



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 2021-22

Dr. Sunil Bular
NSS Coordinator PIMS DU

The concept of National Service Scheme is started in the year 1969 to build sense of social responsibility through teacher and students involvement in constructive service with the motto of “Not Me But You”. NSS volunteers work in rural areas, adopted villages and school to the serving the cause of society through survey, education and health awareness programme. This study involves in identifying the importance, aims and objectives of NSS in higher education which in turn create social responsibility among the students.

We started our enrollment procedure for the current academic year in the month of August 2021 and 200 hundred students joined as a NSS volunteers for the Academic year 2021-22 (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

National Service Scheme and Sports Department of Pravara Institute of Medical Sciences Deemed to be University celebrated 7th International Day of Yoga on 21st June 2021. Common Yoga protocol has been taken by Yoga Guru Shri. Chavan A.K. at Ganga Hall of Padmabhushan Dr. Balasaheb Vikhe Patil Lecture hall Complex. As this year's theme of Yoga Day is “Yoga at Home, Yoga with Family” this protocol was also broadcast on YouTube Live. Yoga guru Shri. Chavan A.K. was demonstrated various Asana's and Pranayama's as per the Common Yoga Protocol.



2. 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.



Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing, Loni

1. Shivswarajya Din

This was the day when Chhatrapati Shree Shivaji Maharaj was crowned in the year 1674. To orient the students with the philosophy of Swarajya and Surajya as per the ideals of Chatrapati Shree Shivaji Maharaj, a guest lecture was organized on 06th June, 2022 from 10.00am to 12 noon in multipurpose hall of SSEVP CON.

Mr. Kanifnath Tambe was the guest speaker for the day. He is a well acclaimed scholar and expert in the ideologies of social reforms and vision of Chatrapati Shree Shivaji Maharaj. Total 100 NSS volunteers attended the lecture and participated in various activities actively like Powada, Song and Speech.



2. Rally on Environment Day

Department of Community Health Nursing and NSS Unit of Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing organized the rally on **Environmental Day**. Tree plantation was organized on 07/06/2022. The students of second year B.Sc. Nursing participated in Rally. Various posters on environmental changes, pollution etc. were displayed during the rally. There are total 50 student participated in Rally. The rally started at 10:30 am from Grampanchayat of Kolhar Bk.



3. Teacher's Day Celebration:

The NSS Volunteers at Smt. SEVP College of Nursing had organized and celebrated the teacher's day on 4th Sept 2021. Dr Sangita Vikhe Nursing Superintendent Pravara Rural Hospital and Dr. Sunil Bular University NSS Programme coordinator were the special invitees for the function. The Programme began at 10.30am after seeking the blessings from Almighty God, Dr. Sarvapalli Radhkrishnan. All the Invitees, Faculty Members and Non teaching staff were felicitated by the NSS Volunteers with flowers and token of love. Musical Chair Competition was arranged by the volunteers for all the teaching and non teaching staff.



4. Observance of Breast Feeding Week

Theme selected for the breast feeding week 2021 is "Protect Breastfeeding: A Shared Responsibility" keeping this in mind the NSS Unit of Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing in collaboration with Obstetrics and Gynecology department observed breast feeding week from 31st July to 09th August 2021. Various activities were planned and conducted which led to direct and indirect benefit to the target group.

Poster and Slogan writing competition organized on 03.08.2021 and total 66 participants took part in it. The posters were displayed in the OPD registration area for period of 03 days. The Winners of the competition were awarded with Cash prizes and Certificates.



Poster and Slogan writing competition



Protein Powder Packets Distribution



Positioning of babies while Breast Feeding

5. Covid 19 Vaccination Awareness Rally

Since last two years we all are facing Covid 19 pandemic many people had to give up their lives due to this deadly disease. Now even medical science has found the treatment strategies and new knowledge for preventing and treating this viral infection the community response towards it is not still up to the acceptable level as a result there is risk for reemergence of newer variants of the deadly virus; to prevent this, there is need for the preventive measures continuously and getting vaccinated.

NSS volunteers at Smt. SEVP College of Nursing identified this fact and organized COVID 19 Vaccination Awareness Rally at the Nimgaonjali village on 15.12.2021. The rally began at 9.30 am from Grampanchayat office & gone through the main streets and paths of the village and ends at the Lord Hanuman Temple. The volunteer counsels the villagers about the vaccinations and announced the slogans to catch the attention of the villagers. The villagers well received and appreciated the efforts taken by the volunteers. Around 150 villagers got benefitted with this activity.



6. World AIDS Week 2021

NSS volunteers at Smt. SEVP College of Nursing observed world AIDS week 2021-22; from 13.12.2021 to 18.12.2021 in collaboration with Dept of community Health Nursing. The volunteers had organized street plays, rally and individual as well as group health education sessions for the general public residing at Nimgaonjali village for creating awareness on AIDS. Around 500 villagers attended the various sessions and got benefitted with it. The programme was well received and appreciated by the Sarpanch and villagers.



