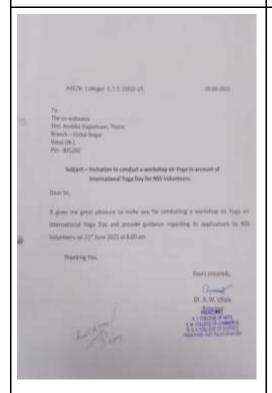
National Service Scheme Activities in Academic Year 2022-2023

1. International Yoga Day Workshop

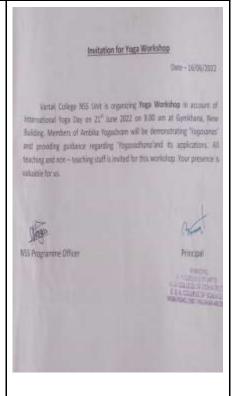


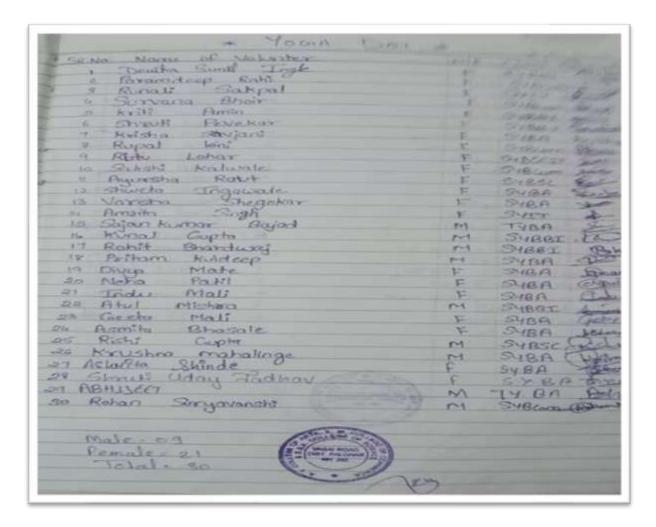












A workshop was organised on 21st June 2022 at 8.00 a.m. in College Gymkhana on International Yoga Day. Yoga Trainers from Ambika Yoga Kutir, elaborated on importance of practicing yoga and demonstrated Yogasanas like vajrasana, padmasana, bhujangasana, naukasana, Surya namaskar, kapalbhati, etc. A total of 30 NSS Volunteers, teachers, and other college students participated in this workshop. (Total – 36 Beneficiaries).

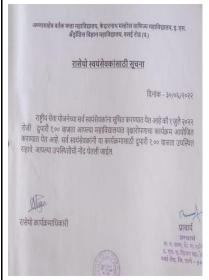
Purpose: To introduce basic Yogasanas and their benefits for physical and mental health.

Outcome: Students could perform the fundamental Yogasanas and meditation, developing an understanding of Yoga as a healthy lifestyle.

2. Tree Plantation











On the occasion of 'Krishi din' dated on 01/07/22. NSS Volunteers planted 55 local trees like mango, jamun, and flower plants on the college campus. 23 NSS volunteers took part in this activity.

Purpose – To sensitise the volunteers to environmental conservation by planting local trees.

Outcome –Students planted local trees on a college campus and accepted the responsibility to conserve them

3. Vaccination Drive







In collaboration with the Primary Health Care Center, a Vaccination Program was organized in College Gymkhana dated 12/07/2022 to vaccinate students, staff and people in the nearby vicinity to prevent covid 19 infection. Covisheild and Covaccine doses and other vaccines were given. A total of 14 NSS Volunteers participated in this drive for making arrangements, registration and crowd management. 201 beneficiaries got vaccinated.

Purpose -

> To prevent the COVID-19 infection in society.

Outcome -

➤ 201 beneficiaries got vaccinated.

4. Eco-friendly Rakhi Exhibition

Date -29/7/22 to 2/8/22





Eco-friendly Rakhi Exhibition

NSS Volunteers organized an exhibition and selling of eco-friendly rakhis of bamboo and fruit seeds made by tribal women of Palghar District. 150 rakhis were sold and the money was transferred to Seva Vivek Center, Bhalivali who handed it over to tribal women. It Created awareness in people about using eco-friendly products to conserve the environment and help tribal people. A total of 30 NSS Volunteers participated in this activity.

Purpose -

➤ To create awareness about environment conservation and sustainable development by selling eco-friendly bamboo rakhis

Outcome -

- ➤ 150 Eco-friendly rakhis were sold leading to the prevention of the use of plastic rakhis.
- > Self-help group of tribal women in Palghar was helped to be self-reliant in their economic needs.

5. Azadi Ka Amrit Mahotsav

Purpose -

- ➤ To create the spirit of patriotism and a strong sense of dignity and pride for the National Flag.
- ➤ To spread awareness about the importance of maintaining cleanliness and hygiene.
- > To encourage local farmers to plant local trees which are part of the ecosystem of Vasai.
- > To distribute the flags for implementation of 'Har Ghar Tiranga Yojana'.

