



NSS REPORT 2019 - 2020.

"The happiest people I know, are those who lose themselves in the service of others"
— Anne Frank.

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

The year commenced with the registration of 100 active volunteers across SE, TE and BE. And kick-starting our array of activities, We began with a Tree Plantation Drive followed by an awareness program conducted by the Bisleri Association to put bottles into good use. Next were the Beach Cleanup programs at Chimbai in association with the NGO 'United Way'. In 2019 floods hit many parts of Maharashtra and one of the most affected was Kolhapur. We organized a Donation Drive for flood relief where in we got excellent response from the Staff and Students. We conducted multiple surveys across Jogger's Park in Bandra where we interviewed the residents and regular visitors about their experience there, major changes the park went through and the problems faced by them there. It was followed by a Blood Donation drive where we witnessed active participation of our fellow Students and Staff members as well.

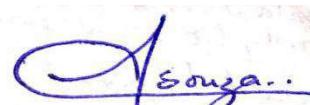
As the month of festivities commenced, Post Ganpati Visarjan beach cleanups were organized at Juhu and various other Beaches from 4th to the 13th of September which was a total success again. That was followed by a week long Bandra fair volunteering cum crowd management where our members assisted the Mumbai Police. Next was the Plastic Ban Rally where we began from Bandra Station and walked all the way to the College shouting out slogans against plastic use. An awareness seminar to throw light on child abuse was organized which witnessed a big audience too. Our volunteers were also a part of the Read Carnival by United Way where the marginalized children were given an opportunity of reading to their heart's content. We had walk for freedom rally to stand against inhuman practice of human trafficking. We put up posters of save water on all drinking tanks in college premises. Beach cleanup was organized in collaboraton with coco-cola .our students attended disaster management workshop organized by mumbai university .also a gender equality session arranged by akshara rao ngo.

This year NSS took a great initiative by planting fruit bearing trees around the College Campus whose entire produce would go to the organization. The most exciting part was an 8-day camp to the Tandulwadi area of Palghar District. The main aim there was to educate the kids about various technologies and aids for studying available to them. The members engrossed themselves in painting the school walls bright, exploring the rural life there, trekking up a hill and interacting with the villagers there. Our Program Officer Prof. Saurabh and Prof. Dipali accompanied our members to the site.

On commencement of the Even Sem, A Nature Trail to Sanjay Gandhi National Park was organized which gave a fresh start to the Year. Next, a round-2 of Blood Donation Drive was organized which received a massive response again.

Currently we have a number of events and programs lined up for the coming days. As a team we always prioritize 'You' before 'Me' spreading cheer and smiles around. We sincerely thank our Principal, our Director and 'YOU' for appreciating the work we do.

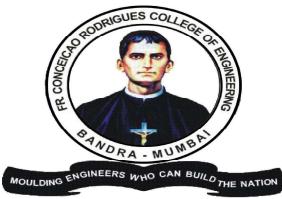
Happy Serving!



Alden D'souza
(President Nss-Crce)

TABLE OF CONTENT

1. Report on Climate Change.....	1
2. Report on Tree plantation with society people.....	2
3. Report on Bottles for Change.....	3
4. Report on Kolhapur Flood Relief.....	4
5. Report on Blood Donation 1.....	5
6. Report on Chinbai beach survey.....	6
7. Report on Walk for freedom.....	7
8. Report on Chinbai beach cleanup.....	9
9. Report on Waste management seminar.....	11
10. Report on Making of Compose Pit.....	13
11. Report on One week terrace garden project.....	15
12. Report on Tree plantation.....	19
13. Report on Blood donation 2.....	21
14. Report on Plastic ban rally.....	22
15. Report on Happy hours stall.....	24
16. Report on ASBB Marathon.....	26
17. Report on No smoking.....	28
18. Report on Mission blue seminar.....	29
19. Report on Bandra fair volunteering.....	30
20. Report on Self defence workshop.....	32
21. Report on Awareness on corona.....	34



NSS CRCE



Report on climate change seminar.

Place : Fr. C.R.C.E

Date : 22nd June 2019.

Climate change is having serious impacts on the world's water systems through more flooding and droughts. Warmer air can hold a higher water content, which makes rainfall patterns more extreme.

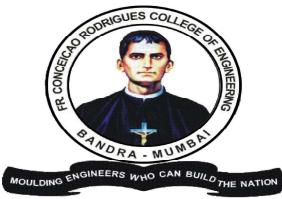
Rivers and lakes supply drinking water for people and animals and are a vital resource for farming and industry. Freshwater environments around the world are already under excessive pressure from drainage, dredging, damming, pollution, extraction, silting and invasive species. Climate change only exacerbates the problem and makes this worse. Extremes of drought and flooding will become more common, causing displacement and conflict.

NSS unit of Fr. Conceicao Rodrigues College of Engineering took this step to make everyone aware about the changes and that they should take certain action or measures for better world. we conducted seminars by showcasing presentation and showing video clips of what is happening in their surrounding. This carried on for a month where each day at least two seminar were covered according to time table.

My role as a leader was to organize seminars take permission and conduct it, I would like to thank our dean Dr. V. B.Bhoir who helped in arranging class and organize seminar smoothly.



Image : our member taking presentation.



NSS CRCE



REPORT ON TREE PLANTATION WITH SOCIETY PEOPLE

Place: Emerald Court Garden Mumbai(Andheri w)

Date: 5th JULY 2019.

Every man need the oxygen for their life and Trees are the foremost source of oxygen as well trees helps to reduce the level of co2. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees has become one of the most important today's aspects.

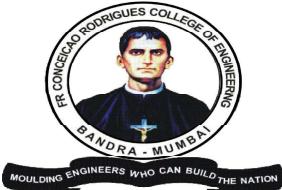
NSS Unit of FRCRCE organized “Tree Plantation” programme “**MY EARTH – MY DUTY**” under the National Service Scheme (NSS) on Friday, 5th July, 2019 in the Emerald Court Garden premises. It was attended by NSS Programme Coordinator, Society People and more than 10 student volunteers.

The event was begun with the welcome speech by the NSS event coordinator. At that time coordinator advised the volunteers to think differently for the society, to make positive changes and to make improvement. My role here was to arrange saplings and collected society people and arrange for this programme.



Image : Society ladies helping in plantation.

After the inspirational words of NSS coordinator, we all move towards the place where tree plantation took place. Total tree planted by all others including Society, volunteers and other students was more than 30 on the day. Under the Guidance of NSS Program Coordinator, NSS volunteers and Society people of their area planted more than 20 trees. The students also placed bricks as barricades and each student took the responsibility to nourish and maintain the allocated plant. Eventually, the ground attained a glorious look. The committee decided to proceed with the same inspiration, enthusiasm and zeal to enhance the beauty of the campus.



