

NSS

Special Camp

# **Maniben Nanavati Women's College**

**Vallabhbai Road, Vile Parle (West)**

**Mumbai 400 056**

**Conducted By**

**Shree Chandulal Nanavati Women's Institute and Girl's High  
School**



(NAAC Reaccredited 'A' Grade)

## **Report of the NSS Special Camp**

**Conducted From**

**16<sup>th</sup> – 22<sup>nd</sup> December 2019**

Submitted by

**NSS UNIT**

Of

**Maniben Nanavati Women's College**

**Vile Parle (west), Mumbai-56**

<b>Allotment by University</b>	<b>: 300</b>
<b>Total Enrolled</b>	<b>: 300</b>
<b>Participated in Camp</b>	<b>: 150</b>
<b>Dates</b>	<b>: 16<sup>th</sup> – 22<sup>nd</sup> December, 2019</b>
<b>Venue</b>	<b>: Nehru Nagar, Vile Parle (W), Mumbai 400056</b>
<b>Theme</b>	<b>: 1. Women and Child Health 2. Environment: Swatcha Bharat Abhiyan 3. Skill Development</b>
<b>Activities Conducted</b>	<b>: Details in the Report</b>
<b>No. of Beneficiaries</b>	<b>: 150 students &amp; 6 Teachers</b>
<b>Special Remarks</b>	<b>:</b>
<b>Attendance</b>	<b>: List is enclosed.</b>



**N.S.S. Special Camp**  
**At**  
**Adopted Area: Nehru Nagar,**  
**Vile Parle (West),**  
**Mumbai- 400 056**

*We are very thankful to*

- *Inner Wheel Club of Bombay Airport*

- *United Way Mumbai, SEHAT*
- *Mission Green Mumbai*
- *SHEED*
- *DIYA Foundation*
- *RESCUE*
- *ARPAN*
- *MCSB*

*for their constant support and motivation in making the Special Camp a great success.*

As per the SNDT Women's University guidelines our college has adopted the community in the Urban Slum Area of Vile Parle (west), Mumbai, for the NSS Special Camp held from 16<sup>th</sup> December to 22<sup>nd</sup> December, 2019.

● **Background of the Community:-**

The area selected for the community work for our NSS Unit and Special Camp is Nehru Nagar, Vile Parle (West) Mumbai. The community has a mixed social group and majority of the families belong to lower middle class. Most of the men are employed in Informal sector whereas the women work in informal sector as well as domestic helps in the nearby areas and some of them go to work as sales professionals, a few work in offices as clerks and the rest are Housewives.

Most of the children from this area go to school, a few go to nearby Convent schools, and the rest go to nearby BMC schools which have vernacular mediums also. (Gujarati, Hindi, Marathi, Tamil, Telugu, Urdu). The theme of our programme was very much relevant to the needs of the community and based on which we have planned our activities for the special group.

The NSS volunteers are involved in a variety of activities like teaching, training and a lot of community work in the area near College campus, Vile Parle station road, Market, S.V. Road, by lanes of Vile Parle (w) and Juhu beach cleaning.

□ Street Play on i) **“Women and Child Health”**

ii) **“Environment: Swatch Bharat Abhiyan”**

- Rally on awareness and prevention of **Hepatitis B** at Nehru Nagar, Vile Parle-w, Mumbai
- Rally on **Swatch Bharat** from College to Vile Parle west locality and back to college in collaboration with MCGB.
- Teaching Craft and other Activities in the Balwadi for 3-6 year old kids.
- Cleanliness drive in the College campus, Vile Parle west locality and Juhu Beach.
- Yoga Sessions with Meditation every morning for 7 days during the camp.
- Tree saplings distribution to students.

## Daily Schedule 16<sup>th</sup> – 22<sup>nd</sup> December 2019

<b>SR. NO.</b>	<b>TIME</b>	<b>ACTIVITY</b>
<b>1</b>	<b>7:00 to 8:00 a.m.</b>	<b>Meditation and Yoga Session</b>
<b>2</b>	<b>7:30 to 8:30 a.m.</b>	<b>Shramdan / Campus Cleaning</b>
<b>3</b>	<b>8.30 to 9.30 a.m.</b>	<b>Breakfast</b>
<b>4</b>	<b>9.30 to 9.45 a.m.</b>	<b>Divide in groups and work allotted</b>
<b>5</b>	<b>10.00 to 10.30 a.m.</b>	<b>Session starts/ Activities</b>
<b>6</b>	<b>10.30 (1 group) a.m.</b>	<b>Leave for Community</b>
<b>7</b>	<b>11.00 to 1.30 p.m.</b>	<b>Workshop/ Activity</b>
<b>8</b>	<b>1.30 to 2.30 p.m.</b>	<b>Lunch Break</b>
<b>9</b>	<b>2.30 to 4.00 p.m.</b>	<b>Workshop/ Activity</b>
<b>10</b>	<b>4.00 to 4.30 p.m.</b>	<b>Tea Break</b>
<b>11</b>	<b>4.30 to 7.30 p.m.</b>	<b>Activity Session</b>
<b>12</b>	<b>7.30 to 8.30 p.m.</b>	<b>Dinner</b>
<b>13</b>	<b>8.30 to 9.30 p.m.</b>	<b>Cultural Programme</b>
<b>14</b>	<b>9.30 to 9.50 p.m.</b>	<b>Report Reading for the day</b>

**Day 1: 16<sup>th</sup> December, 2019 (MONDAY)**

The NSS Special Camp began with girls singing our College Song and the NSS Song followed by introduction to Meditation and Yoga session by Ms. Madhumati Sancheti and Ms. Nutan Jain from the Inner Wheel Club of Bombay Airport Dist. 314. A group of 15 students was involved in cooking activities.

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
<b>7:00 to 8:30 a.m.</b>	<b>Meditation and Yoga session by Ms. Madhumati Sancheti and Ms. Nutan Jain</b>	<b>4.2 (Seminar Hall)</b>
<b>7:30 to 8:30 a.m.</b>	<b>Shram Daan</b>	<b>College campus</b>
<b>7:30 to 8:30 a.m.</b>	<b>Preparation of Breakfast for NSS volunteers</b>	<b>Food Lab (1<sup>st</sup> Floor)</b>
<b>8:30 to 9:30 a.m.</b>	<b>Breakfast</b>	<b>Outside Food Lab</b>
<b>9:30 to 10:3 a.m.</b>	<b>Segregation of Wet and Dry waste at home by BMC, Mr. Arun Panwar</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 to 12:30 p.m.</b>	<b>Workshop on the Mind Power by Ms. Manisha Udeshi</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 to 1:00 p.m.</b>	<b>Teaching Activity in community</b>	<b>Nehru Nagar, Balwadi</b>
<b>1:30 to 2:30 p.m.</b>	<b>Lunch</b>	
<b>2:30 to 4:00 p.m.</b>	<b>Workshop on AIDS awareness and prevention by Mr. Babaji Ghule</b>	<b>4.2 (Seminar Hall)</b>
<b>4:00 to 4:30 p.m.</b>	<b>Tea Time</b>	<b>Food Lab</b>
<b>4:30 to 7:30 p.m.</b>	<b>Workshop on Terracotta Pot Painting</b>	<b>14.2 (Seminar Hall)</b>
<b>7:30 to 8:30 p.m.</b>	<b>Dinner</b>	<b>In Food Lab</b>
<b>8:30 to 9:30 p.m.</b>	<b>Cultural Activity, Singing NSS songs</b>	<b>In 4.2 (Seminar Hall)</b>
<b>9:30 to 9:50 p.m.</b>	<b>Day's Report Reading</b>	<b>In 4.2 (Seminar Hall)</b>
<b>10:00 pm</b>	<b>Retire for the day</b>	<b>In 4.2 (Seminar Hall)</b>



**Day 1: 16<sup>th</sup> December 2019, (Monday)**

**7:00 to 8:30 a.m:**

The first session of the camp was conducted by Ms. Madhumati Sancheti and Ms. Nutan Jain, from the Inner Wheel Club of Bombay Airport 314; they introduced students to Meditation and Yogasanas and its importance in today's time to make human life better and healthy.

Another batch of 25 students went for campus cleaning and 15 students volunteered for cooking and cleaning for the day.

**10:00 to 11:00 p.m:**

Mr. Arun Panwar, officer from MCGB K west ward, gave a talk on segregation of dry and wet waste at home for 111 students and distributed pamphlets on the same for reference.

**11:00 to 12:30 p.m:**

Session on the Mind Power was conducted by Ms. Manisha Udeshi, a life coach from IWC to introduce 97 students to various techniques of doing the best and prepare them for accepting challenges for excelling in activities and studies.

