

**FR. CONCEICAO RODRIGUES INSTITUTE OF  
TECHNOLOGY, VASHI**

**NATIONAL SERVICE  
SCHEME**

**SPECIAL CAMP 2019-2020**

**REPORT**

**(AMBELE BK., SHIVALE, MURBAD, THANE.)**

**JANUARY 4<sup>TH</sup> TO 10<sup>TH</sup>, 2020.**



NSS Program Officer  
FCRIT

# INDEX

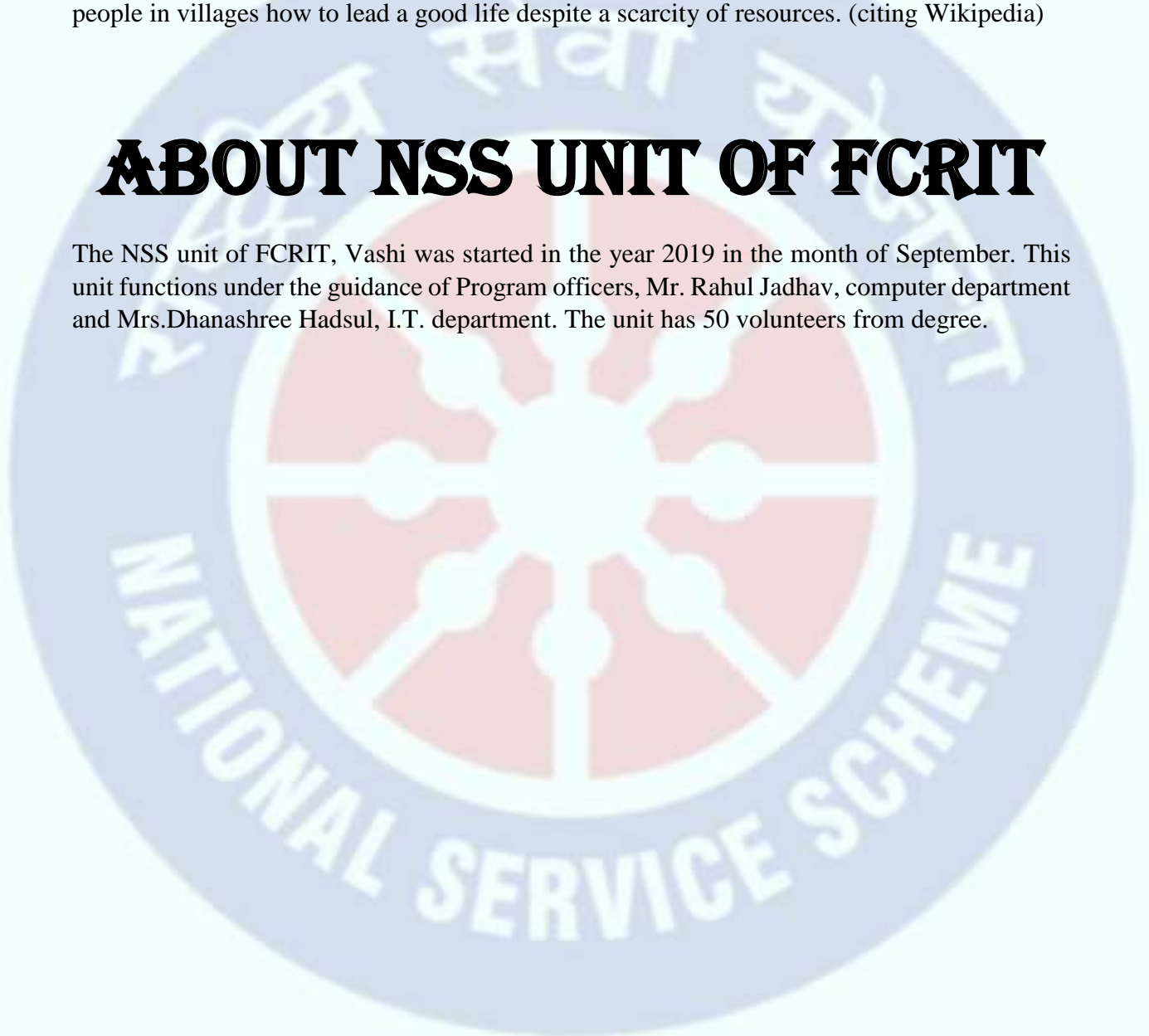
1. About NSS
2. About NSS Unit of FCRIIT
3. List of Volunteers, Guests and Teachers
4. Activities-
  - Day 1. 4/1
    - Mashall Rally
    - Introduction and Group Assigning
  - Day 2. 5/1
    - Morning Exercise
    - Disaster Management
    - Inauguration Ceremony
  - Day 3. 6/1
    - Morning Exercise
    - Survey
    - Trek
    - Bhajan
    - Camp Fire
  - Day 4. 7/1
    - Morning Exercise
    - Paripath at School
    - Teaching at School
    - Women Empowerment Seminar
    - Seminar
  - Day 5. 8/1
    - Morning Exercise
    - Repairing a Bandhara and Canal Cleaning
    - Teaching at School
    - Science Experiments Seminar
    - Survey
  - Day 6. 9/1
    - Morning Exercise
    - Teaching at School
    - Building a Bandhara
    - Survey
    - Camp Fire
  - Day 7. 10/1
    - Drawing Competition
    - Valedictory Function
  - Featured Photos

