

DATE: 21/06/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

8:00 am to 10:00 am

Zoom

Department: NSS

No of participants: 82

The NSS Unit of Xavier Institute of Engineering organized a webinar to celebrate the auspicious occasion of 7th International Yoga Day. The webinar commenced at 08:00 am with a short prayer recited by one of the NSS Volunteers. The Director Fr. Dr. John Rose, S.J & Principal Sir Dr. Y. D. Venkatesh enlightened the participants about the importance of Yoga in individual's life. The host then greeted the Guest Speaker Mr. Pankaj Changlani (from THE ART OF LIVING Organization), who is a government certified yoga instructor. He further took on the spotlight by sharing the importance of yoga in everyone's day to day life, and further made it an interactive session by engaging everyone in a few yoga practices, and also taught about the different chakra points. Further he also focused on the Muladhara Chakra and engaged the students in a few more yoga asanas that can relax their bodies and purify them. Overall, the session was very relaxing and was enjoyed by all. Later on, there was also an interactive session where the questions asked by the students were answered by the instructor. This was followed by playing 2 videos of Sri Sri Ravi Shankar that helped the participants to take a deeper look into meditation and understand its benefits currently and in the future too. The session ended at around 10:00 am. It was very refreshing, interactive as well as informative session. The vote of thanks was given by Prof. Vijay Jumb and along with that the Online Celebration of the International Yoga Day by the NSS Unit came to an end.

Yoga means union, union of our hearts, mind, body, and spirit. It unites us and the people around us. Yoga is not just some exercise. It's much more – it expands your awareness, sharpens your intellect, and enhances your intuitive ability.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



Xavier Institute of Engineering, Mahim

The NSS Unit invites you on the occasion of



International Yoga Day

"Yoga adds years to your life and life to your years"



Instructor: Mr. Pankaj Changlani
THE ART OF LIVING

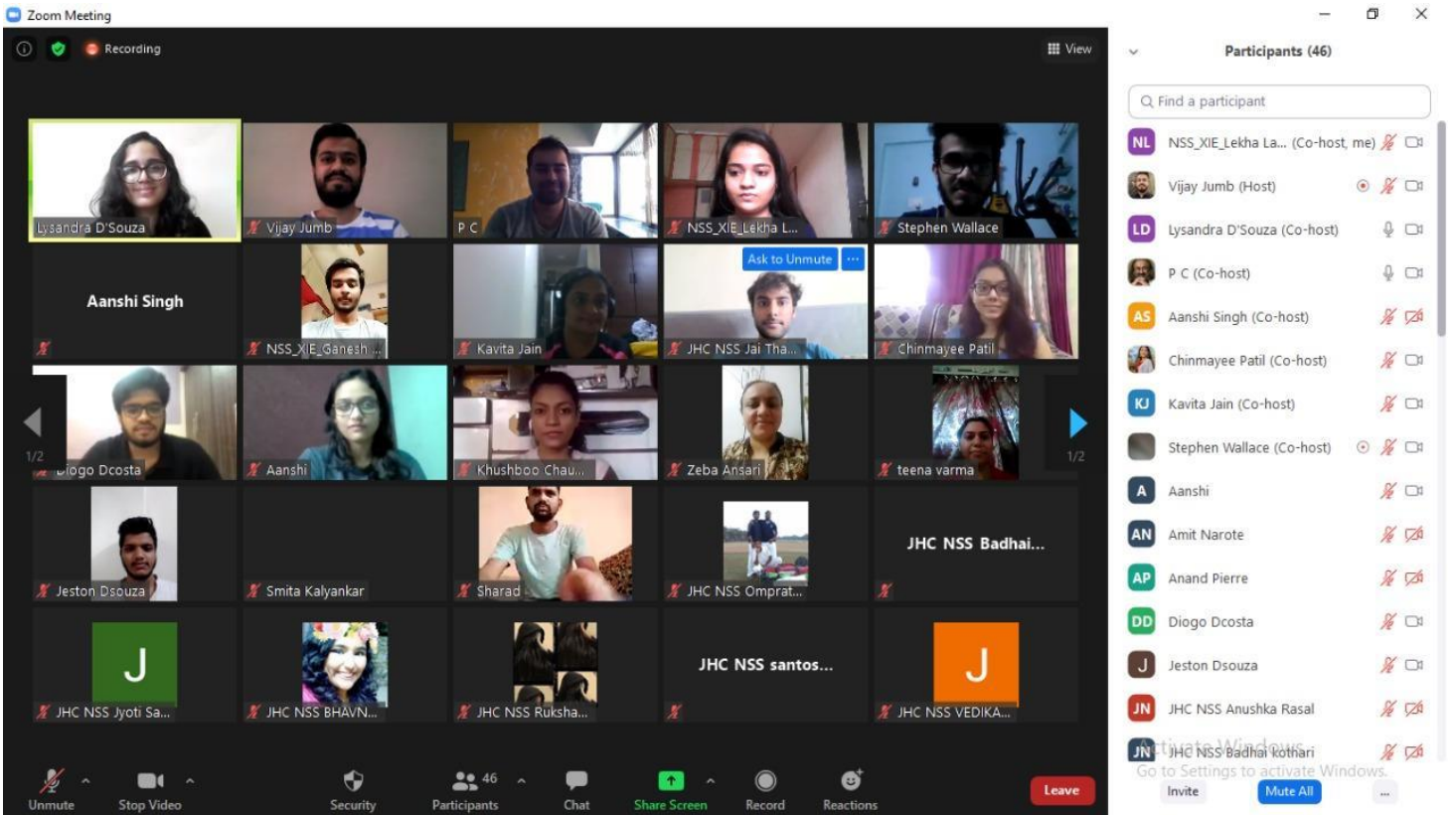
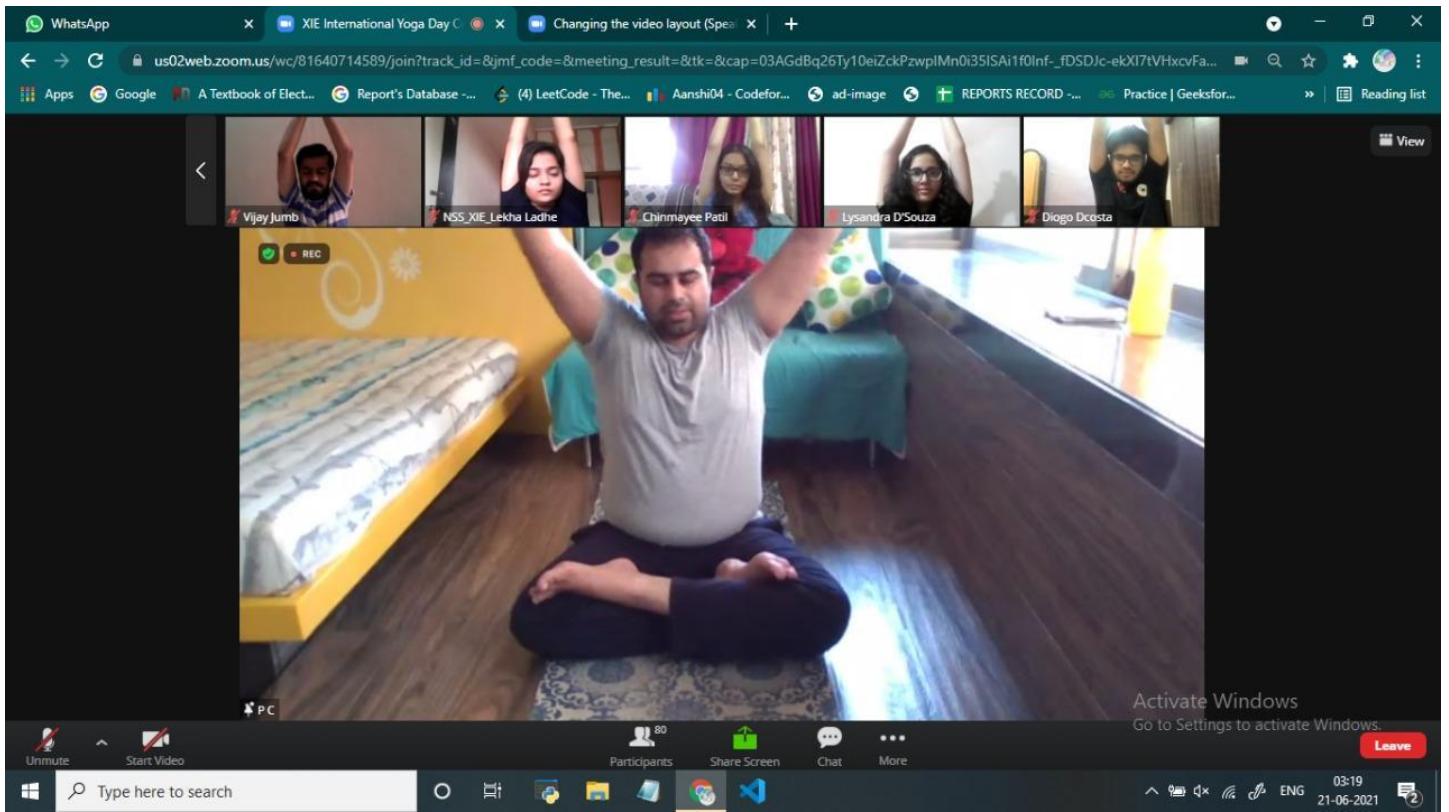
Register Here :

<https://forms.gle/61mofCUvqoGvMXC6A>

Date: 21st June, 2021

Timing: 8 am to 9:30 am





DATE: 10/08/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'souza

2. Stephen Wallace

Date:

10-08-2021

Department: NSS

No of participants: 40

The NSS Volunteers of Xavier Institute of Engineering took Young Warriors Pledge on 10-08-2021. NSS Volunteers as young warriors pledged to mobilise, connect, learn, influence and lead action against COVID-19 accelerate a return to normalcy. Each young person pledge to protect themselves, their families and their neighborhoods against COVID-19 by undertaking specific actions. The pledge encouraged NSS Volunteers to take action against COVID-19. NSS Volunteers took a pledge to wear a mask, follow social distancing, wash hands regularly, register for vaccination, motivate friends and family to register for vaccination and to follow do's and don'ts after vaccination. The pledge hoped to convincingly demonstrate that young people want to lead and are capable of great leadership.

It was a day that taught the NSS Volunteers a lot in terms of making other people aware of the safety of their communities, get vaccinated, and encourage communities to sustain COVID Appropriate Behaviours.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



शपथ लीजिये
Take Pledge

यदि शपथ पहले ही ले ली है तो वचनबद्धता का प्रमाण-पत्र प्राप्त करें If already taken Pledge, Get the Certificate of Commitment

DATE: 15/08/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

9:00 am to 10:30 am

Zoom

Department: NSS

No of participants: 76

Independence Day is a festival of freedom for us, made possible by generations of freedom fighters; some known, many unknown. This day, we breathe under the free skies thanks to their heroic deeds.

To celebrate the 75th Independence Day we, the volunteers of NSS unit of Xavier Institute of Engineering conducted an event which commenced at 9 am. The honorable chief guest for the event was Fr. Dr. Anthony J D'Souza. The event started with a patriotic prayer sung by Ms. Khushboo Chaudhari which was proceeded by the Unfurling of the National Flag and the National Anthem. It was followed by the dignitaries and the student's speeches and the pledge which everyone took. To make the event more memorable and understand the various perspectives as to why Independence Day is important and what they can do for their country, a speech competition was also conducted among the students in which around 20 people from SE and TE participated. The winner of the competition was Ms. Khushboo Chaudhari from TE-IT.

“Ask not what your country can do for you. Ask what you can do for your country.” - Jawaharlal Nehru. Let us honor the struggles of many Bravehearts who fought for the country's freedom. Happy Independence Day 2021!



