



PRAVARA INSTITUTE OF MEDICAL SCIENCES
Deemed to be University

Established under section (3) of UGC Act 1956 –

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 2023-24

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NSS Coordinator
PIMS DU

National Service Scheme (NSS) was introduced in 1969 with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. Very appropriately, the motto of NSS is **“NOT ME, BUT YOU”**. An NSS volunteer places the **‘community’** before **‘self’**.

The NSS wing of Pravara Institute of Medical Sciences, Deemed to be University comprises four units, each with 50 volunteers. All the four units are at the university campus one each to Dr. Balasaheb Vikhe Patil Rural Medical College, Rural Dental College, DR. APJAK College of Physiotherapy and Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing. We NSS wing of PIMS DU organized Regular and Special Camping activities during the Academic year 2023-24. The volunteers are trained for a social platform to realize their responsibilities in bringing a mightier India and to train others in key objectives of NSS. Various events were conducted during the past 4 years and a quantum of output was received in terms of awareness and services. The regular activities conducted by the NSS units of constituent colleges under PIMS are as follows:

International Yoga Day Report

Regarding the observance of International Day of Yoga on 21st June, board of Sports & National Service Scheme of Pravara Institute of Medical Sciences, Loni was celebrated the International Day of Yoga in the following way

- 21 Days Yoga camp was organized during 1st June to 21st June, 2023 at 6 a.m. to 7 a.m. in Ganga Hall for the Students, NSS Volunteers, Teaching & Non-teaching staff of the PIMS DU, Loni.
- Comman Yoga Protocol was organized during 21st June 2023 at 6 a.m. to 7 a.m. For the faculty and students of the constituent colleges of PIMS DU. Yoga guru Shri. Sanjay Cholake was demonstrated various Asana's and Pranayama's as per the Comman Yoga Protocol.





Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing, Loni

1. International Breast Feeding week

Date: 03-08-2023

Time: 2:00 P.M to 5:30 PM

Venue: OPD entrance of Dr. V. V. P. Hospital

No of volunteers participated: 50

Objective: The objective was to awareness about the Breast feeding

THEME: Enabling Breastfeeding Making a Difference for Working Parents

Breast feeding week is a global celebration that occurs every year from the 1st August to 7th of August in more than 120 countries. World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to the health and welfare of babies and benefits to maternal health, focusing on good nutrition, poverty reduction, and food security. World breastfeeding week has the dual goal of improving the health of babies and promoting, protecting, and supporting the rights of women to breastfeed anywhere and at any time.

Theme for the international breast feeding week 2023 is “Enabling Breastfeeding Making a Difference for Working Parents” keeping this in mind Department of OBGY & NSS Unit of Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing celebrated breast feeding week. Breast feeding is a universal solution that levels the playing field, giving everyone a fair start in life. It improves the health, wellbeing and survival of women and children around the world.

The NSS Volunteers organized the exhibition at OPD Entrance of Dr. Vitthalrao Vikhe Patil Pravara Rural Hospital, Loni. On various aspect of breast feeding like Breast care, Importance of breast feeding, position of breast feeding, PNC diet, weaning etc. The participants were PNC and ANC mothers visiting Obstetrics and Gynecology OPD.

Inauguration of Awareness on Breast Feeding Week by Hon’ble Dr Sangita Vikhe, Nursing Superintendent, Dr Vithalrao Vikhe Patil Pravara Rural Hospital and Hon’ble Dr. Rajendra Lamkhede, Principal, Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing.



On this occasion theme Based Poster and Slogan Writing competition (Marathi, Hindi and English language) was organized. 30 entries were received for the poster and slogan writing competition. The competition was supervised and judged by Dr. Sangita Vikhe, Nursing Superintendent, Dr. Vitthalrao Vikhe Patil Hospital. The winners of the competition were felicitated with certificates. A result of the competition is as below:

First Prize- Ms.Abhang Priyanka

Second Prize- Mr.Akash Sonawane

Third Prize- Ms.Nisha Darekar

2. Hand washing & personal Hygiene:

On the Occasion of Kargil Day the NSS unit and IQAC of Smt Sindhutai Eknathrao Vikhe Patil College of Nursing organizing Poster Exhibition at Zilha parishad School, Songoan villege on 04/08/2023 from 10.00 am to 1 p.m as part of their curriculum. College of Nursing, Pravara Institute of Medical Sciences (DU), Loni Bk, under Dept of Community Health Nursing Organizing various extension activity in adopted area of Community. CON



have organized and conducted Rally on Handwashing & personal Hygiene at Galnimb village, Shirampur on 27/09/2017 with 50 volunteers.

