

GOAL 3

GOOD HEALTH & WELL-BEING



Maternal and Child Health

Tuberculosis

Antibiotic Resistance

Strengthen the prevention and treatment of substance abuse

Pandemic: Public health, lessons, and implications for the future

Environmental Health

Awareness on COVID-19

Date: 06.01.2024

Venue: ZP High School Angalakuduru

On 6th January 2024 our adopted school Angalakuduru conducted an event on Awareness on COVID-19 among students in different parts of the school locality. The 40 students including section and chief organisers and coordinators and some volunteers participated in this event. By educating students about symptoms. It is essential to create awareness and provide resources that promote diseases within the school setting. Anyway, the participants were highly enthusiastic to make it a big success. The students came to know about the significance of symptoms and Creating an open and supportive atmosphere encourages students to discuss their feelings without fear of judgment like emotional, psychological, and social well-being. Every step of the programme was appreciated by the representatives of the administration. This event created a great stir among the students.



Awareness on COVID-19 on 06.01.2024

Awareness on Cervical Cancer

Date: 09.02.2024

Venue: Vejandla

On 9th of February 2024, Awareness on Cervical Cancer was organized by the NSS wing Biotechnology of VFSTR in the nearby Vejandla village.

The Aim of this event was to create awareness on cervical cancer among the students and to provide awareness among the students. The girl students from the government high school were taught about the symptoms of cervical cancer. We spoke to them about the symptoms of cervical cancer and how to approach it if any symptoms are found. After the session, certificates were distributed to them for participating in this campaign. The target audience for this event were the students at government high school in the nearby village of Vignan's University.

This event began at 02:30PM with a brief introduction about the NSS program and the significance of the event, with a total number of 45 NSS coordinators and volunteers. In Conclusion, the awareness on cervical cancer event organized by Team NSS of the Biotechnology Department of Vignan University was a success.



Awareness on cervical cancer on 09.02.2024

Awareness on Food Adulteration

Date:10.02.2024

Venue: Vejandla Village

On the 10th of Fe 2024, Awareness on Food Adulteration was organized by the NSS wing food technology of VFSTR in the nearby Vejandla village.

The Aim of this event was to create awareness on Food Adulteration and to provide awareness among the Students, reducing the health problems caused by the Food adulteration and educating the People on the proper precautions. The target audience for this event were the in the nearby village of Vignan's University. This event began at 10:30AM with a brief introduction about the NSS program and the significance of the event, with a total no of 41 NSS coordinators and volunteers. The NSS unit has reached a total of 300 people from the nearby village for this event.

After the introduction, the awareness on Food Adulteration. The attendees were provided with a brief about this event by explaining the harmful effects of various diseases. This was delivered by the NSS coordinators and the Volunteers.

In Conclusion, the awareness on seasonal diseases event organized by Team NSS of the FT department of Vignan University was a successful event that created awareness on the harmful effects of Food Adulteration.



Awareness on Food Wastage

Date:10.02.2024

Venue: Vejandla Village

On the 10th of Feb 2024, Awareness on Food Wastage was organized by the NSS wing food technology of VFSTR in the nearby Vejandla village.

The Aim of this event was to create awareness on Food Wastage and to provide awareness among the Students, reducing the health problems caused by food adulteration and educating the People on the proper precautions. The target audience for this event was in the nearby village of Vignan's University. This event began at 10:30AM with a brief introduction about the NSS program and the significance of the event, with a total of 41 NSS coordinators and volunteers. The NSS unit has reached a total of 300 people from the nearby village for this event.

After the introduction, the awareness on Food Wastage. The attendees were provided with a brief about this event by explaining the harmful effects of various diseases. This was delivered by the NSS coordinators and the Volunteers. In Conclusion, the awareness on seasonal diseases event organized by Team UEAC of Vignan University was a successful event that created awareness on harmful effects of Food Wastage.



Awareness on Obesity

Date:14.02.2024

Venue: SangamJagarlamudi

We, the team UEAC of the Informational Technology department, have conducted the event about “Awareness on Obesity” on 14-February-2024 in sangamjagarlamudi ZPHS school. The main goal of having an event on obesity awareness for school students is to help them understand why being too heavy can be harmful. We want to teach them how it happens, why it's not good for their health, and what they can do to stay healthy. The idea is to make sure they know how to make smart choices, like eating well and being active. Our hope is that by learning about this early on, they'll be more likely to live healthy lives and avoid problems linked to being overweight.

