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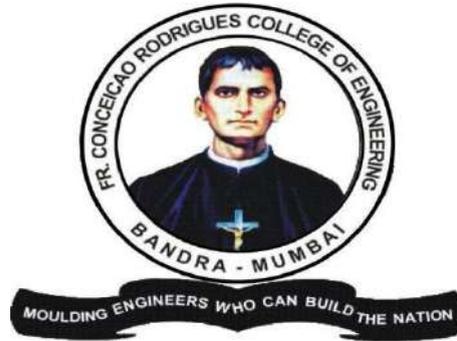
Proofs of Extension Activities

(Year:2020-21)

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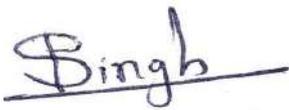


FR.CONCEICAO RODRIGUES COLLEGE OF ENGINEERING
BANDSTAND BANDRA(WEST) MUMBAI-400050.
UNIVERSITY OF MUMBAI

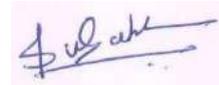
YEAR 2020-2021.

Award Report Approval for NSS.

This report entitled "Award report for the year 2020-2021" is a bonafide work of "**Gaurav Sable**" is found to be satisfactory and is approved for partial fulfillment for award of NSS for the academic year **2020-2021**.



Prof. Pradeep Singh
(Program office)



Mr. Gaurav Sable
(NSS President)



DECLARATION

I declare that this written submission represents my ideas in my own words and where others ideas or words have been included, I have adequately cited and referenced the original source. I also declare that I have adhered to all principles of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea/ data /fact/source in my submission. I understand that any violation of the above will be caused for disciplinary action by the Institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permission has not been taken when needed.

Date: 13th July2019.

Gaurav Sable - [.MH09B0719089]

NSS REPORT 2020-2021

“The happiest people I know, are those who lose themselves in the service of others.”

-Anne Frank

NSS has always stood up to its strong spirit of serving the society., keeping in mind the motto **“Not Me But You”**. Thus, the belief that we must strive for others is being realized through the selfless services of our unit who get into timely action, be it lending a helping hand to the needy or protecting and conserving the environment. We extend our gratitude to our Director **Fr. Valerian Dsouza** our Principal **Dr. Srija Unnikrishnan** our Program Officers **Prof. Pradeep Singh, Prof. Dipali Bhise** and **Prof. Sunil Yadav** for their encouraging bit of advice which proved beneficial to our volunteers through thick and thin of each event.

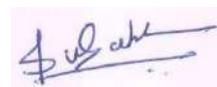
The year commenced with the registration of 100 active volunteers across SE, TE and BE. Students and faculty participated enthusiastically in webinars and workshops even in this **COVID-19** situation. We began with a Yoga Webinar followed by Personal Sustainability, Carbon Footprint Webinar by NGO ‘United Way’. Next was the Self-defense workshop by Kashyap Bhanushali. Next webinars were on Global Freedom Summit and Awareness on Anti Human Trafficking by an organization ‘The Movement India’. We have organized a poster competition on topic ‘Carbon Footprint’ named Recycle Fest. We have also organized a webinar on Mental health and welfare, Street Dogs Awareness, Reforms in India’s Education System and Climate Change.

We have organized a workshop on Personal Sustainability consisted of 3 levels in association with an NGO ‘The Movement India’. A webinar on Road Safety Awareness and welfare by Mr.Rohit Dalvi in association with NGO ‘United Way’. A poster making competition was held by us on topics ‘What Freedom Means to You’ and ‘Road Safety’ in association with ‘United Way’. An amazing workshop on Mandala Art was organized by NSS CRCE. We have also organized a webinar on World wetlands day in association with NGO ‘United Way’. A webinar on Right to Information was held by NSS CRCE in association with ‘Public Concern for Governance Trust (PCGT)’.

NSS CRCE has organized a survey on Mumbai Health Budget 2021-2022 in association with Civis Foundation. A webinar was held on Vegan outreach and Virtual Tour by Kuntal A. Joisher. We have also organized a campaign where our NSS volunteer has feed stray animals and share their picture with us, this campaign was held in association with Paw-tectors. A webinar on "Celebration of 75 years of India's Independence "" Azadi ka Amrut Mahotsav ". We have also organized a webinar on Importance on Women empowerment with Katalyst. A webinar on Child Labor, Bullying and Sustainability was held by NSS CRCE. On commencement of the Even Semester, An amazing webinar was held by NSS CRCE on ‘An Evening with a Cop’ by BSF Officer- Assistant Commandant Pushkar Chejara.

Currently we have a number of events and programs lined up for the coming days. As a team we always prioritize ‘YOU’ before ‘ME’ spreading cheer and smile around. We sincerely thank our Principal , our Director and ‘YOU’ for appreciation the work we do.

Happy Serving!!

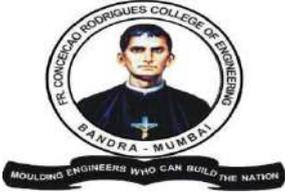


Gaurav Sable
(President NSS-CRCE)

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NSS CRCE



REPORT ON NSS ORIENTATION WEBINAR

Platform: Microsoft Teams

Date: September 5th, 2020

No. of Volunteers attended:49

The orientation program for the newly admitted NSS member students was organised on 5th September. It was the first time that the orientation session had to be conducted online due to the prevailing circumstances. Hosting a neat, well planned session was a challenge and the ultimate hard-work of our council members paid off. The volunteers too, were a disciplined audience and had a healthy role in making this webinar a success.

The volunteers were formally welcomed and introduced to the culture of the NSS organisation. The orientation session began with a brief description on what the organisation stands for in the society. Mr. Gaurav Sable, President of NSS CRCE, carefully and precisely explained the various activities conducted and associated all throughout the year. All of the activities were explained in clear details with the help of a PowerPoint presentation. The key points included were the

- NSS Blood Donation Campaign,
- NSS Tree Plantation
- Rallies and Parades
- NSS 7 day Camp

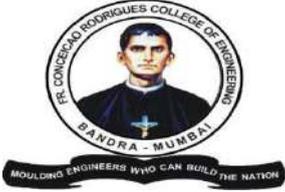
The webinar ended with a QnA session, and the attendance of the volunteers was recorded.

The key take-away from the session is that, being a NSS volunteer is both challenging and fun.



Image: Question and Answer Session

Image : our member taking presentation.



NSS CRCE



REPORT ON YOGA WEBINAR BY KHUSH PANCHAL

Place: Online Webinar (Google meet)

Date: 10th September, 2020.

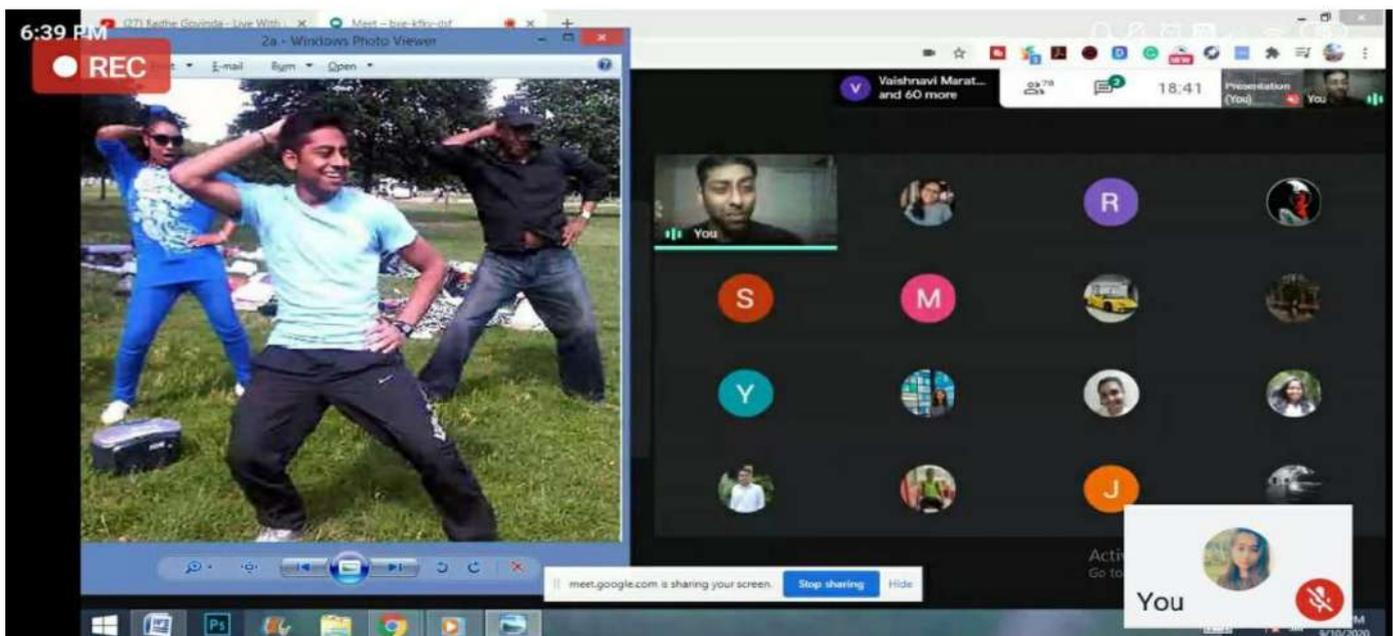
No. of Volunteers attended:66

We are all aware of the tremendous advantages that Yoga brings in our day to day life. From Increased Flexibility and Weight Reduction to Improved Respiratory System and Heart Health, Yoga comes with a Full Package.

Keeping this in mind, NSS CRCE organized a Webinar on Yoga with Dr. Kush Panchal. Dr. Kush Panchal is a Yoga and Fitness Trainer and has been the Personal Trainer of Celebrities like Kangana Ranaut, Emma Watson and Shahid Kapoor.

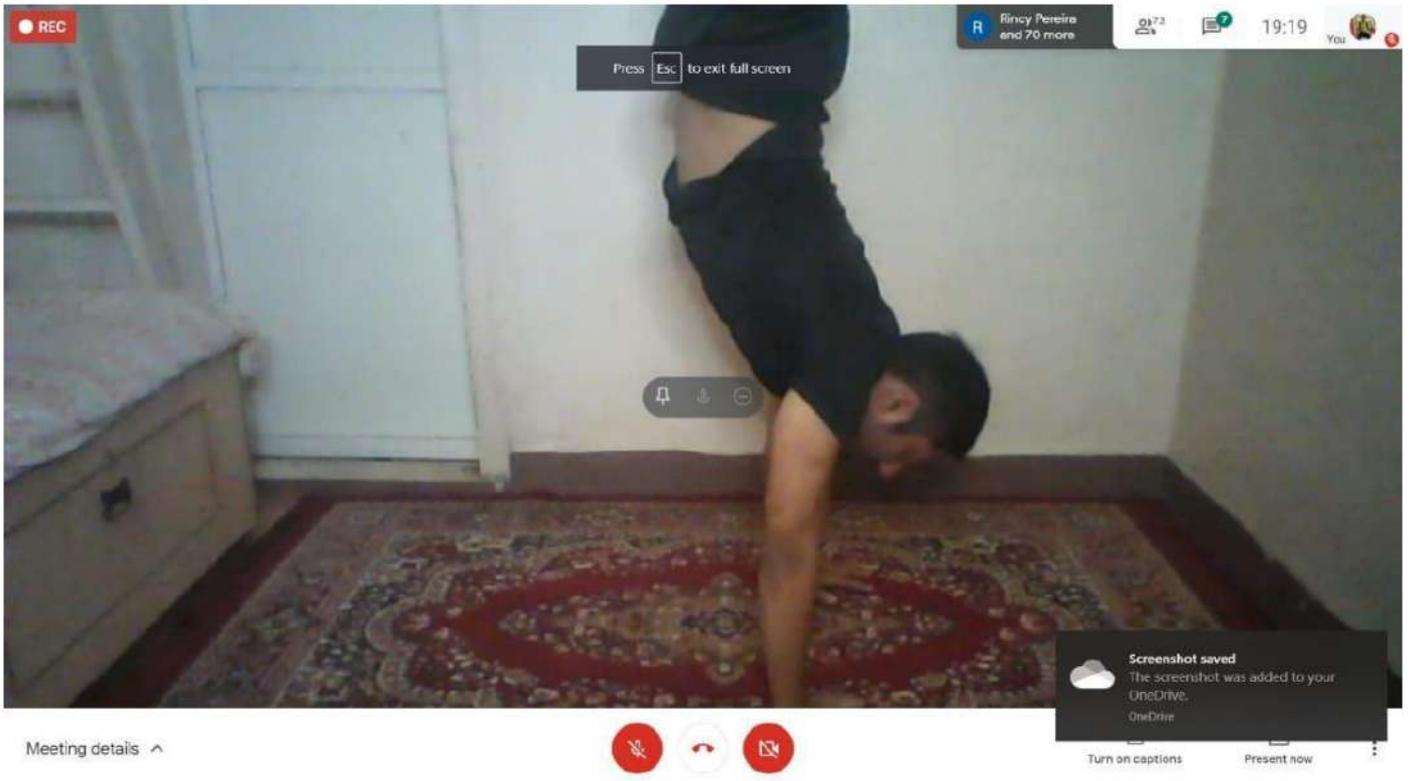
In the Webinar, Dr. Kush started off by doing few Stretches. After few minutes of Stretching, He went on with Meditation and guided all the students during it. He also spoke about the various advantages of doing Meditation daily, like Increase in Concentration and less Stress and Anxiety.

To make the session more engaging and fun, He also did Bhangra along with few students.



Dr. Kush shared his Inspirational and Motivating Story with all of us, about how he decided not to pursue Engineering and do something what he is really passionate about, which is nothing but Yoga!

After that, he exercised along with the students. He did various Pranayams, Asanas and Yoga for Back Pain and Better Posture.



The event ended with a very active Q & A Session with various questions related to weight loss, working out and a proper diet.

Singh

Prof. Pradeep Singh
(Program office)

Mr. Gaurav Sable
(NSS President)



REPORT ON PERSONAL SUSTAINABILITY WEBINAR

Platform: Google Meet

Date: September 26th, 2020

Speaker: Mr. George Remedios

No. of Volunteers attended:68

An interesting webinar on Personal Sustainability to educate young minds on how they can help in creating a better tomorrow was organised by NSS CRCE on September 26th. It was the first time that an event like this had to be conducted online due to the prevailing circumstances. Hosting a neat, well planned session was a challenge and the ultimate hard-work of our council members paid off. The volunteers too, were a disciplined audience and had a healthy role in making this webinar a success.

The session began with a brief introduction of the keynote speaker Mr. George Remedios, voiced by event coordinator NSS Dilton D'souza. Mr. George then moved ahead with the session with brilliant ideas one after another on how we should implement green culture in our everyday life.

The key points included were:

- Consumption of local produce
- Usage of Bio - enzymes
- Usage of wooden counterpart
- Use of Eco - Bricks

The webinar ended with a QnA session, and the attendance of the volunteers was recorded.

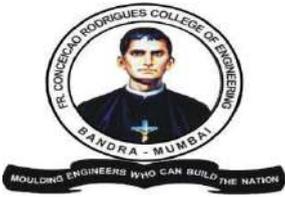
The key take-away from the session is that, how we, as individuals and community as a whole, can reduce our Carbon footprint for a better tomorrow.



Image: How to make an Eco - Brick



Prof. Pradeep Singh
(Program office)



NSS CRCE



REPORT ON CARBON FOOTPRINT WEBINAR

Date: 27th September, 2020.

Place: Online Workshop

No. of Volunteers attended:65

Carbon Emissions have increased at an alarming level! One of the major reasons of Global Warming are Carbon Emissions. In fact, they account for more than 76% of the Greenhouse gases. They impact our planet and the climate change significantly.

Thus, it becomes really important for us to be aware of all the necessary information, so that we can make a change! Keeping that in mind, we at **NSS CRCE**, organized an Online Workshop on Carbon Footprint with Only Planet.

One of the members of Only Planet, Sunita Rajesh, provided us with all the information on Carbon Emissions, Carbon Footprint, and about the alternatives which we can make everyday to lower our Carbon Footprint. For Example – Using Reusable Masks and Gloves rather than the Disposable ones.

She spoke about the different greenhouse gases, about the extensive use of plastic and how drastically it has affected our planet. She went on with the major contributors of Carbon Emissions, which is Transportation, Electricity and Industry.

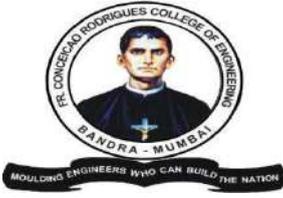
To make our members understand better about Carbon Footprint, she demonstrated on how to use the Carbon Footprint Calculator. This calculator approximately measures your carbon footprint which you have been contributing to the planet, knowingly or unknowingly. Many Students volunteered and calculated their footprint along with Sunita Ma'am.

This was followed by a very active Q & A session, which included questions like, What should be an Ideal Carbon Footprint, How does eating non - veg promote more Carbon Footprint and many more.



Singh

Prof. Pradeep Singh
(Program office)



NSS CRCE



REPORT ON COASTAL CLEANUP DAY WEBINARS

Platform: YouTube Live

Date: 16th September to 19th September 2020

No. of Volunteers attended:66

On the occasion of International Coastal clean-up day 2020, National Service Scheme Unit of Fr. Conceicao Rodrigues college of Engineering with United Way Mumbai has organized a week long webinar series by experts in collaboration with the National Centre for Coastal Research, Ministry of Earth Sciences Gov. of India. This Week long event will be focused on topics related to marine pollution ranging from micro plastics, marine litter and various research projects on marine conservation.

Medium used was YouTube Live where the doubts of all the members were solved on the live chat and the entire week long sessions were very informative and gave a better understanding of the waste in the oceans and how they drastically affect the marine life and the entire ecosystem. It amplifies the task we need to carry out to maintain our system and our responsibility and how to deal with these hazardous human waste.

We were given a detailed explanation on how the pollutants in form of marine micro plastics are created at the first place and how this has become a serious threat and how to keep track. The experts in the particular field had experience in this field which made it really interesting and interactive.