CON Organized and Conducted rally with placards for creating awareness on benefits of hand washing and environmental sanitation.

The awareness rally started at zilha parishad primary school and took round of about 2km in and around of the village. Many of villagers observed the activity and got familiar with the message displayed. The efforts of volunteers were appreciated by Sarpanch, Galnimb grampanchayat.

All the volunteers of NSS unit at College of Nursing, PIMS (DU) had enthusiastically participated under the guidance of Mr. Jitendra Belokar, Nodel officer for NSS unit of CON and Mrs. Kale kalpana, Programme coordinator, NSS unit of CON. The event well received by the participants and had great success.

3. Prabhat Pheri & Panch Pran Pledge

Date: 16/08/2023

Time: 10:00 am to 12:00 Noon

Venue: Gram Panchayat, Loni Bk.

Number of volunteers participated: : 50

Objective: To explore the ways that purpose and audience influence a message for better youth participation at grampanchayat.

Theme: Meri mati mera desh under the campaign

For the campaign of “MERI MATI MERA DESH” the NSS unit and IQAC of Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing organized Prabhat Pheri on 16.08.2023 at 10.00 am to 12.00 pm in Gram Panchayat Loni Bk. All the participants take the soil by hand and take the pledge. The NSS Officer Mrs. Sujata Umbarkar organized these programme under the guidance of Prof. Dr. Rajendra Lamkhede Principal, Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing PIMS (DU)Loni. The Sarpanch of the Loni Mrs Kalpana Maid appreciated to event our team. Total 50 volunteers participated in the programme and around 50 visitors village people benefited with the exhibition.



4. Kargil day celebration:

On the Occasion of Kargil Day the NSS unit of Smt Sindhutai Eknathrao Vikhe Patil College of Nursing organized Poster Exhibition at Zilha Parishad Primary School, Songoan on 04/08/2023. The Programme was well organized and students from International University of Worcester, school student and villege people also participated in this programme. Total 50 volunteers participated in the programme and around 100 visitors benefitted with the exhibition.



5. Mati ko Naman Veero ko Vandan

NSS unit of Smt Sindhutai Eknathrao Vikhe Patil College of Nursing organized Mati ko Naman Veero ko Vandan. Retired ex-serviceman of the nearby area was called for the function and they were felicitated for the service they provide for the nation. The programme was organized at the primary school of Anapwadi on 09/08/2023. Tree plantation was also done by the hands of the soilders. As the nation is celebrating the 75th anniversary of the independence 75 trees were planted near the area of the school.



6. Awareness of Tuberculosis

Date: 27/03/2024

Time: 10.00 am to 1.00 pm

Venue: Smt. SSEVP College of Nursing to Village Loni.

Number of volunteers participated: 50

Objective: Aawareness about Tuberculosis

Each year, we commemorate world tuberculosis (TB) day to raise public awareness about the devastating health, social and economic consequences of tuberculosis and to setup efforts to end the global TB epidemic. Tuberculosis remains one of the world's deadliest infectious killers so for create awareness among the general population. International Tuberculosis Day was celebrated on 24th March, 2024. NSS Unit of Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing, PIMS, Loni organized Rally on Tuberculosis on 27th March, 2024. The theme of International Tuberculosis Day was "YES | WE CAN END TB" The skit on awareness of Tuberculosis was presented by the volunteers in OPD complex and in front of the Grampanchayat office.

All the students, Teachers, Sarpanch and members of Grampanchayat, people from the village were present for programme.