# **ABOUT NSS**

The National Service Scheme (NSS) is an Indian Government- sponsored public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. The programme aims to instil the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. (citing Wikipedia)

## **ABOUT NSS UNIT OF FCRIT**

The NSS unit of FCRIT, Vashi was started in the year 2019 in the month of September. This unit functions under the guidance of Program officers, Mr. Rahul Jadhav, computer department and Mrs.Dhanashree Hadsul, I.T. department. The unit has 50 volunteers from degree.



# LIST OF VOLUNTEERS, GUESTS AND TEACHERS

SR. NO	NAME OF THE PARTICIPANTS	VOLUNTEER ENROLMENT CODE (V.E.C. NO)
1	B S Saisree	MH09SD5119001
2	Shreya Chavan	MH09SD5119002
3	Afrin Dange	MH09SD5119003
4	Ishika Gupta	MH09SD5119004
5	Gauri Sanjay Patil	MH09SD5119006
6	Priyanka Sankannawar	MH09SD5119009
7	Yukta Pramod Thakur	MH09SD5119010
8	Sahaya Cyril	MH09SD5119019
9	Pratik Brian Trevor Pinto	MH09SD5119029
10	Neha Nerurkar	MH09SD5119031
11	Pranav Deepak	MH09SD5119034
12	Shalmali Kulkarni	MH09SD5119040
13	Khushi Singh	MH09SD5119042
14	Sasha David	MH09SD5119043
15	Derek Domnic Issac	MH09SD5119044
16	Sumedha Mukherjee	MH09SD5119046
17	Shrunjala Mul	MH09SD5119047
18	Angela Philip	MH09SD5119049
19	Vinish Marito	MH09SD5119050

SR. NO	TEACHERS	DEPARTMENT
1	Mr. Rahul Jadhav	COMPUTER
2	Mrs. Dhanashree Hadsul	I.T.
3	Mr. Nilesh Varkute	MECHANICAL

SR. NO	GUESTS	ABOUT
1	Mr. Mohammad Faizan Tehsin	Founder, president - Social Architect Foundation
2	Mr. Manoj Gaikwad	Project Associate – Youth for Unity for Voluntary Action
3	Mr. Vaibhav Jadhav	Program Officer – NSS unit of Terna Engineering College
4	Dr. Bharti Bote	Medical Officer, PHC Shivale, Murbad
5	Mr. Pandurang Bhoir	
6	Mr. Warghade	



# DAY I: MASHALL RALLY

The rolling of trolley bags had made the villagers aware of a foreign presence at their place. To make the arrival of NSS unit of FCRIT official, a Mashall Rally was carried out. Starting from the school, volunteers walked around the village for about half an hour. In the faint moonlight, with the Mashall leading the way, different slogans were chanted together. The catchy slogans made by Mr. Vaibhav Jadhav and Mr. Manoj Gaikwad helped get villagers out of their houses.