An initiative of Under the aegis of In collaboration with

INTERNATIONAL COASTAL CLEANUP DAY

Join us for a week-long series of webinars in collaboration with National Centre for Coastal Research, Ministry of Earth Sciences, Govt. of India

THEME: MARINE POLLUTION & CONSERVATION RESEARCH TO PROTECT OUR OCEANS

16th September to 19th September, 2020.
Time: 3:00 PM IST on Youtube

Registration link: <https://forms.gle/sS6tYjUfsQmrkeay9>
YouTube live link: <https://www.youtube.com/c/uwmumbai>

Each participant will receive an e-certificate of participation for the event

DATE	GUEST SPEAKER
16 SEP, 2020	DR MARHA SAHA, SENIOR SCIENTIST OGD, NATIONAL INSTITUTE OF OCEANOGRAPHY (NIO-CSIR) TOPIC: MICROPLASTICS: AN EMERGING THREAT TO MARINE ENVIRONMENT & BIODIVERSITY
17 SEP, 2020	PROF. E V RAMASAMAY ENVIRONMENTAL & ATMOSPHERIC SCIENCES, KERALA, INDIA. TOPIC: MICROPLASTICS IN ARCTIC ENVIRONMENT
18 SEP, 2020	MR. PETER KOHLER SENIOR MARINE LITTER SCIENTIST & DR DANAJA HOEHN, SCIENTIST AT CENTRE FOR ENVIRONMENT FISHERIES AND AQUACULTURE SCIENCE (CEFAS), UK
19 SEP, 2020	PROF BHAVANI NARAYANSWAMY HEAD, DEEP SEA ECOSYSTEMS & MICROPLASTIC RESEARCH HEAD OF SAAS GRADUATE SCHOOL, SCOTTISH ASSOCIATION FOR MARINE SCIENCE, SCOTTISH MARINE INSTITUTE, UK

← United Way of Mumbai 🔍 ☰

HOME VIDEOS PLAYLISTS CHANNELS

United Way of Mumbai
369 subscribers
SUBSCRIBE

MICROPLASTICS IN TREATED AND UNTREATED SEWAGE EFFLUENTS IN GOA, INDIA

Community Impact: Webinar Series Day 1
United Way of Mumbai · 214 watching

Day 1 :6th September 2020

Topic: Micro Plastics: an Emerging threat to Marine Environment and Biodiversity

Guest Lecturer: Dr. Mahua Shah, senior scientist COD, National institute of oceanography (NIO-CSIR)

An initiative of United Way
Under the aegis of Clean India Mission
In collaboration with NCCR
Ministry of Earth Sciences
Government of India

INTERNATIONAL COASTAL CLEANUP DAY

Join us for a week-long series of webinars in collaboration with National Centre for Coastal Research, Ministry of Earth Sciences, Govt. of India

WEBINAR SERIES DAY 1: SEPTEMBER 16, 2020

Time: 3:00 PM IST on YouTube

DR MAHUA SAHA, SENIOR SCIENTIST COD, NATIONAL INSTITUTE OF OCEANOGRAPHY (NIO-CSIR)

TOPIC: MICRO-PLASTICS: AN EMERGING THREAT TO MARINE ENVIRONMENT & BIODIVERSITY

YouTube live link: <https://www.youtube.com/c/uwmumbai>



MICROPLASTICS IN BIOTA

Environmental impact of microplastics: a major concern to seafood

Sat River, Goa

Mugil, Ailus

Oysters, Clams, Green mussels

- Number of shellfishes: 4 species (n=12)
- Number of shellfishes: 3 species (Oysters, clams and green mussels N=40)

CHALLENGES AND KNOWLEDGE GAP :FUTURE PLAN

- Most of the report on MPs are either marine , coastal or fresh water aquatic system. we need to know the same for terrestrial aquatic systems like river inputs.
- Plastic contaminant study need to be expanded more towards open Ocean.
- Toxicological evaluation of MPs for quantification of POPs and plasticizers carried by MPs need to be done more profoundly, need GC-ECD.
- There is a high need to do conduct more study to evaluate toxicity of MPs and its associated contaminants in different life forms so that possible toxic effects (e.g. enzymatic disorder) on human and other higher life forms could be minimized.
- Improve mitigation

Day 2: 17th September 2020

Topic: Micro plastics in Arctic Environment

Guest lecturer: Prof. E.V. Ramasamy Environmental & Atmospheric science, Kerala, India.

An initiative of United Way
Under the aegis of Clean India Mission
In collaboration with NCCR
Ministry of Earth Sciences
Government of India

INTERNATIONAL COASTAL CLEANUP DAY

Join us for a week-long series of webinars in collaboration with National Centre for Coastal Research, Ministry of Earth Sciences, Govt. of India

WEBINAR SERIES DAY 2: SEPTEMBER 17, 2020

Time: 3:00 PM IST on YouTube

PROF. E V RAMASAMY, SCHOOL OF ENVIRONMENTAL SCIENCES, MAHATMA GANDHI UNIVERSITY, KOTTAYAM, KERALA, INDIA.

TOPIC: MICRO-PLASTICS IN ARCTIC ENVIRONMENT

YouTube live link: <https://www.youtube.com/c/uwmumbai>

Great Pacific garbage patch

✓The Great Pacific garbage patch, also described as the Pacific trash vortex, is a gyre of marine debris particles in the central North Pacific Ocean.

✓The patch is characterized by exceptionally high relative concentrations of pelagic plastics, chemical sludge and other debris trapped by the currents of the North Pacific Gyre.

The area of increased plastic particles is located within the North Pacific Gyre, one of the five major oceanic gyres.

Chat publicly as Gaurav Sable...



Bingh

Prof. Pradeep Singh
(Program office)



Day 3: 18th September 2020

Topic: Marine Litter- Turning the Tide & Micro Plastic Research

Guest Lecturers:

- 1) Mr. Peater Kohler, Senior Marine Litter Scientist
- 2) Dr. DanjaHoehn, Scientist at center for environment fisheries and aquaculture science (CEFAS), United Kingdom.

INTERNATIONAL COASTAL CLEANUP DAY

Join us for a week-long series of webinars in collaboration with National Centre for Coastal Research, Ministry of Earth Sciences, Govt. of India

WEBINAR SERIES DAY 3: SEPTEMBER 18, 2020
Time: 3:00 PM IST on YouTube

MR. PETER KOHLER SENIOR MARINE LITTER SCIENTIST & DR DANIA HOEHN, SCIENTIST AT CENTRE FOR ENVIRONMENT FISHERIES AND AQUACULTURE SCIENCE (CEFAS), UK

TOPICS

MARINE LITTER - TURNING THE TIDE & INDO-UK PROGRAM ON MARINE LITTER & MICRO PLASTIC RESEARCH

YouTube live link: <https://www.youtube.com/c/uwmumbai>

Scientific evidence and advice

- **International**
 - CLIP – Monitoring and assessing macro and microplastics data to inform action plans for host country in the Commonwealth.
 - ICES – Chair the technical Working Group on Marine Litter for Seafood Litter.
- **Research and development.**
 - INDIGO – biodegradable fishing gear and circular economy, preventing plastic pollution in long term.
 - **Rapid screening of microplastics** – developing techniques with FTIR and Nile Red dye.
 - **Autonomous monitoring** – working with partners researching & developing autonomous monitoring systems for marine litter.
- **Outreach & training**
 - **Training** in microplastics and macroplastics sampling and analysis.
 - Developing evidence led and engaging **outreach materials**.

Day 4 : 19th September 2020

Topic: Marine Pollution and Conservation research to protect the ocean

Guest Lecturer: Prof. BhavaniNarayanswamy head, Deep Sea Ecosystem & Micro plastic Research head of SAMS Graduate School, Scottish Association for Marine Science, Scottish Marine Institute, United Kingdom

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON SELF DEFENCE WORKSHOP

Platform: Google Meet

Date: October 7th, 2020

No. of Volunteers attended:59

An interesting webinar on self defence to educate young minds especially for girls was organised by NSS CRCE on October 7th. It was the first time that a practical event like this had to be conducted online due to the prevailing circumstances. Hosting a neat, well planned session was a challenge and the ultimate hard-work of our council members paid off. The volunteers too, were a disciplined audience and had a healthy role in making this webinar a success.

The session began with a brief introduction of the speaker Sensei Kashyap Bhanushalji, voiced by event coordinator NSS Dilton D'souza. Sensei Kashyap started off with an amazing practical demonstration of various moves that can be employed to defend oneself in time of need. With the help of his younger brother, Sensei Kashyap showed how attackers approach the victims and also showed how we can defend ourselves even if the physical strength is way less than that of the attacker's. It was indeed an educative webinar.

The webinar ended with a Q&A session, and the attendance of the volunteers was recorded.

The key take-away from the session was how we, as individuals, should be aware of the situations which possess a threat in order to defend themselves.

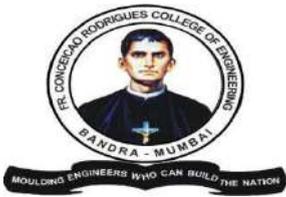


Image: Demonstration on Self Defence



Pradeep Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON GLOBAL FREEDOM SUMMIT

Platform: Google Meet

Date: October 17th, 2020

No. of Volunteers attended:63

On October 17th 4:30 pm IST, members of NSS CRCE in association with The Movement India, had gathered virtually to witness the broadcast of the GLOBAL FREEDOM SUMMIT (A21 org). An event designed to address a very crucial and critical issue in our society, that is, Human Trafficking.

The webinar was very intense and included first hand witness documentations. Every 30 seconds, a person is either trafficked for organ harvesting, labour or prostitution. Each and every aspect of this giant organisation was clearly and explicitly brought forward to the viewers. It was clearly shown how the traffickers approached people with financial problems, poor economics etc. These targeted people were lured with false hope of having a better life, a better education, a good job. The webinar achieved its primary goal, that is, to equip young powerful minds on how to tackle this mammoth syndicate and how to help a person trapped in such situations. Altogether, the webinar proved to be thoroughly educative and informative.

At the end of the webinar the attendance and feedback of all attendees was recorded.



Image: Vision to Abolish Slavery Everywhere Forever.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON AWARENESS ON ANTI HUMAN TRAFFICKING

Platform: Google Meet

Date: October 23rd, 2020

No. of Volunteers attended:49

After attending the GLOBAL FREEDOM SUMMIT on October 23rd, it became evident that this illegal flesh trade should be put to a forever halt. But how do you do that? Well to answer such queries and to educate the minds on their roles and responsibilities to fight this mammoth syndicate, an awareness session was organised by NSS CRCE in association with THE MOVEMENT INDIA. The webinar began with the guest speaker, Ms. Aneesha Reuben thanking the NSS CRCE team for coordinating and organising the session. Next, the NSS CRCE team extended a very warm welcome to all the members of The Movement India organisation. This was followed by the introduction of the guest speaker voiced by the event coordinator Mr. Dilton D'souza.

The main part of the session started off with a short clip of a very young boy who was a victim of Human Trafficking. The clip also featured an 8yr old girl victim of flesh trade. Listening to their tragedy, all attendees were terribly shocked. The children were forced to do labour work, were not fed enough food and were beaten/abused if demanded for more food or proper clothes. It was clearly shown how the traffickers approached parents with financial problems, poor economics etc. These targeted people were lured with money and false hope of giving their children a better life, a better education, a good job. The guest speaker was very informative and also shared various helpline numbers and government websites that can be used to report these crimes or such suspicious activities. This was followed up by an interactive Q&A session. Altogether, the session proved to be thoroughly educative, informative and helpful.

At the end of the webinar the attendance and feedback of all attendees was recorded.



Image: Guest Speaker Ms. Aneesha Reuben



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON RECYCLE FEST

Deadline: 22nd October, 2020.

No. of Volunteers attended:34

Every year **NSS CRCE** organizes events through which our members are able to contribute to the society. Be it Bandra Fair Volunteering with Mumbai Police or Multiple Beach Clean-Ups. But this year due to the pandemic, our hand were tied and we were only able to host webinars on various awareness topics. So, we thought of doing something different and interactive. Something through which we can contribute to the society. That's when we organized *Recycle Fest*.

In Recycle Fest, all of our members were told to make something useful out of the waste lying around in their house. This waste could be anything like Plastic Bottle, CD's, Shampoo Bottles, etc.

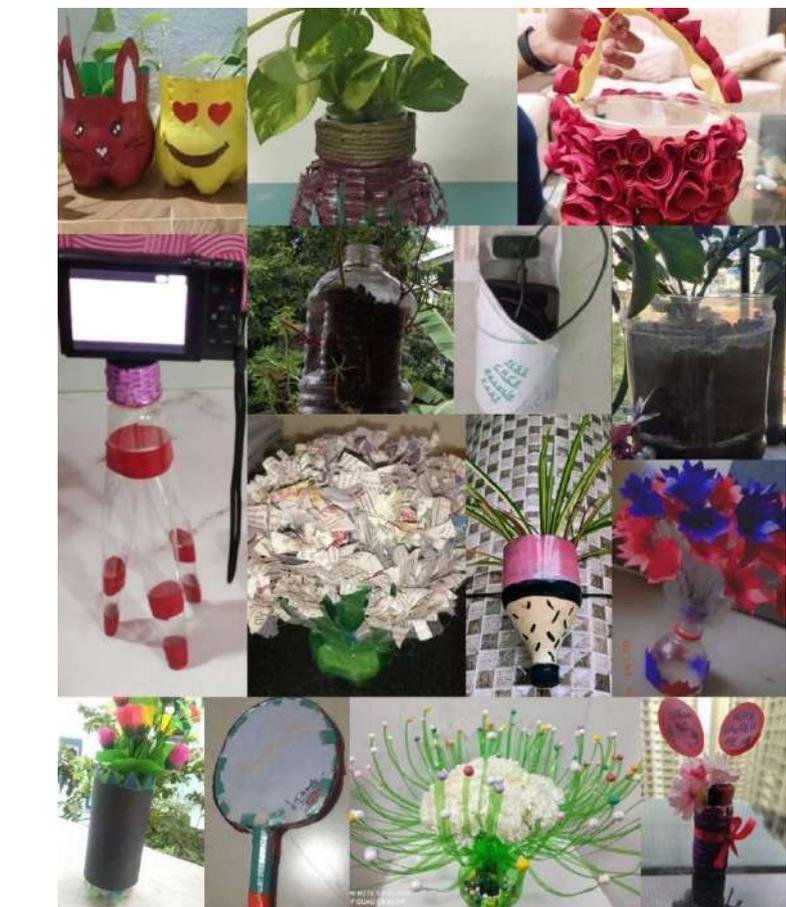
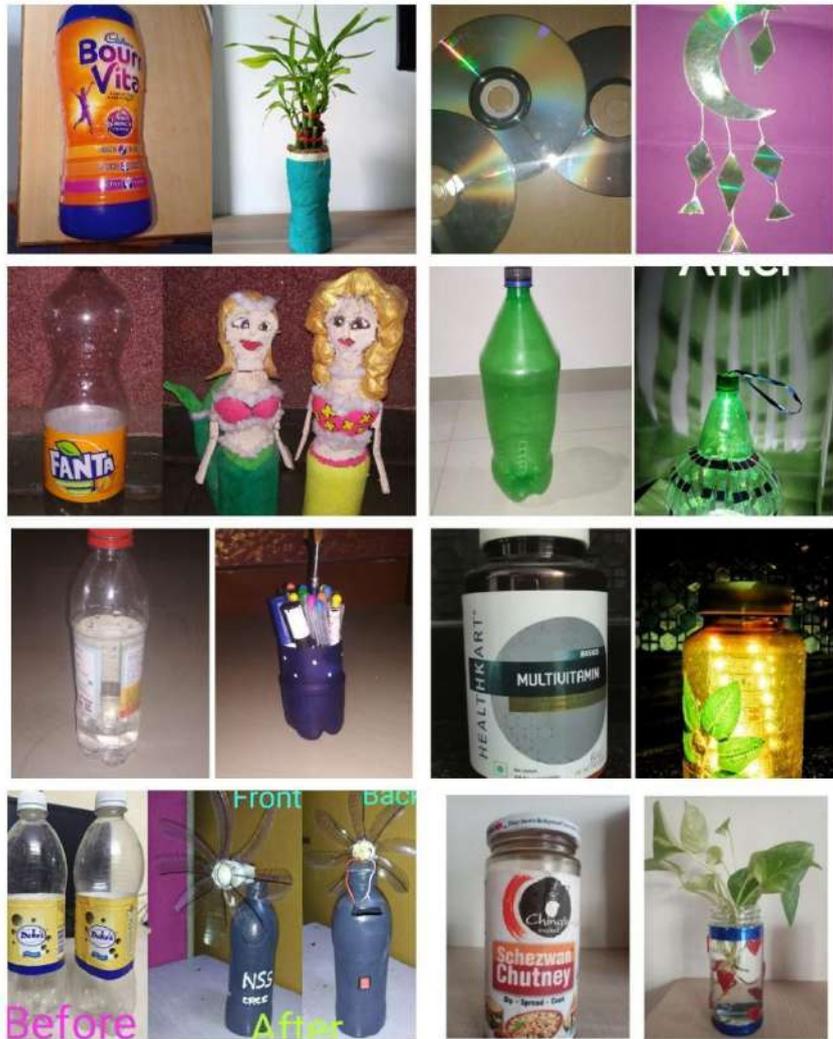
The benefits of Recycling are exceptional. Recycling reduces the amount of waste which would otherwise be sent to landfills. It prevents pollution and saves energy. And, most importantly, it reduces an individual's carbon footprint.

We received an outstanding response from both our NSS Members and Non-Members, with over 40+ students submitting their ideas.

We also had our Top – 15 who had performed wonderfully. Some of the Ideas included Vase from Plastic Bottles, Coffee Coaster, Plant Vase, Diwali Kandeel from Medicine Bottle and a lot more.

The pictures of all these creative ideas have been attached below.







Singh

Prof. Pradeep Singh (Program office)





NSS CRCE



REPORT ON MENTAL HEALTH AND WELFARE WEBINAR

Date: 28th October, 2020.

Place: Online Webinar

No. of Volunteers attended: 63

Did you know that India is home to the most depressed? That India loses a student every hour? In order to make more and more people aware about this situation, we at **NSS CRCE** organized an interactive session on Mental Health with *The Movement India*.

The Movement India aims at solving pressing issues like Human Trafficking, Mental Wellbeing and Education. The Speaker for the session was Mr. Preejo. He has over 11 years of behavioural training experience. Mr. Preejo currently serves as the Leading Consultant with The Movement India, leading their behavioural learning solutions.



Preejo Sir started off by presenting few pictures and asking everyone questions like what do you feel the picture is trying to say, how do you react in difficult situations, and more.

He explained us how important it is to love yourself first. We should be calm and positive when taking decisions or having an argument/discussion with someone. We should pursue small hobbies like Drawing, Painting, Dancing, etc.

Sir also presented a video on Black dog, where it was shown that a boy who did not try reaching out to people and did not address his problems to his family or friends, was trapped completely by the black dog (depression).

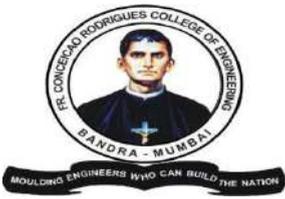
Hence, anyone having any kind of problem should make sure that you connect with people. Practice meditation and journaling, it would help reduce stress and anxiety. Have a healthy diet and workout frequently. If you feel scared or not so comfortable with talking to someone you know, then you can reach out to a therapist or you can contact **1800-120-820050**.

The session was ended with a very active Q&A session from our members with questions like How do you know if you are in depression, how can we reach out to people in depression, etc.



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Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON STREET DOGS AWARENESS

Platform: Google Meet

Date: November 1st, 2020

No. of Volunteers attended:62

On November 1st 4:30 pm IST, members of NSS CRCE in association with a start-up organisation Paw-tectors formed by CRCE alumni's, had gathered virtually to help people reflect on the vision and mission of Paw-tectors. This event was organized to address the need to protect and owning street dogs around.

