

(Approved by AICTE New Delhi, D.T.E. Mumbai and D-BATU Lonere/MSBTE Mumbai)

Sr. No. 31, Thakurki, Tal. Phaltan, Dist. Satara Pin 415 523

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Hon. Shreemant Sanjivraje Naik Nimbalkar
Secretary, P. E. S.

Prof. Dr. M.V. Dalvi
Principal

Reference No.: NSS/UBA//CIR/MEETINGS/2024-25/01.

Date: 22-08-2024

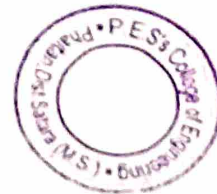
Circular

- **Department:** National Service Scheme (NSS), Ministry of Youth Affairs & Sports, Government of India.
- **Event:** Circular for the NSS and UBA Advisory Committee Meeting scheduled for 24-08-2024 at 10:00 AM in the Principal's Office.
- **Agenda Items:**
 - Review of activities (regular and special camps) for the academic year 2023-24.
 - Implementation of Community Service activities for the year 2024-25.
 - Plan of Action for student social activities in NSS/UBA for 2024-25.
 - Conducting a pre-survey before the special camp.
 - Necessary actions to resolve issues identified in the survey.

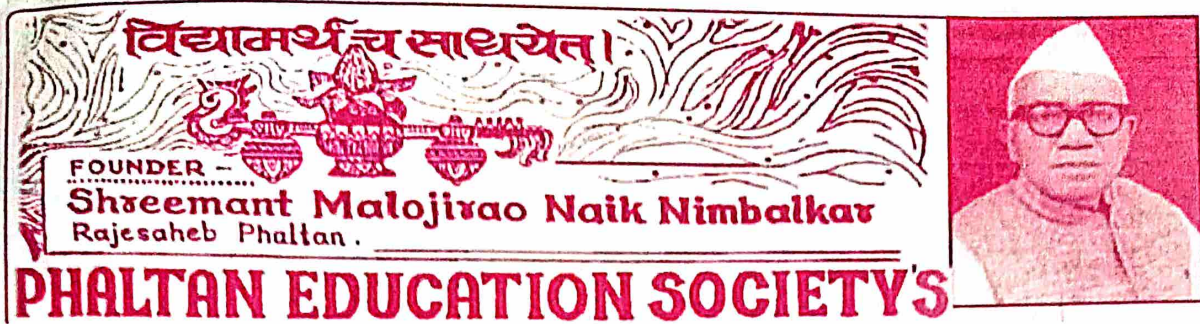
- UBA-NSS Coordinator
Prof.S.D.Patole

Copy to
TheChairman ,

Principal.
Prof.Dr.M.V.Dalvi



All NSS & UBA Committee Members



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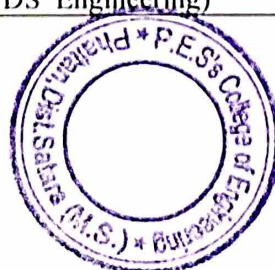
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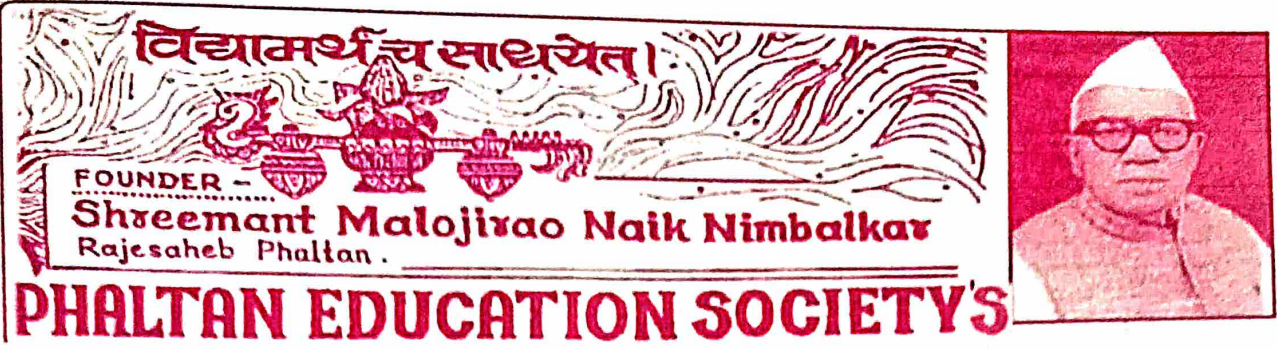
Prof. Dr. M.V. Dalvi
Principal