Outcome –

- ➤ Volunteers developed a spirit of patriotism through collective singing of the national anthem, flag distribution and independence rally.
- ➤ Volunteers contributed to the cleanliness of the Primary Health Care Center.
- ➤ Volunteers visited local farms at Nirmal and Kalamb Village and planted 50 Local tree saplings in their farm.



Samuh Rashtragaan

Date -09/8/22

All Volunteers sang rashtragaan in college Poarch along with teachers and other students. A total of 15 NSS Volunteers participated in this activity. (The photograph is taken before singing the national anthem.)



Cleanliness Drive

Date - 10/8/22

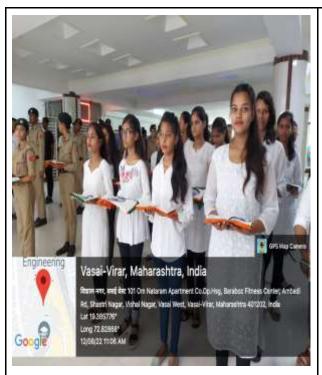
Cleanliness Drives were carried out in the college campus and in Primary Health Care Center Vasai. A total of 29 NSS Volunteers participated in this activity.





Tree Plantation Date – 14/8/22

Tree Plantation Drive was organised at Farms in Nirmal and Kalamb Village where 50 local plants were planted in farms of local farmers of Nirmal and Kalamb Village. A total of 10 NSS Volunteers participated in this activity.





Flag Hoisting Training and Flag distribution Date -12/8/22

NSS volunteers received training from NCC Head Dr. M. L. Andhale regarding protocols of Flag Hoisting. NSS Volunteers distributed flags to citizens in nearby societies and in Nirmal Village. A total of 26 NSS Volunteers participated in this activity.









Prabhatpheri and Flag Hoisting Date – 15/8/22

Prabhatpheri was organized on Independence Day at 7.00 am from A. V. College, Vasai to Ambadi Road followed by Flag Hoisting. A total of 35 NSS Volunteers participated in this activity.

6. NSS Orientation Program for first-year volunteers.



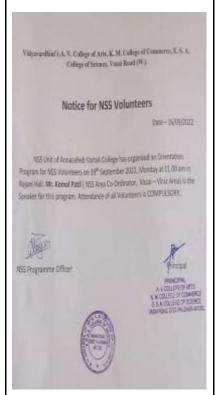






अण्यासहेब वर्रक महाविधासदाचा राष्ट्रीय सेवा योजना विभागने उपक्रम परिवसस संपन्न











Date - 19/9/22

NSS area coordinator, Vasai – Virar, Mr. Komal Patil guided newly enrolled NSS volunteers about aims, objectives, activities, opportunities and skill development in NSS. A total of 82 NSS Volunteers participated in this activity.

Purpose –

➤ To introduce the vision, mission, and activities of NSS as well as the skill development and opportunities through NSS to newly enrolled NSS Volunteers.

Outcome -

➤ First-year volunteers got knowledge about their roles and responsibilities as an NSS Volunteer.

7. NSS Day Celebration







वर्तक महाविद्यालयात राष्ट्रीय सेवा योजना स्थापना दिन

 वसई । राष्ट्रीय सेवा योजना स्थापना दिवसाचे ओपित्य साधून यसई येथील अण्यासाहेब वर्तक महाविद्यालयाच्या राष्ट्रीय सेवा योजना विभागानके प्रा. अमित पटेल वांचे 'राष्ट्र उभारणीतील युवकांची भूमिका वा विषयावर विशेष व्याख्यान आंधोजित करण्यात आले. युवकांनी स्थतःतील धमता योग्यरितीने ओळखून आगल्यातील विविध गुणाना सालना देत अष्टर्फेट् व्यक्तिमल विकसित केले तर जागतिक बाजासदेत करीयरच्या जमाप संगी उपलब्ध आहेत, असे प्रतिपादन प्रा. अभित पटेल यांनी व्याख्यानात केले. राष्ट्रीय सेवा योजना विद्याची स्वयंतेषकांमध्ये सामाजिक भान निर्माण करते. त्याचबरोबर विद्याश्योग प्रगल्य व संवेदनशील बनवते, असे प्रतिपादन करत प्राचार्य डॉ. अरक्दि उवाले यांनी यांकेळी केले. व्याग्रयानानंतर स्वयंक्षेत्रकांनी सांस्कृतिक कार्यक्रमाचे आयोजन केले, ज्यामध्ये गीते, मृत्य, कविता, नाट्य अला कलांचे सादरीकरण करण्यात आले. या कार्यक्रमाचे सुत्रसंचालन व प्रास्ताचिक कार्यक्रम अधिकारी प्रा. आदिती यादव यांनी केले. स्वयंतिका लक्ष्मी सिंग हिने प्रमुख वक्ष्यांचा परिचय करून दिला तसेच आभारप्रदर्शनहीं केले. उपप्राचार्य डॉ. अनिलकुमार शेळके व उपप्राचार्या डॉ. जानकी सावणाच थानी या कार्यक्रमासाठी सतकार्य केले. कार्यक्रमाधिकारी डॉ. शतुष्त फड व प्रा. आदिती बादव, प्रा. भारती तोरणे व प्रा.भीमराव पेटकर यांनी स्वयंसेवकांना मार्गदर्शन केले. इंद माध्यी, रोहन सूर्ववंशी आणि आदित्व अस्तिह या विद्यार्थी स्वयंसेवकानी या कार्यक्रमाच्या आयोजनासाठी विशेष परिश्रम येतले.

