

Tilak Ayurved Mahavidyalaya

NSS Annual Report 2021-22

April 2021

★ **Lasikaran Utsava** 11/04/2021 to 14/04/2021

The program was organized by the NSS unit in COVID 19 vaccination centre at Seth Tarachand Ramnath Charitable Ayurvedic Hospital. NSS volunteers helped in the centre in rotational duties.

June 2021

★ **Yoga Day** 21/06/2021

Chief Guest: Prof. Dr. Muralidhar Tambe (Dean B.J. Medical college, Pune)

Dr. Venkat Dharmadhikari (Asst. Director AYUSH, Pune)

The program was organized on offline and online platform by Swasthawritta and Yoga department and NSS unit of Tilak Ayurved Mahavidyalaya, Pune. It was inaugurated by chief guests Prof. Dr. Muralidhar Tambe and Dr. Venkat Dharmadhikari. The common protocol of Yoga given by Ministry of AYUSH was followed for Yoga practices. Well experienced Yoga instructors Mrs. Tejashree Pendse and Mrs. Vaishali Chougule conducted the session for participants to perform Yogasanas smoothly. There were 40 participants present for offline program. There were 249 participants on online platform. The results of various Yoga competitions viz. quiz, essay writing, slogan writing which were conducted during past week were declared. The winners were felicitated by Dr. Venkat Dharmadhikari and Prof. Dr. Sadanand Deshpande (Principal, TAMV). Prof. Dr. Mihir Hajarnavis (HOD Swasthawritta and Yoga department) co-ordinated the program. Valuable guidance was received from Prof. Dr. Sadanand Deshpande (Principal, TAMV) for the organization of the program.

August 2021

★ **Tree Plantation** 03/08/2021

The program of Tree Plantation was organized by NSS unit and Dravyaguna Department of Tilak Ayurved Mahavidyalaya at the herbal Garden of the college and hostel premises. Chief Guest of the Program and Principal Prof. Dr. Sadanand Deshpande planted a rare medicinal plant (Seeta) Ashok on this occasion in the herbal garden. Prof. Dr. Deshpande shared his valuable thoughts about cultivation of plants especially medicinal plants and guided the participants with his practical experiences. Medicinal flowering plants like Japa, Taruni, Sariva, Mallika etc. were also planted by Prof. Dr. Mihir Hajarnavis (Vice-principal) and Prof. Dr. Indira Ujagare (Vice-principal), Prof. Dr. Apoorva Sngoram (HOD Dravyaguna Department), Dr. Madhura Kulkarni (PO, NSS), Dr. Jaydeep Gangal (APO, NSS) and Dr. Asmita Jadhav (APO, NSS) and all the faculties and PG students with the help of NSS volunteers. The volunteers of NSS unit had prepared 36 seedlings of medicinal herbs like Tulsi, Guduchi, Sariva, Vasa which can be planted in home balcony gardens. These seedlings were distributed to all the faculties and PG students.

★ **Swachhata Pakhawada -**

○ **Swachhata Abhiyana at Hostel Premises:-**

Swachhata Abhiyan was organized to clean the hostel premises on 14/08/2021. Volunteers removed all the weeds grown in the premises and cleaned the premises. The herbal garden caretakers Mr. Bagul, Mr. More and other caretaking staff members helped them in the program. NSS Program officer Dr. Madhura Kulkarni, Assistant Program officers Dr. Jaydeep Gangal, Dr. Asmita Jadhav were present on the occasion to help and guide the volunteers.

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○ **Swachhata pledge and Catch the rain pledge:**

The program of Swachhata Pledge (Shapath) was organized in the institute by NSS Unit of the institute on 14/08/2021 at 11:00 AM. Principal, Dr. Sadanand Deshpande was the Chief Guest of the program. Dr. Madhura Kulkarni (Program Officer, NSS), Dr. Jaydeep Gangal (Assistant Program officer), Dr. Asmita Jadhav (Assistant Program officer), all the faculties, NSS volunteers and students present for the program took the “pledge for Swachhata” and also “Catch the rain pledge”. Chief Guest Dr. Sadanand Deshpande expressed his thoughts about importance of cleanliness of our locality as well as cleanliness of our body and mind.

