



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S LOKMANYA TILAK COLLEGE OF ENGINEERING

Sector - 4, Vikas Nagar, Koparkhairane, Navi Mumbai - 400709

NATIONAL SERVICE SCHEME (NSS)





UNIVERSITY OF MUMBAI

(2020 - 21)

Lokmanya Tilak College of Engineering

Sector-4, Vikas Nagar, Koparkhairane, Navi Mumbai
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National Service Scheme

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Sr. No.	Year	Name of the activity- Particular	Meeting Date	Event Date	Venue	Number of Student participated
1	2020-21	Tree plantation	29-05-2020	1 June, 2020	Nerul Rock Garden	43
2	2020-21	Fit India Movement	04-06-2020	5 June, 2020	LTCE, Navi Mumbai.	39
3	2020-21	Physical and Psychological health management	12-06-2020	13 June, 2020	LTCE, Navi Mumbai.	44
4	2020-21	Tree Plantation	29-10-2020	31 October -7 November, 2020	Native Place/ Residence	32
5	2020-21	Webinar on Mission Compassion	17-12-2020	20 December, 2020	Online	30
6	2020-21	Fit India Movement Contribution	02-01-2021	03 January, 2021	Residence	24
7	2020-21	Netaji subhas chadra bose birth anniversary celebration	22-01-2021	23 January, 2021	Online	42
8	2020-21	Yoga Session	05-02-2021	07 February, 2021	LTCE, Navi Mumbai.	33
9	2020-21	Fit India Movement Contribution	24-02-2021	25 February, 2021	Residence	48
10	2020-21	Tree plantation	22-03-2021	23 March, 2021	Native Place	29
11	2020-21	Donation from IETE Committee to Mother Teresa Home	25-03-2021	26 March, 2021	Navi Mumbai	38

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Tree plantation Program

NOTICE:



Event Details:

Event Name: Tree plantation Program.

Date: 1 June, 2020

Venue: Nerul Rock Garden, Navi Mumbai.

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Introduction:

Tree plantation programs have become a crucial initiative worldwide in combating environmental degradation, mitigating climate change, and promoting sustainable development. This report aims to analyze the impact of tree plantation programs, focusing on their benefits, challenges, and potential strategies for improvement.

Meeting and Preparation:

- 1.Define Objectives:Determine goals like environmental conservation or community engagement.
- 2.Identify Stakeholders:Government, communities, NGOs, and private sector.
- 3. Form Planning Committee: Assign roles and responsibilities.
- 4. Select Planting Sites: Assess suitability based on soil, water, and biodiversity.
- 5. Choose Tree Species: Consult experts for native species selection.
- 6. Mobilize Resources:Budget, seek funding, and gather necessary materials.
- 7. Engage Community: Raise awareness, host meetings, and recruit volunteers.
- 8. Plan Logistics: Schedule planting events and arrange transportation.
- 9. Provide Training: Educate volunteers on planting techniques and safety.
- 10. Monitor and Evaluate: Track progress and assess impact using KPIs.
- 11. Manage Risks: Identify potential challenges and develop contingency plans.
- 12. Document and Report:Keep records and provide updates to stakeholders.

Purpose:

The purpose of the meeting and preparation for a tree plantation program is to effectively organize and plan all aspects of the initiative, including setting clear objectives, engaging stakeholders, allocating resources, and ensuring proper execution. This preparation aims to maximize the program's impact in areas such as environmental conservation, community engagement, climate change mitigation, and sustainable development.

Work Summary:

The work summary involves organizing and coordinating all tasks necessary for the successful execution of the tree plantation program. This includes defining objectives, identifying stakeholders, selecting planting sites and tree species, mobilizing resources, engaging the community, planning logistics, providing training, monitoring progress, managing risks, and documenting activities. The ultimate goal is to ensure that the program achieves its objectives,

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such as environmental conservation and community engagement, while maximizing its impact and sustainability.

Conclusion:

In conclusion, the meeting and preparation for the tree plantation program are essential steps in ensuring its success and impact. By carefully planning and coordinating various aspects of the initiative, such as setting objectives, engaging stakeholders, mobilizing resources, and managing risks, the program can effectively contribute to environmental conservation, community engagement, and sustainable development.

Through collaborative efforts and strategic implementation, the tree plantation program holds the potential to create lasting positive change, benefitting both the environment and society as a whole.

Outcome:

The outcome of the meeting and preparation for the tree plantation program is a well-organized and comprehensive plan that sets the stage for successful implementation. By defining clear objectives, engaging stakeholders, mobilizing resources, and planning logistics, the program is poised to make a meaningful impact on environmental conservation and community engagement. With proper execution and monitoring, the program has the potential to achieve its goals, such as planting a specified number of trees, fostering community involvement, and contributing to a greener and more sustainable future.

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EVENT PHOTOGRAPHS:



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Impact Analysis

A. **Impact Analysis:**

The impact analysis of the "Mission Compassion" webinar highlights its effectiveness in inspiring positive change, fostering empathy, and promoting compassionate actions within individuals, organizations, and communities. By assessing the tangible outcomes and long-term implications of the event, the impact analysis provides valuable insights into the transformative power of compassion in creating a more compassionate and inclusive world.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

In the future, the "Mission Compassion" initiative holds immense potential for further expansion and impact, aiming to foster a culture of compassion on a global scale. One avenue for future development involves extending the reach of the initiative to a wider audience through translation services, international partnerships, and targeted outreach efforts. By facilitating cross-cultural dialogue and collaboration, the initiative can leverage diverse perspectives and experiences to promote compassion worldwide. Additionally, there is scope for offering continued education and training opportunities, such as workshops and online courses, focused on compassion education and skill-building. Moreover, the initiative can spearhead research initiatives and advocacy campaigns aimed at advancing the scientific understanding of compassion and advocating for policies that prioritize kindness, empathy, and social justice. By forming partnerships with like-minded organizations and grassroots movements, the initiative can leverage collective resources and expertise to amplify its impact and sustainability. Embracing technology platforms and social media can also enhance the initiative's reach and engagement, facilitating virtual community-building and collaboration. Through these future endeavors, the "Mission Compassion" initiative can continue to inspire positive change, empower individuals, and foster a more compassionate and empathetic world for generations to come.

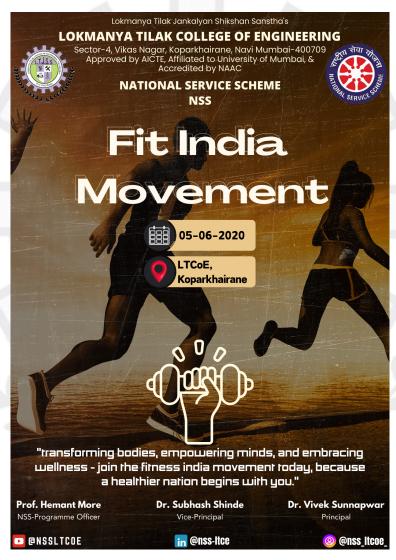
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Fit India Movement

NOTICE:



Event Details:

Event Name: Fit India Movement

Date: June 5, 2020

Venue: LTCE, Navi Mumbai

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Introduction:

The Fit India Movement, spearheaded by the National Service Scheme (NSS), stands as a testament to India's commitment to promoting a healthier and fitter nation. This nationwide initiative aims to inspire citizens of all ages to embrace an active lifestyle and prioritize physical fitness and well-being. With a focus on fostering a culture of fitness and wellness, the movement has garnered widespread participation and support across the country.