> AsplaMahanagar Edition Sep 27, 2022 Page No. 3 Powered by : eReleGo.com





NSS Day Celebration

Date -24/9/22

A guest lecture was delivered by Mr. Amit Patel (Assistant professor in Rural Development and social worker) on the topic 'The Role of Youth in Nation Building'. It was followed by a cultural program organized by NSS volunteers. They performed dance, singing, skit, poetry recitation, anchoring, etc. A total of 55 NSS Volunteers participated in this activity.

Purpose -

- ➤ To encourage the young volunteers to use their energy in a positive way for nation-building and to understand the risks that the youth face in a young age.
- ➤ To provide a platform to showcase their abilities and talents by performing arts and cultural programs.

Outcome -

- ➤ Volunteers freely interacted with the speakers to discuss the common problems faced by them.
- ➤ Volunteers showcased their talents by performing dance, singing, skit, poetry recitation, anchoring, etc.

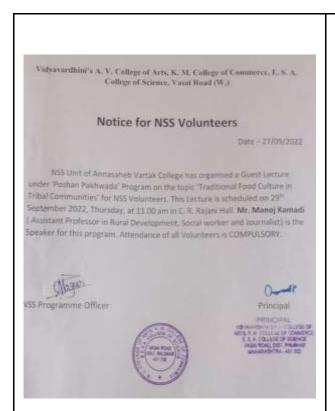
8. Guest lecture – Traditional Food Culture of Tribal Communities in Palghar











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Date - 29//9/22

A guest lecture was delivered by Mr. Manoj Kamadi (Social worker for tribal welfare and assistant professor in rural development) on the topic 'Traditional Food Culture of Tribal Communities in Palghar. A total of 76 NSS Volunteers participated in this activity.

Purpose -

➤ To have knowledge about the traditional food of tribal communities in Palghar District and its health benefits.

Outcome -

➤ Volunteers got information about forest vegetables, local grains and the lifestyle of tribal communities in Palghar.

9. Gandhi Jayanti Celebration











Date -2/10/22

Students took pledge for non-violence. Principal Dr. A. W. Ubale guided volunteers about the thoughts of Mahatma Gandhi. Volunteers were then actively involved in 'shramadaana' in the form of tree-plantation and campus cleaning. A total of 65 NSS Volunteers participated in this activity.

Purpose -

- > To instil humanitarian values and thoughts promoted by Mahatma Gandhi like honesty, and non-violence.
- > To understand the value of handwork and labour.

Outcome -

➤ Volunteers took a pledge for nonviolence and contributed to the cleanliness of the college campus.

10. Fit India Run and Yoga





10. Fit India Run and Yoga

Date - 19/10/22

NSS volunteers organized the Fit India Run from the Vasaigaon depot to Vasai Fort and performed Yogasanas in Vasai Fort to highlight the importance of physical and psychological fitness. A total of 96 NSS Volunteers participated in this activity.

Purpose -

> To spread awareness of the importance of fitness to the general public.

Outcome -

➤ Volunteers performed running and yogasana at Vasai Fort. Through this activity, they understood the importance of exercise and yogasana as well as they promoted the significance of fitness activity in the tourists and residential people.

11. Cleanliness Drive at Vasai Fort



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11. Cleanliness Drive at Vasai Fort

Date - 19/10/22

NSS volunteers collected plastic in vasai fort and organized cleanliness drive in Vasai Fort. Total 96 NSS Volunteers participated in this activity.

Purpose -

> To implement the plastic free vasai movement.

Outcome -

➤ Volunteers contributed to cleanliness of the vasai fort - the place of historical significance and collected plastic waste for its conservation.

12. Unity Run and Pledge for National Unity









Date - 31/10/22

On the occasion Birth Anniversary of Sardar Vallabhbhai Patel NSS volunteers took a pledge for National unity. Then they participated in the Unity run organized from A. V. college campus to Ambadi Road, Vasai. A total of 26 NSS Volunteers participated in this activity.

Purpose –To promote national unity in the residential people of Vasai.

Outcome – Volunteers participated in the Unity Run with slogans on National Unity.

13. Street play on De-addiction







Date -7/1/23

Street Play was performed by NSS Volunteers to promote addiction addiction-free society at Vasai Railway Station. A total of 13 NSS Volunteers participated in this activity.

Purpose –

➤ To spread awareness about the harmful consequences of substance abuse and addiction.

Outcome -

➤ The general public and railway police at Vasai Railway station appreciated the work of NSS Volunteers and supported the notion of addiction free society.

