul Jadhav
NSS Program Officer



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NATIONAL SERVICE SCHEME

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Brief Activity/Event Report

1. **Name of the Activity/Event** : Yoga Workshop
2. **Activity/Event Venue & Date** : Google meet on 11th and 12th December 2021
3. **Nature of Participants** : Everyone was allowed
4. **Number of Participants** : Day 1: 46 participants
Day 2: 30 participants
5. **Student Coordinator** : Vedanti Surve
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. **Objectives:**

To conduct a Yoga workshop with the aim to understand the importance of yoga and 'Patanjali yoga darshan' and to spread awareness about the same. Thus, instilling a will to practice yoga and enabling better knowledge.

b. **Technical Description :**

The Fit India club of NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a two-day yoga workshop on 11th and 12th December 2021. The event was conducted on Google meet from 4:00 pm to 5:00 pm on 11th December and 7:00 am to 8:00 am on 12th December. A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for complete 2 days i.e., 10th and 11th December. The session on 11th December started at 4:05 pm with interaction about basic knowledge yoga, then a few questions were asked on the same reference. Further, in the session information was provided on Patanjali yoga darshan and resources were provided to the student. A total of **46 individuals**, staff and students included, participated in the seminar. On 12th December the practical session started at 7:00 am. Students were taught different types of asanas and their benefits. A total of **30 individuals** attended the practical session. On completion of both the activities each participant was awarded with a participant certificate as an appreciation. The guest was also awarded with a certificate as an appreciation. With the aim to increase awareness among people, we kept free registration. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

c. **Outcomes :**

The "Yoga Workshop" was a successful event.

Rahul Jadhav

NSS Program Officer



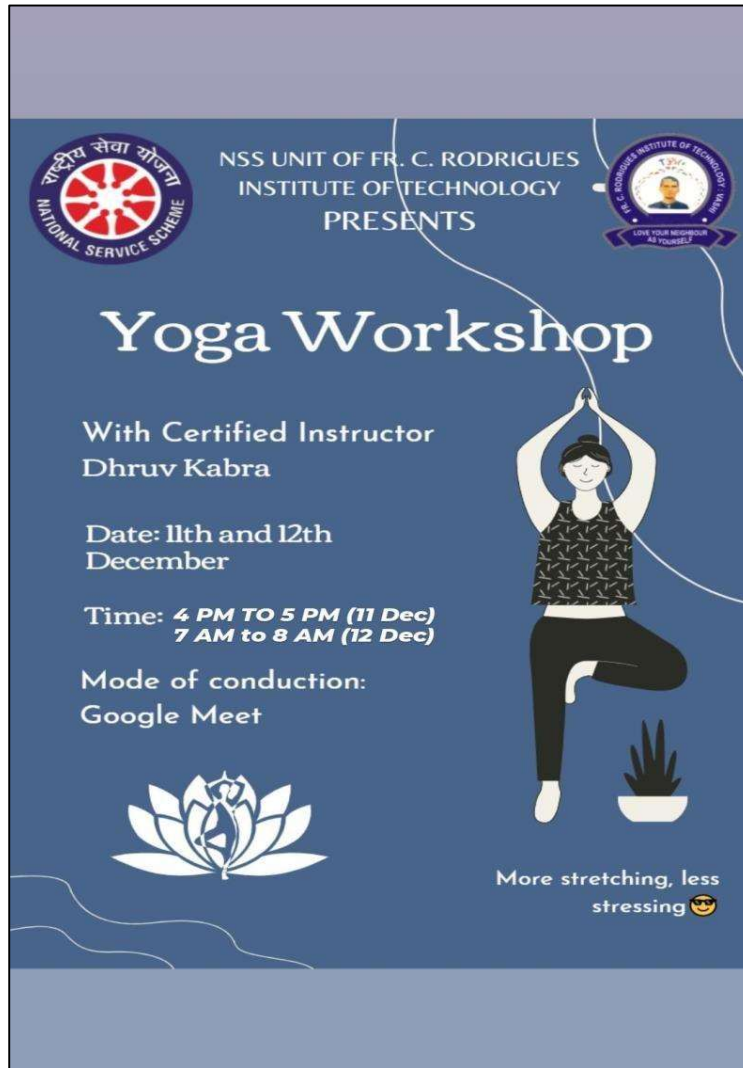
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8. Activity / Event Photograph :



POSTER FOR THE WORKSHOP

Rahul Jadhav
NSS Program Officer



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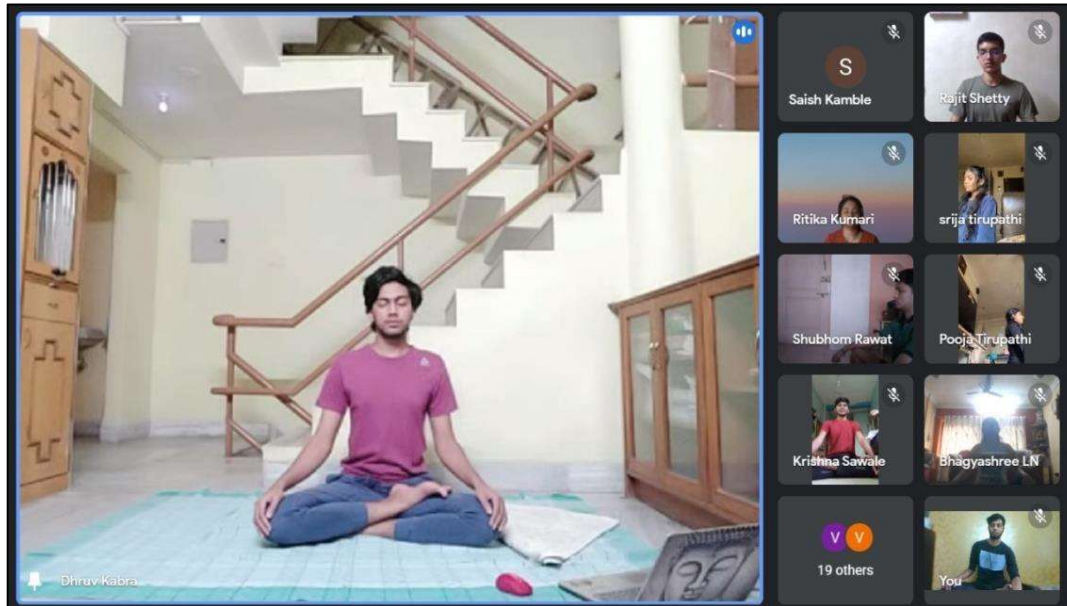
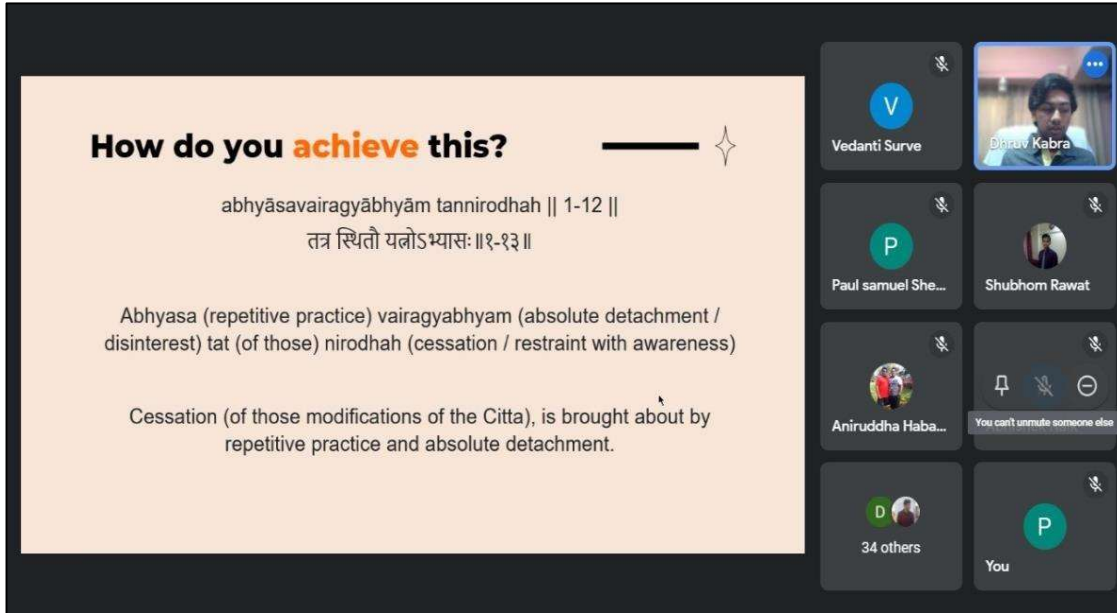


How do you **achieve** this?

abhyāsavairagyābhyām tannirodhah || 1-12 ||
तत्र स्थितौ यत्नोऽभ्यासः ॥१-१३॥

Abhyasa (repetitive practice) vairagyabhyam (absolute detachment / disinterest) tat (of those) nirodhah (cessation / restraint with awareness)

Cessation (of those modifications of the Citta), is brought about by repetitive practice and absolute detachment.



