



**Utkal University**  
**Bhubaneswar 751004, Odisha**

**3.6.3 Number of extension and outreach programs conducted by the institution including those through NSS/NCC/Red cross/YRC during the last five years( including Government-initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organized in collaboration with industry, community and NGOs)**

**Data Details are in Link:**

**<https://utkaluniversity.ac.in/criterion-3-research-innovations-and-extension/>**



UTKAL UNIVERSITY  
VANI VIHAR, BHUBANESWAR

No.Estt-IV/1200/R/ 031- /2022

Dt. 04.06.2022

From:

Dr. Avaya Kumar Nayak, OAS(SS)  
Registrar

To

Dr. Ravindra Kumar  
Education Officer,  
University Grants Commission,  
Bahadur Shah Zafar Marg,  
New Delhi

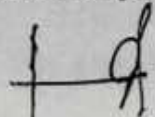
Sub: Covid-19 Best Practice- Reg.

Ref: Your letter No. F.No.60-2/2022(SU-1) dated 02/06/2022

Madam/Sir,

With reference to your letter on the subject cited above I am enclosing  
Here with the Covid-19 Management Best Practices conducted by this  
University as Annexure-1

Yours faithfully,

  
REGISTRAR 4/6/2022

**UTKAL UNIVERSITY  
BHUBANESWAR**

**ANNEXURE- 1**

**Covid-19 Management Best Practices- Utkal University**

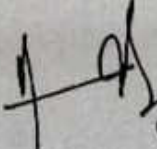
In the outbreak of Covid-19 pandemic and prevailing situation aroused, the Utkal University has taken several measures to tackle the pandemic with minimum impact on the academic and administrative activities of the University.

- 1. Awareness Campaign conducted by NSS and Postgraduate Departments of University:** The University has organised several awareness campaigns around the local community regarding the nature and severity of the disease. Volunteers from NSS, research scholars and students promoted the precautionary measures to circumvent the pandemic situation through these awareness drives.
- 2. Help the needy:** Faculty members with the help of research scholars and students created a volunteer group that provided support to the needy people around in terms of food, grocery, mask, sanitizer, medicines.
- 3. Covid-19 Test Drive:** Free Covid-19 pandemic test were conducted on different occasions in the campus. To escalate the COVID-19 testing Department of Biotechnology, Utkal University provided instrumental support to the S.C.B Medical College and Hospital, Cuttack. A quantitative real time - PCR machine and accessories were provided to the hospital from the Department of Bio-Technology to increase the testing capacity during the peak Covid period.
- 4. Vaccination Drive:** University conducted vaccination drive for the volunteers involved in Covid management and to a local transgender community. Several campaigns were conducted to create belief and awareness about vaccination and nullify hoax or fake propaganda.
- 5. Stress management during COVID-19:** University conducted online meets with the students and research scholars to create a conducive, stress-free state of mind intermittently. Talks were arranged on mental health and the ways to circumvent such situations inviting experts from India & abroad.
- 6. Covid management:** Faculty members with the help of research scholars carried out social and health studies for effective Covid-19 management. These include foods, medicines, life support, and arrangement of home

Hd  
ulb



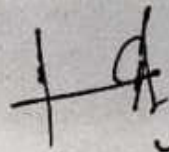
- quarantine and hospital quarantine facilities. University also supported students from other states for safe return to their native places.
7. **Academic Activity:** The University continued its academic activities even during the pandemic situation through online classes. For this purpose, the University has funded on facilitating video conferencing system and projectors.
  8. **Research Activity:** Several Departments have continued to conduct their research activity during the pandemic and lock down following norms guided by the Government of India and Government of Odisha. Research on drug discovery, epidemiology and social science related to management and therapeutics of Covid-19 were published on peer-reviewed journals.
  9. **Post-Covid Management:** In the post-Covid scenario, the University has conducted several precautionary measures before returning normalcy.
    - ❖ **Installation of Sanitary system:** All the Departments and the administrative offices have installed sanitary system in entrance.
    - ❖ **Display awareness:** Posters and placards have been placed on every department and across the campus mentioning the importance of precautionary measures to remain safe from Covid-19.
    - ❖ **Hand washing stations:** Hands-free hand washing sinks have been installed in a number of places of the University and administrative buildings.
    - ❖ **Sanitization:** All the classrooms, offices, meeting and conference rooms were sanitized prior to onset of regular official activity and offline classes.
    - ❖ **Roster management:** To conduct the official and Departmental activities roster arrangement were made as per GOI and Govt. of Odisha guidelines from time to time.
  10. **Doctoral Programme:** All the departments carried research work following the guideline issued by Government of India and Government of Odisha. To prevent the delay in Ph.D. registration and doctoral degree awarding seminar, submission and final defence procedures were conducted in virtual mode following UGC guidelines.
  11. **Examinations:** Examinations of both P.G. and U.G. were conducted in online mode during the pandemic and the results were published to prevent the loss of Academic year.

  
4/6/2022



**Remarks:**

- ❖ All the precautionary measures have been followed to prevent/control the disease in and around the University campus as per the prevailing guidelines from GOI and Govt. of Odisha from time to time.
- ❖ All academic and research activities were conducted as per the UGC and State Govt. guidelines.

  
4/6/2022

## Ancient Indian History, Culture & Archaeology

Cleaning activities



## Anthropology

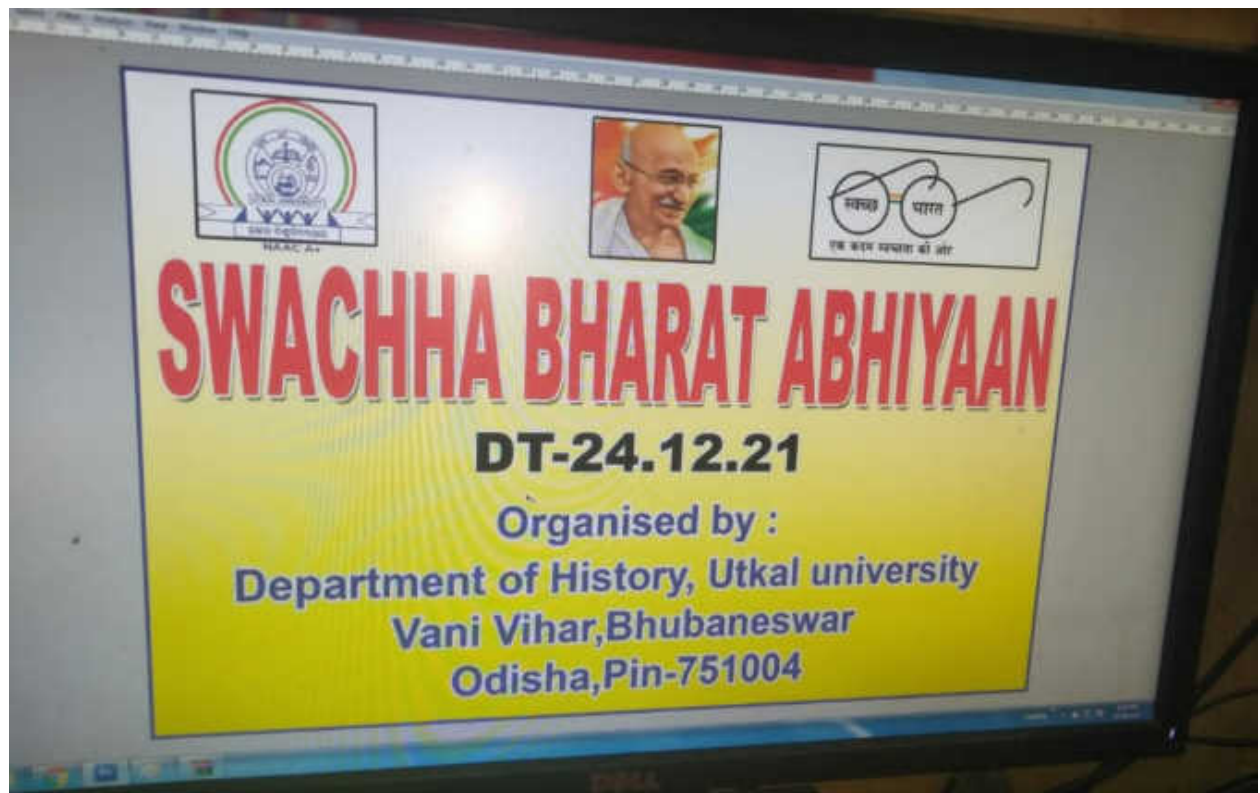
Cleaning activity





## History

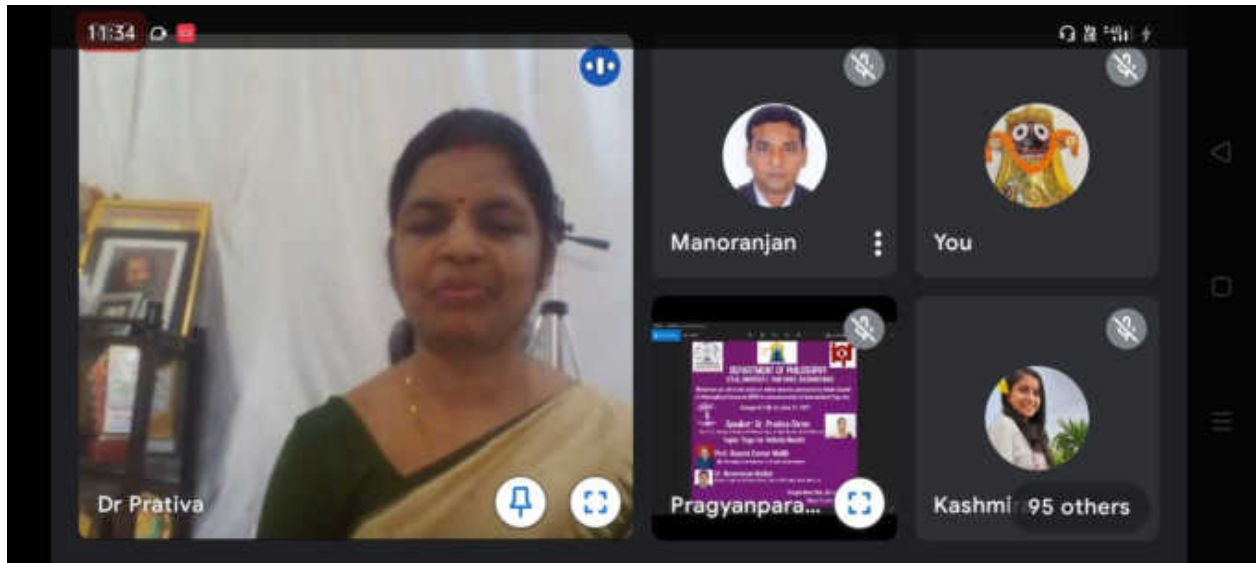
Swachha Bharat Abhiyaan





## Philosophy

Celebration of National Yoga Day 2021



Swachh Bharat Abhiyaan



**Public Administration**

Yoga Awareness Camp





**Sanskrit**

Swachh Bharat Abhiyaan 2018



Swachh Bharat Abhiyaan 2019





Sociology

Street Play



Research Scholars Summer Initiative for Street Animals





Interaction at Orphanage 2016-18 batch



Interaction at Old-Age Home 2017-19 batch





## Chemistry

Swachh Bharat Programme 2018



## Computer Science & Applications

### Blood Donation Camp





## **Geology**

Mask distribution 07.05.2021

NSS Cleaning Programme 17.11.2021

## **Mathematics**

Swachh Bharat Abhiyaan



## **Zoology**

Street play



Patha Utsav





## Gardening

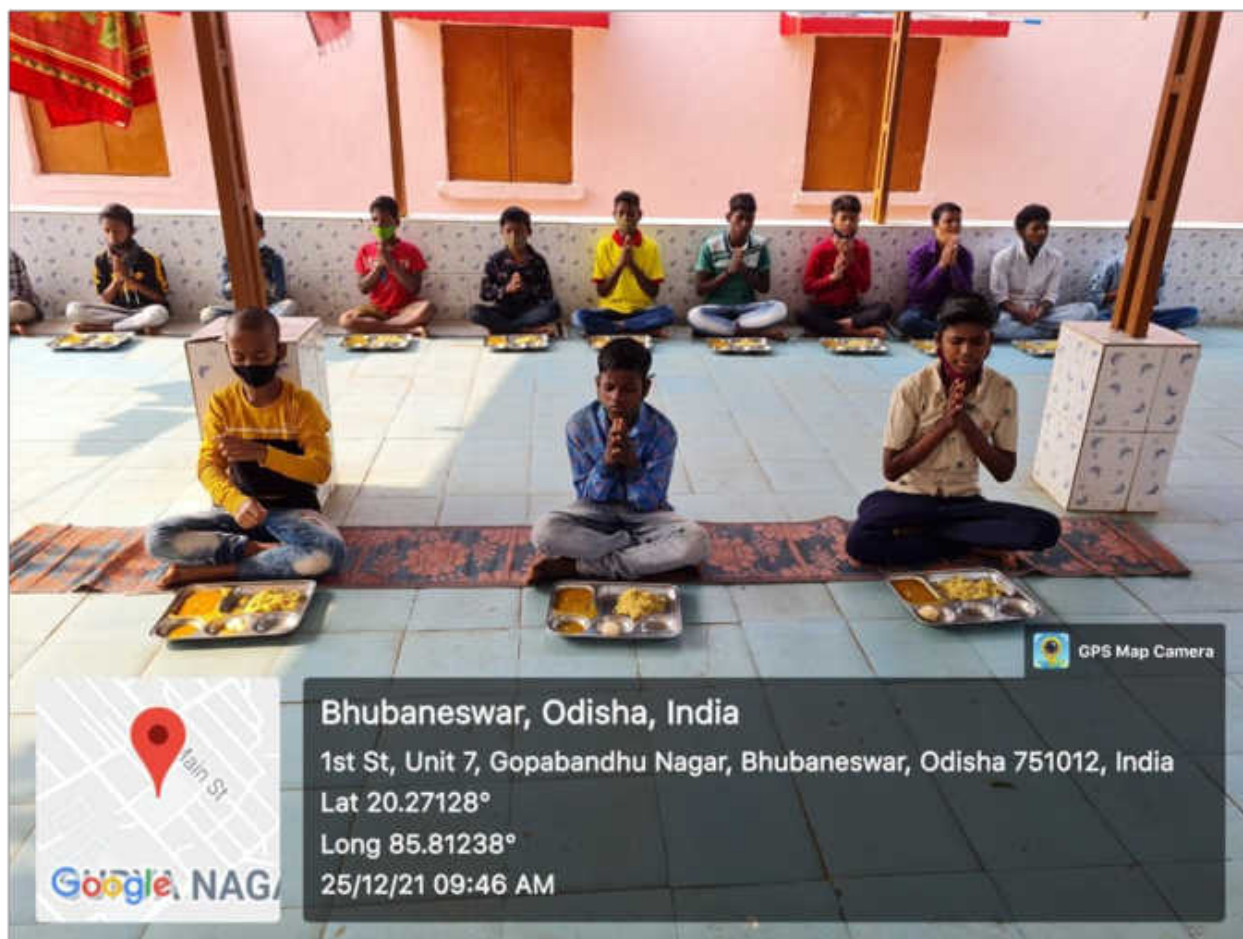


## PMIR

Joy of Giving Day Celebration







Swachh Bharat Abhiyaan 2017



## Integrated MBA

### Swachh Bharat Abhiyan Plantation







**Botany**

Plantation







## Biotechnology

Organisation of Eye Screening Programme



Swachha Bharat Abhiyaan 2019







Participation in Blood Donation Camp



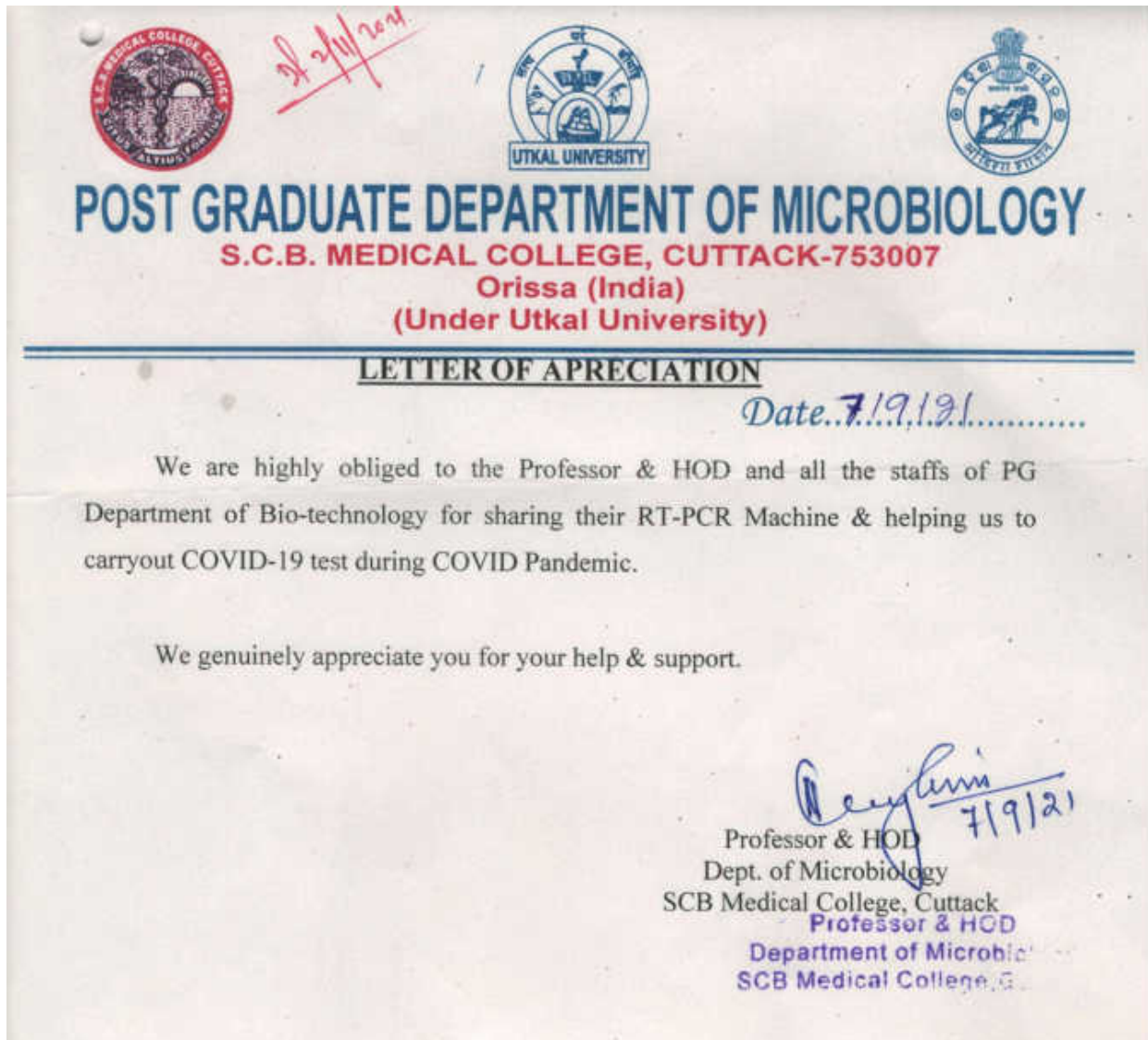


Cleaning on World Environment Day





Sharing our RT-PCR machine to S.C.B. Medical College & Hospital for COVID-19 testing





**BHUBANESWAR  
MUNICIPAL  
CORPORATION**



# *Certificate*

*In recognition of Merit*

Smt./Sri N.S.S. Durean, Utkal University  
awarded Nagabandhu Samman for his / her  
outstanding performance in Greenery & Beautification.

on *Local Self Govt. Day*

*the 31<sup>st</sup> August, 2016.*

  
COMMISSIONER

  
DEPUTY MAYOR

  
MAYOR





ଓଡ଼ିଶା ସରକାର  
ଜ୍ଞାନ ଓ ପରିବେଶ ବିଭାଗ

# ପ୍ରକୃତି ମିତ୍ର ପୁରସ୍କାର

୨୦୧୭

ପ୍ରକୃତି ସଂରକ୍ଷଣ ଓ ପରିବେଶ ସୁରକ୍ଷା କ୍ଷେତ୍ରରେ

ଏନ.ଏସ୍.ଏସ୍ ବ୍ୟୁରୋ, ଉତ୍କଳ ବିଶ୍ୱ ବିଦ୍ୟାଳୟ, ବାଣୀବିହାର

ବୃତ୍ତ ..... ଭୁବନେଶ୍ୱର ..... ଜିଲ୍ଲା ..... ଖୋର୍ଦ୍ଧା

ଗ୍ରାମ / ଅନୁଷ୍ଠାନ ବୃତ୍ତ ସ୍ତରରେ ସର୍ବୋତ୍କୃଷ୍ଟ ବିବେଚିତ ହୋଇଥିବାରୁ ପ୍ରୋତ୍ସାହନ ସ୍ୱରୂପ

ତାଙ୍କ ହଜାର ଟଙ୍କା ପୁରସ୍କାର ସହିତ ଏହି ପ୍ରମାଣପତ୍ର ପ୍ରଦାନ କରାଗଲା ।

ପ୍ରମୁଖ ଶାସନ ସଚିବ

ଜ୍ଞାନ ଓ ପରିବେଶ ମନ୍ତ୍ରୀ

## RURAL DEVELOPMENT DIVISION, RURAL OUTREACH TEAM, UTKAL UNIVERSITY

### MAJOR EVENTS AND ACTIVITIES

SL. NO.	EVENTS/ ACTIVITIES	DATE OF THE PROGRAM/ EVENT	ORGANIZED BY	RESOURCE PERSON/ GUEST OF HONOR	MODE	VENUE	TARGET GROUP/ PARTICIPANTS
1.	Awareness Workshop on Drowning	18/12/21	Rural Development Division	-----	Offline	Niali, Cuttack district	Students
2.	Inauguration Ceremony cum Awareness on Snakebites and Myths Prevailing	17/11/21	Rural Development Division	Shri Subhendu Mallick, General Secretary, Snake Helpline	Offline	Biragobindapur village, Puri district	Students
3.	Submission of DPR on Ergonomic footrest to Handlooms, Textiles and Handicrafts Department, Odisha	09/10/21	Rural Development Division	-----	-----	-----	Weavers
4.	Workshop on Imparting Digital Marketing Knowledge in Rural Areas	04/08/21	Rural Development Division	-----	Offline	Jajpur district	Existing entrepreneurs
5.	Inauguration Ceremony cum	25/07/21	Rural Development	Shri. Kamal Lochan Mishra, Executive	Online	-----	Students



	Webinar on Drowning on World Drowning Prevention Day		Division	Director, OSDMA; Shri. Sunil Kumar Sahoo, Deputy General Manager (Training & Coordination), Team of OSDMA			
6.	Physiotherapy cum Felicitation Ceremony for Weavers	29/03/21	Rural Development Division	Shri. Debjit Nandy, Deputy Director of Textiles, Govt. of Odisha; Shri Aroop Kumar Mohanty, Asst. Director of Textiles, Govt. of Odisha	Offline	Khordha	Weavers
7.	Skill Development Program for SHGs	09/01/21	Rural Development Division	-----	Offline	-----	SHGs
8.							

Sl. No.	Activities	Action Photographs
	Blood Donation Camp on 27/11/2021 at NSS bureau Utkal University on 27.11.2020 and 03.02.2021	<div></div> <div></div> <div></div>



<p>Free distribution of Mask to the University employees amidst Covid 19 pandemic on 04.06.2021</p>	
<p>Body and Organ Donation on 13.08.2016</p>	 <p>Pravas Acharya addressing the Voluenteers on Organ Donation</p>
	 <p>Hon'ble Vice Chancellor flugging off the Rally on Body and Organ Donation</p>

### Observation of Bana Mahotsav Week:

The 68<sup>th</sup> Bana Mahotsav Week was observed by the NSS Bureau, Utkal University in a befitting manner inside Raj Bhawan of Odisha. On the opening day i.e on 01.07.17 the His Excellency Governor of Odisha Dr. S. C. Jamir along with his wife Almila Jamir the 1<sup>st</sup> lady of the State Planted trees inside the Raj Bhawan and inaugurated the plantation programme. They both encouraged the NSS Volunteers and participated in the photo shoot with the volunteers. Around 50 NSS Volunteers participated in the programme and planted more than 200 plants inside Raj Bhawan. Before that they cleaned the area and made arrangements for the plantation. On the valedictory day i.e on 07.07.17 a celebration was organized in the Abhishek Hall of the Raj Bhawan in which 100 invitees participated among with 20 participants were from NSS under Utkal University. His Excellency the Governor of Odisha addressed the gathering and appreciated the dedicated work of the NSS for the betterment of the society and the globe at large.

Besides many NSS Units of different colleges also observed the 68<sup>th</sup> Bana Mahotsav at their college level by cleaning the plantation area, digging of pits and planting saplings.

- a) U.D.U.S-06.07.17-Developed a herbal garden inside the UDPS premises.
- b) Govindpur college.
- c) Ramamani Mahavidyalaya, Kantabad-14.07.17-planted 300 plants in the college premises.
- d) Kanhu Charan Mahavidyalaya, Korai
- e) P.P.Dev Mahavidyalaya, Tigiria-1.7.17 to 07.07.17-planted 100 tree in and outside of the college.





### Nagarbandhu Award

The NSS Bureau, Utkal University is the only Bureau which is being awarded with Nagar BandhuSamman for its outstanding contribution in Smart City Campaign, Awareness Building on Dengu& Malaria, Environment protection through Swachha Bharat Mission, Plantation, Anti-Tobacco and Polythene free campus, Awareness on Energy Conservation etc by the Bhubaneswar Municipal Corporation (B.M.C) on 30.08.2016.



### Special Plantation Programme:-

a) The NSS Bureau organized special plantation programme at adopted village Nadhana of Nimapara Block on 14.07.16. The NSS Units of nearby Colleges like I.G.Women,s Degree College,Nimapara, N.M.MahilaMahavidyalaya, Charichhak, Gop College, Gop and Konark Women's Degree College participated and planted 6000 plants in the village.

b) Another plantation programme was organized inside Utkal University Campus at University Health Centre on 22.07.16. The NSS Volunteers of P.G.Unit, B.P.College of Sc. &Edn, City Women's Degree College participated and planted 200 nos.of fruit bearing plants in the premises of Utkal University Health Centre. The plantation programme was inaugurated by the Chairman, P.G. Council of Utkal University in the presence of Dr.DillipSrichandan(President "Prerana") Sri Manmath Ku. Biswal, Registrar, Utkal University, Dr.KirtiRanjanMallick Po, NSS P.G. Male Unit Doctors of the University Health center and Dr.ManoranjanMohanty, Programme



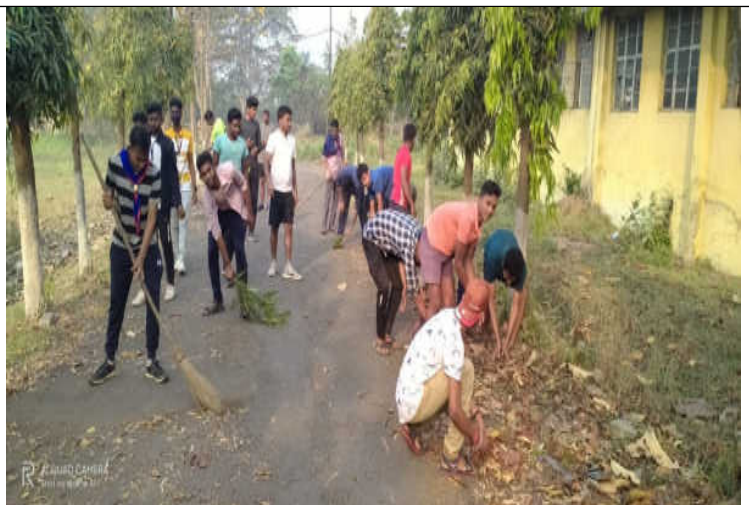
<p><b>Coordinator, NSS.</b></p>	
<p>PrakPrakrutimitra:-</p> <p>The NSS Bureau, Utkal University is the 1<sup>st</sup> and only University in the State of Odisha which was awarded with PrakrutiMitra Award 2017 by the Ministry of Forest &amp; Environment, Govt.ofodisha in a State Level Function organized on 05.06.2017 i.e on the eve of celebration of World Environment Day. The Award consisting of a citation with a cash prize of Rs.10,000/- was given by the Hon,ble Chief Minister of Odisha in the presence of the Hon,ble Minister of Forest &amp; Environment Govt.ofOdisha, Secy. forest &amp; Environment and other dignitaries on the dais . The Award is conformed on the basis of outstanding activities organized by the Bureau itself as wall as the different NSS Units at their college level like Swachha Bharat Abjhijan, large scale Plantation, Motivation for Body &amp; Organ Donation, Installation of Smart Lab for Smart city campaign, Awareness on energy conservation and use of LED Lights, Solar Energy, promotion of digital/cashless transaction etc.</p>	 <p>Prakruti Mitra Award to NSS Bureau Utkal University on World Environment Day</p>
<p>Observation of 72<sup>nd</sup> Independence Day:-</p> <p>72<sup>nd</sup> Independence Day was celebrated by the University on 15<sup>th</sup> August 2018 in a befitting manner in which the NSS bureau played an important role. The NSS Bureau organized a Massive Plantation Programme inside the campus in which many organizations like Rotary Club of Bhubaneswar, UDRA etc has joined their hands to make the programme a grand success. The Hon'ble Vice-Chancellor of Utkal University inaugurated the plantation programme in the presence of the Registrar, Comptroller of Finance, other Officials of the University, Members of Rotary Clubs, UDRA, Staff of the NSS Bureau and Programme Coordinator, NSS. Total Nos.of200 plants were planted on the occasion.</p>	



<p><u>Observation of World Environment Day:</u></p> <p>A massive plantation drive under Green Bhubaneswar Campaign was organised by NSS Bureau, Utkal University in collaboration with AnantaKhusian Foundation (AKF) and JibanrekhaParisad (JRP) at MaaTalapadeswari Temple premises in which 50 participants participated and planted 200 plants inside the temple premises.</p>	
<p>Massive Plantation Programme for environmental conservation on 17.06.21 to 20.06.21</p>	
<p>Massive plantation inside Utkal University campus on the eve of World Environment Day on 5<sup>th</sup> June 2019-20 saplings from 2<sup>nd</sup> to 15<sup>th</sup> June 2019(JeevanRekhaParishad(JRP)</p>	

**Celebration of SwachhataPakhwara:**

During celebration of SWACHHA PAKHWARA around 600 NSS Volunteers from 40 Colleges participate in a 15 days long cleaning drive inside Utkal University Campus from 01.11.16 to 15.11.16. the Volunteers cleaned the wild bushes, uprooted the weeds, collected the plastic and polythenes, Guthka Pouches and other garbage's and disposed them by setting fire or buried them in underground pits made for the purposes. This service of the volunteers kept the surrounding clean, which helped in attracting the attention of NAAC PEER TEAM member's visited the University Campus from 16.11.16 to 19.11.16.