★ **Organ Donation Week**

○ **Lecture on Organ Donation and its importance:** Date: 17/08/2021

Guest Speaker: Dr. Sarika Chopde (Associate Professor, Sharir Rachana Dept. TAMV)

The Lecture was organized by the NSS Unit of the institute on 17/08/2021 at 11:00 AM.

Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), other faculties, NSS volunteers and students were present for the lecture. Guest Speaker Dr. Sarika Chopde guided the audience about need, importance and process of organ donation with detail presentation.

○ **Poster Competition:** A national level online Poster Competition on the subject Organ Donation – A great gift (**अवयवदान – श्रेष्ठ दान**) was organized through Google forms. Total

59 participants participated in 5 categories. Dr. Saroj Patil (Prof. HOD Sharir Rachana Dept. TAMV), Dr. Sarika Chopde and Dr. Harshad Kulkarni evaluated the posters. E-certificates are given to all participants.

Results: winners of the competition are

Name	Name of Institute	Type of participant
Tejas Prabhakar Radke	Tilak Ayurved Mahavidyalaya, Pune	UG student
Tejashri Arun Karche	Tilak Ayurved Mahavidyalaya, Pune	
Rohit Amrut Bendre	Bhimashankar ayurved college	
Ashish Prakash Gelye	Indira Institute Of Pharmacy,sadavali	
Shubham Sitaram Bhovad	Indira Institute Of Pharmacy, Sadavali	
Jagdale Geeta Dharmraj	PMT ayurvedic college, shevgaon	
Dr. Vaishnavi Warghane	Government Ayurved College, Nagpur	PG scholar
Dr. Namrata Mandip Mane	Tilak Ayurved Mahavidyalaya, Pune	
Dr. Maheshwari Rajaram Terkar	Tilak Ayurved Mahavidyalaya, Pune	
Dr. Amol Sadashiv Bansode	Government Ayurvedic College.Nagpur	
Dr. Ashvini Vitthal Kamble	Tilak Ayurved Mahavidyalaya, Pune	Ph.D. scholar
Dr.Ashwini Gulabrao Bodade	Tilak Ayurved Mahavidyalaya, Pune	Faculty
Dr. Manisha Singla	AYUSH Department, Punjab	Other/ MO

September 2021

★ **Poshan Maah**

○ **Lecture on Poshan Maah and role of AYUSH:** Date: Wednesday 15/09/2021

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Guest Speaker: Dr. Mihir Hajarnavis (Vice-principal and Professor HOD, Swasthavrutta and Yoga Dept. TAMV)

The Lecture was organized by the NSS Unit and Swasthavrutta and Yoga Dept of the institute at 02:00 PM. Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), other faculties, NSS volunteers and UG and PG students were present for the lecture. Guest Speaker Dr. Mihir Hajarnavis guided the audience about principals of “Pathyapathya Vichar” is elaborated in Ayurveda and its clinical application.

○ **Nutritional Recipe Competition:**

A Nutritional Recipe Competition was organized on **Tuesday 14/09/2021** for faculties, PG students and Ph.D. Scholars at 1:30 PM in the Institute. Principal Dr. Sadanand Deshpande, Vice-principal Dr. Mihir Hajarnavis visited and gave their valuable inputs for the competition. Dr. Indira Ujagare (Vice- principal, Prof. HOD Rasashastra Dept. TAMV) and Dr. Saroj Patil (Prof. HOD Sharir Rachana Dept. TAMV), evaluated the Recipes.

Results: winners of the competition are

Rank	Name of the winner	Category of participation
1 st	Dr. Anjaly M.	PG Scholars
2 nd	Dr. Sharayu Kombe	
3 rd	Dr. Pranjali Shewale	
	Dr. Prajakta shinde	
Consolation Prize	Dr. Prajakta Janbandhu	
	Dr. Madhumati Lohiya	Ph.D. scholar
1 st	Dr.Ashwini Gulabrao Bodade	
2 nd	Dr. Pradnya Gathe	
1 st	Dr. Darshana Ubhale	Faculty
2 nd	Dr. Maithili Nesargi-Naik	

The first prized recipe from each category has been given for publication in “Arogyadeep Diwali Masik”.

