

DROWNING IS SILENT



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

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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!

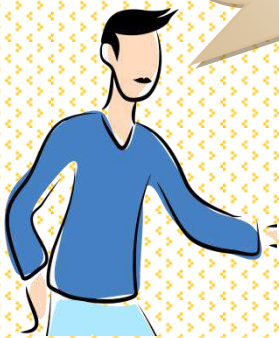
WHAT IS DROWNING??



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

The scene is set in a living room. Anil's father, a man with short black hair wearing a pink long-sleeved shirt and brown trousers, stands in the center. To his right, Anil, a boy with brown hair wearing a yellow hoodie, grey pants, and a blue baseball cap, stands with his hands in his pockets. To the right of Anil, Usha, a girl with blonde hair in a ponytail wearing a pink dress and glasses, stands near a brown door. In the background, there is a blue lamp on a stand and a large brown armchair.



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


The scene is the same living room. Anil's father is speaking to Anil and Usha. Anil is looking down and Usha is looking at her father.



Ok Papa

Alright Papa

Anil and Usha are now standing together, looking at their father. Anil is saying "Ok Papa" and Usha is saying "Alright Papa".



Usha don't forget what Papa has said

The scene has changed to the exterior of the house. Anil and Usha are standing on a checkered tile path. Anil is on the left, wearing his yellow hoodie and blue cap, and Usha is on the right, wearing her pink dress and glasses. The house is a two-story building with a brown facade and several windows. A green bush and a wooden fence are visible on the left side of the house.

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)

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

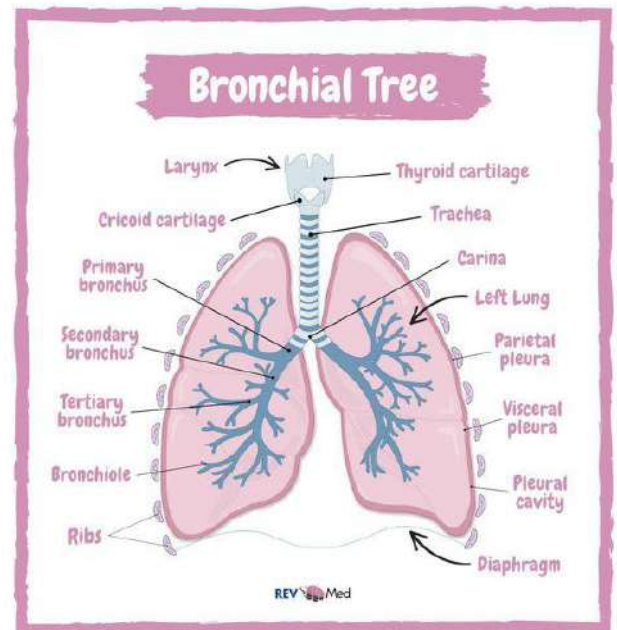
Head submerges or drops below the water surface, breath holding occurs

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.

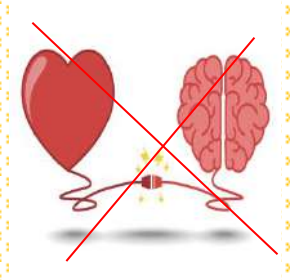
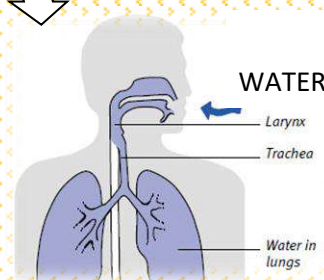
The brain stops functioning within just a few minutes without oxygen, and permanent damage occurs if there is no oxygen for more than six minutes.



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

2. https://www.emedicinehealth.com/drowning/article_em.htm#drowning_prevention_facts

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

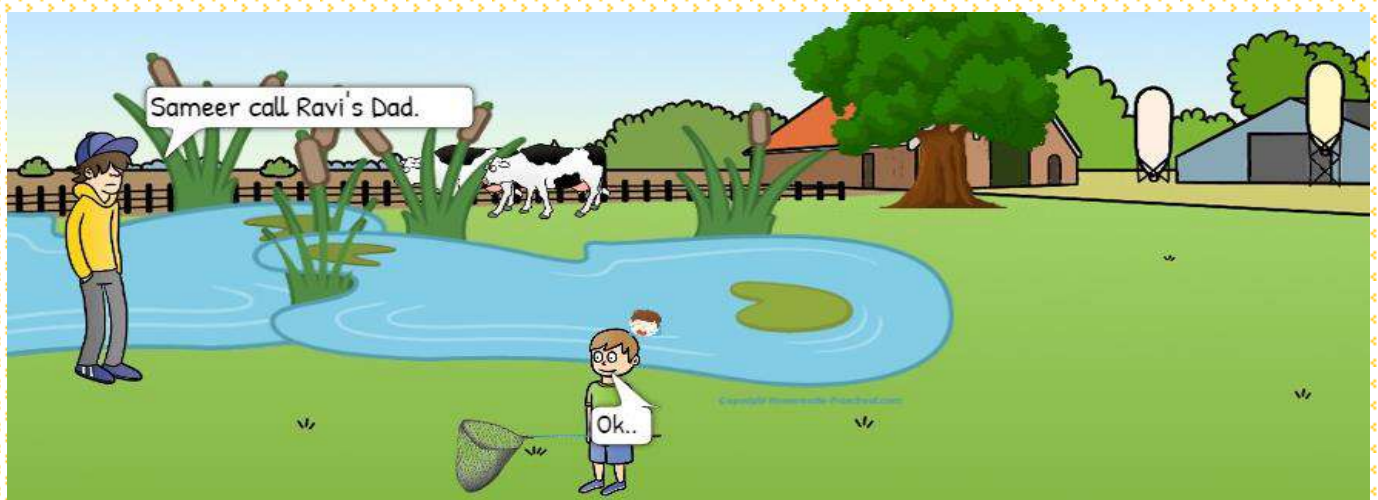
Unlikely in movies, when un-
noticed, drowning is silent and
can happen quickly, mainly
when it comes to young
children.

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:

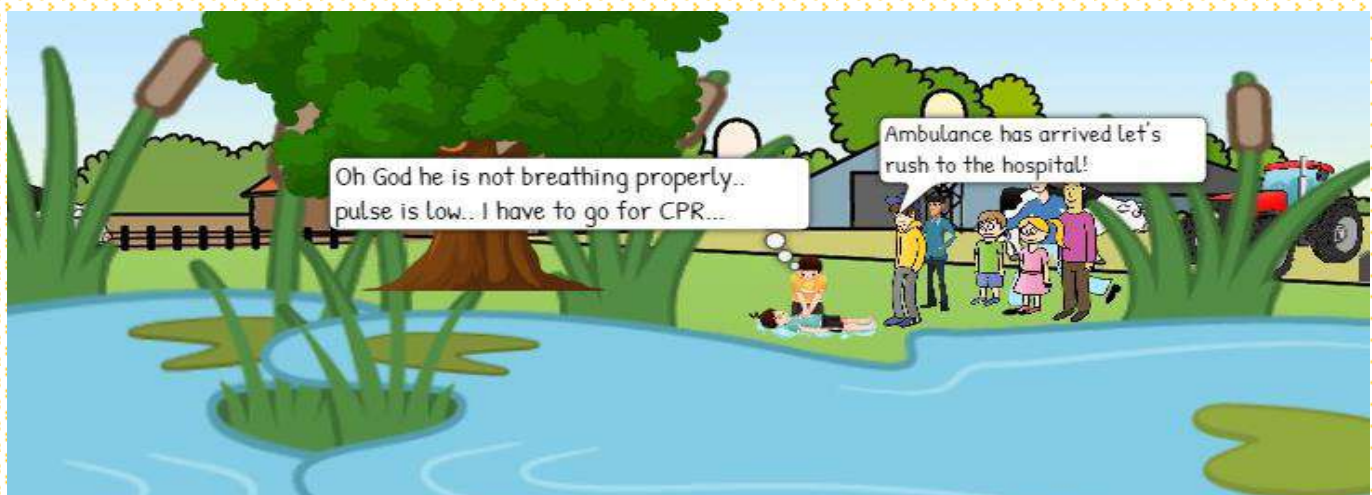
- *Lack of supervision in the bathtub or other body of water.*
- *A swimming pool or an open pond. (Children, who have drowned, usually have been out of sight for less than 5 minutes.)*
- *Lack of life jackets (personal floatation devices) on boats.*
- *Pool toys are not a substitute for a "real" life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





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

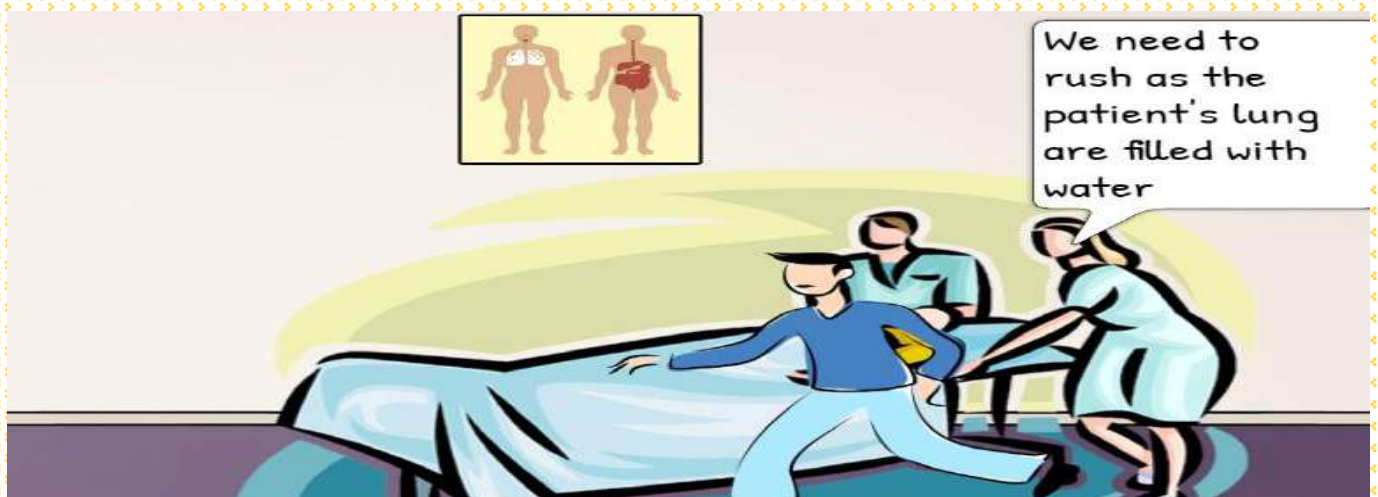
This applies where the victim is too far and can neither use reach or throw methods. Take a boat and go close to the victim taking care not to hit him.



Go

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





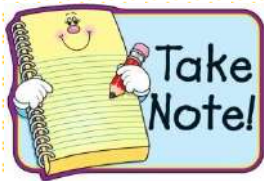
WHAT NEXT?

After rescuing the victim
from Drowning???

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

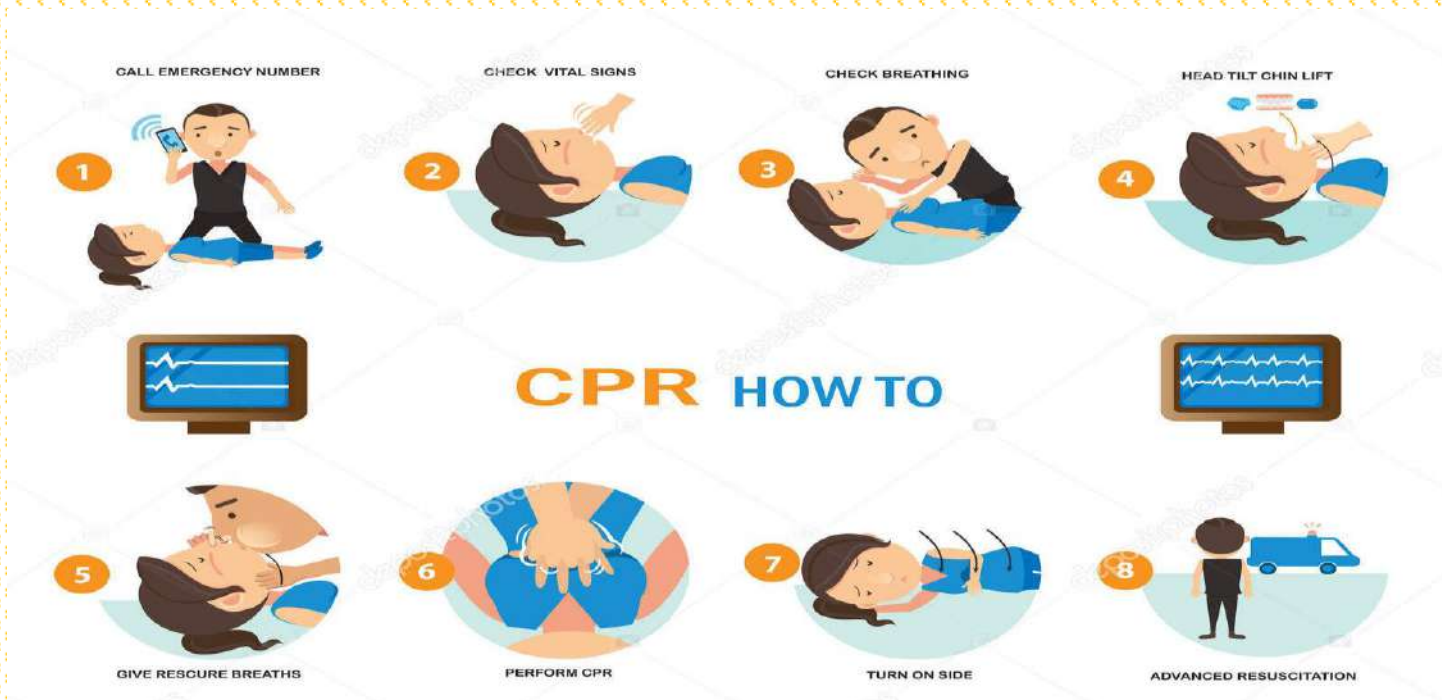
Feel for the pulse on the neck side or the wrist, if he is still breathing feel for the air coming through the nose and ensure it is open.

