

7.1.8 Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities.

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Report on International Day of Yoga (IDY'20)

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

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

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

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

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

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

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

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

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

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



SACHIT G. NALASKAR,
Program Officer,
NSS-TSEC



THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE

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



#NssTsecCelebratesYogaDay#ConsciousLiving#NSS_TSEC



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

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

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

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

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

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

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

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

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



SACHIT G. NALASKAR
Program Officer,

NSS-TSEC 

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

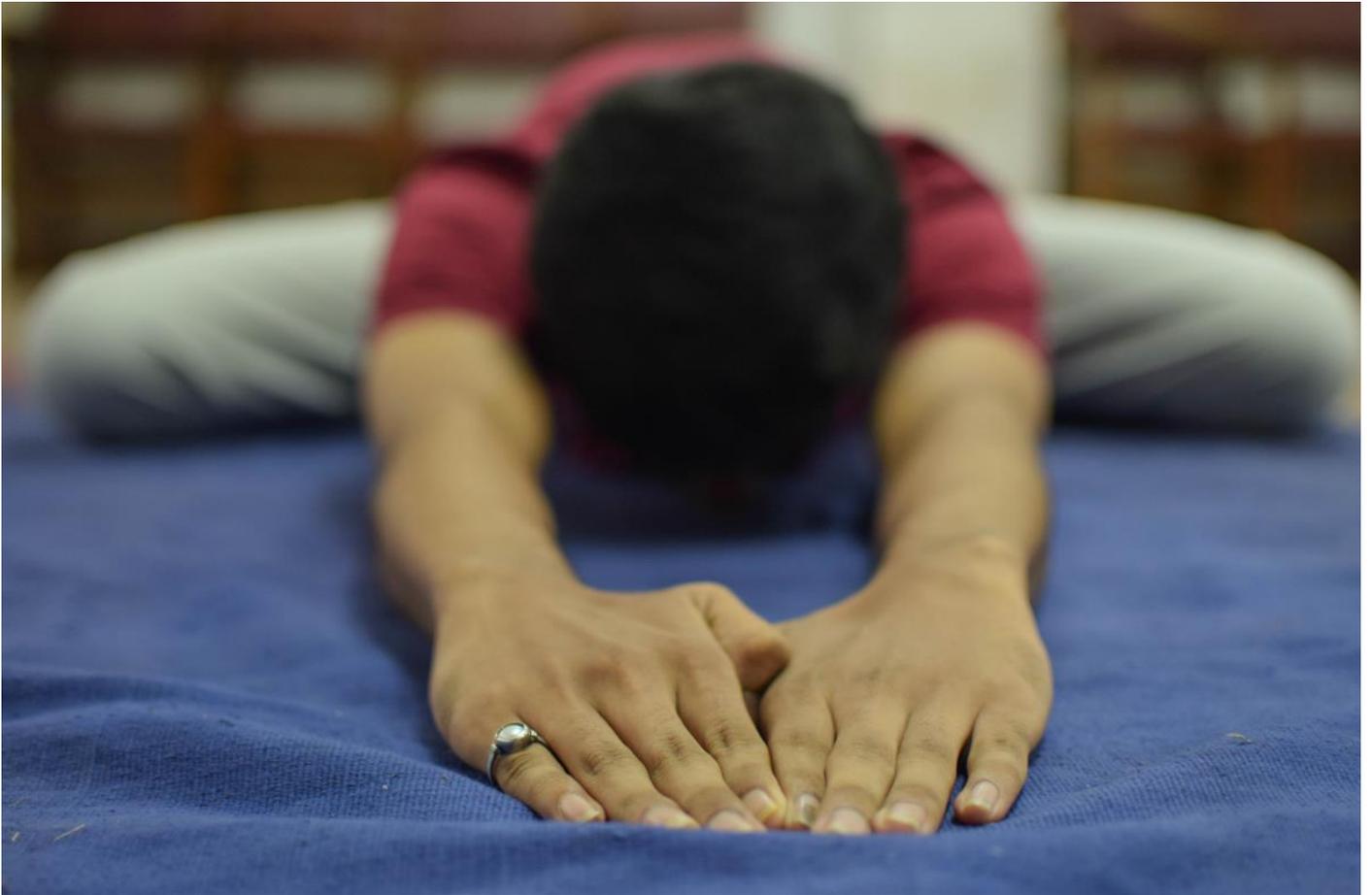












Independence Day Celebrations



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.





INDEPENDENCE DAY

Date: 15.08.17

80 student volunteers attended.

