

## **OBSERVANCE OF INTERNATIONAL YOGA DAY**

On 21st June 2018, International Yoga Day was celebrated at The University of Mumbai, Kalina Campus.

This event was conducted by the NSS unit of Mumbai University.

More than 250 students from colleges all over Mumbai participated in this event. Prior to this, a 7-day camp was held at the Kalina campus on the practice of Yog. The university

selected 75 students, who were also NSS volunteers, from the city, western and central suburbs, to teach them 28 asanas. These students were given Yoga T-shirt as a token of appreciation for their dedication and perseverance towards this program at the start of the event.



The event commenced at 8.30 am, some instructions and inspiring advice was given by the YOGA instructors who had tutored these young students at the camp. Numerous form of diverse yog asanas were then executed by the yoga

practitioners who had attended the 7-day Yoga Camp under the direction of instructors at Kaivalyadham Yoga and Health Institute. After an hour of continual Yoga which included asanas like Tarasan, Vrukshasan, Kapalbhati etc the practitioners were asked to rest.

The chief guest of the event Hon'ble Shri. Prakash Javadekar, Minister of HRD, Government of India shared his thoughts on the importance and benefits of practising yoga daily. He shared his experience of how this momentous day is celebrated internationally and recognized as a day of great importance across the globe. He proposed that these representatives of each institution would be then asked to lead a Yoga Camp at their respective colleges to continue this fitness initiative.

At the end of the event all the practitioners, spectators as well the dignitaries were asked to perform a few light exercises along with the instructors. The event was concluded by a chorus of Vande Mataram across the hall.



## **TREE PLANTATION DRIVE**

As Warren Buffet, a famous American business magnate had once said, "Someone's sitting in the shade today because someone planted a tree a long time ago."

In today's day and age, the only shade we have is the suffocating shade of concrete jungles and not the natural refreshing shade of green jungles. Determined to make at least an inkling of difference to this situation that threatens life as we know it, the NSS unit of D.J. Sanghvi College of Engineering organised a tree plantation drive on the 15 th of July at Aarey colony.



The event saw over a hundred enthusiastic volunteers who came without any qualms on the rainy Sunday morning at 8 am. Before they started, the volunteers were instructed on how to plant a sapling. Equipped with pick axes, shovels and saplings, the energetic volunteers set to the task of planting, not letting the rain dampen their unbound spirit. Seeing the youth of the country work towards saving the environment brought smiles to the faces of the locals and passers-by alike. Some of them even

lent a hand to the volunteers.

The volunteers also interacted with people curious about the drive and the NSS unit. The drive continued for about three hours until over 120 saplings were planted, followed by refreshment for the volunteers. They dispersed with a smile on their faces and a sense of satisfaction in their hearts, knowing they had done something to give back to Nature, just as she had for them.



## **LEADERSHIP SKILLS IN KALAM STYLE – SEMINAR BY INDIA DEVELOPMENT FOUNDATION**

***"Leadership is not a position or a title, it is action and an example."***

The NSS Unit of D.J. Sanghvi College of Engineering organized a seminar on 27<sup>th</sup> July 2018, which was arranged by India Development Foundation (IDF).

Dr. APJ Abdul Kalam was really a true legend, a leader for the youngsters and has always ignited their minds.



This seminar focused on the Leadership Skills in his style, where the lecture was conducted in one of our lecture rooms and was delivered by Dr. AP Jayaraman, a senior nuclear scientist and a trustee of IDF. And the most interesting part of all was, he sharing his work bench with Dr. Kalam.

There were around 110 volunteers who were completely engrossed in his views, ideas and also his stories which he had discussed during his session. With great interest, he shared his memorable moments with Kalam and told us the way he used to work endlessly on the Nuclear Power Plant. He also mentioned how amazing he was as a leader and most importantly as a person.

He advised us to value challenges which come on our way, as they are the ones which make our path memorable while walking towards the destination. The Unit was blessed to get an opportunity to spend time with him. And was completely enlightened while interacting with such an amazing personality, also was very eager to know the experiences and incidents which he had with Dr. Kalam.



The Unit is grateful to POS Prof. Rahul Taware and Prof. Vyankatesh Baghal who gave us this wonderful opportunity. NSS Family is glad and hopes to experience more such spectacular and inspiring personalities in future.

## ORPHANAGE VISIT

***"A kind gesture can reach a wound that only compassion can heal"***

On 29<sup>th</sup> July 2018, the NSS unit of DJ Sanghvi College got to truly live up to the motto of NSS- "Not me but you". This day, the volunteers got an opportunity to bring a smile on those faces that truly deserve it, by visiting orphanages.



The visit started at 10 am and a group of almost 100 volunteers visited orphanages at Borivali and Jogeshwari. The volunteers were divided into groups and sent to Bosco Boy's orphanage in Borivali, Sneha Sadan orphanage in Jogeshwari east and west for girls and boys respectively. The children at these orphanages welcomed the volunteers with enthusiastic smiles and boundless energy.



Their ceaseless spirit and exuberance managed to keep us at our toes. As our goal was to make their day full of entertainment and fun we organized a jam session, a story telling session and enacted a drama. While the older children enjoyed singing songs, the little tots were given a fun exercise to keep their minds busy with. The fact that they wanted to give something back to the volunteers – be it their drawings or a dance

choreographed by them- left us completely speechless. They taught us something valuable, just as we did, for them.

The event lasted for about 3-4 hours. We went there to make their day enjoyable and returned with countless beautiful memories. We were thankful that they welcomed us not only in their homes but also their hearts.

## **CONVENTION ON IMPROVING CONCENTRATION AND CONFIDENCE**

The NSS unit of Nagindas Khandwala college invited the students of DJ Sanghvi and other NSS units to a convention on improving concentration and confidence on the 3rd of August, 2018 from 11 am onwards.

The speaker invited for the same was Swami Amartyananda, the secretary of the Ramakrishna mission in Midnapur, West Bengal.

The event was also graced by the presence of the Principal and the Vice Principal of the Nagindas Khandwala college, as well as the District Coordinator of NSS, Professor Pranav Panchal and one of the area coordinator of NSS, Professor Rajesh Bombe.

The event started precisely on time. He was first felicitated with a shawl presented on behalf of Nagindas College. Since Swamiji wanted this to be an interactive session, he frequently asked the audience questions in order to further his talks. Within a few minutes, Swamiji had the audience totally mesmerized and they were listening with rapt attention.

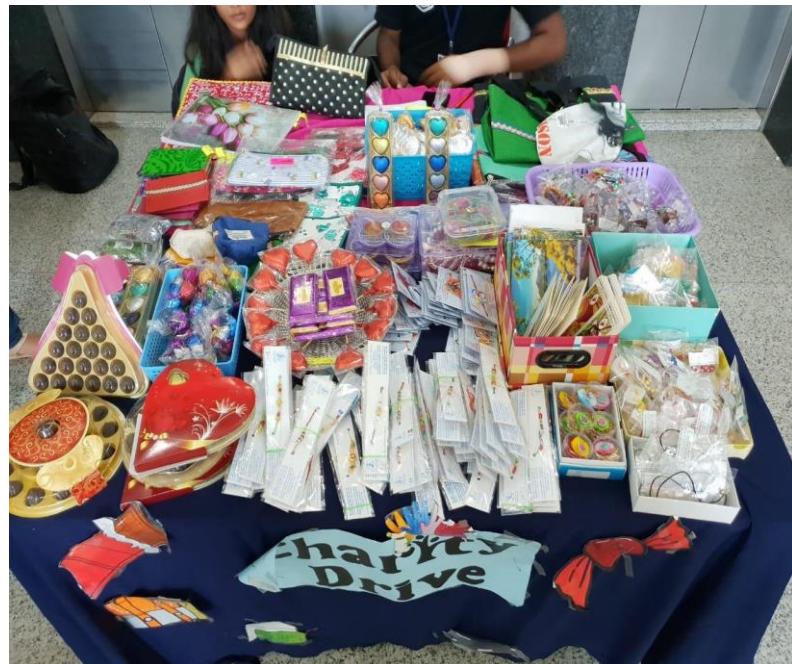
All the students found this convention to be highly informative and they were enlightened with Swamiji's wisdom. The volunteers dispersed after a word of thanks from the staff and were given refreshments and certificates of participation.



## **ANNUAL CHARITY DRIVE 2018**

***"Don't Donate, Empower Instead."***

To follow this very ideology, DJNSS arranged an Annual Charity Drive from 10th to 25th August 2018. A desk was setup up in the mentioned dates from 9am to 5.30pm daily. Products from the following organisations were collected:



Punarvas Special School a special Education and vocational training centre for mentally handicapped.

VDIS School for Mentally Challenged- A institute which provides for early detection, intervention, training, education, remedial- training, vocational rehabilitation, Job placements of mentally challenged.

Indian Mouth & Foot Painting Artists- An international, registered society of disabled artists, wholly owned and run by the artists themselves to meet their financial needs.

Along with spreading the message on social media, publicity for the event was also done in all the classes as well as the staff rooms.

A desk full of items like Rakhis, anklets, bracelets, keychains, earrings, cloth bags, jute bags and innovative products like sanitary pad pouches, along with numerous mouth-watering varieties of chocolates was set up.

These items were carefully hand-made by some differently-abled and underprivileged children and adults from different organisations. All the profits made by the drive were directly given for the betterment of their living and welfare.

The drive saw a huge response from the students as well as faculty members of D. J. Sanghvi College and it was a huge success for both the unit and the people who made these products.

## ANIMAL WELFARE

***"We can judge the heart of a man by his treatment of animal."***

***- Immanuel Kant***

Keeping in mind all the recent occurrences of animal cruelty, the NSS unit of D. J. Sanghvi College of Engineering organized an event on Animal Welfare on 13th of August 2018 in room no 26, 2nd floor, Chemical Department



Miss Archana Shah from Foundation of Mumbai Animals presided over the seminar with the chief motive of the seminar being "Changing one's lifestyle for the betterment of animal lives". She urged all the students to abstain the usage of animal products as a statement of fashion or style and introduce the utilization of khadi and other such material in their daily lives. Creative pieces

of art made by her and her organization were shared with the students which developed a feeling of compassion for the animals within them.

The seminar was then taken over by her colleague Mr. Vinay who is a rescue specialist and has been working in this field for a while now. With his expertise and experience in animal rescue, he demonstrated and imparted immense knowledge of how to help an injured or a depressed animal. The presentation included the methods, equipment, medicine names and cure needed for the healing of a wound or a limb of an animal, which was extremely helpful and informative. The organization pressed upon the need of helping these beautiful souls in need and how to help one just by the usage of meagre household items. Students were educated on the laws concerning animals and their rights regarding this topic.

Some of the students were called upon to share their feedback on the seminar, given a situation and asked how they would approach them. Both the authorities were impressed and satisfied with the answers which made the day all the more pawfect.



## CARE FOR KERALA

In one of the worst floods that hit Kerala this year, the massive loss of lives, property and infrastructure was unimaginable. With over ten lakh people living in temporary shelters and a lot more evacuated from their homes, the people of Kerala were relentlessly battling the helplessness of their situation when the odds were against God's own country. The gravity of the situation was such that the people were literally struggling to scour for at least a meal a day, clothes other than the ones on their backs or warm blankets to stop their shivering.



In a bid to give them at least an inkling of relief, the NSS unit of D J Sanghvi College, in collaboration with Goonj- an NGO which undertakes disaster relief, humanitarian and community development organised a drive to collect the basic and necessary items that people there would require the most.



While there were also many other organisations that were doing their best to bring some semblance of normalcy back into their lives, we believe that, in our limited capacity we were able to help at least one person. Goonj helped us in keeping a track of the items that were sent to Kerala. Most of all we are grateful to Prof. Tawre sir and Prof. Bagal sir for providing us with this opportunity and we also appreciate the

efforts of all the students who found it in their hearts to donate something that could at least help one person.

While the ultimate goal was to help the people there get back the stability in their lives, we hope we were able to bring at least a sliver of hope in their lives, or a smile or somebody's face.

## ANTI-PLASTIC CAMPAIGN REPORT

Gone are the days when our grandmothers used cloth bags and straw baskets to carry the grocery while going around in the market. For small items there were newspaper bags, but now whether we buy clothes, groceries or books, the shopkeepers only use plastic bags for the items. It takes around 700 years for the plastic to start decompose and taking the seriousness of the adverse effects of plastic on the environment, Indian Government



recently banned usage of plastic bags and certain other products made of plastic. Following this wise decision of the government, the NSS unit of DJ Sanghvi College of Engineering (NSS unit B-16) arranged an “Anti-plastic Campaign” on 11th Sept, 2018 at 9:30 am to spread the awareness about boycotting the use of plastic and promoting the use of other environment friendly alternatives. The campaign mainly included around 56 male volunteers and 49 female volunteers i.e. in total 105 volunteers showing amazing enthusiasm in spreading the awareness. The campaign started

with an awareness rally in which 8 banners conveying the message of the campaign were used to let people know about our step to the better future. The rally followed by an interactive session between the volunteers and the people from the neighbourhood was carried out. Groups of around 6 volunteers in each were formed and volunteers were guided to interact with the people in nearby area of the college. Volunteers enthusiastically talked with the pedestrians and the shopkeepers about the importance of using eco-friendly products. The campaign covered nearby areas such as Mithibai college area, road 5 & 6 and Irla road. The people and shopkeepers including the bhajiwala were given the proper information about the plastic ban initiative of government. A fun survey after the interaction with people was carried out which included some basic plastic ban awareness related questions. Around 210 cloth bags were distributed and the existing plastic bags were collected from the people.

A huge response from the people in neighbourhood made this a successful event. We also interacted with people who enquired about our campaign and NSS unit.

We were on the receiving end of a lot of smiles and positive encouragements from people out on the streets. In a nutshell, the start of the day was productive and towards a better future.



## **BEACH CLEAN-UP DRIVE REPORT**

***"You can never cross the ocean until you have the courage to lose sight of the shore"***

Letting this apt quote fuel their courage, the NSS unit of DJ Sanghvi College set to the task of cleaning Juhu Beach on 20<sup>th</sup> September 2018, post 7<sup>th</sup> Day of the much celebrated Ganesh festival. The event started on 7am sharp when almost a hundred volunteers turned up on the beach with ample of energy, despite it being a Sunday morning.

Before getting started, all volunteers were provided with hand gloves so as to ensure hygiene. They worked in groups of four, with two separate bags for collecting the dry waste and wet waste separately; thus, ensuring easier disposal. Armed with the required items and their will to make a difference, the volunteers set out to pick up all the garbage, not leaving anything behind. Though many people find it cumbersome to wake up early in the morning just to clean the beach, our volunteers were very enthusiastic about it and worked hard.

The results were visible when volunteers from another college appreciated our efforts publically on a social media platform. This showed the enthusiasm and diligence of the volunteers who worked to make a difference.



The drive continued for about two hours till there was not a single speck of garbage in sight. The volunteers were given refreshments and then dispersed with a sense of wonder, knowing that this amazing start to the day might make their day a lot more satisfying.

## **A STAND-UP ON HUMAN TRAFFICKING AND GENDER SENSITIZATION**

NSS was formally launched on 24th September 1969, the birth centenary year of the Father of the Nation, Mr. Mohandas Karamchand Gandhi.

To celebrate this auspicious day, DJNSS organised an interactive session on topics like Human Trafficking and Gender Sensitization on 24th September, 2018 at Dwarkadas J. Sanghvi College of Engineering by Mr Nishant Jha, a victim of Human Trafficking himself.

Mr. Nishant Jha spoke about serious topics like 'Human Trafficking and Gender Sensitization' with real life stories accompanied by little bit of humour that had everyone listening. He tackled these sensitive subjects in a surprisingly creative way.

Highlighting the ways to prevent such situations and giving solutions on how we can reduce the disturbing rate of human trafficking and kidnapping, he truly inspired the crowd.

The event started first by offering a sapling to the speaker & then he sparked the event with a real-life story which left everyone in awe.

Everyone was on their toes for the rest of the session as he interested all of us in surprising stories, funny instances & a lot of eye-opening realities which left the attendees thinking about the topics for a long time, as the feedback was positive & also included a lot of questions by the students.



## **FIRE DRILL SEMINAR**

**"It wasn't raining when Noah built the ark"**

The purpose of a Fire Policy and Procedure is to ensure all staff know how to respond in the event of a fire, and ensure the safety of all residents and staff members. With this in mind, the NSS Unit of D.J. Sanghvi College Of Engineering, organised a seminar on 27th September in the seminar hall. The seminar was conducted by Prof. Raghu, who is the chief fire safety officer of S. V. K. M trust and commenced the seminar at 11:30 am. Faculty members from all the departments, office and library staff attended the seminar. Speaker covered a wide range of procedures to prevent casualties in the time of extreme fires. Video clips of past and recent fire cases were presented for better understanding. He also shared some safety measures and important tips in case of fire flames. He talked about the fire drill requirements and how it should be taken seriously. He made a point to the attendees to have a plan to activate in the event when a disaster strikes. This presentation was followed by a Q&A session where our enthusiastic attendees asked (speaker) doubts regarding some emergency situations. With the help of volunteers he also demonstrated the process of operating fire extinguishers on the college terrace.

The event was concluded with a token of appreciation to (speaker) on behalf of the NSS Unit. The unit was accompanied by POS Prof. Vyankatesh Bagal, Prof. Rahul Taware and Prof. Alisha Banz. Along with them, there were over 45 teachers and 20 NSS volunteers who actively participated in the seminar. Overall, the seminar was very informative and useful at the end to all of us.



## **BHAJAN SANDHYA**

The NSS unit of D. J. Sanghvi College of Engineering celebrated the birthday of the Father of Nation, Mr. Mohandas Karamchand Gandhi with some of his thoughts by attending “Bhajan Samelan” an event organised by the University of Mumbai.



Many colleges and institutes from all over Mumbai participated in this event. The institutes were asked to register themselves for the event after which the volunteers walked from the Churchgate station to the Gateway of India in a rally whilst holding posters containing teachings of the great man himself.

A stage had been created in front of the Gateway where soulful bhajans on Mahatma Gandhi and Lal Bahadur Shastri

were being sung highlighting all their principles and achievements. The area was sealed off by NCC and NSS volunteers from various colleges. The Bhajan Samelan ended with an oath taken by the volunteers promising their fair service to the country in their best possible way.



## **FOOD DONATION DRIVE**

"People forget that it doesn't take a big donation to help someone, just a lot of little donations"

And trying to bring this into reality, on occasion of World Food Day on 16th October, DJNSS organized a Food Donation Drive from 8th October to 10th October, 2018. Basic food items like rice, sugar, toor dal and packaged food like biscuits, namkeens were collected. The active and co-operative participation of DJites led to collection of prodigious amounts of food items.



The grains collected were donated to Shanti Daan Ashram, Borivali while the packaged food items were distributed to the underprivileged and needy on the streets of Andheri and Borivali on 11th October.

The main aim was to serve the needy by the resources available to us to give our bit for the betterment of the society. The number of smiles we earned during this journey was immeasurable.

Every moment spent with the kids at Shanti Daan was captured not only on our cameras but also in our hearts. In this pathway of giving a small amount of happiness, NSS Unit received a lot of love and blessings.



## **Meeting on Technical Event and planning**

**Every once in a while, a new technology, an old problem, and a big idea turn into an innovation. Dean Kamen**

After the inception of the NSS committee 2019, the principal of D. J. Sanghvi College of Engineering Dr. Hari Vasudevan and the Program Officers, Prof. Vyankatesh Bagal and Prof. Rahul Taware hoped the new committee could bring in new and better events which would consist the inculcation of effective output and technology,

The same ambition of organising technical event being a well-known engineering college of Mumbai, Maharashtra lead to creation of many future technology-based events. Special meetings with the tech heads, the committee and the volunteers were conducted throughout the planning and organisation of Blood Donation Drive and the NSS special camp 2019. Many successful events like the pulley installation at Narpad, solar power plant installation at Ambewadi which were the DJNSS adopted villages in the district of Dahanu were the result of planning and organizing of these meetings. The first meeting was held on 25<sup>th</sup> October 2019.

Blood Donation Drive gave the opportunity to the volunteers to showcase their technical knowledge by creating technical attractions to spread the message of Blood Donation Drive through various technical standees and pieces. They came up with ideas relating technology and magic, which was the theme of the Blood Donation Drive 2019 by making a Genie and Cauldron which consisted motors, Witch Hat followed the Piston Mechanism, Doctor Strange included Arduino, Microcontroller Programming, LEDs, Dementors had Crankshaft, motors and so on. The POS Prof. Rahul Taware and Prof. Vyankatesh Bagal provided their valuable input and expertise on each and every technology-based project conducted.



## **NEWSPAPER COLLECTION DRIVE**

***"The noblest pleasure in life is the satisfaction which is attained by giving a part of you for a good cause."***

The NSS Unit of D.J. Sanghvi College of Engineering, organized a Newspaper Collection Drive on 21st of October 2018.

The motto of this drive was to collect old newspapers, magazines, books etc. from various locations, recycle them and create a fund out of it. The capital which is obtained from the drive, will be utilized for facilities that are provided for a Medical Camp in Dahanu.

This drive was conducted at 9.00 AM in different areas of Goregaon and Kandivali at the same time. According to the area, the volunteers were divided into various locations. The unit received an overwhelming response from the volunteers who had carried bags full of enthusiasm and willingness with them.



The Unit was accompanied by NSS Program officer Prof. Rahul Taware who encouraged us throughout with his support. Along with him, there were 70 volunteers who actively participated and contributed to the society.

This event was a wonderful experience for each and every one who were a part of it including the residents. As the

residents were optimistic and helpful towards our motto being accomplished. The unit was highly motivated and satisfied by the response given by the residents who acknowledged us regarding our participation towards the society.

Also, there was a massive amount of collection which was made by the drive, which will surely benefit the society in the future.



## **NSS ORIENTATION CEREMONY 2018**



The NSS Unit of the D. J. Sanghvi College of Engineering held its Orientation Ceremony, following precedents, on the 23rd day of October, 2018. The efforts of the Committee guided by the Program Officers, Mr. Vyankatesh Bagal, Mr. Rahul Taware and Ms. Alisha Banz was now to come to effect.

Being inaugurated on an auspicious note with the Prayer and the lighting of the Diya by the dignitaries, the event saw a huge number of volunteers coming up to participate.

Hosted by Ms. Trushita Bharucha and Mr. Arham Mehta, the ceremony proceeded with the speech by the NSS Area Co-Ordinator and the Programme Officer of Smt. Kamla Mehta College of Commerce, Prof Pranav Panchal, who not only explained to the volunteers the scope and instructions regarding NSS at the college level, state level and the national level but also helped inculcate in them, a sense of responsibility.

Then came the time to award those who had excelled in their responsibilities at the camp last year. The volunteers who excelled at the camp last year were felicitated by the dignitaries.



A wonderful and motivating speech was presented by the Chairperson of the DJNSS Unit, Mr. Rohin Matthew. An overview of the conducted and upcoming events by the Secretary, Ms. Siddhi Solanki and the Joint-Secretary, Mr. Yogesh Deshpande was a great presentation.

The highlights were the Blood Donation Camp of 2017, where 540 bottles of blood were donated, highest in the University, and the 7-Day Camp.

After all of these fascinating speeches was the speech by The Principal, Mr. Hari Vasudevan. Sir explained to the volunteers, the benefits of selfless service on oneself. it was a truly motivating and amazing interaction!

The introduction of the current NSS Committee to the New Volunteers was then carried out. The New Committee with all enthusiasm, were confident in working harder to help NSS reach greater heights! The event thus, came to a successful end. Its success was possible only because of the contributions of the Committee and the Program Officers.

## **Water Conservation Seminar**

A seminar on “Water conservation through water harvesting Techniques in Urban Areas” was conducted by the NSS unit of D. J. Sanghvi College of Engineering at Blossom Building, Mahavir Nagar (West) on 4th November 2019.

Of the total water on earth, only 3% constitutes freshwater. Realising a need to educate people about the scarcity of freshwater and the rate at which it is being consumed, DJNSS took a step forward and decided to conduct a seminar on the same.

The concept dealt with the idea of how thousands of meters of freshwater during monsoons goes to waste because of improper methods of rainwater harvesting or its lack thereof. This is also influenced by not treating the waste properly and letting it deteriorate the water quality due to lack of proper waste management. Effective harvesting of the rain water can lead to an increase in the collection efficiency of the rainwater, which is the need of the hour. Methods and techniques like recharge pit, tube wells, recharge trench can easily be executed on a society/settlement level.

To bring these ideas and knowledge into effect DJNSS gathered a handful of volunteers to practice these methods in the neighbouring localities. Residents were made aware of the ill effects of not collecting and treating rainwater properly. An interactive presentation was shown focussing on the need and techniques of rain water harvesting. Following this a Q/A session was conducted by the volunteers, all the thoughts and queries were taken up and discussed at length. Residents were urged to take up this matter seriously and collect funds to install one of these designs in their society. This initiative would not have been possible without the help and support of the Program Officers, Prof. Vyankatesh Bagal and Prof. Rahul Tawre. Roughly 20 volunteers participated in this event.

Each resident went back home with immense knowledge about rainwater harvesting and the satisfaction of helping the NSS family in the betterment of the environment through this mission.



## **DRUG ABUSE AND PREVENTION SEMINAR**

***"Pull the plug on drugs"***

A one day sanitization program on Drug Abuse and Prevention was held on 7th December, 2018 at Thakur College of Science and Commerce in association with Ministry of Social Justice and empowerment and CSSI. It left a great impact on the students.

The Dignitaries showcased their efforts towards the betterment of the youth of this generation. Mr. Kulbhushan Singh, officer from Central Narcotic cell talked about various types of drugs followed by health problems caused by drug addiction. There were a group of dignitaries giving their time and efforts to the event and illuminating the students with their ideas, knowledge and experiences.



Drugs may be a temporary stress reliever but is toxic in long run. Individuals struggling with drug addiction often feel as though they cannot function normally without their drug of choice. Over time, these serious side effects can be progressive, and if left untreated, it can be fatal. A video was also presented. A video in which a boy falls prey to intaking drugs every day, lost his life. The video was such an eye opener for the students and others as well.

The event was addressed by the Chief guest, Dr. Poddar who interacted with the audience, inspiring the volunteers to stop drugs themselves and encourage their peers to do the same. Adv. Nirmala Sawant Prabhawalkar, Ex-Mayor of Mumbai also mentioned some of the legal laws regarding drug addicts. The event was witnessed by 38 colleges of Mumbai University. This event proved to be a jet of awareness for the students as well as others.

## **H.O.S.H. WALKATHON**

**"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." well said by Buddha.**

Following this very thinking, MUMBAI UNIVERSITY had organised a programme "Walkathon", an H.O.S.H. initiative at Shivaji Park, Dadar (E) on 23rd December.



This initiative is anchored by AmbaGopal Foundation, a charitable organisation by Mr Harish Shetty alongside with TATA Memorial Hospital. The event started at 7 a.m. All the volunteers participating in the event were provided with t-shirts. It began on an auspicious note with a prayer and lighting of the diya by the dignitaries. Markham show by students of the institute was presented to the crowd.

Posters and banners were distributed amongst the volunteers. The main aim of the 3.6km long walk from Shivaji Park, Dadar was to come together and achieve a future in which we get agricultural products, that are free of harmful pesticides, chemicals and fertilizers. This will help to preserve the help of our current and future generations. At the end of the event, a snack was provided.

## CAMP REPORTS



## **DAY 1**

***"It is not enough for you to be compassionate, you must act"***

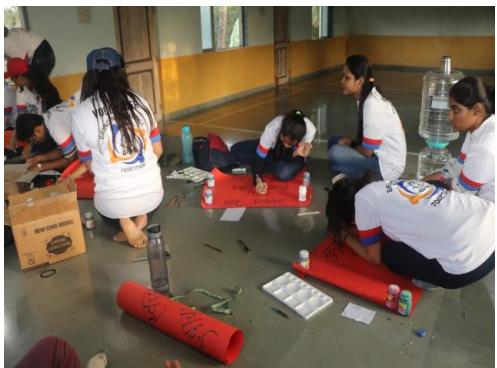
DJ NSS started its seven days NSS CAMP at Narpad, Dahanu on 28 December, 2018. The volunteers boarded a train for Dahanu at 5:30 am, alighted at the station by 8:00 am. The volunteers along with the POs, Prof. Rahul Taware and Prof. Alisha Banz reached the village at 9:00 am, by using public transport.



The first day of the camp began with an orientation session giving the volunteers an introduction about the role of NSS in the betterment of the society. Also, they were briefed about the various activities to be done in the following days.

The session also included division of volunteers into seven groups for distribution of duties for each day. The duties assigned to the groups comprised of giving

wake up calls, serving all the meals for the day, meet calls for the volunteers, cleaning of rooms and surroundings for the day and maintenance of discipline by the volunteers. The session was dismissed for lunch, followed by room allotments.



There were three groups formed, assigning each one of them an activity for the day. One of the groups carried out the Phase-I of Mahiti Doot. Phase-I was a survey in which the aim was to gather basic information about the families and then studying them to figure out suitable government schemes for their benefit. The second group carried out publicity campaign at Ambewadi for the medical camp to be conducted the next day. The villagers were given information related to the medical camp and its advantages. The third group was engaged in preparing posters for the Cleanliness Rally. The activities were followed by an hour of sports activities. The day ended at 10 pm after dinner and a short meeting discussing about the events on the following day.

## **DAY 2**

***"As we lose ourselves in the service to others, we discover our own lives and our own happiness"***

With this spirit started the second day of the camp at 5:00 am with an exercise session to give the volunteers energy enough to work efficaciously for the whole day. The exercise session was followed by a nourishing breakfast at 8:30 am to boost the energy levels of the volunteers. The activities for the second day were: Medical camp, Phase-II of Mahiti Doot, wall painting and Swachh Bharat Cleanliness Rally.



The medical camp at Ambewadi was one of the major highlights of the Camp. The day started with volunteers visiting the villagers once again giving them a quick reminding call. There was a team of doctors for serving the purpose which arrived there all the way from Mumbai. There was a short seminar conducted at 10:30 am for the women to give them information about the menstrual hygiene and family planning methods. Also, free reusable cotton pads were distributed among the females to provide them a disease-free menstruation.



This was followed by medical checkups for all the members of the family. Also, free medication sufficient for almost 5 months was provided to the villagers.

The medical camp included:

- Height, Weight, BMI checking
- Blood
- pressure test
- Blood sugar test
- General health recommendations and advices

A group of volunteers were engaged with the phase-II of Mahiti Doot which included providing information to the villagers of Narpad about the best possible government schemes for them and helping them in registering on the Mahiti Doot app for the same. While, few were allotted the task of painting the wall near the beach and Warli paintings around the retaining walls. In the evening at 4:00 pm, a rally was conducted to spread awareness about cleanliness in the village of Narpad.

The rally was followed by the evening sports activity hour. The dinner was served at 9:00 pm and the day concluded with a short meet discussing about the next day's activities.

## **DAY 3**

The third day of the camp was again given a head start with the early morning exercises. The volunteers gathered on the field for a run at 5 a.m. This was followed by some stretching exercises, which were going to be crucial for the heavy duty work for the day.

After breakfast, the volunteers marched to the village of Ambewadi, 4.5 km from Narpad.



Spades and other equipments were taken along to the Shram Daan site. A kutcha road was to be laid down over a considerably rough patch en route the village, since the potholes proved to be dangerous to the villagers on wheels every day. Very soon, the volunteers, with all motivation from the seniors and the program officers, Mr. Rahul Taware and Ms. Alisha Banz, started working in unity. Under guidance, a human chain was setup which started functioning very efficiently within no time. A group of

people worked on the digging and gathering of soil to lay it on the road while a chain of people transported all this soil to the required places on the road. Another group of people lay it flat on the road and flattened it all. A very efficient cycle of work was set up.



Soon, the kutcha road was laid down completely and the volunteers' efforts were very well visible!

Post Lunch, two tasks were carried out simultaneously by two groups of volunteers – Mahiti Doot and Wall Painting. As the volunteers were leaving for their respective tasks, they were visited by the district level officer, Mr. Pranav Panchal. In the Phase II of Mahiti Doot, the houses remaining to be

registered to various government schemes were visited by the volunteers and the people were made aware of all the applicable government issued schemes for each household. On the other hand, the creatives volunteers carried out the beautification of the wall situated right along the beach. Using all their skills, they painted beautiful messages to spread awareness on cleanliness throughout the village.

And soon, with the setting of the sun, the day's hard work came to a peaceful end. Volunteers, tired from the Shram Daan, also had a sense of happiness for all the work they'd carried out that day.

## **DAY 4**

***It's not only about helping but also about spreading happiness and creativity!***



The 4<sup>th</sup> day of camp for DJ Sanghvi's NSS unit started off with an exercise session at 5am. Muscle loosening exercises were mainly conducted due to muscle tension generated by previous day's Shramdaan. After a rejuvenating breakfast at 7:30am, the volunteers were ready to set out for the day.



At 8:30am, the volunteers were assembled on the ground for their next instructions. The day's activities were weed cutting, wall painting, ground cleaning and arts & craft workshop for primary students in Ambevaadi village. The fittest volunteers went for weed cutting, the creative ones for wall painting and the rest remained at the campsite for ground cleaning.



Weed cutting was done at a school's abandoned play area. Due to an overgrowth of an itch spreading weed, the students at the school had abandoned the area. NSS volunteers with the help of the POs Rahul Taware Sir and Alisha Banz ma'am dug and cut the weeds from their roots.

The wall painting was done at Dahanu beach. The back wall facing the beach of a bus station was selected for wall painting. The volunteers enthusiastically painted the wall with different colours and tried to send a message about

Swachh Bharat. The ground cleaning was done at the campsite. The volunteers cleaned the ground off non-biodegradable waste which consisted of plastics, cans etc. After lunch and rest from 1pm- 3pm, the volunteers set out to Ambevaadi village where the primary school was situated. After a walk of 4-5 kms, the students reached the required destination. On reaching, the volunteers mingled and played with the primary students. The volunteers were then assigned one student each for the art workshop. The 1<sup>st</sup> and 2<sup>nd</sup> grade students were taught collage painting and the 3<sup>rd</sup> and 4<sup>th</sup> grade students; spray painting with the use of toothbrush.

With broad smiles on their faces, the volunteers and the students parted and thanked each other for their wonderful time together. As a return gift to the warmth received from the students, the volunteers each gifted their assigned student a gift voucher which consisted of pencils, pens, crayons and paints.

An atmosphere of happiness and positivity hence generated pronounced the day as well spent.

## **DAY 5**

The day began with the perfectly scheduled 5:00 am workout where all the volunteers enthusiastically participated in the warm-ups and exercises. After the breakfast, the volunteers were given clear instructions regarding the events to be conducted at the schools. They were also addressed pointers on how to interact with the



kids. All the volunteers first went to the Annual function of Ambewadi School where they interacted with the kids by forming groups of students and indulging them in different playing activities. They then performed their skits for the primary students. The skits mainly aimed at topics like cleanliness, education and alcohol prohibition. Volunteers then performed the dance for which they had prepared enthusiastically. The kids were enjoying to the fullest, as it was evident with the smile on their face and cheering all the way. The Headmistress of the school expressed her gratitude towards the volunteers for their efforts.



As the day continued, volunteers went to the Annual function in Narpad School. There they divided students into groups and started playing different games. After the first round of activities, a lemon-spoon race was conducted in which all the kids participated. It was then followed by the same skit and dance performed at the Ambewadi school. Later, volunteers

distributed notebooks, pencils, erasers sharpeners, and crayons to the kids. The winners of the lemon-spoon race and running race were given an extra box of crayons and pencil boxes. The day concluded with not just smiles on the kid's faces but also the volunteers. It had a wonderful impact on the volunteers. They cherished it with gratitude and affection in their hearts.

## **DAY 6**

By the sixth day of the camp, the motto ‘Not Me, But You’ was inculcated deep within each volunteer’s soul. The day was again started with the early morning exercises and a heavy breakfast.



This day was the second day when the volunteers would work with all their might, yet again – in the Shram Daan. The road built on the third day, had lost its shape slightly by the 6<sup>th</sup> day, due to the daily commute of vehicles over the rough patch. That needed rectification, because any and all work that was done needed to be perfect so that it benefits the villagers fully. So the volunteers started working on the patch yet again with all the motivation. Program officer, Mr.

Vyankatesh Bagal and seniors were always there to provide all help and guidance. Very soon, the perfection was achieved! The road was built. And not only that, the senior volunteers also worked with all their strengths on another patch of road that had not been fixed in 15 years, hoping that their efforts bring the commuters a big relief.



Post lunch, the volunteers marched to the beach and carried out a clean-up drive. All the waste that had been thrown on the beach was picked up and collected in bags, which were then dumped into the garbage cans. The aim of this was to spread the message of cleanliness and help protect the environment. By late evening, the beach looked much cleaner and the volunteers, again happy with all their work off the day, wrapped things up for the day!

## **EDUCATION SKIT REPORT**

With growing need of food, clothes and shelter, grows the need of education too. During the NSS camp, the students of DJNSS performed a street play in front of schools in Ambewadi.

The skit was designed keeping in mind the importance of education, the domestic environment of the children and a bit of comedy to keep the children's attention focused. The skit focused on the problems a willing child would face to procure education. It also focused on opening the eyes of the non-willing children towards education. The problems shown were: a farmer's daughter who was willing to be educated but was barred by her family and forced to help his dad in fields. The other problem was the unwillingness to study in some students due to various reasons namely: travelling, disinterest, responsibility of a younger sibling.



The skit encouraged students to go to school every day in spite of the daily problems that they face. It taught children to help each other in order to overcome their hardships

In the end the students were shown that being educated led to a better life and a secure future.

The students enjoyed the skit thoroughly. The sound of laughter and applause was continuously heard

during the play. It also seemed that the message of the skit was conveyed successfully to the students.

## **ALCOHOLISM SKIT REPORT**

The Volunteers of the NSS unit of D. J. Sanghvi College of Engineering, while on the annual Camp to Narpad and Ambewadi, performed various skits in local schools with the aim of spreading awareness amongst the young souls. One of these skits was the skit on Alcohol.

Targeting the issue of alcoholism, the volunteers showcased the ill effects of drinking. Primary schools in Ambewadi and Narpad were visited for these performances. The medium of performance was Marathi, the local language, chosen to spread the message with ease. The skit began with the alcohol consumers thinking they're leading a happy life and ended on the note of sadness it caused to each of their lives.

The goal was to sensitize the young budding minds with adverse effects of alcohol and explain them the reason to stay away from this wrecking habit. Also, the skit grabbed the attention of the passers-by, helping us in the cause of spreading awareness among the adults of the village.

The skit was just a small bit towards guiding the children towards the right path and save them from the darkness that alcoholism can give rise in their lives.

## **CLEANLINESS SKIT REPORT**

In an effort to raise awareness about the importance of cleanliness amongst students, volunteers of NSS unit of D.J. Sanghvi college of Engineering performed a skit in two different schools of Dahanu District. The audience included students of Ambewadi village where the school was situated and students of Narpad village where a primary school was situated.

The theme of the skit was the implementation and importance of hygiene and cleanliness habits. The skit consisted of different stories revolving around the unhygienic habits of people which led to illness and then the solutions on the problems highlighted.

A large crowd, consisting of students from different age groups, enjoyed the skit. The kids enjoyed to the fullest, as it was evident with the smile on their face and cheering all the way.



After the skit, a discussion took place between the students and the volunteers, in which the volunteers asked the students various questions regarding the same topic and gave viable solutions to the problems on it. The Headmistress of the school expressed her gratitude towards the volunteers for their efforts. It was exciting to see the volunteers perform in front of the students so confidently with minimal props and great enthusiasm.

## PULLEY INSTALLATION



Pulling out buckets full of water from wells using a rope without any extra help proves to be a dangerous task. Villagers sometimes even bend into the well when the water table is lower than usual, which poses to be a serious threat to their lives. To overcome these dangers, the volunteers of the DJNSS unit came up with an idea of installing pulley systems for two wells in the Narpad village.

Over a period of six hours, the volunteers worked on installation of two pulley systems. The first well required the laying down of foundation for the support structure and the building of support structure apart from installation of the pulley. Notably, the support structure was designed by the volunteers themselves.

The second well required the installation of the pulley system. Once all work was completed, the villagers gave the new system a try and were amazed at the ease with which they could obtain water from the well. The pulley systems facilitated in lowering the villagers' efforts by a great deal.

## **DAY 7**

The seventh day was the closing day of the camp. At sharp 5:30 am, volunteers had an exercise session for warming up of their muscles, and then the volunteers were asked to go to their rooms to pack-up their bags which were followed by breakfast, later the students set out to Ambevaadi at 9 a.m. for the day's task.

Nearly 300 million people in rural India lack access to grid-connecting power. This is affecting small children who have no source of light in schools, due to which; educational activities for children were restricted in the evening. DJNSS proudly chose to help these kids by contributing their time and effort to build a solar power plant at a government school in the village of Ambewadi. Two solar power panels of 350 watts each are going to be installed by the end of March 2019 at the school. The site was inspected and the amount of plug points, tube lights and fans to be installed were calculated. Proper measurements and dimensions of the classroom walls were taken. Volunteers then bid their last goodbyes to the children of Ambewadi Government School.



At 11am, the volunteers returned back to the camp site. The volunteers then, cleaned the Ashram rooms thoroughly. At 3pm after lunch, the volunteers gathered ingredients for food donation. The food was distributed among the children of the neighbouring areas of the Ashram. The day ended with a grateful smile from the children and satisfied grin from the volunteers.

Later there was a summing up session by NSS unit and a speech by Prof. Rahul Tawre for volunteers. There was an acknowledgement session for volunteers to appreciate their respect towards the villagers and will to help them in every possible manner.

Then the volunteers were asked to gather up with their bags for the final goodbye to all. With heavy hearts, the volunteers finally left the place. The volunteers took a public transport to reach DAHANU station for boarding a train at 3.30 p.m.



## **STEM CELL DONATION DRIVE**

***"Hundreds of donors' stem cells pledged in one day to prevent another cancer treatment's delay!"***

The NSS Unit of D.J. Sanghvi College, in co-ordination with the Marrow Donor Registry (India), successfully carried out the Stem Cell Donation drive within the college premises on the 18th of January, 2019. A day before the drive, Dr. Praveen Clement had educated the students of each class of the college about Stem Cell Donation and encouraged everyone to join in for the good cause. The pledging of stem cells is a very safe procedure and can save lives, as he said. The best part was that there were no particular criteria restrictions regarding donors except the viable age limit of 18 to 50 years.

On the day of the drive, a team of 6 people from the MDRI arrived to carry out the procedure. A wave of students began flowing in to pledge their stem cells, hoping to someday getting called for being able to save a cancer patient's life! The drive started early around 10 a.m. The donors filled up the form, went to the registration desk, collected empty vials from there and headed to the nurses, who filled up the vial with 4 mL of donor blood, containing a plethora of information about genetic matter of donors. It was a very safe procedure.



The students kept coming till late, around 15:30. By the end, hundreds of donors had pledged their stem cells for the needy in dire times. The total number of donors pledging their stem cells in D.J. Sanghvi were greater than most drives that the MDRI officials had carried out in the recent days, which was a total number of 321 donors. Volunteers had a sense of pride and happiness after pledging and the officials were overwhelmed by the students' response!

## **THANKSGIVING DRIVE**

***"Feeling Gratitude and no expressing it, is like wrapping a present and not giving it."***

The NSS Unit of D.J. Sanghvi College of Engineering, organized a Thanksgiving Drive on 20th of January 2019. The only objective of this drive was to encourage students to find time, and stop to thank the people who make a difference in our lives.



This drive was conducted at 9.00 AM in different areas of Borivali and Andheri at the same time. According to the area, the volunteers were divided into these locations. They visited Public Service Departments like the Police Station and Fire Brigade Station.

The volunteers personally handed out treats like chocolates and flowers as a token of respect and appreciation to the Police Officers and Fire Fighters who risk their lives, for our well-being. The volunteers also distributed badges which were made by the NSS Unit specially for these heroes.

Fireman Mr. Sandeep Tande being extremely kind, gave us a tour of the entire fire brigade station, explaining in detail what systems and machines are used and how the risks are calculated in order to achieve the desired result. It is essential for the Fire Unit to be equipped and well prepared with necessities like Breathing Apparatus, Life Jackets, Wireless/GPS Installations, 45000l of water, Electrical Sockets, various kinds of Pumps, Bird Rescue cages, Jumping Seats Etc.

It was observed that Fire Unit does not only include tools for firefighting but also have provisions for other emergencies. Apart from the staggering response that the unit received, we were really glad to be a part of this memorable event. As promised, the unit made sure to bring smiles on their faces, and that's what satisfied us at the end of the day.



## **REPORT ON SWACHH RALLY**

The volunteers of NSS unit of D.J. Sanghvi College of Engineering organized and successfully conducted a rally on cleanliness on 31<sup>st</sup> January, 2019 in the streets near the college.



This event focused on the importance of cleanliness in our daily life and how having a clean environment in general could help people stay healthy. It also emphasized on the fact that, following the 'Swachh Bharat Abhiyan' started by the Govt. of India, spreading awareness about having a clean environment is a matter of great significance.

With this purpose kindling their will to help people, about 60 volunteers gathered in the college lobby at 8 a.m., where they were briefed about the event and then set off in neat rows of three, holding placards and shouting slogans. They also distributed pamphlets to the pedestrians, shopkeepers, as well as the auto rickshaw drivers.

