

NAAC Criterion 3: Research, Innovations and Extension

3.4 Extension Activities

3.4.2: Average percentage of students participating in extension and outreach activities during the last five years





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& RESEARCH

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Additional Information





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 1: Inauguration & Area Survey Report

Dr. Anil R, NSS PO

Date: 18.03.2024

Location: Urinayanapalle Village

Camp Inauguration:

The NSS Unit of PES Institute of Medical Sciences and Research proudly inaugurated the special camp in Urinayanapalle village. The inauguration ceremony was graced by esteemed dignitaries, including Mr. Giri Prasad, the village Sarpanch, Mrs. Aruna, Anganwadi Teacher, and Mr. M. Melvin David, NSS Program Officer, PESCON, who honored us by serving as the chief guest. The ceremony witnessed the enthusiastic participation of 50 NSS volunteers from our institution, alongside the Program Officer, Dr. Anil R., marking the beginning of our community engagement efforts.

Activities Conducted:

Following the inauguration ceremony, our dedicated volunteers commenced the health survey initiative in the village. With unwavering determination, they diligently visited and surveyed a total of 63 households within the community. This initiative aims to assess the healthcare needs and challenges faced by the residents of Urinayanapalle village, thereby paving the way for effective interventions and support.

Achievements:

- The inauguration ceremony witnessed vibrant participation from esteemed village dignitaries and enthusiastic NSS volunteers, setting a spirited tone for the commencement of our special camp activities.
- A considerable portion of the area survey was successfully completed today, providing valuable insights into the healthcare landscape of Urinayanapalle village. This progress lays a solid foundation for the



implementation of future healthcare interventions and initiatives tailored to meet the community's needs.

- The community's response to our survey efforts was overwhelmingly positive, with households actively participating and expressing gratitude for the NSS team's dedication. This warm reception underscores the meaningful impact of our initiatives and strengthens our bond with the residents of Urinayanapalle village.

Activity Monetization:

As part of our commitment to community service, the monetization of today's activity amounted to ₹10,000. This calculation is based on the participation of 50 volunteers, with each volunteer contributing ₹200 towards the noble cause.

$$50 \times ₹200 = ₹10,000$$



Photos: Inauguration of NSS Special Camp at Gudlanayanapalle Village





Area Survey





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 1: Village cleaning and Sapling plantation

Dr.Anil R, NSS PO

Date: 19.03.2024

Location: Urinayanapalle Village

Camp Inauguration:

On the vibrant morning of March 19, 2024, a dedicated team comprising 50 enthusiastic NSS volunteers from PES Institute of Medical Sciences & Research descended upon Gudlanayanapalle village, driven by a shared mission to address pressing environmental challenges. Guided by the experienced leadership of Dr.Anil R, the Program Officer of PESCON NSS unit, we embarked on a multifaceted journey aimed at combating plastic waste accumulation and promoting greener surroundings through afforestation initiatives.

Activities Conducted:

- ***Environmental Cleanup Drive:*** With unwavering determination, our spirited volunteers initiated an extensive cleanup campaign, channelling their energies towards the meticulous removal of plastic waste from the village landscape.
- ***Partnership with Local Authorities:*** Leveraging the collaborative spirit, we forged a strong alliance with the local Panchayat leader, ensuring streamlined coordination for the efficient disposal of collected plastic waste in accordance with eco-friendly practices.
- ***Greening Efforts:*** Building upon the momentum of the cleanup drive, we transitioned into a tree plantation initiative, strategically planting saplings in identified areas across the village. Concurrently, we distributed tree saplings amongst villagers, igniting a spark of environmental consciousness and instilling a sense of collective responsibility for sustaining our natural ecosystem.

**Achievements:**

- The successful execution of our environmental cleanup endeavors significantly contributed to the visual and environmental rejuvenation of Urinayanapalle village, marking a pivotal step towards enhancing its overall cleanliness and aesthetic appeal.
- Through effective collaboration with local leadership, we established robust mechanisms for the proper management and disposal of plastic waste, fostering a culture of responsible waste management practices within the community.
- Our tree plantation and sapling distribution initiatives not only enriched the village landscape but also served as catalysts for nurturing a deeper appreciation for nature and eco-sustainability among villagers, thereby sowing the seeds for a greener tomorrow.