The main video shows a man in a pink shirt sitting in a meditative posture on a green mat in a room with a staircase. The name 'Dhruv Kabra' is visible at the bottom of the video. The participant grid on the right includes names like Saish Kamble, Rajit Shetty, Ritika Kumari, srja tirupathi, Shubhom Rawat, Pooja Tirupathi, Kriatna Sawale, Bhagyashree LN, and 'You'.

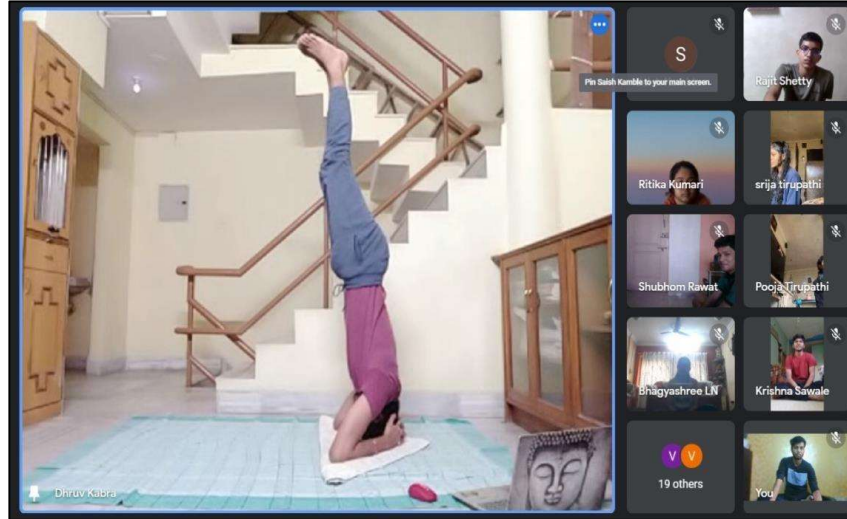
Rahul Jadhav
NSS Program Officer



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**SCREENSHOTS OF EVENT
CONDUCTED**



CERTIFICATE OF PARTICIPATION

Rahul Jadhav
NSS Program Officer



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CERTIFICATE FOR GUEST

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Blood Donation Camp
2. **Activity/Event Venue & Date** : Offline event on 13/12/2021 and 01/01/2022
3. **Nature of Participants** : All were allowed
4. **Number of Participants** : 285 participants
5. **Student Coordinator** : Divya Prashant Vyas
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

Two Blood donation camp were arranged with an objective of successfully collecting blood for a noble cause. The objective was to understand the arrangement process of the camp and experience working for such social activity.

b. Technical Description :

Two Blood donation camps were arranged in Dhule district by Ms. Divya Prashant Vyas. One of which was arranged on 13 th December 2021 and the other on 1 th January 2022. Around 34 donors donated blood on 13 th December 2021 and 251 donors on 1 th January 2022. The drive started from morning 7am to 5pm in the evening.

During the drive firstly weight of all the donors was measured and if it was in the limit i.e. above 50 kg and blood pressure was normal then they were allowed to donate the blood also before donating blood group of each donar was checked. After donating the blood each donar was given refreshments. Thus in this was the blood donation camp was successfully arranged and executed.

c. Outcomes :

Around 285 total donors participated in the camp. And all the diiferent blood groups including O+ve, O-ve, AB+ve, A+ve, B+ve, AB-ve etc were successfully collected.

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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8. Activity / Event Photograph :



Rahul Jadhav
NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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Rahul Jadhav

NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Mangrove Cleaning
2. **Activity/Event Venue & Date** : Coastal & Biodiversity Centre, Airoli on 19th December 2021
3. **Nature of Participants** : NSS Volunteers of FCRIT unit
4. **Number of Participants** : 22 NSS Volunteers
5. **Student Coordinator** : Harshada Ghadge
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To conduct a mangrove beach cleaning in collaboration with Beach Please, Mumbai
 - b. **Technical Description** :
The NSS unit of FCRIT conducted a Mangrove Beach Cleanliness drive on 19th December 2021, in collaboration with Beach Please, Navi Mumbai. The event was conducted at Coastal & Biodiversity Centre, Airoli, Navi Mumbai between 10 am to 12 noon. Registration link for volunteering was circulated a week prior to the event. A total of **22 volunteers** participated in the mangrove cleaning drive. Gloves and garbage bags for collecting waste were provided by the Beach Please organization. Thus, the cleanliness drive began and collection of both dry as well as wet waste was done. At around 12 noon, the cleanliness drive got over and the area was made garbage free by all the volunteers. A total of more than **20 bags of waste** and trash were collected. The event became a great success through the volunteer's individual contribution.
 - c. **Outcomes** :
The cleanliness drive was a success which made the volunteers understand the importance of cleanliness.

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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8. Activity / Event Photograph :



Poster for the Cleanliness Drive



Volunteers helping each other during waste collection

Rahul Jadhav
NSS Program Officer



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Collection of waste from Mangroves

Rahul Jadhav
NSS Program Officer



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The team behind the event

Rahul Jadhav
NSS Program Officer



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INDEX

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Rahul Jadhav

NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Fitness Challenge (Challenge 30)
2. **Activity/Event Venue & Date**: 2nd January to 31st January, 2022
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 103 participants
5. **Student Coordinator** : Vedanti Surve & Pratik Shrivastav
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **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, running & cycling) through competitive leader board and encouraging messages.

b. Technical Description :

The Fit India club of NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a 30 days fitness challenge “**Challenge 30**” from 2nd January to 31st January, 2022.

A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT and other college students too. The promotion was done for complete 4 days i.e., 29th Dec, 2021 to 1st Jan, 2022.

The primary motive of the event was to help participants start their new year fitness journey by doing simple activities like walking, running and cycling. This event was conducted virtually for a duration of four 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, running or cycling. The log also contains details like the time taken to complete and the distance covered. It generates a leader board based on the activity of club members. The criteria for the activity were completion of **90kms & 150kms** for **foot & bike** activity respectively.

A total of **103 individuals**, staff and students included, participated in the fitness challenge and were awarded participation and appreciation certificates. The top 3 winners for foot and cycle activity were displayed on our official NSS FCRIT Instagram handle.

c. Outcomes :

The “Challenge 30” became a great success by giving a kick start to the participants fitness resolution and it attracted 103 participants.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photographs :



Full Name	Day 1		Week 1		Week 2		Week 3		Week 4		31ST JAN		Total Foot
	Walk	Run	Walk	Run	Walk	Run	Walk	Run	Walk	Run	Walk	Run	
Abhinav Jha	0	8.1	0	54	12	37	38.7	8.1	0	0	0	0	158.4
ADITYA B MISHRA	0	0	12	0	0	57	0	0	53.6	0	0	0	122.9
Amar Murumkar	1.1	3	12	6	9.4	6.8	17	37	16.69	25.1	6.5	2	142.1
Aniket Ankush Bagate	5.9	0	30	0	25	0	17.9	0	15.8	0	0	0	93.7
Diya Mukesh Hariya	3.3	0	11	0	18	0	34.6	0	29.6	0	4.2	0	100.9
Harsh Santosh Tripathi	0	9	0	72	5.9	73	0	43.8	0	96.4	10	0	310.7
HARSHADA MANGESH GHADGE	11	0	24	0	28	0	17.4	0	14.2	0	0	0	94.3
Indrakumar Tak	0	4.5	0	26	0	27	3.8	23.9	0	20.8	0	0	106.6
Maitreyi Kulkarni	0	0	27	0	39	0	31.7	0	17.9	0	0	0	116.1
N.Padmashri	6.4	0	29	0	24	0	25.3	0	29.7	0	3.5	0	117.6
Nandini Parmar	0	0	17	0	20	0	28.3	0	24.1	0	12	0	101.6
Pooja Tirupathi	2	0	25	0	0	0	42.5	0	29.1	0	0	0	98.6
Pratik Prashant Shrivastav	0	0	6.7	35	0	6.5	3.5	17.1	2.9	26.9	0	0	98.1
Rajit Chandrakant Shetty	4	0	34	0	37	0	12.6	0	15.9	0	0	0	103.2
Rhea Satpute	3.8	0	68	0	5.8	8.3	37.6	0	27.9	0	0	0	150.9
RITIKA KUMARI	3.7	0	46	0	33	0	19.3	0	15	0	0	0	116.9
Saish Chalke	0	0	10	5.1	0	21	0	23.9	3.5	28.8	0	0	92.5
Sarveshaa Swar	0	0	19	0	28	0	21.5	0	14	0	8.4	0	90.9
SHIVAM SANJIVAN SALUNKE	3	0	20	0	9.5	0	5.9	2.2	12.8	14.4	2.1	21	91
Shruti Shrikant Mayekar	3.4	0	18	0	2.4	0	25.9	0	28.3	0	13	0	91.1
SHUBHOM RAWAT	4.3	0	48	0	17	0	31	0	19.2	0	0	0	119.2
Snowson Joseph	2.5	0	3.4	32	0	43	0	46.9	0	55.6	0	0	183.9
SONALI KAILAS LAHANE	3.2	0	34	0	23	0	22.1	0	15.2	0	0	0	98
Srija Tirupathi	2	0	25	0	0	0	42.2	0	22	0	0	0	91.5
Vithi Kulkarni	2.4	5.1	7.6	0	1	12	48.4	6	9.6	8	0	0	98.1

