

## REPORT

### World Environment Day 2021 (Drawing Competition)

Date: 05<sup>th</sup> June, 2021

Day: Saturday

Venue: Online

No. of participants: 31 volunteers

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	07	02	06	14	02	00	31

#### Objectives:

- Observing World Environment Day 2021.
- Promote and encourage environmental awareness.
- Use of creativity to spread awareness.

SFIT NSS volunteers actively took part in World Environment Day 2021 celebrations by participating in this drawing competition.

Volunteers showcased their creativity by designing beautiful and informative drawings, helping to spread awareness on the importance of resetting humanity's relationship with nature, showing the current state of our planet and giving small yet significant ideas through their drawings which can help to make this planet a better place. The best drawings were posted on the SFIT NSS Instagram page, giving a shout out to the creators.

The volunteers got an opportunity to inspire others through their drawings to care for and protect our planet.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### International Yoga Day Webinar

Date: 21<sup>st</sup> June, 2020

Day: Sunday

Time: 10 am - 12 pm

Venue: Google meet

No. of participants: 54 volunteers 8 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	14	06	18	15	01	08	62

#### Objectives:

- How Yoga and meditation can boost your immunity.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.

SFIT NSS volunteers organized This event "YOGA FOR IMMUNITY AND WELLNESS". The Program speaker was Dr Amol Shah and Ms Kranti Mali Shah. In this event 54 volunteers and 8 faculty members had participated.



The instructors taught us how to do Yoga and benefit from doing Yoga on our immunity and to our health. They both showed how to do yoga poses like Crocodile pose, Child's pose, Supine Twist, Anulom, Vilom, Pranayam etc. and they told what benefits of doing it like it improves posture, increases flexibility, builds muscle strength, increases blood flow.

Yoga improves strength, balance and flexibility, it reduces your risk of injury. Each yoga pose targets a specific muscle.

The session was a great success and volunteers got a lot to learn from this session.

A handwritten signature in blue ink, appearing to read "Paul Fernandes".

Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR

## REPORT

### Health And Wellness Awareness Through Video

Date: 3<sup>rd</sup> August, 2020

Day: Monday

Venue: Online

No. of participants: 06 volunteers 0 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	02	01	02	01	00	00	06

#### Objectives:

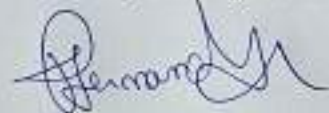
- Observe Youth Day
- Spread awareness about health and wellness

SFIT NSS volunteers participated in "Health and Wellbeing Awareness Video" to celebrate Youth Day.

The volunteers have recorded their videos while talking about the importance of Physical and Mental health. The aim of this video was to shed light on increasing health problems caused by rapid lifestyle changes. The videos were combined and edited and

later posted on the official NSS SFIT Instagram page. This video is a part of Youth Day Series where volunteers talk about social issues that need urgent attention.

The volunteers had a lot of fun while participating in this activity and a very strong message was conveyed through video.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Sustainable Energy Awareness Through Video

Date: 5<sup>th</sup> August, 2020

Day: Wednesday

Venue: Online

No. of participants: 06 volunteers 0 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	01	01	02	01	01	00	06

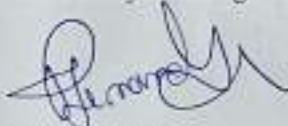
#### Objectives:

- Observe Youth Day
- Spread awareness about need for Sustainable Energy

SFIT NSS volunteers participated in "Sustainable Energy Awareness Video" to celebrate Youth Day.

The volunteers have recorded their videos while talking about the importance of use of sustainable energy resources. The aim of this video was to shed light on climate change and environmental pollution caused by non-renewable energy sources and how sustainability is important. The videos were combined and edited and later posted on the official NSS SFIT Instagram page. This video is a part of Youth Day Series where volunteers talk about social issues that need urgent attention.

The volunteers had a lot of fun while participating in this activity and a very strong message was conveyed through video.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Gender Equality Awareness Through Video

Date: 9<sup>th</sup> August, 2020

Day: Sunday

Venue: Online

No. of participants: 07 volunteers

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	02	01	01	02	01	00	07

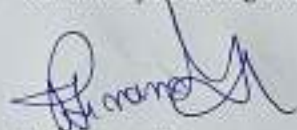
#### Objectives:

- Observe Youth Day
- Spread awareness on Gender Equality

SFIT NSS volunteers participated in "Gender Equality Awareness Video" to celebrate Youth Day.

The volunteers have recorded their videos while talking about the importance of gender equality in our society. The aim of this video was to shed light on how gender inequality is hindering the progress of our society and how gender equality is essential. The videos were combined and edited and later posted on the official NSS SFIT Instagram page. This video is a part of Youth Day Series where volunteers talk about social issues that need urgent attention.

The volunteers had a lot of fun while participating in this activity and a very strong message was conveyed through video.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Climate Action Awareness Through Video

Date: 7<sup>th</sup> August, 2020

Day: Friday

Venue: Online

No. of participants: 06 volunteers 0 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	01	00	02	02	01	00	06

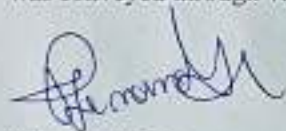
#### Objectives:

- Observe Youth Day
- Spread awareness about climate change

SFIT NSS volunteers participated in "Climate Action Awareness Video" to celebrate Youth Day.

The volunteers have recorded their videos while talking about the effects of global warming and climate change on our planet. The aim of this video was to shed light on how our lifestyle habits have a dangerous impact on our planet and what can be done to reverse it. The videos were combined and edited and later posted on the official NSS SFIT Instagram page. This video is a part of Youth Day Series where volunteers talk about social issues that need urgent attention.

The volunteers had a lot of fun while participating in this activity and a very strong message was conveyed through video.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Humanity Awareness Through Video

Date: 11<sup>th</sup> August, 2020

Day: Tuesday

Venue: Online

No. of participants: 06 volunteers 0 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	01	01	02	00	00	00	04

#### Objectives:

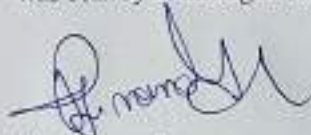
- Observe Youth Day
- Spread awareness about humanity

SFIT NSS volunteers participated in "Humanity Awareness Video" to celebrate Youth Day.

The volunteers have recorded their videos while talking about the importance of humanity in today's society. The aim of this video was to shed light on caring for and helping others whenever and wherever possible.

The videos were combined and edited and later posted on the official NSS SFIT Instagram page. This video is a part of Youth Day Series where volunteers talk about social issues that need urgent attention.

The volunteers had a lot of fun while participating in this activity and a very strong message was conveyed through video.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Online Flashmob For Independence Day

**Date:** 15<sup>th</sup> August, 2020

**Day:** Monday

**Venue:** Online, Youtube

**No. of participants:** 10 volunteers 0 faculty member.

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	03	01	03	02	01	00	10

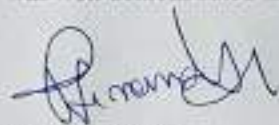
#### Objectives:

- To promote nationalism and patriotism towards the nations.
- To know the importance of Independence
- To mold the mind of volunteers towards the nation.

SFIT NSS volunteers organised an online Flashmob Dance program on the occasion of Independence day to spread the importance of Independence day and the spirit of patriotism.

The volunteers that participated in this activity danced to a mix of patriotic songs like 'Teri Mitti', 'Thare Vaste', 'Chak De India', 'Des Rangila', 'Suno Gaur Se Duniya Walo', 'Maa Tuze Salam', 'Vande Mataram' and 'Ae Watan'. The video was also uploaded on the official Youtube channel of NSS SFIT.

The idea behind the entire activity was to celebrate our Independence in a way where we also adhere to the social distancing protocols to fight the ongoing pandemic. The spirit of patriotism and pride of being Indian will always stay strong in our hearts even in the toughest of times, this was well demonstrated through the activity.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR





## REPORT

### TAKE A BRAIN BREAK (MENTAL HEALTH AWARENESS AND ETHICAL VALUES DISCUSSION PANEL)

**Date:** 10<sup>th</sup> October, 2020

**Day:** Saturday

**Time:** 12:00am - 05:00pm

**Venue:** Google Meet

**No. of participants:** 41 volunteers, 8 faculty members

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	11	04	14	11	01	08	49

#### Objectives:

- Observing World Mental Health Day 2020
- Raising awareness of mental health issues and mobilizing efforts in support of better mental health
- Learning to be confident in ourselves, dealing with negative situations and many more



The teachers of SFIT came together to hold a discussion panel to talk about the various mental health problems today's youth are facing.

Prof. Neha Agnihotri spoke on the topic "Comparison with others and Impact of social media" explaining the unhealthy attitude of comparing ourselves with others and its effects on our health. Prof. Deepa Panakkal encouraged students to believe in themselves and be aware of our strengths and weaknesses. Prof. Paul Fernandes elaborated on the effects of stress on our breathing pattern and why meditation is important to maintain our health. Prof. Jovita Serrao stressed on the importance of loving ourselves and not worrying about our appearance. Prof. Kavita Sonawane made us realise the importance of positive thinking during negative situations. Prof. Prachi Raut explained to us the importance of giving and to be confident while facing our fears.

Students found this session very helpful, learning to deal with different kinds of situations in life.

  
Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR

## REPORT

### Republic Day celebration live streaming

**Date:** 26<sup>th</sup> January, 2021

**Day:** Tuesday

**Time:** 8 am - 11pm

**Venue:** St.Francis Institute of Technology

**No. of participants:** 5 volunteers 15 staff member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	01	00	02	01	01	15	20

#### **Objectives:**

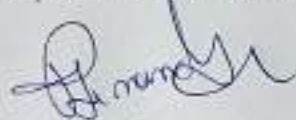
- To promote nationalism and patriotism.
- To commemorate the valour and spirit of the freedom fighters who fought for the independence of the nation.

SFIT NSS volunteers and other faculty members celebrated Republic Day at St.Francis Institute of Technology

Due to the pandemic, NSS-SFIT broadcasted the event live on instagram for all college students and faculty members to celebrate the Republic Day from their homes.

As we celebrate the 71<sup>st</sup> Republic Day, the Flag was unfurled by our Director Bro.Jose Thuruthiyil. After that the Director addressed the gathering. Our Dean of Academics Dr.Kevin Noronha delivered a speech which was followed by a speech by our program officer Mr. Paul Fernandes. To boost the patriotic spirit we sang patriotic songs.

Republic day is a celebration of becoming Democratic, Republic nation where everyone has equal rights and enjoys freedom of fundamental rights.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Waste collection/ E Waste/plastic waste/paper waste

**Date:** 29<sup>th</sup> January, 2021

**Day:** Saturday

**Time:** 12:00am - 11:59pm

**Venue:** SFIT

**No. of participants:** 22 volunteers, 1 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	05	02	08	05	01	01	22

#### Objectives:

- Waste management.
- Promote and encourage awareness about recycling
- Environment protection by proper treatment of waste.

SFIT NSS, under the guidance of Mumbai University took the initiative to collect household waste such as newspapers, plastic bottles and E-waste.

As a part of the waste management programme, volunteers collected waste from their as well as neighbouring households and deposited it in college, from there on the waste was segregated and further sent to the recycling companies. A total of 197 kgs of waste was collected by our volunteers.



The volunteers understood the importance of recycling and got an opportunity to contribute as much as they can.

A handwritten signature in black ink, which appears to read 'Paul Fernandes'.

Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR

## REPORT

### ROAD SAFETY AND AWARENESS

**Date:** 14<sup>th</sup> February, 2021

**Day:** Sunday

**Venue:** Online

**No. of participants:** 39 volunteers

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	09	04	13	11	01	00	39

#### Objectives:

- To provide road safety information for road users to encourage safer road user behaviour among current and prospective road users and reduce the number of killed people.
- To spread awareness among people about road safety measures and rules.
- Prevention and Protection of road accidents by using all the road safety.

SFIT NSS volunteers organised a Poster Making program for road safety awareness. To spread the importance of road safety among the people.

Many volunteers participated in this activity. All the volunteers who participated made a Poster on the topic of Road Safety And Awareness telling the importance of road safety. The most obvious reason why road safety is so important is that many lives are at stake when you are on the road. The potential for death or a serious injury is always a prominent risk when someone is not focused while driving.

Main objective of this activity is to tell people to follow all the road safety rules to protect their lives and also others' lives.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## Marathi Bhasha Divas Celebration

27<sup>th</sup> February 2020

The Marathi Bhasha Divas was celebrated in the Institute on February 27<sup>th</sup> 2020. The learning and Information centre in collaboration with the NSS unit of the college planned and organized it. It was a day to remember and pay respects to noted Marathi litterateur V.V Shirwadkar alias 'Kusumagraj on the occasion of his birth anniversary.

The primary objective of the celebration was to share the importance of the language and also to preserve the Marathi culture. It is also an occasion to be proud of the language, especially the mother tongue for all those who speak Marathi.

SFIT celebrates the Marathi Bhasha Divas every year. This year we displayed the Marathi language books in the library and the students had a look at the books. The students were encouraged to issue the books and read them and read and continue the habit of speaking in the mother tongue and also read in the language to preserve the richness of the language and to pass it on to the younger generations.



Paul Fernandes  
Assistant Professor/NSS Unit Coordinator

## Report

### International women's day Celebration at SFIT/ Self Defense Workshop St. Francis Institute of Technology Borivli

**Date :** 8<sup>th</sup> March 2021

**Day:** Monday

**Venue:** New Auditorium SFIT/ Online

**Time:** 9:00 am – 11:00 am

**Resource Person:** Amit Singh Bisht

**Total Number of Participants:** 92 girls

#### No of Participants Department wise:

CMPN	ELEC	EXTC	INFT	MECH	STAFF	TOTAL
24	13	26	16	8	5	92

#### Objective:

- To Celebrate International Women's Day and to honour all the women in our lives.
- To express love and gratitude towards women's' contribution to our lives and society
- To empower our girl students and train them in self defense



On the occasion of International Women's Day the NSS unit of SFIT and the student council jointly organized a session on Self Defense. The session began at 9: am with the college anthem. It was followed by a all women band. The Session was guided by Mr. Amit Singh an Alumnus of SFIT. He taught the participants a few moves to protect themselves in salutations of harassment an any other type of physical attack.



