

**GULABRAO PATIL HOMOEOPATHIC
MEDICAL COLLEGE & HOSPITAL, MIRAJ.
DIST. SANGLI.**

**N.S.S UNIT REPORT OF REGULAR
AND SPECIAL ACTIVITIES**

**UNDER
MAHARASHTRA UNIVERSITY OF
HEALTH SCIENCES, NASHIK.**

NSS PROGRAMME OFFICER

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REPORT OF SPECIAL CAMP ACTIVITIES

The social service camp or seven days residential NSS camp was conducted in Ankali 2008-2009, Juni Dhamni 2009-2010, Mhaisal 2010-2011, and Vijaynagar 2011-2012, and Arjunwad 2012-2013 batch of Medical students from Gulabrao Patil Homoeopathic Medical College, Miraj NSS unit was organized.

Our NSS unit has adopted the following villages like Ankali, Juni Dhamni, Mhaisal, and Vijaynagar Arjunwad; all these villages are situated at 10 km from Miraj city.

PARTICIPANTS

The participants of the social service camp include all 50 students of the batch, 25 students are staying in the camp village and 25 students from different B.H.M.S year visit and participate in the camp as a social responsibility as a doctor at the village level, to know and understand the problems of the health.

ARRANGEMENT FOR THE STAY AND ACTIVITIES

The girls students stayed in the house of one of the social worker of the village and boys stayed in Datta mathi, and ZP School of the concerned village.

INAUGURATION

We usually invite sarpanch of concerned village for inauguration, with our college Principal; staff, and all member of Grampanchayat.

In Ankali camp was inaugurated by sarpanch Mr. Sanjay Kholap, in Juni Dhamni by sarpanch Mr. Annaso Chougule, in Mhaisal by Mr. Manoj (Baba) Shinde (Mhaisalkar), Chairman

Mohanrao Shinde Sugar Factory, Bedag, and Dy. Sarpanch Mr. Pareshrao Shinde and Vijaynagar Camp was inaugurated by sarpanch Mr. Rajkumar Kore and Dy. Sarpanch Mr. Sanjay Kamble, in Arjunwad Camp was inaugurated by Sarpanch Shri Sampat Koli and Dy. Sarpanch Shri Vikas Patil, The other dignitaries present during the inaugural function included Dr. Rajendra Methé Principal GPHMC, Shri Bapu Jadhav Registrar GPMT, Miraj and HOD's and Professors and staff of different department, Dr. T. A. Bidiwale, Dr. Kunda Pachapurkar, Dr. Sanjaykumar Patil, Dr. Suhas Patil, Dr. Shitalkumar Patil, Dr. Anjali Kulkarni, Dr. Anita Natu, Dr. Vaishali Sawant, Dr. Sukhada Jadhav, Dr. Shejal Mali, Dr. Santosh Bhosage, Dr. D.V.Patil, Dr Vaishali Mane Dr Chandanwale Dr Pratap Bhosale Dr Smital Walawalkar Dr Neha Khatri Mr Kolekar, Mr Sahebrao Dubal villagers and local school students.

ACTIVITIES DURING THE CAMP

- 1) Environment awareness rally in village.-Save Vasundhara.
- 2) Distribution of families among students for Health - Education - Hygiene Survey.
- 3) Health education and awareness at family and community level.
- 4) Free Homoeopathic treatment camp.
- 5) Homeopathic awareness campaign.
- 6) Blood group and Hb investigation, for all the villagers for screening of common disorders like Anaemia.
- 7) A programme against superstition and street play.
- 8) School health check-up.
- 9) Paediatric health check-up camp.
- 10) Lectures to school children on Diet, Nutrition and Hygiene.
- 11) Eye check-up with cataract operation camp.
- 12) Cancer awareness campaign / tobacco and cancer.

- 13) Breast cancer early signs and symptoms awareness camp for females only.
- 14) Tree plantation
- 15) Swachata Mohim and Shramdan
- 16) Deaddiction and Hypnotism
- 17) Yoga and Pranayam for good health.
- 18) Cultural activity by society awareness and education
- 19) How to become - Ideal village.
- 20) Classes for NSS volunteers.

