



TCET NSS UNIT

NOT ME BUT YOU



परिवर्तन



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TCET





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NATIONAL SERVICE SCHEME

MINISTRY OF YOUTH AFFAIRS AND SPORTS
GOVERNMENT OF INDIA



In the words of our Hon'ble Prime Minister Narendra Modi

“

We do not believe only Governments can solve all problems.
We believe in the people of the nation,
the youth of the nation.





NATIONAL SERVICE SCHEME

NSS is one of the aided extra-curricular activities conducted by the University of Mumbai and the Department of Youth Affairs and Sports, Government of India. TCET NSS UNIT started in October, 2005 with 42 volunteers and has grown to a strength of 200 volunteers. Till date, more than 1700 students have enrolled as NSS volunteers. National Service Scheme (NSS) is a scheme specially made for social causes. The motto of NSS "NOT ME BUT YOU" reflects the essence of democratic living and upholds the need for selfless service. The philosophy of the NSS is well emphasized in this motto, which underlines the belief that the welfare of an individual is ultimately dependent on the welfare of society as a whole. The core values of NSS are Discipline, Punctuality and Respect. The major objectives of NSS focus on working with the society and for the society. Therefore, the NSS volunteers shall strive for the well-being of the society.



NSS OBJECTIVES

The main objectives of National Service Scheme (NSS) are :

- 1.** Understand the community in which they work.
- 2.** Understand themselves in relation to their community.
- 3.** Identify the needs and problems of the community and involve them in problem-solving.
- 4.** Develop among themselves a sense of social and civic responsibility.
- 5.** Utilize their knowledge in finding practical solutions to individual and community problems.
- 6.** Develop competence required for group-living and sharing of responsibilities.
- 7.** Gain skills in mobilizing community participation.
- 8.** Acquire leadership qualities and a democratic attitude.
- 9.** Develop the capacity to meet emergencies and natural disasters.
- 10.** Practice national integration and social harmony.

MOTTO

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop an appreciation for other person's points of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

NSS LOGO

The logo for the NSS has been based on the giant Rath Wheel of the world-famous Konark Sun Temple (The Black Pagoda) situated in Odisha, India. The Red & Blue colors contained in the logo motivate the NSS Volunteers to be active and energetic in the nation-building social activities. The wheel portrays the cycle of creation, preservation and release. It signifies the movement in life across time and space. The wheel thus stands for continuity as well as change and implies the continuous striving of NSS for social change.



NSS BADGE

The NSS logo is embossed on the badge of NSS. The eight bars in the wheel of NSS logo represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.

OUTCOME

- i. Improve the quality of educated manpower by fostering social responsibility.
- ii. Raising society to a higher material and moral level by preparing students for final dedication in the service of nation.
- iii. Introduce urban students to rural life by living in contact with the community in whose midst their institution is located.
- iv. Making campus relevant to the needs of the community.
- v. Develop constructive linkage between the campus and the community by supplementing technical education with social and economic reconstruction of the country.
- vi. Involvement in the tasks of national development
- vii. Better understanding and appreciation of the problems of the society.
- viii. Encourage Community participation.



TCET NSS UNIT

PROGRAMME OFFICERS & COUNCIL MEMBERS 2022-23



Programme Officers: Dr. Satish Singh, Dr. Vinita Agarwal.

Deputy Programme Officers: Mr. Sajjan Kumar Lal, Dr. Neha Mishra.

Council Members : Sumit Upadhyay, Aryan Patil, Pranali Shirsat, Tanisha Shaikh, Charvi Rathod, Yash Satale, Maniprakash Shukla, Kamal Choudhary.



TCET NSS UNIT

PROGRAMME OFFICERS



DR. SATISH SINGH



DR. VINITA AGARWAL

DEPUTY PROGRAMME OFFICERS



MR. SAJJAN KUMAR LAL



DR. NEHA MISHRA



TCET NSS UNIT

COUNCIL MEMBERS 2022-23



STUDENT LEADER



STUDENT LEADER



STUDENT LEADER



ADMIN HEAD

TANISHA SHAIKH
TE IT

KAMAL CHOUDHARY
TE E&TC

ARYAN PATIL
TE CIVIL

CHARVI RATHOD
TE IT



ADMIN HEAD



PROJECT HEAD



PROJECT HEAD



FINANCE HEAD

MANIPRAKASH SHUKLA
TE E&TC

PRANALI SHIRSAT
TE COMP

SUMIT UPADHYAY
TE AI&DS

YASH SATALE
TE MECH

JUNIOR COUNCIL MEMBERS



ASST. ADMIN HEAD



ASST. ADMIN HEAD



WEBSITE MANAGER



PUBLIC RELATION

PRATHNA SHAH
SE AI&DS

ATHARVA PARDESHI
SE M&ME

NIKHIL KUSHWAHA
SE E&TC

HARSH TIKONE
SE AI&ML

FROM THE PRINCIPAL'S DESK

Our college's National Service Scheme encourages undergraduate students to participate on a voluntary basis in a variety of social service and countrywide development activities, which, in addition to making a contribution to socio-economic progress, may also provide students with opportunities to comprehend and respect the problems of the community, awaken social consciousness, and instill in them the experience of the dignity of labor. Because they will be engineers in the future, students need to be driven to find the most pressing issues facing society and committed to making a difference.

The TCET NSS UNIT provides students who volunteer their time as fellow volunteers with unique opportunities and plays a crucial role in academic growth and personality development. Our volunteers' spirit of selflessness aids them in maintaining network interactions. Our volunteers dedicate themselves to providing excellent service because they truly believe that "Service to Man is Service to God. They remained active throughout the pandemic, providing BMC School students with online education and organizing awareness campaigns on a variety of important topics. They have completed a lot of work.

Their numerous drives, activities centered on the four NSS domains, and webinars on a variety of topics are highly commendable. In addition, they carried out an awareness project about the COVID vaccine and were successful in dispelling the societal misconceptions and myths. Additionally, the TCET NSS UNIT volunteered and contributed to the success of our college's vaccination drive.

I want to express my gratitude to all of our volunteers and the POs of the TCET NSS UNIT!



FROM THE PROGRAMME OFFICER'S DESK

It gives me great pleasure to present the first issue of the TCET NSS UNIT's Magazine. I have been involved with and worked as the Program Officer at this unit for many years, and I have seen many students join the unit in their second year of engineering with the goal of helping the community and making a bigger difference in the lives of others. During these two years, the volunteer take part in a lot of projects and activities, and when the volunteer ship is over, he or she is an entirely evolved individual. Volunteers learn and adapt many life lessons from these experiences, such as participating in the most memorable recruitment projects, volunteering at the annual Blood Donation Camp, directing FE students for Society Outreach, and conducting a survey project to raise awareness of electricity conservation.

Indeed, the TCET NSS UNIT Recruitment Projects are once-in-a-lifetime experiences. One never forgets the activities there, whether they were recruited as volunteers or not.

After serving as the unit's leader for so many years, I have gained a lot from the experience, and I have also seen many students learn and grow project by project. When we hear about NSS, its core values—discipline, punctuality, and respect—are the first things that come to mind. One must always behave in a disciplined manner when working in the society for its uplift; the NSS volunteers' primary quality is arriving at the project site on time and promptly completing the required task; and last but not least, they must have a sense of compassion and respect for the society, mother earth, and the beings of society for whom we are working here in the unit

I congratulate each and every volunteer who has been a part of the TCET NSS UNIT for their selfless dedication to society, having seen so many students learn and grow here!
Jai Hind!



- Dr. Satish Singh



FROM THE PROGRAMME OFFICER'S DESK

The very first issue of TCET NSS UNIT's magazine is now available! This is a significant advancement for all NSS volunteers, as there are 150 volunteers in the unit and weekly projects that need to be completed. As the college's social body, the TCET NSS UNIT has a huge responsibility of leading 150 enthusiastic volunteers who are motivated and dedicated to serving society. However, as the saying goes, "Alone we can do so little, together we can do so much," the unity and discipline at TCET NSS UNIT enable all of the work to be accomplished.

All branches' second- and third-year students serve as volunteers here. The volunteers, too, boast with pride that they are all NSS Volunteers – Nothing Else— and are not differentiated or divided into branches.

This is the unit that never gives up hope, and it teaches the entire college about its unity. The upliftment of the community is a priority for every volunteer at the unit. They are familiar with the community in which they work, they are aware of the issues that are present, and they are prepared to look for a solution and work for it whenever they are needed. During the lockdown, these volunteers participated in a variety of creative and inspiring projects from awareness webinars to gift-making and mask-making activities from the comfort of their own homes. and have even carried out these projects using novel methods. Now that the situation has improved, we can carry out offline projects that give the volunteers hope, exposure, and excitement. The volunteer grows and develops through each project they participate in.

We trust our volunteers completely and will always be proud of them.
Jai Hind!



- Dr. Vinita Agarwal



FROM THE DEPUTY PROGRAMME OFFICER'S DESK

NSS - National Service Scheme an initiative by the Ministry of Youth Affairs and Sports is cause that helps every young adult serve their country by serving the community that they live in. Youths are full of life, strength and energy that is ready to bring a change in the world. Giving such a platform to the students of Thakur College of Engineering and Technology is our very own TCET NSS UNIT. The unit works on the core values of Respect, Discipline and Punctuality. "NOT ME BUT YOU" is its motto that drives it to push its volunteers to do more good for the society.

The unit consists of 200 volunteers who are willing to serve the community with utmost dedication and responsibility. These volunteers belong to different branches but come together to serve the nation through their service in community.

This is the unit that is persistent and perseveres in its motive to serve the society. The upliftment of the community is a top priority for every volunteer at the unit as they work for the people who they live with. They are familiar with the community in which they work, they are aware of the issues that are present, and they are prepared to look for a solution and work for it whenever they are needed. Even during lockdown our volunteers made sure to bring a smile to people's faces. Now since we have gone offline with all the activities, the volunteers are even more enthusiastic to serve our community. The volunteers on completion of their tenure are an evolved version of themselves. They are able to multitask and provide solutions to help tackle any issue they face.

We trust our volunteers completely and will always be proud of them.
Jai Hind!

- Dr. Neha Mishra



FROM THE DEPUTY PROGRAMME OFFICER'S DESK

"NOT ME BUT YOU" is the motto of our beloved TCET NSS UNIT. The TCET NSS UNIT is now stronger than ever with a strength of 200 volunteers consisting of both second year and third year volunteers. This social body aims at the upliftment of the society in every way possible be it educationally, medically or in helping improve the environment. These are the main domains that our TCET NSS UNIT focuses on - Education, Health, Societal Welfare and Environment. The unit prides on the unity and enthusiasm its volunteers show for each and every project.

Students across all branches enlist into the unit and join together to form one big NSS family whose bond is thicker than blood. Every volunteer has each others back in every kind of situation be it good or bad.

This unit is an inspiration of hope and unity for the entire college. The volunteers pride themselves in keeping the upliftment of the society a priority over every other activity that they do. They are a part of the community that they wish to and love to serve, they are aware of the issues that are present, and they are prepared to look for a solution and work for it whenever they are needed. The past two years have been a difficult time for all the people across the globe and some are still reeling from the after-effects of the lockdown. However, the bright side to this is that the volunteers are now able to serve the community with a new-found vigor and motivation to tackle the newer issues faced in the community and come up with more solutions to help.

We trust our volunteers completely and will always be proud of them.
Jai Hind!



- Mr. Sajjan Kumar Lal





**Make BIG
changes in
small steps!**



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VOTER ID REGISTRATION





OBJECTIVE :

TO GIVE ALL INFORMATION ABOUT THE NATIONAL SERVICE SCHEME

OUTCOME :

THE ORIENTATION HELPED STUDENTS TO KNOW ALL ABOUT THE TCET NSS UNIT AND GENERATED AN INTEREST OF SOCIAL SERVICE IN THEM.



OBJECTIVE :

TO ADMIT VOLUNTEERS FROM SECOND YEAR OF ENGINEERING.

OUTCOME :

136 VOLUNTEERS WERE SELECTED DURING THE SE RECRUITMENT PROCESS.





OBJECTIVE :

TO TEACH VOLUNTEERS THE IMPORTANCE OF HIGHER STUDIES.

OUTCOME :

THIS SESSION ENCOURAGED THE VOLUNTEERS TO PURSUE HIGHER EDUCATION AND PROVIDED GUIDANCE FOR THE SAME.