The outcome of the session is that the participants learnt t a few moves to protect themselves and they were exhorted to continue the practice their learnings and use them in the time of need.

Aayush Mohite welcomed the resource person and Urvansh Shah proposed vote of thanks.

Paul Fernandes   
NSS PO/ Social Service Coordinator

## Report

### International women's day Celebration at SFIT/ Women's Health and Nutrition St. Francis Institute of Technology Borivli

**Date :** 8<sup>th</sup> March 2021

**Day:** Monday

**Venue:** Online

**Time:** 5:00 pm – 06:00 pm

**Resource Person:** Dr. Vaidya Bhagyashree Patil

**Total Number of Participants:** 63 women

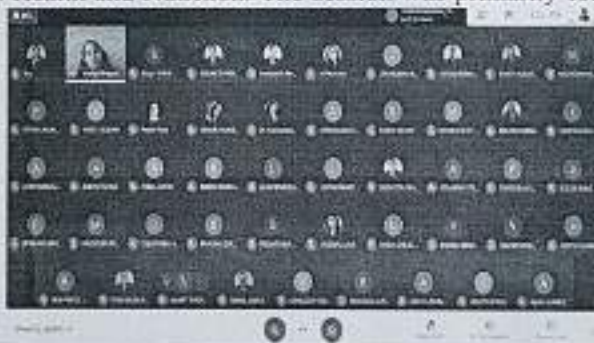
#### No of Participants Department wise:

CMPN	ELEC	EXTC	INFT	MECH	STAFF	TOTAL
09	06	07	04	04	33	63

#### Objective:

- To Celebrate International Women's Day and to honour all the women in our lives
- To create provide more information about the women's health and Nutrition

On the occasion of International Women's Day the NSS unit of SFIT and the student council jointly organized a session on Women's Health and Nutrition. The session was primarily for the women staff members. It was also open for the NSS girl student volunteers. In the session Dr. Vaidya Bhagyashree Patil stressed on health problems related to nutrition, such as celiac disease and lactose intolerance, and vitamin and mineral deficiencies, such as iron-deficiency anemia. The Doctor also spoke of healthy eating and women. The food and drink choices you make every day affect your health now and later in life. Choosing healthy foods and drinks more often can help prevent or manage many health problems that affect women. It is the fact that when a woman eats healthy, everyone in her household is more likely to eat healthy. The seminar lasted for an hour. The outcome of the seminar is that about 65 women gained information related to their health and nutrition.



Paul Fernandes   
NSS PO/ Social Service Coordinator

## REPORT

### Jallianwala Bagh Massacre (Quiz)

Date: 13<sup>th</sup> April, 2021

Day: Tuesday

Venue: Online, Google meet

No. of participants: 70 volunteers

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	06	04	42	16	02	00	70

#### Objectives:

- To educate participants about the incident
- To motivate volunteers to fight against injustice of any form
- To pay tribute to those who lost their lives in the brutal massacre

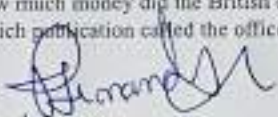


SFIT NSS volunteers organized a quiz on "Jallianwala Bagh Massacre" to mark 102 years since the massacre.

The goal of this quiz was to educate the participants about the incident which was a turning point in our fight for independence. The Jallianwala Bagh massacre, also known as the Amritsar massacre, took place on 13 April 1919 when General Dyer ordered his troops to open fire on a peaceful gathering of protesters. Estimates of those killed vary between 379 and 1500+ people and over 1,200 other people were injured of whom 192 were seriously injured.

The following questions were asked :

- When was martial law imposed in Amritsar?
- The massacre of the crowd at Jallianwala Bagh at Amritsar took place on?
- Who ordered the firing?
- How long did the firing last?
- Which important event immediately preceded the Jallianwala Bagh massacre?
- To oppose the bill from the above answer, Gandhiji started which of the following?
- Which committee is referred to as 'Disorders Inquiry Committee'?
- Udham Singh killed which officer?
- How much money did the British draw from the treasury to pay as compensation to the families of victims?
- Which publication called the officer in charge a hero and began a retirement fund for him?

  
Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### Earth Day Group Discussion

Date: 21<sup>st</sup> April, 2021

Day: Wednesday

Time: 6:00pm - 7:30pm

Venue: Google Meet

No. of participants: 33 volunteers, 1 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	07	03	10	11	02	01	34

#### Objectives:

- Observe Earth Day
- Understanding some general narratives and practices surrounding Earth day.
- Discussing environmental problems and ways to solve them.

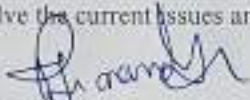
SFIT NSS volunteers observed Earth Day by having a group discussion on the current problems faced by the planet and coming up with solutions to tackle them.

A total number of 34 people were present in the meet, out of which 30 volunteers participated in the group

discussion. These 30 were divided into 3 groups of 10 to have a smooth and fruitful discussion. Following were the topics for the group discussion:

- Why aren't we using solar energy?
- Climate Change? What can we do about it?
- Wildlife tourism can help to protect endangered species

Participants found these discussions interesting and insightful, pitching in their own ideas to solve the current issues and hoping for a better futuristic and healthy planet.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### SUICIDE PREVENTATION AWARENESS WORKSHOP

Date: 1<sup>st</sup> May, 2021

Day: Saturday

Time: 11am - 12pm

Venue: Online

No. of participants: 84 volunteers 2 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS	17	11	31	23	02	02	86

#### Objectives:

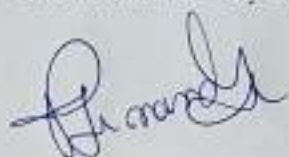
- Strengthen access and delivery of suicide care.
- Create protective environments
- Identify and support people at risk
- Lessen harms and prevent future risk

Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities.

To overcome this NSS-SFIT collaborated with Sisters Living Works to orgained webinar on Suicide Prevention Awareness Workshop on 1st May, 2021.

Ms. Sachi Mulki is an a psychologist dedicated to the cause of suicide prevention in India by raising community awareness, involvement, education, and advocacy. She described the latest findings on warning signs and risk factors for suicide. Offered a conceptual model and a developmental perspective on the dynamics underlying suicide, we explored the internal struggle and the ambivalence surrounding suicide and addressed both objective assessment and the formation of clinical judgment. The participants were informed about recent research on empirically validated treatment approaches and provided with state-of-the art crisis management strategies.

This webinar was very useful and volunteers learned a lot.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



NSS SFIT in collaboration with Sisters Living Works presents

### SUICIDE PREVENTION AWARENESS WORKSHOP

JOIN US ON THE 1ST OF MAY  
2021 AT 11 AM.  
HELP SUPPORT THE CAUSE  
AND SPREAD AWARENESS

**REGISTER NOW!**

NSS SFIT  
A new initiative to support mental health awareness

## REPORT

### World Environment Day 2020 (Drawing Competition, Poetry, Videos, Posters, Articles)

Date: 05<sup>th</sup> June, 2020

Day: Friday

Venue: Online

No. of participants: 55 volunteers, 4 faculty members

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	09	04	22	18	02	04	59

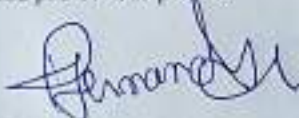
#### Objectives:

- Observing World Environment Day 2020.
- Promote and encourage environmental awareness.
- Use of creativity to spread awareness.

SFIT NSS volunteers actively took part in World Environment Day 2020 celebrations by participating in various activities.

Volunteers showcased their creativity by designing beautiful and informative drawings, posters, videos and writings, helping to spread awareness on the importance of resetting humanity's relationship with nature. Showing the current state of our planet and giving small yet significant ideas through their creative works, which can help to make this planet a better place. The best works were posted on the SFIT NSS Instagram page, giving a shout out to the creators.

The volunteers got an opportunity to inspire others through their innovative creations to care for and protect our planet.



Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## Report

### Run for the Oceans on the Occasion of World Oceans Day

Date: 8<sup>th</sup> June, 2019

Day: Saturday

Time: 6:00am to 11:am

Venue: Versova Jetty Beach, Mumbai

No. of Participants: 32

CMPN	ELEC	EXTC	INFT	MACH	STAFF	TOTAL
14	03	08	05	0	01	32

#### Objectives:

- To create awareness regarding the cleanliness on beaches through marathon run on the beach.
- To support the cleanliness movement (Swachh Bharat Abhiyan).
- To sensitize all the citizens from the city about their moral responsibility to keep the ocean clean.



The student volunteers of SFIT NSS participated in Marathon cum clean-up drive organised by Afroz Shah the Champion of the Earth at Versova beach in Mumbai.

The citizens from all over Mumbai took part in this event. The run began at 7 am and covered a stretch of 3 kms. The marathon also included the clean-up drive at the conclusion of the run. The huge amount of plastic and other form of wastes were collected and dispersed. The motive was to create awareness about the clean beaches and safeguard the marine life and promote the use of beaches for recreational purpose.

There were students from other institutes and children from schools to participate in the event. All the participants were awarded with medals.

Paul Fernandes

NSS Programme Officer/ Social Service Coordinator

## Report

### Library Stock Verification at L.I.R.C. SFIT

Date: 10<sup>th</sup> June 2019 to 20<sup>th</sup> June 2019

Time: 9.30 am-4.00pm

Venue: SFIT Library

No. of participants: 42

CMPN	ELEC	EXTC	INFT	MACH	TOTAL
09	06	20	06	01	42



#### Objective:

- To verify the books available to the students before the start of the new academic year.
- To create opportunity for the volunteers to learn about the library and its functioning.

Library Stock Verification was conducted by NSS-SFIT and the L.I.R.C. of St. Francis Institute of Technology from 10<sup>th</sup> June 2019 to 20<sup>th</sup> June 2019. About 42 NSS volunteers from different branches of second and third year enthusiastically participated in this event.

Every day the verification process started sharply at 9.30am and ended at 4.00pm with Lunch and Tea breaks at 12.15pm and 3.00pm respectively. Everyday around 05 volunteers worked meticulously with co-ordination and co-operation to the cordial library faculties.

The students verified various books covered under the different sections of L.I.R.C. like books under Book Bank, P.G. and U.G. books, black books and its synopsis, archived books and previous year's projects, Compact discs (CDs), etc. Over 25000 books and other learning materials were verified during the course of 10 days.



Paul Fernandes  
NSS PO/SOCIAL SERVICE COORDINATOR

## Yoga Training Session for NSS Vols. Organized by the University

**Date:** June 17-21, 2019.

**Day:** Monday - Friday

**Time:** 9:00am to 2:30pm

**Venue:** Kaivalyadham, Marine Lines

**No. of participants:** 2 NSS Volunteers

CMPN	ELEC	EXTC	INFT	MACH	TOTAL
02					02

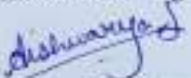
### Objectives:

- To train youth into basics of Yoga with all its pure and pristine form.
- To enable the student to have good health
- To help the students in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

The Yoga Common Protocol workshop was organised by the university to the NSS Volunteers. It was conducted by the Staff of Kaivalyadham.

The inauguration of the workshop was held on 17<sup>th</sup> June at K.C. College Churchgate. Thereafter the work shop was held at Kaivalyadham. The volunteers were given training in yoga common protocol, yoga philosophy, importance of yoga and the health benefits from yoga.

The workshop gave the students awareness on yoga philosophy and they learnt common yogaasanas and the purpose of this workshop was to train the students in yoga and they will in turn train other students of the college. Every year we have 3-4 NSS Volunteers attending this workshop and these volunteers conduct the International Yoga Day program on the occasion of International Yoga Day 21<sup>st</sup> June.

  
Aishwarya Shreenivasan

Kartik Munjak

  
  
Paul Fernandes

NSS PO/ SOCIAL SERVICE COORDINATOR



## REPORT

### TREE PLANTATION DRIVE AT SAKWAR VILLAGE

**Date:** 6<sup>th</sup> July, 2017

**Day:** Saturday

**Time:** 9 am -3 pm

**Venue:** Sakwar Bharol, Batane Forest Range, Virar

**No. of participants:** 31 volunteers 1 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	13	02	09	05	01	01	32

#### Objectives:

- Observe Tree Plantation Week (Van Mahotsav).
- Help in realizing the motto of 'Ekach laksh ,Char Koti Vruksh'.
- Forest conservation and afforestation



SFIT NSS volunteers observed Tree Plantation Week by conducting a tree plantation drive at Bharol Forest Range led by the Forest Department, Batane.



As the volunteers arrived at the venue they were offered tea and biscuits by the forest officials. At the commencement of the programme, the officials explained the procedure for planting a sapling. Abiding by the given instructions, volunteers split up in pairs and started planting the saplings. They were assisted by the officials. After enthusiastically planting over 300 saplings. This was followed by 'Bhojan' prepared and served by the forest officials. The officials of the Forest Department expressed their gratitude to the NSS volunteers for helping them achieve their goal.

The volunteers had a joyful experience owing to the pleasant weather and the showers of rain. They were elated by the kindness and enthusiasm of the Forest Department officials.

  
Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR



## REPORT

### PLEDGE FOR LIFE TOBACCO FREE YOUTH

**Date:** 11<sup>th</sup> July, 2019

**Day:** Thursday

**Time:** 10 am -30 am

**Venue:** SFIT Room 201

**No. of participants:** 51 students 2 faculty members

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	00	00	00	00	51	02	53

#### Objectives:

- To observe world No Tobacco day
- To encourage youth to give up tobacco products
- To create awareness about the ill effects of tobacco



SFIT NSS volunteers observed world no tobacco day on Thursday 11<sup>th</sup> July 2019. The Second Year Mechanical students participated in the pledge for life tobacco free youth.

The present faculty members Paul Fernandes and Nandkumar Nagothkar explained the significance of the day and exhorted the students to say no to any type of tobacco products.

They also encouraged the students to pledge for life of a tobacco free youth.

The wording of the pledge

"I pledge for life that I will never touch cigarette, bedi, gutka, pan masala, Hookah, E cigarette or any tobacco product in my life. I will also encourage my family, friends and others around me not to do so.

Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR

## REPORT

### TREE PLANTATION DRIVE AT BHALIIVALI VILLAGE

**Date:** 13<sup>th</sup> July, 2019

**Day:** Saturday

**Time:** 9 am -2 pm

**Venue:** Bhaliwali Forest Range, Virar

**No. of participants:** 31 volunteers 1 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	08	03	17	03	01	01	32

#### Objectives:

- Forest conservation and afforestation
- Awareness on importance of planting trees

SFIT NSS volunteers in collaboration with Vivek Rural Development Centre conducted Tree Plantation drive at Bhaliwali forest range on Saturday 13<sup>th</sup> July 2019.

