



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
COLLEGE OF NURSING,PUNE**

NATIONAL SERVICE SCHEME (NSS)

REGULAR ACTIVITIES REPORT

2021 - 2022

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21ST JUNE, INTERNATIONAL DAY OF YOGA:- 2021

The academic year 2021 started with yoga day celebration. The theme of seventh International Yoga Day 2021 was '**Yoga for well being**'. Yoga day celebration was organized by Bharati Vidyapeeth College of Nursing, Pune NSS Unit. The session was conducted by renowned fitness coach, MS Gopika Kachare. 63 NSS volunteers and family members attended the session [Male: 25 and Female: 40].

The aid cell and NSS organized an online yoga session on the occasion of International Yoga Day. This created awareness about the benefits of practicing yoga- a physical, mental and spiritual Practice. During the program, different exercises were performed such as stretching exercise, pranayama, standing and sitting asana along with surya namaskar and meditation. 65 NSS volunteers participated [Male: 25 and Female: 40].

2ND AND 3RD AUGUST 2021, SWACHHATA PAKHWADA:-

Bharati Vidyapeeth College of Nursing, Pune NSS unit had organised Swachhata Pakhwada. The main purpose of this program was to create awareness about the need of cleanliness.

2nd August, 2021: Swachhata Shapath:

On 2nd August 2021 Swachhata shapath was taken by 65 NSS volunteers [Male: 25 and Female: 40] along with Mrs. Vaishali Gaikwad and Mr. Nikhil Ingawale with Mrs. Sunita Chavan . The programme started by 8AM to 9AM.

3rd August, 2021 Cleaning Campus of Institutions and Bibwewadi area

On 3rd August 2021, 65 NSS volunteers were divided into two groups and went to clean the college premises. The cleaning process started from 9 AM and ended by 11 AM. 65 NSS volunteers participated [Male: 25 and Female: 40].

3rd August, 2021: Cleaning Bibwewadi area and Rally on Cleanliness

After cleaning the college premises, we went to Bibwewadi and cleaning was done. Again the group of 65 NSS Volunteers divided into 2 groups and under the supervision of Mr. Nikhil Ingawale and Mrs. Vaishali Gaikwad organized a rally at Bibwewadi area. By holding the posters and placards the whole area was covered by the students, thereby spreading awareness about the importance of a clean environment a rally has also been organized at Bibwewadi area. 65 NSS volunteers participated [Male: 25 and Female: 40].

AUGUST 2021, WORLD BREAST FEEDING WEEK:-

1ST TO 7TH AUGUST 2021

On 6th August 2021, a health talk was organized by the students of Bharati

Vidyapeeth College of Nursing, Pune at Kamala Nehru Hospital in the PNC ward. **30 NSS volunteers participated [Male: 10 and Female: 20].** The theme of breastfeeding week in 2021 was 'Protect Breast feeding; a shared responsibility'. In the session, the students explained well about the exclusive breastfeeding, its importance and different positions that the mothers can use during breastfeeding. Breastfeeding program was a successful one

11TH SEPTEMBER 2021, FIT INDIA FREEDOM RUN ACTIVITY:-

NSS volunteers of Bharati Vidyapeeth College of Nursing; Pune has conducted Fit India Freedom Run Activity. 63 NSS volunteers participated [Male: 20 and Female: 43]. The participants have gathered at Bharati Vidyapeeth campus for marathon along with Mrs. Vaishali Gaikwad and Mrs. Archala Khemnar. This activity was conducted on behalf of Azadi ka amrit mahotsav - India @75. This marathon was held on 11th September 2021 at Bharati Vidyapeeth Campus.

SEPTEMBER 2021, NSS WEEK CELEBRATION:-

28 TH SEPTEMBER TO 2ND OCTOBER

Bharati Vidyapeeth [Deemed to be University] College Of Nursing, Pune celebrated NSS Week from 24th September to 2nd October 2021. Various activities like Museum visit, lecture on importance of NSS Week Celebration, World Health Day Celebration, Slogan Competition, Gandhi Jayanti, Essay writing competitions were held.

