



M.C.E. Society's

**M. A. Rangoonwala Institute of Hotel Management & Research**

Azam Campus, Camp, Pune -411001.

Tel No. 020-26442261/62, E-Mail: [info@marhotelmanagement.com](mailto:info@marhotelmanagement.com)

[www.marhotelmanagement.com](http://www.marhotelmanagement.com)



## NATIONAL SERVICE SCHEME COLLEGE UNIT HANDBOOK



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## **Introduction of National Service Scheme**

(As per NSS Manual Revised 2006 from Government of India, Ministry of Youth Affairs & Sports, New Delhi)

The National Service Scheme (NSS) is an Indian government sponsored public service program conducted by the Department of Youth Affairs and Sports, Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year, 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community linkage.

The cardinal principle of the NSS programme is that it is organized by the students themselves, and both students and teachers through their combined participation in community service, get a sense of involvement in the tasks of nation building. The post-independence era was marked by an urge for introducing social service for students, both as a measure of educational reform and as a means to improve the quality of educated man power.

The University Grants Commission headed by Dr. Radhakrishnan recommended introduction of national service in the academic institutions on a voluntary basis with a view to developing healthy contacts between the students and teachers on the one hand and establishing a constructive linkage between the campus and the community on the other hand. In India, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his student audience time and again, was that they should always keep before them, their social responsibility.

The first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level".

## **Objectives of NSS**

The objective of the National Service Scheme is 'Development of the Personality of Students through Community Service'. This objective is sought to be achieved by enabling the students to work in community. The programme aims to inculcate social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster victims. Following are the specific objectives of NSS:

1. To enable the students to understand the community in which they work;
2. To understand themselves in relation to their community;
3. To identify the needs and problems of the community and involve them in problem solving process;
4. To develop among themselves a sense of social and civic responsibility;
5. To utilize their knowledge in finding practical solutions to individual and community problems;
6. To develop competence required for group-living and sharing of responsibilities;
7. To Gain skills in mobilizing community participation;
8. To acquire leadership qualities and democratic attitude;
9. To develop capacity to meet emergencies and national disasters;
10. To practice national integration and social harmony.

## **Motto of NSS**

The Motto of NSS 'Not Me, But You', reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to other living beings. The philosophy of the NSS is well doctined in this motto, which underlines the belief that the welfare of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

## **Logo of NSS**

The symbol for the NSS has been based on the giant 'Rath Wheel' of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The wheel portrays the cycle of creation, preservation & release, and signifies the movement in life across time and space. The symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

## **Badge of NSS**

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme of community service. The Konark wheel in the symbol has eight bars which represent the 24 hours of the day. The Red colour in the badge indicates that the NSS volunteers are full of blood. i.e. lively, active energetic and full of high spirit. The Navy Blue colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of mankind.

## **Eligibility to become NSS Volunteer**

Any student, who has enrolled himself / herself as a regular student in any undergraduate course at M. A. Rangoonwala Institute of Hotel Management & Research.

### **When Student can become NSS Volunteer**

As soon as student secures admission for his / her studies at M. A. Rangoonwala Institute of Hotel Management & Research, he is eligible to enroll himself / herself in NSS as a volunteer. Enrollment is done between June and July of every academic year.

### **Whom to Contact to become NSS Volunteer**

A teacher who is incharge of NSS activities in the college should be contacted. The NSS in-charge is designated as NSS programme officer. If you don't get the information then you can contact the Principal of the institution.

### **Duration of NSS Volunteer**

Students selected as NSS volunteers are expected to work in the scheme for a period of two years continuously and render community service for at least 120 hours in a year. NSS volunteer should attend one special winter camp during the 2 years duration of his/her volunteer work for NSS.

### **Activities Undertaken by NSS Unit**

M.C.E. Society's M. A. Rangoonwala Institute of Hotel Management & Research has joined the National Service Scheme (NSS) of Savitribai Phule Pune University in the year 2017. Sanctioned strength for NSS every year is 50 students. NSS program officer Asst. Prof. Puneet Basson attended and successfully completed 7 days 131st NSS Program Officer Orientation course at Empanelled Training Institute (ETI), Ahmednagar from 23rd November to 30th November 2017.

