



## 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 2019-20

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**NSS Coordinator PIMS DU**

The National Service Scheme was started by Government of India, Ministry of Education and Culture, Govt. of India, in Collaboration with State Government in the year 1969 in 37 selected Universities. At present the scheme is run by the ministry of Youth Affairs & Sports in Central Government and Department of Higher & Technical Education in State Government.

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.

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 2019-20 (50 Volunteers from each constituent college). The regular activities conducted by the NSS units of constituent colleges under PIMS from 1<sup>st</sup> March 2019 to 30<sup>th</sup> April 2020 are as follows:

### 1. International Yoga Day Report

Regarding the celebration of International Day of Yoga on 21<sup>st</sup> 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 on 1<sup>st</sup> June 2019 at 6.30 a.m. to 8 a.m. for the faculty and students of the constituent colleges of PIMS DU. 227 participants took part in this protocol. Yoga guru Shri. Shrenik Bhanage 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 3.30 p.m. on 21<sup>st</sup>

June. Shri. Chirag Patil (Director, Youth Council, Art of Living) had given the lecture on “Yoga for Wellness”.

- Hon. Dr. Y.M. Jayraj Vice Chancellor PIMS, Retd. AVM (Retd.) Dr. Rajiv Bhalwar (Dean RMC), Dr. Mahajan (Dean, Medicine), Dr. S.R. Walunj (Registrar PIMS), Dr. Thakur Medical Superintendent, Mrs. Sangita Vikhe Nursing Superintendent, HOD’s Faculty and Students of Constituent colleges were grace the function.



## 2. “Fit India Movement” programme

Prime Minister Narendra Modi Thursday, August 29, 2019 launched a nationwide **Fit India Movement** on National Sports Day. Stressing on the need to be fit, PM Modi said that a healthy India is his goal and called for a strict control on people's lifestyles. He also emphasized on the importance of fitness, especially in the times we live in and added that people must change their mindsets when it comes to physical fitness. The inaugural event was held at Indira Gandhi Stadium Complex in New Delhi, where the PM administered a fitness pledge to the people of the country. Fit India Movement is aimed at encouraging people to give priority to sports and fitness in their day-to-day lives.

Honble Prime Minister’s address live telecast on Doordarshan of the launch of the Fit India Movement and taking of fitness pledge to encourage students, teachers, staff and officials of Pravara Institute of Medical Sciences on 29<sup>th</sup> August, 2019 at 10.00 a.m. in

Red hall of Rural Medical College, Loni. 300 hundred students and NSS Volunteers of Rural Medical College and Rural Dental College were present for the programme.



### 3. Celebration of Gandhi Jayanti On 2nd October 2019

NSS of Pravara Institute of Medical Sciences (Deemed to be University) celebrated the 150<sup>th</sup> GANDHI JAYANTI. On this occasion all NSS volunteers of Rural Medical College, Rural Dental College, Dr APJ Abdul Kalam College of Physiotherapy, and College of Nursing attended the function. The Chief Guest for the function was Hon'ble Vice Chancellor Dr Y.M Jayraj Sir, Respected Dean, Rural Medical College, Air Vice Marshall (Retd.) Dr Rajveer Bhalwar. The function started with a motivational biographical video on the life of Mahatma Gandhi. Then NSS volunteer Mr Siddharth sang a wonderful patriotic song. This was followed by a speech by Hon'ble Vice Chancellor Dr Y.M Jayraj Sir. He motivated the NSS volunteers to follow the Principles of Mahatma Gandhi. Respected Dean, Rural Medical College, Air Vice Marshall (Retd.) Dr Rajveer Bhalwar also inspired the students with his speech. A Poster drawing competition was organized and certificates were awarded to the NSS volunteers. The drawings were displayed in the corridor of Godavari hall of Dr Balasahrb Vikhe Patil Lecture hall complex.





## Rural Dental College, Loni

### 1. Oral health awareness, tobacco cessation and Dental Camp

A Free Dental checkup camp was conducted on 9<sup>th</sup> August, 2019 for students & staff of **Home science & BCA College, Loni**. All together 178 people underwent oral examination. Health education on oral hygiene ill-effects of tobacco was delivered to all.