Institute level Advisory Committee Members of NSS & UBA

Sr. No	Name	Position	Contact	Email
1	Dr. M .V. Dalvi	Chairperson (Principal)	9850992250	coeprincipal@yahoo.in
2	Mr. S.D.Patole	Secretary (NSS & UBA Coordinator) (Assistant Professor, AI & DS Engineering)	9975710043	sagarpatole100@gmail.com
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Prof. Dr. M.V. Dalvi
Principal, PES CoE Phaltan



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Principal

UNNAT BHARAT ABHIYAN (UBA) / NATIONAL SERVICE SCHEME (NSS)

GRAMA SABHA REPORT:-

UBA Coordinator's Name: Mr. Patole S.D.

Email: sagarpatole100@gmail.com

Phone Number: 9975710043

Details of Adopted Villages

Sr.No.	Adopted Villages	Taluka	District
1	Jinti	Phaltan	Satara
2	Dalvadi	Phaltan	Satara
3	Vidani Bk	Phaltan	Satara
4	Taradgaon	Phaltan	Satara
5	Jaoli	Phaltan	Satara

Activities Carried Out at Grama Sabha Level

- Number of Student / Faculty Involvement:

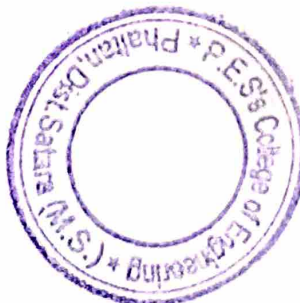
Faculty: 6 Nos., Students: 50 Nos.

- Interaction with Local Government Officials: Yes

1. Panchayati Secretary, VRO
2. School Head Master and Teachers
3. Anganwadi Teacher
4. Sarpanch and Ex-President
5. Village leaders

NSS -UBA Program Officer

Prof.S.D.Patole



Date: 21/06/2025

To,
The Principal,
PES's College of Engineering,
Phaltan.

**Sub: Report of International Yoga Day Celebration organized by NSS Unit Of PES's
College of Engineering Phaltan (6766)**

International Yoga Day Celebration Details:

Place of Event: PES's College of Engineering Campus (Phaltan)

Date of Event: 21/06/2025

Faculty Members: All Staff of PES's College of Engineering (Diploma and Degree)

No. of Participants: 55 (Staff and NSS Students)

