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THAKUR COLLEGE OF ENGINEERING AND TECHNOLOGY

Annual Release by B-34 TCET NSS UNIT



NATIONAL SERVICE SCHEME

Ministry Of Youth Affairs And Sports

Gov. Of India

NATIONAL SERVICE SCHEME



NSS is one of the aided extra-curricular activities conducted by the University of Mumbai and the Department of Youth Affairs and Sports, Government of India. TCET NSS UNIT started in October 2005 with 42 members and has grown to a strength of 150 members. Till date more than 1700 students have enrolled as NSS volunteers.

National Service Scheme (NSS) is a scheme specially made for social cause. The motto of NSS **"NOT ME BUT YOU"** reflects the essence of democratic living and upholds the need for selfless service. The philosophy of the NSS is well emphasized in this motto, which underlines the belief that the welfare of an individual is ultimately dependent on the welfare of the society on the whole. The core values of NSS are Discipline, Punctuality and Respect. The major objectives of NSS focuses on working with the society and for the society. Therefore, the NSS volunteers shall strive for the well-being of the society.



NSS OBJECTIVES

The main objectives of National Service Scheme (NSS) are :

- i. understand the community in which they work
- ii. understand themselves in relation to their community
- iii. identify the needs and problems of the community and involve them in problem-solving
- iv. develop among themselves a sense of social and civic responsibility
- v. utilise their knowledge in finding practical solutions to individual and community problems
- vi. develop competence required for group-living and sharing of responsibilities
- vii. gain skills in mobilising community participation
- viii. acquire leadership qualities and democratic attitudes
- ix. develop capacity to meet emergencies and natural disasters and
- x. practise national integration and social harmony

MOTTO

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

NSS LOGO

The logo for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The Red & Blue colors contained in the logo motivate the NSS Volunteers to be active & energetic for the nation-building social activities. The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, The wheel thus stands for continuity as well as change and implies the continuous striving of NSS for social change.



NSS BADGE

The NSS logo is embossed on the badge of NSS. The eight bars in the wheel of NSS logo represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.

OUTCOME

- i. Improve the quality of educated manpower by fostering social responsibility
- ii. Raising society to a higher material and moral level by preparing students for final dedication in the service of nation
- iii. Introduce urban students to rural life by living in contact with the community in whose midst their institution is located
- iv. Making campus relevant to the needs of the community
- v. Develop constructive linkage between the campus and the community by supplementing technical education with social and economic reconstruction of the country
- vi. Involvement in the tasks of national development
- vii. Better understanding and appreciation of the problems of the society
- viii. Encourage Community participation

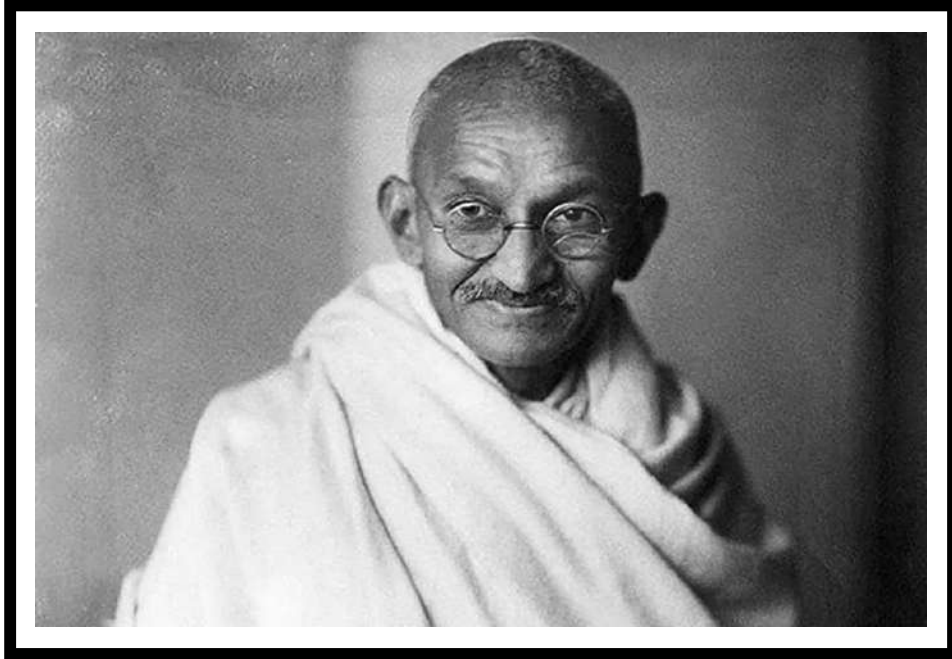




"Go, all of you, wherever there is an outbreak of plague or famine, or wherever the people are in distress, and mitigate their sufferings. At the most, you may die in the attempt. What of that? How many like you are taking birth and dying like worms, every day? What difference does that make to the world at large? Die you must, but have a great ideal to die for, and it is better to die with a great ideal in life. Preach this ideal from door to door and you will yourselves be benefited and at the same time, be doing good to your country. On you lies the future hope of our country. I feel extreme pain to see your leading a life of inaction. Set yourselves to work - to work! Do not tarry - the time of death is approaching day by day! Do not sit idle, thinking that everything will be done in time, later. Mind—nothing will be done that way."

~ Swami Vivekananda





*"Live as if you were to die tomorrow.
Learn as if you were to live forever."*

*"Seven deadly sins : wealth without work; pleasure
without conscience; science without humanity;
knowledge without character; politics without
principle; commerce without morality; worship
without sacrifice."*

*"Earth provides enough to satisfy every man's needs,
but not every man's greed."*

~Mahatma Gandhi



TCET NSS UNIT

PROGRAMME OFFICERS & COUNCIL MEMBERS

2021-2022



Programme Officers L To R: Mr.Sajjan Kumar Lal, Dr. Satish Mishra, Dr. Vinita Agarwal, Dr. Neha Mishra

Council Members L To R: Mayank Jitekar, Om Pitale, Chhayank Singh, Vaishnavi Shetty,
Praveer Dwivedi, Khushi Tiwari, Rohit Yadav, Priyanshu Jain



TCET NSS UNIT PROGRAMME OFFICERS



**PROGRAMME OFFICER
DR. SATISH SINGH**



**PROGRAMME OFFICER
DR. VINITA AGARWAL**

DEPUTY PROGRAMME OFFICERS



**DEPUTY
PROGRAMME OFFICER
MR. SAJJANKUMAR LAL**



**DEPUTY
PROGRAMME OFFICER
DR. NEHA MISHRA**

TCET NSS UNIT

COUNCIL MEMBERS 2021-22



STUDENT LEADER
KHUSHI TIWARI
TE COMP C



STUDENT LEADER
MAYANK JITEKAR
TE CIVIL A



STUDENT LEADER
OM PITALE
TE MECH B



ADMINISTRATIVE HEAD
PRIYANSHU JAIN
TE E&TC A



ADMINISTRATIVE HEAD
VAISHNAVI SHETTY
TE E&TC B



PROJECT HEAD
CHHAYANK SINGH
TE ELEX



PROJECT HEAD
PRAVEER DWIVEDI
TE IT A

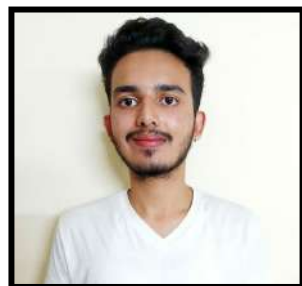


FINANCE HEAD
ROHIT YADAV
TE MECH B

JUNIOR COUNCIL MEMBERS



ASSIST.
ADMINISTRATIVE HEAD
MUSKAN SINGH
SE ELEX



ASSIST.
ADMINISTRATIVE HEAD
SARVESH SHARMA
SE AI&DS



WEBSITE MANAGER
SAHIL THAKUR
SE IT B



PUBLIC RELATIONS
ARYAN SINGH
SE AI&ML

FROM THE PRINCIPAL'S DESK



TCET always focuses on the holistic development of students. It has been constantly achieving this goal with help of various platforms. One of them is the National Service Scheme (NSS) of the institute that pursues the development specifically of undergraduate college students which was established in 2005. TCET NSS UNIT students are enrolled voluntarily in diverse activities of social services and countrywide improvement which makes contribution to Socio-economic progress.

Volunteers apprehend and respect the troubles of the community with social consciousness and inculcate the experience of dignity of labor. Being future engineers, the students get motivated to identify the prevailing problems in society and be dedicated to working for the betterment of society. The TCET NSS UNIT has always been one step ahead of everyone while organizing and planning the projects, which are conducted weekly and the punctuality and discipline they display during these projects is commendable. The volunteers also better themselves as people in the society and a sense of responsibility is evoked in them and thus, it is important that the volunteers get to speak up and have their own voice through the magazine so that they can make the other non-volunteers aware about the social topics as well and I would hereby like to appreciate and acknowledge the efforts the TCET NSS UNIT and the POs are taking to bring this magazine to life.

I'm proud of our volunteers and want to congratulate all of them and the POs of TCET NSS UNIT!!

Dr. B. K. Mishra

FROM THE PROGRAMME OFFICER'S DESK

It gives us immense pleasure to present the 1st edition of TCET NSS UNIT's Magazine, We have been involved and worked as the Program Officer at this Unit for past many years and have seen many students who joined the unit in their 2nd year of engineering with an aim to serve the society and leave a better impact among our fellow beings. Throughout these two years, the volunteers have participated in many projects and activities and at the end, a volunteer who comes out after the completion of the volunteer ship is completely an evolved one; from participating in the most unique and memorable recruitment projects to volunteering in the annual Blood Donation Camp, from guiding the FE students for Society Outreach to conducting survey project for electricity conservation awareness the volunteer learn and adapt many life lessons from these exposures.

Serving and leading the unit from so many years I myself have learned a lot from the experience here and also have seen many students learning and improving day to day, project by project. The most important thing that comes to mind whoever we hear of NSS is its core values – Discipline, Punctuality & Respect, one must always behave in a disciplined manner when working in the society for its upliftment, reaching the project site on time and timely completion of the required task is the main quality of the NSS Volunteers and last but not the least, having a sense of compassion and respect for the society, mother earth and the beings of society for whom we are working here in the unit.

Having seen so many students learn and grow from here I congratulate each and every volunteer who has been a part of TCET NSS UNIT for their selfless dedication towards the society!

We have full confidence on our volunteers and will always be proud of them.

Jai Hind!



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- 13) Social Customs And Norms In India
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POEMS :-

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- 3) प्यार सिर्फ इंसान से
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List of Activities conducted under NSS (2021)



YOGA FOR YOUNG MINDS (MINISTRY OF AYUSH)

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE IMPORTANCE OF YOGA AND ALL THE EMINENT YOGA TRADITIONS IN INDIA.



OUTCOME :

THE VOLUNTEERS UNDERSTOOD THE BENEFITS OF YOGA AND ITS TRADITIONS.

TRAINING SESSIONS OF YOGA (MU)

OBJECTIVE :

TO MAKE CONSCIOUS EFFORTS TO IMPROVE EMOTIONAL AND SPIRITUAL HEALTH OF VOLUNTEERS.



OUTCOME :

THE VOLUNTEERS UNDERSTOOD THE BASIC PHILOSOPHY OF YOGA.

INTERNATIONAL YOGA DAY (TCET)

OBJECTIVE :

TO LEARN AND PRACTICE THE ANCIENT SCIENCE OF HEALTH AND HEALING THROUGH YOGA.



OUTCOME :

THE VOLUNTEERS UNDERSTOOD THE IMPORTANCE OF YOGA IN TERMS OF PHYSICAL, EMOTIONAL AND SPIRITUAL WELL BEING.