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

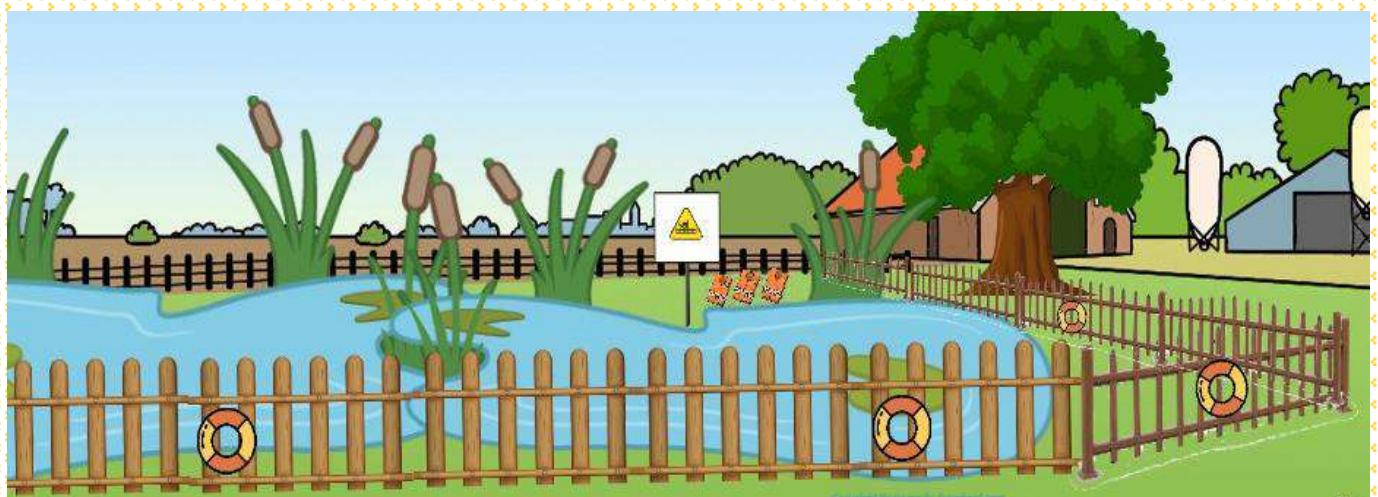
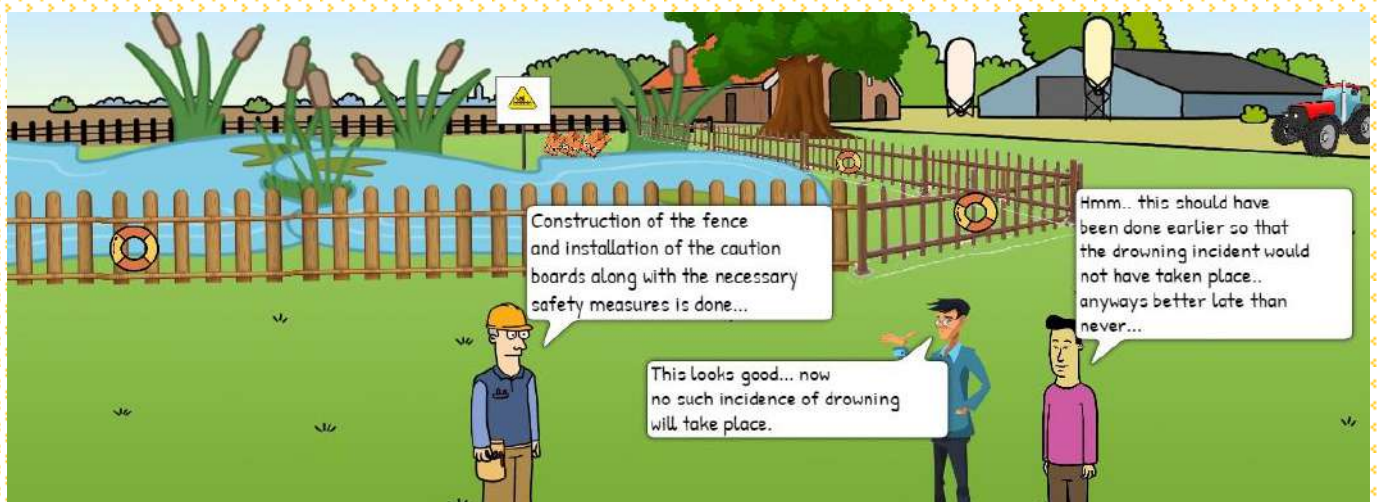
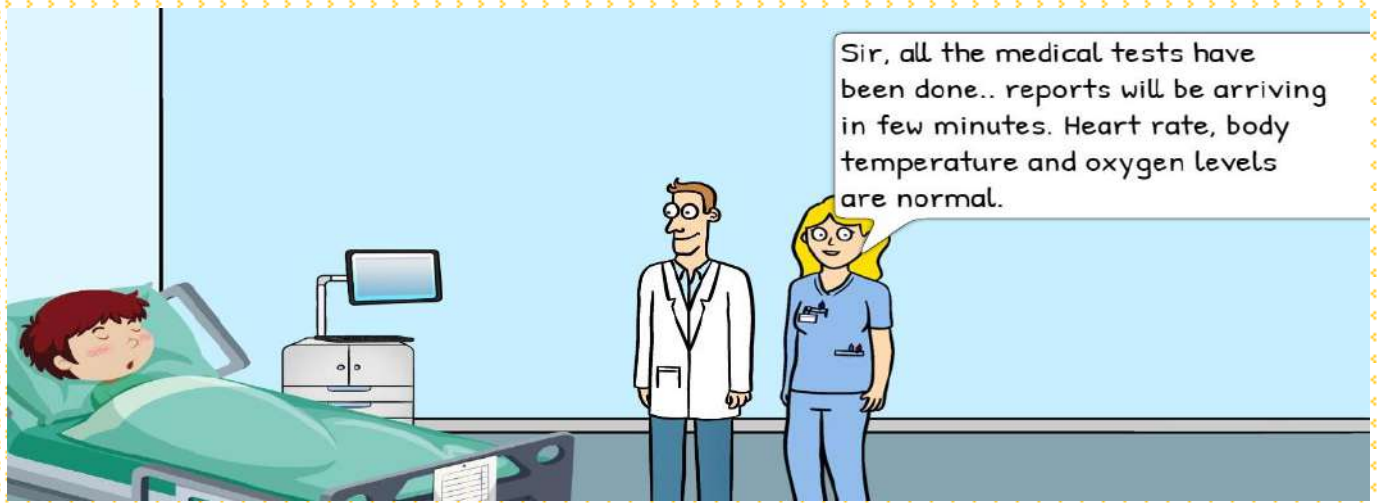


A Cardiopulmonary Resuscitation (CPR) is a combination of chest compressions and mouth-to-mouth resuscitation to deliver oxygen and artificial blood circulation to the victim.

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/>





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

ବୁଡ଼ିଯିବା ବ୍ୟକ୍ତିକୁ କିପରି ରକ୍ଷା କରାଯାଇପାରିବ?

ସାହାଯ୍ୟ ପାଇଁ ଚିତ୍କାର କରନ୍ତୁ

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

୧୦୦/୧୦୧ କୁ ଡାଏଲ କରନ୍ତୁ

ଯେତେଶୀଘ୍ର ସମ୍ଭବ ଦୁର୍ଘଟଣା ସମ୍ପର୍କରେ ଜଣାଇବା ପାଇଁ ପ୍ରଦତ୍ତ ଜରୁରୀ ନମ୍ବରରେ ଡାଏଲ କରନ୍ତୁ ।

ପହଞ୍ଚନ୍ତୁ

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ଫିଙ୍ଗନ୍ତୁ

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ନୌସ୍ଥଳନା

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ଯାଆନ୍ତୁ

ବୁଡ଼ି ଯାଉଥିବା ବ୍ୟକ୍ତିଙ୍କୁ ଉଦ୍ଧାର କରିବା ପାଇଁ ପହଁରିବା ହେଉଛି ଶେଷ ଉପାୟ, ଏହା ସନ୍ତରଣ ବିଷୟରେ ଜ୍ଞାନ ଆବଶ୍ୟକ କରେ ଏବଂ ଏହା କରିବା ପାଇଁ ଅନେକ ତାଲିମ ଆବଶ୍ୟକ ।

ଏଭଳି କଳ୍ପିତ କଥାରେ ଆପଣ ବିଶ୍ୱାସ କରନ୍ତି କି ?

(୧) କଳ୍ପିତ କଥା - ପହଁରା ଜାଣିଥିଲେ ଆପଣ ବିପଦମୁକ୍ତ ।

ଭଲ ସନ୍ତରଣକାରୀମାନଙ୍କୁ ବୁଡ଼ିଯିବା ପାଇଁ ଚିନ୍ତା କରିବା ଦରକାର ନାହିଁ ସତ୍ୟତା - ସନ୍ତରଣ ଶିଖିବା ବୁଡ଼ିଯିବା ପ୍ରତିହତ କରିବାପାଇଁ ଜରୁରୀ, କିନ୍ତୁ କେହି ମଧ୍ୟ ବୁଡ଼ିଯିବା ସୁରକ୍ଷିତ ନୁହେଁ ଏପରିକି ଅଭିଜ୍ଞ ସନ୍ତରଣକାରୀ ମଧ୍ୟ (ଅନୁଧ୍ୟାନରୁ ଜଣାଯାଏ ସନ୍ତରଣକାରୀମାନେ ବୁଡ଼ିଯିବ RISK କୁ ୮୮% କମାଇ ଦେଇ ପାରନ୍ତି) ପାଣି ବିଷୟରେ ପୂର୍ବାନୁମାନ କରିହେବା ସମ୍ଭବ ନୁହେଁ, ବିଶେଷ କରି ଖୋଲା ଜଳାଶୟ, କୁଆର ଓ କରେଣ୍ଟଯୋଗୁଁ ପାଣି ତଳେ ଟାଣି ହୋଇଯିବା ବିପଦଜନକ । ସେଥିପାଇଁ ମଧ୍ୟ ଏକୁଟିଆ ପହଁରିବା ଉଚିତ୍ ନୁହେଁ ।

(୨) କଳ୍ପିତ କଥା - ପହଁରା ଜାଣିଥିଲେ ତୁମକୁ ଲାଇଫ୍ ଜ୍ୟାକେଟ ଦରକାର ନାହିଁ ।

ସତ୍ୟତା - ଆପଣ ଲାଇଫ୍ ଜ୍ୟାକେଟ ପିନ୍ଧିବା ଦରକାର କି ନାହିଁ ଏ ନିଶ୍ଚିତ କରିବା ସମୟରେ, ଆପଣଙ୍କ ପହଁରିବା ଦକ୍ଷତା ଓ ସନ୍ତରଣର ପାରିପାଣ୍ଡବ ଅବସ୍ଥା ଆଦି ଦରକାରୀ ଜିନିଷ ଚିନ୍ତା କରି ନେବା ଉଚିତ୍ ।

(୩) କଳ୍ପିତ କଥା - ଆମେ ପହଁରୁ ନଥିଲେ ବୁଡ଼ିଯିବାର କୌଣସି ଭୟ ନାହିଁ । ସତ୍ୟତା - ସନ୍ତରଣ ନକରୁଥିବା ଦୁର୍ଭାଗ୍ୟୁ ବାସ୍ତବତା ହେଉଛି ଅଧିକାଂଶ ବୁଡ଼ିବା ଦୁର୍ଘଟଣା ସମୟରେ ଘଟିଥାଏ । ପ୍ରକୃତରେ ୫ବର୍ଷରୁ ସାନ ଛୁଆମାନଙ୍କର ୭୯% 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 ଶ୍ୱାସରୁକ ଘଟାଇଥାଏ । ପୀଡ଼ିତ ଅମ୍ଳଜାନ ନେଇ ନପାରି ଉପଯୁକ୍ତ ଚିକିତ୍ସା ଅଭାବରୁ ବୁଡ଼ିଯାଇପାରେ ।

- ବ୍ୟକ୍ତି ଯେତେବେଳେ ନାକ ବା ପାଟିବାଟେ ନିଶ୍ୱାସରେ ଜଳକୁ ନିଏ ସେତେବେଳେ ତାଙ୍କର ଶ୍ୱାସନଳୀରେ ସନ୍ଦନ ଓ ନିଶ୍ୱାସ ନେବାରେ ଅସୁବିଧା ସୃଷ୍ଟି ହୋଇଥାଏ । ସେତେବେଳେ ଶୁଷ୍କ ବୁଡ଼ିଯିବା ଘଟିଥାଏ । ଏହାକୁ ଶୁଷ୍କ କୁହାଯାଏ କାରଣ ସୁରନଳୀରେ । ସୁନ୍ଦନ (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 ନିଷ୍ପୟ ବୁଡ଼ିଯିବା ଘଟିଥାଏ । ସାଧାରଣତଃ ଜ୍ଞାନର ଅଭାବ କିମ୍ବା ଜଳ ଉପରକୁ ଉଠିବାର ଶାରିରୀକ ଅକ୍ଷମତା ଯୋଗୁଁ ସାନ ପିଲାମାନଙ୍କଠାରେ ଏହା ଘଟିଥାଏ ।
- ବୁଡ଼ିଯାଇଥିବା ପୀଡ଼ିତଙ୍କୁ ଯେତେବେଳେ ସଫଳତାର ସହିତ ଉଦ୍ଧାର ଏବଂ । ପୁନର୍ବାର ଚେତା ଫେରେଇବାର ଚେଷ୍ଟା କରାଯାଇଥାଏ । ସେମାନେ ସମ୍ପୂର୍ଣ୍ଣ ସ୍ୱସ୍ଥ 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 ନିଷ୍ପୟ ବୁଡ଼ିଯିବା ଘଟିଥାଏ । ସାଧାରଣତଃ ଜ୍ଞାନର ଅଭାବ କିମ୍ବା ଜଳ ଉପରକୁ ଉଠିବାର ଶାରିରୀକ ଅକ୍ଷମତା ଯୋଗୁଁ ସାନ ପିଲାମାନଙ୍କଠାରେ ଏହା ଘଟିଥାଏ ।
- ବୁଡ଼ିଯାଇଥିବା ପୀଡ଼ିତଙ୍କୁ ଯେତେବେଳେ ସଫଳତାର ସହିତ ଉଦ୍ଧାର ଏବଂ । ପୁନର୍ବାର ଚେତା ଫେରେଇବାର ଚେଷ୍ଟା କରାଯାଇଥାଏ । ସେମାନେ ସମ୍ପୂର୍ଣ୍ଣ ସ୍ୱସ୍ଥ 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 ।