Organized By: PES's College of Engineering Phaltan

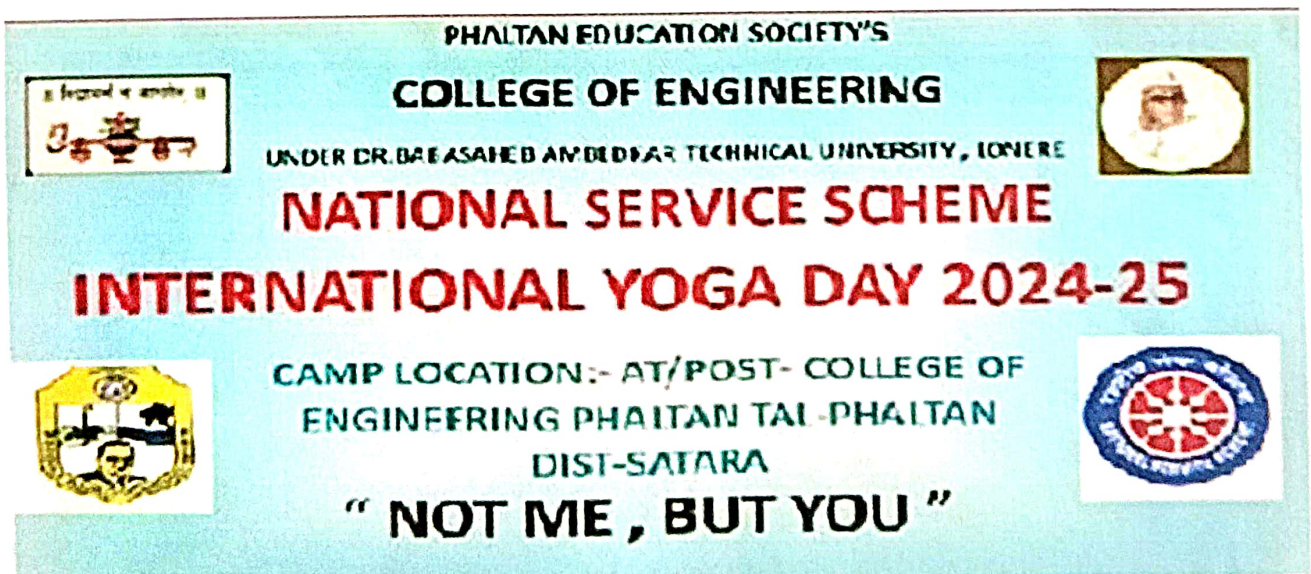
Guest And Yoga Guidance by : Yoga- sport Teacher Tayappa Shendage

Activities:

1. Performing various Yoga Asanas
2. Meditation sessions

Objectives:

- To promote awareness about the importance of yoga in daily life.
- To engage students and staff in physical and mental wellness activities.
- To educate participants about the benefits of yoga and meditation for overall well-being.



Summary of Event:

On 21/06/2025, PES's College of Engineering, Phaltan, successfully celebrated International Yoga Day on the college campus. The event aimed to highlight the significance of yoga in maintaining physical and mental health. The celebration saw enthusiastic participation from all faculty members of both diploma and degree courses, along with students.

The event began at 9.30 a.m. with a welcome address by Hon. Principal Prof. Mrs. D.S.Bhoite, who emphasized the importance of yoga in modern life. Following this, professional yoga instructors Guest and Yoga Teacher Yoga- sport Teacher Tayappa Shendage sir guided the participants through various yoga asanas, including:

- Surya Namaskar (Sun Salutation)
- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Bhujangasana (Cobra Pose)
- Dhanurasana (Bow Pose)
- Shavasana (Corpse Pose)

In addition to the yoga asanas, a special meditation session was conducted to teach participants the techniques of mindfulness and stress management. The session highlighted how regular meditation can significantly improve concentration, reduce anxiety, and enhance emotional health.

Importance of Yoga and Meditation in Human Life:

Yoga and meditation play a crucial role in promoting holistic health. They not only help in improving physical strength and flexibility but also contribute to mental clarity and emotional stability. Some key benefits include:

- **Stress Reduction:** Regular practice of yoga and meditation reduces the levels of cortisol, the stress hormone, thereby promoting relaxation.
- **Improved Concentration:** Meditation enhances focus and cognitive functions, leading to better academic and professional performance.
- **Enhanced Physical Health:** Yoga improves cardiovascular health, boosts the immune system, and enhances overall body fitness.
- **Emotional Well-being:** It helps in managing depression, anxiety, and other mental health conditions, fostering a positive outlook on life.

