

DATE: 31 May, 2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**Mar 2020 Onwards**

**Department: NSS**

**No of participants: 50**

The NSS Unit of XIE conducted a wide scale campaign to spread awareness about use of masks to prevent the spread of COVID-19. The campaign was driven virtually and was spread throughout the lockdown period, from March 2020. These masks were distributed to people to create awareness about COVID-19.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



DATE: 31 May, 2020

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**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**Mar 2020 Onwards**

**Department: NSS**

**No of participants: 50**

The NSS Unit of XIE conducted a wide scale campaign to feed stray animals during the lockdown period. The campaign was driven virtually and was spread throughout the lockdown period, from March 2020. The NSS Volunteers regularly feed & water stray animals in their locality.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



**THE NSS UNIT OF XAVIER  
INSTITUTE OF ENGINEERING  
MAHIM**



## **DONT FORGET THE ANIMALS THIS LOCKDOWN PERIOD**

- feed the stray dogs and birds
- keep a bowl of water for animals outside your house or on your terrace

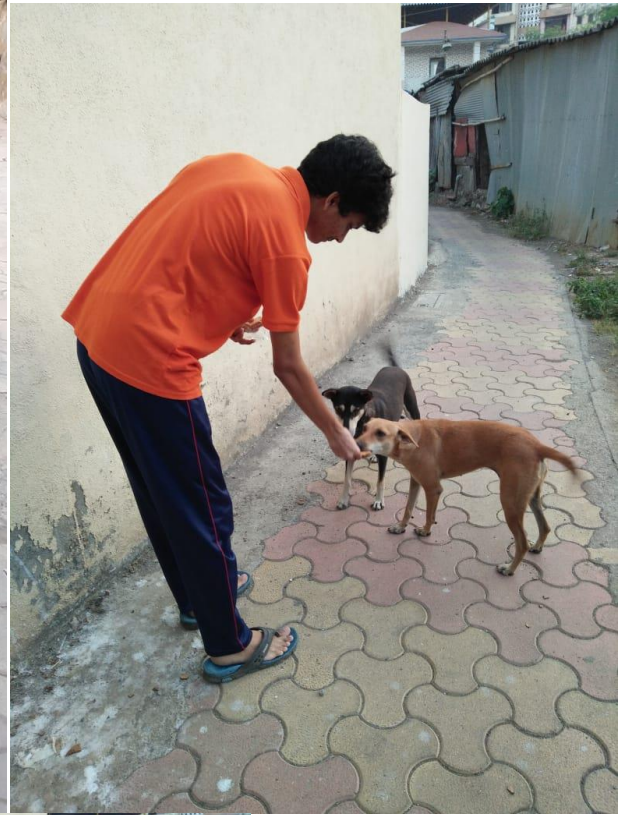
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*-yeshwin*











DATE: 01/08/2020

**Event Coordinator(s)**

NSS-UoM

**Student Coordinator(s)**

1. Mandar Bagwe

2. Archana Sahoo

**Time & Place:**

11:30 am to 1 pm

YOUTUBE LIVE

**Department: NSS**

**No of participants: 46**

First, at the start of the event National Anthem was played. Then our Narrator of the Day Mr. Nitin Arekar gave a brief about the role of Lokamanya Bal Gangadhar Tilak and Annabhau Sathe in the Indian Freedom Struggle. The guest of the day was the CM of Maharashtra Shri Uddhav Thackeray ji. Then some motivational and inspiring people shared their thoughts and views on the life of Lokmanya Bal Gangadhar Tilak & Annabhau Sathe. A video was played that explained us the lives of Lokmanya Tilak and Annabhav Sathe



## **POSTER MAKING on COVID-19 & HIV**

DATE: 12/08/2020

### **Event Coordinator(s)**

**1. Mr. Vijay Jumb**

### **Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Place:**

**Zoom**

**Department: NSS**

**No of participants: 21**

The NSS Unit of Xavier Institute of Engineering conducted an online competition of "Poster Making" on the occasion of "Youth Day" on Wednesday 12<sup>th</sup> August, 2020.

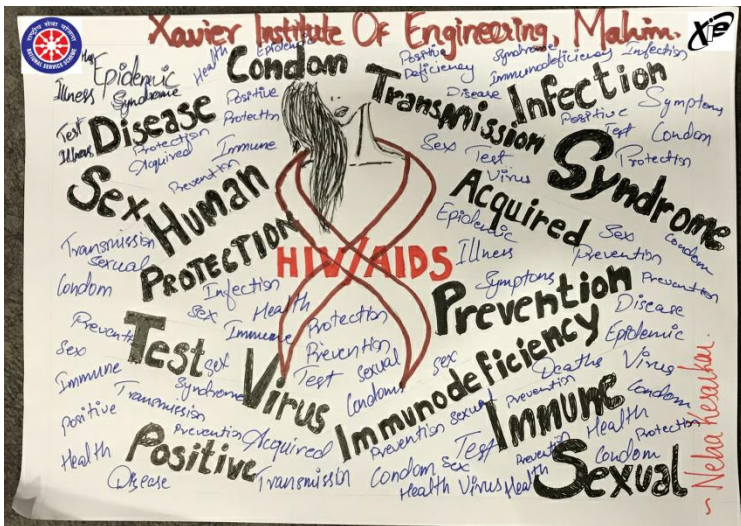
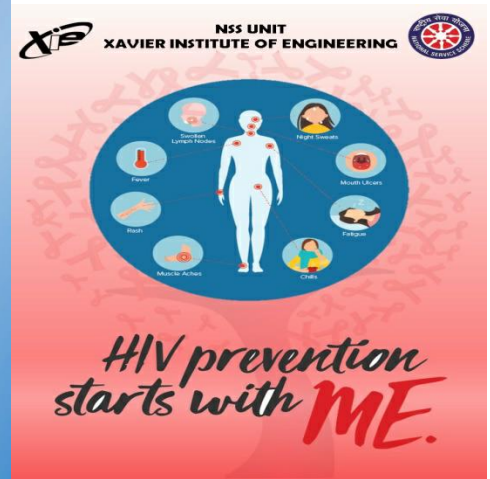
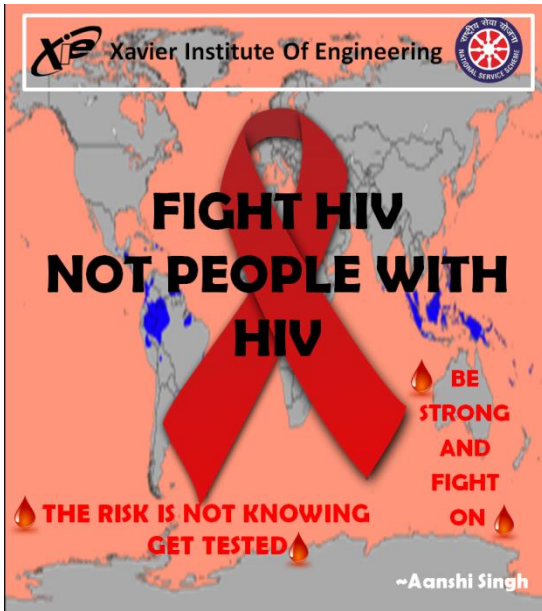
This online competition was conducted only for the NSS volunteers of Xavier Institute of Engineering. The theme for this Poster Making Competition was "Blending in with public health threats like HIV and COVID-19". 21 NSS volunteers of XIE had participated in this competition.

As it was on an account of Youth Day, we had to express how power of youth can help the nation to face this pandemic situation and to bring about positive awareness among the people about the public health threats like HIV and COVID-19 through our memes.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



DATE: 13/08/2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**11 am to 12 pm**

**Zoom**

**Department: NSS**

**No of participants: 43**

13 August is celebrated as "World Organ Donation Day", on the occasion of this the University of Mumbai, NSS CELL, has organized a webinar on it. The speaker Dr. Vinod Patil has commenced at 11:00 am with a run-through of what all was going to take place in the following one hour. The motto of this webinar was to understand the importance of Organ Donation, spreading awareness of organ donation and how useful we will be for other after our death also. In this webinar Dr. Kanchan gave us short biography of Dr. Aapte who was the main speaker.