Swachha University Campus Drive:-

The Hon,ble Vice-Chancellor of Utkal University insisted upon the cleaning of the University Campus by the NSS Volunteers of 20 Colleges on a relay basis under Swachha Bharat Abhijan. Accordingly the NSS Bureau informed the NSS Units to participate in the Drive on different dates from 08.08.17 to 01.09.17 to clean the University Campus. As a result 5 to 6 Colleges with 10 to 20 Volunteers each join in the cleaning Drive to clean the campus every day.



Observation of Gandhi Jayanti and campus cleaning programme on 2<sup>nd</sup> October 2021



Campus cleaning programme on 30<sup>th</sup> January 2021



Swachhata Hi Seva Programme:

The Bhubaneswar Municipality Corporation and Smart City has organized a one day “Swachhata Hi Seva Programme at City Bus stand near Master Canteen Square on 28.09.18 at 7.00 A.M in the morning. 10 NSS Volunteers with one Programme Officer, NSS alongwith Programme Coordinator,NSS joined in the Programme. The His Excellency Hon’ble Governor of Odisha with BMC Commissioner Kishen Kumar, Major Sj.Anant Narayan Jena etc. The Governor the works of the NSS Volunteer and gave an appreciation letter in this regard Sj.Kishen Kumar Commissioner BMC alongwithAnat Narayan Jena recognised the contribution of NSS as a proud partner of BMC in executing various activities.

Apart from this many Colleges have observed Swachhata Hi Seva Programme at their College Level undertaking activities as prescribed in the Guideline like NSS Day-Banki College,Banki,B.B.Mahavidyalaya,Chandikh ole,J.N.College,Kuanpal,Maharshi College of Natural Law,Bhubanbeswar.





Relay Campus Cleaning Programme from 09.11.21 to 13.11.21:

On the occasion of celebration of 79<sup>th</sup> Foundation day of Utkal University to be celebrated on 27.11.21 the NSS Bureau organized a relay campus cleaning programme for 15 days from 09.11.21 to 23.11.21 involving NSS Volunteers of 50 colleges. The volunteers cleaned the bushes weeds and disposed the garbage's under SWACHHA BHARAT MISSION. More than 600 volunteers participated in the cleaning programme.

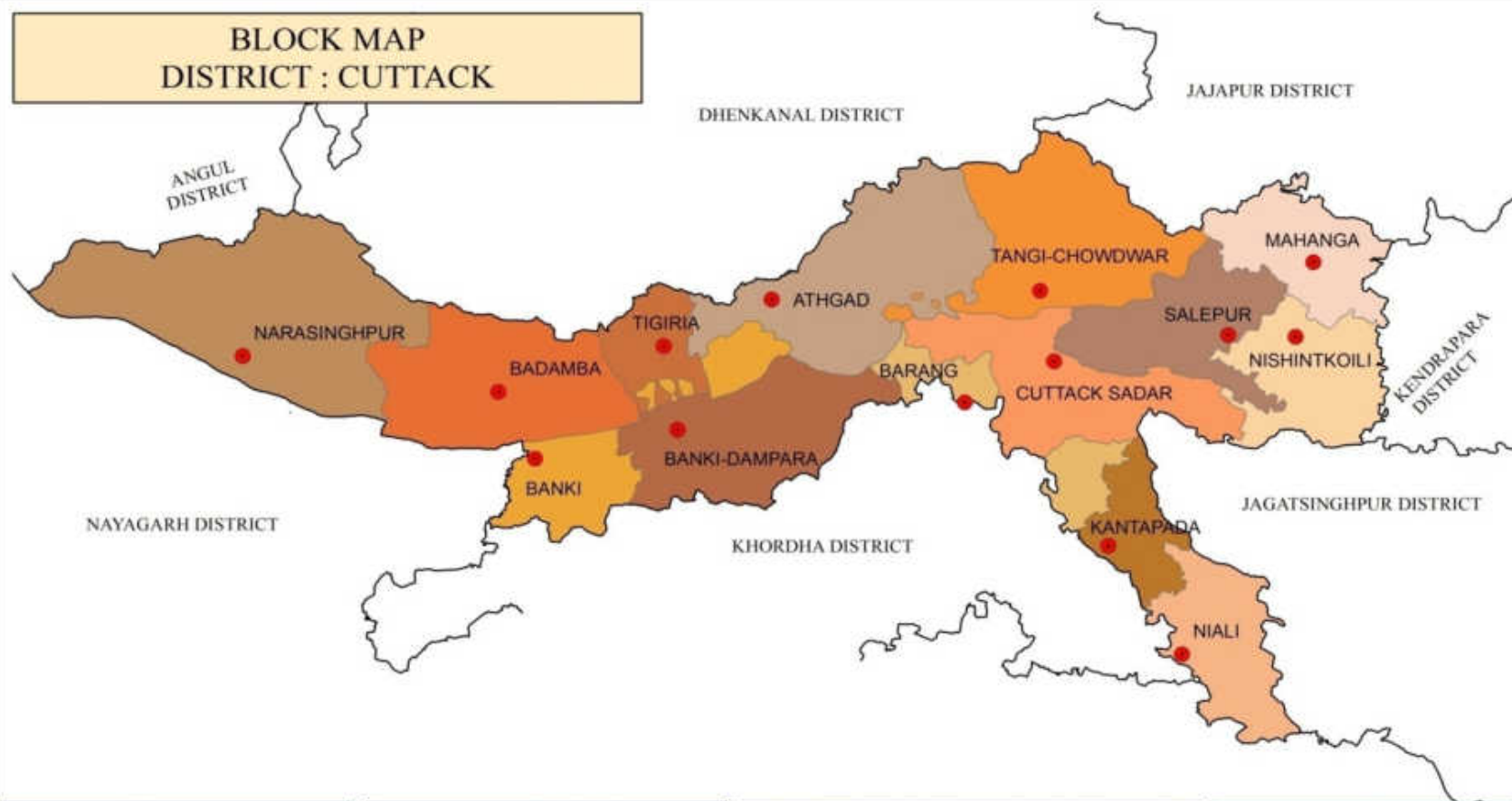


## Number of students undertaking field project or research projects or internships




Program Code	Programme Name	Number of the Students and its Annexure
--	Basic Awareness on Odisha Right to Public Service Act (ORTPSA, 2012) among Village People	08 students and 05 research scholars

The annexure of the activity follows in the consequent slides ...

**BLOCK MAP  
DISTRICT : CUTTACK**



**LEGEND**

-  DISTRICT BOUNDARY
-  BLOCK BOUNDARY
-  HEADQUATER







**FIELD VISIT SNAPS OF  
THE RESEARCHERS AND  
RESPONDENTS**

**Date: 07 September 2021  
Place - Gobindapur**



**FIELD VISIT SNAPS OF THE  
RESEARCHERS AND  
RESPONDENTS**

**Date: 08 September 2021**  
**Place - Uradha**





# POPULATION RESEARCH CENTRE

( Ministry of Health and Family Welfare, Govt. of India)

Established 1977



UTKAL UNIVERSITY

BHUBANESWAR

ODISHA

2022-23

# Genesis of Population Research Centres in India

- ❑ On the recommendations of Demographic Sub-Committee appointed by the Research Programme of Planning Commission in 1955, the Ministry of Health provided grants for the establishment of **Demographic Research Centres (DRC)** in **Delhi, Calcutta and Trivandrum** to undertake research on various demographic, social & economic aspects of population growth in their respective regions.
- ❑ The nomenclatures of **DRC and Family Planning Committee Action Research Centres** were changed to **Population Research Centre (PRC)** in 1978-79 .
- ❑ **Objective:** is to provide critical research based inputs related to the Health and Family Welfare Programs and Policies at the national and state level.
- ❑ These centres exist mostly in Universities and Institutions of national repute. Presently there are **18 PRCs**, of which 12 are located in Universities while 6 are in Institute of repute.

# Population Research Centre (PRC), Bhubaneswar

## Background:

- ❑ The Population Research Centre (PRC), Odisha was established by MHFW, GOI in Utkal University, Bhubaneswar in the year 1977-1978 and it is a not fully developed (Type - II) PRC.
- ❑ It has taken up projects on topics akin to its research objectives from National and International agencies. It also acts as a **Resource Centre** for the faculty members and students of the social science departments in the teaching/research activities related to population and demography.
- ❑ The Centre offers **consultancy services** to the State Government and Non-Government Organizations to carry out the welfare programs on Health and Population related activities.



# Infrastructure of PRC Bhubaneswar

- ❑ The center functioning in its **own small building**, constructed in the year **2003** with assistance from the Ministry of Health and Family Welfare, Government of India.
- ❑ The Centre has a small but valuable **library** with good collection of Census volumes, United Nation Publications, books and national and international journals on population and related subjects.
- ❑ The Centre has required equipment for data processing and reprography.
- ❑ The Centre hold promise to serve as an effective Population Information Centre for the **academics and others in the State**.

# OBJECTIVES

This center is to provide critical research inputs for effective implementation of national/state population policies and programs by conducting research with objectives as follows:

- ❑ To undertake continuous monitoring and evaluation of demographic situation of Odisha.
- ❑ To assess the impact of family welfare programs on population growth and demographic characteristics.
- ❑ To measure level of knowledge, attitude and practice of different segments of population on family planning, maternal and child health.
- ❑ To study the inter-linkages of population, environment and development.

# Human Recourse (Structure& Functioning Arrangement)

Sl. No.	Name of the Post	Post Sanctioned	Post Vacant	Persons in Position
1.	Honorary Director			Prof. Sabita Acharya (Vice Chancellor, Utkal University)
2.	Deputy Director	1	1	Dr. Debendra Biswal, Deputy Director (I/C)
3.	Assistant Director	1	1	-
4.	Research Investigator	2	2	-
5.	Field Investigator	2	2	
6.	Research Fellow	2	0	1- P.C.D. Meher, 2- R.K. Sahoo
7.	UDC (Sr. Assistant)	1	1	-
8.	Junior Typist	1	1	-
9.	Peon	1	0	P.C. Rout
	Total	11	8	



# Year-wise funds released & Utilisation by PRC, Bhubaneswar during the last five years



Year	Opening Balance	Grants-in-Aid released by Ministry	Bank Interest/Loan taken from University	Total funds available with PRC	Expendiutre incurred by PRC	Closing Balance
1	2	3	4	5(2+3+4)	6	7(5-6)
2016-17	1,652,681	362,400	135,332	2,150,413	2,555,054	-404,641
2017-18	-404,641	6,122,400	165,344	5,883,103	3,724,433	2,158,670
2018-19	2,158,670	1,067,400	182,129	3,408,199	3,400,729	7,470
2019-20	7,470	5,550,680	96,553	5,654,703	1,959,976	3,694,727
2020-21	3,694,727	2,306,585	297,752	6,299,064	1,302,927	4,996,137

# LIST OF STUDIES UNDERTAKEN WITHIN THE PAST FIVE YEARS

# STUDIES UNDERTAKEN BY PRC DURING 2015-16

Sl. No.	Title of Research/Evaluation/Monitoring Studies undertaken	Sponsoring Organization	Year of completion
1.	Monitoring of NHM PIP in Bargarh District of Odisha	MoH&FW, GoI	2015-16
2.	Monitoring of NHM PIP in Baleshwar District of Odisha	MoH&FW, GoI	2015-16
3.	Monitoring of NHM PIP in Nayagarh District of Odisha	MoH&FW, GoI	2015-16
4.	Monitoring of NHM PIP in Khurda District of Odisha	MoH&FW, GoI	2015-16
5.	Factors Associated with Still Birth in Ten High Focus Districts of Odisha based on HMIS Data	MoH&FW, GoI	2015-16
6.	Choice of Contraceptive Methods among the Slum Dwellers of Bhubaneswar, Odisha	MoH&FW, GoI	2015-16
7.	Social Marketing of Contraceptives: A case Study of Gajapati District, Odisha	MoH&FW, GoI	2015-16



# STUDIES UNDERTAKEN BY PRC DURING 2016-17

Sl. No.	Title of Research/Evaluation/Monitoring Studies undertaken	Sponsoring Organization	Year of completion
1.	Monitoring of NHM PIP in 24 Praganas District of West Bengal	MoH&FW, Gol	2016-17
2.	Monitoring of NHM PIP in Cooch Behar District of West Bengal	MoH&FW, Gol	2016-17
3.	Monitoring of NHM PIP in Malda District of West Bengal	MoH&FW, Gol	2016-17
4.	Monitoring of NHM PIP in Murshidabad District of West Bengal	MoH&FW, Gol	2016-17
5.	Evaluation of social marketing of contraceptives through ASHAs and NGOs in Odisha	MoH&FW, Gol	2016-17
6.	Adolescent reproductive health: Knowledge, attitude and practice among the slum dwellers of Bhubaneswar, Khordha	MoH&FW, Gol	2016-17

# STUDIES UNDERTAKEN BY PRC DURING 2017-18

Sl. No.	Title of Research/Evaluation/Monitoring Studies undertaken	Sponsoring Organization	Year of completion
1.	Monitoring of NHM PIP in Koraput District of Odisha	MoH&FW, GoI	2017-18
2.	Monitoring of NHM PIP in Rayagada District of Odisha	MoH&FW, GoI	2017-18
3.	Monitoring of NHM PIP in Malakanagiri District of Odisha	MoH&FW, GoI	2017-18
4.	Monitoring of NHM PIP in Nuapada District of Odisha	MoH&FW, GoI	2017-18

# STUDIES UNDERTAKEN BY PRC DURING 2018-19

Sl. No.	Title of Research/Evaluation/Monitoring Studies undertaken	Sponsoring Organization	Year of completion
1.	Monitoring of NHM PIP in Kandhamal District of Odisha	MoH&FW, Gol	2018-19
2.	Monitoring of NHM PIP in Sambalpur District of Odisha	MoH&FW, Gol	2018-19
3.	Monitoring of NHM PIP in Boudh District of Odisha	MoH&FW, Gol	2018-19
4.	Monitoring of NHM PIP in Khordha District of Odisha	MoH&FW, Gol	2018-19
5.	Home delivery practices among Kondha tribes in Kandhamal district, Odisha	MoH&FW, Gol	2018-19
6.	Utilisation of Health care services and its impact on child survival in Odisha	MoH&FW, Gol	2018-19
7.	Evaluation of AYUSH health care services in Odisha (A study in Khordha district )	MoH&FW, Gol	2018-19



# STUDIES UNDERTAKEN BY PRC DURING 2019-20 & 2020-21

Sl. No.	Title of Research/Evaluation/Monitoring Studies undertaken	Sponsoring Organization	Year of completion
1.	Monitoring of NHM PIP in Gajapati District of Odisha	MoH&FW, GoI	2019-20
2.	Monitoring of NHM PIP in Nabarangpur District of Odisha	MoH&FW, GoI	2019-20
3.	Monitoring of NHM PIP in Kalahandi District of Odisha	MoH&FW, GoI	2019-20
4.	Monitoring of NHM PIP in Malakangiri District of Odisha	MoH&FW, GoI	2019-20
5.	Monitoring of NHM PIP in Koraput District of Odisha	MoH&FW, GoI	2019-20
6.	Monitoring of NHM PIP in Cuttack District of Odisha	MoH&FW, GoI	2019-20
7.	Monitoring of NHM PIP in Jagatsinghpur District of Odisha	MoH&FW, GoI	2019-20
8.	Monitoring of NHM PIP in Bolangir District of Odisha	MoH&FW, GoI	2019-20
9.	ANC Registration and pregnancy outcome in Odisha	MoH&FW, GoI	2020-21

# STUDIES UNDERTAKEN BY PRC DURING 2021-22

Sl. No.	Title of Research/Evaluation/Monitoring Studies undertaken	Sponsoring Organization	Year of completion
1.	Monitoring of NHM PIP in Angul District of Odisha	MoH&FW, GoI	2021-22
2.	Monitoring of NHM PIP in Kandhamal District of Odisha	MoH&FW, GoI	2021-22
3.	Monitoring of NHM PIP in Boudh District of Odisha	MoH&FW, GoI	2021-22
4.	Monitoring of NHM PIP in Jajpur District of Odisha	MoH&FW, GoI	2021-22
5.	Monitoring of NHM PIP in Deogarh District of Odisha	MoH&FW, GoI	2021-22
6.	An Assessment of Full Antenatal Care Status in Boudh District of Odisha	MoH&FW, GoI	2021-22
7.	Child Immunisation status in Odisha: A comparative study	MoH&FW, GoI	2021-22

**Major Research Projects/ Monitoring and Evaluation  
Studies/ Workshops undertaken besides Annual  
Work Plan (AWP) Studies  
by  
PRC, Bhubaneswar**



## Major Research Projects/ Monitoring and Evaluation Studies/ Workshops undertaken by PRC, Bhubaneswar other than AWP Studies

Sl. No.	Major Research Projects/Evaluation Studies/Workshops undertaken	Funding Agency	Year
1.	Evaluation of Orientation Training Camps organised in Drought Affected Districts of Odisha	Govt. of Odisha	1989
2.	National Family Health Survey (NFHS-1) -Orissa, 1993	United States Agency for International Development, New Delhi.	1993
3.	Immunization Coverage Evaluation Survey, in Five Districts of Orissa 1994	Ministry of Health and Family Welfare, Govt. of India	1994
4.	Study on Blindness Control Programme in Odisha	World Bank	1995
5.	Multi Indicator Cluster Survey – State Level, Orissa	UNICEF, Bhubaneswar	1996
6.	Evaluation of Pulse Polio Coverage in Orissa	UNICEF, Bhubaneswar	1996
7.	Operation Research for Spacing Methods in Orissa- A Diagnostic Study	MOH & FW, Govt. of India	1997
8.	Rapid Assessment Survey under Family Welfare Programme in Cuttack District	MOH&FW, Govt. of India	1997
9.	Baseline Survey in Kalahandi District under Reproductive and Child Health (RCH): Sub Project	Govt. of Orissa	1999
10.	Concurrent Evaluation of Family Welfare Programme in a Target free district (Khurda)	MOH&FW, Govt. of India	2000

Continued.....

Sl. No .	Major Research Projects/Evaluation Studies/Workshops undertaken	Funding Agency	Year
11.	Paper presented on workshop on Factors contributing to Maternal Mortality in Orissa	NIHARD, Cuttack and Population Council	2001
12.	Concurrent Evaluation of Sterilisation Bed Scheme in West Bengal	MOH&FW, Govt. of India	2002
13.	Evaluation of Functioning of Health and Family Welfare Training Institutes in Orissa	MOH&FW, Govt. of India	2003
14.	Evaluation of Functioning of Health and Family Welfare Training Institutes in West Bengal	MOH&FW, Govt. of India	2003
15.	Evaluation of RCH Schemes: RCH Camp, RCH Out reach and Dai Training in Orissa	MOH&FW, Govt. of India	2003
16.	Evaluation of RCH Schemes: RCH Camp, RCH outreach and Dai Training in West Bengal	MOH&FW, Govt. of India	2003
17	Evaluation of Health Mela in Dhenkanal District	MOH&FW, Govt. of India	2004
18.	Evaluation of Functioning of Urban Family Welfare Centres in West Bengal	MOH & FW, Govt. of India	2005
19.	Evaluation of Functioning of Urban Family Welfare Centres in West Bengal	MOH & FW, Govt. of India	2005
20.	Functioning of Urban Health Posts and Family Welfare Centres in Orissa	MOH & FW, Govt. of India	2005

Continued.....

Sl. No.	Major Research Projects/Evaluation Studies/Workshops undertaken	Funding Agency	Year
21.	Functioning of Urban Health Posts and Family Welfare Centres in West Bengal	MOH & FW, Govt. of India	2005
22.	Refresher course for Para medical staff of Odisha. Prc research personnel involved as resource person	Regional Office for H & F.W, Govt. of India, BBSR	2006
23.	Presented before CDMOs, Policy makers on Comparative analysis of key MCH indicators of 21 districts of Orissa having low health indicators at Hotel Swosti Plaza, Bhubaneswar.	MOH & FW, Govt. of India	2006
24.	Presented before second Meeting of the Expert Group of National Commission on Population on “Demographic Profile and Vital Health Indicators of Orissa”	NCP, New Delhi	5 <sup>th</sup> May, 2006
25.	Workshop on Knowledge Awareness on HIV/AIDS of Young Population at P.G. Department of Geography, Utkal University	UGC Sponsored	15 <sup>th</sup> March, 2007
26.	Workshop on “Community Empowerment & Advocacy for Sustainable Health Care for people in extreme need of Orissa organised at Hotel New Maryon, Bhubaneswar	Sponsored by NYSASDRI & IWW, London UK and European Union	18 <sup>th</sup> March, 2007
27.	Workshop on Knowledge and Awareness on HIV/AIDS among Young Population at Jayadev College of Education & Technology, Naharakanta, Odisha	UGC sponsored and funded	21 <sup>st</sup> March, 2007
28.	Monitoring of DLHS – 3 of Jharkhand	MOH & FW, Govt. of India	2007
29.	Monitoring of DLHS – 3 of Asham	MOH & FW, Govt. of India	2007
30.	Monitoring of DLHS – 3 of Bihar	MOH & FW, Govt. of India	2007



Continued.....

Sl. No.	M.ajor Research Projects/Evaluation Studies/Workshops undertaken	Funding Agency	Year
31.	Monitoring of DLHS - 3 of Odisha	MOH & FW, Govt. of India	2007
32.	Impact of Existing IEC Activities on Poor & Marginalised Groups in Odisha	State Institute of H&FW, Govt. of Orissa	2007
33.	State level Workshop on Quality of Primary Health Care in Orissa with special reference to women	MAMATA at CYSD, Bhubaneswar	2008
34.	Monitoring of District Level Household Survey (DLHS) - 3	MOH & FW, Govt. of India	2008
35.	Rapid Appraisal of NRHM in Sambalpur District of Odisha	MOH & FW, Govt. of India	2009
36.	Monitoring of Coverage Evaluation Survey in Odisha, Bihar and Jharkhand	UNICEF	2009
37.	Rapid Appraisal of NRHM in Kendrapara District of Odisha	MOH & FW, Govt. of India	2009-10
38.	Monitoring of HMIS data of State of Odisha	MOH & FW, Govt. of India	2010
39.	Monitoring of Coverage Evaluation Survey (CES) in Odisha, Madhya Pradesh.	UNICEF	2018
40.	Monitoring Rapid survey on COVID -19	MOH & FW, Govt. of India	2021

# ACHIEVEMENTS

- ❑ Organised training workshop on Analysis of Demographic Data using Computer (1992)
- ❑ Organised 16<sup>th</sup> IASP Conference (1993)
- ❑ National Seminar on Perspectives of Applied Population Research in India (2003)
- ❑ Organised workshop on Knowledge and Awareness on HIV/AIDS Among Young Population of University/Colleges (2009)
- ❑ Organised 32<sup>nd</sup> IASP Conference (2010)
- ❑ Visit of Rajya Sabha Committee to PRC Bhubaneswar (2021)

# Involvement of PRC with other Departments of Utkal University

- ❑ This PRC is associated with the students and research scholars from different Post Graduate Departments like Anthropology, Economics, Statistics, Geography, Sociology and Women's Studies of the Utkal University.
- ❑ The Centre has provided library facility to students and researchers having interest in Population and Demography as their special paper.
- ❑ Organised 32<sup>nd</sup> Annual Conference and National Seminar on Population and Public Health, November 28-30, 2010
- ❑ Celebrated World Population Day, 2016 in Collaboration with NSS.



## Other Activities

- ❑ Contribute in teaching of special courses in Demography and training of Population Education, programme planning and evaluation in Health & Family Welfare sectors.
- ❑ Take up project formulation and evaluation in population and social development especially on issues related to gender and backward population.
- ❑ Provide consultancy in developing Management Information and Evaluation System (MIESS) for Population Health and Development Programs.
- ❑ Organize workshops, seminars and conferences on Population and Health relates issues.



**Celebration World population Day on 11<sup>th</sup> July 2016 in association with NSS, Utkal University**

# Review Committee Meeting held on 8<sup>th</sup> August, 2017





Dr. Manoj Kumar Singh, Department of Anthropology, University of Delhi, delivering a talk on  
“Paleodemography”  
28<sup>th</sup> November, 2017





## A Brainstorming Session on *Emerging Frontiers of Population Research* on 28<sup>th</sup> November, 2017





IGRMS



**National Seminar  
On**



Ministry of Health and Family  
Welfare

**TRIBAL SITUATIONS WITH SPECIAL REFERENCE TO EASTERN INDIA  
(Celebrating 60<sup>th</sup> Year of Anthropology Department, 1958 - 2018)**

Plenary Session  
on

**POPULATION AND HEALTH DYNAMICS OF TRIBES OF EASTERN INDIA**

Organized by

**POPULATION RESEARCH CENTRE**

Utkal University, Bhubaneswar

In collaboration with

**PG Department of Anthropology**

Utkal University, Bhubaneswar

&

**IGRMS, Bhopal**



28<sup>th</sup> – 30<sup>th</sup> March, 2018

# OTHER ACTIVITIES - 2019-20

- Two Webinars on the theme Covid-19 and Adolescent girl health issues and rights amid pandemic.
- Distinguished speakers were: Hon'ble Minister, Department of WCD and MS Smt. Tukuni Sahu, Principal secretary Smt. Anu Gars, IAS, Director AIIMS , Dr. Gitanjali Batmanabane, Director, RMRC, Dr. Sanghmitra Pati, Prof. Nilika Mehrotra, JNU, Dr. Deepa prasad UNFPA and Dr. Zoya Rizwi MoHFW.



# Challenges Before PRC

1. Organizational structure: the Vice-chancellor of the Utkal University is Ex-officio director of the PRC
2. Challenges: Vacant positions
3. Infrastructure development: Building construction:2003, 2 computers purchased 2013-14. Renovation of Library and its management  
**Challenges:** No grants for maintenance for infrastructure.
4. Placement of accounts

# **EVENTS ORGANISED BY PRC, BHUBANESWAR**



NAAC A+

Population Research Centre, Utkal University



## INVITATION FOR E-SYMPOSIUM ON THE OCCASION OF WORLD POPULATION DAY

### COVID 19 AND WOMEN; THE GENDERED CONTOURS OF THE PANDEMIC SAFEGUARDING THE HEALTH AND PROTECTING THE RIGHTS

24<sup>TH</sup> JULY 2020 11:00 AM TO 01:00 PM



#### Distinguished Speakers



Chaired by  
Prof. Soumendra M Patnaik  
Vice-Chancellor &  
Director, PRC, Utkal University



Dr. Gitanjali Batmanabane  
Director, AIIMS,  
Bhubaneswar



Dr. Deepa Prasad  
State Prog. Coordinator,  
UNFPA, Odisha



Prof. Nilika Mehrotra  
School of Social Sciences,  
JNU, New Delhi

Google meet Link: <https://meet.google.com/yqd-iwcx-czc?authuser=0>

We at PRC solicit your gracious presence and participation in the Symposium

Dr. Priyanka Khurana  
Deputy Director (I/C) PRC.

## PRC PRESS NOTE

### Population Research Centre, Utkal University organises e-symposium on Covid-19 and Women on World Population Day

24<sup>th</sup> July/Bhubaneswar: Population Research Centre, Utkal University organised a half-day symposium discussing about Covid-19 and Women; the Gendered Contours of the Pandemic. The web symposium was organised to commemorate the occasion of World Population Day. Dr. Gitanjali Batmanabane, Director, AIIMS, Bhubaneswar; Dr. Deepa Prasad, State Programme Coordinator, UNFPA, Odisha & Prof. Nilika Mehrotra, Centre for the Study of Social Systems, School of Social Sciences, Jawaharlal Nehru University, New Delhi were the three distinguished speakers on the occasion. The webinar was chaired by Prof. Soumendra Mohan Patnaik, honourable Vice-Chancellor of Utkal University.

Dr. Gitanjali Batmanabane shared many interesting data sets from AIIMS, Bhubaneswar which depicted reduced numbers of women seeking healthcare services after the pandemic hit our state. She talked about the increased vulnerability of pregnant women in such health emergencies. Data from AIIMS outreach centres have indicated that domestic violence is on the rise and immunization is on the decline. "There is a need to collect data, case studies, create 'mind bombs' to jolt ourselves out of our sense of complacency," said Dr. Batmanabane while talking about what needs to be done in order to combat the grim outcomes of the pandemic.

Dr. Deepa Prasad spoke on the differential impact of Covid 19 on women and girls. She covered many aspects of the pandemic that affects women including greater burden of domestic and care work, economic, sexual and physical exploitation and the increased instances of domestic violence. She pointed out a very pertinent aspect of domestic violence which is the limited availability of support system for women facing violence owing to the system getting overburdened by dealing with the pandemic. She suggested integrating prevention efforts and services for Violence Against Women into Covid 19 response plans.


"This pandemic has further exacerbated the existing inequalities in our society", commented Prof. Nilika Mehrotra while talking about the gendered implications of Covid-19 in Indian society. She spoke about sex workers, transgender communities, elderly women of poorer communities, women with disabilities at great length and how the pandemic has hit all these marginalised sections of the society extremely hard.

The symposium was attended by over 85 members including the Population Research Centres members, faculty members & students, professionals from academic institutions, government and private sectors, NGOs. Honourable Vice-Chancellor of Ravenshaw University, Prof. Ishan Patro was also present and spoke in the programme. Prof. Priyanka Khurana, Deputy Director, Population Research Centre extended Vote of Thanks and concluded the programme.




# E-SYMPOSIUM ON THE OCCASION OF WORLD POPULATION DAY: 24<sup>TH</sup> JULY 2020


REC




Jyoti Acharya




NILIKA MEHROTRA




Ishan Puro




dr shree




Subhasis Panda




Anath Bandhu Das



Channabasappa Noolvi



Director, AIIMS Bhubaneswar



Nilika Mehrotra

Meeting details

People (57)

Chat

dr shree 12:59 PM  
Congratulations Dr Priyanka Khurana madam to conduct good event


Athira B.K 1:00 PM  
To Nilika Ma'am : With the media representations of a 'good looking, healthy woman' etc, remaining changeless - and the resources remaining limited and inaccessible , what could be the psychological implications for different stratas of women?

