

3.4.3 : Number of extension and outreach programs conducted by the institution through NSS/NCC, Government and Government recognised bodies during the last five years

3.4.3.1. Number of extension and outreached Programmes conducted in collaboration with industry, community and Non Government Organizations through NSS/ NCC/ Red Cross/ YRC etc., year-wise during the last five years

DVV Query :

)Kindly provide the authenticated list of extension and outreach programs conducted by the institution through NSS/NCC, Government and Government recognised bodies during the last five years duly signed by competent authority

2)Kindly provide Geo tagged Photographs and any other supporting document of relevance should have proper captions and dates. 3)Kindly provide Detailed report

. . .

Note : Geotags Photographs not available



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



Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Pg no of Ecopies
2020-2021			
NSS, University of Mumbai	NSS	2020-2021	3
NSS, University of Mumbai	NSS	2020-2021	6
NSS-TSEC	NSS	2020-2021	7
NSS-TSEC	NSS	2020-2021	16
NSS-TSEC	NSS	2020-2021	20
Icare, Holy Family	NSS	2020-2021	33
Icare, Holy Family Hospital	NSS	2020-2021	34
Public Concern for Governance Trust	NSS	2020-2021	36
Isha	NSS - TSEC	2020-2021	60
Sanjeevani - Life beyond Cancer	TSEC	2020-2021	64
Art Of Living	TIE Club, NSS -TSEC, UBA-TSEC, THC- TSEC	2020-2021	61
TSEC Students	National Bhasha Din	2020-2021	91
Government Of India	Ek Bharat Shreshta Bharat (EBSB)	2020-2021	92
TSEC-EBSB Club	Ek Bharat Shreshta Bharat (EBSB)	2020-2021	93
TSEC-EBSB Club	Ek Bharat Shreshta Bharat (EBSB)	2020-2021	95
		Total	
2019-2020			
TATA Hospital	NSS - TSEC	2019-2020	113
TATA Hospital	NSS - TSEC	2019-2020	114
NSS TSEC	Fit India Campaign GOI	2019-2020	115
Wavikar Eye Institute, Thane	Unnat Bharat Abhiyan & Residential Camp	2019-2020	155
KEM Hospital	NSS Resi. Camp	2019-2020	135
NSS TSEC	NSS Resi. Camp	2019-2020	136


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PRINCIPAL
 Thadomal Shahani Engineering College
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NSS TSEC	NSS Resi. Camp	2019-2020	138
TSEC Students	Swachha Bharat Abhiyan	2019-2020	129
TSEC Students	Project Mumbai.org	2019-2020	149
TSEC Students	Bandra Station , Mumbai	2019-2020	154
TSEC Students	BMC. Juhu	2019-2020	147
NSS TSEC	NSS Resi. Camp	2019-2020	139
NSS TSEC	Nari-Swasthya	2019-2020	155
NSS TSEC	Swachha Bharat Abhiyan	2019-2020	129
NSS TSEC	Swachha Bharat Abhiyan	2019-2020	130
NSS TSEC	Swachha Bharat Abhiyan	2019-2020	132
NSS TSEC	Swachha Bharat Abhiyan	2019-2020	133
NSS TSEC	Unnat Bharat Abhiyan & Residential Camp	2019-2020	135
NSS TSEC	Shramdaan in NSS	2019-2020	136
iCare, Holy Family Hospital, Bandra W	Heart Marshal Training	2019-2020	139
NSS TSEC	Isha's <i>Gramotsavam</i>	2019-2020	141
TSEC Students	National Bhasha Din	2019-2020	157
Green Army-TSEC	Green Army Maharashtra	2019-2020	156
TSEC-EBSB Club	Ek Bharat Shreshta Bharat (EBSB)	2019-2020	150
TSEC-EBSB Club	Ek Bharat Shreshta Bharat (EBSB)	2019-2020	154
TSEC-EBSB Club	Ek Bharat Shreshta Bharat (EBSB)	2019-2020	164
TSEC-EBSB Club	Ek Bharat Shreshta Bharat (EBSB)	2019-2020	166
		Total	

2018-2019

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



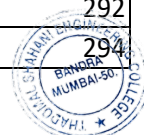
NSS TSEC	Swachh Bharat Mission	2018-2019	182
NSS TSEC	Swachh Bharat Mission	2018-2019	202
TATA Hospital	NSS - TSEC	2018-2019	189
TATA Hospital	NSS - TSEC	2018-2019	190
BMC, Mumbai	NSS - TSEC	2018-2019	201
University of Mumbai	NSS-TSEC	2018-2019	192
MoAYUSH; Univ. of Mum.	NSS-TSEC	2018-2019	198
MoAYUSH; Univ. of Mum.	NSS-TSEC	2018-2019	200
iCare, Holy Family Hospital, Bandra W	Heart Marshal Training	2018-2019	231
NSS TSEC	Isha's Gramotsavam	2018-2019	215
Rajani Foundation, NGO	NSS - TSEC	2018-2019	233
NSS TSEC	Swachhata Oath	2018-2019	
Green Army-TSEC	Green Army Maharashtra	2018-2019	
		Total	
2017-2018			
'Holy Family Hospital' (iCare)	NSS - TSEC	2017-2018	242
	NSS - TSEC	2017-2018	
Kaivalyadham & Univ. of Mum	NSS - TSEC	2017-2018	250
National College, Univ. of Mum	Int. Yoga Day'18	2017-2018	245
University of Mumbai	Int. Yoga Day'18	2017-2018	248
University of Mumbai	Gandhian Thoughts	2017-2018	257
Think Foundation	Nss-Tsec Blood Donaton	2017-2018	266
Sion Hospital	Unnat Bharat Abhiyan	2017-2018	
NSS-TSEC	Unnat Bharat Abhiyan	2017-2018	
NSS-TSEC	Mass Awareness	2017-2018	

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



NSS-TSEC	Awareness	2017-2018	258
NSS-TSEC	Nss - TSEC	2017-2018	269
NSS-TSEC	Swachha Bharat Abhiyan	2017-2018	260
NSS-TSEC	Swachha Bharat Abhiyan	2017-2018	262
NSS-TSEC	Swachha Bharat Abhiyan	2017-2018	265
GP, Neral, University of Mumbai	NSS-TSEC	2017-2018	267
Sadhguru, Isha Foundation, Coimbatore	NSS - TSEC	2017-2018	278
NSS-TSEC	NSS - TSEC	2017-2018	271
NSS-TSEC	NSS - TSEC	2017-2018	272
Mesco foundation	NSS - TSEC	2017-2018	264
Lokmanya Tilaka MG Hospital and Tata Memorial Hospital DTM	NSS - TSEC	2017-2018	266
TATA Hospital	NSS - TSEC	2017-2018	267
Forest Dept., State of Mah.	NSS - TSEC	2017-2018	272
Income Tax Dept. Air India Bldg, Marine Drive	NSS - TSEC	2017-2018	274
	NSS - TSEC	2017-2018	
		Total	
2016-2017			
	NSS - TSEC	2016-2017	282
<i>MyDentist</i>	NSS - TSEC	2016-2017	289
Prajapita Brahmakumari, Bandra Centre	NSS - TSEC	2016-2017	294
TATA Hospital DTM	NSS - TSEC	2016-2017	291
TATA Hospital DTM	NSS - TSEC	2016-2017	291
University of Mumbai	NSS - TSEC	2016-2017	284
Mesco Foundation	NSS - TSEC	2016-2017	290
University of Mumbai	NSS - TSEC	2016-2017	292
Kabaad ka Jugaad	NSS - TSEC	2016-2017	294

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



Neral Gram Panchayat	NSS - TSEC	2016-2017	293
		Total	



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



- 3.4.3 **Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the last five years.**
- 3.4.4 **Average percentage of students participating in extension activities at 3.3.3. above during last five years**

Sr. No	Activity Name
1	Extension Activities for A.Y 2020-2021
2	Extension Activities for A.Y 2019-2020
3	Extension Activities for A.Y 2018-2019
4	Extension Activities for A.Y 2017-2018
5	Extension Activities for A.Y 2016-2017



Dr. G. T. Thampi
PRINCIPAL

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Bandra (W), Mumbai -400 050.



Extension Activities for A.Y 2020-2021



Dr. G. T. Thampi
PRINCIPAL

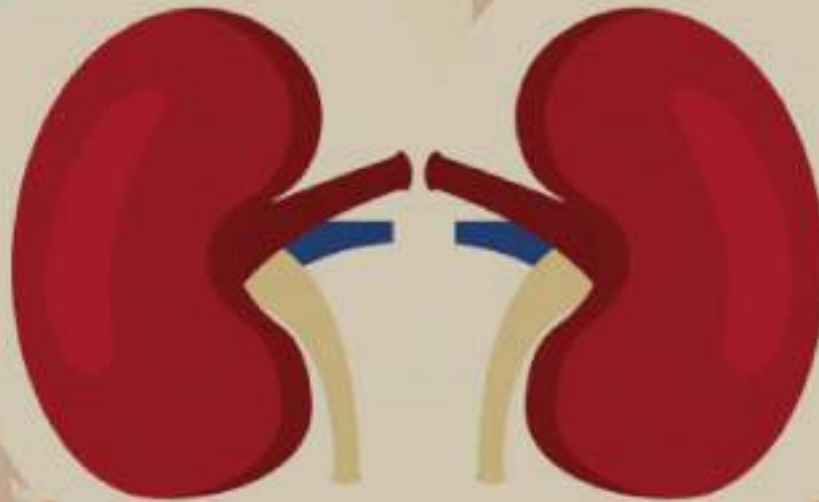
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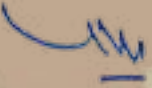




ORGAN DONATION DAY WEBINAR

Presented By The NSS Cell of Mumbai University




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



“Organ donation, the highest form of donation”
After one's death, they can help other people lead a better life by just signing up.


Date: 13th of August

Time: 11 AM

Join By: Youtube



Live chat

Top chat  1.5K

11:20 AM **Pranali Sutarwala** Pranali Sutarwala from J.S.S.P. college



11:20 AM **Ashwini Jadhavar** Ashwini ramhari jadhavar. college name. j.s.s.p. college goveli.



11:20 AM **Gayatri Shinde** Gayatri Vijay Shinde KJ Somaiya college of science and commerce SYBCOM



11:20 AM **SAKSHI BARANWAL** Sakshi Baranwal from Gurukul college of commerce



11:20 AM **pranali sutarwala** 🌟🌟🌟



11:20 AM **THE Sachin Tiwari** SACHIN TIWARI, B-34 TCET NSS UNIT



11:20 AM **Kushal jain** kushal Jain, nss volunteer, sk somaiya college of arts, science and commerce



11:20 AM **Ajay Gupta** AJAY GUPTA NSS VOLUNTEER OF KES' SHROFF COLLEGE OF ARTS AND COMMERCE



11:20 AM **sharif raja** saira banu haldar Nss volunteers from mohindar singh kabil singh degree college of arts and commerce kalyanpelasure to meet u sir



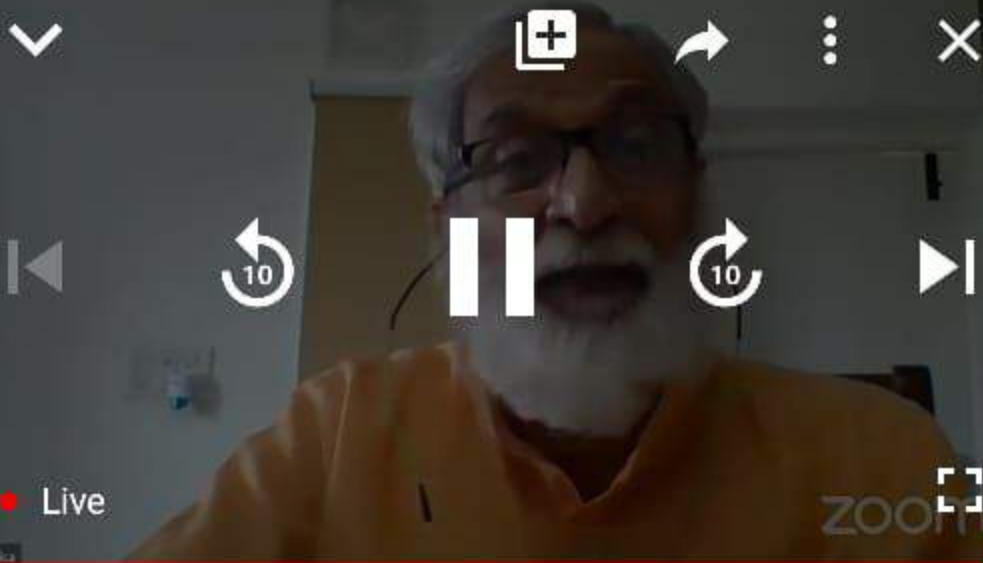
11:20 AM **Piyusha Jawale** Piyusha Jawale, NSS Volunteer from Thadomal Shahani Engineering College, Bandra



11:20 AM **Priyanka Ghag.** Priyanka Ghag Volunteer NSS Unit from K.M.Agrwal CLG Kalyan (W.)



Chat publicly as Piyusha Jawale...



Live chat

Top chat 1.5K



- 11:24 AM **Minakshi Gupta** payal gupta nss volunteer from s .d.s.m. clg of palghar
- 11:24 AM **Arya Kale** arya kale sk college nerul
- 11:24 AM **Pranali Pandit** pranali pandit from SYBBI mohinder Singh kabal Singh degree College kalyan west
- 11:24 AM **Ishita Tarnekar** Ishita Tarnekar, NSS volunteer, Thadomal Shahani Engineering College
- 11:24 AM **veda thosar** veda Umesh Thosar jai hind
- 11:24 AM **Krishna Tiwari** Krishna Tiwari lokmanya Tilak college of engineering koparkhairane
- 11:24 AM **Yasin Pathan** SV college art commerce and science 2 year volunteer
- 11:24 AM **Shwetha S...**

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

Chat publicly as Aditya Hunoor...



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: October 29th, 2020

On the **29th October, 2020**, NSS UBA-TSEC brought to its volunteers a webinar titled “**My Life My Yoga: 3 Step Rhythmic Breathing**”, Aatma Nirbhar Bharat & FIT India Movement” for healthy mental & physical fitness ” organised by **Unnat Bharat Abhiyan Cell, SVNIT, Surat** with strong support of the Principal, the Program Officers and Students. The webinar was conducted on **Cisco WebEx Application**, duration for which was 1.5 hours. A total of **105 volunteers, including 52 female and 53 male volunteers** participated in this event.

The session was commenced by Dr. Kruepsh A. Chauhan from UBA cell SVNIT. All UBA colleges taking part in the UBA program were invited for the same across states. Various breathing exercises for improving mental as well as physical health were introduced to the volunteers. Guided exercises which can help our body to fight against Corona Virus were demonstrated with help of PPTs and reference Video and created awareness on FIT India Movement.

The session enlightened the volunteers that only if they are fit, healthy and happy then they will be able to inspire others to fight against the ongoing COVID-19 and together we can win. The method discussed was based on eternal vigilance, which can be achieved by introducing 3SRB (written by Shri S.N.Tavriyaji) into the body brain system.

Volunteers appreciated the opportunity of learning new techniques in breathing exercises, a necessity in times when COVID cases were on the rise.

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 and bringing to the students of our college such informative sessions. We are grateful towards UBA SVNIT for their kind invitation and educating healthy practices.

Number of Hours allotted: 1.5 hours

SACHIT G. NALASKAR
Program Officer,
NSS_TSEC

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



SAVE A LIFE



Contact Person: Bhavna/Ganesh

Phone No: 9869122255

Tata Hospital: 022-24177000 Ext-4681/84

Email ID: savealife@tmc.gov.in



@ Savealifetmh

Save A Life - Become a platelet donor



Dr. G. T. Thampi
PRINCIPAL

Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 059.



REC



Dr. S. T. ...
 PRINCIPAL
 Thomas ...
 ...



Gourav Bain's screen


REC

Gourav Bain

Kunal Shah

Sameena- Gunvati J Kapoor Foundation


GJK- Nirjari


Dr. G. T. Thampi
PRINCIPAL
Mandasa Shukri Engineering College
Bandra (W), Mumbai - 400 060.



REC




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



REC



Gourav Bain



Kunal Shah



Sameena- Gunvati J Kapoor Foundation

Dr. G. T. Thampi
PRINCIPAL
Theodora 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.





REC

SAVE A LIFE



Contact Person: Bhavna/Ganesh

Phone No: 9869122255

Tata Hospital: 022-24177000 Ext-4681/84

Email ID: savealife@tmc.gov.in



@ Savealifetmh

Save A Life - Become a platelet donor



Gourav Bain's screen



Dr. G. T. Thampi
PRINCIPAL

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





REC



Gourav Bain's screen



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





THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE


NSS-TSEC 20-21 PRESENTS

GRANULOCYTE DONATION

WEBINAR

IN ASSOCIATION WITH THINK FOUNDATION

DATE: 1ST NOVEMBER


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



TIME: 5 PM

#NSS_TSEC



Participants

Type a name

Presenters (6)

- AP ArpSEITa Pawar
- MM Mohitansu Mohapatra
- RP Ratnesh Patil
- SD Siddhesh Dhome
- VM Vaidehi Mangalampalli
- VS Vinay Shetty (Guest)

Attendees (112)

Dr. G. T. Thampur
Principal
Thadomal Shahani Engineering College
Bandre (W), Mumbai - 400 086.

Participants

Type a name

Vinay Shetty (Guest)

Attendees (113)

- NS Nayni Shah
- AP Abhishek Panda
- AB Aditi Bagul
- AG Akanksha Gawas
- AV Anjali Varma
- AM Antara Mohan
- AK Anushka Kore



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





Vinay Shetty (Guest)



Ratnesh Patil



Mohitansu Mohapatra



Sanskriti Iyer



Vaidehi Mangalampalli



IshneetKaur Alag



ArpSETta Pawar



Siddhesh Dhome



Shagun Lamba



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 12, 2020

On the 12th November 2020, NSS-TSEC organized a webinar titled “**Where does our food come from**” in collaboration with **Humane Society International/India (HIS-India)** with strong support of the Principal, the Program Officers and Students. The webinar was conducted on Microsoft Teams, duration for which was 2 hours. A total of **88 volunteers (42 Female, 46 Male)** participated in this event.

The speaker for the session was **Ms Kanak Shriya Kaushik** from HIS – India. She is a outreach campaigner for HIS – India who has been engaged in animal welfare activities since childhood. She had also worked as a volunteer at Society for prevention of cruelty to animals for a period of three years.

The session covered different aspects of food culture in our country. The speaker explained the background of the food consumption taking place all over the world and the way it is affecting our environment and animal behavior. The webinar covered the causes that are preventing India from achieving the Sustainable Development Goals (SDGs) laid by the United Nations (UN). The webinar concluded by stating the alternatives (e.g. plant-based diet, vegan food etc.) humans can inherit in their life to create a sustainable environment where animals can coexist with humanity. In the end, the speaker gave an idea on how HIS- India is contributing towards animal welfare activities.

The webinar was interactive and informative. It enlightened the volunteers through real life examples and appealing presentation made by the speaker. A Q&A session was held where all the queries & doubts by the volunteers were enthusiastically answered by Kanak ma’am.

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 Ms. Kanak Kaushik for the time and effort she took to share her thoughts, for educating our volunteers on animal welfare and instilling in them sensitivity towards the innocent animals.

Number of Hours allotted: 2 hours

Program Officer

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



TRADITIONAL BARBERS
TSEC
 ENGINEERING COLLEGE



HUMANE SOCIETY
 INTERNATIONAL
 INDIA



S P E A K E R
 KANAK SHRIYA KAUSHIK

DESIGNATION: DELHI OUTREACH CAMPAIGNER



Dr. T. Thampi
 PRINCIPAL
 Traditional Barbers Engineering College
 Bandra (W), Mumbai - 400 086.

E CERTIFICATES WILL BE PROVIDED



THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



HUMANE SOCIETY
INTERNATIONAL
INDIA

WHERE DOES OUR FOOD COME FROM? WEBINAR

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



DURATION : 1-1.5 Hrs

TIME : 12 PM

JOIN VIA : MS TEAMS





3 of 28

Why considering Farm Animals is important?