Dr. APJAK College of Physiotherapy, Loni

1. National Youth Day:

Title of the Activity (Webinar): Live Telecast Of Hon'ble Prime Ministers Speech on National Youth Festival Inauguration to Celebrate the National Youth Day

Venue: Lecture Hall 705, Dr. APJ Abdul Kalam College of Physiotherapy, Loni

Date & Timings: 12th January 2024, 2.00 Pm Onwards

Objective: National youth day aims to motivate the youth to promote the country for a better future. Additionally, it seeks to implement the greatest teachings of the revered leader, Swami Vivekananda

In India, National Youth Day is held on Swami Vivekananda's birthday in recognition of his noteworthy accomplishments and capacity to uplift the youth. National Youth Day 2024 is also called **Rashtriya Yuva Divas 2024**. As per instructions given by The Hon'ble Prime Minister NSS officer of Dr. APJ Abdul Kalam college of physiotherapy PIMS – DU LONI conducted a webinar on National Youth Festival Inauguration & Organization of Special events on 12th January, 2024 to celebrate the National Youth Day –reg at Dr. APJAK COPT, On 7th floor 705 Lecture hall, 2.00 pm onwards. The government's main goal was to raise the standard of living for the nation's citizens by encouraging youth to take inspiration from Swami Vivekananda's life and achievements to revitalize youth's enduring vitality and strengthen the nation's economy. The day provides an opportunity for educating young people about social consciousness, leadership, and responsibility through a variety of talks, events, and cultural events. The youth can play an important role in tackling pressing issues like climate change, mental health awareness, and social inequalities. National Youth Day 2024 could serve as a platform to discuss these challenges, brainstorm solutions, and empower young people to become agents of positive change. The Honorable Prime Minister ended the webinar by inspiring young people to serve their country following this engaging session.



2. World Tuberculosis Day – 2024

Venue: Medicine Ward No. Pravara Rural Hospital, LONI

Date & Timings: 23rd March, 2024, 09:30 am Onwards

Objective: Aims to unite government's health organizations, and communities worldwide in their commitment to end the Tb epidemic by ensuring access to quality care for all those affected.

Participants: 25 Patients & Their Family Members Present In Medicine Ward Of Pravara Rural Hospital, Loni

Every year 24th March is celebrated as World Tuberculosis Day to raise awareness around the disease, increase efforts to eradicate the disease, and mobilize support for those affected by Tuberculosis. On this occasion Department of cardio-respiratory physiotherapy, DR. APJAK, COPT (PIMS – DU) Loni has organized an Awareness programme on 23rd March, 2024 in Medicine IPD (ward no 37) of Pravara Rural Hospital Loni. That was mainly focused on spreading awareness of tuberculosis amongst patients and their relatives and the importance of cardio-respiratory physiotherapy in Tuberculosis patients. Faculty members & MPT_h 2 students from the department of cardio-respiratory physiotherapy provided information on tuberculosis, including what precautions to take and what government programs are available for patients suffering from the disease.





3. Voters awareness campaign for youth

Venue: Lecture Hall 705, Dr. APJ Abdul Kalam College of Physiotherapy, Loni

Date & Timing: 16th February, 2024, 2.00 pm onwards

Attendance: 1st year BPTH 100 students of Dr. APJAK College of Physiotherapy, Loni

Objective: In view to A Memorandum of Understanding (MoU) has been signed between the Election Commission of India (ECI) and Ministry of Education (MoE) for implementing its flagship programme called Systematic Voters Education and Electoral Participation (SVEEP) that aims at universal and enlightened participation of all eligible citizens in elections inter alia by addressing urban and youth apathy.

Voter's awareness campaigns for the youth in the Higher Educational Institutions (HEIs) are to be organized an online meeting which has been planned by UGC on 16th Feb at 2 pm under the Chairmanship of Joint Secretary, CDB –II NSS Unit Dr. APJAK COPT conducted a webinar on “Voters awareness campaign for youth: West Zone” at Dr. APJ ABDUL KALAM COLLEGE OF PHYSIOTHERAPY on 5th September 2023 in Lecture Hall 705 from 2.00 pm onwards. We engaged and encourage young especially first time voter to come and vote, and convey the importance of voting for the large good of the nation by showing zoom awareness meeting.