The NSS volunteers arrived at the Rural Development Centre at 10:00 am. After the breakfast the volunteers were shown a documentary on the work of the centre regarding the environment. They also awarded a few people from the village who are working to preserve the forests and enhance the environment. The preparations for plantation such as digging the pit and manuring was done well in advance by the students of the centre the students guided the NSS volunteers to plant the saplings.



The NSS volunteers appreciated the efforts made by the centre towards the environment. The centre also informed that the survival rate of the trees planted is about 100% as they have students who look after the newly planted saplings. It was a good experience to all the students who participated.

Paul Fernandes

NSS PO/SOCIAL SERVICE COORDINATOR

## REPORT

### Tree Plantation Campaign at SFIT

**Date:** July 20, 2019.

**Day:** Saturday

**Time:** 9:00am to 11:00am

**Venue:** St. Francis Institute of Technology Campus, Borivli

**No. of participants:** 14

Department	CMPN	ELEC	EXTC	MACH	INFT	STAFF	TOTAL
No. of Volunteers	03	02	03	01	2	03	14

#### Objectives:

- To promote the protection of environment.
- To create environmental awareness among the students.
- To support the Go- Green SFIT Campaign initiated by our NSS Volunteers.

About 11 NSS volunteers participated in the Tree Plantation Campaign. A few Volunteers went around the campus and identified a few places suitable for tree plantation and began the necessary preparations.

The plantation started at around 9:00am and went on till 11:am. The first sapling was planted Sainath Sir. All the present NSS Volunteers actively participated in the campaign by planting the saplings.

A total of 12 saplings were planted. We had three varieties of saplings like Neem, Ashoka and Apta. The NSS Volunteers were exhorted to take care of the planted saplings.



On 20th July, 2019

4 Ashoka, 4 Neem & 2 Apta saplings

#### Outcome:

The objectives of the the Tree Plantation Campaign were achieved. SFIT Campus got 12 more saplings added to it's surrounding.

Paul Fernandes  
NSS Programme Officer/Social Service Coordinator

**REPORT**  
**SCHOOL DROPOUT SURVEY**

**Date:** 20th July, 2019  
**Day:** Saturday  
**Time:** 9 am -12 noon  
**Venue:** Shivaji Nagar Borivli  
**No. of participants:** 34 volunteers 1 faculty member

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
NO. OF PARTICIPANTS	12	00	18	04	00	01	35

**Objectives:**

- Survey of School Dropouts
- Connecting those who want to join National Institute of Open Schooling.
- Creating awareness about the importance of Education.

SFIT NSS volunteers conducted a school dropout survey on Saturday 2019 in Shivajinagar Borivli West.

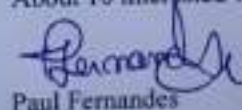
Shivajinagar is a community in the vicinity of our college where economically lower strata of people reside. Our NSS Volunteers observed that there are many families sending their children to English medium Schools.

Our volunteers surveyed about 45 households and found that there are about 10 people who have not completed their 10<sup>th</sup> STD. Some of them expressed their interest in NOIS and get a 10<sup>th</sup> completion certificate.

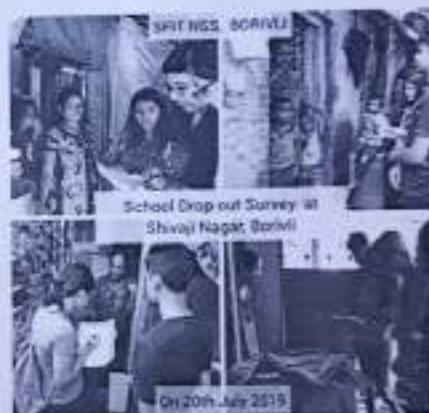
We will follow up the matter and connect these interested people to NIOS Centres from where they can go through the process of 10 completion.

**Outcome:**

- Volunteers interacted with the community members
- Observed their problems and issues
- About 10 interested will be connected to NIOS Centre.

  
Paul Fernandes

NSS PO/Social Service Coordinator



## REPORT

### **Orientation for the Newly Enrolled NSS Volunteers**

**Date:** July 27, 2019.

**Day:** Saturday

**Time:** 9:00am to 11:30am

**Venue:** Seminar Room, St. Francis Institute of Technology Campus, Borivali

**No. of participants:** 31 NSS Volunteers and two Staff member

CMPN	ELEC	EXTC	INFT	MACH	FACULTY	TOTAL
07	00	17	05	02	02	33

#### **Objectives:**

- To explain the working process of NSS as per the University of Mumbai.
- To plan for the NSS activities of the academic year 2019-20.

NSS Orientation program was organized for the newly enrolled NSS Volunteers. The objective of the orientation was to explain to the process of the working of NSS as per the guidelines of the university of Mumbai.

The NSS heads for the year 2019-20 Evita, Vinuta, Anvit and Vivek explained the working of the NSS. They explained various categories in which NSS activities are categorized, such as Area based activities for which about 80 hours can be allotted, University level 20 hours and College level 20 hours. The volunteers were exhorted to come up with new innovative ideas on social issues and implement them.



Paul Fernandes

NSS Programme Officer/Social Service Coordinator

## REPORT

### Peer Educator Workshop

Date: 1<sup>st</sup> August, 2019

Day: Thursday

Time: 9 am -6 pm

Venue: MDACS, Wadala

No. of participants: 2

DEPARTMENT	CMPN	ELEC	EXTC	INFT	MECH	FACULTY	TOTAL
NO. OF PARTICIPANTS			01	01			02

#### Objectives:

- To create HIV/AIDS awareness through the peer educators in their respective colleges.
- To establish RRC in all the colleges
- To conduct various activities such as flash mobs, street plays ,poster making competitions as per the recommendations of the university

MDACS is Mumbai District Aids Control Society situated at Wadala working for HIV/ AIDS control and prevention. The students were given sufficient information on various activities of the RRC. There were sessions on Blood Donation, prevention of HIV, personality development, and other such related matters.

The main aim of RRC is to eradicate HIV / AIDS and the youth can play a major role in creating awareness and preventing

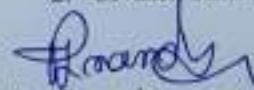
#### Outcome:

Volunteers interacted with MDACS officials and other student participants from various colleges of Mumbai.

Volunteers attended

1. Cliff Machado INFT

2. Urvansh Shah EXTC



Paul Fernandes

NSS PO/Social Service Coordinator





# College Level & Other Project



- Plastic Recycling in collaboration with Bisleri

9<sup>th</sup> August 2019

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## REPORT

### Danipani Beach Clean Up

**Date:** August 10, 2019.

**Day:** Saturday

**Time:** 08:00 am to 12:00 noon

**Venue:** Danapani Beach (Malad), Mumbai

**No. of participants:** 20 NSS Volunteers and one Staff member

CMPN	ELEC	EXTC	INFT	MECH	STAFF	TOTAL
07	03	15	06	01	02	34

#### **Objectives:**

- To beat plastic pollution.
- An attempt to keep the marine species safe.

#### **Process:**

About 35 NSS volunteers and 2 staff members participated in the beach clean up drive at Danapani beach in Malad, Mumbai. The clean up drive was organised by Versova Resident Volunteers lead by Afroz Shah.

The students were provided the gloves and masks as safety measures for the collection of garbage from the beach. The garbage consisted mainly of plastic material. The BMC staff collected the garbage.



Paul Fernandes

NSS Programme Officer/Social Service Coordinator



## REPORT

### Yoga day celebration at SFTT

**Date:** June 21, 2019.

**Day:** Friday

**Time:** 9:00am to 11:30am

**Venue:** St. Francis Institute of Technology Campus, Borivali

**No. of participants:** 28 NSS Volunteers and one Staff member

CMPN	ELEC	EXTC	INFT	MACH	TOTAL
09	03	13	03	00	28

#### Objectives:

- To develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
- To educate people about the various means of overcoming stress naturally without resorting to any artificial medicine.

About 46 NSS volunteers came together and celebrated international yoga day. It was conducted in the new library hall of St. Francis institute of technology on June 21, 2019. One of our Alumnus Mr. Saurabh Gurav a yoga trainer conducted the whole program.

We started with the session at 9:00 am by a briefing on the importance of yoga, and slowly but steadily we moved towards the basic yoga protocol. Few of the asanas we covered were trikonasan, anulom vilom, ardha chandrasana and many more. The session ended at 10:30.

After the yoga session refreshments were served to all.

#### Outcome:

The objectives of the international yoga day were achieved.

  
Paul Fernandes

NSS Programme Officer/Social Service Coordinator





# AREA BASED PROJECT-1 HUMANITARIAN, HEALTH & HYGIENE



## Helping the Flood Victims of Sangli

- **Date:** 27<sup>th</sup> August 2019
- **Aim:** To Help and donate products to the people affected due to floods in Sangli

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# UNIVERSITY LEVEL

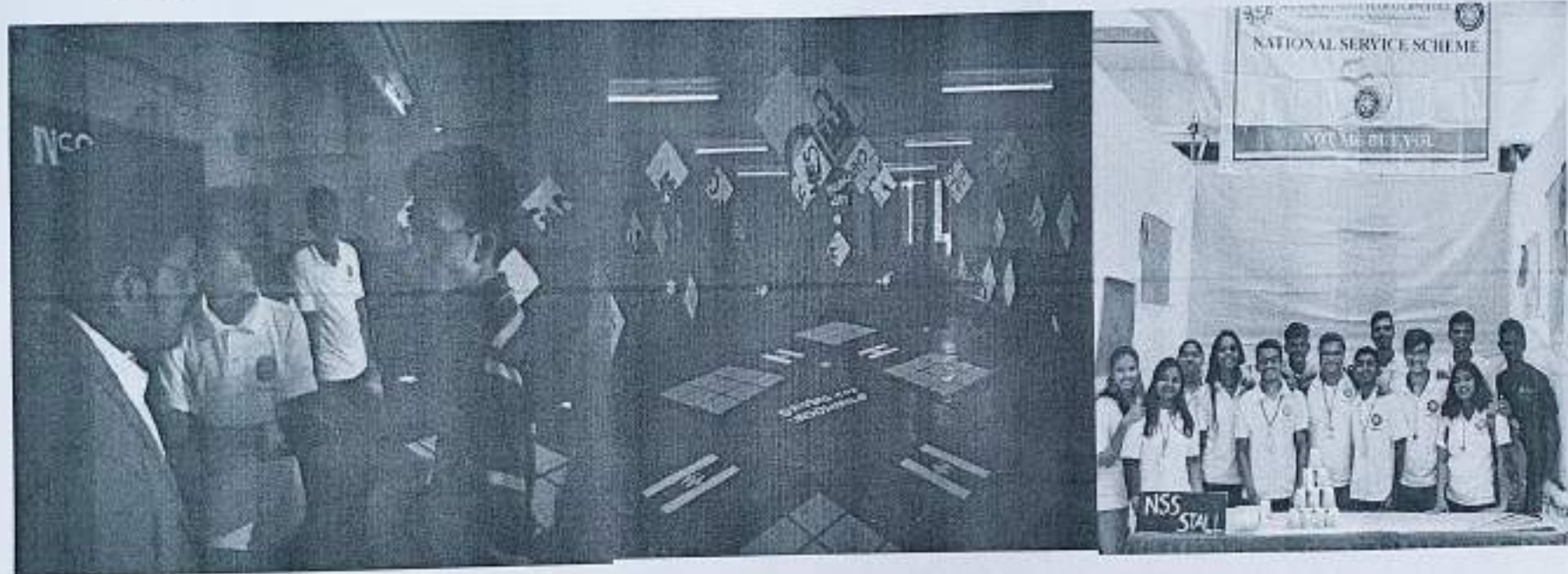


## Fit India Movement PM Narendra Modi

- **Date:** 29th August 2019
- **Aim:.** To provide knowledge about fitness to our volunteers.



# College Level & Other Project



## Awareness about NSS in College(MOSAIC and IRIS)

- **Date:** 31<sup>st</sup> August 2019, 29<sup>th</sup> & 30<sup>th</sup> January 2020
- **Aim:** To spread awareness about NSS to SFIT Teaching & Staff

*[Handwritten signature]*

## REPORT

### Ganesh Festival Immersion Crowd Control

**Date:** September 3, 2019.

**Day:** Tuesday

**Time:** 3:00 pm to 7:00 pm

**Venue:** Gorai Creek, Mumbai

**No. of participants:** 20 NSS Volunteers and one Staff member

CMPN	ELEC	EXTC	INFT	MECH	STAFF	TOTAL
02	01	13	03	01	01	21

#### **Objectives:**

- To control crowd and help in smooth conduction of Ganesh Visarjan
- To care for environment and see that the plastic and the flowers do not go into the water

#### **Process:**

About 20 NSS volunteers participated in the Ganesh Visarjan on the one and half day on 3<sup>rd</sup> September 2019 at Gorai Creek. It was for the first time that the NSS volunteers from SFIT participated in such event. The main objective was to safeguard the environment and also ensure smooth functioning of the Ganesh Visarjan.

The students collected the plastic bags and garlands segregated them and BMC collected them. The waste management and crowd management was looked into along with the BMC staff and Police official on duty.

  
Paul Fernandes

NSS Programme Officer/Social Service Coordinator

#### **SFIT NSS**

At Gorai creek on 3rd September 2019





# ST. FRANCIS INSTITUTE OF TECHNOLOGY (ENGINEERING COLLEGE)

*(Roman Catholic Christian Minority Educational Institute)*

*(Approved by AICTE & Govt. of Maharashtra with permanent Affiliation to University of Mumbai)*

P. B. No. 8456, Mt. Painsur, S.V.P. Road, Borivli (West), Mumbai - 400 103.  
Tel: 28908585 / 28928585 Fax : 28954787 E-mail : [sfeda@sfit.ac.in](mailto:sfeda@sfit.ac.in) Website : [www.sfit.ac.in](http://www.sfit.ac.in)

Ref:

SFIT / 4248 / 2019 - 2020

Date :

28/08/2019

To,  
Dr. Kishor Jha  
Mahatma Gandhi Blood Bank,  
Bandra, Mumbai.

