

Report on NSS Camp at Mahatma Gandhi Govt. School Anantpura, Jaitpur

Date: 07/02/2025

Organized by: IIHMR University

Objective

The primary objective of the NSS camp was to promote health awareness and provide essential health services to the students of Mahatma Gandhi Govt. School, Anantpura, Jaitpur and nearby Community. The focus areas included:

- Conducting dental checkups to assess oral health among students and people of the community.
 - Raising awareness about breast cancer, menstrual hygiene, and healthy lifestyle practices.
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Activities Conducted

1. Dental Checkup and Oral Hygiene Awareness

A dedicated team of five students, including **Dr. Prachee Katakwar, Dr. Kalyani Chandan Jha, Dheeraj Kumar Kaushik, and Nibedita**, conducted dental examinations for approximately **75 students** aged **4 to 14 years** and 5 adults from the community.

Key Observations:

- High prevalence of **dental caries** among students.
- Common occurrence of **stains and calculus**, highlighting poor oral hygiene practices.

Awareness Session:

To address these concerns, the team conducted an interactive session on oral hygiene:

- Demonstrated the **correct brushing technique** using videos and live demonstrations.
 - Emphasized the importance of **regular dental checkups** and preventive care to maintain oral health.
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2. Health Awareness Session for Girls

The awareness team comprising **Dr. Archana Singh, Aarushi Saxena, and Harshita Jain** conducted an interactive session for around **23 girls** of age group **10 to 15 years**.

Topics Covered:

- **Breast Cancer Awareness:** Educated the students about breast cancer, focusing on **self-screening techniques** for early detection.
- **Menstrual Hygiene and Nutrition:**
 - Explained the **menstrual cycle** and its significance.
 - Emphasized the importance of **hygiene practices** during menstruation.

- Discussed the necessity of a **nutritious diet** for overall health and well-being.

Interactive Q&A Session:

The session concluded with an **open discussion**, where students actively participated and asked questions about the menstrual cycle, clarifying their doubts and misconceptions.

Learning Outcomes

For Students:

- **Increased Awareness:** Students became aware of their oral hygiene status, menstrual health, and the importance of a healthy lifestyle.
- **Practical Knowledge:** They learned practical skills like proper brushing techniques and self-screening for breast cancer.

For Volunteers:

- **Exposure to Rural Health Challenges:** Volunteers gained insights into the **lack of awareness** among rural students regarding basic oral hygiene and menstrual health.
 - **Community Engagement Experience:** The camp provided valuable experience in community health promotion and interactive education.
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Acknowledgments

The success of the NSS camp was made possible under the guidance of:

- **Dr. Gautam Sadhu sir**
- **Anupam Mehrotra sir**
- **Ram Babu sir (Our Alumni)**

Their support and the **dedication of NSS volunteers** played a pivotal role in the effective execution of the camp.

Conclusion

The NSS camp at Mahatma Gandhi Govt. School, Anantpura, was a **remarkable success**, effectively spreading awareness about oral hygiene, breast cancer, menstrual health, and healthy lifestyle practices. The event fostered a positive learning environment for both students and volunteers, paving the way for more community-centric health initiatives in the future.

Chandan Jha & Aarushi Saxena
(NSS Volunteers, IIMMR University)



Dental Camp at Mahatma Gandhi Govt. School



NSS students along with participants in awareness camp



NSS Volunteers along with students of Mahatma Gandhi Govt. School

Mahatma Gandhi Govt. School Anantpura, Jaitpur

Breast cancer Awareness Session for Girls

S.No.	Name	Age	Sex	Ever heard about it	Health education	Demonstration
1	Barsh A Sharma	13	F	No	Yes	No
2	Priyanshi Sharma	10	F	No	Yes	No
3	Anjalisharma	11	F	No	Yes	No
4	Gunjan Sharma	12	F	No	Yes	No
5	Ananya Sharma	12	F	No	Yes	No
6	Sonakxi Sharma	14	F	No	Yes	No
7	Nisha Barma	12	F	No	Yes	No
8	Bijayashree Pancholi	13	F	Yes	Yes	No
9	Payel Barma	12	F	No	Yes	No
10	Yogita Sharma	13	F	No	Yes	No
11	Muskan Sharma	14	F	Yes	Yes	No
12	Tanu Sharma	14	F	Yes	Yes	No
13	Payel Sharma	14	F	Yes	Yes	No
14	Palak Sharma	13	F	No	Yes	No
15	Ayushii Sing	13	F	No	Yes	No
16	Jay Krishna	15	F	Yes	Yes	No
17	Priyanshi Sharma	15	F	Yes	Yes	No
18	Riya Yadav	14	F	Yes	Yes	No
19	Akansa	12	F	No	Yes	No
20	Anjali Mina	13	F	No	Yes	No
21	Sagun Pancholi	11	F	No	Yes	No
22	Ankita Sharma	13	F	No	Yes	No
23	Gunjan Sharma	13	F	No	Yes	No

