



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 2020-21

Dr. Sunil Bular
NSS Coordinator PIMS DU

National service Scheme provides diversified opportunities to students in colleges and universities 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, Health check up camps, Health related surveys, Oral and dental check up camps, awareness of nutritious food among the rural people, importance of health and fitness among 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 2020 and 200 hundred students joined as a NSS volunteers for the Academic year 2020-21 (50 Volunteers from each constituent college). The regular activities conducted by the NSS units of constituent colleges under PIMS are as follows:

1. International Yoga Day Report

The theme for the year 2020 was 'Yoga at home and yoga with family'. So, we encouraged NSS volunteers to perform Yoga at home and send pictures and upload on social media websites. With the COVID-19 pandemic exacerbating psychological suffering and mental health problems, many people have been embracing Yoga to stay healthy and to fight isolation and depression.

NSS units of PIMS-DU organized Webinar on International Yoga Day 2020. Eminent speakers Dr Pallavi Kavhane and MS. Aarti Pal were invited for speaking about importance of Yoga. The Webinar was chaired by Hon'ble Vice Chancellor Dr Y.M. Jayaraj. The participants registered themselves for the webinar and participated online through Microsoft team's app. Dr Pallavi Kavhane delivers the benefits of Yoga for Wellness. She also demonstrates some Asana's to be performed while sitting in the chair

in the office or elsewhere. Ms. Aarti Pal guided about the Pranayama and Yoga for Medical Practitioners.



2. Communal Harmony campaign Week & Flag Day

National Foundation for Communal Harmony (NFCH) observes Communal Harmony Campaign and Fund Raising Week every year from 19th to 25th November and the last working day of this week is observed as the Flag Day. The Communal Harmony Campaign week has two main objectives:

- To raise donations for physical and psychological support of orphan or destitute children affected by violence; and
- To promote fraternity among the people, maintain peace & communal harmony and promote national integration through various activities

NSS units of the constituent colleges of the Pravara Institute of Medical Sciences celebrate this campaign in their colleges. NSS Volunteers spread the message of communal harmony and National Integration to other students. 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 PIMS DU, Loni has collected funds **Rs. 8750/- (Rs. Eight thousand seven hundred fifty only)** and sent it to the National Foundation for Communal Harmony.

3. Shiv Swarajya Din On 6 June 2021

National Service Scheme of Pravara Institute of Medical Sciences, Deemed to be University celebrated SHIV SWARAJYA DIN on 6 June 2021. Dr. S. R. Walunj Registrar of University Garland the statue of CHHATRAPATI SHIVAJI MAHARAJ. Assistant Registrar Shri Nakul Tambe and other University officials were grace the function.



Rural Dental College, Loni

1. World AIDS day

Venue: ART Centre, Pravara Rural Hospital.

Time: 9.30 – 11.00 am

On occasion of world AIDS day on 1st Dec a lecture by the Medical officer Dr. Sudha Kamble on Preventative measures & management of AIDS was organized for the patients undergoing treatment at ART centre of Pravara Rural Hospital. All the protocols of social distancing & Covid – 19 precautions were followed.

A lecture on precautions to be taken in Covid -19 and also on the harm effects of tobacco was addressed to them by Dr. Nikita from department of Public Health Dentistry.



2. Blood Donation Camp

Venue: Blood Bank, Pravara Rural Hospital, Loni.

Participants: 34

The NSS unit of Rural Dental College in association with other NSS unit of Pravara Institute of Medical Sciences organized blood donation camp on Tuesday 22nd December

2020 at the Blood Bank of Pravara Rural Hospital Loni for the NSS volunteers. In all 34 volunteers donated their blood.



3. National Foundation For Communal Harmony Week

25th November each year is observed as communal harmony day and the week as communal harmony week. This year the NSS unit of Rural Dental College, Loni collected donations towards National foundation for communal Harmony, an autonomous organization under the ministry of home affairs, Govt. of India over the next few days. A total of rupees 5412/- (Five thousand four hundred and twelve rupees only) was contributed towards this cause by the NSS unit of Rural Dental College, Loni.