NSS CRCE

Report on Bottles for change.

Place : Bisleri, Andheri [east]

Date : 21st august 2019.

Bisleri a leading no one company in beverages and distilled drinking water which was founded in 1965, with the increasing amount of plastic spread which is harming our environment, Bisleri has taken this initiative by showcasing that plastic is not the problem, but plastic waste created by irresponsible human behaviour is the problem this can be only be fixed, by changing our habits.

This initiative taken by bisleri Bottles for Change aims to create awareness among the citizens, about the importance of recycling plastic, and create an effective channel through which the various kinds of used plastic can be sent directly for recycling.

This bisleri initiative bottles for change in collaboration with NSS to make schools colleges and society aware about the condition and recycling of plastic played a important role, we could collect 1 ton of plastic in our college and made all our students and staff aware about this initiative.

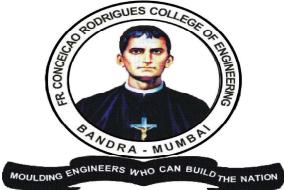
NSS unit of Fr. Conceicao Rodrigues College of Engineering is very thankful to bisleri and NSS to take this initiative for betterment of society and world.

Process in brief :

1. Introduction about bottles for change followed by awareness.
2. Segregation of clean plastic at user end.
3. Collection of plastic by plastic agents.
4. Sending collected clean plastic directly for recycling.



Image : group picture of NSS volunteer in bottles for change awareness session



NSS CRCE



Report on Kolhapur Flood Relief Donation

Place : Fr C.R.C.E

Date: 22 August 2019.

"You have not lived today until you have done something for someone who can never repay you."
— John Bunyan

With the help of NSS unit of Fr.CRCE the students and professors of Fr.CRCE came together to Contribute for flood -affected victims of Kolhapur. Together the college collected and donated essentials like clothes, dal, pulses, rice, sanitary pads, soaps, stationery for students such as books crayons , etc. The donation campaign was conducted for around a week .

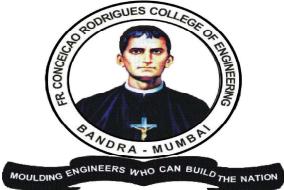


Image : essentials packed to deliver

The NSS unit of the college had taken this initiative of collecting these essentials and distributing it to all the flood affected victims. Our aim was to work together and support organizations and efforts towards helping Kolhapur

Our community members, students and Professors were very keen and generous in contributing towards the relief operation.The donation boxes were kept on each floor of college and students and professors were requested to put the essentials in those boxes .The donation campaign was a great success as various students and professors had contributed. On behalf of the NSS unit of Fr.CRCE we are thankful for each one of you for lending your helping hands towards this donation drive .

We hope our small contribution helped all those in need.



NSS CRCE



REPORT ON Blood Donation 1

Date: August 28th 2019.

Place: FR. Conceicao Rodrigues College of Enginnering.

“Your little effort can give others second chance to live life.”

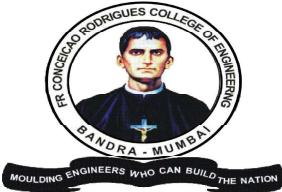
As Donating a part of ourselves for the betterment of the society is our motto, NSS CRCE along with the staff of renowned TATA Memorial Hospital were successful in organizing a Blood Donation Campaing on 28th August ,2019 . The Drive received an overwhelming response from the students as well as the staff of our college.

Various posters and promotion were done of blood donation, in college premises canteen and in staff room.



Image : Group picture of hospital staff and nss volunteers

The event commenced by 10:am in the morning and went upto 4:00 in the evening. Donors of all blood groups donated their blood. Each donor was given snacks post donation. Certificates were provided to all the donors by the hospital. Donors with rare blood group were given a special gift. Enough amount of blood was collected and the hospital staff as well as the donors went home happy faces!



NSS CRCE

REPORT ON GANPATIVISARJAN CLEANUP - 1

Place :juhu beach, Mumbai.

Date : 19th September 2019.

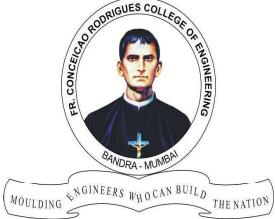


Image : condition of Juhu beach before the cleanup

Ganpati Visarjan is an auspicious ritual and a festival that brings people together. But with those festivities enjoyed by a large crowd , The beaches used for visarjan end up with a lot of litter and waste. This litter is very degrading for the environment and the marine life. The beaches also are a huge tourist attractions and provide income to many people . Fr. Conceicao Rodrigues College of Engineering NSS unit took an initiatve in colaboration with Asociation of Social Beyond Boundaries foundation to clean up juhu beach located in mumbai suburban, as Ganpati Visarjan beach cleanup . Our enthusiastic volunteers reported at the rendezvous point at the Juhu beach, Mumbai in the morning and started cleaning the beach. The volunteers gave their best for about 5 hours and the results show their hard work. This event made the volunteers realize the impotance of cleanliness and preserving the environment. And how to come up with an better alternative to celebrate ganesh utsav, By using clay idols , paper idols and doing visarjan in artifical ponds or coming up with a metal ganesh idol and reusing it every year.



Image: group picture of volunteers at Juhu beach after the cleanup.



NSS CRCE

Walk For Freedom

Date: 2nd November 2019.

Place: St.Stanislaus High School,Bandra(W)

The Walk for Freedom is a silent walk where participants pledge to help end human trafficking in their lifetimes, and walk single file in a public place holding placards about the reality of human trafficking that raises awareness among the watching public. Globally, the Walk is organised by A21, an international NGO which is engaged in the fight against modern-day slavery. Here in India, a volunteer mobilisation platform based in Mumbai called The Movement India has collaborated with A21, who have together partnered with 47 colleges, corporates and NGOs across the country to organise the silent Walk at public spaces in Chennai and nine other cities.



Image: A21 logo

"Each of us have the choice to step up "Each of us have the choice to step up and be the solution to the problems that surround us. Slavery should not exist in our world when we are alive to help put an end to it. We are walking in 10 cities across India on October 19. This event is taking place third time in a row in Chennai. It aims to create awareness that slavery still exists. We have a three-fold objective — one is to create awareness, second is to help people understand what are the indicators and lastly, if they see something or identify it then what they should do," says Biju Thampy, The Movement India's founder.

