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3.6.3 NUMBER OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED BY THE INSTITUTION

❖ 2019-20

- Extension activities organized by Departments through various collaborations (12 Activities)
- SIP-Social Involvement Program (6 Activities)

❖ 2018-19

- Extension activities organized by Departments through various collaborations. (9 Activities)
- SIP-Social Involvement Program. (6 Activities)

❖ 2017-18

- Extension activities organized by Departments through various collaborations. (9 Activities)
- SIP-Social Involvement Program. (6 Activities)

❖ 2016-17

- Extension activities organized by Departments through various collaborations. (2 Activities)
- SIP-Social Involvement Program. (6 Activities)

❖ 2015-16

- Extension activities organized by Departments through various collaborations. (2 Activities)
- SIP-Social Involvement Program. (6 Activities)



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2019 – 2020



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Name of the Activity:	Media Education Project for BMC School Students
Collaborators	Department of Mass Media/Salaam Bombay Trust Foundation
Duration	January 22 and 23, 2020
No of Staff	2
No of Students	31

Salaam Bombay Foundation, an NGO works for the education and development of vulnerable children between the age group of seven and eleven. A two-day exhibition was held in collaboration with the Foundation, where children from across Mumbai displayed their talents and capabilities through a range of media-centric projects from photography and film to radio and television.

The first-year students from the Department worked closely with the kids, mentored and monitored their work. They helped them in conducting interviews, framing questionnaire, creating content for the radio and above all motivated the young talent. The exhibition stalls were interactive and engaged the visitors in various ways giving young students hands-on-experience of understanding media. The exhibition was well received by the visitors.



Media exhibition stall in collaboration with Salaam Bombay foundation in College hall.



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Exhibition visitors at the Photography stall in collaboration with Salaam Bombay Foundation in college hall.



Participants from Salaam Bombay Foundation at the Radio stall hosting a radio show.



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Name of the Activity:	Resource Development of Short documentaries of low-income group Entrepreneurs
Collaborators	Department of Mass Media/Pratham Educational Foundation
Duration	November 1-December 15, 2020
No of Staff	2
No of Students	62

Pratham Educational Foundation is an NGO based out of Mumbai. It is an innovative learning organization that works towards the betterment of the quality of education in India. In their quest to bridge the gap between innovative practices and women they conduct several Research based program development. One such is WEAVE, their annual film making.

Project Brief and Process: This year's focus was on the contribution of women entrepreneurs from informal sectors. The Final year Mass Media students participated in this competition. They identified women entrepreneurs in the informal sector in lower income neighbourhoods in Mumbai and researched on their business model and operations; invested a few days in filming these women in their everyday routine. The end product was a film showcasing how unorganised sector women-entrepreneurs display exemplary courage in overcoming not just financial constraints but also socio-cultural drawbacks.


Impact: A repository of films on women-entrepreneurs across India was curated by Pratham. These films are to be used by Pratham's grass root workers to inspire the next generation of women entrepreneurs and thereby offer a route to economic self-sufficiency in the lower- and middle-income families.

Film authenticity parameters:

- The submitted film should be in compressed MP4 HD format (1920 x 1080).
- The subject of the film must have given permission for the making and broadcasting of the film.
- The film should display originality through on-ground work.
- We encourage films in regional languages but they must have English subtitles.
- There should be no copyright violation in the film, and all the references must be properly cited.
- All students will have to give a 500–1000-word process report about their experience of the project.
- Entries must be made through the Google form on our [blog](#) and also needed to be shared as Google drive links at skilling@pratham.org.



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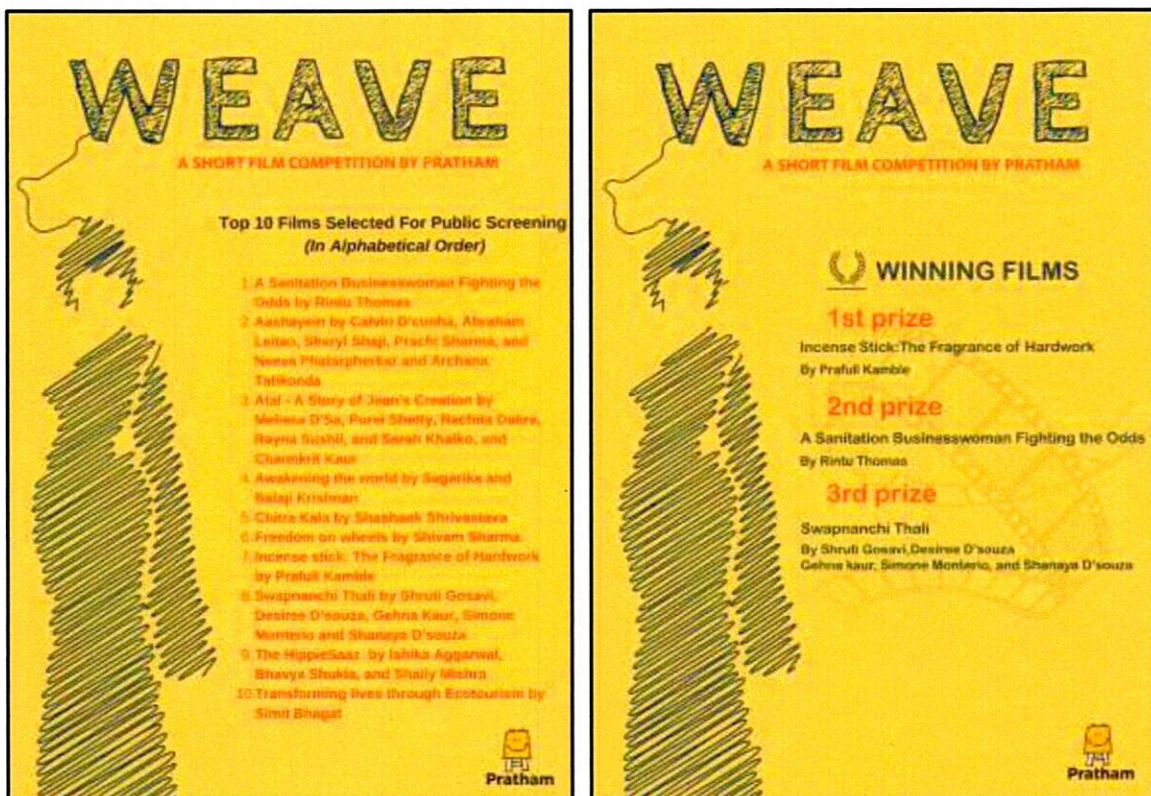


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- The students have to submit the film and the script of the film, consent forms and the process reports in a google drive folder and share it with skilling@pratham.org, the templates of all the documents have been attached in the mail.

Conclusion: In all 12 short films were submitted to Pratham featuring different women entrepreneurs. One short film, "Swapnanchi Thali" won third prize in the competition while two others, "AASHAYEIN" and "A Story of Jean's Creation" received a special place at the public screening of the documentaries. These films are showcased on Pratham YouTube channel.


List of Films by TYBMM Students Selected by Pratham for The Weaves Film Festival--
Public Screening



Announcement of the Winning Films- 3rd Prize TYBMM SXC - team.



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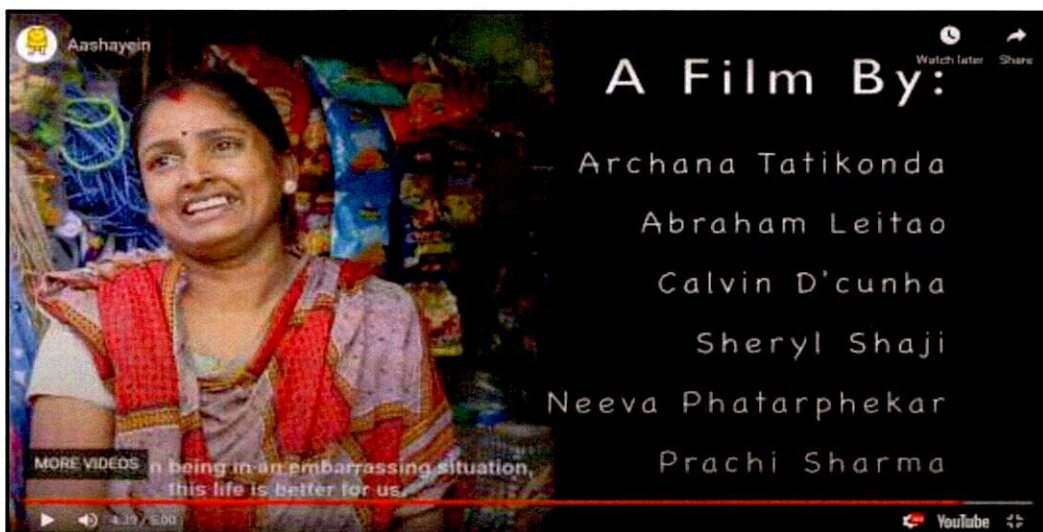

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Snap shots of the short Film 'Swapnachi Thali' and 'Aashayein' on the Pratham YouTube channel



Snap shots of the short Film 'Swapnachi Thali' and 'Aashayein' on the Pratham YouTube channel



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Name of the Activity:	Visit to the Kalote village in Kelavali was an initiative by CSA as a part of its pilot project to promote rural tourism
Collaborators	Department of Management Studies/Centre for Social Action
Duration	27 th February 2020
No of Staff	0
No of Students	2

Visit to the Kalote village in Kelavali was an initiative by CSA as a part of its pilot project to promote rural tourism. CSA will be working in collaboration with the students of the Department of Management Studies in setting up the villages as a hub for budding social entrepreneurs and can also provide affordable natural resources that can be sold in the city of Mumbai.



Visit to the Kalote Village SYBMS Sonali Das and Shameek D'Silva



Women from SHGs making eatables in CSA's FSSAI approved premises in Khopoli



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Name of the Activity:	Workshop on DNA extraction and Karyotyping for BMC School teachers.
Collaborators	Caius Research Laboratory/NGO Mukhtangan
Duration	24 th October 2019
No of Staff	3
No of Students	0

As a part of the professional development activity, a workshop on DNA extraction and Karyotyping was carried out on October 24th, 2019 for 24 BMC school teachers associated with the NGO Mukhtangan. The teachers were given hands-on training on DNA extraction from onion and analysis by electrophoresis. Dr. Priya Sundarrajan was the resource person for the workshop.

Date- 24th October 2019

Venue- St. Xavier's College, Caius Research Laboratory

Time- 1:00 pm to 4.30 pm

A workshop was conducted by Dr. Priya Sundarrajan on 24th October 2019 for the standard 7th and 8th Science teachers of Mukhtangan Schools. The topic of the workshop was DNA extraction and Karyotyping.

The teachers were enlightened about the structure, function and location of DNA. They worked in groups of 2 and received hands-on experience in extracting DNA from onion cells as well as conducting the process of electrophoresis. They were not able to connect theory with practical as such equipment is not available in school. The teachers discussed the need and importance of these techniques to teaching and found the workshop extremely informative.

Total number of teachers attended- 23

Total number of faculty attended- 9



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Workshop on DNA extraction and Karyotyping for BMC School teachers.



