

## Tilak Ayurved Mahavidyalaya

### NSS Annual Report 2020-21

#### **1. SARS Novel Covid 19 activities: (Since March 2020)**

As the world has encountered with a dreadful infectious pandemic various actions related to prevention, personal care, awareness & mitigation of the disease are being carried out by NSS unit of Tilak Ayurved Mahavidyalaya. In these activities, not only Program officers, and NSS volunteers showed their participation but institutional teaching staff, students has also given an active support in conduction of activities. Activities like, making and spreading hand wash demo video, collage, flyers showing information about virus spread, use of mask, making of masks, use of Arogya Setu app etc. are carried out. Daily awareness on social media is spread as per directions by university Also distribution of Ayush kadha in adopted villages, supply of food packets, handmade mask, awareness webinars and online trainings conducted by MUHS, UNICEF and institutional trainings along with DIKSHA app trainings are taken by volunteers & program officers.

Detail report has been sent to university.

#### **2. International Yoga Day: (21.6.2020)**

International Yoga Day is celebrated by conducting various activities like Essay writing, Yoga quiz, making of E-posters, online Yoga demonstration and online guest speeches by Yoga experts.

- Topic for Essay writing- 'Maze Awadate Yogasana'. Competition was judged by Prof. Dr. Saroj Patil and Prof Dr. Mihir Hajarnavis. Both teachers and students participated in activity.
- Yoga quiz: Quiz was conducted through online google form with 15 MCQ related Yoga.
- Online Yoga demo: It was conducted by Mrs. Tejashree Pendase & Mrs. Vaishali Chougule.
- Online guest lectures: Online guest lectures were given by certified Yoga experts  
Dr. Sheetal Chopade – Asana to build immunity  
Dr. Sunita Choudhari – Pranayam to boost immunity.

#### **3. Vriksha ropan: (221.8.2020)**

- Tree plantation is carried out in Dravyaguna herbal garden in association with Dravyaguna department of Tilak Ayurved Mahavidyalaya.
- Online Guest lecture : By Dr. Apoorva Milind Sangoram on topic 'Vriksha samvardhan - need of time' at 2.00 pm on zoom online app on 21.8.2020.

#### **4. Independence Day (15.8.202)**

Independence Day is celebrated by NSS unit in College premises with auspicious hands of Dr. Dharmadhikari, Assistant Director, Pune at 7.30 am on 15.8.2020 in premises of Tilak Ayurved Mahavidyalaya, Pune. Honorary consultants, staff and dignitaries of

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Tarachand Charitable Ayurvedic Hospital was also present in the event. Activity was conducted by following the guidelines given by government for Corona mitigation and prevention.

#### **5. Organ Donation awareness program : (2.9.2020)**

Online guest lecture is conducted by NSS unit for spreading awareness n organ donation. Guest speaker presented for the activity was Dr. Rajesh Pawar, Ophthalmologist, Pune city. Topic of the lecture was 'Corneal implant in organ donation'. Lecture is conducted on zoom online app.

#### **6. Participation of volunteers in State level essay & poster competition:**

On the occasion of International Organ donation week, a state level essay & poster competition was organized by MUHS for students and volunteers (paripatruk 16/ 2020). In this competition 19 students participated in essay competition and 8 students participated in poster competition. Detailed list is provided to you.

7. NSS volunteers were asked to spread awareness about 'Manasamwad' – manasik sahayata helpline through their various online social accounts. An initiative started by Maharashtra Manasik Arogya Sanstha, Pune and Sasoon Sarvopchara Rugnalaya, Pune.

#### **8. 'FIT India' activity : (11.9.20 – 24.9.20) Fit India campaign:**

As per directions of Central government under 'Fit India campaign' NSS volunteers were asked to perform and promote activities like cycling, running, exercises.

#### **9. NSS Day (24.9.2020)**

NSS unit of Tilak Ayurved College has celebrated 50<sup>th</sup> NSS Day on 24.9.2020. On this occasion, NSS Program officer Dr. Aishwarya Ranade, Assistant program officer Dr. Madhura Kulkarni were present along with NSS volunteers. Activity was conducted through online Google meet platform. Link was sent on NSS Google Classroom.

#### **10. Ahinsa Shapath&Khadi day (3.10.2020)**

National service Scheme unit of Tilak Ayurved Mahavidyalaya, Pune celebrated Ahinsa week in co-memoration Mahatma Gandhi on his birth anniversary on 2.10.2020.

- **Ahinsa shapath-** Principal Dr. Sadanand Deshpande, vice Principal Dr. Saroj Patil. DR. Mihir Hajarnavis, NSS program officers, all teachers and non-teaching staff of college took Ahinsa shapath (oath for non-violence) on 3.10.2020. Oath was given NSS volunteers through online Goggle meet app.

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- **Khadi day** – on 3.10.2020 promotion and awareness on Khadi wearing was done by wearing Khadi clothing. All teachers actively responded to this activity. NSS volunteers prepared e-posters and posted them on social media wall to propagate Khadi wearing.

#### **11. My Family My Responsibility pledge – (8.10.2020)**

NSS volunteer and program officers took pledge of My Family My Responsibility through an online platform.

#### **12. Satarka Bharat samruddha Bharat Abhiyan: (27.10.20-2.11.20)**

Volunteers, program officers and institutional staff took pledge of Integrity. Also online pledge was taken by teachers, program officers and NSS volunteers through the online link provided in the circular. Everybody has received an e-certificate for the same. Institutional staff took pledge physically.

