



BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY)
PUNE, INDIA



COLLEGE OF AYURVED
PUNE - SATARA ROAD -PUNE -43
Nation Service Scheme

Period	Proposed by NSS unit of BVDU College of Ayurved, Pune
1 st – 30 th April	Organizing Yoga practice sessions, lectures and demonstrations for school students of various schools of Pune districts.
1 st – 15 th May	Yoga (Y-break) practice sessions and demonstration for the paramedical staff of the BVDU college of Ayurved & Hospital
14 th May	Yoga (Y-break) practice sessions and demonstration for the college Student. Expert guest lecture for Yoga will be held

16 th May – 31 st May	Yoga (Y-break) lecture, demonstration and practice for college students and NSS volunteers.
1 st June	Yoga awareness rally in the university campus and the vicinity
2 nd June	Expert Guest lecture on Pranayama.
3 rd – 20 th June	Yoga therapy camp for IPD/OPD patients.
17 th June	Lecture on Yoga for healthy lifestyle.
20th June	Common Yoga protocol Practice in Bharati Vidyapeet University campus, Karaj
21 st June	Common yoga protocol practice for all colleges of our campus in the University's common football ground.

<p>1st – 30th April</p>	<p>Organizing Yoga practice sessions, lectures and demonstrations for school students of various schools of Pune districts.</p>
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Report of Yoga break arranged on 01.04.2022-

While celebrating the 8th International Yoga Day , Bharati Vidyapeeth (deemed to be) University, college of Ayurved, Pune has arranged the

awareness lecture for the students of Late Dr Y G Shinde Vidyanketan No 19, Chandrabhaganagar, Pune on 01.04.2022.

Various Yogasana were demonstrated by Dr Lata Patil and students followed her. Students were asked to practice the Yogasana in their daily life. Total 410 students and 04 teachers were actively and enthusiastically participated in the program



Report of Yoga break arranged on 05.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of

Ayurved Pune has arranged the Yoga break for the students of Z P School, A/P- Velu, Tal- Bhor, Dist- Pune, on 05.04.2022.

Various Yogasana were demonstrated by Dr A A Muke to the students and students followed his instruction. Total 330 students and 11 teachers were participated in the program. Students were asked to practice the Yoga in their daily life also



Report of Yoga break arranged on 07.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of

Ayurved, Pune has arranged the Yoga break for the students of Z P School, A/P- Kondhanpur, Tal- Haveli, Dist-Pune on 07.04.2022’.

Dr A A Muke has demonstrated the various Yogasana to the students and students followed him. Total 120 students and 05 teachers were enthusiastically participated in the session.



Report of Yoga break arranged on 08.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (deemed to be University), College of Ayurved, Pune has arranged the Yoga break for the students of Flora School, A/p- Khopi, Dist- Pune, on 08.04.2022.

Various Yogasana were demonstrated by Dr A A Muke to the students. Students followed the instructions given and done Asanas. Total 260 students and 16 teachers were present for the program.



Report of Yoga break arranged on 11.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune has arranged the Yoga break for the

students of Z P School A/P- Kalyan, Tal- Haveli, Dist- Pune, on 11.04.2022.

Various Yogasana were demonstrated by Dr A A Muke and all students followed his instructions and done the Asanas. Total 140 students and 04 teachers were present for the program and they have been asked to follow the Yoga in their daily life also.



Report of Yoga break arranged on 12.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (deemed to be University), College of Ayurved, Pune has arranged the Yoga break for the students of Z P School, A/p- Mordari, Tal- Haveli, Dist- Pune, on 12.04.2022.

Dr A A Muke has demonstrated the various Yogasana to the students and students done the Asana following him. Total 60 students and 02 teachers were present for the session and they have been asked to practice Yoga in their daily life also.



Report of Yoga break on 12.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of S P international School, Ambegaon Pathar, Pune, on 12.04.2022.

Total 62 students and 02 teachers participated enthusiastically in this program. Dr Lata Patil demonstrated various Asanas to the students and students followed her. All students were asked to practice the Yoga in their daily life too.



Report of Yoga break on 16.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of Z P School, A/P- Shindevadi, Tal- Bhor, Dist- Pune, on 16.04.2022.

Various Yogasana were demonstrated by Dr A A Muke and students followed his instructions. It was very nice and unique experience for the students. Total 56 students and 03 teachers were present for the session.



