



**MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES,
SEVAGRAM**

Institutional social responsibility activities in the neighborhood community in terms of education, environmental issues like Swachh Bharath, health and hygiene awareness and socio-economic development issues carried out by the students and staff during the year.

2021-2022

Field visits in adopted villages

Batch 2018:

Sr. No.	Number of students	Date	Place (Adopted village)	Activity conducted – Discussion in large group followed by family task
1,	45	21/08/2021	Mandva	Vector borne diseases
2.	41	18/09/2021	Mandva	Education regarding nutritional deficiency
3.	48	25/09/2021	Mandva	Education regarding iron deficiency anaemia and deworming
4.	50	23/10/2021	Mandva	Iodine deficiency
5.	49	27/11/2021	Mandva	Child nutrition-1
6.	50	01/12/2021	Mandva	Child nutrition-2
7.	47	18/12/2021	Mandva	Family case revision

Batch 2019:

Sr. No.	Number of students	Date	Place (Adopted village)	Activity conducted
1,	20	24/07/2021	Mahakal	COVID 19 vaccination and precautions
2.	25	07/08/2021	Mahakal	Introduction to RMNCH-1
3.	28	14/08/2021	Mahakal	Introduction to RMNCH-2
4.	29	04/09/2021	Mahakal	Contraception

5.	16	11/09/2021	Mahakal	Health education regarding anaemia
6.	26	20/11/2021	Mahakal	School health education regarding menstrual hygiene Problems identified regarding taboos related to menstruation
7.	27	08/01/2022	Mahakal	Antenatal and postpartum care

Batch 2020:

Sr. No.	Number of students	Date	Place (Adopted village)	Activity conducted
1,	82	09/10/2021	Bhankheda	Transect walk and interaction with gram panchayat member regarding water supply and purification
2.	88	08/11/2021	Bhankheda	Waste disposal
3.	50	13/11/2021	Bhankheda	Education regarding sanitation Burning and open dumping areas related problems are identified

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

Swachhata Activities Plan (1 – 31 October 2022)

Date	Activity/Venue	Brief description of activity
01/10/2022 Saturday	<ul style="list-style-type: none"> • Swachhata Abhiyan in Premises of MGIMS • Swachhata Abhiyan in Kasturba Nursing College 	<ul style="list-style-type: none"> • Swachhata abhiyan by Staff and students of MGIMS of the premises • Staff and students of Kasturba Nursing College will undertake Swachhata Abhiyan
02/10/2022 Sunday	<ul style="list-style-type: none"> • Swachhata Abhiyan in Premises of Kasturba Hospital • Tribute to Mahatma Gandhi on Gandhi Jayanti at GMLF 	<ul style="list-style-type: none"> • Health care staff of Kasturba Hospital • Tribute to Mahatma Gandhi on Gandhi Jayanti by the staff of GMLF, Wardha
03/10/2022 Monday	<ul style="list-style-type: none"> • Hand hygiene demonstration at Kasturba Hospital 	<ul style="list-style-type: none"> • Hand hygiene demonstration by nursing students in patient waiting area of Kasturba Hospital
04/10/2022 Tuesday	<ul style="list-style-type: none"> • Swachhata Abhiyan in the premises of Kasturba Hospital 	<ul style="list-style-type: none"> • Swachhata activity will be carried by the staff of Kasturba hospital
05/10/2022 Wednesday	<ul style="list-style-type: none"> • Swachhata Abhiyan in the premises of Kasturba Hospital 	<ul style="list-style-type: none"> • Swachhata activity will be carried by the staff of Kasturba hospital
06/10/2022 Thursday	<ul style="list-style-type: none"> • Cleanliness activity at village Wabgaon 	<ul style="list-style-type: none"> • Cleanliness of the premises of temple by the community, VHNSC and staff of RHTC Bhidi
07/10/2022 Friday	<ul style="list-style-type: none"> • Shramdan in Premises of Kasturba Hospital • Swachhata Abhiyan in the school at Wabgaon 	<ul style="list-style-type: none"> • Health care Staff of Kasturba hospital in all departments and premises • Swachhata Abhiyan in the school premises at High School by 1st-10th class students, Sarpanch and Teachers • Health talk regarding personal hygiene, addiction

	<ul style="list-style-type: none"> Swachhata abhiyan at Urban Health Centre, GMLF Cleanliness of Garden of Kasturba Nursing College Swachhata pledge 	<ul style="list-style-type: none"> Swachhata abhiyan at Urban Health Centre, GMLF by the staff Cleanliness of Garden of Kasturba Nursing College by the students and staff of Kasturba Nursing College Swachhata pledge by KRHTC staff of Anji 	
08/10/2022 Saturday	<ul style="list-style-type: none"> Swachhata Rally in Babhulgaon 	<ul style="list-style-type: none"> Swachhata Rally in the village which will include SHG members and Sarpanch explaining importance of safe water and sanitation 	<ul style="list-style-type: none"> S v a i s
09/10/2022 Sunday	<ul style="list-style-type: none"> Cleanliness in the Wards of Medicine Block 	<ul style="list-style-type: none"> Extensive cleaning of Wards and dispose broken items Washing and cleaning of water cooler area near Medical store 	
10/10/2022 Monday	<ul style="list-style-type: none"> Demonstration explaining importance of segregation of waste at Anji Hand hygiene demonstration at Dhamangaon (W) Gram Swachhata Abhiyan at Mandwa and Jeevan drop demonstration 	<ul style="list-style-type: none"> Demonstration explaining importance of segregation of waste in the village by members of Kishori Panchayat, Sarpanch, AWW and SHG members Hand hygiene demonstration by staff of UHC, Wardha Gram Swachhata Abhiyan by the community, VHNSC members and Gram Panchayat members of Mandwa 	
11/10/2022 Tuesday	<ul style="list-style-type: none"> Cleanliness of the wards of MCH wing Health Talk and demonstration of use of Jeevan-drop for elderly persons at Rotha 	<ul style="list-style-type: none"> Staff of respective Wards of will do extensive cleaning of Wards and removal of unusable items, removal of cob webs Demonstration of Jeevan drop by staff pf UHC, Wardha 	
12/10/2022 Wednesday	<ul style="list-style-type: none"> Hand hygiene awareness amongst school children of village Mahakal 	<ul style="list-style-type: none"> Session on Hygiene and its importance for good health at School of Mahakal Village 	
13/10/2022 Thursday	<ul style="list-style-type: none"> Health talk on disadvantages of open field defecation at Ganeshpur 	<ul style="list-style-type: none"> Health talk in the village on the disadvantages of open field defecation by RHTC, Bhidi staff at Ganeshpur village 	

14/10/2022 Friday	<ul style="list-style-type: none"> • Cleanliness of Trauma ICU, ENT, Burn ward and Female Surgery Ward • Cleanliness activity of the premises of Kasturba Nursing College • Swachhata Rally at Village Wabgaon • Swachhta Abhiyan at Dhamangaon(W) 	<ul style="list-style-type: none"> • Staff of respective Wards will do extensive cleaning of Stretcher, Wheel chair, wash basin, • Washing and cleaning of water cooler area near AC Plant • Cleanliness activity of the premises of Kasturba Nursing College by the staff and students of Kasturba Nursing College • Swachhata Rally at Village Wabgaon by VHNSC members and SHG members • Swachhata Abhiyan by community of Dhamangaon village
15/10/2022 Saturday	<ul style="list-style-type: none"> • Role Play on Swachhata for sensitization of patients visiting Kasturba Hospital 	<ul style="list-style-type: none"> • Role play on Swachhata will be conducted by Kasturba Nursing school students
16/10/2022 Sunday	Cleanliness in the Wards of Radiotherapy & palliative department	Staff of respective Wards will do extensive cleaning of Wards, windows, door, garden, ramp, removal of cob webs
17/10/2022 Monday	<ul style="list-style-type: none"> • Swachhata Abhiyan in the school of Kajalsara village 	<ul style="list-style-type: none"> • Swachhata Abhiyan in the school of Kajalsara village by the teachers and students of school and health awareness activity regarding personal hygiene and addiction
18/10/2022 Tuesday	<ul style="list-style-type: none"> • Awareness about personal hygiene among SHG and VHNSC members 	<ul style="list-style-type: none"> • SHG and VHNSC member training for personal hygiene and Jeevan drop demonstration by staff of KRHTC, Anji
19/10/2022 Wednesday	<ul style="list-style-type: none"> • Swachhata Rally and Health Talk SHG members at Sindhi(M) 	<ul style="list-style-type: none"> • Swachhata Rally and Health Talk SHG members at Sindhi(M) by the community
20/10/2022 Thursday	<ul style="list-style-type: none"> • Gram Swachhata abhiyan at village Pavnur • Role play, health talk and demonstration of chlorination of water at Kharda village 	<ul style="list-style-type: none"> • Gram Swachhata abhiyan at village Pavnur by the community and VHNSC members • Role play by Kishori Panchayat members, health talk on safe water and demonstration of chlorination of water at Kharda village
21/10/2022 Friday	<ul style="list-style-type: none"> • Cleaning of laboratories of Kasturba Nursing College • Health Talk on sanitation and Hand Washing Demonstration at Bahujan Nagar 	<ul style="list-style-type: none"> • Cleaning of laboratories by staff and students of Kasturba Nursing College • Health Talk on sanitation and Hand Washing Demonstration at Bahujan Nagar by the staff of UHC, Wardha