The session began with a brief introduction of the speakers Sayalee Sawant and Saif Naqvi by NSS event coordinator Joshua Rodrigues. Sayalee first began with the vision she had for Paw-tectors in mind then stated the inhumane acts street dogs face incurred on them by some individuals. She then addressed the need to adopt street dogs rather than full breed dogs supported by its pros and cons.

Saif Naqvi then explained everyone some ways in which one can help street dogs which can be carried out individually but can make a huge difference for the dogs. Some of these ways included strapping on a reflective dog collar so they can be safe from passing vehicles around them and volunteering in affective ways by donating some essentials and spreading awareness for welfare of dogs starting from ones own society. There was a Q&A session at the end and the attendance of all members was recorded. This session was truly an eye-opener for all and encouraged us all to be the voice for these animals and make this world a peaceful place for both humans and animals.

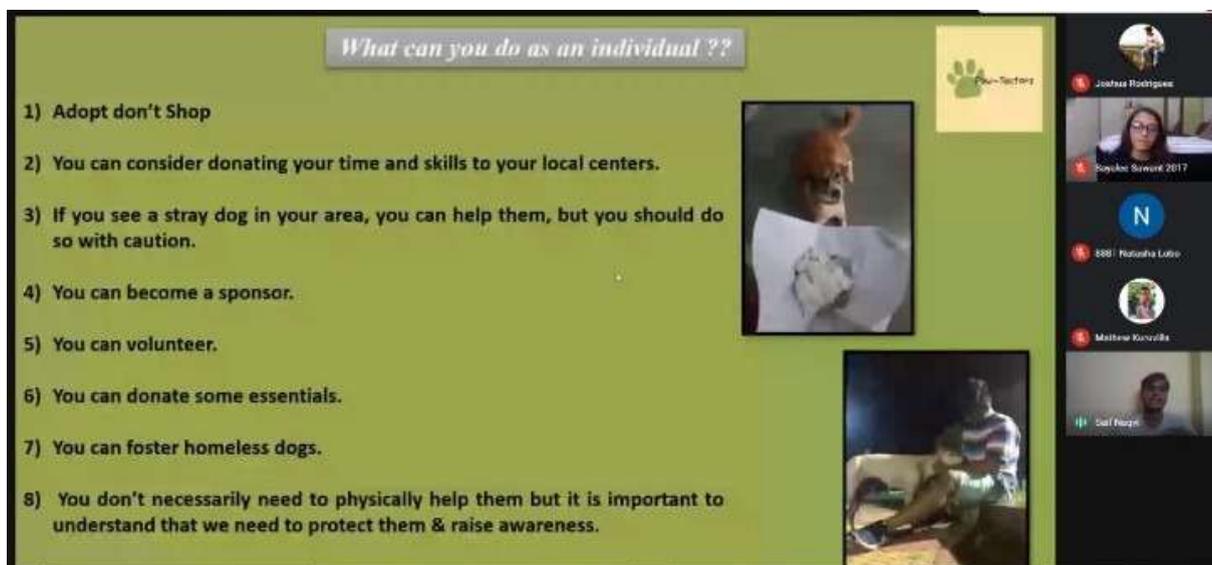


Image: Some ideas for individuals towards welfare of street dogs.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON REFORMS IN INDIA'S EDUCATION SYSTEM WEBINAR

Platform: Zoom

Date: November 12th, 2020

No. of Volunteers attended:41

An interesting webinar on the reforms in India's education system was organised by NSS CRCE in collaboration with Public Concern for Government Trust. The webinar aimed to educate young minds on the reforms done and the reforms still needed to be achieved in our country's education system.

The webinar began with a very simple question placed in front of the attendees, what is education?. Simple though it may look, it clearly made the attendees rub their brains to think of an answer. The speaker along with the event coordinators made a pleasant experience throughout the webinar. Even the audience played a significant role in making the webinar a successful one. The webinar carried on for about two hours with the speaker sharing deep ideas and knowledge about the recent reforms.

This was followed up by an interactive Q&A session. Altogether, the session proved to be thoroughly educative, informative and helpful. At the end of the webinar the attendance and feedback of all attendees was recorded.



Image: Guest Speaker



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Prof. Pradeep

Singh (Program office)



NSS CRCE



REPORT ON CLIMATE CHANGE WEBINAR

Date: 19th November, 2020.

Mode: Microsoft Teams

No. of Volunteers attended

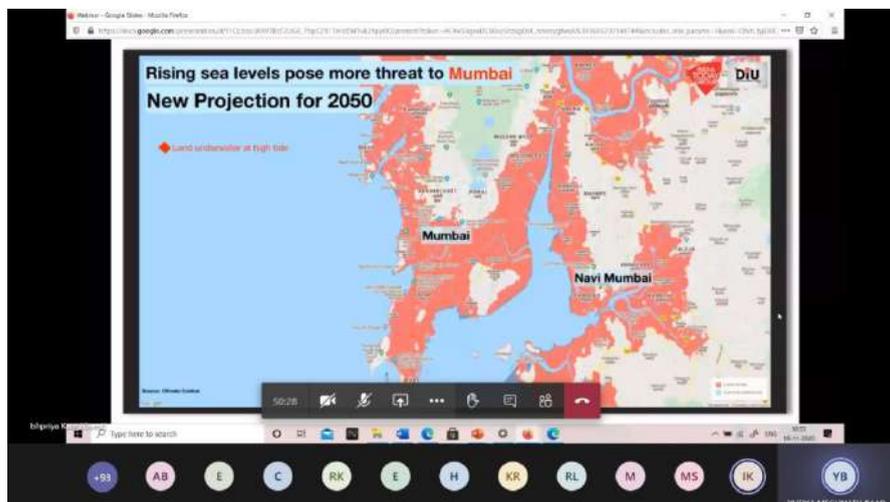
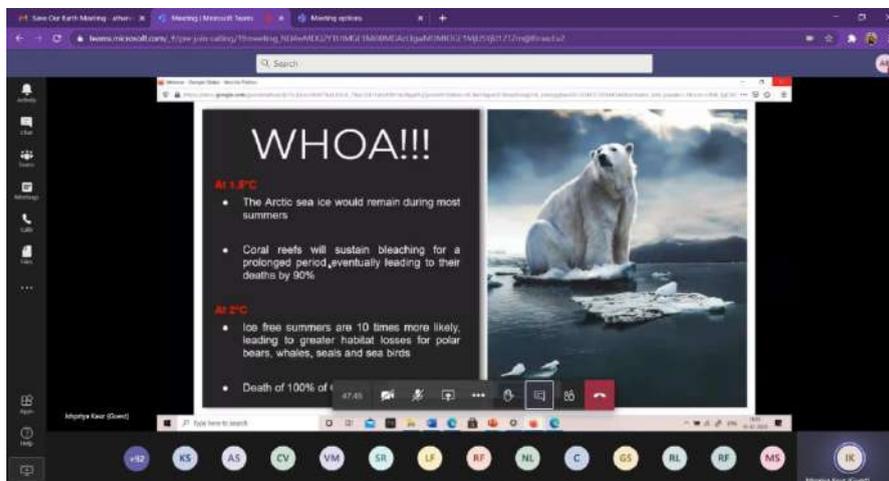
NSS CRCE organized a webinar with Climate Crew on a highly important topic. This topic requires action on an immediate basis. This is something everyone has been ignoring since a very long time. It is *Climate Change*.

The consequences of Climate Change are so catastrophic and toxic that one can't imagine. We have very less amount of time and there are very few people who are aware about this. Thus, the need for this webinar was important so that we can make more and more people aware about this.

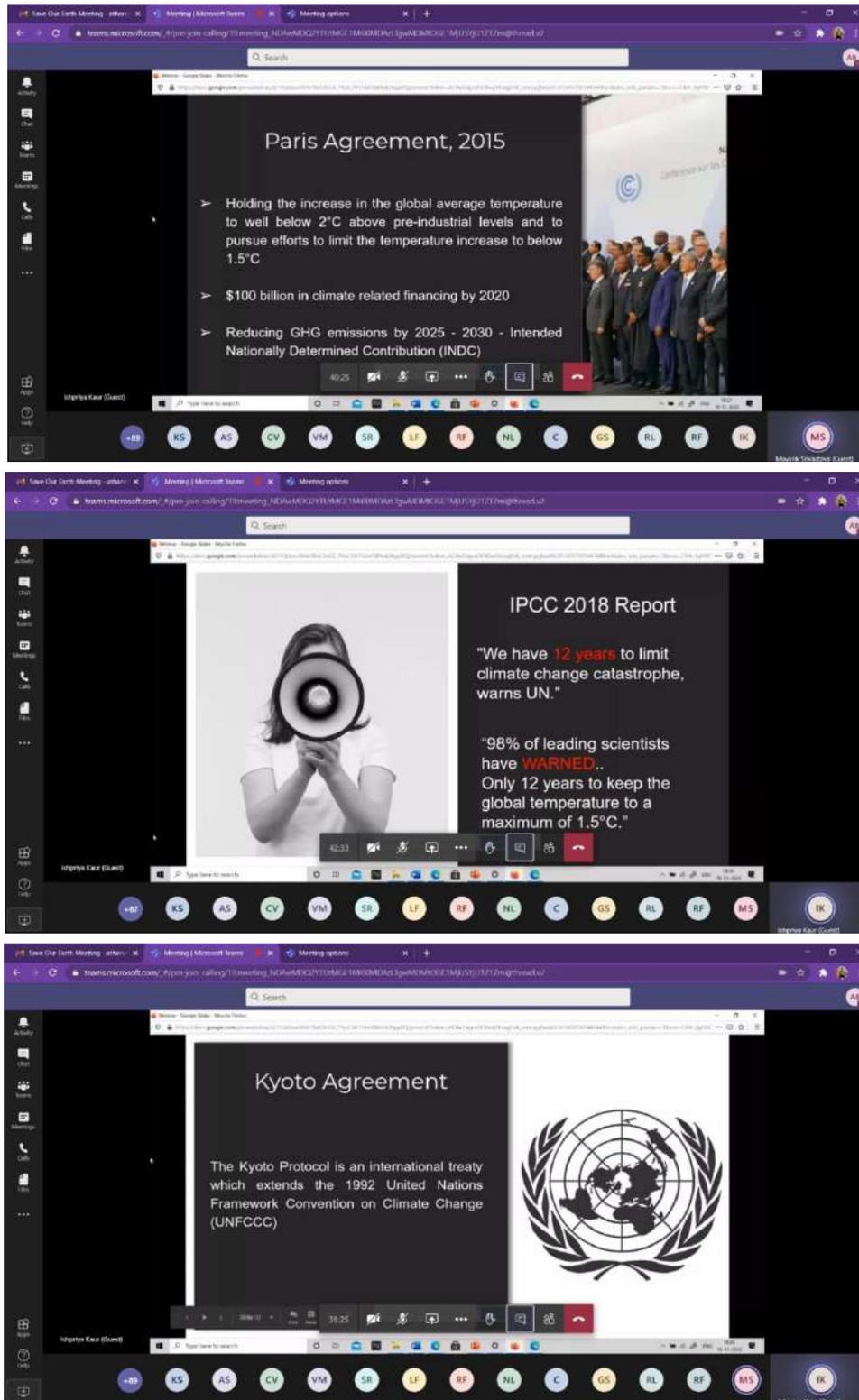
The Speakers from Climate Crew provided every single information about Climate Change and Global Warming. They spoke how Climate Change will increase the Temperature, cause more Droughts, Sea levels will continue to rise, Heat waves and Hurricanes will just get stronger and Arctic is likely to become ice - free.



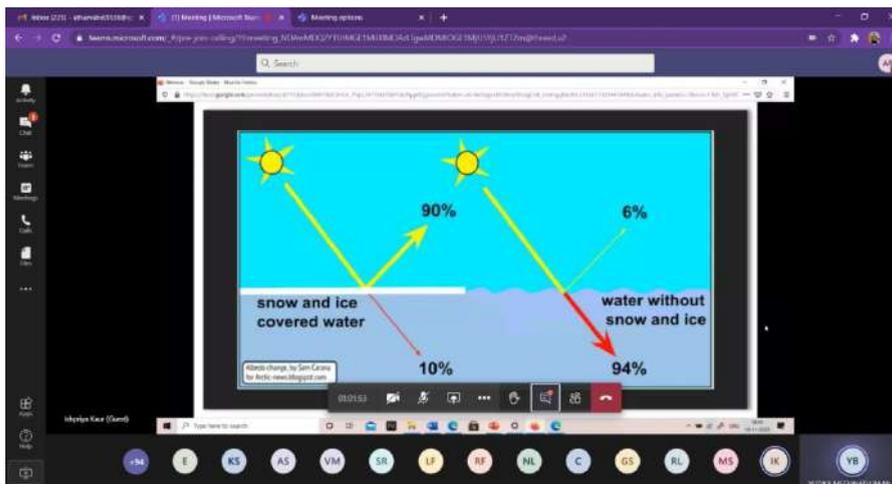
The Speakers made sure that the webinar is not getting boring. They kept on engaging with our members. Asked them questions. Replied to their doubts. And stuck to Scientific facts. Their way of explanation by using Pictures and Animations were great.



They also explained how everything started (from the beginning) and what kind of measurements other countries are taking in order to control Climate Change.

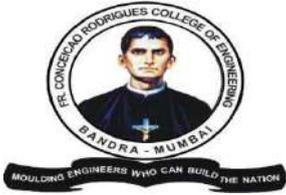


The best part about the webinar was, that they were trying to explain everything in a scientific way. Which was pretty easy to understand as you actually see how this is happening and how that is getting formed and what is the reason for all that ice melting.



A circular stamp of 'M. ANAND MOHAN COLLEGE OF ENGINEERING' with 'M. ANAND MOHAN' and 'ALUMBAHAR' in the center. To the right of the stamp is a handwritten signature that reads 'Pradeep Singh'.

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON PERSONALITY DEVELOPMENT (LEVEL 1)

Platform: Google Meet

Date: Dec 1st, 2020

No. of Volunteers attended:70

An interesting webinar on ownership and goal setting was conducted by the NSS CRCE in collaboration with The Movement India. The session aimed to educate young minds on how to be truthful to oneself and to others. The webinar was focused on ownership of one's acts either good or bad. The webinar started off with The Movement India team thanking NSS CRCE for conducting such an important and necessary webinar. This was followed by the introduction of the guest speaker, Mr. Preejo TJ by an NSS Volunteer.

Mr. Preejo certainly created an enthusiastic environment to say. He clearly talked about the behavioural pattern of individuals when it comes to ownership of one's own acts. The entire webinar was revolved around one thing, and that is ownership and goal setting. Because when one is truthful to one's own self, that is when one accepts credibility of one's own acts either fruitful or not, there are no regrets to ponder upon.

The random questionnaire round was the most amusing as it involved most of the volunteers. It was an amazing experience to have this break the ice session. The talk took about an hour and a half and the audience played an amazing role to make it a success.

This was followed up by an interactive Q&A session.

Altogether, the session proved to be thoroughly educative, informative and helpful. At the end of the webinar the attendance and feedback of all attendees was recorded.



Image: Guest Speaker Mr. Preejo TJ



Singh

Prof. Pradeep Singh (Program office)

REPORT ON HEPATITIS WEBINAR

Date: 21st December, 2020.

Mode: Google Meet

No. of Volunteers attended:62

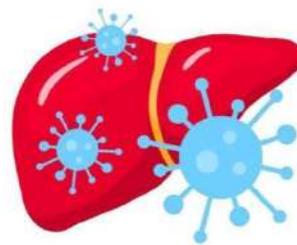
NSS CRCE organized a webinar on the awareness of Hepatitis with United Way Organization. Hepatitis is an inflammatory condition of the liver. This is a condition which very few people are aware about and hence its highly important that more and more people get to know about this so that they can take the right precautions in order to prevent it.

The Speaker for the session was Rakesh Gamare. Rakesh Sir started the session by sending a Pre – Test form about the basics of Hepatitis in order to know what our members initially know.

The session was then followed by an interactive presentation. He explained every bit related to Hepatitis through the presentation which was really easy for everyone to understand.

HEPATITIS

- Hepatitis means swelling and inflammation of liver
- Caused by: Toxins, certain drugs, certain medical conditions, heavy alcohol use, bacterial and viral infection
- Hepatitis Virus can be infectious for up to 7 to 14 days outside the body.



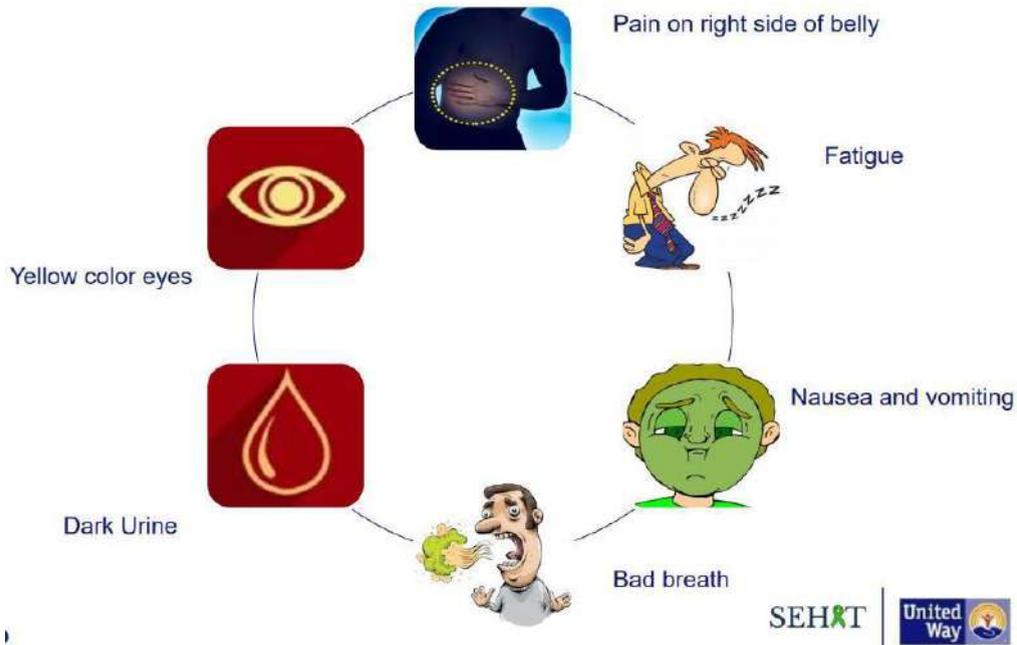
Inflamed Liver



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He explained in detail about what Hepatitis is, how its caused, the difference between Jaundice and Hepatitis, the common symptoms and types of Hepatitis.

COMMON SIGNS & SYMPTOMS OF HEPATITIS



TYPES OF HEPATITIS

Hepatitis A	<ul style="list-style-type: none"> Fecal Oral Transmission i.e. Passed through contaminated food, water or other drinks (including ice) 	
Hepatitis B	<ul style="list-style-type: none"> Contact with infected blood, multiple sex partners, sharing needles, infected mother to child 	
Hepatitis C	<ul style="list-style-type: none"> Contact with infected blood, multiple sex partners, sharing needles, infected mother to child 	
Hepatitis D	<ul style="list-style-type: none"> Sharing needles (This virus can be in addition to hepatitis B) 	
Hepatitis E	<ul style="list-style-type: none"> Fecal Oral Transmission i.e. Passed through contaminated food, water or other drinks (including ice) 	

He also explained how Hepatitis can be transmitted, about Hepatitis B & C and also about the Carriers.