Report of Yoga break on 18.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of Z P School, A/P- Dhydhane Vasti, Rahatawade, Tal-Bhor, Dist- Pune, on 18.04.2022.

Various Yogasana were demonstrated by Dr A A Muke to the students and he instructed to students to follow him. Total 58 students and 03 teachers participated enthusiastically in the program and they were asked to practice the Yoga in their daily life too.



Report of Yoga break on 21.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth,(Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of Z P School, Sasewadi, Tai- Haveli, Dist- Pune on 21.04.2022.

Dr A A Muke demonstrated the various Asana to the students and asked the students to follow his instructions. Total 60 students participated enthusiastically in the program. Students were asked to practice Yoga in their daily life too.



Report of Yoga break on 21.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of Saraswati Vidyamandir, Karvenagar, Pune, on 21.04.2022.

Various Yagasana and Pranayam were demonstrated by Dr Kirti Bhati and studenta followed her. Total 66 students and 06 teachers were present for the session.



Report of Yoga break on 22.04.2022-

While celebrating the 8th International Yoga Day , Bharati Vidyapeeth,(Deemed to be University), College of Ayurved, Pune has arranged medical health camp for the students of Late Uttamrao KIsanrao Dhanakawade,(Patil)Vidyalay, PMC No 91, Tai- Haveli, Dist- Pune on 22.04.2022.

Dr Subodh and Dr Suryadeo have demonstrated the various Asana to the students and students followed them. Total 55 students have enthusiastically participated in this program.



Report of Yoga break on 22.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth,(Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of Z P School, Sasewadi, Tai- Haveli, Dist- Pune on 22.04.2022.

Dr A A Muke demonstrated the various Asana to the students and students followed him. Total 140 students experienced this great session. They were asked to practice Yoga in their daily life too.



Report of Yoga break on 27.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth,(Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of, Z P School, Khodashi, Tal- Haveli, Dist- Pune on 27.04.2022.

Various Yogasana have been demonstrated by Dr Lata Patil to the students. Students followed her instructions and done the Yogasana enthusiastically. Students have been asked to practice Yoga in their daily life too. Total 40 students and 02 teachers were present for the session.



Report of Yoga break on 28.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth, (Deemed to be University), College of Ayurved, Pune has arranged Yoga break for the students of, PIV mission Marathi Mulinchi Shala, Khed shivapur, Tal- Haveli, Dist- Pune on 28.04.2022.

Demonstration of the various Yogasana has been done by Dr Amol Patil. He instructed the students and they followed him. It was a very unique experience for the students. Total 56 students and 3 teachers were present for the session.



Report of Yoga break on 28.04.2022-

While celebrating the 8th International Yoga Day, Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune has organized Yoga break for the students of Z P school, Juranjai, tal- Haveli, Pune, on 28.04.2022.

Yoga demonstration and conduction was done by Dr Lata Patil for the total 15 students. Students followed her instructions and participated enthusiastically. Students were asked to practice Yoga in their daily life too.

1st – 15th May	Yoga (Y-break) practice sessions and demonstration for the paramedical staff of the BVDU college of Ayurved & Hospital
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14th

May

Yoga (Y-break) practice sessions and demonstration for the college Student.

Expert guest lecture for Yoga will be held



16th May – 31st May	Yoga (Y-break) lecture, demonstration and practice for college students and NSS volunteers.
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1st June	Yoga awareness rally in the university campus and the vicinity
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2nd June

Expert Guest lecture on Pranayama.



**Bharati Vidyapeeth Deemed to be University , NSS
Cell**

Date :- 05-06-2022

"Sinhgad Fort Trek" organised by the YMC & BVDU NSS Cell"* on 5th June, 2022 (The World Environment Day)

75 Empowered, Skilled & Talented girl students from the Bharati Vidyapeeth (Deemed to be University), representing various disciplines, undertook the *Sinhgad Fort Trek to respond the spirit of NEP 2020 to achieve Vision 2047*.



Trek started at 7: 00 am from the base point of Sinhgad fort with 75 empowered girl students alongwith respective program officers. All girl students successfully completed Trek.



After reaching up at top of the fort , girl students were appreciated for their successful trek. Seedballs were dispersed on the fort to promote tree growth on fort.

Regional Director Shri D.Carthigueane, Programme Coordinator NSS BVDU , Pune Dr. Avinash Mhetre and all Program Officers of respective college were present.