22/10/2022 Saturday	<ul style="list-style-type: none"> Cleanliness in the Wards of MCH Ground floor 	<ul style="list-style-type: none"> Staff of respective Wards will do extensive cleaning of MCH ground floor, washing of stairs, removal and disposal of waste material
23/10/2022 Sunday	<ul style="list-style-type: none"> Cleanliness in the Wards of MCH Ground floor 	<ul style="list-style-type: none"> Staff of respective Wards will do extensive cleaning of MCH ground floor, washing of stairs, removal and disposal of waste material
24/10/2022 Monday	<ul style="list-style-type: none"> Cleanliness in the Wards of Eye department 	<ul style="list-style-type: none"> Staff of respective Wards will do extensive cleaning of Wards, windows, door, garden, ramp, removal of cob webs
25/10/2022 Tuesday	<ul style="list-style-type: none"> Handwashing demonstration and Promotion of using Cloth bag at Bhidi 	<ul style="list-style-type: none"> Handwashing demonstration by RHTC, Bhidi staff Promotion of using Cloth bag by RHTC, Bhidi staff
26/10/2022 Wednesday	<ul style="list-style-type: none"> Borgaon (N) 	<ul style="list-style-type: none"> Demonstration on hand washing and health talk on Personal hygiene with VHNSC members Health talk on open field defecation
27/10/2022 Thursday	<ul style="list-style-type: none"> Awareness on personal hygiene and Jeevan drop demonstration at Kamathi-Khanapur village 	<ul style="list-style-type: none"> KVM and VHNSC member training for personal hygiene and Jeevan drop demonstration
28/10/2022 Friday	<ul style="list-style-type: none"> Cleanliness of class room and staff rooms of Kasturba Nursing College Swachhata Rally at Ratnapur village Health Talk on personal Hygiene at Shanti Nagar 	<ul style="list-style-type: none"> Cleanliness of class room and staff rooms by Staff and students of Kasturba Nursing College Swachhata Rally at Ratnapur village by school children and community
29/10/2022 Saturday	<ul style="list-style-type: none"> Cleanliness in all OPD 	<ul style="list-style-type: none"> Extensive cleaning of OPD, Door, Windows Removal of cob webs, unusable things,
30/10/2022 Sunday	<ul style="list-style-type: none"> Cleanliness in the Wards, Casualty, Trauma, Ortho 	<ul style="list-style-type: none"> Extensive cleaning of Wards, toilet, Bathroom, door, windows, removal of the cob webs
31/10/2022 Monday	<ul style="list-style-type: none"> Tree plantation at KRHTC, Anji and PHC, Anji 	<ul style="list-style-type: none"> School Health Education Program in Boys and Girls school, Anji

	<ul style="list-style-type: none"> • Swachhata Rally at Bopapur village • Sensitization of School Children on Swachhchha at School, Dahegaon • Tree plantation drive at KRHTC, Anji and Anji PHC 	<ul style="list-style-type: none"> • Swachhata rally at Bopapur village by the community and school children • Sensitization of School Children on Swachhchha at School, Dahegaon • Tree plantation drive at KRHTC, Anji and Anji PHC by KRHTC and PHC Anji staff
--	---	--

- ❖ **Swachhata messages will be displayed on the website of MGIMS**
- ❖ **Daily activities on Swachhata will be shared on the MGIMS website and social media**
- ❖ **Dissemination of activities will be done through print media**
- ❖ **Digitization of office**

Department of Community Medicine

Swachhata Abhiyan

Date :- 7th October 2022

Name of the activity :- Cleaning of the premises

Brief description of the activity :-

On the day of Gandhiji's birth anniversary 2nd oct 2022 firstly we worshiped the Gndhiji's photo by offering cotton yarn and lighting the lamp.

Then on the onset of the drive we have carried out cleanliness drive at Anji centre on 7th October 2022.

Staff of KRHTC Anji staff firstly do the Friday Sarvadharm prarthana and then took pledge of swachata abhiyan. All together cleaned the outer premises of the centre. They have clean all the dried leaves, parts of plants, polythene bags, rappers and papers from the campus with the help of broom. At the end all degradable and non-degradable items were segregate and disposed.





Sarvadharmha prarthana and Swachta pledge by KRHTC



Department of Community Medicine

Swachhata Abhiyan

Date :- 10th October 2022

Name of the activity :- Gram Swachhata Abhiyan - Mandwa

Brief description of the activity :- On the occasion of birth anniversary of Mahatma Gandhiji's birth anniversary Gram swachhata Abhiyan carried out at village Mandwa, Anji.

Here villagers gather near old gram panchayat where Mr. Jayprakash Morey, social worker and Mrs. Sarika Rajurkar , ANM guide the people for village sanitation and importance of segregation of waste.

After that along with all the members of VHNSC, Kiran Clinic Samiti and Sahajeevan Samiti , ASHA, AWW and villagers together clean the old grampanchayat premises.

Hence, the cleaning drive was successfully carried out at village Mandwa.

GLIMPSES OF SWACHHTA ABHIYAN





Department of Community Medicine

Swachhata Abhiyan

Date :- 12th October 2022

Name of the activity :- Gram Swachhata Abhiyan - Mahakal

Brief description of the activity :- On the occasion of birth anniversary of Mahatma Gandhiji's birth anniversary school health program was organised at primary school of Mahakal.

In school students of class 6th and 7th was participated in the celebration. Where Dr. Samiksha discuss the importance of personal hygiene with students. Mrs. Nalini, ANM guided student for proper way of hand washing and use of chlorine drops and its importance.

All staff members along with principal of the school were present for the celebration.



Glimpses of personal hygiene session



Department of Community Medicine

Swachhata Abhiyan

Date :- 18th October 2022

Name of the activity :- SHG and VHNSC member training for personal hygiene and jeevan drop - Ganeshpoor

Brief description of the activity :-On the occasion of birth anniversary of Mahatma Gandhiji's birth anniversary Gram swachata Abhiyan carried out at village Ganeshpoor, Anji. Here SHG and VHNSC members along with some villagers gather at kiran clinic Gneshpoor. where Mrs. Sarika Rajurkar , ANM guide the people for village sanitation and importance of personal hygiene along with good hygiene practices. VHNSC member Mr. K. Yende give the training to members for how to use jeevan drop and our intern Dr. Krishna focus the water born diseases.

After that along with all the members of VHNSC, Kiran Clinic Samiti and Sahajeevan Samiti , ASHA, AWW and villagers together clean the old grampanchayat premises.

Hence, the cleaning drive was successfully carried out at village Gneshpoor.



Swachata Abhiyan at Pavnoor

20/10/22

During Swachata Abhiyan at Pavnoor cleanliness drive was conducted by KRHTC, Anji. For this cleaning of kiran clinic was done with the help of Kiran clinic committee members and VHNSC at the village Pavnoor. The activity was conducted by Sarika Sister, Interns and team of KRHTC Anji.



Swachata Abhiyan at Pavnoor

During Swachata Abhiyan at Pavnoor cleanliness drive was conducted by KRHTC, Anji. For this oath was taken with the help of Kiran clinic committee members and VHNSC at the village Pavnoor for **“Not using plastic”**. The activity was conducted by Sarika Sister, Interns and team of KRHTC Anji.



Swachata Abhiyan at Kamthi
26/10/2022

During Swachata Abhiyan at Kamathi cleanliness drive was conducted by KRHTC, Anji. For this oath was taken with the help of Kiran clinic committee members and VHNSC at the village Kamathi for “**Not using plastic**”. The activity was conducted by Rajani Tai, Interns and team of KRHTC Anji.



Swachata Abhiyan at Kamathi

During Swachata Abhiyan at Kamathi cleanliness drive was conducted by KRHTC, Anji. For this cleaning of kiran clinic was done with the help of Kiran clinic committee members and VHNSC at the village Kamathi. The activity was conducted by Rajani Tai, Interns and team of KRHTC Anji.



Swachata Abhiyan at Pavnar
27/10/2022

During Swachata Abhiyan at Pavnar cleanliness drive was conducted by KRHTC, Anji. For this cleaning of kiran clinic was done with the help of Kiran clinic committee members and VHNSC at the village Pavnar. The activity was conducted by Nalini Sister, Jaysree sister, Nursing students, Interns and team of KRHTC Anji.



