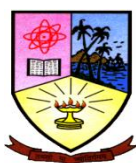


REPORT
NSS ACTIVITIES
ACADEMIC YEAR 2019-2020

Submitted by
NATIONAL SERVICE SCHEME UNIT



DCT's
DHEMPE COLLEGE OF ARTS & SCIENCE
RE-ACCREDITED AT 'A' GRADE BY NAAC
ISO 9001: 2015 CERTIFIED
MIRAMAR, PANAJI - GOA

❖ International Yoga Day Celebration

In recognition of the holistic significance of yoga in the lives of individuals, the International Yoga Day was celebrated in DCT's Dhempe College of Arts and Science, Miramar-Goa on June 21, 2019. 195 participants including NSS and NCC students along with Principal, Dr. Vrinda Borker and faculty members of the institution participated actively and performed various āsana under the expert guidance of Director of Physical Education of the institution, Shri. Pandurang Naik. **151 NSS volunteers (100 Female, 51 male)** participated in the Yoga Demonstration and **51 volunteers (43 Female, 08 Male)** took part in the Yoga Awareness rally.

The session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were practiced. Participants also performed surya namaskār and partook its enriching benefits. The Director emphasised the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm.



Principal requested students to enrich their lifestyle by performing yoga and engaging in outdoor exercises. She also emphasized that breathing exercises and relaxation techniques can play a huge role in enhancing their proficiency while leading a stress-free life.



After the yoga session the students undertook an Awareness Rally from Miramar circle to Bhagwan Mahavir Park. The Registrar of Goa University, Prof. Y.V. Reddy interacted with the volunteers at the rally and told them that the knowledge of yoga is a gift which we have inherited and need to pass on to younger generations in order to ensure a healthy future. NSS

Coordinator of Goa University Shri. Sanjeev Shirodkar reinforced the relevance of yoga and the need to practice it every day in order to remain fit holistically. The students recited slogans denoting the significance of yoga in contemporary life in order to create awareness among people.



❖ Swacchta Pakhwada: August 2019

a) Swachhta Shapath

To mark the onset of Swacchta Pakhwada, the NSS PO In-charge, Shri Dinanath Parab, delivered the Swachhta Shapath to the NSS volunteers (193 female and 73 male, total 266) of the college.



b) NSS Inaugural and address by Justice Desmond D'costa

On the occasion of NSS Unit Inaugural for the year 2019-20 and also as part of Swachhta Pakhwada, the NSS Unit of the College invited Justice Desmond D'costa, retired judge, to address the volunteers on August 10, 2019. He emphasized the need to raise awareness on swachhta as part of larger social responsibility towards the country and its citizens. A total of **77 volunteers (64 female and 13 male)** participated in this programme.



c) Campus cleaning

The NSS volunteers undertook cleaning of classroom, laboratories, auditorium and playground from August 2 – 5, 2019. A total of **29 volunteers (27 female and 22 male)** participated in this activity.



d) Street play

NSS volunteers performed a street play to create awareness among the masses on ODF, general cleanliness and hygiene in the villages of Caranzalem and Taleigao from August 6-9, 2020. A total of **19 volunteers (15 female and 4 male)** participated in this activity.



e) Swachta Awareness Rally

The NSS unit conducted a rally in Miramar-Caranzalem-Taleigao area to spread awareness on Swachhta on August 14, 2019. A total of **27 volunteers (16 female and 11 male)** participated in this activity.



❖ Independence Day Celebration

The college celebrated Independence Day on August 15, 2019. Prof. A. A. Natu, IISER, Pune, was invited as the Chief Guest. He hoisted the national flag and addressed the

gathering by referring to the great scientists of India, and the need to have research and progress in the fields of science and technology. **38 NSS volunteers (28 female 10 male 38)** attended the programme.

