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Activity Report

NAME(TITLE) OF EVENT: NSS Activity Under Family Adoption Program at Vyara village on 25/02/2025

INSTITUTE	Parul Institute of Medical Sciences & Research		
ACTIVITY TYPE	Field activity; NSS activity under FAP (Family Adoption Program)		
DATE PLACE	25/02/2025 Vyara	DATE AND DURATION	25/02/2025 9:00 am to 01:00 pm
BENEFICIARIES	1 st Year MBBS Students Ad Year 2024	No. of PARTICIPANTS	150
FACULTIES NAME WITH DESIGNATION	Dr. Niraj Bharadva (Professor & Head) Dr. Utkarsh Shah (Professor) Dr. Pravin Suthar		
NAME OF ORGANIZATION	Department of Community Medicine, Parul Institute of Medical Sciences & Research		
FACULTY CONTACT DETAILS	Dr. Niraj Bharadva (Professor & Head) : 09913765135 Dr. Utkarsh Shah (Professor) : 09879149295		
FACULTY COORDINATOR	Dr. Utkarsh shah (Professor)		

Details about the activity:

The department of community Medicine has been working in accordance to the NMC guidelines and its policies as and when received by the institute keeping overall improvement of heath in people of the community.

As per circular of the **NMC, N.U. 11026/1/2022-UGMEB Dated: 31st March, 2022**, the department has started Family Adoption Program for admission batch-2024-25 In continuation of that National Service Scheme (NSS) activity was organized in all Vyara village which are under FAP on 25th Feb 2025.

Key Features of event:

Tree Plantation:

Tree plantation activity done at different areas of Vyara village by MBBS students and faculties of Community Medicine Department of PIMSR. This activity aimed to educate young minds about importance of environmental conservation and ecological balance. Encouraged tree plantation – illustrating how trees helping in purifying air, conserving water and combat climate changes.

Role Play:



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A group of MBBS students from our college conducted an engaging role play on the themes of water sanitation, personal hygiene to raise awareness among school-going children at Vyara Primary School. The activity aimed to educate school children about the importance of clean water, hygiene practices, and environmental conservation. A total of six students participated in the role play. Total 3 scenes were performed by the MBBS students. The performance effectively conveyed key messages about proper sanitation habits, the significance of safe drinking water. Through interactive storytelling and dramatization, the students made the concepts easy to understand and memorable for the children.

Health awareness session:

Health talk was organized as a part of NSS activity. It was organized at the government primary school of village Vyara. Topic for the health talk was Personal hygiene, water sanitation and Mosquito control and nutrition. These topics were assigned to the students of the 1st MBBS class. They prepare the script in local language for better understanding of the school students. Total six students participated in health talk session.

Topics of health talk session:

(1) Hand wash: steps of hand washing are well explained to students, also gave information on health benefits of hand wash

(2) Personal hygiene: Medical student has explained about how to maintain personal hygiene, oral care, trim nails, daily bathing, hair care and about disease occurs due to not maintaining good hygiene like flu, diarrhea, skin infection

(3) Mosquito control: Student has explained about disease occurs due to mosquito bite and how dangerous it is. They teach many methods of mosquito control like use of mosquito nets, mosquito repellents, keep drains and ditches clean to prevent water stagnation, install window and doors screen, Fogging and spraying

(4) Nutrition: Medical student has explained about importance of nutrition, components of balanced diets- carbohydrates, protein, vitamins, minerals, fat and which type of food contains which kind of nutrients. she has also explained about harmful junk food and chronic disease occurs due to it like – diabetes, hypertension, obesity, heart disease. Importance of doing breakfast before coming to school has also told.

Fruits Distribution:

After giving information about healthy eating habits, Fruit distribution done by faculties to school students to encourage them to eat vitamin and mineral rich fruits every day for boost immunity, energy and for some refreshment.

All the medical students were well-oriented with the villages during their family adoption visits. Buses for the activity left the medical college at around 10:00 am and reached Vyara village. The activity began at around 10:30 am.

First, at the school, faculty members met with the principal to make the necessary arrangements for the class. The medical students were divided into three groups: roleplay, health talk, and plantation. The first tree plantation was carried out by the medical students and faculty members.

Then, the faculty members gave an introduction to the activities. Medical students from the 2024 batch performed a roleplay and effectively delivered knowledge to the school students present. They



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also included an interactive question-and-answer session.

Following this, the health talk began, covering topics such as “Water Sanitation and Hygiene” and Mosquito Control. Medical students demonstrated the handwashing steps recommended by the WHO and asked the school students to repeat them, teaching them about safe hand practices.

A session on Nutrition was also conducted for all students, encouraging them to eat healthy foods and avoid junk or packaged foods. Fruits and snacks were distributed to the students. The health talk was concluded at around 12:15 pm, and the group returned to the medical college by around 1:00 pm.

