

Report
NSS Special Camp
16th December 2019 - 22nd December 2019

The NSS Unit of MNWC organised 7 days Special Camp from 16th December 2019 - 22nd December 2019. The total no. of students enrolled in Special Camp this year was 150. This year's theme for NSS Special Camp was **“Women Empowerment”, “Skill Development” and “Swachha Bharat Mission”**.

The daily schedule for the NSS Special Camp were as follows :

Timings	Activity
7:00 – 8:30 am	Meditation/Yoga/ Shramdaan
8:30 – 9:30 am	Tea & Breakfast
9:30 – 10:00 am	Assemble in 4.2
10:00 – 11.00 am	Moral Activities: NSS Songs
11:00 am – 1:30 pm	Talk/ Activity /Sessions
1:30 – 2:30 pm	Lunch Break
2:30 – 4:00 pm	Talk/ Activity / Sessions
4:00 – 4:30 pm	Tea Break
4:30 – 7:30 pm	Skill Development Activity/ Sessions
7:30 – 8:00 pm	Dinner
8:00 pm onwards	Report Writing & Diary Writing

The following were the NGO's/ Organizations associated with this year's NSS Special Camp:

- Inner Wheel Club of Bombay Airport
- BMC, 'K' Ward
- SHED
- DIYA Foundation
- United Way Mumbai
- ARPAN
- Mission Green Mumbai
- RESCUE

The area selected for the community work for teaching by the NSS Unit Maniben Nanavati Women's College was Balwadi, Nehru Nagar ,Vile Parle (West).

The following were the activities conducted during the Camp:

- Meditation & Yoga Sessions for Mental & Physical Health
- Shramdaan: College Campus Cleaning and Juhu Beach Cleanup

- Talk/ Workshop related to Health, Women Empowerment & Personality Development

Sr.	Topic	NGO & Name of the Speaker	NGO
1.	Mind Power	Ms. Manisha Udeshi	Innerwheel Club of Bombay Airport
2.	HIV Awareness	Mr. Babaji Ghule	SHED
3.	Hepatitis B	Ms. Janet Joseph	United Way Mumbai
4.	Child Sexual Abuse	Ms. Nilam Khare & Ms. Deepali Kadam	ARPAN
5.	Brain Gym	Ms. Jyoti Gandhi	Innerwheel Club of Bombay Airport
6.	Jal Shakti Abhiyaan	Mr. Subhajit Mukherjee	Mission Green Mumbai
7.	Image Enhancement	Ms. Manisha Jain	Innerwheel Club of Bombay Airport
8.	Cashless, Rashless & Trashless Periods	Dr. Jagruti Sanghvi	-
9	Medical Check-up CBC Test	Dr. Krishna Desai	Innerwheel Club of Bombay Airport
10.	Menstrual Hygiene	Dr. Ritu Palve	Innerwheel Club of Bombay Airport
11.	Cyber Ethics	Ms. Christeen Daniel	RESCUE
12	Rejuvenation without medicines	Mr. M. Senthil Raja	Disha Foundation

- Skill Development Activities are as follows :

- Paper Bag Making from Newspaper & Handmade Papers
- Fabric Painting on handkerchiefs
- Cup Cake & Healthy Snacks preparation for Balwadi children
- Pot Painting
- Flower Making from Crape Paper & Stockings
- Innovative Teaching Aids Preparation by students for Balwadi children
- Bookmark Making
- Soap Making

The last day of the camp i.e. 22nd December 2019, Sunday ended with a Valedictory ceremony felicitating all the NSS Volunteers and campers for their endless efforts for making this year's camp a successful one. The Chief Guests of Valedictory Function were Ms. Priti Bhagat & Ms. Nayana Dhanki from Innerwheel Club of Bombay Airport.



Yoga Session and Meditation



Awareness Rally on 'Hepatitis B' at adopted area Nehru Naga, Vile Parle- W



Dr. Nitin S. Prabhu Tendolkar, Coordinator of NSS Cell, SNDTWU addressing NSS Volunteers



Teaching done by NSS Volunteers at adopted area, Balwadi at Nehru Nagar, Vile Parle (W)



Skill Development Activities



Medical Camp: CBC Test sponsored by Innerwheel Club of Bombay Airport



Chief Guests of Valedictory Function: Ms. Priti Bhagat & Ms. Nayana Dhanki