Stephen Wallace
NSS Leader

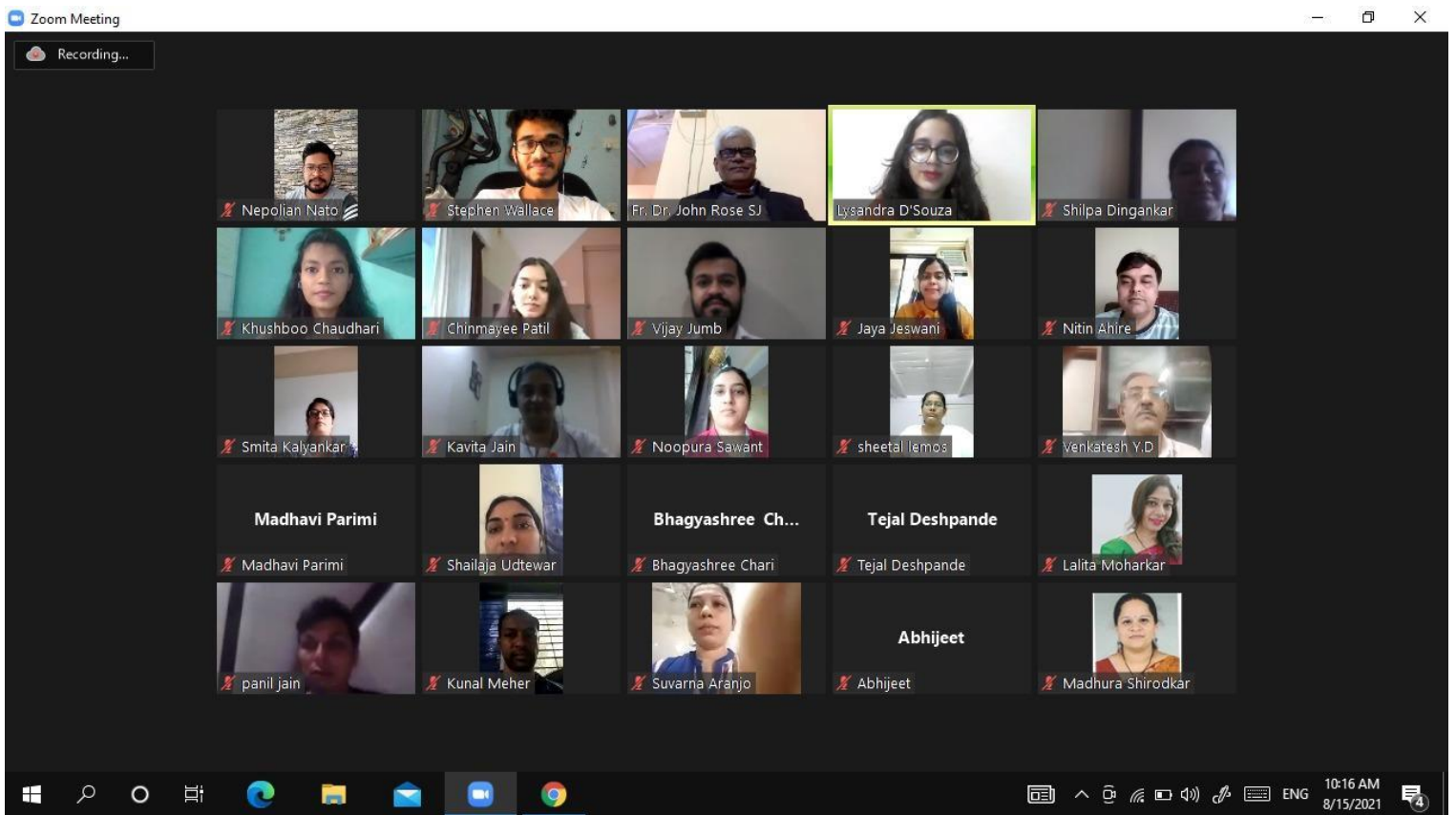


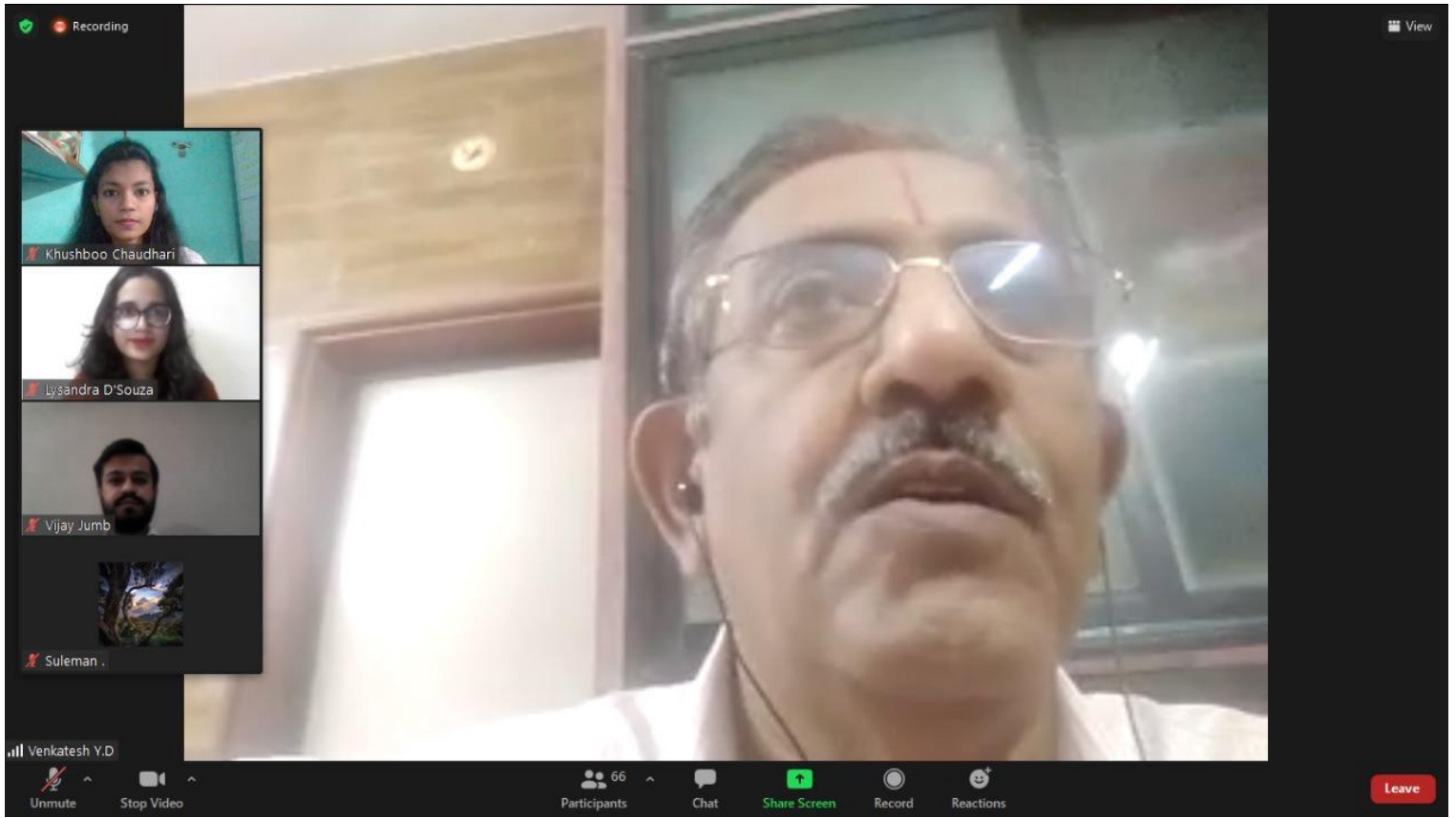
Lysandra D'Souza
NSS Leader

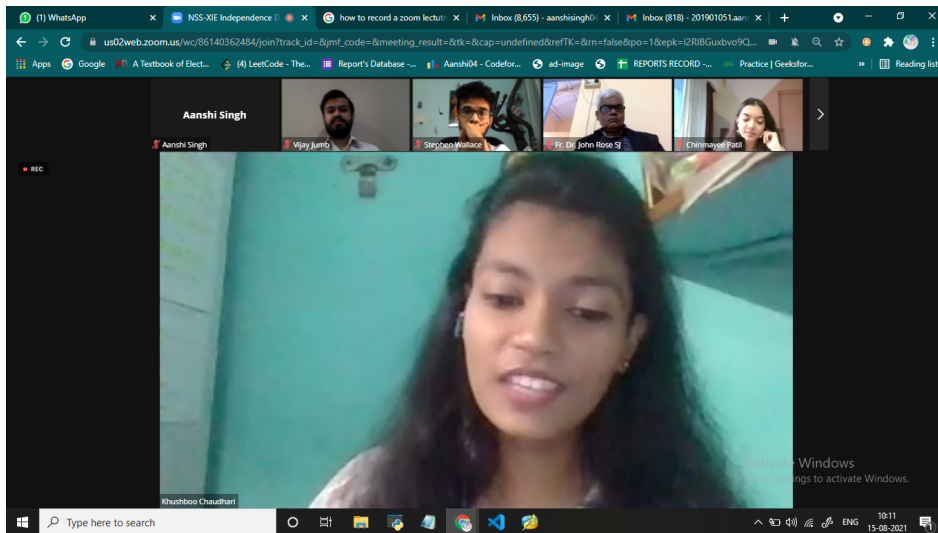
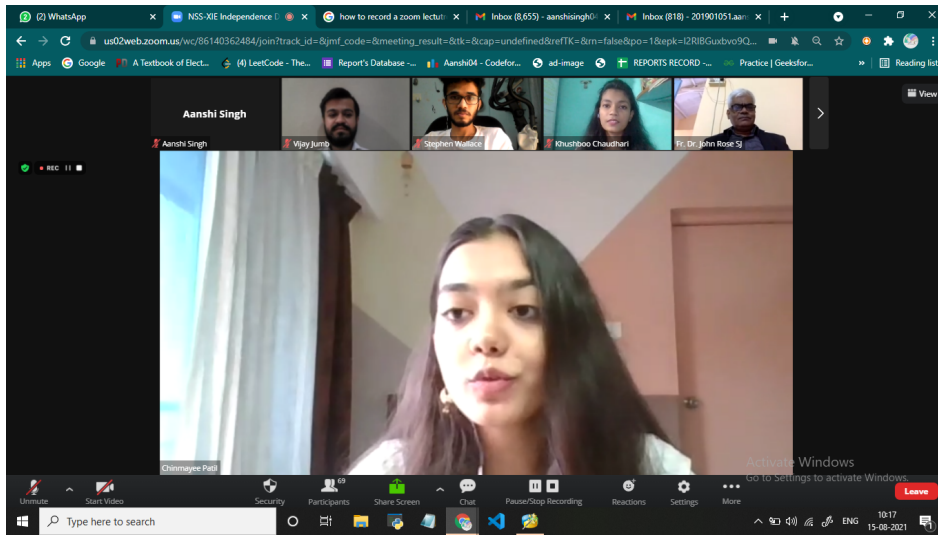
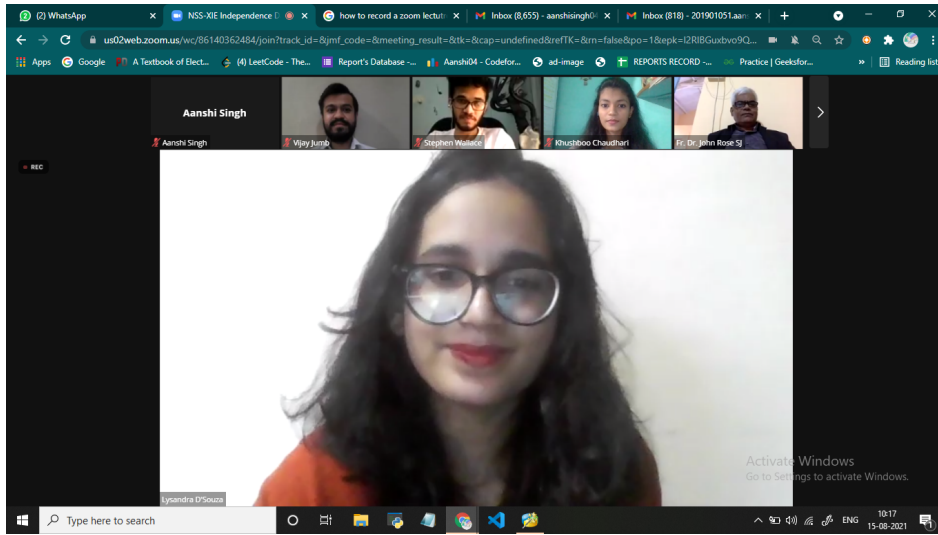


Prof. Vijay Jumb
NSS Programme Officer

Images







Covid Care Immunity Booster Program

DATE: 17/09/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

6:00 pm to 7:00 pm

Zoom

Department: NSS

No of participants: 40

The NSS Unit of Xavier Institute of Engineering in Association with The Art of Living Foundation organized a three-day Covid Care Immunity Booster Program by Ms. Tanvi Pandey. The program was conducted on 15th, 16th and 17th Sep, 2021 on zoom platform from 6 -7 pm. Nearly 40 NSS volunteers attended the program on all the three days.

