

### 1.3.1 Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability into the Curriculum

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Dr. G. T. Thampi  
 PRINCIPAL  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.



**1.3.1 Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability into the Curriculum**

Sr. No	Activity Name
1	Curriculum for Professional Communication & Ethics-I
2	Curriculum for Business Communication & Ethics



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# Curriculum for Professional Communication & Ethics-I



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Professional Communication & Ethics-I is being included in Sem 1 of all branches viz. Computer Engineering, Information Technology, Electronics & Telecommunication, Chemical Engineering, Biomedical Engineering serving same Curriculum for the fore-mentioned branches of Engineering. Hence, one Syllabus copy of Computer Engineering is being given for reference.

## Semester II

Course Code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned			
		Theory	Pract.	Tut.	Theory	Pract.	Tut.	Total
FEC201	Engineering Mathematics-II	3	--	1*	3	--	1	4
FEC202	Engineering Physics-II	2	--	--	2	--	--	2
FEC203	Engineering Chemistry-II	2	--	--	2	--	--	2
FEC204	Engineering Graphics	2	--	--	2	--	--	2
FEC205	C programming	2	--	--	2	--	--	2
FEC206	Professional Communication and Ethics- I	2	--	--	2	--	--	2
FEL201	Engineering Physics-II	--	1	--	--	0.5	--	0.5
FEL202	Engineering Chemistry-II	--	1	--	--	0.5	--	0.5
FEL203	Engineering Graphics	--	4	--	--	2	--	2
FEL204	C programming	--	2	--	--	1	--	1
FEL205	Professional Communication and Ethics- I	--	2	--	--	1	--	1
FEL206	Basic Workshop practice-II	--	2	--	--	1	--	1
<b>Total</b>		<b>13</b>	<b>12</b>	<b>01</b>	<b>13</b>	<b>06</b>	<b>01</b>	<b>20</b>



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Course Code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned				
		Theory	Pract.	Tut.	Theory	Tut.	Pract.	Total	
FEC206	Professional Communication and Ethics- I	2	--	--	2	--	--	2	
Course Code	Course Name	Examination Scheme							
		Theory					Term Work	Pract. /oral	Total
		Internal Assessment			End Sem. Exam.	Exam. Duration (in Hrs)			
		Test1	Test 2	Avg.					
FEC206	Professional Communication and Ethics- I	10	10	10	40	2	--	--	50

### Objectives

1. To demonstrate the fundamental concepts of interpersonal and professional communication.
2. To encourage active listening with focus on content, purpose, ideas and tone.
3. To facilitate fluent speaking skills in social, academic and professional situations.
4. To train in reading strategies for comprehending academic and business correspondence.
5. To promote effective writing skills in business, technology and academic arenas.
6. To inculcate confident personality traits along with grooming and social etiquettes.

**Outcomes:** Learners will be able to understand how to...

1. Eliminate barriers and use verbal/non-verbal cues at social and workplace situations.
2. Employ listening strategies to comprehend wide-ranging vocabulary, grammatical structures, tone and pronunciation.
3. Prepare effectively for speaking at social, academic and business situations.
4. Use reading strategies for faster comprehension, summarization and evaluation of texts.
5. Acquire effective writing skills for drafting academic, business and technical documents.
6. Successfully interact in all kinds of settings, displaying refined grooming and social skills.

Module	Detailed Contents	Hrs.
1	<b>FUNDAMENTALS OF COMMUNICATION</b>	12
	<b>1.1. Introduction to Theory of Communication</b>	
	<ul style="list-style-type: none"> <li>● Definition</li> <li>● Objectives</li> <li>● Postulates/Hallmarks</li> <li>● The Process of Communication</li> <li>● Organizational Communication <ul style="list-style-type: none"> <li>○ Formal (Upward, Downward and Horizontal)</li> <li>○ Informal (Grapevine)</li> </ul> </li> </ul>	
	<b>1.2. Methods of Communication</b> <ul style="list-style-type: none"> <li>● Verbal (Written &amp; Spoken)</li> <li>● Non-verbal <ul style="list-style-type: none"> <li>○ Non-verbal cues perceived through the five senses: (Visual, Auditory, Tactile, Olfactory and Gustatory cues)</li> <li>○ Non-verbal cues transmitted through the use of: (The Body, Voice, Space, Time and Silence)</li> </ul> </li> </ul>	
	<b>1.3. Barriers to Communication</b> <ul style="list-style-type: none"> <li>● Mechanical/External</li> </ul>	

	<ul style="list-style-type: none"> <li>Physical/Internal</li> <li>Semantic &amp; Linguistic</li> <li>Psychological</li> <li>Socio-Cultural</li> </ul> <b>1.4. Communication at the Workplace</b> <ul style="list-style-type: none"> <li>Corporate Communication - Case Studies</li> <li>Listening Tasks with Recordings and Activity Sheets</li> <li>Short Speeches as Monologues <ul style="list-style-type: none"> <li>Informative Speeches that Center on People, Events, Processes, Places, or Things</li> <li>Persuasive Speeches to Persuade, Motivate or Take Action</li> <li>Special Occasion Speeches for Ceremonial, Commemorative, or Epideictic purposes</li> </ul> </li> <li>Pair-work Conversational Activities (Dialogues)</li> <li>Short Group Presentations on Business Plans</li> </ul>	
2	<b>VERBAL APTITUDE FOR EMPLOYMENT</b> <b>2.1. Vocabulary Building</b> <ul style="list-style-type: none"> <li>Root words (Etymology)</li> <li>Meaning of Words in Context</li> <li>Synonyms &amp; Antonyms</li> <li>Collocations</li> <li>Word Form Charts</li> <li>Prefixes &amp; Suffixes</li> <li>Standard Abbreviations</li> </ul> <b>2.2. Grammar</b> <ul style="list-style-type: none"> <li>Identifying Common Errors <ul style="list-style-type: none"> <li>Subject - Verb Agreement</li> <li>Misplaced Modifiers</li> <li>Articles</li> <li>Prepositions</li> </ul> </li> <li>Tautologies</li> <li>Pleonasm (Redundancies)</li> <li>Idioms</li> <li>Cliches</li> </ul>	02
3	<b>DEVELOPING READING AND WRITING SKILLS</b> <b>3.1. Reading Comprehension</b> <ul style="list-style-type: none"> <li>Long Passages</li> <li>Short Passages</li> <li>MCQs on Inferential Questions with 4 Options</li> </ul> <b>3.2. Summarization of reading passages, reports, chapters, books</b> <ul style="list-style-type: none"> <li>Graphic Organizers for Summaries <ul style="list-style-type: none"> <li>Radial Diagrams like Mind Maps</li> <li>Flow Charts</li> <li>Tree Diagrams</li> <li>Cyclic Diagrams</li> <li>Linear Diagrams like Timelines</li> <li>Pyramids</li> <li>Venn Diagrams</li> </ul> </li> <li>Point-form Summaries</li> <li>One sentence Summaries of Central Idea</li> </ul> <b>3.3. Paraphrasing</b> <ul style="list-style-type: none"> <li>Understanding Copyrights</li> <li>Running a Plagiarism Check on Paraphrased Passages</li> <li>Generating Plagiarism Reports</li> </ul>	02



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	<ul style="list-style-type: none"> <li>• Basic APA and MLA Referencing Style and Format</li> </ul>	
4	<p><b>BUSINESS CORRESPONDENCE</b></p> <p><b>4.1. Seven Cs of Business Correspondence</b></p> <ul style="list-style-type: none"> <li>• Completeness</li> <li>• Conciseness</li> <li>• Consideration</li> <li>• Concreteness</li> <li>• Clarity</li> <li>• Courtesy</li> <li>• Correctness</li> </ul> <p><b>4.2. Parts of a Formal Letter and Formats</b></p> <ul style="list-style-type: none"> <li>• Parts/Elements of a Formal Letter <ul style="list-style-type: none"> <li>o Letterheads and/or Sender's Address</li> <li>o Dateline</li> <li>o Inside Address</li> <li>o Reference Line (Optional)</li> <li>o Attention Line (Optional)</li> <li>o Salutation</li> <li>o Subject Line</li> <li>o Body</li> <li>o Complimentary Close</li> <li>o Signature Block</li> <li>o Enclosures/Attachments</li> </ul> </li> <li>• Complete/Full Block Format</li> </ul> <p><b>4.3. Emails</b></p> <ul style="list-style-type: none"> <li>• Format of Emails</li> <li>• Features of Effective Emails</li> <li>• Language and style of Emails</li> </ul> <p><b>4.4. Types of Letters in Both Formal Letter Format and Emails</b></p> <ul style="list-style-type: none"> <li>• Claim &amp; Adjustment Letters</li> <li>• Request/Permission Letters</li> <li>• Sales Letters</li> </ul>	06
5	<p><b>BASIC TECHNICAL WRITING</b></p> <p><b>5.1. Introduction</b></p> <ul style="list-style-type: none"> <li>• What is Technical Writing?</li> <li>• Importance and Principles of Technical Writing</li> <li>• Difference between Technical Writing &amp; Literary Writing</li> <li>• Framing Definitions</li> <li>• Difference between Technical Description &amp; Instructions</li> </ul> <p><b>5.2. Description of a Technical Object</b></p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Diagram</li> <li>• Discussion of Parts/Characteristics</li> </ul> <p>Working</p> <p><b>5.3. Writing User Instructions</b></p> <ul style="list-style-type: none"> <li>• User Instructions</li> <li>• Special Notices (Note, Warning, Caution and Danger)</li> <li>• Styles of Presentation <ul style="list-style-type: none"> <li>o Impersonal</li> <li>o Indirect</li> <li>o Direct</li> </ul> </li> <li>• Imperative</li> </ul> <p><b>5.4. Description of a Technical / Scientific Process</b></p>	02



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	<ul style="list-style-type: none"> <li>Definition</li> <li>Diagram</li> <li>Tools/ Apparatus/Software/ Hardware Used</li> <li>Working</li> <li>Result</li> </ul>	
6	<b>PERSONALITY DEVELOPMENT AND SOCIAL ETIQUETTES</b> <b>6.1. Personality Development</b> <ul style="list-style-type: none"> <li>Introducing Self and/or a Classmate</li> <li>Formal Dress Code</li> </ul> <b>6.2. Social Etiquettes</b> <ul style="list-style-type: none"> <li>Formal Dining Etiquettes</li> <li>Cubicle Etiquettes</li> <li>Responsibility in Using Social Media</li> <li>Showing Empathy and Respect</li> <li>Learning Accountability and Accepting Criticism</li> <li>Demonstrating Flexibility and Cooperation</li> <li>Selecting Effective Communication Channels</li> </ul>	02

### **Assessment:**

#### **Internal Assessment Test:**

Assessment consists of two class tests of 10 marks each.

**TEST I** -Public speech on general topics (Maximum 5 mins. per student)

**TEST II** - Written test covering modules I - 6

The second test should be based on theory and application exercises as mentioned in the syllabus. (Note: Summarization should be a compulsory question in Test II and not in the End Semester Theory Examination.)

#### **End Semester Theory Examination:**

1. Question paper will comprise of total 06 questions, each carrying 15marks.
2. Total 04 questions need to be solved.
3. Question No: 01 will be compulsory and based on entire syllabus wherein sub-questions of 2 to 5 marks will be asked.
4. Remaining questions will be mixed in nature.( e.g. Suppose Q.2 has part (a) from module3 then part (b) will be from any module other than module 3)
5. In question paper weightage of each module will be proportional to number of respective lecture hours as mentioned in the syllabus
6. The first module (Fundamentals of Communication) will carry 40 % weightage.

#### **Text Books.**

1. Sanjay Kumar & Pushp Lata (2018). Communication Skills with CD. New Delhi: Oxford University Press.
2. Hemphill, P.D., McCormick, D. W., & Hemphill, R. D. (2001). Business Communication with writing improvement exercises. Upper Saddle River, NJ. Prentice Hall.
3. Locker, Kitty O. Kaczmarek, Stephen Kyo. (2019). Business Communication: Building Critical Skills. Place of publication not identified: Mcgraw-hill.
4. Murphy, H. (1999). Effective Business Communication. Place of publication not identified: Mcgraw-Hill.
5. Raman, M., & Sharma, S. (2016). Technical Communication: Principles and practice. New Delhi: Oxford University Press.

University of Mumbai, First Year Engineering, (Common for all Branches of Engineering) REV2019 "C" Scheme 50/61

Business Communication & Ethics is being included in Sem V of all branches viz. Computer Engineering, Information Technology, Electronics & Telecommunication, Chemical Engineering, Biomedical Engineering serving same Curriculum for the fore-mentioned branches of Engineering. Hence, one Syllabus copy of Computer Engineering is being given for reference.



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# Curriculum for Business Communication & Ethics



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Course Code	Course/Subject Name	Credits
CPL502	<b>Business Communication &amp; Ethics</b>	<b>2</b>

**Objectives:**

1. To inculcate in students professional and ethical attitude, effective communication skills, teamwork, skills, multidisciplinary approach and an ability to understand engineer's social responsibilities.
2. To provide students with an academic environment where they will be aware of the excellence, leadership and lifelong learning needed for a successful professional career.
3. To inculcate professional ethics and codes of professional practice
4. To prepare students for successful careers that meets the global Industrial and Corporate requirement' provide an environment for students to work on Multidisciplinary projects as part of different teams to enhance their team building capabilities like leadership, motivation, teamwork etc.

**Outcomes:** A learner will be able to .....

1. communicate effectively in both verbal and written form and demonstrate knowledge of professional and ethical responsibilities
2. Participate and succeed in Campus placements and competitive examinations like GATE, CET.
3. Possess entrepreneurial approach and ability for life-long learning.
4. Have education necessary for understanding the impact of engineering solutions on Society and demonstrate awareness of contemporary issues.

Module	Detailed Contents	Hrs.
<b>01</b>	<b>Report Writing</b> 1.1 Objectives of report writing 1.2 Language and Style in a report 1.3 Types of reports 1.4 Formats of reports: Memo, letter, project and survey based	08
<b>02</b>	<b>Technical Proposals</b> 2.1 Objective of technical proposals 2.2 Parts of proposal	02
<b>03</b>	<b>Introduction to Interpersonal Skills</b> 3.1 Emotional Intelligence 3.2 Leadership 3.3 Team Building 3.4 Assertiveness 3.5 Conflict Resolution 3.6 Negotiation Skills 3.7 Motivation 3.8 Time Management	08
<b>04</b>	<b>Meetings and Documentation</b> 4.1 Strategies for conducting effective meetings 4.2 Notice 4.3 Agenda	02



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	4.4 Minutes of the meeting	
<b>05</b>	<b>Introduction to Corporate Ethics and etiquettes</b> 5.1 Business Meeting etiquettes, Interview etiquettes, Professional and work etiquettes, Social skills 5.2 Greetings and Art of Conversation 5.3 Dressing and Grooming 5.4 Dining etiquette 5.5 Ethical codes of conduct in business and corporate activities (Personal ethics, conflicting values, choosing a moral response, the process of making ethical decisions)	<b>02</b>
<b>06</b>	<b>Employment Skills</b> 6.1 Cover letter 6.2 Resume 6.3 Group Discussion 6.4 Presentation Skills 6.5 Interview Skills	<b>06</b>

### List of Assignment:

1. Report Writing (Synopsis or the first draft of the Report)
2. Technical Proposal (Group activity, document of the proposal)
3. Interpersonal Skills (Group activity and Role play)
4. Interpersonal Skills ( Documentation in the form of soft copy or hard copy)
5. Meetings and Documentation ( Notice, Agenda, Minutes of Mock Meetings)
6. Corporate ethics and etiquettes (Case study, Role play)
7. Cover Letter and Resume
8. Printout of the PowerPoint presentation

### Term Work:

Term work shall consist of all assignments from the list. The distribution of marks for term work shall be as follows:

- Assignments: ..... (20) Marks.
- Project Report Presentation..... (15) Marks.
- Group Discussion..... (10) Marks.
- Attendance .....(05) Marks
- TOTAL: ..... (50) Marks.**

The final certification and acceptance of term work ensures the satisfactory performance of work assigned and minimum passing in the term work.