The chief organizer, Chief Coordinator, Sec Coordinators and Volunteers of IT were participated in the event. Firstly, we all gathered on the block first floor in the university at 10:30 AM. We started from the university by 10:40 AM and reached the school by 11:00 AM. We started the event by 11:10 AM. Likewise, we interacted with the students for some time, and then we started explaining about the obesity. We explained what obesity is, how to know obesity, causes, diseases through obesity and precautions to get rid of obesity on the smart board. Students listened to us very well, and they enjoyed a lot.

After completion of giving lectures to the students, we ended the event by 12:15 PM. We returned to the college by 12:45 PM. A total of 21 volunteers, including sec Coordinators, Chief organizers, and Chief coordinators, participated in the event very Enthusiastically.



Awareness on Physical Fitness

Date:14.02.2024

Venue: ZPH School SangamJagarlamudi

We, the team UEAC of the Informational Technology department, conducted the event about “Awareness on Physical Fitness” on 14-February-2024 in Sangamjagarlamudi ZPHS school. The primary goal of organizing an event to raise awareness about physical fitness for school students is to help them understand the importance of being active and staying fit. We want to teach them why exercise is good for their health, both physically and mentally. The aim is to encourage them to engage in regular physical activities, like playing sports or doing exercises, so they can grow up to be strong and healthy. By promoting awareness on physical fitness, we hope to instil lifelong habits that contribute to their overall well-being.

The chief organizers, Chief Coordinators, Sec coordinators, and Volunteers of IT participated in the event. First, we all gathered at U block ground floor of the university at 10:30 AM. We started from the university by 10:40 AM and reached the school by 11:00 AM. We started the event by 11:10 AM. Furthermore, we interacted with the students for some time, and then we started explaining about physical fitness. We explained physical fitness, the benefits of being fit, ways to get fit, and diseases caused by the lack of physical fitness on the smart board. The students listened to us very well, and they enjoyed it a lot.

After completion of giving lecture to the students, we ended the event by 12:15 PM. We returned to the college by 12:45 PM. All the 21 volunteers including sec Coordinators, Chief Organizer, and Chief Coordinator participated in the event very Enthusiastically.



Awareness on Cancer

Date:17.02.2024

Venue: ZPH School SangamJagarlamudi

On 17th February, Awareness on cancer was organized by the NSS-UEAC wing of VFSTR in the nearby Sangamjagarlamudi village.

The Aim of this event is to create awareness on cancer and to provide awareness among the students, reducing the health problems caused by eating junk food and using burning plastic and educating the students about proper diet about food. The target audience for this event were the students in the nearby government school of Vignan's University.

This event began at 11:30AM with a brief introduction about the NSS program and the significance of the event, with a total no of 35 UEAC coordinators and volunteers. The UEAC unit have reached a total no of 200 students of class 8,9 from the nearby government school for this event. After the introduction, the awareness on cancer began. The attendees were provided with a brief about this event by explaining the harmful effects of cancer. This was delivered by the NSS coordinators and the Volunteers.

In Conclusion, the awareness on cancer event organized by Team NSS of ECE department of Vignan University was a successful event that created awareness on cancer and the harmful effects of cancer.



Cancer awareness at ZPH School SangamJagarlamudi on 17.02.2024

Awareness On Diabetes

Date: 21.02.2024

Venue: Chebrolu village

The UEAC (University Extension Activities Council) volunteers of VFSTR conducted Awareness on Diabetes at Chebrolu.

This event “Awareness on diabetes” was conducted in the indication of helping to get awareness on diabetes by the VFSTR University on 21 FEB 2024 by the team UEAC.

The most common disease that many people are suffering from irrespective of age is diabetes. It became a common disease that occurs when the immune system mistakenly attacks and destroys the insulin-producing cells in the pancreas. The program has been conducted by the Dept. of Bio-Medical at Chebrolu and the students who were involved in the program trained the people who were suffering from diabetes and lectured them on how to cure diabetes. They created a flow chart of the stages of diabetes and how to cure diabetes by helping the chart students clearly explain the people in Chebrolu.

