

## FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING

### 5.1.3 Capacity building and Life skills enhancement initiatives taken by the institution

Sr No.	Name of the capacity development and skills enhancement program	Name of the Agencies/Consultants/Council involved	Page No.
<b>Life Skills Development Programs</b>			
1	World Environment Day	NSSxCRCE	3
2	Fire Safty Awareness Program	NSSxCRCE	5
3	Blood Donation Drive	Tata Hospital	10
4	First Aid and Lifesaving skills.	Mr. Rajesh Shirke from the Fire and Security Association of India	11
5	India Fire Security Yatra	Prof M. V. Rao in association with the Fire Security Association of India (FSAI)	17
6	Webinar: Carbon Footprint Calculations	Speaker: Sunita from OnlyPlanet in association with NSSxCRCE	20
7	Navy Day	Mr. Akshadeep Singh and Mr. Vishal Tibrewaka from Green Society of India. Mr. Hiten Bheda from All india plastic manufacturere association	22
8	Beach Cleanup on World Beach Cleanup Day	NSSxCRCE in association with Green Society	27
9	Footslog Trek to Irshalgad	Rotract Club, Fr. CRCE	30
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12	AIDS Awareness Quiz	Mumbai University	39
13	National Education Day	Organised by NSSxCRCE, Speakers: Dr. S.S. Rathod (Principal), Ms. Sapna Prabhu (Head, ECS Department), Fr. Conceicao Rodrigues College of Engineering and Mr. Chirag Thakker	40
14	Talk on inproving Women's health: Challenges and prevention	Organised by Women Development Cell, Spraker: Dr. Dhrupti Dedhia, Obstetrician-Gynecologist, Mumbai	42
15	Poster Making Competition on Gender issues	Women Development Cell	45
16	Constitution Day (Samvidhan Diwas)	Rotract Club, Fr. CRCE	48
17	National Pollution Control Day: Marine Pollution	Organised by NSSxCRCE, Speaker: Swanand Gawde, United Way Organisation, Mumbai	55
18	National Energy Conservation Day	Organised by NSSxCRCE, Speaker: Dr. Gangotri Nirbhavne	57



*(Handwritten Signature)*

19	Street Play on account of Republic Day	NSSxCRCE	59
20	Seminar: Steam Cell Donation and Donor Registration	Organised by NSSxCRCE, Speaker: Resham Ghosh	61
21	Heart and Sole Run 5	Rotract Club, Fr. CRCE	63



*Resham*

## National Service Scheme Fr. Conceicao Rodrigues College of Engineering, Bandra.

### Report on World Environment Day Celebration

#### Details:

Date: 29-July-2022

Time: 4:30 P.M-5:30P.M

Speaker: Ms.Ketaki Sarode

#### Timeline:

- Welcome of students by Ms.Ketaki Sarode
- Enlightening about environment and virtues through the documentary
- Measures to be taken to protect the environment and how to be more involved.

#### Motivation:

NSSxCRCE Organized this event as June 5 is marked as World Environment Day with a theme 'Only One Earth', focussing on 'Living Sustainably in Harmony with Nature'. We wanted the students to know about 'How climate change is affecting this UNESCO's world heritage site, what are the consequences of climate change on the health of its people and species'.

**Concise report of the event:** The event began at 4:30 pm with Ketaki Sarode welcoming the students who participated in the event. The event was attended by 75+ students. Then she spoke about the importance of World Environment Day and the significance of celebrating this event. After which the students have been enlightened for the need to celebrate Environment Day and always to be aware of their surroundings and change with them.

In the next part, a very informative documentary related to the current changes in our environment was shown to the students. The documentary covered many effects of climate change, especially in the Sundarbans region of India. It covered the decline of the mangroves and the adverse effects on the surrounding ecosystem. Then it proceeded to show various thoughts and opinions of different scientists and ecologists on the declining situation of Sundarbans.

After which, Ms. Ketaki Sarode answered the doubts of the students regarding the documentary and received the feedback on the documentary. The session was then concluded by thanking all the students for participating in the session and encouraging them to make subtle but effective changes to the environment.

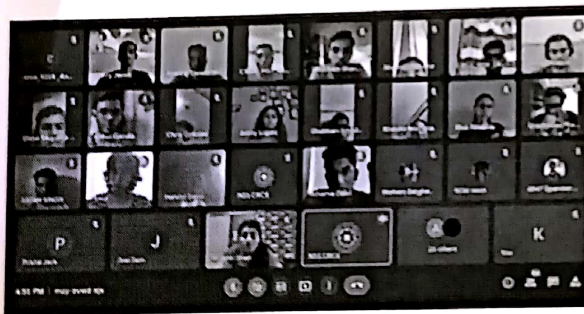




### Outcomes:

- Awareness and sensitivity towards the environment and environmental challenges.
- Knowledge and understanding of the environment.
- Attitudes of concern for the environment and motivation to improve or maintain environmental quality.
- Skills to identify and help resolve environmental challenges.
- Participation in activities that lead to the resolution of environmental changes.

### Pictures:





## National Service Scheme Fr. Conceicao Rodrigues College of Engineering, Bandra.

### Report on Fire Safety

**Date:** 12-August-2022

**Time:** 2:30P.M.-4:30P.M.

**Speakers:** Mr.Chintu, Mr. Rupesh Umtol

**Motivation:**

To create awareness regarding the fire safety protocols and accident-related decisions to be made among the students of our college.

**Concise report of the event:**

On 12 August FSAI conducted a seminar on Fire Safety. In this Seminar, Mr. Chintu and Mr. Rupesh Umtol were our main chief guests. Both guests are the co-founder and directors of EMC (Electr-Mech Consultancies Pvt Ltd).

The seminar started with a warm welcome of our guests by Prof. Virbhadr Rao (Assistant Professor at Fr. CRCE). Then he Enlightened us on the importance of this Seminar that was, that seminar regarding how to make decisions or how to prevent any incident from happening and to understand what the students thought about the topic.

Later he requested Mr. Rupesh Umtol to continue. Where he spoke about the fire safety measures to be taken in any situation, Precautions, and Safety measure tips. Thereafter he discussed an incident that happened and what steps were taken to minimize the number of casualties.

Then he handed over the mic to Mr. Chintu to proceed where he told us about FSAI. How the FSAI is helping students for getting deep knowledge of Fire Safety. Mr. Chintu also spoke about various methods for joining the FSAI. How they provide various free courses, Reports, and Newsletters to students taking part in FSAI. We were given information about the Certifications for all the above activities. After which he explained why we should join their institution as an intern to develop skills and learn how to make projects and surveys regarding the same.

After which they kept a doubt session regarding any topic in a seminar that was answered by all the panel members and faculty members present. After this, the session was concluded.

This Seminar was attended by more than 30 Students and 8 Faculty members of our college.

**Timeline:**

- Start of the event- 2.30pm
- Talk with Mr. Rupesh Umtol- 3.00pm
- Talk with Mr. Chintu- 3.30pm
- FAQ session- 4.00pm
- End of the session- 4.30pm

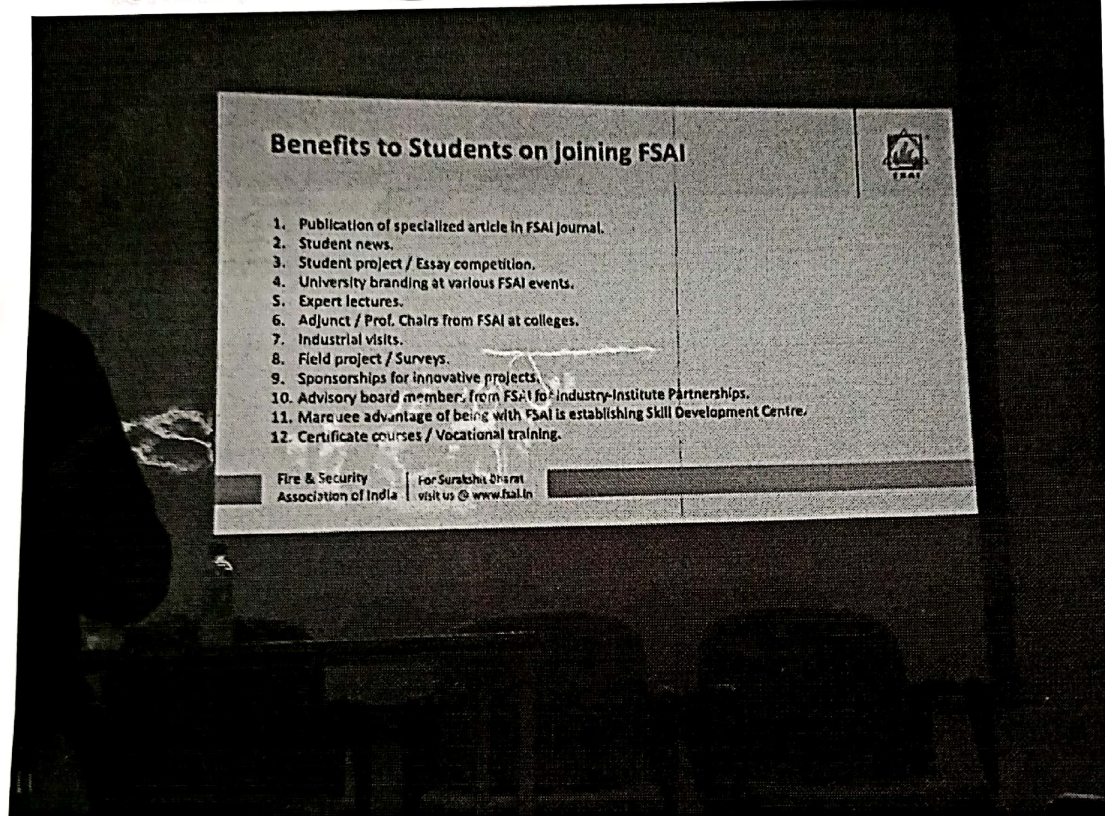


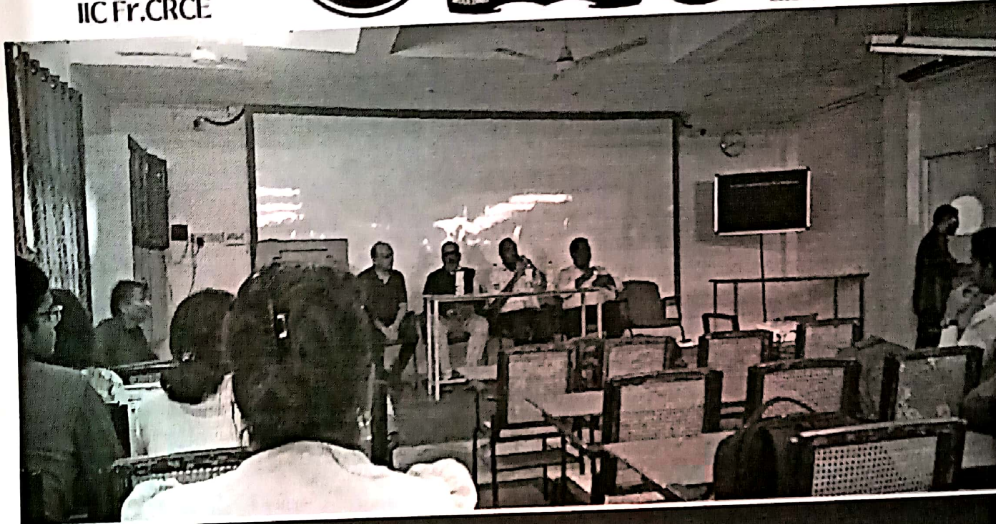
**Outcome:**

- Got to know about FSAI
- Learned about Safety measures tips for Fire Safety tips
- Got the students excited about Participating in process for FSAI
- How we can get employment sector in this field
- Benefits of participating in FSAI

**Pictures:**







## FSAI Journal / Newsletter / Directory

- FSAI Journal is the official publication of FSAI, published for the last 5 years bi-monthly.
- FSAI BUZZ is a bi-monthly Newsletter.
- FSAI Members Directory.
- Annual FSAI Calendar.
- Regular Mailers on all the events.
- FSAI anthem to promote Safe Living



Fire & Security  
Association of India

For Surakshit Bharat  
visit us @ [www.fsal.in](http://www.fsal.in)

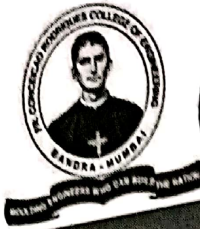






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**Fr. CRCE**  
FR. CONCEICAO RODRIGUES  
COLLEGE OF ENGINEERING  
SHAPING ENGINEERS WHO CAN BUILD THE NATION



**RUPESH UMTOL**

CO-FOUNDER & DIRECTOR

**EMC**

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+91 22 4210 8100 / +91 22 4210 8198 | www.exbuzz.in

**Core Purpose**  
*To create safe & secured living by eliminating uncertainties  
through innovative solutions.*





## Blood Donation Camp

Date: -11<sup>th</sup> August, 2022

Time: - 9:30 am to 3.30 pm

Place: - Fr. Conceicao Rodrigues College of Engineering, Bandra.