NATIONAL SYMPOSIUM (TV-2035)

OBJECTIVE :

TO PROVIDE DIRECTIONS FOR NATIONAL INITIATIVES IN SCIENCE AND TECHNOLOGY TO MAKE INDIA A DEVELOPED COUNTRY BY 2035.



OUTCOME :

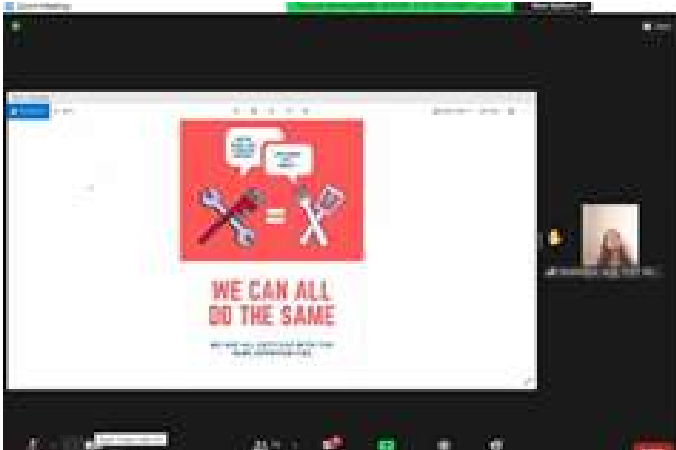
THE VOLUNTEERS UNDERSTOOD THE IMPORTANCE AND THE GROWTH OF TECHNOLOGY IN THE COMING YEARS.



AWARENESS ON GENDER EQUALITY

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE EQUALITY BETWEEN GIRLS AND BOYS, WOMEN AND MEN, OF ALL CULTURE AND ETHNIC ORIGINS.



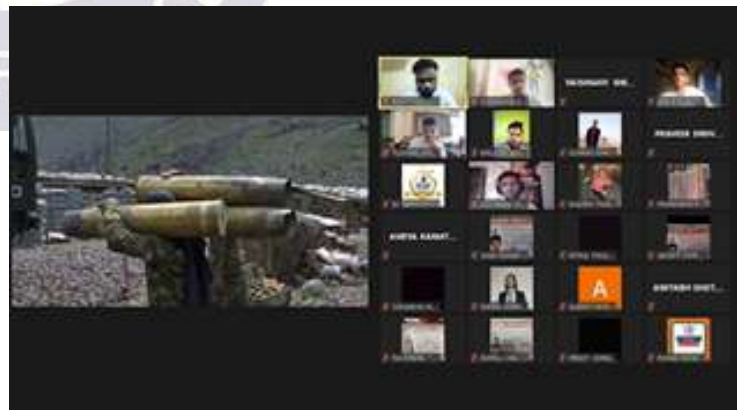
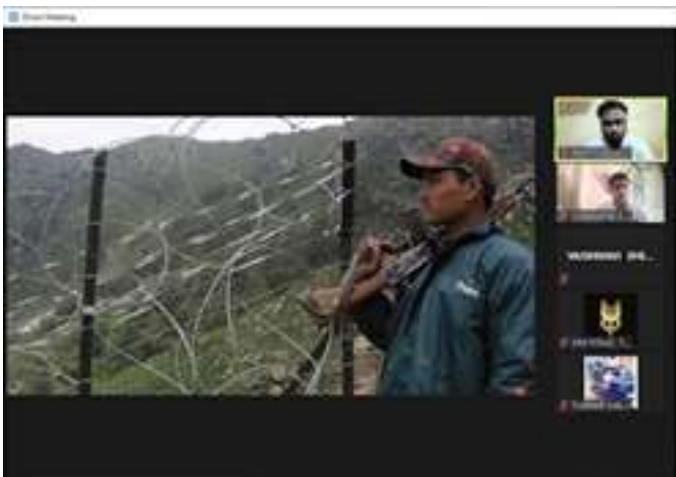
OUTCOME :

VOLUNTEERS THEN PARTICIPATED IN GROUP DISCUSSION WHERE THEIR THINKING, LISTENING AND SPEAKING SKILLS WERE IMPROVED.

KARGIL VIJAY DIWAS

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE IMPORTANCE OF KARGIL VIJAY DIWAS.



OUTCOME :

VOLUNTEERS UNDERSTOOD THE IMPORTANCE OF THE INDIAN ARMY AND THEY ALSO CAME TO KNOW ABOUT THE BRAVE SOLDIERS WHO SACRIFICED THEIR LIFE WHILE FIGHTING FOR THE COUNTRY.



TREE PLANTATION DRIVE

OBJECTIVE :

TO HIGHLIGHT THE IMPORTANCE OF TREES IN THE ENVIRONMENT AMONG THE VOLUNTEERS.



OUTCOME :

THE VOLUNTEERS REALIZED THE IMPORTANCE OF TREES AND THEIR IMPACT ON THE ENVIRONMENT & PLANTED 300 PLUS SAPPLINGS DURING THE PROJECT.



NASHA MUKTI ABHIYAN

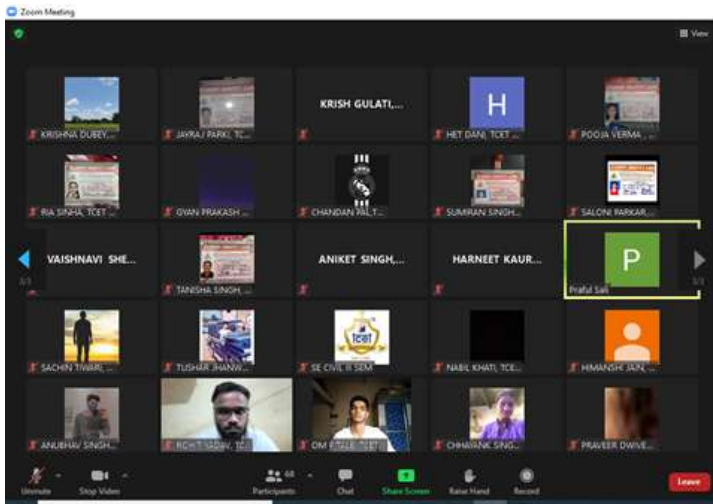
OBJECTIVE :

TO MAKE VOLUNTEERS AWARE ABOUT THE ILL-EFFECTS OF SUBSTANCE ABUSE & MOTIVATE THEM TO SPREAD THE KNOWLEDGE OF ILL EFFECTS OF DRUGS AMONG THEIR FAMILY AND FRIENDS.



OUTCOME :

AS A RESULT OF THIS SESSION, THE VOLUNTEERS BECAME MORE AWARE ABOUT THE ILL EFFECTS OF DRUG ABUSE.



YOUNG WARRIOR PLEDGE TAKING ACTIVITY

OBJECTIVE :

TO RAISE AWARENESS REGARDING RISK FACTORS RELATED TO COVID-19 ABOUT IN WHAT WAY IT CAN SPREAD.



OUTCOME :

A SENSE OF PRIDE EMERGED IN VOLUNTEERS FOR SPREADING THE WORD OF AWARENESS IN SOCIETY.



INDEPENDENCE DAY (AZADI KA AMRIT MAHOTSAV)

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE IMPORTANCE OF CONTRIBUTION OF OUR FREEDOM FIGHTERS AND THEIR LEGACY.



OUTCOME :

AS A RESULT A SENSE OF PRIDE AND RESPONSIBILITY EMERGED AMONG THE VOLUNTEERS TOWARDS THE COUNTRY.

ORGAN DONATION WEBINAR

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT IMPORTANCE OF ORGAN DONATION & MOTIVATE THEM TO PLEDGE TO DONATE THEIR ORGANS AFTER DEATH.



OUTCOME :

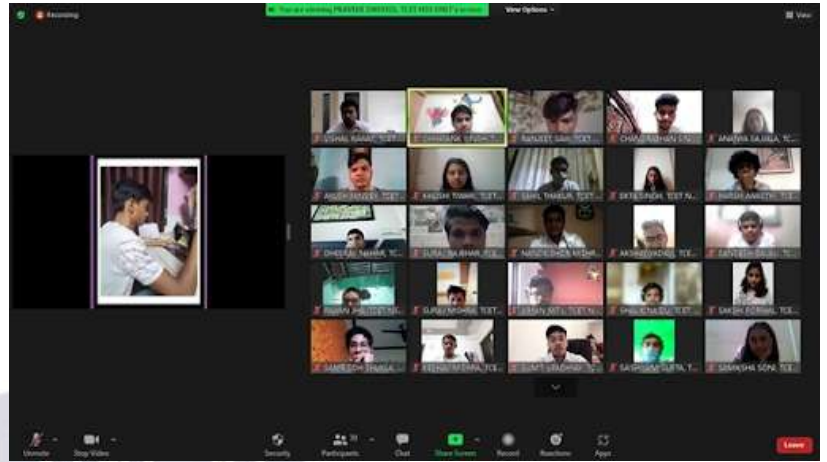
AS A RESULT OF THIS SESSION, THE VOLUNTEERS BECAME MORE AWARE ABOUT THE IMPORTANCE OF ORGAN DONATION AND WAYS TO DO IT.



MASK MAKING ACTIVITY

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE IMPORTANCE OF TAKING PRECAUTIONS DURING THE COVID-19 PANDEMIC.



OUTCOME :

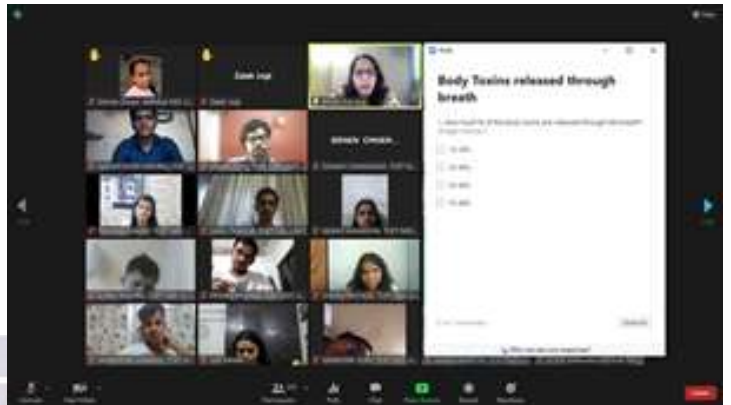
THE VOLUNTEERS UNDERSTOOD THAT BASIC PRECAUTIONARY MEASURES ARE IMPORTANT DURING THE PANDEMIC.



COVID CARE IMMUNITY BOOSTER PROGRAMME- ART OF LIVING (MU)

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT MENTAL HEALTH & TEACH VOLUNTEERS DIFFERENT BREATHING EXERCISES AND MEDITATION.