ACTIVITIES BRIEF REPORT

1) Environment Awareness Rally in the village

In the camp or adopted village first day we hoist environment awareness rally to give message to villagers with regards to “Save Vasundhara”, “Global Warming” ill effects of deforestation all relative environmental hazards are covered and message is given to villagers.

2) Distribution of families among the students

All the families in the village are surveyed and this survey is in relation to Health - Education - Hygiene. Our NSS volunteers reached door to door and survey was done. If any patient is found in the family, details are collected and patient is checked during the concerned health camp day; free of cost treatment is given to the patients.

3) Health education and awareness at family and community level

All the families in the village are distributed among the medical students; to conduct socio - demographic, dietary and relevant topics like personal hygiene, nutrition, family

planning, various addictions, unsafe drinking water also guide them for promotive, preventive and curative health. The camp on the other hand also provides students with opportunity to learn socio - demographic and environmental factors affecting health of people and their health seeking behavior.

4) Free Homoeopathic Treatment Camp

Provision of curative care through homoeopathic treatment camp. All the patient receives treatment from good homoeopaths and cure the patients by prescribing homoeopathic medicine. Gulabrao Patil Homoeopathic Medical College provides free of cost treatment to the villagers and this is continued in the village every weekly one visit by interns and homoeopathic doctor unit to provide treatment to the villagers through the peripheral Homoeopathic clinics.

5) Homoeopathic awareness campaign

In the camp village all our NSS volunteers create the awareness of homoeopathy and show the result to the villagers, after curing the diseases of the villagers. They make them aware about our pathy that is Homoeopathy.

6) Blood group and Hb investigation

During the camp, blood investigations for Hb, TLC/DLC ; Blood group and Sugar were done for the family members. It helps to find out Anaemia and Diabetes mellitus and treat them early for good prognosis.

7) Programme against superstition and street play

Our NSS volunteers inact the street play during camp days to create the awareness relating “Sthribhrunhatya” “Save baby girl”, “Swine Flue” and **corruption**. The villagers response to this was very good.

8) School Health Check-up

Health check of ZP school children was also organized during the camp. In Ankali we have checked about 240 students and in Juni Dhamni total 180 students, in Mhaisal total 280 students and in Vijaynagar about 220 students were examined.

9) Paediatric Health Check up Camp.

In the village camp we organize paediatric camp Dr. Shankargouda Paediatrician of Miraj checked the children and guided about health and malnutrition and treatment was given to the diseased children. Every camp about 80-90 childrens were checked.

10) Lectures to school childrens

NSS volunteers visit the school and deliver the lectures on diet, nutrition and hygiene and ill effects of addiction. HIV and AIDS awareness lectures are given to create the healthy youth for the nation. This programme was attended by approximately 410 students (both boys and girls).

11) Eye check-up with cataract operation camp

In the village camp we arranged eye check-up camp with the Lions hospital, Sangli, and about 145 patients were checked and given treatment. People with vision problems received spectacles and about 25 patients were operated for cataract with the aim of sight for all and right to sight.

12) Cancer awareness campaign / tobacco and cancer

Maximum slum or villagers having the habit of eating or chewing tobacco. To create awareness of bad effects of tobacco, **tobacco chewing is injurious to health.** We arranged lectures through Shri Siddhivinayak Ganapati Cancer

Hospital, Miraj during camp and advice was given to villagers by Dr. Vikas Gosavi and Dr. Vivek Gosavi (Oncologist).

13) Breast cancer awareness camp for females

Maximum females; neglect lump in the breast and once it spreads and forms metastasis and complication they reach the hospital for treatment. But we cannot do anything for them, but our aim is to train and make them aware about the early signs and symptoms of breast cancer and early diagnosis which helps us to save her life. So with this aim during our camp all village females were invited together in the form of Haladi - Kunku and they are made aware of Breast Cancer by the Dr. Mrs. Kochikar and Dr. Mrs. Jayanti Phatak. For selective cases on every Thursday free of cost mammography was done for the required and suspected females for early diagnosis and treatment to save her life.

14) Tree Plantation

A total of 500 trees were distributed as well as planted during the camp. The tree plantation programme was inaugurated by **Mrs. Satvashela Prithviraj Chavan** on 22/01/2012 **wife of Chief Minister of Maharashtra Shri. Prithviraj Chavan** and many trees were distributed to school childrens after taking the oath of I will plant it, grow it, care for it, and save it for my family, my city, my village, and my state; my nation and for my world. Message of environment.