**11:00 to 01:00 p.m:**

15 NSS Volunteers along with 2 teachers went to Nehru Nagar Balwadi and inaugurated our NSS Special Camp with fun games, poetry recitation, drawing and painting along with the small children of Balwadi and biscuits were distributed to them. (The fun games like, Number Blocks, Alphabet games chart were prepared by students.

**2:30 to 4 p.m:**

An informative talk on HIV was given by Mr. Babaji Ghule from SHED on awareness and prevention with the spread of AIDS.

**4:30 to 7:30 p.m:**

A demonstration cum training on painting of Terracotta pots with vibrant colors was given by Ms. Geeta Varun, our NSS P.O.

**7:30 to 8:00 p.m:** Dinner

**8:00 to 10:00 p.m:** Dance Performance by Ms. Rajalaxmi Iyyer

**10:00 p.m:** Retire for the day

**Yoga Sessions in the mornings every day**

**Workshop on Leadership and Team Management by Mr. Gajanan Patil.**

**Meditation and Session Yoga by Ms. Neha Joshi and Ms. Avani Muchhala, Ms. Meena Shah, Ms. Sudha Shah with Sis. Harsha, Sis. Krishna, Sis.Jagruti, Sis. Amrita from Brahmakumaris**

**Day 2: 17<sup>th</sup> December 2019 (TUESDAY)**

Our second day began with the morning prayers in 4.2 Seminar Hall. The girls got divided into 3 groups. One group had Yoga session, the other group left for campus cleaning and the third group started preparation of breakfast in food lab.

**Schedule for 2<sup>nd</sup> Day**

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
<b>7:00 to 8:30 a.m.</b>	<b>Meditation and Yoga Session</b>	<b>4.2 (Seminar Hall)</b>
<b>7:30 to 8:30 a.m.</b>	<b>Shram Daan</b>	<b>College campus and outside college</b>
<b>7:30 to 8:30 a.m.</b>	<b>Preparation of Breakfast for NSS Students</b>	<b>Food Lab (1<sup>st</sup> Floor)</b>
<b>8:30 to 9:30 a.m.</b>	<b>Breakfast</b>	<b>Food Lab (1<sup>st</sup> Floor)</b>
<b>9:30 to 10:00 a.m.</b>	<b>Cleaning the Seminar Hall</b>	<b>Seminar Hall</b>
<b>10:00 to 11:00 a.m.</b>	<b>‘Swaccha Sarvekshan’, cleanliness drive cum rally in Vile Parle, west, locality and college</b>	<b>Lanes of Vile Parle west, Mumbai</b>
<b>11:00 to 1:30p.m.</b>	<b>Talk on Hepatitis -B</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 to 1:00 p.m.</b>	<b>Teaching Activity in community</b>	<b>Nehru Nagar, Balwadi</b>
<b>1.30 to 2:30 p.m.</b>	<b>Lunch</b>	<b>In 4.2 (Seminar Hall)</b>
<b>2.30 to 4:00 p.m.</b>	<b>Workshop on Child Sex Abuse</b>	<b>In 4.2 (Seminar Hall)</b>
<b>4.00 to 4:30 p.m.</b>	<b>Tea break</b>	<b>Food Lab</b>
<b>4.30 to 7:30 p.m.</b>	<b>Workshop on Paper bag making from newspaper and Handmade paper</b>	<b>In 4.2 (Seminar Hall)</b>
<b>7.30 to 8:30 p.m.</b>	<b>Dinner</b>	<b>Food Lab</b>
<b>8.30 to 9:30 p.m.</b>	<b>Cultural Activity- Bharatnatyam Dance</b>	<b>In 4.2 (Seminar Hall)</b>
<b>9.30 to 10.00 p.m.</b>	<b>Day’s Report Reading</b>	<b>In 4.2 (Seminar Hall)</b>

## **DAY: 2, Tuesday, 17th December 2019**

### **07:00 - 08:30 a.m:**

The day begins with meditation and Yogasanas for NSS Volunteers and several among them leave for Shramdaan and also cooking as per their turns.

### **08:30- 9:30 a.m:** Breakfast

### **10:00 - 11:00 a.m:**

The MCGM organized a “**Swaccha Sarvekshan**”; a rally cum awareness drive in Vile Parle area with slogans like Swaccha Parle, Swastha Parle and many... along with officers from K West ward Mr. Arun Panwar and Mr. Niyaz Khan with students and many teaching and non-teaching staff from college.

### **11 a.m -1:00 p.m:**

A talk by Ms. Janet Joseph from the **United Way Mumbai** for awareness, eradication and control of **Hepatitis B** in Mumbai and gave a theme and a few slogans for spreading awareness in our adopted area during the rally to be conducted there.

### **11 a.m -1:00 p.m:**

The students conducted drawing sessions and painting the fish and fruits with Balwadi children along with dance and poetry with distribution of Parle G biscuits to them.

### **2:30 - 4:00 p.m:**

A small workshop cum demonstration on **Child Sex Abuse** was conducted by Mr. Amey Korgaonkar and Ms. Nilam Khare from **ARPAN**, a NGO working towards making child safe society. They introduced the girls to identify the victims and seek help for them.

### **4:30-7:30 p.m.**

A Workshop to make Paper bags from Newspapers and Handmade paper by Ms. Saloni Mehta and Ms. Sharon Samuel from NSS committee, 27 students participated and made about 100 newspaper bags along with 25 bags from handmade paper.

### **7:30 - 8:30 p.m:** Dinner

### **8:30-10:00 p.m:**

Cultural Program of Singing by students and Report reading by a leader NSS Volunteer student.

**Shramdaan: Juhu Beach Cleaning: 78 students Participation**

**Day 3: 18<sup>th</sup> December 2019 (WEDNESDAY)**

Our day began at 7.00 am with Prayers and NSS songs in 4.2 Hall

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
<b>7:00 a.m. to 8:30 a.m</b>	<b>Yoga Session with Suryanamaskars</b>	<b>4.2 (Seminar Hall)</b>
<b>7:00 a.m. to 8:30 a.m</b>	<b>Campus cleaning</b>	<b>College Premises</b>
<b>7:00 a.m. to 8:30 a.m.</b>	<b>Preparation of Breakfast for NSS Students.</b>	<b>Food Lab (1<sup>st</sup> Floor)</b>
<b>8:30 a.m. to 9:30 a.m.</b>	<b>Breakfast</b>	<b>Outside Food Lab</b>
<b>10:00 a.m. to 11:00 a.m.</b>	<b>Moral lessons with NSS Songs</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 a.m. to 1:30 p.m</b>	<b>Brain Gym</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 a.m. to 1:00 p.m</b>	<b>Balwadi Activity</b>	<b>Nehru Nagar</b>
<b>1:30 p.m. to 2:30 p.m.</b>	<b>Lunch</b>	<b>Outside Food Lab</b>
<b>2:30 p.m. to 4:00 p.m.</b>	<b>Talk on Jal Shakti Abhiyan</b>	<b>In 4.2 (Seminar Hall)</b>
<b>4:00 p.m. to 5:00 p.m.</b>	<b>Tea Time</b>	<b>Outside Food Lab</b>
<b>5:00 p.m. to 7:00 p.m.</b>	<b>Demonstration of Chocolate muffins with Healthy snacks</b>	<b>Food Lab (1st Floor)</b>
<b>7:00 p.m. to 8:00 p.m.</b>	<b>Dinner</b>	<b>Food Lab (1<sup>st</sup> Floor)</b>
<b>8:00 p.m. to 9:00 p.m.</b>	<b>Cultural Activity (Singing)</b>	<b>In 4.2 (Seminar Hall)</b>
<b>9:00 p.m. to 9:30 p.m.</b>	<b>Day's Report Reading</b>	<b>In 4.2 (Seminar Hall)</b>
<b>10:00 p.m</b>	<b>Retire for the day</b>	<b>In 4.2 (Seminar Hall)</b>

**DAY: 3, Wednesday, 18<sup>th</sup> December 2019**

**7.00 a.m -8:30 a.m:**

The day began with Yoga and meditation session with Pranayam and Surya namaskars for physical and mental wellbeing of students by Ms. Madhumati Sancheti.

**7.00 a.m -8:30 a.m:**

Shramdaan by students in college and cleaning of the Class rooms collecting papers for the waste paper management program of college.

**10 a.m - 11.00 a.m:**

Moral Activities with values were instilled with many NSS Songs sung in groups.

**11.00 a.m -1:00 p.m:**

Brain Gym session was done by Ms. Jyoti Gandhi from IWC and gave valuable information on Know your body first, and shared tips on how to enhance memory and also dementia, Alzheimer's and created awareness on Brain Health.

**11.00 a.m -1:00 p.m:**

The next batch of 11 students along with two teachers went to Balwadi at Nehru nagar and helped children to write on slates, identify color with the items shown in pictures. Distribution of biscuits to students was also done by volunteers.