**At old age home, Vilad ghat**, a free Dental check-up was carried where 49 people were examined & advised the required dental treatment. Health education on oral hygiene maintenance for old -age people was given with tobacco cessation briefing for some of the tobacco users among them.



Dental checkup camp was conducted at **Pravara Rural Engineering College, Loni** on 9<sup>th</sup> October 2020. Oral health education and ill effects of tobacco lectures were given to all the students. Total 327 students oral health check was done.



At Sai Aashray Ashram, orphanage at Shirdi dental check-up & treatment camp was conducted. 266 were benefited with dental checkup. Proper brushing method and maintenance of oral health was demonstrated.



## 2. Tree Plantation

The NSS unit of Rural Dental College conducted a tree plantation activity at the village **Korhale** Tal: Rahata on 12<sup>th</sup> Aug 2019. NSS program officer, staff & NSS Volunteers participated in the program. Around 250 saplings were planted by the volunteers. All in all, it was a very wonderful activity embracing the nature.



### 3. Gandhi Jayanti

On Occasion of Gandhi Jayanti, various activities were conducted by the NSS unit of RDC. The activities included competition in soap carving, drawing & painting, embroidery, dance and many others were held.



### 4. Women's Day Celebration

On occasion of International Women's Day, self-defense class for girls and women of Rural dental College was conducted. Two karate trainers guided women in self-defense and demonstrated tricks and method of self-defense. Some of the students performed the tricks in front of them.





## College of Nursing, Loni

### 1. Launch of Fit India Movement

As per the directives of The University Grants Commission and higher and technical Education department of Government of Maharashtra, the NSS Unit of College of Nursing organized the meeting for NSS volunteers and other students. To encourage faculty, students and other officials on **FIT INDIA Movement** Hon'ble Prime minister Shri Narendra Modi addressed with live telecast on Doordarshan and administered **fitness Pledge**. The Said programme was conducted in The Multipurpose Hall, CON on 29<sup>th</sup> August 2019, total 200 students and NSS volunteers and faculty attended the programme



### 2. International Yoga Day Celebration 21<sup>st</sup> June 2019

International yoga day was celebrated by College of nursing on 21 June 2019. Total 50 volunteers took part in yoga protocol Mrs. Kale Kalpana asst professor CHN demonstrated the common yoga techniques to the students.



### 3. Pledge For Life –Tobacco Free Youth

As the prevalence of tobacco addiction among adolescent population is more to focus this issue NSS volunteers at college of Nursing have taken PLEDGE for LIFE on 11/07/19. The theme for programme was “**Tobacco Free Youth**” total 50 volunteers

participated for the common pledge. The participants were told about the prevalence of tobacco addiction and its harmful effects on health; they were also shown the video film on the same.



#### 4. Breast Feeding Week

NSS UNIT in collaboration With Community and OBG Nursing departments of College of Nursing have observed 1<sup>st</sup> august to 7<sup>th</sup> August 2019 as Breast Feeding Week. The formal programme for the said week was organized on 5<sup>th</sup> August 2019 at Pravara Rural Hospital in Ward no 19. Dr.V B Bangal Head department of OBG Rural Medical College was the chief guest for the programme. Dr T Sivabalan Principal CON and Dr. Sangita Vikhe, Nursing Superintendent PRH were the distinguished invitees for the programme.40 mothers of children admitted in ward have attended the programme. Dr V. B. Bangal addressed the gathering on importance of breast feeding. PG students and NSS volunteers demonstrated the mothers on proper techniques of breast feeding, breast care and health education was given on PNC diet. Mrs. Savita Ingale Asst Nursing Superintendent addressed the audience on early initiation of breast feeding. NSS volunteers throughout the have conducted the mothers of children admitted in pediatric ward about safe breast feeding practices and importance.