Mahatma Gandhi Govt. School Anantpura, Jaitpur, Chomu

Dental Camp

Sl. No.	Name	Age	Sex	Occupation	Marital Status	Past Medical/ Dental History	Consumption of tobacco & Alcohol.	Frequency of consumption	Daily brushing frequency.	Bleeding Gums	Any intra oral Lesion	TOP (+/-)	MOBILITY	CARIES
1	Riyansu	4	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
2	Aksara	4	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
3	Yogita Barma	4	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	5D
4	Siya	4	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	6D
5	Labanya	5	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
6	Saksi	5	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
7	Harsita	3	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
8	Suriya Dev Pancholi	5	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
9	Keshav	7	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
10	Modit Bharadwaj	6	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	7D
11	Nayra	6	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
12	Anaya	7	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
13	Ritwik	8	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
14	Nidhi Sen	8	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
15	Radhika	9	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
16	Hardik	9	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
17	Piyush	9	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
18	Bhavna	10	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
19	Aliya	10	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
20	Samar	10	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT

21	Rittik Sharma	10	M	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
22	Ariyan	11	M	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
23	Sagun Pancholi	11	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
24	Ankita Sharma	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
25	Gunjan Sharma	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
26	Barsh A Sharma	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	5D
27	Priyanshi Sharma	10	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
28	Anjalisharma	11	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
29	Gunjan Sharma	12	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
30	Ananya Sharma	12	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
31	Sonakxi Sharma	14	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
32	Nisha Barma	12	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
33	Bijayashree Pancholi	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
34	Payel Barma	12	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
35	Yogita Sharma	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
36	Muskan Sharma	14	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
37	Tanu Sharma	14	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	YES	NO	NO	ABSENT
38	Payel Sharma	14	F	STUDENT	NIL	NO	NIL	NIL	TWICE	NO	NO	NO	NO	ABSENT
39	Palak Sharma	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
40	Ayushii Sing	13	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
41	Jay Krishna	15	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
42	Priyanshi Sharma	15	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
43	Riya Yadav	14	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT
44	Akansa	12	F	STUDENT	NIL	NO	NIL	NIL	0NCE	NO	NO	NO	NO	ABSENT

45	Anjali Mina	13	F	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
46	Himanshu	15	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
47	Ranvir	15	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
48	Vijay Sharma	17	M	STUDENT	NIL	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
49	Sitaram Sharma	35	M	FARMER	YES	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
50	Prahlad Sharma	32	M	BUSINESS	YES	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
51	Devik Sharma	6	m	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
52	Manika	4	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
53	Kunj	7	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
54	Ganesh Sharma	7	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
55	Lammi Bulbar	8	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
56	Shammi	7	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
57	Navya	8	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
58	Mahender	9	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	YES	NO	NO	ABSENT
59	Radhika Kummawat	8	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
60	Aayushi Sharma	10	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
61	Lovy Mishra	10	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
62	Vikas	10	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
63	Priyanshu	10	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
64	Gaurav	10	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
65	Tejaswini	9	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	6D
66	Taniska Sen	9	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
67	Aaradhya Sharma	12	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
68	Prince Sharma	11	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
69	Himanshu Sharma	11	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT

70	Abhijit Sharma	13	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	YES	NO	NO	ABSENT
71	Aditya	13	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
72	Priyanshu Sharma	14	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	5D
73	Vivek Sharma	14	M	STUDENT	NO	NO	NIL	NIL	TWICE	NO	NO	NO	NO	ABSENT
74	Lucky Sharma	14	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
75	Vikram Sharma	14	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
76	Muskan Sharma	14	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	5D
77	Janvi Kumawat	14	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
78	Preeti	14	F	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT
79	Abhinav Meena	15	M	STUDENT	NO	NO	NIL	NIL	ONCE	NO	NO	NO	NO	ABSENT