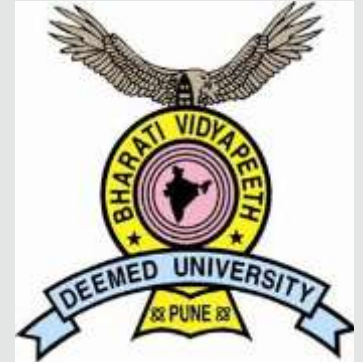


**BHARTI VIDYAPEETH DEEMED  
UNIVERSITY, COLLEGE OF NURSING, NAVI  
MUMBAI**

**NATIONAL SERVICE SCHEME (NSS)  
SPECIAL WINTER CAMP**



**2018-2019**

Venue: At Wakadi gaon. Tal: Panvel. Dist: Raigad.

FROM: 09/12/18 To 15/12/18

**BHARATI VIDYAPEETH DEEMED UNIVERSITY**  
**COLLEGE OF NURSING, NAVI MUMBAI**  
**NSS SPECIAL WINTER CAMP REPORT, 2018-2019**

❖ **INTRODUCTION: -**

National Service Scheme is a student – centered programme and it is complementary to education. It is a noble experiment in academic extension. It brings our academic institutions closer to the society. It is a link between the campus and community, the college and village, knowledge and action. The overall aim of NSS is the Personality Development of students through community service. It gives an extension dimension to professional education system and orients the student youth to community service.

On the needs of current health issues of community, NSS unit of BharatiVidyapeeth Deemed University, College of Nursing, Navi- Mumbai had organized special winter camp, on the theme Youth for village

The camp was conducted from **09/12/18 To 15/12/18** at adopted Village **Wakadi gaon**, Tal- Panvel, Dist – Raigad. Total 47 NSS volunteers were debuted for the camp from second year B.Sc. Nursing batch; they actively participated along with NSS programme officer Mrs.Natasha Mahajan, Mr.Parshuram Deshmukh along with faculty members Mr.Vishal Ghorpade , Mrs.arunima Sreeletha and Mrs.Gargee Karadkar valuable support from the University, Prof. (Mrs.) Vaishali Jadhav Principal College of Nursing had given permission to organize the camp. Under the superior guidance from Principal and other staff members which help us to conduct the camp in a well organize manner. NSS volunteers reached the camp area on 09/12/18

**Total participants were: Male(12) and Female (35) Total : (47)**

❖ **ADMINISTRATION:**

In order to run the camp activity smoothly as well as to give a chance to student to show their talent and leadership quality, various committees were formed. The committees were administration, Mess, sanitation, culture, scientific session, health and finance committees. Leaders were selected for each committee for effectiveness of work. There were two leaders for each committee.

❖ **INAUGURATION CEREMONY: -**

The inauguration function of the NSS special camp was commenced on 09 December 2018 at 2 pm in the hall of Ashramshala of Shantivan. The programme was started with NS Scalp by the

volunteers. NSS leader, welcomed the gathering. The programme was inaugurated by the sarpanch of Wakadi Village Mrs. Ranjanatai Patil and Mr. Shaikh I. M, Superintendent of Ashram shala also added the function.

Mr. Shaikh address the function, he focused on the importance of the National Service Scheme and role of youth in the development of nation and had appreciated the theme of our camp and motivated the student with his excellent provoking words. Mr, Shaikh said that our institute since 2 years had performing wonderful job and welcomed the students and he said that he will co-operate and will help with all its resources.. The camp was formally inaugurated by lighting the lamp. The programme was concluded by vote of thanks.

**Total participants were:** Male(12) and Female (35) i.e. total 47 volunteers were present



#### ❖ **EXERCISE:** -

Every morning, the camp started at 4.00 a.m.. Volunteers used to go for one around jogging at the campus of ashramshala to get warm up then we gathered near the stage Mr. Vishal Ghorpade Lecturer use to conduct Exercises and Meditation This activity was performed for fitness of body and

relaxation of mind. Male(12) and Female (35) i.e. total 47 volunteers were present



#### ❖ **YOGA CLASSES:**

As a part of NSS special winter camp, yoga classes was conducted daily between 5-6 by Mr.Vishal Ghorpade Lecturer the Session were held on meditation, alternate nostril breathing, suryanamaskaram, warmup exercise, relaxation technique, weight balancing exercise and different asana. Basic yoga techniques such as vajrasan, padmasan, kapalbharti etc.. **12** males and **35** females i.e. Total **47** volunteers had participated during the yoga class.



#### ❖ PRABHAT PHERI: -

Every morning prabhatpheri was followed after prayer. The NSS volunteers sang songs and provoke the slogans related to health, social issue, and addiction, highlighting various social problems such as education, alcoholism, Superstition,Road safety , HIV ,environmental sanitation. **21** males and **26** females i.e. Total **47** volunteers had participated during prabhat pheri around **80 -100** village people got benefit.