Swachata Abhiyan at Pavnar

During Swachata Abhiyan at Pavnar cleanliness drive was conducted by KRHTC, Anji. For this oath was taken with the help of Kiran clinic committee members and VHNSC at the village Pavnar for “**Not using plastic**”. The activity was conducted by Nalini Sister, Jayshree sister, Nursing students, Interns and team of KRHTC Anji.



Swachata Abhiyan at KRHTC, Anji
31/10/2022

During Swachata Abhiyan cleanliness drive was conducted by KRHTC, Anji staff at KRHTC office complex.

All staff members participated in Shramdan activity by cleaning the premises and sorting all files and documents. They also cleaned various corners to create healthy working environment.



Kasturba Health Society's
Mahatma Gandhi Institute of Medical Sciences, Sevagram

"Azadi Ka Amrit Mahotsav"

**Promotion of Gandhian Values through Village Health Nutrition and
Sanitation Committee
(16-31 July 2021)**

The following activities are being implemented for Promotion of Gandhian Values through Village Health Nutrition & Sanitation Committee in 100 villages of Wardha District of Maharashtra:

1. Swachhata se Prabhuta
2. Yoga and Nature cure
3. Prohibition
4. Shramdan
5. Promotion of women empowerment for Gender equity

The following platforms are being used for awareness creation:

- a. Virtual meeting
- b. Print media
- c. Social media
- d. Institute website

During 16 to 31 July 2021 programs were organized for the community and PHC, Anji staff to sensitize the members of Women's Self -help group, youths and Kishori Panchayat (Adolescent girl's panchayat) under the "Azadi Ka Amrit Mahotsav" – "Promotion of Gandhian Values" under the guidance of Dr. BS Garg, Secretary Kasturba Health Society and Director Professor Department of Community Medicine. Dr. Arjun Kumar Jakasania and KRHTC, Anji team conducted a program at the Primary Health Centre, Anji and sensitized them on home isolation, post-Covid care and COVID vaccination.

“Azadi Ka Amrit Mahotsav” - Awareness Activities in the Community

Sector- Anji/Bhidi/Talegaon /Kharangna/Waifad

Number of Villages: 05

Duration: 16 – 31 July 2021

Activities Conducted (Includes Virtual activities)

1. Virtual
2. Swachhata abhiyan
3. Youth meetings - for awareness for prohibition
4. Elderly meeting – Yoga and Naturopathy demonstration
5. VHNSC and Gram Panchayat – Shramdan at community level
6. e-pamphlet – social media platform
7. Dissemination of activity through print media

Resource Persons: Faculty, Social workers, ASHA, Anganwadi worker and Yoga teacher

Topics covered: Swachhata, Prohibition, Women empowerment and Gender equity, Shramdan, Yoga and nature cure.

No. of Participants: (Includes virtual participation)

1. Villagers: 30
2. SHG members: 19
3. VHNSC members: 06
4. Gram Panchayat Members: 04
5. KP members: 17
6. PHC staff: 07

Find below the e-pamphlets and photographs of activities conducted at community level: e- pamphlets are in local language (Marathi) on:

- Women empowerment and Gender equity
- Yoga and Nature cure
- Prohibition
- Shramdan

Amrut Mahotsav Bharat ke azadi ka: Community Based Activities

(Online & Community level activities)



Mrs. Shubhangi Patil discussing with SHG women and KP girls on self-care and yoga at village Nandora



Dr. Shubham (Intern) discussing COVID-19 post-COVID care with PHC, Anji staff



Sarpanch Tai addressing villagers and committee members on COVID vaccination at village Kolhapur Singharwadi



Mrs. Chanda Bhandwe giving information about Deaddiction to Kishori girls at Dhotra (K) village

Information given by Pravin Bhusari regarding Sanitation to villagers of



Social worker, Sandhya Mishra addressing people about theme of “Amrut Mahotsav” and importance of safe water and sanitation at village Kolhapur



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.

स्वच्छता मोहिमेचा उद्देश खालीलप्रमाणे आहेत:

- देशाचा काना कोपरा स्वच्छ आणि नीटनेटका असावा.
- लोकाना 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 महत्व 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 राखाडी किंवा स्वच्छ वाळूने आपले हात धुवा. साबण किंवा राखाडीने भांडी स्वच्छ करा.
- कच्च्या भाज्या स्वच्छ पाण्याने चांगले धुवा.
- खाद्यपदार्थावर माश्या बसू देऊ नये आणि ते नेहमी झाकून ठेवावे.
- नेहमी स्वच्छतागृहाची वापर करा.
- अतिसार दरम्यान जास्त पाणी प्या आणि पेशंटला ओ आर एस चे द्रावण घ्या.
- पिण्यासाठी योग्य आणि स्वच्छ पाणी वापरा.
- वैयक्तिक स्वच्छतेवर लक्ष घ्या.
- स्वच्छतागृह स्वच्छ ठेवा.
- उघड्यावर मलविसर्जन 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 धुवा.
- 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 वेगळ करून पंचायत किंवा पालिकेच्या गाडीमध्ये टाकावा.
- कोणीही रस्त्यावर किंवा सार्वजनिक ठिकाणी थुंकू नये.
- प्लास्टिक चा वापर टाळावा.



स्वच्छतेचे फायदे:

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



“स्वच्छ घर स्वच्छ आँगन, प्रसन्न ठेऊ वातावरण”

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



महात्मा गांधी आणि महिला सक्षमीकरण विषयी त्याचे विचार

आज पासून 100 वर्षां पुर्वी महिला सक्षमीकरणाचा संदेश देणारे महात्मा गांधीचे विचार हे आज समजावून घेणे आणि आचरणगत आणणे अत्यंत महत्वाचे आहे. गांधीजींनी नेहमी महिलांना समान दर्जा आणि सन्मान देणे हे आपल प्राधान्य ठेवले. 99 वर्षां पुर्वी 15 सप्टेंबर 1921 रोजी 'यंग इंडिया' मध्ये बापूंचे एक विधान आजच्या स्थितीला अगदी बरोबर बसते माणूस हा सर्व वाईट गोष्टीला स्वतःला जबाबदार धरतो त्यातील सर्वात वाईट गोष्ट म्हणजे स्त्रि जातीचा अपमान व तिच्यावर होण्याचा अत्याचार होय. असे बापूंचे मत होते. बापू सिता आणि द्रोपदीला आपले आदर्श मानत असत या दोन्ही स्त्रिया या पौराणिक पात्र आहेत म्हणून नव्हे तर या दोघीही अत्यंत धैर्यवान होत्या. या कुणासमोर नतमस्तक झाल्या नाही. आजच्या स्त्रीला धैर्यवान होणे गरजेचे आहे. म्हणून आजच्या काळात महिला सक्षमीकरण अत्यंत आवश्यक आहे.

भारतालाही मोठी प्रगती साधायची असेल तर महिला सक्षमीकरण अत्यावश्यक आहे. महिलासक्षमीकरणासाठी समाजातील महिलांनी एकत्र प्रयत्न केले पाहिजे. हे प्रयत्न केवळ समाजातील काही महिलांपुरतेच आणि शहरी भागा पुरतेच सिमित न राहता समाजाच्या तळागाळा पर्यंत पोहचण्याची गरज आहे.

स्त्रिया सक्षम व्हायच्या असतील तर त्यांनी त्यांच्या मनातील न्यूनगंड काढून टाकला पाहिजे. स्त्री ही मूळतःच खूप ताकदवान, बुद्धिमान, सशक्त, सोशिक असते. निसर्गाने स्त्रीला खूप प्रबळ बनवले आहे. पुरुशापेक्षा स्त्रीमध्ये गुणवत्ता नक्कीच जास्त आहे. परंतु संधीच्या अभावी ती उपेक्षित राहते. तरीही स्त्री आपले स्थान बळकट करत आहे.

प्रत्येक यशस्वी पुरुशाच्या मागे एखादी स्त्री खंबीरपणे उभी असते. स्त्री तिच्या आयुश्यात अनेक भूमिका पार पाडत असते. कधी ती वात्सल्यपूर्ण माता तर कधी बायको कधी प्रेमळ कन्या कधी बहिण तर कधी मैत्रीण.परंतु या सर्व भूमिकांमध्ये ती पुरुशांच्या मागे एक प्रेरणा बनून उभी असते. समाजाची स्त्रीकडे बघण्याची मानसिकता बदलून तिला समजून घेणे. तिचे विचार ऐकणे वेळ प्रसंगी तिला प्रोत्साहित करून तिची सकारात्मक मानसिकता तयार करणे.यामधुन स्त्री बद्दलचा आदर वाढेल आणि तिचा आत्मविश्वास वाढेल असे वातावरण व परिस्थिती निर्मिती म्हणजे सबलीकरण होय. स्त्रीया आज अबला राहिलेल्या नाहीत. त्यांची झेप आणि कर्तृत्व आज सर्वदूर पसरले आहे. पण अजूनही काही ठिकाणी महिलांना सन्मान मिळत नाही. आर्थिक, मानसिक, सामाजिक सर्व दिशा तिच्यासाठी सुरक्षित आणि स्वतंत्र असल्या पाहिजे. आता तिला पुर्णपणे सक्षम बनवण्याची गरज आहे. या दृष्टिने तिचासर्वांगिण विकास प्रगती आणि विविध कार्य क्षेत्रातील तिचा समान सहभाग वाढविण्याची आजच्या काळाची गरज आहे. तरच महिला सक्षम होऊ शकेल.

