



**BHARATI VIDYAPEETH (DEEMED TO BE
UNIVERSITY) COLLEGE OF NURSING, PUNE**

NATIONAL SERVICE SCHEME (NSS)

REPORT ON SPECIAL WINTER CAMP 2023-24

Sign of NSS Program Officer

NSS PROGRAM OFFICER
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CHANDANWADI, PUNE

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REPORT ON SPECIAL WINTER CAMP

DATE: 17/12/2023

VENUE: Kaldari Village, Pune

NSS unit of Bharati Vidyapeeth Deemed to be University College of Nursing, Pune decided to adopt Kaldari Village for conducting NSS special winter Camp. These units have been functioning with full Enthusiasm to channelize the energy of the students into creative force to steer in social challenge through a wide range of community related activities. women empowerment, Adolescent care, child marriage, issues related to environment, health and hygiene and raising awareness regarding communicable and non- communicable diseases. These activities were conducted in the adopted village Kaldari.

71 NSS volunteers from capital S.Y.Bsc Nursing participated in NSS special winter camp. They were accompanied by Mrs. Manisha Karkar, Mrs. Sonali Atre and Mr. Ramesh Bidari Sir. The permission to organize the camp as per convenience guidance and support to conduct the camp was granted by Dr. Bhagyashree Jogdeo (I/C Principal, College of Nursing, Pune) and Dr Avinash Mhetre (NSS Coordinator, Bharati Vidyapeeth (Deemed to be University), Pune).

NSS CAMP DAY – 1 ORIENTATION OF THE CAMP

On the first day of NSS winter camp all the 71 volunteers of second year BSC Nursing were given a detail orientation of the village. The orientation was given by Mrs. Manisha Karkar (NSS Program Officer) and Mrs. Sonali Atre (Assistant NSS Program Officer).

The village orientation was done. We had our stay in Kedareshwar Junior College, Kaldari. As it was Sunday the school was empty. Now we start with the sanitation of school. We cleaned all the classrooms, ground and toilets. Volunteers on the duties of their respective communities. Add a little evening we had a discussion on health education about Care of Infants. The education was given by NSS program officer Mrs. Manisha Karkar. Then the village head came and had a discussion about the history of the village.

NSS CAMP DAY-2 INAUGURATION DAY

Preparations of the Inauguration program was done by the administration committee from 6 Pm in the evening. The NSS special winter camp was inaugurated on 18 December 2023. The function took place from Kaldari village. The NSS special winter camp 2023 -24 was

inaugurated by Dr Suresh Ray (Vice Principal, BVCON, Pune) and Mr. Ashok Bhagat (Upsarpanch, Village Kaldari). The NSS volunteers were addressed by Dr Suresh Ray and we told about the importance of NSS in our social and personal development, its role in conserving cultural heritage and rural development. The dignitaries wished all the NSS volunteers a successful and eventful camp. A vote of thanks was given by the NSS volunteers.

Guest Lecture on Discipline and Anti Ragging by Mr. Murlidhar Karkar

- Importance of discipline to build good character
- How to fight back against ragging
- To never stand in favor of ragging

NSS CAMP DAY – 3 HOME SURVEY AND ITS ANALYSIS

Objectives

- 1] To determine the prevalence and health conditions present in the area.
- 2] To know the health facilities available in that area.
- 3] To create awareness regarding health.
- 4] To provide basic health checkups with the help of camps.

PLANNING

NSS volunteers were divided into two different groups and went to take the health survey of the villagers at 2 pm. The volunteers gave health education to the beneficiary people. After survey feedback of work and other extracurricular activities were done.

ANALYSIS

A health survey was conducted and total family covered was 235 with 1547 people. Majority of the people were living in nuclear family. Among them 1235 people were healthy and 312 people were with some problems like BP, diabetes, arthritis. Health education is being given to them and the queries were solved. These helped to have a good rapport with the villagers and were very friendly and cooperative. A home visit is defined as the process of providing the nursing care to patients at their doorstep. It requires technical skills, resourcefulness, judgement, relationships. NSS volunteers were divided into pairs for the home visit and survey. During the home visit, NSS volunteers interacted with the villagers and built a good rapport with them, through this they were able to understand the needs of the villagers. By

understanding the needs of the villagers properly the NSS volunteers were able to provide adequate care for them. During the home visit, NSS volunteers provided health education for the villagers and provided information regarding diseases and ways of preventing them. Later, analysis was done on the home visiting activity

NSS CAMP DAY -4 -SCHOOL HEALTH PROGRAM

OBJECTIVES:

- To provide age-appropriate information about health and nutrition to the children in schools.
- To promote healthy behaviors among the children that they will inculcate for life.
- To detect and treat diseases early in children and adolescents including identification of malnourished and anemic children with appropriate referrals to PHCs and hospitals.
- To promote use of safe drinking water in schools.

