NSS UNIT

Shri Vishnu College of Pharmacy, Vishnupur, Bhimavaram

Special Camp Report -2025-26

Name of the year 2025-26

Name of the college : Shri Vishnu College of Pharmacy

Name of the Principal and Telephone number : Dr. K. S. Nataraj

(o): 08816 250863

Name of the Programme officer &Tel No. Mr.S.Anil Kumar, M.Pharm

(o): 08816 250863

(o): 9010516699, 7989570751

Sl.No	Name of the Activity	Performance of programme with facts and figures
1.	Day1: Inauguration, Health Survey and Community Interaction	Place: Kovvada Date: 02-12-25 Time: 9.30 am to 5 pm No of Participants: 300 Quantum of work done: In the morning session volunteers conducted inauguration with Shri Shyam, Village secretary. In the afternoon students interacted with villagers for socioeconomic and health survey No of volunteers involved: 50
2.	Day 2 – Swachh Bharat Program Using LACTO Probiotic	Place: Kovvada Date: 03-12-25 Time: 9.30 am to 5 pm No of Participants:200 house holds Quantum of work done: LACTO a probiotic made from rice wash was use for waste management and volunteers created awareness to public on its usage No of volunteers involved: 50No of volunteers
3.	Day 3 – Plastic Waste Removal and Anganwadi Children Activities	Place: Kovvada Date: 04-12-25 Time: 9.30 am to 5 pm

		No of Participants: 50 Quantum of work done: Morning session volunteers cleared about 300 KG of plastic waste from the roads followed by lunch. Afternoon students continued plastic waste awareness and also conducted games for anganwadi children No of volunteers involved: 50No of volunteers
4.	Day4 – Disease Awareness on Diabetes and Hypertension and Waste Decomposer Distribution	Place: Kovvada Date: 05-12-25 Time: 9.30 am to 5 pm No of Participants: Quantum of work done: Volunteers conducted door to door awareness on hypertension and diabetes using leaflets No of volunteers involved: 50 No of volunteers
5.	Day5 –Preliminary Health Screening Camp	Place: Kovvada Date: 06-12-25 Time: 9.30 am to 5 pm No of Participants: 200 Quantum of work done: Volunteers conducted Preliminary health screening. BMI, BP and blood sugar was measured by volunteers and required counseling was provided No of volunteers involved: 50 No of volunteers
6.	Day 6 – Continued Health Screening and Health Counseling	Place: Kovvada Date: 07-12-25 Time: 9.30 am to 5 pm No of Participants: 120 Quantum of work done: Volunteers continued Preliminary health screening. BMI, BP and blood sugar was measured by volunteers and required counseling was provided No of volunteers involved: 50 No of volunteers
7.	Day7–CPR Demonstration	Place: Kovvada

	and Valedictory Program	Date: 08-12-25 Time: 9.30 am to 5 pm No of Participants: 150 students Quantum of work done: Volunteers Demonstarteed CPR technique to school children. Also conducted Health screening for School teachers No of volunteers involved: 50 No of volunteers

SHRI VISHNU COLLEGE OF PHARMACY, VISHNUPUR, BHIMAVARAM – 534202

National Service Scheme activities (2025-26)

Sl.No	Activity	Venue	Date
1	Day1: Inauguration, Health Survey and Community Interaction	Kovvada Village	02-12-25
2	Day 2 – Swachh Bharat Program Using LACTO Probiotic	Kovvada Village	03-12-25
3	Day 3 – Plastic Waste Removal and Anganwadi Children Activities	Kovvada Village	04-12-25
4	Day4 – Disease Awareness on Diabetes and Hypertension and Waste Decomposer Distribution	Kovvada Village	05-12-25
5	Day5 –Preliminary Health Screening Camp	Kovvada Village	06-12-25
6	Day 6 – Continued Health Screening and Health Counseling	Kovvada Village	07-12-25
7	Day7–CPR Demonstration and Valedictory Program	Kovvada Village	08-12-25

NSS PO

Principal

NSS Specal Camp Report-2025-2026 Academic Year

02-12-2025 to 08-12-2025 (07 Days)

Day 1 – Inauguration, Health Survey and Community Interaction -02-12-2025

The NSS camp at Kovvada village began with a formal inauguration by the Village Secretary, who emphasized the role of youth in rural development, public health promotion, and community empowerment. The inaugural session helped establish coordination between NSS volunteers and village administration, ensuring community participation in the camp activities. Following this, NSS volunteers conducted a door-to-door health survey to collect baseline information on age, occupation, lifestyle habits, existing illnesses, and access to healthcare services. This survey was crucial in identifying common health problems and socio-economic conditions of the village population.

