



MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES, SEVAGRAM Report of Activities Carried out by NSS Volunteers of 2019 and 2020 batch

52nd Social Service Camp-2020 (Bhankheda)

Like every year, the Social Service Camp was organized for 100 first year undergraduate students of 2020 batch. The 2020 batch adopted the adjacent village of Bhankheda in Wardha district. Each student is allotted 4-5 families in the village and they are expected to follow these families up for the entire duration of the course.

The camp was organized from 28th August to 5th September 2021. Dr. Anuj Mundra was nominated as the In-charge for the camp and Dr. Chetna Maliye along with Dr. Ashwini Kalantri comprised the supervisory team. Usually the camp is held for 15 days and the students, postgraduates, and camp in-charge stay in the village for the whole duration. However, due to COVID-19 restrictions, the camp setting was modified this year and the duration of the camp was curtailed to only 9 days. Students did not have to stay in the village but stayed at their hostel. The theoretical teaching was conducted in the auditorium daily. Thereafter the students were taken to visit their adopted families in the evening from 3 pm to 7 pm. The students went to the village on 7 days i.e. from 29th August to 4th September 2021.



Inauguration of camp by Shri Dhirubhai Mehta, President, Kasturba Health Society

The inauguration of the camp was held 28th August morning at the college auditorium in presence of Mr Dhirubhai Mehta, President KHS, Dr B. S. Garg, Secretary KHS, Dr Nitin Gangane, Dean MGIMS, Dr SP Kalantri, Medical Superintendent, Kasturba Hospital, and Mr. Vilas Bhalkar, Sarpanch Bhankheda.

Shri Dhirubhai Mehta addressed the students and motivated them towards taking up rural service. Dr Garg shared the importance of the Social Service Camp. Dr Gangane briefed the students about the various learnings that the students will get from this unique camp. Later, Professor and Head, Dept of Community Medicine, Dr Subodh S Gupta briefed students regarding objectives of Social Service Camp.



Inauguration of camp by Sarpanch and Dr. Subodh S Gupta



Interaction with Gram Panchayat members

The inauguration was followed by the students interacting with the members of the Gram Panchayat and understanding the role Gram Panchayat plays in overall health and development of the villagers.

Lectures and interactive sessions

Later Shri PV Bahuekar briefed students about the art of communication with the villagers which would help them build rapport within their allotted families as well as complete all the tasks smoothly. Later, students were allotted their families from the village from existing list of households by the Health and Demographic Surveillance System project run by the Department of Community Medicine. Each student was allotted 3-4 families amounting to an average of around 12-15 members.

On the next day, Dr. Subodh S Gupta talked to students about the concept and objectives of the Social Service Camp. This was followed by a discussion on family and community diagnosis by Dr. Abhishek Raut. Students were made aware of the observations they needed to make to arrive at the diagnoses at the end of the camp. To facilitate these observations, the concept of social determinants of health was also discussed with the students by Shri PV Bahulekar. He also discussed the principles of community mobilization which would help the students undertake their interventions for improvements in the health status of the villagers over the next two years.

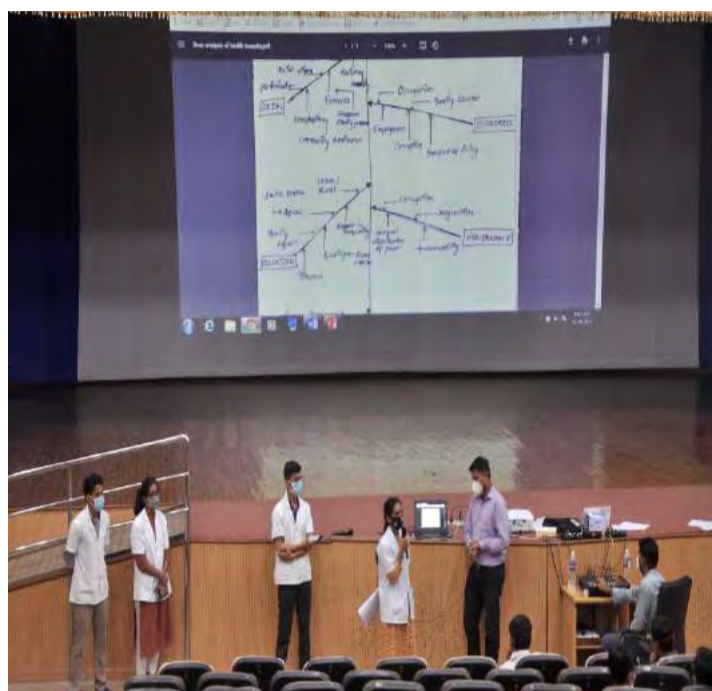
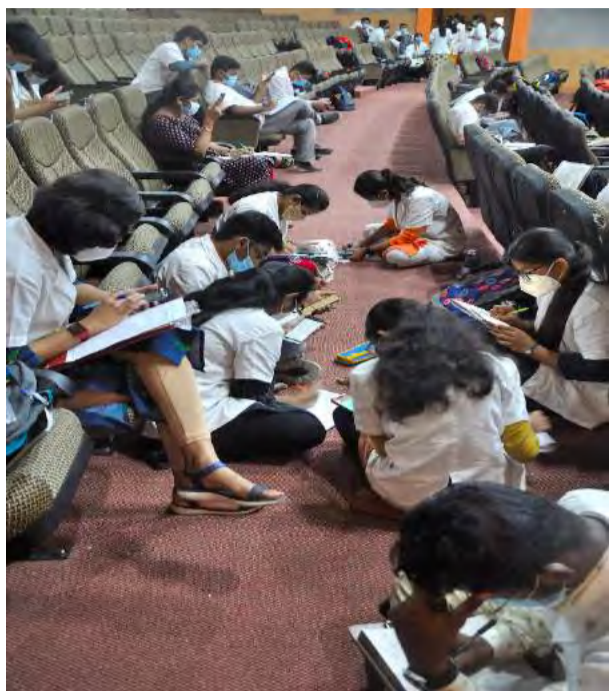
Following this the students were taken to the village in the evening. In the village, a health exhibition was set up to display various health education materials and also raise awareness about healthy practices among the villagers. A general OPD was also run in the village with the help of interns and postgraduates of the department. This year we did not have specialist OPD in the camp to avoid crowding



Doctors examining patients during the evening OPD in village Bhankheda

during the OPDs. Students were briefed about the health exhibition as well as the OPD before

going to their families. On the first day students were asked to visit their respective families and build rapport with them. They were also asked to inform them about the health exhibition and bring them to the exhibition site to see the IEC and behaviour change communication materials.



Students preparing for group assignments and presenting it during one of the interactive sessions in auditorium



Demonstration of participatory learning and action (PLA) tools: Venn Diagram in village

Over the next few days students were oriented about environmental health, safe water and sanitation along with a demonstration on measuring the chlorine content of water, health care delivery system in India, mental health and addictions, nutrition and nutritional assessment, nurturing care for children, immunization, health equity, adolescent health, etc.

