



# Fr. C. Rodrigues Institute of Technology

## NSS UNIT

Sector - 9A, Vashi, Navi Mumbai – 400 703, INDIA.  
Telephone: 022-2777 1000, 2766 1924, 2766 0618. Fax: 2766 0619  
Website: [www.fcrit.ac.in](http://www.fcrit.ac.in)



### Brief Activity/Event Report

1. **Name of the Activity/Event** : Yoga Session for Bal Bhavan
2. **Activity/Event Venue & Date** : FCRIT, 17<sup>th</sup> to 21<sup>st</sup> June, 2022,
3. **Nature of Participants** : NSS Volunteers, Students, Teachers
4. **Number of Participants** : 2
5. **Student Coordinator** : 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 make this ancient practice popular among the present generation of people who are unaware of its benefits. Adopting this practice is believed to provide significant relief from physical ailments and mental tension which plagues our day-to-day life
- b. **Technical Description:** The Yoga session was organized by NSS unit between 17th to 21<sup>th</sup> June 2022. The campus community including students, staff, faculty and NSS Volunteers participated in this event. There was yoga session conducted in Bal Bhavan yoga workshop and there are 32 student, one teacher and 2 NSS volunteer attended this program the event was conducted between 3 to 6 pm Various Asanas were performed as per the guidelines given by the trainer Suraj Khandare.
- c. **Outcomes:** The participants who attended the yoga session got proper knowledge regarding yoga and body fitness.



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### 8. Activity / Event Photograph :



NSS volunteers and Bal bhavan students celebrate after yoga session

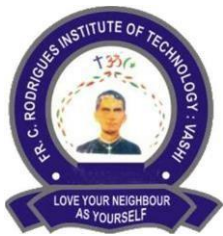


Students active participate in yoga session

Rahul Jadhav

NSS Program Officer

Staff Coordinator



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### Brief Activity/Event Report

1. **Name of the Activity/Event** : Paper Bag Distribution
2. **Activity/Event Venue & Date** : Vashi, 12<sup>th</sup> July, 2022
3. **Nature of Participants** : NSS volunteers, Students
4. **Number of Participants** :20
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Student Coordinator** : Pratik Shrivastav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
  - a. **Objectives:** The main objective is to encourage, facilitate and promote use of paper bags over the use of non-biodegradable plastic bags among the present generation of people who are unaware of its benefits.
  - b. **Technical Description:** Paper bag Distribution program was organized by NSS on 12<sup>th</sup> July 2022. The students, NSS Volunteers participated in this event and contributed by making over 300 paper bags. These paper bags were then distributed among different vendors in the locality to promote the use of paper bags rather than plastic bags. We also asked the vendors to use those paper bags for their customers.
  - c. **Outcomes:** Paper bag distribution among the vendors will promote use of paper bags and spread awareness of its benefits.



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**8. Activity / Event Geo tagged Photograph:**



NSS FCRIIT volunteers disturbing paper bags

Rahul Jadhav  
NSS Program Officer

**Staff coordinator**



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### Brief Activity/Event Report

1. **Name of the Activity/Event** : Seed Ball Making
2. **Event Venue & Date** : FOYER , 21<sup>th</sup> JULY 2022
3. **Nature of Participants** : NSS FCRIT volunteers and teachers
4. **Number of Participants** :40
5. **Student Coordinator** : Vasundhara Nimbalkar
6. **Staff Coordinator** : Prof. Rahul Jhadhav
7. **Brochure** :



### 8. Brief Summary of the Activity/Event (in maximum 500 words):

- a. **Objectives:** The 'Seed Balls Making' activity was by the NSS students of FCRIT as an initiative towards greening the environment. The increasing population is creating pressure on resources, which has resulted in many environmental problems. The forest cover is depleting and the green element of the environment is deteriorating day by day. The aim of this activity was to make the student community as well as public aware about the environment. The objectives of this activity were to involve students in preparing Seed Balls and distribute them among the students, teaching and non-teaching staff and NSS volunteers and to create awareness about a better environment



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among the public, in an innovative manner.

- b. **Technical Description:** On 21th July 2022, NSS Volunteer and father agnel students, made 250+ Seed Balls of different vegetable seeds. The Seed Balls were made by mixing soil, compost and vegetable seeds. The students were instructed by the concerned teachers about the procedure of making the Seed Balls. After making the seed balls, they were kept to dry for 24hours. NSS volunteers distributed the seed to the local people and planted them on different locations.
- c. **Outcomes:** The Students who participated in this event had delivered a message about the need of environmental changes in our society.

### 9. Activity/Event geo tagged photograph:



NSS FCRIT volunteers enjoys after seedball workshop



Guest giving instruction regarding workshop

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



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### Brief Activity/Event Report

1. **Name of the Activity/Event** : NSS Plantation drive
2. **Activity/Event Venue & Date** : 30<sup>th</sup> July, 2022
3. **Nature of Participants** : NSS Volunteers, Students, Forest officers
4. **Number of Participants** : 42
5. **Student Coordinator** : Mr. Pratik Shrivastav
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 students to grow more and more plants as much as possible to contribute towards the environment.
  - b. **Technical Description:** The NSS Plantation drive was organized by NSS unit on 30<sup>th</sup> July 2022. The students, NSS Volunteers participated in this event. The event was held to spread awareness about importance of plants in our regular life and how we can contribute towards the environment by planting more and more plants, many student had shown their active participation in this program. In this event students have planted 60+ plants in the outskirts of Panvel city.
  - c. **Outcomes:** The Student who had participated in this plantation drive got to know the importance of plants in human life, and also got to know how difficult it is to grow a plant as compared to breaking one.



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**8. Activity / Event Photograph :**



NSS FCRIT volunteers actively participated in tree plantation





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NSS FCRIT volunteers celebrate after tree plantation drive

Rahul Jadhav

NSS Program Officer

**Staff Coordinator**



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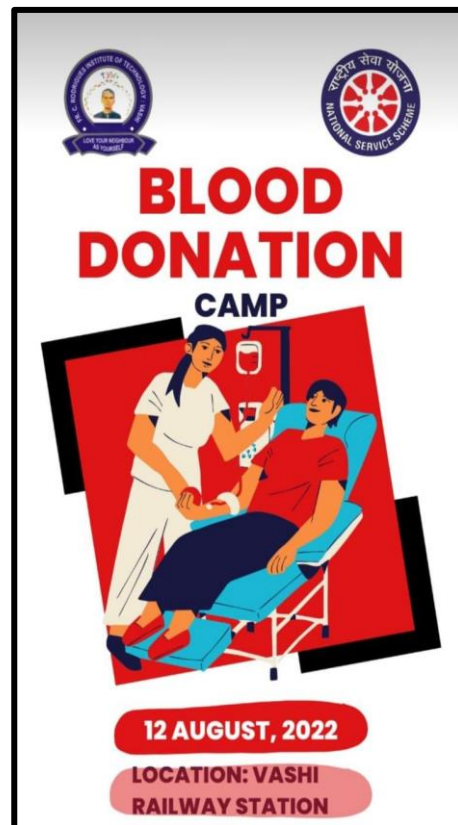
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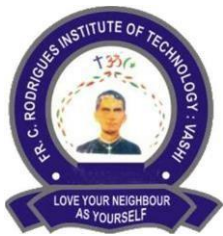
### Brief Activity/Event Report

1. **Name of the Activity/Event** : Blood donation
2. **Activity/Event Venue & Date** : Vashi Railway Station on 12<sup>th</sup> August 2022
3. **Nature of Participants** : NSS FCRIIT volunteers
4. **Number of Beneficiaries** : 126
5. **Number of Participants** : 34
6. **Student Coordinator** : Pratik Shrivastav
7. **Staff Coordinator** : Mr. Rahul Jadhav
8. **Brochure** :



9. **Brief Summary of the Activity/Event (in maximum 500 words):**

- a. **Objectives:** To organize a Blood donations camp on the occasion of Azadi ka Amrit Mahotsav and make people aware about this noble cause and provide blood to cancer patients.



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- b. Technical Description:** The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a blood donation camp 12<sup>th</sup> August 2022 on the occasion of Azadi ka Amrit Mahotsav. The event was organized on Vashi railway station. A poster and promotional message were circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done on 11<sup>th</sup> August. The blood camp was from 9 am to 5 pm. A total of 126 donations were collected from people. Each donor was awarded with a certificate as an appreciation. 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:** To celebrate Azadi ka Amrit Mahotsav, blood donation camp was held which was a success with 126 donations.

### 10. Activity / Event Photograph :



NSS FCRIT volunteers donating blood to save life



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### 11. Sample Certificate:

**PARMARTH SEVA SAMITI®**  
3rd Floor, Sobo Central, Madan Mohan Malviya Road, Near Haji Ali, Tardeo, Mumbai - 400 0034.


**TRUST BOARD**

|                         |                      |                      |                 |                |                  |
|-------------------------|----------------------|----------------------|-----------------|----------------|------------------|
| Laxminarayan Biyani     | Satyanarayan Agarwal | Bishwanath Bharatiya |                 |                |                  |
| Dr. Gopal Biyani (Hon.) | Ramvilas Hurkat      | B. R. Bhattad        | Ravie Lalpurria | Nandlal Goenka |                  |
| Nisha Jain              | Manmohan Goenka      | Vijay Khetan         | Rajesh Nuwal    | Dinesh Nuwal   | Ramprakash Bubna |

**DONATE BLOOD - SAVE LIFE, BE A STAR**  
**Certificate of Appreciation**

Awarded to Student SHRIVASTAV PRATIK PRASHANT  
for his / her active  
Participation in Blood Collection Camp.  
At VASHI STATION On 12/08/2022

Awards this Certificate of Appreciation  
for service towards Humanity



|                                        |                                     |                                     |                                         |                                       |
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| <b>LAXMINARAYAN BIYANI</b><br>Chairman | <b>MANMOHAN GOENKA</b><br>President | <b>RAVIE LALPURRIA</b><br>Secretary | <b>Dr. GOPAL BIYANI</b><br>Co-ordinator | <b>Dr. UTTAM JAIN</b><br>Co-ordinator |
|----------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------------|---------------------------------------|



