

APM, Ayurved Mahavidyalaya, Sion, Mumbai
NSS Unit
7 Days Special Residential Camp Report

SR. NO.	Day	Activities	Location	Faculty
1.	Day 0 17/11/2022	Few NSS Volunteers Reached at Camp Site At 11:00 AM for Preparation & Cleaning	Kambare	Dr. S. S. Dongre
2.	Day 1 18/11/2022	<ul style="list-style-type: none"> ✓ NSS Volunteers reached at camp site at 12:00 PM ✓ 11:00 AM to 12:00 PM: Swatcchata Abhiyan was carried out : Cleaning the area and Premises at camp residence location ✓ 12:00 PM to 01:00 PM: Lunch Break ✓ 01:00 PM to 03:00 PM: Inaugural Function done in the presence of Mr. Somnath Shyam Wagh, Mrs. Karuna Gharat, Mr. Suresh Nanu Vishe, Mr. Milind Vishe, Ruchita Pimpale, Mrs. Sanjana Dongre, Prof. Swapnil Pradhan, Mrs. Shyamali Chakravarti ✓ 03:00 PM to 04:30 PM: Information about National Service Scheme given by Mr. Devidas Navase ✓ 04:30 PM to 05:00 PM: Tea Break ✓ 05:00 PM to 08:00 PM: Guidance Lecture & Interactive Session on “Prakrutik Chikitsa” was carried out by Mrs. Shyamali Chakravarti, Dr. Gorakshanath Avhad & Dr. Suryabhan Dongre ✓ 08:00 PM to 09:00 PM: Dinner was Prepared by Volunteers ✓ 09:00 PM to 10:00 PM: Work Discussion ✓ 10:00 PM: Light off 	Kambare	<ul style="list-style-type: none"> ● Dr. Jyoti Girigosavi ● Dr. Priya Walwatkar ● Dr. S. S. Dongre ● Dr. Pravin Patil ● Dr. Sanjay Paikrao ● Dr. Dr. Gorakshanath Avhad

3.	<p align="center">Day 2 19/11/2022</p>	<ul style="list-style-type: none"> ✓ 05:30 AM to 06:30 PM: Personal Cleanliness ✓ 06:30 AM to 08:30 AM: Warm up & Yoga ✓ 08:30 AM to 09:00 AM: Breakfast ✓ 09:00 AM to 10:00 AM: Shramadan Work ✓ 10:00 AM to 11:00 AM Vyasnamukti Abhiyan ✓ 11:00 AM to 12:00 PM Aarogya Sarvekshan ✓ 12:00 PM to 02:00 PM School Health Check up camp & Demonstration of Handwash to students carried out by Team NSS ✓ 02:00 PM 03:00PM Lunch Break ✓ 03:00 PM to 04:30 PM Rest ✓ 04:30 PM to 06:30 PM Work Plan & Discussion was carried out ✓ 06:30 PM to 08:30 PM Guidance Lecture & Interactive Session was given by Mr. Sumedh Jadhav on Personality Development ✓ 08:30 PM to 09:00 PM: Entertainment & Games ✓ 09:00 PM to 09:30 PM: Dinner ✓ 09:30 PM to 10:00 PM: Recap of the Day ✓ 10:00 PM: Lights off 	Kambare	<ul style="list-style-type: none"> ● Dr. Asmita Narkar ● Dr. Prachi Prabhukhanolkar ● Dr. S. S. Dongre ● Dr. Gorakshanath Avhad ● Dr. Sanjay Paikrao ● Dr. Pravin Patil
4.	<p align="center">Day 3 20/11/2022</p>	<ul style="list-style-type: none"> ✓ 05:30 AM to 06:30 PM: Personal Cleanliness ✓ 06:30 AM to 07:30 AM: Warm up & Yoga ✓ 07:30 AM to 08:30 AM: Breakfast ✓ 08:30 AM to 10:00 AM: Shramadan Work ✓ 10:00 AM to 11:00 AM “Andhashraddha Nirmulan Abhiyan” was carried out at Gothehar by Team NSS ✓ 11:00 AM to 12:00 PM Aarogya Sarvekshan done by NSS Volunteers at Gothehar 	Gothehar	<ul style="list-style-type: none"> ● Dr. S. S. Dongre

