



# NSS ATHARVA

## ATHARVA COLLEGE OF ENGINEERING

MALAD (W), MUMBAI-400095



NSS ATHARVA UNIT: 1

UNIT STRENGTH: 50

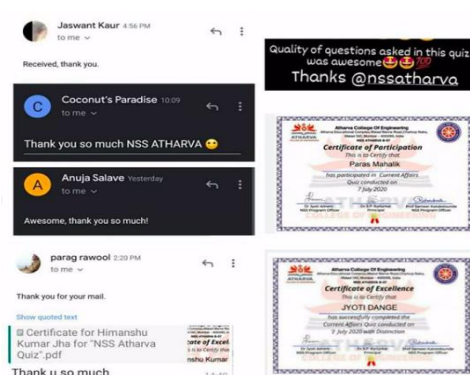
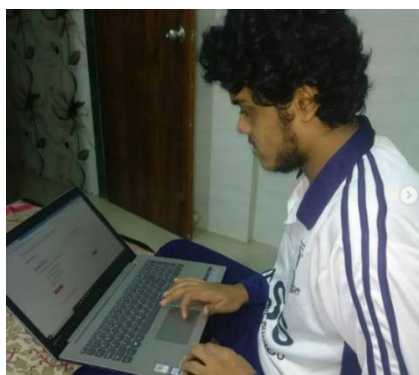
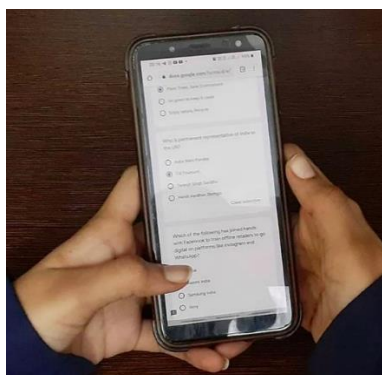
ACADEMIC YEAR: 2020-2021

Programme Officer: 1) Prof. Sameer Katakounde  
2) Dr. Jyoti Amare

### REGULAR ACTIVITIES FOR 2020-2021

#### ❖ Online Quiz Competition – 7th July 2020.

NSS Atharva (B-57) organized an online quiz competition on Current Affairs. More than 300 students from various schools and colleges participated in the quiz competition. The competition was held and managed the entire day by the volunteers, interacting diligently with the participants. Participants were felicitated with Appreciation certificate and participating certificate respectively. The positive responses from such a huge amount of audience surely showed that the event was a total success.



### ❖ Vijay Divas – 26th July 2020.

Kargil Vijay Diwas, named after the successful Operation Vijay, is celebrated in India on 26 July. On this date in 1999, India successfully took command of the high outposts which had been lost to Pakistan. The Kargil war, which was fought for more than 60 days, ended on 26 July. In the remembrance of these brave hearts who fought for our country, NSS Atharva had organized online competitions in different categories like Drawing, Poem writing and Storytelling. It was really difficult to choose the winner when there were so many amazing entries. We loved seeing all of them, their creativity and talent are incredible.



### ❖ Tree Plantation – 31st July 2020.

We, the NSS Atharva unit, organized and successfully conducted an online "Tree Plantation Awareness" event. The objective of the event was to spread awareness about the benefits and understand the responsibility and civic duty of tree plantation among the youth, this time, doing it so through by utilizing social media and online platforms. The entire unit realized the responsibility on their part, of saving trees, by planting saplings, and also educating and making others aware of the necessity and benefits of tree plantation. In the end, we all took an oath to save protect and plant trees.



30-07-2020

TREE PLANTATION AWARENESS

NSS ATHARVA B-57



30-07-2020

TREE PLANTATION AWARENESS



30-07-2020

TREE PLANTATION AWARENESS



30-07-2020

TREE PLANTATION AWARENESS

## ❖ Sanskrit Day – 2nd August 2020

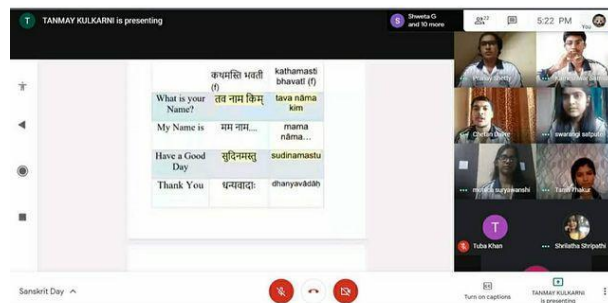
On the auspicious occasion of Sanskrit Day, we NSS Atharva (B-57) celebrated the "Sanskrit Day" on an online platform. We introduced the Sanskrit Language to our volunteers, had a word about its history, its features, and also explained the importance of this ancient language. We spoke interesting facts of Sanskrit language, discussed Sanskrit Village which is located in Karnataka State. We also tried a few Sanskrit sentences. In the end, we concluded the celebration with Sanskrit mantras. It was a sense of satisfaction for all the volunteers to obtain exposure to this authentic language.





02-08-2020

SANSKRIT DAY CELEBRATION



02-08-2020

SANSKRIT DAY CELEBRATION

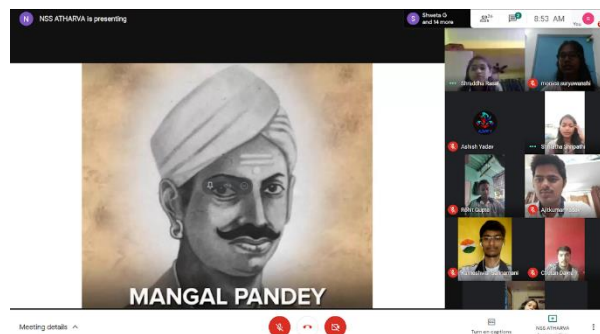
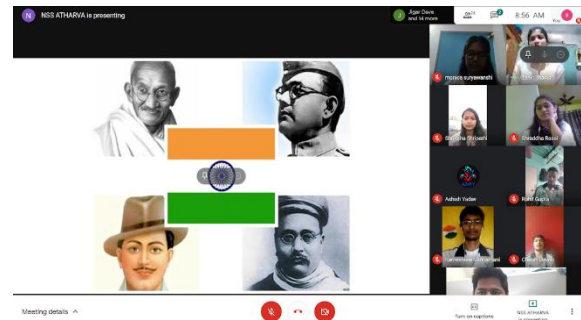
## ❖ Yoga with Kush – 8th August 2020

We NSS Atharva (B-57), in collaboration with Yogi Kush, had organized a free webinar on yoga for our volunteers and every fitness enthusiast, to make way for a healthy lifestyle! In the event, our host Yogi Kush introduced everyone to the immense power of Yoga. He taught the attendees about the importance of yoga in daily lifestyle. Why is it necessary to stay healthy? How could it affect mental health? Many of these questions were answered during the session. The webinar ended with a Q&A session. Everyone enjoyed and got refreshed with the thought in mind. Practicing Yoga could bring a wide change in the busy schedule.



## ❖ Independence Day – 15th August 2020

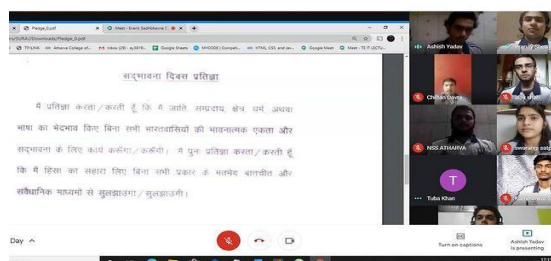
“Jaha dal par soneki chidiya karti hai basera vo Bharat desh hai Mera vo Bharat desh hai mera...” Independent India the dream of many martyrs soldiers freedom fighter patriots who laid their life for the freedom of this great nation. India a nation of unity in diversity, rich in culture, heritage, and traditions. The land of great heroes and kings. On this day in 1947, India got free from the British rule which ruled us for more than 200 years. We NSS Atharva (B-57), on this auspicious occasion of 74th Independence, take the privilege to show our gratitude towards the late leaders, the soldiers, and each one of the patriots who sacrificed their lives for India. We also salute the soldiers who stand firm protecting us on the borders day and night. Along with the special thanks to all the frontline workers; Police, Doctors, Health workers, Cleaning helpers to support the nation in this difficult pandemic situation. Their roles and contribution are priceless. We hope at such difficult situations we as a nation together would stand together and face all ups and downs, as it's said "United we stand divided we fall."



## ❖ Sadbhavana Diwas– 20th August 2020

We NSS Atharva (B-57), organized an oath-taking ceremony on the occasion of Sadbhavana Diwas. The day is observed to encourage national integration, peace, affection, and communal harmony among the Indian people of all religions. Sadbhavana Diwas is celebrated in the memory of Shri Rajiv Gandhi every year who dreamed to make India a developed country. We, volunteers, came together on the virtual platform to celebrate this day. The importance of this day was explained along with the UN's mission of peace. Key facts about the UN's peacekeeping were covered. We took an oath that we would not discriminate between our citizens on the basis caste, culture, religion, language, etc. We would try to resolve all the differences by discussions keeping peace first. Also, we would work for the nation's well being and harmony. As believed by Shri Rajiv Gandhi, the youth of India is responsible for the nation's progress and the developing future.

NSS ATHARVA B-57



20-08-2020

SADBAHAVANA DIVAS

NSS ATHARVA B-57



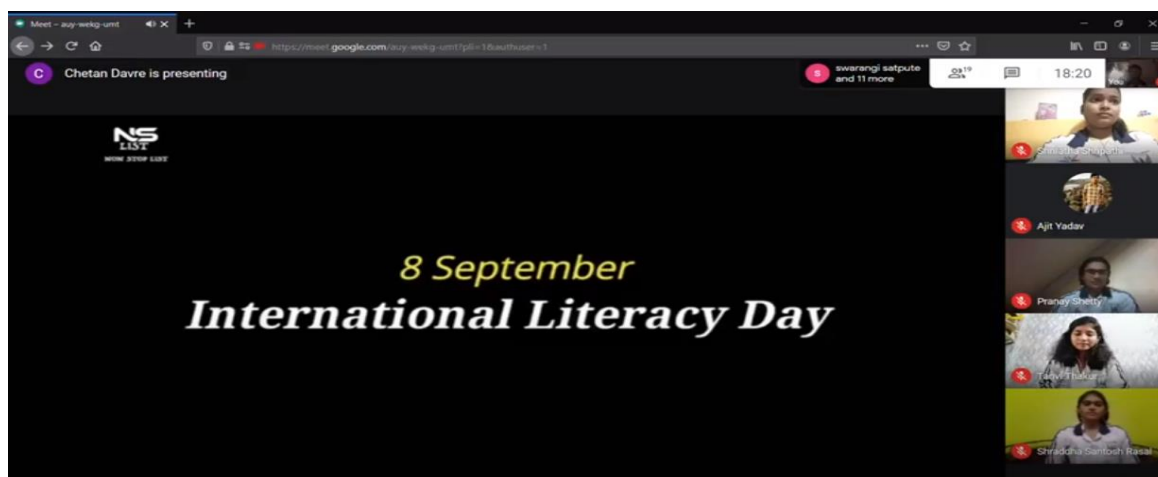
20-08-2020

SADBAHAVANA DIVAS

## ❖ Literacy Day - 8<sup>th</sup> September,2020.

The International Literacy Day is celebrated every year on 8th September since the 14th session of UNESCO's General Conference on October 26, 1966, to encourage awareness towards literacy so that people from around the globe can know their social and individual rights, spread awareness about the importance of the literacy to individuals, society, and communities. On the auspicious Day of International Literacy Day, we NSS Atharva (B-57) celebrated the "Literacy Day" on an online platform. We introduced the history behind Literacy Day to our volunteers: Like why

do we celebrate Literacy Day, its meaning and also explained the role of Literacy. We conversed interesting examples of Literacy Skills, and what is literacy rate of India in 2020, we also talked about the most educated state of India which is Kerala with 93.91% literacy rate. We observed that there is great need of awareness about Literacy which needs to be spread at least by the young gen of our country.



