

## **REGULAR ACTIVITIES REPORT 2019-20**

### **21<sup>st</sup> June 2019: International Day of Yoga**

The academic year 2019 started with Yoga day celebration. The theme for fifth international Yoga Day 2019 was "Yoga and wellbeing". It was celebrated at Bharati Vidyapeeth Dhankawadi Campus. The chief guest for the function was the vice chancellor Dr. M. M. Salunkhe. All NSS Volunteers were present for the program along with all the faculties. During the program different exercise were performed such as stretching exercise, Pranayama, standing and sitting asana along with Suryanamaskar & meditation.

### **July 2019: Plastic free Month**

NSS Volunteers had participated in the competitions organized for the plastic free Month which was an on line contest of poster making and videos. Around 80 NSS Volunteers had participated and the best three were awarded with certificate and a small token of gift as a means of appreciation.

### **August 2019: Swachata Pakhwada**

1 to 15 August, 2019

Total 200 NSS Volunteers had participated in swachata Pakhwada and they had cleaned the classrooms, Principal's office, Laboratories, Staff rooms and college campus. (40 Males and 160 females)

They also took the initiative and cleaned up the community areas like the Chaitanya rehabilitation center and community area around the Bhavan area(Male 15 and Female 35).

### **10 – 15 Aug 2019: Flood Camp, Sangli**

25 NSS Volunteers had participated at Sangli to clear up the flood debris and nuisances created by it in clearing it. The volunteers were accompanied by our two male faculties.(NSS Volunteer - 25Male).

### **Sept 2019: Poshan Maah**

NSS volunteers had celebrated this month in community area Navipeth Pune, where they had conducted exhibition on importance of balanced diet and gave health education on how to prevent malnutrition and vitamin deficiency. Total 66 participants had attended the session, (40 female and 16 male).

### **20th Sept 2019: Suicide Prevention**

This day was observed by conducting seminars and poster competition on the topic. Total 100 NSS Volunteers Participated in it. The students whose poster were judged the best were appreciated by giving certificates. Total 100 NSS volunteers had taken part in the program.

### **October 2019:**

#### **02 Oct 2019: Mahatma Gandhi Jayanti**

NSS volunteers had celebrated Gandhi Jayanti on the occasion of 150<sup>th</sup> birth anniversary of him by ushering flowers to the photograph and praying in front of the photograph. Total 200 NSS volunteers had participated in it as it was conducted at College of Nursing ,Pune.

#### **29th Oct 2019: Fit India Movement and World Heart Day**

The 100 NSS Volunteers and Medical Surgical Nursing Faculties had celebrated world health day and fit india Movement day at the Dhankawadi Campus by conducting a rally which had placard and slogans by the participants on

world heart day and addressed many members who were on their way to the morning walk. Fit india movement was conducted by Dr. Joseph who is from dental college of BVDU. He showed the volunteers how to keep fit and he also demonstrated many exercises which were carried out by the Volunteers. The other activities included jogging, exercises, meditation and yoga asana. Our Principal and other faculties attended the same.

### **10 Oct 2019: .Mental Health Day:**

The mental health day with the theme of suicide prevention was celebrated at the college of Nursing Pune. We had a speaker from Chaitanya rehabilitation center who introduced the topic and which was followed by skit competition on the theme. The best skit was awarded the token of Appreciation. The afternoon session was conducted by having quiz competition and 60 NSS Volunteers participated in it (Female- 40 and Male – 20). First and second prizes were given to the participants.

### **31 Oct 2019: Sardar Vallabhbhai Patel Jayanti**

NSS volunteers had celebrated Sardar Vallabhbhai Patel Jayanti taking a pledge for National Unity and Non Violence.

### **November 2019**

#### **17 Nov 2019 Health Education Day**

NSS volunteers had given health education on various topics like importance of diet, prevention of dengue, .immunization, personal and environmental Hygiene. Around 40 females and 14 males took part.