Direct interaction with villagers allowed students to understand real-life challenges such as limited health awareness, delayed diagnosis of chronic diseases, and inadequate preventive practices. Villagers were encouraged to share their health concerns openly, creating trust and rapport. The activity was important for the community as it ensured that future NSS interventions were need-based and targeted. For students, it provided exposure to grassroots public health assessment and communication skills. Overall, the first day laid a strong foundation for effective community engagement, enabling better planning of health education, screening programs, and awareness activities for the benefit of the village population.

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NATIONALSERVICE SCHEME

SPECIAL CAMP (2025-26)

2nd to 8th December 2025

DAY 1 : Interaction of students with villagers and Disease survey

















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DAY 1 : Interaction of students with villagers and Disease survey



















Day 2 – Swachh Bharat Program Using LACTO Probiotic--03-12-2025

On the second day, NSS volunteers actively participated in the Swachh Bharat Abhiyan with a focus on promoting sustainable and eco-friendly sanitation practices. A key activity was the use of LACTO, a probiotic solution prepared from rice wash, for cleaning drains, stagnant water areas, and public spaces. Volunteers demonstrated the preparation method and explained how beneficial microorganisms help decompose organic matter, reduce foul odor, and control disease-causing pathogens.

This activity was highly significant for the village population as it introduced a low-cost, locally available, and environmentally safe alternative to chemical disinfectants. Villagers were educated about the harmful effects of chemical cleaners on soil and water and encouraged to adopt probiotic solutions for routine sanitation. Improved cleanliness helps reduce the breeding of mosquitoes and flies, thereby lowering the risk of vector-borne diseases such as dengue and malaria.

The Swachh Bharat activity also strengthened community awareness regarding personal and environmental hygiene. Students gained practical exposure to sustainable public health interventions, while villagers benefited from learning simple, cost-effective methods to maintain a clean and healthy living environment. The initiative promoted long-term behavioral change toward cleanliness and environmental responsibility.

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NAAC A

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NATIONALSERVICE SCHEME

SPECIAL CAMP (2025-26)

SWACHHATA HI SEVA 2024
17th September - 2nd October 2024
Swabhav Swachhata, Sanskaar Swachhata

2nd to 8th December 2025

DAY 2 : Swachatha Hi Seva



















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NATIONALSERVICE SCHEME

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2nd to 8th December 2025

SWACHHATA HI SEVA 2024

DAY 2 : Swachatha Hi Seva





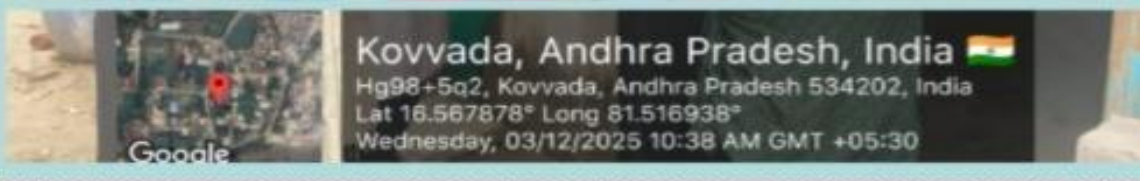












Day 3 – Plastic Waste Removal and Anganwadi Children Activities--04-12-2025

Day three focused on environmental protection through a village-wide plastic waste removal drive. NSS volunteers collected plastic waste from roadsides, open areas, drainage channels, and public places. The collected waste was segregated, and villagers were educated on proper disposal, recycling, and the dangers of indiscriminate plastic dumping. Awareness sessions highlighted the impact of plastic waste on soil fertility, water sources, livestock health, and human well-being.