They were also given a demonstration of few qualitative and participatory learning action (PLA) tools like indepth interviews, focus group discussions, Venn diagram, seasonal calendar etc. Of note were two sessions – one by Dr. B.S. Garg where he talked about leadership in health and motivated students to develop leadership skills so that they are



Demonstration of qualitative methods: Focus Group Discussion

better able to promote healthy behaviour in the village. He also motivated the students to read

some literature like Mahatma Gandhi's "Key to health". Another session was by Dr. AK Shukla where he taught students to identify common visual problems in elderly persons. He also introduced a couple of faculty members from the Dept. of Ophthalmology so that they could be contacted in case of need.

Interactive session with Village Health Nutrition and Sanitation Committee (VHNSC) members, Kishori Panchayat (adolescent girls' groups) and Women's Self-Help Groups were arranged. A session for interaction with an NGO named "Aadharwad" was also arranged in the auditorium. The members informed the students regarding health and development related activities which is performed by the NGO.



Interaction with representatives from NGO 'Aadharwad'



Interaction and observation with Kishori Panchayat members

Daily visits to adopted families

Unlike every year when students visited their families twice a day (morning and evening everyday), this year the students were taken to the village only in the evening and thus visited their families only once in the evening. For each day there was a specific agenda i.e., it focused on any social determinant or any particular age group and the related schedule for collecting the relevant data. The students collected these data, entered these in their journals as well as on MGIMS e-classroom (MOODLE based LMS of MGIMS).



Daily visits by students in their adopted families in village Bhankheda

Group activities



Interaction between a group of adult males and medical students



Interaction between a group of elderly villagers and medical students

Students were divided into 18 groups of 5-6 students each. Each group of students was given the responsibility of interacting with important stakeholders (people/group) in the village and gathering data/information related to health which would not only help in formation of community diagnosis but also inform about various community health action points that could be undertaken for improvement in the health status of the village. Some of these stakeholders were Gram panchayat, ASHA, AWW (anganwadi workers), MPH, RMP, caregivers of children, elderly, adolescents etc. Learnings from these activities were used to make the community diagnosis for the village at the end of the camp.

OPD services for villagers

Unlike previous years this year there was no specialist OPD in the village this year. A general OPD was being run in the evening in the village where villagers could come to get free services and medicines for their ailments. A total of a total of 1165 patients received benefit in the OPD, i.e., an average of around 165 patients per day. Any patient who required specialist consultation were referred to Kasturba Hospital, Sewagram for further management and advice. A total of 154 villagers were referred for specialist consultation to Kasturba Hospital, Sewagram.

Screening services in the village



Screening of villagers for Hypertension, Diabetes, BMI, Anemia in village Bhankheda

Various screening activities were performed in the village by the students/staff. These include screening for anemia, hypertension, diabetes mellitus, BMI, growth monitoring of children. For this the students were divided in 4 groups of 25 students each. Each group was to be monitored and supported by two faculty members, two PGs, two social workers and two interns.

All the villagers were screened for pallor and those who were pale were then subjected to haemoglobin estimation for which the sample was collected in the village and sent to Kasturba hospital, Sevagram. Haemoglobin estimation was done for 156 villagers out of which 73 turned out to be anaemic, which is disproportionately high among females (69 out of 73). Of these 10 people were diagnosed to have sickle cell anaemia (9 females). Blood sugar and blood pressure estimation was done for all villagers aged above 30 years and those needing it based on their health condition. A total of 852 people were checked for their random blood sugar and blood pressure levels. Out of these 105 screened positive for diabetes and 52 had elevated blood pressure levels. Other than these a general health screening was also conducted with the help of interns in the households. Out of 82 children aged less than 5 years, 6 were moderately underweight.

Few activities like demonstration of chlorination of well, soakage pit, health education rallies in the village, cultural night, specialist OPD, various competitions etc. were missed this year as a precautionary measure for COVID to avoid crowding and mass gatherings during the camp.

On the last day of the camp i.e., 5th September 2021 valedictory function for the camp was held in the auditorium in presence of Shri Dhirubhai Mehta, Dr. B.S. Garg, Dr. Nitin M Gangane, Dr. SP Kalantri, Mr. Vilas Bhalekar. Few members from the village were also present for this occasion. Dr. Gangane welcomed the guests for the function and Dr. Anuj Mundra presented the camp report. Then the students shared their experiences during the camp and the community diagnosis. This was followed by a couple of villagers sharing their experience regarding the camp and how it benefitted them followed by address of the sarpanch. Out of several well performing students and a lot of discussion among the staff, the tough competition for the 'best camping student' was given to Ms. Radha Muley. Dr. Subodh Gupta announced the same. Shri Dhirubhai Mehta addressed the gathering and praised the students for all the hard work during the camp. The function ended with vote of thanks by Dr. Ashwini Kalantri and national anthem.



Villagers sharing their views regarding the camp during valedictory function at Auditorium, MGIMS

Schedule: Social Service Camp (2020 Batch), Bhankheda

Date	8-9am	9-10am	10-11am	11am-12pm	12-1pm	3-4pm	4-5pm	5-7pm
28 Aug 2021	Preparation for inauguration		SSC Inauguration		Village Mapping/ interaction with PRI PVB	Reflections SSG	Communication with the Families SW	Allotment of Families All PGs
29 Aug 2021	The concept of SSC SSG	Family and Community Diagnosis AVR/AD	Family and Village Schedule PGs/SWs	Social Determinants of Health and Community Mobilisation PVB/CM		Village Visit Introduction to families Demo of Exhibition		
30 Aug 2021	Environment Health and Housing AK/AM		PHC delivery in India AD	Safe Water with demo DGD	Identification of Ophthalmic problems in elderly Dr AK Shukla	Village Visit Environmental Health, Housing and SLI		
31 Aug 2021	Journal Completion	Leadership in Healthcare BSG	Mental Health and Addiction CM	Focused Group Discussion and In Depth Interviews PVB		Village Visit Adult Schedule (Addiction, Stress, NCDs, Physical Activity, BMI)		
1 Sept 2021	Immunisation AK/AM	Nutrition and Health CM	Nutritional Assessment PGs/AK/AM		Nurturing care for children SSG	Village Visit Child Schedule		
2 Sept 2021	Journal Completion	Equity in health AVR	Interaction with VHNSC Members AJ		Being a change agent SSG	Village Visit ANC Schedule		
3 Sept 2021	Journal Completion	Adolescent well being CM/SSG	Interaction with KP and SHG PVB/SWs		PLA Demo PVB	Village Visit Adolescent Schedule		
4 Sept 2021	Journal Completion	Family Diagnosis	Reflections and feedback SSG	Interaction with NGOs SW		Village Visit		
5 Sept 2021	Family Objectives	Journal Checking and preparation for Valedictory Function			Valedictory Function			

Students will be given to read sections of Facts for Life book daily at the end of session. They are expected to read and participate in an interactive session based on the section the next morning.

COVID AWARENESS ACTIVITIES CONDUCTED BY NSS VOLUNTEERS DURING THE PANDEMIC:-

During the COVID pandemic MBBS students from our college came forward to volunteer in hospital services. Due to the COVID pandemic many students were residing in the hostel even during the vacation period and they decided to contribute in routine hospital services as volunteers

Dr Subodh S Gupta, Professor and Head, Department of Community Medicine coordinated this activity with help of faculty members of Department of Community Medicine. Volunteers got sensitized for COVID precautions and were provided N-95 masks. Volunteers were sent to various sections of the medical college as per requirement on rotation.