4. World No Tobacco Day 2021

The Dept of Public Health Dentistry and NSS unit of RDC celebrated the world no tobacco day on 31 May 2021. On this day, online slogan competition was conducted for all the students of the college. 70 students participated in the competition.



5. National Public Health Dentistry Day 2021

Venue: Blood Bank, Pravara Rural Hospital, Loni. Participants: 34

The Dept of Public Health Dentistry celebrated the National Public Health Dentistry Day on 19th June 2021. The day was celebrated by distributing free masks and educating them about hand sanitization, social distancing and importance of masks to all the people visiting the hospital. All the staff, interns and students actively participated in the programme. 30 peoples were participated.



College of Nursing, Loni

1. Blood Donation Camp

NSS Cell, Pravara Institute of Medical Sciences (Deemed to be University) organized blood donation camp on 18.12.2020 at the backdrop of pandemic situation; as there was acute shortage of blood at Pravara Medical Trust's Pravara Rural Hospital Loni Bk. All the constituent NSS Units at PIMS actively participated in this activity. On this occasion 22 NSS volunteers from college of Nursing have donated their blood, along with Mr Vaibhav Bhosale Asst Professor CON and Dr Sunil Bular, University NSS coordinator who have donated plasma (post covid exposure) for Covid 19 patients



2. Observance of Communal Harmony Campaign week

To spread the message of peace communal Harmony and National integration the communal harmony campaign week is observed every year from 19th to 25th November;

In this regard a fund raising campaign was observed at College of Nursing, Pravara Institute of Medical Sciences (Deemed to be University) from **23.11.2020 to 28.11.2020**, in accordance with the request of the National Foundation for communal Harmony (NFCH).; an autonomous organization under Ministry of Home Affairs. All the faculty and students enthusiastically participated in the campaign and contributed in raising fund. The total fund generated is Rs. 1345/- (One thousand three hundred forty five only), handed over to University NSS coordinator.



3. Covid 19 Awareness Programme

Covid 19 Pandemic has affected Human's each sphere of life; many have loosed their life, families and job. It has tremendously affected to the physical psychological and social health of the individuals. There is need of awareness about this deadly disease among general community to prevent the spread of infection; this fact was identified by NSS volunteers at Sindhutai Eknathrao Vikhe Patil College of Nursing and hence actively participated in Covid 19 awareness programme. Even though the institutes were closed due restrictions imposed by government, volunteers imparted health education to the people in the vicinity of their own residential areas they have educated people about use of Face masks, respiratory and hand hygiene, demonstrated them the techniques of proper hand washing.



4. Covid 19 Vaccination campaign

Pravara Institute of Medical Sciences (Deemed to be University) has taken initiative for Covid 19 vaccination for all the staffs and students of PIMS and PMT. This campaign was carried out by Community Medicine department of Rural Medical College. We are very happy to mention over here that the NSS volunteers of Smt. Sindhutai Eknathrao Vikhe Patil, College of Nursing along with volunteers of other constituent colleges of PIMS actively participated to support this campaign; volunteers have assisted for vaccinating the candidates and helped for online as well as offline registration of candidates of vaccination .



5. Gandhi Jayanti Celebration 2020

Gandhi Jayanti is celebrated annually on 2nd October to commemorate the birthday of Mahatma Gandhi. The NSS unit at Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing on this occasion conducted various Swacchata related activities. Volunteers enthusiastically participated in these activities. All these activities were appreciated by the authorities.



6. World No Tobacco Day 2021

Every year on 31st May, World No Tobacco Day is observed to highlight the risk associated with the use of tobacco. The annual campaign is an opportunity to raise awareness to reduce use and protect the health of the people. On this day, several

campaigns, events, and activities are organized to educate people about the bad effects of tobacco on health. The theme “**Commit to quit**” selected for No Tobacco Day.

In line with this NSS Unit in collaboration with department of Community health Nursing and Department of Medical Surgical Nursing Organized e- Painting and e- Essay competition at the backdrop of COVID 19 pandemic. Total 173 candidates registered themselves from various Nursing institutions within Maharashtra.

The Competition held was as follows:

1. e Essay competition e Painting Competition

Winners in e-painting and e-essay competition were as follows.

