

Report of Coronavirus guidelines

The NSS unit of Dwarkadas J Sanghvi College of Engineering had taken a marching step towards creating an awareness of Coronavirus on the 18th of March 2020. It was an eye opening guideline to all the students. This awareness drive provided an insight of the increasing spread of coronavirus. In such crucial times proper information regarding the virus is must and providing an access to such an easy to follow and effective guideline was a life saver. The awareness jotted the points that guided how to reduced the risk of contracting with coronavirus infection, how our few steps could save us and those around us from getting infected ,not only that but it also introduced the then new concept of using mask to avoid being infected.



Some of important points mentioned in order to create awareness were cleaning hands with soap and water on a regular interval, use of sanitizers, coughing and sneezing with mouth and nose covered up, following proper eating and sleeping cycle. All the precautions and guidelines were as per directed by the WHO (World Health Organisation). The guidelines also pointed out the fact that proper usage and timely disposal of masks paired with frequent hand wash is the key to achieve an uninfected health .The article did provide the readers with the proper steps to use a mask like wearing it when the person is coughing and sneezing .It also gave an whole over idea of how proper disposal of the used mask played a role in avoiding further spread. Also frequently highlighting the need to use an alcohol based hand rub to avoid the virus being carried away further.

In all this guideline was quite informative and made an impactful effect of creating awareness regarding the rapidly growing spread of virus.

Report on Janta Curfew Awareness

The NSS unit of Dwarkadas J Sanghvi College of Engineering has supported our honourable Prime Minister Narendra Modi appeal for a Janta Curfew on Sunday, 22nd March, 2020 from 7 am to 9 pm, to



ensure greater public participation in curbing the spread of Coronavirus. It will be a self-imposed social distancing for our own good. The grave dangers posed to us demand that we follow the initiative which is harmless and much required to sensibly handle the situation. It was advised for people of all age groups and especially senior citizens, to stay at home. It was essential to answer the question for how well India is prepared to combat Coronavirus.

The medical professionals, the police, and everybody who are working relentlessly to fight against COVID-19; deserve our respect and appreciation. As a display of our gratitude, we all came out at our windows, doors and balconies to applaud these heroes for their selfless service and honour them together at 5 pm for 5 minutes. We encouraged everyone to understand the gravity of this situation and combat against the menace effectively and united.



Report of online Blood Donation encouragement

The NSS unit of Dwarkadas J. Sanghvi College of Engineering spread awareness about blood donation on 26th March 2020 via various social media platforms. The dire need for blood donation campaigns was very apparent, especially after the announcement of nation-wide lockdown, which was imposed to curb the spread of the coronavirus.

The Health Minister of Maharashtra, Shri Rajesh Tope, gave interviews and urged the public to donate blood. Restricted public movement, amid other strict rules, led to the blood units being used up faster than they could be replenished. Thus, we appealed to the general public to donate blood, in their own capacities, and



do their bit for the

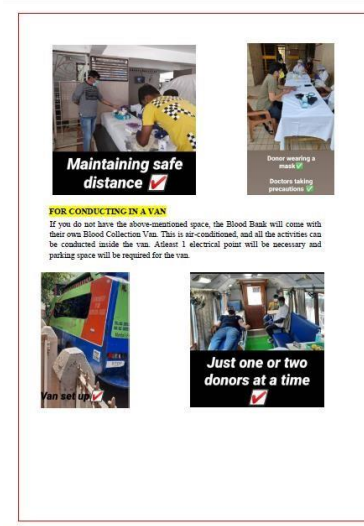
social betterment. Reluctance to engage in blood donation was also addressed and resolved in a proper manner. Blood donation is the lifeline for children suffering from Thalassemia and other such diseases. Cancer patients, pregnant women, accident victims and many other patients depend wholly on blood donation for their medical needs. It was crucial to spread some awareness, bust unreasonable myth and act towards the situation swiftly.

Our volunteers also arranged micro-blood donation camps, assisted interested volunteers in doing so by connecting them to blood banks and finding blood banks for the interested donors. We hope our actions reap sweet fruits for those who needed it the most; inspiring everybody along the way.

Report of Blood Donation encouragement and guide to set-up micro blood donation camps

The NSS unit of Dwarkadas J. Sanghvi College of Engineering spread awareness about setting up micro blood donation camps and blood donation on 13th May 2020 via various social media platforms. This initiative came after almost 50 days of nation-wide lockdown, which was imposed to curb the spread of COVID-19.