The event is being held in India for the past two years and it has been taking place across the world for the last five years. In 2017, The Movement India partnered with A21 and launched the Walk in Mumbai where almost 350 people turned up in support of the cause. In 2018, it happened across four locations in Mumbai and one location in Chennai where over 1450 came for the Walk. In Chennai alone last year more than 580 people joined and this year the organisers say that they already have over thousand registrations. "This event is being conducted with the aim of providing proper advocacy to the cause where government officials like child rights commission officers, child welfare officials, police officers, anti-trafficking NGOs, corporate, media, colleges all come together to take a pledge against human trafficking for their respective cities," explains Preejo TJ, who is heading the Chennai Walk.



Image: Students gathered for the walk

The Walk for Freedom was held on 2nd of November. The venue was St.Stanislaus High School located in Bandra West. The reporting time was 7.00 am and the event took place for nearly 2 hours upto 9.00 am. We were instructed to wear black attire and report.

Thus to show our part and protest against the ongoing human trafficking and slavery around the world and according to the instructions given, the NSS unit of our college actively participated in this event. The walk was carried on from the given location upto Bandstand. All were wearing black clothes and holding placards the walk was carried out as a peaceful protest by many students of several colleges including our NSS team. After the event a motivational speech was given by chief guest-Shri.Urmila Matondkar. Also certificates were provided to all by, 'The Movement India'.

It felt good seeing that how many active students showed interest in this event and we hope that it gives some fruitful impact towards the human trafficking scenario overall.



Image: NSS CRCE students that participated in the event.



NSS CRCE

Chinbai Beach

Date: 21st September 2019

Place: Chinbai village, Bandra.

On 21st September 2019 which is also international peace day and world coastal cleanup day, To celebrate this day FR.Conceicao Rodrigues College Of Engineering NSS unit in collaboration with United Way Mumbai had conducted a cleanliness campaign . This beach cleanup campaign was conducted to gain awareness among people to keeping the environment clean and neat as said by anonymous that when you come to sea shore only leave your foot prints and carry your memories.



Image : our volunteers cleaning.

Arriving at the Chinbai Beach in month of September we were unpleasantly surprised. The amount of trash observed while we walking towards our designated spot for cleanup was simply too astonishing .

The objective for our cleanup was to beautify the beach . For this beach cleanup event 30 students from Fr.conceicao Rodrigues college NSS unit along with 25 from United Way foundation volunteers for this event. A lot of people had gathered for this cleanup with various organizations background and individuals, With this same motto and initiative we had to do publicity about this cleanup by social media and messages and coordinate United Way for collaboration.



Image : Volunteers working for cleanup.

After the briefing all the participants were eager to clean the beach .The cleanup started at 8 am and ended till 11am.The garbage was collect in huge bags and kept at one place .That collect garbage was later taken by the municipality .

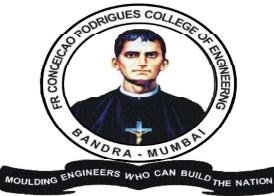
I believe this project of NSS has been the most valuable project and priceless experience to all participants.we have been through many challenging experience along this beach clean up for instance the quick stand at some parts of the beach .

Besides, one the biggest challenge was we had to collect all the state rubbish which sometimes emitted a foul smell and we even found some nappies that were thrown inside the rocks. It was a awful yet gave us a challenging experience.

NSS CRCE is grateful to all the praticipants and the United way foundation to give a our members an opportunity to work .



Image : group picture of NSS members



NSS CRCE



REPORT ON WASTE MANAGEMENT SEMINAR

Date : November 15th, 2019.

Place : Mumbai

NSS CRCE conducted a seminar on waste management in collaboration with **RUR foundation** in a society in Andheri East, Mumbai.

RUR GreenLife is a socio-environmental organization, founded in 2009, passionately working for the planet by employing an end-to-end, cradle-to-cradle approach towards urban solid waste management. At RUR, people ideate, design, build and implement customized turnkey ‘waste-to-resource’ solutions which are sustainable and decentralized for homes, schools organizations and corporate offices. They optimize waste recycling(>90%) and thus minimize the impact on landfills and environment.



Image : RUR Greenlife foundation logo

Vision of the foundation :

- To spread eco-consciousness amongst citizens and help them contribute to our planet by adoption good green practices.

Mission of the foundation:

- Sensitize and educate citizens towards sustainable living
- Develop eco-friendly products as green alternative
- Innovate and design solutions to maximize recycling at source and reduce loads to the landfills.

All the members of the society assembled at the society ground. The seminar began at 10:00 am.



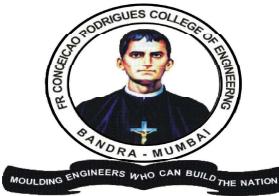
Image: Society members at the seminar

In this seminar, the society members were made aware of the importance of waste management and how to go about accumulating and reducing the waste which is beneficiary for the ecological system. They were instructed about segregation techniques for 3 types of wastes namely WET waste which is BIODEGRADABLE, DRY waste which is RECYCLABLE and TRASH which is NON-RECYCLABLE. Then they were instructed about the significance of 3R's- REDUCE, REUSE AND RECYCLE – how to reduce the amount of waste, how to recycle the waste and use it again. It was a very informative session.



Image: Society member giving a plant sapling as a token of thanksgiving to the foundation

NSS CRCE and the society members are thankful to the RUR foundation for this session and make us aware about the importance of waste management which is essential for ecological survival and protecting the human and animal special from the harmful side-effects of this waste in our environment.



NSS CRCE



REPORT ON MAKING OF COMPOSE PIT

Date: August 17th 2019.

Place: Mumbai



Image : composed pit.

One of the first steps in changing food culture is to develop a food growing area . A key part of this is having an effective composting system in place. This is a cornerstone of organic gardening and has many benefits to the community and environment. Making compost is not only about providing soil and plants with a source of food, it is an integral part of working organically and reducing waste. Composting provides a useful way for teachers, pupils and catering staff to explore educational opportunities together. Producing compost reduces waste to landfill, greenhouse gases and dependency upon peat based growing media and chemical fertilisers, saving money and the environment.

The NSS Unit of FRCRCE organized “**Making Of COMPOSE PIT**” programme under Guidance of sir George (founder) and the National Service Scheme (NSS) on Saturday, 17th August, 2019 in the Emerald Court Garden premises. It was attended by NSS Programme Coordinator and more than 50 student volunteers.

The event was begun with the welcome speech by the Sir George and NSS event cordinator. At that time Sir George advised the volunteers to think differently for the society, to make positive changes and to make improvement.

Improving soil by using compost is a keystone of organic gardening. Well-made compost is an incredibly useful material. It is a wonderful soil improver, aiding water retention in light sandy soils and breaking up heavy clay soil. As a growing medium it provides nutrients to plants, allowing for vigorous growth and higher yields. When used as mulch it feeds the plant and improves soil. The composting process has many learning opportunities that are accessible to pupils of all ages. Keeping that thought in mind all nss member started building up the compose pit.



