

Name of the capability building and skills enhancement initiatives	Details
Life Skills	Income Tax Awareness workshop Hydroponics Webinar Seminar on Sustainability by CASI Health related Workshops and Webinars Sustainable menstrual Products webinar for holistic development Yoga Training Cardiac Arrest Resuscitation Online Workshop

Income Tax Awareness workshop

Event Name: Income Tax Outreach Programme

Date: 23rd July 2019

IT outreach programme as part of IT awareness drive conducted by Saurabh Dehspande , (JCIT 17 (3), Mumbai) with a team of 7 officers from IT.

No of participants - 70



Hydroponics webinar

Name: Hydroponics

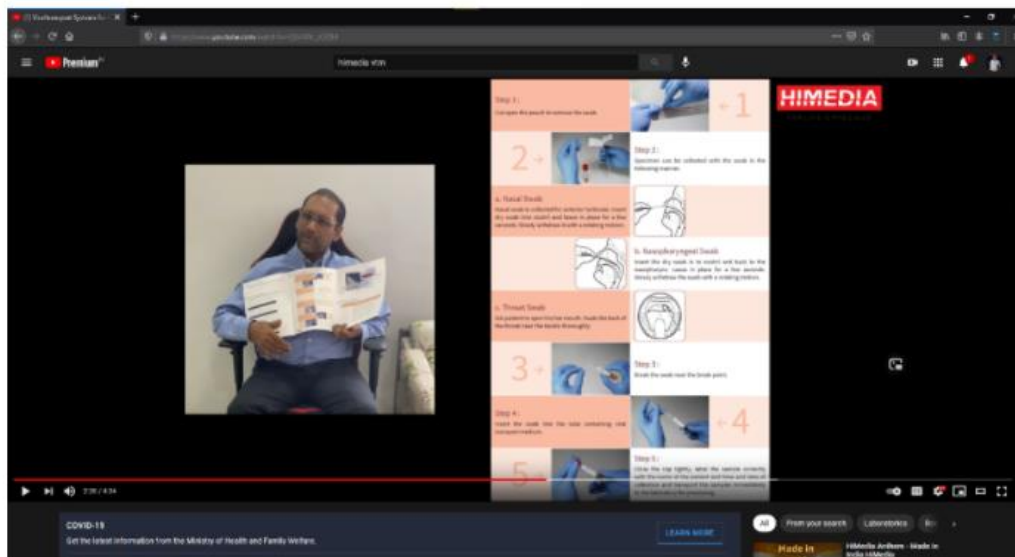
Speaker: Mr. Monesh Rathod

Date: 1st August, 2020

Number of Participants: 57

Platform: Zoom

NSS-TSEC and RCMSP in collaboration with HiMedia Laboratories organized a webinar on HYDROPONICS. The webinar was conducted on Zoom Meeting Application, the duration of which was 150 minutes. The speaker for the session was Mr. Monesh Rathod from HiMedia Laboratories Pvt. Ltd. Hydroponics is a subset of hydroculture which is a method of growing plants without soil, by using mineral nutrients solutions in a water solvent.



Seminar on Sustainability

Topic : Sustainability

By CASI held on February 2017



Presents

‘आरोग्यम् धनसंपदा’ *Let us redefine Health*

AICTE & The Art of Living bring Free Health Workshop

“The Art of Living” is going to conduct a free workshop for Immunity-Boosting kriyas.

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

The 30 minutes protocols of Asanas, Pranayama & Meditation will be delivered in three categories of people:

- A. For a healthy population in order to help them build overall immunity and lung capacity.
- B. Supportive intervention of effective breathing exercises and stretches for patients with mild symptoms either at home or hospitals.
- C. Supporting rehabilitation and recovery during Post Covid.

We would conduct workshop for the A category.

This will be a 3 day program for 30 mins each day.

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

Please fill this form to attend on **16 – 18 June 2021 (5-5:30 pm)**



https://cutt.ly/TSEC_AAROGYA

Facilitated by



WOMEN DEVELOPMENT CELL PRESENTS A
WEBINAR ON

"Sustainable Menstrual Products" -need of the day

Menstrual Education needs an Upgrade!



Convener

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

Co-ordinator

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



8th March '21



10:00 am

Join us on MS teams

Anuja Sawant

ENVIRONMENTAL & SUSTAINABILITY CONSULTANT

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



Registration link: <http://bit.ly/3qYCM/vp>

Switch to reusables & recyclables, ecologically-conscious ladies!

Free registration & Open for all!

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





University of Mumbai



NATIONAL SERVICE SCHEME UNIT

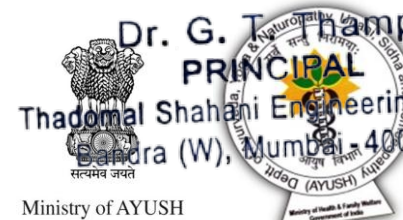
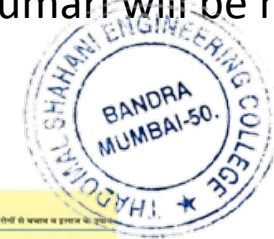
THADOMAL SHAHANI ENGINEERING COLLEGE

Yog Training

On June 21st, 2018, Time: 9:30 – 12:00 Hrs. Venue: # 504 (OB)

We are glad to inform all that special “Yog Training Program” is being conducted on the occasion of “International Day of Yog – 2018” (IDY’18) at TSEC with the help of renowned Yog Institutions, “Isha Yoga” & “Kaivalyadhama”. This training would be mainly based on Common Yog Protocol (CYP) designed by Kaivalyadhama for University of Mumbai & Ministry of **AYUSH**, Govt. of India. Also, Introduction to Rajyog-Meditation by Prajapita Brahmakumari will be held.

For Registrations, Please Whats App your details on 889 8889 302





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
(E-mail: nsstsec1718@gmail.com)



Training on **Cardiac Arrest Resuscitation**



Training on
“Cardiac Arrest Resuscitation”

is organized with ‘Holy Family Hospital’ (iCare) initiative in our college.

In present scenario of public health in general, it is necessary for every individual to get a firsthand knowhow on **Cardiac Arrest Situation** (Heart Malfunction).

As an onlooker or bystander, it is imperative to understand **the symptoms** as well as the **First Aid** to be given to the Victim.

All are requested to attend this **Free Training** & get benefited.

When – Thursday, **1st March 2018**

Time – 10:00 AM to 12:00 PM

Venue– National College Auditorium

Dr. G. T. Thampi
PRINCIPAL

This is a first of its kind of “First aid” in India arranged by iCARE which highlights the need of CPR (Cardiopulmonary Resuscitation) to be given to the Victim.