List of student volunteers and activities they have participated in:-

Screening OPD

- Shashvithaa Shivakanthan- UG2018
- Viashnav Pai - UG2018
- Karan Karwani - UG2018
- Rajendra Yadav – UG2017

Communication with patients and relatives

- Shriyash Gadade– UG2018
- Eknath Rajguru– UG2018

COVID-19 Vaccination centre

- Sadique Ameen – UG2018
- Chetan Shukla– UG2018
- Kayalashini Rajathurai – UG2019

Microbiology department (to fill sample forms and report dissemination)

- Avni Tambi - UG2019
- Mahesh Phad – UG2018
- Amey Jokar - UG2019
- Bhomaram Chaudhary – UG2017
- Swaraj Pawar – UG2019
- Kalpit Khandelwal - UG2019
- Niraj Agrawal - UG2019





Home isolation monitoring:-

During COVID pandemic at our institute we constituted a committee called the “Home isolation support team” to support any hospital staff who had tested positive and was in home isolation. The home isolation support team called them daily to supervise their SPO2, temperature and any danger signs present. The Institute had also sanctioned SPO2 machines hospital staff who were in home isolation on rotation basis.

To support this activity, various students of 2020 batch came forward to help the team. We had constituted a WhatsApp group where volunteers posted lists of positive staff members daily and patients allotted to volunteers.

Student volunteers called them daily to check their health status and referred them immediately to seniors if any intervention was required. Through support of this team, we followed up nearly 231 staff members.

List of student volunteers (UG 2020):-

- Shanthalingesh Antin
- Sakshi Wankhede
- Supriya Dhamansure
- Krishna Kale
- Purna Pandey
- Vaishnavi Mishra
- Dipanshu Zindal
- Shushruta Somwanshi
- Rohini Chettiar
- Sanskar Agrawal
- Aniket Daberao
- Charugatri Garav
- Jayesh Tambe
- Viraj Solanke

Volunteers to support contact tracing through telephonic follow- up

Teams of student volunteers also came forward to help in contact tracing of patients who had submitted swabs for COVID 19 testing at our institute. Students volunteers telephonically followed up patients after necessary training.

Students who participated:-

- Vashishtha Zade – UG2019
- Wilfred D’souza -UG2015
- Shrinidhi Datar- UG2015
- Dhruv Mistry UG2018

- Sahil Nongrum UG2015
- Kshitija Pakhare UG2015

A team of Marathi speaking students also volunteered to translate various important guidelines/social media messages into Marathi from English during the early phase of the pandemic. Students translated various IEC messages into Marathi and also developed several interesting videos.

Samples of translation:-

करोना विषाणूचा प्रतिबंध आणि उपाय यासाठी गावपातळीवरील कार्यकर्ते (अंगणवाडी सेविका/आशा) यांची भूमिका

आपल्याला माहित आहे की, COVID-19 नावाचा एक नवीन श्वसनाचा रोग जगभरात पसरत आहे. भारतातही बऱ्याच राज्यात अनेक रुग्णांची नोंद झाली असून, रोगाचा प्रसार रोखण्यासाठी आपले सरकार प्रयत्न करीत आहे. आपण गावातील एक महत्त्वपूर्ण घटक या नात्याने, यासाठी प्रमुख भूमिका निभावू शकता आणि COVID-19 चा प्रसार रोखू शकता.

आपली भूमिका मुख्यतः दोन प्रकारची आहे-

१. संसर्गाचा प्रादुर्भाव टाळण्यासाठी गावातील लोकांना मुख्य संदेश देणे.
२. COVID-19 चे संशयित रुग्ण शोधून लवकरात लवकर संदर्भसेवा देण्याकरीता पाउल उचलणे.

आरोग्य विभागाचे महत्वाचे घटक म्हणून, तुमची आणि तुमच्या कुटुंबीयांची सुरक्षा आमच्यासाठी महत्वाची आहे. खाली दिलेले माहिती तुम्हाला सुरक्षित राहण्यास मदत करेल.

 <p>COVID-19 म्हणजे काय ? COVID-19 हा आजार 'नोवेल कोरोना विषाणू' मुळे होतो. त्याची सामान्यपणे लक्षणे आहेत-</p> <ul style="list-style-type: none"> ● ताप 	<p>COVID-19 चा प्रसार कसा होतो ? COVID-19 प्रामुख्याने संक्रमित व्यक्तीच्या खोकल्यामुळे किंवा शिकण्यामुळे निर्माण होणाऱ्या थुकीतील बेंबाद्वारे पसरतो. हे दोन प्रकारे होऊ शकते-</p> <ol style="list-style-type: none"> १. प्रत्यक्ष जवळचा संपर्क - COVID-19 रुग्णांशी (संक्रमित व्यक्तीच्या जवळ १
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मी दवाखान्यात कधी दाखवावे ?



केवळ साधा सर्दी खोकला (नाक वाहणे, ठोठगी होती तसा खोकला, हलकें चश्यात खव-खवणे, साधारण ताप)

असेल तर दवाखान्यात येणं टाळा.

हे आपले संरक्षण करेन आणि विषाणू आणि इतर संक्रमणांचा प्रसार नोक्यास मळत करेन.



जर आपल्याला खोकल्यासोबत ह्वास घेण्यात अडचण येत असेल, छातीत दुखणे, उठ्यातून रक्त पडणे होत असेल तर वैद्यकीय सल्ला घ्या. आपल्या उपचार करणा-या डॉक्टरांच्या दिशानिर्देशांचे अनुसरण करा.

कलतुरबा हॉस्पिटल, सेवाग्राम, वर्धा



करोना विषाणू संसर्गाचा धोका टाळा

करोना विषाणू आजाराची लक्षणे

ही मुख्यत्वे ह्वसनसंस्थेचे निगडीत असतात ती सवसंधारणपणे इन्फ्लुएन्झा आजार सादलीच असतात. सर्दी, खोकला, ताप, ह्वास घ्यायला त्रास होणे निगोलिया, काहीवेळा सुत्रिपंड निकाशी होणे अशी लक्षणे मुख्यत्वेकडून आढळतात.



काय काळजी घ्यावी?



हात वारंवार धुणे.

खोकला किंवा शिंका येत असलेल्या प्रत्येकामध्ये कमीतकमी 1 मीटर (3 फूट) अंतर ठेवा.



शिंकासोबत, खोकलासोबत नाकातीडाकट रुजाल अथवा टिशू पेपर घरणे.

शेळे, नाक आणि तोंडाला स्पर्श करणे टाळा



अचरित दिवालेले, कच्चे भाज खाऊ नये.



फळे, भाज्या व पुसा खाऊ नयेत.



जर आपल्याला सर्दी, खोकला, ताप, ह्वास घ्यायला त्रास होत असेल तर डॉक्टरांच्या स्पर्श टाळा

करोना विषाणूमुळे होणारा आजार पसरतो कसा?

करोना विषाणू मुळे होणारा आजार नेमका कसा पसरतो याबाबत अजून बरीचशी सदिग्धता असली तरी सवसंधारणपणे हा आजार हा हवेवाटे शिंकाण्या खोकल्यातून जे थेंब बाहेर पडतात त्यातून पसरतो. करोना विषाणूचे मूळ स्थान प्राणी जगतात आहे.