## 5. Nutrition Week

NSS Volunteers at College of Nursing in collaboration with community health nursing department observed this week 2<sup>nd</sup> to 7<sup>th</sup> September 2019. Total 100 volunteers participated in the activities conducted under the guidance of Mr. Nitin Bhusal, tutor CHN department volunteers have conducted awareness rally on Nutrition at Kolhar village on 4<sup>th</sup> September 2019. Grampanchayat Members, Sarpanch and Police inspector inaugurated the rally by showing green signal flag. Volunteers have displayed various slogans on healthy diet. About 200 villagers have well received the efforts taken by volunteers. The whole programme was appreciated by the Gram-panchayat members and other dignitaries.



**Nutrition Exhibition and poster Presentation:** The NSS volunteers have organized and conducted nutrition exhibition on 6<sup>th</sup> September 2019 in OPD Complex at Pravara Rural Hospital. The types of diet prepared and presented by the volunteers were balanced diet, cardiac diet and diabetic diet. The programme was inaugurated by Col. Dr. Thakur, Medical Superintendent PRH Dr. Sangita Vikhe Nursing Superintendent PRH and Dr T

Sivabalan Principal College of Nursing. Total 50 volunteers participated in the programme. Volunteers have explained about type of diet required based on diseased condition its preparation and calorie content of particular diet, clarified the doubts of the attendants. The programme was well received and appreciated by the all the dignitaries and beneficiaries.



## 6. Workshop On Human Values And Personality Development

Nursing College NSS Unit had organized two days workshop on personality development from 24.09.19 to 25.09.20 for newly joined students of College of Nursing. Total 186 students participated in the workshop. The inaugural function of workshop was conducted in multipurpose hall of college of nursing. Hon'ble Dr Y M Jayaraj, Vice Chancellor, Pravara Institute of Medical Sciences (deemed to be University) was the Chief Guest for the function.

Topics for the workshop were concept of personality, moral values and beliefs, professional ethics and code of conduct etc. the faculty from CON were the resource persons. All the participants were divided in five groups, and were simultaneously attended different lectures with demonstrations in particular. The four participants have given their feedback about the two days programme; according to them it was fruitful for them and definitely it would be helpful to develop their personalities.



## 7. Pre Republic Day Parade Selection Camp

With reference to letter no. NSS/2019-20/ I I -75 from Director NSS, Dr Babasaheb Ambedkar, Marathwada Vidyapith Aurangabad. NSS unit of College of Nursing PIMS have nominated and sent **Mr. BORHADE KISHOR BHAUSAHEB** for attending the esteemed Pre Republic Day Parade selection Camp held at Dr Babasaheb Ambedkar Marathwada University Aurangabad from **14.09.2019 to 16.09.2019**. The volunteer was relieved from college 13.09.2019 at 4pm and joined back on 17.09.2019 after successful completion of the camp.



## 8. Teacher's Day Celebration

Every year on the Birth Anniversary of Vice President of India Dr. Sarvapalli Radhakrishnan, Teacher's Day is celebrated. NSS volunteers at College of Nursing on 5<sup>th</sup> September, 2019 celebrated teacher's day. The programme was organized in the multipurpose hall of CON. The entire teaching and non teaching faculty was invited. Volunteers have felicitated the entire faculty. Various games were organized for the teachers. Dr. T Sivabalan, Vice Principal CON had addressed volunteers on this occasion; congratulated and appreciated them for successful organization and conduction of programme.





## 9. Women's Day Celebration

On 8<sup>th</sup> March 2020 NSS unit of College of Nursing have Celebrated International Women's Day. Faculty from CHN, OBG MSN, and Pediatrics and psychiatry department guided the volunteers in this regard. The volunteers have organized awareness rally on prevention and early detection of cancer at village Dadh Bk. the awareness rally had started from Grampanchayat Dadh bk at 10.30 am and passed through main lanes of village reached to Primary health centre Dadh and again backed to Grampanchayat office. The volunteers have given health education on different aspects of cancer prevention and early detection along with this volunteers have demonstrated self defense techniques at different places to girls and women. The programme was well received and appreciated by the girls and women of the village Sarpanch and Grampanchayat members.



## 10. Awareness Programme on AIDS and ITS Prevention

NSS Unit and PPTCT department of Pravara Rural Hospital have organized awareness programme on AIDS and its prevention on 13/08/2019 at 12 noon in multipurpose hall of College of Nursing PIMS Loni. Mr. Balkrishna Kambale Counselor and Team from PPTCT department PRH addressed the students on various issues on HIV AIDS and its prevention. Total 175 students first year diploma and degree programme have attended the programme.