During the lockdown period, the reluctance to donate blood citing the safety had risen. However, the requirement was beyond the anticipated levels and the situation was grim. Wishing to do their part in encouraging blood donation, some of our volunteers had organised micro blood donation camps in their residential societies with all the necessary permissions and security protocols being followed. To spread word and help others do the same, a detailed guide listing all the requirements, providing the relevant contacts and giving an insight about the overall process was widely circulated.



ORGANIZE A MICRO CAMP IN YOUR RESIDENTIAL SOCIETY

INITIAL ACTION BY OFFICE-BEARER

- Please communicate with your residents about your desire to help patients in need of blood. To find the nearest blood bank, use this: <http://mahatma.org/bbc-blood-bank.html>
- Convey to them that the blood donation can be done within the society premises.
- Inform them that the blood bank which is called will follow all safety measures rigidly.
- Tell them that they will be called one after the other. At no point will there be more than 2 donors.
- Tell them to register before-hand by giving their name and telephone number.
- Ask them about their health and travel history using Google Form.

COMMUNICATE WITH THE BLOOD BANK

- Please communicate with the blood bank about the number of people who have registered.
- They will then decide if it is feasible to come to your venue with a team.
- They will check with you if they can conduct the Camp in a room within your premises or whether they have to bring an air-conditioned Blood Collection Van.

FOR CONDUCTING IN A ROOM

If you have an office or a Club-house or Gymkhana or a small Hall or a Common Room, the micro camp can be done in this facility. The space should have adequate lighting and proper ventilation. Fans will be required if there is no air-conditioner. In addition to the above, we will need:

Tables: 2-3 nos. (will be arranged by the blood bank)
Cots: 2 (will be arranged by the blood bank)
Chairs: 6-8 nos. (needs to be arranged by you)
Parking Space for the blood bank vehicle

The guide consisted of a dedicated section describing the importance of blood donation, the actions required to be taken by the office bearers of the society, how to reach out to blood banks, the pre-requisites necessary for the process, on-day flow of the activity and the DOs and DON'Ts that the potential donors and the organisers had to follow. The successful and safe execution of such micro blood donation camps at two locations instilled confidence in the volunteers.

Report of the Atmanirbharta initiative

“Don’t restrict Atmanirbharta as an idea; make it a lifestyle. To truly make a difference, we need to be the difference.”

The NSS unit of Dwarkadas J. Sanghvi College of Engineering, from 20th May 2020 to 21st June 2020, took a courageous step of creating awareness the about mission of spreading Swadeshi brands and local business by organizing a series of posts on different social media handles.

‘Aatm Nirbhar Bharat’ is an opportunity in the ongoing COVID 19 pandemic for India to be self-reliant. While talking about the country’s capability and talent to manufacture world-class products, DJNSS implored Indians to be ‘Vocal About Local’. The country needs an economy that brings quantum jump, not incremental change. Every citizen of this country has resolved to turn this crisis into an opportunity. So it can be a major turning point for this nation by a self-reliant India.



In the first part of the series, volunteers talk about some swadeshi companies which manufacture hygiene and sanitation products.

Some companies even

made notable contributions in the battle against Covid-19, in which the companies were classified into 6 different categories. Soaps, Sanitizers, Detergents, Dishwash, Floor cleaners, and Balms & Relief Spray products were made by swadeshi companies which were alternatives to videshi.

In the second part of the series, volunteers talk about some swadeshi companies which manufacture mineral water, breakfast cereals, ready-to-make food items, spices, ketchups, ready-to-make noodles, ice - creams, and jams which were also



alternatives to videshi. This can achieve when cold minds and warm hearts work together to build this nation. This mission may seem far-fetched but revolutionizing the swadeshi product to videshi can create opportunities for new entrepreneurs and businesses too.

Vocal for local can be a true sense by encouraging the ones around you to follow the suit and serve our nation by supporting a small initiative. A journey begins with a small step so, let’s take small steps towards Atmanirbhar Bharat.

Report of Cyclone readiness guidelines and awareness

“Disaster preparedness reduces risks and the harm caused by the disaster”

As per IMD (India Meteorological Department) prediction, Cyclone Nisarga was going to hit the coastlines of Maharashtra on 3rd June 2020.

