



Quarterly Report

(September'22 to November'22)

"Yuwaah Shakti Brigade"

(A collaborative programme of NSS, Ranchi University and UNICEF Jharkhand)

Submitted by: -

Dr. Priyanka Singh
DCT Consultant of UNICEF for NSS, Ranchi University



Date - 19 - 11 - 22

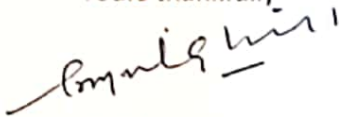
To,
Dr Brajesh Kumar
NSS Programme Co-ordinator,
Ranchi University,
cum State NSS Officer, Jharkhand

Sub: Quarterly Report (June'22-Aug'22)

Dear Sir,

Dr Priyanka Singh as the consultant for the collaborative programme "Yuwaah Shakti Brigade" of NSS, Ranchi University and UNICEF Jharkhand, hereby submits the quarterly report (June'22 to Aug'22).

Yours thankfully



Dr Priyanka Singh

Enclosed: for June, July and Aug'22

Attendance sheet
List of Activities
Agenda of webinars
Minutes of meeting
Webinar & on ground programme pictures
Media coverage: newspaper, social media post



सैची विश्वविद्यालय,
दैनिक उपस्थिति

क्र.सं.	नाम	1	2	3	4	5	6	7	8	9	10	11	12
	Dr. Pishank Singh												
	पठुव												
	प्रस्थान												
	हस्ताक्षर												
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सैची विश्वविद्यालय
"Ruvahn Shakti Udyog"
A Collaborative Programme of
NISS, R U & UNICEF, Shahrhand.
माह June 2022

क्र.सं.	नाम	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	मन्तव्य
	Dr. Pishank Singh																				
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शाखा का नाम NCS, CU, KU

सैंची विश्वविद्यालय,
दैनिक उपस्थिति

क्रमांक	नाम	1	2	3	4	5	6	7	8	9	10	11	12
	Dr. Pritanish Singh												
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सैंची "Yuvach Shakti Brigade"
A Collaborative Program
पंजीकृत NCS, KU & UNICEF Shakti Band.

माह July 2022

क्रमांक	नाम	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	मन्दा
	Dr. Pritanish Singh																				
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Activities performed by NSS, RU "Yuwaah Shakti Brigade" collaborative programme of NSS, Ranchi University and UNICEF (June - August 22)

Sl. No.	Date	Indicators	Topic	No. of Participants
1.	30-06-22	Number of NSS volunteers trained (if online, no. of participants)	Orientation on Anemia and its protective measures (online)	299
2.	29-07-22	Number of NSS volunteers trained (if online, no. of participants)	Orientation on the role of NSS in the promotion of free precautionary dose of COVID-19, Intensified Diarrhoea Control Fortnight and promotion of breastfeeding among community (online)	150
3.	26-08-22	Number of NSS volunteers who conducted any COVID-19 Booster dose related activities (initiated by young people)	Covid 19 Booster dose awareness walk	70
	26-08-22	Number of people who attended activities related to COVID-19 Booster dose awareness walk (apart from capacity building)	Covid 19 Booster dose awareness walk	3000

30th June, 22





Orientation on Anaemia and its protective measures

Online orientation programme for NSS Volunteers
30th June, 2022 | 11:30 am - 01:00 pm

Organized by: UNICEF Jharkhand & NSS Ranchi University

Agenda

Topic	Speaker	Time
Welcome & Introductory remarks	Ms Astha Alang, <i>Communication, Advocacy & Partnership Officer, UNICEF Jharkhand</i>	11:30 - 11:40 am
Chief Guest	Dr Rajkumar Sharma, <i>Dean, Student's welfare, Ranchi University</i>	11:40 - 12:00 pm
Resource Person	Pritish Nayak, <i>Nutrition officer, UNICEF Jharkhand</i>	12:00 - 12:40 pm
Q&A	All participants <i>(Facilitated by Dr Brajesh Kumar, NSS Programme Co-ordinator, Ranchi University, cum State NSS Officer, Jharkhand)</i>	12:40 - 12:50 pm
How NSS volunteers will take forward the message	All participants <i>(Facilitated by Dr Brajesh Kumar, NSS Programme Co-ordinator, Ranchi University, cum State NSS Officer, Jharkhand)</i>	12:50 - 12:55 pm
Vote of thanks	Dr Brajesh Kumar <i>NSS Programme Co-ordinator, Ranchi University, cum State NSS Officer, Jharkhand</i>	12:55 - 01:00 pm

Minutes of Meeting

Orientation on Anaemia and its protective measures

Online orientation programme for NSS volunteers

30th June 2022 | 11:30 am – 01:00 pm

Anaemia is an indicator of both poor nutrition and poor health. It is a condition in which the number and size of red blood cells, or the haemoglobin concentration, falls below an established cut-off value, consequently impairing the capacity of the blood to transport oxygen around the body. Iron deficiency is the most common cause of anaemia globally. But it is also caused by malaria, hookworm, nutritional deficiencies, and chronic infections. Improved dietary habits can prevent anaemia to a large extent. However, National Family Health Survey (NFHS 4) found that in Jharkhand, only 16 per cent of children (9-23 months) ate iron-rich foods. The latest NFHS-5, 2020-21, has revealed that the percentage of anaemic children in Jharkhand has dropped marginally in the past five years, even though figures have been rising nationally. The State's neonatal mortality rate has also fallen, indicating that more newborns are likely to survive. According to NFHS-5, at least 67.5 per cent of children between six to 59 months were anaemic in Jharkhand in 2020-21. NFHS-4, conducted in 2015-16, puts the percentage of anaemic children in the state at 69.9, which is higher than the latest figure. The percentage of anaemic children in India was 58.6 in 2015-16, and this figure jumped to 67.1 per cent in 2020-21, according to NFHS-5. Even though Jharkhand has witnessed a marginal drop in the percentage of anaemic children, anaemia continues to be a concern in the state.

In partnership with NSS Jharkhand, UNICEF organized an orientation on anaemia and its protective measures for NSS volunteers. Around 299 volunteers and programme officers attended the session and got oriented.

Participants:

NSS volunteers & NSS programme officers

Speakers:

Dr Rajkumar Sharma, Dean, Student's welfare, Ranchi University; Mr Pritish Nayak, Nutrition officer, UNICEF, Jharkhand; Ms Astha Alang, Communication, Advocacy & Partnership Officer, UNICEF Jharkhand; Dr Brajesh Kumar, NSS Programme Co-ordinator, Ranchi University cum State Nodal Officer, Jharkhand.

Ms. Astha Alang, Communication, Advocacy & Partnership Officer, UNICEF Jharkhand, welcomed the participants & speakers and introduced the programme. She said -

If you're feeling constantly exhausted and sluggish, you might have anaemia. Many types of anaemia are mild and short-term. But the situation can become serious if left untreated for a long time. The most common type of anaemia occurs when your body lacks iron. This condition is called iron-deficiency anaemia, which often arises if you don't have enough iron in your diet. Many people living with anaemia may not realize they have it. They might have mild symptoms or none at all. A doctor can determine whether you have anaemia by a simple blood test. To prevent anaemia, eat foods rich in iron and B vitamins. Also, eat fruits and vegetables high in vitamin C, which helps your body absorb iron. Ask your doctor about iron supplements if you don't get enough iron in your diet and get checked

yearly for anaemia. NSS volunteers can help make people aware of anaemia by organising anaemia testing camps at the college level or in their adopted village and organising an awareness campaign through social media, posters, Nukkad Natak etc.

Dr Rajkumar Sharma, Dean of Student's welfare, Ranchi University, said -

- If we can be aware of our society's marginalised community which lacks balanced nutrition in their diet, we will win 70 to 80 % of this fight against anaemia.
- The NSS wing of Ranchi university has good and trained teams; with the learning provided by UNICEF Jharkhand, they will perform their role efficiently in spreading awareness for anaemia.
- This programme helps remove anaemia from our society.

Mr Pritish Nayak, Nutrition officer, UNICEF, Jharkhand, said -

- For many decades, anaemia has been a severe problem in our society. Unfortunately, from NFHS 4 to NFHS 5, we have not observed much improvement in the level of anaemia. It is essential to strengthening the government's strategy by increasing coverage and awareness in our society. NSS volunteers can play a crucial role in spreading anaemia awareness.
- Take a "Let's Fix our Food Survey" and help young people to adopt healthy food habits. This is designed to understand young people's perception of what influences their food choices and what in their food environment needs to change. It is now live on the U-Report India Platform in 12 languages for ages 10 to 19. So, take this survey on U-Report today and help to bring positive change in young people's food habits and lifestyle.
- It can be accessed in the following ways:
 1. **WhatsApp:** Click on this link: <https://wa.link/yn897x> and press the send button. Or by simply saving the U-Report India **WhatsApp number +919650414141** and sending the keyword FOOD.
 2. **Telegram:** Click on this link: https://t.me/UReportIndia_bot and send FOOD in the chat, or you can search for @UReportIndia_bot in telegram and send FOOD in the conversation.
 3. **Facebook Messenger:** Click on this link: <https://m.me/ureportindia/?ref=bsg> and send FOOD in the chat.
 4. **Instagram DM:** Click on this link: <https://www.instagram.com/ureportindia/>, tap on the "Message" button on the profile, and send FOOD in the chat.
- 10 to 19 years of age are the future, and to address anaemia, taking precautionary measures from childhood is necessary.
- Anaemia has a long term impact on a child's future. Therefore, the prime minister launched Anaemia Mukta Bharat (AMB).
- AMB 666 strategy targets 6 beneficiaries, 6 strategies and 6 institutional mechanisms
- 10 to 19 years of age must take a blue iron tablet once a week, available at school or community health centers; this blue iron supplemental tablet is a prophylactic or preventive strategy to supplement iron.
- The government assigns Nodal teachers to give blue iron tablets in schools. These iron tablets are available at Anganwadi center for no-school-going children.

- In Jharkhand, 20 per cent cause of anaemia is iron deficiency. The rest of the anaemia cases are due to malaria, Vitamin B12 and folic acid deficiency.
- Iron supplementation is the most uncomplicated strategy; the government is providing supplemental iron tablets, but they are not reaching the beneficiaries or ready to intake this.
- NSS may circulate the message to intake iron tablets to increase haemoglobin amount. This tablet should be taken only after one hour of a meal.
- With iron, biannually deworming is also essential with an albendazole tablet.
- Anaemic persons must include food rich in Vitamin C in the meal to enhance iron absorption.
- Challenges are its coverage and compliance; a test of anaemia is important. Therefore, try to conduct an anaemia testing camp.

Concluding remark by Dr Brajesh Kumar, NSS Programme Co-ordinator, Ranchi University cum State Nodal Officer, Jharkhand, said -

- The orientation session on anaemia organized by UNICEF & NSS Jharkhand aims to create awareness in youth for healthy nutrition and intake of iron tablets to reduce anaemia in the Jharkhand state.
- This session for NSS volunteers focused on how volunteers can spread awareness to make the community anaemia free and support the Anaemia Mukta Bharat mission.
- We are grateful to UNICEF for organizing this orientation session on anaemia.

Dr Brajesh Kumar thanked Dr Rajkumar Sharma, Dean, Student's welfare, Ranchi University; Mr Pritish Nayak, Nutrition officer, UNICEF, Jharkhand; Ms. Astha Alang, Communication, Advocacy & Partnership Officer, UNICEF Jharkhand; NSS volunteers and programme officers for giving their valuable time.



Dr. Poojika Singh



Dr. Poojika Singh



Dr. Poojika Singh



Dr. Poojika Singh

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Sneha Kumar/APJTTC (=

Sneha Kumar APJTTC (G)



Sneha Kumar APJTTC

Kush Uway- APJTTC

Kush Uway- APJTTC

Rohit Raj

Rohit Raj



Rohit Raj

P. Surin

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Seema Surin

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Seema Surin

Twinkle Pandey (APJTTC)

Twinkle Pandey APJTTC



Twinkle Pandey APJTTC

Rajesh

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Shristy Singh-APJTTC

Shristy Singh-APJTTC

Shalini shikra roll no-28

Shalini shikra roll no-28 APJTTC COL

Krishna Nag

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C Kabir Gupta 21

C Kabir Gupta 21

Dr Mousumi Kumar

Dr Mousumi Kumar



Dr RK Sharma



Leave

Recording

Let's Fix our Food Survey

IT STARTS WITH

Take a survey and help young people adopt healthy food habits

Send FOOD on our WhatsApp number +919650414141 to take part in the survey

The "Let's Fix our Food Survey" (designed to understand young people's perception on what influences their food choices and what in the food environment needs to change)

It is now live on U-Report India Platform in 12 languages for ages 10 to 19

Click to add notes

Unmute Start Video

Security

Participants

Chat

Share Screen

Pause/Stop Recording

Breakout Rooms

Reactions

Apps

Dr Priyanka Singh



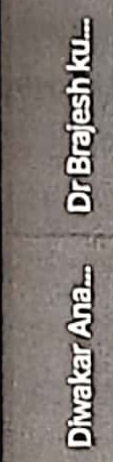
Astha Alang




Dr Brajesh Kumar, SN...



Dr Brajesh Kumar, SN...



Dr Brajesh Kumar, SN...



View

Recording

पोषण का कौन सा सबसे पहले खयाल, हर उम्र में रहे खुदाखाल

मॉडिफ़ाई की और टेजा टिप्पण के लिए मंत्री ज्यु गर्ल को अग्रतक गुण आगर का गेण्डा करण्डा यमिनि:

- > सोमदीन, काले मने और दालें जैसे मसूर, चउद, अरहर, मना आदि।
- > पोषण सलिलनी जैसे सोयादाई, पालक, सलजन, सरसो, धना, अरबी, और मंडी के साथ साथ प्याज की कली और पुदीना।
- > अण्डा सलिलनी जैसे कक्या, कंडा, सीसायत आदि।
- > समदान और सित जैसे बीजा।
- > दंडि परिकार में मंस टाका अता हो ले अरडा, मीट, कलेजी, मछली आदि।



अच्छे खाएँ

- > आदरन गुण भोजन के साथ विटाभिन, सी गुण सी-ई खाने से आदरन का बेहतर समायोजन होता है। इसलिए खाने में पालनी, फूल गोभी, बरगुज, संतर, मीठ, आंवला, टमाटर आदि खाएँ।
- > टमाटर-गुण का अंगुठि आहार।





कबो हू रहे

- > जंक फूड और मस टुका आहार।
- > सोडा, चाय काफी आदि।
- > मशीले पदार्थ।



Participants (150)

- Dr. Priyank... (Co-host, me)
- Astha Alang (Host)
- Pritish Nayak (Co-host)
- Dr Brajesh kumar, S... (Co-host)
- (S1) tamanna parveen
- 01 Kanu Priya H
- 02 Dhannal turkey
- 02 Neha Tigga
- 04Unibha Kujur
- 1M 10 MD AHRAR
- 11A32 Shristi Sagar
- 1L 16 Lalmoni kuman
- 1P 18 Praveen bhagat

Zoom Meeting Control Bar

- Microphone: Muted
- Video: Off
- Participants: 150
- Security: On
- Unmute Myself
- Start Video
- Share Screen
- Pause/Stop Recording
- Breakout Rooms
- Reactions
- Apps
- Leave

Zoom Meeting

Recording... ||

Dr. Priyanka Singh

SHEETAI kum...
SHEETAI kumari

Dhanraj Anand NSS

Swapanil Hemram

Sneha Kumar...
Sneha Kumari APJTT

31:54



Dr RK Sharma

Unmute Start Video

Participants 160

Chat

Share Screen Pause/Stop Recording Breakout Rooms Reactions Apps

Leave

- Participants (160)
- Search
- Dr. Priyanka... (Co-host, me)
 - Astha Aliang (Host)
 - DB Dr Brajesh kumar,S... (Co-host)
 - DR Dr RK Sharma (Co-host)
 - Prithish Nayak (Co-host)
 - (B1) tamanna parveen
 - 02 Dhanraj turkey
 - 02 Neha Tigga
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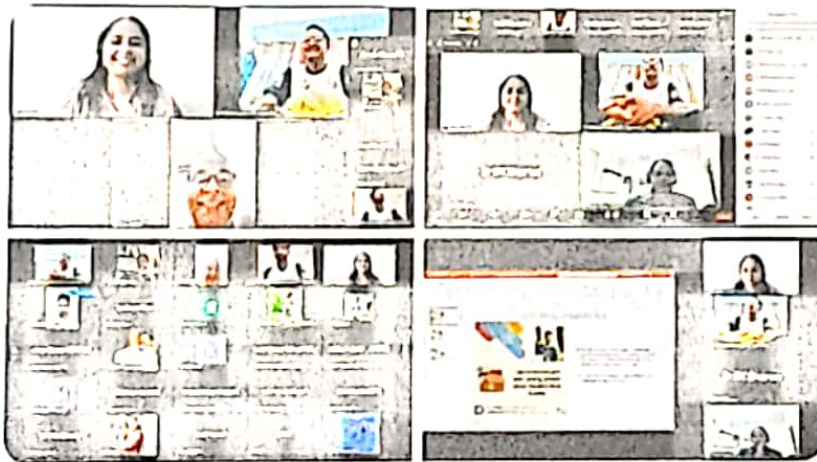
Zoom Meeting toolbar icons including: Mute, Video, Chat, Share Screen, Breakout Rooms, Reactions, Apps, and other standard Zoom controls.

← Tweet



Nss Ranchi University, Ranchi Jharkh...
@NssRURanchi

Empowering youth with information on Anemia so that they can take actions on ground was and held today for NSS volunteers of Ranchi University 🍌 UNICEF Jharkhand .@YASMinistry @asthaalang @UNICEFIndia @sanjayjavin @prishkumar10 @arjandewagt @_NSSIndia @NSSRDPATNA @BannaGupta76



YAS Ministry and 9 others

13:39 · 30 Jun 22 · Twitter for Android

5 Retweets 9 Likes

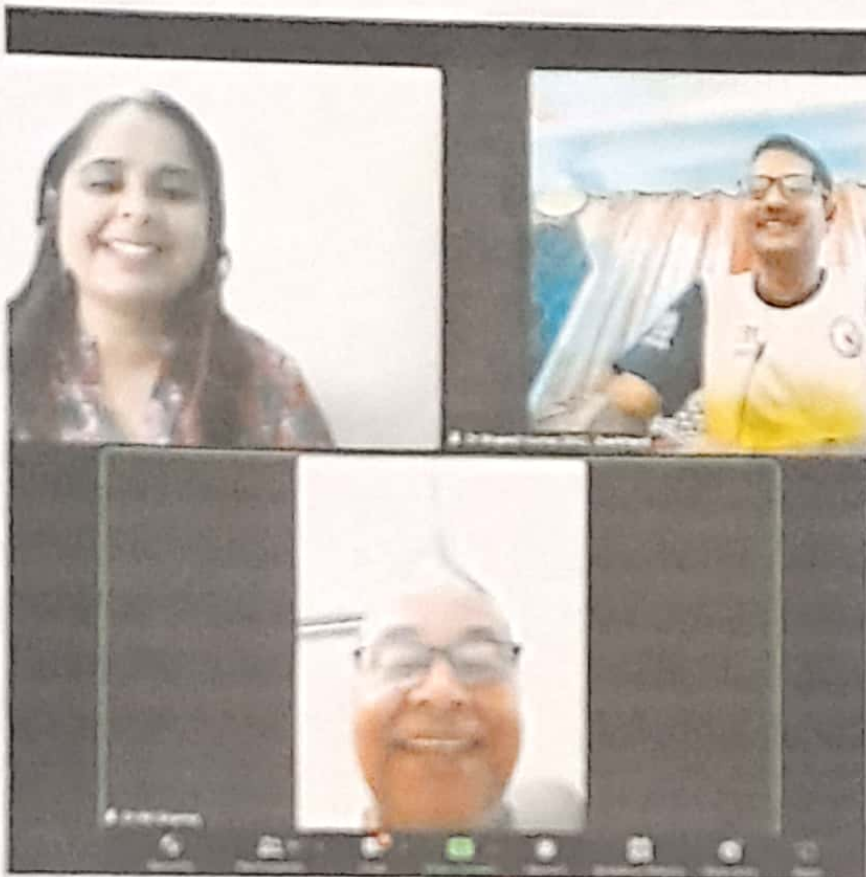


Tweet your reply



← Instagram

nss_ru_ranchi
Ranchi, Jharkhand



29 likes

nss_ru_ranchi Empowering youth with information on Anemia so that they can take actions on ground was and feel. more