आज महिला बचत गटांच्या माध्यमातून महिलांनी स्वबळावर उभे राहिले पाहिजे. यासाठी शासन मदत करत आहे. बचत गटाच्या माध्यमातून महिला अभ्यासू तसेच बोलक्या झाल्या आहेत. त्यांना बँकेचे व्यवहार करता येवू लागले, दुःखामधून सावरण्याची शक्ती त्यांना मिळत आहे. जिद्य, मेहनत, धाडस या बळावर उदयोग व्यवसायातून महिलांना यशस्वीपणे समृद्धी खेचून आणता येवू शकते. त्यासाठी त्यांना शासनाची सदैव साथ मिळत आहे.

भारती एका महिला बचत गटाची

सालोड, वर्धा शहरापासून अवघं 8 कि.मी. अंतरावरच गांव. 10.12 वर्षांपुर्वीची परिस्थिती. पुरुषप्रधान संस्कृतीमुळे आर्थिक सत्ता केवळ पुरुषांच्या हातात. महिलांना अगदी साध्यासाध्या गोष्टीसाठी नव-याची मनघरणी करावी लागे. अशाच काही मध्यमवर्गीय महिला एकत्र आल्या. त्यांनी ठरवले की, यातून आपणच मार्ग काढायचा. त्यांना महिला बचत गटाची माहिती मिळाली. त्यांनी विचार केला आणि ऑक्टोबर 2011 ला त्यांनी स्वतःच्या बचत गटाची स्थापना केली. सरस्वती महिला बचत गट असे त्या गटाचे त्यांनी नामकरणही केले. 20 महिला त्या गटाच्या सदस्य झाल्या. दरमहा 100 रुपये मासिक बचत करायला त्यांनी सुरवात केली. सुरवातीला घरातील मंडळींकडून विरोध झाला. पण महिलांचा निर्धार पक्का होता. आपला गट सुरळीतपणे चालावा म्हणून त्यांनी नियमावली ही तयार केली. आपल्या बचत गटाचे खाते बँकेत सुरू केले. बँकेची पायरीही कधी न चढलेल्या या महिला बँकेचे सर्व व्यवहार करू लागल्या. बचत गटाच्या मासिक सभा नियमितपणे होत होत्या. आर्थिक नोंदी सर्वासमक्ष केल्या जात होत्या. वेगवेगळ्या विषयावर मासिक सभेत चर्चा होऊ लागल्या.

हळूहळू गटाच्या आधारे आपल्या घरघन्याला बी बिद्याणासाठी, घेतीसाठी पैसा उभारून देऊ लागल्या. आपले घर पुढे आणण्यासाठी प्रयत्न करू लागल्या. त्यांच्या घरात त्यांचे स्थान उंचावू लागले. प्रत्येक कामात त्यांचा सल्ला घेणे सुरू झाले. त्यामुळे महिलांचाही उत्साह वाढीस लागला. त्यांनी आपले आर्थिक उत्पन्न वाढावे म्हणून शिलाई मशीन, पिको फॉलची मशीन, गटाकडून घेतलेल्या कर्जावर विकत घेतली व स्वतःचे व्यवसाय सुरू केले. एवढेच नव्हे तर बैलजोडी, गाई, म्हशी, बैलगाडी बक-या विकत घेतल्या. आपले आर्थिक उत्पन्न वाढवता वाढवता त्यांना आरोग्य शिक्षणाचे धडेही गिरवले. ज्यांच्या घरात संडासची सोय नव्हती त्यांनी गटाकडून कर्ज घेवून संडास बांधले. घरात आणि आसपास स्वच्छता ठेवणे, शुद्ध पाणी पिणे, समतोल आहार घेणे, डासापासून होणारे आजार टाळणे इत्यादि कडे लक्ष देवू लागल्या.

या गटाचे उदाहरण घेवून गावात अनेक बचत गट निर्माण झाले. महिलामध्ये एक प्रकारचा आत्मविश्वास व आत्मनिर्मरता त्यांचे अंगी आली. ज्या महिला 5 लोकांसमोर बोलतांना घाबरत होत्या त्याच महिला आता व्यासपीठावर येवून 400 - 500 लोकांसमोर आपले मत स्पष्टपणे मांडतात.

योग व निसर्गोपचार

भारत की आज़ादी का
७५ अमृत महोत्सव
२०२१

योग व्यायाम वाढे प्रतिकारशक्ती । स्वावलंबनाची प्रवृत्ती ॥
व्यायाम अंगी वाढे स्फूर्ती । कार्य करण्याची ॥
ग्रामगीता

राष्ट्रपिता महात्मा गांधी यांना भारताचे प्रथम प्राकृतिक चिकित्सेचे जनक म्हटले जाते, त्यांच्या मते प्राचीन भारतीय चिकित्सा पद्धती सर्व चिकित्सा पद्धतीत उत्तम व कमी खर्चाची आहे. गांधीजींच्या विचारानुसार सुदृढ आरोग्यासाठी शुद्ध वायूची नितांत आवश्यकता आहे पहाटेच्या वेळी फिरणे योगासने व प्राणायाम करणे प्रत्येकासाठी आवश्यक आहे.

निसर्ग स्वतः चिकित्सक आहे मानवी शरीर पाच तत्वांचे बनलेले आहे. पृथ्वी, पाणी, हवा, अग्नी व आकाश. मानव निसर्गाच्या जेवढ्या जवळ जाईल तेवढाच शारीरिक मानसिक व आध्यात्मिक दृष्टीने सुदृढ राहील. निसर्ग उचारामध्ये नैसर्गिक साधनांचा वापर करून उपचार केला जातो. माती पाणी वाफ सूर्यकिरण यांचा वापर करून उपचार केला जातो शरीरशुद्धीसाठी सुद्धा निसर्गोपचार अतिशय महत्वाचे आहे. निसर्गोपचाररणे शारीरिकच नव्हे तर मानसिक व्याधी पासून मुक्ती मिळण्यास मदत होते. विविध प्रकारच्या उपचारांमध्ये विविध प्रकारच्या चिकित्सा पद्धती सांगितलेले आहे. महात्मा गांधीजींनी प्रत्यक्ष प्रयोगाद्वारे ब-याच रुग्णांना निसर्ग उपचाराने बरे केले होते.

जलचिकित्सा : थंड पाण्याचा उपयोग ताप कमी करण्यासाठी करता येतो.

माती चिकित्सा किंवा मातीपट्टी: पचना संबंधी समस्या दूर करण्यासाठी पोटावरील माती पट्टीचा उपयोग होतो.

सूर्यकिरण चिकित्सा : सूर्यस्नान.

उपवास चिकित्सा : अतिशय महत्वाची आहे त्याने शरीर शुद्ध होण्यासाठी मदत होते.

आवश्यक सूचना

- ☉ जेवणाच्या सहा तासानंतर दुध पिल्यावर दोन तासानंतर किंवा रिकाम्या पोटी आसणे करावी.
- ☉ शौच, स्नानादी नंतर आसने केली गेली तर उत्तम.
- ☉ श्वास तोंडाने न घेता नाकाने घेतला पाहिजे.
- ☉ आसन योगा करीत असताना शरीराबरोबर जबरदस्ती करू नये. आसन म्हणजे कसरत नव्हे.
- ☉ आसन योगा करताना सैल कपडे असावेत.
- ☉ स्त्रियांनी गरोदर अवस्थेत आणि मासिक पाळीच्या वेळी डॉक्टरांचा सल्ला घेऊन योगा करावा.
- ☉ उघड्या जमिनीवर योगा करू नये.
- ☉ सूर्यनमस्कार सकाळी करावा सुरुवातीला पाच मिनिट मग हळूहळू वेळ वाढवावा.
- ☉ सूर्यनमस्कार बारा आसन व बारा मंत्र सूर्य नमस्कार योगासन हे सर्वश्रेष्ठ. प्रणाम मुद्रे पासून सुरुवात करावी सूर्यनमस्काराला पूर्ण व्यायाम म्हणतात.
- ☉ वयाचे वजनाचे बंधन नाही.
- ☉ पाठीचा त्रास असणा-यांनी डॉक्टरांचा सल्ला घ्यावा .
- ☉ सूर्यनमस्कारासाठी सकाळची वेळ उत्तम. सूर्या कडे चेहरा करून करावा.



