

National Service Scheme



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He is working as Assistant Professor at **Apollo College of Pharmacy, Durg, Chhattisgarh, India**, he is represent as NSS program officer , he has good teaching experience, he has completed his **M. Pharm (Pharmacology)** from **School of Pharmacy, LNCT University Bhopal (M.P), India** in the year 2022 and he has completed his **B. Pharm from Columbia Institute of Pharmacy, Raipur, Chhattisgarh, India** in the year 2020. **In academics he has college topper & University Gold Medalist**, He has published more than 65 scientific research and review article in reputed Pharmacy Journals with good impact factor (**Scopus, international and web of sciences**),he is board member of **Acta pharmaceutical science journal** he is also a good reviewer in various Pharmacy journal like Cardiology and Angiology: An International Journal, Biosciences Biotechnology Research Asia and Austin Publishing. He has participated in many conferences and webinar like Society of Pharmaceutical Sciences and Research (SPSR). He is publish 5 book chapter in pharmacy publication house, like South Asia academic publication in Current Trends in Multidisciplinary Sciences-Vol-10 , Antimalaria And Anti- Inflammatory Activities New Chloroquine And Primaquine Hybrids Targeting: The Blockade Of Malaria Parasite Transmission , Helmand book publication "Advanced Trends in Multidisciplinary Research (Volume - 3)" "Skin Ageing: Introduction and Treatments". AkiNik Publications "A Review on the Clinical Management

of Pruritus in Patients: Current Treatment Options and Future Approaches" "Research Trends in Medical Sciences (Volume - 31)". He has published 15 practical books in different publication houses. He has expertise in experimental animal handling. He has guided more than 9 UG students in projects. His research area includes Antimalarial and anti-inflammatory activities of new chloroquine and primaquine hybrids: Targeting the blockade of malaria parasite transmission.



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Currently, she is working as a Professor & Principal at Apollo College of Pharmacy, Anjora, Durg (C. G.). She has 20 years of academic and research experience in various institutions. She has completed her Ph.D. from faculty of Pharmacy, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat, M. Pharm in Pharmaceutical Chemistry from School of Pharmacy, Devi Ahilya Vishwavidyalaya, Indore (M. P.) in the year 2004 and Bachelor in Pharmacy from B. R. Nahata College of Pharmacy affiliated to Rajiv Gandhi Technical University Bhopal, M.P. in 2002. She has received Research Fellowship of UGC-BSR RFSMS from year 2013-2016 and AICTE from 2002-2004. She has qualified GATE-2002. Her research areas include Impurity profiling and Degradation study, Chiral separation, AQBd based method optimization and Validation, Stability indicating assay method, Analytical method development and validation, Bioanalytical method development and pharmacokinetic studies, Isolation & Separation of herbal extracts, and 3D QSAR analysis and Molecular modeling, Drug synthesis and

purification. She has completed research grant funded by Chhattisgarh Swami Vivekanand Technical University, Bhilai Chhattisgarh, India (COLLOBORATIVE RESEARCH PROJECT UNDER TEQIP-III; Phase-IV). She has published more than 45 research/review papers, authored several books and book chapters; Presented more than 40 oral/posters and organized several conferences, seminars and attended several Faculty Development Program and Quality Improvement Program and delivered expert talks in various conference/workshop etc. She has guided many M. Pharm and PhD students.

National Service Scheme (NSS)

"राष्ट्रीय सेवा योजना", जो भारत सरकार, युवा मामले और खेल मंत्रालय द्वारा संचालित एक केंद्रीय क्षेत्र की योजना है, जिसका उद्देश्य युवाओं को सामुदायिक सेवा में शामिल करके उनके व्यक्तित्व का विकास करना है।



Program officer dairy
Mr. Hari Prasad Sonwani
NSS program officer
NATIONAL SERVICES SCHEME(NSS) REPORT 2024-25



APOLLO COLLEGE OF PHARMACY , DURG



**Affiliated to Chhattisgarh Swami Vivekanand Technical University,
Bhilai**



NSS unit	100
Program Officer	Mr. Hari Prasad Sonwani
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List of activity report 2024-25

1. National youth day 12-16 January



The National Youth Day or Rashtriya Yuva Divas is celebrated on 12th January every year in commemoration of the great spiritual leader, philosopher and thinker Swami Vivekananda, whose unwavering belief in potential of youth continues to resonate deeply with young citizens of the country.

India celebrates National Youth Day (also known as Vivekananda Jayanti or Rashtriya Yuva Diwas) on January 12th, commemorating the birth anniversary of Swami Vivekananda, a renowned philosopher and spiritual leader.

Here's a more detailed look:

- **Why it's celebrated:**

The day aims to inspire and empower the youth by promoting Vivekananda's teachings, which emphasize strength, purity, patience, perseverance, and selfless service.

- **Swami Vivekananda:**

He was a Hindu monk, philosopher, and spiritual teacher who played a key role in promoting interfaith understanding and introducing Hinduism to the global stage.

- **Significance:**

National Youth Day recognizes the potential of India's youth as catalysts for social change and nation-building.

- **How it's observed:**

Celebrations include seminars, workshops, cultural programs, discussions, rallies, and campaigns addressing issues such as education, employment, environment, and social justice.

- **National Youth Festival:**

The Ministry of Youth Affairs and Sports organizes the National Youth Festival (NYF) annually to commemorate the birth anniversary of Swami Vivekananda.

- **NYF 2025:**

The theme of NYF 2025 is "Innovation in Science and Technology".

- **History:**

The Indian government declared January 12 as National Youth Day in 1984, with the first celebration taking place in 1985

2. National Voters Day, 25 January



National Voters' Day is celebrated annually in India on 25 January to mark the foundation day of Election Commission of India. It established by the Government of India in order to encourage more young voters to take part in the political process, and first celebrated 25 January 2011.

3. Republic Day, 26th of January



India celebrated its 76th Republic Day (26th January 2025), with the theme 'Swarnim Bharat: Virasat aur Vikas,' highlighting military strength, development, and cultural diversity, with Indonesian President Prabowo Subianto as the chief guest, India as a sovereign democratic republic completed 75 years of its eventful journey on Sunday (January 26, 2025), with the stage set at the Kartavya Path in the national capital and celebration across the country and world.

History

- India gained independence from Britain on August 15, 1947, which is celebrated as Independence Day.
- The Constituent Assembly of India drafted the Constitution, which was adopted on January 26, 1950.
- The Constitution replaced the Government of India Act of 1935.
- The date of January 26 was chosen to recognize the Purna Swaraj resolution of the Indian National Congress in 1930.

Celebrations

- The celebrations include a parade in New Delhi that showcases India's military might and cultural heritage.

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- The Beating Retreat ceremony is a military tradition that marks the end of the day's celebrations.
 - The ceremony features military bands, pipes and drums, buglers, and trumpeters from the Army, Navy, and Air Force.

Significance

Republic Day celebrates the establishment of a government by the people, for the people. It also celebrates the country's transition to a sovereign democratic republic.

