

NSS ACTIVITY REPORT

(2019-20)



NSS UNIT

YOGITA DENTAL COLLEGE AND

HOSPITAL KHED

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(NATIONAL SERVICE SCHEME)

DEPARTMENT OF BIOCHEMISTRY

NSS Annual Report 2019-20

National Service Scheme popularly known as NSS, the scheme was launched in Gandhi Centenary year, 1969 and aimed at developing student's personality through community service. The overall objective of National Service is Educational. This objective is attained through the service to the community. Hon'ble Dean of the institute, Dr. Varsha Jadhav gave responsibility of NSS unit to Irfan Mulla NSS programme officer. Institute has 150 volunteers for NSS unit in the current years as per guidelines given by MUHS Nashik. We had enrolled total 150 NSS volunteers for current academic year 2019-20. With the permission of Hon'ble Dean, as per discussion with NSS committee members, N.S.S. activities were planned. Discussion on for regular as well as special camping activities and programmes was held which helped them to organize and execute effectively.

NSS Activities 2019-20

INDEPENDENCE DAY 2019

A great day and a proud moment for every Indian.

Yogita Dental College and Hospital ,Khed too was all set to celebrate the independence day of India .everyone on the campus was geared up & enthused for the momentous occasion though the weather didn't seem to be favorable at all.

The guests, student & teachers started pouring in by and at sharp 8.30am. The National flag was hosted by the Dean Dr.Varsha Jadhav Madam.

Then some of the student sung National Anthem with salute from everyone was given to the flag. Some boys & girls from college played a band in fact college band did a wonderful by some group & individual singing. Then some speeches delivered by college students. Students spoke about the importance of the Independence Day & expressed their emotions through patriotic song & speeches.

closing speech delivered by the Dr. Jadhav sir and announced official closing of the program.

ANTI-TOBACCO DAY

Speaker : Dr. Abhishek Talathi

Time – 09.00 to 11.00 Am

Every year on 31st May is observed as **World No Tobacco day** throughout the globe with World Health Organization initiative (WHO). According to WHO, Nicotine contained in tobacco is highly addictive and tobacco use is a major risk factor for cardiovascular and respiratory diseases, over 20 different types or subtypes of cancer, and many other debilitating health conditions. Every year, more than 8 million people die from tobacco use. Tobacco can also be deadly for non-smokers. Second-hand smoke exposure has also been implicated in adverse health outcomes, causing 1.2 million deaths annually. Nearly half of all children breathe air polluted by tobacco smoke and 65 000 children die each year due to illnesses related to second-hand smoke. Smoking while pregnant can lead to several life-long health conditions for babies. Most tobacco-related deaths occur in low- and middle-income countries, which are often targets of intensive tobacco industry interference and marketing. This year's theme is protection of younger generations, focusing on "Protecting youth from industry manipulation and preventing them from tobacco and nicotine use". This year World No Tobacco Day highlights the tobacco industry's systematic and sustained efforts to hook a new generation of users. Creating awareness about the aggressive efforts of the tobacco industry to lure adolescents and young people to use their addictive and dangerous products is urgent. Adolescents and young people can be empowered to protect themselves if they understand the real intentions of an industry that wants to hook them on an addictive product just to increase and secure its profits despite the public health consequences.

LECTURE BY GUEST

Up gradation of the medical or Dental knowledge always results in the understanding of the health problems in a better way and thereby accounts for the better solutions of the health problems by approaching a positive attitude developed from the education. For the sake of this, a series of lecture were arranged for the volunteers and the villagers.

Organ Donation Day

The Programme was conducted on 1st June 2019 to create awareness among common public about Organ Donation and to sensitize them about the importance of Organ Donation. After inaugural function by Dr. Varsha Jadhav Dean of Yogita Dental College & Hospital, Khed. and CEO Dr. Hemangi Pol, students were addressed about importance of Organ Donation. 100 students are participated in this programme. A skit on Organ Donation Awareness was performed by 15 students at Auditorium of yogita dental college and hospital, khed.

INTERNATIONAL YOGA DAY : 21ST June 2019

Around 50 NSS volunteers attended month long Yoga sessions, conducted by Appointed Yoga Instructor in college campus daily from 3:00pm to 4:00pm from 25th may 2019 to 20th June, 2019 . They practiced the Yoga Asanas, to be demonstrated in the, Khed on 21st June 2018. The event was presided over by

Sh. Narendra Modi, Prime Minister of India marking the Yoga day celebrations worldwide.

