

SGK GOVERNMENT DEGREE COLLEGE

Vinukonda, Palnadu District, Andhra Pradesh

Affiliated to Acharya Nagarjuna University



PROGRAMME REPORT ON SANITISATION AND HYGIENE

Organized by

National Service Scheme (NSS) Unit

Conducted on: **15-11-2025**

NSS Programme Officer

D. Siva Phanindra

Programme Summary

Name of the Programme	Sanitisation and Hygiene Awareness Programme
Date	15-11-2025
Organized by	NSS Unit, SGK Government Degree College
Venue	College Campus Premises
Number of Students Participated	80
Number of Staff Participated	19
Guests Attended	Principal, IQAC Coordinator
Major Activities	Awareness Session, Handwash Demonstration, Pledge Ceremony, and Distribution of Handwash Kits.

Introduction

The National Service Scheme (NSS) is a premier organization in India that focuses on the personality development of students through community service. On 15th November 2025, the NSS Unit of SGK Government Degree College, Vinukonda, organized a comprehensive programme titled "Sanitisation and Hygiene." This programme was designed to address the growing need for public health awareness in the post-pandemic era. Hygiene is not just a personal habit but a social responsibility that ensures the well-being of the entire community.

The event was organized under the guidance of the NSS Programme Officer, D. Siva Phanindra. A total of 50 students from various departments of the college participated with great energy. The primary purpose of this programme was to instill a sense of cleanliness among the youth and to provide them with the knowledge required to prevent the spread of infectious diseases. By focusing on simple actions like handwashing and maintaining clean surroundings, the programme aimed to create a healthier campus environment.

Education plays a vital role in changing human behavior. Therefore, the college felt it was necessary to move beyond textbooks and provide practical life skills to the students.

Sanitisation and hygiene are the foundation of a healthy life. When students learn these values, they act as messengers for their families and villages. This report provides a detailed account of how the programme was conducted and the significant impact it had on the participants.

Objectives of the Programme

The "Sanitisation and Hygiene" programme was conducted with several clear and measurable goals in mind. The specific objectives of the programme were as follows:

- To provide a clear understanding of the scientific importance of personal hygiene in preventing diseases.
- To educate students on the correct and effective methods of handwashing using soap and water.
- To motivate students to maintain the cleanliness of the college campus and their local residential areas.
- To create a sense of social commitment through a formal pledge for cleanliness and health.
- To distribute necessary sanitisation materials, such as handwash, to encourage immediate behavior change.
- To develop leadership skills among NSS volunteers so they can lead hygiene campaigns in their communities.

Programme Activities

The programme began in the morning at the college assembly hall. The NSS Programme Officer, D. Siva Phanindra, welcomed the participants and introduced the theme of the day. He delivered a detailed awareness session regarding the science of germs. He explained that many illnesses, such as the common cold, flu, and stomach infections, are caused by poor hygiene. He emphasized that washing hands is the most effective way to stay safe.

The second part of the programme focused on a practical demonstration. Many people wash their hands, but they do not do it correctly. The staff members showed the students the seven steps of handwashing recommended by health organizations. This included cleaning the palms, the back of the hands, between the fingers, and under the nails. Students were then invited to practice these steps themselves. This hands-on training ensured that the knowledge was not just theoretical but also practical.

After the demonstration, a very important part of the programme took place: the oath-taking ceremony. All 50 students and the 5 staff members stood up and raised their right hands. They took a formal pledge to keep their body, their clothes, and their surroundings clean. They also promised to spend at least two hours a week cleaning their neighborhoods. This pledge helped in building a strong mental connection between the students and the goal of a "Swachh Bharat" (Clean India).

The final activity was the distribution of handwash supplies. The college management provided quality handwash bottles to all the students who participated. The NSS Programme Officer explained that having the right tools is essential for maintaining hygiene. By supplying the handwash, the college made it easier for students to start their new hygiene routine immediately. The students expressed their gratitude and promised to share these supplies with their families.

Throughout the day, there was a lot of interaction between the students and the officials. Students asked questions about how to handle waste management at home and how to encourage their younger siblings to follow hygiene rules. The atmosphere was one of learning and mutual respect. The staff members were impressed by the discipline and interest shown by the NSS volunteers.