❖ International Youth Day 2019

a) Short Story Writing on HIV AIDS

In observance of International Youth Day, the Red Ribbon Club members were provided story-lines to be completed pertaining HIV/AIDS on August 6, 2019. **19 NSS volunteers (11 female and 8 male)** participated in this activity. The best three were chosen as winning entries.

b) Screening of Movie on HIV AIDS

As part of the Red Ribbon Club, a movie on HIV AIDS, ‘(AIDS + b) 2’ was screened for the NSS volunteers in order to create awareness about the myths and reality related to HIV AIDS, on August 15, 2019. **60 volunteers (42 female 18 male)** attended the screening.



❖ Flood Relief Fund Raising for Kolhapur

The NSS Unit of the college has been in the forefront of outreach initiatives towards those struck by natural disasters. Volunteers actively collected material in cash and kind for the flood victims of Kolhapur and delivered it to them by visiting them in Kolhapur from August 22 – 28, 2019. **33 volunteers (30 female 03 male)** contributed to this outreach programme.

❖ Talk on Organ Donation

The NSS volunteers attended a talk on “Organ Donation” conducted by the doctors from Indian Medical Association on August 27, 2019. **43 volunteers (33 female and 10 male)** attended this talk.



❖ Activities under the aegis of Poshan Maah September 2019

a) Talk on Health and Nutrition

Mrs. Sheryl Afonso, Assistant Professor, Carmel College, Nuvem, addressed the NSS volunteers on the topic “Health and Nutrition” under the aegis of Poshan Maah, an annual initiative of The Ministry of Youth Affairs and Sports, and Directorate of NSS, New Delhi on September 13, 2019. This informative talk was aimed towards promoting healthy, organic and nutritious eating habits among the students. It oriented them towards health consciousness. **30 volunteers (22 female and 8 male)** attended this talk.



b) Group Discussion on Skipping of Breakfast

NSS POs conducted a group discussion on the topic of “Skipping of Breakfast” on September 16, 2019. The discussion helped the students to become aware of the importance of breakfast as the first meal of the day, and the dire consequences of skipping it. **19 volunteers (13 female and 6 male)** participated in the discussion.

c) Group Discussion on Health and Nutrition

A group discussion was initiated among the NSS volunteers on the topic “Health and Nutrition” on September 17, 2019. Volunteers actively discussed the role of health and nutrition on their studies and their day-to-day activities. **23 volunteers (15 female and 8 male)** participated in the discussion.

e) Poster Making on Food and Nutrition

NSS volunteers participated in poster making competition on food and nutrition on September 23, 2019. These posters were displayed on campus after the competition. **05 female NSS volunteers** participated in this activity.



❖ Self-Defence demonstration for girls

A self-defence demonstration was organized by Women’s Cell on September 27, 2019 for the lady students of the College. **24 female NSS volunteers** participated in this activity.



❖ **Activities conducted under the aegis of 150th Birth Anniversary of Mahatma Gandhi (August – November 2019)**

a) Intercollegiate Quiz Competition

The Department of Information and Publicity, Government of Goa organized an intercollegiate quiz competition on the topic “Mahatma Gandhi: Journey from Mohandas to Mahatma” on August 26, 2019. It was attended by a group of **NSS volunteers (14 female, 2 male, total 16)**. The college team won the first place at this quiz competition. In all, 33 colleges participated in this quiz completion, according to the report released by the Department of Information and Publicity (<https://www.goa.gov.in/wp-content/uploads/2019/08/DHEMPE-COLLEGE-MIRAMAR-EXCELS-IN-INTER-COLLEGIATE-QUIZ-ON-MAHATMA-GANDHI.pdf>).



b) Rally on Human Rights awareness

NSS volunteers participated with immense enthusiasm in an awareness rally on Human Rights, organized by Department of Philosophy, Dhempe College, on August 29, 2019. **34 NSS volunteers (27 female and 07 male)** participated in this rally.

c) Tree Plantation

The NSS volunteers under the guidance of Department of Political Science undertook tree plantation drive in the campus on August 29, 2020. A total of **19 volunteers (14 female 05 male)** participated in this activity.