Activity Monetization:

- **Cleaning Activity:** A commendable effort from all 50 volunteers participating in the cleaning activity has been recognized with a monetization of Rs400 each, leading to a collective monetization of Rs20,000.

$$50 \times \text{Rs}400 = \text{Rs}20,000$$

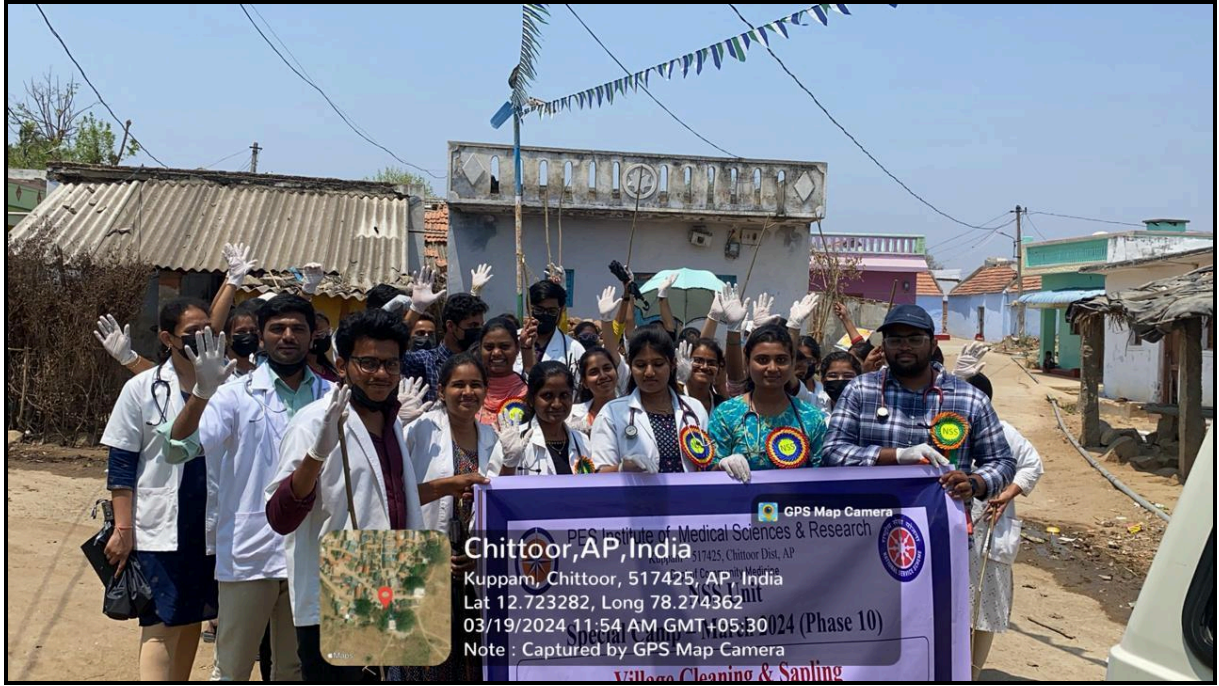
- **Tree Plantation Activity:** In appreciation of their involvement in the tree planting initiative, each volunteer has been monetized with Rs200, resulting in a total monetization of Rs10,000 for this activity.

$$50 \times \text{Rs}200 = \text{Rs}10,000$$



Photos:







PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 3: Geriatric Health Programme

Dr.Anil R, NSS PO

Date: 20.03.2024

Location: Urinayanapalle Village

On March 20, 2024, our devoted team of 50 volunteers from PES Institute of Medical Science & Research embarked on a vital mission focusing on geriatric care as part of the NSS Special camp. Under the astute guidance of Dr.Anil R, Program Officer of PESIMSR NSS unit, we engaged in comprehensive geriatric assessments, prioritizing the health and well-being of our elderly community members.