15) Swachata Mohim and Shramdan

During camp we do cleanliness and shramdan for the health and wealth of the village. Information of the healthy surrounding and its importance is explained to villagers.

16) Deaddiction and hypnotism

Our NSS volunteer Mr. Milind Mankar performed the Hypnotism show for the villagers and it's application to deaddiction and lack of concentration in students. Confidence building measures are done. This programme was very much appreciated by the villagers.

17) Yoga and pranayam for good health

Our NSS volunteer teaches the importance of Yoga and Pranayam to villagers and train them and form a group and continue it in the village.

18) Cultural activity - educating the society

Human beings are the social responsible persons. With different traditional, social activities and dramas performed by the NSS volunteer to educate the society. Message is given through plays in the cultural activity.

19) How to become - IDEAL VILLAGE

Our NSS unit, during camp days guided all villagers and sarpanch and members of Grampanchayat - how to involve in the Central Government and State Government Health programmes and become eligible for the different **Indian president awards** for Grampanchayat. A brief video presentation of Ideal village like Ralegansiddhi and Heware Bazar were shown which our programme officer visited during NSS programme officer training at Ahmednagar College Ahmednagar, to make them aware of the unique features and qualities of their village which is the aim. Qualities of the village, positive and negative points of village are made aware and explained to sarpanch and you can make your village ideal with little hard work with participation of all villagers.

20) Classes for NSS volunteers

Apart from these activities, academic programmes are also organized for the NSS volunteers. The classes were mostly on social mobilization and Leadership qualities.

Follow up of the camp

The NSS volunteers and our interns continue to visit this village every weekly. Ankali on Tuesday, Juni Dhamni on Thursday and Mhaisal and Vijaynagar on Monday. During these follow up visit the NSS volunteer and interns students do case taking and Health check up and give treatment to patient and health education and guide them with respect to preventive curative and promotive care. A free Homoeopathic clinic/peripheral OPD is conducted once in a week in the concerned village.

REPORT OF REGULAR NSS ACTIVITIES

Gulabrao Patil Homoeopathic medical college NSS unit has developed a definite system for regular activity under NSS programme conducted under the enrolled NSS volunteers for two years duration.

In the adopted village, NSS volunteers visit monthly and once a week as a peripheral Homoeopathic OPD where free Homoeopathic treatment is provided to the villagers.

The NSS Activities, both special camp and regular activities has become part and partial of the institute's programme at GPHMC Miraj and this has been linked with the medicals academic teaching programme thus putting emphasis on the activities.

1) Blood Donation Camps

On 21st Jan. 2012 on the occasion of Late Shri Gulabraoji Patil Punyatithi, blood donation camp was arranged and inaugurated by **Mr. Prithviraj Patil Chairman GPMT** and same day for this function **Chief Minister of Maharashtra state 'Shri Prithviraj Chavan visited the institute and camp on 21\01\2012.** NSS unit every year arranges about two blood donation camps with local blood bank and about 64 donors donated blood in this camp.

YEAR	NUMBER OF CAMPS HELD	NO. OF NSS Participants\Blood Donors			No. of Blood Bottles\Units donated\Collected
		MALE	FEMALE	TOTAL	
2010 - 11	02	35+30	20+10	55+40	95
2011 - 12	02	42+20	22+12	64+32	96
2012 - 13	02	31+20	26+10	57+30	87

2) Tree plantation Activity

Tree plantation activities are routinely undertaken at GPHMC Miraj. During the regular activity and social service camp On 22nd Jan 2012, Tree plantation was done by Mrs. Satvashila Prithviraj Chavan wife of Maharashtra State Chief Minister Shri. Prithviraj Chavan in Gulabrao Patil educational campus.

In Cambridge English Medium school 500 tree saplings were donated to children and about 185 trees were planted during regular and special camp activities.