d) Elocution Competition

NSS volunteers participated in an elocution competition organized by NSS Unit of the College on August 27, 2019 on the topic of “The teachings of Gandhi: Societal and Environmental Values”. Ms. Swetakshi Mishra from FY Biotech excelled in the same. She presented her speech in Hindi, titled “सामाजिक एवं पर्यावरणीय परिपेक्ष्य में गांधी शिक्षा”. A total of **09 volunteers (06 female 03 male)** participated in the competition.



f) Essay Writing Competition

The NSS volunteers participated in an essay writing competition on Gandhian ideology, on September 20, 2019. A total of **10 volunteers (06 female 04 male)** participated in this competition.

g) Celebration of Gandhi Jayanti

The college celebrated Gandhi Jayanti by garlanding the photograph of the father of the nation, Mahatma Gandhi. A number of activities were carried out thereafter by the NSS Unit to mark the occasion. **39 volunteers (27 female and 12 male)** attended this programme.



Rally for Swachhta awareness from Miramar to Campal: NSS unit of the college organized a rally from Miramar to Campal to raise awareness about swachhta. A total of **31 volunteers (21 female and 10 male)** participated in the rally.



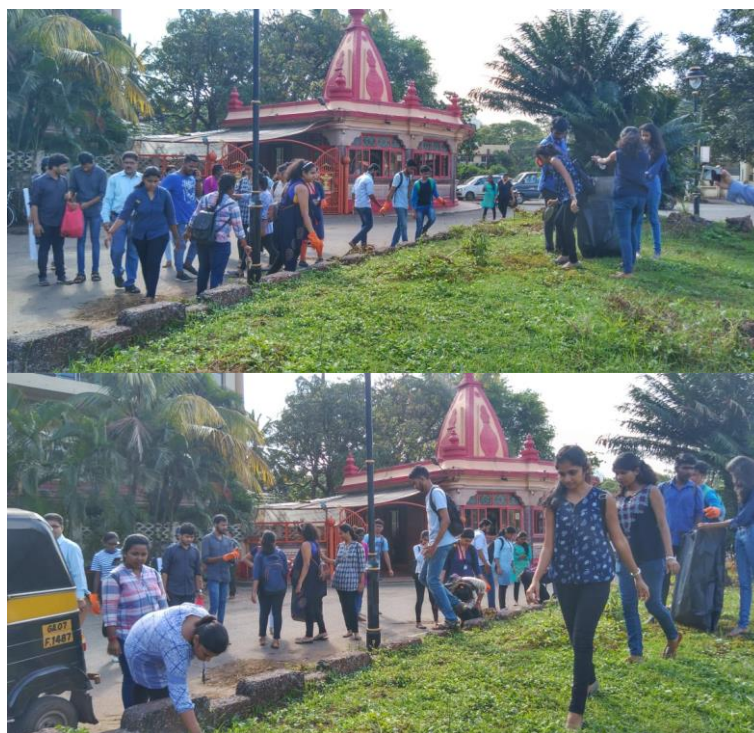
Cleaning of Campus and Classrooms: NSS volunteers undertook cleaning of the campus and classrooms of the College, on the occasion of Gandhi Jayanti. **27 volunteers (16 female 11 male)** participated in the cleanliness drive.



Miramar Beach Cleaning: Taking the swachhta drive out of campus, the volunteers proceeded to the Miramar beach for cleaning. **35 volunteers (25 female and 10 male)** participated in this activity.



Cleaning of bus stop and temple surroundings: NSS volunteers undertook the cleaning of the surroundings of Maruti temple and Miramar bus stop. A total of **32 volunteers (23 female and 9 male)** were part of this activity.



Fit India Plogging (Miramar to Campal): In adherence to the national policy of Fit India Plogging, NSS volunteers undertook a plogging drive from Miramar to Campal and picked up plastic waste as they proceeded. A total of **31 volunteers (22 female and 9 male)** participated in this activity.