This activity was crucial for the village as plastic waste contributes to environmental pollution and blocks drainage systems, increasing the risk of water stagnation and disease outbreaks. Volunteers emphasized the importance of reducing single-use plastics and adopting reusable alternatives. Alongside environmental activities, NSS volunteers conducted interactive games and learning sessions for Anganwadi children. These activities focused on basic hygiene, cleanliness, teamwork, and social behavior.

Engaging children at an early age helps instill lifelong habits related to sanitation and environmental responsibility. For the community, the combined approach of environmental cleanliness and child education created greater awareness and participation. For students, the activity enhanced leadership, creativity, and communication skills while reinforcing the importance of integrating environmental health with community development.

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2nd to 8th December 2025

SWACHHATA HI SEVA 2024

17th September - 2nd October 2024

Swabhav Swachhata, Sanskaar Swachhata

DAY 3 : Awareness on Plastic waste management















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Andhra Pradesh 534202, India,
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2nd to 8th December 2025

DAY 3 : Awareness on Plastic waste management



















Day 4 – Disease Awareness on Diabetes and Hypertension and Waste Decomposer Distribution- -05-12-2025

The fourth day was dedicated to health education focusing on non-communicable diseases, particularly diabetes mellitus and hypertension, which are increasingly prevalent in rural populations. NSS volunteers conducted awareness sessions explaining the causes, risk factors, symptoms, complications, and preventive measures in simple, understandable language. Emphasis was placed on lifestyle modifications such as balanced diet, reduced salt and sugar intake, regular physical activity, avoidance of tobacco, and periodic health checkups.

This awareness was vital for villagers as early recognition and proper management of these chronic diseases can prevent serious complications such as heart disease, stroke, kidney failure, and vision loss. Many villagers were unaware of silent conditions like hypertension, making this activity highly beneficial. Additionally, waste decomposer solutions were distributed along with informative leaflets explaining their use in organic waste management.

The decomposer helps convert household organic waste into compost, improving soil quality and reducing environmental pollution. This dual activity linked health promotion with environmental sustainability. The program empowered villagers with knowledge and practical tools to improve both personal health and village cleanliness, reinforcing preventive healthcare and eco-friendly practices.

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DAY 4 : Awareness on Common Chronic Disorders



















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DAY 4 : Awareness on Common Chronic Disorders





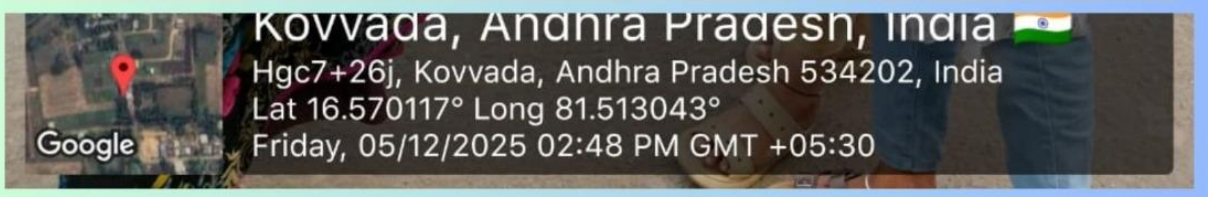












Day 5 – Preliminary Health Screening Camp--06-12-2025

On the fifth day, NSS volunteers organized a preliminary health screening camp aimed at early detection of common health problems among villagers. Measurements of Body Mass Index (BMI), blood pressure, random blood sugar levels, and hemoglobin were conducted under supervision. This screening was important for identifying conditions such as undernutrition, obesity, hypertension, anemia, and suspected diabetes at an early stage.

For the village population, early screening helps in timely medical intervention, reduces disease burden, and prevents complications. Many villagers had never undergone basic health assessments before, making this initiative highly impactful. Volunteers explained the significance of each parameter and provided basic counseling based on individual results. Those with abnormal findings were advised to seek further medical evaluation at nearby health centers.