Meeting and Preparation:

On June 5, 2020, the Fit India Movement event was held at LTCE, Navi Mumbai. The meeting encompassed discussions, presentations, and activities aimed at promoting fitness and wellness among participants. Various speakers shared insights and strategies to encourage a healthier lifestyle. Attendees actively engaged in workshops and fitness sessions, fostering a sense of community and enthusiasm for the Fit India Movement.

Purpose:

The primary purpose of the Fit India Movement is to address the rising concerns surrounding sedentary lifestyles, obesity, and lifestyle-related diseases prevalent in modern society. By encouraging regular physical activity, promoting healthy dietary habits, and fostering awareness about the importance of fitness, the movement endeavors to combat these health challenges and promote overall well-being. Moreover, it seeks to instill a sense of responsibility and ownership among individuals towards their own health, thereby contributing to a healthier and more active population.

Work Summary:

Under the auspices of the NSS, the Fit India Movement has undertaken a variety of initiatives and activities to engage citizens in promoting fitness and wellness. These efforts include organizing fitness camps, yoga sessions, sports events, and health awareness programs in schools, colleges, and communities across the nation. Additionally, partnerships with various stakeholders, including government agencies, educational institutions, non-profit organizations, and corporate entities, have been forged to amplify the reach and impact of the movement.

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Through collaborative efforts and grassroots-level interventions, the movement has succeeded in mobilizing individuals from diverse backgrounds to embrace a healthier lifestyle.

Conclusion:

The Fit India Movement, driven by the NSS, has emerged as a pivotal force in promoting fitness and well-being throughout the nation. With its multifaceted approach and inclusive framework, the movement has inspired millions of Indians to prioritize their health and embrace physical activity as an integral part of their daily lives. By fostering a culture of fitness and wellness, the movement has the potential to catalyze transformative changes in individual behaviors and societal norms, leading to a healthier, happier, and more vibrant India.

Outcomes:

The impact of the Fit India Movement extends far beyond mere participation numbers or event attendance. It has led to tangible improvements in the health and well-being of individuals and communities across the country. Through regular engagement in physical activity and adoption of healthier lifestyle habits, participants have reported enhanced fitness levels, reduced incidence of lifestyle-related diseases, and improved overall quality of life. Moreover, the movement has spurred greater awareness and consciousness about the importance of fitness, prompting individuals to take proactive measures towards their health and well-being. Furthermore, the collaborative efforts and partnerships forged through the movement have laid the groundwork for sustained initiatives and interventions aimed at promoting fitness and wellness on a national scale.

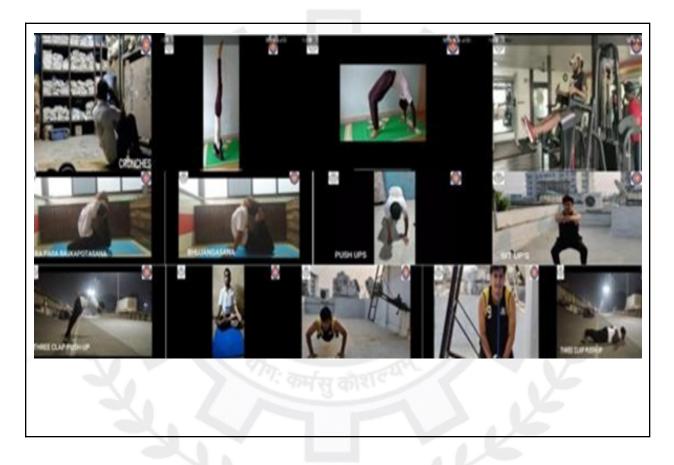
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EVENT PHOTOGRAPHS:



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National Service Scheme

Impact Analysis

A. Impact Analysis:

The Fit India Movement, led by the National Service Scheme (NSS), has significantly impacted India's societal fabric, promoting physical fitness and health. Through grassroots-level interventions, collaborative partnerships, and awareness campaigns, the movement has catalyzed transformative changes across various spheres. At the individual level, the movement has empowered millions of Indians to adopt a more active lifestyle, leading to improvements in strength, endurance, and flexibility. Regular engagement in physical activity has contributed to weight management, reduced stress levels, and improved mental health and emotional well-being. The movement has also served as a catalyst for social cohesion and collective action towards promoting fitness and well-being. At the national level, the Fit India Movement has driven policy reforms and institutional interventions aimed at promoting fitness and well-being across the country.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

Looking ahead, the Fit India Movement, under the stewardship of the NSS, holds immense potential for further expansion and impact. By leveraging digital platforms, innovative technologies, and strategic partnerships, the movement can reach even larger segments of the population and drive greater participation in fitness-related activities. Additionally, efforts to integrate fitness education into school curricula, promote workplace wellness programs, and incentivize healthy behaviors through policy interventions can further reinforce the movement's objectives. As India continues its journey towards becoming a fitter and healthier nation, the Fit India Movement remains a beacon of inspiration and empowerment, rallying citizens from all walks of life to join the pursuit of fitness and wellness.

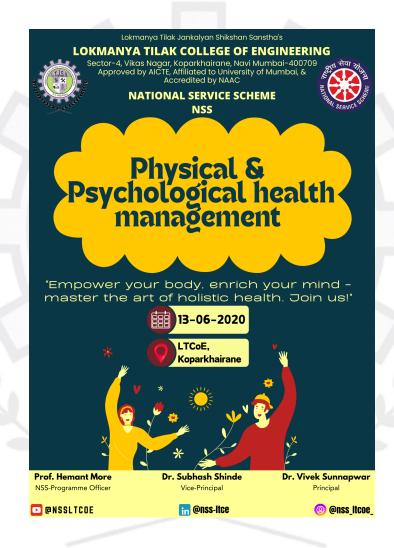
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Physical and Psychological health management

NOTICE:



Event Details:

Event Name: Physical and Psychological Health Management

Date: June 13, 2020

Venue: LTCE, Navi Mumbai

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National Service Scheme

Introduction:

The Physical and Psychological Health Management event held on June 13, 2020, at LTCE, Navi Mumbai, aimed to address the holistic well-being of individuals by focusing on both physical and psychological health aspects. This report outlines the objectives, structure, and impact of the event in promoting overall wellness among participants.

