



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

COLLEGE OF NURSING,PUNE

NATIONAL SERVICE SCHEME

REPORT OF NSS

SPECIAL WINTER CAMP

A/P Mohari- Budruk, Tal. Bhore Dist. Pune

2022 - 2023

11/12/2022 TO 17/12/2022

INTRODUCTION

NSS unit of Bharati Vidyapeeth Deemed to be University College of Nursing, Pune decided to adopt Mohari Budruk, Bhore village for conducting NSS Special Winter Camp. These units have been functioning with full enthusiasm to channelize the energy of the students into a creative force to steer in social change through a wide range of community related activities such as cleaning the village, conducting health camps, raising awareness regarding: literacy, women empowerment, adolescent care, child marriage, issues related to the environment, health and hygiene and raising awareness regarding communicable and non-communicable diseases. These activities were conducted in the adopted village (Mohari Budruk village).

64 NSS volunteers from S.Y.Bsc Nursing participated in the NSS Special Winter Camp. They were accompanied by Mrs. Vaishali Gaikwad, Mrs. Sonali Atre, Mr. Nikhil Ingawale, Mrs. Shaily Bikai and Mrs. Archala Khemnar. The permission to organize the camp as per convenience, guidance and support to conduct the camp was granted by Dr. Mrs. Bhagyashree Jogdev (Principal, College of Nursing, Pune) and Dr. Avinash Mhetre (NSS Programme Coordinator)

NSS CAMP DAY-1

Orientation Of Village

On the first day of the NSS Winter Camp all the 64 NSS volunteers of S.Y.Bsc Nursing were given a detailed orientation of the village. The orientation was given by Mrs. Vaishali Gaikwad, Mrs. Sonali Atre and Mr. Nikhil Ingawale. Orientation of the village was done. Sanitation of Zilla Parishad School, Anganwadi school and its surrounding areas were done. Volunteers took on the duties of their respective Committees.

According to Census 2011 information the location code or village code of Mohari village is 556583. Mohari village is located in Velhe tehsil of Pune district in Maharashtra. It is situated 24kms away from sub district headquarters Velhe (Tehsildar office) and 85 kms away from district headquarters, Pune. Harpud is the Gram Panchayat of Mohari Village. The total geographical area of the village is 468 hectares. Mohari has a total population of 26 families, each family having atleast 4 members. Literacy rate of Mohari village is 30.77% out of which 40.00% are males and 25.77% are females. There are about 453 houses in the village. Pincode of Mohari village locality is 412212. Pune is nearest town to Mohari for all major economic activities, which is approximately 75km away.

NSS CAMP DAY-2

Inaugural Function

Preparations of the inauguration programme were done by the administration committee from 9 am – 11 am. The NSS Special Winter Camp was inaugurated on 12 December, 2022. The function took place from 11:00 am to 12:00 noon in Mohari village. The NSS Special Winter Camp 2022-2023 was inaugurated by Dr. Mrs. Bhagyashree Jogdeo (Principal, BVCON, Pune) and Mr. Dattaray Ganpat Zhanjale (Sarpanch). The NSS volunteers were addressed by Dr.

Mrs. Bhagyashree Jogdeo and were told about the importance of NSS in our social and personal development, its role in conserving cultural heritage and rural development.

The inauguration function was blessed with the presence of Dr. Mrs. Bhagyashree Jogdeo (Principal, BVCON, Pune), Mrs. Shaily Bikai, Mrs. Vaishali Gaikwad, Mrs. Sonali Atre and Mr. Nikhil Ingwale. They welcomed the guests and Mrs. Vaishali Gaikwad highlighted the proposed activities of the camp. The dignitaries invited from the village were: Mr. Dattaray Ganpat Zhanjale (Sarpanch of Mohari village, Mrs. Shobhatai Balasaheb Rajguru (Assistant Sarpanch), Mr. Babu Maruti Lekawale, Mr. Manoj Prakash Kamble, Mr. Balkan and Mr. Laxman Ganpat Lekawale.

The dignitaries wished all the NSS volunteers a successful and eventful camp. Vote of thanks was given by the NSS Volunteers.

Home Survey And Its Analysis

Beneficiars: 3000 population at Mohari-Budruk among them 2000 people were healthy and 1000 were with morbidities.

A home visit is defined as the process of providing the nursing care to patients at their doorstep. It requires technical skills, resourcefulness, judgement, relationships. NSS volunteers were divided into pairs for the home visit and survey. During the home visit, NSS volunteers interacted with the villagers and built a good rapport with them, through this they were able to understand the needs of the villagers. By understanding the needs of the villagers properly the NSS volunteers were able to provide adequate care for them. During the home visit, NSS volunteers provided health education for the villagers and provided information regarding diseases and ways of preventing them. Later, analysis was done on the home visiting activity.