**2:30 p.m - 4:00 p.m:**

Mr. Shubhajit Mukherjee from MGM, sensitized students on the perpetual problem of scarcity of water in Mumbai and highlighted on conservation of water and gave ideas on how to save water, stop flooding and make our city environment friendly. He focused on Reuse of Rainwater.

**4:30 to 7:30 p.m:**

A demonstration on Baking Chocolate Muffins and making Healthy snacks from multigrain atta for Balawadi children by Ms. Prerna S Ramteke NSS P.O for 30 students in food lab.

**7:30 to 8:30 p.m:** Dinner was served.

**8:30 to 10:00 p.m:**

Kathak performance by Ms. Palak Shah as part of cultural program and song sung by other students to end a great day.





**Day 4: 19<sup>th</sup> December 2018 (THURSDAY)**

Our day began at 7.00 am with Prayers and NSS songs in 4.2 hall.

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
7:00a.m. to 8:30 a.m.	Yoga Session	4.2 (Seminar Hall)
7:00a.m. to 8:30 a.m.	Shram Daan	Campus and nearby areas
8:30 a.m.to 9:30 a.m.	Breakfast	Outside Food Lab
9:30 a.m.to 10:30 a.m.	Moral values taught through Activities and Singing of NSS Songs	4.2 (Seminar Hall)
11:00 a.m. to 1:30 p.m.	Talk on 'Image Enhancement' by Ms. Manisha Jain	4.2 (Seminar Hall)
11:00 a.m. to 1:00 p.m.	Balawadi Activities	Nehru Nagar
1:30 p.m.to 2:30 p.m.	Lunch	Outside Food Lab
2:30 to p.m. 4:30 p.m.	Talk on Cashless, Rashless and Trashless by Dr. Jagruti Sanghavi	4.2 (Seminar Hall)
4:30 p.m.to 5:00 p.m.	Tea Time	Food Lab
5:00 p.m. 8:00 p.m.	Flower making workshop	4.2 (Seminar Hall)
7:30 p.m. to 8:30 p.m.	Dinner	Food Lab
8:30 p.m. to 9:45 p.m.	Cultural Activity ( Koli Dance)	4.2 (Seminar Hall)
9:45 p.m. to 10:00 p.m.	Day's Report Reading	4.2 (Seminar Hall)
10:00 p.m	Retire for the day	4.2 (Seminar Hall)

## **Day: 4, Thursday 19<sup>th</sup> December 2019**

### **7:00 a.m – 8:30 a. m**

The day begins with prayers with NSS song and College song followed by Meditation and Yogasanas by Ms. Nutan Jain.

### **7:00 a.m – 8:30 a. m**

Students start cleaning the College campus and few others leave for Shramdaan in college vicinity at Vallabhbai road, Mumbai.

### **10.00 a.m to 11.00 a.m:**

Students are given moral value lessons by singing the many NSS songs to make them conscious of the theme '**Not me but You**'

### **11.00 a.m to 1.00 p.m:**

Ms. Manisha Jain gave an informative talk on **Image Enhancement**, briefed on self-image and how impressions are created in first meetings, with Personal appearances, behavior, ethics and Personality with communication skills; dress as per occasion and many more to develop personality and confidence among them.

### **11.00 a.m to 1.00 p.m:**

Students do many activities with Balawadi students at Nehru nagar like playing games like pass and pass and the chosen child is encouraged to sing poem and songs as per their choice, also identifying the colors of beads.

### **2.30 p.m to 4.00 p.m:**

A talk was conducted by Dr. Jagruti Sanghavi on '**Cashless, Rashless and Trashless**', to create awareness on menstrual hygiene among students and about avoiding the use of disposable pads as they contain chemicals, plastic as they are hazardous which gives rashes, UTI and vaginal infections. She also discussed about menstrual cups but stressed on the use of cotton pads as they are environment friendly.

### **5.00 p.m to 8:00 p.m:**

The demonstration on **Flower Making** using stockings of different colours was done by Ms. Madhuri Ayker and Ms. Rita Chandarana was done with 30 students attending the session.

### **8.00 p.m to 8:30 p.m:** Dinner

**8.30 p.m to 10:00 p.m:** Cultural event with Stand-up comedy by students.

**Day 5: 20<sup>th</sup> December 2019 (FRIDAY)**

Our day began at 7.00 am with Prayers in 4.2 Hall

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
<b>7:00 a.m. to 8:30a.m.</b>	<b>Yoga Session</b>	<b>4.2 (Seminar Hall)</b>
<b>7:30 a.m. to 8:30 a.m.</b>	<b>Shram Daan</b>	<b>Juhu Beach</b>
<b>8:30 a.m. to 9:30 a.m.</b>	<b>Breakfast</b>	<b>Outside Food Lab</b>
<b>9:30 a.m. to 10:30 a.m.</b>	<b>Division of Groups for the Activities and NSS Songs</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 a.m. to 1:30 p.m.</b>	<b>Medical check-up for students with CBC</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 a.m to 1:00 p.m</b>	<b>Teaching Activity in community</b>	<b>Nehru Nagar and Balwadi area</b>
<b>1:30 p.m.to 2:30 p.m.</b>	<b>Lunch</b>	<b>Outside Food Lab</b>
<b>2:30 to p.m. 4:00 p.m.</b>	<b>Talk and demonstration on How to grow your own food</b>	<b>4.2 (Seminar Hall)</b>
<b>4:00 p.m.to 4:30 p.m.</b>	<b>Tea Time</b>	<b>Outside Food Lab</b>
<b>4:30 to p.m. 7:30 p.m.</b>	<b>Book mark making and Teaching aids</b>	<b>4.2 (Seminar Hall)</b>
<b>7:30 p.m. to 8:30 p.m.</b>	<b>Dinner</b>	<b>Food Lab</b>
<b>8:30 p.m. to 9:45 p.m.</b>	<b>Cultural Activity</b>	<b>4.2 (Seminar Hall)</b>
<b>9:45 p.m. to 9:55 p.m.</b>	<b>Day's Report Reading</b>	<b>4.2 (Seminar Hall)</b>
<b>10:00p.m</b>	<b>Retire for the day</b>	<b>4.2 (Seminar Hall)</b>

**Day: 5, Friday 20<sup>th</sup> December 2019**

**7:00 a.m – 8:30 a. m**

The day begins with prayers with NSS song and College song followed by Meditation and Yogasanas by Ms. Nutan Jain.

**7:00 a.m – 8:30 a. m**

Students start cleaning the College campus and few others leave for Shramdaan at Juhu beach, Mumbai.

**10.00 a.m to 11.00 a.m:**

Students are introduced to Moral values and activity with NSS Songs in seminar Hall.

**11:00 a.m -1:30 p.m:**

The Inner Wheel Club of Bombay Airport Dist. 314 organized a complete **Medical check-up camp with CBC tests** done free for students.

**11:00 a.m -1:00 p.m:**

Activity with Balawadi students was done with poems, songs and painting with fingers. A game of sharing colorful rings prepared by students was played with them and distribution of oranges also done at Balawadi.

**02:30 p.m -4:00 p.m:**

A workshop on '**How to grow your own food**' was conducted for the volunteers by Mr. Harsh Vaidya from The Tree Box, he discussed the food items that we can grow in our terraces and balconies to save resources and have organic food for better life.

**4:30 to 7:30 p.m:**

A workshop on Book mark making with messages on Women Empowerment and Quote done along with preparation of Innovative teaching Aids for Balawadi teachers and students by Ms. Vanetta Rodrigues and Ms. Aisha Khan.

