

UNIVERSITY OF MUMBAI
VIVA COLLEGE OF ARTS, COMMERCE & SCIENCE VIRAR (W)
NATIONAL SERVICE SCHEME UNIT
LEADERSHIP TRAINING CAMP REPORT
20th AUG TO 24th AUG, 2014.

- Inauguration Ceremony
- Welcome song
- Camp Co-ordinator [Prof. Vishal Sawant]
- Introduction of Guest and their welcome.

Chief guests

- Dr R.D.Bhagat

Vote of thanks

Prof. Vishal Sawant (Camp Coordinator)

Photos of inauguration ceremony

Day 1:

20 August , 2014

<u>FIRST DAY 20/08/2014</u>		
<u>10.00 to 11.30</u>	Registration and Tea	NSS Volunteers
<u>11.30 to 12.30</u>	Self Intoduction / Formation of group	Kalpesh Kale NSS Open Unit Leader Palghar District
<u>12.30 to 01.30</u>	Lunch	Break
<u>01.30 to 02.30</u>	Inauguration	Dr.R.D.Bhagat Principal , Viva College Prof.Shikhare G.Y. Prof. Vishal Sawant (Camp_Co-ordinator)
<u>02.30 to 03.30</u>	What is NSS ? (History , Aims , odjective &Emblem of NSS)	Prof.Shikhare G.Y. (District Co-ordinator Palghar District)
<u>03.30 to 04.00</u>	Tea	Rest
<u>04.00 to 06.00</u>	Leadership Traits	Prof. Vishal Sawant (Camp_Co-ordinator)

<u>06.00 to 08.00</u>	Community Games / Sports	Anand Rajawat
<u>09.00 to 10.00</u>	Evaluation of the day & Instructions	Prof. Vishal Sawant & Kalpesh Kale.

Selected volunteers of NSS had come from different colleges to attend the leadership Training Programme.

Prof.Vishal Sawant divided all volunteers into 5 groups and the group members named their groups. The camp inaugurations was carried out in presence of Prof.Vishal Sawant , Prof.Anand Rajawat, Dr R.D.Bhagat

At afternoon 3 p.m we had a very informative speech by Prof. G.Y Shikare (District Coordinator of palghar District) who briefed us about NSS .

After tea time , we played interesting games which was conducted by Prof. Anand Rajawat
Post Dinner Session :9:50-10:10pm.

Instruction were given for the next day's schedule and the everyone headed towards their beds.

Day 2:

21 AUGUST, 2014

6.00 TO 6.30am.	Wake up & get ready for –Yoga session.
6.30 TO 7.30am.	Warm up Body & Drill followed by Parade on Ground That includes P.T. Deeps, Push-ups. This was instructed by Mr. shushant galwankar.
7.30 TO 7.30am.	Yoga and Meditation for concentration of Mind. Instructor: Ambika yognektan.
7.30 TO 9.00am.	Tea & Breakfast
9.00TO10.30am	<u>Guest Lecture:</u> Prof. Swati Jaikar <u>Topic:</u> “Birds could exist without man but man would perish without birds.”
11.0TO 1.00pm.	<u>Guest Lecture:</u> prof. Surekha Mishra <u>Topic:</u> “ Enlighted us about Community development”
01.00T 2.30pm.	Lunch Time
03.00TO4.30pm.	<u>Guest Lecture:</u> Prof.Sudhir Puranik

	<u>Topic</u> : Leadership qualities
4.30TO 5.00pm.	Tea
5.00TO 6.00pm.	<u>Guest Lecture</u> : Prof. Jeevan Vichare <u>Topic</u> : who also explained us about leadership and gave a key rule for leadership that is “THINK POSITIVE AND A LEADER MUST BE A GOOD LISTENER.”
6.00 TO 7.00pm	<u>Guest Lecture</u> : Prof. Sunil Gavre <u>Topic</u> : camping activities
7.00TO 8.30pm.	MLA Mr. Kshitij thakur interacted with volunteers of the camp and shared experiences and likes & dislikes which was asked by our volunteer.
8.30TO10.00pm	Evaluation of the day & Instructions & Dinner
10.00pm.	Light Off.