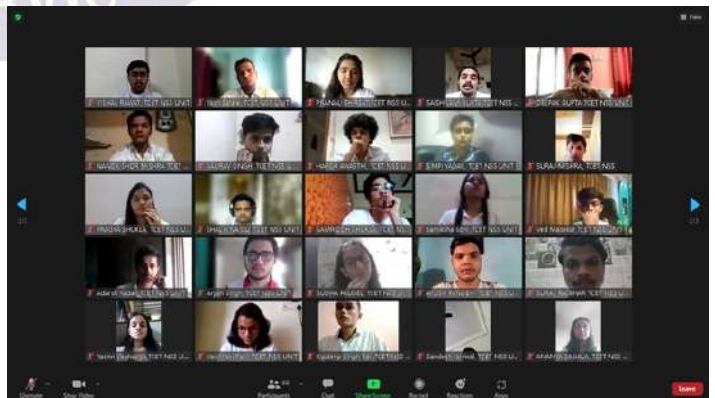
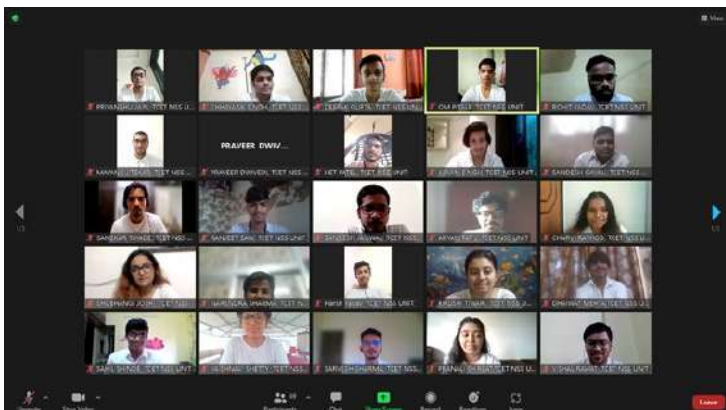
OUTCOME :

THE VOLUNTEERS LEARNED VARIOUS EXERCISES WHICH WERE HELPFUL FOR THEM TO TAKE A BREAK FROM THEIR DAILY HECTIC SCHEDULE.

ELECTRICITY CONSERVATION AWARENESS

OBJECTIVE :

TO SPREAD AWARENESS ABOUT SAVING ELECTRICITY BY USING ELECTRICITY EFFICIENT DEVICES AND METHODS.



OUTCOME :

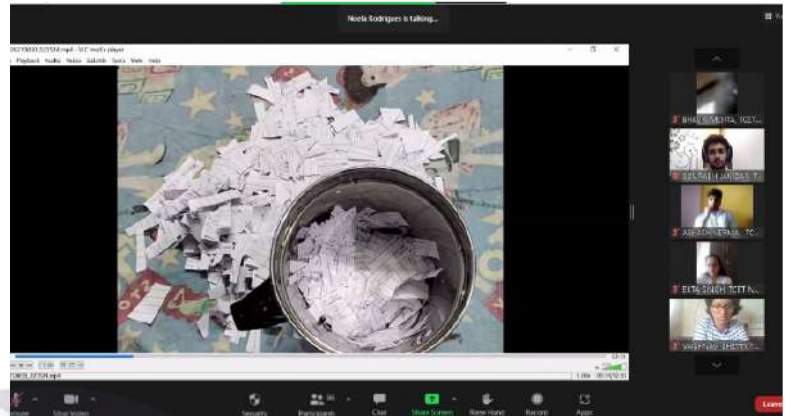
THE VOLUNTEERS SPREAD AWARENESS AMONG FAMILIES ON HOW THEY CAN SAVE ELECTRICITY AND KEEP THE ENVIRONMENT SAFE.



RECYCLED PAPER MAKING WORKSHOP

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE IMPORTANCE OF THE 3 R'S THAT IS REDUCE, REUSE AND RECYCLE.



OUTCOME :

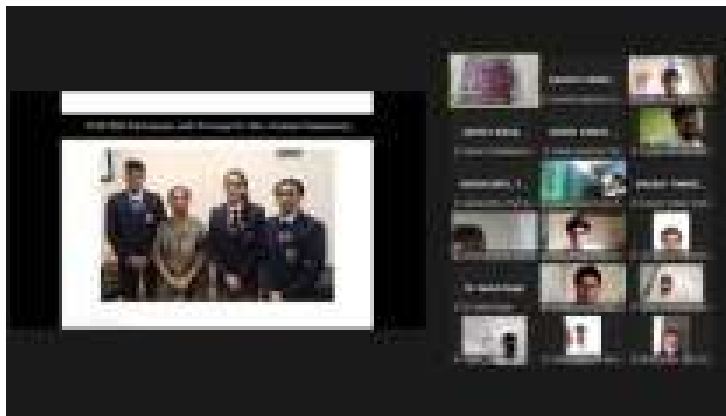
THE VOLUNTEERS UNDERSTOOD THE IMPORTANCE OF WASTE MANAGEMENT & TOOK UP THE RESPONSIBILITY OF SHARING THIS INFORMATION AMONG THEIR FRIENDS AND FAMILY.



NSS FOUNDATION DAY

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT IMPORTANCE OF NSS & BRIEF THEM ABOUT OPPORTUNITIES THAT NSS PROVIDES.



OUTCOME :

THE VOLUNTEERS WERE MORE INSPIRED AND MOTIVATED FOR WORKING AS AN NSS VOLUNTEERS.

HINDI DIWAS

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE LEGACY AND THE IMPORTANCE OF HINDI LANGUAGE.



OUTCOME :

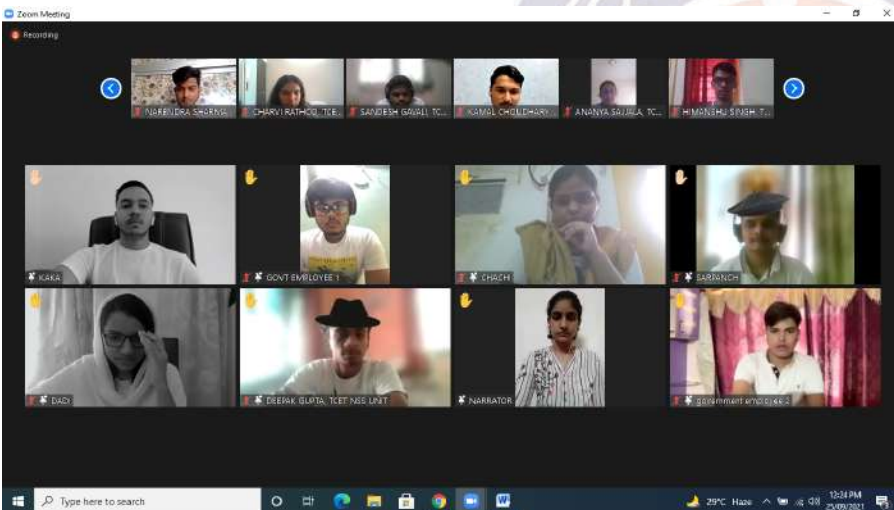
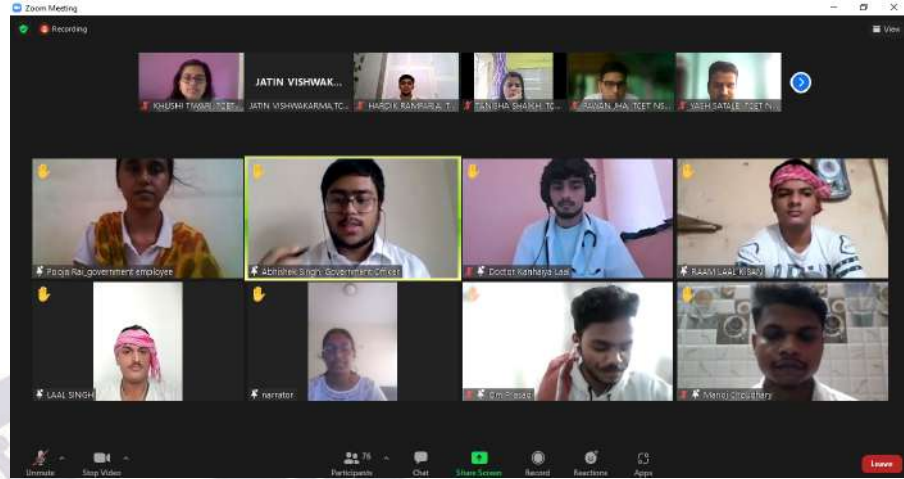
THE VOLUNTEERS WERE ENLIGHTEND ABOUT SEVERAL SCHOLARS IN HINDI LANGUAGE AND ALSO UNDERSTOOD THEIR IMPORTANCE.



AWARENESS PROJECT ON GOVERNMENT SCHEMES

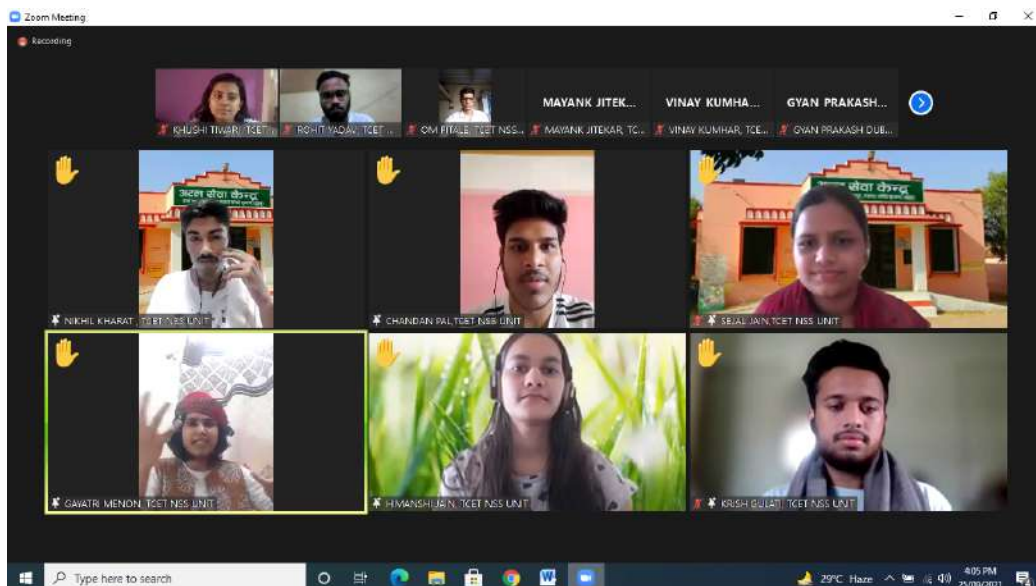
OBJECTIVE :

TO SPREAD AWARENESS ABOUT GOVERNMENT SCHEMES WITH THE HELP OF SKITS/ROLE PLAY.



OUTCOME :

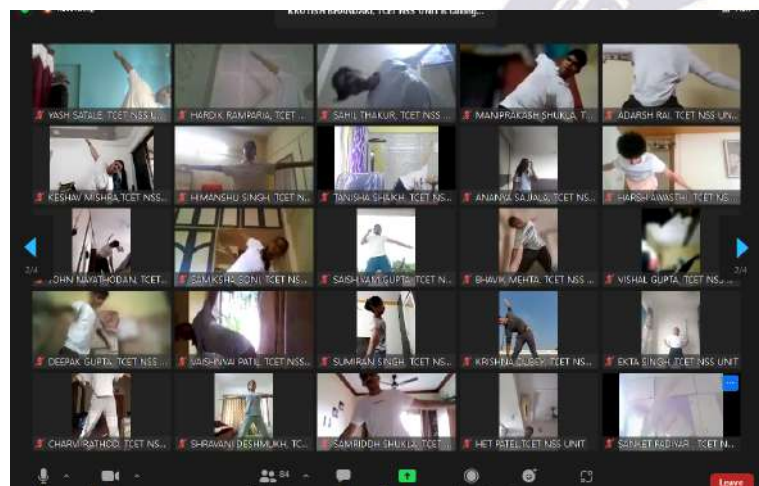
AS A RESULT OF THIS SESSION, THE VOLUNTEERS BECAME MORE AWARE ABOUT THE IMPORTANCE OF VARIOUS GOVERNMENT SCHEMES.