The Program commenced with an assembly of 1st and 2nd-year biomedical students at 9:30 AM and started to cheerfully contribute and participate of every student to make the “Awareness on diabetes” program successful. By the time 1:30 PM all students reached the university was great full further proceeded by clicking few photos finally everyone dispersed with a thank you note.



Awareness on Bird Flu

Date: 27.02.2024

Venue: ZPH School Garuvu Palem

We the team UEAC has conducted an event to bring awareness on BIRD FLU in Garuvupalem village. The main aim of this event to educate people about bird flu and what is effect of bird flu to humans.

Our team UEAC members from Biotech department organized this event. This event is about viral infection that primarily effects birds. It's important for people to understand that there are various strains of bird flu, some of which can infects humans. This event makes the people to understand transmission of the disease from birds to humans and about symptoms in humans can range from mild to severe and may include fever, cough, sore throat and respiratory difficulties. They came to about prevention and global concerns by avoiding eating chickens and taking safety measures from children to adults. Our NSS volunteers along with few Chief organizers and Chief coordinators went to the village and explained to people about the consequences of Bird Flu.

The program was commenced on assemble of NSS volunteers and members along with the organizers at 01:30 PM. They were divided into groups and they started in the college by 01:45 PM. They reached the village by 02:00 PM. Each group address the people and they returned to college by 04:00 PM.



Awareness on Bird Flue on 27.02.24

Awareness on Bird Flu

Date: 27.02.2024

Venue: Primary School Selapadu

We the team UEAC of the Informational Technology department conducted the event about “Awareness on Bird Flu” on 28-February-2024 in Selapadu primary school. The main goal of organizing this event is to raise awareness about bird flu for school students to help them understand why it's important to prevent the spread of this illness.

We want to teach them about bird flu, how it can affect people and birds, and the simple steps they can take to stay safe. By doing this, we hope to give students the knowledge they need to protect themselves and others from bird flu. The aim is to encourage them to adopt good habits, like proper hygiene and taking precautions around birds, so they can help stop the virus from spreading. Our goal is to keep everyone healthy and safe by making sure students know what to do to prevent bird flu.

A total of 20 including Chief organizers, Chief Co-ordinator, Sec coordinators and Volunteers of IT participated in the event. Firstly, we all gathered at U block ground floor in the university at 01:45 PM. We started from the university by 02:00 PM and reached the school by 02:20 PM. We started the event by 02:20 PM and started explaining about the Bird Flu. We explained what is Bird Flu, the Causes of bird flu, and precautions to prevent bird flu. After completion of giving lecture to the students, we ended the event by 03:30 PM. We returned to the college by 03:45 PM.



The Team UEAC conducting Awareness on Bird flu on 27.02.24

Awareness on Bird Flu

Date: 28.02.2024

We the team UEAC had conducted an event to bring awareness on Bird Flu in Vejendla village. The main aim of this event is to educate people about bird flu and what is the effect of bird flu on humans.

Our team UEAC members from ACSE department organized this event. This event is about a viral infection that primarily affects birds. It's important for people to understand that there are various strains of bird flu, some of which can infect humans. This event makes people understand the transmission of the disease from birds to humans, and symptoms in humans can range from mild to severe and may include fever, cough, sore throat and respiratory difficulties. They came to know about prevention and global concerns by avoiding eating chickens and taking safety measures from children to adults. Our UEAC volunteers along with their organizers and Chief coordinators went to the village and explained to people about the consequences of Bird Flu.

The program commenced an assembly of NSS volunteers and members along with the organizers at 1:30 PM. They reached the village by 2:30 PM. Each group addressed the people and they returned to college by 4:00 PM.



Awareness on Bird flu at Vejendla village on 28.02.2024

Awareness on Health and Nutrition

Date :29.02.2024

Venue: Vejendla

We, the team UEAC, conducted an "Awareness on Health and Nutrition" event on 29 February 2024. The aim of the event is to educate individuals about the importance of maintaining a balanced diet and healthy lifestyle. The event focused on providing valuable information and practical tips to promote overall well-being through proper nutrition.