Here are some glimpses of the event:



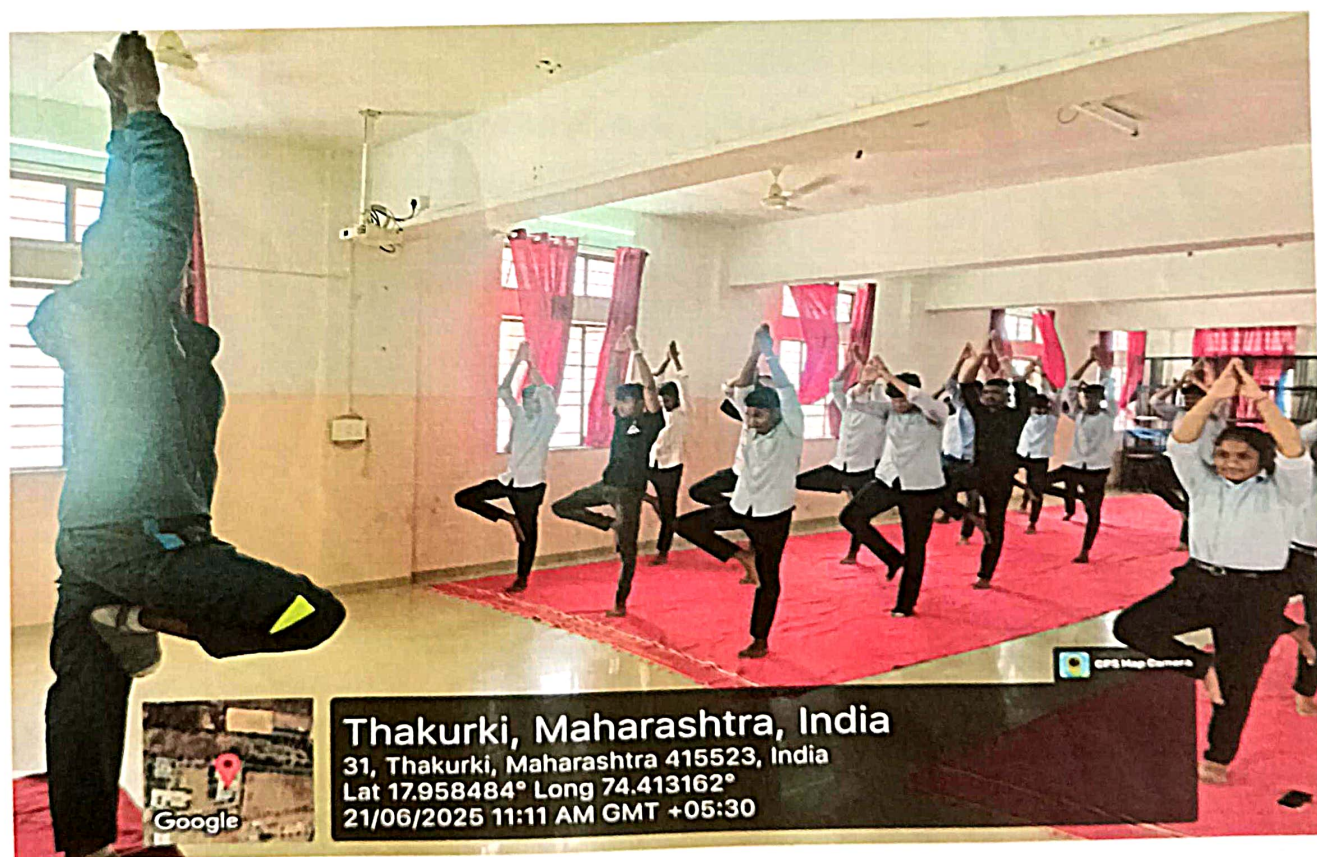
Fig.1) Staff performing Meditation



- Fig.2) discussion session on meditation by Guest and Yoga- sport Teacher Tayappa Shendage sir and Hon. Principal Prof. Mrs. D.S.Bhoite



• Fig.3) Yoga instructor guiding Students



• Fig.4) Participants performing Tadasana

Conclusion:

The celebration of International Yoga Day at PES's College of Engineering, Phaltan, was a resounding success. It was a wonderful experience for all participants, who expressed their appreciation for the event. The session not only rejuvenated the participants but also inspired them to incorporate yoga and meditation into their daily routines for better health and well-being.