○ **Essay Competition:**

An essay competition was organized for UG students on the topic “Yoga for nourishment of mind and body.” 29 participants submitted their essays offline. Dr. Apoorva Sangoram, (Associate professor HOD, Dravyaguna Dept. TAMV) and Dr. Manjiri Deshpande (Associate professor, Roganidan Dept. TAMV) evaluated the essays.

Results: winners of the competition are

Rank	Name of the winner
1 st	Vaibhav Mali
2 nd	Akanksha Habbu
3 rd	Rasika Lavate

The prized essays has been given for publication in “Ayurvedya Masik” journal.

○ **Rangoli Exhibition:**

On Tuesday **14/09/2021** NSS **volunteers** drew Rangolis based on the theme of “Nutrition for child and mother” under the guidance of Dr. Madhura Kulkarni (P.O.NSS), Dr.

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Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), Principal Dr. Sadanand Deshpande, Vice-principal Dr. Mihir Hajarnavis, Vice-principal Dr. Indira Ujagare, all the faculties and students visited the exhibition.

★ **NSS Day – 23 /09/2021**

NSS Oath was taken by all the Volunteers on the occasion of NSS Day. Vice-principal Dr. Mihir Hajarnavis and Vice-principal Dr. Indira Ujagare were chief Guests for the program. Vice-principal Dr. Mihir Hajarnavis guided the volunteers regarding duties of NSS volunteers. Vice-principal Dr. Indira Ujagare encouraged the volunteers to participate by heart in all the activities throughout the year.

★ **Azadi ka Amrit Mahotsava Activities**

○ **Lecture on Role and contribution of AYUSH doctors in COVID pandemic:**

Date: Wednesday 15/09/2021

Guest Speaker: Dr. Girish Sarade (Hon. Consultant, Kayachikitsa, Seth Tarachand Ramnath Charitable Hospital, Pune)

The Lecture was organized by the NSS Unit of the institute on **15/09/2021** at 03:00 PM. Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), other faculties, NSS volunteers and UG and PG students were present for the lecture. Guest Speaker Dr. Girish Sarade presented the data regarding COVID, gathered during first and second pandemic period by AYUSH doctors and their contribution in management.

○ **Fit India Run:**

An awareness Run was organized on Tuesday **22/09/2021** for NSS volunteers in the area of Institute. Principal Dr. Sadanand Deshpande, Dr. Suni Pandhare (HOD Rognidan Dept.), Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.) were present on the occasion.

○ **Yoga Session:**

Yoga session was conducted under Fit India Campaign in Azadi ka Amrit Mahotsava for NSS volunteers and students on **29/09/2021**. Volunteers performed various Yogasanas in the session.

October 2021

□ **Ahimsa Pledge and Khadi Day.**

Date: 5/10/2021

Ahimsa Shapath (Unity pledge) was taken on the occasion of **Ahimsa Divas and Khadi Day**. Principal, Dr. Sadanand Deshpande was the Chief Guest of the program. Dr. Madhura Kulkarni (Program Officer, NSS), Dr. Jaydeep Gangal (Assistant Program officer), Dr. Asmita Jadhav (Assistant Program officer), all the faculties, NSS volunteers and students present for the program took the pledge. Chief Guest Dr. Sadanand Deshpande expressed his thoughts on the occasion.