To ensure safety and proper readiness during the cyclone, the NSS unit of Dwarkadas J Sanghvi College of Engineering laid out some crucial safety pointers via social media platforms for everyone. These guidelines were designed by keeping in mind the day-to-day activities that might enhance the effect of the cyclone while keeping in mind all the official guidelines. The guidelines provided were divided into two portions, one set for before the cyclone and the other for during and after the cyclone. The scenario of people who would be indoors and outdoors both were kept in mind while curating these safety pointers. In the pointers, we focussed on the importance of trusting the right resources and relying on official warnings. We also urged people to take care of their animals and the ones in the surrounding as well, directions on keeping several valuables and objects were also given.

In case of emergencies, calling Disaster Management officials is important. Hence, Disaster Management (Maharashtra Control Room's) and Disaster Management (Mumbai Control Room's) contact numbers were also provided.

Cyclone Nisarga, gratefully did not cause a lot of damage while most of the people followed these guidelines. Hence, they could avoid any massive damage to themselves, their possessions and to their surroundings.

**SHRI VILE PARLE KELAVANI MANDAL'S
DWARKADAS J. SANGHVI COLLEGE OF ENGINEERING**

ARE YOU CYCLONE READY?

BEFORE CYCLONE :

- Ignore rumors, stay calm, don't panic
- Keep your mobile phones charged to ensure connectivity, use SMS
- Listen to radio, watch TV, read newspapers for weather updates
- Keep your documents and valuables in water proof containers
- Prepare an emergency kit with essential items for safety and survival
- Secure your house: carry out repairs; don't leave sharp objects loose
- Untie cattle / animals to ensure their safety

DURING & AFTER CYCLONE :

INDOORS

- Switch off electrical mains, gas supply
- Keep doors and windows shut if your house is unsafe, leave early before the onset of a cyclone
- Listen to radio/transistor
- Drink boiled/chlorinated water
- Rely only on official warning

OUTDOORS

- Do not enter damaged buildings
- Watch out for broken electric poles and wires, and other sharp objects
- Seek a safe shelter as soon as possible

EMERGENCY CONTACTS:

Disaster Management (Maharashtra Control Room) : 022-22027990
Disaster Management (Mumbai Control Room): 022-22694725

Facebook: Djsce Nss **Instagram:** djsce.nss **Twitter:** nss.djsanghvi **WhatsApp:** djsce_nss

Report of Pride Month Awareness

The NSS unit of Dwarkadas J Sanghvi College of Engineering on the 30th of March 2020 took a courageous step of creating an awareness of the about the pride month and the LGBTQ+ community. As this topic stands to be the least discussed and unattended topic in the society, creating an awareness regarding the same was a very thoughtful initiative. Being the responsible citizen it is our duty to support every person out there, this act was highly spoken out in the awareness. The awareness introduced all the factors of the pride month from the scratch. It gave a quick introduction of the LGBTQ+ community and the various other sexual identities. It also stated the meaning for all the colour in the pride flag signifying how life, healing, sunshine, nature, harmony, spirit are the defining factors of the community. The awareness highlighted some of the achievements of the community members, and glorified the community by making significant changes in the society.



The awareness had some of the LGBTQ+ members guiding as to how to rightly pronounce them and what behaviour feels welcoming to them, another member explained how LGBTQ+ represents a spectrum of varied different personalities and how this awareness is meant to create this as a normal, also an import message of accepting yourself first before the society accepts you was

asserted by the members. The awareness answered some of the hard hitting questions and cleared the doubts most people around have but are afraid or ashamed to ask about. In all the awareness reached its goal of creating a sense of respect and pride for the community and providing all the necessary information that an individual needs to know.

मैtree - Rooting for Environment

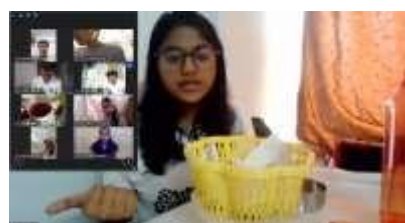
The NSS unit of Dwarkadas J. Sanghvi College of Engineering organized an online plantation event on 2nd August 2020 via Zoom Cloud Meetings. On the occasion of Friendship Day, we highlighted the importance of plants in our lives and the role they play as our companions.

The event commenced at 10:30 a.m. and was attended by 64 volunteers. It began with an introduction to NSS, followed by conveying the aim of the event: forming a bond of friendship with nature on the occasion of Friendship Day.

The benefits of plants in our day-to-day lives were highlighted. Hereafter, the volunteers were given a demonstration on how to grow plants using soil and hydroponics (using only water) and they were doing it simultaneously.