सार्वजनिक वैद्यक विभाग, अजयना ताली सार्वजनिक संस्था.

Kasturba Health Society's
Mahatma Gandhi Institute of Medical Sciences, Sevagram
Kasturba Hospital, Kasturba Nursing College and Kasturba
Nursing School

Report of Swachhata Pakhwada

(1st April 2021 – 15th April 2021)

Swachhata Pakhwada was carried at Kasturba Health Society's Mahatma Gandhi Institute of Medical Sciences, Kasturba Hospital, Kasturba Nursing College, Kasturba Nursing school from 1st April 2021 to 15th April 2021. The Field Practice area of MGIMS Sevagram covering 67 villages has also conducted the Swachhata activities at community level.

Mode of Dissemination of Swachhata thematic messages

1. Individual – interpersonal communication
2. Group talk
3. Mass communication
4. Online meeting – awareness generation on Swachhata
5. Dissemination through social media
6. E-poster distribution through social media

Activities conducted are as follows:

1. Swachhata Pledge
2. Swachhata drive
3. Mass Awareness Generation Activities: Role Play on Swachhata and No to single use plastic use, Poster exhibition, e-poster on swachhata and shramdan
4. Collection and disposal of plastic waste, segregation of biodegradable/non-biodegradable waste
5. Curbing single use plastic (SUP) and discourage use of plastic
6. Beautification of Garden/maintenance of cut flower and potted plants
7. Disposal/removal of old files, non-usable items and equipment
8. Training of health care staff on infection control, prevention of needle-stick injury and bio-medical waste management
9. Celebration of World Health Day on 7th April 2021

Swachhata Pakhwada Activities: MGIMS, Sevagram





Shramdan activity: Physiology Department by staff

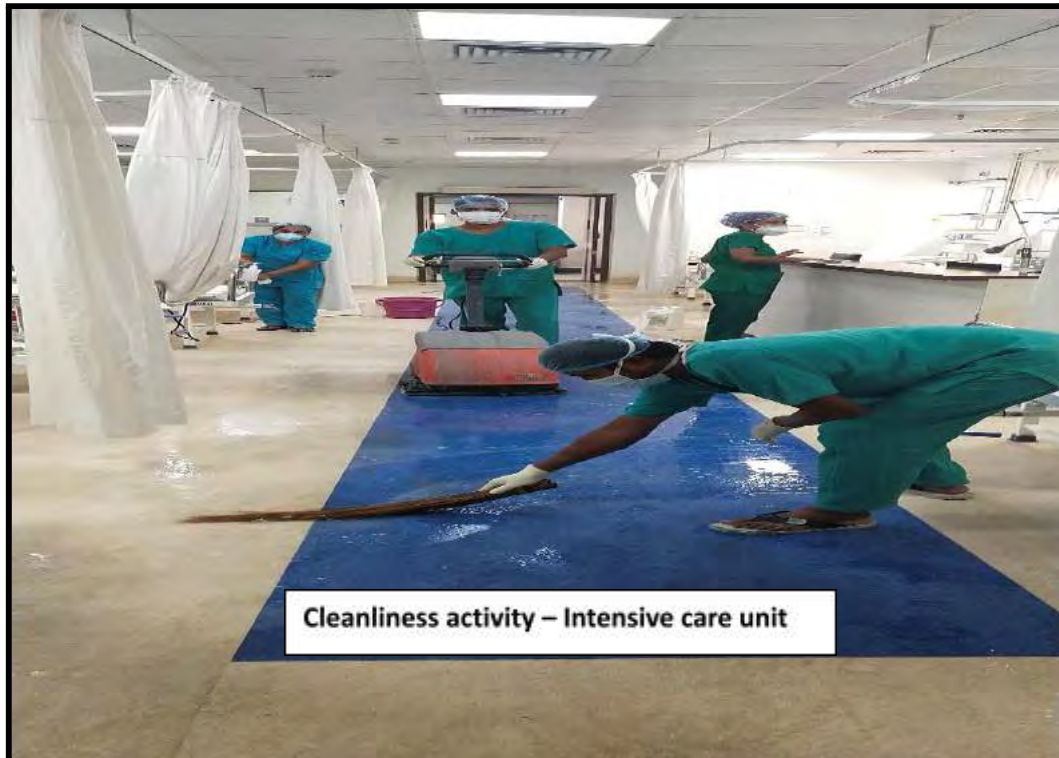


Shramdan activity by Engineering Section staff

Swachhata Pakhwada at Kasturba Hospital, Sevagram



Digital display of Swachhata Messages at Kasturba Hospital
Registration waiting area



Training of health care staff on Bio-medical waste segregation by Kasturba Hospital



Cleanliness and maintenance of drinking water – RO system at Kasturba Hospital



Recycling of paper and linen waste for preparing files and folders



Cleanliness activity – Laundry – Kasturba Hospital



Preparation of compost –by use of food waste and fruit waste



Bio-medical waste management –
segregation of bio-medical waste



Distribution of surgical mask by Matron Sister



Asst. Matron Sister – Teaching an elderly how to wear a mask





Cleanliness of Corridors of MCH wing by Hospital Staff



Mechanized cleaning of waiting areas of Kasturba Hospital



Swachhata Pakhwada Activities: Kasturba Nursing College



Cleanliness Activity of Garden of Kasturba Nursing College by Staff



Cleanliness of Museum of Kasturba Nursing College by staff



Beautification of Garden of Kasturba Nursing College by staff



Beautification of Garden of Kasturba Nursing College by staff

Removal of old documents – Kasturba Nursing College



Disposal of Old journals – Kasturba Nursing College



Cleanliness of Classroom – Kasturba Nursing College



Swachhata Pakhwada Activities :Kasturba Nursing School



Swachhata pledge by Kasturba Nursing Students and staff



Swachhata - Poster exhibition by students of Kasturba Nursing Students

Cleanliness of Library – Kasturba Nursing School



Swachhata Pakhwada Activities at Community Level

1. The ceremony of taking “Swachhata Pledge” was organized on 01/04/2021 at UHTC, Wardha. Shri. Bahulekar, Dr Anuj Mundra , Dr Makhija, Dr Mudita Joshi, Mrs Alka Khedkar, Mr Nikesh Chide, Mrs Vidhya Shende, Mr. Wanve, Ms Priti Astkar, Mrs Ragini Lihitkar took the pledge .