TRANSMISSION OF HEPATITIS B AND HEPATITIS C



Direct contact with infected blood or body fluids



From infected mother to their baby during birth



By having unprotected sex with an infected person



Unsafe blood transfusions



By using unsterilized needles



By sharing shaving razors, shaving brush, toothbrushes and other personal products

14

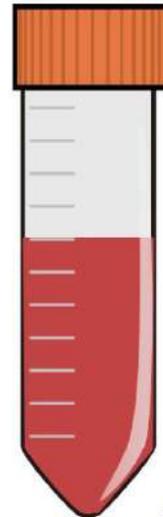


After Rakesh Sir was done with his explanation, Dr. Karen took over. She asked questions related to what Rakesh Sir had explained and was stunned with the response as nearly all of the members were able to answer her questions.

Both Rakesh Sir and Dr. Karen suggested that as soon as you get any one symptom of Hepatitis, you should immediately get it tested.

IMPORTANCE OF TESTING

- The **only** way to know if you are infected with the Hepatitis B or C virus is to **get tested!**
- **Not all** routine blood panels test for Hepatitis B and C
- People of all ages should be tested, especially if you're from areas of **high prevalence**
- Early detection can help:
 - **Prevent spread** of the Hepatitis B and C virus
 - Identify appropriate **treatment options**
 - **Reduce risk** for developing liver cancer



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The Q&A session was highly interactive with questions like, “What causes hepatitis?”, “Can hepatitis Be Cured?”, “Which Hepatitis is bad?”, “Can hepatitis transmitted sexually?”, “Can you catch hepatitis from kissing?” and many more.

The session was ended with a Post – Test form which was intended to know how much did all the members learn.



Singh

Prof. Pradeep Singh (Program office)

REPORT ON ROAD SAFETY AWARENESS AND WELFARE WEBINAR

Platform: Google Meet

Date: December 22 & 23, 2020

No. of Volunteers attended:27

On December 22 & 23, 11:00am IST, members of NSS CRCE in association with United Way Mumbai, organized a Road Safety and Guidelines workshop for all NSS Volunteers. This event was introduced to make people aware about the various rules and regulations as there was a tremendous increase in road hazard cases annually.

The session began with a brief introduction of the speaker Mr. Rohit Dalvi by NSS event coordinator Joshua Rodrigues. Rohit first began with his mission to make Indian roads safe and then started the session with some general quizzes on Google form to which all volunteers actively answered. Various topics namely the different road signs and what they meant, importance of keeping a safe distance between vehicles, the different braking systems in vehicles and most importantly picking up the perfect helmet and uses of helmets were discussed.

The whole session was interactive with real life videos demonstrating the pros and cons of the techniques discussed and asking interesting questions throughout. Which brought us to the end of the session where the same form with the same questions was again circulated through the meet to which majority of the participants answered correctly which showed they had learnt a lot from the session. The form entries were recorded and accordingly the attendance. This session was truly helpful for all of us to make us vigilante citizens on roads both while driving or walking.

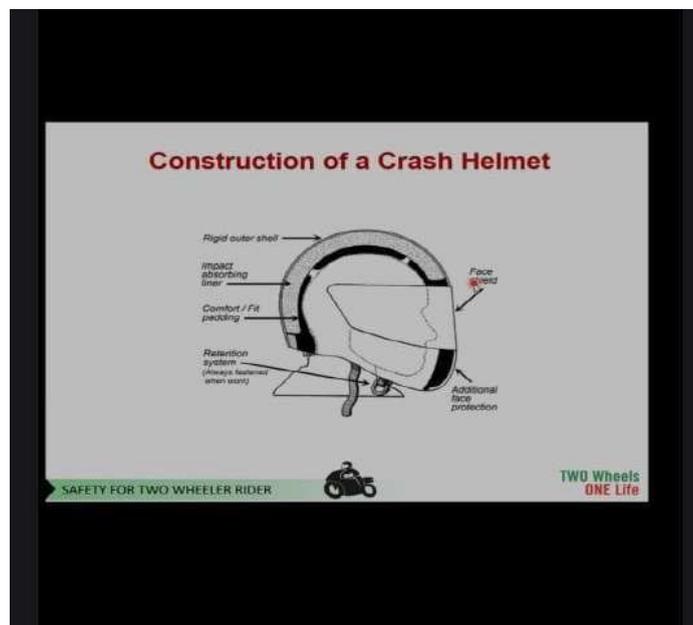
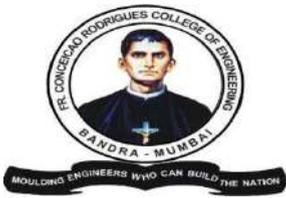


Image: Demonstration of helmet construction.



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Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON PERSONALITY DEVELOPMENT (LEVEL 2)

Platform: Google Meet

Date: January 22nd, 2020

No. of Volunteers attended:65

An interesting webinar on Integrity was conducted by the NSS CRCE in collaboration with The Movement India. The session aimed to educate young minds on how to be truthful to oneself and to others. After successful completion of level 1 of the Boot Camp initiative, the focus was put on level 2.

The webinar started off with The Movement India team thanking NSS CRCE for conducting such an important and necessary webinar. This was followed by the introduction of the guest speaker, Mr. Preejo TJ by an NSS Volunteer.

Mr. Preejo certainly created an enthusiastic environment to say. He clearly talked about the behavioural pattern of individuals when it comes to Integrity. The entire webinar was revolved around one thing, and that is Truthfulness and Honesty. Because when one is truthful to one's own self, there are no regrets to ponder upon. The random questionnaire round was the most amusing as it involved most of the volunteers. It was an amazing experience to have this break the ice session.

The talk took about an hour and a half and the audience played an amazing role to make it a success. This was followed up by an interactive Q&A session.

Altogether, the session proved to be thoroughly educative, informative and helpful. At the end of the webinar the attendance and feedback of all attendees was recorded.

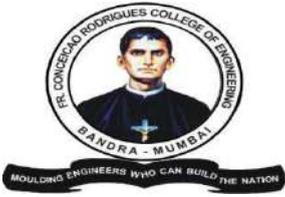


Image: Guest Speaker Mr. Preejo TJ



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON POSTER MAKING COMPETITION

Deadline: 24th January, 2021

No. of Volunteers attended: 38

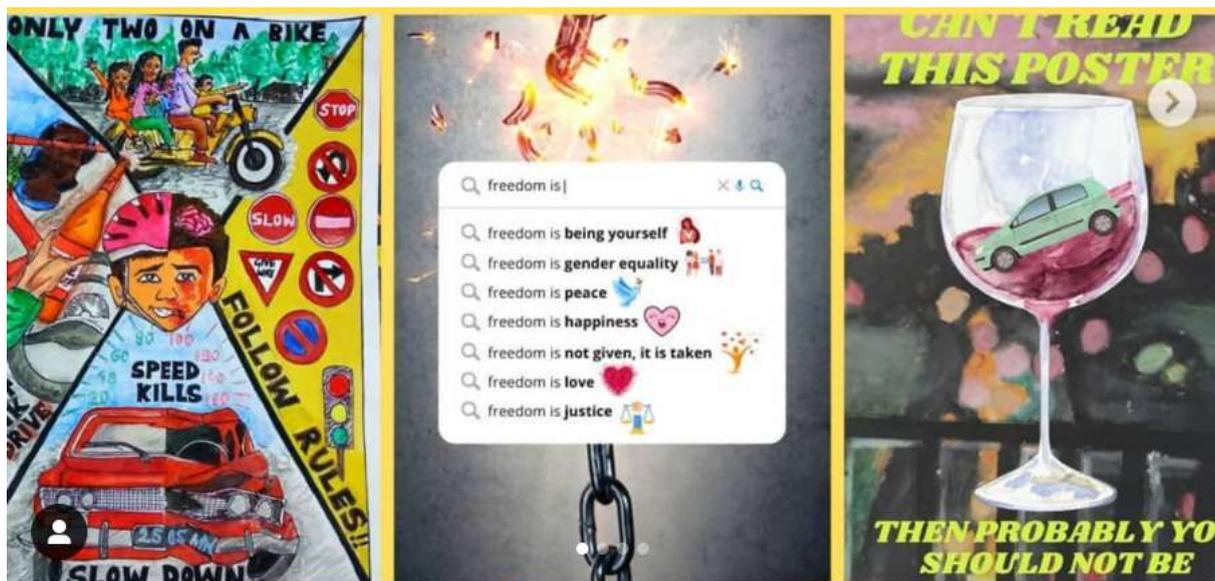
NSS CRCE in collaboration with United Way Mumbai and The Movement India organised a creative and intriguing competition for all our NSS CRCE members that is The Poster Making Competition.

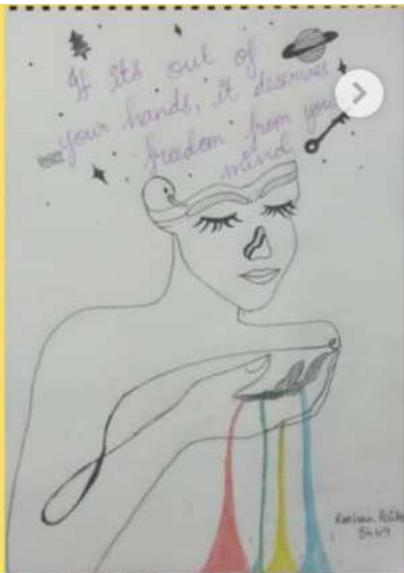
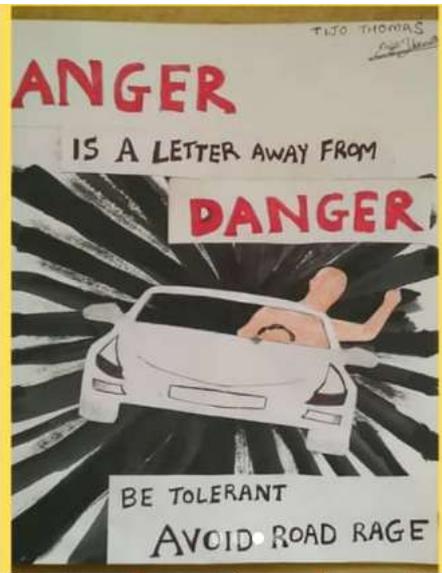
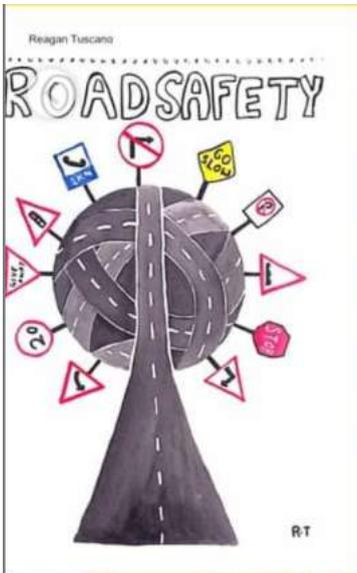
The participants were asked to choose among two topics given by us which were I) Road safety and II) What freedom means to you. On the basis of these topics the participants were asked to create a poster on the idea of the what the selected topic meant to them and how they could impact the society. Considering the lockdown as some participants would not be able to go out and buy any stationary, we gave an option as to creating a poster with any available material in their homes or creating a poster using any available online software.

The criteria we set for scoring the posters were that their respective posters should be unique, attractive and most importantly it must portray a message regarding the topics they'd chosen. And living up to our expectations we received an overwhelming response with 44 unique and creative posters.

It was tough but we finally had our top 10 posters which stood out from the rest and portrayed some striking views.

Attached below are the posters of all the 10 Poster Making Competition winners.

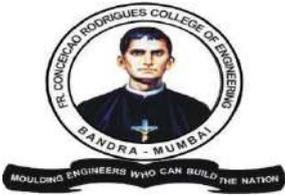






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NSS CRCE



REPORT ON MANDALA ART SESSION

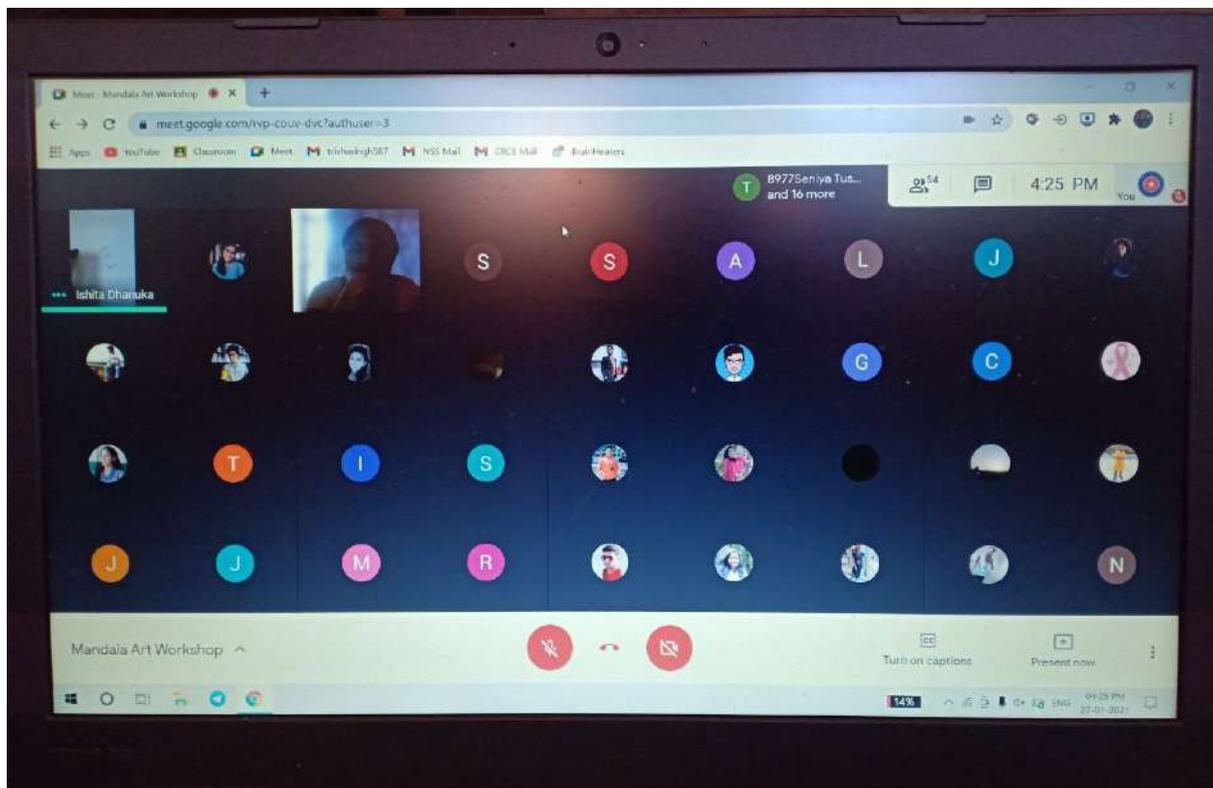
Date: 27th January, 2021.

Mode: Google Meet

No. of Volunteers attended:53

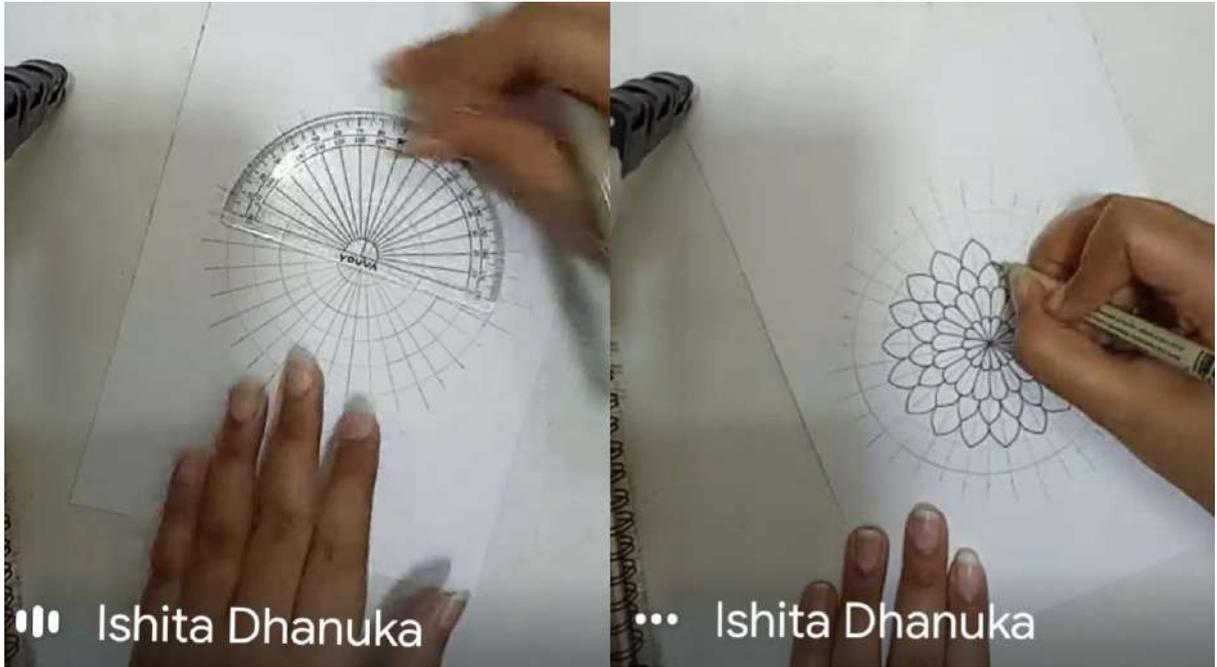
Not many of us are aware about Mandala Art and the tremendous advantages it has. So, NSS CRCE decided to keep a workshop on Mandala Art with Ishita Dhanuka.

Ishita Dhanuka is a Professional Mandala Artist who has taught over 500+ people. She is known as '_artistryart_' on Instagram.



She started the session with explaining what Mandala Art is and its advantages. Mandala Art is considered to be a great stress reliever. They help in increasing Concentration and make it easier to be mindful.