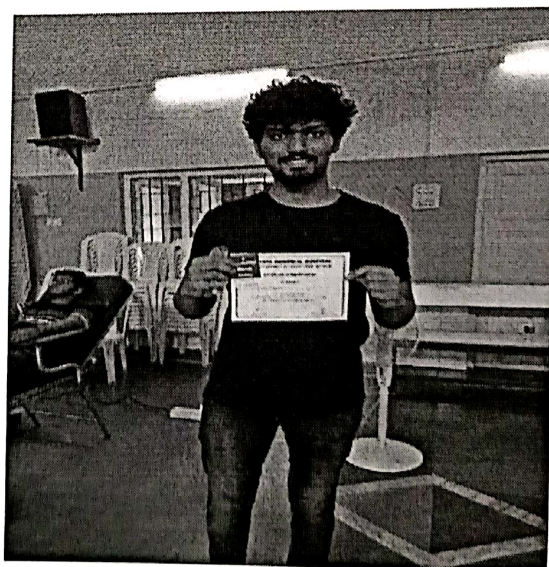
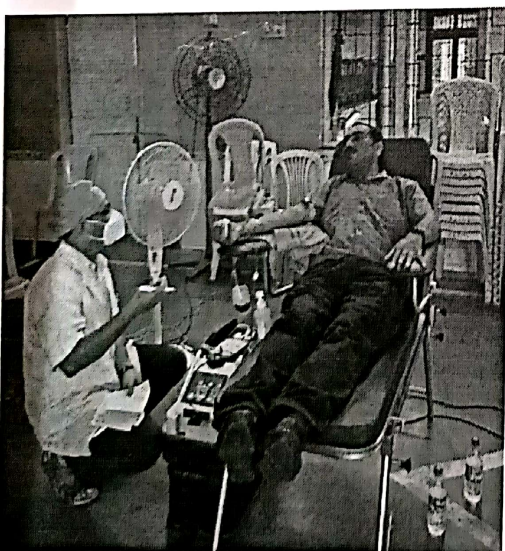
Platform: - Offline.

August 11<sup>th</sup> 2022, Mumbai.

On the Auspicious day of Raksha Bandhan, our NSS unit organized a blood donation camp in collaboration with the Department of Transfusion Medicine of Tata Memorial Hospital. In this Blood Donation Drive, 50 units of blood were donated by students and staff members of our college. It is a gesture bringing a ray of hope to contribute to the serious problems of acute blood shortage. The blood donation camp started at 9:30 am at the school hall. While addressing people at the camp our NSS volunteers brought awareness in them about the shortage of blood and why we must donate blood every year, to help the persons requiring blood. All those who donated blood were given tea or coffee and biscuits. Also, all the donors were awarded certificates. The time just disappeared and at 3:30 pm donation camp ended. As surely, it was a fun-filled experience indeed!!!

A report by Ratan Singh, NSS Event Coordinator.

### An Insight into the camp conducted as follows: -





Session 1 : 12/8/2022



Discussion meet with FSAI office bearer. We had FSAI orientation by Mr. Rupesh Umtol, Director and Cofounder of Electro-Mech Consultants Pvt Ltd and Mr.



*Rupesh*

Chintu Asher, Founder of ExBuzz Fire and Security Pvt Ltd. 33 students attended meet. Principal Dr. Surendra S. Rathod, Dr. Bhushan Patil- HOD (Mechanical), Prof V. B. Rao (Faculty Co-ordinator), Prof Akshay Save (Faculty Co-ordinator) motivated students to join FSAI student chapter. Event was successfully organized by NSSxCRCE under IIC cell – Fr.CRCE.



*Dr. Rathod*

**Session 2 : 19/8/2022 (Friday)**

IFSY Mumbai 2022, Venue: Taj Santacruz, Chhatrapati Shivaji Maharaj International Airport, T1, Off, Western Express Hwy, Navpada, Vile Parle East, Santacruz East, Mumbai, Maharashtra 400099. Students Attended: 18 Nos. Teaching staff Attended: 02 Nos.



*Prithvi*



*Prithvi*



**FIRE & SECURITY ASSOCIATION OF INDIA**  
Mumbai Chapter

Building a Safe & Secure India...

India Fire & Security Yatra  
**ifsy 2022**

www.ifsy.in/isy

19th August 2022  
Mumbai 9:30 am to 5:30 pm

**Inviting Delegates**

@ Taj Santacruz, Chhatrapati Shivaji Maharaj International Airport, T1, Off. Western Express Highway, Navpada, Vile Parle East, Santacruz East, Mumbai

<p><b>KEYNOTE SPEAKER</b></p>  <p><b>Dr. Sunil Keswani</b> Medical Director and HOD Plastic Surgery, National Burns Centre, Karel Mumbai</p>	<p><b>SPEAKER</b></p>  <p><b>Mr. Pankaj Dharkar</b> MEP &amp; Green Building Consultant, PD Associate &amp; Presidential Member, FSAI</p>	<p><b>SPEAKER</b></p>  <p><b>Mr. Vinod Kapse</b> Lead Consultant, Kapse Consultants &amp; Vastu Chait, FSAI Sureksha Index</p>	<p><b>MODERATOR</b></p>  <p><b>Mr. Ashwin Ijantkar</b> Principal Consultant, Epsilon Design Consultancy &amp; Co-servicing Council Member, FSAI</p>
<p><b>SPEAKER</b></p>  <p><b>Mr. Narendra Duvedi</b> Executive Director SAS PowerTech</p>	<p><b>SPEAKER</b></p>  <p><b>Mr. Hemant Khadse</b> Fire and Life Safety Consultants &amp; Founder of East Corp &amp; Vice Chair, FSAI Journal</p>	<p><b>SPEAKER</b></p>  <p><b>Dr. Amit Chaudhari</b> Associate Director - MEP &amp; Infrastructure, KJRF Engineering Consultants</p>	<p><b>SPEAKER</b></p>  <p><b>Mr. Pradeep Sahu</b> Asst. General Manager - MEP Mech., TATA Projects</p>

### TOPICS @ IFSY MUMBAI

- Keynote Speech on "First Aid in Burns and Skin Donation"
- Understanding Egress for Built Environment
- Design Overview of Fire Fighting System from Prescriptive Methods & Performance Based Methods
- Electrical FIRE Safety - Overview of Fires due to Electrical Systems
- Panel Discussion on "Data Center- Fire & Life Safety"
- Fire & Life Safety - Super High Rise
- TAJ Initiative by FSAI & MFB
- Sureksha Index - FSAI & CSS Drive on Fire Audits
- Metro Underground Stations & Tunnels - Fire Safety & Smoke Management

### WHO SHOULD ATTEND?

Architects, MEP Consultants, Govt. Officials, Builders, System Integrators and End Users

**CLICK HERE TO REGISTER NOW!** YOU SHALL RECEIVE CONFIRMATION

<https://www.ifsy.in/isy/register.php?chapter=19277&venue=19277>

### PLATINUM PARTNERS



### PREMIUM BOOTH PARTNERS



### STANDARD BOOTH PARTNERS



 <p><b>Rupesh Umlol</b> President, FSAI Mumbai Chapter</p>	 <p><b>Sameer Thakkar</b> Secretary, FSAI Mumbai Chapter</p>	 <p><b>Ajit Raghavan</b> National President, FSAI</p>	 <p><b>Suresh Menon</b> JRP &amp; Chair - FSAI Events &amp; Programs</p>
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For more details, Call:  
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Unnathi Shirat | +91 8767373518 | mumbai.chapter@ifsy.in

Stay Safe... Yet Connected...

Our Vision...  
Surakshit Bharat...



### Session 3: 19/10/2022 (Wednesday)

Venue : Samvaad (9<sup>th</sup> Floor) Fr.CRCE, Bandra & Ground Floor (Open Area) near Steps of Fr. CRCE Building



*Pradeep*



*Prithvi*





FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
FR. Agnel Ashram, Bandstand, Bandra(W)-400050



## FSAI-CRCE attended India Fire & Security Yatra 2022

**Organizer name:** Fire & Security Association of India (FSAI)

**Date:** 19<sup>th</sup> August 2023

**Venue:** Taj, Santacruz

Students from Fr. Conceicao Rodrigues got a chance to be part of a India Fire Security Yatra 2022 which was held at Taj Santacruz on 19th August 2023 from 9:30 am to 5:30 pm. Around 15 students from the Mechanical department along with Prof. MVB Rao attended this Workshop.

The Fire & Security Association of India (FSAI), is a non-profit organization working on a mission to establish Life Safety and Security as an important human obligation for the past two decades in the economic development of India.





Students reached the venue at 9:10 am. The workshop started at 9:30 am. Inauguration of the workshop was done by Mr. Ajit Raghvan (FSAI President) and Delegates. The session started with the introduction of FSAI Yatra and its various efforts in the Fire Safety Field. From 10:30 am Dr. Sunil Keswani HOD plastic surgery, National Burns Center explained how fire-related injuries affect the body and the skin. He explained about different stages of fire injuries and the different medical treatments currently available. He also explained that very extreme 3rd burns can also be cured. Next Mr. Pankaj Dharkar PD FSAI member explained the design problems in the residential building. He explained how the current electrical wires, internet wires, etc are very vulnerable to fire accidents as the demands in these buildings are increasing and he explained the concept of a Green Building

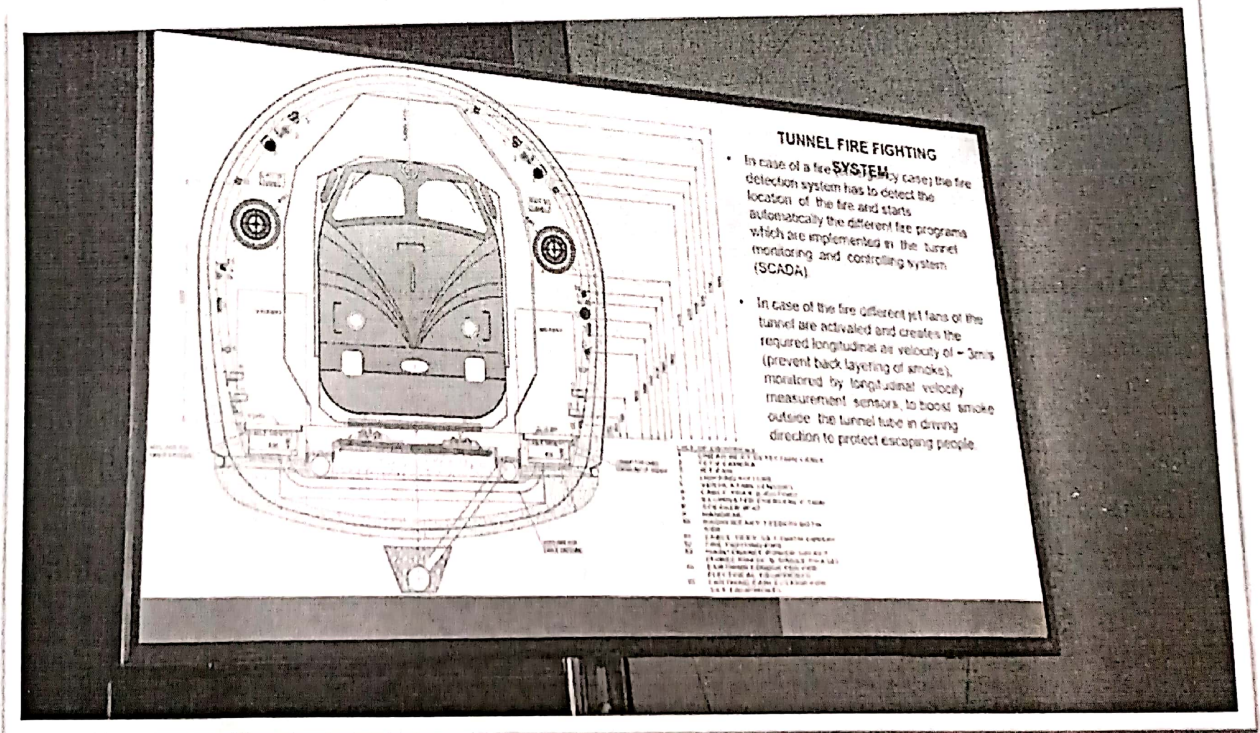
Lunch Break started from 1:30 pm to 2:30 pm. During this time students visited various stalls and got a knowhow of the products displayed and the science behind it, they also interacted with various industry professionals and discussed their plans, etc. A student from SE Mech, Mr. Hasim received a gift on the stage for answering a surprise question.

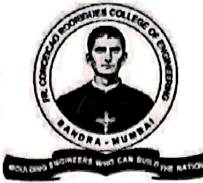




Panel Discussion started from 2:45 pm to 4 pm and the topic was "Data Centre-Fire & Life Safety". The panel consisting of top leaders from KPM, TATA, etc discussed the current safety of Data centres, and IT Companies and how a fire in the data centre can cut off the internet. they also discussed the changes which can be made to enhance the fire safety issues in the IT sector. Mr. Ashwin Ijantkar Governing Council Member FSAI explained about FSAI Suraksha Index, Fire audits and how it checks and ranks Buildings, hotels, religious pandals etc based on their fire safety measures and how it has become necessary in the current world. Smoke management of underground Metro tunnels was also discussed in detail.

Seminar ended at 5:30 pm. A vote of thanks was delivered by Mr. Ajit Raghvan (FSAI President), he thanked all the panellists, delegates, audience, etc for attending the workshop. He also thanked all the partners for making this event possible. Students again interacted with professionals during Evening Coffee





## National Service Scheme

Fr. Conceicao Rodrigues College of Engineering, Bandra.

### Report on Carbon Footprint

#### Details:

Date: 25-08-22

Time: 5pm – 6pm

Speaker: Ms. Sunita Rajesh

#### Timeline:

- Welcome of students by Ms. Sunita Rajesh.
- Enlightening the students about sustainable living.
- Measures to be taken to reduce Carbon Footprints and make life more sustainable.