❖ Efforts towards Preservation of Biodiversity

a) Talk on Biodiversity

Ms. Shalita Dourado, Research Associate, TERI, Goa oriented the students of the college towards conducting survey and documentation of biodiversity on September 24, 2019. A total of **46 volunteers (28 female 18 male)** attended the orientation. Thereafter, **67 volunteers** undertook the task of conducting the survey.

❖ Household survey in adopted villages by UBA unit

The NSS volunteers undertook household survey under Unnat Bharat Abhiyaan from December 2019 to March 2020 in order to collect general information related to household. They were oriented by the UBA members towards the same on August 3, 2019. The orientation was attended by **30 volunteers (22 female 08 male)**. The volunteers conducted the survey in **Penha de Franca (01 female volunteer), Succorro (07 female 02 male, total 09 volunteers), St. Estevam (09 female 5 male, total 14 volunteers) and Diwar (11 female 05 male, total 16 volunteers)**.

❖ Constitution Day Celebration

To mark the Constitution Day, an essay writing competition on human rights was held by the NSS Unit on November 26, 2019. A total of **25 volunteers (19 female 6 male)** participated in this competition.

❖ Senior Citizen Awareness Programme under the initiative of Institute Of Public Assistance (IPA)

a) Essay Writing Competition

In order to sensitize students towards care of the elderly and the aged, the NSS Unit of Dhempe College conducted an essay writing competition for the NSS volunteers on the topic of “Care for the Aged: Perspectives and Challenges” on October 12, 2019. A total of **08 volunteers (05 female 03 male)** participated in the same.



b) Street Play

The NSS Unit of Dhempe College also performed a street play on ‘Senior Citizens and the Responsibility of the Youth’ on December 23, 2019 in the locality of Amona, Goa, wherein the Annual Special Camp was to commence from December 24 - 30, 2019. Volunteers highlighted the negligence of the needs of the elderly by people in general and how youth could be sensitive to such issues. A message to assist the elderly in need was delivered through this street play. **35 volunteers (25 female 10 male)** participated in this activity.



❖ Blood Donation Camp

The annual blood donation camp of NSS Unit in collaboration with HDFC bank was held on December 6, 2019 in the college premises. A total of **55 volunteers (31 female 24 male)** donated their blood and contributed to this noble cause.



❖ Goa Liberation Day: Health Awareness rally Miramar to Caranzalem 59 47f 12m

On December 19, 2019, the college celebrated Goa Liberation Day. The Principal hoisted the National Flag and highlighted the importance of the Goan freedom struggle. **59 NSS volunteers (47 female 12 male)** attended this programme. Thereafter, the volunteers organized a health awareness rally from Miramar to Caranzalem, giving out slogans on healthy and hygienic living.



❖ Orientation session for Disability Survey by Saksham

Saksham-Goa, a NGO working towards the welfare of the specially-abled, in collaboration with NSS Unit of the college, organized an orientation session for NSS volunteers on January 7, 2020, towards conducting disability survey in Tiswadi area. A total **56 volunteers (49 female 17 male)** attended the session.



❖ Activities conducted under the aegis of 150th Birth Anniversary of Mahatma Gandhi (December 2019 – March 2020)

a) Swachhta Awareness Rally

A Swachhta awareness rally was undertaken by NSS Unit on December 10, 2019. A total of **26 volunteers (13 male 13 female)** participated in the rally.

b) Campus Cleaning

The NSS Unit organized a regular campus cleaning activity on December 13, 2019. A total of **25 volunteers (16 female and 9 male)** participated in this activity.



c) Poster Competition

A poster competition on “Gandhian Thoughts” was held on January 10, 2020, to create awareness on the values preached by Mahatma Gandhi. A total of **22 volunteers (17 female 05 male)** participated in the competition.

d) Swachhta Drive

NSS unit organized a Swachhta Drive at Miramar bus stop, Maruti Temple area and its vicinity on February 29, 2020. A total of **19 volunteers (11 female, 8 male)** participated in this activity.