Rahul Jadhav  
NSS Program Officer

Staff coordinator



# Fr. C. Rodrigues Institute of Technology

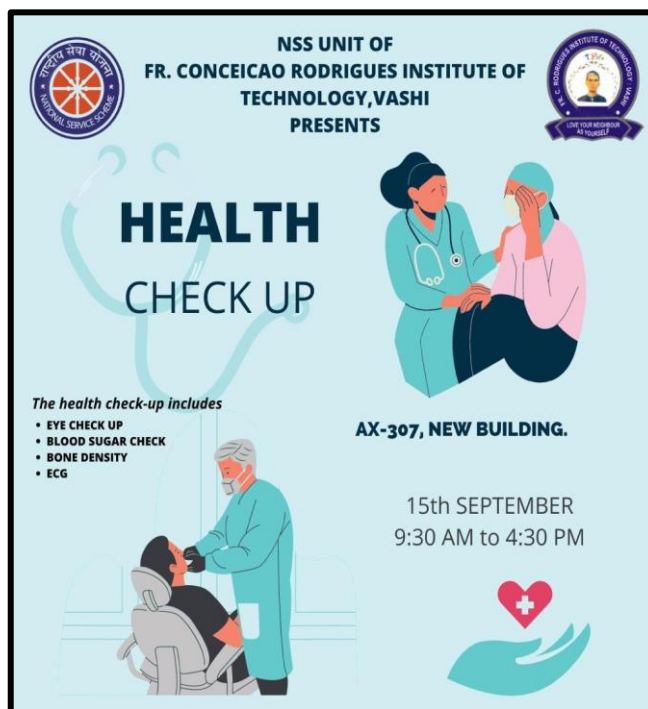
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### Brief Activity/Event Report

1. **Name of the Activity/Event** : Health Check-up
2. **Event Venue & Date** : Offline meet on 15<sup>th</sup> September 2022
3. **Nature of Participants** : students and staff ,housekeeping, teaching staff
4. **Number of Participants** : 220 participants
5. **Student Coordinator** : Vasundhara Nimbalkar and Pratik Shrivastav
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brochure** :



### 8. Brief Summary of the Activity/Event (in maximum 500 words):

- a. **Objectives:** To conduct a Health Check-up which included eye check-up, blood sugar test, bone density test and ECG. The aim was to understand the importance of eyes, blood sugar, bones and heart rate.
  - Eye check-up: -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.
  - Blood Sugar Test: - Blood sugar testing provides useful information for diabetes management. If someone has diabetes, self-testing their blood



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sugar (blood glucose) can be an important tool in managing their diabetes and preventing complications.

- Bone density test: - Bone density tests measure how strong the bones are. Health care providers use these tests to both screen for and diagnose osteoporosis. The tests are important, because they can alert you to problems with your bones before you have a fracture.
- ECG: - it helps to help diagnose and monitor conditions affecting the heart.

- b. Technical Description:** The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a one-day Health Check-up. The event was held offline on September 15, 2022. The event was in collaboration with Fortis Hospital, Vashi. 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 only one day, on 15<sup>th</sup> September, 2022. The Health Check-up was attended by 220 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. Students, Faculty Members as well as the college staff members were benefitted by this event. The team who organized this event are eagerly lending their efforts for the next event to make it a success.

- c. Outcomes:** The “Health Check-up” was a successful event.
- d. Summary of Feedback:** All the participants were benefitted from the workshop and want more such events in future.



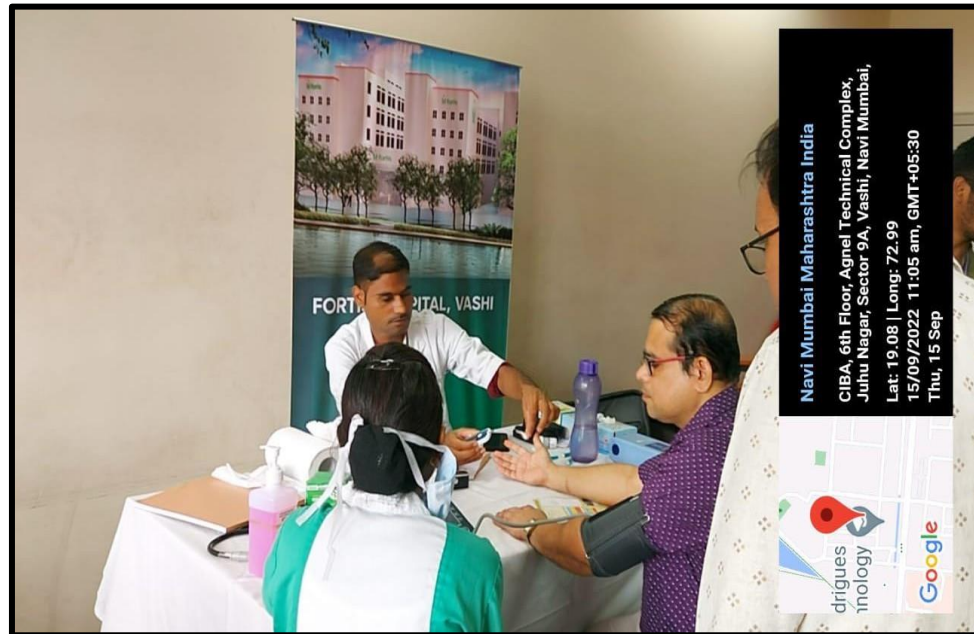
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### 9. Activity / Event Photograph :



Faculty of FCRIT participate in health check-up camp

Rahul Jadhav

NSS Program Officer

Staff Coordinator



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### Brief Activity/Event Report

1. **Name of the Activity/Event** : Street play on Gender Equality
2. **Activity/Event Venue & Date** :Fr. C. Rodrigues Institute of Technology, Vashi,  
23/09/22
3. **Nature of Participants** : NSS FCRIT volunteers
4. **Number of Participants** : 10 participants
5. **Student Coordinator** : Hishali Rana
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity/Event** :
  - a. **Objectives:** To organize a Street play on gender equality on the occasion of Azadi ka Amrit Mahotsav and make people aware about this and give equal rights to all gender.
  - b. **Technical Description:** The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a street play on gender equality on 23<sup>th</sup> September 2022 on the occasion of Azadi ka Amrit Mahotsav. The event was organized at FCRIT degree foyer at 1:15 pm. At each point of the event, members from our club were always present by sharing their contact number and providing their assistance 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:** To celebrate Azadi ka Amrit Mahotsav, Street play on gender equality was held which was a success.





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### 8. Activity / Event Photograph :



**Students performing drama act on gender equality**

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



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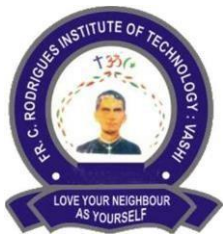


### Brief Activity/Event Report

1. **Name of the Activity/Event** : Presentation on “Recruitment in Indian Armed Forces”
2. **Activity/Event Venue & Date** : Offline meet on 10<sup>th</sup> & 11<sup>th</sup> October, 2022
3. **Nature of Participants** : Students of Fr. Agnel School
4. **Number of Participants** : 220 (9-12<sup>th</sup> grade students)
5. **Student Coordinator** : Soham Negi
6. **Staff Coordinator** : Mr. Rahul Jadhav

#### 7. Brief Summary of the Activity/Event :

- a. **Objectives:** To conduct Presentation on “Recruitment in Indian Armed Forces” with the aim to understand the importance of Indian Armed Forces as they are the most important part of the country. Despite this, becoming a part of it is often ignored, resulting in many people losing their respect.
- b. **Technical Description:** The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a two-day Presentation on “Recruitment in Indian Armed Forces”. The event was held offline on 10<sup>th</sup> & 11<sup>th</sup> October, 2022. The event was in collaboration with FR. Agnel School. The event was attended for 9-12<sup>th</sup> grade, including staff and students. At each point of the event, members from our club were always present by sharing their personal experiences with the students 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 Presentation on “Recruitment in Indian Armed Forces” was a successful event.
- d. **Summary of Feedback:** All the participants were benefitted from the workshop and want more such events in future.



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### 8. Activity / Event Photograph :



Volunteers giving seminar on Armed forces



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**Agnel school students attending seminars**

Rahul Jadhav

NSS Program Officer

**Staff Coordinator**



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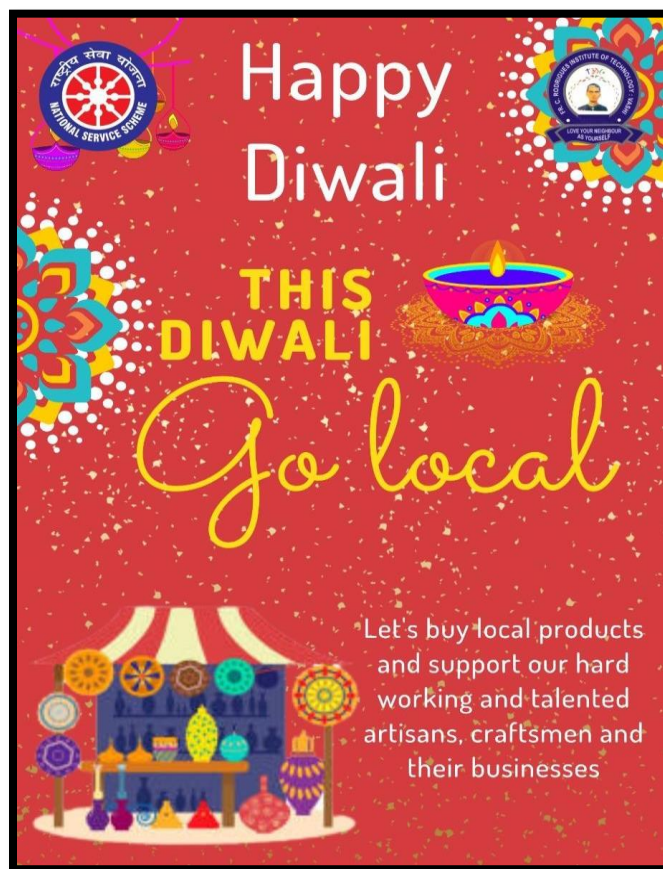
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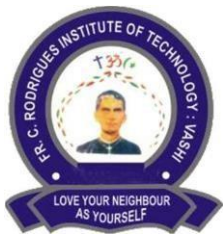
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### Brief Activity/Event Report