Thanking You!**Yours Faithfully,**Handwritten signature of Mr. S.D. Patole in black ink, with the date 24/06/25 written below it.

Mr.S.D.Patole
NSS Program Officer
PES College Of Engineering
Phaltan (6766)


Handwritten signature of Prof. Mrs. D.S. Bhoite in black ink, with the date 24/06/25 written below it.

Prof. Mrs. D.S. Bhoite
H. Principal
PES, College of Engineering,
Phaltan (6766)

विद्यामर्थं च साधयेत्।



FOUNDER –
Shreeamant Malojirao Naik Nimbalkar
Rajesaheb Phaltan.



PHALTAN EDUCATION SOCIETY'S
COLLEGE OF ENGINEERING
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National Service Scheme (NSS) Unit

REPORT ON IMPLEMENTATION OF UNNAT BHARAT ABHIYAN (UBA) THROUGH NSS ACTIVITIES

Academic Year: 2024–25

Organized by: NSS Unit, PES College of Engineering, Phaltan

Programme Officer: Prof. S. D. Patole

Adopted Villages: Dalvadi, Jinti, Farandwadi

1. INTRODUCTION

Unnat Bharat Abhiyan (UBA) is a flagship initiative of the **Ministry of Education, Government of India**, aimed at achieving sustainable development of rural areas by leveraging the knowledge and resources of higher educational institutions. The programme envisions active participation of students and faculty in addressing real-life challenges faced by rural communities.

The **National Service Scheme (NSS) Unit of Phaltan Education Society's College of Engineering, Phaltan** has actively implemented the objectives of Unnat Bharat Abhiyan through **village adoption, special NSS camps, water conservation works, health awareness activities, cleanliness drives, and social awareness programmes**. These activities were carried out in the nearby villages of **Dalvadi, Jinti, and Farandwadi**, ensuring community participation and long-term impact.

2. OBJECTIVES OF THE PROGRAMME

The major objectives of implementing Unnat Bharat Abhiyan through the NSS Unit were:

- To promote **sustainable rural development**
- To address **water scarcity and sanitation issues**
- To create awareness about **health, hygiene, and nutrition**
- To strengthen **community engagement and participation**

- To inculcate **social responsibility, leadership, and teamwork** among NSS volunteers
- To establish a strong **institute–village relationship**

