BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY) BHARATI VIDYAPEETH DENTAL COLLEGE& HOSPITAL NAVI MUMBAI



NATIONAL SERVICE SCHEME

Activity 1

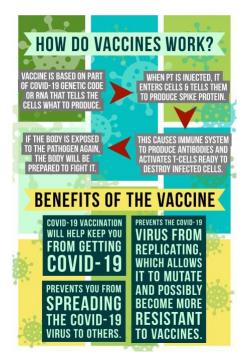
Precaution - The New Caution (Phase 1)

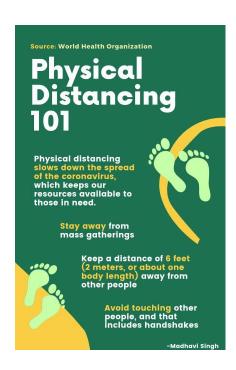
Date: 15th April 2021

Online

It was an online awareness campaign held where in volunteers were asked to create E-Posters on covid-19 protocols & share them among all the social media handles like WhatsApp, Facebook & Instagram.

Total number of participants: 45





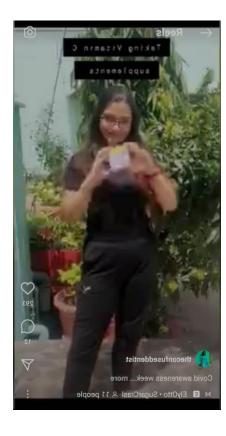
Precaution - The New Caution (Phase 2)

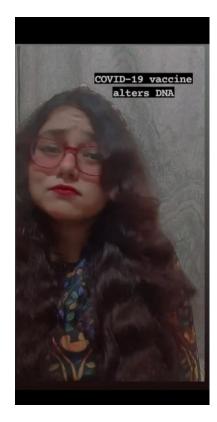
Date: 23th April 2021

Online

It was an online awareness campaign held where in volunteers were asked to create Videos and Reels on covid-19 protocols & share them among all the social media handles like WhatsApp, Facebook & Instagram.

Total number of participants: 40





Cognizance - The Awareness Saga 1

Date: 1st June 2021 Venue: Instagram Live

Volunteers: ZOHA KHAN, FATIMA DOLARE, TOOBA NAQASH, AFREEN

SAYED, JASLEEN SODHI, FATEMA SHAYERWALA, FLEUR FERNANDES, SHIVANI

BANDHU

Nss volunteers of final year BDS prepared and conducted a Live session on **Health Considerations in Covid 19** in order to spread awareness and information regarding its management. The live session agenda included

- •Impact of Covid-19 on overall health
- Short term considerations
- Long term considerations
- Psychological and emotional impact on the patient

Through this live interactive session we want the viewers to gain insights on the impact of covid-19. This will not only encourage them to uplift their already practiced precautionary measures but also encourage them to take care of their overall health. We want to play our part of contribution by sharing some useful and informative knowledge on health consideration through the light of awareness.

Total number of viewers - 33





Cognizance - The Awareness Saga 2

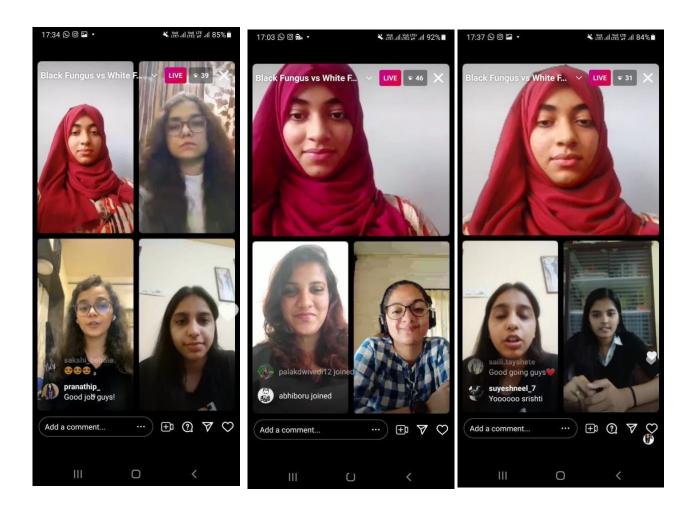
Date - 5th June

Venue-Instagram Live

The Volunteers of 3rd year BDS, presented a live session on the most talked about topic in the medical world, "Black Fungus vs White Fungus vs Yellow Fungus"

Just as India was recovering from the devasting second wave, with roof-hitting daily cases and deaths, the doctors began reporting a rash of cases involving these rare fungi among the recovering and recovered individuals. We considered it our moral responsibility to conduct an informative and engaging session for our audience about these fungi.

