

## **Report on NSS Special Camp at Nandore (District Palghar)**

**12th to 18th December, 2024**

**11, Krishna Kunj, Vachha Gandhi Road,  
Gamdevi, Grant Road, Mumbai 400007**

**NO. OF VOLUNTEERS IN NSS SPECIAL CAMP: 100 Volunteers**

**THEME: Youth for My Bharat**

**Youth for Digital Literacy**

**ADOPTED VILLAGE:**

- **Nandore ( DIST. PALGHAR)**

**12<sup>th</sup> December, 2024**

## **Session I - Inaugural**

100 NSS volunteers participated in the NSS Special Camp which was organised from 12th to 18th December, 2024 at Nandore Village, Palghar District. There was a Formal Inauguration of the camp in the presence of Zonal Coordinator and NSS Program Officer Dr.Hemlata Masiwal along with fellow program officers Shri.Ramlakhan Pal and Dr.Ganatra Kashyap A. where the students were addressed and welcomed. They informed the students about the purpose and importance of organizing the Camp, the active role of volunteers for community development and the need for working for the betterment of society and nation building. The students were oriented about the activities scheduled for the Special Camp. Group leaders were selected and duties were assigned to the volunteers. They were told about the community service activities to be conducted in the adopted area.

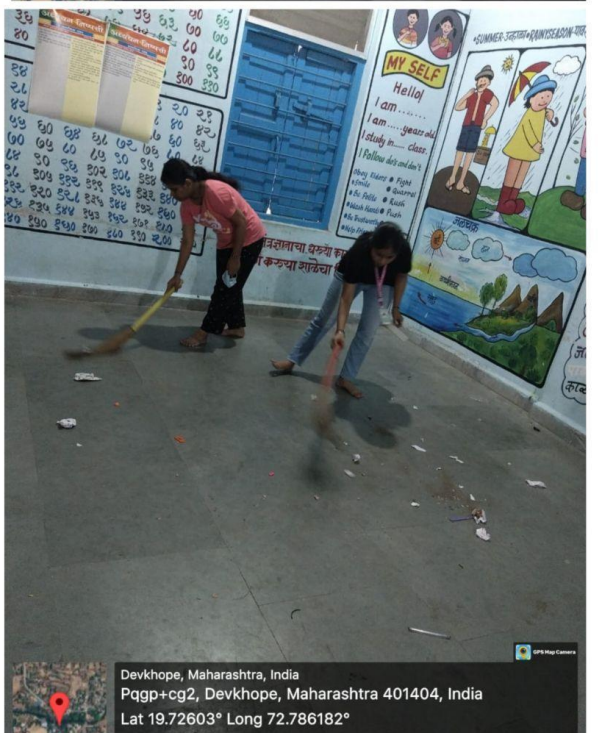


## Orientation and Group Formation





## Sharmdhan at Community hall of Nandore village





**13<sup>th</sup> December, 2024**

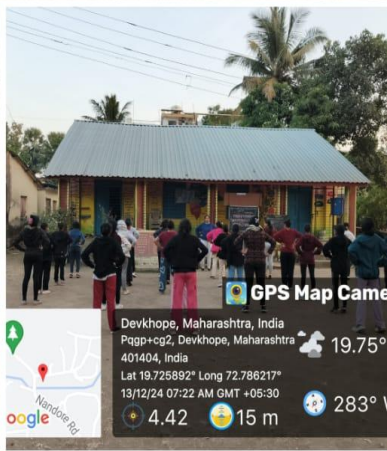
## **Session I – Meditation and Sahaj Yoga**

The day began with a **Yoga Session by Program Officer Mrs. Maheshwari Murdeshwar**, featuring guided yoga postures (asanas), breathing exercises (pranayama), and meditation to promote physical and mental well-being. This was followed by a **Yoga Session by the Sahaj Yoga Team**, focusing on meditation techniques for self-realization through Kundalini awakening, offering participants a spiritual experience.

## **Shramadhan at Nandore village riverfront and in the premises of the village temple**











## Session II - Community Service and Skill Workshops

NSS volunteers were divided into groups and were given a designated area in the vicinity to clean and beautify. Volunteers engaged in litter pickup, sweeping, and debris clearance to enhance the community's living conditions. This was followed by a skill development and enhancement work on content writing by Juhi Joshi. Students were taught techniques for structured writing. The purpose of this workshop was to empower the students with an employable skill.

The day concluded with a **Workshop on Street Play by Bajrang Sonawane from Sarvodaya Mandal**, where volunteers learned scripting and performing street plays to address social issues, culminating in a rehearsal session.















**14<sup>th</sup> December, 2024**

**Yoga and Meditation**

Students participated in an early morning Yoga session with the Junior college Programme officer Mrs Maheshwari Murdeshwar and other programme officers of Degree college.