Anath Bandhu Das 1:00 PM  
Deepa Prasad have very informative lecture. Do we have any comparative data of Odisha as compared to world data? Do government using this data to take decisions? A. B. Das UU

Dr. Sampriiti Panda 1:03 PM  
Thank you Nilika Ma'am for addressing the issue of tribal women.  
Thank u so much.

Send a message to everyone

Type here to search



1:15 PM 7/24/2020





## Utkal University Press Release



### Utkal University & Save the Children join hands to celebrate International Girl Child Day

- **Focus on Adolescent Sexual and Reproductive Health rights (SRHR), in the times of COVID & Adolescent and youth skilling and decent employment in the times of COVID**

**Bhubaneswar/13th October 2020:** Utkal University organised a two-day online conference starting 12th to 13th October in collaboration with Save the Children, India to celebrate the International Girl Child Day. Today's webinar was based on Adolescent wellbeing with special focus on Sexual and Reproductive Health rights (SRHR), in the times of COVID. The conference served as a platform for collective brainstorming by various stakeholders (which includes academicians, civil society partners, the agents of change from the grassroots, government and multilateral organisations) on the enablers and disablers of successful transition of girl child from adolescence to adulthood. The special focus was on challenges and opportunities during the times of pandemic in particular while responding to the practical solutions for the adolescent girls in need. Smt. Tukani sahu, Hon'ble Minister, Women & Child Development & Mission Shakti shared a message in which she expressed that "Adolescence is the most sensitive and Vulnerable phase in every child's life. Girls in general face many social, mental, physical and emotional challenges during this period. Their issues need to be addressed very sensibly and Government of Odisha is very much committed towards upliftment, empowerment and creating an equal society for the girls of Odisha". She extended best wishes to the organizers for their efforts to create awareness about the Adolescence wellbeing among the different stakeholders.

Dr. Anu Garg, Principal Secretary, Department of Women & Child Development & Mission Shakti graced the occasion as the keynote speaker. "I see a huge role for partnerships like Utkal University and Save the Children (academia and NGO) which will ensure research studies, evidence creation and we will get the right kind of inputs for our work," said Dr. Garg. She talked about how grave is the issue about adolescent well being. Odisha has approximately 40 lakh adolescents. It is a huge number. Dr. Garg also informed about various initiatives being taken by the state govt. including the Advika programme aiming at empowerment of adolescent girls, which was launched recently.

Talking about the deep-rooted patriarchy and cultural conditions that exists in our society, Vice-Chancellor Soumendra Mohan Patnaik said, "Intellectual autonomy and individual uniqueness is not desirable in the patriarchal sense and it not only affects development of girl child but also results in low levels of participation in formal and informal economy." He spoke about the social anthropological structures that inhibit true development of the girl child at length.

Utkal University has started a rural outreach programme under RUSA 2.0 with gender as one of the verticals. Prof. Patnaik talked about how the programme is currently working in nine districts with a goal of making economically; culturally self-reliant and also making them gender neutral spaces.

Dr. Zoya Ali Rizvi, Deputy Commissioner, MoHFW also gave a presentation in the conference. She spoke about various schemes and initiatives the state Govt has taken to work towards well being of adolescents. Dr. Deepa Prasad, State Programme coordinator, UNFPA and Ms. Shalini, Youth Advocate of Save the Children participated in a panel discussion. Shri. Anindit Roy Chowdhury, Director, Programmes & Policy, Save the Children, India spoke on the occasion. Dr. Priyanka Khurana, Assistant Professor Utkal University and Deputy Director, Population Research Centre extended the formal Vote of Thanks and concluded the programme.

The conference was attended by almost 200 participants from Govt, academia, students, civil society partners and media. This conference was jointly organised by Population Research Centre(Estd. By MoHFW, Govt. of India) and Centre of Excellence in Public policy and governance of Utkal University.





Save the Children, India  
and  
Utkal University, Odisha  
(Population Research Centre ( estd. by MoHFW, GoI))  
invite you to join a virtual conference  
celebrating "International Day of Girl Child"



Adolescent wellbeing  
with special focus on  
**SRHR,**  
in the times of **COVID**



**Chief Guest**

**Ms. Tukuni Sahu**

Hon'able Minister,  
Department of WCD &  
Mission Shakti . Odisha

**Key Note Speaker**

**Dr. Anu Garg (IAS)**

Principal Secretary,  
Department of WCD  
& Mission Shakti

**Panelists**

**Ms. Shalini**  
Youth Advocate

**Dr. Zoya Ali Rijvi**  
Deputy Commissioner,  
MoHFW

**Dr. Deepa Prasad**  
State Program  
Coordinator, UNFPA

**Moderator: Shri Akshaya Kumar Sahoo**  
Special Correspondent, Asian Age

**13<sup>th</sup> October 2020 | 10:30 AM to 12:30 PM**

Mr. Sudarshan Suchi  
CEO, Save the Children, India

Prof. S M Patnaik  
VC, Utkal University, Odisha







THANK YOU





22/4/2021



# POST GRADUATE DEPARTMENT OF MICROBIOLOGY

S.C.B. MEDICAL COLLEGE, CUTTACK-753007

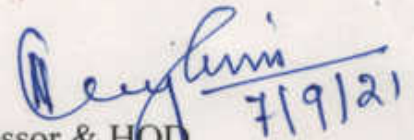
Orissa (India)  
(Under Utkal University)

## LETTER OF APRECIATION

Date..7/9/21.....

We are highly obliged to the Professor & HOD and all the staffs of PG Department of Bio-technology for sharing their RT-PCR Machine & helping us to carryout COVID-19 test during COVID Pandemic.

We genuinely appreciate you for your help & support.

  
7/9/21

Professor & HOD  
Dept. of Microbiology  
SCB Medical College, Cuttack  
Professor & HOD  
Department of Microbiology  
SCB Medical College, G.

## International Women's Day celebration – 8<sup>th</sup> March

Year	Theme	Participants and Resource persons
2021	International Women's Day Celebration and Inter college students Meet on Women in Leadership	Participants- 90 nos Resource persons- Prof. Sabita Acharya, VC, Utkal University Prof. Basanta Mallick, Chair person, PGC Prof. Navaneeta Rath, Director, SWS Mrs. Rukmini Panda, Gender Coordinator, Oxfam India, Odisha Chapter Mr. Akshaya Kumar Biswal- Regional Manager- Oxfam India, Odisha state
2020	International Women's Day Celebration and Workshop on Women empowerment: Myth or Reality	Participants- 75 Resource persons Prof. Soumendra Mohan Pattnaik, VC- Utkal University Prof. Nilika Mehrotra, Prof. in Sociology, JNU Prof. Navaneeta Rath, Director, SWS Dr. Sanghamitra Pati- ICMR Dr. Sasmita Samanta-KIIT
2019	International Women's Day and 'Think Tank' programme with the theme " Women and Sustainable Development"	Participants- 100 Resource persons Prof. Soumendra Mohan Pattnaik, VC- Utkal University Prof. Nilika Mehrotra, Prof. in Sociology, JNU Prof. Navaneeta Rath, Director, SWS Mrs. S. Saini, IPS and Director of Biju Pattnaik Police Academy, Bhubaneswar, Mrs. Sukirti Pattnaik, a leading entrepreneur

# International Women's Day celebration – Photos





# Transgender Programme-

Year	Theme	Participants and Resource persons
2017	The students of SWS had interacted with the Transgenders at their residential areas to have a clear cut idea about their socio economic problems and prospects	Participants- 20 nos Staff Associated- 1) Dr. Aliva Mohanty, Lecturer, SWS 2) Dr. Mamata Dash, SWS
2017	Workshop on “ Issues and Challenges of Third –Gender” 30 <sup>th</sup> March 2017	Participants- 20 nos Resource Persons 1) Prof. Sabita Acharya, Director, SWS 2) Dr. Aliva Mohanty, Lecturer, SWS 3) Dr. Mamata Dash, SWS 4) Urmimala Das, Former Director, WSRC, Berhampur University

# Transgender ProgrammePhotos



# Gender Champion Programme

Year	Theme	Participants and Resource persons
2018-19	Gender Champion (5 modules) From 3/10/18 to 2/2/19	Participants- 100 nos Speakers: Smt. Rukminii Panda



# Gender Champion Programme-Photos



# Gender Budgeting Programme

Year	Theme	Participants and Resource persons
2018-19	<p>i) Gender Budgeting training on 19<sup>th</sup> to 21<sup>st</sup> January 2019- Balasore</p> <p>li from 23<sup>rd</sup> to 25<sup>th</sup> February 2019 at Cuttack</p> <p>ii) March 2020 at Bhubaneswar</p>	<p>Participants-40 each (teachers from university, colleges and schools &amp; research scholars, government officials, trainers, civil society members, advocates, social activists, writers &amp; columnists and media persons)</p> <p>Speakers:  Prof. Navaneeta Rath  Prof. S.N. Tripathy  Dr. Amrtita Patel</p>
2019-20	<p>Theme on “Revisiting the Gender Budgets to Balance for Better”.</p> <ul style="list-style-type: none"> <li>from 29<sup>th</sup> November to 1<sup>st</sup> December, 2019 at Bhubaneswar</li> <li>at Puri was held from 25<sup>th</sup> January-27<sup>th</sup> January</li> <li>at Berhampur it was organised from 22<sup>nd</sup> to 24<sup>th</sup> February</li> </ul>	<p>Participants- 37 nos each</p> <p>Prof. Soumendra Mohan Pattnaik- Chief Guest</p> <p>Speakers:  Prof. Nilika Mehrotra  Prof. Navaneeta Rath  Prof. S.N.Mishra</p>

# Gender Budget Programme- Photos





# Gender Budget Programme- Photos



# Gender Sensitization Programme

Year	Theme	Participants and Resource persons
2018-19	Gender Sensitization Programme at Utkal University and 20 affiliated colleges with support from W&CD, Govt. of Odisha From 7-2-19 to 31/3/19	Participants- 2000 (100 in each programme) Covered 20 colleges in different dates Resource persons- Prof. Navaneeta Rath Prof. Urmimala Das Dr. Amrta Patel Dr. Meenakshi Panda Mrs. Rukmini Panda Dr. Gyanendra Nayak

# Gender Sensitizations Programme- Photos





# Health Awareness Programme

Year	Theme	Participants and Resource persons
2021	Women's Health and Hygiene : A pathway for Development on 28 <sup>th</sup> May 2021	Participants- 64 Speaker – Prof. Sabita Acharya, Dr. Sujata Kar, Tapasi Praharaj Prof. Jayanti Dora Prof. Prabodh Kmar Hota Dr. Mamata Dash
2021	Sleep Disorder Among Youths on 25-9-2021	Participants- 84 Speakers – Prof. Manju Dhandewarker, Guwahati Prof. Jayanti Dora Dr. Mamata Dash Doctors from Rotary Club, Bhubaneswar
2021	Skill Development & New Normal on 9 <sup>th</sup> Dec. 2021	Participants- 30 Speaker – Prof. Sabita Acharya, Dr. Jayanti Dora Prof. Basanta Mallick Dr. Pratima Khandalwal

# Health Awareness Programme



## ଓମେନ୍ସ ହିଲ୍ଥ ଏଣ୍ଡ ହାଇଜିଏନ୍ ପଥ୍‌ୱେ ଫର ଡେଭେଲପମେଣ୍ଟ ଦିବସ ପାଳିତ

।।ପ୍ରଭାନ୍ୟକ୍।। ଭୁବନେଶ୍ୱର, ୩୦।୫ : ରତ୍ନପ୍ରାବ ସ୍ୱଚ୍ଛତା ଦିବସ ଅବସରରେ ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ ଓମେନ୍ସ ହିଲ୍ଥ ଏଣ୍ଡ ହାଇଜିଏନ୍ ପଥ୍‌ୱେ ଫର ଡେଭେଲପମେଣ୍ଟ ଆୟୋଜିତ ହୋଇଯାଇଛି । ଏହା ଭର୍ଚୁଆଲ ମାଧ୍ୟମରେ ହୋଇଥିବା ବେଳେ ଏଥିରେ ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ସବିତା ଆଚାର୍ଯ୍ୟ ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇଥିଲେ । ସ୍ତ୍ରୀ ରୋଗ ଓ ପ୍ରସୂତି ବିଭାଗର ଡ. ସୁଜାତା କର ଓ ଆରଏମଆରସି ବୈଜ୍ଞାନିକ ଜୟବିଂହ ଷେଡ଼ୀ ମୁଖ୍ୟବକ୍ତା, ବିଶିଷ୍ଟ ସମାଜସେବୀ ତାପସୀ ପ୍ରହରାଜ ଅନ୍ୟତମ ବକ୍ତା ଭାବେ ଯୋଗଦେଇଥିଲେ ।



ବର୍ତ୍ତମାନ ସମୟରେ କିପରି ମହିଳା ଓ ପ୍ରାସ୍ତ ବୟସ୍କା ଝିଅମାନେ ସେମାନଙ୍କର ରତ୍ନପ୍ରାବ ସମୟରେ ସ୍ୱଚ୍ଛତା ଅବଲମ୍ବନ କରିବେ ତାହା ଉପରେ ବକ୍ତାମାନେ ଗବେଷଣାତ୍ମକ ତଥ୍ୟ ପ୍ରକାଶ କରିଥିଲେ । ସ୍କୁଲ

ଓ ଅନ୍ୟାନ୍ୟ ସର୍ବସାଧାରଣ ସ୍ଥାନରେ କିପରି ସ୍ୱଚ୍ଛତା ରହିପାରିବ ଓ ସରକାରଙ୍କ କେଉଁ ପ୍ରକାର ପଦକ୍ଷେପ ରହିବ ଏହା ଉପରେ ଆଲୋଚନା କରାଯାଇଥିଲା ।

ଓମେନ୍ସ ହିଲ୍ଥ ଏଣ୍ଡ ହାଇଜିଏନ୍ ନିର୍ଦ୍ଦେଶକ ପ୍ରଫେସର ଜୟବିଂହ ଦୋରା ଅତିଥିମାନଙ୍କ ପରିଚୟ ପ୍ରଦାନ କରିବା ସହିତ ଅନୁଷ୍ଠିତ ସେମିନାରର ଉଦ୍ଦେଶ୍ୟ ଓ ବିଷୟବସ୍ତୁ ଉପରେ ସୂଚନା ପ୍ରଦାନ କରିଥିଲେ । ରୁଷା ସଂଯୋଜକ ପ୍ରଫେସର ପ୍ରବୋଧ କୁମାର ହୋତା ତାଙ୍କ ଅଭିଭାଷଣ ରଖିଥିଲେ । ଛାତ୍ରଛାତ୍ରୀ, ଗବେଷକ, ବୁଦ୍ଧିଜୀବୀ ଓ ଶିକ୍ଷକମାନେ ବହୁଭାବରେ ବିଭିନ୍ନ ସ୍ଥାନରୁ ଅନଲାଇନ ମାଧ୍ୟମରେ ଯୋଗଦେଇଥିଲେ । ଡଃ. ମମତା ଦାସ ଏହି ସେମିନାରର ସଂଯୋଜନା କରିଥିବା ବେଳେ ମିସ ଲିଜା ସ୍ୱାଇଁ ଧନ୍ୟବାଦ ଅର୍ପଣ କରିଥିଲେ ।

# Health Awareness Programme- Sleep Disorder





# Skills for the New Normal



## UTKAL UNIVERSITY P.G DEPARTMENT OF HISTORY & SCHOOL OF WOMEN'S STUDIES



INVITATION FOR WEBINAR  
ON

### 21st Century Skills for the New-normal

*Chief Patron*



**Prof. Sabita Acharya**  
Vice Chancellor  
Utkal University

*Distinguished Speaker*



**Dr. Pratima Khandelwal**  
Founder, FlyHigh Educational Excellence Services,  
Bangalore  
Soft Skill trainer, NPTEL, IIT Madras

*Esteemed Patron*



**Prof. Basanta Kumar Mallik**  
Chairman, P.G Council  
Utkal University



**Dr. Ajit Kumar Sahoo**  
Faculty, Dept. of History  
Utkal University

*Convener*



**Prof. Jayanti Dora**  
Head of the Department  
P.G. Department of History, UU



**Dr. Ramesh Chandra Mahanta**  
Faculty, Dept. of History  
Utkal University

**Date : 19.12.2021  
6.30 PM**

**About the Webinar »**

WITH MASSIVE DISRUPTION THAT HAS BEEN ACCELERATED BY ONGOING PANDEMIC, EDUCATION 4.0 NEEDS TO ALIGN WITH THE EXPECTATIONS OF INDUSTRY 4.0. IT IS IMPERATIVE FOR THE STUDENTS TO UPSKILL THEMSELVES AND ACQUIRE 21ST CENTURY SKILLS NAMELY THE 4Cs (CRITICAL THINKING, CREATIVITY, COLLABORATION, COMMUNICATION) WITH PROBLEM SOLVING, DEVELOPING RESILIENCE AND POSITIVE ATTITUDE. THESE ASPECTS SHALL BE COVERED IN THIS SESSION BY THE LEAD FACILITATOR.

Video call link:

<https://meet.google.com/vro-udrn-uef>

Or dial: (US) +1 318-744-4374 PIN: 850 009 532 #

# Programme on Violence Against Women

Year	Theme	Participants and Resource persons
2016-17	Violence Against Women (VAW) on 29 <sup>th</sup> November 2017	Participants- 100 (Keynote Speaker : Prof. Annapurna Pandey Prof. Asha Hans Prof. Swarnamayee Tripathy
2019-20	NIPCCD (programme on 'Combating Violence against Women and Girls' - 5-day programme (24 <sup>TH</sup> June-28 <sup>th</sup> June,2019)	Participants - 35 (College and university teachers) Resource person- Chief Guest- Prof. Soumendra Mohan Pattnaik, VC of Utkal University Prof. Manju Dhandewarker, Prof. Navaneeta Rath Dr. Mamata Dash Dr. Amrita Patel

# Violence Against Women- Photo





# NIPCCD- Photos



# Campaign Programme on Gender

Year	Theme	Participants and Resource persons
2018-19	Participatory Research in Asia (PRIA), New Delhi on theme <b>“Youth n Democracy “Democracy in Everyday Life”</b> on 23 <sup>rd</sup> and 24 <sup>th</sup> July 2018	Participants- 80 Resource Persons: Prof. Brahmananda Satapathy, Chairpewrson, PG Counbcil Prof. Navaneeta Rath Director, SWS and Experts from PRIA, New Delhi
2018-19	The Theme of the programme was <i>“To End Sexual Violence against Women &amp; Children”</i> on 15 <sup>th</sup> January 2019	Participants- 75 Resource Persons: Prof. Navaneeta Rath Director, SWS and Experts from Rastriya Garima Abhijan, Secretariat Office, New Delhi
2018-19	Youth Festival-2018 on the theme <b>“Love is always Violence Free”</b> on 1 <sup>st</sup> December 2018	Participants- 100 Resource Persons: Prof. Navaneeta Rath Director, SWS Prof. Swarnamayee Tripathy Prof. Pravati Mohapatra and Experts from OXFAM-India



# Campaign Programme-PRIA- Photo





# Campaign Programme-Dignity March- Photo



# Youth Festival Programme-Photo





# Swachh Bharat Abhjan



## SWACHHA BHARAT ABHIYAAN

**DATE-24.12.21**

**Organised by :**

**School of Women's Studies, Utkal university  
Vani Vihar, Bhubaneswar  
Odisha, Pin-751004**







**UTKAL UNIVERSITY**  
**VANI VIHAR, BHUBANESWAR-751004**  
**Email-Id: rusa.utkal@gmail.com**

---

From

Prof. Prabodha Kumar Hota  
HoD, Commerce & Coordinator RUSA  
Utkal University, Bhubaneswar

To

The Development Commissioner cum Additional Chief Secretary and MD  
Odisha State Disaster Management Authority (OSDMA)

Date: 06-07-2021

Sub: Requesting for your kind cooperation

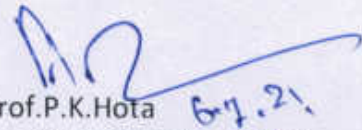
Dear Sir,

I am to inform you that the Rural Development Domain of Rural Outreach Team under RUSA project of Utkal University is planning to conduct a set of activities related to the **Drowning cases in Odisha**. The set of activities include:

- Introduction of an illustrative book on "Drowning and its awareness" for school age children.
- Teaching school age children (mainly in rural areas) about basic water safety and safe rescue skills.
- Setting and enforcing drowning awareness boards in drowning hotspots of Odisha (if absent).

For the above mentioned activities, we seek valuable guidance and inputs from the experts of "Odisha State Disaster Management Authority (OSDMA)". We will be grateful to you if your kind support is extended to our team for the same and necessary instruction may be issued to OSDMA for extending support as and when required at this level.

Regards

  
Prof. P.K. Hota

HoD, Commerce & Coordinator RUSA  
**Co-ordinator, RUSA**  
**Utkal University**  
**Vani Vihar, Bhubaneswar-4**



**UTKAL UNIVERSITY**  
**VANI VIHAR, BHUBANESWAR-751004**  
**Email-Id: rusa.utkal@gmail.com**

---

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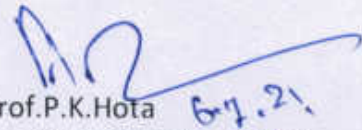
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Regards

  
Prof. P.K. Hota

HoD, Commerce & Coordinator RUSA  
**Co-ordinator, RUSA**  
**Utkal University**  
**Vani Vihar, Bhubaneswar-4**



Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

---

**Draft Copy of Book on Drowning**

---

**Arabinda Ray** <aray@osdma.org>

Wed, Jul 21, 2021 at 12:08 PM

To: Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

Cc: Meghanad Behera &lt;meghanad.behera@gmail.com&gt;, sutanu100@yahoo.co.in, Laxminarayan Nayak &lt;ln.nayak@rediffmail.com&gt;

Dear Anannya Pattanayak,

The contents now found to be in line. Just check the page No.8 (Holi message) Write "TAKING BATH AFTER PLAYING HOLI IN UNSAFE WATER BODIES".

The contents have been cross checked and suggestions have been made by the OSDMA team and Expert in the subject matter from ODRAF. Just go for a final proof reading for any spelling mistake. Hope this small booklet on drowning safety for children will find a special place in all schools and libraries.

All the best,  
Thanking You,  
Arabinda Ray, OSDMA

[Quoted text hidden]

---

**Arabinda Ray**

Odisha State Disaster Management Authority

Rajiv Bhawan, Unit-V

Bhubaneswar-751 001, Odisha

Ph: +91 674 2395398, 2395379 Ext- 107

Fax: (0674) 2391871

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Mail: [gm-system@gov.in](mailto:gm-system@gov.in)web: [www.osdma.org](http://www.osdma.org)



## ପୂର୍ବାବଲୋକନ



ଖଞ୍ଜା ମାଂସପେଶୀ ଜନିତ ସମସ୍ୟା (M.S.D) ହେଉଛି ମାଂସପେଶୀ, ସ୍ନାୟୁ, ଗଣ୍ଠି ଇତ୍ୟାଦିର ଡିଜେନେରାସନ୍ । ଅତ୍ୟଧିକ ସମୟ ଧରି ଅନୁଚିତ ଭାବରେ କାର୍ଯ୍ୟ କରିବା ଯୋଗୁଁ ଏହିପରି M.S.D ସମସ୍ୟା ଦେଖାଦେଇଥାଏ । ବୁଣାକାର ମାନେ ବୁଣିବା ସମୟରେ ଅଧିକ ସମୟ ପର୍ଯ୍ୟନ୍ତ ଗୋଟିଏ ଜାଗାରେ ବସି

ବୁଣିବା ଯୋଗୁ MSD ଭଳି ବେମାରୀର ଶିକାର ହୋଇଥାଆନ୍ତି । ସେମାନେ ଯଦି ନିୟମିତ ଭାବରେ ଫିଜିଓଥେରାପିର ଅଭ୍ୟାସ କରନ୍ତି ତେବେ ସେମାନେ ଏହି ବେମାରୀରୁ କିଛି ପରିମାଣରେ ମୁକ୍ତି ପାଇପାରିବେ ।

ଆମେ SVNIRTAR, ମାନବ ଜାତିର କଲ୍ୟାଣ ପାଇଁ ସର୍ବଦା ଇଚ୍ଛୁକ । ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ RUSA ପ୍ରୋଜେକ୍ଟ ମାଧ୍ୟମରେ ଓଡ଼ିଶାର ଗ୍ରାମୀଣ ଲୋକମାନଙ୍କର ଉନ୍ନତି ପାଇଁ ଏହିପରି ପଦକ୍ଷେପ ନେଉଥିବାରୁ ମୁଁ ଅତ୍ୟନ୍ତ ଖୁସି ।

ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ ଅଧିନରେ RUSA ପ୍ରୋଜେକ୍ଟର ଗ୍ରାମୀଣ ବିକାଶ ବିଭାଗ ଏବଂ SVNIRTAR ଓଲଟପୁର ମିଳିତ ଭାବରେ ଏହି ମାନୁଆଲ ନିର୍ମିତ କରିଛନ୍ତି । ବୁଣାକାର ମାନେ ଅନୁଚିତ ଭାବରେ ବୁଣିବା ଯୋଗୁ ଶରୀରରେ ଯେଉଁ ପୀଡା ହୋଇଥାଏ ତାହା ଦୂରକରିବା ପାଇଁ ଏହି ମାନୁଆଲ ଲାଭଦାୟକ ହେବ । ଏହି ମାନୁଆଲ ତିଆରି କରିବା ପାଇଁ ଯେଉଁ କଠିନ ପରିଶ୍ରମ ଏବଂ ପ୍ରୟାସ କରାଯାଇଛି ତାହା ଅତ୍ୟନ୍ତ ପ୍ରଶଂସନୀୟ ।

ମୁଁ ଆଶା କରୁଅଛି ଏହା ନିଶ୍ଚିତ ଭାବରେ କୃତକାର୍ଯ୍ୟ ହେବ ।

ପ୍ରତିଷ୍ଠାପକ ମାତୃାନ୍ତି

ଡ. ପି.ପି ମହାନ୍ତି

ନିର୍ଦ୍ଦେଶକ, SVNIRTAR, ଓଲଟପୁର

## DECLARATION

The manual titled "Physiotherapy Exercises for Weavers" has been developed by Rural Development division of Rural Outreach Team under RUSA project of Utkal University under the expert guidance of SVNIRTAR, Olatpur. This material has been designed and developed based on the video shared by the above mentioned division of Utkal University. We do not have any objection if this material is published and distributed by Utkal University for the welfare of the Weavers society.

  
Director

SVNIRTAR, Olatpur

# UNDERSTANDING THE MISUNDERSTOOD (SNAKE BITE)





## FOREWORD



Drowning is the 3rd leading cause of unintentional injury death worldwide and one among the State specific disasters. Irrespective of the age or situation, several individuals encounter drowning in their day-to-day life.

While drowning can happen to anybody, anytime and anywhere; prevention is possible if an individual is well aware, alert and possess basic knowledge on how to respond in such situations. Utkal University being one of the pioneer educational University, has taken a small initiative to educate the students at primary stage about drowning through this illustrative book. I am grateful to the entire team of OSDMA and ODRAF for their support and guidance in developing this book.

I hope through this book, we will be able to educate the targeted readers.

*Sabita Acharya*  
Prof. Sabita Acharya, July 2021

Vice Chancellor,  
Utkal University



## **CONTRIBUTORS**

### **EDITORIAL GUIDANCE**

Team of OSDMA and ODRAF

### **ADVISORY COMMITTEE**

Prof. Sabita Acharya,  
(Vice-Chancellor)

Dr. Avaya Kumar Nayak, OAS (SS),  
Registrar

Prof. P.K. Hota,  
Coordinator RUSA

Team of OSDMA

Team of ODRAF

### **CONCEIVED AND SCRIPTED BY**

Ms. Anannya Pattanayak,  
(Program Manager (Rural Development), RUSA)

### ***Special thanks to:***

Team of OSDMA and ODRAF, Prof. P.K. Hota, Dr. H.S. Rout

Published by: RUSA, Utkal University

Front cover image by: wallpapercave.com

Printed by:





Hi!

I am Rajiv. I am a Swimming Instructor by profession and storytelling is my passion. What's your name? You know books do listen and communicate! I will be interacting with you throughout this book. I know, I am not as cute and energetic as you... but I am taller than you... (hahaha)

I have a beautiful yet informative story for you. I hope you are reading this book at the best of your health. Are you reading this in your classroom or at home?? Wherever it may be, I hope at least you are not reading it near a water body or a swimming pool... (hahaha)

Do you have a friend? How many?? Do you want few more friends? Today, you might get few more friends through this book...

Oh! I have to go... My swimming class will start now. Today I have a new student, oh yes, a new friend for you named Ravi. Just for your information, Ravi is a cute and smart little kid like you. Unfortunately, he met with an accident what we say is drowning. I hope you know what's drowning... Yes? No? If you want you can join me in the class... For those who know what is drowning, you can cross verify whether what you know is enough or not... For those who don't know let's hear and participate in the conversation that is going on. Let's listen from your friend Ravi as to how he met with this accident at such an early age?

Come follow me to my class!

WHAT IS DROWNING??



I have seen in movies...  
when someone is  
drowning, they splash  
water and scream for  
help... waving their  
arms above their head  
trying to signal



NO... Drowning in movies is  
not what drowning looks like  
in real life. Drowning is a  
type of suffocation induced  
by submersion or immersion  
of the mouth and nose in a  
liquid. Drowning is silent...



Good morning Class..  
today we have a new  
student in our class  
named Ravi. Welcome  
Ravi! Would you like to  
introduce yourself to the  
class? What drove you to  
join Swimming class?

**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**

**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**

Thank you Sir... I am Ravi.  
I study in 3rd standard in  
William Public School. Sir the  
incident that took place with me,  
made me realise the importance  
of swimming..

Would you like to elaborate???

**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**

**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**

Sure Sir... Today I would  
not have been alive if Anil and Vijay  
would not have acted spontaneously to  
save me... It was a pleasant  
evening in the playground near  
the pond and we were having an  
interesting football match and I  
was the captain of team A....





How can you tell when someone is drowning?  
Drowning in Real Life looks somewhat where:

**Head is usually tilted back with mouth wide open.**



**Eyes are either closed or wide open, unable to focus.**



**Head goes up and down the water level.**




**Deep breathing or gasping.**




**Trying to swim in a particular direction but not making progress.**

**IMPORTANT: If you've noticed at least one of these signs, don't waste time. Ask the person, 'Are you all right?' If there's no answer, help them.**

At Anil's home...(that evening before the incident took place...)