On the first day the volunteers learnt about yogic breathing and performed bhastrika Pranayama. The 1-hour program ended with 10-minute meditation. On the second day Ms. Tanvi had taught the students bhramari pranayama and nadi shodhana pranayama and like the first day the session ended with a meditation. On the third day Ms. Tanvi had asked all the volunteers to participate in a small scavenger hunt. By the end of the session everyone seemed to have realized they had lived in the moment instead of worrying and that was the purpose of the scavenger hunt. The session ended with a meditation and Pranayama.

The three-day program had refreshed every volunteer and it not only helped them relieve their stress also increased their immunity which was much needed for the students in the current situation. The program was a great success.

Immunity booster program for students is much needed in the current situations. They not only boost your immunity they help in healing.



Stephen Wallace
NSS Leader

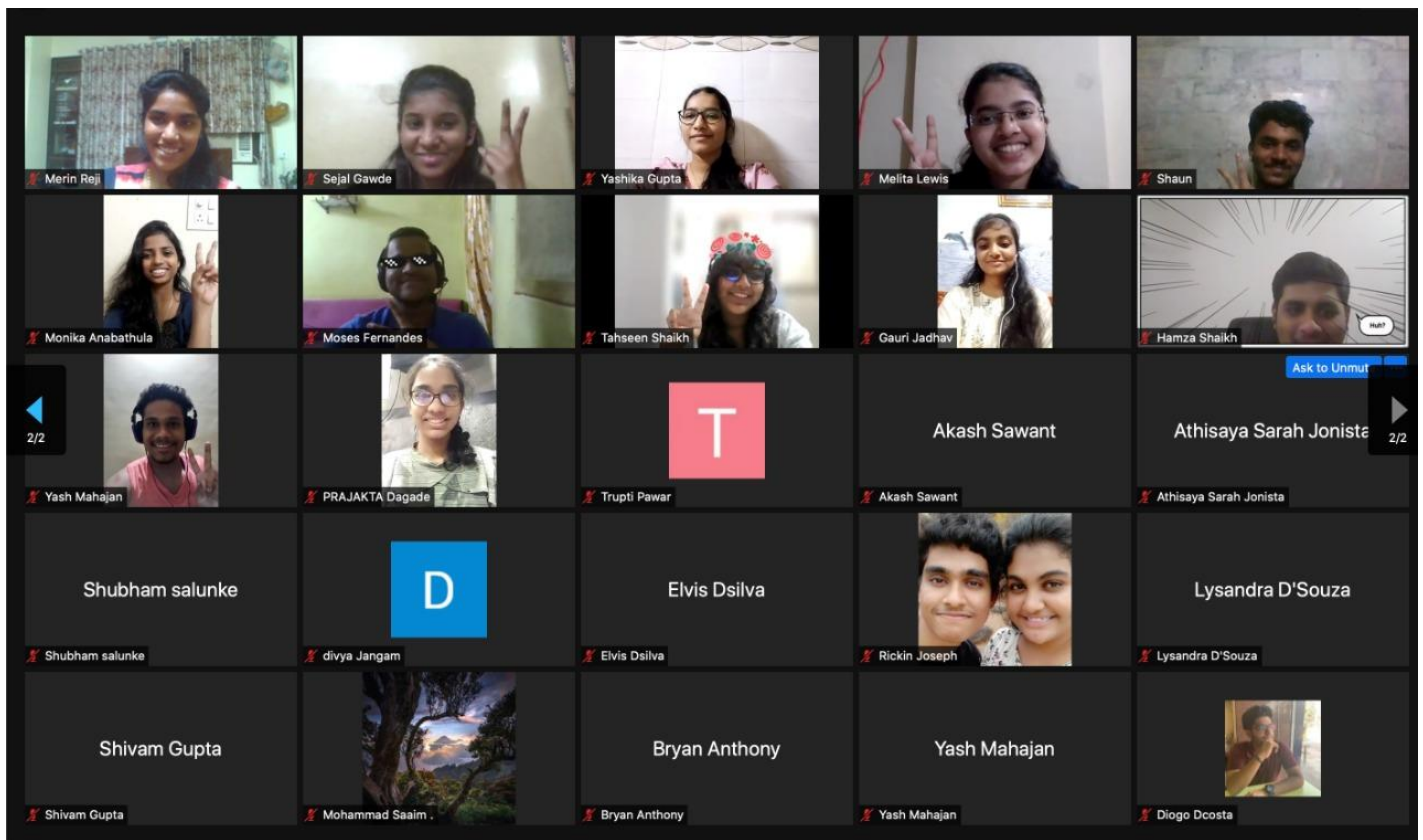


Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Images



DATE: 22/09/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

9:30 am to 6:00 pm

Zoom

Department: NSS

No of participants: 22

The Department of Transfusion Medicine of KEM Hospital had arranged a voluntarily Blood Donation Camp in association with Rotary Club at CSMT Railway Station from 9.30 a.m. to 6.00 p.m. with the help of 22 NSS volunteers of Xavier Institute of Engineering, Mahim.

The NSS volunteers reported at 9.30 a.m. at CSMT Railway Station and were provided with breakfast and were given details about the arrangement and conducting of the camp. With 6 volunteers at desk duty to fill in the entries and certificates of the people who were coming in to donate blood, the rest were out on the platforms of CSMT Railway Station with placards to give information and to request and convince people to give their contribution in this noble cause. Announcements were also made using encouraging slogans in Hindi, Marathi and English languages. The Hemoglobin level and Blood pressure of donors were checked by medical officials of KEM Hospital before donating the blood. The volunteers were provided with lunch and were given a lunch break at 1.15 p.m. They rejoined to their duties by 2.00 p.m.

Some of the volunteers & NSS-PO contributed to the cause by donating their blood too. The camp came to an end by 6.00 p.m. with total of 79 units of blood collected. The day was wrapped up by giving certificates to the volunteers and a few photographs with officials.

It was a day that taught the NSS Volunteers a lot in terms of making other people aware of the dire circumstances of those in need of the blood and how they could be the reason someone is able to live life comfortably.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer







Mumbai, Maharashtra, India

Chhatrapati Shivaji Maharaj Terminus, Chhatrapati Shivaji Terminus Area, Fort, Mumbai, Maharashtra 400001, India

Lat 18.940587°

Long 72.835925°

22/09/21 04:58 PM

GPS Map Camera

Bhajan Sandhya

DATE: 02/10/2021

Event Coordinator(s)

1. Prof. Vijay Jumb

Student Coordinator(s)

1. Stephen Wallace

2. Lysandra D'souza

Time & Place:

4:00pm-5:00pm

Youtube

Department:

NSS

No of participant:

27

The Event Was a Bhajan Recital on the occasion of Mahatma Gandhi jayanti where all the NSS Volunteers were listening to the greatness of the works of Mahatma Gandhi in the form of Bhajans Played by the Mumbai University.

The event was 1 hour long it was live streamed on YouTube. It commenced at around 4:00pm. The Speaker then shed some light on various works of Mahatma Gandhi which was followed by the Bhajans which were soothing. Some of the bhajans played were 'Satyam Shivam Sundaram' by Amrutha Nair and 'Allah tero naam' by Kritika Mothe. The Event ended at around 5pm and was very beautiful, the youth of today Remembered the Father of our nation and his great deeds.

The session was a Beautiful bhajan Recital in the memory of Mahatma Gandhi on his 152nd birth anniversary.



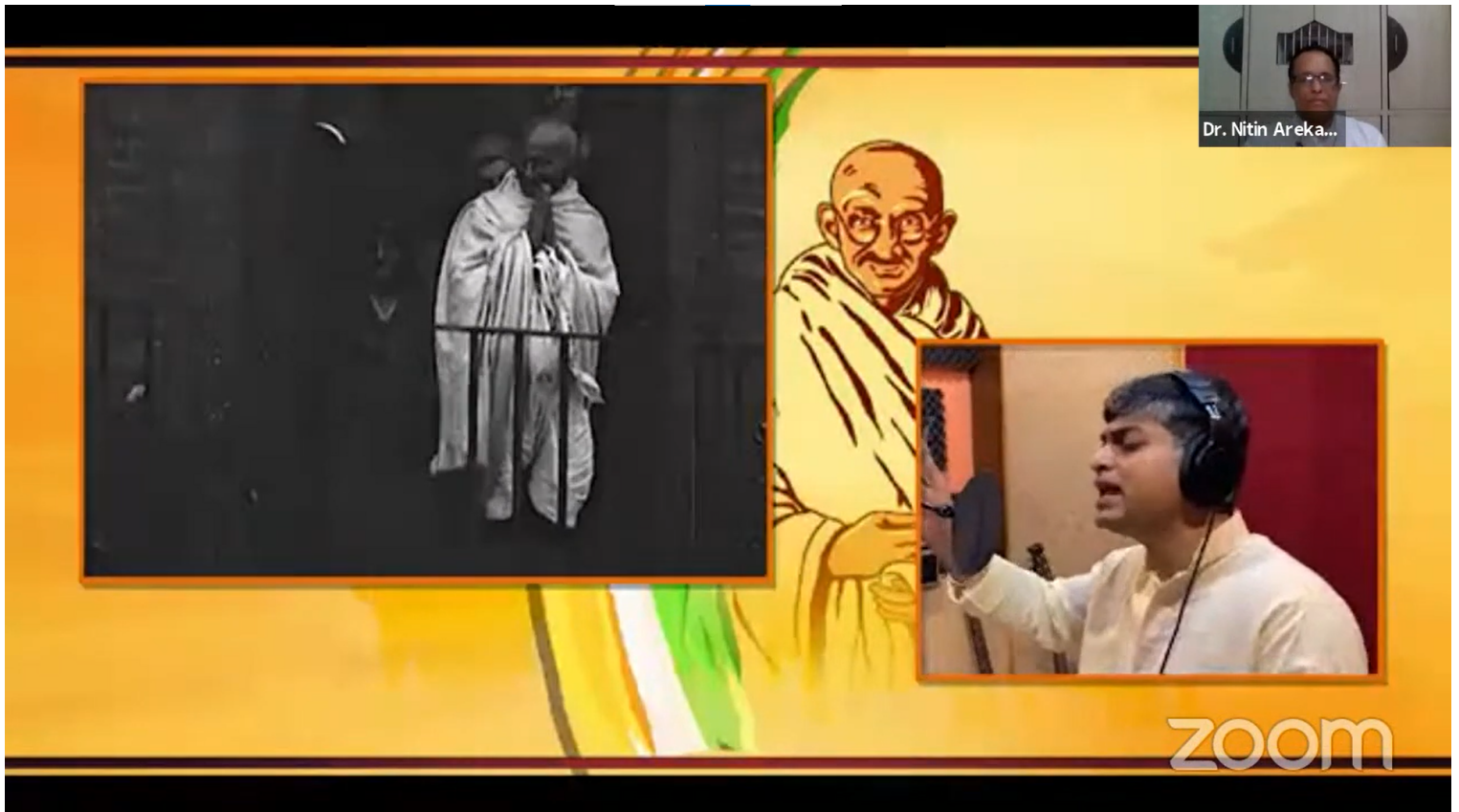
Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer





DATE: 01/10/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Place:

Google Forms

Department: NSS

No of participants: 18

The NSS unit of Xavier Institute of engineering had arranged a slogan writing competition on 1 of October on the occasion of Gandhi Jayanti.

The theme for the competition was Gandhian ideologies, the key points was that the languages that the slogan was accepted are English, Marathi, and Hindi, the character limit was given to be 100, the rule for slogan writing was that it should be originally written by the participant. the deadline for the slogan was given of 1 /10/2021 till 11:59 pm, All the NSS volunteers were eligible to participate in this event. The slogan had to be submitted by a google form.

The winner was announced on 3rd of October on the official XIE NSS Instagram page, and the winner was rewarded with a certificate.

This day taught NSS Volunteers that 'Start writing no matter what the water does not flow until the faucet is turned on.'



