

**KABI SUKANTA MAHAVIDYALAYA
BHADREAWAR, HOOGHLY
NSS UNIT – I & II**

Vector Control Measures

Awareness on Dengue and Chikungunya

Organized by Kabi Sukanta Mahavidyalaya, NSS Unit – I & II



KABI SUKANTA MAHAVIDYALAYA

BHADRESWAR, HOOGHLY
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Date:

Sub: Vector Control Measures in the Premises of our College

With reference to the above-mentioned subject, NSS Unit – I & II of our college **Kabi Sukanta Mahavidyalaya** performed three activities from April 2017 to June 2017. Those three activities were;

- A. **“Student Awareness Programme on Dengue and Chikungunya” – One Day Seminar in Kabi Sukanta Mahavidyalaya**
- B. **“Cleanliness and Good health” – One Day Activity in our College Campus**
- C. **Awareness and Preventive Measures Programme on Dengue and Chikungunya in our Locality**

Our college, Kabi Sukanta Mahavidyalaya has two active NSS Units and both units have 200 volunteers. Throughout the year both the units are doing various activities and awareness programmes. From April 2017 to June 2017 they did three activities whose were related to social problems of our society.

Here I mentioned all those activities separately;

A. “Student Awareness Programme on Dengue and Chikungunya” – One Day Seminar in Kabi Sukanta Mahavidyalaya

Our college, Kabi Sukanta Mahavidyalaya organized a seminar on 3rd April 2017. The topic was **“Student Awareness Programme on Dengue and Chikungunya” – One Day Seminar in Kabi Sukanta Mahavidyalaya**. With the help of our Principal Ma’am we conducted that seminar. The chief speaker of that seminar was our Principal Dr. Malabika Mandal and Dr. Subhojit Ganguly. The basic motto of that seminar was to provide various information regarding Dengue and Chikungunya among the college students. Students of the college are coming from various areas so it is essential to know about those diseases, as well as we have to know how to prevent and taking care.

We all know that Dengue and Chikungunya both are viral diseases and have similar kind of symptoms such as high fever, headache, eye pain, joint pain, rashes and lethargy, and the most important fact that both viral infections are spread by **Aedes** mosquito. It is also possible for a

patient to have Dengue and Chikungunya at the same time. Sometimes Dengue and Chikungunya is also confused with Malaria. Bleeding is the most distinguishing feature of Dengue.

Providing information about differences between Dengue and Chikungunya as well as symptoms and prevention of those diseases was the main part of our seminars.

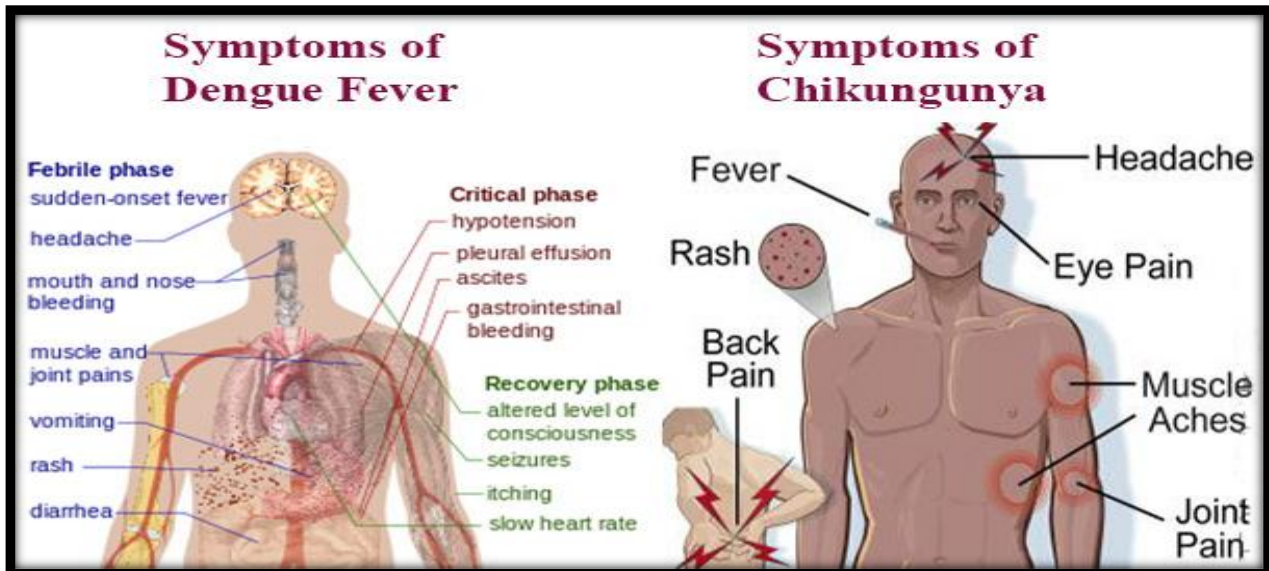
Here we attached some slides regarding those topics,

