

**Rashtriya Shikshan Mandal's
Tilak Ayurved Mahavidyalaya, Pune
National Service Scheme**

Regular activities REPORT 2018-19

Tilak Ayurved Mahavidyalaya, NSS unit for the year 2018-19 is run by program officer Dr. Aishwarya Ranade, Asst. program officer DR. Jaydeep Gangal and Dr. Madhura Kulkarni under the guidance of respected principal Dr. Sadanand Deshpande.

The unit is contained of 62 II year volunteers of IVth BAMS and 38st year volunteers of IIIrd BAMS amongs these 65 female and 35 male volunteers are enrolled.

Selection of NSS volunteers:

This year NSS volunteers were selected from II BAMS 2017-18 batch. Notice of application submission was displayed. Interviews were conducted on 16th August 2018 in Dept. of Rognidan at 1.30 pm. Selection of volunteers were according to rules and regulations provide by university. Program officer Dr. Aishwarya Ranade, Asst. program officer Dr. Jaydeep Gangal. Dr. Madhura Kulkarni were present for interviews. List of selected candidates is informed to Maharashtra university of Health Sciences, Nashik. All 100 volunteers got registered for this year activity by submitting the required fees mentioned by university.

- **Vriksharopn: 16 July 2018**

Vriksharopan OF 100 and above medicinal plants done in Ug Hostel premisses by staff, volunteers and students. Activity was held in association with Dravyaguna dept. Respected principal, teaching staff, NSS officers, volunteers and students participated in this activity. In spite of showering rain at the same time everybody showed their deepest attention for plantation.

- **Independence Day – 15.08.2018**

Independence day is celebrated on 15.08.2018 from the auspicious hands of respected Dr. Suresh Patankar, Urologist in Pune and Member of Central Council Of Indian Medicine, New Delhi at 7:30 am in the morning. The Program was arranged in association with the student council of the institute.

- **NSS Day: 24.9.2018**

On 24th of September 2018 was celebrated as NSS day at Tilak Ayurved College. NSS program officers Dr. Aishwarya Ranade, Dr Jaydeep Gangal and Dr. Madhura Kulkarni, NSS volunteers took the NSS oath. Students representative Akash Deshmukh gave a brief introduction about NSS and its goals and its activities to be conducted.

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- **Anhinsa week and shapath: 2 to 7 October 2018**

Anhinsashapath was conducted in Tilak Ayurved Mahavidyalaya. Respected principal Dr. Sadanand Deshpande, Vice principal DR Saroj Patil, DR Mihir Hajarnavis, teachers, NSS volunteer and officials were present for the activity. Dr. Deshpande addressed the gathering and requested to create and maintain harmonious atmosphere in workplaces and social areas

Khadi Day:

Khadi day was celebrated on 3 rd October 2018. All students and teachers and non teaching staff were present in khadi attire to pay tribute to Father of nation Mahatma Gandhi. Principal DrSadanand Deshpande adreesed the gathering and narrated importance of swadeshi use of goods.

- **Blood donation camp: 15 October 2018**

Blood donation was organized I association with Janakalyan blood bank. 47 students donated blood which is highest number of blood donation last 5 years.

- **SadbhavnaShapath: 22 November 2018**

Sadbhavnashapath was given to all staff and student in memory of harmony in society and community.

- **International AIDS Day: 3.12.2018 to 9.12.2018**

International AIDS Day (1.12.2018) was by NSS volunteers in special NSS camp held in 5 adopted villages by NSS and under Unnat Bharat Abhiyan. A/p Kashig, Valen, Chikhalgao, Sathesai and Hadshi are the villages. Awareness was made through street play and informative posters and oral communication with kids and their parents visiting for free camps.

- **Republic Day celebration: 26.1.2019**

On 26.1.2019 Tilak Ayurved Mahavidyalaya celebrated 70th Republic Day. On his occasion Dr. MukundErande, Professor, SS Ayurved College, Hadapsar was present as chief guest. All the

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officials of Rashtriya Shikshan Mandal and Tilak Ayurved Mahavidyalaya, teaching and non-teaching staff along with NSS volunteers and students were present for flag hoisting ceremony.