☉ चालणे हा उत्तम व्यायाम आहे.

या व्यतिरिक्त पद्मासन, सिद्धासन, सर्वांगासन, धनुरासन, मयूरासन, हलासन, गरुडासन आसणे करावी. शरीराला त्रास होणारे व्यायाम करू नये.



फायदे

सूर्यनमस्कार ने रक्ताची वृद्धी होते.

सूर्यनमस्काराने जीवनयत्व 'ड' ची कमतरता पूर्ण होण्यास मदत मिळते

मानसिक तणावापासून मुक्ती मिळते.

वजन आणि लठ्ठपणा कमी होण्यास मदत मिळते.

पचणाची क्रिया वाढते.

मासिक पाळी नियमित होण्यास मदत होते.

सूर्यनमस्कार



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



गांधीजींनी त्यांच्या रचनात्मक कार्यक्रमांमध्ये दारूबंदीला अतिशय महत्त्व दिले. गांधीजींनी दारूबंदी कायद्याला समर्थन दिले. त्याशिवाय दारू पिणा-यांना दारूच्या व्यसनामुळे होणारे नुकसाना बाबत माहिती देणे, व्यसनाचे कारण संशोधन करून शोधून काढणे याला महत्त्व दिले.

आज समाजात आपण तंबाखू, दारू, गुटखा, खर्चा इ. अनेक व्यसन जडलेल्या व्यक्ती रोज पाहतो. तंबाखू हा सर्वात प्राचीन व्यसन पदार्थ आहे. त्याचा वापरही अवाढव्य आहे. धूर ओढणे, चवळणे, तपकरी ओढणे, गुटखा, खर्चा खाणे इ. अनेक प्रकारचे व्यसन आढळून येते. तंबाखूमध्ये ४००० प्रकारचे विविध विषारी पदार्थ असतात. निकोटिन हे तंबाखूतले अत्यंत विषारी रसायन आहे. ते लाळेतून, श्वासांतून रक्तात मिसळते, त्याचा परिणाम हृदय, फुफ्फुस, जठर आणि रक्तवाहिन्यांवर होतो. निकोटिन जिथे प्रत्यक्ष लागते तिथे कॅन्सर होवू शकतो. भारतात इतर देशांच्यामानाने तंबाखूमुळे मृत्युमुखी पडणाऱ्यांची संख्या दरवर्षी वाढत असल्याचा अंदाज आहे. तंबाखूमुळे ८ सेकंदाला एक मृत्यु होतो.

व्यसन म्हणजे काय ?

व्यसन म्हणजे जी गोष्ट आपल्याला योग्य वाटते व जी गोष्ट केल्याने शारीरिक तसेच मानसिक समाधान मिळते. आणि ती गोष्ट न केलास शरीर आणि मन बेचैन होते. अश्या वर्तनुक्रीला आपण व्यसन असे म्हणतो.

व्यसनामुळे व्यसन करणाऱ्याला समाधान वाटते. व्यसनांचे विविध प्रकार आहे.

- 1) दारूचे व्यसन :- विविध प्रकारच्या व्यसनानामधील हे व्यसन लोकांसाठी बरेचदा प्रतिष्ठेचे मानले जाते. मोठ- मोठे नेते, बिजनेसमन, सिनेमा नट यांचे अनुकरण करणारे लोक, या दारूच्या व्यसनाला बळी पडतात. त्यामुळे सामान्यांना, कष्ट कऱ्यांना हे व्यसन मोठया प्रमाणात जडलेले दिसून येते. दारूमुळे अनेक कुटुंबाची राख-रांगोळी होताना आपण पाहिलेली आहे.
- 2) सिगारेट/ बिडीचे व्यसन :- भारतात, सिगारेट /बिडीचे व्यसन करणाऱ्यांचे प्रमाण मोठे आहे. सिगारेट मध्ये ४००० विविध रसायन असतात. ज्यामुळे कॅन्सर होतो. या व्यसनाने ब्लड प्रेशर, हार्ट अ‍ॅटॅकचे प्रमाणही वाढते. गर्भवती महिलांमध्ये कमी वजनाची, कमी दिवसाची मुलं जन्माला येतात.
- 3) गुटखा-तंबाखू :- हे व्यसन आपल्याकडे मोठया प्रमाणात दिसून येते. पुरुषच नाही तर स्त्रीया व शाळकरी मुले देखील गुटखा व तंबाखूचे व्यसन करताना दिसते. गरीब लोकं देखील घरी चांगले खाण्यापेक्षा गुटखा, खर्चा, तंबाखू खाण्यावर पैसे खर्च करतात. यामुळे, तोंडाचा कॅन्सर, जिभेचा कॅन्सर यांचे प्रमाण वाढले आहे. या व्यसनामुळे तोंड उघडण्यास कठिणई होते.

व्यसनामुळे होणारे दुष्परिणाम

- तंबाखू किंवा धुम्रपानामुळे मधुमेह व उच्च रक्तदाब होण्याची शक्यता वाढते.
- रक्तातील चांगल्या कोलेस्ट्रॉलचे प्रमाण कमी होते.
- धुम्रपान करणाऱ्यांमध्ये न करणाऱ्यांच्या तुलनेत २ ते ३ पट अधिक धोका हृदयरोग व पक्षाघात होण्याचा वाढतो.
- भारतात दरवर्षी ८ ते ९ लाख लोकांचा तंबाखूमुळे मृत्यु होतो.
- धुम्रपान करणाऱ्या स्त्रियांमध्ये लकवा (स्ट्रोकचा) होण्याचा धोका वाढतो.
- ८२% फुफ्फुसातील दीर्घकालीन रोगांचे कारण धुम्रपान हे आहे.
- दारूमुळे असिडीटी वाढते, उलटया होतात. तोंडाचा, अन्ननलिकेचा किंवा जठराचा कॅन्सर होवू शकते .
- महिलांमध्ये गर्भपात, नवजात बालकात विकृती निर्माण होऊ शकते.
- यकृताच्या विविध आजारांना निमंत्रण मिळते.



व्यसनांमुळे माणसाच्या आयुष्याचे वेगवेगळ्या पातळीवर नुकसान होते.

1. **वैयक्तीक** :- व्यक्तीचे स्वतःचे शारीरिक, मानसिक, आर्थिक नुकसान होते. विविध आजारांना व्यक्ती बळी पडते, मन सतत बेचैन राहते, त्यामुळे कामात लक्ष लागत नाही. त्यामुळे आर्थिक अडचणींचा सामना करावा लागतो.
2. **कौटुंबिक** :- कुटुंबातील लोकांचे मनोबल कमी होते, आर्थिक स्थिती ढासळते, या कुटुंबाकडे पाहण्याचा समाजातील लोकांचा दृष्टिकोन बदलतो.
3. **सामाजिक** :- समाजात व्यसनी व्यक्तीला मानसन्मान मिळत नाही. व्यसन ही वाईट गोष्ट असल्यामुळे व्यक्तीच्या कुटुंबाला देखील त्याचे परिणाम भोगावे लागतात. व्यसनी व्यक्ती हा समाजासाठी घातक ठरू शकतो.

व्यसन सोडविण्यासाठी काय करावे?

- | | |
|---|--|
| ☺ दारू किंवा तंबाखूचे सेवन करणाऱ्या सोबत संमंध कमी ठेवावेत | ☺ गुटखा, खर्चा, दारू, सिगारेटच्या जाहिरातींवर बंदी घातली पाहिजे. |
| ☺ मुलांनी घरी आई-वडीलांशी संवाद साधला पाहिजे. | ☺ या वस्तुंच्या उत्पादनांवरच बंदी घातली पाहिजे. |
| ☺ तलब आल्यावर सेवन टाळण्यासाठी सौफ, आवळा सुपारी, ओवा इ.पदार्थांचा वापर करावा. | ☺ ध्यान धारणा करणे. |
| ☺ व्यसनांचे दुष्परिणामांवावट शाळा, कॉलेजात चर्चा व्हायला पाहिजे. | ☺ सात्विक आहार घेणे |
| ☺ सिनेमा, नाटकातून व्यसनांचे उदात्तीकरण करणे टाळले पाहिजे. | ☺ व्यायाम करणे, |
| | ☺ चर्चा करणे. |

इ.मुळे मानसिक ताण कमी करता येतो. व व्यसनांनापसून दुर राहण्यास मदत होते

महात्मा गांधी आयुर्विज्ञान संस्थान, कस्तुरबा आरोग्य मंडल, सेवाग्राम, वर्धा



श्रमदान

भारत की आझादी का
अमृत महोत्सव
२०२१

“श्रमदानातून समाजात आपसी
सद्भावनेचा विकास होतो”
महात्मा गांधी



“श्रमदान” ह्या शब्दाचा वापर विनामोबदला जनकल्याणसाठी किंवा चांगल्या कामासाठी केलेले कष्ट असा होतो.