YEAR	NO. OF TREE PLANTED	TYPES OF TREE PLANTED	NO.OF STUDENTS PARTICIPATED
2010 - 11	25	Fruits, Cocoanuts , Shadow giving, Show trees.	50
2011 - 12	110	Fruits, Cocoanuts Shadow giving, Show trees.	75
2012 - 13	50	Fruits, Cocoanuts Shadow giving, Show trees.	50

3) **On 15th August celebration of Independence day** and NSS Flag receiving programme for the newly enrolled volunteers and oath taking “ we will work for the healthy society for the people according to the aim of NSS that is **NOT ME BUT YOU.**”

4) Swine Flue awareness campaign

In Sangli district there was an epidemic of swine flue in the year 2010. On 15th August the awareness campaign was conducted which was inaugurated by the **Dean of Miraj Medical College and present Pro-Vice-chancellor of MUHS, Dr. Rajderkar and Mr. Prithviraj Patil, Chairman GPMT.** NSS unit printed the information of swine flue and about 10,000 pamphlets were distributed during campaign. NSS volunteers

performed “**Street play on Swine Flue**” in the slum and sensitive area of Sangli district. Campaign was also done in villages of Haripur, Ankali, Juni Dhamni, Sangli, Miraj, Navi Dhamni and Malgaon.

5) **Red Ribbon Express**

HIV/AIDS information was given to visitors of **Red Ribbon Express** for three day's in the Miraj Railway station. Our NSS volunteers worked in the demonstration unit and gave information about HIV/AIDS to more than 27,000 visitors. Our work was appreciated by the Sangli District Collector.

6) **NSS foundation day celebration**

On 24th September 2011, NSS flag hosting was done by Chief guest **Shri Babu Jadhav Sir, Registrar GPMT Miraj**, and there was arrangement of NSS activity photo exhibition inaugurated by the Mrs. Jaykar Madam, Principal of Gulabrao Patil College of Nursing. It was visited by more than 800 students to the exhibition including other faculty students and also there was a Lecture by **Dr. Milind Patawardhan, (ophthalmologist)**. He guided to NSS volunteers on - “**How to be a successful Doctor**”.

7) **26/11 Veer Jawan Sadbhavana and peace Rally.**

Tribute was given to Veer Jawan and people who died on 26/11 Mumbai terrorist attack. The rally started from Gulabrao Patil Educational Campus and went all over Miraj city reaching the campus to salute the Veer Jawans.

8) **Environment Awareness Cycle Rally.**

On 31st December NSS unit arranged the Grand Environment Awareness Cycle Rally. Giving the message of “**Save Vasundhara**” was organised in Miraj City.

9) World AIDS Day Rally

On the occasion of world AIDS day. 1st December DILASA Miraj arranged the HIV/AIDS awareness rally. Our NSS volunteers along with our programme officer Dr. Jineshwar Yaligouda participated in the rally, giving the message that “**Prevention Is Better Than Cure**”.

10) Sant Gadage Baba Gramswachata Abhiyan

In Miraj city, in different areas our NSS volunteers participated in the “Gramswachata Abhiyan” in collaboration with the Sangli, Miraj and Kupwad Corporation. Shramdan was done from Dr. Bhat corner to Ambedkar Garden.

11) Visit to HIV/AIDS Orphanage School, Kupwad

On 22/01/12 on the occasion of first death anniversary of Late Mrs. Sanyogita Patil, the NSS unit visited “HIV/AIDS affected female orphan school” Kupwad. About 90 female children were guided about Health, Nutrition and Hygiene. And school stationary was distributed by Chairman Mr. Prithviraj Patil, Trustee Shri Jaysingrao Pawar, Principal Dr. Rajendra Methé.

12) Visit to Pathak Anathashram and Vradhashram

We regularly visit Pathak Anathashram and Vradhashram for Health check ups. Taking care of their Health and Nutrition in Anathashram we distributed sweets and fruits and school stationary to students. For one 6 month female baby our Chairman sir has kept a fixed amount on her name which will be used for her education and future life.

13) Health Awareness Fair At Sangli

In Sangli a Health Mela was arranged by central and state Government. Our NSS volunteers participated in Health fair and created awareness about health by inacting a play.

14) Ill Effects of Addiction

Programme officer Dr. Jineshwar Yaligouda was invited to give lecture on “**Ill effects of addiction**” during social service camp of Gulabrao Patil D.Ed. College at Miraj, on 22/2/2011.

