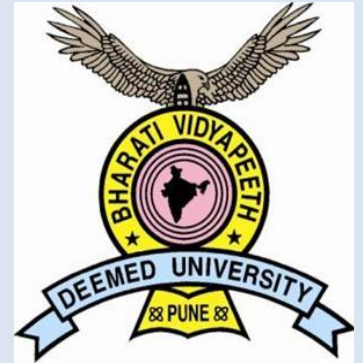


**BHARATI VIDYAPEETH (DEMEED TO BE UNIVERSITY)
DENTAL COLLEGE & HOSPITAL, NAVI MUMBAI,**

NATIONAL SERVICE SCHEME (NSS)

SPECIAL WINTER CAMP



2018-2019

**Venue: At Yusuf Meherally
Center, Khiratwadi, Panvel Gram Panchayat,
Tal: Panvel, Dist: Raigad .
11th February to 17th February 2019**

MH-18-0024



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DENTAL COLLEGE & HOSPITAL, N A V I M U M B A I

MH-18-0024

NSS SPECIAL WINTER CAMP REPORT, 2018-2019

❖ INTRODUCTION: -

National Service Scheme is a student centered programme and it is complementary to education. It is a noble experiment in academic extension. It inculcates the spirit of voluntary work among students and teachers through sustained community interaction. It brings our academic institutions closer to the society. It is a link between the campus and community, the college and village, knowledge and action. The overall aim of NSS is the Personality development of students through community service. It gives an extension dimension to professional education system and orients the student youth to community service.

On the needs of current health issues of community, NSS unit of Bharati Vidyapeeth Deemed University, Dental College & Hospital, Navi- Mumbai had organized special winter camp, on the theme "Youth for Environment and Health awareness": Health promotion activities.

The camp was conducted from **11 February to 17th February 2019**. The NSS Programme Officer Dr. Prasad Mhaske along with the students and NSS team members organized the Camp. During this camp free Dental Check-up and treatment, free Medical check-up and selective general medicines were distributed to patients in Four villages i.e Khale village, Balwali village and Jite village.

The students stayed for 7 days at Yusuf meherally center, arrangement of food was done at Yusuf meherally center itself for students.

ADMINISTRATION:

In order to run the camp activity smoothly as well as to give a chance to student to show their talent and leadership quality, various committees were formed. The committees were administration, Mess,



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sanitation, culture, scientific session, health and finance committees. Leaders were selected for each committee for effectiveness of work. There were two leaders for each committee.

❖ INAUGURATION CEREMONY: -

The inauguration function of the NSS special camp was commenced on 11 February 2019 at 10 a.m. in the hall at Yusuf Meherally centre in the Presence of principal Dr.V.Sreenivasan. The programme was started with prayer song by the volunteers.

Total participants were: Male(27) and Female (07) i.e. total 34 volunteers were present .

❖ PRAYER & EXERCISE: -

Every morning, the camp started at 6.00 a.m. signing the attendance sheet. Volunteers used to go for one round jogging at the center to get warm up then we gathered near the stage, followed by prayer and NSS song by Mr.Devidas Patil ,who used to conduct the Exercise, yoga, Suryanamaskar and meditation. The session was winded by national anthem and patriotic slogan. This activity was performed for fitness of body and relaxation of mind. Male(27) and Female (07) i.e. total 34. volunteers were present.

❖ YOGA CLASSES:

As a part of NSS special winter camp, yoga classes was conducted daily between 6-7 am at Yusufmeherally centre, the Sessions were held on meditation, alternate nostril breathing, suryanamaskaram, warmup exercise, relaxation technique, weight balancing exercise and different asana. Basic yoga techniques such as vajrasan, padmasan, kapalbharti etc 27 males and 07. females i.e. Total 34 volunteers had participated during the yoga class.

❖ PRABHAT PHERI: -

Every morning prabhatpheri was followed after prayer. The NSS volunteers sang songs and provoke the slogans related to health, social issue, and addiction, highlighting various social problems such as education, alcoholism, Superstition,Road safety , HIV ,environmental sanitation 27 males and 07



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females i.e. Total **34** volunteers had participated during prabhat pheri around villages near Yusuf meherally centre .

❖ **MEDICAL AND DENTAL CHECK-UP CAMP:**

Medical Check-up camp: Free medical and dental camp was organized at Kalhe, Balvali and Jite and from 11/02/19 to 15/02/19 **Dr.B.D.Kamble, Dr.Neelima Mawalge, Dr.Kalpana Wankhede** and interns from BVDU Dental College, Navi Mumbai had participated in this camp. After the check-up villagers were provided medicines at free of cost and few of them were referred Bharati Vidyapeeth Dental College and Hospital for further treatments. The major health issues were Hypertension, arthritis, alcoholism, back ache, Diabetes, joint pain and some gynaecological issues. Among school students majority were having cough, ear pain, eating problem, etc...

Simultaneously the dental camp was organised in collaboration with Dr.Aaglave, Dr.P.Maske and NSS team members the main problem identified was Dental caries, missing teeth, tooth ache, gums bleeding, early teeth fall, periodontitis & Following treatments were carried out in the mobile ambulance such as dental cleaning root canal treatment filling etc. Total OPD of 52 Dental patients and 42 Medical patients in Khale village, 71 Dental patients and 125 Medical patients in Jite village and 150 Dental patients and 180 Medical patients in Balali village were done in which, 50 Extractions, 50 Fillings and 100 scalings were performed. The villagers and teachers responded well and said the treatments and facilities provided were good and they appreciated the organizers. They gave a good feedback that they will follow the hygienic techniques and other preventive measures to be followed for preventing dental problems.

❖ **ENVIRONMENTAL SANITATION AND SHRAMADHAN: -**

The theme of camp was emphasized on cleanliness drive, from the second day of camp the NSS volunteers were divided in a group at Yusuf Meherally center. The area was swept and cleaned with broom, garbage was collected and thrown. Sewage management was thought, how to segregate the wet and dry wastage. How to dispose the waste product ideally was taught .



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SPORTS ACTIVITIES:In the Evening from 6-8 pm NSS Volunteers Participated in Sports such as chess, Carrom, etc...

❖ GUEST LECTURE

Guest lectures for NSS volunteers was organised to uphold knowledge and bring out the overall development of individual. The important achievement of this camp was attending the lectures by amazing personality of Yusuf meherally center and from other institution, which are as follows:

Dr.V.Sreenivisan – Inauguration and orientation lecture

MR. Devidas patil – staff member at Yusuf Meherally Centre –individual security and constitution

❖ CULTURAL AND ENTERTAINMENT PROGRAMME:-

Every evening at around 6-8 pm the villagers were entertained by the colours of talent exhibited by our NSS volunteers. The popular way to create a social awareness among the villagers through culture programme like Skit, Street play, Drama, Folk dance solo and group song on various topics such as AIDS, De-addictions, superstitious, education, Population explosion. Our student got good feedback on skit on aids which was our prime function to educate them. Around 20-30 minutes question and answer session was going on. Good and positive feedback.

For students entertainment we have daily two hour session for NSS volunteers. Events such as Elocution, individual talent performance, dumsharas, Anthakshari cricket and last day camp fire. A snake show was organised at the yusuf Meherally centre and programme was conducted by Mr.Jayvant Thakur from Sarpmitra foundation.

Nss Volunteers also participated in cultural events like singing and Dancing.



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❖ CLOSING CEREMONY: -

The camp culminated successfully with valedictory programme at 10.30 am on the seventh Day, 16th February 2019 of NSS special winter camp. The valedictory function was conducted under the dignitaries by chief guest Mr. Devidas Patil. They made their graceful presence and praised the activities performed by the volunteers during the camp. The programme was started by welcome song following it speeches by the dignitaries on dais. Leaders of each committee presented the report, NSS leader read out the overall experience.

CONCLUSION: -

NSS volunteers had attended the NSS special winter camp at Yusuf Meherally Centre, Panvel, Raigad. The volunteers were divided into 2 groups. The camp was organized with programmes and activities from morning till late evening. The volunteers started their day with exercise and Yoga. Followed by that, they conducted door to door health surveys and referral services. They conducted mass health education on ,Alcoholism ,Tuberculosis and malaria eradication. And present the health exhibition on Family Planing They made the awareness on cleanliness and the role of villagers in developing our nation. They promoted public information through a role play on prevention of diseases, shramadan and nutritional preparation. Volunteers attended the interactive cum informative sessions by experts around the centre. After the daylong activities the volunteers participated in Entertainment programme. The NSS volunteers had got had learned the concept of village. Learn how to adjust in camp with whatever resources were available. Volunteers had given their report on what they have learned in the special camp. And during learning process in what way they made the people aware of many issues like diseases and disasters. The camp was very informative and each day was unique and enjoyable. This camp had brought two batches together and learned sharing and cooperativeness.

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DENTAL AND MEDICAL CHECK UP CAMP –JITE VILLAGE



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NSS STUDENTS DOING DENTAL OPD





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NSS STUDENTS OBSERVING MEDICAL CHECK UP DONE BY STAFF



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MEDICAL CHECK UP (JITE VILLAGE)





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NSS STUDENTS PERFORMING YOGA AND MEDITATION





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CAMP INAUGURATION BY NSS PROGRAMME OFFICER





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NSS STUDENTS PARTICIPATING IN DENTAL CHECK UP

(BALVALI VILLAGE)





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STAFF AND STUDENTS OF NSS TEAM



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MEDICAL CHECK UP





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NSS STUDENTS PERFORMING DENTAL TREATMENTS



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NSS STUDENTS OBSERVING DENTAL CHECK UP DONE BY STAFF.



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INAUGURATION AND ORIENTATION LECTURE BY PRINCIPAL



Principal explaining all the NSS Volunteers about importance of all NSS activities.