



KALSEKAR TECHNICAL CAMPUS SCHOOL OF PHARMACY



EXTENSION ACTIVITY NEWSLETTER

NSS & UBA ACTIVITY



WHAT'S INSIDE
THIS ISSUE:

**NSS & UBA
Activities of
impact**

TIRANGA RALLY



On August 14, 2024, AIKTC School of Pharmacy organized a Tiranga Rally under the National Service Scheme (NSS) to celebrate the spirit of patriotism and unity on the eve of India's Independence Day. The rally served as a platform for students and faculty to express their love for the country and honor the national flag, showcasing solidarity and respect for India's freedom fighters and their sacrifices.



SAFAI APNAO BIMARI BHAGAO ABHIYAN; CLEAN CITIES, HEALTHY CITIZENS



***Embrace
Cleanliness,
Eliminate Diseases***

On 31st August 2024, Anjuman-I-Islam's Kalsekar Technical Campus School of Pharmacy, organized a Cleanliness Drive to promote a disease-free city. The theme of the activity was "सफाई अपनाओ, बीमारी भगाओ अभियान" ("Adopt Cleanliness, Drive Away Disease Campaign"), held from 1st July to 31st August, with slogans like "Clean Cities, Healthy Citizens" and "अवलंब करून स्वच्छतेचा, नयनाट करू रोगांचा" ("Embrace Cleanliness, Eliminate Diseases"). The drive was conducted in collaboration with the Panvel Municipal Corporation. This activity effectively instilled the principles of the Clean India Movement by accepting the challenge in a practical manner.



CELEBRATION OF INDEPENDENCE DAY AND MEETING AT GRAM PANCHAYAT OFFICE IN PALASPE



educating school children about technology, enhancing cleanliness, improving water supply, promoting solar energy

On August 15, 2024, a Gram Sabha meeting was held in Palaspe village. The meeting focused on planning upcoming UBA activities aimed at the village's development. Key areas identified for improvement included educating school children about technology, enhancing cleanliness, improving water supply, promoting solar energy, and addressing the health of women and children. These initiatives are highly anticipated to contribute significantly to the village's development.





SOCIAL AND CYBER SECURITY AWARENESS CAMP

raising awareness about the misuse of social media, the increasing threat of cybercrime, and its negative effects on youth

SOCIAL AND CYBER SECURITY AWARENESS

On October 21, 2024, Anjuman-I-Islam's Kalsekar Technical Campus, School of Pharmacy, organized a Social and Cyber-Security Awareness Program for students from 5th to 8th at Chhatrapati Shivaji School, Palaspe, under the UBA program. As a part of celebrating National Pharmacy Week, observed from October 20th to 26th, 2024, in collaboration with the Rotaract Club and NSS.

The event effectively raised awareness about the misuse of social media, the increasing threat of cybercrime, and its negative effects on youth.



MEDICAL HEALTH CHECK-UP CAMP



*hands-on experience
of the societal
impact of disease
burden*

In celebration of National Pharmacy Week, the AIKTC School of Pharmacy, in collaboration with NSS, UBA, Youth Red Cross, and Rotaract of AIKTC, organized General Health Checkup Camp at Palaspe Village on October 24th, 2024. BMI, blood sugar, and blood pressure were checked. Free medications and awareness on preventive health measure were also provided to patients. This health camp offered students a hands-on experience of the societal impact of disease burden and highlighted the role of healthcare professionals in addressing these challenges.



VOTER AWARENESS CAMPAIGN



***"Empowering Votes,
Shaping Futures:
NSS Matdan
Jagrukta Abhiyan
Inspires Active
Citizenship in
Palaspe Village"***

On October 24, 2024, the NSS unit organized a Matdan Jagrukta Abhiyan (Voter Awareness Campaign) at Palaspe Village, aiming to encourage informed and active participation in the democratic process. The campaign emphasized the importance of voting as a fundamental right and civic duty. The program included interactive sessions led by NSS volunteers, who discussed the significance of each vote in shaping the nation's future. Visual aids and pamphlets were distributed to make the information accessible and clear, especially for first-time voters and those less familiar with the voting process. The event successfully raised awareness and strengthened the community's commitment to active citizenship.



WORLD PHARMACIST DAY BLOOD DONATION CAMP

On the occasion of World Pharmacist Day, a blood donation camp was organized in collaboration with Red Cross society to support the community's healthcare needs. A total of 75 participants registered for the event, with 60 individuals successfully donating blood. The event aimed to raise awareness about the importance of blood donation and the crucial role pharmacists play in healthcare. The camp was a resounding success, helping to contribute to life-saving efforts in the community.

"Pharmacists for Life: Supporting Health with Every Drop—World Pharmacist Day Blood Donation Camp"



WORLD PHARMACIST DAY WOMEN HEALTH CAMP



***"Empowering
Women's Health:
Early Detection,
Prevention, and Care
at AIKTC SoP
Women's Health
Camp"***

The Women Health Camp held at AIKTC SoP camp aimed to raise awareness about women's health issues, providing essential screenings and consultations for various conditions like breast cancer, cervical cancer, and reproductive health. Educational materials were distributed to raise awareness about preventive care and the importance of regular health check-ups. This event encouraged women to prioritize their health and provided them with the necessary tools for early detection and prevention.