Total Members attended: **21**

Male: 09 and Female: 12



2. Gram swachhata Abhiyan was organized on 03/04/2021 at Sindhi (M), Wardha. Mrs. Sawai (Sarpanch), gram panchayat members, VHNSC members, ASHA volunteers, AWWs, villagers and UHTC staff attended the program. Total number of persons attended the program 22 (Male 4 Female:18)



Hand Washing Demonstration was organized at UHTC Wardha on 07/04/2021 Dr Mudita Joshi, Mrs Alka Khedkar, Mrs Vidhya Shende, and Peoples attended the program. Total no. of persons who attended the activity were **14 Female : 08**
Male 06



Swachhata abhiyan – Village Neri





IEC Posters used for dissemination of messages on Swachhata

वाइट सवयी

वाइट सवयींमूळे होणारे आजार

उल्दी पोटदुखी जुलाब

चांगल्या सवयींचा अंगीकार करा - आजारांपासून दूर रहा

दोप पणजेक सधोडवून घेवप संकळ देव
 शिंपणे घरी नेवप घरास भंडवळता देव
 शिंपचेक सधोडवून घेवप संकळ देव
 घरी उजवाळ देवो व कवे संकळवत संकळवत घेवप संकळ देव

प्राथमिक विकास मंत्रालय, भारत सरकार

स्वच्छ हात, स्वच्छ कान, स्वच्छ डोळे, स्वच्छ नाक

आरोग्याची खरी पहाट

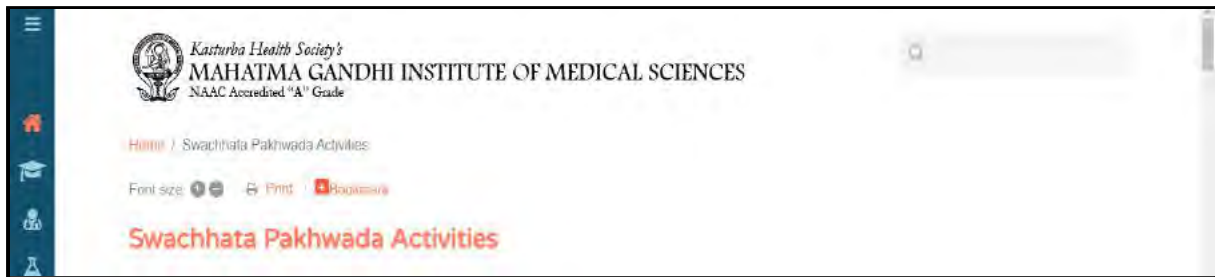
उत्तम आरोग्य हि, मौल्यवान संपत्ती आहे

Mahatma Gandhi Institute of Medical Sciences, Sevagram

स्वच्छ हात

- 1 हाताचे तळवे घाबरा
- 2 प्रत्येक बोटा व बोटांच्या मध्ये घाबरा
- 3 हाताचा मागीलभाग व बोटांच्या मध्ये घाबरा
- 4 अंगठ्या भोवती घाबरा
- 5 बोटांचा मागीलभाग
- 6 नख्यांना तळहातावर घाबरा
- 7 मंडीत स्वच्छ करा
- 8 हात स्वच्छ कापडाने कोरडे करा

Swachhata Pakhwada Activities - Website of MGIMS



The screenshot shows the website header for Kasturba Health Society's MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES, NAAC Accredited "A" Grade. The page title is "Swachhata Pakhwada Activities". Below the title, there are navigation icons and a search bar. The main heading "Swachhata Pakhwada Activities" is displayed in red text.



म.गांधी आयुर्विज्ञान संस्थेच्या वतीने स्वच्छता पंधरवडा

पुण्य नगरी / प्रतिनिधी

वर्धा : सेवाग्राम येथील महात्मा गांधी आयुर्विज्ञान संस्थानच्या वतीने १ ते १५ एप्रिलदरम्यान स्वच्छता पंधरवडा आयोजित करण्यात आला आहे. संस्थेच्या परिसरात, उपकेंद्रात व समुदाय पातळीवर विविध उपक्रम राबविले जात आहे.

या स्वच्छता पंधरवड्याची सुरुवात १ एप्रिलला होऊन

कर्मचारी, रुग्ण व नातेवाईकांनी आपल्या आजूबाजूचा परिसर स्वच्छ ठेवण्याची शपथ घेतली. यामध्ये विद्यार्थी, परिचारिका, कर्मचारी, आशा वर्कर, अंगणवाडी सेविका, महिला बचतगट, किरण क्लिनिक आणि किशोरी पंचायत सहभागी आहेत. विभाग व परिसर स्वच्छ करणे, वापरलेले व कालबाह्य वस्तूंची विल्हेवाट लावणे, हात धुण्याचे प्रात्यक्षिक व प्रशिक्षण देणे. पोस्टर



प्रदर्शनीच्या माध्यमातून प्रसार व प्रचार करणे, श्रमदान करणे तसेच मखवटे व कपड्यांच्या पिशव्यांचा

वाटप आदी उपक्रम राबविण्यात येत आहे. रुग्णालयाच्या दर्शनी भागावर डिजिटल स्क्रीनवर

स्वच्छतेबाबत संदेश आणि सुविचार दाखविण्यात येत आहे. याच उपक्रमांतर्गत एकुली येथे महिला बचत गटामार्फत हात धुण्याचे प्रात्यक्षिक देण्यात येत आहे. तसेच परिसंवाद व चर्चासत्र आयोजित करण्यात आले आहे. कोविड - १९ च्या सर्व नियमांचे पालन करून हे उपक्रम राबविण्यात येत असल्याचे कस्तुरबा हेल्थ सोसायटीचे सचिव डॉ. बी.एस. गर्ग यांनी सांगितले.

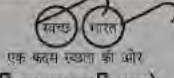
Dissemination of Swachhata Activities via Print media (Newspaper)



वर्धा : रुग्णालय परिसरातील स्वच्छतेची विल्हेवाट लावताना विद्यार्थी.

एमजीआयएमएसमध्ये स्वच्छता पंधरवडा

वर्धा : महात्मा गांधी आयुर्विज्ञान संस्थान सेवाग्राममार्फत स्वच्छता पंधरवडा १ ते १५ एप्रिलपर्यंत राबविण्यात येत आहे. १ एप्रिलपासून स्वच्छता पंधरवड्याला प्रारंभ करण्यात आला. कर्मचारी, रुग्ण व रुग्णांच्या नातेवाईकांनी आपल्या आजूबाजूचा परिसर स्वच्छ ठेवण्याची शपथ घेतली. या स्वच्छता अभियानामध्ये प्राध्यापक, वैद्यकीय शिक्षण घेणारे विद्यार्थी, विद्यार्थिनी, संस्थेत कार्यरत कर्मचारी, आशावर्कर, अंगणवाडी सेविका आदींचा सहभाग आहे. स्वच्छता पंधरवड्यात परिसर स्वच्छ करणे, कालबाह्य वस्तूंची विल्हेवाट लावणे, हात धुण्याचे प्रात्यक्षिक व प्रशिक्षण देणे, पोस्टर प्रदर्शनाच्या माध्यमातून प्रसार व प्रचार करणे, श्रमदान करणे आदींचे आयोजन केले आहे. संस्थेने जागतिक आरोग्यदिन संस्थेच्या परिसरात व आजूबाजूच्या गावांत साजरा केला. यावेळी विद्यार्थ्यांनी स्वच्छता या विषयावर मार्गदर्शनासाठी महत्वाची भूमिका पार पाडली. एकुली गावात महिला बचतगटामार्फत होत धुण्याचे प्रात्यक्षिक देण्यात आले. व्हीएचएनएससी आणि किरण समितीच्या सदस्यांनी मदनी या गावामध्ये ग्राम स्वच्छता अभियान राबविले. केआरएचटीसीच्या कर्मचाऱ्यांनी बोरागाव, नांदोरा येथे वैयक्तिक स्वच्छतेवर परिसंवाद सत्र आयोजित केले होते. हा उपक्रम आयोजित करताना आम्ही कोविड-१९ च्या सर्व नियमांचे काटेकोरपणे पालन करीत आहोत. संपूर्ण वर्षभर आमची संस्था व परिसर स्वच्छ राहण्यासाठी आम्ही अथक प्रयत्न करीत असतो, असे डॉ. बी. एस. गर्ग (सचिव, कस्तुरबा हेल्थ सोसायटी) यांनी सांगितले.