7. Maazi Vasundhara Campaign

As per Directives of Higher and Technical Education Department, Government of Maharashtra NSS volunteers at Smt. SEVP College of Nursing PIMS (DU) have participated in MAAZI VASUNDHARA CAMPAIGN. Ninety -nine volunteers have successfully registered themselves with this campaign and uploaded photographs of the tree plantation.



8. National Camp: "Swa se Abha Tak"

On the occasion of 75th independence day and Aurobindo's 150th birth anniversary, AURO University, Surat, Gujarat has launched the mission involving young generation

for transformation of the Nation for participating in developmental process by a National camp “Swa se Abha Tak” from Swaraj to Atmanirbhar Bharat Tak in collaboration with Indian Universities. AURO University believes that there is a lot of untapped potential among the Indian Youths however they lack opportunity to showcase, sharpen and develop their talents.

List of Students Participated In the Camp

1. Ms. Pooja Patil
2. Ms. Anamika Wakade
3. Mr Akash Pawar
4. Mr. Vishal Jadhav



9. Observance of No Smoking Day

The day is designed as a time to reach out to friends or family members who suffer from nicotine addiction. Research shows the number of people around the world who still smoke cigarettes — and are not actively trying to quit — is severely dwindling. The stigma surrounding smoking and the dangers of first-hand and second-hand smoke tend to get more severe as time goes on. In line with this NSS Volunteers at SSEVP CON in collaboration with Community Health Nursing Department organized awareness campaign on health impact of cigarette smoking and nicotine addiction.

Total 50 volunteers enthusiastically participated in the programme. They were divided in five groups and imparted health education on various aspects of smoking and Nicotine use at Kolhar village on 10th March 2022. Around 100 persons benefitted with the programme



10. Observance of Voter's Day

The National Voters' Day is celebrated every year on January 25th to encourage the country's voters to participate in the electoral process. The theme for this year's National Voters' Day is 'Making Elections Inclusive, Accessible and Participative'. In view of this; to emphasize the importance of voting among youth, NSS Unit in collaboration with Institutional Nodal officer SEC organized essay writing and painting/drawing completion based on the theme. Winners were awarded with Rs. 501/-, 401/- and 301/- respectively. The total entries received were 16 and 20 respectively for essay and painting/drawing competition.



11. World Health Day 2022

World Health Day is celebrated every year on 07th April to commemorate the anniversary of the founding of the World Health Organization (WHO). Theme of **Our Planet, Our Health** is a powerful reminder to us that the resolution of many of issues like air pollution, contaminated water, inadequate sanitation, risks related to certain hazardous chemicals, and negative impacts of climate change are beyond the exclusive purview of the health sector.

In line with this NSS unit in collaboration with Community Health Nursing Department had organized theme based poster competition. Total 37 posters were displayed in the exhibition. Brig. Dr. Hemant Kumar, Medical Superintendent Pravara Rural Hospital inaugurated the poster exhibition. The exhibition was visited, well received and appreciated by patients, their relatives. Total 80 volunteers participated in the programme and around 100 visitors benefitted with the exhibition.



12. International Women's Day 2021-22

International Women's Day is celebrated every year on 08th March. The theme for this year is “**Gender equality today for a sustainable tomorrow**”, which aims to recognize women who are working to build a more sustainable future.

On this occasion theme based guest lecturer and oratory competition was held. The guest lecture was delivered by Mrs. Pratibha Patil, Director, World Perfect English Academy. Winners were given e-certificates and cash prizes. Total 100 students including 50 NSS volunteers participated in the programme. The details of Prizes given are as follows

01	Ms. Pooja Sanap	First	Rs. 500/-
02	Mr. Ajay Bhagwat	Second	Rs. 400/-
03	Ms. Trupti Kharat	Third	Rs. 300/-



Dr. APJAK College of Physiotherapy, Loni

1. National Camp Organized by Auro University 'Swaraj to Atmanirbhar Bharat'

Date: 9/08/2021 to 15/08/2021 Online

No. of Participants: 4 (Four) NSS volunteers

To mark the 150th Birth Anniversary of Sri Aurobindo, AURO University in collaboration with Association of Indian Universities with a mission to involve the young generation in the transformation of the Nation, organized a National Camp named 'Swaraj to Atmanirbhar Bharat' from 9th to 15th August 2021. Four NSS volunteers from Dr APJAK COPT attended this National camp online.

