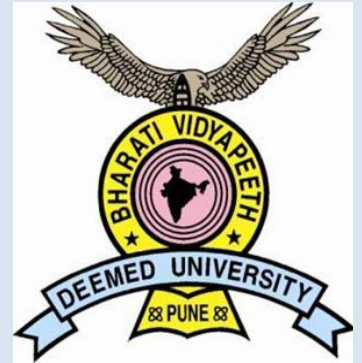


**BHARATI VIDYAPEETH (DEMEED TO BE UNIVERSITY)  
COLLEGE OF NURSING, NAVI MUMBAI,**

# **NATIONAL SERVICE SCHEME (NSS)**

**SPECIAL WINTER CAMP**



**2017-2018**

**Venue: At A/p Wakadi gaon. Tal: Panvel, Dist:  
Raigad in collaboration with Kustharog  
Nivaran Samiti Shantivan, Panvel.  
21st January to 27th January 2018**

**MH-18-023**

**BHARATI VIDYAPEETH DEEMED UNIVERSITY, PUNE, (INDIA).**

**COLLEGE OF NURSING, NAVI MUMBAI**

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**NSS SPECIAL WINTER CAMP REPORT, 2017-2018**

**❖ INTRODUCTION: -**

National Service Scheme is a student – centered programme and it is complementary to education. It is a noble experiment in academic extension. It inculcates the spirit of voluntary work among students and teachers through sustained community interaction. 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 Environment and Health awareness”: Health promotion activities.

The camp was conducted from **21<sup>st</sup> January to 27<sup>th</sup> January 2018** at adopted VillageA/p **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 Mr.DhanrajBabu& Mrs.Natasha Mahajan, along with two faculty members Mr.Vishal Ghorpade and Mr.Dipak Bhatlavande and Ms .nimmi Chauhan valuable support from the University, Prof. (Mrs.) AshalataDawri, 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 21<sup>st</sup> January 2018.

**Total participants were: Male(21) and Female (26) Total benfit were: (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 21<sup>st</sup> January 2018 at 10 a.m. in the hall of Ashramshala of Shantivan. The programme was started with prayer song by the volunteers, Mr. Akash Rathod and group perform the master of ceremony &, NSS leader, welcomed the gathering. Mr.DhanrajBabu hadperform the welcome speech. He said the purpose and the various activities of the special camp also explained in detail. In the welcome speech warm welcome made to the various personalities invited and present for the function. The programme was inaugurated by the secretary of Shantivan Mr, Vishnu P Desai and the member of shantivan, Mr.ShaikhI. M, Superintendent of Annasaheb sh. Adivasi ashram shala also addended the function.

Mr. Vishnu Desai 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 and NSS song. The programme was concluded by vote of thanks. Ms. Pooja Mane.

Following the inauguration we had tree plantation programme around 25 plants were planted at the premises of shantivan ashram shala

**Total participants were:** Male(21) and Female (26) i.e. total 47 volunteers were present and Total benfits were: (60)

## ❖ PRAYER & EXERCISE: -

Every morning, the camp started at 4.30 a.m.signing the attendance sheet. Volunteers used to go for one around jogging at the campus of ashramshala to get warm up then we gathered near the stage, followed by prayer and NSS song. Mr. Pritam patidar and Ms. Vidya KolekarLate used to conduct the P.T. Exercise yoga and Suryanamaskar. Mr.Vishal Ghorpade , Lecturer, used to conduct meditation. The session was winded by national anthem and patriotic slogan. This activity was performed for fitness of body and relaxation of mind. Male(21) and Female (26) i.e. total 47 volunteers were present

## ❖ YOGA CLASSES:

As a part of NSS special winter camp, yoga classes was conducted daily between 6-7 am by Ms Mr.Prtiam and Ms.Vidya , Yoga lecturer from Shantivan centre, 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 vajrasana, padmasana, kapalbharti etc.. **21** males and **26** 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.