FITNESS ACTIVITY

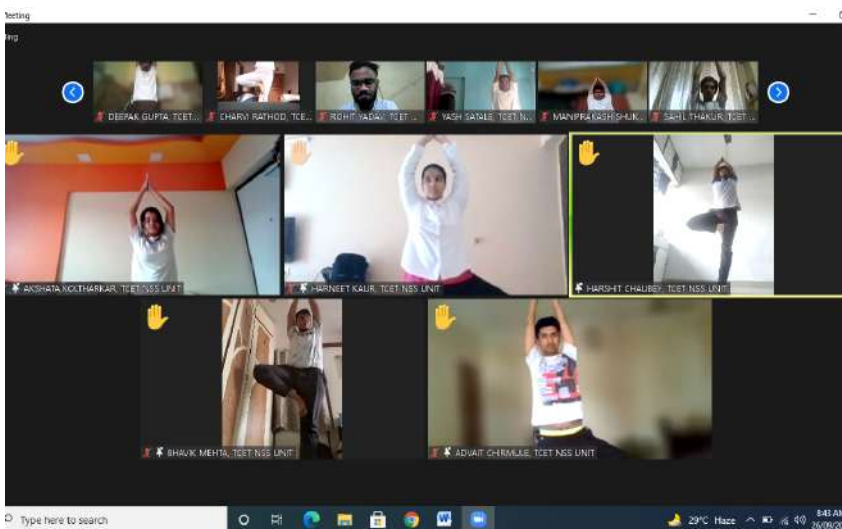
OBJECTIVE:

TO MAKE THE VOLUNTEERS AWARE ABOUT PHYSICAL FITNESS.



OUTCOME:

THE VOLUNTEERS LEARNED NEW EXERCISES WHICH INCLUDES BREATHING EXERCISES, STANDING EXERCISES, ETC.



GENERAL MENTAL HEALTH AWARENESS WEBINAR

OBJECTIVE :

TO SPREAD AWARENESS ABOUT MENTAL HEALTH AMONG THE VOLUNTEERS.



OUTCOME :

THE VOLUNTEERS LEARNT DIFFERENT WAYS TO STAY MENTALLY CALM AND COMPOSED.

CAREER GUIDANCE WEBINAR ON PUBLIC AND DEFENCE SECTOR

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT CAREER OPPORTUNITIES IN PUBLIC AND DEFENCE SECTOR.



OUTCOME :

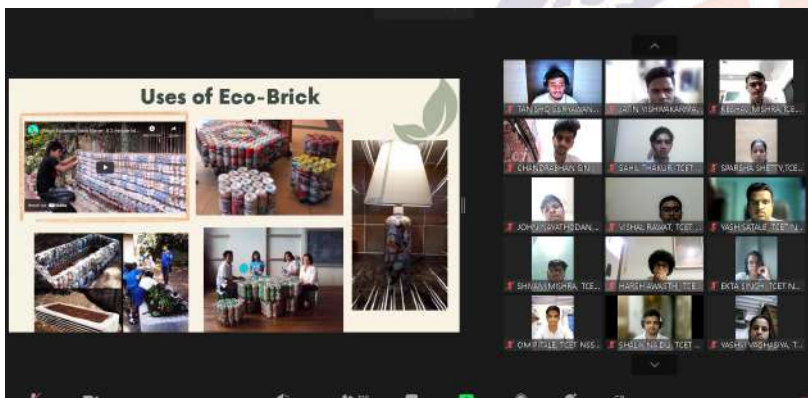
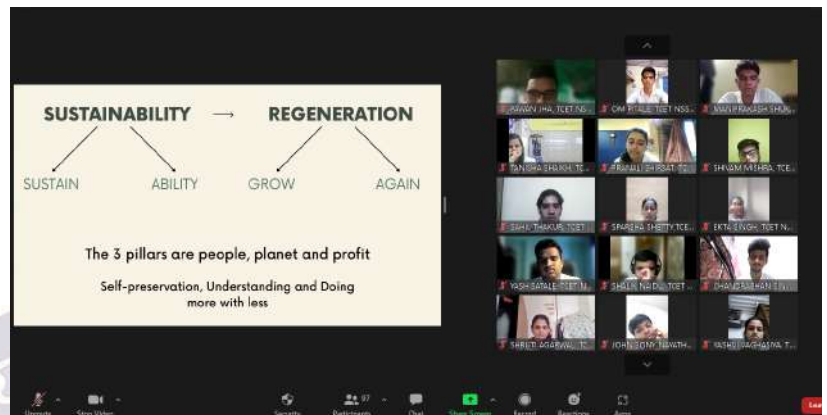
THE VOLUNTEERS GAINED KNOWLEDGE ABOUT DIFFERENT CAREER OPPORTUNITIES WHICH WAS LESS KNOWN TO THEM.



WEBINAR ON SUSTAINABLE THINGS IN DAY TO DAY LIFE

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT SUSTAINABILITY AND WAYS TO ACHIEVE IT.



OUTCOME :

THE VOLUNTEERS UNDERSTOOD THE NEED OF SUSTAINABILITY & THEY LEARNED HOW SUSTAINABILITY HELP IN TACKLING CLIMATE CHANGE.



QUIZ ACTIVITY

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT CURRENT AFFAIRS OF INDIA.



OUTCOME :

THE KNOWLEDGE OF VOLUNTEERS REGARDING VARIOUS IMPORTANT TOPICS WAS ENHANCED AFTER ATTEMPTING THE QUIZZES.

WEBINAR ON HIV & AIDS AWARENESS

OBJECTIVE :

TO CLEAR MISCONCEPTIONS REGARDING HIV AND AIDS AMONG THE VOLUNTEERS.



OUTCOME :

THE VOLUNTEERS CAME TO KNOW ABOUT THE PREVENTIVE MEASURES THAT CAN BE UNDERTAKEN TO RESTRICT THE SPREAD OF HIV AND AIDS.



SWACHHTA ABHIYAN

OBJECTIVE :

TO MAKE THE VOLUNTEERS UNDERSTAND THE IMPORTANCE OF SANITATION.



OUTCOME :

THE VOLUNTEERS CAME TO KNOW ABOUT THE IMPORTANCE AND ESSENCE OF CLEANLINESS.



POSTER MAKING ACTIVITY (SOCIAL ISSUE)

OBJECTIVE :

TO SPREAD AWARENESS ON SEVERAL SOCIAL ISSUES BY MAKING AND PUTTING UP POSTERS RELATED TO THEM.



OUTCOME :

THE VOLUNTEERS MADE SEVERAL POSTERS ON DIFFERENT SOCIAL ISSUES LIKE WATER CONSERVATION, GLOBAL WARMING, ETC



POSTER MAKING ON BLOOD DONATION

OBJECTIVE :

TO SPREAD AWARENESS ABOUT BLOOD DONATION AND ELIMINATE MISCONCEPTIONS RELATED TO IT.



OUTCOME :

THE VOLUNTEERS MADE POSTERS AND SPREAD AWARENESS ABOUT DONATING BLOOD.



MYTHS:

- Donating blood makes the immune system weak.
- If you smoke you cannot be a blood donor.
- High blood pressure patients cannot be blood donors.
- Blood donors become obese.
- A blood donor is prone to infections.
- One day of rest is needed post blood donation.

FACTS:

- You must be atleast 18 years old and weigh atleast 50 kgs to be a blood donor.
- Do not consume alcohol 24 hours prior to blood donation.
- It only takes 10 -12 minutes to donate blood.
- The weakness post blood donation can be dealt by drinking plenty of water and consuming proper meal.
- A fresh needle is used for each blood donor so there is not chance of transmission of disease.



WEBINAR ON PLASTIC WASTE UPCYCLING AWARENESS

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT PLASTIC WASTE AND ITS HARMFUL EFFECTS ON ENVIRONMENT.



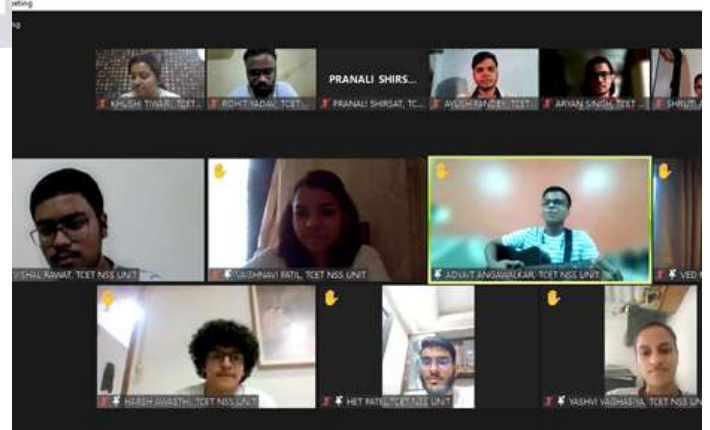
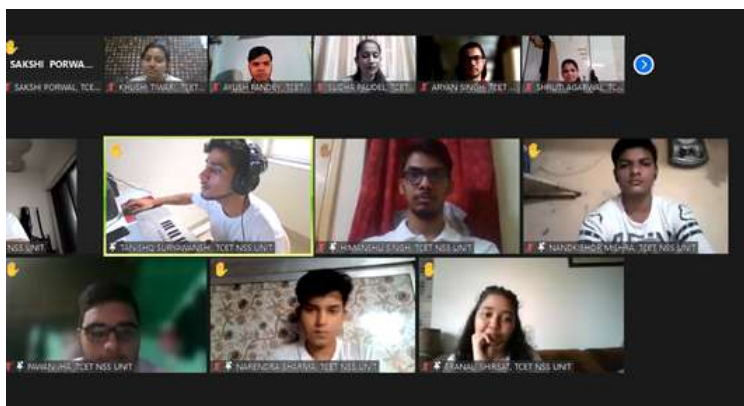
OUTCOME :

THE VOLUNTEERS LEARNED HOW THEY CAN DO UPCYCLING OF PLASTIC WASTE AT COMMERCIAL AND INDIVIDUAL LEVEL.

ONLINE WATER CONSERVATION AWARENESS PROGRAM

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT IMPORTANCE OF WATER CONSERVATION THROUGH PARODY MAKING ACTIVITY.



OUTCOME :

THE VOLUNTEERS DEVELOPED THE QUALITY OF TEAMWORK AND UNDERSTOOD THE NEED FOR WATER CONSERVATION.



TECHNICAL WORKSHOP FOR UNDERPRIVILEGED STUDENTS

OBJECTIVE :

TO CONDUCT A TECHNICAL WORKSHOP BY MAKING VIDEOS FOR UNDERPRIVILEGED STUDENTS BY THE VOLUNTEERS.



OUTCOME :

THE VOLUNTEERS MADE VIDEOS ON THE BASIC TECHNICAL ASPECTS OF ENGINEERING FOR THE UNDERPRIVILEGED STUDENTS.



WEBINAR ON TACKLING MARINE DEBRIS, CIRCULAR ECONOMY AND UNITED NATION SDG'S AWARENESS

OBJECTIVE :

TO CONDUCT A WEBINAR ON MARINE DEBRIS AND IT'S CLEANUP PROCESS.



OUTCOME :

THE VOLUNTEERS WERE MADE AWARE REGARDING THE CLEANUP PROCEDURE AND WERE MOTIVATED TO JOIN THIS DRIVE.



VACCINATION DRIVE

OBJECTIVE :

TO HELP IN THE CONDUCT OF A VACCINATION DRIVE ORGANISED BY THE INSTITUTE.



OUTCOME :

THE VOLUNTEERS ASSISTED THE COLLEGE MANAGEMENT IN THE SMOOTH CONDUCT OF THE VACCINATION DRIVE.