**Motivation:** NSSxCRCE organised this event with OnlyPlanet on 25<sup>th</sup> of August to focus on making our day-to-day life more sustainable withing the Earth system by attempting to reduce our and society's use of Earth's natural resources, and one's personal resources.

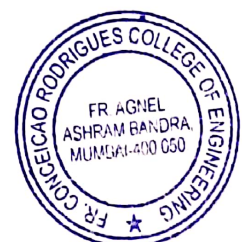
**Concise report of the event:** The event began at 5pm with Ms. Sunita Rajesh welcoming the students present for the Carbon Footprint workshop. The event was attended by 64 students. The e-workshop started by briefing the students about the concept and name of the Carbon Footprint and about its importance and how to practise towards sustainable living? And by minimizing your Carbon Footprint by calculating the sustainability score of the students.

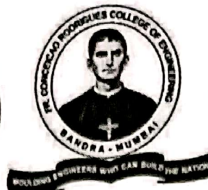
The next half of the e-workshop was spent by conducting activities based on sustainability score and interacting with the students as well as discussing about the simple solutions and additions in their lives in order to make their and their society's lifestyle more sustainable.

The event was concluded by thanking all the students for participating in the e-workshop and encouraging them to contribute towards making their lives more sustainable.

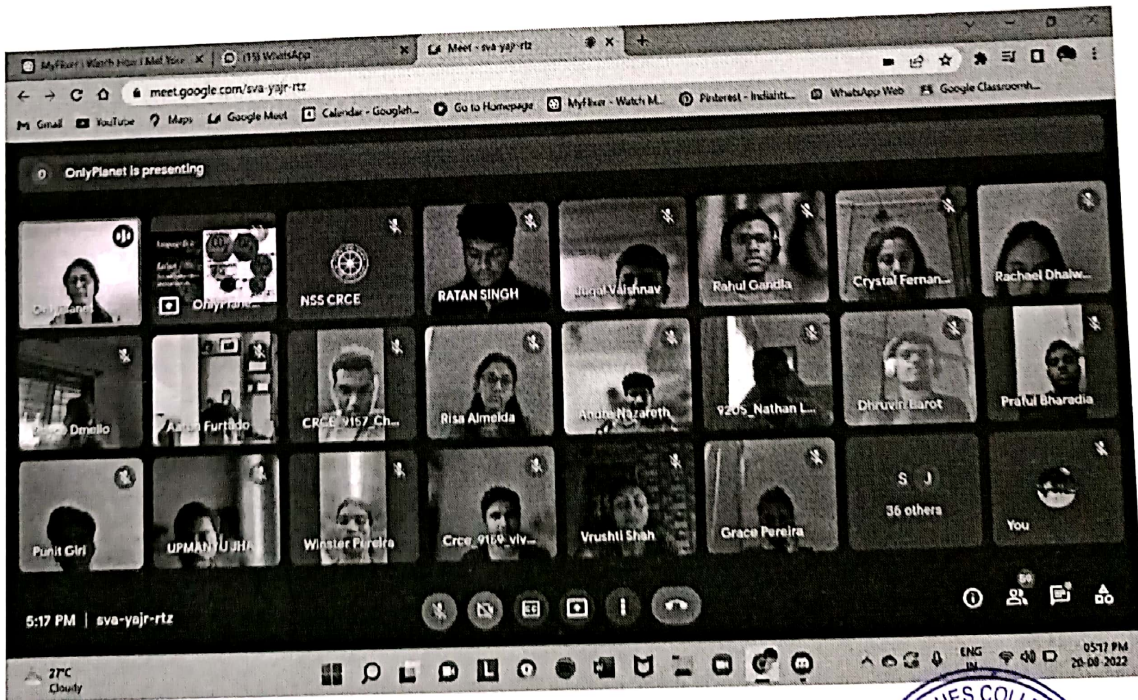
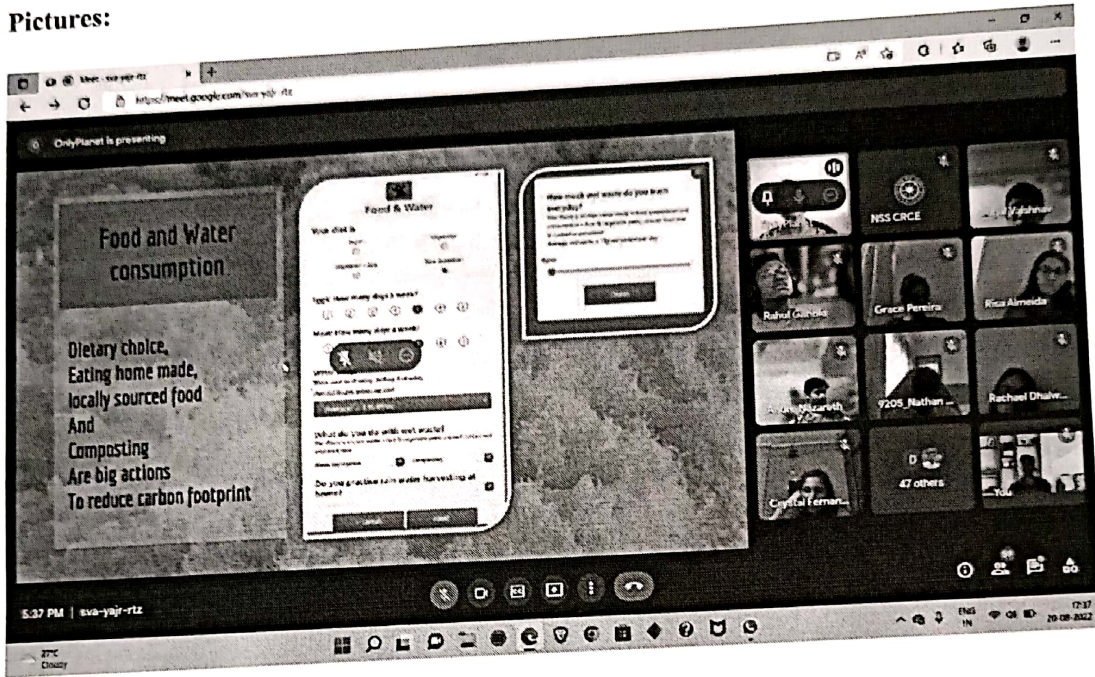
#### Outcome:

- Awareness and sensitivity towards reducing Carbon Footprint.
- Knowledge and understanding on how to make life more sustainable.
- Contribution towards the society to make living sustainable.





Pictures:





## National Service Scheme

Fr. Conceicao Rodrigues College of Engineering, Bandra.

Report on: Navy Day

Date: 26-August-2022

Time: 10:30 A.M. - 12:30 P.M.

Speaker: Mr. Vishal Tibrewaka, Mr. Akshadeep Singh, Mr. Hiten Bheda

Concise report of the event:

This event was conducted by the Green Society. The event was started by Mohit Pansare President of NSS C.R.C.E. First of all he warmly welcomed all the chief guests, Teachers and Students. Then he introduced the Chief Guests to all the teachers and students as "Here's our chief guest Mr. Akshadeep Singh as our keynote speaker, Mr. Vishal Tibrewaka from Green Society, Mr. Hiten Bheda as All India Plastic Manufacturer Association".

Talking about Mr. Akshadeep Singh, He is currently working in Indian Coast Guard on the rank of Deputy Commandant. He is currently posted in Mumbai. He is direct entry permanent commission officer in Indian Coast Guard. He joined the services in 2014.

Then Mohit handovers the mic to Mr. Hiten Bheda. He told us about how plastic is currently very helpful for us such as---

1. Plastic Surgery
2. Making Medical equipments.
3. Making the roads. etc

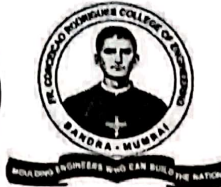
and what's the adverse effect of plastic. He given us various methods to reduce the use of the plastics in our daily life some of them are as---

1. Don't use single use plastics.
2. Don't throw the plastics anywhere.
3. Try to avoid burying plastics in soils as they increase the soil pollution.

And many more things.

Then he handovered the mic to Mr. Vishal Tibrewaka. Where he told us about the Green Society. And he also told us that 58% of Indian Population live on less than \$3.10 per day. India Ranks 100/119 in Hunger Index. 50% of the food gets wasted to fork. His main motto was to show the current condition of Indian Atmosphere or the Greenery of India. Later he told us about the adverse effect of Plastic on Marine life. How animals are getting died due to water pollution.





Then he handed over the mic to our keynote speaker Mr. Akshadeep Singh. Where he told us about how Indian Coast Guards are helping our country and all Indian Defense forces By patrolling, Stopping smuggling by sea routes. Cleaning the coasts of India etc. He also encouraged us for joining the armed forces for our nation. He also shown many videos and images of Indian Coast guards all the attached with this Report.

In las Mr. Vishal Tibrewaka told us about the MC<sup>3</sup> i.e. Mumbai coastal cleaning club where more than 7.5 lakhs students comes together on different beaches to clean the Coasts, Ocean. He also told us to join them on 17<sup>th</sup> September from 6:45 A.M. to clean the beach he allotted us Bandstand Beach to clean. Every student participating in this will be awarded with E-certificates.

In last Mohit concluded this seminar and National Anthem Started, After the end of National Anthem he thanked everyone and the seminar ended.

Timeline: 10:30A.M.-12:30P.M.

Outcome:

By this seminar we got information how we can manage the plastic wastes using three R mantras i.e. Reduce-Reuse-Recycle.

We got to know about the usefulness of plastic in our daily life.

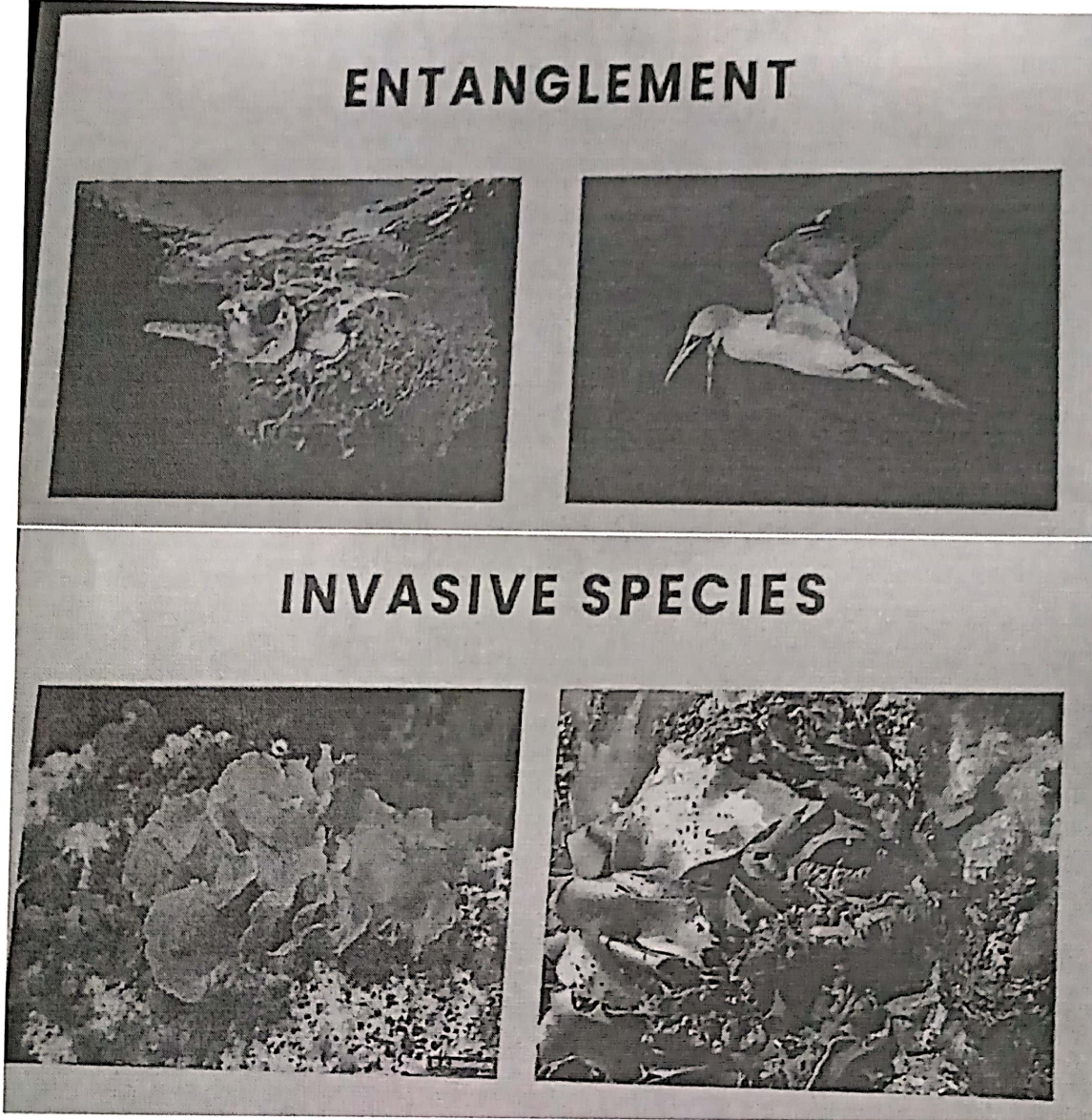
About the Indian Coast Guards, How they protect the Nation, How we can join the Indian Coast Guards, How we can encourage others and help others in this concept.

The participation process for various MC<sup>3</sup> programs.