Rahul

Rahul Jadhav

NSS Program Officer



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Full Name	Day 1	Week 1	Week 2	Week 3	Week 4	31ST JA	Total
	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling
Abhishek Joshi	0	55.2	14.3	73.2	172	0	314.7
ADITYA B MISHRA	0	37.9	19	39.1	64.9	0	160.9
Akhil Akhilesh Suryam	0	148.6	146.3	116	370.6	0	781.2
Amar Murumkar	5.1	8.7	38.3	27	55.5	17.2	151.8
Aniruddha Nilesh Habade	0	120.8	67.4	44.3	150.5	20.2	403.2
Anto Sen	20.7	36.9	43.8	19.7	34.8	0	155.9
Aryan Singh	0	13.6	15.7	33	148.2	0	210.5
Bharat S.K Reddy	107.5	220.5	363.3	357	399.7	0	1448
Kaushal Karhade	14	49.5	61.5	36	0	0	161
KRISHNA SAWALE	3.5	62.6	8.4	91.9	0	0	166.4
Malavika Preeth	0	28.6	70.4	75.8	0	0	174.8
Paul Samuel Sheban	14.8	94	11	14.4	36.3	0	170.5
Prathamesh Mane	24.8	0	21.9	157.4	107.9	0	312
RITIKA KUMARI	4.4	21	32.3	40.1	43.7	11.5	153
Siddharth Sachin Kannadkar	0	92.6	258.4	293.3	252.5	68.6	965.4
Srushti Lad	1	0	0	51.3	109.2	0	161.5
Vedang Sanjay Gogate	27.34	1.6	30	24.7	151.4	0	235.04
Yash Rajendra Barhate	0	57.6	65.7	22	147.1	0	292.4

ACTIVITY DATA OF PARTICIPANTS ON THE STRAVA APP



NSS UNIT OF
FR. CONCEICAO RODRIGUES INSTITUTE OF TECHNOLOGY
VASHI



CHALLENGE 30



Harsh Tripathi
310 kms

Snowson Joseph
184 kms

Abhinav Jha
158 kms

Congratulations to all the winners.
Thank you for your participation and support.



WINNERS

Rahul Jadhav

NSS Program Officer



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CERTIFICATE OF APPRECIATION

Rahul Jadhav

NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : RUCO Repurpose Used Cooking Oil
2. **Activity/Event Venue & Date** : Zoom on 16th January 2022
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 58
5. **Student Coordinator** : Vasundhara Nimbalkar
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To conduct a webinar with the aim to give awareness about Repurpose Used Cooking Oil. Thus, inculcating healthy oil usage practices in people.

b. Technical Description :

The Green Initiative club of NSS unit of Fr.C. Rodrigues Institute of Technology, Vashi organized a webinar on “**RUCO- Repurpose Used Cooking Oil**” on 11th January 2022. The event was conducted on Zoom from 4:30pm - 6pm.

A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for a complete 2 days i.e., 9th and 10th January. The session began with an introduction to the topic by Nita Ganguly ma'am, followed by Avinash Narayanaswamy's talk on biofuels and their various applications, Dr. Anjan Ray's presentation on various scientific researches on repurposing of cooking oil, and Umesh Waghdhare's presentation on various business aspects. At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

c. Outcomes :

The “RUCO (Repurpose Used Cooking Oil)” was an interactive and informative webinar on healthy lifestyle and gave awareness of adverse health effects caused due to using the same cooking oil for repeated frying. It was conducted successfully and attracted participants.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :

The Climate Reality Project INDIA

NSS UNIT OF
FR. C. RODRIGUES INSTITUTE OF TECHNOLOGY
PRESENTS

How much do we know about
COOKING OIL
Let's learn about RUCO
REPURPOSE USED COOKING OIL

Platform: Zoom Date : 11 Jan 2022 Timing - 5:00 to 6 pm

Key Speakers:

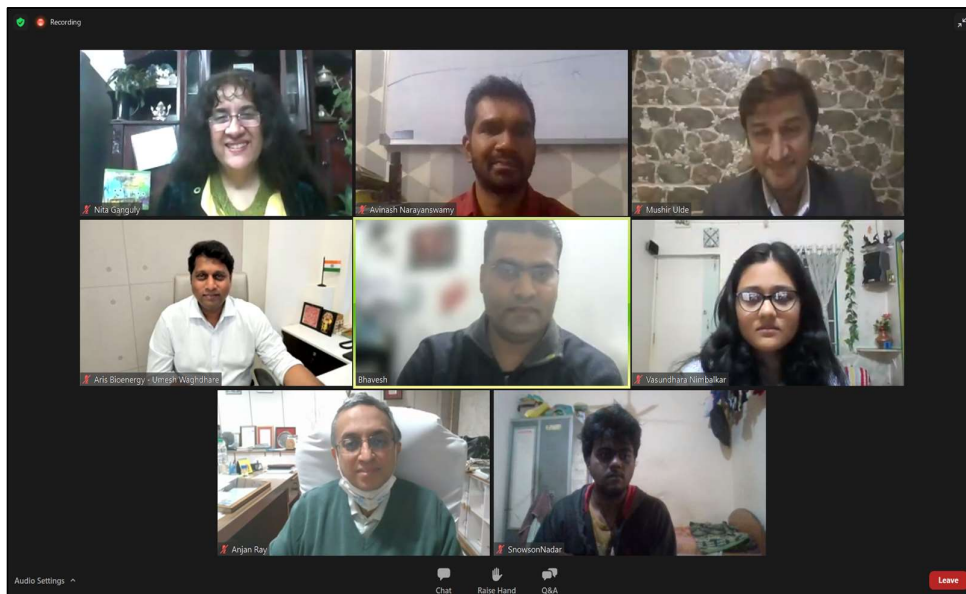
- Dr Anjan Ray**
Director - CSIR Indian Institute of Petroleum
- Avinash Narayanaswamy**
CEO, Green Law
- Mr Umesh Waghmare**
Entrepreneur | Founder and Managing Director, Aris BioEnergy Pvt Ltd
- Nita Ganguly**
National Coordinator - Waste, Climate Reality India

Scan to register:

Moderated by:

- Mr. Mushir Ulde**
Corporate Head at ARIS BioEnergy India Mumbai, Maharashtra
- Bhavesh Swami**
Lead - Clean Energy, Climate Reality India

#RUCOkonaroko



Rahul Jadhav
NSS Program Officer



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Zoom Webinar | You are viewing Anjan Ray's screen | View Options

Recording

SUSTAINABILITY

Meeting the needs of the present without compromising the ability of future generations to meet their needs

Worldwide, 60% of vertebrate animals have been wiped out since 1970

Freshwater habitats are the worst hit, with populations having collapsed by 83%

South and central America is the worst affected region globally

As a result of the collapse, Indian crocodiles are on the verge of extinction

An 89% total drop - Giant otters and spider monkeys are among the species most affected

100%
75%
50%
25%
0

1970 80 90 01 02 10

% change in population

Chat Raise Hand Q&A

Norton Security Ultra
Your subscription has expired. Click here to restore your Norton protection.

Audio Settings

ENG IN 17:07 11-01-2022

Recording

Nita Ganguly

Avinash Narayanswamy

Mushir Ulde

Aris Bioenergy - Umesh Wagishare

Shavesh

Vasundhara Nimbalkar

Anjan Ray

SnowsonNadar

Chat Raise Hand Q&A

Leave

Rahul Jadhav

NSS Program Officer



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Zoom Webinar | You are viewing Anjan Ray's screen | View Options

Recording

Anjan Ray

SUSTAINABILITY

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Norton Security Ultra | Your subscription has expired. Click here to restore your Norton protection.