Some of the catchy slogans were:

- ✚ चला चला रे चला चला.
- अरे कुठे?
- आंबळे गावामध्ये.
- अरे कशासाठी?
- श्रमसंस्कार शिबिरासाठी.
- ✚ या रे या, सारे या, आंबळे गाववाले सारे या.



- ✚ आंबळे गावचे काका-काकू, जागराला या या.
- जागर मांडला आम्ही, जागराला या या.
- ✚ स्वच्छ आंबळे, सुंदर आंबळे.

Within minutes, children had joined and enthusiasm had doubled. Many volunteers didn't know Marathi that well, but they caught up soon.

# DAY I: INTRODUCTION AND GROUP ASSIGNING

This activity was brought up by Mr. Faizan. When in the bus, Mr. Faizan had pointed out about the importance of teambuilding and comfort zone around the people one works with. In order for everyone to know each other, an introduction chain was started where the first person would take their name, second person would introduce themselves and then call out the name of the first person and the third person would introduce themselves and then call out the name of the first and second person. So on and so forth. A briefing about the activities and camp schedule was followed by that. After dinner, all volunteers assembled at the school ground. They were segregated in three groups. An exciting task was awaiting all. With almost all strangers, introduced hours before, they had to name their groups and make a slogan for it.

Group 1: Phoenix – We rise from the ashes before the sun clashes.



Group 2: Eagle – Soaring high is my



nature.



Group 3: Ghaar – गंदगी वर करूया वार ,आहोत आम्ही ऍग्रेलचे घर.

# DAY II: MORNING

## EXERCISES

In previous day's session Mr. Faizan had pointed out it will be fun waking up early in the morning and going for jogging. As per the guest's requested timing, volunteers assembled at the school ground by 5:30. They were told about the general rules of the camp – if a volunteer is late, they would be punished. For punishment, volunteers had to do duck walk.

For many volunteers this was an enthralling experience. Many had lost touch with nature and had not been exercising since years. As a result, the very first activity of jogging up the hill and down the hill on village road was a noteworthy task for them. During the jogging, everyone connected with the rhythm of the nature. Marvelling at the density of fog, not smog, experiencing the dawn hours where the moon disperses and the sun rises from the east horizon and the sound of crickets and not horns, they enjoyed it all.

Following the jogging, was a calm and relaxing yoga session conducted by program officer, Mrs.

Dhanashree Hadsul. The yoga

session put light upon various exercises to improve respiratory functions and flexibility. It was followed by a brief Aerobics exercise too.

Mr. Faizan, Mr. Manoj and Mr. Vaibhav had planned certain team building games for morning exercise schedule. As new games were played that many had never played before, there were volunteers explaining them and volunteers







listening. Everyone was willing to interact for their team to win, cheering the people they had known hours before. By the end of the morning exercise schedule, volunteers had opened themselves up. There were jokes about the game and there was definitely team building happening.

## **DAY II: DISASTER MANAGEMENT SEMINAR**

By the efforts put forth by Mr. Faizan and Mr. Manoj a disaster management seminar had been carried out. The seminar had started with general knowledge on what to do when there is a medical emergency. Mr. Faizan told about EMS (Emergency Medical Services) which include fire brigade, ambulance and police. For an Ambulance with services call 108, to take the patient to the hospital without treatment at the accident spot call 102. The procedure of calling was explained further with details about certain medical terms.

Further into the seminar, the process of CPR was taught. All volunteers practised it individually. A demo was given by the guests and eventually two volunteers were encouraged to come forward and perform it.