After this the NSS Volunteers participated in a Meditation session with the Sahaj Yoga team, which prepared them for their day ahead.

**Shramadhan** -After the session the NSS volunteers cleaned up the surroundings .

**Visit To Govardhan Eco-Village**

The day was dedicated to a Visit to Govardhan Eco Village in Wada, Palghar, an ISKCON-founded sustainable community. Volunteers toured organic farms, cow shelters, and eco-friendly infrastructure like biogas plants, followed by a talk on the importance of spirituality and sustainable living. This immersive experience aimed to inspire eco-conscious living and an appreciation for Vedic principles, blending environmental and cultural education. The day ended with reflections on the learnings and planning for the next day's activities.





## 15<sup>th</sup> December, 2024 Yoga and Meditation

Yoga session with the Junior college Programme officer Mrs Maheshwari Murdeshwar and other programme officers of Degree college.

Students woke up to the NSS song and went to attend their Yoga and Meditation session. In the session the students were made aware of the strength of their mind, which in turn controls their body. This guided meditation and Yoga session, enabled the students to understand the significance of both Physical and Mental health. After this session, they were split into groups for conducting an Ayurvedic Medical Camp.

### Ayurveda Medical Camp and Awareness Program

Dr. Shivani Mishra along with her team from K.G. Mittal Ayurvedic college visited the camp site. NSS Volunteers assisted them in setting up a medical camp for the villagers and students from the Ashram Schools. Post the check-up, free Ayurvedic medicines were provided to these people. This was followed by an awareness program for the villagers and the students. The attendees were educated about traditional healthcare and its benefits. This knowledge will enhance their access to healthcare. Volunteers who assisted in organizing the camp, reinforced their commitment to community welfare.







**16<sup>th</sup> December, 2024**

### **Yoga and Meditation**

The NSS Volunteers actively participated in a Yoga and Meditation session that allowed them to strengthen their mind and remove any kind of negativity. After this session, the volunteers were split into groups, for carrying out the regular activities in camp. Later in the day, they attended a civil defence program.

### **Civil Defence Program**

A Civil Defence Program was conducted by Mr. Nilesh Vaje for both college volunteers and Ashram Shala schoolchildren. The session covered emergency response techniques such as first aid, fire safety, and evacuation drills for disasters. NSS Volunteers were taught about the various types of bandages and after learning any two volunteers had to demonstrate what they had learnt on the spot. Practical demonstrations equipped participants with life-saving skills, fostering resilience. The hands-on approach ensured active engagement, with volunteers reflecting on the importance of preparedness in their evening discussions.





**17<sup>th</sup> December, 2024**

### **Yoga and Meditation**

Students participated in a Yoga Session with Junior college Programme officer Mrs Suhasinee Nikam.

Post this session the Sahaj Yoga Team, before starting their day. Later that day, the camp was visited by senior NSS Coordinator Mr. Gavare and his team. Their focus was on the participation of Junior college students. They interacted with the students and reviewed the camp's progress, and eventually provided feedback to Mrs. Maheshwari Murdeshwar Shuhanee Nikam and other NSS Program Officers.

### **Session I**

#### **Leadership Workshop By Ms. Jayshree**

Ms. Jayshree conducted a leadership training workshop wherein she interacted with the students on their idea of leadership. She also emphasized on the importance of NSS motto "Not Me, But You," during her workshop. She highlighted the importance of team-building and cooperation. Students were made aware about the significance of good communication skills and the process of decision making. NSS volunteers got a wholesome understanding of leadership through this workshop.

### **Session II**

#### **The Rakshin Project**

An awareness session, The Rakshin Project by Sakhi, focused on the POCSO Act, educating volunteers and villagers about child safety laws, abuse prevention, and reporting mechanisms. Featuring presentations and a Q&A, it emphasized community vigilance, empowering participants to protect vulnerable groups. The day concluded with a recap of learnings and gratitude for the visiting team.





**18<sup>th</sup> December, 2024**

NSS Volunteers participated in a Yoga and meditation session on the last day of the camp as well. Throughout the camp, these students learnt the importance of Yoga and Meditation in living a peaceful life with a sound mind and body.

### **Valedictory Programme and Camp Report**

The camp concluded with a **Valedictory Programme** attended by Gram Panchayat members, Principal of the College Dr. Santosh Kaul Kak, all the NSS Program Officers and volunteers. The event featured speeches and sharing of experiences by students. Students highlighted the values that they had learnt during the camp and how they would inculcate these in their everyday lives. Mrs. Maheshwari Murdeshwar presented a **Seven Days Brief Report**, summarizing the camp's activities like yoga, cleanliness, medical camps, and skill workshops along with outcomes and community impact. The Villagers and volunteers expressed mutual appreciation for the collaboration.

### **Departure**

Volunteers thoroughly cleaned the camp premises and left for their respective homes. Each one of them reported to the Program Officers after reuniting with their families.