The names of the volunteers were as follows:

1. Abhishek Tambe (IV BPT)
2. Dhawal Palan (IV BPT)
3. Sonika Sarada (III BPT)
4. Meghna Ugale (III BPT)

2. Rashtragaan: National Anthem Singing (75th Independence Day) Celebrations

Date : 15/08/2021 Online

No. of Participants: 60 NSS Volunteers

To mark the 75th Independence Day celebration, Ministry of Defense launched a website: www.rashtragaan.in. As the Nation celebrated 75th Independence Day Azaadi ka Amrit

Mahotsav, all NSS volunteers participated in singing of National Anthem activity. The NSS volunteers visited the website, enrolled their names, sang National Anthem, recorded their video and uploaded to www.rashtragaan.in website. Following are some samples of the certificates received by the NSS volunteers:



3. Fit India Freedom Run 2.0

Date: 25/09/2021 “World Heart day 2021” Time: 7.30am to 8.00am

Targeted participants: NSS Volunteers & Final year students of Dr. A.P.J. Abdul Kalam College of Physiotherapy.

On occasion of **World Heart Day** department of Cardio-Respiratory Physiotherapy & NSS unit organized “**Fit India Freedom Run 2.0**” for Final year students of Dr. A.P.J. Abdul Kalam College of Physiotherapy. The program started with welcome note from Dr. Karuna Kamble Assistant professor Cardio-Respiratory department and also by paying tribute to our forefathers and giving importance of heart healthy life and fitness in day to day life. Dr. Neeraj kumar sir Vice- Principal Dr. A.P.J. Abdul Kalam College of Physiotherapy congratulated the organizing team and wished luck to all the participants. Dr. Aashirwad Mahajan sir I/c HOD department of Cardio-Respiratory Physiotherapy gave instructions and guidelines for the Fit India Freedom Run 2.0. At the end winners were felicitated with the medals and certificates.



4. Webinar on ‘National Organ Donation Day2021’

On Occasion of National Organ Donation Day 30/11/2021, Department of Community Physiotherapy, IQAC and NSS Unit of Dr. APJ Abdul Kalam College of Physiotherapy organized a Webinar on **30th November 2021**.

Topic of Webinar: “Organ Donation: A Gift of Life”

Time: 10.00 AM to 12.00 PM

Speaker: Ms. Jaya Jairam (Project Director, Mohan Foundation, Mumbai)

Platform: Zoom, Conducted at IT Dept, PIMS DU

Target Participant:

- Staff and Students of Physiotherapy
- General Community Population

Total No. of Participants: 110

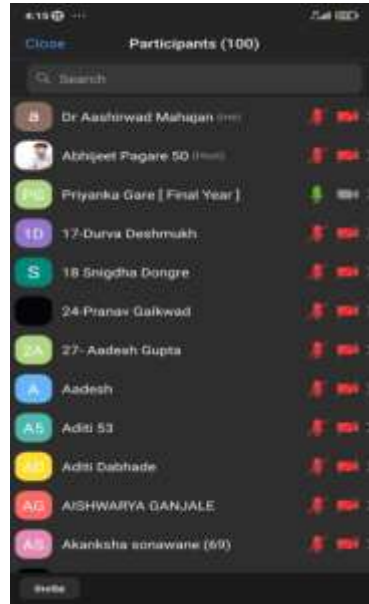
Ms. Jaya Jairam delivered webinar for around one hour. The webinar started with introduction on Organ Donation, how organ donation is important for other individuals who are in need of organ transplant, and how we can give the life to those individual by donating the organs. At the end of session **Dr. Pradnya Dumore (PT)**, Assistant Professor of Community Physiotherapy Department, took initiative of having question answer session where the doubts of many participants were solved by **Ms. Jaya Jairam**.



5. Celebration of National Youth Day 12th January 2022

Participants: 100 NSS volunteers and faculty of Dr APJ AK COPT.

Event Description: The celebration was conducted online via Zoom app. The Introduction of the programme was given by NSS volunteer Ms. Shruti Kamble. Ms Jesal David offered Saraswati Vandana. The session was anchored by Ms Shreya Divate and Mr Atharva Gunjal, Our Respected Principal Dr. Prakash Sinha motivated the students by his inspiring words. He urged the students to follow Swami Vivekanda’s teachings and be compassionate human beings. After this, a speech about life story of Swami Vivekanada was delivered in Marathi by Ms Priyanka Gare. Two inspiring poems were delivered by Mr Aryan Belvalkar & Disha Patil & from I BPT. Quotes and thoughts of Swami Vivekanada were delivered by Mr Pushpak Patil and Ms Mehak Khan from IV BPT . Ms Shruti Joshi sang a song and Ms Kriti Shetty delivered a speech in English.