Next part was mobility. Different types of lifts and how to select the ideal lift based on the incident, distance and the victim was discussed. For single rescuer,



fireman lift, army lift and pick up front and pickup back lifts were demonstrated. For two rescuers, three hand and four hand lift were demonstrated. Making Stretcher out of a blanket, blanket and two poles/bamboos was demonstrated. Volunteers were encouraged to come forward and try it out Bandaging in case of fractures, eye injury and head

injury was discussed and shown. First aid for snake bite and nose bleeding. General Information regarding Epilepsy (Myths!).

## DAY II: INAUGURATION CEREMONY

After the indirect interaction through Mashall rally with the villagers, volunteers got a chance to interact directly with them by giving out invitations for the inauguration ceremony. As discovered previously, the children of Ambele had unrealistic enthusiasm in them. Before the adults had arrived for the ceremony children had conquered the front and were sitting politely. One of our volunteers introduced NSS to them.



Soon, the crowd came and our ceremony began. General Information regarding



NSS and UBA (Unnat Bharat Abhiyan) was shared. Chief Guests – Subhash Dada Pawar, Geeta Tai Pawar (Current Sarpanch of Ambele) and other significant people of the village were welcomed with a bouquet of flowers. Mr. Rahul Jadhav talked further about NSS and youth involvement in the progress of our nation. He encouraged the youth of Ambele to come forward through such opportunities too. Plans on working in the women empowerment, cleanliness, superstitions, water conservation and education sector were discussed. Mr. Nilesh Varkute discussed about the survey conducted under UBA (Unnat Bharat Abhiyan) which would help in identifying the

village problems. Mr. Shivaji Yashwantrao welcomed and thanked the NSS unit and promised full cooperation from the villager's side. Tungal Sir, in his speech, had emphasised on the earnings made by their farmers. Subhash Dada Pawar encouraged the youth to participate in such activities.



Mrs. Dhanashree Hadsul concluded the ceremony by thanking everybody present.

# **DAY III: MORNING EXERCISE**



P.T. exercises were conducted by a volunteer. As it was a school day, morning exercises were done outside the campus. Jogging was done on the village roads and a pause was taken near the fields with empty ground for playing kho-kho. The view was appreciated. There was a dense fog and the distant trees had almost homogenously mixed themselves with the sky as if the fog was its invisibility cloak. Volunteers were told to listen to bird voices. The most number of distinct bird sounds heard were 12. The jogging was continued on the way back followed by a relaxing yoga session by Mrs. Dhanashree Hadsul.

# **DAY III: SURVEY**

One of the activities that extroverts were looking forward to and the non-marathi speaking crowd had been dreading about. Under Unnat Bharat Abhiyan, with the help of our professor Mr. Nilesh Varkute, village survey was being carried out.



From the Sarpanch of the village the number of houses and ward no. were found out. The three groups had been divided into three wards. During breakfast a brief discussion regarding the terms in the form and the way it is supposed to be asked for was discussed.

The groups further separated in groups of two or three. Each went house to house to fill out a hard and soft copy of the survey form. By the completion of the survey, problems regarding waste water disposal and road construction were found in many forms.



## DAY III: TREK

Around 3.00 PM on Monday, volunteers were informed that a short trek to a nearby dam approximately 2.5 Kms away was planned for the evening. The news of the trek did bring excitement to everyone's face.

Volunteers were asked to assemble at 4.00 PM on the school ground where instructions and responsibilities were given to all of them and at about 4.30 PM the trek was started. It was witnessed during the trek what the village had in store for a nature lover. With picturesque landscapes and farms, it was definitely a visual treat for everyone. On the way, there was a man-made lake built for the villagers. The lake was formed by excavating a tiny hill formed of volcanic rocks. The rocks after excavation are also useful