This activity strengthened preventive healthcare awareness and encouraged villagers to monitor their health regularly. For NSS students, the camp provided hands-on experience in community health services, data collection, and patient counseling. The day highlighted the importance of early diagnosis, community-based screening, and the role of healthcare professionals in improving rural health outcomes.

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DAY 5: Medical Camp and Preliminary Health Screening





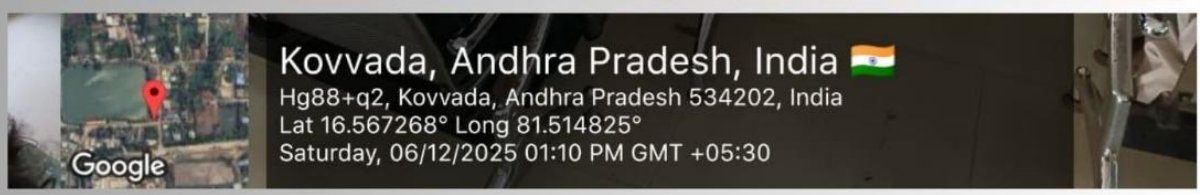












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2nd to 8th December 2025

DAY 5:Medical Camp and

Preliminary Health Screening



















Day 6 – Continued Health Screening and Health Counseling--07-12-2025

Day six continued the health screening program to ensure wider coverage of the village population. NSS volunteers systematically conducted measurements and maintained proper records. Special attention was given to vulnerable groups such as women, elderly individuals, and those with previously identified risk factors. Personalized health counseling sessions were conducted, focusing on nutrition, physical activity, anemia prevention, and blood pressure control.

This continuation was essential for the community as it ensured that no section of the population was left out of preventive health services. Villagers were also educated about government health schemes, free diagnostic services, and the importance of regular follow-up. Awareness regarding anemia among women and lifestyle-related disorders among adults was reinforced.

For students, the extended screening enhanced practical skills, teamwork, and empathy toward rural populations. The activity strengthened the bond between the NSS unit and the community, increasing trust and participation. Overall, the day emphasized continuity of care, community outreach, and the importance of sustained health interventions in improving long-term public health outcomes.

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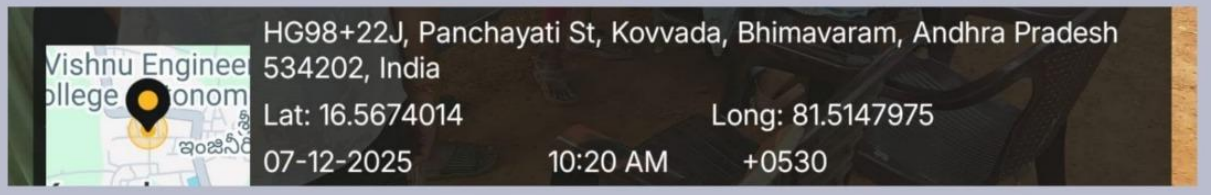












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DAY 6 : Medical Camp and Preliminary Health Screening



















Day 7 – CPR Demonstration and Valedictory Program---08-12-2025

The final day of the NSS camp featured a CPR (Cardiopulmonary Resuscitation) demonstration for secondary school students of Kovvada High School. NSS volunteers explained the importance of basic life support and early response during emergencies such as cardiac arrest, drowning, or accidents. A step-by-step demonstration of CPR techniques was provided, emphasizing chest compressions, responsiveness assessment, and emergency call procedures.

This activity was highly significant for the public as training young students in lifesaving skills increases community preparedness during medical emergencies. Early CPR can significantly improve survival outcomes, especially in rural areas where immediate medical help may not be available. The session was interactive, with students actively participating and clarifying doubts.

The NSS camp concluded with a valedictory program, reflecting on the week-long activities and their positive impact on the village. Volunteers shared their experiences, and appreciation was expressed by community members and school authorities. The camp fostered social responsibility, leadership, and empathy among students while leaving a lasting impact on health awareness and community well-being in Kovvada village.