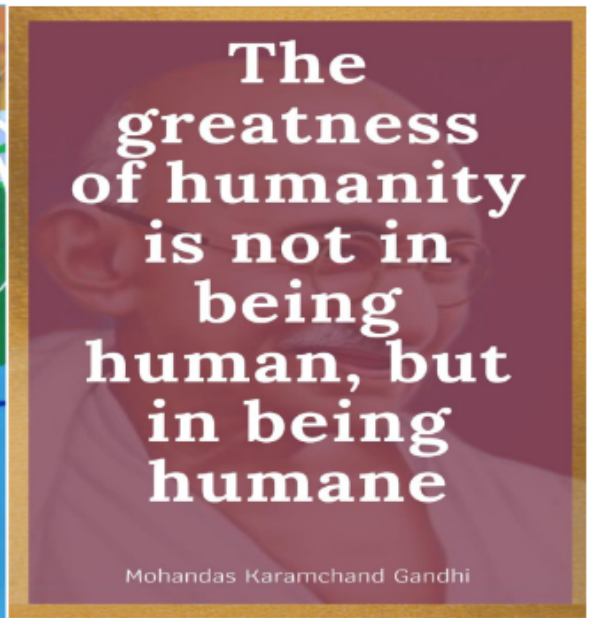
Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



DATE: 2/10/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

Google form

Department: NSS

No of participants: 6

The NSS Unit of Xavier Institute of Engineering, Mahim organized a Poster making drive on the occasion of Gandhi Jayanti. The theme for the same was Gandhian Ideologies. The deadline for submitting the poster was 2nd oct, 11:59 pm. The participants submitted their poster before the deadline.

Participants were asked to follow some rules for the competition like the poster must be related to the given theme, submission was needed to be an original piece, plagiarism was not allowed, any software was allowed to use to make the digital poster, use of clip art and ready-made templates in case of digital art were not allowed and last was the poster submission needed to be in .jpg or .png format only. 6 participants submitted the posters on the same theme.



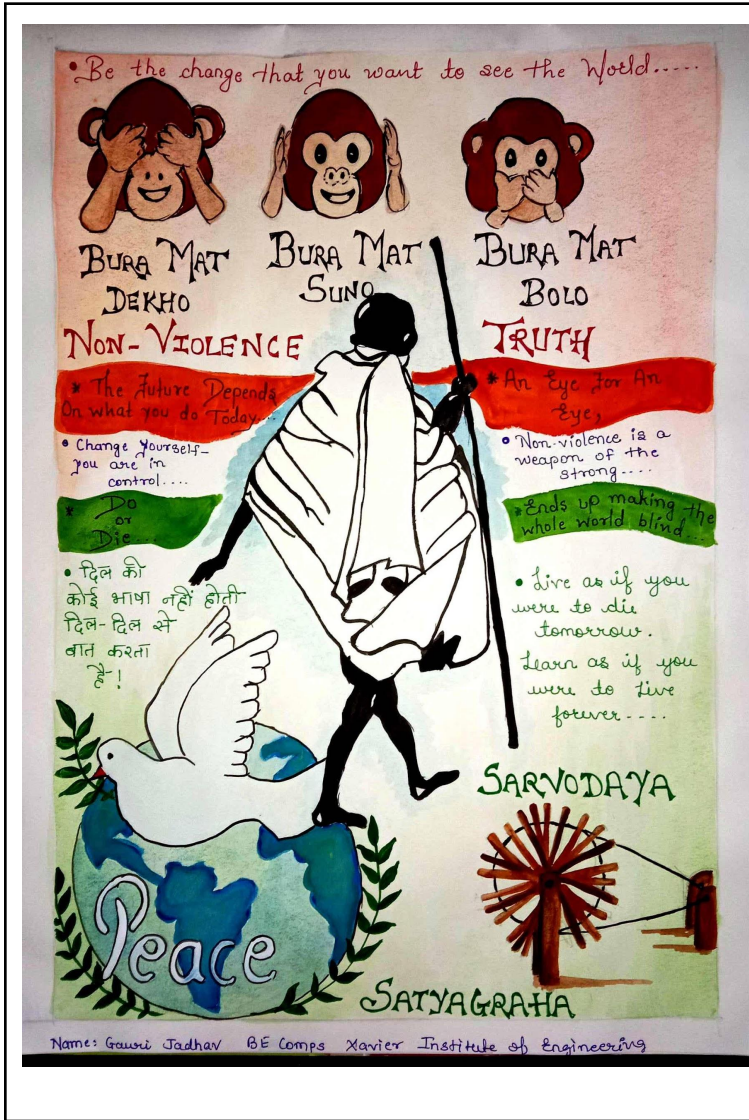
Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



DATE: 2/10/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

Google form

Department: NSS

No of participants: 4

The NSS Unit of Xavier Institute of Engineering, Mahim organized a Poster making drive on the occasion of Gandhi Jayanti. The theme for the same was Swachh Bharat Abhiyan. The deadline for submitting the poster was 2nd oct, 11:59 pm. The participants submitted their poster before the deadline.

Participants were asked to follow some rules for the competition like the poster must be related to the given theme, submission was needed to be an original piece, plagiarism was not allowed, any software was allowed to use to make the digital poster, use of clip art and ready-made templates in case of digital art were not allowed and last was the poster submission needed to be in .jpg or .png format only. 4 participants submitted the posters on the same theme.



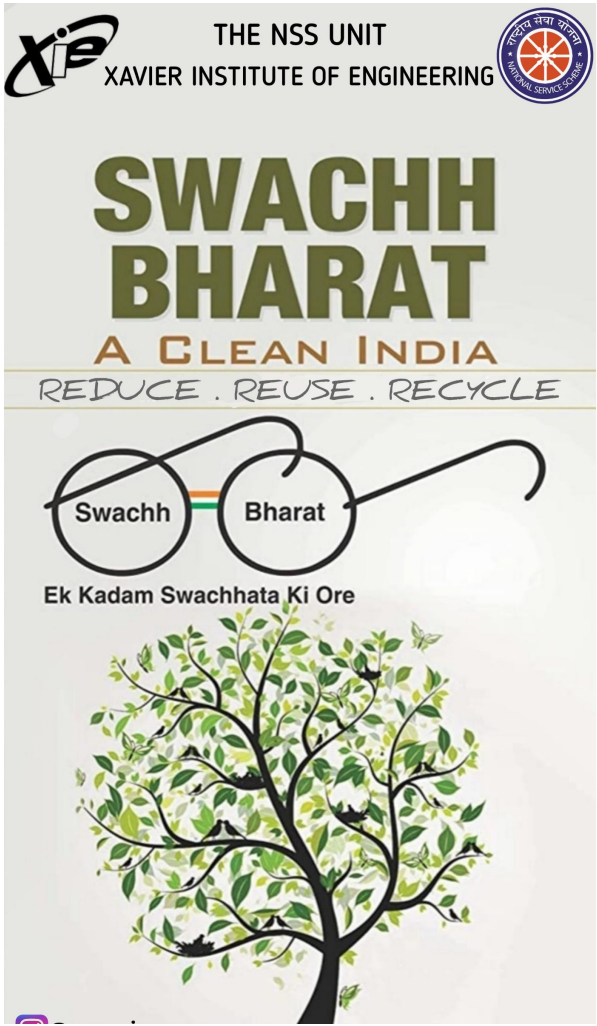
Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



DATE: 02/10/2021

Event Coordinator(s)

NSS-XIE

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Place:

Google Meet

Department: NSS

No of participants: 26

The NSS Volunteers of Xavier Institute of Engineering took "SWACHHTA PLEDGE" on 02-10-2021, wherein the volunteers took pledge for keeping the environment neat & clean. The individuals of the country should be responsible for cleanliness and devote time for this. Volunteers also pledged to devote 100 hours per year will be devoted by them for this. They also pledged to encourage 100 other persons to take this pledge.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

GOVERNMENT OF INDIA

Skip to main content | Login | Register

TAKE A FLEDGE | SWACHHATA PAKWADA | SWACHH BHARAT ACTIVITIES | SWACHHATA PAKWADA 2022 | SWACHHATA PAKWADA 2021 | SWACHH BHARAT PARTICIPANTS

Mahatma Gandhi dreamt of an India which was not only free but also clean and developed.

Mahatma Gandhi secured freedom for Mother India.

Now it is our duty to serve Mother India by keeping the country neat and clean.

I take this pledge that I will remain committed towards cleanliness and devote time for this.

I will devote 100 hours per year, that is two hours per week, to voluntarily work for cleanliness.

I will neither litter nor let others litter.

I will initiate the quest for cleanliness with myself, my family, my locality, my village and my work place.

I believe that the countries of the world that appear clean are so because their citizens don't indulge in littering nor do they allow it to happen.

With this firm belief, I will propagate the message of Swachh Bharat Mission in villages

Sharna

View More

Individual Pledge

Participant grid:

- Lyandra D'Souza
- Stephen Wallace
- Diogo Dsouza
- ROHIT Prasad
- Sushree Nacininty
- Hamza Shaha
- Sejal Gowde
- Odin Rodrigues
- ROMAN SINGH
- DWARASHREE Salvi
- SHARON Sebastian
- ELVIS DASILVA
- VANRAJ Pardeshi
- ADIT DESHMUKH
- Melita Lewis
- Michelle Macwan
- YASHIKA GUPTA
- ISHIKA SHINDE
- TRUPTI Pawar
- ANISHA Prabhu
- Morlia Maccarinhos
- Divya Jangam
- Dhruv Agrawal
- FALGUNI Joshi
- You

DATE: 20/10/2021

Event Coordinator(s)

1. **Mr. Vijay Jumb**

Student Coordinator(s)

1. **Lysandra D'Souza**

2. **Stephen Wallace**

Time & Place:

04:00 to 05:00 pm

Zoom

Department: NSS

No of participants: 224

“Don't let breast cancer take away the motivation to achieve your dreams.” Taking it into consideration, NSS Unit of Xavier Institute of Engineering, Mahim in association with Free Pads for India organised a webinar on 'Breast Cancer Awareness'. The seminar was conducted on the Zoom platform and it was one hour session from 4:00pm to 5:00pm.

Dr. Anjali Talwalkar who uses a combination of holistic and modern treatments in her clinic, recognized as one of the top gynaecologists in Mumbai and mainly focuses on Cancer Prevention by using Accurate techniques like Colposcopy guided the participants about breast cancer

Dr. Anjali addressed the audience about breast cancer, tale signs of it and also cancer prevention by using accurate techniques like colposcopy

She also shared some of her experiences and shed light on the holistic and modern treatments she uses in her clinic and the benefits they provide, while also educating us on the intricacies of having a disease like cancer.

A Question and Answer session was conducted at the end of the webinar where the speaker interacted with attendees and solved their issues and queries.

The volunteers took back a lot of knowledge on identifying the minor symptoms of breast cancer and the various routes of /counselling they can take while also learning to support those that go through it.