Name of competition	Name of Prize winners	Amount of prize	Name of college and place
e- Painting	1st : Ms Anju Marimutta	Rs 300/-	Seva Mandal Education societies, Smt. Sunanda Pravin Gambhirchand College of Nursing, Mumbai.
	2nd :Ms.Mrunmai Havale	Rs. 200/-	BJ Medical Govt. College of Nursing, Pune
	3rd :Ms. Tejal Patil	Rs. 100/-	Mahatma Gandhi Mission, College of Nursing, Navi Mumbai.
e- Essay (English)	1st winner : Ms. Shubhangi Narode	Rs. 300/-	College of Nursing, Loni
	2nd winner: Mr Akash Gajre	Rs. 200/-	Terna Nursing College , Nerul, NaviMumbai .
	3rd winner : Ms. Naina Jeetbahadur Yadav	Rs. 100/-	Seva Mandal education societies, Smt. Sunanda Pravin Gambhirchand College of Nursing, Mumbai.
e- Essay (Marathi)	Winner: Mr. Uddhave Autade	Rs. 300/-	Terna Nursing College , Nerul, Navi Mumbai.

7. World Mental Health Day 2020.

(Theme: “Mental health for all-Greater investment Greater access”)

13.7 % of India’s population suffers from some form of mental illness with 10.6 % requiring immediate intervention. While 150 million Indians are in dire need of mental health intervention & only 30 million have access to appropriate care. This fact is diverting our attention on need to focus our attention on mental health aspect of the individual.

In line with this NSS unit of College of Nursing & Department of Psychiatric nursing , PIMS DU, Loni Bk, celebrated world mental health day on 10th October 2020 and

organized online national Level competition on Essay writing, short film making and painting to sensitize the students and NSS volunteers on the said subject.

Themes and rules for the participants of Essay, short film and painting competitions were as follows

1. Essay: “Mental health for all-Greater investment Greater access”

Total 17 entries received for competition across the India, after screening 15 for selected for final competitions.

Winners of the essay competition

First Prize: Ms. Shivani Bankar- MKSSS, Smt. Bakul Tambat Institute Of Nursing Education Karve Nagar Pune

Second Prize: Mr. Shinde Gaurav Somnath, Matoshri College of Nursing Eklahare, Nasik.

Third Prize: Mr. Swapnil Shivaji Aher, Dr. V.V.P.Fs, College of Nursing , Ahmednagar.

2. Painting: Promotion of Mental health.

Total 47 entries received for competition across the India,

Winners of the painting competition

First Prize : Ms. Akshata Vavhal- MKSSS, Smt. Bakul Tambat Institute Of Nursing Education Karve Nagar Pune

Second Prize: Ms. Bibhuarpita Bahera: Saroj Lalji Melhotra Global Nursing College Talheti Abu Road, Rajasthan

Third Prize: Ms. Arpita Mallik, Saroj Lalji Melhotra Global Nursing College Talheti Abu Road, Rajasthan

3. Short film: 1. mental health during Pandemic 2. Promotion of mental health.

Total 05 entries received for competition across the India,

Prize winner groups were as follows

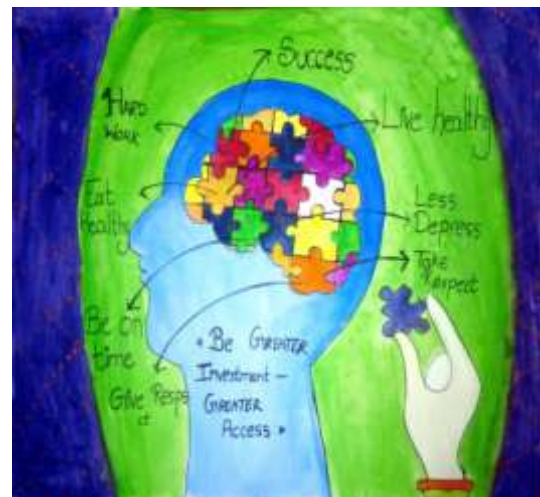
First prize : Ms. Arpita Mallik, Ms. Nandinee Sahu, Ms. Chetna Gupta and Ms. Kadambini Khauta from Saroj Lalji Melhotra Global Nursing College Talheti Abu Road, Rajasthan

