

**Nagpur Shikshan Mandal's  
Smt. Binzani Mahila Mahavidyalaya,  
Mahal, Nagpur.**



**National Service Scheme**

**Session 2024-25**

**Reports of NSS Special Camp Activities**

# **NSS Special Camp Schedule**

**Date: - 19/01/2025 to 25/01/2025**

**Venue: Ganeshpeth, Nagpur.**

## **Day 1 Date (19-01-2025)**

### **Inaugural Function of NSS Camp**

Introductory remarks by Principal, Dr. Ujwal Lanjewar.

### **Theme – Motivation to Youth Generation**

- Inauguration
- Expert Lecture On “The role of Youth in Nation Building”  
Name of Experts Speakers – Dr. Alka Kotamkar, Ex. Prof. in Shriniketan Mahavidyalaya Nagpur.
- Activity - “Physical Exercise”
- Snacks/Lunch
- Physical Games

## **Day 2 (Date: 20-01-2025)**

### **Theme - ‘Yoga, Pranayam & Meditation’ & ‘Sports Nutrition’**

- Expert Lecture On ‘Yoga, Pranayam & Meditation’  
Name of Experts Speakers - Dr. Jivesh Panchbhai,  
International Yoga Expert, Nagpur.
- Snacks/Lunch
- Expert Lecture On ‘Importance of Sports Nutrition’  
Name of Experts Speakers - Dr. Shubhangi Kukekar  
Program Officer NSS SBMM, Nagpur.
- Expert Lecture On ‘Indoor and Outdoor Games’  
Name of Experts Speakers –Ms. Nikita Vaishnoi  
Assistant Professor  
Department of Physical Education,  
R.T.M. Nagpur University, Nagpur.
- Physical Games

**Day 3 (Date: 21-01-2025)****Theme - Nutritional Literacy**

- Expert Lecture On ‘Nutritional Literacy’  
Name of Experts Speakers -Dr. Prabha Chinchkhede  
Associate Prof.,  
Sevadal Mahavidyalaya, Nagpur
- Snacks/Lunch
- Expert Lecture On ‘Food Exchange Program’  
Name of Experts Speakers - Dr. Shubhangi Kukekar  
Program Officer NSS SBMM,  
Nagpur.
- Intellectual Games : Quiz Competition  
Resource Person – Dr. Swati Bhojer  
Assist. Prof. SBMM Nagpur.

**Day 4 (Date: 22-01-2025)****Theme - Uses and Applications of Mobile & Communication Skill**

- Expert Lecture On ‘Advantage and Dis-advantage of Mobile  
Name of Experts Speakers –Ms. Vinit Kour
- Snacks/Lunch
- Group Discussion and Quiz Competition – Mobile Use  
Resource Person – Ms. Vinit Kour
- Story Telling Activity : Communication Skill
- Resource Person – Dr. Archna Gupta  
Associate Professor S.B.M.M. Nagpur
- Physical Games

**Day 5 (Date: 23-01-2025)****Theme- ‘Visit to Old Age Home’ and ‘Prevention of Alcohol and Drug Addiction’**

- Activity -Visit to Panchvati Old Age Home
- Expert Lecture On ‘Information about Family Resource Management’

Name of Experts Speakers –Dr. Shubhangi Kukekar

Program Officer NSS SBMM, Nagpur

- Snacks/Lunch
- Activity : Street Play on ‘Prevention of Alcohol and Drug Addiction’  
Guided by : Dr. Shubhangi Kukekar  
Program Officer NSS SBMM, Nagpur.
- Physical Games.

**Day 6 (Date: 24-01-2025)****Theme- ‘Visit to Shradanand Orphanage’**

- Activity - Visit to Shradanand Orphanage’
- Snacks/Lunch
- Expert Lecture On ‘Information about Energy Management’
- Name of Experts Speakers –Dr. Shubhangi Kukekar  
Program Officer NSS SBMM, Nagpur
- Intellectual Activity

**Day 7 (Date: 25-01-2025)****Theme- ‘Valedictory Function’**

- Activity – Visit to ‘Ramkrishnamath’ and Presented ‘Bharud’ in College Premises on the topic Organ Donation.
- Students Experiences of Seven Days NSS Camp.
- Snacks/Lunch
- Valedictory Function of the Camp
- Vote of Thanks: Dr. Swati Boyer, Assist. Prof. SBMM Nagpur