Dr. Aapte gave us a short note of organ donation by a poem. Then what we can donate in nature death and brain strain death. He also gave us a pledge for organ donation. He said ' In organ donation we not only help other by giving organ but also we can still live in them. Then the other speaker Ravindra Kulkarni gave a slight serve and ratio of India by others country such as Spain.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



UoM-NSS Webinar on Organ Donation

982 watching now • Started streaming 6 minutes ago

102 1 SHARE SAVE

Department of NSS

Top chat

- volunteer of The South Indian Association Higher Education College Dombivli East
- urmila chohan good morning
- Anjali Jha Anjali Jha
- Saloni Kadam saloni kadam from model college thakurli
- Ravi Singh Prof. Ravindra Singh
- Janhavi Paradkar Janhavi Paradkar Nss volunteer of kes shroff college
- Aarti Bari [message retracted]
- parth ghumare Parth Ghumare NSS Unit, Xavier Institute of Engineering, Mumbai
- Jayashree Salunkhe Jayashree Salunkhe, K. C. College NSS Volunteer
- Aadika Devade Aadika Devade, NSS volunteer of Valia C.L. College of Commerce,
- Ankita Nakashe Ankita Nakashe from Govindrao Nikam College of Pharmacy, Sawarde.
- Ravikumar Prajapati Ravikumar Prajapati from vk krishna menon college
- arshad sk Arshad Shaikh - PO AE KALSEKAR DEGREE COLLEGE MUMBRA
- Dnyaneshwari Bharati Dnyaneshwari Prakash Bharati, pragati college of arts and commerce
- parth ghumare Say something...



Live chat

Top chat 1.4K

- collage , Nagothane , Raigad
- 11:16 AM deepthi Shetty Good morning, myself Deepthi Shetty from vk Krishna Menon college of nss unit
- 11:16 AM priya thakare priya Thakare , shivajirao S. jondhle college of engineering and technology,Asangaon
- Welcome to live chat! Remember to guard your privacy and abide by our community guidelines.
- [LEARN MORE](#)
- 11:16 AM Giselle Barretto Giselle Barretto NSS Unit, Xavier Institute of Engineering, Mahim
- 11:16 AM Unnati Bamania Unnati Bamania, Shree L.R Tiwari College of Engineering.
- 11:16 AM Gayatri Menon GAYATRI MENON, B-34 TCET NSS UNIT
- 11:16 AM The BLAZE Dhanesh Badabe from Laxmichand Golwala College of Com. and eco.
- 11:16 AM jayesh satpute Jayesh Satpute K.D.B Collage Guhagar

Chat publicly as Giselle Barretto...

# Patriotic Song on Independence Day

DATE: 15/08/2020

## Event Coordinator(s)

1. Mr. Vijay Jumb

## Student Coordinator(s)

1. Mandar Bagwe

2. Archana Sahoo

## Time & Place:

Zoom

Department: NSS

No of participants: 11

Independence Day is one of the most important days in the year for our country. Each year on August 15 we celebrate the day we became an independent nation, which means we were free to rule ourselves and were not ruled by anyone else.

So we, Volunteers of NSS unit of Xavier Institute of Engineering, to show gratitude to our nation, prepared a video on this occasion. In this video we lip-sing a beautiful song "Ae Watan" from movie Raazi. Each volunteer prepared his/her video separately and send it to the Editing Team. After collecting all videos, Editing Team coupled all the videos, synchronised them according to song and made the final video. This video was posted on Official Instagram Page of NSS-XIE.

Link for the video:

<https://www.instagram.com/tv/CD6vpeSAR7k/?igshid=kzmvmpxc7zkg>

Student Feedback and Benefits: This video developed a feeling of Patriotism in everyone's mind. After looking at this video, every viewer felt proud of being an Indian.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal

# Images





**Concerning oneself and others to  
be taken in Ganeshotsav  
regarding Corona**

DATE: 16/08/2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**4:15 to 6:15 pm**

**YOUTUBE LIVE**

**Department: NSS**

**No of participants: 36**

On 16<sup>th</sup> August, University of Mumbai organized a University Level webinar for NSS students & coordinators on “कोरोनासंदर्भात गणेशोत्सवात घ्यावयाची स्वतःची आणि इतरांची काळजी”.

Prof. Kranti Ukey welcomed present dignitary, Professor Coordinators, NSS volunteers, student and gave us a gist of an introduction about the speaker, DR. Shailesh Patil who gave the information about the Covid-19 pandemic situation how Healthcare Department is doing and helps to fight against Covid-19. Later Mr. Uday Samant Minister of Higher Education & Technical Education appreciate NSS Unit for helping the state in pandemic situation and University professors for encouraging and supporting NSS Volunteer in this situation by helping policies, poor people. They encourage NSS Volunteer to join in Ganeshotsav management with state which will be a great help for the state they said with proper precaution of everyone. Then Mr. Suhas Pednekar Vice Chancellor of University of Mumbai appreciate the work done by Mr. Uday Samant for Konkan Region and for students they also appreciate Sudhir Puranik Sir NSS Director and professor at Mumbai University for excellent work done for NSS. Later Dr. Shailesh Patil continued with training program information how three layer mask is importance. Do's and Don'ts while wearing the mask. Role of NSS in Ganeshotsav Festival Guidelines. Later Mr. Datta Gurav guided us on governmental benefits of poor people for ration card.

Prof. Vijay Jumb  
NSS Programme Officer

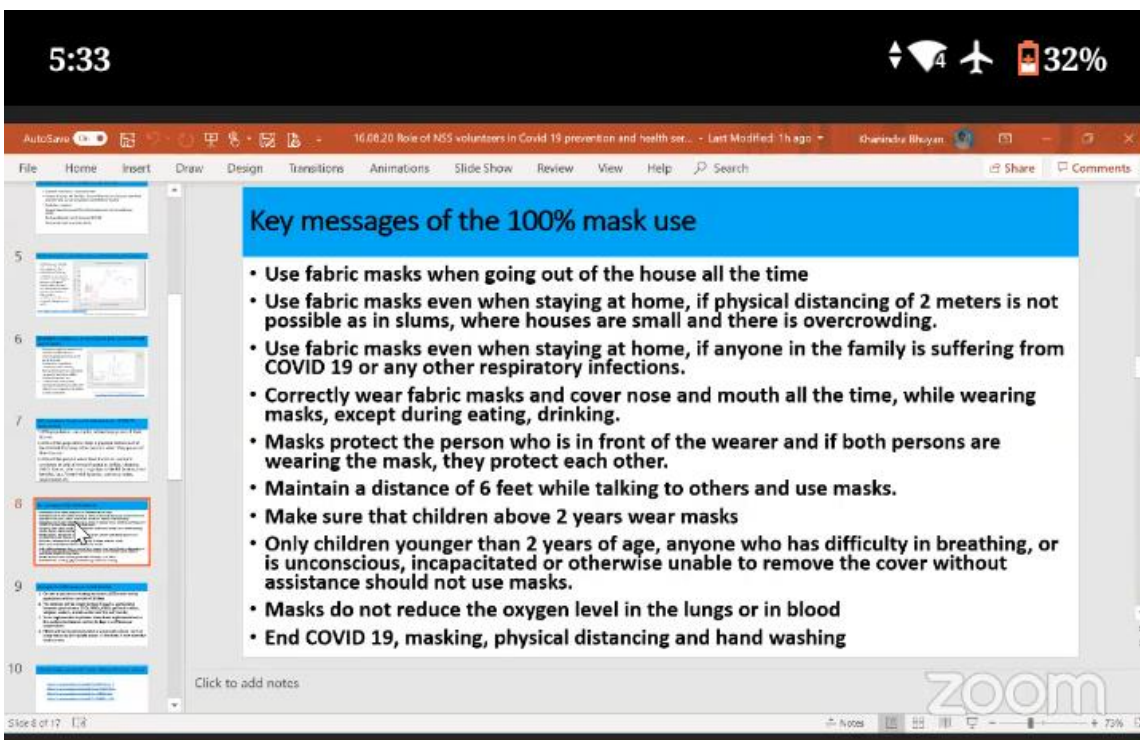
Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



Live chat

Top chat 336



Live chat

Top chat 341



AutoSave 16.08.20 Role of NCS volunteers in Covid 19 prevention and health se... Last Modified: 1h ago Sharonda Shuyen

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### World Health Organization Resources on Mask

WHO guidance on how to wear a fabric mask

<https://www.youtube.com/watch?v=ciUniZGD4tY&feature=youtu.be>

WHO guidance on how to wear a medical mask

<https://www.youtube.com/watch?v=adB8RW4I3o4&feature=youtu.be>

Click to add notes

zoom

Slide 11 of 17 73%

Live chat

Top chat  318





# Photography Day Event on theme of Nature & Lockdown Series

DATE: 19/08/2020

## Event Coordinator(s)

1. **Mr. Vijay Jumb**

## Student Coordinator(s)

1. **Mandar Bagwe**

2. **Archana Sahoo**

## Time & Place:

**4:30 – 6:30**

## Zoom

**Department: NSS**

**No of participants: 86**

The photography Day event was organized by NSS unit of XIE on 19.08.2020, wherein students from various colleges participated for the event.