Given the current COVID-19 situation, special care was taken such that no volunteer would have to step out of their homes by providing the list of materials which were easily available at home. The procedure required to take care of plants and maintain them were explained. Steps to make liquid organic fertilizers and compost were taught in detail.

To ensure that everyone comprehended the information given, a quiz was played on Kahoot. The event lasted for about 2 hours and ended on a high note. This event made everyone realise the significance and advantages of growing plants in our houses.



Report on Independence Week (Pillars of Our Nation)

The NSS unit of Dwarkadas J Sanghvi College of Engineering proudly celebrated the **73** Auspicious Years of Independent India by remembering the countless freedom fighters and revolutionaries who strived and made heroic sacrifices to win us our freedom, with utmost gratitude and pride in our hearts.

The year 2020 may have breezed past amid the COVID-19 pandemic, but it didn't really manage to ruin all of India's festivities. From virtual celebrations to sending over parcels, these trying times have helped us evolve with technology and jugaads if nothing else.

The history of the nation gives a glimpse into the magnanimity of its evolution - from a country reeling under colonialism, to one of the leading economies in the world. Being one of the *youngest democracies*, India has made stellar progress in all the fields. Independence Day is one of the most significant days in Indian history that reminds us of the bravery of our freedom fighters.



Report of 'Guruvandan'

"Inspiring till eternity with unstoppable influence is the power a teacher holds"

The NSS unit of Dwarkadas J. Sanghvi College of Engineering celebrated Teacher's day, 5th September 2020 in a unique manner. Even in such tough times, teachers had given all the extra efforts to keep the productivity of all their students intact. To celebrate their high spirits and to humbly acknowledge the crucial role they play in shaping our future we curated short videos for all our teachers.



All the volunteers made a short clip that consisted of a message written on a plain white sheet. The entire message was broken down into parts and was distributed among the volunteers. Later on, the short clips from volunteers were combined together in such a manner that it completes the message in that single video clip. Several such clips were formed with the similar message.

The combined videos were distributed to all the teachers in the college via online platforms with a hope to bring smiles on our beloved teachers' faces. This event helped us understand and acknowledge the hard work our teachers put in for us every single day.



‘SAMVAAD-1: A TALK WITH THE BRAVE’

“If you can speak, you can influence. If you can influence, you can change the world.”

The NSS unit of Dwarkadas J. Sanghvi College of Engineering organised a webinar ‘Samvaad Session-1: A Talk With The Brave’ on 20th September 2020 via Microsoft Teams to instil a patriotic spirit in the young minds. It was led by Lt. Cdr. Bijay Nair (retd.), a decorated Naval Officer.

The event began with our National Anthem, which was followed by a brief introduction of Bijay sir’s life so far, and his achievements on the

professional and personal fronts. He began his talk with a peek into his childhood, describing how he was surrounded by elements that could have easily led him to a different

path than he is on today. He went on to lead us to his inspiration to join the Indian Navy, his engineering story, his days at the training academy and instances where he overcame many obstacles. Summing up his narrative, he emphasized on the importance of constant hardwork, hustle and self-confidence. Our programme officer, Prof. Vyankatesh Bagal, thanked Bijay sir for insightful words of encouragement.

Towards the end of this session, participants interacted with him and discussed various topics, ranging from career advices to his opinions on the current geo-political situations. As a token of

appreciation

and gratitude, the NSS unit presented Bijay sir

with an e-memento. All our efforts were made worthwhile by the great feedback from the attendees and an acknowledgement by Bijay sir for striving to make this event possible. All the volunteers realised the value of traits like hardwork & patriotism and got inspired to work towards our Nation’s betterment.



'Helping Hands' Donation Drive

"We rise by lifting others."

The volunteers of the NSS unit of Dwarkadas J. Sanghvi College of Engineering organised a donation drive at Aarey village on 17th January 2021. The donations for this drive were received by the 'Helping Hands' initiative wherein volunteers were encouraged to donate clothing essentials and footwear.

Starting on 5th January, the unit began collecting the required items from donors in various parts of Mumbai viz. Borivali, Andheri and Dadar.

Special care was taken to ensure that the collected clothes were in a decent condition. By 7th January, a substantial quantity to donate was ready; thanks to active participation of the volunteers. After a stern re-inspection, all the collected items were deemed appropriate for donation.