PLANNING:

The School Health Check up was conducted from 9:30 am to 1:00 pm. The volunteers performed the physical examinations and assessed the nutritional status of the students by checking the height and weight.

During screening it was found that the students had the following problems:

- Malnourished
- Hygiene maintenance
- Dental caries
- Skin fissures
- Dandruff and lice
- Common Cold ▪ Anemia.
- The volunteers provided health education with regard to the importance of Iron rich food, personal hygiene, worm infestations and other health issues They were also explained regarding the importance of wearing shoes to protect them from getting injured.

The day started with morning exercise and prayer. The students reported at ground at 5:30 am. Today we all went for tracking BENEFICIARY: 150

School health check-up was done at Kaldari village. School health check-up was conducted for the children of village Zilla purandar school from standard 6th to 8th class and staff members of that school. School health checkup is a program through which all the aspect of the student's health is taken care of. During the checkup: their vitals were recorded, physical examination was done and health education was provided to the students. Growth monitoring, administration of vaccinations, raising awareness regarding safe water drinking practices and sanitation are the various activities of school health service

PLANNING:

The School health Checkup was conducted from 9:30 am to 1 pm. The volunteers performed the physical examinations and assessed the nutritional status of the students by checking the height and weight. During screening it was found that the students had the following problems: Malnourished, Hygiene maintenance, Dental caries, Skin fissures, Dandruff, lice and common Cold.

The volunteers provided health education with regard to the importance of Iron rich food, personal hygiene, worm infestations and other health issues. They were also explained regarding the importance of wearing shoes to protect them from getting injured.

Guest Lecture: Lecture about awareness about menstrual cycle By Dr. Supriya Ray.

BENEFICIARY- 64

Menstruation awareness can help erase the stigmas around periods. This topic was beautifully explained by Dr. Supriya Ray. The lecture was specially conducted only for girls of the school. The lecture was conducted from 2:00 pm to 4:00 pm. Through the lecture the girls understood:

- To maintain proper hygiene of themselves in those days
- The management of the menstrual cycle for a woman
- Importance and need for women to take proper knowledge about the topic.

Through the lecture the girls were able to understand the need and importance of women empowerment and the various ways to empowering women.

Guest Lecture on Mental Illness in Youth by Mrs. Sushila Devi

Beneficiaries: 64

Mental health refers to a person's psychological and emotional well-being. It encompasses a range of factors such as thoughts, feelings, behavior, and the way individuals cope with stress and make choices in their lives. Good mental health allows people to handle the normal stresses of life, work productively, and contribute to their communities. Mrs. Sushila Devi help us know about the prevalence of mental health in youth, its causes and its impact on our lives personally and socially. The lecture was conducted from 2:00 pm to 4:00 pm. Through the lecture the volunteers understood:

- The various mental illnesses prevalent among the youth.
- The various reasons or causes of these diseases.
- The various ways to preventing the occurrence of these diseases among the youth

NSS CAMP DAY - 5 HEALTH CAMP

Objectives

- Provide free and high-quality medical services for the rural population.
- Working as an emergency team in disasters.
- Raise health awareness among the community and teach them to deal with communicable and non-communicable.
- Register rare and severe cases and refer them to specialized centers.
- Evaluate the living conditions and determine the obstacles and challenges to work on solving their problems.
- Refer medical cases towards surgeries if required.

Beneficiaries: 250

Medical camp was conducted by health professionals to carry out a limited health intervention among the underprivileged community. Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background, and risks are taken into account. The villagers attended this camp to get a free checkup and treatment. Early detection of the disease through health examinations and tests at the early stages of the illness can help to cure it faster and save the life. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatments. Even the most basic check-ups can identify underlying illnesses.

Health Camp was organized for the villagers on 21st December 2023. The free health camp was conducted in Kedareshwar Junior College, Kaldari. It was for the villagers belonging to every age group. The camp was organized by students of Bharati Vidyapeeth College of Nursing, Pune. Around 71 student had registered for the camp.

After the checkup, villagers were provided with medicines at free cost. The major health issues were hypertension, arthritis, alcoholism, backache, diabetes, joint pain and some gynecological issues.

Health Exhibition

To create health awareness among the villagers, health exhibition was conducted. Charts, posters and flashcards were displayed on communicable and non-communicable diseases. This provided valuable information to the villagers.

