Apollo College of Pharmacy , Durg

National Service Scheme

NSS seven day special camp report

06th March to 12th March 2025

Session 2024-25

National services scheme (NSS) was organized by Apollo College of Pharmacy , Durg , funded by Chhattisgarh Swami Vivekanand Technical University(CSVTU) Bhilai during the period of 06/03/2025 to 12/03/2025 at village Thanod, district Durg Chhattisgarh

NSS was established in 1969 with a vision of personality development of students through community services and well as development of rural areas in india

NSS unit has been introduced in college with optimism of establishing a sense of social responsibility amongst students and inculcating values of self discipline and selfless dedication towards community development

As a part of NSS activities a seven day camp was held Apollo College of Pharmacy , Durg at village Thanod, district Durg Chhattisgarh between 06/03/2025 to 12/03/2025, various social activities were held with a sole view of rural development and social awareness program we, being a part of the cultural committee, undertook various cultural activities in the village to promote interaction with the villagers and used the NSS platform to spread awareness about different social issues.

Event details

Day 01, 06/03/2025

The opening ceremony/ inauguration program/ cleanliness drives

For inauguration program of special camp at village **Thanod** we called renowed person from village, inauguration program started with lighting of the lamps and welcoming of the guests ,it was followed by introducing of the chief guests and their felicitation, the vision mission and the main purpose of the NSS camp was put forth by **Mr. Hari Prasad Sonwani**, Program officer for NSS unit of ACP Durg . the program proceeded with different speeches given by the guests present for the ceremony the opening ceremony was concluded by recital of NSS anthem, after that we started the our event cleanness awareness (swacchtaa abhiyan), our NSS volunteers clean the bhavan were we stay seven day as well as volunteers clean the all the near by areas of waste products

The National Service Scheme (NSS) organizes cleanliness drives to promote a healthy environment and encourage community participation. The drives are often conducted under the Swachh Bharat Mission.

Objectives of NSS cleanliness drives: To reduce pollution and waste, To improve the quality of life, To raise awareness about the importance of cleanliness, and To encourage community participation.

Outcomes of NSS cleanliness drives: Cleaner streets and public spaces, Improved health and well-being, Increased community pride, and Long-lasting behavior change towards cleanliness.

Examples of NSS cleanliness drives:

- NSS volunteers have cleaned the surroundings of buildings on campus, including picking up plastic, tea cups, weeds, and dry leaves.
- NSS volunteers have cleaned the campus and its surroundings, and urged local shopkeepers to maintain cleanliness.
- NSS volunteers have cleaned the campus and its surrounding streets, and held placards to inform the public about the importance of cleanliness.

The NSS is a public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. It was launched in 1969.

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Day 02, 07/03/2025 , Zumba/ Yoga/ free Health Check Camp

On 2nd day of NSS camp we invited for yoga specialist **Mr. Shyam Chandrakar ji** , He shared his thought of yoga and various types of yogasan also explained infront of volunteers.

Yoga is an ancient practice that combines breathing, movement, and meditation to improve your physical and mental health. It's a spiritual discipline that aims to harmonize the body and mind.

Benefits of yoga

- **Stress relief**: Yoga can help you relax and manage stress.
- **Improved sleep**: Yoga can help you fall asleep and stay asleep.
- **Better flexibility**: Yoga can improve your flexibility and range of motion.
- **Stronger muscles**: Yoga can help build strength and muscle mass.
- **Improved posture**: Yoga can help improve your posture.
- **Better balance**: Yoga can help improve your balance and coordination.
- **Reduced back pain**: Yoga can help ease lower back pain.
- **Reduced arthritis symptoms**: Yoga can help ease some of the discomfort of arthritis.
- **Improved heart health**: Yoga can help lower your blood pressure and heart rate.

How to practice yoga

Yoga includes breathing exercises, meditation, and poses called asanas. There are many different types of yoga.

Safety

Yoga is generally safe for most people, but you should consult with a yoga instructor if you have certain health conditions.

For **Zumba** we invite **Mr. Prince** he shared his Dance through the exercise for good for health infront of NSS volunteers

Zumba is a dance-based cardio workout program that blends Latin and international music with easily adaptable dance moves, creating a fun and energetic way to burn calories and improve fitness.