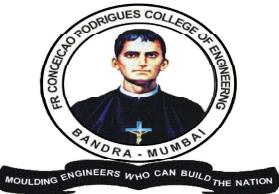
Image : volunteers digging for pit.

After all hardwork and determination by NSS member the compose pit was ready. It was a successful event, everyone enjoyed and being a part of the program.

This project is just an initiative by nss member, hoping that in future there will be many more such kind of activities that will insist on giving , by following the quote'**We make a life by what we give.'**



Image : group pic of Nss members.



NSS CRCE



REPORT ON 1-Week Terrace Garden Project

Date: 18th-24th August 2019.

Place: Fr. Conceicao Rodrigues College of Engineering.

Plantations of trees is important as they improve the life and fulfil essential needs of mankind. During photosynthesis, the trees breakdown food materials and consume carbon dioxide. Resultantly with the help of sunlight, the trees produce carbohydrates. Moreover, trees support life by providing habitat to different species such as squirrels, bees and birds. Trees cleanse the climate by absorbing carbon dioxide from the environment and releasing oxygen. The trees cool the environment through their leaves by absorbing the sun heat. Thus, there occurs cooling in the atmosphere. The trees provide shades to houses and streets.



Image : fund raising stall.

Trees clean the air by absorbing harmful chemicals such as nitrogen oxide and removing dust particles from the air by absorbing them in their leaves. Another importance of planting trees is that they save the water from impurity. Trees stop water pollution by breaking the direct fall of rainfall to the ground. Through trees, we make furniture and produce materials like books and papers. Trees help to relax and to reduce blood pressure. Different species of trees also relax the mood of people.

We had kept a proper fund raising program and list of those who have donated and their record we had kept crystal clear with everyone our principal and director supported and helped us a lot for this initiative.

-

Pre-planning of the project

Our college has had a long standing tradition of preservation of culture, heritage and flora and fauna. In order to sensitize students towards the need to preserve our environment and ecology, tree plantation drives are organised in our college from time to time. One such drive was held during 18th-24th August.

Firstly our college performed a fund raising campaign for the tree plantation project. Many students showed keen interest in donating for the project and most of the fund required were provided by our college. Then the collection of things started accordingly. Firstly to make the pots for planting the plants we collected old drums, cut them to half and recycled them. Then after soil and compost were collected to give nourishment to the plants for further growth.

In this pre-planning I with my fellow mates had to get things delivered drums cut compose mixed and keep ready for planting.



Image: Preparations for the tree plantation

Afterwards we collected plants from local nurseries which included some basic fruit and normal plants which included;

- Guava
- Kaju(Cashew)
- Lemon
- Hibiscus
- chickoo ,etc.

- **Initiation of the tree plantation**

On the first day i.e, on 18th of August our NSS unit members gathered together for the project as per the given schedule. Then the plants were planted accordingly with great interest by our NSS members as instructed by our teachers. Our NSS unit showed keen interest while planting the plants and filling the pots with soil and compost. All the pots were labelled based on the tree planted in them.

As this day was special we had to keep everything ready and our plants are to be planted finally.



saplings.

Image: Plantation of

- **Inauguration**

After all the plantation was done, our director, 'Fr. Valerian Dsouza' and principal' Dr. Srija unnikrishnan' inaugurated the terrace garden project and watered the plants with various other faculty members planting samplings.



Image: Inauguration ceremony

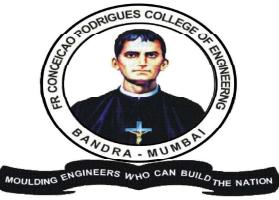
The project took place in a good shiny area within the college premises. Its motive was to;

- Provide more greenery to our college premises.
- Keep the surrounding air healthy and clean
- Provide food and fruits
- Add unity to in our NSS team and rise team-spirit

Our NSS members gathered after college and happily contributed towards the initiative. We hope our efforts do not go in vain and give us good outcomes. Various plants are thus set up and we take care of it on regular basis and water idaily. Thus, this was the little we contributed towards our planet, for its better future.



Image: Sampling planted on terrace garden .



NSS CRCE



REPORT ON TREE PLANTATION

Date: 8th August 2019

Place: Mumbai.

“Reversing deforestation is complicated; planting trees is simple”



Image : one of our nss member planting.

Fr. CRCE launched an extensive plantation programme in St. Peter's high school on August 8. As a part of national service scheme our institute binds to contribute to the activities which are beneficial to the improvement of the society. The students and teachers from our college planted saplings in empty places in well organized manner. The tree plantation programme started at 10am. In order to restore the eco-balance of the afforestation this drive was taken with all seriousness. Trees play an important role in reducing the air pollution and to maintain the good quality air level in environment. So every individual should plant as many trees as possible . Because day by day pollution level in environment is getting worse. Hence, plantation is the only solution. As the surrounding of St . Peter's high school is crowded by vehicles so it may lead to increase the pollution level in that area. As it is also surrounding by educational institute ,tree plantation will help to maintain the good air quality.

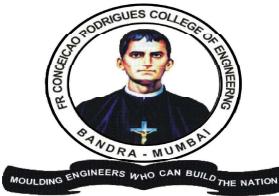


Image : turning tide founder Mr. George giving instruction to our NSS members.

This tree plantation programme was done in collaboration with turning tide George Sir who helped us a lot. All necessary support was provided to students and thus the programme was successfully completed. Participants were highly excited and enthusiastic to make it a big success. Many trees were planted like neem, Ashoka, Queen's flower, tulip tree, fountain tree. Fruits like guava, mango, etc. were planted. Participants planted, fenced and watered the plants. Students understood the importance of plantation and types of trees beneficial for environment.



Image : group pic of plantation drive.



NSS CRCE

REPORT ON Blood Donation 2

Date: January 28th 2020.

Place: FR. Conceicao Rodrigues College of

Engineering.

“Never feel yourself weak, you have the ability to save a life. Just donate blood.”

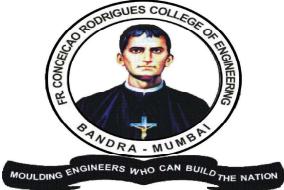
As Donating a part of ourselves for the betterment of the society is our motto, NSS CRCE along with the staff of renowned Holy Family Hospital (Bandra West) were successful in organizing a Blood Donation Campaign on 28th January ,2020 . The Drive received an overwhelming response from the students as well as the staff of our college.

Various posters and advertisement were done of blood donation, in college premises canteen and in staff room.



Image : our volunteers helping donors.

The event commenced by 10:am in the morning and went upto 4:00 in the evening. Donors of all blood groups donated their blood. Each donor was given snacks post donation. Certificates were provided to all the donors by the hospital. Donors with rare blood group were given a special gift. Enough amount of blood was collected and the hospital staff as well as the donors went home happy faces!



