

NSS Tree Plantation Drive – 25/07/2021

The volunteers of NSS conducted a tree plantation drive on 25th July 2021 as another step towards a greener environment. The drive was conducted in both online and offline modes.

The offline drive was conducted using treesarens website at the Sardar Vallabhai Patel Udyan, Nerul. The volunteers gathered at the location at 8:30 AM and the drive commenced at 9 AM. 49 volunteers were divided into 3 groups and a total of 32 saplings were planted.

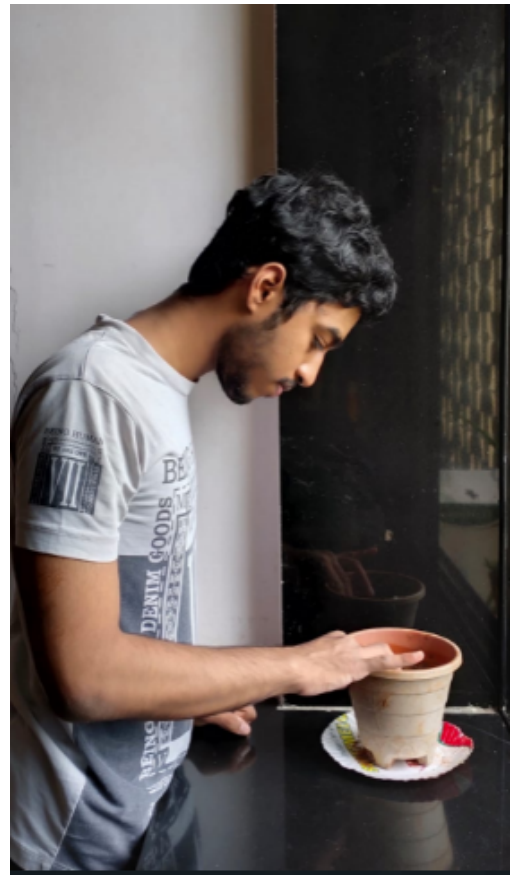
Simultaneously, the online drive was held on Microsoft teams for the volunteers who were unable to attend the offline drive. Each volunteer planted a sapling at their homes/nearby areas according to their convenience. In total, 12 saplings were planted in the online drive.

Total no. Of units	Name of the activity	Total students participated.	No. of teachers/others participated	Total no. of participants.
1	Tree Plantation Drive 2021	60	1	61

Photographs:









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The Mind Diary: MAKE AGEING GRACEFUL!

can chose and try to age gracefully. Generally people develop a mental block related to ageing which pulls them back from leading a happy life

There are several misbeliefs related to ageing. A couple of them are:

Ageing includes a mandatory decline in health

Fact: There are definitely certain diseases that become more common with age. However, getting older does in no way means that a person will necessarily suffer poor health.

brain sharp.

There are ways in which one can try to make ageing happy, positive and graceful.

Accept the change and learn to cope with it.

As you will age, there will be phases of both happiness and stress. It's important to be flexible and find healthy ways to cope with challenges. This ability will help you to make the most of the good times and to keep your spirits high when in the tough times. Express your emotions. Burying them can lead to anger, resentment and depression.

Socialise and stay connected:

Ageing is a natural and unavoidable process. No intervention can slow or reverse the ageing process in human beings. Ageing reflects all the changes that take place during the course of life. These changes actually start from the birth itself. For the youngsters, ageing is exciting. During the middle age people start noticing and feeling the age related changes like greying of hair, noticeable decline in energy levels. Even the extremely fit peo-



NSS unit of SIES Graduate School of Technology pledges to plant trees



The NSS Unit of SIES Graduate School of Technology, Nerul planted about 30 saplings in Nerul and began their tree plantation drive with a pledge to plant trees and make the surroundings greener. About 40 students took part in the plantation drive which was held in Sardar Vallabhai Patel Udyan, Nerul.

"The most impor-

tant aspect of this drive was to maintain social distancing during the activity. Since the garden is very big and with permission from respected Ward officer, we conducted the plantation at this location," said one of the volunteers.

NSS Unit's program officer, Prof. Mahesh Biradar said, "It is important to inculcate

these values in our students from the beginning. This is a small step in fulfilling our duties towards the society. We plan to undertake more small-scale plantation drives by following Covid protocols."

The NSS volunteers have also appealed to the general public to plant more saplings and make their area and city greener.