13/04/2024 Sveep Awareness program



SVEEP is the flagship program of the Election Commission of India for voter education, spreading voter awareness and promoting voter literacy in India. It is a multi-intervention programme that reaches out through different modes and media to educate citizens, electors, and voters about the electoral process in order to increase their awareness and promote their informed participation. SVEEP is designed according to the socio-economic, cultural, and demographic profile of the state as well as history of electoral participation in previous rounds of elections. The Commission produces several voter awareness materials and disseminates the same through various mediums/platforms of communication i.e Print Media, Electronic Media, Social Media



Ambedkar Jayanti or Bhim Jayanti Bhim Jayanti, also known as Ambedkar Jayanti, is celebrated on 14th April every year to honor the memory of B. R.

Ambedkar, a renowned Indian politician and social reformer who was born on the same day in 1891. In some parts of India, it is also known as 'Equality Day'.

- **Who is Dr. B.R. Ambedkar?**

Dr. Ambedkar was a key figure in Indian history, known for his contributions to:

- **Drafting the Indian Constitution:** He served as the chairman of the Constitution Drafting Committee, playing a pivotal role in shaping India's democratic framework.
- **Social Reform:** He dedicated his life to fighting against social discrimination, particularly against Dalits (formerly known as "untouchables") and advocating for their rights and equality.
- **Political Leadership:** He served as the first Law Minister of Independent India and was a prominent voice for social justice and equality.
- **Why is Bhim Jayanti celebrated?**
 - To honor the memory and legacy of Dr. Ambedkar, a man who championed social freedom and equality.
 - To reflect on the ongoing journey towards social justice and equality in India.
 - Some also refer to it as "Equality Day".
- **How is Bhim Jayanti celebrated?**
 - People pay respects to his statues and portraits with garlands.
 - Cultural events and discussions pertaining to Ambedkar's life are common.
 - In some places, it is observed as a public holiday.
- **When is Bhim Jayanti celebrated?**

April 14th, the date of Dr. Ambedkar's birth (born in 1891).

05/06/2024 World Environment Day



The theme for 2024, "Our Land, Our Future. We are #Generation Restoration," emphasizes the importance of restoring land, combating desertification, and enhancing resilience to drought. Millions of people from governments, businesses, civil society, and educational institutions participate annually to raise awareness and take action on environmental issues, aiming to protect the planet's future. The theme for 2024, "Our Land, Our Future

World Environment Day, celebrated annually on June 5th, is the largest global platform for environmental public outreach, led by the United Nations Environment Programme (UNEP), to raise awareness and take action on pressing environmental issues.

Here's a more detailed overview:

History and Purpose:

- Established by the UN General Assembly in 1972, with the first celebration taking place in 1973.
- It's the biggest international day for the environment, serving as a platform to inspire positive change and promote environmental action.
- The day aims to encourage awareness and action on environmental protection, with the goal of preserving and enhancing the environment.

Key Focus Areas:

- **Raising Awareness:**

World Environment Day aims to raise awareness about various environmental issues, including climate change, pollution, biodiversity loss, and sustainable consumption.

- **Driving Action:**

It encourages governments, businesses, civil society, and individuals to take action to protect the planet.

- **Promoting Solutions:**

The day serves as a platform to showcase and promote innovative solutions to environmental challenges.

World Environment Day 2025:

- The theme for World Environment Day 2025 is "Putting an End to Global Plastic Pollution".
- The Republic of Korea will host the global celebrations.

How to Participate:

- **Join Campaigns:**

Participate in local and global campaigns related to environmental issues.

- **Spread Awareness:**

Share information about World Environment Day and environmental issues on social media and in your communities.

- **Take Action:**

Make conscious choices to reduce your environmental impact, such as reducing plastic consumption, conserving water, and using sustainable transportation.



2024 Theme: Yoga for self and society

This year marks the 10th International Day of Yoga with the theme “Yoga for Self and Society.” Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day.

Yoga is an ancient practice originating in India, encompassing physical postures (asanas), breathing techniques (pranayama), and meditation, aiming to promote physical and mental well-being, and spiritual growth.

Here's a more detailed look at yoga:

Origins and History:

- Yoga's roots lie in ancient Indian philosophy, with practices dating back thousands of years.
- The word "yoga" comes from the Sanskrit root "yuj," meaning "to join" or "to yoke," signifying the union of the individual self with the universal consciousness.
- Yoga was initially a spiritual discipline, but has evolved to be a popular form of exercise and stress management.

Key Components:

- **Asanas (Postures):**

Yoga postures are designed to stretch and strengthen muscles, improve flexibility, and enhance balance.

- **Pranayama (Breathing Techniques):**

Controlled breathing exercises are used to calm the mind and body, and increase energy.

- **Meditation (Dhyana):**

Yoga incorporates meditation practices to promote focus, reduce stress, and cultivate inner peace.

Benefits of Yoga:

- **Physical Benefits:**

Yoga can improve strength, flexibility, balance, and overall physical health.

- **Mental and Emotional Benefits:**

Yoga can reduce stress, anxiety, and depression, and improve mental clarity and focus.

- **Spiritual Benefits:**

Yoga can foster self-awareness, compassion, and a deeper connection to oneself and the world.

Types of Yoga:

- There are numerous styles of yoga, each with its own unique focus and approach, such as Hatha, Vinyasa, Yin, and Restorative yoga.
- Some yoga practices are more physically demanding, while others are gentler and more focused on relaxation and meditation.

Yoga and Modern Life:

- Yoga has gained immense popularity worldwide, with people of all ages and backgrounds practicing it for its numerous benefits.
- Yoga can be practiced in studios, gyms, or at home, making it accessible to a wide audience.

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- Yoga is not a religion, but it draws upon ancient spiritual traditions, and can be practiced by people of all faiths or none.



Kargil Vijay Diwas (lit. 'Kargil Victory Day') is celebrated every year on 26 of July in India, to observe India's victory over Pakistan in the Kargil War for ousting Pakistani Forces from their occupied positions on the mountain tops of Northern Kargil District in Ladakh in 1999. Initially, the Pakistani army denied their involvement in the war, claiming that it was caused by the Kashmiri militants. However documents left behind by casualties, testimony of POWs and later statements by the Prime Minister of Pakistan Nawaz Sharif and Pakistan Army Chief of Army Staff Pervez Musharraf pointed to the involvement of the Pakistani paramilitary forces, led by General Ashraf Rashid.

Kargil Vijay Diwas, observed annually on July 26th, commemorates India's victory in the 1999 Kargil War, honoring the bravery and sacrifice of Indian soldiers who defended the nation's sovereignty.

Here's a more detailed look at Kargil Vijay Diwas:

- **What it commemorates:** Kargil Vijay Diwas marks the victory of the Indian Armed Forces in the Kargil War of 1999, a conflict that took place in the Kargil district of Jammu and Kashmir.
- **The Kargil War:** The war began when Pakistani soldiers and militants infiltrated the Indian side of the Line of Control (LoC) and occupied strategic heights in the Kargil region.

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- **Operation Vijay:** The Indian Army launched "Operation Vijay" to reclaim the occupied territories, and the Indian Air Force also played a crucial role in the operation, designated as "Operation Safed Sagar".
 - **Significance:** Kargil Vijay Diwas is a day to remember and honor the courage and sacrifice of the Indian soldiers who fought valiantly in the Kargil War, ultimately ensuring the victory and reclaiming the lost territories.
 - **Date:** It is observed annually on July 26th.
 - **25th Anniversary:** In 2024, the 25th anniversary of Kargil Vijay Diwas was celebrated.
 - **National Pride:** The day serves as a reminder of the nation's strength and resilience, and a unifying moment of national pride and gratitude.