14. HIV AIDS Awareness Guest Lecture

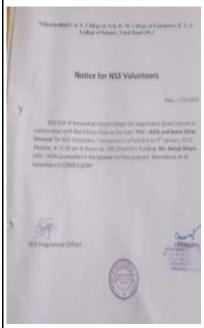


















14. HIV AIDS Awareness Guest Lecture

Date -9/1/23

Mr. Netaji Nikam (ICTC Counsellor MSACS, Government Hospital Virar) delivered a lecture on the topic of HIV AIDS and Other Diseases. A total of 79 NSS Volunteers participated in this activity.

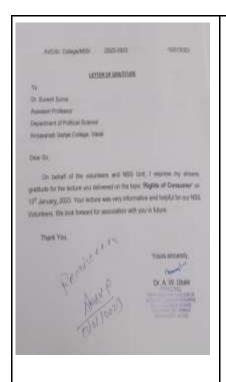
Purpose -

- ➤ To create awareness about the causes and preventive measures of HIV AIDS.
- > To know the adverse effects of stigma and social discrimination against HIV Patients.

Outcome -

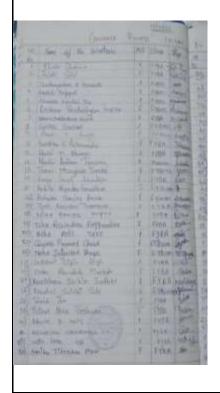
- ➤ Volunteers got information about the causes and preventive measures of HIV AIDS and their misunderstandings were clarified.
- ➤ Also got awareness about ways to reduce stigma and social discrimination.

15. Consumer Rights Awareness Guest Lecture













Date - 13/1/23

Dr. Suresh Surve (Assistant Professor in Political Science) delivered a lecture on the topic 'Rights of Consumer. A total of 79 NSS Volunteers participated in this activity.

Purpose -

➤ To create awareness about the rights of consumers and how they are violated.

Outcome -

➤ Volunteers got information about various rights of consumers and their violations.

16. Reduce, Reuse, Recycle – Making Paper bags from Waste Newspapers











ज्ञा वहं स्तर्व सामग रेक्टोन्डर्स्ट स्टॉन्ट स के इंग्लं क्या स बोर कर विवस को क्ष्य हम्। सर्व रक्त क स्थान क जेपात की 1000 1000 100 100 सर्वेद्यासंबंध वंश्वनास्य

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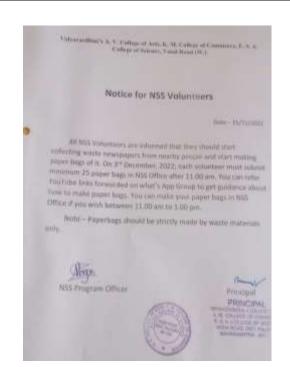


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म्ब्रोक्टिके अन्तर्वत कि बैनाके बार्यक र त्या अनूब पूर्वसन् तों क्षतिकारण तोने अनारीत विकास को के प्राप्त करा कि (६) क्रियाम स्थानने इस सर्व कार्य का महत्त्वस्थाताओं सं कारणा र्वनाते साजा गाँउ क्रिया उम्र के क्रियाह संस्कृत के क्रिया क्रिया प्रदार क्रिया क्रिया क्रिया क्रिया हाँ बोरको रोड पन ४ तामपुरे गर्न परिवाहन क्षेत्रण को परिवाहने नेपन् वर्ण किन का (भारत्महोत्त्र) होता है वर्ष हो और वर्ष की कर को कि : सेवी कुंबा वी व्हें कुकों के 1 राज जीवारों प्रश्न होते होते ब्लोकर्स केंद्रश्चानकरम्बाहित्यते होते होता क्रीको ही को पदे पर १ क्षा पोत्रे तमें स्वेत तीनों प्रकृष ११ १ तोने का विकेश व्यक्तिया को १ तीने का वर्ग की जो क्षानेको दूर के







Date - Continuous activity from November to January

The objective of this activity is to promote Plastic Free Society and Sustainable Measures of Development. It is based on the principle of Reduce, Recycle and Reuse. NSS Volunteers Collected waste newspapers from nearby people They made more than 3000 bags of these waste newspapers and then, they distributed these paper bags to 200 street vendors in Vasai – Virar in the month of January with a request 'not to use plastic bags. This campaign will help to promote the identity of Vasai which is 'Harit Vasai, Sundar Vasai'.

Newspaper Bags Distribution to street vendors

Date - 13/1/23

NSS volunteers distributed paper bags made by them out of waste newspapers to nearly 200 street vendors in Vasai–Virar in the month of January with a request 'not to use plastic bags.' This campaign will help to promote the identity of Vasai which is 'Harit Vasai, Sundar Vasai. A total 64 NSS Volunteers participated in this activity (Beneficiaries – 200 street vendors)

Purpose -

- ➤ To support the notion of sustainable development following the Reduce, Reuse, Recycle principle.
- ➤ To promote the 'Green Vasai, Beautiful Vasai' Campaign and support the movement of plastic free society.