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Name of the Activity:	Cleanliness Drive- Elephanta Caves
Collaborators	Department of Geology/Elephanta Island
Duration	18 th January 2020
No of Staff	3
No of Students	52


Department-centric SIP activity this time around was conducted in the vicinity of Elephanta Island. Elephanta Island is a UNESCO World Heritage site under Raigad District, State of Maharashtra. According to some independent websites, this island has a local population of just over 1200, but the annual count of visitors to this place is around 54,000. This situation makes the spots on Elephanta island to dumping centers by the visiting tourists. Not only do Elephanta island caves have historical and archaeological significance, but also geological ones because of unique exposures of Deccan trap volcanism. This island's geoarchaeological location is an excellent site to make students aware of the importance of keeping its surroundings clean. Keeping this as a central theme of cleanliness, Elephanta caves boundary road and few surrounding localities were decided to be cleaned in groups on this particular visit. As responsible citizens, incorporation of this value is prudent for college students. Students and teachers took the initiative to clean this chosen site and the collected garbage and other waste materials were collected. This collected material was placed at the spot from where it was further picked up by respective authorities.



Cleanliness Drive-Elephanta Caves



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Name of the Activity:	Tree Plantation Drive
Collaborators	Department of Hindi/NGO-Vanashakti
Duration	31 st August 2019
No of Staff	1
No of Students	27

The Department of Hindi had organized and executed a tree plantation drive in collaboration with an NGO, Vanashakti on 31st August, 2019 (Saturday) in Govandi East. This exercise was conducted under the Discipline Centric Social Involvement Program (SIP) 2019. A team of 27 students, reached Navjeevan Mahila Vasati Gruh, 19 Telecom Factory Colony, Govandi East, Mumbai – 400088 at 09.00 am. They started cutting of grass, digging pits and preparing the soil for the plantation drive. These students planted the following species of saplings - Badam, Buddha Coconut, Lemon, Kailash Kapoor, Kanchan, Fadas, Jamun, Sisum, Amla, Bhava, Karanj and Jurul under the supervision of Dr. Bhagwati Upadhyay (Ex-Navy; Head of Department

– Hindi). Mr. Pawan from Vanashakti and Ms. Asmita, officer – in – charge of Mahila Vasati Gruh and other employees – Ms. Prajakta and Ms. Firdaus were also present during the Plantation Drive. Thus, in this way, our students participated in the plantation of 14 species of saplings. After a hard work of 5 hours, the students were provided refreshments and were sent off for the day.




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Name of the Activity:	Science and health awareness workshop 'Microbes and Health', 'Brain and Behaviour', 'DNA to Chromosome'
Collaborators	Department of Life Science and Biochemistry/Worli Sea Face BMC School in collaboration with Teach for India
Duration	7 th and 21 st August 2019
No of Staff	5
No of Students	46

The Department of Life Science and Biochemistry has in the last three years tried to encourage students to take science out of their classrooms to the common people, to the less privileged and to the vast majority of children studying in BMC schools who do not have the opportunity to imbibe science due to lack of infrastructure such as laboratories. The Department has roped in students of the SYBSc to take science to these schools.

The Department has undertaken this endeavour with a few objectives in mind. First of all, to enable Life Science students to share their knowledge with those less privileged than them, so as to enrich their lives. Secondly, to sensitize the students to socially relevant issues and make them aware of the ground realities of school education through interaction with these children.

46 SYBSC students of the Department of Life Science and Biochemistry designed three teaching and activity modules suitable for school students of Grade IX based on the themes 'Microbes and Health', 'Brain and Behaviour', 'DNA to Chromosome' Each module was designed by 15-16 students of SYBSc (Life Science) and conducted at the Worli Sea Face BMC English School on the above dates.

Information was delivered through chalk and board, charts, Power-point presentations using cell phones, live demonstrations and a quiz. This activity was carried out simultaneously in the three divisions of grade IX by groups of our students.

Dr. Radhika Tendulkar was the coordinator for this activity. The 46 SYBSc students were accompanied by five teachers – Dr. Nandita Mangalore, Dr. Sangeeta Shetty, Dr. Radhika Tendulkar, Dr. Manasi Kanuga, Dr. Binoj Kutty.

Outcome: The activities were well received by the target group and generated a lot of interest for the topics dealt with. This was obvious through the interactive Q and A session and informal interaction between both student groups that ensued. The success of this initiative was reflected in requests from the school to visit again with more such modules. Most of our students too have expressed their wish to continue with this activity due to the heartening response. The Department hopes that students will internalize this experience to emerge as much more sensitized individuals.





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Department of Life Science and Biochemistry
SIP Activity at the Worli Sea Face BMC English School conducted by the SYBSc students
On 7th and 21st July, 2019



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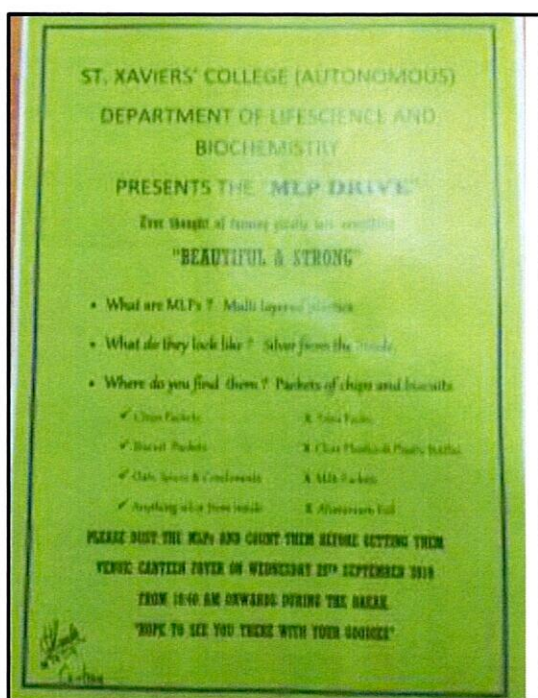


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Name of the Activity:	MLP drive in college to collect Multi-Layered Packaging waste
Collaborators	Department of Life Science and Biochemistry, St. Xavier's College (Autonomous), Mumbai and Safai Bank
Duration	29 th August 2019
No of Staff	2
No of Students	20

MLP Drive in Xavier's College:

Don't Bin it. Bank It: A talk on MLP collection and processing in campus by Mr. Rishi Agarwal, Founder of the Mumbai based NGO Mumbai Sustainability Centre and 'Safai Bank of India' on Thursday August 29th, 2019. An MLP drive in college to collect Multi-Layered Packaging waste on 26th September, 2019 and 27th November, 2019. Dr. Seema Das who organized this was assisted by student volunteers across the different faculties in college. This also included an MLP art installation in the canteen foyer by members of the Safai Bank on 30th September, 2019.



MLP Drive





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Name of the Activity:	Solid-waste management
Collaborators	Department of Microbiology/Stree Mukti Sanghatana
Duration	2019-20
No of Staff	1
No of Students	30

The current status of the landfills in Mumbai has made it imperative for every individual and institute to have their own solution to wet solid waste management. With this in mind, the Department of Microbiology, with the help and guidance of the NGO, Stree Mukti Sanghatana, initiated the composting of wet waste from the college canteen in 2017. The department collaborated with the NGO wherein the solid wet waste from the college canteen was segregated as wet and dry waste. The wet waste was used for composting.

Both undergraduate and postgraduate students volunteered for the task. They mapped all the bins in college and based on the information provided the College Administrator placed additional bins wherever needed. The canteen staff was instructed about the segregation of the organic waste and plastic waste and were told the importance of this segregation.

Students initially supervised the daily segregation of the waste in the canteen kitchen. In addition, the effort involved an awareness campaign among students using the canteen about the disposal of waste generated by them into dry and wet waste. Students made numerous pamphlets to be stuck to tables and on dustbins in the canteen. The college already had colour coded dustbins (Red for dry and green for wet waste). Pictures of items that should go into each dustbin were pasted on these to encourage their proper use. Students have also made banners which have been up in the canteen.

There were many problems initially – segregation was not carried out properly, the canteen boys who were adding wet waste to the bin were not mixing it with cocopeat properly – resulting in improper composting which also resulted in foul smells.

Since October 2018, a helper from the NGO, has been employed by college, who comes in daily and ensures only wet waste is added to the bin. To ensure proper composting we are now using smaller plastic crates instead of one big bin. Compost made on campus has been used in college gardens. We are now planning to sell the excess compost.

The composting process initiated by the Department will not only help the college achieve the zero-waste campus status but has also enabled problem-based learning for the students. Post graduate students have tried to develop a microbial consortium that can act as a biological tool for rapid degradation of organic solid wastes. Our undergraduate students have studied isolates from the compost and characterized them. They have tried to use these isolates in various applications for their lab projects. Handling a “real world problem” has made students realize the importance of their subject and helped develop critical thinking skills and lifelong learning.



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The solid waste management project started in 2017-18 successfully continued during the current academic year also.



Solid-waste management



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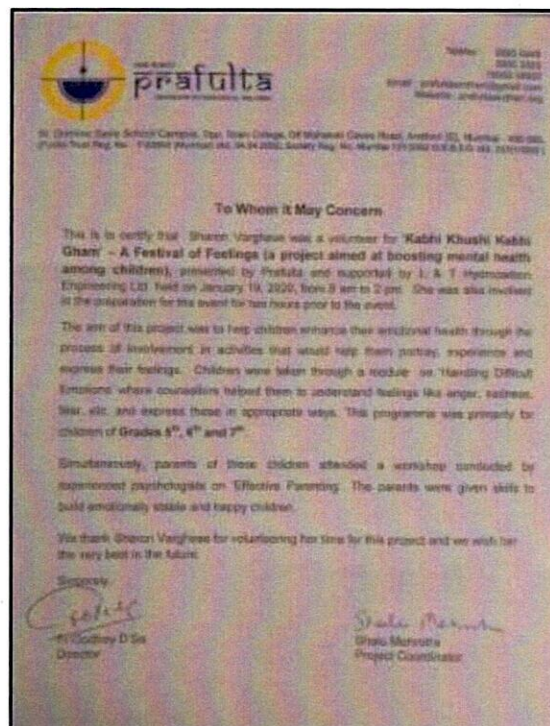
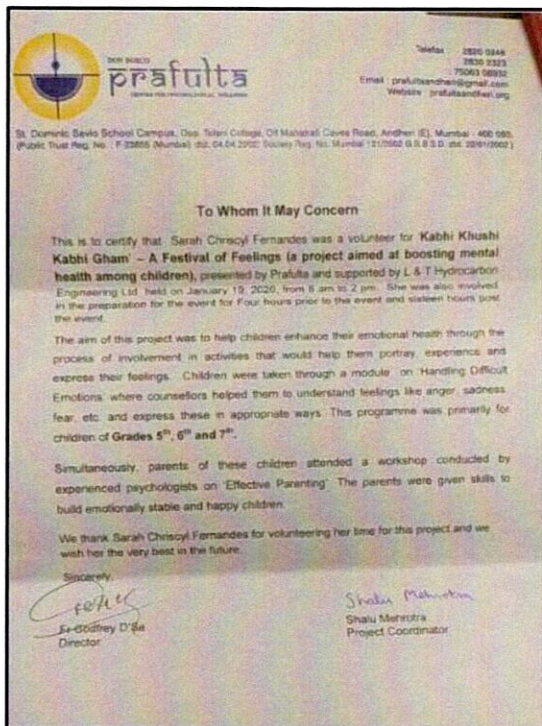
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Name of the Activity:	KKKG, Kabhi Khushi Kabhi Gham, A festival of feelings (A project aimed at boosting mental health among children)
Collaborators	Department of Psychology/Prafulta
Duration	19 th January 2020
No of Staff	1
No of Students	17

Over the last couple of years, few students from FYBA ARTS (Psychology) volunteer for a program titled KKKG, Kabhi Khushi Kabhi Gham, dealing with mental wellbeing, specifically dealing with emotions in children of various schools in Mumbai. Ms. Linda Dhakul (who is a resource person for the Parenting sessions of the event) personally supervises their work and contribution at the venues. This is usually held in January. The students' contribution involves handling Logistics for the event. It enables the successful completion of this program as designed by Prafulta (which is the largest NGO working in Mumbai in the area of Mental Health).