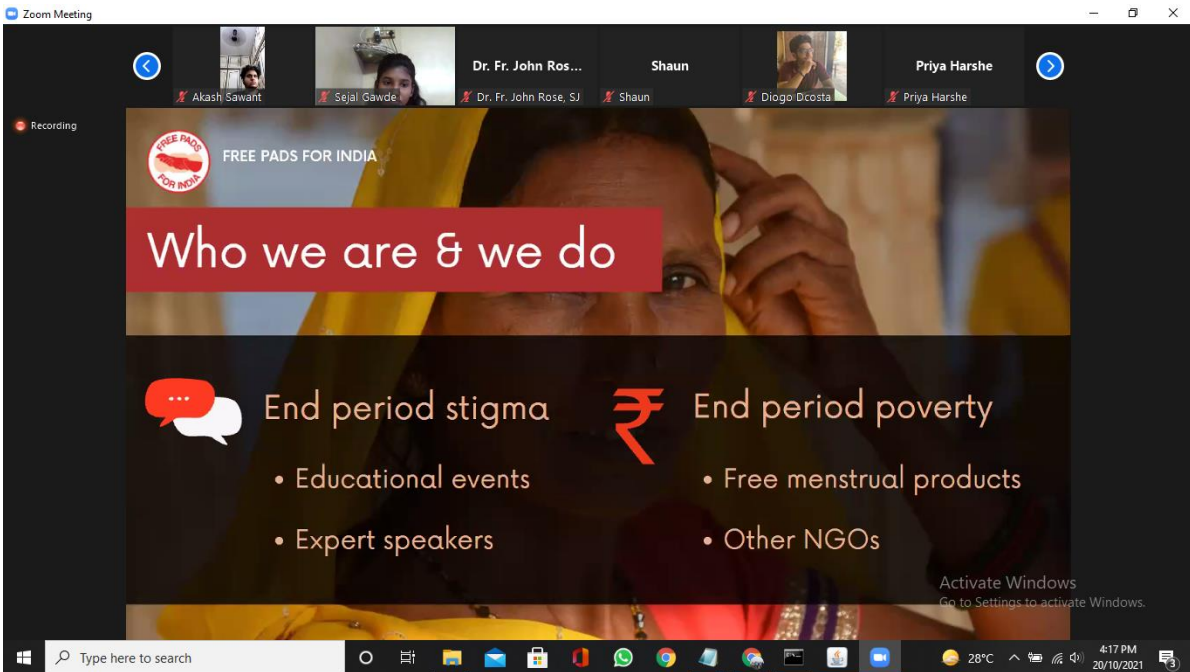
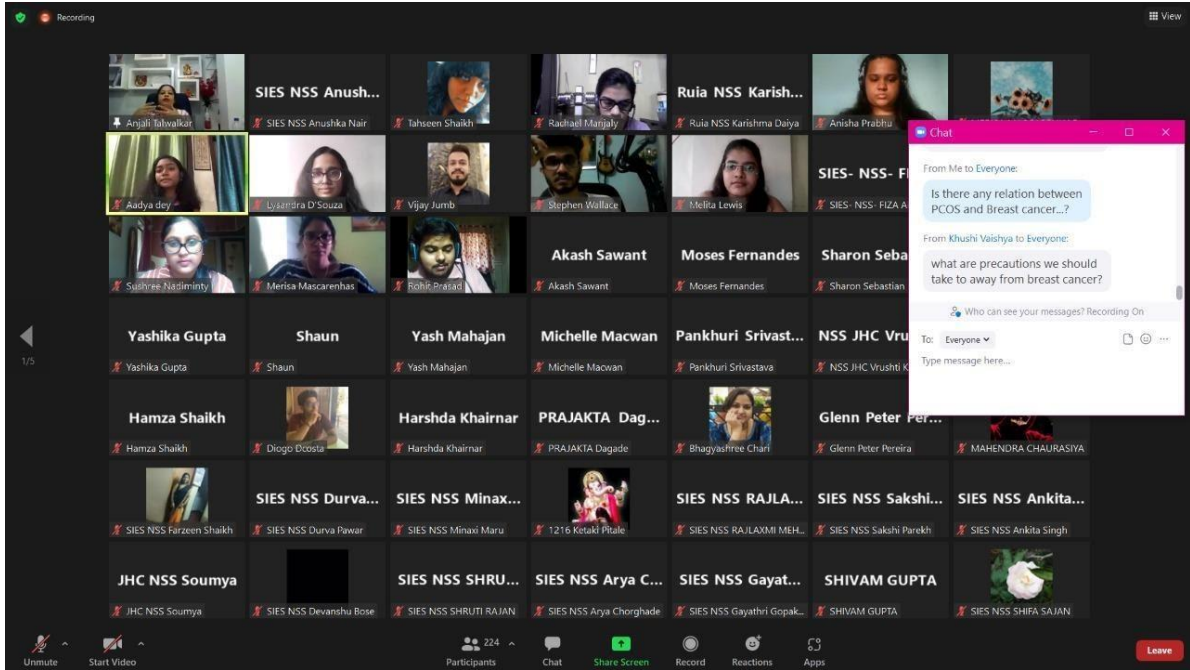
Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader





Prof. Vijay Jumb
NSS Programme Officer



Zoom Meeting You are viewing Ashitosh Gupta's screen View Options

Recording





Aadya dey

Participants (222)

Find a participant

- PD PRAJAKTA Dagade (Me)
- SW Stephen Wallace (Host)
- AG Ashitosh Gupta (Co-host)
- AD Aadya dey (Co-host)
- YV Venkatesh Y D (Co-host)
- AT Anjali Talwalkar (Co-host)
- LD Lysandra D'Souza (Co-host)
- RP Rohit Prasad (Co-host)
- Vijay Kamb (Co-host)
- 1216 Ketaki Pitale
- 1664434 HRIDIA BANERJEE
- 46_Vishnavi Ghadigaonkar
- AO Aatmaja Oza
- AA Adit Anil Deshmukh
- AP Aditi Parulkar
- AS Akash Sawant
- Akhada Chandanshive
- AB Amandeep Bhaira
- AA Amitabh Acharya
- AJ Amithi Javalekar
- Amrtaa Harish Vadera

Unmute Start Video Participants 222 Chat Share Screen Record Reactions Leave

31°C Mostly sunny 4:15 PM IN 10/20/2021

Zoom Meeting

Recording

Mute Stop Video Participants 196 Chat Share Screen Record Reactions Apps Leave

DATE: 15/09/2021 to 31/10/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time& Place: -

Department: NSS

No of participants: 35

The NSS unit of Xavier Institute of Engineering, Mahim organized a Tree Plantation Drive from 15th of September 2021 till 31st of October 2021. The volunteers planted saplings in their own gardens at home, terrace, balcony etc. Trees contribute to their environment over long periods of time by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife. During this period 60 plants had been planted by the students in order to create a green environment.

At the end of this forty-five day tree plantation drive we were able to able to plant saplings of different species.

By the end of this tree plantation drive students understood the importance of trees in our lives.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer





DATE: 25/11/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

9:30 am to 6:00 pm

Zoom

Department: NSS

No of participants: 19

The Department of Transfusion Medicine of KEM Hospital had arranged a voluntarily Blood Donation Camp at Dadar Railway Station from 9.30 a.m. to 6.00 p.m. with the help of 19 NSS volunteers of Xavier Institute of Engineering, Mahim to pay the tribute to our near and dear ones, whom we have lost due to the terrorist attack on 26.11.2008.

The NSS volunteers reported at 9.30 a.m. at Dadar Railway Station and were provided with breakfast and were given details about the arrangement and conducting of the camp. With few volunteers at desk duty to fill in the entries and certificates of the people who were coming in to donate blood, the rest were out on the main bridge of Dadar Railway Station with placards to give information and to request and convince people to give their contribution in this noble cause. Announcements were also made using encouraging slogans in Hindi, Marathi and English languages. The Hemoglobin level and Blood pressure of donors were checked by medical officials of KEM Hospital before donating the blood. The volunteers were provided with lunch and were given a lunch break at 1.15 p.m. They rejoined to their duties by 2.00 p.m.

The camp came to an end by 6.00 p.m. with total of 100 units of blood collected. The day was wrapped up by giving certificates to the volunteers and a few photographs with officials.

It was a day that taught the NSS Volunteers a lot in terms of making other people aware of the dire circumstances of those in need of the blood and how they could be the reason someone is able to live life comfortably.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



Mumbai, Maharashtra, India

Dadar railway station, Dadar East, Dadar, Mumbai, Maharashtra 400014, India

Lat 19.01831°

Long 72.843282°

25/11/21 12:28 PM

GPS Map Camera



DATE: 08/01/2022

Event Coordinator(s)

National Service Scheme,
University of Mumbai in
collaboration with Narcotics
Control Bureau, Mumbai

Student Coordinator(s)

1. **Lysandra D'Souza**
2. **Stephen Wallace**

Time & Place:

1 pm to 2 pm

Zoom

Department: NSS

No of participants: 22

National Service Scheme in collaboration with Narcotics Control Bureau, Mumbai had arranged an online session on "Say No to Drugs & Yes to Life" from 1 p.m. to 2 p.m. on zoom platform. The speaker of the event was Mr. Bijendra Chowdhary, IRS , Zonal Director, NCB Mumbai.

The host started the event with an introduction about the speaker at 1 p.m. Mr. Bijendra Chowdhary Sir gave us information about the classification of various types of drugs and their psychological effects. He also shared some statistics regarding the consumption and seizures of different drugs on national and world levels. The speaker discussed various categories like use, misuse, abuse, dependence, and addiction related to drugs. He also told some myths and facts about the consumption of drugs. Then he discussed the role of the Narcotics Control Bureau in controlling the drug menace. Lastly, we took an E-pledge regarding awareness of drug abuse through the given website.

After the speaker finished his presentation, the participants were allowed to ask their questions. The session was wrapped up by 2 p.m. with a vote of thanks.

The session taught the NSS Volunteers a lot about drug abuse, its ill effects, facts and myths. Also, how important it is to create awareness regarding it.




Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer





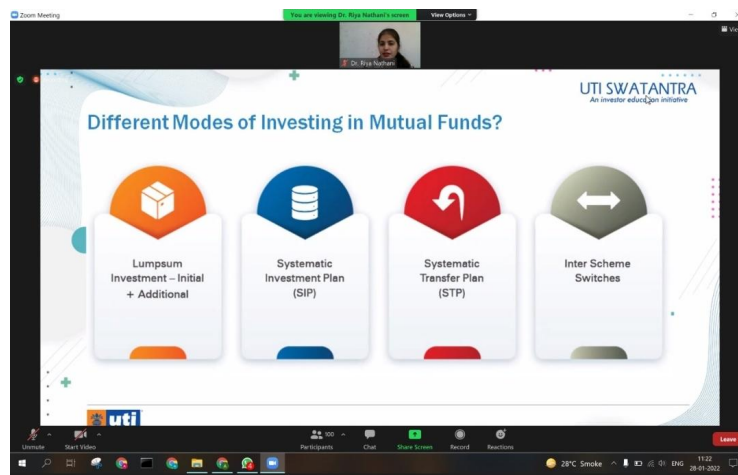
University of Mumbai
NATIONAL SERVICE SCHEME
in collaboration with
NARCOTICS CONTROL BUREAU, MUMBAI
 Organises

An Awareness Lecture on
“Say No to Drugs & Yes to Life”

by **Shri Brijendra Chowdhary, IRS, Zonal Director, NCB, GOI**





Presided by
Mr. Sudhir Puranik
 Registrar, University of Mumbai


8th January 2022 at 1.00 pm
 On Zoom Platform

UTI SWATANTRA
An investor education initiative

Different Modes of Investing in Mutual Funds?


			
Lumpsum Investment – Initial + Additional	Systematic Investment Plan (SIP)	Systematic Transfer Plan (STP)	Inter Scheme Switches



13:51

Brijendra Cho...

Drugs: some myths and facts



DATE: 08/01/2022

Event Coordinator(s)

NSS-XIE

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Place:

Zoom

Department: NSS

No of participants: 45

The NSS Volunteers of Xavier Institute of Engineering took "Say Yes to Life, No to Drugs" Pledge on 10-08-2021. Wherein the volunteers took pledge for not consuming the drugs ever in life and guide others also regarding the health hazards associated by consuming drugs. 45 Volunteers took the pledge for the same.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



गृह मंत्रालय
MINISTRY OF
HOME AFFAIRS

my
GOV
मेरी सरकार

'Say Yes to Life, No to Drugs'
Pledge

शपथ लीजिये
Take Pledge

यदि शपथ पहले ही ले ली है तो वचनबद्धता का प्रमाण-पत्र प्राप्त करें If already taken Pledge, Get the Certificate of Commitment

**AIDS Awareness Day Poster
Making Campaign**

DATE: 1/12/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Place:

Google form

Department: NSS

No of participants:10

AIDS Awareness Day Poster making campaign was organized by the NSS cell, Xavier Institute of Engineering on the 1st of December. The theme for the 2021 observance was "Ending the HIV Epidemic: Equitable Access, Everyone's Voice". On the occasion of World AIDS day, the NSS students of XIE took part in the campaign and designed posters.

The prime objective was to inform, engage and get the participants to talk about HIV/AIDS and express their thoughts about the epidemic. With exceptionally innovative concepts, the participants managed to depict the dual message of modes of HIV transmission as well as the methods of prevention.

This event has not only helped to reduce the stigma and discrimination around HIV/AIDS, but has also motivated the participants working towards prevention & control of HIV at the workplace and in public settings.

The activity aimed to bring HIV/AIDS out in the public domain and encourage healthy conversations. By doing so, it has also tried to reduce to an extent the stigma that is attached to the virus.