Additional information:



Pictures:

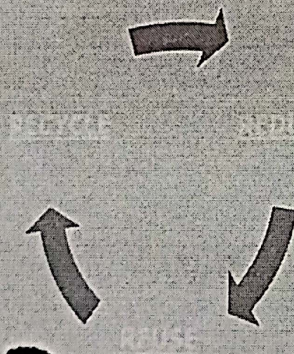




## INVASIVE SPECIES



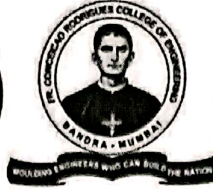
## SOLUTION



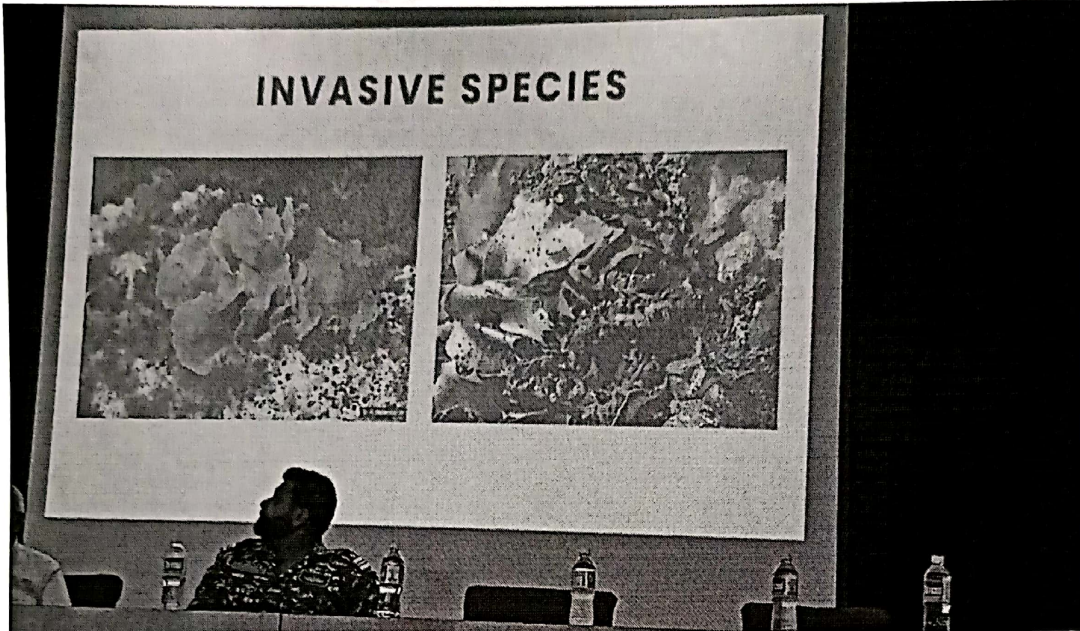


**INSTITUTION'S  
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(Ministry of HRD Initiative)

IIC Fr.CRCE



**FR. CONCEICAO RODRIGUES  
COLLEGE OF ENGINEERING**  
SHOULD BE ENGINEERS WHO CAN BUILD THE NATION





## National Service Scheme

Fr. Conceicao Rodrigues College of Engineering, Bandra.

### Report on Beach Clean-up

#### Details:

Date: 17-September-2022

Time: 6:45A.M-9:00 A.M

Number of Faculty members attended: 7

Number of Students attended : 61

#### Timeline:

- Gathering of students and staff members in Bandra Fort by the NSS council.
- Instructions given on how to proceed with the clean-up.
- NSS national anthem was taken place.
- Distribution of bags for the clean-up by My Green Society.

#### Concise report of the event:

My Green Society, students and the faculty members participated in the beach clean-up event held on of International Coastal Clean-up Day (17<sup>th</sup> September 2022) by cleaning the coastline of Bandstand located in Bandra West.

The event began by gathering the students and the faculty members at Bandra fort by the NSS council members, which was followed by distribution of My Green Society T-shirts and NSS national anthem, the participants then proceeded to the Bandstand at 7:00 A.M where they were handed plastic bags by My Green Society and formed a group of 5 each lead by the NSS council member. The clean-up took place for 2 hours till 9:00 A.M after which the participants were taken back to the fort and oath was taken which highlighted upon the following points:

- Avoid the usage of single use plastic products and replace it with reusable materials.
- Educate our friends, family and community to save our environment through these small steps.
- Sharing the possible solution of plastic pollution among the people.

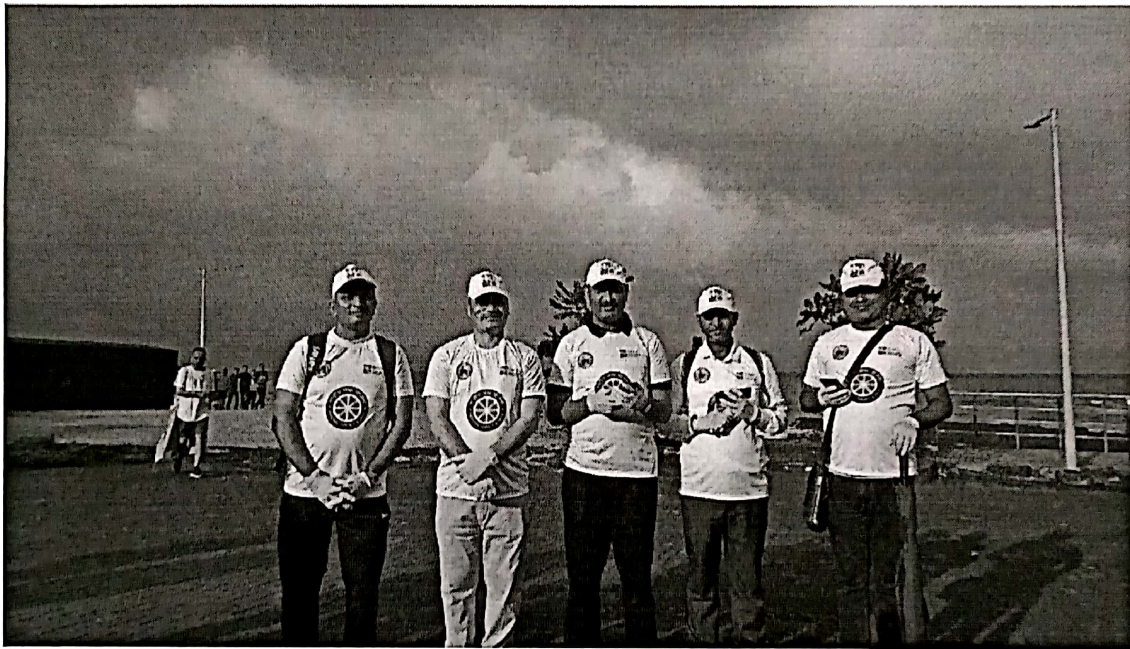
The event was concluded by singing of National Anthem, post which breakfast was provided to all the participants present.

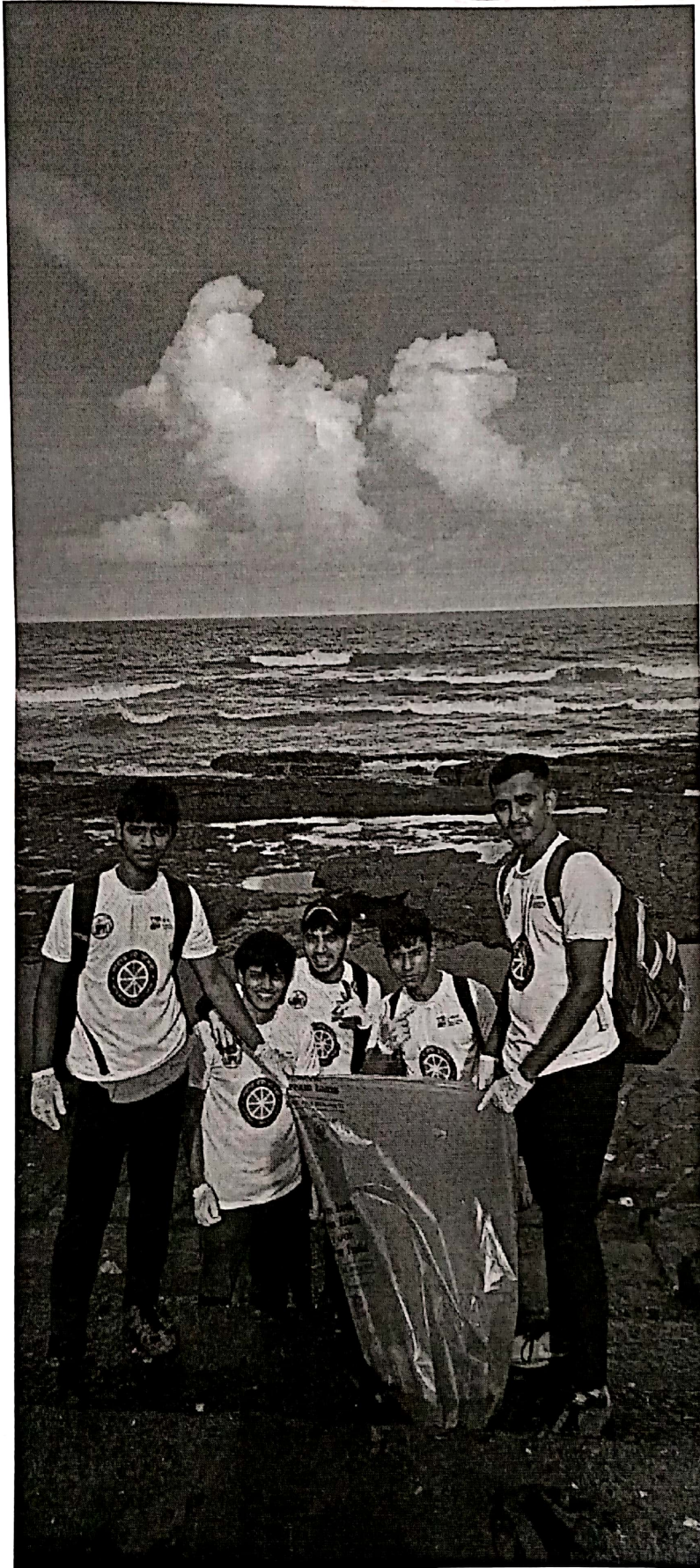


**Outcomes:**

- Taking responsibility for our plastic and trash.
- Improving the coastal and ocean ecosystem by ensuring that none of the trash kills marine life or is toxic enough to disrupt the aquatic life cycle.
- Opportunity to gather new data about the state of our coasts and the types of trash that pollutes them.
- Understanding the problems leading to beach pollution and coming up with the solutions.

**Pictures:**





ROTRACT CLUB  
Fr. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING, BANDRA

# Footslog Trek - REPORT

## TO Irshalgad Fort



### Irshalgad FORT

Nadhal, Karjat, Maharashtra- 410206

**SATURDAY, 1<sup>st</sup> October 2022**

Footslog Trek to Irshalgad Report – 1<sup>st</sup> OCT 2022

1



## Foostlog Treak- REPORT

### 1. Overview & Details

<b>Type of Visit</b>	Trekking for students with Staff Members
<b>Name of place Visited</b>	<b>Irshalgad FORT</b> <b>Nadhal, Karjat, Maharashtra- 410206</b>
<b>Description of the place</b>	Irshalgad is a fortress located between Matheran and Panvel in Maharashtra, India. It is a sister fort to Prabalgad. The Irshalgad trek is classified as a Moderate grade trek. From Chowk at 130 feet, you will gain approximately 1,600 feet in altitude.
<b>Organizing Team</b>	<b>Rotract club of CRCE</b>
<b>Contact Persons for Interaction</b>	<ul style="list-style-type: none"> <li>• Mr. Mathew Lobo, President (+91-9137835037)</li> <li>• Mr. Ronit Jhaveri, Secretary(+91-9969948288)</li> <li>• Rotract committee members</li> </ul>
<b>Faculty in charge</b>	<ul style="list-style-type: none"> <li>• prof. Binsy Joseph (Teacher in Charge ) (+919833503363)</li> <li>• Dr. Vijay Bilolikar (Dean of Student Affairs)</li> </ul>
<b>Staff Members Details for the Visit</b>	<ul style="list-style-type: none"> <li>• 03 Teaching Staff Members and 02 Non Teaching staff (full list attached)</li> <li>• Ms Jyoti Lakshmi Nair</li> <li>• Prof Swapnali Makedey</li> <li>• Prof SAURABH KORGAONKAR</li> <li>• Prof AKSHAY SAVE</li> <li>• Mrs Jaya</li> </ul>
<b>Dates / Duration</b>	Full Day Visit on Saturday, 1 <sup>st</sup> OCT, 2022
<b>Description of Various Facilities provided</b>	<ul style="list-style-type: none"> <li>• Transport - 4 Bus with 2 pickup/drop points</li> <li>• First -AID kit , Emergency contact Nos</li> <li>• Trek Guides- 4 Nos</li> <li>• Breakfast and Lunch</li> <li>• 5 Staff and student volunteers</li> </ul>

**ROTRACT CLUB**  
**Fr. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING, BANDRA**

**2. Brief Description of Trek**

Rotaract Club of Fr. CRCE is an institute-based Rotaract Club, affiliated to Fr. Conceicao Rodrigues College of Engineering, Bandra (W), and under the charter to the Rotaract District 3141, Zone 1A. Rotaract Club of Fr. CRCE abides by its motto of 'Service Above Self' to adopt various causes throughout the year and to create awareness about the same. Rotaract Club of Fr. CRCE also provides a platform for the students of Fr. Conceicao Rodrigues College of Engineering, Bandra (W), to showcase their talents and hone their skills, while giving back to society and helping the underprivileged.