resources. They are used for laying railway tracks and provide damping effect for a comfortable train ride. During the monsoons, the lake is filled with rain water and becomes an important source of water for village dwellers for the drier seasons. Then the trek continued on a steep inclined path to reach the other side of the hill where the dam was situated. On the way, there was astonishingly beautiful flora around. Many volunteers being shutterbugs halted to click photographs and group



selfies. Eventually there came a time when we had to divert from the main road and head towards a trail. This was when the real trek began. After guiding everyone through some steep inclines and hurdles, the amazing view of the dam was seen. The local guide then explained us how the dam gates were opened and closed manually. The dam water is mainly used by the villagers for irrigation. Around

this time, it started getting dark and the route was reverse. On the way back, volunteers were instructed to walk on the left side of the road and call out whenever a vehicle was approaching for their safety. Everyone sang songs in unison on the way for fun. Words can't express the amazing feeling of walking through a dark moonlit road with the entire team singing songs in a such a pleasant weather. A short break on the way was taken for everyone to catch up. They were greeted by an unexpected guest – a dog. The dog was unusually friendly and attractive. After spending some time with the furry friend, everyone continued heading back to the village. On reaching the village at around eight, an invitation was received to attend a bhajan session which was being carried out in the Sarpanch's house.

# DAY III: BHAJAN

Olden times and saints were celebrated through the bhajans and keertans that were carried out at the Sarpanch's house. There was a sitar, tablas and zanz with men singing all the octaves pitch perfect. Haripath, Tukaram and Dhyaneswar's keertans were sung. All the keertankar's were dressed white and were sitting in a



closed formation. Behind them were the devotees, sitting and enjoying the energetic tunes. Their piety to the saints had reflected through the dedication each keertankar had given in singing. Their celebration was concluded with Vitthal Bhajan and aarti, Vadyapujan, etc.

# DAY III: CAMP FIRE

Volunteers were requested to set up the fire and make rest of the arrangements too. The short camp fire was organised to set a platform for sharing volunteer's experience so far and to provide a refreshing and relaxing evening to all after the intensive trek.

# DAY IV: MORNING

## EXERCISE

Due to the physically draining trek of yesterday, jogging was cancelled and only PT session and a yoga session were conducted.



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# DAY IV: PARIPATH AT SCHOOL

Ambele's school had welcomed NSS volunteers to attend an assembly they conduct in school every day. The principal of the school talked about the current condition of the school and the hectic tasks teachers have to carry out in order to teach all seven standards.

After the principal's speech the assembly was carried out by the students. In the only hall of the school they had speaker and mic set up. On the small stage, students conducting the assembly followed by the principal sitting on one side.



National anthem was sung, followed by the pledge in Marathi and English. God was called out with some prayers. News, thought for the day shared through a short story and significance of the day were told. Followed some prayers and Samuhgeet. Students passion for learning and education was reflected well through the assembly. They had made a second family in school. Some of their

students were very talented and had participated at district level in various competitions. Two of our volunteers shared their thoughts on the assembly and Mr. Rahul Jadhav gave career guidance to the students too.



# DAY IV: TEACHING AT SCHOOL

Some of the volunteers were assigned the teaching task whereas others were sent to do the surveys.



The volunteers had made groups of two or three for each classroom and had started teaching by interacting with the children. They



were taught to have basic conversation in English. Poems were read, recited and explained.

It was a different experience for the volunteers as well as the students, but they all connected well through their passion for learning. The volunteers learned the patience to make the other understand.



# DAY IV: WOMEN

## EMPOWERMENT SEMINAR



Dr. Bharti Bote from Shivale was the lecturer on “Women Empowerment through Health” seminar conducted in the school hall. NSS volunteers had given invitation to all women going house to house. An anchor from one of the school teachers was arranged. Through her good communication skills, she heartily welcomed Dr. Bote

to Ambele and gave inputs in a comical way to entertain as well as convince the crowd of doctor’s sayings.