Chat | Raise Hand | Q&A

17:07 | 11-01-2022

Zoom Webinar | You are viewing Nita Ganguly's screen | View Options

Nita Ganguly

Chat | Raise Hand | Q&A

Leave

Rahul Jadhav
NSS Program Officer



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Used Cooking Oil for Bio-jet/Bio-diesel

RUCO
Repurpose Used Cooking Oil

Jssai
Creating Future Fuel

Avoid reusing cooking oil. Guard your health.

- Use vegetable oils for frying.
- Healthy, use cooking oil only once for frying.
- Used frying oil can be filtered and reused once for making curries.
- Consumer uses frying oil within two days.
- Fry at the lowest frying temperature. Oil should not give off smoke.
- Waste frying, remove food particles, preferably from fine oil before they turn black.
- Use a filter or strainer, made of material such as absorbent sheet for frying.
- Avoid from pans for frying to prevent subsequent reuse or reuse.

Potential for well over 2 million tons of UCO collection per year

Chat

- Disha kaw to Everyone 04:51 PM
- b
- Mustafa M to Everyone 04:51 PM
- C
- Manjushri Parasnis to Everyone 04:58 PM
- MP
- D Debnath to Everyone 04:58 PM
- DD Good evening everyone
- Prafulla Dhal to Everyone 04:59 PM
- PD good evening all
- nikhil garg to Everyone 05:03 PM
- NG how is the economic viability of this fuel , can it be mass produced , transported and stored
- and stored

CERTIFICATE
OF PARTICIPATION

PRESENTED TO

Anvisha H. Pathak

We Give This Certificate To The Participant For Participating In a webinar on RUCO Repurpose Used Cooking Oil.

MR. Rahul Jadhav
NSS - PROGRAM OFFICER

S.M Khot
PRINCIPAL

CERTIFICATE OF PARTICIPATION

Rahul Jadhav
NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Nutrition for healthy lifestyle
2. **Activity/Event Venue & Date:** Google meet on 16th January 2022
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 55 participants
5. **Student Coordinator** : Vedanti Surve
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To conduct a webinar with the aim to give awareness about a healthy lifestyle and nutritious balance diet. Thus, inculcate a will to eat healthy and help to avoid problems caused by lack of healthy food.

b. Technical Description :

The Fit India club of NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a webinar on “**Nutrition for healthy lifestyle**” on 16th January 2022. The event was conducted on Google meet from 11am to 12:15pm.

A registration form, poster and promotional message was circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done for complete 2 days i.e., 14th and 15th January. The session started with basic questions about healthy and balanced diet. Further in the session information and resources were provided about different components of food. At the end there was a doubt session for participants to clear all their doubts.

A total of **55 individuals**, staff and students included, participated in the webinar and each participant was awarded with a participant certificate as an appreciation.

With the aim to increase awareness among people, we kept free registration and made the link available to everyone on 16th January, so that the ones who missed their chance during registration could still participate and learn.

At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

c. Outcomes :

The “Nutrition for healthy lifestyle” an interactive and informative webinar on healthy lifestyle and nutritious balanced diet was conducted successfully that attracted 55 participants.

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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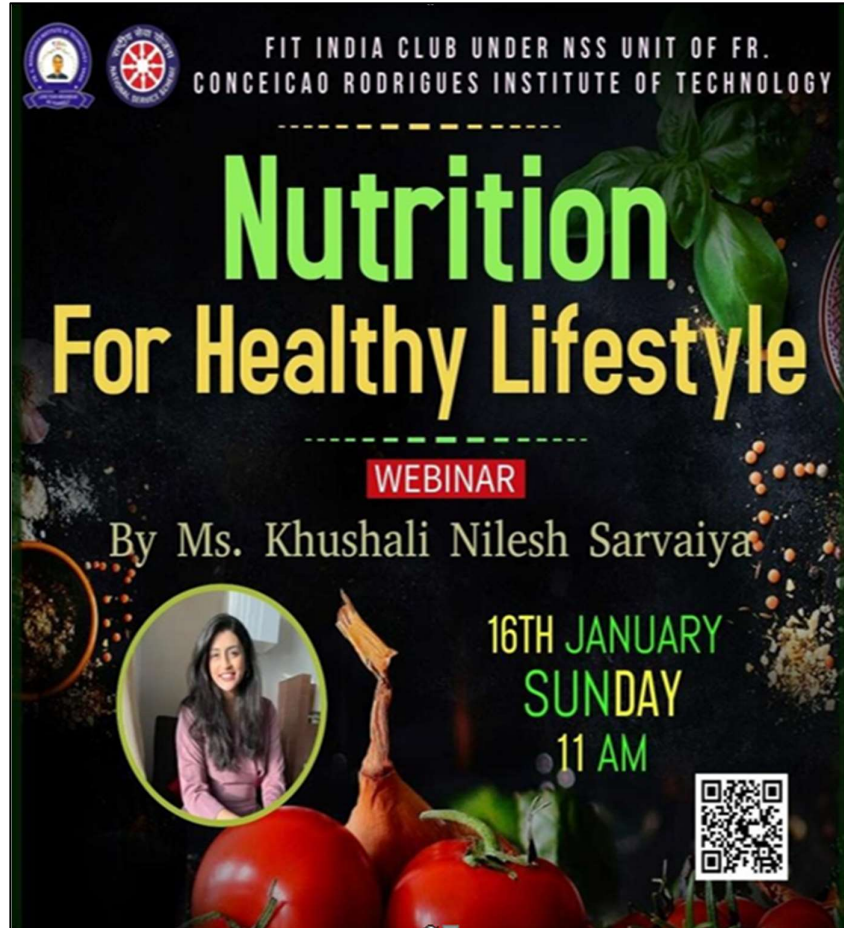
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8. Activity / Event Photograph :



POSTER FOR THE WEBINAR

Rahul Jadhav

NSS Program Officer



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khushali sarvaiya is presenting

khushali sarvaiya

khushali sarvaiya

Jayesh Chaudhari

T Tejal Anavekar

R Runali Surve

M 41 others

R You

11:38 | rxx-tbth-fjx

khushali sarvaiya

K Krishna Sawale

S Shreyash Patil

M Muskan Saxena

J Jayesh Chaudhari

S 37 others

R You

12:08 | rxx-tbth-fjx

In-call messages

Let everyone send messages

Messages can be seen only by people in the call and are deleted when the call ends.

Runali Surve 12:03
Can you tell more about BCAAs taken during workout?

One Minute Motion 12:04
mam the brown rice that we get in local markets are they better than white rice??

Runali Surve 12:05
After sports workout there's a golden window where we need to consume something so could u tell some post workout meals or snacks

One Minute Motion 12:07
cup noodles are they good after workout with eggs?

Runali Surve 12:07
Are the fancy sports and granola bars really good as they consume more of sugar that's what I have observed