The Rotaract Club of Fr. CRCE organized Foolslog Trek to Irshalgad on the 1st of October, 2022 for 184 students and 5 faculty members making a total of 189 people. The Rotaract Club has been organizing the trek for several years and with same enthusiasm we propose foolslog for this academic year 2022-23.

Mr. Mathew Lobo, President and his team along with Teacher in charge Prof. Binsy Joseph, has planned and executed a good trek to Irshalgad Fort, Karjat. Five faculty members assisted students through out the event.



**Trekking – Experience**

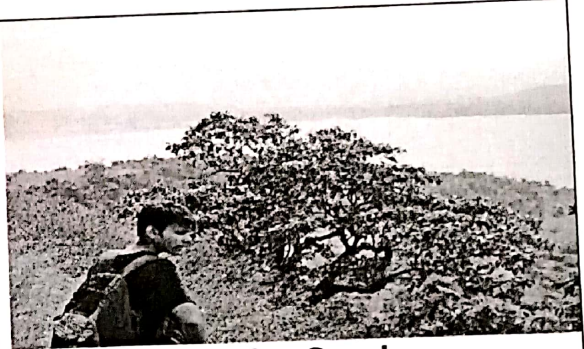


**3. Visit to Mountain**

The delegation was divided into different groups – with professional guide ,student volunteers and staff in-charges. The batches were taken on a whirlwind tour of almost all of sides of the Fort .Later on the group proceeded towards downhill and taken rest .Lunch and refreshment arrangement were made in near by hotel.



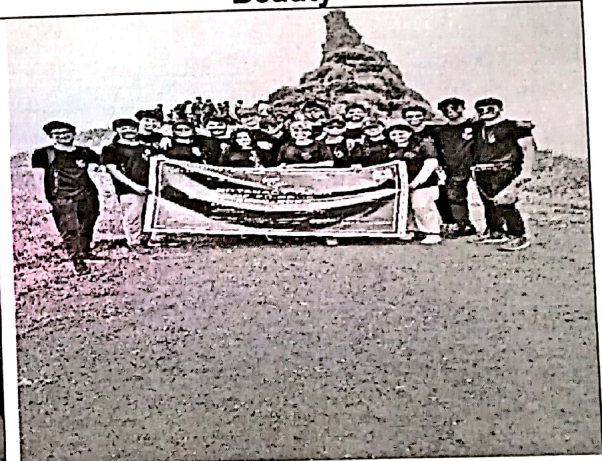
**Inside the Bus -Bandra to Karjat**



**Enjoying Scenic Beauty**



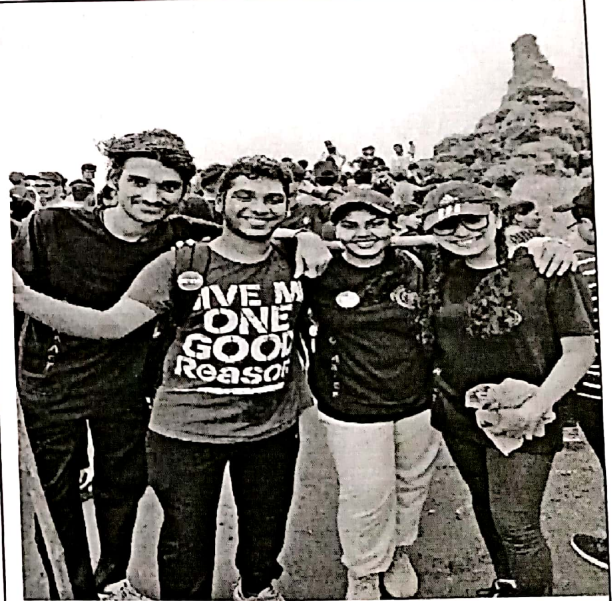
**Nature**



**Rotract Team**



**Team Members**



**ROTRACT CLUB**  
**Fr. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING, BANDRA**

Launch Footslog poster on our Instagram page on 17th September 2022 and release the registration form soon after that. PR message to be circulated on Whatsapp Groups.

**Various Pre-arrangement Planning:**

1. Budge planning and approval from college
2. Transport: Get in touch with a bus agency who will be willing to provide 3-4 buses based on the size and seating capacity. Ask if the transportation charges covers all aspects such as tolls, petrol etc.
3. Trek Guide: Get in touch with a trek guide and check his availability throughout the day and we might require 4-5 trek guides.
4. Breakfast and Lunch: Arrange for a healthy breakfast with help of a caterer and make sure good quality of food is being delivered. Place the order for the required number of boxes atleast 3 days prior. The breakfast should be delivered to college by 5:30am on 1st October. For Lunch, search a good restaurant on the way back to Bandra which is willing to accommodate 188 people and offer a discount.
5. Seating: finalize a seating arrangement between buses with 2 junior council members, 2 senior council members and a faculty member in each bus.
6. Consent forms: one week prior to trek, have the consent forms sent to students which are to be submitted latest a day prior to the trek.
7. Contact: Create a whatsapp group of all students who have registered along with faculty members and post all the information of Dos and Don'ts and things to bring, etc on that group.
8. Pick ups: pick up snacks, juice packs, water and first aid latest a day prior to trek.

**Plan of action on trek day:**

1. Council members to reach college by 5:15am at college.
2. Make sure the breakfast and buses have arrived at the given time.
3. Board required items in the bus (breakfast, snacks, water, first aid, garbage bags, etc)
4. Guide the coming students and form lines according to buses.
5. Take attendance and start filling the buses with allocated students and faculty members.
6. Take second round of attendance in bus
7. Leave once buses are filled and inform students at next pickup location to reach on time.
8. Cover other pick up spots
9. Head for destination.
10. Distribute breakfast at the base village.
11. Briefing about trek and instructions to be given after which ascending is started.
12. Take occasional breaks and make sure everyone is in groups.
13. At the top spend 40-60 minutes to take pictures and enjoy the view and start descending.
14. At the base village take attendance and fill students in the buses and proceed towards a pre decided restaurant.
15. After having late lunch take attendance and head to bandra station.
16. Take attendance while dropping off students

Trekking was conducted successfully and student reached college back by 9.30pm. Organizing team in contact with all students group until they reach home through watsapp groups. Thanks to all supporting team for their co-operation in organizing such an event with 200 participants.

**Binsy Joseph**  
Rotract club Faculty in charge  
Fr. Conceicao Rodrigues College of Engineering

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## National Service Scheme Fr. Conceicao Rodrigues College of Engineering, Bandra.

Report on: Animal Welfare and Pet Collar event

Date: 2nd October 2022

Time: 5:30-7:30 pm

Timeline:

- Introduction to animal welfare
- steps to avoid animal cruelty and abuse
- common-myth buster facts about pets
- Q/A session with volunteers

Concise report of the event:

The event was conducted in online mode and almost 65 volunteers were present for this informative session that was led by Miss priya. she is an animal activist and leads the strategic planning and expansion at YODA Rehabilitation center for Animals .

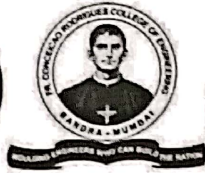
this session gave volunteer the insight to the problem of stray dogs and cats and also the harsh reality of the heinous acts which are inflicted upon this poor animals. Animal cruelty can be avoided if the owner takes complete responsibility of the pet. Abandoning the pet dogs and cats is the major serious issue that which was meticulously handled by miss priya in the session. She also busted many pre-perceived ideas about animal care like for eg. "cats drink milk". It was very helpful for our volunteers to get to know their social surrounding properly.

The session in all was a success and our volunteers are actually looking forwards to implement them.the seminar ended with a vote of thanks by our president Mr Mohit Pansare

Outcome:

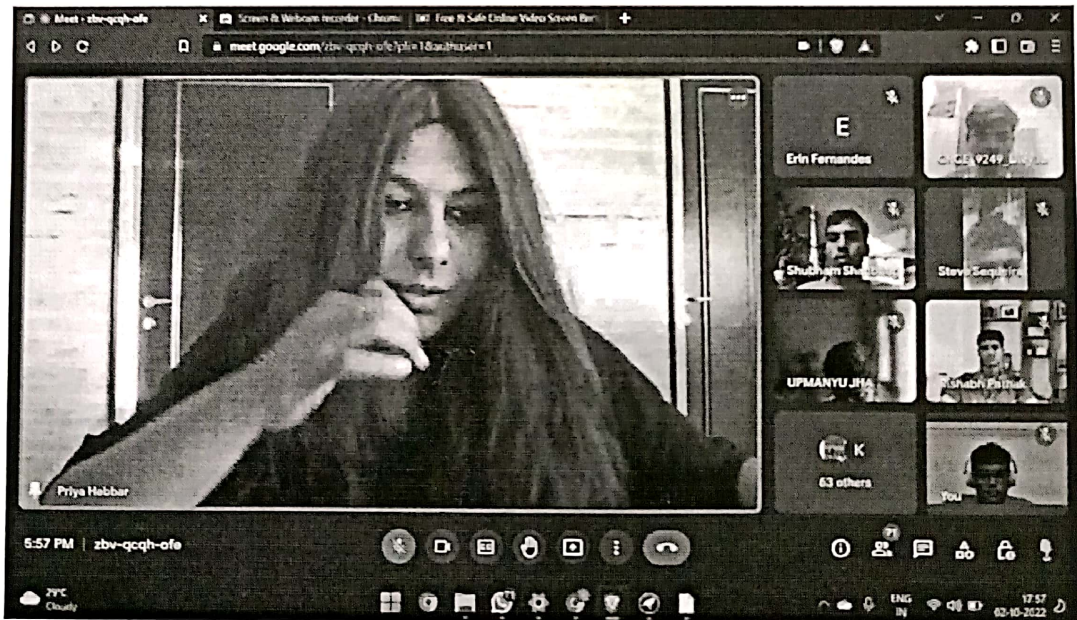
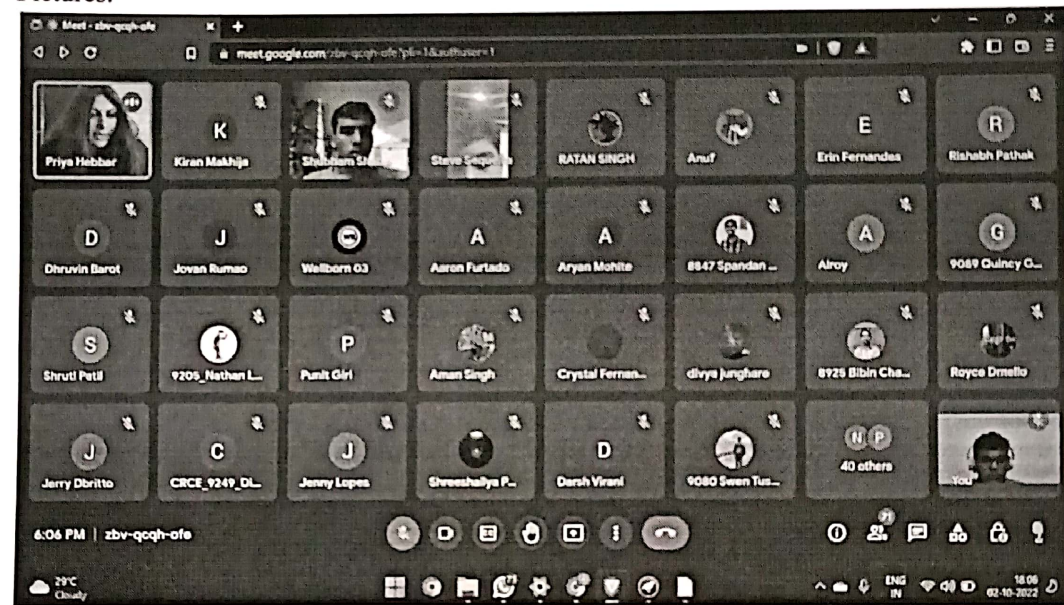
- volunteers learned about the PETA
- developed a need to implement pet Collar event
- Spread awareness about Animal cruelty
- learned how veganism or vegetarian diet would affect the carbon footprint





- Learned new things about common pets like dogs and cats.

Pictures:





## National Service Scheme

Fr. Conceicao Rodrigues College of Engineering, Bandra.

Report on Unity Day

Date and time of Event : 28-10-2022 , 2pm to 3pm

Name of the speaker : Dr.S.S.Rathod

Place of event : Samvad Hall

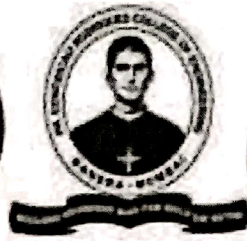
An interactive session was organized by NSS CRCE our principal, Dr.S.S.Rathod conducted a seminar on 28th oct 2022.

### Celebration of 'National Unity Day'

National Unity Day or Rashtriya Ektha Diwas is celebrated every year on 31st October to mark the birth anniversary of Iron Man of India—Sardar Vallabhbhai Patel. This year marks the 147th birth anniversary of the freedom fighter and an ace politician. Sardar Patel played a major role in the integration of India (Ek Bharat) from over 560 princely states. To acknowledge his efforts in uniting the nation, India celebrates National Unity Day on his birth anniversary.