Girl

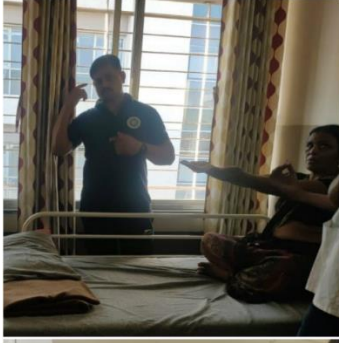
students were awarded with certificate and medal.

The event of trek was included in Triathlon of BVDU.

BVDU Yashwantrao Mohite College, Pune, in association with other BV & BVDU Colleges, set the All India Record as the *First Ever Environmental Triathlon by an Educational Institute*

The Triathlon carved it's place in India Book of Records.

3rd – 20th June	Yoga therapy camp for IPD/OPD patients.
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17th June	Lecture on Yoga for healthy lifestyle.
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20th June	Common Yoga protocol Practice in Bharati Vidyapeet University campus, Karaj
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21st June	Common yoga protocol practice for all colleges of our campus in the University's common football ground.
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Blood Donation Camp

Date- 30/04/2022

Venue- Bharati Vidyapeeth College Of Ayurveda and Hospital

A blood donation camp was organized by College of ayurved and hospital. The camp was organized by program officer Dr Amol Patil and third year college of Ayurveda students. Dr Asmita Jagtap and senior doctors presided over the drive. The drive began at 10 am. The interns, senior students too participated in the camp. The volunteers had arranged for refreshments for the people who donated their blood. 63 volunteers participated in the event



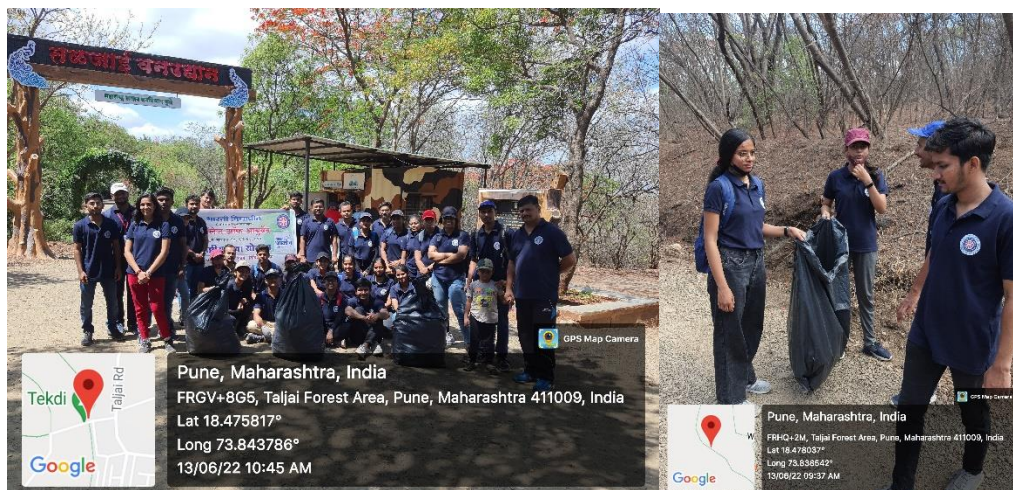


Cleanliness Drive

Venue- Taljai Tekari

Date- 13/06/22

A cleanliness drive was conducted at Taljai Tekari on the 13th of June by NSS volunteers under the guidance of Dr Amol Patil. The place was tidied up nicely. This event was organized to invoke a sense of responsibility and sustainability towards the environment.



Bharati Vidyapeeth Deemed to be University College of Ayurved Pune, NSS Cell

Date :- 13-09-2022

The Ministry of Women and Child Development celebrated the fifth Rashtriya Poshan Maah 2022 from September 1 to September 30, 2022, as part of the national POSHAN Abhiyaan, a Central government initiative which aimed to strengthen the efforts to end hunger and malnutrition. Under this activity College of Ayurved and Bharati Ayurved Hospital carried out informative lecture session for pregnant women, adolescent girls and other women .

Lecture aimed at creating awareness of proper antenatal dietary habits during 9 months , proper nutritional diet intake in adolescent girls for development of health reproductive system and overall diet advise to all women to prevent gynaecology problems.

Lecture was delivered by Dr.Mrudula Kulkarni and other assistant doctors.





