

WORLD AIDS DAY

International World AIDS Day takes place on 1st December each year. It was the first ever global health day and an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

The theme of this year's World AIDS Day is "**Communities make the difference**".

NSS unit of GSL Dental college and hospital has conducted ANTI AIDS awareness rally on December 1st at Rajanagarm with 400 students and educated people about mode of transmission, signs and symptoms, and preventive methods.



World No Tobacco Day

World NO Tobacco Day is observed around the world every year on 31 May. This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the World Health Organization (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

Every year, on 31 May, GSL Dental College celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

On 31st of May 2016, we have conducted an awareness program regarding effects of tobacco in Kakinada by organizing a rally with 200 student volunteers.

Each year, GSL Dental College selects a theme for the day in order to create a more unified global message for World no tobacco day.

Our theme of anti-tobacco day 2016 was “Get ready for plain packaging” it was based on the guidelines of who.

We invited the Mr. Ravi Prakash superintendent police east Godavari dist. As our chief guest on this occasion.



The students through placards, posters, skits and songs highlighted the risks involved in the chewing of tobacco.

Also we explained regarding nicotine replacement therapy by demonstrating E-cigars, nicotine gums, nicotine patches, and nicotine nasal spray.

On the same day evening we conducted a rally in Rajahmundry at phuskar ghat, through placards, posters, skits and songs highlighted the risks involved in the chewing of tobacco on the occasion of anti-tobacco day on 31st may 2016.



In 2017 we conducted an awareness program to the patients in the college premises. Wherein the students presented various activities, such as poster presentations, to inculcate awareness about the harmful effects of tobacco our College organised a programme on No Tobacco day.



In 2018 "No tobacco day" program was being organized by our college authorities, backed up with student volunteers. The day began with the Principal delivering a memorable speech on against the use of tobacco and its addicting affects. On the occasion, the college also organized a poster making competition wherein the students prepared posters and displayed them around with messages on the negative effects of the use of tobacco. Badges were distributed to the students and the members of staff alike to spread the message on World No Tobacco Day.



In 2019 31st may we established a Tobacco Cessation unit, in our college premises which is a special service run by the Department of oral medicine and radiology & Department of Public health dentistry in order to aid persons wishing to quit smoking or chewing tobacco and tobacco containing products. And also we explain our patients with the habit regarding its addicting nature, how it leads to fatal and causes incurable diseases and also we educate our patients regarding cessation of the habit, by demonstrating NRT.





Date: 05/07/19

To
The Hon. Secretary
Dental Council of India

Respected sir,

SUB: Report on establishment of tobacco cessation centre in Gsl dental college and hospital and furnishing in reference to letter no: DE-230-M2-2019 /2497. Reg

Infrastructure fulfilled as per required

S.NO	EQUIPMENT /MATERIALS	QUANTITY REUIRED	QUANTITY AVAILABLE
1	Printed patient records along with files & stationery items	Adequate number	5000 (photo enclosed)
2	Computer with all accessories along with printer & speakers	1 each	Available (photo enclosed)
3	Clinical diagnostic instruments (like mouth mirrors ,tongue depressor ,cheek retractors)	5 sets	5 sets available (photo enclosed)
4	Carbon monoxide monitor(technical specifications as per annexure 2)	1	1 available(photos enclosed)
5	Television with DVD player which will be used in health education room	1	1(photo enclosed)
6	Portable audio system with cordless microphone	1	1 (photos enclosed)
7	Printed IEC materials in local languages	Adequate number	5000 (photo enclosed)
8	Floor plan	120sq.ft	Available (photo enclosed)

S.NO	DESIGNATION	NUMBER	NAME & QUALIFICATION
1	In-charge	1	DR.S.HARIKRISHNAM RAJU MDS Dept.Public Health Dentistry.
2	Dental surgeon	1	DR.S.PRIYANKA. BDS
3	Medical social worker-mandatory clinical psychologist/counselor-optional	1	DR.GITA DAS Clinical Psychologist MR.A.SRINIVASA RAO (MSW).