Meeting and Preparation:

On June 13, 2020, the Physical and Psychological Health Management event took place at LTCE, Navi Mumbai. The attendees gathered to discuss strategies and techniques for managing both physical and psychological well-being. Various speakers shared insights and experiences, fostering an environment of learning and growth. Overall, the event provided valuable information and resources for attendees to enhance their health management skills.

Purpose:

The primary purpose of the event was to provide participants with strategies and tools to manage both physical and psychological aspects of health effectively. In light of the challenges posed by modern lifestyles and stressors, the event aimed to equip individuals with practical techniques to enhance their well-being and quality of life.

Work Summary:

The event featured a series of workshops, seminars, and interactive sessions conducted by experts in the fields of physical fitness and mental health. Participants were introduced to various techniques and practices such as mindfulness, stress management, physical exercises, and healthy lifestyle habits.

Workshops focused on topics such as nutrition, sleep hygiene, relaxation techniques, and emotional resilience. Participants engaged in hands-on activities, group discussions, and experiential exercises designed to deepen their understanding of physical and psychological health concepts.

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Conclusion:

The Physical and Psychological Health Management event served as a comprehensive platform for promoting holistic wellness among participants. By addressing both physical and psychological aspects of health, the event empowered individuals to take proactive steps towards improving their overall well-being and quality of life.

Outcomes:

A physical and psychological health management program focuses on improving fitness, weight management, and reducing the risk of chronic diseases. Techniques like relaxation exercises and mindfulness help individuals cope with stress. Regular physical activity releases endorphins, promoting emotional well-being and self-esteem. The program also equips participants with coping skills and fosters social support, empowering them to make sustainable lifestyle changes for holistic health and well-being.

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Impact Analysis

A. Impact Analysis:

Participants reported feeling more equipped with practical strategies to manage stress, enhance physical fitness, and cultivate emotional resilience. Increased awareness and understanding of the interconnectedness of physical and psychological health were observed among participants, leading to positive behavior changes and improved self-care practices.

B. Mapped POs: PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

Moving forward, the event can be expanded to include ongoing support and resources for participants to continue their journey towards optimal health and well-being. Integration of regular physical activity, mindfulness practices, and mental health support into the curriculum or workplace environment can further sustain the positive impact of the Physical and Psychological Health Management event.

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Tree Plantation

NOTICE:





Event Details:

Event Name: Tree Plantation

Date: October 31 - November 7, 2020

Venue: Native Place/Residence

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National Service Scheme

Introduction:

The Tree Plantation event conducted from October 31 to November 7, 2020, at various native places and residences, aimed to promote environmental conservation and sustainability through the planting of trees. This report outlines the objectives, structure, and impact of the event in fostering a greener and more sustainable environment.

Purpose:

The primary purpose of the Tree Plantation event was to contribute to the restoration and preservation of the natural environment by planting trees. With increasing concerns about deforestation and climate change, the event aimed to mobilize individuals and communities to take proactive steps towards environmental conservation.

Work Summary:

The event involved organizing tree planting drives at various locations, including native places and residences, to maximize community participation and engagement. Participants were provided with saplings, gardening tools, and guidance on proper planting techniques to ensure the success and longevity of the trees.

Community members, volunteers, and local organizations came together to plant trees, fostering a sense of ownership and pride in environmental stewardship. Participants were encouraged to take photos and share their tree planting experiences on social media to inspire others to join the initiative

Conclusion:

The Tree Plantation event served as a tangible expression of community commitment to environmental conservation and sustainability. By planting trees, participants contributed to the preservation of biodiversity, mitigation of climate change, and enhancement of green spaces within their communities.

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Outcome:

The outcome of the meeting and preparation for the tree plantation program is a well-organized and comprehensive plan that sets the stage for successful implementation. By defining clear objectives, engaging stakeholders, mobilizing resources, and planning logistics, the program is poised to make a meaningful impact on environmental conservation and community engagement. With proper execution and monitoring, the program has the potential to achieve its goals, such as planting a specified number of trees, fostering community involvement, and contributing to a greener and more sustainable future.



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EVENT PHOTOGRAPHS:

Tree Plantation Activity at home during ACY 2020-21









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National Service Scheme

Impact Analysis

A. Impact Analysis:

The webinar inspired participants to adopt a more compassionate outlook towards others, leading to increased acts of kindness and empathy within communities. Participants reported greater awareness of the importance of compassion in fostering social cohesion and addressing societal challenges.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

Moving forward, the momentum from the webinar can be harnessed to initiate further dialogue and action on compassion-related issues. Follow-up initiatives such as community service projects, empathy workshops, and compassion-focused campaigns can amplify the impact of the webinar and contribute to building a more compassionate society.

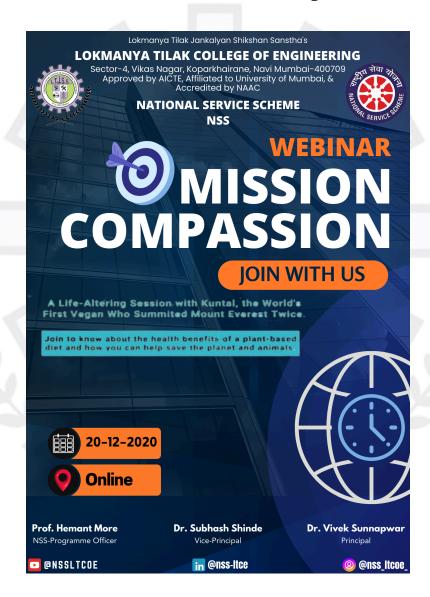
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Webinar on Mission Compassion

NOTICE:



Event Details:

Event Name: Webinar on Mission Compassion

Date: 20 December, 2020

Venue: Online

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National Service Scheme

Introduction:

The Webinar on Mission Compassion held on December 20, 2020, convened online to spread awareness and foster a culture of compassion in society. This report encapsulates the essence of the webinar, highlighting its objectives, structure, and impact in promoting empathy and kindness

Purpose:

The primary purpose of the webinar was to inspire individuals to cultivate compassion and empathy towards others, fostering a sense of solidarity and support within communities. By sharing stories of compassion and highlighting the importance of empathy in addressing societal challenges, the webinar aimed to ignite a collective spirit of kindness and altruism.

Work Summary:

The webinar featured keynote presentations by renowned speakers and experts in the field of compassion and empathy. Participants were engaged through interactive discussions, storytelling sessions, and guided exercises designed to cultivate empathy and compassion in daily life. The webinar also showcased initiatives and projects centered around compassion, highlighting the transformative impact of acts of kindness and empathy on individuals and communities. Participants were encouraged to reflect on their own experiences and commit to practicing compassion in their interactions with others.

Conclusion:

The Webinar on Mission Compassion served as a platform for promoting empathy, kindness, and compassion as essential values in society. By bringing together individuals from diverse backgrounds, the webinar fostered a sense of connection and solidarity, laying the groundwork for a more compassionate and empathetic world.