4. Voting Awareness Campaign

Venue: Shriram Maruti Temple, Dadh Bk

Date & Timing: 15th March, 2024. 8.300 am to 2.00 pm

Attendance: 50 Volunteers & Villagers in numbers

Objective: The main objective behind this to provides information about voting and how to be a responsible voter

Dr. APJ Abdul Kalam College of Physiotherapy, PIMS -DU, NSS volunteers On March 15, 2024, starting at 9 a.m., Loni performed a skit in the village of Dadh with the theme "Voting Awareness." The skit includes Voting is an important way for voters to control their government. It is a method for citizens to express what they want from their leaders by raising awareness about voting. This will lead to better governance and what everyone wants – a democracy that is free, fair and representative. Voting helps citizens become more involved in their government and keep it accountable. To vote, you must meet specific requirements. In addition to voting, there are a few laws that ensure fair elections around the world.



5. Panchpran : Yuva Sauvad Ani Meri Mati Meri Desh 2023

Venue: Lecture Hall, Dr. APJ Abdul Kalam College of Physiotherapy, Loni

Date & Timing: 5th September, 2023. 9.30 am onwards

Attendance: 2nd and 3rd year NSS volunteers of Dr.APJ Abdul Kalam College of Physiotherapy, Loni

Objective: Taking oath for Developed India, Erase all traces of discrimination, Be proud of your heritage, The power of unity and Duties of citizens.

NSS Unit Dr. APJAK COPT conducted a programme on “Panchpran: Yuva Sauvad Ani Meri Mati Mera Desh” at Dr. APJ Abdul Kalam College of Physiotherapy. Dr. Tejas began with the lecture on the topic Colonization and Intellectual mindset of common man during



British era, followed by lecture delivered by Dr. Sadaf Patel NSS associate on power of unity and a feeling of emotional intelligence called by empathy.



6. Panchpran : Ek Tareekh Ek Ghanta(ETEG): campaign under Swachhata Hi Seva 2023 with Janbhagidari at its core.

Venue: Lecture Hall, Dr. APJ Abdul Kalam College of Physiotherapy, Loni

Date & Timing: 1st October, 2023. 8.30 am onwards

Attendance: 2nd & 3rd yr. NSS volunteers of Dr.APJ AK College of Physiotherapy, Loni

Objective: Objective of this activity was to enhance cleanliness in local communities through voluntary efforts and prioritize the welfare of Safai Mitras.

Swachhata Hi Seva is a country wide campaign initiated by the government of India in 2nd October 2014 to eliminate open defecation and improve the solid waste management and to create Open Defecation Free villages. Hence, NSS Unit DR. APJAK COPT, PIMS (DU), LONI conducted a programme on “Ek Tareekh Ek Ghanta (ETEG) campaign under Swachhata Hi Seva 2023 with Janbhagidari at its core” at its campus on 1st October, 2023 from 08:30 am onwards. Volunteers cleaned up the campus of DR. APJAK COPT in a number of locations by sweeping the grounds and collecting trash.



7. Panchpran : Blood Donation Camp:

Venue: Blood Donation Center of Pravara Rural Hospital, Loni

Date & Timing: 24TH April, 2024. 9.30 am onwards

Attendance: UG & PG students of the Dr.APJ AK College of Physiotherapy, Loni

Objective: The main objective of the blood donation camp was to create awareness about the significance of voluntary blood donation and encourage people to donate blood regularly.

In our country, there exists a considerable gap between availability and demand for blood. In most of situations, valuable human lives cannot be saved due to unavailability of blood or blood donors. The initiative of the university to incentivize blood donor students mainly focused on this urgent need of the society as well as to inculcate the values, which will make them responsible citizens. Therefore, we the NSS volunteers of Dr. A.P.J. Abdul Kalam College of Physiotherapy, Loni organized a Blood Donation Camp on 24th April 2024. Out of the 156 people who met the inclusion criteria, 70 volunteers donated Blood.