25 members including the chief organizers and chief coordinators took part in this event. The program began with an introductory session by the organizers, highlighting the importance of health and nutrition in maintaining overall well-being, followed by informative presentations on the fundamentals of nutrition, including the importance of vitamins, minerals, proteins, carbohydrates, and fats in the diet. Students engaged in discussions and interactive sessions to learn about the nutritional requirements for different age groups and lifestyles.

Our UEAC team members including chief organizers, chief coordinators, section coordinators and volunteers gathered in college. They have split into groups according to their disciplines of the branches, and each group has contributed their efforts to bring awareness to students. The event started at 2:00 PM and completed at 4:00 PM.



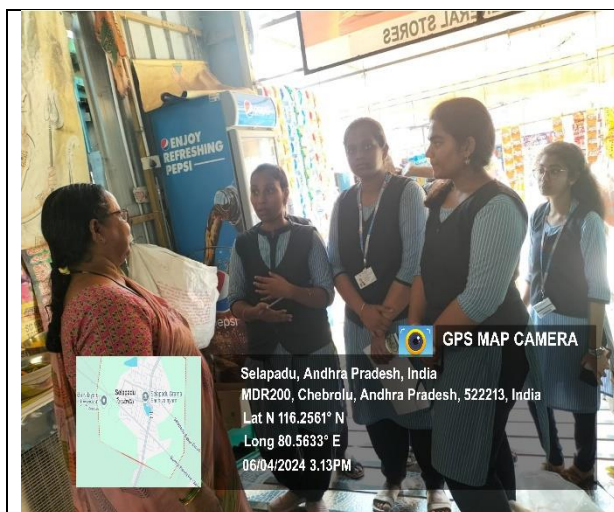
BAD EFFECTS OF SMART PHONE

Date:06.04.2024

Venue: Selapadu

We the team UEAC have conducted an event on 6th April, 2024 to bring awareness on the effects of smartphones among children. This event took place in Selapadu village. The main aim of this event is to educate people and children about the effects of mobile phones at younger ages.

Our team UEAC members from the CSE department organized this event. This event motivates people and children to decrease the usage of mobiles. They have explained to them the health problems that occur from excessive usage of mobiles at a young age such as Causing Tumors, Affects Brain Activity, Lowers Academic Performance, Access to Inappropriate Media, Sleep Disruption, Mental Health Troubles, and Decreased Social Skills. They have motivated children to be away from smartphones which helps them to increase their social skills. They have informed parental control measures like Using a parental controls app, manually checking your child's web history, setting up a password-sharing policy, enabling family safety features in gaming consoles, set up social media monitoring tools. A total of 30 students were involved in the event.



Bad effects of Smart phone at Selapadu on 06.04.2024

Awareness on Mental Health

Date:24.04.2024

Venue: ZP High School Angalakuduru

The Team UEAC on 24th April ,2024 in our adopted school Angalakuduru conducted an event on Awareness on mental health to bring awareness to the students in different parts of the school locality. The 36 students including section coordinators, chief organizers coordinators and volunteers participated in this event by educating students about mental health. It's important to be aware of the risks of loneliness and depression. To continue such state of mind for longer can lead to suicidal thoughts. So people must take their time and remember to take breaks. It's also a good idea to reschedule their work hours to balance life. Every step of the program was appreciated by the representatives of the administration. This event created a great stir among the students.



**Awareness on Mental health in ZPHS Angalakuduru on
24.04.2024**



Engineers Day

Date: 15.09.2023

Venue: VFSTR

“Engineers Day” was celebrated on 15th September every year. On behalf of this day, the students at Vignan University conducted “Technical Project Expo and Poster Presentations”.

The students of ZPH School to enhance their understanding of Engineering and to raise awareness among ZPH school students in the field of engineering. Our university has adopted government schools from nearby villages Jagarlamudi, Vejandla, Angalakudhuru and Narakoduru. Our UEAC team members including vertical members, leads and the core team went to bring the students from their school. The program started at 8:30 AM on the premises, went to respective schools to bring the students to the University and explained to them about all the projects done by the students of VFSTR.

A total of 144 volunteers participated in the event and 320 students attended this Technical Project Expo event from the surrounding ZPH schools. Refreshments like snacks and drinks was distributed (biscuits and mango drink bottles) to the students. This enhances the skills of the students, makes them interested in the field of engineering, and develops their skills and ideas. The students have express their feelings very happily and enthusiastically. Finally, the event came to an end by sending back to the students at 12:30 PM.