Outcome:

The Webinar on Compassion left a lasting impact, fostering heightened awareness and empowerment among participants. It prompted individuals to actively practice empathy in their daily lives, leading to improved relationships and a stronger sense of community connection. Attendees reported making conscious efforts to incorporate acts of kindness into their routines, sparking collaborative initiatives to address local needs.

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EVENT PHOTOGRAPHS:



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National Service Scheme

Impact Analysis

A. Impact Analysis:

The webinar inspired participants to adopt a more compassionate outlook towards others, leading to increased acts of kindness and empathy within communities. Participants reported greater awareness of the importance of compassion in fostering social cohesion and addressing societal challenges.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

Moving forward, the momentum from the webinar can be harnessed to initiate further dialogue and action on compassion-related issues. Follow-up initiatives such as community service projects, empathy workshops, and compassion-focused campaigns can amplify the impact of the webinar and contribute to building a more compassionate society.

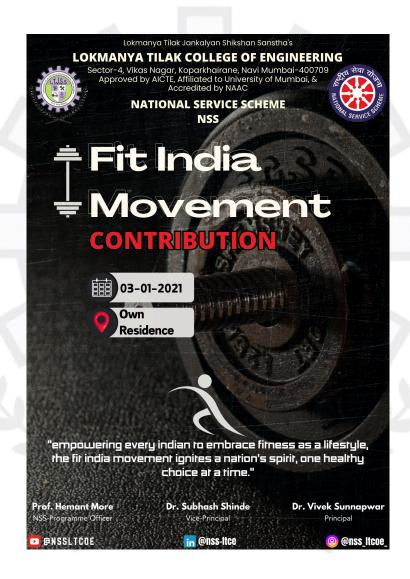
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Fit India Movement Contribution

NOTICE:



Event Details:

Event Name: Fit India Movement Contribution

Date: 03 January, 2021

Venue: Residence

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National Service Scheme

Introduction:

The Fit India Movement is a nationwide initiative in India promoting physical fitness and well-being. The National Service Scheme (NSS) plays a crucial role in spreading the ethos of fitness and health across various societal strata. The NSS has bolstered the Fit India Movement's reach and catalyzed tangible change at the grassroots level. Its efforts include promoting physical activity, organizing awareness campaigns, and fostering a culture of holistic wellness within communities nationwide. The Fit India Movement is a significant step towards promoting a healthier and more active lifestyle.

Meeting and Preparation:

The Fit India Movement, a national campaign promoting fitness and wellness, hosted a meeting on 25th February 2021, at the residence. The meeting focused on the Fit India Movement Contribution event, discussing activities, participation levels, and feedback received. The meeting also evaluated the impact of the event, including attendance numbers, participant feedback, and media coverage. Future opportunities for NSS to continue supporting the Fit India Movement were explored, including organizing additional events, partnering with other organizations, and implementing initiatives to promote fitness and wellness. A plan of action was developed, responsibilities were assigned to team members, timelines were set, and goals for future initiatives were established. The meeting also addressed any other matters related to the Fit India Movement or other relevant topics. Participation and input were crucial to the success of the efforts to promote fitness and wellness within the community.

Purpose:

The Fit India Movement is a national initiative aimed at promoting fitness and wellness among India's citizens. The National Service Scheme (NSS) is actively involved in this movement, aiming to inspire, educate, and engage individuals across diverse demographics to prioritize physical fitness. The Fit India Movement emphasizes the importance of incorporating regular physical activity and sports into daily routines to combat sedentary lifestyles and non-communicable diseases. NSS aims to create widespread awareness about the benefits of fitness, encourage participation in sports, and provide access to facilities for active living. By Fostering a holistic approach to health and wellness, NSS contributes significantly to the nation's development.

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Work Summary:

The Fit India Movement, launched by the Government of India, aims to promote fitness nationwide. The National Service Scheme (NSS) contributes significantly by organizing awareness campaigns, seminars, and workshops in schools, colleges, and communities. NSS conducts fitness workshops, training programs, and sports events at various levels, encouraging active participation and healthy lifestyles. Collaborating with government bodies and other organizations, NSS ensures effective implementation of the Fit India Movement. Additionally, NSS conducts outreach programs to provide fitness resources to underserved communities, fostering a culture of well-being across India.

Conclusion:

The Fit India Movement, led by the National Service Scheme (NSS), promotes health and wellness through sports and physical activity. In conclusion, the Fit India Movement has significantly contributed to the nation's health and wellness, fostering a culture of fitness and promoting healthier lifestyles. The movement's success underscores the need for continued investment in fitness awareness and health education.

Outcomes:

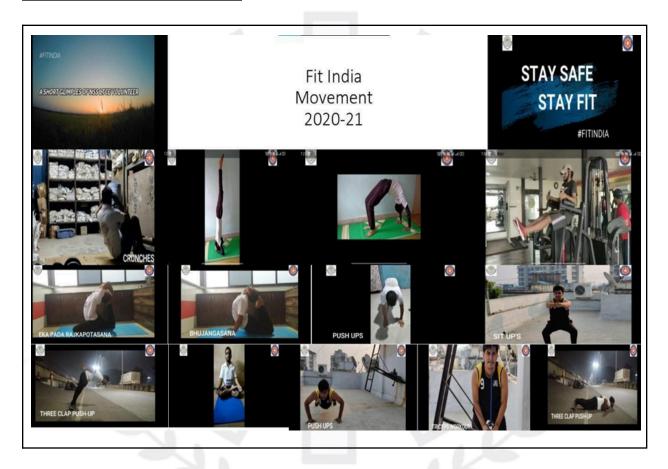
The Fit India Movement, initiated by the National Service Scheme (NSS), promotes physical fitness and wellness across India through various activities like fitness camps, sports events, yoga sessions, and awareness campaigns. Participation in the movement has led to increased awareness about the importance of physical fitness, improved health outcomes, and fostered a culture of inclusivity and participation in sports and fitness activities. The movement has also developed leadership skills among volunteers, fostering a sense of responsibility towards the community. NSS remains committed to promoting a healthier and fitter India for all citizens.

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Impact Analysis

A. Impact Analysis:

The Fit India Movement, initiated by the Indian government, promotes physical fitness and sports culture. The National Service Scheme (NSS) has played a significant role in promoting fitness and wellness, fostering a culture of fitness and wellness. Their efforts have led to increased awareness, establishment of fitness infrastructure, and the development of leadership, teamwork, and communication skills among volunteers.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

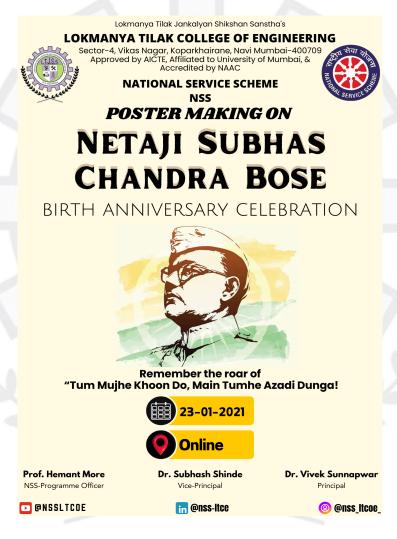
The Fit India Movement, initiated by the Indian government, promotes fitness and wellness through participation in various events and programs. The National Service Scheme (NSS) plays a crucial role in promoting physical, mental, and emotional well-being. The future scope of NSS's involvement includes collaborating with educational institutions, developing fitness apps, and integrating nutrition, mental health, and environmental sustainability into fitness initiatives.

