

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 Dhyan 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 Dhyan 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-:	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. 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,"

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1. Yama - principles of moral code (Ahimsa, Satya, Asteya, Brahmacharya, Aparigah)
2. Niyama - principles of personal discipline (Shoucha, Santosh, Tapa, Swadhyaya, Eshwar Pranidan)
3. Asana - yoga positions or yogic postures - A stable and comfortable posture which helps attain mental equilibrium
4. Pranayama - yogic breathing - Extension and control of breath
5. Pratyahara - withdrawal of senses - A mental preparation to increase the power of mind.
6. Dharana - concentration on object - Concentration of mind on one object and its field.
7. Dhyan - meditation - Withdrawing mind from all external objects and focussing it on one point and meditating on it.
8. Samadhi - salvation - State of super bliss, joy and merging individual consciousness into universal consciousness. Union between Jivatma and Paramataman. Pure consciousness.

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.

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.

No of Beneficiary -:

150 participants benefited from the Camp.
1 NSS volunteer from MNDC

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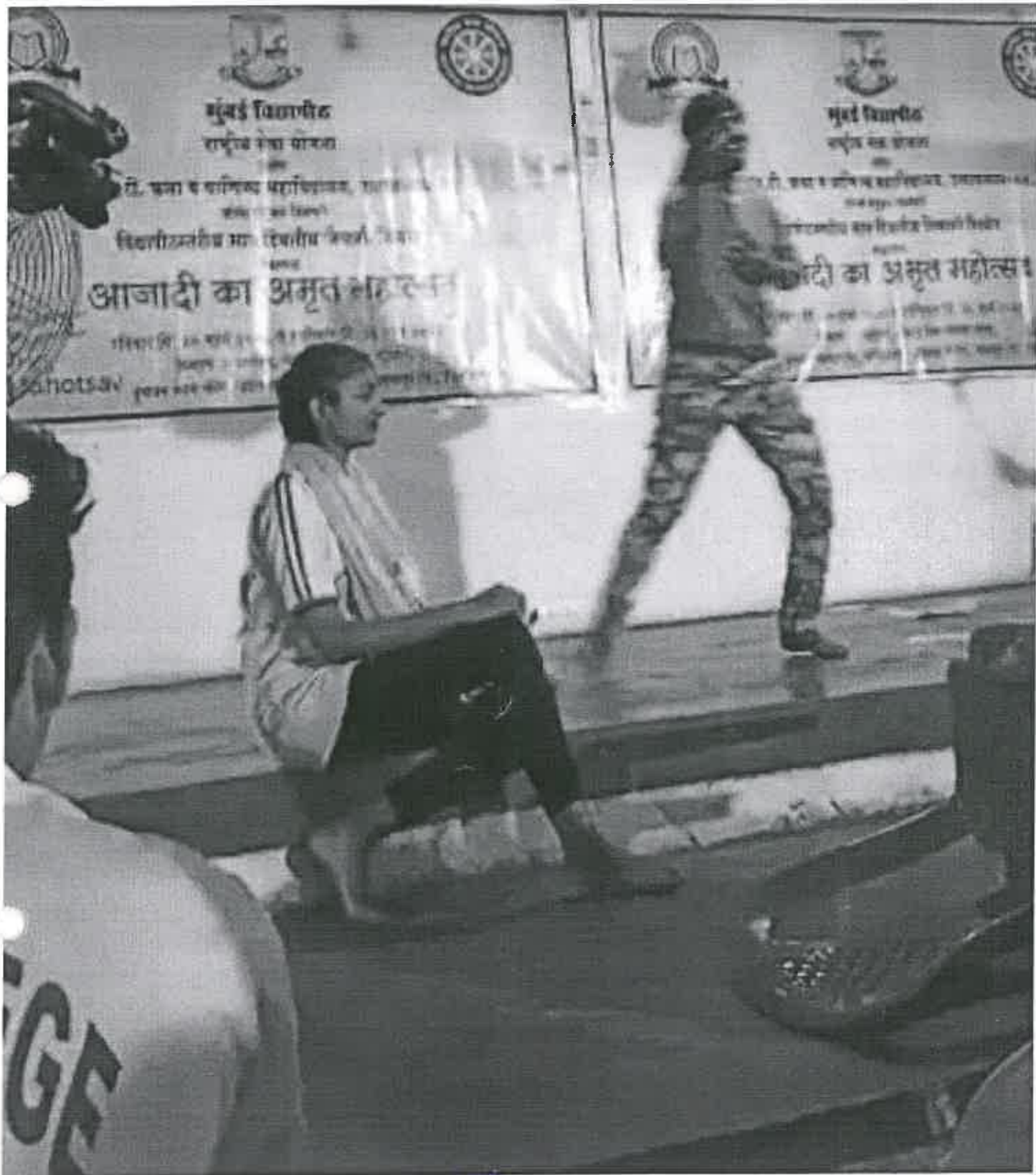
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UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



Web site- www.nssmu.org
Tel. / Fax- 2287 3696
Vidyapeeth Vidyarthi Bhavan,
2nd Floor, 'B' Road, Churchgate,
Mumbai - 400 020.
No. NSS/ECD/2021-22/ 62.1
Date: 17/03/2022

To,
The NSS District Coordinator,

Sub:- Participation of NSS Volunteers in NSS University Level Special Camp at Jambhilghar, Boradpada Road, Badlapur, Dist- Thane from 20th to 26th March 2022 reg...

