

DETAILED NARRATIVE REPORT OF NSS SPECIAL CAMP HELD FROM 14.03.16 TO 20.03.16

DAY 1- 14.03.2016 - MONDAY

With the blessings of his Holiness Jagadguru Sri Sri Shivarathri Deshikendra Mahaswamagalu, NSS camp commenced on 14-3-2016. On the inaugural day we reached Hoskote village by 10.30 a.m. The accommodation which was provided by the villagers for the purpose of accommodation was cleaned by NSS volunteers. Individual responsibilities were given to each volunteer for seven days regarding special camping activities.

The inaugural function started at 3.00pm in the government school premises. Sri.G.T. Devegowda, MLA, Ilwala, Mysuru, inaugurated the special camp by hoisting the NSS flag and lighting the lamp and addressed the NSS volunteers stressing the importance of NSS in rural development. Sri. Nagaraju, APMC Member, Mysuru, was present as the chief guest, who emphasized on the unique blend of volunteers, coming from various corners of the nation and the requirement for the upliftment of general health awareness in rural areas and also shared a few words about the importance of cleanliness among school students and also about youth empowerment. He wished all the NSS volunteers a successful and prosperous camp. Dr. Anil Kumar Gujjari, Principal of JSS Dental College & Hospital, was also present at the function..

Dr. Ravi M.B., NSS programme officer, welcomed the guests and highlighted the proposed programs of the camp. The Chief of the village was present at the inaugural function. Sri Harish. G.D, addressed the gathering and added that the villagers were very happy to receive the NSS volunteers and the whole village would support them in the various activities in the upcoming 7 days programme. The programme was concluded with dinner at 9:00pm.

A meeting was held at 10:00pm regarding the daily activity of the camp and also proposed activities for the next day.

Day 2 - 15.03.2016 - TUESDAY

The Camp activities commenced at 6:00 am. The volunteers were asked to take daily activities after 6:45. The daily routine started with flag hoisting, followed by the NSS prayer and exercise. The breakfast was served at 8:30 am. The day was scheduled for '*Pediatric and Pedodontic camp*' which was lead by the experienced doctors of JSS Medical Hospital and Pedodontists of JSS Dental College and Hospital.

About 250 children, including the students from the Government school and few other children from hoskote and Gungral chatra village were treated for general and oral health problems. A total of 20 extractions and 126 pit and fissure sealants were done. Scaling was done for 22 children. The children aged between 4 years to 15 years were diagnosed and treated accordingly. Around 800 medicaments were distributed to the children throughout the day. All children were educated on how to take care of their oral hygiene and brushing technique demonstrations were given, after which there was a guest lecture by Dr. Ravi.M.B, Reader, JSS Dental college, on the topic –' importance of oral hygiene maintainance'. He spoke about how important it is to take care of the dental health in order to maintain the general well being of the body. He highlighted more about the various diseases that could be caused if the oral hygiene is not maintained properly. Several villagers and staff of JSS Dental College also attended the camp and made the programme a great success.

The lecture programme concluded by 4.00 pm. The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

Day 3 - 16.03.2016 - WEDNESDAY

The third day commenced at 6.00 am. The daily routine was started with flag hoisting, followed by the NSS prayer and exercise. The breakfast was served at 8:30 am.

The day was scheduled for an ophthalmology camp. It was led by the dedicated team of ophthalmology department of JSS Medical Hospital, Mysuru. Free eye checkup was done for about 100 people. The problems were diagnosed and the required treatment plan was given. 12 patients with cataract problems were taken to JSS Hospital and treated free of cost.

This was followed by lecture on '*Youth of India*' by Professor Ravi, Principal of Talent PU College, Hunsur. He spoke about the strength of youth, and their capability in bringing India forward. It was a thought provoking speech that inculcated positive interest among children. The speech was concluded at 5.30 pm. The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

DAY 4- 17.03.2016 - THURSDAY

On the fourth day, the volunteers began their daily routine at 6.30 am with the flag hoisting followed by light exercise and then breakfast.

The day was scheduled for a dental check up by the renounced dentists of JSS Dental College and Hospital. Around 75 people were diagnosed and treated accordingly.

The dental check up camp went on until 2.00 pm after which the lunch was served to all the volunteers and guests.

The day was followed by a guest lecture on '*life skills- and HIV/AIDS*' , by Smt. K.N. Kalpana, biology lecturer, Govt PU College, Mandya. She imparted knowledge to the high school and PUC students. She spoke about how one's attitude towards life should be, how one should retain the values and proceed in the correct path and lead a righteous life and also highlighted about the path to be followed in reaching goals in life. She related all these lifestyles to awareness and Knowledge on HIV-AIDS.

