



PRAVARA INSTITUTE OF MEDICAL SCIENCES

Established under section (3) of UGC Act 1956 - **Deemed to be University**
NAAC Re-Accredited at 'A' Grade (CGPA 3.17 on a 4 point scale)

NATIONAL SERVICE SCHEME

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NSS REGULAR ACTIVITY REPORT

YEAR 2018-19

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National service Scheme provides diversified opportunities to students in colleges to develop their personality through community services. Community services rendered by University level students have covered several aspects like adoption of villages for intensive development work; Mass health check up camps, tree plantation, health related programmes for rural development, various training programmes for self-help groups and rural youth etc., considering the benefits PIMS University has implemented NSS at UG level.

In the previous academic year NSS has given us the platform to serve the society and bring happiness and smile on many faces. We created a hub to deliver services to the society by showcasing our talents. We started our enrollment procedure for the current academic year in the month of August 2018 and 200 hundred students joined as a NSS volunteers for the Academic year 2018-19 (50 Volunteers from each constituent college).

1. International Yoga Day Report

Regarding the observance of International Day of Yoga on 21st June, Sports cell & National Service Scheme of Pravara Institute of Medical Sciences, Loni had organized various activities with common Yoga Protocol.

- Common Yoga Protocol was organized during 1st June to 21st June 2018 at 7 a.m. to 8 a.m. for the faculty and students of the constituent colleges of PIMS DU. 400 participants took part in this protocol. Yoga guru Shri. Chavan Appasaheb was demonstrated various Asana's and Pranayama's as per the Common Yoga Protocol.
- Main function of the International Yoga Day celebration was organized in Godavari hall of Padmabhushan Dr. Balasaheb Vikhe Patil Lecture Hall Complex at 3.00 p.m. on 21st June. Dr. Rajendra Waman (HOD of Yoga & Naturopathy, Sangamner College, Sangamner) had given the lecture on "Yoga for Wellness".

- Yoga demonstrations were performed by the students of the Dr. Rajendra Waman on 4.00 to 5.00 p.m. Various Shuddhi kriyas like Vaman, Dhoti, Jal Niti, Sutra Niti etc. were also demonstrated by the yoga students.



International Yoga Day

2. Unnat Bharat Abhiyaan

NSS unit of College of Nursing and NSS unit of Rural Medical College have conducted "Unnat Bharat Abhiyaan". Chandrapur, Durgapur, Galnimb, Fattyabad and Pimpri Lokai these 05 villages were selected for the survey. Dr. Thitme Sunil Asst Professor, Centre for Social Medicine was the coordinator for this programme. Around 70 volunteers participated in the survey. PG Students and community dept. faculties were given training and guidance to the volunteers. Each volunteer was surveying 10-12 families per day. Survey was carried out in four days i.e. 25/6/2018 to 28/6/2018. Total 1822 families were survey in this period. All the filled survey sheets were handed over to Dr. Thitme Sunil for further action.



3. Swaccha Bharat Summer Internship Programme

In order to inculcate importance of ‘Swachhata’ among students and to provide services to society without bias, NSS Cell of Pravara institute of Medical Sciences (DU), College of Nursing have participated in swachha Bharat Abhiyan through summer internship programme. 40 NSS volunteers in four groups (10 volunteers in each) enrolled themselves for the abhiyaan and have served for 100 hours in adopted village. Students have conducted house to house survey in the village and identified the needs of the families. The village areas were divided among four groups and following activities were carried out.

- **College of Nursing**

- **Awareness campaign:**

1. Under the awareness campaign poster exhibition and nutrition exhibition was organized. The posters were prepared on the theme of personal and environmental hygiene. The total posters were around 80. The exhibition was organized in Zilha Parishad Primary School; Grampanchayat premises and at two different lanes of Tisgaonwadi village on four different occasions. Around 500 villagers visited and well received the exhibition and appreciated the efforts taken by students.
2. NSS volunteers demonstrated the techniques of hand hygiene to the school children and also gave health education to the families about personal and environmental hygiene during door to door meetings. NSS volunteers in a group covered the whole village and sensitized the people for hygienic practices with the help of videos.
3. Under nutrition exhibition menu plan was prepared which included low cost and locally available foods. e.g. Puranpoli, groundnut chikki, laddu, nachani bhakari, dal khichadi, palak paratha, jowar bhakari, lenom juice, smashad potato, sprouted

pulses, chapatti, beetroot curry, dal rice, boiled egg, egg omlette, egg bhurji, poha, sheera, idli, etc.

4. The volunteers provided information on importance of balanced diet, menu plan, food hygiene and demonstrated the technique of house old water purification and diet related posters were displayed and explained during exhibition.
5. The beneficiaries of the nutrition exhibition were primary school children, primary school teachers, antenatal mothers, adolescent girls and boys, geriatric population and adults from the village.