Papa! I and Usha are going out to play on the playground near the pond with our friends




Ok Anil, but both of you be careful as the pond has not been fenced till now.



Ok Papa



Alright Papa



Usha don't forget what Papa has said



Ok Brother...

*Drowning is the 3rd leading cause of unintentional injury death worldwide, accounting for 7% of all injury-related deaths.*

*Worldwide, drowning is among the ten leading causes of death for children aged 5-14 years.*



*According to reports, nearly 54% of all drowning deaths in India occurred among children under the age of 5, 26% among children aged between 5-9 years and 19% among children aged between 10-14.*

*As per sources, in the year 2018 large number of deaths due to 'Drowning' was reported from Madhya Pradesh (4,542 out of 30,187) accounting for 15.0% of accidental deaths.*

*In Odisha, as many as 1200 persons lost their lives due to drowning in 30 districts during the year 2019-20.*

*In Odisha, Ganjam district has maximum number of death cases and Boudh has least number of cases.*



- (Source: 1. <https://www.who.int/news-room/fact-sheets/detail/drowning>  
2. <https://www.who.int/campaigns/world-drowning-prevention-day/2021>  
3. <https://nimhans.ac.in/wp-content/uploads/2019/09/Advancing-Child-Safety-in-India-Implementation-is-the-Key.-A-report-by-NIMHANS-2019.pdf>  
4. <https://ncrb.gov.in/sites/default/files/ADSI-2018-FULL-REPORT-2018.pdf>  
5. [https://srcodisha.nic.in/annualReport/JHLGu3hOAnnual%20Report%20on%20NC%202019-20\\_compressed.pdf](https://srcodisha.nic.in/annualReport/JHLGu3hOAnnual%20Report%20on%20NC%202019-20_compressed.pdf))

## **DID YOU KNOW???**

World Drowning Prevention Day is held annually on 25 July. It was declared through the April 2021 UN General Assembly resolution A/75/L.76 "Global drowning prevention". This event serves as an opportunity to highlight the tragic and profound impact of drowning on families and communities and offer life-saving solutions to prevent it.

(Source: <https://www.who.int/campaigns/world-drowning-prevention-day/2021>)



## On the playground (the evening when the incidence took place...)

How is your swimming class going? And where Vijay?

It is going good...  
Need to practice more  
inorder to be able to  
save someone... Vijay is  
having a training workshop on  
emergency rescue operation...



What a coward friend  
I have got...

You may call me whatever  
you wish... Dad has said small  
kids shouldn't go near the pond.



Bunty come let's  
go and catch some fish  
in the pond.. I have brought  
Dad's fishing rod while he was  
sleeping

No no.... I am afraid  
of water, you stay here  
and play with me.



I was wondering  
a selfie near the pond  
will surely make an awesome  
profile pic for my whatsapp dp

Have you lost your mind??? It is  
always adviced not to take selfies or  
photos near water bodies as one might  
die out of drowning if they fall into the  
waterbody

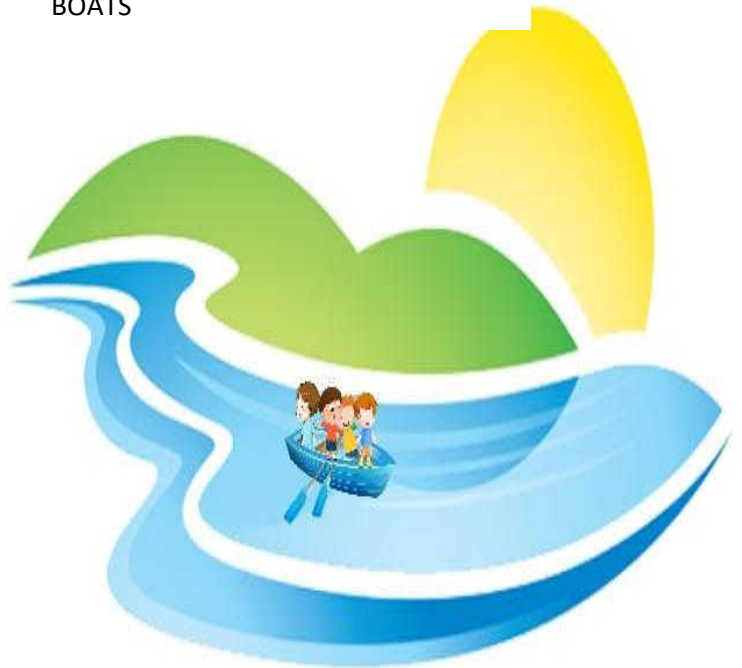


## SOME OF THE MAJOR CAUSES OF DROWNING IN DAY-TO-DAY LIFE:



1. BOATING WITH FRIENDS, NOT BEING AWARE OF WATER BEHAVIOR

2. TRAVELLING IN OVER CROWDED BOATS



3. TAKING BATH AFTER PLAYING HOLI IN UNSAFE WATER BODIES



4. PERFORMING STUNTS IN PICNIC SPOTS



6. TAKING SELFIE NEAR WATER BODIES



5. JUMPING INTO WATER WITHOUT KNOWING SWIMMING







## USUAL DROWNING SEQUENCE:

Victim struggles to keep his or her head above the water



Head submerges or drops below the water surface, breath holding occurs



Water enters the upper airways; it causes the larynx to go into spasm



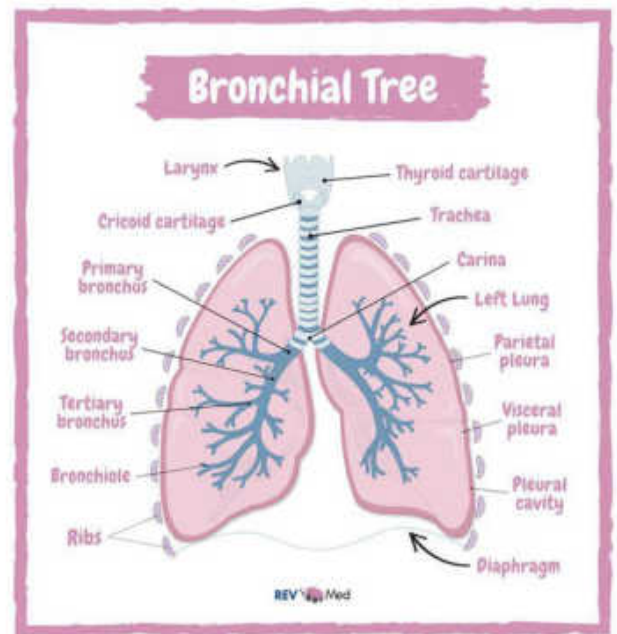
Most often the spasm relaxes, allowing water through the larynx into the bronchial tree and the lungs.



The heart muscle needs oxygen to function and deadly, irregular heart rhythms may occur with oxygen deprivation.



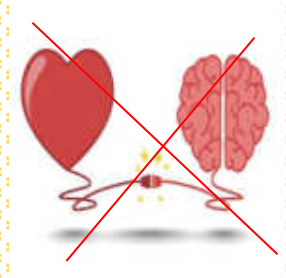
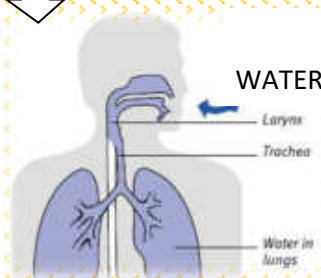
The brain stops functioning within just a few minutes without oxygen, and permanent damage occurs if there is no oxygen for more than six minutes.

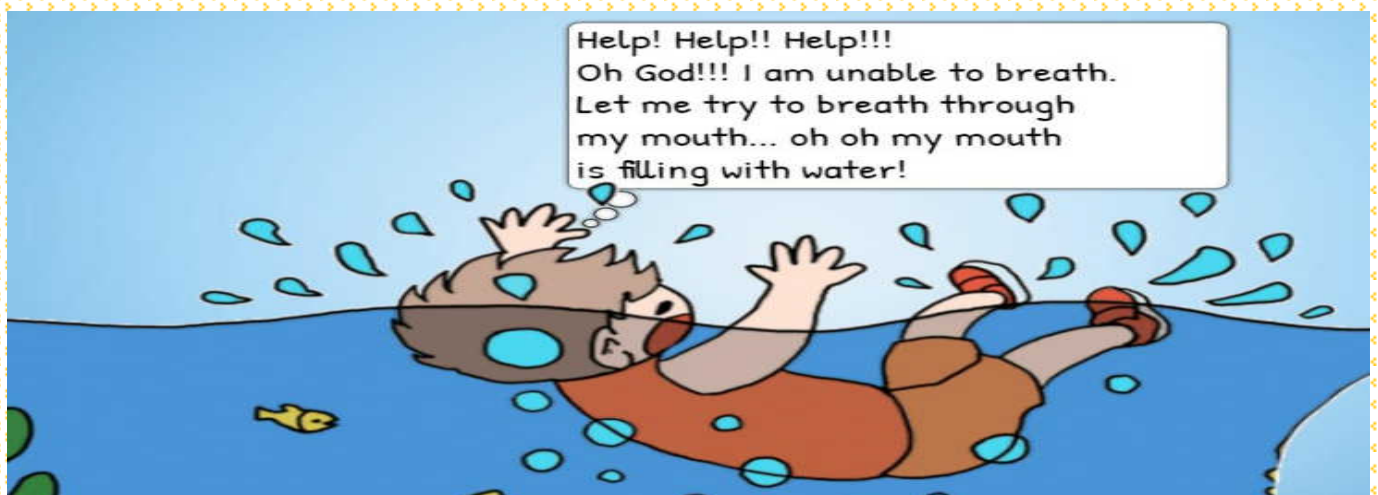


Source: 1. <https://medizzy.com/feed/5234701>

2. [https://www.emedicinehealth.com/drowning/article\\_em.htm#drowning\\_prevention\\_facts](https://www.emedicinehealth.com/drowning/article_em.htm#drowning_prevention_facts)

3. <https://www.health.harvard.edu/heart-health/heart-disease-and-brain-health-looking-at-the-links>







**In Odisha, most of the drowning deaths take in the months from July to November.-**

**Lifebuoy & Life jackets can save you from drowning.**

**Fun-filled events like jumping into water bodies with friends for getting a summer bath, carelessly diving into water, travelling in overcrowded boats during festivals, etc may lead to drowning.**

**Drowning, lightning, whirlwind, tornado, heavy rain, sunstroke, boat accident, and snakebite are the eight natural calamities announced as State Specific Disasters by Government of Odisha.**

**Ex- gratia assistance of INR 400,000/- per deceased to next kins of the victims is provided by State Disaster Response Fund(SDRF), Odisha.**

**DID YOU**

**KNOW?**







## MYTHS

Drowning is noisy,

Floating aids and water wings  
Will keep children safe.

You should always jump in the  
water to save someone.

Kids are safe in a wading pool  
or shallow water.

I don't live or vacation near  
the water, so I don't need to  
worry.



## FACTS

Unlikely in movies, when un-  
noticed, drowning is silent and  
can happen quickly, mainly  
when it comes to young  
children.

Indian Register & Shipping  
(SOLAS) approved life jacket  
& lifebuoy is the best water  
safety device for any  
swimmer. These aids should  
be used with adult  
supervision.

Jumping in may risk you as  
well as the victim. However,  
reaching out to them from  
the side or throwing them  
something to help them stay  
afloat (like a life tube).

Children can drown in inches  
of water and may submerge in  
water within few minutes.

Water hazards are  
everywhere, including in and  
around every home. Toddlers  
have drowned in one bucket  
full of water, garden ponds,  
and even toilet bowls.









## DROWNING RISK FACTORS

*The following are drowning risks in infants and children:*

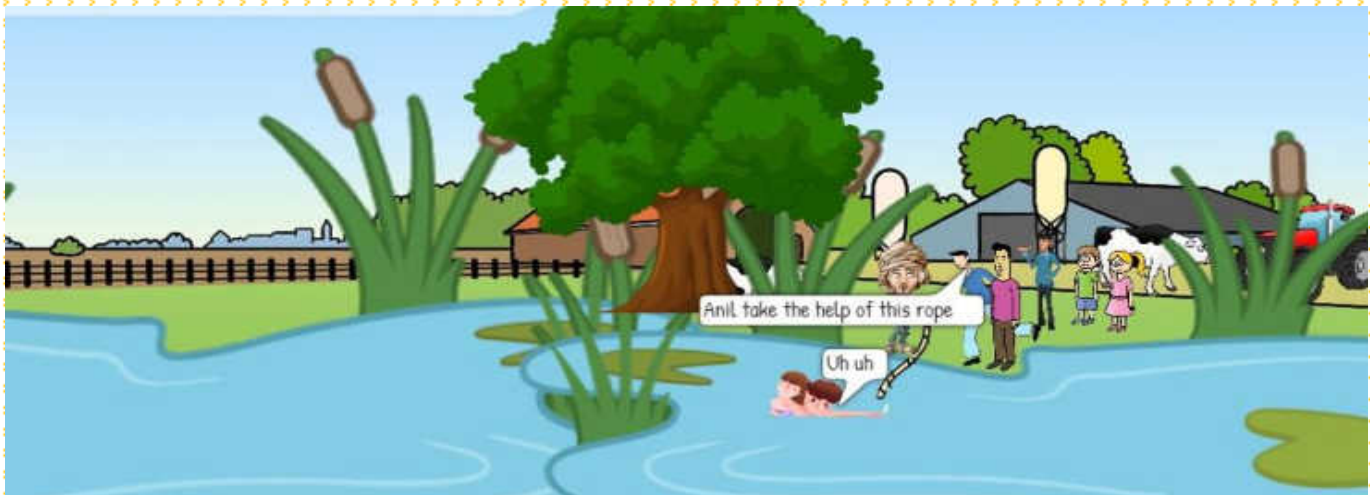
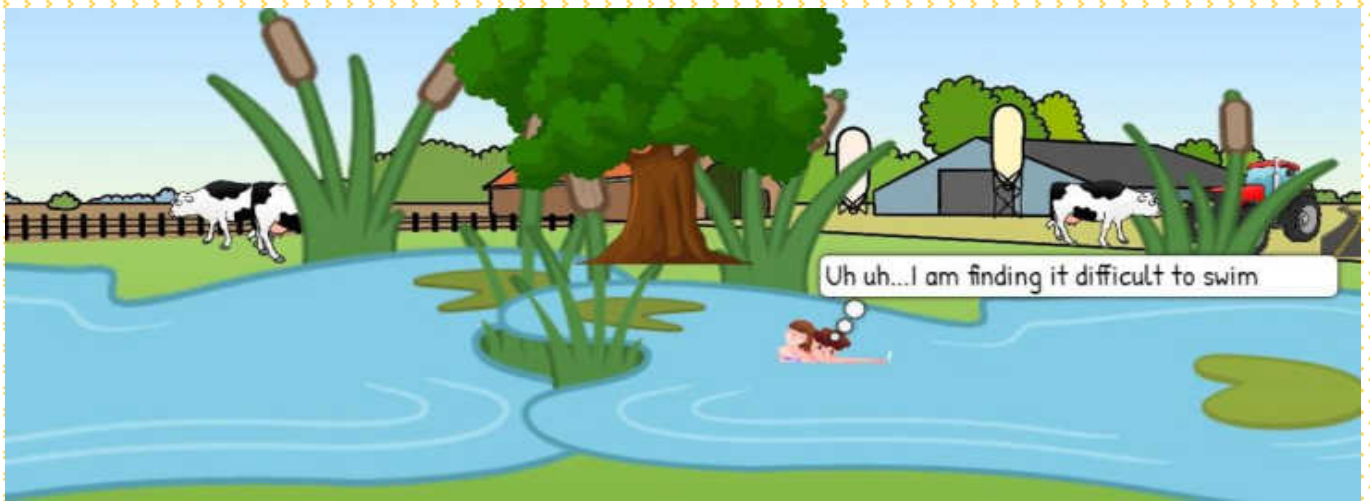
- *Lack of supervision in the bathtub or other body of water.*
- *A swimming pool or an open pond. (Children, who have drowned, usually have been out of sight for less than 5 minutes.)*
- *Lack of life jackets (personal floatation devices) on boats.*
- *Pool toys are not a substitute for a "real" life jacket.*
- *Negligence towards children.*

*The following are drowning risks in teenagers and adults:*

- *Alcohol consumption is a factor in half of all teenage and adult drowning case.*
- *Inability to swim.*
- *Medical emergency in the water like victims who experience a heart attack, stroke or seizure in the water. It also includes open water drowning victims who sustain an animal bite or sting.*
- *Fatigue or exhaustion when swimming.*
- *Not knowing much about water. This includes diving into water and sustaining a fatal or non-fatal injury.*
- *Boat accidents.*
- *Lack of life jackets.*

*(Source:*

*[https://www.emedicinehealth.com/drowning/article\\_em.htm#how\\_do\\_medical\\_personnel\\_care\\_for\\_a\\_drowning\\_victim](https://www.emedicinehealth.com/drowning/article_em.htm#how_do_medical_personnel_care_for_a_drowning_victim))*





## HOW TO SAVE SOMEONE WHO IS DROWNING???

### **Shout for help.**

No matter your experience or training, having others assist you is a good idea.



### **Dial 100 /101**

Call the rescue emergency number to report the incident as soon as possible.



### **Reach**

This is quite risky and a lot of care should be taken.



### **Throw**

Most of the swimming areas have safety rings that are attached to a long rope.



### **Row**

This applies where the victim is too far and can neither use reach or throw methods. Take a boat and go close to the victim taking care not to hit him.

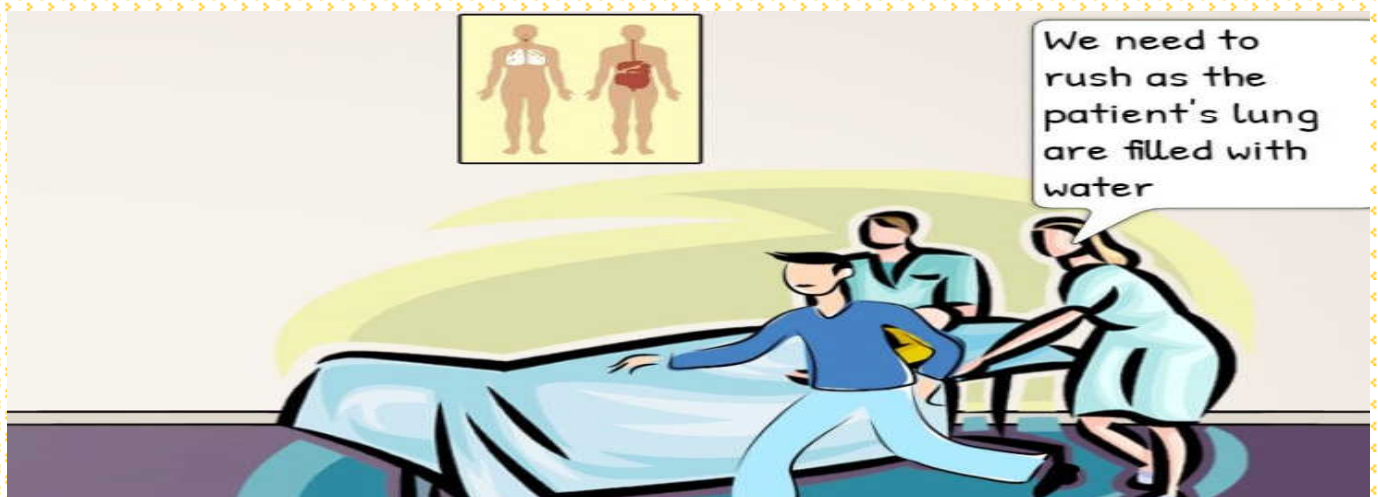


### **Go**

Swimming to rescue someone drowning should be the last resort, it requires swimming skills and a lot of training before doing it.







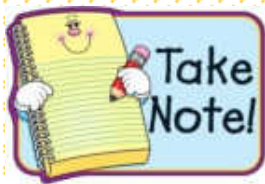
# WHAT NEXT?

After rescuing the victim  
from Drowning???

Give first aid to the victim immediately after rescuing him or her.

Feel for the pulse on the neck side or the wrist, if he is still breathing feel for the air coming through the nose and ensure it is open.

If the victim is not breathing, perform a Cardiopulmonary resuscitation (CPR) to increase his chances of surviving.



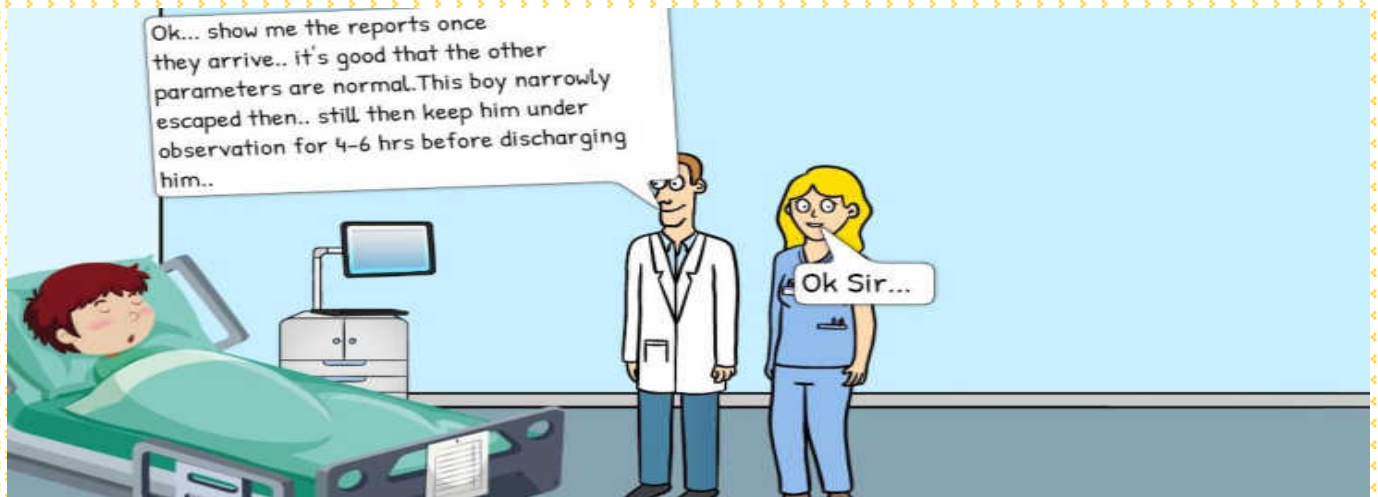
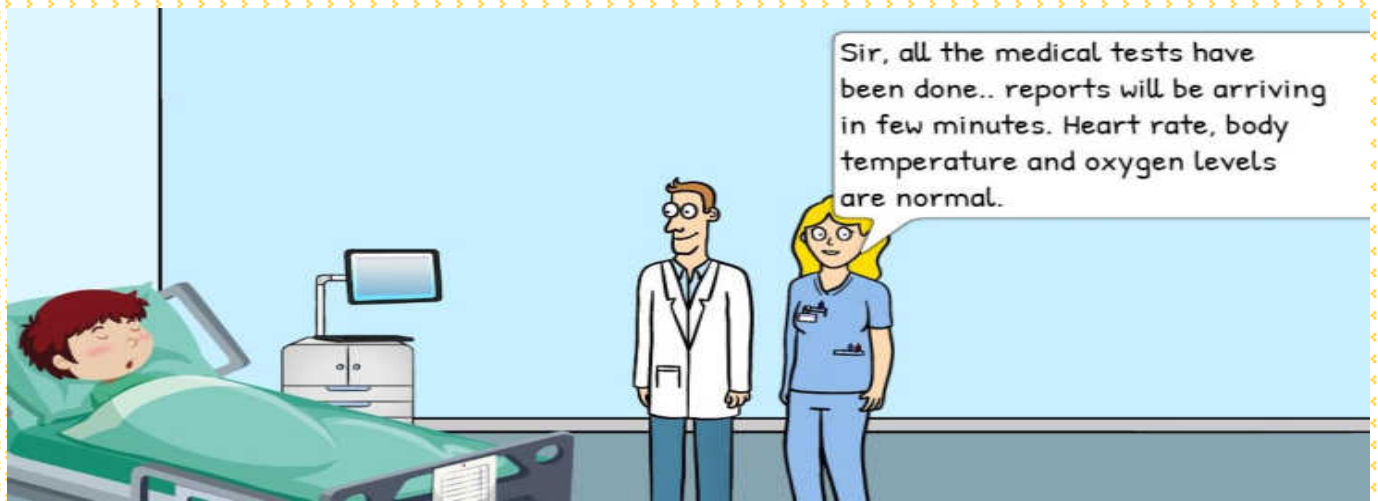
**A Cardiopulmonary Resuscitation (CPR) is a combination of chest compressions and mouth-to-mouth resuscitation to deliver oxygen and artificial blood circulation to the victim.**

**When you perform a CPR, blood is circulated to the body providing oxygen to the brain and other body parts. A CPR should be performed immediately by trained personnel to a person with breathing difficulty as starvation of oxygen in the brain may cause death.**



(Source:<https://depositphotos.com/372901784/stock-illustration-cpr-how-vector-illustration.html>)









My Mom used to say, "It is better to be safe than Sorry..."

## HOW CAN ONE PREVENT DROWNING???

- Provide close and constant attention to children you are supervising in or near water.
- Fence pools and spas with adequate barriers, including four-sided fencing.
- Learn swimming and water-safety survival skills.
- Children, inexperienced swimmers, and all boaters should wear life jackets.
- Always swim in a lifeguarded area.



(Source: <https://www.redcross.org/content/dam/redcross/Health-Safety-Services/Aquatics/circle-of-drowning-prevention.pdf>)

### Be Safe After:

If someone is missing, check the water first.

If someone is in trouble in the water reach out to the person using any available object, throw anything that will provide the victim support.

Keep yourself safe. In most cases, only trained professionals should enter the water to perform a rescue.

Do not trust a child's life with another child. Teach children to always ask permission to go near water.

No one is 'drownproof' or 'water safe'. Participation in any swim lesson programme cannot make somebody 'drownproof'.

(Source: OSDMA safety manual)



Oh! It's really sad to know what Ravi went through... I will learn swimming so that I will never drown.

Yes, I will also join swimming classes so that I will never meet with such accident.



Yes, if I would have taught swimming to my son, then today he must not have met with such an accident.



It is essential to learn swimming... but one should not assume that if he/she knows swimming then they are never going to drown.





DO YOU STAY IN SUCH MYTH  
THAT YOU ARE SAFE IF YOU  
KNOW HOW TO SWIM???

### MYTH 1: Good Swimmers Don't Have to Worry About Drowning.

- Learning swimming is important for drowning prevention but nobody is drown-proof—including professional swimmers. (studies have shown that swimmers can reduce the risk of drowning by up to 88%).
- Water can be unpredictable, especially open water, and rip tides, undertows and currents can be dangerous. That is why no one should ever swim alone!

### MYTH 2: Don't Need a Life Jacket if You Know How to Swim

- Factors like your child's skill level, or the type of swimming environment, are important things to take into consideration when determining whether you should wear a life jacket.

### MYTH 3: If We're Not Swimming, There's No Risk of Drowning

- The unfortunate reality is that the majority of drowning accidents take place during non-swimming times. In fact, 69% of drowning deaths for children under five happen when they aren't expected to be swimming.





LET'S HAVE A LOOK ON  
SOME OF THESE SAFETY  
TIPS

- Be aware of water and weather conditions.
- Never leave a young child unattended near water.
- Fence pools, ponds and other open water bodies near your home with adequate barriers.
- Everyone in family should learn swimming and water safety survival skills.
- Whenever near water- have reaching and throwing equipment on hand such as ring buoys, or reaching poles or even a water jug tied to a rope. Have life jackets, mobile phone for making emergency call and a well-stocked first aid kit.
- Always swim only in area that are designated for swimming and are supervised by lifeguards.
- Always swim with a buddy, don't allow anyone to swim alone.
- Always enter water cautiously, feet first.
- While on a boat, always wear a proper life jacket.
- Do not use alcohol or drugs before or while swimming or supervising.

*(Source: OSDMA safety manual)*



## FEW MORE INFORMATION ABOUT DROWNING:

Let us try to understand different types of Drowning:

**WET DROWNING:** Liquid floods the lungs and causes breathless. The victim isn't able to take in air and without proper aid, can drown.

Dry drowning occurs when someone inhales water through the nose or mouth, causing a spasm in the airway and difficulty breathing. The drowning is called "dry" because water does not enter the lungs because of spasm (reflex closing) of the vocal cords.

Active drowning is the response someone has when they recognize there is a chance they could drown. Adults and older children are usually able to detect their danger beforehand, and have the ability to attempt to stay above the water while still drawing attention towards them.

Passive drowning occurs when someone submerges and is unable to resurface. It usually occurs to small children due to lack of knowledge or physical ability to make it back to the surface.

Secondary drowning is where a victim of drowning is successfully rescued and resuscitated; they may appear to be fully recovered but could still be fatal.

(Source: <https://swimrichmond.org/blog/5-drowning-types-to-prevent/>)



ACCORDING TO WORLD HEALTH RANKINGS, DROWNING DEATH RATE OF INDIA IN THE YEAR 2021 IS 4.99, FOR MALE IT IS 6.59 AND FOR FEMALE IT IS 3.30.

