



## PARUL UNIVERSITY

### Activity Report

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

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

As per circular of the NMC, N.U. 11026/1/2022-UGMEB Dated: 31<sup>st</sup> 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 25<sup>th</sup> 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 1<sup>st</sup> 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: 1<sup>st</sup> MBBS (2024)  
Topic: NSS activity  
Date: 25/12/2025  
Teacher's name:

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	
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	
34		74		114		154	
35		75		115		155	
36		76		116			
37		77		117			
38		78		118			
39		79		119			
40		80		120			

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32		72		112		152	
33		73		113		153	
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36		76		116			
37		77		117			
38		78		118			
39		79		119			
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### Attendance Sheets

Parul Institute of Medical Sciences & Research  
Department of Community Medicine

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