



NATIONAL SERVICE SCHEME

Programme organized in the year 2014-15 in detail:

SL.NO	DATE	PROGRAMME ORGANIZED
1.	01.04.2014 to 07.04.2014	NSS Unit – Yenepoya Physiotherapy College “Yen Health Week”- Osteoporosis Awareness Camp at Yenepoya Medical College
2.	03.12.2014	NSS Unit of Yenepoya Physiotherapy College - International Day for Persons With Disability - old age home, Olavinahalli – Rehabilitation and Community Development Centre, Deralakatte Mangalore
3.	05-06-2014	World Environment Day
4.	08-06-2014	NSS Volunteer Interaction with Late Dr. A.P.J Abdul Kalam
5.	08-06-2014	Yen-Health Week
6.	22-07-2014	Awareness Raising Session By Doctors Without Borders
7.	08-08-2014	Tobacco Awareness Programme
8.	06.09.2014	Anti -Obesity Day-Poster presentation for school children on the theme “Childhood obesity”
9.	23-09-2014	Guardians of the Sky- Indian Air force team interacted with NSS volunteers and organized quiz competition
10.	14 -11-2014 to 21-11-2014	Swat Swatch Bharath Swaasth Bharth Abhiyan –Yen Initiative Clean India on 07-11-2014 to 14-11-2014
11.	02-11-2014	Medical camp at Boliyar village
12.	13-12-2014	Medical & Dental camp at Munnur Grama
13.	13-12-2014	Tobacco awareness programme
14.	01-04-2015 to 7-04-2015	Osteoporosis Awareness Camp
15.	03-12-2014	International Day for Persons With Disability
16.	01-01-2015	Awareness Programme on prevention of drug abuse
17.	22-01-2015	Road safety rally from Nehru Maidan to Mangala Stadium in Mangalore
18.	01-03-2015	Awareness programme on ill effects of smoking
19.	31.03.2015	Rally on world no tobacco day
20.	29-03-2015 to 5-04.2015	NSS special camp on “Youth for Healthy Society” Medical and Dental camps and House Survey by the volunteers and Awareness programme conducted

Report of NSS activity –April -2014

1. On account of “Yen Health Week”, NSS Unit – Yenepoya Physiotherapy College participated in **Osteoporosis Awareness Camp at Yenepoya Medical College on 1st - 7th April 2014.**

Following is the detail of the programme:-

The program was organised in Yenepoya Medical College by Physiotherapy students as the part of YEN HEALTH WEEK 2014. Our stall had poster display, two fall prediction station, a Rehabilitation centre and a separate area for women's health related to osteoporosis. About 53 patients after osteoporosis screening had visited and participated in fall prediction test. They were explained about the prevalence of osteoporosis and the causes, risk factors, hazards early identification, diet modification, and how physiotherapy can help in reducing the risk of fall through clay models posters presented by the students. The students were well trained prior to the camp to test the patients for fall prediction. According to the result obtained after fall prediction test, the patients were given instruction and training to reduce the risk of fall and thereby reducing the chances of fracture.

The camp was visited by Honourable Vice-Chancellor Dr. P. Chandramohan, Principal YMC Dr. Ghulam Jeelani Qadiri, Medical Supernatant Dr. Ajaz – YMH, Principal YPC Prof. S Padma Kumar, Faculty of NITTE Physiotherapy college Dr. Mahesh and other Yenepoya University Faculties. The program was a great success and concluded on the 7th day of YEN HEALTH WEEK.



Students displaying the clay model of osteoporotic bone



Student's interaction with Vice-Chancellor, YU



Students Explaining about the most common fracture site of osteoporotic patient using students made model

2. On occasion of observing the **International Day for Persons with Disability** 3rd December, a minicamp was organized by **NSS unit of Yenepoya Physiotherapy College** in an **old age home, Olavinahalli – Rehabilitation and Community Development Centre**, Deralakatte Mangalore.