August , is recognized as International Overdose Awareness Day the world's largest annual campaign to end overdose, remember those we have lost to an overdose, acknowledge the grief of the family and friends left behind, and renew our commitment to end overdose and related harms.

12/08/2024 , World Elephant Day



World Elephant Day is celebrated every year on the 12th August to bring awareness to the status of Asian and African elephants in the wild. The theme for 2024 is “Personifying prehistoric beauty, theological relevance, and environmental importance”

World Elephant Day, observed annually on August 12th, is a global initiative dedicated to raising awareness about the plight of elephants and promoting their conservation, particularly addressing threats like poaching, habitat loss, and human-elephant conflict.

Here's a more detailed look:

Purpose and Goals:

- **Raise Awareness:**

The primary goal of World Elephant Day is to bring attention to the challenges faced by both Asian and African elephants, both in the wild and in captivity.

- **Promote Conservation:**

It aims to encourage action and support for organizations working to protect elephants and their habitats.

- **Share Knowledge:**

The day serves as a platform to share knowledge and positive solutions for the better care and management of elephants.

- **Address Threats:**

World Elephant Day highlights the urgent need to address threats like poaching, habitat loss, human-elephant conflict, and mistreatment in captivity.

History and Origins:

- World Elephant Day was established in 2012 by Patricia Sims and the Elephant Reintroduction Foundation of Thailand.
- The first World Elephant Day was celebrated on August 12, 2012.
- It has grown into a global movement with partnerships with numerous elephant conservation organizations worldwide.

Key Issues:

- **Poaching and Illegal Trade:**

The illegal poaching and trade of ivory and other wildlife products are major threats to elephant populations.

- **Habitat Loss:**

Elephants are losing their natural habitats due to deforestation, urbanization, and agricultural expansion.

- **Human-Elephant Conflict:**

Conflicts between humans and elephants over land and resources can lead to retaliatory killings of elephants.

- **Mistreatment in Captivity:**

Many elephants are kept in captivity for tourism or other purposes, often in conditions that are not conducive to their well-being.

What You Can Do:

- **Support Conservation Organizations:** Donate to or volunteer with organizations working to protect elephants and their habitats.
- **Educate Yourself and Others:** Learn about the threats facing elephants and share information with others.
- **Advocate for Change:** Support policies and actions that protect elephants and their habitats.

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- **Choose Ethical Tourism:** Avoid activities that exploit elephants, such as riding or bathing them.



Ragging is a disturbing reality in the higher education system of our country. Despite the fact that over the years ragging has claimed hundreds of innocent lives and has ruined careers of thousands of bright students, the practice is still perceived by many as a way of "familiarization" and an "initiation into the real world" for young college-going students. Other organizations/bodies working in this field have also attempted to define ragging, the variety of definitions being reflective of differences in perspective.

Anti-ragging refers to measures and policies aimed at preventing and punishing the practice of "ragging," which involves any form of harassment, bullying, or coercion of students, especially freshers, in educational institutions.

Key aspects of anti-ragging:

- **Definition:**

Ragging is defined as any act of physical or mental abuse (including bullying and exclusion) targeted at another student on the basis of their appearance, attire, religion, caste, ethnicity, gender, nationality, regional origins, linguistic identity, or place of origin.

- **Legal Framework:**

The Supreme Court banned ragging across India in 2001, and the Prohibition of Ragging Act, 2011, outlines penalties for those who participate in or abet ragging, including imprisonment and fines.

- **University Grants Commission (UGC) Role:**

The UGC has established a national anti-ragging helpline (1800-180-5522) and a website (www.antiragging.in) to address ragging issues and promote awareness.

- **Anti-Ragging Committees:**

Educational institutions are mandated to form anti-ragging committees to investigate complaints, monitor the performance of anti-ragging squads, and ensure compliance with anti-ragging regulations.

- **Penalties:**

Punishments for ragging can include cancellation of admission, rustication from the institution, expulsion, and debarring from admission to other institutions.

- **Online Undertaking:**

Students are required to submit an online anti-ragging undertaking, promising not to indulge in or tolerate ragging.

15/08/2024 , Independence Day



78th Independence Day. Considering that we are celebrating 77 years of independence, this may sound contradictory. But August 15, 1948, marked the first anniversary of independence.

India's Independence Day, celebrated annually on August 15th, commemorates the nation's independence from British rule in 1947, marking the end of British Raj and the beginning of a free and sovereign India.

Here's a more detailed look:

- **Historical Context:**

On August 15, 1947, India gained independence after a long struggle led by the Indian Independence Movement, culminating in the passage of the Indian Independence Act by the British Parliament.

- **Partition:**

The Indian Independence Act also led to the partition of the Indian subcontinent into India and Pakistan, with the transfer of legislative sovereignty to the Indian Constituent Assembly.

- **Celebrations:**

Independence Day is celebrated with various traditions, including flag hoisting by the Prime Minister at the Red Fort in Delhi, parades showcasing India's

cultural diversity and military strength, and cultural programs in schools and institutions.

- **Significance:**

This day is a time to remember the sacrifices of freedom fighters and to reflect on the nation's journey towards independence and progress.

- **Theme for 2024:**

The theme for the 78th Indian Independence Day in 2024 is "Viksit Bharat," reflecting the government's vision of transforming India into a Developed Nation by 2047.

- **Red Fort:**

The Red Fort in Delhi holds special significance as the location where the Prime Minister hoists the national flag and addresses the nation on Independence Day.



Every year, India celebrates National Teachers' Day on September 5th in honour of Dr Sarvepalli Radhakrishnan's birth anniversary, recognizing his immense contributions and achievements. The reason why Teacher's day is celebrated on 5th September is to commemorate the birth anniversary of Dr Sarvepalli Radhakrishnan. He was born on 5th September 1888 and was a great teacher, politician, author, philosopher; and also received Bharat Ratna.

In India, Teachers' Day, celebrated annually on September 5th, honors the contributions of educators and also marks the birth anniversary of Dr. Sarvepalli Radhakrishnan, a renowned scholar, philosopher, and former President of India.

Here's a more detailed explanation:

- **Significance:**

Teachers' Day is a day to recognize and appreciate the dedication and hard work of teachers, who play a crucial role in shaping the future of the nation.

- **Dr. Sarvepalli Radhakrishnan:**

- He was a distinguished scholar, philosopher, and India's second President.
- He strongly advocated for education and recognized the pivotal role of teachers.
- He was born on September 5, 1888.

- **How it started:**

- Dr. Radhakrishnan's students wanted to celebrate his birthday, but he suggested that instead, the day be dedicated to honoring teachers across the country.
- This idea was embraced, leading to the establishment of September 5 as Teachers' Day in India.

- **Celebrations:**

- Schools and institutions mark the occasion with various events and activities to show appreciation for teachers.
- In some schools, senior students take the responsibility of teaching to show their appreciation.