Stephen Wallace
NSS Leader

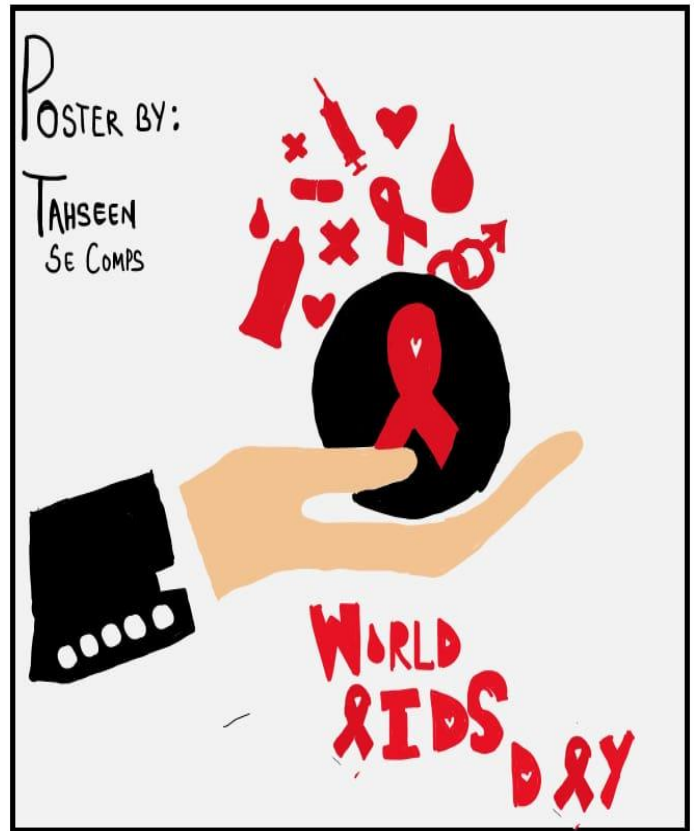
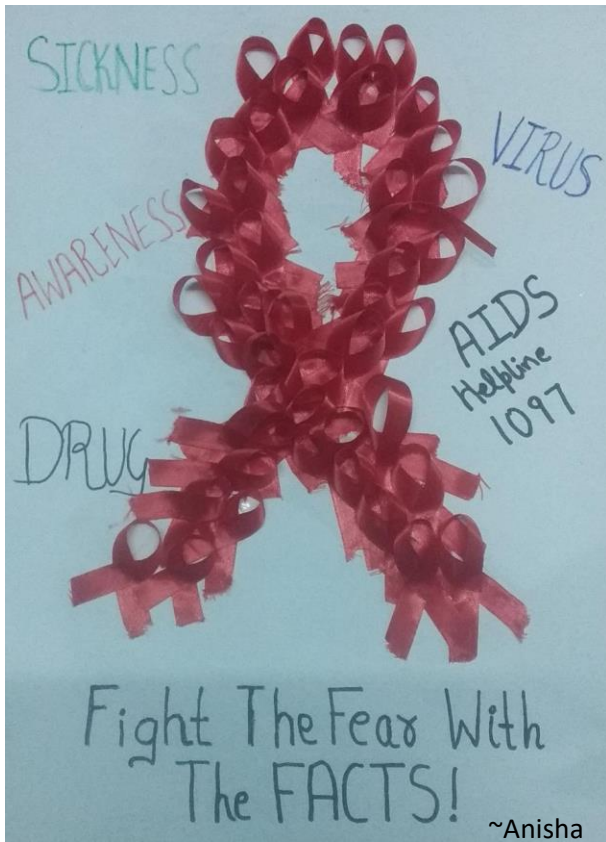
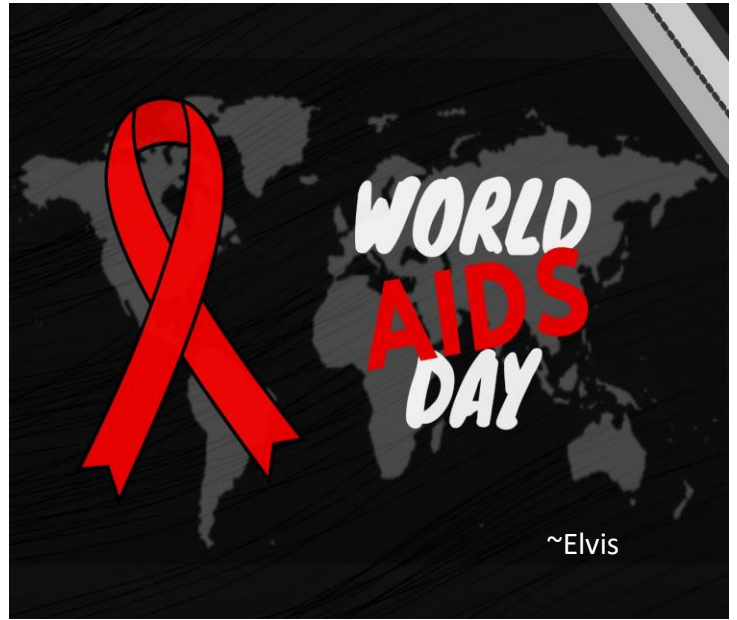


Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Images



WORLD AIDS DAY

Poster By: Moses Fernandes

JOIN THE FIGHT!

DECEMBER 1ST

People with HIV and AIDS are nothing to be afraid of. They are people just like every single one of us, and each has a story to tell. These people should be helped, embraced, and not dismissed. We need to open our hearts and our minds to them, and we just may learn we're pretty much all the same.

Education, awareness and prevention are the key, but stigmatization and exclusion from family is what makes people suffer most.

End the Dread. Stop the Spread

DATE: 26/01/2022

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

9:00 am to 10:00 am

Zoom

Department: NSS

No of participants:150

The NSS UNIT of Xavier Institute of Engineering, Mahim organized a virtual celebration of the 73rd Republic Day on 26th of January,2022.

The celebration was conducted on the zoom platform from 9:00 am to 10:00 am. Staff and students took part in the celebration.

The chief guest for the event was Mr.Brian Lobo,the corporate affairs head at Edelweiss.

In the celebration of 1 hour, the chief guest unfurled the national flag and along with the dignitaries, addressed the audience about the struggles of freedom fighters and how India came to become Republic after years of struggle and how one should strive to become abiding citizens of our beloved nation.

The pledge was also taken by everyone.

We also had speeches from students in the English, Hindi and Marathi language. A group of students also sang the patriotic song 'Ae Watan'

The session truly awoke the feeling of patriotism in each of us.

The celebration of the 73rd Republic day instilled the pride and patriotism in each of us. Remembering the struggle and victories of our freedom fighters and how the Constitution came into being surely awoke the nationalistic feelings in us.



Stephen Wallace
NSS Leader

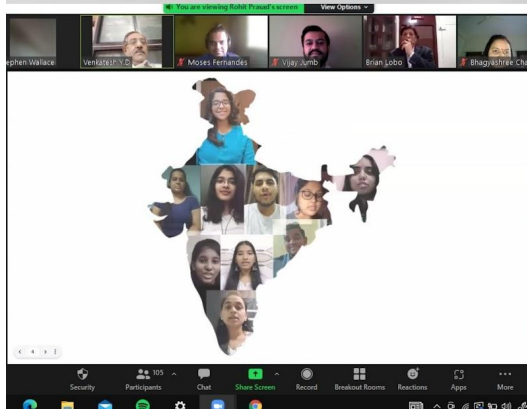
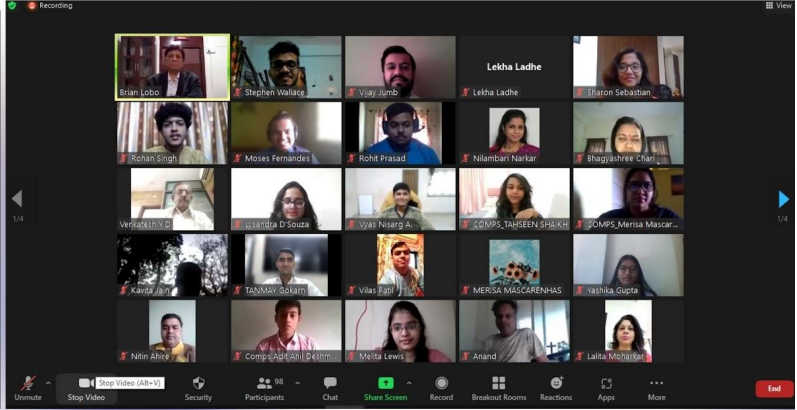
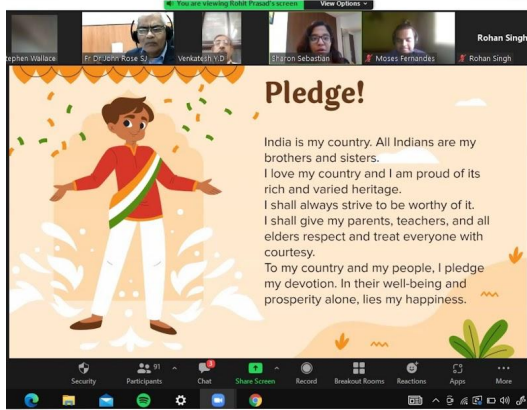
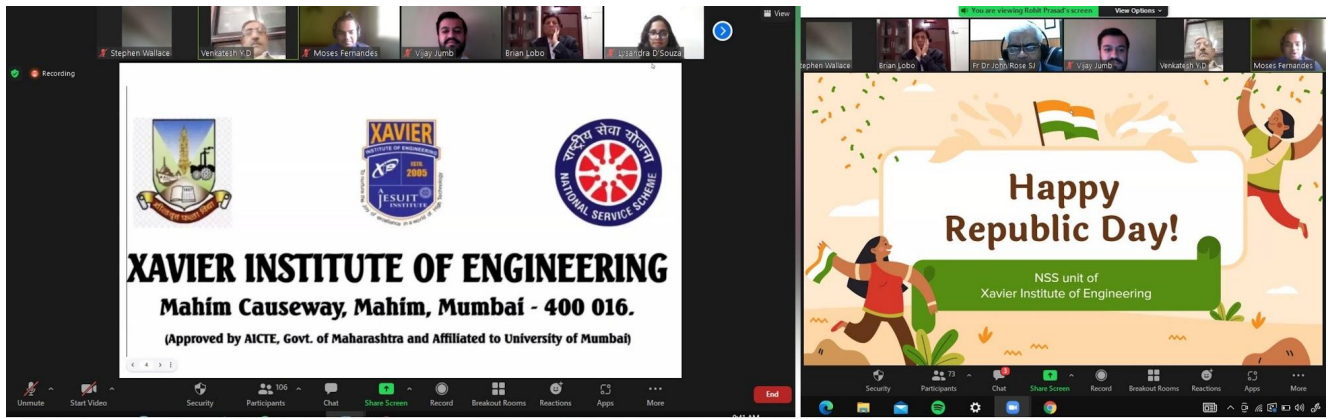


Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Images



**Blood Donation Camp at Dadar Railway
Station**

DATE: 29/01/2022

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

9:00 am to 6:00pm

Zoom

Department: NSS

No of participants: 13

The Department of lion club of Churchgate along with Lions club of Millennials, Lions club of Queensway and Giant Group of Chowparty had arranged a voluntarily Blood Donation Camp in association with Rotary Club at Dadar Railway Station from 9 a.m. to 6 p.m. with the help of 13 NSS volunteers of Xavier Institute of Engineering, Mahim.

The NSS volunteers reported at 9 a.m. at Dadar Railway Station and were provided with breakfast and were given details about the arrangement and conducting of the camp. With few volunteers at desk duty to fill in the entries and certificates of the people who were coming in to donate blood, the rest were out on the Dadar Railway Station bridge with placards to give information and to request and convince people to give their contribution in this noble cause. Announcements were also made using encouraging slogans in Hindi, Marathi and English languages. The volunteers were provided with lunch and were given a lunch break at 1.15 p.m. They rejoined to their duties by 2.00 p.m.

The camp came to an end by 6.00 p.m. with total of 125 units of blood collected. The day was wrapped up by giving certificates to the volunteers and a few photographs with officials.

