



Fr. C. Rodrigues Institute of Technology, Vashi
(An Autonomous Institute & Permanently Affiliated to University of Mumbai)



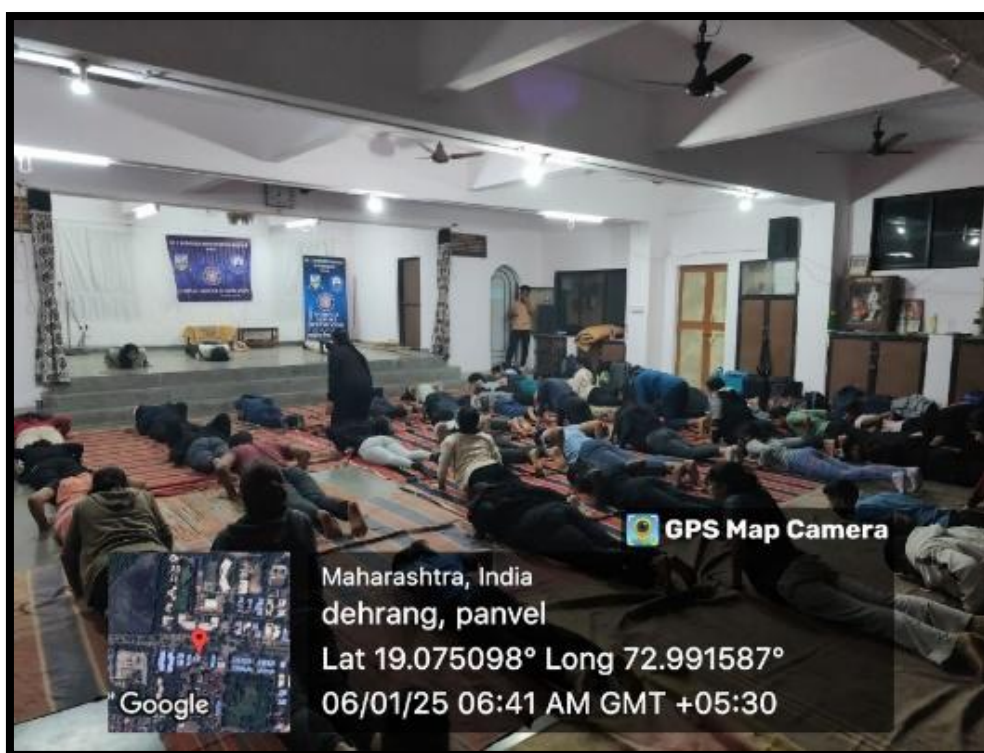
NSS UNIT of Fr. C. Rodrigues Institute of Technology, Vashi, Navi Mumbai

1.	Name of the Activity	: Special Camp of NSS unit of Fr. Conceicao Rodrigues Institute of Technology, Vashi
2.	Activity Venue & Date	: 4 th January 2025 to 10 th January 2025, Dehrang village, Panvel
3.	Nature of Participants	: Faculty and NSS FCRIT volunteers
4.	Number of Student Volunteers	: 49
5.	Student Coordinator	: Priyesh Tekade Samyukta Menon Sahil Khopkar Arya Nikam
6.	Program Officer	: Mr. Rahul Jadhav



MORNING EXERCISE (05/01/2025) to (10/01/2025)

Each day of the special camp began with an invigorating morning workout session, including warm-up exercises, yoga, Zumba, and a refreshing jog to a scenic hilly area for additional exercises amidst nature. After returning to the ashram, volunteers enjoyed a wholesome breakfast before engaging in **shramdan**, dedicating their efforts to cleaning the grounds and clearing debris. The mornings concluded with interactive games that provided both entertainment and valuable moral lessons, fostering teamwork and motivation. This structured routine, followed throughout all six days, ensured an energetic and enriching start to each day.



CULTURAL ACTIVITIES, EVENING TALENT (04/01/2025) to (9/01/2025)

Each evening of the special camp was brought to life through the vibrant *Daily Cultural Activities* organized by the dedicated cultural committee of the student volunteers. These sessions served as a rejuvenating outlet after a day filled with physical work and social service. The activities included a wide range of cultural games and talent showcases, allowing volunteers to express their creativity and unwind in a cheerful atmosphere. Participants enthusiastically took part in singing, dancing, poetry recitation, powada singing, drama, and acting performances, each bringing out diverse talents and cultural richness. Additionally,



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interactive games like musical chairs added an element of fun and friendly competition, encouraging laughter and bonding among volunteers. These cultural evenings not only helped in relieving the stress and tiredness from the day's activities but also created a space for emotional expression and mutual appreciation. The consistent schedule of these engaging programs throughout the camp fostered a sense of community, boosted morale, and ensured that every day ended on a joyful and memorable note.