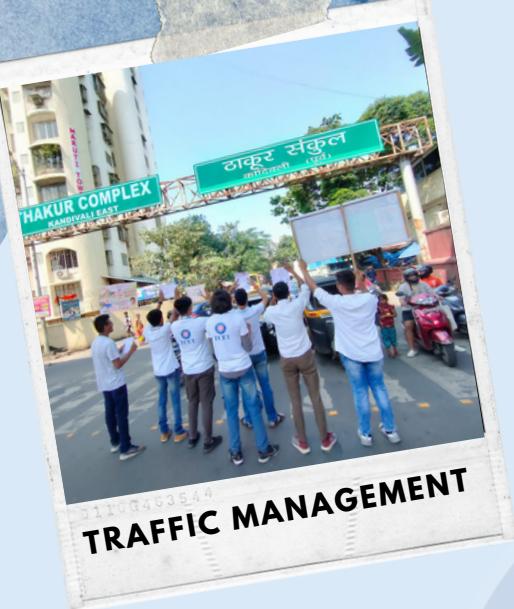
OBJECTIVE :

TO TEACH VOLUNTEERS THE IMPORTANCE OF TREATING AND RECYCLING E-WASTE.

OUTCOME :

THIS PROJECT HELPED SPREAD AWARENESS ABOUT THE ILL EFFECTS OF E-WASTE AND THE E-WASTE COLLECTED WAS DISCARDED EFFICIENTLY.





OBJECTIVE :

TO SPREAD AWARENESS ABOUT THE IMPORTANCE OF TRAFFIC RULES AND REGULATIONS IN THE SOCIETY.

OUTCOME :

VOLUNTEERS GAINED KNOWLEDGE ABOUT THE TRAFFIC RULES AND REGULATIONS AND SPREAD AWARENESS ABOUT IT.

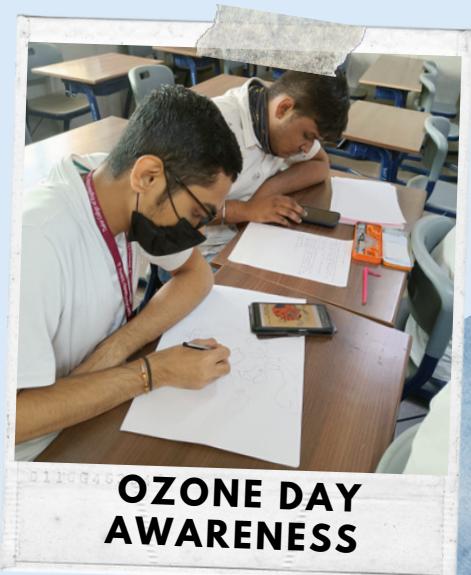


OBJECTIVE :

TO SPREAD AWARENESS REGARDING DEPLETION OF OZONE LAYER IN OUR SOCIETY.

OUTCOME :

VOLUNTEERS ACQUIRED KNOWLEDGE ABOUT THE IMPORTANCE OF OZONE LAYER IN OUR ECOSYSTEM.





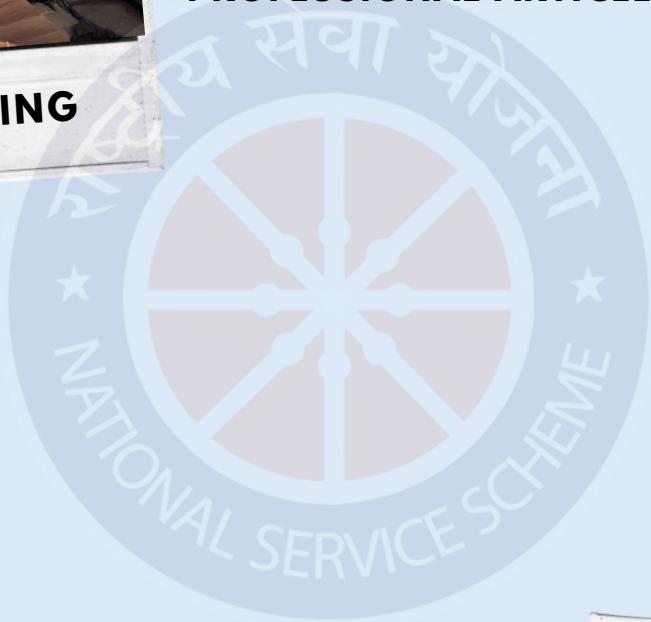
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ARTICLE WRITING

OBJECTIVE :

TO TEACH VOLUNTEERS HOW TO WRITE AN ARTICLE TO MAKE THE VOLUNTEERS AWARE ABOUT THE ENGLISH LITERATURE THROUGH ARTICLE WRITING.

OUTCOME :

THIS SESSION MAKE THE VOLUNTEERS TO THINK MANY CREATIVE IDEAS TO WRITE AN PROFESSIONAL ARTICLES



OBJECTIVE :

TO TEACH VOLUNTEERS ALL ABOUT THE DEBATE.

OUTCOME :

THIS SESSION MAKE THE VOLUNTEERS TO GET KNOWLEDGE ABOUT DEBATE AND MAKE THEM THINK OF ANY TOPIC IN A DIFFERENT WAY THEN OTHERS.



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DEBATE





OBJECTIVE :

TO CELEBRATE INDEPENDENCE DAY WITH LOTS OF ENERGY.

OUTCOME :

AS A RESULT A SENSE OF PRIDE AND RESPONSIBILITY EMERGED AMONG THE VOLUNTEERS TOWARDS THE COUNTRY.

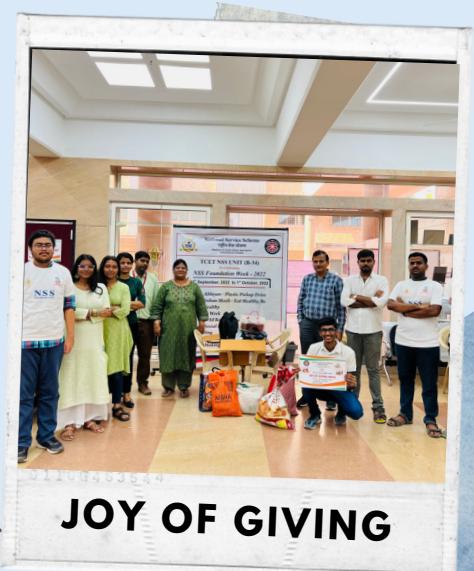


OBJECTIVE :

TO ENCOURAGE PEOPLE TO DONATE SOMETHING AND CONTRIBUTE TO A GOOD CAUSE.

OUTCOME :

VOLUNTEERS ENCOURAGED EVERYBODY TO DONATE GOODS FOR THE LESS PRIVILEGED AND LATER DISTRIBUTED IT.



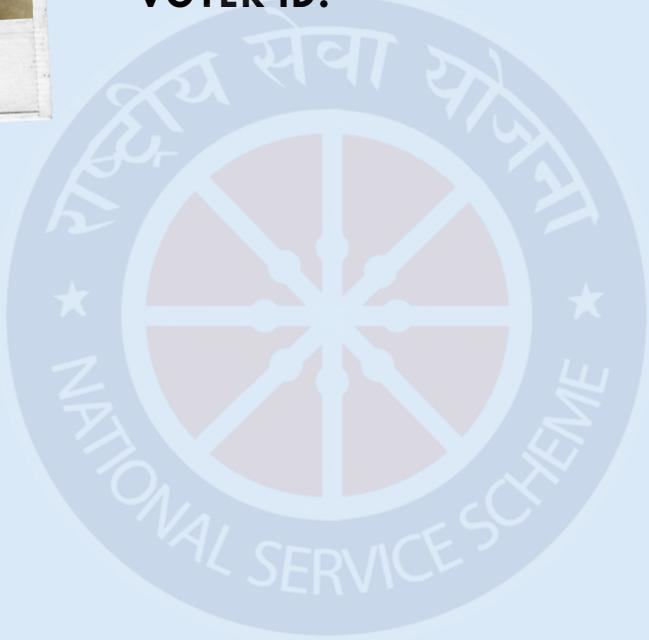


OBJECTIVE :

TO SPREAD AWARENESS ABOUT THE IMPORTANCE OF VOTER-ID AND HELP STUDENTS IN CREATING ONE.

OUTCOME :

THE VOLUNTEERS HELPED OVER 100 STUDENTS TO REGISTER FOR AN ONLINE VOTER ID.





Major Projects



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BOOSTER DOSE VACCINATION DRIVE



On the 8 th and 10th of August, 2022 the TCET-NSS Unit conducted a booster dose vaccination on the college campus for all the students and faculties of the institute. The drive was a huge success with a large number of people showing up for the vaccination, and also because of the exceptional service provided by the NSS volunteers.

In consideration with the ongoing pandemic and ever-increasing number of COVID Cases, the Government of India announced the booster dose of the COVID Vaccine. After receiving primary immunity to the COVID Virus with the first two Vaccines the Booster Dose was supposed to increase the immunity even more against the Virus. In alignment with this announcement, the TCET-NSS Unit conducted a Free Booster Dose Vaccination Drive for all the Students and Faculty members of the Institute as a measure against the ever-raging COVID Vaccine.



As we all know, to conduct a Drive of this level, you need to inform people about it first. So, the very first activity in this drive was an awareness activity where the volunteers went to every class to inform the faculty and students about this drive, following the COVID SoP while doing the same. Messages related to this drive were also floated onto every official college group so that everyone could benefit of such an event. Next after the awareness activity was the actual drive. The NSS Volunteers worked to the best of their abilities to ensure the Drive was conducted successfully while keeping in mind the COVID SoP. All the faculties and students were given positions to stand and were informed to compulsorily wear masks throughout this Drive. The Volunteers too were advised to take benefit of this drive and get the vaccine for them as well. Taking this advice all the volunteers eligible for the Booster Dose made use of this opportunity and availed of the same.



All-in-all the Booster Dose Vaccination Drive was successful and was a step taken, by the TCET NSS Unit, to cure the world of the COVID pandemic. All the faculty and students reported of enjoying good health after the booster dose and were pleased by this initiative taken by the TCET-NSS Unit. This Drive was an excellent depiction of the NSS motto i.e., "NOT ME BUT YOU".



TREE PLANTATION



"Trees are poems that the earth writes upon the sky."

On the 28th of August 2022, the TCET-NSS unit conducted a tree plantation drive at Hindu Hrudhyasamrat Shri. Balasaheb Thackarey Dream Park. Trees are called the lungs of the world. However, it has been observed that the rate of deforestation is on the rise. A survey conducted by a local organization revealed that India has lost nearly 5% of its tree cover in the last 2 decades. At this point it is necessary to plant more trees and tell others to do the same. The tree plantation drive was conducted to spread awareness about the state of forests in the world in the mind of the young volunteers and to motivate them to plant more trees.

On the aforementioned date, the NSS Volunteers assembled at the given venue, full of enthusiasm and zeal. Each volunteer was then giving a set of instructions to be followed during the drive. The volunteers were also informed about the significance of this drive and its necessity. All the volunteers were then divided into two groups, which would later go on to two different parts of the park to plant their saplings. They were later shown the exact method to be followed while planting the tree so that the tree grows to be healthy with strong roots. Then the next few minutes were filled with volunteers digging the soil enthusiastically but cautiously and planting the saplings in the informed manner.



Each volunteer planted 5+ saplings. After the activity, thought the clothes of the volunteers were covered in soil, their faces were covered with smiles of happiness and fulfilment. Later, the NSS Program Officer, Dr. Vinita Agarwal, too arrived at the venue to participate in the drive. She later spoke to the volunteers about a few moments of her life and motivated them to be better at everything they did. She drew special attention to the fact that many huge things can be achieved with small inconsequential changes that won't affect one's daily routine to a great extent. She later thanked all the volunteers for their service towards the environment and encouraged them to participate in other similar activities conducted by the NSS unit.

THE KEY TO A GREENER PLANET IS IN YOUR HANDS.



Later a short feedback session was conducted by the NSS Council wherein all the volunteers put forth their feedback regarding the event. It was not a surprise to see that all the volunteer's feedback were positive and comprehensive. All in all, the Tree Plantation Drive, conducted by the TCET-NSS unit was a huge success, building a strong moral foundation for all the young volunteers and spreading awareness about the increasing problem of deforestation.

FITNESS INDIA ACTIVITY



"A healthy mind and body make a man wealthy" is a famous saying.

Keeping this in mind the first project for our SE volunteers was conducted on 27 August, 2022 in the college premises. We were called to college at 09.00 AM in a white tshirt/shirt and track pants.