DROWNING ବୁଡ଼ିଯିବା

A STATE SPECIFIC DISASTER
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 ଗଲିଯିବା ସହିତ ମୁହଁ ପୁରା ମୋଲା ରହେ ।
- ଆଖି ପୁରା ବନ୍ଦ ଥାଏ କିମ୍ବା ସମ୍ପୂର୍ଣ୍ଣ ଖୋଲା ଥାଏ ଏବଂ କିଛି ଦେଖିବା ଅବସ୍ଥାରେ ନଥାଏ ।
- ଜଳସ୍ତର ଉପରକୁ ଏବଂ ତଳକୁ ମୁଣ୍ଡ ଉବୁଟୁଟୁ ହେଉଥାଏ ।
- ଗଭୀର ନିଶ୍ୱାସ ଏବଂ ଧଇଁସଇଁ ହେବା ।
- କୌଣସି ଏକ ଦିଗରେ ପହଞ୍ଚିବାକୁ ଚେଷ୍ଟା କରିବା ଓ ସେଥିରେ ବିଫଳ ହେବା ।

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

ଚାଲନ୍ତୁ 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 ୫୪ ଭାଗ ୫ବର୍ଷରୁ କମ ପିଲାଙ୍କ ମଧ୍ୟରେ, ଶତକଡ଼ା ୨୬ଭାଗ ୫ରୁ ୯ ବର୍ଷ ପିଲାଙ୍କ ମଧ୍ୟରେ ଏବଂ ଶତକଡ଼ା ୧୯ ଭାଗ ୧୦ ରୁ ୧୪ ବର୍ଷ ପିଲାଙ୍କ ମଧ୍ୟରେ ହୋଇଥାଏ ।
- ସୂଚ ଅନୁସାରେ ୨୦୧୮ ମସିହାରେ ବୁଡ଼ିଯିବା ଜନିତ ମୃତ୍ୟୁ ଘଟିବାର ଏକ ବିଶେଷ ସଂଖ୍ୟା ମଧ୍ୟପ୍ରଦେଶରୁ ମିଳିଥିଲା । (୩୦୧୮୭ ରୁ 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 ଜୁଲାଇରେ ବିଶ୍ୱ ବୁଡ଼ା ପ୍ରତିରୋଧ 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 ଆଲୋଚନା ପାତ୍ର ଓ ଚର୍ଚ୍ଚା କରାଯାଏ ।

ଦୈନନ୍ଦିନ ଜୀବନରେ ବୁଡ଼ିଯିବାର କେତୋଟି ପ୍ରମୁଖ କାରଣ :

୧. ପାଣିର ଆସ୍ତରଣ ବିଷୟରେ ନଜାଣି ବନ୍ଧୁମାନଙ୍କ ସହ ନୌକା ବିହାରରେ ଯିବା ।
୨. ଅତ୍ୟଧିକ ବୋର୍ଡ ହୋଇଥିବା ତଙ୍ଗାରେ ଯାତ୍ରା କରିବା ।
୩. ହୋଲିଡିନ ବିପଦଶଙ୍କୁଳ ଜଳାଶୟ ମଧ୍ୟରେ ସ୍ନାନ କରିବା ।
୪. ବଣଭୋଜି ସ୍ଥଳରେ ଜଳସ୍ତର ଦେଖେଇବା ।
୫. ପହଁରା ନଜାଣି ପାଣିକୁ ତେଇଁବା ।

୨. ଜଳାଶୟ ନିକଟରେ ସେଲଫି ନେବା ।

ବୁଡ଼ିଯିବାର ସାଧାରଣ କ୍ରମ:

ବୁଡ଼ିଯାଉଥିବା ବ୍ୟକ୍ତି ନିଜର ମୁଣ୍ଡକୁ ପାଣି ଉପରେ ରଖିବାକୁ ଚେଷ୍ଟାକରେ । ଜଳସ୍ତର ତଳକୁ ମୁଣ୍ଡ ବୁଡ଼ିଯାଏ ଯାହା ଫଳରେ ନିଶ୍ୱାସ 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 ହ୍ରାସପ୍ରସ୍ତର ମାଂସପେଶୀ ସଠିକ୍ ଭାବେ କାର୍ଯ୍ୟ କରିବାପାଇଁ ଅତ୍ୟନ୍ତ ଆବଶ୍ୟକ । ନିୟମିତ ଭାବେ ଅମ୍ଳଜାନ ନ ପାଇଲେ ହୃତପିଣ୍ଡର ସ୍ପନ୍ଦନ ଅସ୍ୱଭାବିକ ଓ ବିପଦପୂର୍ଣ୍ଣ ହୋଇଥାଏ । ଅମ୍ଳଜାନ ବିନା ଅଳ୍ପ କେତେ ମିନିଟ୍ ମଧ୍ୟରେ ମସ୍ତିଷ୍କ କାମ କରିବା ବନ୍ଦ କରିଦିଏ । ୬ମିନିଟ୍‌ରୁ ଅଧିକ ସମୟ ଅମ୍ଳଜାନ ନ ପାଇଲେ ମସ୍ତିଷ୍କକୁ ସ୍ଥାୟୀଭାବେ ଆଘାତ ହୋଇଯାଏ ।

ଜାଣିଛନ୍ତି କି ?

ଓଡ଼ିଶାରେ ବୁଡ଼ିଯିବା ଜନିତ ହେଉଥିବା ଅଧିକାଂଶ ମୃତ୍ୟୁ ଜୁଲାଇରୁ ନଭେମ୍ବର ମଧ୍ୟରେ ହୋଇଥାଏ ।
ଲାଲଫଟ୍ ଏବଂ ଲାଇଫ୍ ଜ୍ୟାକେଟ୍ ଆପଣଙ୍କୁ ବୁଡ଼ିଯିବାରୁ ବଞ୍ଚାଇ ଥାଏ । ଉତ୍ତରୀନୋଦନ ଘଟଣା ଯେପରିକି ବନ୍ଧୁମାନଙ୍କ ସହ ଜଳାଶୟ ମଧ୍ୟରେ ଖରାଦିନେ ଗାଧୋଇବା, ବେପରୁଆ ଭାବେ ପାଣିକୁ ତିଆଁ ମାରିବା, ପର୍ବପର୍ବାଣି ଉତ୍ସବ ସମୟରେ ଅତ୍ୟଧିକ ଭାରଥିବା ତଙ୍ଗାରେ ଯାତ୍ରା କରିବା ବୁଡ଼ିଯିବା କାରଣ ହୋଇଥାଏ ।
ବୁଡ଼ିଯିବା, ବକ୍ସାଘାତ, ଘୁଣ୍ଟିବାତ୍ୟା, ଅତ୍ୟଧିକ ଦୃଷ୍ଟି, ଅଂଶୁଘାତ, ନୌକା ଦୁର୍ଘଟଣା ଏବଂ ସର୍ପାଘାତ ଆଦି ଆଠଟି ପ୍ରାକୃତିକ ବିପତ୍ତି ଓଡ଼ିଶା ସରକାରଙ୍କଦ୍ୱାରା ରାଜ୍ୟକୈନ୍ଦ୍ରିକ ବିପର୍ଯ୍ୟୟ ଭାବରେ ଘୋଷଣା କରାଯାଇଛି ।
ପ୍ରାକୃତିକ ବିପର୍ଯ୍ୟୟରେ ଶିକାର ହୋଇ ପ୍ରାଣ ହରାଇଥିବା ବ୍ୟକ୍ତିମାନଙ୍କର ପରିବାର ବର୍ତ୍ତମାନ ରାଜ୍ୟ ବିପତ୍ତି ଉତ୍ତର ପାଣି (SDRF), ଓଡ଼ିଶା ସରକାରଙ୍କ ଦ୍ୱାରା ୪,୦୦,୦୦୦/- ଟଙ୍କା ପର୍ଯ୍ୟନ୍ତ ଅନୁକମ୍ପା ରାଶି ପ୍ରଦାନ କରାଯାଇଥାଏ ।

ଶିଶୁ ଏବଂ ଛୋଟ ଛୁଆଁଙ୍କର ବୁଡ଼ିଯିବାର କାରଣ

ଶିଶୁ ଏବଂ ଛୁଆଁମାନଙ୍କର ବୁଡ଼ିଯିବାର ବିପଦର ନିମ୍ନଲିଖିତ କାରଣ:

- ଜଳାଶୟରେ ଉପଯୁକ୍ତ ତତ୍ତ୍ୱାବଧାନର ଅଭାବ
- ଖୋଲା ଜଳାଶୟ (ସାଧାରଣତଃ ବୁଡ଼ିଯାଉଥିବା ପିଲାମାନେ ପାଞ୍ଚମିନିଟ୍‌ରୁ କମ ସମୟରେ ନିଜର ଦୃଷ୍ଟି ବାହାରକୁ ରହିଯାଇଥାନ୍ତି)
- ତଙ୍ଗାମାନଙ୍କରେ ଲାଇଫ୍ ଜ୍ୟାକେଟ୍‌ର ଅଭାବ ।
- ଜଳାଶୟରେ ବ୍ୟବହାର ହେଉଥିବା ଖେଳନା ପ୍ରକୃତ ଲାଇଫ୍ ଜ୍ୟାକେଟ୍‌ର ବିକଳ ନୁହେଁ ।
- ଛୁଆଁଙ୍କ ପ୍ରତି ଅଣଦେଖା କରିବା ।

କିଶୋର ଏବଂ ପ୍ରାପ୍ତ ବୟସ୍କଙ୍କର ବୁଡ଼ିଯିବାର କାରଣ

- ଅର୍ଦ୍ଧାଧିକ ବୁଡ଼ିଯିବା ଘଟଣା ମଦ୍ୟପାନ ଯୋଗୁଁ ହୋଇଥାଏ ।
- ପହଁରା ନଜାଣିବା ।
- ହୃଦଘାତ, ସିଜର, ଶ୍ଳୋକ, କୀଟଦଂଶନ ଆଦି କ୍ଷେତ୍ରରେ ପୀଡ଼ିତଙ୍କୁ ଆପାତକାଳୀନ ଚିକିତ୍ସା ନମିଳିଲେ ।

କଳ୍ପିତ କଥା - ବୁଡ଼ିଯିବା ଶବ୍ଦ କାରକ ।
ବାସ୍ତବ କଥା- ନଦେଖୁଥିବା ବେଳେ ବୁଡ଼ିଯିବା ନିଶ୍ଚୟରେ ଏବଂ ବହୁତ ଶୀଘ୍ର ଘଟିଥାଏ, ମୁଖ୍ୟତଃ ସାନ ପିଲାଙ୍କ କ୍ଷେତ୍ରରେ ଚଳଚ୍ଚିତ୍ରରେ ଏପରି ହୋଇନଥାଏ ।

କଳ୍ପିତ କଥା - ମୋର ଚିନ୍ତା କରିବାର କାରଣ ନାହିଁ ପାଣିଜନିତ ଦୁର୍ଘଟଣା ଘର ଭିତରେ ବା ବାହାରେ ଯେହେତୁ ମୁଁ ପାଣି ପାଖରେ ରହେନି ।
ବାସ୍ତବ କଥା- ପାଣିଜନିତ ଦୁର୍ଘଟଣା ଘର ଭିତରେ ବା ବାହାରେ ଯେ କୌଣସି ସ୍ଥାନରେ ହୋଇପାରେ । ଶିଶୁମାନେ ବାଲଟିଏ ପାଣି, ବଗିଚାରେ ଥିବା ପାଣିକୁଣ୍ଡ, ଏବଂ ପାଇଖାନାରେ ମଧ୍ୟ ବୁଡ଼ିଯାଇ ପାରନ୍ତି ।

କଳ୍ପିତ କଥା - ଅଳ୍ପପାଣି କିମ୍ବା ଅଗଭୀର ଜଳାଶୟରେ ଛୋଟପିଲା ସୁରକ୍ଷିତ ।
ବାସ୍ତବ କଥା- ଛୁଆଁମାନେ ଅଳ୍ପ କେତେ ଇଞ୍ଚ ପାଣିରେ କିଛି ମିନିଟ୍ ମଧ୍ୟରେ ବୁଡ଼ିଯାଇ ପାରନ୍ତି ।

କଳ୍ପିତ କଥା - ସବୁବେଳେ ଅନ୍ୟକୁ ବଞ୍ଚାଇବାପାଇଁ ପାଣିକୁ ତେଇଁ ପଡ଼ିବା ଦରକାର ।
ବାସ୍ତବ କଥା- ପାଣିକୁ ତେଇଁ ପଡ଼ିବାଦ୍ୱାରା ନିଜପାଇଁ ଓ ବୁଡ଼ି ଯାଉଥିବା ବ୍ୟକ୍ତି ପାଇଁ ବିପଦ ହୋଇପାରେ ।

କଳ୍ପିତ କଥା - ଫ୍ଲୋଟିଙ୍ଗ୍ ଏଡ଼ସ୍ ଏବଂ ୱାଟର ଝିଙ୍ଗ୍ସ ପିଲାମାନଙ୍କୁ ସୁରକ୍ଷିତ ରଖେ ।
ବାସ୍ତବ କଥା- ଲାଇଫ୍‌ବୟ୍ ଓ ଲାଇଫ୍ ଜ୍ୟାକେଟ୍‌କୁ ସନ୍ତରଣକାରୀମାନଙ୍କ ପାଇଁ ସବୁଠାରୁ ସୁରକ୍ଷିତ ଯନ୍ତ୍ର ହିସାବରେ SOLAS ଦ୍ୱାରା ଅନୁମୋଦିତ ହୋଇଛି । ଏହି ସବୁ ଯନ୍ତ୍ର ବୟସ୍କଙ୍କର ତତ୍ତ୍ୱାବଧାନରେ ବ୍ୟବହାର କରାଯିବା ଉଚିତ୍ ।





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 ଡାକ୍ତରି 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 ।

ପ୍ରଫେସର ସବାତା ଆରୁର୍ଯ୍ୟ
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 ଭାବେ କୃତକାର୍ଯ୍ୟ ହେବ ।

ପ୍ରତିଷ୍ଠାପକ ମାୟାନ୍ତି

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 । ୫ 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. ଆଶ୍ଚର ବ୍ୟାୟାମ- ବିଛଣାରେ ଆରାମସେ ଶୁଅନ୍ତୁ କିମ୍ବା ଚଟାଣରେ ମଧ୍ୟ ଶୋଇ ପାରିବେ । ପ୍ରଭାବିତ ଗୋଡ଼କୁ ସିଧା କରନ୍ତୁ, ଏବଂ ନିଜର ଆଣ୍ଠୁ ପଛପଟକୁ ତଳକୁ ଧିରେ ଧିରେ ଠେଲନ୍ତୁ । ଆପଣ ଦେଖିପାରିବେ ଯେ ଜଂଘର ସମ୍ପୂର୍ଣ୍ଣ 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- ପେଟମାଡ଼ି ଶୁଅନ୍ତୁ । ନିଜର ଦୁଇ ପାଞ୍ଜୁଲିକୁ ତଳେ ଢିରା ଦେଇ କାନ୍ଧ ଓ ମଞ୍ଚିଙ୍କକୁ 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 ପରିଚାଳନା