DISASTER MANAGEMENT SEMINAR (05/01/2025)

The Emergency Medical Service (EMS) workshop provided hands-on training in first responder skills, including various carry techniques and improvised stretcher-making using materials like ropes, belts, and blankets. Volunteers also learned Medical First Response (MFR) and tested their skills through a hurdle-crossing competition. The CPR training equipped them with life-saving techniques to handle cardiac emergencies, while the disaster management workshop covered planning, evacuation, triage, and emergency helplines, enhancing their preparedness and response abilities. Additionally, volunteers explored the role of engineering in social development, learning to construct stretchers using bamboo, bed sheets, belts, and ropes, guided by experts from the Social Architect Foundation. These sessions collectively empowered volunteers with practical skills for real-world emergencies.



A SESSION ON GENDER EQUALITY AT DHAMNI FOR SCHOOL STUDENTS (06/01/2025)

One of the impactful sessions conducted during the special camp was an awareness program on *Gender Equality* organized by the volunteers for the students of Dhamni School. This session aimed to educate and sensitize young minds about the importance of equality between all genders, promoting respect, empathy, and fairness. The volunteers designed the session in an interactive and engaging manner, using storytelling, real-life examples, role plays, and thought-provoking discussions to convey the message effectively. Students were encouraged to participate, share their views, and ask questions, creating an open and inclusive environment. Through creative presentations and relatable scenarios, the volunteers highlighted key issues such as stereotypes, discrimination, and equal opportunities in education and society. The session not only helped the students understand the concept of gender equality but also inspired them to become more aware and responsible individuals in their communities. The initiative was well-received and left a lasting impression, reinforcing the camp's objective of creating socially conscious and empowered citizens.



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SESSION ON CAREER GUIDANCE FOR THE VOLUNTEERS (06/01/2025)

A valuable and insightful session on *Career Guidance* was conducted during the special camp, specifically aimed at helping NSS volunteers explore and identify their fields of interest. This session provided a platform for self-reflection and future planning, guiding volunteers toward informed decisions about their academic and professional paths. Conducted in an interactive format, the session included personality assessments, interest mapping, and discussions on various career options across diverse streams. Volunteers were encouraged to share their aspirations, doubts, and goals, while the facilitators provided clarity on available opportunities, required skill sets, and educational pathways. Special emphasis was laid on aligning personal interests with career choices to ensure long-term satisfaction and success. The session also covered emerging career trends, alternative professions, and the importance of continuous learning and adaptability. By the end of the session, many volunteers gained a clearer understanding of their strengths and interests, making it a transformative and motivating experience. This initiative contributed significantly to the personal growth of the volunteers, empowering them to take confident steps toward their future.



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**RECONSTRUCTION OF THE STONES BRIDGE AT THE RIVER SIDE
(07/01/2025)**

The activity aimed to *reconstruct the stone bridge* at the riverside, which served as an essential crossing point for the villagers in their daily routines. The damaged condition of the existing structure posed a significant risk, especially during the rainy season, making it difficult and unsafe to cross the river. With the intention of restoring this vital link, the volunteers took on the challenge with enthusiasm and dedication. Under the guidance of local workers and elders, they engaged in physically intensive tasks such as collecting and positioning large stones, reinforcing the base, and clearing the surrounding area to ensure accessibility and durability. The process demanded strength, coordination, and teamwork, which the volunteers displayed consistently throughout the activity. As the bridge gradually took shape, it stood as a symbol of collaborative effort and the spirit of service. The successful reconstruction not only brought relief and safety to the villagers but also gave the volunteers a deep sense of achievement and pride. This hands-on initiative highlighted the importance of community-driven development and left a lasting impact on both the locals and the participants.





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MENSTRUAL HYGIENE SESSION AND PAD DONATION (08/01/2025)

This session aimed to educate young girls on menstrual health and hygiene, addressing an often-overlooked aspect of well-being. Facilitators created a comfortable environment for open discussions, covering topics like menstruation, hygiene maintenance, and proper use and disposal of sanitary products. A pad donation drive was also organized, providing essential resources to help girls manage their periods with dignity. The initiative not only met immediate needs but also worked to break taboos, encouraging open conversations. Many participants expressed gratitude, gaining confidence in managing this natural process, making it a significant step toward empowerment and gender equity.