Here's a more detailed breakdown of Zumba:

- **Dance-Based Fitness:**

Zumba classes incorporate elements of Latin dances like salsa, samba, merengue, and reggaeton, along with other international rhythms.

- **Cardio Workout:**

It's designed as a total-body cardio workout, engaging your muscles and core without the need for weights.

- **Fun and Accessible:**

Zumba is known for being fun and accessible, appealing to people of all ages and fitness levels who want to "step into happy".

- **Calorie Burn:**

Zumba can burn a significant amount of calories during an hour-long class, ranging from 600 to 1,000 calories.

- **Full-Body Workout:**

Zumba involves movement of the entire body, from your arms to your shoulders and to your feet, ensuring a full-body workout

- **Class Structure:**

Zumba classes usually start with a light warm-up, followed by a series of dance steps and other movements, and end with a cool-down.

- **Beginner-Friendly:**

Zumba is generally considered beginner-friendly, encouraging participants to focus on having fun and moving to the music rather than striving for perfection.

- **Varied Rhythms:**

Zumba classes typically feature a mix of Latin-inspired songs, starting with slower warm-up tracks and building to higher-intensity tracks and culminating with a cool-down song.

Free health checkup camp we invited **MMU** team of Nikumbh , Mobile Medical Units (MMUs) aim to provide free healthcare services, particularly in rural, vulnerable, and underserved areas, by offering a range of services through a mobile clinic. MMUs are mobile healthcare units, essentially clinics on wheels, designed to deliver healthcare services to communities that have limited access to healthcare facilities. MMUs target populations in remote, underserved, and unreached areas, focusing on those who may not otherwise have access to medical assistance. MMUs provide a package of services, including maternal health, neonatal and infant health, child and adolescent health, reproductive health, management of chronic and common communicable diseases, basic OPD care, management of common non-communicable diseases, mental health, dental care, eye care, geriatric care, and emergency medicine. MMUs are staffed with a team of medical professionals, including doctors, nurses, pharmacists, and social workers. MMUs regularly visit communities, often with a set schedule, and may have multiple vehicles for transporting personnel,

equipment, and diagnostic tools. Yes, the services provided by MMUs are offered free of cost. MMUs improve access to healthcare, raise awareness about health issues, and provide timely diagnosis and treatment, preventing unnecessary hospitalizations and reducing the severity of diseases.

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Day 03, 08/03/2025 Blood Donation/ Physiotherapist

On the 3rd day of camp we invited for Blood donation , Indian Red Cross Society, DK Superspeciality hospital , Raipur **, Dr. Satyanaryan Pandey** head of (IRCS) and **Mr. Devendra Dubey** and team were our NSS volunteers donated the blood

Blood donation is a voluntary process where a person donates blood to be used for transfusions or to create biopharmaceutical medications, and it can be whole blood or specific components. It's a safe and simple procedure that can save lives and help people with various conditions.

Why Donate Blood?

- **Lifesaving:**

Blood donations are crucial for patients undergoing surgery, trauma, chronic illnesses, and cancer treatment.

- **Variety of Needs:**

Donated blood can be used in its original form or separated into components like red blood cells, plasma, and platelets, each addressing different needs.

- **Therapeutic Phlebotomy:**

Blood donation can also be used therapeutically for individuals with conditions like hereditary hemochromatosis and polycythemia vera.

The Donation Process:

- **Whole Blood Donation:**

A pint of whole blood is collected, and the donation takes about 8-10 minutes.

- **Component Donation:**

You can also donate specific components like plasma or platelets using apheresis equipment, where only the desired component is collected, and the rest of the blood is returned.

- **Safety:**

A sterile needle is used only once for each donor and then discarded.

We invited for physiotherapy Dr. Suraj and Dr. Seema and team of Apollo College of Physiotherapy undercomes Apollo Groups Institutions, Durg

Physiotherapy, also known as physical therapy, is a healthcare profession that uses physical techniques to help treat conditions and injuries, improving movement, function, and reducing pain and stiffness.

- **What it is:**

Physiotherapy focuses on restoring movement and function when someone is affected by injury, illness, or disability.

- **How it works:**

Physiotherapists use various techniques, including exercises, massages, and treatments based on physical stimuli (like heat, cold, electrical currents, or ultrasound) to relieve pain, improve movement, and strengthen muscles.