Subject: Blood donation drive at SFIT

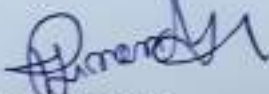
Dear Sir,


The NSS unit of this college, St. Francis Institute of Technology (SFIT), Borivali(W), is pleased to invite you to conduct Blood Donation drive on Friday 20<sup>th</sup> September, 2019 from 10 am to 4 pm in the college.

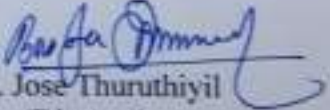
Kindly confirm your acceptance of our invitation for the same and make necessary arrangements for the collection of blood from the donors of the Institute.

Thanking you.

Sincerely,

  
Paul Fernandes  
(NSS PO & Social Service  
Coordinator)

  
Dr. Sincy George  
(Principal)

  
Bro. Jose Thuruthiyil  
(Director)



# Blood Donation Drive at SFIT Borivli On 20th September 2019



**337 Units Collected**



①

1 to 4

THINK  
FOUNDATION

# Thalassaemia Minor Screening Camp

Venue:	Date:	Blood Bank:
--------	-------	-------------

Bulb No.	Name	Class	Divn.	Roll No.	Tel. No.	Blood Group
1) 4307	ARYA DOSHI				9930230273	B+
2) 4308	CAIN TAVARES				7744894295	A-
3) 4309	CHELSEA FERNANDES				9970677827	O+
4) 4310	ATHEENA JAMES				7756898680	O+
5) 4311	NAITIK ZAVERI				9930606672	A+
6) 4312	JAN D'SILVA				9834571899	B+
7) 4313	DHARMI HEMANI				9029527252	O+
8) 4314	ALISHA DIAS				7507221950	O+
9) 4315	ASHIR NADAR				9967397930	O-
10) 4316	SHRI RAM KUMBHAR				7020403032	A+
11) 4317	HARDIK PATER				8080442885	B-
12) <del>4318</del>	<del>SOHAN PAWAR</del> ANSHUL SHETTY				9773488151 7558630362	O+
13) 4319	SOHAN PAWAR				9769528853	O+
14) 4320	LENI WILSON				7558630362	O+
15) 4321	PRATIK D SOUZA				8975762201	B+
16) 4322	ORVIN FERNANDES				7756043100	O+
17) 4323	NEHAL PANARA				9323280538	O+
18) 4324	RESHMA RUBY				9702333223	O+
19) 4325	KATE REBELLO				7448262332	A+
20) 4326	RUPESH MISHRA				8767952077	B+
21) 4327	ONKAR PEDNEKAR				8692871530	O+
22) 4328	VINSON NORONHA				9136516582	O-
23) 4329	PURVA SHAH				9773110088	B+
24) 4330	ANUSHKA KAMATH				8879529271	A+
25) 4331	MITHUN MATHAI				9588603410	O+
26) 4332	CASSANDRA RODRIGUES				9867596980	AB+
27) 4333	PRIYA NAWAL				7378417006	A+
28) 4334	VARUNKUMAR MISHRA				9987117072	B+
29) 4335	KUNAL SHIRODKAR				7977936462	O+
30) 4336	RAMESH MAKWANNA				9820689727	B+



## Report

### Seminar on Awareness and Prevention of Sexual Abuse 2019

Date: 30th September, 2019

Day: Monday

Venue: R.D. National College

Time: 10:00 am – 1:00 pm

#### No of Participants Department wise:

CMPN	ELEC	EXTC	INFT	MECH	STAFF	TOTAL
8	3	2	6	1	1	21

#### Objective:

- To create awareness among the youth about the issue of sexual abuse and the primary preventive measures to be taken as responsible fellow citizens.



Paul Fernandes  
NSS PO/ Social Service Coordinator



# UNIVERSITY LEVEL



## Voter Awareness at Prabodhan Thakre, Borivali west

- **Date:** 12<sup>th</sup> October, 2019
- **Aim:** To create a mass awareness of voters.



# AREA BASED PROJECT-2

## Environment Conservation & Cleanliness



### Energy Conservation At Schools

- **Date:** 5th ,10th,11th October 2019,1<sup>st</sup> ,28th November 2019
- **Aim:** To promote ways to conserve non-renewable sources of energy.
- Visited Schools.
  1. Our Lady of Nazareth.
  2. Mary Immaculate.
  3. ST. Francis High School(ICSE).
  4. Don Bosco High School.
  5. JBCN School.



# AREA BASED PROJECT-2

## Environment Conservation & Cleanliness



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# UNIVERSITY LEVEL



## Leadership training Camp

- **Date:** 10<sup>th</sup> to 14<sup>th</sup> August 2019
- **Aim:** To inculcate Leadership qualities amongst the volunteers.



# NSS CAMP



- **Dates:** 4<sup>th</sup> December to 10<sup>th</sup> December 2019
- **Place:** Vanvasi Kalyan Kendra, Talasari, Palghar District
- **No of volunteers:** 38
- **Faculty:** 02

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## Report

### World Environment Day

Date: 5<sup>th</sup> June, 2018

Day: Tuesday

Time: 8:00am to 12:00pm

Venue: Juhu Beach, Mumbai

No. of Participants: 02 NSS Volunteers

CMPN	EXTC	INFT	TOTAL
00	01	01	02

#### Objectives:

- To mark the occasion of World Environment Day.
- To support the cleanliness movement (Swachh Bharat Abhiyan).
- To sensitize the students about their moral responsibility to keep the beaches clean.

The students of SFIT NSS participated in clean-up drive organised at Juhu beach in Mumbai.

The polluted beaches contain a good amount of toxic wastes especially plastic. These can affect the aquatic life adversely. The idea that the nature is owned by the humans and it is to be also maintained and kept clean by them. And to promote this idea 'Save the Beaches' was organised.

The event began at 8 am in the morning. Two SFIT NSS volunteers participated in the event. They participated in creating awareness in the surrounding communities of Juhu Beach through posters, banners, slogans and demonstrations. There were students from other institutes also present at the beach.

Paul Fernandes  
NSS Programme Officer/ Social Service Coordinator

Participants:  
Yashvi Desai EXTC  
MD Hasan INFT

*Yashvi Desai*  
*MD Hasan*



## Report

### World Environment Day (RUN FOR THE OCEANS)

Date: 16<sup>th</sup> June, 2018

Day: Saturday

Time: 6:00am to 10:30pm

Venue: Versova Jetty Beach, Mumbai

No. of Participants: 18 NSS Volunteers

CMPN	EXTC	INFT	TOTAL
05	04	09	18

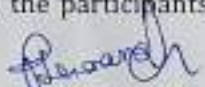
#### Objectives:

- To create awareness regarding the cleanliness on beaches through marathon run on the beach.
- To support the cleanliness movement (Swachh Bharat Abhiyan).
- To sensitize all the citizens from the city about their moral responsibility to keep the beaches clean.

The students of SFIT NSS participated in Marathon cum clean-up drive organised at Versova beach in Mumbai.

The citizens from all over Mumbai participated in this event. The run began at 6:30. The marathon also included the clean-up drive as they ran along the beach. The huge amount of plastic and other form of wastes were collected. The Versova Resident Volunteers led by Afroz Shah organised the event. The motive was to create awareness about the clean beaches and safeguard the marine life and promote the use of beaches for recreational purpose.

There were students from other institutes and children from schools to participate in the event. All the participants were awarded with medals.

  
Paul Fernandes  
NSS Programme Officer/ Social Service Coordinator





## Report

### International Yoga Day Celebration


Date: 15<sup>th</sup> to 21<sup>st</sup> June, 2018


Venue: Mumbai University, Kalina

Time: 9:00am – 1:00 pm

No of Participants:

CMPN	EXTC	INFT	TOTAL
0	0	2	2

Rodney Pinto - 

Shivani Pandit - 

#### Objective:

- To train the NSS volunteers in Yoga.
- To patronize Yoga and it's importance.

Keeping the spirit of International Yoga Day alive all across the world, Mumbai University organized Yoga Day Camp for the students from 14th June 2018- 21st June 2018. A total of 250 students from different colleges took part in the Camp. The students were educated on the importance of Yoga. They were explained that yoga helps in maintaining not only physical and mental health but also a healthy social life. The students were taught various Asanas starting with warming up and stretching followed by the series of Padmasana, Muktasana, Vajrasana, Dhanurasana, Chakrasana, Sarvangasana, Halasana, Bhujangasana, and ending with Shavasana. After Asanas session students were also taught the Pranayama – For Longevity. Addressing the students on the occasion of Yoga Day, the Program Co-ordinator of Mumbai University Prof. Bidve sir appealed to the students to include yoga in their daily routine to keep body mind and soul healthy.



Paul Fernandes,

NSS PO/ Social Service Co-ordinator

## Report on Library stock Verification

**Duration:** 18-25 June 21018

**Venue:** SFIT Library

**No of Participants Department wise:**

CMPN	EXTC	INFT	TOTAL
14	11	16	41

### Objective:

- To support the Library staff in their annual stock verification activity
- Dignity of labour

Library Stock Verification was conducted by NSS-SFIT and the L.I.R.C. of St. Francis Institute of Technology from 18<sup>th</sup> -25<sup>th</sup> June 2018. About 40 NSS volunteers from different branches of second and third year enthusiastically participated in this event.

The students verified various books covered under the different sections of L.I.R.C. like books under Book Bank, P.G. and U.G. books, black books and its synopsis, archived books and previous year's projects, Compact discs (CDs), etc. Over 25000 books and other learning materials were verified during the course of 6 days.



The library staffs were observant and helped the NSS volunteers. All the library stock got verified by the evening on the 25th June 2018 after a collective impressive effort of the NSS volunteers. It was a good team work by all the NSS Volunteers and gave them opportunity to learn about new things.



Paul Fernandes

NSS PO/ Social Service Coordinator

## Report Paper Bag Making Project

**Duration:** 18-25 June 2018

**Venue:** SFIT Students Common Room

**No of Participants Department wise**

CMPN	EXTC	INFT	TOTAL
06	05	14	25



### Objective:

- To support the plastic ban introduced by the BMC
- To motivate the Staff and students to support the plastic ban and use paper bags
- To encourage the vendors and shopkeepers to use paper bags instead of plastic bags

In view of supporting the plastic ban by the Government of Maharashtra introduced from the 23<sup>rd</sup> June 2018, the SFIT NSS volunteers planned for a paper bag making project. The project began by preparing posters for display at the entrance of the college in order to create awareness about the forthcoming plastic ban. The posters looked attractive with appropriate slogans and motivating images.



About forty NSS Volunteers participated in the project and they prepared around 200 small size and around 150 medium size paper bags. These bags will be distributed to the vendors and shopkeepers freely. The volunteers have planned to continue this project throughout the year and support the cause of a better environment for all.

Paul Fernandes

NSS Programme Officer/ Social Service Coordinator

## Report

### International Yoga Day Celebrations at SFIT

Date: 21<sup>st</sup> June 2018.

Day: Thursday

Time: 9:30 am- 11:30 am

Venue: New Auditorium

No. of Participants: 15NSS Volunteers

Department	CMPN	EXTC	INFT	Total
No of Participants	04	06	05	15

#### Objectives:

- To Celebrate International Yoga Day.
- To create awareness about the benefits of Yoga.

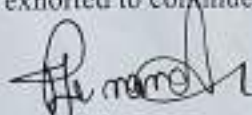
On the occasion of International Yoga Day the NSS unit of SFIT organized a session on Yoga. About 15 NSS volunteers participated in it. The session was guided by Mr. Vikram Kudva and Godwin Emmanuel, the senior NSS volunteers who had undergone week long yoga training at the University of Mumbai.



The session began by creating a conducive environment for yoga. Then followed Yoga asanas. The participants had an experience of enjoying the benefits of yoga. Yoga creates strength, awareness and harmony in both the mind and body. As Yoga includes breathing exercises, meditation, and assuming postures that stretch and flex various muscles. It would be helpful in enhancing overall wellbeing. The participants were exhorted to continue the practice of yoga.



Paul Fernandes



NSS PO / Social Service Coordinator

## Report Ban on Plastic Awareness Campaign

Duration: 14<sup>th</sup> July 2018

Venue: SFIT Library

No of Participants Department wise			
CMPN	EXTC	INFT	TOTAL
2	9	1	12

### Objective:

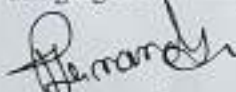
- To create awareness about the ban of plastic
- To introduce alternative instead of plastic i.e paper, cloth and jute bags.

The awareness was conducted by NSS-SFIT on 14 July 2018.

About 12 NSS volunteers from different branches prepared posters highlighting the ban with the slogans such as "Plastic hatao Desh bachao", "Be a part of Solution Not Pollution".

The students went nearby community (Shivaji nagar) and created awareness among the shopkeepers and vegetable and fruit vendors. They also distributed the paper bags made by them. Later the awareness was continued to the nearby households as well. The NSS Volunteers have a plan to prepare the paper bags on a regular basis and distribute them among the shopkeepers and vendors and do their part in bringing about change in the society.



  
Paul Fernandes

NSS PO/ Social Service Coordinator

## REPORT

### VISIT TO VANAPRASHASHRAM (BHAYANDER)

Date: 28 July 2018

Day: Saturday

Time: 9:00 am - 1:00 pm

Venue: Vanaprashashram Bhayander West

No. of Participants: 47

Department	CMPN	EXTC	INFT
No. of participants	14	23	10

#### OBJECTIVE

- To interact with the residents of Vanaprashashram
- To listen to their stories, needs and problems

Vanaprashashram is a home for the elderly situated at Bhayander west. It is a home for about 125 elderly men and women. Some of the elderly are here in the Ashram with their own accord where as some are kept here by their family. The surroundings of the ashram are beautiful and the management take good care of the members. |

The NSS volunteers assembled at 8:30 at Bhayander West Bus station and took a bust to the Ashram. Reached the Ashram around 9:00am. Having reached they interacted with the elderly. The elders were warm and friendly and were overjoyed to interact with the volunteers and share their experiences.