Through this live session, We not only educated the audience but also urged them to take necessary steps to pass on this information to others.



ACTIVITY 5 YOGA SE HI HOGA

Date - 21st June 2021

Venue - Quadrangle, BVDUDCH University

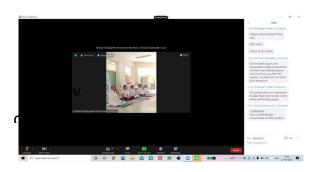
RYoga se hi Hoga is an offline event which was organised by NSS committee to celebrate the **International day of Yoga.** We have invited a team of yoga instructors from an organisation - Shri Ambika Yoga Kutir, they taught many useful aasanaas and poses that are responsible for curing wide range of medical conditions. There was also a live streaming of the entire session on zoom app for the volunteers who were indoors. All other volunteers and staff members have joined the session offline and made it a successful event by not only following the instructors but also by following all covid19 guidelines.

Total number of volunteers : 60 + 10 = 70

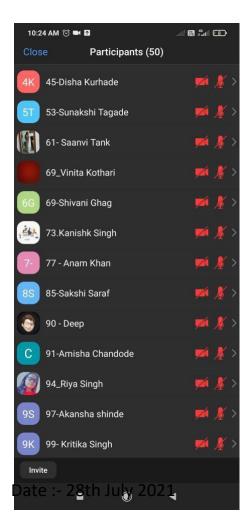
No. of volunteers attended online: 60











ACTIVITY 6 WORLD NATUR CONSERVATION DAY

Mode of project :- Online

On the occasion of WORLD NATURE CONSERVATION DAY volunteers were asked to conserve their nature and surrounding.

Activities performed :- Planting a seed, watering home plants, cleaning surrounding, performing burial of waste products, making of a seedball and planting it.

After performing these activities ,volunteers clicked a picture and sent us.

Number of participants: 15

Coordinators:-

- 1. Zoha Khan
- 2. Shivani Bandhu
- 3. Nimisha Agrawal
- 4. Vaishnavi Agrawal
- 5. Karan waghmare









Activity 7 FIT INDIA RUN CAMPAIGN

Date:- 13th August 2021

Mode of project:- Offline

The project was based on FIT INDIA RUN CAMPAIGN were in volunteers were asked to Run with all their efforts.

Activity performed:-

The volunteers gathered near Kharghar golf course and performed exercise by running some kilometers to enhance their metabolism.







ACTIVITY 8

RAKSHABANDHAN

Date:- 16 August 2021

Mode of project:- Offline

On the occasion of Raksha bandhan volunteers sent Rakhi's to the soldiers on the border of Talegaon Dabhade.

It was celebrated with great enthusiasm and fun.

Activity performed:- We collected the rakhi from every student and teachers of bharati vidyapeeth dental college and sent it to soldiers on the border with permission from our dean.

Co ordinators:- Nimisha Agrawal, Vaishnavi Agrawal.



ACTIVITY NO 09

SAVE GIRL CHILD

Date:- 18th October 2021

Mode:- online via posters and slogans

On the occasion of Girl child day the core team conducted a competition in which volunteers needed to present their posters and slogans.

The winners of the competition was announced on 31st October 2021.

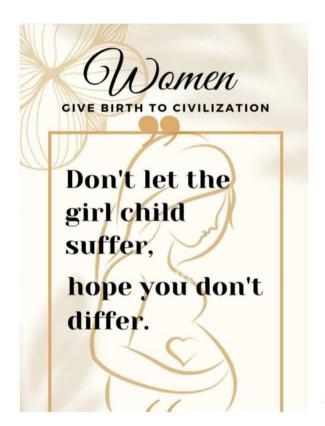
It was celebrated with great enthusiasm and each volunteer presented their best posters and slogans.