### ❖ Mental Health Awareness – 10th September 2020

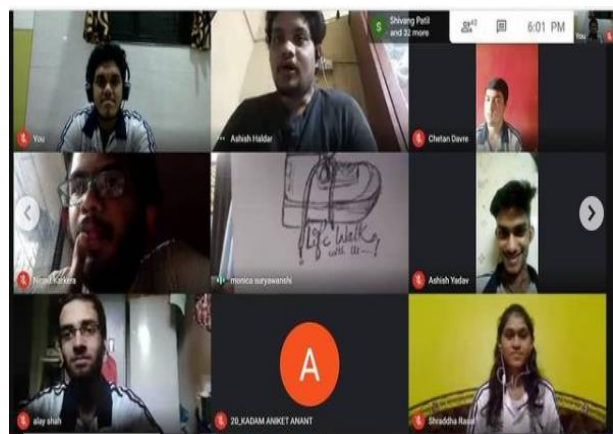
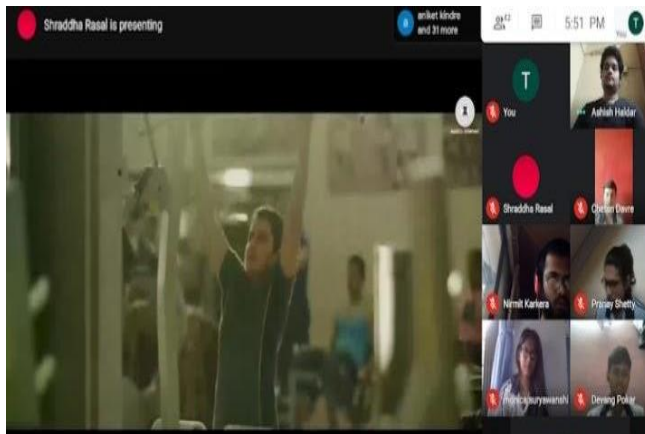
A webinar was held on the topic of managing and taking care of mental health with our guest speaker, Ms. Natasha Ambre. The doubts regarding stigma surrounding mental health, how to handle oneself and take oneself forward during tough times, and how to counteract the stigma and judgements was briefly explained. Various degrees of a person's psychological management and situations were discussed with dos and don'ts elaborated. It was an important informative session much needed in today's fast paced world.





### ❖ Webinar on Entrepreneurship - 20th September, 2020.

“Bee the change you wish to see in the world.”-Mahatma Gandhi We NSS- ATHARVA (B-57) in collaboration with Ashish Haldar, Co-founder of Apna bookwala organized a webinar on Entrepreneurship and how you can become one. During the Event, our speaker first defined what it meant to be an Entrepreneur. Then he conducted some fun activities to explain how everyone has their perspective towards things. Further, he also conducted a logo making activity where participants try their way around making a simple logo. He then covered some important points that an Entrepreneur keeps in mind for correct execution of his ideas. All the participants thoroughly enjoyed a session and got a good idea about how to work their way around Entrepreneurship.



### ❖ iCare Event - 21st September 2020.

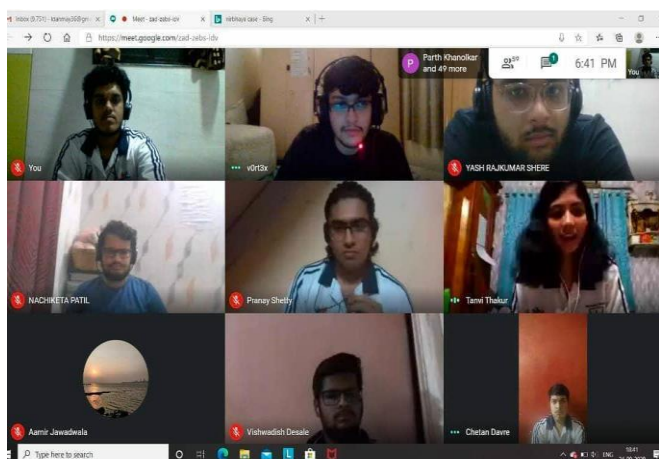
NSS Atharva organized a webinar on Cardiac Arrest Resuscitation to make people acknowledge on do's and don'ts that a common person should know regarding it and how one can help someone who has a Cardiac Arrest. Our Speakers Ms.Sumaiya Raghavan and Mr.Anand Shrivastav cleared some myths and gave some very useful tips which can help us save someone's life. They also explained how even a common human being like us can actually take action and help someone in need. To summaries it was a session that was quite interesting and helpful for everyone.



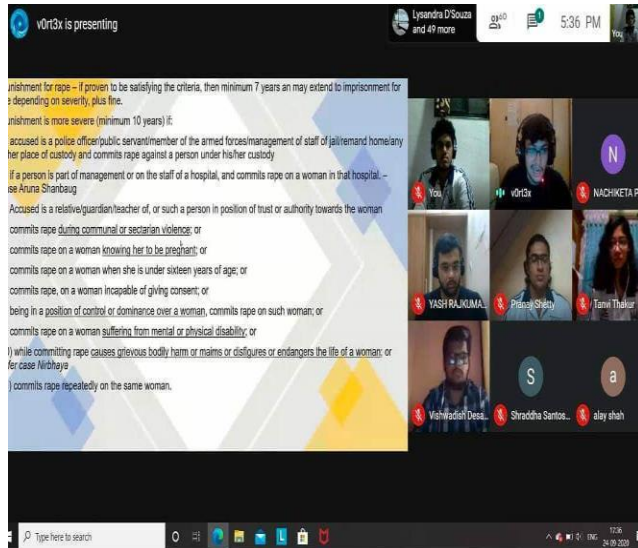


## ❖ Legal laws about rape – 24<sup>th</sup> September, 2020

NSS Atharva (B-57) Unit organized a webinar that gave a brief on the legalities involved after a rape incident. Dr. Joshua D Silva was our guest. He explained the legal definition of rape as mentioned in section 375 of the Indian Penal Code. Further, he gave details on the POCSO act, how a rape is medically determined and the steps taken by a doctor in a rape case. In the end, he mentioned important points that could help an individual in such situations. It was a great session and everyone got to know how to handle such unforeseen circumstances.



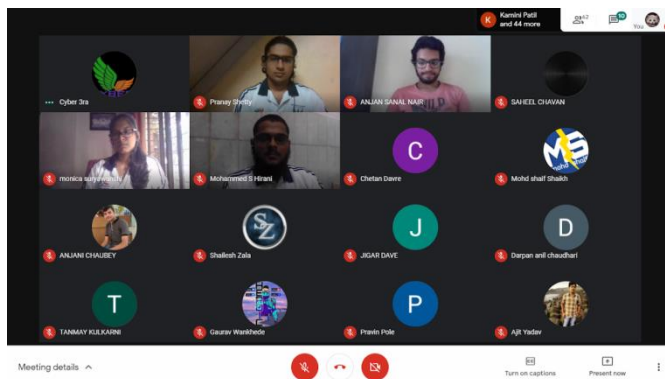
Punishments for Rape in Sections of IPC	
Section	Offence
Section 376A	Causing death or resulting in a persistent vegetative state of the victim
Section 376AB	Rape of a girl under 12 years
Section 376D	Gangrape
Section 376B	Rape by husband on his wife during separation
Section 376C	Rape by a person in a position of authority



Punishments for Rape in Sections of IPC		
Section	Minimum Punishment	Maximum Punishment
Section 376A	20 years	Life term or Death Penalty
Section 376AB	20 years	Life term or Death Penalty
Section 376D	20 years	Life term
Section 376B	2 years	7 years
Section 376C	5 years	10 years

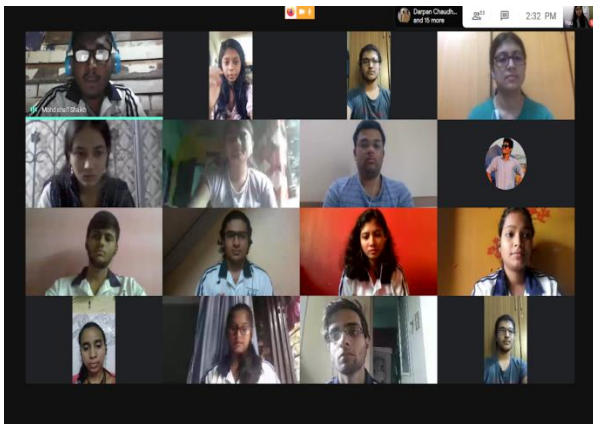
## ❖ Ethical Hacking Webinar - 26th September,2020.

NSS Atharva Volunteers organized a webinar on Cyber security and Ethical hacking to create awareness about the important aspects of cyber security and hacking. The speaker explained participants about types of webs, types of issues a user can face due to malware, types of cyber-attacks and case studies. The live demonstration of Ransomware, phishing attacks and message scams was experienced by the participants.



### ❖ Gandhi Jayanti & Bhajan Sandhya: 2nd October,2020.

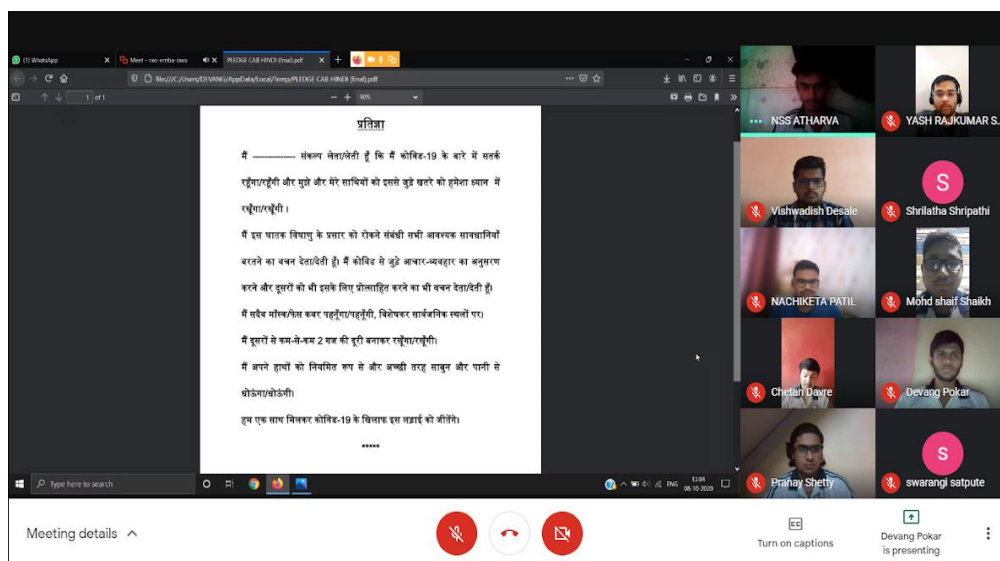
NSS Atharva volunteers organized virtual event on the occasion of 151st birth anniversary of Mahatma Gandhi, Father of Nation. Volunteers talked about his life, his role in freedom movement. Volunteers also discussed about other freedom fighters. The session was very informative we came to know about their freedom movement strategies, early life and their achievements. Later, NSS Atharva volunteers also attended virtual Gandhi Jayanti event Bhajan Sandhya Program conducted by Mumbai University.