Activities Conducted:

- **Geriatric Assessments:** With meticulous attention to detail, our volunteers conducted thorough assessments for 43 geriatric individuals, aiming to gain insights into their overall health status and quality of life.
- **Health Education Sessions:** Following the assessments, we facilitated tailored health education sessions, shedding light on common physiological changes associated with aging and imparting valuable knowledge on non-communicable diseases, thus empowering individuals to make informed decisions about their health.

Achievements:

- **Completion of Geriatric Assessments:** The successful completion of comprehensive geriatric assessments for 43 individuals marks a significant milestone in our efforts to prioritize the health and well-being of our elderly population.
- **Effective Health Education Dissemination:** Through engaging health education sessions, we successfully enhanced awareness about geriatric health and non-communicable diseases within the



community, thereby fostering a culture of proactive health management.

Activity Monetization:

- The participation of 50 volunteers in this impactful activity has been valued at Rs200 each, resulting in a total monetization of Rs10,000.

$$50 \times \text{Rs}200 = \text{Rs}10,000$$

Photos:





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 4: School Health Assessment

Dr.Anil R, NSS PO

Date: 21.03.2024

Location: Government High School, Urinayanapalle Village

On March 21, 2024, our devoted team of 25 volunteers from PES Institute of Medical Science & Research conducted a School health assessment on day 4 of NSS Special camp, under the guidance of Dr.Anil R, Program Officer of PESIMSR NSS unit.

Activities Conducted:

- **Comprehensive Health Assessment:** Height and weight measurements were taken to assess growth and nutritional status. Vision and hearing tests were performed to identify any potential issues. Dental checkups were carried out to evaluate oral health. General physical examination and systemic examinations were conducted
- **Identification of Health Concerns:** Identify prevalent health issues among students such as obesity, high blood pressure, vision/hearing impairments, skin diseases and dental problems. They were noted for further evaluation and intervention.
- **Promotion of Healthy Lifestyle Behaviors and health awareness:** Topics on nutrition, physical activity, puberty changes, hygiene, good touch and bad touch, garbage disposal and harmful effects of using plastics were discussed using health promotion materials.

Achievements:

- **Completion of Comprehensive Health Assessment:** Identified and documented baseline health data for 137 students and detected and documented existing health concerns among them.

- **Effective Health Education Dissemination:** Through appropriate teaching materials, the adolescents were engaged with topics concerned to them.

Activity Monetization:

- The participation of 25 volunteers in this impactful activity has been valued at Rs100 for each student, resulting in a total monetization of Rs13,700.

$$137 \times \text{Rs}100 = \text{Rs}13,700$$

Photos:







PES Institute of Medical Sciences & Research Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 5: NCD Surveillance

Dr.Anil R, NSS PO

Date: 22.03.2024

Location: Urinayanapalle Village

On March 22, 2024, the NSS Unit from PES Institute of Medical Sciences & Research embarked on an impactful health initiative in Urinayanapalle village, conducting screenings for Non-Communicable Diseases (NCDs) amongst the villagers. Under the leadership of Dr.Anil.R, Program Officer of the NSS Unit at PESIMSR, a team of 50 committed volunteers engaged in a critical public health drive, assessing 45 adults for NCD risk factors.

Activities Conducted:

- **Comprehensive Health Screenings:** Volunteers meticulously carried out health evaluations, which encompassed checking blood pressure, blood sugar levels, as well as height and weight measurements to gauge overall health. A NCD card was distributed to the participants.

- **Tailored Health Education:** Post-assessment, the team offered customized health counselling aimed at NCD prevention and management, equipping individuals with knowledge to better care for their health.

Achievements:

- **Successful NCD Risk Assessments:** The initiative led to the successful screening of 40 adults, marking a pivotal step in the early identification and management of NCDs.
- **Awareness and Education:** The initiative significantly contributed to educating the community on NCDs, highlighting prevention and management strategies.

