

Bunts Sangha's  
S. M. Shetty College of Science, Commerce & Management Studies, Powai  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 21001:2018 Certified

# NSS Residential Camp Report 2019-20



**NSS Programme Officer**



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Criterion 3 - Research, Innovations and Extension



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**NSS RESIDENTIAL CAMP REPORT 2019-20**

**Address: Ankharpada, Mhaskal , Titwala(E)**

The NSS Unit of SM. Shetty College of Science, Commerce & Management Studies , Powai has successfully completed 7 days “Residential Camp” from 29<sup>th</sup> December,2019 to 4<sup>th</sup> January,2020 at Ankharpada,Mhaskal,Titwala(E). Total number of 59 volunteers(24Boys & 35girls) participated in the camp.

**Day 1**

Volunteers reached the campsite by 11pm and started with camp setting ,Nss Flag was been hoisted as by declaring the camp open. University song was sung by the volunteers and then the camp schedule for the 7 days was been recited by the programme officer after that the volunteers cleaned the campsite and had lunch. Volunteers then had session on “**Streetplay**” by “**Mr. Harshal Suryavanshi**” volunteers were divided into 6 groups and were adviced to prepare streetplays on the theme “Women Empowerment, Health & Hygeine and Education so as to present it on the cultural day and spread awareness related to the same.



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**Day 2**

Volunteers woke up as per the scheduled explained to them and went for jogging , excersise and yoga session, after the completion of morning schedule they were instructed about the rules and regulations to be taken care of at the time of activity and then went for the activity in the village. Cleaning and Beautification of the village was been scheduled on the day. Volunteers cleaned the village and helped the villagers for their sewage related issues by making a proper path for their waste water which were getting choked. These works of volunteers were appreciated by the villagers as well as by the sarpanch and even some of the villagers voluntarily came and worked with us. After that a session on **“How to create your own space in this competitive world”** was taken by **“Mr. Deepak Khanolkar”** it was a mind opening session for the volunteers which gave them a proper guideline for their future. Volunteers actively participated in the session and had a wonderful experience which is definitely helpful to them in their future. The other session was taken by the teaching faculty from the college **“Adv. Hamid Khan”** on **“Women Rights”** which was indeed a very intresting session and then volunteers were given time for their skit practice.



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**Day 3**

Volunteers woke up as per the scheduled explained to them and went for jogging , excersise and yoga session, after the completion of morning schedule they were instructed about the rules and regulations to be taken care of at the time of activity and then went for the activity in the village. Digging of Biocompost pit , cleaning of the school and road construction was the activity that was scheduled for the day. Volunteers were divided into 3 groups and were allocated with the work. Volunteers dug a pit of 5ft for the disposal of wet waste and dry waste . the mud which was dugged for the pit was used for the road leveling. Villagers and the sarpanch were quite happy with the quality of work done by the volunteers. A group of 8 volunteers were sent to the school for teaching the students and preparing them for the cultural event. A session on **"Food Adulteration"** was then been scheduled by **"Mr.Gajanan Patil"** the session was very intresting as the volunteers were made aware by showing them what is right and what is wrong, also how to judge the pure one. Varioues methods were been explained to them so that to judge the right one.it was indeed a very intresting session. Volunteers were then given time for their skit practice.



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**Day 4**

Volunteers woke up as per the scheduled explained to them and went for jogging , excersise and yoga session, after the completion of morning schedule they were instructed about the rules and regulations to be taken care of at the time of activity and then went for the activity in the village. Digging of biocompost pit and road leveling was the activity scheduled for the day. A pit of around 3ft was dug for the disposal of dry waste and mud which was dugged was used for the road leveling. . A group of 8 volunteers were sent to the school for teaching the students and preparing them for the cultural event. After that a sessin on **"Period of Sharing"** was been scheduled by **"Ms. Nehali Jain"** the session was very helpul for the girls as well as the boys as they were made aware of do's and dont's to be taken care of in the menstrual days. Volunteers were then made to clean the campus and then again a session on **"Zero Waste Management"** was been scheduled by **"Mr. Sushant Tomar"** it was indeed a very helpful session as the volunteers were taught about the various methods for reducing and the waste also various substitutes were been adviced to use instead of plastics. Volunteers were then given time for their skit practice.



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**Day 5**

Volunteers woke up as per the scheduled explained to them and went for jogging , excersise and yoga session, after the completetion of morning schedule they were instructed about the rules and regulations to be taken care of at the time of activity and then went for the activity in the village. Survey and Awareness were the activity scheduled for the day. Volunteers were divided into groups and were allotted with the works. Survey was conducted to know the needs of the village so that we can plan accordingly and help them in every best possible way we can. The awareness was related to cancer and many other diseases. Volunteers explained the villagers about the symptoms of the diseases also they were explained the precautions to be taken care of for the prevention of such diseases. Later, a session on **"Domestic Voilence"** was been conducted by **"Mrs. Sushila Vijaykumar"** volunteers had a great session as they were introduced by some lesser known laws which actually plays a great role at the time of need also they were instructed to perform a skit on topics given to them. Volunteers actively participated in the session and had a good time. Later, a session on **"Personality Development"** was scheduled by **"Prof. Jeevan Vichare"**(DC of Thane District) volunteers had a fun time with him as they got to know about his struggle for what he is today. Also, they learned many lessons which will definately help them in their future. Volunteers were then given time for their skit practice.



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**Day 6**

Volunteers woke up as per the scheduled explained to them and went for jogging , excersise and yoga session, after the completetion of morning schedule they were instructed about the rules and regulations to be taken care of at the time of activity and then went for the activity in the village. A health checkup was organized for the villagers which included BMI (Body Mass Index) and other regular checkup. We received a good response from the villagers and since we had a lot of people coming for the checkup and the doctor had less forms so, they had to continue the next day. Also various suggestions were provided by the doctor to the villagers for a healthy lifestyle. Also, a survey was conducted regarding the same for our feedback. A cultural fest was organized to encourage the children of the village it included sports events , elocution, dance, skit, singing, rap also gifts and certificates were given to the children to encourage them to participate in their future. Later, a session on **“Scientific Temperaments and Anti-Superstitions”** was been scheduled by **“Mr.Swapnil Shirsath and Team”** it was an eye-opening session for the volunteers as they were made to know the fact behind magic tricks and the scientific reasons behind the beliefs. The programme officer's and the leaders together gave a surprise to the volunteers in the form of “Camp Fire” and an “ Adivasi Act” performed by the leaders. Volunteers enjoyed the camp fire by singing , dancing and by doing many other fun activities.



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**Day 7**

Volunteers woke up as per the scheduled explained to them and went for jogging , excersise and yoga session, after the completion of morning schedule they were instructed about the rules and regulations to be taken care of at the time of activity and then went for the activity in the village. **“Joy of Giving”** was the activity scheduled for the day. volunteers went for cloth donations, toy donation and book donation in the nearby adivasi village. The villagers were very happy because it was something very new and unexpected for them. Before leaving the camp site all the volunteers voluntarily cleaned the campsite and then our programme officer's had taken us to a river for site seeing which was nearby the campsite and then we concluded the camp with the **“Closing Ceremony”** which included the certificate distribution and announcement of **“Best Volunteer”** (male and female) throughout the camp.

During these 7 days the Tea, Breakfast, Lunch and Dinner was prepared by NSS Volunteers only by using wood fire.

For, all 7 days morning jogging and yoga activities were conducted daily at 5:30am.



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