1. Name of the Activity/Event : Go Local promotion
2. Activity/Event Venue & Date : Online
3. Nature of Participants : NSS FCRIT volunteers
4. Number of Participants :14
5. Student Coordinator : Vithi Kulkarni and Tejashree Bhangale
6. Staff Coordinator: : Mr. Rahul Jadhav
7. Brochure :





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### 8. Brief Summary of the Activity/Event (in maximum 500 words):

- a. **Objectives:** Our objective for this Diwali was to buy products from the local vendors and shopkeepers to support and boost them. The Diwali season always witnesses a huge influx of campaigns to draw audience attention in varied ways. With this event, we wanted to highlight an emotional reason that can create a positive and tangible impact in people's life. The idea about how small acts of kindness can create an impact on someone's life. We hope this movement can make a difference and people go and buy from street vendors, this Diwali.”
- b. **Technical Description:** Our volunteers have made poster to spread awareness conveying the message #VocalForLocal on you Instagram handle. We have posted and made reels on our feed to promote and support the local hawkers and uplift their voices to buy from local in cheap and reasonable price.
- c. **Outcomes:** The objective of the event was satisfied. It was an interesting event which spreads awareness and supports the local vendors and handicrafts.
- d. **Summary of Feedback** : All the locals hawkers where benefited through this events and will plan to have more such events in future ,to support and boost our local handicrafts and encourage #MadeInIndia .



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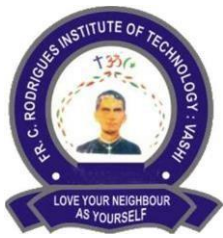
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### 9. Activity / Event Geo tagged Photograph :



Volunteers visiting local vendors



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Volunteers buying products from local vendors

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**





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### Brief Activity/Event Report

1. **Name of the Activity/Event** : Diya decoration
2. **Activity/Event Venue & Date** : Physical Event, 22<sup>nd</sup> October, 2022
3. **Nature of Participants** : ashram children ,NSS Volunteers
4. **Number of Participants** : 54
5. **Student Coordinator** : Atharva Suryavanshi, Rajit Shetty
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity:**

a. **Objective:** The main objective of this event was to celebrate beginning of Diwali festival with the children of Kamal Arnav Orphanage.

b. **Technical Description** :

On the occasion of Diwali, the NSS Unit of FCRIT approached the Kamal Arnav orphanage, to propose celebrating Diwali with the children of the orphanage. The volunteers then brought diyas and paints and helped the children to paint these diyas. After the event the diyas were donated to the orphanage itself. The students of NSS taking part in this event worked collaboratively to gather all the materials required for the event. All the children were gifted with new books and stationery for their educational requirements towards the end.

c. **Outcomes:** The students who participated in this event worked proactively to make this event fun for the children.



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### 8. Activity Photograph:



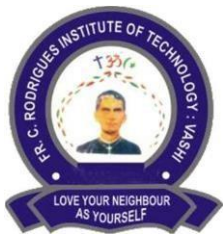
Diya decoration



Diya decoration activity

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



# Fr. C. Rodrigues Institute of Technology

## NSS UNIT

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

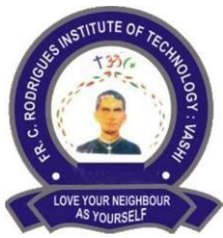
Telephone: 022-2777 1000, 2766 1924, 2766 0618. Fax: 2766 0619

Website: [www.fcrit.ac.in](http://www.fcrit.ac.in)



### Brief Activity/Event Report

1. **Name of the Activity/Event** : Beach Clean-up drive
2. **Activity/Event Venue & Date** : Girgaon Chawpatty , 13<sup>th</sup> November, 2022
3. **Nature of Participants** : NSS FCRIT Volunteers
4. **Number of Participants** : 49
5. **Student Coordinator** : Aditya Yempalle
6. **Staff Coordinator** : Mr. Rahul Jadhav
7. **Brief Summary of the Activity:**
  - a. **Objective:** The main objective of this event was to spread awareness about cleanliness and to encourage students take part in such clean-up drives.
  - b. **Technical Description:** The Beach clean-up drive was organized on 13<sup>th</sup> November, 2022 by Change Is Us NGO, which was attended by most of NSS Volunteers of FCRIT, to help the members of this organization to clean beaches. Initially volunteers divided in a group of 10 members each and were guided by their respective guides and were provided with gloves and carry bags to put the waste collected by each group. All the collected by the NSS volunteers were then taken by garbage collection people. All the Volunteers after working very hard were provided with some refreshments so as to relax.
  - c. **Outcomes:** The students who participated in this event worked proactively to make this event a success and cleaned the beach as much as possible.



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## NSS UNIT

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Website: [www.fcrit.ac.in](http://www.fcrit.ac.in)



### 8. Activity Photograph:



Group photo of the volunteers

Rahul Jadhav

NSS Program Officer

Staff Coordinator



# Fr. C. Rodrigues Institute of Technology

## NSS UNIT

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

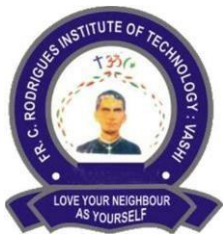
Telephone: 022-2777 1000, 2766 1924, 2766 0618. Fax: 2766 0619

Website: [www.fcrit.ac.in](http://www.fcrit.ac.in)



### Brief Activity/Event Report

1. **Name of the Activity/Event** : Donate for little ones
2. **Activity/Event Venue & Date** : Kamal Arnav Orphanage of Panvel, 14th Nov 2022
3. **Nature of Participants** : Ashram children ,Students and staff of FCRIT vashi
4. **Number of Participants** :37
5. **Student Coordinator** :Karishma Rajput
6. **Staff Coordinator** :Mr Rahul Jadhav
7. **Brief Summary of the Activity/Event (in maximum 500 words):**
  - a. **Objectives:** On the eve of Children's Day, NSS Unit of FCRIT Vashi has taken the initiative to donate a few useful belongings to orphanage children.
  - b. **Technical Description:** A week long donation drives on the occasion of children's day, where interested students can donate their old/new toys/story books/ study material or anything of use. Donation collected was given to the children's of Kamal Arnav Orphanage on children's day.
  - c. **Outcomes:** The event was successfully conducted and the orphan kids were quite happy to receive the useful goods.



# Fr. C. Rodrigues Institute of Technology

## NSS UNIT

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

Telephone: 022-2777 1000, 2766 1924, 2766 0618. Fax: 2766 0619

Website: [www.fcrit.ac.in](http://www.fcrit.ac.in)



### 8. Activity / Event Geo tagged Photograph :



Donating useful belongings to children

Rahul Jadhav

NSS Program Officer

**Staff Coordinator**



Agnel Charities'

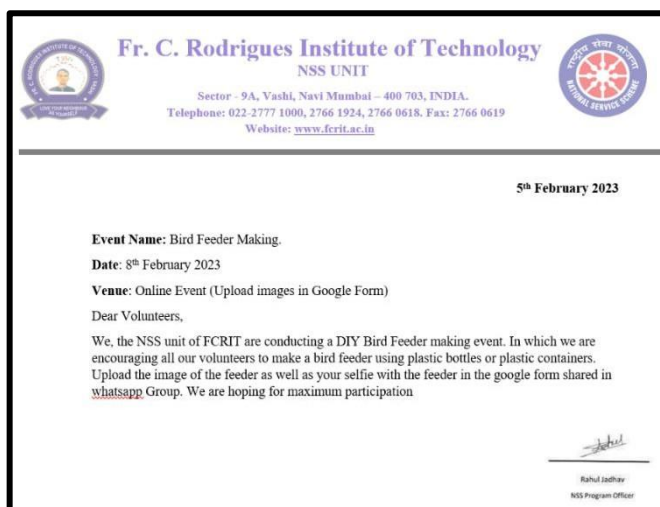
Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

## Report for Outreach Program

Name of the Institute level Committee: NSS

1. Name of the Event : DIY Bird Feeder Making.
2. Venue & Date : Homes of Participants (8<sup>th</sup> February, 2023)
3. Number of Student Volunteers : 10
4. Student Coordinator : Anvisha Pathak
5. Staff Coordinator : Mr. Rahul Jadhav
6. Brochure



*Notice Letter*

7. Brief Summary of the Event :
  - a. **Objectives:** To make Bird feeders out of most household products or found objects with a little creativity. Common waste like bottles, saucers, coffee mugs, egg trays etc. can be upcycled to make these feeders and hence reduce waste generation.
  - b. **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.



Agnel Charities'

Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

d. Attendance of Student Volunteers:

Date : 8th February 2023  
No. of Volunteers : 10  
Event : DIY Bind Feeders Making.

| Sr. No | Name              | Branch /sem |
|--------|-------------------|-------------|
| 1      | Arvisha Patil     | IT /6       |
| 2      | Pratik Shrivastav | Comp /6     |
| 3      | Krishna Pawale    | Extc /6     |
| 4      | Rishika Kumar     | IT /6       |
| 5      | Rohit Patil       | Comp /4     |
| 6      | Akanksha Yadav    | Mech /6     |
| 7      | Adesh Abhang      | IT /6       |
| 8      | Adarsh Jadhav     | IT /6       |
| 9      | T A Akash Raj     | Comp /6     |
| 10     | Nidhi Shrivastav  | Comp /6     |

*Arvisha*  
Arvisha  
Student lead

Student Volunteer Attendance

- e. **Impact Analysis:** The activity promoted environmental consciousness, recycling, and fostered a sense of responsibility, contributing to sustainable practices within NSS FCRIT.