Send a message to everyone

Rahul Jadhav

NSS Program Officer



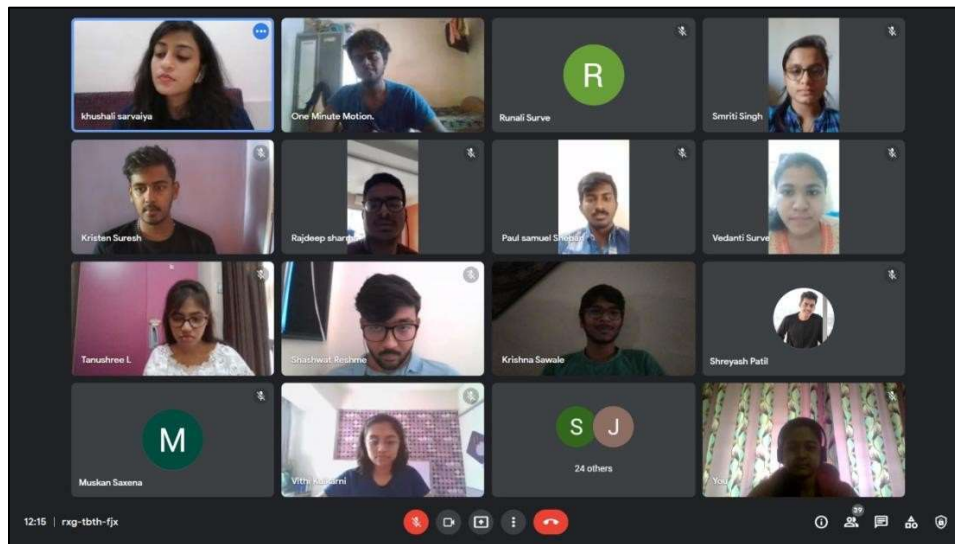
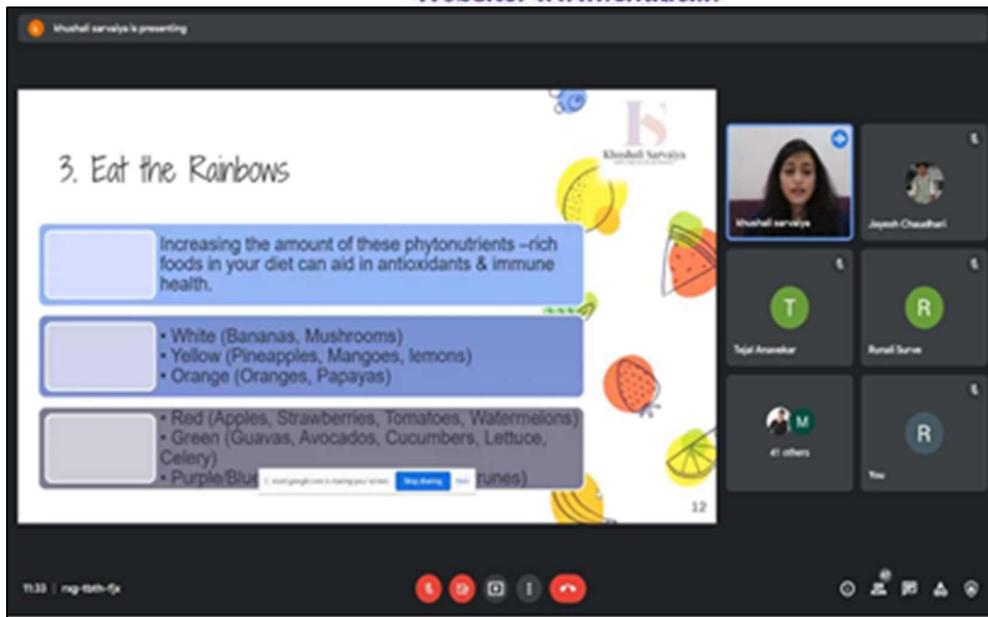
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Screenshots Of Event.

Rahul Jadhav
NSS Program Officer



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CERTIFICATE OF PARTICIPATION



CERTIFICATE FOR GUEST

[Signature]

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Voter's Day Awareness Slogan Writing
2. **Activity/Event Venue & Date** : Online event on 25th January, 2022
3. **Nature of Participants** : NSS Volunteers
4. **Number of Participants** : 10
5. **Student Coordinator** : Anvisha H. Pathak
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
National Voters' Day was conducted to raise awareness about the importance of voting and participating in the electoral process of one of the world's largest democracies.
 - b. **Technical Description** :
The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organised Voter's Day Awareness Slogan Writing. The event was held online event on 25th January, 2022.
A registration form, poster, and promotional message were distributed to FCRIIT's WhatsApp class groups and posted on our official Instagram handle. The promotion lasted two days, on January 23rd and 24th, 2022. The session on December 11th began with the basic form filling of name and address.
The Voter's Day Awareness Slogan writing was attended by **9 NSS Volunteers**. With the aim to increase awareness among people, we kept free registration. Members from our club were always present at each point of the event by sharing their contact information in the promotional message to help the event flow smoothly. The team that organised this event is eager to contribute their efforts to the next event in order to make it a success.
 - c. **Outcomes** :
The "Voter's Day Awareness Slogan Writing" was a successful event.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



**CERTIFICATE OF
PARTICIPATION**

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Voter's day awareness poster making
2. **Activity/Event Venue & Date** : Virtual Event, 25th January, 2022
3. **Nature of Participants** : NSS Volunteers
4. **Number of Participants** : 10
5. **Student Coordinator** : Anvisha H. Pathak
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

The main objective is to encourage, facilitate and maximise enrolment especially for new voters with the help of voter's day awareness posters

b. Technical Description :

The voter's day awareness poster making program was organized by NSS unit on 25th January ,2022.

For this program a google form was circulated among all the group by NSS volunteers and students who wanted to participate in this event had to upload their poster and fill all the details in that form. 10 Volunteers had participated in this poster making event and spread the awareness about voter's rights through their posters.

The purpose of making posters is to facilitate active participation of voters during the elections and to make the complete process hassle free and a memorable experience for all categories of voters.

c. Outcomes :

The students who participated had delivered the message of awareness of voting through their posters

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



Rahul Jadhav

NSS Program Officer



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Rahul Jadhav

NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Voter's day awareness quiz
2. **Activity/Event Venue & Date** : Virtual Event, 25th January, 2022
3. **Nature of Participants** : NSS Volunteers
4. **Number of Participants** : 45
5. **Student Coordinator** : Anvisha H. Pathak
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
The main objective of this event was spreading awareness among the students especially the new voters with the help of a quiz on Voter's day.
 - b. **Technical Description** :
The Voter's day awareness quiz was organized by NSS unit on .
For this awareness quiz a google form was circulated which contained question about voter's rights and general questions based of voter's day. These questions helped in testing the knowledge of the students and increase awareness among students. After completion of the quiz, score was given to them.
 - c. **Outcomes** :
The students were educated about the voter's day and voters rights through this quiz given by the NSS unit.

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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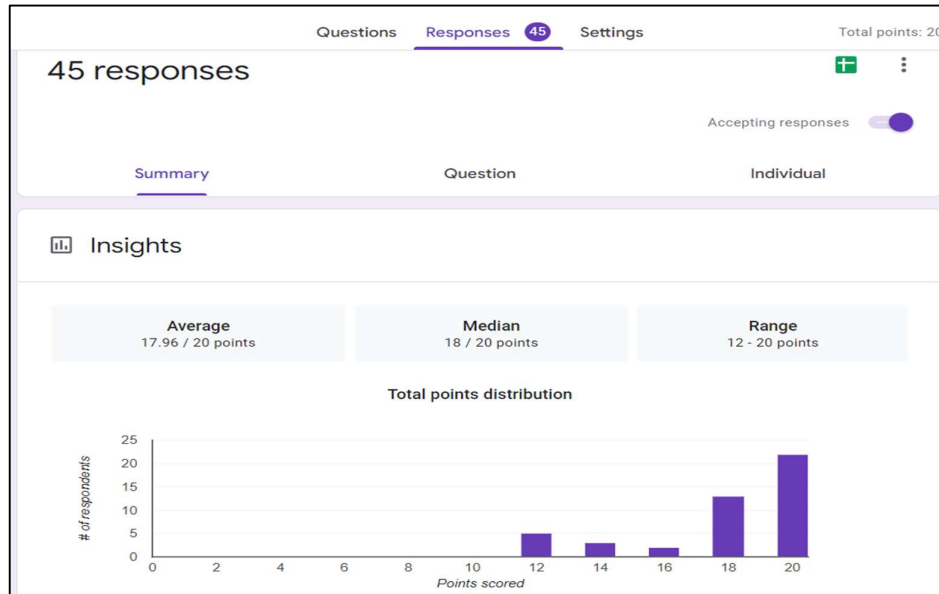
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8. Activity / Event Photograph :



NUMBER OF PARTICIPANTS



CERTIFICATE OF PARTICIPATION



 Rahul Jadhav
 NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Soft Skill Development Program
2. **Activity/Event Venue & Date** : YouTube & from 1st February to 12th February, 2022
3. **Nature of Participants** : NSS Volunteers of FCRIT unit
4. **Number of Participants** : 45 NSS Volunteers
5. **Student Coordinator** : Ms. Harshada Ghadge
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

To install soft skills in the volunteers which is the main requirement in skill development and any professional work.

b. Technical Description :

The NSS volunteers of FCRIT had attended an University level Soft Skills Development Program held by Nagindas Khandwala college of Commerce, Arts & Management from 1st February, 2022 to 12th February, 2022. Day 1 of the program started off with an inaugural ceremony and was carried forward with Emotional Stability session by Prof. Amruta Sahasrabuddhe who taught us how emotional sensitivity is important in our life which is getting lost nowadays. Day 2 consisted of Listening Skills program where various methods to become an efficient listener were shared by Prof. Edwin Mathias. 3rd of Feb was a day for English Grammar to brush up our grammar concepts & highlight our most common grammatical errors conducted by Prof. Nita Dhote. The most required and important topic of How to Prepare for The Examination was taken by Prof. Thomson Thomas focusing on the skill of memorizing and answer writing in a limited time span. Day 5 was another great one with Prof. Bhushan Deshmukh about the various government exams which we can consider as a career choice and making us understand the importance of UPSC CSE examination. Prof. Suresh Shetkar also helped us to understand the various apps and Google maps used for travelling through local transportation in Mumbai which is much needed for outlander students. Day 7 was about Conversational Skills on how to present oneself in front of others by Prof. Nandkishor Sonar. Later Mr. Nelson Daniel made us understand the 7 C's of communication which is the most required skill in any professional work on 9th of February. Preparation Strategy for competitive Exams was conducted by Dr. Ramesh Runwal where he told us about the ups and downs which life offers and how to start off which your competitive journey along with some motivating and inspiring thoughts. Lastly on 12th February, Prof. Vivek Chaubey, NSS Program officer of Nagindas Khandwala College made us understand how being sensitive towards

Rahul Jadhav

NSS Program Officer



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other's problems and troubles is essential. He also focused on how EQ is more important than the IQ in the Social Sensitization Program. At the end of every session, a Google form was circulated by our unit to check the attentiveness of the volunteers by a short quiz. The overall program was a great success and very informative for all the volunteers.

c. Outcomes :

The event become a great success and received a very positive response.