□ **Azadi ka Amrit Mahotsava Activities**

□ **Plastic Free India and Swachhata Abhiyan in 5 Villages adopted by NSS unit of the Institute.** Date: Thursday 21/10/2021

Kashig, Hadashi, Valen, Sathesai and Chikhalgaon are five villages from Taluka Mulashi, District Pune which are adopted by Tilak Ayurved Mahavidyalaya. Plastic

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Free India and Swachhata Abhiyan programs were conducted under Azadi ka Amrit Mahotsava and Mazi Vasundhara Abhiyan in these villages. Volunteers performed street plays in schools. “Janajagruti: rally was conducted in the village to create awareness against single use plastic and its disposal. Eight green garbage bags full of plastic garbage was collected from these villages during cleaning program. NSS PO Dr. Madhura Kulkarni, APO Dr. Jaydeep Gangal, Dr. Asmita Jadhav and Dr. Mohan Joshi (Co-ordinator for Unnat Bharat Abhiyan, TAMV) and 19 Volunteers were present. Sarpanch from all villages, teachers and students from the schools were also present for the program with other villagers.

- **E-waste and plastic waste collection in the institute.** Date: Saturday 30/10/2021 Twenty four Kg of E-waste and plastic waste from all departments of the institute and from individual staff was collected throughout the month and donated to Vishal Enterprises, a government approved institute which is collaborated with college for recycling.

□ **Rashtriya Ekata Divas (National Unity Day) Pledge taking.**

Date: Saturday 30/10/2021

Ekata Shapath (Unity pledge) was taken on the occasion of **National Unity Day**. Principal, Dr. Sadanand Deshpande was the Chief Guest of the program. Dr. Madhura Kulkarni (Program Officer, NSS), Dr. Jaydeep Gangal (Assistant Program officer), Dr. Asmita Jadhav (Assistant Program officer), all the faculties and NSS volunteers present for the program took the pledge. Chief Guest Dr. Sadanand Deshpande expressed his thoughts about importance of unity in present and future.

November 2021

□ **Ayurved Day Activities**

- **Essay Competition:** An essay competition was organized for Ph.D. scholars and faculties on the topics 1. Ayurvedic Nutritional concepts for Sports. 2. Role of Ayurvedic Nutrition in malnourishment in Adolescence age. Participants submitted their essays online and offline. Dr. Mohan Joshi, (Associate professor HOD, Sanskrit Samhita Sidhant Dept. TAMV) and Dr. Asmita Jadhav (Assistant professor, Dravyaguna Dept. TAMV) evaluated the essays.

Results: winners of the competition are

Category	Name of the winner
Ph.D. scholars	Dr. Maithili Nesargi- Naik
Faculty	Dr. Darshana Ubhale

□ **Lecture on बालकांचे पोषण Date: Monday 1/11 /2021**

Guest Speaker: Dr. Kalyani Aher (Associate Professor, Balrog Dept. TAMV)

The Lecture was organized by the NSS Unit and Swasthavrutta and student Council of the institute on Monday 1/11 /2021 at 04:30 PM on online platform on ZOOM. Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), Dr. Vikas Jaybhay (Secretary, student Council), other faculties, NSS volunteers and students were present for the lecture. Guest Speaker Dr. Kalyani Aher guided the audience about Ayurvedic nutritional concepts of neonates, adolescents and children in growing age.

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□ **Dhanwantari Poojana** was organized on **Ayurved Day 2/11/2021** by the auspicious hands of **Dr. Dilip Puranik**, President, Rashtriya Shikshan Mandal, Pune.

□ **Samvidhan Din - 26th November 2021**

Constitution Preamble reading, Sadbhavana Pledge was organized on the occasion of Samvidhan Din and Sampradayik Sadbhavana week by the NSS unit. Vice-principal Dr. Indira Ujagare was the chief guest, Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), other faculties, NSS volunteers, students and non-teaching staff were present for the program. Dr. Sayali Kulkarni, (Nodal officer, Election literacy Committee) guided the students regarding new voter's registration and voter's duties.

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December 2021

- **AIDS day Activity** – Date: Monday 06/12/2021

Chief Guest: Dr. Kalyani Bhat (Deputy Medical Superintendent, STRCAH Pune)

Dr. Mihir Hajarnavis (Vice-principal and Professor HOD, Swasthavrutta and Yoga Dept. TAMV)

Awareness street play: A street play was organized for creating awareness about causes, preventive measures of AIDS and myths about AIDS in society. It was performed by NSS volunteers in STRCA Hospital OPD and porch area.