(Source: <https://www.worldlifeexpectancy.com/cause-of-death/drownings/by-country/>)

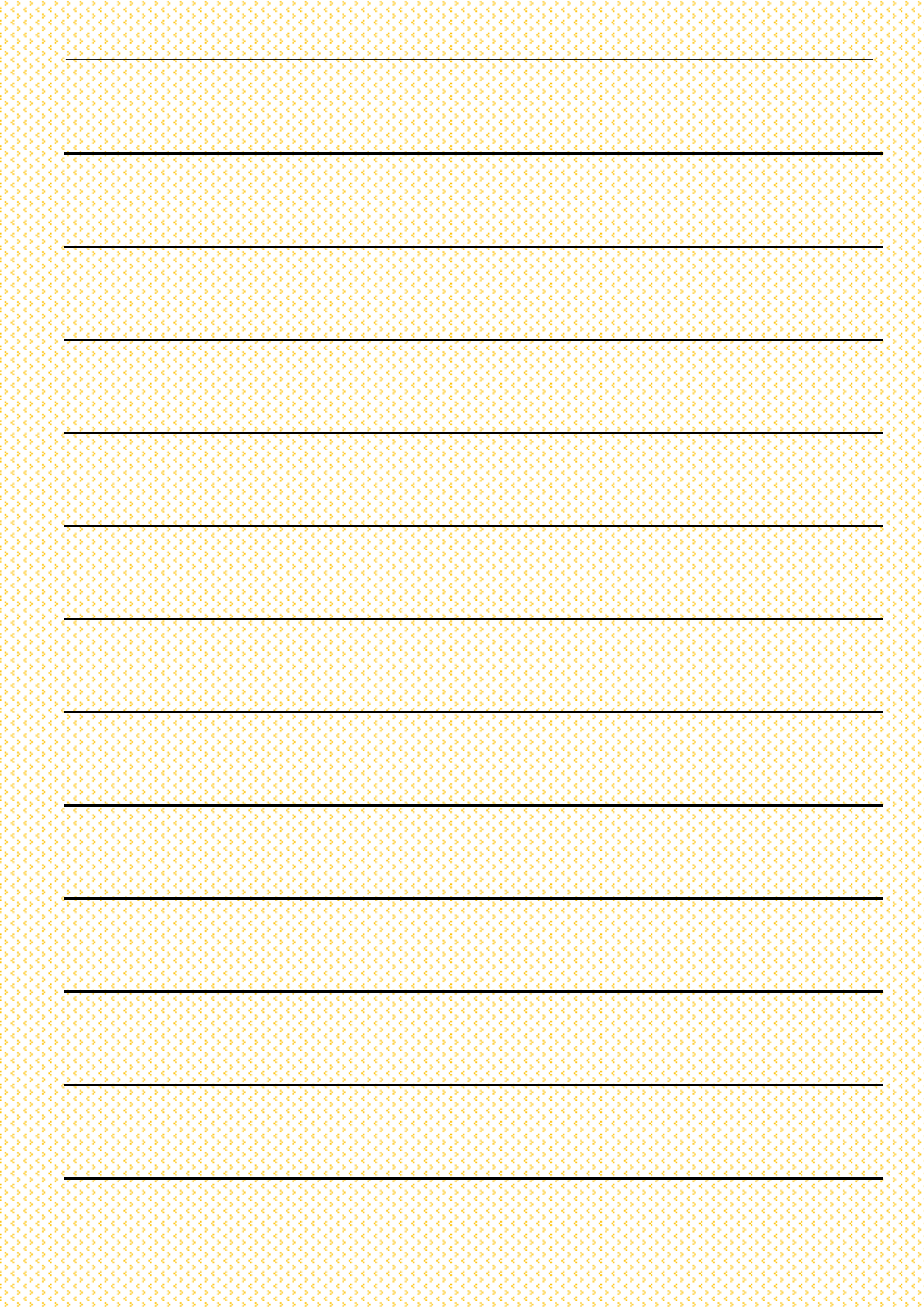
## SOURCES

This book would not have been successful without the help of:

1. <https://www.clipartmax.com/>
2. <https://lovepik.com/>
3. <https://www.toonytool.com/>







- ⇒ ପହଞ୍ଚିବା ବେଳେ ହାଲିଆ ବା ଅଣନିଶ୍ୱାସୀ ଲାଗିଲେ ।
- ⇒ ପାଣି ବିଷୟରେ ନଜାଣି ଡିଆଁ ମାରିବା ଦ୍ୱାରା ବିପଦଜନିତ କ୍ଷତି ହୋଇଥାଏ ।
- ⇒ ନୌକା ଦୁର୍ଘଟଣା
- ⇒ ଲାଇଫ୍ ଜ୍ୟାକେଟର ଅଭାବ

**ବୁଡ଼ିଯିବା ବ୍ୟକ୍ତିକୁ କିପରି ରକ୍ଷା କରାଯାଇପାରିବ**  
ସାହାଯ୍ୟ ପାଇଁ ଚିତ୍କାର କରନ୍ତୁ

ଆପଣଙ୍କର ଯେତେ ଅନୁଭବ ବା ପ୍ରଶିକ୍ଷଣ ଥାଉ ନା କାହିଁକି  
ଅନ୍ୟମାନଙ୍କର ସାହାଯ୍ୟ ନେବା ଏକ ଭଲ ବୁଦ୍ଧି ହେବ ।

୧୦୦/୧୦୧ କୁ ଡାଏଲ କରନ୍ତୁ । ଯେତେଶୀଘ୍ର ସମ୍ଭବ  
ଦୁର୍ଘଟଣା ସମ୍ପର୍କରେ ଜଣାଇବା ପାଇଁ ବିରତ୍ନ ଆପାତ ସ୍ଥିତିକୁ ଡାଏଲ କରନ୍ତୁ ।

**ପହଞ୍ଚନ୍ତୁ**

ଏହା ଖୁବ୍ ସଙ୍କଟମୟ ତେଣୁ ସାବଧାନତା ଅବଲମ୍ବନ କରିବାକୁ ପଡ଼ିବ ।

**ଫିଙ୍ଗନ୍ତୁ**

ଅନେକ ପହଞ୍ଚିବା ସ୍ଥଳରେ ଲମ୍ବା ଦୂରତାରେ ବନ୍ଧା ହୋଇ ସୁରକ୍ଷା ରିଙ୍ଗ ସବୁ ଉପଲବ୍ଧ ଥାଏ ।

**ନୌରାଜନୀ**

ବୁଡ଼ିଯାଇଥିବା ବ୍ୟକ୍ତି ଯଦି ଦୂରରେ ଥାଆନ୍ତି ଏବଂ ତାଙ୍କ ପାଖରେ ପହଞ୍ଚିବା କିମ୍ବା  
ସୁରକ୍ଷା ରିଙ୍ଗ ଫିଙ୍ଗିବା ସମ୍ଭବ ନୁହେଁ ତେବେ ତାଙ୍କ ପାଖକୁ ଡଙ୍ଗାରେ ଯାଆନ୍ତୁ ଏବଂ

ତାଙ୍କ ଦେହରେ ନ ବାଜିବା ଭଳି ସାବଧାନତା ଅବଲମ୍ବନ କରନ୍ତୁ ।

**ପହଞ୍ଚିବା ଜାଣିଥିଲେ ଆପଣ ବିପଦମୁକ୍ତ ।**

ଏଭଳି କ୍ଷତିତ କଥାରେ ଆପଣ ବିଶ୍ୱାସ କରନ୍ତି କି ?

(୧) କ୍ଷତିତ କଥା -

ଭଲ ସନ୍ତରଣକାରୀମାନଙ୍କୁ ବୁଡ଼ିଯିବା ପାଇଁ ଚିତ୍କାରିବା ଦରକାର ନାହିଁ ।

ସତ୍ୟତା -

⇒ ସନ୍ତରଣ ଶିଖିବା ବୁଡ଼ିଯିବା ପ୍ରତିହତ କରିବାପାଇଁ ଜରୁରୀ, କିନ୍ତୁ କେହି ମଧ୍ୟ  
ବୁଡ଼ିଯିବା ସୁରକ୍ଷିତ ନୁହଁନ୍ତି ଏପରିକି ଅଭିଜ୍ଞ ସନ୍ତରଣକାରୀ ମଧ୍ୟ (ଅନୁଧ୍ୟାନରୁ ଜଣାଯାଏ  
ସନ୍ତରଣକାରୀମାନେ ବୁଡ଼ିଯିବା RISK କୁ ୮୮% କମାଇ ଦେଇ ପାରନ୍ତି)

⇒ ପାଣି ବିଷୟରେ ପୂର୍ବାନୁମାନ କରିହେବା ସମ୍ଭବ ନୁହେଁ, ବିଶେଷ କରି ଖୋଲା  
ଜଳାଶୟ, କୁଆର ଓ କରେଷ୍ଟିୟୋରୁ ପାଣି ତଳେ ଟାଣି ହୋଇଯିବା ବିପଦଜନକ ।  
ସେଥିପାଇଁ ମଧ୍ୟ ଏକୃତିଆ ପହଞ୍ଚିବା ଉଚିତ୍ ନୁହେଁ ।

(୨) କ୍ଷତିତ କଥା -

ପହଞ୍ଚିବା ଜାଣିଥିଲେ ତୁମକୁ ଲାଇଫ୍ ଜ୍ୟାକେଟ ଦରକାର ନାହିଁ ।

ସତ୍ୟତା -

⇒ ଆପଣ ଲାଇଫ୍ ଜ୍ୟାକେଟ ପିନ୍ଧିବା ଦରକାର କି ନାହିଁ ଏ ନିଶ୍ଚିତ କରିବା  
ସମୟରେ, ଆପଣଙ୍କ ଛୁଆର ଦକ୍ଷ ଓ ସନ୍ତରଣର ପାରିପାର୍ଶ୍ୱିକ ଅବସ୍ଥା ଆଦି ଦରକାରୀ  
ଜିନିଷ ବିରତ୍ନକୁ ନେବା ଉଚିତ୍ ।

(୩) କ୍ଷତିତ କଥା -

ଆମେ ପହଞ୍ଚିବା ନଥିଲେ ବୁଡ଼ିଯିବାର କୌଣସି ଭୟ ନାହିଁ ।

ସତ୍ୟତା -

⇒ ଦୁର୍ଭାଗ୍ୟପୂର୍ଣ୍ଣ ବାସ୍ତବତା ହେଉଛି ଅଧିକାଂଶ ବୁଡ଼ି ଦୁର୍ଘଟଣା ସନ୍ତରଣ ନକରୁଥିବା  
ସମୟରେ ଘଟିଥାଏ । ପ୍ରକୃତରେ ୫ବର୍ଷରୁ ସାନ ଛୁଆମାନଙ୍କର ୭୯% ବୁଡ଼ି ମୃତ୍ୟୁ  
ସେମାନେ ସନ୍ତରଣ ନକରୁଥିବା ସମୟରେ ଘଟେ ।

ସନ୍ତରଣ ସମ୍ପର୍କରେ ଅଳ୍ପ କେତୋଟି ସୂଚନା

ଆସନ୍ତୁ ବିଭିନ୍ନ ପ୍ରକାରର ବୁଡ଼ିଯିବା ବିଷୟରେ ବୁଝିବାକୁ ଚେଷ୍ଟା କରିବା

ଆର୍ତ୍ତ ବୁଡ଼ିଯିବା : ତରଳ ପଦାର୍ଥ ଫୁସ୍‌ଫୁସ୍‌ରେ ପ୍ରବେଶ କରି ଶ୍ୱାସରୁଦ୍ଧ ଘଟାଇଥାଏ । ପୀଡ଼ିତ  
ଅମ୍ଳଜାନ ନେଇ ନପାରି ଉପଯୁକ୍ତ ଚିକିତ୍ସା ଅଭାବରୁ ବୁଡ଼ିଯାଇପାରେ ।

⇒ ବ୍ୟକ୍ତି ଯେତେବେଳେ ନାକ ବା ପାଟିବାଟେ ନିଶ୍ୱାସରେ ଜଳକୁ ନିଏ ସେତେବେଳେ  
ତାଙ୍କର ଶ୍ୱାସନଳୀରେ ସ୍ୱୟନ ଓ ନିଶ୍ୱାସ ନେବାରେ ଅସୁବିଧା ସୃଷ୍ଟି ହୋଇଥାଏ ।  
ସେତେବେଳେ ଶୁଷ୍କ ବୁଡ଼ିଯିବା ଘଟିଥାଏ । ଏହାକୁ ଶୁଷ୍କ କୁହାଯାଏ କାରଣ ସ୍ୱରନଳୀରେ  
ସ୍ୱୟନ (ଆପେ ବନ୍ଦ ହୋଇଯିବା) ଯୋଗୁଁ ଜଳ ଫୁସ୍‌ଫୁସ୍‌ରେ ପଶିପାରେ ନାହିଁ ।

⇒ ଯେତେବେଳେ ଜଣେ ବୁଡ଼ିଯିବାର ଆଶଙ୍କା ଅନୁଭବ କରେ ତାର ପ୍ରତିକ୍ରିୟାକୁ  
ସକ୍ରିୟ ବୁଡ଼ିଯିବା କହନ୍ତି । ବୟସ୍କ ଓ ବଡ଼ପିଲାମାନେ ସାଧାରଣତଃ ସେମାନଙ୍କର ବିପଦକୁ  
ଆଗରୁ ଜାଣିପାରି ନିଜକୁ ପାଣି ଉପରେ ରଖିବାକୁ ଚେଷ୍ଟା କରନ୍ତି ଏବଂ ଅନ୍ୟମାନଙ୍କର ଦୃଷ୍ଟି  
ଆକର୍ଷଣ କରନ୍ତି ।

⇒ ଯେତେବେଳେ ଜଣେ ପାଣିରେ ବୁଡ଼ିଯାଏ ଓ ଉପରକୁ ଆସିପାରେ ନାହିଁ  
ସେତେବେଳେ ନିଷ୍ପ୍ରୟ ବୁଡ଼ିଯିବା ଘଟିଥାଏ । ସାଧାରଣତଃ ଜ୍ଞାନର ଅଭାବ କିମ୍ବା ଜଳ  
ଉପରକୁ ଉଠିବାର ଶାରୀରିକ ଅକ୍ଷମତା ଯୋଗୁଁ ସାନ ପିଲାମାନଙ୍କଠାରେ ଏହା ଘଟିଥାଏ ।

⇒ ବୁଡ଼ିଯାଇଥିବା ପୀଡ଼ିତଙ୍କୁ ଯେତେବେଳେ ସଫଳତାର ସହିତ ଉଦ୍ଧାର ଏବଂ  
ପୁନର୍ବାର ଚେତା ଫେରେଇବାର ଚେଷ୍ଟା କରାଯାଇଥାଏ । ସେମାନେ ସମ୍ପୂର୍ଣ୍ଣ ସୁସ୍ଥ  
ଜଣାପଡ଼ିଲେ ମଧ୍ୟ ସମୟ ସମୟରେ ଘାତକ ସାବ୍ୟସ୍ତ ହୋଇପାରେ । ଏହାକୁ ଗୌଣ  
ବୁଡ଼ିଯିବା କୁହାଯାଏ ।

**ଧ୍ୟାନ ଦିଅନ୍ତୁ**

ବିଶ୍ୱ ସ୍ୱାସ୍ଥ୍ୟ ଶ୍ରେଣୀ ଅନୁସାରେ ୨୦୨୧ ମସିହାରେ ଭାରତରେ ବୁଡ଼ିଯିବା ମୃତ୍ୟୁ  
୪.୯୯, ପୁରୁଷମାନଙ୍କ ପାଇଁ ଏହା ୬.୫୯ ଏବଂ ମହିଳା ମାନଙ୍କପାଇଁ ୩.୩୦ ।

⇒ ଯେତେବେଳେ ଜଣେ ବୁଡ଼ିଯିବାର ଆଶଙ୍କା ଅନୁଭବ କରେ ତାର ପ୍ରତିକ୍ରିୟାକୁ  
ସକ୍ରିୟ ବୁଡ଼ିଯିବା କହନ୍ତି । ବୟସ୍କ ଓ ବଡ଼ପିଲାମାନେ ସାଧାରଣତଃ ସେମାନଙ୍କର ବିପଦକୁ  
ଆଗରୁ ଜାଣିପାରି ନିଜକୁ ପାଣି ଉପରେ ରଖିବାକୁ ଚେଷ୍ଟା କରନ୍ତି ଏବଂ ଅନ୍ୟମାନଙ୍କର ଦୃଷ୍ଟି  
ଆକର୍ଷଣ କରନ୍ତି ।

⇒ ଯେତେବେଳେ ଜଣେ ପାଣିରେ ବୁଡ଼ିଯାଏ ଓ ଉପରକୁ ଆସିପାରେ ନାହିଁ  
ସେତେବେଳେ ନିଷ୍ପ୍ରୟ ବୁଡ଼ିଯିବା ଘଟିଥାଏ । ସାଧାରଣତଃ ଜ୍ଞାନର ଅଭାବ କିମ୍ବା ଜଳ  
ଉପରକୁ ଉଠିବାର ଶାରୀରିକ ଅକ୍ଷମତା ଯୋଗୁଁ ସାନ ପିଲାମାନଙ୍କଠାରେ ଏହା ଘଟିଥାଏ ।

⇒ ବୁଡ଼ିଯାଇଥିବା ପୀଡ଼ିତଙ୍କୁ ଯେତେବେଳେ ସଫଳତାର ସହିତ ଉଦ୍ଧାର ଏବଂ  
ପୁନର୍ବାର ଚେତା ଫେରେଇବାର ଚେଷ୍ଟା କରାଯାଇଥାଏ । ସେମାନେ ସମ୍ପୂର୍ଣ୍ଣ ସୁସ୍ଥ  
ଜଣାପଡ଼ିଲେ ମଧ୍ୟ ସମୟ ସମୟରେ ଘାତକ ସାବ୍ୟସ୍ତ ହୋଇପାରେ । ଏହାକୁ ଗୌଣ  
ବୁଡ଼ିଯିବା କୁହାଯାଏ ।

**ଧ୍ୟାନ ଦିଅନ୍ତୁ**

ବିଶ୍ୱ ସ୍ୱାସ୍ଥ୍ୟ ଶ୍ରେଣୀ ଅନୁସାରେ ୨୦୨୧ ମସିହାରେ ଭାରତରେ ବୁଡ଼ିଯିବା ମୃତ୍ୟୁ ୪.୯୯,  
ପୁରୁଷମାନଙ୍କ ପାଇଁ ଏହା ୬.୫୯ ଏବଂ ମହିଳା ମାନଙ୍କପାଇଁ ୩.୩୦ ।



**Chain of Drowning Survival**

A person who is drowning has the greatest chance of survival if these steps are followed



## DROWNING - A STATE SPECIFIC DISASTER

### ବୁଡ଼ିଯିବା - ଏକ ରାଜ୍ୟ କୈନ୍ଦ୍ରିକ ବିପର୍ଯ୍ୟୟ



RURAL DEVELOPMENT DOMAIN, RURAL OUTREACH TEAM, RUSA 2.0,  
UTKAL UNIVERSITY  
(ISSUED FOR EDUCATIONAL PURPOSE)



ଜଣେ ବୁଢ଼ି ଯାଉଛି ବୋଲି କିପରି ଜଣା ପଡ଼ିବ ?

ବାସ୍ତବ ଜୀବନରେ ବୁଢ଼ିଯିବା ଏହିପରି ଜଣାପଡ଼େ :-

ମୁଣ୍ଡ ପଛକୁ ଝଲିଯିବା ସହିତ ମୁହଁ ପୁରା ମେଲା ରହେ ।

ଆଖି ପୁରା ବନ୍ଦ ଥାଏ କିମ୍ବା ସମ୍ପୂର୍ଣ୍ଣ ଖୋଲା ଥାଏ

ଏବଂ କିଛି ଦେଖିବା ଅବସ୍ଥାରେ ନଥାଏ ।

ଜଳସ୍ତର ଉପରକୁ ଏବଂ ତଳକୁ ମୁଣ୍ଡ ଉବୁଟୁରୁ ହେଉଥାଏ ।

ଗଭୀର ନିଃଶ୍ୱାସ ଏବ ଧଇଁସଇଁ ହେବା

କୌଣସି ଏକ ଦିଗରେ ପହଁରିବାକୁ ଚେଷ୍ଟା କରିବା ଓ ସେଥିରେ ବିଫଳ ହେବା ।

ଜରୁରୀ : ଏଇ ସମସ୍ତ ଚିହ୍ନ ମଧ୍ୟରୁ ଅନ୍ତତଃ ଗୋଟିଏ ବି ନଜରରେ ପଡ଼ିଲେ ସମୟ ନଷ୍ଟ ନକରି ପରସ୍ପରକୁ ସେ ଠିକ୍ ଅଛନ୍ତି କି ? ଉତ୍ତର ନମିଳିଲେ ତତ୍କ୍ଷଣାତ୍ ସାହାଯ୍ୟ କରନ୍ତୁ ।

ଝଲନ୍ତୁ ଜାଣିବା

ପୃଥିବୀରେ ଘଟୁଥିବା କ୍ଷତିଜନିତ ମୃତ୍ୟୁର ଶତକଡ଼ା ୭ ଭାଗ ପାଣିରେ ବୁଡ଼ିବା ଯୋଗୁଁ ହୋଇଥାଏ । ଅନିଚ୍ଛାକୃତ ମୃତ୍ୟୁରେ ଏହା ତୃତୀୟ ସ୍ଥାନରେ ଅଛି ।

ସମଗ୍ର ପୃଥିବୀରେ ୫ରୁ ୧୪ ବର୍ଷ ପିଲାମାନଙ୍କ ମଧ୍ୟରେ ପାଣିରେ ବୁଡ଼ିଯିବା ପ୍ରଥମ ଦଶଟି କାରଣ ମଧ୍ୟରୁ ଅନ୍ୟତମ ।

ରିପୋର୍ଟ ଅନୁଯାୟୀ ଭାରତରେ ବୁଡ଼ିଯିବା ଯୋଗୁଁ ମୃତ୍ୟୁ ଘଟୁଥିବା ମଧ୍ୟରୁ ଶତକଡ଼ା ୫୪ଭାଗ ୫ବର୍ଷରୁ କମ ପିଲାଙ୍କ ମଧ୍ୟରେ, ଶତକଡ଼ା ୨୬ଭାଗ ୫ରୁ ୯ବର୍ଷ ପିଲାଙ୍କ ମଧ୍ୟରେ ଏବଂ ଶତକଡ଼ା ୧୯ ଭାଗ ୧୦ ରୁ ୧୪ ବର୍ଷ ପିଲାଙ୍କ ମଧ୍ୟରେ ହୋଇଥାଏ । ସୂତ୍ର ଅନୁସାରେ ୨୦୧୮ ମସିହାରେ ବୁଡ଼ିଯିବା ଜନିତ ମୃତ୍ୟୁ ଘଟିବାର ଏକ ବିଶେଷ ସଂଖ୍ୟା ମଧ୍ୟପ୍ରଦେଶରୁ ମିଳିଥିଲା । (୩୦୧୮୭ରୁ ୪୫୪୨ ଦୁର୍ଘଟଣା ଜନିତ ମୃତ୍ୟୁର ଏହା ଶତକଡ଼ା ୧୫ ଭାଗ)

ଓଡ଼ିଶାରେ ୨୦୧୯-୨୦୨୦ରେ ସମଗ୍ର ୩୦ଟି ଜିଲ୍ଲାରେ ବୁଡ଼ିଯିବା ଯୋଗୁଁ ୧୨୦୦ ଲୋକ ପ୍ରାଣ ହରାଇଥିଲେ ।

ଓଡ଼ିଶାର ଗଞ୍ଜାମରେ ମୃତ୍ୟୁସଂଖ୍ୟା ସର୍ବାଧିକ ଏବଂ ବୌଦ୍ଧରେ ମୃତ୍ୟୁସଂଖ୍ୟା ସର୍ବନିମ୍ନ । ଆପଣ ଜାଣିଛନ୍ତି କି ?

ପ୍ରତିବର୍ଷ ୨୫ ଲୁଲାଇରେ ବିଶ୍ୱ ବୁଡ଼ା ସୁରକ୍ଷା ଦିବସ **World Drowning Prevention Day** ପାଳନ କରାଯାଏ ।

ଏହାର ଘୋଷଣା **UN GENERAL ASSEMBLY** ଦ୍ୱାରା ତାଙ୍କ **Resolution A/75/L-76** “**GLOBAL DROWNING PREVENTION**” ଏପ୍ରିଲ ୨୦୨୧ରେ କରାଯାଇଥିଲା ।

ପାଣିରେ ବୁଡ଼ିଯିବା ଏବଂ ତା’ର ପ୍ରଭାବକୁ ଏଇ ଦିନଟିରେ ସ୍ମରଣ କରାଯାଏ ଏବଂ ଜୀବନରକ୍ଷା ପ୍ରତିକାର ଉପରେ ଆଲୋଚନାପାତ ଓ ଚର୍ଚ୍ଚା କରାଯାଏ ।

ଦୈନନ୍ଦିନ ଜୀବନରେ ବୁଡ଼ିଯିବାର କେତୋଟି ପ୍ରମୁଖ କାରଣ :

୧. ପାଣିର ଆରୁଣ୍ୟ ବିଷୟରେ ନଜାଣି ବନ୍ଧୁମାନଙ୍କ ସହ ନୌକା ବିହାରରେ ଯିବା ।

୨. ଅତ୍ୟଧିକ ବୋଝ ହୋଇଥିବା ଡଙ୍ଗାରେ ଯାତ୍ରା କରିବା ।

୩. ହୋଲିଦିନ ବିପଦଶଙ୍କୁଳ ଜଳାଶୟ ମଧ୍ୟରେ ସ୍ନାନ କରିବା ।

୪. ବଣଭୋଜି ସ୍ଥଳରେ କରତବ ଦେଖେଇବା ।

୫. ପହଁରା ନଜାଣି ପାଣିକୁ ଡେଇଁବା ।

୬. ଜଳାଶୟ ନିକଟରେ ସେଲଫି ନେବା ।

ବୁଡ଼ିଯିବାର ସାଧାରଣ କ୍ରମ:

ବୁଡ଼ିଯାଉଥିବା ବ୍ୟକ୍ତି ନିଜର ମୁଣ୍ଡକୁ ପାଣି ଉପରେ ରଖିବାକୁ ଚେଷ୍ଟାକରେ ।

ଜଳସ୍ତର ତଳକୁ ମୁଣ୍ଡ ବୁଡ଼ିଯାଏ ଯାହା ଫଳରେ ନିଃଶ୍ୱାସ ବନ୍ଦ ହୁଏ ।

ଉପର ଶ୍ୱାସନଳୀରେ ପାଣି ପଶି ଯିବା ଯୋଗୁଁ ଗଳାରେ ଜାକ ସୃଷ୍ଟି ହୁଏ ।

ଅଧିକାଂଶ ସମୟରେ ଏହି ଜାକ ଢିଲା ହୋଇଯାଏ । ଯାହାଦ୍ୱାରା ପାଣି ଗଳା ମଧ୍ୟ ଦେଇ ଶ୍ୱାସନଳୀ ଓ ଫୁସ୍‌ଫୁସ୍‌ରେ ପ୍ରବେଶ କରେ ।

ଅମ୍ଳଜାନ ହୃତପିଣ୍ଡର ମାଂସପେଶୀ ସଠିକ୍ ଭାବେ କାର୍ଯ୍ୟ କରିବାପାଇଁ ଅତ୍ୟନ୍ତ ଆବଶ୍ୟକ । ନିୟମିତ ଭାବେ ଅମ୍ଳଜାନ ନ ପାଇଲେ ହୃତପିଣ୍ଡର କ୍ଷୟନ ଅସ୍ୱଭାବିକ ଓ ବିପଦପୂର୍ଣ୍ଣ ହୋଇଥାଏ ।

ଅମ୍ଳଜାନ ବିନା ଅଳ୍ପ କେତେ ମିନିଟ ମଧ୍ୟରେ ମସ୍ତିଷ୍କ କାମ କରିବା ବନ୍ଦ କରିଦିଏ । ୬ମିନିଟରୁ ଅଧିକ ସମୟ ଅମ୍ଳଜାନ ନ ପାଇଲେ ମସ୍ତିଷ୍କକୁ ସ୍ଥାୟୀଭାବେ ଆଘାତ ହୋଇଯାଏ ।

ଜାଣିଛନ୍ତି କି ?

