

# Report on Awareness Talk at Manjari High School

## Introduction

On July 16, 2024, an awareness talk was held at Manjari High School under the Unnat Bharat Abhiyan initiative. The event was led by Dr. Shailesh Shetty and Dr. Vivek Solapurkar with the aim of educating students about vector-borne diseases, home remedies, and preventive measures. The talk had a notable attendance of 300 students, marking a significant effort towards enhancing their knowledge and awareness of these health concerns.

## Speakers and Topics Covered

### Dr. Shailesh Shetty

Dr. Shailesh Shetty, a respected figure in public health, provided a comprehensive overview of vector-borne diseases. His presentation included:

- 1. Understanding Vector-Borne Diseases:**
  - Explanation of diseases such as malaria, dengue, chikungunya, and Zika virus.
  - Detailed description of vectors, primarily mosquitoes, responsible for the transmission of these diseases.
- 2. Symptoms and Diagnosis:**
  - Common symptoms associated with vector-borne diseases, including fever, headache, muscle pain, and rashes.
  - The critical importance of early diagnosis and timely treatment.
- 3. Preventive Measures:**
  - Practical advice on using mosquito nets and repellents.
  - Importance of eliminating standing water to prevent mosquito breeding.
  - Recommendations on wearing long-sleeved clothing and using window screens to reduce mosquito exposure.

### Dr. Vivek Solapurkar

Dr. Vivek Solapurkar focused on practical home remedies and further preventive measures, stressing the role of community involvement. His key points included:

- 1. Home Remedies:**
  - Utilization of neem oil and camphor as mosquito repellents.
  - Consumption of papaya leaf extract to manage dengue fever symptoms.
  - Preparation and benefits of herbal teas like tulsi and ginger to boost immunity.
- 2. Community Hygiene and Sanitation:**
  - Emphasis on regular cleaning of water storage containers to prevent mosquito breeding.
  - Proper disposal of waste to avoid water stagnation.
  - Encouragement of community clean-up drives to maintain a hygienic environment.

# **Interaction with Assistant Commissioner Shri. S. S. Sampagavi**

The session also featured a discussion with Chikkodi Assistant Commissioner Shri. S. S. Sampagavi, where the role of Ayurveda in managing vector-borne diseases was explained. The key points included:

1. **Ayurveda's Preventive and Curative Approaches:**
  - Discussion on the use of Ayurvedic herbs and formulations to strengthen the immune system.
  - Traditional practices like the use of tulsi plants and turmeric for their health benefits.
2. **Government Initiatives:**
  - Ongoing efforts to integrate Ayurvedic practices with modern medical approaches.
  - Awareness programs aimed at educating the rural population about effective Ayurvedic treatments.

## **Impact on Students**

The awareness talk successfully engaged 300 students, providing them with valuable information and practical advice. The students gained a deeper understanding of:

- The nature and impact of vector-borne diseases.
- Effective home remedies to manage symptoms.
- The importance of personal and community-level preventive measures.

## **Conclusion**

The awareness talk at Manjari High School was a crucial initiative under the Unnat Bharat Abhiyan, aimed at educating and empowering students about vector-borne diseases. The efforts of Dr. Shailesh Shetty, Dr. Vivek Solapurkar, and Assistant Commissioner Shri. S. S. Sampagavi were instrumental in making this event a success. This initiative not only informed students but also encouraged them to actively participate in community health and hygiene efforts, contributing to a healthier society.

# PHOTOS