It was a day that taught the NSS Volunteers a lot in terms of making other people aware of the dire circumstances of those in need of the blood and how they could be the reason someone is able to live life comfortably.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader

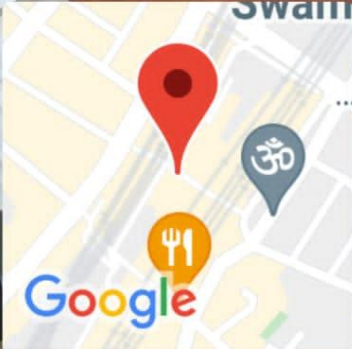


Prof. Vijay Jumb
NSS Programme Officer









Mumbai, Maharashtra, India

Dadar railway station, Dadar East, Dadar, Mumbai, Maharashtra

400014, India

Lat 19.018331°

Long 72.843103°

29/01/22 06:08 PM

GPS Map Camera

DATE: 01/02/2022

Event Coordinator(s)

**1. NSS Cell, University of
Mumbai**

Student Coordinator(s)

**1. Lysandra D'Souza
2. Stephen Wallace**

Time & Place:

10:30 am to 11:30 pm

Zoom

Department: NSS

No of participants: 18

On 1st February 2022, The University of Mumbai in association with Krida Bharti organized an all over Mumbai event on Zoom from 10:30am to 11:30am, titled Inauguration of Azadi ka Amrit Mahotsav and Initiation of 75 Crore Surya namaskar program. This program was open to the public, NSS Volunteers and approximately 450 people attended this event.

The program aimed at correcting the technique and spreading the importance of Surya namaskar in our lives. The speaker of this event was Dr. Satish Pathak (M.S., F.C.P.S., M.N.A.M.S). He is a retired General Surgeon, yoga consultant and at present he is working as Asst. Director Scientific Research Department Kaivalyadham Yoga Institute Lonavala. The speaker stretched on the importance of Suryanamaskar (also known as Sun Salutation). The speaker pointed out how young generations suffer from back problems, have poor posture and other health problems at young age from working continuously. According to the speaker, the only way to tackle these problems is by Suryanamaskar. Suryanamaskar not only corrects the body posture but also increases body's oxygen supply, strengthens muscles and joints, ensures a better digestive system and lastly helps tackle sleep issues like insomnia.

The event was very interactive as the young generation agreed and listened to the Doctor's advice. The volunteers and other listeners learned a lot from the Doctor as they shared their own thoughts, opinions and suggestions. The event was wrapped up by giving feedback links to the volunteers and a few photographs with officials

It was a day that taught the NSS Volunteers a lot in terms of health management. Taking 5 minutes from their busy schedule to perform Surya Namaskar is not a big task as it is going to benefit them by keeping their health good.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Images

You are viewing vishal madavi's screen


View Options

University of M... Sushil Shinde

Sushil Shinde

vishwambhar jadhav

Dr. Satish Pathak



मुंबई विद्यापीठ

वातंत्र्याच्या अमृत महोत्सवानिमित्त आयोजित

सूर्यनमस्कार संकल्प कार्यक्रम

मंगळवार, दिनांक १ फेब्रुवारी २०२२

उद्घाटन सोहळा

Participants (292)

Q Find a participant




- AP ANISHA Prabhu (Me)
- UO University of Mumbai (Host)
- VM vishal madavi (Co-host)
- VJ vishwambhar jadhav (Co-host)
- DS Dr. Satish Pathak (Co-host)
- MA Mohan Amrule (Co-host)
- NL Nilesh Lohar (Co-host)
- PV Prof. Vasanthi Kadhir... (Co-host)
- SS Sushil Shinde (Co-host)
- VM Vishal Madavi (Co-host)
- (E) (21) Ektaa Londhe
- 1K 1216 Ketaki Pitale
- 1 16274ccd
- 2A 2114 Ashutosh Nagargoje (Ak...
- 2A 22 Anshika yadav SYBA
- 3S 3511 Sadhana prasad
- 5S 53 Sameer Vishwakarma

Participants Chat Share Screen Record Reactions Leave

Zoom Meeting Participant ID: 1432231

Recording

R D Kulkarni, PVC is talking...



vishwambhar jadhav

Prof. Vasanthi Kadhiravan

Dr Satish Pathak

401

Leave

Zoom Meeting Participant ID: 1432231

You are viewing Dr Satish Pathak's screen

View Options

ANISHA Prabhu
Prof. Vasanthi Kadiravan

University of M...
University of Mumbai

Mohan Amrule
Mohan Amrule

R D Kulkarni, PVC
R D Kulkarni, PVC

Recording

Dr. Satish Pathak

M.S., F.C.P.S., M.N.A.M.S

Recipient of **YOGARATNA** award for work in field of Yoga
World PHD Chakra award by Healthy Hamesha, Trust

1. Retired General Surgeon Govt ESIS Hosp in 2010
2. Yoga Consultant
3. At present working as Asst Director Scientific Research Department Kaivalyadham Yoga Institute Lonavala
4. Vice Chairman Indian Yoga Association Maharashtra branch
5. First to start Yoga OPD for patients in Maharashtra at ESIS hospital Mulund, KEM Hospital, Dr.Cooper Hosp
6. Introduced Yoga for First MBBS students through MUHS
7. Pioneer in starting Fellowship in Yoga therapy for doctors – MUHS
8. Delivered about 1000 lectures on Yoga awareness in India, US, Dubai, Mauritius in past 24 years
9. **Publications:**
 - I. Yogabhyas Doctory Chashmyatun in Marathi
 - II. Yoga through Doctor' Eye in English

Join Audio Start Video

Participants 438 Chat Share Screen Record Reactions Leave

Zoom Meeting Participant ID: 3574846

Recording

wishwambhar jadhav

Dr Satish Pathak

Nilesh Lohar

Prof. Vasanthi Kadiravan

Sushil Shinde

Join Audio Start Video

Participants 420 Chat Share Screen Record Reactions Leave

Zoom Meeting Participant ID: 1432231

You are viewing Dr Satish Pathak's screen

View Options

Dr Satish Pathak

ANISHA Prabhu vishwambhar ja... Prof. Vasanthi K... Mohan Amrule Nilesh Lohar

Recording

We are performing 75 crore of Surya Namaskar

SURYANAMASKAR

GREAT SAINT RAMDAS SWAMI HAS PROPOGATED (SUN SALUTATION)

Join Audio Start Video

Participants 478 Chat Share Screen Record Reactions

Leave

Zoom Meeting Participant ID: 1432231

You are viewing Dr Satish Pathak's screen


View Options

Dr Satish Pathak

ANISHA Prabhu vishwambhar ja... Prof. Vasanthi K... Mohan Amrule University of M...

Recording

Position of spine



Join Audio Start Video

Participants 495 Chat Share Screen Record Reactions

Leave

DATE: 21/02/2022

Event Coordinator(s)

1. **Mr. Vijay Jumb**

Student Coordinator(s)

1. **Lysandra D'Souza**

2. **Stephen Wallace**

Time & Place:

5:00 – 6:30pm

Zoom

Department: NSS

No of participants: 104

The NSS Unit of Xavier Institute of Engineering Organised a Webinar from 5:00PM -6:30PM on 'Treating Your Animals Right' on 21st February, 2022 & 1st March, 2022. The speaker of the Webinar was Vasanti Kumar, the Co-Founder & Managing Trustee of STRAW India. STRAW is short for Stray Relief and Animal Welfare.

The Session was Hosted by Sharon and Moses who Introduced our Speaker and her crew who conducted a very Interactive session where in they effectively taught us to realize how animals are affected by various emotions and how once can Approach them safely inorder to feed them, treat their wounds or turn them in to be sterilized. We were split into breakout rooms where in were we asked to frame a plot where animals depict a certain emotion.

We were then encouraged to undertake an animal feeding Activity where in we had to feed animals in our vicinity for 7 days and the vote of thanks was then rendered and the Webinar was concluded.

It was a day that taught the NSS Volunteers a lot in terms of taking care of animals, feeding them understanding their emotions.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Zoom Meeting

You are viewing Ipsita-STRAW India's screen

ANISHA Prabhu | Tahseen Shaikh | Parsa Rana Nss... | Sushree Nadiminty

Recording

What a kaleidoscope of emotions!

Emotions shown in the rainbow diagram: Joy, Love, Empathy, Embarrassment, Boredom, Jealousy, Greed, Fear and anxiety, Anger, Grief.

Book cover: AFFECTIVE NEUROSCIENCE: THE FOUNDATIONS OF HUMAN AND ANIMAL EMOTIONS by Jack Panksepp.

Zoom Meeting controls: Unmute, Start Video, Participants (104), Chat, Share Screen, Record, Reactions, Leave.

System tray: Windows taskbar, Zoom Meeting, ENG, 05:41 PM, 21-02-2022.

Zoom Meeting

ANISHA Prabhu | Rohit Prasad | CC70_amithi jav... | MOSES FERNANDES

Recording

Zoom Meeting controls: Unmute, Start Video, Participants (88), Chat, Share Screen, Record, Reactions, Leave.

System tray: Windows taskbar, Zoom Meeting, ENG, 06:04 PM, 21-02-2022.

WE ALL CAN MAKE A DIFFERENCE... START TODAY !!



Rescue troubled animals like this cat.



Take a stray dog/pup into your home.



Keep a bowl of water for birds.



Make a home for a stray.



Lysandra D'Souza

ANISHA Prabhu



Seemeen- Straw India



SE_COMPS, MOSES FERNA...



Vasanthi Kumar - STRAW India

Ipsita-STRAW In...

Ipsita-STRAW India



**GET INVOLVED
COME VOLUNTEER WITH US !!**
Email - contact@strawindia.org



Lysandra D'Souza

ANISHA Prabhu



Seemeen- Straw India



SE_COMPS, MOSES FERNA...



Vasanthi Kumar - STRAW I...

Ipsita-STRAW In...

Ipsita-STRAW India

Unmute Start Video

Participants 59

Chat

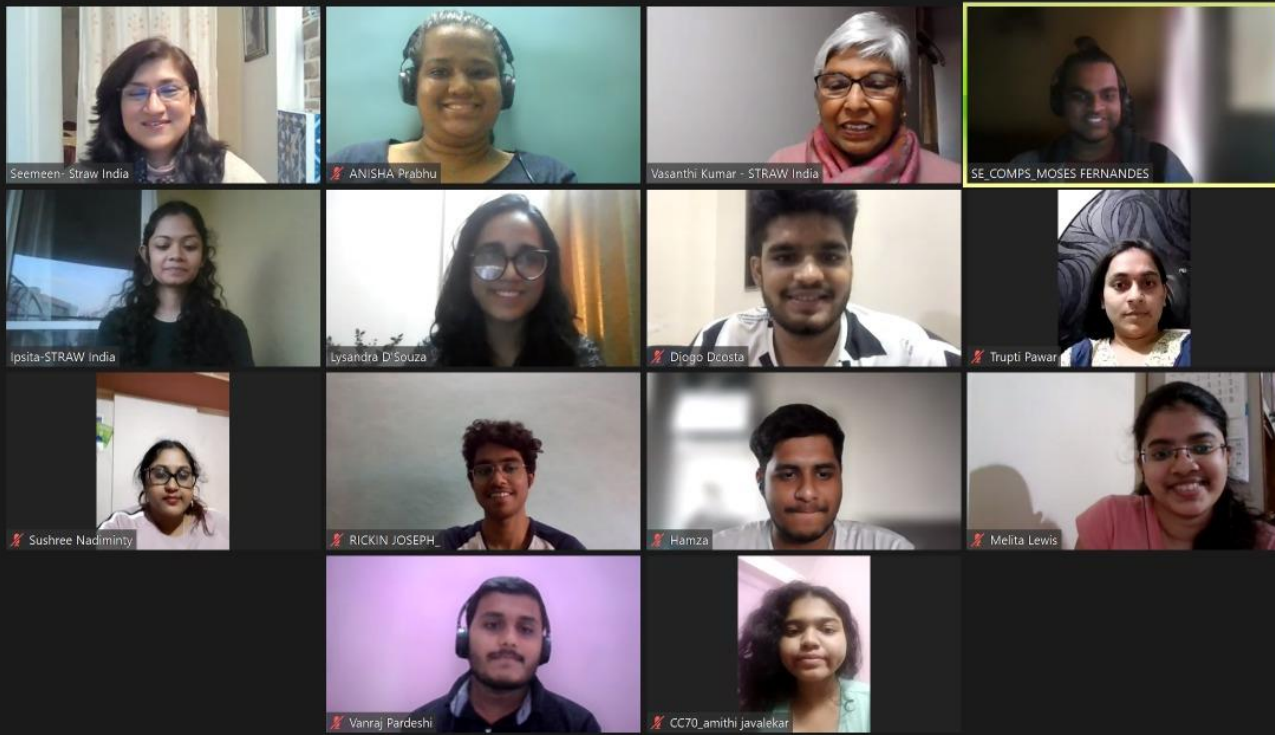
Share Screen

Record

Reactions

Leave





Unmute Stop Video

Participants 58 Chat Share Screen Record Reactions

Leave

DATE: 01/03/2022

Event Coordinator(s)

Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Department: NSS

No of participants: 23

The NSS Unit of XIE conducted a campaign to feed stray animals from 21.02.22 to 01.03.22. The NSS Volunteers regularly fed the food to stray animals in their locality. 23 volunteers participated in the campaign.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer



DATE: 27/02/2022

Event Coordinator(s)

1. **Mr. Vijay Jumb**

Student Coordinator(s)

1. **Lysandra D'Souza**

2. **Stephen Wallace**

Time & Place:

5:00 – 6:30pm

Zoom

Department: NSS

No of participants: 115

The NSS Unit of Xavier Institute of Engineering Organized a Webinar from 12:00PM-1:00PM on 'Interconnected and living from Abundance mindset' on 27th February, 2022. The speaker of the Webinar was Dr. Francin Pinto, the Founder of Garbage Concern Welfare Society.