Differences between Dengue and Chikungunya

Type	Chikungunya	Dengue
Duration of disease	Incubation period of 1 to 12 days and disease duration varies from one to two weeks. However symptoms such as joint pain may persist for a long time.	Incubation period of 3 to 7 days and disease duration varies from 4 to 7 weeks.
Initial Symptoms	Fever, joint pain, muscle pain, headache, eye infection, rashes	Fever, joint pain, headache, rashes
Joint pain and muscle pain	Joint pains on hands and feet. Swelling is present and the pain is high in the morning.	Muscle pain on the back, arms and legs. Joint pain on knees and shoulders.
Skin rashes	Rashes on trunk, limbs, face, palms and feet.	Rashes usually limited to face and limbs.
Possible complications	Upto 10% of patients develop chronic joint pain. Neurological damage is possible, but rare.	Life threatening complications such as shock, breathing difficulty and heavy bleeding can occur.

Source: The Internet

Symptoms of Dengue and Chikungunya



Source: The Internet

Preventive Measures

- ❖ Eliminate any standing water around your house outside where mosquitos can breed in pots, planters or anything that can hold a puddle of water.
 - ❖ If possible use air-conditioning or use window screens or mosquito netting at night when you sleep.
 - ❖ Mosquitos are weak fliers, so if are outside dining or grilling use a fan to keep them away.
 - ❖ When the weather permits wear long sleeves and pants if you are spending a lot of time outdoors.
 - ❖ In endemic regions community-wide insecticides or larvicide spraying can be done.
 - ❖ Personal insect repellents containing DEET can be used to treat your clothes and skin but read the label and instruction very carefully. A natural insect repellent such as oil of lemon eucalyptus can be helpful too.
- Lastly, early recognition is important. Therefore if you have spent a significant time outdoors and noticed you gotten bitten and you develop a fever or just start to feel ill, talk with your doctor rightaway.

Source: The Internet

Here we attached some pictures of that seminar,



1

Source: Own



2

Source: Own



3

Source: Own



4

Source: Own

B. “Cleanliness and Good health” – One Day Activity in our College Campus

Cleanliness is a primary activity of our NSS Unit. They actively are doing this work on a regular basis. Here I mentioned the activities of 7th May 2017. They clean the inside of the campus and as well as outside of the campus too. We create our campus is a plastic free zone. Apart from the inside on the campus, both units did various measures to clean the link road in front of our college.

Here we attached some pictures of our Units activity,



1

Source: Own



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Source: Own



3

Source: Own



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Source: Own



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Source: Own



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Source: Own

C. Awareness and Preventive Measures Programme on Dengue and Chikungunya in our Locality

Our NSS Unit I and II did this work very successfully. The date was 25th June 2017. They took initiatives to providing the problems of Dengue and Chikungunya. They were spreading bleaching powder inside and outside of the campus. Apart from this activity, they were also proving awareness and preventive measures information about Dengue and Chikungunya among the people in our college locality.

Here we attached some pictures of our Units activity,



Source: Own Source: Own



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