28 September 2021 a visit to the Late Dr. Patangrao Kadam Saheb Memorial Museum

A visit to the Late Dr. Patangrao Kadam Saheb Memorial Museum was organized on 28 September 2021 from 11:00AM to 12:30PM for the NSS Volunteers of Bharati Vidyapeeth College of Nursing, Pune. Brief description of the place was given by Museum administrator Dr. Veer dhaval Ghorpade (Assistant Professor). The museum visit was definitely a fruitful one for the students as they got to know about the struggle story and the contributions of Bharati Vidyapeeth (Deemed to be University) struggle stories and the contributions of Late. Dr. Patangrao Kadam Saheb in the society.

On 29th of September 2021 celebrated World Heart College of Nursing, Pune celebrated World Heart Day on the occasion of NSS week celebrations. It was **on 29th of September 2021**. The theme for the same was *‘Use Heart to Connect’*. The theme for this year is harnessing the power of digital health to improve awareness, prevention and management of cardiovascular diseases globally. This theme emphasizes on promoting healthy practices to keep the heart diseases at bay. Health talk to community people regarding the food habits for good health of heart and awareness about cardiovascular disease was also done by NSS volunteers. 14NSS volunteers participated [Male: 5 and Female: 10]. Under the guidance of Mrs. Vaishali Gaikwad and Mr. Nikhil Ingawale the unit organized the slogan competition on the occasion of NSS Week celebrations. The slogan competition was based on the *‘Awareness and Prevention related to cardiovascular diseases’* and it was conducted on 29th September 2021 from 3:00PM to 4:00PM. Total 15NSS Volunteers participated in this competition. The Judge for the slogan competition was Dr. Sundari Apte and Mrs. Manisha Karkar.

On 1st October 2021 lecture on “Importance of NSS Day & NSS Week Celebration

On 1st October 2021 Mrs. Vaishali Gaikwad has given lecture on “Importance of NSS Day & NSS Week Celebration”. All 100 volunteers were participated in the event.

On 2 October 2021 Gandhi Jayanti celebration

On 2 October 2021, we celebrated the 152nd Birth Anniversary of Mohandas Karamchand Gandhi, fondly known as the ‘Father of the Nation’.

Bharati Vidyapeeth College of Nursing, Pune celebrated Gandhi Jayanti in the college lobby on the ground floor at 11:00AM. Our Respected Principal Madam, Dr. Khurshid Jamandhar, all the teaching and non-teaching staffs and the students gathered at the occasion. 128 NSS Volunteers also participated. (Male 45 and female 83)

A speech was delivered explaining the moral values of Mohandas Karamchand Gandhi. Nowadays it is very important to uplift the values and ideas of Gandhi among all. The society has to be inculcated with the ideas of a him saand satyagraha. As a part of the Gandhi Jayanti celebration, students worshipped Gandhiji’s photo with flowers. We recalled his struggles for getting us free India and paid our heartfelt tribute to Gandhiji for all his sacrifices made for the country. On the 2nd of October, 2021 an Essay Writing Competition in English, Hindi and Marathi was organized at 8am-9am in Classroom. The topic was based on Gandhi Jayanti and the judgment of the same was done by Dr. Supriya Pottal Ray, faculty of the college. Students participated in both the competitions and the winners are announced accordingly.

The winners of Essay Competition-

English– Ms.Silbi Saju

Marathi-Ms.PriyaRahulKhair

Hindi-Ms.SonupriyaDimble

Three of them had secured first position in the respective languages.

October 2021, West Zone Pre Republic Day Parade Camp

12TH OCTOBER TO 22 OCTOBER 2021

West Zone Pre Republic Day Parade 2021 has been organised by regional directorate of NSS Jalgaon at KBC North Maharashtra University Jalgaon. There were 200 NSS volunteers from different states that comes under west zone. From BVDU University, Lochan Trivedi of Bharati Vidyapeeth College of Nursing, Pune was deputed.