For "Nature Theme" 58 participants & for "Lockdown Series theme" 28 participants participated for the event.

The event was judged by Mr. Shravan Rao, Filmmaker and Director and Mr. Abhishek Verma, SnapTrapFilms, Mumbai.

The Winners of the Photography Competition were as follows:

Nature's view from your balcony

- 1) Kavya Suresh - Sophia College
- 2) Aanshi Singh - XIE
- 3) Lincy Lois Brian - XIE

Lockdown stories

- 1) Yukta Rane - XIE
- 2) Mitali Haldanka - XIE
- 3) Geetika Mehla - KC College

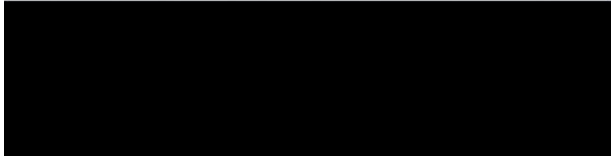
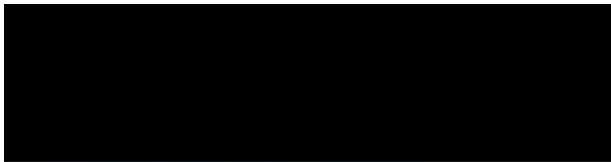
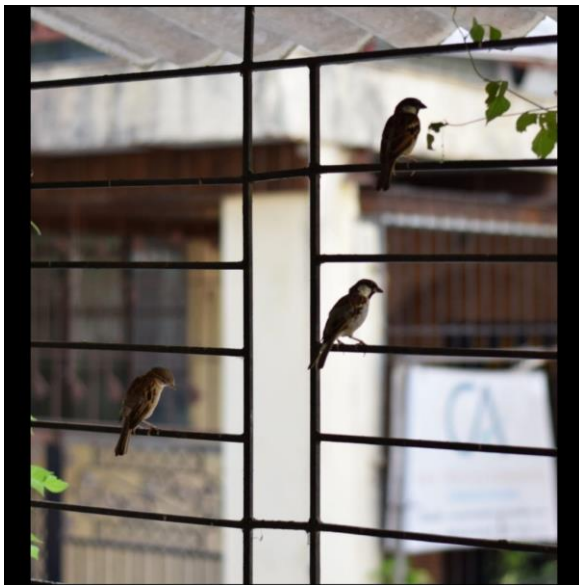
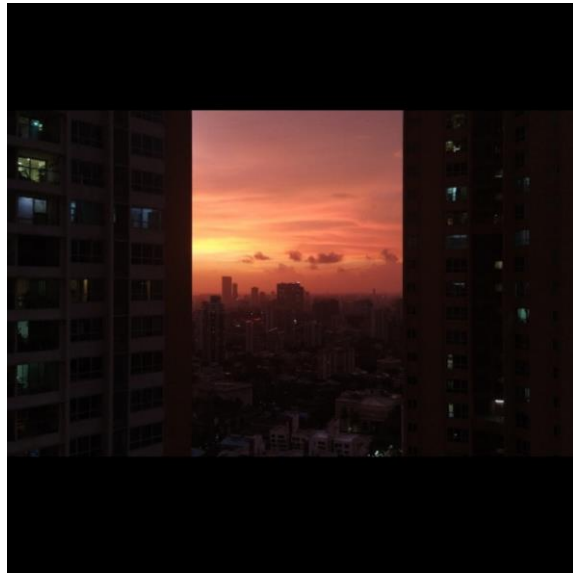
**Student Feedback and Benefits:** It was a wonderful event where participants have shown immense love for the Photography.

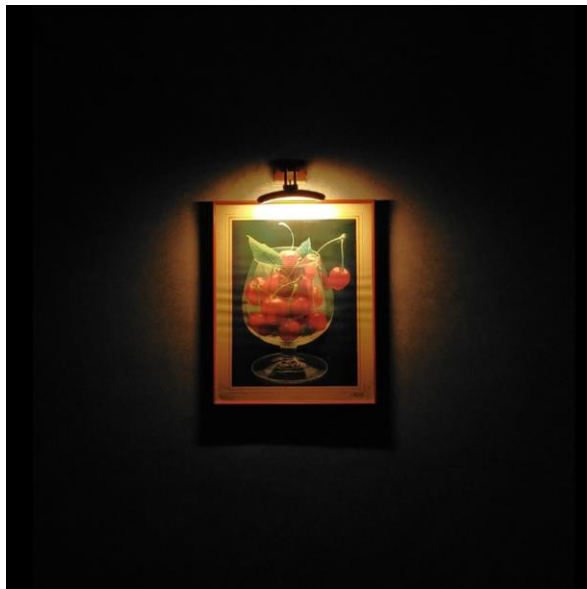
Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal

Images







DATE: 28/08/2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**5:00 – 6:30**

**Zoom**

**Department: NSS**

**No of participants: 160**

On Friday 28th August, 2020 the NSS Unit of Xavier Institute of Engineering organized a national level webinar on “Decoding Diet”. The resource person was Dr. Sharayu Rajwade who is a homoeopath, cosmetologist and wellness consultant from Mumbai. The student volunteers welcomed Dr. Sharayu and gave a small introduction about her to all the participants.

This webinar was attended by approximately 160 participants which included NSS as well as non-NSS students from various colleges, staff members and other well-wishers. The webinar was held on zoom platform. The main motive behind organizing this webinar was to create awareness about nutritional and balanced diet. Due to lockdown many people are not following any standard diet pattern which has affected metabolism and health. Dr Rajwade explained the importance of balanced and healthy diet and encouraged all to include different types of food in their daily diet. She explained that carbohydrates, proteins, fats, vitamins, minerals and water should be included in the daily meal. She also talked about hunger, appetite, minimum energy requirement, rainbow diet and more. She further explained that the key to a fit body is not only balanced diet but also other physical activities like exercising, dancing, etc.