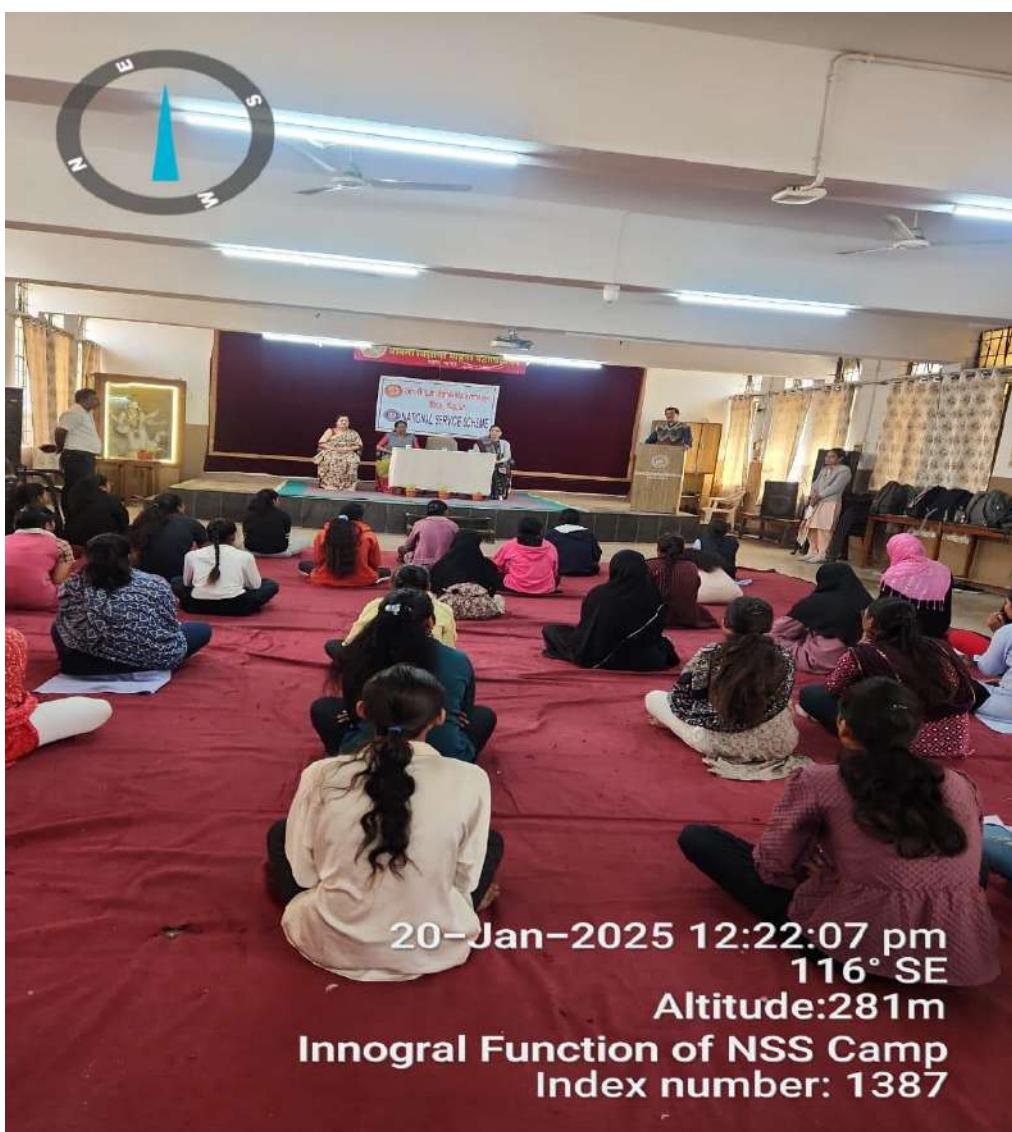
Nagpur Shikshan Mandal's  
**Smt. Binzani Mahila Mahavidyalaya,**  
 Mahal, Nagpur.  
**NSS Special Camp Activities**  
 Academic Session 2024-25  
**Index**