Activity performed:- A message regarding the activity to be performed was circulated among the groups. They were asked to write slogans and poster on save girl child.

There were more than 20 entries regarding the posters and slogans

Co ordinator:- Zoha khan.







Activity no 10 Rashtriya Ekta Divas

Date:- 31st October 2021

Mode:-zoom (online)

On the occasion of Rashtriya Ekta Divas NSS committee invited everyone for online event to mark the birth anniversary of Sardar Vallabhai Patel.

Activity performed:- A message regarding the zoom meeting was sent to the volunteers.

Introduction and significance of the day ,Life journey and information about Sardar Vallabhbhai Patel, pledge , declaration of winners of save girl child--these were the activities performed.

Co ordinator:- Vaishnavi Agrawal.



Activity no 11

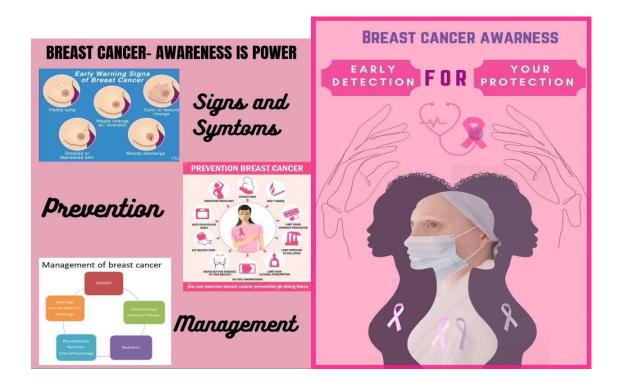
World Cancer Awareness Day

Date:- 10th November 2021

Mode of project :- Online

Activity performed:- NSS volunteers were asked to make posters regarding cancerand it's prevention which was then collected. After collection it was put on social media platform for everyone to understandcancer and it's symptoms with mode of preventing it.

Coordinator: - Shivani Bandhu



Swachhata Abhiyaan

Date:- 10th November 2021

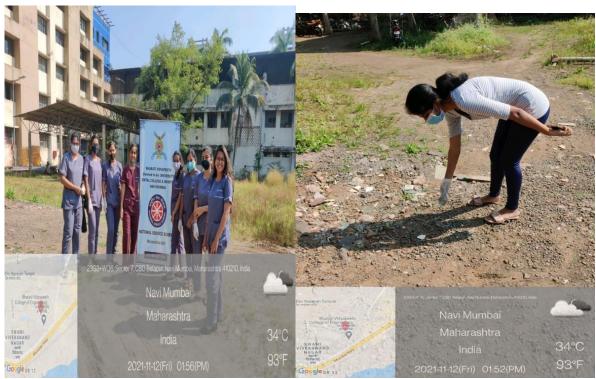
Mode of event:- Offline

NSS Volunteers showed great enthusiasm and support in Swacchata Abhiyaan conducted.

Activity performed:- Message was circulated regarding Swacchata abhiyaan on 9th of November 2021

It was conducted with a positive attitude of the NSS Volunteers that showed a great value towards cleaning of environment.

Volunteers collected all the garbage that included plastic waste products, dead leaves on ground, empty water cans etc. All these items were collected and disposed off.





ACTIVITY-13

Human Rights Day Celebration

Date:13th December'21

Time:9-11am

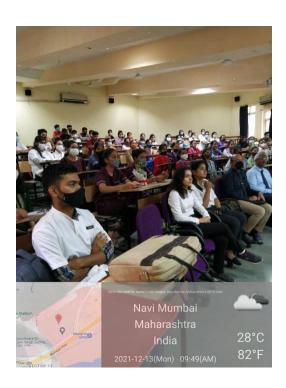
Venue: Bharati Vidyapeeth Dental College, Navi Mumbai

Speaker: Adv. Lalit Jain

A speaker session was organized to create awareness regarding the human rights. Speaker for the day Adv. Lalit Jain was felicitated by our Beloved Dean sir, Dr. V Shrinivasan, followed by the informative session of Adv. Lalit Jain. The session ended by the question and answer session, where our speaker answered the audiences questions.







Girl child day

Aim: Awareness regarding Girl Child current Scenario in India.