On 17th January, all the collected items were distributed at the aforementioned location. About 10 volunteers ensured smooth proceedings and fair distribution. Various types of clothing like sarees, salvars/ churidars, shirts, trousers, jeans, t-shirts, hats and footwear were donated to suffice for every member of the family. More than 50 local families benefitted from this drive.

All the social distancing and hygiene norms were taken care of during both, the collection drive as well as the donation drive. Volunteers were glad that they could reach out to those in need and be a part of a positive movement.



‘DivyaDaan’ Food Donation Drive

“A great soul serves everyone all the time.

A great soul brings us together again and again.”

As a tribute to our beloved volunteer Divyashree Bhadsale, the NSS unit of Dwarkadas J. Sanghvi College of Engineering organised a food donation drive for needy kids on 12th January 2021 at Snehasadan orphanage, Jogeshwari (W) and in Borivali.

Volunteers packed and distributed 120 food boxes which consisted chips, juice, chocolates, namkeen and muffins to the kids. The donations were made with all the social distancing norms in place while ensuring proper hygiene and safety of the donors and the donees.



We hope our gesture has a positive impact on the lives of those kids and pray that Divyashree’s soul gets eternal peace.



'Samvaad Session-2: Mettle and Motivation'

"No shortcuts, step by step...That's how you make your own tea!"

The NSS unit of Dwarkadas J. Sanghvi College of Engineering organised an interactive webinar and the second edition in its series, "Samvaad Session-2: Mettle and Motivation", a talk with an ex-army officer, Capt. Dr. Sunaina Singh on 26th January, 2021 on the occasion of the 72nd Republic Day. About

a hundred eager participants logged in to witness the epitome of woman-power live on Zoom Cloud Meetings, 4 p.m. onwards, to gain an insight into the life of the former army officer and know about her strategies to battle the social evils of anxiety, depression and demotivated thought blues.

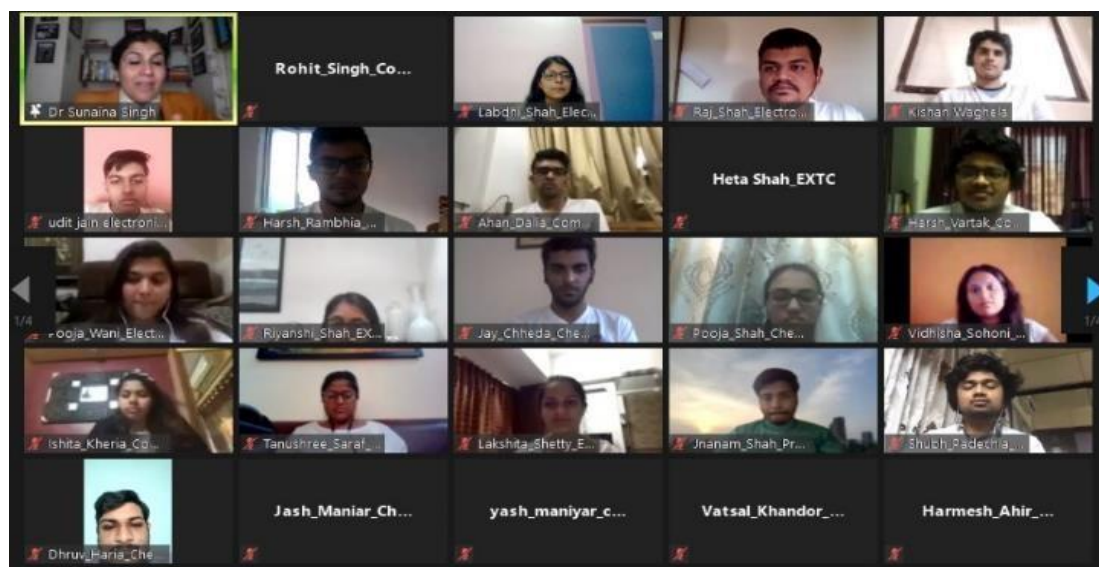


The session began with the doctorate holder emphasizing on the need to focus on our own lives more. "Most of us are usually concerned about what goes on with other's lives and we get affected by it.", remarked Ms. Singh. She spotlighted the reason why the army is so accurate and sharp, is because they are rooted in their basics. They pay attention to the minutest of the details! This made us realize the need to back our goals along with a concrete plan. Happiness is just the destination; your goal will be the journey to reach there.