Activity Monetization:

The collective effort of the 50 volunteers participating in this vital activity was monetarily valued at Rs500 per volunteer, totalling Rs25,000 in contributions towards the cause.

NCD screening: 50 x Rs 400 = Rs 20,000

Health education regarding lifestyle changes: 50 x Rs 100 = Rs 5000

Photos:





National Service Scheme		
PES Institute of Medical Sciences & Research		
PES College of Nursing		
NCD Card		
Name:	Age:	Sex:
Address:	Ph.No:	
Pulse: ___ bt/min	BP: ___/___ mmhg	
Height: ___ cms	Weight: ___ Kgs	BMI: ___
GRBS: ___ mg/dl		
Remarks:		



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NSS Unit

Special Camp – March 2024 (Phase 10)

Day 6: First Aid management Programme

Dr.Anil R, NSS PO

Date: 23.03.2024

Location: Paipalem PHC, Kuppam

On March 23, 2024, the NSS volunteers from PES Institute of Medical Sciences & Research embarked on a crucial mission aimed at bolstering the capabilities of healthcare workers at the Paipalem Primary Health Center (PHC), which oversees Urinayanapalle village. Under the expert guidance of Dr.Anil.R, Program Officer of PESIMSR NSS Unit, our team conducted an insightful First Aid Management program attended by 35 ASHA workers and ANMs..

Activities Conducted:

- **First Aid Management Demonstration:** Our volunteers delivered comprehensive training on handling various medical emergencies such as dog bites, snake bites, poisoning, burns, and CPR. Through



both theoretical explanations and practical demonstrations, participants acquired invaluable skills to effectively respond to emergencies.

Achievements:

- **Empowering Health Workers:** The program successfully equipped 35 ASHA workers and ANMs with crucial first aid management skills, thereby enhancing their ability to promptly respond to medical emergencies in the community.

Activity Monetization:

The dedicated efforts of our 50 volunteers have been recognized and valued at Rs500 each, resulting in a total monetization of Rs25,000 for this activity.

$$(50 \times \text{Rs}500 = \text{Rs}25,000)$$

Photos:









PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 7: Specialist camp

Dr.Anil R, NSS PO

Date: 24.03.2024

Location: Urinayanapalle Village

On March 24, 2024, the NSS volunteers from PES Institute of Medical Sciences & Research dedicated themselves in providing specialized healthcare services to the residents of Urinayanapalle village, highlighting the targeted approach of the camp towards addressing the unique healthcare needs of the villagers. Under the expert guidance of Dr.Anil.R, Program Officer of PESIMSR NSS Unit, our team held the specialist health camp for the residents of Urinayanapalle.

Activities Conducted:

- **General Health Check-ups:**

The camp included thorough health assessments such as vital signs assessment, physical examinations, and health counselling, ensuring a holistic understanding of the villagers' health status.

- **Specialist Consultations:**

Access to specialists in General medicine, OBG, ENT, Ophthalmology and Orthopaedics facilitated early detection and management of specific health issues, enhancing the quality of healthcare services provided.

Achievements:

- **Comprehensive health screening:** The camp successfully conducted comprehensive health assessments for all participants, enabling the identification of health concerns and the provision of tailored medical advice.



- **Specialist Care Access:** Through specialist consultations, the camp ensured that villagers had easy access to specialized medical care, leading to timely interventions and improved healthcare outcomes.

Activity Monetization:

The dedicated efforts of our 50 volunteers have been recognized and valued at Rs 200 each, resulting in a total monetization of Rs 10,000 for this activity.

Comprehensive health screening: (50 x Rs 100 = Rs 5,000)

Specialist Care Access: (50 x Rs 100 = Rs 5,000)

The special camp was concluded with a validictory program, where the Village officials, Medical officer, Community Health officer, Head masters of Primary and high school, NSS program co-ordinator and NSS unit Cell, Dr YSRUHS were thanked for their contribution and time in making this special camp a grand success



Photos:



