

Tilak Ayurved Mahavidyalaya

NSS Annual Report 2017-18

- **International Yoga Day**

International Yoga Day was celebrated on 21st June 2017 between 7am to 8.30 am. at Khadki railway station , Pune as well as at Swasthya & Yog OPD of Seth Tarachand Ramnath Hospital, Pune at 10am.

As per the guidelines, yog day was celebrated in collaboration with Sanjeevan Yog kendra at Khadki railway station. All the asanas , pranayama etc. were performed at Swasthya & yog O.P.D of STRH hospital ,Pune. All the teachers, nonteaching staff, hospital staff & students actively participated in the program.

- **Tree plantation**

Tree plantation week was celebrated between 1st to 7th July 2017. Total 150 trees were planted. Other competitions like slogan, essay, rally etc. were also conducted. Prizes were distributed to the winners.

- **Swach pakhwada**

Swach pakhwada was celebrated between 1-8-17 to 15-8-17. Cleanliness oath was taken by all. The toilets were cleaned at hostel. The hostel ground was cleaned.

Orientation lecture was given at ZP school at kashig, Tal- Mulshi, Dist- Pune.

Cleanliness program was carried out at this village.

- **Organ Donation Awareness Program(18-8-17 to 30-8-17)**

Organ donation oath was taken at the college premises. Rangoli, essay, drawing competition were conducted. Dr. Laxman Lavgankar delivered a lecture on ganapati & organ donation. Human chain was formed from STR hospital to Tialk Ayurved College. Rally was conducted from TAMV hostel to Shahu park.

- **Cultural activity at Leprosy hospital (1-9-17)**

Cultural event was organized at Bandorwala Leprosy hospital ,Pune. The volunteers performed for the patients. Dates & rajgira chikki was distributed to the patients.

- **Swachta hi seva abhivan(15-9-17 to 2-10-17)**

Was conducted at Kashig, Tal- Mulshi, dist- Pune. Drawing competition was organized at ZP high school. The prize was distributed to the winners. Rally was held in the village. Hand washing demo was given to the students. Bus stop cleaning was done. The importance of cleanliness was explained.

- **Celebration of NSS day**

24th September 2017 was celebrated as NSS day at college. NSS program officer Dr. S.S. Chopde, Asst program officers, Dr.A. M. Ranade & Dr. J. R. Gangal , NSS volunteers took the NSS oath. Student representative Amol Kadam gave a brief introduction about NSS- Why was NSS established, what is the goal, duties of NSS volunteer & the activities performed.

- **Ahimsa Oath & Khadi Day**

On occasion of birth anniversary of Mahatma Gandhi, ahimsa week was celebrated. Khadi day was celebrated on 3rd October 2017. All the students, teachers & non-teaching staff wore khadi to promote the thoughts of Mahatma Gandhi. The oath of nonviolence & peace was taken.

- **Blood Donation Camp (6/10/17) -**

Courtesy – Janakalyan Raktapedhi, Pune

Preliminary – Dr. Sarika S. Chopde

Anchored by – Manisha Sherkar , Thanks giving – Sahili Pawar

Total blood donors registered – 62, Valid- 31

- **Traffic rules awareness program (24-1-18)**

Traffic rules awareness program was conducted in collaboration with Pune police. The AV clip was shown to students showing the importance of Helmet.

Traffic PI Mr. Bagvaan & constable Mr. Tonde elaborated the importance of observing traffic rules.

Special Winter Camp (4/12/17 – 10/12/17) –

Venue-A/P Kashig, Tal-Mulshi ,Dist – Pune.

Opening ceremony was conducted by at the hands of . Dr. V. V. Doiphode(President, RSM) Dr.B.K.Bhagvat(Vice President, RSM), Dr. R.N.Gangal(Treasurer RSM), ,Shree Dattatraya Temghare(Shivsena Dist. head), Preliminary –Dr.Sarika Chopde, Guest Introduction- Amol Kadam, Anchoring – Bhagyashree Nagapurkar, Vote of Thanks– Bhagyashree Nagapurkar

Special Camps -

Date	Camp	Place	Total Patients
5/12/17	Sarvarog/Hridrog	Dongargav	50
6/12/17	Sarvarog/Netrarog	Kolvan	31
7/12/17	Streerog	Walen	17
8/12/17	Balrog	Sathesai	69

Total no. of patients in special camp and evening OPD –214

School Health Checkup –Z.P. School Walen, Kashig, Kolvan, Sathesai, Dongargav

Total 137 students were assessed. Vitamin syrup & anthelmintic syrups were distributed. Some were referred to STRH for further checkup.

Village Survey (Walen, Kashig, Kolvan, Sathasai, Dongargav) –

Village	Total Houses	Population
Walen	35	165
Kashig	60	115
Kolvan	20	52
Dongargav	22	51
Sathesai	36	115

Total 173 houses were assessed and total population was 498

Mainly found diseases were anaemia, cough and cold, fever, cataract, arthritis, spondylitis etc.

Guest Lectures –

On 5/12/17 Dr. Shirish Shepal took interactive session stress management

On 6/12/17 Dr. Anand Barve, Dr. Sangeeta Ghodke & Dr. Siddharth Parchure delivered lecture on Personality development.

On 7/12/17 Dr. Ashvini Krandikar discussed about ayurvedic herbs in antenatal care.

On 8/12/17 Dr. Mihir Hajranavis, Dr. Yogini Patil, Dr. Vikas Jaybhay & Dr. Mohan Joshi discussed attitude towards life with the help of interactive games.

On 9/12/17 Dr. Vinaya Dixit delivered lecture on swayapakgharatil ayurved.

Pathanaty –

Group Pruthvi performed on the subject Stree arogya on 5-12-17

Group Jala performed on the subject Hygiene & worms on 6-12-17

Group Teja performed on subject Anaemia on 7-12-17

Group Vayu performed on the subject Woman empowerment on 8-12-17

Group Akash performed on the subject Sawchta abhiyan on 9-12-17

Daily Evening OPD-

6.00p.m. to 8.00p.m. seen by Dr. Sarika Chopde, Dr. Aishwarya Ranade & Dr. Jaydeep Gangal. & NSS volunteers. Total patients checked-47

Other activities-

Daily meeting of all volunteers were conducted immediately after evening OPD. One volunteer from each group narrated the activity of the group throughout the day. Each group finalized the report of the day and submitted to the group leaders Amol Kadam and Bhagyashree Nagpurkar. NSS song was sung by all daily. Delicious food was served by volunteers from the first day itself. Breakfast, lunch & dinner was prepared group wise. Entertainment program was held in which volunteers participated actively. One group took the responsibility of cleaning the premises & providing hot water for bath.

Different groups of volunteers were formed to perform different activities like special health camps, school health, survey, evening OPD, street play, food preparation, cleaning etc. The groups worked in rotation.

Valedictory function-

Valedictory function was organized on 10/12/17 Dr.D.P.Puranik(Secretory, RSM)Dr. S.V. Deshpande(Principal), Dr. B. G. Dhadfale(President, Ayurved Rasashala)were present for the function, Preliminary –Dr.Sarika Chopde, Guest Introduction- Amol Kadam , Anchoring – Ashutosh Jategavkar, Thanks giving – Bhagyasree Nagapurkar

Dr. Sarika Chopde
NSS Program Officer