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**Program Structure for  
TE Biomedical Engineering  
University of Mumbai  
(With effect from academic year 2018 - 19)**

**Scheme for Semester V**

Course Code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned			
		Theory	Practical	Tutorial	Theory	Practical	Tutorial	Total
BMC501	Diagnostic & Therapeutic Instruments	04	----	----	04	----	----	04
BMC502	Analog and Digital Circuit Design	04	----	----	04	----	----	04
BMC503	Principles of Communication Engineering	04	----	----	04	----	----	04
BMC504	Biomedical Digital Signal Processing	04	----	----	04	----	----	04
BMDLO501X	Department Level Optional Course – I	04	----	----	04	----	----	04
BML501	Business Communication and Ethics	----	02*+02	----	----	02	----	02
BML502	Diagnostic and Therapeutic Instruments	----	02	----	----	01	----	01
BML503	Integrated and Communication Circuit Design	----	02	----	----	01	----	01
BML504	Biomedical Digital Signal Processing	----	02	----	----	01	----	01
BMDLL501X	Department Level Optional Course Laboratory – I	----	02	----	----	01	----	01
Total		20	12	----	20	06	----	26

**University of Mumbai  
Program Structure for B.E. Biotechnology (Revised 2016)  
T.E. Semester V (w.e.f 2018-2019)**

Course code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned			Total
		Theory	Practical	Tutorial	Theory	Practical	Tutorial	
BTC501	Bioinformatics	4	-	-	4	-	-	4
BTC502	Genetic Engineering	4	-	-	4	-	-	4
BTC503	Thermodynamics and Biochemical Engineering	3	-	1	3	-	1	4
BTC504	Bioreactor Analysis and Technology	3	-	1	3	-	1	4
BTC505	Business Communication and Ethics	2	-	2	-	-	2	2
BTE501X	Elective I	3	-	1	3	-	1	4
BTL501	Bioinformatics Lab	-	2	-	-	1	-	1
BTL502	Genetic Engineering Lab		3			1.5		1.5
BTL503	Lab I		3			1.5		1.5
	<b>Total</b>	<b>17</b>	<b>12</b>	<b>3</b>	<b>17</b>	<b>6</b>	<b>3</b>	<b>26</b>



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**University of Mumbai**  
**Program Structure for B.E. Chemical Engineering (Revised 2016)**  
**T.E. Semester V (w.e.f 2018-2019)**

Course code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned			Total
		Theory	Practical	Tutorial	Theory	Practical	Tutorial	
CHC501	Computer programming and Numerical Methods	4	-	-	4	-	-	4
CHC502	Mass transfer Operations-I (MTO- I)	4	-	-	4	-	-	4
CHC503	Heat transfer Operations (HTO)	4	-	-	4	-	-	4
CHC504	Chemical Reaction Engineering-I (CRE I)	4	-	-	4	-	-	4
CHC505	Business Communication & Ethics	2	-	2	-	-	2	2
CHDE501X	Department Elective I	4	-	-	4	-	-	4
CHL501	Computer programming and Numerical Methods lab	-	2	-	-	1	-	1
CHL502	Chemical Engineering Lab IV (MTO-I)	-	3	-	-	1.5	-	1.5
CHL503	Chemical Engineering Lab V (HTO)	-	3	-	-	1.5	-	1.5
CHL504	Chemical Engineering Lab VI (CRE-I)	-	2	-	-	1	-	1
Total		20	14	-	20	5	2	27

**Program Structure for**  
**B.E. Electronics & Telecommunication Engineering (Rev. 2016)**  
**University of Mumbai (With Effect from 2017-2018)**  
**Semester V**

Course Code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned		
		Theory	Pracs	Tut	Theory	TW/ Pracs	Total
ECC501	Microprocessor & Peripherals Interfacing	4	-	-	4	-	4
ECC502	Digital Communication	4	-	-	4	-	4
ECC503	Electromagnetic Engineering	4	-	1@	4	1	5
ECC504	Discrete Time Signal Processing	4	-	-	4	-	4
ECCDLO 501X	Department Level Optional Course I	4	-	-	4	-	4
ECL501	Microprocessor & Peripherals Interfacing Lab	-	2	-	-	1	1
ECL502	Digital Communication Lab	-	2	-	-	1	1
ECL503	Business Communication & Ethics Lab	-	2+2*	-	-	2	2
ECL504	Open Source Technology for Communication Lab	-	2	-	-	1	1
ECLDLO 501X	Department Level Optional Lab I	-	-	2#	-	1	1
Total		20	10	3	20	7	27



**University of Mumbai**

**Program Structure B.E. Information Technology, (Rev. 2016)**

**T. E. Information Technology (Semester-V)**

Course Code	Course Name	Teaching Scheme (Contact Hours)			Credits Assigned			
		Theory	Pract	Tut	Theory	TW/Pract	Tut	Total
ITC501	Microcontroller and Embedded Programming	4	-	-	4	-	-	4
ITC502	Internet Programming	4	-	-	4	-	-	4
ITC503	Advanced Data Management Technology	4	-	-	4	-	-	4
ITC504	Cryptography & Network Security	4	-	-	4	-	-	4
ITDLO-I	Department Level Optional Course-I	4	-	-	4	-	-	4
ITL501	Internet Programming Lab	-	2	-	-	1	-	1
ITL502	Security Lab	-	2	-	-	1	-	1
ITL503	OLAP Lab	-	2	-	-	1	-	1
ITL504	IOT (Mini Project) Lab	-	2	-	-	1	-	1
ITL505	Business Communication and Ethics	-	2+2*	-	-	2	-	2
	<b>Total</b>	<b>20</b>	<b>14</b>	<b>-</b>	<b>20</b>	<b>7</b>	<b>-</b>	<b>26</b>



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**1.3.1 Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability into the Curriculum**

Sr. No	Activity Name
1	Women's Day Celebration
2	Independence Day Celebration
3	Republic Day Celebration
4	Yoga Day Celebration



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# Women's Day Celebration



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Bandra (W), Mumbai - 400 050.



WOMEN DEVELOPMENT CELL PRESENTS A  
WEBINAR ON

# "Sustainable Menstrual Products" -need of the day

*Menstrual Education needs an Upgrade!*



**Convener**

**Dr. G. T. Thampi**  
(Principal, TSEC)

**Co-ordinator**

**Dr. Elizabeth Joseph**  
(Associate Professor,  
Chemical Dept., TSEC)



**8th March '21**



**10:00 am**

**Join us on MS teams**

Dr. G. T. Thampi  
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## **Anuja Sawant**

**ENVIRONMENTAL & SUSTAINABILITY CONSULTANT**

*For more than 6 years, she has been offering an array of eco-socio sustainability services in India & worldwide as a consultant, a service provider, a freelancer, an adviser, and an active partner.*

 **Registration link: <http://bit.ly/3qYCMvp>** 

**Switch to reusables & recyclables, ecologically-  
conscious ladies!"**

**Free registration & Open for all!**



## THADOMAL SHAHANI ENGINEERING COLLEGE

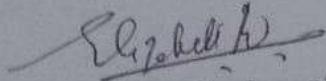
22<sup>nd</sup> Oct 2019

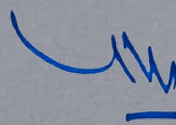
2

Dear Chaitali Dutta,

On behalf of the "Women Development Cell"(W.D.C) I would like to thank you for the lecture delivered on the 18<sup>th</sup> Oct 2019 at the Thadomal Shahani Engineering College. The presentation on the topic; "Women, Engineering and Industry Sustainability" was highly motivational and has given a pathway for women desiring to follow their career in engineering.

The information through your many decades of experience with ONGC has inspired the audience. We wish you all the best in your endeavors to train and equip women to excel in their career.

  
Dr. Elizabeth Biju Joseph  
Convener (W.D.C)  
T.S.E.C

  
Dr. G. T. Thampi  
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Thadomal Shahani Engineering College  
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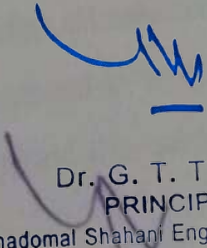


28 Sept.2019

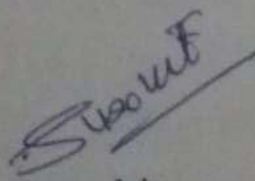
## WOMEN DEVELOPMENT CELL


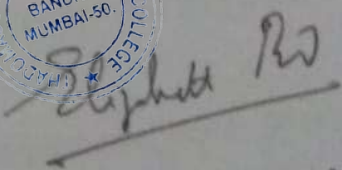
A guest lecture is arranged on "Women ,Engineering and Industry sustainability"

Speaker Ms. Chaitali Dutta  
(Former General Manager,O.N.G.C)  
Date 18<sup>th</sup> Oct.2019  
Time 11.30 A.M-1.00P.M  
Venue Seminar Hall (O.B)  
Who should attend All women staff and Girl Students

  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai -400 050.


Dr.G.T. Thampi  
(Principal)

  
Dr.S.J.Purohit  
(Prof. in Chemical Engg)

  
  
Dr.Elizabeth Joseph  
(Convener-W.D.C)

## Women's Day:



  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.







Dr. G. T. Thampi  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.



# Independence Day Celebration



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

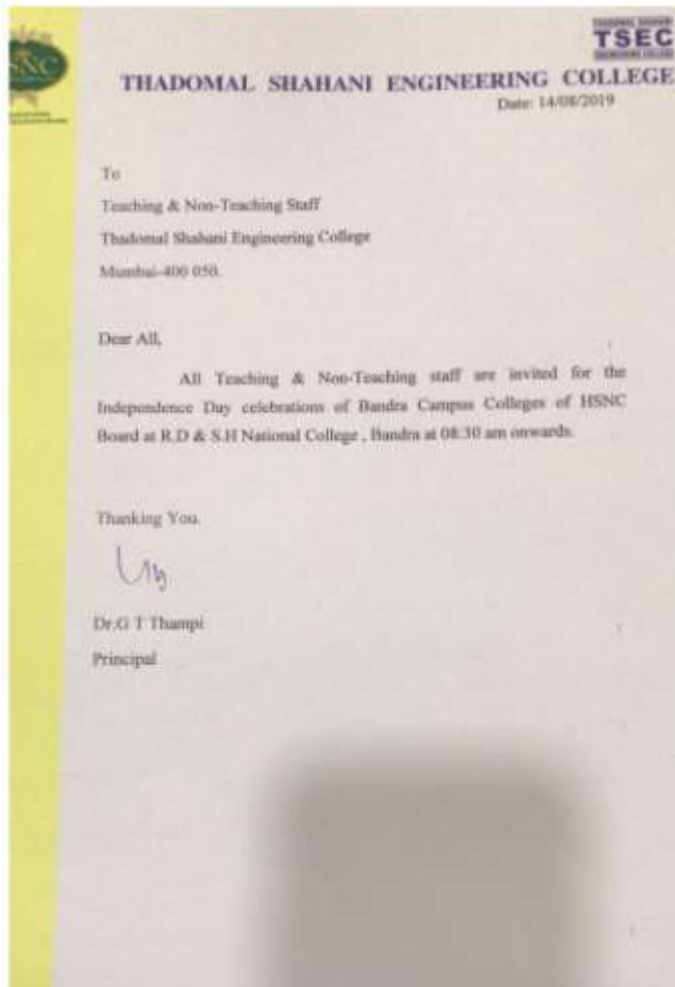


## Independence Day:



  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





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**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai -400 050.





**Republic Day:**



**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.







## **NATIONAL SERVICE SCHEME (NSS)**

# **THADOMAL SHAHANI ENGINEERING COLLEGE**

## **Independence Day Celebrations**

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





# INDEPENDENCE DAY

Date: 15.08.16

110 volunteers had come.

Remembrance to those fighters who laid down their lives so that our country could breathe this day. Never forget their sacrifice.

Volunteers got to know the importance of this day and how you should keep the patriotic feeling ON for INDIA.



Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.







# INDEPENDENCE DAY

**Date: 15.08.17**

80 student volunteers attended.

5 teachers; 6 Staff.

Remembrance to those fighters who laid down their lives so that our country could breathe this day. Never forget their sacrifice.

Volunteers got to know the importance of this day and how you should keep the patriotic feeling ON for INDIA



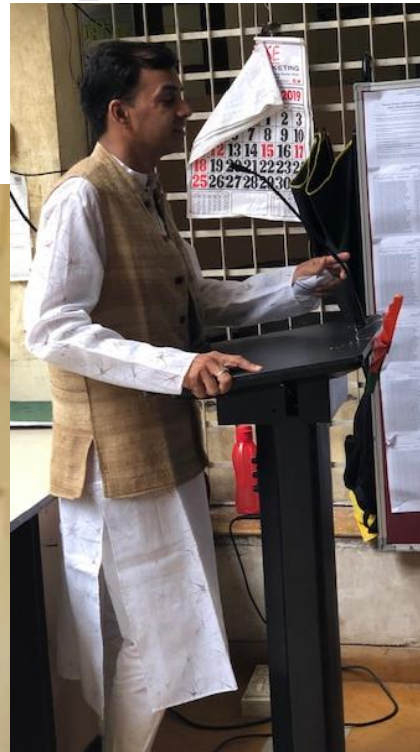
**Dr. G. T. Thampi**  
**PRINCIPAL**


Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





# Independence Day 15/8/2019



  
**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





# Independence Day 15/8/2019

## Student's Performances



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



# Independence Day 15/8/2019

## Principal; Guests and speeches



Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra (W), Mumbai-400 050.



# Independence Day 15/8/2019

## Teachers & Students



*Sachit G. Nalaskar*

Sachit G. Nalaskar  
(P.O., NSS-TSEC)

Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



## **NSS-TSEC**

**National Service Scheme Unit** (Affiliated to the Mumbai University) **Thadomal Shahani Engineering College**

P.G. Kher Marg, TPS III, Bandra (W), Mumbai-400050

Ph.:022-26495808, Extn: 2501/2401 (E-mail:nsstsec2021@gmail.com)



**Date: August 15, 2020**

Every year, the Independence Day is celebrated with great patriotism by conducting cultural programs in TSEC campus. But due to COVID19 Pandemic, **74th Independence Day** was celebrated in an innovative manner by **NSS-TSEC**.

The flag hoisting ceremony was conducted at TSEC Campus in the presence of Principal and faculty members following the standard protocol and taking proper measures to address the pandemic. For the students of TSEC, an online webinar was organized, paying respect to the Soldiers and Farmers of our country. The online and physical celebration was possible with strong support of the Principal, enthusiastic Teachers and Students.

On 15th August 2020, **NSS-TSEC** organized a webinar titled "**JAI JAWAN JAI KISAN**" with strong support from the Principal, the Program Officers of NSS-TSEC, Teachers of TSEC and Students. The webinar was conducted on Google Meet Application, the duration of which was 180 minutes.

The webinar was graced by two prominent speakers namely **Brigadier Sudhir Sawant**, Active supporter of Natural Farming Movement (SPNF) and **Mrs. Anuradha Prabhudesai**, Founder, **Lakshya Foundation**. The speakers gave an insightful talk about the armed forces and occupation of farming.

The first speaker for the webinar was **Brigadier Sudhir Sawant**, who has authority in almost every field viz Defense, Politics, Education and Agriculture. Brigadier Sawant, enlightened the participants with his experiences in the Armed Forces and connected the dots between soldiers and the farming occupations. He talked about women equality and women empowerment by giving historical references about Rani Laxmibai of Jhansi and examples about induction of women in the Indian Armed Forces. Being an active member in the field of agriculture, he made awareness about natural farming among the participants and gave his perspective about farming revolution in India. He concluded his speech by motivating and guiding the students on how they could revolutionize in the field technology, farming, defense and military sectors to make India a prosperous nation in the future.

The second speaker for the webinar was **Mrs. Anuradha Prabhudesai**, a social reformer, committed to the cause of creating awareness of the bravery of our soldiers among the civilians. Due to unforeseen circumstances, she was unable to be present at the webinar. Being a TEDx speaker she gave us a recorded video which was presented to all the



participants. In that speech, she spoke about her journey from being a human with "I" attitude to understanding the reality of soldiers life and purpose of forming Lakshya Foundation. She gave many real life examples about the struggles and hardships of soldiers in the Indian Armed Forces. She also spoke about her experiences with jawans with whom she had interacted by visiting forward posts, parade functions, memorials etc. In conclusion, participants were made aware about the significance of soldiers in their life.

The webinar was patriotic and informative. It enlightened the participants through real life stories of soldiers and farmers and personal experiences of our esteemed speakers. All the participants showed patience and active participation during the webinar. The total number of participants were **124**. ( '**57**' Female Volunteers, '**67**' Male Volunteers). 11 Faculty members from TSEC, also participated in this celebration.

NSS-TSEC is highly obliged towards the Principal, **Dr. G.T. Thampi** and the Program Officers **Prof. Sachit Nalaskar** and **Dr. Gauri Shukla** for their constant help through guidance, instant approvals to all the necessities and motivation to conduct such events. We are thankful towards **Brigadier Sudhir Sawant** for giving his valuable time to enlighten our students and faculty with his inspiring speech. We are also grateful towards **Mrs. Anuradha Prabhudesai** and Lakshya Foundation for providing the recorded video and communicating with us throughout so that we could offer valuable insights to the participants. We would also like to thank **Sonal Shroff** ma'am, faculty of TSEC for connecting us with Mrs. Anuradha Prabhudesai and helping us with the scripting of the webinar.

**Attended by 124 participants**



**Hours allotted:** 3 hours

**Venue:** Google Meet



Sachit G. Nalaskar  
(P.O., NSS-TSEC)

Dr. G.T. Thampi  
(Principal)



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

## Glimpses and Publicity material of the Events conducted



THADOMAL SHAHANI  
**TSEC**  
ENGINEERING COLLEGE

# Speakers For Our Webinar



**Brigadier Sudhir Sawant**  
Active Supporter of Natural  
Farming Movement (SPNF)



**Mrs. Anuradha Prabhudesai**  
Founder  
(Lakshya Foundation)

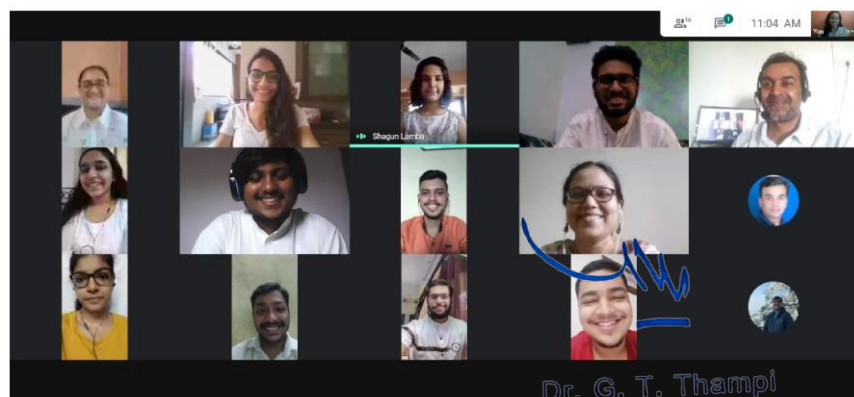
Time: 9:30 am

Date: 15th August, 2020

Join By: Google meet  
#NSS\_TSEC



THADOMAL SHAHANI  
**TSEC**  
ENGINEERING COLLEGE



**Dr. G. T. Thampi**  
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#NSS\_TSEC

Ishneet Kaur is presenting

Jana Gana Mana (HD)#National Anthem#Lyrics - Best National Anthem Song Sunil Rawat(SR)

Pause (k)

Meeting details

Turn on captions

Ishneet Kaur is presenting

Meeting details

People (44)

Chat

- Dipesh Thakur
- Dr. Gauri Shukla
- Fenil Patel
- Ishita Tarnekar
- Ishneet Kaur (Presentati...
- Ishneet Kaur
- Ishneet Kaur Alag
- Jeet Prajapati

THADOMAL SHAHANI  
**TSEC**  
ENGINEERING COLLEGE

Ishneet Kaur is presenting

Jana Gana Mana (HD)#National Anthem#Lyrics - Best National Anthem Song Sunil Rawat(SR)

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Meeting details

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- Ishneet Kaur Alag
- Jeet Prajapati

THADOMAL SHAHANI  
**TSEC**  
ENGINEERING COLLEGE

#NSS\_TSEC

Meeting details

People (44)

Chat

Sachit Nalaskar 10:14 AM  
Thank you so much Sir for your inspiring talk!

Nagaveni Hebbar 10:14 AM  
Thank you sir. Happy independence day to everyone !!

Abhishek Biswas 10:15 AM  
Thank you sir!!

Manisha Dumbre 10:18 AM  
Thank you Sir

Rupali Sarode 10:19 AM  
Thank u sir

Send a message to everyone

Shagun Lamba

Vaidehi Mangala...

Rupali Sarode

Sachit Nalaskar

Ishneet Kaur Alag

Ishneet Kaur

JUZER Sangotwa...