**Day 6: 21<sup>st</sup> December 2019 (Saturday)**

Our day began at 7.00am with Prayers in 4.2 Hall

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
<b>7:00 a.m. to 8:30a.m.</b>	<b>Yoga Session</b>	<b>4.2 (Seminar Hall)</b>
<b>7:00 a.m. to 8:30 a.m.</b>	<b>Shram Daan</b>	<b>College campus, around Jain mandir and Ishwarlal Park</b>
<b>7:30 a.m. to 8:30 a.m.</b>	<b>Preparation of Breakfast for NSS Students.</b>	<b>Food Lab</b>
<b>8:30 a.m.to 9:30 a.m.</b>	<b>Breakfast</b>	<b>Outside Food Lab</b>
<b>10:00 a.m.to 11:00 a.m.</b>	<b>Groups Activities and NSS Songs</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 a.m. to 1:00 p.m.</b>	<b>Talk on Menstrual Hygiene</b>	<b>4.2 (Seminar Hall)</b>
<b>11:00 a.m.to 1:00 p.m.</b>	<b>Activity in community, Concluding Day</b>	<b>Nehru Nagar, Balwadi</b>

<b>11:00 a.m.to 12:00 p.m.</b>	<b>Rally in Nehru nagar from college on Hepatitis B</b>	<b>Nehru Nagar</b>
<b>12:00 p.m.to 1:00 p.m.</b>	<b>Street Play on Early Marriage</b>	<b>Nehru Nagar</b>
<b>1:30 p.m.to 2:00 p.m.</b>	<b>Lunch</b>	<b>Outside Food Lab</b>
<b>2:30 to p.m. 4:30 p.m.</b>	<b>Talk on ‘Cyber Ethics’ by Ms. Christeen Daniel</b>	<b>4.2 (Seminar Hall)</b>
<b>4:30 p.m.to 5:00 p.m.</b>	<b>Tea Time</b>	<b>Food Lab</b>
<b>5:00 to p.m. 7:30 p.m.</b>	<b>Workshop on Fabric Painting on Handkerchiefs</b>	<b>4.2 Seminar Hall</b>
<b>7:30 p.m. to 8:00 p.m.</b>	<b>Dinner</b>	<b>Food Lab</b>
<b>8:00 p.m. to 9:45 p.m.</b>	<b>Cultural Activity/Singing</b>	<b>4.2 (Seminar Hall)</b>
<b>9:45 p.m. to 10:00 p.m.</b>	<b>Day’s Report Reading</b>	<b>4.2 (Seminar Hall)</b>
<b>10:00 p.m</b>	<b>Retire for the day</b>	<b>4.2 (Seminar Hall)</b>

**Day: 6, Saturday 21<sup>st</sup> December 2019**

**7:00 a.m – 8:30 a. m**

The day begins with prayers, NSS song and College song followed by Meditation and Yogasanas by Ms. Nutan Jain.

**7:00 a.m – 8:30 a. m**

Students start cleaning the College campus and few volunteers collect waste paper from classrooms.

**10:00 a.m – 10:30 a.m:**

Students are introduced to **Moral values** and activity with NSS Songs and fill diaries in seminar Hall.

**10:30 a.m – 11:00 a.m:**

**Soap making** was demonstrated by Dr. Swati Partani, NSS PO for students in 4.2.

**11:00 a.m. - 1:00 p.m.**

A talk on **Menstrual Hygiene** was conducted by Dr. Meghana Bhate and Dr. Ritu Palve, consulting gynecologists from the Lions Club of Bombay Airport.



**11:00 a.m. - 1:00 p.m.**

The concluding day (**Valedictory Function**) at the Balawadi was celebrated with fun games, poetry recitation and many games. Teachers from the Balawadi Ms. Sangeeta M. Patil and Ms. Darshana J Sail were felicitated by NSS PO Ms. Geeta Varun and thanked them for their kind support and cooperation for the NSS Special Camp. The session ended with distribution of cup-cakes, healthy snacks, chocolates and bananas to the small children with whom our students developed a bond.

**11:00 a.m. - 12:00 p.m.**

**Rally on Hepatitis B** was conducted by NSS Volunteers with Ms. Janet Joseph from United Way Mumbai from college to Nehru Nagar and its surrounding area making people aware about it and distributing pamphlets on the same.

**12:00 p.m. - 1:00 p.m.**

**Street Play** on early marriage was performed by NSS volunteers at Nehru Nagar sensitizing people on the ill effects on the health of the children and the other issues faced by the couple after few years due to lack of education, awareness and more problems like finances.

**2:30 p.m. - 4:00 p.m.**

A talk on **Cyber Ethics** was given by Ms. Christin Daniels from RESCUE, a NGO working to prevent trafficking in women. She talked about the misuse of internet and adolescents can get addicted to Pornography, the more time online can lead to Cyber-crimes and sometimes even Prostitution, she made them aware of the data leak that can lead to many of the above discussed problems.

**4:30 p.m. - 7:30 p.m.**

A Workshop-cum-Demonstration was conducted on Fabric Painting done on Handkerchiefs by Dr. Swati Partani, NSS PO and Ms. Maitri Dedhia in Seminar Hall.

**7:30 p.m. - 8:15 p.m.** Dinner

**8:30 to 9:50 p.m.**

NSS volunteers **Shared Moments** of the events and occasions during the NSS Special camp that helped them to grow in life, also the exposure this camp gave them and the love and bonding they developed with students from other faculty and classes.

**10:00 p.m:**

Retire for the day.

**Day 7: 22<sup>nd</sup> December 2019 (SUNDAY)**

Our last day began at 7.00am with Prayers in 4.2 Seminar Hall

<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
<b>7:00a.m. to 8:30a.m.</b>	<b>Yoga Session</b>	<b>4.2 (Seminar Hall)</b>
<b>7:00 a.m. to 8:30 a.m.</b>	<b>Shram Daan</b>	<b>Campus cleaning</b>
<b>7:30 a.m. to 8:30 a.m.</b>	<b>Preparation of Breakfast for NSS Students.</b>	<b>Food Lab (1<sup>st</sup> Floor)</b>
<b>8:30 a.m.to 9:30 a.m.</b>	<b>Breakfast</b>	<b>Outside Food Lab</b>

<b>9:30 a.m.to 10:30 a.m.</b>	<b>Division of Groups for filling the NSS Diary</b>	<b>4.2 Seminar hall</b>
<b>11:00 a.m. to 1:00 p.m.</b>	<b>Talk on Rejuvenation without Medicines</b>	<b>4.2 (Seminar Hall)</b>
<b>1:00 p.m.to 2:00 p.m.</b>	<b>Lunch</b>	<b>Outside Food Lab</b>
<b>2:00 to p.m. 4:00 p.m.</b>	<b>Valedictory Function of NSS Special Camp</b>	<b>4.2 (Seminar Hall)</b>
<b>4:00 p.m.</b>	<b>Dispersal</b>	

**Day: 7, Sunday 22<sup>nd</sup> December 2019**

**7:00 a.m – 8:30 a. m:**

The day begins with prayers with NSS and College song followed by Meditation and Yogasanas under the guidance of Ms. Madhumati Sancheti and Ms. Manisha Shah.

**8:30 a.m – 9:00 a. m:**

Our Students clean the College campus and the Seminar Hall as part of Shramdaan.

**9:00 a.m – 9:45 a. m:** Breakfast

**10:00 a.m – 11 a.m :**

After the breakfast the students proceed to make preparations for the performance at the Valedictory function and other preparations for the event.

**11:00 a.m:**

A very informative and important talk on **Rejuvenation without Medicine** was given by Mr. M. Senthil Raja from the DIYA foundation and discussed the types of food we should eat to avoid medicines and the food to be eaten to avoid medicines. He also discussed the need to eat right food for healthy body and mind.



**Geeta pl change the matter in first para.....**

### Valedictory Function of the NSS Special Camp at College :

The Valedictory function of the NSS special camp was held in 4.2 seminar hall and it started at 2.00 p.m. The Chief Guest of the function was Ms., **President** of the Inner Wheel Club of Bombay Airport Dist 314, and our Guest of Honor Ms. Priti Bhagat with Ms. Nayana ..... Principal Dr. Ms. Rajshree Trivedi welcomed our chief guest and guest of honour.

Our Principal Madam Dr. Rajshree Trivedi congratulated the students and entire team of NSS for their commitment towards the Students and the activities for making the NSS Special Camp a great Success and congratulated each volunteer for being a part of the camp. She also stressed on the motto of **NSS...NOT ME BUT YOU** which should be the motto in daily life too.

Our chief guest addressed the NSS students with lots of motivating proverbs and congratulated them for their commitment and dedication for working hard and completing the 7 days NSS special Camp. She thanked all the people for making the camp successful.

Our guest of honor also congratulated our girls on participating and completing the camp, she stressed that the lessons learned today will help them cope better in future. She also thanked the Principal Madam and the entire NSS committee team for organizing such a great camp.

Ms. Geeta Varun, P.O. presented the report of the NSS special camp in PPT form and explained all the events in detail and thanked everyone involved for their support and cooperation during the NSS Special camp.

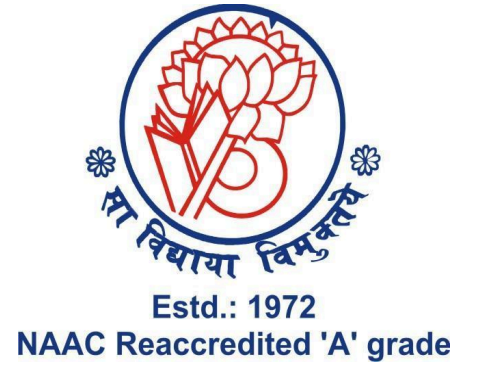
The students also presented the street play on '**Early Marriage**' under the theme 'Women and Child Health' for the guests at the Valedictory function. They received lots of adulation and wishes.