The yoga enthusiast also put forth various techniques and methods to build goals and stay poised. The SMART goal technique, as she called it, iterated her thoughts by justifying the acronym for Specific, Meaningful, Achievable, Relevant and Time – bound goals. She concluded her speech by giving out a few golden keys like making goal-oriented time tables and re-affirming ourselves positively.

This was followed by an intriguing round of Q&A with the participants where a diverse range of topics were tapped. Answering one such participant to a question about her motivation, she replied, "My dad was my coach; so I seldom got any time to crib. I wanted to be a pilot but as one door closes, another makes way. Sports was my biggest motivation. Start writing about what you feel and you will feel motivated."

The meet ended with wide smiles on our faces and renewed determination to work towards our goals. We learnt to value the life that we've got and be grateful for what we are. Her words will continue to pave paths for many of us.



‘Sharing Warmth’ – Blanket Donation Drive

“Keep your heart warm with the fire inside and share the warmth with the world.”

The NSS unit of Dwarkadas J. Sanghvi College of Engineering organised ‘Sharing Warmth – A Blanket Donation Drive’ at 7 p.m. at Juhu on 3rd February 2021.

Volunteers donated over 20 blankets to the homeless locals residing on the streets, who were in acute need of such aid. All the social distancing and hygiene norms were observed and taken care of.



The joy they received from our efforts truly is the reflection of how impactful a small gesture of compassion can be.



Health Quest: A Webinar on Nutrition

"Nutrition is not just about eating, it's about learning to live!"

The NSS unit of Dwarkadas J.

Sanghvi College of

Engineering, organised an

interactive session - "Health

Quest: A webinar on

Nutrition", by a certified

Nutritionist, Ms. Shikha

Gupta. About a hundred eager

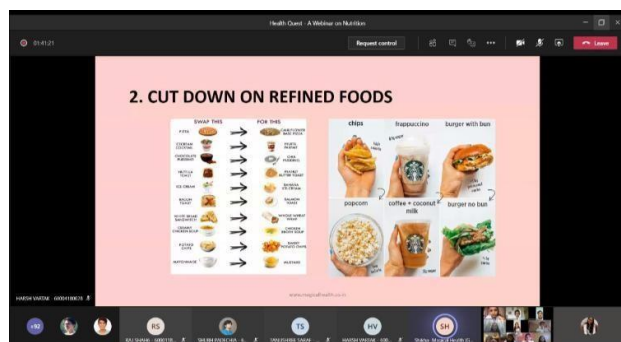
participants logged in to

witness webinar live on 16

February 2021 via Microsoft

Teams, 5 pm onwards; to gain

an insight into a healthy lifestyle, consumption of right diet, stress management and also importance of a good sleep pattern.



The webinar started with the brief introduction of Nutrition and by welcoming the guest speaker and participants. The webinar was structured in a PPT. She explained importance of health with nutrition i.e. nutrition not only means nourishing your body but mind too .So the session started with different diseases and their causes and in the mean while conscientious boosting immunity and staying healthy and also applying principles of good sleep pattern. She also

advised consuming a handful of nuts, plenty of water, leafy vegetables, products of organic companies to always stay healthy.

The speaker highlighted the reason why workout is so important, it is because it improves the stress management. She also highlighted a healthy diet includes food such as pulses, dried fruits, vegetable juices, nuts, among others, that we should have on a day to day basis and also how to take care of skin ,loss problem and acidity. It is important to be mindful when eating. She concluded her speech by giving us the motivation to stay fit and healthy.

It was a very informative session which helped everyone imbibe nutrition knowledge. This was followed by an intriguing round of Q&A with the participants where a diverse range of topics were tapped. The meet ended by presenting an e-memento to her. We learned about the importance of nutrition in today's life.

Report of Footprints: Strides of support: The Online Walk-A-Thon

The NSS unit of Dwarkadas J. Sanghvi College of engineering had arranged an online Walk-A-thon titled Footprints: Strides of Support. This event was launched by means of an application named Impact. The online Walk-A-Thon kicked off from the 16th of February 2021 by all the exuberant volunteers of the college. The event witnessed 215 participants and raised a considerable amount of charitable donation of over Rs.17,000 by the volunteers. The event met its aim to evoke the importance of being fit and healthy with a motto to help people in need.