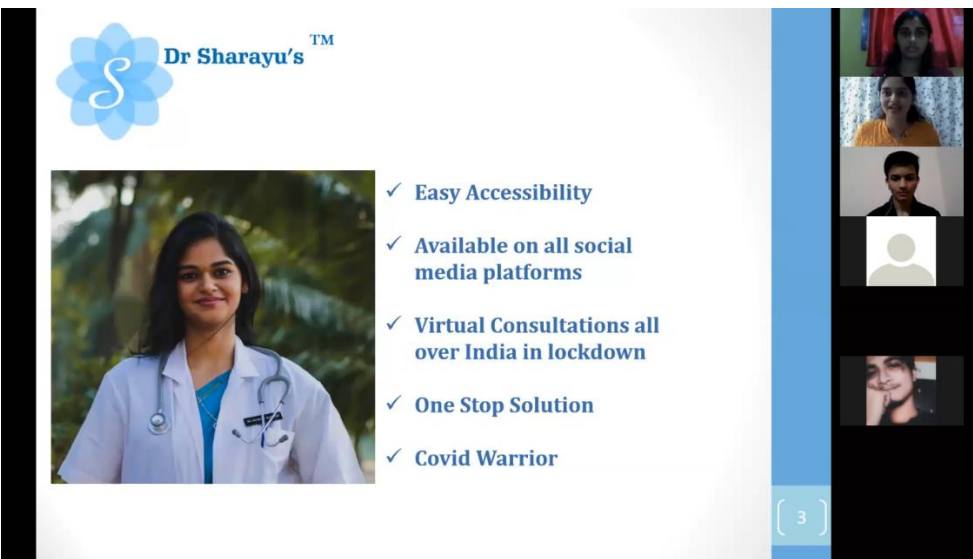
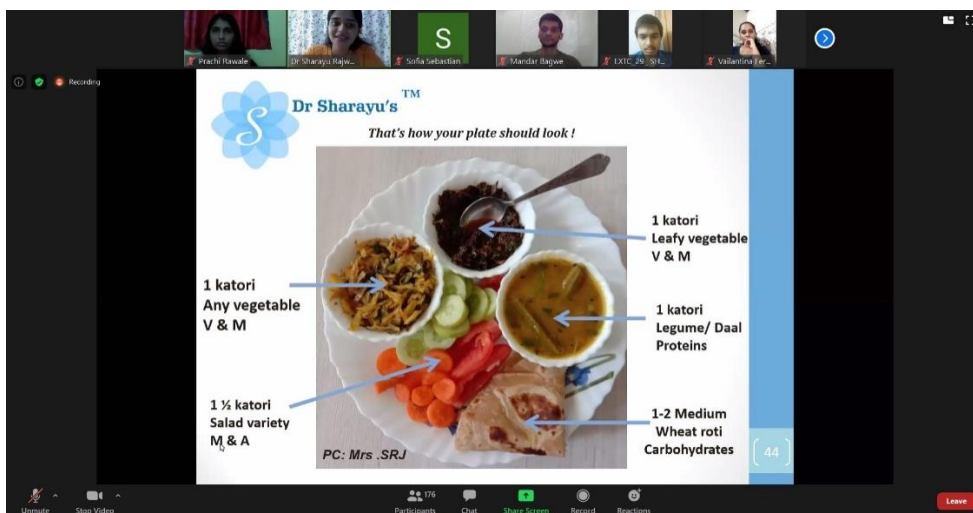
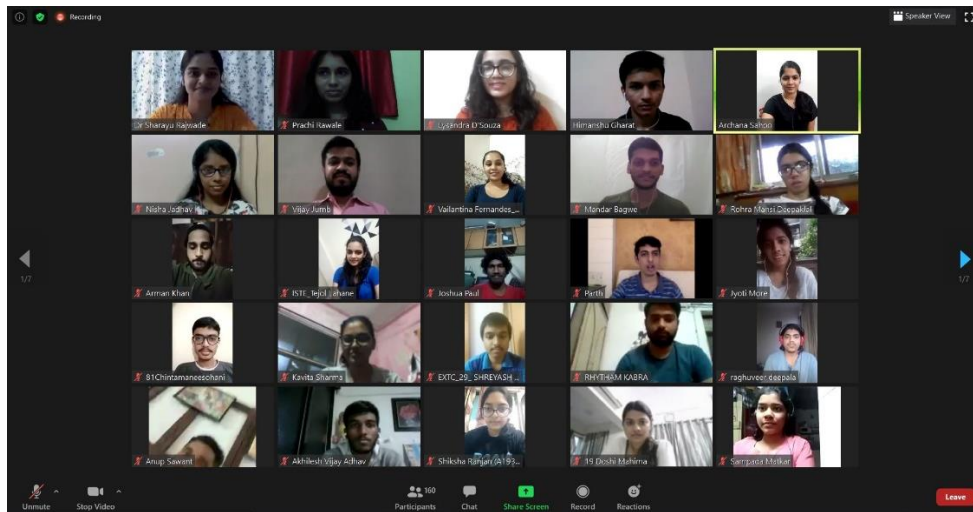
At the end, a question-answer session was arranged where the participants asked their questions and interacted with the speaker. Dr Sharayu solved doubts related to keto diet, vegetarian v/s non-vegetarian meal, and dieting, best time slots for meals, junk food and cheat day. The session ended with vote of thanks by Prof. Vijay Jumb.

**Student Feedback and Benefits:** This webinar helped participants to get a clear idea about diet and how various foods items must be included in it. People were also informed that balanced and nutritious diet not only leads to a fit body but also to a fit mind. The participants benefited a lot from the Question-Answer session where their diet myths and doubts were cleared.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



# Radiate Positivity with Yogi Khush

DATE: 29/08/2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**10:30 – 12:30**

**Zoom**

**Department: NSS**

**No of participants: 90**

On 29<sup>th</sup> August 2020, the NSS Unit of Xavier Institute of Engineering organized a national level webinar on “Radiate Positivity” on the occasion of one year of Fit India Movement. The resource person was Dr Kush Panchal who is an internationally acclaimed trainer. Kush has done his PhD in ‘DhyanYog’ from Hrishikesh, Mastered diploma in fitness management from America and advanced degree in body weight training from London. The student volunteers welcomed Dr Kush Panchal and gave a small introduction about him to all the participants.

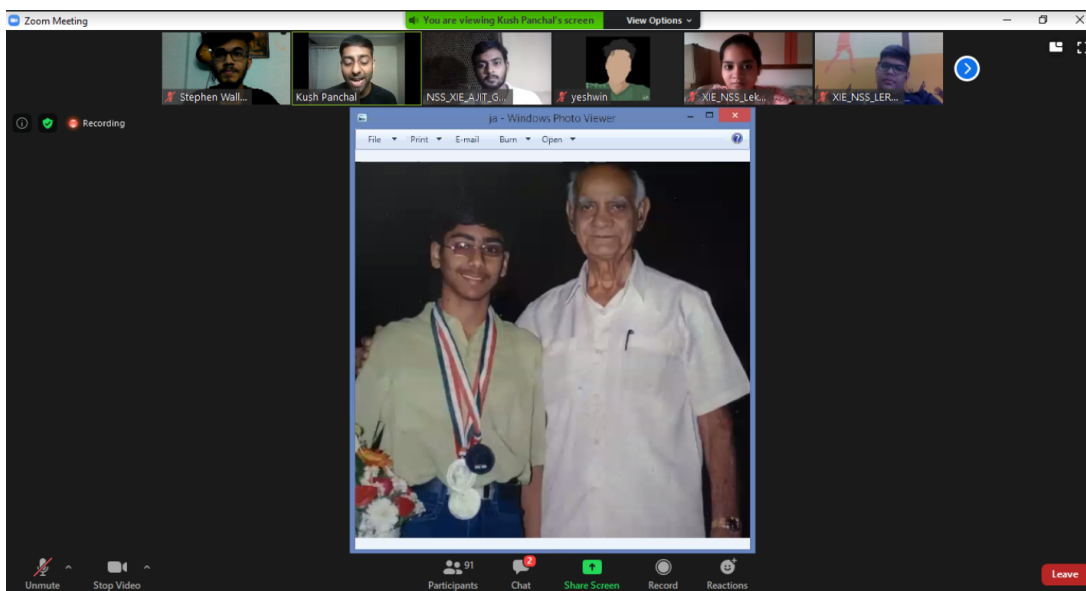
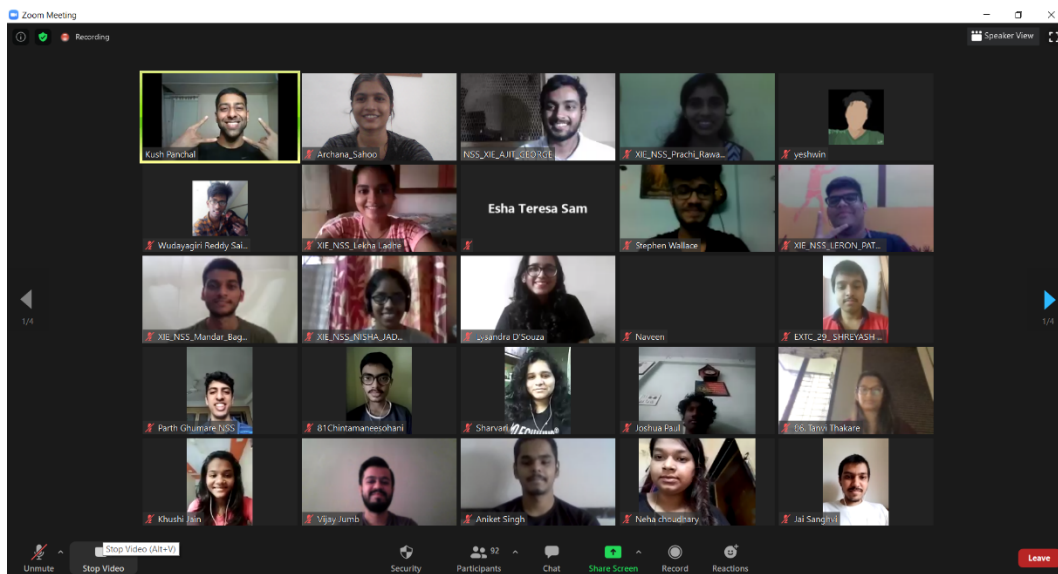
This webinar was attended by approximately 90 participants which included NSS as well as non-NSS students from various colleges, staff members and other well-wishers. The webinar was held on zoom platform. The main agenda behind organizing this webinar was to make people realize the importance of physical and mental fitness in such stressful times. Yoga is something that is a healing solution for all such ailments. Mr. Kush firstly explained about we can still stay positive and motivated in this pandemic situation. As everything has come down to the digital screen, eyes are the major concern, and sitting at a single place for longer duration gives rise to neck and back pain. He taught a few basic eye, neck, breathing and back exercises. Just by 4 simple exercises he elaborated and demonstrated the full body stretch. At the end we had a small dance session where everybody danced their heart out to relax their mind and stay positive.