Objectives

- 1] To determine the prevalence and health conditions present in the area.
- 2] 2] To know the health facilities available in that area.
- 3] To create awareness regarding health.
- 4] To provide basic health checkups with the help of camps.

PLANNING

NSS volunteers were divided into two different groups and went to take the health survey of the villagers at 2 pm. The volunteers gave health education to the beneficiary people. After survey feedback of work and other extracurricular activities were done.

ANALYSIS

A health survey was conducted and total family covered was 300 with 1500 people. Majority of the people were living in nuclear family. Among them 950 people were healthy and 550 people were with some problems like BP, diabetes, arthritis. Health education is being given to them and the queries were solved. These helped to have a good rapport with the villagers and were very friendly

NSS CAMP DAY-3

EXERCISES / YOGA AND PRABHAT PHERI

The human body is like a complex and delicate machine, which comprises several small parts. A slight malfunction of one part leads to the breakdown of the machine. In a similar way, if such a situation arises in the human body, it also leads to malfunctioning of the body. Exercise is one of the healthy lifestyle which contributes to optimum health and quality of life. People who exercise regularly can reduce their risk of death. By doing exercise, active people increase their life expectancy by two years compared to inactive people. Regular exercise and good physical fitness enhance the quality of life in many ways. Physical fitness and exercise can help us to look good, feel good, and enjoy life. Moreover, exercise provides an enjoyable way to spend leisure time.

During the NSS Winter Camp, the students are expected to remain fit and healthy, so that they can complete each NSS activity with ease. Every morning there was an exercise and yoga session conducted for the volunteers which lasted for 45 minutes. Followed by the exercise and yoga session was Prabhat Feri. Prabhat Feri is a NSS activity through which the volunteers raise social awareness in the village through slogan chanting. The slogans are mostly related to hygiene, health and social problems. The main aim of this activity to raise awareness among the villagers, it helped them to be more aware and responsible towards themselves and the environment.

Cleanliness Drive For School

Better hygiene leads to better health, confidence and overall growth. Good hygiene is critical for preventing the spread of infectious diseases and helping the children to lead a long, healthy lives. It also prevents them from missing school, resulting in better learning outcomes. The NSS volunteers understand the importance of environmental hygiene in a student's life and this led to a drive being conducted as a NSS activity in school on 13th December, 2022. The aim of the activity was to provide a clean and hygienic environment for the students.

OBJECTIVES:

- To raise awareness regarding cleanliness, waste management and waste disposal.
- To stop the spread of common infectious diseases which arise due to poor environmental hygiene.
- To provide health education to the students regarding environmental hygiene, ways of maintaining it and its importance.

For this activity the NSS volunteers were divided into groups. They cleaned the area around the school. The garbage was collected and safely segregated and disposed. Through this activity awareness was raised among the students regarding environmental hygiene.

Voter's-awareness Rally

India is one of the largest democracies in the world. The notion ' Government of the people, by the people and for the people' holds true only if the whole nation participates in the election process. To raise awareness regarding the importance of voting among the villagers, the NSS volunteers conducted a rally in the village.

OBJECTIVES:

- To seek the attention of the villagers towards the importance of voting
- To take a count and note down the number of villagers who don't have a voter's id.
- To raise awareness regarding the importance of voting.

The NSS volunteers covered the entire village in pairs and collected the details of the villagers who didn't have an id. Rally was conducted to spread further awareness about voting.

Baal Vivah Rokathaam

Almost half of all the girls in India marry before the age of 18. Child marriage is most prevalent in the villages. To raise awareness regarding child marriage the NSS volunteers conducted a rally in the village.

OBJECTIVES:

- To raise awareness regarding child marriage among the villagers.
- To let them know about the evil effects of child marriage.
- To raise awareness regarding the various ways of preventing child marriage.

The NSS volunteers covered the entire village and raised awareness regarding child marriage and various ways of preventing it's occurrence.

NSS CAMP DAY-4

The day started with prayer and exercise

SCHOOL HEALTH CHECK-UP

BENEFICIARY: 150

School health check-up was done at Mohari village. School health check-up was conducted for the children of village Zilla parishad school from standard 1st to 7th class. School health check up is a programme through which all the aspect of the student's health is taken care of. During the check up: their vitals were recorded, physical examination was done and health education was provided to the students. Growth monitoring, administration of vaccinations, raising awareness regarding safe water drinking practices and sanitation are the various activities of school health service.