- **Beyond the Day:**

- Teachers' Day is a reminder of the importance of education and the impact teachers have on shaping a better future.
- It's an opportunity to express gratitude to teachers for their dedication and hard work.

25/09/2024 , World Pharmacist Day



World Pharmacists Day is a global healthcare event celebrated on September 25th every year since 2009. It commemorates the anniversary of the International Pharmaceutical Federation, which was established in 1912 to recognize the vital role of pharmacists in healthcare systems around the globe.

World Pharmacists Day, observed annually on September 25th, is a global initiative led by the International Pharmaceutical Federation (FIP) to recognize and celebrate the vital role of pharmacists in building healthier communities and meeting global health needs.

Here's a more detailed look at World Pharmacists Day:

Key Aspects:

- **Date:** September 25th.
- **Organizer:** International Pharmaceutical Federation (FIP).
- **Purpose:**
 - To acknowledge and appreciate the contributions of pharmacists to global health.
 - To highlight the importance of pharmacists in healthcare systems.
 - To raise awareness about the role of pharmacists in ensuring safe and effective medication use.

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- To promote the value of the pharmacy profession and its potential to further enhance global health outcomes.
 - **FIP's Role:** FIP, a non-governmental organization representing millions of pharmacists, pharmaceutical scientists, and pharmaceutical educators, established the day to mark its own anniversary, which falls on September 25th.
 - **Global Impact:** World Pharmacists Day is celebrated worldwide, with events and activities organized by FIP members and other organizations to raise awareness and celebrate the profession.
 - **2024 Theme:** "Pharmacists: Meeting Global Health Needs".
 - **Significance:** Pharmacists play a crucial role in healthcare, providing essential services such as dispensing medications, counseling patients, and promoting healthy behaviors.



Swachhata Shapath Programme:

A programme was organized where all students and staff participated in taking a pledge for Swachhata. Students spoke about the importance of cleanliness and took a pledge to maintain it and Updation of website and social media platforms of University are updated with Swachhata awareness message was done.

Cleanliness, encompassing both personal hygiene and environmental upkeep, is crucial for maintaining health, preventing disease, and promoting a pleasant and functional living environment.

Here's a more detailed look at the concept of cleanliness:

What is Cleanliness?

- **Definition:**

Cleanliness refers to the state of being clean and free from dirt, germs, and other impurities.

- **Habit and State:**

It's both a state of being and a habit of achieving and maintaining that state.

- **Importance:**

Cleanliness is essential for good health, hygiene, and creating a pleasant environment.

- **Scope:**

Cleanliness extends to personal hygiene, cleaning homes, workplaces, and public areas, as well as maintaining a clean and healthy environment.

Why is Cleanliness Important?

- **Health:**

Cleanliness helps prevent the spread of diseases and promotes overall health.

- **Hygiene:**

Good hygiene practices, such as handwashing and regular bathing, are crucial for maintaining cleanliness and preventing illness.

- **Environment:**

Cleanliness in public areas and natural surroundings is important for maintaining a healthy and pleasant environment for everyone.

- **Mental Well-being:**

A clean and organized environment can contribute to a sense of calm and well-being.

- **Social Responsibility:**

Maintaining cleanliness is a social responsibility, as it contributes to the health and well-being of the community.

- **Economic Impact:**

Clean and well-maintained areas can attract tourists and businesses, boosting the local economy.

How to Maintain Cleanliness:

- **Personal Hygiene:**

Regular bathing, handwashing, and proper dental care are essential for maintaining personal cleanliness.

- **Home Cleaning:**

Regular cleaning, dusting, and organizing can help maintain a clean and healthy home environment.

- **Environmental Cleanliness:**

Proper waste disposal, sanitation, and maintaining clean public spaces are important for a healthy environment.

- **Education and Awareness:**

Encouraging good hygiene practices and promoting the importance of cleanliness from a young age is crucial.

31/10/2024, National Unity Day



The official statement for National Unity Day by the Home Ministry of India cites that the National Unity Day "will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity, and security of our country."

National Unity Day, also known as Rashtriya Ekta Diwas, is celebrated annually on October 31st in India to commemorate the birth anniversary of Sardar Vallabhbhai Patel, a key figure in India's independence movement and the integration of princely states.

Here's a more detailed look at National Unity Day:

- **Purpose:**

The day aims to promote national integration, unity, and integrity among citizens, and to honor Sardar Patel's legacy as the "Iron Man of India".

- **Significance:**

Sardar Vallabhbhai Patel played a crucial role in unifying the diverse princely states into the Indian Union after independence, a feat that is remembered and celebrated on this day.

- **Celebrations:**

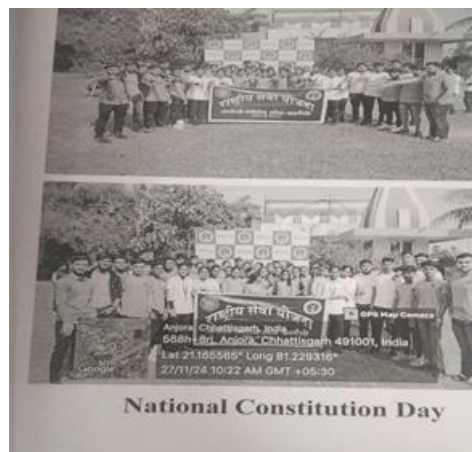
National Unity Day is marked by various events and activities across the country, including pledge-taking ceremonies in government offices, schools, and colleges, as well as the "Run for Unity" marathon.

- **"Ek Bharat Shreshtha Bharat" Initiative:**

To further promote unity and understanding, the government launched the "Ek Bharat Shreshtha Bharat" initiative on this day in 2015, which aims to foster a deeper appreciation for India's diverse cultures and traditions.

- **Statue of Unity:**

In honor of Sardar Patel, the world's tallest statue, the Statue of Unity, was built near the Narmada River in Gujarat, serving as a symbol of India's unity.



Constitution Day also known as 'Samvidhan Divas', is celebrated in our country on 26th November every year to commemorate the adoption of the Constitution of India. On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect from 26th January 1950

Here's a more detailed explanation:

- **What it is:**

Constitution Day is a national day in India that celebrates the adoption of the Indian Constitution on November 26, 1949.

- **Why it's celebrated:**

It is a day to acknowledge the importance of the Indian Constitution and the principles it embodies, such as justice, liberty, equality, and fraternity.

- **How it's celebrated:**

Various events and activities are organized across the country to create awareness about the Constitution and its importance.

- **Significance:**

The day serves as a reminder of the democratic principles that guide the nation and encourages citizens to play their rightful role in strengthening Indian democracy.

- **History:**

The Constitution of India was framed by a Constituent Assembly set up under the Cabinet Mission Plan of 1946.

- **Formal Declaration:**

The Government of India formally declared November 26 as Constitution Day in 2015 to honor the adoption of the Constitution.

