

## REPORT ON THE OCCASION OF NATIONAL DEWORMING DAY 2026.

National Deworming Day (NDD) is observed in India on 10<sup>th</sup> February every year to combat soil-transmitted helminth (intestinal worm) infections among children and adolescents. The program is a flagship initiative of the Ministry of Health and Family Welfare, Government of India, aimed at improving the health, nutritional status, and overall development of children.

In 2026, National Deworming Day was observed with great enthusiasm and awareness activities to promote mass deworming and educate the community about worm infestations and their prevention.

**Date:** 10/02/2026

**Time:** 02:00 PM onwards.

**Venue** – Class Room No. 5, Rajiv Lochan Ayurved Medical College & Hospital, Chandkhuri, Durg (C.G.)

**Organized By** – Department of Bal Rog, Co-Curricular & Extra Curricular Committee, Student Council Committee, IQAC, Sanskrit Club.

### ***Inaugural Ceremony:***

The program began with a vibrant inaugural ceremony. The program started with the lighting of the lamp by chief guest, Dr. Vandana Fating, Principal, Rajiv Lochan Ayurved Medical College & Hospital, Chandkhuri, Durg, addressed the gathering, highlighting the significance of National Deworming Day. The initiative was part of the national campaign led by Ministry of Health and Family Welfare to eliminate worm infections among children and adolescents.

### ***Objectives of the Camp:***

- To provide free deworming medication to children and the general public.
- To create awareness about intestinal worm infections and their impact on health, especially in children.
- To educate the public on personal hygiene, sanitation, and preventive healthcare.
- To offer Ayurvedic consultations and promote natural approaches to maintaining digestive and overall health.
- To reduce the prevalence and intensity of intestinal worm infections.
- To improve nutritional status and physical growth of children.
- To increase awareness about hygiene, sanitation, and hand washing practices.

### ***Program Activities:***

The program began with a brief inaugural session, where the organizing committee highlighted the importance of deworming and its impact on child health. Health professionals explained the modes of transmission of worms, symptoms, and preventive measures.

#### ***Educational sessions were conducted for students and staff regarding:***

- Types of intestinal worms (roundworm, hookworm, whipworm).
- Causes of worm infection.
- Sign and symptoms like anemia, malnutrition, abdominal pain and poor growth.
- Importance of personal hygiene, safe drinking water and sanitation.

- **Free Distribution of Deworming Tablets:** Ayurvedic Krimi Kuthar Ras were distributed as per government protocol to children aged 1 – 19 years and adults in need.
- **Health Check Up and Ayurvedic Consultation:** Doctors and final year BAMS students conducted general health screenings focusing on symptoms related to worm infections like anaemia, fatigue, and poor nutrition.
- **Awareness Sessions:** Educational talks and interactive sessions were organized for children and parents, emphasizing the importance of hand hygiene, safe drinking water and sanitation practices.
- **Herbal Remedies and Diet Counselling:** Ayurvedic alternatives and diet plans to support digestion and prevent re-infestation were shared with the attendees.

After the awareness session, Albendazole tablets (400mg) and Bal Chaturbhrada Churna were administered to eligible children as per government guideline under supervision of healthcare professionals. Proper records were maintained for coverage and follow-up.

Post-administration instructions were given, and students were advised about possible mild side effects such as nausea or dizziness and were reassured about their temporary nature.

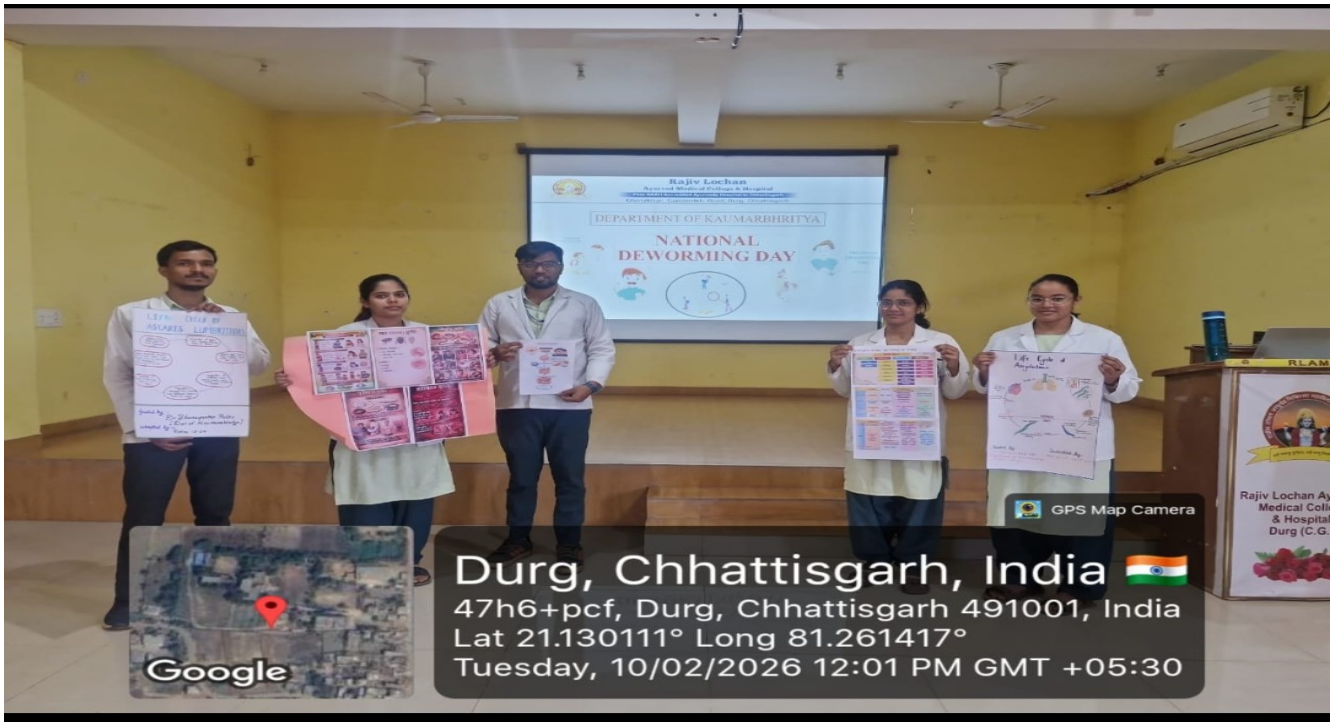
### ***Outcome and Impact:***

The program successfully covered a large number of students and adolescents. Participants gained awareness about intestinal worm infections and preventive measures. The initiative contributed to improving child health, school attendance, and overall well – being.

### ***Conclusion;***

National Deworming Day 2026 was successfully conducted with active participation of students, teachers, and healthcare workers. Such initiatives play a crucial role in breaking the cycle of malnutrition and infection among children. Regular deworming, along with improved sanitation and hygiene practices, is essential for achieving a healthier future generation.








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