NSS CRCE



Report on Plastic Ban Rally

Date: 24th September 2019.

Place: Bandra.

On 24th September 2019, FR.Conceicao Rodrigues College Of Engineering had conducted a Plastic Ban Rally. As 24th September is celebrated as NSS day we students decided to celebrated this day in a unique way by conducting awareness campaign among people.

For this rally I had to take permission from college then police who helped us through the rally, various banners and posters were also made.



Image : our volunteers carrying banner

By taking the permission for Mumbai police we started our rally from Bandra station to our college which is located a Bandstand.

The volunteers were instructed to report at the location at 7.30 am on 24th September .NSS was celebrating their 50th anniversary on that day. To commemorate this Rally was organized .The volunteers were then briefly instructed about the rules and regulations to follow during this rally.



Image : volunteers walking for rally

Holding aloft banners carrying slogans that dissuaded the use of plastic in the city, the volunteers reached the college covering the distance of 3kms .

Many slogans were said like “DON’T BE DRASTIC ,SAY NO TO PLASTIC”, “USE PAPER BAG REDUCE PLASTIC BAG”, “DO SOMETHING DRASTIC,CUT THE PLASTIC”, etc.

We were accompanied by the Mumbai police from start till the end of the our rally.All thanks to the Mumbai police for this peaceful rally. It was indeed a very good experience.



Image : Fr. Valerian our director giving pledge with our NSS volunteers.

Thanking the Mumbai police we went to our college were the director of our college Fr.Valerian D’souza and along with 50 voluteers took the pledge to refrain from unnecessary usage of plastic and convinced their family and friends against plastic usage to create environmental responsibility.



Image : group pic of NSS members with director and security head.

NSS CRCE is greatful of Mumbai police as well as our director and all the voluteers for their support to organize this peaceful and successful rally to make people aware of their responsibility to use cloth bags and change the use and throw culture.



NSS CRCE



REPORT ON HAPPY HOURS STALL

“We only have what we give.”

— Isabel Allende

Date: November 28th, 2019 to November 30th, 2019

Place: Fr. Conceicao Rodrigues College Of Engineering

NSS CRCE organized a workshop “HAPPY HOURS” in collaboration with CEREBRAL PALSY ASSOCIATION OF INDIA(CPAI) in the college premises of Fr. Conceicao Rodrigues College of Engineering, Mumbai.

Cerebral Palsy Association of India and it's unit Happy Hours Workshop for P.D.A's(People with Different Abilities) was initiated in the Year 1968, by a set of dedicated parents of individuals with special needs. The aim was SERVING COMMUNITY, ENRICHING LIFE. Housed in bright and airy premises with large comfortable classrooms and activity areas, the workshop is student's delight. At CPAI, they welcome people with P.D.A's by providing engagement and helping them to be a part of the integrated social framework, thus giving their parents some free time to focus on their own lives.

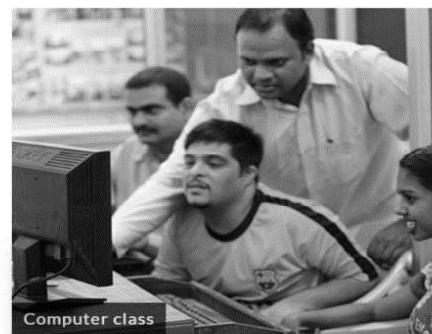


Image: Various activities for the physically challenged at the CPAI

In the HAPPY HOURS workshop, the NSS members set up a stall in the college premises for 3 days from 11:00am to 3:00pm. This event was organised to encourage the handicapped children by selling the products they made, and the amount collected was given to the CPAI to help this children. The various products they made were rakhis, bracelets, greeting cards, necklaces and paper bags.

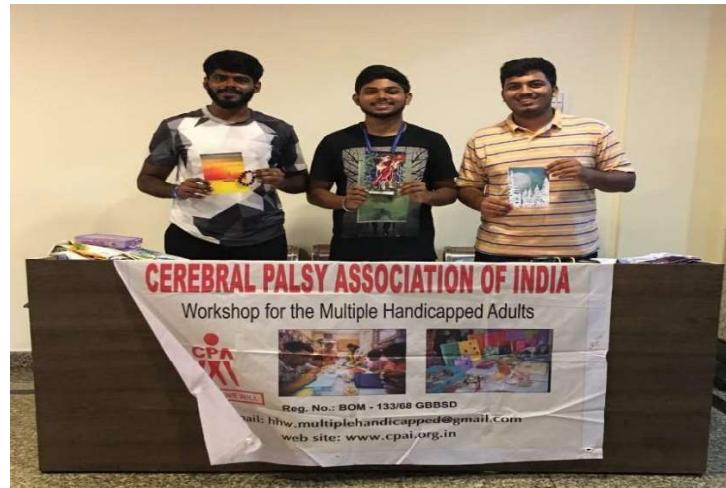
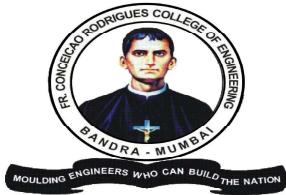


Image : NSS Members at the stall selling the products

NSS CRCE is thankful to the CEREBRAL PALSY ASSOCIATION OF INDIA(CPAI) for giving us the opportunity to conduct this workshop in our college premises and help the physically challenged people by selling their product



Image: College staff and students buying the products at the stall.



NSS CRCE



ASBB FUN RUN (MARATHON) VOLUNTEERRING REPORT

DATE: 16th February 2020

ASBB (Association of Social Beyond Boundaries) is a group of enthusiastic, self -driven, change makers who take upon themselves the responsibility of bringing about the change they wish to see. Mr. Sagar Jain founder of Association of Social Beyond Boundaries came up with a vison and mission to form this trust. On the completion of 4 years, ASBB (Association of Social Beyond Boundaries) announced a 4kms Fun Run "RUN BEYOND BOUNDARIES".



As people of different age groups were participating in this Fun Run Marathon There were high chances of runners getting interrupted or risking their safety on the busy roads of Ville Parle. So to avoid chaotic situations and handle the Marathon peacefully and with ease, Mr. Sagar jain took an initiative to maintain the chaos along with his team but it was not possible to keep an eye on the entire route for his team.

So this year along with ASBB team, 25 of our volunteers passionately participated in the ASBB FUN RUN Volunteering on 16th Feb 2020 at Swatantrya Veer Savarkar Udyan.

For this marathon we had to plan and promote the marathon in marathon our volunteers were given task I had to coordinate with the founder and organize this marathon.