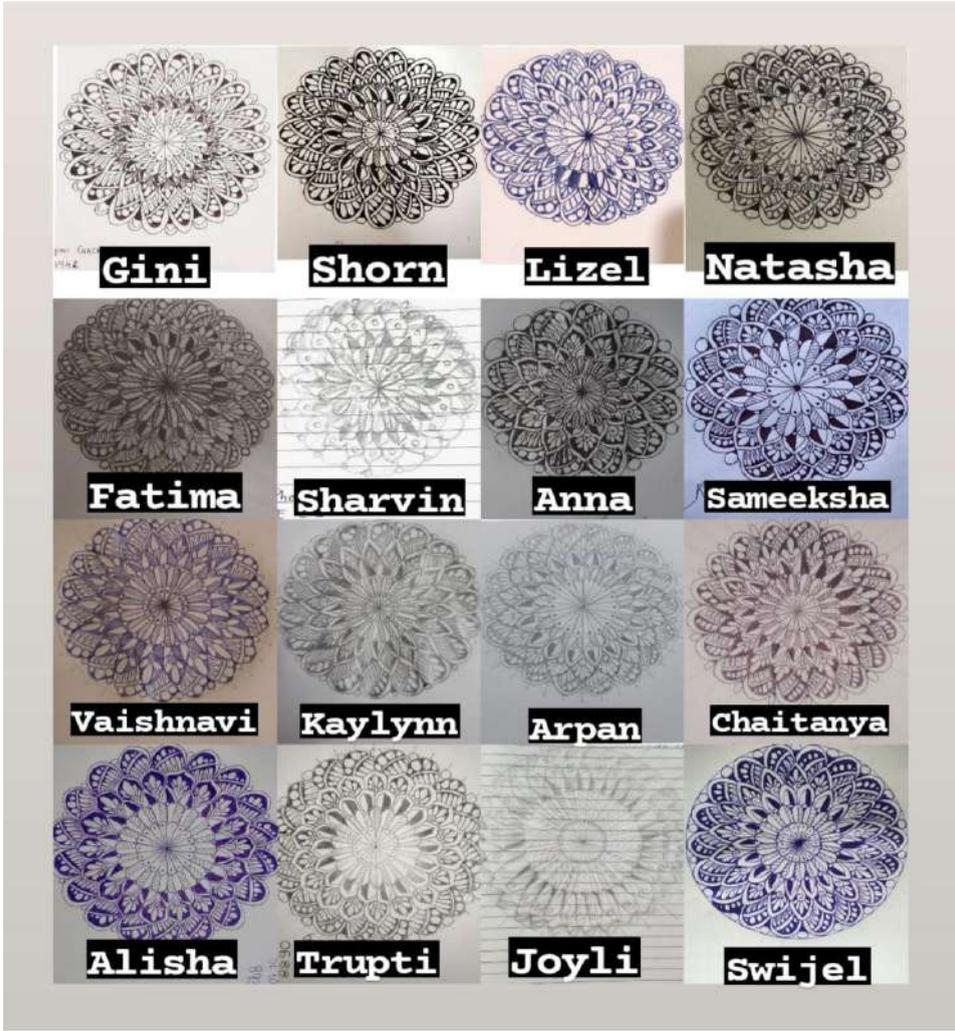
Mandala pushes your thoughts aside and makes you think creatively. This helps a lot to people suffering from Depression, Anxiety and Stress.



After that, she explained us all the patterns that are commonly used during Mandala Art Drawing. After all the theory, we all started drawing along with her. From creating concentric circles to drawing different shapes, this session was a lot fun and interactive at the same time.

At the end of the session everyone was requested to send whatever work they had done. And the response which we got for that was mind blowing.

The drawings which our NSS Members made have been attached below.



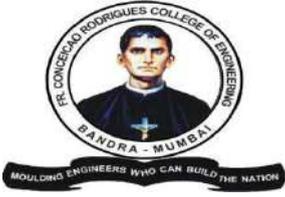


Overall, the session was fun and we also got to know how creative our Members are.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON WORLD WETLANDS DAY (UNITED WAY)

Date: 2nd & 3rd February, 2021

Mode: Google Meet

No. of Volunteers attended:53

Every year, 2nd February is celebrated as World Wetlands Day. On this occasion of World Wetlands Day, NSS CRCE in association with United Way has arranged two expert talks where, experts in the field of photography and mangrove conservation has shared their valuable experiences with us.

The first speaker was Mrs. Shivangi Mehta, an International award winning wild life photographer and the second speaker was Mr. Suresh Varak, Range Forest Officer, Maharashtra forest Dpt. It was 2 day event which was held on 2nd and 3rd February, 2021.

Mrs. Shivangi Mehta and Mr. Suresh Varak has created an enthusiastic environment to say. He talked about how and why Wetlands day is celebrated. More than 50 NSS volunteers has participated in this webinar.

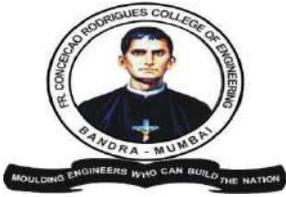
Wetlands are vital for humans, for other ecosystems and for our climate, providing essential ecosystem services such as water regulation, including flood control and water purification. Wetland biodiversity matters for our health, our food supply, for tourism and for jobs. Wetlands also absorb carbon dioxide so help slow global heating and reduce pollution, hence have often been referred to as the "Kidneys of the Earth".

The talk took about an hour and a half and the audience played an amazing role to make it a success. This was followed up by an interactive Q&A session. Altogether, the session proved to be thoroughly educative, informative and helpful. At the end of the webinar the attendance and feedback of all attendees was recorded.



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Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON RIGHT TO INFORMATION.

Platform: Zoom

Date: February 6th, 2021

No. of Volunteers attended:58

An educative webinar was conducted by the NSS CRCE in collaboration with the PCGT Organisation. The session aimed to educate minds on how the government documents and public data can be accessed by any citizen of our country. The webinar started off with a quick introduction of the speaker, Mr. Shailesh Gandhi by the event handler.

Mr. Shailesh certainly created an enthusiastic educative environment to say. He explained how the citizen of our country can access any documents or files by following a certain legal procedure. He also stated the relevance and need of the RTI act. He certainly laid a base foundation in the minds of all the attendees to understand more about various such privileges and use them upto their full extent. The talk took about an hour and a half and the audience played an amazing role to make it a success. This was followed up by an interactive Q&A session.

Altogether, the session proved to be thoroughly educative, informative and helpful. At the end of the webinar the attendance and feedback of all attendees was recorded.

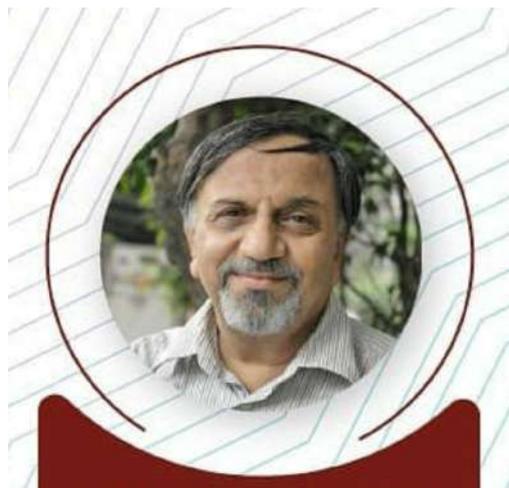
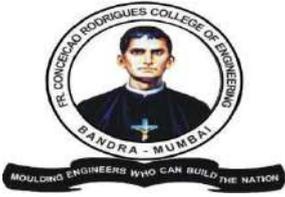


Image: Speaker Mr. Shailesh Gandhi



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON CIVIS SERVEY

Date: 25th – 29th January, 2021

No. of Volunteers attended:14

NSS CRCE in collaboration with Civis Foundation. Civis had conducted a participatory budgeting exercise for Mumbai's Health Budget 2021-22. It was 5 days event where NSS volunteer had to participate in survey of Mumbai's Health Budget 2021-2022.

Participatory budgeting refers to a process where citizens get to decide where and how the city's budget is spent. We are asking the residents of Mumbai about what areas should be prioritised under the Health domain for the government, through our website.

There was even a seminar conducted by civis foundation in which Volunteers can ask their doubts regarding survey which volunteers have to attend.

Altogether, the survey was thoroughly educative, informative and helpful. NSS volunteers has participated in this survey very enthusiastically. Volunteers has taken feedbacks from the people.



Pradeep Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON VEGAN OUTREACH/ VIRTUAL TOUR

Platform: Zoom

Date: February 23rd, 2021

No. of Volunteers attended:40

An interesting webinar on Integrity was conducted by the NSS CRCE in collaboration with Vegan Outreach. The session aimed to educate young minds on how to be less dependent on animal products in order to stop cruelty against animals. After successful completion of level 1 of the Boot Camp initiative, the focus was put on level 2. The webinar started off with the introduction of the guest speaker, the first vegan to climb the Mt. Everest, Mr. Kuntal Joisher

Mr. Kuntal Joisher certainly created an enthusiastic environment to say. He talked about the motives the challenges faced and how he overcame all of them. It wasn't easy and definitely not a one time thing. The success was an outcome of many years of training, practice and research to climb the world's greatest summit on a complete plant based diet and clothing. This is something remarkable and many fail to understand the importance of this success. His success proves to the world that cruelty against animals can be terminated if one is determined enough to develop alternatives.

The random questionnaire round was the most amusing as it involved most of the volunteers. It was an amazing experience to have this break the ice session. The talk took about an hour and a half and the audience played an amazing role to make it a success. This was followed up by an interactive Q&A session. Altogether, the session proved to be thoroughly educative, informative and helpful. At the end of the webinar the attendance and feedback of all attendees was recorded.

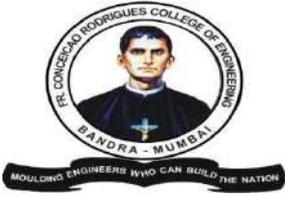


Image: Guest Speaker, Mr. Kuntal Joisher



Pradeep Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON FEEDING STRAY ANIMALS

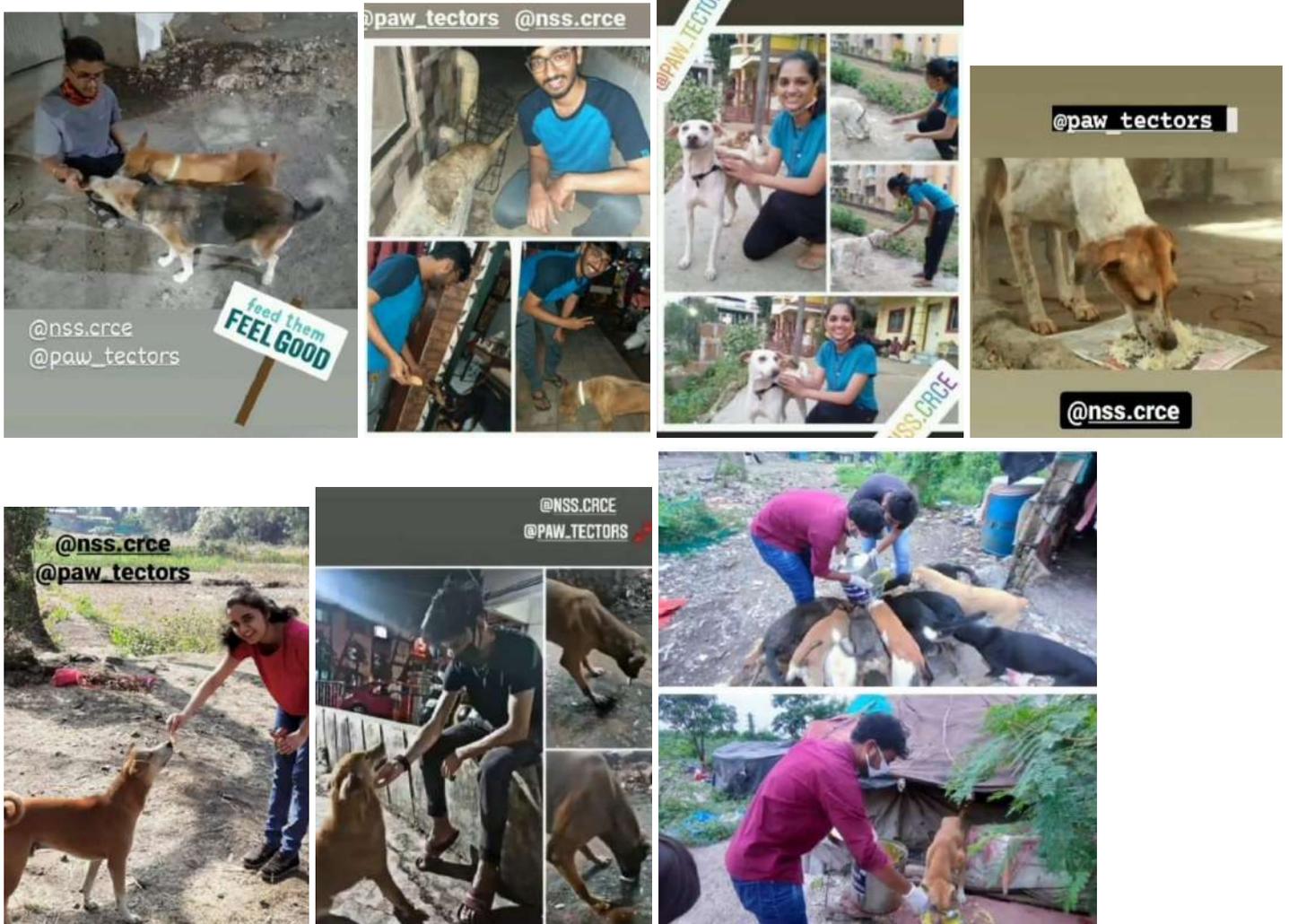
Date: 2nd March, 2021.

No. of Volunteers attended:23

"He who feeds an hungry animal, feeds his own soul" - Charles Chaplin

On March 2nd, members of NSS CRCE in association with a start-up organisation Paw-tectors formed by CRCE alumni's, has conducted a feeding drive for stray animals. Volunteers had Feed Stray animals in their area and Captured the moment, put it on their Instagram story and taged @nss.crce and @paw_tectors.

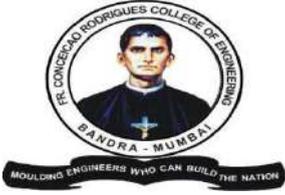
In this feeding drive for stray animals, top 3 lucky winners had got 2 reflective collars each for thir community dogs. The giveaway was after the feeding drive. And the participants who have been a part of feeding drive and followed the instructions will only be eligible for the giveaway.





Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON PERSONALITY DEVELOPMENT (LEVEL 3)

Date: 4th March, 2021.

Mode: Google Meet

No. of Volunteers attended:28

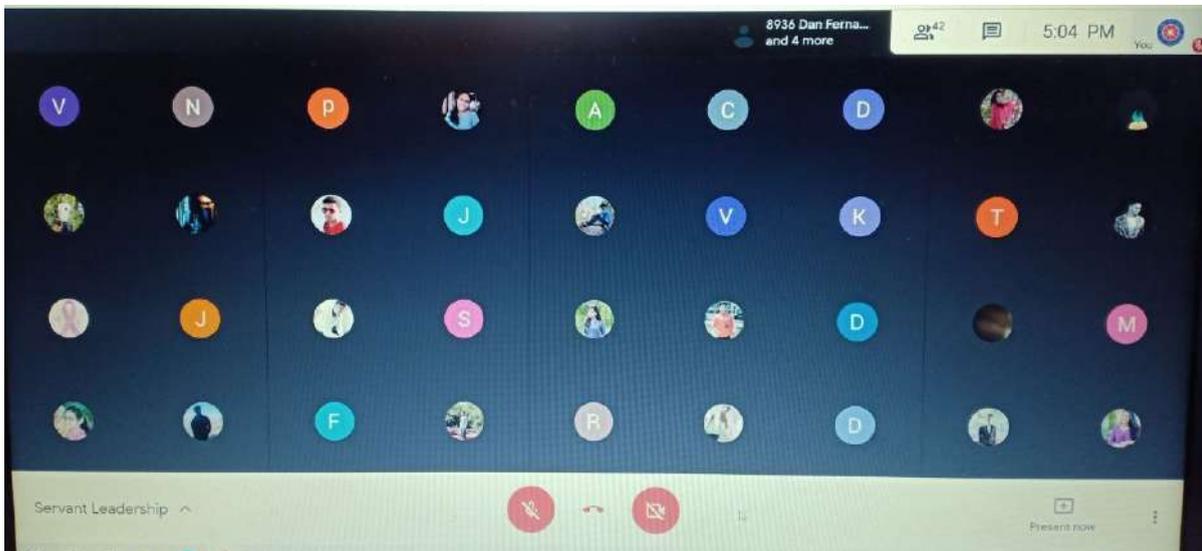
NSS CRCE with The Movement India organized an event on Servant Leadership. Servant Leadership is a topic that not many people are aware about and that is why we kept this topic as the Level 3 of our Personality Development Sessions.

The Speaker for this session was Mr. Preejo, who has over 11 years of Behavioural Training Experience.



Before starting with the main topic, Preejo sir asked the members few questions from the Level 1 & 2. Members seemed to remember most part of the two sessions.

Preejo sir then quickly revised whatever had been done in the Level 1 & 2 and then started off with What exactly is Servant Leadership according to the members?



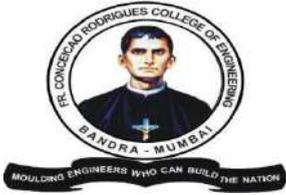
He then gave an example of Marvel and Captain America and asked the members that who according to them is a better Leader?

He then explained various aspects related to Servant Leadership like the Principles and Roles of Servant Leadership and how can you learn it?

At the end of the session, he asked who according to us is the best leader? Which got a lot of responses and everyone discussed why they feel their role model is a better leader.

Preejo sir wrapped up the session with an Interactive Q & A Session.

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON CELEBRATION OF 75 YEARS OF INDIA'S INDEPENDENCE

Date: 12th March, 2021.

Mode: Google Meet

No. of Volunteers attended:56

The mega celebrations to commemorate the 75th anniversary of India's Independence has begun on March 12 with the inauguration of 'Azadi Ka Amrut Mahotsav' by Honourable Prime Minister by flagging off a 241-mile march from Sabarmati Ashram in Ahmedabad to Dandi in Gujarat's Navsari district to mark the day.

India has celebrated 75 years of its Independence. The Union government has announced a 75-week programme to mark this historic occasion. A day before it became a Republic, on January 25, 1950, India established its Election Commission. The country started its journey with adult franchise. This equality, the only one, is the luxury of women of India.

Due to Covid-19, the schooling system in India has moved from a classroom setup to an online one. The digital divide is pushing a large number of students, particularly girls, out of school.

When a majority of the Indian population depends on public sector provisioning for essential services, the mad push for privatisation, corporatisation and the stepping away of the government from sectors like health, education and employment has further devastated the lives of the people. Women are the biggest victims of the pro-corporate policies of the government. The alarming increase in anemia and malnutrition levels among women and children will end up as a silent genocide.

NSS volunteer has actively participated in this programme and show their interest in it.

More the 60 Volunteers has participated in this Programme Webinar from our College. This webinar was motivational.

The programme ended successfully with vote of thanks.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON WOMEN EMPOWERMENT

Date: 15th March, 2021.

Mode: Google Meet

No. of Volunteers attended:54

We are all aware of how important Women Empowerment is and how even in 2021, women are still being discriminated based on their gender.

To create an awareness about this issue, **NSS CRCE** organized an event on Women Empowerment with **Katalyst**.

Katalyst started a decade ago with the intention of liberating women through the pursuit of professional education.

Their initiative prepares young women for leadership roles and for building self - confidence amongst themselves.

We had three speakers for our event, Gautami Siliveri, Samiksha Ramteke and Anjali Selokar.

The event started with an engaging presentation from Katalyst. Where in, they spoke about what exactly does one mean by 'Women Empowerment' and what can we as an individual do to support it.



Samiksha and Anjali spoke about the topic from the very basics so that everyone is clear with what they are explaining.