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Name of the Activity:	RUR - "Are you Reducing, Reusing, and Recycling"
Collaborators	Department of Zoology/RUR Greenlife Pvt. Ltd 'RUR' and the 'Go Green with Tetra Pak Campaign'
Duration	2019-20
No of Staff	1
No of Students	41

The Xavier's Zoology Association tied up with the RUR Greenlife Pvt. Ltd 'RUR' and the 'Go Green with Tetra Pak Campaign' in order to promote a recycling practice and culture on campus and in student's homes in the year 2016- 17.

RUR - "Are you Reducing, Reusing, and Recycling" is working towards a greener tomorrow by developing innovative, sustainable and decentralized waste management solutions. It also received recognition on an international platform by SWANA (solid waste management association North America for sustainable waste management).

Dr. Madhuri Hambarde, faculty in-charge of Zoology association registered with RUR and started by installing recycling bins in the foyer where students and staff could deposit their Tetra Pak cartons at their convenience. These Tetra Pak cartons were deposited at the closest Sahakari Bhandar, where they were recycled into notebooks and benches which get donated to underprivileged schools. Till, 2019 a total of 3189 Tetra Pak was collected every year.

In year 2019-2020 this activity was done by Xavier's Zoology Association as a Departmental SIP activity each student collected 50 tetrapaks washed and dried and submitted to the Department for recycling.



RUR- "Are you Reducing, Reusing, and Recycling"



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Name of the Activity:	Multi-layered/laminated Packaging (MLP)
Collaborators	Department of Zoology/Safai Bank of India is a project by Mumbai Sustainability Centre
Duration	2019-20
No of Staff	1
No of Students	58

Safai Bank of India is an organisation, which works in collaboration with WWF India and is committed towards a clean India. Safai Bank of India is a project by Mumbai Sustainability Centre which is a Section 8 non-profit company registered under the Companies Act of 2013. It is presently working with Multi-layered /laminated Packaging (MLP) waste, which is one of the largest types of plastic waste being generated and having poor disposal procedures. It helps in preventing Multi-layered/laminated plastics being dumped in dumping grounds where they will be burnt at low temperatures, which will allow toxicants to be released in the environment leading to increase in pollution.

Thus, this organisation collects these MLPs from all the branches and disposes it in a responsible manner by methods prescribed in the Waste Management Rules.

It is called as Safai Bank as it functions like a bank where there is a branch and each branch has account holders. To manage these accounts there is a branch coordinator.

All those from various schools, colleges, Departments, societies, organisations etc. interested in this collection of MLPs, who register with Safai bank, are the branches. The respective school, college who has registered with Safai Bank, appoints the branch coordinator responsible to keep a record of this collection from all the account holders and also to co-ordinate with Safai bank. Members collecting MLPs also have to register with Safai bank as account holders.


The Account holders have to deposit their MLP collection at their respective branch and then the branch coordinator has to make an entry in the respective account holder's account.

Once a substantial number of MLPs are collected the coordinator informs the Safai Bank who come to the concerned branch and collect the MLPs for its further disposal as per the Waste Management Rule.

Department of Zoology, St. Xavier's College (Autonomous), Mumbai took up this activity with Safai Bank since January 2019 and is involved in active collection of MLPs. Many students across disciplines are registered with Safai Bank through the Zoology department. This also brings to the forefront the awareness in students about protecting their surroundings and in-turn the Environment. This is an ongoing activity of the Department.

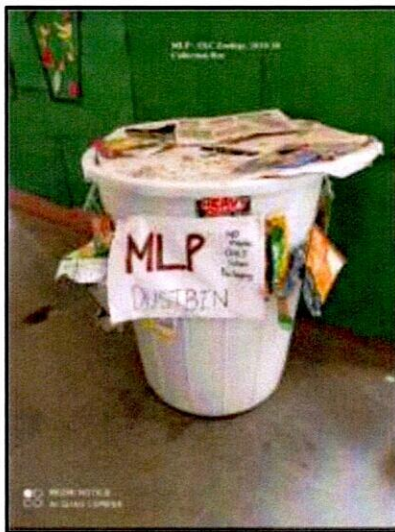


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Multi-layered/laminated Packaging (MLP) Program



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Name of the Activity:	SIX Social Involvement Program (SIP) coordinated Activities
Collaborators	SIP/Various NGO/Organizations
Duration	2019-20 Student are required to complete the activity during the academic year
No of Staff	4
No of Students	869

The following are brief descriptions of the social activities undertaken by the students with the NGOs across Mumbai and its satellite urban spaces:

- A. Health Issues: Students conduct awareness sessions on the prevention of diseases like TB, HIV, diabetes and malarial diseases. They also help social workers, paramedics and doctors during medical camps organised in urban slum communities. They assist the Medical Social Workers in the Community Centre of the Hospitals to guide economically poor patients. Some students also engage with poor children who suffer from cancer and such diseases by conducting entertainment sessions for them in NGO centres.
- B. Literacy Programmes: By assisting in formal and informal educational programmes, students help economically vulnerable children by conducting remedial teaching sessions for them in the NGO centres. Some student volunteers conduct language enhancement classes for underprivileged vernacular medium students within the college campus itself.
- C. Social Awareness:
 - C.1. Livelihood Advocacy: Students, through the appropriate NGOs, indulge in skill-building activities for economically challenged individuals. The students also train and or assist poverty ridden families in making saleable items from recyclable materials.
 - C.2. Support For Destitute: Through this service, students, through the mediation of concerned NGOs, help poor city dwellers in acquiring Government issued Identity Cards, such as, Aadhar Card, Ration Cards, Voter ID Card and PAN Card.
- D. Assisting The Differently-Abled: Through this service, students aid those who are visually challenged as well as those with physical and intellectual challenges. Here, students serve as 'shadow-teachers', examination writers, readers and digital transcribers of study and non-academic materials.
- E. Women's Concerns: Through NGO mediation, students help in spreading awareness about the evils of domestic violence, girl-child abuse, dowry and other feminine-issues. Students assist NGOs working with Self-Help Groups and adult literacy programmes.



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F. Elderly Care: Here students engage with senior citizens who live in Homes for the Aged. Students spend quality time with these elderly inmates involving them in various leisurely indoor activities.

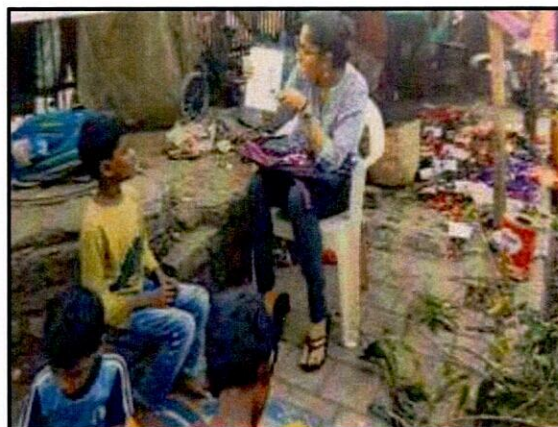
The percentage of students who worked with these NGOs was:
Education (77%), Differently – Abled (15%), Women (1%), Elderly (2%), Health (2%), and Awareness on Social Issues (3%).

Student's details under various programs are given below:

Regular Student Volunteers data of 2019-2020	
Category	Total No. of Students
Differently-Abled	132
Education	672
Elderly	13
Health	18
Social Awareness	30
Women	4
Total No. of Students	869




Literacy - Kotak Education
Foundation - Govandi



Literacy - Pehchan - Sandhurst Road



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Differently- Abled - Umed, Vasai



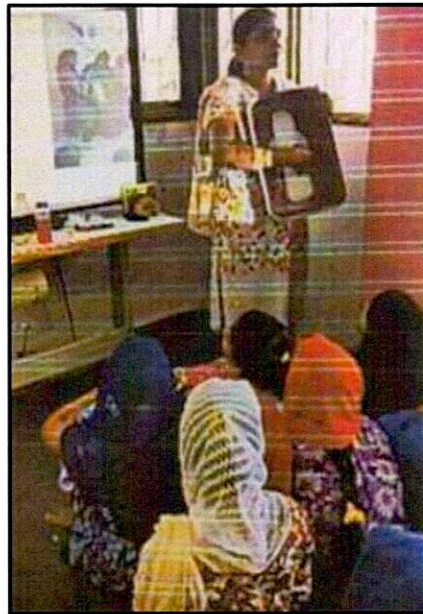
Differently-Abled - Lokmanya Seva
Sangh, Vile Parle



Women - Myna Mahila Foundation



Health - Access Life Assistance
Foundation, Chembur



Women SHG - Myna Mahila Foundation



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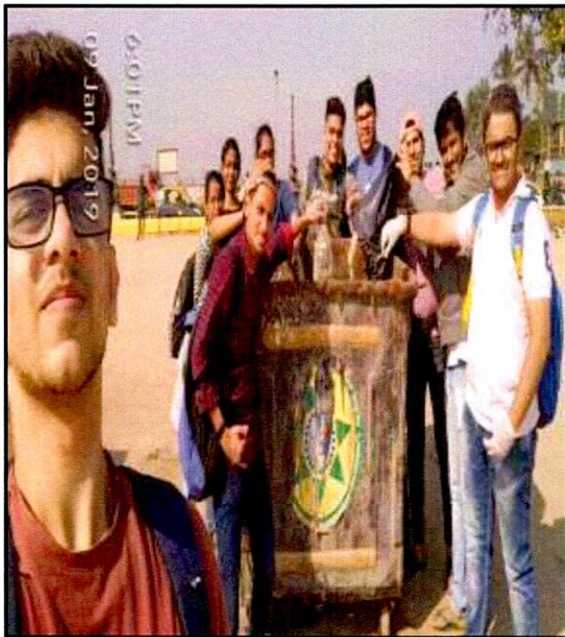
2018 – 2019



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Name of the Activity:	Juhu Beach Clean Up Event
Collaborators	Department of Management Studies
Duration	9 th January 2019
No of Staff	-
No of Students	11

As a part of our Social Outreach programme the students of FYBMS 2018 spent an entire day cleaning up a huge part of Juhu Beach. They separated the waste into different bins for the purpose of recycling. The group also motivated other visitors to be a part of the event and even spoke to the children about the importance of correct waste disposal. This event was held on 9th January 2019 (Students of FYBMS Semester II) in the Academic Year 2018-2019.