Outcome -

- ➤ Volunteers collected waste newspapers from nearby residential and prepared carry bags from them following the principle of Reduce, Reuse, Recycle.
- ➤ They distributed it to street vendors in the Vasai-Virar area to promote 'Green Vasai, Beautiful Vasai' Campaign and support the movement of a plastic free society.

17. Guest Lecture on Consumer Redressal Agency













Date - 24/1/23

Adv. Devika Gawand delivered a lecture on the topic 'Consumer Redressal Agencies.' A total of 20 NSS Volunteers participated in this activity.

Purpose -

➤ To create awareness about legal safeguards, legal procedures and redressal agencies if consumer rights are violated.

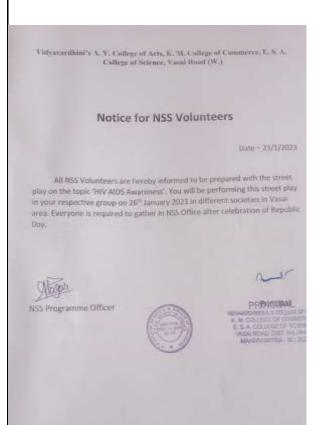
Outcome -

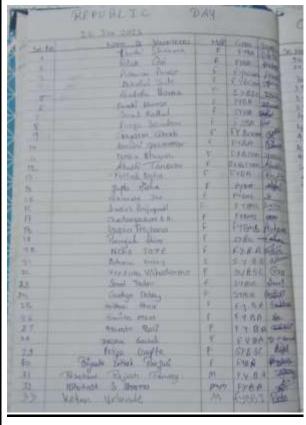
➤ Volunteers got information about consumer courts and legal procedures to file a complaint if consumer rights are violated.

18. Street Play on HIV AIDS Awareness on the occasion of Republic Day











Date -26/1/23

On the occasion of Republic Day, NSS volunteers performed street plays in 6 groups in different residential societies in vasai and on streets of vasai to spread awareness regarding HIV AIDS. Total 33 NSS Volunteers participated in this activity.

Purpose -

- ➤ To create awareness about causes and preventive measures of HIV AIDS in the residential societies in Vasai Virar.
- ➤ To clear the misunderstandings and to reduce the stigma and social discrimination against HIV Patients with the street play performance.

Outcome -

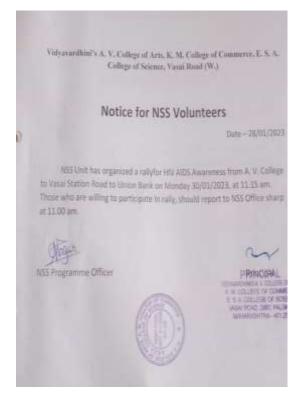
- ➤ Volunters provided information about causes and preventive measures of HIV AIDS by conducting street plays in the residential societies in Vasai Virar.
- ➤ Volunteers also promoted the steps to eliminate stigma and social discrimination against HIV patients.

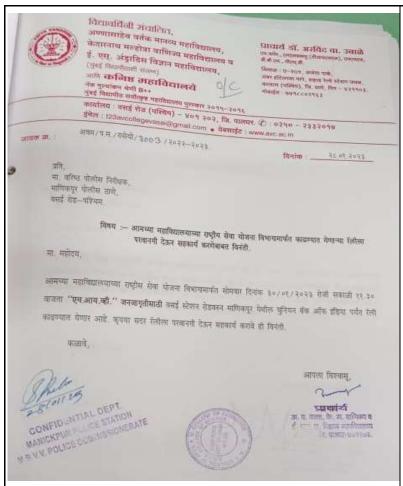
19. HIV Awareness Rally











Date- 30/1/23

NSS volunteers organized a rally on HIV AIDS
Awareness from A. V.
College Campus to Shastri
Nagar, Vasai. NSS
volunteers showed
sensitivity by tying red
ribbons. A total 22 NSS
Volunteers participated in
this activity.

Purpose -

- > To eliminate the taboo on the HIV AIDS
- ➤ To show support to HIV AIDS patient and promote their social inclusion.

Outcome -

➤ Volunteers participated in the rally with slogans to give a message to the people in Vasai regarding the social inclusion of HIV AIDS patients.

20. Workshop on Waste Management









Date -2/2/23

Mr. Vijay Sutar from 'Akaar Mumbai' conducted a workshop on dry and wet waste management. He demonstrated various objects made from plastic waste. Total 37 NSS Volunteers participated in this activity.

Purpose -

➤ To provide information about dry and wet waste management and to know the ways in which plastic waste can be recycle and reuse.

Outcome -

➤ Volunteers got information about dry and wet waste management and saw the products made out of plastic waste.

21. Blood Donation Camp



MUNICIPAL CORPORATION OF GREATER MUMBAI B. Y.L. NAIR CH. HOSPSTAL BLOOD CENTRE



OPD 32, 2rd Floor, OPD Bailding, Tapiwala National Medical Callage & B.Y.L. Nair Ch. Hospital, Br. A.L. Nair Raad, Manshai Central (East), Munthai 490 008

The Principal,
 Annaushith Variak College of Aria, commente, Science Shahtri nagar, Vishal nagar,
 Vansi 401202.