The people were so impressed with this initiative that they were proactively asking various questions related to cleanliness to the volunteers. In the end, the volunteers had an impromptu interactive session with the people where they discussed various health related issues that are caused by lack of personal and environmental hygiene, and different ways to overcome them. The volunteers returned back to college after the rally and it was this enthusiasm that drove them to conduct a cleanliness drive in the college post the tiring rally. Armed with brooms, mops and garbage bags, the volunteers set out to clean the college until not a single speck of dust was visible. Their effort proved as a source of motivation to other students who then lent a hand to these volunteers.

This initiative would not have been possible without the help and support of the Program Officers, Prof. Vyankatesh Bagal and Prof. Rahul Tawre. The event drew to an end at around 2 p.m., with them appreciating the volunteers of their hard work and motivating them to continue helping people.



## **YOUTH PARLIAMENT REPORT**

The NSS Unit of D.J. Sanghvi College of Engineering, in accordance to the initiative taken by the Government of India, participated in 'Youth Parliament Festival' held on 18<sup>th</sup> January 2019.



In India, about 75% of the population consists of people under the age of 35, which accounts for a major chunk of population. As a result, the youth of the country are projected as the country's future. To harness this youth, the Govt. of India started with the initiative 'Youth Parliament', which focuses on giving the youth an opportunity to be a part of the country's decision making process and make them aware of how the legal procedures are carried out in our parliament.

For the same, volunteers of the NSS Unit were required to speak on various topics relevant to today's youth such as importance of cleanliness, on revolutionising the health sector, various government policies on reducing poverty and how to help farmers double their income. Videos were taken of their speeches and were uploaded on YouTube, which was then submitted on the official Youth Parliament website.

The volunteers participated in this initiative enthusiastically and their dedication was rewarded when they qualified the screening process and managed to get to the district level of the competition. This effort of the volunteers would have been futile without the help of the college Program Officers, Prof. Vyankatesh Bagal, Prof. Rahul Tawre and Prof. Alisha Banz, who encouraged and supported the volunteers.



## **BLOOD DONATION DRIVE**

***"There is no greater joy than saving a soul, and one pint Blood Donated saves 3!"***



The NSS Unit of D.J. Sanghvi College, in co-ordination with the Mahatma Gandhi Seva Mandir Blood Bank, organised and very successfully carried out the Blood Donation Drive within college premises on the 4th of February, 2019. Months of planning and perfect execution were the key to attaining a sense of satisfaction and pride after the drive was complete.

Volunteers had been working hard over the preceding three to four weeks in spreading awareness among both, the students of the college and the people from outside the college. Standees, posters, technical installations and flash mobs were some of the media used in publicising the Blood Donation Drive.

The creative team had come up with beautiful standees and posters, denoting the Magic of Donating Blood. The Technical Team, with its witty installations, formed centres of attraction around these, on the day

of the Drive. People not willing to donate blood, were getting convinced of doing the great deed after seeing these artworks and installations, which successfully passed on the message in true sense.

The Drive was conducted at two locations: one on the 5th floor of the college for in-house donations and the other outside the college, in the Blood Bank's mobile Van, for people from outside the college, to donate. Dr. Shetty had personally come for both, publicity in the college and for supervising the whole process. The procedure was very safe and handled by expert doctors. A publicity team was sent out to Juhu Beach and nearby areas to help spread the word of the Donation Drive on the streets. Simultaneously, students from the college came in large numbers to register for the noble deed. The Drive was given a push start at 08:30 a.m. Donors started

flowing in, in no time! Students filled the corridors of the 5th floor, waiting in queues. The first checkpoint was the Doctor's Room, where a donor's eligibility to donate blood was assessed. Eligible Donors were sent to the Donor's room, where the actual procedure of donating took place. Everyone was asked to visit the Thalassaemia Check-Up room if there was a need of concern. The donors, after





donating blood, were directed to the Refreshments room, where they were served food and energy drinks to help aid the recovery process. Next came up the Photo Booth! The donors had the opportunity to click great pictures with Harry Potter and Magic based props! All donors were awarded a certificate for the kind deed along with the Blood Bank Card, ensuring certain benefits in future. Students of the D.J. Sanghvi College, N.M.

College, Mithibai College and NMIMS had all come to donate blood apart from the outhouse people who donated blood in the Mobile Van! The last Donation was taken at around 06:00 p.m. In the end, the number of donations made were mesmerising. Last year's DJNSS Blood Donation Drive had the highest in university donations. But this year, even that record was broken! All the Doctors expressed happiness and pride in the number of donations made that day. All volunteers who had worked hard for the success of the event were satisfied and happy.



## **THALASSEMIA CHECK-UP DRIVE 2019**

Thalassemia is a lifelong disease which people are born with, through hereditary genes. It can drastically affect the health of a person. But it cannot be detected without a dedicated test for it. To spread awareness and help people diagnose it, the NSS Unit of D.J. Sanghvi College of Engineering organised a Thalassemia Check Up Drive. The event was conducted on the 5th of February 2019, at SVKM premises in Vile Parle.

A mobile van was made available, equipped with facilities to carry out the required tests by qualified doctors from Shri C. B. Patel Research Centre. The event was publicised in all the nearby colleges and area. People were encouraged to get the test done, for their own benefit. The mobile van had a heavy footfall throughout the day. A few NSS volunteers were always present around to help the doctors with anything they might need, and for crowd management. Those diagnosed with Thalassemia were given tips on healthcare and lifestyle by the doctors. Everyone who got the test done was quite satisfied with the management and experience. The event sure helped a lot of people to understand more about this disease and how to best tackle it.



## **PROJECT PARICHAY: 1<sup>st</sup> WEEK**

***"Every diamond has the ability to shine when there is someone to recognize its good facets and inhibit its flaws."***



The government schools have started to provide students with a quality education, but the students still do lack in receiving proper guidance towards the skills required in real world. To help them overcome this, DJNSS has started with its new project "PARICHAY".

PARICHAY aims at providing them with weekly personality development sessions. The first session for which was conducted on 1 February 2019 at St. Mary's School, Kandivali. The first session started with a brief introduction of the students and the volunteers. The students were made to understand the need for the personality development lectures and the important part each lesson would play in shaping their future.

The unit was accompanied by POS Prof. Rahul Taware who encouraged us throughout with his support. The various topics covered on the first day were: Importance of Never giving up, hard work, confidence and good posture.

The volunteers tried to make the session as interactive and interesting as possible, also they presented the matter in the form of motivating stories that would make them understand things easily and efficiently. The session ended with a small homework given to them.

The response from the students was truly motivating and encouraging. They were all enthusiastic about the next session. The principal of the school herself acknowledged and appreciated the work and efforts of the volunteers. The appreciation from the school and enthusiasm from the kids made the day a success!!

## **PROJECT PARICHAY: 2<sup>nd</sup> WEEK**

The NSS Unit of D. J. Sanghvi College of Engineering conducted Personality Development Sessions in grades 8 and 9 of the St. Mary's High School, Kandivali over a period of four weeks. The Second Week's lecture, on 8<sup>th</sup> February 2019, focused on SWOT Analysis and how it can be used to help in self-improvement. The Program Officers, Rahul Taware sir and Vyankatesh Bagal sir accompanied the volunteers to encourage them.



After an active session on Postures and their importance in Personality Development the previous week, the students were excited to learn more. The second session started with a revision. To test the students' learnings, each was asked to introduce themselves in a line. Their postures in doing so, were observed and improved.



The new lesson included a crucial parameter in overall development of personality, which is even used by MNCs in their day-to-day functioning: SWOT Analysis. SWOT stands for Strength, Weakness, Opportunity, Threat. Huge MNCs use this form of analysis to estimate the factors that affect their daily functioning and make strategies based on

these observations, to overcome any shortcomings. The idea is to list down each of these in a tabular format to compare the advantages and the disadvantages. In Personality Development, a list of Personal aspects can be made under these categories to devise methods of self-improvement. The mesmerized students were asked to try it out for themselves. Each one made a list of the four parameters.