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)

ଅଟୋଦାନକାରୀ

ବିଶେଷକା୍ୟକ ମାର୍ଗଦର୍ଶନ

ଡ. ପି.ପି ମହାନ୍ତି

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

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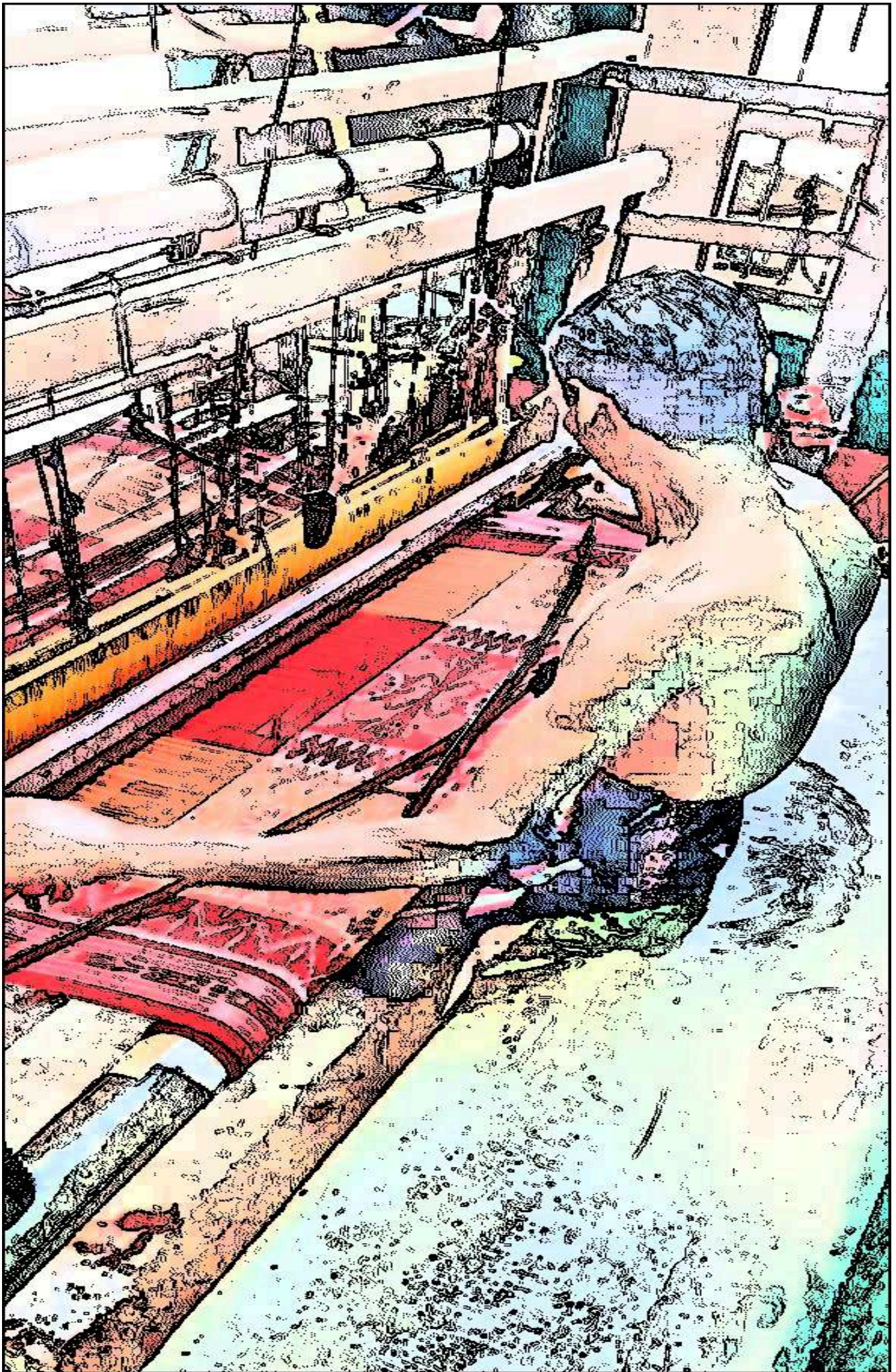
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RUSA, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

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RUSA, ଉତ୍କଳ ବିଶ୍ୱବିଦ୍ୟାଳୟ

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PROGRESS REPORT OF WORK UNDERTAKEN BY RURAL DEVELOPMENT DIVISION



Presented By:
Anannya Pattanayak
Programme Manager (Rural Development)
Rural Outreach Team, RUSA 2.0
Utkal University

RURAL OUTREACH PROGRAMME DIVISION
RASHTRIYA UCHCHATAR SHIKSHA ABHIYAN (RUSA) 2.0

UTKAL UNIVERSITY

INTRODUCTION:

Rural development usually refers to the method of enhancing the quality of life and financial well-being of individuals, specifically living in populated and remote areas of a Nation. As stated by Ministry of Rural development, Government of India “**Rural development** implies both the economic betterment of people as well as greater social transformation. Increased participation of people in the rural development programmes, decentralization of planning, better enforcement of land reforms and greater access to credit are envisaged for providing the rural people with better prospects.”

Out of the various objectives of Ministry of Rural development, Government of India; the Rural Development division of Rural Outreach division under RUSA 2.0 project of Utkal University identified and endeavoured to achieve the following aims:

- Enhancing the Livelihood opportunities of people living in rural areas.
- Capacity Building, educating and creating awareness among people of rural areas on various Rural Development Schemes
- Educating people about various public health concern arising due to Climate change.
- Building a Climate Resilient Society thereby reducing the loss of lives and livelihood.

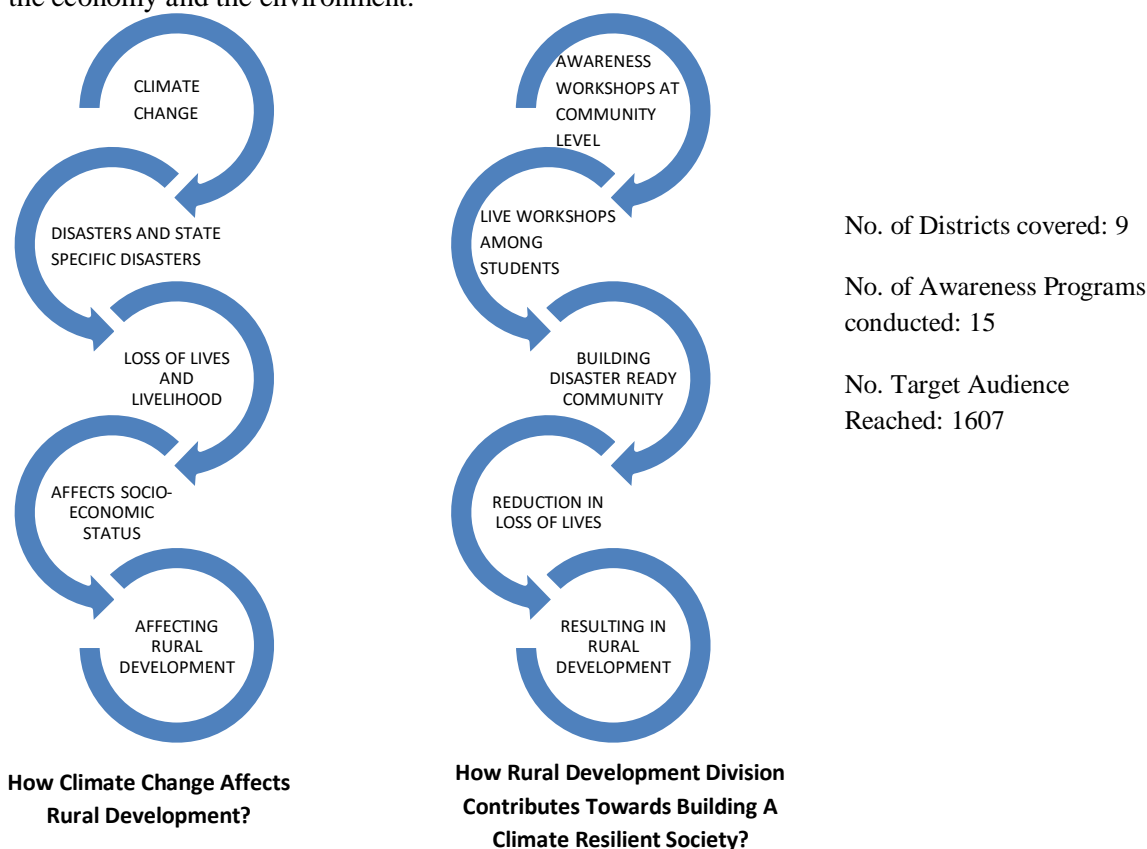
MAJOR AREAS OF FOCUS UNDER RURAL DEVELOPMENT DIVISION:

Instead of focusing on the identified issues from a stereotypic approach, the Rural Development division, RUSA 2.0 of Utkal University has always tried to adopt a different approach to a situation. For example: rather than focusing on loss of lives caused by Natural Disasters which is often treated as topmost priority by Government and Non- Government organization, the Rural development division focussed on creating awareness and workshops State-Specific Disasters about which very few people are not aware and thereby building Climate Resilient Society. Similarly, instead of conducting various Skill Development workshops for enhancing the Livelihood opportunities of people, the Rural Development tried to utilize the skills possessed by the people and the existing schemes that are meant for promoting those skills and for enhancing the livelihood of people. The division also tried to assess the reasons affecting the productivity of people such as weavers, small-scale manufactures, etc that affected their socio-economic status and hence compelled them to look for other Livelihood opportunities. Thus, the division identified two major focus areas, those are:

1. Rural Development Schemes
2. Climate Resilience

CLIMATE RESILIENCE FOR RURAL DEVELOPMENT

Climate resilience is the ability of social, economic and environmental systems to withstand these impacts so that they can thrive in spite of the impact. Resilience to climate change is defined as the capacity to prepare for, respond to, and recover from the impacts of hazardous climatic events while incurring minimal damage to societal wellbeing, the economy and the environment.



Climate change can have a dramatic impact on our natural resources, economic activities, food security, health and physical infrastructure. India is one of the countries most affected by climate change. The threat is especially severe in places where people's livelihoods depend on natural resources. In such areas climate adaptation measures take on a special significance for safeguarding rural livelihoods and ensuring sustainable development.

Odisha being one of the states of India that is prone to various disasters and state-specific disasters, often faces loss of lives and livelihood. Odisha Government and many NGOs have been working on capacity building of communities and making them disaster ready. But very less initiative is being taken towards making people state-specific disaster ready. Infact State-specific disasters are a major Public Health concern. The consequence of a victim of any of the state-specific disaster is often borne by the entire family especially when the family is dependent on that person resulting in degradation of socio-economic condition of people. Thus, in an attempt to make the people of Odisha Disaster- ready so that they could save themselves and the people surrounding them, the Rural Development division of Rural Outreach team under RUSA project of Utkal University has adopted the following methods:

1. Creation and circulation of IEC materials among people of rural areas on various safety measures against state-specific disasters.
2. Creating awareness through various Awareness Workshops.
3. Safe rescue skill development of youths of rural areas who can serve as a disaster-ready group for their locality.

RURAL DEVELOPMENT SCHEMES FOR RURAL DEVELOPMENT

Different ministries of the government of India formulate various development schemes not to raise the profit but to maximise the welfare of the people and to uplift the rural sector of our country. Some schemes like National Rural Livelihood Mission, MGNREGA, etc. are made by the government for rural development of India. As Rural India plays a great role in Indian economy so their advancement is also important for both the economic betterment of people as well as for greater social transformation. Better participation of people in the rural development programmes, decentralization of planning, better enforcement of land reforms and more access to credit are required to provide the rural people with better opportunities for economic development.

For better participation of people in rural development programmes, people should have better understanding of the existing Rural Development. But during field visits and after interaction with people it was found that many people lacked basic understanding, requirements, criteria, etc for successfully availing various schemes. The Rural Development division of Rural Outreach team under RUSA project of Utkal University interviewed many people of rural areas to assess the status of MGNREGA in rural areas. Several issues were identified such as:

- i. People were unaware about the scope of the scheme.
- ii. People were not aware about the basic details such as validity period of the job card, purpose of job card, etc.
- iii. It was found that because of absence of adequate knowledge, many people were not able to track the benefits received by them.

Steps taken by Rural Development division to address the issues identified during field visits:

- i. Creating awareness about basics related to job cards, Government schemes, etc through capacity building workshops.
- ii. Educating people about basic utilization of their smart phones in order to be able to access all the information about Government schemes.

WAY FORWARD

1. Formation of Safe Rescue Groups.

The impact of State-specific Disasters can be reduced if a society is ready to adapt with it. Imparting practical knowledge among enthusiastic and energetic youth of a community can act as immunity for the community at the time of any such mishap. Thus the Rural Development Division of Utkal University plans to work towards the formation of Safe Rescue Groups with the help of experts of that domain.

2. Educating people about fiscal literacy on real time basis.

People having adequate knowledge about different schemes and their ability to get benefitted from those schemes can contribute towards rural development. For having access to various

schemes, people should have the knowledge of how to search for the existing schemes in their relevant field that will be of use to them. Often people are made aware about the existence of certain schemes with very less knowledge on how to avail those, the procedure for availing those schemes, etc. The Rural Development Division of Utkal University plans to educate the people on how to search of relevant information with the proper utilization of the existing resources so that they will be able to help themselves.