Second Prize: Ms. Aishwarya Yogesh Jangam, MsVaishnavi Kailas Phasge, MsTejasvi Sanjay gore and Ms. Pooja Dhadve from MKSSS, Smt. Bakul Tambat Institute Of Nursing Education Karve Nagar Pune

Third Prize: Ms.Pratiksha Girme, Ms. Shivani Bankar, Ms. Sakshi Bhosure & Ms. Vrushali Dhakne from MKSSS, Smt. Bakul Tambat Institute Of Nursing Education Karve Nagar Pune

Testimonials: Across all the three competition First prize winner received cash prize of 500 rupees and certificate, Second prize winner received 300 rupees and certificate & Third prize winner received 200 rupees & certificate.

Due to the Covid 19 pandemic e certificates were given and cash prizes were sent by online mode.



8. International Yoga Day 2020

World Yoga day is celebrated internationally with unique theme every year. This year's International day of Yoga is observed on the theme Yoga @home and Yoga with family as government has restricted mass gatherings and public celebrations for International Yoga day owing to COVID 19 pandemic, In connection to this NSS volunteers at PIMS CON observed yoga day at home with the family. Around 50 volunteers have done common yoga protocol.



Dr. APJAK College of Physiotherapy, Loni

1. Fit India Freedom (Yoga With Family And Plank Challenge)

In accordance with the FIT INDIA MOVEMENT announced by our Honorable Prime Minister, NSS Unit of Dr APJ Abdul Kalam College of Physiotherapy in collaboration with Department of Community Physiotherapy organized “*Yoga With Family and Plank Challenge*”.

The Plank Challenge and Yoga with family activity garnered good response from 40 NSS volunteers who performed the activities with their families. These activities were also posted on Official page of NSS unit of Dr APJ AK COPT Facebook and Instagram with the hash tag #Fit India.





2. World Heart Day, 29th September (Physical Activity Awareness)

On the occasion of World Heart Day, 29th September 2020, NSS unit of Dr APJ Abdul Kalam College of Physiotherapy organized a Physical activity awareness session on 29th September 2020. Dr. Aashirwad Mahajan (PT) delivered the lecture on the topic “**Exercise Is Medicine Use heart to beat Heart disease**”. This lecture was aimed to create awareness about physical activity and sedentary lifestyle among the office workers in accounts section. The 30 staff members from accounts section were attended the programme.



3. Gandhi Jayanti 2nd October 2020 (Plog Run Activity)

NSS Unit of Dr APJ Abdul Kalam College of Physiotherapy performed the PLOG-Run activity to spread the awareness about Fitness and Cleanliness to commemorate our ‘Father of the Nation’ on Gandhi Jayanti 2nd October 2020.

Plog-running or simply Plogging is a great activity to imbibe fitness as well as cleaning the premises during the process. As a tribute to our ‘Father of the Nation’ and keeping

in mind, Fit India movement by Hon'ble Prime Minister plogging activity was performed by the volunteers.

NSS volunteers who performed running along with cleaning their respective neighborhoods and also urged people in their surroundings to keep their premises clean. These activities were also posted on Official page of NSS unit of Dr APJAK COPT Face book and Instagram with the hash tag #plog run.



4. World AIDS day activity-Focus group discussion to spread information about AIDS

NSS Unit of Dr APJ Abdul Kalam College of Physiotherapy in collaboration with Department of Community Physiotherapy, Dr APJAK COPT, PIMS-DU, Loni organized an activity aimed to facilitate spread of AIDS among NSS volunteers of Dr APJAK COPT, Loni. A focus group discussion method was organized. The discussion was conducted among PG students of Dr. APJ Abdul Kalam College of Physiotherapy. They

discussed different topics related to AIDS, like modes of transmission, the causes, and preventive measures.

The focus group discussion attended by the NSS volunteers and was also graced by faculty members of Dr. APJ Abdul Kalam College of Physiotherapy. The NSS volunteers got more information related to spread and –preventive measures for AIDS. This will be useful for them while spreading awareness in adopted villages.