On 12/10/2021 , inauguration ceremony of West Zone Pre Republic Day Parade camp was done . All the NSS volunteers casted out various cultural performances.

On 13/10/2021 , activities started with yoga session at 6 am.

Yashwant Mandhekar gave an educational session which included personality development, youth and future generations, and social work.

On 14/10/2021 , the day started with casual activities and did yoga.

Martial art session, drill session and short orientation to village gram panchayat committee was also done .

On 15/10/2021 , all the contingents went for parade practice at 8AM, where parade committee taught about stamping march , aedi march , dayne mud etc.

On 16/10/2021, Mr. Jeevan Kumar taught yoga , martial arts and then warmup exercise . Then at 8 am all went for parade practice. A lecture was given by Ex NSS director of Nagpur University and NSS programme officer respected Dr. Keshav Valke .

On 17/10/2021 , a lecture was given by Mr. Patil (NSS director of Aurangabad university) and Mr. Ajay Baijaye (NSS director of Shivaji University) .

10 days of PRE RD NSS PARADE CAMP gave many opportunities to develop personality. It taught about how to cope up with the changing environment, different people their customs etc . And most importantly we learnt about how to exhibit skills and self-representation.

22ND OCTOBER 2021, BLOOD DONATION CAMP

Blood donation camp was organized by NSS Unit Bharati Vidyapeeth College of Nursing Pune on Friday that is 22th October 2021. The activity was based on the celebration of Azadi ka amrut mohotsav -India@75 under we organized Blood Donation Camp. The inauguration was done by respected Principal Madam Dr. Mrs. Khurshid Jamadar. Time was allotted for each batch of students for

blood donation.

100 NSS Volunteers participated. (Male 40 and female 60) and faculty and Non-teaching staff participated in the blood Donation Camp. 100 had registered for the blood donation out of which 44 were eligible for the blood donation.

26 OCTOBER 2021, CLEAN INDIA

NSS Volunteers of Bharati Vidyapeeth College of Nursing, Pune has conducted the NSS cleaning activity for doing NSS work at the campus by the volunteers. Volunteers of NSS gathered at one place for doing the NSS cleaning activity. As it is an important aspect to look at we all did the work with full of gratitude and happiness we did brooming at the verandas' and gardens and the campus and collected the waste SS activity was held on 26 October 2021, Tuesday at Bharati Vidyapeeth campus. NSS Volunteers 63 participants in cleaning activity (Male 20 & female 43). This activity taught us many things like group activity, group coordination, good communication and also spirit of working together.

1 DECEMBER 2021, WORLD AIDS DAY CELEBRATION

NSS Volunteers of Bharati Vidyapeeth College of Nursing, Pune has celebrated WORLD AIDS DAY. This event was held on 1st December 2021, Wednesday in Velu village subcentre, Nasarapur and Bibewadi community area NSS volunteers presented a Street Play on AIDS its causes, prevention and misconceptions of people regarding AIDS. NSS volunteers presented streetplay, charts and AV aids on HIV/AIDS in the community area along with Mrs. Vaishali Gaikwad and Mr. Deepak Khemnar. The locals and the subcentre workers appreciated our work and took active part in the activity. This activity started at 9.00am and ended by 3.00pm. First we presented the Street play in the Velu subcentre following by Bibewadi community area. NSS Volunteers 13 participants in Aids Day Celebration (Male 7 & female 6).

9 DECEMBER 2021, COVID-19 STREET PLAY & HEALTH EXHIBITION

COVID-19 STREET PLAY

NSS Volunteers organised a Street Play and Health Exhibition which was held on 9th December 2021, Thursday in the Velu village community area and subcentre. Students presented the street play on COVID its causes and prevention.