❖ Cycle Day Programme

The NSS Unit of Dhempe College of Arts and Science participated in “Fit India Movement: Cycle Day Programme” on January 18, 2020 organized by Directorate of Sports and Youth Affairs, Government of Goa, under the initiative taken by Ministry of Youth Affairs, Government of India. **35 (05 male and 30 female)** NSS volunteers reported at Parade Ground, Panaji on the day of the cycling event. The volunteers cycled from the starting point (Parade Ground) to Caculo Mall, St. Inez Church, Vivanta Circle, Panaji Church, D.B. Bandodkar and back to Parade ground.



❖ National Girl Child Day

On the occasion of National Girl Child Day, the volunteers of NSS Unit of Dhempe College of Arts and Science participated in a rally on the theme “Beti Padhao Beti Bachao” on January 24, 2020. The rally was organized by Directorate of Sports and Youth Affairs, Government of Goa. The rally covered the area from Campal to Panaji market. A total of **55 (14 male and 41 female)** volunteers participated in the rally.



❖ National Youth Day

On the occasion of birth anniversary of Swami Vivekananda, the NSS Unit of the College celebrated National Youth Day on January 12, 2020. The unit paid a floral tribute to the portrait of Swami Vivekananda. Shri Vinayak Bapat, Assistant Professor in Marathi, Department of Indian Languages delivered a talk on the life and work of Swami Vivekananda. A total of **34 (28 female 06 male)** volunteers participated in this programme.



❖ 31st National Road Safety Week, January 11 – 17, 2020

The NSS Unit of the College organized two significant activities under the theme “Bringing Change through Youth Power” under the aegis of the programme *Observance of 31st National Road Safety Week, January 11 – 17, 2020*.

a) Poster Making Competition

A poster making competition on the theme of ‘Youth and Road Safety’ was organized on January 16, 2020. Volunteers brought in thought provoking ideas and showcased their creativity through these posters. A total of **19 (17 female 02 male)** volunteers participated in this competition.



c) Interactive Session on Road Safety

As part of road safety awareness campaign, the college invited Police Inspector Pradeep Velip, Senior Civil Judge Artikumari Naik and para-legal volunteer Maria Angelica D'souza to interact with the students on January 23, 2020 in the college seminar hall. While PI Velip made the audience aware of the necessity to follow traffic rules and the importance of maintaining road safety, Artikumari Naik spoke on the concept of National Lok Adalat and Maria Angelica D'souza spoke about the role of PLV and NALSA. A total of **68 (47 female 21 male)** NSS volunteers participated in this session.



❖ Voter's Day

On the occasion of Voter's Day, the NSS Unit of the college participated in a programme organized by State Election Commission and Office of District Collector, North Goa at Kala Academy, Campal from 10.00 a.m. to 1.00 p.m. on January 25, 2020. The volunteers undertook the Voter's Pledge at this event. The function was presided over by Hon. Governor of Goa Shri Satya Pal Malik. A total of **56 (19 male and 37 female)** volunteers attended this programme. Prior to this programme, the Voter's Pledge was also administered in the college premises on January 25, 2020.



❖ Swachhta Pakhwada: January 2020

a) Swachhta Pledge

To instill the values of cleanliness and hygiene in the students of the institution, a Swachhta Pledge was undertaken on January 16, 2020 in the college premises. This event also marked the beginning of Swachhta Pakhwada observation in the college. A total of **54 (39 female 25 male)** volunteers undertook the pledge.



b) Awareness programme on recycling of organic waste and innovative solid waste management techniques

On January 18, 2020, the Unit held a group discussion on recycling of organic waste and innovative techniques of waste management. A total of **18 (10 female 08 male)** volunteers participated in this activity.



