

Program Officer
National Service Scheme Unit
Sonopant Dandekar College
Dt: 02/03/2022

To
The Principal
Sonopant Dandekar College
Palghar

Sub: Request to approve the proposal for sending volunteers for a Residential Camp at Badlapur from March 20 to March 26, 2022.

Sir,

University Level Residential Camp is being organized at the Health and Yoga Service Centre in Badlapur from 20 Mar to 26 March 2022. NSS Unit needs to send volunteers for the same. Kindly allow us to send the volunteers for the workshop and sanction the said amount.

Thank you.

Yours Sincerely,



Dr. Rohit Gaikwad
NSS Program Officer

Date: 04/03/2022

NOTICE

UNIVERSITY LEVEL SEVEN DAYS RESIDENTIAL CAMP

The University of Mumbai is organized seven days Residential Camp from 20th March to 26th March 2022 at AROGYA, YOG & NISARGOPACHAR SANSTA, Badlapur.

NSS volunteers from the college NSS unit interested in Residential Camp may contact NSS Program Officer Dr. Rohit Gaikwad and Prof. Raju Tandel for further details.

Contact Number: 9423719137/9049563211

The last date to submit names is 10th March 2022.

NOTE: Participant NSS volunteers are strictly requested to follow all prevention guidelines of COVID-19.



Dr. Rohit Gaikwad
NSS Program Officer



Dr. Kiran J. Save
Principal

Objectives:

1. To provide NSS volunteers with a unique opportunity to engage in immersive learning experiences focused on health, yoga, and nature therapy.
2. To promote holistic well-being and personal development among participants through workshops, seminars, and practical sessions on yoga, meditation, and natural living.
3. To foster a sense of community and camaraderie among NSS volunteers from various colleges within the University of Mumbai, promoting collaboration and mutual support.
4. To instill values of service, leadership, and social responsibility among participants, empowering them to become agents of positive change in their communities.

Outcomes:

At the end of the residential camp, participants should be able to:

1. Acquire practical knowledge and skills related to health, yoga, and nature therapy, enabling them to lead healthier and more balanced lifestyles.
2. Develop a deeper understanding of the interconnectedness between mind, body, and nature, fostering a holistic approach to wellness and self-care.
3. Forge meaningful connections with fellow NSS volunteers and facilitators, enhancing their sense of belonging to the larger university community and fostering lifelong friendships.
4. Feel inspired and equipped to apply their learning and experiences from the camp to their respective college campuses and communities, contributing to the promotion of health and well-being among their peers.



Dr. Rohit Gaikwad,
NSS Program Officer,

GLIMPSES OF THE EVENT

1. NSS volunteers to display banner



2. Group photo of University Level Residential Camp



3. Food preparation by NSS volunteers in camp



CERTIFICATES



AROGYA YOGA AND NATUROPATHY INSTITUTE
MAHARASHTRA (INDIA)

Certificate Of Appreciation

This is to Certify that

Sunny Kumar Samuel Salins
(S.D.S.M COLLEGE)

Has participated in 20 Hours Yoga Programme "YOGA FOR YOUTH" at University level Special residential camp from 20th March to 26th March 2022.

This Yoga programme is to give insight about Yoga, important and relevance of Yoga in human life.

Techniques like Yogasana, Pranayama, Meditation to improve concentration, memory power, decision making, healthy routine and creativity.

They also learnt the body alignment, Yogic practices for good digestion, excretion and flexibility of spine and healthy diet.

Course Conducted by

Vijay Ramesh Kukreja - Health & Wellness Consultant
Certified yoga Teacher & Evaluator ,YCB Level 3, Ayush Ministry Govt. of Indian,

Organized by

NSS CELL UNIVERSITY OF MUMBAI AND SST COLLEGE OF ARTS AND COMMERCE ULHASNAGAR 4.



Vijay Kukreja
Founder Arogya Yoga &
Naturopathy Institute

Mr. Jeevan P. Vichare
NSS Dist. Co-Ordinator
Thane District

Dr. J.C. Purswani
Founder Principal
S.S.T. College of Arts & Commerce
Ulhasnagar - 421 004

Mr Sudhir Puranik
Registrar & I/C Director
University of Mumbai



University of Mumbai
NATIONAL SERVICE SCHEME


भारत का In association with


S. S. T. COLLEGE OF ARTS & COMMERCE, ULHASNAGAR - 4
ORGANIZES

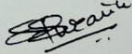
UNIVERSITY LEVEL NSS SPECIAL CAMP
"Azadi ka Amrit Mahotsav"

Certificate of Participation

This is to Certify that, Mr./Ms. SUNNY KUMAR SAMUEL SALINS NSS Volunteer / Programme Officer
of S. D. S. M. COLLEGE has participated in 7 days
University Level NSS Special Camp organized at Jambhilghar Village (Arogya Yoga and Naturopathy Institute), Badlapur,
Tal-Badlapur, Dist.Thane held between 20th March, 2022 to 26th March, 2022.


Mr. Jeevan P. Vichare
NSS Dist. Co-ordinator
Thane District


Dr. J. C. Purswani
Founder Principal
S.S.T. College of Arts & Commerce,
Ulhasnagar - 421004


Mr. Sudhir S. Puranik
Registrar & I/C Director
University of Mumbai