15) International Non-violence and Peace day

On 2nd October 2011 in our college we celebrated Gandhi Jayanti as an International Non-violence and peace day. It was presided by our Chairman Mr. Prithviraj Patil. In this function all staff and students took the pledge for non violence and peace. The “ **Khadi Day**” programme was celebrated with photo poojan and Gandhiji’s Bhajan. NSS unit made the power point presentation by making a documentary based on Gandhiji’s - “**Non violence & peace for youth**”.

16) Free Homoeopathic camps on World Health Day.- was conducted

17) Homoeopathic awareness campaign - was conducted

18) School Health check up and improving personal hygiene of school children.

19) Regular monthly adopted village visits

20) Assessment of addiction habits among the adopted family members and motivation to stop addiction

21) Screening for oral cancer - A community based approach.

22) Shivaji Jayanti celebration – Speech completion.

23) Free Jaipur Foot Distribution Camp for Handicap-

We have conducted the free Jaipur foot distribution camp for the handicap people of Sangli district, and by the NSS Unit distributed Jaipur foot, walkers and crutches, artificial hands and foot to the needy poor 174 handicap peoples.

24) Awareness camp for “Save baby female”-Sthribhrunhattya.

ANNEXURE - I

DURABLE ASSETS CREATED DURING THE

LAST TWO YEARS

The NSS unit of Gulabrao Patil Homoeopathic Medical College, conducted different activities in different villages in the last two years which is as follows :-

In the social camp villages and adopted villages the durable assets / achievements during this period are being described here.

In the village Ankali, Juni Dhamni, Mhaisal and Vijaynagar people were not aware about the treatment of Homoeopathy. Only about 10% people were knowing and 5% people were taking treatment. But after our social service camp Homoeopathic awareness was created and Homoeopathic treatment camp was conducted. Now 70% peoples in Ankali, 78% in Juni Dhamni, 68% in Mhaisal and 80% in Vijaynagar are knowing about Homoeopathy and experiencing the cure by Homoeopathic medicine.

After social service camp every weekly we visit these villages and provide them free of cost Homoeopathic treatment and community awareness. Which is successfully done and it is beneficial to the villagers.

In 2009, in Sangli district Swine Flue epidemic occurred. People of different villages were afraid of the same. During that time our NSS volunteers performed the street play and created awareness about swine flue in sensitive slum areas of Miraj city and villages like Haripur, Malgaon, Ankali, Juni Dhamni, Sangli, Kupwad, Mhaisal. They gave information and preventive measures for Swine flue. Our college NSS unit published 10,000 swine flue pamphlets and distributed it in sensitive areas of Sangli district. It was declared by the Sangli District Health Department that our NSS volunteers

created awareness and gave information to more than 35,000 peoples. This was the active role played by our unit and appreciated by the Health Department of Sangli District.

In village of Ankali and Vijaynagar more than 70% households have constructed sanitary latrines and promoted Grampanchayat to built common latrines in villages. They have built more than 12 latrines for the villagers promoting to reach 100%.

In all villages during Social Service Camp we conduct the survey for **Health - Education - Hygiene** with this we understand the village problems relating to health and hygiene and we arrange health programmes accordingly. After assessing the health status of the families and need of health service required is understood.

In every social camp we create the awareness of “**Ideal Villages**” and show them the winners of President of India awards. The Sarpanch and Grampanchayat members and villagers, involving and status of their village now stands to become ideal village and deficits and things to do in their village. We guide them on last day of our camp; showing the Audio-video presentation of Ralegansiddhi and Heware Bazar, just to inspire the villagers to actively involve in the National and State level health programmes and other programmes also. This was a new idea implemented by our NSS programme officer Dr. Jineshwar Yaligouda after his visit to Ralegansiddhi and Heware Bazar.

In Arjunwad Camp Lions Hospital operated 26 patients for cataract more than 55 peoples were provided spectacles.