Number of Animals Used

- Farm Animals
- Laboratory
- Shelters
- Clothing
- Others

Participants

Type a name


Presenters (0)

- CP Chaitanya Patil
- GS Gauri Shukla (Organizer)
- KK Kanak Kaushik (Outside your organization)
- MM Mohitansu Mohapatra
- RP Ramesh Patil
- SN Sachin Nalaskar
- SL Shagun Lamba
- SD Siddhesh Dhore

Kanak Kaushik

+BS CP SD KK SL NS

Siddhesh Dhore Kanak Kaushik Shagun Lamba


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





4 of 20 | Take control | [Icons: Chat, Share, Mute, Leave]

Number of Live Land Animals in India (in millions)

Animal Type	Number (in millions)
Broiler chickens	800
Layer hens	460
Cattle	187
Buffalo	114
Sheep	63
Goats	133
Stray dogs	30
Others	-

Source: FAO Stat, BBC

Participants: [Type a name]

Presenters (9): [Mute all]

- NS: Nayni Shah
- CP: Chaitanya Patil
- GS: Gauri Shukla (Organizer)
- KK: Karak Kaushik (Outside your organization)
- MM: Mohitansu Mohapatra
- RP: Ratnesh Patil
- SL: Shaqun Lamba
- S: Shikhaa

Participants: -94, CP, SD (Siddhesh Dhole), KK (Karak Kaushik), SL (Shaqun Lamba), NS

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





6 of 28 | Take control | [Icons] | Leave

80.3 billion animals
—
raised & slaughtered for food globally each year

Kanak Kaushik

Participants


Type a name

Presenters (6) [View all](#)

- NS Nayni Shah
- CP Charanya Patil
- SL Gauri Shukla (Organizer)
- KK Kanak Kaushik (Outside your organization)
- MM Mohitansu Mohapatra
- EP Ratnesh Patil
- SL Shagun Lamba
- SD Siddhesh Chome

+94 CP SD KK SL NS

Siddhesh Chome Kanak Kaushik Shagun Lamba


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





7 of 28 | Take control | [Icons: Mute, Video Off, Chat, More] | Leave

60 billion chickens used for food

Kanak Kaushik

+91 | NR | KV | JP | CP | SD | **KK** | SL | NS


Chetanya Patel | Siddhesh Dhome | Kanak Kaushik | Shagun Lamba

Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 059.





15 of 28 | Take control | [Icons: Mute, Video, Screen Share, Chat, More] | Leave



Kanak Kashi

+58 | NR | KV | JP | CP | SD | **KK** | SL | NS

Chaitanya Patil | Siddhesh Dhanse | Kanak Kashi | Shagun Lamba



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





17 of 28 | Take control | Leave


How India Eats

State	Non-Vegetarian (%)	Vegetarian (%)
Andhra Pradesh	68.05	31.95
Assam	72.65	27.35
Bihar	63.3	36.7
Chhattisgarh	52.9	47.1
Goa	1.4	98.6
Gujarat	92.45	7.55
Haryana	94.75	5.25
Himachal Pradesh	87.28	12.72
Jharkhand	88.7	11.3
Karnataka	39.8	60.2
Kerala	78.9	21.1
Madhya Pradesh	88.2	11.8
Madhesh	88.25	11.75
Odisha	87.88	12.12
Punjab	94.75	5.25
Rajasthan	92.98	7.02
Tamil Nadu	54.7	45.3
Telangana	89.25	10.75
Uttar Pradesh	87.88	12.12
West Bengal	76.4	23.6

KK Kavek Kavek

99 NR KV JP CP SD KK SL NS

Chaitanya Kulkarni Siddhesh Dhanoo Kavek Kavek Shreyas Lamba


Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 850.





Ritesh Patil



Kanak Kaushik



Chaitanya Khandare



Sahil Arya



ArpSEIta Pawar



Siddhesh Dhone



Mohitansu Mohapatra

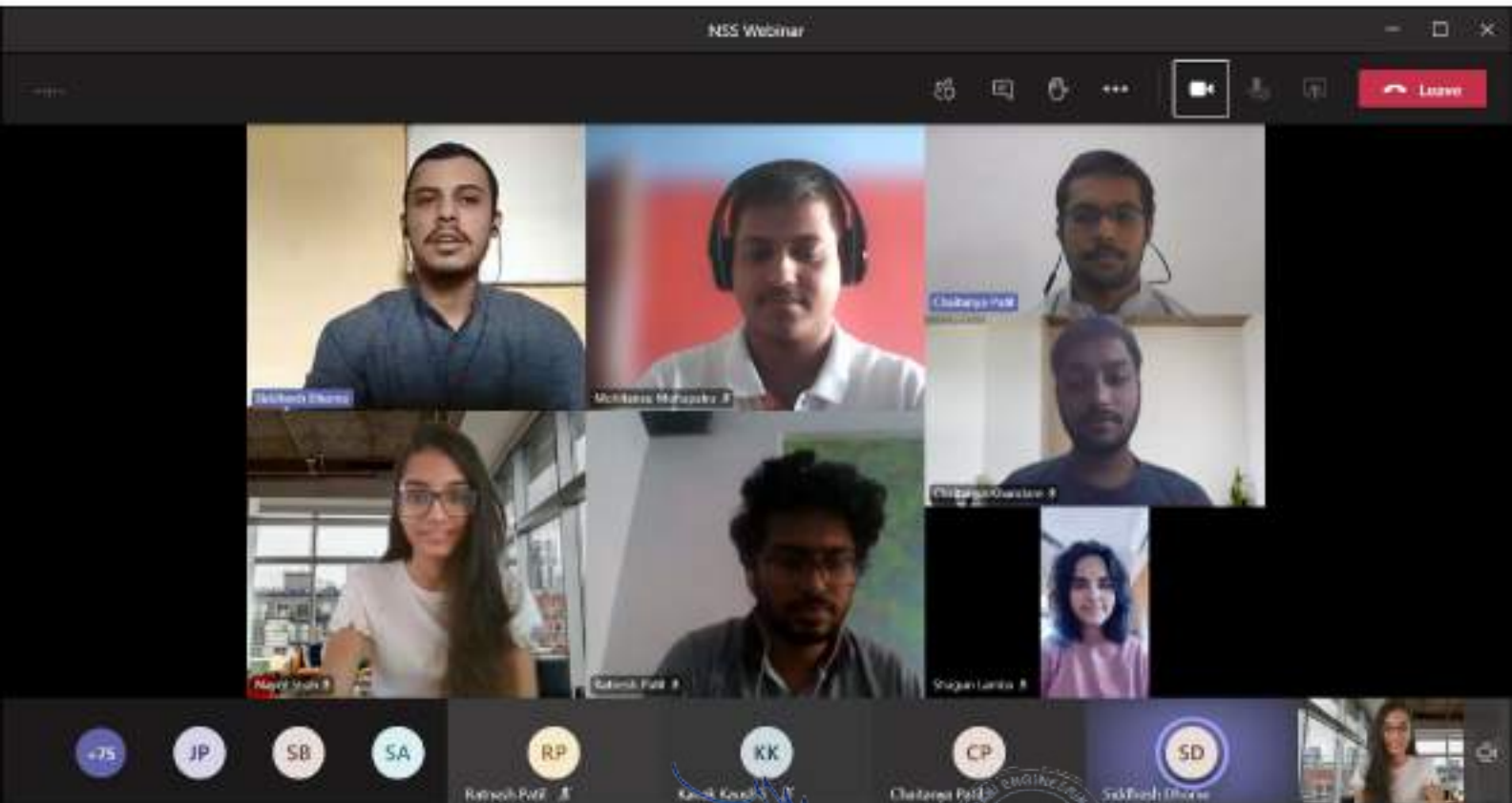


Chaitanya Patil



Shagun Lamba





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



Siddhesh Dhome

Mohitansu Mohapatra

Chaitanya Patil

Chaitanya Khadare

Nayni Shah

Ratnesh Patil

Shagun Lamba

+74

JP

SB

SA

RP



SD



Ratnesh Patil

Kanak Kausik

Chaitanya Patil

Siddhesh Dhome



Siddhesh Dhore



Mohitansu Mohapatra



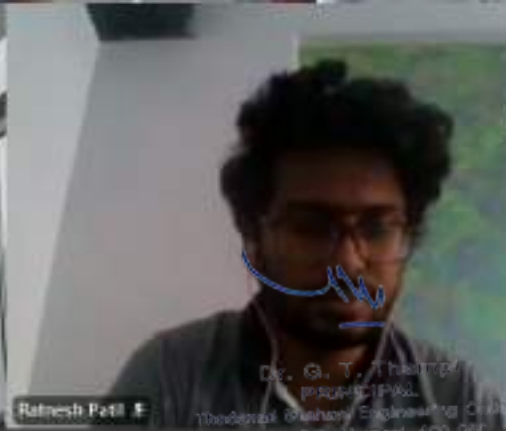
Chaitanya Patil



Chaitanya Khadare



Nayim Shah



Ratnesh Patil



Shagun Lamba



SD

Siddhesh Dhore

+75

JP

SB

SA

RP

Ratnesh Patil

KK

Kanak Kausik

CP

Chaitanya Patil

SD

Siddhesh Dhore



Siddhesh Dhome

Mohitansu Mohapatra

Chaitanya Patil

Chaitanya Khandare

Nayni Shah

Ratnesh Patil

Shagun Lamba

+75 JP SB SA RP KK SD



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)



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


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



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
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: 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.

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



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.





NSS-TSEC Chait...



Microsoft PowerPoint interface showing a slide titled "Incident Reporting". The slide content includes:

Incident Reporting

- Visit the nearest police station immediately.
- To report cybercrime complaints online, visit the National Cyber Crime Reporting Portal. This portal can be accessed at <https://cybercrime.gov.in/>. In this portal, there are two sections.
- Refer to the latest advisories which are issued by CERT-IN on <https://www.cert-in.org.in/>
- Report any adverse activity or unwanted behavior to CERT-IN using following channels
 E-mail : incident@cert-in.org.in
 Helpdesk : +91 1800 11 4949

Slide 21 of 23 | Office Theme | English (U.S.)



NSS-TSEC_Vaide...

Ruchi Bhagat

NSS_KC_Shrad...



Participants (256)

Find a participant

- NT NSS TSEC Anjali Varma
- NT Nss Tsec -Hanil Jain
- M NSS TSEC Mayur Brijwani
- NT NSS TSEC Ranoo Vishwakarma
- NT NSS TSEC- Saloni Takhtani
- NT NSS TSEC- Shikhaa Sushil

Invite Unmute Me

Chat

after he is done
ask ribeiro
he is here

From Mohitansu Mohapatra NSS-... to Everyone:

Done Sir

Who can see your messages? Recording On

To: NSS-TSEC_Megha... (Direct Message)

Type message here...

NSS-TSEC_Chait...



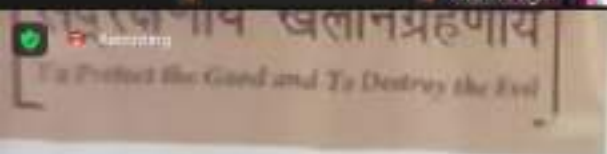
Lalit

anushka

jugal somaiya



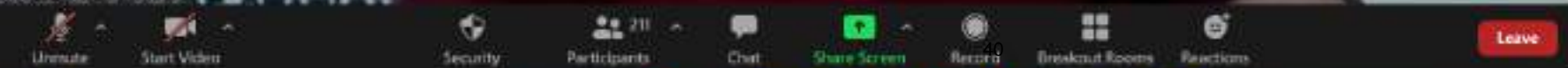
View



सायबर
गुन्हयासंबंधात
तक्रारीसाठी



NAGPUR CITY POLICE



Chat

From pratina to Everyone:

sir u r great motivator officer 🙏

From NSS_KC_KartikRane to Everyone:

how to get internship opportunity in police cyber cells?

From Raji to Everyone:

Thank you Sir

From Swati Subhash pedewad to Everyone:

sir, have you ever dealt with initial coin offering amounting to terror financing ? the rate of fund raising through crypto currency is growing in terrorist organisations.

do you think that we should have a special act for crypto currency related affairs and offences ?

From NSS_KC_KartikRane to Everyone:

thankyou sir







To: Everyone (in Waiting Room) ▼

Type message here...

Close

Participants (239)













































Search

N NSS-TSEC_Arpita_Pawar (me)   N NSS-TSEC_Shagun_Lamba (Host)   NC NAGPUR CITY POLICE (Co-host)    NSS_TSEC_Mohitansu Mo... (Co-host)   NS NSS-TSEC_Siddhesh Dho... (Co-host)   NK NSS-TSEC_Chaitanya Kha... (Co-host)   NP NSS-TSEC_Chaitanya Patil (Co-host)   NK NSS-TSEC_Ishneet Kaur A... (Co-host)   N NSS-TSEC_Meghagochi... (Co-host)   N NSS-TSEC_Nayri_Sh... (Co-host)    RB Ruchi Bhagat (Co-host)   SN Sachit Nalaskar (Co-host)   P PCGT   

Invite

Close

Participants (240)

-  Mr. Rahul   >
-  N Neelima   >
-  R NSS - KC - Rajni Yadav   >
-  SANYUKTA NSS TSEC - Sanyukta Shinde   >
-  NT NSS TSEC- Shikhaa Sushil   >
-  NSS TSEC- Siddhesh Warke   >
-  NT NSS TSEC-Judewin Noronha   >
-  NSS Vlouunteer Kashish Dungar  >
-  a NSS_KC_ Aishwarya_Salunkhe   >
-  NP NSS_KC_Arundhati Pradhan   >
-  N NSS_KC_Arvinda_Tandel   >
-  N NSS_KC_GAYATRI_MANDHANE   >
-  N NSS_KC_nidhi_ullangi   >
-  NK NSS_KC_Shreyas Keny   >
-  NSS TSEC A...   >

Invite

Close

Participants (241)

NK NSS_KC_Shreyas Keny



NSS_TSEC_Amandeep Kaur Cha...



NG NSS-TSEC_Vaishnavi Ghadyalji



NI NSS-TSEC Ishita Tarnekar



NSS-TSEC Parth Dhila



NT NSS-TSEC Taher Belgaumwala



N NSS-TSEC_AkankshaGawas



NK NSS-TSEC_Ishneet Kaur



N NSS-TSEC_Manish_Maurya



m NSS-TSEC_Melissa Dcunha



NP NSS-TSEC_RATNESH PATIL



NH NSS-TSEC_RISHI HARIHARAN



NM NSS-TSEC_Urja Maladkar

Dr. G. T. Thampal
INSPECTORTatyasaheb Jadhav Engineering College
Mumbai - 400 086






NM NSS-TSEC_Vaidehi Mangalampalli



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Close

Participants (241)














NP NSS-TSEC_RATNESH PATIL   >NH NSS-TSEC_RISHI HARIHARAN   >NM NSS-TSEC_Urja Maladkar   >NM NSS-TSEC_Vaidehi Mangalampalli   >N NSS-TSEC-Juzer_Sangotwala   >NS NSS-TSEC-Smith Shah   >A PCGT-ANA SALDANHA   >Prachi Nitnaware   >PS Prajakta Sonawane   >RB Raj Bakshi   >R Rangoli   >RR Renzdon Rodriques   >RJ reshma jain nagda   >R RPM   >Dr. G. T. Thakur
PROFESSOR
The Global Business Engineering College
Bandre (W), Mumbai - 400 086.


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Close

Participants (267)

Search

N NSS-TSEC_Arpita_Pawar (me)   N NSS-TSEC_Shagun_Lamba (Host)   NC NAGPUR CITY POLICE (Co-host)   D Dr. Gauri Shukla (Co-host)    Mohitansu Mohapatra... (Co-host)    NS NSS-TSEC_Siddhesh Dho... (Co-host)   NK NSS-TSEC_Chaitanya Kha... (Co-host)   NP NSS-TSEC_Chaitanya Patil (Co-host)   NK NSS-TSEC_Ishneet Kaur A... (Co-host)   N NSS-TSEC_Meghagohil (Co-host)   N NSS-TSEC_Nayni_Sh... (Co-host)    RB Ruchi Bhagat (Co-host)   SN Sachit Nalaskar (Co-host)   


 Dr. G. T. Thorpe
 PROCTORIAL
 The Great Eastern Engineering College
 Sankar (W), Howrah - 700 086.



Invite

Close

Participants (268)

JG Julie Gupta   >


K Kajal Yadav   >

K KHUSHBOO   >



MJ Mahesh Jambure   >

MO Mayur Ovhal   >

MK Megha kagade   >


 Mr. Rahul   >

N Neelima   >

NT NSS TSEC- Shikhaa Sushil   >

NT NSS TSEC-Judewin Noronha   >

 NSS Vlouunteer Kashish Dungar  >

a NSS_KC_ Aishwarya_Salunkhe   >

NP NSS_KC_Arundhati Pradhan   >

N NSS_KC_Arvinda_Tande   >

Dr. G. T. Thakur
Principal
Tendulkar (Rajawade) Engineering College
Bandre (P), Mumbai - 400 086.



N NSS_KC_GAYATRI_MANDHANE   >

Invite

Close

Participants (267)

- | | | | | |
|----|-------------------------------|--|--|--|
| N | NSS_KC_GAYATRI_MANDHANE | | | |
| N | NSS_KC_nidhi_ullangi | | | |
| NK | NSS_KC_Shreyas Keny | | | |
| | NSS_TSEC_Amandeep Kaur Cha... | | | |
| NR | NSS_TSEC_Sharang Rajan | | | |
| NG | NSS-TESC_Vaishnavi Ghadyalji | | | |
| NI | NSS-TSEC Ishita Tarnekar | | | |
| NT | NSS-TSEC Taher Belgaumwala | | | |
| N | NSS-TSEC_AkankshaGawas | | | |
| NK | NSS-TSEC_Ishneet Kaur | | | |
| | NSS-TSEC_Joel Tomson | | | |
| N | NSS-TSEC_Manish_Maurya | | | |
| NP | NSS-TSEC_RATNESH PATIL | | | |
| NH | NSS-TSEC_RISHI HARIHARAN | | | |









Dr. G. T. Thakur

Principal, Pimpri Chinchwad Education Trust
Pimpri Chinchwad Engineering College
Sionde (P), Mumbai - 400 086.

Invite

Close

Participants (267)

NH NSS-TSEC_RISHI HARIHARAN   >NM NSS-TSEC_Urja Maladkar   >NM NSS-TSEC_Vaidehi Mangalampalli   >V NSS-TSEC_Vaishnavi Rasam   >NR NSS-TSEC-Aniruddh Rathi   >N NSS-TSEC-Juzer_Sangotwala   >NS NSS-TSEC-Smith Shah   >P PCGT   >Prachi Nitnaware   >PS Prajakta Sonawane   >RB Raj Bakshi   >R Rangoli   >R RPM   >RJ Rujuta Jog   >


Dr. G. T. Thakral
PRAGATI
Tribhuvan Business Engineering College
Bandra (W), Mumbai - 400 080.













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Participants (255)







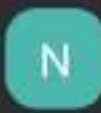




















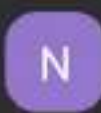








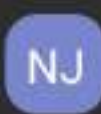


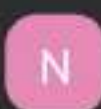


Search

N NSS-TSEC_Arpita_Pawar (me)   >N NSS-TSEC_Shagun_Lamba (Host)   >NC NAGPUR CITY POLICE (Co-host)   >D Dr. Gauri Shukla (Co-host)   > Mohitansu Mohapatra NS... (Co-host)   >NS NSS-TSEC_Siddhesh Dho... (Co-host)   >NK NSS-TSEC_Chaitanya Kha... (Co-host)   >NP NSS-TSEC_Chaitanya Patil (Co-host)   >NK NSS-TSEC_Ishneet Kaur A... (Co-host)   >N NSS-TSEC_Meghagohil (Co-host)   >N NSS-TSEC_Nayni_Sh... (Co-host)    >RB Ruchi Bhagat (Co-host)   >SN Sachit Nalaskar (Co-host)   >Dr. G. T. Thakur
PRINCIPALTatyasaheb Jadhav Engineering College
Bandra (W), Mumbai - 400 086.