3. Proposal for UBA

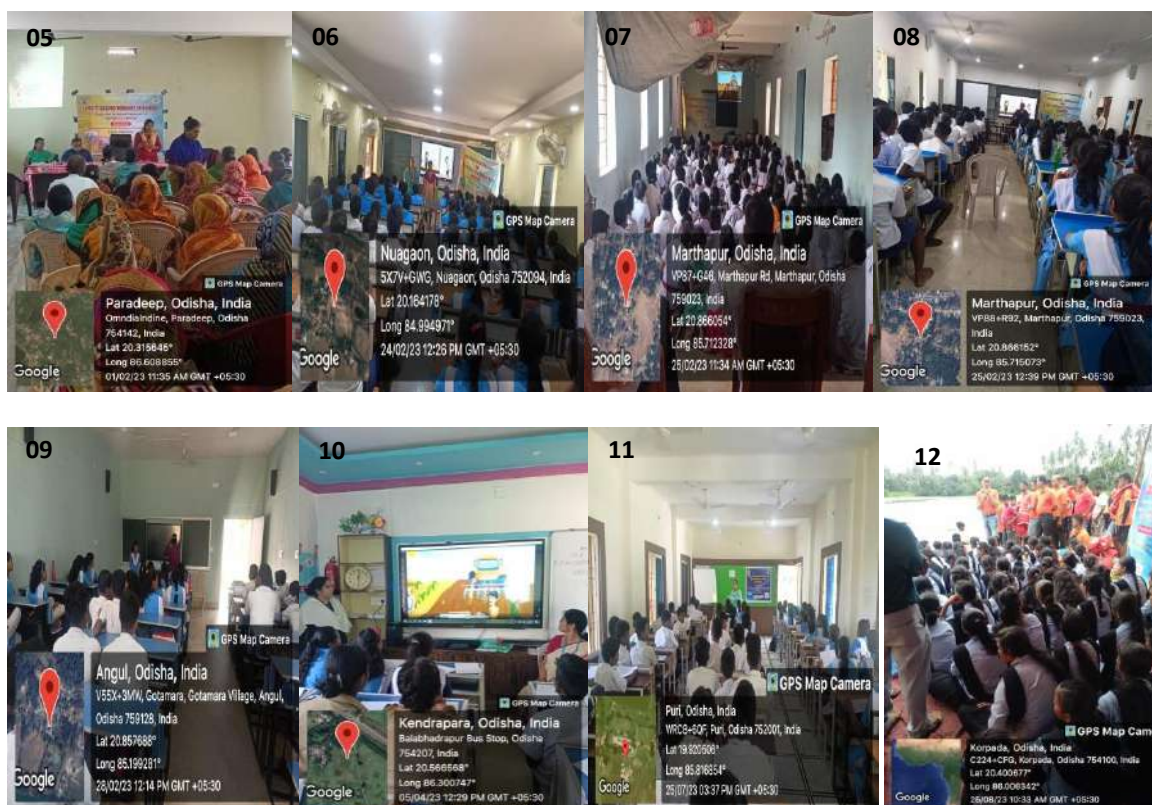
Unnat Bharat Abhiyan a programme of the Government of India and inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India. This mission is conceptualised as a movement to enable processes that connect institutes of higher education with local communities to address the development challenges of rural India through participatory processes and appropriate technologies interventions for accelerating sustainable growth with available human and natural resource in the adopted villages. It also aims to create a virtuous cycle between the society and an inclusive university system by providing knowledge and practices for emerging professions and to upgrade the capabilities of both the public and the private sectors. The Rural Development Division of Utkal University proposes Unnat Bharat Abhiyan if adopted by the University can help in outreach activities of Rural Outreach Team, students of PG departments of University resulting in development of the society.

OUTREACH ACTIVITIES CONDUCTED BY RURAL DEVELOPMENT DIVISION (1st October 2022 to 31st August 2023)

| Sl. No. | Date | Place | Activity | Target Group | Number of Participants |
|---------|------------|----------------|---|--------------------|------------------------|
| 01. | 26/11/2022 | Niali, Cuttack | AWARENESS WORKSHOP ON SNAKEBITE AND MYTHS PREVAILING | Students | 50 |
| 02. | 10/12/2022 | Gop, Puri | CAPACITY BUILDING WORKSHOP ON MGNREGA | Daily Wage Workers | 120 |
| 03. | 13/01/2023 | Kakatpur, Puri | AWARENESS WORKSHOP ON COVERGENCE OF MGNREGA WITH OTHER SCHEMES | Daily Wage Workers | 80 |
| 04. | 25/01/2023 | Niali, Cuttack | INTRODUCTORY WORKSHOP ON CALLIGRAPHY (OBSERVATION OF INTERNATIONAL DAY OF EDUCATION | Students | 150 |
| 05. | 01/02/2023 | Paradeep, | CAPACITY BUILDING | Daily | 150 |

| | | | | | |
|-----|------------|---------------------------|---|--------------|-----|
| | | Jagatsinghpur | WORKSHOP ON MGNREGA AND IT'S CONVERGENCE WITH OTHER SCHEMES | Wage Workers | |
| 06. | 24/02/2023 | Mahipur, Nayagarh | AWARENESS WORKSHOP ON STATE SPECIFIC DISASTERS | Students | 100 |
| 07. | 25/02/2023 | SSVM, Dhenkanal | AWARENESS WORKSHOP ON HEAT WAVE | Students | 100 |
| 08. | 25/02/2023 | MNHS, Dhenkanal | AWARENESS WORKSHOP ON HEAT WAVE | Students | 100 |
| 09. | 28/02/2023 | Gotamara, Angul | OBSERVATION OF NATIONAL SCIENCE DAY CUM DIY WORKSHOP ON STEM LEARNING | Students | 150 |
| 10. | 05/04/2023 | Balabhadrapur, Kendrapara | AWARENESS WORKSHOP ON HEAT WAVE | Students | 120 |
| 11. | 25/07/2023 | Biragobindapur, Puri | OBSERVATION OF WORLD DROWNING PREVENTION DAY | Students | 120 |
| 12. | 25/08/2023 | Sakhigopal, Puri | LET US DO ONE THING TO PREVENT DROWNING | Youth | 250 |





AWARENESS WORKSHOP ON SNAKEBITE AND MYTHS PREVAILING

In continuation to the work on state specific disasters, the rural development division conducted an “awareness workshop on snake bite, prevailing myths and first aid measures” on 26th November 2022 i.e. On “International Snake Bite Awareness Day” in Ashram Patna College, Jagatsinghpur.

Date: 26/11/22

Place: Government Primary School, Mahanga, Cuttack

Organized By: Rural Development Division

Target Group: Students

Number Of Participants: 50

Objective: 1. To Educate Students About The Prevailing Myths In Rural Areas About Snakebite And Facts Related To It And About Immediate First Aid Measures After Snake Bite.



Outcome: 1. Students were familiarized with the commonly found snakes through the help of pictures.

2. The first aid measures that need to be followed after a snake bite has occurred were taught and incorrect methods that are commonly followed by people were also discussed.

CAPACITY BUILDING WORKSHOP ON MGNREGA

In an attempt to address the issues existing at ground level and the bottlenecks existing in the implementation stage leading to lack of interest to work under MGNREGA scheme, the Rural Development Division organized a Capacity Building workshop on MGNREGA for daily wage workers in Sobhanpur GP Office, Gop, Puri on 10/12/22.

Date: 10/12/22

Place: Sobhanpur Gp Office, Gop, Puri

Target group: Daily Wage Workers

Organized by: Rural Development Division

Number of participants: 120

Objective:

1. To create awareness among the people of rural areas about job card.
2. To educate people about the existing bottlenecks in availing the schemes.
3. To identify the concerns of the people regarding the Government schemes

Outcome:

1. Several issues were identified such as people didn't get payment months after doing the work.
2. People got an idea about the variety of jobs that can be done under MGNREGA.



AWARENESS WORKSHOP ON COVERAGE OF MGNREGA WITH OTHER SCHEMES

The State and Central Government have been making several attempts of converging MGNREGA with other schemes so as to contribute towards the development of the society and people of rural areas. But during implementation there exists several bottlenecks that are often neglected and as a result of which it becomes difficult for the end users to avail the schemes. To address these issues and to help people identify the bottlenecks and suggest ways to address and solve those so as to be able to have a win-win situation for the end users as well as the Government, the Rural Development division organized an CAPACITY

BUILDING WORKSHOP ON MGNREGA AND IT'S CONVERGENCE WITH OTHER GOVERNMENT SCHEMES IN KAKATPUR GP OFFICE, PURI ON 13/01/23.

Date: 13/01/23

Place: Kakatpur Gp Office, Puri

Organized by: Rural Development Division

Objective: 1. To create awareness among the people of rural areas about job card.

2. To educate people about the existing bottlenecks in availing the schemes.

Outcome: 1. Several issues were identified such as people didn't get payment months after doing the work.

2. People were educated about the scope of MGNREGA.



INTRODUCTORY WORKSHOP ON CALLIGRAPHY (OBSERVATION OF INTERNATIONAL DAY OF EDUCATION)

Education being one among the 17 points in sdg 2030, needs to be given more priority as far as school drop-out rates are concerned. In rural areas of odisha the school drop-out rates are high. The rural development division organized an introduction to calligraphy workshop in an attempt to create interest among students thereby contributing towards reduction in school drop-out rates in NIALI HIGH SCHOOL, NIALI, CUTTACK ON 25/01/2023

Date: 25/01/23

Place: Niali High School, Niali, Cuttack

Organized by: Rural Development Division

Number Of Participants: 150

Objective: 1. To address the issue of increasing drop-out rates by introducing several skill development courses.

2. To observe International Day of Education.

Outcome: 1. Students learnt a new skill and were made aware about its importance and benefits if practiced in real life.



CAPACITY BUILDING WORKSHOP ON MGNREGA AND IT'S CONVERGENCE WITH OTHER SCHEMES

In continuation to the previous work on MGNREGA, in order to address the issues faced during implementation of the scheme and the bottlenecks that are often neglected resulting in the difficulty faced by the end users to avail the schemes; the rural development division organized an capacity building workshop on MGNREGA and it's convergence with other government schemes in PARADEEPPGARH GP office, paradeep on 01/02/23.

Date: 01/02/23

Place: Paradeepgarh Gp Office, Paradeep, Jagatsinghpur District

Organized By: Rural Development Division

Number Of Participants: 150

Objective: 1. To create awareness among the people of rural areas about job card.

2. To educate people about the existing bottlenecks in availing the schemes.

Outcome: 1. several issues were identified such as people didn't get payment months after doing the work.

2. People were educated about the scope of MGNREGA.



AWARENESS WORKSHOP ON STATE SPECIFIC DISASTERS

Odisha is a state which is prone to heat wave AND OTHER STATE SPECIFIC DISASTERS. Thus creating awareness among the students about heat wave and how to stay safe from it is the need of the hour. The Rural Development division of Rural Outreach Team under RUSA 2.0 project of Utkal University had prepared an animated video on HEAT Wave

under the technical guidance of Meteorological Centre, Bhubaneswar, IMD. The purpose of the video was to educate the school students about Heat Wave and how to stay safe from it in an interesting way. In order to create awareness among the students an awareness workshop for students was organised in Mahipur Nodal High School, Nayagarh on 24/02/2023.

Date: 24/02/23

Place: Mahipur Nodal High School, Nayagarh

Organized by: RURAL DEVELOPMENT Division

NUMBER OF PARTICIPANTS: 100

Objective: 1. To create awareness among the students about various State-specific disasters of Odisha.

2. To educate students about the safety measures and how to protect themselves from various state-specific disasters.

Outcome: 1. STUDENTS LEARNT about heat wave and other state specific disasters.

2. Students were educated about several safety measures to protect themselves from the impact of heat wave.



AWARENESS WORKSHOP ON HEAT WAVE

In continuation to the previous work, the rural development organized an awareness workshop on heat wave in Saraswati Sishu Vidya Mandir, Dhenkanal and Marthapur Nodal High School, Dhenkanal on 25/02/2023.

Date: 25/02/23

Place: 1. Saraswati sishu vidya mandir, dhenkanal

2. Marthapur nodal high school, dhenkanal

Organized by: rural development division

Number of participants: 200 (100 from each school)

Objective: 1. To create awareness among the students about various State-specific disasters of Odisha.

2. To educate students about the safety measures and how to protect themselves from various state-specific disasters.

Outcome: 1. STUDENTS LEARNT about heat wave and other state specific disasters.

2. Students were educated about several safety measures to protect themselves from the impact of heat wave.



OBSERVATION OF NATIONAL SCIENCE DAY CUM DIY WORKSHOP ON STEM LEARNING



In order to introduce learning through STEM Education, the Rural development division organised A DIY Workshop on STEM Learning for students of “Gotamara Nodal High School, Angul” IN 28/02/2023. IT WAS a 3 hr DIY Workshop on STEM Education in which the Resource Person Shri Aswin Kumar Shetty, Founder, DMN Edtech, Bhubaneswar and his team interacted with students. They introduced the students about Virtual reality, Electric vehicle and How to calculate the area of any object.

Date: 28/02/23

Place: GOTAMARA NODAL HIGH SCHOOL, ANGUL

Organized by: RURAL DEVELOPMENT Division

NUMBER OF PARTICIPANTS: 150

Objective: 1. To introduce an experimentation and practical approach while studying.

2. To attempt to clear few basic concepts with the help of demonstration and practical implementation.

Outcome: i. Students learnt basic concepts of mathematics.

ii. Students were educated about emerging technologies thereby motivating and giving them exposure about various areas which they can pursue as their career.

iii. Students were familiarized with various concepts through the help of VR headset.

UNDERSTANDING THE MISUNDERSTOOD (SNAKE BITE)




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 black 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)

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1. <https://disk.yandex.ru/a/vXKOxRNs3WiYnn/5b0f0fe588920a293a264180>
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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.