अन्नदान, रक्तदान ह्यांच्या बरोबरीने श्रमदान देखील खूप महत्त्वाचे आहे. श्रमदान हे एकट्याने किंवा संघटित पणे करता येतं. जे काम एकट्याला शक्य नसतं ते संघटित पणे करून, श्रम करून साध्य करता येतं. 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 त्यांतील समाजकल्याणाची भावना अतिशय महत्त्वाची असते. विनामोबदला इतरांच्या सुखासाठी स्वतः केलेले परिश्रम हेच सर्वश्रेष्ठ मानले जाते.

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

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 करणाऱ्या श्रमिकांना यंत्र युगाच्या काळात निकृष्ट मानल्या जात आहे आणि बसल्या ठिकाणी बौद्धिक कष्ट करणाऱ्यांना श्रेष्ठत्व दिल्या जात आहे. परंतु असे करणे म्हणजे एक प्रकारे श्रमाचा व त्या श्रमिकांचा अपमान नव्हे काय ? बौद्धिक कष्टांइतकेच शारीरिक कष्ट सुद्धा महत्त्वाचे आहे. काबाडकष्ट केल्यामुळेच मानवाची प्रगती होते. आयत्या वाढलेल्या कुरगात 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 सुरु करण्यापूर्वी त्याचे ध्येय ठरविणे सुद्धा गरजेचे आहे. ध्येयाविना काम करणे म्हणजे ढोरासारखे 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 सांगला येईल काय ? कारण तहान लागली म्हणून विहीर खणण्यापेक्षा आपणास कधी तरी तहान लागणार आहे म्हणून जो आधीच विहीर खणून ठेवतो त्याची खऱ्या 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, विनामोबदला श्रम करणे म्हणजे लोकसहभागाने श्रमदान.

दान म्हणजे आपल्याकडील एखादी वस्तू, गुण अहंकार न बाळगता, परताव्याची अपेक्षा न ठेवता दुसऱ्याला देणे. तसे श्रमदान म्हणजे विनामोबदला शारीरिक कष्ट. गावाच्या किंवा लोकांच्या विकासासाठी अनेकदा लोकसहभागाने श्रमदान, जसे बंधारा, शोषखड्डा, 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 धोरण ठरविणे.
- श्रमदान मोहीम राबविणे.
- समितीने व्यवस्थापनासाठी योग्य पाऊल उचलणे. (कचराकुंडी सेंद्रिय खत निर्मिती.)



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



2020-2021

Every year, the Institute organizes Orientation camp to sensitize newly joined MBBS students to Gandhian philosophy and holistic health. This year due to COVID pandemic we could not conduct a residential camp in Bapu Kutir but instead we organized various classes using an online platform.

We also conduct Social Service Camp under the village adoption scheme. In this, we select one village for each newly joined MBBS batch. Students stay in the village for 15 days and each student is given 4-6 families from the same village. Students visit these villages every month on designated days. The objective of this camp is to sensitize students to social determinants of health. This year due to COVID pandemic we organized this camp in 2021 instead of 2020.

We have also carried out two weeks long activities named Azadi ka Amrut mahotsav and Swachhta pakhwada in the file practice area of the Institute. MGIMS institute works closely with nearby villages for betterment of community health. In Azadi ka Amrut Mahotsav in view of COVID pandemic various online health awareness activities were organized with help of MGIMS staff in collaboration with Gram panchayat on topics like deaddiction, physical activities, gender equity etc. We have also celebrated Swachhta pakhwada in villages.

Training Programs

The school has undertaken training programmes for health workforce in Public Health, which are as follows: Title and Theme: Online Workshop on Community Preparedness Against COVID-19

Workshop Coordinator: Anandwan and Village Social Transformation Foundation (VSTF)
Maharashtra

Date: 24May2020

Number of Delegates: 400

Key topics: Epidemiology of Covid, Community preparedness checklist, Community action for Health Resource Persons: Dr. Subodh Gupta, Mr PV Bahulekar, Dr. Abhishek Raut

KHS Employees pledge their one-day salary to PM-CARES Fund

On 04 June 2020, Shri PL Tapdiya (Trustee, Kasturba Health Society), Dr BS Garg (Secretary, Kasturba Health Society) and Dr NM Gangane (Dean, MGIMS) handed over a cheque of Rs 19,20,648.00 to Wardha Collector Shri Vivek Bhimanwar at Collector Office. 1077 employees of Mahatma Gandhi Institute of Medical sciences, Kasturba Hospital, Kasturba Nursing School and Kasturba Nursing College pledged their one-day salary to help government fight against the COVID-19 pandemic. Soon after the Prime Minister urged organizations and individuals to donate money for the Prime Minister Relief Fund. Kasturba Health Society appealed its employees to give away their one-day salary to further strengthen the government's efforts to tackle the situation. The contribution was voluntary and those desirous of opting out were exempted.

World Environment Day celebrated

On the occasion of World Environment Day, Mahatma Gandhi Institute of Medical Sciences (MGIMS) launched a tree plantation drive where faculty, nurses, and staff of the institute planted saplings and made a sincere effort in making earth a better place for the future generation. Dr. NM Gangane (Dean, MGIMS) marked the occasion by planting an Amaltas (Cassia fistula or Indian Laburnum tree) commonly known as Golden Shower.

MGIMS sends a medical team to COVID-19 ravaged Mumbai

On 11th May 2020, Mahatma Gandhi Institute of Medical Sciences (MGIMS), Sevagram sent a team of 45 doctors to lend a helping hand to the hospitals in Mumbai to provide care for the victims of COVID-19. A day earlier, Dr TP Lahane, Director DMER (Directorate of Medical Education and Research, Govt of Maharashtra) who had visited MGIMS during its Golden Jubilee celebration urged MGIMS to succour the COVID-19 ravaged Mumbai. The notification came under the Epidemic Diseases Act, the Disaster Management Act, and the Maharashtra Essential Service Maintenance Act. This is the first incidence where Brihanmumbai Municipal Corporation (BMC) had sought help from outside Mumbai.

“Covid cases are coming thick and fast and to tackle them, we need to strengthen our team with more doctors. The arrival of the first batch of doctors from MGIMS, Sevagram is a big reassurance”, said Dr Balkrishna Adsul, In-Charge, Seven Hills Hospital.

Community Preparedness

The department of community medicine also developed a community preparedness checklist after extensive consultations with the local stakeholders (PRIs, ASHA, AWW, villagers, community leaders, and health officials) for rural as well as urban areas. The community preparedness checklist for rural areas was acknowledged at the highest level and the Hon. Chief Secretary, Ministry of Panchayati Raj, Government of India advocated the use of the checklist throughout India on 15 May 2020. In February 2021, the district collector decided to implement

this checklist in all villages as well as wards in urban areas. The department developed IEC materials such as posters, videos, slogans etc. and disseminated it on WhatsApp groups to village-level frontline workers and volunteers. It constituted a vigilance committee taking members from each department/ section of the institute to spread messages for adequate protection during the pandemic. The team strengthened the system of contact tracing in the institute.

The department of community medicine worked with other departments to conduct COVID related training for health care providers across the district. It trained four batches (40-50 health care providers, each) from the district health system. It also conducted sensitization training of Zilla Parishad and PRI representatives across the district for Community preparedness in 3 batches for approximately 600 Zilla Parishad (Dy CEOs, Chairman, Nagar Sewak) and PRI representatives from the district for community preparedness.

Also, the department joined hands with Anandwan Warora and Maharashtra Village Social Transformation Foundation to conduct online training for approximately 800 NGOs representatives across Maharashtra for community preparedness. The department assessed the RMNCH services in the district during COVID pandemic and lockdown, a study supported by WHO SEARO office. It is collaborating with the department of Obstetrics and Gynaecology to plan a SCOPE - Surveillance of COVID in Pregnancy, a WHO India Country Office funded study. It developed a COVID-19 deterministic modified SEIRM model, to predict the second wave of the pandemic in Vidarbha. The study findings were presented to the Divisional Commissioner, Nagpur Division on 15 Jan 2021 and to the District Collector, Wardha on 15 Feb 2021.

The health insurance scheme

The health insurance scheme of the institute has won several accolades as it seeks to create health consciousness in the community. A villager can insure himself and his family by paying Rs 400 a year and in return he gets 50% subsidy in OPD and indoor bills. In 2020-21, 12308 families (53527 members) around Sevagram volunteered to obtain health insurance from this hospital. Similarly 40 villages were totally insured and 164654 rural people were insured under this scheme.

