



Report of NSS Special Camp 2019

The NSS Units of Shree Mallikarjun College, Canacona successfully organized a 7 days NSS special camp at Tudal High School, Tudal, Gaondongrem - Canacona between 24th and 30th December 2019 under the leadership of trained programme officers Mr Anand Velip and Mrs Tanuja Fal Desai.

This camp was inaugurated at the hands of Mrs. Meena Kamat, Headmistress of Tudal High School in the presence of NSS Programme Officers and 41 volunteers on 25th December at 11.00 am. While addressing, Chief Guest, Mrs. Kamat said that the volunteers must get involved in this camp sincerely and positively since camp gives an opportunity to campers for their overall development. Doing work properly and sincerely is the biggest religion in life. She stressed on the importance of prayers and said *vidya vinayen shobhate*. Chief Guest also underlined the importance of the value system in life and asked volunteers not to follow short cuts on the path of success. Mrs. Tanuja Fal Desai welcomed the chief guest and also highlighted the objectives of NSS in the 50 years of its service to nation since its inception in 1969. Mr. Anand Velip presented the report involving list of activities planned during the special camp and expected wholehearted cooperation from the campers for the success of camp. The programme was compered by Ms. Shradha Pagi and Ms. Kalidi Velip while Mr. Vinayak Gaonkar presented vote of thanks.



Inauguration of Camp



Physical Project Activity

Under physical work activity, our volunteers with amazing enthusiasm completed the school project assigned by school authorities. This includes construction of school compound wall, cleaning and deepening of compost pit, cleaning and leveling of school ground, reconstruction of steps attached to school ground and covering of the compound opening with stones and mud.



Cleaning & digging of Compost Pit in progress



Compost Pit after completion of work

Plastic Segregation (from compost pit)





Collected Plastic Waste from Compost Pit

Construction of School Compound Wall



Before Construction



Construction Work In Progress





Construction Work In Progress



After Construction



Constructed Compound Wall



Construction of Steps to School Ground



Before



After

Cleaning & Leveling of School Ground



Before



After



Work In Progress





Levelled Portion of Ground

Cleaning of School Campus



Tree Plantation



Village Connect Activities

One of the objectives of this camp was to improve the personality of volunteers through community service. Under village connect programme, volunteers got actively involved with local community especially with the small children. Village children showed immense interest with their active participation in different cultural programmes organized for NSS volunteers. On 26th December, the NSS Unit commenced socio – economic survey of Gaondongrem village panchayat by using *epicollect5* app and will continue in the remaining part of academic year. The survey is designed to collect basic information about the village panchayat and to underline difficulties faced by the people upon whom the NSS Unit would work.



The volunteers performed Street Play at Kindalkatta and Bhars villages followed by a Mashal Yatra from Bhars to the Camp Site on the issues of ‘Non-violence’, ‘Cleanliness’, ‘Open Defecation Free Village’ and ‘Alcoholism and Gambling’.



Rally, Street Play & Mashal Yatra on Social Issues



Rally



Street Play at Bhars



Street Play at Kinalkatta



Mashal Yatra at Bhars

Village Children Participation in Cultural Events

Children from nearby village took lot of interest in participating in the cultural activities organized for volunteers. The spirit of these children motivated the organizers to provide scope to perform in the concluding cultural programme.





Cultural Events

To provide opportunity for volunteers to showcase cultural talent, different competitions were held. These include rangoli, group dance, extempore, mimicry, folk dance, street play, solo and group singing.



Rangoli Competition



Solo & Group Singing





Group Dance



Street Play Competition

Screening of Short Films under Ek Bharat Shrestha Bharat Initiative



To conclude the entertainment programme component we had organized a Social Gathering and Prize Distribution function. Prizes were awarded to the winners of the different cultural events conducted on daily basis. All volunteers participated in cultural event. Children from the locality showed lot of interest and zeal in the cultural activities. Welcome song was sung by village children for the formal function. Children from village had shown their talent by putting many performances. The chief guest of this gathering was Mrs Suman Gaonkar, Sarpanch, Gaondongrem village panchayat. Elderly villagers namely Mr Arjun Velip and Smt. Parvatibai Velip graced the occasion as Guest of Honour and Special Invitee respectively. The NSS Unit invited all the villagers to participate in the event; to which villages responded positively and gathered in large number.



Yoga & Meditation

To have vibrant body and peaceful mind, yoga sessions were conducted every morning. On 25th and 29th December, 2019, Mr. Santosh Gaonkar, alumni of Shree Mallikarjun College guided volunteers on Yogasana and meditation while Maharshi Adhyatma Vishwavidyalaya, Ponda conducted sessions on 28th December, 2019.



Talent Search Activities

Talent Search Programme was designed in such a manner that each and every volunteer would get an opportunity to varied knowledge and values in addition to exposure to certain skills. Under this Talent Search component we had the following activities:

- 1) Workshop on 'Theatre Art' by Shri. Kavindra Fal Desai, Senior Teacher Grade I of S.S. Angle Higher Secondary School, Mashem, Canacona was conducted on 25th December, 2019. The Resource Person interacted with volunteers on different aspects of street play to make it effective and motivated them to use it to spread awareness on social issues.





2) On 26th December, an Interactive session on ‘Emotional Awareness’ by Ms Shreyas Kamat, associated with Sangath Organisation, an NGO, working on Mental Health in Canacona area. The speaker deliberated on mild depression commonly observed among youths and possible remedies to come out from mild depression.



- 3) A Talk on “Ayurveda and Medicines” by Dr. Divakar Velip, Community Health Centre, Canacona was organized on 27th December. Doctor advised to practice yoga regularly and asked to stay away from fast food, alcohol, drugs and other substance of abuse besides using various medicinal herbs for healthy life.



- 4) An interactive session on ‘Management of Menstrual Hygiene’ was conducted by Dr Sandhya Kadam, Homoeopathic Physician with Certificate in Gynecology and Obstetrics, Counselor, Nutrition and Health Educator, Director of Community Services. This was a joint session organized on 28th December involving village women and our volunteers both boys as well as girls.



- 5) A special interactive session on 'Nutrition During Adolescent Age' by Dr Sandhya Kadam, Homoeopathic Physician with Certificate in Gynecology and Obstetrics, Counselor, Nutrition and Health Educator, Director of Community Services was also conducted on 28th December involving villagers and NSS volunteers. Narrating the side effects of fast food and factory food, she advised each and every one to make a complete full stop on such food.



- 6) On 28th December, Dr Vedika Palan, associated with Adhyatma Vishwa Vidhalay gave a lecture on 'Stress Management' and gave tips to handle stress of modern day life. Speaker also advised volunteers to work sincerely and always remain in a positive state.



7) An interactive talk cum demo on 'First Aid' by Dr Satish Phal Desai, Medical Practitioner at Cuncolim, was held on 29th December. Dr. Phal Desai elaborated on skills and different techniques of first aid by showing the live demonstrations of different emergencies. He demonstrated how to perform Cardiopulmonary Resuscitation (CPR). He further urged volunteers to help the people who require the immediate attention, therefore requested students to learn and practice more about First Aid.



8) Talk on “Healthy Diet” by Dr Satish Phal Desai, Medical Practitioner at Cuncolim was also conducted. He stressed upon using unsaturated oils, unpolished rice, fruits and vegetables containing fiber. He further suggested to minimize the consumption of different sauces and asked to take natural food.



Mr. Anand Velip
NSS Prog. Officer

Mrs. Tanuja Fal Desai
NSS Prog. Officer

Dr. Manoj Kamat
Principal