This was the first ever project for our SE volunteers and the excitement to attend it was buzzing in the air. Fit India movement was the fruit of the idea of our Honorable Prime Minister Narendra Modi ji. He launched it as a nationwide movement to facilitate fitness activities in day-to-day lives and make fitness an integral part of the people's lives. Fit India movement focuses on various different fitness activities as well as Yoga and Meditation.

27th August was all about Yoga and Meditation. Our fellow volunteers from the Third Year were asked to prepare various Yoga asanas and their benefits for us. They came forward in groups and explained the Asanas to us with ease and finesse. They explained to us the various benefits of those specific asanas and the routine to perform them.

The TE volunteers performed sitting, standing and laying postures each of which had a positive effect on our mind and body.



Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duhkha). There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional and modern yoga is practiced worldwide. Meditation on the other hand is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation is practiced in numerous religious traditions.



Both of these are important for the generation and lifestyle that we live in today as all of us are always hustling, stressed and busy in our respective work or college life. These practices make us healthy, happy and help us live a long life without any ailments or diseases.

TIRANGA RALLY



"Aao har ghar ghar tiranga pahraye, sab milkar azadi ka mohotsav manaye" with this motto on 13th August, 2022 at Vidyanagri, Kalina Campus, Santacruz (West), the Mumbai University's NSS Cell organized a Tiranga rally as part of celebration of the Azadi ka Amrit Mahotsav.

A campaign called "Har Ghar Tiranga" being run by Azadi Ka Amrit Mahotsav to get people to bring the Tiranga home and hoist it to commemorate India's 75th anniversary of independence.

The Rally started at 10:30 a.m. from the Sports Complex and via Examination House - Lecture Complex - Main Gate - IDOL - Dr. Ambedkar Bhavan ended at Sports Complex. 10 volunteers from each Unit were selected for the rally. We all covered 2 kms of distance. Everyone was full of energy and had Tiranga's and Banners in their hands.

The event ended at 6pm in the evening. It was a total success everyone was joyful and had a great experience. We learnt a lot and got to know more about the Azadi ka Amrit Mahotsav. In keeping with the principles of Atmanirbhar Bharat, the Indian government chose to commemorate India's 75th anniversary of independence by paying respect to those who had a significant impact on the country's progress. The phrase "Azadi Ka Amrit Mahotsav" translated as "Elixir of energy of independence."



GANAPATI VISARJAN



Ganesh Chaturthi is one of the most spectacular festivals which is celebrated every year across India with much grandeur and zeal. Ganpati Chaturthi, also known as Vinayaka Chaturthi or Ganeshotsav, is a Hindu festival commemorating the birth of the God Ganesha (Ganpati). The festival is marked with the installation of Ganesha's clay murtis (idols) privately in homes and publicly on elaborate pandals (temporary stages). Observances included chanting of Vedic hymns and Hindu texts, such as prayers and vrata (fasting). Offerings and prasada from the daily prayers, that are distributed from the pandal to the community, includes sweets such as modaka as it is believed to be a favorite of Ganesha.

The Ganesh Visarjan is held on the final day or last day of the enormous Ganesh Chaturthi Festival. This day is also known as Anant Chaturdashi in India. Ganesh Visarjan can also be conducted on Ganesh Chaturthi's 3rd, 5th, or 7th day. The sacred day of Ganpati Visarjan is celebrated with tremendous joy and grandeur, as worshippers bid farewell to their favourite Lord Ganesha and promise to return the following year.

Artificial ponds had been created by the Brihanmumbai Municipal Corporation (BMC) in Mumbai for the immersion of Ganesh idols. In order to urge people to decrease pollution, BMC previously requested the public to submerge Ganesha idols made of Plaster of Paris (PoP) in man-made lakes or ponds.

The local organization reported that there are 73 natural immersion spots and 162 manmade ponds suitable for immersion. So, on the occasion of Ganpati Visarjan, we, NSS Volunteers, visited the nearby Visarjan spot in order to join hands with the government volunteers and policemen and help them so that Ganpati Visarjan was conducted smoothly without any hassle. As all the restrictions were lifted up this year, it was for sure that crowd will be on other level. During our project, our whole group was divided into three parts- one group was given the task to handle the crowd near the aarti's spot, the other group was told to see if everything is conducted smoothly near entrance or not and the third group was given the task to help the policemen and volunteers in controlling the traffic and parking outside. There was a separate parking made for the vehicles of people who came for Ganpati Visarjan, but many of them were parking their cars straight in-front of the pandal which was creating problem for another people.



It wasn't so easy to handle the crowd but because of dedication of NSS Volunteers and help from government volunteers, we made it look easy. A positive response from someone increases your energy and strength to do that work, same was the scenario in our case. Due to positive response from devotees, who had come for Ganpati Visarjan, increased our energy and strength. It was mainly observed that on each day of Ganpati Visarjan, people used to come for Visarjan at late evening, which showed that people wanted Ganpati Bappa to stay with them as long as possible.

The main objective of this project was to help the government volunteers and policemen over there so that crowd is controlled properly, and people can celebrate Ganpati Visarjan and bid farewell to their Bappa without any problem and hassle.



BEACH CLEAN UP



**"BE A WISE MAN,
OCEAN IS NOT A GARBAGE CAN."**

Beaches are an essential part of human lives. The point of beach clean-up is more than creating a beautiful sand shoreline for residents and visitors. Although a hygienic and clean beach is of paramount importance, removing litter from the shoreline is of benefit to the ocean ecosystem. A great deal of marine life depends on the beach ecosystem, but the naked eye cannot see most of them as they are small in size or buried in the sand. These organisms play an important role in the ocean, they provide nutrients to the sea, and their presence makes the ecosystem healthier.

Thousands of marine animals worldwide have been affected by plastic pollution, including sea turtles, seabirds, and marine mammals. Therefore, Beach clean-ups are vital to mitigate the problem caused by ocean debris and the danger that plastic pollution poses to marine life. From this motive, On the occasion of Coastal Clean-up Drive which was held on 17-09-2022 we NSS volunteers visited the nearby beach which is GORAI BEACH for joining hands with other NSS volunteers from all over the Mumbai. During our beach clean-up, we collected about 10-15 bags of plastic which leads to pollute seas. The most dominant constituents were milk bags, glass bottles, and fishing gear contributing the heaviest weight in polluting beaches.



I-pop milk bags and glass bottles were found easily with no searching effort, while plastic sack were the most difficult to be picked up because of there get buried under sea sand, while we were trying to remove it from sand whole sack started degrading into small pieces. In the past beach clean-up records, cigarettes buds used to be the most dominant litter on beaches, and I also thought I would find most of them, but it was not the case as they were rarely found by us. The trash result from beach walkers and irresponsible dumping of plastics on land which ultimately land on beaches and poses threats that degrade the marine environment. Whenever plastic reaches the shore, it gradually breaks down into smaller pieces known as plastics, which are as small as plankton sometimes, which are mistaken as food by marine animals such as seals, turtles, etc.

DON'T BE A LITTER BAG



So, after collecting all this stuff our nss volunteers handed down the collected bags to municipal people's and gave messages and also spread awareness amongst the citizens about how to decompose plastic waste, how you can minimize the use of plastic, how it leads to degrade marine life and our environment. In light of all that has been said, it is now clear that these threats are caused by human, which makes it an absolute necessity for every responsible citizen to be engaged in environmental campaigns.

FREE MEDICAL CAMP SURVEY



A medical survey was conducted by TCET-NSS Unit on 18th September, 2022 in Singh Estate which is in Kandivali East. In which more than 80 volunteers came forward and participated in making this project a great success. A generation ago, people used to see their doctor only when they were sick or in severe conditions.

Today, preventative health care is becoming commonplace as people became more educated and empowered about their own health. People are preemptively seeking medical advices on how to live a healthy lifestyle. They are looking to lower their risk of various conditions or diseases by maintaining a healthy diet, weight, and level of physical activity.

Doctors are also requesting to patients get regular check-ups to help them stay on top of their health. They are highlighting the importance of prevention, as a means to reduce the number of patients requiring medical treatment or surgery. Regular check-ups can help in finding potential health issues before they become a problem. When you see your doctor regularly, they are able to detect health conditions or diseases early. Early detection gives you the best chance of getting the right treatment quickly, avoiding any complications. By getting the correct health services, screenings, and treatment you are taking important steps towards living a longer and healthier life.



As we all have heard that “Prevention is better than cure” so regular check-ups are very important. During this survey, a team of four NSS volunteers was made with one TE and one Council for guiding and helping volunteers in this survey. Teams were then allotted different regions to easily cover the whole area. The survey was taken on paper where we noted names, addresses, phone numbers, the Number of members in a family, and some other medical-related information like stating if they were facing some medical problems, if they are under medication, and if they are, so which medicines they are consuming and which medical tests they want personally to be conducted for their betterment. As there were some names of frequently taken tests on the survey paper like Blood Tests, BMI, X-Ray, Eye checkups, etc. and they were supposed to tick the box in front of the test they want to take.



We completed the survey on time and were satisfied with the feedback and involvement of residents of Singh Estate, But as a coin has two faces, in the same way, we got some negatives too but we should learn to face unacceptance and failures and learn from them. It was a rainy day but we managed and completed the survey with 100+ happy faces and satisfaction.

SWACHATA ABHIYAN PLASTIC PICKUP



" REDUCE REUSE RECYCLE "

Half of the planet is swimming in discarded plastic, which is harming animals and human health. Plastic pollution has become one of the most pressing environmental issues, as rapidly increasing production of disposable plastic products overwhelms the world's ability to deal with them. Plastic pollution is most visible in developing Asian and African nations, where garbage collection systems are often inefficient or nonexistent.

Plastics revolutionized medicine with life-saving devices, made space travel possible, lightened cars and jet-saving fuel and pollution—and saved lives with helmets, incubators, and equipment for clean drinking water.

The convenience plastic offer, however, led to a throw-away culture that reveals the material's dark side: today, single-use plastics account for 40 percent of the plastic produced every year. Many of these products, such as plastic bags and food wrappers, have a lifespan of mere minutes to hours, yet they may persist in the environment for hundreds of years.

Therefore, it makes it really essential to simply diminish the plastic production/manufacture wherever possible and find feasible alternatives for this silent killer! What about the junk plastic products and microplastics already lying all over the place easily neglected? As a sole responsible citizen, it is our duty to clean the untidiness.



Taking forward the ideologies and motive of the father of our nation Shri Mahatma Gandhi and our honourable Prime minister Shri Narendra Modi, We the TCET-NSS unit volunteers actively joined hands together for a much-needed Swachhata Abhiyan Project on Plastic waste collection at the Sanjay Gandhi National Park (Borivali-Mumbai), on the prestigious occasion of NSS Foundation Day, celebrated on the 24th of September every year.

Early in the day, we first assembled at the entrance and then moved ahead in a commanding force to find an appropriate place to clean-up littered plastic and microplastic particles. The volunteers were provided with proper gloves and trash bags to collect and dump waste in it. It was disheartening to find a lot of waste fabric, glass pieces, ceramics, thermocol, rubber, paper and some packaging materials along with plastic wrappers, bottles, saches, all sorts of plastic disposables & products being discarded and just thrown in disgust.



We then collected the heap of waste in bin bags and handed it over to the Municipal Corporation and later spread awareness regarding how to dispose off plastic and how to minimize the use of plastic and recycle plastic to the nearby residing locals. The TCET-NSS unit councils also prominently emphasized on the importance of plastic waste management and eliminating microplastics- which is another growing hazardous threat to the society in the current generation of nanoparticles.

These environmental campaigns and drives are a boon and we realize that such events are need to be held on a regular basis for our own benefit and in the service of nature!



NASHA MUKTI RALLY



"Just say no to DRUGS."