Tree plantation drive(24th august 2019)

A tree plantation programme was held at campus of Yogita Dental College & Hospital, khed. 12 trees were planted in the campus with help of NSS volunteers and BDS students. NSS Programme Officer Irfan Mulla requested students to save trees and maintain environment in balance. 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

SWACH BHARAT ABHIYAN

A campus cleaning programme was conducted by NSS wing of Yogita Dental college and hospital , khed on 2nd Oct 2019 at college campus. A total 50 NSS volunteers participated in the programme. Irfan Mulla , Programme Officer , NSS, YDCH welcomed the gathering. Dr.Varsha Jadhav, Dean and Dr.Hemangi Pol ,CEO, Yogita Dental College khed, initiated cleaning activities among volunteers. She motivated students towards 'Clean India' by his inspirational talk.. The volunteers cleaned the entire campus wearing gloves and collected all the litter in big bags for disposal. The volunteers were instructed to clean their hands with soap at the end. Refreshments were distributed to volunteers. Programme officers Dr.Irfan Mulla, carried out all the arrangements.

Pledge for single use Plastic Ban & Plastic free campus

The event was held on 2nd October 2019 on the occasion of "Mahatma Gandhi Jayanti" to spread awareness among students for ban on single-use plastic items and substitute available for it and to promote activities for plastic free campus. Faculty from Dept. of Community Medicine & Dept. of Biochemistry of Dr Irfan Mulla took a session for 45 minutes on 'Awareness of single-use plastic ban and substitute items available for daily use' for NSS students. It was followed by 'Cleanliness drive for plastic free hostel campus' by faculty & students within the hostel premises and adjacent ground for about 1 hour. Pledge was taken by faculty and students to ban plastic use especially single-use plastic items in daily life. Student and faculty participated enthusiastically during the activity which helped them to understand magnitude of plastic related pollution. Participants were encouraged to take similar activities on their own to protect our mother earth.

3) Fit India Initiative

The event was held on 2nd October 2019 on the occasion of "Mahatma Gandhi Jayanti" to spread awareness of life style related diseases and to promote activities for healthy lifestyle among students. Faculty from Dept. of Public Health Dentistry & Dept. of Biochemistry took a session for 45 minutes on 'Awareness of life style related diseases along with their prevention & control' for NSS & BDS students. It was followed by 'Demonstration of green gym facility' by Sport and NSS secretaries for students for about 1 hour. Student and faculty participated

enthusiastically during the activity which helped them to understand importance of physical activity. Participants were encouraged to take similar activities on their own to protect their own health.

Debate Competition:

Nearly twenty-four students participated in a healthy debate and supported communal harmony. Debate topics for the event were- a) Religion is the root cause of wars and atheism is the most peaceful option for mankind. b) What should be a country's stand on refugee crises? To support or to oppose?

Constitution Day (Samvidhan Divas) Celebration

Constitution Day was celebrated on 26th November 2019 to spread awareness among students with respect to Constitution of India & to highlight thoughts and ideas of Dr. B. R. Ambedkar on Constitution Faculty from Dept. of Public Health Dentistry took a session for 15 minutes on 'Constitution of India' for NSS and BDS students. It was followed by "Quiz" on various aspects of Constitution of India which was conducted by medical students for about 20 minutes. Pledge was taken by faculty and students to abide by responsibilities of citizen as given in Constitution of India. Student and faculty participated enthusiastically during the activity which helped them to understand the importance of Constitution. Participants were encouraged to take similar activities on their own to spread knowledge about Constitution of India.

6) Observation of World AIDS Day 2019

The programme was conducted on 1st December 2019 to increase the awareness and sensitivity of students about the current scenario of HIV/AIDS in the country and to demonstrate the health education to general public about HIV/AIDS through various channels like posters, slogans, rally and street-play by students. The World AIDS Day 2019 activities were based on the theme of 2019: “Ending the HIV/AIDS Epidemic- Community by Community” A rally was organized in the nearby village (Teenbatti, khed). Around 30 second year volunteers/students imparted health education to the community by interactions, slogans, banners, etc. A poster competition was arranged for undergraduate students. There was a skit presentation by the undergraduate students for raising the awareness about HIV/AIDS. At the end of the program, an oath was taken to sensitize the students and faculty towards caring attitude and non-discriminatory behaviour towards people living with HIV/AIDS.