#### ❖ **MEDICAL AND DENTAL CHECK-UP CAMP:**

**Medical Check-up camp:** Free medical and dental camp was organized at Wakadi gaon and for students of Ashramshalaon 2<sup>nd</sup> and 3<sup>rd</sup> day i.e. on 23<sup>th</sup> and 24<sup>th</sup> January. **Dr.Aaglave** and interns from BVDU Dental College, Navi Mumbai had participated in this camp. After the check-up villagers were provided medicines at free of cost and few of them were referred MGM hospital for further treatments. The major health issues were Hypertension, arthritis, alcoholism, back ache, Diabetes, joint pain and some gynaecological issues. Among school students majority were having cough, ear pain, eating problem, etc.. **5** male and **5** female i.e. Total **10** volunteers had participated during medical camp. Around 65 villages.

Simultaneously the dental camp was organised in collaboration with **Dr.Aaglave**, and 5 interns of Community Dental dept and NSS Prog, the main problem identified was Dental caries, missing teeth, tooth ache, gums bleeding, early teeth fall, periodontitis etc. Follow up treatment was carried out in the mobile ambulance such as dental cleaning root canal treatment filling etc. It was found that 75 beneficiaries had strain problem, 20 dental caries, 10, root canal 38 dental cavities. 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. **5** male and **5** female i.e. total **10** volunteers had participated during medical camp. Total number of benefits were **148**.

#### ❖ **HEALTH EXHIBITION AND STREET PLAY: -**

To create health awareness among the villagers, health exhibition was display on Family planning and street play was performed on Tuberculosis. Health exhibition was held on 25<sup>th</sup> January 2018 between 11am to 1 p.m., volunteers had explained Advantages and Disadvantages by using a, AV aids like flash card and posters was displayed. Following it a street play was performed by the

other group. We had received a good feedback and appreciation for such a wonderful activity by the students. Total **21** male and **26** female i.e. **47** volunteers had participated during medical camp. All around **35 to 47** villagers got the benefit.

#### ❖ **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-Clening of santivam campus

5-Cleaning of Wakadi gaon and drainage Etc

Total **21** male and **26** female i.e. **47** volunteers had participated during medical camp. Around 68 people attended the street play.

#### ❖ **VISIT TO OLDAGE SHELTER SHANTIVAN. PANVEL**

On 25<sup>th</sup> January 2018 between 4-6 pm had a visit to oldage home of shantivan. With aim to learn the concept of oldage home, about its daily routine activity how it is functioning, the health problems faced by the geritriac people. In the old age home there were 47 geriatric people,the age group was from 60 to 95 yrs of age. Mrs.Anusya, the chief wardern had given the speech and said about the oldage home and about its functioning, she welcomed the NSS camp team with warm welcoming, followed by entertainment programme by NSS volunteers. 01 solo dance, 01 group dance 1 Speech . The function was overwhelmed by the old song, Ms. Akashata Ghanekar had prepared the poem on life of old age people, The member of oldage home had appreciated him and give him one autobiography book as token of love. Passing the parcel was arrange for them. 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 lifestyle. Total **21** male and **26** female i.e.47 volunteers had participated during medical camp. Around 47 geriatric people witnessed the programme.

#### ❖ **SCHOOL HEALTH PROGRAM AND SPORTS:-**

On 24<sup>th</sup> January 2018, morning from 10.00 a.m. to 12 Noon conducted a school health program; the volunteers performed the physical examinations and assess the nutritional status by checking the weight, height and etc, followed by role play on. Health talk on diarrhoea, Balance diet, tips on healthy living habits was organized. Games like Running, Three Race Running, sack race, jumping etc. for all the school children at ashramshala Among all the games Two Winners was selected by NSS Programme officer. Prize distribution was given by the school teachers. **7** male and **7** female i.e. total **14** volunteers had participated during medical camp. In games total **250** children had participated in games.

#### ❖ **HALDI KUMKUM CEREMONY : -**

On 24<sup>th</sup> janaury 2018, Thursday from 10-12 pm a special program for village women was organised Wakadi village. Most of the women'sgathered for auspicious function Haldikumkum ceremony. Mrs.RanjanaPatil, Village sarpanch had witnessed the ceremony A traditional welcome was performed by the female NSS volunteers, welcome song was performed, following it a guest lecture on women's health issue on various aspect such as Menstrual Hygiene, Detection of early sign and symptom of cervical and breast cancer, ANC care, PNC care, care during menopause by using charts. A skit was performed on female foeticide The HaldiKumkum event was concluded by entertaining bycultural programme. Students and village ladies perform the traditional Jhimma, sang a song in Marathi. 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 **22** female volunteers conducted the event and around **45 to 47** women's participated the event.