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National Service Scheme

Netaji Subhas Chandra Bose BirthAnniversary Celebration NOTICE:



Event Details:

Event Name: Netaji Subhas chandra bose birth anniversary celebration

Date: 23 January, 2021.

Venue: Online

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National Service Scheme

Introduction:

Netaji Subhas Chandra Bose, a revolutionary leader and one of the most iconic figures in India's struggle for independence, continues to inspire millions even decades after his passing. His birth anniversary, celebrated on January 23rd, is a momentous occasion to honor his legacy and commemorate his contributions to the nation. In this report, we delve into the online celebrations organized by NSS (National Service Scheme) students to pay homage to this great leader.

Meeting and Preparation:

A preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary was convened, gathering NSS student coordinators, faculty advisors, and volunteers. Opening the session with gratitude for participants' dedication, the objectives of the event were revisited, emphasizing its significance in honoring Netaji's legacy and fostering understanding of his contributions. Progress in event planning, including activity scheduling, speaker selection, and logistical arrangements, was reviewed, with a focus on addressing challenges collectively. Responsibilities were allocated, ensuring clarity and accountability among team members. Strategies for promoting the event through social media, newsletters, and posters were discussed, aiming to maximize participation. Content preparation, technical setup, and contingency planning were also deliberated, ensuring a seamless execution of virtual events. A timeline with deadlines for tasks and milestones leading to the event was established, and the meeting concluded with a summary of decisions and appreciation for participants' commitment, with plans for a follow-up meeting to ensure continued progress.

Purpose:

The purpose of the preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary was multifaceted. Firstly, it served to reaffirm the significance of honoring Netaji's remarkable legacy and contributions to India's independence movement. Through this commemoration, the aim was to not only pay homage to a revered national hero but also to inspire a deeper understanding and appreciation of his ideals among students and the wider community. Additionally, the meeting aimed to ensure effective planning and coordination of the upcoming events, including webinars, essay competitions, and cultural programs, to ensure their success. By bringing together NSS student coordinators, faculty advisors, and volunteers, the meeting sought to foster collaboration, allocate responsibilities, and establish clear timelines to execute the commemorative activities seamlessly. Ultimately, the purpose was to organize a meaningful and impactful tribute to Netaji Subhas Chandra Bose that would resonate with

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participants and contribute to preserving and promoting his enduring legacy for future generations.

Work Summary:

The work summary of the preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary encapsulates a comprehensive review of objectives, progress, and strategic planning. Beginning with expressions of gratitude and a reaffirmation of the event's purpose, the meeting delved into a thorough assessment of planning progress. This encompassed activities such as scheduling, speaker selection, logistical arrangements, and promotional strategies. Through collaborative discussion, challenges were identified, and solutions were proposed to ensure effective event execution. Responsibilities were allocated among NSS student coordinators, faculty advisors, and volunteers, fostering accountability and cohesion within the team. Strategic approaches to promotion via social media, newsletters, and posters were delineated to maximize engagement and participation.

Conclusion:

In conclusion, the preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary served as a pivotal step towards organizing a meaningful and impactful tribute to this revered national hero. With a collective focus on honoring Netaji's legacy and fostering understanding of his contributions, the meeting underscored the importance of the upcoming commemorative events. Through collaborative efforts, participants reviewed planning progress, addressed challenges, and devised strategic approaches to ensure effective event execution.

Outcomes:

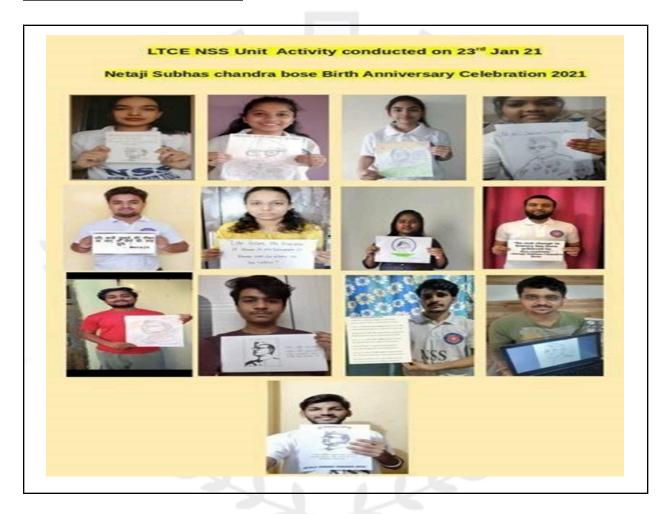
The outcomes of the preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary were marked by several significant developments and strategic decisions. Firstly, there was a clear delineation of responsibilities among NSS student coordinators, faculty advisors, and volunteers, ensuring efficient coordination and execution of tasks leading up to the event. This allocation of roles facilitated a streamlined planning process and enhanced accountability within the organizing team.

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EVENT PHOTOGRAPHS:



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Impact Analysis

A. **Impact Analysis:**

The impact analysis of the preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary underscores several key outcomes poised to shape the event's success and influence. By meticulously assigning roles and delineating responsibilities among NSS student coordinators, faculty advisors, and volunteers, the meeting has set the stage for enhanced collaboration and accountability within the organizing team. As a result, the commemorative events are poised to deepen participants' understanding of Netaji's enduring legacy, instill institutional pride, and inspire future generations through reflection on his principles of courage and dedication to the nation. Ultimately, the preparatory meeting serves as a catalyst for nurturing a collective sense of pride, identity, and inspiration, contributing to a lasting legacy of remembrance and reverence for Netaji Subhas Chandra Bose within the institution and beyond.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

Looking ahead, the preparatory meeting for the commemoration of Netaji Subhas Chandra Bose's birth anniversary lays the groundwork for an expansive future scope of initiatives and endeavors aimed at perpetuating his legacy and principles. One avenue for future exploration involves the establishment of an ongoing educational program or series dedicated to exploring Netaji's life, ideals, and contributions to India's freedom struggle. This could encompass a variety of activities such as workshops, seminars, and interactive sessions aimed at engaging students and fostering a deeper understanding of his legacy. Additionally, there is potential for collaborative research projects or publications that delve into lesser-known aspects of Netaji's life, offering fresh insights and perspectives for academic discourse.