Health exhibition are an essential part of education and preventative medicine. They can also facilitate early treatment of certain conditions. Health exhibition not only provides general information about good health and preventative medicine, but they also offered screening and assessments for blood pressure or cardiovascular health - that can detect a problem and help the person get on track to a healthier self. To create health awareness among villagers, health exhibition was displayed on several disease conditions such as diabetes asthma, hypertension maintenance of personal hygiene etc.

NSS CAMP DAY - 7 GRAM SWACCHATA

NSS carries out different activities, one of them is Gram Swacchta. The aim was to create awareness about cleanliness, waste management and disposal.

Objectives –

- To raise awareness about cleanliness and waste management.
- To stop the prevalence of certain diseases because of improper waste management.
- To provide health education on the various kinds of diseases borne due to improper waste management and the various ways to effectively manage waste.

The day started with prayer and exercise NSS carries out different activities. one of them is Gram Swacchta. The aim was to create awareness about cleanliness, waste management and disposal.

NSS volunteers were divided into different groups. They cleaned the area around the temple, school, streets and houses. The area was swept and cleaned with broom. garbage was collected and buried. Awareness was raised amongst the villagers regarding Swacchta and its benefits.

NSS CAMP DAY – 7 CULTURAL PROGRAM AND VALEDICTORY SESSION

Cultural activities provide the chance to develop skills beyond reading and writing. They help students acquire new skills that can be applied to their lives, such as leadership, teamwork, collaboration, and problem-solving, which prepare them for school life.

Students beautifully performed the events of that program.
Singing Dancing Speech Skit Were performed by the students

VALEDICTORY SESSION

In the all the dignitaries solicited their presence on that auspicious day. The valedictory session was held in the presence of Mrs. Manisha Karkar and Mrs. Sonali Atre. They welcomed Mr Ashok Bhagat (Up Sarpanch Kaldari, Village), Mr Vijay Chikne(Principal) and Mr Praladh Karkar (Chairman of sports, Pune). The guests made their graceful presence and praised the activities performed by the NSS volunteers during the camp. The Sarpanch was thanked for the help and supported extended for the camp. All the helping hands honored during valediction session. The function concluded with function concluded with vote of thanks given by one of the NSS volunteers. Thus, the NSS winter special camp was conducted successful

SUMMARY

In the 7 days of NSS Special Winter Camp 2023 - 2024, volunteers with the help of villagers succeeded in:

- ✓ Involvement of the villagers in development of the village.
- ✓ Cleanliness of the village
- ✓ Health education
- ✓ School health check-up
- ✓ Betterment of villager's health
- ✓ Health Camp
- ✓ Health Exhibition
- ✓ Village Analysis

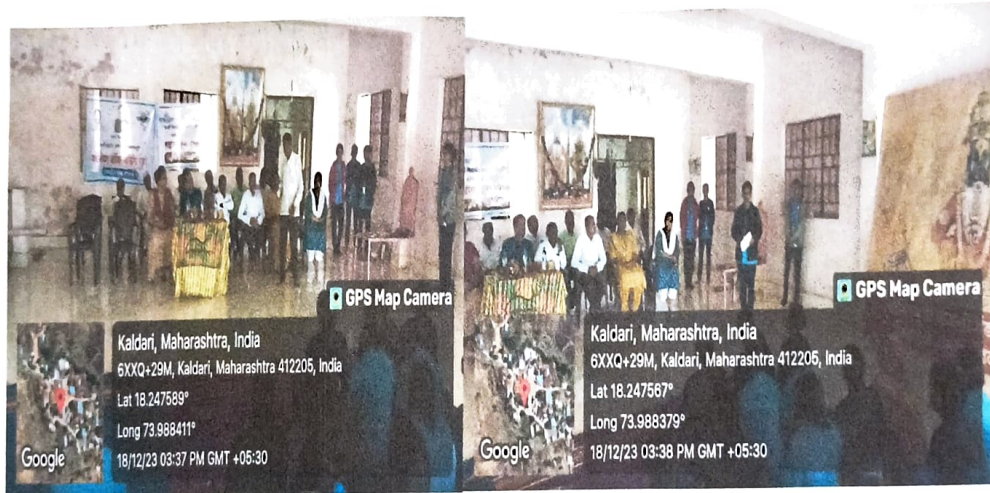
CONCLUSION

NSS volunteers and the NSS Programme officer of BVCON are thankful to Dr. Bhagyashree Jogdeo, I/C Principal, BVCON, Pune and NSS Programme Co-coordinator of BVDU, Professor Dr.Avinash Mhetre for giving us the permission to conduct our camp according to our convenience. The camp successfully ended on 23rd December 2023 with lot of achievements, memories and experiences for all the volunteers