### 11. Mini and multi-diagnostic Medical Camps

NSS volunteers at College of Nursing PIMS (DU) have participated in number of mini and Multi-diagnostic camps at various places organized by Pravara Rural Hospital Loni bk in Collaboration with other agencies details are as follows

SN	Date	Type of camp	Place	Organized by PMT's PRH in collaboration with	No of volunteer participated	No of Beneficiaries
01	11/11/2019	Mini-medical camp	Bhandardhara	Center for Tribal Research, Bhandardhara	06	89
02	15/12/2019	Mini-medical camp	Gondhvani	Gondhvani school	06	92
03	29/12/2019	Mini-medical camp	Kolhar Kd	Pravara Madhyamik vidyalaya Kolhar Kd	06	104
04	19/01/2020	Mini-medical camp	Pachegaon	Shivajirao Pawar Gramin Rugnalaya, Pachegaon.	06	115
05	23/02/2020	Mini-medical camp	Bhandardhara	Center for Tribal Research, Bhandardhara	06	78
06	11/08/2019	Multi-diagnostic camp	Andarsul	Matoshri Shantabai Govindrao Sonawane Vidhyalaya, Andarsul	08	252
07	12/01/2020	Multi-diagnostic camp	Kopargaon	Shriman Gokulchandaji Tole vidhyalaya	08	213
08	16/02/2020	Multi-diagnostic camp	Yeola	Kapse Paithani Mala. Yeola	08	220



## 12. NSS Volunteer Participation in National Health Programmes

Volunteers at NSS Unit College of Nursing, Pravara Institute of Medical Sciences had actively participated in various National health programmes.

SN	Date	Type of Programme	Place	No of volunteers participated	No of Beneficiaries
01	13.09.2019 to 19.09.2019	National Tuberculosis Control Programme	Rural Hospital Rahata	25	2100 families
			Rural Hospital Shirdi	25	
02	20.09.19 to 28.09.2019	National Leprosy Eradication Programme	Rural Hospital Rahata	18	2100 families
			Rural Hospital Shirdi	18	
03	19.01.2020	National Pulse Polio Programme	Pravara Rural Hospital Loni	06	96
04	19.01.2020 to 24.01.2020	National Pulse Polio Programme	Rural Hospital Rahata	19	232
			Rural Hospital Shirdi	19	268





### 13. School Health, Personal Hygiene and Environmental Sanitation Programme

NSS volunteers at college of Nursing have participated in various school health, hygiene and environmental programmes. The purpose of this programme is to create a safe, secure healthy environment for rural and tribal schools to live healthy, to enable the students to learn better and to prepare students for challenges of future life. It also seeks to enable children to realize their right to a healthy and safe learning environment.

The details of Programmes are as follows

SN	Date	Place	Time	No of volunteers participated	No of beneficiaries
01	05/12/2019	Z.P. Primary School Khali	11.00am- 04.00pm	06	123
02	12/12/2019	Z.P. Primary School Durgapur		06	93
03	19/12/2019	Z.P. Primary School Galnimb		08	102
04	26/12/2019	Z.P. Primary School Tisgaonwadi		06	85
05	09/01/2020	Z.P. Primary School Khali		06	120
06	20/01/2020	Z.P. Primary School Nimbhere		06	112
07	23/01/2020	Z.P. Primary School Tisgaonwadi		08	84
08	30/01/2020	Z.P. Primary School Galnimb		06	96



## Dr. APJAK College of Physiotherapy, Loni

### 1. Fit India Movement On National Sports Day 29<sup>th</sup> August 2019

It was launched by Hon'ble Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 (National Sports Day). The campaign has a "Fitness Pledge"

*'I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation.'*

The speech by Hon'ble Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 (National Sports Day) was shown to NSS volunteers of Dr APJ Abdul Kalam College of Physiotherapy and all volunteers took a Fitness pledge .