Sr. No.	Name of the Activities	Page no.
1	Day 1- Theme: Motivation to Youth Generation <ul style="list-style-type: none"> <li>• Inauguration</li> <li>• Expert Lecture On “The role of Youth in Nation Building”</li> </ul>	1-2
2	Day 2 -Theme: Yoga, Pranayam, Meditation Sports Nutrition <ul style="list-style-type: none"> <li>• Expert Lecture On “Yoga, Pranayam &amp; Meditation”</li> <li>“Importance of Sports Nutrition”</li> <li>“Information about Indoor and Outdoor Games”</li> </ul>	3-4
3	Day 3- Theme: Nutritional Literacy <ul style="list-style-type: none"> <li>• Expert Lecture On ‘Nutritional Literacy’</li> <li>‘Food Exchange Program’</li> <li>• Quiz Competition</li> </ul>	5
4	Day 4- Theme: Uses and Application of Mobile, Communication Skill. <ul style="list-style-type: none"> <li>• Expert Lecture on ‘Advantage and Dis-advantage of Mobile</li> <li>• Group Discussion and Quiz Competition – Mobile Use</li> <li>• Story Telling Activity</li> </ul>	6
5	Day 5- Theme: Visit to Old Age Home and Preservation of Alcohol Drug Addiction <ul style="list-style-type: none"> <li>• Visit to Old Age Home</li> <li>• Expert Lecture On ‘Information about Family Resource Management’</li> <li>• Street Play on ‘Prevention of Alcohol and Drug Addiction’</li> </ul>	7-8
6	Day 6- Theme: Visit to Shradanand Orphanage <ul style="list-style-type: none"> <li>• Visit to Shradanand Orphanage</li> <li>• Expert Lecture On ‘Information about Energy Management’</li> </ul>	9-10
7	Day 7 - Theme: Valedictory Program <ul style="list-style-type: none"> <li>• Visit to -‘Ramkrishnamath’ &amp; ‘Bharud’</li> </ul>	11-12

## **Inaugural Function of NSS Special Camp Session - 2024-25**

National Service Scheme (NSS) was introduced in 1969 with the primary objective of developing the personality and character of the students through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi.

NSS wing of Smt. Binzani Mahila Mahavidyalaya Mahal Nagpur, Inaugurated NSS Special Camp of 7 days from 19<sup>th</sup> Jan to 25<sup>th</sup> Jan 2025. Venue: Ganeshpeth Nagpur. This Camp was conducted by NSS Program Officer Dr. Shubhangi Kukkar, in the guidance of Hon. Principal, Dr. Ujwal Lanjewar in the presence of Vice- Principal, Dr. Suchita Marathe, Supervisor Ms. Arti Barge and Students. At that time, Principal enlightened introductory remarks of NSS Camp. He also addressed students the Importance of Camp.



## NSS Camp Report

<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	19-01-2025
<b>Day 1</b>	‘Motivation to Youth Generation’
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	To recognise the potential of young people and encourage them to participating in shaping society.
<b>Brief Report</b>	<p>‘Motivation to Youth Generation’ was organised and conducted by NSS wing of the Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur on 19-01-2025. In-charge of the Program was Dr. Shubhangi Kukekar, Program Officer NSS Unit, SBMM, Nagpur. The Program was conducted under the Supervision of the Principal, Dr. Ujwal Lanjewar sir with the help of Teaching and Non-Teaching staff of the college.</p> <p>On this occasion, Dr. Alka Kotamkar, Ex. Prof. in Shriniketan Mahavidyalaya Nagpur was the chief guest who was enlightened to the students on the topic <b>‘The Role of Youth in Nation Building’</b> practically. His spoke about the functions of youth generation in future. Also NSS students had done physical exercise in that day.</p>
<b>Outcome</b>	About 55 students and teachers were participated in the camp under the guidance and presence of program officer Dr. Shubhangi Kukekar. It was a matter of pleasure that the students have taken the responsibility for doing Physical Exercise every day.
<b>Photographs/ News Paper Cutting of the event</b>	

## NSS Camp Report

<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	20-01-2025
<b>Day 2</b>	Theme – 'Yoga, Pranayam, & Meditation', 'Sports Nutrition' and 'Indoor and Outdoor Game'.
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	<p>1. To promote physical, mental, and emotional health, and to achieve a state of balance and well-being.</p> <p>2. To use the correct nutrients and micronutrients in the right proportion to increase strength and vitality for optimum performance.</p> <p>3. To Develop physical fitness, improving team work and enhancing motor skill.</p>
<b>Brief Report</b>	<p>'Yoga, Pranayam, &amp; Meditation' and 'Sports Nutrition' and 'Indoor and Outdoor Game' was organised and conducted by NSS wing of the Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur on 20-01-2025. In-charge of the Camp was Dr. Shubhangi Kukekar, Program Officer, NSS Unit, SBMM, Nagpur. The Camp was conducted under the Supervision of the Principal, Dr. Ujwal Lanjewar sir with the help of Teaching and Non-Teaching staff of the college.</p> <p>On this occasion, Dr. Jivesh Panchbhai, International Yoga Expert was the chief guest who was enlightened to the students on the topic '<b>Yoga, Pranayam, &amp; Meditation</b>' practically. He also focused on the importance and uses of Yoga, Pranayam, &amp; Meditation. Also NSS program Officer Dr. Shubhangi Kukekar was enlightened to the students on 'Importance of Sports Nutrition'. After that Ms. Nikita Vaishnoi, Assistant Professor, Department Physical Education PGTD, RTMNU, Nagpur also addressed about the importance of Indoor and outdoor games.</p>
<b>Outcome</b>	About 55 students and teachers were participated in the camp under the guidance and presence of program officer Dr. Shubhangi Kukekar. It was matter of Pleasure that the students have taken the responsibility for doing Yoga and Pranayama for good health and for maintaining good health, we need balanced diet.
<b>Photographs/ News Paper Cutting of the event</b>	