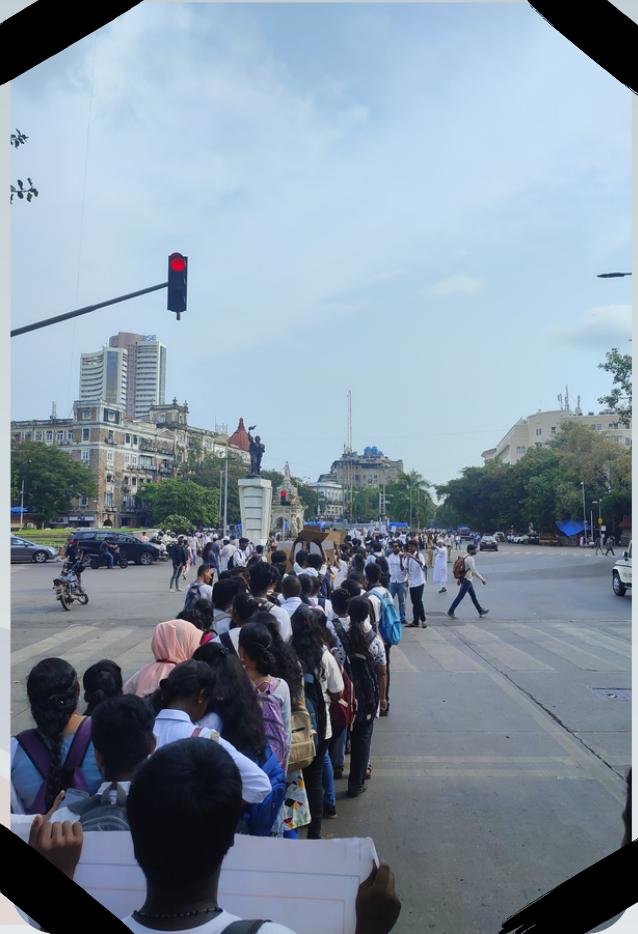
Nasha Mukti is one of the biggest challenges, not only for India but for entire world. But as of now it has become a necessity for every individual to raise there voices and to overcome these challenges. There are many institutions which conducts such events to dominate the human race towards Alcohol. One of the such institutions is 'NSS' which refers to ' National Service Scheme ' is a government social body which not only conducts these events but also encourages our young youth to step forward. Offers an opportunities to our young generation to provide helping hand to others.

Ministry of Social Justice and Empowerment which is the Nodal Ministry for Drug Demand Reduction has formulated and launched Nasha Mukti Bharat Abhiyaan (NMBA) on 15th August 2020, in 272 Districts across 32 State/Union Territories identified as most vulnerable in terms of usage of drugs in the country. Nasha Mukti Bharat Abhiyaan intends to reach out to the masses and spread awareness about substance abuse through various activities like: Awareness generation programmes.



Focus on higher educational Institutions, university, campuses and schools. Reaching out to the Community and identifying dependent population. TCET NSS UNIT also attended the University project ' Nasha Mukti Rally 'on 1st October, 2022 . A Group of TCET NSS Volunteers Gathered in college and did all preparations for the project and proceeded to leave. All NSS UNIT across Mumbai were participating in this project which is a proud moment for all NSS UNITS. Our Unit gathered at Azad Maidan to start project under the observation of Respected Mumbai police and also NCC UNITS. Every NSS UNIT followed a single lane with the Banners of their respective colleges/Universities.

NO SMOKING



GANDHI JAYANTI



" Peace is the most powerful weapon of mankind."

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. As he was called as Father of the Nation, also led India's freedom movement's along with many other national leaders against the British rule in India. His method of non-violence inspired many civil rights movements across the world. Mahatma Gandhi's efforts were not restricted to Indian independence only. The man also fought various kinds of social evils. These social evils were untouchability, casteism, female subjugation, etc. Furthermore, he also made significant efforts to help the poor and needy.

To celebrate his contribution for the nation, 2nd October is celebrated every year as a national holiday. The day is also celebrated as the International Day of Non-Violence by the United Nations.

Gandhi Jayanti is observed to honor and pay rich tributes to the Father of the Nation and on this day, people remember his invaluable contributions to India's freedom struggle and independence movement. His path-breaking principles of ahimsa and swaraj are observed across all the institutions in India. People celebrate his teachings through various initiatives that can lead to the betterment of our surroundings, the city and eventually the country.



On this day, people recall his significant contributions and commemorate his lessons through a variety of projects for the betterment of society. The day is observed with prayer services, memorial ceremonies, cultural activities in educational institutions, government and socio-political institutions. Bapu is adorned with garlands and people pay rich floral tributes to him and sing his favourite hymns.

Remembering this momentous day, Mumbai University organized a "Bhajan Sandhya" at Gateway of India, Mumbai on Sunday, October 2, 2022 from 04:00 pm onwards.

Every institute or college under Mumbai University were invited to celebrate this moment on that day. The invitation letters included calling 10 students from each college. However, every NSS unit volunteers from different institutes were present at the venue and volunteered for the whole event.

"YOU MUST BE THE CHANGE
YOU WANT TO SEE IN THE WORLD."



follow it to t
e our paths in life bas



The venue was very appealing because it reminded us of the colonization happened in our country and the attacks by terrorists on Taj Hotel, it all reminded us of our ancestors and freedom fighters who worked day and night just to free our country from colonization. With Gandhi Jayanti there also comes birthday of Lal Bahadur Shastri who also contributed his life for the nation. Even his songs were remembered and overall, it was a very emotional day to remember. People got tears in their eyes after hearing those dedicated songs.

At the end an Oath of Swachhata was taken to the participating students by Honorable Vice Chancellor of University of Mumbai. In general, the program was well maintained and smoothly conducted over the hours.



NUTRITION AWARENESS



"A HEALTHY OUTSIDE STARTS FROM INSIDE."

Food is essential for our body for a number of reasons. It gives us the energy needed for working, playing and doing day-to-day activities. It helps us to grow, makes our bones and muscles stronger, repairs damaged body cells and boosts our immunity against external harmful elements like pathogens. Besides, food also gives us a kind of satisfaction that is integral to our mental wellbeing, but there are some foods that are not healthy. Only those food items that contain nutrients in a balanced proportion are generally considered as healthy. People of all ages must be aware of the benefits of eating healthy food also whether it is nutrition healthy because it ensures a reasonably disease-free, fit life for many years.

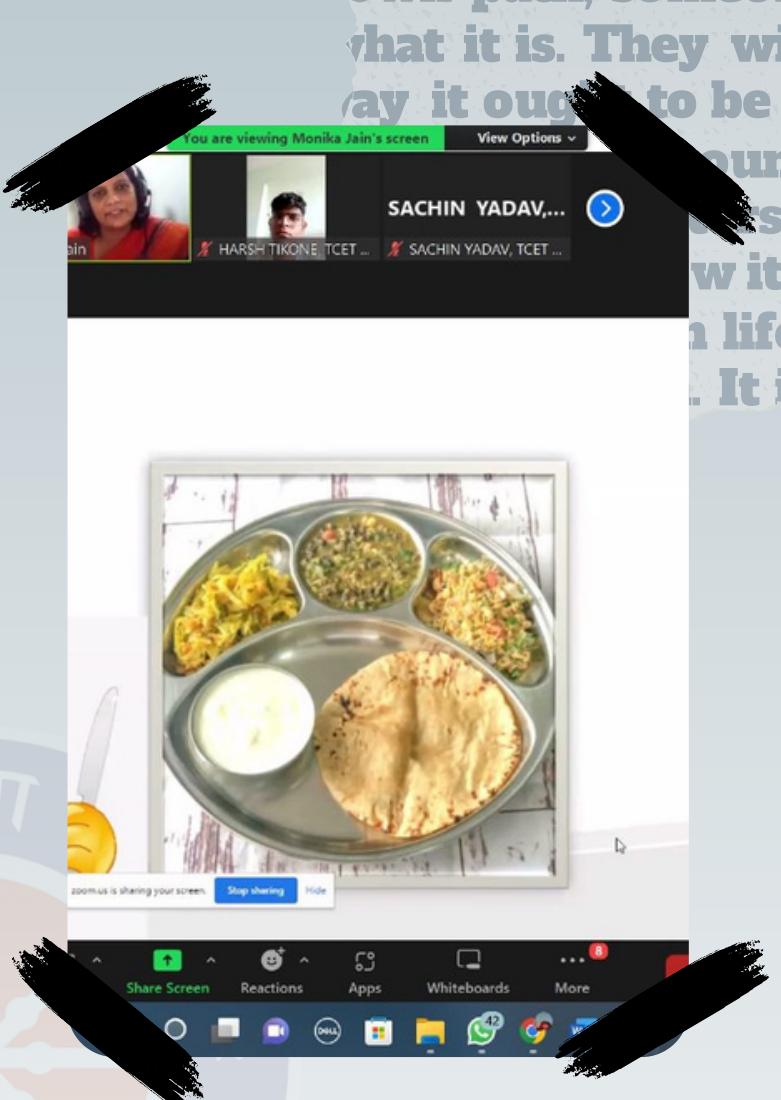
Switching to a healthy diet doesn't have to be a one-size-fits-all approach. You don't have to be perfect; you don't have to eliminate all of your favorite foods and you don't have to make any drastic changes all at once—doing so frequently leads to straying or abandoning your new eating plan. Cultivating a positive relationship with food is also crucial. Rather than focusing on what you should avoid, consider what you may include on your plate that will benefit your health such as nuts for healthy-heart, predominant fat that reduces low-density lipoprotein levels called monounsaturated fatty acids(raspberries) for fiber and especially the substances that inhibit oxidation which we call antioxidants.



Therefore, to create awareness among the volunteers and society, TCET NSS UNIT organized a webinar on “Eat healthy be nutrition wealthy” on 25th September, 2022 in which our speaker Mrs. Monika Jain introduced us to healthy eating and nutritious balanced diet.

Since, It was an online seminar, we all gathered at 12:30 p.m. in the meet. We welcomed Mrs. Monika Jain the speaker of our day. She told us about many important things which we should keep in our mind while having food. She firstly introduced us about the healthy food, importance of it and which diet should be preferred.

A wide variety for the selection of food choices should be made from each of five food groups in the specific amounts recommended. A balanced diet typically contains 50 to 60 percent carbohydrates, 12 to 20 percent protein, and 30 percent fat. A proper meal pattern is a complete combination of food ingredients, food items and quantities required for breakfast, lunch, snack, and dinner for each specific age group.



Later on, she talked about how to practice mindful eating. She discussed the difference between mindless eating and mindful eating, explained the points related to it that we should not eat alone, at any random time and place, also eating foods that are emotionally comforting and also not to do multitasking while eating. We should eat foods which are nutritious and healthy, also listen to our body and to stop when it becomes full.

Then the session was finally concluded and we proceeded to volunteer's questioning, she answered it in very effective and understandable way. Few of the students gave feedback related to it. More people came to know and also got aware about the boon and bane of food items which we consume on the daily basis.





Unit Showcase



NOT ME BUT YOU

Why to waste time with these people and going to clean other places? Why not enjoy weekends? These are the most common question before joining NSS, even I had them. Let me help you then how did I Get here and now i am enjoying more than before.

Starting with the recruitment phase woah!!!! What a experience it was. How do you think the recruitment should be taken? People sitting on the chair surrounding you and you sitting in front of them right? Well then you guessed wrong our scenario was totally different. Also one of the most important value of NSS is "PUNCTUALITY". I still remember people getting warning for coming late. We got divided into groups and the leaders were our seniors who were already part of the family. Our seniors are very helpful in all aspects. We were tested on basis of our confidence and also were made ready at the same time for upcoming things. The

rules were a bit strict but that was important to make us a disciplined volunteer. We had tasks assigned and the deadline was very short that had built unity in us also for which NSS is known for. Just like a baker bakes bread the ready ones get sold and non-ready ones once again go for baking same way the ready volunteers were selected and other were sent to phase-2. I still remember my 1st project because I was late. Yeah just violated what I learned in the 2 day recruitment phase. I was told to not repeat it again and so did I. Getting involved in projects of NSS is a new experience in itself. It teaches us that one person alone can start a new era. I started taking part in more and more projects saw how other people lived and got joy helping them. Learned the "joy of giving". I am exploring new people developing my personality by new learnings and experiences. So the answer to the question is



Not only you are going to do projects but going to learn about but also make a better bond. The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society and a new family.

The projects develop a sense of doing something for the country. So you are not only for 240hrs you are making new friends, new experiences to tell, being proud enough that you gave some contribution to country and the most important and the thing to be proud is that you are part of most "DISCIPLINED" and "RESPECTED" social body of our country. So stop thinking because "YOU WONT GET KNOW UNTIL YOU DO IT".

Jai Hind..