		<ul style="list-style-type: none"> ✓ 12:00 PM to 02:00 PM Health Check up camp was carried out at Vitthal Mandir, Gothehar ✓ 02:00 PM 03:00 PM Lunch Break ✓ 03:00 PM to 04:30 PM Rest ✓ 04:30 PM to 06:30 PM Guidance Lecture & Interactive Session on Andhashraddha Nirmulana Carried out by Mr. Raju Koli ✓ 06:30 PM to 08:30 PM Work Plan & Discussion was carried out ✓ 08:30 PM to 09:00 PM: Cultural Programme was carried out by volunteers ✓ 09:00 PM to 09:30 PM: Dinner ✓ 09:30 PM to 10:00 PM: Recap of the Day ✓ 10:00 PM: Lights off 		
5.	Day 4 21/11/2022	<ul style="list-style-type: none"> ✓ 05:30 AM to 06:30 PM: Personal Cleanliness ✓ 06:30 AM to 07:30 AM: Warm up & Yoga ✓ 07:30 AM to 08:30 AM: Breakfast ✓ 08:30 AM to 10:00 AM: Shramadan Work ✓ 10:00 AM to 12:00 AM “Lung Cancer Awareness Rally” carried out by volunteers from Pandit Naka to Sarkari Dvakhana ✓ 12:00 PM to 01:00 PM Streat play (Pathanatya) on “Andhashraddha Nirmulan” carried out by Volunteers at Sub-District Hospital, Shahapur ✓ 01:00 PM to 02:00 PM Guidance Lecture & Interactive Session conducted on “Lung Cancer Awareness” by Dr. Mrs. Vandana Patil ✓ 02:00 PM 03:00PM Lunch Break 	Shahapur	<ul style="list-style-type: none"> ● Dr. Sujata Jagtap ● Dr. Rajshree Gavand ● Dr. S. S. Dongre ● Dr. Sachin Sheth ● Dr. Mandar Jadhav

		<ul style="list-style-type: none"> ✓ 03:00 PM to 04:00 PM Guidance Lecture delivered by Dr. Hetal Bhuruk & Dr. Amit Gaikwad on Healthy Diet ✓ 04:00 PM to 05:00 PM Guidance Lecture conducted on “Cyber Security & Cyber Crime Awareness” by Mr. Govindkumar ✓ 06:30 PM to 08:30 PM Work Plan & Discussion was carried out ✓ 08:30 PM to 09:00 PM: Cultural Programme was carried out by volunteers ✓ 09:00 PM to 09:30 PM: Dinner ✓ 09:30 PM to 10:00 PM: Recap of the Day <p>10:00 PM: Lights off</p>		
6.	Day 5 22/11/2022	<ul style="list-style-type: none"> ✓ 05:30 AM to 06:30 PM: Personal Cleanliness ✓ 06:30 AM to 07:30 AM: Warm up & Yoga ✓ 07:30 AM to 08:30 AM: Breakfast ✓ 08:30 AM to 10:00 AM: Shramadan Work ✓ 10:00 AM to 11:30 AM: Prarthana & Pledge ✓ 11:30 AM to 12:30 PM: School Health Check up Camp at New English School, Shahapur conducted by Team NSS ✓ 12:30 PM to 01:30 PM Health Check up Camp at Shahapur & Felicitation of NSS Team by Dr. B. B. Pradhan, Mrs. Sunanda Pradhan & Mr. Devidas Navase ✓ 01:30 PM to 02:00 PM Guidance Lecture & Interactive Session on Role of Panchakarma in Lifestyle Disorder conducted by Dr. S.S. Dongre & Dr. Ravindra More ✓ 02:00 PM 03:00 PM Lunch Break ✓ 03:00 PM to 04:00 PM Rest 	Shahapur	<ul style="list-style-type: none"> ● Dr. Jyoti Girigosavi ● Dr. Prajakta Koli ● Dr. Rajendra More ● Dr. Omkar Kulkarni ● Dr. Ganesh Puradkar ● Dr. S. S. Dongre