Continuing Education Programme for the Health Workers

Continuing education programme has also been started for health workers from the three PHC areas (viz. Anji, Gaul and Talegaon). A total of 60 health workers from these PHC areas participate in the one-day continuing education programme every month, which is aimed to improve their skills in delivering Reproductive and Child Health Services in the community.

Family Life Education through Schools

Propounding the need for Family Life Education (FLE) for adolescent girls, the Department of Community Medicine has facilitated family life education in all the high schools and junior colleges of the three adopted PHC areas. Following this, the trained teachers have started imparting family life education in the respective schools and junior colleges. Due to COVID 19 pandemic virtual session on women empowerment and gender equity, Swachata, Shramdan, Prohibition and Yoga and Nature cure were taken.

World Health Day 2020

A postgraduate symposium titled “Year of the Nurse and Midwife” was organized on 7 Apr 2020 on the theme announced on World Health Day 2020. In collaboration with the National Service Scheme, Kasturba Nursing School and Kasturba Nursing College, a poster contest, a slogan contest and a role play contest were also organized.

Women’s Self-Help Groups

Self-Help Group (SHG) is a very effective tool not only for women’s empowerment, but also for overall development of the community. The Department of Community Medicine fully appreciates the critical link between women’s empowerment and health empowerment and considers the involvement of women’s self-help groups (SHGs) to be the key to the success of any health programme. The Department has now achieved the formation of 3-4 SHGs pervillage in all the villages of its field practice area; viz.PHC Anji, Kharangana, Gaul, Talegaon and Waifad. With passage of time, the members of SHGs have learnt to manage their groups individually and have developed as member-owned and member-managed institutions. The Department provides assistance to SHGs to add a health action agenda to their primary financial function (finance plus) so that the women are able to determine health priorities and to play a pro-active role in health care delivery in their villages. A total of 203 Self-Help Groups were functioning on 31 Mar 2021 in the adopted villages of the Institute: Anji PHC area (20), Gaul PHC area (11), Kharangana (77), Talegaon PHC area (69), Wardha Urban Health Centre adopted area (26). All the SHGs are linked with banks and have updated member account books.

Adolescent Girls’ Groups (Kishori Panchayat)

The Department of Community Medicine has taken an initiative to form groups of non-school going adolescent girls in several villages in Anji, Gaul, Kharangana and Talegaon PHC areas. At the village level, an elected body of the adolescent girls has been formed, which is known as Kishori Panchayat. Adolescent-to-adolescent education program is undertaken in all the villages through these groups. These groups have been oriented towards the issues of adolescent health, maternal health, child survival, environmental health, family life education, RTI/ STD,HIV/ AIDS etc. In turn, these girls will train their peers and younger adolescents in their villages. The

elected body also provides a mechanism for adolescent girls to participate in decision-making at village level.

Cataract Blindness Control in Wardha District Project

Under this project, daily screening eye camps have been conducted in all the villages of 8 blocks of Wardha district covering a population aged above 50 years. Screening for blindness and operable cataract is conducted door-to-door. Blind register is prepared at the village level. This year 48,976 villagers have been screened by doctors at their door steps in villages. Individuals aged more than 50 years with visual acuity less than 6/60 due to cataract in either eye who were in need of cataract surgery were motivated, provided free to-and-fro transport and brought to Kasturba Hospital Sevagram for operation. All services- including surgical treatment, medicines, intra-ocular lenses (IOL) and glasses- were provided free of cost. Computerized data bank is maintained to keep records pertaining to all patients screened and operated for follow-up. In the current year, 1066 cataract surgeries were performed. In 1064 patients, IOL implantation was done and in 4 patients conventional cataract surgery was performed. Visual acuity of 4976 persons (aged > 50 years) was tested by trained paramedical workers and 2103 villagers who had visual acuity <6/60 was examined by eye specialists at their door steps. 1092 patients were referred to Kasturba Hospital and of these 1044 patients were provided free transport facility.

So far 78536 poor rural patients from the project area who were suffering from curable blindness have undergone cataract surgery at Kasturba Hospital and 77,587 (98.8%) of these were successfully implanted with intra ocular lens and their sight has been restored. Use of modern technique of small incision cataract surgery has resulted in early post-operative visual rehabilitation of patients. Through this project, benefits of modern cataract surgery have been made accessible to poor, rural patients suffering from curable cataract blindness in Wardha district. This project has made a huge contribution to control of cataract blindness in Wardha District. So far 10,83,354 villagers aged above 50 years have been screened at their door steps in all villages of Wardha District. From the project area 78,536 poor rural patients who were suffering from curable blindness had their sight restored by modern technique of small incision cataract surgery at Kasturba Hospital and of these 77,587 (98.8%) were successfully implanted with intraocular lens.

Dr Sushila Nayar Eye Bank

Dr Sushila Nayar Eye Bank is functional in the Department of Ophthalmology, Kasturba Hospital. It promotes eye donation activity and provides facilities for corneal transplantation to patients suffering from corneal blindness. The eye bank is registered with Government of Maharashtra and affiliated to Eye Bank Association of India.

During the year, 8 eyes were processed in the eye bank. Of these, 2 eyes were collected from donors in Wardha district and 6 eyes were brought from Govt. Hospital Chandrapur. Of 8

donated eyes, none had cornea suitable for transplantation and were used for training and research. Members of two voluntary organizations were trained in grief counseling and motivation for eye donation.

SCREENING EYE CAMPS HELD FROM APRIL 2020 TO MARCH 2021

Date	Name of Camp Place/ Town	District	No. of Patients Screened	No. of Patients Collected
2020 - 2021	Civil Hospital Wardha	Wardha	43	43
2020 - 2021	Wardhamaneri	Wardha	33	9
2020 - 2021	2nd Oct Gandhi Jayanti Eye Camp	Wardha	71	40
19/10/2020	Dhamangaon Rly	Amrawati	280	23
27/12/2020	Gondpipari Camp	Chandrapur	177	66
14/02/2021	Wasera	Chandrapur	647	196
21/02/2021	Chamorshi	Gadchiroli	267	91
08/03/2021	Ghugus	Chandrapur	3	3
12/03/2021	Mahakal Camp	Wardha	26	3
		Total	1547	474

Utawali Project, Melghat

Melghat is a tribal area in Dharni and Chikhaldara of Amravati district. Located 250 Kms north-west from Sevagram, this area attracted wide media coverage because of malnutrition-associated deaths in the last decade. Three-fourths of the population is tribal-inhabited by Korku Adivasis. Most people, poor, illiterate and struggling to make both ends meet, live in dark ages and have little or no access to health care facilities, education and communication channels. To access specialized neonatal care most people have to travel 160 Kms on a difficult and hilly terrain. Men, women and children trapped by the grimmest poverty and are further hit by inequality of health services. Children, in particular are the worst sufferers. Most of the sickness and deaths are due to malnutrition, pneumonia, malaria and diarrhoea.

Aakanksha Shishu Kalyan Kendra

During April 2020 to March 2021, thirteen babies were adopted and have become the joy in the life of needy couples, two of them were by parents from out of country. The Honorable President of India Shri Ram Nath Kovind acknowledged the work of this centre on occasion of Golden Jubilee celebrations of MGIMS, Sevagram.

In 2020-21, a total of 12330 patients were seen in the OPD. 782 patients were admitted in the wards of the hospital. The numbers of patients admitted in each speciality are as follows: Medicine (10), Ob/Gyn (310), Pediatrics (180), Surgery (3) and Ophthalmology (279). 170 babies were delivered, 85 by Caesarian section. A total of 434 surgeries were conducted (Gynecology-62, Obstetrics-99, Ophthalmology-270, Surgery-3 of which, 370 were major surgeries. Medical officers examined 1599 patients in community clinics, while 281 patients were seen at the prenatal clinics.

2019-2020

Diagnostic and therapeutic multi-speciality health camp held at Melghat

A diagnostic and therapeutic multi-speciality health camp was organized at the Dr Sushila Nayar Multispeciality Hospital at Utawali in Amravati on 28 Feb 2020. Mrs Sulochana Jambe, Chairperson of Dharni's Panchayat Samiti was the chief guest at the inauguration of the camp. Shri Dhirubhai Mehta, President, KHS, Sevagram was the Guest of Honour. The chief guest inaugurated a bike ambulance and a new ultrasonography (USG) machine. Dr S Chhabra, Officer-on-Special Duty organized the camp which was attended by 1916 patients, out of which 69 patients were operated (General Surgery-19, ENT-10, Ophthalmology-22, Orthopedics-7, Obstetrics and Gynecology-11). Another camp was organized in Sep 2019, which was attended by 1089 patients. Specialists from the Departments of Internal Medicine, Psychiatry, Surgery, Obstetrics and Gynecology, Pediatrics, Ophthalmology, ENT, Dentistry and Orthopedics from MGIMS offered their services at the camp. The hospital administration at Utawali is also facilitating the running of libraries and outdoor sports in five villages. Mission project is supported by Jan Kalyan Trust, Mumbai.