The event included performing physical activities by volunteers like walking or running and taking count of their activity by the impact application on the cell phone and depending on their footsteps the app would notify the volunteers to donate an amount to any of the charity of their choice. The online Walk-A-Thon allowed the volunteers to know about the activities performed by their fellow mates and also known the amount of steps contributed by them. The leader board concerning the amount of donation collected created a sort of competitive feeling among the volunteers paving way to give their best to maintain a good footsteps ratio and contribute more to the events donation part. Also, a systematic display of the volunteers' daily activity was available on the volunteers account, making the volunteers aware of their physical activity. Impact, being a well developed application granted the participants a wholesome information about the calories burned in addition to distance covered.

All the volunteers were thrilled to have such a great event which would permit them to contribute their very bit on such a huge platform. Being a secured and tested application it was easy for volunteers to trust and donate their footsteps and workout history with open hands. It provided the participants a feeling of satisfaction and made them more inclined towards helping the people around.

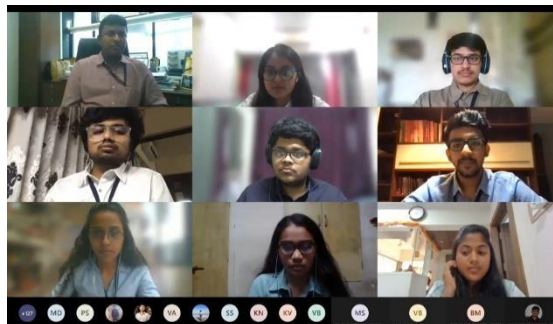
The event had an overwhelming feedback from volunteers and successfully motivated their way to achieve a fitter, better and healthier society all together while helping the people in need through donations and positively impacting the lives of people in need.



Report of the Orientation session

"You make a living by what you get. You make a life by what you give."

The NSS committee of Dwarkadas J Sanghvi College of Engineering, organised its Annual Orientation Program on the 2nd of March 2021 via Microsoft teams .The program witnessed about 150 eager students accompanied by the faculty members of the college .The program provided the attendees with an overview of the functioning of the NSS committee, giving a



detailed information of the various events and drives arranged in the academic year 20192020. All the events and initiative taken by the NSS unit were highly applauded by the attendees.

The orientation began by reciting the national anthem which was then followed by the propitious blessing of the goddess of knowledge through Sarasvati Vandana. All the guest of honours and students were welcomed by the representative. Among the guest of honours were our very own respected principal of the college, Dr. Hari Vasudevan. The introduction part of the orientation included all about the committee and its various goals it plans to achieve in the upcoming times. Later principal sir addressed the volunteers and the attendees with flashing light on the importance of a NSS unit and the responsibilities of all the citizens towards NSS. Sir guided us with how the unit as a group should proceed. He applauded on the selfless and relentless efforts the volunteers had put in. He praised the committee for being a true support and reaching out to people in the difficult times of pandemic. He ended by mentioning and glorifying past notable events that he witnessed.

In the later part, an illustration of all the events and drives held in 2019-2020 was shown in a presentation. All the efforts, dedication and hard work done by all the exuberant NSS volunteers was highlighted through the presentation. A description about the various technology friendly devices introduced to the adopted villages of NSS were shown. The impact of the various drives like the beach clean-up was commendable. The record of collecting the highest number of blood bottles in the University of Mumbai was a talk among all the attendees. Later on, all the committee members of the academic year 2019-2020 were felicitated and granted with a recognition certificate from the college.



Lastly, the members thanked the programme officers and all the other faculty members who had always extended their help towards the NSS committee and all the attendees for such a wonderful reception.

Report of 'Lighten the Load'

The NSS unit of Dwarkadas J. Sanghvi College of Engineering conducted an online webinar on 23rd of March titled 'Lighten the Load' focusing on nurturing the mental health of students. Mrs. Hoori Shah Deshpande, an experienced psychologist and counsellor, was the guest speaker for the event which was attended with around 90 eager students. The webinar commenced from 5pm and was conducted via MS teams.



The speaker guided the students with some of the most frequent issues of the Gen Z. Then event started with a quick brief about the speaker and was then handed over to ma'am who discussed topics such as Emotional dependence in a detailed and precise manner. Later on, she answered all the doubts and questions presented by the volunteers which were anonymously asked by the participants day before the event through a google form.