Prasad Pakhurde

Fenil Patel

Chaitanya Patil

Parth Dhila

Ratnesh patil

Ujwala Ingle

Ritwik Vaidya

Vaishnavi Rasam

Jeet Prajapati

Meeting details

Turn on captions

Present now

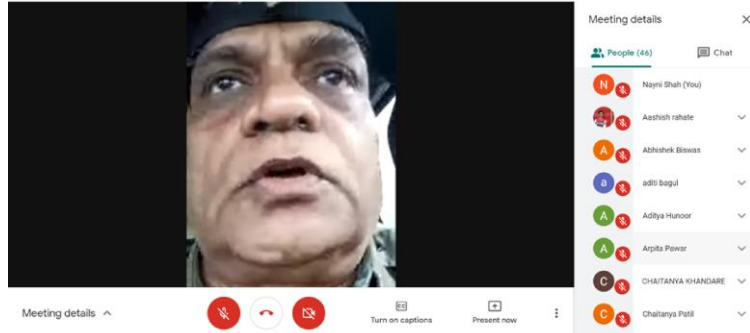
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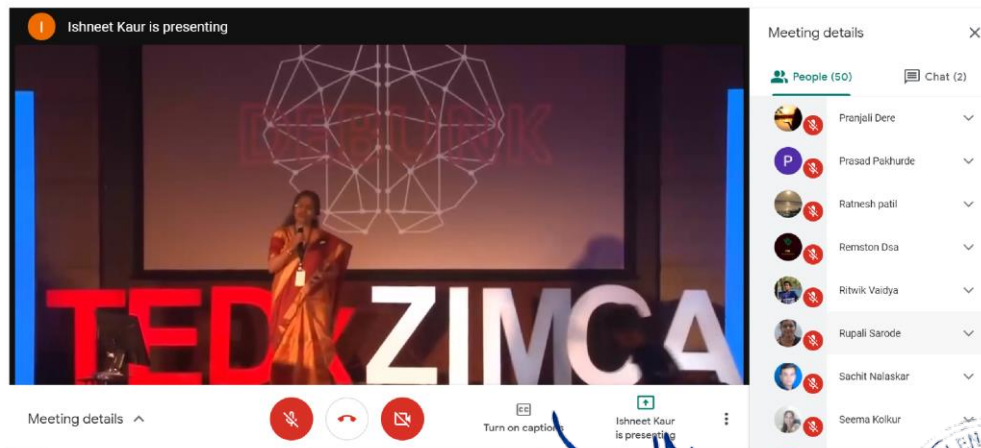
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*"Farming isn't a battle against nature, but a partnership with it. It is respecting the basics of nature in action and ensuring that they continue."*  
- Jeff Koehler

#NSS\_TSEC





## Jai Jawan Jai Kisan

On The Occasion Of Independence Day NSS-TSEC Presents You  
A Webinar Paying Respect To Farmers And Soldiers







**Speakers:**

Brigadier Sudhir Sawant  
Mrs. Anuradha Prabhudesai



*"Let us honor every patriot, because, without them, freedom would not have existed. What they did, we can never repay."*



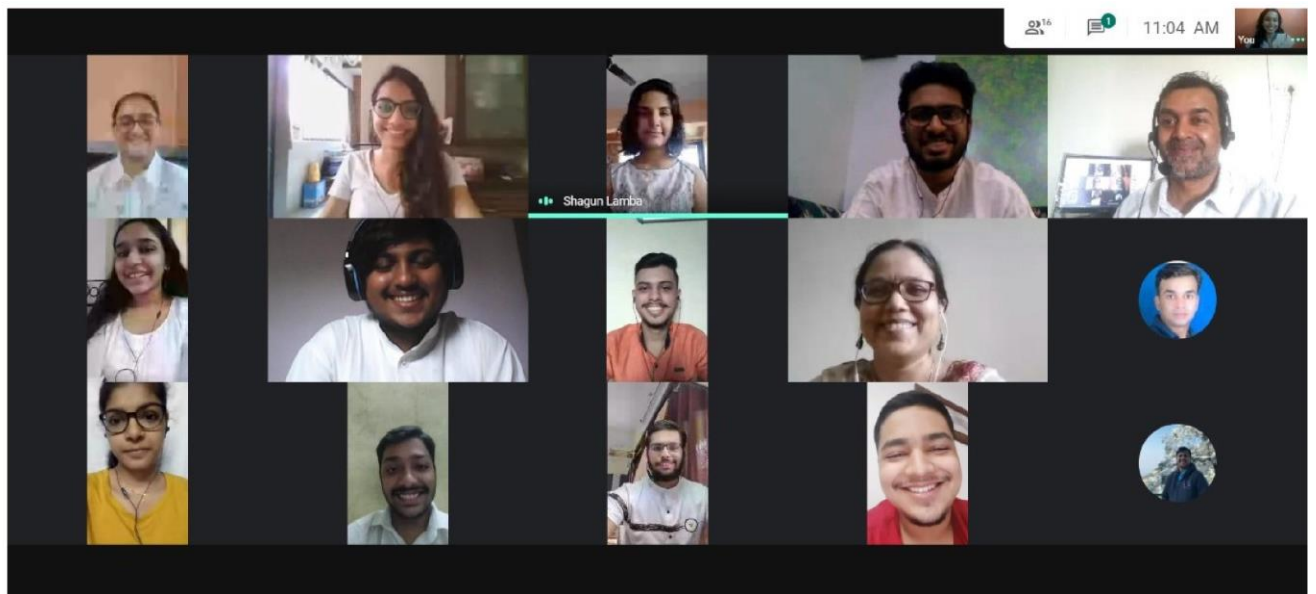
Dr. G. T. Thampi  
**PRINCIPAL**





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**PRINCIPAL**  
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**A Report**  
**On**  
**73<sup>rd</sup> Independence Day Celebration in TSEC**

Today on 15<sup>th</sup> August 2019, Hyderabad Sind National Collegiate Board (HSNCB) celebrated 73<sup>rd</sup> Independence Day of India by Tricolor hoisting in the common campus of four of its Institutions namely, R.D. & S.H. National College, Thadomal Shahani Engineering College, Law College and M.M.K. College.

The chief guests, Sr. Inspectors from Bandra Police station, The principals of all the 4 colleges, NSS Program officers, teachers, non-teaching staff and around 500 students participated in the celebration.

Thadomal Shahani Engineering College has conducted the program in our campus as per the following after the Tricolor was hoisted followed by the National Anthem sung by around 550 people.

1. Ms. Yugashree Chaudhary, NSS student volunteer anchored the event throughout by welcoming the dignitaries and students present.
2. A Musical Performance, “Shor in the city” performed by TSEC College band.
3. A Patriotic poem is sung by Purnima Chabbria.
4. Harsh Nahar sang a song while playing guitar.
5. Jeet Lahoti sang another patriotic poem.
6. A combine performances of Guitar playing by Siddhesh Warke, singing by Chirag Jain while Piyusha Jawale painted a speed painting simultaneously on the patriotic theme.



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All the present participants were provided with snack refreshments.

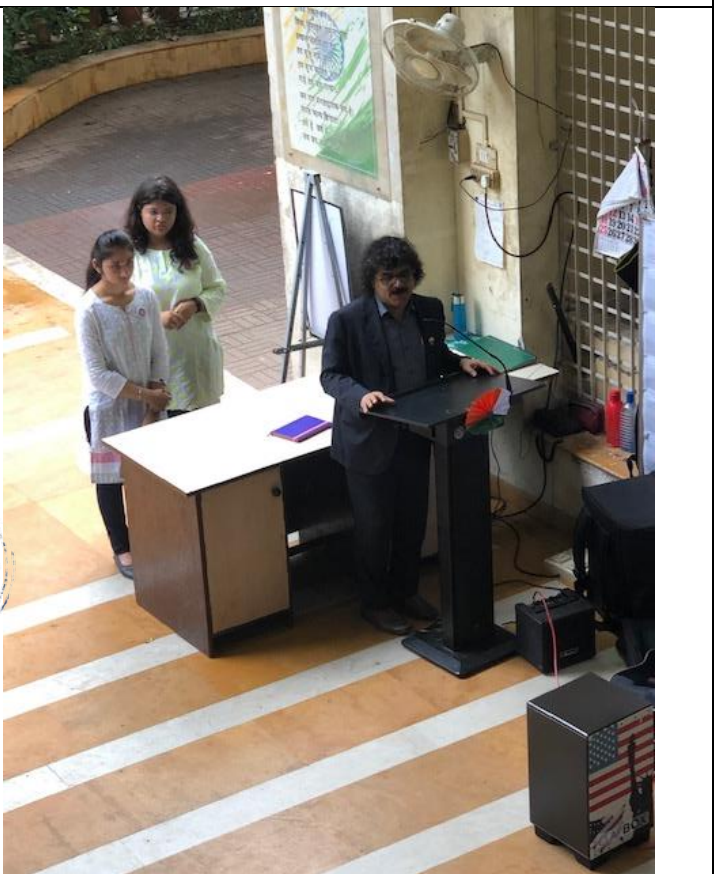
Ms. Yugashree concluded the program by vote of thanks.



Sachit G. Nalaskar  
(P.O., NSS-TSEC)

Dr. G.T. Thampi  
(Principal)

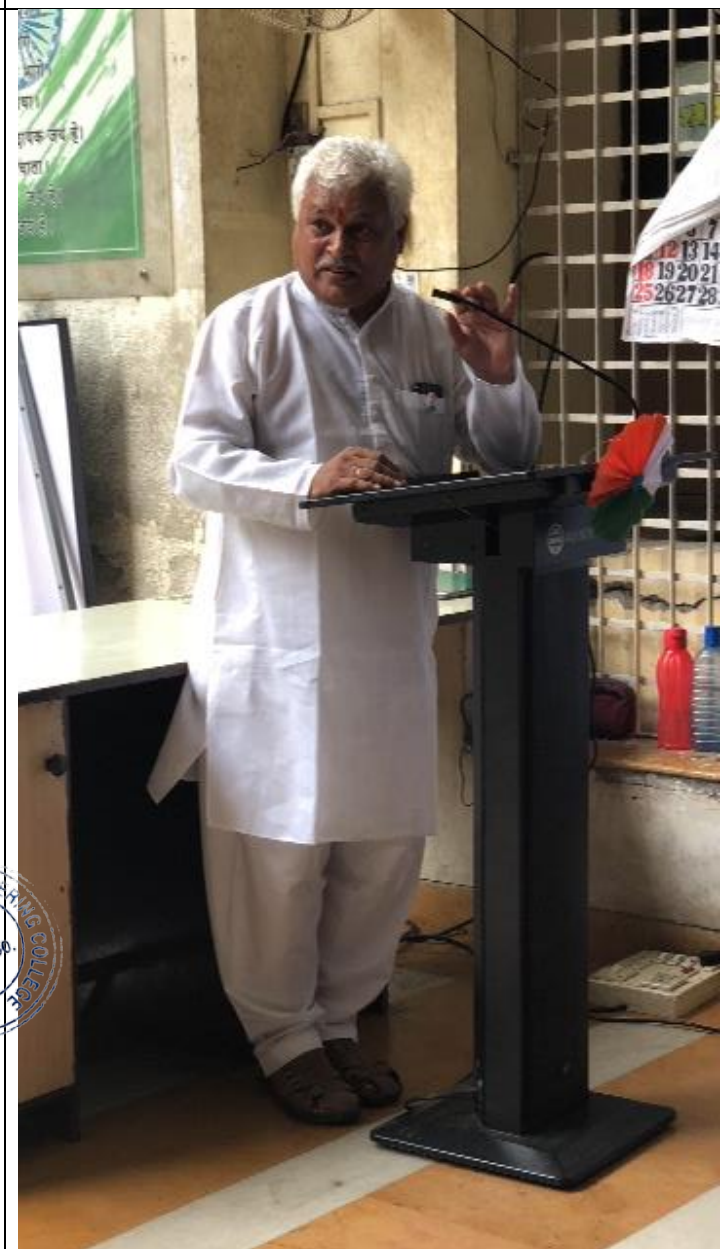
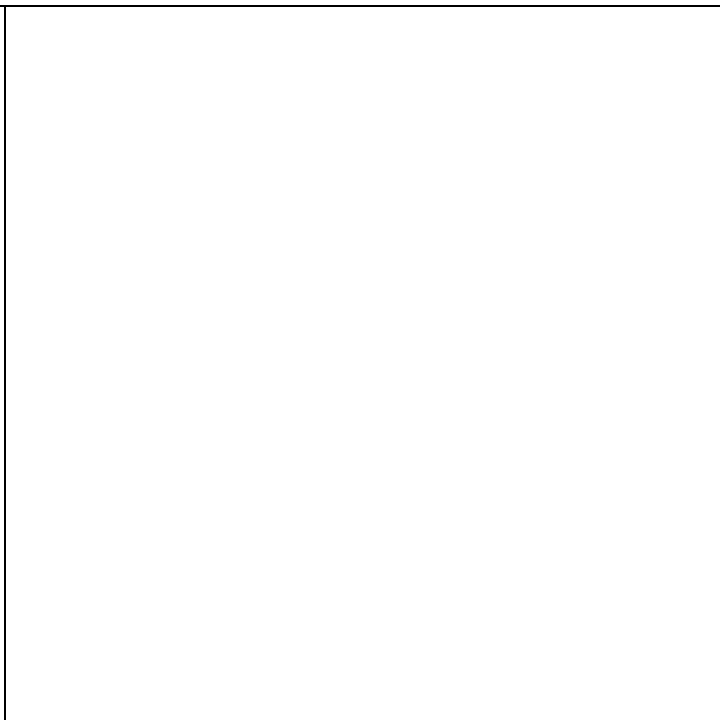




**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.







A blue handwritten signature of Dr. G. T. Thampi.

**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai-400 050.







**Dr. G. T. Thampi**  
**PRINCIPAL**  
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Bandra (W), Mumbai -400 050.





# Republic Day Celebration



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





## THADOMAL SHAHANI ENGINEERING COLLEGE

21/01/2021

### Republic Day Invitation

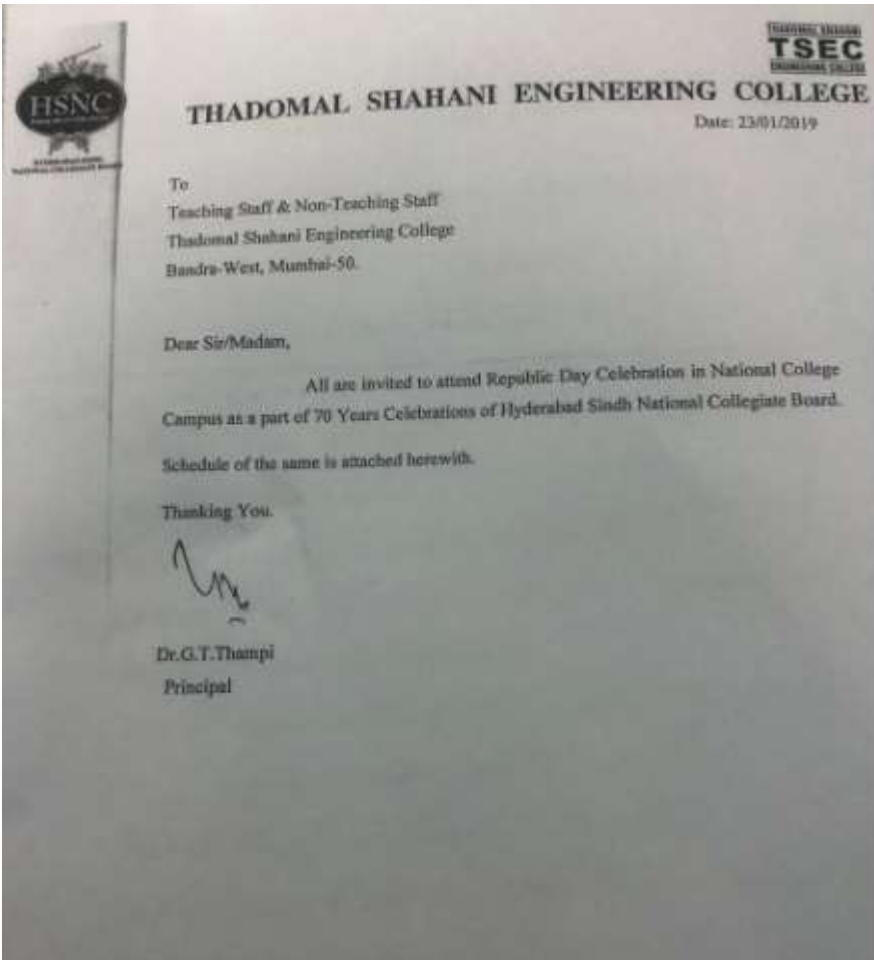
The 72<sup>nd</sup> Republic Day of our country will be celebrated on Tuesday, 26<sup>th</sup> January at 9 AM in TSEC campus. All teaching and nonteaching faculty are requested to attend the flag hoisting function.

Jai Hind

Dr. G. T. Thampi  
Principal

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





Dr. G. T. Thampi  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.







**Dr. G. T. Thampi**  
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 Bandra (W), Mumbai - 400 050.



# Yoga Day Celebration



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



## Yoga Day:

2017-2018



Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.







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PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





Dr. G. T. Thampi  
PRINCIPAL  
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2016-2017



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**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.





2020-2021



**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai-400 050.





Dr. G. T. Thampi  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.





Presents

**‘आरोग्यम् धनसंपदा’** *Let us redefine Health*

## Report on International Day of Yog (IDY'21)

NAMASKAR !

In the view of 7th International Day of Yog (IDY'21) following activities were conducted before and on 21<sup>st</sup> June 2021. The whole week was celebrated in TSEC by taking efforts of the NSS-TSEC team, Strong support of the Principal, enthusiastic Teachers, Staff & Students.

IDY is celebrated in TSEC every year by conducting various yog training conducted by various organisations from yoga and spirituality. TSEC has been associated with these organisations to give authentic yog training programs.

During the present Covid-19 pandemic, the yog training created a very much importance and the relevance to build physical immunity and the peace of mind among students, teachers and their families for the wellbeings. TSEC associated with various organizations like, Art of Livings, ISHA, Nisargopchar Kendra, Vadodara, Kaivalyadhama, etc. with the help of our regulatory body AICTE and Ministry of Youth & Sports, Ministry of Education, etc.

*Dr. G. T. Thampi*  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

All the activities were conducted in order to create more awareness and hands on training on simple Yogic practices. More stress was given on the Kriyas necessary to keep general health, immunity boosting and preventive health to fight against respiratory viral infections.

### 1. 3 day “Free Health Workshop”

A three day “Free Health Workshop” conducted by “The Art of Living” during 16 – 18 June 2021 for the faculty of TSEC. Senior Teacher from The Art of Living has conducted the workshop. Simple Asanas, Pranayama and Guided Meditation were conducted. “Brilliant Breathing Technique” was also conducted.

28 faculty members had registered for this 3 day workshop.

### 2. “Immunity Boosting Webinar”

“Immunity Boosting Webinar” is conducted by Isha for the Students and the faculty (staff) of TSEC on 21<sup>st</sup> June 2021.

The Modules were specially designed by Sadhguru, founder of Isha Foundation. Mr. Manal Salesha, *Yoga-Veera* from Isha conducted the webinar. Support from NSS-TSEC students’ team, NSS Program Officers, Sachit Nalaskar & Dr Gauri Shukla coordinated the whole event.

Sashtanga; Simha Kriya; Makarasana & Chit Shakti guided meditation was conducted for the participants. All participants gave a very good feedback. 95% gave 4 to 5 points on a scale of 1 to 5.

Total 80 participants including staff & students attended the webinar, and also performed all the practices and meditation.

### 3. “QUIZ on Yoga”

“QUIZ on Yoga” conducted on 21<sup>st</sup> June 2021 for faculty & students of TSEC.

50 students has participated in the Quiz on Yoga and attained satisfactory marks.

3 Top scorers are declared among the participants.

### 4. “AAROGYAM DHANASAMPADA” Let us redefine Health

During this Yoga week celebration and for past few months, NSS-TSEC has initiated “AAROGYAM DHANASAMPADA” *Let us redefine Health* theme under which all the needed information from our collaborated resources were emanated to help build general health and prepare all to fight against the Covid-19 infections. Information’s on healthy habits, immunity boosting medicinal herbs, updates on all Health related webinars happening, Medial practitioners Health consultations, Helplines, were shared.

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



During the Webinars conducted, all the Participants showed patience & enthusiasm during the sessions. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal wellbeing. They also suggested/requested conducting such Yog & wellbeing practices in the Institute on regular/daily basis as it helps in an individual’s performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event.

The Following faculty of TSEC have initiated & coordinated all the above programs, who are trained in Yoga from respective Institutions.

A) Sachit Nalaskar, Asst. Prof. in Mechanical Engg., Program Officer, NSS.

He is trained in Upa Yoga & Shambhavi Maha Mudra from Isha Foundation and a regular practitioner; CYP trained from Kaivalyadhama. CYP training was conducted with the help of the Ministry of AYUSH in the year 2016. Since then, IDY is celebrated in TSEC every year.

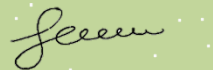
B) Dr Gauri Shukla, Asst. Prof. in Biomedical Engg., Program Officer, NSS.

She is trained in Yoga School named, “Ambika Yoga Kutir” from Mumbai. She is a Regular Yog practitioner and supports all such events for the benefit of TSEC staff & Students.

**It is proved in this times a very relevant activity of TSEC on Yog training being conducted since 2016 for the teachers and students of TSEC.**

We, ‘NSS-TSEC’ are highly obliged towards our dear Principal, **Dr. G.T. Thampi** for constant help through his guidance, instant approvals, providing funds and motivation to all the necessities. He also motivated all by proposing to conduct such an event on continuous basis in the Institutions to benefit all.

Pranam!



**SACHIT G. NALASKAR**  
Program Officer,  
On behalf of  
**NSS-TSEC**




  
**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.






## GLIMPSES OF THE EVENTS

### 1. Three day “Free Health Workshop” by THE ART OF LIVING

**THADOMAL SHAHANI  
ENGINEERING COLLEGE**  
Presents

**TSEC**  
ENGINEERING COLLEGE

**‘आरोग्यम् धनसंपदा’** *Let us redefine Health*

**AICTE & The Art of Living bring  
Free Health Workshop**

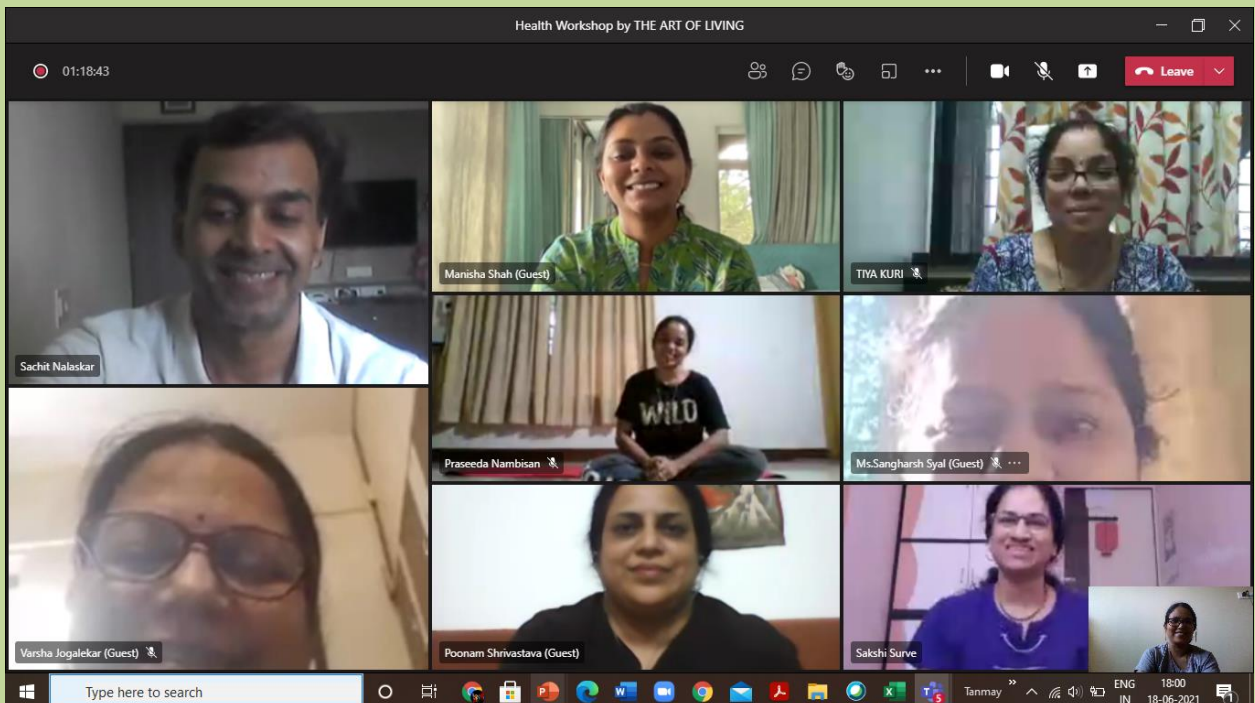
**16 – 18 June 2021  
5 – 5:30 pm**

**Simple ASANAS & Immunity boosting “Brilliant Breathing  
Technique” by “The Art of Living”**

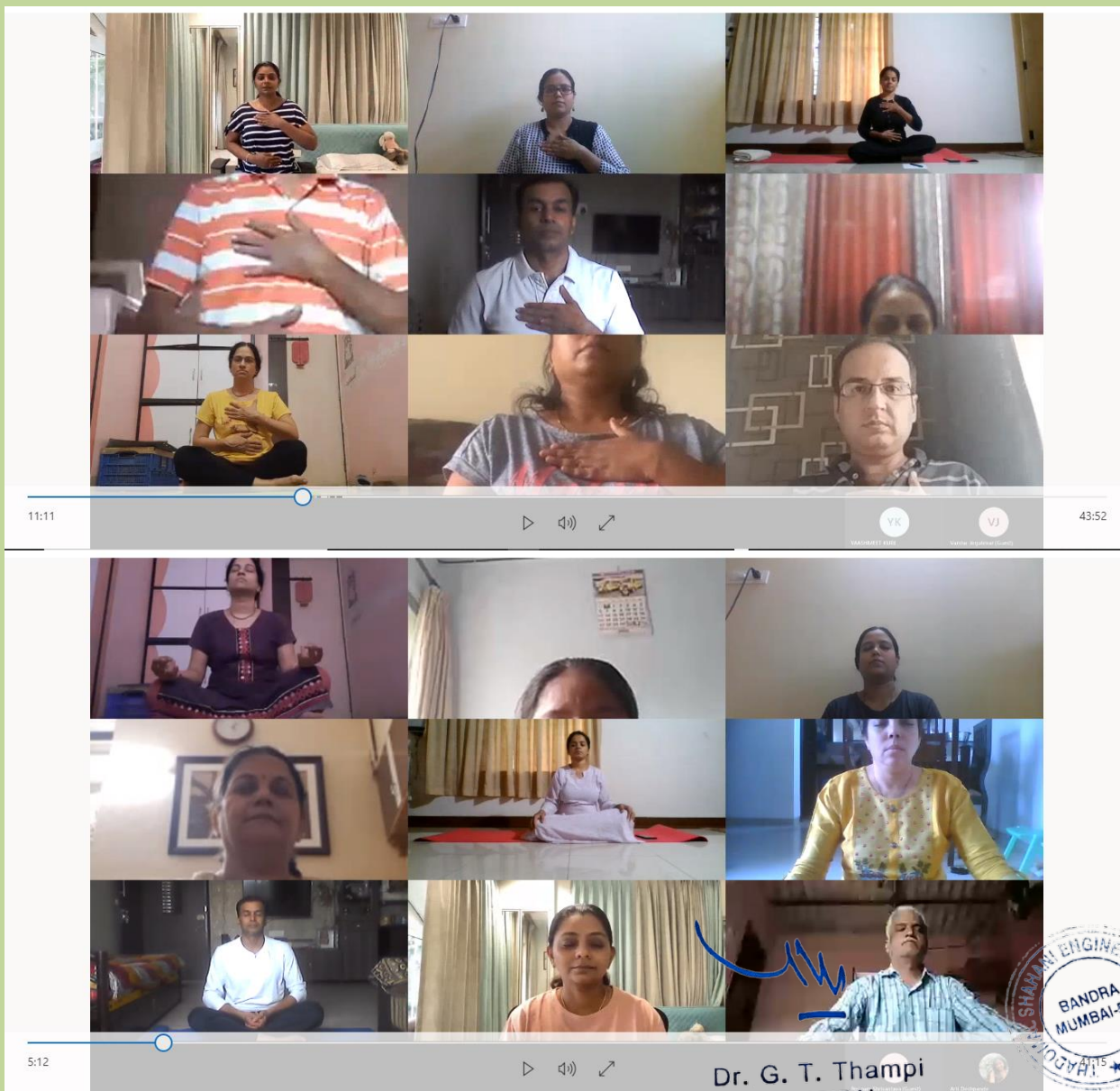
The Art of Living has launched an essential series of 3 protocols of asanas, meditation and breathing practices or pranayama for different categories of people to boost their immunity, improve their mental resilience and bring a semblance of quiet and peace.

The 30 minutes protocols of Asanas, Pranayama & Meditation will be delivered for a healthy population in order to help them build overall immunity and lung capacity.

Even those find difficult to do ASANAS, learn “Brilliant Breathing Technique”

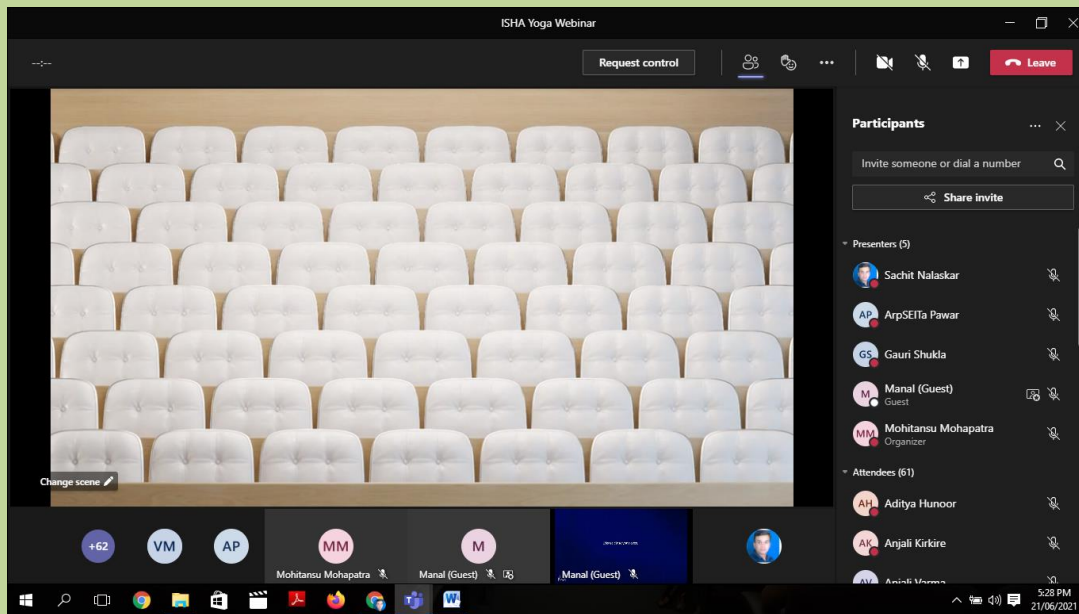


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Bandra (W), Mumbai - 400 050.

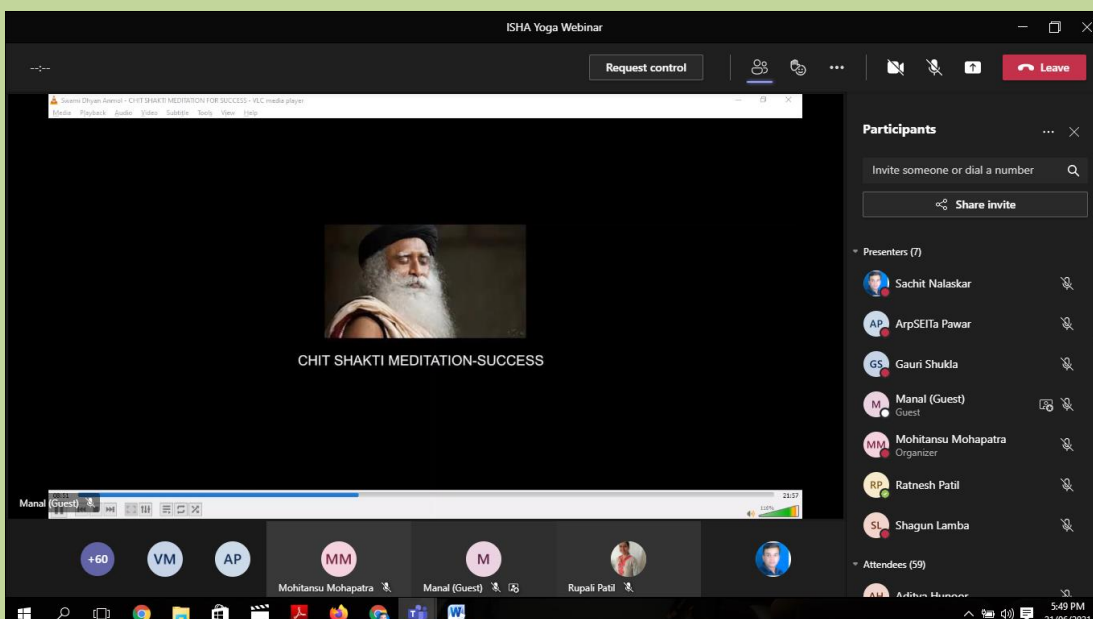
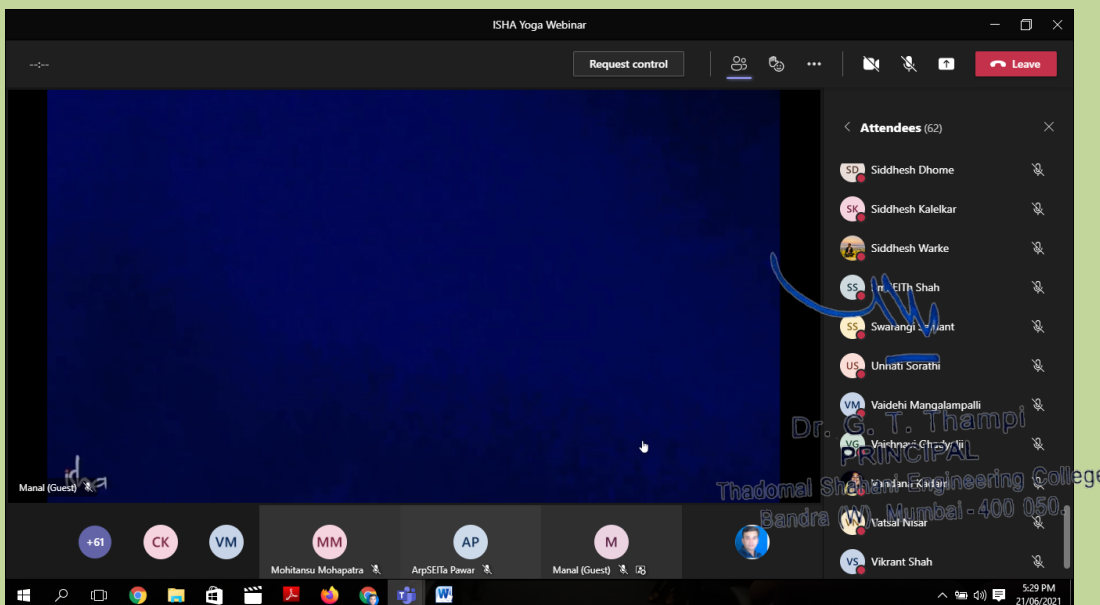




## 2. “Immunity Boosting Webinar” by ISHA Foundation



Yoga Practices turning inward (keeping Cameras off) Total 66 Participants.





### 3. “AAROGYAM DHANASAMPADA” Let us redefine Health

**TSEC** **HSNC**

**THADOMAL SHAHANI ENGINEERING COLLEGE**  
Presents

**‘आरोग्यम् धनसंपदा’**  
Let us redefine Health  
On the International Day of Yoga, NSS-TSEC presents  
“Immunity Boosting Webinar” conducted by Isha

**इम्युनिटी के लिए योग**  
दिनांक: 21 जून 2021  
समय: शाम 5 से 6 बजे  
प्लेटफॉर्म: एनएस टीईई

**Isha.sadhguru.org**

Supported by

**TSEC** **HSNC**

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Presents

**‘आरोग्यम् धनसंपदा’**  
Let us redefine Health  
On the International Day of Yoga, NSS-TSEC presents  
“Immunity Boosting Webinar” conducted by Isha

**Yoga for Immunity**  
Date 21st June 2021  
Time: 5 to 6 pm  
Platform: MS Teams

Supported by

**17 Yogic Tips to Boost Your Immune System**

**#1** **Neem Leaves**  
Chew 8-12, keep them in your mouth for at least 1 hour

**#2** **Organic Turmeric**  
Consume one small ball on an empty stomach, then don't eat anything for 1 hour

**#3** **Nilavembu Kashayam (A Siddha Health Elixir)**  
Must drink everyday!

**#4** **Mahariva (Angic marmelos) Leaves**  
Eat 5-6 leaves in the morning

**#5** **Hot Water**  
6-5 times a day

**#6** **Raw Amla (Gooseberry, preferably Indian) + Salt**  
Keep in your mouth for 1-2 hours

**#7** **Raw Mango**  
Healthy & efficient

**#8** **Practice Isha Kriya**  
Experience Meditation

**#9** **Chyawanprash (An Ayurvedic Paste)**  
Just one tablespoon - a classic Ayurvedic immunity booster

**#10** **Wear The Bhairavi Raksha**  
A specially consecrated bracelet from Sadhguru

**#11** **Amla (Gooseberry, preferably Indian) + Honey + Peppercorn**  
1 spoon, 3 times a day

**#12** **Keep Up Your Yogic Practices**  
Research has shown a clear impact of Yoga on immunity

**#13** **Prithvi Prema Sana**  
Put your hands in the soil

**#14** **Get Enough Physical Activity**  
Jog on the spot for 15 minutes, 5-6 times a day

**#15** **Simha Kriya**  
A powerful yoga process to enhance lung capacity and help improve immunity

**#16** **Yoga Yoga Yogeshwariya**  
A chant that generates 'ushna' or heat

**#17** **Stay Joyful and Exuberant**  
Your body and your brain function best when you're joyful!

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Let us redefine Health

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**‘आरोग्यम् धनसंपदा’**  
Let us redefine Health

**Dr. G. T. Thampin**  
PRINCIPAL  
Nisargopachar Kendra, Vinoba Ashram  
Bandra (W), Mumbai-400 050

**Useful information for All**

✦ **4 Immunity-Boosting Drinks to Help Prevent Viral Infections**  
Boosting our immunity during the times of seasonal infections and coronavirus is most important. Here are some quick and super healthy immunity boosting drink recipes to strengthen your immune system.  
<https://isha.sadhguru.org/in/en/blog/article/immunity-boosting-drinks-during-coronavirus>

✦ **Exclusive collection of Info. on Covid-19 by Nisargopachar Kendra, Vinoba Ashram**  
Wide info. collection from Inst. Like MoAYUSH to the Stanford Dept. of Medicine  
[www.tinyurl.com/nkcovidhomecare](http://www.tinyurl.com/nkcovidhomecare)

✦ **COVID-19 Anxiety – How to Deal With It?**  
Sadhguru (Isha) shares a unique perspective on how to cope with coronavirus anxiety, explaining that anxiety is not a consequence of an outer situation but is being created unconsciously from within. He says this is the time to call forth all our intelligence and resilience, step up to this challenge, and come out on top.  
<https://isha.sadhguru.org/in/en/wisdom/article/covid-19-anxiety-deal-with-it>

✦ **Free Consultations to all on Covid treatment, vaccination & general prescription. Helpline: 9426187837** Mon-Sat, 9 am - 6 pm  
E-mail: [info@nisargopachar.org](mailto:info@nisargopachar.org) Website: [www.nisargopachar.org](http://www.nisargopachar.org)

✦ **2-Minute Breathing Practice to Boost Immunity**  
Endorsed by Doctors, Harvard study  
[https://youtu.be/auyziN\\_xPbo](https://youtu.be/auyziN_xPbo)

**Coming soon**

Health Series Webinars from “Isha” and “ART OF LIVING”

Facilitated by

**THE ART OF LIVING** **Isha** **निसर्गोपाचार केंद्र**

**Coming soon**

Health Series Webinars from “Isha” and “ART OF LIVING”

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Pranam!

On behalf of  
NSS-TSEC

# Report on International Day of Yoga (IDY'20)

## NSS-TSEC presents Yoga for Health Webinar by ISHA Foundation-21/06/20

Due to the COVID Lockdown, 6<sup>th</sup> International Day of Yoga(IDY'20) was celebrated in the form of an online webinar organized by **ISHA Foundation** and presented by the NSS-TSEC team with strong support of the Principal, enthusiastic Teachers & Students.

On the 19th and 20th of June, a yoga challenge was conducted on instagram by the NSS TSEC team where our respected Principal and the POs invited students to do their favourite yoga asana and post it on instagram. About 45 people participated in the same. The aim of this was to promote yoga in the younger generation. Volunteers and non volunteers both took part in this.

The Online Webinar was conducted on Youtube by ISHA Foundation for TSEC. The webinar was 90 minutes long, consisting of three yoga practice sessions and valuable insights about yoga from SADHGURU himself.

During the **first session**, training on **Yoga Namaskar** was shown and was sincerely performed by the participants. The experience of this session was refreshing with composure and enthusiasm among all the participants.

For the **second session**, a video clip of SADHGURU was shown practicing **Simha Kriya**, a kind of breathing exercise to boost immunity and respiratory health. It made participants aware about the importance of respiratory health and increasing immunity power which is needed to fight the current COVID Pandemic situation.

The **third session** was a 20 minutes **CHITSHAKTI Meditation**. An audio clip of SADHGURU was played giving instructions to perform a guided meditation. It was a relaxing session that helps the participants to manifest love, health, peace and success in their lives.

An insightful talk was also given by the Isha foundation volunteer regarding the maintenance of health and well being during the lockdown along with general instructions like being respectful towards the lockdown and protecting oneself from the illness.

All the participants showed patience and enthusiasm during the IDY'20 webinar. They also showed their happiness and gratitude for conducting such events on a regular basis for the benefit of their personal wellbeing in the feedback forms filled by them. They also suggested/requested conducting such Yoga and wellbeing practices in the institute on a regular basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The total number of participants were 86 of which 39 were volunteers in 2019-20 and 47 non volunteers including people from other colleges, faculties, etc.

We, **NSS-TSEC** are highly obliged towards our Principal, **Dr. G.T. Thampi** and our Program Officers **Mr. Sachit Nalaskar** and **Dr. Gauri Shukla** for constant help through their guidance, instant approvals, providing funds and motivation to all the necessities. They motivated all by proposing to conduct such an event on a continuous basis in the institution to benefit all.



SACHIT G. NALASKAR,  
Program Officer,  
NSS-TSEC





THADOMAL SHAHANI  
**TSEC**  
ENGINEERING COLLEGE

NSS-TSEC WISHES  
YOU ALL  
***HAPPY INTERNATIONAL  
YOGA DAY***



**#NssTsecCelebratesYogaDay#ConsciousLiving#NSS\_TSEC**



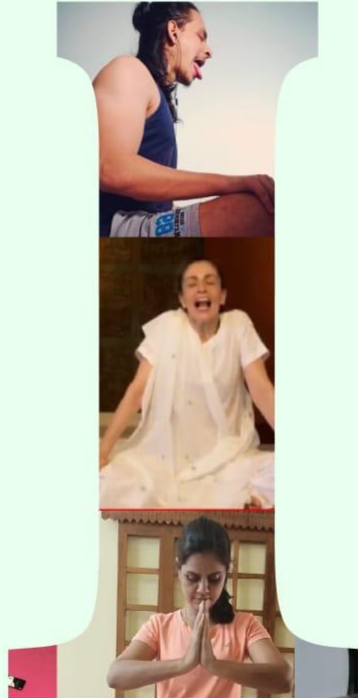
Dr. G. T. Thampi  
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THADOMAL SHAHANI  
**TSEC**  
ENGINEERING COLLEGE



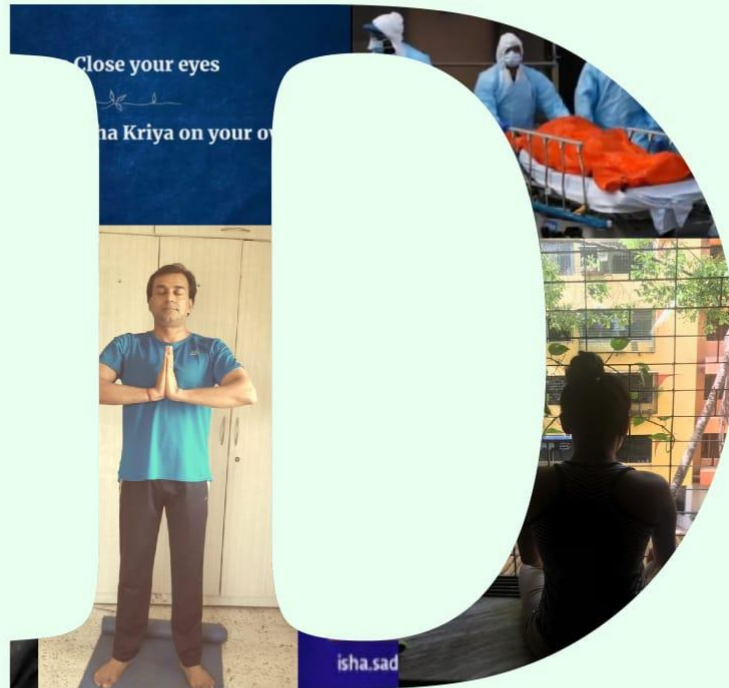
**#NssTsecCelebratesYogaDay#ConsciousLiving#NSS\_TSEC**

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**#NssTsecCelebratesYogaDay#ConsciousLiving#NSS\_TSEC**



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**#NssTsecCelebratesYogaDay#ConsciousLiving#NSS\_TSEC**



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**PRINCIPAL**  
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Bandra (W), Mumbai - 400 050.





## Report on International Day of Yog (IDY'19) Celebration in Thadomal Shahani Engineering College (TSEC)-21/6/19

**5<sup>th</sup> International Day of Yog (IDY'19)** was celebrated in TSEC by taking efforts of the NSS-TSEC team, Strong support of the Principal, enthusiastic Teachers, Staff & Students.

**CYP training** was conducted by **Mr. Sachit Nalaskar**, Program Officer, NSS-TSEC, who is trained in CYP in **Kaivalyadhama** organized by the **University of Mumbai** in the first training of its kind organized with the help of the **Ministry of AYUSH** in the year 2016. Since then, IDY is celebrated in TSEC every year by conducting CYP training.

During the **first Session**, all the participants sincerely performed Yog practices and observed them within throughout. The experience of this session was apparent with visible smiles, composure and enthusiasm on the faces of all the participants.

**Second Session** was conducted by **BK Meena Sister**, who introduced & taught "**Rajyoga Meditation**" making participants aware of effect of Good thoughts and the way to connect our Pure Soul with the Supreme Soul, and that is Almighty. She conducted Rajyog meditation.

**Third Session** was conducted by **Ms. Sonam** from "Art of Living" on "**Health & Happiness**". She taught and explained various Yog kriyas viz: Anulom-Vilom, Nadi-Shudhi, etc. She conducted guided meditation for all the participants.

Herbal concocted drink was served at the start. Then post first Session Refreshment was provided as A Lemon-Honey-Ginger drink (non-stimulant/cafeine); Bananas & Carrot- green gram Salad to Rejuvenate for the Day; nourishment & Energy without feeling sleepy as per the Yogic culture.

Dr. G. T. Thampi

PRINCIPAL

All the Participants showed patience & enthusiasm during the IDY'19. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal wellbeing. They also suggested/requested conducting such Yog & wellbeing practices in the Institute on regular/daily basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event. Total number of participants was 25.

We, 'NSS-TSEC' are highly obliged towards our dear Principal, **Dr. G.T. Thampi** for constant help through his guidance, instant approvals, providing funds and motivation to all the necessities. He also motivated all by proposing to conduct such an event on continuous basis in the Institutions to benefit all.



SACHIT G. NALASKAR  
Program Officer,

**NSS-TSEC** 🏠 🌸

Encl: Few Glimpses of IDY'19 in TSEC in the attached pictures.



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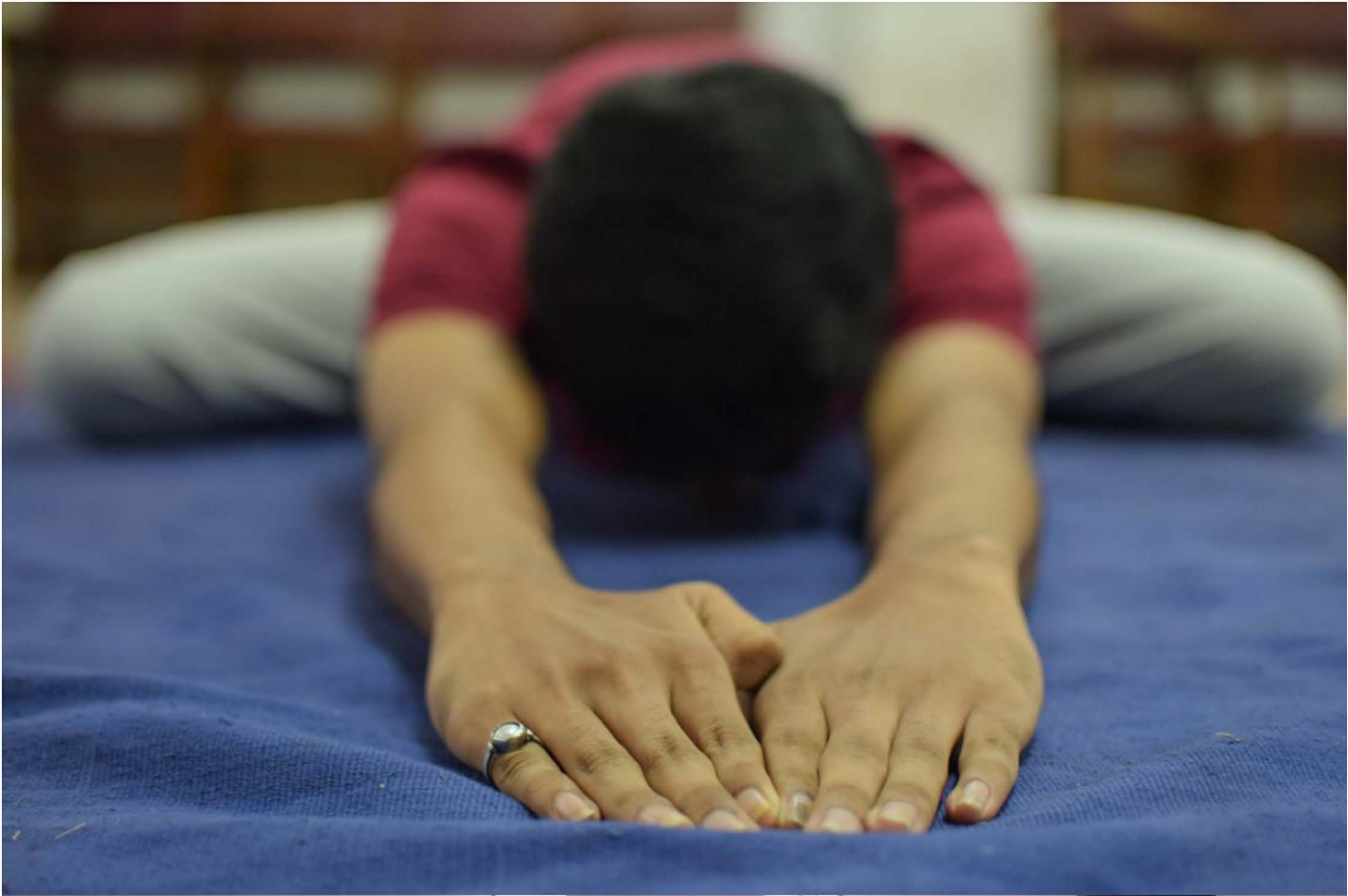


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## Report on International Day of Yog (IDY'18) Celebration in TSEC on 21/6/18

**4<sup>th</sup> International Day of Yog (IDY'18)** was celebrated in TSEC by taking efforts of the **NSS-TSEC** team, Strong support of the Principal, enthusiastic Teachers, Staff & Students.

**CYP training** was conducted by **Mr. Sachit Nalaskar**, Program Officer, NSS-TSEC, who is trained in CYP in **Kaivalyadhama** organized by the **University of Mumbai** in the first training of its kind organized with the help of the **Ministry of AYUSH** in the year 2016. Since then, IDY is celebrated in TSEC every year by conducting CYP training.

During the **first Session**, all the participants sincerely performed Yog practices and observed them within throughout. The experience of this session was apparent with visible smiles, composure and enthusiasm on the faces of all the participants.

Herbal concocted drink was served at the start. Then post first Session Refreshment was provided as A Lemon drink (non-stimulant/caffeine); Bananas & Carrot- green gram Salad to Rejuvenate for the Day; nourishment & Energy without feeling sleepy as per the Yogic culture.

**Second Session** was conducted by **BK Meena Sister**, who introduced & taught "**Rajyoga Meditation**" making participants aware of effect of Good thoughts and the way to connect our Pure Soul with the Supreme Soul, and that is Almighty.

All the Participants showed patience & enthusiasm during the IDY'18. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal wellbeing. They also suggested/requested to conduct such Yog & wellbeing practices in the Institute on regular/daily basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event.

The Special guest, our Ex-Principal, **Prof. Krantikumar** was also present who agreed to come, attended & graced the occasion! Total number of participants was 22.

We, 'NSS-TSEC' are highly obliged towards our dear Principal, **Dr. G.T. Thampi** for constant help through his guidance, instant approvals, providing funds and motivation to all the necessities. He also motivated all by proposing to conduct such an event on continuous basis in the Institutions to benefit all.



SACHIT G. NALASKAR  
Program Officer,

**NSS-TSEC** 🙏 🌸

Dr. G. T. Thampi,  
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National Institute of Engineering College,  
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Encl: Few Glimpses of IDY'18 in TSEC in the attached pictures.



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**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.



**Date: 21<sup>st</sup> June, 2017**

### **Report on International Day of Yog (IDY'17)**

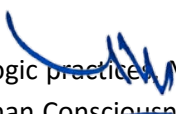
Thadomal Shahani Engineering College (TSEC) observed "International Day of Yog"(IDY'17) today on 21/06/2017. National Service Scheme unit of the college, NSS-TSEC has organized today's event. On 19 June 2017 at 8:08:20 PM IST, we received direction by the All India Council for Technical Education (AICTE) by E-mail to observe this day. We deputed Mr. Sachit G. Nalaskar, Program Officer of National Service Scheme (NSS) unit of our college (NSS-TSEC), who had undergone Yog training at various institutions and Training conducted by Ministry of AYUSH in the past. So, on a short notice, this day is celebrated by the Teachers on duty as well as by NSS Student Volunteers.

Although University Exams are completed on 15<sup>th</sup> June 2017, and during present vacation, the Five NSS student volunteers have contributed in organizing of this event voluntarily and actively participated in the Yog Training followed by the IDY'17 celebration along with the Faculty on duty.

The Common Yoga Protocol (CYP) training designed by Ministry of AYUSH as well as "UPA YOGA" Practices designed by the Isha Foundation for the purpose of IDY'17 Celebration are taught on the PowerPoint presentation and Videos to undertake the guided Yogic practices.

Brahmakumari Smita Didi from Prajapita Brahmakumari, Bandra Centre, who teach and follow Rajyoga Meditation, came and briefed about Rajyoga Meditation and conducted a session also on it. She elaborated the difference between the physical Yogic Practices and Meditation and their effect on Human Body, Mind and Health.

All the participants were delighted on observing the Yogic practices. Mediation, observing the inner self (breath & body) to begin the journey towards Human Consciousness. The conscious actions are very much required for the Global harmony, Peace and Realization of importance of sustainable development in the view of present environmental issues.

  
**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

As many Teachers were on vacation leave and so at their native places, they could not attend the event, so on their request, many more such events for teaching the Yog is being organized by NSS-TSEC with the help of Kaivalyadham and Yoga Institute, Santacruz (E) during the current academic year 2017-18.



**Mr. Sachit G. Nalaskar**  
(P.O., NSS)  
TSEC

  
**Dr. G. T. Thampi**  
(Principal)  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.













Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





## International Day of Yog (IDY'16) Report

Thadomal Shahani Engineering College (TSEC) observed "International Day of Yog"(IDY'16) today on 21/06/2016. National Service Scheme unit of the college, NSS-TSEC has conducted two days Common Yog Protocol (CYP) Training during June 20-21, 2016 on the occasion of worldwide celebration of IDY. This was initiated as Mr. Sachit G. Nalaskar, Program Officer of NSS-TSEC, had attended "Regional Teachers Training Program in Yog" jointly organized by Kaivalyadham (Renowned Yoga Institute in Mumbai), University of Mumbai and Ministry of AYUSH, Govt. of India for the purpose of imparting Yog training to the students.

The Nine NSS student volunteers had contributed in organizing of this event voluntarily and actively participated in the Yog Training followed by the IDY'16 celebration along with 4 other students, 4 passed out students and 11 Teachers and office staff totaling to 28 participants.

The CYP training consisted various sessions including Lectures, PPT presentations, Yogic Relaxation and Yoga Asanas on both the days. The Program commenced traditionally by lighting a Diya by Honorable Principal, Dr. G.T. Thampi followed by his motivating inaugural speech on importance of practicing Yog for youth and a common people. Mr. Sachit Nalaskar made the participants aware about the origin of Yog; Research on Yog; Major Yog Institute in India; Physical and Psychological benefits of Yog on human body. He also conducted Yogic Relaxation and CYP training to the participants. Ms. Mudita Dixit also conducted a session of Yog practice beautifully, sharing her energy and enthusiasm. Ms. Natasha D'Souza, Volunteer & regular yog practitioner of Isha Foundation gave wonderful speech on the beautiful changes and amazing benefits she has been experiencing.

All the participants were delighted on performing the Yogic practices, Mediation, observing the inner self (breath & body) to begin the journey towards Human Consciousness. The conscious actions are very much required for the Global harmony, Peace and Realization of importance of sustainable development in the view of present environmental issues. The Joy, complacence and the glowing faces of the participants showed the fulfillment of the intended purpose of this event. The participants gave a decent feedback for the 2 day event and admitted to have motivated to practice Yog regularly.

As many Teachers were on vacation leave, they could not attend the event, so on their request, one more "2 Days Yog Training Program" is being organized by NSS-TSEC with the help of Kaivalyadham during July 8-9, 2016.



SACHIT G. NALASKAR  
Program Officer,  
**NSS-TSEC**

Dr. G.T. Thampi  
(Principal)  
**TSEC**







Dr. G. T. Thampi  
**PRINCIPAL**  
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## Yog Training

On July 8<sup>th</sup> – 9<sup>th</sup>, 2016, Time: 10:00 – 16:00

### A Report on “Yogic Joyride”

On successful conduction of Two Days CYP'16 Training during 20 – 21 June, 2016 on occasion of “International day of Yog” in TSEC, many teachers on vacation leave requested to conduct Yog training for them. Mr. Sachit Nalaskar, Program Officer, NSS-TSEC, took this initiative with the instant approval of Principal, TSEC. This “Yogic Joyride” included CYP'16 training as well as other training modules from Isha Foundation. Eighteen Teachers, 4 non-teaching staff and 4 students registered for it. This “Yogic Joyride” is beautifully conducted in TSEC with visible smile, composure and enthusiasm on the faces of all the participants.

Dr. Satish D. Pathak, General Surgeon, Yoga Consultant & Research Officer, educated all on amazing health benefits of yoga, also scientifically explained the modern research in the field. He made everyone aware of the importance of regular Yoga practice as well as the Yoga therapy available for many ailments.

Dr. Urvisha Ashar, Consultant Naturopath & Yog Expert, made us all overwhelmed in her session making us aware with the myths and realities of Diet & Nutrition with proving minute detailing of the arena with constant interaction, answering hordes of doubts & queries of all.

Mrs. Naina Daryanani, Operations Coordinator & Yog Trainer, Kaivalyadhama, conducted Yog exercise sessions on and beyond CYP with unbelievable and pleasant control over the minute movements of the participants during the practice. All the participants could perform the practices wholeheartedly only due to her effective teaching of doing Yog with complete awareness of one's Body, Mind and Breathes.

Mrs. Mudita Dixit, Asst. Prof., TSEC also conducted an eye opener and useful session on “Eye Yog” for the participants with usual vigor and enthusiasm. All took actively part into it and realized the importance of Eye-Yog and its effectiveness.

Mr. Mark Hopkins, Choreographer, dedicatedly conducted this surprise session called “Distress Activity” to shed the stress by dance. He made them aware of the importance of various dance forms for this purpose. He made them all shake their legs and find innovative moves; he truly contributed in making all to experience the “Joyride”. Everyone responded to him with excitement and willingness to dance. The success of this session was confirmed with the insistence of the participants to continue with the session throughout the remaining day. Also, this amazing surprise treat made one participant to learn and to dance successfully for the first time in life.

Ms. Natasha D'Souza, Singer & Actress, initiated and infused a spiritual interest with an amazingly motivating speech and also enlightenment to the participants about her life experiences and

achievements as how one could attain his or her highest goals in life in all the endeavors by practicing a right form of Yog.

Mr. Sachit Nalaskar, Asst. Prof., TSEC, has conducted, “Yogic Relaxation” sessions making everyone to practice a Power-Nap with ease, to shed all the stresses developed in routine and fast life-styles. He trained them all with a technique, help digest the food efficiently. He has also conducted some part of CYP’16 training and communicated through many lectures, presentations and videos of Yog making the participants aware about the origin of Yog; Research on Yog; Major Yog Institute in India; Physical and Psychological benefits of Yog on human body. He has organized and conducted this event singlehandedly, right from the concept design to the execution. He has effectively anchored, hosted and compered this Two Day Event, “Yogic Joyride” to and above the satisfaction levels of almost all the Yog Practitioners as they gave a very good feedback.

All the participants showed their happiness and gratefulness for the first time conduction of such event for the benefit of their personal wellbeing and requested to conduct such event on regular basis. They also suggested starting such yogic practices in the Institution on the daily basis, as it helps in an improvement at individual level resulting in the performance improvement of all in all the activities at the institution level. The beaming and radiant faces of all on the concluding day showed the effectiveness of the training.

All the NSS-TSEC committee members and volunteers responded with constant support and dedication in spite of their busy schedule of NSS activities even before the term starts. Without their involvement, this event would not have been possible to conduct with ease.

We are gratified with the Mother Nature for providing us with the most conducive ambience; Adiyogi for evolving with such an amazing technology for the betterment of all mankind. We also show our highest contentment towards Sadhguru J. V. of ‘Isha Foundation’ for his grace and for unbelievable tools for transformation devised and introduced by him.

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Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

We show our highest gratitude towards ‘Kaivalyadhama’, ‘Ministry of AYUSH’ and ‘University of Mumbai’ for providing with the truly experiential ‘CYP training’ and motivating us to conduct this program by providing with their expertise.

We, ‘NSS-TSEC’ are highly obliged towards our dear Principal, Dr. G.T. Thampi for constant help, guidance, finance and motivation by instantly approving to all the necessities. He also motivated all by proposing to conduct such events on continuous basis in the Institutions to benefit all.

We are grateful to all the personals directly and indirectly contributed to this event and those, if we forgot to mention anyone here.

*Sachit*

Sachit G. Nalaskar  
(P.O., NSS-TSEC)

Dr. G.T. Thampi  
(Principal)







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Bandra (W), Mumbai-400 050.









**1.3.1 Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability into the Curriculum**

Sr. No	Activity Name
1	Values & Ethics



Dr. G. T. Thampi  
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 Bandra (W), Mumbai - 400 050.



# Values & Ethics



Dr. G. T. Thampi  
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Bandra (W), Mumbai - 400 050.



# NSS & UBA-TSEC

## 2019-2020

## PRESENTS



Dr. G. T. Thampi  
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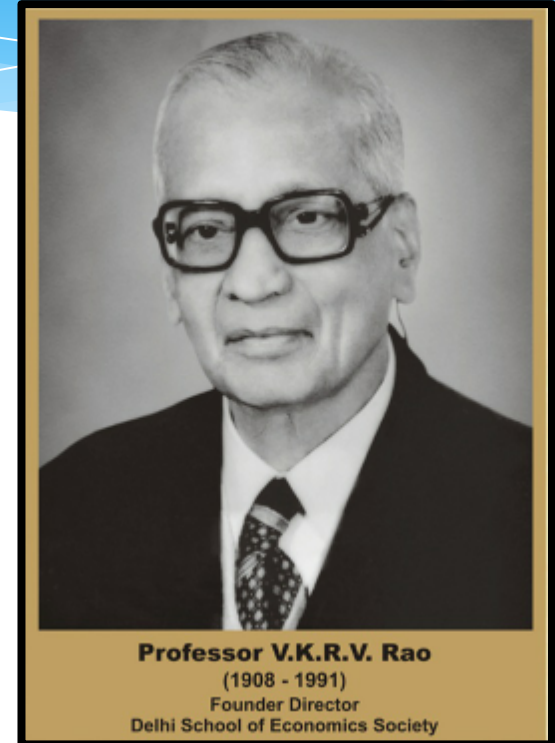




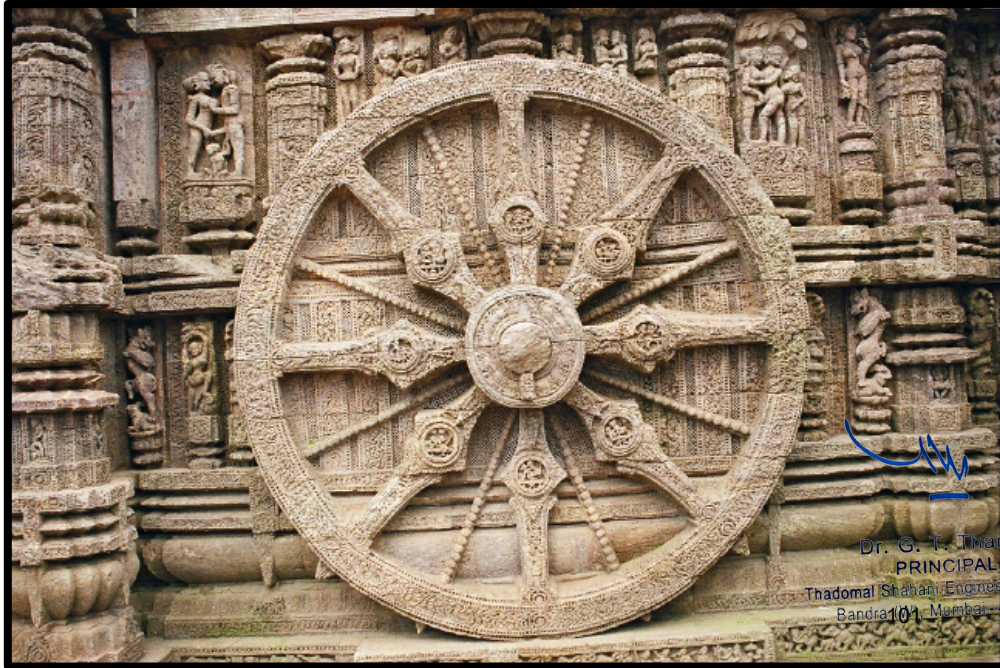
# ESTABLISHMENT OF NSS

Union Education Minister V.K.R.V. Rao launched the NSS in 37 universities in all states involving 40,000 students with primary focus on the development of personality of students through community service.

Dr. G. S. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 100, Mumbai - 400 050.



# The **GIANT RATH WHEEL** of the World



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 101 Member 100 050.



# NSS CONDUCTS



**Dr. G. T. Thampi**  
**PRINCIPAL**

Thadomal Shahani Engineering College  
Bandra 102 Mumbai - 400 050.





# CREATING IMPACT IN AREAS AROUND MUMBAI



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 103, Mumbai - 400 050.



**WITH IMMENSE  
HARDWORK AND  
SUPPORT OF UBA TEAM**

# WE GROW BY GIVING



# NSS - ORIENTATION





# YOGA DAY CELEBRATION AND COMPETITION



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 6, Mumbai - 400 050.





## RESIDENTIAL CAMP

A one week residential camp  
is organized  
and we try to do the best  
of what we can for villagers

Dr. G. T. Thampi  
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Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



# WORK FOR VILLAGERS



Dr. G. T. Thampi  
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Thadomal Shahani Engineering College  
Bandra 108, Mumbai-400 050.



# BLOOD DONATION DRIVE

Encourage Students  
for donating Blood  
for the help of  
Society. **Because  
each drop matters.**



Thadomal Shahani Engineering College  
Bandra 109, Mumbai - 400 050.

# STEM CELL DONATION

Stem Cell is one of two methods of collecting blood-forming cells for bone marrow transplants.



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Bandra 110, Mumbai - 400 050.

# HEALTH CHECK UP CAMP

Check-ups like thalassemia and osteoporosis are organized for all teaching and ancillary staff and students conducted by a professional team of experienced doctors.



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PRINCIPAL

Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



# ADVENTURE PROGRAM



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 132, Mumbai - 400 050.



# BEACH CLEANING

**NSS-TSEC sent a group of volunteers to clean the beach in Mumbai after the GANESH FESTIVAL.**

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PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 113, Mumbai - 400 050.



# STREET PLAY

**NSS-TSEC**  
volunteers  
performs street-  
plays for mass  
awareness.





# JOY OF GIVING WEEK

Joy of giving week where all donations of books ,clothes and stationery by college students are distributed amongst the underprivileged kids.



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 115, Mumbai - 400 050.

# CARDIAC ARREST SEMINAR

Cardiac arrest is a sudden loss of blood flow resulting from the failure of the heart to effectively pump.



Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra 16, Mumbai - 400 050.

# FIRE DRILL WORKSHOP





# UBA CONDUCTS



Dr. G. T. Thampi  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra 118, Mumbai - 400 050.



# WATER – SHED MANAGEMENT PROGRAMME



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





# MAHASHRAMADAAN





# WEEKLY TEACHING



# GRAM UTSAV



Dr. C. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 122, Mumbai - 400 050.



# MINISTRY OF YOUTH AFFAIRS AND SPORTS OF THE GOVERNMENT OF INDIA.



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS &  
SPORTS

Dr. G. T. Thampi  
PRINCIPAL  
Government of India

National Institute of Engineering College  
Bandra 123, Mumbai - 400 050.







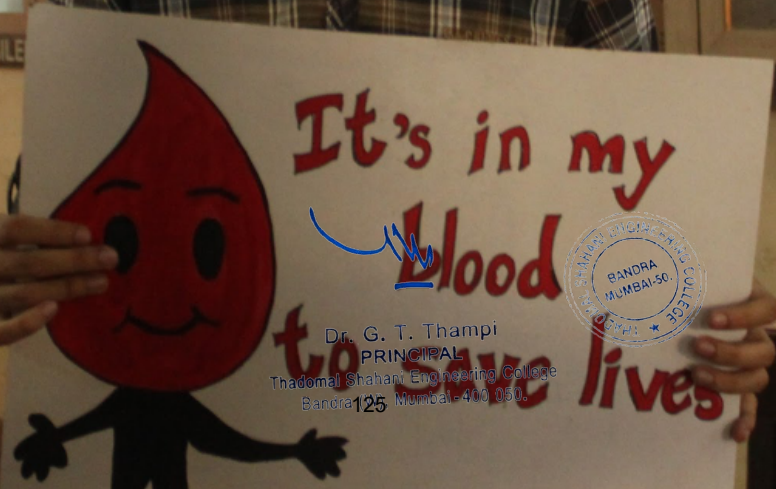
***“THE BEST WAY TO FIND  
YOURSELF IS TO LOSE YOURSELF  
IN THE SERVICE OF OTHERS .”***

A blue ink handwritten signature, appearing to read 'G. T. Thampi', with a horizontal line underneath.

Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra 124, Mumbai - 400 050.





Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 125 Mumbai-400 050.

# FIND THE REAL YOU.



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 126, Mumbai - 400 050.







# BE THE REAL HERO.

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 127, Mumbai - 400 050.



# ***“NOT ME BUT YOU”***



Dr. G. N. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra 128, Mumbai - 400 050.