5. Blood Donation Activity

NSS Unit of Dr APJ Abdul Kalam College of Physiotherapy in collaboration with other constituent units of Pravara Institute of medical Sciences organized a Blood Donation camp in Blood bank of Pravara Medical Trust, Loni on 22/12/2020.

This blood donation camp was aimed at spreading the awareness of blood donation among NSS volunteers. 10 NSS volunteers donated blood. The NSS Programme coordinator, PIMS-DU, Dr Sunil Bular and Vice-Principal, Dr APJ Abdul Kalam College of Physiotherapy, PIMS-DU guided and motivated the NSS volunteers and thanked them for voluntarily coming forward for the noble cause of blood donation.



Rural Medical College, Loni

1. 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. NSS Volunteers spread the message of communal harmony and National Integration to other MBBS students. A educational session was organized by the NSS Volunteers and a lecture was given on 25/11/2021 to MBBS students to inculcate the importance of communal harmony.

2. 5th, June,2021, World Environment Day

Ushers in the United Nations Decade for Ecosystem Restoration (2021-2030) and provides an opportunity to ramp up to a Decade where efforts will be made towards scaling up ecologically balanced solutions to food security, water supply and protecting biodiversity. WED 2021 will help build momentum and rally the world community behind a more ambitious and robust framework that can create significant change in the relationship between humans and nature. The importance of the day was explained to

NSS volunteers. NSS Volunteers spread the message of importance of world environment day 2021 by sharing videos on whats app groups. The NSS volunteers planted saplings on the occasion.



3. Blood Donation Camp Activity

One of the most precious gifts which you can give to anyone is the gift of life, and by donating blood you exactly do that. The NSS unit of PIMS Loni in collaboration with the NSS unit of RMC Loni organized a blood donation camp on 22/12/2020.

A total of 30 NSS volunteers from the NSS unit of RMC registered for the blood donation camp and 20 NSS volunteers donated blood. The NSS volunteers actively participated to make the blood donation camp a grand success.



4. Fit India Youth Club 2020 activity

Fit India Movement was launched by Prime Minister Narendra Modi on 29/8/2019. Its vision is to use the youth as change agents and catalysts to take the cause of fitness to India's masses. On 15 August 2020 there was an online launch of Fit India Youth Club which included activities such as the Fit India Freedom run where participants ran a route of their choice and tracked their kilometers manually. The other activity was the Fit India Movement where participants practiced fitness at home with their family and motivated

others to undertake fitness activities. Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. The students made a video and shared it on the university you tube channel and shared it on whats app groups and inspired others to live a healthier and a fitter life. 100 NSS volunteers participated in this activity.



5. Celebration of Gandhi Jayanti.

Gandhi Jayanti is celebrated annually on 2nd October to commemorate the birthday of Mahatma Gandhi. The NSS unit of RMC celebrated Gandhi Jayanti on 2/10/2020. 100 NSS Volunteers participated in the activity. The following activities were done by the NSS Volunteers

1. Video shared on life of Mahatma Gandhiji
2. Essay competitions
 - a) Work done on Mahatma Gandhi
 - b) Sanitation
3. Poster competitions
 - a) Work done on Mahatma Gandhi
 - b) Sanitation