After the speeches and report presentation the Prize distribution ceremony was held where the students were felicitated with various prizes and certificates for excelling in various events. The trophies and certificates were also given to the various groups as Best Group involved in Cooking, Cleaning, Teaching, Street Play and the Volunteers who worked relentlessly for maintaining discipline and showing their leadership qualities.

Lastly a few volunteers shared their experiences and best moments with the learning's and takeaways from this NSS Special Camp.

Lastly Ms. Prerna S Ramteke P.O thanked all the people who contributed in making the NSS Special Camp a grand success and thanked all the Guests and speakers who are experts in their field for sharing their knowledge, time, extending continuous support and encouragement for the camp. Lastly she thanked the Guests of Valedictory function, Principal Dr. Rajshree Trivedi and all the members of the NSS team and all the teaching and nonteaching staff for their technical support. The last thank you was for Mr. Shersingh and Mr. Suresh Chalke with a token of appreciation for support in the Kitchen area. She thanked all the students without whom this camp would not have been complete and successful. And with this the NSS special camp was declared over.





## **University Level**

# **Leadership Training Camp**

**Theme: FIT India & Women Empowerment**

**Organized jointly by**

**NSS Unit, Maniben Nanavati Women's College, Vile Parle (W)  
Mumbai**

**&**

**NSS Cell, SNDT Women's University, Churchgate**

**6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> February 2020**

**Report of Leadership Training Camp**

**Submitted by**

**NSS Unit, Maniben Nanavati Women's College**



## Contents

<b>Sr. No.</b>	<b>Activity</b>	<b>Date</b>
1.	Talk and Demonstration on Disaster Management and First Aid	6 <sup>th</sup> February, 2020
2.	Tree Plantation Drive	6 <sup>th</sup> February, 2020
3.	Sports Session	6 <sup>th</sup> February, 2020
4.	Cultural Program	6 <sup>th</sup> February, 2020
5.	Yoga Session	7 <sup>th</sup> February, 2020
6.	Group Discussion and Presentation on Sustainable Development Goals	7 <sup>th</sup> February, 2020
7.	Session on Aids Awareness	7 <sup>th</sup> February, 2020
8.	Session on Hepatitis B	7 <sup>th</sup> February, 2020
9.	Session on Pipe Composting	7 <sup>th</sup> February, 2020
10.	Walkathon / Trekking	7 <sup>th</sup> February, 2020
11.	Valedictory Function	8 <sup>th</sup> February, 2020

## **Talk and Demonstration on Disaster management and First Aid**

Date: 06/02/2020

Name of the Speaker: Mr. Deepak Kamble

Time: 12:00 pm to 01:30 pm

Place of Activity: SHED Virathan Budruk (Saphale)

No. of volunteers who attended or participated: 46

Objectives :

- To make endeavors towards creating awareness among the students about disasters and its consequences and to prepare them in advance to face such situations and to ensure their participation in the disaster mitigation plans.
- To acquaint the students on how to use First Aid.

Activity details :

There was a Talk and Demonstration conducted by Mr. Deepak Kamble from BMC on **Disaster management and First Aid** on 6<sup>th</sup> February 2020 from 12:00 pm to 1:30 pm. The session was divided into three parts which consisted of different types of disaster survival techniques and First Aid. He began with the Golden Key of First Aid. The second part was on types of knots for rescue. The third part was on one man disaster rescue. He also gave a demonstration on the types of structure like rope structure, blankets structure, etc. The students gained a deep insight on the topic of Disaster Management and First Aid.

## Talk & Demonstration on Disaster Management & First Aid



## **Tree Plantation Drive**

Date : 06/02/2020

Name of the Speaker : Mr. Subhajit Mukherjee

Time: 03:25 pm to 05:00 pm

Place of Activity: SHED Virthan Burduk (Sapale)

No. of volunteers who attended or participated: 46

Objectives :-

- To promote the importance of Tree plantation and Water conservation among students.
- To create awareness , encourage and educate the students about protection of the environment and tree plantation.

Activity details: -

The session was conducted on the topic of Tree Plantation and Water Conservation by Mr. Subhajit Mukherjee , founder of Mission Green Mumbai, from 3:25 pm to 5:00 pm .The talk was followed by a tree plantation drive. Mr. Subhajit Mukherjee guided the students in planting 20 saplings at the camp site , SHED Virathan Budruk (Saphale). He instructed the students to put dry leaves in the hole which will accumulate water and become decomposable product for the plant in future. He also asked to dig 1.4 feet of hole to plant trees. The students participated in this activity keeping the mind the main motto to save the environment and showed a lot of enthusiasm during this activity.

# Tree Plantation Drive



## **Sports Session (Kho-Kho)**

Date : 06/02/2020

Name of the Speaker : NSS P.O

Time: 6:00 pm – 7:00 pm

No. of volunteers who attended or participated: 47

Objectives :

- To promote Physical fitness and help build team spirit among students.

Activity details:

A sports session was conducted by the NSS P.O from 6:00 pm to 7:00 pm. The students were asked to play the sport of Kho-Kho and rules of the sport were conveyed at the beginning of the session. The students were divided into 4 groups. This was a good opportunity for the students as they got to know their fellow campers better and learned to be cooperative with each other during the game. The students played the game with a lot of enthusiasm.

## Sports session



**Cultural Program**  
**(Dance / Singing / Mime / Skit)**

Date : 06/02/20

Time : 8:00 pm to 9:00 pm

Place of Activity: SHED Virathan Budruk (Saphale)

No. of volunteers who attended or participated : 57

Objectives :-

- To promote active participation in cultural events.
- To encourage the spirit of confidence among the students.

Activity details:-

The last activity for the day was cultural program which took place from 8:00 pm to 9:00 pm. The NSS students participated in cultural events like Dance, Singing, Mime and Skit. The students presented their unique talents and were awarded with prizes by the end of the program. It was a very beautiful end of the day .



## CULTURAL PROGRAM ( Dance / Singing / Mime / Skit )



## **Yoga Session**

Date : 07/02/20

Time : 6:00 a.m. to 7:00 a.m.

Place of the Activity: SHED Virathan Budruk (Saphale)

No. of volunteers who attended or participated : 50

Objectives :-

- To enable the students in maintaining good physical and mental health through yoga and meditation .

Activity details :-

The yoga session was conducted from 6:00 am to 7:00 am. The session began with warm up activities, yoga asanas, pranayam and concluded with meditation. The session reenergized the participants. The students reflected on their experience at the end of the session. The session was very fruitful for the students as it prepared them for a day full of physical activities.

## Yoga



**Group Discussion and Presentation on Sustainable Development Goals**

Date: 07/02/20

Time: 12:30 pm to 02:00 pm

Place of the Activity: SHED Virathan Budruk (Saphale)

No. of volunteers who attended or participated : 50

Objectives :-

- To create awareness on Sustainable Development Goals among students
- To encourage students in active participation in group discussion.
- To build confidence in speaking among students.

Activity details:-

The session began with dividing all the students into different groups. Every group was allotted with topics on Sustainable Development Goals. The groups were given 15 minutes to discuss their respective topic among their group members. Later on, each member of the groups put up a presentation on the same. The floor was open for questions from the audience. An ample amount of knowledge was shared by all the students as well as teachers. The session proved to be fruitful for all the students.

## Group Discussion & Presentation on Sustainable Development Goals.



## Session on HIV & AIDS Awareness

Date : 07/02/20

Name of the Speaker: Mr. Bhimrao Gharat

Time: 11:00 am to 1:00 pm

Place of the Activity: SHED Virathan Budruk (Saphale)

No. of volunteers who attended or participated : 50

Objectives :-

- To create awareness about HIV & AIDS among students.

Activity details:-

The session was conducted by Mr. Bhimrao Gharat on HIV & AIDS Awareness. From 11:00 am to 1:00 pm. He spoke about the causes, effects, symptoms and medications of HIV and AIDS. He also spoke about the origin and awareness with examples. The students asked many questions and cleared their misconceptions on HIV and AIDS. The speaker cleared all the queries asked by the students.

## Session on HIV & AIDS Awareness



## Session on Hepatitis B & C



Date : 07/02/2020

Name of the Speaker : Mr. Shailesh Bhutka

Time: 2:00 pm to 4:00 pm

Place of Activity: SHED Virathan Budruk (Saphale)

No. of volunteers who attended or participated: 53

Objectives:-

- To create awareness about Hepatitis B & C

Activity details:-

A session on The Integrated Project for Preventing Hepatitis was conducted by Sir Mr. Shailesh Bhutka from 2:00 pm to 4:00 pm. He explained the meaning, types, symptoms prevention and about the vaccinations which should be taken for prevention of Hepatitis C. He also explained the difference between Hepatitis and jaundice. The session ended with a round of questions which were answered by the speaker. The session proved to be a knowledgeable one for the students.