वैयक्तिक स्वच्छता, परिसर स्वच्छता ही प्रत्येकाची जबाबदारी आहे.

आपण तेव्हाच निरोगी राहू शकतो जेव्हा आपण साफसफाई करण्याचे सवय आचरणात आणू.

स्वच्छता ही एक चांगली सवय आहे त्यामुळे आपल्या जीवनामध्ये आपण निरोगी आणि स्वस्थ जीवन जगू शकतो.

e-pamphlet on Swachhata

स्वच्छता मोहिमेचा उद्देश खालीलप्रमाणे आहेत:

- देशाचा काना कोपरा स्वच्छ आणि नीटनेटका असावा.
- लोकांना उघड्यावर शौचास जाण्यापासून रोखले पाहिजे.
- भारतातील प्रत्येक शहरी आणि ग्रामीण भागातील घरात शौचालयांची निर्मिती करावी.
- प्रत्येक गल्लीत किमान एक कचरा कुंडी असणे आवश्यक आहे.
- जनतेची मानसिकता बदलणे आणि स्वच्छतागृहाचे महत्त्व सांगून स्वच्छतागृहाच्या वापरास चालना देणे आणि स्वच्छतेविषयी जनजागृती करणे.
- सर्व घरात पाण्याचा पुरवठा सुनिश्चित करण्यासाठी गावात पाइपलाइन बनविणे जेणेकरून स्वच्छता कायम राहिल.
- घन व द्रव कचऱ्याचे पंचायतीच्या माध्यमातून व्यवस्थापन करावे.
- संपूर्ण भारत स्वच्छ आणि हरित बनवावा.



निरोगी राहण्यासाठी या सवयी स्विकारा

- स्वच्छ पिण्याचे पाणी वापरा.
- टॉयलेटमधून बाहेर आल्यानंतर आपण साबणाने हात धुवावे. जर साबण नसेल तर टाखाडी किंवा स्वच्छ वाळूने आपले हात घुवा. साबण किंवा टाखाडीने भांडी स्वच्छ करा.
- कव्या भाज्या स्वच्छ पाण्याने चांगले घुवा.
- खाद्यपदार्थावर माश्या बसू देऊ नये आणि ते नेहमी झाकून ठेवावे.
- नेहमी स्वच्छतागृहाची वापर करा.
- अतिसार दरम्यान जास्त पाणी घ्या आणि पेशांटला ओ आर एस चे द्रावण घ्या.
- पिण्यासाठी योग्य आणि स्वच्छ पाणी वापरा.
- वैयक्तिक स्वच्छतेवर लक्ष द्या.
- स्वच्छतागृह स्वच्छ ठेवा.
- उघड्यावर मलविस्मरण करू नका.
- नेहमी बूट किंवा चपलेचा वापर करा.
- आरोग्य कर्मचाऱ्यांचा सल्ला वेळेवर घ्या आणि जंतनाशक औषधी आरोग्य कर्मचा-यांच्या सल्ल्याने वेळेवर घ्या.
- त्वचेच्या आजारांमध्ये रोज स्वच्छ पाण्याने स्नान करा आणि इतरांचे टॉवेल वापरू नका.
- स्वच्छ पाण्याने कपडे घुवा.
- परिसर स्वच्छ ठेवा.
- तुटलेली बाटली, डब्बा आणि टायर्स ह्यांच्यात पाणी जमा होऊ देऊ नका.
- दर चार दिवसांनी, पाण्याचे भांडे रिकामे करा ज्यामुळे डासांची अंडी बनणार नाहीत.
- ओला कचरा आणि कोरडा कचरा वेगळा करून पंचायत किंवा पालिकेच्या गाडीमध्ये टाकावा.
- कोणीही रस्त्यावर किंवा सार्वजनिक ठिकाणी थुकू नये.
- प्लाॅस्टिक चा वापर टाळावा.



स्वच्छतेचे फायदे:

स्वच्छ राहण्यामुळे किंवा शुद्ध पाणी पिण्यामुळे रोग प्रतिबंधित करता येतात. ज्यामुळे दवाखान्यातील नाहक खर्च कमी होतील.



"स्वच्छ घर स्वच्छ आँगण, प्रसन्न ठेऊ वातावरण"

महात्मा गांधी आयुर्विज्ञान संस्थान, कस्तुरबा आरोग्य मंडळ, सेवाशाम, वर्धा



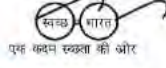
श्रमदान

स्वच्छता पंधरवाडा

१ ते १५ एप्रिल २०२१

"श्रमदानातून समाजात आपसी
सद्भावनेचा विकास होतो"

महात्मा गांधी



"श्रमदान" हा शब्दाचा वापर विनामोवदला जनकल्याणसाठी किंवा चांगल्या कामासाठी केलेले कष्ट असतात.

अन्नदान, रक्तदान ह्यांच्या बरोबरीने श्रमदान देखील खूप महत्त्वाचे आहे. श्रमदान हे एकदिवाने किंवा संघटित पणे करता येत, जे काम एकट्याला शक्य नसत ते संघटित पणे करून, श्रम करून साध्य करता येत. एकत्रित पणे श्रम केल्याने परिश्रम कमी लागतात, वेळ कमी लागतो आणि गोष्ट लवकर साध्य होते.

"श्रमदान हेच श्रेष्ठ दान" असे म्हटले जाते. अर्थात श्रमदान हे कोणत्याही प्रकारचे असो त्यातील समाजकल्याणाची भावना अतिशय महत्त्वाची असते. विनामोवदला इतरांच्या सुखासाठी स्वतः केलेले परिश्रम हेच सर्वश्रेष्ठ मानले जाते.

सध्या कोरोना महामारीने जगभर धुमाकूळ घातला आहे. या संसर्गजन्य रोगाच्या अतिक्रमणामुळे संपूर्ण जगभरात मृत्यूचे तांडव सुरू आहे तर अनेक लोक नोकऱ्या, उद्योगधंदे बंद झाल्यामुळे उपासमारीने मृत्यू पावले आहेत. ज्या लोकांना उपासमारीला सामोरे जावे लागते अशा लोकांपर्यंत अन्नदानाच्या दान केलेले अन्न पोहचवण्याचे काम हे सुद्धा एक श्रमदान आहे.