After talking about the basics, Gautami took over and spoke about the never – ending barriers which are imposed on women by society and in some situations, even their families.

She spoke how Women are paid less, expected to cook and still being restricted by their family. Not only this, but also how people now – a – days pass sexist comments like, “Stop driving like a woman!” or “If you go to work, who will take care of the house?”.

Ways to promote Women Empowerment

- ❖ **Create opportunities for women of every age.**
- ❖ **Create new roles for women, so companies can develop better.**
- ❖ **Pay should be equal irrespective of gender.**
- ❖ **Empowering women by educating them.**
- ❖ **Diversify leadership by promoting women for management and executive positions.**
- ❖ **Creating safe space.**
- ❖ **Support Independence and Mobility.**
- ❖ **Educating whole system including men.**



Gautami then spoke about what can we do to promote Women Empowerment. If we see any sort of inequality happening around us, we shouldn't keep quiet! We should raise our voice and ask for equality. After this, the session was ended with a Q & A Session.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON DOCUMENTARY ON BULLING

Date: 19th March, 2021.

Mode: Google Meet

No. of Volunteers attended:59

It is very well known how common Bullying is getting in our generation. Bullying not only destroys a child's self esteem but also makes him/her suffer from Depression, Stress and Anxiety.

Things like body shaming, passing racist comments and teasing the weaker children for different reasons should be stopped and it's important that we all raise our voice against this.

As sometimes, when situations get worse, Bullying might lead to a child committing suicide.

To create an awareness about this much important topic amongst our NSS Members, we decided to present a short documentary on Bullying.



Too Scared For School (Bullying
Documentary) | Real Stories

In this documentary, they shared real life stories of all those children who suffered from Bullying in their school time.

From teasing students on a regular basis to physical violence, this documentary covered it all. It showed how just to have fun, these bullies would make the life of other children miserable.

They also explained the steps you can take if anything of that sort is happening with you.

Overall, the video was really nice and quite informative and inspiring.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON DOCUMENTARY ON SUSTAINABILITY

Platform: Google Meet

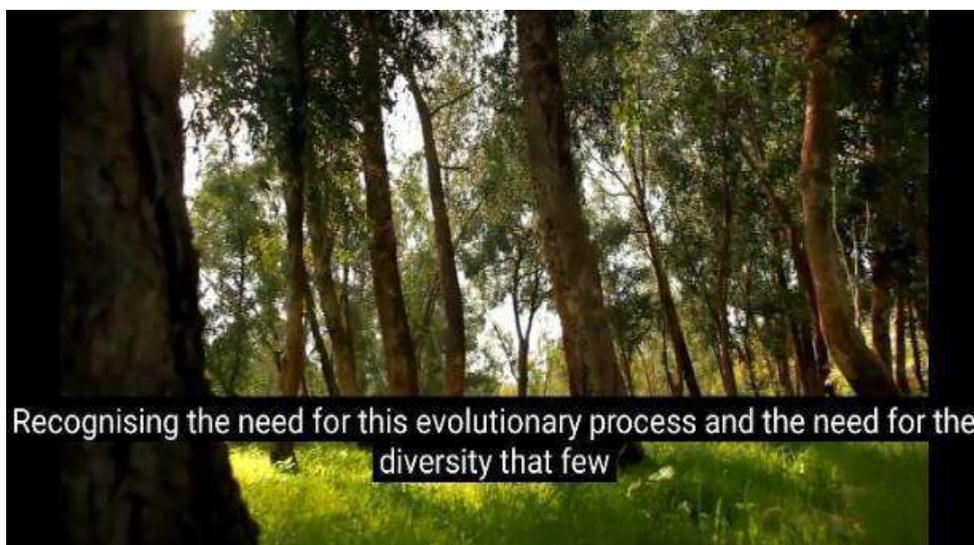
Date: 21st March, 2021

No. of Volunteers attended:52

NSS CRCE organised an informative session on global sustainability. Global sustainability an important concept defining the co-existence between humans and nature. The sole purpose of this session was depicting the importance we as humans acknowledge nature and in-turn improve human lives by living in harmony with mother nature.

The session began at 4pm with a brief introduction as to what sustainability is and its importance. Then we presented our members with a documentary put together by a channel on YouTube called Complexity Labs. This documentary covered all the important points regarding global sustainability and was also soothing and relaxing to the eye at the same time. It explained all the intricate co-relation among the several beings in nature and how to achieve a balanced ecosystem.

This session was a really inspiring and taught all our members the importance of nature and its co-existence with all living organisms.

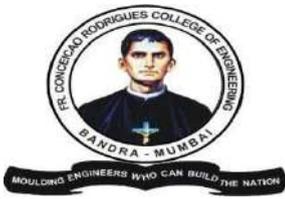


A still from the documentary explaining the concept of diversity



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON AN EVENING WITH A COP

Date: 31st March, 2021

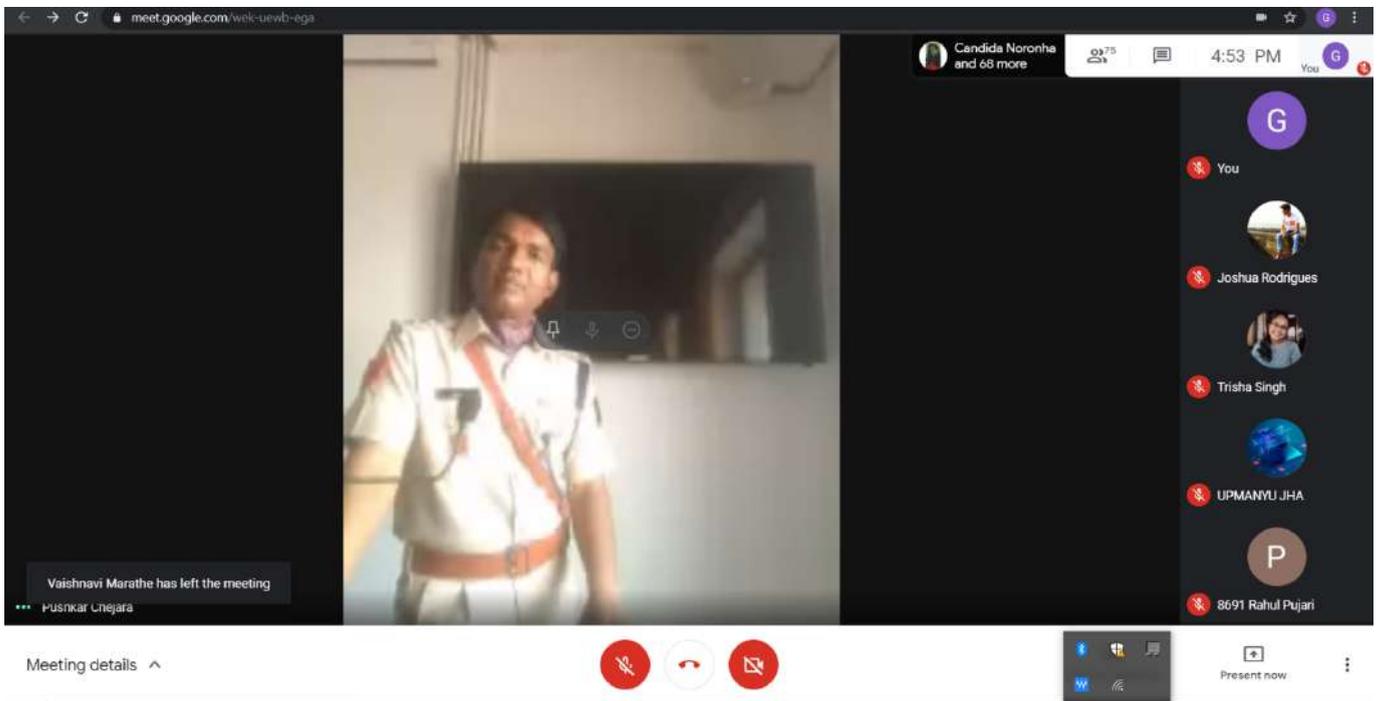
Platform: Google Meet

No. of Volunteers attended:65

NSS CRCE has organized an Interview session with *BSF Office Assistant Commandant Pushkar Chejara*. The session aimed to gain more knowledge and idea about the life of the BSF officer and scope for the students in BSF after Engineering.

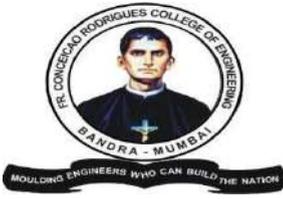
The session started with an introduction of Asst. Commandant Pushkar Chejara by Trisha Singh. Asst. Commandant Mr. Pushkar joined BSF in 2003 as a Sub Inspector and was promoted as an inspector in 2009 after completion of 8 years of service. Later he got selected for Assistant Commandant in BSF. Being a BSF officer he served in Kashmir valley J&K, Rajasthan's Thar desert and Gujarat's Rann of Kutch area. During this period he got opportunity to serve at BSF training centers too. Presently he is serving in Rajasthan as a police on deputation and looking after the training of police personnels.

Later on Trisha Singh and Gayatri Varma took his interview and asked various questions regarding the his life in BSF his experiences and scope for the students who are later interested in joining BSF or else. Members have also asked their doubts and questions regarding defence and joining it. The session was ended with Q&A and suggestion to young generation. More than 60 members joined the webinar.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON AN ORGAN DONATION SESSION

Date: 7th April, 2021

Platform: Zoom

No. of Volunteers attended:43

“Nothing Can Be Better Than Helping Someone after Your Death When You Donate Your Organs”

Mumbai University has organized a webinar session on Organ Donation. NSS volunteers have participated in this session. The aim of this session is to motivate normal human beings to pledge to donate organs after death, and to spread awareness about the importance of organ donation.

Even after death, some organs of the body can be preserved and stored. If these organs are donated, it might save somebody else's life. The rate of organ donation has significantly increased due to the number of successful cases. Organ Donation is defined as the removal of organs from a body and transplanting it to a new body by surgical means. The requirement for new organs usually arises when a person loses an organ to some accident or stops functioning.

So, the speaker of the webinar explained the need, importance and all other details regarding the organ donation.



Singh

Prof. Pradeep Singh (Program office)



NSS CRCE



REPORT ON MENTAL HEALTH

Date: 16th - 17th April, 2021

Platform: Google Meet

No. of Volunteers attended:56

Did you know that India is home to the most depressed?

That India loses a student every hour?

In order to make more and more people aware about this situation, So, it has been requested to attend an International conference on Mental Health. It is 2 Day webinar that is on 16th and 17th April, 2021.

In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals. Depression is one of the leading causes of disability. Suicide is the second leading cause of death among 15-29-year-olds. People with severe mental health conditions die prematurely – as much as two decades early – due to preventable physical conditions.

Despite progress in some countries, people with mental health conditions often experience severe human rights violations, discrimination, and stigma.

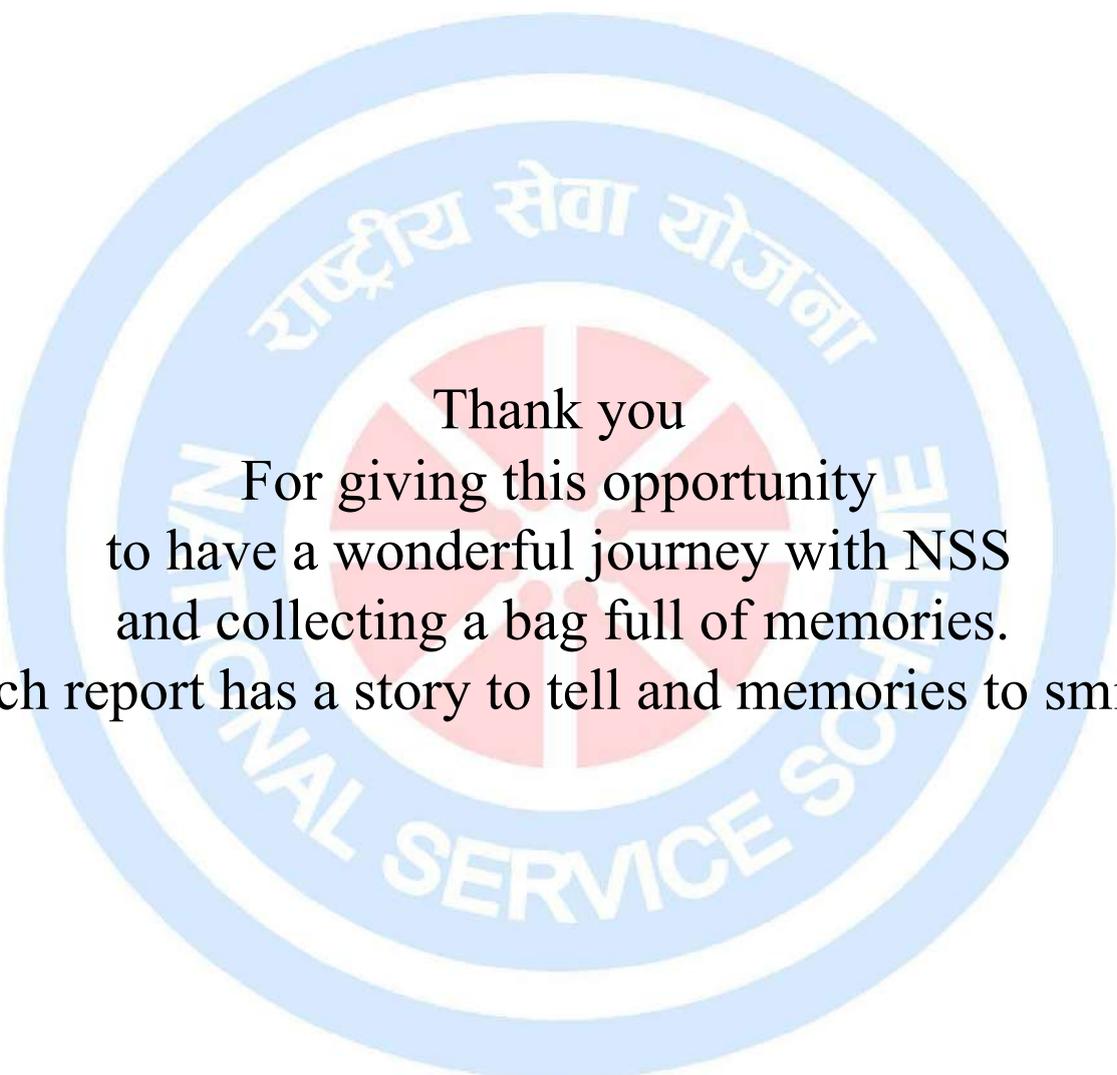
Many mental health conditions can be effectively treated at relatively low cost, yet the gap between people needing care and those with access to care remains substantial. Effective treatment coverage remains extremely low.

Increased investment is required on all fronts: for mental health awareness to increase understanding and reduce stigma; for efforts to increase access to quality mental health care and effective treatments; and for research to identify new treatments and improve existing treatments for all mental disorders.



Singh

Prof. Pradeep Singh (Program office)

The logo of the National Service Scheme (NSS) is a circular emblem. It features a central red wheel with eight spokes, set against a white background. This central wheel is surrounded by a blue ring containing the text 'राष्ट्रीय सेवा योजना' (Rashtriya Seva Yojana) in Hindi at the top and 'NATIONAL SERVICE SCHEME' in English at the bottom. The entire emblem is enclosed within a larger blue circular border.

Thank you
For giving this opportunity
to have a wonderful journey with NSS
and collecting a bag full of memories.
Each report has a story to tell and memories to smile.

TEDxCRCE

TEDxCRCE allows our stage to host personalities who have sheer passion to have an impact on our society be it political, social, technological or cultural. The speakers share their belief in their ideas which allow them to move the masses, the extent of their success and the evolution / termination of their ideas in due course due to the constant changes taking place worldwide. In addition to this, this chapter organizes technical activities like Internship expo and resumes building session. Further the council is also involved in various events related to social work through Community Services like Volunteering drive, Food Rescue Operation.

List of TEDxCRCE council members 2020-21

Name of student	Post	Class
Renjit Koshy	Organizer	BE ELECTRONICS
Pragati Rao	Curator	BE ELECTRONICS
Meera Ghaskadvi	Director	BE IT
Gladden Rumao	Co-organizer	TE COMPUTERS
Prisha Sharma	General Administration Head	TE ELECTRONICS
Sylvester Rodrigues	Marketing and Sponsorship Head	TE ELECTRONICS
Clafacio Lobo	Internship Expo Head	TE IT
Kartik Salian	PR and Media Head	TE ELECTRONICS
Warren Fernandes	Jr. Technical Head	SE COMPS B
Amrutha Sureshkumar	Jr. PR Head	SE COMPS B
Mufaddal Rangwala	Jr. PR Head	SE ECS
Candida Noronha	Jr. Design Head	SE COMPS B
Jyothis Shajan	Jr. Design Head	SE ECS
Insiya Shamshi	Jr. Marketing Head	SE COMPS B
Lizel Fernandes	Jr. Documentation Head	SE COMPS B

List of activities conducted 2020-21

Sr. No	Activity/seminar /session	Short information	Speaker/Judges Details	Date/ Duration	Number of students Participated
1	Divulge	Social Media Campaign – DIVULGE, commending students achievement in the lockdown of 2020	-	September 2020	6 candidates selected

2.	TEDxCRCE 2020 Shifting Gears	An online TEDx event hosting live TED-like talks from speakers of various genres presenting the idea “Shifting Gears”	Mrs. Apurva Purohit(Business), Mrs. Triveni Acharya(Social Work), Dr. Vikas Karade(Innovation), Mrs. Shibani Kashyap(Bollywood Music), Mr. D.R. Karthikeyan(Public Servant), Rhythm Funk (Music)	7 th November 2020	100
3.	Resume Building Session	Event to teach current students tricks to make a good resume.	Mr. Gopesh Rajderkar , Alumni BE Computers, 2019	27 th February 2021	200+
4.	Internship Expo 2021	The Internship & Career Expo is CRCE’s flagship event hosting 23 companies from technical as well as non technical domains that help students to get Internships opportunities	Companies Visited: Kasa Kai Mumbai, Skynet Secure, Cloud Counselage, Gift a Career, 20 watts, Roti Bank, Blended Learning, Itech Solutions, Pixel Dust, Welfare of the Stray Dogs, Amcha Ghar, Binary Curve, Ratna Nidhi, Baheti, Ashish Foundation, Web Shine Tech, Green Gen, Citizens Association For Child Rights, Cleverspace, Online Manufacturing, Cyber frat, Syspre and Derest	6 th March 2021	300+

PHOTOS:



TEDxCRCE **DIVULGE**

Engineer by profession, cricket enthusiast at heart!

- Owner of the page Cricblogs on Instagram
- Posts facts, blogs, Opinion polls, quizzes on the page
- Received engagement from eminent celebrities like Gaurav Kapoor, Kuldeep Yadav and Jatin Sapru

*- Nachiket Nisal
BE, IT*



TEDxCRCE **DIVULGE**

CS Engineer turned Stock Market Trader

- Built automated trading system via computer programming
- Earns more than an average IT professional by investing in stock markets
- Runs a channel on Instagram by the name of "Aman Baheti" where he posts about stock market predictions, smart investments and profit generations

*- Aman Baheti
BE, Computer Science*



TEDxCRCE **DIVULGE**

Engineer by profession, Artist by Passion!