Dear Sir / Madam,

The NSS Cell, University of Mumbai jointly with S.S.T. College of Arts & Commerce, Ulhasnagar, Dist- Thane is organizing University Level Special Camp of 150 NSS Volunteers at Yog and Naturopathy Sanstha, Vrandavan Dhyam Mandir, Jambhilghar, Boradpada Road, Badlapaur (East), Dist- Thane from 20th to 26th 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 20th March 2022 & free to leave Camp site on evening of 26th March 2022. Participants are advised to and fro journey tickets accordingly. The travelling expenses 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.:-8779115831, Email- jeevanvichare2@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,


- PRINCIPAL
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Chembur, Mumbai - 400 071.

Yours sincerely,


Mr. Sudhir S. Puranik,
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).



ATHARVA COLLEGE OF ENGINEERING
 ATHARVA EDUCATIONAL COMPLEX, MALAD MARVE ROAD, CHAREOP NAKA,
 MALAD (W), MUMBAI - 400095, INDIA
NSS ATHARVA B-57



CERTIFICATE OF ACHIEVEMENT

This Certificate is Proudly Presented to :

Abhishek Shantaram Whaskar

for securing 1st place in the Rangoli Making Competition conducted
 on the occasion of Azadi Ka Amrit Mahotsav held on January 24, 2022
 by NSS Atharva B-57 Unit

Jyoti Amare

Dr. Jyoti Amare
 NSS COORDINATOR OFFICER



Sameer Katakdounde

Prof. Sameer Katakdounde
 NSS PROGRAM OFFICER


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Chmika
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**Prarambh Annual Inter-Collegiate Cultural Fest
List of Mahatma Night Degree College Winners 2021-22**

	Event	Name of the student
1	Solo Singing Competition	Lalita Jadhav - 3rd prize
2	Poster Competition	Shrutika Survase - 2nd prize

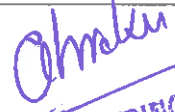

Principal


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**Prarambh Annual Inter-Collegiate Cultural Fest
List of Mahatma Night Degree College Winners 2022-23**

	Event	Name of the student
1	Solo Singing Competition	Dattatray Devram Dhavale - 3rd prize
2	Dance Competition	Bharat Khorwal - 1st prize
3	Poster Competition	Ashleshwar Gulabchand Goswami - 1st prize
4		Disha Suvasiya - 2nd prize
5		Prashant Pawar - 3rd prize
6	Chess Competition	Chetan Hokale - 1st prize
7	Carrom Competition (boys)	Mahesh Jaiswal - 1st prize
8		Anmol Kesarker - 2nd prize
9		Dishank - 3rd prize
10	Mehendi Competition	Nisha Kudiya - 2nd prize
11	Elocution Competition	Yadav Venkatesh - 2nd prize

Principal


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Report on University Annual Sports Meet 2019-20

Objectives:

- To make students physically and mentally fit and strong.
- To inculcate the sportsman spirit among the students.

About activity:


The Mahatma Night Junior and Degree College students participated in the Annual Sports Meet. The following is the list of events conducted for boys and girls:

For Boys:

1. 100 meter race
2. 400 meter race
3. Shot put
4. Discuss throw

For Girls:

1. 100 meter race
2. 200 meter race
3. Shot put
4. Discuss throw


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Following are the winners of various events

100 meter Race (Above 19 Boys)		400 meter Race (Above 19 Boys)	
Rank	Name of the winners	Rank	Name of the winners
1	Hemraj Naval	1	Hemaraj Naval
2	Suaa Bora	2	Ajay Ranesh Gupta
3	Prathmesh Bargode	3	Prathmesh P. Bargode

Shot Put (Above 19 Boys)		Discuss Throw (Above 19 Boys)	
Rank	Name of the winners	Rank	Name of the winners
1	Deepak Mandaveriya	1	Ajay Gupta
2	Deepesh Pillai	2	Ruday Pawar
3	Suaa Bora and Ruday Pawar	3	Macloyd D'mello

100 meter Race (Under 19 Girls)		200 meter Race (Under 19 Girls)	
Rank	Name of the winners	Rank	Name of the winners
1	Surekha Bhairu Zore	1	Sindhu Nair
2	Afida Abdullah Shaikh	2	Afida Abdullah Shaikh
3	Arza J. Shaikh	3	Arza J. Shaikh


100 meter Race (Under 19 Boys)		400 meter Race (Under 19 Boys)	
Rank	Name of the winners	Rank	Name of the winners
1	Rohan Nirmal	1	Rohan Nirmal
2	Gaus Shaikh	2	Jaideep Singh
3	Tifail Ahmed	3	Shahrukh Shaikh

Shot Put (Under 19 Boys)		Discuss Throw (Under 19 Boys)	
Rank	Name of the winners	Rank	Name of the winners
1	Rohan Nirmal	1	Aditya Bhurad
2	Shakir Shaikh	2	Dharmendra Nojiya
3	Om Nair and Ashik Khan	3	Mohd. Mujammil Shaikh

No. Of Beneficiaries:

Following are the number of participants in the above events:

1. Above 19: 79 (Including Boys and Girls)
2. Under 19: 153 (Including Boys and Girls)


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Signature

Sports In charge