In the first year of 2017-18, college enrolled 50 students and completed 21 activities under the banner of NSS. Every year, college organizes activities in which students learn to respect & appreciate human values, culture, health awareness, social responsibility and environmental concerns.

Following is the list of activities organized by NSS unit:

1. NSS Orientation Session	19. Self-defense Workshop for Women
2. Dr.Babasaheb Ambedkar Jayanti Rally	20. Meditation Session
3. World No Tobacco Day	21. Kargil Vijay Diwas Celebration
4. International Yoga Day	22. Independence Day Celebration
5. World Environment Day	23. Van Mahotsav
6. Pandharpur Vari Social Work	24. Gandhi Jayanti Celebration
7. National Youth Day	25. Food Safety Awareness Drive
8. Swacch Bharat Abhiyan Activities	26. Vigilance Awareness week Celebration
9. Swasth Bharat Abhiyan Activities	27. Rashtriya Ekta Diwas
10. World Organ Donation Day	28. Constitution Day Celebration
11. Fit India Movement	29. Mahatma Jyotiba Phule Jayanti Rally
12. Guru Nanak Jayanti Langar Service	30. Disaster Management Workshop
13. Eid Milad Un Nabi Rally	31. Visit to Orphanage
14. World AIDS Day	32. Sadbhavna Diwas Celebration
15. Books Distribution to School Students	33. National Memorial Visit
16. Blood Donation Camp	34. Vachan Prerna Diwas Celebration
17. National Road Safety Week	35. Armed Forces Flag Day
18. Chatrapati Shivaji Maharaj Jayanti Rally	36. International Women's Day



## **Activities Undertaken at Special Winter Camps**

As per the guidelines of the Savitribai Phule Pune University, college has to adopt a village for 5 years. Starting from 2018, college has adopted Chikhalse village in Mawal taluka of Pune district in Maharashtra located between Kanhe phata and Kamshet phata on Old Mumbai Pune Highway. College is organizing 7 days special winter camp every year from 2018 onwards for the upliftment of people in Chikhalse village.

Following are the list of activities conducted in the NSS camp:

1. Eye check-up camp
2. Hemoglobin Testing camp
3. Physiotherapy camp
4. Cleanliness drive
5. Disaster Management Workshop
6. Lecture on Health & Nutrition
7. Books distribution to school students
8. Career Awareness drive
9. Lecture on Food Safety & Personal Hygiene
10. Lecture on Legal-Aid
11. Anti-superstition Drive



## ACTIVITY REPORT

### **NSS Special Winter Camp**

**Date: 08<sup>th</sup> to 14<sup>th</sup> Dec 2018**

The NSS special winter camp of M. A. Rangoonwala Institute of Hotel Management & Research was organized at Chikhalse Village, Tal. Mawal, Pune. The camp was scheduled from Saturday, 08<sup>th</sup> December to Friday, 14<sup>th</sup> December 2018. Inauguration session of the Camp was on 08<sup>th</sup> Dec. 2018 in the hands of Sarpanch of Chikhalse village, Mr. Vijay Kajale. After camp was inaugurated as per the theme of camp 'Jalsandharan and Jalsanrakshan' all the activities were carried out. Day wise report of the camp is given below.



NSS students leaving the campus to camp site

### **DAY - 1**

Saturday, 08<sup>th</sup> December 2018

Name of the college:- M. A. Rangoonwala Institute of Hotel Management & Research

Programme Officer:- Asst. Prof. Puneet Basson

Teacher Incharge:- Dr. Aftab Alam, Prof. Khalid Arshad, Prof. Mansura Mulani & Prof. Nikita Bhosale,

Timing:- 08:00am-12:00 noon

Name of the Activity:- Reached the Location of Camp.

The students and the in charges reached at the location of camp. All the necessary arrangements were done and bed allocated to the students. Students get settled in their respective rooms. Kitchen utensils, equipment and grocery items were properly arranged and placed in the kitchen.

Timing:-03:00pm - 05:00pm

Name of the Activity:- Cleanliness Drive at Sai Seva Dham

The start of the work was taken place from Sai Seva Dham, where students cleaned the premises by collecting and properly disposing the useless things around the Sai Seva Dham premises.