#### **27Nov 2019 Health exhibition**

NSS volunteers had organized a health exhibition on Dengue and its Prevention at Nasrapur village. The volunteers had explained the villagers in Marathi regarding Dengue, its causes, signs and symptoms and the treatment. The exhibition also showed the causes of Dengue and how they can prevent it. It was Carried out by 40 female and 14 male volunteers.

### **December 2019**

#### **01 Dec 2019: AIDS Day**

NSS volunteers had celebrated AIDS day at Sangavi village along with the villagers and educated them regarding AIDS clinical features , its diagnostic test, treatment and leading a healthy life.

#### **07 Dec 2019 Swachhta Rally**

Swachhta rally was carried out at Nasarapur by 70 NSS volunteers (45 Females and 25 Males) who focused on cleanliness and hygiene. The rally consisted of flash cards with slogans and Charts showing the types of cleanliness which starts at home. They marched through the lanes of village urging all the villagers to maintain cleanliness in and around their own house to start with and the village as a whole.

### **January 2020**

#### **20 Jan 2020 Fit India Movement**

The Fit India Movement was a session of physical exercises among the NSS Volunteers by encouraging them to stay fit along with the village Junior College students where we encouraged them to participate in skipping, Running, playing Kabaddi, spoon and lemon race. The movement came to an end with the participants running around the ground and tug of war.

#### **04 Feb 2020 Blood Donation Camp**

The NSS unit of Bharati Vidyapeeth College of Nursing along with the Bharati Hospital Blood bank organized a blood donation camp to celebrate Late Dr Patang Rao Kadam Sir's Birthday. The NSS Volunteers arranged the camp

in the college campus and motivated students to donate blood. We had 56 Bags of Blood collected by the afternoon. The volunteers were given refreshments after donation along with the donation certificate.

#### **04 Feb 2020 World Cancer Day**

The cancer Day with the theme of 'I am and I will' was conducted by our medical surgical Nursing specialty faculties who shared their ideas on cancer with the NSS Volunteers (45 Females & 25 Males) and had a session on cancer and its future and a theme on the theme.

#### **09 Feb 2020 Women's Day**

Women's day was celebrated at the college level by the NSS Volunteers along with the faculties of Nursing College. The Program consisted of entertainment program with small talk on great female personalities of India. How the women is progressing in today's world. The women were given a token of appreciation and the program ended with national anthem.

## CAPTION PHOTOGRAPHS

### THE INTERNATIONAL YOGA DAY 2019-20



**Faculties and students performing the yoga –asana**



**Nursing College with NSS officer and Vice Chancellor**



**Nursing college faculties on Yoga day**



**Nursing students in action on yoga day**



## FLOOD RELIEF CAMP SANGLI BY NSS VOLUNTEERS



## VOLUNTEERS CELEBRATING ALZIMERS DAY



## POSHAN MAAH CELEBRATION BY NSS VOLUNTEERS





CAPTION

PHOTOGRAPHS

## OF SWACCHATA PAKHWADA



SWACHATA RALLY BY NSS VOLUNTEERS





**CONSTITUTION DAY CELEBRATION BY NSS VOLUNTEERS**



**OATH TAKING BY NSS VOLUNTEERS AND STAFFS FOR SWACHHATA PAKHAWADA**





## FIT INDIA MOVEMENT DAY CELEBRATION BY NSS VOLUNTEERS



## HEALTH EXHIBITION BY NSS VOLUNTEERS





**SCHOOL HEALTH CHECK UP AT SANGAVI**



## HEALTH EDUCATION DAY CELEBRATION BY NSS VOLUNTEERS





# BLOOD DONATION CAMP ORGANIZED BY NSS





CELEBRATION OF MAHATMA GANDHI JAYANTI



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## CELEBRATION OF WORLD CANCER DAY



CELEBRATION OF SARDAR VALLABH BHAI PATEL JAYANTI