### ❖ Covid-19 Pledge: 8th October,2020.

"Alone we can do so little, together we can do so much." -Helen Keller

NSS volunteers pledged to follow all precautions that would lead to stopping the spreading of this deadly virus. They also promised to maintain social distancing and always wear a mask especially in public places. We all should determine to fight against this virus by following all the needy precautions and help our nation to recover. Strength is gained from unity!



## ❖ Use of Plastic Bottle Awareness – 9th October, 2020

NSS Atharva (B-57) organized an event on Plastic Bottle Awareness to highlight the importance of plastic reuse and recycle, and other alternatives. The gist about plastic and its type, the worldwide usage of plastic and the impact it has on living beings and on planet earth were essential highlights. Plastic's hazardous effect and how does it contribute to different types of pollution is worry. The plastic prevention techniques and various ways to cut the use of it were mentioned. Also, the alternatives like paper bags and others were discussed. The importance 4 R's for plastic. Lastly, the effective and durable eco-bricks use and importance was given



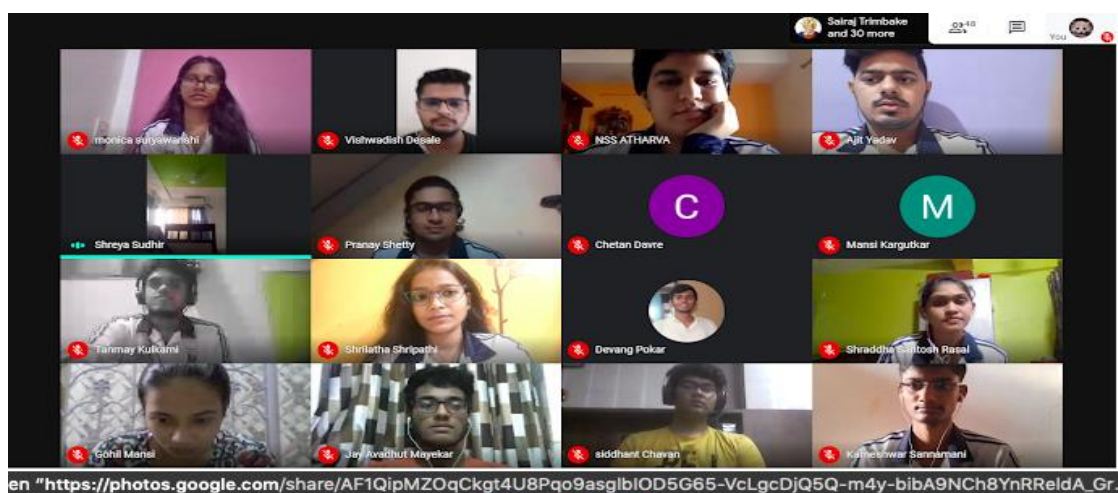
WHAT  
CAN  
WE  
DO?



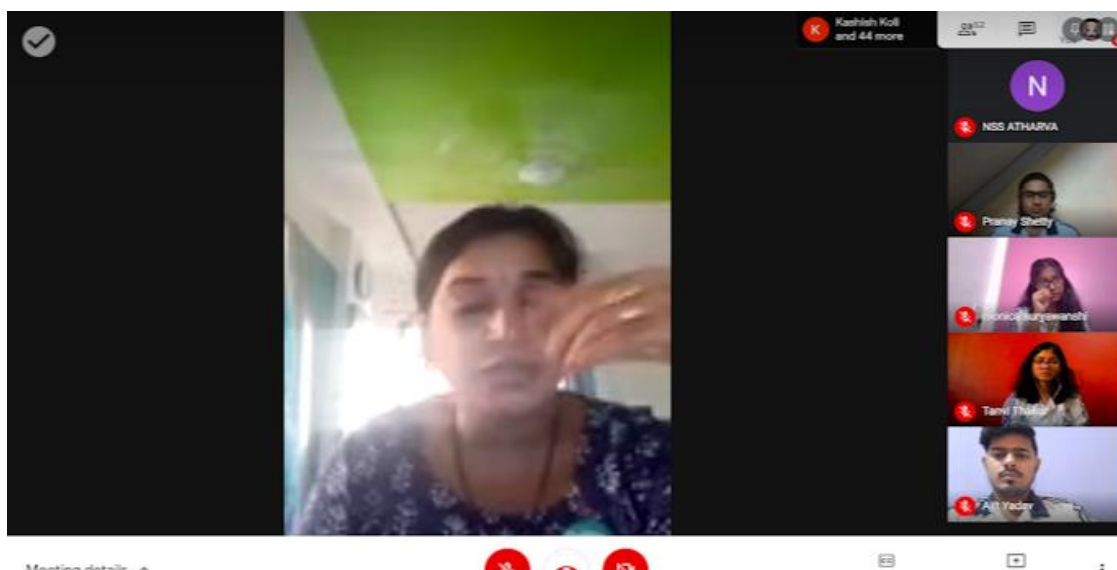


## ❖ Bottles for Change - 9th October, 2020

We had Ms. Shreya Sudhir, CSR Specialist, Bisleri International as our guest speaker. She explained how different forms of plastic can be recycled. Also further she added how plastic very useful material if used correctly is. She also explained how plastic can be disposed of properly which would in turn, reduce the adverse effects on the environment. In the end, she described Bisleri's "Bottles for change" Program and how we can be a part of this initiative. Participants came across various new facts about plastic and it was surely a great session.

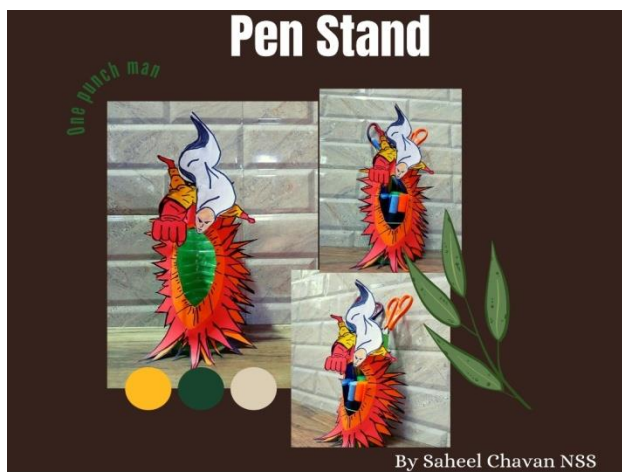


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### ❖ Best Out Of Waste (Bottles) 10<sup>th</sup> October -2020

NSS Atharva (B-57) organized an event on Best Out Of Waste (Bottles) to understand the importance of preserving the environment and learn more about sustainability. We should not throw away plastic bottles as we could use them again for different purposes. As plastic bottles are one of the most dangerous items that take hundreds of years to degrade. In this event, all the NSS volunteers recycled plastic bottles. We created an amazing array of display items and useful everyday objects. The values like preservation, recycling, conservation, reduction, reuse, etc. were imbibed in our hearts and minds by demonstrating this noble act of caring for our environment.

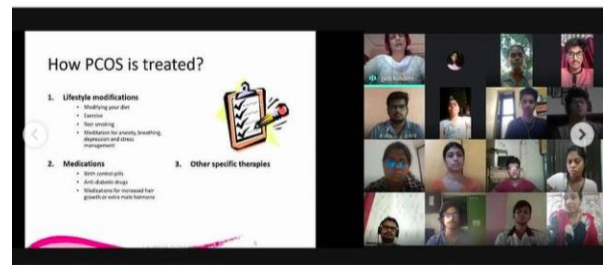


## ❖ PCOS Awareness – 19th October 2020.

NSS Atharva (B-57) hosted a webinar on PCOS awareness that gave a brief on symptoms, causes, and treatment for PCOS. PCOS, Polycystic Ovarian Syndrome is a health problem that affects 1 in 10 women of childbearing age. Our guest speaker Dr. Jyoti Kulkarni, a consultant obstetrician and gynecologist at Symbiosis Specialty Clinic, Dadar revealed the symptoms of PCOS. Further, she described causes, diagnosis, and treatment. She also discussed risk factors, after effects, medications, and diet involved that would help nurture the health of women facing PCOS. The webinar was informative and concluded with a Q&A session.

NSS ATHARVA B-57

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19-10-2020

PCOS AWARENESS

19-10-2020

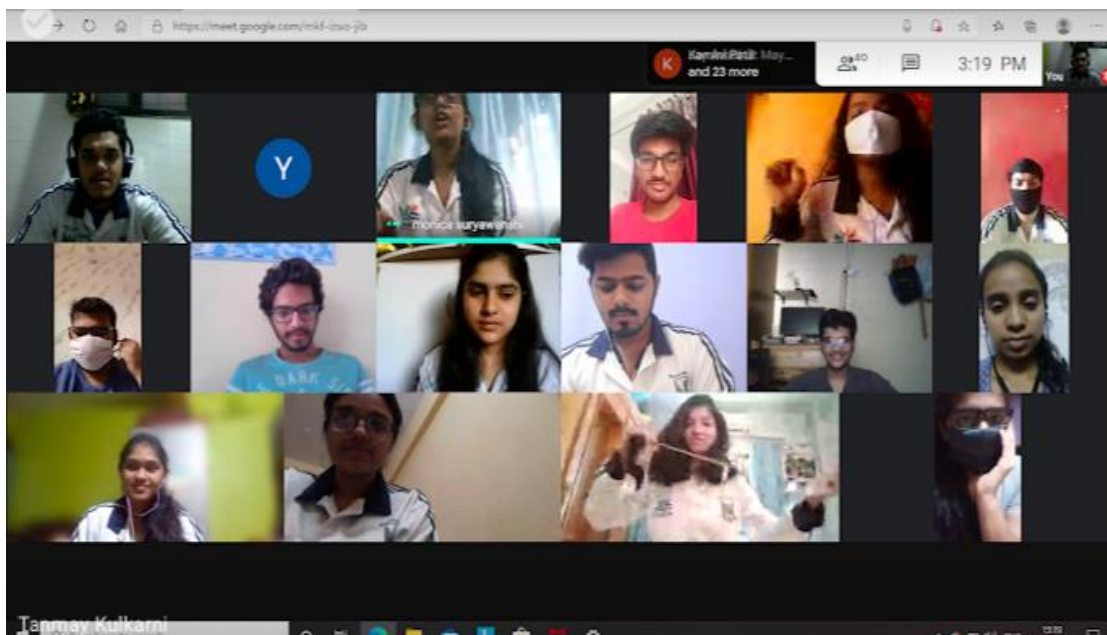
PCOS AWARENESS

## ❖ Mask Making - 30th October, 2020

Nss Atharva Volunteers carried out an event on how to make a mask with household fabrics so that we could stop using plastic masks. Along with this, volunteers discussed the importance of wearing masks, Covid-19 pandemic, how to use a mask properly and its disposal.