WORLD PHARMACIST DAY THYROID CAMP



***"Thyroid Health
Matters: Early
Detection and Care
at AIKTC SoP Thyroid
Camp"***

AIKTC SoP's Thyroid Camp focused on raising awareness about thyroid disorders and offered free thyroid function tests. Participants were screened for common thyroid-related issues like hypothyroidism and hyperthyroidism. Medical professionals provided consultations based on the test results and offered advice on treatment and lifestyle adjustments. The camp emphasized the importance of early diagnosis and management of thyroid disorders to prevent long-term complications.



WORLD PHARMACIST DAY

DIABETES CAMP



***"Taking Control of
Diabetes:
Awareness,
Prevention, and Care
at AIKTC SoP
Diabetes Camp"***

Primary goal of The Diabetes Camp organized at AIKTC SoP was to raise awareness about diabetes prevention, management, and early diagnosis. Free blood sugar testing and consultations with healthcare professionals were provided. Participants received guidance on diet, exercise, and medication to manage their condition. This camp significantly helped in raising awareness about the increasing prevalence of diabetes and the importance of maintaining a healthy lifestyle to prevent complications.



WORLD PHARMACIST DAY ASTHAMA CAMP



***"Breathe Easy:
Empowering Asthma
Management at
AIKTC's Asthma
Camp"***

The Asthma Camp at AIKTC provided free lung function tests and consultations with respiratory specialists. Participants learned about asthma triggers, prevention strategies, and treatment options, including inhaler use. The camp emphasized the importance of proper diagnosis and consistent treatment in managing asthma symptoms and improving the quality of life for patients.



WORLD PHARMACIST DAY

ECG CAMP



***"Heart Health First:
Early Detection and
Prevention at AIKTC
SoP's ECG Camp"***

The ECG Camp at AIKTC SoP aimed to provide free electrocardiogram (ECG) tests to detect potential heart-related issues. Medical professionals were available to interpret the results and offer advice on managing heart health. The camp highlighted the importance of regular heart check-ups and early detection of cardiovascular diseases, encouraging participants to adopt healthier lifestyles for better heart health. This initiative successfully raised awareness about heart disease prevention.



WORLD PHARMACIST DAY MENTAL HEALTH CAMP



***"Mind Matters:
Promoting Wellness
and Support at
AIKTC SoP's Mental
Health Camp"***

AIKTC SoP's Mental Health Camp aimed to raise awareness about mental health issues and offered counseling sessions with mental health professionals. Participants had the opportunity to discuss their concerns and receive guidance on managing stress, anxiety, and depression. The camp highlighted the importance of mental health awareness and provided participants with valuable resources to improve their emotional and psychological well-being.



WORLD PHARMACIST DAY HERBAL TREE PLANTATION CAMP



"Growing Green for Health: Fostering Sustainability with AIKTC SoP's Herbal Tree Plantation Drive"

The Herbal Tree Plantation event at AIKTC SoP aimed to promote environmental sustainability by planting herbal trees on the campus. Participants planted a variety of medicinal plants, contributing to the preservation of biodiversity and fostering environmental stewardship. The event also included an educational session on the importance of medicinal plants in healthcare. This plantation drive was a step toward creating a green and sustainable campus, while also raising awareness about the ecological benefits of herbal plants.



WORLD PHARMACIST DAY NUTRITION CAMP



***"Fueling Health:
Empowering
Wellness Through
AIKTC SoP's
Nutritional Camp"***

AIKTC SoP's Nutritional Camp focused on promoting healthy eating habits and providing personalized dietary advice to participants. Nutritional experts offered consultations based on the individual's health needs, addressing issues like obesity, malnutrition, and dietary deficiencies. The camp highlighted the importance of a well-balanced diet in maintaining overall health and preventing nutrition-related disorders, empowering participants with knowledge to make healthier food choices.



BUILDING HEALTH, AWARENESS, AND SUSTAINABILITY TOGETHER: AIKTC SOP'S NSS & UBA INITIATIVES 2024-2025

*"Inspiring Change,
One Community at
a Time"*

NSS & UBA TEAM



PROF. ZIYAUUL HAQUE



DR. MARYAM AHMAD



PROF. TABRES KHAN

This year, AIKTC School of Pharmacy's NSS and Unnat Bharat Abhiyan programs brought students and the local community together in meaningful ways through a series of impactful events.

Celebrations like the Tiranga Rally and Voter Awareness Campaign ignited a sense of pride and civic duty, inspiring participants to actively engage in democratic life. These initiatives showed how small acts of participation can strengthen community bonds and remind us of our shared values.

Health took center stage in several events, with camps like the General Health Check-Up, Thyroid, and ECG screenings providing accessible healthcare to the community. From testing to counseling, these events empowered individuals to take charge of their health. The Mental Health and Women's Health Camps, in particular, offered support for issues often overlooked, creating safe spaces for important conversations and encouraging holistic well-being. For students, it was a hands-on learning experience, instilling the importance of preventive care and compassionate healthcare.

Environmental sustainability rounded off the year's activities, with the Herbal Tree Plantation and Cleanliness Drive showcasing AIKTC SoP's commitment to a greener future. Together, participants planted herbs and embraced cleanliness, making a visible difference in their surroundings. This year's initiatives weren't just events—they were steps toward a healthier, more united community. Through small, impactful actions, we're reminded that change starts with each one of us, growing from our shared commitment to a brighter tomorrow.