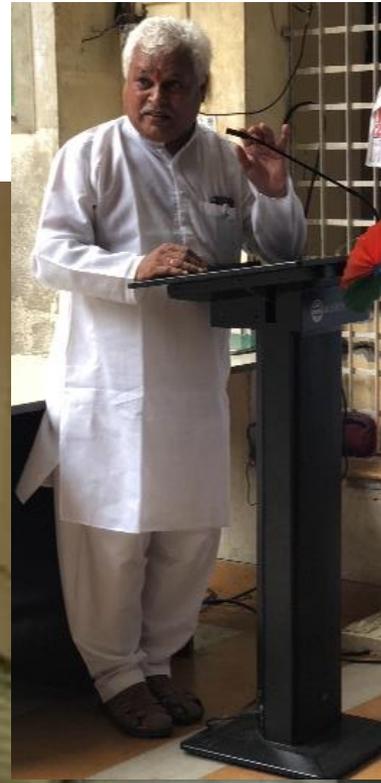
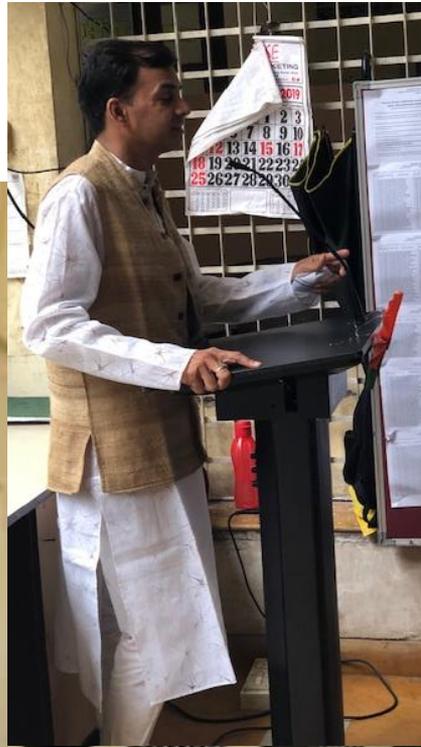
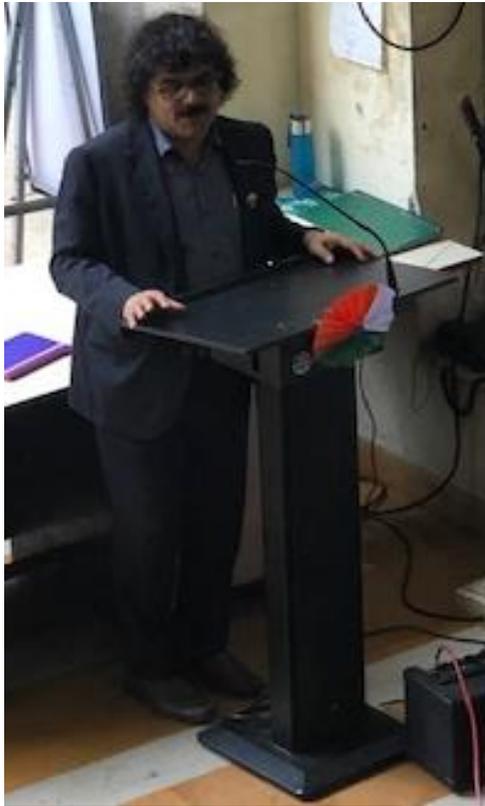
5 teachers; 6 Staff.

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

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



Independence Day 15/8/2019



Independence Day 15/8/2019

Student's Performances



Independence Day 15/8/2019

Principal; Guests and speeches



Independence Day 15/8/2019

Teachers & Students



Sachit

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



Republic Day Celebrations



THADOMAL SHAHANI ENGINEERING COLLEGE

21/01/2021

Republic Day Invitation

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

Jai Hind

Dr. G. T. Thampi
Principal



THADOMAL SHAHANI
TSEC
THADOMAL SHAHANI ENGINEERING COLLEGE

THADOMAL SHAHANI ENGINEERING COLLEGE

Date: 23/01/2019

To
Teaching Staff & Non-Teaching Staff
Thadomal Shahani Engineering College
Bandra-West, Mumbai-50.

Dear Sir/Madam,

All are invited to attend Republic Day Celebration in National College Campus as a part of 70 Years Celebrations of Hyderabad Sindh National Collegiate Board.

Schedule of the same is attached herewith.

Thanking You.

Dr.G.T.Thampi
Principal









NATIONAL SERVICE SCHEME (NSS)

THADOMAL SHAHANI ENGINEERING COLLEGE

Independence Day Celebrations

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

Event photographs :





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

Convener
 Dr. G. T. Thampi
 Principal

Pictures of Cultural Day Celebrations





