

**Sant Shiromani Guru Ravidas Government College Sargaon,  
District- Mungeli (Chhattisgarh)**

**2<sup>nd</sup> Best Practice of the College: Health Awareness Programs**

Students are the repository of all that is vital and vigorous in society. They are vital forces in the social organism. Naturally if they do not come up to our expectations and just fall by the wayside, because all their useful factor was drained off in the very beginning, the radiance of our hopes for a bright future of our society will be dimmed. It is essential, therefore, that students should realize this and make full preparations for playing their proper role in the life of society and answering the call of the times to come. It is of utmost importance that the unbounded energy of the youth is not allowed to be wasted, but is canalized into areas of constructive effort not only for their own good and the good of the nation to which they belong but for the good of the entire human race.

The students of this college make sincere efforts to help in the eradication of social evils like infant marriages, casteism, untouchability, old and rotten traditions of society. The students try their best to make the local people aware of importance of good health. Through NSS and YRC they start several programs for the benefit of the villagers of the surrounding villages. During the last 03 years they have conducted these programs successfully:

**Health Awareness Report 2018-19**

1. During 2018-19, the NSS and YRC Unit of the college organized many activities relating to health awareness.
2. On July 11, 2018 the NSS unit along with the YRC unit created health awareness program for the students of the college. They invited Dr. Devanshu Kumar Singh, an expert doctor from Bilaspur to enlighten the students regarding health issues. The doctor gave proper treatment to those students who were suffering from any disease.
3. On July 27, 2018 the NSS unit along with the YRC unit created health awareness program for the villagers of the village, Salpha.
4. On August 09, 2018 the NSS unit along with the YRC unit conducted a blood checkup camp in the college in which many students and some staff members got their blood checkup and knew about their blood group.
5. AIDS awareness program: AIDS awareness program in the campus, adopted village and slum area were organized by the unit throughout the academic year. 28 volunteers participated in Aids Awareness rally and performed the skit in nearby slum area. The volunteers organized an exhibition of AIDS awareness with the materials supplied by Bilaspur AIDS Control Society and the materials prepared by the volunteers during our Aids awareness campaign. The exhibition was held in the campus during the college on September 05 and 06, 2018. This event was conducted to create awareness about HIV/AIDS, its causes as well as to make people know as to how it can be prevented. This rally was also intended in demolishing the various myths that go around in the

society about the spreading of this disease. The volunteers carried posters and yelled out slogans in the local languages Hindi and Chhattisgarhi. The residents of the area had some queries regarding this rally which the volunteers heeded to and cleared all their doubts with patience and understanding. Skit performed by NSS volunteers at the camp site, Sargaon and also in College Campus.

6. On October 12, 2018 the NSS unit along with the YRC unit conducted a health camp in the village Lamti. And an expert doctor, Dr. Devanshu Kumar Singh was invited to give proper remedy and suggestions to the villagers.
7. On November 10, 2018 the NSS unit along with the YRC unit organized the First Aid training camp in the village Kirna and requested the villagers to provide First Aid to those people who are in need of it.
8. On January 17, 2019 the NSS unit along with the YRC unit distributed fruits among the beggars sitting near Sargaon bus stop.
9. On February 12, 2019 the NSS unit along with the YRC unit distributed medicines among the patients of the primary health center Sargaon.

### **Health Awareness Report 2019-20**

1. During 2019-20, the NSS Unit of the college organized several activities relating to health awareness. On 14th June 2019 on the occasion of World Blood Donation Day, the students were advised to donate blood as far as possible by the YRC unit.
2. On July 15, 2019 the NSS unit along with the YRC unit created health awareness program for the students of the college.
3. On July 29, 2019 the NSS unit along with the YRC unit created health awareness program for the villagers of the village, Kakedi. They invited Dr. Devanshu Kumar Singh, an expert doctor from Bilaspur to enlighten the villagers regarding health issues. The doctor gave proper treatment to those villagers who were suffering from any disease.
4. On August 09, 2019 the NSS unit along with the YRC unit organized the First Aid training camp in the village Torla and requested the villagers to provide First Aid to those people who are in need of it.
5. Malaria and dengue awareness: On September 15, 2019, 40 students of our College underwent training for ongoing Malaria Awareness Campaigning and conducted rally, skit and survey. The medical officer Dr. Devanshu Kumar Singh gave thorough information regarding causative agent of Malaria i.e. Mosquito consisting of their types, source, life span, preventive measures for decreasing the spread of Mosquito, information regarding symptoms of a Malaria infected person.
6. On September 21, 2019 the NSS unit along with the YRC unit distributed fruits among the beggars sitting near Bilha Railway station.
7. Swacch Bharat Abhiyan:
  - Pledge was administered at college by students and staff.
  - Posters were put up on the notice boards and camps to aware students about cleanliness.
  - Class to class awareness programmes were organised to aware students.
  - Skit was performed on Swacch bharat abhiyan by NSS Volunteers at Sargaon and Salpha, and nearby slum area and also the college campus.


- Every day 3 hours devoted by Volunteers on cleanliness by 31 NSS Volunteers at playground of Sargaon.
- Door to Door campaign conducted by the students in village to aware children about Cleanliness drive at Kakedi Village.
- 8. On October 12, 2019 the NSS unit along with the YRC unit distributed medicines among the patients of the primary health center Pathariya.
- 9. On November 29, 2019 the NSS unit along with the YRC unit conducted a blood checkup camp in the college in which many students and some staff members got their blood checkup and knew about their blood group.
- 10. On December 18, 2019 the NSS unit along with the YRC unit conducted an AIDS awareness program for the students of the college and motivated them to be hale and hearty.
- 11. On, January 04, 2020 the NSS unit along with the YRC unit conducted an AIDS awareness program in the village Mobhatatha and motivated the villagers to use condoms for safety.
- 12. **Seven Days Residential Camp:** NSS Unit of College had organised Seven Days Residential Camp from 16<sup>th</sup> January 2020 to 22 January 2020, at Kakedi, our adopted Village. the Camp was attended by 50 students and 4 staff members. The Theme of the Camp was "Swacch Bharat Abhiyan". NSS Volunteers conducted various activities such as skit and debate on the topics "Swacch Bharat Abhiyan", Save Girl Child, AIDS Awareness etc. Talks were organized for the Volunteers on different topics such as Consumer Awareness, Anti-superstition and moral values, Social networking- Boon or Bane and NSS objectives. The purpose of the camp was to inculcate various values such as social, cultural, moral, educational and ethical.
- 13. On February 15, 2020 the NSS unit along with the YRC unit conducted a health camp in the village Madku. And expert doctor was invited to give proper remedy and suggestions to the villagers.
- 14. The Youth Red Cross unit of the College was feliciated by Shri dharm Lal Kaushik, MLA , Bilha Vidhan Shabha for creating health awareness among students and the villagers of the surrounding villages.


### Health Awareness Report 2020-21

The NSS and YRC unit of this college is striving had to induce among the students the spirit of active involvement in the service of the community by organizing several activities relating to social service, health and hygiene.

From March 19, 2020 total lockdown was imposed in Chhattisgarh due to pandemic Covid19. During lockdown the NSS and YRC created health awareness among students and local people of the surrounding areas. They were motivated to use masks and keep a distance of two meters

The students were permitted to come to college and attend offline classes from February 15, 2021 by the department of Higher Education, C.G. Government Raipur. When the students started coming to college, the NSS and YRC unit advised them to wear mask and make a distance of two meters from one another. If any student was suffering from fever, cough or cold, he was immediately advised to consult a doctor and get proper treatment.

  
9.3.2021  
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