Sign of NSS Program Officer

Sign of Principal

INAUGURATION OF NSS CAMPAT KALDARI



CAPTION PHOTOGRAPH OF NSS VOLUNTEERS CONDUCTING RALLY



CAPTION PHOTOGRAPH OF NSS VOLUNTEERS YOGA EXERCISE

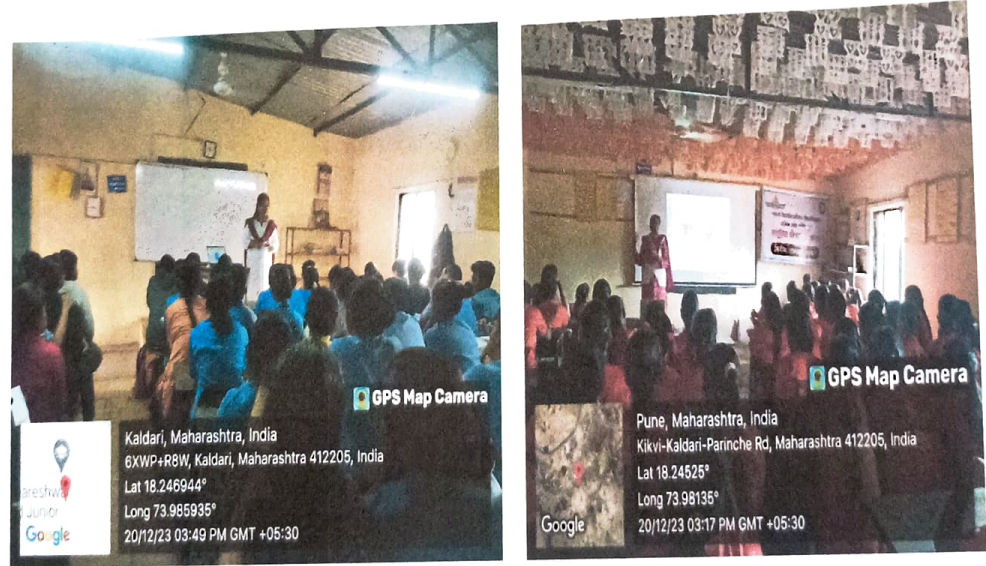


CAPTION PHOTOGRAPH OF NSS VOLUNTEERS PERFORMING
SWACHHATA ABHIYAN

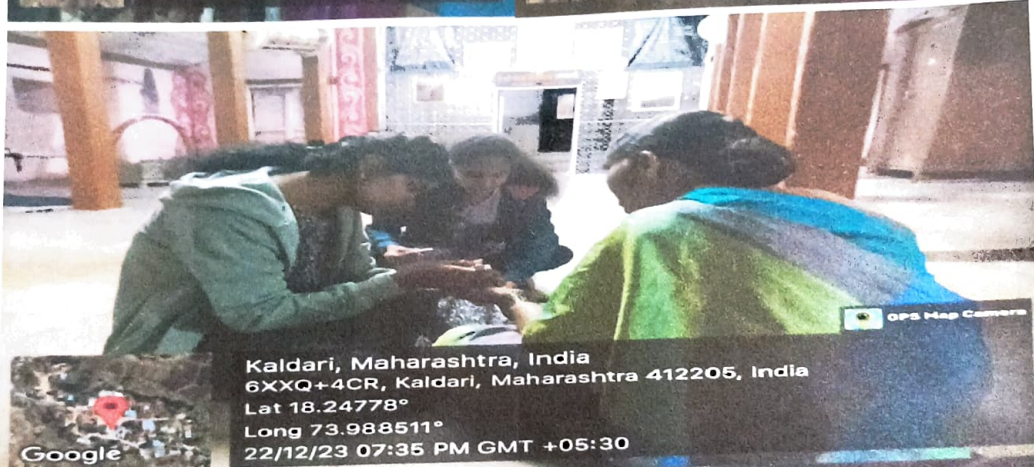




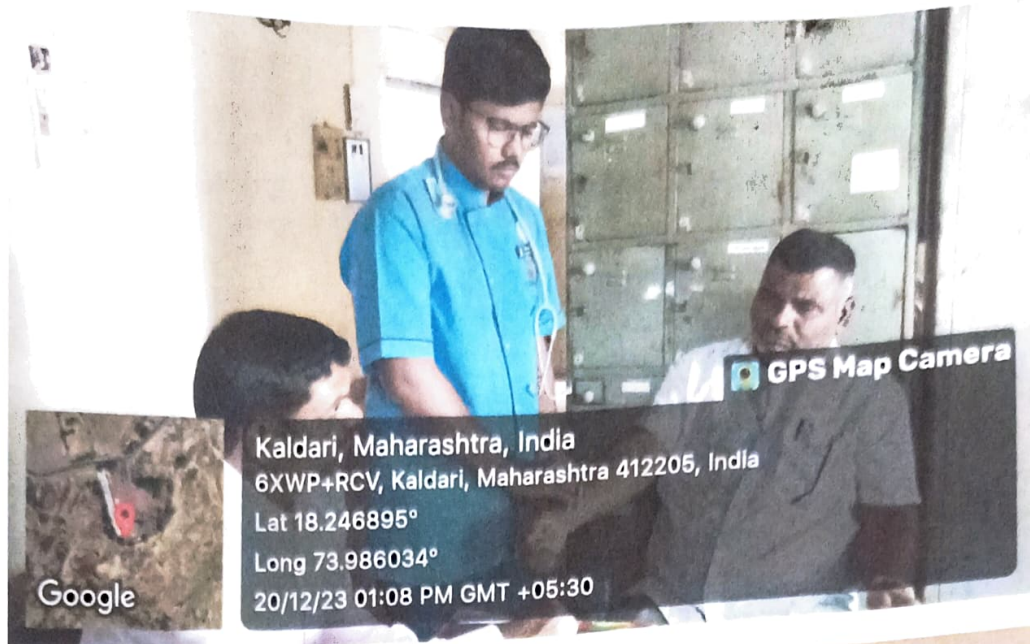