The volunteers observed that the elderly were active and healthy. The surroundings were neat and clean. The members spent their time in cleaning the surroundings and praying. It was a good experience to the NSS Volunteers. The visit concluded at 1 pm. |

  
Paul Fernandes

NSS PO/ Social Service Coordinator



## Report

### **Cloth Bag Making & Paper Bag Making**

**Date:** 4<sup>th</sup> August 2018

**Time:** 10:00 am to 2:30 pm

**No. of participants:** 4 NSS volunteers.

**Organised by:** Rizvi College of Arts, Science & Commerce, Bandra



Cloth Bag making & Paper Bag making was organized by Rizvi College of Arts, Science & Commerce, Bandra on 4<sup>th</sup> August 2018. Many volunteers & staff members from various junior & degree colleges participated in this event enthusiastically.

Volunteers were asked to bring cloth, needle, thread & scissors with them.

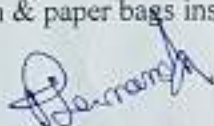


Event started at 10 am sharp at Rizvi college. All students & staff were registered at the start of event. Event was conducted till 2:00 pm with providence of refreshment.



All volunteers were grouped such that all volunteers were from different colleges. Staff of Rizvi college instructed each group individually to make Cloth bag & paper bag. Volunteers were given two & half hours to make cloth bag, afterwards they were instructed on making of paper bag.

After everyone was done with making cloth bag, staff members selected one bag from each group for felicitation. From selected bags, 4 bags were selected as winner, 1<sup>st</sup> runner up, 2<sup>nd</sup> runner up & consolation prize. Besides these, all volunteers were given certificate for participation. Program officer of Rizvi college congratulated & thanked everyone for participating & encouraged everyone to use cloth & paper bags instead of plastic.



Paul Fernandes

NSS PO

Following is the list of volunteers for the Cloth Bag & Paper Bag making:

Sr. no	NAME	CLASS	Sign
1	Akshata Talankar	TE CMPN B	Akshata Talankar
2	Jinal Patel	TE EXTC B	Jinal Patel
3	Kunal Shirodkar	TE CMPN B	Kunal Shirodkar
4	Shifa Khan	TE INFT A	Shifa Khan



## REPORT

### AWARENESS ON HYGIENE/ CLEANLINESS AND HEALTH/DENGUE AND MALARIA

**Date:** August 4, 2018 (Saturday)

**Time:** 10 am to 1pm

**Venue:**

- Shivaji nagar chawl, borivali-west
- sheetal Nagar Borivali
- Slums behind SFIT



**No. of participants:** 53 NSS Volunteer

Department	CMPN	IT	EXTC	TOTAL
No. of Volunteers	20	14	19	53



**Objectives:**

- To spread out the awareness about Cleanliness and Hygiene
- To make people aware of the symptoms and preventive methods of dengue and malaria
- To impart the knowledge of Do's and Don'ts in order to keep the living places clean and hygienic.



About 53 NSS volunteers gathered around 10am at the SFIT College premises to participate in the Awareness on Hygiene/ Cleanliness and Health/Dengue and Malaria.

After preparing the posters the NSS Volunteers proceeded to their selected areas. By seeing their living conditions which are very unhygienic and unhealthy they felt that the people in those areas need such kind of awareness programmes. There may not be change overnight but constant repetition of such awareness programmes will surely make a difference. The people took interest to know about the clean India Campaign and about health problems due to uncleanliness.

The objectives of the programme were achieved and the volunteers felt that they need more such programmes to help the people to lead a clean, healthy and hygienic life. The people appreciated the efforts taken by our NSS volunteers.

Paul Fernandes

NSS Programme Officer/Social Service Coordinator

## REPORT

### INVISIBLE HUMANS: HOUSEKEEPING AND SECURITY

**Date:** 18<sup>th</sup> August

**Day:** Saturday

**Time:** 3:00 pm – 4:00 pm

**Venue:** SFIT Assembly Hall

**No. of Participants:** 35

Department	CMPN	EXTC	INFT
No. of participants	10	12	<del>13</del>

06

#### OBJECTIVE

- To acknowledge and appreciate their services
- To honour the dignity of labour

A programme was conducted to acknowledge and appreciate the housekeeping and the security personnel for their continuous services in the field of cleanliness of the SFIT surroundings and also keeping the campus safe and secure. The NSS Volunteers interacted with the 15 present housekeeping staff and security. They conducted games for them and winners were given prizes.



The housekeeping and security personnel were also given gifts as a token of appreciation. The funds were raised by the NSS Volunteers from the Faculty Members.



All the participating housekeeping staff and security staff had a good time.

Paul Fernandes



NSS PO/ Social Service Coordinator

## REPORT

### Raksha Bandhan Celebration with SFIT Security Staff

Date:- 27<sup>th</sup> August, 2018

Venue:- SFIT campus

Objective:- To tie Rakhi to the security personnel.

#### No of Participants:

CMPN	EXTC	INFT	TOTAL
2	3	1	6

The NSS volunteers celebrated the auspicious occasion of Raksha Bandhan by tying Rakhis to the security personnel who look after the safety and security of all the SFITians.

The Rakhis were Sponsored by Ms. Chinmayee Bhangre. Six of our NSS Volunteers were a part of this Event. Raksha Bandhan celebration is about strengthening the bond of love between brothers & Sisters



#### Raksha Bandhan Celebration at SFIT



Paul Fernandes,

NSS PO/ Social Service Co-ordinator

## REPORT Campus Clean Up

Campus Clean up was conducted by SFIT NSS Volunteers on 8<sup>th</sup> September 2018

Participants: CMPN 17, EXTC22, **INFT, 20**

(21)

### Objectives:

- Dignity of labour
- To weed out the wild grass

Campus Clean up activity was conducted by NSS-SFIT on 8<sup>th</sup> September 2018.

About 65 NSS volunteers from different branches of second and third year actively participated in this event.

The students spread themselves in different zones of the campus and started plucking out the wild grass and the weeds. The manual labour lasted for about two hours. They cleared the weeds of one section of the campus.



The objective of this activity was to create responsibility in students to keep their surroundings neat and clean. They got an opportunity to do some manual labour and learned to uphold the dignity of labour.

Paul Fernandes

NSS PO

## Report

### Awareness on Drug abuse

Duration : 8<sup>th</sup> September, 2018

Venue: SFIT Seminar Hall

#### No of Participants:

CMPN	EXTC	INFT	TOTAL
17	22	20	59

#### Objective:

- To create awareness on Usage of drugs.
- To educate the youth about the negative effects of drugs.

NSS SFIT organized an awareness program on Drug and Alcohol use. The event was conducted by Sir R.N.Ram and Prof. Manoj Kumar from Jeevan Sahara Charitable Trust. About 59 volunteers participated in the seminar. In the seminar, the negative effects of usage of drugs and alcohol were highlighted.

After the seminar an interactive session was conducted, where the doubts of our students were cleared. Since the volunteers actively participated the seminar was ended on a good note.



Paul Fernandes

NSS PO/ Social Service CO-ordinator

## Report

### Beach Clean Up: Arnala Beach

Date: 26<sup>th</sup> September 2018

Venue: Arnala Beach Clean Up

Time: 9:00am - 11:30am

No of Participants:

CMPN	EXTC	INFT	TOTAL
8	11	9	28

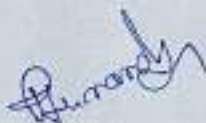
#### Objective:

- To make realize students the importance of Marine Life
- To Support Cleanliness movement (Swachh Bharat Abhiyan)
- To sensitize the students about their moral responsibility to keep the beaches arclean.

The Students of SFIT NSS participated in clean-up Drive organized at Arnala Beach in Virar

The polluted beaches contain a good amount of toxic waste especially plastic. These can affect the aquatic life adversely. The Idea that the nature is owned by the humans and it is to be also maintained and kept clean by them. And to promote this idea "Beach Cleanup" was organized.

The collected garbage of plastic was dispatched to the dumping yard with the support of the BMC.



Paul Fernandes,

NSS PO/ Social Service Co-ordinator



# Blood Donation Drive

**Date:** 27<sup>th</sup> September, 2018

**Time:** 09:30 am – 4:00 pm

**Venue:** Assembly Hall, SFIT

**Organized By:** NSS UNIT, SFIT

## Department wise Volunteers:

UNIT	CMPN	EXTC	IT
NSS	07	14	10

## Department wise Donors:

UNIT	FE	CMPN	EXTC	IT	Staff
NSS	47	66	72	58	12

## Objectives:

- To encourage students of SFIT to donate blood and spreading awareness regarding it as it is the need of the time.
- To create awareness among students about thalassemia.

The blood donation was organized by NSS SFIT in collaboration with **MGM Blood Bank, Bandra**. The blood donation preparations started at 8 a.m. as some volunteers arrived early and prepared the assembly hall.

The hospital staff arrived at 9.00 a.m. with the required equipment. The blood donation started at 09:30 a.m. with the Haemoglobin test and went on till 4:00 p.m. A total of 255 units of blood was collected.



Paul Fernandes

NSS PO/ Social Service Coordinator

## Report

### Peace Rally and Bhajan Sandhya

Duration : 2<sup>nd</sup> October, 2018

Venue: Gateway of India, Churchgate

#### No of Participants:

CMPN	EXTC	INFT	TOTAL
3	9	3	15

#### Objective:

- To spread peace and solidarity.
- To celebrate the birth anniversary of Mahatma Gandhi.

A mild and spiritual evening was organized on October 2<sup>nd</sup> at Gateway of India adorned with devotional songs to observe the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi. The volunteers joined the rally with placards and posters portraying the slogans and images of Gandhiji with great enthusiasm and patriotism.

The rally started from Churchgate station to Gateway of India where the arrangements were made for Bhajan Sandhya. The Bhajan Sandhya included Desh Bhakti songs. There was a big crowd consisting of NSS volunteers and others from all over Mumbai.



Paul Fernandes

NSS PO/ Social Service CO-ordinator



**St. Francis Institute of Technology, Borivali (West)  
Special Camp at Bhaliwali Village, Khaniwade Post,  
Virar (East), Thane District  
NSS Unit 2018-2019**

**Report on special camp held from 18<sup>th</sup> to 24<sup>th</sup> December  
2018.**

**Participants:-36 volunteers**

**Day 1-Tuesday: 18<sup>th</sup> Dec 2018**

The NSS Volunteers arrived at Virar Railway Station East at around 8:30 am. The volunteers boarded bus till Shirsat phata and then shared rickshaw to reach the Bhaliwali village. There were total 36 volunteers with Mr. Paul Fernandes, NSS Programme Officer of SFIT. We started our journey towards the camp site by 9:00 am and arrived at Bhaliwali Village by 10:00 am. Our residence in the village was at Rastriya Seva Samiti (Vivek Rural Development) which is about 15 minutes walking distance from the village. On reaching we had breakfast which was brought from home and shared among all and also everyone freshened up. The Education Group along with Health and Awareness group left for the Gram Panchayat Primary School and conducted an introductory session with the school children and taught them to follow Good habits and to give up Bad Habits through documentary and stories. Meanwhile, the remaining groups cleaned the residing place that is one hall for boys and another for girls, and the lunch was prepared by the cooking group for the day.

After lunch break a few instructions were given by the leaders that were to be followed throughout the camp and also for the second activity of the camp which was survey of the village. The volunteers were divided into five groups and they took over the village houses. The volunteers reached the residence around 7:30pm. The dinner was served at 8:00pm. At 8:45pm all gathered for the analysis of the village survey and also for the evaluation of the day and planned for the following day. The evaluation was led by Mr. Paul Fernandes. All shared their unique experiences of the day. The first day ended.

Day 2- Wednesday: 19<sup>th</sup> Dec 2018

The second day began with a morning exercise and yogasanas with a few action songs at 6:00 am. All the volunteers participated in it. Mr. Nikhil Velari guided our students in exercise and yoga. After the breakfast, two activity groups left for cloth bag making which was held at Mr. Anand Patil, Gram Sevak's house. Our volunteers took initiative in teaching the women and girls from the village who showed interest in the cloth bag making. The Education group carried on with their teaching activities at the school. The Health and awareness group prepared charts for the use of awareness program on Menstrual Hygiene.

After the lunch break there was an orientation about Vivek Rural Development which was conducted by Pragati Ma'am and Lukesh Sir. After the tea break, Mr. Nikhil Velari conducted introductory session among the volunteers, where the volunteers had to share 5 things about themselves which included Name, Aim, Positive, Room for improvement and Inspiration. Also sessions on personality development, team building, spirit of NSS were conducted. A group discussion was also conducted on Gender Equality topic. At 8:00pm the dinner was served and everyone gathered for the daily report and evaluation. The cultural night performance was prepared by the cooking group led by Avijit Paul which included singing, dancing, skit and news reporting. With this the second day ended.

Day 3-Thursday: 20<sup>th</sup> Dec 2018

The third day began with the morning exercises and yoga at 6:00am which included action songs, yogasanas including surya-namaskar. There was also meditation which ended with Gayatri mantra. After the breakfast, three groups headed for Shramdaan. The Cleanliness group which was led by Avijith completed the task of cleaning the surroundings of temples which were situated at the highway. The Education group conducted drawing activities, exercises, story telling, singing for the children at the school.

After the lunch Mr. Nikhil Velari conducted a session on mime acts and street play and also on disaster management. He taught about First Aid rules, Cardio Pulmonary Resuscitation, and knots which are used for various purposes. All the

After lunch there was a break of half an hour for the volunteers and then the volunteers proceeded to the village for the Cloth Bag Making Activity. After this activity there was the Distribution of Cloth Bag throughout the village. Few volunteers were helping out in packing the clothes for Cloth Donation in the village. The street play was staged at 6:30 in the evening, the volunteers took the responsibility of calling village people for the play. The Street play was based on topic "Swachh Bharat Abhiyaan". The dinner was served at 8:30pm. The day ended with the cultural night programme and the students enjoyed it, here different students were given a chance to showcase their talent.

#### Day 6-Sunday: 23<sup>rd</sup> Dec 2018

Sixth day began with a morning exercise followed by breakfast and refreshment. Breakfast was served at 8:30am. Since it was Sunday the Education Group had cooking activity for the day.

Today we had a session on Agriculture and in this session students were taught how flowers are grown and taken it to the market also we helped farmers remove the weeds. Few volunteers planted spring onions. In this session students got to learn many things as to how the crops are grown and how much effort it takes to grow the crops and finally how it is taken to the market.

After the agriculture session we had a Technology Session for the village children who were interested to learn about the technology, as to how the technology works and how to order things online, how to do online transaction and how to create Gmail account. Volunteers helped the students to learn things related to technology and the village children noted the points the volunteers gave them.