#### ❖ DENTAL CHECK-UP CAMP:

Free dental camp was organized at Wakadi gaon and for students of Ashramshala on 2<sup>nd</sup> day i.e. on 09/12/18. **Dr. Aaglave**, and 12 interns of Community Dental dept and NSS Prog, the main problem identified was Dental caries, missing teeth, tooth ache, gums bleeding, early teeth fall, peridontitis etc. Follow treatment was carried out in the mobile ambulance such as dental cleaning root canal treatment filling etc. The villagers and teachers responded that treatment and facilities provided was good and they appreciated the organizer. They give a good feedback that they will follow the hygienic techniques and other preventive measures to be followed for preventing dental problems. we distributed 50 toothpastes and brushes to the students. **1** male and **2** female i.e. total **03** volunteers had participated during medical camp. Total number of benefits were 172



#### ❖ **EYE CHECKUP CAMP:**

Free eye camp was organized in temple at the wakadi gaon for the villagers on 3<sup>rd</sup> day i.e on 12/1/19 the interns of community eye department and Nss program the main problem identified was the myopia.and,hyperopia.The checkup was done in the temple and the free eye drops were given to a whom it is necessary.The villagers responded that treatment and facilities provided was good and they appreciated the organizer.they give a good feedback .



### ❖ VISIT TO LEPROSY CENTER SHANTIVAN. PANVEL

On 10/12/18, we had visit to leprosy home. The incharge of the center Mr.Sakharkar had given orientation and information about the center. Around 100 patients are admitted. Separate rooms for male and female patients. The students had the information about the medication and specific care provided for them. The visit was very informative and practical aspect . Male(12) and Female (35) i.e. total 47 volunteers were present





#### ❖ **VISIT TO NATUROPATHY CENTER SHANTIVAN. PANVEL**

On 10/12/18, we had a visit to the naturopathy center, where the incharge Mrs. Prabha More had given orientation and information about the center. Around 20 people were admitted, three sections are there: general ward, deluxe, and superdeluxe. The students got the information about its importance and various therapies performed over there. The visit was very informative. . Male (12) and Female (35) i.e. total 47 volunteers were present



### ❖ ENVIRONMENTAL SANITATION AND SHRAMADHAN: -

The theme of camp was emphasized on cleanliness drive, from the second day of camp the NSS volunteers were divided in a group. They cleaned up the surrounding area of Shantivan Ashramshala, school premises, Hanuman (temple), anganwadi area of Wakadi gaon Village, and other major part of village. The area was swept and cleaned with broom, garbage was collected and thrown, constructed a dustbin for discarding the waste, designing the temple area with rangoli. Sewage management was thought, how to segregate the wet and dry wastage. How to disposal the waste product ideally. Near the leprosy home cleaned the surrounding area, Fencing was created with help of plants. Street play on Environmental sanitation was conducted near temple. NSS volunteers explained the importance of environmental sanitation by role play

We had done 3 big Sharmadhan in 7 days

- 1-Construction of bridge in Wakadi gaon
- 2-Cleaning of whole Backward of Old age home
- 3- Cleaning of Leprosy centre
- 4-cleaning of naturopathy center
- 5-Clening of santivam campus
- 6-Cleaning of Wakadi gaon and drainage Etc

- ❖ Total 12 male and 35 female i.e. 47 volunteers had participated Around 40 people attended the street play



### ❖ **HEALTH EXHIBITION: -**

To create health awareness among the villagers, health exhibition was display on various topics such as personal hygiene, food sanitation, pollution, Environmental sanitation. Health exhibition was held on 11 December 2018 between 11am to 1 p.m., volunteers had explained Advantages and Disadvantages by using a, AV aids like charts was displayed. We had received a good feedback and appreciation for such a wonderful activity by the students. Total male (7) and female (8) i.e. **15** volunteers had participated All around **35 to 47** villagers got the benefit.



❖ **STREETPLAY:**

Street play on various topics were performed in the wakdi village mainly near the hanuman temple by the volunteers distributed in the groups such as ;

1. On 10/12/18 the street play on superstition was performed the people accepted it and appreciated it and gave a good response TOTAL PARTICIPANT: 08 , Total beneficiaries- 15-20 people



2. On 11/12/18 the street play on substance abused was conducted

Total Participant :08 , Total Beneficiaries:10-15



3. On same day the street play on Aids was conducted the people accepted it and gave a good response

Total Participant:08 , Total beneficiaries;15-20



4. On 12/12/18 the street play on importance of girl child and women empowerment was conducted and people gave a good response