CAPTION PHOTOGRAPH OF NSS VOLUNTEERS ATTENDING GUEST LECTURE



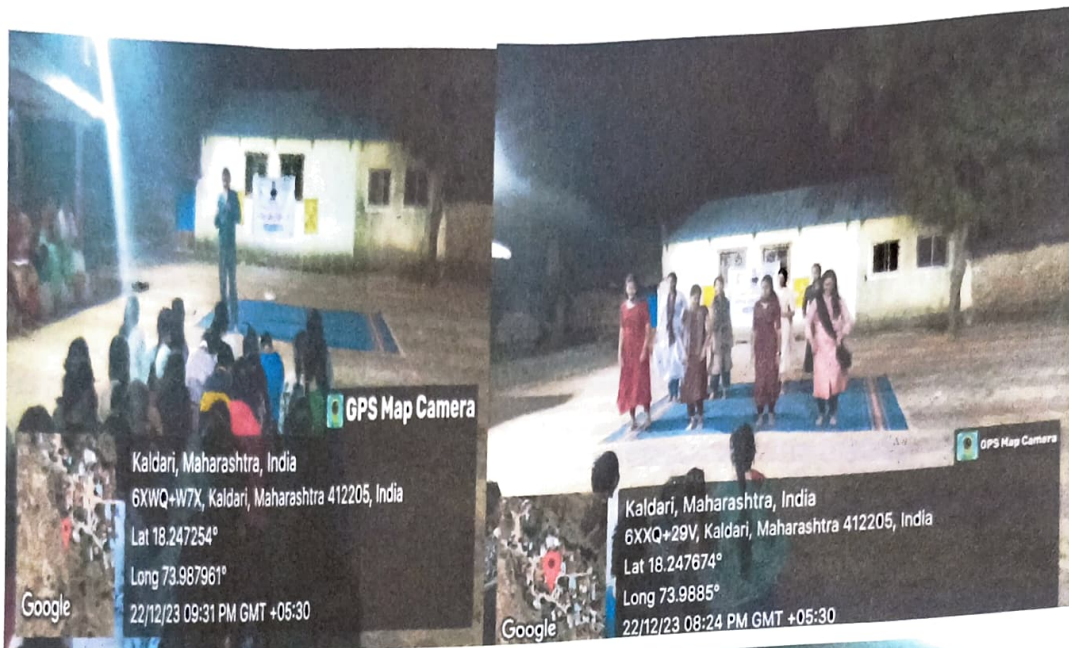
CAPTION PHOTOGRAPH OF NSS VOLUNTEERS WHILE HEALTH CHECK UP OF COMMUNITY PEOPLE



CAPTION PHOTOGRAPH OF NSS VOLUNTEERS WHILE SCHOOL HEALTH CHECKUP



CAPTION PHOTOGRAPH OF NSS VOLUNTEERS PERFORMING CULTURAL PROGRAM FOR VILLAGERS



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Sign of Principal