• Event date: 24th January-25 January'22

• Mode: **Online**

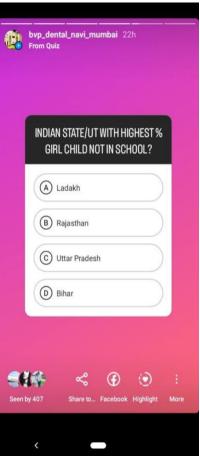
• Venue: Instagram [bvp_dental_navi_mumbai]

Celebration for the occasion of National Girl Child Day was organised by the NSS Committee of Bharati Vidyapeeth Dental College, Navi Mumbai on 24th -25th january'22 in an online mode of event.

On 24th Jan'22 quiz relevant to same topic was planned and put up on the mentioned Instagram account of the college. Viewers were allowed to choose between the given choices.

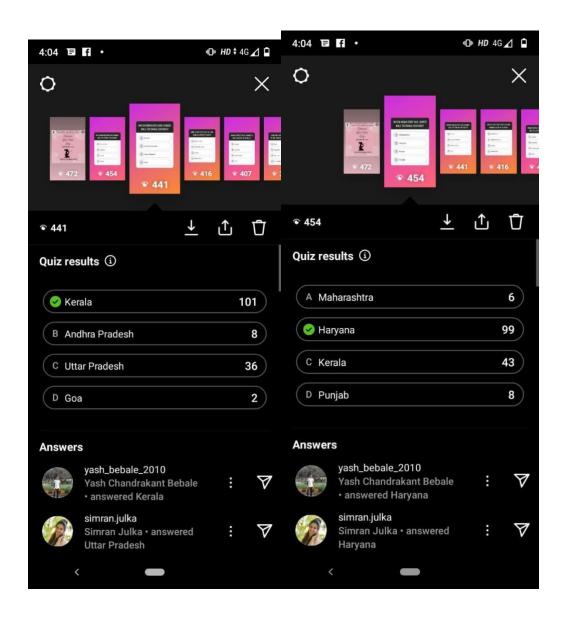
On 25th Jan'22 details of the answers along with the references were put up on the mentioned Instagram page.