Pune, Maharashtra, India
Bharati Hospital & Research Centre-Emergency Medicine Department,
Bharati Vidyapeeth Campus, Dhankawadi, Pune, Maharashtra 411043, India
Lat 18.459128°
Long 73.856341°
13/09/21 11:06 AM



Pune, Maharashtra, India
Bharati Hospital & Research Centre-Emergency Medicine Department,
Bharati Vidyapeeth Campus, Dhankawadi, Pune, Maharashtra 411043, India
Lat 18.459167°
Long 73.856322°
13/09/21 11:07 AM



Pune, Maharashtra, India
3, Bharati Vidyapeeth Campus, Dhankawadi, Pune, Maharashtra 411043,
India
Lat 18.459101°
Long 73.856353°
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NIRMALYA SANKALAN ABHIYAN

DATE: 9 September 2022

VENUE : Katraj Dairy, Pune -411403

Ganesh Chaturthi is one of the most important festivals in the Hindu calendar and is celebrated with great enthusiasm and devotion in many parts of India, especially in the states of Maharashtra, Karnataka, and Andhra Pradesh. The festival usually falls in August or September and lasts for 10 days.

The festival begins with the installation of clay idols of Ganesha in homes and on public pandals. The idols are decorated with flowers and other ornaments and are worshipped with great devotion for 10 days. During this time, devotees offer prayers, perform aarti, and chant hymns and mantras in praise of Ganesha.

On the final day of the festival, the idol is carried in a grand procession to a nearby water body, such as a river or sea, for immersion. The procession is accompanied by music, dancing, and chanting, and is a sight to behold. The immersion of the idol is a symbolic act of bidding

farewell to Ganesha and returning him to his celestial abode.

The festival is not just a religious occasion, but also a cultural one. It brings people from all walks of life together and fosters a sense of unity and harmony. The distribution of prasada, especially modakas, is a common practice during the festival and is believed to bring good luck and prosperity.

However, in recent years, there have been concerns about the environmental impact of the festival, as the immersion of Garland made up of plastic and decorative things used in Ganapati Mahotsav made of non-biodegradable materials can pollute water bodies. As a result, efforts are being made to promote the use of eco-friendly materials for making Garland and to encourage responsible immersion practices.

- Therefore, NSS (National Service Scheme) held **NIRMALYA SANKALAN ABHIYAN** at Katraj Dairy Pune – 411043 with the students of NSS. Successfully performed the activity of Nirmalya

Sankalan with a social awareness about immersion practices. While practicing these awareness, people who came for Ganpati Visarjan had a positive reaction towards the things done by the students of NSS. Dr. Amol Patil (NSS Coordinator of College of Ayurved, pune) Also done Ganpati visarjan with great Entuism and simultaneously successfully held the Abhiyan At the Katraj Dairy. The Waste Products were separated in dry and wet waste products.





MAHATAMA GANDHI JAYANTI

DATE: 02 October 2022

VENUE : AIKA TAKIES PUNE

Gandhi Jayanti is celebrated every year on 2nd of October for remembering “Father of Nation” and his role during freedom. His sacrifices, his love, his values all have been remembered. Bharati vidyapeeth collage of Ayurved had celebrated Gandhi Jayanti on 2nd October. The main objective of the event was to follow the path of Gandhi ji to live life by serving people. Numerous events and activities are held by bharati vidyapeeth collage of ayurveda With the theme, “We can change the world with

small things.” This concept was given by Gandhi ji which is followed today by students, faculties and administration of bvdu COA.

A rally was conducted from mandai area till the alka talkies chowk In association with several other colleges like collage of hotel management, collage of engineering, The rallying began at 7:30 am in the morning following all the protocols provided by police incharge of the particular area. 2 tractors carrying the monument of mahatma gandhi ji. Students chanting the slogans together about uniting our nation, cleanliness awareness, health awareness. summing up the event began with me like a felicitation of the nss co-ordinator Dr. Amol patil.





SWACHHATA ACTION PLAN ONE DAY CLEAN UP DRIVE (CLEAN INDIA CAMPAIGN)

DATE: 10 DECEMBER 2022

**VENUE : BHARATI VIDHYAPEETH DEMMED
UNIVERSITY , KATRAJ – 411403**

The Swachh Bharat Abhiyan (Clean India Campaign) was launched by the Indian government in 2014 with the aim of making India a clean and hygienic country. Since then, the campaign has made significant progress, but there is still a long way to go. To accelerate the momentum of the campaign, the government has introduced the Swachhata Action Plan, which includes various initiatives to promote cleanliness and hygiene in the country. One of the most effective initiatives under this plan is the one-day clean-up drive.