e-pamphlet on Shramdan

जीवनात श्रमाचे महत्त्व

ज्या युगात फक्त बटन दाबले की, चुटकीसरशी अनेक कामे होतात, अशा संगणक युगात आज आपण सर्वजण वावरत आहोत. त्यामुळे काम करून घाम गाळणाऱ्याची संख्या दिवसेंदिवस कमी होत चालले आहे. काम करणे हे कमीपणाचे मानले जात असून शारीरिक कष्ट करण्याच्या श्रमिकांना यंत्र युगाच्या काळात निकृष्ट मानल्या जात आहे आणि बसल्या टिकाणी बौद्धिक कष्ट करण्याच्या श्रेष्ठत्व दिल्या जात आहे. परंतु असे करणे म्हणजे एक प्रकारे श्रमाचा व त्या श्रमिकांचा अपमान नव्हे काय ? बौद्धिक कष्टाहून शारीरिक कष्ट सुद्धा महत्त्वाचे आहे. काबाडकष्ट केल्यामुळेच मानवाची प्रगती होते. आयत्या वाढलेल्या कुरणात चरणे एखाद्या पशुला शोभते माणसाला नक्कीच नाही. त्यास्तव कष्ट वा श्रम मग ते कोणतेही असो ते मनापासून करावे. वरवर केलेल्या कामात आनंद तर मिळत नाहीच तसेच त्याचे फळ ही मिळत नाही. मनातून केलेल्या कामाची कुणालाही बोझा वाटत नाही. मात्र तेच काम अनिवार्य किंवा बंधनात टाकले की कधी एकदा संपते असे वाटते. उदा. शाळेतील मुलांना त्यांच्या आवडीनुसार अभ्यासाचे किंवा इतर काम लावल्यास ते त्यात तल्लीन होऊन काम करतात. याउलट हे काम केलेच पाहिजे असा हेका धरल्यास किंवा बंधन टाकल्यास तो अभ्यास किंवा इतर काम त्याला कंटाळवाणे व नीरस वाटते.

एखादे काम सुरू करण्यापूर्वी त्याचे ध्येय ठरविले सुद्धा गरजेचे आहे. ध्येयाविना काम करणे म्हणजे बोरसारखे काम करण्यासारखे आहे. त्यामुळे उचित ध्येय प्राप्तीसाठी नियोजनपूर्वक केलेले कामच यशस्वी होऊ शकते. त्यासाठी सर्वप्रथम कामाचे नियोजन करणे महत्त्वाचे ठरते. शालेय जीवनातील विद्यार्थ्यांना या नियोजनाची ओळख झाली तर त्यांचे प्रत्येक काम यशस्वी होताना दिसून येते. बहुतांश विद्यार्थी दहावी वा बारावीच्या परीक्षा तोंडावर आली किंवा त्या वर्षी भरपूर मेहनत घेतात, अभ्यास करतात, सराव सुद्धा भरपूर करतात. मग अशा विद्यार्थ्यांना घवघवीत यश मिळेल असे सांगता येईल काय ? कारण तहान लागली म्हणून विहीर खणण्यापेक्षा आपणास कधी तरी तहान लागणार आहे म्हणून जो आधीच विहीर खणून ठेवतो त्याची खर्चा अर्थाने तहान भागते. त्यास्तव फक्त महत्त्वाच्या वर्षी अभ्यास करून चालणार नाही. त्यासाठी प्रारंभी पासून अभ्यासाचे नियोजन केल्यास कमी श्रमात नक्कीच यश मिळू शकते. मनात नुसते संकल्प वा स्वप्नाचे महल बंधितल्यास आपले कोणतेच मनोरथ पूर्ण होणार नाही. दे रे पलंगावरी भावनेतून आपण विचार करत असू तर ते आपल्या जीवनासाठी नक्कीच घातक आहे. त्यासाठी नेहमी प्रयत्न करत रहाणे अत्यंत गरजेचे आहे.

अनेक लोक एकत्र येऊन, स्वयंस्फूर्तीने, विनामोवदला श्रम करणे म्हणजे लोकसहभागानुसार श्रमदान.

दान म्हणजे आपल्याकडील एखादी वस्तू, गुण अर्हकार न चाळगता, परताव्याची अपेक्षा न ठेवता दुसऱ्याला देणे. तसे श्रमदान म्हणजे विनामोवदला शारीरिक कष्ट. गावाच्या किंवा लोकांच्या विकासासाठी अनेकदा लोकसहभागानुसार श्रमदान, जसे बंधारा, शीशखड्डा, रस्ता बंधणे, जलसंधारणासाठी चर खणणे, वृक्षलागवड, स्वच्छता अभियान, इत्यादी केले जाते.

श्रमदानात ग्राम आरोग्य पोषण पाणीपुरवठा व स्वच्छता समितीने घ्यावयाचा पुढाकार.

- श्रमदानासाठी लोकांना जनजागृती करून प्रोत्साहित करणे.
- श्रमदानाचे कार्य अखंड ठेविले असे स्वयंसेवक निवडणे व त्यांना प्रशिक्षण प्रशिक्षित करणे.
- गावातील प्रमुख गरजांचे सर्वेक्षण करून त्यानुसार योजने ठरवणे.
- श्रमदान मोहीम राबवणे.
- समितीने व्यवस्थापनासाठी योग्य पाऊल उचलणे. (कचराकुंडी सेंट्रिय खत निर्मिती.)



महात्मा गांधी आर्युर्विज्ञान संस्थान, कस्तूरबा आरोग्य मंडळ, सेवाग्राम, वर्धा



WHO day Celebration 7th April 2021

Theme: “Let’s build a fairer healthier world for everyone”

Webinar: Early Childhood Development

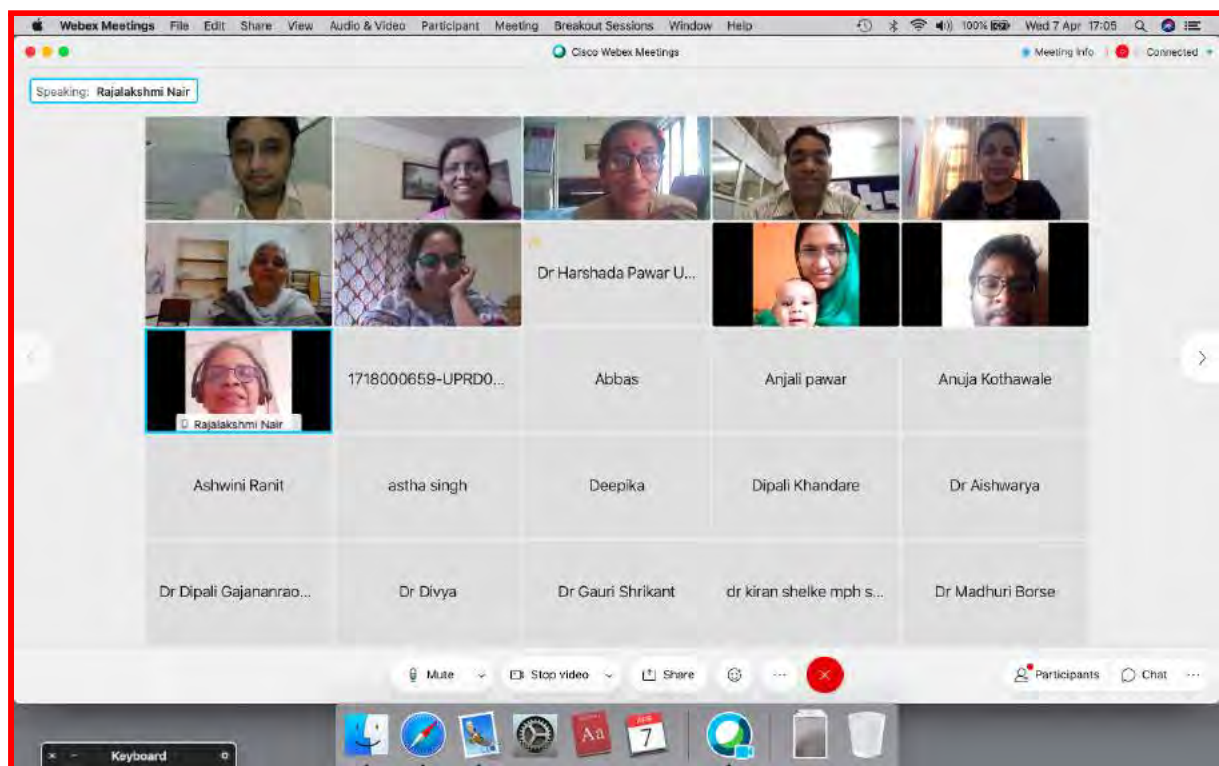
Organizer: Dr. Mrudula Phadke and Team, MUHS MPH Nutrition Team