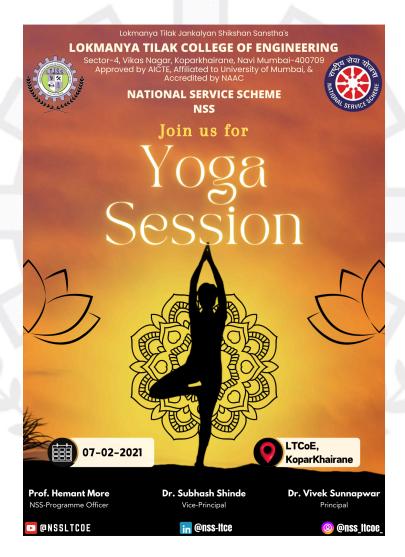
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National Service Scheme

Yoga Session

NOTICE:



Event Details:

Event Name: Yoga Session

Date: 07th February, 2021

Venue: LTCE, Navi Mumbai

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Introduction:

Welcome to the transformative world of yoga! The NSS invites you to join our diverse yoga sessions, led by experienced instructors. Explore physical postures, breathing exercises, and meditation techniques for holistic well-being and community engagement. Whether you're a beginner or seasoned practitioner, discover serenity, deepen your practice, and embrace mindfulness with us. Let's embark on a journey towards a healthier, happier, and more harmonious society through the power of yoga. Namaste.

Meeting and Preparation:

The NSS Yoga Session, held on February 7th, 2021, was a significant event in the organization's efforts. The meeting aimed to review the event's execution, discuss outcomes, and identify areas for improvement. The agenda included a brief recap of the event, an assessment of logistical arrangements, a review of session content and delivery, and an analysis of outcomes. The meeting also aimed to brainstorm and plan for future sessions, ensuring the continued success and effectiveness of NSS initiatives.

Purpose:

A yoga session involves mindful postures, relaxation techniques, and breath-centered movements to promote physical vitality and inner peace. This holistic approach promotes flexibility, strength, and balance, while reducing stress and anxiety. By fostering a deep connection to the present moment, participants feel rejuvenated and empowered to navigate life with grace and resilience.

Work Summary:

Yoga sessions are a vital aspect of the National Service Scheme (NSS), a prominent organization in educational institutions. These sessions aim to promote holistic well-being among students and staff members, focusing on various yoga postures, breathing exercises, and relaxation techniques. The sessions are held regularly, with weekly or bi-weekly schedules, and typically last from 45 minutes to an hour.

The structure of yoga sessions includes warm-up exercises, asanas, pranayama, meditation, and relaxation techniques. Participants are guided through a series of poses targeting different muscle groups and body parts, catering to participants of varying fitness levels. Pranayama techniques, such as Anulom Vilom, Kapalabhati, and Bhramari, are taught to enhance respiratory health and mental clarity.

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The sessions often conclude with guided meditation and relaxation techniques, providing a deep sense of tranquility and inner peace. Benefits of NSS yoga sessions include enhanced physical health, mental well-being, improved concentration, social connection, and self-awareness and personal growth. Regular practice of yoga enhances flexibility, strength, balance, cardiovascular health, and immunity. It also helps alleviate stress, anxiety, and depression by promoting relaxation, mindfulness, and emotional resilience.

Conclusion:

In conclusion, yoga sessions organized by NSS serve as a valuable platform for students and staff members to nurture their physical, mental, and spiritual well-being. By incorporating yoga into their routine activities, NSS contributes to the overall development and enrichment of individuals within educational institutions, fostering a culture of health, harmony, and holistic living.

Outcomes:

Yoga sessions are a powerful tool for enhancing flexibility, strength, and flexibility. They involve stretching and holding poses, which gradually increase joint and muscle range of motion. This leads to increased strength, particularly in the core, arms, legs, and back. Regular yoga practice can correct poor posture habits by strengthening muscles that support proper spine alignment. Yoga also promotes stress reduction through breathing exercises and meditation, reducing stress levels and promoting relaxation. It enhances mind-body awareness, balance, and coordination, boosting energy and vitality. Balancing poses in yoga challenge stability and coordination, leading to improved balance over time. Regular yoga practice can boost energy levels, leave practitioners feeling revitalized and energized. Yoga's emphasis on relaxation and stress reduction can contribute to better sleep quality and duration. It can also alleviate chronic pain by improving flexibility, strength, and posture. Lastly, yoga encourages self-awareness and self-acceptance, leading to a greater sense of overall well-being and emotional resilience.

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Impact Analysis

A. Impact Analysis:

Yoga sessions offer numerous benefits, including physical health improvements, stress reduction, and mental well-being. A structured approach to impact analysis involves defining objectives, collecting data, analyzing quantitative and qualitative data, comparing outcomes with benchmarks, and identifying positive impacts.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

Yoga sessions are gaining popularity as a stress management tool for wellness and health. They are increasingly used in healthcare, corporate wellness, education, and the digital landscape. Yoga offers benefits like alleviating chronic pain, improving cardiovascular health, and reducing anxiety. The demand for yoga sessions is expected to grow exponentially, promoting holistic well-being.

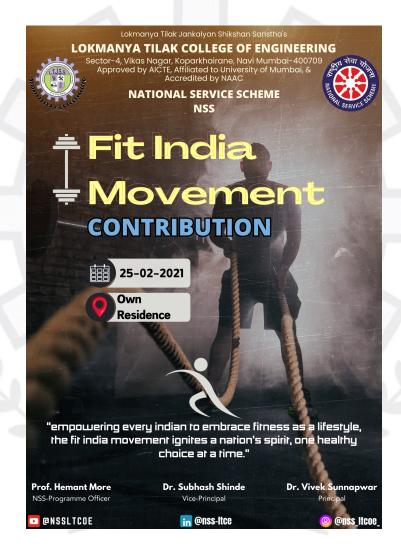
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National Service Scheme

Fit India Movement Contribution

NOTICE:



Event Details:

Event Name: Fit India Movement Contribution

Date: 25th February, 2021

Venue: Residence

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National Service Scheme

Introduction:

The Fit India Movement is a nationwide initiative in India promoting physical fitness and well-being. The National Service Scheme (NSS) plays a crucial role in spreading the ethos of fitness and health across various societal strata. The NSS has bolstered the Fit India Movement's reach and catalyzed tangible change at the grassroots level. Its efforts include promoting physical activity, organizing awareness campaigns, and fostering a culture of holistic wellness within communities nationwide. The Fit India Movement is a significant step towards promoting a healthier and more active lifestyle.

Meeting and Preparation:

The Fit India Movement, a national campaign promoting fitness and wellness, hosted a meeting on 25th February 2021, at the residence. The meeting focused on the Fit India Movement Contribution event, discussing activities, participation levels, and feedback received. The meeting also evaluated the impact of the event, including attendance numbers, participant feedback, and media coverage. Future opportunities for NSS to continue supporting the Fit India Movement were explored, including organizing additional events, partnering with other organizations, and implementing initiatives to promote fitness and wellness. A plan of action was developed, responsibilities were assigned to team members, timelines were set, and goals for future initiatives were established. The meeting also addressed any other matters related to the Fit India Movement or other relevant topics. Participation and input were crucial to the success of the efforts to promote fitness and wellness within the community.