National Service Scheme Special activities REPORT 2018-19

- **Special NSS camp : 3.12.2018 to 9.12.2018**

The special NSS camp was arranged during 3.12.2018 to 9.12.2018 at A/P Kashig. Tal. Mulashi, Dist. Pune. Total 58 students and 3 program officers and 1 peon were presented at camp site. Different activities useful for the villagers were conducted in seven days. On first day of camp in inaugural function was chaired by Dr. B.K. Bhagwat (Vice president, RSM, Pune), Dr. Sadanand Deshpande (Principal, TAMV), and other dignitaries from the local village.

Streetplays-

Date	Group	Topic	Village
4.12.2018	App	Vyasanmukti	Hadshi
5.12.2018	Vayu	Manuskihaachkhara dharma	Valen
6.12.2018	Aaksh	MR vaccine awareness	Chikhalgao
7.12.2018	Prithvi	Women empowerment	Sathesai
8.12.2018	Tej	Importance of literacy	Kashig

Free Medical camps-

Date	Shibir	Village	Hon. Physician	Total patients
4.12.2018	Balrog	Hadshi	Dr. VikasJaybhai	30
5.12.2018	Sarvarog	Valen	Dr. AnandBarve, Dr. SiddhartParchure	56
6.12.2018	Streerog	Chikhalgao	Dr. AshwiniKrandikar	93
7.12.2018 (Morn)	Netrarog	Sathesai	Dr. JaydeepGangal	84
7.12.2018 (Eve)	Sarvarog	Kashig	Dr. AishwayaRanade Dr. Madhura Kulkarni	30

Total no. Patients – 293

Guest lectures-

Date	Topic of lecture	Guest speakers
4.12.2018	Ethics in Ayurveda practice	Dr. Vinaya Dixit
5.12.2018	Yashshviayushyachakanamnta	Dr. Yogini Patil
6.12.2018	Gram arogya and Ayurved	Dr. Mihir Hajarnavis
7.12.2018	Power of thoughts	Dr. ShirishShepal

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8.12.2018	Jivanvishayakdrushtikon	Dr. Mohan Joshi
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Village survey under Unnat Bharat Abhiyan-

This year village survey has been done according to the survey formats of Unnat Bharat Abhiyan.

Volunteers dedicatedly completed the survey of every house of every village every day. This task was difficult to perform as the villages are spread over huge area in various vadis. This task was under the guidance of NSS officers and UBA officers Dr. SadanadDeshpamde (Principal and president UBA), DR. Mohan Joshi (Coordinator), Dr. VikasJaybhai (Secretary). Also UBA cell members Meenkashi Randive (UBA cell president), Dr. AsmitaJadhav (UBA cell secretary). ALL UBA cell members were present according to the schedule of the village to guide NSS volunteers in filling the survey forms. Survey completed was as below-

Date	Village	Total no. Houses completed	UBA cell members
4.12.2018	Hadshi	228	Dr. Vinaya Dixit, Dr. VikasJaybhai, Dr. AsmitaJadhav
5.12.2018	Valen	167	Dr. Yogini Patil, Dr. SiddhartParchure, Dr. Apurva Sangoram
6.12.2018	Chikhalgao	160	Dr. Mihir Hajaravis, Dr. Saroj Patil, Dr. Meenakshi Randive. Dr. AhwiniKarandikar
7.12.2018	Sathesai	118	Dr. SarikaChopade, RashmiBhise, Dr. JaydeepGangal, Dr. Madhura Kulkarni
All days evening time	Kashig	215	Dr. AishwaryaRanade, Dr. JaydeepGangal, Dr. Madhura Kulkarni

Evening OPD for villagers was kept open at 5.30 pm to 7 pm. Volunteers were asked to made group of 10. Each group been named and the work was allotted accordingly.

In valedictory function of camp Dr. Dilip Puranik (Secretary, RSM) chaired the function. Dr. Sadanand Deshpande (Principal, TAMV), Dr. Dhadfale (President Ayurved Rasashala), Dr. Nandakishor Borse (HOD Shalyatantrdept) were present to grace the occasion.

Set Tarachand Ayurved Hospital and Ayurved Rasashala, Pune provided the necessary intruments, medicine and dressing material and packaging material for free of cost so as to serve the helth needs of needy and poor villagers.