-- Anjanikumar Dubey



तुम आजाद थे आजाद ही रहोगे

तुम आजाद थे आजाद ही रहोगे ,
कल थे और आज भी रहोगे,
इस गुलामीयो की जनजीरो को तुम तोड़ोगे
तुम आजाद थे , आजाद हो ,आजाद ही रहोगे ।

इन मूठियो को खोलने में लाहू भी बहेगा,
इन फिरंगियो का रुख मोड़ने में बदन भी दहेगा,
भारत को आजाद करने में कशत सहना पड़ेगा,
ये आजादी कि लड़ाई है : इसे लड़ना हि पड़ेगा ।

अहिंसा से भी जीती जाती है आजादी ,
पर मुश्किलो में शस्त्र उठाना भी पड़ेगा ,
बस अब रुको मत ठहरो मत, आगे ही बढ़ते चलो ।
ये चंद्रशेखर कि वानि है, ऐ वीरों तुम आजादी के पथ पर चलते रहो ,कियोंकि;
तुम आजाद थे आजाद ही रहोगे ।

-आशुतोष मिश्रा



SAY NO TO PLASTIC

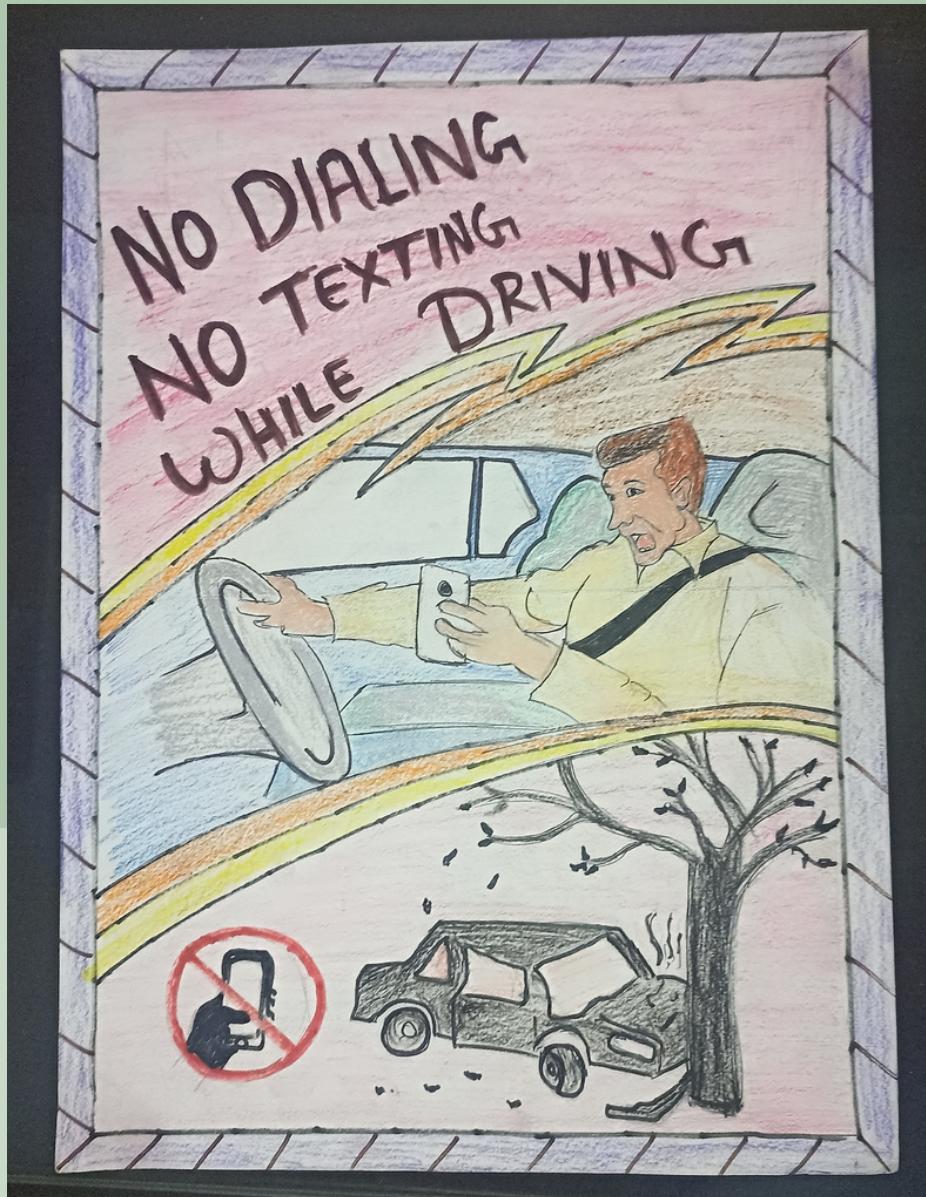


Plastic is one of the best invention of our century, yet its use has lead to one the most devastating disaster being climate change. Reduce the use of plastic. Opt for sustainable materials and save this planet EARTH.

"Every day actions matter, choose a plastic free life."



DON'T USE PHONE WHILE DRIVING !!

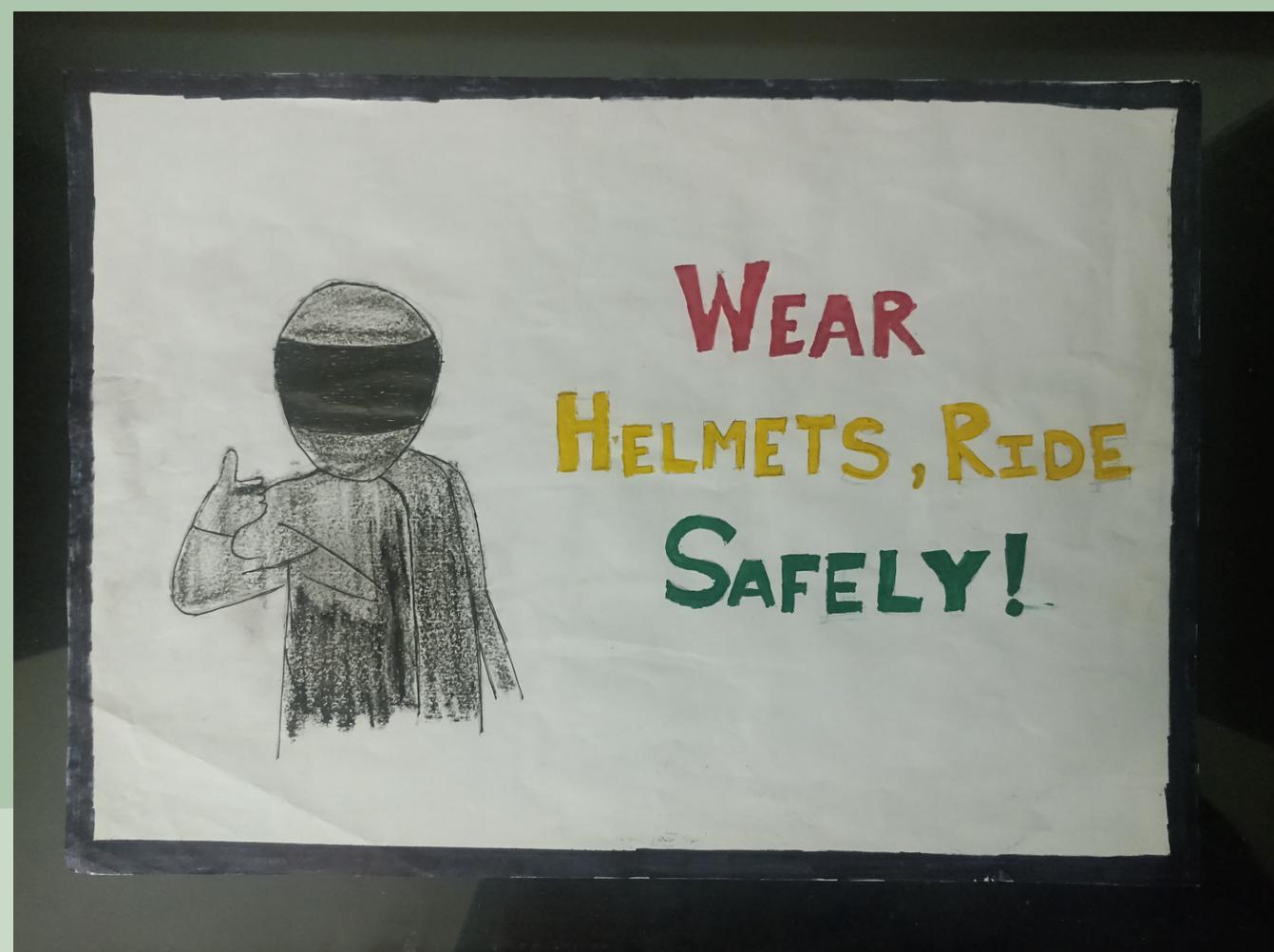


While Driving don't use phone. Be attentive and precocious drive safely. You can save ourself and other's. as the qoute goes
"Precaution is better than cure."

"Arrive alive, don't text and drive."



WEAR HELMETS , RIDE SAFELY !

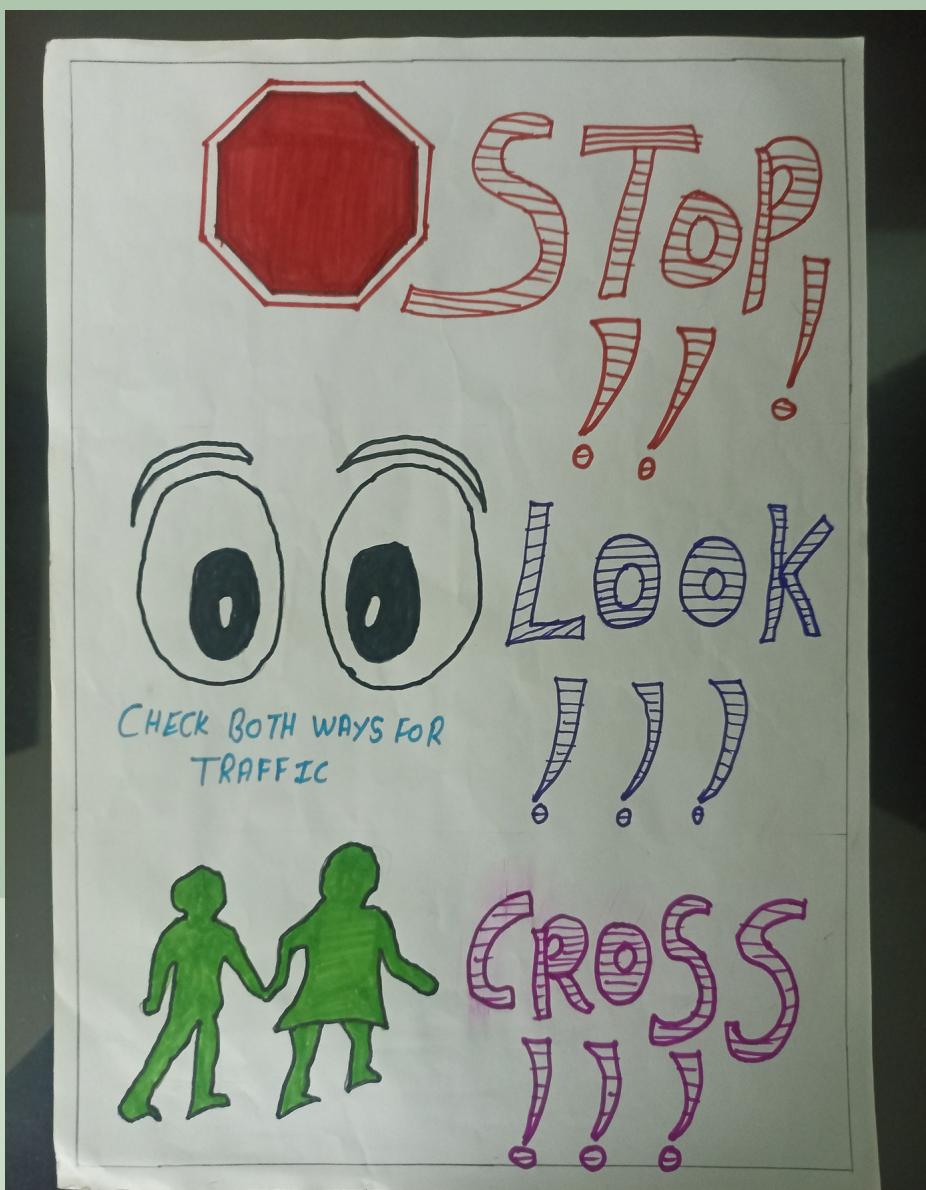


With two-wheelers having multiple uses, multiple accidents are occurring each day. Helmets are designed for US, for OUR safety.
Wear helmets, stay safe from accidents.