COVID-19 is an infectious disease caused by the SARS-CoV-2 virus. In the street play students conveyed preventive measures like frequent hand washing, using an alcohol-based hand rub, avoiding touching exposed surfaces and avoid touching ears, eyes, nose and mouth Under this street play we also presented

posters and flash cards on COVID in the respective community areas along with Mrs. Vaishali Gaikwad and Mr. Nikhil Ingawale. This activity started at 9.00am and ended by 1.00pm. Initially we presented the Street play in the Velu community area followed by the subcentre. The locals and the subcentre workers appreciated our work and took active part in the activity. NSS Volunteers 15 participants in COVID-19(Male 5 &female 10)

9 DECEMBER 2021, HEALTH EXHIBITION

NSS Volunteers organized a Health Exhibition which was held on 9th December 2021, Thursday in Velu village sub centre this Health exhibition included various charts and AV aids regarding various diseases their prevention and treatments. Also a street play on COVID-19 was presented.

The exhibition consisted of the personal hygiene, Family planning methods, universal immunization schedule, communicable diseases, non-communicable diseases, heart diseases, home remedies for DM, ANC diet and care, PNC diet and care, Blood transfusion, Breast feeding, etc. This activity started at 9:00am and ended by 1:00pm. Initially the street play group presented the street play and then the exhibition was started in the sub centre.

The locals and the sub centre workers appreciated our work and took active part in the exhibition the listened to the information given by the students and cooperated with us. NSS Volunteers 25 participants in health Exhibition (Male 10&female 15)

4TH FEB 2022 WORLD CANCER DAY

NSS unit of Bharati Vidyapeeth College of Nursing, Pune has organised Health Exhibition on cancer prevention at Chavan Nagar. The program was conducted under the guidance of Mrs.Vaishali Gaikwad . The program started at 10 am and continued till 11:30 am. 10 NSS volunteers participated in World Cancer Day program [Male: 3 and Female:7].

The theme of World Cancer day 2022 is ' Close the Care Gap' .The aim of the cancer awareness program was to reduce misconceptions related to cancer and the prejudices associated with it, to help the community people in getting the right information about it. The program ended with a high hope of Cancer Free India.

27 FEBRUARY 2022 PULSE POLIO PROGRAMME

NSS Volunteers participated in a PULSE POLIO PROGRAMME organized by the Government of India on Date 27 February 2022 i.e Sunday.

10 NSS Volunteers reported at Primary Health Centre of Nasarapur at 8:00am where Mr. Kapse (Medical officer, Nasarapur PHC) and Mr. Naik (Health worker, Vellu village) distributed the volunteers in groups of 4 and 6, where 4 volunteers were sent to Velu and Shindewadi and 6 volunteers were sent to Kapurhol.

This program started at 9:00am sharp; at the respective booths the volunteers were accompanied by ANM and ASHA workers. total beneficiaries of Velu area were 400 and total beneficiaries of Kapurhol area were 125. This program ended at 5:00pm, after which all the volunteers reported at the Primary Health Centre of Nasarapur. 10 NSS volunteers participated in Pulse Polio program [Female: 10].

02/03/2022 TO 04/03/2022 IPPI (INTENSIFIED PULSE POLIO

IMMUNIZATION AT SARDAR VALLAHBHAI PATEL PUNE

CANTONMENT HOSPITAL

NSS volunteers, were assigned for Pulse Polio programme from 02 March 2022 to 04 March 2022. We were trained about this programme prior. But as usual the Polio National Immunization Day was on February 27, and cores of children below the age of five will be vaccinated against polio while adhering to Covid-19 norms like wearing face masks, maintaining social distancing and sanitizing hands. This is administered polio drops to children less than five years old. On this day the children those who have not got the benefit of the polio vaccine therefore there was a programme of three days of polio vaccine survey.

In this we all students were divided into teams i.e. one student and one staff of hospital. We all had the map of the survey area and tally sheet and number of population to cover per day. According to this we did the survey and completed the IPPI Posting. We all went for the programme under NSS Activity. Continuously three days we completed the survey under the supervision of the Dr. Bhosale sir and all staff of the hospital and they cooperated well with us. We thank our teachers for guiding us and giving us this opportunity. In this way completed the IPPI Programme. 35 NSS volunteers participated in IPPI programme [Female: 20, Male: 15].