3. NSS SPECIAL CAMP AT DALVADI VILLAGE

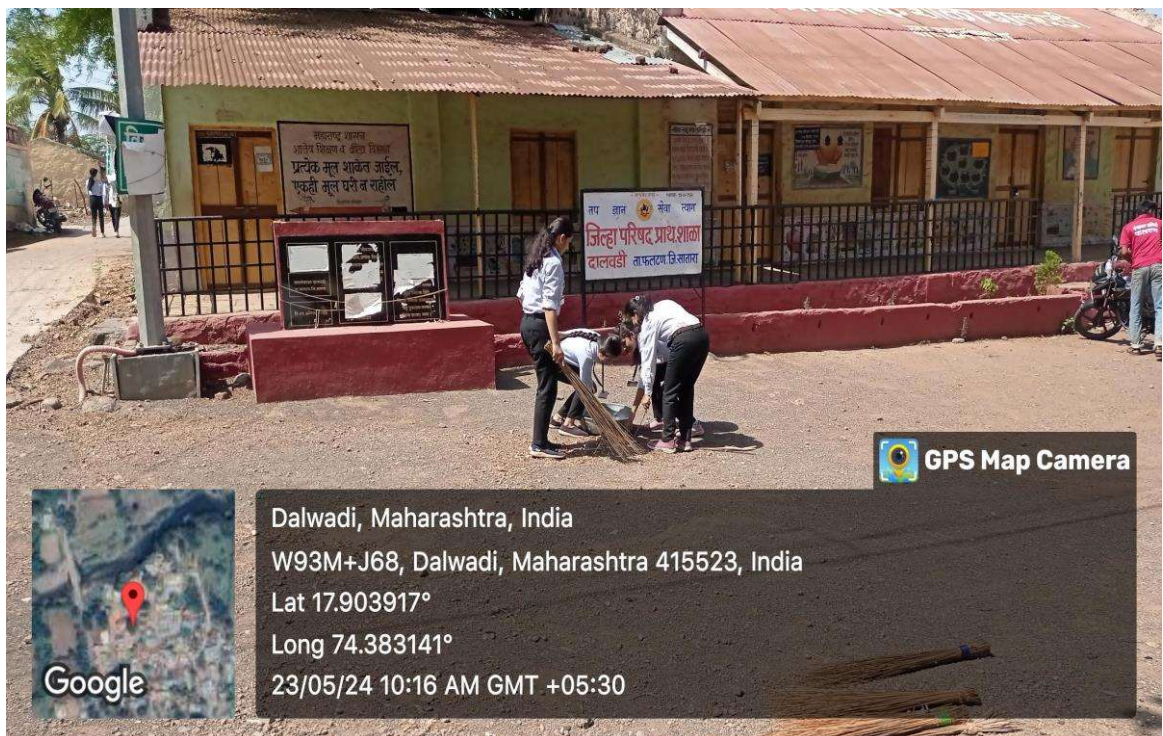
Village Details:-

- **Village Name:** Dalvadi
- **Taluka:** Phaltan
- **District:** Satara
- **Nature of Activity:** NSS Special Camp under UBA
- **Duration:** Seven Days

Activities Conducted (Date-wise)

1. Village Survey and Need Assessment

NSS volunteers conducted a detailed household survey to understand issues related to water, sanitation, health, education, and environment. Interaction with Gram Panchayat members helped in identifying priority areas.



2. Cleanliness Drive (Swachh Bharat Abhiyan)

Cleaning of village streets, public places, and drainage areas was undertaken. Awareness was created regarding cleanliness, waste segregation, and hygienic practices.



3. Tree Plantation and Environmental Awareness

Tree plantation was carried out at suitable locations in the village. Volunteers explained the importance of trees in maintaining ecological balance and climate sustainability.



4. Health and Hygiene Awareness Programme

Sessions were conducted on personal hygiene, nutrition, and prevention of seasonal diseases.



5. Digital Literacy and Government Scheme Awareness

Villagers were guided on digital services such as Aadhaar linking, DigiLocker, and awareness about government welfare schemes.

6. Women Empowerment and Social Awareness

Special interaction sessions were conducted focusing on women's health, education, and self-reliance.



7. Valedictory Function and Feedback

Feedback was collected from villagers, and the camp concluded with mutual appreciation and commitment for future cooperation.

Outcome

The Dalvadi NSS camp resulted in improved cleanliness, increased awareness, and strengthened trust between the college and village community.

4. NSS SPECIAL CAMP AT JINTI VILLAGE

Village Details:-

- **Village Name:** Jinti
- **Taluka:** Phaltan
- **District:** Satara

Major Activities Conducted

- **Hemoglobin and Sugar Checking Camp:**

A health camp was organized, especially benefiting women and elderly villagers. Immediate health guidance was provided based on reports.

- **Health and Nutrition Awareness:**

Awareness lectures were delivered on anemia, balanced diet, and preventive healthcare.

- **Village Cleanliness Drive:**

NSS volunteers actively participated in cleaning public places and spreading awareness on hygiene.

- **Tree Plantation Activity:**

Saplings were planted with villagers' participation to promote environmental sustainability.