This was followed by various competitions organized for the school children. It included drawing, coloring, and debate, pick & speak and quiz competitions. The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

DAY 5 - 18.03.16- FRIDAY

On the fifth day, the same routine was followed in the morning, amidst the hot weather. The volunteers were up by 5:30 am, finished their daily routine of flag hoisting and NSS prayer.

After the breakfast, at 8.30 am, the volunteers were involved in the morning session of the camp. This day was scheduled for Dental health check up by the renounced doctors of JSS Dental College. The camp started of at 9.30 am and many people were benefitted from the health check up programme. Around

70 people were benefited, as most of them were given free treatment. Around 15 Extractions, 20 Fillings and around 30 scalings were done. Also, screening for complete dentures were done and the patients were taken to Jss dental hospital and given the dentures at the least discounted cost.

The programme concluded by 2.00 pm. The volunteers had their lunch and relaxed until 3.00 pm. It was then followed by a guest lecture, by Professor C.G. Saraswathi, retired Professor of Food and nutrition, Mysuru University. She gave a lecture on '*Food and nutrition*'. She spoke about the importance of following a proper balanced diet. She also highlighted the importance of fruits and vegetables to help maintain a balanced diet and about the blood related disorders. Also, a survey was done in order to know the general body mass index of the children. The children with very low body mass index were told how they can improve their height and weight. Several villages and staff of JSS Dental College also attended the camp and made the programme a great success. In the evening, the volunteers were engaged in sports activities like cricket and volleyball with the youth of the village until they were completely exhausted at 8.00 pm.

The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

DAY 6- 19.03.2016-SATURDAY

The sixth day was the last day for conducting the camp. The day commenced as usual with the hoisting of the flag and singing of the NSS prayer after which the breakfast was served at 8.00 am to all the volunteers. In the morning session of this day, a cardiac camp was organized where check-up and treatment was done. About 150 patients were diagnosed and given the treatment.

It was lead by the eminent doctors of JSS medical hospital. On this day, around 120 echocardiograms were done and blood pressures of all the patients were checked. The patients were distributed with drugs including calcium, multi vitamins, analgesics, antipyretics and antacids tablets in the cam, accordingly. The programme went up to 4:00 pm.

The programme was a great success. The busy day concluded and the NSS volunteers had dinner at 9 pm. The daily report was submitted and a meeting was held at 10 pm regarding the daily activity of the camp and the preparation to be done for the next day's proposed activities.

In the evening a 'street play' was performed, which mainly portrayed the importance of general health & hygiene and the importance of consulting doctors in case of health issues. It was a huge success. The volunteers had dinner by 9.00 pm, after the street play. The daily meeting was held at 10.00 pm where the events that took place that day were discussed and also about the valedictory function for the next day.

DAY 7- 20.03.2016- SUNDAY

This was the final day of the educative and informative NSS special camp. The day as usual started at 5.30 am which was followed by the daily routine. The NSS flag was hoisted. The NSS prayer was sung by the NSS volunteers, which was followed by the exercise and a light breakfast at 8.00 am.

Everyone started preparing for the valedictory function, which was scheduled to start at 10.00 am. The chief guests for the day were Sri. Harish. G. D. The other guests present for the valedictory function included Sri. Anilkumar Gujjari, Principal, JSS Dental college and Hospital, Mysuru, and Sri. Veerabhadraswamy, superintendent, JSSDCH, Mysuru. The programme began with an invocation song

by the school children. Dr Ravi M.B., NSS programme officer, welcomed the Chief guests and the 6 days camp report was read.

The chief guest, Sri. Harish G. D, addressed the gathering and said, the NSS special camp was an excellent opportunity for the students to learn and understand human values. Dr. Anilkumar Gujjari thanked one and all for their co-operation in organizing the camp. The Principal, Vice principals and a few members who were present at the function were briefed about the events that took place in the camp which included various cultural activities, distribution of Medicines and street plays were done to educate the villager about oral health and general health. It was then followed by the prize distribution to the school children who excelled in various competitions that were conducted throughout the camp. The programme concluded with the National Anthem.

We concluded the NSS special camp and commenced our journey back home. We started from Hosakote at 2.00 pm and reached Mysuru by 2.45 pm. All volunteers reached home safely.

The NSS Volunteers shared their feelings of togetherness that they had experienced throughout the camp. They were happy that they were the part of this programme and this experience would change their outlook on life.