Invite

Close

Participants (255)

-  Mr. Rahul   >
-  MJ Mrunali Jadhav   >
-  N Neelima   >
-  NT NSS TSEC- Shikhaa Sushil   >
-  NT NSS TSEC-Judewin Noronha   >
-  a NSS_KC_ Aishwarya_Salunkhe   >
-  NP NSS_KC_Arundhati Pradhan   >
-  N NSS_KC_Arvinda_Tandel   >
-  NJ NSS_KC_Atharva Joshi   >
-  N NSS_KC_GAYATRI_MANDHANE   >
-  NK NSS_KC_Shreyas Keny   >
-  NS NSS_KC_Shriti Salvi   >
-  NJ NSS_KC_SHUBHAM JHA   >
-  N NSS_KC_Tanmay Chaudhari   >

Dr. G. T. Thampal
The Director of Education, Maharashtra
Bandra (W), Mumbai - 400 060.



Invite

Close

Participants (256)

N NSS_KC_Tanmay_Chaudhari



NS NSS_RAIT-Purujit Srinivasan



NSS_TSEC_Amandeep Kaur Cha...



NR NSS_TSEC_Sharang Rajan



NG NSS-TESC_Vaishnavi Ghadyalji



NI NSS-TSEC Ishita Tarnekar



NP NSS-TSEC Priyal Jhaveri



NS NSS-TSEC Sagar Chawla



NT NSS-TSEC Taher Belgaumwala



N NSS-TSEC_AkankshaGawas



NSS-TSEC_Joel Tomson



N NSS-TSEC_Manish_Maurya



m NSS-TSEC_Melissa Dcunha



NJ NSS-TSEC_Piyusha Jawale



Invite

Close

Participants (255)

NJ NSS-TSEC_Piyusha Jawale   >

NP NSS-TSEC_RATNESH PATIL   >

NH NSS-TSEC_RISHI HARIHARAN   >

NV NSS-TSEC_Ritwik Vaidya   >



S NSS-TSEC_Sahil Arya   >


NM NSS-TSEC_Urja Maladkar   >


NR NSS-TSEC-Aniruddh Rathi   >

N NSS-TSEC-Juzer_Sangotwala   >

NK NSS-TSEC-Ramneet Kaur Arshi   >

NS NSS-TSEC-Smith Shah   >

P PCGT   >

R PCGT intern-Rashi Savla   >





Prachi Nitnaware



Dr. G. T. Thakur
PRINCIPAL

Thakur Business Engineering College
(T.B.E.C.), Mumbai - 400 066.



P Pratik Shinde   >

Invite

Close

Participants (246)

 Search

N NSS-TSEC_Arpita_Pawar (me)



N NSS-TSEC_Shagun_Lamba (Host)



NC NAGPUR CITY POLICE (Co-host)



D Dr. Gauri Shukla (Co-host)



Mohitansu Mohapatra NS... (Co-host)



NS NSS-TSEC_Siddhesh Dho... (Co-host)



NK NSS-TSEC_Chaitanya Kha... (Co-host)



NP NSS-TSEC_Chaitanya Patil (Co-host)



NK NSS-TSEC_Ishneet Kaur A... (Co-host)



NG NSS-TSEC_Megha Gohil (Co-host)



N NSS-TSEC_Nayni_Sh... (Co-host)



RB Ruchi Bhagat (Co-host)



SN Sachit Nalaskar (Co-host)





Dr. G. T. Thampal
PROFESSOR
Rajawade Engineering College
Bansode (P), Mumbai - 400 086.



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Participants (245)













MO Mayur Ovhal   >MK Megha kagade   > Mr. Rahul   >MJ Mrunali Jadhav   >N Neelima   >N- NSS - TSEC Nidhi Shetty   >NT NSS TSEC- Shikhaa Sushil   >NT NSS TSEC-Judewin Noronha   >a NSS_KC_ Aishwarya_Salunkhe   >NP NSS_KC_Arundhati Pradhan   >N NSS_KC_Arvinda_Tandel   >NJ NSS_KC_Atharva Joshi   >N NSS_KC_GAYATRI_MANDHANE   >NS NSS_KC_Shriti Salvi   >

Dr. G. T. Thampal
Principal
Pimpri Chinchwad Education Trust
Pimpri (P), Mumbai - 400 086.

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Close

Participants (245)

NS NSS_KC_Shriti Salvi   >NJ NSS_KC_SHUBHAM JHA   >NS NSS_RAIT-Purujit Srinivasan    > NSS_TSEC_Amandeep Kaur Cha...   > NSS_TSEC_Mohitansu Mohapatra   >NR NSS_TSEC_Sharang Rajan   >NG NSS-TESC_Vaishnavi Ghadyalji   >NP NSS-TSEC Priyal Jhaveri   >NS NSS-TSEC Sagar Chawla   >NT NSS-TSEC Taher Belgaumwala   >U NSS-TSEC_Udit Jain   >N NSS-TSEC_AkankshaGawas   > NSS-TSEC_Joel Tomson   >N NSS-TSEC_Manish_Maurya   >

Invite

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Participants (245)

- | | | | | | |
|----|---|---|--|--|--|
| N | NSS-TSEC_Manish_Maurya | | | | |
| m | NSS-TSEC_Melissa Dcunha | | | | |
| NJ | NSS-TSEC_Piyusha Jawale | | | | |
| NP | NSS-TSEC_RATNESH PATIL | | | | |
| NH | NSS-TSEC_RISHI HARIHARAN | | | | |
| NV | NSS-TSEC_Ritwik Vaidya | | | | |
| S | NSS-TSEC_Sahil Arya | | | | |
| NM | NSS-TSEC_Urja Maladkar | | | | |
| NR | NSS-TSEC-Aniruddh Rathi | | | | |
| N | NSS-TSEC-Juzer_Sangotwala | | | | |
| NK | NSS-TSEC-Ramneet Kaur Arshi | | | | |
| NS | NSS-TSEC-Smith Shah | | | | |
| R | PCGT intern-Rashi Savla
<small>PCGTIPWU
 Tandulal Shastri Engineering College
 Bandra (W), Mumbai - 400 086.</small> | | | | |
| | Prachi Nitnaware | 1 | | | |

Invite



THADOMAL SHAHANI ENGINEERING COLLEGE



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 21st 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.

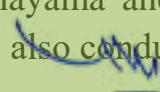
All the activities were conducted in order to create more awareness and hands on training on simple Yogic practices. More stress was given on the Kriyas necessary to keep general health, immunity boosting and preventive health to fight against respiratory viral infections.

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”


Dr. G. V. Phampal
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 059.



“Immunity Boosting Webinar” is conducted by Isha for the Students and the faculty (staff) of TSEC on 21st 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 21st 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

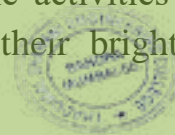
During this Yoga week celebration and for past few months, NSS-TSEC has initiated “AAROGYAM DHANASAMPADA” *Let us redefine Health* theme, under which all the needed information from our collaborated resources were emanated to help build general health and prepare all to fight against the Covid-19 infections.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

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.

Dr. G. T. Thampi
PRINCIPAL

Thampal Sharan Engineering College
Erode, Tamil Nadu, India



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



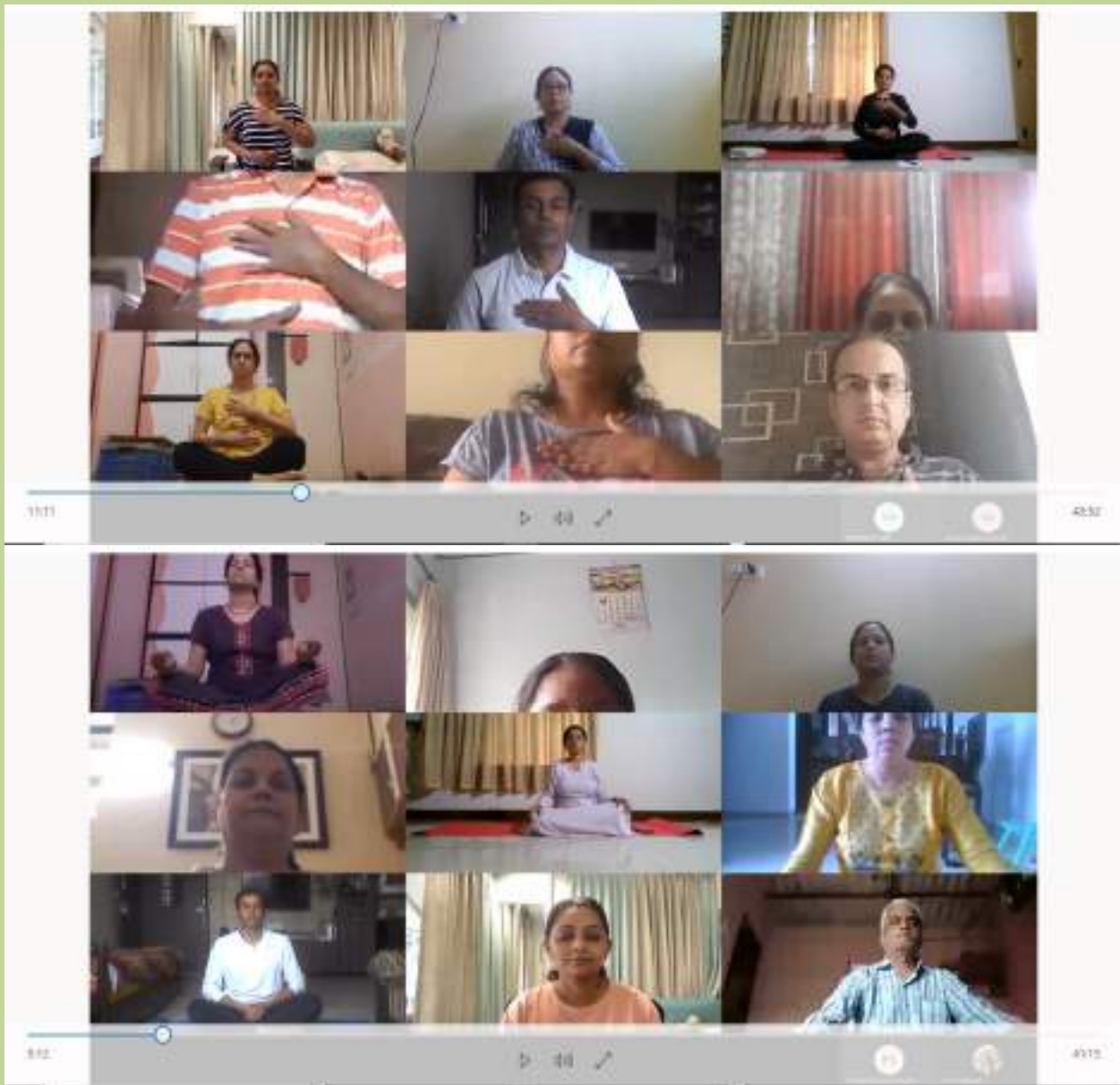
Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 050.



GLIMPSES OF THE EVENTS

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

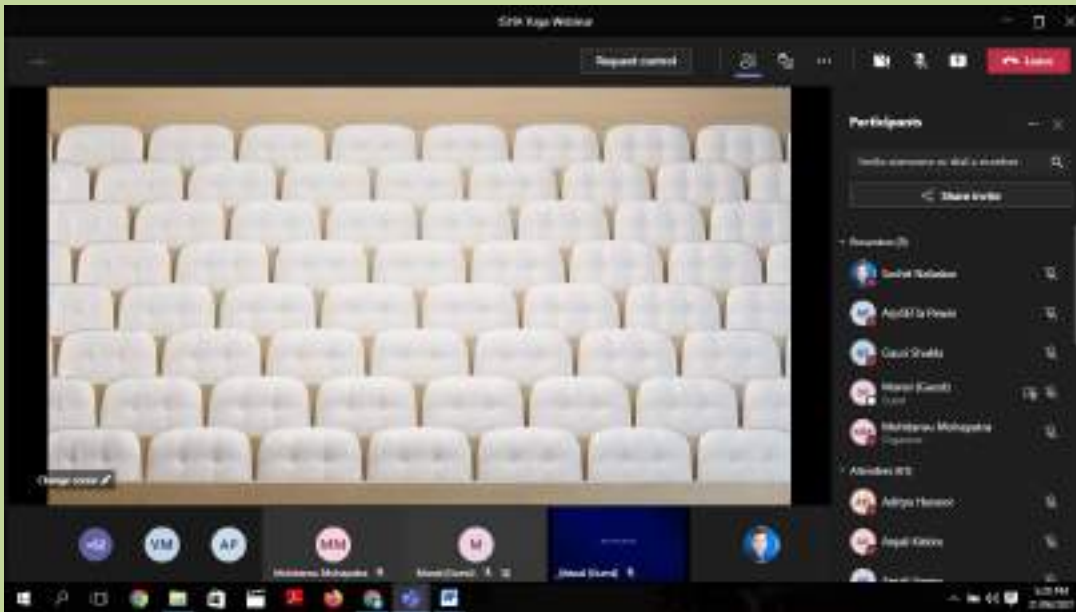




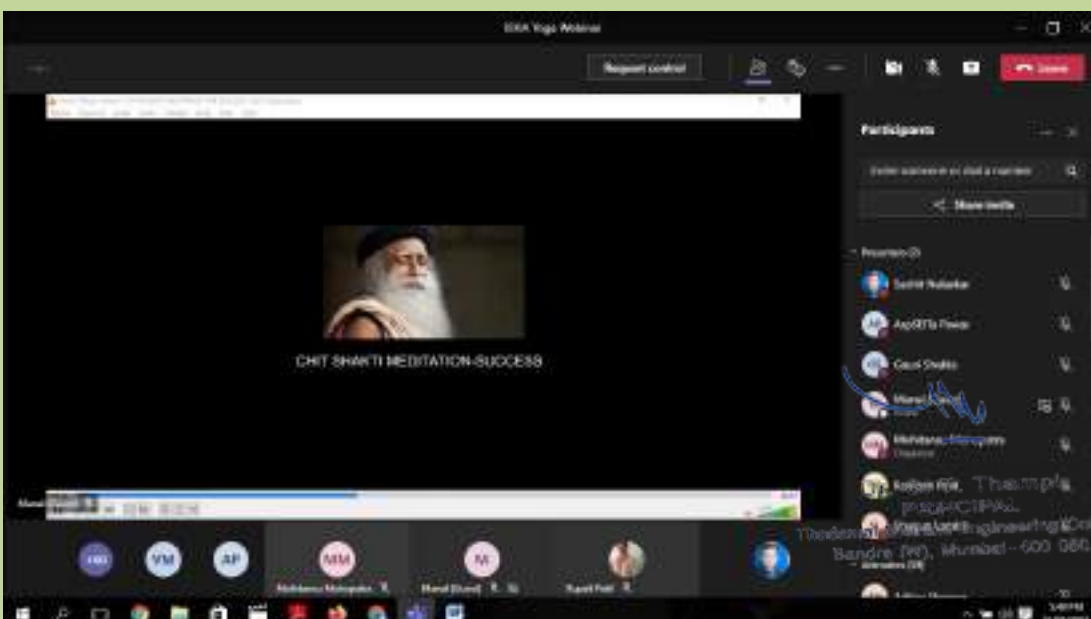
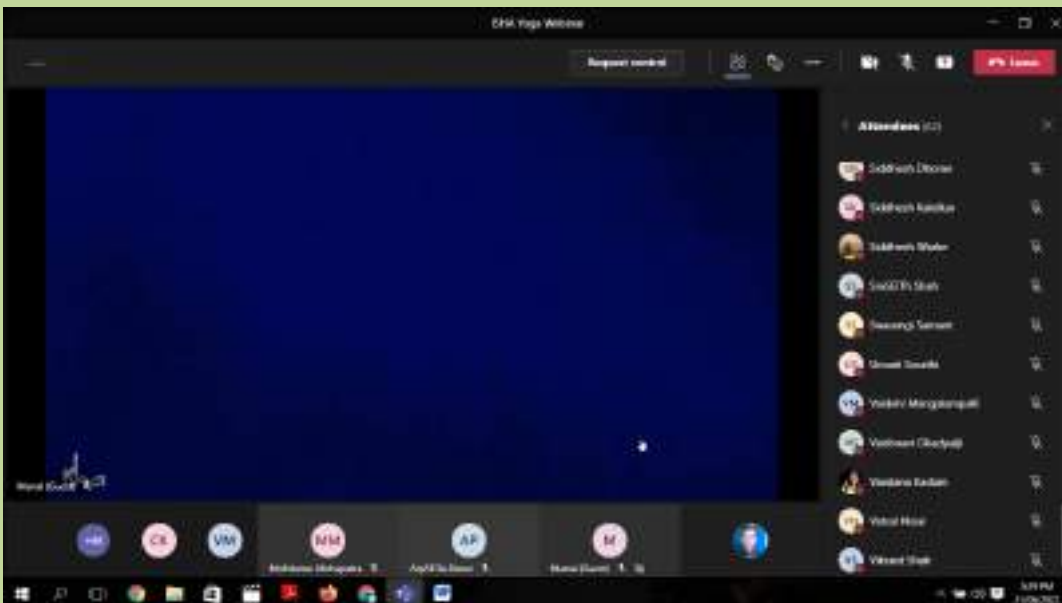
Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 059.



2. "Immunity Boosting Webinar" by ISHA Foundation



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



3. "AAROGYAM DHANASAMPADA" Let us redefine Health




THADOMAL SHAHANI ENGINEERING COLLEGE Presents **'आरोग्यम् धनसंपदा'** Let us redefine Health


Useful information for All

- 4 Immunity-Boosting Drinks to Help Prevent Viral Infections
Boosting our immunity during the times of seasonal infections and epidemics is most important. Here are some quick and easy healthy immunity-boosting drink recipes to strengthen your immune system.
<https://isha.aarogyam.org/2021/03/24/immunity-boosting-drinks-boost-immunity/>
- Exclusive collection of Info. on Covid-19 by Nisargachar Kendra, Vinoba Ashram
While info. explosion from Net, Libs, Media, TV to the Social Dept. of Medicine
<https://www.isha.aarogyam.org/2021/03/24/covid-19/>
- COVID-19 Anxiety – How to Deal With It?
Indigene (Isha) offers a unique perspective on how to cope with coronavirus anxiety, exploring the anxiety to see a consequence of an inner reaction that is being created unconsciously from within. He says this is the time to call back all our intelligence and resources, step up to this challenge, and come out on top.
<https://isha.aarogyam.org/2021/03/24/covid-19-anxiety-how-to-deal-with-it/>

Coming soon
Health Series Webinars from "ISHA" and "ART OF LIVING"

Facilitated by Isha and Art of Living.


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



THADOMAL SHAHANI ENGINEERING COLLEGE Presents **'आरोग्यम् धनसंपदा'** Let us redefine Health

- कठिन परिस्थितियों में राहतदायक बने रहें
(How to remain positive in difficult times) 4 Webinar by Nisargachar Kendra, Vinoba Ashram
Date: 01/06/2021 (Wednesday) Time: Evening 6:00 to 7:00 pm
<https://isha.aarogyam.org/>
- Free Consultations to all on Covid treatment, vaccination & general prescription. Helpline: 9426187837 (Monday - 9pm - 1pm)
Email: isha@nisargachar.org Website: www.nisargachar.org
- 2-Minute Breathing Practice to Boost Immunity
Endorsed by Doctors, Harvard study
<https://www.youtube.com/watch?v=8j8j8j8j8j8j>

Coming soon
Health Series Webinars from "ISHA" and "ART OF LIVING"

Facilitated by Isha and Art of Living.

Pranam!

On behalf of
NSS-TSEC





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: April 6, 2021

On the 6th April 2021, NSS-TSEC organized a webinar in collaboration with Sanjeevani Life Beyond Cancer (SLBC) titled “**Cancer prevention and healthy lifestyle**” with strong support of the Principal, the Program Officers and Students. The webinar was conducted on **Zoom Meeting Application**, duration for which was 2 hours. A total of **75 volunteers, including 31 female and 44 male volunteers** participated in this event.

The speaker for the session was **Mrs. Sumki Begum** from **SLBC, India**. She is working as a Program Outreach Coordinator at SLBC. The purpose of the organization is to increase awareness about Cancer as a disease and about preventing cancer through healthy living.

The session started with statistical data being presented about cancer and how common it has become in the carcinogenic environment that we are living in. Data like the projected number of patients with cancer in India, the common 5 leading sites of breast, lung, mouth, cervix uteri, and tongue, trends of increase in cancer incidence rate in both sexes, etc. were presented. Information regarding the probability of early diagnosis and its benefits in various cancers like breast (57.0%), cervix uteri (60.0%), head and neck (66.6%), and stomach (50.8%) cancer, were shared. Thus the session promoted vigilance towards one’s health by promoting regular testing.

The session also helped the participants identify faults in their lifestyle and recognize the impact of the said bad lifestyle habits. Through a talk and graphical representation via ppt solutions were also offered and information was given about the right lifestyle habits and the benefits of inculcating the same. At the end, Q&A session was held where all the queries & doubts by the volunteers were enthusiastically answered by Sumki ma’am.

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 SPLC for the time and effort put by them for educating our volunteers on healthcare.

Number of Hours allotted: 2 hours

Program Officer

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





Key Speaker

Sumki Begum (Program Coordinator-Outreach)

Presents

**WEBINAR:- CANCER PREVENTION AND
HEALTHY LIFESTYLE**

in collaboration **Thadomal Shahani Engineering College**
and **Sanjeevani- Life Beyond Cancer**

on **6th April 2021 at 4 PM**

Principal TSEC: **Dr. G T Thampi**

Dr. G. T. Thampi

SLBC Program Coordinator: **Pratik B Bagade**

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



adm@sanjeevani-lifebeyondcancer.com



Helpline: +91 8691 000 800



www.sanjeevani-lifebeyondcancer.com



www.youtube.com/user/SanjeevaniLBC



@Sanjeevani_LBC

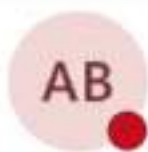


<https://www.facebook.com/SLBCMmain/>

Tap to return to meeting 38:07



In meeting (69)



Aditi Bagul
Attendee



Akanksha Gawas
Attendee



Akshat Shah
Attendee



Altamash Shaikh
Attendee



Amandeep Chawla
Attendee



Anushka Kore
Attendee



ArpSEITa Pawar
Attendee



Bhargavi Lokapur
Attendee



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



Burhanuddin Khambati
Attendee



Tap to return to meeting 39:11



In meeting (68)



SAGAR CHAWLA
Attendee



Sahil Arya
Attendee



Saloni Takhtani
Attendee



Sanyukta Shinde
Attendee



Shruti Nayak
Attendee



Shweta Goradia
Attendee



Siddhesh Chalke
Attendee



Siddhesh Dhome
Attendee



Dr. G. T. Thampi
PRINCIPAL

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



Siddhesh Warke
Attendee



Tap to return to meeting 01:14:35



In meeting (77)



Aditi Bagul
Attendee



Akanksha Gawas
Attendee



Akshat Shah
Attendee



Altamash Shaikh
Attendee



Amandeep Chawla
Attendee



Anushka Kore
Attendee



ArpSEITa Pawar
Attendee



Bhargavi Lokapur
Attendee



Dr. G. T. Thampi
PRINCIPAL

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



Burhanuddin Khambati
Attendee



Tap to return to meeting 01:14:48



In meeting (77)



Chaitanya Khandare
Attendee



Chaitanya Patil
Attendee



Christopher Kannamthara
Attendee



Dhruv Karve
Attendee



Digvijay Desai
Attendee



Fenil PaTEBIOTECHI
Attendee



Hanisha Durgia
Attendee



Harshul Diwanji
Attendee





Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Mumbai - 400 950.



HrishSEITa Kumar
Attendee



Iahite Terneker

Tap to return to meeting 01:15:10



In meeting (77)



Chaitanya Khandare
Attendee



Chaitanya Patil
Attendee



Christopher Kannamthara
Attendee



Dhruv Karve
Attendee



Digvijay Desai
Attendee



Fenil PaTEBIOTECHI
Attendee



Hanisha Durgia
Attendee



Harshul Diwanji
Attendee



Dr. G. T. Thampi
PRINCIPAL

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



HrishSEITa Kumar
Attendee



Iahite Terneker

Tap to return to meeting 01:15:20



In meeting (77)



Ishita Tarnekar
Attendee



IshneetKaur Alag
Attendee



Jeet Lahoti
Attendee



Jeet Prajapati
Attendee



Joel Tomson
Attendee



Judewin Noronha
Attendee



Juzer Sangotwala



Kajal Yadav
Attendee



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



Karan Chotrani
Attendee



Tap to return to meeting 01:15:29



In meeting (77)



Karan Chotrani
Attendee



Krupesh Patel
Attendee



Lokesh Chachad
Attendee



Mayur Brijwani
Attendee



Megha Gohil
Attendee



Melissa Dcunha
Attendee



Mohitansu Mohapatra



Narayanan Madathil
Attendee


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



Nidhi Shetty
Attendee



Tap to return to meeting 01:15:38



In meeting (77)



Nidhi Shetty
Attendee



Parth Dhila
Attendee



Piyusha Jawale
Attendee



Poornartha Sawant
Attendee



Pranav Dharmadhikari
Attendee



Prasad Pakhurde
Attendee



Pratham Shah
Attendee



Prathamesh Thakur
Attendee



















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




Preet Shah
Attendee



Tap to return to meeting 01:15:45

- ← In meeting (77) 🔍
-
- | | | |
|--|---------------------------------------|---|
|  | <p>Preet Shah
Attendee</p> |  |
|  | <p>Priyal Jhaveri
Attendee</p> |  |
|  | <p>Rahul Singh
Attendee</p> |  |
|  | <p>Rajat Joshi
Attendee</p> |  |
|  | <p>RamneetKaur Arshi
Attendee</p> |  |
|  | <p>Ratnesh Patil
Attendee</p> |  |
|  | <p>Ravi Sharma
Attendee</p> |  |
|  | <p>Reevan Dsouza
Attendee</p> |  |
|  | <p>RISHI HARIHARAN
Attendee</p> |  |


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



Tap to return to meeting 01:15:54



In meeting (77)



RISHI HARIHARAN
Attendee



Ritwik Vaidya
Attendee



SAGAR CHAWLA
Attendee



Sahil Arya
Attendee



Saloni Takhtani
Attendee



SAMEER WADKAR
Attendee



Sanyukta Shinde
Attendee



Shagun Lamba
Attendee



Dr. G. T. Thampi
PRINCIPAL

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



Sharang Rajan
Attendee



Tap to return to meeting 01:15:54



In meeting (77)



RISHI HARIHARAN
Attendee



Ritwik Vaidya
Attendee



SAGAR CHAWLA
Attendee



Sahil Arya
Attendee



Saloni Takhtani
Attendee



SAMEER WADKAR
Attendee



Sanyukta Shinde
Attendee



Shagun Lamba
Attendee



Dr. G. T. Thampi
PRINCIPAL

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



Sharang Rajan
Attendee





In meeting (77)



Sharang Rajan
Attendee



Shraddha Bukkanure
Attendee



Shruti Nayak
Attendee



Siddhesh Chalke
Attendee



Siddhesh Dhome
Attendee



Siddhesh Kalelkar
Attendee



Siddhi Bhutada
Attendee



Snehal Morade
Attendee



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



Soham Joshi 77
Attendee



Tap to return to meeting 01:16:03



In meeting (77)



Sharang Rajan
Attendee



Shraddha Bukkanure
Attendee



Shruti Nayak
Attendee



Siddhesh Chalke
Attendee



Siddhesh Dhome
Attendee



Siddhesh Kalelkar
Attendee



Siddhi Bhutada
Attendee



Snehal Morade
Attendee



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



Soham Joshi
Attendee



Tap to return to meeting 01:16:13



In meeting (77)



Swarangi Samant
Attendee



Taher Belgaumwala
Attendee



Theresa Rose Sebastian (@te...
Attendee



UdSEITKumar Jain
Attendee



Unnati Sorathi
Attendee



Vaidehi Mangalampalli
Attendee



Vaishnavi Ghadyalji
Attendee



Vanshika Poray
Attendee



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



Vishal Nalawade
Attendee



Tap to return to meeting 01:16:13



In meeting (77)



Swarangi Samant
Attendee



Taher Belgaumwala
Attendee



Theresa Rose Sebastian (@te...
Attendee



UdSEITKumar Jain
Attendee



Unnati Sorathi
Attendee



Vaidehi Mangalampalli
Attendee



Vaishnavi Ghadyalji
Attendee



Vanshika Poray
Attendee



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



Vishal Nalawade
Attendee



Tap to return to meeting 01:16:21



In meeting (77)



Taher Belgaumwala
Attendee



Theresa Rose Sebastian (@te...
Attendee



UdSEITKumar Jain
Attendee



Unnati Sorathi
Attendee



Vaidehi Mangalampalli
Attendee



Vaishnavi Ghadyalji
Attendee



Vanshika Poray
Attendee



Vishal Nalawade
Attendee



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



Yash Gothi
Attendee



Tap to return to meeting 01:16:21



In meeting (77)



Taher Belgaumwala
Attendee



Theresa Rose Sebastian (@te...
Attendee



UdSEITKumar Jain
Attendee



Unnati Sorathi
Attendee



Vaidehi Mangalampalli
Attendee



Vaishnavi Ghadyalji
Attendee



Vanshika Poray
Attendee



Vishal Nalawade
Attendee



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



Yash Gothi
Attendee





SORT CLUB



Enchant
**THE REAL
HIGH**

EDUCATIONAL AND AWARENESS CAMPAIGN OF, FOR AND BY THE STUDENTS

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

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



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, so 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.

-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.

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


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



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- 12
- 13
- 14
- 15
- 16

If newspapers were to really report what is the biggest news from previous day it should be

8200 more died of Alcohol yesterday

Dr. G. T. Thampal
PROFESSOR
Thangaraj Swamy Engineering College
Banda (W), Mumbai - 400 080.



Click to add notes

Ramnik Bansal

SORT Club

Omkar Padw.

Mamta Pandya

Aishat Shah

Vrushali Maste



Ramnik Eansai

 Ranvik Santal	 Omkar Pachekar	 Vrushi Maste	 Dipesh Kamal Th	 Mamta Pandya
 Farth Dhila	 Rishkesh Pawar	 Ltkarsh Nagrale	 Pranav Dani	 Akshat Shah
 Shreya pitai	 Harsh Kapadia	 Fash Shaikh	 Lokesh Chetani	 Nayni Shah
 Sagar Chawla	 Harshik Ahuja	 Rameet Kaur Ar	 Anjali Varma	 Piyush Patil
 Prathamesh Thak	 SHAKRAN	 Ishika	 Manprit kaur Ne	 Naveen

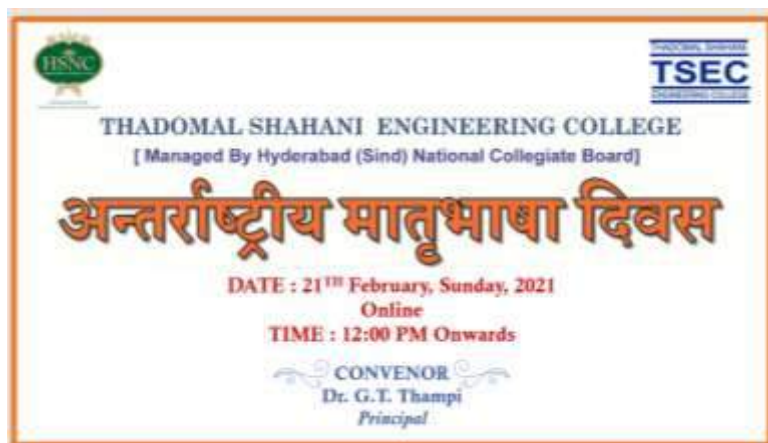


Dr. G. V. Chavan
PRINCIPAL
Tatyasaheb Kore Engineering College
Bandre, MIDC, Mumbai - 400 086.

Thadomal Shahani Engineering College, Mumbai

"Matribhasha Diwas" (Mother Language day on 21.02.2021)

As per the letter received from Deputy Secretary to the Government of India , dated on 15th Feb 2021, TSEC have celebrated " Matribhasha Diwas" on 21st Feb 2021. Our students and faculties participated in various events in their own mother language. Due to COVID-19, this time the program was online and conducted successfully due to enthusiasm of our student and staff.



Name of the Participants:

Shahani Kareena Ajay
Swapnil Kumar
Subash Vishwakarma
Aditi Deshmukh
Shrishti Bhatia
Sangita Sachin Gaikwad
Rishi Jitendra Setpal
Amandeep Kaur Chawla
Tushar P. Budhwani
Dere Pranjali Ashok
Rahul Chugh
Mohit Choithani

Youtube Link of Program :

<https://www.youtube.com/watch?v=a8Urieexlp4>

Program Coordinator

Dr. Arti Deshpande (ph: 9324049319)
Dr. Mani Rosa
Prof Monica Tolani

Convener

Dr. G. T. Thampi
Principal

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



Calm in Crisis (Odisha)

Date : 26/05/2020

As an initiative taken by the Government Of India , the Ek Bharat Shreshta Bharat (EBSB) aims to promote India's diversity , through linguistic and cultural interaction among students, and the EBSB committee of Thadomal Shahani Engineering College, is pleased to introduce a short documentary which highlights the effects of the pandemic , Cyclone Amphan and how effectively Odisha reacted to it with countermeasures

Created By: Givinder Singh, Kashish Dungar, Judewin Noronha, Soham Joshi, Ashish Jaiswal (Students of TSEC)


Link : video available on link


https://drive.google.com/file/d/11VYwiPHAcsg32_dnnZx4OmBlizv5TqUp/view?usp=drivesdk

Follow us : <https://www.instagram.com/tv/CA2tuXEgucZ/?igshid=1blpt6bmein8m>

Organized by:

Dr. Arti Deshpande


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



Event Name : Exploring Odisha

College : Thadomal Shahani Engineering College , Bandra , Mumbai
Date : 26th July 2020

Odisha, home to the 'Temple City of India', is a state of plentiful culture, history, heritage, and tradition. There are a number of stories and folklore, which are testament to this rich diversity.

☆ These aspects have played a monumental role in sowing the seed of a 'peace loving' society among its people, and instilling communal harmony.

To highlight these facets of the state, the *EBSB Club of Thadomal Shahani Engineering College*, is pleased to announce its next event: **“Exploring Odisha”**

The details of the event are given below:

● *Each team can have 3 members.*

● Each team will have to select one category from the options given.

The categories that teams can choose to speak on, are as follows:


- 1) Culture
- 2) Cuisine
- 3) Dance
- 4) Heritage
- 5) History
- 6) Religion
- 7) Stories and folklore

● Students can watch videos, and collect information related to the selected category.

For the presentation, the participants will then have to prepare a PPT of 4-5 slides and speak on it, for 3-5 minutes. Come, share your knowledge, and showcase your oratory skills!

Coordinator
Dr. Arti Deshpande
arti.deshpande@thadomal.org
EBSB-TSEC

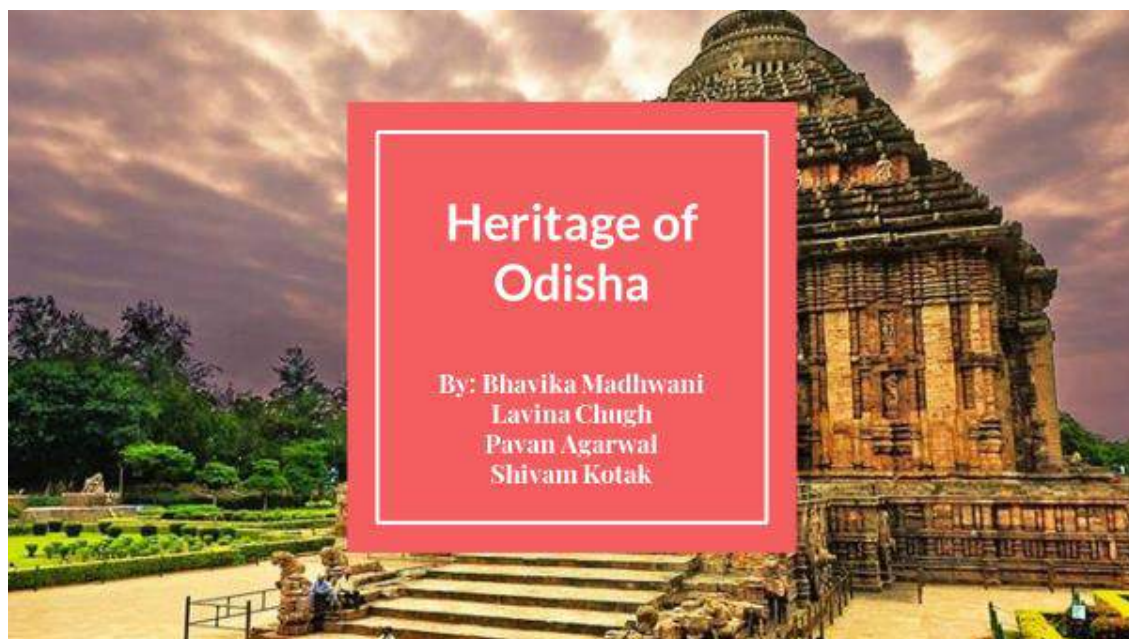
Students coordinators
1) Kashish Dungar: +91 9004427626
2) Vaishnavi More: +91 7045476927
3) Judewin Noronha: +91 8657425272
4) Narayanan Madathil: +91 7400068238


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



Snapshots of ppts of some participants :

EXPLORING ODISHA : RELIGIONS



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



Famous Dance forms of Odisha

Presented by

Dhruv Karve Siddhid Choudhary Farhan Kapadia



Karan Chotrani



Swarangi Samant



Rahul Laungani



Odyssey Of Odisha



Welcome!



– Riding the Carousel of Cultural Diversity in Odisha

By :

Kashish Dugar
Judewin Noronha
Salil Modak
Aashish Jaiswal
Soham Joshi

ସ୍ୱାଗତ



Dr. G. T. Thampi
PRINCIPAL

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



Report on Odia-The Language of the Ancients
Date: 28th June 2020
Organizer: Thadomal Shahani Engineering College,
Bandra West, Mumbai

Description:



Teacher Co-ordinator
Dr. Arti Deshpande
Meeting Code
NTY WAEG HVP

ORGANISED BY



The EBSB Club of Thadomal Shahani Engineering College, was organized an online event "Odia-The Language of the Ancients"



□ It is the *official language of Odisha , but is also spoken in other states, like parts of West Bengal, Jharkhand, Chhattisgarh, and Andhra Pradesh.

A blue ink handwritten signature, which appears to be "Dr. G. T. Thampal".

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





□ Odia is the sixth Indian language to be designated as a Classical Language in India, on the basis of having a long literary history, and not having been borrowed extensively other languages.



The interactive session was held by Mr. Bipin Dakua, the General Manager of Sai Krishna Engg & Construction Pvt. Ltd., who taught us lay the foundation for learning Odia. He introduced the basics of the language, and also conversed with it, in our day to day lives.



□ Date: *Sunday, 28th June 2020*



Time: *4pm - 5pm*



Details uploaded on

<https://www.instagram.com/tv/CCEMHzKAKl0/?igshid=116souao7rdnt>



Link for the *webinar* is given below

<https://meet.google.com/nty-waeg-vhp>

Dr. Arti Deshpande

arti.deshpande@thadomal.org

EBSB-TSEC

Student Coordinators

- 1) Judewin Noronha- 8657425272
- 2) Narayanan Madathil- 7400068238
- 3) Hardik Darak

Dr. G. T. Thampi
PRINCIPAL

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



Extension Activities for A.Y 2019-2020



Dr. G. T. Thampi
PRINCIPAL

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



UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME UNIT

Annual Report on NSS Activities for the Year : 2019-2020 (Progressive)

1. Name of the College : Thadomal Shahani Engineering College.

2. Details of NSS Programme Officers:

Sr	Name of the NSS Programme Officer	Male / Female	Trained Untrained (Completed NSS Orientation)
1	SACHIT NALASKAR	M	Yes
2	GAURI SHUKLA	F	No

3. Date of Meeting of College Advisory Committee:

First Meeting- : 5th Oct., 2019

Second Meeting- : 14th Dec. 2019

4. Total No of Student in Senior College :

1800

5. Total No of Students Volunteers in NSS:

200

6. NSS Students Enrolment :

Male- 127 Female- 73 Total - 200

7. No of villages adopted : 5

8. No of participant of Special Camp:

Male -42 Female - 36 Total - 78

Dates	Venue	No of Programme Officers participated			No of Volunteers participated		
		Male	Female	Total	Male	Female	Total
22 - 30 Dec '19	Anandwadi-Ambewadi, Neral, Tal. Karjat, Dist. Raigad	1	1	2	41	35	76

9. Details of Blood Donation:- Please attach List of Blood Donors along with blood group

S.N.	Date	Name of the Blood Bank	No of Bottle/ Unit Collected	Donors			Remark, if any
				Male	Female	Total	
1 st camp	25 th September 2019	TATA HOSPITAL	113	93	20	113	101 Donors rejected
2 nd Camp	26 th February 2020	TATA HOSPITAL	73	49	24	73	55 Donors rejected

10. Tree Plantation

No. of saplings/trees planted	No. of NSS Volunteers involved		
	Male	Female	Total
65	53	29	82

11. Education & Health Awareness/ Camps Programme if any :

Activity	No of Programme /camps/ activity organized	No. of NSS Volunteers involved			No. of Beneficiaries/ Output
		Mal e	Fema le	Tot al	
Disaster Management Training (& Fire Drill)	1	35	25	60	60 + 25 Staff = 85
Self Defense Training for Girls					
School Dropout Survey					No. of children's enrolled in

Dr. G. T. Thamp
PRINCIPAL

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



NATIONAL SERVICE SCHEME UNIVERSITY OF MUMBAI



HYDERABAD (SIND)
NATIONAL COLLEGIATE BOARD

NOT ME BUT YOU

Unit of

Thadomal Shahani Engineering College

P.G. Kher Marg, TPS III, Linking Road, Bandra W, Mumbai-400050



Dr. G. T. Thampi
PRINCIPAL

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



Contents

- Brief History of NSS unit in TSEC
- Accolades & Appreciations
- Collaborations
- Initiatives
- Summery of last 3 Years
- Annual Report



Dr. G. T. Thampi
PRINCIPAL

Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 059.



Contents

Annual Report

- Brief Introduction of Projects
- Unnat Bharat Abhiyan
- Particulars of NSS Unit in TSEC
- Summery
- Presentation of Projects conducted
 - continued



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



Contents

Annual Report

- Presentation of Projects conducted
 - University Level Projects
 - College Level Projects
 - Area based projects – I
 - Area based projects – II
- Unnat Bharat Abhiyan
 - continued



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



Contents

Annual Report

- Unnat Bharat Abhiyan
 - Brief Introduction
 - UBA in TSEC
 - Survey
 - Gramsabha
 - Interventions



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



Contents

- Credits
- References



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



Contents

Annual Report

- Presentation of Projects conducted
 - University Level Projects
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 - Area based projects – I
 - Area based projects – II



Dr. G. T. Thampi
PRINCIPAL

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Bandra (W), Mumbai-400 050.



University Level Projects

Name of Project

Venue:

No. of Volunteers:

Date :

No. of Beneficiaries or

Outcome:

Brief Description if any:

Highlights if any:

Pictures:



Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 850.



Old Age Home Visit



Beach Cleaning Drive



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



Beach Cleaning Drive



Dr. S. T. Thangal
PRINCIPAL
The Great Strides Engineering College
Kannur (Dist. Kannur) - 476239

Beach Cleaning Drive



Bhajan Sandhya



Blood Donation Drive - 1



To give Blood,
You need neither
Extra Strength
nor Extra Food,
and You will
Save a Life.

BRANCH SCORE	
COMPS	2 1
I.T.	7 5
EXTC	3 7
CHEM	7 5
BIOMED	7 2
BIOTECH	2 2



Blood Donation Drive - 1



Cardiac Arrest Resuscitation



Dr. G. T. Thangaraj
PRINCIPAL
Shrihari Engineering College
Bandra (W), Mumbai - 400 089

Cauvery Calling



Election Rally



Dr. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 055

Fire Drill



Gyandan



Independence Day



International Yoga Day



Isha Foundation Yoga Day



Joy of Giving



London life
Tickets included for:
Madam Tussauds
Tower of London
London Eye

City tour - London
Parliament Square | British Museum
St. James's Palace | Houses of Parliament
Westminster Abbey | Big Ben | Trafalgar Square
Piccadilly Circus | Oxford Street | Hyde Park

Industry Visit:
Oxford Mini Car Manufacturing Plant for two activities

Inclusions:
Oxford and the city
London life Evening
Luxury AC coach
Travel Insurance

Payment Details:
By Aug 30 - Rs 25,000
By Sep 30 - Rs 35,000
By Oct 30 - Rs 35,000
By Nov 30 - Rs 35,000
By Dec 30 - Rs 9,500
Total - Rs 1,39

Contact: Purnet Tulayan 98925 06252 / Dr. Mani Raja 98204

NSS-TSEC
NATIONAL SERVICE SCHEME
THADOMAL SHAHANI ENGINEERING COLLEGE, BANDRA
NOT ME BUT YOU

Let's celebrate
NSS-TSEC
2019-20

NSS-TSEC
THE JOY OF GIVING WEEK

Nature Trail



NSS Orientation



Plastic Management Seminar



Dr. A. T. Thadomal
Principal
National Institute of Engineering & Technology
Borivli, Mumbai - 400 075

Bamboo Rakhi Promotion & Sale



Republic Day



Swachh Bharat Abhiyan - 1

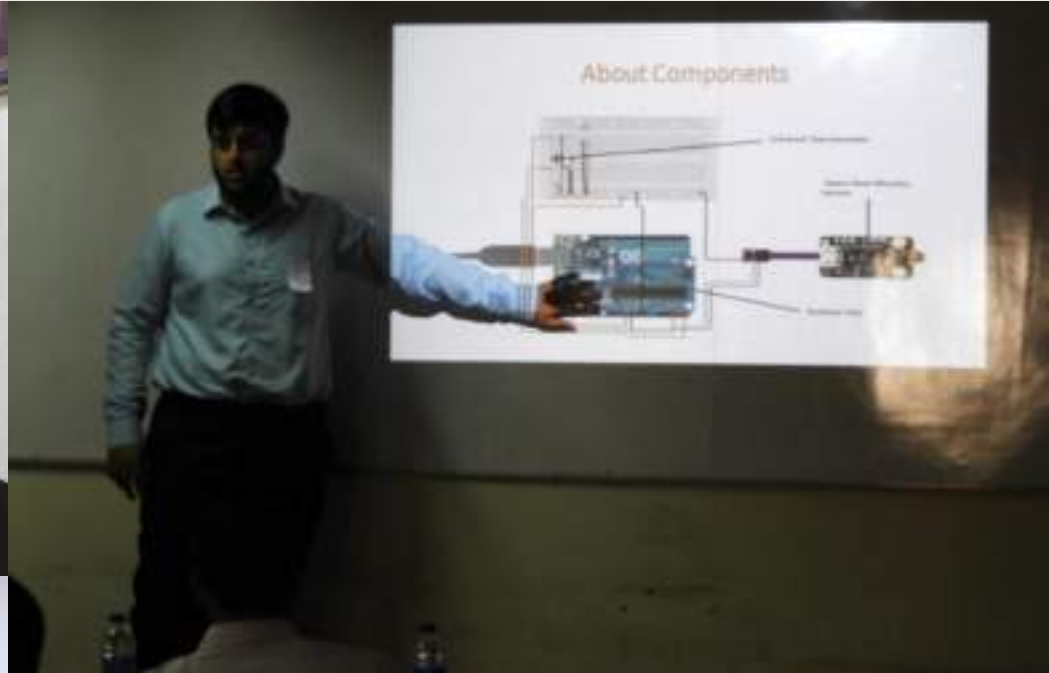


Swachh Bharat Abhiyan - 1



Dr. S. T. Thirumal
PRINCIPAL
The Anna Engineering College
Seyyur (TN), Number-420 050.

Technovation



Tree Plantation



Railway Station Beautification



Watershed Management



Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Borima (W), Mumbai-400 053.

Residential Camp

विख्यात मल्लखांबपटू उदय देशपांडे यांचे मोलाचे प्रशिक्षण

कर्जत, २३ डिसें.(आनंद सकपाळ):
आतिदुर्गम व आदिवासी भाग म्हणून
ओळख असलेल्या कर्जत तालुक्यातील
शहरी भाग लाभलेल्या नेरळ ग्रामपंचायत
हद्दीतील आदिवासी आनंदवाडी येथील
रायगड जिल्हा परिषदेच्या
शाळेत दरवर्षीप्रमाणे
नॅशनल सर्व्हिस सेमी
युनिट मुंबई युनिव्हर्सिटी
तोडमल साहनी
इंजिनिअरिंग कॉलेजच्या
माध्यमातून सामाजिक बांधिलकी



जोपासत राष्ट्रीय सेवा योजना
असे आर्ट डिप्लोमा निवासी
शिबिर राबवले जाते.
सालाबादप्रमाणे राबविण्यात येणाऱ्या

शिबिराच्या पहिल्या दिवशी आनंदवाडी रा.
जि.पं. शाळेतील आदिवासी विद्यार्थ्यांना
मल्लखांबाचे प्रशिक्षण हे विख्यात
मल्लखांबपटू उदय देशपांडे पत्र नं.४ व...

Residential Camp



Residential Camp



Residential Camp



THADOMAL SHAHANI ENGINEERING COLLEGE

Report on 9 Days NSS residential Camp of NSS-TSEC

22 – 30 December 2019

DAY 1

Name of project/Activity : CARDIAC ARREST RESUSCITATION

Conducted by iCare, Holy Family Hospital, Bandra W.

Date/Duration : 22 December, 2019 ,

Place : Ambewadi

Objective : To create awareness among villagers people regarding cardiac arrest and First Aid.

Description of activity execution : People were educated about what to do when they collapse due to a sudden unexpected cardiac arrest.

No. Of attendees : 86

No. Of Beneficiaries :73

Expected Outcome: Educate people about cardiac arrest by conducting a seminar and demonstration

Actual Measurable Outcome : 20- 30 villagers attended seminar

Photographs and Videos :

DAY 2

Name of project/Activity : mallakhamba

Date/Duration : 23 December, 2019 , 2 hrs

Place : Ambewadi

Objective : to introduce activities like malakhamba to the students and villagers and help them recognize their hidden talents.

Description of activity execution : Shri. Uday Deshpande graced the event along with a few of his assistants and taught the students the basics of Malakhambha guiding them in the most efficient way.

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Bandra (W), Mumbai-400 050.



No. Of attendees : 85(no. of students)

No. Of Beneficiaries :85+

Expected Outcome:

Actual Measurable Outcome :85+

Photographs and Videos :

DAY 3

Name of Project/Activity: Fun fair

Date/Duration:24 December,2019

Place: Ambewadi

Objective: To increase the employment of the village and increase interaction between volunteers and villagers. Empower and imbibe confidence of entrepreneurship in Villagers.

Description of activity execution : 5 food stalls and 5 game stalls were organized for villagers as well volunteers. Various dishes made by villagers were kept in the food stalls.

Food Stalls:

Name of villagers	Dishes	Total Profit
Gulab Sadanand Shingve	Puran poli, sheera	725
Datta Darawadda	Sharbat	800
A P shingve	Misal pav	1225
Shingve	Vada pav, Manchurian balls	1150
Shingve	Pattice, Puri bhaji	825

All the profit of this activity is proportionately distributed among the new entrepreneur villagers.

DAY 4

Name of project/Activity : Joy of Giving

Date/Duration : 25th December, 2019 , 30 minutes


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



Place : Ambewadi

Background : The villagers of our five adopted villages have a low income which sometimes restricts them from buying basic necessities like clothes

Objective : To provide the villagers with usable clothes

Description of activity execution : We conducted a week long event in our college where the students donated clothes, stationary and toys .We then Distributed these donations among the villagers of the adopted villages

No. Of attendees : 60

No. Of Beneficiaries : 60(no. Of villagers)

Expected Outcome : Providing good clothes to villagers

Actual Measurable Outcome : At least 2-3 pair of clothes were donated to each house.

Photographs and Videos

DAY 5

Name of Project/Activity: Gramotsav

Date/Duration: 26 December,2019

Place:Ambewadi

Objective: To find hidden talent of students and introduce it to others by conducting various sports and cultural activities

Description of Activity execution: Various sports such as Tug of War, Musical Chair, Kho-Kho, Kabaddi, Langadi, Lemon Spoon, Long jump, Betchki, Race,etc were conducted along with the cultural activities such as dance, drama, singing were organized.

Number of attendees:350

Number of Beneficiaries:350

Expected Outcome: Encouraging children to participate in cultural as well as sports activities

Actual Measurable Outcome:

Games:


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Games	Timing
Drawing Competition	9-10
Marble spoon	10-12.30
Betchki	10-1
Racing	10.30-1
Long jump	12-2
Kho Kho	10-1
Langadi	10.30-1.30
Kabbadi	10.30-1.30
Tug of War	12-1.30
Musical Chair	11-12

DAY 6

Name of project/Activity : Medical camp

Date/Duration : 27 december 2019

Place : Ambewadi

Objective : To let the villagers know about their health by providing a full body check up free of cost and also provide them with temporary medicines.

Description of activity execution: a full body medical check including the dental check up was organized in coordination with the Rotaract Club of Nair Hopsital, Mumbai,. Along with this free eye check was also organized in coordination with Wavikar institute, Thane. Medicines for iron deficiency, joint pain, body pain, multivitamin were given to the villagers.

No. Of attendees : 53

No. Of Beneficiaries :53

Expected Outcome:100

Actual Measurable Outcome :53

Photographs and Videos :

DAY 7

Name of project/Activity : Street play




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

Date/Duration : 28 december 2019

Place : Ambewadi and anandwadi

Objective : awareness regarding various social issues like superstition , ill effects of alcohol and tobacco , women empowerment and self defence through an entertaining way.

Description of activity execution: performance on social topics was done by the volunteers for approximately 10 mins in anandwadi and ambewadi which included unique publicity of going all over the village to attract the villagers.

No. Of attendees : 90

No. Of Beneficiaries :80

Expected Outcome:To aware the villagers about different social issues.

Actual Measurable Outcome : some people learnt how to tackle different social issues and how to be aware.

Photographs and Videos :

DAY 8

Name of Project/Activity: Women Empowerment; Personal Hygiene and sanitation

Date/Duration: 29 December, 2019 : 2 hours

Place: Samaj Mandir, Ambewadi

Objective: To create awareness about personal hygiene and encourage usage of sanitary napkins

Description of Activity execution:

Number of Attendees: 43

Number of Beneficiaries:43

Expected Outcome: To make women feel more comfortable talking about menstrual cycles. To make them realize that it is not a taboo and encourage women to use sanitary napkins on a regular basis. Also set up a chain to continuously supply sanitary pads to the women of the villages from the Aarogya Kendra situated in Neral

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



Actual Measurable Outcome: Ladies especially young girls learnt about periods in detail and were able to keep aside their reservations regarding periods as they came together to discuss about the issues which women face during periods. We made sure women start using sanitary pads by distributing them among the ladies.

Photographs/Videos

DAY 9

Name of Project/Activity: Construction of Compost Pits

Date/Duration: 30 December, 2019 : 4 hours

Place: Ambewadi and Anandwadi

Objective: To create awareness about disposal of organic and compostable waste like kitchen waste. Create Compost for organic agriculture, horticulture activity

Description of Activity execution: 50 Volunteers worked in fieldwork and formed compost pits (4 Nos.) of size 3x3 foot and 4 foot deep. Created awareness about putting all kitchen and biodegradable waste into these pits. Standard operating procedure is taught.

Number of Attendees: 50 Volunteers and 30 Villagers

Number of Beneficiaries: 500 Villagers of Anandwadi and Ambewadi.

Expected Outcome: To create compost for the Agriculture and Horticulture with the more nutrient content in the more produce with higher profits to the villagers.

Regular Activities performed during the 9 Days Camp

व्यायाम व योगाभ्यास

श्रमदान

बागकाम/Parasbag (Done by Aditi & Vatsal)

प्रौढ शिक्षण

Natural Farming

प्रथमोपचार प्रशिक्षण कार्यशाळा

Other Activities performed during the 9 Days Camp

शालेय मुलांना खेळणी व ग्रंथालय व सजावटीचे (Vertical Garden)

स्वच्छ भारत

वैद्यकीय चिकित्सा शिबीर व स्वयं चिकित्सा कार्यशाळा

नैसर्गिक पर्यटन व करमणूक


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



Glances of 9 Days NSS residential Camp of NSS-TSEC at Anandwadi, Neral



First Aid Workshop



Principal's Visit



2nd Gramotsav (Sports Day & Cultural Night)



Cultural Night



Reception Dinner



Kitchen Tent



Women Empowerment, Personal Hygiene Workshop for Villager Women



Distribution of Sanitary napkins



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





Personal Hygiene



Street Play



Sports



Cultural



Eye Check up Camp by Wavikar Eye Institute, Thane



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



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.	06 1. "Swaachta Abhiyan" at Juhu, Mumbai on 8 th Sep 2019 2. Rain Water harvesting audit is conducted on 11 th Sep 2019. 3. Swachhata Pledge by faculties and students 4. Swachha Mahavidyalaya at College Campus 5. Swachhta Village in adopted villages by college 6. Talk of Mr. Rajesh Gera , Assistant Vice President, RIL-PET Division, Mumbai is arranged on 13 th Sep 2019 on "Eliminating use of plastic"
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 th Sep 19 2. "Plastic Collection Drive" is conducted between 16 th Sep to 4 th Oct 2019.
5	Whether audit of the existing water harvesting facility in campus undertaken.	Yes Rain Water harvesting audit is conducted on 11 th Sep 2019


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6	Number of activities undertaken in the neighboring area/village during , the Pakhwada.	<p>Total 03</p> <ol style="list-style-type: none"> 1. Railway Wall paintings at Bandra station is done by students on 26th Sep 2019 2. “Swaachta Abhiyan” by students at Juhu, mumbai on 8th 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



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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 Recyclothon - Ek baar phir from the
2nd-8th of October 2019**



Shishir

SHISHIR JOSHI

CEO & Founder, Project Mumbai
www.projectmumbai.org

Recycling Partner



Radio Partner



Dr. G. T. Thampi

Dr. G. T. Thampi
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Design Partner



A Public Service Initiative Sponsored
by



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 28th August , 2019, we conducted following programs.

1. A committee is formed to conduct the programs.
2. “Swaachta Abhiyan” at Juhu, mumbai on 8th sep 2019
3. Rain Water harvesting audit is conducted on 11th Sep 2019.
4. Talk of Mr. Rajesh Gera , Assistant Vice President, RIL-PET Division, Mumbai is arranged on 13th Sep 2019 on “Eliminating use of plastic”
5. “Plastic Collection Drive” is conducted between 16th Sep to 4th Oct 2019.
6. Railway Wall paintings at Bandra station is done by students on 26th 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 1st September 2019 to 15th September 2019


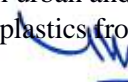
Committee to promote “Jal Shakti Abhiyan” and eliminating “Single use Plastic”

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.



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- 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

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2. “Swaachta Abhiyan” at Juhu, mumbai on 8th sep 2019

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





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3. Rain Water harvesting audit is conducted on 11th Sep 2019.

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

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

Talk by Mr. Rajesh Gera, was arranged on Friday, 13th Sep 2019 in seminar hall 11th 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 16th Sep to 4th 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 26th 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 26th Oct 2019 under the 15 days cleanliness and awareness drive “ Swachhta Pakhwara”. 130 Students of TSEC painted 25 walls in 6 hrs.


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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"> 1. "Swaachta Abhiyan" at Juhu, mumbai on 8th sep 2019 2. Rain Water harvesting audit is conducted on 11th Sep 2019. 3. Swachhata Pledge by faculties and students 4. Swachha Mahavidyalaya at College Campus 5. Swachhta Village in adopted villages by college 6. Talk of Mr. Rajesh Gera , Assistant Vice President, RIL-PET Division, Mumbai is arranged on 13th Sep 2019 on "Eliminating use of plastic"


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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 th Sep 19 2. "Plastic Collection Drive" is conducted between 16 th Sep to 4 th Oct 2019.
5	Whether audit of the existing water harvesting facility in campus undertaken.	Yes Rain Water harvesting audit is conducted on 11 th 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 th Sep 2019 2. "Swaachta Abhiyan" by students at Juhu, mumbai on 8 th 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


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conducted if any						School-
Road Safety Campaign/ Camp						
Yoga Training / Demonstration if any	IDDY'19	9	16	25	25 benefited	
	Yoga Training at MU	1	1	2	2 & Created Awareness in College and residential areas	
	Yoga Training during Res. Camp	41	36	77	82 Learnt Yoga as per CYP	
	Yoga Training by ISHA at TSEC	25	30	55	55	
	K'dhana & HSNC 2 Day National Seminar	4	0	4	04 + 27 Student Volunteers briefed	
	Training by Art of Living	14	9	25	Meditation Kriya	
	CYP Training Camp at KC	7	6	13	CYP Training	
Pulse Polio Immunization					Beneficiaries- NIL	
Eye check-up camps		Wavikar Eye institute	22	10	32	Beneficiaries - 112 Villagers
Health Camps/Dental		Thalassemia check up	13	07	20	Beneficiaries- 128
		Health Camp	33	28	61	132 Villagers
Prevention of Diseases (Awareness)	Rallies					
	Organizing functions	Women Personal Hygiene	0	25	25	12 Women villagers attended + 225 benefitted
	Street Plays	2	8	5	13	200 Villagers
	Door-to-door Campaigns	3	35	24	59	550 Villagers
	Distribution of IEC Materials	Sanitary Napkins distribution	0	24	24	125 Women
	Distribution of iron and folic Acid Tablets	Iron & Multi-Vitamin tabs	06	05	11	150 Villagers including children
Including construction activities of women						
Swachha Bharat, People's involvement and sustainability						
Swachha Bharat Abhiyan	Cleaning of school	1	26	18	44	125 School Children
	Cleaning of College	1	12	08	20	Awareness in College & Cleaned Campus
	Cleaning of Offices complexes, toilets & garbage of District & zonal Office	1	08	04	08	College Canteen Area & Common area cleaned
	Cleanliness drive to clean street and common places	1	35	20	55	300 Villagers 25 participated
	Motivation resulting into construction of toilets					
	Maintenance & repair of recreation grounds and play grounds					
Defecation Free Campaign: Motivation resulting into construction of Toilets/ activity for construction of toilet	Covered in Street	12	08	20	1) No of toilets or pits - 2) No of Villages made Defecation Free - 3) Beneficiaries -	

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Marathi Bhasha Gaurav Din (27th Feb 2020) Thadomal Shahani Engineering College Bandra (West), Mumbai

As per the letter received from Shikshan Sanchalak, Pune dated on 26th Feb 2020, our college celebrated “Marathi Bhasha Gaurav Din” on 27th Feb 2020.

Following programs are conducted between 12 noon to 3.30pm.

1. Welcome speech
2. Speech by Principal
3. Opening Song in Marathi By Mohit
4. Proud of MatriBhasha in Marathi (by Students)
5. Poetry Recitation in Marathi (by students)
6. Poetry Recitation by faculties
7. Department program by Faculties
8. Prize Distribution for students
9. Vote of Thanks


Pannel of judeges for the above programs:

For Marathi Program by students:

1. Ms. Archana Kale
2. Dr. Anupama Sawant
3. Ms. Anjali Kirkire

For Department Program.

1. Dr. Mita Bhaumik
2. Dr. Madhuri Rao
3. Dr.. Anupama Sawant


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Event photographs :



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Program Coordinator
 Dr. Arti Deshpande
 Dr. Mani Rosa
 Prof Monica Tolani

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



Thadomal Shahani Engineering College, Bandra , Mumbai

Date : 30/01/2020

Report Name : Odisha Film Festival

Report Description :

The Odia short film, Ghubukudu, which is based on the struggle for survival of traditional stunt artistes, has been officially selected in two international film festivals is watched by students in college campus.

“The film shows how a family, which survives on this art form, suffers in poverty, while no one comes forward to help them in their time of need. These artistes live in abject poverty despite being so talented. The music and songs have the real feel — the way the performers sing and appeal to people to pay them by narrating their own pain,”

The film features Pabitra Kumar Dandasena, Rejina Behera and Srijit Shubhankar Raiguru playing the roles of the **Ghubukudu** artiste and family members.




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EBSB QUIZ REPORT

As an initiative taken by the Government Of India , the Ek Bharat Shreshta Bharat (EBSB) aims to promote India's diversity , through linguistic and cultural interaction among students, and the EBSB committee of Thadomal Shahani Engineering College, is pleased to have played its part, and contribute to this, through a quiz centred around our paired state of rich culture and heritage, Odisha, the event held in college with an aim to promote a mutual understanding, and integrate cultural and social alliances with our fellow countrymen.

The quiz was centred around the culture, heritage, history, politics, geography, and technology of Odisha. It was held in the Seminar hall, New Building on Saturday, 29th February 2020, from 12pm-2pm .



It comprised of 6 teams, of 3 members each , one from each branch(Computer Information technology, Electronics and telecommunication, Chemical, Biomedical, and


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Biotechnology) giving it their best, and battling it out to clinch the coveted trophy, and bring glory to their respective departments by putting their minds together, and co-operating as a team.



There were 6 teams participating in the quiz, and was looked on by students, and members of the EBSB Committee of TSEC

There were 3 questions for each of the 4 categories (Culture, history, politics, and geography)- 1 for 10 points, another for 20 points, and a third for 50 points (this question had a negative marking of 20 points). The fourth round was a Rapid fire bonus round with 1 question from each category worth 100 marks, but had a negative marking of 30 points.



The prestigious trophy for which each team put up a tough fight

After an intense, and hard fought battle of 4 rounds, the chemical engineering department emerged victorious, and bagged first place with a mammoth 140 points to clinch the

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coveted trophy. The team consisted of Heet Vora, Rahul Singh, and Siddhesh Chalke, who put their minds, and knowledge together to guide their team to victory.



(From left to right) The winning team of Rahul Singh, Heet Vora, and Siddhesh Chalke crowned champions, and awarded the prestigious trophy by the EBSB Committee Co-ordinator, Dr. Arti Deshpande

They were awarded a certificate of merit, as well as a trophy for the department, and congratulated by the EBSB co-ordinator of TSEC, Dr. Arti Deshpande, Principal, Dr. G.T. Thampi, and by all the other teams for their achievement.



The winning team with the entire EBSB Committee of TSEC

The EBSB Committee of TSEC wishes the winners a hearty congratulations, and extend our gratitude to all the teams for participating in this premier event, as well as to our Principal, Dr. G.T. Thampi, and EBSB Co-ordinator of TSEC, Dr. Arti Deshpande for guiding us and helping make this event a grand success!

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(Starting from right to left) The winners of the EBSB Quiz from the Chemical Engineering department, Heet Vora, Siddhesh Chalke, and Rahul Singh are congratulated by Principal, Dr. G.T. Thampi

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Ek Bharat Shrestha Bharat



ODISHA DAY

EBSB Club
Thadomal Shahani
Engineering College
Mumbai-50

Odisha Day
Online
Celebration
April 1, 2020

2 PM ONWARDS



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



Students of Thadomal Shahani Engineering College celebrated Odisha Day on April 1, 2020; under the guidance of Dr. Arti Deshpande.

We conducted the program online, because of lockdown.


Following are the students who participated online:

1. Kashish Dungar
2. Narayanan Madathil
3. Soham Joshi
4. Judewin Noronha
5. Akshita Jain
6. Vighnesh Pai
7. Ashish Jaiswal
8. Hardik Darak
9. Swarangi Samant
10. Vaishnavi More
11. Givinder Singh
12. Prosida Mitra
13. Megha Gohil
14. Priyanka Ghuge
15. Palak Agarwal

Here are some snapshots of the program:



Follow us : <https://www.instagram.com/tv/CA2tuXEgucZ/?igshid=1blpt6bmein8m>


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EBSB-TSEC presents,

COLORS OF ODISHA

a drawing & craft competition

20-03-2020

This document is a glimpse of the entire competition. Few of all the drawings and hand-crafts made by students are displayed.



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THE EK BHARAT SHRESHTHA BHARAT COMMITTEE OF TSEC

organises

COLOURS OF ODISHA

THE STUDENTS ARE WELCOME TO SHOWCASE THEIR
ARTISTIC SIDE, THROUGH **PAINTINGS, CRAFTS, &
HANDICRAFTS**, ALL CENTRED AROUND THE


HISTORY, CULTURE, & HERITAGE OF ODISHA





@EBSB_TSEC



Event Details

 Friday (20/03/2020)

 12:30 onwards

 45 minutes

Organised By



Advertisement poster.

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Megha Gohil, Chemical Department.

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Vaishnavi More, Information Technology Department

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Judewin Nbronha, Chemical Department.

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Hardik Darak, Computer Department.

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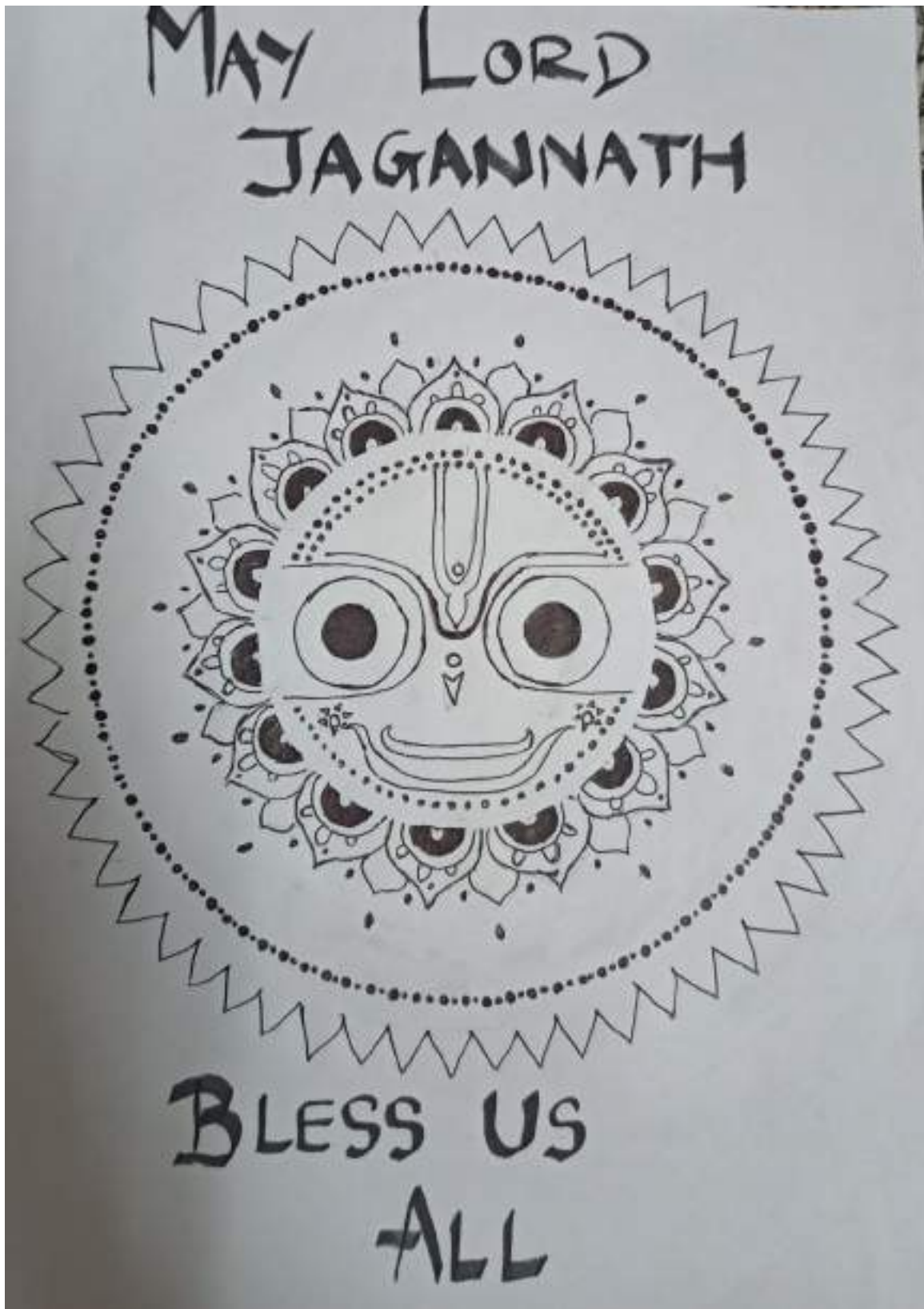


Soham Joshi, Chemical Department.



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Gvinder Singh, Chemical Department.



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Samir Wadkar, Chemical Department.



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Aashish Jaiswal, Chemical Department.

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Kashish Dugar, Chemical Department.

Organised By

Dr. Arti Deshpande

Asst Prof

TSEC

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Extension Activities for A.Y 2018-2019



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NSS-TSEC 2018-19

A handwritten signature in blue ink, appearing to read 'G. T. Thampi'.

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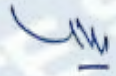


List of Activities

Area-based	College-based	University events
Kerala Relief Fund	Orientation	Independence Day
Beach Cleaning	Nature Trail	Republic Day
Joy of Giving	Blood Donation Drive-1	Bhajan Sandhya
Diwali in Orphanage	Blood Donation Drive-2	Yoga Sadhbhavna
Tree Plantation	Youth and Truth	Yoga Competition
UBA Survey	Mock Fire Drill	Swachh Bharat Abhiyan
UBA Data Entry	Anti-Sexual Harassment Seminar	Residential Camp



Area Based Events


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Kerala Relief Fund



Date: 20/8/18- 22/08/18

No. of volunteers involved: 38

No. of beneficiaries/ Outcome: Over 800 people got food, napkins, medicines, clothes, etc



Beach Cleaning



Date: 18/9/18

No. of volunteers involved: 79

No. of beneficiaries/ Outcome: Improved experience for daily Beach visitors.

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Joy of Giving



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Bandra (W), Mumbai-400 050.

Date: 24/9/18-28/9/18

No. of volunteers involved: 82

No. of beneficiaries/ Outcome: Over 160 students got stationery, clothes, etc and benefitted by lectures on English, Maths and Computer.



Orphanage Visit



Date: 8/11/18

No. of volunteers involved: 18

No. of beneficiaries: 134 orphans/disabled celebrated Diwali with sweets and various games.

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Tree Plantation



Date: 14/07/18

No. of volunteers involved: 56

No. of beneficiaries/ Outcome: Planted around 200 saplings making the environment a better place to live.

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UBA Survey



Date: 10/06/18, 11/8/18, 15/7/18, 24/6/18, 18/08/18
No. of volunteers involved: 105 (Batches of 22 Vols.)
No. of beneficiaries:

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UBA Data Entry

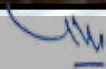
THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Date: 26/1/19

No. of volunteers involved: 64


No. of beneficiaries:


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College Based Events


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NSS-TSEC Orientation

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Date: 10/8/18

No. of volunteers involved: 166

No. of beneficiaries: Enlightening the students about the NSS activities carried out throughout the year.



Nature Trail



Date: 8/9/18

No. of volunteers involved: 76

No. of beneficiaries: Volunteers/Students carried out various activities for the betterment of the surroundings.



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Blood Donation Drive - 1

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Date: 4/10/18

No. of volunteers involved: 66

No. of beneficiaries: **Over 453** patients benefitted by this noble cause.

—

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PRINCIPAL

Thadomal Shahani Engineering College
Chennai, India - 600 076





Blood Donation Drive - 2



Date: 20/2/19

No. of volunteers involved: 59

No. of beneficiaries: Over 339 patients benefitted by this noble cause.

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Thadomal Shahani Engineering College
Boschi (W), Mumbai-400 850.





Youth and Truth



Date: 20/9/18

No. of volunteers involved: 31

No. of beneficiaries:





Mock Fire Drill



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

Date: 31/1/19, 1/2/19

No. of volunteers involved: 54

No. of beneficiaries: Over 250 students/faculties from the college



Anti-sexual Harassment

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Thadomal Shahani Engineering College
Barshi (W), Mumbai-400-054.

Date: 21/2/19

No. of volunteers involved: 48

No. of beneficiaries: Over 120 students/faculties from the college



University Events

A handwritten signature in blue ink, appearing to read "G. T. Thampi".

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Independence Day



Date: 15/8/18

No. of volunteers involved: 115

No. of beneficiaries: Over 150 Students/faculty got sensitized towards the contribution of the freedom fighters and the nation.

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Bangalore, India. Mumbai-400 050.





Republic Day



Dr. G. T. Tripathi
PRINCIPAL
Thadomal Shahani Engineering College
Bambhā (W), Mumbai-400 055.

Date: 26/1/19

No. of volunteers involved: 115

No. of beneficiaries: Over 150 Students/faculty got sensitized towards the contribution of the freedom fighters and the nation.



Bhajan Sandhya

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Date: 1/10/18

No. of volunteers involved: 13

No. of beneficiaries: Over 800 Students/Volunteers got enlightened from the principles and beliefs of Mahatma Gandhi and Lal Bahadur Shastri.

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Yoga Sadbhavana

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



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

Date: 2/2/19

No. of volunteers involved: 19

No. of beneficiaries: Over 600 Yoga enthusiasts performed the truthful practise of Yoga and encouraged the visitors.



Yoga Competition



Date: 20/1/19

No. of volunteers involved: 13

No. of beneficiaries: 12 **Volunteers(team) won the Yoga competition through their active participation and perfection in various Yogasanas.**

Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
P.O. Box No. 108, Muvattupuzha - 686 010.





Swachh Bharat Abhiyan

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Dr. G. T. Thampi
PRINCIPAL

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

Date: 3/10/18

No. of volunteers involved: 21

No. of beneficiaries:



Residential Camp

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE



Dr. S. T. ...
PRINCIPAL

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

Date: 2/1/19 - 8/1/19

No. of volunteers involved: 66

No. of beneficiaries: Over 640 villagers were sensitized and benefitted from various activities performed in the Camp.



THANK YOU!


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



NATIONAL SERVICE SCHEME
Swachh Bharat Mission- Report – 2018-19

Activities conducted under **Swachh Bharat Mission** by the College.

Name of the College: **THADOMAL SHAHANI ENGINEERING COLLEGE

Total students in College: **1600

** Total students enrolled in NSS: **200**

A- REGULAR NSS ACTIVITIES:

___ Adopted area for **Swachh Bharat Mission** activities- mention name & exact location of the adopted area.

- ✓ College : THADOMAL SHAHANI ENGINEERING COLLEGE, BANDRA
- ✓ Slum :
- ✓ Road :
- ✓ Bus Stand :
- ✓ Seashore / Beach : JUHU BEACH, MUMBAI
- ✓ Market Place :
- ✓ Any other- specify : ADOPTED VILLAGE, COMMON STREETS OF ANANDWADI & AMBEWADI,

Description of the activities conducted in REGULAR PROGRAMME under the **Swachh Bharat Mission** at above area /

VENUE: Cleaning Of College Premises

Cleaning Of Juhu Beach After Ganpati Festival

no of Street Play conducted: ___2___ No. of Rally organised: ___1

Approx population covered during the **Swachh Bharat Mission** Campaign in above adopted area: 650

B- SPECIAL CAMPING PROGRAMME

Venue : Ambewadi, Neral, District-Raigad

Duration: 2nd January to 8th January

Total Days / hours devoted for **Swachh Bharat Mission - 1day/3 hours**

Total number of student participated:- **Male:35 Female: 20 Total: 55**

Description of the activities conducted in SPECIAL CAMPING PROGRAMME under **Swachh Bharat Mission**: Cleaning Of Village Areas, Cleaning Of Common Water Bodies


Any innovative mode (ways) of **Swachh Bharat Mission** Campaign: Slogan Chant

Follow-up action/ plan for the **Swachh Bharat Mission** campaign

Publicizing the importance of cleanliness in neighbourhood, Creating mass awareness regarding proper garbage disposal and its effect on personal health.

No of Toilets constructed during the year - _____

C- TOTAL NO. OF NSS VOLUNTEERS ATTENDED SWACHHTA OATH CEREMONY :- 79


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



NSS Programme Officer

College seal

Principal

Details of Blood Donation Camp/Collection by College NSS unit during the year 2018-19

Name of the College: - THADOMAL SHAHANI ENGINEERING COLLEGE

➤ **Details of Blood Donation:-**

S.N.	Date	Name of the Blood Bank	No of Bottle/ Unit Collected	Participants			Remark, if any
				Male	Female	Total	
1 st camp	4 TH October 2018	TATA HOSPITAL	150	122	28	150	
2 nd Camp	20 th October 2019	TATA HOSPITAL	108	90	18	108	

➤ The **STUDENT** donated more than **FIVE Time OR MORE**, if any

Name									
1 st Donation		2 nd Donation		3 rd Donation		4 th Donation		5 th Donation	
Date	Blood Bank	Date	Blood Bank	Date	Blood Bank	Date	Blood Bank	Date	Blood Bank
NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL

➤ The **TEACHER** donated more than **FIVE Time OR MORE**, if any

Name									
1 st Donation		2 nd Donation		3 rd Donation		4 th Donation		5 th Donation	
Date	Blood Bank	Date	Blood Bank	Date	Blood Bank	Date	Blood Bank	Date	Blood Bank
NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL

➤ **Extra ordinary efforts in the field of BLOOD DONATION:-**

(Increase in % of blood donation at College level/ Providing Volunteers in Railway stations for SBTC authorized Blood Donation Camp / participation of Ex- Students / Parents / Staff in the Blood Donation/ etc)

Increase in the % of blood donation at college level along with participation of staff in blood donation.

NSS Programme Officer/s



College Seal 206

Signature of Principal

NSS Residential Camp 2018-19



Taluka :- Karjat

Nearest Station :- Neral

Adopted Villages :-

Anandvadi, Ambevadi,

Fanasvadi, Tapasvadi,

Komalyadi



Dr. G. T. Thakur
PRINCIPAL
The Central Board of Secondary Education
New Delhi, India

Daily Schedule :-

Time	Activity for volunteers
5:45 AM	Wake Up Call
6:15 AM	Assembly
6:30 - 7:15 AM	Jogging
7:30 - 8:15 AM	Yoga
8:45 - 10 AM	Breakfast
10:15	Preparing for field work
10:30 AM- 1:30 PM	Field work, Village Activity
2 - 3 PM	Lunch
3 - 4 PM	Rest time
4 - 4:30 PM	Tea Time
5 - 7 PM	Volunteers Activity, Village activity
7 - 9 PM	Activity for villagers
9 - 10 PM	Dinner Time
10 - 10:30 PM	Briefing
10:30 PM - 5 Am	Lights out

Day 1

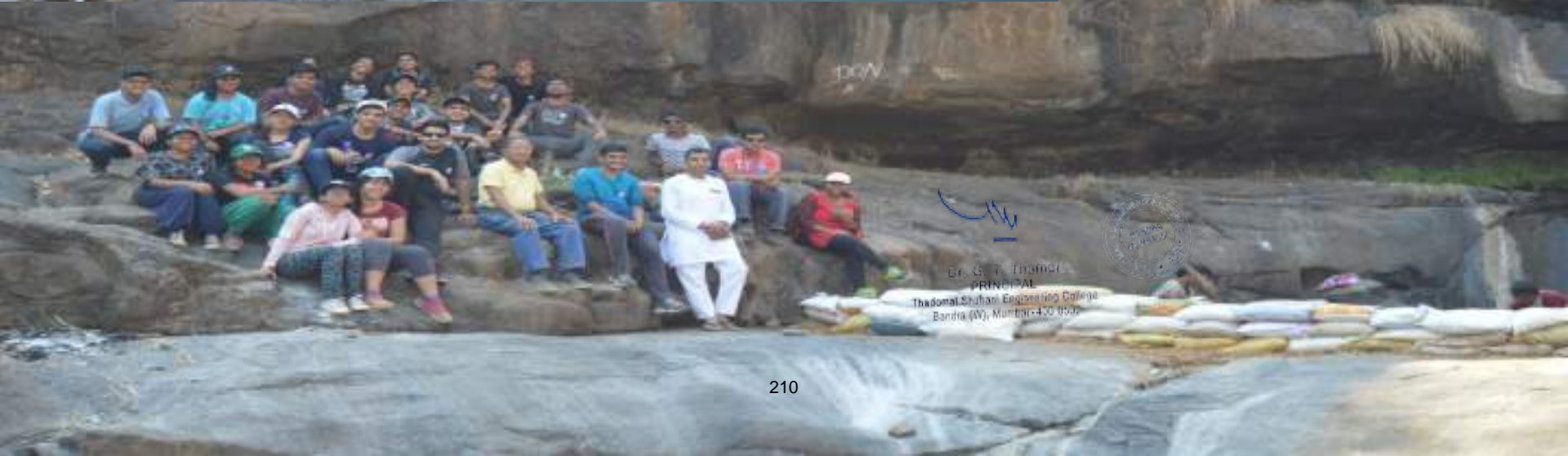
Early Morning:- Yoga Training (Daily) by **Mr. Sachit Nalskar** (P.O. NSS TSEC)



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



Field Work:- Desi Bandh



Government Schemes

Various Schemes introduced by Government of India were explained and projected each night by NSS volunteers and Program Officer.



- Some of these schemes included:-
1. Pradhan Mantri Jan Dhan Yojna
 2. Mudra Yojna
 3. Pradhan Mantri Awas Yojna
 4. Krishi Sichai Yojna
 5. Ladli Lakshmi Yojna

DAY 2

From 2nd Days onwards, volunteers were assigned with duties such as teaching kids at school, preparing students for stage events for gramostav which included skits, dance,





Also at night a debate on “Village Life vs. City Life” was arranged for volunteers to know about their perspective towards both sort of lifestyle.



DAY 3

Another fieldwork of fencing plants was completed on 3rd day, as well as few other volunteers were indulged in teaching village kids extra curricular activities such as computer, sewing machine etc.



Dr. G. T. Thampi
PRINCIPAL
K. J. Somaiya Engineering College
Pimpri, Mumbai-400 050.





A seminar on Women Hygiene was conducted by volunteers for the ladies and girls of village.



DAY 4

A “Gramostav”, was scheduled for 4th day which included various activities namely :- 1. Sports for Boys, Girls even village ladies






Dr. G. T. Thampi
PRINCIPAL
Industrial Education Society
Sector No. 10, Marolli, 400 060



2. Cultural activities such as dance, skits



3. Dinner for the villagers


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



DAY 5

On 5th Day **medical check up camp** was scheduled for the villagers. They were given proper advice and guidance for their health as well as a shot time dosage for any illness or health trouble

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PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 076



DAY 6



A visit to a near by river body was planned for volunteers to rejuvenate themselves at hands of calm flowing water.



DAY 7

A program for disaster management was held on 7th day so as to make volunteers aware of various dangerous situations and how to tackle it!



SUMMARY

NSS TSEC camp 2018-19 was a huge success largely due to the selfless contribution of volunteers as well as due to the experienced guidance of P.O. Mr. Sachit Nalaskar and P.O. Mrs. Vandana Kadam.

This camp was an initiative to help volunteers understand the importance and dependence of cities on villages.

It helped in getting volunteers an exposure to hard working, difficult and disciplined way of rural life, also a chance to connect with the humble residents of these villages.

Thus, it was an attempt to help out these simple living people which also gave an opportunity for founding a bridge between youth of cities and people of villages was established


Dr. G. T. Patil
PRINCIPAL
Gandhara Education Engineering & Technology
Baramulla, Jammu & Kashmir

THANK YOU!!

Dr. B. T. Phadnis
MPUSCMU
Industrial Training Engineering Centre
Sector 10, Ahmedabad-380 015



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

4th 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 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 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
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 050.

Encl: Few Glimpses of IDY'18 in TSEC in the attached pictures.




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





Dr. G. T. Thamel
PRINCIPAL

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



Dr. G. T. Thamel







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





CARDIAC ARREST RESUSCITATION SEMINAR

Date:01.03.2018

20 volunteers had come

Under the iCare initiative with Holy we had a seminar with one goal to train as many people as we can for heart emergencies.

More than 300 people attended this seminar.







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: 11th 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))

18th 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



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



ज्वलंत हिंदुत्वाचा पुरस्कार करणारे एकमेव मराठी दैनिक

सामना



शेवटचं पान

जनरेशन नेक्स्ट

शनिवार,
दि. २ सप्टेंबर २०१७

सामना

गणेश विसर्जनानंतर काळवार मूर्तीचे अवशेष, निर्मल्य, प्लेस्टिकवाच्य विसर्जना, वाटल्या पाहण्यास मिळालेले त्यामुळे गणेशा विसर्जनानंतर सुंदर समुद्रकिनारा कचरामय झालेला दिसतो हा प्रश्नाचा सारक करण्यासाठी आज मुंबईतील विविध शाळा, महाविद्यालयातील विद्यार्थ्यांनी एका जपून कचऱ्याची विलेखट सावली आणि स्वच्छतेचा अनीका संदेश अर्थात फुलपेटेड जॉर्जर शेट केस (फ्लूव्हाजीसी) यांनी आयोजित केलेल्या 'मिशन एथॉग' उपक्रमाने गणेशी विसर्जनानंतर विनवरे कचऱ्याचे अस्वच्छ विसावला लागले शिन्धुनकर मोठ्या प्रमाणात निर्मल्य पाहण्यास मिळते. त्यामुळे रोगासोपसरण्याची भीती असते. आरोग्याच्या दृष्टीने ते घातकच. पाच उदेषाने रजनी फाऊंडेशन आणि फुलपेटेड जॉर्जर शेट केस या संस्थेची संयुक्तपणे हा उपक्रम हाती घेतला. उपक्रमासाठी शाळा-महाविद्यालयातील विद्यार्थ्यांचे पांगला परिश्रम मिळाला. त्यामुळे पाच तपारीनीशी अनंत पशुधर्म्यासाठी तरणाई सज्ज झाली आहे.



विसर्जनासाठी सज्ज

उत्सव साजरे करताना पर्यावणता हानी नको
स्वच्छतेच्या दृष्टीने समाजात संदेश देण्याचा आमचा उद्देश आहे. सोशल स्वॉट्वर तय्यारीने फाऊ पोस्ट शेअर करण्यासोबत प्रत्यक्षात स्वच्छतेच्या दृष्टीने पाहिले उपलब्धताही नितंत मरज आहे. त्यासाठी मुंबईच्या विविध शाळा-महाविद्यालयांचे संक्षिप्त सहभागी होण्याचे आवाहन केले होते. त्यावरून सहस्रोच्य वर विद्यार्थी या उपक्रमामध्ये सहभागी झाले होते. आज समुद्रकिनार्यावर पीओपीच्या गणेशीचे अवशेष मोठ्या प्रमाणात मिळाले. सग साजरे करायलाच होते, पण त्याने पर्यावरणास हानी पोहोचवण नही पाहिले सध्या आपण हो हे खरेच

॥ रूपेचा धोसाळकर, रजनी फाऊंडेशन

विसर्जनानंतरही जबाबदारी उरतेच

आमच्या उपक्रमाने तिसरे वर्ष अजून सुरुवातीसच विसर्जी या उपक्रमात सहभागी झाले होते लोकाना वाटतं सज्जी जणूला, विसर्जन झाले की आपली जबाबदारी संपते. तसे नाही आहे हे साधना घ्यायला हवे. त्यासाठी आम्हाला विद्यार्थी उपक्रमाने आहे. उपक्रमाने सहभागी झालेल्या विद्यार्थ्यांनी विसर्जन झालेनंतर खूप प्रमाणात परिसर मिळाला. आमच्या तरुणांनी विसर्जनानंतर विसर्जनानंतर सांगलाय पाच खूप आहे. या उपक्रमामासाठी तरुणांनी, विद्यार्थ्यांनी उत्तम प्रतिभेने विसर्जनानंतर हा उपक्रम यशस्वी झाला

॥ शिकम पेडणेकर, गुरमतीसी

नवीन गोष्टी शिकले

खरं तर मी कधी अजून घळारच्या उपक्रमांमध्ये सहभागी झाले नव्हते. मस्त आणि पहिलाच अनुभव होता. स्वच्छती वीकरण आम्हाला, तेव्हा तिचे पाहण्यासाठी वाटत नव्हतं पण शेवट ते स्वच्छ केला तेव्हा तिचून निघवसं वाटत नव्हतं

॥ वंदना अर्बि, उष मिश्रा इन्स्टिट्यूट ऑफ टेक्नॉलॉजी

समाधान वाटले

अनुभव खूप सान होता मी भावस कोलेजची विद्यार्थिनी आहे. शिवाय या मुलांनी संदेश आहे. हा उपक्रम करताना मजा आली. या उपक्रमाने अभ्याससाठी स्वच्छता किती महत्वाची आहे याची जाणवणूती होती. आपली वैयक्तिक सोयी अजूनच काळी पहिले हेही समजते. नवीन जोड्याची झाल्या असताना झालेला वीच स्वच्छ पाहून समाधान वाटते

॥ गीता कवय, भावस विद्यार्थिनी



संजीवनी धुरी-जाघव

राम रहिमच्या डेरा मुख्यालयात सैन्य घुसले

१ दिवसात
 प्लास्टिकच्या बोटा काढल्या
 बराच अनेकदा सैन्य घुसले आहे. प्लास्टिकच्या बोटा काढल्याने सैन्याला अनेक त्रास पडला आहे. सैन्याला अनेक त्रास पडला आहे. सैन्याला अनेक त्रास पडला आहे.

स्वतः कडून सिनामा कडे...



...सिनामा कडे...
 ...सिनामा कडे...
 ...सिनामा कडे...



...सिनामा कडे...
 ...सिनामा कडे...
 ...सिनामा कडे...

मुंबई, रविवार दि. १ सप्टेंबर २०१७

मुंबई विद्यापीठात युवा महोत्सव

४२ स्पर्धा, २६८ महाविद्यालयांचा सहभाग



मुंबई विद्यापीठात युवा महोत्सव २०१७ या कार्यक्रमात ४२ स्पर्धा आणि २६८ महाविद्यालयांचा सहभाग होता. या महोत्सवात विद्यार्थ्यांनी अनेक स्पर्धा जिंकल्या. या महोत्सवात विद्यार्थ्यांनी अनेक स्पर्धा जिंकल्या.

मुंबई विद्यापीठात युवा महोत्सव २०१७ या कार्यक्रमात ४२ स्पर्धा आणि २६८ महाविद्यालयांचा सहभाग होता. या महोत्सवात विद्यार्थ्यांनी अनेक स्पर्धा जिंकल्या.



मुंबई विद्यापीठात युवा महोत्सव २०१७ या कार्यक्रमात ४२ स्पर्धा आणि २६८ महाविद्यालयांचा सहभाग होता. या महोत्सवात विद्यार्थ्यांनी अनेक स्पर्धा जिंकल्या.

शेकडो विद्यार्थ्यांचा 'क्लीन-अ-थॉन'



शेकडो विद्यार्थ्यांचा 'क्लीन-अ-थॉन' या कार्यक्रमात विद्यार्थ्यांनी अनेक स्पर्धा जिंकल्या. या महोत्सवात विद्यार्थ्यांनी अनेक स्पर्धा जिंकल्या.

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UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME UNIT

Annual Report on NSS Activities for the Year : 2018 -2019 (Progressive)

- Name of the College : Thadomal Shahani Engineering College.
- Details of NSS Programme Officers:

Sr	Name of the NSS Programme Officer	Male / Female	Trained Untrained (Completed NSS Orientation)
1	SACHIT NALASKAR	M	Yes
2	VANDANA KADAM	F	No

- Date of Meeting of College Advisory Committee:

First Meeting- : 1st Sept., 2018
Second Meeting- : 13th Dec. 2018

- Total No of Student in Senior College : 1600
- Total No of Students Volunteers in NSS: 200
- NSS Students Enrolment : Male- 116 Female- 84 Total - 200
- No of villages adopted : 5
- No of participant of Special Camp: Male -35 Female - 24 Total - 59
- Details of Blood Donation:- Please attach List of Blood Donors along with blood group

S.N.	Date	Name of the Blood Bank	No of Bottle/ Unit Collected	Donors			Remark, if any
				Male	Female	Total	
1 st camp	4 th Oct. 2018	Tata hospital	150	122	28	150	Rejection: 61
2 nd Camp	20 th Feb. 2019	Tata hospital	108	90	18	108	Plus 5 Donors Rejection: 49


- Tree Plantation

No. of saplings/trees planted	No. of NSS Volunteers involved		
	Male	Female	Total
75	29	25	56

- Education & Health Awareness/ Camps Programme if any :

Activity	No of Programme /camps/ activity organized	No. of NSS Volunteers involved			No. of Beneficiaries/ Output
		Male	Female	Total	
Disaster Management Training	1	35	24	59	
Self Defense Training for Girls					
School Dropout Survey conducted if any					No of children's enrolled in School-
Road Safety Campaign/ Camp					
Yoga Training / Demonstration if any	IDY'18	16	9	25	

	Yoga Training at MU	1	1	2	2 & Created Awareness in College and residential areas	
	Yoga Training during Res. Camp	30	22	55	55 Learnt Yoga as per CYP	
	Yoga Training at RD National College	6	5	11	11	
	Yoga Competition (HSNC)	6	5	11	11 IInd Position: 1 Vol. IInd Position: Team	
	Yoga Competition (MU)	6	0	6	6th Position: Team	
	Yog Sadbhavana	5	3	8	Awareness of Gandhian thoughts	
Pulse Polio Immunization					Beneficiaries-	
Eye check-up camps					Beneficiaries-	
Health Camps/Dental		Thalassemia check up	25	20	45	Beneficiaries- 66
		Health Camp	35	24	59	132 Villagers
Prevention of Diseases (Awareness)	Rallies					
	Organizing functions	Women Personal Hygiene	0	25	25	110 Women
	Street Plays	2	35	24	59	200 Villagers
	Door-to-door Campaigns	1	35	24	59	200 Villagers
	Distribution of IEC Materials	Sanitary Napkins distribution	0	24	24	110 Women
	Distribution of iron and/folic Acid Tablets					
	Facilitating institutionalized Deliveries of women					
Swachha Bharat, People's involvement and sustainability						
Swachha Bharat Abhiyan	Cleaning of school	1	26	18	44	125 School Children
	Cleaning of College	1	12	08	20	Awareness in College & Cleaned Campus
	Cleaning of Offices complexes, toilets & garbage of District & zonal Office					
	Cleanliness drive to clean street and common places	1	35	20	55	300 Villagers 25 participated
	Motivation resulting into construction of toilets					
	Maintenance & repair of cremation grounds and play grounds					


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

Defecation Free Campaign: Motivation resulting into construction of Toilets/ activity for construction of toilet	Covered in Street Play	12	08	20	1)No of toilets or pits – 2)No of Villages made defecation free- 3)Beneficiaries-
Activity	No of Programmes /camps/ activity organized	No. of NSS Volunteers involved Male Female Total			No. of Beneficiaries/ Output-
Farmer Centric/ Agriculture based activity like organic farming any demonstration /training if any (pl mention activity)	Screening of Natural Farming Methods	12	04	16	Beneficiaries- 80 Villagers approx.
Programmes on Conservation of water/ Water Harvesting/ watershed development					1)No of water bodies/conservation structure – 2)Beneficiaries-
Shramadan Programme					
Energy Efficiency and Conservation , Employment Generation Strategies,					
Activity	No of / camps/ activity any organized	No. of NSS Volunteers involved Male Female Total			No. of Beneficiaries/ Output
Program on energy efficiency/ conservation (pl mention activity)	Deployment of super Efficient Appliances				
	Promoting use of solar Energy				
	Energy conservation- a people's Movement (led Bulb sale campaign)				
Programmes on Employment Generation Strategies/ career Counselling	Lecture; Skit & Presentation	25	10	35	160 Villagers Approx.
Skill Development Training	Lecture & Presentation	8	4	12	120 Villagers Approx.

17 Organization-Any Major activities at University level/District level if any

Name of Activity programmes	Venue of programme	Date/Period	Participants			Outcome or Beneficiaries
			Male	Female	Total	

18 NSS Success Stories of NSS in College during the current Year if any –

1. Conducted **4 Health related events**. Two blood donation drives, Thalassemia checkup and One Cardiac Arrest Resuscitation training program.
2. Have had great response on the Cardiac Arrest Resuscitation training with more than 300 enthusiastic attendees including NSS volunteers.
3. Organized a “**GRAMOTSAV**” in adopted village during camp, sports & cultural program followed by dinner taken by 500 villagers.

NSS Programme Officer/s

Seal

Principal



Dr. G. T. Thampi
PRINCIPAL

Theedomal Shuhani Engineering College
Bandra (W), Mumbai-400 050.



