

**3.4.1 Extension activities are carried out in the neighbourhood community, sensitizing students to social issues and their holistic development and impact thereon during the years**

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## 1. Street Play on Child Labour

NSS volunteers presented a street play on “Child Labour” in front of the Sarpanch and villagers of Mahalgaon. through this act, villagers were made to realize that child labour deprives them of their childhood. They also came to know about law protecting child labour.



## 2. A Free Eye Check-Up Camp

A free eye check-up camp was organized for the villagers of Mhalgaon in association with “Mahatame Eye Bank” Nagpur. There was an excellent response to the camp due to wide publicity by NSS volunteers. 113 people aged above 40 took advantage of the Eye Check-up camp. Out of which 37 people were advised for cataract surgery and they would be treated free of cost by the Eye Bank.



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### 3. A Sickle Cell Camp

A “Sickle cell camp” in association with the Sickle cell department of “Mahatame Eye Bank” was organized at Shree Nath Vidyalaya, a Govt school in Mahalgaon for the students of classes 5th to 10th. 241 students were tested and out of them 35 were tested positive. Their parents were called, and the doctor consulted them for further investigation.



### 4. Cleanliness Rally

The rally as a part of an awareness campaign for realizing the importance of cleanliness to the villagers of Mhalgaon was organized.. All the NSS volunteers took part in the rally and made villagers understand the importance of hygiene and health. The rally started from the old gram panchayat and ended at the new gram panchayat of Mahalgaon, as they walked along the main roads of the village.



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## 5. Yoga and Surya Namaskar

Volunteers performed Yoga and Surya Namaskar with the village children. One of the volunteers Ankit Sahu, a yoga instructor explained to the volunteers and children the importance and benefits of Yoga, the ancient Vedic practice of our country that helps in keeping a balance between mind, body, and soul, thereby developing a complete and composed human being. Students learned techniques of various asanas like Tadasana, Vakrasana, Pashchimottasana, Surya Namaskar and breathing exercises like Anulom-Vilom, Bhramari, Kapalbhathi, etc.



## 6. Cleanliness Drive.

NSS volunteers organized a cleanliness drive. Various premises such as Gram panchayat area, Society area, Primary School, High School, and temple area, sides of the roads of Mahalgaon were cleaned with the aim of “Gram Swachhata Abhiyan”.



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## 7. Street Play on Ban on Single-Use Plastic

Volunteers performed street plays at different locations in Mahalgaon village. These were on themes related to “ban single-use plastics”, “cleanliness” and “good health practices” with respect to environmental conservation. The street play was very well appreciated by the villagers and our NSS volunteers.



## 8. Environment-friendly rally based on “SAY NO TO PLASTIC”

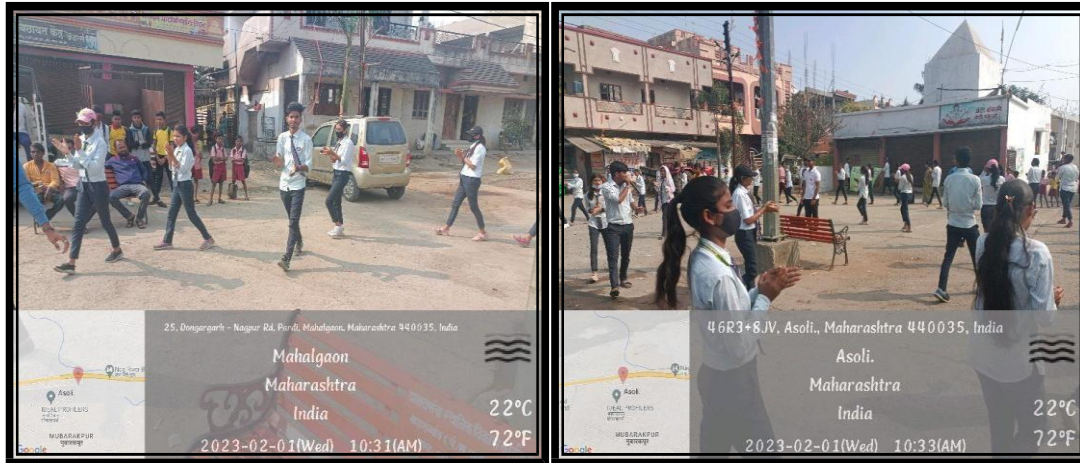
Through the rally, volunteers spread awareness about the harmful effects of using plastic and suggested some alternatives to plastic. Volunteers requested the villagers to minimize the use of plastic bags through their slogans, and created awareness among the villagers the manner in which an ideal environment could be created to nurture and grow young minds



