

SPECIAL WINTER CAMP REPORT 2022-2023

Place: Dikshi Village, Tal: Niphad Dist: Nashik

Duration: 20/02/2023 to 25/02/2023

NSS Unit of Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Nashik has organized a NSS special winter camp 2022-23 at Dikshi village, Tal: Niphad, District: Nashik. The camp was organized from 20 February 2023 to 25 February 2023. Balaji Almale, Professor & Head, Department of Community Medicine, Dr. VPMCH & RC Nashik. Dr Amrit Kaur principal MVPS College of Physiotherapy. Mr. Hiranman Rao was the chief guest of the programme. NSS programme officer Dr. Shrikrishna Shinde shared the programme schedule of activities to be conducted throughout the camp. In this camp different activities were scheduled such as Guest Lectures, Cleanliness Programme, Tree plantation drive, NCD Risk-factor Survey, Street play and Multi-Diagnostic Health Check-up camp. Series of Guest lectures were conducted on the aspects of Adolescent sexual & reproductive health and Spiritual health. Every evening there were games and cultural activities organized by NSS volunteers. Multi-Diagnostic Health Camp was held on 24th February.

The Objectives of Camp:

1. To understand the community of Dikshi Village and work to solve their health problems
2. To identify the health needs and problems of this village
3. To make awareness about reproductive health and cancer, importance of physiotherapy, basic life support among village people.
4. To conduct community oriented programmes
5. To give message of team work through effort works like tree plantation, health check-up, and street play
6. To inculcate healthy and good habits among the youth and to infuse in them the spirit of national service
7. To conduct different programs on various issues sexual and reproductive health, self-confidence.

Planning of Work For NSS Camp

There were different committees for the volunteers for the smooth conduct of the camp before leaving for the Special Winter camp. Various committees like food cooking committee, catering committee, hygiene committee, cultural committee, health survey committee and committee assisting the consultants and residents in health check-up were formed. This planning of work helped to conduct all events smoothly and successfully. This camp also provided opportunity to develop leadership qualities of students and promote healthy team work atmosphere.

DAY 1-

CLEANLINESS DRIVE

On 20/2/23 Monday after orientation of students cleanliness drive was held at Dikshi Village by NSS Program officer Dr. RAKESH PATIL, Dr.KRISHNA SHINDE,Dr.AKSHADA SHINDE.



NCD Survey In Village

All NSS volunteers made awareness in whole village by going door to door regarding various health issues and told them to come for screening during health camp. Also NCD Survey was taken by all NSS Volunteers.



DAY 2-

Tree Plantation Drive

On 21/2/23 Tuesday A tree plantation programme was held at ZP Primary School Dikshi. 12 trees were planted in the village with help of NSS volunteers and ZP school students. NSS Programme Officer Dr.RAKESH PATIL, Dr.MRUNMAYEE MANDE,Dr. AKSHADA SHINDE requested villagers to save trees and maintain environment in balance. Average lifetime of human being is decreasing decade by decade. People feel and live in hybrid life, it is needed to protect environment by planting and growing trees.





Skit By Nursing Students On Cancer Awareness

The street play focussed on message that relate to lifestyle and behaviour choices, smoking cessation and cancer screening.



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DAY 3-

Skit By Physiotherapy Students On Physical Therapy Awareness

On 23/2/23 Wednesday Street play gave the message that Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future. It takes a holistic approach that involves the patient directly in their own care.



Laughter Session

Laughing yoga is a popular movement and breathing exercise, which aims to bring out your inner child, cultivate joy and help you get rid of daily stressors. The laughter yoga session was taken by Dr.SUSHMA DUGAD.



Guest Lecture

Guest lecture was taken by Mr.DATTATRAY AHER on IMPORTANCE OF SELF CONFIDENCE. For the sake of this, a series of lecture were arranged for the volunteers and the villagers.