Juhu Beach Clean-Up Drive



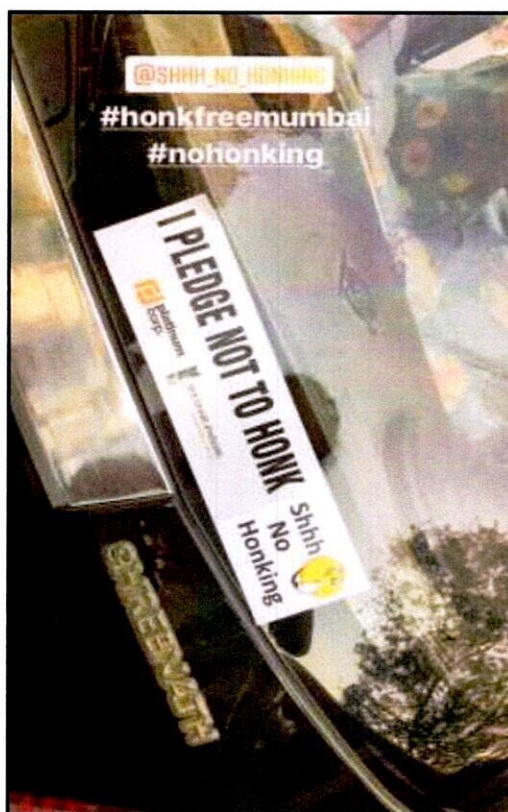
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Name of the Activity:	Noise Pollution: Indiscriminate honking in the city limits especially near Hospitals and Educational Institutions
Collaborators	Department of Management Studies
Duration	25 th November 2018
No of Staff	1
No of Students	35


The Department Centric SIP for the Academic Year 2018-2019 was indeed a very successful programme. The students of FYBMS participated in very socially relevant issues connected to health hazards due to pollution.



Stickers were stuck voluntarily on taxis by the volunteers.



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Students of FYBMS (2018-2019) Had Joined Together to Create Awareness About Noise Pollution Due to Indiscriminate Honking



Volunteers of the event with various banners and posters created for the “no honk” event



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Name of the Activity:	Workshop on microbial growth and blood grouping for BMC School teachers.
Collaborators	Caius Research Laboratory/NGO Mukhtangan
Duration	2 nd November 2018
No of Staff	3
No of Students	0

As a part of the professional development activity, a workshop on insights into scientific research was carried out on November 2nd 2018 for 26 BMC school teachers associated with the NGO Mukhtangan. An insight into scientific research, use of different types of equipment, microscopy and basic microbiology techniques were demonstrated to the school teachers Dr. Priya Sundarrajan, Ms. Sangeetha Chavan and Dr. Sangeeta Shetty were the resource persons.

Workshop report

Date- 2nd November 2018

Venue- St. Xavier's College, Caius Research Laboratory

Time- 9.30 am to 4.30 pm

A workshop was conducted by Dr. Priya Sundarrajan and Dr. Sangeeta Shetty on 2nd November 2018 for the standard 7th and 8th Science teachers of Mukhtangan Schools. The following topics were covered in the workshop:

- Components of blood
- Blood grouping
- Gram staining technique

In the workshop, teachers found out their blood group by conducting the experiment with proper guidance. They received a clear understanding of antigen and antibody agglutination involved in determining blood groups.

The Gram staining technique to observe bacteria and Streaking technique to prepare a microbial culture of a particular microorganism was explained and demonstrated. Later, teachers got the opportunity to perform these two procedures in small groups.


The teachers were able to connect theory to practical and appreciated the valuable knowledge they received from the workshop.

Total number of teachers attended- 19

Total number of faculty attended- 9



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Workshop on microbial growth and blood grouping for BMC School teachers.



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Name of the Activity:	Cleanliness Drive
Collaborators	Department of Geology/Tungareshwar, Vasai, Palghar. Maharashtra
Duration	13 th January 2018
No of Staff	2
No of Students	67


Department-centric SIP activity this time around was decided to be conducted in the vicinity of Tungareshwar Waterfalls, Vasai, Palghar. Maharashtra. Tungareshwar Waterfalls within the Tungareshwar forest reserve is a part of the National Reserve Forest-Sanjay Gandhi National Park, Borivali, State of Maharashtra. Considering it as a recreational area coupled with a temple and ashram, the sanctuary is facing an ongoing threat due to a large number of tourists, who often carry plastic and other non-biodegradable material, and are also responsible for forest fires. With this combination of factors, this locality is a sensitive site with a delicate association between humans and animals. Hence cleaning of the surrounding campus of the Tungareshwar temple and the waterfalls were considered to be organized during this clean-up drive. As future citizens, incorporation of this value is important for college graduates. Students took the initiative to clean this site, the collected garbage and other waste materials which were deposited with the local waste collection site, from where authorities would take it for the disposal and segregation.



After Cleanup drive session at Tungareshwar Hill-FYBSc-Geology students-Date: 25/01/2019



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Name of the Activity:	Science and health awareness workshop 'Microbes and Health'
Collaborators	Department of Life Science and Biochemistry/Worli Sea Face BMC School in collaboration with Teach for India
Duration	27-28 August 2018
No of Staff	5
No of Students	32

Details of the activity:


The Department of Life Science and Biochemistry has undertaken this annual activity to sensitize its students to socially relevant issues pertaining to school education of underprivileged children.

This year, 32 SYBSc Life Science students conducted a science and health awareness workshop 'Microbes and Health' on 27th August 2018 in the Worli Sea Face BMC School in collaboration with Teach for India. Information was delivered through chalk and board, charts, and power-point presentations using cell phones. This activity was carried out simultaneously in the 3 divisions of grade IX by groups of our students. Dr. Maya Murdeshwar gifted a few foldscopes (Origami microscopes) to the school through her DBT funded project.

Dr. Binoj Kutty was the coordinator of this activity and was assisted by Dr. Maya Murdeshwar, Dr. Manasi Kanuga, Dr. Priya Sundarrajana and Dr. Bhaskar Saha.

Outcome: The activities were well received by the target group and led to a highly interactive Q and A session. Most of our students too have expressed their wish to continue with this activity due to the heartening response. The Department hopes that students internalize this experience to emerge as much more sensitized individuals.




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Science and health awareness workshop 'Microbes and Health' at Worli Sea Face
BMC School



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Name of the Activity:	Solid-waste management
Collaborators	Department of Microbiology/Stree-Mukti Sanghatana
Duration	2018-19
No of Staff	1
No of Students	30

The current status of the landfills in Mumbai has made it imperative for every individual and institute to have their own solution to wet solid waste management. With this in mind, the Department of Microbiology, with the help and guidance of the NGO, Stree Mukti Sanghatana, initiated the composting of wet waste from the college canteen in 2017. The Department collaborated with the NGO wherein the solid wet waste from the college canteen was segregated as wet and dry waste. The wet waste was used for composting. Both undergraduate and postgraduate students volunteered for the task. They mapped all the bins in college and based on the information provided the college administrator placed additional bins wherever needed. The canteen staff was instructed about the segregation of the organic waste and plastic waste and were told the importance of this segregation.


Students initially supervised the daily segregation of the waste in the canteen kitchen. In addition, the effort involved an awareness campaign among students using the canteen about the disposal of waste generated by them into dry and wet waste. Students made numerous pamphlets to be stuck to tables and on dustbins in the canteen. The college already had colour coded dustbins (Red for dry and green for wet waste). Pictures of items that should go into each dustbin were pasted on these to encourage their proper use. Students have also made banners which have been up in the canteen.

There were many problems initially – segregation was not carried out properly, the canteen boys who were adding wet waste to the bin were not mixing it with cocopeat properly – resulting in improper composting which also resulted in foul smells. Since October 2018, a helper from the NGO, has been employed by the college, who comes in daily and ensures only wet waste is added to the bin. To ensure proper composting we are now using smaller plastic crates instead of one big bin. Compost made on campus has been used in college gardens. We are now planning to sell the excess compost.

The composting process initiated by the Department will not only help the college achieve the zero-waste campus status but has also enabled problem-based learning for the students. Post graduate students have tried to develop a microbial consortium that can act as a biological tool for rapid degradation of organic solid wastes. Our undergraduate students have studied isolates from the compost and characterized them. They have tried to use these isolates in various applications for their lab projects. Handling a “real world problem” has made students realize the importance of their subject and helped develop critical thinking skills and lifelong learning.



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The solid waste management project started in 2017-18 successfully continued during the current academic year also.



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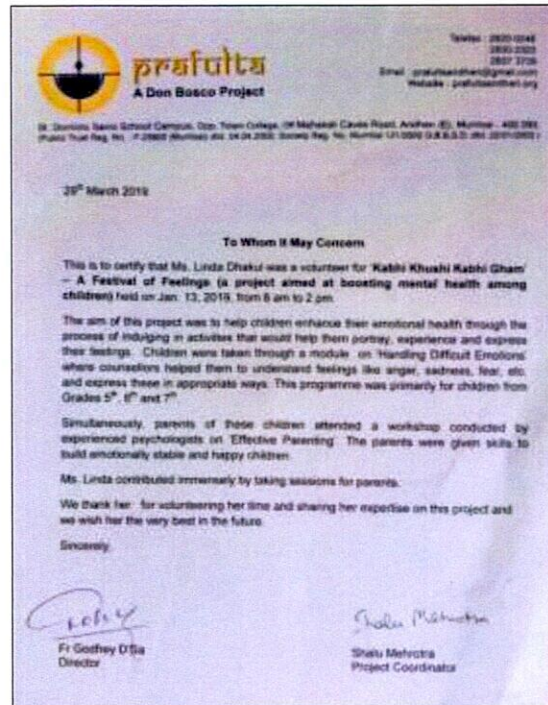
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Name of the Activity:	KKKG, Kabhi Khushi Kabhi Gham, A festival of feelings (A project aimed at boosting mental health among children)
Collaborators	Department of Psychology/Prafulta
Duration	13 th January 2019
No of Staff	1
No of Students	19


Over the last couple of years, few students from FYBA (Psychology) volunteer for a program titled KKKG, Kabhi Khushi Kabhi Gham, dealing with mental wellbeing, specifically dealing with emotions in children of various schools in Mumbai. Ms. Linda Dhakul (who was the resource person for the parenting sessions of the event) personally supervises their work and contribution at the venues. This is usually held in January. The students' contribution involves handling Logistics for the event. It enables the successful completion of this program as designed by Prafulta (which is the largest NGO working in Mumbai in the area of Mental Health).