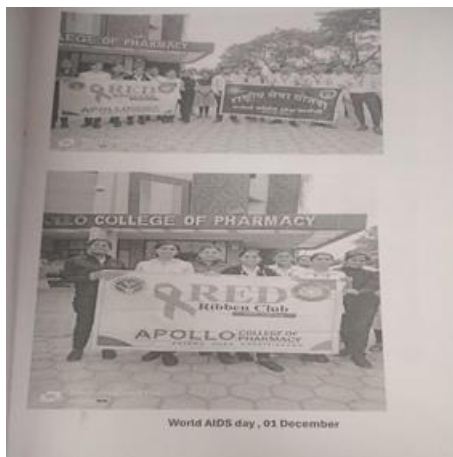
- **Key Figures:**

Dr. B.R. Ambedkar, who chaired the drafting committee, is a key figure associated with the Constitution.

- **Hamara Samvidhan, Hamara Samman:**

The Ministry of Social Justice and Empowerment launched the "Hamara Samvidhan, Hamara Samman" campaign to promote constitutional values among citizens.

01/12/2024 , World AID's Day



World AIDS Day, observed annually on December 1st, is a global day dedicated to raising awareness about HIV/AIDS, commemorating those who have died from AIDS-related illnesses, and showing support for people living with HIV.

Here's a more detailed breakdown:

Key Aspects of World AIDS Day:

- **Purpose:**

To raise awareness about HIV/AIDS, show solidarity with people living with HIV, and remember those who have died from AIDS-related illnesses.

- **History:**

Established in 1988 by two public information officers working for the World Health Organization (WHO).

- **Theme:**

Each year, World AIDS Day focuses on a specific theme, which in 2024 is "Take the rights path: My health, my right!".

- **Activities:**

Events and activities are held worldwide to raise awareness, promote prevention, and show support for people living with HIV.

- **Symbol:**

The red ribbon is a universal symbol of awareness and support for people living with HIV.

- **Importance:**

World AIDS Day is a reminder of the ongoing global AIDS pandemic and the need for continued efforts to prevent new infections, provide treatment, and care for people living with HIV.

- **Global Focus:**

World leaders have set targets to accelerate the HIV response and to "End AIDS by 2030".

- **WHO's Role:**

The World Health Organization (WHO) plays a key role in coordinating World AIDS Day activities and promoting the rights of people living with HIV.

- **UNAIDS:**

The Joint United Nations Programme on HIV/AIDS (UNAIDS) also plays a crucial role in raising awareness and supporting the fight against AIDS.



Martyrs' Day, also known as Shaheed Diwas, is observed in India on January 30th to commemorate the assassination of Mahatma Gandhi and honor all those who sacrificed their lives for the nation's freedom.

Here's a more detailed explanation:

- **Date and Significance:**

Martyrs' Day is observed on January 30th to commemorate the assassination of Mahatma Gandhi, who was shot dead by Nathuram Godse on that day in 1948.

- **Honoring Martyrs:**

The day is dedicated to remembering and paying tribute to all the martyrs who laid down their lives for India's independence and freedom.

- **Shaheed Diwas:**

Martyrs' Day is also known as Shaheed Diwas, which means "martyr's day" in Hindi.

- **Mahatma Gandhi's Legacy:**

The day is a time to reflect on Mahatma Gandhi's legacy of non-violence, peace, and his contributions to India's independence movement.

- **Other dates:**

Some other dates are also observed as Martyrs' Day, for example, March 23rd to remember the sacrifice of Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar.

- **13 July:**

It is celebrated as Martyr's Day in Jammu and Kashmir to commemorate the deaths of 22 people.

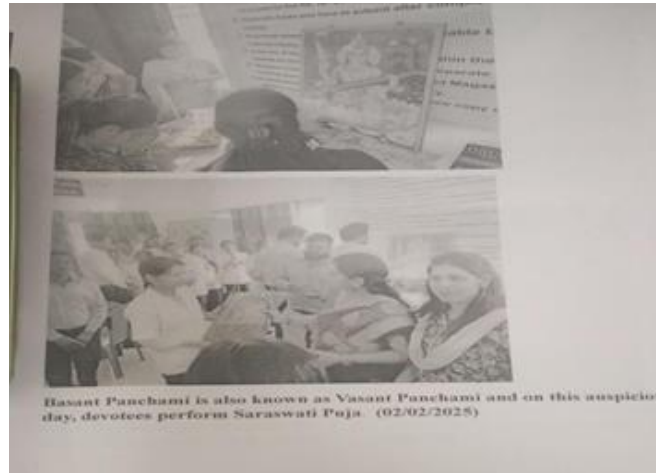
- **17th November:**

This day is celebrated as Martyr's Day in Odisha to observe the death anniversary of Lala Lajpat Ray.

- **19th November:**

This day is also celebrated as Martyr's Day in Jhansi.

02/02/2025, Basant Panchami



In the year 2024, Basant Panchami is going to be celebrated on February 14 2024. Basant Panchami marks the arrival of spring, which symbolizes the renewal, growth, and rejuvenation in nature. It marks the end of winter and the beginning of the vibrant spring season.

Basant Panchami is a Hindu festival that marks the beginning of spring and the worship of Saraswati, the goddess of knowledge, music, and learning. It is celebrated in India, Nepal, and other South Asian countries.

Festival dates

- Celebrated on the fifth day of the month of Magha in the Hindu calendar
- Usually falls in late January or early February

Festival celebrations

- People wear yellow clothes
- Worship Goddess Saraswati
- Fly kites
- Enjoy traditional sweets
- Schools, colleges, and other educational institutes celebrate with prayers and cultural programs
- Students pray to the Goddess to excel in academics, art, and music

Festival significance

- Considered auspicious for new beginnings, including marriages, education, and business ventures
- Associated with prosperity and good luck
- Believed that spring starts, a good time for crops and harvest
- Significant for students and learners, marking the start of educational journeys

Other names

- Also called Vasant Panchami, Saraswati Puja, or Vasantotsava

Apollo College of Pharmacy , Durg

National Service Scheme

NSS seven day special camp report

06th March to 12th March 2025

Session 2024-25

National services scheme (NSS) was organized by Apollo College of Pharmacy , Durg , funded by Chhattisgarh Swami Vivekanand Technical University(CSVTU) Bhilai during the period of 06/03/2025 to 12/03/2025 at village Thanod, district Durg Chhattisgarh

NSS was established in 1969 with a vision of personality development of students through community services and well as development of rural areas in india

NSS unit has been introduced in college with optimism of establishing a sense of social responsibility amongst students and inculcating values of self discipline and selfless dedication towards community development

As a part of NSS activities a seven day camp was held Apollo College of Pharmacy , Durg at village Thanod, district Durg Chhattisgarh between 06/03/2025 to 12/03/2025, various social activities were held with a sole view of rural development and social awareness program we, being a part of the cultural committee, undertook various cultural activities in the village to promote interaction with the villagers and used the NSS platform to spread awareness about different social issues.

Event details



राष्ट्रीय सेवा योजना

अपोलो कॉलेज ऑफ फार्मेसी

अंजोरा, दुर्ग (छ.ग.)