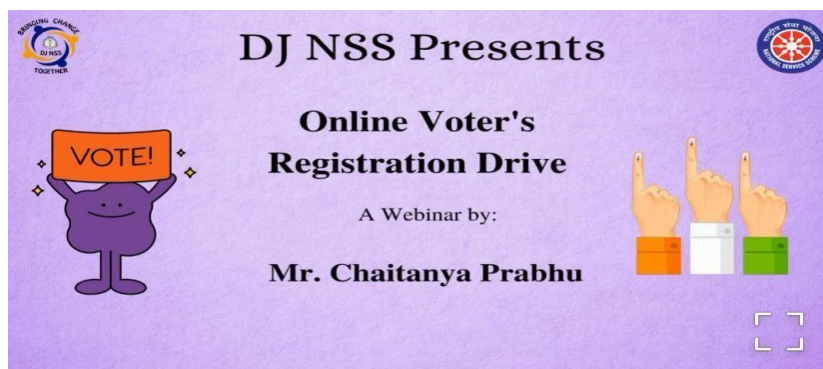
While addressing the questions, she also suggested as to how to go about with managing emotions and dealing with peer pressure in a competitive environment. Some of the questions dealt

with sibling rivalry. A not-so-talked about topic of parental pressure and family worries was also dealt by ma'am in an excellent manner. She proved to us how our though process could change the way we address matters and situations in our life. She also gave an insight to dealing with anger and frustration with ease and explained an eye-opening way of handling negative thoughts and emotions. A live question and answer session was also performed in the session. Somehow this session consoled many of the topics which have long being a question in the back of our mind. The students sensed a feeling of relief by discussing such exclusive and delicate topics, thereby impacting their mental self in an extremely positive way. The session ended with participants gaining a holistic view on mental health and insights to dealing with daily mental trauma in an effective way.

Report on Online Voter's Registration Drive

"Be ready to get inked the better way; you behold the power to decide your future..."

The NSS unit of Dwarkadas J Sanghvi College of Engineering organized an interactive session - 'Online Voters' Registration Drive' from 27th March to 2nd April 2021 in collaboration with Mr. Chaitanya



Prabhu, founder of Mark Your Presence; About 200 eager volunteers logged into witness webinar live on 27th April 2021 via MS Teams, 5:00 p.m. onwards; to address voting disparities and other such issues

The webinar started with the Importance of Voting and the Role of Youth in the process. Then discussed the impact of opinion polls or pre-poll surveys on voter turnout, opinions on lowering the age ceiling for postal ballots, and other electoral reforms that may contribute to a higher voter turnout. Since, according to the Election Commission of India data, the voting percentage is only around 60%. He discussed challenges and the voting process including legal barriers to turnout and election protection.

The speaker convened the advanced understanding of the implementation of rules of voting in ensuring safe and fair elections. The speaker also focused that young people can shake up politics. Politics will become more accessible



to all. Young voters are the ones who will have to live with the consequences of the election for the longest, so they need to voice their concerns.

At the end of the session, the volunteers announced the start of the weeklong drive, wherein the first-time voters and the existing voters would be aided to procure their VOTER'S ID CARD or update their existing info. DJNSS successfully assisted 160+ new voters in the procedure of getting their Voter IDs with the help of volunteers. The campaign helped to spread awareness to understand why each vote is crucial for the better functioning of India as a democracy.

Report on The Importance of voting & the Role of youth in the process

The NSS unit of Dwarkadas J. Sanghvi College of Engineering conducted an online webinar on 27th of March titled 'Importance of voting & Role of Youth in the process' focusing on voting disparities and what the 2021 election means to first time voters. Mr. Chaitanya Prabhu, founder of 'Mark Your Presence' organisation, was the guest speaker for the event. Around hundred eager participants logged into witness webinar. The webinar commenced from 5pm onwards and was conducted via MS teams.

The session started with the brief introduction of the Importance of voting and about the role of youth in the process and by welcoming the guest speaker and participants. He explained challenges and voting process to advance the understanding of implementation of rules of voting in insuring safe and fair elections. He spotlighted the reason that why voting is important, is because it enables the citizens to choose their own government.



The speaker highlighted that voting allows the people to choose their representatives in the government. He also explained how voting is a way to express the opinion

of a citizen in a democratic nation. Voting is crucial to activating the democratic process. And it also enables the person with the right to question the government about issues and clarifications. A lot of the time people choose to believe that a single vote won't make much of a difference but, the speaker suggests to such people that this is far from the truth and people must realize it as soon as possible. It was a very informative session that helped everyone imbibe the role of youth in the process. This was followed by an intriguing round of Q&A with the participants where a diverse range of topics were tapped. The session will prove to be guiding for the youth of today and to be the future of tomorrow. The purpose of this webinar is to gain more knowledge among youth. This one hour session successfully highlighted the importance to exercise your rights.