- **Azadi ka Amrit Mahotsava Activities**

- **Awareness walk for Friendship with Rivers (नदी मैत्री)**

Date: 21/12/2021

An awareness walk along the Mutha riverside road was arranged to create awareness about cleanliness of river and how we can contribute to keep our river clean with the help of charts and banners and singing slogans regarding the subject.

Principal, Dr. Sadanand Deshpande was the Chief Guest of the program. Dr. Madhura Kulkarni (Program Officer, NSS), Dr. Asmita Jadhav (Assistant Program officer), other faculties and NSS volunteers were present for the program. Chief Guest Dr. Sadanand Deshpande expressed his thoughts on the beginning of the walk and started the program.

- **Patriotic Song Writing Competition**

Date: Between 14/12/2021 to 25/12/2021

The Patriotic Song Writing Competition was organized on the occasion of Azadi ka Amrit Mahotsava. Entries were collected through Google form in JPEG format. The participation E-certificates are given to all appropriate participants. The result of the competition is as follows:

Name	Prize	Type of participant
Vaibhav Ravindra Mali	First	UG student
Sarvesh Rhudaynath Gaikwad	First	UG student
Kashiwar Bhagyashri Yashwant	Second	UG student
Vaishnavi Narayan Potbhare	Second	UG student
Meheralok Pramod Dhapare	First	Faculty
Dr Sharmila Pralhad Lodhi	First	Other
Neela Purandare	First	Other
Mahesh M. Joshi	Second	Other
Shankar Tukaram Kamble	Second	Other

- **Blood donation Camp**

Date: Tuesday 28/12/2021

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The “Blood Donation Camp” was organized on the occasion of Azadi ka Amrit Mahotsava in co-operation with “Janakalyan Raktpedhi” (Blood bank). Total 54 donors donated blood in the camp. Vice Principal Dr. Mihir Hajarnavis, Dr. Indira Ujagare, Dr. Saroj Patil (Professor HOD Sharir Rachana Dept.), from Janakalyan Raktpedhi Dr. Sandeep Kamble, NSS PO Dr. Madhura Kulkarni, APO Dr. Jaydeep Gangal, Dr. Asmita Jadhav, other faculties, NSS volunteers and students participated in the program.

Dr. Sandeep Kamble, Medical Officer from Janakalyan Raktapedhi guided the volunteers and students about importance of blood donation in COVID pandemic and eligibility and Do’s and don’ts about blood donation.

January 2022

□ **Suryanamaskar Activity in Azadi ka Amrit Mahotsava**

Date: 14/01/2022, **Time:** 11:00 AM

Venue: **Offline** – Yoga Hall, STRCAH, Pune, **Online-** on ZOOM

A Suryanamaskar session was organized by the institute on the occasion of Makar Sankranti in Azadi ka Amrit Mahotsava on off-line and on-line platform simultaneously. Dr. Saroj Patil, (Professor HOD Sharir Rachana Dept. TAMV and Senior Yoga Sadhaka) was the Chief Guest of the program. Vice-principal, Dr. Mihir Hajarnavis (Professor HOD Swasthviritta and Yog Dept. TAMV) Vice-principal Dr. Indira Ujagare, Dr. Madhura Kulkarni (Program Officer, NSS), Dr. Asmita Jadhav (Assistant Program officer), other faculties and NSS volunteers were present for the program. Chief Guest Dr. Saroj Patil Madam expressed her thoughts on the “Regular practice of Suryanamaskar and its benefits”. Dr. Mihir Hajarnavis expressed his thoughts on the “Important of Suryanamaskar in Dinacharya”.

25 participants performed Suryanamaskar in off-line programme while 97 participants performed Suryanamaskar on on-line platform.