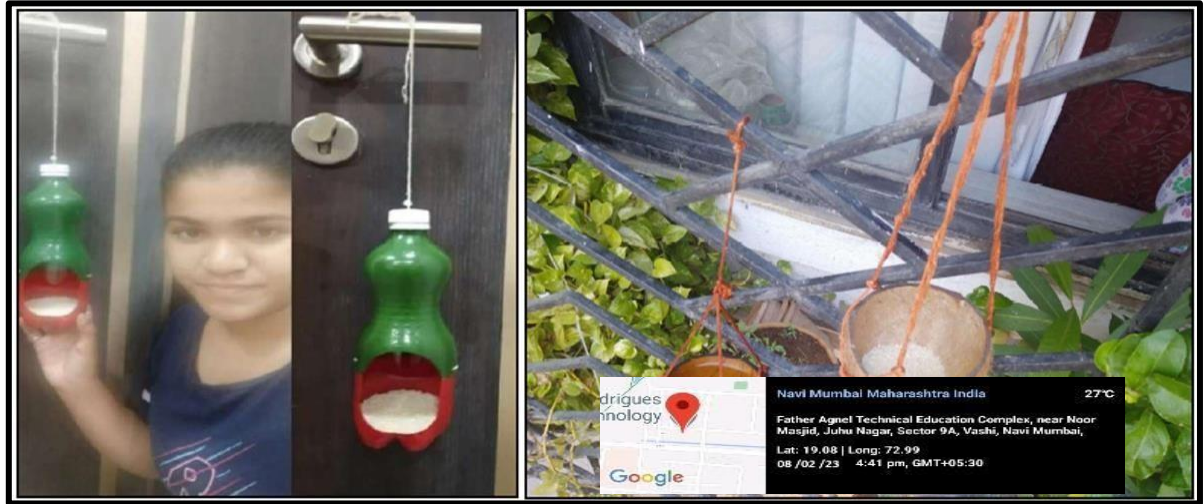


Agnel Charities'

Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

**8. Event geo tagged Photograph:**



DIY bird feeder made by the participants

Rahul Jadhav

NSS Program Officer

**Staff Coordinator**



*Agnel Charities'*

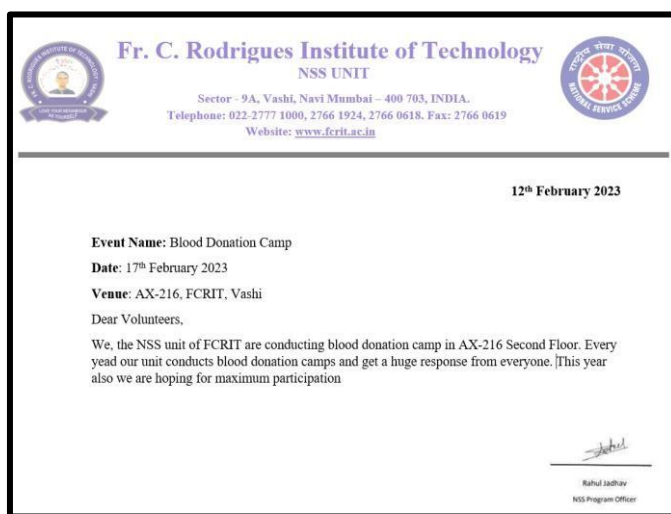
**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

## **Report for Outreach Program**

**Name of the Institute level Committee: NSS**

1. **Name of the Event** :Blood Donation Camp
2. **Venue & Date** :FCRIT Vashi, Mumbai, 17/03/2023
3. **Number of Student Volunteers** :30
4. **Student Coordinator** :Ms. Harshada
5. **Staff Coordinator** :Mr. Rahul Jadhav
6. **Collaborating Agency** :MGM Hospital, Vashi
7. **Brochure**



: *Notice Letter*

8. **Brief Summary of the Event** :

- a. **Objectives:** The NSS unit of Fr. C. Rodrigues Institute Of Technology organized a blood donation camp in Fr. Conceicao Rodrigues Institute of Technology (FCRIT), Vashi. The camp was conducted in collaboration with MGM Hospital, Vashi. The main objective of this camp was to encourage voluntary blood donation among students, faculty, and staff members of FCRIT, as well as the local community.
- b. **Description:** The blood donation camp started at 9:00 AM and continued till 4:00 PM. The camp was set up in the college auditorium, where all the necessary arrangements were made, including beds, medical equipment, and refreshments for the donors. The MGM Hospital doctors and nurses, along with the FCRIT staff, were present to ensure the smooth running of the camp.  
The donors were required to fill out a health questionnaire before donating blood. The questionnaire included questions about their medical history, recent travel, and current



**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

health status. After filling out the form, the donors went through a preliminary medical examination to check their blood pressure, pulse rate, and hemoglobin levels. If the donor passed the initial examination, they were taken to the blood donation area where a pint of blood was collected.

**c. Outcomes:** A total of 153 people donated blood during the camp. The donors included students, faculty, and staff members of FCRIT, as well as local residents. The camp was successful in achieving its objectives of promoting voluntary blood donation and raising awareness about the importance of donating blood. The blood collected during the camp will be used for transfusions in MGM Hospital and other hospitals in the region.

**d. Attendance of Student Volunteers:**

Date: 17, March, 2023  
 No. of Volunteers: 30  
 Event: Blood Donation Camp

| Sr. No. | Name                | Branch/sem |
|---------|---------------------|------------|
| 1       | Hanshada            | Extc /8    |
| 2       | Pratik Shrivastav   | Comp/6     |
| 3       | Nidhi Shrivastav    | Comp/6     |
| 4       | Ashish Jadhav       | IT/6       |
| 5       | Tesol Anavekar      | IT/6       |
| 6       | Lavanya Kundan      | Comp/6     |
| 7       | Pratik Shinde       | Comp/6     |
| 8       | Shashwat Reshme     | Comp/8     |
| 9       | Vaundhara Nimalkar  | Comp/6     |
| 10      | Tammaray Kachare    | IT/4       |
| 11      | Aditya Bhatnagar    | IT/4       |
| 12      | T. R. Akash Raj     | Comp/6     |
| 13      | Palak Wadhwa        | Comp/6     |
| 14      | Malavika Bheeth     | Extc/6     |
| 15      | Kaishna Sawale      | Extc/6     |
| 16      | Rishika Kumar       | IT/6       |
| 17      | Tanishka Donar      | Comp/4     |
| 18      | Rohit Patil         | Comp/4     |
| 19      | Rohit Kumbhar       | Mech/4     |
| 20      | Kavina Pagare       | Mech/4     |
| 21      | Tejashree Bhangale  | Comp/4     |
| 22      | Namrata Ghatge      | Comp/6     |
| 23      | Ujjal Rajna         | Comp/6     |
| 24      | Disha Kaw           | Comp/6     |
| 25      | Brett Pinto         | Extc/6     |
| 26      | Alex Mathew         | Comp/6     |
| 27      | Shubham Rawat       | Comp/6     |
| 28      | Rajit Shetty        | Comp/6     |
| 29      | Atharva Suryavanshi | Comp/6     |
| 30      | Ashyan Rastogi      | Comp/6     |

Hanshada  
Student lead

*Student Volunteer Attendance*

**e. Impact Analysis:** The blood donation camp saved lives, raised awareness on the importance of donating blood, and demonstrated community solidarity within NSS FCRIT.



Agnel Charities'

Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

9. Activity Geo tagged Photograph:



BLOOD DONATION DRIVE

Rahul Jadhav

NSS Program Officer

Staff Coordinator



Agnel Charities'

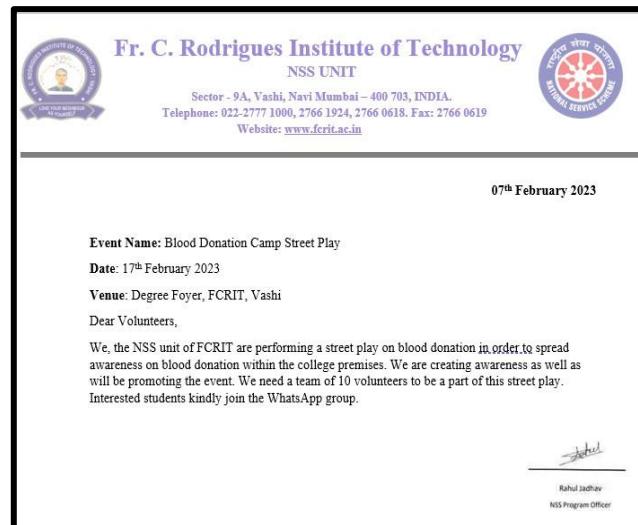
Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

## Report for Outreach Program

Name of the Institute level Committee: NSS

1. Name of the Event : Blood donation street play
2. Venue & Date : FCRIT foyer 17th March 2023
3. Number of Volunteers :10
4. Student Coordinator : Nidhi Shrivastav
5. Staff Coordinator : Mr. Rahul Jadhav
6. Brochure



### Notice Letter

7. Brief Summary of Even Event :
  - a. **Objective:** The objective of a blood donation street play is to raise awareness about the importance of donating blood and to encourage more people to become blood donors. The street play aims to educate the public about the need for blood donations, the impact that donations can have on saving lives, and the ease and safety of the donation process.
  - b. **Technical Description:** The NSS Volunteers organized a street play on blood donation to instill the awareness of blood donation among people and to motivate them to donate blood. The volunteers practiced a 3 minute street play and performed it in the FCRIT foyer where they attracted the crowd with innovative slogans related to blood donation.
  - c. **Outcomes:** The audience was educated and made aware about the importance of blood donation.