Timing:-06:00pm – 09:00pm

Name of the Activity:- Serving Dinner at Sai Seva Dham

The NSS students helped the Sai Seva Dham staff in serving dinner to devotees. Students cheerfully participated in the event and worked from start to till cleaning all materials and utensils. After Dinner students recited the prayers of all religions in Sai Baba Mandir to celebrate World Peace.





## DAY - 2

Sunday, 09<sup>th</sup> December

Timing:- 09:00 am – 04:00 pm

Name of the Activity:- Cleanliness Drive at Sai Sava Dham campus area

The start of the work was taken place from Sai Sava Dham campus area, where students cleaned the premises by collecting and properly disposing the useless things around the Sai Sava Dham.

Entire campus area was cleaned.

Timing:- 05:00 pm- 09:00 pm

Name of the Activity:- Debate competition on social issues

Students of A.K.K. New Law Academy, M. A. Rangoonwala Institute of Hotel Management & Research and Abeda Inamdar Senior College participated in Debate competition on social economic and community development issues. It was to make students aware of recent issues in society and to provide them a chance to give their point of view related to these social issues.

Timing:- 09:00 pm – 011:00 pm

Name of the Activity:-Cultural program at Sai Seva Dham

Students participated in cultural program at Sai Seva Dham. A global peace prayer was conducted by students from students belonging to different faiths.





### **DAY - 3**

Monday, 10<sup>th</sup> December

Timing:- 08:00 am – 06:00 pm

Name of the Activity:- Village Survey at Chikalse Village

Venue:- Chikalse Village

The students carried out a Village Survey at Chikalse Village to find out various issues to be focused during the camp. In this survey students found various socio economic issues need to be addressed in the village.

Timing:- 03:00 pm – 05:00 pm

Name of the Activity:- Debate competition of social issues

Students of A.K.K. New Law Academy, M. A. Rangoonwala Institute of Hotel Management & Research and Abeda Inamdar Senior College participated in Debate competition on social economic and community development issues. It was to make students aware of recent issues in society and to provide them a chance to give their point of view related to these social issues. The program concluded with the recognition of contribution and participation of all the teams by NSS PO's.



#### **DAY – 4**

Tuesday, 11<sup>th</sup> December

Timing:- 08:00 am – 06:00 pm

Name of the Activity:- Botanical Survey around Chikalse Village

Venue:- Chikalse Village

#### **BOTANICAL SURVEY OF CHIKHALSE FOREST AREA**

The Department of Botany of Abeda Inamdar Senior College, Azam Campus has been engaged in floristic survey of unexplored and incompletely studied area of Pune district. Same kind of activity for Botanical survey of Chikhalse forest area was conducted on 11<sup>th</sup> Dec. 2018 during N.S.S. residential winter camp. A rapid Botanical survey was conducted at around Chikhalse forest area by Prof. Asif S. Shaikh, Assistant Professor, Department of Botany along with NSS volunteers.

#### **Primary objectives of survey:**

- To undertake taxonomical studies on the flora.
- To identify, collect and preserve specimens of plants, which are economically and otherwise beneficial to human beings.

- To survey the plant resources of the Chikhalse Village.
- To undertake ethnobotanical studies and evaluate plants for economic utility.

Chikhalse forest area is located north west to Pune about 49 kms at an altitude of 500 to 650 meter towards Pune-Mumbai direction. The annual rain fall of this area is 2500 to 3000 mm. Maximum temperature is 30 - 35 °C that of minimum is 10 - 20 °C. Soil texture of this area is Black, Red agricultural to rocky non-agricultural. As being in the bowl of Sahyadri, vegetation is a part of dry deciduous forest of Western Ghats and characterized by high degree of diversity in the floristic composition. The activity of botanical survey was undertaken over an area of 10 kms including two hills surrounding Chikhalse. The vegetation during survey was lush green and herbaceous plants were full flowered for which the survey and herbarium collection was successful.

We could observe many herbs, shrubs and trees of different families such as Tiliaceae, Solanaceae, Asclepiadaceae, Euphorbiaceae, Labiatae, Malvaceae, Meliaceae, Lythraceae, Verbenaceae and other of 17 families. The vegetation was dominated by *Thespesia*, *Tectonagrandis*, *Acaciacatechu*, *Ficus*, *Bombax*, *Butea* and *Vitexnegundo*. The grass land community was dominant on hills near to the forest area.