## 2. Poshan Maah : (Nutrition Awareness campaign)

A nukkad natak (small street play) was performed by 2 NSS volunteers for the school children to pass the message of hand washing after toileting activities in a humorous way. After the nukkad natak, the volunteers also gave information on balanced diet needed for proper growth. It created awareness about hand washing and balanced diet among school children of Village Galnimb, Tal Shrirampur.

### **Purpose of the activity:**

- The purpose was to create awareness about balanced diet among schoolchildren from 1<sup>st</sup> to 4<sup>th</sup> standard in Galnimb village
- To spread information on importance of cleanliness and hand washing among schoolchildren from 1<sup>st</sup> to 4<sup>th</sup> standard in Galnimb village



## 3. World Heart Day, 29<sup>th</sup> September 2019

On the occasion of World Heart Day, 29<sup>th</sup> September 2019, NSS unit of Dr APJ Abdul Kalam College of Physiotherapy in collaboration with Department of Cardio-Respiratory Physiotherapy from Dr. APJ Abdul Kalam College of Physiotherapy organized a lecture in Pravara Rural College of Pharmacy, Loni on 27<sup>th</sup> September 2019. Dr. Aashirwad Mahajan (PT) delivered the guest lecture on the topic “Exercise Is Medicine” where importance of exercises and how to perform



exercises was addressed. This lecture was targeted toward the rural youth and staff from Pharmacy College, Loni to increase their Physical activity level.



#### **4. Cardiovascular Risk Stratification And Screening Camp**

On the occasion of World Heart Day, 29<sup>th</sup> September 2019, NSS Unit of Dr. APJAK COPT in collaboration with Dept. of Cardio-respiratory Physiotherapy organized Cardiovascular Risk stratification and Screening camp in Pravara Rural College of Pharmacy, Loni on 27<sup>th</sup> September 2019. Faculty members from Dept. of Cardio-Respiratory MPT student and Interns have screened 27 participants.



#### **5. Field Testing of NSS Volunteers**

On the occasion of World Heart Day, 29<sup>th</sup> September 2019, NSS Unit of Dr APJAK COPT in collaboration with the Department of Cardio-Respiratory Physiotherapy from Dr. APJ Abdul Kalam College of Physiotherapy organized Field Testing (Incremental Shuttle Walk Test) on 28<sup>th</sup> September 2019 for NSS volunteers of Dr. APJ AK COPT in basket ball court, PIMS Campus, Loni. Faculty members from Dept. of Cardio-Respiratory PT, MPT student and Interns have screened 48 participants.



## 6. Celebration of '88<sup>th</sup> Birth Anniversary Of Dr. APJ Abdul Kalam

NSS unit of Dr. APJ Abdul Kalam College of Physiotherapy celebrated the 88<sup>th</sup> Birth Anniversary of 'The Missile man' Dr. APJ Abdul Kalam. Chief Guest for the function were Respected Executive Director Mr. Punjabrao Aher, Medical Supritendent Col. Dr. Thakur, Nursing Supritendent Mrs. Sangeeta Vikhe were given the floral tribute to Dr APJ Abdul Kalam's portrait. NSS Volunteer Ms Prajakta Kadam recited a song composed by her on our beloved Dr APJ Abdul Kalam. Another volunteer Ms Urvi Patel gave an introduction about the life of Dr APJ Abdul Kalam. Col. Dr. Thakur also motivated the NSS volunteers and gave examples from the life of Dr APJ Abdul Kalam. Some NSS volunteers made drawings and paintings on Dr APJ Abdul Kalam which were displayed for all students.



## 7. Women's Day Celebration

On the occasion of International Women's Day 2020, World Café- A Pedagogic Technique was organized for I BPT students by the NSS Unit of Dr APJAK COPT along with the Institutional Women's Cell Committee of Dr. APJ AK COPT on 7<sup>th</sup> March 2020. University Coordinator- Dr. Vaishali Phalke (Rural Medical College, PIMS, Loni) attended the event and was accompanied with Dr. Deepak Phalke. Faculty members from the Dr. APJAK COPT, IV BPT students were spectators for the World Café.