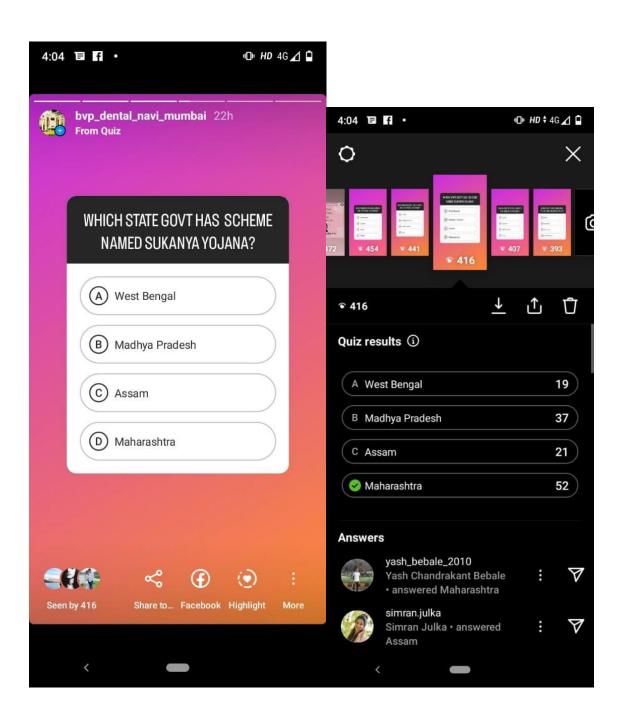


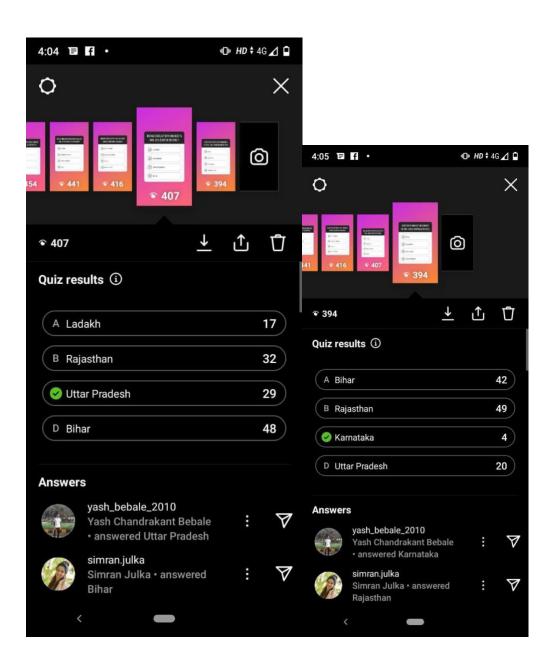


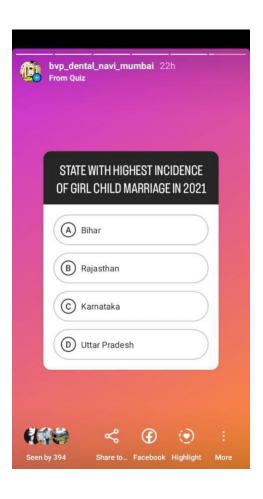








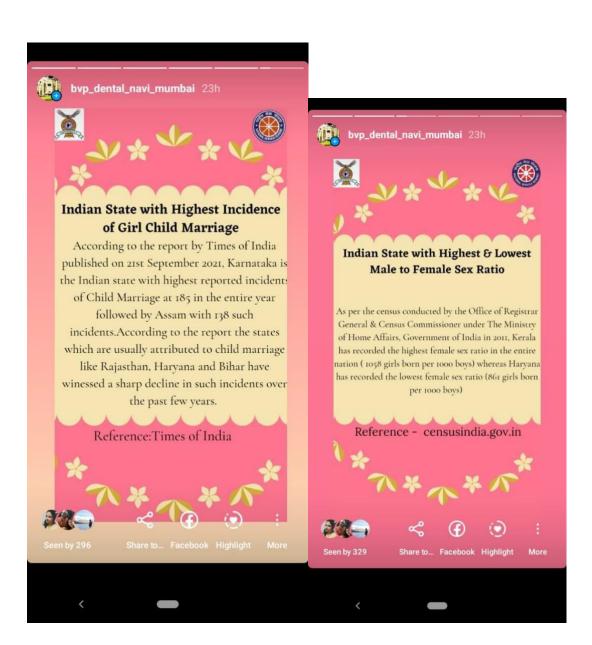


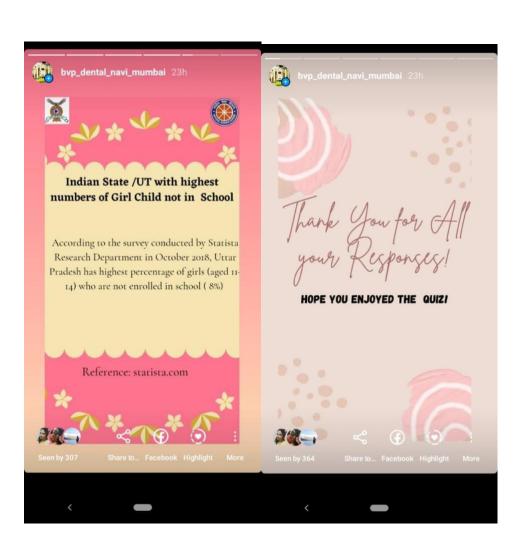


Day 2









SHIVAJI JAYANTI

Date:21st Febuary'22

Aim: Celebration of Shivaji Jayanti to remember and praise his courage, warfare tactics and administrative skills.

Venue: Bharati Vidyapeeth(Deemed to be University) Dental College & Hospital, Navi Mumbai

Celebration of Shivaji Jayanti was organized by NSS committee of Bharati Vidyapeeth Dental College with an aim to make our audience aware about Chhatrapati Shivaji Maharajas life ,his work, administration etc. and learn from our Great Hero.

The event began with Lightning of the lamp and offering Flowers to Shivaji Maharaj's portrait. It was followed by a short address by our respected Dean sir to the audience. The speaker for the Event was Yash Bebale (Final year UG student) a NSS volunteer. One of our support staff Bharat Male also shared with us stories from Shivaji Maharaj's life.