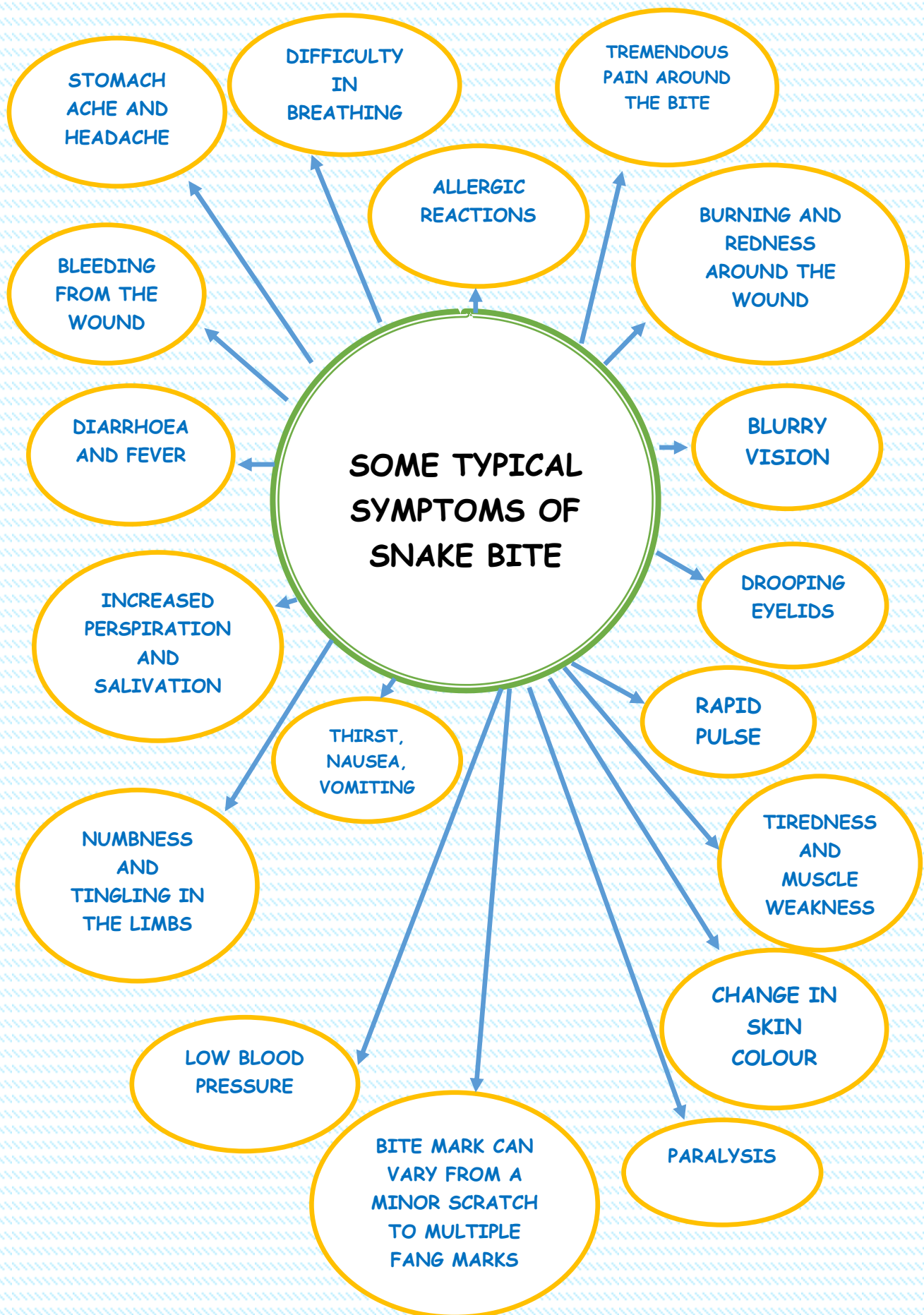
In India, around 90% of snake bites are caused by the 'BIG 4' among the crawlers - Common krait, Indian cobra, Russell's viper, Saw scaled viper.

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>
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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?



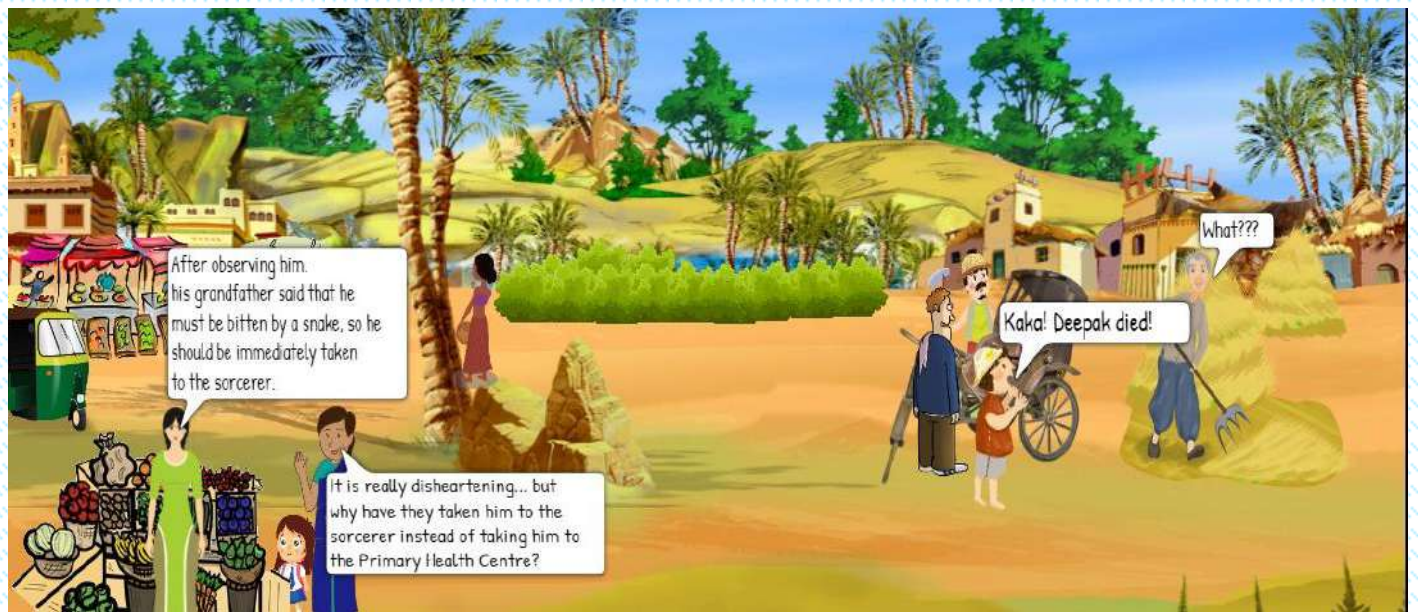
1. Keep your surroundings clean. Do not let the trees and branches touch your walls and windows.
2. Keep your home free from rats, frogs, etc.
3. Stay alert while working in crop field and farms.
4. While going outside during night do not forget to carry torch-light and a stick.
5. Avoid places where 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.

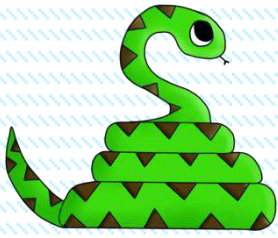
Source: OSDMA Safety Manual

**did
YOU
know?**

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.

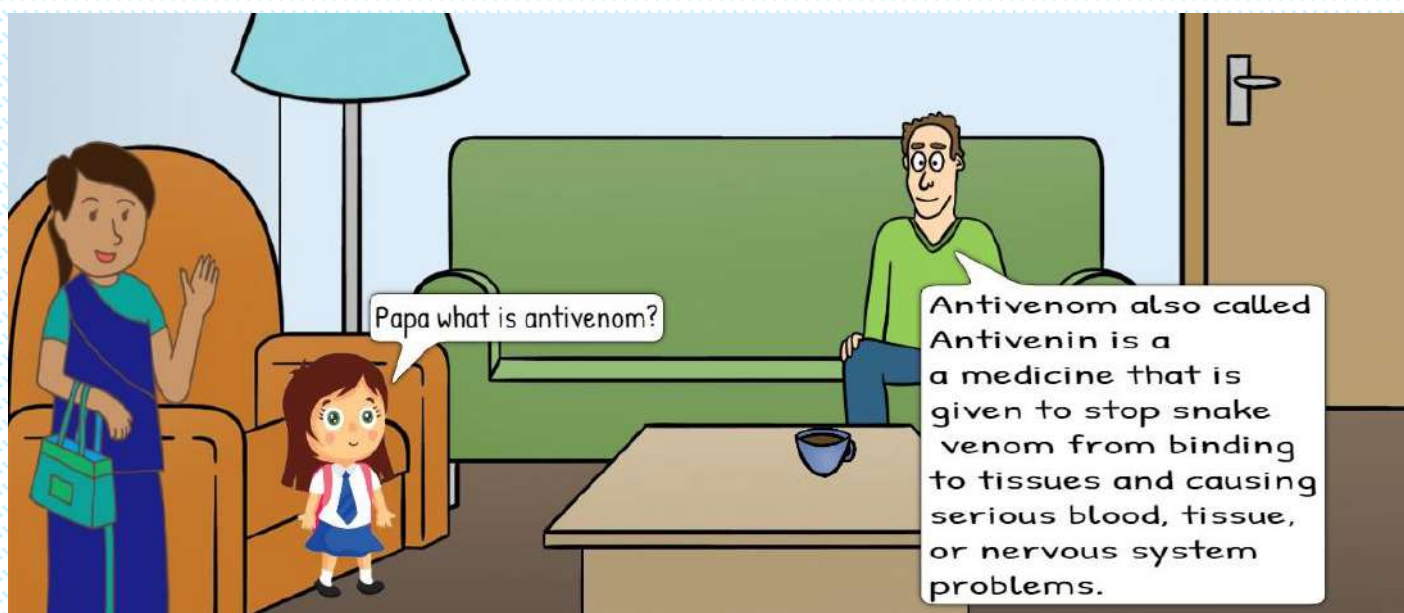
Clean the wound carefully.

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???



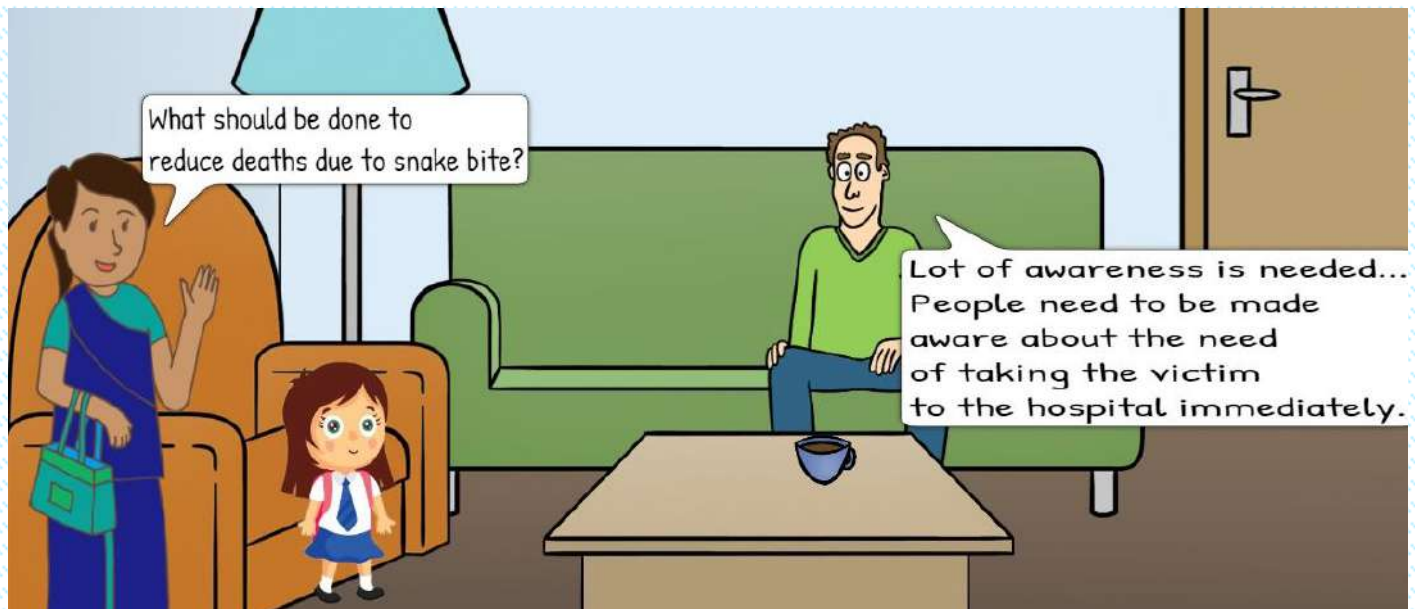
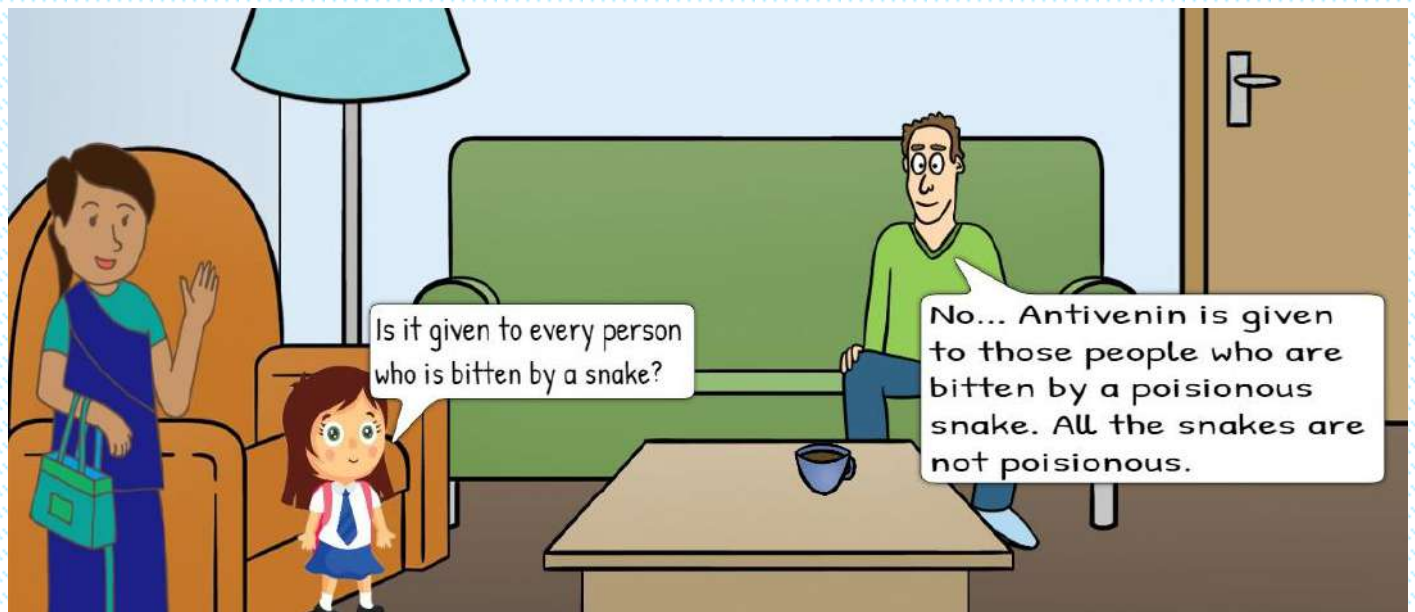
- WHO added snake bite envenoming to its priority list of neglected tropical diseases (NTDs) in June 2017.
- The majority of snake bite envenoming cases occur in tropical and sub-tropical regions of the developing world.
- As many as 46 000 snake bite deaths happen in India alone; sub-Saharan Africa, 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->

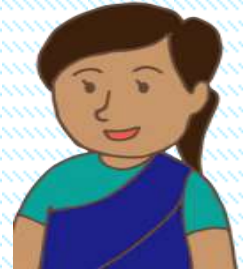
EMERGENCY NUMBERS

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">• Sucking the venom out can cause the venom to spread to the mouth.• Extractor pumps found in snake kits won't do any better. |
| Use a tourniquet to keep the venom in an extremity | <ul style="list-style-type: none">• Using a tourniquet can actually do more harm than good.• confining the venom to an extremity where the bite occurred actually causes more damage to that area. |
| 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/