The doctor had begun the seminar with a QnA session. The very first question she asked was “Who eats first in the house” and the ladies answered, “The men of the house”. The doctor pointed out how women ignore their needs by letting others eat and then have what remains of the food they had cooked. Through a WHO survey, it was found that most Indian women suffer from Anaemia (around 90%). She advised all women to eat when everyone is and advertised about the iron pills which are offered for free at government hospitals to anaemic women (Under Anaemia Mukh Bharat).

Doctor told two stories from Karnataka about girl child birth and superstitions involved around it. She requested all women to teach their sons about gender equality. “A girlchild supports two families”, she added.

Likewise, through sharing her experiences she informed about the necessity of using sanitary napkins for menstruation than using ragged clothes. She highlighted the health hazards involved around it – PID, cervical cancer and its effect on pregnancies.

Doctor further discussed about birth control methods – injections and tying of fallopian tubes. She emphasised about menopause and vasectomy that 96% of the women operate for birth

control whereas only 4% of men operate in India. One of the ladies replied that they don't want their men to fall sick. Through the encouragement of the anchor and doctor the seminar had become an interactive session by the end. Further light was put on children's health and programmes regarding polio, mission Indradhanusha (for babies) and discussed about other diseases. The seminar was indeed ended with a QnA.



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# DAY V: MORNING EXERCISE

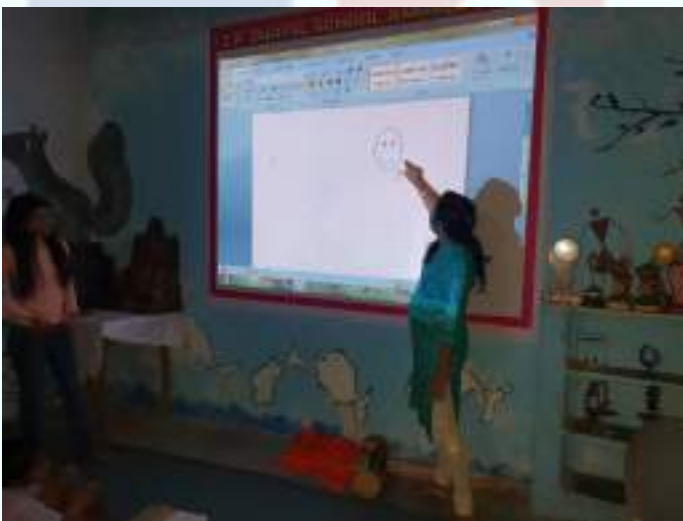
There were a few volunteers who reported late and were given the punishment to duck walk from the gate of the school ground to the assembling venue. After everyone had assembled the team leaders were asked to check and report whether each member of their team was present. The day was started with some stretching exercises led by a volunteer. After some warm up exercises, volunteers were instructed to jog and follow sir.

Around this time of the day, the sky turned bluer and developed an orangish hue. The sun had started to rise. Everyone witnessed the sunrise probably after ages since hardly anyone goes out at those hours. It was the first day to clearly see the sunrise after all the foggy mornings. Mr. Nilesh Varkute had made arrangements for a game of cricket. On the way, he picked up a cricket bat and ball and revealed that we would be playing cricket. After jogging for some more time, the same ground where kho-kho was played, was set up with a proper cricket pitch. Teams were formed randomly by some permutation combination logic with equal number of boys and girls on each team. Boundaries were marked and the style of play was chosen to be 'underarm bowling'. Captains were chosen from each team

and were called for a toss. The game finally began. Both the teams played with crazy enthusiasm and team spirit. The first game concluded and the winning team had the leverage of choosing whether to bat or bowl the next game. In the second game, teachers too joined. Each team involved themselves in the madness. Even the second game was won by the same team. The entire experience was amazing and was a fabulous way of kickstarting the day.



# DAY V: TEACHING AT SCHOOL



The session two of teaching was continued with addition to some technological introduction.

# DAY V: REPAIRING A BANDHARA

The route to the canal was from the farms. Agricultural produce of Ambele had rice, cucumber and okra in abundance. At the canal, sacks were already laid out to retain water, but they were out of position and leaking water.