Special Mentions

1) Navoneel Bhattacharya (final year UG student) painted the portrait of Chhatrapati Shivaji Maharaj

2) Rudra Narverkar (intern) made the Rangoli

Attendees

NSS Members:18

Non-NSS members:27

Faculties:21













ACTIVITY 16 SPECIAL WINTER CAMP 2021 NATIONAL SERCIVE SCHEME

SPECIAL WINTER CAMP

DAY 1: Inauguration And Sapling Plantation

We all belong to the society, and it's important that we take out time from our busy schedule to give back to society that has helped us become whatever we are today. Nature has always nourished us, from the greenery around, to wind above, the ray of hope which the sun gives to twinkling stars of night. Nature is always there with us; Hence, it's our duty to protect it and preserve it for the future to come.

Home is the best place to start with good activities; hence we inaugurated our Special Winter Camp with saplings plantation.

Date: 14th March'22

Venue: Bharati Vidyapeeth Educational Campus

Time: 10am - 11am

No. of trees Planted: 12

NSS volunteers: 9 (Female-4, Male-5)

NSS Staff: 6







Day 2: Cleanliness Drive

It is rightly said that, 'Cleanliness is Next to Godliness'. Adopting cleanliness in our home and surroundings, we will contribute to building a healthier nation. A smile is contagious so is cleanliness.

Cleanliness drive was conducted at Owegaon Camp

Date:15th march'22

Time: 10am - 11am

Venue:Owegaon

Amount of waste collected:15-16Kgs(approx.)

NSS Volunters:10 (Female- 5, Male- 5)

NSS Staff- 5

Total no. Of participants- 14

Benificeries:400-500



Day 3: Yoga and Meditation

In the hustle and bustle of daily life, we tend to forget to take care of body and mind. While it is important to manage academia and work, taking a break is equally important, and what better way to destress our body and mind than yoga and meditation!

The event began with a small prayer assembly followed by lightning of the lamp. All the attendees performed Yoga & meditation. Instructor gave the attendees a brief idea and significance of various asnas and also helped them to perform it.

Date -16th March'22

Time – 10-11 am

Venue - Bharati Vidyapeeth college of engineering

NSS volunteers - 14 (Female- 8, male- 6)

NSS Staff- 2

Total no. Of participants - 50



Day 4: Women self defence and sanitary Distribution

Self- defense training helps not only oneself but others too. This training not only boosts ones physically ability but also enhances confidence and self esteem. All the attendees were trained self defense & made to perform by the self defense instructors. Each & every member was being monitored by the trainers and trained them.

Date – 17th March'22

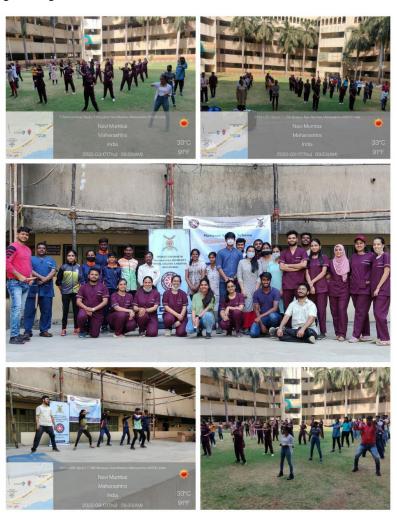
Time - 9am - 11am

Venue - Bharati Vidyapeeth college of engineering

NSS volunteers - 12 (Female- 5, Male- 7)

NSS Staff: 5

Total number of participants - 55



Women's health is an example of population health. Since women represent the cornerstone of a family's overall health, ensuring they have access to quality care also can lead to improved health for children and families.

A sanitary napkin distribution drive was carried out at Owegaon Village.

Date – 17th march'22

Time - 12:30pm- 1:30pm

Venue -Owegaon Village

No. of sanitary napkins distributed - 70

NSS volunteers - 5

NSS Staff- 2



Day 5: Medical & Dental Camp At Owegaon Village

Free medical and dental camp was conducted at Owegaon Village.Patients were given medicines for free.Proper brushing techniques were taught to beneficiaries and toothpaste and toothbrushes were distributed for free among the same.