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

On 22<sup>nd</sup> January 2018, we had visit to leprosy home. The incharge of the center Mr.Sakharkar had given orientation and information about the center. Around 78 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(**21**) and Female (**26**) i.e. total 47 volunteers were present

## ❖ 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:

**MR. Avinash Mithre** ,NSS coordinator .gave lecture on Personality Development .

**Mr . Malojirao Shinde**, Religiional Officer gave the lecture on Cyber Crime.

**Mr. Vishnu Prabhu Desai**, secretary of Shantivancenter, He had delivered a lecture on: “Enviornmentsantitation”

He said that envoiornment sanitation is an art and science of applying sanitary, biological and physical science principles and knowledge to improve and control theenvironment and factors therein for the protection of the health and welfare of the public. A said about the bharatswatchtaAbhiyan by Mr.Modi and how to make a India towards develop contry.

Why this centre was established, what were the difficulties faced and what new changes were brought. He explained the concept of Village. The session was informative as it brought the ideas of village lifestyle and difficulties face by them.

**Mr.Sudhir, Naturopathy center**, He gave a lecture on “Naturapathy”

Taken a session on Concept of Naturapthy. The Main aim of the nature cure treatment is to educate the people and create awareness about health and hygiene. In Naturopathy we emphasize on educating a person about the right way of living and management of health problems by simple ways. People experience the effect of living in accordance with the laws of Nature. By following the laws of Nature, vitality improves, which helps in elimination of toxins from the body.

Male(21) and Female (26) i.e. total 47 volunteers were present

## ❖ CULTURAL AND ENTERTAINMENT PROGRAMME:-

Every evening at around 5-7 pm the villagers were entertained by the colours of talent exhibited by our NSS volunteers. The popular way to create a social awareness among the villagers through culture programme like Skit, Street play, Drama, Folk dance solo and group song on various topics such as AIDS, De-addictions, superstitious, education, Population explosion.Our student got good feedback on skit on aids which was our prime function to educate them. Around 20-30 minutes question and answer session was going on. Good and positive feedback.

For students entertainment we have daily one hour session for NSS volunteers. Events such as Debate on old age home, Elocution, individual talent performance, dumsharas, Anthaksharicricket and

last day camp fire. Male(21) and Female (27) i.e. total 47 volunteers were participated, everyday around 70-100 peoples is to gather Temple in- front of sarpanch house.

### ❖ **ROAD SAFETY STREET PLAY**

A road safety awareness was organised on 5<sup>th</sup> of camp, rally on road safety with charts and poster was display at different area zone at near primary school, temple, from one lane to other lane Male(21) and Female (26) i.e. total 47 volunteers along with 4 teachers participated. Total 4 times street play was performed at various spot total around **47-120 people** got benefited along with school children.

### ❖ **CLOSING CEREMONY: -**

The camp culminated successfully with valedictory programme at 10.30 am on the seventh Day, 27<sup>th</sup> January 2018 of NSS special winter camp. The valedictory function was conducted under the dignitaries by chief guest Ms . Vaishali Patil A. G. Principal, Ashram shala, Shantivan, Mr.Shaikh I. M.Superintendent Ashram shala and Mrs.Vaishali Jadhav Professor. They made their graceful presence and praised the activities performed by the volunteers during the camp. The programme was started by welcome song following it speeches by the dignitaries on dais. Leaders of each committee presented the report, NSS leader read out the overall experience. Helping hands were honoured during valediction and the valedictory function concluded with Vote of thanks Ms. Rehana D Thomas . Male(21) and Female (26) 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 ,Tuberculosis and malaria eradication. And present the health exhibition on Family Planingng 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. Volunteers attended the interactive cum informative sessions by experts around the centre. After the daylong activities the volunteers participated in Entertainment programme. The NSS volunteers had got 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 two batches together and learned sharing and cooperativeness.