- **Rally:**

Awareness rally was held in view to create awareness about personal hygiene and environmental sanitation among the entire population residing in the village; as it was identified during health survey that the major areas of concern in village were poor personal hygiene and poor environmental sanitation. Volunteers have prepared various slogans; volunteers actively participated and villagers too contributed to it. The rally was held 4times in a week in different areas of the village. The rally was well received and appreciated by villagers.

- **Skit and role play**

Community awareness Skit and street plays were held on the theme of the Swachhata and Beti Bachao Beti Padhavo. It was played at Primary School ground, Grampanchayat and at selected slum areas. A good number of villagers attended and enjoyed the same. Villagers have shown a positive response by asking questions, and have given good feedback about it.

- **Wall Paintings:**

Volunteers have selected the walls in village areas where most of the crowd gathers and message can be displayed easily. After taking permission from the concerned village people volunteers have painted the walls with their creative ideas to convey messages on “Swachhata” The efforts of the volunteers were appreciated by the villagers.

- **Door to door meetings:**

Volunteers covered the whole village with door to door meeting to identify the health problems of the villagers. After identifying the problems health education sessions were conducted to help them out in resolving the problem. Villages were

also demonstrated with the techniques of hand hygiene, they were also made familiar with the proper techniques of food preparation and its preservation. They were motivated for active participation in promoting health and preventing illness.

- **Street Cleaning:** In order to keep environment clean villagers were motivated during home visits; with their active participation gram swachhata abhiyaan was undertaken. Different streets of the village were selected and with the help of youngsters in village volunteers took part in activity. The villagers have assured that they will be keeping their village clean with their own efforts and it was decided that they will formulate certain regulations with the help of grampanchayat for keeping their village clean.

- **Waste management related activities:**

Volunteers conducted a survey to identify the existing system for waste disposal in the village. The villagers were demonstrated the proper techniques of household waste management. They were given demonstration for preparation of soak pits. All the villagers were informed with the importance of waste management healthy environment and healthy living.



- **Rural Medical College (SBSI)**

The period of the internship was from 1st of May to 31st of July 2018. Total 60 students from Rural Medical College, Loni had registered for the internship. Out of these total 41 students (20

male and 21 female) were enrolled (had sent enrolment request) for the internship. Around 50 interns had participated actively in the SBSI activities.

The activities performed in the village of Chandrapur and Durgapur is as follows:

- **Wall Paintings on public walls and government buildings (Panchayat Ghar):** Wall painting was done on a wall of a primary school in Durgapur village with permission of the management. This painting would attract the children and give them the message of hygiene. A big painting was done on the wall: Our clean India with the greatest leader Mahatma Gandhiji who stressed the importance of cleanliness.



- **Door-to-door meetings (sanitation/ hygiene/toilet usage/ hand wash):**

The Swaccha Bharat Summer Interns went door to door and explained people about the importance of cleanliness and how they could be disease free by maintaining hygiene. What good cleanliness practices they were having were praised for the same and if not they were told accordingly to do it for their benefit. They were told about relation of uncleanliness and transmission of diseases, how to dispose the waste properly in dustbins, importance of using and maintaining toilets, avoiding open defecation, prevent water stagnation to control mosquito breeding and thus preventing vector borne diseases, how to segregate the waste and then dispose.



- **Nukkad Nataks/ Street Plays/ Swachhata-related Folk Song/ Dance performances:** Nukkad natak was conducted by the interns. No. of Performances conducted were 6, about 350 people were sensitized through the street play. The story of the street play was that seeing the unclean people on girl's side and their reluctance towards cleanliness, the boy's party rejects for the marriage. This was followed by why the marriage didn't take place and this would happen in real so beware people in the form of slogans made by the interns. The street play was performed in 2 villages Chandrapur and Durgapur in a chowk, on streets, in schools.



- **Awareness Campaigns:** The children of the village Chandrapur were made aware of importance of personal hygiene of brushing, bathing daily, washing hands at least before eating and after defecation, cutting nails, etc. and throw snacks wrappers in dustbins. The adults were made aware regarding relation of uncleanliness and transmission of diseases, dispose the waste properly in dustbins, use and maintain toilets, no open defecation, prevent water stagnation and thus control mosquito breeding. People of all ages were gathered and made aware.
- **Conducting Village or School-level Rallies:** No. of rallies conducted were 4 and around 550 people were sensitized through the rallies. Slogan posters were prepared by interns

themselves. They have carried out rallies place to place in village and said slogans in marathi and hindi- • "Hum sabka ek nara, saaf sutra ho desh hamara" • Bahu betiya dur na jaye ghar ghar mei sauchalay banvaye. • Hindu,muslim sikh, isai, swachhta hai sabka bhai. • Swachhata ase jithe,aarogya vase tithe, etc.



- **Street Cleaning- Drain Cleaning- Cleaning of back alleys:** Interns cleaned the village Chandrapur. they lifted up the waste(wrappers of snacks, chocolates, tobacco; waste papers, dried leaves,etc.) thrown on the streets and adjoining areas and also the temple. We lifted and also cleaned with broom. Most of area was made clean.

4. NSS Foundation Day

Every year 24th September is celebrated as NSS Day with various themes. This year Government of India launched a campaign “Swacchata Hi Sewa” from 15th September to 2nd October. For contributing to this campaign, RMC, NSS Unit has celebrated NSS Day with the theme of “Hand washing for disease prevention”. Following are the activities conducted:

- **Seminar:** On occasion of NSS day- 24th September, Seminar was organized on proper technique and benefits of hand washing to stay healthy and disease prevention in the department of Community Medicine by NSS Volunteers.
- **Demonstration of hand washing for food handlers in hostel mess:** This activity was conducted by NSS volunteers. This activity was conducted in Hostel Mess. The volunteers shared the importance of hand washing in preventing the disease and being healthy to the hostel mess workers. They also gave the demonstration of proper hand washing technique stepwise and asked the mess workers to follow these steps every time. Total 30 hostel mess workers are benefitted by participating actively.

5. National Communal Harmony activity:

National Foundation for Communal Harmony (NFCH) observes the Communal Harmony Campaign Week every year from 19th to 25th November. The last working day

of this week is celebrated as Flag Day of the Foundation spreading the message of the communal harmony and National Integration. This day is also utilized for raising the fund to enhance the resources of the Foundation to carry out its activities on various schemes and projects. NSS Unit of Rural Medical College, Loni has collected fund of Rs.2466/- and sent it to the National Foundation for Communal Harmony.

6. World Spinal Cord Injury Day

The NSS unit of Dr. APJAK College of Physiotherapy celebrated the “World Spinal Cord Injury Day” on 5th September 2018 along with Department of Neuro-Physiotherapy. On this occasion 7 patient with spinal cord injury from Spinalis spinal cord injury rehabilitation centre participated. Competition like wheel chair race, musical chair was organized. Winners and participants were awarded with trophies. It was joy full and encouraging activity for the patients as well as NSS Volunteers.



7. Mahatma Gandhi Birth Anniversary

As per the guideline received from Ministry of Youth Affairs New Delhi, Department of Higher and Technical Education has suggested for celebrating **150th Years of Mahatma Gandhi Birth Anniversary on 2nd October 2018**. Suggested activities are planned & executed by NSS cell of Pravara Institute of Medical Sciences and all the NSS units of Concerned Colleges.

- ✓ Conducted rally with display boards for creating awareness on benefits of Swacchata, cleanliness, environmental sanitation and non violence. 200 NSS volunteers from Rural Medical College, APJAK College of Physiotherapy and College of Nursing took part in the rally.
- ✓ Rally started at old Guest house of Pravara Medical Trust which was flag off by Dr. S.N. Mahajan, Dean Rural Medical College. Many of villagers observed the activity and got familiar with the message displayed.

- ✓ When rally reach to the Bus stand of Loni the volunteers from nursing college clean the area of Bus stand Loni and also communicate the message to the peoples gathered at bus stop.
- ✓ Volunteers from Rural Medical College clean the area of Mhasoba Maharaj Mandir and nearby places. Volunteers from APJAK College of Physiotherapy clean the area of Gramsachivalaya and nearby places. During these activity villagers, Sarpanch and Gram Sevak of Loni Bk. also join the cleanliness drive.
- ✓ Volunteers from APJAK College of Physiotherapy have performed the Nukkad Natak and Street plays on proper sanitation and use of toilets. Villagers appreciated this activity.
- ✓ While returning the volunteers clean the road side area from village to the Hospital gate.
- ✓ Hon'ble Vice Chancellor Dr. Y.M. Jayraj guide by delivering the speech on Mahatma Gandhi and his ideals.



8. Dr. APJ Abdul Kalam Birth Anniversary

The NSS unit of Dr. APJAK College of Physiotherapy celebrated the “87th Birth Anniversary of Dr. APJ Abdul Kalam” on 15th October 2018. Shri Panjabrao Aher Patil Executive Director Pravara Medical trust was grace the function. Dr. Dipali Hande shares the inspirational experiences of Dr. APJ Abdul Kalam when he visited Physiotherapy College Loni.

