

DON BOSCO COLLEGE OF ENGINEERING, FATORDA-MARGAO

NSS REPORT FOR 2019-20

The NSS unit of Don Bosco College of Engineering, started in the year 2012-13, is currently in its 8th year.

The strength of the NSS unit for academic year 2019-20 is **100 volunteers**, including **33 girls**.

Keeping in mind the NSS moto “Not Me, but You”, round the year, the NSS volunteers participated in various social works and personality development programme and rendered their time and energy for the benefit of others. The following is the list of activities done/attended by the NSS volunteers during 2019-20:

1. The International Yoga Day was celebrated on 21st June 2019
2. Van Mahotsav was celebrated on 12th July 2019 by planting trees in campus
3. Volunteering/participating at “Kshitij” project exhibition held at DBCE from 25th to 27th July 2019.
4. Independence Day Celebrations on 15th August 2019.
5. Helped during the Teachers’ Day / Freshers’ Day Celebrations held on 5th September 2019 at DBCE.
6. To mark the occasion of 50 years of National Service Scheme, NSS Day was celebrated on 24th September 2019 and the events like, Session on keeping the water bodies free from plastic waste, Poster making competition on theme environment and Workshop on making paper bags were organized.
7. A rally was held for creating an awareness of harmful effect of plastic bag and paper bags to shopkeepers were distributed.
8. NSS volunteers undertook a beach cleanliness drive at Colva wherein around 110 volunteers took part in it.
9. On the occasion of 150th birth anniversary of Mahatma Gandhi, an essay completion on the theme Gandhian philosophy and short video making competition on environment were organized for college students.

10. Took part in the “Swachta hi Seva” cleanliness drive on 2nd October 2019 at DBCE.
11. Many of the volunteers actively took part in various drives in their respective panchayat areas.
12. Volunteers participated in Vibrant Goa Summit from 17th to 19th October 2019 to make Goa’s largest event a “Zero Waste” event
13. Republic Day celebration on 26th January 2020.
14. NSS Unit in association with ‘Gift Your Eyes’ Trust and Rotary Eye Bank of Goa held a rally for creating an awareness on Cornea Eye Donation at Municipal Garden Footpath, Margao on 08th February 2020. Earlier in the day, volunteers were briefed upon Cornea Eye Donation by the president of ‘Gift Your Eyes’ Trust and Rotary Eye Bank of Goa.
15. A 7 day NSS annual Special Camp has been scheduled from 16th to 22nd March 2020 at Nirmal Nature Campsite, Tilmol, Quepem where in around 50 volunteers will be taking part.
16. A blood donation camp has been scheduled on 4th April 2020







Women's Day Report

NSS Unit of Don Bosco College of Engineering in association with counseling cell celebrated Women's Day with much zeal and enthusiasm on 6th March 2020 in the college campus. The programme started with a prayer song melodiously sung by Prof. Annapurna Sakhardande. Our Principal, Dr. Neena Panandikar then welcomed the gathering which comprised of the teaching and non-teaching staff (50), along with a few female students (30). This was followed by a recitation of a poem on the strength of a woman by Prof. Sweta Morajkar. Some of the faculty, led by Principal, gracefully performed a dance which was cheered on by all the women in the audience.

The highlight of the whole programme was a session on self-defense demonstrated by Mr. Sankalp Gadekar and Ms. Saisha Parab who themselves are Karate instructors. They gave the faculty and students some valuable tips on how to defend ourselves in an onslaught of an attack. The programme was compered by Prof. Christina Barreto who entertained the crowd with good spot prizes and unique ways of making women feel special through the women's day band which had #eachforequal written on it and a slogan that she repeatedly made us say to each other; which was "You are beautiful, you are confident and you are worth it". The morning was capped off with the distribution of sumptuous snacks to all the women.





RALLY ON AWARENESS OF CORNEA EYE DONATION

NSS Unit of Don Bosco College of Engineering, Fatorda in association with 'Gift Your Eyes' Trust and Rotary Eye Bank of Goa held a rally for creating an awareness on **Cornea Eye Donation** at Municipal Garden Footpath, Margao on 08/02/2020 from 10.30 am to 11.30 am. Large number of NSS volunteers who were accompanied by Prof. Chetan Gaonkar, NSS PO, took part in this rally. Also present for the rally were Mr. Trevor Braganza, President of 'Gift Your Eyes' Trust and Mr. Gautam Bhende, Chairman of Rotary Eye Bank of Goa. The rally was held along with banners, placards and pamphlet distribution in the peak hour so that message could reach to maximum people. Earlier in the day, the NSS volunteers were briefed about the Cornea Donation and the myths related to it in the college auditorium by Mr. Trevor Braganza and Mr. Gautam Bhende.

Corneal Blindness is one of the major problem in India which can be eradicated only by spreading the awareness of Cornea donation and 'Gift Your Eyes' Trust takes the help of Music as the medium for the awareness and they are actively supported by Rotary Eye Bank of Goa (an initiative of Rotary club of Panjim). Don Bosco College of Engineering believes that apart from Good Engineers a student should also become a Good Citizen and therefore Fr. Kinley D'Cruz, Director and Dr. Neena Panandikar, Principal always support activities of social cause.

