



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &
HOSPITAL**

**Junction of NH-4 and Sion Panvel Expressway,
Sector-1, Kamothe, Navi Mumbai- 410 209
E-Mail ID :mgmdch@mgmmumbai.ac.in**



Event: NSS Residential Camp

Date of Event: 4th-10th February, 2023

Venue: Shantivan Ashram, Nere.

Organization: NSS unit, MGM DCH

No. of Participants: Faculty- 05, Students volunteers: 25

REPORT

Date: 4th February 2023

Agenda: Arrival at Shantivan followed by tour of Shantivan ashram and visit to nearby villages

On 4th Feb 2023, the NSS UNIT of MGM Dental College and Hospital began with their week long residential camp with the best wishes of respected Dean Ma'am Dr.Srivalli Natarajan and under the able guidance of the NSS Program officer Dr. Vaibhav Thakkar. The first day started off with a tour of Shantivan and the nearby places that helped us acquaint to its serene surroundings.



INAUGURATION OF NSS RESIDENTIAL CAMP.

Date: 5th February, 2023

EVENT: Wakadi village survey and visit to the Annasaheb Sahasrabudhe Madhyamik Ashramshala ,Shantivan .

On 5th Feb 2023, the NSS volunteers along with staff in charge Dr. Vaibhav Thakkar visited Annasaheb Sahasrabudhe Madhyamik Ashramshala, Shantivan wherein dental check-up and fluoride application was carried out for around 343 children, extraction and topical fluoride applications were performed for identified children. Few volunteers visited the Wakadi village where dental screening took place together with spreading awareness in regards to oral hygiene through placards and models. Thereafter, in the evening an insightful lecture by Dr.

Aniket Dumbre on "Weaponary of Old Age" was taken. Reflecting on the quote,"FOR SPIRITED PEOPLE ,NO TASK IS IMPOSSIBLE."



Date: 6th February, 2023

EVENT: Temghar and Umroli village survey and Shramdaan

On 6th Feb 2023 two out of the three teams headed for village survey to Temghar and Umroli. Dental screenings and general information about the brushing techniques and deleterious effects of tobacco were delivered to the people. One of the teams contributed towards the making of compost pits at the neighbouring school through Shramdaan. In the evening, a session was arranged by Sevankur Bharat which began with certain physical exercises and games. Consequently, a talk by the guest speaker, truly abiding to the lines "Humane as Humans" through our profession was appreciated by all.



NSS VOLUNTEERS SPREADING AWARENESS ABOUT GENERAL ORAL HYEGIENE ACKNOWLEDGED BY THE LOCALS.



NSS VOLUNTEER DOING A DOOR TO DOOR ORAL HEALTH CHECK-UP



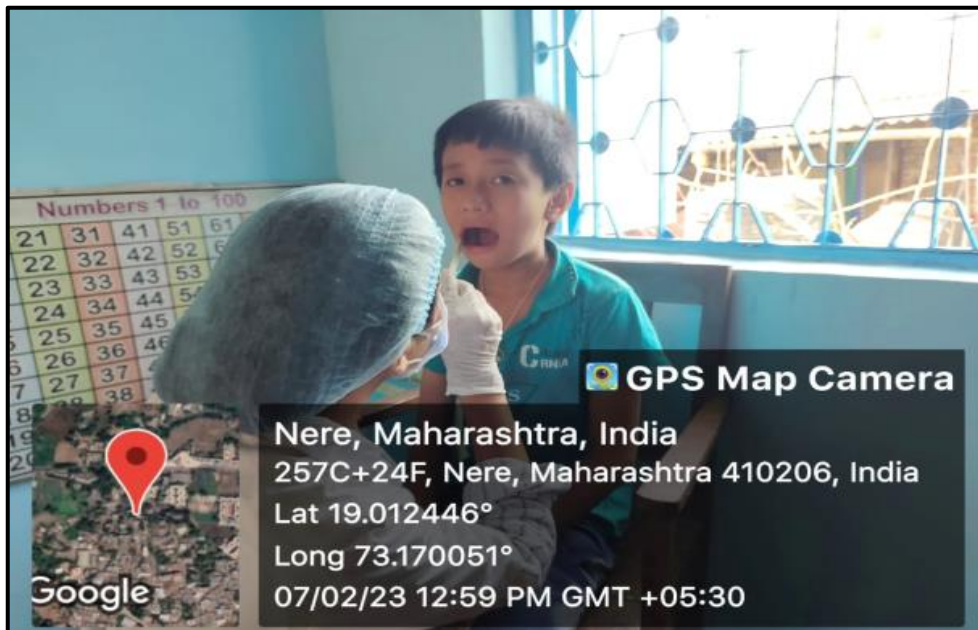
NSS VOLUNTEERS INDULGED WITH SHRAMDAN ACTIVITIES