At 2:00 pm lunch was served after the lunch boys had gone to the village to play cricket with the village students and the girls were packing gifts for cloth donation drive. The Education group contributed towards Shramdaan.

After tea, the volunteers returned to the village and conducted the street play activity on topic "Gender Equality". After the street play there was a cloth distribution among the villagers. Then the Dinner was served at 8:30 pm followed by the cultural night and bonfire.

groups performed mime acts on different social issues. The dinner was served at 9:00pm and then the day was winded up with daily report and cultural night which was performed by Vinutha's group.

#### Day 4-Friday: 21<sup>st</sup> Dec 2018

The fourth day began at 6:00am with the morning jogging, exercises, yoga, meditation and surya-namaskar. After breakfast two groups went for the solar panel installation. The other two groups contributed for the Shramdaan. And the cooking group prepared for lunch. The educational group taught the children arithmetic, calculations and took the revision of previous sessions.

After lunch and some rest, all the volunteers headed towards the village. A seminar was conducted for all the women of the village, where Mr.Anand Patil highlighted on the importance of Bachath Gath. Followed by a documentary film was shown on Menstrual Hygiene. The Do's and Don'ts about the menstrual cycle explained to the participants, their doubts were cleared and also sanitary pads were distributed. After this a group performed a skit for all the villagers on Problems faced by girls during menstrual cycle. After returning from village dinner was served. The day was ended with completing daily report and cultural night performance which was held by Anvit's group.

#### Day 5-Saturday: 22<sup>nd</sup> Dec 2018

On Fifth Day, exercise included Jogging yoga and meditation. Breakfast was served at 8:00am. After breakfast different groups went for their activity. The Education group for their education activity, they taught the kids different shapes and hand painting session was conducted.

The cleanliness group had their cooking, they planned their schedule for cooking and lunch and Dinner was prepared by them. The other three groups started their preparation for street play and the cultural activity.

There was a short session conducted by our Program officer, the session was based on "Love and Relationship". In this session we learnt different types of love and how to keep up the relationship with the people around us and the family members and our friends.

Day 7-Monday:24<sup>th</sup> Dec 2018

Seventh Day began with the exercise which included jogging and Yoga. Breakfast was served at 8:00 am and then the volunteers had gone to the village for distribution of prizes and they played games with the children of the school and also distributed key chains as a gift to all the children.

The Villagers appreciated our presence and our efforts for the development in the field of education, health and hygiene, cleanliness and environmental conservation and thanked us.

The rest of the time, volunteers were given a task to write the report and the feedback form of the camp.

After this there was a distribution of prizes to the volunteers, here the best camper and best group was announced along with it there was a thanksgiving by the volunteers.

Lunch was served around 1:30 pm, after which the volunteers packed up cleared the residence and started their return journey home by 3:30pm

It was a very pleasant, enriching learning experience for each and every one who participated in the camp. It also helped students to overcome the difficulties they had i.e. stage fear, helped them to build confidence and exhibit their talents.

*Handwritten signature*

*Handwritten signature*  
**PRINCIPAL**

St. Francis Institute  
Of Technology (Engg-College)  
Mount Painsur, S. V. P. Road,  
Borivli (West), Mumbai - 400 103.



## Report

### WALKTHON: Support for the Society

Duration : 22<sup>nd</sup> December 2018

Venue: Shivaji Nagar, Dadar

#### No of Participants Departmentwise:

CMPN	EXTC	INFT	TOTAL
0	3	3	6

#### Objective:

- To encourage participants participating in Support for Society Marathon
- To help our society to work for an organic future.

The Walkathon was conducted by Mumbai University on 22<sup>nd</sup> Dec 2018.

Six NSS volunteers from SFIT were part of this event, they participated along with the other participants.

The Students arrived at the location at 7:00am in the morning for the registration process as soon as the registration was done they started their event around 7:30am. Students from other colleges actively participated in the event and Supported the cause for which this event was Organized.



A handwritten signature in blue ink, which appears to read "Paul Fernandes".

Paul Fernandes

NSS PO/ Social Service CO-ordinator

## Report

### Beach Clean Up: Daana Paani Beach

Date: 12<sup>th</sup> January 2019

Venue: Dana Paani Beach, Mumbai

Time: 9:00am - 11:30am

No of Participants:

CMPN	EXTC	INFT	TOTAL
12	18	9	39

Date: 19<sup>th</sup> January 2019

Venue: Dana Paani Beach, Mumbai

Time: 3:00 pm to 5:30 pm

No of Participants:

CMPN	EXTC	INFT	TOTAL
4	6	0	10

Date: 26<sup>th</sup> January 2019

Venue: Dana Paani Beach, Mumbai

Time: 9:00am - 11:30am

No of Participants:

CMPN	EXTC	INFT	TOTAL
15	21	28	64

#### Objective:

- To make realize students the importance of Marine Life
- To Support Cleanliness movement (Swachh Bharat Abhiyan)
- To sensitize the students about their moral responsibility to keep the beaches clean.

The Students of SFIT NSS participated in clean-up Drive organized at Daana Paani Beach in Mumbai at Malad in collaboration with Afroz Shah.

The polluted beaches contain a good amount of toxic waste especially plastic. These can affect the aquatic life adversely. The Idea that the nature is owned by the humans and it is to be also maintained and kept clean by them. And to promote this idea "Beach Clean up" was organized.



There were students and people from other institutions and schools present at beach who were involved actively as a part of Beach Clean up. The collected garbage of plastic was dispatched to the dumping yard with the support of the BMC. The volunteers were encouraged by Afroz Shah to continue the mission of keeping the beaches clean and preserving the marine life. The volunteers were happy and assured their participation for future clean up drives.



Paul Fernandes,

NSS PO/ Social Service Co-ordinator



## Report

### State Level Republic Day Parade

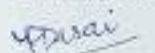
Dates: 17<sup>th</sup> - 26<sup>th</sup> January 2019

Venue: Kalina Campus Vidyanagari Santacruz.

Objective: To organize the State Level Republic Day Parade camp 2019

Yashvi Desai from TE EXTC department was chosen to organize the State Level Republic Day Parade camp held at the Kalina Campus. The camp was held for the duration of 10 days. There were 80 students who were selected from all over Maharashtra state to practise parade for the 70<sup>th</sup> Republic Day which was to be celebrated at Shivaji Park, Dadar.

The main task of the organizing committee was to manage the time table, food and refreshments, health and hygiene, as well as the uniform distribution. The camp was well organized and all the students performed the parade on the Republic Day.

  
Yashvi Desai

Volunteer Organizing Committee

  
Paul Fernandes

NSS PO/ Social Service Co-ordinator

# St Francis Institute of Technology

**Borivali**

## Pariksha pe Charcha

Date: - 29-01-2019

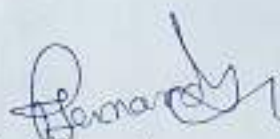
Venue: - Computer Centre

Pariksha pe Charcha is an initiative by the Prime Minister of India for the benefit of the students to help them to ease anxiety and tension and face their exams in a relaxed and cool manner. The program was held at Talkatora stadium in Delhi and was telecasted live and it was shown in our institutes computer centre. Students from various classes and departments attended the session. The Prime Minister exhorted the students to face their exams with ease and answered many questions from the students.

The list of students who attended the session is attached herewith.

Department	CMPN	ELEC	EXTC	INFT	MACH	FACULTY
No of students	17	2	14	13	2	3

Total 51



Paul Fernandes

NSS PO/ SOCIAL SERVICE COORDINATOR

# Report

## Visit to ShanthiDaan

“The greatest gift that you can give someone is your **TIME**. Because when you give your time, you are giving a portion of your life that you will never get back”.

-DICK WARREN

**Date:** February 9, 2019.

**Day:** Saturday

**Time:** 9:00am to 11:00am

**Venue:** Shantidaan, Borivali

**No. of participants:** 43 NSS Volunteers.

Department	CMPN	EXTC	INFT	TOTAL
No. of Volunteers	11	18	14	43

### Objectives:

To socializewith the members of Shanti Daan.

To connect the college to community.

To sensitize the students about the issues of the abandoned.

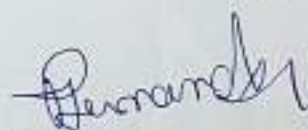


About 43 NSS Volunteers visited ShantiDaan on 9<sup>th</sup> February 2019. It was their first visit to the adopted community in the academic year 2018-19. Brother Louis Minj, the head of ShanthiDaan welcomed the volunteers and oriented them about the Centre.

The volunteers interacted the members and were talking to them and playing with them. The elderly shared their memories and experiences. The volunteers were encouraged by the very sight of the members and their courage to continue in life.

The volunteers visited the candle making factory of ShantiDaan where the members prepared candles, a fund raising project for the maintenance of the ShantiDaan.

Some students patronized the candles stall by buying a few decorative candles. The volunteers were enriched by this visit. They were all inspired with the spirit of the members of ShantiDaan and the dedicated service provided by the staff and the management of Missionaries of Charity Brothers. Mr. Paul Fernandes, the PO of NSS unit of SFIT guided the volunteers throughout the ShantiDaan visit.



Paul Fernandes

NSS Programme officer/ Social Service Coordinator

# Report

## Suicide Prevention Seminar

**Date:** February 9, 2019.

**Day:** Saturday

**Time:** 11:30am to 2:00pm

**Venue:** Seminar Room SFIT

**No. of participants:** 42 NSS Volunteers.

Department	CMPN	EXTC	INFT	TOTAL
No. of Volunteers	11	16	15	42

### Objectives:

To prevent suicides.

To know the symptoms of suicide.

To equip volunteers to identify, intervene and help.

About 42 NSS Volunteers participated in the seminar on the suicide prevention.

The resource person for the event was Mr. Isaac Agarwal from India Suicide Prevention Squad.

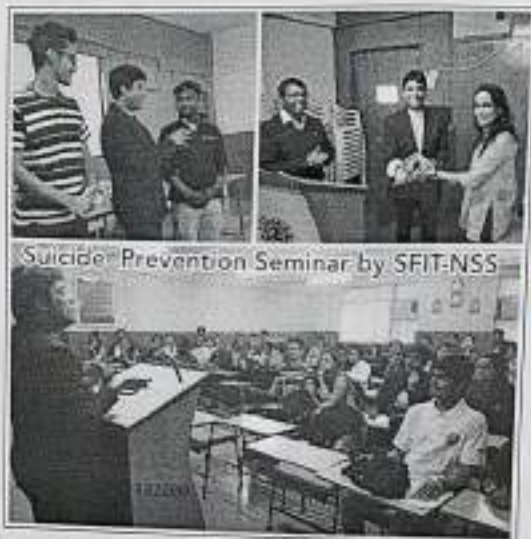
Mr. Paul Fernandes, the PO of NSS unit of SFIT welcomed and felicitated the resource person.



Mr. Isaac began the seminar by giving statistics of the suicides taking place all over the world and in India suicides are the seventh largest killers.

He also mentioned a few sign and symptoms of suicide:

- Excessive Sadness and Moodiness
- Hopelessness
- Sleep Problem
- Sudden Calmness
- Withdrawal- Person wants to be alone
- Changes in Personality and appearance
- Dangerous and self Harmful behavior
- Recent trauma or Life Crisis
- Making Preparation
- Threatening Suicide



He created awareness among the volunteers about the symptoms of suicide and also how to help the people showing symptoms. He focused three life saving skills:

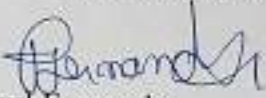
Step 1 - IDENTIFY- Identify Signs & symptoms of suicide

Step 2 - INTERVENE- Know how to Intervene

Step 3 - REFER - Know how to refer for Expert help

It was an interactive session addressing the issues raised by the students. The students found it very interesting and there were no sad or emotional moments. There were very appealing anecdotes and lively examples to explain the value of life and how important it is to invest in it and help a person who wants to give up.

It definitely changed the perspectives of students towards life.

  
Paul Fernandes

NSS Programme officer/ Social Service Coordinator

## Report

### International Yoga Day at R.D National College

**Date:** 17-19th June 2017

**Day:** Saturday - Monday

**Time:** 9:00am - 1:00pm

**Venue:** R.D National College

**Recourse Persons:** Kaivalyadham Yoga Team

**No of Participants:** 6 NSS Volunteers

Department	CMPN	EXTC	INFT
No of Participants	0	3	3

#### Objectives:

- To Celebrate International Yoga Day.
- To get trained in Yogasanas
- To make yoga a part of daily life
- Spread awareness about the Benefits of Yoga and its importance in our life

As International Yoga day was round the corner, Mumbai University NSS department along with Kaivalyadham arranged a 3 days Yoga program for the NSS volunteers of Mumbai University. Six NSS volunteers from SFIT participated in the event.

The daily schedule started with the yoga sessions followed by talks. About 260 students from various colleges participated and they were divided into three groups.

The first day began with a briefing session on yoga followed by some yoga practices. On the second day, the Vice Chancellor of Mumbai University made a visit and spoke on the importance of yoga. On the third day, there were discussions



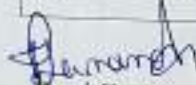
about Kaivalyadham and about the importance of spreading awareness for practicing yoga. Various Yogic games were taught too.

The event helped the NSS volunteers learn new things. They were also informed to collect their certificates from Mumbai University.

On 21st June, 2017 all the six SFIT NSS volunteers participated in the International Yoga Day held at Kalina Campus of Mumbai University and later collected certificates for their active participation.

List of NSS Volunteers who participated

SR. NO	NAME	DEPARTMENT
1.	VIKRAM KUDVA	TE EXTC
2.	SAYALI NAR	TE EXTC
3.	SAURABH GURAV	TE EXTC
4.	GODWIN EMMANUEL	TE IT
5.	ADVAIT JOSHI	TE IT
6.	OJASWINI MANGAONKAR	TE IT

  
Paul Fernandes

NNS PO/ Social Service Coordinator



## Report

### International Yoga Day Celebrations at SFIT

**Date:** 17<sup>th</sup> June 2017.

**Day:** Saturday

**Time:** 9:30 am- 11:30 am

**Venue:** Gymkhana (B Wing)

**Recourse Persons:** ISHA Foundation Members

**No. of Participants:** 29 Staff members

**Organizers:** 04 NSS Volunteers



Department	CMPN	EXTC	INFT	FE	OFFICE	LIBRARY
No of Participants	04	11	11	02	01	04

#### Objectives:

- To Celebrate International Yoga Day
- To enable the student and staff members to practice yoga and to have good health.
- To create awareness about the benefits of Yoga.