At the end, a question-answer session was arranged where the participants asked their questions and interacted with the resource person. The session ended with vote of thanks by Prof. Vijay Jumb (NSS XIE Programme Officer)

**Student Feedback and Benefits:** This webinar helped participants to stay positive and motivated despite the hard times. People were also informed the importance of exercise or any kind of mobility is the key to a fit life. The live demonstration of exercises by the resource person made it easy to understand the postures correctly. Everyone enjoyed the lively and energetic vibe of the session.



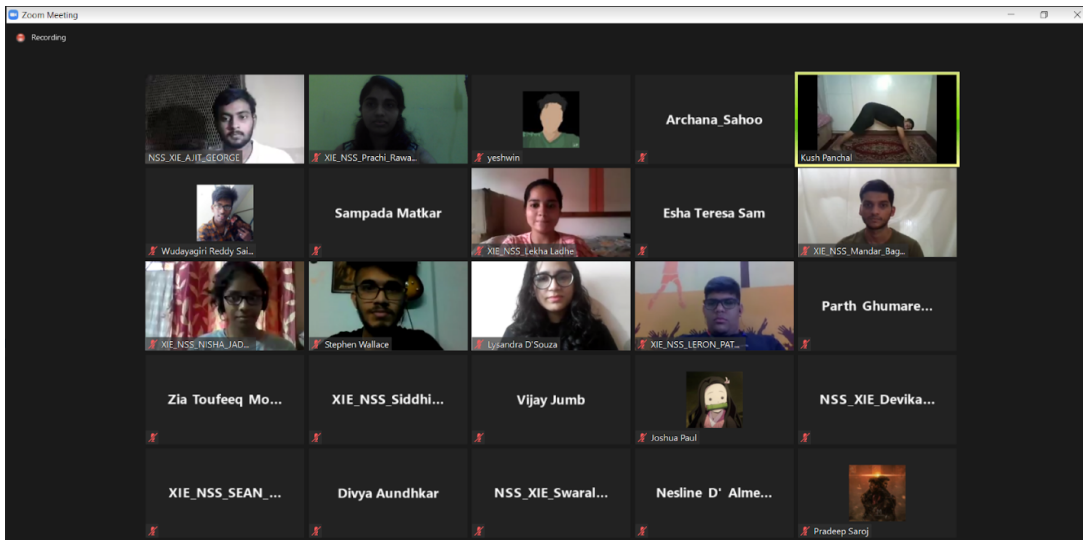
# Images



Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal

DATE: 30/08/2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**4:30 – 6:30**

**Zoom**

**Department: NSS**

**No of participants: 151**

Evening of 30<sup>th</sup> August starting with a very therapeutic, exciting and soothing Webinar, conducted by Ms. Aakriti Khosla, a counseling Psychologist, mental health speaker ,National executive trainer in Art therapy, Mandala Art therapy Practitioner and an EFT Practitioner.

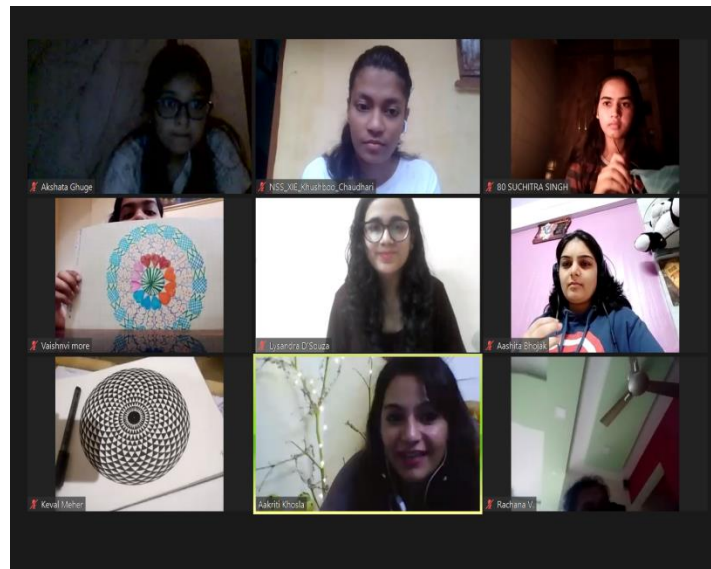
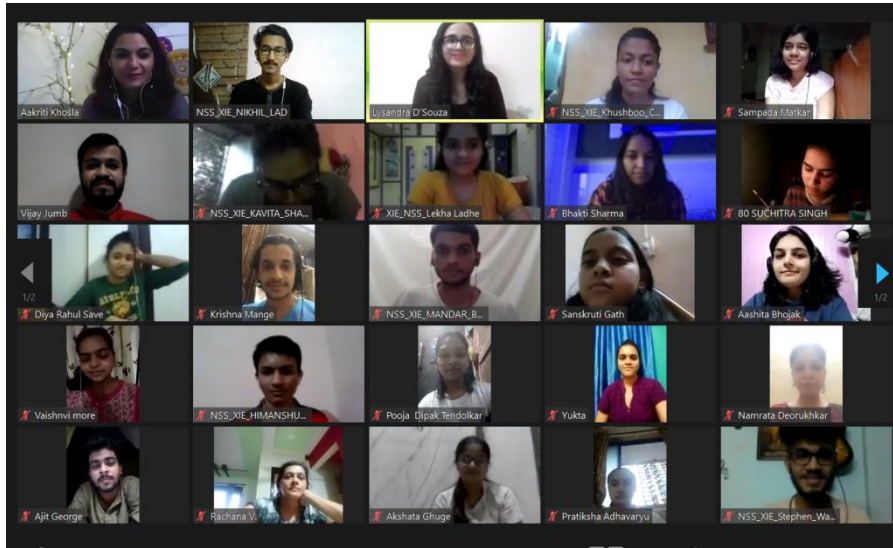
A total of 151 participants enjoyed the process of creating a mandala during the webinar. The session also had a calm, meditating break, rather a musical therapy , which really helped the participants soothe their minds.

The instructor told the participants about the various ways one can perform this soothing task , encouraging everyone with wonderful designs that one could use in their mandala and kept the session very interactive.

**Student Feedback and Benefits:** The session was very immersive and stress relieving for everyone who participated. The need for time to relax in a very immersive and soothing way was felt by everyone.