**Thadomal Shahani Engineering College**  
**Bandra (w), Mumbai**  
Report on  
**Swachhta Pakhwada 2019**

**As per the letter received from MHRD, Department of higher education EBSB cell dated on 28<sup>th</sup> August , 2019, we conducted following programs.**

1. A committee is formed to conduct the programs.
2. “Swaachta Abhiyan” at Juhu, mumbai on 8<sup>th</sup> sep 2019
3. Rain Water harvesting audit is conducted on 11<sup>th</sup> Sep 2019.
4. Talk of Mr. Rajesh Gera , Assistant Vice President, RIL-PET Division, Mumbai is arranged on 13<sup>th</sup> Sep 2019 on “Eliminating use of plastic”
5. “Plastic Collection Drive” is conducted between 16<sup>th</sup> Sep to 4<sup>th</sup> Oct 2019.
6. Railway Wall paintings at Bandra station is done by students on 26<sup>th</sup> Sep 2019

**Detail report of each event with photographs is given below :**

**1. Committee is formed for campaign for ‘Jal Shakti Abhiyan’ and India free from ‘Single Use of Plastic’ from 1<sup>st</sup> September 2019 to 15<sup>th</sup> September 2019**

Committee to promote “Jal Shakti Abhiyan” and eliminating “Single use Plastic”

Committee Members

1. Dr. Arti Deshpande
2. Prof. Sachit Nalaskar
3. Prof. Vaibhav Ambhire
4. Prof. Vijal Jain
5. Mr. Ajay Katpatal
6. Members of Green Army
7. Members of NSS

Role and Responsibilities

1. They are expected to develop content for campaign for citizens in both urban and rural areas to sensitize about the necessity of water conservation and eliminating plastics from day to day life.
2. Organize events and programs to improve collaborative efforts to achieve water conservation targets and elimination of plastics.

Principal  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

Principal  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



3. In collaboration with municipal authorities and political establishments to develop synergy in carrying out the above mentioned task.



## Thadomal Shahani Engineering College,

### Bandra (West), Mumbai



Promotes

# “Jal Shakti Abhiyan” and “Eliminating Single Use of Plastic”



- Auditing existing rain water harvesting facility in our campus.
- Building efficiency in utilization of water in the campus.
- Ban of single use of plastic in campus

**ORGANISING COMMITTEE**  
**Dr. Arti Deshpande**  
**Prof. Sachit Nalaskar**



Say No to  
Single Use  
Plastic Bags




- Awareness campaign involving experts, NGOs and Think Tanks
- Monitoring existing water management in villages adopted by TSEC.
- Developing solution for water conservation and rain water harvesting

**PRINCIPAL**  
**Dr. G. T. Thampi**

## 2. “Swaachta Abhiyan” at Juhu, mumbai on 8<sup>th</sup> sep 2019

45 Students from our college participated in beach cleaning drive at Juhu beach , Mumbai called by Rajani Foundation in Cleanathon.



  
**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.





### 3. Rain Water harvesting audit is conducted on 11<sup>th</sup> Sep 2019.

TSEC has a rain water harvesting system and it's been regularly audited by auditors. Rain water harvesting audit is conducted from 11<sup>th</sup> to 12<sup>th</sup> Sep 2019.

### 4. Talk of Mr. Rajesh Gera , Assistant Vice president, RIL-PET Division, Mumbai is arranged on 13<sup>th</sup> Sep 2019 on “Eliminating use of plastic”

Talk by Mr. Rajesh Gera, was arranged on Friday, 13<sup>th</sup> Sep 2019 in seminar hall 11<sup>th</sup> floor of TSEC. Topic of the seminar was “Elimination Plastic Waste as the current existing environmental problems require modern solutions”



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5.

### “Plastic Collection Drive” is conducted between 16<sup>th</sup> Sep to 4<sup>th</sup> Oct 2019

Plastic collection drive was conducted in college and collected plastic was donated to “Project Mumbai” ( Mumbai Plastic Recyclothon)



### 5. Railway Wall paintings at Bandra station is done by students on 26<sup>th</sup> Sep 2019

As per the letter received from Sr. Divisional Commercial Manager , Mumbai Central dated on 30/8/2019 , we had organised Railway Walls Painting at Bandra station on 26<sup>th</sup> Oct 2019 under the 15 days cleanliness and awareness drive “ Swachhta Pakhwara”. 130 Students of TSEC painted 25 walls in 6 hrs.

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.







Organiser

Dr. Arti Deshpande

Principal

Dr. G. T. Thampi

### Form for evaluation of Swachhata Pakhwada Awards 2019

1. Name of the University/Institute: **Thadomal Shahani Engineering College, Bandra (West), Mumbai**
2. Category: **Self Finance**
3. Details of activities undertaken during Swachhata Pakhwada 2019:

S. No.	Activity	Comments of the Institute
1	Number of activities undertaken for water conservation in the campus.	<ol style="list-style-type: none"> <li>1. "Swaachta Abhiyan" at Juhu, mumbai on 8<sup>th</sup> sep 2019</li> <li>2. Rain Water harvesting audit is conducted on 11<sup>th</sup> Sep 2019.</li> <li>3. Swachhata Pledge by faculties and students</li> <li>4. Swachha Mahavidyalaya at College Campus</li> <li>5. Swachhta Village in adopted villages by college</li> <li>6. Talk of Mr. Rajesh Gera , Assistant Vice President, RIL-PET Division, Mumbai is arranged on 13<sup>th</sup> Sep 2019 on "Eliminating use of plastic"</li> </ol>

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.

2	Steps taken towards efficiency in water utilization in the campus.	1. Doing rain water harvesting in college campus. 2. Keeping all main water supply taps closed before college closes every day so that no water should be wasted through leakage or if some tap kept open by mistake.
3	Number of the students/faculties who participated in the activities.	Students : 500 nos Staff and Faculty : 80 nos
4	Number of awareness camps organized in the campus.	Total 02 1. Swachhata Pledge by faculties and students 11 <sup>th</sup> Sep 19 2. "Plastic Collection Drive" is conducted between 16 <sup>th</sup> Sep to 4 <sup>th</sup> Oct 2019.
5	Whether audit of the existing water harvesting facility in campus undertaken.	Yes Rain Water harvesting audit is conducted on 11 <sup>th</sup> Sep 2019
6	Number of activities undertaken in the neighboring area/village during , the Pakhwada.	Total 03 1. Railway Wall paintings at Bandra station is done by students on 26 <sup>th</sup> Sep 2019 2. "Swaachta Abhiyan" by students at Juhu, mumbai on 8 <sup>th</sup> sep 2019 3. Swachhta Village in adopted villages by college students
7	Any innovative method of water conservation devised by the Institute.	Everyday Closing main water supply tap before college closes to avoid wastage of water due to leakage or open tap by mistake



Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.




## GREEN ARMY

### July 2018 Report

We as a team of Green Army Maharashtra did the plantation drive at Railway Officer's Club Volleyball Ground, Sherly Rajan Rd, Railway Colony, Shirley, Pali Hill, Mumbai, Maharashtra 400050 on 22<sup>nd</sup> July 2019. Our students along with teaching and non teaching staff of our college planted around 30 trees in collaboration with BMC. The chief guest for the program was Mr. Ashish Shelar, MLA and a President of Mumbai unit of BJP.



  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.







# TREE PLANTATION DRIVE

Organised By:

**MLA, Adv. Ashish Shelar**

Hon'ble Minister, School Education,  
Sports & Youth Welfare

&

**Swapna Virendra Mhatre**

Corporator

Supported by:

**Thadomal Shahani**

**Engineering College, Bandra (W)**

**& MCGM**

Date & Venue:

Monday 22 July at 9 am

Carter Road Railway Quarters,  
Bandra (W), Mumbai - 400 050.

**SATYANARAYAN NIRMAL (Ward President)**

**AND ALL PARTY MEMBERS**



Dr. G. T. Thampi  
PRINCIPAL

Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





Certificates are provided to all students.



  
**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.








  
**Dr. G. T. Thampi**  
**PRINCIPAL**  
 Thadomal Shahani Engineering College  
 Bandra (W), Mumbai - 400 050.







  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.







# RAJANI FOUNDATION (INDIA)

Head Office: 121, Hari Niwas, Veer Makrand Ghanekar Road, Vile-Parle (East) Mumbai-400057  
( Registered under Societal Act 1860 and Trust Act 1950. Registration No: F-66492(m) )

Date: 11<sup>th</sup> September 2017

To,  
Prof. Sachit Nalaskar,  
NSS Unit,  
Thadomal Shahani Engineering College,  
Bandra (West)  
Mumbai - 400050

**Sub: Appreciation Letter.**

Respected Sir,

On behalf of Rajani Foundation India, I would like to thank and appreciate NSS Unit of Thadomal Shahani Engineering College for their presence at our event "Clean-a-thon - A Beach Cleaning Drive" on 1st September 2017 at Juhu Beach. Together, we are trying to make a difference in the society and clean-a-thon is one step among many such initiatives.

We are happy to report that over 750 volunteering students, parents, teachers, caregivers and community members had joined us for the beach cleaning initiative. The initiative could not have been possible without all our volunteers.

Once again, Rajani Foundation India thanks you for your contribution and efforts at Clean-a-thon 2017 and wishes you well for your future endeavours.

Thanking You.

Regards,

Aniket M Salvi  
President  
Rajani Foundation (India)

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





# RAJANI FOUNDATION (INDIA)

Head Office: 121, Hari Niwas, Veer Makrand Ghanekar Road, Vile-Parle (East) Mumbai-400057  
( Registered under Societal Act 1860 and Trust Act 1950. Registration No: F-66492(m) )

18<sup>th</sup> September 2018

To,  
Prof. Vandana Kadam  
Program Officer, NSS Unit,  
Thadomal Shahani Engineering College  
Bandra (west), Mumbai-400050

Sub: Letter of Appreciation

Respected madam,

We thank you for the support extended by **NSS Unit of Thadomal Shahani Engineering College** to Cleanathon 2018, Rajani Foundation (India)'s initiative in collaboration with United For Greater Cause. TSEC NSS Unit presence at the event for beach cleaning drive demonstrates your support to a clean and sustainable environment.

Such events are but a step to a better and an inclusive society and we are pleased that we have successfully engaged the young generation in this cause.

Once again, we thank you for your support and we look forward for further association in future.

Regards,

For Rajani Foundation (India)

Prof. Aniket M Salvi  
President

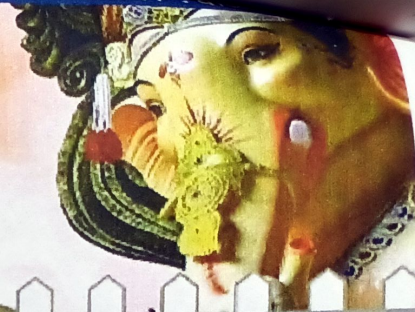


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Bandra (W), Mumbai-400 050.





# शाकागम



# जनरेशन नेक्स्ट

# सामना

# विमर्जनासाठी सज्ज

■ शिवम पेडणेकर, यूएफजीसी

■ **वंदना अर्वाच, उषा मित्तल**  
इन्स्टिट्यूट ऑफ टेक्नोलॉजी

■ गीता कव्यम्, भक्त्यस विद्यार्थिनी

■ रूपेश घोसाळकर, रजनी फाऊंडेशन







# CERTIFICATE OF PARTICIPATION

## MUMBAI PLASTIC RECYCLOTHON

**Ek Baar Phir!**

Recognises

**Thadomal Shahani Engineering College**

for their display of civic responsibility by Donating Plastic for  
**The Mumbai Plastic Recyclotho - Ek baar phir from the**  
**2nd-8th of October 2019**

*Shishir*

**SHISHIR JOSHI**

**CEO & Founder, Project Mumbai**  
[www.projectmumbai.org](http://www.projectmumbai.org)

**Recycling Partner**



**Radio Partner**



**A Public Service Initiative Sponsored by**



*[Signature]*

**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



**Design Partner**





## THADOMAL SHAHANI ENGINEERING COLLEGE

TSEC/ Apt / 40/2018/818

Date: - 21/04/2018

To  
Prof. Aarti Deshpande  
Assistant Professor  
Computer Department  
Thadomal Shahani Engineering College  
Bandra (West), Mumbai- 400 050.

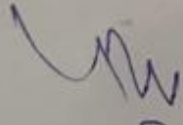
Subject: - Appointment of Liaisoning Officer Green Army Maharashtra Cell for Thadomal Shahani Engineering College.

Dear Madam,

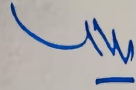
As discussed with you, we have pleasure in appointing you as Liaisoning Officer for Green Army Maharashtra Cell for Thadomal Shahani Engineering College.

Further you are requested to refer to the letter number २/विकास/लंछि/आस्था (२)/पुष्प लपावड १०९८/१३२३ dated 18<sup>th</sup> April 2018 from DTE Maharashtra., for plantation of 13 crores trees in 2018 and co-ordinate with the authorities for the same.

We are thankful to you for your co-operation & co-ordination.

  
(Dr. G. T. Thampi)  
Principal

Cc to: - Personal File

  
Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai-400 050.



## GREEN ARMY

### July 2018 Report

We as a team of Green Army Maharashtra did the plantation drive at BKC , Bandra on 14<sup>th</sup> July 2018. Our students along with teaching and non teaching staff of our college planted around 110 trees in collaboration with BMC. The chief guest for the program was Mr. Ashish Shelar, MLA and a President of Mumbai unit of BJP.

Tree plantation program was held in our college on 16<sup>th</sup> July 2018 and planted around 10 plants. Students and staff participated in this program. Chief guest for the program was Mrs. Swapna Mhatre, Corporator of bandra west. At the end of the program there was a photo session with Principal, teachers and students.



List of students Registered Under Green Army

Timest	First	Middle

Dr. G. T. Thampi  
PRINCIPAL  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





## NSS-TSEC

National Service Scheme Unit (Affiliated to the Mumbai University) **Thadomal Shahani Engineering College**



P.G. Kher Marg, TPS III, Bandra (W), Mumbai-400050

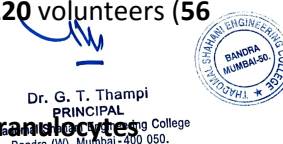
Ph.:022-26495808, Extn: 2501/2401 (E-mail:nsstsec2021@gmail.com)

**Date: November 1, 2020**

Every year **NSS-TSEC** enthusiastically organizes Blood Donation Drives within the college campus. Keeping the tradition alive in this pandemic situation, NSS-TSEC organized an **Awareness Weekend** on the theme of '**Blood Component Donation**' from 30th October 2020 to 1st November 2020 with the strong support of the Principal, Program Officers, and volunteers. The purpose of these events was to spread knowledge about donating various blood components and encouraging our volunteers to step up for society.

On **30th October 2020**, NSS-TSEC conducted a fun interactive quiz titled "**Mind Sample**" on the **Kahoot Application** for the volunteers. The quiz focused on questions related to platelets and granulocytes, to give the volunteers a basic knowledge of these blood components. The quiz consists of 11 questions in MCQ format. Volunteers were allotted **30** minutes to complete this quiz. A total of **114** volunteers (**55** Female, **59** Male) participated in this event.

On **31st October 2020**, NSS-TSEC organized a webinar titled "**Platelets Donation**" in association with **TATA Memorial Hospital** and **Gunvati J Kapoor Foundation (GJK)**. The speakers for the session were **Dr. Gourav Bain**, MBBS from Tata Memorial Center, and **Mrs. Sameena Bilgi** from GJK Foundation. The webinar also witnessed the attendance from **Mr. Kunal Shah** and Mr. Vikram Lulla, TSEC Alumni, **Mr. Rohan Nikam**, an active platelet donor, and various members from the GJK Foundation. In this session, Dr. Gourav Bain gave an insight into the importance and need for platelet donation by presenting statistical data and real-life examples. He explained the difference between blood and platelet donation which is considered similar by many. The participants were enlightened about the "**Save A Life**" Initiative and the technical aspect of platelet donation was also explained by the speaker in detail. The speaker concluded his speech by imparting knowledge about the benefits of platelet donation and debunked the common myths associated with it. Subsequently, Mr. Sameena Bilgi summarized all the aspects of the webinar and motivated the volunteers for their contribution to help the cancer patients. Our guest attendee Mr. Rohan Nikam who has completed 75 platelet donations shared his personal experience and inspired our volunteers to come forward and donate for the benefit of our society. Mr. Kunal Shah, a TSEC alumnus, and cancer survivor emphasized the fact of giving back to society and urged the volunteers to support this noble cause. The webinar concluded with a Q&A session where every doubt/query was enthusiastically answered by the speakers. The webinar was conducted on **Zoom Meeting Application**, the duration for which was **2** hours. A total of **120** volunteers (**56** Female, **64** Male volunteers) participated in this event.



On **1st November 2020**, NSS-TSEC organized an interview webinar titled "**Granulocytes Donation**" in collaboration with Think Foundation. It was one of the first webinars in the city to make the youth aware of granulocyte donation. The guest speaker for the webinar **Mr. Vinay Shetty**, Vice President at Think Foundation was interviewed by our avid volunteer Ms. Vaidehi Mangalampalli. The speaker answered all the questions patiently and shared his knowledge in great detail. He explained the need and safety aspects of granulocyte donation



while covering the technology used in this process. He also educated the volunteers about the policies that need to be implemented in our country to draw more attention to the importance of granulocyte donation. A brief introduction to the concept of stem cell donation was also given by the speaker. The webinar concluded with a Q&A session and the speaker urged the volunteers to be front runners of this movement. The webinar was conducted on **Microsoft Teams**, the duration for which was **2** hours. A total of **114** volunteers (**53 Female, 61 Male volunteers**) participated in this webinar.

At the end of the weekend, work began to create a **Donor Registry**, an initiative taken up by NSS-TSEC to encourage donations even outside blood donation drives. NSS-TSEC volunteers also joined Tata Memorial Hospital's registry, which aims to invite more donations, as the details of volunteers were shared with the Tata Memorial Hospital through the GJK Foundation.

The Awareness Weekend was a great success with informative webinars and interactive quizzes. All the volunteers showed patience and active participation in all the events. They expressed their happiness and gratitude for conducting such events through feedback forms. NSS-TSEC was also appreciated by the speakers regarding their proactive methods and initiative. The main objective of these webinars was to create awareness of blood component donations and make a TSEC registry of voluntary donors for helping the society when the need arises.

NSS-TSEC is highly obliged towards the Principal **Dr. G.T. Thampi** and the Program Officers **Prof. Sachit Nalaskar** and **Dr. Gauri Shukla** for their constant help through guidance, instant approvals to all the necessities, and motivation to conduct such events. We are grateful to all the speakers and guest attendees for giving their valuable time to encourage our volunteers and make these events successful.

**Total Hours Allotted:** 4.5 Hours



**Program Officer**  
NSS-TSEC



**Dr. G. T. Thampi**  
**PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.





Optimal oral health for all by 2020

# National Oral Health Programme

**Dt. 27<sup>th</sup> June, 2016.**

**Mr. G. T. Thampi**  
**Principal,**  
**Thadomal Shahani Engineering college,**  
**Bandra (W), Mumbai – 400 050.**

Greetings from the Indian Dental Association, (IDA)!

IDA, founded in 1946, has been in the forefront of promoting oral healthcare and hygiene in the country. It has over 75,000 members spread over 29 States and over 350 local branches. We have entered into the Guinness Book of World Records for mass dental check-ups of school children.