Conducted by: Department of Community Medicine

Participants: MPH Nutrition students of MUHS (112 Participants)

Topics of Webinar:

- Introduction to 'Nurturing care framework & Early Childhood Development: Dr. Subodh
- Why Early Childhood Development?: Dr. Abhishek
- Responsive feeding: Dr. Pranali
- Opportunities in the existing system to implement Nurturing care framework: Dr. Chetna



Visit to Shree Chhaya Orphanage on Gandhi Jayanti

This Gandhi Jayanti, we the students of 2018 batch had the opportunity to volunteer at the Shree Chhaya orphanage, Wardha. It was a wonderful experience spending time with the kids.







There were around 60 children from 7 to 18 years of age. When we reached there, some kids were busy watching television, whereas the others were looking at us with curiosity. We talked to the kids and introduced each other. In no time, they became comfortable around us. A woman in charge of the facility gave us a tour of the orphanage. The walls had various paintings and poems imprinted by the kids at the orphanage. There were a number of trophies collected by them in various events. It was amusing to see such talent amongst them. We started preparing for the meal. They sat down along with us and insisted on helping us. Rishabh Bansal and Narendra Singh were the head of the cooking team, and we were the followers of their instructions. Chetna ma'am gave us a hand and helped us. Together, we did a great job and managed to finish preparing the meal on time. Our Dean sir visited the kids and addressed them. Our batchmates talked to the kids regarding hygiene practices, the story of bapu, and the importance of following and achieving one's dreams! Later, the kids had a sumptuous meal. We relished the time spent with the children and we are glad to have been a part of their lives.

- Anjana Pillai, Narendra Singh Tanwar
(Members of NSS,
Student's Council, 2018 batch)





MGIMS Bioethics Unit

In 2017, MGIMS Sevagram became a nodal centre for the UNESCO Bioethics Wing. Here is a brief report of activities of the Bioethics Unit at MGIMS in 2020-21

Executive Committee

President	:	Shreya Namjoshi
Faculty Head	:	Dr S Yelwatkar
Vice President	:	Sneha Vaidya
Faculty Secretary	:	Dr J Waghmare
Secretary	:	Mimansa Dixit
Steering Committee	:	Dr L Chimurkar
Joint Secretary	:	Nimisha Indugu
Members	:	Dr N Bansod

Executive Members:

Mehul Dhabaliya, Atharva Kokaje, Darshita Pandey, Sakshi Chandak, Sujay Srivastava, Rahul Beria, Shristy Mishra

Subcommittee Heads

Research - Snigdha Sharma

Technical - Sankalp Hingmire and Arnav Ramteke

Events - Khushi Agroya

Academics - Suryadev and Samrudhi

Subcommittee Members

Research - Deepanshi Gupta, Shambhavi Jha

Technical - Shashvithaa Sivakanthan , Mihir Waykole, Dhruv Mistry

Events - Soham Parulkar, Pranjal Jain, Shayon Mukherji

Academics - Hariom Bihade, Girik Rohira

Activities organised by the Students' Wing, MGIMS Bioethics Unit, The UNESCO Chair in Bioethics, Haifa:

Ampheta-Memes: A Memology Contest, 4 May 2020

Considering the current situation of COVID 19 and national lockdown, the new tenure of MGIMS Bioethics Unit 2020-2021 in collaboration with IMA MSN decided to hold an online meme making competition- "AMPHETA-MEMES" on the theme "Do's and Don'ts of a healthy quarantine". The Team discussed and set up rules. We received a total of 17 entries (28 memes) from various colleges. Prize money was given to the top 3 winners.

The Red Dot Challenge, 28 May 2020

"A girl's menstrual cycle is not something that should be shrouded in mystery ..." So on the occasion of International Menstrual Hygiene Day and International day of action of women's health, we the team of MGIMS Bioethics Unit take up the #RedDot challenge as a way to end the stigma about Menstrual Cycle, which was inspired by UNICEF India.

A photo collage and video was made with students undergoing the Red Dot challenge and posted on our official Instagram page.

Santuria Artifex, 2 June 2020

Santuria Artifex: A platform for sharing one's experience with mental health problems

Every May- for mental health awareness month- platforms across the globe encourage each and everyone to #breakthestigma associated with mental health problems.

This year, the Research team of the students wing of MGIMS Bioethics unit came up with the idea of sancturia artifex- a platform open to students from all walks of life to come forth and share their experiences with mental health problems in the form of stories and posters.

We received a total of 17 entries: 12 stories and 5 posters, all of which are posted on our official Instagram page. All the entries received were quite insightful and were awarded a certificate of appreciation.

World Environment Day, 5 June 2020

With countries under lockdown and fighting a pandemic, nature seems to have benefited slightly. Among other things, it is getting to breathe and clean itself a little, in the absence of constant flurry of human. It is only if we keep on taking care of the environment around us -that in turn shall benefit us. On this World Environment Day, we the MGIMS BIOETHICS UNIT team encourage you to reflect on how dependent we are on all resources we use from Earth. Managing how we use those resources in everyday life is a key to continued environment success.

We believe in practicing the 7R's of sustainability:

Rethink, Refuse, Reduce, Reuse, Repurpose, Recycle, Rot.

This event was conducted as an online video by students of MGIMS Bioethics Wing and posted as an IgTV video on our official Instagram page: @mgimsbioethicsunit.

World Family Health And Welfare Day, 13 June 2020

Family Health and Fitness Day is celebrated on June 13th where families are encouraged to get involved in healthy activities and stay fit together. A video representation of how to stay fit in this quarantine with help of yoga was made and posted on our official Instagram page.

Pride Month 2020, JUNE 2020

MGIMS bioethics unit celebrated pride month via our Instagram platform.

We interviewed a member of LGBTQ+ community and med student Ritvik Tangirala about the situation of LGBTQ+ community in Indian medical education system and uploaded on Instagram page.

Also, educational posters about the types of sexualities were posted on MGIMS Bioethics Instagram page in pride month.

Vertical Teaching: An Integrated Learning Program, 15 August 2020

In these challenging times, most MBBS students across the nation have been cooped up in their rooms, attending theory lectures of their respective academic years. With no clinical insight, students of First and Second MBBS are thirsty for practical knowledge, while third MBBS students are drowned in their clinical subjects and have lost sight of the horizon, i.e., their basics. The event was then held as three one-hour sessions from 15th to 17th August on the topic Rheumatoid Arthritis: Pathology, Orthopaedics and Medicine.