We made participants aware about the importance of wearing Mask & saving lives through the interactive webinar. Mask for lives!





### ❖ Webinar on organ Donation - 1st November, 2020.

NSS ATHARVA (B-57) hosted a webinar on Organ donation to spread awareness about importance of Organ donation. In collaboration with “The Federation of Organ and Body donation” Mr. Purushottam Pawar. The participants made this webinar more interactive and informative!



Some points discussed in the webinar is. During a lifetime a person can pledge for organ donation by filling up a donor form.

- A person can donate blood in a span of every 3 months.
- Organ can be donated at any stage from newborn to a 70 year old person.
- In case of skin donation, skin between waist and toes is taken.
- Only person without any disease can donate organs
- Donated skin can reduce upto 80% of the burn victim pain.



### ❖ Gender Sensitization - 10th November, 2020

During the event, the Speaker first explained what Gender Sensitization means. She further added the causes that cause gender inequality. Following that she also suggested measures that can be taken to change this gender-biased perspective of the society. Further, there was a discussion regarding Section 26 of the Universe Grants Commission Act,1956 and SDG's 5 gender Equality-Indicators. To sum up, the participants came to know quite a few things about gender sensitization and it was surely an enlightening webinar for all the participants.



### ❖ Smruti Gandh - 17th November, 2020

On the event of Smruti Gandh, to celebrate music; and honor and celebrate our folk artists and indigenous artists, an online event was conducted live for everyone to see on youtube platform.

Live performances by various artists with different musical styles and instruments were conducted along with speeches in between educating youth about journeys and highlights of indian music. It was a lovely experience to hear our surreal folk music live, and enlightened volunteers to respect and admire the culture of indian art.

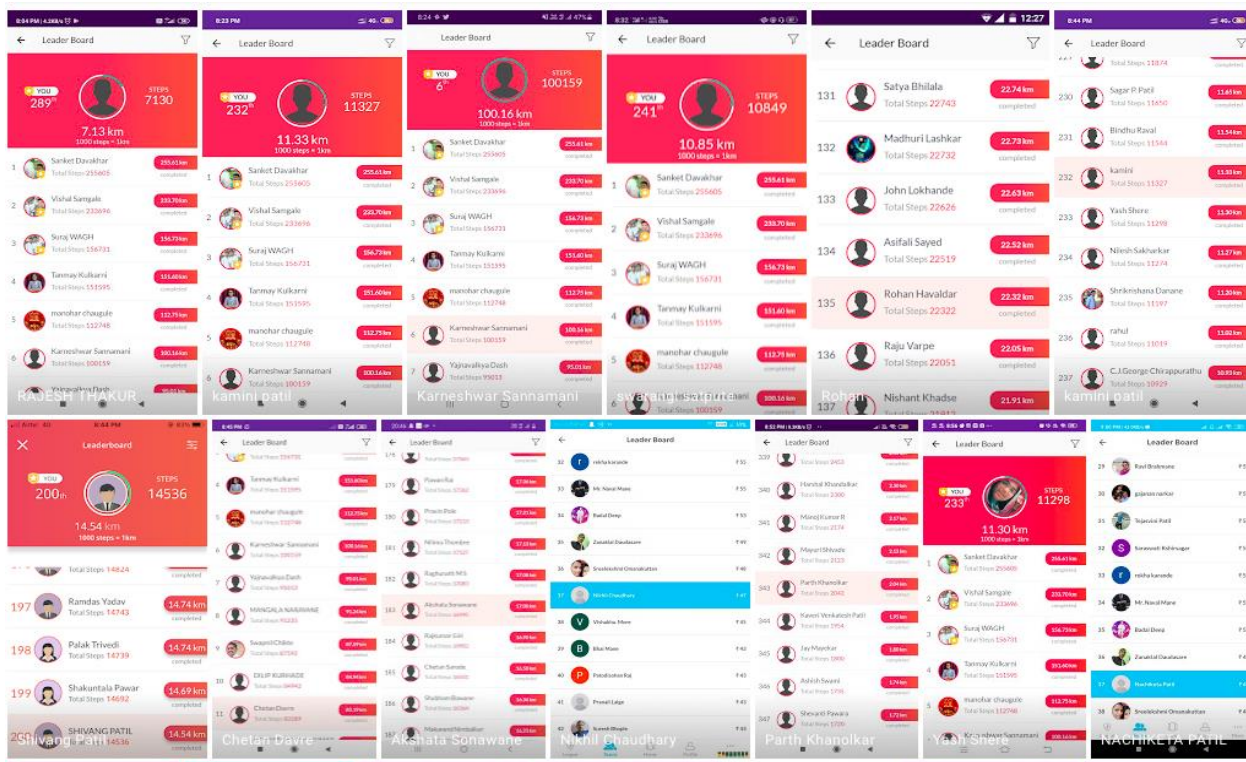


### ❖ **CYDA E-Marathon - 19th November, 2020**

Volunteers were encouraged to participate in an interactive performing event, CYDA e-marathon which required registration of willing participants to run a marathon for 3 day, to spread awareness of the health amid the covid crisis.

Volunteers were encouraged to participate and complete the given tasks and successfully completed the 3 day challenge.





## Making and Distribution of Cloth Bags – 23<sup>rd</sup> November, 2020,

NSS ATHARVA (B-57) Volunteers Organized a cloth bag distribution event in Dharavali Village. Our volunteers interacted with the villagers, educated them about the effects of plastics in the environment, and distributed the cloth bags that our volunteers made. We also encouraged the villagers to make their own bags and decrease the use of plastic bags to save our environment.





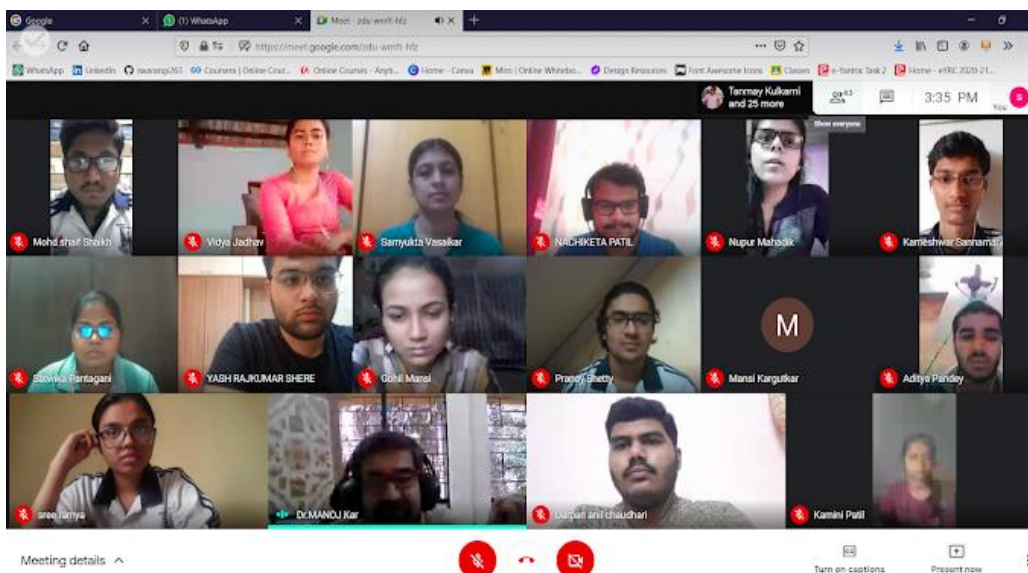
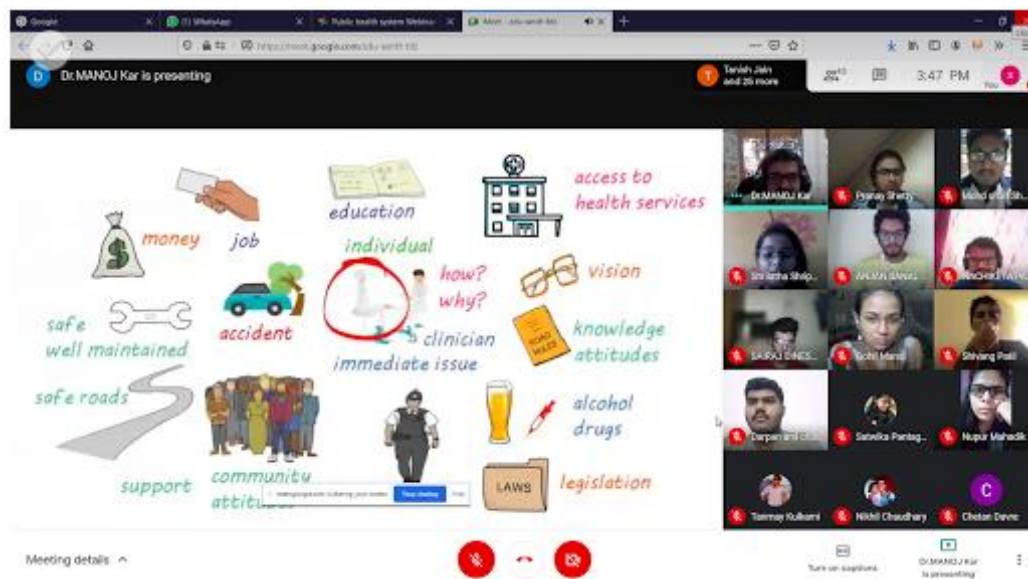
## ❖ Cloth Bag Distribution at Dharivali- 24th November,2021

NSS Atharva organised a Cloth Bag distribution event at Dharivali Village, south of Malad West. The volunteers were responsible for distributing the cloth bags among the villagers, whilst also stating the benefits of cloth over the use of plastic, both in short and long term. The volunteers interacted with the villagers, educating them with regard to the harmful effects of plastic on the environment. As a community, the villagers were also educated about proper waste segregation i.e., dry and wet waste, and how their community can minimise the waste through the same. The villagers were also motivated to use and make eco friendly products like cloth bags, whenever possible. With the combined efforts of all the volunteers on the field, the event was a success. Although the results are only possible to be looked at in the long term, but the understanding of proper waste management, and potential pollutants was clearly visible in the villagers.



## ❖ Public Health System Webinar - 25th November, 2020

Our speaker for the webinar on how to manage covid-19 crisis through voluntary action, delivered an excellent informative webinar on two topics - awareness on the working and system functioning of the public health system and the importance of voluntary action and presence in handling any pandemic. Volunteers learnt many unknown facts regarding the working of machinery of health departments and tips on how we can help and be a part of the solution.



## ❖ Health Survey at Dharivali- 26th November, 2020

NSS Atharva B-57 conducted a Health Survey in Dharivali village. Volunteers were grouped with 4 members each so that every house in the village would be surveyed. We prepared a Google form with 15 simple health related questions. After the survey, we understood the overall well-being of the villagers and information related to any illness that the individual might suffer from.