Handwritten signature
5/7/19
PRINCIPAL
G.S.L. DENTAL COLLEGE
Rajahmundry

CHILDREN'S DAY

The Chairman, Dr. Ganni Bhaskar Rao, and the principal Dr. Ghanta Sunil, has initiated and implemented various social activities from GSL Educational institution of those children's day is one of them. It summarizes the main recent developments in the fields of children's day activities. This review considers recent approaches, discussing recent concepts and further consideration in our understanding of children's daily life

Children's time use influences their human, cultural and social capital accumulation in ways that critically affect their present and future development

GSL Dental College and hospital is always in the forefront to conduct such activities and create awareness regarding their future development.



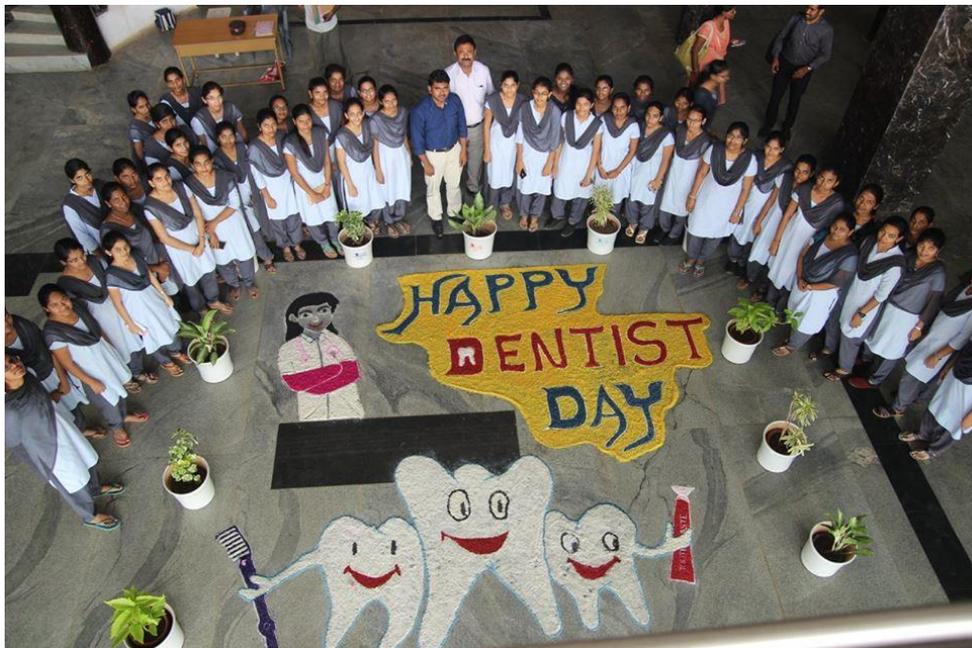


DENTIST DAY

Every year March 6th is observed as National Dentist Day, created to say thank you to all dentists celebrating for their contribution. There are various dental specialities and on this special occasion, it is better to know and recognise them. They are specialised in treating oral health; it is a comprehensive integrated approach in a field to overall health, and their contribution with responsibility includes:

- Prevention of disease and promoting oral health
- Diagnosing oral disease
- Creating a plan of treatment to restore

This day is celebrated for over 440 dental students and staff of all dental health specialists, including all dental surgeons, orthodontists, periodontitis, pedodontists, prosthodontics, dental assistants, dental technicians, dental therapists, etc.



All the students and staff actively participated in quiz, skits and various activities.



We have conducted oral health awareness program at M.P.P Primary school at Dhiwancheruvu and distributed pastes and tooth brushes to them.



DOCTORS DAY

National Doctor's Day will be celebrated on July 1st all across India to honour the legendary physician and the second Chief Minister of West Bengal, Dr. Bidhan Chandra Roy and to thank physicians and doctors for their dedicated services to patients round the clock to save lives.

We have organized number of events and activities to celebrate this day, like discussion on the medical topics, quiz competitions, sports activities etc. and organized felicitating programs.

In collaboration with GSL Medical college and hospital doctors and students participated in awareness rally at Rajahmundry.



DOCTORS DAY- 1st JULY 2016

Health Camps

As health camps or outreach clinic, is one of the frequently used methods of reaching the unreached from advanced health services in the developing world, the Chairman, Dr. Ganni Bhaskar Rao, and the principal Dr. Ghanta Sunil, has initiated and implemented various social activities from GSL Educational institution.