Extension Activities for A.Y 2017-2018



Dr. G. T. Thampi
PRINCIPAL

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





CARDIAC ARREST RESUSCITATION SEMINAR

Date:01.03.2018

20 volunteers had come

Under the iCare initiative with Holy we had a seminar with one goal to train as many people as we can for heart emergencies.

More than 300 people attended this seminar.



Dr. G. S. Thakral
PRINCIPAL
Madhavlal Shyam Engineering College
Bandra (W), Mumbai-400 054.



Date: 21st 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 15th 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.

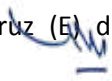

The Common Yoga Protocol (CYP) training designed by Ministry of AYUSH as well as "UPA YOGA" Practices designed by the Isha Foundation for the purpose of IDY'17 Celebration are taught on the PowerPoint presentation and Videos to undertake the guided Yogic practices.

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.

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
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400050
Dr. G.T. Thampi
(Principal)
TSEC





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.







University of Mumbai

Certificate of Participation

This is to Certify that Dr./Mrs./Mr./Ms. Sachit G Nalaskar
of Thadomal Shahani Engg College Bandra

has actively participated in the *"Teachers' Training : Regional Workshop for International Day of Yoga"*
Jointly Organized by University of Mumbai, Kaivalyadhama & Ministry of Ayush
from on May 23rd to 29th, 2016, at ICYHC, Kaivalyadhama, Marine Drive, Mumbai-400002.

Shri. Subodh Tiwari
Chief Co-ordinator
International Day of Yoga, 2016
Kaivalyadhama

Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 026



Sanjay V. Deshmukh, PhD
Vice-Chancellor
University of Mumbai
Mumbai



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

4th 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 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 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
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai-400 050.



Encl: Few Glimpses of IDY'18 in TSEC in the attached pictures.




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. S. J. Thakur
Principal
Thakomal Shahani Engineering College
Bandra (W), Mumbai - 400 050.





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





NATIONAL SERVICE SCHEME (NSS)

**THADOMAL SHAHANI ENGINEERING COLLEGE
A.Y. 2017-2018**





ORIENTATION

Date: 9.08.17

128 volunteers had come
Provided knowledge on NSS
programme, activities,
organizing NSS camps and
special camps, Life Skills,
Team Building, Leadership,
Village adoption

Dr. G. ...
Principal,
Thadomal Shahani Engineering College
Bandra (W) ...





INDEPENDENCE DAY

Date: 15.08.17

80 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





NADI ABHIYAAN

Date:01.09.2017

More than 70 volunteers had come.

We Created awareness about this campaign ,explained to people the causes of river depletion.





BEACH CLEANING

Date:01.09.2017

This year NSS-TSEC celebrated Ganesh Chaturthi in a different way.

40-50 Volunteers successfully completed the cleanliness drive at Juhu Beach.





FORT CLEANING

Date:17.09.2017

More than 100 volunteers had joined their hands for this.

Garbage and waste products at Tourist spots decreases the value and importance of the national heritage.

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



Volunteers picked up all the garbage and waste in the route to the fort and was later discarded properly.

This way the beauty of our national heritage was retained





RALLY FOR RIVERS

Date: 18.09.2018

20 Volunteers had come.

Dr. G. T. Thampi
Principal
Thakral Shiksha, Engineering & Technology
Bandra (W), Mumbai-400 050.

It was an awareness and celebration event for the rally of rivers. Many famous celebrities came to the event to show their support and spread awareness about ISHA Foundation's Idea of Rally for rivers.





YEH INDIA KA TIME HAI

Date:23.09.2017

10 Volunteers attended the event

We had session for the youth based on the theme New India 2022.

After that we had a Concert by Rock Bands.

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





JOY OF GIVING

Date: 25.09.2017 (1 week) & 22.01.2018 (1 week)
80 Volunteers

We collected dozens of school and college books, pens also we collected clothes for the needy people and donated all the collected items to Mesco foundation for use by the needful.

Dr. G. T. Thampi
PPF, MESCO
Maharaja Chhatrapati Shivaji Maharaj Vastu Sangrahalaya
Bandra (W), Mumbai-400 050.





SWACHATA RALLY

Date:02.10.2018

20 Volunteers had come

With aim to increase cleanliness in the society we joined the rally that was started in the honor of Mahatma Gandhi.

After the event there was significant increase in cleanliness in our locality





BLOOD DONATION DRIVE

Date: 5.10.2017 & 07.02.2018

More than 100 volunteers worked for both the BDD.

With Lokmanya Tilaka MG Hospital and Tata Hospital DTM we collected 121 and 109 blood units to facilitate availability of blood for the cancer patients.

Also we got 170 people checked for Thalassemia minor out of which 4 were detected with Thalassemia minor by Transasia Bio-Medicals Ltd.





PAPER BAG DISTRIBUTION

Date: 25.08.2017 to 06.03.2018

20+ Volunteers were involved in this project.

With the aim of reducing plastic bags, we took the initiative to reuse old newspaper and make paper bags of it which can be used to carry small items. We donated couple of 1000s of paper bags in our local adopted area to vegetable vendors and grocery/medical shops.





RESIDENTIAL CAMP

Date: 02.01.2018-9.01.2018

45 volunteers

FIELD WORK : The dam at Anandwadi was broken during the heavy rains of 26th July, 2005. Our volunteers with the help of the villagers covered up the damage.





- Health check up was done in the village for betterment of villagers and Bandh was made to avoid seepage of water.

Dr. G. T. Thampi
PRINCIPAL
Theadomal Shahani Engineering College
Bandra (W), Mumbai-400 059.





- A cleanliness drive (Swachata Abhiyann) was also organized during the camp.

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





SAVE WATER SAVE ELECTRICITY

Date:01.02.2018 to 06.03.2018

15 Volunteers joined this cause.

This year NSS TSEC took a project to increase the awareness of Saving Water and Electricity.

In this project we tried to convey this message with help of some posters.

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



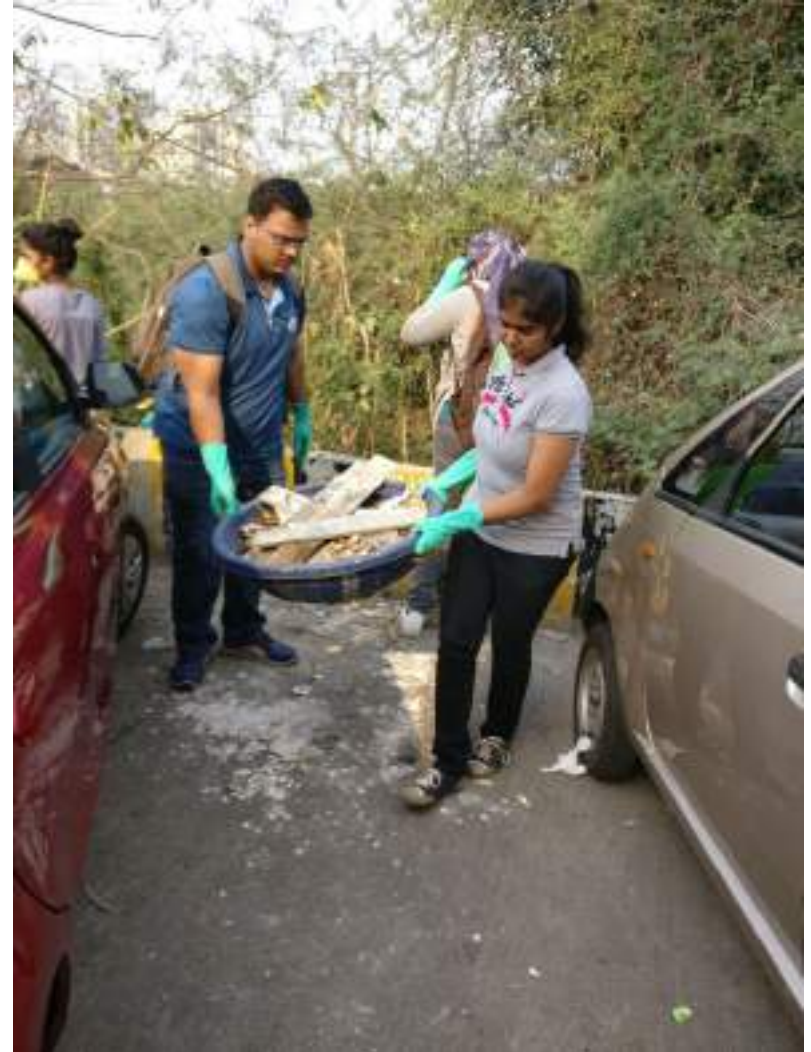
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SAVE MANGROVES SAVE MUMBAI

Date: 10.02.2018 to 24.03.2018
20 Volunteers joined this cause.
The aim of this campaign was
environment protection,
restoration of mangroves in
Mumbai







HELPING GOVT. IN DIGITIZATION

Date: 24.02.2018 to 10.04.2018

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

80 Volunteers joined us

In this initiative we took up a data entry level job and helped the income tax Dept. in digitizing their records.

More than 3000 files were digitized during this time.







CARDIAC ARREST RESUSCITATION SEMINAR

Date:01.03.2018

20 volunteers had come

Under the iCare initiative with Holy
we had a seminar with one goal to
train as many people as we can for
heart emergencies.

More than 300 people attended this
seminar.





Extension Activities for A.Y 2016-2017



Dr. G. T. Thampi
PRINCIPAL

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



NSS- A SCHEME BY THE GOVERNMENT FOR THE PEOPLE, OF THE PEOPLE, BY THE PEOPLE.

The National service scheme of Thadomal Shahani Engineering College (NSS-TSEC) 2016-17 basked into the 19th year of its community service and this year too it fulfilled its objective of “Personality Development through Community Service” with flying colors.

Our journey for tenure 2016-2017 started with membership drive where students were educated, enlightened and motivated to join our hands and enroll for this noble cause; as together we serve better.

Welcome and Orientation- In order to create a feeling of togetherness in this noble cause; an orientation program was arranged where the volunteers were welcomed and a briefing of all the projects/activities to be carried out was done.

Independence Day- We celebrated our 69th Independence Day with great pomp and a spirit of patriotism was filled in each heart present there; hoisting the flag, singing our national anthem and saluting our freedom fighters who gave us Independence.

Monsoon Trek- A beautiful scenic place near Matheran to explore in monsoon with its lush green vegetation, flora and fauna at a height of 2400 ft above sea level was a feat to accomplish, giving a feeling of heaven on earth to every person reaching at the top and a satisfaction of being a part of this TREK.

AS FOOD TASTES BLAND WITHOUT PINCH OF SALT SO IS COMMUNITY, BLAND WITHOUT ITS SERVICES!

We further conducted many projects like Assisting a blind child, Teach to Preach, Joy of Giving and also we were associated with team Proinnovate as creative, publicity and volunteer partners for the Kabad Ka Jugaad. Following the lead of our Prime Minister Shri Narendra Modi; we had conducted Swacch Bharat Abhiyaan at our previous adopted village Belkadi (Vasai Road), besides Voting rally pre BMC elections, Organ Donation awareness drive, Paper Bag distributions to name a few.

As the trend continues, Blood Donation Drives were conducted in each semester by TATA Memorial Department of Transfusion Medicine and we collected a total of 259 blood units donated by our enthusiastic students and teachers in the campus.

We also had Thalassemia checkup where students were screened for Thalassemia trait.

Coming to the most awaited project of the year, **NSS Residential Camp**, with Anandwadi at Matheran foothill as our present adopted village; where each and every volunteer experienced the rural/village life and their day to day struggles.


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



At the camp we constructed a small Bandh (dam) at waterfall site of Anandwadi that would prevent water seepage/loss. We also received appreciation from villagers and the same of covered by media i.e local newspaper. Other projects in the camp were Mass awareness campaign through street play, Disaster management workshop, Cleanliness drive. Also we had organized a Health checkup from Rotaract club of Caduceus. Also villagers from surrounding villages joined for the same.

Our other projects included Dental Checkup by My Dentist and Mass awareness program at Intercollege level titled as “Sena Tujhe Salam”.

With the journey of this year coming to end; we NSS-TSEC, continue to strive to bring a positive change and to make the society a better place to live and NOT forgetting to believe in our motto – “NOT ME BUT YOU”

NSS-Programme Officer’s Message:-

The global community has realized now the importance and necessity of inclusive development by now. By taking care and including people from different backgrounds, we can have an overall progress and development of the destitute community globally. It is just not fair to enjoy all luxuries of life by the rich in the same town where the poor do not afford a meager shelter or even a food to eat. If we do not realize this even now, then, understand the present situation of European countries, how are they now affected by the variety of problems due to hordes of migrants pouring in as a globally ignored community. The government, non-government and corporates around the world have recognized this and sparing huge amount of stakes for community development groups, startups and the concerned enterprises. Many NSS-TSECites are joining this trend as a fulltime career or are preferred in the campus placements by the companies. So, come and join **NSS-TSEC** to experience & be a part of this contemporary flavor of the global community.



SACHIT G. NALASKAR
Program Officer,
NSS-TSEC

Dr. G.T. Thampi
(Principal)
TSEC



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



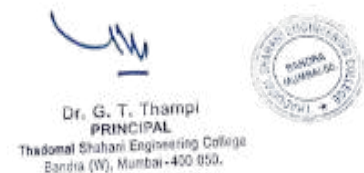


NATIONAL SERVICE SCHEME (NSS)

**THADOMAL SHAHANI ENGINEERING
COLLEGE**

B-06

A.Y. 2016-2017



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



ORIENTATION

Date:11.08.16

85 volunteers had come

Provided knowledge on NSS programme, activities, organizing NSS camps and special camps, Life Skills, Team Building, Leadership, Village adoption.





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.





ORGAN DONATION RALLY

Date: 31.08.2016

35 volunteers

Perhaps the only feasible way at immortality. You might pass away, but your precious gift still alive in the bodies of the needy. Keeping this spirit in mind, the University of Mumbai conducted an organ donation rally.

Dr. G. T. Thakur
PRINCIPAL

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





YOGA DAY

DATE:20,21.06.16

25 volunteers were present per day.

The way mobile phone has become a part of life, you can make Yoga a part of your life too.

Volunteers felt their inner self, their mind and body together and felt the inner peace.





FORT CLEANING

Date:04.09.2016

More than 100 volunteers had joined their hands for this. Garbage and waste products at Tourist spots decreases the value and importance of the national heritage.

Volunteers picked up all the garbage and waste in the route to the fort and was later discarded properly.

This way the beauty of our national heritage was retained.





BEACH CLEANING

Date: September after Ganesh Chaturthi ended.

This year NSS-TSEC celebrated Ganesh Chaturthi in a different way.

42 Volunteers successfully completed the cleanliness drive at Juhu Beach.





SWACHH BHARAT ABHIYAAN

Date:02.10.2016

18 Volunteers.

We conducted swachh bharat abhiyaan, cleanliness drive in our adopted village.

Volunteers with the help of local support cleansed the area and turned the area to more hygienic place.





DENTAL CHECKUP

Date: 28.09.2016

60 volunteers.



Dr. G. T. Thampi
PRINCIPAL
Bharathiar University
Coimbatore



100+ college students and staff members were checked.

Association with MyDentist, NSS-TSEC had a successful Dental Checkup Drive.





JOY OF GIVING



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



Date: 26.09.2016 (1-2 weeks)
70-80 Volunteers

We collected dozens of school and college books also we collected clothes for the needy people and donated all the collected items to Mesco foundation for betterment of poor people.





BLOOD DONATION DRIVE

Date: 6.10.2016 & 8.02.2016

More than 100 volunteers worked for both the BDD.

With Tata Hospital DTM we collected 127 and 132 blood units to facilitate availability of blood for the cancer patients.

Also we got 156 people checked for Thalassemia minor by Think foundation.





TEACH TO PREACH

Duration: 4-5 weeks total in both semesters.

20-30 poor kids were taught.

There are many kids who don't get opportunity to get education, we gathered kids from our adopted area and taught them some basic education required at their age. Many volunteers came forward for betterment of these kids.





VOTER AWARENESS RALLY

Date: 6.02.2016

20+ Volunteers

Rally was conducted in Bandra.

Aim to increase voting percentage and create awareness of voting rights of a citizen before the schedule BMC Elections.

Significant increase in voting count was seen in voting poles.





KABAAD KA JUGAAD

Date:18.9.2016-2.10.2016

65+ volunteers were involved.

We collected waste materials from our adopted area and converted them into beautification objects. Which were used in kabad ka jugaad project to change the mind of the population towards waste products.



PRESENTING TO YOU OUR
CREATIVES AND PUBLICITY
VOLUNTEERS PARTNER



kabaad ka
jugaad
MUMBAI '16

THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE

An Environmental project by **PROINNOVATE**
The Kabaad Mela - 30th Sep to 2nd Oct, 1pm to 9pm
Dublin Square, Phoenix Marketcity, 185 Marg, Kurla (W)



PAPER BAG DISTRIBUTION

Date: Mid September to Mid February
30+ Volunteers were involved in this project.

With the aim of reducing plastic bags, we took the initiative to reuse old newspaper and make paper bags of it which can be used to carry small items. We donated couple of 1000s of paper bags in our local adopted area to vegetable vendors and grocery/medical shops.





RESIDENTIAL CAMP

Date: 02.01.2017-10.01.2017
35 volunteers

FIELD WORK : The dam at Ambevadi was broken during the heavy rains of 26th July, 2005. Our volunteers with the help of the villagers covered up the damage.





RESIDENTIAL CAMP

Health check up was done in the village for betterment of villagers and Bandh was made to avoid seepage of water, and many other activities during the Camp.



THANK YOU



A handwritten signature in blue ink, appearing to read "G. T. Thampi".

Dr. G. T. Thampi
PRINCIPAL

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



आंबेवाडी सिमेंट बंधारा केला विद्यार्थ्यांनी खुला

। श्रमदानाचा चमत्कार । २००५ पासून होता बंद । परिसरात समाधान

। कर्जत : नेरळ हद्दीतील आंबेवाडी भागातील सिमेंट बंधान्या रासेयोच्या विद्यार्थ्यांनी स्वच्छता केल्याने समाधान व्यक्त होत आहे. माथेरानच्या डोंगरातून वाहून आलेल्या मातीत गाडला गेलेल्या या बंधान्याने श्रमदानातून केलेल्या कामामुळे मोकळा श्वास घेतला आहे. परिसरात अनेक आदिवासी वाड्या असून त्यात माथेरानच्या पायथ्याशी असलेल्या वाड्यांची संख्या जास्त आहे.

२००५ च्या पावसाळ्यात येथे मोठ्या प्रमाणात भूस्खनन झाले होते. त्यावेळी डोंगरातील माती आणि दगड हे पायथ्याशी येऊन थडकले. त्यात अनेक सिमेंट बंधारे माती, दगडांनी भरून गेले. आंबेवाडी येथील सिमेंट बंधाराही मातीत भरून गेल्याने आदिवासींच्या पाण्याचा प्रश्न निर्माण झाला होता. ५० मीटर लांबीच्या परिसरात माती गाडली होती. त्याची स्वच्छता करणे ग्रामस्थांना शक्य नव्हते.

येथे शॅडोमल सहानी अभियांत्रिकी महाविद्यालयाचे राष्ट्रीय सेवा योजनेचे विद्यार्थ्यांचे श्रमसंस्कार शिबिर आयोजित करण्यात आले होते. यामध्ये विद्यार्थ्यांनी श्रमदान करून मातीत गायब



झालेला बंधारा स्वच्छ करण्याचा निर्णय घेतला. यामध्ये ग्रामस्थांसह ग्रामपंचायतीचे कर्मचारी सहभागी झाले होते. ५० विद्यार्थ्यांच्या सहकार्याने ग्रामस्थांनी या बंधान्याची स्वच्छता केली आणि २००५ पासून मातीत गाडला गेलेला बंधारा खुला केला. यावेळी ग्रामपंचायतीचे सदस्य मंगेश म्हसकर, आदिवासी संघटनेचे कर्जत तालुका

अध्यक्ष जैतु पारधी यांच्यासह सदा दरवडा, नामा पारधी, देहू दरवडा, मनीष दरवडा, हरी दरवडा, संजना दरवडा, सखू पारधी, कमळी पारधी यांनी पुढाकार घेतला. बंधारा खुला झाल्याने त्यात आता पाणी साचायला सुरुवात होईल. त्यामुळे नवे पाण्याचे स्रोत निर्माण होईल. या कामामुळे परिसरात समाधान व्यक्त होत आहे.