The one-day clean-up drive is a community-led effort to clean up a specific area such as a park, a beach, a riverbank, or a public space. The idea is to mobilize a group of volunteers to work together to collect and dispose of litter, debris, and other waste materials in the area. The event is usually organized on a weekend or a public holiday when more people can participate.

The one-day clean-up drive has many benefits. Firstly, it promotes a sense of community ownership and responsibility towards public spaces. When people come together to clean up their neighborhood or public spaces, they develop a sense of pride and ownership towards the area. This can lead to a long-term commitment to keeping the area clean and free of litter.

Secondly, the clean-up drive helps to raise awareness about the importance of cleanliness and hygiene. When people see the amount of litter and waste that accumulates in public spaces, they are more likely to understand the negative impact it can have on the environment and public health. This can encourage people to adopt more sustainable and responsible practices such as proper waste disposal and recycling.

Lastly, the clean-up drive can also have a positive impact on the local economy. A clean and hygienic neighborhood or public space can attract more visitors and tourists, which can boost local businesses and create employment opportunities.

To organize a successful one-day clean-up drive, it is important to have a clear plan and strategy. This includes identifying the area to be cleaned, recruiting volunteers, providing the necessary tools and equipment such as gloves, trash bags, and cleaning supplies, and arranging for the proper disposal of the collected waste.

In conclusion, the one-day clean-up drive is a simple but effective way to promote cleanliness and hygiene in public spaces. By mobilizing a group of volunteers to clean up a specific area, the drive can create a sense of community ownership and responsibility towards public spaces, raise awareness about the importance of cleanliness and hygiene, and have a positive impact on the local economy. Therefore, it is important to continue to promote and support such initiatives under the Swachhata Action Plan to make India a cleaner and more hygienic country.

On this day students of NSS from College of Ayurved, Pune With Dr. Amol Patil (NSS Coordinator of College of Ayurved,pune) and also students from the different colleges in our campus gathered near statue of Chhatrapati Shivaji Maharaj and at a positive note Given By Dr. Avinash R. Mhetre (Principal of homeopathic college And NSS Coordinator of Bharati Vidhyapetth University)started the cleanup drive in the campus premises under the surveillance of NSS Coordinator of respective colleges. The Campus premises includes the ground, area near statue, Hospital Area,etc . Total 15 Student Participated from College of Ayurved

After completion of clean up drive the waste product were separated in two different bags i.e., dry waste products and wet waste products. At a happy note we completed the clean up drive with a motivation that cleaning our surrounding is simultaneously important while spreading awareness about those things is also important .





Agenda: Free health check up camp organized by NSS-
BVDUCOA

On dated: 09/01/2023

Place: khopi, District:Pune, Taluka:Bhor

On the occasion of 79th Birth Anniversary of Dr. Patangrao Kadam (Founder of Bharati Vidyapeeth) NSS-BVDUCOA have conducted a free health check up camp in village Khopi, District:Pune on 09/01/2023 where around 160 people took advantage of the health camp which was held in the Grampanchayat of the village. All routine health check up including general health check up, B.P,Hb,Sugar check up,free eye checkup and spectacles distribution was carried out. Also the School girls of khopi were educated with menstrual hygiene and sanitation. In the health check up camp people of every age group the youths,Adults,and old age peoples showed active participation for their routine health check up.

All the 160 peoples gone through B.P, Hb, and Blood sugar level check up, from which majority of them were detected with Diabetes and Hypertension. 97 of the peoples had done their free eye checkup here from which some were detected with cataract,long &short sight vision, and 74 peoples among them were given free spectacles. Majority of the ophthalmic patients were of old age group.

The activities which were carried out in the free health check up camp are stated as below:

1. B.P Checkup.



2. H.B & BSL Checkup.



3. Eye checkup & Spectacles distribution.



4. General health checkup & prescribing medicines.



General health checkup and distribution of ayurvedic medicines at free of cost.

5. Educating Local School girls on Menstrual Hygiene.



The 79th birth anniversary of Dr. Patangrao Kadam (Founder of Bharati Vidyapeeth) was celebrated by conducting free health checkup camp at village Khopi, Taluka:Bhor. The main Agenda of this health camp was to check,detect and diagnose any kind of health issues and prescribing medicines & consultation at free of cost. From which many of them were diagnosed with Hypertension and Diabetes. Majority of the village's population took advantage of this camp.