छत्तीसगढ़ स्वामी विवेकानंद तकनीकी विश्वविद्यालय, भिलाई

सात दिवसीय विशेष शिविर

S.NO.	DATE	PROGRAMME
01	06/03/2025	Swacchata Abhiyan
02	07/03/2025	Zumba & Health Checkup
03	08/03/2025	Blood Donation
04	09/03/2025	Nasamukti
05	10/03/2025	Self Defense & Skill Development
06	11/03/2025	Yoga & Shiksha Mitra Discussion
07	12/03/2025	Cultural Activites

श्री संजय अग्रवाल
डॉ. मनीष जैन
श्री आशीष अग्रवाल
संचालक
अपोलो कॉलेज ऑफ फार्मेसी, अंजोरा

डॉ. डी.एस.रघुवंशी
कार्यक्रम समन्वयक
छ.ग.स्वा.वि.त.विश्वविद्यालय, भिलाई
मो.9424514075

डॉ. माधुरी वघेल
प्रचारक
अपोलो कॉलेज ऑफ फार्मेसी, अंजोरा
मो.8770899609

श्री हरिप्रसाद सोनवानी
कार्यक्रम अधिकारी
अपोलो कॉलेज ऑफ फार्मेसी, अंजोरा
मो.8770899609



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सात दिवसीय विशेष शिविर

ग्राम- थनौद, जिला-दुर्ग (छ.ग.)

Day 01, 06/03/2025

The opening ceremony/ inauguration program/ cleanliness drives

For inauguration program of special camp at village **Thanod** we called renowned person from village, inauguration program started with lighting of the lamps and welcoming of the guests, it was followed by introducing of the chief guests and their felicitation, the vision mission and the main purpose of the NSS camp was put forth by **Mr. Hari Prasad Sonwani**, Program officer for NSS unit of ACP Durg. The program proceeded with different speeches given by the guests present for the ceremony the opening ceremony was concluded by recital of NSS anthem, after that we started our event cleanliness awareness (swacchtaa abhiyan), our NSS volunteers clean the bhavan where we stay seven days as well as volunteers clean all the nearby areas of waste products.

The National Service Scheme (NSS) organizes cleanliness drives to promote a healthy environment and encourage community participation. The drives are often conducted under the Swachh Bharat Mission.

Objectives of NSS cleanliness drives: To reduce pollution and waste, To improve the quality of life, To raise awareness about the importance of cleanliness, and To encourage community participation.

Outcomes of NSS cleanliness drives: Cleaner streets and public spaces, Improved health and well-being, Increased community pride, and Long-lasting behavior change towards cleanliness.

Examples of NSS cleanliness drives:

- NSS volunteers have cleaned the surroundings of buildings on campus, including picking up plastic, tea cups, weeds, and dry leaves.
- NSS volunteers have cleaned the campus and its surroundings, and urged local shopkeepers to maintain cleanliness.
- NSS volunteers have cleaned the campus and its surrounding streets, and held placards to inform the public about the importance of cleanliness.

The NSS is a public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. It was launched in 1969.







Day 02, 07/03/2025 , Zumba/ Yoga/ free Health Check Camp

On 2nd day of NSS camp we invited for yoga specialist **Mr. Shyam Chandrakar ji** , He shared his thought of yoga and various types of yogasan also explained infront of volunteers.

Yoga is an ancient practice that combines breathing, movement, and meditation to improve your physical and mental health. It's a spiritual discipline that aims to harmonize the body and mind.

Benefits of yoga

- **Stress relief:** Yoga can help you relax and manage stress.
- **Improved sleep:** Yoga can help you fall asleep and stay asleep.
- **Better flexibility:** Yoga can improve your flexibility and range of motion.
- **Stronger muscles:** Yoga can help build strength and muscle mass.
- **Improved posture:** Yoga can help improve your posture.
- **Better balance:** Yoga can help improve your balance and coordination.
- **Reduced back pain:** Yoga can help ease lower back pain.
- **Reduced arthritis symptoms:** Yoga can help ease some of the discomfort of arthritis.
- **Improved heart health:** Yoga can help lower your blood pressure and heart rate.

How to practice yoga

Yoga includes breathing exercises, meditation, and poses called asanas. There are many different types of yoga.

Safety

Yoga is generally safe for most people, but you should consult with a yoga instructor if you have certain health conditions.

For **Zumba** we invite **Mr. Prince** he shared his Dance through the exercise for good for health infront of NSS volunteers

Zumba is a dance-based cardio workout program that blends Latin and international music with easily adaptable dance moves, creating a fun and energetic way to burn calories and improve fitness.

Here's a more detailed breakdown of Zumba:

- **Dance-Based Fitness:**

Zumba classes incorporate elements of Latin dances like salsa, samba, merengue, and reggaeton, along with other international rhythms.

- **Cardio Workout:**

It's designed as a total-body cardio workout, engaging your muscles and core without the need for weights.

- **Fun and Accessible:**

Zumba is known for being fun and accessible, appealing to people of all ages and fitness levels who want to "step into happy".

- **Calorie Burn:**

Zumba can burn a significant amount of calories during an hour-long class, ranging from 600 to 1,000 calories.

- **Full-Body Workout:**

Zumba involves movement of the entire body, from your arms to your shoulders and to your feet, ensuring a full-body workout

- **Class Structure:**

Zumba classes usually start with a light warm-up, followed by a series of dance steps and other movements, and end with a cool-down.

- **Beginner-Friendly:**

Zumba is generally considered beginner-friendly, encouraging participants to focus on having fun and moving to the music rather than striving for perfection.

- **Varied Rhythms:**

Zumba classes typically feature a mix of Latin-inspired songs, starting with slower warm-up tracks and building to higher-intensity tracks and culminating with a cool-down song.

Free health checkup camp we invited **MMU** team of Nikumbh , Mobile Medical Units (MMUs) aim to provide free healthcare services, particularly in rural, vulnerable, and underserved areas, by offering a range of services through a mobile clinic. MMUs are mobile healthcare units, essentially clinics on wheels, designed to deliver healthcare services to communities that have limited access to healthcare facilities. MMUs target populations in remote, underserved, and unreached areas, focusing on those who may not otherwise have access to medical assistance. MMUs provide a package of services, including maternal health, neonatal and infant health, child and adolescent health, reproductive health, management of chronic and common communicable diseases, basic OPD care, management of common non-communicable diseases, mental health, dental care, eye care, geriatric care, and emergency medicine. MMUs are staffed with a team of medical professionals, including doctors, nurses, pharmacists, and social workers. MMUs regularly visit communities, often with a set schedule, and may have multiple vehicles for transporting personnel, equipment, and diagnostic tools. Yes, the services provided by MMUs are offered free of cost. MMUs improve access to healthcare, raise awareness about health issues, and provide timely diagnosis and treatment, preventing unnecessary hospitalizations and reducing the severity of diseases.



Day 03, 08/03/2025 Blood Donation/ Physiotherapist

On the 3rd day of camp we invited for Blood donation , Indian Red Cross Society, DK Superspeciality hospital , Raipur , **Dr. Satyanaryan Pandey** head of (IRCS) and **Mr. Devendra Dubey** and team were our NSS volunteers donated the blood

Blood donation is a voluntary process where a person donates blood to be used for transfusions or to create biopharmaceutical medications, and it can be whole blood or specific components. It's a safe and simple procedure that can save lives and help people with various conditions.

Why Donate Blood?

- **Lifesaving:**

Blood donations are crucial for patients undergoing surgery, trauma, chronic illnesses, and cancer treatment.