## Session on Hepatitis B & C



## **Pipe Composting**

Date: 07/02/2020

Name of the speaker : Mr. Subhajit Mukherjee

Time: 5:00 pm – 6:00 pm

Place of Activity: SHED Virathan Budruk (Sapale)

No. of volunteers who attended or participated: 58

Objectives : -

- To transform biodegradable Organic matter into biologically stable material thereby reducing the original volume of the waste.
- To retain maximum nutrient content.
- To produce a product that can be used to support plant growth and as a soil amendment as fertilizer and soil conditioner

Activity details:

A Demonstration was conducted on Pipe Composting under the guidance of Mr Subhajit Mukherjee and Dr. Nitin S . Prabhu Tendolkar (Program Coordinator of Dept. of Student's Development & NSS Cell, SNTDWU. The students fabricated a pipe compost outside the kitchen of SHED centre (Saphale). The pipe used was 8 feet tall. The pipe was inserted in a 3 feet deep pit and was covered with soil. The students were then asked to place kitchen waste into the pipe. The pipe was then covered with a lid from the top. The activity ended on a very good note and the students thoroughly enjoyed it.

## Pipe Composting



## **Walkathon / Trekking**

Date: 07/02/20

Time : 6:00 pm – 7:00 pm

Place of the Activity: SHED Virathan Budruk (Saphale)

No. Of volunteers who attended or participated : 58

Objectives :-

- To inculcate interest in and love of nature with its myriad living forms.
- To promote adventure activities among students.
- To promote health & fitness among students.

Activity details:-

The activity was held on the ground 'Walkathon' SHED. Firstly, everyone was welcomed for the event and were told some motivational quotes related to walkathon like "We Walk For A Cause". The ground was nicely decorated. Everyone started walking in a pair of two. During the walk the participants were supposed to complete 3 rounds of the whole ground and even more as per their choice. The atmosphere was pretty energetic and all the participants were enjoying themselves a lot. There were no specific guidelines or rules for it. It was a very enjoyable environment. It was a great opportunity to start your day with a walk with great atmosphere and fresh air.

## Walkathon / Trekking



## **Valedictory Function**

Date: 08<sup>th</sup> February 2020

Place of Activity: SHED Virathan Budruk (Saphale)

No. Of volunteers who attended or participated : 58

Activity details:

The chief guest of the valedictory function was Ms. Kamlini Parekh (IWC) and Smt. Himadriben Nanavati, Ms. Shyamala, SHED, Dr. Nitin S. Prabhu Tendulkar.

**Valedictory Function**



# **Maniben Nanavati Women's College**

**Vallabhbai Road, Vile Parle (West)**

**Mumbai 400 056**

**Conducted By**

**Shree Chandulal Nanavati Women's Institute and Girl's High School**



(NAAC Re Accredited 'A' Grade)

## **Report of the NSS Special Camp**

**Conducted From**

**January 6<sup>th</sup> – 12<sup>th</sup>, 2023**

**At Virathan Budruk, Saphale, Thane M.S.**

**Theme : युवाकांचा ध्यास ग्राम शहर विकास**

Submitted by

**NSS UNIT**

of

**Maniben Nanavati Women's College**

**Vile Parle (west), Mumbai-56**



As per the SNDT Women's University and the NSS Cell of SNDT,WU our college has followed the following guidelines during 2022-23:

<b>Allotment by University</b>	<b>: 300</b>
<b>Total Enrolled</b>	<b>: 300</b>
<b>Participated in Camp</b>	<b>: 150</b>
<b>Dates</b>	<b>: 6<sup>th</sup> – 12<sup>th</sup> January, 2023</b>
<b>Venue</b>	<b>: Virathan Budruk, Saphale, Palghar Dist. Thane</b>
<b>Theme</b>	<b>: युवाकांचा ध्यास ग्राम शहर विकास</b>
<b>Activities Conducted</b>	<b>: Details in the Report</b>
<b>No. of Beneficiaries</b>	<b>: 150 students &amp; 10 Teachers</b>
<b>Special Remarks</b>	<b>:</b>
<b>Attendance</b>	<b>: List is enclosed.</b>

*We are very thankful to*

- *Gram Panchayat of Virathan Budruk, Safale*
- *Sarpanch; Smt. Anjali Patil*
- *SHED*
- *Inner Wheel Club of Bombay Airport, Dist. 314*
- *Rotary Club of Palghar*
- *Mission Green Mumbai*
- *Chingari Shakti Foundation*

*for their constant support and motivation in making the Special Camp a great success.*

As per the SNTD Women’s University guidelines our college has adopted the rural community in the village called Virathan Budruk, Saphale, Palghar Dist. Thane, for the NSS Special Camp held from 6<sup>th</sup> to 12<sup>th</sup> January, 2023 at the SHED center in the village.

The activities conducted daily for the Special Camp were followed as per the schedule given below:

### **Programme Schedule**

**The daily schedule for the NSS Special Camp was as follows :**

<b>Time Slot</b>	<b>Activities</b>
<b>7:00 – 8:30 am</b>	<b>Meditation/Yoga/ Shramdaan</b>
<b>8:30 – 9:30 am</b>	<b>Tea &amp; Breakfast</b>
<b>9:30 – 10:00 am</b>	<b>Assemble in the Hall &amp; Moral Activities: NSS Songs</b>
<b>10:00 – 12.30 am</b>	<b>Community Work/Talk/ Activity /Sessions</b>
<b>12:30– 1:00 pm</b>	<b>Relaxation Time</b>
<b>1:00 – 2:00 pm</b>	<b>Lunch Break</b>
<b>2:00 – 5:00 pm</b>	<b>Community work//Talk/ Activity /Sessions</b>
<b>5:00 – 5:30 pm</b>	<b>Tea Break</b>
<b>5:30 – 7:30 pm</b>	<b>Skill Development Activity/ Sessions</b>
<b>7:30 – 8:30 pm</b>	<b>Dinner</b>
<b>8:30 -10:30 pm</b>	<b>Report Writing &amp; Diary Writing/ Cultural Programme</b>
<b>10:30 pm</b>	<b>Retire for the day</b>

## DAY 1



### Welcoming Students & NSS song recitation



### Personal Grooming Talk

**Day 1: 6th January, 2023 (Friday)**

Session	Time	Activity	Speaker	Teacher Incharge
Arrival at SHED Center	10:00-10:15 am	Welcoming Participants	NSS Team	Ms.Pruna R Ms.Vaishali R Dr. Shefali Jain
	10:15-10:45 am	Settling and Breakfast		All Teachers
Session 1	11-12:00 pm	Introduction to NSS and its objectives	Ms. Prerna S Ramteke	Ms. Pranaya Revandkar
Session 2	12 -1:30 pm	A Step Towards Successful Growth & Personality Devept.	Ms Vaishali R	Dr. Shefali Jain
	2:00 - 3:00 pm	Lunch Break	-	-
	3:00 - 4:30 pm	Settling and Resting	-	Dr. Shefali Jain
	4:30 - 5:00 pm	Tea Break	-	Pranaya R
Session 3	5:00 - 6:00	Division of groups for Activities	-	Ms. Prerna R
Session 4	6:00-7:00	Preparation of Street Play on Anaemia	Ms Pranaya R	Ms Prerna R Dr. Shefali Jain
	7:00 - 7:30 pm	NSS Songs	Ms Prerna R	Ms. Pranaya R
	7:30-8:30 pm	Dinner	Student Leaders	-
Session 5	9:00-10:00 pm	Cultural Programme/ Activity	Student Leaders	Ms Prerna R Ms Pranaya R Dr. Shefali Jain

**Daily 1 Activities:**

Day 1 began with the assembling of students and 4 teachers at the Andheri Railway Station at 7 a.m. and catching 7:55 a.m. Dahanu train which reached Safale at 9 a.m. sharp. At

Safale the students were taken to nearby ST Bus stand and students were taken to Viratan Budruk village in 2 ST Buses booked for them. After reaching Viratan Budruk at 9:45 a.m. students were welcomed by the NSS team and after a few guidelines were given half an hour to settle down and freshen up. They were given breakfast at 10:15 a.m. After breakfast at 10:50 a.m. students were taken around the SHED Center and settled in the hall and oriented about NSS.

### **Session I:**

Session I included a brief introduction about the NSS Special Camp and the theme of the camp along with the activities to be conducted by the students and the resource persons.

Student groups of 10 students each made for teaching in community and Balwadis, cooking, cleaning the premises, washrooms, washing utensils etc. and were assigned days for each activity. Students then proceeded to different areas of the center and started their assigned activities till lunch.

### **Session II:**

Our activities started with an interactive session on “A Step Towards Successful Growth & Personality Development” by Ms. Vaishali Ranadive faculty, MNWC from 12:00-1:30 pm on the importance of values, mannerism, dressing and basic conversational skills for the students. This session helped students in conversational skills as well as in presenting themselves for any occasion and in activities for them.