CLEANLINESS DRIVE ON THE OCCASION OF GANDHI JAYANTI

Date: 2/10/2019

On the occasion of 150th birth anniversary of Mahatma Gandhi, **Cleanliness Drive** was conducted by NSS DBCE Unit and staff at Don Bosco College of Engineering.

The cleanliness drive was started by taking a Swachhta pledge.

The drive was conducted department-wise and NSS volunteers from respective departments along with the faculty actively took part in cleaning the staff rooms, labs, workshops, surrounding etc.

88 NSS Volunteers (58 Male and 30 Female) and 48 Faculty Members (23 Male 25 Female) took part for this cleanliness drive.



NSS DAY CELEBRATION AT DBCE ON 24th September 2019

To commemorate the National Service Scheme (NSS) Golden Jubilee, the NSS Unit of Don Bosco College of Engineering (DBCE) celebrated NSS Day on 24th September 2019 with great enthusiasm. The day started with the inaugural function for which Mr. Jack Fernandes, President of Goenkar – NGO was the Chief Guest and Mr. Vikas Bhagat, Secretary of Goenkar – NGO was the Guest of Honour. Also present were Rev. Fr. Kinley D’Cruz, Director of DBCE and Dr. Kala Nayak, Registrar of DBCE.

Prof. Chetan Gaonkar gave a brief report of the activities which were conducted under NSS DBCE unit during the last academic year. Rev. Fr. Kinley D’Cruz addressed the volunteers on their role to make the society better by reminding the motto of NSS ie. ‘NOT ME, BUT YOU’.

Chief Guest Mr. Jack Fernandes spoke about the struggle they had to undergo to establish the NGO, to clean the plastic waste in various water bodies and to dispose it through garbage treatment plant. He also emphasized that cleaning of the surrounding on our own is not enough but we should also create the awareness of it among others.

The speech of the Chief Guest motivated the volunteers and it resulted in a large number of participation in the afternoon for the rally that was carried out by them at Colva on the theme ‘environment’, during the distribution of news paper bags to shop vendors and explaining to them the harmful effect of plastic bags and also during the Colva beach cleanliness drive. Principal of DBCE, Dr. Neena Panandikar and TPO, Prof. Rosline Fernandes were also present to motivate around 100 volunteers who were present during the beach cleanliness drive.

Other activities like poster making competition on the theme of ‘environment’ and a session on how to make news paper bags by Prof. Grabien Alemao were organized for the students. The event was coordinated by Prof. Chetan Gaonkar, NSS PO and Mr. Uddesh Naik Dessai, NSS Volunteer. Overall it was a very enlightening and learning experience for the NSS volunteers. The function was attended by around 120 NSS volunteers.



Van Mahotsav Celebration at Don Bosco College of Engineering

Van Mahotsav is an annual tree-planting movement in India, which began in 1950. To be part of this movement, **NSS DBCE Unit** took part in Van Mahotsav celebration on 12th July 2019. Although the college has lush green campus with more than 30 species of trees, with great enthusiasm NSS volunteers, students, teaching and non –teaching staff planted Neem trees in college premises as a part of this celebration. Also present were Fr. Paul D'souza, Rector, Fr. Kinley D'Cruz, Director, Fr. Julius Rasquinha, Administrator, Dr. Neena Panandikar, Principal and Dr. Kala Nayak, Registrar.

During this tree planting mahotsav, it was decided that not only planting the tree is enough but NSS volunteers will also take care to nurture these planted trees thereafter. The event was coordinated by Prof. Chetan Gaonkar, NSS Programme Officer.

The International Yoga Day was celebrated on 21 June 2019 with great eagerness and enthusiasm at Don Bosco College of Engineering, Fatorda under the NSS-DBCE Unit and coordinated by Prof. Chetan Gaonkar, NSS PO and Prof. Manujnath Narawate and was attended by around 35 staff and students.

Prof. Chetan Gaonkar in the presence of Dr. Neena Panandikar, Principal and Mr. Pramod Tuyankar, Nehru Yuva Kendra welcomed everyone and introduced the Chief Guest, Mr. Vishwanath Swar.

Mr. Vishwanath Swar, working as teacher Grade I in commerce at MES Higher Secondary, Zuvarinagar, is a certified trained yoga teacher of Ambika Yog Kutir, Goa. He has been imparting free yoga and value education to school and college students and public free of cost for the past 23 years in succession. He was appointed as coordinator to celebrate International Yoga Day for South Goa at Ravindra Bhavan Margao by ministry of Ayush on 21st June 2019.

Mr. Vishwanath Swar gave an enlightening talk on *Stress Management*. In his talk he stated that stress is due to external pressure and inability to cope with it. He educated the gathering on various ways to cope up with stress and its management and thus live a healthy life.

Before the demonstration, Mr. Vishwanath explained the meaning of Yog and then illustrated Pranayama and elaborated on its importance and benefits. Prof. Madhuraj Naik from Civil Department and Mr. Vishwanath demonstrated the various Asanas and stressed on the need to be practiced every single day. He elaborated the point that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being.

Finally the session was concluded by Prof. Manjunath by delivering vote of thanks.