- **Variety of Needs:**

Donated blood can be used in its original form or separated into components like red blood cells, plasma, and platelets, each addressing different needs.

- **Therapeutic Phlebotomy:**

Blood donation can also be used therapeutically for individuals with conditions like hereditary hemochromatosis and polycythemia vera.

The Donation Process:

- **Whole Blood Donation:**

A pint of whole blood is collected, and the donation takes about 8-10 minutes.

- **Component Donation:**

You can also donate specific components like plasma or platelets using apheresis equipment, where only the desired component is collected, and the rest of the blood is returned.

- **Safety:**

A sterile needle is used only once for each donor and then discarded.

We invited for physiotherapy Dr. Suraj and Dr. Seema and team of Apollo College of Physiotherapy undercomes Apollo Groups Institutions, Durg

Physiotherapy, also known as physical therapy, is a healthcare profession that uses physical techniques to help treat conditions and injuries, improving movement, function, and reducing pain and stiffness.

- **What it is:**

Physiotherapy focuses on restoring movement and function when someone is affected by injury, illness, or disability.

- **How it works:**

Physiotherapists use various techniques, including exercises, massages, and treatments based on physical stimuli (like heat, cold, electrical currents, or ultrasound) to relieve pain, improve movement, and strengthen muscles.

- **Benefits:**

- Improves movement and function
- Reduces pain and stiffness
- Improves quality of life
- Helps with daily tasks and activities
- Can help with walking, going up stairs, or getting in and out of bed

- **Who benefits:**

Physiotherapy can benefit people of all ages and with a variety of conditions, including back pain, sudden injuries, long-term medical conditions, and in preparing for childbirth or a sporting event.

- **Holistic approach:**

Physiotherapy takes a holistic approach, considering the patient's overall health and well-being, and involves the patient in their own care through education, awareness, empowerment, and participation in their treatment.

- **Physiotherapists:**

They are experts in assessing movement and can show you how to protect your joints. They offer advice, reassurance, and help you feel confident about managing your condition.



Day 04, 09/03/2025 , Nasha Mukti abhiyan / Swacchta Abhiyan

On 4th day of NSS camp our NSS Volunteers cleanliness drive located areas like school and near ponds.

Objectives of NSS cleanliness drives: To reduce pollution and waste, To improve the quality of life, To raise awareness about the importance of cleanliness, and To encourage community participation.

Outcomes of NSS cleanliness drives: Cleaner streets and public spaces, Improved health and well-being, Increased community pride, and Long-lasting behavior change towards cleanliness.

Examples of NSS cleanliness drives:

- NSS volunteers have cleaned the surroundings of buildings on campus, including picking up plastic, tea cups, weeds, and dry leaves.
- NSS volunteers have cleaned the campus and its surroundings, and urged local shopkeepers to maintain cleanliness.
- NSS volunteers have cleaned the campus and its surrounding streets, and held placards to inform the public about the importance of cleanliness.

Nasha Mukti Abhiyan

Nasha Mukti Bharat Abhiyaan is a flagship campaign to enhance the evidence based approach towards substance abuse. The approach of the Abhiyaan is contemporary to engage youth and comprehensive to converge the activities done by all the stakeholders for a common goal of making India free of substance abuse.

The de-addiction centers provide in-patient treatment to drug users along with counselling, detoxification/de-addiction, after care and re-integration into the social mainstream.



Day 05, 10/03/2025 Self Defense And Skill Development

On 5th day of NSS Camp we invited **Mahila Raksha Team, Assistant Sub Inspector Ms. Sangeeta Mishra** and team , sector- 6 , Durg Chhattisgarh , **Ms. Sangeeta Mishra** was taught about the self defense to NSS volunteers(girls). She also explain about 112 help line number.

Self-defense refers to the use of force to protect oneself or others from an imminent threat of harm, and it is a legal justification for using force in many jurisdictions.

- **Definition:**

Self-defense is the act of defending oneself, one's property, or a close relative against an immediate threat of harm.

- **Legal Justification:**

In many legal systems, the use of force in self-defense is a recognized legal justification for actions that would otherwise be considered criminal or tortious.

- **Imminence and Proportionality:**

The threat must be imminent, meaning it is about to happen or is already happening, and the force used in self-defense must be proportionate to the threat.

- **Initial Aggressor:**

The person claiming self-defense cannot be the initial aggressor, meaning they cannot have started the conflict or used force first.

- **Examples:**

- Using force to stop someone from assaulting you.
- Protecting a family member from harm.
- Using force to prevent a crime from happening.

- **Legal Considerations:**

- Self-defense laws vary by jurisdiction, so it's important to understand the specific laws in your area.

-
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- Some jurisdictions have rules about the use of deadly force in self-defense, which may be more restrictive than the use of non-deadly force.
 - There may be exceptions to the right of self-defense, such as when someone is the initial aggressor or when they could have retreated from the situation.

- **Self-defense in International Law:**

In international law, self-defense refers to the inherent right of a state to use force in response to an armed attack.



Day 06 ,11/03/2025 , Eye Checkup and Dental Checkup / Shiksha Mitra Discussion.

On 6th day of NSS camp we invited for eye specialist Dr. Durgesh Sahu he is ophthalmologist.

An eye checkup, or eye exam, is a procedure conducted by an eye care professional (optometrist or ophthalmologist) to assess your vision and eye health, including checking for potential eye diseases and other health issues.

- **Purpose:**

Eye exams help detect and diagnose a wide range of eye conditions, some of which may not have noticeable symptoms in their early stages.

- **What to Expect:**

- **History:** The eye doctor will ask about your medical and eye health history, including any medications you take and family history of eye conditions.

- **Vision Tests:** You'll likely undergo tests to assess your visual acuity (how well you see) using a Snellen chart or similar methods.

- **Refraction:** The doctor may use a phoropter to determine if you need glasses or contact lenses.

- **Eye Health Examination:** The doctor will examine the internal and external structures of your eyes, including the retina, optic nerve, and blood vessels, using instruments like an ophthalmoscope and slit lamp.

- **Other Tests:** Depending on the situation, additional tests might be performed, such as checking eye pressure (tonometry), color vision, and peripheral vision.

- **Importance of Regular Exams:**

- **Early Detection:** Regular eye exams are crucial for detecting eye diseases like glaucoma, cataracts, and macular degeneration early, when they are often more treatable.

- **Overall Health:** Eye exams can also help detect signs of other health problems, such as diabetes and high blood pressure, as these conditions can affect the eyes.

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-
- **Maintaining Vision:** Regular exams help ensure your vision remains clear and healthy, and can help you get the right prescription for glasses or contact lenses.
 - **Frequency:**
 - **General Recommendation:** Adults should have a comprehensive eye exam at least every two years, or more often if they have a family history of eye conditions or other risk factors.
 - **Specific Populations:** People with diabetes or those at risk for diabetes should have regular eye exams, as diabetic eye disease can lead to vision loss.
 - **Children:** Children should also have regular eye exams, as vision problems can affect their development and learning.

Dental checkup

we invited Maitri College of Dentistry And Research Center , Anjora, Durg ,Chhattisgarh , Dr. Rangoli and team.