Health and Hygiene Awareness

Date:16.09.2023

Venue: Sekuru

The Health and Hygiene awareness program was conducted in Sekuru village on 16-Sep by CSE department of team UEAC. It was organized to educate and promote awareness about critical aspects of health and hygiene within the local community.

The program emphasized the significance of maintaining a healthy weight through balanced nutrition and regular exercise. Participants were educated about the causes, risk factors, and management of hypertension. The core team discussed prevention of diabetes, early detection, and the importance of routine check-ups. Participants learned about the benefits of a nutritious diet and received practical dietary recommendations. The significance of regular handwashing in preventing infections and maintaining good health was emphasized.

A cleanliness drive was conducted to encourage community members to contribute to a cleaner environment. Our UEAC team members including vertical members, leads and the core team went to Sekuru village by 10:30. They started by 10:00 AM in the college, went to the village and brought awareness in people by educating them about proper diet maintenance and other hygiene factors that leads to a healthy life. Finally, a total of 40 members returned to college by 12:30 PM. This event encourages the community to adapt to some changes to lead to a healthy life.



Health and Hygiene Awareness on 16.09.2023

Awareness on Seasonal Diseases

Date: 23.09.2023

Venue: Vejandla Village

On the 23rd of September 2023, Awareness on Seasonal Diseases was organized by the NSS wing food technology of VFSTR in the nearby Vejandla village. This event aimed to create awareness on Seasonal Diseases and to provide awareness among the students, reducing the health problems caused by seasonal diseases and educating the People on the proper precautions. The target audience for this event was the in the nearby village of Vignan's University. This event began at 10:30 AM with a brief introduction about the NSS program and the significance of the event, with a total number of 30 NSS coordinators and volunteers. The NSS unit has reached a total number of 30 people from the village nearby for this event. In Conclusion, the awareness on seasonal diseases event organized by Team NSS of the FT department of Vignan University was a successful event that created awareness on the harmful effects of seasonal diseases.



Awareness on Seasonal diseases at Vejandla on 23.09.2023

Health Camp

Date:24.09.2023

Venue: Vadlamudi

On National NSS Day, the University Extension Activity Council (UEAC) of VFSTR organized a Free Health Check-up Camp at one of our adopted Villages, Vadlamudi. In collaboration with Needs Blood Bank, Dr. Shiva Ratnakar General Medicine, from Amaravati Hospital Guntur and two supporting staff, have conducted the checkups to the villagers and distributed the medicine freely. Two ANMs of Vignan University Health Center were also involved in the camp for supporting the check-ups at Vadlamudi village on 24.09.2023 from 9:00 AM to 2:00 PM. The Sarpanch of the village Ms. Morampudi Anitha Rani and UEAC coordinator inaugurated the camp.

65 Student volunteers were divided into seven groups to usher the village people. They also motivated the people to utilize this opportunity. In this camp BP and body temperature, pulse checks to identify the problems of the patient and given the medicine. A total of 153 people has been examined and given free medicine. UEAC Program Officer Dr. Vijayababu Palukuri motivated the volunteers and UEAC coordinator Mr. Suresh Babu coordinates the entire camp. Dr. Vijayababu Palukuri and Dr.M.S.S. Rukmini Dean of Student Affairs appreciated every volunteer.





HEALTH CAMP

Date: 30.09.2023

Venue: Vejandla

We the team UEAC conducted a Health camp in Vejandla village on 30 September 2023. Ayushman Bhava aligns with the motto of "Sabka Saath Sabka Vikas" (Together with All, Development for All). This philosophy underscores inclusivity, leaving no one behind in healthcare access.

Our 45 NSS volunteers gathered people in the village with the help of panchayat and Anganwadi Asha workers and staff nurse office members and Asha workers and conducted a health camp in VEJENDLA Health Centre near Sachivalayam. Good health is the biggest treasure, to attract a huge number of people our NSS volunteers went to their houses and told them about the importance of the health camp and the importance of AYUSHMAN BHAV theme. Around 300 people attended the health camp. The director of the health camp in NEW DELHI "DR. SHRI HARSHA MANGLA(IAS)" along with the members of professional Doctor of Health centres provided health care services to the people. Free medicines and nutrition were distributed to the people.