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DAY 7: CPR Demo For ZPHS students and Awareness on Women Hygiene

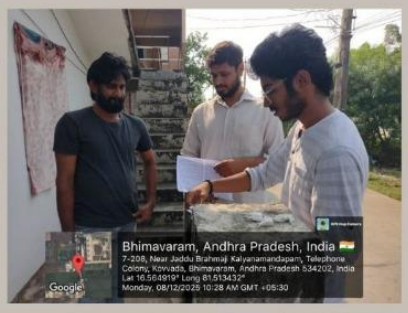




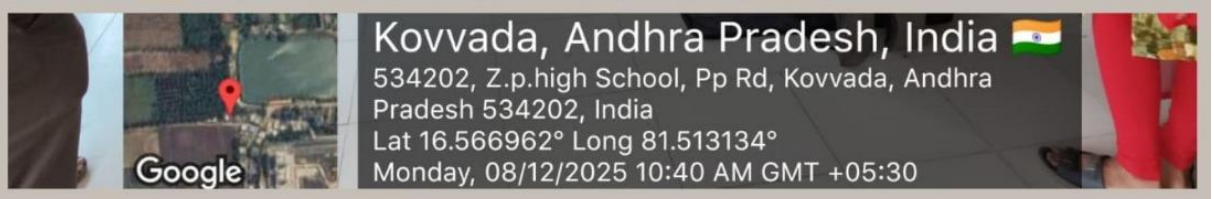












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శ్రీచక్ర

శ్రీ విష్ణు ఫార్మసీ కళాశాల ఎన్ఎస్ఎస్ ప్రత్యేక శిబిరం

భీమవరం డిసెంబర్ 6 శ్రీచక్ర భీమవరం విష్ణుపూర్లోని శ్రీ విష్ణు ఫార్మసీ కళాశాల ఎన్ఎస్ఎస్(జాతీయ సేవా పథకం) విభాగం ఆధ్వర్యంలో డిసెంబర్ 2 నుంచి 8 వరకు ఏడు రోజుల ప్రత్యేక శిబిరం జరుగుతోంది. శిబిరంలో భాగంగా విద్యార్థులు ప్రజలకు ఆరోగ్య-శుభ్రతపై అవగాహన కల్పించి, లాక్టో, ఓడబ్ల్యూడీసీ వంటి సహజ సూక్ష్మజీవ ఉపకరణాలు తయారీ, వినియోగంపై ప్రదర్శనలు నిర్వహించారు. శిబిరం ఐదో రోజు అయిన డిసెంబర్ 6న స్వచ్ఛంద సిబ్బంది ఉచిత వైద్య పరీక్షలు నిర్వహించారు. ఇందులో బీఎంఐ, రక్తపోటు, రక్తంలో గ్లూకోజ్ స్థాయిలు, హీమోగ్లోబిన్ పరీక్షలు జరపగా 120 మంది తమ ఆరోగ్య పరీక్షలు చేయించుకున్నారు. ఈ కార్యక్రమంలో కళాశాల ప్రధానోపాధ్యాయులు, పంచాయతీ కార్యదర్శి, అధికారులు, కళాశాల బోధక సిబ్బంది, విద్యార్థులు పాల్గొన్నారు.







ముగిసిన ఎన్ఎస్ఎస్ శిబిరం



గుండెపోటు సమయంలో ఎలా స్పందించాలో విద్యార్థులకు శిక్షణ ఇస్తున్న దృశ్యం

భీమవరం: స్థానిక విష్ణు ఫార్మసీ కళాశాల విద్యార్థులు కొవ్వాడ గ్రామంలో నిర్వహించిన జాతీయ సేవా పథకం ప్రత్యేక శిబిరం సోమవారం ముగిసింది. ఈ సందర్భంగా ఎన్ఎస్ఎస్ వలంటీర్లు గ్రామంలో ఆరోగ్య సర్వే నిర్వహించి ప్లాస్టిక్ వ్యర్థాల వల్ల కలిగే అనర్థాలు, స్వచ్ఛభారత్, డయాబెటీస్, హైపర్ టెన్షన్‌పై అవగాహన కల్పించారు. అలాగే స్కూల్ విద్యార్థులకు హృదయ పునరుద్ధరణపై శిక్షణ, ఆర్యోగ పరీక్షలు నిర్వహించారు.