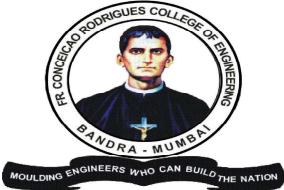
The volunteers reported the site at 5:30am, and were given a briefing about the marathon by Mr. Sagar Jain. The volunteers were divided into groups of 2-3 as per requirement and were assigned respective spots to look upon. All the volunteers were leaded by an ASBB member to avoid chaotic situations and effective approach. Each and every volunteer had a specific task at a particular period of time. All the volunteers were given their task before the marathon started. The gates and the Registration window were open by 6:30am and the Marathon started around 7:00am. Some of our volunteers were kept at the entrance to acknowledge the participants and to check their chest numbers, while few were at the water counter.

Zumba activity was carried out at 7:00am before starting the marathon, as to ensure that there were no sprains in muscles as enough stretching was done during the Zumba activity by a professional Zumba instructor. The volunteer's jobs included tasks like Traffic management, Ensuring Safety of the Runners, preventing runners from cheating during the marathon by taking a shortcut. After the Marathon was complete runners returned to the Swatantra Veer Savarkar udyan while the volunteers followed them by clearing the posters, banners and water desks.



After Marathon was complete All the runners and the volunteers were re-energized by RED BULL and also some healthy snack which included fresh juices, sandwiches and fruits. Every participant was awarded 3 certificates and a participation medal wherein volunteers were given certificates as well. The marathon ended with a felicitation program and a vote of thanks.

NSS CRCE is grateful of ASBB for giving our members an opportunity to work and experience live traffic management and willingness to bring a change in the society.



NSS CRCE



Report on no smoking pledge.

Place : Fr. C.R.C.E

Date : 25th September 2019.



Image : students taking pledge.

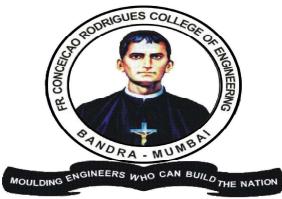
NSS unit of Fr. Conceicao Rodrigues College of Engineering took this initiative to make all students pledge for no smoking and made posters and slogans to be showcased on corridors.

Pledge which is I xyz promise to not smoke or use any tobacco products now and forever. In addition, I will always try to stay away from secondhand smoke, which is a danger to my health. I will do my best to encourage people who do smoke or use tobacco products, and will do my best to support them as they try to quit.

Although nicotine is addictive, most of the severe health effects of tobacco use comes from other chemicals. Tobacco smoking can lead to lung cancer, chronic bronchitis, and emphysema. It increases the risk of heart disease, which can lead to stroke or heart attack. Smoking has also been linked to other cancers, leukemia, cataracts, Type 2 Diabetes, and pneumonia. All of these risks apply to use of any smoked product, including hookah tobacco. Smokeless tobacco increases the risk of cancer, especially mouth cancers.

We would like to thank our students and staff for supporting.

For this pledge we had to take permission from principal mam and each class teacher for conducting pledge in their class.



NSS CRCE



Report on Mission Blue Seminar.

Date : 8th July 2019.

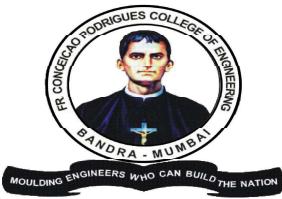
Place : Fr.C.R.C.E



Image : presentation by united way.

United way mumbai is a renowned organization which started mission blue project in which awareness about ocean and marine life was given and how we can contribute for well being. Most life forms evolved initially in marine habitats. By volume, oceans provide about 90 percent of the living space on the planet. The earliest vertebrates appeared in the form of fish, which live exclusively in water. Some of these evolved into amphibians which spend portions of their lives in water and portions on land. Other fish evolved into land mammals and subsequently returned to the ocean as seals, dolphins or whales. Plant forms such as kelp and algae grow in the water and are the basis for some underwater ecosystems. Plankton forms the general foundation of the ocean food chain, particularly the phytoplankton which are key primary producers.

In this seminar to call and arrange was a task for us where we had to fix a date and proper timing for conducting this seminar. We would like to thank United Way for conducting this seminar and all our NSS volunteers.



NSS CRCE



REPORT ON BANDRA FAIR VOLUNTEERING

Date: 08 To 15 September 2019.

Place: Mumbai.

The Mount Mary Church, located in the heart of Bandra is known to have infinite number of visitors each year. The peak number of devotees are expected when the Church organizes a week long Novena to celebrate the birth of Mother Mary in the month of September every year. It generally begins on the second Sunday of the month and goes upto the next Sunday.



Image : Mary of Mount.

As People from all faiths and across India visit the place during this season, there are chances of commotion and other chaotic situations. So to handle the matters smoothly, the Mumbai Police took it to their hands, the responsibility of managing the crowd and traffic.

So, this year along with the Mumbai Police, 45 of our volunteers tirelessly participated in the Bandra fair volunteering cum crowd management for the entire week.



Image : Our volunteers managing crowd.and helping aged.

The volunteers were divided into 2 time slots, 8:00am-2:00pm and 2:00pm- 8:00pm based on their respective duties where they performed their assigned tasks effortlessly. Further, they were segregated into assisting the Police into various tasks like managing the crowd, helping them form queues, traffic control management, security checks, guiding pilgrims to exits, fair, restrooms etc. They also guided the senior citizens off their buses to the seats in the church and back. Extra help was given if it was needed (providing them with wheelchairs, canes and other support).

There was a special mass offered for the senior citizens where food packets were to be distributed among the pilgrims. Our volunteers carried out the task smoothly as their unity showed. The volunteers were given daily meals and other refreshments by the Mumbai police throughout the week. Each of the volunteer with 0% Absentee record was allotted with 45 hours of NSS service. All the volunteers were awarded with a certificate with Mumbai Police stamping.

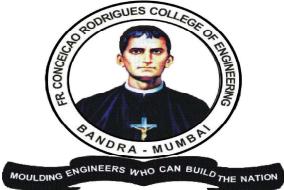


Image : Devotes worshiping Mother of Mount

NSS CRCE is grateful of the Mumbai Police for giving our members an opportunity to work and experience various crowd and traffic control management methods and assisting them throughout this week long journey. Here I had to take permission from police our college and registering names of those who are interested collaborating with mumbai police.



Image : Group picture of volunteers.



NSS CRCE

REPORT ON SELF DEFENCE WORKSHOP

Date: 6th March, 2020

Place : Mumbai



Image: Welcome speech by the President.

Fr Conceicao Rodrigues College of Engineering conducted self defence workshop organized by the NSS council in college. The event took place at the college auditorium, 1:00 pm onwards. The event started with welcoming the guest by the president of NSS council and the workshop started with instructor showing several videos and explaining the importance of self defence.