Dr. Balasaheb Vikhe Patil Rural Medical College, Loni

1. Hand Washing Awareness Activity

Hand washing, also known as hand hygiene, is the act of cleaning one's hands with soap or hand wash and water to remove viruses/bacteria/microorganisms, dirt, grease, or other harmful and unwanted substances stuck to the hands. Regular hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how hand washing with soap and water can protect you and your family.

Dr BVP RMC NSS unit organized a health education activity on Hand Washing Awareness for First year MBBS students on 07/10/2023. NSS Volunteers spread the importance of hand washing. 50 NSS volunteers participated in the activity 200 people were benefited.



2. Meri Mati Mera Desh Activities

The NSS unit of Dr BVP RMC Loni organized the following activities related to Meri Mati Mera Desh.

- Students of Dr BVP RMC Loni took a pledge on the panch pran together. Students were told about the various activities like Meri Mati Mera Desh online pledge, Har Ghar Tiranga and were motivated to participate in them.
- NSS Volunteers attended the flag hoisting in the PIMS sports ground
- NSS Volunteers participated in Har ghar tirangaa national level campaign in which they posted a selfie with the national flag and got a certificate.
- NSS Volunteers participated in Meri Mati Mera Desh online pledge and got a certificate.



3. Nizarneshwar temple cleanliness activity

Hon'ble Prime Minister Mr. Narendra Modi himself initiated the cleanliness drive at Mandir Marg Police Station. Picking up the broom to clean the dirt, making Swachh Bharat Abhiyan a mass movement across the nation, the Prime Minister said people should neither litter, nor let others litter.

The NSS unit of Dr BVP RMC Loni organized a one day special clean up drive at Nisarneshwar temple on 8/7/2023. Followed by trekking at the Nisarneshwar hill was done by the NSS Volunteers. A total of 100 NSS Volunteers participated in the activities.

The NSS unit of Dr BVP RMC Loni organized a one day special clean up drive at sports ground of PIMS Loni on 01/10/2023. A total of 50 NSS Volunteers participated in the activities.



Rural Dental College, Loni

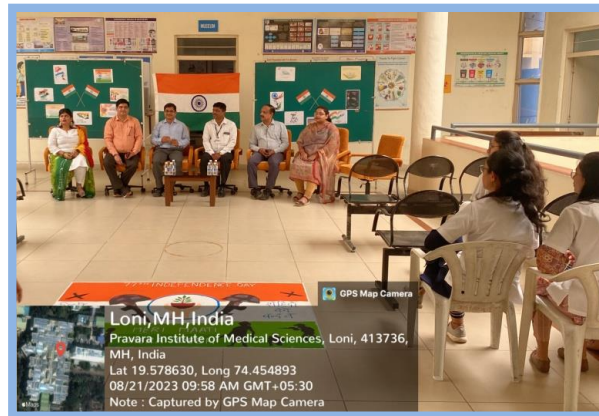
1. Azadi Ka Amrit Mahautsav: Har Ghar Triranga

The NSS unit of Rural Dental College, Loni conducted a camp at Babhaleswar as a part of Har Ghar Triranga. All the participants were given Flag. Our National flag were also distributed and put over many houses and shops as a part of this activity. Almost 50 people benefitted from the camp.



2. Azadi Ka Amrit Mahautsav: Viro ko Naman

The NSS unit of Rural Dental College and the dept. of Public Health Dentistry conducted a programme on 21-08-2023, to thank our army personnel who have joined our college. Retired personnel who have joined our college were honored on this day.



3. World AIDS Day:

The NSS unit of Rural Dental College, Loni conducted a health educational programme on the occasion of World AIDS Day at medical OPD. All the patients and their relatives present at the OPD benefitted from the camp.



4. School health education and Dental check-up camp:

The NSS unit of Rural Dental College and the dept. of Public Health Dentistry conducted a school health education and check-up camp at Savarchol, Sangamner on 14-12-23. All the school children were given demonstration on proper brushing technique. A talk on oral health education on was given to all the school children. Also, a lecture on ill-effects of tobacco was given to everyone. All the children and the school teachers were screened for any oral health problems. In total 217 students benefitted from the camp.