View 1 comment

10:00

एनिमिया एक घातक बीमारी है : डॉ राजकुमार शर्मा

एनीमिया के विरुद्ध जागरूकता अभियान जरूरी: प्रीतिश नायक

विशेष संवाददाता

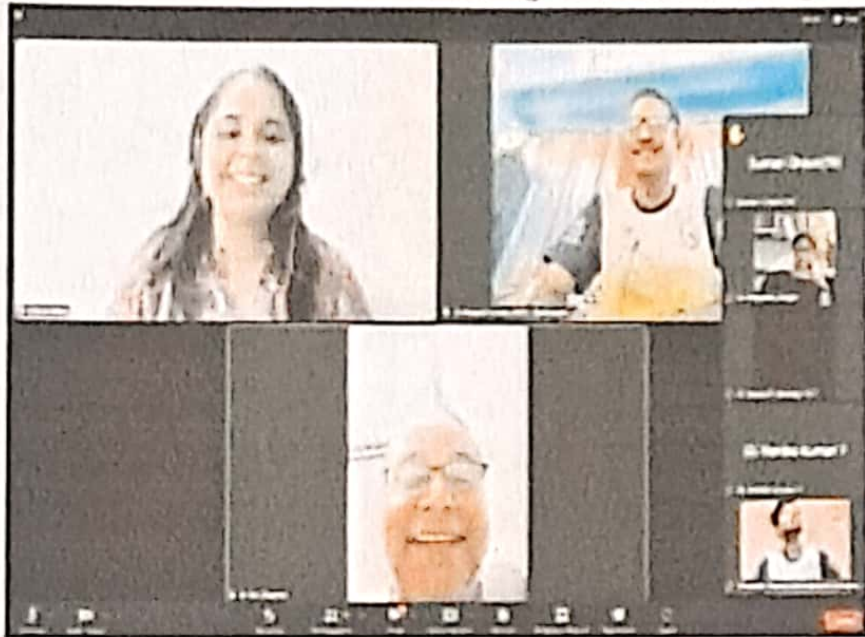
एनिमिया का प्रभाव 65 प्रतिशत किशोर अवस्था के रूप में है इसके लिए अपने खान - पान की चीजों में बदलाव लाने चाहिये जैसे मछली, मटर, दाल, पत्तेदार सब्जियां एवं विटामिन से भरे फल खाएं। उन्होंने कहा कि हर माह एनिमिया का जांच करवाएं एवं अन्य लोगों के एनिमिया जांच करने में सहयोग करें। एन एस एस के कार्यक्रम समन्वयक डॉ ब्रजेश कुमार ने कहा कि फास्ट फूड से

रांची। रांची विश्वविद्यालय की एनएसएस इकाई एवं यूनिसेफ, झारखंड के संयुक्त तत्वावधान में गुरुवार को एनिमिया जागरूकता विषय पर ऑनलाइन ऑरिएंटेशन कार्यक्रम आरयू के एनएसएस के कार्यक्रम समन्वयक डॉ. ब्रजेश कुमार की अध्यक्षता में आयोजित की गई।

ऑनलाइन कार्यक्रम के मुख्य अतिथि आरयू के डॉ.एस.डब्ल्यू. डॉ. राजकुमार शर्मा ने इस अवसर पर कहा कि एनिमिया एक घातक बीमारी है जिसके विरुद्ध धरतल पर सघन जागरूकता कार्यक्रम आयोजन करने की आवश्यकता है। उन्होंने कहा कि एनिमिया जागरूकता अभियान का कार्यक्रम आयोजन करने से समाज में जो लोग इस बीमारी से ग्रसित है उनका कल्याण होगा।

कार्यक्रम के मुख्य वक्ता यूनिसेफ के पोषण अधिकारी प्रीतिश नायक ने कहा कि एनिमिया पिछले कई दशकों से हमारे समाज में एक समस्या बना हुआ है एवं इसके लिए जागरूकता अभियान चलाने की आवश्यकता है। उन्होंने एनएसएस के स्वयंसेवकों इस कार्य के लिए खान - पान का सर्वे, 05 वर्ष तक के बच्चों एवं 15 से 49 वर्ष की महिलाओं के रक्त जांच में सहयोग करने को अपील की।

यूनिसेफ, झारखंड की संचार पदाधिकारी आस्था अलंग ने विषय प्रवेश करते हुए कहा कि



परहेज कर पोषिक युक्त सामग्रियों का सेवन करने से एनीमिक होने से आसानी से बचा जा सकता है। उन्होंने कहा कि एन एस एस के स्वयंसेवक एनिमिया मुक्त भारत अभियान एवं एनिमिया मुक्त झारखण्ड अभियान में कैम्पस टू कम्युनिटी स्तर पर जागरूकता कार्यक्रम चलाएंगे एवं एनिमिया के साथ कुपोषण के विरुद्ध धरतल पर कार्य करेंगे। कार्यक्रम का संचालन डॉ प्रियंका सिंह ने किया। कार्यक्रम को सफल बनाने में एन एस एस के कार्यक्रम पदाधिकारी क्रमशः हेमंत कुमार, डॉ मीरमो कुमार, डॉ पुष्पा सुरेन, कुंदन गिद्ध, रामजी यादव एवं स्वयंसेवकों में दिवाकर, प्रिंस, अमन, नेहा, काजल, अंजली, दीक्षा, पूनम, उज्वल का उल्लेखनीय योगदान रहा।

29th July, 22





Orientation on the role of NSS in the promotion of free precautionary dose of COVID-19, Intensified Diarrhoea Control Fortnight and promotion of breastfeeding among community

Online orientation programme for NSS Volunteers
29th July, 2022 | 11:00 am - 01:00 pm