Outcome

The Jinti camp significantly contributed to health awareness among villagers and encouraged preventive healthcare practices.

5. WATER CONSERVATION ACTIVITY AT FARANDWADI VILLAGE

Village Details:-

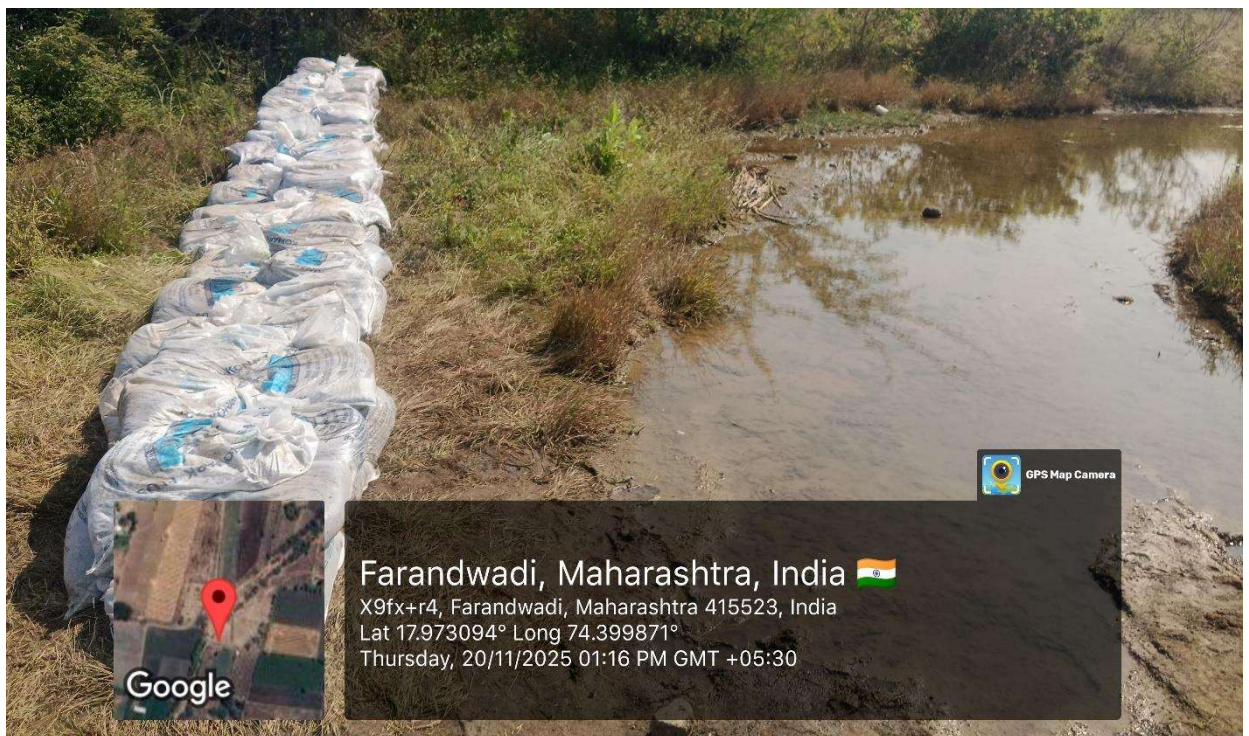
- **Village Name:** Farandwadi
- **Taluka:** Phaltan
- **District:** Satara

Nature of Activity

Water conservation construction and awareness activity conducted under **Government of Maharashtra's village-level water conservation initiative**, with active support from villagers.

Activities Conducted

- Survey of water scarcity problems
-
- Cleaning and preparation of work site
- Construction / support work for water conservation structures



-
- Awareness on rainwater harvesting and water management
- Interaction with villagers on judicious use of water

Participants:

First Year NSS students (Division C), NSS volunteers, faculty members, and local villagers.

Outcome

The activity helped in improving water storage capacity and created long-term awareness about water conservation, directly benefiting the rural population.