ଓଡ଼ିଶାରେ ବୁଡ଼ିଯିବା ଜନିତ ହେଉଥିବା ଅଧିକାଂଶ ମୃତ୍ୟୁ ଲୁଲାଇରୁ ନଭେମ୍ବର ମଧ୍ୟରେ ହୋଇଥାଏ ।

ଲାଲଫବୟ ଏବଂ ଲାଇଫ୍ ଜ୍ୟାକେଟ ଆପଣଙ୍କୁ ବୁଡ଼ିଯିବାରୁ ବଞ୍ଚାଇ ଥାଏ ।

ଚିତ୍ତବିନୋଦନ ଘଟଣା ଯେପରିକି ବନ୍ଧୁମାନଙ୍କ ସହ ଜଳାଶୟ ମଧ୍ୟରେ ଖରାଦିନେ ଗାଧୋଇବା, ବେପରୁଆ ଭାବେ ପାଣିକୁ ଡିଆଁ ମାରିବା, ପର୍ବପର୍ବାଣି ଉତ୍ସବ ସମୟରେ ଅତ୍ୟଧିକ ଭାରଥିବା ଡଙ୍ଗାରେ ଯାତ୍ରା କରିବା ବୁଡ଼ିଯିବା କାରଣ ହୋଇଥାଏ ।

ବୁଡ଼ିଯିବା, ବକ୍ରାଘାତ, ଘୂର୍ଣ୍ଣିବାତ୍ୟା, ଅତ୍ୟଧିକ ବୃଷ୍ଟି, ଅଂଶୁଘାତ, ନୌକା ଦୁର୍ଘଟଣା ଏବଂ ସର୍ପାଘାତ ଆଦି ଆଠଟି ପ୍ରାକୃତିକ ବିପତ୍ତି ଓଡ଼ିଶା ସରକାରଙ୍କଦ୍ୱାରା ରାଜ୍ୟକୈନ୍ଦ୍ରିକ ବିପର୍ଯ୍ୟୟ ଭାବରେ ଘୋଷଣା କରାଯାଇଛି ।

ପ୍ରାକୃତିକ ବିପର୍ଯ୍ୟୟରେ ଶିକାର ହୋଇ ପ୍ରାଣ ହରାଇଥିବା ବ୍ୟକ୍ତିମାନଙ୍କର ପରିବାର ବର୍ଗଙ୍କୁ ରାଜ୍ୟ ବିପତ୍ତି ଉତ୍ତର ପାଣ୍ଠି (**SDRF**), ଓଡ଼ିଶା ସରକାରଙ୍କ ଦ୍ୱାରା ୪,୦୦,୦୦୦/- ଟଙ୍କା ପର୍ଯ୍ୟନ୍ତ ଅନୁକମ୍ପା ରାଶି ପ୍ରଦାନ କରାଯାଇଥାଏ ।

କ୍ଷତିତ କଥା	ବାସ୍ତବ କଥା
ବୁଡ଼ିଯିବା ଶବ୍ଦ କାରକ	ନଦେଖୁଥିବା ବେଳେ ବୁଡ଼ିଯିବା ନିଃଶବ୍ଦରେ ଏବଂ ବହୁତ ଶୀଘ୍ର ଘଟିଥାଏ, ମୁଖ୍ୟତଃ ସାନ ପିଲାଙ୍କ କ୍ଷେତ୍ରରେ ତଳଜିତ୍ରରେ ଏପରି ହୋଇନଥାଏ ।
ଫ୍ଲୋଟିଙ୍ଗ୍ ଏଡସ୍ ଏବଂ ଡ୍ରାଟର ଡ୍ରେଜିଂ ପାଇଁ ପିଲାମାନଙ୍କୁ ସୁରକ୍ଷିତ ରଖେ ।	ଲାଲଫବୟ ଓ ଲାଇଫ୍ ଜ୍ୟାକେଟକୁ ସନ୍ତରଣକାରୀମାନଙ୍କ ପାଇଁ ସବୁଠାରୁ ସୁରକ୍ଷିତ ଯନ୍ତ୍ର ହିସାବରେ <b>SOLAS</b> ଦ୍ୱାରା ଅନୁମୋଦିତ ହୋଇଛି । ଏହି ସବୁ ଯନ୍ତ୍ର ବୟସ୍କଙ୍କର ତତ୍ତ୍ୱାବଧାନରେ ବ୍ୟବହାର କରାଯିବା ଉଚିତ୍ ।
ସବୁବେଳେ ଅନ୍ୟକୁ ବଞ୍ଚେଇବାପାଇଁ ପାଣିକୁ ଡେଇଁ ପଡ଼ିବା ଦରକାର	ପାଣିକୁ ଡେଇଁ ପଡ଼ିବାଦ୍ୱାରା ନିଜପାଇଁ ଓ ବୁଡ଼ି ଯାଉଥିବା ବ୍ୟକ୍ତି ପାଇଁ ବିପଦ ହୋଇପାରେ । ସେ ଏହା ସତ୍ତ୍ୱେକଡ଼ରୁଯାଇ ଧରିବା କିମ୍ବା ଭାସମାନ ରହିବା ପାଇଁ ଲାଇଫ୍ ଟ୍ୟୁବ ଦିଆଯାଇପାରେ ।
ଅଳ୍ପପାଣି କିମ୍ବା ଅଗଭୀର ଜଳାଶୟରେ ଛୋଟପିଲା ସୁରକ୍ଷିତ ।	ଛୁଆମାନେ ଅଳ୍ପ କେତେ ଇଞ୍ଚ ପାଣିରେ କିଛି ମିନିଟ ମଧ୍ୟରେ ବୁଡ଼ିଯାଇ ପାରନ୍ତି ।
ମୋର ଚିନ୍ତା କରିବାର କାରଣ ନାହିଁ ଯେହେତୁ ମୁଁ ପାଣି ପାଖରେ ରହେନି ।	ପାଣିଜନିତ ଦୁର୍ଘଟଣା ଘର ଭିତରେ ବା ବାହାରେ ଯେ କୌଣସି ସ୍ଥାନରେ ହୋଇପାରେ । ଶିଶୁମାନେ ବାଲଟିଏ ପାଣି, ବଗିଚାରେ ଥିବା ପାଣିକୁଣ୍ଡ, ଏବଂ ପାଇଖାନାରେ ମଧ୍ୟ ବୁଡ଼ିଯାଇ ପାରନ୍ତି ।

ଶିଶୁ ଏବଂ ଛୋଟ ଛୁଆଁଙ୍କର ବୁଡ଼ିଯିବାର କାରଣ

- ଶିଶୁ ଏବଂ ଛୁଆମାନଙ୍କର ବୁଡ଼ିଯିବାର ବିପଦର ନିମ୍ନଲିଖିତ କାରଣ
- ⇒ ଜଳାଶୟରେ ଉପଯୁକ୍ତ ତତ୍ତ୍ୱାବଧାନର ଅଭାବ
  - ⇒ ଖୋଲା ଜଳାଶୟ (ସାଧାରଣତଃ ବୁଡ଼ିଯାଉଥିବା ପିଲାମାନେ ପାଞ୍ଚମିନିଟରୁ କମ ସମୟରେ ନଜର ବାହାରକୁ ରହିଯାଇଥାନ୍ତି)
  - ⇒ ଡଙ୍ଗାମାନଙ୍କରେ ଲାଇଫ୍ ଜ୍ୟାକେଟର ଅଭାବ ।
  - ⇒ ଜଳାଶୟରେ ବ୍ୟବହାର ହେଉଥିବା ଖେଳନା ପ୍ରକୃତ ଲାଇଫ୍ ଜ୍ୟାକେଟର ବିକଳ ନୁହେଁ ।
  - ⇒ ଛୁଆଁଙ୍କ ପ୍ରତି ଅଣଦେଖା କରିବା ।
- କିଶୋର ଏବଂ ପ୍ରାୟ ବୟସ୍କଙ୍କର ବୁଡ଼ିଯିବାର କାରଣ
- ⇒ ଅର୍ଦ୍ଧାଧିକ ବୁଡ଼ିଯିବା ଘଟଣା ମଦ୍ୟପାନ ଯୋଗୁଁ ହୋଇଥାଏ ।
  - ⇒ ପହଁରା ନଜାଣିବା ।
  - ⇒ ହୃଦଘାତ, ସିକର, ଷ୍ଟ୍ରେକ, କୀଟଦଂଶନ ଆଦି କ୍ଷେତ୍ରରେ ପୀଡ଼ିତଙ୍କୁ ଆପାତକାଳୀନ ଚିକିତ୍ସା ନମିଳିଲେ ।

# DROWNING IS SILENT





OFFICE OF THE ASSISTANT DIRECTOR OF TEXTILES, KHORDHA

At/Po-Pallahaat, Dist-Khordha, PIN-752056

Tele FAX-06755-220576, E-mail- khurda.adt@gmail.com

Letter No. 1548 / AD Tex/ Khordha/ dated- 12.4.2021

To

The Administrator/Secretary-

Routapada Weavers Co operative Society Ltd.


Sub:-

Organization of "Eye- Check up " camp for the handloom weavers of Routapada village on 13.04.2021 .

Sir,


In continuation of this office letter No-1536,dated-10.04.2021 on the subject cited above, I am to inform you that the "Eye- Check up " camp, scheduled to be held on 13.04.2021 from 10 A.M to 02 P.M has postponed due to unavoidable circumstances. The date of organization of the same will be intimated you later on.

Yours Faithfully

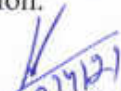
  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1549 / AD Tex/ Khordha/ dated- 12.4.2021


Copy to the Administrator/Secretary-Dakhineswar WCS Ltd. for information and necessary action .

  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.


Memo No. 1550 / AD Tex/ Khordha/ dated- 12.4.2021  
Copy to concerned I.T/T.A/W.S for information and necessary action.

  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1551 / AD Tex/ Khordha/ dated- 12.4.2021  
Copy forwarded to the Program Manager (Rural Development) , Rural Outreach Team, RUSA, Utkal University for information and necessary action with reference to her e-mail dated- 12.04.2021.

  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1552 / AD Tex/ Khordha/ dated- 12.4.2021  
Copy submitted to the Director of Textiles and Handloom, Odisha/Deputy Director of Textiles, South Central Division, Khordha for favour of kind information and necessary action.

  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.





Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Detailed Project Report

2 messages

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>  
To: aroop1963@gmail.com

Tue, Sep 14, 2021 at 12:11 PM

Dear Sir

Kindly find the attached files of the DPR.

Thanking You

Sincerely,  
Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA  
Utkal University

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### 2 attachments



**DPR.docx**  
6488K



**COVER PAGE DPR.docx**  
119K

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>  
To: aroop1963@gmail.com

Thu, Sep 16, 2021 at 10:48 AM

Dear Sir

Kindly find the attachment.

Thank you

Sincerely  
Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA  
Utkal University

[Quoted text hidden]

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### 2 attachments



**DPR.docx**  
6488K



**COVER PAGE DPR.docx**  
119K



Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Foreword and Declaration

5 messages

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>  
To: ppmphysio@rediffmail.com

Sun, Feb 13, 2022 at 8:00 AM

Dear Sir

I am sharing the final copy of the manual that will be published. Sir kindly let me know if any modifications are to be made.

Sir I am sharing the FOREWORD and DECLARATION. Kindly sign and send those two documents so that the signed FOREWORD can be added to the manual. The DECLARATION will be kept for future reference of the University.

Thank you Sir.

Thanks and Regards  
Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA 2.0  
Utkal University

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### 3 attachments



**DECLARATION.docx**  
13K



**FOREWORD SVNIRTAR.pdf**  
60K



**PHYSIOTHERAPY MANUAL FOR WEAVERS (1)11-02-2022 (1).pdf**  
2048K

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>  
To: ppmphysio@rediffmail.com

Sun, Feb 13, 2022 at 11:02 PM

Dear Sir

As suggested by you, I have made the necessary modifications to the FOREWORD. Sir, kindly share the signed FOREWORD and DECLARATION so that we can proceed.

Kindly find the attached files.

Thank you Sir.

Thanks and Regards  
Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA 2.0  
Utkal University  
[Quoted text hidden]

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### 2 attachments



**PHYSIOTHERAPY MANUAL FOR WEAVERS (1)11-02-2022 (2)-5.pdf**  
60K



**DECLARATION.docx**  
13K

**Anannya Pattanayak** <pattanayakanannya@gmail.com>  
To: ppmphysio@rediffmail.com

Tue, Feb 15, 2022 at 1:22 PM

Dear Sir

Kindly find the attachment.

Thanks and Regards

Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA 2.0  
Utkal University

[Quoted text hidden]



**FOREWORD.pdf**  
60K

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**Patitapaban Mohanty** <ppmphysio@rediffmail.com>  
To: pattanayakanannya@gmail.com

Tue, Feb 15, 2022 at 2:23 PM

[Quoted text hidden]



**CamScanner\_02-15-2022\_13.43.24.pdf**  
418K

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>  
To: Patitapaban Mohanty <ppmphysio@rediffmail.com>

Tue, Feb 15, 2022 at 2:28 PM

Dear Sir

I have received the document.

Thank you Sir.

Thanks and Regards

Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA 2.0  
Utkal University

[Quoted text hidden]





Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Foreword

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**Subhendu - SnakeHelpline** <subhendu@snakehelpline.com>  
To: Anannya Pattanayak <pattanayakanannya@gmail.com>

Mon, Nov 15, 2021 at 3:22 PM

Dear Anannya,

Please find the Forward attachment.

*Regards,*

**SUBHENDU MALLIK**

General Secretary, Snake Helpline

&

**Honorary Wildlife Warden, Khordha**

Forest, Environment & Climate Change Department.

Government of Odisha

*I am available on 09337295142.*

[Quoted text hidden]

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**Forward.jpg**  
345K



Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

**Fwd: Invitation: Discussion on Ergonomic footrest Developed by Ms. A. Patt... @ Sat Aug 21, 2021 12pm - 2pm (IST) (rusa.utkal@gmail.com)**

1 message

**RUSA Coordinator UU** <rusa.utkal@gmail.com>  
To: pattanayakanannya@gmail.com

Mon, Aug 23, 2021 at 12:18 PM

----- Forwarded message -----

From: &lt;sadhacorissa@gmail.com&gt;

Date: Thu, Aug 19, 2021 at 11:02 AM

Subject: Invitation: Discussion on Ergonomic footrest Developed by Ms. A. Patt... @ Sat Aug 21, 2021 12pm - 2pm (IST) (rusa.utkal@gmail.com)

To: &lt;rusa.utkal@gmail.com&gt;, &lt;ndebata25@gmail.com&gt;, &lt;aroop1963@gmail.com&gt;, &lt;directoratoftextiles@gmail.com&gt;, &lt;debjit.nandy@rediffmail.com&gt;

**You have been invited to the following event.****Discussion on Ergonomic footrest Developed by Ms. A. Pattanayak under RUSA project**

When Sat Aug 21, 2021 12pm – 2pm India Standard Time - Kolkata

[more details »](#)Joining info Join with Google Meet  
[meet.google.com/xyh-xtbg-ntb](https://meet.google.com/xyh-xtbg-ntb)Calendar [rusa.utkal@gmail.com](mailto:rusa.utkal@gmail.com)Who

- [sadhacorissa@gmail.com](mailto:sadhacorissa@gmail.com) - organizer
- [rusa.utkal@gmail.com](mailto:rusa.utkal@gmail.com)
- [ndebata25@gmail.com](mailto:ndebata25@gmail.com)
- [aroop1963@gmail.com](mailto:aroop1963@gmail.com)
- [directoratoftextiles@gmail.com](mailto:directoratoftextiles@gmail.com)
- [debjit.nandy@rediffmail.com](mailto:debjit.nandy@rediffmail.com)

Going ([rusa.utkal@gmail.com](mailto:rusa.utkal@gmail.com))? **Yes** - **Maybe** - **No** [more options »](#)Invitation from [Google Calendar](#)You are receiving this email at the account [rusa.utkal@gmail.com](mailto:rusa.utkal@gmail.com) because you are subscribed for invitations on calendar [rusa.utkal@gmail.com](mailto:rusa.utkal@gmail.com).To stop receiving these emails, please log in to <https://calendar.google.com/calendar/> and change your notification settings for this calendar.Forwarding this invitation could allow any recipient to send a response to the organizer and be added to the guest list, or invite others regardless of their own invitation status, or to modify your RSVP. [Learn More](#).**RUSA Secretariat**

Utkal University, Bhubaneswar-751004

Mobile: +91 94371 00813

**invite.ics**  
3K



Anannya Pattanayak <pattanayakanannya@gmail.com>

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## Organization of Eye check up camp at Routapada village on 13.04.2021.

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**Asst. Director of Textiles** <khurda.adt@gmail.com>

Sat, Apr 10, 2021 at 6:09 PM

To: pattanayakanannya@gmail.com

Cc: textiles.odisha@gov.in, textilesorissa <textilesorissa@yahoo.co.in>, aroop1963@gmail.com

Madam/Sir,  
Plz down load the attachment.

--

Regards,  
ADT, Khordha



**Routapada-Eye Camp.pdf**  
386K





Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Postponement of Eye Check-up Camp

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>

Mon, Apr 12, 2021 at 10:01 AM

To: "Asst. Director of Textiles" &lt;khurda.adt@gmail.com&gt;

Dear Sir

We regret to inform you that we have to postpone the Eye Check-up Camp which was scheduled to be held on 13th April 2021 in Rautapada Village of Khordha district due to some unavoidable circumstances. We will reschedule this event and will intimate you as soon as possible. Please accept our apologies with regards to this unfortunate matter.

We regret any inconvenience this may have caused you.

Thanks and Regards

Anannya Pattanayak

Program Manager (Rural Development)

Rural Outreach Division, RUSA

Utkal University



Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

---

**Request for meeting ,Utkal University**

1 message

---

**RUSA Coordinator UU** <rusa.utkal@gmail.com>

Mon, Aug 16, 2021 at 2:20 PM

To: textiles.odisha@gov.in

Cc: pattanayakanannya@gmail.com

Dear Sir,  
Please find the attached Letter

--

**RUSA Secretariat**

Utkal University, Bhubaneswar-751004

Mobile: +91 94371 00813

**Textiles & Handicrafts.pdf**

755K



Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Requesting for Approval

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>

Sat, Apr 10, 2021 at 1:15 PM

To: khurda.adt@gmail.com

To

Assistant Director of Textiles

Khordha

Dt.: 10/04/21

Dear Sir

The Rural Development domain of Rural Outreach Team, RUSA of Utkal University is pleased to inform you that we are planning to conduct an "Eye- Check up Camp" in collaboration with "Rotary Eye Hospital, Bhubaneswar" in Rautapada village of Khordha district, Odisha. The Eye camp is scheduled to be held on 13<sup>th</sup> April 2021 from 10:00 am to 2:00 pm. During our survey we found that several weavers of the village and their family members were suffering from eye sight problems. Our motive behind this eye camp is that we want to identify the people who have developed **Cataracts** and help them in their treatment.

We will be adhering to all the COVID norms by maintaining social distancing and restricting the number of people within the premises.

Sir, we request you to allow us to use the office of "Rautapada Weavers Cooperative Ltd." for the purpose of conducting the Eye Camp. We will be grateful to you if you grant us the permission for the same.

Sir, it will be a privilege for us if you could find time to honor us with your presence.

Looking forward to your approval.

Thanking you,

Warm Regards,

Anannya Pattanayak

Program Manager (Rural Development)

Rural Outreach Team, RUSA

Utkal University





Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Requesting for your kind cooperation

1 message

**RUSA Coordinator UU** <rusa.utkal@gmail.com>

Wed, Apr 13, 2022 at 5:02 PM

To: imdbbsr@nic.in, wsbhubaneswar@gmail.in

Cc: prabodha hota &lt;prabodhahota@gmail.com&gt;, pattanayakanannya@gmail.com

Dear Sir,

I am to inform you that the Rural Development division of Rural Outreach Team under RUSA project of Utkal University is planning to conduct a set of activities related to the impact of Heat Wave in Odisha. The set of activities include:

- Introduction of an educational video on Heat Wave for people of rural areas and secondary and higher secondary students.
- Teaching people of rural areas and students of our University about Heat Wave and its side effects.

For the above-mentioned activities, we seek valuable guidance and inputs from the experts of "Meteorological Centre, Bhubaneswar". Your support in this regard will be highly appreciated.

Kindly find the attached file for your kind perusal.

With Best Regards

--

**RUSA Secretariat**

Utkal University, Bhubaneswar-751004

Mobile: +91 94371 00813

**IMD.pdf**  
686K



Anannya Pattanayak <pattanayakanannya@gmail.com>

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## Thanks Letter

1 message

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**RUSA Coordinator UU** <rusa.utkal@gmail.com>

Wed, Jul 28, 2021 at 4:49 PM

To: kamalmishra66@gmail.com

Cc: osdma@osdma.org

Bcc: pattanayakanannya@gmail.com

Dear Sir,

Please receive the thanks letter from the Vice Chancellor of Utkal University in the attachment.

Regards

Prof. P.K. Hota

Coordinator RUSA



**Thanks.pdf**

838K



**UTKAL UNIVERSITY**  
**VANI VIHAR, BHUBANESWAR-751004**  
**Email-Id: rusa.utkal@gmail.com**

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From  
Prof. Prabodh Kumar Hota  
Coordinator RUSA & HOD Commerce  
Utkal University, Bhubaneswar

To  
The Head  
Meteorological Centre  
Biju Patnaik International Airport  
Bhubaneswar- 751020

Date: 13/04/2022

Sub: Requesting for your kind cooperation

Dear Sir,

I am to inform that the Rural Development division of Rural Outreach Team under RUSA project of Utkal University is planning to conduct a set of activities related to the impact of Heat Wave in Odisha. The set of activities include:

- Introduction of an educational video on Heat Wave for people of rural areas and secondary and higher secondary students.
- Teaching people rural areas and students of our University about Heat Wave and its side effects.

For the above-mentioned activities, we seek valuable guidance and inputs from the experts of "Meteorological Centre, Bhubaneswar". Your support in this regard will be highly appreciated.

With Best Regards

Prof. P.K. Hota  
Coordinator RUSA & HOD Commerce  
Utkal University  
Vani Vihar, Bhubaneswar-4



भारत सरकार  
पृथ्वी विज्ञान मंत्रालय  
भारत मौसम विज्ञान विभाग  
मौसम विज्ञान केंद्र  
भुवनेश्वर, ओडिशा -751020



Government of India  
Ministry of Earth Sciences  
India Meteorological Department  
Meteorological Centre  
Bhubaneswar, Odisha-751020

No.W-02032 / IV / 228

Dated 13<sup>th</sup> May,2022 .

From :  
Scientist 'E' & Head  
Meteorological Centre,  
B.P.I. Airport ,  
Bhubaneswar.

To  
Prof. Prabodh Kumar Hota  
Coordinator RUSA & HOD Commerce  
Utkal University, Bhubaneswar .

**Sub : On preparation of educational Video on Heat Wave - Regarding .**

Ref: Your Letter dated 13<sup>th</sup> and 30<sup>th</sup> April,4<sup>th</sup> May and 5<sup>th</sup> May,2022 .

Dear Sir,

Inviting reference to the letters cited above on the subject, this office appreciates your kind endeavor on activities related to the Impact of Heat Wave in Odisha. Your preparation of Video on Heat Wave is a good step in this regard .As suggested and requested by you necessary inputs and guidance from the experts of Met. Centre, Bhubaneswar was provided on preparation of the educational Video on Heat Wave.

We look forward for more activities by RUSA on Rural Outreach Programme for the benefits of the people of Odisha .

Thanking you,

Yours faithfully,

  
(Dr.H.R.Biswas)  
Scientist 'E' & Head  
Meteorological Centre, Bhubaneswar



**UTKAL UNIVERSITY**  
**VANI VIHAR, BHUBANESWAR-751004**  
**Email-Id: rusa.utkal@gmail.com**

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From

Date: 23-07-2021

Prof. Prabodha Kumar Hota  
Coordinator RUSA  
Utkal University, Bhubaneswar

To

Dr. Kamal Lochan Mishra  
Executive Director, OAS (SS)  
Odisha State Disaster Management Authority (OSDMA)

Dear Sir,

We are honoured to invite you as our Chief Speaker to the inauguration ceremony of the booklet titled "Drowning is Silent" on "World Drowning Prevention Day" which is scheduled to be held online on Sunday, 25<sup>th</sup> July 2021 at 5pm. It will be such a huge privilege to have you with us on this special occasion.

As our Chief Speaker, the audience will look forward to hear a few words from you within the spirit of the event. It will be a privilege for the audience to hear from you.

We are also delighted that our esteemed Vice Chancellor has agreed to be present as the Chief Guest and release the booklet along with you and your team.

We hope that you honour us with your presence and accept the invitation.

Ms. Anannya Pattanayak (8249499023) is the event coordinator and you may refer to her for any queries or questions.

We look forward to your benign virtual presence.

Regards,

  
Prof. P.K. Hota  
Coordinator RUSA  
**Co-ordinator, RUSA**  
**Utkal University**  
**Vani Vihar, Bhubaneswar-4**

*A request as per the theme of WHO, if possible wearing a blue shade dress to the event will be highly appreciated.*



Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

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## Draft Copy of Book on Drowning

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**Anannya Pattanayak** <pattanayakanannya@gmail.com>

Wed, Jul 21, 2021 at 11:07 AM

To: aray@osdma.org

Dear Sir

With reference to the meeting held recently and the valuable inputs received from the OSDMA team, we have edited the book. Sir kindly find the attached file for the draft copy of the book and kindly let us know if any further modification has to be made.

Awaiting your suggestion(if any) so that we can move forward with the final printing of the book.

Thanks and Regards

Anannya Pattanayak

Program Manager (Rural Development)

Rural Outreach Team, RUSA

Utkal University

**BOOK DRAFT COPY 1.docx**

7490K





# **PHYSIOTHERAPY MANUAL FOR WEAVERS**

**Developed By Rural Development Division Rural Outreach, RUSA 2.0**

**Utkal University**

**Under the Technical Guidance of  
SVNIRTAR**

**RUSA 2.0**

**UTKAL UNIVERSITY**

**Vani Vihar, Bhubaneswar-751004**



## ମୁଖବନ୍ଧ

ଓଡ଼ିଶାର ସମସ୍ତ ବିଶ୍ୱବିଦ୍ୟାଳୟ ମଧ୍ୟରେ ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ ସର୍ବୋତ୍ତମ । ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ ତାର ରାଷ୍ଟ୍ରୀୟ ଉଚ୍ଚତର ଶିକ୍ଷା ଅଭିଯାନ (RUSA) ପ୍ରକଳ୍ପ ମାଧ୍ୟମରେ ସମସ୍ତ ଛାତ୍ର ଛାତ୍ରୀଙ୍କର ଉଚ୍ଚଶିକ୍ଷା ଉପରେ ଗୁରୁତ୍ୱ ଦେଇଥାଏ ।

ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ RUSA ପ୍ରକଳ୍ପ ଅଧୀନରେ ଥିବା ରୁରାଲ୍ ଆଉଟ୍‌ରିଚ୍ ପ୍ରୋଗ୍ରାମ୍ ମାଧ୍ୟମରେ ଟେକ୍ନୋଲୋଜିକାଲି, ଏବଂ ଅନ୍ୟାନ୍ୟ ଉପାୟରେ ଗ୍ରାମୀଣ ଲୋକଙ୍କର ଦୈନନ୍ଦିନ ଜୀବନର ଉନ୍ନତି ପାଇଁ ପ୍ରୟାସ କରିଥାଏ ।

ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟର RUSA ପ୍ରୋଜେକ୍ଟ ରୁରାଲ୍ ଆଉଟ୍‌ରିଚ୍ ପ୍ରୋଗ୍ରାମର ରୁରାଲ୍ ଡେଭଲପମେଣ୍ଟ ଡିଭିଜନ୍ ର ଟେକ୍ନୋଲୋଜିକାଲ ଇନୋଭେସନ୍ ମାଧ୍ୟମରେ ବୁଣାକାର ଗୋଷ୍ଠୀଙ୍କର ଉନ୍ନତି ପାଇଁ କାମ କରିଥାଏ । ଏହି ଡିଭିଜନ୍ ବୁଣାକାର ଗୋଷ୍ଠୀଙ୍କର ଏରଗୋନୋମିକାଲି ଅନୁଚିତ ଭାବରେ କାମ କରିବା ଶୈଳୀର ପରିବର୍ତ୍ତନ କରିବା ପାଇଁ ଚେଷ୍ଟା କରୁଛି ।

ଏହି ସମସ୍ୟାକୁ ଟେକ୍ନୋଲୋଜି ମାଧ୍ୟମରେ ସମାଧାନ କରିବା ପାଇଁ ଅନେକ ପ୍ରକାର ପଦକ୍ଷେପ ନିଆଯାଉଛି । ଟେକ୍ନୋଲୋଜିର ଇନୋଭେସନ୍ ଏବଂ ଡାକ୍ତରୀ ଚିକିତ୍ସା ଦ୍ୱାରା ଏହି ସମସ୍ୟା ଦୂର ହୋଇ ପାରିବ । SVNIRTAR ର ସହାୟତାରେ ଏହି ଫିଜିଓଥେରାପି ମାନୁଆଲ୍‌ଟି ପ୍ରସ୍ତୁତ ହୋଇଛି । ଯାହା ଏହି ପ୍ରୋଜେକ୍ଟର ଏକ ଅଙ୍ଗ ଅଟେ । ଏହିମାନୁଆଲ୍‌ରେ ଦିଆଯାଇଥିବା ଫିଜିଓଥେରାପି ବ୍ୟାୟାମ ଗୁଡ଼ିକ ଦୀର୍ଘଦିନ ଧରି ଅଭ୍ୟାସ କଲେ ବୁଣାକାରମାନଙ୍କୁ ଏହି ବେମାରୀ ରୁ ମୁକ୍ତି ମିଳିବ ।



## ପୂର୍ବାବଲୋକନ

ବୁଣାକାର ମୁଖ୍ୟତଃ ଯେଉଁମାନେ ହସ୍ତତନ୍ତରେ କାମ କରନ୍ତି ସେମାନେ ଅନେକ ବେମାରୀର ସମ୍ମୁଖୀନ ହୋଇଥାଆନ୍ତି । ସେମାନଙ୍କ ଭିତରୁ କିଛି ବୁଣାକାର ମାନଙ୍କ ପାଖରେ ସାଧାରଣ ବେମାରୀ ଯଥା ଆଷ୍ଟି ଗଣ୍ଠି ବିନ୍ଧା, ସ୍ୱସ୍ଥୁଲାଈଟିସ୍, ଗାଷ୍ଟ୍ରିକ୍, ଚକ୍ଷୁ ସମସ୍ୟା ଇତ୍ୟାଦି ଦେଖାଦେଇଥାଏ । ସାଧାରଣତଃ ଏହି ବେମାରି ମାଂସପେଶୀ ଜନିତ ସମସ୍ୟା (M.S.D.) ର ପ୍ରଥମ ଲକ୍ଷଣ ଅଟେ । ଏହାର ମୁଖ୍ୟ କାରଣ ହେଲା ହସ୍ତତନ୍ତରେ ଅତ୍ୟଧିକ ସମୟ ପର୍ଯ୍ୟନ୍ତ ଅନୁଚିତ ଭାବରେ କାମ କରିବା ।



ଆମର ମୁଖ୍ୟ ପ୍ରୟାସ ହେଉଛି ବୁଣାକାର ମାନଙ୍କର କାର୍ଯ୍ୟ କରିବା ଶୈଳୀକୁ ଠିକ୍ କରିବା ପାଇଁ ସେମାନଙ୍କ ପୁରାତନ ତନ୍ତକୁ ଏରଗୋନୋମିକ୍ସ ମାଧ୍ୟମରେ ପରିବର୍ତ୍ତନ କରି ନୂତନ ଶୈଳୀରେ ଗଢ଼ିବା । ବୁଣାକାରମାନେ ଫିଜିଓଥେରାପି'କୁ ଦୀର୍ଘଦିନ ଧରି ଅଭ୍ୟାସ କଲେ ଏହି ଶରୀର ପିତାରୁ ମୁକ୍ତି ପାଇବେ । ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ ଶିକ୍ଷା କ୍ଷେତ୍ରରେ ଏକ ଅଗ୍ରଗାମୀ ଶିକ୍ଷାନୁଷ୍ଠାନ ଅଟେ । ବୁଣାକାର ମାନଙ୍କର ହିତ ପାଇଁ ଏହି ମାନୁଆଲ ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟର RUSA ପ୍ରୋଜେକ୍ଟର ଏକ ଛୋଟ ପ୍ରୟାସ ମାତ୍ର । ମାନୁଆଲ ନିର୍ମିତ କରିବାରେ SVNIRTARର ସହଯୋଗ ଏବଂ ମାଗଦର୍ଶନ ପାଇଁ ଆମେ କୃତଜ୍ଞ ।

ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ RUSA ପ୍ରୋଜେକ୍ଟର ଗ୍ରାମିଣ ବିକାଶ ବିଭାଗର ଏହି ପ୍ରୟାସ ପାଇଁ ମୁଁ ଅତ୍ୟନ୍ତ ଖୁସି ଏବଂ ଆଶା କରୁଛି ଏହି ମାନୁଆଲ ବୁଣାକାରମାନଙ୍କ ପାଇଁ ଫଳ ପ୍ରଦାୟକ ହେବ ।

A handwritten signature in black ink, appearing to be 'S. Chandra'.