Our aim of the camps is not just to provide health services but to create an environment where the whole community gets sanitized about health issues.

A Community Dentistry Vehicle of GSL Dental College and Hospital conducts several dental camps and immunization programs at regular intervals with the aid and man force provided by the institution to continuously work towards development through primary education, health and hygiene, spiritual and religious aspects in the neighbouring and outlying communities of West Godavari and East Godavari Districts of Andhra Pradesh.

To better serve wide ranging needs of the community we have established Satellite Centres at Rajahmundry and Annavaram.

GSL Dental Hospital has been delivering super speciality dental services at minimum cost to the society. The complete health awareness programme is focussed towards making rural people aware of how they can maintain a healthy life style while undertaking various preventive measures

There is saying "prevention is better than cure".

Health awareness and education programmes such as ANTI-DIABETIC DAY, WORLD AIDS DAY, WORLD HEALTHDAY, ANTI-TOBACCO DAY programmes and other health days are regularly organized at our health centres and public places. Student volunteers to provide health awareness programs in schools and colleges, the dental health awareness programs are organized in schools, and teach the students how to brush their teeth and how to keep their bodies clean healthy.

In rural areas, there are often no facilities available for basic health care needs. The few that are there are under-staffed and mismanaged. Due to such circumstances, the poor living in these remote locations go on suffering from easily preventable diseases. We organize Health camps in such remote locations and arrange for medical teams, supplies medicines to benefit the poor.

The advantage of Health camp is that we provide service at concessional rates or at free of cost. The objective of Health camp is create awareness about Preventive Health check-up.

Health examination and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and healthier only when the individual gets the right kind of health check-up. We obviously need to improve our failing health care system where costs are skyrocketing and the poor do not have the health care they need.

A special team of Specialist Doctors, Consultants, Nurses & volunteers conducted free consultations and check-ups in Cardiology, Internal Medicine, General Surgery, Gynaecology, Paediatrics, ENT, Ophthalmology, Orthopaedics, Dermatology, Family Medicine, Urology, Nephrology, and Gastroenterology along with Dentists.



On the occasion of chief ministers birthday GSL medical and dental college has organised a mega health camp at Rajahmundry. Dr. Ganni bhaskar rao and Ganni Krishna were invited as a chief guest on 20th of April 2017.



A mega health camp was conducted by GSL medical and dental college at Somalamma gudi, Rajahmundry on 22nd December 2018. G. Bucchayah chowdary (MLA), and Dr. Ganni Bhaskar rao were invited as chief guests.



On the eve of Gurupournami a mega health camp was conducted by GSL medical and dental college and hospital at kalavalapalli village on 27th of July 2019. 1000 patients were screened and dental hygiene kits, prescribed medicines were distributed.



In Collaboration with NSS unit Thalapantipadu mandal GSL dental College organised a Health camp ZPH School Perumallapuram on 28th of November 2019. Screening was done for the children of the school, oral hygiene kits were distributed and oral hygiene instructions were given.



On 3rd, 4th, 5th of September 2019 mega health camp was conducted by Gsl dental college and hospital at ARTS college, Rajahmundry. Approximately 2000 patients were screened per day and total of 6000 patients for three days. And also various treatments were done by the students like scaling, complete dentures, restorations and extractions etc. Oral hygiene kits were distributed to the patients and oral hygiene instructions were given.



On 27th of February 2020, health camp was conducted by GSL Dental College and hospital at Inugantivaripeta, Rajahmundry.

HEART DAY

The Chairman, Dr. Ganni Bhaskar Rao, and the principal Dr. Ghanta Sunil, has initiated and implemented various social activities from GSL Educational institution

GSL Dental College and Hospital is always in the forefront to help unprivileged with the aid and man force provided by the institution to continuously work towards development through primary education, health and hygiene, spiritual and religious aspects in the neighbouring and outlying communities of West Godavari and East Godavari Districts of Andhra Pradesh.

We, the students of final year BDS organised a health awareness program on world heart day at GSL dental college and educated the people about risk factors and certain measures to reduce the impact of cardio vascular diseases.