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## 9. Street play “Nasha Mukti

Street play was performed by the volunteers on “Nasha Mukti” at the busy area of village. Through this play they aware people about harmful impact of tobacco and alcohol. Another street play was performed near Hanuman mandir at village on child labour. The act was appreciated by the villagers.



## 10. Rally on “SAY NO TO TOBACCO

The subject of the rally was focus on “SAY NO TO TOBACCO”. Villagers were made aware of the ill effects of consuming tobacco and smoking. The rally was followed by a yoga session conducted by NSS Volunteers. Nearby village children participated in the activity and learnt the steps of Surya namaskar.



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## 11. Self Defense Program

Self-Defense” program was organized by the NSS volunteers at the new gram panchayat for girls. A lecture cum ‘Demonstration on Self Defence’ was organized wherein Ms. Shefali Shahu, one of the NSS volunteers and trainee of the National Shotokan Karate Association of India demonstrated various techniques for self-defence to the volunteers. School- going girls and all other NSS volunteers benefited from the program



## 12. Awareness Rally Based on “Save girl child”

The volunteers organized an awareness rally based on “Save girl child” theme at Garla village. The volunteers raised slogans like 'Save the girl child' and displayed placards to stop the declining sex ratio.



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### 13 Street plays on Nasha Mukti, Dowry System, and Eradication of Superstition.

Volunteers performed 3 street plays at various locations of Garla regarding Nasha mukti, dowry system, and eradication of superstition. People at Garla enjoyed and appreciated all the acts and took oath not to give/take dowry.



### 14. Health check-up camp

Health check-up camp for the villagers of Garla at gram panchayat office. The camp was organized by the NSS team in association with the “Radiance hospital”, Nagpur. Total 98 villagers took advantage of the camp.



*Mohamud*  
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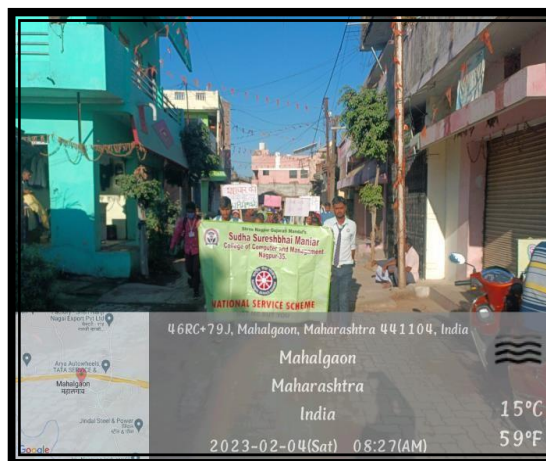
## 15. Rally on the Importance of Water Conservation and Tree Plantation

A rally based on the importance of water conservation and tree plantation by volunteers, through slogans and placards was organized to create awareness among the villagers about the conservation of natural resources and the benefits of tree plantation.



## 16. Rally on Beti Bachao, Beti Padhao, Jal shakti and cleanliness.

Rally was organized from Mahalgaon to Dighori, a nearby village. The subject of the rally was focused on Beti Bachao, Beti Padhao, Jal shakti and cleanliness. Two street plays on importance of cleanliness and “Ek Galat Kadam Palko ke Virudh” was performed by the volunteers at the main chowk of the Dighori village.



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## 17. Awareness Program on Petroleum Conservation

NSS volunteers participated and helped in an awareness program which was organized by Petroleum Conservation Research Association (PCRA), which is a registered society set up under the aegis of Ministry of Petroleum & Natural Gas, Government of India. As a non-profit organization, PCRA is a national government agency engaged in promoting energy efficiency in various sectors of the economy. With the support of our volunteers the agency was able to aware people about energy conservation.



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