Certificate copy



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Name of the Activity:	Multi- layered/laminated Packaging (MLP)
Collaborators	Department of Zoology/Safai Bank of India is a project by Mumbai Sustainability Centre
Duration	2018-19
No of Staff	1
No of Students	33

Safai Bank of India is an organisation, which works in collaboration with WWF India and is committed towards a clean India. Safai Bank of India is a project by Mumbai Sustainability Centre which is a Section 8 non-profit company registered under the Companies Act of 2013. It is presently working with Multi- layered/laminated Packaging (MLP) waste, which is one of the largest types of plastic waste being generated and having poor disposal procedures. It helps in preventing Multi-layered/laminated plastics being dumped in dumping grounds where they will be burnt at low temperatures, which will allow toxicants to be released in the environment leading to increase in pollution.

Thus, this organisation collects these MLPs from all the branches and disposes it in a responsible manner by methods prescribed in the Waste Management Rules.

It is called as Safai Bank as it functions like a bank where there is a branch and each branch has account holders. To manage these accounts there is a branch coordinator.

All those from various schools, colleges, Departments, societies, organisations etc. interested in this collection of MLPs, who register with Safai bank, are the branches. The respective school, college who has registered with Safai Bank, appoints the branch coordinator responsible to keep a record of this collection from all the account holders and also to co-ordinate with Safai bank. Members collecting MLPs also have to register with Safai bank as account holders.

The Account holders have to deposit their MLP collection at their respective branch and then the branch coordinator has to make an entry in the respective account holder's account.

Once a substantial number of MLPs are collected the coordinator informs the Safai Bank who come to the concerned branch and collect the MLPs for its further disposal as per the Waste Management Rule.

Department of Zoology, St. Xavier's College, Mumbai took up this activity with Safai Bank since January 2019 and is involved in active collection of MLPs. Many students across disciplines are registered with Safai Bank through the Zoology Department. This also brings





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to the forefront the awareness in students about protecting their surroundings and in-turn the Environment. This is an ongoing activity of the Department.



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Multi- layered/laminated Packaging (MLP) collected by the students

Name of the Activity:	Tree Plantation Drive
Collaborators	Department of Zoology/Department of Botany/Green Umbrella and Harit Mumbai
Duration	14 th July 2018
No of Staff	1
No of Students	21

21 students participated in the tree plantation drive on 14th July 2018 in collaboration with Botany Department and Green Umbrella and Harit Mumbai.



Tree Plantation Drive



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Name of the Activity:	SIX Social Involvement Program (SIP) coordinated Activities
Collaborators	SIP/Various NGO/Organizations
Duration	2018-19 Student are required to complete the activity during the academic year
No of Staff	4
No of Students	856

The following are brief descriptions of the social activities undertaken by the students with the NGOs across Mumbai and its satellite urban spaces:

1. Health Issues: Students conduct awareness sessions on Prevention of diseases like TB, HIV, diabetes and Malarial diseases. They also help social workers and doctors to conduct medical camps in the urban slum communities. They assist the Medical Social Workers in the community centre of the Hospitals. Some students also engage with children suffering from cancer by conducting entertainment sessions for them in NGO centres.

2. Literacy Programmes: By intervening in school, students help economically vulnerable children in formal and informal setups. Some volunteers conduct language enhancement classes for underprivileged vernacular medium students in the college itself.

3. Social Awareness:

3.1. Livelihood support: Students indulge in skill-building activities for generating sale-items.

3.2. Work with Destitute: This work involves working towards giving the individuals government Identity Cards (such as Aadhar Card and Pan Cards).

4. Assisting The Differently-Abled: Students assist visually challenged and those with physical and intellectual disabilities by being 'Shadow-Teachers'. Students also offer their help in the form of being Examination Writers, Readers and in the digitalization of study material.

5. Women's Concerns: The students' work involves creating awareness about the evils of domestic violence, dowry issues, and gender-issues. Students participate in Self-help Group activities and engage in adult literacy programmes.


6. Elderly care: Students visit institutions that house senior citizens residents, wherein they spend quality time by conducting indoor activities for the inmates.

The students who worked with these NGO was:

Education (77%), Differently – Abled (16%), Women (1%), Elderly (1%), Health (18%), and Awareness on Social Issues (4%).



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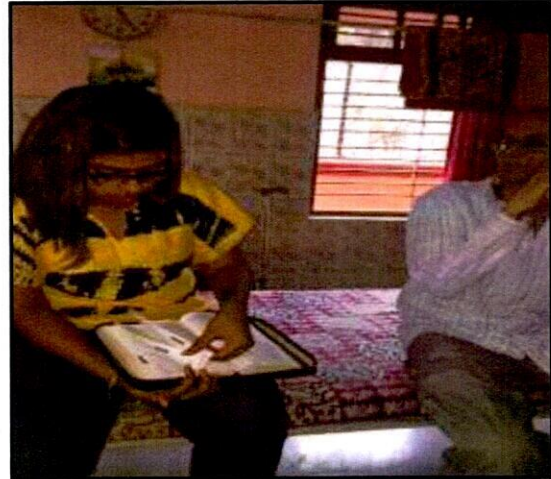
Student's details under various programs are given below:

Regular Student Volunteers data of 2018-2019

Category	Total No. of Students
Differently-Abled	137
Education	658
Elderly	9
Health	9
Social Awareness	34
Women	9
Total No. of Students	856



Organised Christmas party for the specially abled individuals at Sevadaan Special school-Chembur.



Reading out to the senior citizen at Vatsalya Trust-Sanpada.



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Conducting recreational activities for specially abled individuals at Adapt-Colaba.



Spending leisure time with client group suffering from Leukaemia at Tata Memorial Hospital-Parel.



Conducting storytelling session with the client group at Mukhtangan- Lower Parel.



Teaching Science to the client group of Sparsh Charitable Trust- Kurla.



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Name of the Activity:	Outreach Program for Underprivileged Children
Collaborators	PG Department of Biotechnology/ Sparsh Charitable Trust
Duration	Saturdays of February 2018
No of Staff	2
No of Students	30

As part of Palindrome 2017-18, the students undertook teaching valuable concepts in various subjects to middle school children and demonstrating the importance of education. This was carried out in collaboration with Ms. Sarika Desai who is the founder of the NGO, Sparsh Charitable Trust. This NGO helps in involving underprivileged students in various activities to make learning fun and they also focus on the overall welfare of each child. Students volunteered every Saturday in the month of February 2018. Ms. Sarika assigned the volunteers across five centers and each group spent four Saturdays teaching the children concepts in Mathematics, Science, English and used their creativity to make the class as engaging as possible. The culmination was a science exhibition at the end of the month and children from all five centers gathered on 24th February. The Principal of KD Gaikwad School also visited and was overwhelmed to see so many students standing up for the first time and presenting their own work. The exhibition was a success with the cooperation of the teachers at every center, the volunteers, and the children. The children worked hard to prepare their models and gained valuable scientific knowledge in the process. Each centre put up two projects for the exhibition. The children enjoyed and learned a lot which was our main purpose of organizing this exhibition. This was a mutually enriching experience. Student reflection: We feel fortunate to have had this opportunity to encourage the students to learn and express their creativity and give back in a small way.



Teaching valuable concepts in various subjects to middle school children



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Name of the Activity:	Workshop on insights into scientific research for BMC school teachers
Collaborators	Caius Research Laboratory/NGO Mukhtangan
Duration	4 th July 2017
No of Staff	3
No of Students	0

This activity was initiated in the year 2017 for empowering the teachers of BMC schools associated with the NGO Mukhtangan into various aspects of research and new experiments that could be conducted for the school students. The resources of the Caius Research Laboratory and the Central Instrumentation facility were used for the purpose.

As a part of the professional development activity, a workshop on insights into scientific research was carried out on 4th July 2017 for 22 BMC school teachers associated with the NGO Mukhtangan. An insight into scientific research, use of different equipment and microscopy was demonstrated to the school teachers. The teachers were very appreciative of the workshop. Dr. Priya Sundarrajan and Dr. Sangeetha Shetty were the resource persons.

Workshop report

Date- 4th July 2017

Venue- St. Xavier's College, Caius Research Laboratory

Time- 9 am to 1 pm

A workshop was conducted by Dr. Priya Sundarrajan on 4th July 2017 for the standard 7th and 8th science teachers of Mukhtangan Schools. The topics covered in the workshop were-

- Good laboratory practices.
- Glassware/equipment for measuring.
- Chemical solutions, their preparation and titration.

During the workshop teachers were familiarised with different types of pipettes and glassware available to measure solutions. Good laboratory practices were emphasised on while handling chemicals. Teachers were guided to prepare percent solutions as well as solutions with a particular normality. They were also informed about the identification of chemicals and the symbols used on chemical bottles.


The workshop was informative and the teachers appreciated the hands-on experience they received.

Total number of teachers attended-18

Total number of faculty attended-5



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A workshop was conducted by Dr. Priya Sundarrajan on 4th July 2017 for the Class 7 and 8 Science teachers of Mukhtangan Schools



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Name of the Activity:	Cleanliness Drive
Collaborators	Department of Geology/Tungareshwar, Vasai, Palghar. Maharashtra
Duration	13 th January 2018
No of Staff	2
No of Students	40

Department-centric SIP activity this time around was decided to be conducted in the vicinity of Tungareshwar Waterfalls, Vasai, Palghar. Maharashtra. Tungareshwar Waterfalls within the Tungareshwar forest reserve is a part of the National Reserve Forest-Sanjay Gandhi National Park, Borivali, State of Maharashtra. Considering it as a recreational area coupled with a temple and ashram, the sanctuary is facing an ongoing threat due to a large number of tourists, who often carry plastic and other non-biodegradable material, and are also responsible for forest fires. With this combination of factors, this locality is a sensitive site with a delicate association between humans and animals. Hence cleaning of the surrounding campus of the Tungareshwar temple and the waterfalls were considered to be organized during this clean up drive. As future citizens, incorporation of this value is important for college graduates. Students took the initiative to clean this site, the collected garbage and other waste materials which were deposited with the local waste collection site, from where authorities would take it for the disposal and segregation.



Clean-up drive session at Tungareshwar Hill, Palghar-FYBSc Students-Geology-
Date: 13/01/2018



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Name of the Activity:	Science and health awareness workshop 'Sanitation, health and Hygiene'' in the Worli Sea Face BMC School in collaboration with Teach for India.
Collaborators	Department of Life Science and Biochemistry / Worli Sea Face BMC School in collaboration with Teach for India
Duration	Friday 28 th July and Saturday 29 th July, 2017
No of Staff	5
No of Students	43

Details of the activity:

The Department of Life Science and Biochemistry has undertaken this endeavour with a few objectives in mind. Firstly, to enable Life Science students to share their knowledge with those less privileged than them, so as to enrich their lives. Secondly, to sensitize the students to socially relevant issues and make them aware of the ground realities of school education through interaction with these children.

SYBSC students of the Department of Life Science and Biochemistry designed two activity modules suitable for school students of Grade IX based on the theme 'Sanitation, Health and Hygiene'. Each module was designed by 22 students of SYBSc (Life Science) and conducted at the Worli Sea Face BMC English School on the above dates.

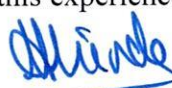
Group 1 visited the school on 28th July, 2017 dealt with environment cleanliness and sanitation, personal hygiene and basic microbiology through puppet show, street play, group discussions and experimental demonstrations. The activity was conducted for all 110 children in the school hall.