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Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

**d. Attendance of Students Volunteers:**

Date: 17<sup>th</sup> March 2023  
No. of Volunteers : 10  
Event : Blood Donation & street play.

| Sr. No | Name            | Branch/Sem |
|--------|-----------------|------------|
| 1      | Sujal Raina     | IT/6       |
| 2      | Lealey Miranda  | IT/4       |
| 3      | Chinmay Desai   | Mech/8     |
| 4      | Ahlok Jakobia   | Comp/6     |
| 5      | Aaketh Reddy    | Comp/4     |
| 6      | Aadarsh Jadhav  | IT/6       |
| 7      | Vaibhav Totewar | Extc/6     |
| 8      | Krishna Sawale  | Extc/6     |
| 9      | Malavika Pooeth | Extc/6     |
| 10     | Tejal Anavekar  | IT/6       |

*[Signature]*  
Nidhi Shrivastava  
Student Lead

*Student Volunteer Attendance*

**e. Impact Analysis:** The street play heightened awareness, encouraged voluntary blood donation, and fostered community engagement, exhibiting social responsibility within NSS FCRIT.



Agnel Charities'

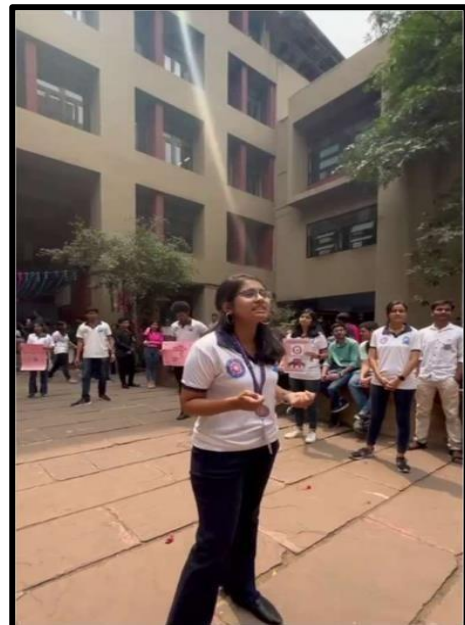
Fr. C. Rodrigues Institute of Technology,

Vashi, Navi-Mumbai

### 8. Event geo tagged Photograph



NSS volunteers trying to gather crowd



NSS volunteers giving a street play about importance of blood donation

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



*Agnel Charities'*


**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

**Report for Outreach Program**


**Name of the Institute level Committee: NSS**

1. **Name of the Event** :Awareness about Cancer Prevention Program.
2. **Venue & Date** :ATREC, Kharghar (4<sup>th</sup> February, 2023)
3. **Number of Student Volunteers** :10
4. **Student Coordinator** :Pratik Shrivastav
5. **Collaborating Agency** :ATREC , Kharghar
6. **Brochure**



**Fr. C. Rodrigues Institute of Technology**  
NSS UNIT

Sector - 9A, Vashi, Navi Mumbai - 400 703, INDIA.  
Telephone: 022-2777 1000, 2766 1924, 2766 0618. Fax: 2766 0619  
Website: [www.frfit.ac.in](http://www.frfit.ac.in)




---

2<sup>nd</sup> February 2023

**Event Name:** Awareness about Cancer Prevention Program.  
**Date:** 4<sup>th</sup> February 2023  
**Venue:** ATREC, Kharghar

Dear Volunteers,

We, the NSS unit of FCRIIT are invited to be a part of a special program for cancer patients organized by ATREC, Kharghar to raise awareness about cancer and its prevention among children. We need a team of 10 volunteers for this event. Send your names on the whatsapp group.]

  
Rahul Jadhav  
NSS Program Officer

*Notice Letter*





**7. Brief Summary of the Event :**

- a. Objectives:** The Cancer Day Event for Children was organized by ATREC Kharghar on 4th February 2023, with the objective of raising awareness about cancer and its prevention among children. The event was centered around children playing Antakshri, and the children who participated were cancer patients belonging to ATREC. The objective was to provide a platform for these children to showcase their talents, engage in a fun and interactive activity, and raise awareness about cancer.
- b. Description:** The event started with a welcome speech by the organizers, followed by the Antakshri competition. The children were divided into teams, and each team had to sing a song. The competition was unique. Each team had a mix of parents, children, and a NSS volunteer. The children showed great enthusiasm during the competition, and the audience cheered them on. The parents also actively participated in the competition, making it a fun and interactive activity for the whole family. They sang their hearts out, and their performances were inspiring and heart-warming. The audience was moved by their courage and determination.
- c. Outcomes:** The Cancer Day Event for Children at ATREC Kharghar was a great success, achieving its objective of raising awareness about cancer and its prevention among children. The event provided a unique platform for children to engage in a fun and interactive activity. The participation of parents and children made it a memorable experience for the whole family.

The event also provided a platform for cancer patients belonging to ATREC to showcase their talents inspiring the audience with their courage and determination. The Cancer Day Event for Children at ATREC Kharghar was a unique and memorable event that achieved its objective of raising awareness about cancer and its prevention among children. The event provided a fun and interactive platform for children to engage in a musical competition while also learning about cancer prevention.



Agnel Charities'

**Fr. C. Rodrigues Institute of Technology,  
Vashi, Navi-Mumbai**

**d. Attendance of Student Volunteers:**

| Date : 4 <sup>th</sup> February, 2023                 |                     |              |
|-------------------------------------------------------|---------------------|--------------|
| No. of Volunteers : 10                                |                     |              |
| Event : Awareness about Cancer Prevention Day Program |                     |              |
| Sr. No                                                | Name                | Branch / Sem |
| 1                                                     | Priyank Bhaswastav  | Comp/6       |
| 2                                                     | Vasudhara Nimbalkar | Comp/6       |
| 3                                                     | T R Akash Raj       | Comp/6       |
| 4                                                     | Halkanksha Yadev    | Mech/6       |
| 5                                                     | Tejaswari Bhargale  | Comp/4       |
| 6                                                     | Kanuna Pagare       | Mech/4       |
| 7                                                     | Tejal Anavekar      | IT/6         |
| 8                                                     | Disha Kaw           | Comp/6       |
| 9                                                     | Melavika Bheeth     | Extc/6       |
| 10                                                    | Kaishita Pawale     | Extc/6       |

*Priyank Bhaswastav*  
Student lead

*Student Volunteer Attendance*

- e. Impact Analysis:** The Cancer Prevention Day sensitized children, fostering healthy habits, and instilling awareness about preventive measures, thus creating a foundation for a healthier generation within NSS FCRIT.

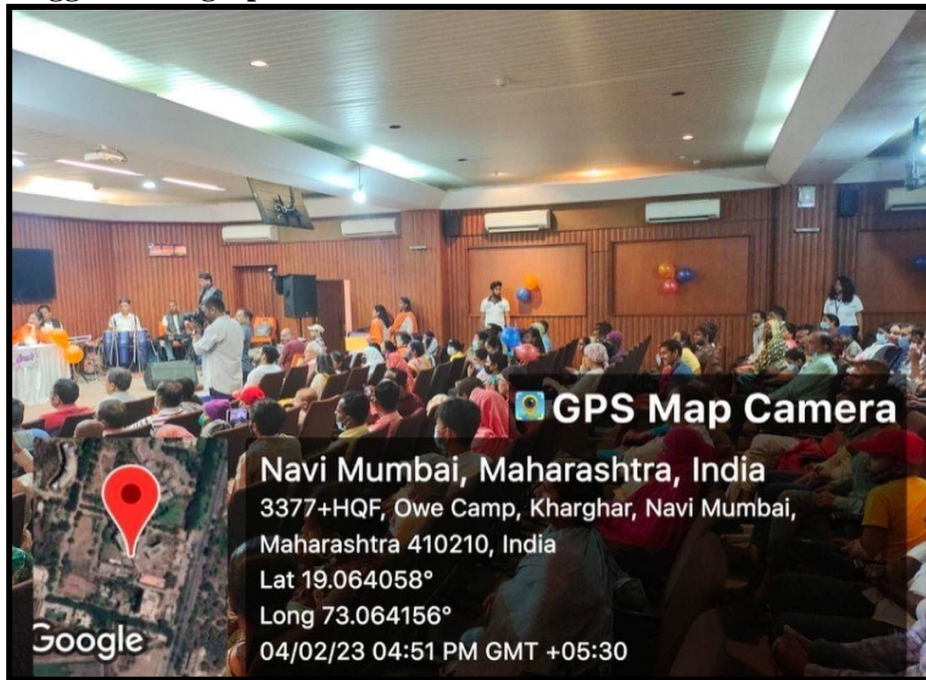


*Agnel Charities'*

**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

**8. Event Geo tagged Photograph:**



ATREC cancer patients and NSS volunteers attending the Cancer Day program

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



*Agnel Charities'*

**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

## **Event Report**

**Name of the Institute level Committee: NSS**

1. **Name of the Event** :Fire Workshop
2. **Venue & Date** :FCRIT Vashi, Navi Mumbai, 18th March 2023
3. **Nature of Participants** :Youth NSS FCRIT Volunteers
4. **Number of Student Volunteers** :18
5. **Student Coordinator** :Mr. Aakash Raj
6. **Staff Coordinator** :Mr. Rahul Jadhav
7. **Collaborating Agency** :Fire Department of Vashi
8. **Brochure**

"Attention all members! Are you prepared in the event of a fire? Do you know how to prevent a fire from happening in the first place? Join us for our upcoming fire safety workshop, where we will be covering everything you need to know to keep yourself and your loved ones safe.

Our expert instructors will guide you through practical and hands-on demonstrations of fire safety techniques, including how to properly use a fire extinguisher and how to safely evacuate a building in the event of a fire. You'll also learn about the different types of fires and how to prevent them from starting in the first place.

Don't miss this opportunity to gain valuable fire safety knowledge and skills. Sign up for our workshop today and be better prepared in the event of an emergency. We look forward to seeing you there!"

**NOTE-**

- It is conducted by NMMC Fire Station 🚒
- It is Free of cost. **FREE**
- It's Open to All.