Women Health and Safety

Date:06.10.2023

Venue: Angalakuduru

The UEAC team from the Biomedical branch conducted an awareness event on Women's Health & Safety in Angalakuduru village on October 6, 2023. The event aimed to promote awareness on women's safety and empowerment, emphasizing the need for proactive measures to prevent lifelong trauma and ensure a secure environment for all.

The NSS section coordinators, chief coordinators, and volunteers conducted an awareness camp on Women's Health & Safety, emphasizing the importance of women's well-being and security. The team engaged with community members through house visits, highlighting the need for strategies, policies, and safe spaces to reduce gender-based violence and ensure safety. The session saw active participation from 15 attendees, contributing to the goal of fostering a safer and more informed society.

UEAC team members including section and chief organizers and coordinators and 35 volunteers gathered in college. The event started at 11:30 PM by gathering the people. Finally, the event was completed at 2:00 PM.



Awareness on Mental Health

Date: 06.11.2023

Venue: Vignan Junior college Vadlamudi

Team UEAC conducted an event to create awareness on mental health emotional well-being, and drug eradication, and make them understand their importance by shaping themselves into assets of the country.

They will get to know how the individual should react to the situation and also stabilize themselves as per the situation and dos or don'ts of their current age by considering a few demographic conditions as per societal change.



Session on Teen Counselling

Date: 06.11.2023

Venue: Vignan Junior college Vadlamudi

Team UEAC conducted an event to create awareness on mental health, emotional well-being, and drug eradication, and make them understand their importance by shaping themselves into assets of the country.

They will get to know how the individual should react to the situation and also stabilize themselves as per the situation and dos or don'ts of their current age by considering a few demographic conditions as per societal change.



Conducting a Session On Teen Counseling on 06.11.2023

Cancer Awareness

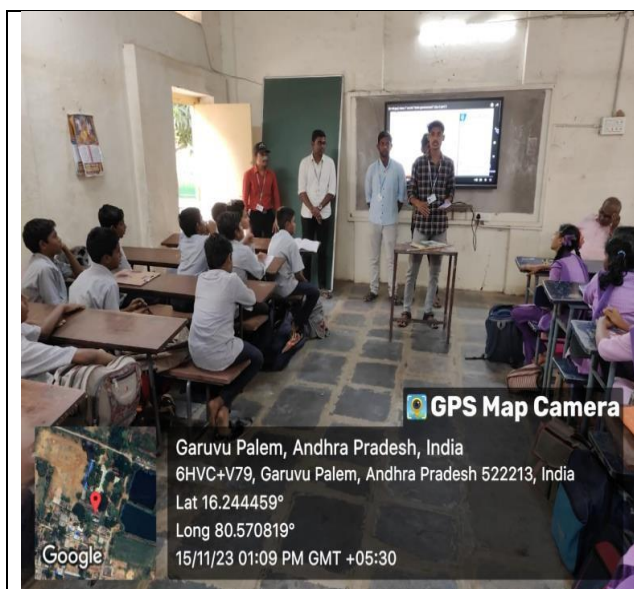
Date: 15.11.2023

Venue: ZPHS Sangamjagarlamudi

On November 15, 2023, the NSS – UEAC wing of VFSTR, in collaboration with the EEE department, conducted a cancer awareness event at Sangamjagarlamudi ZPHS.

The purpose of this event was to educate both boys and girls about cancer, including how it develops and how one can prevent it. Students were the event's intended audience. A total of 35 EEE department students, including the primary organizer, chief coordinator, and section coordinators, took part in this event, which got underway at 11:30 a.m. The students actively participated and had their queries answered by the volunteers, who were split up into groups and visited sixth- to ninth-grade classrooms to raise awareness on cancer, its root causes, warning signs, and ways to prevent it through preventative measures.

In conclusion, the students acquired a consciousness of cancer and some precautions to prevent cancer.



Cancer Awareness Program in School on 15.11.1023



VIGNAN'S

Foundation for Science, Technology & Research

(Deemed to be UNIVERSITY)

-Estd. u/s 3 of UGC Act 1956

*Family Care
on*

Budding Professionals