# Images



# Virtual celebration of Teacher's Day

DATE: 05/09/2020

## Event Coordinator(s)

1. Mr. Vijay Jumb

## Student Coordinator(s)

1. Mandar Bagwe

2. Archana Sahoo

Place:

Zoom

Department: NSS

No of participants: 12

As we are all getting used to the new normal, our daily roles have been changed drastically in this Pandemic, but what remains constant are our teacher's efforts to continuously help and guide us in every way possible and for this we are extremely blessed and grateful to have such teachers to help us in our way of life.

There cannot be a physical celebration but that doesn't stop us from showing our gratitude and celebrating the joy of having such beautiful and amazing teachers. For this we organized a virtual teacher's day celebration where every volunteer shared a heartfelt video message for different teaches.

Each volunteer expressed his/her love for the teachers; all those short videos of every volunteer were combined and shared with all the teachers.

Since teachers have been giving us so much of knowledge and wisdom and are there for us in every problem to help us. This was a small attempt to show the teachers that how grateful we are for their constant and selfless attention to us.

Thank you, to all the teachers for their continuous and selfless efforts, we have been really blessed to be your students. Teachers fuel our dreams by constantly motivating us.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal



So on this occasion of Teachers day lets have a look at emotions students wish to express towards their teachers





DATE: 01/10/2020

**Event Coordinator(s)**

**Akshara Centre**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**5 pm to 7 pm**

**Zoom**

**Department: NSS**

**No of participants: 26**

Akshara Centre in Association with NSS UoM conducted a session where they reviewed the trailer launch of the movie 'Son-Rise'.

In this session, the intention behind directing bring this concept to life was explained by the director of the movie Vishal Bakshi herself. She went on to explain that this film was a story of courage and commitment from Haryana, India - a state infamous for its skewed sex ratio and gender-based violence. Yet, in SON RISE the state finds its heroes, who are trying to break the shackles of patriarchy and challenge the age-old tradition of male dominance. This meet was also graced by the feminist activist who is none other than Kamla Bhasin, the icon herself. She emphasized as to why it's necessary to have such conversations started and how this movie could spread the message to the masses.

The session was concluded with a Question and Answer round followed by a testimonial round where the audience could express what struck them the most about the session. Thus, it was a fruitful session.

The entire session was informative and interactive and participants were fleshed with knowledge.

# Images

Zoom Webinar

Recording **LIVE** on Facebook



The image shows a Zoom Webinar interface with four video thumbnails and a chat window on the right. The thumbnails are arranged in a 2x2 grid. The top-left thumbnail shows a woman with dark hair wearing a blue patterned top, identified as Nandita Shah. The top-right thumbnail shows a woman with dark hair wearing a black top, identified as Vibha Bakshi. The bottom-left thumbnail shows an elderly woman with white hair and glasses wearing a red top, identified as Kamla Bhasin. The bottom-right thumbnail shows a man with glasses and a mustache wearing a pink shirt, identified as Satish Kolre. The chat window on the right contains several messages from attendees praising the webinar. At the bottom of the Zoom interface, there are icons for Chat, Raise Hand, and Q&A, along with a red 'Leave' button.

Chat

From UK AMIJA K... to All panelists and attendees: would love to watch it

From Palak Surti to All panelists and attendees: wow, 🙌🙌🙌

From Rashmi Chou... to All panelists and attendees: Touching. I so very much feel that every household, every man and every woman realise what was shown in the trailer.

From Muskan Shaikh to All panelists and attendees: amazing ma'am

From Ashwani Jais... to All panelists and attendees: Amazing ma'am 🙌🙌🙌

From muneerah kh... to All panelists and attendees: hats off to your perseverance, Vidha ma'am  
thank you so much Kamla ma'am for providing such a wonderful simple and enriching understanding on this issue

From Ganesh Bajpei to All panelists and attendees: Amazing Ma'am 🙌

From Sarvesh Amb... to All panelists and attendees: That was Amazing! 🙌🙌

From Palak Yadav to All panelists and attendees: Amazing ma'am 🙌

From Cletus Zuzarte to All panelists and attendees: Just so amazing and inspiring!

To: All panelists

Your text can only be seen by panelists

Audio Settings ^

Chat Raise Hand Q&A Leave

DATE: 31/10/2020

**Event Coordinator(s)**

**1. Mr. Vijay Jumb**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**1 pm**

**Zoom**

**Department: NSS**

**No of participants: 40**

The birth anniversary of Sardar Vallabhbhai Patel is being observed as 'Rashtriya Ekta Diwas' (National Unity Day) on 31st October 2020.

The occasion provides us an opportunity to reaffirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity, and security of our country. In keeping with the tradition, our college celebrated the National Unity Day on 31st October, 2020 in a befitting manner.

A Pledge (Oath) taking ceremony for all NSS volunteers was organized to mark the occasion. The text of the 'Rashtriya Ekta Diwas Pledge' is enclosed as given below.