ପ୍ରଫେସର ସବାତା ଆରାୟ୍ୟ  
କୁଳପତି, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

## ପୂର୍ବାବଲୋକନ



ଖଞ୍ଜା ମାଂସପେଶୀ ଜନିତ ସମସ୍ୟା (M.S.D) ହେଉଛି ମାଂସପେଶୀ, ସ୍ନାୟୁ, ଗଣ୍ଡି ଇତ୍ୟାଦିର ଡିଜିଅର୍ଡର । ଅତ୍ୟଧିକ ସମୟ ଧରି ଅନୁଚିତ ଭାବରେ କାର୍ଯ୍ୟ କରିବା ଯୋଗୁଁ ଏହିପରି M.S.D ସମସ୍ୟା ଦେଖାଦେଇଥାଏ । ବୁଣାକାର ମାନେ ବୁଣିବା ସମୟରେ ଅଧିକ ସମୟ ପର୍ଯ୍ୟନ୍ତ ଗୋଟିଏ ଜାଗାରେ ବସି

ବୁଣିବା ଯୋଗୁ MSD ଭଳି ବେମାରୀର ଶିକାର ହୋଇଥାଆନ୍ତି । ସେମାନେ ଯଦି ନିୟମିତ ଭାବରେ ଫିଜିଓଥେରପିର ଅଭ୍ୟାସ କରନ୍ତି ତେବେ ସେମାନେ ଏହି ବେମାରୀରୁ କିଛି ପରିମାଣରେ ମୁକ୍ତି ପାଇପାରିବେ ।

ଆମେ SVNIRTAR, ମାନବ ଜାତିର କଲ୍ୟାଣ ପାଇଁ ସର୍ବଦା ଇଚ୍ଛୁକ । ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ RUSA ପ୍ରୋଜେକ୍ଟ ମାଧ୍ୟମରେ ଓଡ଼ିଶାର ଗ୍ରାମୀଣ ଲୋକମାନଙ୍କର ଉନ୍ନତି ପାଇଁ ଏହିପରି ପଦକ୍ଷେପ ନେଉଥିବାରୁ ମୁଁ ଅତ୍ୟନ୍ତ ଖୁସି ।

ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ ଅଧିନରେ RUSA ପ୍ରୋଜେକ୍ଟର ଗ୍ରାମୀଣ ବିକାଶ ବିଭାଗ ଏବଂ SVNIRTAR ଓଲଟପୁର ମିଳିତ ଭାବରେ ଏହି ମାନୁଆଲ ନିର୍ମିତ କରିଛନ୍ତି । ବୁଣାକାର ମାନେ ଅନୁଚିତ ଭାବରେ ବୁଣିବା ଯୋଗୁ ଶରୀରରେ ଯେଉଁ ପୀଡା ହୋଇଥାଏ ତାହା ଦୂରକରିବା ପାଇଁ ଏହି ମାନୁଆଲ ଲାଭଦାୟକ ହେବ । ଏହି ମାନୁଆଲ ତିଆରି କରିବା ପାଇଁ ଯେଉଁ କଠିନ ପରିଶ୍ରମ ଏବଂ ପ୍ରୟାସ କରାଯାଇଛି ତାହା ଅତ୍ୟନ୍ତ ପ୍ରଶଂସନୀୟ ।

ମୁଁ ଆଶା କରୁଅଛି ଏହା ନିଶ୍ଚିତ ଭାବରେ କୃତକାର୍ଯ୍ୟ ହେବ ।

ପ୍ରତିଷ୍ଠାପକ ମଧୁ।ନି

ଡ. ପି.ପି ମହାନ୍ତି

ନିର୍ଦ୍ଦେଶକ, SVNIRTAR, ଓଲଟପୁର

## ଉପକ୍ରମଣିକା

ତନ୍ତ୍ରବୁଣା ଏକ କଷ୍ଟକର ବୃତ୍ତି । ଏଥିରେ ଦୀର୍ଘ ସମୟ ପର୍ଯ୍ୟନ୍ତ ସ୍ଥାଣୁ ଭାବେ ବସିରହି କାର୍ଯ୍ୟ କରିବା ଦରକାର ପଡ଼ିଥାଏ । ଏହା ମାଂସପେଶୀ ଜନିତ ସମସ୍ୟା ବୃଦ୍ଧି କରିବାରେ ସହାୟକର ହୋଇଥାଏ । ମାଂସପେଶୀ ଜନିତ ସମସ୍ୟା ବୁଣାକାର ମାନଙ୍କ ମଧ୍ୟରେ ଏକ ସାଧାରଣ ସ୍ବାସ୍ଥ୍ୟଗତ ସମସ୍ୟା ।

ସାଧାରଣତଃ ମାଂସପେଶୀ ଜନିତ ସମସ୍ୟା ବୟସ ଜନିତ ହୋଇଥାଏ । ଏହାର ମୂଳ କାରଣ ମାନଙ୍କ ମଧ୍ୟରେ ବ୍ୟକ୍ତିଗତ ଏବଂ ପରିବାରର ଆୟ, କାର୍ଯ୍ୟ ନିର୍ଦ୍ଦେଶ, ସ୍ବାସ୍ଥ ଆଲୋକ ପରିବେଶ ଜନିତ, ଦୃଷ୍ଟିତ ବାୟୁ ଚଳାଚଳ, ବିଶ୍ରାମ ବିନା କାର୍ଯ୍ୟ କରିବା, ଏବଂ ବସିବା ଶୈଳୀ ପ୍ରଭୃତି ।

ହସ୍ତତନ୍ତ୍ର ବୁଣା ଅନେକ ପ୍ରକାର କାର୍ଯ୍ୟଶୈଳି ଦ୍ବାରା ପରିଚାଳିତ ସେ ସବୁ ଭିତରେ କଞ୍ଚାମାଲ୍ ସଂଗ୍ରହ, ଦୀର୍ଘ ସମୟ ଧରି ତନ୍ତ୍ର ବୁଲେଇବା ଏବଂ ନିରନ୍ତର ଭାବେ ପାଦ, ଜଂଘ ଜନିତ କାର୍ଯ୍ୟଦ୍ବାରା ମାଂସପେଶୀ ପ୍ରଭାବିତ ହୋଇଥାଏ ।

ବୁଣାକାର ମାନେ ଅନେକ ପ୍ରକାର କ୍ଳାନ୍ତି ଉଦ୍ରେକ କାରି କାର୍ଯ୍ୟକରିଥାନ୍ତି ଯଥା ହସ୍ତ ସମ୍ପାଦିତ କାର୍ଯ୍ୟ, ଦୀର୍ଘ ସମୟ ଧରି ଆଗକୁ ଝୁଙ୍କି ରହିବା ଧମନୀ ଏବଂ ସ୍ନାୟୁକୁ ସଂକୋଚନ କରିବା ।

ଦୀର୍ଘ ସମୟ ଧରି ଏକ ପ୍ରକାର ଅବସ୍ଥାରେ ଏବଂ ଏକ ପ୍ରକାର ସ୍ଥିତିରେ କାର୍ଯ୍ୟ କରିବା ଦ୍ବାରା, ଏବଂ କ୍ରମାଗତ ଭାବେ ତନ୍ତ୍ରର ପେଡାଲକୁ ଚଳନା କରିବା ଦ୍ବାରା ଶରୀରର ଉପର ଏବଂ ତଳ ଅଙ୍ଗ ପ୍ରତ୍ୟେକ ପ୍ରଭାବିତ ହୋଇଥାଏ ।

ଫଳରେ ଏହି ତନ୍ତ୍ରବୁଣା କାର୍ଯ୍ୟ ଏକ କଷ୍ଟକର ବୃତ୍ତି ଭାବେ ପରିଗଣିତ ଯାହା ମାଂସପେଶୀ ଜନିତ ରୋଗ ବୃଦ୍ଧି କରିବାର ମୁଖ୍ୟ କାରଣ । ଏହି ପିଜିଓଥେରାପି ମାନ୍ୟୁଆଲରେ ଦିଆଯାଇଥିବା ପିଜିଓଥେରାପି ବ୍ୟାୟାମ ଗୁଡିକ ବୁଣାକାରମାନଙ୍କର କାମକରିବା ଶୈଳୀକୁ ଆଖି ଆଗରେ ରଖି ତିଆରି କରାଯାଇଛି । ଏହି ପିଜିଓଥେରାପି ବ୍ୟାୟାମ ଗୁଡିକ ଦୀର୍ଘ ଦିନ ଧରି ଅଭ୍ୟାସ କରିଲେ ବୁଣାକାରମାନଙ୍କ ପାଇଁ ଲାଭକାରି ହେବ ।



## ପ୍ରତିରୋଧ

୧. ବେକର ବ୍ୟାୟାମ- ସିଧା ବସନ୍ତୁ ଓ ସିଧା ଦେଶନ୍ତୁ ଥୋଡ଼ି (ଟିନ୍) ଏବଂ ମସ୍ତିଷ୍କକୁ ପଛକୁ ଟାଣନ୍ତୁ ଯେ ପର୍ଯ୍ୟନ୍ତ ମସ୍ତିଷ୍କର ମୂଳ ଏବଂ ବେକର ଅଗ୍ରଭାଗ ଟାଣି ହେବା ପରି ଅନୁଭବ କରିବେ । ୪ ସେକେଣ୍ଡ ପର୍ଯ୍ୟନ୍ତ ସେହିପରି ରୁହନ୍ତୁ। ତା ପରେ ପୁଣି ପୁନରାବୃତ୍ତି କରନ୍ତୁ ସହି ହେଲା ପର୍ଯ୍ୟନ୍ତ ।



୧.(କ)



୧.(ଖ)

୨.କାନ୍ଧର ବ୍ୟାୟାମ - ସିଧା ହୋଇ ବସନ୍ତୁ/ସିଧା ହୋଇ ଛିଡା ହୁଅନ୍ତୁ ନିଜର ହାତକୁ ଦେହ ସାଙ୍ଗରେ ସମାନ୍ତରାଳ ଭାବେ ରଖନ୍ତୁ। ତା ପରେ ନିଜର କାନ୍ଧକୁ ଆଖିକୁ ଭାବେ ବୁଲାନ୍ତୁ (୧୦ ଥର) ।



୨.(କ)



୨.(ଖ)



୨.(ଗ)



୨.(ଘ)

୩. **ବେକର ବ୍ୟାୟାମ**- ସିଧା ବସନ୍ତୁ ଏବଂ ସିଧା ଦେଖନ୍ତୁ । ନିଜର ପାପୁଲିକୁ ମୁଣ୍ଡର ପଛ ପଟେ ଦବେଇ କରି ରଖନ୍ତୁ ଏବଂ ବେକକୁ ପଛକୁ ଆଣିବାକୁ ଚେଷ୍ଟା କରନ୍ତୁ । ଦଶ ସେକେଣ୍ଡ ପର୍ଯ୍ୟନ୍ତ ପର୍ଯ୍ୟନ୍ତ ଧରି ରଖନ୍ତୁ । ତାପରେ ୫ ଥର ତାକୁ ରିପିଟ୍ କରନ୍ତୁ ।



୪. **ପାଦର ବ୍ୟାୟାମ**- ନିଜର ପାଦର ଆଙ୍ଗୁଠି ଉପରେ ଛିଡା ହୁଅନ୍ତୁ । ସିଧା ଦେଖନ୍ତୁ ତା ପରେ ହାତର ଆଙ୍ଗୁଠି ସବୁ ଛନ୍ଦି ଦିଅନ୍ତୁ ଏବଂ ଦୁଇ ହାତକୁ ପିଠି ସିଧା ରଖି ଉପରକୁ ଉଠାନ୍ତୁ ।





୫. ଆଶ୍ୱର ବ୍ୟାୟାମ- ନିଜର ଗୋଡ଼ର

ଗୋଇଠିକୁ ସାମନାକୁ ନିଅନ୍ତୁ ଏବଂ

ସାମାନ୍ୟ ଉଚ୍ଚ । ଜାଗାରେ ରଖନ୍ତୁ ।

ଯେପରିକି ସିଦ୍ଧି କିମ୍ବା ଟେବୁଲ୍ । ଏହା

କଲାବେଳୋ ମେରୁଦଣ୍ଡ ସିଧା ରଖନ୍ତୁ-

ତା ପରେ ଟେବୁଲ୍ ଉପରେ ଥିବା

ଗୋଡ଼ର ବିପରିତ ହାତରେ ଆଗକୁ

ଝୁଙ୍କି ବାବୁ ଟେଷ୍ଟା କରନ୍ତୁ । ଏହା

କଲାପରେ ସିଧା ଥିବା ଗୋଡ଼ ମଧ୍ୟ

ସାମାନ୍ୟ ବଙ୍କା ରହିବ । ଏହି ବ୍ୟାୟାମକୁ ୧୦ ରୁ ୩୦ ସେକେଣ୍ଡ ପର୍ଯ୍ୟନ୍ତର

କରନ୍ତୁ ।



୬. ଅଶ୍ୱର ବ୍ୟାୟାମ- ସିଧା ଠିଆ ହୁଅନ୍ତୁ ।

ନିଜର ଦୁଇ ହାତକୁ ପଛପଟ ଜଂଘରେ ରଖନ୍ତୁ

ଏବଂ ନିଜକୁ ଧନୁ ପରି ପଛ ଆଡ଼କୁ ବଙ୍କା

କରନ୍ତୁ । ୩ ସେକେଣ୍ଡ ପର୍ଯ୍ୟନ୍ତ ସ୍ଥିର ରୁହନ୍ତୁ ।

ତା'ପରେ ନିଜର ସାମାନ୍ୟ ପୋଜିସନକୁ

ଫେରିଆସନ୍ତୁ ।



୧. ଆଶ୍ଵର ବ୍ୟାୟାମ- ବିଛଣାରେ ଆରାମସେ ଶୁଅନ୍ତୁ କିମ୍ବା ଚଟାଣରେ ମଧ୍ୟ ଶୋଇ ପାରିବେ । ପ୍ରଭାବିତ ଗୋଡ଼କୁ ସିଧା କରନ୍ତୁ, ଏବଂ ନିଜର ଆଶ୍ଵ ପଛପଟକୁ ତଳକୁ ଧିରେ ଧିରେ ଠେଲନ୍ତୁ । ଆପଣ ଦେଖିପାରିବେ ଯେ ଜଂଘର ସମ୍ମୁଖ ଭାଗ ମାଂସପେଶୀ କଠିନ ହେଉଛି । ଆପଣ ଋହଁଲେ ଗୋଇଁଟିକୁ ଉପରକୁ ଉଠାଇ ପାରିବେ । ୫ ସେକେଣ୍ଡ ପର୍ଯ୍ୟନ୍ତ କରନ୍ତୁ ତାପରେ ଆରାମ କରନ୍ତୁ ।



୧.(କ)



୧.(ଖ)

୮.ପିଠିର ବ୍ୟାୟାମ- ନିଜର ଜଂଘ ଏବଂ ଆଣ୍ଠୁକୁ ସିଧା ରଖି ପିଠି ମାଡି ଶୁଅନ୍ତୁ । ନିଜର ପିଠିକୁ ଉପରକୁ ଉଠାନ୍ତୁ ।



୯.ପିଠିର ବ୍ୟାୟାମ- ଯେତେମାଡ଼ି ଶୁଅନ୍ତୁ । ନିଜର ଦୁଇ ପାଞ୍ଜୁଲିକୁ ତଳେ ଦିବା ଦେଇ କାନ୍ଧ ଓ ମଞ୍ଚିକୁ ଉପରକୁ ଉଠାନ୍ତୁ । ଦୁଇ କିମ୍ବା ୩ ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ କରନ୍ତୁ, ଏବଂ ପୁରାବସ୍ଥାକୁ ଫେରନ୍ତୁ ।





୧୦. ପିଠିର ବ୍ୟାୟାମ - ପେଟମାଡ଼ି ଶୁଅନ୍ତୁ,

ନିଜର ମୁଣ୍ଡ ଏବଂ ଛାତିକୁ ଉପରକୁ ଉଠାନ୍ତୁ, ନିଜର ହାତ ସାହାଯ୍ୟରେ ଏହି ଅବସ୍ଥାରେ ୫ ରୁ ୧୦ ସେକେଣ୍ଡ ପର୍ଯ୍ୟନ୍ତ ରୁହନ୍ତୁ। ପୁରାବସ୍ଥାକୁ ଫେରନ୍ତୁ ଏବଂ ୧୦ ଥର ରିପିଟ୍ କରନ୍ତୁ।



୧୧.(କ)

୧୧. ଶ୍ୱାସ, ହାତ ଏବଂ ଗଣ୍ଡିର ପରିଚ୍ଛଳନା

ବ୍ୟାୟାମ- ଟେବୁଲ୍ କିମ୍ବା ବେଡ୍ରେ ଆରାମରେ ବସନ୍ତୁ ନିଶ୍ୱାସ ଭିତରକୁ ନିଅନ୍ତୁ, ପିଠି ସିଧା କରନ୍ତୁ, ଦୁଇ ହାତକୁ ଉପରକୁ ଉଠାନ୍ତୁ ଏବଂ ବାହାରକୁ କରନ୍ତୁ, ନିଶ୍ୱାସ ଛାଡନ୍ତୁ ଏବଂ ପ୍ରଥମ ପୋଜିସନ୍‌କୁ ଆସନ୍ତୁ ୨ ରୁ ୩ ମିନିଟ୍ ବାରମ୍ବାର କରନ୍ତୁ।



୧୧.(ଖ)



୧୧.(ଗ)

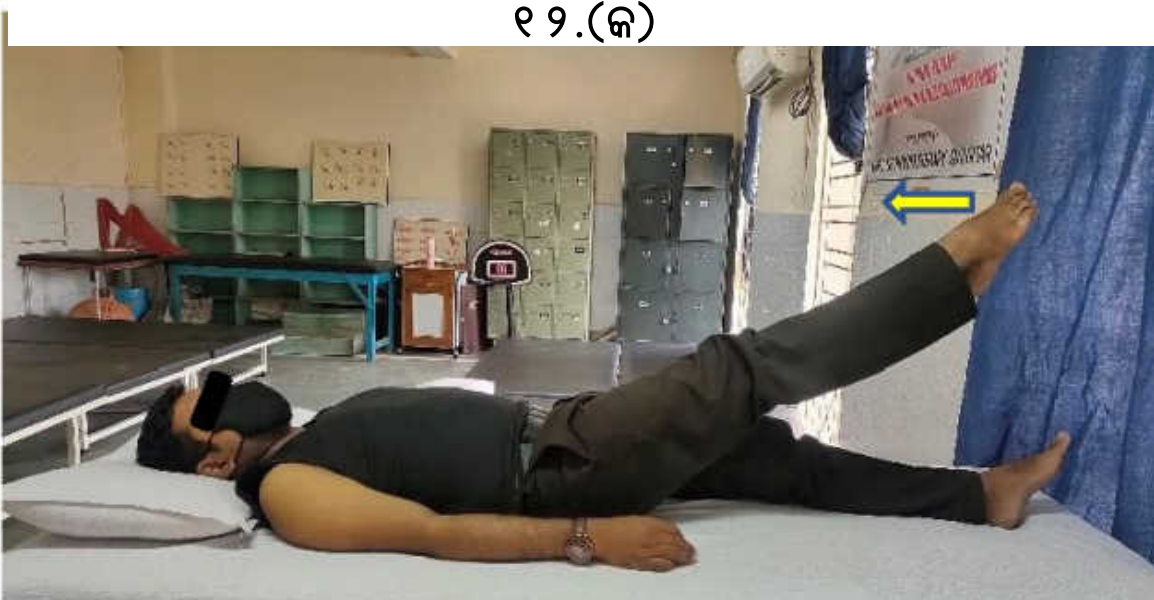


୧୧.(ଘ)

୧୨. ଗୋଇଁ ଏବଂ ଗୋଡ଼ ଆଙ୍କୁରିର ବ୍ୟାୟାମ- ପିଠି ମାଡ଼ି ଶୁଅନ୍ତୁ । ଗୋଟିଏ ଗୋଡ଼କୁ ସିଧା କରି ଉପରକୁ ଉଠାନ୍ତୁ ଏବଂ ତଳକୁ କରନ୍ତୁ ଏପରି ୧୦ ଥର କରନ୍ତୁ । ତା’ପରେ ଅନ୍ୟ ଗୋଡ଼କୁ ଉଠାଇ ସେହିପରି ୧୦ ଥର କରନ୍ତୁ ।



୧୨.(କ)



୧୨.(ଖ)

## ଅଟୋବାନକାରୀ

### ବିଶେଷକା୍ୟକ ମାର୍ଗଦର୍ଶନ

ଡ. ପି.ପି ମହାନ୍ତୀ

ନିର୍ଦ୍ଦେଷକ, SVNIRTAR, ଓଲଟପୁର

### ଉପଦେଷ୍ଟା ସଂଘ

ପ୍ରଫେସର ସବିତା ଆଚାର୍ଯ୍ୟ

କୁଳପତି, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

ଡ. ଅଭୟ କୁମାର ନାୟକ, ଓ.ଏ.ଏସ୍. (ଏସ୍.ଏସ୍)

କୁଳସଚିବ ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

ପ୍ରଫେସର. ପି.କେ. ହୋତା

ସଂଯୋଜକ RUSA, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

### ପରିକଳ୍ପିତ ଏବଂ ବିକଶୀତ

ଗ୍ରାମୀଣ ବିକାଶ ବିଭାଗ

RUSA, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

ଟିମ୍ ଅଫ୍ SVNIRTAR, Olatpur

### ସ୍ୱତ୍ୱଧର

ଅନନ୍ୟା ପଟ୍ଟନାୟକ

ପ୍ରୋଗ୍ରାମ୍ ମ୍ୟାନେଜର (ରୁରାଲ ଡେଭଲପମେଣ୍ଟ)

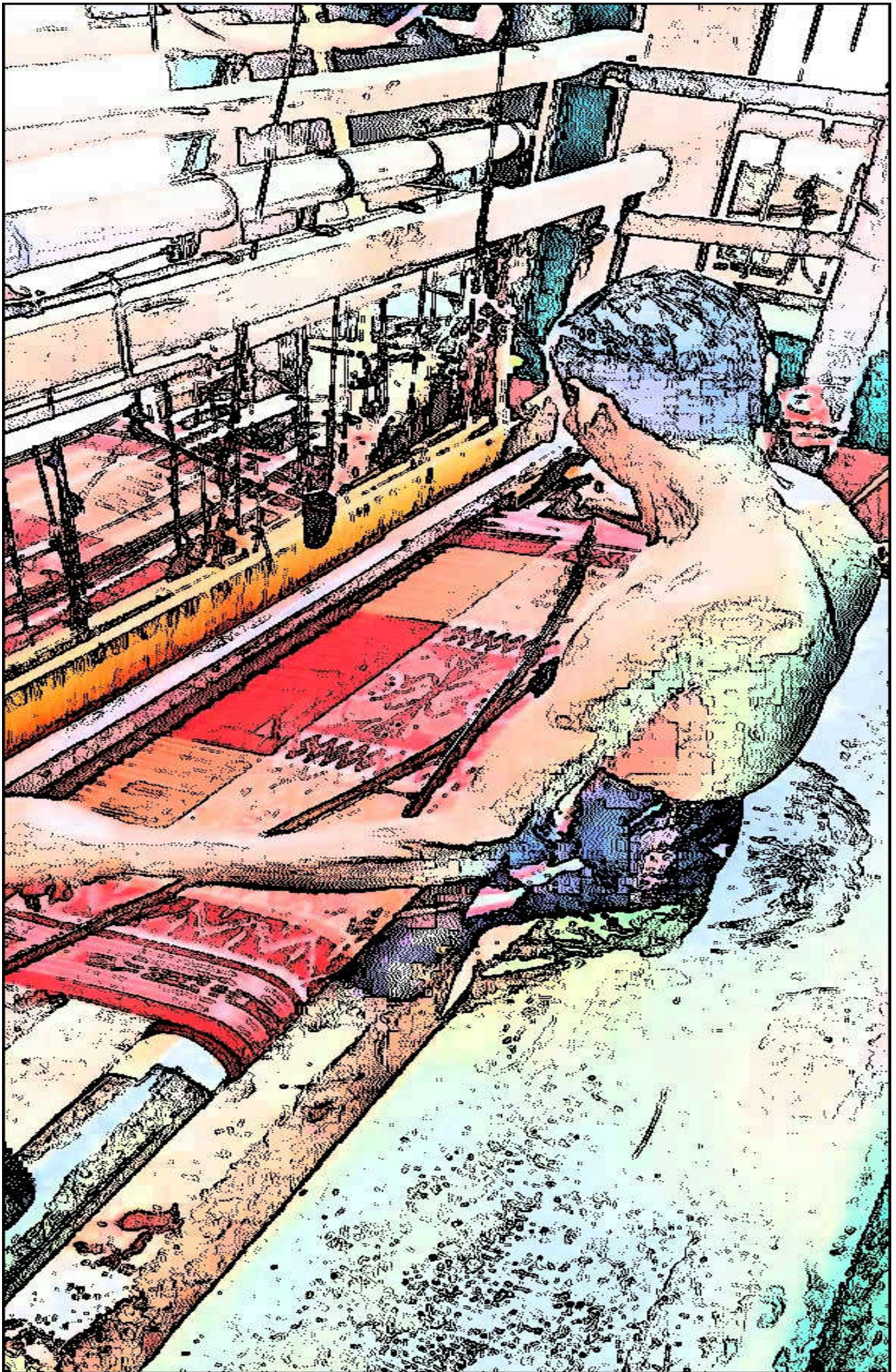
RUSA, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

### ପ୍ରକାଶିତ :

RUSA, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

### ମୁଦ୍ରଣ:









Anannya Pattanayak &lt;pattanayakanannya@gmail.com&gt;

---

## Requesting for kind Cooperation

1 message

---

**Anannya Pattanayak** <pattanayakanannya@gmail.com>

Wed, Jul 7, 2021 at 2:33 PM

To: osdma@osdma.org, md@osdma.org

Cc: prabodhahota@gmail.com

Respected Sir,

I am Anannya Pattanayak, Program Manager (Rural Development) of RUSA Project, Utkal University. We are planning to conduct a set of activities related to "Drowning Cases in Odisha". We seek the guidance and inputs of the experts of your esteemed organisation "Odisha State Disaster Management Authority (OSDMA)".

An application by the "RUSA Coordinator, Utkal University" requesting the same has been enclosed. Please find the attached file for your kind reference.

Sir, we will be grateful to you if your kind support is extended to our team for the same.

Thanking You

Sincerely,  
Anannya Pattanayak  
Program Manager (Rural Development)  
Rural Outreach Team, RUSA  
Utkal University



**Application\_RUSA.pdf**  
877K

**OFFICE OF THE ASSISTANT DIRECTOR OF TEXTILES, KHORDHA**

**At/Po-Pallahaat, Dist-Khordha, PIN-752056**

**Tele FAX-06755-220576, E-mail- khurda.adt@gmail.com**

Letter No. 1536 / AD Tex/ Khordha/ dated- 10.04.2021.

To

The Administrator/Secretary-

Routapada Weavers Co operative Society Ltd.

Sub:-

Organization of "Eye- Check up " camp for the handloom weavers of Routapada village on 13.04.2021 .

Sir,

With reference to the subject cited above, I am to inform you that the Rural Development Domain of Rural Outreach Team, RUSA of Utkal University has planned to conduct an "Eye- Check up " camp in collaboration with "Rotary Eye Hospital, Bhubaneswar" for the handloom weavers suffering from eye sight problems of Routapada village on 13.04.2021 from 10 A.M to 02 P.M .The motive behind this eye camp is to identify the weavers who have developed Cataracts and help them in their treatment.

Hence , you are requested to provide a suitable room with other available facilities to the eye testing team for smooth conducting of the programme adhering to the COVID -19 guidelines.

Yours Faithfully

10/4/21  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1537 / AD Tex/ Khordha/ dated- 10.04.2021

Copy to the Administrator/Secretary-Dakhineswar WCS Ltd. for information and necessary action with instruction to render necessary co operation for smooth organization of the camp. .

10/4/21  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1538<sup>(3)</sup> / AD Tex/ Khordha/ dated- 10.04.2021

Copy to concerned I.T/T.A/W.S for information and necessary action with instruction to ensure accordingly.

10/4/21  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1539 / AD Tex/ Khordha/ dated- 10.04.2021

Copy forwarded to the Program Manager (Rural Development) , Rural Outreach Team, RUSA, Utkal University for information and necessary action with reference to her e-mail dated- 10.04.2021.

10/4/21  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.

Memo No. 1540<sup>(2)</sup> / AD Tex/ Khordha/ dated- 10.04.2021

Copy submitted to the Director of Textiles and Handloom, Odisha/Deputy Director of Textiles, South Central Division, Khordha for favour of kind information and necessary action.

10/4/21  
Deputy Director of Textiles,  
South Central Division, Khordha  
I/c. Asst. Director of Textiles,  
Khordha.




## FOREWORD



Each year many people are affected by snake bites around the world resulting in deaths or permanent disabilities of people. In Odisha, snake bite being one among the State specific disasters accounts for more deaths surpassing casualties due to cyclone, floods, etc.

Snakebite particularly affects the poorest members of the society mainly the agricultural workers (including working children aged 10–14 years). People living in poorly constructed homes face the highest risk and often have limited access to education and health care. The myths associated with snake bite prevailing in rural areas are one of the major reasons for the increase in deaths and disabilities due to snake bite. Possessing knowledge about basic first-aid measures and how to respond in snake bite situations can bring a significant difference. Utkal University being one of the pioneer educational University, has taken a small initiative to educate the students on snake bite through this illustrative book. I am grateful to the team of Snake Helpline for their support and guidance in developing this book.

I hope through this book, we will be able to educate the targeted readers.

  
**Prof. Sabita Acharya,**  
**Vice Chancellor,**  
**Utkal University**

## **FOREWORD**



**Snakes are the most misunderstood animals in the world. In India the snakes are associated with myths & mythology. However, due to the blind beliefs & wrong practices prevailing in Indian society, snakebite does take a ride in the country. Because of this, India tops the list in the entire world in the snakebite death per year.**

**This booklet is a good initiative by Utkal University to make pupils aware about snake bite.**

**I believe this booklet will help the targeted readers in up to a great extent. However, such a booklet in Odia will help more for the cause especially in the rural areas of the state.**

A handwritten signature in dark ink, appearing to read 'Subhendu Mallik'.

**Subhendu Mallik**

**General Secretary, Snake Helpline**

**Honorary Wildlife Warden, Khordha**

**Dt. 15.11.2021**

## **CONTRIBUTORS**

### **EDITORIAL GUIDANCE**

Team of SNAKE HELPLINE

### **ADVISORY COMMITTEE**

Prof. Sabita Acharya,  
(Vice Chancellor)

Dr. Avaya Kumar Nayak, OAS (SS),  
Registrar

Prof. P.K. Hota,  
Coordinator RUSA

Shri Subhendu Mallik  
General Secretary, Snake Helpline

Team of SNAKE HELPLINE

### **CONCEIVED AND SCRIPTED BY**

Ms. Anannya Pattanayak,  
(Program Manager (Rural Development), RUSA)

Published by: RUSA, Utkal University

Front cover image by: wallpapercave.com

Printed by:

**This book would not have been successful without the help of:**

1. <https://disk.yandex.ru/a/vXKOxRNs3WiYnn/5b0f0fe588920a293a264180>
2. <https://www.pinclipart.com/maxpin/iRmRmwR/>
3. <https://www.pngwing.com/es/free-png-kutxa/download>
4. <http://clipart-library.com/free/snake-clipart-transparent.html>
5. <https://www.toonytool.com/>
6. <https://www.clipartmax.com/>
7. <https://lovepik.com/>
8. [www.snakehelpline.com](http://www.snakehelpline.com)





Hi!