🕒 **TIME : 10:00AM - 11:00Am**

📅 **DATE: 18/03/2023**

📍 **VENUE: Degree Foyer, Fcrit, Vashi**

*Whatsapp Message*

### **9. Brief Summary of the Event :**

- a. **Objectives:** The NSS unit of Fr. C. Rodrigues Institute Of Technology conducted a 'Fire Workshop' event on 18<sup>th</sup> Mar 2023. The ultimate goal of a fire workshop is to increase awareness and preparedness among participants, so that they can take appropriate action in case of a fire emergency. This can help to minimize property damage, injuries, and loss of life. Additionally, a fire workshop may be



Agnel Charities'


## Fr. C. Rodrigues Institute of Technology,

### Vashi, Navi-Mumbai

mandatory in certain industries or workplaces to comply with local regulations and ensure the safety of employees and the public.

- b. Description:** This event was for all who were interested. There were a total of 55 participants actively participating who attended the workshop. The workshop was taken by the team of the Fire Department of Vashi. The use of fire extinguishers and other evacuation techniques were demonstrated and explained.
- c. Outcomes:** The participants were able to grasp something new about the fire safety measures they should follow during an evacuation process. An initiative to be aware about fire safety measures was conducted successfully.
- d. Attendance of Student Volunteers:**

| Sr. No | Name             | Branch/sem |
|--------|------------------|------------|
| 1      | T. H. Akash Raj  | Comp/6     |
| 2      | Kamraj Kachane   | IT/4       |
| 3      | Chinmay Desai    | Mech/8     |
| 4      | Vaibhav Totawan  | Extc/6     |
| 5      | Saumya Nakhale   | IT/6       |
| 6      | Disha Kaw        | Comp/6     |
| 7      | Sujal Rana       | IT/6       |
| 8      | Malavika Preeti  | Extc/6     |
| 9      | Kaishna Sawale   | Extc/6     |
| 10     | Hudhut Shetkar   | Mech/6     |
| 11     | Tanishka Sunar   | Comp/4     |
| 12     | Rohit Patwar     | Comp/4     |
| 13     | Saketk Reddy     | Comp/4     |
| 14     | Alex Thasiran    | Comp/4     |
| 15     | Palak Wadhwa     | Comp/6     |
| 16     | Nidhi Shrivastav | Comp/6     |
| 17     | Kanuna Pagare    | Mech/4     |
| 18     | Rohit Kumbhar    | Mech/4     |

  
T. H. Akash Raj  
Student lead

Student Volunteer Attendance



*Agnel Charities'*

**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

- e. **Impact Analysis:** The Fire Workshop imparted crucial hands-on skills, cultivating a culture of safety awareness, and equipping participants with vital knowledge to prevent and manage fire hazards within FCRIT.

**10. Event Geo tagged Photograph:**



NSS FCRIT volunteers demonstrating a fire safety program

Rahul Jadhav

NSS Program Officer

**Staff Coordinator**



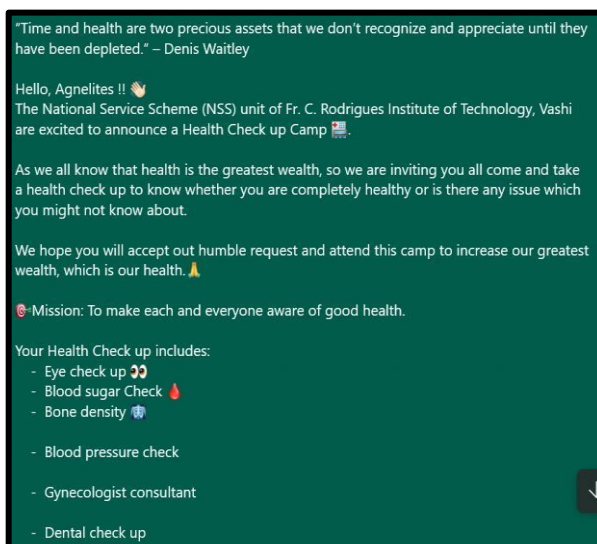
*Agnel Charities'*

**Fr. C. Rodrigues Institute of Technology,  
Vashi, Navi-Mumbai**

**Report for Outreach Program**

**Name of the Institute level Committee: NSS**

1. **Name of the Event** : Health Check-up camp.
2. **Venue & Date** : FCRIT Vashi, 16/03/2023.
3. **Number of Beneficiaries** : 203
4. **Number of Student Volunteers** :24
5. **Student Coordinator** : Ms. Vasundhara Nimbalkar.
6. **Staff Coordinator** : Mr. Rahul Jadhav & Mr. Shoaib Shaikh.
7. **Collaborating Agency** : MGM Hospital, Vashi.
8. **Brochure**



*WhatsApp message Invite*

**9. Brief Summary of the Event :**

- a. **Objectives:** To raise awareness about the importance of health and fitness in his/her life.
- b. **Description:** A health checkup camp is an organized event where individuals can voluntarily have a checkup for medical purposes. The camp is usually organized by a hospital or non-governmental organization (NGO) and is often held in a public place, such as a community center, school/college, or office building.
- c. **Outcomes:** Saving lives of patients before any major health issues. Increasing the awareness of the importance of health.



Agnel Charities'

**Fr. C. Rodrigues Institute of Technology,  
Vashi, Navi-Mumbai**

**d. Attendance of Participants:**

Date: 16<sup>th</sup> March 2023 No. of Volunteers : 24  
Event: Health check-up camp

| Sr.No. | Name                 | Branch/sem |
|--------|----------------------|------------|
| 1.     | Tajal Aravakar       | IT/6       |
| 2.     | Chimay Desai         | Mech/8     |
| 3.     | Aditi Philore        | IT/9       |
| 4.     | Vasundhara Nimbalkar | Comp/6     |
| 5.     | Tejaswini Bhargale   | Comp/5     |
| 6.     | Harsh Karberg        | Mech/5     |
| 7.     | Rohan Suryavanshi    | Comp/6     |
| 8.     | Tanmay Katiare       | IT/9       |
| 9.     | Pratik Shrivastav    | Comp/6     |
| 10.    | Nidhi Shrivastav     | Comp/6     |
| 11.    | T R Aakash Raj       | Comp/6     |
| 12.    | Disha Kasa           | Comp/6     |
| 13.    | Sujal Ranna          | IT/6       |
| 14.    | Lesly Miranda        | IT/9       |
| 15.    | Norven Alex          | IT/9       |
| 16.    | Alex Franon          | Comp/6     |
| 17.    | Sakshib Reddy        | Comp/6     |
| 18.    | Yash Chidambaram     | Comp/6     |
| 19.    | Aakash Akhand        | IT/6       |
| 20.    | Namrata Gokhad       | Comp/6     |
| 21.    | Patika Kumari        | IT/6       |
| 22.    | Pooja Timpathi       | IT/6       |
| 23.    | Sujit Timpathi       | IT/6       |
| 24.    | Shikha Thatkottu     | IT/6       |

*(Signature)*  
Vasundhara Nimbalkar  
(Student Secy)

*Student Volunteer Attendance*

**e. Impact Analysis:**

The health checkup was attended by all staff members, faculty, sweepers, students as well as normal public since the workshop was open to all. It was highly recognised and motivated for more such upcoming workshops.





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10. Activity Geo tagged Photograph:



Volunteers getting a health check-up

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



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**Vashi, Navi-Mumbai**

## **Report for Outreach Program**

**Name of the Institute level Committee: NSS**

1. **Name of the Event** : Airoli Mangrove Clean-up Drive.
2. **Venue & Date** : Coastal & Marine Biodiversity Center, Airoli  
29<sup>th</sup> January, 2023
3. **Number of Student Volunteers** : 24
4. **Student Coordinator** : Ms. Aditi Bhilare
5. **Staff Coordinator** : Mr. Rahul Jadhav
6. **Brochure** :



*Whatsapp Poster*

7. **Brief Summary of the Event** :
  - a. **Objectives:** The aim of this activity is to understand the mangrove clean-up importance and the biodiversity which gets affected due to it. Ecologically mangroves are important in maintaining and building the soil, as a reservoir in the tertiary assimilation of waste, and in the global cycle of carbon dioxide, nitrogen, and Sulphur. The uses of mangroves are many and varied, as a NSS volunteer we should be aware of our ecosystem and the factors that affect it.
  - b. **Description:** The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi participated in a one-day Mangrove Clean-up Drive. The event was held offline on January 29, 2023 at Airoli. The event was in collaboration with official partners- Mangrove Foundation and Aquaria and initiated by Beach Please organization. A registration form, poster, and promotional message were distributed to FCRIT's WhatsApp groups and posted on our official Instagram handle. The activity was open for all, the registration was mandatory. The safety measures were taken by the organizers by providing gumboots and hand gloves to all the volunteers. Firstly, they introduced themselves and gave the basic guidelines to be followed while clean-up. The clean-up session started around 11'o clock. The various kinds of plastic and other waste were collected, together around 25-30 bags of waste are collected by the NSS unit of FCRIT.