Date:21st 'March'22

Time:9am-1pm

Venue: Owegaon Village

NSS Volunteers: 9 (Female- 5, Male-4)

NSS Staff: 6

Total number of participants: 20

No. Of patients- 35



Day 6: Medical and Dental Camp At Primary School

A free health and dental check up was carried out at a Primary school in Owegaon Village for the children of the school. Patients were given medicines for free. Proper brushing techniques were taught to beneficiaries and toothpaste and toothbrushes were distributed for free among the same.

Date:22nd 'March'22

Time:9am-1pm

Venue: Owegaon Village

NSS Students: 5 (Female- 3, Male-2)

No. of Participants: 25

NSS Staff: 6

No. Of patients: 120



ACTIVITY 17 AMBETKAR JAYANTI NATIONAL SERVICE SCHEME

Dr. B R Ambedkar Jayanti

Date: 14th April, 2022

Aim: Celebration of Dr. B R Ambedkar Jayanti and brief session about Constitution of India by Adv. Dinesh Tayde

Venue: Zoom

The NSS committee of Bharati Vidyapeeth Dental College organized a session on Constitution of India by Adv. Dinesh Tayade on the occasion of Dr. B R Ambedkar Jayanti, the birth anniversary of the principle architect of the Constitution, with an aim to enlighten the audience about our esteemed constitution and its parts, functions, duties, rights and structure of the government

The event began at 10am with a brief introduction about Dr. Ambedkar and Constitution of India by Sahar Mulla (Final year UG Student). The stand was then handed over to the speaker Adv Dinesh Tayde for the further proceedings.

Vote of thanks was delivered by Yash Bebale (Final Year UG Student)

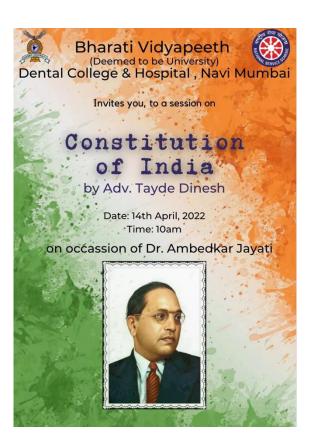
Attendees

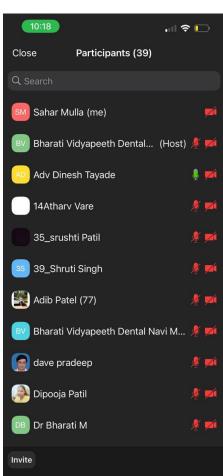
NSS Volunteers: 17

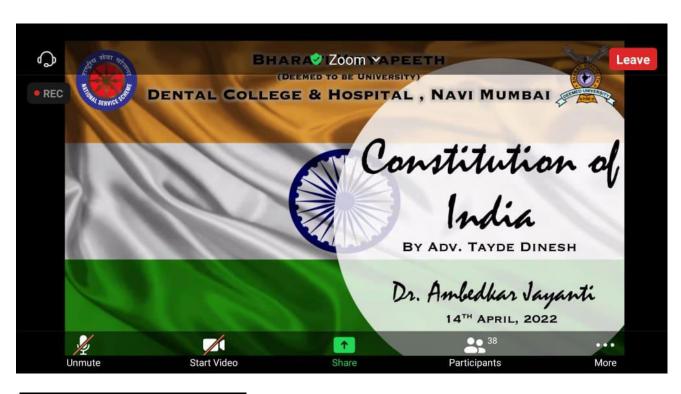
Staff: 8

Non NSS Participants: 10

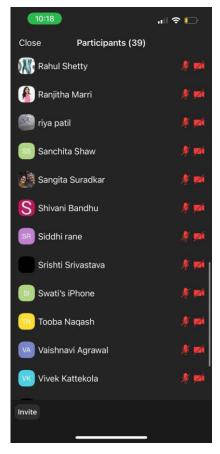
Speaker: 1

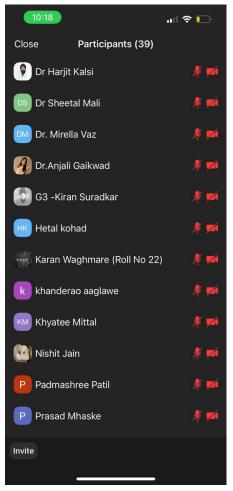












ACTIVITY 18 MINI CYCLOTHON

Date:4th June'22

Time: 9:30am-12 noon

Venue: Bharti Vidyapeeth Dental College and Hospital to Bharati Vidyapeeth, Belapur campus.