NSS Camp Report	
<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	21-01-2025
<b>Day 3</b>	Theme – ‘Nutritional Literacy’
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	1. To enable individuals to accurately interpret and understand nutritional information from various sources, including food labels, dietary guidelines, and media reports.
<b>Brief Report</b>	<p>‘Nutritional Literacy’ was organised and conducted by NSS wing of the Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur on 21-01-2025. In-charge of the Camp was Dr. Shubhangi Kukekar, Program Officer, NSS Unit, SBMM, Nagpur. The Camp was conducted under the Supervision of the Principal, Dr. Ujwal Lanjewar sir with the help of Teaching and Non-Teaching staff of the college.</p> <p>On this occasion Dr. Prabha Chinchkhede, Associate Prof., Sevadal Mahavidyalaya, was the chief guest who was enlightened to the students on the topic ‘Nutritional Literacy’. also Dr. Shubhangi Kukekar, Program Officer, SBMM, Nagpur also addressed to the students on Food Exchange Program, After that Dr. Swati Bhoyer, Assist. Prof. SBMM, Nagpur conducted Quiz Competition for students.</p>
<b>Outcome</b>	About 55 students and teachers were participated in the Camp under the guidance and presence of program officer Dr. Shubhangi Kukekar. It was a matter of pleasure that the students have taken the responsibility for maintaining the Nutritional Literacy throughout their life.
<b>Photographs/ News Paper Cutting of the event</b>	 <p>21 Jan 2025 1:38:46 pm Sir Madhavrao Deshpande Marg Mahal Nagpur Division Maharashtra NSS, Group Discussion</p>

<b>NSS Camp Report</b>	
<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	22-01-2025
<b>Day 4</b>	Theme – Uses and Application of Mobile & Communication Skill
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	<ol style="list-style-type: none"> <li>1. To provide real and meaningful value to users.</li> <li>2. To explore their expressiveness and can heighten a student's ability to communicate thoughts and feelings in an articulate, lucid manner.</li> </ol>
<b>Brief Report</b>	<p>‘Uses and Application of Mobile &amp; Communication Skill’ was organised and conducted by NSS wing of the Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur on 22-01-2025. In-charge of the Camp was Dr. Shubhangi Kukekar, Program Officer, NSS Unit, SBMM, Nagpur. The Camp was conducted under the Supervision of the Principal, Dr. Ujwal Lanjewar sir with the help of Teaching and Non-Teaching staff of the college.</p> <p>On this occasion Ms. Vinit Kaur, Counsellor &amp; Psychotherapist Nagpur was the chief guest who was enlightened to the students on the topic ‘Advantage and Disadvantage of Mobile’ also She organised group discussion and Quiz Competition, After that Dr. Archana Gupta, Assot. Prof. SBMM, Nagpur conducted story telling activity which was part of communication skill in that camp.</p>
<b>Outcome</b>	About 55 students and teachers were participated in the Camp under the guidance and presence of program officer Dr. Shubhangi Kukekar. It was matter of Pleasure that the students understood the functions and application of mobile and developed communication skill through storytelling activity.
<b>Photographs/ News Paper Cutting of the event</b>	 <p>22-Jan-2025 1:31:03 pm 106° E Altitude:304m Disadvantages of Mobile Use Group Discussion Index number: 1400</p> <p>22-Jan-2025 11:45:03 am 106° E Altitude:288m Story Telling &amp; Communication Index number: 1394</p>