NSS-CRCE celebrated the "National Unity Day" on 28th October 2022. The celebration commenced by invoking God's blessings. Host Rishabh Pathak gave introduction and explained why we celebrate "National Unity day" on the birthday anniversary of Shri Sardar Vallabhbhai Patel . Further The Rashtriya Ekta Diwas Pledge was taken by the students and the teachers to withstand the greatest threat to the unity, integrity and security of our nation. Shri Sardar Vallabhbhai Patel, an icon for National Unity was fondly remembered. Our Principal (speaker) Dr.S.S.Rathod spoke of the man Sardar Vallabhai Patel who played a crucial role in the unification of India. The teachers and students dressed in traditional attire of India, to spread the message of unity in diversity. Later on Host Rishabh Pathak gave an online quiz to solve problems for students and teachers. Quiz was framed on the life of Shri Sardar Vallabhbhai Patel. Session ended by singing the National Anthem. The short yet significant programme etched the spirit of "Ektha" amongst all.





Pictures:





## National Service Scheme Fr. Conceicao Rodrigues College of Engineering, Bandra.

Report on: AIDS Awareness Quiz

Date: 19th November ,2022

Time: 6:00 pm-9:00 am

Timeline:

- 6:00 pm when the google form became available to all
- 9:00am 20th November 2022 google form stopped taking responses

A quiz conducted in online mode where in which a google form was released on the volunteers group for them to attempt, which was organised by Mumbai University. What better way to teach few important points other than making people answer a quiz compared to as reading a paragraph or hiring a speaker; this method is targeted towards the younger generation who are more experimental learners in contrast to the older generation with longer attention spans.

HIV finds the white blood cells, called CD4 cells.

HIV gets inside the CD4 cell and makes copies of itself. Then, HIV kills the CD4 cell and the new HIV copies find other CD4 cells to get inside and start the cycle again. HIV kills immune system cells that help the body fight infections and diseases.

Outcome:

- Educating the youth about one of the dangerous diseases contracted through mostly sexual intercourse
- Participation in this event awarded volunteers with 7 hrs.





## National Service Scheme Fr. Conceicao Rodrigues College of Engineering, Bandra.

Report on: National Education Day

Date: 11th November 2022

Time: 11:00-1:00 pm

Timeline:

- Benefits of NEP to higher Education Institute
- Why Innovation is Important in Higher Education Institutes
- View on Startup culture in Indian Institutes
- Innovative way of assessment, change in curriculum, pedagogy

Concise report of the event:

The event was conducted in online mode and almost 45 volunteers were present for this informative session that was led by Mr. Prasad Menon, founder of CIBA, Incubation center for aspiring start-ups.

This session gave volunteers insight to the problem of our traditional educational system as well as its perilous effects on our country's demographic dividend. Mr. Surendra Singh Rathod, Principal of CRCE spoke about the benefits of NEP (New Education Policy). Mr. Chiraj Thakkar spoke about bringing Innovation in the teaching-learning process and motivating students to try and fail. Dr. Sapna Prabhu, HOD of ECS Department, CRCE spoke about her experience in the education field for over 30 years.

The session in all was a success and our volunteers are actually looking forwards to implement some of the Innovative Ideas

Outcome:

- volunteers learned about CIBA
- developed a need to implement Start-up culture
- Spread awareness about NEP
- learned how the contemporary Education is not flawless

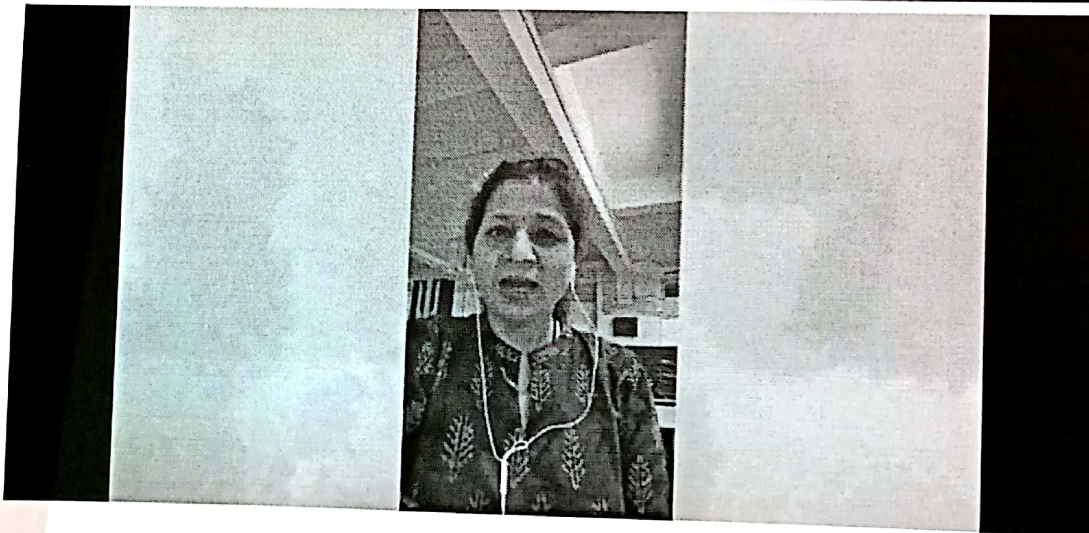
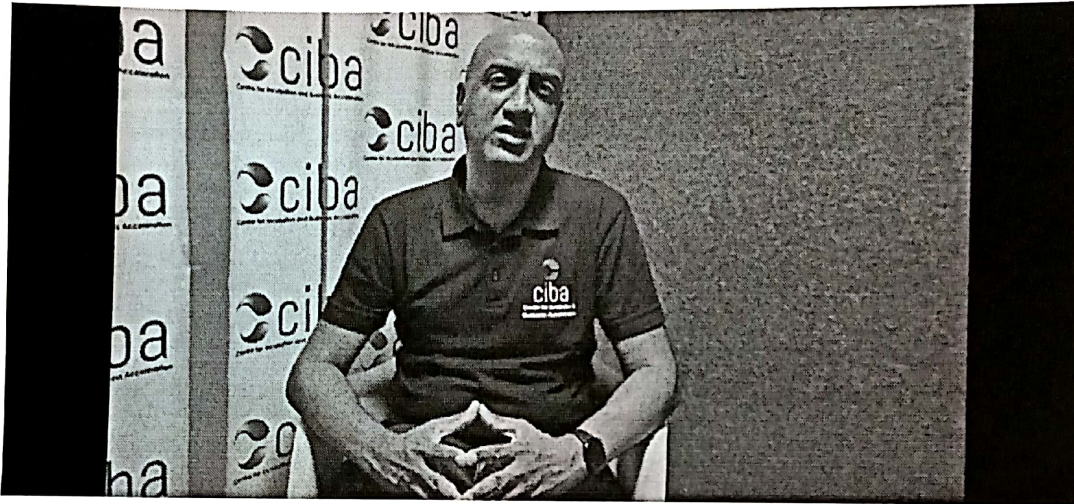






- Learned new things about common pets like dogs and cats.

Pictures:





FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai – 400 050



## REPORT

### **“Talk on improving Women’s health: Challenges and prevention”**

Date of the event: 15<sup>th</sup> September 2022

Venue of the event: Room no 511

Number of Participants 100

Women Development Cell conducted the talk on “Improving Women’s Health: Challenges and Prevention” with the speaker Dr. Dhrupti Dedhia. She’s an Obstetrician-gynecologist in Mumbai. Dr. Dhrupti Dedhia is a practicing Obstetrician & Gynecologist who specializes in Laparoscopic surgeries, infertility and Sexual Medicine.

The main motive behind this event was to spread awareness among students focusing majorly on females that every female needs to see a gynecologist to sustain good health. As reproductive organs mature during puberty, a regular gynecological evaluation is a must. One can expect a detailed explanation about normal body functions or answers to any female health-related questions upon their visit to the gynecologist.

At the event, our speaker Dr. Dhrupti Dedhia discussed puberty, menarche, breast development, pregnancy to menopause, and significant diseases that affect women. Around 100 students participated in this event and professors from FRCRCE also joined our event.

Every individual present found it to be an eye-opening and informative session. The talk was concluded with a bouquet and a token of love from our chairperson, Dr. Sapna Prabhu.

**Some images from the event conducted:**





F.R. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING

Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai - 400 050



*Sapna Prabh*

Dr. Sapna Prabhu  
WDC-CRCE Chairperson

*Sushma Nagdeote*

Prof. Sushma Nagdeote  
WDC-CRCE Member



## REPORT

Name of the event:	<b>“Poster Making Competition on Gender Issues”</b>
Date of the event:	<b>14<sup>th</sup> October 2022</b>
Venue of the event:	<b>511</b>
Number of Participants	<b>26</b>

Women Development Cell conducted the Poster Making Competition. Poster Making Competition is a platform for students to engage the community's interest in an issue, reveal community issues, and raise awareness of an issue in a way that is visual, inclusive and fun.

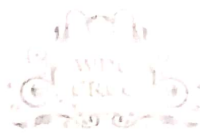
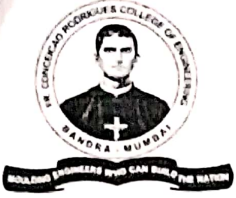
Gender is of key importance in defining the power, privilege, and possibilities that some people have and some people do not have in a given society. It affects progress towards equality and freedom from discrimination. To raise the awareness about gender equality among society we have come up with this competition.

It was an individual Competition. Everyone was allotted 1 hour to come with their posters which were to be hand drawn.

5 posters were shortlisted and the winner was decided based on creativity, the perspective of an individual toward the problem, and Relevance to the theme.

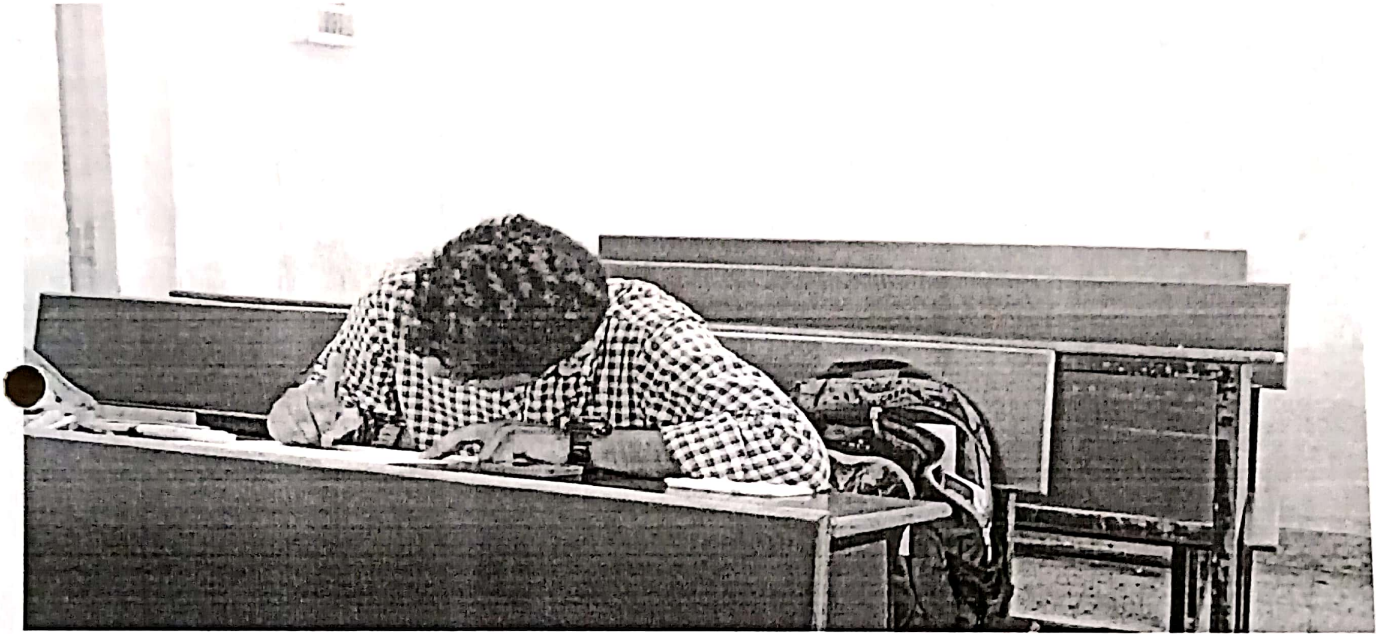
Professors from FRCRCE which are Dr. Hemant Khanolkar and Dr. Jagruti Save served as judges for the competition.

All Students came up with innovative ideas. The student with the maximum points was declared as the winner of the competition and a prize was given to him. Also, the top 5 posters were put on the walls of different floors as to increase more awareness.