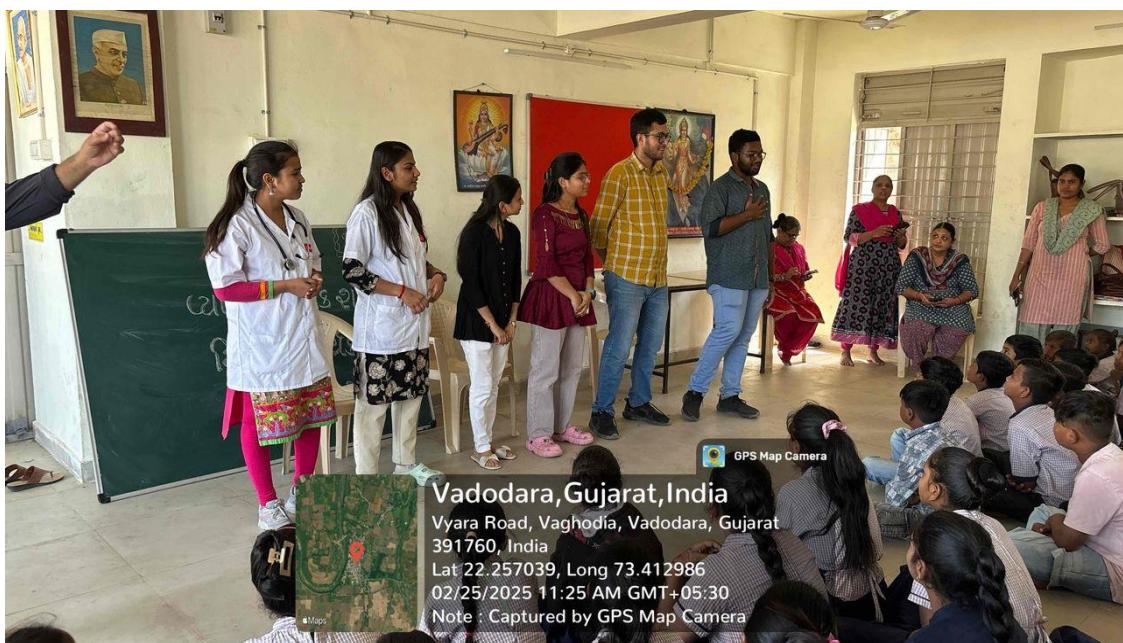
Venue: Vyara Primary Schools, Waghodia, Vadodara

Date: 25/02/2025

Time: 9:00 am to 1:00 pm

Outcome/Feedback:

MBBS students learned the Social, environmental, behavioral and clinical aspects of health. The health-talk ended with positive feedback from students as well as school students and principal.



Medical students doing role play on water sanitation & hygiene



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Medical student explaining hand washing steps to school students



Medical students explaining about “Nutrition” to School students



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Fruits distribution to school students



Medical student explaining about “Mosquito control”



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Snacks distribution to school students



Resident and medical students doing Health talk in school



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Faculties at the health talk



Tree plantation by students & faculties



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Parul Institute of Medical Sciences & Research Department of Community Medicine							
Batch: 1st MBBS (2024)		Topic: NSS ACTIVITY		Date: 25/1/2025			
Roll No.	P/A	Roll No.	P/A	Roll No.	P/A	Roll No.	P/A
1	41	8	121				
2	42	82	122				
3	43	83	123				
4	44	84	124				
5	45	85	125				
6	46	86	126				
7	47	87	127				
8	48	88	128				
9	49	89	129				
10	50	90	130				
11	51	91	131				
12	52	92	132				
13	53	93	133				
14	54	94	134				
15	55	95	135				
16	56	96	136				
17	57	97	137				
18	58	98	138				
19	59	99	139				
20	60	100	140				
21	61	101	141				
22	62	102	142				
23	63	103	143				
24	64	104	144				
25	65	105	145				
26	66	106	146				
27	67	107	147				
28	68	108	148				
29	69	109	149				
30	70	110	150				
31	71	111	151				
32	72	112	152				
33	73	113	153				
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35	75	115	155				
36	76	116					
37	77	117					
38	78	118					
39	79	119					
40	80	120					

Parul Institute of Medical Sciences & Research Department of Community Medicine							
Batch: 1st MBBS (2024)		Topic: NSS activity		Date: 25/1/2025			
Roll No.	P/A	Roll No.	P/A	Roll No.	P/A	Roll No.	P/A
1	41	81	121				
2	42	82	122				
3	43	83	123				
4	44	84	124				
5	45	85	125				
6	46	86	126				
7	47	87	127				
8	48	88	128				
9	49	89	129				
10	50	90	130				
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39	79	119					
40	80	120					

Attendance Sheets

Parul Institute of Medical Sciences & Research Department of Community Medicine							
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Dinesh
Professor and Head

Department of Community Medicine (PCM)

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