Purpose:

The Fit India Movement is a national initiative aimed at promoting fitness and wellness among India's citizens. The National Service Scheme (NSS) is actively involved in this movement, aiming to inspire, educate, and engage individuals across diverse demographics to prioritize physical fitness. The Fit India Movement emphasizes the importance of incorporating regular physical activity and sports into daily routines to combat sedentary lifestyles and non-communicable diseases. NSS aims to create widespread awareness about the benefits of fitness, encourage participation in sports, and provide access to facilities for active living. By fostering a holistic approach to health and wellness, NSS contributes significantly to the nation's development.

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Work Summary:

The Fit India Movement is a nationwide initiative launched by the Government of India to promote fitness and well-being among people of all age groups and backgrounds. The National Service Scheme (NSS), one of the largest volunteer organizations in the world, has made significant contributions to the Fit India Movement through various activities and initiatives.

Awareness campaigns have been organized by NSS units across the country to educate people about the importance of fitness and physical activity. These campaigns include seminars, workshops, and awareness drives conducted in schools, colleges, and local communities. The aim is to disseminate information about the benefits of leading an active lifestyle and motivate people to adopt healthier habits..

NSS also organizes sports events and competitions at the regional, state, and national levels to promote active participation in sports and games. Fitness challenges and camps are conducted to encourage individuals to set personal fitness goals and track their progress over time.

Conclusion:

The Fit India Movement, led by the National Service Scheme (NSS), promotes health and wellness through sports and physical activity. In conclusion, the Fit India Movement has significantly contributed to the nation's health and wellness, fostering a culture of fitness and promoting healthier lifestyles. The movement's success underscores the need for continued investment in fitness awareness and health education.

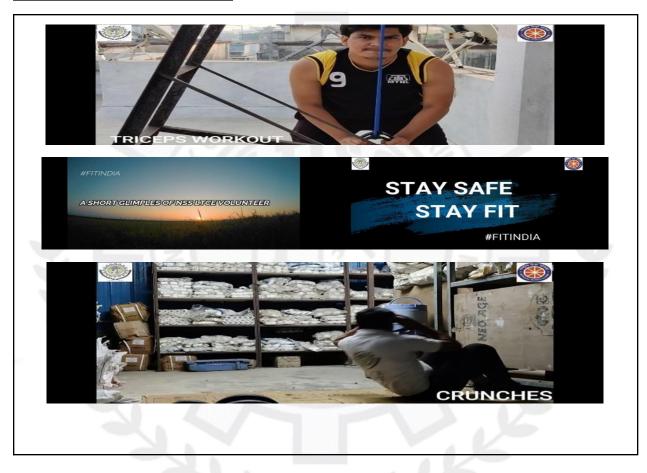
Outcomes:

The Fit India Movement, initiated by the National Service Scheme (NSS), promotes physical fitness and wellness across India through various activities like fitness camps, sports events, yoga sessions, and awareness campaigns. Participation in the movement has led to increased awareness about the importance of physical fitness, improved health outcomes, and fostered a culture of inclusivity and participation in sports and fitness activities. The movement has also developed leadership skills among volunteers, fostering a sense of responsibility towards the community. NSS remains committed to promoting a healthier and fitter India for all citizens.

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National Service Scheme

Impact Analysis

A. Impact Analysis:

The Fit India Movement, initiated by the Indian government, promotes physical fitness and sports culture. The National Service Scheme (NSS) has played a significant role in promoting fitness and wellness, fostering a culture of fitness and wellness. Their efforts have led to increased awareness, establishment of fitness infrastructure, and the development of leadership, teamwork, and communication skills among volunteers.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

The Fit India Movement, initiated by the Indian government, promotes fitness and wellness through participation in various events and programs. The National Service Scheme (NSS) plays a crucial role in promoting physical, mental, and emotional well-being.

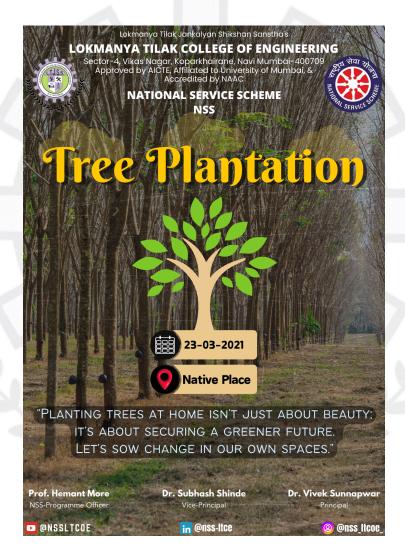
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National Service Scheme

Tree Plantation

NOTICE:



Event Details:

Event Name: Tree Plantation

Date: 23rd March, 2021

Venue: Native Place

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National Service Scheme

Introduction:

Tree plantation is a crucial step towards a sustainable world, addressing environmental challenges such as climate change, deforestation, and biodiversity loss. Planting trees not only adds greenery but also plays a pivotal role in carbon sequestration, purifying the atmosphere and improving air quality. They provide habitats for diverse species of flora and fauna, fostering biodiversity and ecosystem resilience. Trees also offer socio-economic benefits, such as soil stabilization, preventing erosion, and providing valuable resources like timber, fruits, and medicinal plants. They also serve as a powerful tool for community engagement, fostering a sense of environmental stewardship and collective responsibility. By involving individuals, communities, businesses, and governments in tree planting initiatives, we can foster a culture of sustainability and environmental consciousness.

Meeting and Preparation:

The meeting agenda for the NSS Tree Plantation event took place on March 20th, 2021, at the Native Place office. The meeting discussed the preparations for the event, including roles and responsibilities for organizing committee members and volunteers, logistics and supplies, site preparation, promotion and awareness, safety measures, timeline and schedule, open discussion, next steps and follow-up, and adjournment. The meeting covered procurement of tree saplings, shovels, watering cans, gloves, first aid kits, and refreshments for volunteers. It also covered site preparation, promotion and awareness, safety measures, volunteer coordination, timeline and schedule, contingency planning, documentation, post-event clean-up, and evaluation and reflection. The goal was to ensure a well-organized and successful tree plantation event, focusing on safety measures, first aid station setup, safety briefings, crowd control measures, and a clean-up of the site. The meeting also provided an opportunity for attendees to share ideas and provide feedback, ensuring a successful and enjoyable event.

Purpose:

Tree plantation in college campuses serves multiple purposes. Firstly, it provides environmental benefits such as improving air quality, reducing the urban heat island effect, and contributing to biodiversity. Additionally, it offers educational opportunities by providing a hands-on learning experience for students and serving as a living laboratory for ecological studies. Furthermore, it enhances the aesthetic appeal of the campus, creating a more inviting environment for the college community, while also providing spaces for relaxation and recreation. Finally, tree plantation initiatives can engage the college community in community service and environmental stewardship, fostering a sense of environmental responsibility and engagement with the local community.