Group 2 visited the school on 29th July, 2017. A session on two most common diseases in Mumbai, i.e., Malaria and Cholera was conducted. Information was delivered through chalk and board, charts, Power-point presentations using cell phones and a crossword competition. This activity was carried out simultaneously in the 3 divisions of grade IX by groups of our students.

Outcome: The activities were well received by the target group and generated a lot of interest for the topics dealt with. This was obvious through a highly interactive Q and A session that ensued. The success of this initiative was also reflected in the gratitude cards that the school children made for the teaching volunteers, as well as requests to visit again with more such modules. Most of our students too have expressed their wish to continue with this activity due to the heartening response. The Department hopes that students internalize this experience to emerge as much more sensitized individuals.



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Attached are some photographs capturing some moments of these sessions.



Science and health awareness workshop 'Sanitation, Health and Hygiene' in the Worli Sea Face BMC School in collaboration with Teach for India.



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Name of the Activity:	Solid-waste management
Collaborators	Department of Microbiology/Stree-Mukti Sanghatana
Duration	2017-18
No of Staff	1
No of Students	30


The current status of the landfills in Mumbai has made it imperative for every individual and institute to have their own solution to wet solid waste management. With this in mind, the Department of Microbiology, with the help and guidance of the NGO, Stree Mukti Sanghatana, initiated the composting of wet waste from the college canteen in 2017. The Department collaborated with the NGO wherein the solid waste from the college canteen was segregated as wet and dry waste. The wet waste was used for composting purpose. Both undergraduate and postgraduate students volunteered for the task. They mapped all the bins in college and based on the information provided by the College Administrator placed additional bins wherever needed. The canteen staff were instructed about the segregation of organic waste and plastic waste and were told about the importance of this segregation.

Students initially supervised the daily segregation of the waste in the canteen kitchen. In addition, the effort involved an awareness campaign among students using the canteen about the disposal of waste generated by them into dry and wet waste. Students made numerous pamphlets to be stuck on tables dustbins in the canteen. The college already had color coded dustbins (Red for dry and green for wet waste). Pictures of items that should go into each dustbin were pasted on these to encourage their proper use. Students have also made banners which were put up in the canteen.

There were many problems initially – segregation was not carried out properly, the canteen boys who were adding wet waste to the bin were not mixing it with cocopeat properly – resulting in improper composting which also resulted in foul smell. In 2018, a helper from the NGO, has been employed by the college, who ensures only wet waste is added to the bin. To ensure proper composting we are now using smaller plastic crates instead of one big bin. Compost made on campus has been used in the college garden. We are now planning to sell the excess compost. The composting process initiated by the Department will not only help the college achieve the zero-waste campus status but has also enabled problem-based learning for the students. Postgraduate students have tried to develop a microbial consortium that can act as a biological tool for rapid degradation of organic solid wastes. Our undergraduate students have studied isolates from the compost and characterized them. They have tried to use these isolates in various applications for their lab projects. Handling a “real world problem” has made students realize the importance of their subject and helped develop critical thinking skills and lifelong learning.



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Inauguration of the solid waste management project in campus



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Name of the Activity:	The Mumbai Immersive Program
Collaborators	Department of Psychology/Department of Mass Media/Shikshayatan Middle School in Arasavangkadu, Tamil Nadu
Duration	2017-18
No of Staff	1
No of Students	8

Eight TYBA students from the Department of Psychology, in collaboration with the Department of Mass Media SXC, conducted activities for 13 rural students from Shikshayatan Middle School in Arasavangkadu, Tamil Nadu. This was on the 9th of February 2018, between 11:30 am -12:30 pm, supervised by Ms. Ruby Pavri, in the Psychology lab. The activities ranged from an ice-breaker session to positive image and body-image related activities, in addition to touching interpersonal dynamics and perspective building. This was part of the initiative for the Mumbai Immersive Program by the of Xavier's.



Mumbai Immersive Program PSY SIP 2017-18





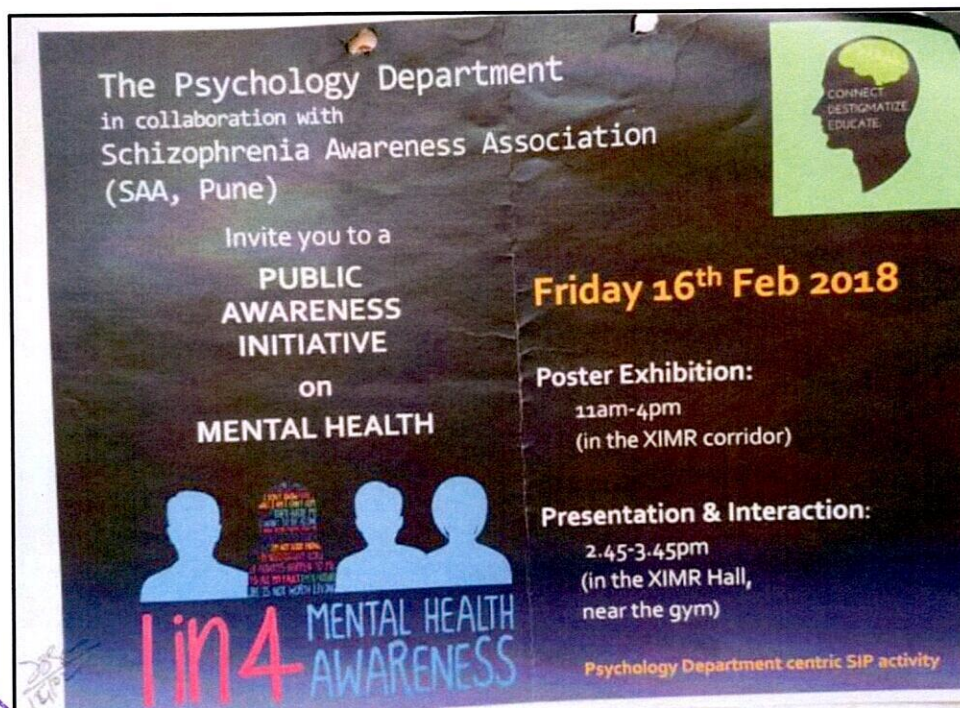
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Name of the Activity:	Public awareness initiative regarding mental health
Collaborators	Department of Psychology/Schizophrenia Awareness Association (SAA, Pune)
Duration	16 th February 2018
No of Staff	3
No of Students	30

This activity was carried out in collaboration with Schizophrenia Awareness Association (SAA, Pune). Four senior members of SAA Pune, including the President Mr. Amrit Kumar Bakshy and Vice President Dr. Anil Vartak brought their posters for display and engaged with the audience in an interactive awareness session on the importance of mental health.

The event took place on Friday 16th February 2018 with a total of 30 FYBSc students who had registered for it.

The exhibition was set up by volunteers in the XIMR corridor. The exhibition was open from 11am to 4pm and is targeted at general public awareness (especially for students with a non-Psychology background). Students who registered for this activity brought in two adults, escorted them through the exhibition and participated in the interaction (from 2.45 pm to 3.45 pm in the XIMR hall), then escorted the adults off campus. All Students (organizers and volunteers) wrote a single page introspective report on what they learnt through the experience. (One part of the report was based on the content of the posters/presentation and the other part, on personal learning from such an experience).



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Public awareness initiative regarding mental health



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Name of the Activity:	RUR - "Are you Reducing, Reusing, and Recycling"
Collaborators	Department of Zoology/RUR Greenlife Pvt. Ltd 'RUR' and the 'Go Green with Tetra Pak Campaign'
Duration	2017-18
No of Staff	1
No of Students	31

The Xavier's Zoology Association tied up with the RUR Greenlife Pvt.Ltd 'RUR' and the 'Go Green with Tetra Pak Campaign' in order to promote a recycling practice and culture on campus and in student's homes in the year 2016- 17. RUR - "Are you Reducing, Reusing, and Recycling" is working towards a greener tomorrow by developing innovative, sustainable and decentralized waste management solution. It also received recognition on international platform by SWANA (solid waste management association North America for sustainable waste management.

Dr. Madhuri Hambarde, the faculty in-charge of Zoology association registered with RUR and started by installing recycling bins in the foyer where students and staff could deposit their Tetra pack cartons at their convenience. These Tetra pack cartons were deposited close to Sahakari Bhandar, where they were recycled into notebooks and benches which get donated to underprivileged schools.

In year 2017-2018 this activity was done by Xavier's Zoology Association as a Departmental SIP activity. Each student collected 50 tetra packs washed, dried and submitted to the Department for recycling.



RUR- "Are you Reducing, Reusing, and Recycling"





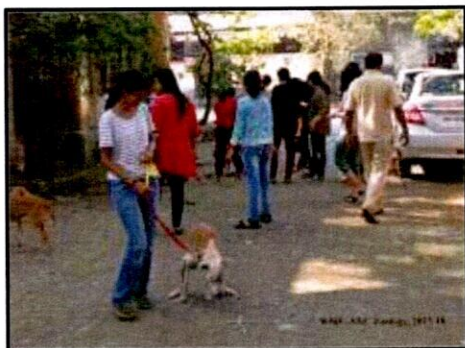
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Name of the Activity:	Care taking of stray dogs
Collaborators	Department of Zoology/The Welfare of Stray Dogs
Duration	2017-18
No of Staff	1
No of Students	23

The Welfare of Stray Dogs (WSD) is a Mumbai based organization working to eradicate rabies and control the street-dog population in a humane and scientific way. They are involved in spreading awareness about stray dogs and the laws regarding their presence, welfare and upkeep. They organize adoption camps and encourage the general public to adopt strays as they are hardy and loyal companions totally suited to life in Mumbai. In 2017, 23 students of the Department of Zoology earned their Department SIP credits from WSD, as the Department encourages its students to interact and understand the problems faced by feral animals in the city. In 2018, 17 students of the Department earned their Departmental SIP credit from WSD. The activities carried out by the students involved:

- Walking the dogs present at the WSD campus.
- Feeding them with the diet prescribed by WSD.
- Bathing the dogs.

The SIP hours were completed over two weeks on Sundays during which they spent three hours interacting and carrying out the aforementioned chores.