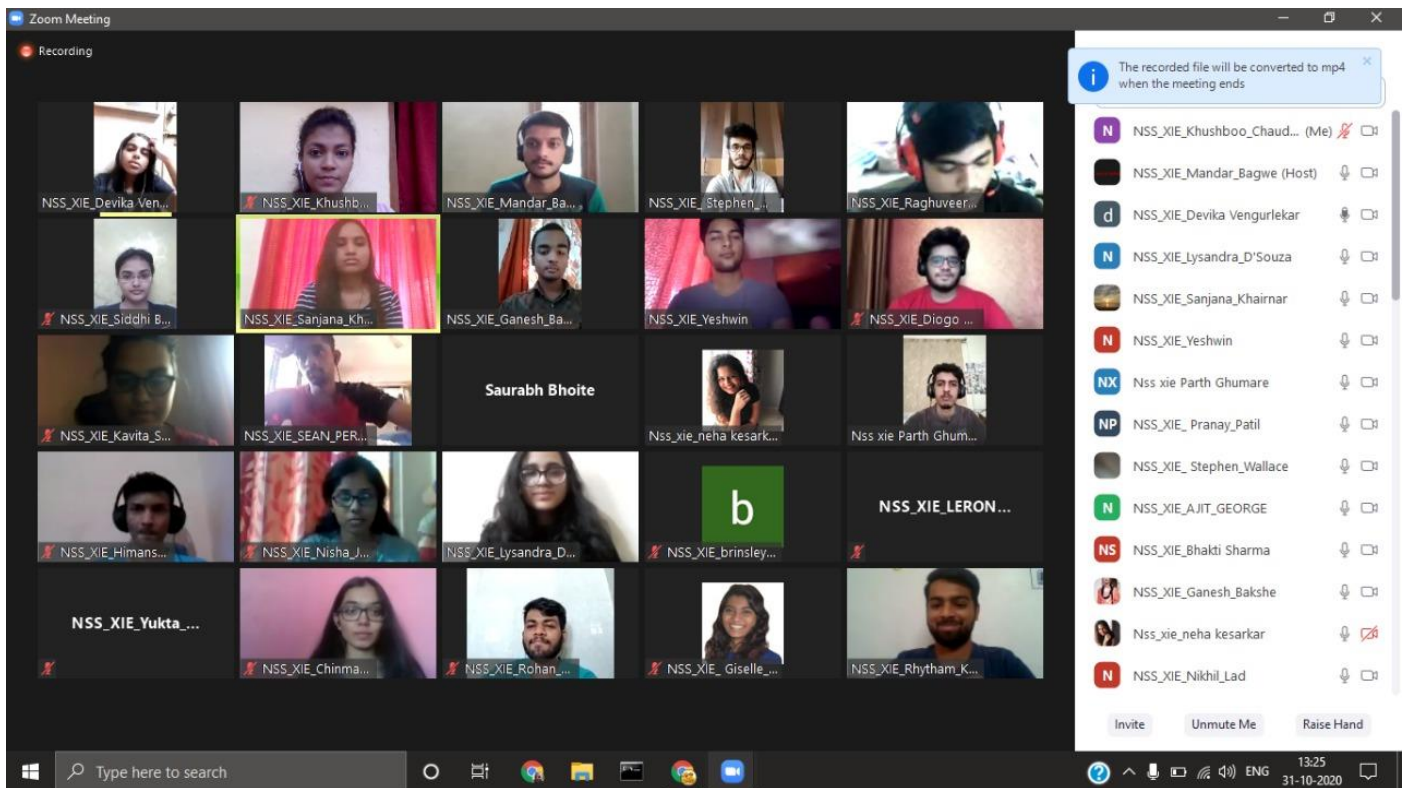
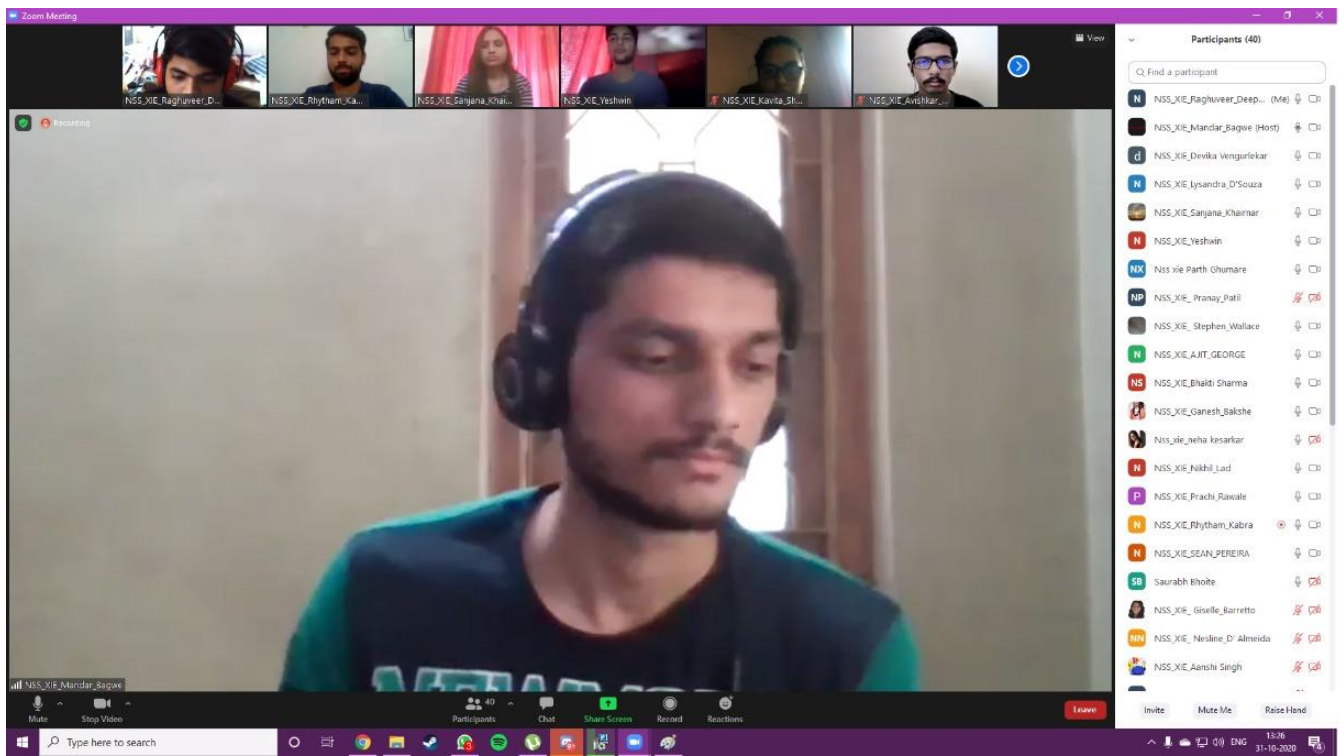
***I SOLEMNLY PLEDGE THAT I DEDICATE MYSELF TO  
PRESERVE THE UNITY, INTEGRITY AND SECURITY OF THE  
NATION AND ALSO STRIVE HARD TO SPREAD THIS MESSAGE  
AMONG MY FELLOW COUNTRYMEN. I TAKE THIS PLEDGE IN  
THE SPIRIT OF UNIFICATION OF MY COUNTRY WHICH WAS  
MADE POSSIBLE BY THE VISION AND ACTIONS OF LATE  
SARDAR VALLABHBHAI PATEL. I ALSO SOLEMNLY RESOLVE***

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal

# Images





DATE: 28/11/2020

**Event Coordinator(s)**

**Akshara Centre**

**Student Coordinator(s)**

**1. Mandar Bagwe**

**2. Archana Sahoo**

**Time & Place:**

**5 pm to 7 pm**

**Zoom**

**Department: NSS**

**No of participants: 10**

Many students are usually confused about which project to choose and with what topic should we choose the project. This session was usually about how we should fit the 'gender lenses in our vision for the social action project 2020! This session was conducted by Ms. Geeta Rao.

The session began with the topic choosing the project where some example where presented and nicely explain one example was like Identify advertisements that reinforce gender equality / positive role gender roles. Then how should we go ahead with our project was the next topic where how to create reflective report, create videos with creativity and how to create an attractive post for social media was explained. A little more about social actions how did Akshara group conducted and volunteer some events to spread awareness about gender awareness. Safety Audit and Film Screenings: At Akshara we believe that media is a powerful tool. Therefore we started the Film screening initiative: as a methodology to take our gender just perspective to the students and engage them in a healthy discussion.

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 entire session was informative and interactive and participants were fleshed with knowledge and positivity.

## Republic Day Celebration

DATE: 26/01/2021

### Event Coordinator(s)

1. Mr. Vijay Jumb

### Student Coordinator(s)

1. Mandar Bagwe

2. Archana Sahoo

### Time & Place:

8:00 to 10:00 am

Zoom

Department: NSS

No of participants: 87

To honor the date on which the Constitution of India came into effect, Republic Day was celebrated at Xavier Institute of Engineering organized by NSS Unit.

The event commenced at 8:00 am on 26<sup>th</sup> January, 2021. The event started with flag hoisting in the presence of Director Fr. Dr. John Rose S.J, Principal Dr. Y. D. Venkatesh, College Staff, Students and NSS volunteers and program officer. The flag hoisting was followed by national anthem and address by the Director & Principal.

The event concluded with some patriotic songs sung by NSS volunteers of Xavier Institute of Engineering.