The old age home consist of **105 elderly people** along with 45 staffs. The program was conducted in two days i.e. on **2nd and 3rd December 2014**. On the first day NSS voluntaries conducted cultural and games for the residence of old age home and the winners were rewarded with prize. The second day was started with breakfast for the inmates and staffs of old age home followed by invocation by the students. The crowd was addressed by YPC principal Prof S. Padmakumar, Chief guest YU Registrar Prof. (Dr.) C.V. Raghuv eer, the guest of honor YU NSS program coordinator Prof. K.P. Jayarajan, YDC Dean Dr. B. H. Sripathi Rao, and YNC Dean Dr. Asha P. Shetty. A talk was given by Prof. (Dr.) C.V. Raghuv eer regarding the physical and mental problems faced by the elderly. In his talk he stressed more on fall and fall prevention in the elderly through physical therapy. Prize distribution for the winners of cultural and games, and Distribution of walking aids and daily needs for the inmates was done. Refreshment was served for the old age home residence and students. The program was concluded with cultural programs arranged by the students. The Program started by 09:00 am and continued till 01:30 pm on both the days.



Welcome address by The Principal Yeneploya Physiotherapy College Prof. S. Padmakumar.



Presidential address by Yeneploya University Registrar Prof. (Dr.) C.V. Raghuvier



Distribution of walking aids and daily needs for inmates was handed over by the president Prof. (Dr.) C.V. Raghuveer to Administrator Olavinahalli Old age home Sr. Ann Rose



Daily wear cloth materials contributed by Yenepoya Physiotherapy Students for all inmates was handed over to Administrator Olavinahalli Old age home Sr. Ann Rose

Allocation and Enrolment of the volunteers for the year:

- State Govt has sanctioned 500 volunteers strength to Yenepoya University for the year 2014-2015 which has been distributed in constituent colleges of our university
- NSS activities have been divided in two major groups. These are regular activities and special camping programme.

The units in Colleges and NSS Programme Officers were allotted as follows:

Yenepoya Medical College : 2 units
Programme Officers : Dr. Ashwini S Shetty
Dr. Bhaskar Nair

Common Programmes organized in the year:

During the year for creating awareness among the volunteers and following programmes were undertaken by most of the colleges some programmes are mentioned below.

- **Orientation to Volunteers:-**
All the constituent colleges of University have taken orientation programme for NSS Volunteers to impart information of NSS and know about badge, logo, motto, setup and proposed programme for the year.
- **Blood Donation camps:-**
Organized blood donation programme at Moodbidre in association with Jaycee club and Yenepoya university blood bank in the month of March 15th. Around 102 volunteers participated in the camp, 73 units of blood collected.
- **Pulse polio programme:-**
Organized at Yenepoya University, most of the NSS Volunteers have taken part in the programme and 83 children are immunized.
- **Tree plantation programme:-**
Total no of sapling planted in and outside the campus were 83
- **Swatch Bharath Abhiyan:-**
Organized by all the unit to clean the campus and outside the campus. All the NSS volunteers of Yenepoya Medical College have participated in the programme.
- **Leadership training programme** for the NSS Volunteers.

Special Camp at Adopted Village-Ambedkar nagar, Chembugudde

Special camps were organised by all the colleges between 29th March to 5th April 2015 in Ambedkar Nagar village with a theme of 'Youth for Healthy society'. President of Ullal grama panchayath and secretary visited different camps along with Assistant Programme Adviser and Anganvadi teachers.

The camps were organised for village people detailed as follows:

- Dental camp -164 patients benefitted by the camp and complicated cases referred to the dental hospital for free treatment.
- Medical Camp-56 patients examined and treated in the camp
- “No tobacco” awareness programme organized for the public
- Distributed 183 tooth brushes and tooth paste for the children of the village
- House visit and survey done on tobacco and alcohol addiction and related diseases
- Survey done on sanitation, Literacy in each house.

Photographs of the Programme:

“Guardians of the sky” Indian Air force interacting with NSS Volunteers on 22.09.2014



International Disability day held on 03.12.2014





Awareness raising session by Doctors without border on 22-07-2014



Swatch Bharath Swaasth Bharth Abhiyan –Yen Initiative Clean India on 07-11-2014 to 14-11-2014





Medical and Dental Camps and Health Awareness programme on 02.11.2014



Regular Health Awareness Programmes for school children and public



Fire Safety Demonstration on 23.03.2015



Health care service & awareness programme at the adopted village