8. Activity / Event Photograph :

Rahul Jadhav

NSS Program Officer



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MALAD KANDIVALI EDUCATION SOCIETY'S
NAGINDAS KHANDWALA COLLEGE OF COMMERCE, ARTS AND
MANAGEMENT STUDIES AND SHANTABEN NAGINDAS KHANDWALA
COLLEGE OF SCIENCE
(AUTONOMOUS)
RE-ACCREDITED (3RD CYCLE) BY NAAC WITH 'A' GRADE | ISO 9001:2015 CERTIFIED INSTITUTION
S.V.ROAD, MALAD (WEST), MUMBAI-400064

N.S.S. CELL, UNIVERSITY OF MUMBAI
N.S.S. UNIT B-28
&
DEPARTMENT OF ENGLISH
ORGANISES
UNIVERSITY LEVEL SOFT SKILLS DEVELOPMENT PROGRAMME

Webinar on
How to Prepare for the Examination
— PROF. THOMSON THOMAS

FRIDAY | 04 FEBRUARY, 2022
5:00PM - 6:30PM

@NK_COLLEGE_NSS

MALAD KANDIVALI EDUCATION SOCIETY'S
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N.S.S. CELL, UNIVERSITY OF MUMBAI
N.S.S. UNIT B-28
&
DEPARTMENT OF ENGLISH
ORGANISES
UNIVERSITY LEVEL SOFT SKILLS DEVELOPMENT PROGRAMME

Webinar on
COMPETITIVE EXAMINATION
— Prof. Bhushan Deshmukh

SATURDAY | 05 FEBRUARY, 2022
5:00PM - 6:30PM

@NK_COLLEGE_NSS

Ms. Amruta Sahasrabudhe is presenting

Emotions- Essence of being human..?

- Can we separate ourselves from our emotions?
- Will the world be a better place in the absence of emotions?
- Can intelligence, decision making, problem-solving be sufficient for human survival?

Prof. Amruta Sahasrabudhe - 2022

01-02-2022

syj-ogqr-xqv

Participants: Ms. Amruta Sahasrabudhe, 192 PAREKH NEHA, 209 Shah Pooja, Suresh Shetkar, NANDKISHOR SONAR, VIVEK CHOUBEY, sonu rane, 29 others, You

Rahul Jadhav
NSS Program Officer



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SHRI. SUDHIN S. PURANIK
Director, N.S.S.
University of Mumbai



Place: MALAD, MUMBAI
DATE: 12 February, 2022
NKC/NSS B-28/12-02-2022





NATIONAL SERVICE SCHEME CELL, UNIVERSITY OF MUMBAI
Malad Kandivli Education Society's
NAGINDAS KHANDWALA COLLEGE OF COMMERCE, ARTS AND MANAGEMENT
STUDIES & SHANTABEN NAGINDAS KHANDWALA COLLEGE OF SCIENCE
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CERTIFICATE OF PARTICIPATION
This is to certify that
Vedanti Bhalchandra Surve
of Fr. Conceicao Rodrigues Institute of technology,
Vashi

has participated in the SOFT SKILLS DEVELOPMENT PROGRAMME conducted virtually by N.S.S. UNIT of NAGINDAS KHANDWALA COLLEGE OF COMMERCE, ARTS AND MANAGEMENT STUDIES & SHANTABEN NAGINDAS KHANDWALA COLLEGE OF SCIENCE (AUTONOMOUS) at University Level in collaboration with Department of English, Nagindas Khandwala College, from 1 to 12 FEBRUARY 2022.

PROF. SUSHIL SHINDE
OFFICER ON SPECIAL DUTY,
N.S.S. CELL
University of Mumbai

DR. VIVEK J. CHAUBEY
N.S.S. PROGRAMME OFFICER,
AREA COORDINATOR
WESTERN SUBURB DISTRICT

PROF. DR. MOUSHUMI DATTA
I/C PRINCIPAL

CERTIFICATE OF PARTICIPATION


Rahul Jadhav
NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Self Defence Workshop
2. **Activity/Event Venue & Date:** 2nd floor, Seminar Hall, New Building FCRIT Vashi, 4th March 2022
3. **Nature of Participants** : NSS female volunteers & FCRIT female students
4. **Number of Participants** : 18
5. **Student Coordinator** : Ms. Harshada Ghadge
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To learn various self-defense techniques.
 - b. **Technical Description** :
The NSS unit of FCRIT conducted a self-defense on 4th March 2022, under the guidance of instructor, Avdhut Shelar. The event was carried out at 2nd floor, Seminar Hall, New Building FCRIT Vashi between 4:30 pm to 6 pm.
Registration link for volunteering was circulated a week prior to the event. A total of **18 females** participated in the event. Participants learned different defense techniques throughout the session. This session was especially for the female volunteers & students to learn and utilize these techniques when required. Thus, the session began and techniques were demonstrated by the instructor and were practiced by the volunteers throughout the time slot.
The event became a great success through the volunteer's individual contribution.
 - c. **Outcomes:**
The volunteers learned a lot of self-defense techniques.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :

NSS UNIT OF FR. C. RODRIGUES
INSTITUTE OF TECHNOLOGY
PRESENTS

SELF DEFENCE WORKSHOP

WITH INSTRUCTOR



AVDHUT SHELAR

DATE: 4TH MARCH 2022 (FRIDAY)

TIMING: 4:30PM-6PM

VENUE: 4TH FLOOR, DIPLOMA SEMINAR HALL, OLD BUILDING

TO ALL THE WOMEN WHO ARE THE BOSS OF THEIR OWN LIFE, GLAD TO HAVE YOU
HAPPY INTERNATIONAL WOMEN'S DAY!

POSTER FOR THE EVENT

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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VOLUNTEERS PERFORMING WARM-UP BEFORE THE SESSION

Rahul Jadhav

NSS Program Officer



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Technique demonstration by the instructor



Volunteers trying out the techniques



The team behind the event

Rahul Jadhav

NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Blood Donation poster making
2. **Activity/Event Venue & Date** : Virtual Event, 6th March, 2022
3. **Nature of Participants** : NSS Volunteers
4. **Number of Participants** : 7
5. **Student Coordinator** : Miss Harshada GHADGE
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. Objectives :

The main objective is to encourage and explain the importance of blood donation to maximise enrolment for more blood donors and promote the idea of NSS that is NOT ME BUT YOU.

b. Technical Description :

The blood donation poster making program was organized by NSS unit on 6th March, 2022.

For this program a google form was circulated among all the group by NSS volunteers and students who wanted to participate in this event had to upload their poster and fill all the details in that form. 7 Volunteers had participated in this poster making event and spread the awareness about blood donation through their posters.

The purpose of making posters is to facilitate active participation of donors during the camp and to make the complete process hassle free and a memorable experience for all categories of voters.

c. Outcomes :

The students who participated had delivered the message of awareness of blood donation through their posters. Later these posters were used to encourage people to participate in the blood camp hosted by the unit.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :

**NSS Unit of
FR. CONCEICAO RODRIGUES
INSTITUTE OF TECHNOLOGY,
VASHI**

In association with
JASLOK HOSPITAL
Organizes

BL  D DONATION DRIVE

**"DONATE BLOOD YOU
ARE SOMEONE'S
TYPE"**

Date: 10 th March 2022
Time: 9:00 AM to 5:00 PM
Venue: Diploma Seminar Hall,
4th Floor Old building

Inviting all students, teachers
and staff!