Date: 7th February, 2023

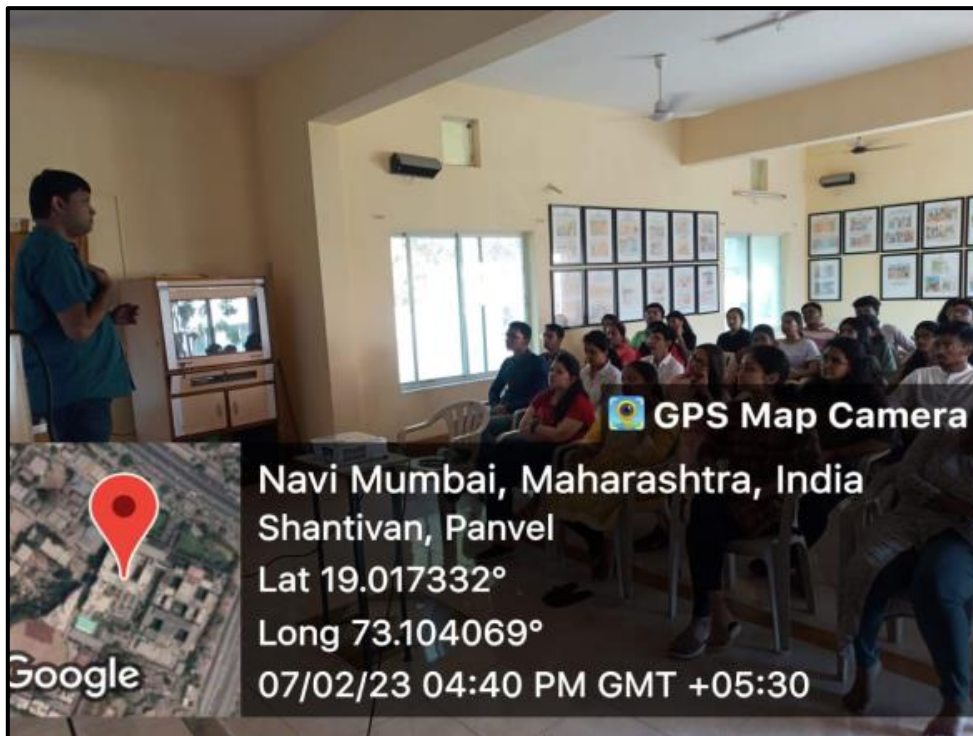
Agenda :Nere village survey and Shraamdan .

On 7th of February, two out of three teams headed for village survey at nearby village Nere, over 650 free dental checkup were carried out along with general information about brushing techniques and deleterious effects of tobacco were delivered to people. Few of NSS volunteers visited the anganwadi and primary school in the vicinity and distributed tooth paste and over 100 students dental screening was carried out. Indeed it was a great experience seeing the transformed smiles of little binding adieu with happy faces. Third team went for shramadan In nearby village completed the compost pits and lead by example of saying प्रभु" करे हर भारतवासी समझें यह ज्ञान। सर्वश्रेष्ठ कर्तव्य है "श्रमदान" Same evening was look into our own selves .Being into the urban life we have somewhere lost the path towards spirituality. To get back onto the lost path, session named reenergise life was organised by Dr. Pankaj Mhatre , it was indeed a meaningful session. Learning that creates a life that feels good on the inside, not just one that looks good on the outside. Late evening we had a special program arranged by an aerobic trainer it was indeed a fun session

Where various exercise were performed along with local tribal dance Tarpa and outdoor games. It really helped for overall physical as well as mental peace of all .



DENTAL SCREENING AT PRATHAMIK KENDRA SHALA ,NERE.



DEEP AND INSIGHTFUL DISSCUSSION ON REENERGIZING LIFE BY DR.PANKAJ MHATRE.