- Was featured by a reputed institute and got a chance to present her glass paintings.
- Just within a month of branding, received an appreciable response.
- Runs an Instagram page 'rid.glassopoli' where she posts glass paintings made by her.

*- Ridhi Bauskar
TE, IT*



TEDxCRCE **DIVULGE**

Professional Dancer with her own YouTube Channel

- Professionally trained dancer
- Started a YouTube channel with the name "NUSTA_NAACH"
- Viewership of more than 1.2k views on her videos

*- Khushboo Golampalle
TE, Elex*



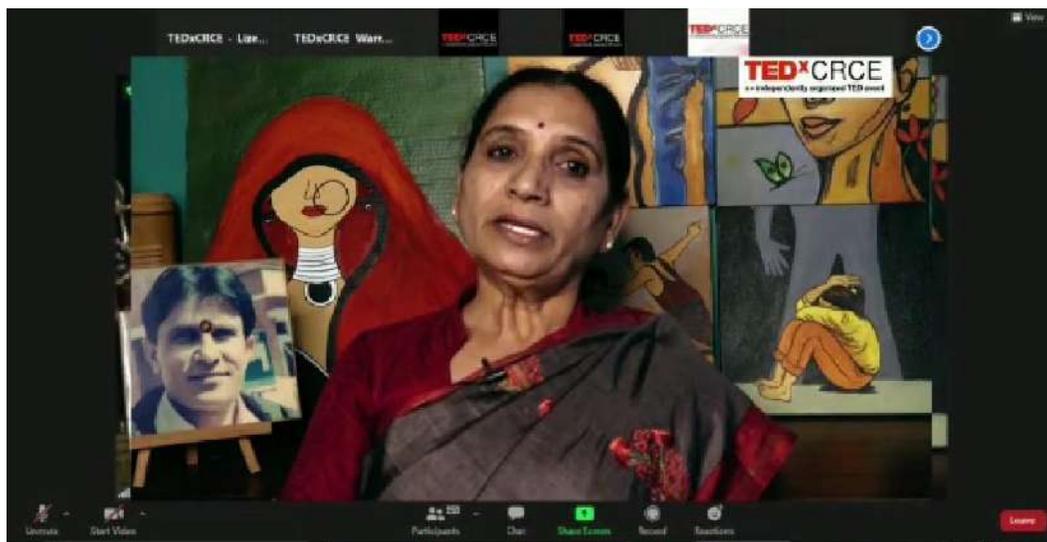
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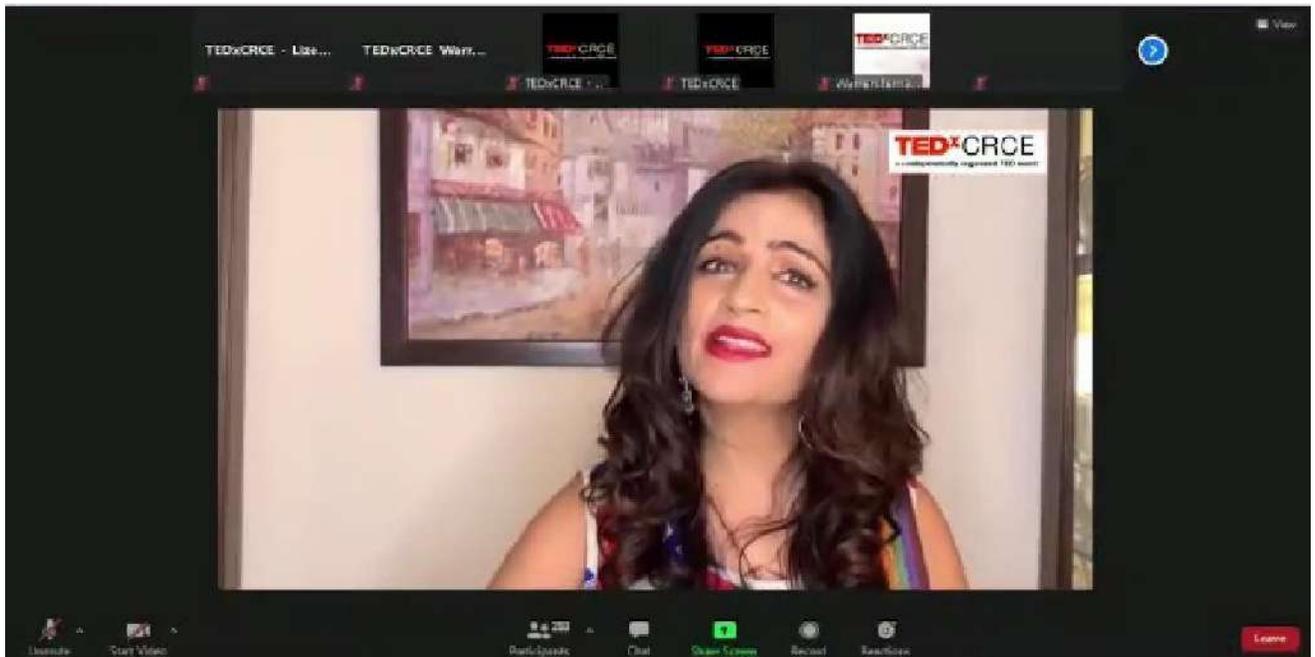
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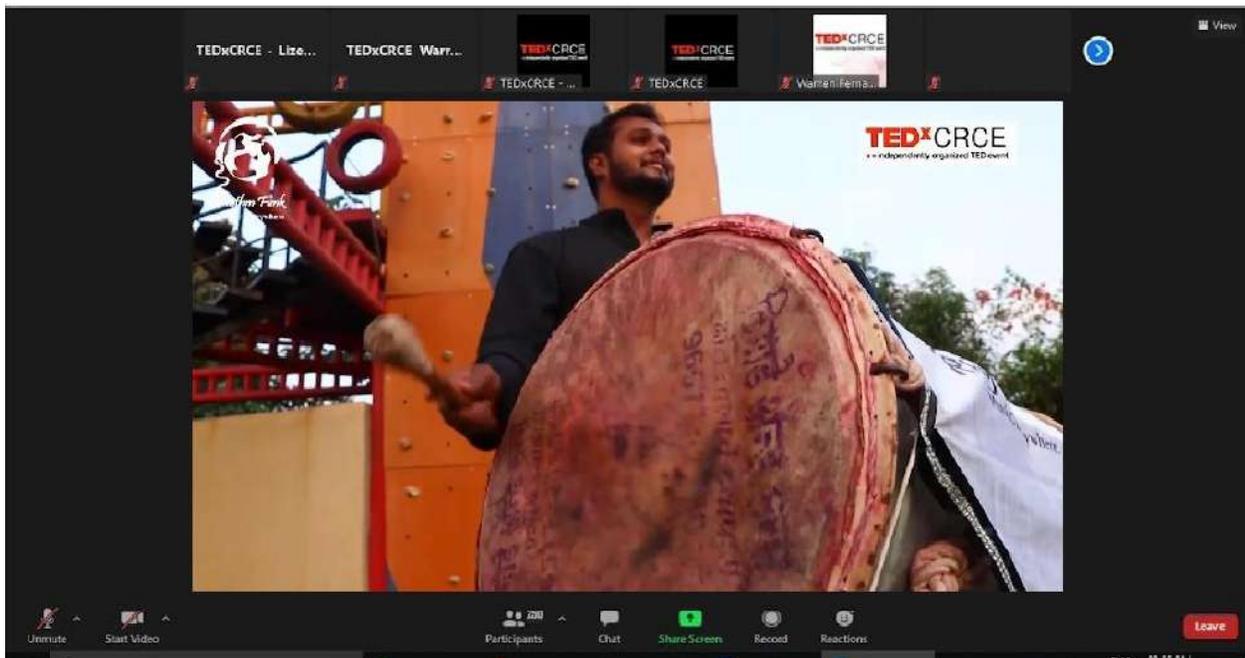
- Learnt stitching, stitched masks and distributed them to the needy
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*- Rasika Virkar
SE, Camps B*









  
www.tedxcrce.com

TED^xCRCE
x = independently organized TED event

RESUME BUILDING WORKSHOP



27th Feb, 2021
2:30 pm

Gopesh Rajderkar
Software Developer | TCS Digital

TEDxCRCE
an independently organized TED event

INTERNSHIP EXPO 2021

Venue: Zoom
6th March, 2021
10:30 am onwards

Contact:
Clafacio : 9309816876
Kartik : 7303111089

www.tedxcrce.com

Scan to Register





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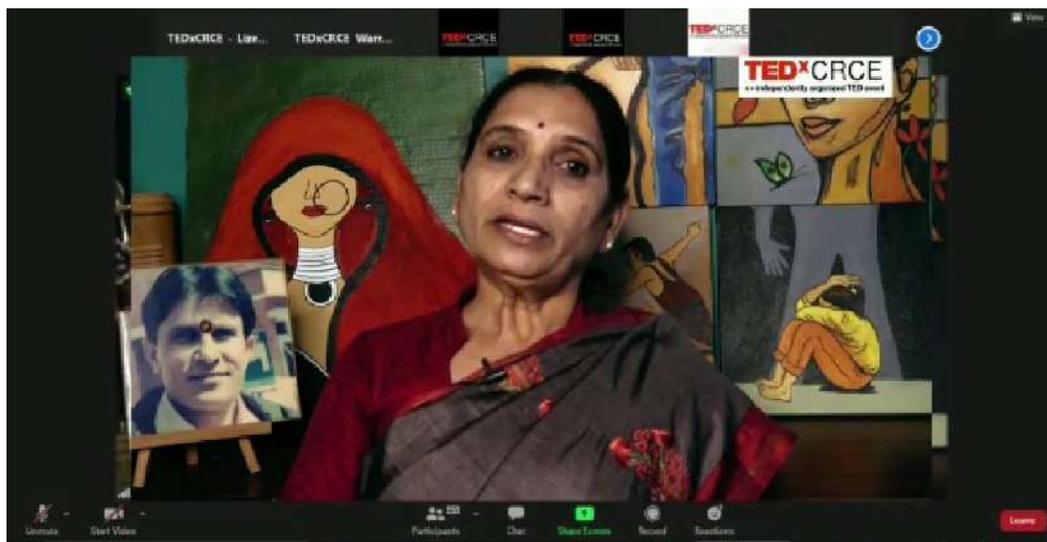
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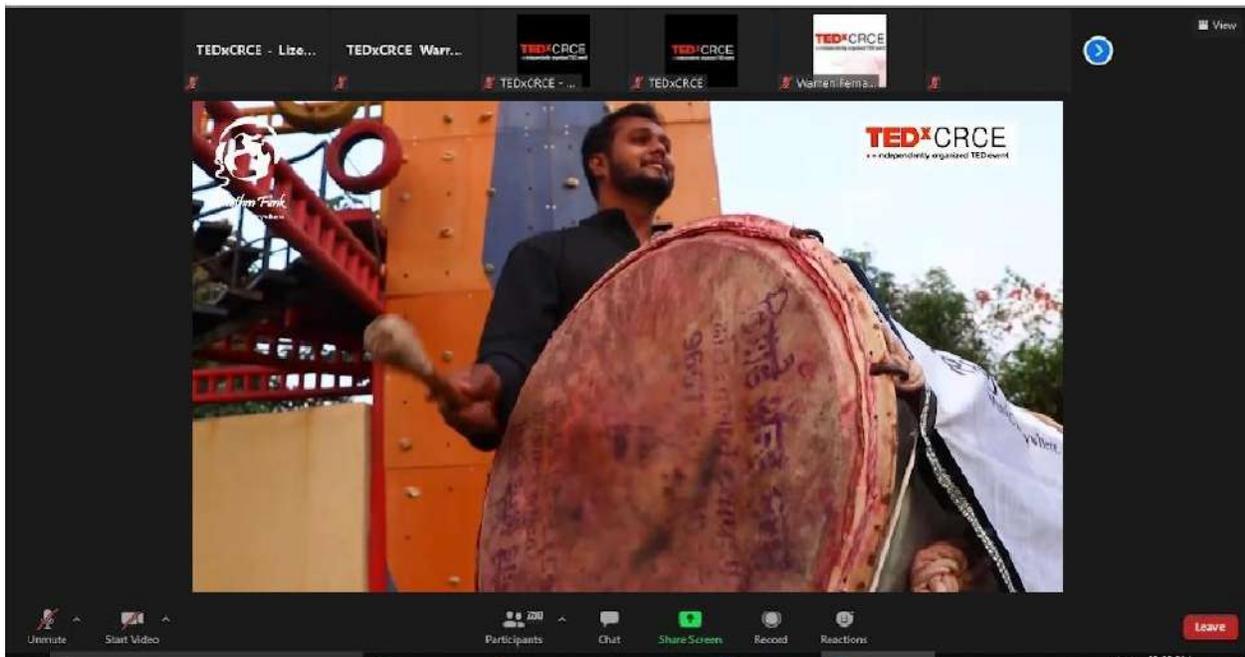
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The Green Gen
PODCAST
PRERANA TIRODKAR

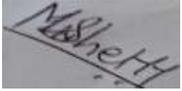
The Green Gen
PODCAST
VARUN PAUL

MShetty



Prof. Monali Shetty
Co-coordinator, TEDxCRCE

Prof. Monali Shetty



Co-coordinator, TEDxCRCE



TEDxCRCE Talks

Shifting Gears

Event Report for the year 2020-2021

On the 7th of November 2020, TEDxCRCE hosted its 5th version of TEDx Talks at Fr. Conceicao Rodrigues College of Engineering. The event was broadcasted live on the online platform due to the ongoing pandemic. The theme for the year was “Shifting Gears.” This year at TEDxCRCE, we believe that the entire essence of life demands people to challenge themselves and push themselves off the edge to see if they can fly – that is the true meaning of life. Life is a series of unpredictable events forcing one to take risks, change paths, shift gears every step of the way. The result is often uncertain, perhaps even disappointing, but there is only a question to ask “Are you willing to shift your gears and challenge yourself?”

This year, the event saw six dynamic and eloquent speakers from different fields sharing their instances of the “Shift of Gear moment” in their life, all with a single mission of “Ideas Worth Spreading.”

The admirable personalities included Mrs. Apurva Purohit, an enterprising Indian businesswoman, president of Jagran Prakashan Ltd. She shared her views on making the most out of life, based on her personal experience, which led her to be the lady she is today.

Mrs. Triveni Acharya, an Indian journalist and an activist who shared her truly inspiring journey of the past 20 years, fighting against sex trafficking and rescuing the precious life of ladies, despite all the curveballs life threw along the way, urging the audience to do good, regardless of how small the deed is.

Ms. Shibani Kashyap, a Bollywood singer, music producer, and composer who shared her journey from being a singer in her school choir to a successful Bollywood singer with various award-winning records.

Dr. Vikas Karade, a BTech, Masters, and a Ph.D. Holder from the Indian Institute of Technology is a Y-combinator backed startup company founder and has over ten years of experience in surgical visualization and automation. He shared his journey on how he took risks, shifted gears, and ventured into entrepreneurship to be the successful businessman he is, motivating us all to get out of our comfort zone and work on what makes us happy and keeps us thrilled.

Mr. D.R. Karthikeyan is an ex-IPS officer, the former director of CBI, and the director-general of the national human rights commission. He enlightened us with his jaw-dropping career decisions. He provided us with some exciting insights he encountered while solving one of the country’s most tragic and controversial case headed by him: The Rajiv Gandhi Assassination.

Rhythm Funk, a band of 8 talented artists, namely Mr. Himanshu Kulkarni, Mr. Omkar Kodilkar, Mr. Akshay Mahalkar, Mr. Rohit Aher, Mr. Siddhesh Dogmane, Mr. Kiran Tambere, Mr. Aditya Joshi, and Mr. Shubham Mulaye who make a fusion of Western music with Dhol, Tasha and other Indian musical instruments with over 330k subscribers on their YouTube channel and millions of view on their videos, who performed their very own composition leaving everyone mesmerized.

The event culminated in significant success, with over 250 people joining us live and many news articles featuring our event. We are surely and steadily reaching our milestone of having a large viewership number on the Internet.

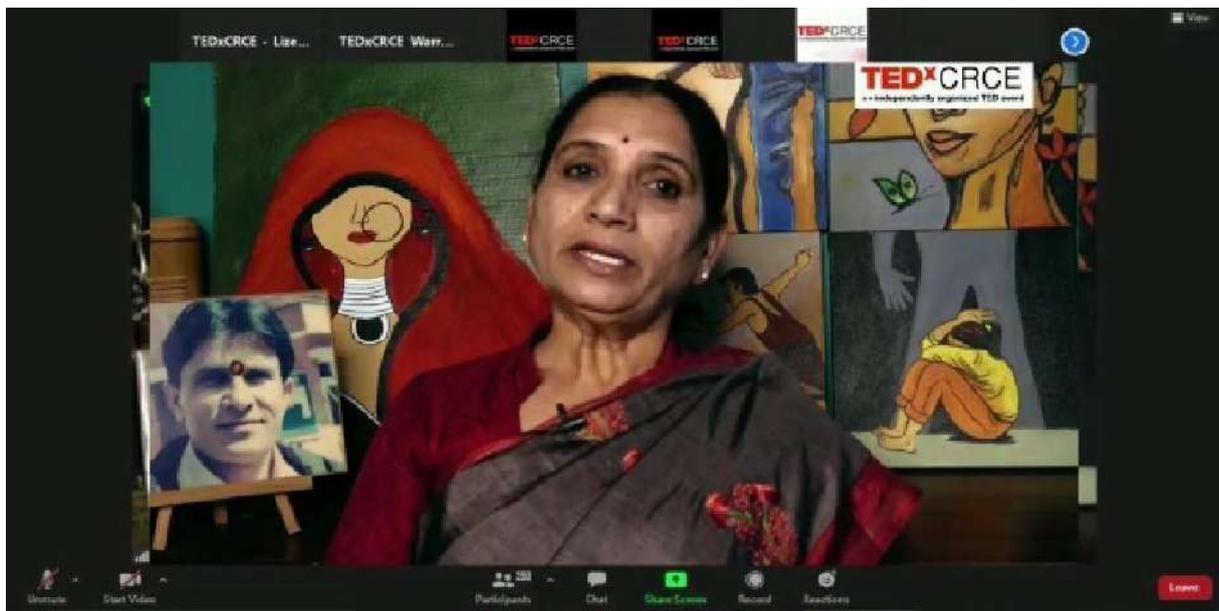
We would like to express our sincere gratitude to our Director Fr. Valerian D’Souza, Principal Dr. Srija Unnikrishnan, and Students’ Affair Dean Dr. D.V.Bhoir, the college management, our Teacher-

in-charge Prof. Prachi Patil, Prof. Monali Shetty, our faculty members and the TEDxCRCE council for their unstinted, consistent support and encouragement in all our endeavours. Going forward, we at TEDxCRCE will endeavour to achieve a fresh new outlook for our projects and will raise the bar further in creating more powerful, professional and energetic community centric events.