Dr. Balasaheb Vikhe Patil Rural Medical College, Loni

1. National Communal Harmony Awareness 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. Cervical Cancer Awareness Activity

A malignant tumour of the cervix, the lowermost part of the uterus. A malignant tumour of the lower-most part of the uterus (womb) that can be prevented by PAP smear screening and a HPV vaccine. NSS Volunteers spread the awareness about cervical cancer. NSS volunteers told about the various screening tests. 50 NSS volunteers participated in the activity. 50 Village women Rahata were benefited by the activity.



3. Hand Washing Awareness Activity

Hand washing, also known as hand hygiene, is the act of cleaning one's hands with soap or handwash 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. NSS Volunteers spread the importance of hand washing in the field practice area of RHTC Rahata. 50 NSS volunteers participated in the activity 100 people were benefited.



4. HIV Awareness Activity

HIV causes AIDS and interferes with the body's ability to fight infections. The virus can be transmitted through contact with infected blood, semen or vaginal fluids. NSS Volunteers spread awareness about HIV AIDS, how it is caused and how it can be prevented in the field practice area of Rahata. A total of 50 NSS volunteers participated in the activity. 100 people were benefited by this activity.



5. Majhi Vasundhara Mitra E Pledge

Majhi Vasundhara # e-pledge is an initiative by the Department of Environment and Climate Change, Govt. of Maharashtra to connect with every citizen at a personal level. The # e-pledge will motivate each citizen to take a conscious and collaborative effort towards the betterment of the environment. A total of hundred NSS volunteers took the pledge and downloaded the certificate. **100 NSS volunteers** participated in tree plantation and the same photos were uploaded on the website.

Rural Dental College, Loni

1. National Foundation for Communal Harmony

The NSS unit of RDC participated in the National Foundation for Communal Harmony week from 25th Nov 2021. In total, 115 people contributed to an amount of rupees 2890/- (Two thousand eight hundred and ninety rupees only) towards this cause.

2. World Oral Health Day 2022

Every year, 20th March is celebrated as world oral health day. The theme for this year is “Be proud of your mouth.” The NSS unit of RDC, Loni, celebrated this year with this theme in mind School camp was conducted on this day at Pravara central public school, Pravaranagar. Classes from LKG to 5th Standard were covered in this camp. The camp began with oral health education lecture in school assembly. Then all the interns and staff went to all the classes, 2 to each class, where they explained in detail about how to take care of their oral health. Dental examination was carried out for all the students. Health education towards maintain good oral health was provided in each class wherein brushing demonstrations were given and various other activities like best smile contest were conducted. In total 287 students benefitted from this camp.





3. World Health Day 2022 - 7 April 2022

The NSS unit of RDC, Loni, celebrated the World Health Day 2022 on 7 April 2022. The theme for this year is **“Our Planet, Our Health”**. Students prepared posters related to this theme. All the patients reporting to the OPD were educated about the importance of our planet and how it is interrelated to our health. The patients were educated about clean air, clean water and good nutrition. They were informed about healthy lifestyles. The dept. has planned to include activities related to this theme during various other activities being conducted in the dept. during this entire year.



4. Field Visit - Water Purification Plant

A field visit was planned for the 3rd year BDS students to the water purification plant on 3rd Aug 2021 between 10 am to 12 noon. All NSS volunteers actively participated in the visit.



5. World No Tobacco Day - 31st May 2022

Every year, 31st May is celebrated as World No Tobacco Day. This day is dedicated to spread the awareness of the ill – effects of tobacco. The theme for this year is “Tobacco: Threat to our environment.” The theme is aimed to raise awareness among the public on the environmental impact of tobacco – from cultivation, production, distribution and waste. The NSS unit of RDC, Loni, conducted various activities on this day as listed below.

- Guest lectures about the ill – effects of tobacco on oral health, general health and environment were organized at PVP *College* of Arts Science & Commerce Pravaranagar and at Pravara Rural Engineering College, Loni.
- Tree plantation activity was carried out at PVP *College* of Arts Science & Commerce Pravaranagar as the theme is related to environment.
- Exhibition of posters related to the ill-effects of tobacco on health and on environment was held at PVP *College* of Arts Science & Commerce, Pravaranagar for students.
- Exhibition of posters related to the ill-effects of tobacco on health and on environment was held for students of dental college.

6. National Doctors Day - 1st July 2022

The NSS unit of Rural Dental College celebrated National Doctors Day on 1st July 2022. Dental camps were conducted on this day at Primary health centre and Pravara Vidyanikatan Junior School, Fattybad. Our college staff Dr. Nikita Nirmal and Dr. Neelima Pawda were felicitated by their school Pravara high school, Kolhar on the occasion of National Doctors Day, which was also published in newspapers. Doctors took selfie with their patients and shared among groups.

7. Tree plantation Activity

The NSS unit of Rural Dental College and other NSS units of PIMS together conducted tree plantation activity on 29th July 2022. All the saplings were planted around the university ground. All NSS volunteers actively participated.

