

Mahatma Education Society's

**Mahatma Night Degree College of Arts and Commerce**

Opposite Fire Brigade, Chembur Naka

Chembur Mumbai- 400 071

(NAAC Re-Accredited)

**3.4.2 QnM**

**Awards and recognitions received for  
extension activities from government /  
government recognised bodies**

**(From 2018-19 to 2022-23)**

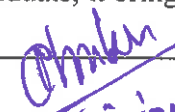
**Supporting Documents**

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**PRINCIPAL**  
Mahatma Education Society's  
Mahatma Night Degree College Of Arts & Commerce  
Chembur, Mumbai - 400071.

### RAJU KOLI - Best NSS Volunteer Award at the University Level Special Camp

Name of the Event -:	University Level Special Camp of 150 NSS volunteers at Ashtang Yog and Naturopathy Sansthan, Vrindavan Dhyam Mandir, Jambhilghar, Boradpada Road, Badlapur (East), Thane Theme: Azadi Ka Amrit Mahotsav
Organized by:	The NSS Cell University of Mumbai jointly with S.S.T College of Commerce, Ulhasnagar, Thane.
Objective of the session	Yoga and naturopathy for a healthy body, mind and spirit.
Date & Time of the Program-:	20th to 26th March, 2022
Resource Persons	Yoga Gurus and resource persons of Ashtang Yog and Naturopathy Sansthan, Vrindavan Dhyam Mandir, Jambhilghar, Boradpada Road, Badlapur (East), Thane conducted the yoga training programme at the camp.
Audience:	150 NSS volunteers across all colleges affiliated to the University of Mumbai
No of Participants-:	150 participants attended the workshop
Brief Report of the Program-:	<p>The 7 day residential University Level Special Camp was conducted for 150 NSS volunteers from across colleges affiliated to University of Mumbai. Only one student per college was permitted to register. Raju Koli a young F.Y.B.Com. NSS volunteer of the college showed interest and was selected to participate in the University level Special Camp in Thane district.</p> <p>Raju Koli reported every day's proceedings to the NSS Programme Officer Dr. Lata Krishnan. He explained the daily routine which consisted of rising very early in the morning and performing Yoga asanas. They were taught yoga, both asanas and the theory behind it. Raju Koli explained that he learned about the need and importance of yoga and a disciplined simple life at the camp. They told him that Yoga is being practiced in all parts of the world. Yoga brings peace for us. The peace from Yoga is not only for individuals, it brings peace to our nations and the world,"</p>

  
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	<ol style="list-style-type: none"> <li>1. Yama - principles of moral code (Ahimsa, Satya, Asteya, Brahmacharya, Aparigrah)</li> <li>2. Niyama - principles of personal discipline (Shoucha, Santosh, Tapa, Swadhyaya, Eshwar Pranidan)</li> <li>3. Asana - yoga positions or yogic postures - A stable and comfortable posture which helps attain mental equilibrium</li> <li>4. Pranayama - yogic breathing - Extension and control of breath</li> <li>5. Pratyahara - withdrawal of senses - A mental preparation to increase the power of mind.</li> <li>6. Dharana - concentration on object - Concentration of mind on one object and its field.</li> <li>7. Dhyan - meditation - Withdrawing mind from all external objects and focussing it on one point and meditating on it.</li> <li>8. Samadhi - salvation - State of super bliss, joy and merging individual consciousness into universal consciousness. Union between Jivatma and Paramataman. Pure consciousness.</li> </ol> <p>Besides yoga, Leadership skills, Team building, Communication Skills and responsibility and accountability training was imparted to the NSS volunteers at the camp. Cultural programmes, music and dance, street play and dramatics were included for portraying social awareness and patriotic themes at the University level Special Camp.</p> <p>Mahatma Night Degree College of Arts and Commerce, Chembur, Mumbai, F.Y.B.Com. NSS volunteer Raju Koli participated in all the tasks, activities and competitions and was identified as the best camper. He was awarded the BEST NSS VOLUNTEER of the University level Special Camp in Ashtang Yog and Naturopathy Sansthan, Vrindavan Dhyan Mandir, Jambhilghar, Boradpada Road, Badlapur (East), Thane.</p>
No of Beneficiary -:	<p>150 participants benefited from the Camp. 1 NSS volunteer from MNDC</p>

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UNIVERSITY OF MUMBAI  
NATIONAL SERVICE Scheme



Web site- [www.nssmu.org](http://www.nssmu.org)  
Tel. Fax- 2287 3696  
Vidyapeeth Vidyarthi Bhavan  
2<sup>nd</sup> Floor, 'B' Road, Churchgate,  
Mumbai - 400 020  
No. NSS/ECD/2021-22/5  
Date: 13/03/2022

To,  
The NSS District Coordinator,

Subj: Participation of NSS Volunteers in NSS University Level Special Camp at Jambhlichar, Boradpada Road, Padlapur, Dist. Thane from 20<sup>th</sup> to 26<sup>th</sup> March 2022.

Dear Sir / Madam,

The NSS Cell, University of Mumbai jointly with S.T. College of Arts & Commerce, Uthasagar, Dist- Thane is organizing University Level Special Camp of 150 NSS Volunteers at Yog and Naturopathy Sanstha, Vrindavan Dhyani Manoir, Jambhlichar, Boradpada Road, Padlapur (East), Dist- Thane from 20<sup>th</sup> to 26<sup>th</sup> March 2022. Theme for this camp is Azadi Ka Amrut Mahastav.

You are requested to depute the NSS Volunteers / Programme Officer of your district per the quota allocated to your district Zone. The participants are requested to reach venue on morning 10.00 am of 20<sup>th</sup> March 2022 & free to leave Camp site on evening of 26<sup>th</sup> March 2022. Participants are advised to and fro journey ticket accordingly. The travelling expense towards the to and fro travelling to participate in this camp may incur from the College NSS Grants.

The contact details of Camp Co-ordinator -  
Camp Co-ordinator- Dr. Jeevan Vichare (NSS District Co-ordinator Thane Zone-II),  
Mobile No.-877911583 | Email-[jeevanvichare@gmail.com](mailto:jeevanvichare@gmail.com)

The participant must carry College Identity card, Indemnity Bond / Undertaking signed by parents and other material required for the camp like light bedding, toiletries, bag with lock & key, etc. Participants are requested not to bring costly articles like Ornaments, Camera, Mobile, etc. The participant is expected to carry sports canvas shoe and should have a NSS dress code.

Kindly confirm the participation to the camp co-ordinator at earliest for better arrangement.

With regards,

Yours sincerely,

Mr. Sudhir S. Patankar,  
Director, NSS

Note- Camp venue is connected by road and Central Railway. Details of how to reach camp may confirm with Camp Co-ordinator.

District quota: - Mumbai City, Suburb Zone I, II, III, Raigad District Zone I, II, Ratnagiri & Sindhudurg 8 NSS Volunteers (4 girls & 4 female), Thane Zone I, II, III, IV 14 NSS Volunteers (7 Male & 7 Female).

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