Subject: Thanks for the successfully arranging Cump on 18th February, 2023

We express our sincers thinks, and approximates for your help and support you tail given at "Annualisth Vartak Callege of Arts, Commerce, Science, Varial."
Blood Derusion Camp field on 10th February 2023.

The volunteers and yours institutional staff able to maintain 82 Blood Donor in densite the blood. I would also like to that the Volunteer Loader and Senior Staff for precious co-ordination in the curp.

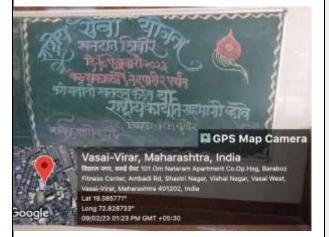
We will happy to help you to use of any blood requirement by your unlieg: for a flavor. Our Charlable Near blooping pervise totally free of cost, filled and Blood exerponent to our different patients.

Thinking you.

Years Faithful

Mr. Suntitul Pawar Community Development Officer Blood Center, B. Y. L. Nair Ch. Hospital 97023 37899 / 93727 18000

Mr. K. J. Powar Centrality Co-regivers Diffeer, Days, of Blood Certait, p. 71. Natl Ct. Heapter, personal Police.



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3	31766	Prisud H. Patil	9320551090	36	M	B+
4	31767	Shiyran R. Jadhay	7767915572	20	M	A+
5	31768	Ishu M. Gundalli	7559443534	20	M	A+
b	31769	Ukarsh S. Mishra	9322270153	18	M	A
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8	31771	Anushka P. Mayekar	9156136039	19	F	0+
9	31772	Arvind Uthale	1718802963	45	M	A+
10	31773	Siddburt B. Sharma	9702390894	18	M	0+
11	31774	Jyotsna R. Mishna	8779132988	18	F	B
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21	31784	Sachidanand S. Shanna	9322882543	19	M	0+
22	31785	Shatrughan V. Phod	9422670530	45	М	8-
23	31786	Rishi J. Gupta	8412913986	19	М	8+
24	31787	Yogita A. Mehta	9930687022	38	F	8-
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26	31789	Dinesh S. Gosavi	8390252140	38	М	H-
27	31790	Jigdnesh N. Dharmeher	8483919922	18	M	0
28	31791	Vidul V. Pawar	7276685004	18	M	01
19	31792	Sumit S. Vengulkar	9834505791	20	М	A
10	31793	Nikita R. Pavale	9975461912	18	F	A
i	31794	Vivek P. Shrivastav	7219656496	21	M	B+
	31795	Sahil P. Singh	7972562583	19	M	BN

BLOOD BONOR CROCKLIST

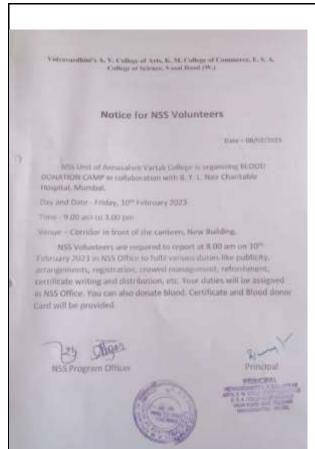
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le.	31791	Sharif K. Nayyed	9359106768	35	М	O+
17	31800	Knohna N. Mahalinge	7387986990	20	M	AB+
is.	31301	Roshan K, Gupta	8321437103	21	M	15+
14	31802	Aryan P. Gaur	8459811096	19	М	B+
40	31803	Arolt A. Rai	8999865116	19	М	0+
41	31804	Bipin V. Bhoir	9004385088	33	M	A+
42	31805	Sakharam S. Dakhore	9850116645	42	M	Α+
43	31806	Hassan K. Salmani	9834196547	21	M	B+
44	31807	Protham M. Pawar	7620362197	20	M	0+
45	31808	Raveesa C. Singh	7498884986	19	F	0+
46	31800	Hhashutosh K. Srivastav	8459410519	21	M	Α+
47	31810	Prayeen J. Dhangada	8830469187	38	M	A+
48	31811	Abhishek K. Jha	9762416463	23	M	0
49	31812	Sunil N. Bind	9004074517	20	M	٨
50	31813	Krana N. Mhatre	9309753353	20	M	A
51	31814	Pritam D. Kuldeep	8010544258	19	M	0+
52	31815	Abhijeet K. Katkar	9075694787	21	М	B+