➤ **Lecture on the occasion of National Girl Child Day:** Date: Monday 24/01/2022

Topic: “स्त्री सबलीकरण”

Guest Speaker: **Dr. Manisha Khaladkar** (Associate Professor, GCOE, Yavatmal, Executive Member, Sharada Shakti)

The Lecture was organized by the NSS Unit of the institute on **24/01/2022** at 11:00 AM. Vice-principal, Dr. Mihir Hajarnavis, Vice-principal Dr. Indira Ujagare, Dr. Apoorva Sangoram (HOD Dravyaguna dept.), Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), other faculties, NSS volunteers and UG and PG students were present for the lecture. Guest Speaker Dr. Manisha Khaladkar enlightened the audience regarding women empowerment with a very informative presentation.

□ **Online Poster Competition for Voter’s Day –**

The competition was organized during 15th January to 23rd January 2022. Total 35 Posters were received from all over Maharashtra. Prizes are given in three categories viz. UG students, PG students and Faculty. The result is as follows:

Name	Prize	Type of participant
Neha Latane	First	
Akhila Prakash Thekkekaramal	Second	

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Mahesh Gaikwad	Second	UG student
Viraaj Dattatraya Bhosale	Third	
Pratik Vishnu Jaybhaye	Third	
Prashant Umakant Shakya	Consolation	
Kadam Vaishnavi Gunderao	Consolation	
Puja Suresh Pandey	Consolation	
Dr. Prajakta Janbandhu	First	PG student
Dr. Sayali Kulkarni	First	Faculty
Dr. Darshana Ubhale	First	

□ **Voter's Day Pledge – Date – 25 /01 /2022**

Voter's Day Pledge was taken on the occasion of National Voter's Day 25th January 2022. Vice- principal, Dr. Mihir Hajarnavis was the Chief Guest of the program. Vice- principal, Dr. Mihir Hajarnavis, Vice- principal, Dr. Indira Ujagare, NSS Program Officer, Dr. Madhura Kulkarni, Dr. Jaydeep Gangal (Assistant Program officer), Dr. Asmita Jadhav (Assistant Program officer), all the faculties, NSS volunteers, students and non-teaching staff present for the program took the pledge. Chief Guest Dr. Mihir Hajarnavis expressed his thoughts about responsibilities of citizens and voting rights on the occasion.

□ **Republic Day – Date - 26 /01 /2022 Time: 7:30 AM**

Flag hoisting program was arranged by the institute on the occasion of Republic Day 2022. Dr. Arvind Muzumdar was the Chief Guest of the program. All the Faculties, NSS volunteers, students, non-teaching staff attended the program. The volunteers performed a patriotic song. Dr. Arvind Muzumdar expressed his thoughts regarding responsibilities of students, researchers and doctors.

□ **Shaheed Din – Date – 30/ 01/ 2022 Time: 11:00 AM**

On the occasion of Shaheed Din 2 minutes silence was observed at 11:00 AM in the program. Vice- principal, Dr. Mihir Hajarnavis, explained the importance of Shaheed Din on the occasion.

February 2022

□ **Azadi ka Amrit Mahotsava Activity**

Swachhata Activity -- cleaning of parking and porch area of the college was done by the volunteers during the activity. Volunteers removed all the plastic waste in the premises and cleaned the premises. Vice Principal Dr. Indira Ujagare, NSS P.O. Dr. Madhura Kulkarni, A.P.O. Dr. Asmita Jadhav and NSS volunteers were present for activity.

March 2022

- **NSS Special Camp** – NSS Special Camp was conducted during 6/03/2022 to 12/03/2022 in the adopted village A/P Kashig, Taluka Mulshi, Dist Pune and other villages like, Kolavan, Ghotavade, Andgaon, Mutha, Male. The Anaemia Project Sanctioned for the college by CCRAS, New Delhi was carried out by NSS volunteers in schools of the villages in the camp villages and in schools in nearby area.

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Total 51 students and 3 program officers and 1 peon were present 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. Sadanand Deshpande (Principal, TAMV), Dr. Indira Ujagare (Vice-principal, TAMV), Dr. Saroj Patil (HOD Sharir Rachana Dept, TAMV) and other dignitaries from the local village.

