



Report on Awareness Session on Prevention of Malaria

Date: 23rd April 2024

Venue: Anganwari, Lakhwas, Sohna

Event Type: Awareness Session

Mode of Activity: Offline

Target Group: Villagers of Lakhwas

Coordinators: Dr Mina Kumari (NSS member) and Neeraj Kumari (NSS Coordinator)

Organized by: NSS, K R Mangalam University, Gurugram

Participants during awareness session: More than 25 village women and 35 NSS volunteers

Introduction:

Malaria, a prevalent and often devastating infectious disease, poses a significant global health challenge, particularly in tropical and subtropical regions. Caused by parasites of the *Plasmodium* genus and transmitted through the bite of infected *Anopheles* mosquitoes, malaria manifests with symptoms such as fever, chills, and flu-like illness. Despite advancements in prevention and treatment, malaria remains a leading cause of morbidity and mortality worldwide, disproportionately affecting vulnerable populations, including young children and pregnant women. With this notion, NSS K. R. Mangalam University organized 'Awareness Session on Prevention of Malaria on 23rd April 2024 in Anganwari, Lakhwas, Sohna.

Objectives:

The session aimed to raise awareness about malaria prevention strategies, educate community members about the importance of preventive measures, and empower them to take proactive steps to combat malaria.

Content:

The event is started by Dr. Neeraj Kumari where she briefed about the event and the motive behind the gathering. The event was preceded by NSS volunteers where they informed the audience that Malaria is caused by a parasite which is called Plasmodium which infects and destroys the person's blood. They further explained that Malaria sickness is spread from person to person through the bites of infected female

Anopheles mosquitoes which usually bite all through the night with peak hours between dusk 7:00 in the evening and dawn (5:00 — 6:00 in the morning). They informed about the symptoms of malaria like continuous high fever, cold and shivering, vomiting and not being able to drink. severe anaemia due to killing of red blood cells etc. NSS volunteers advised the audience to go quickly to their nearest clinic to test the blood for malaria as early diagnosis followed by treatment of malaria reduces sickness and prevent deaths. It also contributes to reducing malaria transmission (spread) in the communities. In the last, a question-and-answer session was conducted for the participants to seek clarification on any aspects of malaria prevention they did not fully understand. NSS volunteers addressed queries and provided additional information as needed,

Conclusions:

Dr. Mina Kumari, NSS member expressed her gratitude to the audience as the participants expressed a willingness to continue practicing preventive measures and to share their knowledge with others in the community. Together, through collective action and adherence to preventive strategies, we can significantly reduce the burden of malaria and improve public health outcomes in our communities.

Event outcome:

The session fostered active engagement and participation among attendees, with discussions and questions indicating a keen interest in malaria prevention. Participants expressed willingness to implement preventive measures within their households and communities, contributing to malaria control efforts.