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Bharati Vidyapeeth Deemed to be University College of Ayurved, Pune - NSS Cell

Date :- 09-01-2023

Free Health checkup camp in Bharati Vidyapeeth , Dhankawadi Campus on the occasion of Birth Anniversary of Late Hon. Dr. Patangrao Kadam.

**Health checkup camp started at 7 am in campus.
Health checkup camp included Haemoglobin checkup,
Blood Sugar Level checkup and Bone Density
checkup.**

**Citizens were checked , consulted by doctors and were
advised to visit Bharati Ayurved Hospital for further
treatment and necessary procedures.**

**Citizens were counselled and advised regarding
dietary habits , lifestyle changes required for proper
maintenance of health and informed about various
Ayurvedic treatment methods and Panchakarma
procedures.**

Around 100 citizens were benefited by free health checkup camp and positive response was received of the same.

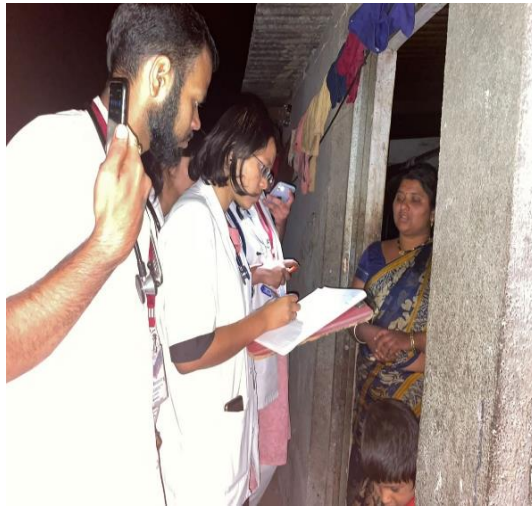


NSS WINTER CAMP 2023

Venue - Garade Village, Maharashtra

NSS winter camp was conducted at Garade village. A variety of programs were conducted include house to house surveys, health checkup for the entire village, educational session for school children, yoga sessions and much more.

NSS volunteers benefitted greatly from the enriching experience.





FREE MEDICAL & HEALTH CHECKUP CAMP

DATE: 14 February 2023

VENUE : Karandi, Tq. Bhor, Dist. Pune

Bharati vidyapeeth collage of Ayurved had conducted a free medical & health checkup camp. The main objective of the camp was to provide free medical checkup and medicines to people of the village. Various checkups of people were done by PG Scholars of Kayachikitsa, Stree evum prasuti tantra vigyan, Kaumarbritya, Swasthvritta and yoga and shalakya tantra department. UG Students and nursing staff members of the Bharati Vidyapeeth Ayurved Hospital assisted them.

Doctors also made aware the people of village about personal hygiene, communicable and non-communicable diseases and how to prevent the diseases and remain disease free. The people were also instructed to include exercise and yoga in their daily routine along with healthy diet by Dr. Amol patil. The camp began at 11am and was carried untill 1pm. Free Health Checkup of over 350 young, old people and childrens was done during the camp.

Summing up the event began with me like a felicitation of the nss co-ordinator Dr. Amol patil.



CHATRAPATI SHIVAJI MAHARAJ JAYANTI 2023

Date: 19 February 2023

Venue : Dhankawadi campus, Bharati vidyapeeth, Pune.

Shivaji Jayanti was celebrated with great zeal in the Bharati Vidyapeeth University on 19 February 2023. The celebration began with the welcome speech by Mr. Aaba Mama Shinde Sir, student from various streams participated in the event. Vivek Dhumal from collage of Ayurved gave some important facts of Shivaji Maharaj in Marathi. Pratik Ugale as well participated with guitar and 2 vocalist and one flute player at the event.

Utkarsh Khadse and the choir group sang a powada on the valour and bravery of Shivaji Maharaj. Authorities & the students, said that Shivaji Maharaj did not have huge army inspite of it he founded Swarajya by defeating Mughals and Adilshahis. In spite of short in height Shivaji Maharaj killed huge Afzal Khan by using his intelligence. The celebration concluded with vote of thanks by Vivek Kadam student of engineer collage BVDU. Several girls from dental collage played the act of Lezim. The program concluded with vote of thanks and distribution of certificates to the participant's