After watching several videos, the actual workshop started with giving them hand on experience of the defence techniques. The instructor explained about the basics of self defence and when to use them.



Image: Demonstration of the self defence techniques

The event was successful with active participation of students as well as faculty members inclusive of the other staff. This workshop was a 4 hour workshop which included basic self defence techniques. Personal attention was given to all the participants and it was made sure that everyone was well versed in the taught techniques.

All the participants were made to practise the techniques with other participant. After the practical workshop all the participants were asked to give their feedback. The feedback of students was positive and looking for similar workshop in future. The event concluded with felicitation ceremony and followed by thank you speech by the President.



Image: felicitation ceremony

In a society where crime has risen to a shocking extent, the ability to protect ourselves from undesirable situations has become a necessity. Self-defence is of the utmost importance in the kind of the world we live in today. NSS CRCE looks forward to help people get educated with such informative workshops.



NSS CRCE

Report on corona awareness

Date : 28th January 2019

Place: Fr.C.R.C.E

As this novel corona virus was just in news nss unit of Fr. Conceicao Rodrigues College took an initiatve of making people aware about it symptoms, how to prevent from it and what is it .

We spread this awareness by making posters creating message and posting on social media platforms.

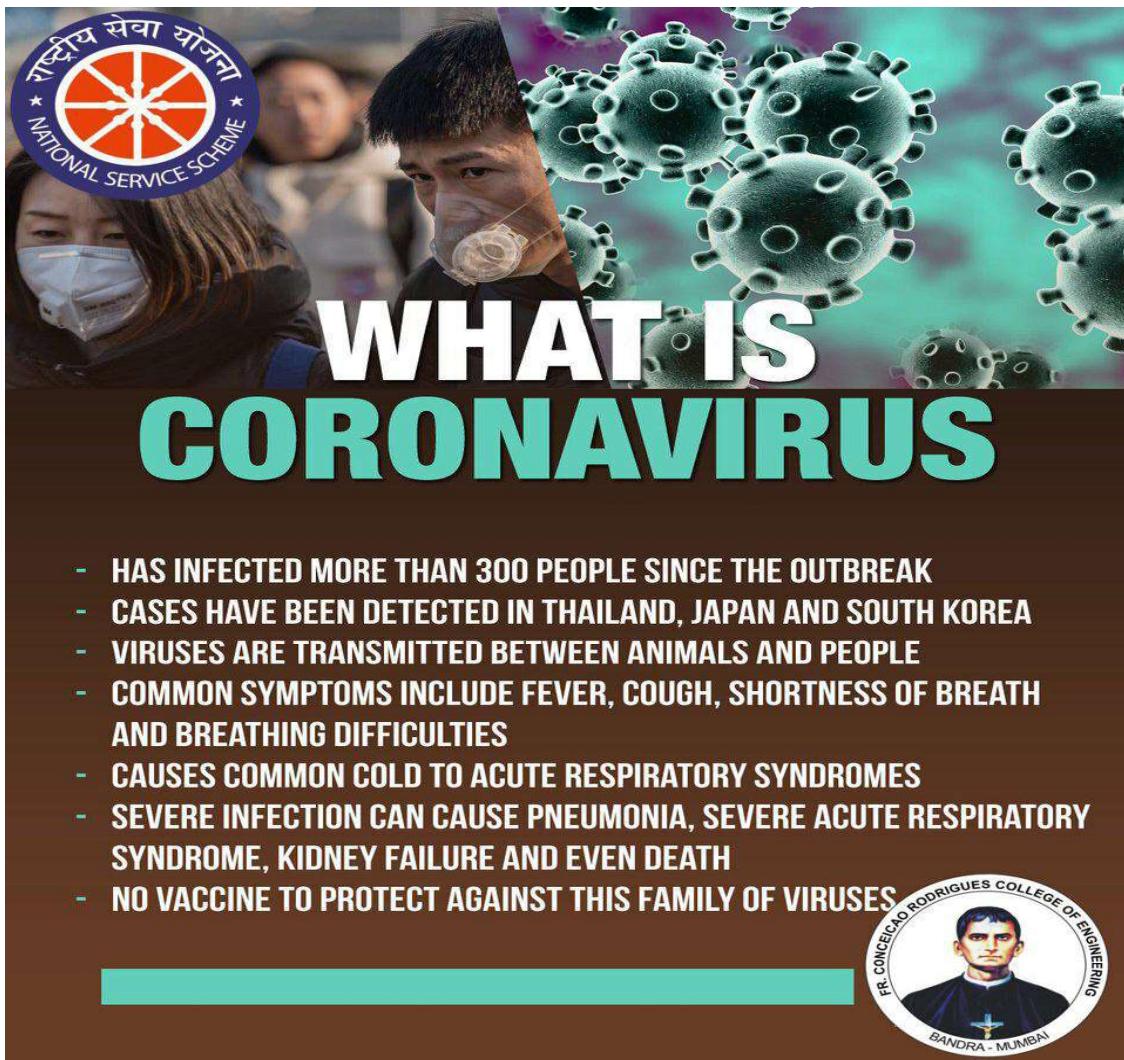


Image : poster of corona virus.

NSS SPECIAL CAMP

TANDULWADI

INTRODUCTION

Every year a special NSS camp of 7 days takes place where all the volunteer of NSS CRCE actively take part in understanding the village problems solving them and spreading awareness and educating people. This year the camp took place at beautiful and enchanting village called tandulwadi which is located few kilometre away from saphale city which lies in palghar district, Maharashtra. The village is surrounded by mountains and farms with greenery everywhere being there is like a gift for the eyes. The village is full of friendly and helpful people who helped us through out the camp. There were lot of pre- camp activities to be done for all the activities we were going to do at the camp and our main project which was painting the school walls; hence, all the members were divided into groups and given tasks accordingly.



Image: Tandulwadi village, Saphale

Day 1: Sarpanch visit

15th December 2019

The first day of NSS special camp started on 15th December 2019 where everyone was told to report at saphale station by 9.00 A.M and then further we started our journey to tandulwadi village and reached there by 10.30 A.M . The sarpanch of the village welcomed us, after everyone settled we interacted with sarpanch and he told us about various problem faced by the village. Then at the end everyone gathered and discussed for a solution for the problems faced by villagers, we also discussed and planned for the next day activity which was sports day and made groups of people and divided all the responsibilities for the sports day activity among the groups.



Image: Volunteers interacting with sarpanch of the village

Day 2: Sporst Day

16th December 2019

On the second day all the volunteers headed towards the school with enthusiasm and excitement for the sports day activity. We first met the principle of the school and discussed how we were going to conduct the activities. Then everyone interacted with the children of the school and they were full of energy and were eagerly waiting for us to start the activity. There were various activities conducted simultaneously and we saw to it that everyone would get a chance to participate in all activities. We conducted activities such as hopping, running, sakli, football, ect. For the nursery kids we kept a drawing competition in which all the material was provided by us. Then at the end we distributed prizes to all the winners. At the end of the day all volunteers gathered and discussed about school wall painting which is our main project starting tomorrow.