Organized by: UNICEF Jharkhand & NSS Ranchi University

Agenda

Topic	Speaker	Time
Introductory remarks and objective settings	Dr Kumari Urvashi Asst. Professor, Hindi dept. NSS Programme Officer Ranchi Women's College	11:00 - 11:10 am
Topic for discussion Free precaution dose of covid-19- mobilization of young people by NSS	Ms Tulika Jha, SBCC Consultant for Health, UNICEF	11:10 - 11:45 am
Topic for discussion Intensified Diarrhoea Control Fortnight (IDCF)	Ms Baruni Nandi, State Child Health Consultant, UNICEF	11:45 - 12:20 pm
Topic for discussion World Breastfeeding Week and role of NSS in promotion of breastfeeding among community	Mr Mrutyunjaya Nayak, State SBCC Consultant for Nutrition, UNICEF	12:20 – 12:55 pm
Vote of Thanks and way forward	Mr Anubhav Chakraborty NSS Programme Officer Marwari College, Ranchi	12:55 - 01:00 pm

Meeting link: <https://unicef.zoom.us/j/96241764665>



Minutes of Meeting

Orientation on the role of NSS in the promotion of free precautionary dose of COVID-19, Intensified Diarrhoea Control Fortnight and promotion of breastfeeding among community

Online orientation programme for NSS Volunteers

29th July 2022 | 11:00 am - 01:00 pm

To increase the uptake of the precautionary dose of COVID vaccine among the eligible adult population, 75 days - COVID Vaccination Amrit Mahotsava has started from 15th July, 22. This vaccination drive is part of the Azadi Ka Amrit Mahotsav celebration. It aims to provide free precaution dose for all adults (18 years and above) eligible population at Government COVID Vaccination Centers. Childhood diarrhoeal diseases continue to be a significant killer among under-five children in many states, contributing to 10 per cent of under-five deaths in the country. Around 1 lakh children die due to diarrhoea annually in the country. Diarrhoeal deaths are usually in summer and monsoon months, and children from poor socioeconomic situations are the worst affected. Intensified Diarrhoea Control Fortnight (IDCF) consist of a set of activities to be implemented in an intensified manner for the prevention and control of deaths due to dehydration from diarrhoea across all States & UTs. Breastfeeding provides every child with the best possible start in life. It delivers health, nutritional and emotional benefits to both children and mothers. And it forms part of a sustainable food system. But while breastfeeding is a natural process, it is not always easy. Mothers need support – both to get started and to sustain breastfeeding. Skilled counselling services can ensure that mothers and families receive this support, along with the information, advice, and reassurance they need to nourish their babies optimally. Around 150 volunteers and programme officers attended the session on these three topics and got trained.

Participants:

NSS volunteers & NSS programme officers

Speakers:

Dr Kumari Urvashi, Asst. Professor, Hindi dept., NSS Programme Officer, Ranchi Women's College; Ms Tulika Jha, SBCC Consultant for Health, UNICEF; Ms Baruni Nandi, State Child Health Consultant, UNICEF; Mr Mrutyunjaya Nayak, State SBCC Consultant for Nutrition, UNICEF; Mr Anubhav Chakraborty, NSS Programme Officer, Marwari College, Ranchi.

Dr Kumari Urvashi, Asst. Professor, Hindi dept., NSS Programme Officer, Ranchi Women's College, introduced the programme. She said –

We are conducting this online programme for three different topics. First, through this webinar, NSS volunteers will learn about the importance of precautionary dose and its mobilization and also what field-oriented activities they may perform to spread awareness. For example, our volunteers recently did a great job in the fight against COVID 19. It is also essential that the NSS volunteers should know about IDCF and the importance of breastfeeding in children, and how to disseminate this information to the mass level.

Ms Tulika Jha, SBCC Consultant for Health, UNICEF, said –

- Booster dose for COVID-19 is free of cost for eligible beneficiaries from 15th July to 30th September (75 days) as a part of Azadi ka Amrit Mahotsav.
- Earlier, the consumption of precautionary dose was significantly lower, and we must mobilize the consumption.
- After the 2nd dose, the third dose is essential; after six months of the second dose precautionary dose must be given to the eligible beneficiaries
- Key activities to be undertaken by NSS volunteers as a part of social mobilization:
 - Interpersonal communication is essential.
 - Do the counselling to the beneficiaries who are reluctant to take the vaccine. Identify the hesitant families and plan a home visit to mobilize them.
 - Use WhatsApp groups to promote information about the ongoing campaign.

Ms Baruni Nandi, State Child Health Consultant, UNICEF, said –

- IDCF is planned from 1st August to 14th August, and the goal is to reach zero child death due to Diarrhoea. The aim is to distribute ORS and zinc and the treatment of diarrhoea for 0 to 5 years of age.
- The objectives of IDCF are:
 - To ensure high coverage of zinc and ORS use rates in children with diarrhoea throughout the state/district.
 - They teach caregivers appropriate behaviour for diarrhoea prevention and management of under-five children.
 - Health workers should focus on the high-priority areas and vulnerable communities.
- The IDCF strategy is three folds:
 - Improved availability and use of ORS in households.
 - Facility level strengthening to manage cases of dehydration.
 - Enhanced advocacy and communication on preventing and controlling diarrhoea through the IEC campaign.
- The target beneficiaries for the IDCF campaign include –
 - (for prepositioning ORS/Zinc) all under-five children, including their caregivers, for community mobilization.
 - (for treating diarrhoea) under five years of children suffering from diarrhoea.

- Identify the target areas: areas where there are no ANM, high-risk areas such as urban slums, flood-prone areas, migrant settlements, orphanages, temporary shelters, street children, areas known for or with diarrhoea outbreaks in the last two years etc.
- Activities of IDCF at the community/village level:
 - Distribution of ORS and demonstration of ORS and Zinc at the community level with the help of Sahiya, ASHA and ANM workers.
 - Hand-washing demonstration in schools with the help of posters and hand washing demonstration activities. Activities may be clubbed with covid vaccination in schools for 12 -17 years.
 - Interpersonal activities by ANM on sanitation and hygiene along with management of diarrhoea.
 - Mobile health teams for urban areas to cover children in urban slums, migrant populations, street children, juvenile homes, orphanages etc., with the cooperation of municipalities.
- If the child has diarrhoea, give ORS and Zinc and refer to ANM. If the child has loose motion or vomiting along with any of the following, fever for more than three days, history of contact with covid 19, cough or difficulty in breathing, then refer the child for covid 19 testing and further management as per covid 19 guidelines.
- NSS volunteers may help remove the misconceptions about diarrhoea from the community, such as ORS should not be given in winter, some food should be reduced in diarrhoea conditions, breastfeeding should stop etc.
- Caregivers must use a medical mask, physical distancing, hand washing, and maintain respiratory hygiene during service delivery.