Streetplays-

Date	Group	Topic	Village
7/03/2022	Hercules	Importance of Solar energy	Kolavan
8/03/2022	Tejas	Swachhata and Pandemic	Andgaon
9/03/2022	Jaguar	AIDS Awareness	Ghotavade
10/03/2022	Brahmos	Single use plastic	Mutha
11/03/2022	Rafael	Pani adava Pani jirava	Male
12/03/2022	Hercules	Importance of Solar energy	Kashig

Hand wash Demo was shown in all the schools.

Free Medical camps-

Date	Shibir	Village	Hon. Physician	Total patients
7/03/2022	Sarvarog	Kolavan	Dr. Mihir Hajarnavis	30
8/03/2022	Sarvarog	Andgaon	Dr. Supriya Gore Dr. Asmita Jadhav	82
9/03/2022	Streerog	Ghotavade	Dr. Ashwini Krandikar	45
10/03/2022	Sarvarog	Mutha	Dr. Aishwarya Ranade Dr. Darshana Ubhale	72
11/03/2022	Sarvarog	Male	Dr. Rashmi Bhise Dr. Madhura Kulkarni Dr. Anjali Damle	94
12/03/2022	Netrarog	Kashig	Dr. Jaydeep Gangal	28

Total no. Patients –

351 Guest lectures-

Date	Topic of lecture	Guest speakers
7/03/2022	Ethics in Ayurveda practice	Dr. Kalyani Bhat, Dr. Indira Ujagare
8/03/2022	Yashshvi ayushyacha kanamtra	Dr. Mohan Joshi
9/03/2022	Women's health in villages and Ayurved	Dr. Apoorva Sangoram
10/03/2022	Power of thoughts	Dr. Sarika chopde Dr. Pradnya Gathe
11/03/2022	Opportunities in Ayurved	Dr. Anjali Damle
12/03/2022	Jivan vishayak drushtikon	Dr. Sadanand Deshpande

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.

Dr. Sadanand Deshpande (Principal, TAMV) chaired the occasion of Vaedictory function of camp.

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Dr. Nandakishor Borse (HOD Shalya tantra dept) were present to grace the occasion.

Seth Tarachand Ayurved Hospital and Ayurved Rasashala, Pune provided the necessary instruments, Ayurvedic medicines, dressing material and packaging material for free of cost so as to serve the health needs of needy and poor villagers. Health department of PMC also helped by providing Allopathic medicine for free of cost.

□ Azadi ka Amrit Mahotsava Poshan Pakhawada 2022

□ **Online Lecture** Date: Thursday

31/03/2022 Time: 2:30 PM to 3:30 PM

Venue: Online- on ZOOM

Guest Speaker: Dr. Rucha Ganu (Associate Professor, Streerog Prasutitantra Dept, TAMV, Pune)

Subject: Nutrition during ANC (गर्वती स्त्रियांसाठी पोषक आहार)

The Lecture was organized by the NSS Unit of the institute on Thursday 31/03/2022 at 2:30 PM to 3:30 PM on online platform on ZOOM. Dr. Madhura Kulkarni (P.O.NSS), Dr. Jaydeep Gangal (A.P.O.), Dr. Asmita Jadhav (A.P.O.), NSS volunteers and students were present for the lecture. Guest Speaker Dr. Rucha Ganu guided the audience about Ayurvedic nutritional concepts for ANC period. 84 participants were present for the lecture.

□ **Wall decoration** (भस्तितचिि)

The wall showcase was decorated with posters on the subject “Nutrition for ANC” and “Nutrition for neonates for first 1000 days”.

The opening of wall decoration was done by the auspicious hands of Principal Dr. Sadanand Deshpande on 01/04/2022. Vice principal Dr. Mihir Hajarnavis, Vice- principal Dr. Indira Ujagare, NSS P.O. Dr. Madhura Kulkarni, A.P.O. Dr. Asmita Jadhav, all the faculty members, NSS volunteers and students were present for programme. Principal Dr. Sadanand Deshpande enlightened the participants regarding Ayurvedic concepts of nutrition and role of NSS volunteers.

Dr. Madhura Kulkarni
Program Officer, NSS

Dr. Sadanand Deshpande
Principal