5. Dental Health Check camp at Tambhere Village:

The NSS unit of Rural Dental College and the dept. of Public Health Dentistry conducted a village check-up camp at Tambhare Loni on 18-02-2024. A lecture on ill-effects of tobacco was given to everyone. In total 205 benefitted from the camp.



6. School health education camp at Pimpri Lokai:

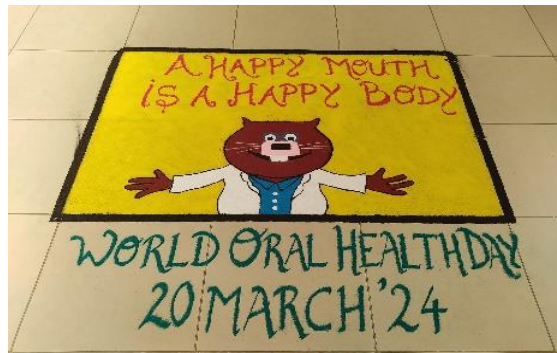
The NSS unit of Rural Dental College and the dept. of Public Health Dentistry conducted a school health education camp at Pimpri Lokai on 20-02-2024. All the school children were given demonstration on proper brushing technique. A talk on oral health education on was given to all the school children. Also, a lecture on ill-effects of tobacco was given to everyone. In total 51 students benefitted from the camp.



7. World Oral Health Day - 20th March 2024 Theme: A Happy Mouth is a Happy Body

The NSS unit of Rural Dental College, Loni celebrated world oral health day on 20th March 2024, to encourage and motivate people about good oral hygiene.

- Rangoli was drawn in the dept of Public Health Dentistry on this occasion with exhibit of various health educational poster to encourage and motivate patients visiting dept to take care of their oral health.



8. World No Tobacco Day

On the occasion of world no tobacco, a variety of programmes with emphasis of tobacco control through awareness programmes, oral cancer screening, skits, health education, exhibition and many others were conducted in these 15 days. A detailed report with geo-tagged photographs is described.

An exhibition of posters related to oral health, tobacco and oral cancer was conducted in the RDC from 20th May to 5th June 2024. NSS volunteers explained all the patients and others visiting the exhibition about the ill-effect of tobacco.





Exhibition for sugar factory workers

Skit

The NSS volunteers of Rural Dental College conducted skits at different locations during these 15 days. They mentioned the importance of never to indulge in tobacco consumption. The skit also highlighted the impact of tobacco consumption of family and health. The skit was performed at a busy market place, bus stand and for sugar factory workers.





Skit at Sugar Factory



All the NSS volunteers took a pledge on 20th May 2024 to motivate all students, friends, family, patients and community at large to never consume tobacco in any form. They also pledged to keep all surroundings tobacco free and work towards a tobacco free generation.



Pledge of healthcare workers and patients at PHC



Pledge of patients at medical OPDs



Pledge taken by the sugar factory workers



Health talk

Many health talks were given during these 15 days. These were related to the awareness towards ill-effects of tobacco, impact of tobacco consumption on physical, mental, social, financial well-being and its impact on family.



9. Dental Health Check up Camp at Prabhat Dairy

The NSS unit of Rural Dental College, Loni participated in the camp conducted at Prabhat Dairy, Shrirampur. All the participants of the camp were examined for oral problems. A talk on ill-effects of tobacco was given to all the villagers. In total, 163 patients benefitted from the camp.



10. Kargil Day celebration

The NSS unit of Rural Dental College and the dept. of Public Health Dentistry conducted a school health education and check-up camp at Padmashri Vikhe Patil Sainik School, Loni on 26-07-2024. All the school children were given demonstration on proper brushing technique.



A talk on oral health education on was given to all the school children. Also, a lecture on ill-effects of tobacco was given to everyone. All the children and the school teachers were screened for any oral health problems. In total 357 students benefitted from the camp.