Mr Mrutyunjaya Nayak, State SBCC Consultant for Nutrition, UNICEF, said –

- Every year in the first week of August, breastfeeding week is observed to raise awareness about the significance of breastfeeding. Breastmilk is the baby's first and most natural method of feeding the infant and appears to bring seemingly limitless benefits for both mother and baby.
- Benefits of breastfeeding for baby, if given in the first hour of baby's birth:
 - Provides much-needed nutrients for growth and development.
 - Easy to digest.
 - Provide antibodies to strengthen immunity.
 - Helpful in the mental development of the child.
 - Protect from Hypothermia, Pneumonia and diarrhoea.
 - Emotional bonding between mother and child.
 - It helps in decreasing the child mortality rate.
- Benefits of breastfeeding for mother:
 - It helps to lose weight.
 - It helps to lower the risk of breast, uterus and ovarian cancer.
 - It allows the uterus to contract and return to its pre-pregnancy size.
 - It decreases the bleeding after the delivery of the child.
 - It helps in keeping the bone strong.

- It helps in the removal of the placenta.
- Under the Poshan campaign by the government, home visits, growth control, and community-based events were organised by aganbadi workers to promote breastfeeding.
- From the health department, four health check-ups before delivery and free institutional delivery are provided to promote breastfeeding just after delivery and for the safety of mother and child.
- To promote early, complementary, and exclusive breastfeeding, the government initiated the "MAA" (mother absolute affection) programme.
- Improving access to skilled counselling for breastfeeding can extend the duration of breastfeeding and promote exclusive breastfeeding, with benefits for babies, families and economies.
- According to the IMS act 1992/2003, the use and advertisement of packaged milk, milk bottle and nipples by health workers or users is prohibited.
- Proper behaviour of mother and family is essential to reduce the child mortality rate.
- In the first six months after childbirth, give only mother's milk; after six months with mother's milk, give complementary nutritional food, and breastfeeding must continue for two years.
- NSS volunteers should discuss and spread awareness about the benefits of breastfeeding in the community.

After the expert's session, Mr Anubhav Chakraborty, NSS Programme Officer, Marwari College, Ranchi, spoke about how NSS volunteers will take it forward. He said -

- It is a good initiative started by UNICEF & NSS Jharkhand, which aims to create awareness about the free precautionary dose of COVID-19, Intensified Diarrhoea Control Fortnight and breastfeeding promotion. Through various awareness programmes, NSS volunteers motivate and make the community aware at a mass level.
- In collaboration with UNICEF, NSS volunteers will give their full support to make these campaigns a great success by creating awareness in the community.
- **Mr Anubhav Chakraborty, NSS Programme Officer, Marwari College, Ranchi,** thanked Dr Kumari Urvashi, Asst. Professor, Hindi dept., NSS Programme Officer, Ranchi Women's College; Ms Tulika Jha, SBCC Consultant for Health, UNICEF; Ms Baruni Nandi, State Child Health Consultant, UNICEF; Mr Mrutyunjaya Nayak, State SBCC Consultant for Nutrition, UNICEF for giving their valuable time to the volunteers and programme officers which will be helpful for them to take forward the message effectively in the society.

Zoom Meeting

Participants (71)

Search

Participants (71)

Danish Khan (Host)

BN Baruni Nandi (Co-host)

RK Raja Kumar

OK 03Parmila Kumari

U 04Unibha Kujur

16 HARISH KUMAR MAHTO

21 Mohammad Zafaryab

2K 27-suman Kumari

2P 28 Pooja Kumari

5M 56 MADHU KERKETTA

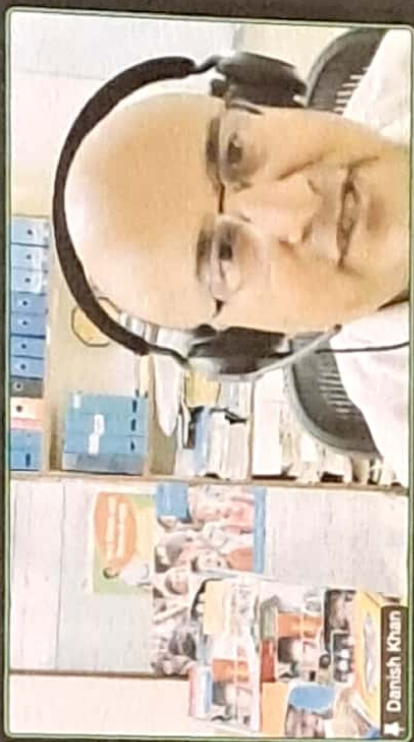
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Dr Kumari Bh...
Dr Kumari Bharti Singh

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Baruni Nandi

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Security

Participants

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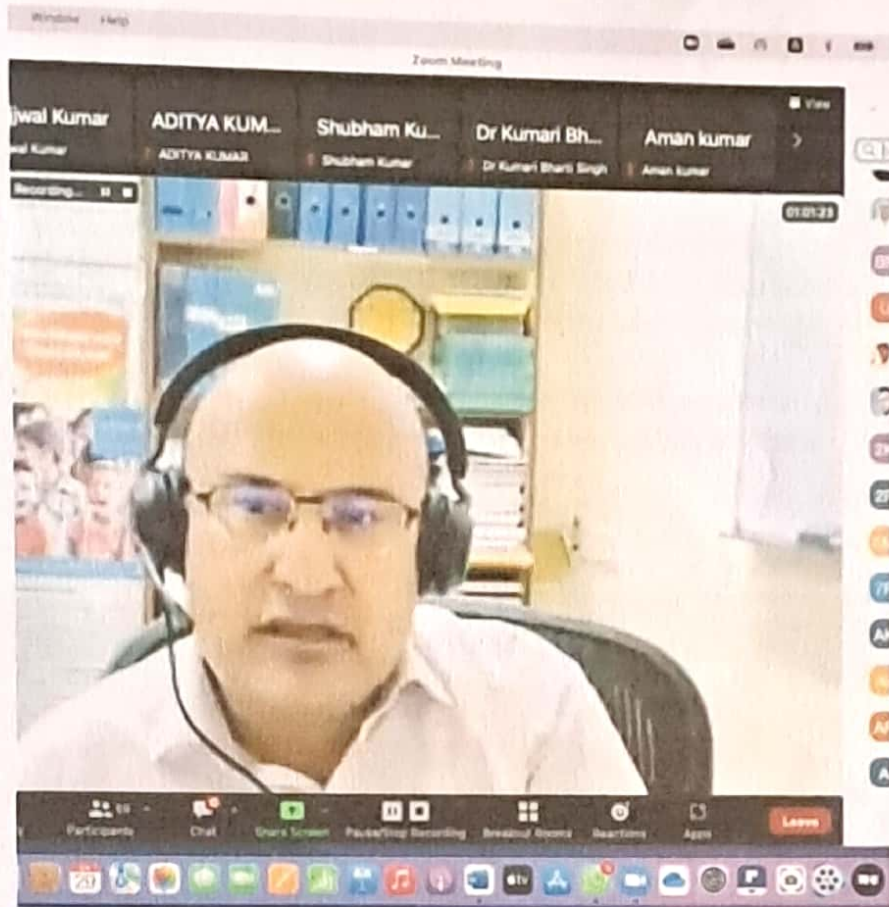
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डॉ उर्वशी

Instagram

nss_ru_ranchi
Ranchi, Jharkhand



Visit the COVID-19 Information Centre for vaccine resources.