- **Benefits:**
    - Improves movement and function
    - Reduces pain and stiffness
    - Improves quality of life
    - Helps with daily tasks and activities
    - Can help with walking, going up stairs, or getting in and out of bed
- **Who benefits:**

Physiotherapy can benefit people of all ages and with a variety of conditions, including back pain, sudden injuries, long-term medical conditions, and in preparing for childbirth or a sporting event.

- **Holistic approach:**

Physiotherapy takes a holistic approach, considering the patient's overall health and well-being, and involves the patient in their own care through education, awareness, empowerment, and participation in their treatment.

- ## Physiotherapists:

They are experts in assessing movement and can show you how to protect your joints. They offer advice, reassurance, and help you feel confident about managing your condition.

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NSS CAMP DAY-3

Day 04, 09/03/2025 , Nasha Mukti abhiyan / Swacchta Abhiyan

On 4th day of NSS camp our NSS Volunteers cleanliness drive located areas like school and near ponds.

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- NSS volunteers have cleaned the campus and its surrounding streets, and held placards to inform the public about the importance of cleanliness.

Nasha Mukti Abhiyan

Nasha Mukt Bharat Abhiyaan is a flagship campaign to enhance the evidence based approach towards substance abuse. The approach of the Abhiyaan is contemporary to engage youth and comprehensive to converge the activities done by all the stakeholders for a common goal of making India free of substance abuse**.**

The de-addiction centers provide in-patient treatment to drug users along with counselling, detoxification/de-addiction, after care and re-integration into the social mainstream.

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NSS CAMP DAY-4
राष्ट्रीय सेवा योजना
अपोलो कॉलेज ऑफ फार्मेसी

Day 05, 10/03/2025 Self Defense And Skill Development

On 5th day of NSS Camp we invited **Mahila Raksha** Team, **Assistant Sub Inspector Ms. Sangeeta Mishra** and team , sector- 6 , Durg Chhattisgarh , **Ms. Sangeeta Mishra** was taught about the self defense to NSS volunteers(girls). She also explain about 112 help line number.

Self-defense refers to the use of force to protect oneself or others from an imminent threat of harm, and it is a legal justification for using force in many jurisdictions.

- **Definition:**

Self-defense is the act of defending oneself, one's property, or a close relative against an immediate threat of harm.

- **Legal Justification:**

In many legal systems, the use of force in self-defense is a recognized legal justification for actions that would otherwise be considered criminal or tortious.

- **Imminence and Proportionality:**

The threat must be imminent, meaning it is about to happen or is already happening, and the force used in self-defense must be proportionate to the threat.

- **Initial Aggressor:**

The person claiming self-defense cannot be the initial aggressor, meaning they cannot have started the conflict or used force first.

- **Examples:**
    - Using force to stop someone from assaulting you.
    - Protecting a family member from harm.
    - Using force to prevent a crime from happening.
- **Legal Considerations:**
    - Self-defense laws vary by jurisdiction, so it's important to understand the specific laws in your area.
    - Some jurisdictions have rules about the use of deadly force in self-defense, which may be more restrictive than the use of non-deadly force.
    - There may be exceptions to the right of self-defense, such as when someone is the initial aggressor or when they could have retreated from the situation.
- **Self-defense in International Law:**

In international law, self-defense refers to the inherent right of a state to use force in response to an armed attack.

NSS Camp Day 5

Day 06 ,11/03/2025 , Eye Checkup and Dental Checkup / Shiksha Mitra Discussion.

On 6th day of NSS camp we invited for eye specialist Dr. Durgesh Sahu he is ophthalmologist.

An eye checkup, or eye exam, is a procedure conducted by an eye care professional (optometrist or ophthalmologist) to assess your vision and eye health, including checking for potential eye diseases and other health issues.

- **Purpose:**

Eye exams help detect and diagnose a wide range of eye conditions, some of which may not have noticeable symptoms in their early stages.