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Work Summary:

The NSS organized a tree plantation drive within the LTCE college campus, aiming to enhance greenery and promote environmental sustainability. Volunteers actively participated in planting saplings across designated areas, contributing to the preservation of biodiversity and mitigating the effects of climate change. Educational sessions were conducted to raise awareness about the importance of trees in carbon sequestration, air purification, and ecosystem balance. The initiative not only beautified the campus but also instilled a sense of environmental responsibility among students and faculty. Through collaborative efforts, the NSS demonstrated its commitment to creating a greener and healthier future for the college community and beyond.

Conclusion:

In conclusion, the tree plantation event stands as a testament to the collective dedication of the college community to environmental sustainability and ecological preservation. As the newly planted trees take root within our campus, they symbolize our commitment to nurturing a greener, more sustainable environment for current and future generations. Through active participation and collaboration, students, faculty, and staff have demonstrated their shared responsibility in fostering a campus culture that values environmental stewardship. Moving forward, it is imperative to uphold the spirit of this event by nurturing and caring for the newly planted trees, and by continuing to advocate for sustainable practices and environmental consciousness within our academic community. By working together, we can ensure that the impact of this event extends far beyond the act of tree planting, leaving a lasting legacy of environmental responsibility and commitment to a healthier, more vibrant campus environment.

Outcomes:

Environmental Impact, Educational Opportunities, Community Engagement, Long-Term Sustainability, Promotion of Environmental Awareness

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National Service Scheme

Impact Analysis

A. Impact Analysis:

Tree plantations play a crucial role in mitigating climate change by absorbing carbon dioxide, enhancing biodiversity, and improving water resources. They also contribute to socioeconomic benefits, such as income generation and employment opportunities.

B. Mapped POs: PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

The economic value of tree plantations is significant, with timber production, non-timber forest products, and ecosystem services contributing to carbon sequestration. Policy alignment, stakeholder engagement, and legal compliance are essential factors in promoting sustainable tree

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National Service Scheme

Donation from IETE Committee to Mother Teresa Home NOTICE:



Event Details:

Event Name: Donation from IETE Committee to Mother Teresa Home

Date: 26th March, 2021

Venue: Online

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National Service Scheme

Introduction:

The Institute of Electronics and Telecommunication Engineers (IETE Committee) has been dedicated to philanthropy, particularly through its donation to the Mother Teresa Home. The Mother Teresa Home, founded by Mother Teresa, is a sanctuary for the marginalized and destitute, embodying universal principles of empathy and assistance. The IETE Committee's contribution to the Mother Teresa Home represents a financial transaction and a profound solidarity with the mission of compassion espoused by Mother Teresa. This collaboration between the IETE Committee and the Mother Teresa Home aims to foster a culture of giving within society, highlighting the synergy between technology, compassion, and social responsibility.

Meeting and Preparation:

The IETE Committee held a meeting on March 24th, 2021, to discuss the donation from the committee to Mother Teresa Home. The event, scheduled for March 26th, 2021, aimed to contribute to the noble cause supported by Mother Teresa Home and foster a spirit of philanthropy within the community. The committee discussed the preparation for the event, including technical setup, content review, and plans for promoting the event through social media channels and email newsletters. Responsibilities were assigned among committee members to ensure smooth coordination and execution of the event. A Q&A session was held to address any queries or concerns raised by committee members. Action items were summarized, with deadlines and responsible parties assigned. It was agreed to reconvene for a brief check-in meeting on the day before the event to ensure all preparations were on track. The meeting concluded with a reminder of the significance of the event and appreciation for everyone's dedication to this cause. The next meeting was scheduled for March 25th, 2021, online via Zoom.

Purpose:

The "Donation from IETE Committee to Mother Teresa" event is a philanthropic initiative aimed at promoting a culture of compassion, generosity, and social responsibility among students and the wider community. The event aims to extend financial assistance to organizations dedicated to humanitarian causes, raising awareness about ongoing social issues and the importance of lending a helping hand to those in need. The IETE Committee is involved in the event, encouraging active participation from students and professionals in the field of electronics and telecommunication towards social welfare activities. The event also promotes collaboration, inspiring empathy and compassion among participants, celebrating generosity, and embodying the core values of the NSS, which include community service, social justice, and empowerment.

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The ultimate goal is to catalyze positive social change, promote altruism, and inspire individuals to become proactive agents of compassion and change in their communities.

Work Summary:

The National Service Scheme (NSS) in collaboration with the Institution of Electronics and Telecommunication Engineers (IETE) Committee is organizing a noble event to extend support to the humanitarian efforts of the Missionaries of Charity, founded by Mother Teresa. The primary objective of this event is to collect donations in the form of funds, essential supplies, and other necessities to support the various charitable initiatives of the Missionaries of Charity, including providing food, shelter, healthcare, education, and other essential services to the underprivileged, sick, and marginalized sections of society.

In conclusion, the NSS event, in collaboration with the IETE Committee, exemplifies the spirit of compassion and solidarity championed by Mother Teresa, aiming to honor her legacy and make a positive difference in the lives of those in need.

Conclusion:

The IETE Committee organized a donation event to support Mother Teresa's noble cause, demonstrating their collective commitment to philanthropy and social responsibility. The event showcased solidarity with marginalized members, highlighting the power of compassion and unity in effecting positive change. The event serves as a catalyst for continued acts of kindness and empathy, inspiring us to uphold the values of service and compassion advocated by Mother Teresa, aiming to build a more inclusive and compassionate world.

Outcomes:

The IETE Committee's donation to Mother Teresa's organization provides financial support for its operations, enabling the organization to provide essential services to the underprivileged. This support positively impacts the lives of numerous beneficiaries, fostering community engagement and solidarity. The IETE Committee raises awareness about the challenges faced by disadvantaged communities and promotes a culture of philanthropy within the community. The donation strengthens the partnership between the IETE Committee and Mother Teresa's organization, paving the way for future collaborations and social issues.

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National Service Scheme

Impact Analysis

A. Impact Analysis:

The IETE Committee's donation to Mother Teresa's cause during a National Service Scheme event demonstrates a commitment to social responsibility and philanthropy.

B. Mapped POs:

PO6, PO7 and PO10- Slightly mapped, PO8 and PO9 - Moderately mapped

C. Future Scope:

The IETE Committee is exploring future scopes for its National Service Scheme (NSS) donation event to Mother Teresa's organization. These include expanded outreach, multi-dimensional support, educational initiatives, long-term partnerships, technological integration, research and innovation, global collaboration, and measurable impact assessment. By embracing these future scopes, the NSS event can become a catalyst for positive change, addressing the needs of underprivileged communities and embodying the spirit of service and compassion exemplified by Mother Teresa.