MYTHS ABOUT SNAKE

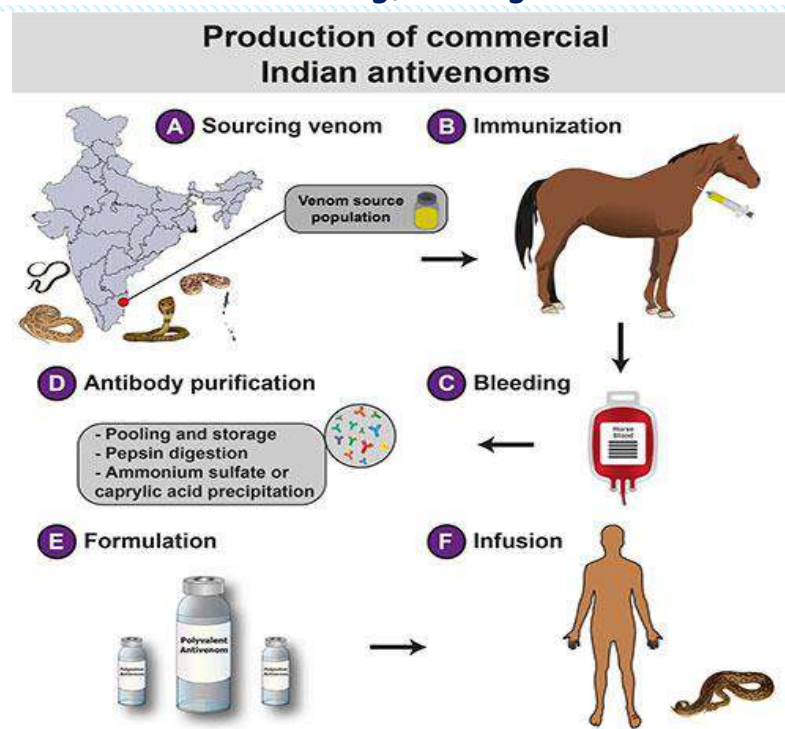


| MYTHS | FACTS |
|--|---|
| Snakes can avenge their partner's death | <ul style="list-style-type: none">• Snakes do not have any sort of social bond, or the intellect or memory to recognise and remember an assailant.• When a snake is killed, it expels its musk. It is very much possible that a nearby snake may show up to investigate what the musk is all about. |
| Snakes drink milk. | <ul style="list-style-type: none">• Snakes never developed what it takes to digest milk-enzyme, lactase.• A snake would ever drink milk only because it's thirsty, and actually wants water, but water isn't available. |
| Snakes are poisonous | <ul style="list-style-type: none">• Snakes are venomous, not poisonous.• Poison can be inorganic such as compounds of Mercury, Arsenic, etc.• Venom from snake, scorpion etc. are purely organic.• Venom must be injected into the bloodstream; whereas poisons can be ingested, inhaled or absorbed through the skin. |
| 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.



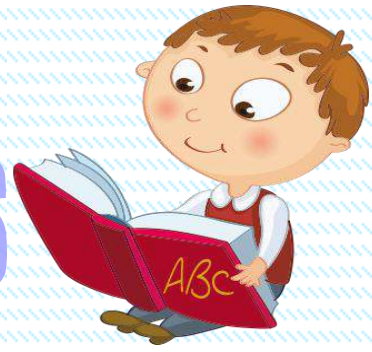
Source:1. <https://www.uofmhealth.org/health-library/tm6541>

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 ସାପ

COMMON SNAKES OF ODISHA

ବିଷଧର ସାପ / 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 ସାପ NON-VENOMOUS SNAKES



COMMON KUKRI (*Oligodon arnensis*)



COMMON SAND BOA (*Euprepophis notatus*)



BARRED WOLF SNAKE (*Lycodon striatus*)



RAT SNAKE (*Ptyas mucosus*)



COMMON WOLF SNAKE (*Lycodon aulicus*)



STRIPED KEELBACK (*Amphiesma strobilatum*)



GREEN KEEL BACK (*Macropisthodon plumbicolor*)



CHECKERED KEELBACK (*Xenochrophis piscator*)



INDIAN PYTHON (*Python molurus*)



COPPER-HEADED TRINKET (*Coccygnathus radiatus*)



BRONZE BACK TREE SNAKE (*Dendrelaphis tristis*)



TRINKET SNAKE (*Coccygnathus helena*)

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



ORNATE FLYING SNAKE (*Chrysopelex ornata*)



COMMON CAT SNAKE (*Daboia siamensis*)



COMMON VINE SNAKE (*Ahaetulla nasuta*)



SMOOTH SCALED WATER SNAKE (*Enallagma annulatum*)

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

Issued in the public interest by : **Snake Helpline**

www.snakehelpline.com | email:info@snakehelpline.com

ସାପକୁ ଚିହ୍ନିବା ପାଇଁ



କରନ୍ତୁ :

09337295142

ସର୍ବ ଦଂଶନ/ ସାପ କାମୁଡ଼ାର ଚିକିତ୍ସା କିପରି କରିବେ?

- ବିଷାକ୍ତ ସାପ କାମୁଡ଼ାର ପ୍ରତିକାର:
- ୧. ଜରୁରୀ କାଳିନ ସେବାକୁ କଲ୍ କରନ୍ତୁ ।
 - ୨. ସାପର ରୂପକ ଧ୍ୟାନ ଦିଅନ୍ତୁ, କେଉଁ ଜାତିର ସାପ ଚିହ୍ନଟ୍ଟୁ ।
 - ୩- ସାପଠାରୁ ଦୂରତା ଅବଲମ୍ବନ କରନ୍ତୁ ।
 - ୪- ସାପ କାମୁଡ଼ା ସ୍ଥାନକୁ ସ୍କ୍ରାପ୍ କରି ରଖନ୍ତୁ, ହଲ୍ଲାନୁ ନାହିଁ ।
 - ୫- ସାପ କାମୁଡ଼ା ସ୍ଥାନରୁ ପୋଷାକ ଏବଂ ଅଳଙ୍କାର କାଢ଼ି ଦିଅନ୍ତୁ ।
 - ୬- ସାପ କାମୁଡ଼ିବା ଯାଗାକୁ ଭଲ କରି ସଫା କରନ୍ତୁ କିନ୍ତୁ ପାଣିରେ ଧୁଅନ୍ତୁ ନାହିଁ ।
 - ୭- ଡାକ୍ତର ଚିକିତ୍ସା ପାଇଁ ଅପେକ୍ଷା କରନ୍ତୁ କିମ୍ବା ଡାକ୍ତର ଖାନା ଯାଆନ୍ତୁ ।
 - ୮- ସାପ କାମୁଡ଼ା ଜନିତ ଅନ୍ଧବିଶ୍ୱାସରୁ ଦୂରର ରୁହନ୍ତୁ ।
 - ୯- ସାପ କାମୁଡ଼ିବାର ବିଭିନ୍ନ ଡାକ୍ତର ଚିକିତ୍ସା ରହିଛି, ତାର ମହତ୍ତ୍ୱ ବୁଝନ୍ତୁ ।
 - ୧୦- ସାପ କାମୁଡ଼ିବାର ଚିକିତ୍ସା ଅଧାରୁ ବନ୍ଦ କରନ୍ତୁ ନାହିଁ ।

- ଅଣ-ବିଷାକ୍ତ ସାପ କାମୁଡ଼ାର ପ୍ରତିକାର:
- ୧- ସାପ କାମୁଡ଼ା ସ୍ଥାନରୁ ରକ୍ତ ବୋହୁଥିଲେ ବନ୍ଦ କରାନ୍ତୁ ।
 - ୨- ସାପ କାମୁଡ଼ିବା ସ୍ଥାନକୁ ଭଲ ଭାବରେ ସଫାକରନ୍ତୁ ।
 - ୩- ସାପ କାମୁଡ଼ିବା ସ୍ଥାନରେ ଆଣ୍ଟିବାୟୋଟିକ୍ ମଲ୍ଲମ ଲଗାଇ ପଟି ବାନ୍ଧନ୍ତୁ ।
 - ୪- ସାପ କାମୁଡ଼ିବା ପାଇଁ ଡାକ୍ତର ଚିକିତ୍ସା ନିଅନ୍ତୁ ।
 - ୫- ସାପ କାମୁଡ଼ିବା ସ୍ଥାନର ଘା ଶୁଖିଲାପରେ ତାର ଉପଯୁକ୍ତ ଯତ୍ନ ନିଅନ୍ତୁ ।
 - ୬- ସାପ କାମୁଡ଼ାର ଘା ଶୁଖିଲା ବେଳକୁ ଅଧିକ ତରଳ ପଦାର୍ଥ ଦିଅନ୍ତୁ ।

- ଆଣ୍ଟିଭେନମ୍ କ'ଣ ?
- ୧- ଆଣ୍ଟିଭେନମ୍ ଏକ ଔଷଧ ଯାହାକୁ ଦେଲେ ଶରୀରେ ସାପ ବିଷ ପ୍ରବାହିତ ହେବା ଅଟକାଇ ଦିଏ ।
 - ୨- ଭାରତରେ ବ୍ୟବହୃତ ହେଉଥିବା ଆଣ୍ଟିଭେନମ୍ ଗୋଟିଏ ପଲିଭାଲ୍ୟୁ, ଏହା ଚାରୋଟି ଜାତିର ସାପଙ୍କ ବିଷରୁ ସଂଗ୍ରହ କରାଯାଇଥାଏ ।



ଜରୁରି କାଳୀନ ନମ୍ବରରେ କଲ୍ କରନ୍ତୁ:
୧୦୮ (ଚିକିତ୍ସା ସହାୟତା ପାଇଁ)
୦୯୩୩୭୨୯୨୧୪୨ (ଭଙ୍ଗାର ପାଇଁ)



SNAKE BITE
(ସାପ କାମୁଡ଼ା)
- A STATE SPECIFIC
DISASTER
(ଏକ ରାଜ୍ୟ ନିର୍ଦ୍ଦିଷ୍ଟ
ବିପର୍ଯ୍ୟୟ।)

ସାପ କାମୁଡ଼ିବା ଏକ ସମ୍ଭାବ୍ୟ ଜୀବନ ପ୍ରତି ବିପଦଜନକ ରୋଗ ଯାହା ସାଧାରଣତ ଏକ ବିଷାକ୍ତ ସାପର କାମୁଡ଼ିବା ପରେ ବିଭିନ୍ନ ବିଷାକ୍ତ ପଦାର୍ଥର ମିଶ୍ରଣର ଇଞ୍ଜେକ୍ସନ୍ ରୁ ହୋଇଥାଏ ।



ସାପ କାମୁଡ଼ାରେ କିଛି ତଥ୍ୟ

- ବିଶ୍ୱ ସ୍ତରୀୟ ଅନୁଷ୍ଠାନ ରିପୋର୍ଟ ଅନୁଯାୟୀ ୫.୪ ମିଲିୟନ ସାପକାମୁଡ଼ା ବିଶ୍ୱରେ ପ୍ରତିବର୍ଷ ଘଟେ ଯେଉଁଥିରୁ ୧.୮-୨.୭ ମିଲିୟନ ଲୋକଙ୍କ ମଧ୍ୟରେ କ୍ଲିନିକାଲ୍ ଅସୁସ୍ଥତା ଦେଖାଯାଇ ଥାଏ ଏବଂ ୧୦୦୦- ୧୩୮୦୦୦ ଲୋକ ସାପ କାମୁଡ଼ା ହେତୁ ମୃତ୍ୟୁ ବରଣ କରନ୍ତି ।
- ଭାରତରେ ୯୦% ସାପ କାମୁଡ଼ା ମୁଖ୍ୟତଃ ଚାରୋଟି ବିଷାକ୍ତ ସାପଙ୍କ ଦ୍ୱାରା ଘଟେ, ସେମାନେ ହେଲେ ଚିଟି, ଚନ୍ଦନବୋତା, ଧୂଳିଆ ବୋତା ଏବଂ ନାଗ ।
- ଓଡ଼ିଶା ସରକାରଙ୍କ ଆକଳନ ହିସାବରେ ସାପ କାମୁଡ଼ା ଜନିତ ମୃତ୍ୟୁ ୨୦୧୬- ୨୦୧୯ ଭିତରେ ୨୨୧୭ ଅଟେ ଯାହାକି ବାତ୍ୟା, ବନ୍ୟା, ତଙ୍କା ଓ ଲଟିବା ଏବଂ ଘର ପୋତିଥିବାରୁ ଘଟିଥିବା ମୃତ୍ୟୁ ଠାରୁ ଅଧିକ ।

ସାପ କାମୁଡ଼ାର ପ୍ରତିରୋଧ

୧- ନିଜର ପରିବେଶ ସଫା ରଖନ୍ତୁ । ଘରର କାନ୍ଥକୁ ଲାଗୁଥିବା ଗଛର ଡାଳକୁ କାଟିଦିଅନ୍ତୁ ।

୨- ମୂଷା ଏବଂ ବେଙ୍ଗରୁ ଘରକୁ ମୁକ୍ତ ରଖନ୍ତୁ ।

୩ - ଚାଷ କରିବା ସମୟରେ ସତର୍କ ରୁହନ୍ତୁ ।

୪- ରାତିରେ ବାହାରକୁ ଯିବା ସମୟରେ ଟର୍ଟ ଲାଇଟ ଏବଂ ବାଡି ପାଖରେ ରୁଖନ୍ତୁ ।

୫- ଯେଉଁ ଜାଗାରେ ସାପ ରହିବାର ସମ୍ଭାବନା ଥାଏ ସେଠାରୁ ଦୂରେଇ ରୁହନ୍ତୁ । ଯଥା-ବୃଦ୍ଧା, ପଙ୍କ, ଗାତ ଇତ୍ୟାଦି । ଟ ଉପରେ ଶୁଅନ୍ତୁ ।

୬- ଘରେ ତଳେ ଶୁଅନ୍ତୁ ନାହିଁ । ସାଧାରଣତଃ ବର୍ଷା ଦିନେ ଖଟ ଉପରେ ଶୁଅନ୍ତୁ ।

୭- ସାପ ଦେଖିଲେ ତାକୁ ଧରିବାକୁ ଚେଷ୍ଟା କରନ୍ତୁ ନାହିଁ ।

୮- କୁକୁଡ଼ା ଫାର୍ମ ଏବଂ ଝରକାରେ ଜାଲି ଲଗେଇ ଦିଅନ୍ତୁ ।

୯- ଯେତେବେଳେ ବାହାରେ ଅଛନ୍ତି, ଆପଣ କେଉଁଠାରେ ପାଦ ଦେଉଛନ୍ତି ଏବଂ କେଉଁଠାରେ ବସୁଛନ୍ତି ତାହା ଦେଖନ୍ତୁ ।

Source: www.snakehelpline.com

କଳ୍ପିତ କଥା ଓ ବାସ୍ତବିକ କଥା

କଳ୍ପିତ କଥା ସାପ ମାନେ କ୍ଷିର ପିଅନ୍ତୁ ।

ବାସ୍ତବିକ କଥା: ସାପମାନେ କ୍ଷୀର ପିଅନ୍ତି ନାହିଁ । ସାପ ମାନେ ଯଦି ଦୀର୍ଘ ଦିନ ଧରି ଶୋଷିଲା ଆଥାନ୍ତି ତା ହେଲେ କ୍ଷୀର ପିଇ ଦିଅନ୍ତି । ସାପ ମାନଙ୍କର କ୍ଷୀର ହଜମ କରିବାର ଏକାକମ୍ ନଥାଏ ।

କଳ୍ପିତ କଥା ସାପମାନେ କେଳାର ବିନ୍ ରେ ନାଚନ୍ତି ।

ବାସ୍ତବିକ କଥା: ସାପମାନଙ୍କର କାନ ନଥାଏ । ସେମାନେ ଶବ୍ଦ ଶୁଣି ପାରନ୍ତି ନାହିଁ । ବିନ୍ ର ଗତି ଦେଖି ସେ ଅଙ୍ଗଭଙ୍ଗି କରନ୍ତି ।

ଆପଣ ମାନେ ଜାଣିଛନ୍ତି କି ???