30 likes

nss_ru_ranchi Empowering youth with information on free precautionary dose of COVID 19, Intensified Diarrhoea... more

29 July



Nss RU, Ranchi's post



Nss RU, Ranchi

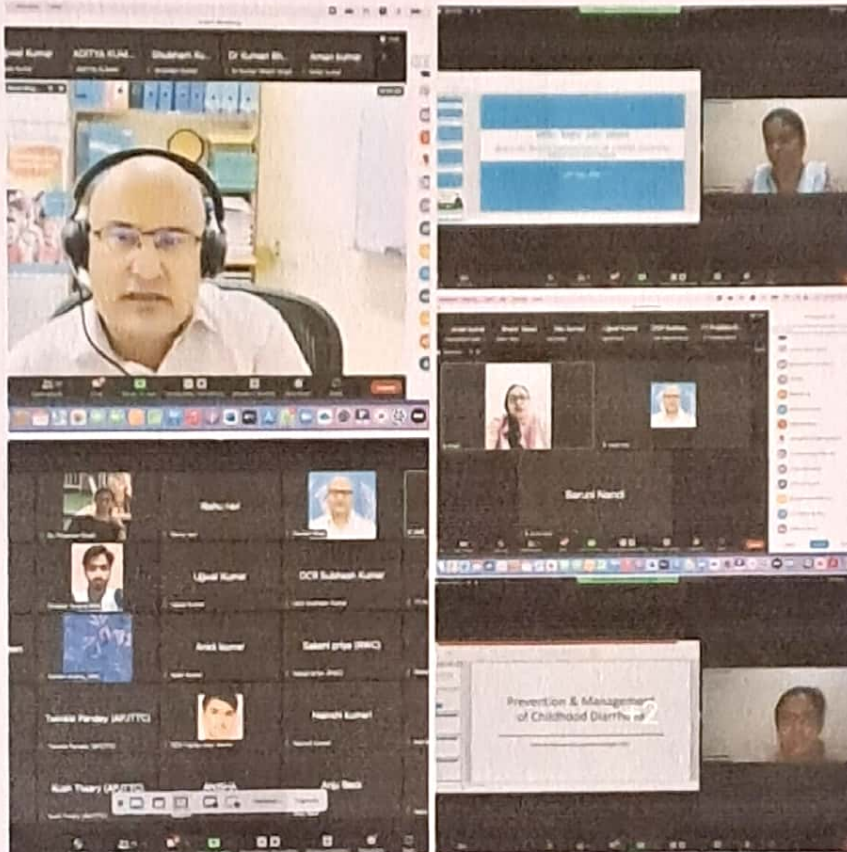
Jul 29

Empowering youth with information on free precautionary dose of COVID 19, Intensified Diarrhoea control Fortnight and breastfeeding among community so that they can take actions on ground held today for NSS volunteers of Ranchi University 🍌 UNICEF Jharkhand.

UNICEF India Ministry of Youth Affairs and Sports, Government of India Office of Chief Minister, Jharkhand Ministry of Health and Family Welfare, Government of India

Anurag Thakur Astha Alang NSS India NSS Jharkhand Press Information Bureau - PIB, Government of India NSS Jharkhand

Directorate of Sports & Youth Affairs Nss Ranchi University Ranchi



👍 Diwakar Anand and 3 others



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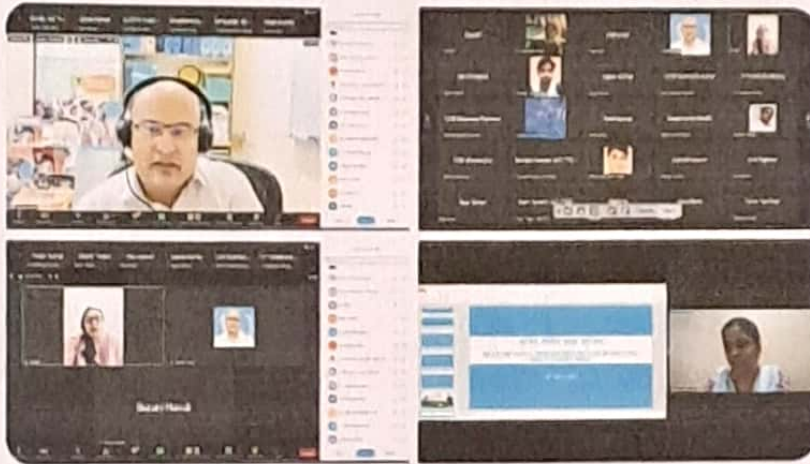


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Nss Ranchi University, Ranchi Jharkh...
@NssRURanchi

Empowering youth with information on free precautionary dose of COVID 19, Intensified Diarrhoea control Fortnight and breastfeeding among community so that they can take actions on ground held today for NSS volunteers of Ranchi University 🍌 UNICEF Jharkhand. @jhar_governor



YAS Ministry and 9 others

14:31 · 29 Jul 22 from रांची, भारत · Twitter for Android

5 Retweets 11 Likes



Tweet your reply



26th Aug, 22



स्तनपान से मिलनेवाली लाभ

समुदाय एवं परिवार को

- शिशु मृत्युदर में कमी।
- परिवार की आर्थिक स्थिति को बढद मिलती है क्योंकि दवाइयों, कोतल, निष्पल, दूध, पानी, ईंधन आदि की बचत होती है।
- बच्चों के बेहतर विकास में सहायक होता है।
- उन्नत बौद्धिक स्तर के मानव सत्साधन से समाज का विकास।
- कुपोषण के बचाव में राज्य द्वारा होने वाले खर्च में कमी एवं विकास पर उच्च राशि का व्यय।



Intensified Diarrhoea Control Fortnight:-2022

**Planned from:-
1st August 2022**

Goal of IDCF
The goal is to reach zero child deaths due to diarrhoea.

Handwritten notes on the slide:
 - **Objectives:** To reduce the burden of diarrhoea, to reduce the mortality due to diarrhoea, to improve the nutritional status of children, to improve the knowledge and skills of the community.
 - **Strategies:** To promote the use of ORS, to promote the use of zinc, to promote the use of rotavirus vaccine, to promote the use of clean water and sanitation, to promote the use of hand hygiene.
 - **Key messages:** Drink clean water, Eat clean food, Wash hands with soap and water, Use ORS, Use zinc, Use rotavirus vaccine, Use clean water and sanitation, Use hand hygiene.