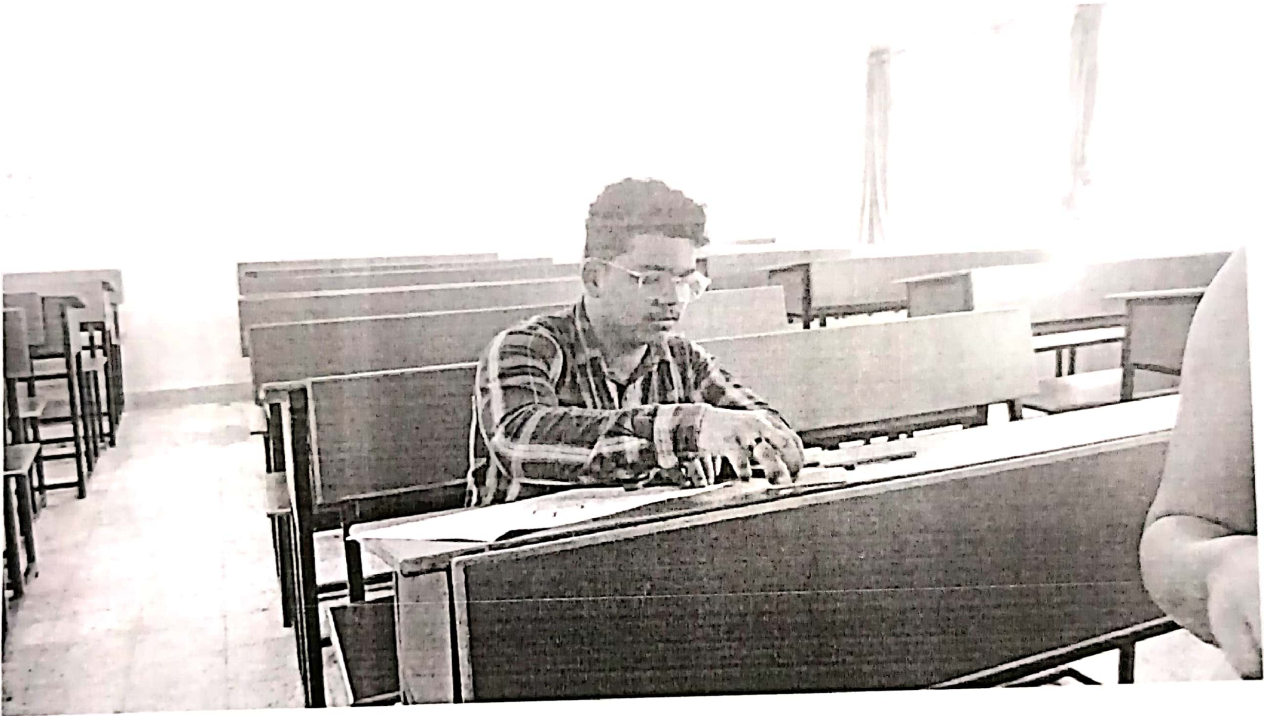
FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai – 400 050

Some images from the competition conducted: -





FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai – 400 050



*Sapna*

Dr. Sapna Prabhu  
WDC-CRCE Chairperson

*Nagdeote*

Prof. Sushma Nagdeote  
WDC-CRCE Member

# Constitution Day (Samvidhan Diwas) Celebration - REPORT

on  
25<sup>th</sup> Nov, 2022



**Venue: Samvaad Auditorium**  
**Friday ,25<sup>th</sup> Nov,2022 at 1.30 PM**



### Overview & Details

<b>Main activities</b>	<ol style="list-style-type: none"> <li>1. Reading of the Preamble by staff and students</li> <li>2. Online Quiz and Reading of the Preamble in different languages</li> <li>3. Speech by <b>Dr S.S Rathod</b> (Principal) and Awareness videos</li> <li>4. Involved Schools under Unnat Bharat abhiyan for Reading of the Preamble and received videos.</li> </ol>
<b>Description of the Event</b>	<p>This year the day is being celebrated on the subject of "India -the Mother of Democracy".AS per AICTE guidelines, on the occasion of Constitution Day, our college participated in the event with both online and offline activities. All FE students were present for the event in Samvaad. Nearly 25 teaching staff also attended. Many staff and student received participation certificate by attending Quiz and reading Preamble online at web portal : <a href="http://constitution.quiz.nic.in">constitution.quiz.nic.in</a>).</p>
<b>Organizing Team</b>	<b>Rotract club of CRCE in association with Unnat Bharat Abhiyan CRCE team.</b>
<b>Faculty in charge &amp; Co-Ordinators</b>	<ul style="list-style-type: none"> <li>• <b>prof. Binsy Joseph (Teacher in Charge )</b> (+919833503363)</li> <li>• Prof. S S Sudhakar (Dean of Student Affairs)</li> </ul>
<b>Staff Members Involved in School activity</b>	<ul style="list-style-type: none"> <li>• Prof SAURABH KORGAONKAR</li> <li>• Prof. S S Sudhakar (Dean of Student Affairs)</li> </ul>
<b>Student Team</b>	<ol style="list-style-type: none"> <li>1. Ms Ramona Lobo(FE AIDS) and Ms Sarisha (FE ECS)</li> <li>2. Ms Angela (FE COMP), Ms Fayola (FE COMP)</li> <li>3. Mr Mathew Lobo (Rotract Head) and Team</li> </ol>
<b>No of participants Online &amp;offline event</b>	<ul style="list-style-type: none"> <li>• Students : 257</li> <li>• Staff : 25</li> <li>• No of participants online received&amp; uploaded Certificate from <a href="http://constitution.quiz.nic.in">constitution.quiz.nic.in</a> – 64</li> </ul>

## **Description of the Event:-**

In accordance with the AICTE Guidelines, Constitution Day (Samvidhan Diwas) is celebrated every year on 26<sup>th</sup> November, to commemorate the adoption of the Constitution of India and to honor the contribution of Founding Fathers of the constitution. This year the day is being celebrated on the subject of "India -the Mother of Democracy". This year CRCE, Bandra participated in the event, by celebrating the Constitution Day on 25<sup>th</sup> November, 2022 at 1.30pm at Samvaad Auditorium, with the following activities :

1. Reading of the Preamble by staff and students on 25th November, 2022 (Friday) at 1.30pm .
2. Online reading of Preamble to the Constitution in 22 Official Languages and English through: [readpreamble.nic.in](http://readpreamble.nic.in))
3. Participate in the online Quiz on "India- the Mother of Democracy".  
web portal : [constitutionquiz.nic.in](http://constitutionquiz.nic.in)).

All students and Staff participated actively in all offline and online events. Our Principal Dr S.S Rathod delivered a beautiful inspiring speech on this occasion. Prof S S Sudhakar (Dean of Student Affairs) initiated all planning and offered guidance in all activities .

FE students voluntarily come forward in organizing the event. Other students and staff participated in online event. Reading preamble event is recorded and shared in google drive. Google form was shared to collect details of online participants who received certificates.

We also received recorded video from one school associated with CRCE through Unnat bharat abhiyan .

Thanks to all supporting team for their co-operation in organizing such an event with 280 participants.

Yours sincerely

Prof Binsy Joseph (Co-ordinator)

## 1. Constitution Day Celebration Circular

**FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING**  
Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai - 400 050.

Ref. : CRCE / 2022 / 404

Date : November 23, 2022.

### CIRCULAR

#### Invitation to the Constitution Day (Samvidhan Diwas) celebration


Dear Students and Staff Members,

In accordance with the AICTE Guidelines, Constitution Day (Samvidhan Diwas) is celebrated every year on 26<sup>th</sup> November, to commemorate the adoption of the Constitution of India and to honor the contribution of Founding Fathers of the constitution. This year the day is being celebrated on the subject of "India -the Mother of Democracy".

We will be celebrating the Constitution Day on 25<sup>th</sup> November, 2022 at 1.30pm at Samvaad Auditorium, with the following activities :

1. Reading of the Preamble by staff and students on 25th November,2022 (Friday) at 1.30pm .
2. Online reading of Preamble to the Constitution in 22 Official Languages and English through: [readpreamble.nic.in](http://readpreamble.nic.in))
3. Participate in the online Quiz on "India- the Mother of Democracy", web portal : [constitution.quiz.nic.in](http://constitution.quiz.nic.in)).

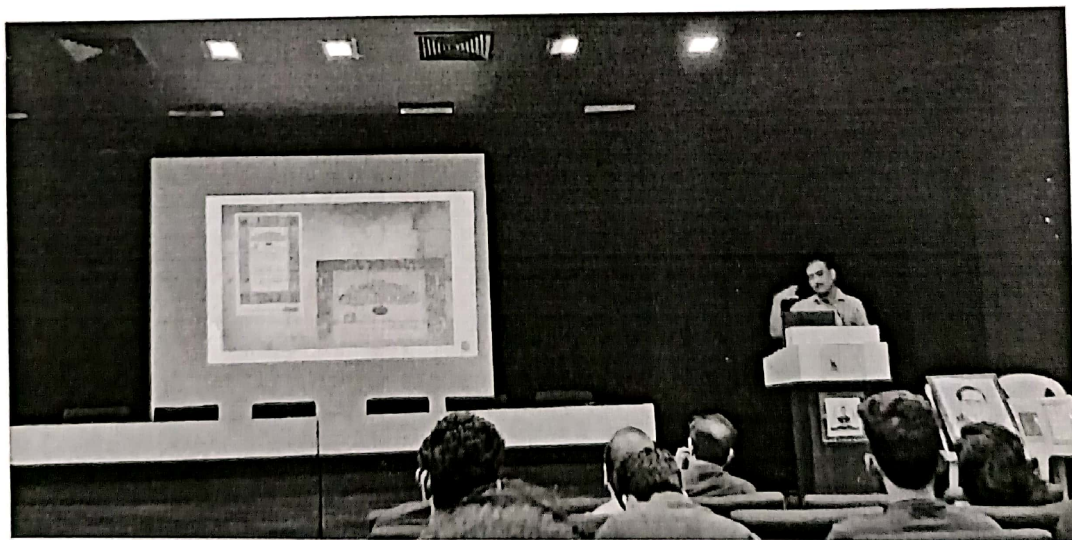
All staff members and students( FE), are cordially invited for the celebration and make the event a grand success.

  
(DR. S.S. RATHOD)  
PRINCIPAL

## 2. Photos



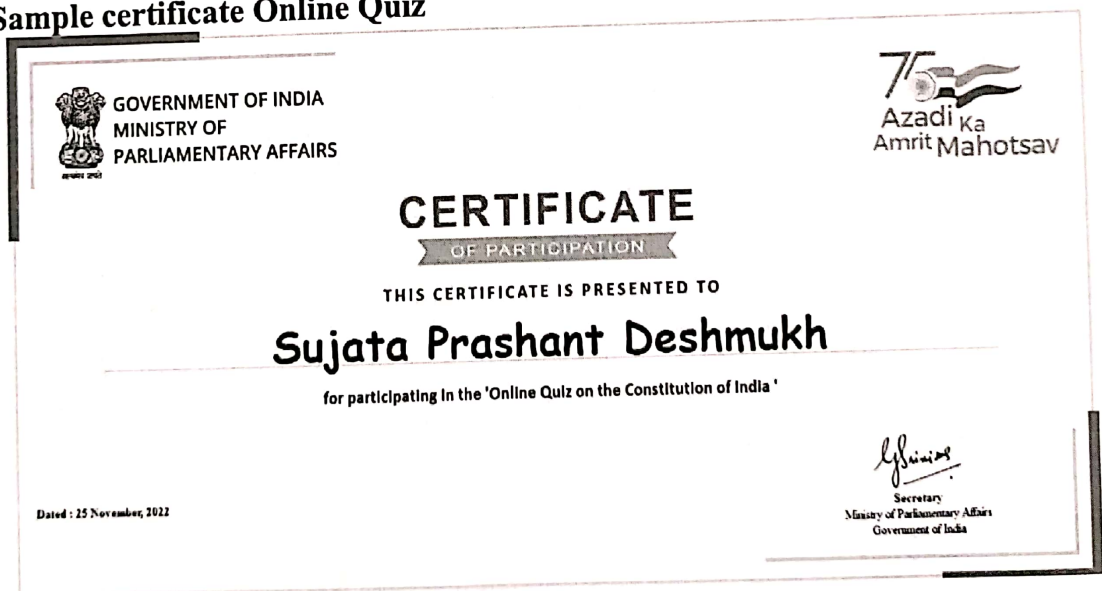
**Dr S.S Rathod addressing the Audience**





Welcoming the Audience by Ms. Ramona Lobo and Ms Sarisha

### 3. Sample certificate Online Quiz



#### 4. Sample certificate Online Preamble Reading



Submitted by  
Prof Binsy Joseph (Rotract club Faculty in charge )  
Fr. Conceicao Rodrigues College of Engineering, Bandra



## Marine Pollution Webinar

**Date:** - 8<sup>th</sup> December 2022

**Time:** - 12:00 pm to 1:30 pm

**Place:** - Fr. Conceicao Rodrigues College of Engineering, Bandra.

**Platform:** - Online

**December 8<sup>th</sup>, 2022, Mumbai.**

On the account of National Pollution Control Day, our NSS unit organized a webinar on Marine Pollution and its prevention, The speaker for the webinar was Swanand Gawde from United Way Organization, Mumbai. He has demonstrated a history of working for a non-profitable organization management industry. The Webinar started at 12:00 pm on Google Meet. There were 50 NSS volunteers actively participating in the webinar. The webinar started with a short introduction of the speaker given by Ratan Singh where he highlighted the journey of the speaker from a college student to a Development sector Professional. After the introduction, the screen was passed to the speaker who started with a short Q&A session to make the webinar interactive on the topic. He gave a short Pre-test on general knowledge questions related to marine pollution. After getting a healthy response from the audience, he continued the webinar by presenting his screen which displayed a few slides on marine pollution definition, its cause, and prevention. The slides were quite informative and attractive. After his presentation ended, he gave a Post-test where all the volunteers performed well. These two tests were important for the generation of the digital certificate. In the end, a doubt session was conducted by him where volunteers actively asked their doubts related to the topic. After this, all the participants of this webinar express their gratitude for such a lovely and interactive webinar. Really the way in which the webinar was hosted by the speaker was appreciable.

**A report by Ratan Singh, NSS Event Coordinator.**

**An Insight into the webinar: -**





# National Service Scheme

## Fr. Conceicao Rodrigues College of Engineering



**Marine Pollution**

- The term "pollution" describes the occurrence and inputs of wastes and the impact of these wastes on the environment.
- Marine Pollution (definition by the UN): "The introduction by man, directly, or indirectly, of substances or energy to the marine environment, resulting in harmful effects such as: hazards to human health, hindrance to marine activities, impairment of the quality of seawater for various uses and reduction of amenities."
- Marine pollution is associated with the changes in physical, chemical and biological conditions of the sea water.