It was noted that each student was afraid of failing. The volunteers made them understand the necessity of threats in life; how failures trigger a bigger success! The students seemed to be enjoying the session and promised to work on their weaknesses as an assignment! The assigned hour for the lecture was soon over and the volunteers, content with the day's work, hoped to come back soon the next week with an even better set of skills to teach!

## **PROJECT PARICHAY: 3<sup>rd</sup> WEEK**

*Individually, we are one drop. Together, we are an ocean.*



The government schools have started to provide students with a quality education but the students still do lack in receiving proper guidance towards the skills required in real world. To help them overcome this, DJNSS has started with its new project "**PARICHAY**".

PARICHAY aims at providing them with weekly personality development sessions. The second session focused

on Team Work, was conducted on 15<sup>th</sup> February 2019 at St. Mary's School, Kandivali. The volunteers made sure that they explain them the importance of performing things group instead of doing alone. The session also included about responsibilities and the skills which we learn in this process. The unit was accompanied by POS Prof. Rahul Taware who encouraged us throughout with his support.

The students were given tasks to make them understand what and how a team work plays a role. These students were divided into groups, provided with newspapers and scissors and were asked to make a super hero out of it. It was astonishing to see the creation which was made by working in a team.

The students were extremely happy and satisfied to see their own work and got the message which was conveyed by the unit.



## **PROJECT PARICHAY: 4<sup>TH</sup> WEEK**

***To be able to express your mind in simplest words is a sign of a great speaker. Great speakers create great leaders.***

The government schools have started to provide students with a quality education, but the students still do lack in receiving proper guidance towards the skills required in real world. To help them overcome this, DJNSS has started with its new project "PARICHAY".

PARICHAY aims at providing them with weekly personality development sessions. To help students become great leaders in future, DJNSS took the 4th and the last session of Parichay on speech and elocution at St. Mary's school, Kandivali West.

It took a powerful speech for Mark Antony to gain justice for his friend Julius Caesar, for Gandhiji to unite India against the British. The St. Mary's students were explained this and taught on how to give speeches.

The students were given tips and ideas on how to compose a speech, deliver it, the voice modulations required, the eye contact, body posture, gestures and the content of the speech.

Our volunteer gave them a demo speech before making the students to come forward and practice it.



After the speech session, the students were given tips on how to debate for their upcoming debate competition held by the volunteers. The volunteers then organized a mock debate competition for their practice. With a positive feedback from the students, the last day of Parichay ended with bright smiles lingering on each one's faces.



## **PROJECT PARICHAY: ANNUAL SPORTS DAY**

The NSS Unit of D. J. Sanghvi College of Engineering, as a part of School Adoption Project PARICHAY, conducted Annual Sports Day for students of the second section of St. Mary's School, Kandivali (West) on 16th February 2019. Project Parichay aims at developing management skills as well as the communication skills of the students before they step into the real world. Playing sports or engaging in extracurricular activities play an important role in one's personality development. To help students develop team spirit, leadership skills, fair play and never give up attitude, various sports were conducted for the students. Students of classes 5 to 9 competed in events including kho-kho, relays, throwball and tug-of-war. For a healthy competition, students were divided into four houses; namely- Jal, Vayu, Agni, Prithvi. For kho-kho, students were divided into teams of 10 from each house and for relay, 4 students per house. In between the events, snacks and energy drinks were provided to boost their stamina. Followed by it, throwball consisted of 10 students from each house and tug-of-war comprised of all the participants. It was made sure that each and every student participated in the events. It was a delight to see the excitement with which the students challenged themselves to attempt a variety of races.

At the end of the day, students departed with a clear smile on their faces. It was a day filled with sportsmanship, enthusiasm and memories to cherish. The principal thanked all the volunteers for their efforts and advised children to keep up their sportsman spirit.



## **PROJECT PARICHAY: DEBATE AND QUIZ COMPETITION**

The NSS Unit of D. J. Sanghvi College of Engineering, as a part of School Adoption Project PARICHAY, conducted Quiz and Debate competitions for students of the secondary section of St. Mary's School, Kandivali West on 23 February 2019. The main aim of Project Parichay is to impart knowledge to the students about the qualities they need to imbibe before stepping into the real world.

One of the most important quality is to have good communication skills and ability to express your thoughts well before people. To help student improvise this skills of theirs, a quiz competition was conducted for the Grades 5-6-7 and debate competition for Grades 8-9. For creating a healthy competitive environment, the students were divided into four houses; namely Agni, Vayu, Prithvi and Jal.



For the debate, the students were divided into teams of three. The topics of debate were like Social media- boon or bane, Exam a measure of testing memory not learning, etc. For the quiz, there were teams of four with five rounds conducted in each quiz session. The questions

for these rounds comprised of various topics like general knowledge, syllabus, sports, Bollywood, etc. The teams had knock out rounds against each other with one team emerging as the winner in the end of the competition.

The event was a great success and the aimed result of helping the kids in enhancing their



skills was achieved. There was ample of appreciation received from the children and the staff of the school adding to the happiness and satisfaction of the Unit.

## **PROJECT PARICHAY: CLEANLINESS AND ITS IMPORTANCE**

***"Cleanliness is an emblem of purity of mind."***

The NSS Unit of D.J. Sanghvi College of Engineering, as a part of School Adoption Project PARICHAY, conducted Cleanliness Drive for students of St. Mary's School, Kandivali West on 23<sup>rd</sup> February.



This drive completely focused on the state or a quality of being clean or kept clean. The only goals of cleanliness are health, beauty, absence of offensive odor and to avoid the spreading of dirt and contaminants to oneself and others.

This drive was conducted at (time) in the school premise itself, where students were made to clean their own

playground. The unit made them realize how to maintain cleanliness as it is the essential part of healthy living, which helps to improve our personality by keeping clean externally and internally. The unit was accompanied by POS Prof. Rahul Taware who encouraged us throughout with his support.

This event was a wonderful experience for each and every one who was a part of it including the students of this school. Students were taught about waste management techniques, for e.g. to recycle, walk/cycle to the school, turn off the water tap/lights when you leave the room, reuse paper to save trees, etc.

It was a productive event where the motto was often achieved just by cleaning our day to day surroundings.



## Utkarsh

**"Positive thinking and positive attitude attract prosperity, peace, and happiness. It also exposes us towards the path of achievements and success."**

**-Anurag Prakash Ray**

'Utkarsh' literally translates to prosperity, advancement or transcending towards a higher goal. DJNSS, the NSS unit of D.J Sanghvi College has aptly chosen this name for a long-term event to be initialised in the month of February, which includes adopting a slum area in Nehru Nagar, Vile Parle (West). The higher goal we aim at, with this project, is to bring about a major change in the area by starting with small actions, which include wall painting, interacting with the locals and children to help them overcome any fears they have that

stops them from progressing in their lives. We hope that, over the years, DJNSS can help bring about at least a small change in a diverse country like ours.



DJNSS started with its Slum Adoption Program project Utkarsh on 25<sup>th</sup> February 2019 which aims at bringing awareness among the slum dwellers about Education, Hygiene, Sanitation and other relevant issues. Knowing that the lack of hygiene and cleanliness leads to spread

of diseases and decline in the health of the slum dwellers. To help them understand the importance of SWACHHTA, DJNSS embarked its Project Utkarsh with "WALL PAINTING" of one of the walls in the major area of Nehru Nagar, Vile Parle (West) slum to promote the idea of a Swachh Bharat.

The painting was done in the most frequented shop walls in the slum, hoping to reach to a large audience. A total of 20 volunteers worked on the wall from 10am to 3pm. The poster celebrated the rise of a "Clean India, Green India". By painting this message on the walls, the unit hopes on spreading the message of a clean, a pollution free India and the utter importance of it. This initiative would not have been possible without the help and support of the Program Officers, Prof. Vyankatesh Bagal and Prof. Rahul Tawre. Roughly 20 volunteers participated in this event.