WEBINAR ON ROAD SAFETY & TRAFFIC MANAGEMENT AWARENESS

OBJECTIVE :

TO RAISE AWARENESS AMONG THE VOLUNTEERS ABOUT THE EXTENT OF DEATH AND INJURY ON ROAD AND THE VARIOUS WAYS TO PREVENT IT.



OUTCOME :

VOLUNTEERS WERE BOUGHT INTO THE SIGHT OF OBEYING THE SAFETY RULES AND REGULATIONS.

RASHTRIYA EKTA DIWAS PLEDGE TAKING ACTIVITY

OBJECTIVE :

TO EVOKE A SENSE OF RESPONSIBILITY AMONG THE VOLUNTEERS TOWARDS THEIR COUNTRY.

OUTCOME :

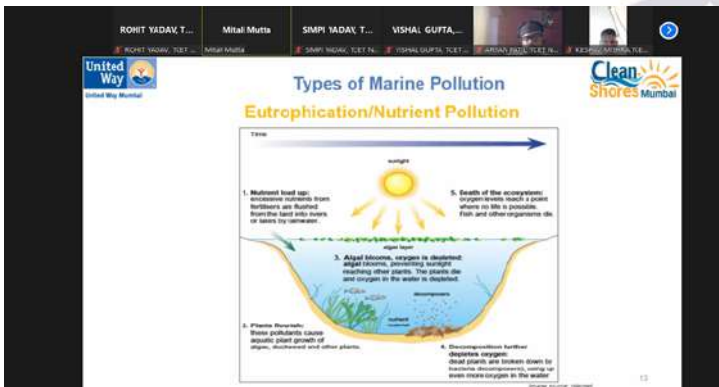
EVERY VOLUNTEER PLEDGED TO PRESERVE THE UNITY, INTEGRITY AND SECURITY OF THE NATION.



AWARENESS WEBINAR ON MARINE POLLUTION

OBJECTIVE :

TO SPREAD AWARENESS ABOUT MARINE POLLUTION AND ITS SIDE EFFECTS AMONG THE VOLUNTEERS.



OUTCOME :

THE VOLUNTEERS REALIZED THE SERIOUSNESS OF THIS SITUATION AND WERE MOTIVATED TO WORK ON MAKING IT BETTER.

DIGITAL LITERACY PROJECT (PREPARING STUDY MATERIAL FOR BMC SCHOOLS)

OBJECTIVE :

TO HELP THE UNDERPRIVILEGED STUDENTS GET BASIC EDUCATION AND ALL NECESSARY STUDY MATERIALS.



OUTCOME :

THE VOLUNTEERS CAME UP WITH THE SYLLABUS DESIGNED FOR CHILDREN AND MADE IT INTERESTING AND CHILD-FRIENDLY.



CLOTH AND PAPER BAG MAKING ACTIVITY

OBJECTIVE :

TO MAKE THE VOLUNTEERS AWARE ABOUT THE NEED TO IMPLEMENT CLOTH AND PAPER BAGS INSTEAD OF PLASTIC BAGS.



OUTCOME :

THE VOLUNTEERS MADE SEVERAL CLOTH AND PAPER BAGS AND DISTRIBUTED THEM IN THEIR VICINITY.



INTERACTION WITH THE ELDERLY

OBJECTIVE:

TO MAKE THE VOLUNTEERS AWAKEN A SENSE OF GRATITUDE FOR THOSE WHO CARE FOR US AND SPEND QUALITY TIME WITH THEIR ELDERS AT HOME.



OUTCOME:

THE VOLUNTEERS PREPARED GIFTS/MEALS FOR THE ELDERS OF THE HOUSE AND MADE THEM FEEL SPECIAL.





Articles/Poems by TCET NSS VOLUNTEERS

Big Fat Indian Wedding

All of us have been a part of some extravagant wedding at some point in our life of some friend or relative and clicked endless selfies at those fun decorated booths for trendy insta #hashtags. Have you ever wondered what enormous amount of food and raw material is wasted after that dreamy wedding where memories are still not made of 'materialistic' things but our own loved ones and their endless love & blessings? Just going by some high-level statistics, a whopping 40% food is wasted on an average Indian wedding and almost 3 tones of raw material is wasted and that goes into our own eco system in the form of land & water pollution. In addition to that, parents end up spending their lifetime earnings just for doing justice to their social status and impressing their circle. So much for uniting a match pre-made in heaven and showering them with blessings for a blissful life! We read and hear a lot about people who use reusable material for their wedding, or gift pots and plants at their weddings, or donate left-over food to under-privileged section of the society and then...we forget. We simply move on to read something more 'fun' and we forget. While it is difficult to make the previous generation understand the significance or even the impact this has on our eco-system, we as the torch bearers of tomorrow can influence and act upon making these big fat Indian weddings a little more eco friendly and yet a lot more fun. We are the trendsetters of the future so instead of being inspired by a friend or a movie star, can we inspire them to look upto us for a simple yet beautiful wedding where all that matters is sheer comfort & blissfulness of love, joy & blessings with the nearest & dearest ones and not the halla-gulla of wasted plastic, paper, boxes, food, and a lot of hard work! My dear friends, I am not asking you to get married tomorrow or not having the wedding of your dreams...all that I am asking you that wherever you are spending your parents' or even yours' hard-earned money and that precious time of everybody, pause, evaluate if it is really needed, and see if there are simpler, easier ways to do it. If yes, evaluate, adapt & inspire. May be the food can be donated to a charitable institution, may be the gift can be wrapped in a banana leaf, may be the gift could be a simple plant from a nearby nursery and a lot more ideas that can help you celebrate the happiest moment in your life in the happiest way for the eco system around you! Happy Celebrations! #trendsettingwedding #Celebrationwithinspiration

- Sankalp Saxena



Child Trafficking

What does Human Trafficking means? Trafficking means abducting a person and transporting them to a remote place or selling them to some entity to make profits. Trafficking is usually achieved by promising better job opportunities, money, and other material stuff. When this form of abuse of power and exploitation is done to children and kids, it is called child trafficking. By misplacing their trust in dangerous strangers, these young children are trafficked. They feel helpless being in the most difficult situations where it's hard to get out of. The rate of this serious crime and violation of human rights, where every year the number of victims falling prey and being trafficked in their home country and abroad is only alarmingly rising. Poverty, lack of social opportunities, oppression, and lack of economic opportunities are few reasons of Human Trafficking. They want to end their misery of poor state and earn money but such conflicts in life are the reason they fall prey to such heinous crimes and make their life much worse being in unhygienic conditions.

The drive of humans to fulfil their own selfish needs has taken such an ugly turn that even children are not spared. And most of these trafficked children are girls. Nearly 2/3rd of the trafficked children are girls. They are then forced into many illegal activities like child labour which is otherwise considered a punishable offence. They practice this in remote areas where this offence cannot even be reported as people are unaware of it. They are also forced to marry much older men who treat them as sex slaves. Young girls are also forced into prostitution that is a violation of human right. They are also often used for extracting organs and selling them to make money. At such a tender age, these children suffer unimaginable pain, they become a victim of multiple pregnancies, and many also suffer from sexually transmitted diseases, and they also lose their lives more often as their bodies are unable to bear so much trauma. The most chilling part of this practice is how strategic and organised the perpetrators who carry out this mission are. Once the victim falls prey they are trapped and overnight transported to another region, state or country where they know no one to ask for help and hence they suffer.

There are organizations that are fighting against trafficking and taking actions to provide a home and take care of victims who somehow managed to get out of it. But this is a long fight and there aren't enough organizations fighting for it. UNICEF, which is the United Nations Children's Fund, is a Humanitarian Aid Organization that works on a global level to provide a rehabilitation center for such children.

- Sparsha Shetty



Corruption

People corrupt power and power corrupts people.

Corruption in India is an issue that affects the economy of central, state, and local government agencies in many ways. Corruption is blamed for stunting the economy of India. A study conducted by Transparency International in 2005 recorded that more than 62% of Indians had at some point or another paid a bribe to a public official to get a job done.

CORRUPTS IN INDIA:

Corruption not only has become a pervasive aspect of Indian politics but also has become an increasingly important factor in Indian elections.

According to a 2017 survey study, the following factors have been attributed as causes of corruption:

- Greed of money, desires.
- Low levels of democracy, weak civil participation, and low political transparency
- Low economic freedom
- Large ethnic divisions and high levels of in-group favoritism
- Gender inequality
- Poverty
- Low levels of education
- Lack of commitment to society
- Unemployment

“A lack of transparency results in distrust and a deep sense of insecurity.”
- Dalai Lama

Ways of Stopping Corruption:

One important way of preventing Corruption is to give a better salary in a government job. Many government employees receive pretty low salaries. Increasing the number of workers can be another suitable way of curbing Corruption. Tough laws are very important for stopping Corruption.

To sum it up, Corruption is a great evil in society. Corruption is the poison that has penetrated the minds of many individuals these days. Hopefully, with consistent political and social efforts, we can get rid of Corruption.

Corruption is moral cancer. End it!

- Dheerav Nahar



Digital Addiction

In today's digital age, access to digital devices and incentives is greater than ever. The technology that are coming in our life makes easier to do any work, wouldn't it be surprising that many feel they cannot live without it? With such reliance on technology devices, we seem to be seeing a generation of adolescents suffering from digital addiction (also known as "technology addiction"). But what is Digital Addiction? The term "addiction" is not taken seriously, especially when describing children. In fact, the idea that our children have body and brain chemistry due to substance abuse and addiction is one of the most frightening thoughts of parents. The consequences of a biochemical invasion can permanently change a child's life, and poisoning is one of the scariest thoughts a parent can have.

Addiction can be classified when behavior or desire becomes an obstacle and takes precedence over the most important aspects of a person's life, such as relationships, work, or school. Internet Addiction is not yet included in the latest edition of the DSM5. But a two-year study funded by National Institutes of Health could change that. Research, launched in August 2017, could provide ample evidence that the problems caused by Internet abuse deserve serious attention from the American psychiatric and psychiatric community.

Internet addiction is commonly distinguished as obsessive compulsive disorder or impulse control disorder to aid treatment. Internet addiction is also known as computer compulsive use, pathological Internet use, and Internet addiction. What Causes Computer or Internet Addiction? Whenever an internet addict feels depressed, depressed, depressed, lonely, anxious, internet is used to find solace and escape. According to a study from the University of Iowa, Internet addiction is very common among men between the ages of 20 and 30 with depression. Some people are prone to computer or Internet addiction. For example, there are people suffering from anxiety and depression.

2 Ways to Stop Technology Addiction.

According to a study, at least 64% of people currently spend to 3 – 5 hours a day in front of a mobile or a digital screen. Just as watching TV is associated with higher rates of obesity and diabetes, such extra sedentary time is bad news for our health.

1. Choose outdoor activities over technology

Make it a rule to not connect to the Internet when the sun is shining when you are at home. Instead, you must walk, bike, or other healthy physical activity for at least hours per hour on your mobile phone. I can use the by touching my tablet or sitting in front of my computer.

2. Try to less use of social media

Social media has changed computer and mobile device use by Canadians of all ages. Avoid aimless browsing and spend your time on the goal of studying holidays on the internet, finding the news of the day, or finding answers to random questions that have been bothering you for a long time. Then log out!

Conclusion:

Modern technology is advancing at the fastest rate, so there are many advantages to people using the. But at the same time, more and more people are finding that they have problems using the new technology. In the course of our research, we found that it was there.

