



SRI A B R GOVERNMENT DEGREE COLLEGE

Repalle, Guntur Dt.522 265

Accredited by NAAC with 'B' Grade, Affiliated to Acharya Nagarjuna University



DEPARTMENT OF ZOOLOGY

Title: AWARENESS ON SEASONAL DISEASES

Objectives of the practice:

- ❖ To provide sufficient knowledge to the students about various seasonal diseases in and around of the Repalle.
- ❖ To make responsible students towards others who lives in the society.
- ❖ To create awareness about seasonal diseases to save at least some lives.
- ❖ To furnish accurate knowledge to the students on the causes and effects of diseases
- ❖ To make aware of the students and public about the forthcoming seasonal diseases

Context:

Seasonal infections are those that are prevalent during certain times of the year, such as monsoon and winter diseases. We must stay informed about their causes and symptoms so that we can prepare for them.

Every student should be aware of seasonal infections and how to prevent them as a life science student. In order to instill the habit of social responsibility among students, we conducted an awareness programme on seasonal diseases by the life science students. Having awareness amounts themselves makes no sense, but sharing their views and creating awareness among children, the uneducated, and the elderly make sense of being responsible citizens. In addition to this, many people, especially children, have health problems and even fatalities every year as a result of ignorance of the seasonal diseases. Feeling guilty for these circumstances, we developed this practice. We focus mainly in the area where more un educated people stay as they require knowledge on this.

Practice:

Every year, the department of zoology organises rallies and awareness campaigns in the rural communities close to Repalle, particularly during the monsoon season. There by exhibiting placards, banners we visualize the basic concepts our programme. By meeting different people, our students explain the causes, effects, preventive measures and medication to be taken at home.



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Awareness on the following seasonal diseases was made during our practice.

- **Malaria:** It is caused by a single-celled parasite called Plasmodium. Common sites of breeding for the Anopheles mosquitoes, which spread malaria, include rainwater pools and puddles, borrow pits, river bed pools, irrigation channels, seepages, rice fields, wells, pond margins, sluggish streams with sandy margins, hoof prints, tyre tracks etc.
- **Dengue:** It is caused by the Aedes aegypti mosquito, which breeds in stagnant water (such as in drums, flower pots, buckets, wells, and tree holes). Fever appears four to seven days after being infected with a mosquito bite.
- **Chikungunya:** It is caused by the Aedes albopictus mosquito and is a non-fatal viral disease. They breed in stagnant water as well.
- **Typhoid:** Caused by S. Typhi bacteria that spread because of poor sanitation. This disease is often seen in places where personal hygiene is low and handwashing is not practised enough. Typhoid can have very serious consequences and can even be fatal if proper treatment is not administered.
- **Cholera:** A bacterial disease causing severe diarrhoea and dehydration. India has experienced cholera outbreaks in the past and there are still active cases of cholera in the country.
- **Amoebic dysentery:** Amoebic dysentery is a water borne disease that mainly spreads through contaminated food, water and contact with faecal matter. It is an intestinal infection which leads to inflammation of the intestine as well as severe abdominal cramps and diarrhoea. Blood and mucous in the stool is common too.
- **Hepatitis A:** Hepatitis A is a sub-type of the hepatitis virus that occurs by exposure to contaminated food and water. Hepatitis A infection leads to the inflammation of the liver and temporarily affects liver function. Fortunately, Hepatitis A is not very serious or fatal and generally goes away on its own in a few days. However, if symptoms persist your doctor will recommend medications and antibiotics to combat the disease.
- **Common Cold:** A common viral infection affecting the nose and throat. The reason is dry and cold climates offer the optimum conditions for the rhinovirus to replicate and thrive.
- **Influenza (Flu):** A common viral infection that can be fatal, particularly in high-risk populations. The flu attacks the lungs, nose, and throat. For most people, the flu resolves on its own. But sometimes, influenza and its



complications can be deadly. H1N1 (swine flu) and H3N2 are types of influenza.

- **Pneumonia:** Pneumonia is a life-threatening disease in which viral and bacterial infections (commonly the Streptococcus or pneumococcus bacteria) spread out in the alveoli or tiny sacs of the lungs clogging them with fluids. Therefore, pneumonia causes shortness of breath in individuals suffering from it. The germs that cause pneumonia can spread by coughing, sneezing or touching infected objects and then touching the mouth or nose.

Evidence of Success:

We found a lot of impact of our programme on most of the people. Most of them enquired us about remedies and symptoms of the seasonal diseases and were very curious about our next visit on another topic and asked our students to write some preventive measures so that they can share with others. The residents of villages nearby Repalle had appreciated students of our college for their efforts to make awareness about the seasonal diseases among them.

Obstacles faced if any

Luckily there were no obstacles we have faced. The people at some areas didn't respond to the programme properly, while trying to start our conversation with some women they felt shy and didn't pay attention. Educating women especially mother is very important for the development of healthy families. Every woman should know about important issues.

Resources Required

We require teaching staff and students with full knowledge and good communication skills and patience to explain questions asked by the people and children. We prepared some pluck cards, banners with pictures and useful information.



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Awareness on Seasonal Diseases conducted by Department of Zoology



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Awareness drive on seasonal diseases by our students and staff