Mrs. Apurva Purohit



Mrs. Triveni Acharya



Mrs. Shibani Kashyap



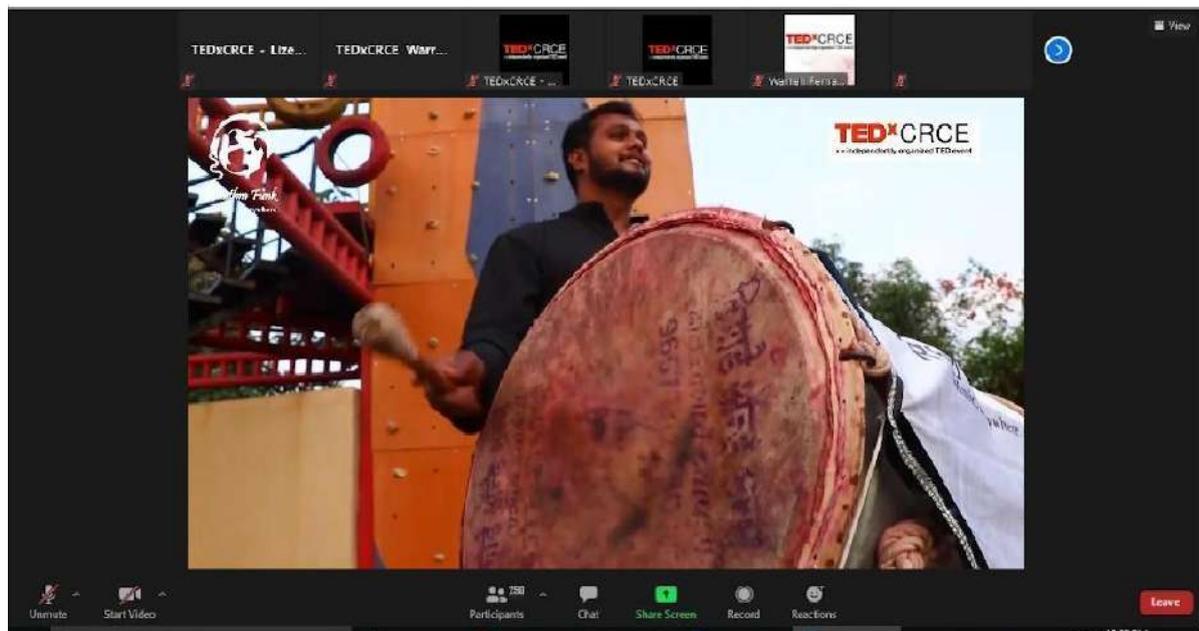
Dr. Vikas Karade



Mr. D.R. Karthikeyan



Rhythm Funk



MShetty

Prof. Monali Shetty
Co-coordinator, TEDxCRCE



TEDxCRCE

Report - Internship Expo 2021

On the 6th of March 2021, TEDxCRCE hosted its 4th edition of the Internship Expo. The event was broadcasted live on Zoom due to the ongoing pandemic. Over 350+ students joined live, looking for internships, eager to meet and communicate with the recruiters at hand.

The event started at 10:30 am sharp. The participants were able to connect with the organizations and corporations regarding the internships, positions, training, tenure etc.

This year 23 exhibitors from various domains like Tech, Non – Tech and Non-profit were invited to participate in the event. The event commenced with the exhibitors explaining the participants regarding all the positions available in their respective firms.

The exhibitors included:

Kasa Kai Mumbai, Skynet Secure, Cloud Counselage Pvt. Ltd., CC-GAC, 20 watts, Roti Bank Foundation, Blended Learning, Itech Solutions, PixelDust, Welfare of the Stray Dogs, Amcha Ghar, Binary Curve, Ratna Nidhi Trust, Baheti, Ashish Foundation, Web Shine Tech, The Green Gen Project, Citizens Association For Child Rights, Cleverspace, Online Manufacturing, Cyberfrat, Syspree Solutions and Derest.

The team addressed all the queries and doubts from the participants and guided them through the process of applying for the internships.

Participation and enthusiasm of students and recruiters ensured the success of the Internship Expo 2021. TEDxCRCE is unquestionably reaching its goal of creating a platform to provide accomplishment opportunities making our students higher engineers resulting in larger prosperity throughout the country.





MShetty

Prof. Monali Shetty
Co-coordinator TEDxCRCE



FR.CONCEICAO RODRIGUES COLLEGE OF ENGINEERING

Father Angels Ashram Road, Bandra West, Mumbai, Maharashtra 400050.

REPORT OF ROTARACT CLUB OF FRCRCE (2020-2021)

Rotaract Club of Fr. Conceicao Rodrigues College of Engineering is one of the prestigious organizations in the institute. The Club is affiliated under the charter to the Rotary District 3141 Zone 1A under the parent Rotary Club of Bombay Bandra. Rotaract Club of Fr. CRCE aims to organise interactive events as a medium to have funds raised for charity.

The Rotaract Club of CRCE has been affiliated with the Rotary Club of Bombay Bandra, which has recognized the efforts that the Rotaract Club of Fr. CRCE has put in order to make a difference to society. This year, Rotaract Club of Fr. Agnel College (Bandra West) is associated with NGO TWEET foundation to work towards transgender rights, Institute of Exceptional Children, Father Agnel Ashram and NGO COMMUNITY OUT REACH PROGRAMME (CORP). This NGO works to educate and to elevate the life of the children living in the slums.

Despite the limitations and extreme hardships caused by the global pandemic, Rotaract Club of Fr. CRCE has still managed to organize many events in odd and even semester like **Life after Engineering, Finding your Identity, Red Wall Project**, Marathon, awareness programs and many more to help and to raise the fund for charity.

The Club has always upheld its ultimate goal of contributing towards the society. For this very purpose, the Club organizes 'The Heart and Sole Run 4.0' to encourage people from all over India to run for social change. This club has donated Rs. 20000 to Father Agnel Ashram and 15000 to CORP NGO.

List of council members 2020-21

Name	Post	Class
Senior council		
Rtr. KraigFernandes	President	TE ELEX
Rtr. LeandraMonteiro	Vice President	TE IT
Rtr. SaptarshiChatterjee	Secretary	TE ELEX
Rtr. Sakshi Ghadigaonkar	Joint Secretary & Technical Head	TE COMPS
Rtr. Lochan Chitnis	Sergeant at arms officer	TE ELEX
Rtr. Samruddhi Shrawne	Public Relations Head	TE ELEX
Rtr. Antinni Joseph	Marketing Head	TE PROD
Rtr. Vaishnav Malvankar	Treasurer	TE ELEX
Rtr. Nikhil Sharma	HRD Officer & Editorial Head	TE ELEX
Junior Council		
Rtr. Pearl Bharti	Club Service Director	SE COMPS
Rtr. SakshiChavan	Community service director	SE COMPS
Rtr. Jessica D'souza	Professional Development Director	SE COMPS
Rtr. Rohit Nair	Taskforce Director	SE ECS
Rtr. SifraBiju	Public Relations Director	SE COMPS
Rtr. RendelPadu	Marketing Director	SE ECS

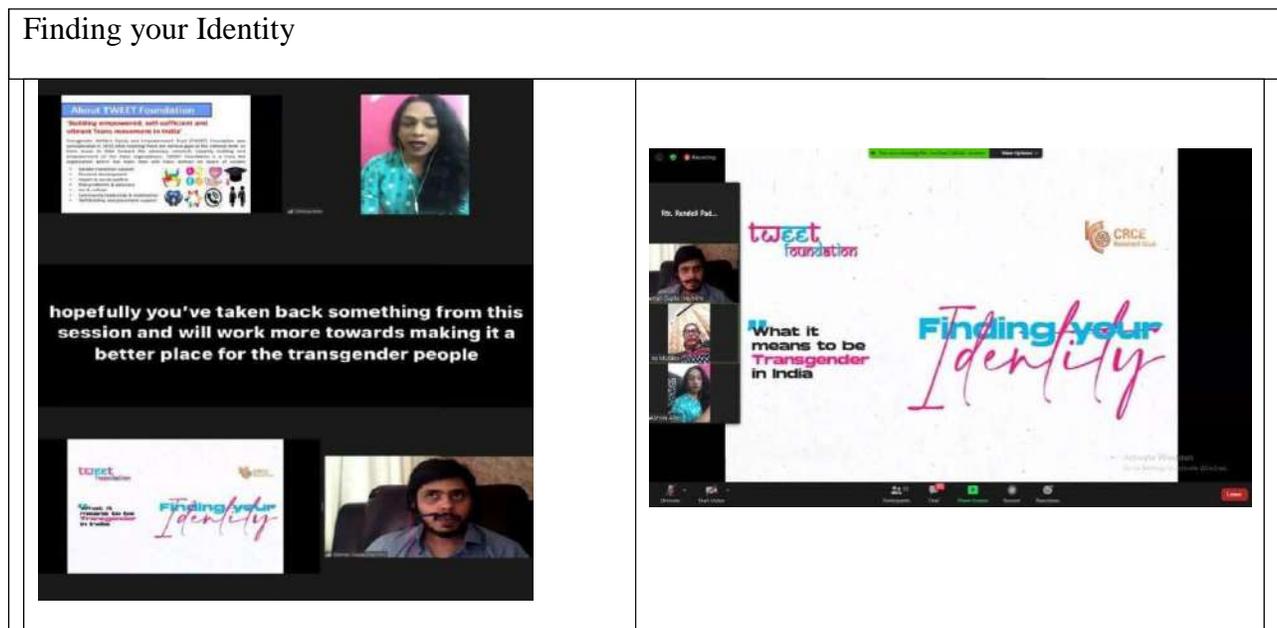
List of activities conducted 2020-21

Sr . No	Activity/seminar/session	Short information	Speaker/Judges Details	Date/ Duration	Number of students Participated
1	Life After Engineering	To highlight the importance of work life balance, work culture & relation management and counseling students for professional development in the corporate sector.	Mr.Swapnil Kshirsagar founder of Life Incredible	Date:09-10-2020 Duration:2 hours	102
2	Finding your Identity	To try and create awareness regarding the stigma that the transgender community faces which leads to lack of opportunity and cynical form of exclusion from benefits and acceptance.	Abhina Aher & Shaman Guptachairs of TWEET Foundation	Date: 17-10-2020 Duration:2 hours	58
3	Red Wall Project	In light of the awareness session presented by TWEET Foundation, we took up this social media initiative with respect to the "Red Wall Project", an activism project initiated by Trans rights activist Kalki Subramaniam to empower the voices of the transgender, non-binary and gender-diverse people of India against sexual abuse and assault.	Sahodari Foundation	Date: 18-10-2020 Duration:24 hours	62
4	WHAT'S YOUR GENRE?	An editorial & professional development monthly initiative to escape the daily routine where you can ; Read. Listen. Binge. Mix.	RC CRCE	Date:10-10-2020 Duration:2 months	NA

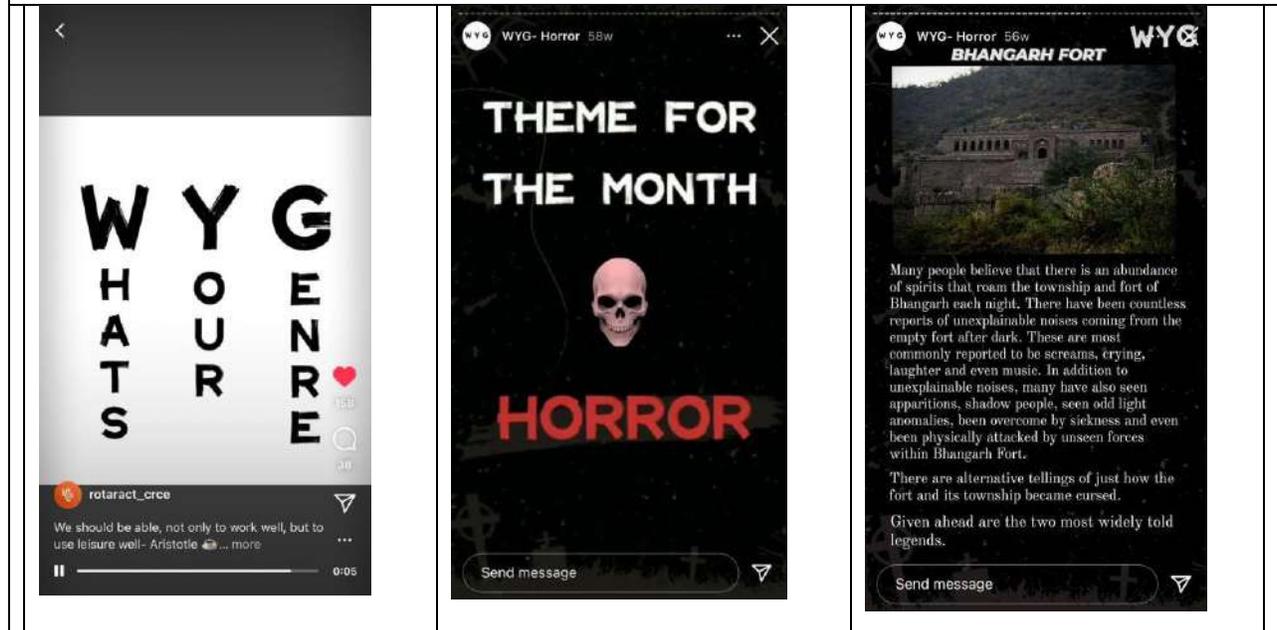
		Mingle. Socialize.			
5	Jaisebhihai , acchehai	It is hard to understand when looking in from outside while it is hard to explain while looking out from inside. A good Mental Health is an asset and all of us should be able to express ourselves. With that notion the Rotaract Club of Fr. CRCE collaborated with IEC mumbai as an attempt to ease the acceptance of the need for a good mental health for everybody.	RC CRCE	Date: 09-11-2020 Duration:24 hours	795
6	Break the Stigma	In light of our social media awareness project about mental health, we decided to delve further into the subject in association with IEC Mumbai, where we bring to you a video series wherein we will be interviewing Professional Experts, who'll help us learn more about mental health and the stigma associated with it.	Mrs. Jasmine Khattar, Clinical and Executive Director of IEC, Mumbai and Dr. Trinjhna Khattar, Proficiency Head of IEC, Mumbai. Dr. Smruti Karambelkar, consultant psychiatrist, IEC.	Date: 25-11-2020 Duration: 2 months	1903
7	Heart & SoleRun 4	The "Heart & Sole Run" (HSR) is the annual charity run and flagship event of the Rotaract Club of Fr. CRCE. Over the years HSR has been one of the most successfully organised marathon qualifiers in Bandra with around 1000 participants	RC CRCE	Date: 13-03-2021 Duration:48 hours	453

		annually. The "Heart &			
		Sole Run 4" is the fifth edition of this annual charity run and this time it was conducted as a virtual marathon where runners could run from anywhere and anytime during the event days.			

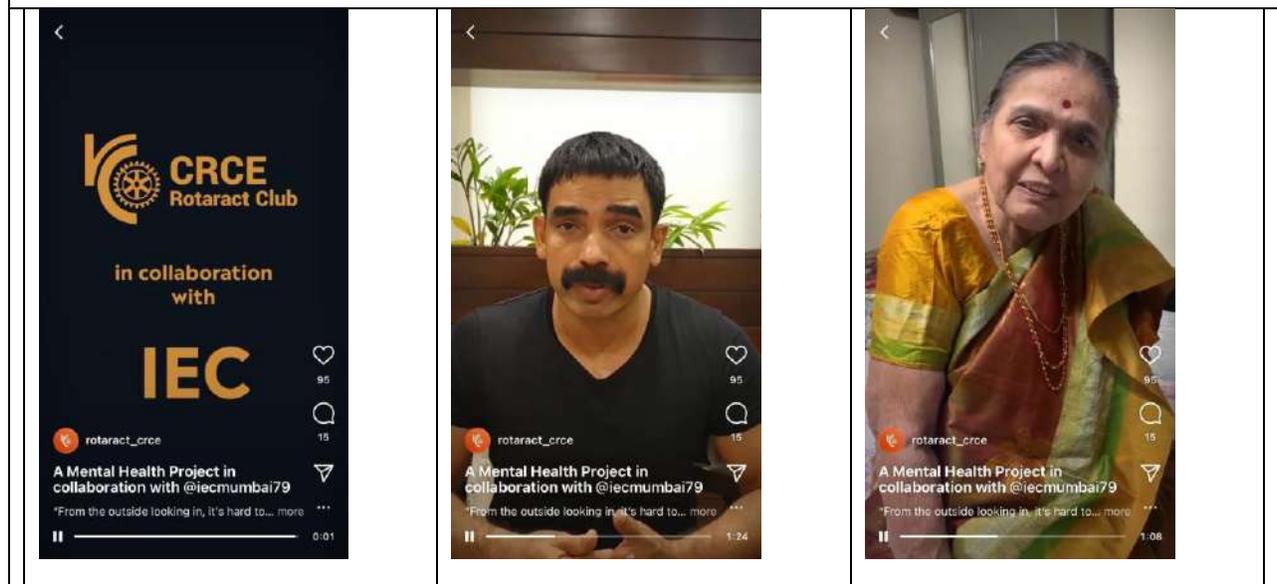
Photos: event proof with title



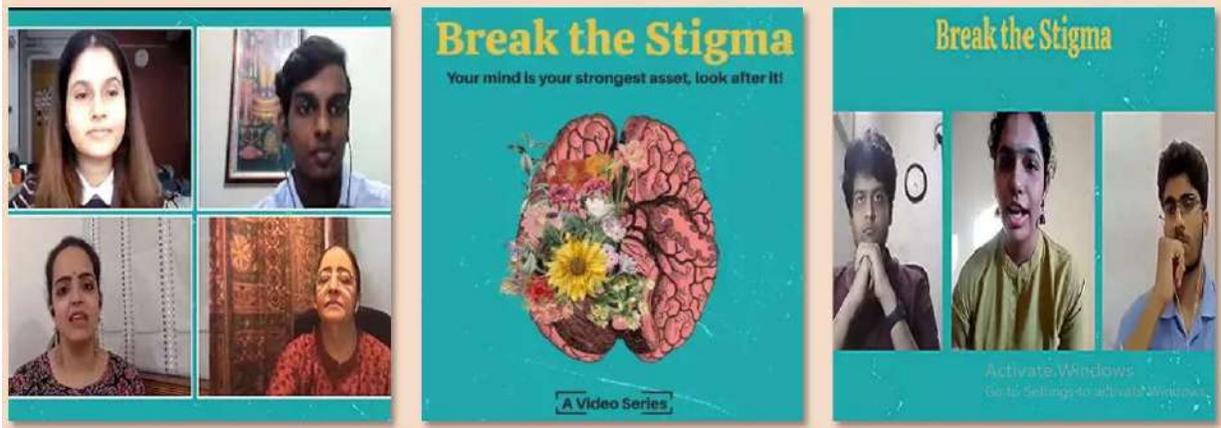
WHAT'S YOUR GENRE?



Jaisebhihai, acchehai



Break the Stigma



Heart & Sole Run 4



Submitted by

Dr. Sujata Deshmukh
Faculty In-charge

Rtr. Kraig Fernandes
President