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TREE PLANTATION USING ECO BRICKS BARRIER (08/01/2025)

The tree plantation activity provided hands-on environmental education and community participation. Students planted four saplings, symbolizing sustainability, and created eco-bricks from plastic waste to form protective barriers. This integrated approach promoted both afforestation and plastic waste management. Facilitators emphasized the role of trees in combating climate change, improving air quality, and supporting biodiversity. Students learned essential skills like soil preparation, watering, and long-term care of saplings. The event encouraged discussions on resource conservation and inspired students to involve their families. It fostered a sense of responsibility, motivating participants to monitor sapling growth and contribute to environmental protection.



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SEMINAR ON GOOD TOUCH-BAD TOUCH – POSCO ACT (08/01/2025)

The seminar educated students on personal safety, bodily autonomy, and their rights under the POSCO Act. Through role-playing and discussions, they learned to differentiate between safe and unsafe touch and were encouraged to speak up and seek help when needed. Facilitators emphasized open communication and provided guidance on responding to unsafe situations. The session fostered awareness, confidence, and a supportive environment, empowering students to protect themselves and others.



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SPORTS ACTIVITIES (08/01/2025)

NSS volunteers organized sports events in Dhamani and Dehrang villages. In Dhamani, preparations for sports day began early, leading to an enthusiastic event featuring kho-kho, running races, book balancing, and langadi for different age groups. Despite a shortage of relay race participants, volunteers joined in, strengthening their bond with the students. In Dehrang, volunteers adapted various games like relay races, frog jumps, and duck walks to fit the available space, ensuring an engaging and joyful experience. The events fostered team spirit, laughter, and lasting memories for both students and volunteers.



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STREET PLAY ON WOMEN EMPOWERMENT AND EDUCATION (09/01/2025)

NSS volunteers from Fr. Conceicao Rodrigues Institute of Technology performed impactful street plays in Dehrang and Dhamani villages, addressing crucial social issues. In Dehrang, they highlighted the **Importance of Education**, gathering a diverse audience through spirited slogans and an emotionally powerful skit that emphasized the transformative role of education. In Dhamani, the volunteers raised awareness about **domestic violence and child marriage**, using an engaging storyline that deeply resonated, especially with women in the audience. The performances, supported by effective teamwork and interactive outreach, left a lasting impact, fostering community reflection and commitment to social change.

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BONFIRE AT THE LAST DAY OF THE CAMP (09/01/2025)



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The activity aimed to *bring closure to the seven-day journey* through a heartfelt bonfire gathering held on the last evening of the camp. Volunteers came together to build the bonfire using sticks and dry cow dung, carefully arranging them to create a symbolic structure that would mark the end of a memorable week. As the fire crackled to life, the atmosphere turned reflective and emotional. Sitting around the warm glow, each volunteer took a moment to share their personal experiences from the camp—what they had learned, the bonds they had formed, and the growth they had undergone through the various activities. These reflections created a sense of unity and understanding among the group, strengthening the connection built over the days. The bonfire held a deeper meaning as well; with each flicker of the flame, the volunteers symbolically let go of any negativity, stress, or doubts they had carried, allowing the fire to consume it all. What remained was only the warmth of good memories, lessons learned, and friendships forged. The ash left behind became a gentle reminder of transformation and a fresh start, marking the end of a beautiful chapter with peace, gratitude, and a renewed spirit.

TREE PLANTATION AT THE ASHRAM (10/01/2025)

The activity aimed to *give back to the place that offered shelter and warmth* throughout the



week by organizing a meaningful tree plantation drive at the premises of Shraddhashrey Ashram, where the volunteers had stayed for the seven days of the camp. As a gesture of gratitude and environmental responsibility, the volunteers, along with the owner of the ashram, came together to plant a variety of saplings across the ashram grounds. Each plant was carefully placed and nurtured, with the hope that it would grow into a symbol of the bond shared between the volunteers and the ashram. The activity was filled with a sense of fulfilment and connection, as everyone participated wholeheartedly, digging, planting, watering, and labelling the saplings. The owner of the ashram expressed heartfelt appreciation for the initiative,



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recognizing it as a lasting contribution that would benefit future visitors and the environment alike. As the volunteers prepared to leave, the sight of the newly planted trees stood as a living reminder of their presence, efforts, and the positive change they brought during their stay.



Rahul

RAHUL JADHAV

PROGRAM OFFICER