OTHER DURABLE ASSETS CREATED ARE :-

- 1) Blood donation camps.**
- 2) Tree plantation.**
- 3) School health check up.**
- 4) Lectures to school childrens - on diet and nutrition and hygiene.**
- 5) Deaddiction and Ill effects of addiction.**
- 6) Cancer awareness campaign.**
- 7) HIV / AIDS affected childrens orphan school health check up.**
- 8) Anathashram Children Health care.**
- 9) Vradhashram visit for health check up and health guidelines.**
- 10) Emergency blood donors list to Blood Bank.**

ANNEXURE - II
INITIATIVE TAKEN BY THE
PROGRAMME OFFICER IN
STRENGTHENING THE PROGRAMME
ACTIVITIES

1) Develop and inspire NSS volunteers to do social service for the society

For the last five years, the NSS programme officer has worked for the society and our NSS unit volunteers to develop the affection of social service and they should work according to the NSS that is “NOT ME BUT YOU”. They should feel that I have to give something to the society. It is my duty even after working two years in NSS unit and becoming a doctor, practicing in the society they have to work and give health education to needy people with their professional medical practice and do the social service for the society and help the needy poor people.

2) Cancer awareness campaign

At the village level there is much more tobacco eating and chewing habits in males and females, but village females commonly clean the teeth with the burnt tobacco that is called Mishri, these people are identified and advised for deaddiction, and in farmers create the awareness of “**Tobacco is Injurious to Health**”, give them the information regarding early signs and symptoms of oral cancer with the experts of Shri Siddhivinayak Ganapati Cancer Hospital, Miraj since 5 years work is going on and succeeded for about 75%.

3) Workshop on “Gender and Health” - For females Breast cancer awareness programme

Since last five years one day workshop on gender and health and Breast cancer awareness for females is organized during the social service camp conducted for village under the NSS scheme, students are oriented towards the special health needs of men and women and how gender affects the health services for them.

Ultimately our aim is the slum and village females that they should reach the hospital before the spread of Breast cancer so that we can do much to save their life, if females are created awareness about early signs and symptoms of the breast cancer and lump in the breast and helps us in early diagnose and prevent the complication of the same and saving the women’s life by simple awareness of the breast cancer. This work was done with Shri Siddhivinayak Ganapati Cancer Hospital Miraj.

4) Deaddiction and Hypnotism

Our NSS unit, NSS volunteer Mr. Milind Mankar has a good knowledge of Hypnotherapy. This we utilize for the treatment of addiction and some psychological problems of villagers. With regular visit good results were acheived.

5) Enrolment of NSS volunteers on the emergency list of donors for Blood Bank, Shri Siddivinayak Blood Bank.

A list of blood donors from among the NSS volunteers has been prepared for emergency blood donation for Shri Siddhivinayak Blood Bank and Shri Vasantdada Patil Blood Bank.

A need - based blood donation camp was organized on 21st Jan. 2012 on the occasion of Punyatithi of Late Shri Gulabraoji Patil and during this camp **Maharashtra State Chief Minister Shri. Prithviraj Chavan Visited the Institute and Camp.**

6) **Environment Awareness Cycle Rally**

To create the awareness about environment we arrange cycle rally by NSS volunteers giving message of “**Save Vasundhara**”, and about tree plantation and global warming.

7) **Programme officer lecture to non medico college students.**

Programme officer was invited to give different lectures to college students relating to -“**Ill effects of addiction**”, and save them from different addiction. Our intention is to create **Healthy Youth for the Nation.**

8) **Health Education Hygiene Nutrition Survey**

NSS volunteers during social service camp visit home to home and do the survey and understand the need of the community in relation to health, education, and hygiene, accordingly we work for the villagers after understanding their health related issues.

9) **Swine Flue awareness campaign**

During Swine flue epidemic in Sangli District about eight peoples are died because of swine flue and about more than 84 patients are found positive, so society and people are afraid of the same during that time in 2009 our NSS volunteers and programme officer created the awareness about the swine flue.

10) Promoting the villagers to create your village as a - Ideal Village.

After my visit to Ralegansiddhi and Heware Bazar why we should not create awareness of these “**Ideal Villages**” and how and why they are role model villages and what are the equal points of Ralegansiddhi and Heware Bazar in your village and what you can do and achieve and reach near the award of Central and State Government Ideal Village. Programme officer initiative guiding in this regard to Sarpanch, Members of Grampanchayat and villagers make and create your Village Ideal one.

11) Free Jaipur Foot Distribution Camp for Handicap-

We have conducted the free Jaipur foot distribution camp for the handicap people of Sangli district, and by the NSS Unit distributed Jaipur foot, walkers and crutches, artificial hands and foot to the needy poor 174 handicap peoples.