Image: Prize distribution to all the winners

Day 3: School Wall Painting

17th December 2019

The third day was a important day as we were starting our main project which is the school wall painting. First sanding of the walls was done where all the volunteers were given sand papers and sanding of the walls to be painted was done. Then after sanding we had to apply base paint on the walls and fill holes on the walls with cement; hence, all the walls to be painted and the holes to be cemented were divided among all the volunteers and everyone showed a great team spirit leading to completion of the painting and cementing. Now we had to wait for the next day for the paint to dry so that we could draw cartoons and paint them making the walls fun and something the children would love.



Image: Volunteer painting the school wall

Day 4: School Mentoring and Wall Painting

18th December 2019

On the fourth day we donated two computers to the school and also had to complete the remaining drawings on the wall. Some volunteers helped the children set up the computer and taught them all the basics of operating the computer, they also taught them paint and all the parts of the computer, while the other volunteers were drawing cartoons on the wall and painting them. Our project of school wall painting was completed by the end of the day.



Image:School Mentoring



Image:Volunteers drawing and painting cartoons on wall

Day 5: Survey

19th December 2019

On the fifth day all the volunteers according to their group went to the village and took a survey of the village. We took surveys to know about their work, income, education, living, total family members in the house and what do they do,etc. We also asked them how the government is helping them and what problems they are facing and if they are getting any help with their problems. The motive of the survey was to know and understand their problems so that next year when we go we can do some development and help them with it.



Image:Volunteers taking survey

Day 6: Trekking

20th December 2019

On the sixth day of NSS Camp we were all set to go for trekking to explore the nature. We went for trekking on Tandulwadi fort which is a famous trekking spot, where many people come from different places to explore the beauty that lies in Tandulwadi. We started our trekking in the morning by 6:00 A.M and came back in the afternoon by 3:00 P.M. Everyone was super excited as trekking was everyone's favourite adventure sport. The fort was built 800 years ago and it was primarily used as a watch tower over surroundings plain. The village Tandulwadi was beautiful but we came to know about its real beauty when we saw it from the fort it was marvellous.



Image: Trekking at Tandulwadi Fort

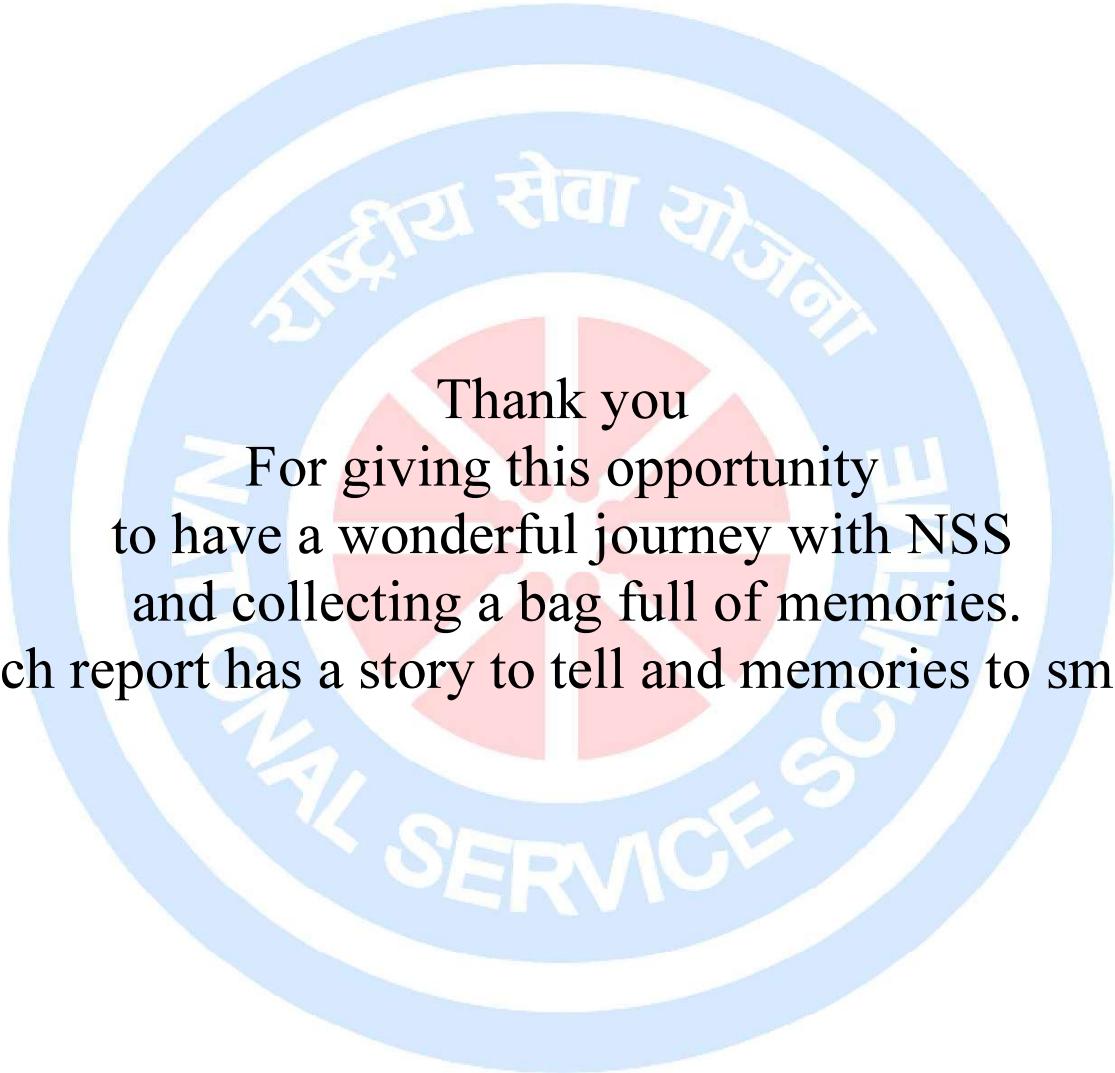
Day 7: Awareness and Tree Plantation

21st December 2019

On the 7th day the final day of the camp, we called doctors from the Chaitanya foundation who educated young girls about menstrual hygiene and puberty. After the awareness seminar was over with the help of school students we planted some sampling so that they should have value of plants and learn to protect our ecosystem. The students took active part in planting the sampling and promised to take good care of them until they are all well grown.



Image : Doctors making girl child aware.



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