On the occasion of International Yoga Day the NSS unit of SFIT organized a session on Yoga in collaboration with Isha Foundation which is dedicated to raising human consciousness through yoga.

About 29 staff members and 4 NSS volunteers organizing team participated in it. The session was guided by Mr. Anant Bhat, Ananya Bhat and Veidehi Mody, ISHA Foundation members.

The session began by creating a conducive environment for yoga. The Director Brother Jose Thuruthyil and Principal Dr. Sincy George welcomed and felicitated the resource persons, presenting them with a tulsi plants.

## Report

### Yoga Day Celebration At Thakur College Organized By Brahmakumaris

**Date:** 20<sup>th</sup> June 2017

**Day:** Tuesday

**Venue:** Thakur College Auditorium

**No. Of Participants:** 2 NSS Volunteers And 1 Staff Member

**Organizers:** Brahmakumari

Department	CMPN	EXTC	IT
No. Of Participants	1	1	0

**Objectives:**

- To Celebrate International Yoga Day.
- To Enable Student, Staff And Brahmakumari Members To Practice Yoga And To Have Good Health.
- To Create Awareness About The Benefits Of Yoga

On the occasion of International Yoga Day Brahmakumari organised a session on yoga titled Yoga Mind and Body Connections, with the objective to raise human consciousness through yoga. Two NSS volunteers and NSS PO Paul Fernandes participated in it. The session was guided by Mickey Mehta. The session began by creating a conducive environment for yoga with a few simple exercises of body and body movements.

The participant listened to the brief introduction about yoga by Mickey Mehta in which he clarified the concepts of yoga. He also spoke of different yogasanas for fitness and health. The participants had an experience of enjoying the benefits of yoga conducted by the holistic health Guru Mickey Mehta. At the end of the session Brahmakumari members thanked the resource person for their valuable contribution towards elevating of our health and wellbeing.



**The Name of NSS Volunteers Participated In The Event:**

Sr. No.	Name	Department
1	Vikram Kudva	EXTC
2	Devashri Shinde	CMPN

Paul Fernandes  
NSS PO/ Social Service Coordinator

## Report

### **Library Stock Verification at L.I.R.C. SFIT**

Date: 19<sup>th</sup> June 2017 to 30<sup>th</sup> June 2017

Time: 9.30 am-4.00pm

No. of participants: 40 NSS volunteers.



Library Stock Verification was conducted by NSS-SFIT and the L.I.R.C. of St. Francis Institute of Technology from 19<sup>th</sup> June 2017 to 28<sup>th</sup> June 2017. About 40 NSS volunteers from different branches of second and third year enthusiastically participated in this event.

Every day the verification process started sharply at 9.30am and ended at 4.00pm with Lunch and Tea breaks at 12.15pm and 3.00pm respectively. Everyday around 10 volunteers worked meticulously in groups of 3-4 students with co-ordination and co-operation to the cordial library faculties.



The students verified various books covered under the different sections of L.I.R.C. like books under Book Bank, P.G. and U.G. books, black books and its synopsis, archived books and previous year's projects, Compact discs (CDs), etc. Over 25000 books and other learning materials were verified during the course of 10 days.

The library faculties were observant and helped the NSS volunteers when needed. All the library stock got verified by the evening on the 28<sup>th</sup> June 2017 after a collective impressive effort of the NSS volunteers.

On 30<sup>th</sup> June 2017, a felicitation ceremony was organized to compliment the efforts of all the volunteers who participated in this event. Certificates were handed over

to the students by Director Bro. Jose Thuruthiyil. He also encouraged students with few words of wisdom for future events and endeavors. Refreshments were provided to all the students and library faculties present. Librarian Ma'am Chinmayee Bhangе. thanked all the volunteers for their valuable contributions. NSS volunteers Saheel Sawant, Yash Kantharia, Devashri Shinde shared with everyone their satisfactory experience. NSS PO Paul Fernandes gave vote of thanks and ended the session. Thus, the Library Stock Verification was a grand success and paved NSS Volunteers an opportunity to learn about new things.



Paul Fernandes  
NSS PO

Following is the list of volunteers for the Library Stock Verification:

Sr. no	NAME	Class
1.	Devashri Shinde	TE CMPN B
2.	Milind Dholakia	TE CMPN A
3.	Saheel Sawant	TE CMPN B
4.	Punit Shah	TE INFT B ①
5.	Vishesh Mehra	TE CMPN A
6.	Masira Mulla	TE CMPN A
7.	Breezem Fernandes	TE INFT A ②
8.	Yash Kantharia	TE INFT A ③
9.	Vikram Kudva	TE EXTC A
10.	Rodney Pinto	SE INFT B ④
11.	Venitto Chettiar	TE INFT A ⑤
12.	Umang Mavani	TE CMPN A
13.	Apurva Naik	TE CMPN A
14.	Akshay Yadav	TE CMPN B
15.	Siddharth Jhaveri	TE INFT A ⑥

## REPORT

### TREE PLANTATION DRIVE AT BHALIVALI VILLAGE

**Date:** 1<sup>st</sup> July, 2017

**Day:** Saturday

**Time:** 9 am - 2 pm

**Venue:** Bhalivali, Virar

**No. of participants:** 27 NSS volunteers

**Volunteers:**

Department	CMPN	EXTC	INFT
No. of participants	11	05	11

**Objectives:**

- Observe Tree Plantation Week (Van Mahotsav).
- Help in realizing the motto of 'Ekach laksh ,Char Koti Vruksh'.



SFIT NSS volunteers observed Tree Plantation Week by conducting a tree plantation drive at Bhalivali led by the Forest Department. The event was attended by 28 NSS volunteers and 6 faculty members.



The volunteers assembled at Virar bus stop thereby boarding a bus to Shirsat. This was followed by another bus and rickshaw journey to the Forest Department office. The Forest Department officials led the volunteers to the venue.

At the commencement of the programme, the officials explained the procedure for planting a sapling. Abiding by the given instructions, volunteers split up in pairs and started planting the saplings. They were assisted by the officials. After enthusiastically planting over 300 saplings, the volunteers were offered tea and biscuits by the officials. This was followed by 'Van Bhojan' i.e. the custom of having a meal in the forest. The officials of the Forest Department expressed their gratitude to the NSS volunteers for helping them achieve their goal.



The volunteers had a joyful experience owing to the pleasant weather and the showers of rain. They were elated by the kindness and enthusiasm of the Forest Department officials.

Paul Fernandes

NSS PO

## Report

### Visit to Nisarg Organic vermicomposting plant

**Date:** 9<sup>th</sup> July 2017.

**Day:** Sunday

**Time:** 1:30 pm- 6:30 pm

**Venue:** Nisarg Organic vermicomposting plant

**Recourse Persons:** Iqbal Zeeshan

**No. of Participants:** 05 (04 NSS Volunteers+ 01 PO)

**Organizers:** SFIT NSS



Department	CMPN	EXTC	INFT	FE
No of Participants	02	02	00	01

#### Objectives:

- To learn the process of vermicomposting.
- To know and learn how to make vermibeds.

Four NSS Volunteers along with their Programme Officer visited the Nisarg Organic Biotech Vermicomposting plant situated at Sirsadi Phatak Bhaliwali, Palghar District.

The main purpose of the visit was to learn more about vermicomposting and to see the process of compost. Mr. Zeshaan Iqbaal one of the proprietors' explained the entire process and showed us the different stages. He also clarified the doubts the students had.



This visit is beneficial as we have set up vermicompost project at SFIT.

Paul Fernandes  
NSS PO

## REPORT

### Tree Plantation Campaign at SFIT

**Date:** July 15, 2017.

**Day:** Saturday

**Time:** 9:00am to 1.00pm

**Venue:** St. Francis Institute of Technology Campus, Borivali

**No. of participants:**

Department	CMPN	EXTC	IT
No. of Volunteers	16	11	19

**Objectives:**

- To promote the protection of environment.
- To create environmental awareness among the students.
- To support the Go- Green SFIT Campaign initiated by our NSS Volunteers.



About 55 volunteers participated in the Tree Plantation Campaign. A few Volunteers went around the campus and identified a few places suitable for tree plantation. On July 15, 2017 some volunteers came around 8:00am to dig the pits for the purpose.

The plantation started at around 9:00am and went on till 12:30pm. The first sapling was planted by the Director Bro. Jose Thuruthiyil and Principal Dr. Siney George. All the present NSS Volunteers actively participated in the campaign by planting the saplings.





A total of 47 saplings were planted. We had 5 varieties of saplings like Neem, Ashoka, Black plum(Jamun), Mango(Aam), Badam. The NSS Volunteers exhorted to take care of the planted saplings. Meenu Gigi and Rodney Pinto coordinated the event.



After the plantation refreshments were served to all.

**Outcome:**

- The objectives of the the Tree Plantation Campaign were achieved.
- SFTT Campus got 47 saplings added to it's surrounding.



Paul Fernandes

NSS Programme Officer/Social Service Coordinator

## Report

### Mumbai University Foundation Day

#### "The 160<sup>th</sup> Anniversary"

**Date:** July 17, 2016

**Day:** Monday

**Time:** 3:00 pm to 6:30 pm

**Venue:** Convocation Hall, University Campus, Churchgate.

**No of Participants:** 18 NSS Volunteers + 1 NSS PO

Department	CMPN	IT	EXTC
No. of Volunteers	2	6	6

#### **Objectives:**

- To celebrate the 160<sup>th</sup> University Foundation day
- To take part in the University Foundation Day Oration titled "Challenges in Higher Education with respect to Globalization" by Profs. Ved Prakash and Vijay Khole.



The 106<sup>th</sup> University Foundation Day was held at Convocation Hall, University Campus, Churchgate, Mumbai on Monday, July 17, 2017. Eighteen NSS Volunteers with the program officer gathered at the university campus around 3:00pm.



The dignitaries present to mark the occasion were **Hon' Sir Sanjay Deshmukh** (Vice chancellor) and the speakers of the Day Profs. Ved Prakash and Vijay Khole.

After a brief introduction of the Speaker by Vice Chancellor the speakers



delivered oration on the topic "Challenges in Higher Education with respect to Globalization". In their talk they stressed the need of adopting modern technology in higher education and also the percentage of students opting for Higher Education.

The program ended around 6:30 pm with **The National Anthem**. Refreshments were served and the volunteer dispersed around 7:00 pm.

Paul Fernandes

NSS Programme officer/ Social Service Coordinator

## Report

### Free Eye Check-Up Camp for SFIT Staff

**Date:** 5<sup>th</sup> August 2017.

**Day:** Saturday

**Time:** 11 am- 4 pm

**Venue:** Assembly Hall

**No. of Participants:** 77 staff members and students



**Organizers:** 12 NSS Volunteers

Department	CMPN	EXTC	INFT
No of Participants	03	06	03

#### **Objectives:**

- To provide an opportunity for our staff members to check their eyesight.

A team of professionals from Eye Zone Optics LLC – Mr. Ivan Tauro, Mr. Ronald Rodrigues and Mrs. Yvonne Rodrigues were the resource persons.

The check-up included vision check, colour vision testing, squint check, retina check-ups and computer vision syndrome check. On spot advice about vision care were provided by them. Free frames on buying a pair of anti-reflection lenses were given.



About 77 staff benefitted from the medical check-up camp. Around 12 NSS volunteers helped in conducting the camp and guided people to appropriate places.

  
Paul Fernandes

NSS PO/ Social Service Coordinator

**REPORT**  
**WASTE TO COMPOST SEMINAR**

DATE: 5<sup>th</sup> August, 2017  
DAY: Saturday  
TIME: 11 am to 2 pm  
VENUE: Prahladrao Dalmia Lions College  
ORGANISERS: Keshav Srushti in collaboration with NSS

**NO. OF VOLUNTEERS: 9**

CMPN	IT	EXTC
4	2	3

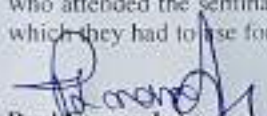
**OBJECTIVES:**

To create awareness about waste management and its need.  
Every NSS Volunteer will work to make two societies free of waste.  
Every society should be able to manage its own waste.

All the NSS volunteers assembled at the venue by 10:45 am. After the registration process, the volunteers were headed towards the canteen for refreshments. The seminar began around 12:15 pm.

The seminar was about a movement "My Green Society" started by Keshav Shrushti in collaboration with NSS. The speaker briefed us about their objective of teaching people managing their own waste by converting it to compost. He invited all NSS volunteers to join hands in this movement and cover at least two societies and help them to become free of waste and enter the details of the societies covered by them in the NSS-MGS app which was launched on 9<sup>TH</sup> August, 2017. The volunteers were expected to give details of the societies and the organisers themselves would assist them setting up the compost machinery in their buildings.

On a broader scale, 15,000 NSS volunteers can make 30,000 societies green. Every college who attended the seminar were given bundle of brochures along with BMC permission letter which they had to use for this campaign. The volunteers departed from the venue at 2:00 pm.

  
Paul Fernandes  
NSS Programme Officer

The names of the volunteers participating in the waste to compost Seminar

Sr. no.	Name	Class
1	Milind Dholakia	CMPN
2	Swarnil Hoskatti	CMPN
3	Akshay Yadav	CMPN
4	Umang Mevani	CMPN
5	Sharvil Mainkar	EXTC
6	Saurabh Gurav	EXTC
7	Advait Joshi	INFT
	Yash Kantaria	INFT
9	Anuj Shastri	INFT

## VISIT TO SHANTI DAAN

**Date:** 27<sup>th</sup> August, 2017

**Day:** Monday

**Time:** 10:00 am – 1 pm

**Venue:** Shanti Daan, Gorai, Borivali West

**Coordinators** – Masira Mulla, Shruti Thumar

**No. of Participants:** 12



Department	CMPN	EXTC	INFT
No. of participants	5	2	5

### OBJECTIVE

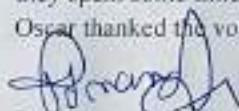
- To interact with the residents of Shantidaan.
- Community Service

Shanti Daan was established by the Missionaries of Charity in 1991 to provide basic necessities to the unwanted, ailing, physically and mentally challenged and dying destitute. This home has the capacity of 218 beds yet generally accommodates 275 – 300 inmates.