OBJECTIVES:

- To provide age appropriate information about health and nutrition to the children in schools.
- To promote healthy behaviors among the children that they will inculcate for life.
- To detect and treat diseases early in children and adolescents including identification of malnourished and anemic children with appropriate referrals to PHCs and hospitals.
- To promote use of safe drinking water in schools

PLANNING:

The School Health Check up was conducted from 9:30 am to 1:00 pm. The volunteers performed the physical examinations and assessed the nutritional status of the students by checking the height and weight.

During screening it was found that the students had the following problems:

- Malnourished
- Hygiene maintenance
- Dental caries
- Skin fissures
- Dandruff and lice
- Common Cold
- anemia.

The volunteers provided health education with regard to the importance of Iron rich food, personal hygiene, worm infestations and other health issues. They were also explained regarding the importance of wearing shoes to protect them from getting injured.

Guest Lecture: Lecture On Women Empowerment By Dr. Veena Sakhardande**BENEFICIARY- 64**

Women empowerment can be defined as promoting women's sense of self worth, their ability to determine their own choices and their right to influence social change for themselves and others. This topic was beautifully explained by Dr. Veena Sakhardande. The lecture was conducted from 2:00 pm to 3:00 pm. Through the lecture the volunteers understood:

- the importance of women in our life
- the abilities for a women
- factors influencing women empowerment
- importance and need for women empowerment in our country.

Through the lecture the volunteers were able to understand the need and importance of women empowerment and the various ways to empowering women.

Guest Lecture On Mental Illness In Youth By Dr. Monita Thokchom**Beneficiaries: 64**

Mental illness is a condition which causes serious disorder in a person's behaviour or thinking. Dr. Monita Thokchom help us know about the prevalence of mental illness in youth, its causes and it's impact on our lives personally and socially. The lecture was conducted from 3:00 pm to 4:00 pm. Through the lecture the volunteers understood:

- The various mental illnesses prevalent among the youth.
- The various reasons or causes of these diseases.

- The various ways to preventing the occurrence of these diseases among the youth
- The ways to raising awareness regarding mental illness and helping the youth who are affected.

Through the lecture the volunteers were able to understand and gain knowledge regarding mental illness present among the youth and learnt about the various ways of preventing them.

NSS CAMP DAY-5

The day started with prayer and exercise

Health Camp

Beneficiaries: 250

Medical camp was conducted by health professionals to carry out a limited health intervention among st the underprivileged community. Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background, and risks are taken into account. The villagers attended this camp to get a free check-up and treatment. Early detection of the disease through health examinations and tests at the early stages of the illness can help to cure it faster and save the life. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatments. Even the most basic check-ups can identify underlying illnesses.

Health Camp was organized for the villagers on 15th December 2022. The free health camp was conducted in Zilla Parishad school, Mohari. It was for the villagers belonging to every age group. The camp was collaborated with the medical team of Bharati Vidyapeeth Ayurveda Hospital. Around 200 clients had registered for the camp.

Objectives

- Provide free and high-quality medical services for the rural population.
- Working as an emergency team in disasters.
- Raise health awareness among the community and teach them to deal with communicable and non-communicable.
- Register rare and severe cases and refer them to specialized centers.
- Evaluate the living conditions and determine the obstacles and challenges to work on solving their problems.
- Refer medical cases towards surgeries if required.

After the check up, villagers were provided with medicines at free cost. The major health issues were hypertension, arthritis, alcoholism, backache, diabetes, joint pain and some gynecological issues.

Health Exhibition

To create health awareness among the villagers, health exhibition was conducted. Charts, posters and flashcards were displayed on communicable and non communicable diseases. This provided valuable information to the villagers.

Health exhibition are an essential part of education and preventative medicine. They can also facilitate early treatment of certain conditions. Health exhibition not only provides general

information about good health and preventative medicine, but they also offered screening and assessments for blood pressure or cardiovascular health - that can detect a problem and help the person get on track to a healthier self. To create health awareness among villagers, health exhibition was displayed on several disease conditions such as diabetes, hypertension, asthma, maintenance of personal hygiene etc.

Guest Lecture By Dr. Amol Patil On Yoga And Pranatam:

Yoga offers physical and mental health benefits for people of all ages. The topic was effectively explained by Dr. Anmol Patil. He helped us understand the importance and effectiveness of yoga in our lives. Thought the lecture the NSS volunteers understood that:

- Yoga has the ability to heal any kind of mental and physical illness.
- Yoga and help us keep calm and helps us control sudden anger outbreaks.
- Yoga can help people respiratory diseases.

The NSS volunteers learn and demonstrated some poses and pranayams. They learn that yoga improves strength, balance and flexibility, it relieves back pain and helps improve heart health.

NSS CAMP DAY-6

The day started with prayer and exercise

Gram Swacchata

NSS carries out different activities, one of them is Gram Swacchata. The aim was to create awareness about cleanliness, waste management and disposal.