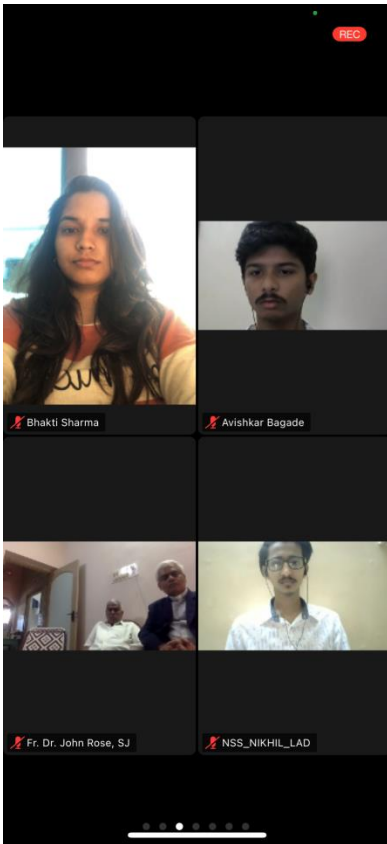
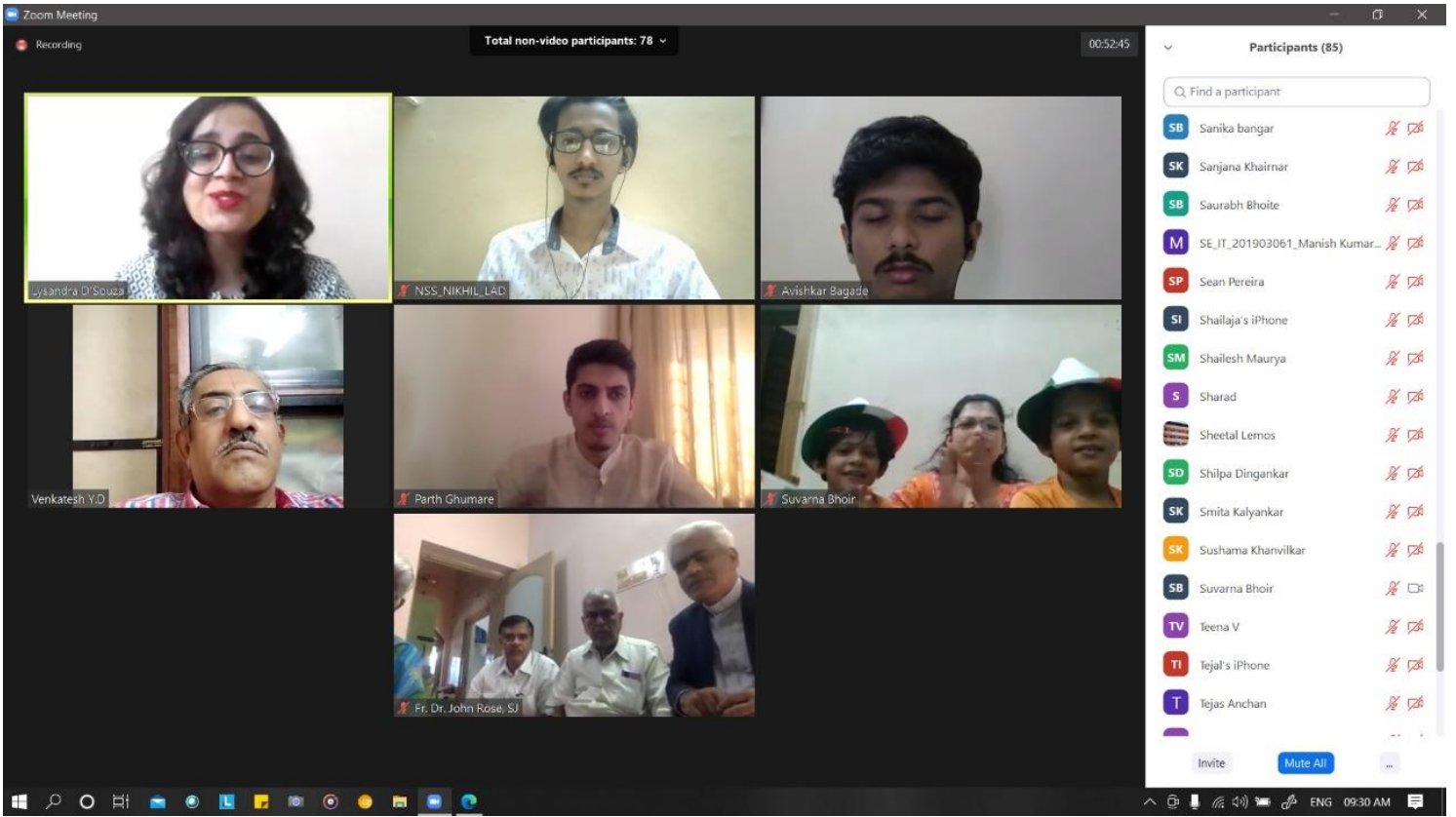
The event was filled with enthusiasm along with remembering the efforts of those great individuals for making the country a sovereign, secular and democratic nation.

Prof. Vijay Jumb  
NSS Programme Officer

Ms. Meena Ugale  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal

# Images



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 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 7<sup>th</sup> 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, taught everyone about the different chakra points and also the 5 ways to purify them. 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.

Prof. Vijay Jumb  
NSS Programme Officer


Ms. Kavita Jain  
Dean, Students' & Staff  
Welfare

Dr. Y. D. Venkatesh  
Principal






**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"



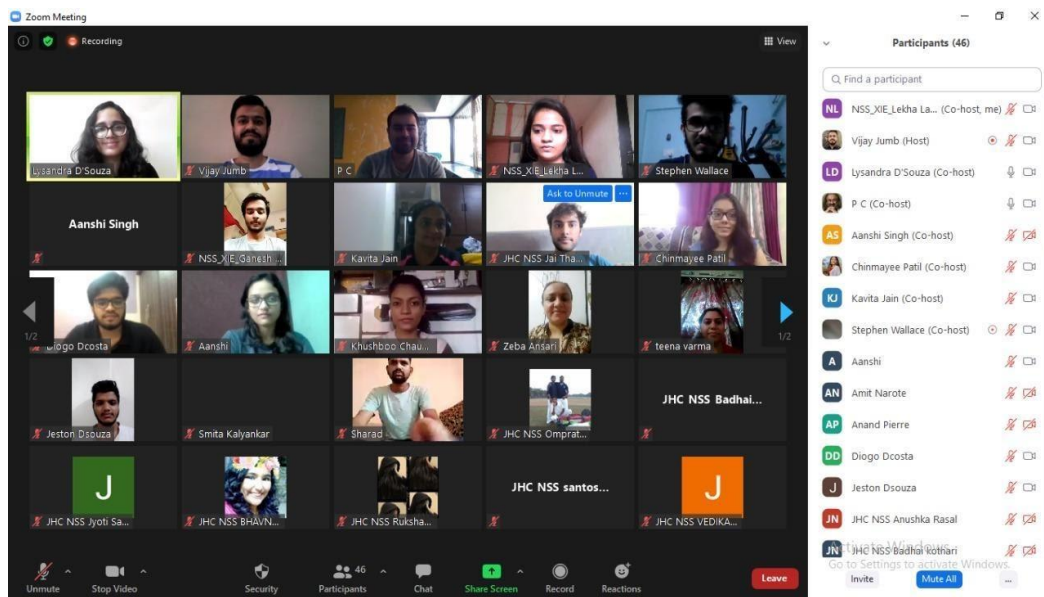
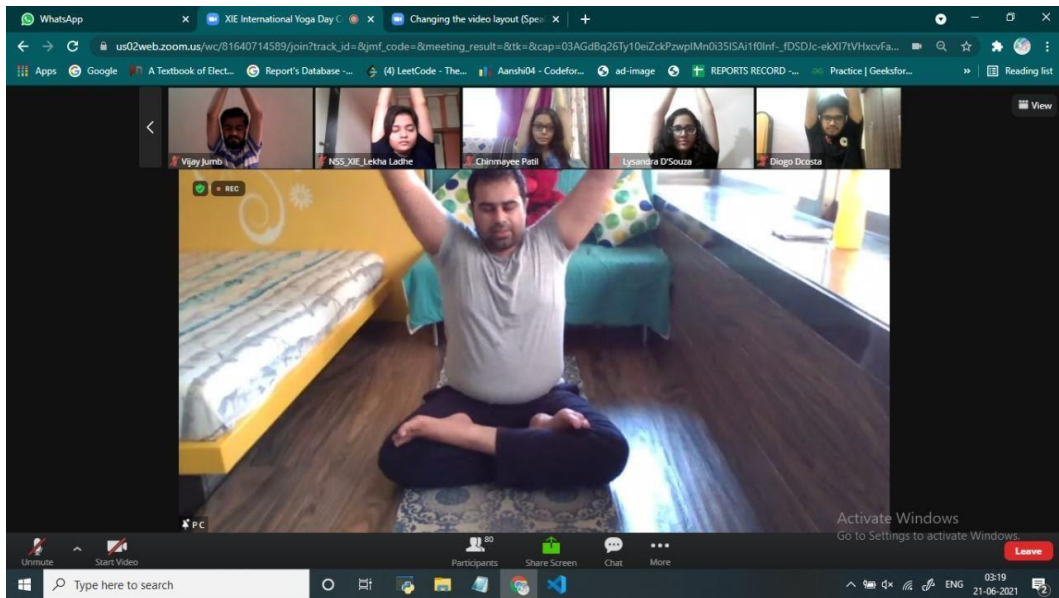
**Instructor: Mr. Pankaj Changlani**  
**THE ART OF LIVING**

**Register Here :**  
<https://forms.gle/61mofCUvqoGvMXC6A>

**Date: 21st June, 2021**  
**Timing: 8 am to 9:30 am**



**@nss.xie**



A handwritten signature in black ink, appearing to be "Vijay Jumb".

Mr. Vijay Jumb

NSS Programme Officer