50	31813	Krans N. Mfutre	9309753353	20	M	A+
51	31814	Pritam D. Kuldeep	8010544258	19	M	-0+
52	31815	Abbiject K. Katkar	9075694787	21	M	8+
53	31816	Ketan R. Velande	9034995696	18	M	AB+
54	31817	Aditi V. Yaday	9967287203	34	ı.E.	AB+
55	31818	Ashatosh S. Sharma	9156946392	18	М	B+.
56	31819	Kriti S. Amin	9356522480	19.	F	0+
57	31820	Abbimonyu T. Shamta	9026233345	19	M	-0+
58	31821	Shreya L. Mishra	8767266763	18	F	-0+
59	31822	Sayli R. Koli	9834289805	23	F	0+
60	31823	Deepak M. Jaiswar	7558230543	.19	M	0+
61	31824	Harsh T. Rai	8303544025	18	M	A+
4Z	31825	Yogesh H. Salenkhe	7972471263	20	M	II Nes
61	31826	Roban R. Shivankar	9860216288	19	51	0+
64	31827	Nifesh V. Singh	7007596273	10.	M	0+
65	31828	Raustun H. Sharma	8609962307	19	M	-0+
66	31829	Pradysmus P. Parida	7738141031	18	M	19+
67.	31830	Vodant J. Patil	7219219888	18	M	8+
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Date - 10/2/23

NSS unit organized blood donation camp in collaboration with the B. Y. L. Nair Charitable Hospital. 82 units of blood were collected. Principal, NSS volunteers, Program Officers, teaching and non-teaching staff along with students donated blood enthusiastically. NSS volunteers also fulfilled duties like registration, certificate writing and distribution, record maintaining, refreshment, helping hospital staff, publicity of blood donation camp, etc. Total 42 NSS Volunteers participated in this activity.

Purpose -

- ➤ To understand the importance of blood donation and to spread awareness about it in college students and nearby people.
- > To motivate volunteers and other students for blood donation.

Outcome -

➤ NSS volunteers donated their blood and motivated other college students for blood donation.

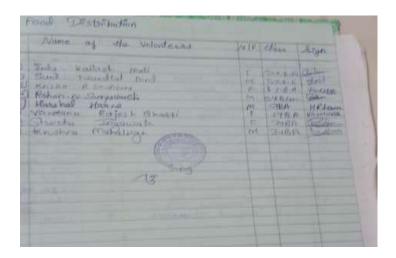
22. Food Distribution Drive











Date -14/2/23

On the occasion of Valentine's Day, NSS volunteers distributed 400 lunch parcel packets to children and senior citizens living on the street and in slums as a token of love and affection. This is a college-level activity started by NSS volunteers in 2017 with the initiative of the NSS Leader of that year Mr. Kishan Sahani wherein teachers and ex-students contribute money. Ex-NSS volunteers and current NSS volunteers collaboratively prepare food and engage in the packaging of food parcels and their distribution to the needy. A total of 34 NSS Volunteers participated in this activity.

Purpose -

- ➤ To experience the Joy of Giving with Food Distribution Drive.
- > To have an association with NSS alumni.

Outcome -

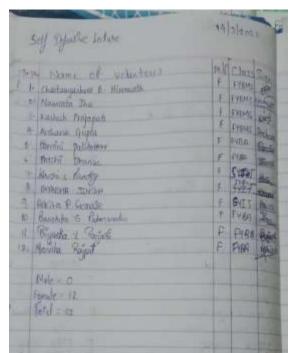
- ➤ NSS volunteers distributed 400 lunch parcel packets to children and senior citizens living on the streets and slums in the Vasai Virar area.
- ➤ NSS volunteers participated in this activity in collaboration of Ex NSS volunteers of Vartak College.

23. Self Defence Training for Girls









Date - 14/3/23

Mr. Sudhir Manke and Mr. Prasad Jadhav from Nirbhaya Academy took the self-defence session for girls, demonstrating various self-defence methods. A total of 12 volunteers participated in this program.

Purpose -

To introduce self-defence techniques to girl volunteers.

Outcome -

Girl volunteers practised self-defence techniques.

24. NSS Special Camp (2022-2023)



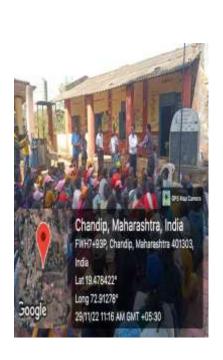








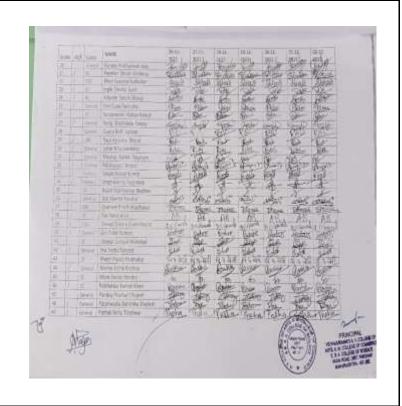




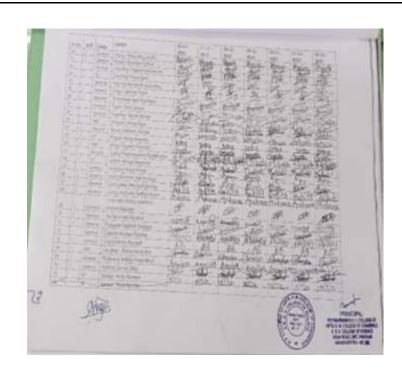












26/11/2022 to 2/12/2022

Venue- Bapuji Babaji Smarak Vidyamandir, Shivansai, Chandip

Total volunteers – 96

Day 1 (26/11/2022)