#### VEGETATION DIVERSITY

The climatic and altitudinal gradient has resulted in a variety of vegetation types. During the study, two different vegetation types were observed – namely wetland vegetation and Tropical Dry Evergreen vegetation. This survey has recorded a total of 194 plant species from all the two vegetation types.

**Table 1 List of some plants observed at the Chikhalse forest area.**

Botanical Name of the plants	Family	Botanical Name of the plants	Family
<i>Malvaparviflora</i>	Malvaceae	<i>Woodfordiafruticosa</i>	Lythraceae
<i>Thespesiapopulnea</i>	Malvaceae	<i>Vernoniaanthelmintica</i>	Compositae
<i>Abutilon indicum</i>	Malvaceae	<i>Sphaeranthusindicus</i>	Compositae
<i>Sidaspinosa</i>	Malvaceae	<i>Cardiadichotoma</i>	Boraginaceae
<i>Salmeliamalabarica</i>	Malvaceae	<i>Solanumnigrum</i>	Solanaceae
<i>Momosporacordifolia</i>	Menispermaceae	<i>Verbascumcoromandelianum</i>	Scrophulariaceae
<i>Argemonemaxicana</i>	Papaveraceae	<i>Tectonagrandis</i>	Verbenaceae
<i>Grewiatiliaefolia</i>	Tiliaceae	<i>Gmelinaarboria</i>	Verbenaceae

<i>Vitisquadrangularia</i>	Vitaceae	<i>Vitexnegundo</i>	Verbenaceae
<i>Cayratiacarnosa</i>	Vitaceae	<i>Amaranthusspinosa</i>	Amaranthaceae
<i>Rhusmysurensis</i>	Anacardiaceae	<i>Achyranthusaspera</i>	Amaranthaceae
<i>Buteamonosperma</i>	Papilionaceae	<i>Euphorbia tirucalli</i>	Euphorbiaceae
<i>Pongamiapinnata</i>	Papilionaceae	<i>Euphorbia pulchirima</i>	Euphorbiaceae
<i>Cassia fistula</i>	Caesalpiniaceae	<i>Gloriosasuperba</i>	Liliaceae

## BIOPROSPECTION AND HUMAN WELFARE

Economically significant plants grow here include numerous lifesaving drug plants, wild aromatic species, ornamental species, wild genetic resources. Therefore, not just conservation of these bio-resources in the region but also their sustainable utilization for human welfare is the priority agenda. The enormous floristic diversity, enormous habitat variation resulting in vast intra-specific variation, chemo-prospecting in wild aromatic plants, wild food plants, Bioprospection of flora for better genotypes in bio-fuel plants (*Jatropha*, *Caralluma*, *Pongamia*, *Boswellia* and many others. Bioprospection of the flora for metal tolerant genes for environmental bioremediation - in members of Caryophyllaceae, Portulaccaceae and Fabaceae are certain challenging areas.

## BIOPROSPECTION IN MEDICINAL AND AROMATIC PLANTS

Some short listed aromatic species like *Acronychia pedunculata*, *Chloroxylonswietenia*, *Cymbopogonflexuosus*, *Artemisia nilagirica* var. *nilagirica*, *Ocimumgratissimum* and *Clausenadentata* have already shown prospects for their development and popularization in the region. Although the quality and quantity of the required compounds is not satisfactory, the existing diversity can be used to improve and develop these crops. Ethnopharmacological studies are also required for fully understanding their therapeutic value.

## SOME URGENT TASK FOR FUTURE

A study on assessment of the floristic diversity in this area is still incomplete. There is an urgent need to systematically survey and document all the economically important species in the wild for future bioprospection work. Bioprospection of the medicinal and aromatic species involving Taxonomists, Ecologists, Phytochemists is also strongly recommended. As the flora is fast dwindling due to several anthropogenic factors, priority must be attached to the study of all wild flora. As a first step in this direction, it is necessary to establish a chain of conservatories of wild plants, particularly of rare, endangered, endemic and other economically important species.