Care taking of stray dogs



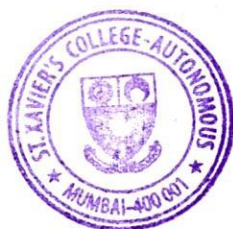


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Name of the Activity:	SIX Social Involvement Program (SIP) coordinated Activities
Collaborators	SIP/Various NGO/Organizations
Duration	2017-18 Student are required to complete the activity during the academic year
No of Staff	4
No of Students	822

The following are brief descriptions of the social activities undertaken by the students with the NGOs across Mumbai and its satellite urban spaces:

- A. Health Issues: Students conduct awareness sessions on the prevention of diseases like TB, HIV, diabetes and malarial diseases. They also help social workers, paramedics and doctors during medical camps organised in urban slum communities. They assist the Medical Social Workers in the Community Centre of the Hospitals to guide economically poor patients. Some students also engage with poor children who suffer from cancer and such diseases by conducting entertainment sessions for them in NGO centres.
- B. Literacy Programmes: By assisting in formal and informal educational programmes, students help economically vulnerable children by conducting remedial teaching sessions for them in the NGO centres. Some student volunteers conduct language enhancement classes for underprivileged vernacular medium students within the college campus itself.
- C. Social Awareness:
 - C.1. Livelihood Advocacy: Students, through the appropriate NGOs, indulge in skill-building activities for economically challenged individuals. The students also train and/or assist poverty ridden families in making saleable items from recyclable materials.
 - C.2. Support For Destitute: Through this service, students, through the mediation of concerned NGOs, help poor city dwellers in acquiring Government issued Identity Cards, such as, Aadhar Card, Ration Cards, Voter ID Card and PAN Card.
- D. Assisting The Differently-Abled: Through this service, students aid those who are visually challenged as well as those with physical and intellectual challenges. Here, students serve as 'shadow-teachers', examination writers, readers and digital transcribers of study and non-academic materials.
- E. Women's Concerns: Through NGO mediation, students help in spreading awareness about the evils of domestic violence, girl-child abuse, dowry and other feminine-issues. Students assist NGOs working with Self-Help Groups and adult literacy programmes.



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F. Elderly Care: Here students engage with senior citizens who live in Homes for the Aged. Students spend quality time with these elderly inmates involving them in various leisurely indoor activities.

The percentage of students who worked with these NGO's was:
Education (71%), Differently – Abled (18%), Women (2%), Elderly (2%), Health (2%), and Awareness on Social Issues (5%).

Student's details under various programs are given below:

Regular Student Volunteers data of **2017-2018**

Category	Total No. of Students
Differently-Abled	148
Education	584
Elderly	16
Health	16
Social Awareness	42
Women	16
Total No. of Students	822



Training Homeless citizens in making saleable items at Pehchan NGO, Mumbai Central



Conducting art and craft activities with the client group during Diwali vacation at Udisha, Goregaon



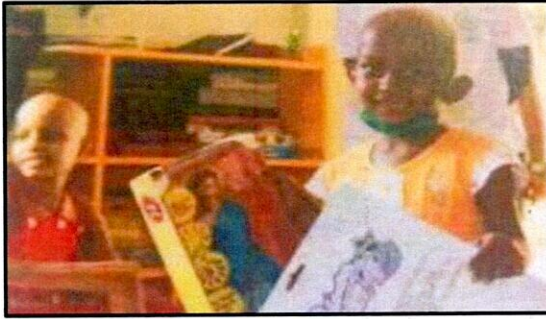
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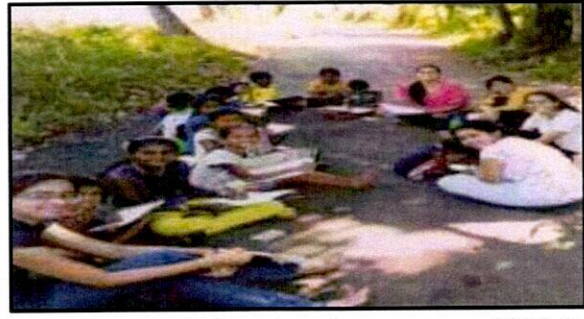
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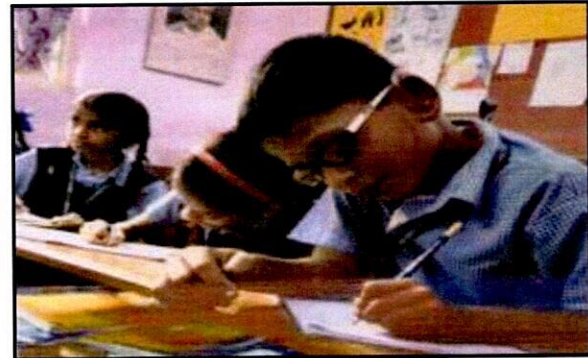
Conducting home visits and fulfilling the wishes of client groups suffering from leukemia at the wishing Factory.



Teaching English to the client group of Kilbil NGO at Wagoli, Vasai.



Spending time with specially abled individuals in A.K. Munshi Yojana at Charni Road.



Assisting the specially abled individuals in their studies at Rotary School for deaf and dumb, Dombivali.



Students spending time with senior citizens at Holy Cross, Vasai.





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The Wishing Factory: The S.I.P. Department mobilized students to work with patients suffering from life threatening diseases (e.g., Cancer). Along with activities to increase awareness, visit a patient and help in fulfilling his/her wish the work also included preparation of street-play, poster-making, slogan-raising and organizing art and craft sessions.



Spit in Bin: Students participated in the awareness campaign organized on 25th September, 2017 to make people stand up and have a clean and spit free



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Name of the Activity:	Remedial classes for underprivileged children on weekends
Collaborators	PG Department of Biotechnology/ Sparsh Charitable Trust
Duration	7 th , 14 th , and 21 st January 2017
No of Staff	2
No of Students	29

Palindrome 2016-17 the annual intercollegiate fest of the Post Graduate Department of Biotechnology was held on 15th December 2016, with the motto of 'Holding hands to help'. Keeping this motto in mind, the team behind Palindrome decided to contribute to the society by engaging and teaching the students from local government schools. To achieve this initiative, the Department approached Ms. Sarika Desai, the co-founder of Sparsh Charitable Trust, Mumbai. First and foremost, a vote of thanks was extended to the SIP unit of St. Xavier's College for helping the Department establish contact with the NGO. Sparsh Charitable Trust is a non-profit organisation that aims to provide critical healthcare, education and cater to well-being to underprivileged children. Ms. Desai graciously accepted the proposal and was more than happy to let the students interact with some of the children the NGO worked with.

A stationary kit consisting of one notebook, two pencils, a pen, scale, sharpener, and eraser was distributed to the children. A student of the Department, Mr. Hanzel Saldanha, very kindly offered to sponsor Parle G biscuit packets which were given to the children along with the stationary kit. The charts along with Palindrome fest banners from the last few years were given to the NGO volunteers for future use as teaching aids and sitting mats, respectively.

The overall experience of working with Sparsh and the children was a wonderful one. It not only gave the students an opportunity to give the gift of education but also taught them the importance of the facilities and resources available to them. Teaching these children about topics relevant to their lives really made it feel like one was holding their hand to guide and help them in some small way. As the students realised after just one session, this was not just a give and do not receive activity. It was just as much (if not more) a value adding and learning for them and filled them with some experiences which they are sure to hold on for life.



Playing a fun activity to explain the concept of healthy food v/s junk food



Children listening to the talk on banking



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Discussing various topics with the children



A photograph with children from all three centres.-PGDBT-SPARSH Activity 2017



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Name of the Activity:	KKKG, Kabhi Khushi Kabhi Gham, dealing with mental wellbeing, specifically dealing with emotions in children of various schools in Mumbai
Collaborators	Department of Psychology/Prafulta
Duration	15 th , 22 nd , 29 th January 2017
No of Staff	1
No of Students	36

Prafulta Psychological Services celebrated the 3rd year of Kabhi Khushi Kabhi Gham across three Don Bosco locations in Mumbai. This project is a venture to reach out larger audiences for emotional health. Prafulta is a Don Bosco Organization that has been offering a variety of psychological services to people, especially children and adolescents for the past 18 years. Our services aim to enable individuals live their life to the fullest. One of the important contributors to effective and happy living is mental and emotional health. Over the years, there has been a great emphasis on intellectual development and perhaps on physical fitness too, but emotional health and development has largely been side-lined. Stressors are increasing in life, but the coping mechanisms are dwindling. Thus, it becomes important to strengthen the emotional resilience of our children. Kabhi Khushi Kabhi Gham is a programme which endeavors to build emotional resilience in children in a fun filled manner. One important contributor to effective and happy living is emotional health.

The first KKKG of 2017 took place at Don Bosco, Institute of Technology, Kurla (our first time at this location) on the 15th of January 2017. A total of 420 students of Class 5, 6 and 7 came from 21 different schools to celebrate this 'Festival of Feelings'. They first sat in groups on the open grounds to draw/paint/write on their feelings. A counsellor helped them to first choose a difficult emotion like anger, fear, sadness etc. After feeling that emotion, they expressed it on paper. Along with one difficult emotion, they also got in touch with the feeling of 'joy' and again expressed it on paper. Students then attended a workshop on 'Handling Difficult Emotions'. While the children were busy enjoying and learning about emotions, their parents had an hour's interaction with psychologists on "Effective Parenting".

The second KKKG event was held at the Dominic Savio, Andheri on the 22nd of January. There were 390 students and their parents from approximately 21 schools from around the location who participated. The finale was on the 29th of January 2017 at Don Bosco, Matunga where 421 students and their parents from 30 schools participated in the event. Hence, across three different locations, more than 1230 students and their parents from around 70 schools in Mumbai participated and benefited from the events. We believe that helping children understand how to handle their feelings, they will cope with many difficult situations especially in the tough times they live today. Anger and jealousy often lead to violence and not knowing



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how to cope with sadness makes children withdraw into a shell. KKKG gave children a handle on how to go about tough feelings and difficult situations. Parents are also at a loss not knowing how to handle their children with the over-stimulation of the media and the competitive environment we live in today. This programme gave them a platform to voice their confusion and receive assistance from trained psychologists on how to handle issues related to children.



KKKG, Kabhi Khushi Kabhi Gham, dealing with mental wellbeing, specifically dealing with emotions in children of various schools in Mumbai



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Name of the Activity:	Social Involvement Program (SIP) coordinated Activities
Collaborators	SIP/Various NGO/Organizations
Duration	2016-17 Student are required to complete the activity during the academic year
No of Staff	4
No of Students	824

The following are brief descriptions of the social activities undertaken by the students with the NGOs across Mumbai and its satellite urban spaces:

- A. Health Issues: Students conduct awareness sessions on the prevention of diseases like Tuberculosis, HIV, diabetes and malarial diseases. They also help social workers, paramedics and doctors during medical camps organised in urban slum communities. They assist the Medical Social Workers in the Community Centre of the Hospitals to guide economically poor patients. Some students also engage with poor children who suffer from cancer and such diseases by conducting entertainment sessions for them in NGO centres.
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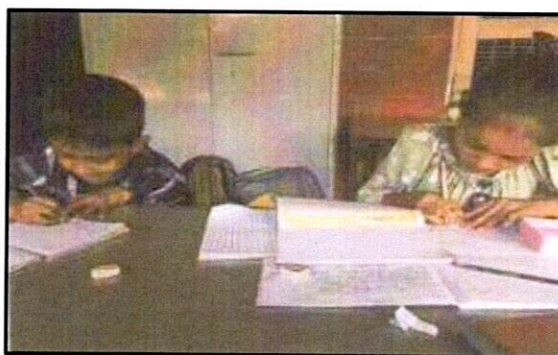
The percentage of students who worked with these NGO's was:
Education (81.55%), Differently-Abled (12.86%), Women (1.58%), Elderly (1.34%),
Awareness of Social Issues (1.70%) and Health (0.97%).

Regular Student Volunteers data of 2016-2017

Category	Total No. of Students
Differently-Abled	106
Education	672
Elderly	11
Health	8
Social Awareness	14
Women	13
Total No. of Students	824



The volunteer had taken the client of Sneha Sadan NGO from Andheri- Mumbai for a picnic.