I am Aarti. I am a social worker. I love to interact with people and help them in their day-to-day life. These days there has been a rise in snake bite cases in our village. What about the place you live in? Do you find a rise in snake bite cases in the place you live in?

Snake bite is a matter of concern but the thing that is more alarming is the number of deaths due to snake bite. Whenever there is a snake bite incident, instead of taking the victim immediately to the hospital, people try several methods to cure the victim. By the time they feel the need of medical treatment, the victim would be already dead.

Today it was a fine morning until I went to the market and came across one such incidence of snake bite. I wish I could have got to know about it earlier so that things would have been different.

Come let us see how the incidence took place.





Dear Students  
have you ever  
encountered a  
SNAKE?

Ma'am today  
morning I  
found a huge  
snake in our  
farm land...

Yes Ma'am. In  
fact, my sister  
was bitten by a  
snake...

Ma'am I have  
seen a tiny  
snake. It was  
hiding in our  
kitchen.







## SOME FACTS ABOUT SNAKE BITE

Snake bite envenoming is a potentially life-threatening disease that typically results from the injection of a mixture of different toxins ("venom") following the bite of a venomous snake.

As per the reports of WHO, about 5.4 million snake bites occur each year worldwide, of this, 1.8-2.7 million develop clinical illness and 81 000 to 138 000 die from complications.

International Snake bite Awareness Day is observed on 19th September to emphasize on awareness and actions needed to tackle the burden of snake bite.

According to Union Ministry of Health and Family Welfare, West Bengal has the highest number of snake bite deaths in the country in the year 2018.

In India, around 90% of snake bites are caused by the 'BIG 4' among the crawlers - Common krait, Indian cobra, Russell's viper, Saw scaled viper.

According to statistics of Odisha government between 2016 and 2019 snake bite deaths alone accounted for 2,217 lives surpassing casualties due to cyclones, floods, lightning, fire accidents and boat tragedies.

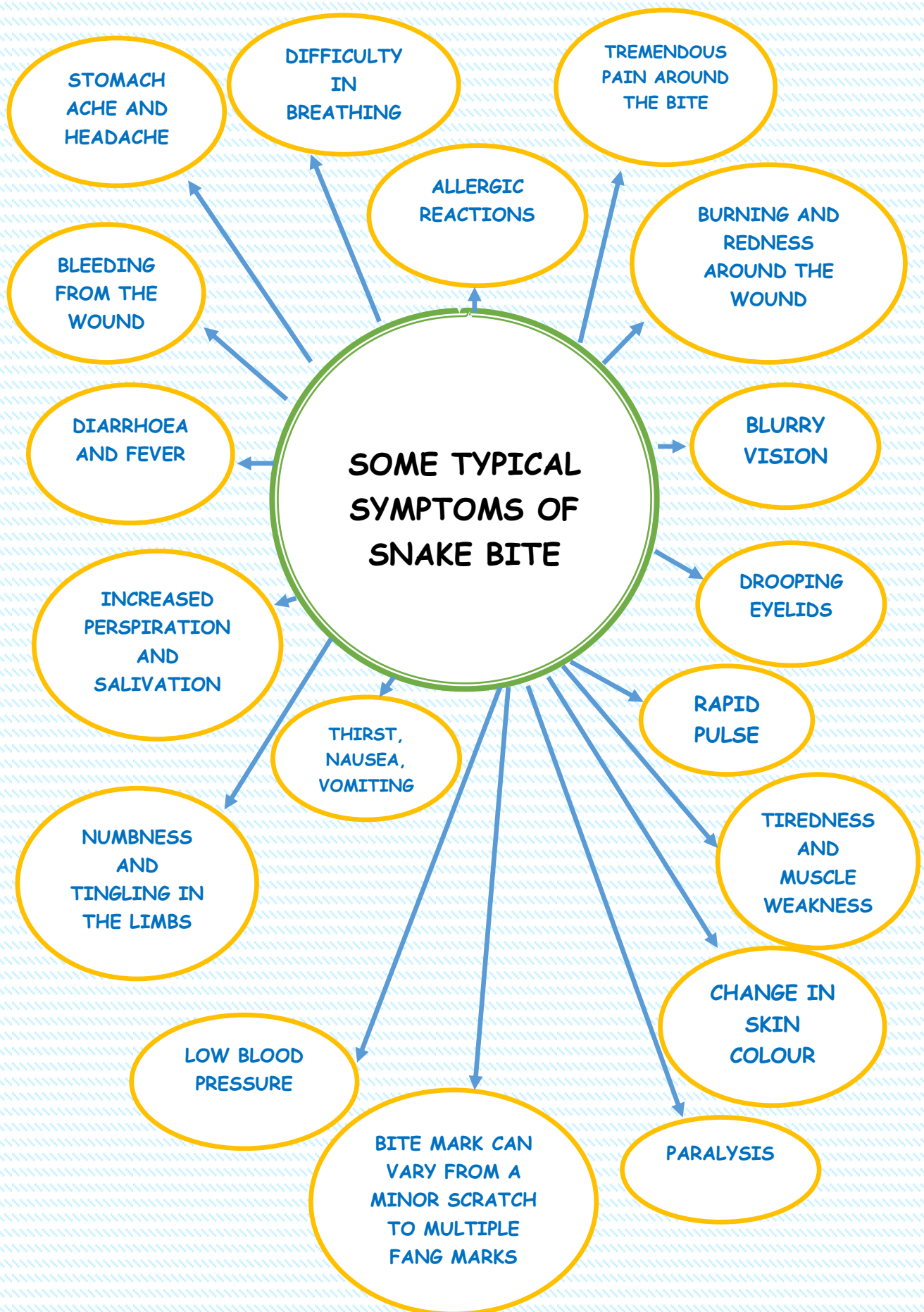
In Odisha maximum number of deaths due to snake bite is found in Mayurbhanj district.

- Sources: 1. <https://www.who.int/news-room/fact-sheets/detail/snakebite-envenoming>  
2. <https://www.who.int/india/health-topics/snakebite>  
3. <https://www.hindustantimes.com/india-news/snake-bites-kill-more-people-than-cyclones-in-odisha-experts-tell-you-why/story-TgzA7HfdKmhhLVGAZbjqfJ.html>  
4. <https://www.newindianexpress.com/states/odisha/2019/aug/18/hiss-of-death-odisha-faces-new-disaster-2020409.html>  
5. <https://timesofindia.indiatimes.com/city/amaravati/snakebite-deaths-2nd-highest-in-ap/articleshow/72312979.cms>  
6. <https://www.georgeinstitute.org.in/events/seminar-on-international-snakebite-awareness-day-need-for-transdisciplinary-systems-thinking>









Sources: 1. <https://www.apollohospitals.com/patient-care/health-and-lifestyle/diseases-and-conditions/snake-bites/>

2. <https://snakehelpline.com/snake-bite/symptoms/>





## HOW TO PREVENT SNAKE BITE?



1. Keep your surroundings clean. Do not let the trees and branches touch your walls and windows.
2. Keep your home free from rats, frogs, etc.
3. Stay alert while working in crop field and farms.
4. While going outside during night do not forget to carry torch-light and a stick.
5. Avoid places where snakes may live. These places include tall grass or bush, rocky areas, fallen logs, swamps, marshes and deep holes in the ground.
6. Watch where you step and where you sit when outdoors.
7. Do not sleep on the floor. Sleep on beds or cots.
8. Do not ever attempt to catch a snake.
9. Use nets in windows and poultry farms.

*Source: OSDMA Safety Manual*



**SNAKEBITE IS ONE AMONG THE EIGHT STATE SPECIFIC DISASTERS DECLARED BY GOVERNMENT OF ODISHA.**

**EX-GRATIA ASSISTANCE OF INR 400,000/- PER DECEASED TO NEXT KINS OF THE VICTIMS IS PROVIDED BY STATE DISASTER RESPONSE FUND (SDRF).**







## DO's AND DON'Ts IN A SNAKE BITE CASE

### DO's

### DON'Ts

Give consolation to the victim.

Do not panic.

Remove all the ornaments and other constricting materials present on the bitten limb

Do not allow victim to run or any work.

Use a broad crepe/elastic bandage/long cloth to wrap lightly towards the upper proximity of the wound.

The use of tight tourniquets made of rope, belt, string, electric wire or cloth have been traditionally used to stop venom flow into the body following snakebite. They actually do MORE harm and NO goods.

Get to the nearest hospital where the snakebite treatment is available.

Do not apply any herbs to the wound.

### DO IT

**R**



Reassure the patient. Remove the ornaments and other constricting materials present on the bitten limb.

**I**



Immobilize the bitten limb by lightly wrapping with bandage or cloth.

**G**



**Get to Hospital Immediately.** Traditional remedies have NO PROVEN benefit in treating snakebite.

**H**

**T**



Tell the doctor of any systemic symptoms that manifest on the way to hospital.





### People Gathered At Meena's House...







## HOW TO TREAT A SNAKE BITE???

### VENOMOUS SNAKE BITE

**CALL EMERGENCY SERVICES.**

**Take note of the snake's appearance.**

**Move away from the snake.**

**Immobilize and support the area of the bite.**

**Remove clothing, jewellery, or constricting items.**

**Clean the wound as best as you can, but don't flush it with water.**

**Wait for, or go for, medical help.**

**There are a lot of myths about how to care for a snake bite, avoid these.**

**Understand the medical care you should receive.**

**Follow recommendations for continued care of the bite.**

### NON- VENOMOUS SNAKE BITE

**Stop the bleeding.**

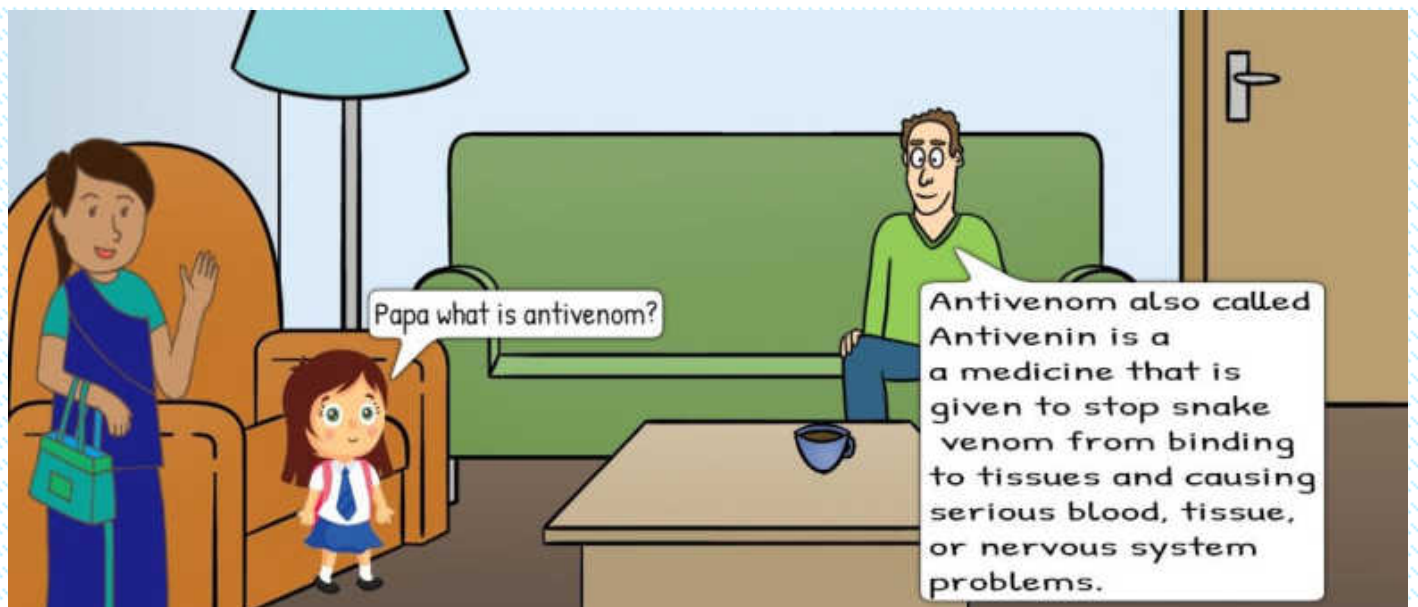
**Clean the wound carefully.**

**Treat the wound with an antibiotic ointment and a bandage.**

**Seek medical attention.**

**Pay attention to the wound as it heals.**

**Drink plenty of fluids as you heal.**



# DID YOU KNOW???



- WHO added snake bite envenoming to its priority list of neglected tropical diseases (NTDs) in June 2017.
- The majority of snake bite envenoming cases occur in tropical and sub-tropical regions of the developing world.
- As many as 46 000 snake bite deaths happen in India alone; sub-Saharan Africa, tropical Asia, New Guinea, and Central and South America are also snakebite hot spots.
- Snake bite affects particularly the farmers and poor men and women (including children aged 10-14 years) in villages.

Sources: 1. <https://www.hindustantimes.com/india-news/1-716-people-died-due-to-snake-bites-in-three-years-in-odisha/story-Fxg7RbALwkZVUcFW2edQII.html>

2. <https://www.who.int/news-room/questions-and-answers/item/snakebite->

## EMERGENCY NUMBERS

1. FOR MEDICAL HELP AFTER SNAKE BITE CALL- 108
2. FOR RESCUE- 09337295142







# MYTHS ABOUT SNAKE BITE



MYTHS	FACTS
Sucking the venom out of the wound / snake kits.	<ul style="list-style-type: none"><li>• Sucking the venom out can cause the venom to spread to the mouth.</li><li>• Extractor pumps found in snake kits won't do any better.</li></ul>
Use a tourniquet to keep the venom in an extremity	<ul style="list-style-type: none"><li>• Using a tourniquet can actually do more harm than good.</li><li>• confining the venom to an extremity where the bite occurred actually causes more damage to that area.</li></ul>
Shock it - with ice or electricity	Snakebites may cause swelling, that doesn't mean ice will deactivate the venom.
You must identify the snake that bit you	Getting a photo of the snake may be helpful if it is safe to do so rather than tracking the snake.

Source: <https://btgsp.com/en-us/insights/five-common-snakebite-myths,-debunked>



## DID YOU KNOW???

- Venom from rattlesnakes contains a chemical called crotoxin which is used for treating Cancer disease.
- The venom of the Brazilian pitviper contains a protein that is useful in reducing blood pressure, kidney disease, stroke and diabetes.

Source: [popsci.com/10-crazy-uses-animal-venom/](http://popsci.com/10-crazy-uses-animal-venom/)



# MYTHS ABOUT SNAKE



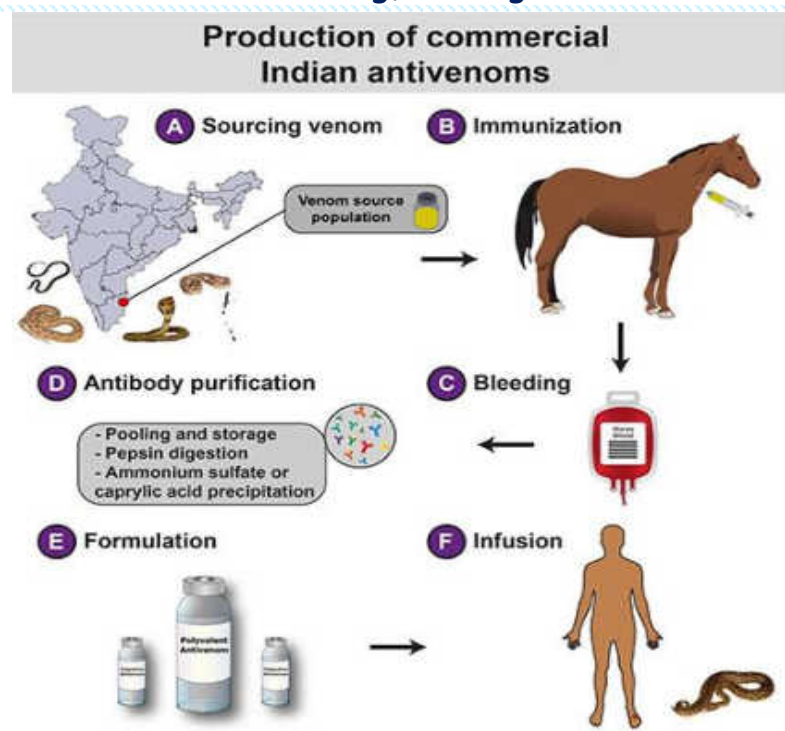
MYTHS	FACTS
Snakes can avenge their partner's death	<ul style="list-style-type: none"><li>• Snakes do not have any sort of social bond, or the intellect or memory to recognise and remember an assailant.</li><li>• When a snake is killed, it expels its musk. It is very much possible that a nearby snake may show up to investigate what the musk is all about.</li></ul>
Snakes drink milk.	<ul style="list-style-type: none"><li>• Snakes never developed what it takes to digest milk-enzyme, lactase.</li><li>• A snake would ever drink milk only because it's thirsty, and actually wants water, but water isn't available.</li></ul>
Snakes are poisonous	<ul style="list-style-type: none"><li>• Snakes are venomous, not poisonous.</li><li>• Poison can be inorganic such as compounds of Mercury, Arsenic, etc.</li><li>• Venom from snake, scorpion etc. are purely organic.</li><li>• Venom must be injected into the bloodstream; whereas poisons can be ingested, inhaled or absorbed through the skin.</li></ul>
Snakes dance to the snake charmers' tunes	<p>Snakes lack true ears and cannot hear high frequency sounds.</p> <p>They often replicate the movement of their prey or whatever is threatening them to be in the attacking range.</p>
Pythons kill their prey by breaking their bones.	<p>Breaking the bones will not kill the prey instantly. Pythons actually do asphyxiation or cut off the blood supply by coiling around the prey.</p>





## LET'S LEARN ABOUT ANTIVENOM

- Antivenom is a medicine that is given to stop snake venom from binding to tissues and causing serious blood, tissue, or nervous system problems.
- The Antivenom used in India is a polyvalent derived from the venom of the four snake species(Big 4) responsible for most bites in the country. It is ineffective in neutralising the venom of less known but medically important species such as kraits, etc.
- Antivenom is used for envenomations.
- Dry bites (no venom injected) do not need to be treated with antivenom.
- Mild envenomation bites may cause mild symptoms, such as slight bleeding, pain, and swelling at the bite.
- Moderate envenomations are more likely to cause symptoms of severe pain, swelling of the whole limb, and general feelings of illness, such as nausea, vomiting, and weakness.
- Severe envenomation symptoms include severe pain, severe swelling, difficulty breathing, moderate to severe bleeding, and signs of shock.



Source:1. <https://www.uofmhealth.org/health-library/tm6541>

2. <https://www.indianpediatrics.net/mar2021/mar-219-223.htm>

3. <https://theprint.in/science/snake-antivenom-in-india-ineffective-in-treating-bites-from-most-species-study-finds/331923/#:~:text=The%20antivenom%20in%20use%20in,as%20kraits%2C%20the%20study%20said.>

finds/331923/#:~:text=The%20antivenom%20in%20use%20in,as%20kraits%2C%20the%20study%20said.

# INTERESTING FACTS ABOUT SNAKES



Snakes are ECTOTHERMS. They rely on external sources (like the sun) to give them energy.

Snakes smell with their tongue.

Snakes enter a state of reduced metabolism called BRUMATION during cooler weather conditions.

Snakes are NOT aggressive rather shy secretive creatures.

Snakes are mostly deaf to airborne sounds as they have no external ears.

Snakes do not have eye lids, they have an eye spectacle which protects their eyes.

Source: 1. <https://www.discoverdeadly.com.au/interesting-snake-facts>

2. <https://www.worldanimalprotection.org.au/news/7-cool-facts-about-snakes>



# COMMONLY FOUND SNAKES IN ODISHA

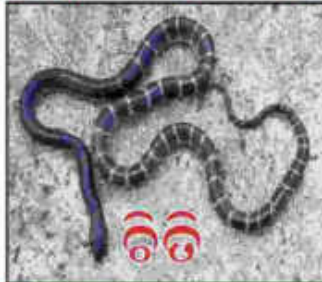
ଓଡ଼ିଶାରେ ଦେଖାଯାଉଥିବା କିଛି ସ୍ନାୟ

COMMON SNAKES OF ODISHA

## ବିଷଧର ସ୍ନାୟ / VENOMOUS SNAKES



COMMON COBRA (*Naja naja*)



COMMON KRAIT (*Bungarus caeruleus*)



RUSSELL'S VIPER (*Daboia russelii*)



SAW SCALED VIPER (*Echis carinatus*)



MONOCLED COBRA (*Naja kaouthia*)



BANDED KRAIT (*Bungarus fasciatus*)



KING COBRA (*Ophiophagus hannah*)



BAMBOO PIT VIPER (*Trimeresurus gramineus*)

## ବିଷହୀନ ସ୍ନାୟ NON-VENOMOUS SNAKES



COMMON KUKUL (*Oligodon armatus*)



COMMON SAND BOA (*Euprepis caerulea*)



BARRED WOLF SNAKE (*Lycodon striatus*)



RAT SNAKE (*Ptyas mucronata*)



COMMON WOLF SNAKE (*Lycodon aulicus*)



STRIPED KEELBACK (*Amphiesma strobilata*)



GREEN KEEL BACK (*Macropisthodon plumbeus*)



CHECKED KEELBACK (*Macropisthodon punctatus*)



INDIAN PYTHON (*Python molurus*)



COPPER-HEADED TRINKET (*Ecdyonophis rudis*)



SPOTTED BACK TREE SNAKE (*Dendrophiops pictus*)



TRINKET SNAKE (*Ecdyonophis rudis*)

ଅଳ୍ପ ବିଷଧର  
(ମଣିଷ ପାଇଁ କ୍ଷତିକାରକ ନୁହେଁ)  
MILDLY VENOMOUS  
(NOT HARMFUL FOR HUMAN)



ORNATE FLYING SNAKE (*Organiscopus*)



COMMON CAT SNAKE (*Dipsosaurus*)



COMMON VINE SNAKE (*Ahaetia*)



SMOOTH SCALED WATER SNAKE (*Enallagma*)

ALL THE SEA SNAKES  
ARE HIGHLY VENOMOUS.  
ସମସ୍ତ ସାମୁଦ୍ରିକ ସ୍ନାୟ ଅତ୍ୟନ୍ତ ବିଷଧର।

Issued in the public interest by : [www.snakehelpline.com](http://www.snakehelpline.com) | [email:info@snakehelpline.com](mailto:info@snakehelpline.com) ପାଠକ୍ ବିତ୍ତିମ ପାଇଁ କଲମ୍ : 09337295142





**UTKAL UNIVERSITY**  
**VANI VIHAR, BHUBANESWAR-751004**  
**Email-Id: rusa.utkal@gmail.com**

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From

Date: 27-07-2021

The Vice-Chancellor  
Utkal University  
Bhubaneswar- 751004

To  
The Executive Director  
Odisha State Disaster Management Authority (OSDMA)

Sub: Thanks for Your Kind Cooperation

Dear Sir,

I on behalf of "Utkal University" would like to thank you and your organisation "Odisha State Disaster Management Authority (OSDMA)" for providing the valuable guidance and support in developing the booklet on Drowning.

We appreciate the promptness and cooperation of your team in accepting our invitation and dealing with our request in attending the inaugural ceremony of the booklet, even amidst Sunday and their busy schedule.

We hope your Team of OSDMA and ODRAF will provide their valuable expertise to our University in future too.

With Best Regards

  
Vice-Chancellor  
Utkal University

27.7.2021



UTKAL UNIVERSITY  
VANI VIHAR, BHUBANESWAR-751004  
Email-Id: rusa.utkal@gmail.com

From  
Prof. Prabodha Kumar Hota  
Coordinator RUSA  
Utkal University, Bhubaneswar

Dt: 16/08/2021

To  
The Director  
Handlooms, Textiles & Handicrafts Department

Dear Sir,

With reference to the previous discussions at the event held on 30<sup>th</sup> March 2021, I on behalf of Utkal University am writing to arrange a meeting with your esteemed Department. The purpose for the meeting is to discuss about the Ergonomic footrest developed by Ms. Anannya Pattanayak, Program Manager (Rural Development) under RUSA project of Utkal University.

Kindly let us know the scheduled date and time for the meeting. Looking forward for the meeting.

Regards

  
Prof. P. K. Hota  
Coordinator, RUSA  
Utkal University  
Vani Vihar, Bhubaneswar-4





**UTKAL UNIVERSITY**  
**VANI VIHAR, BHUBANESWAR-751004**  
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Vice-Chancellor  
Utkal University

27.7.2021



## **RURAL DEVELOPMENT DIVISION**

Guided by: Prof. P.K. Hota, Coordinator RUSA, HOD Commerce, Utkal University

Program Manager: Ms Anannya Pattanayak

The Rural Development Division of Rural Outreach Team under RUSA project of Utkal University has been working on several areas such as: application of principles of management and existing technologies to the day-to-day lives of people in rural areas, upliftment of artisans of Odisha through the use of management, science and technology; and State specific Disasters and their impact on people in Rural areas.

At present the major ongoing work of the division are:

1. Ergonomic study of Weavers
2. State specific disasters
3. Entrepreneurship development through Digital Marketing

### **Brief Summary of Work done by Rural Development Division, Rural Outreach Team RUSA 2.0, Utkal University**

#### **February 2020 to March 2022**

Work done under Rural Development division till date is as follows:

1. Field visit to Chandikhol for building rapport with stakeholders of villages (Darpan, Salapada, Bhusandpur and Siha) of Jajpur district of Odisha.
2. Rapporteur for International Conference Organized by UU. Report prepared on proceedings of Plenary Session of the International Conference on Science, Society and Politics in South Asia organized by Utkal University.
3. Platinum Jubilee Distinguished Lecture on 'Momentous Mobilities' delivered by Prof. Noel B. Salazar.
4. Preparation of criteria and selection of villages of 9 program districts.
5. A Detailed Implementation Plan for the Rural Development vertical was prepared that presents an idea of the planned activity for a period of 8 months till March 2021..
6. Workshop on Status of Unorganized Workers in the Construction Sector and Implementation of Government Schemes.
7. District Profile of 9 Program Districts was prepared. Comprehensive understanding of the 9 program districts, geography, socio-cultural practices, financial mechanisms, healthcare facilities, education, transport, civil society and non-governmental

organizations and various systems, infrastructure and facilities that exist in the districts.

8. A Qualitative Analysis of 9 Program Districts from the Perspective of Rural Development Vertical was done. This document consists of four distinct reports- Review of International, Government and Civil Society Organization reports, Review of Ethnographic Works, Review of Comparative Theoretical Framework and Report on Best practices in Rural Odisha.
9. Preparation of framework for webinar on “Impact of COVID-19 on Agronomy and Livelihood in rural areas of Odisha”.
10. Data collection of unemployed youth, SHGs and existing entrepreneurs through telephonic conversation with Sarpanches of several villages of Barchana block of Jajpur district.
11. Preparation of framework and proposal of a program for safe drinking water involving Akruiti Tech Plus in the aim of encouraging the young students of the University for considering entrepreneurship as a career option and providing safe drinking water to people.
12. “Workshop on Impact of the pandemic on psycho-social well-being of students” was conducted by the Rural Outreach Team.
13. Observation of International Human Rights day; World Disability Day and World AIDS day at Utkal University Campus.
14. Field visit to Chandikhole, Jajpur district with Hon'ble VC, Registrar and other staffs of Utkal University.
15. Orientation cum training program on manufacturing and market prospects of Badi, pappad, etc was conducted for SHG members of Bhusandpur GP.
16. Meeting with Hon'ble VC and other Professors present in the review and modification of work plan based on the inputs provided in the meeting.
17. Ergonomic study of the Weavers was initiated under the guidance of Prof. P.K. Hota.
18. Development of Ergonomic footrest for Weavers.
19. Physiotherapy cum Felicitation ceremony for Weavers in Khordha was conducted with Deputy Director of Textiles, Assistant Director of Textiles and RUSA Coordinator as chief guests.
20. Study on “Drowning” – a state specific disasters and development of booklet titled “Drowning is Silent”.

21. Inauguration Ceremony cum Webinar on Drowning was conducted on World Drowning Prevention Day.
22. Workshop on Digital Marketing was conducted in Jajpur District.
23. DPR on Ergonomic footrest was submitted to Handlooms, Textiles and Handicrafts Department, Odisha.
24. Study on “Snakebite” – a state specific disasters and development of booklet titled “Understanding the Misunderstood”.
25. Inauguration Ceremony cum Awareness on Snakebites and Myths Prevailing was conducted in Puri district with Hon’ble Vice Chancellor of Utkal University as Chief Guest and Registrar, Comptroller of Finance and Coordinator RUSA and Shri Suwendu Mallick, General Secretary of Snake Helpline as Guest of Honour.
26. Awareness workshop on Drowning was conducted in Cuttack district.
27. “Physiotherapy Manual For Weavers” was developed under the technical guidance of Director, SVNIRTAR, Olatpur and Team of SVNIRTAR, Olatpur.
28. Joint Meeting cum Release of Physiotherapy Manual for Weavers was conducted in Hon’ble Vice Chancellor’s office which was attended by Prof. Sabita Acharya, Vice Chancellor, Utkal University; Shri Surendra Sahoo, Comptroller of Finance, Utkal University; Prof. P.K. Hota, Coordinator RUSA, Utkal University, Shri Nigamanada Das, Director CDC, Utkal University; Dr. PP Mohanty, Director SVNIRTAR; Shri Debjit Nandy, Deputy Director of Textiles, Govt. of Odisha; Shri Vikash Kumar, Deputy Director, Weavers’ Service Centre; Shri S.K. Patra, Ex- Director, Weavers’ Service Centre; Prof. Bhaswati Pattnaik, Deputy Coordinator RUSA, Utkal University.
29. Distribution of Physiotherapy Manual among Weavers of Khordha district.
30. Development of awareness video on Heat Wave and Lightning under the technical guidance of IMD.
31. Launch of Video on Heat Wave and Lightning.
32. Heat Wave awareness workshop in Puri district.