Contact
Harshada Ghadge: +919869839658
Soham Nevgi: +917045847711

POSTER FOR THE EVENT

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

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BLOOD DONATION CAMP



Blood donation will cost you nothing, but it will save a life!

Anto Sen
Electrical, Sem 6

Rahul Jadhav
NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Blood Donation Camp
2. **Activity/Event Venue & Date** : Diploma Building Seminar Hall, 10/03/2022
3. **Nature Of Participants** : Engineering Students and faculty
4. **Number of Participants** : 151
5. **Student coordinator** : Harshada Ghadge
6. **Teacher In Charge** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/ Event** :

a. **Objectives** : To conduct a blood donation camp.

b. **Cultural Description** : The NSS unit of FCRIT along with Agnel's Social Cell organized a Blood Donation Camp on 16th January 2020, in collaboration with Jaslok hospital. The event was conducted in Diploma Seminar Hall of Agnel's Polytechnic between 9 am to 5 pm ,on 10th March, 2022

The camp was available to all and any member of the institute who met the safety criteria was allowed to donate blood. A registration desk was set up in the entrance of the hall with NSS volunteers serving as receptionists, who guided the donors with the process of registration. Further, once the necessary paperwork was completed, the individual was tested for their blood pressure and blood group by the professionals from Jaslok Hospital.

An amount of 350ml of blood was donated by each donor and the process of blood collection was done in a very hygienic and precise manner. The syringes once used, were disposed off and the blood bags were arranged properly according to their blood type.

A total of **151 individuals**, staff and students included, participated in the blood donation camp and each volunteer was awarded a donor card as an appreciation of their goodwill. Moreover, to help with the dizziness that comes after donating blood, each volunteer was provided with liquid and solid refreshments.

At each stage of the event, volunteers of NSS and social cell were always present to help the event flow in ease. The blood donation camp was considered a huge success, as in its first installment, it attracted about 151 donors, many of them from rarer blood groups. The teams who organized this event wait eagerly to lend their efforts to another such success.

c. **Outcomes** : The camp was successful. The targeted number i.e 151 blood bags were collected. Students as well as faculty members participated in the camp.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



TEAM BEHIND THE EVENT



Rahul Jadhav

NSS Program Officer



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(F.) → Faculty M/F → Male/Female

FR. CONCEICAO RODRIGUES INSTITUTE OF TECHNOLOGY, VASHI

①	Rahul Madkar (F)	③②	Vedant Ingle (M)
②	Deepa (F)	③③	Sanjay Kadam (F)
③	Mitilda (F) - Matilda (F)	③④	Ahmar Khan (M)
④	Dr. Sanjay Rukhde (F)	③⑤	Jayesh Borse (M)
⑤	Dr. Nilaj Deshmukh (F)	③⑥	Parth Amburle (M)
⑥	Swarned Jaisgose (M)	③⑦	Anugrah Nile (M)
⑦	Arpita Kuntogeri (F)	③⑧	Chetan Velondhe (M)
⑧	Statueck Anand (M)	③⑨	Arsh Firdose (M)
⑨	Anto Riden (M)	④①	Saham Tanphatak (M)
⑩	Aduait Patharkar (M)	④②	Parag Nimkar (M)
⑪	Annam Salunkhe (M)	④③	Jaius Mathews (M)
⑫	Rishi Kunder (M)	④④	Pradnya Bockade (F)
⑬	Naveetha Krishnan (M)	④⑤	Abey Bernard (M) (F)
⑭	Ashwin Gha (M)	④⑥	Dr. Dhanyajay Panthogade
⑮	Suyash Mali (M)	④⑦	Kishor Barve (M)
⑯	Vidhansh Singh (M) (NSS)	④⑧	Sanchit Raina (M)
⑰	Atharva Dake (M)	④⑨	Genin Chivackal (M)
⑱	Putur Joel (M)	⑤①	Sahi Kakade (M)
⑲	Jason Fernandes (M)	⑤②	Sushant Damare (M)
⑳	Praseed Kumar (F)	⑤③	Aidhesh Pabalkar (M)
㉑	Edmond Jonathan (M)	⑤④	Pratik Loute (M)
㉒	Joel Abbecam (M)	⑤⑤	Rupam Firke (M)
㉓	Anant Kulkarni (M)	⑤⑥	Sahil Gurav (M)
㉔	Anish Deshpande (M)	⑤⑦	Adit Masih (M)
㉕	Reuben Anil (M)	⑤⑧	Shreyash Jaiswal (M)
㉖	Aniket Rachakonda (M)	⑤⑨	Ashish Pathare (M)
㉗	Yash Mistry (M)	⑥①	Rupali Deshmukh (F)
㉘	Atharva Patalkar (M)	⑥②	Samuel Freddy (M)
㉙	Preethi Jyengar (F)		Shubham Tale (M)
㉚	Mitra Harsh (M)		Ashwath Reshmi (M)
㉛	Bharat Sable (F)		Vedant Tajane (M)

Rahul

Rahul Jadhav

NSS Program Officer



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- | | |
|----------------------------|---------------------------------|
| 83) Pawan Panchal (m) | 94) Baniz Anthony (m) |
| 84) Nagesh Maharao (m) | 95) Kelvin D'souza (m) |
| 85) Vineet Patil (m) | 96) Paudhurang Wagh (m) |
| 86) Abhishek Naik (m) | 97) Mahati Rane (F) |
| 87) Aditya Waghmare (m) | 98) Bhakti Phalke (F) |
| 88) Jyoti (F) | 99) Kshitij Chorge (m) |
| 89) Rahul Widhate (m) | 100) Harsh Chaudhary (m) |
| 90) Atharva Dhumal (m) | 101) Joel D'silva (m) |
| 91) Srushti Mokul (F) | 102) Padmeshri (F) |
| 92) Joel D'souza (m) | 103) Moiz Dalvi (m) |
| 93) Valencia Mathias (F) | 104) Ubad Dhanse (m) |
| 94) Arun Yadav (m) | 105) Sarvesh Shinde (m) |
| 95) Rohit Maurya (m) | 106) Anantkumar Pardeshi (m) |
| 96) Loukik Raut (m) | 107) Parth Shinde (m) |
| 97) Prasham Khanna (m) | 108) Walter Tony Mhapokai (m) |
| 98) Sangeeta Bade (F) | 109) Jasika Moghe (F) |
| 99) Sarvesh Karekar (m) | 110) Johnny Joseph (m) |
| 100) Yash Chiddarwar (m) | 111) Suchal Nerkaje (F) |
| 101) Shivam Parab (m) | 112) Tanushree Londhe (NSS) (F) |
| 102) Vivek Dhanade (m) | 113) Diya Vyas (NSS) (F) |
| 103) Shikha Menon (F) | 114) Hitesh Mahajan (m) |
| 104) Vishal Vincent (m) | 115) Harshal Ingle (m) |
| 105) Mavid Veaghese (m) | 116) David George (m) |
| 106) Udayraj Jawade (m) | 117) Abhishek Pandey (m) |
| 107) Anto Sen (NSS) (m) | 118) Amasi Nasa Kampe (m) |
| 108) Jignesh Mathure (m) | 10/3/22. |
| 109) Harshvardhan Zope (m) | Dr. Snehal Karguwar |
| 110) Chetan Umbarkar (m) | 119) Omkar Yadav (m) |
| 111) Faisal Sarang (m) | 120) Arkam Khan (m) |
| 112) Pranay Mahadik (m) | |
| 113) Daniel Nadar (m) | |

Snehal

Rahul Jadhav

NSS Program Officer



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FR. CONCEICAO RODRIGUES INSTITUTE OF TECHNOLOGY, V	
121	Rajit Shetty (M)
122	Piyush (M)
123	Aditya Jadhav (M)
124	Junaid Kazi (M)
125	Sarvesh Kambhar (M)
126	Anusuka Dudhane (F)
127	Vaibhav Vishwakarma (M)
128	Sayanand Shembekar (M)
129	Joel Varghese (M)
130	Parth Sawant (M)
131	Denzil Cruz (M)
132	Atharva Parulekar (M)
133	Joel Varghese (M)
134	Yash Barkhate (M)
135	Chinmay Desai (M) (NSS)
136	Aniket Bhagat (M) (NSS)
137	S. Kristen (M) (NSS)
138	Ritika Kumari (F) (NSS)
139	Nishit Patil (M) (NSS)
140	Mahiya Bhagat (F) (NSS)
141	Harshoda G. (F) NSS
142	Pratik S (M) NSS
143	Rahul Jadhav (P.O) NSS
144	Alex Roy Mathew (M) NSS
145	Ayush P. Shobu (M)
146	Chetan Aade (M)
147	Pranav Vighanvat (M) J Kumar
148	Christy V (M) 10/3/22

Rahul

Rahul Jadhav

NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Eye Check-up
2. **Activity/Event Venue & Date** : Offline meet on 11th March 2022
3. **Nature of Participants** : Everyone was allowed
4. **Number of Participants** : 161 participants
5. **Student Coordinator** : Vasundhara Nimbalkar
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

- a. **Objectives** :

To conduct an Eye Check-up with the aim to understand the importance of eyes as the eyes are among the most sensitive organs of the body and are considered to be one of the most important senses. Despite this, taking good care of our eyes is often ignored, resulting in many people losing their sight and needing glasses.