We analyzed individual's current health status, health behavior, illnesses patterns.

The image shows a collage of four mobile phone screens displaying a Google Docs form titled "Health Survey at Dharivali". The form is created by rajes.pofalkar@gmail.com and is marked as "Required".

**Screen 1 (Left):**

- On a scale of 1 to 10, how healthy do you consider yourself? \* (Scale: 1 to 10)
- Do you currently suffer from any chronic diseases? \* (Yes/No)
- Do you have any hereditary conditions/diseases? \* (High BP, Diabetes, Other)
- Are you habituated to drugs and alcohol? \* (Yes to both, Yes to drugs, Yes to alcohol, No to both)

**Screen 2 (Second from Left):**

- How often do you get a health checkup? \* (Once in a month, Once in a year, Once in 3 months, Only when needed, Never get it done)
- How would you evaluate your overall health? Would you say you are: \* (In good physical health, Mildly physically impaired, Moderately physically impaired, Severely physically impaired, Totally physically impaired)
- On a scale of 1 to 5, how do you rate the local hospitals in your area? \* (Scale: 1 to 5)
- In your opinion, at what capacity can you perform everyday activities? \* (Excellent capacity, Good capacity, Moderate capacity, Severely impaired capacity, Completely impaired capacity)

**Screen 3 (Third from Left):**

- In the past 24 hours, what different kinds of medications have you taken? \* (Your answer)
- How many medications have been prescribed by your physician that you have taken in the last 24 hours? \* (1, 2, 3, More than 3, None)
- In the last 24 hours, how did you take your medicine? \* (Without help, With some help, Completely unable to take it, Other)
- Which health insurance coverage provider are you currently enrolled with? \* (Your answer)
- Please state your level of agreement to the statement: Health insurance is affordable to you. \* (Completely disagree, Somewhat disagree, Neutral, Somewhat agree)

**Screen 4 (Right):**

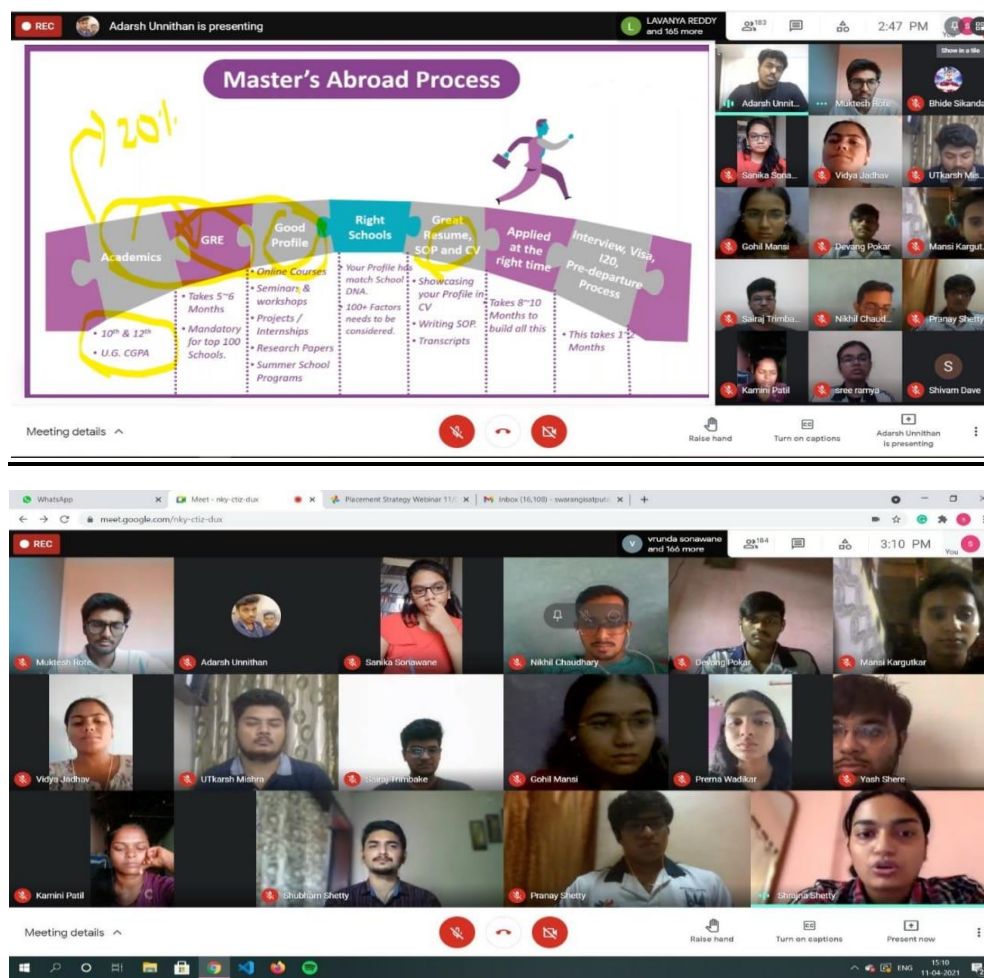
- Has any of your family members been dropped out of coverage after a diagnosis of any illness? \* (Yes/No)
- Has any of your family members been dropped out of coverage after a diagnosis of any illness? \* (Yes/No)
- Has a lack of health insurance coverage made you consider one of the following? \* (Skip a doctor's appointment, Cancel an appointment with the doctor, Postpone a doctors appointment, Not purchase medicine, Delay treatment, N/A)

At the bottom of the screens, there are "Submit" and "Clear" buttons.

## ❖ Overseas Education System - 3rd December,2020

NSS Atharva B-57 organized a webinar on Overseas Education System. In this webinar the speakers introduced about courses that one can do after their graduation. The speakers informed us about various exams we need to give eg. TOEFL, GRE, IELTS. They even gave us a simple TOEFL question to solve and gave us some simple tricks to solve the same. Attendees were also informed about various scholarships and how to manage their finances. Overall the speakers explained each and every step required to do Overseas Education.

The session concluded with Q n A session where participants actively participated which clearly showed how much the participants were interested. Every attendees doubts were cleared hence it was a successful event.

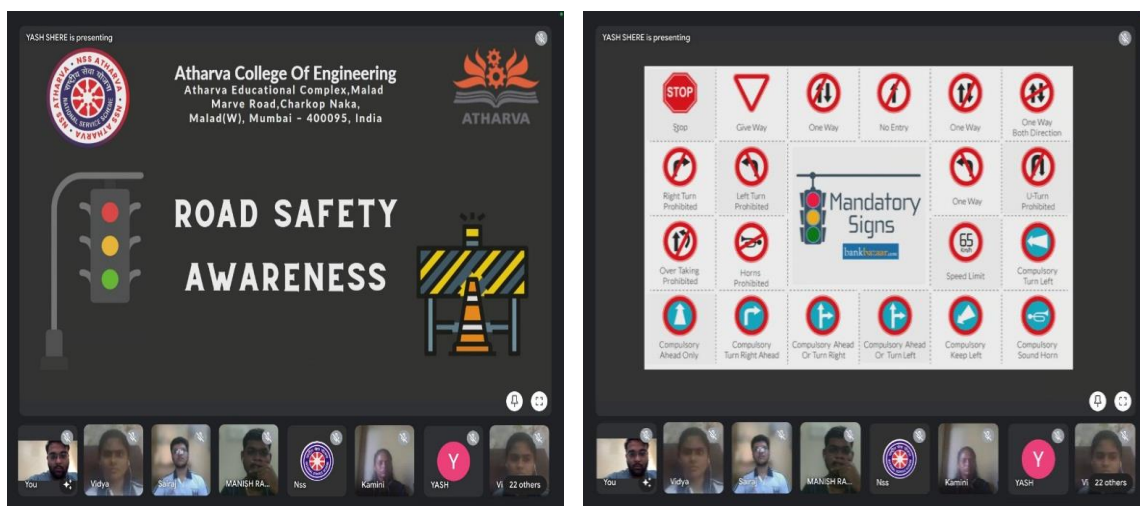


## ❖ Road Safety Week Seminar- 11th January,2021

NSS Atharva (B-57) hosted Webinar on road safety.

The main objective of the event was to help volunteers understand the rules and regulations of driving on roads. The event started with an introduction of ppt on the topic "road safety". The event started with explaining basic safety rules such as wearing a helmet while riding a bike and wearing a seat belt while driving. In that we learnt from basic rules such as valid license, vehicle registration certificate, vehicle insurance certificate, also having valid pollution under control certificate. The most important rule is not to drive your vehicle after drinking alcohol. We learnt that vehicles are for our comfort and it saves our time but only when we drive carefully. Indeed the event was successful.





### ❖ Paper Bag Making – 20<sup>th</sup> January 2021.

Paper bag make our society clean and healthy. It is our responsibility to create awareness about the need and the process of making paper bags so that the future of the country can live in a healthy and clean environment. NSS ATHARVA (B-57) Volunteers conducted a virtual paper bag making session, in which volunteers learned about the process of making the paper bags and its importance.





### ❖ Paper Bag Distribution – 21<sup>st</sup> January , 20201.

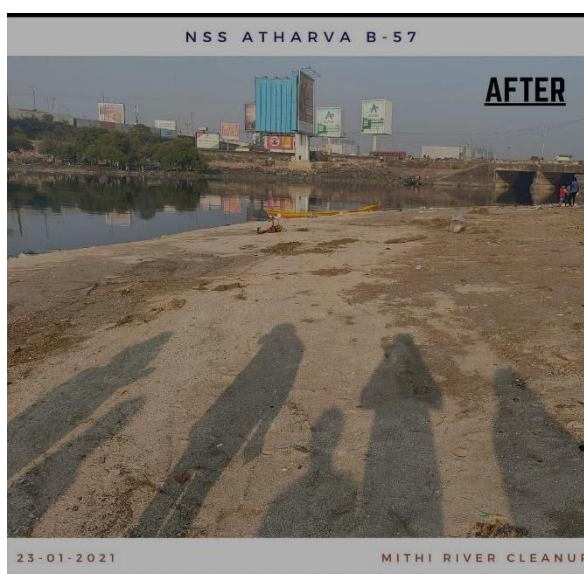
To create awareness in the society NSS Atharva volunteers made and distributed paper bags in their neighborhoods. Our volunteers also requested the shopkeepers to increase the use of paper bags as they are recyclable and thus a true friend of the environment."Use Paper Bags, Save Environment"



### ❖ Mithi River Cleanup – 23rd January, 2021

NSS Atharva volunteers organized the Mithi River cleanup in association with the "Beach Please" organization. Our motive was to clean the Mithi riverbanks and spread awareness among the people about a clean environment. We started with a positive spirit and enthusiasm. Within the 2 hours of cleanup a drastic change could be observed. At the end of the day, we experienced how little things make a big difference.





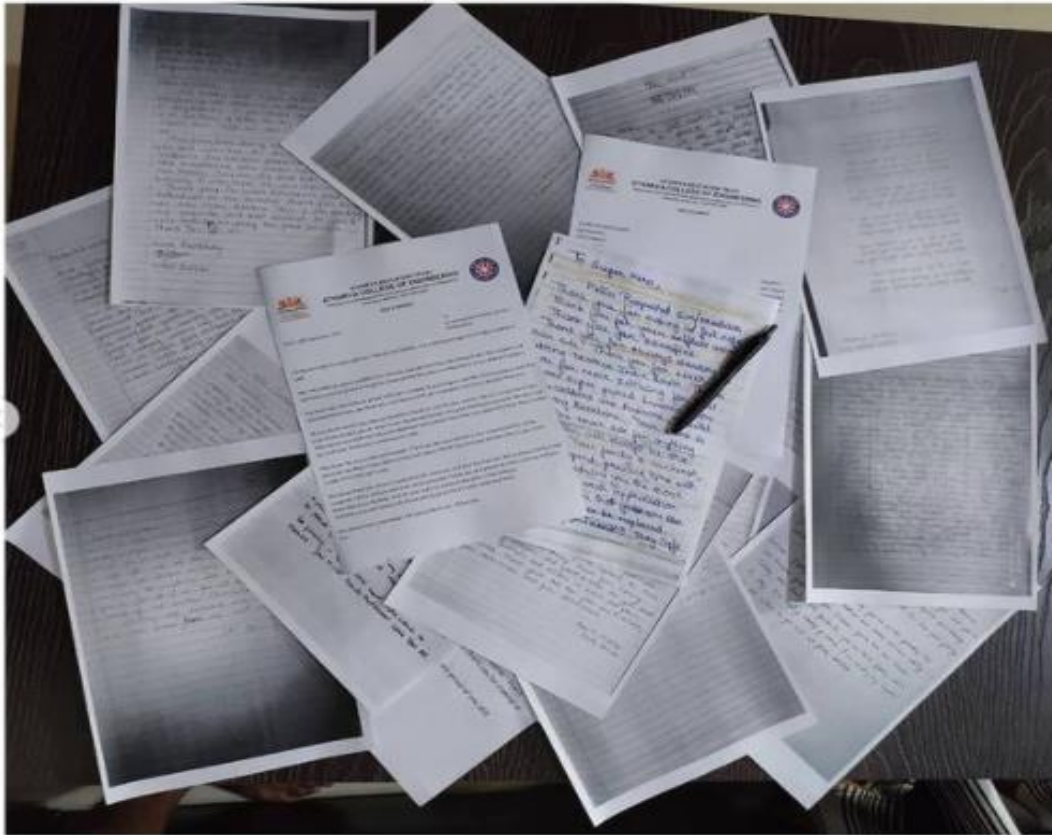
### ❖ Letter To Soldiers: 26th January,2021.

"Heroes are those who risk their lives every day to protect our world and make it a better place to live"

On the occasion of Republic Day, NSS Atharva volunteers wrote letters to our soldiers. Our volunteers thanked soldiers for their sacrifices, hard work, staying in difficult conditions to protect



our nation! All the handwritten letters were dispatched to the Indian Commanding officer. A huge salute to all the heroes fighting for our country day and night!



### ❖ **Republic Day: 26th January,2021.**

This is a very important day in the history of India. This is the day when the historic constitution was adopted. We celebrate this day with utmost sincerity. The day was celebrated by the college in which NSS Volunteers were also a part and also dignitaries that were invited. The dignitaries hoisted the tricolor and it was followed by the National Anthem Chanting. The Feeling was surreal & also was loved by all the Volunteers.



### ❖ Activities with Children at Dharivali Village- 26th January 2021.

At Dharavali village NSS Atharva volunteers interacted with the children and explained them about coronavirus and some precautions to be taken to prevent it. Our volunteers arranged some fun activities for the children like drawing, coloring along with playing songs and dancing. In the end, our volunteers distributed some chocolates and muffins to the children.

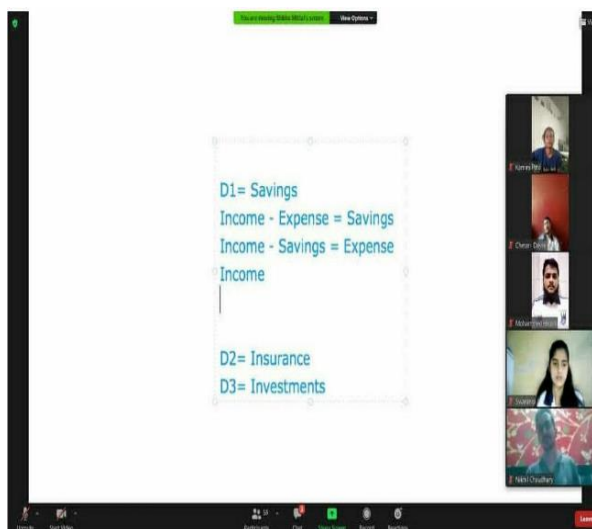






## ❖ Financial Literacy – 5 February, 2021

NSS Atharva volunteers organized an online webinar on Financial Literacy. In this webinar, Ms. Shikha Mittal rendered us the importance of Investments and the perks of saving. She emphasized 6 different terms in this webinar, namely, Financial Literacy, Financial Independence, Financial Freedom, Saving, Insurance, Investments. At the end of the webinar, our volunteers gained excellent knowledge on Financial Management.

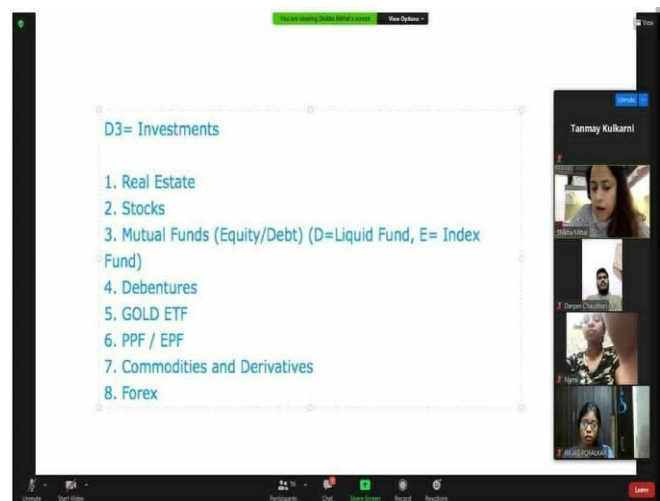


Highlights of the webinar

## **Financial Literacy**

- Financial Literacy
- Financial Independence
- Financial Freedom
- Savings
- Insurance
- Investments





## ❖ Plogging – 6th February, 2021

NSS Atharva volunteers organized a Sport's day event at Aksa Beach, Malad. Its main motive was to keep the fitness level of our volunteers at their prime so that they can give their best for the organization. We had organized events like Relay race, Sprinting, Cricket and Badminton. Medals were given to the winners of the running race. Each NSS volunteer participated in the sport's event with great enthusiasm. After sports, we had lunch with all our group members. The event was successful and the volunteers were energized after the event.





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## ❖ Roti Ghar (Charkop and Gorai)- 7th February, 2021

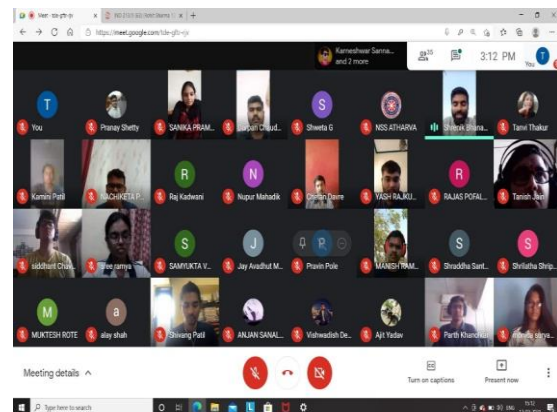
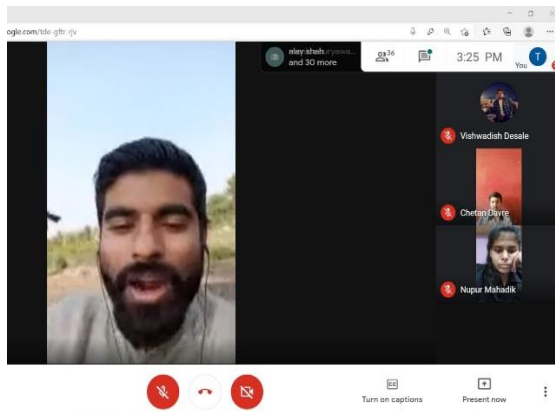
NSS Atharva (B-57) collaborated with Khushiyaan Foundation and volunteered in a Food Distribution event at Charkop and Gorai. The volunteers taught English and Math's to the children. Many fun games such as Simon say & the Dog and the Bone were played. Drinking water and meals were provided to everyone. The kids were happy and satisfied after participating in the activities. In the end, the volunteers realized the value of basic amenities and experienced gratitude.





## ❖ Mind Management- 13th February,2021

Nss Atharva B-57 organized a webinar on Mind Management. We had Mr. Shrenik Bhanage alongside us as the speaker who has acquired Quality Council of India (QCI) level 2 certification by Ministry of AYUSH, Government of India and is a teacher at Art of living. The Session covered many important points such as how our mind is distracted and manipulated easily. Further, the speaker also gave solutions on how to manage these distractions. The speaker also mentioned different ways to keep your Mind healthy such as doing Yoga, Exercise, etc. The session concluded with a FAQ session where participants actively participated which clearly showed how much the participants were interested. To sum up all the participants took the best out of the event.



## ❖ Beach Clean Up -14 February 2021.

NSS Atharva (B-57) volunteers organized beach cleanup event with Beach Warriors Foundation at Juhu beach. The main motive was to collect the waste which had been strewn on the beach. Our volunteers picked up waste ranging from plastics to micro plastics, straws and pen caps. Volunteers actively took part in the cleanup drive. Our teamwork and efforts showed the results. This Event was successful, which gave us a sense of satisfaction for our contribution to keep the environment clean.

NSS ATHARVA B-57



14-02-2021

JUHU BEACH CLEANUP

NSS ATHARVA B-57



14-02-2021

JUHU BEACH CLEANUP

NSS ATHARVA B-57



14-02-2021

JUHU BEACH CLEANUP

NSS ATHARVA B-57



14-02-2021

JUHU BEACH CLEANUP

### ❖ Traffic Policing – 15th – 16th February 2021.

The main aim of the event was to spread awareness among bikers and drivers about safety on the road and to make sure that every vehicle was following the rules. We NSS volunteers were spreading awareness among the motorists by displaying posters that had traffic safety quotes. We convinced bike riders without helmets to wear helmets and made them understand the importance

of it. The result was that many people were made aware due to this traffic safety campaign and our event was successful. We had a sense of satisfaction after the event got over, and had a feeling of pride for our traffic policemen for how they put in so much effort to maintain safety and ensure that all motorists follow the rule.

NSS ATHARVA B-57



15/16-02-2021

TRAFFIC POLICING

NSS ATHARVA B-57

NSS ATHARVA B-57



15/16-02-2021

TRAFFIC POLICING

15/16-02-2021

TRAFFIC POLICING



## ❖ Thanksgiving to Police Officers – 19th February 2021.

The main objective of the event was to show gratitude for their immense contribution for the safety of our country and its people during this pandemic. Respected SP sir shared his words and knowledge about us being the youth how can we change the world by contributing in social services and how we can set a good example to others. He later added since the covid-19 cases are on high numbers; first take care of yourselves and your families by following the necessary guidelines and to get vaccinated. It later preceded by vote of thanks and gifting a sapling to SP Sir and a thank you card for police officials in the station. The result was the front liners were really contended with our warm gesture towards them and this created a sense of satisfaction in every NSS volunteer present. Hence, event was a success.

NSS ATHARVA B-57



19-02-2021

THANKSGIVING TO POLICE OFFICERS

NSS ATHARVA B-57



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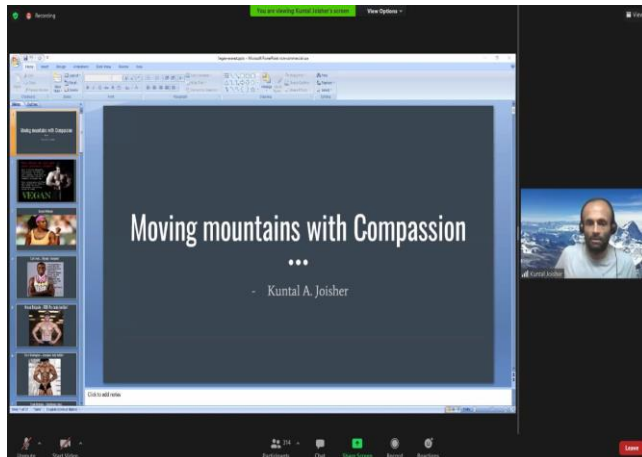


19-02-2021

THANKSGIVING TO POLICE OFFICERS

## ❖ Mission Compassion 2021 – 25th February, 2021

NSS Atharva (B-57) hosted an event Mission Compassion with Vegan Outreach to highlight the importance of being vegan and the alternatives and not using animal products. The host Mr Kuntal Joisher (First Vegan Mountaineer) explained the proteins from animals, their effect and the alternative sources of gaining proteins. He broke the myths about proteins, also explained how it is unethical and inhuman to get proteins from animals and animal agriculture which contributes to the greenhouse effect and other natural bio-diversity. Also, other contents in animals that are not useful to humans were shown cast. He guided about the proteins which are available in plants. Later he narrated about his journey to Mt. Everest and the difficulties to scale it being vegan. Volunteers got connected to the Vegan Outreach 10 weeks program of Vegan dishes.



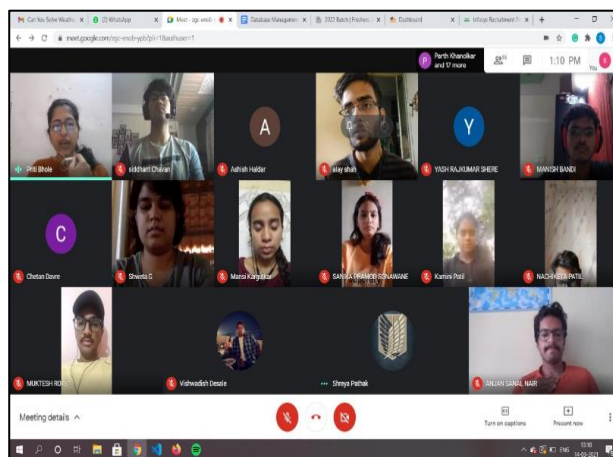
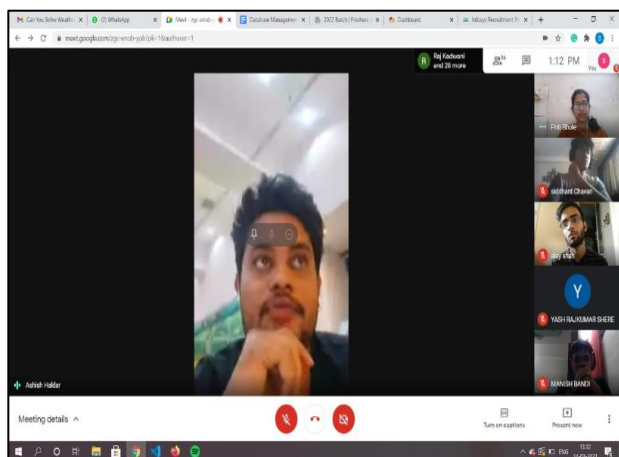
## ❖ International Women's Day Celebration- 8th March,2021

NSS Atharva B-57 organized an event on International Women's Day to commemorate women's contributions in different fields. We aimed to give attention to the accomplishments of those women who excelled in their areas and made a significant contribution to the welfare of society and the country. This occurrence is a symbol of gratitude, affection, love and compassion for women, both in our lives and in society. We felicitated strong and hardworking ladies and thanked them for their contribution. Indeed the event was successful.

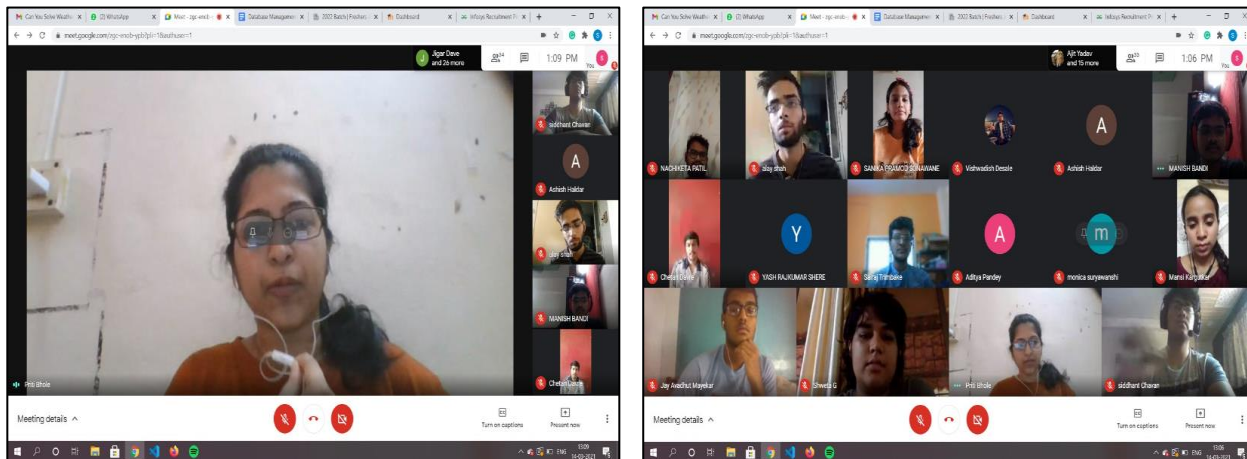


## ❖ Career Management Webinar - 14th March, 2021

NSS Atharva (B-57) hosted a webinar on "CAREER MANAGEMENT". Our Speakers Mr. Ashish Haldar and Ms. Priti Bhole gave us invaluable insights on Career Management. We came across some crucial points which were time management, researching about available career options etc. The event covered a variety of points and helped students get a wider perspective on their academics. They also covered a lot of questions by students who wish to launch their careers by applying for their first job. The event concluded with a small Q&A session.







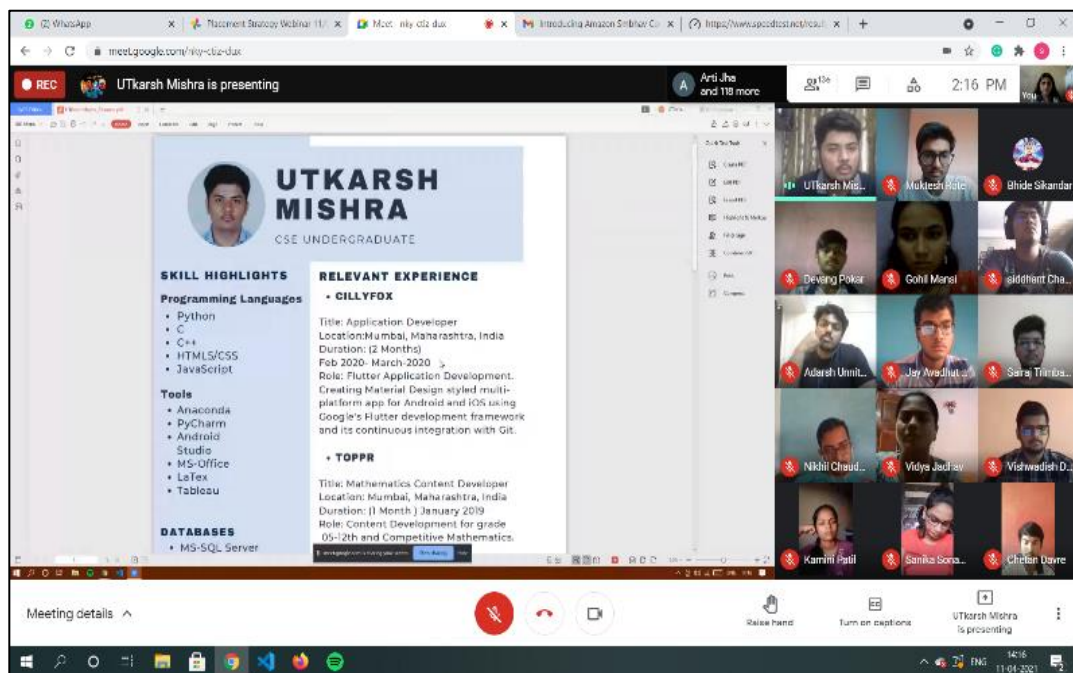
## ❖ World Water Day Video Making Competition 23<sup>rd</sup> march 2021

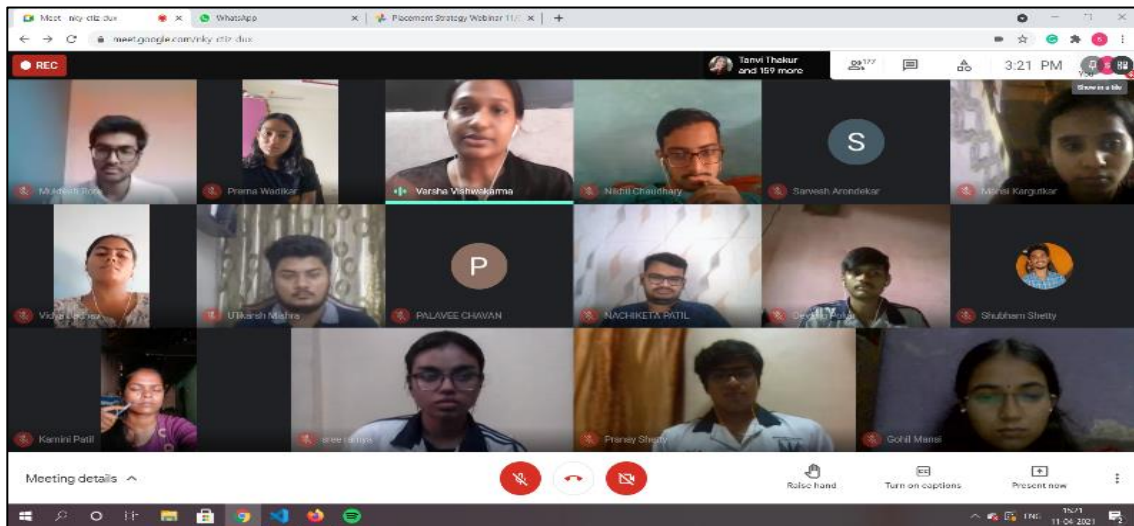
We NSS Atharva (B-57), organized a short video-making competition on World Water Day Video Making Competition. Today, water is under extreme threat from a growing population, increasing demands of agriculture and industry, and the worsening impacts of climate change. As societies balance the demands on water resources, many people's interests are not being taken into account. This year's theme World Water Day is about what water means to people, its true value, and how we can better protect this vital resource.