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- c. **Outcomes:** The mangrove clean-up drive successfully removed tons of debris and plastic waste, improving the ecosystem's health. Biodiversity increased, as native species returned to the area. Water quality and overall environmental conditions improved noticeably.
- d. **Attendance of the participants:**

Event Name - Mangrove Clean Up  
Date - 29th January 2023  
No. of Volunteers :

| S.No. | Name                | Branch / Sem. |
|-------|---------------------|---------------|
| 1.    | Ayush Shahu         | Comp Sem 6    |
| 2.    | Vaibhav Totawar     | Comp Sem 6    |
| 3.    | Aditi Bhillore      | Comp Sem 6    |
| 4.    | Alex Mathew         | IT Sem 4      |
| 5.    | Shlok Jakatia       | Comp Sem 6    |
| 6.    | Palak Wadhwa        | Comp Sem 6    |
| 7.    | Pratik Shivastav    | Comp Sem 6    |
| 8.    | Vitthi Kulkarni     | Comp Sem 6    |
| 9.    | Shreshth Lokate     | Comp Sem 6    |
| 10.   | Chetan D.           | Elec Sem 6    |
| 11.   | Kishal              | Elec Sem 6    |
| 12.   | Shreyash Gupta      | Mech Sem 6    |
| 13.   | Pooja Tirupathi     | IT Sem 6      |
| 14.   | Krishna Sawale      | Comp Sem 6    |
| 15.   | Nidhi Shivastav     | Comp Sem 6    |
| 16.   | Aaryan Rastogi      | Comp Sem 6    |
| 17.   | Atharva Suryavanchi | Comp Sem 6    |
| 18.   | Aditya Yampalle     | Comp Sem 6    |

|     |                 |            |
|-----|-----------------|------------|
| 19. | Pratik Shinde   | Comp Sem 6 |
| 20. | Rajit Shetty    | Comp Sem 6 |
| 21. | Mohit Rajput    | Elec Sem 4 |
| 22. | Tanmay Kashare  | IT Sem 4   |
| 23. | Avadhoot Shelar | Mech Sem 6 |
| 24. | Lesley Miranda  | IT Sem 4   |

Aditi  
Event Co-ordinator  
Aditi Bhillore

Attendance list of students



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**e. Impact Analysis:**

Students were highly enthusiastic while cleaning the mangroves and requested the team to carry out such cleanups more frequently if possible.

**8. Activity Geo tagged Photograph:**



Excited Volunteers Cleaning Mangroves

Rahul Jadhav

NSS Program Officer

Staff Coordinator



*Agnel Charities'*

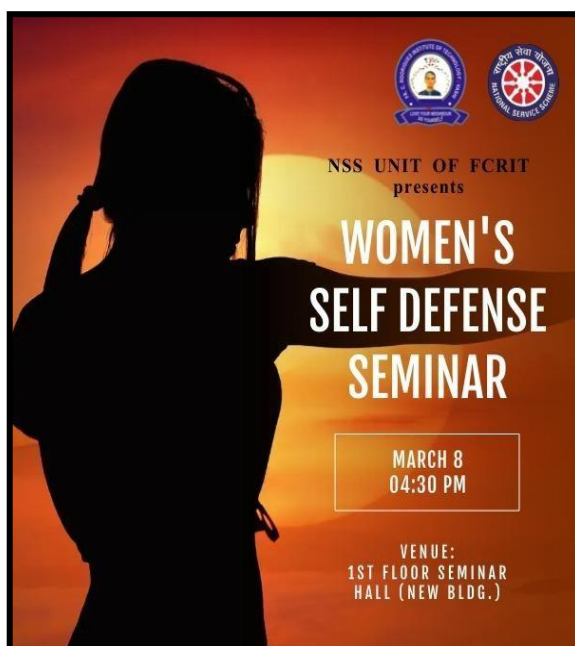
**Fr. C. Rodrigues Institute of Technology,**

**Vashi, Navi-Mumbai**

## **Brief Event Report**

**Name of the Institute level Committee: NSS**

1. **Name of the Event** : Workshop Women's Self-Defense.
2. **Venue & Date** : FCRIT Vashi, Navi Mumbai, 8<sup>th</sup> March ,2023.
3. **Nature of Participants** : Engineering UG students of FCRIT (All Girls).
4. **Number of Student Volunteers** :19
5. **Student Coordinator** : Mr. Soham Nevgi and Mr. Avdhoot Shelar
6. **Staff Coordinator** :Mr. Rahul Jadhav
7. **Brochure** :



*WhatsApp message invite poster*

8. **Brief Summary of the Event** :
  - a. **Objectives:** The aim of this activity is to make awareness about the self-defence for women in today's world. Every day, either on social media or on Television, you are hearing about women being victimized. The world is changing and becoming more unpredictable particularly for women. As such, self-defence training is one of the most needed and must for every woman's to-do list.
  - b. **Description:** The NSS (National Service Scheme) unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a one-day Women's Self-Defence Seminar on the occasion of "International Women's day". The event was held offline on March 9, 2023, at Vashi. A registration form, poster, and promotional message were distributed to FCRIT's WhatsApp groups and posted on our official Instagram handle. The activity was open for all the girls of FCRIT. Mr. Avadhoot Shelar was the instructor for this event. He is the professional in martial arts. The self- defence seminar was from 3.30 to 4.30. The session started with the basics of defence techniques which we all can implement



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in our day-to-day life easily. It focuses on understanding the autonomy of human body in such a way that without any extra power you can easily take the situation. He suggested to be calm in such situation and try to think what you can do quickly, and your actions should be clearer as attacker may get alert. For that he suggested to do a daily meditation at least for 15 minutes and some of the exercises for overall physical and mental health. In starting we did warm up as well as at the end of the session we calm our mind and body which is particularly important in the self-defence skills.

c. **Outcomes:** All the participants that attended the seminar were educated about the importance of Self-Defence in today's world. They were taught proper actions and moves in the seminar to implement in real life situations. All the actions that were taught were done by the participants correctly and hence the "Women's Self-Defence Seminar" was successfully conducted

d. **Attendance of Participants:**

| 3/23 |                     | NSS volunteers<br>FR. C. |       |
|------|---------------------|--------------------------|-------|
|      | Name                |                          |       |
| 1.   | Tanishka Sonar      |                          |       |
| 2.   | Ritika Kumari       |                          |       |
| 3.   | Malavika Pooeth     |                          |       |
| 4.   | Madanti Shrivastava |                          |       |
| 5.   | Shubhi Kokate       |                          |       |
| 6.   | Namrata Gaikwad     |                          |       |
| 7.   | Harshada Ghage      |                          |       |
| 8.   | Joanne Daniel       |                          |       |
| 9.   | Nikhil Selokar      |                          |       |
| 10.  | Sharvar             |                          |       |
| 10.  | Akanksha Yalav      |                          | MECH  |
| 11.  | Mahima Rudrapati    |                          | COM   |
| 12.  | Pallik W            |                          | COM   |
| 13.  | Vikhi Kulkarni      |                          | COM   |
| 14.  | SIDDHI SHIROLE      |                          | MECH  |
| 15.  | KARUNA P.           |                          | MECH  |
| 16.  | Kirti P. Sonwane    |                          | Elect |
| 17.  | Tejal Anavekar      |                          | IT    |
| 18.  | Srija Tirugathi     |                          | IT    |
| 19.  | Pooja Thapathi      |                          | IT    |

Student Volunteer Attendance

e. **Impact Analysis:**

All the female participants were impressed by the workshop and had great insights about it. They were motivated to carry this forward to more girls for encouraging them in self-defence.



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**9. Event Geo tagged Photograph:**



Participants (FCRIT girls) performing the self-defence actions

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



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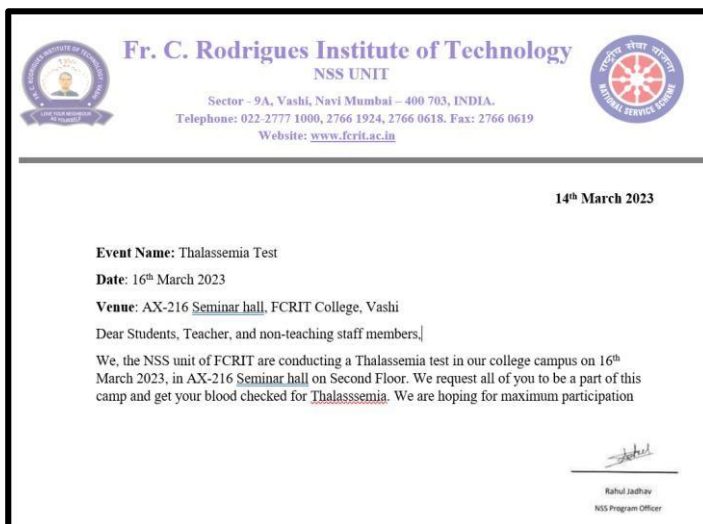
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## **Report for Outreach Program**

**Name of the Institute level Committee: NSS**

1. **Name of the Event** : Thalassemia Test
2. **Venue & Date** : AX-216 Seminar hall, FCRIT, Vashi, 17/03/2023
3. **Number of Student Volunteers** : 15
4. **Student Coordinator** : Ms. Harshada
5. **Staff Coordinator** : Mr. Deepak Devasagayam
6. **Collaborating Agency** : MGM Hospital, Vashi
7. **Brochure**



: *Notice Letter*

8. **Brief Summary of the Event** :

- a. **Objectives** : To identify individuals who carry the gene mutations that cause thalassemia, a genetic blood disorder that affects the production of hemoglobin, a protein in red blood cells that carries oxygen
- b. **Description** : Thalassemia is a genetic blood disorder that affects the production of hemoglobin, a protein in red blood cells that carries oxygen. Thalassemia testing is a laboratory test used to identify individuals who carry the gene mutations that cause thalassemia.
- c. **Outcomes** :
  - Identifying carriers of thalassemia gene mutations.
  - Providing risk assessment for having a child with thalassemia
  - Offering genetic counseling and support





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- Enabling early diagnosis and treatment for individuals with thalassemia
- Improving health outcomes and quality of life for individuals with thalassemia

d. Attendance of Student Volunteers:

| FR. CONCEICAO RODRIGUES INSTITUTE OF TECHNOLOGY, VASHI |                     |              |
|--------------------------------------------------------|---------------------|--------------|
| Date: 16th March 2023 No. of Volunteers: 15            |                     |              |
| Event: Thalassemia Test                                |                     |              |
| Sr.No.                                                 | Name                | Branch / Sem |
| 1.                                                     | Nidhi Shrivastav    | Comp / 6     |
| 2.                                                     | T.R. Aakash         | Comp / 6     |
| 3.                                                     | Tanmay Kachare      | IT / 4       |
| 4.                                                     | Pratik Shrivastav   | Comp / 6     |
| 5.                                                     | Soami Rajput        | Elec / 4     |
| 6.                                                     | Chinmay Desai       | Mech / 8     |
| 7.                                                     | Harshada Ghadge     | Extc / 8     |
| 8.                                                     | Harsh Karkera       | Mech / 4     |
| 9.                                                     | Rohit Patani        | Comp / 4     |
| 10.                                                    | Tanishka Senar      | Comp / 4     |
| 11.                                                    | Aditi Shilare       | IT / 4       |
| 12.                                                    | Aditya Yempalle     | Comp / 6     |
| 13.                                                    | Shubham Rawat       | Comp / 6     |
| 14.                                                    | Vasundhara Nimalkar | Comp / 6     |
| 15.                                                    | Tejashree Bhargale  | Comp / 4     |
| <br>                                                   |                     |              |
| Harshada Ghadge<br>(Student Lead)                      |                     |              |