This was followed by Lunch at 2 - 3 pm and students were involved in serving food and cleaning kitchen premises and utensils.

As it was the first day at Camp, students were given time to settle and rest from 3 - 4:30 pm as they started the day and journey early in the morning, and was followed by Tea break at 4:30-5:00 pm.

### **Session III:**

After tea break community work was included and students were given tasks to clean the SHED premises, started cooking and arranged the hall area as they were to stay there for 7 days.

### **Session IV:**

Preparations on Street Play on Anaemia were arranged for students between 6:00-7:00 p.m in the open area of SHED center, followed by singing of NSS songs by students.

Dinner was served between 7:30-8:30 p.m. and Student Leaders were made incharge to manage the arrangements properly.

**Session V:**

The day ended with Cultural Programme/ Activity for students with a campfire from 9:00-10:00 pm. Students were motivated to sing and dance during the campfire and retired at 10 pm for the day.

## DAY 2



**Sanitary Pad Making Workshop**



**Darshana Kulkarni madam's talk in school**



**Day 2: 7th January, 2023 (Saturday)**

<b>Session</b>	<b>Time</b>	<b>Activity</b>	<b>Speaker</b>	<b>Teacher Incharge</b>
Start of Day	6:00-7:00 am	Yoga	Dr. Shefali Jain	Dr. Shefali Jain
	7:00-8:30 am	Shram Dan	Ms. Shreya Topare	Ms. Prerna Ramteke
	8:30-10:00 am	Getting ready & Breakfast		Ms. Pranaya R
	10:00-10:30 am	Group Discussion Skill India	NSS Team	Ms. Prerna R Ms. Pranaya R
Session I	10:30 -12:00 pm	Talk on 'Psycho-education for substance abuse'	Ms. Darshana Kulkarni	Dr. Shefali Jain
Session II	12:15 -1:30 pm	Talk on 'Psycho-education for substance abuse for School Teachers	Ms. Darshana Kulkarni	Ms. Prerna S Ramteke
	12 -1:00 pm	Distribution of Sanitary Pads at Viratan Budruk Village	Students of Sociology Department	Ms. Prerna S Ramteke
	1:00 - 2:00 pm	Lunch Break		
Session III	2:00 - 2:30 pm	NSS Songs with community women present at SHED	NSS Volunteers	Ms. Prerna R and Ms. Pranaya R
Session IV	2:30 - 5:00 pm	Sanitary Pads Making workshop for community	Ms. Rajasi	Dr. Shefali Jain and Prerna R
	5:00 - 5:30 pm	Tea Break		
Session V	6:30 - 7:30 pm	Training for skit of 4 groups		Ms. Prerna R Ms. Pranaya R
	7:30 - 8:00 pm	Break		
	8:00 - 9:00 pm	Dinner		NSS Team
Session VI	9:00 - 10:00 pm	Cultural Programme		NSS Team

The day began with a Yoga session and students did yoga asanas for an hour followed by the Shramdaan activity of cleaning the premises of SHED Centre and its surroundings. A group of students prepared breakfast for the whole group and students were given time for bath and to get ready., followed by breakfast from 9:00-10:00 am.

At 10: 00 am students were given orientation on the topic of ‘Skill India’, and groups were made. Students were asked to discuss the topic with group members and prepare a presentation for the fifth day.

**Session I** was a Talk on ‘Psycho-education for substance abuse’ by Ms. Darshana Kulkarni faculty at the PG Department of Psychology at MNWC. She discussed the meaning of different drugs, the ill effects of substance abuse and its prevention with the students. She also answered queries of students.

**Session II** was an orientation on ‘Psycho-education for substance abuse’ by Ms. Darshana Kulkarni to the teachers at Gram Panchayat School at Viratan Budruk village from 12:15 -1:30 pm. She oriented teachers on how to detect symptoms and identify the students involved in substance abuse.

**Session III** started with singing University song and NSS songs for the women who had gathered from the village for the skill development program for them.

**Session IV** was a workshop on ‘Eco Friendly Sanitary Pads’ making program for the women from the community conducted by

Followed by a tea break from 5 -5:30 pm for all participants and NSS volunteers.

**Session V** included training of students of all 4 groups for skit on Anaemia to be performed on the fifth day at camp and in the village community for their awareness and understanding.

Dinner was served at 8 pm followed by a campfire and singing session. Students retired for the day at 10 pm.

### DAY 3



### **Medical Camp**



### **Story Telling Session**

### Day 3: 8th January, 2023 (Sunday)

Session	Time	Activity	Speaker	Teacher Incharge
Session 1	7:00-8:30	Yoga/Shram Dan	Mr. Surajkumar Dubey	Ms Pranaya Revandkar
Session 2	8:30-09:30 am	Getting ready & Breakfast	-	
Session 3	09:30-10:00 am	Assemble in hall & moral activities: NSS song	NSS Team	Ms. Pranaya Revandkar
Session 4.1	10:00-12:30 pm	Guest Talk on Financial & Legal Literacy	Mr. Pramod Pandey	Ms. Pranaya Revandkar
Session 4.2	10:00-1:00 pm	Sanitary Pad Distribution		Ms. Prerna Ramteke
Session 4.3	10:00-1:00 pm	Medical Camp	Dr. Imran Khan & Dr. Akshay Kakde	Ms. Aaliya Sayed & Mr. Surajkumar Dubey
Session 5	12.00-1.00 pm	Lunch preparation by students	-	Ms. Aaliya Sayed
Session 6	1.00-2.00 pm	Lunch Break	-	-
Session 7	6.30-7.15 pm	The Art of Storytelling	Ms. Aaliya Sayed	Ms. Pravara Sonawane
Session 8	7:30-8:30	Dinner	-	-
Session 9	8:30-9:30	Cultural Programme/ Activities	Mr. Suraj Dubey	Mr. Suraj Dubey

#### **Session I:**

The day started with a yoga session conducted by Mr. Surajkumar Dubey. Following this the students were directed to the basic cleaning of hall and bathrooms. After that tea and breakfast was served.

**Session II:**

After breakfast the first session of the day was taken by Mr. Pramod Pandey on “Financial and Legal Literacy”. The session was aimed to create awareness about E-Commerce, flow of Income, GST and Laws related to women.

**Session III:**

At the same time few students and the faculty incharge Ms. Prerna Ramteke went to remote areas of the village to distribute Sanitary pads among members of the community.

**Session IV:**

From 10.00am to 1.00pm 16 students went to zila parishad where a medical camp was organised by rotaract club of palghar. The session was conducted to provide free check up and support the welfare of the community.

**Session V:**

After tea break and some rest a session was organised by Ms. Aaliya Sayed to familiarize the students with the elements of storytelling and motivating them to try their hands on creative writing skill.

## DAY 4



Teaching at Balwadi School



Water Composting



Trekking



Talk on Micro-nutrients for women's health



Star Gazing

**Day 4: 9th January, 2023 (Monday)**

<b>Session</b>	<b>Time</b>	<b>Activity</b>	<b>Speaker</b>	<b>Teacher Incharge</b>
Session 1	7:00 to 8:00 a.m.	Yoga Session	Mr. Suraj Dubey	Ms. Pravara Sonawane
Session 2	7:30 to 8:30 a.m.	SHED hall and Bathroom Cleaning	-	Ms. Aaliya Saye and Ms. Pravara Sonawane
Session 3	8.30 to 9.30 a.m.	Breakfast	-	Ms. Aaliya Sayed
Session 4	10:00 to 11 a.m.	Financial Literacy Lecture	Mr. Suraj Dubey	Mr. Suraj Dubey
Session 5	10.30 to 11:45 a.m.	Teaching at Balwadi School	-	Ms. Aaliya Sayed
Session 6	11 am to 11. 30 am	Students cleaned the breakfast utensils	-	Ms. Pravara Sonawane
Session 7	12.30 pm to 1.30 pm	Water Composting	Mr. Subhajeet Mukherjee	Ms Aaliya Sayed
Session 8	12 pm to 1 pm	Lunch preparation by students	-	Ms. Pravara Sonawane
Session 9	1.30 to 2.00 p.m.	Lunch Break	-	-
Session 10	2.00 to 2.45 p.m.	Talk on Micro-nutrients for women's health	Ms. Falguni Borkar	Ms Jennifer Almeida
Session 11	2.45 pm to 3.30 pm	Environment Quiz by	Mr. Subhajeet Mukherjee.	Ms Aaliya Sayed
Session 12	3.30 pm to 4.30 p.m.	Teaching Aid at Zilla Parishad School.	-	Ms Pravara Sonawane
Session 13	4.00 to 4.30 p.m.	Tree Plantation	Mr. Subhajeet Mukherjee.	Ms Aaliya Sayed

Session 14	4.30 pm to 5 pm	Tea Break	-	-
Session 15	5 p.m. to 6 pm	Trekking	Mr. Subhajeet Mukherjee.	Ms Pravara Sonawane
Session 16	6.30 pm to 7 pm	Dinner Preparation	-	Dr. Cecelia Chettiar
Session 17	7 pm to 7.30 pm	Dinner	-	-
Session 18	7.30 pm to 8 pm	Cleaning the kitchen and utensils	-	Dr. Cecelia Chettiar
Session 19	8.00 pm to 9.00 pm	Star Gazing.	Mr. Subhajeet Mukherjee.	Dr, Cecelia Chettiar

**Session I:** The day started with a Yoga session conducted by Mr Suraj Dubey. Following this, the students were directed to clean up the hall and Bathroom for the day. At 8.30, tea and breakfast were served.