Volunteers collected soil with a shovel and the sacks which were rid of soil were refilled and the top layers that had leakage were reassembled again. A layer of sack with two sacks interlocking each other in one column and many such sacks laid together made a row. Above the sack layer, soil layer was put. And places where vacant space remained was filled with rocks.

Meanwhile, some volunteers cleaned the edges of the river and cleared the litter floating on the river.



# DAY V: SCIENCE

## EXPERIMENTS SEMINAR

A seminar was conducted by Mr. Pandurang Bhoir and Warghade sir on “Building science projects using waste materials”. In this seminar a lot of physics was taught to the students.





# DAY V: Survey

All volunteers were assigned survey at Ambele.



# DAY VI: MORNING EXERCISE



Stretching exercises were conducted by a volunteer and cricket was played with jogging prior to it.

# DAY VI: TEACHING AT SCHOOL

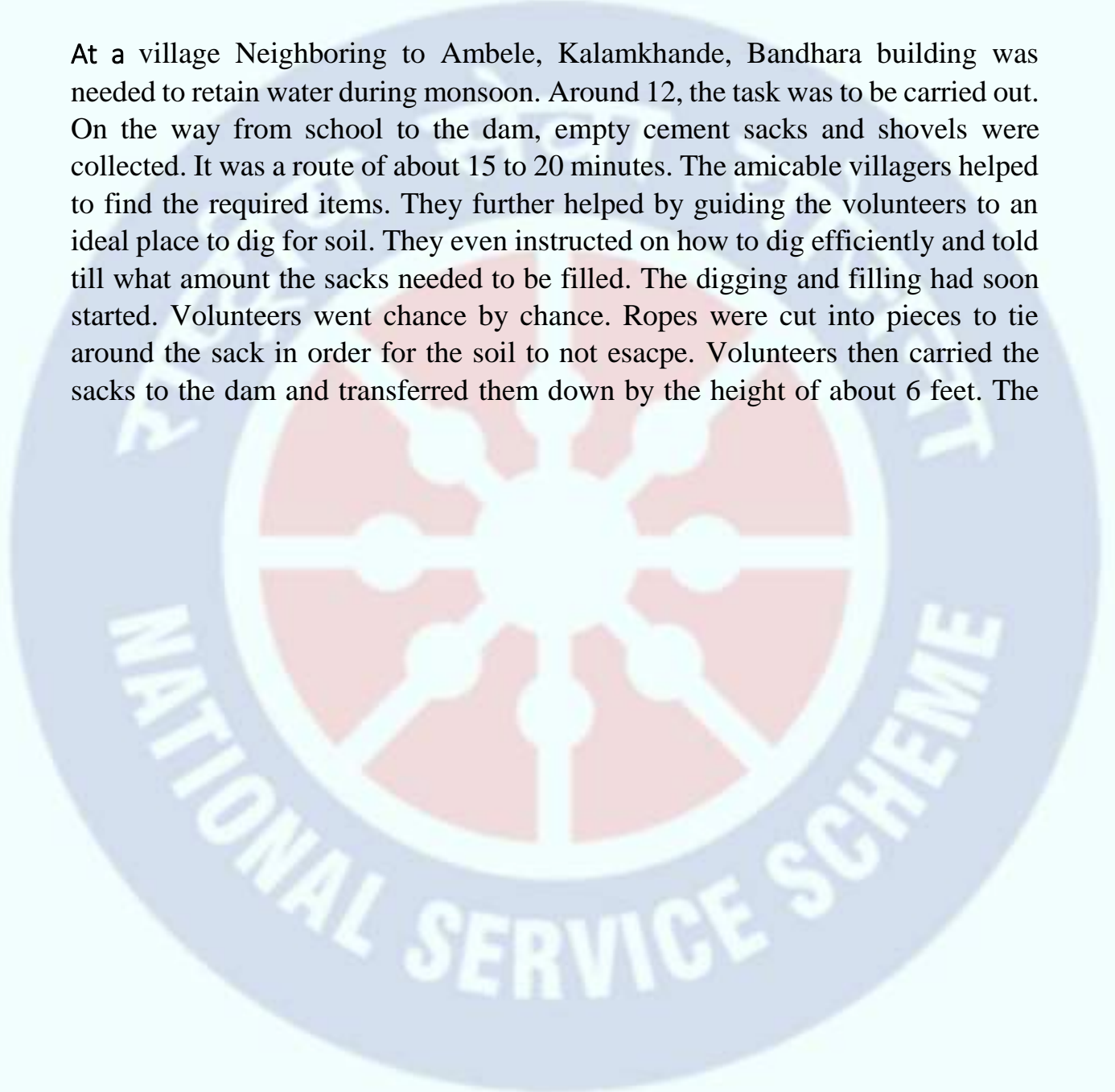
Kalamkhande was visited for a survey. The very first activity there was to interact with the school children.