		<ul style="list-style-type: none"> ✓ 04:00 PM to 06:00 PM Swatcchata Abhiyan & Health Check up Camp carried out at Yellow Tree Residency, Kambare ✓ 06:00 PM to 07:30 PM Work Plan & Discussion was carried out ✓ 07:30 PM to 08:30 PM: Entertainment / Games was carried out by volunteers: (NSS Volunteers were given Different topic to speak and share their thoughts about it.) ✓ 08:30 PM to 09:30 PM: Dinner ✓ 09:30 PM to 10:00 PM: Recap of the Day <p>10:00 PM: Lights off</p>		
7.	Day 6 23/11/2022	<ul style="list-style-type: none"> ✓ 05:30 AM to 06:30 PM: Personal Cleanliness ✓ 06:30 AM to 07:30 AM: Warm up & Yoga ✓ 07:30 AM to 08:30 AM: Breakfast ✓ 08:30 AM to 10:00 AM: Shramadan Work & Swatcchata Abhiyan at Sapgaon ✓ 10:00 AM to 12:00 AM Blood Check Up Camp carried out at Hanuman Mandir, Sapgaon ✓ 12:00 PM to 01:00 PM:Lunch Break ✓ 01:00 PM to 03:00 PM: Aarogya Sarvekshan done by NSS Volunteers ✓ 03:00 PM to 05:00 PM Guidance Lecture given on "Sanvidhan Jagar" by Mr. Devidas Navse ✓ 05:00 PM to 06:30 PM: Rest ✓ 06:30 PM to 08:30 PM Work Plan & Discussion was carried out ✓ 08:30 PM to 09:00 PM: Cultural Programme was carried out by volunteers ✓ 09:00 PM to 09:30 PM: Dinner 	Sapgaon	<ul style="list-style-type: none"> ● Dr. Pooja Shetty ● Dr. Anupama Jog ● Dr. Arun Dudhmal ● Dr. S. S. Dongre

		<ul style="list-style-type: none"> ✓ 09:30 PM to 10:00 PM: Recap of the Day <p>10:00 PM: Lights off</p>		
8.	Day 7 24/11/2022	<ul style="list-style-type: none"> ✓ 05:30 AM to 06:30 PM: Personal Cleanliness ✓ 06:30 AM to 07:30 AM: Warm up & Yoga ✓ 07:30 AM to 08:30 AM: Breakfast ✓ 08:30 AM to 10:00 AM: Shramadan Work ✓ 10:00 AM to 12:00 AM “Beti Bachao Beti Padhao Abhiyan Rally” & Streat play (Pathanatya) Carried out from District School to Kambare Gaon ✓ 12:00 PM to 01:00 PM Guidance Lecture & Interactive Session was given by Dr. Pramod Lohar on “Beti Bachao Beti Padhao Abhiyaan” ✓ 01:00 PM to 02:00 PM Lunch Break ✓ 02:00 PM 03:00 PM Experience Sharing ✓ 03:00 PM to 04:30 PM Valedictory Function held in the presence of Principal Dr. S. M. Satpute, Vice Principal Dr. Ravidas More, Dr. Pravin Patil, Dr. Gorakshanath Avhad, Dr. Arun Dudhmal, Dr. S. S. Dongre, Dr. B. B. Pradhan, Mr. Somnath Wagh and Mr. Milind Vishe ✓ 04:30 PM to 05:30 PM Volunteers Submitted all the material of Utensils etc. taken on rent to respective persons. ✓ All the volunteers dispatched to their residence at 05:30 from the camp site 		<p>Dr. S. M. Satpute Dr. Ravidas More Dr. S. S. Dongre Dr. Pravin Patil Dr. Gorakshanath Avhad Dr. Arun Dudhmal</p>

Photographs of the NSS Camp

Day 0 17/11/2022

Cleaning Of Residential Area of Camp Kambare



Day 01: 18/11/2022

Inaugural Ceremony







GPS Map Camera

Bamane, Maharashtra, India

F84R+F6C, MH SH 79, Bamane, Maharashtra 421601,

India

Lat 19.456417°

Long 73.339795°

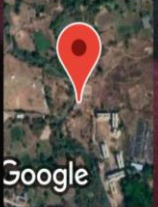
18/11/22 02:43 PM GMT +05:30

Google

Guidance Session on Prakrutik Chikitsa By Mrs Shyamali Chakravarti, Dr. Gorakshanath AVhad & Dr. S.S. Dongre:



GPS Map Camera



Bamane, Maharashtra, India
F84R+F6C, MH SH 79, Bamane, Maharashtra 421601,
India
Lat 19.456547°
Long 73.339858°
18/11/22 07:49 PM GMT +05:30

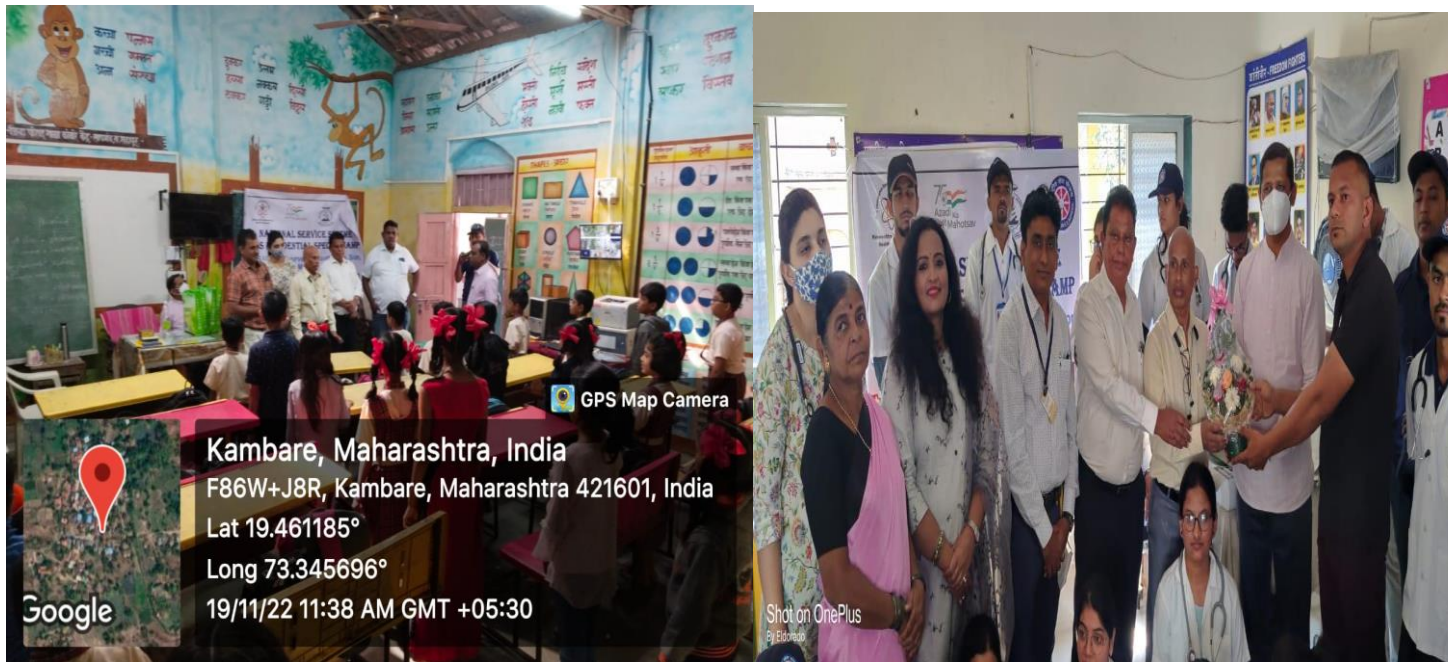
Google

Day 02: 19/11/2022

Yoga Session



School Health Check up Camp at Kambare



Handwash Demonstration by NSS Volunteers to the Students:





Lunch



Guidance Session by Mr. Sumedh Jadhav:



Entertainment & Game:



Day 03: 20/11/2022

Andhashraddha Nirmulana Abhiyan & Health Check up Camp:



Guidance Session on Andhashraddha Nirmulan by Mr. Raju Koli & Team:





Day 04 : 21/11/2022

Lung Cancer Awareness Rally



Street Play: Andhashraddha Nirmulana:





Guidance Session on Lung Cancer Awareness By Dr. Vandana Patil:



Guidance Session on Healthy Diet by Dr. Hetal Bhuruk & Dr. Amit Gaikwad:



Guidance Session on Cyber Security & Cyber Crime Awareness By Mr. Govindkumar:



Day 05 22/11/2022

Prarthana & Pledge:





School Health Check up Camp at Shahapur:



Health Check up Camp at Shahapur:



Felicitation of NSS Team By Dr. B.B. Pradhan, Mrs. Sunanda Pradhan & Mr. Devidas Navse:



Guidance Lecture & Interactive Session on Role of Panchakarma in Lifestyle Disorder By Dr. S.S. Dongre & Dr. Ravindra More:



Health Check up CAMp at Yellow Tree, Kambare:



Day 06 23/11/2022:

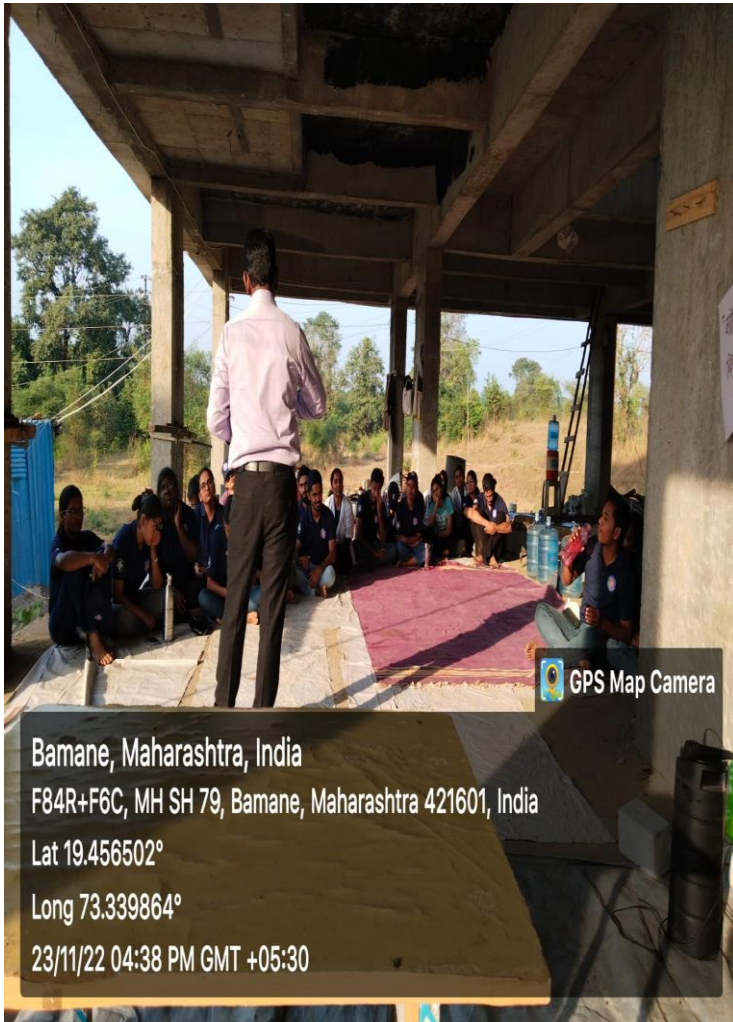
Blood Check Up Camp Carried out at Hanuman Mandir, Sagmaon:



Aarogya Sarvekshan done by NSS Volunteers a Sappaon:



Guidance Lecture on Sanvidhan Jagar by Mr. Devidas Navse:



GPS Map Camera

Bamane, Maharashtra, India

F84R+F6C, MH SH 79, Bamane, Maharashtra 421601, India

Lat 19.456502°

Long 73.339864°

23/11/22 04:38 PM GMT +05:30

Cultural Program:



Day 07 24/11/2022:

Beti Bachao Beti Padhao Rally & Streat Play:







Guidance Lecture & Interactive Session on Beti Bachao Beti Padhao Abhiyan:



Valedictory Function held in the presence of Principal Dr. S. M. Satpute, Vice Principal Dr. Ravidas More, Dr. Pravin Patil, Dr. Gorakshanath Avhad, Dr. Arun Dudhmal, Dr. S. S. Dongre, Dr. B. B. Pradhan, Mr. Somnath Wagh and Mr. Milind Vishe





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