9. World Cerebral Palsy Day

The Department of Pediatric Physiotherapy along with the NSS unit of Dr. A.P.J. Abdul Kalam College of Physiotherapy, Loni, organized a small programme to celebrate and create awareness on the cerebral palsy on 6th October 2018.

The HOD of Pediatrics Dr. Shrikhande Sir, Professor Dr. Nigvekar Sir, and Professor Dr. Chatterjee along with Principal of COPT Dr. Keerthi Rao graced the occasion. 10 parents who have their kid diagnosed as Cerebral Palsy, coming to Pediatric Physiotherapy OPD were invited for this program. A fancy dress event was organized for these kids and parents took this opportunity and dressed their kids in innovative way.

Videos on parents’ interview which were taken during their treatment sessions were shown. These videos were in interview format in which the parents spoke about how Physiotherapy helped to make their kids walk.





10. World Disability Day

The Department of Community Physiotherapy Loni along with the NSS unit organized a lecture by Dr Inka Lofvenmark, RPT, PhD, Visiting Professor, Karolinska Institute, Sweden, on 30th November, 2018 on occasion of World Disability Day. The inspiring lecture was about Dr. Inka's journey and experiences in Spinal Cord injury rehabilitation. Dr Inka is a specialist in Spinal Cord injury rehabilitation. Dr. Inka spoke about her education in Chicago career as a Physiotherapist. She enlightened the students and NSS volunteers about how spinal cord injury rehabilitation center Spinalis was started in Loni and how team worked together to make it better.



11. AIDS WEEK CELEBRATION

AIDS Awareness Activity was organized by RMC NSS Unit in coordination with Department of Community Medicine on 18th December 2018. RMC NSS Unit performed following activities in Village Adgaon Kd.

- **Rally:** NSS volunteers called a rally in Adgaon village with slogans and posters spreading awareness on HIV AIDS.
- **Symposium:** In Adgaon, NSS Volunteers presented a symposium on "Necessary information on HIV-AIDS" in vernacular language i.e. Marathi.

- **Street Play:** NSS Volunteers presented one street play in front of villagers. Through street play volunteers spread the necessary information regarding HIV AIDS such as how the HIV infection spreads i.e. routes of HIV transmission, precautions to be taken to prevent HIV transmission, HIV testing in ICTC centre, treatment in ART Centre, etc.

NSS unit of College of Nursing in collaboration with community nursing department have celebrated AIDS week. The programme was conducted in OPD building Dr. N.S. Pawar Medical Superintendent was the chief guest for function. NSS volunteers addressed audience on AIDS related social issues. Volunteers also presented skit based on theme of AIDS week.

12. Breast Feeding Week

NSS unit in collaboration with Community and OBG nursing department have celebrated breast feeding week in first week of august. 50 NSS volunteers took part in the same. Poster and Rangoli completion was organized by the students. Health education was given on safe breast feeding practices.



13. Measles Rubella

NSS Unit and Child health Nursing Department of College of Nursing have collaboratively organized awareness rally on prevention of measles and rubella on 11/2/2018. Total 100 volunteers actively participated in the rally. Rally was started at College of Nursing and ended at Loni Grampanchayat office. At the grampanchayat premises the NSS volunteers and faculty CON have addressed the gathering on prevention of Measles and Rubella. The programme was graced by the Sarpanch and other members of Loni Grampanchayat.



14. Women's Day Celebration

On 8th March 2019 NSS unit of College of Nursing have Celebrated International Womens Day. All the faculty and final year students of B Sc Nursing participated in the celebration. NSS volunteers organized games for female faculty and students. Mr. Rajendra Lamkhede Associate professor unfolded the theme of international women's day. The programme was well appreciated by Dr. T Sivabalan Vice- Principal College of Nursing.



15. World Oral Health Day

Theme: Say Ahh - Act on Mouth Health: The NSS unit of RDC and the dept. of Public Health Dentistry together celebrated the world oral health day 2019. Various activities were organized on this day. There were drawing, collage and Rangoli competitions organized for NSS volunteers and students. Later the same were displayed for the staff and patients to see. The winners and participants were awarded certificates at the end of the programme.



Patients visiting the dent on the occasion of World



World Oral Health Day

16. Tobacco Awareness Skit

The NSS unit of RDC and the dept. of Public Health Dentistry together organized a skit on 'tobacco use & oral cancer'" on the occasion of National oral Cancer Awareness month & World cancer Day on 31/1/2019. The skit was performed in two different venues. First in the OPD section of the Hospital skit was performed in in the presence of Dr. Y. M. Jayraj, Honorable VC, PIMS University, Dean Dr. Vidyasagar Mopagar, staff members of other departments, students and patients. On the same day the skit was performed at Loni bus stand. Here many of the passengers were benefitted. Various banners were made with slogans on oral cancer awareness in Marathi and displayed.