A dental checkup typically involves a thorough examination of your teeth, gums, and overall oral health, including a professional cleaning, potential X-rays, and an oral cancer screening, all aimed at detecting and preventing dental problems.

Here's a more detailed look at what to expect during a dental checkup:

What to Expect:

- **Thorough Examination:**

The dentist will visually inspect your teeth, gums, and mouth for any signs of problems like cavities, gum disease, or signs of oral cancer.

- **X-rays:**

Depending on your individual needs, your dentist may take X-rays to detect issues that aren't visible to the naked eye, such as cavities between teeth, gum disease, or bone loss.

- **Professional Cleaning:**

A dental hygienist will remove plaque and tartar buildup from your teeth, which can't be removed with regular brushing and flossing.

- **Oral Cancer Screening:**

Your dentist will examine your mouth for any signs of oral cancer, including checking for lumps or sores.

- **Personalized Recommendations:**

Based on the examination, your dentist will provide you with personalized recommendations for improving your oral hygiene and preventing future problems.

- **Discussion of Treatment Options:**

If any problems are detected, your dentist will discuss the necessary treatment options with you.

Why Regular Checkups Are Important:

- **Early Detection:**

Regular dental checkups allow dentists to catch potential problems early on, when they are easier and less expensive to treat.

- **Prevention:**

By removing plaque and tartar, and providing guidance on proper oral hygiene, dental checkups help prevent tooth decay, gum disease, and other oral health problems.

- **Overall Health:**

Oral health is closely linked to overall health, and regular dental checkups can help identify and address potential health problems that may be related to oral health.

- **Maintaining a Healthy Smile:**

Regular dental checkups are essential for maintaining a healthy and beautiful smile



Day 07 ,12/03/2025, cultural activities and valedictory

The closing ceremony program of special camp at village **Thanod** we called renowned person from village, valedictory program started with lighting of the lamps and welcoming of the guests ,it was followed by introducing of the chief guests and their felicitation, we started the valedictory session on of special camp held on dated 12/03/2025 at 11:30am to 4:30pm we invited the chief guest sarpanch of village Thanod shree Dinesh Deshmukh , program officer Shree Deepak Sharma CSIT Durg, Directors of Apollo Groups of Institutions Shree Sanjay Agrawal and Dr. Manish Jain , Principal of Apollo college of Pharmacy, Durg Dr. Madhuri Baghel , ex principal of govt school Smt. Shanti Deshmukh , in this all the activities and events conducting during seven day special camp were summarized by the Ms. Sonal Sinha.

Sarpanch of the village, directors of Apollo Groups of Institutions , Principal of Apollo College of Pharmacy, expressed his views and opinions regarding our NSS volunteers and disciplines during seven days of camp the vote of thanks was given by Mr. Hari Prasad Sonwani , NSS Program officer and supporting staff Mr. Dikesh Deshmukh and Mr. Pushpendra Kumar.



NSS VOLUNTEER LIST**2024-25**

S.no	NSS volunteer name	Semester/year
01	Vipeen Kumar	B.Pharmacy 6 th sem
02	Amrit Kumar	B.Pharmacy 6 th sem
03	Vaibhav Kumar	B.Pharmacy 6 th sem
04	Tikesh Verma	B.Pharmacy 6 th sem
05	Manish Kumar Tode	B.Pharmacy 6 th sem
06	Tukeshwar Sahu	B.Pharmacy 6 th sem
07	Ranjit Kumar	B.Pharmacy 6 th sem
08	Tanay Kumar	B.Pharmacy 6 th sem
09	Parasmani	B.Pharmacy 6 th sem
10	Prachi Patel	B.Pharmacy 6 th sem
11	Suman Sahu	B.Pharmacy 6 th sem
12	Ritika	B.Pharmacy 6 th sem
13	Namita	B.Pharmacy 6 th sem
14	Bhunika Sinha	B.Pharmacy 6 th sem
15	Shobha	B.Pharmacy 6 th sem
16	Surabhi	B.Pharmacy 6 th sem
17	Khushi	B.Pharmacy 6 th sem
18	Vinita	B.Pharmacy 6 th sem
19	Guman	B.Pharmacy 8 th sem
20	Khilendra Kumar	B.Pharmacy 8 th sem
21	Kuldeep	B.Pharmacy 8 th sem
22	Deepti	B.Pharmacy 8 th sem
23	Chandni	B.Pharmacy 8 th sem
24	Janvi	B.Pharmacy 8 th sem
25	Omprakash	B.Pharmacy 8 th sem
26	Nilesh Kumar	B.Pharmacy 8 th sem
27	Chitralekha	B.Pharmacy 8 th sem

28	Aanchal	B.Pharmacy 8 th sem
29	Deepesh	B.Pharmacy 8 th sem
30	Balkishan	B.Pharmacy 4 th sem
31	Shyam Kumar	B.Pharmacy 4 th sem
32	Harish Kumar	D.Pharmacy 2 nd year
33	Taran Kumar	D.Pharmacy 2 nd year
34	Chabbilal	D.Pharmacy 2 nd year
35	Khemchand	D.Pharmacy 2 nd year
36	Khusboo Patel	D.Pharmacy 2 nd year
37	Janvi Burman	D.Pharmacy 2 nd year
38	Krishnakant	B.Pharmacy 8 th sem
39	Bhushan Patel	B.Pharmacy 6 th sem
40	Aakash	B.Pharmacy 6 th sem
41	Deepak Kosariya	D.Pharmacy 2 nd year
42	Kshama	B.Pharmacy 6 th sem
43	Shashi	B.Pharmacy 6 th sem
44	Kavita Bhattacharya	B.Pharmacy 8 th sem



About the Authors



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Apollo College of Pharmacy, Anjora (Durg) Chhattisgarh, India

About NSS

The National Service Scheme (NSS) is a government-run program in India, launched in 1969, that aims to develop students' personalities and character through voluntary community service, with the motto "NOT ME, BUT YOU" and the purpose of "Education through Service".

Here's a more detailed overview:

Objective: To develop the personality and character of student youth through voluntary community service, fostering social and civic responsibility.

Ideology: Inspired by the ideals of Mahatma Gandhi.

Motto: "NOT ME, BUT YOU".

Purpose: "Education through Service".

Activities: NSS volunteers engage in various activities, including regular and special camping programs, community service projects, and initiatives focused on social issues.

Structure: The NSS is a Central Sector Scheme of the Government of India, under the Ministry of Youth Affairs and Sports.

Target Audience: The program is open to students in colleges and universities.

Key Principles:

Voluntary Service: NSS emphasizes voluntary participation in community service.

Community Engagement: It aims to connect students with the community and address its needs.

Leadership Development: The program fosters leadership skills and civic responsibility.

NSS Symbol: The NSS symbol, a simplified form of the Sun-chariot wheel, depicts movement and signifies the progressive cycle of life, continuity, and change.

NSS Badge: The badge with the Konark wheel signifies the 24 hours of a day, reminding the wearer to be ready for the service of the nation round the clock.

Awards: To recognize the voluntary service rendered by NSS volunteers, Programme Officers (POs), NSS Units and the University NSS Cells, there are suitable incentives/ awards under the scheme.

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