"A helmet on your head will keep you away from a hospital bed! "



TRAFFIC RULES



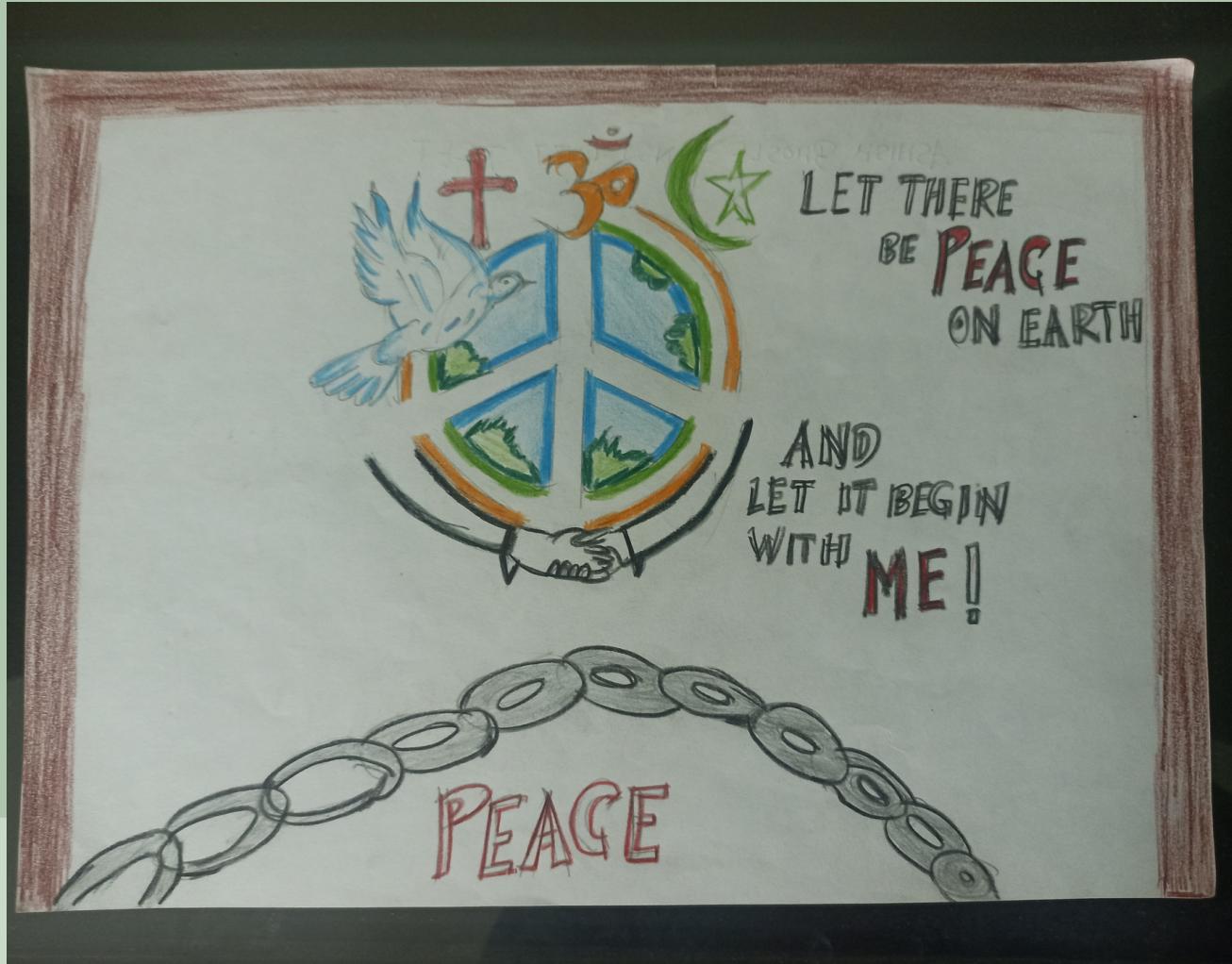
The roads designed by our brilliant civil engineers filled with numerous vehicles it is our duty to STAY ALERT while crossing roads.
STOP -LOOK -CROSS! Stay alert, stay away from accidents.

"They say the universe is expanding.

That should help with the traffic"



PEACE

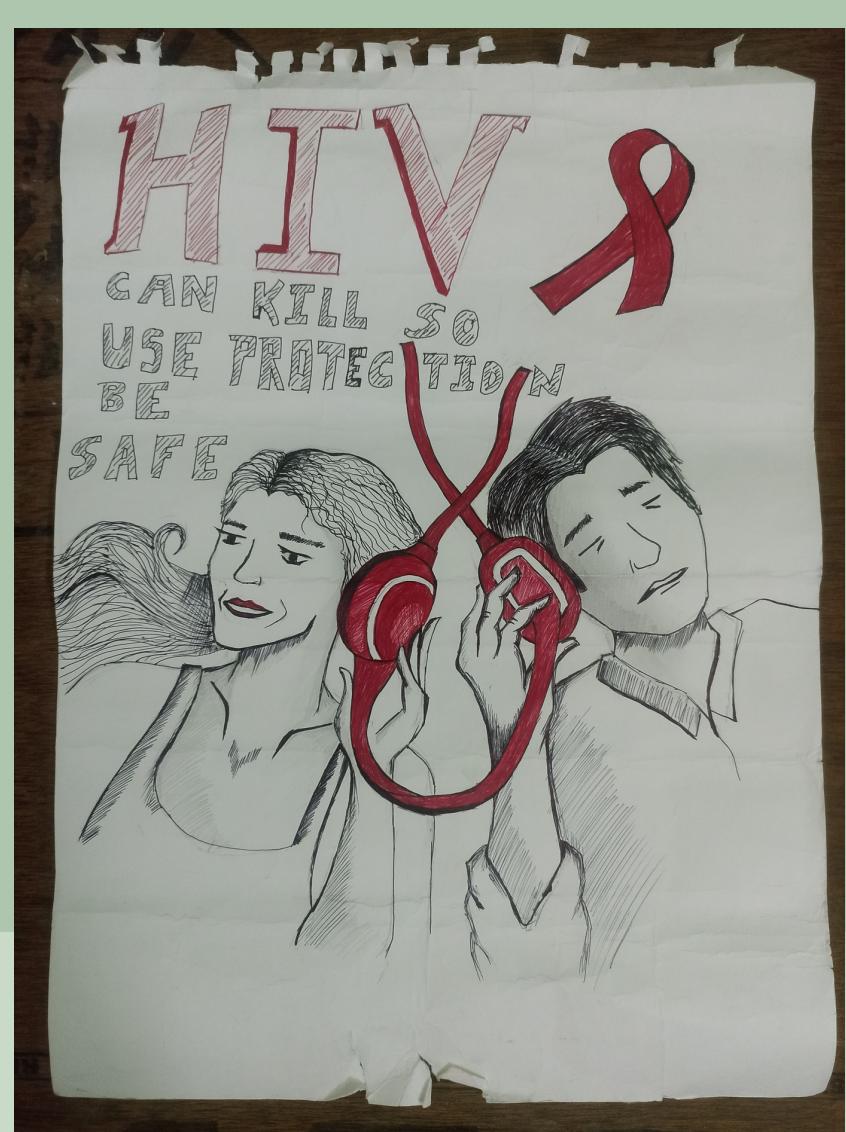


Religion, Caste, Creed, Sections have Divided Human Mankind,
This has Lead to Hated Amoung Us, Let's Come Together and
Bring Peace Amoung us, Let it Begin with me.

“Do not let the behavior of others
destroy your inner peace.”



HIV (HUMAN IMMUNODEFICIENCY VIRUS)

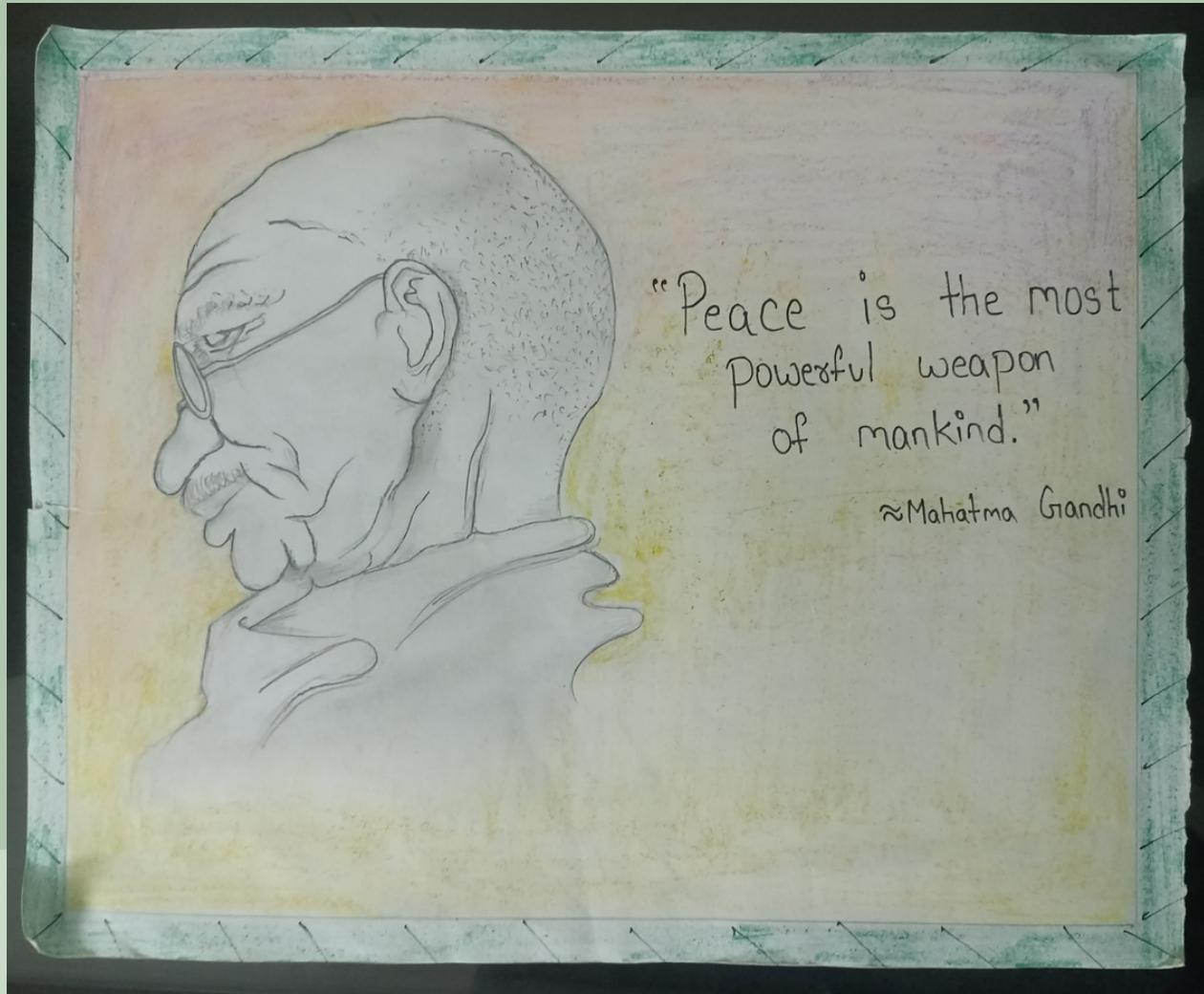


HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome).

"It is bad enough that people are dying of AIDS, but no one should die of ignorance."



MAHATMA GANDHI

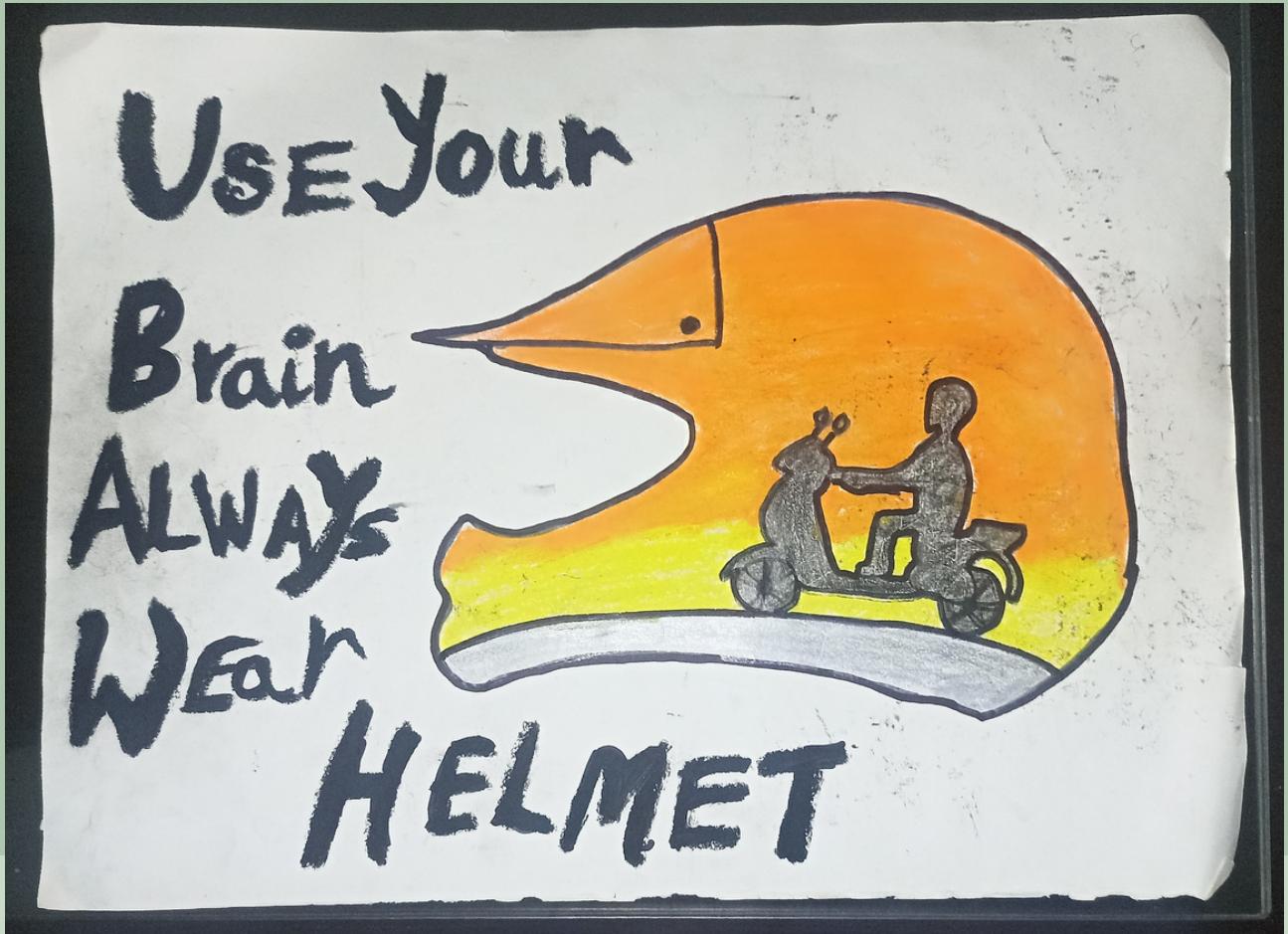


As likely said by Ghandhiji "peace js the most powerful weapon of mankind". Violence is a recipe for destruction. A sound mind is a peaceful mind. Peace is a basic human need, it leads to our very development. It's one of the most powerful weapon of mankind.

"Each one has to find his peace from within.
And peace to be real must be unaffected by
outside circumstances."



WEAR HELMET WHILE DRIVING

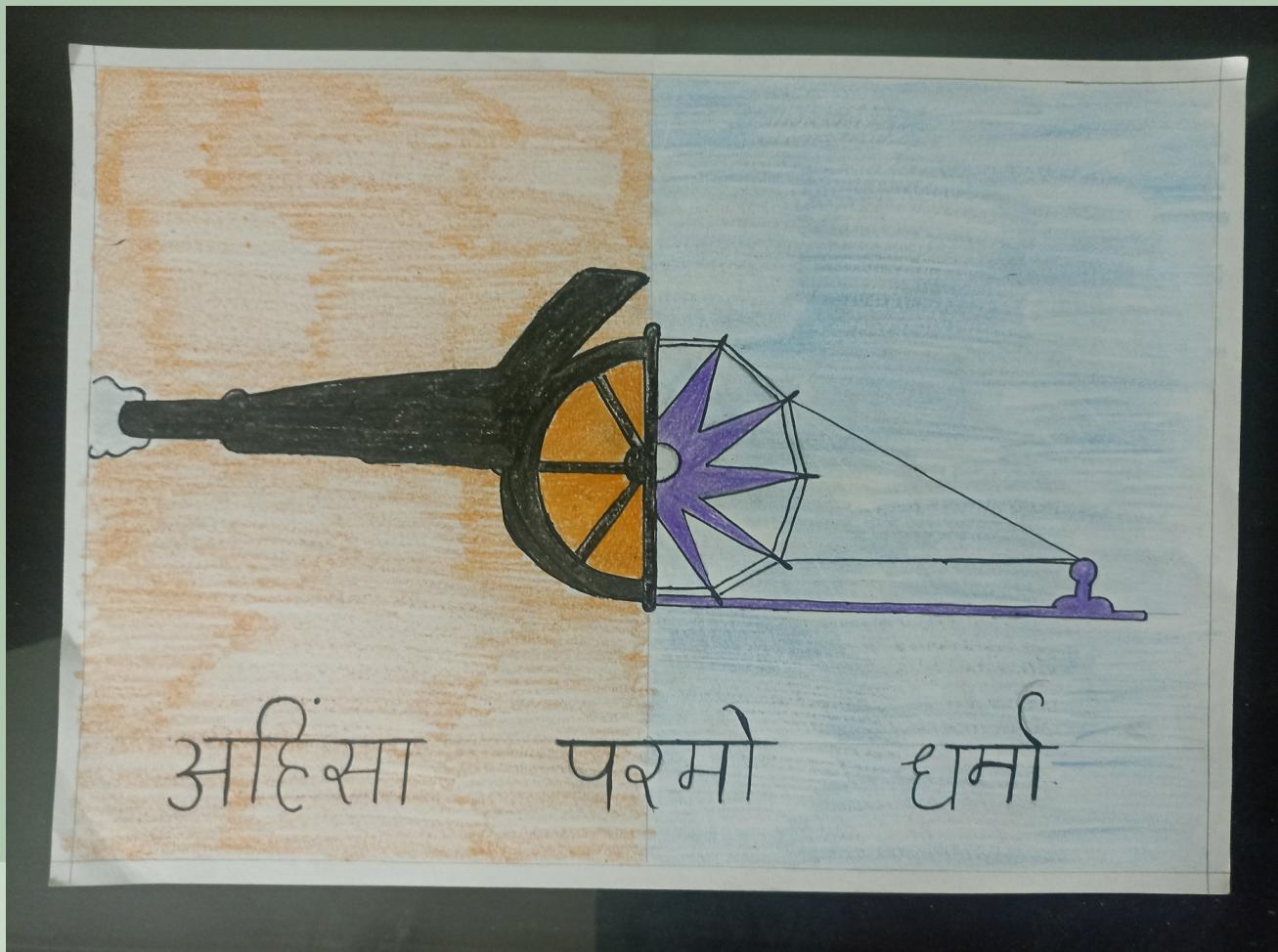


**"Wear Helmet While Riding and Obey Traffic Laws. Helmet, A Safety Precaution, Saves Your Precious Life While Riding." HELMET
A GIFT TO BIKERS "**

"You can't live without your head, protect it first"



NON VOILENCE



**"Ahinsa Parmo Dharma ", Always Choose Non-Voilence over
Voilence, Non-Voilence the Best Way to Maintain Peace &
Harmony.**

*"No man could be actively nonviolent
and not rise against social injustice,
no matter where it occurred."*



SOLAR TREE



The fossil fuel resources of the world are constantly declining, and the use of non-conventional energy sources is becoming increasingly important. Solar energy is considered to be the best non-conventional energy source available for free. The time of day when the sun's heat is the greatest, the use of solar energy will be more effective. Ozone Layer depletion potential (ODP) is a very high threat to the environment. Also, global warming & carbon dioxide emission are posing major environmental concerns. By using Solar energy instead of fossil fuels in a vapour absorption system, the above mentioned negative effects can be avoided. Due to the advantages of solar energy generation through solar trees in Modern-day environments, we are motivated to develop this system since a significant amount of solar energy remains unused which has great potential for future energy generation. With rising population and energy demands, it is important to get an alternative for energy generation through non-renewable resources as it causes pollution and other hazards. Solar Tree is the best alternative, which requires very less place to produce energy efficiently and it's also extremely better than traditional method.

Solar Energy is the energy obtained by capturing heat and light from the sun. Energy from the sun is referred as solar energy. Since solar energy does not emit greenhouse gases, it is considered a green technology. Solar energy is abundant and has been used for many years both as an electricity source and a heat source. The purpose of solar trees is to bring awareness of solar technology and to enhance the landscape or architectural setting in which they are located. The goal of many solar tree installations is to promote awareness, understanding, and adoption of renewable energy.

Photovoltaic "leaves" absorb sunlight, converting it into electricity, which is transmitted through the central trunk to an internal battery. Many designs feature rotating panels that can move throughout the day in order to capture the greatest amount of sunlight. Even though most solar trees do not produce as much energy as a rooftop solar system, some designs are surprisingly efficient. Solar trees are utilitarian stand-alone energy generating units that help power homes, businesses, and public services like lighting and electronic device charging. Despite the limited power generation potential of solar trees, their primary goal is to raise public awareness about renewable energy by getting people to notice and interact with solar in new ways.

A solar tree seems to be the perfect solution for our future energy needs. Solar trees offer a seamless synergy between pioneering design and cutting-edge eco-compatible technology. With the tree design, 50% more electricity is produced, and the sun's energy is captured for up to 50% longer, helping the environment, saving money, and being cheap to utilize. It is free, strong, and lasts a lifetime. A solar tree concept is a very successful one and should be implemented in India to provide electricity so that power cuts are not a problem and extra energy can be provided to the grid to meet the increasing energy demand. Since India is a highly populated country, we should utilize such energy that requires very little space to produce energy efficiently. In this case, a solar tree might be the best option. It is much better than the traditional solar PV system in area point of view and also more efficient. So, this is a very good option and should be implemented.



LASER TECHNOLOGY IN DEFENCE



LASER is an acronym for “light amplification by stimulated emission of radiation”. It is a device that emits light through a process of optical amplification based on the stimulated emission of electromagnetic radiation. In a laser beam, the light waves are “coherent,” meaning the beam of photons is moving in the same direction at the same wavelength. The quality of the light produced by the laser is considerably different from that of conventional light sources such as fluorescent tubes or incandescent bulbs. In 1960 Theodore H. Maiman when he was at Hughes Research Laboratories, built the first laser.

The field of laser has witnessed tremendous scientific and technical developments in the recent past, enabling its deployments for a variety of biological, industrial, commercial and scientific applications. The key applications of laser technology can be divided into the domains of health sciences, engineering, and technology and security and defence. One of the rapidly progressing fields in the defence sector is the offensive use of laser for airborne military applications. Laser weapons have many advantages over traditional weapons. First, the transmission at the speed of light allows laser-based weapons to engage distant targets immediately after detection. Second, the directed laser energy provides less collateral damage and low-profile and covert operations capabilities. Laser is a surgical weapon of choice, offering precise target-point selection. Initial installation costs are high but after deployment, laser weapons provide cost-effective engagements. Finally, the laser deployments can be flexibly tuned to deliver a gradient effect to tailor the range of results to non-fatal, destructive and disruptive outcomes.

Today many types of lasers are available having different power ranges, wavelengths, operating efficacies, spectral bandwidths, and other features. The increase in the maturity of compact optical and laser devices have improved their abilities for military purposes. Consequently, laser technologies have changed the paradigm of modern warfare, by serving in diverse roles, such as indicators & target designators, sensing devices, data relays, active lighting, rangefinders, weather regulators, and directed energy weapons. The laser systems deployed as Directed Energy (DE) weapons have the potentials to leave devastating effects on a very large scale.



LASER TECHNOLOGY IN DEFENCE



A high energy laser beam can be utilized to destroy moving targets over a thousand miles with optimal accuracy and precision. Huge investment and research are being done in the domain of high energy laser weapons.

PHASR RIFLE-: The personnel halting and stimulation response rifle (PHASR) is a prototype non-lethal laser dazzler developed by the Air Force Research Laboratory's Directed Energy Directorate, U.S. Department of Defense. Its purpose is to temporarily disorient and blind a target.

ANTI-BALLISTIC MISSILE-: An anti-ballistic missile (ABM) is a surface-to-air missile designed to counter ballistic missiles (missile defense). Ballistic missiles are used to deliver nuclear, chemical, biological, or conventional warheads in a ballistic flight trajectory.

LAER GUIDE BOMB-: A laser-guided bomb (LGB) is a guided bomb that uses semi-active laser guidance to strike a designated target with greater accuracy than an unguided bomb.