c) Essay writing competition on Swachhta

The NSS unit held an essay writing competition on the topic “The Universal Relevance of Swachhta” on January 20, 2020. In their writing, the volunteers meticulously charted out the relevance of Swachhta in day-to-day lives and the significance it received in the time of Mahatma Gandhi. A total of **27 (19 female 08 male)** volunteers participated in this competition.



d) Awareness programme on water conservation and harvesting

The NSS Unit held an awareness programme on water conservation and harvesting for the NSS volunteers on January 22, 2020. They visited a nearby water harvesting facility and understood the working of the water conservation unit. A total of **43 (33 female 10 male)** volunteers participated in this activity.



e) Swachhta Awareness Rally

The NSS Unit organized a Swachhta Awareness Rally on January 25, 2020. The rally was undertaken in and around Miramar wherein volunteers gave slogans and held placards informing the masses about Swachhta and its significance. A total of **34 (27 female 07 male)** volunteers participated in the rally.



f) Celebration of Republic Day and Cleanliness Drive at Harvalem Caves

The NSS Unit of the College participated in the celebration of Republic Day at the college premises on January 26, 2020. After the Republic Day programme, volunteers were taken to the historical heritage site of Harvalem caves for a cleanliness drive. A total of **32 (27 female 05 male)** volunteers participated in this cleanliness drive.



❖ Ek Bharat Shreshtha Bharat

a) Inauguration of Ek Bharat Shreshtha Bharat Club and Swachhta Campaign

On the occasion of Republic Day (January 26, 2020), the College inaugurated the *Ek Bharat Shreshtha Bharat Club*. After the unfurling the national flag and prize distribution ceremony, the club was inaugurated by lighting of the traditional lamp. Since the collaborating state is Jharkhand, students performed a folk dance from Jharkhand in the traditional attire following the inaugural. A total of **45 (34 female 11 male)** volunteers participated in this programme.



b) EBSB Poster Exhibition on ‘The Economy and Language of Jharkhand’

From the period of February 10 - 20, 2020, the College organized poster exhibition on ‘The Economy and Language of Jharkhand’ under the aegis of *Ek Bharat Shreshtha Bharat*. Students prepared detailed posters on the economy and language of the pairing state and displayed them in the corridor of the college. A total of **36 (23 female 13 male)** volunteers participated in this activity.

❖ Talk on AIDS awareness

On March 2, 2020, the NSS Unit and the Red Ribbon Club of the College invited Dr. Riddhi Natekar from Urban Health Centre, Panaji, Directorate of Health Services, Government of Goa, to conduct a session on awareness of HIV-AIDS. In an interactive session, Dr. Natekar explained to the volunteers facts and busted the myths regarding AIDS. A total of **45 (24 female 21 male)** volunteers participated in this session.





❖ International Women's Day Celebration

a) Lecture and Panel Discussion on Women Empowerment

To mark the International Women's Day Celebration, the NSS Unit of the college attended a lecture and a panel discussion on Women Empowerment organized by Ministry of Information and Broadcasting in collaboration with Dhempe College on March 6, 2020. A total of **45 volunteers (35 female and 10 male)** participated in the session.



b) A session on Mind Yog by Ms. Neha Masurkar

On March 7, 2020, the NSS Unit of Dhempe College invited the Ms. Neha Masurkar, practicing counselor and psychotherapist, Dhempe College, to conduct a session on 'Mind Yog' especially for female NSS volunteers and female programme officers; it was also open for male volunteers and male programme officers. Ms. Masurkar explained to the audience the importance of leading a stress-free lifestyle. Mental exercises prescribed by the science of Yog particularly help in this regard. She introduced few useful techniques of meditation and concentration to the audience. A total of **17 volunteers (15 female and 2 male)** attended this session along with 03 programme officers.



c) International Women's Day Rally from Campal to Panaji Market

On March 8, 2020, the NSS volunteers of Dhempe College participated in the rally conducted by Directorate of Sports and Youth Affairs, Government of Goa, on the occasion of International Women's Day. The rally set out from Campal and concluded at Panaji market. A total of **35 volunteers (27 female 8 male)** participated in this rally.