This is always two sides of the story. Addiction to technology may just be a habit, it can make others suffer and some people worry about it. We focus our attention on three main addictions that technology can bring to us and how technology can help us overcome addictions. As you can see, there are multiple sources for each topic, and if you really need help, we hope that those sources will help you. One more thing, we also have something to say for each sub-topic.

- Pawan Kumar Jha



Fear Should Motivate, Not Paralyze

When it feels scary to jump, this is exactly when you jump, otherwise you end up staying at the same place for your whole life!

Another name of life is problem, which is the main cause of the fear. We all have our fears. Fear of failing, fear of height, fear of losing people, fear of taking risks, fear of speaking, fear of driving, fear of dark or any other phobia.

Many of our fears motivate us, other do paralyze. People who find motivation in their fears, are hereby successful in the things they do, others who find fears too scary end up doing nothing other than being scared. They aren't even aware that why results are important to them, because they didn't dare to experience them.

However, the question that arises here is, how to get motivated by your fear instead of getting paralyzed?

It's bit easy, DO THE THINGS!

Let us go reverse from here to find the right strategy used, from the success to the process. People who are successful have good experiences, these good experiences come from improving the mistakes, you will be able to improve the mistake if you will make a mistake, that is your bad experiences and that comes from doing the things, obviously.

Whenever you face the fear, you always have two choices, either just take one more step, fight from it, have some courage and just make it, here the fear has motivated you to be strong and confident about the scary things, the next time, the same fear will never be a barrier for you.

However, for the other option, if you stop and do not dare to take the step, you keep staying at the same place without even knowing the results, curious and scared! This doesn't show that you even tried or not, everything is meaningless if you do not even try. Here, the fear of failing stops you from taking that step.

Fear is not always negative abstract, it's upon your vision, what you consider it to be. Don't leave yourself with other option, otherwise you will be paralyzed. Fear of failing in a competition makes you prepare and practice for the competition, this is motivation. But if you let the same fear affect your mental health or cause you anxiety, then you aren't safe here! Don't allow it to affect you!

After all, it's all your choice. CHOOSE WISELY!

- Sakshi Porwal

Gender Discrimination

I grab the newspaper from my brother, flipping through the pages when the headline catches my eyes- “Woman survives botched abortion of female fetus.” As I continue reading further, I’m baffled because the husband of the woman forced her to undergo an abortion in the house of an acquaintance since he didn’t want a girl child. It upsets me how there are still people who don’t want a daughter, someone like me. Something sparks up in me and I open my laptop hastily. I type in “Gender discrimination in India”, wanting to understand what instigates this behaviour. I open the first article that pops up. As I read through, I find out that the effective literacy rates were only 65.46% for women while it was 82.14% for men. What is the reason for this? Poverty, illiteracy, patriarchy, social customs, beliefs, and practices, come up on my screen. I read another article stating how gender inequality seriously harms women, making me realize how the entrenched cultural norms perpetuate the abuse and degradation of women, thus leading to the rape culture prevailing in India. I get myself into a myriad of articles, leaving me dispirited.

I open YouTube, hoping to cheer myself. Scrolling down, I come across a video titled “Sexual assault of men played for laughs.” As the video progresses, I realize how entertainment media commonly jokes about men being sexually assaulted or sexually harassed; they are also victims of domestic violence and sexual assault, but many don’t come forward because of social stigma. Discrimination against women is much more severe and prevalent, but that doesn’t mean that men don’t face discrimination.

With all these thoughts, I call my friend to vent my feelings, telling her about gender discrimination, how both men and women face it, when she says how transgenders face a lot of discrimination as well. It hit me like a ton of bricks, how I completely ignored transgenders in this conversation about gender discrimination. It speaks volumes about how we view them- many are still excluded from mainstream employment and society; they are regularly harassed and discriminated against, even by their own family members.

I sit down, absorbed in my thoughts, contemplating my day; I believe we can tackle gender discrimination by teaching kids to be more empathetic and that everyone should be treated equally, that women do not just belong in the kitchen, that men can be emotional too, that transgenders are human beings too- educate them. I snap out of my inner monologue when mom calls me to do some chores and my brother too; I smile to myself thinking that maybe a future where gender equality is a reality doesn’t seem so far-fetched after all.

- Ananya Sajjala

How Thinking Like A Startup Can Help Government Solve Social Problems?

As we work on challenging public problems, embracing the entrepreneurial spirit can help in developing solutions, in this article we gonna think about how entrepreneurs both inside and outside of government can tackle problems by viewing them as opportunities, trying new ideas, scaling them up, and improving public life.

As per the observations and reports government officials don't cut projects loose when they are failing, nor do they scale projects when they are succeeding. But if they think like entrepreneurs so its essential for us to try new thing in quick and efficient ways and move on from them, eventually, if the foundation idea was not that profitable.

The government basically lies on the terms of public help but for this they only pursue novel programs and services and the way they execute it takes a long time & resources. So, government should develop a new approach. We see entrepreneurs contribute to economic vitality as it keeps coming up with innovations and creations. Government should also bring new ideas that are needed to stir creativity, build passion, to encourage competition, for this government should look to hire such talents for building the team for the potential work and to get big capital for research and infrastructural development. As like the it will contribute to developing the areas and their infrastructure where they operate. It means that if they build in a rural area, that area will be developed sooner or later. And the rural area development is one of the root causes in dense population living in metropolitan cities and which lead to various social problems like illiteracy, degrading lifestyle, etc.

Major Start-ups are more dynamic to every change such as technology or adopting the latest trends. They create a more comfortable workplace in which employees are happy to work with them, and thus it motivates employees to perform better. As a result, the economy will stay healthy and competitive in their areas. Like this only government should adopt newer trends and try to facilitate into developing the current lifestyle they should more and more invest in R&D and small innovative ideas.



For this we require the potential, novel, talented employees to get the worth of opportunities and investment. It is difficult but government have to change few traditions of hiring the manpower, not on their ability to score or get rank or on basis of his caste minority's but on the talent, experience and potential. We have seen various government employees doing corruption, insincerity towards his/her duty. This happen because there are job securities, many subsidiaries provided to employees by the government and mainly not having a strong system to maintain discipline in deadlines and targets. Government should adopt a neutral platform for hiring all the aspirants for the job and by this it will solve the social problems like unemployment, low salary job, caste discrimination, etc.

According to reports of www.wipo.int India stands 7th world wide in patent application with a no. 53627 in 2019 which is 3% of no. of patents submitted by China which stands 1st, this shows how much India needs to focus in the R & D department to bring changes. Start-ups also contribute to the research and development (R&D) team as they quite often deal with high technology and knowledge-based service. The R&D team in a start-up company serves as an innovation searcher and keeps the company performance on track with regular monitoring and developing a solution if required. Some of the most impressive new start-up companies made waves recently, and with their innovation, it's easy to see why these are the start-ups changing the world. Government should invest in this to build future of India, for this they should collaborate with the private companies' sector and work together to solve all problems like capital, resources, permission, etc.

For the growth of any country, it should have a better market for business growth as well as for innovations. Start-ups play a crucial development role that impacts on employment and population growth. These start-ups also have a positive effect on multiple levels such as education, health service, construction, and many others. Despite these, they are small companies but they have the potential to create more jobs for employment and as a result, significant growth is observed in the economy. On average, a year-old start-up can create roughly 1 million jobs while a 10-year-old firm only generates approximately 3 lakhs jobs. People in start-ups don't think much about failures, only free innovative minds can work in start-ups. It also helps in improving the future of technology development and the growth of the global economy. Not only that, but start-ups also help in constructing a good and effective environment for research and development which keeps the economy positively rotating.

- Jatin Vishwakarma

India's Greatest Threat

What first comes to your mind after reading the heading? Was it poverty or education or maybe Covid? Whatever it might be, by seeing the problems our nation is facing, our loving nation, our so-called 'Peace loving' nation, a nation which has been uplifted by people like Mahatma Gandhi and Mother Teresa, a nation where people of all kinds and religions reside, makes me write this.

I don't think it's a surprise to any of us that the greatest threat to our nation is RELIGION.

Yes, I said it's Religion, people are literally fighting and burning down houses and slashing each other just because he/she did something wrong and is not from your religion.

India is a 'Diversified country' It just looks pretty in textbooks. When you are small and it's your first day of school and you are crying and crying but then suddenly after some time passes and you meet other kids of your age and play and talk to them, that time you don't see who are you friends with and what religion does he belong to, why is that? What happens to you when you grow up?

People have stereotyped religion so much!, they say, "Oh he's a Christian he must be drinking always", "Oh he is a Muslim he is a bad influence"

And nowadays, people guess your religion by your name and then think if they should talk or not.

Why have we all made up such a mentality? Why can't we see the person and not the religion? It's like only pretty seashells get picked and stored in the jewel box, but people forget that pearls which are the pride of a king's crown are found in the seashells which don't look pretty to the eyes. Only the person who knows this gets that valuable pearl and others are just happy with the pretty seashell which are all around the beach. Everyone is covered by their baggage of religion and due to that, the person gets hidden and then gets judged by that baggage and not how that person really is.

So I humbly request you all to look for that valuable pearl and not the pretty seashells.

- Aryan Patil



Our First Offline Project

14th February or the Valentine's Day is one of the most divisive days of the year, there are few who look forward for the day for the entire year while others live in fear of being alone on the day. As a permanent resident of the latter, the Valentine's Day of this year was something truly special, it was the day we had our maiden offline NSS project. As corny as it sounds, after being hyped by our seniors for eight months, every one of us wanted to experience being part of an offline NSS project and to finally meet and hang out with the volunteers in person.

The project for the day was Road Safety and Traffic Management and the everyone were asked to assemble near the Traffic Police Station of Dahisar at sharp 9:15 am. The energy of the volunteers could be apparent by the fact that I was one of the last comers as I reached by 9:05 am.

The task was very simple, to promote the correct guidelines to be followed when on road: like following the signals, paying attention to the road rules, wearing a mask and following the pandemic guidelines etc. We prepared creative posters on the spot and went in front of the vehicles when the signal was red and shouted out jingles explaining our motive.

At first, we were nervous about how the crowd would perceive us but as time passed, we realized that even the people were amused looking at us and we did make quite a few people to wear helmets, wear masks properly and it felt good, knowing we might have probably stopped one accident, one person who might have transmitted the virus. We screamed until our voice went hoarse but no one was tired and were eager to get back on the road.

One of the other learning aspects of the project was seeing our seniors work; they knew the rules and they wanted us to know them too, so we can pass on the torch when the time comes and they were super supportive of us. Although we were looking forward to work with the seniors more, we were grateful we at least managed to have one project with them.

- Advait Chirmule



Poverty

“Poverty is not being without money, but being without hope.”

India is the second most populous country after China with about 1.2 billion people. The highly contrasted country has enjoyed growth rates of up to 10% over many years and is one of the largest economies in the world, with a gross domestic product (GDP) of 1,644 billion US dollars. But only a small percentage of the Indian population has benefited from this impressive economic boom so far, as the majority of people in India are still living in abject poverty.

More than 800 million people in India are considered poor. Most of them live in the countryside and keep afloat with odd jobs. The poor hygiene conditions are the cause of diseases such as cholera, typhus and dysentery, in which especially children suffer and die.

Poverty in India impacts children, families and individuals in different ways. Some of them are as follows :

- High infant mortality
- Malnutrition
- Child labor
- Lack of education etc

Pandemic may have doubled poverty in India:

Around 75 million more people in India fell into poverty last year because of the pandemic-induced economic recession, compared with what it would have been without the outbreak, an analysis by Pew Research Center showed.

That number for India accounts for nearly 60% of the global increase in poverty in 2020, the analysis showed. It defined the poor as people who live on \$2 or less daily.