We are pleased to share with you that we have added yet another pioneering activity to the wide spectrum of health-related campaigns we undertake - conducting dental health check-up camps for leading corporate houses under its **"National Oral Health Programme"**. Such camps we have conducted in Corporates viz. **Aditya Birla Ltd., I Gate Patni Computers, Central Bank of India, Shyamrao Vitthal Bank, L & T General Insurance Co. Ltd., Marsh Insurance for their various locations last year we have conducted for Asian Paints Ltd., Santacruz, Press Club of Mumbai, Navi Mumbai Municipal Transport, Turbhe, Asodgaon, Ad lab Imagica, Travel Foods Ltd., Cox and King for their Fort, Marol, Delhi location for their employees.**

**School check ups** more than @45 schools, playgroups, Nursery viz. Gingle bell Nursery play group, Union High School Chandanwadi Municipal Marathi School, Shardashram Vidyamandir English Primary School, Barretto High School, Airport Authority High School, Veena Nursery School, **Rotary Club of Mumbai Mid city Trust, Lions Club of Shivaji Park, Rotary Club of Bombay Hills South for Community camp**

Recently **Piramal Glass Ltd.** conducted School check up activity at Jambusar and Kanzat, Vadodara, Gujrat locations near about 900 students under CSR project.

For **Mental retired disabled children.** The Spastics Society Of India, Convent Of Jesus And Mary Special School, Anza Special School, Save the Children India etc. ONGC for the Schools and Community **Senior Citizen Association** National Integrated Medical Association, The Federation Of Senior Citizen Organization Of Maharashtra, Innoseva India Foundation, Impact India Foundation- Lifeline train at various locations IDA supporting for dental check ups and treatments etc.,

The aim is to create awareness about oral health and hygiene and to attain the goal of zero tooth decay among the students in your college.

Oral Health is generally neglected, though it is crucial from overall health perspective. Due to time constraints of busy lifestyles, visiting a dentist, however important, may not materialise easily.

We believe that an opportunity, wherein expert dentists would visit your premises for conducting a check up would therefore be a welcome proposition.

IDA stresses the PREVENTIVE MODE of dental care. Its wide-ranging activities include **Tobacco Intervention Initiative**, where experts impart awareness lectures, counseling and treatment to the patients, who wishes to quit tobacco to make tobacco free environment.

  
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PRINCIPAL  
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Bandra (W), Mumbai - 400 050.





# National Oral Health Programme

It is a medically proven fact that oral diseases can lead to other types of serious afflictions like heart diseases, diabetes etc.

- Dental caries (tooth decay) is prevalent among 63.1% of 15 year olds and as much as 80.2 % among adults in the age group of 35-44 years.
- Periodontal diseases (gum diseases) are prevalent in 67.7 % of 15 year olds and as much as 89.6 % of 35-44 year olds.

Consistent with the growing healthcare awareness in the country, Educational Institutions are displaying interest for dental health check-ups for their students and staff. We believe your organisation will be enthusiastic on having a dental healthcare camp.

The highest standards of hygiene will be maintained during the camp, with disposable items being used wherever applicable and the equipment duly sterilised.

Expert dentists can also deliver lectures on relevant contemporary topics connected to oral hygiene.

Our Coordinators with dentist team will carry out the check up for your students, the dental examination forms will be send before weeks time to duly filled.

Our dentists will have examination of **tooth wise findings of each student**, and will mention advised treatment on examination form. After the examination IDA will enter these reports in excel format to view Individual his/her dental report.

Findings concerning high risk patients – we hope there would be none in your organization - will be duly shared with you. We would also suggest the necessary treatment for the same.

The IDA would require a token amount of **Rs.50/-per student** (only for dental check up) to cover basic establishment expenses towards arranging the logistics dental check up material, arranging Drs., To & Fro Travelling allowance, sharing dental report to avail further advised treatment.

Looking forward to your considered response in ushering in an oral health revolution in the country.

Thanking you and with regards.

Yours sincerely,

**Dr. Ashok Dhoble,**  
Honorary Secretary General.

**Dr. G. T. Thampi**  
PRINCIPAL  
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[www.nohp.org.in](http://www.nohp.org.in) : [www.ida.org.in](http://www.ida.org.in)



## Poor Oral Health problems



- **Plaque (tartar) and calculus causing inflammation of gingiva (gingivitis)**
- **75% of the population is affected by some type of periodontal disease or gingivitis.**

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## NSS-TSEC

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**NSS-TSEC** has been conducting **Cardiac Arrest Resuscitation Workshop** in collaboration with Holy Family Hospital, Bandra from the past three years. Due to COVID19 Lockdown, the session was conducted on an online platform.

On 29th August 2020 & 24th February 2021, **NSS-TSEC** in collaboration with **Holy Family Hospital, Bandra** organized an online workshop on Cardiac Arrest Resuscitation under the **iCARE** initiative with the strong support of the Principal, the Program Officers, and Students. The webinar was conducted on Google Meet Application.

The speaker for the session were **Ms. Sumaiya Raghavan, Operations Head at iCARE** and **Mr. Anand Shrivastav, Project Director at iCARE**. Both the speakers were qualified trainers in first aid heart saving and CPR and have received certification from the American Heart Association. iCARE is a non-profit initiative by the Holy Family Hospital, Bandra that dedicates to the cause of educating people on how to save the life of a Sudden Cardiac Arrest victim until the medical emergency arrives. Under this initiative, they provide trainings free of cost with the motive to spread awareness among people and save lives. The online workshop conducted was the first session out of the three-session training program under the iCARE initiative which ultimately leads to earning the **Heart Marshall Badge**.

In this workshop, the speakers gave an insight into the importance and need to undergo this training by presenting facts and real-life examples. They explained the difference between a heart attack and a cardiac arrest which is considered similar by many. The participants were enlightened about the Good Samaritan Law [2016], which offers legal protection to people who give reasonable assistance to those who are, or whom they believe to be, injured, ill, in peril, or otherwise incapacitated. The speaker encouraged the participants to help strangers in case of an emergency, citing the above law. The main objective of the workshop was to give an idea to participants on how they could save the lives of people during a cardiac arrest. The four steps [ **Recognize, Call, CPR, AED** ] to save a person during sudden cardiac arrest were innovatively explained to the participants through a PowerPoint presentation, animated videos and a dummy mannequin used by the speaker. The training was concluded by giving an overview of how to use an Automated External Defibrillator [AED] machine, which is required to give electric shocks in addition to the CPR technique.

The webinar was very informative and interactive. Every query/doubt was enthusiastically answered by the speakers during the Q&A session. The speakers even encouraged to conduct more such sessions for a larger number of students and teachers to make them aware of cardiac arrest and CPR techniques to save lives during an emergency.

All the participants showed patience and active participation during the online workshop. They expressed their happiness and gratitude for conducting such an event through the online platform chatbox and feedback forms. About 50% of the attendees also expressed their

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interest to join further sessions to learn more and earn the Heart Marshall Badge. They also suggested different topics for conducting webinars in the future.

NSS-TSEC is highly obliged towards the Principal, **Dr. G.T. Thampi** and the Program Officers **Prof. Sachit Nalaskar** and **Dr. Gauri Shukla** for their constant help through guidance, instant approvals to all the necessities and motivation to conduct such events. We are grateful towards the speakers Ms. Sumaiya Raghavan and Mr. Anand Shrivastav for the time they took to share their knowledge with us. We are looking forward to conducting further sessions at the Holy Family Hospital, Bandra as an when the pandemic ends.

**Date : 29th August, 2020: Attended by 48 volunteers (21 Female, 27 Male)**

**Hours Allotted:** 2.25 hours

**Date: 24th February, 2021: Attended by 110 volunteers (43 Female, 67 Male)**

**Hours Allotted:** 2 hours

**Venue:** Google Meet



**Program Officer**



**Dr. G. T. Thampi**  
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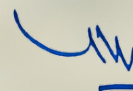


***SORT CLUB***



# *Enchant* **THE REAL HIGH**

**EDUCATIONAL AND AWARENESS CAMPAIGN OF, FOR AND BY THE STUDENTS**



Dr. G. T. Thampi  
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# Enchant the Real High

We, a team of volunteers and teachers at Art of Living have initiated "Enchanting the Real High" an educational and awareness project of, by and for Students. "Prevention is better than cure" is the objective of this project. Awareness sessions will be delivered to students for making them informed of the monster of Substance abuse which may engulf them at a young age if they are not educated of its harms.

The Teenage Brain is Susceptible to Addiction and the reason being pleasure centers of a teenager's brain develop faster than the parts of the brain responsible for decision-making and risk analysis. Maharashtra has the highest number of suicides because of alcohol addiction. 75% of youth consume alcohol before 21 which is a very alarming matter.



**Launched on  
12th Jan  
National Youth Day  
Swami Vivekanand Jayanti  
to 19 th Feb 2021  
Chhatrapati Shivaji Maharaj Jayanti**



This initiative is part of SS Sort Social. The talk sessions are delivered by The Art of Living teacher who have many years of experience in mentoring youth which will prove fruitful in shaping the mind of the young and steering them away from substance abuse.



## EVENT DETAILS

**The Speaker, Mr. Ramnik Bansal, a Life Coach and Youth Mentor, donated his time to this webinar. Sir talked about the following key points:**

- The statistics of Substance Abuse, how many deaths are caused by Alcohol alone
- The concept of Subversion
- The ill effects
- How we have been subverted to believe that alcohol consumption is 'cool', 'mature', 'beneficial', etc.
- Media portrayal of alcohol consumption
- Evident life threats from substance abuse that did not gain momentum on mainstream media
- How alcohol consumption is related to other vices in the society such as theft, rape, etc.
- The Power of Choice



## HIGHLIGHTS

**40%** of the students at the beginning of the session, voted that they have consumed alcohol/drugs/cigarettes at some point of time.

**93%** of the students at the end of the session, took a pledge to not indulge in substances again, thus making it successful.

**91%** of the students voted that they would like to learn the SKY Meditation technique.

## OBSERVATION

The session was made very interactive by Mr. Bansal, by use of videos, open dialogue and polls. There was a question-answer section towards the end, where many students asked their doubts, without inhibitions, that were answered amicably by the speaker. The students enjoyed the session overall and also gained knowledge from it. As a bonus, some insight into SKY meditation and its benefits was provided to the students, enabling them to make healthier choices and promote the 'real high'.



# ERH Report From Thadomal Shahani Engineering College

## FEEDBACK FOR THE SESSION

“

Enchant the Real High was an informative and eye-opening session. The explanation of how alcohol consumption is justified and made the norm was something that I had not thought of as much before the session. It was very real and a little scary as well. The video examples drove home the points that were being made in the session. I learnt some stuff and I'm glad that the session was conducted !

**-Harsh Kapadia, TE IT**

“

All in all, the event was good. The numbers (all statistics) were very convincing and legit.

**-Reevan Dsouza, TE Chemical**

“

Even though I am a teetotaler, this session was insightful. It threw light on how somebody consuming alcohol can put our lives in danger even though we aren't at any fault. That perspective was fresh and unique. Also, I would like to attend the SKY meditation.

**-Shambhvi Rangnekar, SE Biomedical**

“

It was overall a great session ! We get to learn a lot of data, which is very important & useful also for the young generation. I'm looking forward to attend these kinds of sessions in future also. Literally great work done by the Collaboration of all committees in organizing. Specially, Thanks to the TIE Club Committee who thought to organize such kind of session.

**-Mohit Choithani, BE IT**

“

Enchant the Real High was one of the best sessions to attend on a Saturday afternoon. The speaker was friendly, humourous and I feel he accurately pointed out the problems faced by students of our age. The whole program was so well executed. It started on time and ended on time. It was good to be there, with the speakers putting up interesting polls for us to answer. I never really understood how time passed by. I would love such sessions to be arranged and myself being a part of it. I look forward to attend the SKY meditation, as I believe that it will bring positivity in and around in my routine life.

Dr. G. T. Thampi  
Principal  
Thadomal Shahani Engineering College  
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**-Swarangi Samant, TE Biotechnology**

# SKY Meditation Experience



I was recommended to do this course by Mamta Ma'am of AOL. Little did I know that it would bring such a big change in me. I had joined, expecting to learn some meditation and breathing techniques, but I gained so much more. I gained and re-learned life skills, I gained the camaraderie of my batch mates, I gained two very amazing guides, in fact, a whole community, and most importantly, a key to my own happiness and peace of mind that was exclusively under my control. Doing the Sudarshan Kriya is definitely a great experience everyday. I find myself to be much more calmer for it. I have learned that while stability on the outside may lead to stagnation, stability on the inside leads to strength. Much gratitude to this program.

**-Vrushali Maste, Student,  
Thadomal Shahani Engineering College, Mumbai**

## CONCLUDING REMARKS

The marketing collaboration with UBA, NSS and THC of TSEC proved to be useful to get a larger number of students interested. Post the webinar, numerous messages were received by the organizers from the students stating that the event was helpful to them.

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**We would also like to have a session for SKY Meditation,  
since it was requested by 90% students.**



## **NSS-TSEC**

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**Date: April 24, 2021**

The Covid-19 pandemic has led to many changes in the way people live their daily lives. With the restrictive measures coming into force, the world has seen a surge in the use of technology as a tool to continue to keep businesses running and people connected during the pandemic.

On **24th April 2021**, NSS-TSEC organized a webinar titled "**CYBER CRIME**" in association with **Public Concern for Governance Trust (PCGT)**, with the strong support of the Principal, the Program Officers, PCGT staff, and students. The webinar was conducted on the **Zoom Meeting Application**, the duration of which was **2.5 hours**. A total of **270** participants from different colleges across Maharashtra attended this event, of these, **115** were **NSS TSEC volunteers which included 62 Male and 53 Female volunteers**.

The event was held in association with PCGT, a registered trust founded to increase public participation and activism towards creating a transparent and efficient governance system. The event was graced by the presence of trustees from PCGT, **Padma Bhushan Shri. Julio Francis Ribeiro** (founding trustee), **Mr V.P. Raja** (IAS Officer), Mrs. Ana Saldanha and Ms. Rekha Shahani. The keynote speaker for the webinar was **Dr. Ashok Bagul, Senior Police Inspector, Cyber Police Station, Nagpur**. The webinar aimed to spread awareness on cybercrimes, cybersecurity and cyber laws in our country.

The event began with the introduction of the dignitaries and a brief talk from Ribeiro sir and Raja sir on the necessity of awareness about cybercrime in today's technologically advanced world. The speaker initially spoke about the awareness and literacy that our citizens needed to fight against cybercrimes. He further explained the threats regarding cybercrime and how it's different from traditional crimes. He gave the participants insights into the exploitation of increased online activity by existing criminal groups due to the COVID-19 pandemic. The speakers shared his valuable knowledge on types of cybercrimes and the preventive measures to fight against them. He made the session engaging by sharing real-life cyber cases, case studies and presenting some shocking facts to the participants. The inspirational talk on "greed" was one of the highlights of this session. In the end, he educated the participants on the '**Incident Reporting**', step a victim needs to take if he has fallen prey to cybercrime.

The presentation slides shared by the speaker were very informative and easy to understand. A Q&A session was held where all the queries & doubts by the participants were enthusiastically answered by the speaker. By the end of the webinar, **60** participants were ready to either join or cooperate with police forces in the fight against cybercrimes.





NSS-TSEC is highly obliged towards the Principal, **Dr. G.T. Thampi** and the Program Officers **Prof. Sachit Nalaskar** and **Dr. Gauri Shukla** for their constant help through guidance, instant approvals to all the necessities and motivation to conduct such events. We are grateful to Dr. Ashok Bagul for the time and effort he took to share his knowledge and experiences with our volunteers. We are also thankful to **Ms. Ruchi Bhagat** and PCGT staff for helping us in organizing this webinar.

**Number of Hours allotted: 2.5 hours**



**Program Officer  
NSS-TSEC**



**Dr. G. T. Thampi  
PRINCIPAL**  
Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



**Samples of Universal Human Values Certificates Dated from 25<sup>th</sup>  
January 2021 to 30<sup>th</sup> January 2021:**

	
<h1>Certificate of Completion</h1>	
<p>This is to certify that</p>	
<p><b>Manav Satish Ranawat</b></p>	
<p>of</p>	
<p><b>Thadomal Shahani Engineering College</b></p>	
<p>has successfully completed an Online Student Induction Program on Universal Human Values (Sampler) being organized from 25th January 2021 to 30th January 2021 by the UHV cell of University of Mumbai.</p>	
	
<hr/>	<hr/>
<p><b>DR. ANURADHA MAJUMDAR</b> Dean, Faculty of Science &amp; Technology University of Mumbai</p>	<p><b>DR. SYBIL THOMAS</b> UHV Coordinator University of Mumbai</p>

  
Dr. G. T. Thampi  
PRINCIPAL  
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## Certificate of Attendance

This is to certify that

**Tushar Parmanand Budhwani**

of

**Thadomal Shahani College Of Engineering**

has attended an Online Student Induction Program on Universal Human Values (Sampler) being organized from 25th January 2021 to 30th January 2021 by the UHV cell of University of Mumbai

Dr. G. T. Thampi  
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Bandra (W), Mumbai - 400 050.



**DR. ANURADHA MAJUMDAR**

Dean, Faculty of Science & Technology  
University of Mumbai

**DR. SYBIL THOMAS**

UHV Coordinator  
University of Mumbai



## Certificate of Completion

This is to certify that

**Ankit Devshankar Choudhary**

of

**Thadomal Shahani College Of Engineering**

has successfully completed an Online Student Induction Program on Universal Human Values (Sampler) being organized from 25th January 2021 to 30th January 2021 by the UHV cell of University of Mumbai.

Dr. G. T. Thampi  
**PRINCIPAL**

Thadomal Shahani Engineering College  
Bandra (W), Mumbai - 400 050.



**DR. ANURADHA MAJUMDAR**

Dean, Faculty of Science & Technology  
University of Mumbai

**DR. SYBIL THOMAS**

UHV Coordinator  
University of Mumbai





## *Certificate of Completion*

This is to certify that

**Anirudh Navin**

of

**Thadomal Shahani Engineering College**

has successfully completed an Online Student Induction Program on Universal Human Values (Sampler) being organized from 25th January 2021 to 30th January 2021 by the UHV cell of University of Mumbai.

**DR. ANURADHA MAJUMDAR**

Dean, Faculty of Science & Technology  
University of Mumbai

**DR. SYBIL THOMAS**

UHV Coordinator  
University of Mumbai

**Dr. G. T. Thampi**  
**PRINCIPAL**  
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