We have assessed Blood pressure (BP), Body mass index (BMI) of individuals who have participated in the program and categorized them based on BMI into underweight, overweight, obese. Individuals were educated regarding cardiovascular diseases and how to prevent them by maintaining BP through healthy diet and regular physical activities.

We organised hands-on course for final year BDS students about CPR (cardiopulmonary resuscitation) at Gsl simulation lab.

“WITH A HEALTHY HEART, THE BEAT GOES ON “

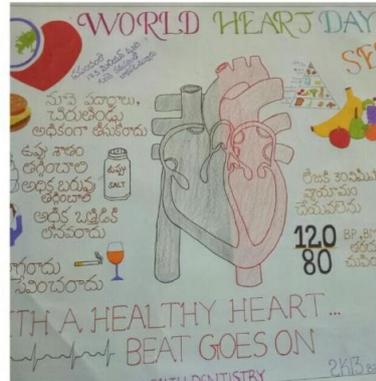
World heart day provides a vital global platform to raise awareness and encourage individuals, families, communities and governments to take action now. Together we have the power to reduce the burden and premature deaths from CVD and helping people everywhere to live longer, better, heart-healthy lives.

Symptoms of heart disease are as follows:

1. Chest pain that feels like pressure, squeezing, or fullness. The pain is most often in the centre of the chest. It may also be felt in the jaw, shoulder, arms, back, and stomach. It can last for more than a few minutes or come and go.
2. Numbness, aching or tingling in the arm (usually the left arm)
3. Shortness of breath .
4. Cold sweat .
5. Light-headedness .
6. Nausea (more common in women)

7. Vomiting .

8. Weakness or fatigue or altered mental status, especially in elderly and women .



Heart attacks can be fatal, but early medical attention can save a life. If you see someone experiencing the symptoms, remember the following checklist to ensure their safety-

1. Have the person sit down, rest, and try to keep calm
2. Loosen any tight clothing
3. Avoid any physical activity

4. Call for emergency medical helplines such as 102, Dial 108 or 1298
5. Do not leave the person unattended or wait for the symptoms to go away. Do not allow the person to deny the symptoms and convince you not to call for emergency help.
6. It is extremely crucial to follow a healthy and active lifestyle, post the survival of the heart attack.
7. Keep your medication routine in check
8. Follow healthy dietary habit
9. Lead an active life — let exercise be part of daily chores
10. Monitor your physical condition on regular basis
11. Always have the emergency contacts handy

Leprosy Day

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NSS unit of GSL Dental College and Hospital has visited leprosy unit of **Vivekananda maharoga arogya kendram** , Bommuru, Rajahmundry on world leprosy day and distributed blankets, nutritious food, mouth rinses and free oral screening .



C:



WOMENS DAY

International Women's Day (IWD) is celebrated on the 8th of March every year around the world. It is a focal point in the movement for [women's rights](#).

Theme of **each for equal**

We have invited Dr. Ganni Sadhika garu guest of honour.

We have conducted various sporting and cultural events to students and staff ,like skits on how to build resilience in an ever changing world ,Being wise, importance of women in the world ,women in leadership ,ending violence on women, various dance programmes.



20 MARCH 2016
WORLD ORAL HEALTH DAY

Oral health has a positive impact on our general health and well being.

- World health is an international day to celebrate the benefits of healthy mouth and to promote worldwide awareness of the issues around oral health and importance of oral hygiene.
- Our final year BDS students attended school dental camp at **Zilla parishad High school, Oolapalli** on this day .
- We screened the oral cavities of children and educated them to maintain their oral hygiene
- Some of the preventive treatments like topical fluoride application for the needed children and oral mouth rinsing were done.
- We distributed the oral hygiene kits containing the tooth paste and tooth brush to the children .
- A rally along with the children was held within the village with the slogan of

“HEALTHY MOUTH - HELTHY LIFE “

To enlighten the importance of oral health.

- No. of children screened = 312
- No. of children treated = 90
- No. of children referred to hospital =175
- No. of adults = 40
- No. of adults referred to hospital =25
- No. of adults treated =13
- No. of oral hygiene kits delivered = 288

ORAL HEALTH DAY – 20 MARCH 2016