Total Participant-08 , Total Beneficiaries-10-15



5. On 14/12/18 the street play on personal hygiene and environmental sanitation at the school and there the childrens gave a very good response

Total participant-08, Total beneficiaries; 30-40

- ❖ **HALDI KUMKUM CEREMONY** : - On 11/12/18, Monday from 10-12 pm a special program for village women was organised at Wakadi village. Most of the women gathered for an auspicious function Haldikumkum ceremony. Mrs. Ranjana Patil, Village sarpanch had witnessed the ceremony. A traditional welcome was performed by the female NSS volunteers. Health education was given on various topics such as Menstrual Hygiene, Detection of early sign and symptom of cervical and breast cancer, ANC care, PNC care, personal hygiene, care during menopause by using charts. Students and village ladies performed the traditional Jhimma. Good interaction and involvement of all the village ladies, they really enjoyed and had expressed their thoughts that the session was very informative on health issues. Total **15** female volunteers conducted the event and around **47 to 50** women participated in the event.



- ❖ **VISIT TO OLDAGE HOME SHANTIVAN. PANVEL**

On 11/12/18 between 3-5 pm had a visit to old age home of Shantivan. With aim to learn the concept of old age home, about its daily routine activity how it is functioning, the health problems faced by the geriatric people. In the old age home there were 45 geriatric people, the age group was from 60 to 95 yrs of age. Mr. Manohar Pawar the chief had given the speech and said about the old age home and about its functioning, He welcomed the NSS camp team with warm welcoming, followed by entertainment programme by NSS volunteers. Throwing balls in bucket was played. To encourage the old age people, prizes were distributed to the winners of games. They gave positive feedback towards

our entertainment programme. They shared their experience of life to our volunteers with a beautiful song. We wined up our programme with vote of thanks. The visit was informative and got good opportunity to learn about the oldage peoples. There we received one message that we should never let down our parents and always make them happy and also took resolution to never leave our parents. Total **12** male and **26** female i.e.47 volunteers had participated .Around 40 geriatric people witnessed the programme



## ❖ GUEST LECTURE

Guest lectures for NSS volunteers was organised to uphold knowledge and bring out the overall development of individual. The important achievement of this camp was attending the lectures by amazing personality of Shantivan centre and from other institution, which are as follows:

**MRs. Swati Parab** , .gave lecture on Personality Development in a very interesting way by playing various games.the students learned about the how to increase the confidence and about eye to eye contact etc..





**Mr.Rajput** , police Nirikshak gave the lecture on women safety and self Awareness.He explained about the various actions that are taken for the women safety and about the apps that are available



**Mr,Pramod Thakur** , Advocategave the lecture on law,about rhe constitution and about various rights such as right to equality and right to literacy

Male(12) and Female (35) i.e. total 47 volunteers were present

❖ **DAM CONSTRUCTION:**

On 13/12/18 all the nss volunteers did a Dam construction at wakadi village

Male(12) and Female(35) i.e.total 47 volunteers were present



**TREEKING:**

On 14/12/18 all the nss vounters did the treeking at wakadi village

Male(12) and Female(35) i.e. total 47 volunteers were present



#### ❖ **CLOSING CEREMONY: -**

The camp completed successfully with valedictory programme at 9.00am on the seventh Day, 15 December 2018 of NSS special winter camp. The valedictory function was conducted under the dignitaries by chief guest Mr. Vishnu Prabhu Desai Secretary of Shantivan , Mr. Dhanraj Babu Associate Professor. They made their graceful presence and praised the activities performed by the volunteers during the camp. The programme was started by NSS Clap following it speeches by the dignitaries on dais. Leader presented the report and Ms. Ankita read out the overall experience. Helping hands were honoured during valediction and the valedictory function concluded with Vote of thanks . Male(12) and Female (35) i.e. total 47 volunteers were present



### **CONCLUSION: -**

Forty seven NSS volunteers had attended the NSS special winter camp at Wakadi gaon village, Panvel, Raigad. The volunteers were divided into 5 groups. The camp was organized with programmes and activities from morning till late evening. The volunteers started their day with exercise and Yoga. Followed by that, they conducted door to door health surveys and referral services. They conducted mass health education on ,Alcoholism ,save girl child ,AIDS ,Environmental sanitation And present the health exhibition on food sanitation ,pollution ,Environmental sanitation. They made the awareness on cleanliness and the role of villagers in developing our nation. They promoted public information through a role play on prevention of diseases, shramadan and nutritional preparation. The NSS volunteers had learned the concept of village. Learn how to adjust in camp with whatever resources were available. Volunteers had given their report on what they have learned in the special camp. And during learning process in what way they made the people aware of many issues like diseases and disasters. The camp was very informative and each day was unique and enjoyable. This camp had brought the batche together and learned sharing and cooperativeness.