- b. **Technical Description** :

The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organised a one-day Eye Check-up. The event was held offline on March 11, 2022. The event was in collaboration with **Sunshine Eye Care**.

A registration form, poster, and promotional message were distributed to FCRI's WhatsApp class groups and posted on our official Instagram handle. The promotion lasted only one day, on March 11, 2022. The session on December 11th began with the basic form filling of name and address. The Eye Check-up was attended by **161 people**, including staff and students. With the aim to increase awareness among people, we kept free registration.

At each point of the event, members from our club were always present by sharing their contact number in the promotional message to help the event flow in ease. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

- c. **Outcomes** :

The “Eye Check-up” was a successful event.

Rahul Jadhav

NSS Program Officer



Fr. C. Rodrigues Institute of Technology

NATIONAL SERVICE SCHEME

Sector - 9A, Vashi, Navi Mumbai – 400 703, INDIA.

Telephone: 022-2777 1000, 2766 1924, 2766 0618.

Website: www.fcrit.ac.in



8. Activity / Event Photograph :





NSS unit of
FR C Rodrigues Institute of Technology
is organizing

EYE CHECKUP CAMP

Sight is what your eyes produce. Vision is
what your heart produces, never let what
you see affect your vision

SAARTH NETRALAY
Super Speciality Eye Hospital

Venue :	Date : 11th march 2022
AX305, Girls Common	
Room,	Time : 10 A.M to 4 P.M
New Building	

POSTER FOR THE WORKSHOP

Rahul Jadhav

NSS Program Officer



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Rahul Jadhav
NSS Program Officer



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Rahul Jadhav
NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Organ Donation Awareness
2. **Activity/Event Venue & Date** : Online Event
3. **Nature of Participants** : NSS Volunteers
4. **Number of Participants** : 40 participants
5. **Student Coordinator** : Harshada Ghadge
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**

a. **Objectives** :

Organ Donation Awareness is important because it allows others to benefit from your donation of organs. Transplants have the potential to change the lives of those who receive them. Grief can also be overcome by understanding that one's loss will help save the lives of others.

b. **Technical Description** :

The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organised Organ Donation Awareness. The event was held online event. It was a 10-day event.

A registration form, poster, and promotional message were distributed to FCRIT's WhatsApp class groups and posted on our official Instagram handle. The promotion lasted two days, on. There were in total 8 sessions with basic quiz filling. The Organ Donation Awareness was attended by **40 NSS Volunteers**.

With the aim to increase awareness among people, we kept free registration.

Members from our club were always present at each point of the event by sharing their contact information in the promotional message to help the event flow smoothly. The team that organised this event is eager to contribute their efforts to the next event in order to make it a success.

c. **Outcomes** :

The “Organ Donation Awareness” was a successful event.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



ONLINE TRAINING COURSE FOR ORGAN DONATION AWARENESS

Organised by
National Service Scheme, University of Mumbai
In Collaboration with v4organs foundation, Bangaluru/Mumbai &
Sponsor- Ranka Jain Foundation, Bangaluru



Certificate of Completion

This is to certify that Mr./Ms. **ANVISHA PATHAK** From

146 FR. C.R.INSTITUTE OF TECH, VASHI, NAVI MUMBAI College has successfully completed the

'Online Training Course for Organ Donation Awareness' conducted during Year 2021-2022

with **A OUTSTANDING** Grade


 Aptekaka
(President, v4organs foundation)



 Mr. Ashok Ranka Jain
(Trustee)


 Mr. Sushil Shinde
(NSS Activity In-Charge)


 Mr. Sudhir Puranik
(Director, NSS, University of Mumbai)

CERTIFICATE OF PARTICIPATION



Rahul Jadhav
NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Selfie With Medicinal Plant
2. **Activity/Event Venue & Date**: Virtual event, 14/04/2022
3. **Nature of Participants** : Everyone from students to staff
4. **Number of Participants** : 15
5. **Student Coordinator** : Anvisha Pathak
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To encourage growing and nurturing plants at home and generate awareness about medicinal plants.
 - b. **Technical Description** :
The Green Initiative club of NSS unit of FCRIT organized an event, “Selfie With Medicinal Plant”, which was launched on the 14th of April. The participants were required to upload a selfie with a medicinal plant they grew at home and list down its important features and health benefits by 19th of April. 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 was also added to the NSS linktree. A total of 15 individuals, participated in this event and each participant was awarded with an appreciation certificate. At every stage of the competition, the 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.
 - c. **Outcomes** :
The competition, “Selfie With Medicinal Plant”, was a success, and was well received as a green initiative.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



SELFIE WITH MEDICINAL PLANT

Rahul Jadhav
NSS Program Officer



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Brief Activity/Event Report

1. **Name of the Activity/Event** : Health Check-up Camp for Children
2. **Activity/Event Venue & Date** : 14/04/22
3. **Nature of Participants** : Children
4. **Number of Participants** : 30
5. **Student Coordinator** : Yash Bohra
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To conduct a general health check-up camp for children
 - b. **Technical Description** :
The NSS unit of Fr. C. Rodrigues Institute of Technology in collaboration with Rotaract Club of Panvel and New Spandan Multi-speciality hospital, Panvel, organized a health checkup camp for the kids from the orphanages of Kamal Arnav Ashram and Girija Foundation. This included a regular health check-up and also testing of blood for glucose and creatinine levels(via Byheart Path Lab). The location for the camp was Gujarati School, Old Panvel and the timing for the check-up was 10am to 1pm.
In addition to the health check-up, a personality development program was also conducted for all the kids who participated in this event. Refreshments (chocolates and juice tetra pack) were also provided to all kids.
 - c. **Outcomes** :
The health check-up camp and personality development program were successfully conducted for kids of the orphanages and the reports were sent via email to the heads of the Ashram.

Rahul Jadhav

NSS Program Officer



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8. Activity / Event Photograph :



Rahul Jadhav
NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Health Check-up Camp for Senior Citizens
2. **Activity/Event Venue & Date** : 15/04/2022
3. **Nature of Participants** : Senior Citizens
4. **Number of Participants** : 25
5. **Student Coordinator** : Yash Bohra
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To conduct a general health check-up camp for senior citizens
 - b. **Technical Description** :
The NSS unit of Fr. C. Rodrigues Institute of Technology in collaboration with Rotaract Club of Panvel and New Spandan Multi-speciality hospital, Panvel, organized a health checkup camp for the senior citizens from Rishivan old age home, Roopvan foundation, New Panvel. This included a regular health check-up and also testing of blood for glucose and creatinine levels (via Byheart Path Lab). The venue for the camp was the old age home itself and the timing for the check-up was 2pm to 5pm.
 - c. **Outcomes** :
The health check-up camp was successfully conducted for the elderly at Rishivan old age home and the reports were sent via email to the heads of the Ashram.
8. **Activity / Event Photograph** :



Rahul

Rahul Jadhav

NSS Program Officer



Brief Activity/Event Report

1. **Name of the Activity/Event** : Making a Bird feeder
2. **Activity/Event Venue & Date** : Virtual event, 16/04/2022
3. **Nature of Participants** : NSS Volunteers
4. **Number of Participants** : 5
5. **Student Coordinator** : Anvisha Pathak
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
 - a. **Objectives** :
To make a Bird feeder
 - b. **Technical Description** :
The Animal Welfare Club of the NSS unit of Fr. C. Rodrigues Institute of Technology organised an activity wherein participants had to make a DIY Bird Feeder at their home and offering seeds/grains to birds in their terrace, windowsill, balcony or garden. This could be done easily by recycling common waste materials like bottles or trays at home. Further, along with the promotional message that was circulated, few tutorials were also provided which the participants could refer to while making the bird feeder. Pictures of the entries had to be submitted via a google form which was added below the promotional message. The event was conducted successfully.
 - c. **Outcomes** :
NSS volunteers offered food and water to birds. Students made bird feeders by recycling waste materials. Hence, the event was conducted successfully.

8. Activity / Event Photograph :



Rahul Jadhav

NSS Program Officer