## ❖ Placement Strategy Webinar - 11th April, 2021

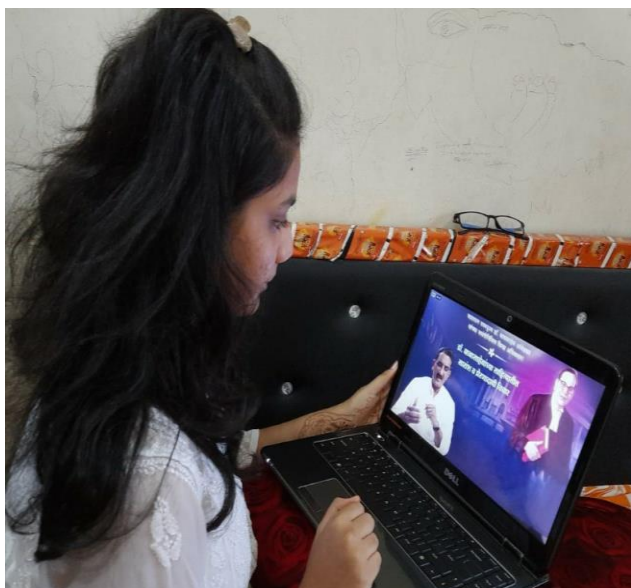
NSS Atharva (B-57) hosted a webinar on "PLACEMENT STRATEGY". The main objective of the event was to help students understand the placement process and different strategies for getting a good package and their dream job. The event started with an introduction of NSS and the guest speakers Jaswinder Singh, Prerna Wadikar, Shubham Shetty, Shrajna Shetty, Sayali Jadhav, Varsha Vishwakarma, Prajakta Gaikwad, Jishant Acharya, Utkarsh Mishra, and Adarsh Unnithan. Each of the guest speakers shared their experience of placement and how did they prepare. They also highlighted the use of GitHub and LinkedIn as due to the pandemic the interviews, coding round and group discussion has shifted on the online platform so maintaining a good LinkedIn and GitHub profile is very important. They also suggested getting a good internship, working on open-source projects, participating in extra circular activities, improving social skills and maintaining a good above-average CGPA over 4 years. They also talked about how to make a resume, the pros and cons of campus placement and off-campus placement. Some of the speakers also shared their experience on Non-technical jobs and how to prepare for them. In the end, they concluded the session by not losing hope in rejection as there is always something to learn and do not give up easily.





### ❖ Dr. Babasaheb Ambedkar Jayanti – 14th April, 2021

This event was hosted on Facebook live where vice chairperson of Atharva College of Engineering Mr. Sunil Rane spoke about the struggle and achievements of Ambedkar sir. How he wrote the constitution to how he helped the scheduled castes and scheduled tribes. His immense contribution to our country and indeed his thoughts empowering the youth. The event was indeed informative.

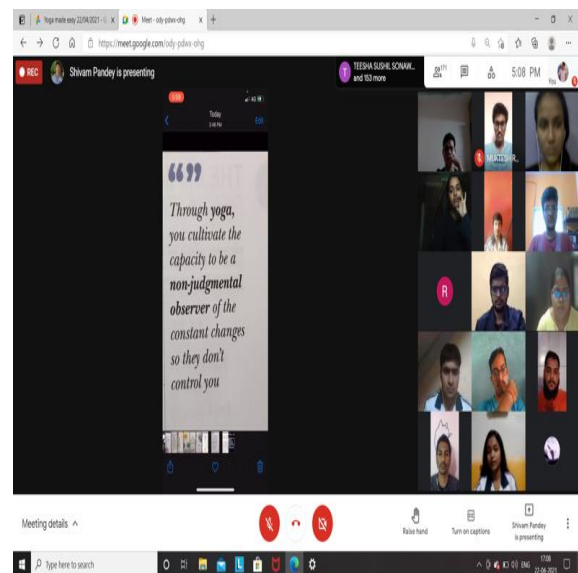
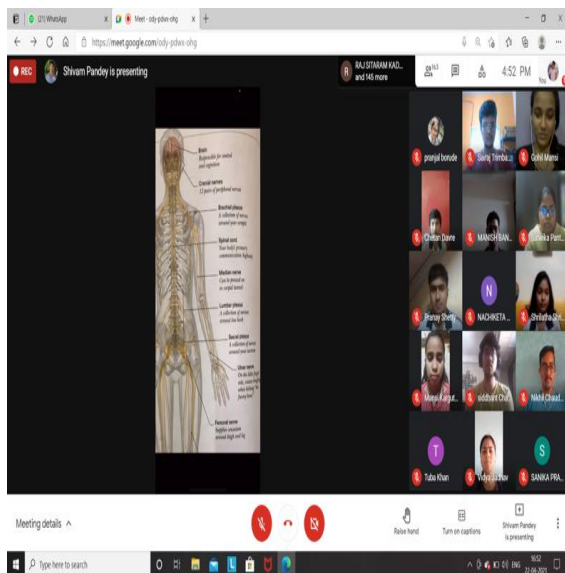




## ❖ Yoga Mage Easy Webinar - 22nd April, 2021

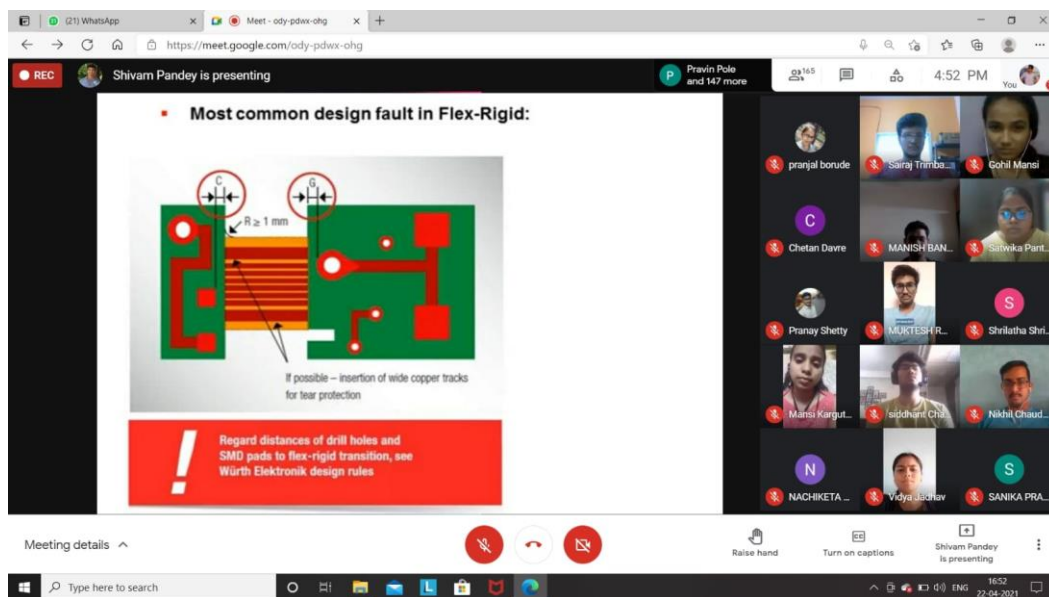
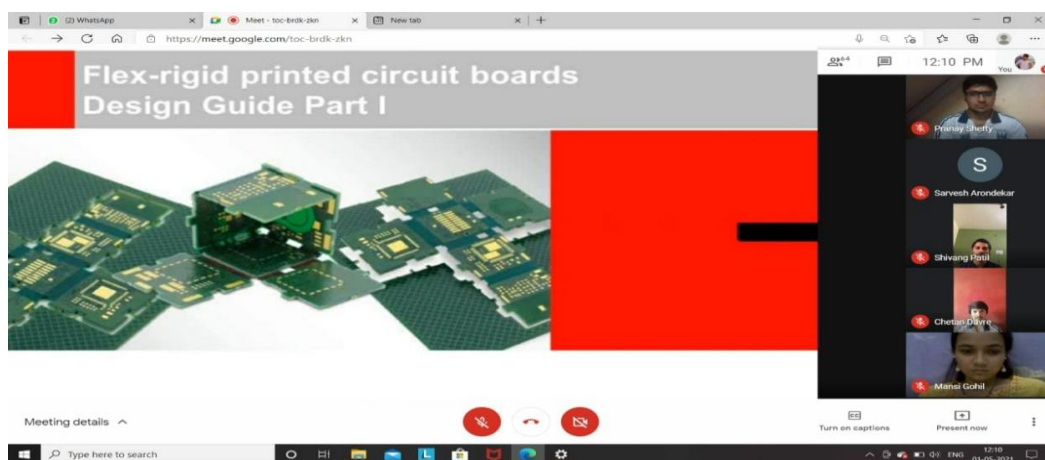
NSS Atharva (B-57) hosted a webinar on "Yoga Mage Easy". Our Speaker Mr. Shivam Pandey gave us invaluable insights on Yoga and wellness. We came across some crucial points about history and science behind yoga and we got to know why yoga is necessary in this era and importance of yoga in our daily life and its health benefits. The event covered types of yoga asanas, healthy diet and healthy habits. They also covered a lot of questions by participants who wish to loss their weight, start yoga and some mental and physical health issues. The event concluded with a small Q&A session.

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## ❖ PCB Designing Workshop- 25th April,2021

NSS Atharva B-57 organized an event on PCB designing in collaboration with Prof. Jateen Desai, Vasai, Navi Mumbai. Sir shared his rich industry experiences and gave hands-on sessions for power supply circuits using Eagle software. Sir explains us meaning of PCB i.e. PCB is a free and open-source software suite for electronic design automation (EDA) - for printed circuit boards (PCB) layout. It uses GTK+ for its GUI widgets. We learnt to read data sheets of electrical and electronics components and their placement in PCB layouts. This session was attended by 101 students. Indeed the event was informative and helpful.



## ❖ Eco-Bricks- 3rd May,2021

NSS Atharva (B-57) organized an activity that aims to create awareness about plastic recycling. The event started with the introduction of what is Ecobrick and the procedure of making it. An Ecobrick is essentially a reusable building block created by solid non-biodegradable waste placed into a plastic bottle to a set density. We volunteers of NSS Atharva participated in making Ecobrick. We started filling the plastic bottles with plastic waste I.e. Chocolate wrapper, Biscuit wrapper, polyethene bags. With the help of a bamboo stick, we pulled waste inside so that it gets set density. Ecobricks are a sustainable way to reuse non-biodegradable plastic waste as plastic waste is regarded as a long-lasting and durable material. Hence, we understood the importance of keeping plastic out of the ecosystem and preventing contamination of the environment. Indeed, the event was successful

