
	SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION AND RESEARCH TAMAKA, KOLAR	
	NATIONAL SERVICE SCHEME (NSS)	

Report on ORS Day

ORS Day is celebrated every year on 29th July to highlight the importance of Oral Rehydration Salts (ORS). According to WHO, Diarrhea disease is the second leading cause of death in children under five years old. To mark the day more meaningful NSS cell of Sri Devaraj Urs Academy of Higher education and research, Kolar organized the outreach program on 29th August 2017 at Government Schools of Gaddekannur and Tamaka.

Dr Kumaraswamy R, NSS & YRC Program Coordinator, SDUAHER, Dr Shareef, Pediatrician, R L Jalappa Hospital and NSS volunteers visited the schools.

Dr Kumaraswamy R, addressing the children, Diarrhoea, is frequently caused by poor sanitation and hygiene, can have serious, and even deadly results, typically as a result of diarrhoea-related dehydration. It particularly affects infants, children and old people. Diarrhoea generally lasts for several days, and leaves the body without water and salts that are necessary for survival. Most people who die from diarrhoea actually die from severe dehydration and fluid loss from the body. Dehydration from diarrhoea can be prevented by giving extra fluids at home, or it can be treated simply and effectively by giving adequate glucose-electrolyte solution called Oral Rehydration Salts (ORS) solution.

Dr Shareef, explained the signs and symptoms of dehydration and advised not to neglect the diarrhea and consult the doctor as early as possible. He also explained how to prepare the homemade ORS and the home-made solution is adequate in most cases and is very effective for rehydration.

NSS volunteers demonstrated the steps of hand washing to school children.

The principal and staff members of the schools appreciated the program and requested Dr Kumaraswamy to organize many more such awareness programs in the schools as the children are the future of the nation.

Some photographs of ORS Day 2017






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