### Purpose of the World Café:

- Creating meaningful & cooperative conversation along the questions

- It evokes new insights on important topics.
- Connects diverse perspective
- Teach NSS volunteers the importance and demonstration of this method to use it in camp with the villagers for discussion of topics related to rural development.

**Procedure:**

Twenty I BPT students and NSS volunteers were divided into four groups, (5 participants in each group). All the participants and NSS volunteers were briefed about the World Café approach and questions. One captain / host was elected from each group, decided by the group members. Participants will be moving to another question after 5 minutes, one complete round was conducted, as all the participants will be attending all the three questions and giving their insights towards it. Captain will not be moving as their duty is to explain the other group participant’s (new group members) points which were discussed by the previous group members. Later all the three captains highlighted all the important points to the audience on each questions. Mitisha Shah Gender Champion -Dr. APJ AK COPT and NSS volunteer introduced the empowered women on which group names were kept.





## Rural Medical College

### 1. National Communal Harmony activity

National Foundation for Communal Harmony (NFCH) observes the Communal Harmony Campaign Week every year from 19<sup>th</sup> to 25<sup>th</sup> 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.

To contribute towards the communal harmony NSS Unit of Rural Medical College, Loni has collected fund of Rs.2466/- and sent it to the National Foundation for Communal Harmony in the year 2018-19.

### 2. “PLEDGE FOR LIFE: Tobacco free youth” on 11<sup>th</sup> July 2019 mass activity

NSS unit of Rural Medical College, Loni, organized an oath taking ceremony for students of Rural Medical College, Loni as a part of “PLEDGE FOR LIFE: Tobacco free youth” campaign run by not for profit organization named ‘Sambandh’ on 11<sup>th</sup> July 2019. This activity was performed in Godavari Lecture Hall, Balasaheb Vikhe Patil Lecture Hall Complex, RMC, Loni; Girls Hostel and Food court. Total 200 students from RMC, Loni took the “PLEDGE FOR LIFE: Tobacco free youth” on 11<sup>th</sup> July 2019.

In the programme, the students vowed to make their live tobacco-free and to encourage others to give up tobacco consumption. After watching a video showing the ill effects of tobacco, students raised their hands and pledged that they will never touch tobacco in their life.

#### **Pledge wording:**

*“I Pledge for life that I will never touch cigarette, bidi, gutka, paan masala, hookah, e-cigarette, or any other tobacco product in my life. I will also encourage my family, friends, and others around me not to do so.”*



### 3. Swaccha Bharat Summer Internship 2019 report

Ministry of Drinking Water and Sanitation (MDWS) in association with Ministry of Human Resources Development had launched Swaccha Bharat Summer Internship Programme with an aim of making Swacchata a Jan Andolan. The period of the internship was from 10<sup>th</sup> July to 31<sup>st</sup> of July 2019. Total 32 students from Rural Medical College, Loni had registered for the internship.

**The activities performed in the village of Adgaon are as follows:**

➤ **Wall Paintings on public walls and government buildings (Panchayat Ghar):**

Total three Wall paintings were done by NSS Volunteers during this SBSI summer internship. Two wall paintings were done on a wall of a primary school in Adgaon village with permission of the management and another one painting on the wall in the premises of Temple of the village Adgaon. The paintings on the school wall would attract the children and give them the message of hygiene, use of toilet and segregation of dry and wet waste using different dustbins. A big painting was done on the wall: Our clean India.





- **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. Interns educated the people regarding water disinfection at household level like using medichlore, alum, straining the water with fourfold cloth, etc. to prevent various waterborne diseases like diarrhea, typhoid, hepatitis, etc. 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.



- **School activity:** our SBSI interns had visit to Zilla Parisha Primary school of Adgaon. The school children were praised for cleaning their school premises before assembly of the school. Then interns taught them the proper method of hand washing i.e. seven steps of hand wash and in turn asked the school children to follow all the steps. School children were made aware about 3 'R's i.e. reduce, reuse and recycle to



maintain our environment pollution free. They were again made aware of avoiding plastic bag use and promote cloth bags. They were told about how to segregate dry waste and wet waste and its importance.



- **Awareness Campaigns:** The children of the village Adgaon 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.