

DON BOSCO COLLEGE OF ENGINEERING, FATORDA-MARGAO

NSS REPORT FOR 2020-21

The NSS unit of Don Bosco College of Engineering started in the year 2012-13, is currently in its 9th year.

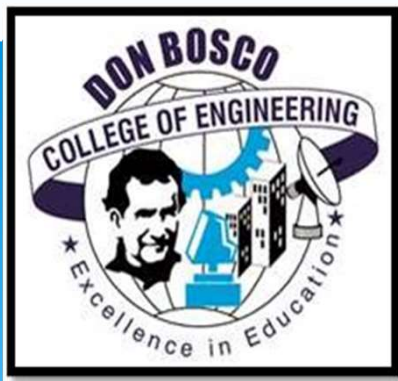
The strength of the NSS unit for the academic year 2020-21 is **107 volunteers**, including **22 girls**.

Keeping in mind the NSS motto “Not Me, but You”, round the year, the NSS volunteers participated in various social works and personality development programs 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 2020-21:

1. Distribution of Hand-Stitched Mask and Cooked Food to Needy In Curti Khandepar from 1st May to 6th May 2020
2. International Yoga day was celebrated on 19th June 2020. A webinar was organized, where Mr. Vishwanath Swar delivered a session on “Pranayam and Breathing Techniques to Improve Immunity”.
3. Our volunteer, Mr. Binay Sharma participated in Cooking food for Needy during the pandemic in Sancoale Village from 1st to 10th August 2020.
4. Volunteers took up the task of filling forms of migrant workers who wanted to go back to their native place from 5th to 6th August 2020.
5. Webinar on National Education Policy was attended by Volunteers and Program officer on 16th September 2020
6. Two of our volunteers Mr. Kaushik Sudhakar Fal Dessai and Mr. Sanket Subhash Dessai took up the task of Cleanliness Drive under Village Panchayat Assolda, Xelvona. They also took part in Cleaning of Natural spring at Sarvott, Assolda.
7. On the occasion of Goa Liberation Day, our volunteers participated in flag hoisting ceremony and blood donation camp at village panchayat Assolda
8. Pledge-taking ceremony on the occasion of Rashtriya Ekta Diwas was done by faculty members and volunteers of DBCE on 31st October 2020.

9. Constitution Day was celebrated by reading the preamble on 26th November 2020.

10. An awareness talk on “Early stage precautions on COVID-19” was organized on 03/05/2021. The resource person for this webinar was Dr. Roshan Kanekar who is Teleconsultant under IMA for COVID patients in Goa



NOT ME, BUT YOU

NSS UNIT OF DON BOSCO COLLEGE OF ENGINEERING PRESENTS

Awareness Talk on “Early stage precautions on COVID-19”

Speakers :



Dr. Roshan Kanekar

MBBS, MD, Neuropsychiatry Consultant

Currently Teleconsultation under IMA for COVID patients in Goa



Mr. Prajyot Desai

**Proprietor, Steels and Stones
Margao, Goa**



Mr. Sanket Parastekar

**Social Worker, Caring Souls – NGO
Vasco Da Gama, Goa**

Coordinator: Mr. Chetan Gaonkar, NSS PO

Date and Time : 03/05/2021 @ 4.00 pm to 5.00 pm

Google Meet Link : <https://meet.google.com/nnc-eihi-nah>

Awareness Talk on “Early stage precautions on COVID-19”



PROGRAMME

- Welcome address (4.00 pm to 4.05 pm)
- Talk on “Steps to prevent and identify early stage of COVID and measures to be taken to prevent its progression” by Dr. Roshan Kanekar (4.05 pm to 4.25 pm)
- Q & A session (4.25 pm to 4.35 pm)
- Talk on “Steps to be taken after testing positive for COVID” by Mr. Prajyot Desai (4.35 pm to 4.45 pm)
- Talk on “Importance of blood and plasma donation” by Mr. Sanket Parastekar (4.45 pm to 4.55 pm)
- Vote of Thanks (4.55 pm to 5.00 pm)

Pledge on account of Rashtriya Ekta Diwas at DBCE, Fatorda

To commemorate the birth anniversary of Sardar Vallabhai Patel, Rashtriya Ekta Diwas was observed at Don Bosco College of Engineering on 26/11/2020 by taking Pledge on unity, integrity and security of the nation. This was done by taking the proper COVID-19 precautions. Around 60 staff took this pledge at their respective departments.

Also around 70 NSS volunteers (55 Male, 15 Female) took pledge at their home. Below are the few photographs



Celebration of International Day of Yoga at DBCE

The International Day of Yoga is celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Since the theme for international yoga day for this year is YOGA @ Home and Yoga with Family, the NSS Unit of Don Bosco College of Engineering organised a webinar “**Pranayam and Breathing Techniques to Improve Immunity**” for staff and students on 19th June 2020.

The Resource person for this webinar was **Mr. Vishwanath Swar**, Head of Dept. of commerce of HSS section of M.E.S.College of Arts and Commerce, Vasco, Goa. He is also the Vice president of Ambika Yog Kutir, Goa and member of allied association. He has vast experience of conducting workshops for the corporates and the college teachers and the students throughout Goa .

Since the topic of the webinar was Pranayam and Breathing Techniques to Improve Immunity, Mr. Swar demonstrated various Pranayam like Anuloma – Viloma, Kapalbhathi, Bhadraka, Ujjayi Pranayama, etc. He also explained how this various pranayama can cure different diseases and boost the immunity of individuals.

The session was well received by curious audience and many questions related to health were raised, for which they received satisfying answers from the resource person. This session has indeed motivated all to live a healthy life.

This webinar session was coordinated by Mr. Chetan Gaonkar, NSS program officer and was attended by around 30 staff members and students, including **Dr. Kala Nayak, Registrar** and **Dr. Neena Panandikar, Principal** who concluded the session by giving Vote of Thanks.



Mr. Vishwanath Swaraj