#### **13. Jana Andolana Covid 19 – (11.11.2020)**

On the occasion of 5<sup>th</sup> National Ayurveda day Jana Andolana on covid -19 movement run by Government of India NSS unit and student council of Tilak Ayurved Mahavidyalaya, Pune has organized activities on awareness on covid-19 disease. These activities on as follows-

##### **1. Essay Competition-**

Essay Competition was arranged for UG and PG students. We received enthusiastic response from students. Dr. Indira Ujagare, Prof. & H.O.D., Rasashastra Department judged the competition. Winners of the competition are as follows-

- UG Group -
1. Giribala Somune
  2. Umar Faruque Goute
  3. Vaishnavi Javaleker
- PG Group -
1. Vd. Vaishnavi Joshi
  2. Vd. Shweta Swemker

##### **2. Guest Lecture - Dr. Mandar Bhanage.**

Topic - Covid 19 management Ayurvedic perspective.

To spread awareness on covid-19 online guest lecture on go to meeting app was arranged 80 people attended the webinar. Hon. Principal Dr. S.V. Deshpande gave an opening speech and Dr. Mihir Hajarnavis introduced the eminent speaker. To all programs was conducted by Dr. Vikas Jaibhay , Secretary student council and concluded with vote of thanks by Dr. Aishwarya Ranade program officer NSS.

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#### **14. Constitution day – (26.11.2020)**

On the occasion of national Constitution day NSS unit of Tilak Ayurved Mahavidyalaya, Pune has celebrated it by conducting following activities-

1. Reading of the preamble- online activity through Google meet. Total 29 participants along with all NSS officers, teachers, PG and UG students and office staff were present for the activity.
2. Dissemination of public messages on Fundamental duties.
3. Pledge on fundamental duties in the time of Covid 19.

#### **15. AIDS awareness program: (19.12.2020)**

As 1<sup>st</sup> December is celebrated as International AIDS Day, NSS unit arranged an online guest lecture to staff, students (UG & PG) & volunteers on 19.12.2020 at 11 am.

Speaker: Dr. Vinita Deshmukh (Deputy Director, BSDT integrated cancer treatment & research center ( I.C.T.R.C.), Wagholi, Pune.)

Topic: Ayurvedic perspective & effectiveness of Ayurvedic formulation in HIV- AIDS management.

#### **16. Fit India campaign:** As per the directions of university Month of December was declared to spread awareness on fitness, online guest lecture on for teachers, students and public showing importance of fitness was arranged.

Guest speaker: Dr. Asawari Page  
(Renowned physiotherapist in cardiopulmonary rehabilitation, Pune)

Topic: Exercise Dos and Don'ts.

Time: 12 noon

Date: 31.12.2020

Total 76 participant joined on online platform through Google meet.

#### **17. Republic Day (26.1.2021)**

On the occasion of 72<sup>st</sup> Republic Day, Tilak Ayurved Mahavidyalaya, Pune celebrated the event. Flag hoisting was done at the auspicious hands of Dr. Dilip Puranik, President, Rashtriya Shikshan Mandal, Pune. All the dignitaries of Rashtriya Shikshan Mandal and respected Principal, teachers, non-teaching staff and students were present for the celebration. Honorable chief guest Dr. Dilip Puranik, addressed the gathering and students presented songs on patriotism.

#### **18. NSS special winter camp: (22.2.2021 to 28.2.2021)**

The yearly NSS special camp was scheduled during 22.2.2021 to 28.2.2021 in the adopted village A/P Kashig, Taluka Mulshi, Dist Pune and other villages like, Sathesai, Valen, Chikhalgao and Hadashi . But on 21.2.2021 due to sudden rising Covid 19 cases in Pune city and surrounding villages NSS camp had to cancel in regard to safety concern of the

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staff, volunteers and the villagers. The Taluka Health officer of Mulshi Taluka asked to cancel the activity.

#### **19. International Women's Day: (12.3.2021)**

On the occasion of International Women's Day, NSS unit of Tilak Ayurved Mahavidyalaya, Pune organized a guest lecture.

Speaker: Mrs. Madhuri Sahasrabuddhr, Hon. Corporator, Kothrud Prabhag, Pune Municipal Corporation.

Date & Time: 12.3.2021, 9.30am

Topic: Mahila sakshamikaran

Dr. Aishwarya Ranade conducted the online lecture. Hon. Principal, Vice principal, teacher staff, NSS volunteers and students were present in this activity through 'gotomeeting' app. Total 120 participants were present for the activity.

#### **19. Blood donation:**

Due to rapid increase in Covid 19 cases in Pune city and surrounding areas, Pune Municipal Corporation implied very strict rules for preventing the fatal spread of the virus. Due to this reason, NSS volunteers, students and staff of hospital and college were called to donate their blood by visiting any blood bank individually and donate blood. Students gave a positive response in this activity and donated blood in nearest blood bank in their respective natives.

#### **20. Awareness on Corona vaccine:**

NSS volunteers spread awareness on Use of SARS Covid 19 vaccination by preparing flyers and posting them on social media. Volunteers and teachers spread the message by displaying their photographs while taking the vaccination from centers.

**Dr. Aishwarya M. Ranade**

NSS Program officer

Tilak Ayurved Mahavidyalaya, Pun