All volunteers and Program Officers arrived at the campsite – Bapuji Babaji Smarak Vidyamandir, Chandip at 8.00 am. All volunteers engaged in campsite cleaning. Inauguration of the Special Camp took place in the presence of Principal Dr. Arvind Ubale, Hon. Shantaram Jadhav, Principal of Chandip school and other dignitaries. Constitution Day was celebrated with Preamble Reading. Volunteers had Lunch. Then they attended an introductory session on Yoga. Icebreaking session was held to develop friendships. Teams were formed and leaders were decided. Volunteers cooked food and had their Dinner. Then at the end, volunteers engaged in Poetry recitation.

Day 2 (27/11/2022)

Volunteers woke up at 5.00 am. Started Warm-up and Yoga at 6.00 am Then engaged in flag hoisting, prayer and report reading. In Shramadaan they engaged in campsite cleaning. After lunch, Free talk on Gandhian Thoughts was facilitated by Mr. Lopes. Playtime was given for outdoor games; Group Discussion was held on the topic 'Theory and Reality'. The day ended with Singing.

Day 3 (28/11/2022)

Volunteers woke up at 5.00 am. Started Warm-up and Yoga at 6.00 am Then engaged in flag hoisting, prayer and report reading. In Shramadaan they engaged in cleaning of schools and preparing drainage paths for wastewater from toilets. After lunch, a Workshop was held on Street Play by Dr. Sansare, Playtime was given for outdoor games, a Group Discussion was held on 'current social issues', Time was allotted for the preparation for street play, Camp was visited by NSS OSD Dr, Sushil Shinde and Dr. Shinde guided volunteers.

Day 4 (29/11/2022)

Volunteers woke up at 5.00 am. Started Warm-up and Yoga at 6.00 am Then engaged in flag hoisting, prayer and report reading. In Shramadaan they engaged in cleaning of Z. P. school, after lunch, Mr. Atmaram Torane facilitated a session on Laughter Therapy, Playtime was given for outdoor games, and a Group Discussion was held on the topic 'Arts and Studies' After dinner, volunteers performed mono acting.

Day 5 (30/11/2022)

Volunteers woke up at 5.00 am. Started Warm-up and Yoga at 6.00 am Then engaged in flag hoisting, prayer and report reading. Then volunteers went for a Village visit and had free talks with villagers. After lunch, volunteers attended a guest lecture on Organ Donation by Mr. Purushottam Pawar. Group Discussion was held on the topic 'Introversion – extroversion' Volunteers had their lunch and organized a cultural program -Kalajaagar – for villagers in Z. P. School of Chandip. In this program, they performed singing, folk dances, and street plays and spread awareness regarding issues like HIV AIDS and the eradication of superstitions. Then volunteers returned to the campsite.

Day 6 (01/12/2022)

Volunteers woke up at 5.00 am. Started Warm-up and Yoga at 6.00 am Then engaged in flag hoisting, prayer and report reading. Volunteers went for a cleanliness drive at Ishwarpuri Temple. After lunch, the lecture was held on 'effective journalism' by Mr. Suhas Birhade, Playtime was given for outdoor games, Group Discussion was held on 'traditional and modern culture' After dinner a campfire was set and volunteers cherished their camp movement.

Day 7(02/12/2022)

Volunteers woke up at 5.00 am. Started Warm-up and Yoga at 6.00 am Then engaged in flag hoisting, prayer and report reading. Camp was visited by the NSS Area Co-Ordinator of Palghar -

Mr. Komal Patil. Mr. Komal Patil provided guidance to our volunteers. Volunteers then engaged in campsite cleaning. Volunteers had their lunch. A feedback session was arranged where volunteers expressed their views. Principal Dr. Ubale visited the camp and a concluding speech was given by Principal Dr. Ubale. A vote of thanks was proposed by NSS PO – Mrs. Aditi Yadav. Volunteers again engaged in cleaning of campsite. Then volunteers and POs left the campsite at 4.30 pm and returned to the college.

Purpose -

- > To sensitize students to the issues faced by village people and to create awareness in them.
- > To understand the value of physical labour
- > To promote physical fitness
- > To encourage talents and abilities in volunteers.
- ➤ To develop leadership skills, team building and self-dependence.

Outcome -

- ➤ Volunteers participated in village visit and spread awareness about HIV AIDS Prevention and Rehabilitation through street plays and cultural program.
- ➤ Volunteers carried out cleanliness drives in Bapuji Babaji Highschool, Z. P. School, Ishwarpuri Temple.
- ➤ Volunteers participated in sessions of Yoga, warm-up, exercise, and outdoor games to develop physical strength and mental fitness.
- ➤ Volunteers participated in debates, speeches, dance, singing, poetry recitation, and mono acting.
- ➤ Volunteers managed cooking, cleaning, and hospitality by themselves leading them to be self-reliant.
- > Some Volunteers developed leadership skills and they developed good teams.