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**Types of Marine Pollution**

**Eutrophication/Nutrient Pollution**

- Excess nutrients from landfills are washed from the land into rivers, or taken by animals.
- Plants flourish: these pollutants cause excessive growth of algae, duckweed and other plants.
- Algal blooms, oxygen is depleted: algal blooms, preventing sunlight reaching other plants. The plants die and oxygen in the water is depleted.
- Decomposition further depletes oxygen: dead plants are broken down by bacteria decomposers, using up even more oxygen in the water.
- Death of the ecosystem: oxygen levels reach a point where no life is possible. Fish and other organisms die.

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**Current status**

- Mumbai generates waste to the tune of approximately 10809 tonnes per day. The waste consists of: bio-degradable and recyclable, debris and silt.
- The MCGM has already declared the segregation and storage of garbage at source mandatory. But on the ground, the waste is being continually dumped in the landfills without any forethought.
- Beaches in main city contains much more litter than beaches in the outskirts of Mumbai such as beaches in Madh Island.
- Plastic is the major type of litter in all the beaches, and the most common (30% of the total litter). Food wrappers, glass bottles and fishing nets are also some of the major types of litter found in the beaches

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## National Service Scheme Fr. Conceicao Rodrigues College of Engineering, Bandra.

Report on: Energy Conservation Webinar

Date: 14 December 2022

Time: 10:30 A.M. - 12 P.M.

Place: Fr. Conceicao Rodrigues College of Engineering, Bandra

Platform: Online

Concise report of the event:

On the account of National Energy Conservation Day, our NSS unit organized a webinar on Energy Conservation. The speaker for the webinar was Gangotri Nirbhavne, Assistant Professor at Dr. Ambedkar College of Science and Commerce, Wadala. She has done a Ph.D. in Groundwater Quality Analysis. Also, she has been part of numerous webinars, seminars, and workshops. The Webinar started at 10:30 am on Google Meet. There were 35-45 NSS volunteers actively participating in the webinar. The webinar started with a short introduction of the speaker given by Janvi Naik which drew the attention of the participants by highlighting the journey from a college student to an environment enthusiast. After the introduction, the further webinar was driven by the speaker who started the webinar by introducing the topic to us. She started by defining energy resources and their importance in economic development. She gave a crystal-clear bifurcation of energy resources based on their supply and mode of generation. She also gave us a detailed comparison of various energy resources and their set-up cost in a region depending upon the topological condition of the region. She gave a brief knowledge about the Energy Crisis and its

Management. The most important discussion of the webinar was on Mumbai City and

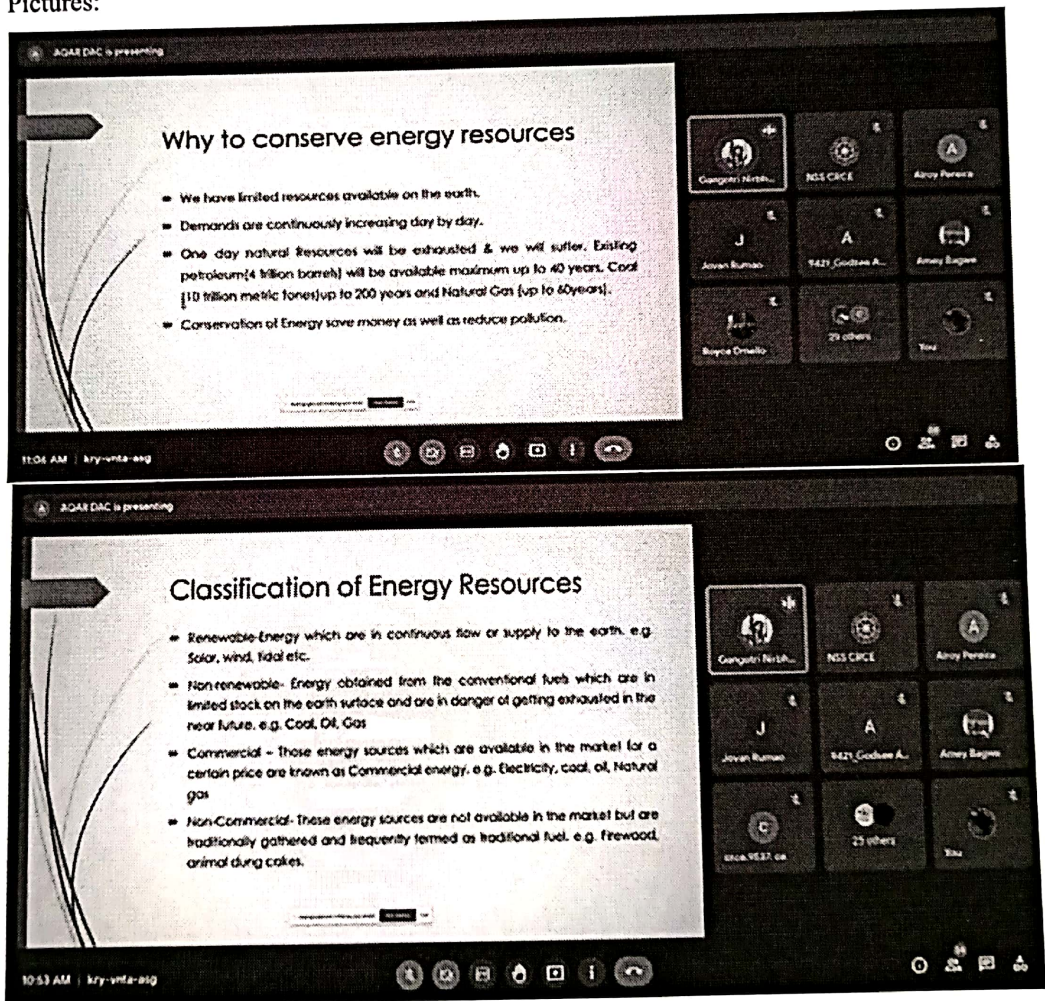
its rising crisis for electricity. In the end, she highlighted the concept of Sustainable Energy. A short Q&A session made the webinar more interactive.





After this, all the participants express their gratitude for such a lovely webinar.  
Really the way in which  
the webinar was conducted was truly appreciable.

Pictures:





## National Service Scheme

Fr. Conceicao Rodrigues College  
of Engineering, Bandra.  
Report on Republic Day

Date and time of Event : 25-01-2023 , 1.30pm to 2pm

Place of event : Euphoria Stairs

### Celebration of 'Republic Day'

Republic Day is the day when India marks and celebrates the date on which the Constitution of India came into effect on 26 January 1950. This replaced the Government of India Act 1935 as the governing document of India, thus turning the nation into a republic separate from British Raj. The constitution was adopted by the Indian Constituent Assembly on 26 November 1949 and came into effect on 26 January 1950. 26 January was chosen as the date for Republic Day as it was on that day in 1930 when the Declaration of Indian Independence was proclaimed by the Indian National Congress.

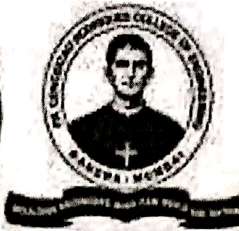
The Nation is celebrating its 74th Republic Day this year.

NSS celebrated Republic Day on 25th January 2023

The theme for this year's Republic Day was "WOMEN EMPOWERMENT". On the occasion of Republic Day NSS CRCE presented Nukka Natak (Street Play) on Women Empowerment. There was an audition held from which we selected 13 people for the street play. The drama highlighted the situation of women and young girls in India and strives to let women have autonomy over themselves. Women are taught to live for others but it's time we realize the need for independence for women too. The drama proposed people to rethink their patriarchal views on women and start seeing them as an individual capable of rational thoughts and decision making. The short yet significant play gave the message that all of us should take a step towards Women Empowerment by simply changing our views on them and persuading others in our life. The members of the street play were given a certificate of participation.

Pictures:







# National Service Scheme

Fr. Conceicao Rodrigues College of Engineering



## National Service Scheme

Fr. Conceicao Rodrigues College of Engineering, Bandra.

### Report on STEM CELL

Date: 7 February 2023

Time: 11:00 am – 12:00 pm

Speaker: Ms Resham Ghosh, Ms Anjali IR

Concise report of the event: NSS CRCE hosted a event on stem cell along with DKMSxBMST. The event was started at 11:00 am by Mr Saahil Fernandes , began by giving a brief on stem cells and introducing the speakers . Ms Anjali IR then explained more about stem cells its uses. Later Ms Resham Ghosh informed the audience about process of stem cell transplation and its importance. The students were then asked if they had any questions. The students were then given a form and cotton swabs to test their stem cell for those who are willing to donate. The students then received certificates by DKMSxBMST .

#### Timeline:

- Introduction by Mr Sahil Fernandes.
- Explanation of stem cells by Ms Anjali IR
- Process of stem cell transplantation explained by Ms Resham Ghosh.
- Distribution of forms and cotton swabs for stem cell testing.
- Conclusion of event by distribution of certificates.

Outcome: Awareness on stem cells and its importance and precautions to be taken.



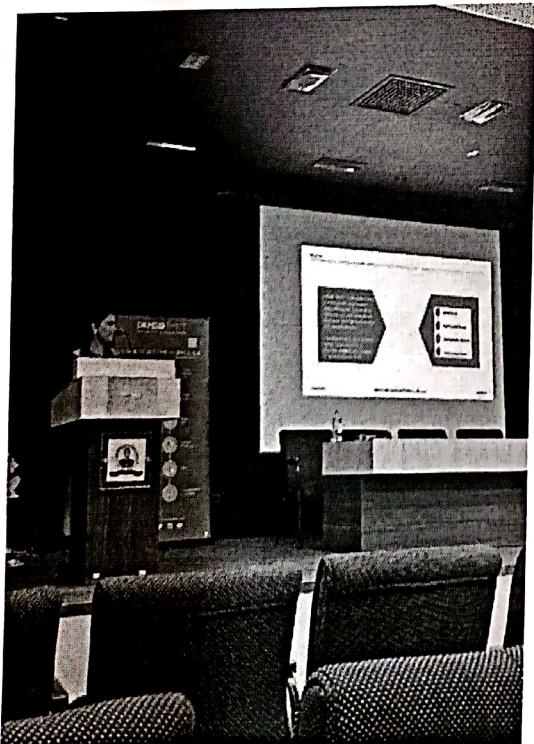


# National Service Scheme

Fr. Conceicao Rodrigues College of Engineering



Pictures:





# HEART AND SOLE RUN 5

## Rotaract Club of Fr.CRCE

### HEART AND SOLE RUN 5 REPORT

#### Details:

Date: 19-March-2023

Time: 5:30 A.M.- 10:00 A.M.

Teacher in-charge: Ms. Binsy Joseph

Number of Participants attended: 608

About the Heart and Sole Run 5: A charity Run held by the Rotaract club of FR. CRCE. This is the fifth edition of the Heart and Sole Run. All the runs began from Fr. Conceicao Rodrigues College of Engineering and all the runs ended there too. The proceedings will be donated to Fr. Agnells Ashram.

Exposition Day: 17th and 18th of March 2023.

Timings: 10:00am to 5:00pm.

Run date: 19th of March 2023.

Reporting time: 5:30 am.

The "Heart & Sole Run" (HSR) is the annual charity run and flagship event of the Rotaract Club of Fr. CRCE. Over the years HSR has been one of the most successfully organised marathon qualifiers in Bandra with around 1000 participants annually. The "Heart & Sole Run 5" is the fifth edition of this annual charity run and it was conducted at the doorstep of Fr. Conceicao Rodrigues College of Engineering. HSR5 consists of 4 runs namely 1.5km (Soul Run), 5km (Dream Run), 10km (Explode Run), 15km (Zenzi Run).

#### Overview:

On 19th March, 2023 Sunday Rotaract Club of Fr. Conceicao Rodrigues College of Engineering had organized a charity marathon(Heart and Sole Run 5) as their flagship event for the year 2022-2023. On 17<sup>th</sup> and 18<sup>th</sup> of March we had organized an exposition day where the runners who had registered could collect their goodie bags and bibs for the run. Rotaract Club of Fr.CRCE had started the registrations for the charity run on 8th February 2023. There was a huge response from the runners and the previous participants for the run.

On March 19<sup>th</sup> 2023 morning , participants started reporting for the 15km run at 5:30 am near the gate of Fr. Conceicao Rodrigues College of Engineering. The 15km run was scheduled at 5:55 am and accordingly it was started with a flag off by our Chief Guest. The reporting time for the next run i.e. the 10km run was 5:45am and the run was scheduled at 6:15 am. After the 10km run was the 5km run and the reporting time given to the participants was 6:15 am and the run started at 6:45 am. The last and the final run which was the 1.5km Grit Run started at 7:15 am and the reporting time for the same was 6:45 am. Before the commencement of all the runs there was a Zumba session held near the gate of Fr.CRCE by Gagan Singh for all the participants. All the runs ended around 8:15 am and then all the participants were sent to the quadrangle area of the college where the cool down session, distribution of the breakfast/medals/certificates and announcement of the winners of the respective runs was done. This was a successful event because of great team effort by the Rotaract Club of Fr.CRCE.

**OUTCOMES:**

- improvements in cardiovascular fitness
- muscular endurance
- weight loss
- improvement in mood, self-esteem
- reduction of anxiety