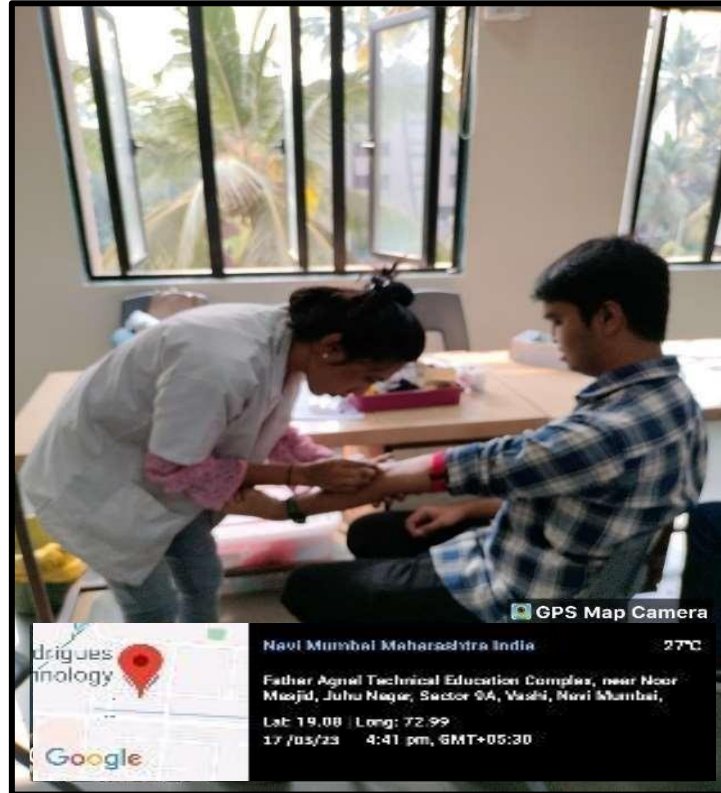
Student Volunteer Attendance

- e. **Impact Analysis** : NSS FCRIT's Thalassemia camp created awareness, facilitating early detection, and fostering community support for affected individuals.



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**9. Activity Geo tagged Photograph:**



Student Getting Checked

Rahul Jadhav  
NSS Program Officer

**Staff Coordinator**



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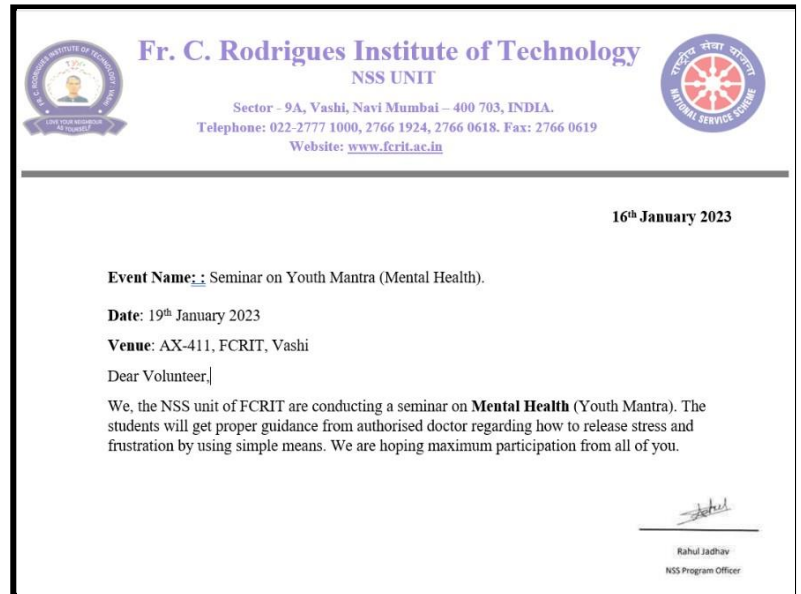
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Vashi, Navi-Mumbai

## Brief Event Report

Name of the Institute level Committee: NSS

1. Name of the Event : Seminar on Youth Mantra (Mental Health).
2. Venue & Date : AX 411, FCRIT, Vashi 19/01/2023
3. Nature of Participants : FCRIT engineering undergraduate Students
4. Number of Student Volunteers :52
5. Student Coordinator : Mr. Yash Chiddarwar
6. Staff Coordinator :Mr. Rahul Jadhav
7. Brochure



Notice Letter

### 8. Brief Summary of the Event :

- a. **Objectives:** To educate students of NSS FCRIT about importance of mental health, drug abuse, sexual health, and various topics of daily life and to help them make informed choices.
- b. **Description:** The NSS unit of Fr. C. Rodrigues Institute of Technology, Vashi organized a student mantra seminar 19<sup>th</sup> January 2023 on Youth week in the FCRIT campus.  
A poster and promotional message were circulated to every WhatsApp class group of FCRIT and was posted on our official Instagram handle. The promotion was done on 16<sup>th</sup> January. The blood camp was from 4 30 pm to 6 pm.  
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:** Students gained knowledge on various topics and received valuable information to help them make informed decisions.



d. Attendance of Student Volunteers:

| FR. CONCECADO RODRIGUES INSTITUTE OF TECHNOLOGY, VASHI |                     |             |
|--------------------------------------------------------|---------------------|-------------|
| Date: 10 <sup>th</sup> Jan 2023 No. of Volunteers: 52  |                     |             |
| Event: Seminar on Youth Mental Health                  |                     |             |
| Sr. No                                                 | Name                | Branch/Year |
| 1.                                                     | Saami Rajput        | Elec/6      |
| 2.                                                     | Sushti Kokate       | Elec/6      |
| 3.                                                     | Saboo Mayji         | Mech/6      |
| 4.                                                     | Saahasen            | comp/6      |
| 5.                                                     | Aishwarya Sawe      | Elec/6      |
| 6.                                                     | Saakshiti H.        | Elec/6      |
| 7.                                                     | Mayuri Patil        | Elec/6      |
| 8.                                                     | Shikha Chakraborty  | comp/6      |
| 9.                                                     | Kaushal             | Elec/6      |
| 10.                                                    | Harsh Karkera       | Mech/6      |
| 11.                                                    | Divya Vyasa         | comp/6      |
| 12.                                                    | Chiranjeev Desai    | Mech/6      |
| 13.                                                    | Ashwini Suryawanshi | comp/6      |
| 14.                                                    | Ayush Shastri       | comp/6      |
| 15.                                                    | Mahima              | comp/6      |
| 16.                                                    | Kaishava Rajput     | comp/6      |
| 17.                                                    | Vasundhara Nitambar | comp/6      |
| 18.                                                    | Pratik Shrivastav   | comp/6      |
| 19.                                                    | Sujal Patil         | IT/6        |
| 20.                                                    | Disha Kulkarni      | comp/6      |
| 21.                                                    | Shubham Pawar       | comp/6      |
| 22.                                                    | Sujal Thakur        | IT/6        |
| 23.                                                    | Pooja Thakur        | IT/6        |
| 24.                                                    | Tajal Anavekar      | IT/6        |
| 25.                                                    | Saketh Reddy        | comp/6      |
| 26.                                                    | Rohit Patil         | comp/6      |
| 27.                                                    | Rohan Pawar         | Mech/6      |
| 28.                                                    | Tanishka Sonar      | comp/6      |
| 29.                                                    | TR Aakash Raj       | comp/6      |
| 30.                                                    | Pratik Shinde       | comp/6      |
| 31.                                                    | Lavanya Kunder      | comp/6      |
| 32.                                                    | Aamod Gadhwal       | IT/6        |
| 33.                                                    | Tanmay Sachare      | IT/6        |
| 34.                                                    | Nishit Solankar     | Elec/6      |
| 35.                                                    | Mohit Rajput        | Elec/6      |
| 36.                                                    | Krishna Sawale      | Elec/6      |
| 37.                                                    | Kanika Pagare       | Mech/6      |
| 38.                                                    | Isabean Gadhwal     | comp/6      |
| 39.                                                    | Shruti Jha          | comp/6      |
| 40.                                                    | Chetan Umbarkar     | Elec/6      |
| 41.                                                    | Nishi Shrivastav    | comp/6      |
| 42.                                                    | Anvisha Patil       | IT/6        |
| 43.                                                    | Aditi Bilare        | IT/6        |
| 44.                                                    | Aditya Vempalle     | comp/6      |
| 45.                                                    | Tanushree Looche    | Elec/6      |
| 46.                                                    | Shashwath Reshmi    | comp/6      |
| 47.                                                    | Rajit Shetty        | comp/6      |
| 48.                                                    | Palak Wadhwa        | comp/6      |
| 49.                                                    | Malavika            | comp/6      |
| 50.                                                    | Norren Alex         | IT/6        |
| 51.                                                    | Lesley Miranda      | IT/6        |
| 52.                                                    | Kirti Sawane        | Elec/6      |
| Yash Chiddister<br>(Student Lead)                      |                     |             |

Student Volunteer Attendance

e. **Impact Analysis:** The seminar fostered awareness, destigmatized mental health issues, and promoted well-being, fostering a supportive environment within NSS FCRIT.



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9. Event Geo tagged Photograph:



Students listening to speaker to Navigate Life's Challenge

Rahul Jadhav

NSS Program Officer

Staff Coordinator