Outcome of the Programme

The outcomes of this programme were highly positive and visible. Firstly, the students gained a deep understanding of why hygiene matters. They learned that sanitisation is the first line of defense against most illnesses. This knowledge will help them reduce the number of sick days and stay focused on their studies. The practical training in handwashing corrected many common mistakes that students were previously making.

Secondly, the programme created a ripple effect. The 50 students who participated are now equipped to teach their families and friends. This means the awareness created in the college will reach at least 50 different households in the Vinukonda area. The

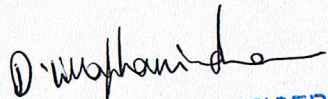
distribution of handwash ensured that there were no financial barriers for the students to start practicing what they had learned.

Thirdly, the campus environment saw an immediate improvement. Students were seen being more careful about where they disposed of trash. The sense of ownership over the college premises increased because of the pledge they took. The skills developed during this session, such as public speaking and community organizing, will serve the NSS volunteers well in their future careers.

1 Conclusion

In conclusion, the "Sanitisation and Hygiene" programme organized by the NSS Unit of SGK Government Degree College was a major success. It fulfilled all its objectives by combining education with practical action. The active participation of 50 students and the dedicated support of the staff members made the event meaningful.

Such programmes are vital for the holistic development of students. They teach values that are not found in regular academic subjects. The National Service Scheme continues to be a powerful tool for social change by turning students into responsible citizens. The college remains committed to organizing more such events in the future to ensure the health and safety of its student body and the surrounding community.


PROGRAMME OFFICER
NATIONAL SERVICE SCHEME (NSS)
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, PALNADU DIST.


IQAC COORDINATOR
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.


PRINCIPAL
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.

Photo Gallery

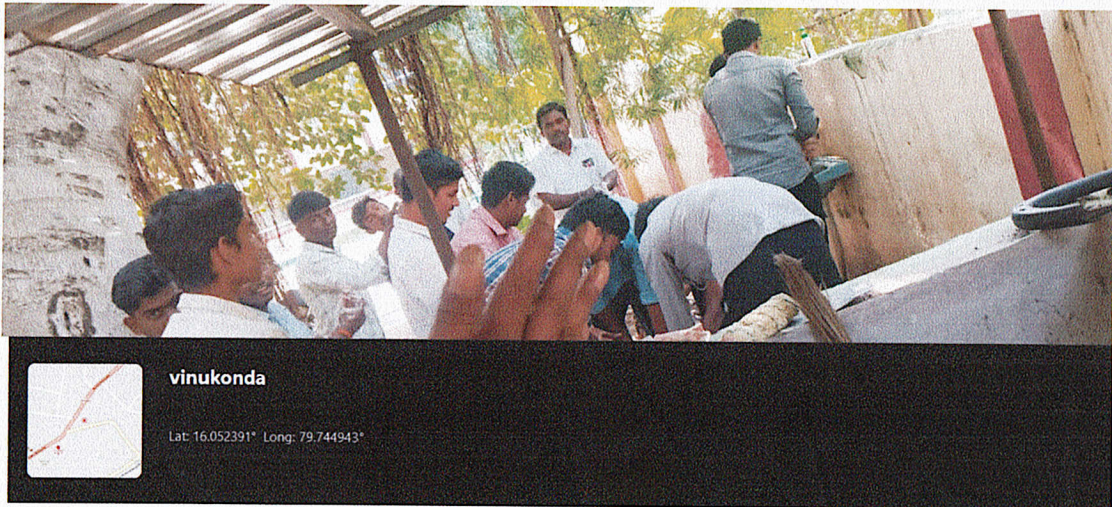


Figure 1



Figure 2

D. Wafhanidhe
PROGRAMME OFFICER
NATIONAL SERVICE SCHEME (NSS)
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, PALNADU DIST.

K.V.S. Kota
IQAC COORDINATOR
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.

K.S. Reddy
PRINCIPAL
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.