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National Service Scheme Innovative activities REPORT 2018-19

- **Disaster Management workshop:** 14 September 2018

Disaster management workshop was conducted by Mr. AnandKhandekar in NIMA hall. The activity was conducted in association with student council of Tilak Ayurved Mahavidyalaya. Almost 300 students and teacher staff attended the workshop.

- **Organ donation Essay-** 4 October 2018

Organ donation Essay competition was organized in UG library. 14 participants were admitted and posters were judged by Rashsatra HOD Dr. Indira Ujagare and Samhitassshant HOD Dr. Mohan Joshi. Prize distribution ceremony was arranged at the hands of both the judges. Winners of the competition are enlisted as below-

Ist prize – Vd. Rohinisakharakar , 1st PG, RachanaSharirvibhag

IIInd prize – Vd. SandhyaShelake, 1st PG, RachanaSharirvibhag

Poster Competition

Ist prize – PrachiGhodekar, II/I BAMS

IIInd prize – AishwaryaBongane. IV BAMS

Consolation Prize – VandanaWadhawne, IV BAMS

- **Swatchata badges:** 13.10.2018 – 30.10.2018

Distribution of swatchata badges were done to all college staff, students, non-teaching staff and hospital staff of Seth Tarachand Ramnath Ayurved Hospital for the better spreading of awareness on personal and social cleanliness.

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- **Swatchata logo:** 13.10.2018 – 30.10.2018

Display of swatchata logo on official website of Tilak Ayurved Mahavidyalaya is done so as to impress it as one of the inherited institutional work ethic. Also, all NSS volunteers displayed their badges on what's app profiles, status, Facebook wall and used other social media to spread awareness of cleanliness.

- **BhartiyaChatraSansad:** 18 to 20.1.2019

II year volunteers of National social service scheme Miss PrajkataVaykar and Miss PallaviVaykar attended BhartiyaChatraSansad. BhartiyaChatraSansad was arranged by MIT World Peace University, Kothrud, Pune during 18 – 20th January 2019. Volunteers were guided and motivated by NSS program officer Dr. AishwaryaRanade regarding participation. Students gathered enormous motivation from the eminent speakers in the event and to know about different thoughts nurturing in youths of India through informative talks and interactions.

- **Disaster management workshop:** 29.1.2019

On 29.1.2019 NSS unit of Tilak Ayurved Mahavidyalaya arranged a demonstration based workshop of **Disaster management**. The workshop was organized in association with Dept. of Disaster management, Pune Municipal corporation. Mrs. Sushmakhatavakat and her associate Mrs. ArunaMasukar conducted the workshop and gave our volunteers very important and useful demos for emergency management at the time of natural calamities.

- **Self Defense Workshop:** 29.3.2019

On 29.3.2019 NSS unit Of Tilak Ayurved Mahavidyalaya organized 'Self Defense Workshop' especially for NSS female volunteers, other female students and teachers and non-teaching staff of college. The workshop was organized by well-known institution in self-defense training 'KBK Raksha', Pune. The workshop was organized in NIMA hall in presence of respected Vice Principal Dr. Saroj Patil and NSS program officers Dr. AishwaryaRanade and Asst. Program officer Dr. Madhura Kulkarni. NSS female volunteers, other female students and teachers and non-teaching staff of college was present to attend this activity.

Workshop was conducted by KBK Raksha expert trainers LaxmiMehra and ManmohansinghMehra. Trainers demonstrated various tricks in self-defense and conducted group activities also. All the participants were actively involved in the workshop.

**Rashtriya Shikshan Mandal's
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National Service Scheme Other activities REPORT 2018-19

- **International Yoga day:** 21 June 2018

International Yoga day was celebrated with one week long different activities like guest lectures, essay competition, elocution competition, Surya namaskar competition and Yoga Dindi and Yogasana practical camps. All activities were organized in association with swasthvritadept and Yoda opd of Seth Tarachand Ramanath Ayurved Hospital, Pune. Almost 275 participants took active participation along with NSS officers, volunteers, staff and other people. Prizes for best essay and best Yoga asana performer were awarded by the hands of principal Dr. Sadanand Deshpande.

Winners of essay competition:

PG category:

1. Ist Prize- Vd. Hiteshwar Lonare, PG scholar Kriya Sharir, TAMV.
2. II nd Prize- Vd. Kanchan Lovelekar, PG scholar Rognidan, TAMV.
3. III rd Prize- Vd. Maithili Nesargi, PG scholar Swasthvritta and Yoga, TAMV.

UG Category:

1. Ist Prize- Amarja Patil, UG TAMV.
2. II nd Prize- Arya Dixit UG, TAMV.

Teacher category:

1. Dr. Sarika Chopade- Asso. Professor, Sharir Rachana, TAMV

Winners of Surya namaskar competition:

1. Ist Prize- Vd. Pratik Mehta, PG scholar Samhita Siddhant, TAMV.
2. II nd Prize- Vd. Indraneel Joshi, PG scholar Swasthvritta and Yoga, TAMV.
3. III rd Prize- Vd. Kiran Mulgir, PG scholar Swasthvritta and Yoga, TAMV
4. Consolation Prize- Vd. Maithili Nesargi, PG scholar Swasthvritta, TAMV.

- **Disaster Management workshop:** 14 September 2018
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Ayurved Mahavidyalaya. Almost 300 students and teacher staff attended the workshop.

- **Bandorwala Leprosy center: 21 Sept 2018**

NSS team along with Swasthvritha dept. visited Bandorwala leprosy center, Kondhwa, Pune. Dr. Mihir Hazarnavis (Vice principal and HOD Swasthvritha dept.) Dr. Madhura Kulkarni, NSS Asst. officer, Dr. Asmita Jadhav and NSS volunteers attended the program. Cultural programs and, folk dance, poem reading and short acts were organized by NSS volunteers. Dressing material like gloves, bandages etc worth R. 10,000 was donated to the hospital.

- **Sadbhavana Day** 22 Nov. 2018 was celebrated by displaying Indian national flag and the portraits of National freedom fighters so as to make the community and the students aware about their sacrifice for the freedom irrespective of their caste and religion. NSS officer DR. Ranade Aishwarya narrated about the history of Indian national flag and its significance.

- **Rubella and Mumps vaccine awareness- 3.12.2018 to 9.12.2018**

Rubella and Mumps vaccine awareness was created by NSS volunteers in special NSS camp held in 5 adopted villages by NSS and under Unnat Bharat Abhiyan. A/p Kashig, Valen, Chikhalgao, Sathesai and Hadshi are the villages. Awareness was made through street plays and informative posters and oral communication with kids and their parents visiting for free camps.

- **Bhartiya Chatra Sansad: 18 to 20.1.2019**

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- **MounVrat: 30.1.2019.**

On behalf of 150 TH death anniversary of Mahatma Gandhi, NSS unit of Tilak Ayurved College, Pune has observed 2 min silence at 11 am in morning on 30th January 2019. On this occasion Vice-principal Dr. Saroj Patil, Dr. Mihir Hajarnavis, NSS program officers' Dr. AishwaryaRanade, Dr. Madhura Kulkarni, all teachers, students, NSS volunteers and non-teaching staff took an active participation and paid tribute to all the freedom fighters who sacrificed their lives in the Freedom movement.

- **PoshanPakhwada08.03.2019- 30.03.2019**

On the occasion of "PoshanPakhwada" dated 8th March to 23th March 2019an activity of Ministry of Women & Child Development NSS unit of Tilak Ayurved College has organized a program on 'Nutrition counseling and advice program' in Seth Tarachand Hospital Pune.

On 18 th March NSS volunteers along with Balrog dept. conducted nutrition counseling, developmental follow up of pediatric patients coming for "swarnabinduprash" program to STRH hospital Pune. 166 Pediatric children has given nutritional advice by NSS volunteers.

On 19 th March For the regular out door patients of all departments of STRH NSS TAM conducted free Nutrition counseling to patients. Total 55 patients were benefited by this activity. Dr. AishwaryaRanade (Program Officer), Dr. JaydeepGangal (Asst. Program Officer) and Dr. Madhura Kulkarni (Asst. Program Officer) were present and did counseling to patients along with NSS volunteers.

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Awareness activities REPORT 2018-19

- **International Yoga day:** 21 June 2018

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- **SwatchtaPathnatya:** 14 August 2018

Swatchta street play was played by NSS volunteers in OPD complex of Seth Tarachand Ramanath Ayurved Hospital, Pune.

- **Organ donation awareness-** 4 October 2018

Organ donation awareness through street play in STRH OPD complex in morning OPD session was played by NSS volunteers.

- **Organ Donation rally –** 5 October 2018

Organ Donation rally was organized by NSS team and Respected principal Dr. Sadanand Deshpande, Vice principal Dr. Saroj Patil, Dr Mihir Hajarnavis, teachers, NSS volunteer and officials were present in rally. 100 students were in rally with staff and NSS officers. Rally route was from Tilak Ayurved college – Utara Chowk- STRH hospital- Apollo theater- Somwarpath Police station-Daruwala Bridge- Tilak Ayurved College, Pune

- **Self Defense Workshop:** 29.3.2019

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National Service Scheme cleanliness activities REPORT 2018-19

- **Swatchata Abhiyan:** 14 - 18 August 2018

Swatchata of girls hostel was done by NSS officers, Principal, teaching staff and volunteers. . Dr. Deshpande addressed the gathering and insisted on campus cleanliness. The collected garbage was handed over to municipal corporation garbage collecting vehicle. A small refreshment was arranged for all on this occasion.

SwatchaPathnatya: 14 August 2018

Swatcha street play was played by NSS volunteers in OPD complex of Seth Tarachand Ramanath Ayurved Hospital, Pune.

Handwash Demo: 14 August 2018

Handwash demo was shown to patients and their relatives and Tarachand hospital staff and in OPD premise. Response of patients and staff was appreciating to the activity. Hospital Vice spurintendant DR. KalyaniBhat, Residential officer Dr. Ghorpade and NSS officer were present to motivate NSS volunteers.

Swatchatashapath: 16 August 2018

Swatchatashapath was taken by NSS officers, Principal, teaching staff and volunteers. All memebers took an oath for cleanliness of their institute, hospital, hostel and their work places and also made sure that they will acknowledging others about importance of cleanliness of their surrounding. A small refreshment was arranged for all on this occasion.

- **SwatchataPakhawada:** 16.10. 2018 to 31.10.2018

Various activities were conducted in these 15 days. These activities were significantly conducted outside the college campus in adopted villages by NSS team.

Street play on swatchata awareness on 22.10.2018

Drawing completion: school children drawing competition in Namaderaomohol Primary school, A/p Kashig. 12 students participated in activity and 3 prizes were given to students to encourage them for the swachta purpose.

Handwash demo: Handwsah demo in Namaderaomohol Primary school, A/p Kashig.

Swatchavyakhyan : Namaderaomohol Primary school, A/p Kashig.

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Swatchata badges: distribution of swatchata badges were done to all college staff, students, non- teaching staff and hospital staff of Seth Tarachand Ramnath Ayurved Hospital for the better spreading of awareness on personal and social cleanliness.

Swatchata logo: Display of swatchata logo on official website of Tilak Ayurved Mahavidyalaya is done so as to impress it as one of the inherited institutional work ethic. Also, all NSS volunteers displayed their badges on whats app profiles, statuts, Facebook wall and used other social media to spread awareness of cleanliness.

Swatchatashapath: All college administrative staff, teaching staff and nonteaching staff along with Seth Tarachand Hospital staff and doctors and also the patients and their relatives were given the swatchata oath so as to make maximum awareness about nation cleanliness.

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Achievement activities REPORT 2018-19

- Village survey under Unnat Bharat Abhiyan-

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Dr. Saroj Patil and NSS program officers Dr. Aishwarya Ranade and Asst. Program officer Dr. Madhura Kulkarni. NSS female volunteers, other female students and teachers and non-teaching staff of college was present to attend this activity.

Workshop was conducted by KBK Raksha expert trainers Laxmi Mehra and Manmohansingh Mehra. Trainers demonstrated various tricks in self-defense and conducted group activities also. All the participants were actively involved in the workshop.