Barunl Nandi

26th August,22 COVID 19 booster dose awareness walk

On Saturday, 26th August 22, an awareness walk of two km was organised by NSS Cell, Ranchi University and UNICEF Jharkhand. The rally started from RU to the Saheed Chowk Road, Kuchery chowk and returned to RU. The NSS volunteers promoted the Covid-19 booster dose and CAB. They also pasted stickers made by UNICEF. Their slogan was "let's be safe & get vaccinated". Seventy volunteers participated in the walk, and almost 3000 people got aware for covid 19 booster dose. In addition, NSS volunteers pasted five hundred stickers on autorickshaws, tricycles, buses etc., during the 2 km walk.










कोविड-19 बूस्टर डोज टीकाकरण जागृकता अभियान - आजादी का अमृत महोत्सव
दिनांक : २६ अगस्त २२

कोविड से बचाव के लिए तमपुन टीकाकरण कराव
यदि आप कोविड रिकवरी डोज को लिए चोखे हैं
तो जल्द से जल्द कोविड का टीका लगावारी।

आजादी का अमृत महोत्सव के अंतर्गत
कोविड वैक्सीनेशन
अमृत महोत्सव
(18 अगस्त से 30 अक्टूबर 2022)

सौजन्य : यूनिसेफ झाबुड एव राष्ट्रीय सेवा योजना, एंजी विसरिद्वाल्य



She on OnePlus









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By Redmi



5000। क्रिस्टोसिज्म पर शुरू हुआ सेमिनार, कुलपति ने कहा

कोरोना ने बताया कि हम कहां गलत हैं

लाइफ रिपोर्टर @ रांची

रांची वीमेंस कॉलेज में शुक्रवार को साहित्य और पर्यावरण को लेकर इको क्रिस्टोसिज्म सेमिनार शुरू हुआ। पर्यावरण, पारिस्थितिकी व साहित्य के साथ इसका संबंध व संरक्षण पर जानकारी दी गयी। मुख्य अतिथि रांची विवि के कुलपति प्रो. डॉ. अजीत कुमार सिन्हा ने कहा कि प्रकृति के साथ हमने बहुत ही दुर्व्यवहार किया है, काफी नुकसान भी पहुंचाया है, कोरोना ने बताया कि हम कहां गलत हैं और हमारे संयमित रहने से प्रकृति किस तरह खुद को तेजी से सुधारती है, लॉकडाउन में प्रकृति ने खुद को संभाला, अच्छी बारिश हुई, वायु

प्रदूषण एकाएक घट गया, यह भी एक संदेश ही है, जो प्रकृति हमें दे रही है,

संबलपुर विवि ऑइशा के डॉ. कालीदास मिश्रा ने वेदों उर्पाणवदों के उद्धरण से प्रकृति के साथ मनुष्यों के संबंध को बताया, एसबीके विवि पुरुलिया के डॉ. अपूर्वा साहा ने बताया किस तरह पर्यावरण एवं पारिस्थितिकी की बर्बादी से साहित्य और भाषा पर गलत प्रभाव पड़ता है, डॉ. वीके सिन्हा ने कहा कि एंथ्रोपोलॉजी, इतिहास, भूगोल सभी विषयों का संबंध पर्यावरण और प्रकृति से ही है, डॉ. जीएस झा ने कहा कि आधुनिकता के दौर में संरक्षण और शांति मुश्किल सा लगता है,

बूस्टर डोज लगा कर कोरोना से बच सकते हैं

रांची, रांची विश्वविद्यालय के कुलपति डॉ. अजीत कुमार सिन्हा ने विवि के वॉलीबॉल ग्राउंड से कोविड-19 बूस्टर डोज जागरूकता अभियान का शुभारंभ किया, एनएसएस इकाई एवं यूनिसेफ इंडरडंड के लक्ष्य तत्वावधान में अभियान शुरू किया गया है, कुलपति ने कहा कि कोरोना का बूस्टर डोज लगा कर ही कोरोना को हराया जा सकता है, उन्होंने कहा कि प्रथम एवं द्वितीय टीका लगाने वाले सभी को बूस्टर डोज लेना अनिवार्य है, कुलपति ने जागरूकता रैली को हरी झंडी दिखाकर रवाना किया, रैली विवि परिसर से निकल कर अल्बर्ट एक्का चौक होते हुए रश्मि चौक, जयपाल सिंह स्टेडियम, समाहरणातय, कवहरी चौक होते हुए कांस सिद्धि मुख्यालय पहुंची, मौके पर डॉ. ब्रजेश कुमार, डॉ. स्मृति सिंघ, यूनिसेफ की कंसल्टेंट डॉ. प्रियंका सिंह आदि मौजूद थे,

पर हमें प्रकृति और स्वयं से संवाद कर इसका हल खोजना होगा, इस अवसर पर वीमेंस कॉलेज की प्राचार्या डॉ. शमशुन नेहार,

डॉ. सीमा प्रसाद, डॉ. स्मृति सिंघ, डॉ. विष्णु सणु, डॉ. प्रकाश प्रसाद, डॉ. मोजुद थे,

बूस्टर डोज कोरोना से बचाव में सहायक : डा. अजीत कुमार

जास, रांची : रांची विवि की एनएसएस इकाई एवं यूनिसेफ के संयुक्त तत्वावधान में शुक्रवार को विवि के वालीवाल ग्राउंड में कोविड - 19 बूस्टर डोज जागरूकता अभियान शुरू हुआ। इसकी शुरुआत रांची विश्वविद्यालय के कुलपति डा. अजीत कुमार सिन्हा ने की। स्वयंसेवकों को संबोधित करते हुए उन्होंने कहा कि कोरोना को बूस्टर डोज लगाकर हराया जा

सकता है। एनएसएस के स्वयंसेवक जागरूकता अभियान आयोजित कर लोगों को जागरूक करेंगे। कुलपति ने जागरूकता रैली को हरी झंडी दिखाकर रवाना किया। यह रैली आरयू परिसर से निकलकर एल्बर्ट एक्का चौक, शहीद चौक, जयपाल सिंह स्टेडियम, समाहरणालय, कचहरी चौक होते हुए पुनः आरयू परिसर में समाप्त हुई।

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Nss Ranchi University, Ranchi Jharkh...
@NssRURanchi

An awareness walk by NSS Cell, Ranchi University today to the Saheed Chowk road where they promoted #Covid-19 booster dose and pasted stickers made by @UNICEFIndia. Let's be safe & get vaccinated

@YASMinistry @_NSSIndia
@asthaalang @NSSRDPATNA
@sanjayjavin @pankajsinghips



YAS Ministry and 9 others

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Harish Kant @HarishKant93411 · 27 Aug
Replying to @NssRURanchi @UNICEFIndia
and 13 others

Very good initiative 🍌

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