

Celebration of International Day of Yoga at DBCE

The International Day of Yoga is celebrated annually on 21st 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 FOR WELL-BEING", the NSS Unit of Don Bosco College of Engineering organized a webinar "**Yoga for wellbeing**" for staff and students on 20th June 2021.

The Resource person for this webinar was **Dr. Joy Pereira**, Asst Professor, Dpt of Swasthviritta & Yoga, Gomantak Ayurveda Mahavidyalaya & Research Center, Goa. He is also the Yoga Consultant, host & creator of the Yoga Program on Goa 365 TV - "Yoga with Dr. Joy". He has vast experience in conducting workshops for the prestigious institution under the Ministry of AYUSH.

The webinar started with Dr. Neena Panandikar, Principal welcoming the resource person and all the participants. Mr. Chetan Gaonkar, NSS PO and co-ordinator of this webinar, introduced the speaker to the audience.

Since the webinar topic was Yoga for wellbeing, Dr. Joy gave a presentation on Rishi Pantanjali's Ashtanga yoga. He explained that yamas (abstinences), niyama (observances), asana (postures), pranayama (breathing), pratyahara (withdrawal), dharana (concentration), dhyana (meditation), and samadhi (absorption) are the eight limbs of classical Yoga. He also emphasized short-term yoga practices which can be done for a specific illness. Lastly, he concluded his presentation by demonstrating a few kriya and pranayama.

The session was attended by around 65 staff and students. A curious audience well received the session, and many questions related to health were raised, for which they received convincing answers from the resource person. This session has indeed helped everyone to gain insights into Yoga.



Astanga yoga

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi



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Beach Cleanliness Drive at Betalbatim

NSS Unit of Don Bosco College of Engineering participated in a beach cleanliness drive at Betalbatim, Goa on 23-10-2021. The drive was organised by Nehru Yuva Kendra, Goa unit in the line of nationwide 'Clean India' campaign. Shri Prakash Manure, State Director, NYKS; Shri Ramesh Gaonkar, Deputy collector, South Goa; Shri Kalidas Ghatwal, Deputy Director, NYK, Dr. Nitin Sawant, NSS Coordinator, Goa University were present on this occasion.

Goa, as a tourist destination, needs to maintain cleanliness, and the state government with the coordination of central government agencies is doing this on war foot, stated deputy collector Shri Ramesh Gaonkar.

More than 200 youths including 33 from NSS DBCE Unit, actively participated in the cleanliness drive.





Visit to Bhagwan Mahaveer Wild Life Sanctuary, Mollem, on the occasion of Pre-Festive activities of the 5th Bird Festival

NSS Unit of Don Bosco College of Engineering visited Bhagwan Mahaveer Wild Life Sanctuary, Mollem on 5/12/2021 as a part of the Pre-Festive activities of the 5th Bird Festival. Upon arrival to the WLS, the students were welcomed by Mr. Siddesh Naik, RFO. They were briefed about the different species of bird that one may see at the sanctuary. Later the entire group was taken for the bird walk. The group was led by Mr. Jalmesh Karapurkar, Mr. Shubham Rane, Mr. Kuldeep Tupo, Mr. Khalid Chowan, and Mr. Ved Sukhathankar. The walk was around 6 Kms long along the forest track, and Tracker, Mr. Brijesh Naik, was present to guide the group.

Students got to see around 25 different species of bird during this walk. Awareness among students regarding the importance of conserving birds & its habitats was done during this walk. Everyone actively participated in the discussion. The walk ended with a healthy breakfast that the forest department provided.

Around 32 NSS student volunteers along with Mr. Chetan Gaonkar, NSS Program Officer were present for this event.





60th Year of Goa Liberation

Government of Goa conducted series of lectures across to mark the 60th year of Goa's liberation in order to make youth of Goa aware and sensitize about the great history and different aspects of Goa such as its Heritage, Art, Culture, Diversity, Language, Industry, Folklore, Music and Eminent personalities, freedom struggle and freedom fighters.

On 14th December 2021, this program was held at Ravindra Bhavan Margao, wherein NSS volunteers and NCC cadets of colleges in and around Margao participated, including 16 volunteers of NSS DBCE Unit.