**Session II:** The first session for the day was conducted by Mr Suraj Dubey on Financial Literacy for women. The students were made aware of the in-depth knowledge about savings and investment.

**Session III :** A group of 5 students were sent to the Balwadi school in the village with teaching aids at 10:30 am. The use of teaching aids such as flashcards and rhyme songs were used to reinforce teaching the Alphabet and numbers.

**Session IV :** Mr Subhajeet Mukherjee conducted the next session at 12:30, he taught the students to create fertilizers with dried leaves and a water composting pit with a fiber mesh.

**Session V :**At 2 pm post lunch, a talk on Microfibre nutrients was conducted by Ms Falguni Borkar. Students were introduced to dietary fruits and vegetables to help with their hormonal imbalances and keep their health in check.

**Session VI :** The session was immediately followed by a fun Environmental Quiz by Mr Subhajeet Mukherjee who then proceeded to the Tree Plantation Activity at 4 pm. He instructed the students to plant the Spider Lily on the edges outside the SHED hall.



**Session VII :**Meanwhile, a group of 5 Volunteers under the supervision of Ms Pravara Sonawane visited the Zilla Parishad School in the Budruk Village. The NSS volunteers began with the interactive class, reciting poems and rhymes using colorful visual aids.

**Session VIII :** After the tea break, the volunteers went on a trek in the mountains to see the sunset. Following this, dinner preparation began with the students.

**Session IX :** After dinner, the volunteers went for a Star Gazing walk under the supervision of Dr, Cecelia Chettiar before closing for the day full of events.

## DAY 5



### Self Defense Training



### Poetry Writing & Recitation

## Day 5 : 10th January 2023 (Tuesday)

Session	Time	Activity	Speaker	Teacher Incharge
	06:00 -7:30 am	Getting up and ready for yoga	-	Ms . Pravara Sonawane
Session 1	8:00 - 9.00 am	Yoga	Rajshree Patil and Team, Rotary Club of Palghar	Ms . Pravara Sonawane
Session 2	11.00 -1.15 pm	Self -Defence workshop	Mr. Navin Kunwar and Mr.Bhushan Bhoir	Ms.Jennifer Almeida
	1:20 -2:30 pm	Lunch	-	-
Session 3	2.45 -3.45 pm	Poetry writing and Reciting workshop	Ms. Pravara Sonawane	Ms. Pravara Sonawane
Session 4	3.45 -5.00 pm	Environmental Concerns and Awareness	Mr.Bhushan Bhoire	Ms. Jennifer Almeida

**Session I:** The students were encouraged to participate in the yoga session conducted by instructor - Rajshree Patil and her team from 8.am - 9.00am. The students were guided about the importance of Breathing via Pranayama, Kapalbhathi etc . They also taught them the benefits of Surya Namaskar.

**Session II:** A Self-Defence training session was conducted by Mr. Navin Kunwar in NSS SHED Hall from 11.00am - 1.15pm . The students learnt various techniques of self -defense like Heel Palm strike, Hammer strike, Escape from a bear hug attack and Hair Grab defense. Through this session the students became psychologically, intellectually and physically strong.

**Session III:**A Poetry Writing and Reciting workshop was conducted by Ms . Pravara Sonawane from 2.45pm - 3.45pm. The students learnt to form verses by using and avoiding rhymes. She gave them an insight on epic, ballad and free verse. The students practiced writing poetry and recited their experiences.

**Session IV:** The students were then encouraged to attend the session regarding our environment. A session on Environmental Concerns and Awareness was conducted by Mr. Bhushan Bhoire from 3.45pm- 5.00pm. The session started with a discussion on earth and its formation. Students were interested in the various reasons for the changes happening in our environment.

## Day 6



## Puppet Making Workshop



## Trekking

**Day 6 : 11th January, 2023 (Wednesday)**

Session	Time	Activity	Speaker	Teacher Incharge
	6:00 -7:00 a.m	Waking and getting ready for trekking		
Session I	6.00 -9:00 a.m	Trekking on the Mountain at Saphale	-	Dr.Cicilia Chettiar & Dr. Swati Partani
	9:00 -10:30 a.m	Morning routine & Breakfast	-	-
Session 2	10:30-11:30 a.m	Teaching ( Balwadi)	NSS Volunteers	Dr. Swati Partani
Session 3	11:00 - 1:00 p.m	Mind Exercises & Games at Zilla Parishad School	Ms.Jyoti Gandhi	Ms. Prerna Ramteke
Session 4	11:00- 12:00 p.m	Emotional Empowerment - Camp Hall	Ms. Manisha Udeshi	Ms. Prerna Ramteke
Session 5	12:15 - 1:15 p.m	Women Entrepreneurship	Ms. Ketki More	Dr. Swati Partani
	1:15- 2:30 p.m	Lunch & Rest	-	-
Session 6	2:30 - 4:00 p.m	Teaching at Community School	NSS Volunteers	Dr. Swati Partani
	4:00- 5:00 p.m	Tea Break		
Session 7	5.00 - 7.30 p.m	Puppet Making Workshop	-	Dr. Swati Partani
	8:00- 9:00 p.m	Dinner		
	9:00- 10:00 p.m	Cultural Activity		Ms. Prerna Ramteke and Dr. Swati Partani

## **DAY 6**

**Session I :** NSS Volunteers were taken on a mountain trek to enhance their physical development

**Session II :** The topic of Fruit was reinforced . The balwadi students successfully participated in the activities, which helped them to enhance their language development.

**Session III :** Mind Exercises and Games work conducted for the Zilla Parishad school children

**Session IV :** The Resource person introduced the concept of emotional empowerment with the help of sub-pointers like questions , focus, commitment, emotions, diary writing, affirmation and visualization. This session created a sense of motivation amongst the students.

**Session V :** The speaker Ms. Ketki More gave several examples related to entrepreneurship & encouraged everyone to be financially independent. This session led to creating innovative ideas to become a successful women entrepreneur.

**Session VI :** Introduction & Reinforcement of various concepts were taught form 1st to 4th standard students. They were engaged in learning and doing activities which gave them a lot of enjoyment.

**Session VII :** The puppet making workshop helped to learn how to make finger puppets which inspired everyone to create their own unique ideas.

## DAY 7



## Valedictory Function



**Day 7: 12th January, 2023 (Thursday)**

<b>Session</b>	<b>Time</b>	<b>Activity</b>	<b>Speaker</b>	<b>Teacher Incharge</b>
	6:00-7: 00 a.m	Waking and getting ready Singing NSS songs	-	Dr Swati Partani
Session 1	7:00- 8:30 a.m	Games at the ground	-	Dr Swati Parttani Ms Prerna Ramteke
	8:30- 9:30 a.m	Breakfast	-	Ms Shefali Jain
Session 2	10- 11:30 a.m	Teaching in Balwadi	NSS volunteers	Dr Swati Partani
Session 3	11:30- 1:50 p.m	Valedictory Function	-	Smt Anjali Patil, Sarpanch, Virathan Budruk
	1:50- 2:50 p.m	Lunch	-	
	3:30 pm	Ready to leave	-	

**Session I:** Fifty Six students ran for initial warm up followed by the kho kho game where two teams were formed. Students were explained the rules and students enthusiastically completed the sports activity.

**Session II:** Four NSS volunteers conducted activities with 18 SHED School Students. These Children were provided with the cutout of Chart papers. The concept for craft making was “Animals” in which the children were demonstrated of making “Rabbit” from the paper, step by step procedure was shown to them

**Session III:**

Dr Swati Partani presented a welcome speech for the valedictory ceremony of NSS special camp followed by University, College & NSS song. Principal Dr Rajshree Trivedi Motivated the volunteers and congratulated them for successful completion. Ms Pranaya announced the best volunteers awards. It was followed by the speech Of Sarpanch Smt Anjali Patil, who wholeheartedly appreciated the work done by NSS Unit of Maniben Nanavati Women’s College. Best NSS volunteers were felicitated for various categories. Lastly Ms Prerna Ramteke presented a Vote of thanks, followed by the National Anthem.