The NSS volunteers assembled at 9:30. They interacted with the differently abled inhabitants of the care centre.

After interacting with them for a while, they proceeded to the elderly care centre. The elders were warm and friendly and were overjoyed to interact with the volunteers and share their experiences at Shanti Daan. Thereafter the volunteers went to the educational centre where they spent some time conversing with specially abled children. At the end of the visit Brother Oscar thanked the volunteers for visiting their institute. The visit concluded at 1 pm.

  
Paul Fernandes  
NSS PO

## REPORT

### **AWARENESS ON HYGEINE/ CLEANLINES AND HEALTH/DENGUE AND MALARIA**

**Date:** August 28, 2017.

**Day:** Friday

**Time:** 11:00am-3:30pm

**Venue:**

- Shivaji nagar chawl, borivali-west
- sheetal Nagar Borivali
- Slums behind SFIT
- Borivli Railway Station



**No. of participants:** 24 NSS Volunteer

Department	CMPN	IT	ETC
No. of Volunteers	13	11	15

**Objectives:**

- To spread out the awareness about Cleanliness and Hygiene
- To make people aware of the symptoms and preventive methods of dengue and malaria
- To impart the knowledge of Do's and Don'ts in order to keep the living places clean and hygienic.



**REPORT**  
**NADI ABHIYAAN CAMPAIGN**

DATE: 1<sup>st</sup> September, 2017  
DAY: Friday  
TIME: 8 am -9:30 am  
VENUE: Borivali and Dahisar  
ORGANIZED BY: SFIT NSS in  
collaboration with Isha  
Foundation



**NO. OF VOLUNTEERS:** 73

CMPN	IT	EXTC

**OBJECTIVES:**

- To create awareness among people for planting trees near river side and keep surroundings of the river clean.
- Conducting a survey for knowing people's support for this rally.

SFIT volunteers were divided into several groups and allotted places at Borivali and Dahisar. Borivali Nadi Abhiyaan Campaign included 6 areas

SR. No.	Areas	No. of Volunteers
1	Outside Francis Institute	6
2	Around Prabhodhan Thackeray Circle	11
3	Borivali Station West from Platform 3 to Platform 2	10
4	Borivali Station West from Platform 2 to Platform 1	10
5	Borivali Station West from Platform 1 to Kora Kendra	10
6	Devidas Lane Signal	7
Total		54

Dahisar Nadi Abhiyaan Campaign included 3 areas:

SR.No.	Areas	No. of Volunteers
1	National Park to Tpwaskar Bhuyari Marg	6
2	Dahisar East Station to Dahisar West Station	6
3	Petrol Pump Via SV Road	7
Total		19

Each area had 2 group leaders respectively, who had to collect the materials from the Isha foundation volunteers at Borivali and Dahisar stations respectively at 7:45 am and proceed to their allotted places. All the NSS volunteers were asked to gather at their allotted areas by



8:00 am. On receiving the materials, the volunteers positioned themselves at their respective areas keeping 50-100 feet distance between each other, holding posters.

It was a quiet dignified campaign and awareness program on depletion of river. The NSS volunteers were not supposed to shout slogans. The volunteers explained the interested passer-by the motive of the rally and asked them to give a miss call on the number given on the posters so that the statistics can be showed to the government.



Quite a number of people took interest in this rally and gave missed calls on the spot. Few getting late for work were handed brochures. The rally ended at 9:30 am. NSS volunteer along with their respective group leaders proceeded to the college. The campaign by the SFIT-NSS volunteers on rivers was quite a successful one being part of a nationwide movement.

**Paul Fernandes**  
**NSS Programme Officer**

## Report

### Zero Garbage Waste management exhibition

**Date:** September 10<sup>th</sup> & 11<sup>th</sup> 2017

**Day:** Sunday and Monday.

**Venue:** Municipal Corporation office & Dahisar Sports Foundation Ground. R-North Ward Dahisar East.

**Organized by:** BMC R North Ward

**Number of participants:** 14

Department	CMPN	EXTC	INFT
No of Participants	03	06	05

Zero waste management exhibition was organized by Brihanmumbai municipal corporation at Dahisar sports foundation ground, Dahisar east from 9-12th September, 2017 from 10 am to 7pm. This exhibition was held in the backdrop of 2nd October after which BMC has stopped collecting wet waste from the societies with area above 20000 square meters.

Different companies came up with their solutions for managing waste generated not only in the big cities but also villages. The products and services were put on display by sales people and the entrepreneurs.

SFIT NSS volunteers guided the participants to understand value and the technical aspects. Many school children participated in the exhibition and learnt about making compost and managing the wet waste.



Paul Fernandes

NSS PO/ Social Service Coordinator

# Blood Donation Drive

**Date:** 10:00 am – 4:00 pm

**Time:** 23<sup>rd</sup> September, 2017

**Venue:** Assembly Hall, SFIT

**Organized By:** 34 NSS

**Department wise Volunteers:**

UNIT	CMPN	EXTC	IT
NSS	13	09	12

## Objectives:

- To encourage students of SFIT to donate blood and spreading awareness regarding it as it is the need of the time.
- To create awareness among students about thalassemia.

The blood donation was organized by NSS SFIT in collaboration with MGM Blood Bank, Bandra. The blood donation preparations started at 8 a.m. as soon as volunteers gathered. The hospital staff arrived at 9.15 a.m. with the required equipment. A Tulsi plant was offered as a symbol to the head representatives of respective hospital. The blood donation started at 10:00 a.m. and went on till 4:00 p.m. The Thalassemia Screening was started along with blood donation. It was conducted in collaboration with Think Foundation. A total of 178 units of blood was collected and 240 samples were screened for Thalassemia.



Paul Fernandes

NSS PO/ Social Service Coordinator



**NATIONAL SERVICE SCHEME (NSS)**



**ST. FRANCIS INSTITUTE OF  
TECHNOLOGY**

The team of NSS Faculty Members and Student Volunteers cordially invite you for the NSS Day Celebration, 2017. Your presence will serve as a great inspiration to the NSS team.

**Date: September 27, 2017**

**Time: 3:15 - 4:30 PM**

**Venue: New Auditorium**

**Programme :**

Inauguration and Lightning of Lamp by Director, Principle, HOD's and Dean.	3:15 - 3:35 PM
Inauguration Speech by Head boy.	3:35-3:40 PM
Cultural Event.	3:40 - 4:10 PM
Certificate Distribution Ceremony.	4:10 - 4:15 PM
Vote of Thanks by Head girl.	4:15 - 4:20 PM

## Report

### Volunteering at Vasai village Green Run

Date: 2<sup>nd</sup> October 2017

Day: Monday

Time: 6.00 am to 10.am

Venue: Mercedes, Vasai

No of Participants: 42 students

Organizers:

Department	CMPN	IT	EXTC
No of participant	09	23	10

#### Objectives :

- Cleanliness day - 2<sup>nd</sup> October
- Swachh Bharat Abhiyan
- For clean ponds
- Save nature
- Stay healthy

SFIT NSS Volunteers observed Swachh Bharat Abhiyan by vounterring a marathon conducted at vasai the event was attended by NSS and SRC students

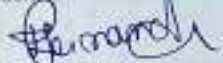


The volunteers assembled at Vasai station thereby boarding a bus to Mercedes. The officials led the volunteers to the venue.

The team was divided into four sub team of 8 volunteers each. The first two teams managed the road ways while the remaining two teams managed the medals and goodies bags respectively. The team were provided with refreshments and a drop service at Vasai station.



The volunteers had a joyful experience owing to the pleasant weather and the greenery. The villagers helped the organizers. The organizers were elated by the kindness and enthusiasm of our students.

  
Paul Fernandes

NSS PO/Social Service Coordinator

# Versova Beach Cleanup

**Date:** 2<sup>nd</sup> October 2017

**Time:** 3:00 pm – 5:00 pm

**Venue:** Versova Beach

**Organized By:** NSS SFIT, SRC.

**Volunteers:** 53

Department	CMPN	EXTC	IT
NSS	11	8	14
SRC	04	07	09

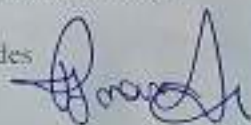
## Objectives:

1. To celebrate Swachh Bharat Diwas.
2. To encourage our students to take an active role in the preservation and cleaning up of the ocean.
3. To help maintain beaches clean and trash free.

To mark the 3<sup>rd</sup> anniversary of Swachh Bharat Abhiyan the volunteers of NSS-SFIT and SRC in collaboration with Versova Resident Volunteers participated in clean-up drive at Versova beach. The NSS volunteers assembled at the Chai-Coffi entrance of the Versova beach at 2:45 pm. After the initial welcome by Versova Resident Volunteers the gloves and masks were distributed to the volunteers. The volunteers proceeded to the beach and there they were provided with cleaning materials like spades, shovels and tubs. The students were assigned to spots to be cleaned. They picked up garbage and segregated the garbage and sand. The drive went on till 5:00 pm. The drive was concluded by words of inspiration by Mr. Afroz Shah and volunteers sharing their positive experience. After which refreshments were served to all the volunteers.

Paul Fernandes

NSS PO



## Report

### Jagrut Mumbaikar

Date: 7<sup>th</sup> October 2017.

Day: Saturday

Time: 11 am- 1 pm

Venue: Assembly Hall

No. of Participants: 180 Students

Organizers: 5 NSS Volunteers



Department	CMPN	EXTC	INFT
No of Participants	02	02	01

#### Objectives:

- To help citizens 'Be Secure for Sure'.
- To make students realize their responsibility as citizens
- To spread awareness among citizens to be more alert.

The police of Mumbai are going an extra step forward counter crime, to curb terrorism and to reduce domestic accidents in the city.

The Borivli Police Sub Inspector Mr. Venerkar and his team gave a presentation which was aimed at making students responsible citizens-ready and aware to meet challenges in times of crisis. In the presentation they explained the Do's and Don'ts of crisis situations.

It was an interactive session in which the police reached out to the common citizens in a friendly manner.



Paul Fernandes

NSS PO / Social Service Coordinator



## NSS CAMP



- **Dates:** 21<sup>st</sup> December to 27<sup>th</sup> December 2017
- **Place:** Bhaliwali Village, Virar East
- **No of volunteers:** 43
- **Faculty:** 2



## ACTIVITIES CONDUCTED



### Pre Camp Activities:

1. Camp Planning
2. Orientation
3. Allotment of work
4. Shopping for groceries
5. Preparation of Solar Lamp.

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## ACTIVITIES CONDUCTED



### 1st DAY (21st):

- Arrival at the camping site in Bhalivali
- Orientation about the village.
- Team building games and formation of the groups for activities
- Survey of the village



## ACTIVITIES CONDUCTED



### 2ND DAY (22nd):

- Educational activity in Zilla Parishad Primary School at Bhalivali, taught Mathematics (Numbers), English(Alphabets) and poem recitation
- Sessions on Personality Development
- Clean up of the village area and surroundings

### 3RD DAY (23rd):

- Educational activity in Zilla Parishad Primary School at Bhalivali, taught Mathematics (Numbers), English(Alphabets), poem recitation and games.
- Awareness skit on "Importance of Education" for villagers.
- Session on Disaster management.

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## ACTIVITIES CONDUCTED



### 4TH DAY (24th )

- Educational activity in Zilla Parishad Primary School at Bhalivali, taught Mathematics (Numbers), English(Alphabets) and poem recitation.
- Clean up of Village Temple.
- Awareness skit on "Cleanliness".
- Interactive session with the villagers on "Save water", "No tobacco" and then performing skit on the same.



## ACTIVITIES CONDUCTED



### 5TH DAY (25th )

- Clean up of village main road.
- Distribution of food items and other things to the kids and the villagers on the occasion of Christmas.
- Visit to village Farm
- Orientation about farming.
- Field work at village farm.
- Installation of Solar Panel in one village farmer's house which had no electricity.

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## ACTIVITIES CONDUCTED



INSTALLATION OF SOLAR PANEL AT A FARMER'S HOME



## ACTIVITIES CONDUCTED



### 6TH DAY(26th ):

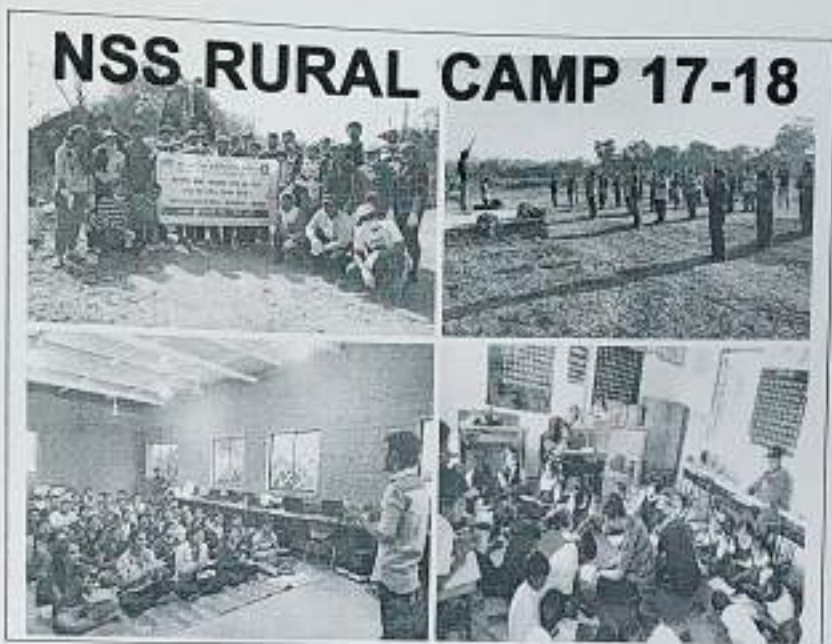
- Educational activity in Zilla Parishad Primary School at Bhalivali, taught Mathematics (Numbers), English(Alphabets) and poem recitation
- Free medical check up camp for all the people in the village, and distribution of the prescribed medicines to the villagers by the doctor.

### 7TH DAY(27th ):

- Analysis of the survey conducted for the village.
- Express gratitude to villagers.
- Prize distribution.
- Feedback session.

*P. Hemraj*

# NSS RURAL CAMP 17-18



*Pennock*