The first few years of life are marked by development at a scale and pace that is unsurpassed later in childhood and sets the foundation for subsequent growth and development. While many factors influence the healthy development of children, family income is recognized as a key determinant. Children in families with greater material resources enjoy more secure living conditions and attachments, as well as greater access to a range of opportunities often unavailable to children from low-income families. Given the importance of the early years, young children must be provided with the best possible start in life to maximize their potential.

Child poverty is not only an economic or political problem. It is also an ethical issue and a matter of social justice, and is increasingly recognized as a significant public health concern. Children's early experience with poverty affects their health not only when they are young, but also later in adulthood.

- Simpi Yadav

Prejudiced Society

“Hypocrisy is the mother of all evil and prejudice is still her favorite child”

Humans are social animals and these social animals have drastically created these social rules that promote making assumptions or opinions about a person based on their race, sex, age, religion, nationalism, or appearances. Well, this gave birth to the prejudice concept. Since the roots of the social rules are so engraved in our society, prejudices are the aftermath of normal human thinking. They often begin in the form of stereotypes. A stereotype is a pessimistic belief about individuals of a group, regardless of their personal/individual traits. These prejudices or credence are applied to all members of a group. For example, someone holding prejudiced frame of mind towards women that they are not shrewd enough or clever enough to run a business. A counterproof example of Falguni Nayar, the billionaire founder of Nykaa, a very successful female business woman proves this wrong. Proving prejudices wrong sometimes takes years, and opportunities don't wait around for you to fight these and get them.

A job interviewee, a teacher, a mentor, a family member, a friend, a boss, or any human being may sometimes act on their prejudiced attitudes toward a group of people, and this behavior results in discrimination. These practises are definitely not legally approved and hence individuals should never feel inferior or if made felt so, raise their voices.

- Shubhangi Joshi



Reduce, Reuse, Recycle

“ Reduce, reuse and recycle is a concept that people everywhere are starting to understand and apply to everyday life. Its principles are quite basic, but are a necessity for maintaining a sustainable life.

The three rs of the earth – reduce , reuse , and recycle –

All helps to decrease the waste material that we throw away. They conserve the natural resources, landfill space and energy. And also the 3rs save land and money communities must use to dispose of waste in landfills.

With the help of 3rs we can reduce the things, reuse all the things like metal , plastic, paper and also recycle things like bulbs, tube lights,metals ,etc

Reduce :-

The concept of reducing what is produced and what is consumed is essential to the best hierarchy. The logic behind it is simple to understand – if there is less waste, then there is less to recycle and reuse.

Some simple examples to reduce the things their are :-

1). We will buy less things to the market . like if we need only one water bottle at the time then buy only one not to buy extra because it can also cause pollution.

2). We need to purchase two in one things:- One of the example would be a coffeepot and a cappuccino maker. Both of them do distinctly different things, but if you want to reduce the things then you can buy a coffeepot that has a steaming attachment on it so it can do both. It reduces the amount of production, and the amount of waste packaging material like polyethene etc that will be generated.

3). Reduce to buy the things like polythene , disposal, etc and buy the things that easily dispose in the environment without causing it.

Reuse :-

Reuse is the action or practice or a rule of using something again, whether for its original purpose or to fulfill a different function . It should be distinguished from recycling, which is the breaking down of used items to make raw materials for the manufacture of new products. Reuse is the most important part of the the three R's. Without Reuse we cannot maintain our environment.



“ Some of the example’s of Reuse are :-

Reuse used wrapping paper and save it for next year and also save the tree.

Reuse newspaper, interesting magazines, and other paper products by using them as wrapping paper and also you make designs from them.

Reuse kiddie pool water on plants and shrubs.

Reuse your old toilet paper rolls.

Reuse old wallpaper and use it for decoupage or crafts

Never throw away an old book, copies, art books ,etc and donate it to a library or to your recycling center, or a school! They can reuse it and you will also give that book to any poor children.

Recycle :-

Recycling is the process of converting waste or old materials into new or fresh materials and objects. Recycling can prevent or built the waste of potentially useful materials (or in simple language built new one from older) and reduce the consumption of fresh raw materials, thereby reducing: energy usage, air pollution (from incineration), and water pollution (from land filling). Recycling is a key component or daily useable thing of modern waste reduction and is the third component of the “Reduce, Reuse, and Recycle” waste hierarchy. Thus, recycling aims at environmental sustainability and it aims at longer by substituting raw material inputs into and redirecting waste outputs out of the economic system.

Some of the examples of Recycle are :-

you have to recycle your crayons.

you will also recycle your water bottles, cold drinks bottles, etc .

paperboard was also recycled.

you will recycle Metals, Aluminum, gold, silver, etc

The 3 R's, Reduce, Reuse and Recycle are a way of life, we must understand that it depends on us to take good care of our planet, is not someone else issue, it is the responsibility of the person you see at the mirror every morning.

You CAN make a difference!!!!

- Abhash Verma



Social Customs And Norms In India

“Traditions and customs have always played a significant role in lives of Indian people . Moral values , religious customs , family life and cultural practices are a vital part of everyday life . Obviously , those who try to dissociate or break away from the code of conduct set forth by their ancestors are contemned by the rest of the society . Hence , in order to earn respect of the community or a herd , one must follow certain social customs/norms . It is also important for foreign tourists to value , respect and follow the rules during their stay in India .

Now to provide you some gist of it , the most common norm here is dressing up modestly , especially for women . Those who adhere their family traditions still stick to their traditional wear . However , western dresses such as jeans , skirts , shirts are scaling up in use .

Which in today’s world should not even be a question or a thing to worry about . Women are becoming independent as they gain confidence , motivation in different fields of life .

Various traditions and customs are expeditiously feathering out as the country is progressing which may occur as one is adapting to western cultures . Accepting , adapting , evolving are substantial factors for a nation like India where development is at its peak.

- Ved Masekar



The Evolution Of Perception And Acceptance Of LGBTQ+ Community In India

“It's been 3 years since the nullification of Section 377 but has anything really changed? Does nullification effectively change the perception of the LGBTQ+ community?”

On 6th September 2018 something momentous happened. What marked the day special for the LGBTQ+ community was that the Supreme Court of India delivered a verdict decriminalising homosexuality by partially striking down the Section 377. Before this decision was made, homosexual activities were considered unnatural and under Section 377 of the Indian Penal Code.

LGBTQ individuals have acquired increasing tolerance and acceptance in India during the last decade, particularly in big cities. Despite this, the majority of LGBTQ individuals in India stay hidden, fearing prejudice from their relatives, who may regard homosexuality as a sin. In rural regions, discrimination still exists, with LGBTQ individuals frequently facing rejection from their families and forced opposite-sex marriages.

People in the LGBTQ community are striving for acceptance and equal rights. It is very difficult for transgender people to find acceptance. It is not uncommon for members of the LGBTQ community to be treated with contempt. Discrimination of LGBTQ persons is unfair and in violation of the law. This LGBTQ problem is a long-standing problem in India. Their rights need to be recognized. Individuals in the LGBTQ community have long been involved in campaigns for racial and economic equality. Not providing equal employment opportunities or no opportunities in the slightest degree could be a loss to society. Because of the discrimination, individuals are forced to forego education. Disclosure of sexual orientation to family members is common among sexual minority youth. Parents may experience a number of different responses when faced with a disclosure of sexual minority orientation from their child, ranging from accepting to rejecting. Research in this area has yielded mixed results regarding the positivity and negativity of parental reactions.

Society as a whole has to work together to create a world an improved place for the LGBTQ community people as they face challenges from the very beginning.



After the struggle of accepting one and initiating to the people; then struggling to urge accepted by the society could be a lot to travel through. Education schemes on gender recognition and sexual orientation have to be organized to teach children from the very beginning. Workshops and seminars for the society should be tuned to the issues faced by the LGBTQ individuals and removing the stigma of them being abnormal.

The history of lesbian, gay, bisexual, transgender, queer+ (LGBTQ+) individuals in India, beyond court cases and legal battles, is peppered with personal stories, mobilised community efforts, building of literary, media and archival resources, and social gatherings. The need to find employment avenues, financial security, career mentorship, nurture aspirations and stand up on their own feet has always been central to these efforts.

Regardless, it's sad that even if the idea of homosexuality is legalized on paper, people's attitude hasn't really changed that much. It baffles me, how in the 21st century we're still arguing about something that has existed for over 1000 years

Shakespeare through one of his characters in a play says:

“What’s in a name?” If we call a rose by any other name, then also it would smell the same .It basically conveys that what really matters are the qualities and characteristics of an entity but not the name by which ‘it’ or ‘a person’ is called. In a similar way, people cannot be differentiated just on the basis of their sexual preferences.

- Pragya Shukla



The Extra-Ordinary Mindset

Respected youth of India,

Today I will talk about one of the life changing topics which is an Extraordinary Mindset which everyone wants to be like that great personality in life but only few of them are there who tackle all the hurdles and go beyond the limits.

Now consider yourself a middle class man or any person with a lot of problem. So when you are buried by bills drowned in debts, covered in problems, surrounded by challenges. Don't tell yourself there is no way out. Think about how good this story is going to be when you overcome all odds to success and succeed. Despite this, when you fail, don't call yourself a failure. Don't ring the bell, it's not over, it was a lesson and if you decide to learn the lesson and use the set back as a fuel. It will make you stronger, mindset is everything. It will determine success or failure, victory or defeat, because in those pivotal moments when most will give up, If you don't you're already on the way to success. Mindset is seeing a challenge not a problem. It's seeing an opportunity not a burden. It's seeing a hurdle not an unbreakable wall.

Mindset is the courage to back yourself no matter the circumstances and no matter the odds. It's knowing that there exists no limits in the mind of the one who is prepared to do whatever it takes. To learn, whatever needs to be learned. To develop, grow and persevere beyond any reasonable expectation of society. This is the kind of extreme mindset you must have in order to win in life. An extraordinary mindset is compulsory for an extraordinary life.

If I consider myself then, my result in life will never outperform my mindset, my result in life will never outperform my efforts, my result in life will never outperform my own self development, NEVER.

I don't look for the easy option, I look for the growth option.

I don't look for the fast way, I look for the best way.

When the road is long, I know it still leads to success because I trust the process. If I do the work, the result will come. If I am backed in a corner, I back myself. If I am knocked down, I won't stay down. If I am defeated, it won't be for long because I am always committed, always hungry to win, always ready to give my all. My heart and soul. When everyone doubts me, inside me there is no doubt. When no one believes, I believe My mind is Strong, I am Strong. That's how everyone can be on the path to achieve the level of thinking to become an extra-ordinary mindset person in life. Every youth of India Must push the limits so they can be another great personality not by money, not by power but by their mindset.

- Saurav Singh

Woman: The Valorous Entity

“She is a bud covered in snow in the garden of everybody’s mind, wait for spring, allow her to grow.

The charm of every household, the pillar of strength, the epitome of courage, with grace and virtues she does it all, a woman. From the moment she feels the atmosphere of this very planet on her skin come expectations, of existing in accordance with the will of others, for others.

Like the sun selflessly spreads light, she does warmth, but is continuously affected by the existing turbulences of the world. From some not having the privilege of being prioritized over the accompanying boys to having to fight this battle professionally later, from some having to fight for basic rights to no feeling safe walking on the streets alone. And yet she continues to shine with her endless charisma and sparkle. It is our duty as a society to make our daughters, sisters, mothers, grandmas and every other female around us feel heard and safe. Let her modesty not be restricted only to her dressing, let her instincts not be limited solely to protecting herself, let us create an environment where she can exceed her limits. Let her turn into a flower and bloom.