Early morning at 6.am we all reached on the ground and we did warm up exercise, followed by push-ups which was instructed by Mr.Rahul Gupta .

At 7.30am, there was a rejuvenating session on yoga and meditation followed by an informative session on birds by Mrs -----with a message that “Birds could exist without man but man would perish without birds.”

At afternoon 12, prof. Surekha Mishra enlightened us about Community development and NSS which was followed by lunch.

At 3.00 we had a session on leadership qualities by Prof.Sudhir Puranik who gave a clear idea about leadership followed by an interesting session by Prof.Jeevan Vichare who also explained us about leadership and gave a key rule for leadership that is “THINK POSITIVE AND A LEADER MUST BE A GOOD LISTENER.”

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Last but not the least for the day,at 6pm. Prof.Sunil Gavre gave us a short session on camping activities and about the discipline that we should maintain in camp.

Finally, our admired senior leaders entertained us by mimcry,dancing,singing

Then we had our dinner and headed towards our beds.

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We had a session by Prof. Sushil Shinde who explained us a about NSS manual and website camp on various issues

Website camp on various issues.

Prof.Sushil Shinde we got to hear songs on corruption,riots which made us more active for the session.

Day 3:

22 August, 2014.

At 6.00 am. Day started with our regular exercise, jogging, dips and a new thing learnt today was how to lift a person in a disaster instructed by Mr. Rahul Gupta followed by session on yoga and meditation .

After our breakfast, we had got an opportunity for adventure sports such as artificial wall climbing, rappelling and rifle shooting instructed by followed by lunch.

Then we had a guest lecturer Prof. Arun Mali who explained us role of youth in rural development and preparation of handling disaster situation and made us understand the way a leader should react in a disaster.

At----- we had an session by Mr. Sachin Patil on the skills of drama and gave guidance on street play and ways to hold a mike that are simple things which we usually neglect.

At 7.30 Mr Dhonde (University Coordinator) explained us leadership and how to inculcate leadership qualities in ourselves.

Continued by Prof. Rashmi Sawant (Psychologist) who also explained us leadership by playing games which were very innovative.

Message for the day:-

“leadership is not a test by position but by action”

Finally our senior volunteers presented a street play before us on “Vyasnmukti”

The play had won lots of applause and after that we had our dinner and all went for sleep.

Day 4:

23rd august 2014.

Today we had a session by prof. Brijesh joshi about the Microsoft courses and facebook law which was an informative session followed by a session on leadership by prof. Vaibhav satvi who said beautiful things about life and the techniques for moulding our negative attitudes into positive attitude and also gave great examples on people who had positive attitude.

At we had a lecture by mr.milind paunshe who also gave us an interesting session on leadership qualities and got to learn many things .one of it is character defect followed by lecture by mrs manasi raje who had made it interactive by conducting plays, games etc. Then came prof. R.m. patil from university to take feedback about the camp and then we headed for lunch.

At we had consumer guidance session by prof. Gajanan patil who explained about the adulteration done in food by showing us experiments which made the session very interesting.

At we had prof. Royal dsouza & prof. Alwin menezes as our next gurst lecture who explained us role of nss leader in success of nss programme by giving idea on influence tactics and so on.and then we had a very heart touching session which included the topic God i.e. parents & sun how to attack prolems, thoughts and so on.

Finally we had our MLA Mr. Kshitij thakur who interacted with volunteers of the camp and shared experiences and likes & dislikes which was asked by our volunteer

The day ended with campfire and dj which was very enthusiastic.

Message for the day:

“Sand and sweet “ learnt from ants.

Sand denotes negative

Sweet denotes positive

In each thing there is positive and negative things . therefore observation is important.

Day 5:

24th august ,2014

Our last day started with exercise at 6.00 a.m and then we had breakfast . then in presence of all dignitaries and guest that is _____ , _____ , _____ , there was vote of thanks by leaders for the ltc which was organised by viva nss unit special approach was given to prof. Vishal and anand who are the soul of programme.

Finally we had our lunch and soon it ws time to bid adieu for this leadership training camp and an experience that must be experienced.