- ଆଠଟି ରାଜ୍ୟ କେନ୍ଦ୍ରିକ ବିପର୍ଯ୍ୟ ମଧ୍ୟରୁ ସର୍ବ ଦଂଶନ / ସାପ କାମୁଡ଼ା ଅନ୍ୟତମ । ସର୍ବ ଦଂଶନରେ ମୃତ୍ୟୁ ହୋଇଥିବା ଲୋକର ପରିବାରକୁ ରାଜ୍ୟ ସରକାର ଚାରି ଲକ୍ଷ ଟଙ୍କା ପର୍ଯ୍ୟନ୍ତ ଏକ୍ସ-ଗ୍ରାଟିଆ ସହାୟତା ପ୍ରଦାନ କରନ୍ତି ।
- ବିଶ୍ୱ ସର୍ବଦଂଶନ ସଚେତନତା ଦିବସ ସେପ୍ଟେମ୍ବର ୧୯ ରେ ପାଳନ କରାଯାଏ । ସର୍ବ ଦଂଶନର ସଚେତନତା ଏବଂ ପ୍ରତିକାର ଉପରେ ଆଲୋଚନା କରିବା ହେଲା ଏହି ଦିବସର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ ।

ସାପ କାମୁଡ଼ିଲେ କଣ କରିବା ଉଚିତ

✓ ସାପକାମୁଡ଼ି ଥିବାବ୍ୟକ୍ତିଙ୍କୁ ଆଶ୍ୱାସନା ଦିଅନ୍ତୁ । ୭୦% ସାପକାମୁଡ଼ା ବିଷହୀନ ସାପଙ୍କଦ୍ୱାରା ହୋଇଥାଏ। ଏମିତିକି ୫୦% ବିଷଧର ସାପକାମୁଡ଼ା ରେ ଆଦୌ ବିଷହଁ ଯାଇନଥାଏ ।

✓ ସାପକାମୁଡ଼ିଥିବା ଅଙ୍ଗରେ ପିନ୍ଧିଥିବା ମୁଦି, ଚୁଡ଼ି, ଘଣ୍ଟା, ବ୍ରତ, ପାଇଁଜି ଆଦିଖୋଲି ଦିଅନ୍ତୁ ।

✓ କ୍ଷତସ୍ଥାନ ଉପରକୁଞ୍ଜେପ ବ୍ୟାଣ୍ଡେଜ (ନହେଲେ ପତଳାଲମ୍ବା କପଡ଼ାଯେମିତିକି ଗାମୁଛା, ଧୋତି, ଚୁନି, ଇତ୍ୟାଦି) କୁ ଗୁଡେଇଗୁଡେଇ ହାଲକାକରି ବାନ୍ଧିଦିଅନ୍ତୁ ।

✓ ସାପବିଷ ଦାଉରୁରକ୍ଷା ପାଇବାପାଇଁ ସର୍ପବିଷ ନିରୋଧକଇଞ୍ଜେକ୍ସନ୍ (ASV) ହିଁ ଏକମାତ୍ରବିକଳ୍ପ । ଯଥାଶୀଘ୍ର ଏହିସୁବିଧା ଉପଲବ୍ଧଥିବା ଡାକ୍ତରଖାନାକୁ ଯାଆନ୍ତୁ ।

✓ ଡାକ୍ତରଖାନାରେପହଞ୍ଚି, ଯିବା ବାଟରେକଣ ସବୁଲକ୍ଷଣ ରୋଗୀଙ୍କପାଖରେ ଦେଖାଗଲାଡାକ୍ତରଙ୍କୁ ସବିଶେଷକହନ୍ତୁ ।

✓ କାମୁଡ଼ିଥିବା ସାପକୁ ଯଦିକେହି ମାରିଦେଇଥାନ୍ତି, ତେବେ ଯତ୍ନସହିତ ଡାକ୍ତରଖାନାକୁଟିହ୍ନଟ ପାଇଁନିଅନ୍ତୁ । ଡାକ୍ତରଙ୍କୁ ଦେଖାନ୍ତୁ ।

✓ ମୃତ କିମ୍ବାଜୀବନ୍ତ ସାପର ଫୋଟୋନିଜର ସ୍ଥାର୍ଟଫୋନ ମାଧ୍ୟମରେଠେଲ ନିଅନ୍ତୁ । ସେଇଫୋଟୋ କୁଡାକ୍ତରଙ୍କୁ ଦେଖାନ୍ତୁ ।

✓ ସାପ କୁମାରିବା ପାଇବା ଧରିବାପାଇଁ ଆଦୌଚେଷ୍ଟା କରନ୍ତୁନାହିଁ ।

ସାପ କାମୁଡ଼ିଲେ କଣ କରିବା ଅନୁଚିତ

- ତରଳ ନାହିଁ କିମ୍ବା ବିଚଳିତ ହୁଅନ୍ତୁ ନାହିଁ ।
- ରୋଗୀଙ୍କୁ ଦୌଡ଼ିବାକୁ ମନା କରନ୍ତୁ ଏବଂ କୋଣସି କାମ କରିବାରୁ ବାରଣ କରନ୍ତୁ ।
- କ୍ଷତ ସ୍ଥାନକୁ ବାନ୍ଧିବା ପାଇଁ ସୁତୁଲୀ, କତା ଦଉଡି ଆଦି କଦାପିବ୍ୟବହାର କରନ୍ତୁନାହିଁ । ଏହା ଦ୍ୱାରାରକ୍ତ ସଞ୍ଚାଳନ ବନ୍ଦ ହୋଇ ଅଧିକ କ୍ଷତି ହେବ ।
- କ୍ଷତ ସ୍ଥାନ କୁ ଆଦୌ ଧୁଅନ୍ତୁନାହିଁ ଏବଂ ବରଫ ଲଗାନ୍ତୁନାହିଁ ।
- କ୍ଷତ ସ୍ଥାନରେଇଲେକ୍ଟ୍ରିକ ସର୍କିଟକୁ ନାହିଁକିମ୍ବା ଲୁହାଟେଙ୍କ ଦିଅନ୍ତୁନାହିଁ ।
- କ୍ଲେଡ ବା ଛୁରୀ ରେ କ୍ଷତ ସ୍ଥାନକୁ କାଟନ୍ତୁ ନାହିଁ ।
- କ୍ଷତ ସ୍ଥାନକୁ ପାଟିହର ଚୁରୁମି ରକ୍ତ ଶୋଷି ବାହାର କରିବାକୁ ଚେଷ୍ଟା କରନ୍ତୁ ନାହିଁ ଏବଂ ଗଦ ଟେରମୁଳିଆଦି କିଛିବି ଲଗାନ୍ତୁ ନାହିଁ ।
- ଗୁଣି ଗାରେଡି, ତନ୍ତ, ମନ୍ତ୍ର, ମନ୍ଦିରରେ ନେଇ ପାଣି ଢାଳିବା, ଆଦି କାମରେ ସମୟ ନଷ୍ଟ କରନ୍ତୁ ନାହିଁ ।

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 |
|---------|---|----------------------------|----------------------------|--|---------|--|---------------------------------------|
| 01. | Workshop titled "Let us do one thing to prevent Drowning" | 25/08/23 | Rural Development Division | ODRAF team | Offline | UGS Mahavidyalaya, Sakhigopal, Puri | Students and people of nearby village |
| 02. | Observation of World Drowning Prevention Day | 25/07/23 | Rural Development Division | ---- | Offline | Biragobindapur High School, Puri | Students |
| 03. | Awareness Workshop on State Specific Disasters | 05/04/23 | Rural Development Division | ---- | Offline | Balunkeswar Nodal Vidyapeetha, Balabhadrapur, Kendrapara | Students |
| 04. | Observation of National Science Day Cum DIY Workshop on STEM Learning | 28/02/23 | Rural Development Division | Shri Aswin Kumar Shetty, Founder DMN Edtech, Bhubaneswar | Offline | Gotamara Nodal High School, Angul | Students |

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|-----|--|----------|----------------------------|--|---------|---|--------------------|
| 05. | Awareness Workshop on Heat Wave | 25/02/23 | Rural Development Division | ---- | Offline | 1. Saraswati Sishu Vidya Mandir, Dhenkanal 2. Marthapur Nodal High School, Dhenkanal | Students |
| 06. | Awareness Workshop on State Specific Disasters | 24/02/23 | Rural Development Division | ---- | Offline | Mahipur Nodal High School, Nayagarh | Students |
| 07. | Capacity Building Workshop on MGNREGA and it's Convergence with other schemes | 01/02/23 | Rural Development Division | ---- | Offline | Paradeepgarh GP office, Jagatsinghpur | Daily Wage Workers |
| 08. | Introductory Workshop on Calligraphy (Observation of International Day of Education) | 25/01/23 | Rural Development Division | Shri Meenaketan Pattnaik, Faculty in Applied Arts, B.K. College of Arts and crafts, BBSR | Offline | Niali High School, Cuttack | Students |
| 09. | Awareness Workshop on Convergence of MGNREGA with Other Schemes | 13/01/23 | Rural Development Division | ---- | Offline | Kakatpur GP Office, Puri | Daily Wage Workers |
| 10. | Capacity Building Workshop on MGNREGA | 10/12/22 | Rural Development Division | ---- | Offline | Sobhanpur GP Office, Gop, Puri | Daily Wage Workers |

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|-----|--|----------|--|--|---------|---|---------------------------------------|
| 11. | Awareness Workshop on Snakebite and Myths Prevailing | 26/11/22 | Rural Development Division | ---- | Offline | Government Primary School, Mahanga, Cuttack | Students |
| 12. | Observation of International Snakebite Awareness Day | 19/09/22 | Rural Development Division | Ashish Behera and Silka Selony, Member of Snake Helpline | Offline | Ashram Patna College, Jagatsinghpur | Students |
| 13. | Awareness Workshop on Snakebite and Myths Prevailing | 04/09/22 | Rural Development Division | Shri Tapan Kumar Prusty, Snake Helpline | Offline | Bhagabati High School, Siha, Jajpur | Students |
| 14. | Observation of National Handloom Day, 2022 | 08/08/22 | Handlooms, Textiles and Handicrafts Department | ----- | Offline | Jayadev Bhavan, BBSR | Weavers of Odisha |
| 15. | Live Workshop on Drowning, Water Safety Measures and Safe Rescue Skills (Observation of World Drowning Prevention Day) | 25/07/22 | Rural Development Division | ODRAF team | Offline | Banki, Cuttack | College Students and nearby Villagers |

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|-----|---|----------|----------------------------|---|---------|----------------------------------|-----------------------|
| 16. | Observation of National Lightning Safety Awareness Week and International Lightning Safety Week | 28/06/22 | Rural Development Division | Dr. HR Biswas, Head Meteorological Centre, IMD and Dr. Asutosh Rath, Senior Scientist, CSIR IMMT | Offline | PG Council Hal, Utkal University | School Going Students |
| 17. | Awareness Workshop on Heat Wave | 08/06/22 | Rural Development Division | ---- | Offline | Biragobinda pur Village, Puri | School going Students |
| 18. | Launch of Video on Heat Wave and Lightning | 01/06/22 | Rural Development Division | Smt. Jhanjha Das, Voice Artist | Offline | Vice Chancellor's Office | Public |
| 19. | Joint Meeting cum Release of Physiotherapy Manual for Weavers | 21/03/22 | Rural Development Division | Dr. PP Mohanty, Director SVNIRTAR; Shri DebjitNandy, Deputy Director of Textiles, Govt. of Odisha; Shri Vikash Kumar, Deputy Director, Weavers' Service Centre; Shri S.K. Patra, Ex-Director, Weavers' Service Centre | Offline | Vice Chancellor's Office | Weavers |
| 20. | Awareness Workshop on Drowning | 18/12/21 | Rural Development Division | ----- | Offline | Niali, Cuttack district | Students |

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|-----|---|----------|----------------------------|--|---------|---------------------------------------|------------------------|
| 21. | 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 |
| 22. | Submission of DPR on Ergonomic footrest to Handlooms, Textiles and Handicrafts Department, Odisha | 09/10/21 | Rural Development Division | ----- | ----- | ----- | Weavers |
| 23. | Workshop on Imparting Digital Marketing Knowledge in Rural Areas | 04/08/21 | Rural Development Division | ----- | Offline | Jajpur district | Existing entrepreneurs |
| 24. | Inauguration Ceremony cum Webinar on Drowning on World Drowning Prevention Day | 25/07/21 | Rural Development Division | Shri. Kamal Lochan Mishra, Executive Director, OSDMA; Shri. Sunil Kumar Sahoo, Deputy General Manager (Training & Coordination), Team of OSDMA | Online | ----- | Students |
| 25. | 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 |

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|-----|------------------------------------|----------|----------------------------|-------|---------|-------|------|
| 26. | Skill Development Program for SHGs | 09/01/21 | Rural Development Division | ----- | Offline | ----- | SHGs |
|-----|------------------------------------|----------|----------------------------|-------|---------|-------|------|