d) Talk on Women's Rights by Adv. Sayonara Telles Laad, Member Secretary, Goa State Legal Services Authority

On the occasion of International Women's Day, the Women's Cell of the College, organized a talk on Women's Rights by Adv. Sayonara Telles Laad, Member Secretary, Goa State Legal Services Authority. It was attended by the NSS Unit of the College along with other students and faculty members. The talk focused on bringing about awareness of one's right as a human being and as women. The talk was held on March 9, 2020 and **73 volunteers (45 female and 28 male)** attended this session.



❖ Poshan Pakhwada: March 2020

a) Talk on Women and Health by Akshata Bhatt

The NSS Unit of the College organized a talk on Women and Health on March 11, 2020 in the college Seminar Hall. Ms. Bhatt spoke about the importance of mental health in women. She also spoke about work-life balance. A total of **45 volunteers (32 female 13 male)** attended this session.



b) Poster Competition on Healthy Diet

A poster competition on “Healthy Diet” was organized by the NSS Unit of the College on March 14, 2020. Volunteers prepared posters on the given topic and displayed them in the corridor. A total of **18 volunteers (15 female and 3 male)** participated in this competition.

❖ COVID-19 Outreach Campaign

The NSS Unit of Dhempe College of Arts and Science has been proactive in the wake of COVID-19 outbreak. On April 25, 2020, Principal Dr. Vrinda Borker, Vice-Principal Mrs. Manjiri Barve and NSS Programme Officer In-charge Shri Dinanath Parab handed over **700 prepared by 140 volunteers (115 female 25 male) cloth bags** to CCP Mayor Shri Uday Madkaikar so as to help provide grocery and other food items to the needy during the lockdown. Since the start of the lockdown period, the volunteers have been creating awareness regarding safety measures to be undertaken against the pandemic. Until recently, **10 volunteers female** NSS volunteers of the college have prepared over **200 face masks** and distributed them to the residents through local panchayat members and municipality counsellors. Having downloaded the Aarogya Setu app themselves on their smart devices, they have promoted and assisted members of public in downloading this app.



**NSS Special Camp: December 24 – 30, 2019,
Government Primary School, Amona, Goa.**

Number of Volunteers: **35 (25 female 10 male)**

I. Objectives:

- (i) To instill and strengthen the value of societal welfare among students.
- (ii) To make efforts towards cleanliness of the campsite as well as the village-area in which it is organised through the foci of initiatives such as Open-defecation Free Zones, Swachhta Abhiyan, No Plastic campaign and garbage segregation drive
- (iii) To undertake a major project oriented towards social development through cleanliness drives/awareness programmes/social initiatives.
- (iv) To organise events towards holistic advancement of students.

II. Details of activities undertaken during the Camp

(i) Day One – 24th December 2019

The NSS unit of the college arrived at the campsite of Government Primary School, Betalwada, Amona, Goa at 12.00 noon. The school premises were cleaned and classes were rearranged for accommodation of the Unit. Post-lunch, an extensive cleanliness of the toilets was undertaken, water facilities enhanced and the backyard of the school checked for shramadaan.

In the evening, an introduction session was held for the volunteers. The volunteers were acquainted with the schedule for the camp and shramadaan activities. They were divided into groups for various activities. The day concluded with a brief cultural activity.

(ii) Day Two – 25th December 2019

The day began with the assembly session comprising of yog, exercises and singing of the NSS song. The Unit undertook a drive to clean the front and backyard of the school. This was a regular activity undertaken on all the days of the Camp. Additionally, public places surrounding the school, such as temples, were cleared of garbage and plastic waste.