## CONCLUDING REMARKS

Chikhalse forest is very rich in biological resources, which have not been satisfactorily documented and utilized. Therefore serious efforts are needed to initiate truly collaborative programmes involving taxonomists and biotechnologists for Bioprospection of our resources and product development. Conservation of our biological resources is another challenging task needing the attention of all biological scientists. It is hoped that the flora will be useful to students of botany, professional taxonomists, plant geographers, wild life biologists, foresters and all those interested in learning about the flora conservation and utilization of the plant resources of the state.

## DAY – 5

Wednesday, 12<sup>th</sup> December

Timing:- 10:00 am – 12:00 pm

Name of the Activity:- Legal aid

Venue:- Chikhalse Village

The activity was conducted by Law College. There were different judges and lawyers who came to give our students information and to create awareness among them. Information was given on legal rights and duties. Students came to know about the social, economic and political problems of our country and how constitution has empowered them to deal with these issues.



Timing:- 01:00 pm - 02:00 pm

Name of the Activity:- Moral Values

Mrs. Gauri gave a wonderful speech on moral values where she talked about integrity, determination, loyalty, truthfulness, honesty etc., and how these values should be inherited by every individual. She made our students aware of how values are important and how can we distinguish between what's right and wrong, good or bad. It was a very interactive session where the students also shared their views.

Timing:- 03:00 pm – 05:00 pm

Name of the Activity:- Anti-superstition Drive

The department of chemistry of Abeda Inamdar senior college performed different experiments using the chemicals where they showed how by using certain chemicals superstitions are created among the people and the people are made to be scared. They made the people aware by showing science behind all this. It was a great interactive session and people enjoyed a lot by the jokes cracked by respected chemistry department.





## **DAY – 6**

Thursday, 13<sup>th</sup> December

Timing:- 09:00 am – 10:00 am

Name of the Activity:- Shramdaan for Zilla Parishad Shala

Venue:- Chikalse Village

The students of our college worked very hard and did 'Shramdaan' by uplifting the cement, sand and bricks from ground floor to first floor of Zilla Prathmik Shala of Chikhalse village. The work which was planned to be completed in 3 days, with the help of students got completed in 1 day time. The students stood in a line and were passing by the trays so the work was done very systematically and efficiently.







Timing:- 11:00 am- 01:00 pm

Name of the Activity:- Blood Group Detection

Students of microbiology department of our college carried out the activity for the school students where they detected the blood samples of the students and gave them information about what is blood group and found out the blood group of the students.







Timing:- 02:00 pm – 03:00 pm

Name of the Activity:- Workshop on Disaster Management by NDMA (National Disaster Management Authority)

The agency gave the school students' knowledge about what all is disaster, how they occur, what precautions can be taken. Students were given information on the basics of disaster, the major classification i.e., natural and man-made and what precautions can be taken in times of such situation without being panic.





Timing:- 03:00 pm –05:00 pm

Name of the Activity:- Personal hygiene and Food safety Awareness Drive

A lecture was delivered on personal hygiene & food safety for the school students. They were told about how cleanliness should be maintained at any time for our body. Where washing hands, brushing, clean clothing was told and explained to the children. How being clean can prevent from getting diseases and infections were also explained. Basic ideas of washing hands before food, freshen up after coming from outside was told. Food safety was also taught to the school children with details about how to keep the food safe and clean.



### **DAY - 7**

Friday, 14<sup>th</sup> December

Timing:- 09:00 am – 02:00 pm

Name of the Activity:- Cleanliness Drive

Venue:- Chikalse Village

The students carried out a cleanliness drive where they swept the roads and carried out a rally making the people aware of how it is important to keep their place clean and how solid waste management is important. Students were divided into groups and given different areas for cleaning. The waste was collected by the students in one particular place and been dumped at the main dumping area.

Timing:- 03:00 pm – 05:00 pm

Name of the Activity:- Valedictory Function

Venue:- Chikalse Village

The function was in Chikalse Village. Our Principal promised on working for the betterment and the development of the village with the NSS unit and how in the coming years the committee



will take more initiatives to help the people of the village so that they can improve their standard of living. The students were also given certificates for their best performances.



Asst. Prof. Puneet Basson  
Event Coordinator



Prof. Dr. Anita Frantz  
Principal