Some enthusiastic volunteers went to their classroom (children from 1<sup>st</sup> to 4<sup>th</sup> standard) and chatted with them. They were taught some poems, their doubts in English lessons were cleared, some hindi poems were recited and basics about computer were taught.



# **DAY VI: BUILDING A BANDHARA**

At a village Neighboring to Ambele, Kalamkhande, Bandhara building was needed to retain water during monsoon. Around 12, the task was to be carried out. On the way from school to the dam, empty cement sacks and shovels were collected. It was a route of about 15 to 20 minutes. The amicable villagers helped to find the required items. They further helped by guiding the volunteers to an ideal place to dig for soil. They even instructed on how to dig efficiently and told till what amount the sacks needed to be filled. The digging and filling had soon started. Volunteers went chance by chance. Ropes were cut into pieces to tie around the sack in order for the soil to not escape. Volunteers then carried the sacks to the dam and transferred them down by the height of about 6 feet. The



dam was long and had three walls and two gates. The sacks were laid only on one wall as it was impossible to route to the other two walls.



# DAY VI: SURVEY

Under UBA, a survey was carried out in Kalamkhande too. Each group was given 20 houses to survey.



# DAY VI: CAMP FIRE

As one of the last activities conducted during the camp, a camp fire was set. Camp fire had been made into an activity for reminiscing the days at Ambele and for enjoying the last night there. The celebration had begun with singing songs and appreciating the beauty of the night. As time proceeded, a discussion on experience had been initiated.



Every volunteer took turns to express themselves. Well, the discussion had been carried out at the right time. Many volunteers claimed it was their first time in a village or leaving apart from their parents. Many had never spoken the amount of Marathi they spoke during the camp. All in all, the camp gave everyone an opportunity to walk out of their comfort zones and appreciate the daunting tasks they did. Camp brought volunteers who were already friends closer and helped introverted volunteers to meet new people. Everyone appreciated theirs' and others' hard work and expressed about the happiness they saw around for what they had toiled for. Some found the friendly, innocuous behaviour of villagers surprising. All had a person to thank for and say sorry to. The camp fire had served a good means for a farewell from Ambele in good terms with the people of Ambele and with other volunteers too.

# DAY VII: DRAWING COMPETITION

A drawing competition was organized at Ambele Zilla Parishad School for students from all standards.



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# DAY VII: VALEDICTORY FUNCTION

Before departing from Ambele, the camp was ended on a sweet note. Just like the very first day in Ambele, every volunteer had assembled on the school ground. Every teacher gave their farewell to the volunteers through words and expressions full of emotions. Following that, the best male and female volunteer were announced, Pratik Pinto and Afrin Dange, and the best group was declared to be every group, as every group had toiled hard. It was teacher's first experience for the NSS camp and they were glad it went out well. With the end of the camp several photos were clicked and volunteers bid adieu to the house girls stayed in, Mr. Nilesh Varkute's relatives and the students and principal of the school.



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# FEATURED PHOTOGRAPHS