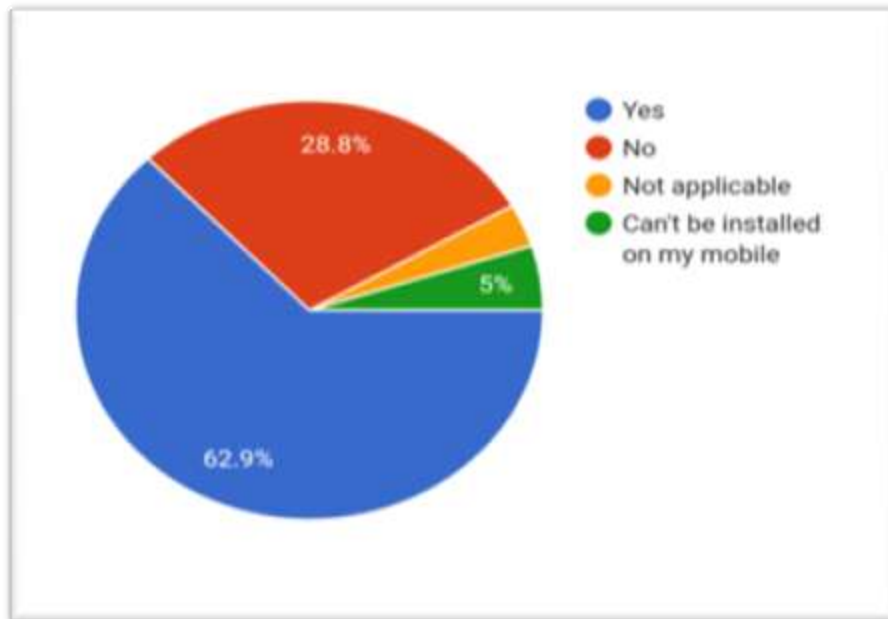
6. Household survey of PIMS campus

A household survey was planned for the residential staff of Pravara Institute of Medical Sciences during the lockdown period to know the total residential staff residing in the campus during lockdown period, if they had any co-morbidity and were they following the covid-19 guidelines. To conduct this survey a google form was designed and shared on the what app groups of the staff members in case the staff members had not filled the form NSS students had called the staff members to collect the data. A total of 361 residential staff participated in the survey. Following are few important findings

Table 1 Distribution of study participants according to preventive measures taken

Preventive measures	Frequency	Percent
Bath on going home	324	90.00%
Frequent hand washing	356	98.61%
Social distancing	358	99.17%
Use of masks	359	99.45%
Do you wash your hands (after handling groceries fruits and vegetables which are just purchased)	356	98.89%
Do you wash your hands (after using washroom)	358	99.44%
Do you wash your hands (before having food)	358	99.44%

Graph 1 Distribution of study participants according to Arogya setu app downloaded



7. National youth parliament festival 2021

National youth parliament is Celebrated to commemorate the birth anniversary of Swami Vivekananda, the National Youth Festival is an annual gathering of youth with various activities including competitive ones. Theme of 2021 Festival: 'YUVAAH – Utsah Naye Bharat Ka’. It will be celebrated from 12th to 16th January.

The NSS Volunteers were introduced to the National youth parliament festival 2021. The various links of the competitions were shared to the NSS Volunteers. One student applied for the District level youth parliament festival 2021 competition.



8. NSS Foundation day celebration

The National Service Scheme (NSS) is an Indian government- sponsored public service program conducted by the Department of Youth Affairs and Sports of the Government of India. 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.

NSS was formally launched on 24th September, 1969, the birth centenary year of the Father of the Nation. Therefore, 24 September is celebrated every year as NSS Day with appropriate programmes and activities. The NSS Unit of Rural Medical College, Loni celebrated NSS Day on 24 September. 100 NSS volunteers participated in the activity. The following activities to celebrate the NSS Day

1. Importance of hand washing was told to NSS volunteers by online lecture.
2. Videos were shared by NSS volunteers on Whats app groups
3. NSS volunteers demonstrated hand washing techniques to mess workers and students.



9. Rastriya Ekta Diwas celebration.

National Unity Day (Rashtriya Ekta Diwas) is celebrated in India on 31 October. It was introduced by the Government of India in 2014. The day is celebrated to mark the birth anniversary of Sardar Vallabhai Patel. Rastriya ekta Diwas is observed every year to emphasize the importance of unity.

The NSS Unit of Rural Medical College, Loni celebrated Rastriya Ekta Diwas on 31 October. 100 NSS students took a pledge on Rastriya ekta Diwas. The activity was conducted online.



10. NSS Volunteers in Covid 19 vaccination

The covid 19 vaccination for geriatrics was started in PIMS on 7/3/2021. The NSS Volunteers actively participated in various activities like registration of the beneficiaries, getting vaccines to the site of vaccination by maintaining cold chain and Maintenance of covid safety measures among beneficiaries like wearing of masks and maintaining social distancing. The NSS Volunteers even helped in distribution of tea and biscuits to the beneficiaries after vaccination.