The formal Inaugural of the NSS Camp was held on this day. The Inaugural Ceremony of the Camp was graced by Smt. Sanghvi Phadte, Panch of Village Panchayat Amona, Dr. Vrinda Borker, Principal, and Smt. Manjiri Barve, Vice Principal, Dhempe College. Shri Dinanath Parab, Chief Programme Officer of Dhempe College NSS Unit, welcomed the gathering and introduced the dignitaries on the dais. The Principal emphasized the significance of Swachhta

and the role of NSS volunteers regarding the same. Chief Guest Smt. Sanghavi Phadte appreciated the NSS volunteers work carried out the previous year and extended whole hearted support to the unit for the same. Smt. Palia Pandit, NSS PO, proposed the vote of thanks.

The day ended with cultural programme in which students showcased their unique talents through skits, songs and dances.

(iii) Day Three – 26th December 2019

After the *yog* session, the volunteers resumed the *shramdaan* activity in the school. They then undertook cleaning the local road sides. Waste was collected and segregated as degradable and non-degradable, and handed over to the village garbage collection unit at the Gram Panchayat.

Dr. Nitin Sawant, Assistant Professor, Goa University joined as resource person for the evening session. He conducted an interactive session for the unit on the topic of endangered species and their role in the ecosystem. Volunteers were divided into groups and were assigned role play in order to create awareness amongst the unit on various endangered species.

The day concluded with cultural activities.

(iv) Day Four – 27th December 2019

The day began with the *yog* session followed by the NSS Lakshya Geet. This was followed by a door-to-door campaign for Swachhata in Amona village. Volunteers went from one house to another in order to create awareness about basic cleanliness and hygiene habits.

The evening session was conducted by Adv. Auro de Oliveira, Member, Consumer Forum, North Goa District, on 'Human Rights'. He highlighted the basic need for understanding these rights and creating awareness among the people about the same. Inspired by the same, the day's cultural programme comprised of skits based on human rights and their significance.

(v) Day Five – 28th December 2019

Following the daily routine of *yog* and exercise, the volunteers undertook a major project of cleaning the Juvem Fort situated at St. Estevam island. The fort features as one of the archeological entities adopted by the college for maintenance and cleanliness. The volunteers spent the entire day, from morning to evening, clearing the fort of dry garbage. They collected plastic

waste, bottles, paper and segregated them in different bags. These bags were handed over to the respective village panchayat collection centre.

(vi) Day Six – 29th December 2019

Following the session of *yog* and singing of the NSS song, the students prepared for another awareness talk. Adv. Aditya Parab addressed the volunteers on the topic ‘Understanding the Constitution of India’. He acquainted students with the fundamental human rights which should be integrated in everyday practice. Students of law from the village and neighbouring villages also attended the talk.

After the lunch session, Shri Dinanath Parab, Chief Programme Officer of the Unit, reviewed the day-to-day activities of the camp. This was followed by the Valedictory Ceremony of the Camp. Smt. Sanghavi Phadte, Panch Member, Amona Village Panchayat, graced the occasion as the Chief Guest. She appreciated the work carried out by the volunteers and expressed anticipation of hosting the Unit for yet another camp the next year

The most awaited activity on the last day was the camp fire. Volunteers enthusiastically prepared the bonfire. They put up their best talents in the cultural session, with songs, dances and monologue performances.

(vii) Day Seven – 30th December 2019

On the last day of the Camp the school premises were cleaned and garbage segregated. The backyard and front-yard cleanliness was completed and classes rearranged for use. The Unit left the camp-site accomplishing its major objectives.

IV. Outcomes:

At the end of the Camp, students were able to

- (i) Undertake cleanliness of the Juvem Fort entailing plastic-segregation and making the pivotal heritage site garbage-free.
- (ii) Initiate pertinent Swachhta drives and awareness campaigns in the village of Amona.
- (iii) Increase their knowledge on topics of relevance through guest lectures and interactive sessions.
- (iv) Inculcate and strengthen the values of team-spirit, solidarity, leadership and management through variety programmes, assembly-sessions and everyday activities.

III. Photographic representation of major work undertaken