If you nurture her today, only will there be a better tomorrow.

- Charvi Rathod



NSS

NSS IS NOT JUST A COMMITTEE, IT IS A FAMILY!
A FAMILY FULL OF YOUTH, WHICH SERVES THE NATION CONTENTEDLY.
THE COMMITTEE WAS FORMED IN 1969,
WHICH IS NOW MAKING THE WHOLE INDIA SHINE.
ITS MOTTO IS “NOT ME BUT YOU”,
AND THE OPPORTUNITY OF WEARING ITS UNIFORM WITH PRIDE IS GIVEN TO A FEW.
ITS AIM IS TO ENHANCE THE STANDARD OF LIVING OF THE NEEDY PEOPLE,
THE VOLUNTEERS ARE LIKE ANGELS SENT FROM CHURCH WITH A STEEPLE.
GLAD TO BE A PART OF THIS COMMITTEE, WHICH TRIES TO CHANGE THE LIFE OF THE
NEEDY.
THE REASON WHY ITS CALLED NSS UNIT,
IS BECAUSE ALL THE VOLUNTEERS ARE TIGHTLY KNIT!

- Harsh Awasthi

Perseverance of the Brave

A DROP OF BLOOD FROM ME,
A DROP OF BLOOD FROM YOU.
LITTLE BY LITTLE WE SET THIS LAND FREE,
LITTLE BY LITTLE WE BUILD A NATION NEW.
WE OFFER OUR LIVES,
SO, THE PROMISES WE KEEP.
WE DIE YOUNG,
AND OUR MOTHERS WOULD WEEP.
ENDURING SCATHES AND SCABS,
WE FIGHT WITH THE FATE.
TO FULFIL THE DREAM WE HAVE,
TO BUILD A NATION GREAT.

- Shailja Jadon



प्यार सिर्फ इंसान से

करते है प्यार सिर्फ इंसान से
चाहे हो स्त्री पुरुष या किन्नर
इन्हे ना कोई ऐतराज इस बात से
करते है प्यार सिर्फ इंसान से ॥

यह कही खुल के रह न पाए
समाज का डर इन्हे सताए
अब रहना है बेखौफ इन्हे इस बात से
करते है प्यार सिर्फ इंसान से ॥

सच्ची इनकी मोहब्बत है
कोई नफरत नहीं बस चाहत है
वक्त इनका भी आएगा
जब समाज इन्हे अपनाएगा ॥

यह वक्त हमे ही लाना है
इन्हे इनका अधिकार दिलाना है
सब खुदको रुबरु करलो इस बात से
यह करते है प्यार सिर्फ इंसान से ॥

- Mayank Singh



कारगिल विजय दिवस

ऐ मेरे देश के जवान,
व्यर्थ नहीं जाएगा आपका यह बलिदान,
सदैव किया जाएगा आपका गुण-गान,
हृदय में ऊँचा रहेगा आपका स्थान।
दिया जाएगा आपका उदहारण,
इस युवा पीढ़ी को,
जो ले जाएगा देश का भविष्य,
नई ऊँचाई की सीढ़ी को।
जो किया आपने इस देश के खातिर,
मिला हमारी भारत माता को मान,
ए मेरे देश के जवान,
व्यर्थ नहीं जाएगा आपका यह बलिदान।

- Sohan Chhangani



आजाद भारत

कुछ 700 साल बाद ये कमाल हो गया,
देश को आज़ाद हुए 74 साल हो गया..
इस दौरान कईयों का नाम और कोई गुमनाम होगया

मुगलों,अंग्रेजों ने क्या खूब राज किया,
चक्रवर्ती अशोक के अखंड भारत को गुलाम बना दिया.
"वासुदेव कुटुम्बकम", जैसी सभ्यता के अस्तित्व पे सवाल उठा दिया

ऐसी सभ्यता ,जिसने पूरे विश्व को सिर्फ अहिंसा का पाठ पढाया
उसी को गुलाम होने का आचरण बाखूबी कराया

चाणक्य रचित अर्थशास्त्र को इतिहास के पन्नों में छुपा दिया गया
और तुम कुछ नहीं हूँ इसका उच्चारण जोर-शोर से कराया गया

"सोने की चिड़िया " कहे जाने वाले देश के घोंसले को लुटेरो द्वारा अच्छे से
उजाड़ा गया
तर्कशील-नालंदा जैसी ज्ञान के सागर को लंबे अर्से तक जलाया गया

शांति प्रियता कहे जाने लोगों को गोरों को सामने झुकाया गया,
ना चाहते हुए भी भारत माँ के गरिमा पर गुलामी का कलंक लगाया गया

सादिया बीत गई, अपनी ताकत की कोई खबर नहीं
पर अंधकार में एक दिया जलाया गया,
भारत देश को आजाद कराने का जिम्मा उठाया गया

फ़िर संघर्षों से भरा एक ज़माना शुरू हुआ,
बलिदानों से भरा एक काफ़िला बनाया गया,
जिसे पूरा करने के लिए झाँसी की रानी, मंगल पांडे, भगत, आजाद, बोस
जैसे शूरवीरों को जन्मा गया



पर आजादी का सफर भी इम्तहान लेने से कहा पीछे हटता
कदंब कदंब पर हार जाने और आजादी के सपने को छोड़ने पर मजबूर
करता

माँ के बेटी-बेटों ने भी शहादतो से भरी ऐसी मिसाल कायम की
कि अंग्रेजी हुकूमत को घुटनों पर गिरा दिया और देश छोड़ने पर मजबूर करा
दिया

पर गुलामी की जंजीरों ने कुछ गहरे निशान छोड़ दिए मन में
जिसके भरे हुए ज़ख्म समय रहते फिर से उबरते भविष्य में

अब गुलामी का दौर खत्म हुआ और आजादी का नया कारवा शुरू हुआ
जिसमे असमानताओं से भरा समाज उत्पन्न हुआ
उच्च-नीच ,जात पात,अमीर गरीब का फर्क कभी खत्म न हुआ

अंबेडकर के बनाए गए लोकतंत्र से एक ऐसा शासन तैयार किया गया
जिसमे लालची विचारों से भरा राजतंत्र का निर्माण होगया,
साथ ही देश में नेताओं और अभिनेताओं का गुणगान शुरू होगया

जहाँ बीमारी सस्ती ,इलाज महंगा,
जुर्म करना आसान, इंसान पाना मुश्किल हुआ
वक्त बितते महिलाओं का शोषण कभी कम न हुआ
जय जवान जय किसान का नारा पता नहीं कब खत्म हुआ
देश मेरा महान होगया

देश हमरा आज भी गुलामी की मानसिकता से आजाद न हुआ
बेईमानों का ईमान सो गया, और कहते इंसान होगया
गांधी ,नेहरू का देश वाकई किताबों में महान रहे गया

- Krishna Dubey



दृष्टिकोण नए रंग में

अपमान की धधकती मन में एक ज्वाला है,
तो क्या हुआ जो अगर, रंग मेरा काला है।

है नजरिया क्यू अलग, जब एकसी है ज्योतियां,
कदम कदम पे जिल्लतें, हम आँखमूंदे भागे है,
बस एक ही रंग की क्यों चुनी गयी है मोतियां,
जो न मिली जगह भी तो जोड़ दे वो धागे है।
जो चुप है तो समझ न लो, की जुबां पे मेरे ताला है।
तो क्या हुआ जो अगर, रंग मेरा काला है।

क्या रंग अगर सफ़ेद है, तो तुझमे मुझमे भेद है?
लगे नज़र तो माँ के हाथ ,टिका लगे वह काला है।
नयन में उसके सब समान, जो दुनिया चलाने वाला है,
हो कंठ पर चढ़ाते जिसके पुष्प की ये माला है,
हृदय में तेरे मेरे जो, वह श्याम भी तो काला है,
मुरली की धुन, फिर तू भी सुन,
अपनत्व के स्वरों को चुन,
फिर प्रेम वर्षा से मिटा मन में जो तेरे काला है..
तो क्या हुआ जो अगर, रंग मेरा काला है।

- Anurag Bhatt



आज़ाद हिंद फौज

जब जब अंग्रेज़ों का जुर्म बढ़ा
तब तब उसने आवाज़ उठाई
जब जब खून की जरूरत थी
तब तब उसने पार लगाई।।
ये वीर गाथा है उस व्यक्ति की
जिसने आजाद हिंद की फौज बनाई।।

जब उसने बर्मा में
खून की मांग थी लगाई
तब जाके भारत को
खून की कीमत समझ आई
यह वीर गाथा है उस व्यक्ति की
जिसने आजाद हिंद की फौज बनाई।।

जब महिला शक्ति का अस्तित्व न था
तब उसने उन्हें नई ऊंचाई दिखाई
जब लोग फिर भी न माने
तब उसने भारत की महिला फौज बनाई
जी हा ये वीर गाथा है उस व्यक्ति की
जिसने आजाद हिंद की फौज बनाई।।

- Mayank Singh



सुभाष चन्द्र बोस - पराक्रम दिवस

परमवीर और पराक्रमी का पराक्रम दिवस है ये,
भारत मां के वीर पुत्र सुभाष चन्द्र का जन्म दिवस है ये।

तुम मुझे खून दो, मैं तुम्हे आज़ादी दूंगा का नारा देकर
देश प्रेम का पाठ पढ़ाया,
आज़ाद हिंद फौज का गठन करके,
सबका जिसने लोहा मनवाया।

गर्व से ऊंचा रखकर सिर,
अंग्रेज़ों के आगे ना सिर झुकाया,
भारत से उनको बाहर भगाकर,
मातृभूमि का मान बढ़ाया।

जिनकी बातें आज भी जीवन में जोश भर जाएं,
आज़ादी के लिए जो कुछ भी कर जाए,
हार का जिसे कभी ख्याल ना आए,
जेल में भी जो ना घबराए,
जिनकी मौत का भी राज़ बन जाए,
वो सुभाष चन्द्र बोस कहलाए।

आओ नमन करें हम नेता जी को
जो देश के हैं अनमोल रतन,
इनकी प्रेरणादाईं बातों को
कभी भूलेगा नहीं ये वतन।

- Abhash Verma



मेरा इंतजार न करना

मां मेरा इंतजार ना करना
मेरे आने का दीदार ना करना,
मै जा रहा हूं सरहद पर
दुश्मन को अंजाम है देना
मेरे आने का इंतजार ना करना ।

दिन रात मै सोऊ ना
वतन की रक्षा में,
पर तू अपनी नींद पूरी करना
मा मेरा इंतजार ना करना ।

अगर वापस आऊ मै
तिरंगे में लिपट कर ,
गर्व से मेरा इकरार है करना
मा मेरा इंतजार ना करना ।

- Mayank Singh



पराक्रम पर्व की शुभकामना

कुछ नशा तिरंगे की आन का है
कुछ नशा मातृभूमि की शान का है
हम लहरायेंगे हर जगह यह तिरंगा
नशा ये हिंदुस्तान की शान का है

ज़माने भर में मिलते हैं आशिक कई
मगर वतन से खूबसूरत कोई सनम नहीं होता
नोटों में भी लिपट कर
सोने में सिमटकर मरे हैं कई
मगर तिरंगे से खूबसूरत कोई कफ़न नहीं होता

लिख रहा हूँ मैं अजांम जिसका कल आगाज आयेगा
मेरे लहू का हर एक कतरा इंकलाब लायेगा
मैं रहूँ या ना रहूँ पर ये वादा है तुमसे मेरा कि
मेरे बाद वतन पर मरने वालों का सैलाब आयेगा

- Advait Angawalkar



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