Yoga Session

Yoga is a method of harmonizing the mind, body, and soul. It combines physical and mental disciplines to create a peaceful body and mind, releasing stress and anxiety while keeping you relaxed. It also improves body tone, flexibility, and physical strength. It boosts vigor, vitality, and breathing. To tell the importance of yoga a special session was taken by Dr.SATISH WAGHMARE.



DAY 4

Skit By Medical Students





GUEST LECTURE

Guest lecture by Dr. Atul Kanekar on reproductive health



Inauguration Of NSS Camp

The inauguration program was organised by NSS volunteers. The inaugural function started with invoking prayers to Lord Ganesha the one who removes obstacles and Devi Saraswati the one who gives knowledge & wisdom by the students who have melodious voices and later the inaugural function. Hon. Sarpanch, Up-Sarpanch, Gram Panchayat Dikshi Principal, Primary School, Dikshi were felicitated. The chief guest emphasized the importance of health and the various health related practices to be followed in order to achieve health for all. All the dignitaries addressed all NSS volunteers for their responsibilities towards society and nation. They also appreciated Dr. VPMCH & RC Nashik for taking such initiative for community service through NSS volunteers.

Anchoring by Physiotherapy Students Ganesh vandana by Physiotherapy Students



Glimpses Of Inauguration Of Health Camp



Community Health Survey

From first day of the camp the volunteers after allotting accommodation and breakfast set back to work with the health and socio-economic details. Around 80 houses in Dikshi village were surveyed for risk factors of non-communicable diseases along with basicsociodemographic details such as education, occupation, drug/substance addictions, and life style. Every one of the group was given an opportunity to have peek into the life of a villager and quench the curious mind. The villagers were very interactive and all ready to lessen their burden. The over whelming response from the villagers motivated the volunteers to do something for these people.

Multi-Diagnostic Health Camp

A multi-diagnostic health camp was organized by NSS Unit of Dr. VPMCH & RC Nashik on for the community people in Dikshi village. Before this camp, all NSS volunteers made awareness in whole village by going door to door regarding various health issues and told them to come for screening during health camp. Around 400 beneficiaries were screened by various speciality physicians during this camp. School children were also screened for common health problems. This health camp was wholeheartedly supported by Head of the institute, management representative of MVP Samaj Trust Nashik, village level administrators and other people without which this camp would not be succeeded. A good response by the village people was seen during the camp. Following are some glimpses of this health camp.





Glimpses of Multi-diagnostic Health Camp at Dikshi in NSS Special Winter Camp.

Cultural Activities

Every day in the evening after the series of activities there were cultural programs organised by the participated volunteers for the purpose of refreshing and educating the participants of the camp. This had created a more sense of stage daring in them, which usually is lacking in many of the children despite having an excellent talent in them. NSS Volunteers organized cultural activities at evening time during camp days to give social awareness messages through the entertainment. They organized plays, musical skits; group dance, poems on various social issues. They sing a songs. They presented a play on cancer, importance of Physiotherapy.

Extra-Curricular Activities





Glimpses Of Extra Curricular Activites

DAY 5-

Pandav Leni Trek Led By Dr.Milind Deshpande.



Conclusion Ceremony Of The Camp

The camp was concluded on 25 february 2023 in the presence of Sarpanch (Dikshi), Dr. Rakesh Patil (NSS PO).A welcome speech was delivered by Mr. Rohit Patel, NSS student secretary. Village Sarpanch had enlightened the students about the various functionalities of the village Panchayat, various health and agricultural practices. He expressed his deep feelings about the importance of basic knowledge of healthy habits and practices. Trek led by Dr. Milind Deshpande. Volunteers have given their feedback on what they have learned in the special camp. And during learning process in what way they made the people aware of many health issues like non-communicable diseases, environmental sanitation, immunization, road safety, Cancer , importance of Physiotherapyand personal hygiene.



NSS REPRESENTATIVE OF MEDICAL COLLEGE, PHYSIOTHERAPY AND NURSING.