Staff:7

NSS Volunteers:22

World Bicycle day is observed on 3rd June every year to highlights the "uniqueness, longevity and versatility of the bicycle". The NSS Unit of Bharati Vidyapeeth Dental College ,Navi Mumbai had organised a mini Cylclothon to spread awareness about bicycling. The mini Cyclothon was conducted from Bharti Vidyapeeth Dental College and Hospital to Bharati Vidyapeeth ,Belapur campus under all road safety measures.









ACTIVITY 19 MAJHI VASUNDHRA ABHIYAN

Cleanliness drive at Central Park, Kharghar

Date- 9th June, 2022

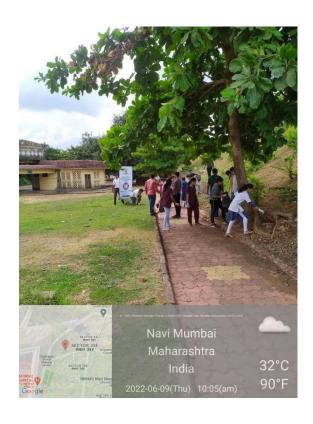
Venue- Central Park, Kharghar

On account of *Majhi Vasundhara* Campaign and *Azadi ka Amrut Mahotsav* Campaign, a cleanliness drive, was organized by the NSS committee at Central Park, Kharghar on 9th June, 2022.

Activities Performed- NSS volunteers participated in the cleanliness drive and gathered the surrounding waste and plastic items, such as used empty water bottles in garbage bags.

No. of NSS Student Volunteers- 18 No. of NSS Staff Volunteers- 7

















Cleanliness drive at Kharghar Station, Kharghar

Date- 10th June, 2022

Venue- Kharghar Railway Station, Kharghar

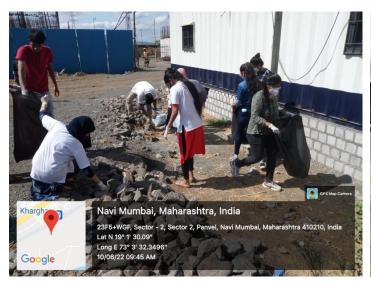
On account of *Majhi Vasundhara* Campaign and *Azadi ka Amrut Mahotsav* Campaign, a cleanliness drive, was organized by the NSS committee at Kharghar Railway Station, Kharghar on 10th June, 2022.

Activities Performed- NSS volunteers participated in the cleanliness drive and gathered the surrounding waste and plastic items, such as used empty water bottles in garbage bags.

No. of NSS Student Volunteers- 14 No. of NSS Staff Volunteers- 4

















Cleanliness drive and Trek at Karnala Fort and Bird Sanctuary

Date- 13th June, 2022

Venue- Karnala Bird Sanctuary and Karnala Fort

On account of *Majhi Vasundhara* Campaign and *Azadi ka Amrut Mahotsav* Campaign, a cleanliness drive, accompanied by a trek, was organized by the NSS committee at the Karnala Fort and Karnala Bird Sanctuary, Karnala on 13th June, 2022.

Activities Performed- NSS volunteers participated in the trek to the Karnala fort and gathered the surrounding waste and plastic items, such as used empty water bottles in garbage bags.

No. of NSS Student Volunteers- 16 No. of NSS Staff Volunteers- 5











Yoga Session by Shree Ambika Yog Kutir

Date- 21st June, 2022

Venue- Bharati Vidyapeeth Dental College Library

On occasion of *International Yoga Day*, yoga sessions were conducted by Yog Gurus from Shree Ambika Yog Kutir in the Bharati Vidyapeeth Dental College Library

Activities Performed- NSS volunteers participated in the two sessions of 45 mins each were conducted by 5 Yog Gurus form *Shree Ambika Yog Kutir* in the Bharati Vidyapeeth Dental College Library.

First session was conducted for the staff NSS volunteers while the second was conducted for the student volunteers.

No. of Participants: 50













RT