Objectives –

- To raise awareness about cleanliness and waste management.
- To stop the prevalence of certain diseases because of improper waste management.
- To provide health education on the various kinds of diseases borne due to improper waste management and the various ways to effectively manage waste.

NSS volunteers were divided into different groups. They cleaned the area around the temple, school, streets and houses. The area was swept and cleaned with broom, garbage was collected and buried. Awareness was raised amongst the villagers regarding swacchata and it's benefits.

NSS CAMP DAY-7

VALEDICTORY SESSION

The valedictory session was conducted in the presence of Mr. Dattaray Ganpat Zhanjale [Sarpanch], Mrs. Shobhatai Balasaheb Rajguru [Assistant Sarpanch], Mrs. Vaishali Gaikwad Mr. Nikhil Ingwale and Mrs. Sonali Atre. The guests made their graceful presence and praised the activities performed by the NSS volunteers during the camp. The Sarpanch was thanked for the help and supported extended for the camp. All the helping hands were honoured

during valediction session. The function concluded with vote of thanks given by one of the NSS volunteers. Thus the NSS winter camp was conducted successfully.

SUMMARY

In the 7 days of NSS Special Winter Camp 2022 - 2023, volunteers with the help of villagers succeeded in:

- ✓ Involvement of the villagers in development of the village.
- ✓ Cleanliness of the village
- ✓ Health education
- ✓ School health check-up
- ✓ Betterment of villager's health
- ✓ Health Camp
- ✓ Health Exhibition
- ✓ Village Analysis
- ✓ Voter's-awareness Rally
- ✓ Cleanliness Drive For School
- ✓ Baal Vivah Rokathaam Rally

CONCLUSION

NSS volunteers and the NSS Programme officer of BVCON are thankful to Dr. Bhagyashree Jogdeo, I/C Principal, BVCON, Pune and NSS Programme Co-coordinator of BVDU, Professor Dr.Avinash Mhetre for giving us the permission to conduct our camp according to our convenience. The camp successfully ended on 17th December 2022 with lot of achievements, memories and experiences for all the volunteers.

CAPTION PHOTOGRAPHS OF SPECIAL WINTER CAMP

2022-2023

INAUGURAL FUNCTION

CAPTION PHOTOGRAPHS OF DURING INAUGURATION FUNCTION OF SPECIAL WINTER CAMP- 2022 AT MOHARI-BUDRUK



HOME SURVEY AND ITS ANALYSIS

CAPTION PHOTOGRAPH OF HOME SURVEY BY NSS VOLUNTEERS



NSS CAMP DAY-3

EXERCISES / YOGA AND PRABHAT PHERI

CAPTION PHOTOGRAPHS OF NSS VOLUNTEERS DURING PRAYER & EXERCISE



CAPTION PHOTOGRAPHS OF NSS VOLUNTEERS DURING PRABHAT PHERI:-c



CLEANLINESS DRIVE FOR SCHOOL

CAPTIONED PHOTOGRAPH OF CLEANLINESS DRIVE BY NSS VOLUNTEERS





VOTER'S-AWARENESS RALLY
CAPTIONED PHOTOGRAPH OF VOTER'S AWARENESS RALLY BY NSS VOLUNTEERS





BAAL VIVAH ROKATHAAM

CAPTION PHOTOGRAPH OF BAAL VIVAH ROKTHAAM BY NSS VOLUNTEERS



NSS CAMP DAY-4
SCHOOL HEALTH CHECK-UP

CAPTION PHOTOGRAPH OF DURING SCHOOL HEALTH CHECK-UP:



GUEST LECTURE: LECTURE ON WOMEN EMPOWERMENT BY Dr. VEENA SAKHARDANDE

CAPTION PHOTOGRAPH OF GUEST LECTURE FOR NSS VOLUNTEERS



GUEST LECTURE ON MENTAL ILLNESS IN YOUTH BY DR. MONITA THOKCHOM

CAPTION PHOTOGRAPH OF GUEST LECTURE FOR NSS VOLUNTEERS



NSS CAMP DAY-5

HEALTH CAMP

CAPTION PHOTOGRAPH OF DURING HEALTH CAMP



HEALTH EXHIBITION

CAPTION PHOTOGRAPH OF DURING HEALTH EXHIBITION



GUEST LECTURE BY DR. AMOL PATIL ON YOGA AND PRANATAM

CAPTION PHOTOGRAPH OF GUEST LECTERE FOR NSS VOLUNTEERS



NSS CAMP DAY-6 GRAM SWACCHATA

CAPTION PHOTOGRAPH OF NSS VOLUNTEERS DOING GRAMSWACCHATA





NSS CAMP DAY-7

VALEDICTORY SESSION

CAPTION PHOTOGRAPH DURING VALRDICTORY FUNCTION