The Webinar was hosted by Lekha Ladhe [TE IT]. The speaker asked to indulge in silent meditation for a while before beginning with the Webinar so we could connect to whatever she imparts better. She taught us how we can believe and truly agree we have an abundance of resources which other people can only dream about. She taught us how one can have compassion towards nature and thus think twice before exploiting mother nature's resources for unnecessary luxurious needs.

In the end, the speaker concluded the session by making us realise that we are a part of nature and not apart from nature. The vote of thanks was rendered and the session was concluded.

It was the session that made the audience realized that they are the part of nature and it's their responsibility to use it sustainably.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader




Prof. Vijay Jumb
NSS Programme Officer

Zoom Meeting

Recording

- ▶ 7. Change your relationship with Money
- ▶ Money is Energy
- ▶ Money is our friend
- ▶ I give and receive money happily
- ▶ Money creates Growth
- ▶ I am worthy of Financial Freedom



Komal

Komal

Melita Lewis

Francin Pinto

SIES NSS POOJ...

SIES NSS POOJA CHA...

Lysandra D'Souza

Lysandra D'Souza

LEKHA LADHE

33°C Smoke

12:52 27-02-2022

You are viewing Diogo Dcosta's screen

View Options

Zoom Meeting

Recording

III. Green Business Partner

- ▶ Empowering Startups who are working on green ideas through collaborations with Experts and technical knowhow and seed funding
- ▶ To be empowered to take-up green practices and move to green, moral economy
- ▶ Support Green Initiatives – Like
- ▶ Waste land restoration through compost infusion
- ▶ Drought relief through planting of Native water-positive trees
- ▶ Adopting large stretches of highway- boundaries into Tree Plantation Zones to reverse Climate Change and act as carbon sinks

Vrutti Satyavija...

Vrutti Satyavijay Sawant

Melita Lewis

Francin Pinto

SIES NSS Neha Wadera

Rohan Singh

Rohan Singh

LEKHA LADHE

Unmute

Start Video

Participants 110

Chat

Share Screen

Record

Reactions

Apps

Leave

33°C Smoke

12:53 27-02-2022

Vrutti Satyavija... Vrutti Satyavijay Sawant	Melita Lewis	Francin Pinto	SIES NSS Neha Wadera	Rohan Singh Rohan Singh
LEKHA LADHE	Lysandra D'Souza	Sam Saji Sam Saji	COMPS_TAHSEEN SHAIKH	Diogo Dósta
kanade Prashant	xie123	Aradhana Singh	Siddhesh Bobale	JHC NSS Dhruvi Ramchandani
Mehul Salunkhe	TE_IT_20190306... TE_IT_201903061_Manish Kumar ...	Wilson College NSS Rupesh Mand...	Sarvana Nadar Sarvana Nadar	Menka Yadav Menka Yadav
Kiran	Wilson College Nss- Farheen Aval...	JHC NSS BHAVNA RAMCHANDA...	Wilson college nss volunteer yashi...	JHC NSS Aakan... JHC NSS Aakanksha Salkar

Vrutti Satyavija... Vrutti Satyavijay Sawant	Melita Lewis	Francin Pinto	SIES NSS Neha Wadera	Rohan Singh Rohan Singh
LEKHA LADHE	Lysandra D'Souza	Sam Saji Sam Saji	COMPS_TAHSEEN SHAIKH	Diogo Dósta
xie123	Aradhana Singh	Siddhesh Bobale	JHC NSS Dhruvi Ramchandani	Mehul Salunkhe
Wilson NSS Khushi Vaishya	Sejal Gawde	Wilson College NSS Rupesh Mand...	Priyanka Chaturvedi	TE_IT_201903061_Manish Kumar ...
D.G.Ruparel Nss yukta shivdavkar	kanade Prashant	Sarvana Nadar Sarvana Nadar	Menka Yadav Menka Yadav	Kiran Kiran

College Campus cleaning

DATE: 2/08/2021

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

8.00 am

Xavier Institute of Engineering

Department: NSS

No of participants: 16

Xavier Institute of Engineering, Mahim organized a College campus cleaning on 4th of March, 2022. Students were asked to clean the college campus area along with the garden area. The reporting time was 7.30 am and all the necessary equipment were provided from the college.

The wet and the dry garbage cans were separated as well as there was a different arrangement for e-waste and recyclable material. The plastic bottles, paper, glass material was separated to be recycled. The wet waste was used to make compost in the compost pit which was latter used in college garden.

The students cleaned the college campus along with some of the staff and non-teaching faculty of the college. The lesson about cleanliness was learnt thorough. The program ended with a tea and breakfast session.

College Campus Cleaning taught NSS Volunteers the importance of Cleaning



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Images





College garden cleaning

DATE: 18/03/22

Event Coordinator(s)

1. **Mr. Vijay Jumb**

Student Coordinator(s)

1. **Lysandra D'Souza**

2. **Stephen Wallace**

Time & Place:

10 am

Xavier institute of engineering

Department: NSS

No of participants: 15

Xavier Institute of Engineering, Mahim organized a college garden cleaning. The students of NSS unit were assigned to clean the garden area and the other surroundings of the college.

The event started at 10 am in the morning. Each and every volunteer were appointed different responsibilities. In total 15 volunteers took part in the event. The activity mainly included first cleaning the surrounding and then taking care of the trees and plants in the garden. The main motive behind the event was to inculcate the value of cleanliness and how to take care of the plants in our surrounding.

This is the day which taught NSS Volunteer the importance of Cleanliness and college garden cleaning helps the volunteers to know the importance of cleanliness.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Images



DATE: 06/10/2021-21/03/2022

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Lysandra D'Souza

2. Stephen Wallace

Time & Place:

Zoom

Department: NSS

No of participants: 24

The NSS Unit of Xavier Institute of Engineering participated in Akshara's Youth Change Program. The program was conducted through various zoom meetings from 6th October, 2021 till 21st March, 2022. 24 NSS volunteers attended the program.

The orientation for the program was held on 18th October, 2021 from 3:30 pm till 4:30 pm, wherein the volunteers were given a gist of whole program. The program included various webinars such as 'Valuing Our Rights', 'Equality Matters', 'Kaleidoscope', 'Love in the Times of Covid' and 'ASCI Gender Equal Advertisements'.

In between these amazing webinars there was also a competition held wherein groups of 3-4 members were asked to rewrite a few famous dialogues in a way that no gender is offended.

This program was a great success as it not only helped volunteers learn about laws, poster and reel making it also gave information about how various genders are still not given the deserved respect.

This program was very much helped in understanding about rights, equality and how important it is to respect anyone irrespective of their caste or gender.



Stephen Wallace
NSS Leader



Lysandra D'Souza
NSS Leader



Prof. Vijay Jumb
NSS Programme Officer

Zoom Meeting You are viewing Akshara Centre's screen View Options

Anisha Prabhu Zainab Ujjainwala HRNSS Khushi K... VKKM NSS Durg... ALEENA VETTIYADAN



VALUING OUR RIGHTS


Akshara's Youth for Change Program
in collaboration with NSS and WDC, Mumbai

Unmute Start Video 180 Participants Chat Share Screen Record Reactions Leave

Zoom Meeting Recording

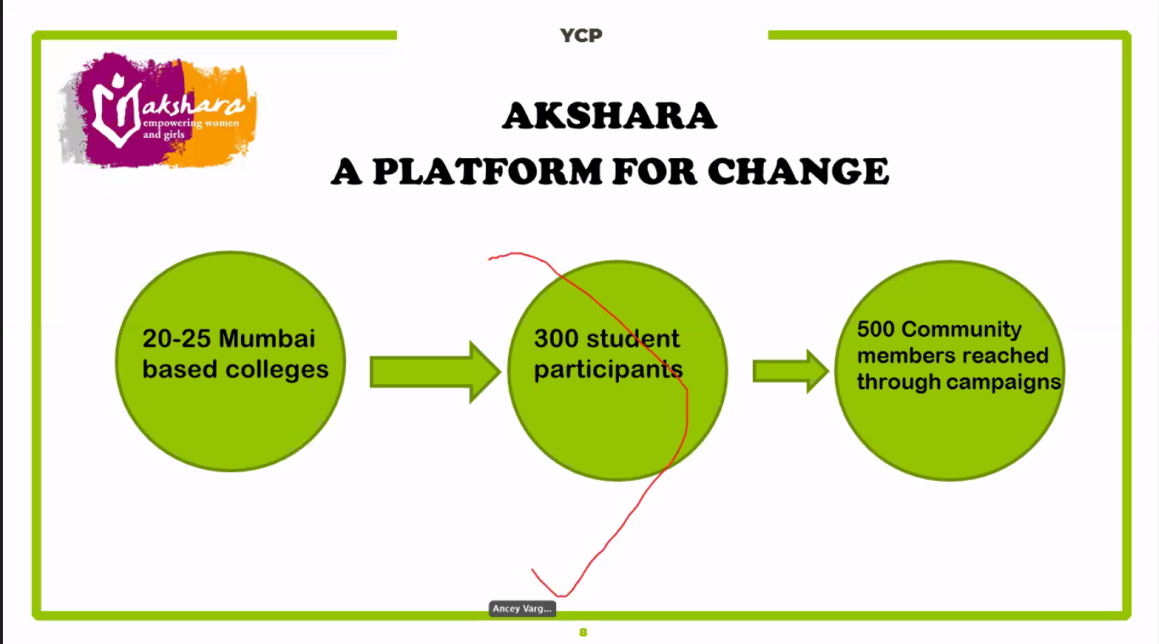
Shaun M ANKIT KUMAR JHA Ameesha Adatia SIES NSS Tarvi Khare Stephen Wallace Amrin Shaikh

THE TYPICAL MAN, THE TYPICAL WOMAN



	MAN			WOMAN		
TRAITS	Brave	Strong	Aggressive	Docile	Emotional	Talkative
WORK	Outdoor	Machine Oriented	Involves Maths	Hospitality	Teacher	Salesperson
ROLES	Earners	Responsible for Family	Protector	Home Maker	Part Time Worker	Likes flexibility

ameesha adatia | Melita Lewis | Akshara Centre | Aarushi Kallampilly | Pooja Gupta | Eashika Mishra



Anisha Prabhu | Ameesha Adatia | Farheen SHAIKH | Diksha Kunder | Renuka Mandoura

Akshara Centre invites you to Valentine's day celebration

'LOVE IN THE TIMES OF COVID'

14TH FEB, 2022 AT 3.00 PM

WITH AGENTS OF ISHQ

Debasmita | Anshuman

Meeting ID: 874 7832 4697
Passcode: LOVE

Participants (117)

Q Find a participant

- AP Anisha Prabhu (Me)
- Akshara Centre (Host)
- AO Agents of Ishq (Co-host)
- PG Payal Gandhi (Co-host)
- AA Ameesha Adatia
- FS Farheen SHAIKH
- AK Aarti Kori
- Aastha Dubey
- ABHISHEK JAISAVAR
- Adrita Saha
- Adrita Saha
- AS Afsha Shaikh
- AK Akhina K
- AB Anisha Bansode
- AA Anjana Ajimon
- AK Anjum Khan
- A ANKIT KUMAR JHA