DEEP-IN-: DEEP-IN, also known as Directed Energy Propulsion for Interstellar Exploration, is a spaceflight propulsion concept that uses photonic laser propulsion with beamed power to propel a spacecraft in deep space

Due to the properties of laser like high intensity high coherency its use for military & defence application makes it a perfect choice. It has made huge impact on Law Enforcement sector due to its various ranging application of laser technology like LiDAR, ABL, THEL, etc. Many major threats can be averted in the future. Because of the invention of the PHaSR Rifle, there will be improvement in the Law Enforcement, as it will be bulleting free & the damage effects would be temporary. Scientists are still trying to improve the prototypes design of weapons & defence system which will reduce the cost & increase the efficiency. The Applications of laser technology are also been studied in India at various institutions & they are being researched for improvements.

LASER TECHNOLOGY IN DEFENCE



"If all men are born free, how is it that all women are born slaves?"

Your partner apologizes and says the hurtful behavior won't happen again — but you fear it will. At times you wonder whether you're imagining the abuse, yet the emotional or physical pain you feel is real. If this sounds familiar, you might be experiencing domestic violence.

Recognize domestic violence

Domestic violence — also called intimate partner violence — occurs between people in an intimate relationship. Domestic violence can take many forms, including emotional, sexual and physical abuse and threats of abuse. Abuse by a partner can happen to anyone, but domestic violence is most often directed toward women. Domestic violence can happen in heterosexual and same-sex relationships.

Abusive relationships always involve an imbalance of power and control. An abuser uses intimidating, hurtful words and behaviors to control a partner.

It might not be easy to identify domestic violence at first. While some relationships are clearly abusive from the outset, abuse often starts subtly and gets worse over time. You might be experiencing domestic violence if you're in a relationship with someone who:

- Calls you names, insults you or puts you down
- Prevents or discourages you from going to work or school or seeing family members or friends
- Tries to control how you spend money, where you go, what medicines you take or what you wear
- Acts jealous or possessive or constantly accuses you of being unfaithful
- Gets angry when drinking alcohol or using drugs
- Threatens you with violence or a weapon
- Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children or your pets.
- Forces you to have sex or engage in sexual acts against your will.
- Blames you for his or her violent behavior or tells you that you deserve it.



LASER TECHNOLOGY IN DEFENCE



Don't take the blame

You may not be ready to seek help because you believe you're at least partially to blame for the abuse in the relationship. Reasons may include:

- Your partner blames you for the violence in your relationship. Abusive partners rarely take responsibility for their actions.
 - Your partner only exhibits abusive behavior with you. Abusers are often concerned with outward appearances and may appear charming and stable to those outside of your relationship. This may cause you to believe that his or her actions can only be explained by something you've done.
 - Therapists and health care providers who see you alone or with your partner haven't detected a problem. If you haven't told your health care provider about the abuse, they may only take note of unhealthy patterns in your thinking or behavior. This can lead to a misdiagnosis. For example, survivors of intimate partner violence may develop symptoms that resemble chronic disorders such as irritable bowel syndrome or fibromyalgia. Exposure to intimate partner violence also increases your risk of mental health conditions such as depression, anxiety and post-traumatic stress disorder (PTSD).
 - You have acted out verbally or physically against your abuser, yelling, pushing or hitting your partner during conflicts. You may worry that you are abusive, but it's much more likely that you acted in self-defense or intense emotional distress. Your abuser may use such incidents to manipulate you, describing them as proof that you are the abusive partner.
- If you're having trouble identifying what's happening, take a step back and look at larger patterns in your relationship. Then review the signs of domestic violence. In an abusive relationship, the person who routinely uses these behaviors is the abuser. The person on the receiving end is being abused.



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You may not be ready to seek help because you believe you're at least partially to blame for the abuse in the relationship. Reasons may include:

- Your partner blames you for the violence in your relationship. Abusive partners rarely take responsibility for their actions.
- Your partner only exhibits abusive behavior with you. Abusers are often concerned with outward appearances and may appear charming and stable to those outside of your relationship. This may cause you to believe that his or her actions can only be explained by something you've done.
- Therapists and health care providers who see you alone or with your partner haven't detected a problem. If you haven't told your health care provider about the abuse, they may only take note of unhealthy patterns in your thinking or behavior. This can lead to a misdiagnosis. For example, survivors of intimate partner violence may develop symptoms that resemble chronic disorders such as irritable bowel syndrome or fibromyalgia. Exposure to intimate partner violence also increases your risk of mental health conditions such as depression, anxiety and post-traumatic stress disorder (PTSD).
- You have acted out verbally or physically against your abuser, yelling, pushing or hitting your partner during conflicts. You may worry that you are abusive, but it's much more likely that you acted in self-defense or intense emotional distress. Your abuser may use such incidents to manipulate you, describing them as proof that you are the abusive partner.

If you're having trouble identifying what's happening, take a step back and look at larger patterns in your relationship. Then review the signs of domestic violence. In an abusive relationship, the person who routinely uses these behaviors is the abuser. The person on the receiving end is being abused.



Unique challenges

- If you're an immigrant, you may be hesitant to seek help out of fear that you will be deported. Language barriers, lack of economic independence and limited social support can increase your isolation and your ability to access resources.

Laws in the United States guarantee protection from domestic abuse, regardless of your immigrant status. Free or low-cost resources are available, including lawyers, shelter and medical care for you and your children. You may also be eligible for legal protections that allow immigrants who experience domestic violence to stay in the United States.

Call a national domestic violence hotline for guidance. These services are free and protect your privacy.

- If you're an older woman, you may face challenges related to your age and the length of your relationship. You may have grown up in a time when domestic violence was simply not discussed. You or your partner may have health problems that increase your dependency or sense of responsibility.
- If you're in a same-sex relationship, you might be less likely to seek help after an assault if you don't want to disclose your sexual orientation. If you've been sexually assaulted by another woman, you might also fear that you won't be believed.

Still, the only way to break the cycle of domestic violence is to take action. Start by telling someone about the abuse, whether it's a friend, a loved one, a health care provider or another close contact. You can also call a national domestic violence hotline.

At first, you might find it hard to talk about the abuse. But understand that you are not alone and there are experts who can help you. You'll also likely feel relief and receive much-needed support.

Create a safety plan

Leaving an abuser can be dangerous. Consider taking these precautions:

- Call a women's shelter or domestic violence hotline for advice. Make the call at a safe time — when the abuser isn't around — or from a friend's house or other safe location.
- Pack an emergency bag that includes items you'll need when you leave, such as extra clothes and keys. Leave the bag in a safe place. Keep important personal papers, money and prescription medications handy so that you can take them with you on short notice.
- Know exactly where you'll go and how you'll get there.



Protect your communication and location

An abuser can use technology to monitor your telephone and online communication and to track your location. If you're concerned for your safety, seek help. To maintain your privacy:

- Use phones cautiously. Your abuser might intercept calls and listen to your conversations. An abusive partner might use caller ID, check your cellphone or search your phone billing records to see your call and texting history.
- Use your home computer cautiously. Your abuser might use spyware to monitor your emails and the websites you visit. Consider using a computer at work, at the library or at a friend's house to seek help.
- Turn off GPS devices. Your abuser might use a GPS device on your vehicle or your phone to pinpoint your location.
- Frequently change your email password. Choose passwords that would be difficult for your abuser to guess.
- Clear your viewing history. Follow your browser's instructions to clear any record of websites or graphics you've viewed.

Where to find help

In an emergency, call 911 or your local emergency number or law enforcement agency. The following resources also can help:

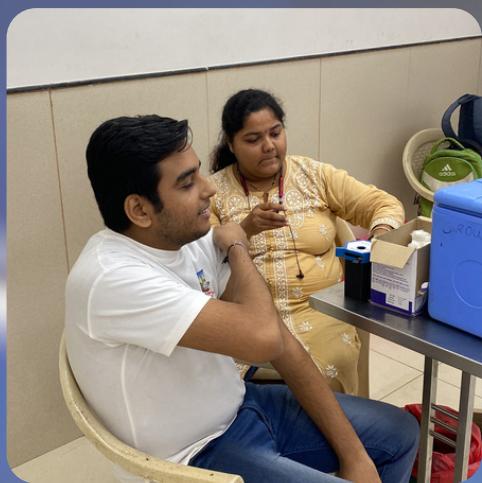
- Someone you trust. Turn to a friend, loved one, neighbor, co-worker, or religious or spiritual adviser for support.
- National Domestic Violence Hotline: 800-799-SAFE (800-799-7233; toll-free). Call the hotline for crisis intervention and referrals to resources, such as women's shelters.
- Your health care provider. A health care provider typically will treat injuries and can refer you to safe housing and other local resources.
- A local women's shelter or crisis center. Shelters and crisis centers typically provide 24-hour emergency shelter as well as advice on legal matters and advocacy and support services.
- A counseling or mental health center. Counseling and support groups for women in abusive relationships are available in most communities.
- A local court. A court can help you obtain a restraining order that legally mandates the abuser to stay away from you or face arrest. Local advocates might be available to help guide you through the process.

It can be hard to recognize or admit that you're in an abusive relationship — but help is available. Remember, no one deserves to be abused.



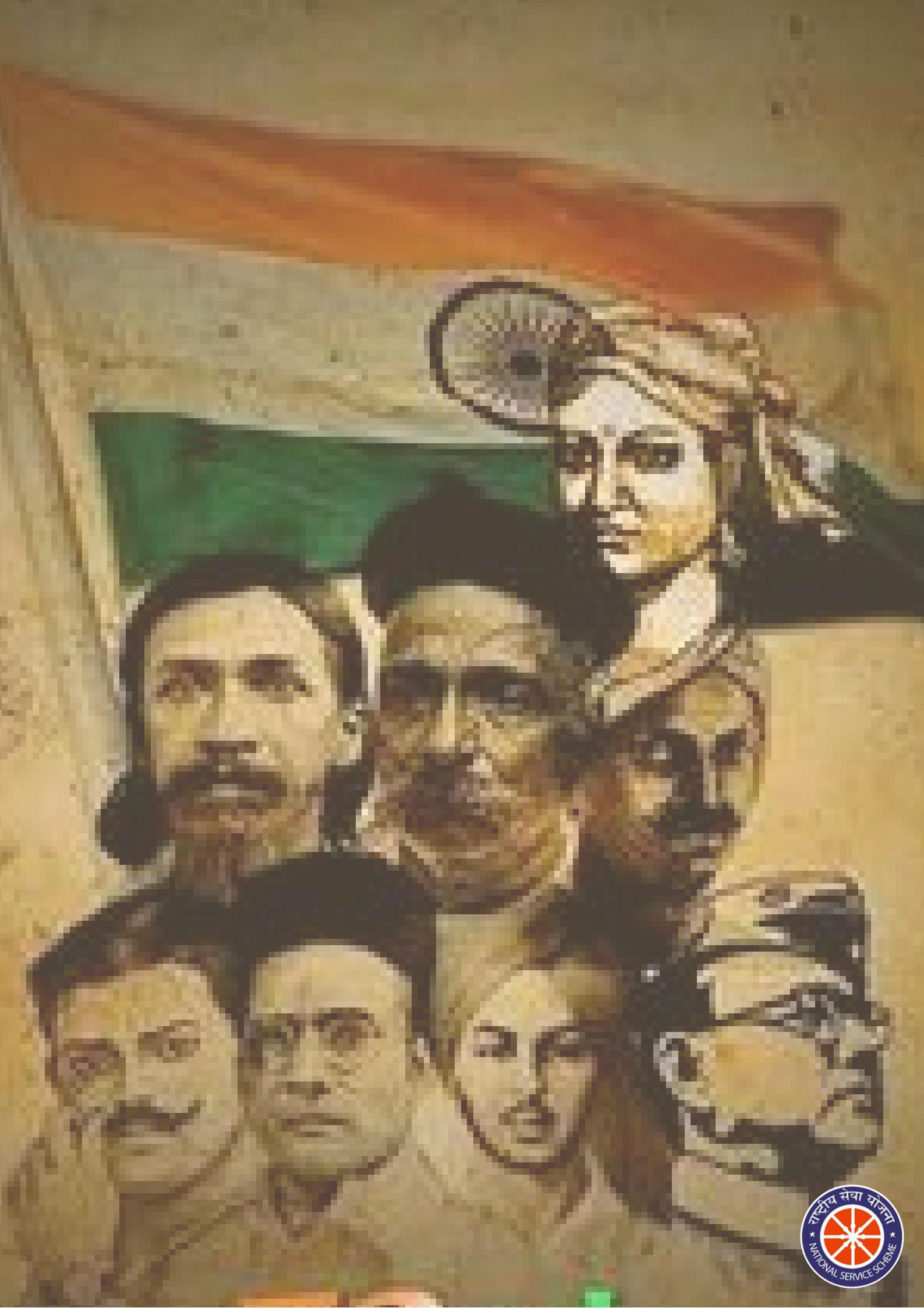
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