Teaching Mathematics to the client group of Garden School NGO- Colaba.



Conducting recreational activities with senior citizens at Holy Cross NGO- Merces, Vasai.



Assisting during Medical Camp conducted by Karuna Hospital- Borivali.



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Training homeless citizens in making saleable items at Pehchan NGO at Grant Road.



Conducting art and craft activity at NASEOH NGO - Chembur.



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2015 – 2016



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Name of the Activity:	Outreach Programme for Underprivileged Children
Collaborators	PG Department of Biotechnology/ REAP
Duration	30 th April 2016
No of Staff	1
No of Students	29

‘We make a living by what we get, but we make a life by what we give.’ - Winston Churchill

St. Xavier's College and its esteemed faculty members have always encouraged social work and have inculcated seeds of giving back to the society among the students. Students of 2015-16 batch of Biotechnology, as an extension activity through the annual fest Palindrome '16, spent a day out with the students of REAP foundation. 'REAP' is an organization with more than 50 centres spread across the central line of Mumbai in which more than 350 study classes are there and about 7000 children from slum areas, streets, rag-pickers, who cannot afford quality education. Teachers in REAP are trained well before they start teaching sessions and the syllabus taught to these children is made sure to coincide with their school syllabus. Children are grouped from different grades, 1st and 2nd are grouped together, and 3rd and 4th are grouped together. Study classes occur in morning prior to the school time or later in the afternoon after their school. REAP provides them with healthy food in morning which includes bread and two boiled eggs, which students love to eat, and this is carried out daily with a motto of providing good nourishment to underprivileged kids. Up till now REAP is working only for children till 10th class, however economic assistance is provided to the students aspiring for higher education. Participating students were divided into groups of five and interacted with the children in multiple study centres around that area. They conducted daylong session with them on various topics of Biology, health, and hygiene. They shared learning resources and some goodies with the students. They also interacted with inmates of Geetanjali, training centre of teachers that teach in REAP. These centres empower women by teaching them sewing work, handbag making, candle making etc. for enabling them to earn their livelihood.

SXC/PGDBT/2015-16/REAP Student reflection: "We found that every kid was a different story within; each student had his or her dream and aspiration in life. They were underprivileged yet happy and that made us to realize how lucky we are that we had far lesser hardships than these kids still we are unhappy with the life and ever stressed. We all were amazed by the work REAP is doing for building a better future and decided that we all will participate in REAP and help them with all possible means".



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'Reach to Teach'- Extension activity of PG Department of
Biotechnology in collaboration with REAP foundation- 30th April 2016



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Name of the Activity:	KKKG, Kabhi Khushi Kabhi Gham, dealing with mental wellbeing, specifically dealing with emotions in children of various schools in Mumbai
Collaborators	Department of Psychology/Prafulta
Duration	15 th , 16 th , 17 th January 2016
No of Staff	1
No of Students	0

Prafulta is a Don Bosco Organization that has been offering a variety of psychological services to people, especially children and adolescents for the past 17 years. Their services aim to enable individuals live life to the fullest. One of the important contributors to effective and happy living is mental and emotional health. Over the years, there has been a great emphasis on intellectual development and perhaps on physical fitness too, but emotional health and development has largely been side-lined. Stressors are increasing in life, but the coping mechanisms are dwindling. Thus, it becomes important to strengthen the emotional resilience of our children.

The project 'Kabhi Khushi Kabhi Gham' is a step towards building emotional resilience of students of Class 5-7. It is the second year of this program. The event during the previous year was a huge success. Awareness of self is the first step in creating emotional strength and resilience. One of the significant aspects of 'self' is our emotions. Our endeavour here is to create awareness amongst students about their feelings and help them cope to handle difficult feelings like anger, jealousy, fear etc. The aim is also to meet their parents and evolve healthy ways of parenting.



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'Kabhi Khushi Kabhi Gham' is a step towards building emotional resilience of students




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 **prafulta**
A Don Bosco Project

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: 2830 2323
: 2837 3739
Email : prafultaandheri@gmail.com
Website : prafultaandheri.org

St. Dominic Savio School Campus, Opp. Tolani College, Off Mahakali Caves Road, Andheri (E), Mumbai - 400 093.
(Public Trust Reg. No. : F-23855 (Mumbai) dtd. 04.04.2002; Society Reg. No. Mumbai 121/2002 G.B.B.S.D dtd. 22/01/2002.)

4th February 2016

To Whom It May Concern


This is to certify that *Linda Eunice Dhakul* was a resource person for 'Kabhi Khushi Kabhi Gham' – A Festival of Feelings (a project to boost Mental Health)

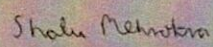
The aim of this project was to help children enhance their emotional health through the process of indulging in activities that would help them portray, experience and express their feelings. They were also taken through a workshop on 'Handling Difficult Emotions' where counselors helped them understand feelings like anger, sadness, fear, etc. This was primarily for Grades 5th, 6th and 7th. Simultaneously, parents of these children attended a workshop conducted by experts on 'Effective Parenting' and were guided on skills to build emotionally stable and happy children.

This event was held in January 2016 at three different locations in Mumbai.

We thank her for volunteering time in this project and wish her the very best in the future.

Sincerely,



Fr Godfrey D'Sa
Director


Shalu Mehrotra
Project Coordinator

PRAFULTA offers psychiatric & psychological evaluation, psycho-educational assessment, psychotherapy, counseling, I.Q. & psychological testing, vocational guidance, remedial education and other services.



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Mumbai Mirror article published on this event on 16th January 2016

<https://mumbaimirror.indiatimes.com/others/health-lifestyle/lessons-in-feeling-good/articleshow/50541545.cms>



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Name of the Activity:	SIX Social Involvement Program (SIP) coordinated Activities
Collaborators	SIP/Various NGO/Organizations
Duration	2015-16 Student are required to complete the activity during the academic year
No of Staff	4
No of Students	747

The following are brief descriptions of the social activities undertaken by the students with the NGOs across Mumbai and its satellite urban spaces:

A. Health Issues:

- Medical Camp: Students participated in the free medical health camp organized by the Inter-Religious Department. Prior to the health camp students were asked to mobilize and motivate the underprivileged sections of the society especially women and children residing on the pavement in and around the Churchgate and Reay Road area. On the day of the medical camp the volunteer's role was to scrutinize the medicines and provide it to the patients under the guidance of the doctors. They also had to keep the children engaged by playing games.
- Genetic Disorder: Students volunteered to create awareness about genetic disorders among the general public. As part of this programme students were asked to visit special schools to introduce the organisation and their work in the area of facilitating children who are suffering from genetic disorder. Some students also participated in the NGO's "Medical Community Survey" with the aim of understanding the current status of genetic disorders in different parts of Mumbai. In addition to this, students interviewed doctors to collect their opinion about genetic disorder.
- Hospital Intervention: Students worked in the area of health. The work involved visiting Parkinson Disease patients, engaging with health issues in slums and interacting with patients in hospitals. Students also participated in the cleanliness drive at Mulund Municipal Maternity Ward.

B. Literacy and Livelihood:

- School Interventions: Student-volunteers assisted the educational efforts of economically vulnerable children by helping in both informal schools and formal schools. Some volunteers conducted language enhancement classes for underprivileged vernacular medium students in the college itself.
- Generating Educational Databases: Students volunteered at "Freakademics" an online facility for generating academic material for school children by selecting relevant



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videos related to the Maharashtra Board syllabus and uploading them on Freakademics website. This material is used by organisations working with underprivileged children.

C. Work With Destitute:

Students volunteered with the NGO "Pehchan" which works for the rights and identity of the homeless people. The students work involved conducting income generation activities for women. Here they taught women how to prepare coasters as well as bows for hair bands. The students also conducted drawing competition with children and taught them basic English.

D. Differently-Abled:

Students assisted visually challenged and those with physical and intellectual disabilities by being "shadow- teachers" and interacting with them. Students also participated in the safety walk organized by Point of View to create disability awareness and sensitivity.

E. Elderly: Students worked with the elderly wherein they spent time and conducted indoor activities for them.

F. Women: The students work involved creating awareness about dowry deaths in local communities and ensuring the smooth functioning of Self-Help Groups.

The percentage of students who worked with these NGOs was:

Education (79%), Differently-Abled (17%), Women (2%), Elderly (0.5%), Awareness of Social Issues (1%) and Health (0.5%).

Student's details under various programs are given below:

Regular Student Volunteers data of 2015-2016

Category	Total No. of Students
Differently-Abled	127
Education	590
Elderly	4
Health	4
Social Awareness	7
Women	15
Total No. of Students	747





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Post academic teaching our students were spending leisure time with the client group at St. Catherine of Siena - Bandra



Students participated in the cleanliness drive at Mulund Municipal Maternity Ward.



Assisting the visually challenged students in their studies at XRCVC – St. Xavier's College, Autonomous – Mumbai



Conducting art and craft activities at Adapt – Colaba



Preparing students for their board exam at Fr. Agnells Ashram, Bandra

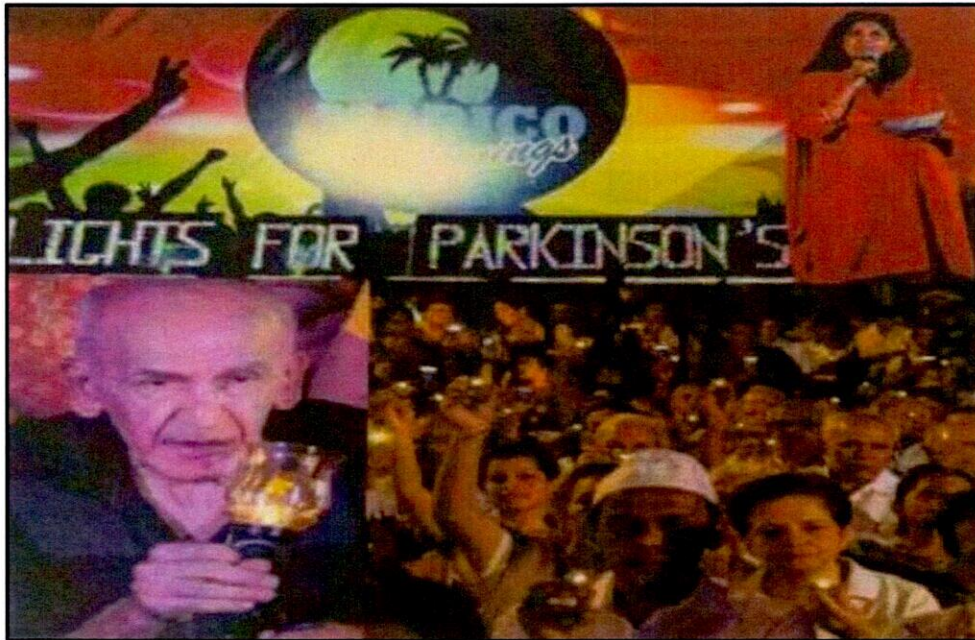


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Students work with Parkinson's Disease and Movement Disorder Society.



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