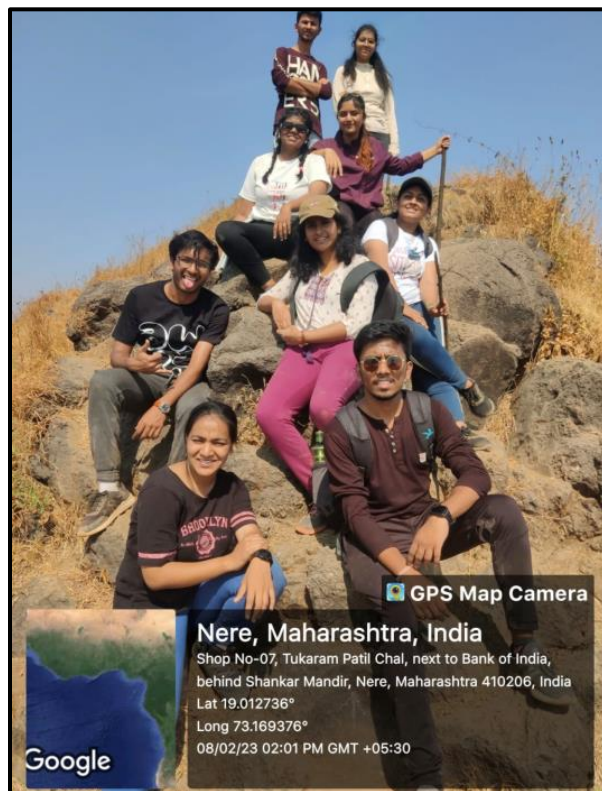


NSS VOLUNTEERS ALONG WITH DR PRACHITI INDULGED IN SHRAMADAN

Date: 8th February 2023

Agenda :Visit to Irshalgad Fort

On 8th of February along with our trek guide Dr. Pankaj and our enthusiastic and active staff Dr Prachiti, Dr Neeraj and Dr Pankaj started off the thrilling day with a trek to Irshalgad, which rises to an elevation of 1726 ft. (526 m) above MSL in the Matheran range. It was used as a watch tower to keep an eye over the region between Manekgad and Prabalgad in its heydays. The Irshalgad trek is famous for its unique Nedhe (a hole carved into a block of rock due to constant battering by natural forces over a long period of time) overlooking the Morbe Dam. It was quite a breathtaking experience. We made it to the peak and indeed everyone had a sense of "The best views come after the hardest climb".



Date: 9th

NSS VOLUNTEERS EXPERIENCING
THRILL AMIDST WESTERN GHATS.

February, 2023

Agenda:

Visit

to

RamkrishnaNiketan Old Age Home,Shantivan& Completion of Survey in nearby villages.

On 9th of February the NSS unit of MGMDCH visited the Ramkrishna Niketan Vrudhashram,Shantivan.All of the elderly residents at the home greeted us with warm smile.A small cultural program was organized as token of gratitude towards the residents which begun with a prayer followed by mehfil of old and new songs which had active participation of everyone present there the program ended with beautiful shayari. We had special session of games and music where all participated with great enthusiasm and defined the saying that,” age is just a number.”

Life experiences,various hobbies were shared by many of elderly people residing there.It is always a blessing to learn the wisdom from elderly people.It was a great afternoon indeed, and a reflection on to care for those who once cared for us is one of the highest honors.



DEVOTIONAL PERFORMANCE BY ONE OF THE RESIDENT OF RAMKRISHNA NIKETAN HOME.



CHEERFUL INTERACTION WITH THE RESIDENTS BY NSS VOLUNTEERS.



CULTURAL PERFORMANCES BY ENTHUSIASTIC NSS
VOLUNTEERS



ORAL HEALTH CHECK UP DURING DOOR-TO-DOOR
SURVEY

Date: 10th February, 2023

Agenda: Completion of Survey and Closing Ceremony of the residential camp

On 10th of February, the NSS volunteers completed the survey in remaining villages in the morning hours and at the end of the day we had closing ceremony of the NSS residential camp under the guidance of Dr.Agraja Patil where in students shared there testimonial about the entire experience .Motivating everyone to be unique from others ,experiencing the real life problems and providing basic support ,from professional to overall holistic development of every volunteer were the end results of the seven day long camp.Expressing the sincere gratitude to all the program officers,staff in charges and intern in charge as without their guidance and support the camp wouldn't have been such a great success.Volunteers were very happy and thankful for unique experience. Volunteers took enthusiastic hard work during the whole seven days, making the camp a grand success.Reflecting on NOT ME BUT YOU as in true sense placing community before self.



List of Participants

Faculty	
Sr. No.	Name
1.	Dr. Vaibhav P. Thakkar
2.	Dr. Neeraj Kolge
3.	Dr. Agraja Patil
4.	Dr. Prachiti Terni
5.	Dr. Pankaj Londhe
Student Volunteers	
1.	Al Ameen Ahmed Ali
2.	Arakh Mayur Dayanand
3.	BirajdarPruthviraj Ashok
4.	BhuchhadaJash Dinesh
5.	Deshpande Ved Kishor
6.	Khan ParvantalatAnwa
7.	Lawate Rahul Bhimrao
8.	Mohod Rahul Himmatrao
9.	PalwePriyanshu Pramod
10.	Satukunvar Aryan Bhavin
11.	UdasiSuryank Ravindra
12.	Vyavhare Vikrant Bharat
13.	Yadav Dev Surendra
14.	ChhajwaniPriyanshi Rajkumar
15.	GavaliMaithilee Vikas
16.	Gorhe Aditi Ashok
17.	KamblePranjal Suryakant
18.	Kharat Shweta Sanjay
19.	Mungase Arpita Subhash
20.	NanawareSayali Ramesh
21.	Pawar Snehal Sunil
22.	Sanghvi Apeksha Paresh
23.	Somani Disha Dilipkumar
24.	Shetty Ishika Prakash
25.	Udhan Mansi Kishor