## NSS Camp Report

<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	23-01-2025
<b>Day 5</b>	Theme – Visit to Old Age Home and Preservation of Alcohol Drug Addiction
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	<ol style="list-style-type: none"> <li>1. To understand the need of elder and provide companionship and human connection to help reduce feelings of loneliness.</li> <li>2. To educate the students and public about the dangers of substance abuse.</li> </ol>
<b>Brief Report</b>	<p>‘Visit to Old Age Home and Preservation of Alcohol Drug Addiction’ was organised and conducted by NSS wing of the Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur on 22-01-2025. In-charge of the Camp was Dr. Shubhangi Kukekar, Program Officer, NSS Unit, SBMM, Nagpur. The Camp was conducted under the Supervision of the Principal, Dr. Ujwal Lanjewar sir with the help of Teaching and Non-Teaching staff of the college.</p> <p>On this occasion Dr. Shubhangi Kukekar, Program officer, SBMM Nagpur, who was enlightened to the students on the topic ‘Information about Family Resource Management’ &amp; also students did the street play on ‘Preservation of Alcohol Drug Addiction’ for aware the public.</p>
<b>Outcome</b>	About 55 students and teachers were participated in the Camp under the guidance and presence of program officer Dr. Shubhangi Kukekar. It was matter of Pleasure that the students understood how to live old age people in old age home and also understood the disadvantage of alcohol and drug addiction.
<b>Photographs/ News Paper Cutting of the event</b>	 <p>Network: Jan 23, 2025 2:31:20 PM GMT+05:30 Local: Jan 23, 2025 2:31:19 PM GMT+05:30 Remark: NSS camp Panchavati vridhashram visit</p>



## NSS Camp Report

<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	24-01-2025
<b>Day 6</b>	Theme – ‘Visit to Shradanand Orphanage’
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	1. To teach students that they have responsibility to help society and to help orphanage achieve their goals.
<b>Brief Report</b>	<p>‘Visit to Shradanand Orphanage’ was organised and conducted by NSS wing of the Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur on 24-01-2025. In-charge of the Camp was Dr. Shubhangi Kukekar, Program Officer, NSS Unit, SBMM, Nagpur. The Camp was conducted under the Supervision of the Principal, Dr. Ujwal Lanjewar sir with the help of Teaching and Non-Teaching staff of the college.</p> <p>On this occasion Dr. Shubhangi Kukekar, Program officer, SBMM Nagpur, who was enlightened to the students on the topic ‘Information about Energy Management’.</p>
<b>Outcome</b>	About 55 students and teachers were participated in the Camp under the guidance and presence of program officer Dr. Shubhangi Kukekar. It was a matter of pleasure that the students deepened sense of empathy and understanding for to contribute to their well-being a personal connection with the children and a renewed appreciation for one’s own life.
<b>Photographs/ News Paper Cutting of the event</b>	 <p>Remark: श्रद्धानंद अनाथालयापार</p> <p>Marathi text on the plaque:</p> <p>श्री स्वामी श्रद्धानंद अनाथालय श्री दाताराजीमहात्मवंशी आश्रम.</p>



## NSS Camp Report

<b>Academic Year</b>	Session 2024-25
<b>Date of the camp</b>	25-01-2025
<b>Day 7</b>	NSS Camp 'Valedictory Program'
<b>Organized By</b>	NSS Unit, Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur.
<b>Objective</b>	1. The main purpose of 'Valedictory Program', to give final Farewell to the NSS camp Students and give wishes the next phase of their life.
<b>Brief Report</b>	<p>The seven days NSS camp 'Valedictory Program' organised by NSS unit of Shrimati Binzani Mahila Mahavidyalaya, Mahal, Nagpur. Dr. Shubhangi Kukekar, Program Officer, NSS Unit, SBMM, Nagpur, read the report of current session of NSS Camp. Students shared their experiences regarding in the Camp. Principal, Dr. Ujwal Lanjewar, SBMM Nagpur expressed his view about the camp. Also he motivated and inspired to the NSS Volunteers through his motivational speech and congratulated all the volunteers for the success of the camp and best wishes for the life ahead.</p> <p>On that occasion, NSS Students along with Staff Visited Ramkrishna Math and presented 'Bharud' on the topic of 'Organ Donation' in College premises.</p>
<b>Outcome</b>	About 55 Students, Teachers and Non-teaching staff participated in the camp valedictory function. It was matter of pleasure that students have taken the responsibility of social service toward nationality.
<b>Photographs/ News Paper Cutting of the event</b>	 <p>Network: Jan 24, 2025 11:06:22 AM GMT +05:30    Local: Jan 24, 2025 11:06:22 AM GMT +05:30    21°2'53.105"N 79°4'46.078"E    Dhantoli    Nagpur Division    Maharashtra    Remark: mandir Ramkrishna math visit</p>