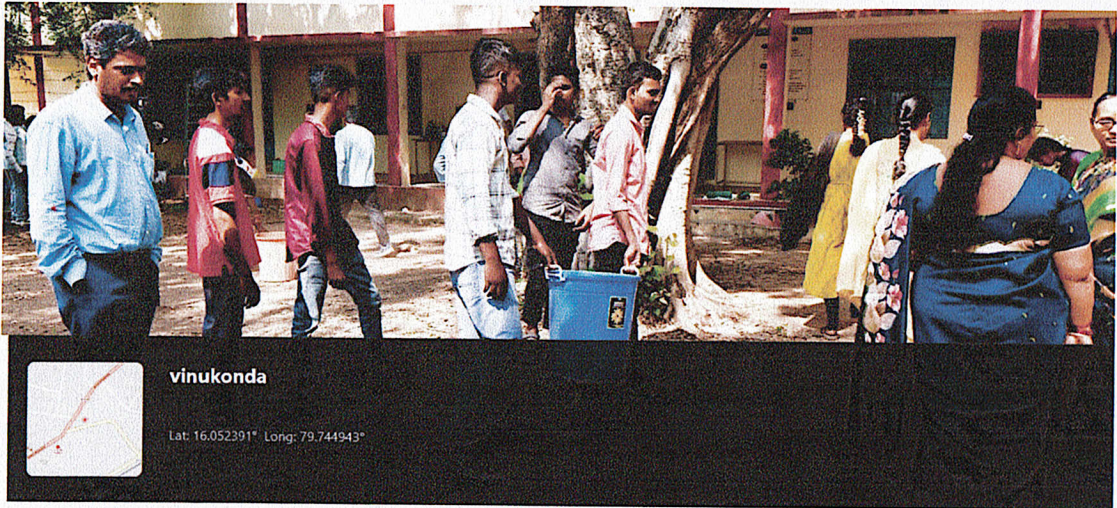


Figure 3

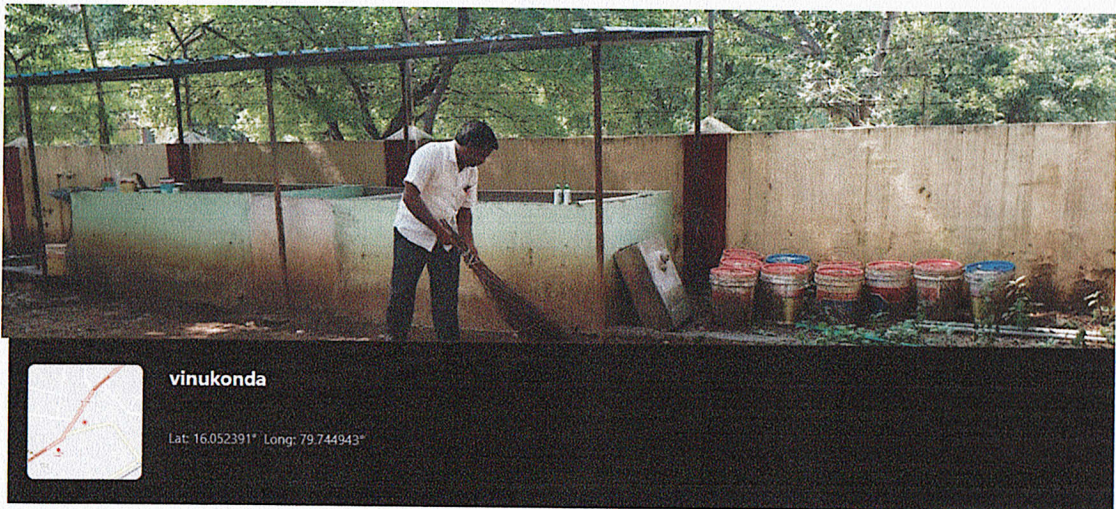


Figure 4

D. Mahamade
PROGRAMME OFFICER
NATIONAL SERVICE SCHEME (NSS)
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, PALNADU DIST.

K.V.S. Koteswari
IQAC COORDINATOR
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.

ICR
PRINCIPAL
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.



Figure 5

D. V. Mahanidha
PROGRAMME OFFICER
NATIONAL SERVICE SCHEME (NSS)
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, PALNADU DIST.

K. V. S. Koteswari
IQAC COORDINATOR
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.

K. Green
PRINCIPAL
SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA - 522647, Palnadu Dt., A.P.