- **What to Expect:**
    - **History:** The eye doctor will ask about your medical and eye health history, including any medications you take and family history of eye conditions.
    - **Vision Tests:** You'll likely undergo tests to assess your visual acuity (how well you see) using a Snellen chart or similar methods.
    - **Refraction:** The doctor may use a phoropter to determine if you need glasses or contact lenses.
    - **Eye Health Examination:** The doctor will examine the internal and external structures of your eyes, including the retina, optic nerve, and blood vessels, using instruments like an ophthalmoscope and slit lamp.
    - **Other Tests:** Depending on the situation, additional tests might be performed, such as checking eye pressure (tonometry), color vision, and peripheral vision.
- **Importance of Regular Exams:**
    - **Early Detection:** Regular eye exams are crucial for detecting eye diseases like glaucoma, cataracts, and macular degeneration early, when they are often more treatable.
    - **Overall Health:** Eye exams can also help detect signs of other health problems, such as diabetes and high blood pressure, as these conditions can affect the eyes.
    - **Maintaining Vision:** Regular exams help ensure your vision remains clear and healthy, and can help you get the right prescription for glasses or contact lenses.
- **Frequency:**
    - **General Recommendation:** Adults should have a comprehensive eye exam at least every two years, or more often if they have a family history of eye conditions or other risk factors.

- **Specific Populations:** People with diabetes or those at risk for diabetes should have regular eye exams, as diabetic eye disease can lead to vision loss.
- **Children:** Children should also have regular eye exams, as vision problems can affect their development and learning.

Dental checkup

we invited Maitri College of Dentistry And Research Center , Anjora, Durg ,Chhattisgarh , Dr. Rangoli and team.

A dental checkup typically involves a thorough examination of your teeth, gums, and overall oral health, including a professional cleaning, potential X-rays, and an oral cancer screening, all aimed at detecting and preventing dental problems.

Here's a more detailed look at what to expect during a dental checkup:

What to Expect:

- **Thorough Examination:**

  The dentist will visually inspect your teeth, gums, and mouth for any signs of problems like cavities, gum disease, or signs of oral cancer.

- **X-rays:**

  Depending on your individual needs, your dentist may take X-rays to detect issues that aren't visible to the naked eye, such as cavities between teeth, gum disease, or bone loss.

- **Professional Cleaning:**

  A dental hygienist will remove plaque and tartar buildup from your teeth, which can't be removed with regular brushing and flossing.

- **Oral Cancer Screening:**

  Your dentist will examine your mouth for any signs of oral cancer, including checking for lumps or sores.

- **Personalized Recommendations:**

  Based on the examination, your dentist will provide you with personalized recommendations for improving your oral hygiene and preventing future problems.

- **Discussion of Treatment Options:**

  If any problems are detected, your dentist will discuss the necessary treatment options with you.

Why Regular Checkups Are Important:

- **Early Detection:**

  Regular dental checkups allow dentists to catch potential problems early on, when they are easier and less expensive to treat.

- **Prevention:**

  By removing plaque and tartar, and providing guidance on proper oral hygiene, dental checkups help prevent tooth decay, gum disease, and other oral health problems.

- **Overall Health:**

  Oral health is closely linked to overall health, and regular dental checkups can help identify and address potential health problems that may be related to oral health.

- **Maintaining a Healthy Smile:**

  Regular dental checkups are essential for maintaining a healthy and beautiful smile

NSS camp 6 day

Day 07 ,12/03/2025, cultural activities and valedictory

The closing ceremony program of special camp at village **Thanod** we called renowed person from village, valedictory program started with lighting of the lamps and welcoming of the guests ,it was followed by introducing of the chief guests and their felicitation, we started the valedictory session on of special camp held on dated 12/03/2025 at 11:30am to 4:30pm we invited the chief guest sarpanch of village Thanod shree Dinesh Deshmukh , program officer Shree Deepak Sharma CSIT Durg, Directors of Apollo Groups of Institutions Shree Sanjay Agrawal and Dr. Manish Jain , Principal of Apollo college of Pharmacy, Durg Dr. Madhuri Baghel , ex principal of govt school Smt. Shanti Deshmukh , in this all the activities and events conducting during seven day special camp were summarized by the Ms. Sonal Sinha.

Sarpanch of the village, directors of Apollo Groups of Institutions , Principal of Apollo College of Pharmacy, expressed his views and opinions regarding our NSS volunteers and disciplines during seven days of camp the vote of thanks was given by Mr. Hari Prasad Sonwani , NSS Program officer and supporting staff Mr. Dikesh Deshmukh and Mr. Pushpendra Kumar.

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