International Yoga Day celebrated

On 21 June 2019, the fifth International Yoga Day was celebrated at MGIMS, Sevagram. Faculty, staff and students gathered at Kamla Desikan Lawn to derive the benefits from the ancient tradition. Close to 75 people from different health profiles and age groups participated in the event. Dr NM Gangane, Dean, MGIMS, welcomed the gathering to celebrate the day. Dr BS Garg, Secretary, KHS, stressed on the importance and objectives of the event. Dr Ashish Gujar, Naturopathy and Yoga Therapist, Center of Alternative Medicine, led the yoga session and guided the participants through the various yog- asanas, and pranayams as per the Common Yoga Protocol given by the Ministry of Ayush. A specified sequence of yogasanas for 45 minutes followed by deep meditation was carried out. Another mass yoga demonstration was carried out at KRHTC, Anji. Around 50 participants from the community attended the session.

Cancer screening and detection camp

for women State Reserve Police Force conducted MGIMS Sevagram conducted a free cancer screening and comprehensive health camp for female police officers and for families of the police force of Wardha city on 7 Mar 2020. The PAN India health drive was conducted on the occasion of International Women's Day by the Federation of Obstetric & Gynecological Societies of India (FOGSI) and was held at Kasturba Hospital in association with SWOGS (Sevagram-Wardha Obstetrics & Gynecology Society). Obstetricians and gynecologists of Kasturba Hospital examined and screened the police officers and families for cancer. Physical examination along with Pap smear sampling were freely conducted by the hospital. 41 female police officers from and around Wardha city were examined and screened for Cancers of the breast and cervix. The officers were counselled for cancer awareness. Dr Poonam Varma

Shivkumar, Head of Obstetrics and Gynecology, MGIMS and President of SWOGS said that such camps serve us with the opportunity to help these strong women who are out there to protect us. The camp was coordinated by Dr Neha Gangane, Assistant Professor of Obstetrics and Gynecology and Secretary of SWOGS.

YEAR

Students' Council

Chairman	:	Dr Nitin Gangane
Officer In-charge	:	Dr Satish Kumar
General Secretary	:	Mr Arun Verma

Event/Post	Officer Incharge	Student Incharge
Cultural	Dr Kanchan Mohod Dr Vinod Shende	Ms Shreya Namjoshi Ms Sneha Vaidya Mr Aman Singh
Co-ordinator		Ms Pallavi Pawar
Sports	Dr Manish Jain	Mr Murali Krishna
NSS	Dr Chetna Maliye	Mr Saahil Manna L Nongrum
Literary	Dr Manisha Atram	Ms Aakanksha Shukla
Magazine	Dr Sonia Jain	Ms Snigdha Sharma
Research	Dr Subodh S Gupta	
Ladies Representatives		Ms Kalyani Kodwate Ms Yashika Kotla
Class Representatives		Ms Shambhavi Chowdhary (2015) Ms Ayushi Sethi (2016) Mr Suryadev Vrindavanam (2017) MrKaran Karwani (2018)
PTI	Mr GP Bhoware	

Cultural Activities:

Students of the organizing batch of 2016 (the Eclectics) conducted several cultural events throughout the academic year. The first event organised by the Student Council was the Janmashtami pooja. Students worshipped Lord Krishna at night in their respective hostels while the subsequent day, Dahi Handi was organised with great zeal in the boys hostel and was attended by all batches.

The preparations for Ganesh Festival Celebration "Vakratund" began with great enthusiasm. From the selection of a beautiful idol to the stage decorations, 2016 and 2018 batch worked in synchrony. While the idol was carried from the boys hostel to the prayer hall, the atmosphere reverberated with the sound of dhol tasha. The auspicious occasion was graced by

the presence of Dr BS Garg and Dr Nitin Gangane and the pooja was followed by a prasad of mouth watering modaks. A musical programme was organised that evening while the next day we had the much awaited Dandiya Night "Manomay" where everybody danced their hearts out. Then came the time for Visarjan and we all bid goodbye to Lord Ganesha until the next year.

To welcome the 2019 Batch, an Introductory Programme was organised. From the classical Bharatnatyam to the Beats of Bollywood, with the efforts of 2016 Batch and the energy and talent of 2019 combined, a fantastic event was inevitable. The 2019 Batch were nicknamed "Udgams" and Mr Vidhvat and Ms. Mansi were judged as Mr Fresher and Miss Fresher respectively.

Students' Council

Chairman	:	Dr Nitin Gangane
Officer In-charge	:	Dr Satish Kumar
General Secretary	:	Mr Arun Verma

Event/Post	Officer Incharge	Student Incharge
Cultural	Dr Kanchan Mohod Dr Vinod Shende	Ms Shreya Namjoshi Ms Sneha Vaidya Mr Aman Singh
Co-ordinator		
Sports	Dr Manish Jain	Ms Pallavi Pawar
NSS	Dr Chetna Maliye	Mr Murali Krishna
Literary	Dr Manisha Atram	Mr Saahil Manna L Nongrum
Magazine	Dr Sonia Jain	Ms Aakanksha Shukla
Research	Dr Subodh S Gupta	Ms Snigdha Sharma
Ladies Representatives		Ms Kalyani Kodwate Ms Yashika Kotla
Class Representatives		Ms Shambhavi Chowdhary (2015) Ms Ayushi Sethi (2016) Mr Suryadev Vrindavanam (2017) MrKaran Karwani (2018)
PTI	Mr GP Bhoware	

Cultural Activities:

Students of the organizing batch of 2016 (the Eclectics) conducted several cultural events throughout the academic year. The first event organised by the Student Council was the Janmashtami pooja. Students worshipped Lord Krishna at night in their respective hostels while the subsequent day, Dahi Handi was organised with great zeal in the boys hostel and was attended by all batches.

The preparations for Ganesh Festival Celebration "Vakratund" began with great enthusiasm. From the selection of a beautiful idol to the stage decorations, 2016 and 2018 batch worked in synchrony. While the idol was carried from the boys hostel to the prayer hall, the atmosphere reverberated with the sound of dhol tasha. The auspicious occasion was graced by

the presence of Dr BS Garg and Dr Nitin Gangane and the pooja was followed by a prasad of mouth watering modaks. A musical programme was organised that evening while the next day we had the much awaited Dandiya Night "Manomay" where everybody danced their hearts out. Then came the time for Visarjan and we all bid goodbye to Lord Ganesha until the next year.

To welcome the 2019 Batch, an Introductory Programme was organised. From the classical Bharatnatyam to the Beats of Bollywood, with the efforts of 2016 Batch and the energy and talent of 2019 combined, a fantastic event was inevitable. The 2019 Batch were nicknamed "Udgams" and Mr Vidhvat and Ms. Mansi were judged as Mr Fresher and Miss Fresher respectively.

Annual Social Gathering, Riwaayat 2020 took place in the new auditorium, on 29th February and 1st March 2020. We witnessed a cultural event, which stepped out of its comfort zone, showcasing the sacrifices of the Indian army, the frightening stories of acid attacks, folk dances that descended from the remote valleys of Nepal and extremely energetic Bhangras. It also took us through the rising popularity of Korean pop culture, flew us with the Isis Wings but stayed rooted to Govinda and his contribution to Bollywood. Fashion shows took the form of age old myths, giving them a modern outlook. We saw the Greek mythology and Mahabharata hyping up the atmosphere with their innovative costumes. Darkness didn't stop the UV performances and lack of music didn't stop the beatboxers from owning the stage. Sargam, the musical event, took place on the second day and it filled us with the tunes of solos. The college band, Ikigai rhythms pieced together different instruments to produce a powerful voice. From the junior most 2019 batch to the outgoing 2014 batch, each batch left its mark on the stage. The two day event ended with the Dean, In-charge Student's Council and Cultural In-charges awarding various events with prizes and praises.

Literary Activities:

An intercollegiate debate competition was organized on 9 Sep 2019 in the fond memory of Late Smt. Taradevi, mother of Dr Sushila Nayar. The topic of debate was "Censorship in the media curtails the freedom of speech and expression". There was enthusiastic participation by speakers for and against the motion from different colleges of Wardha and nearby districts of Vidarbha region.

Dr Amit Kumar Bishwas, Dr Shipra Singam Kasatwa and Mr Soham Uppadhyaya judged the competition. The MGIMS team comprising of Ms Jasnoor Kaur and Mr Vaishnav Pai was adjudged the Best Team and bagged the running trophy. However the trophy was awarded to the runners up team of Kalmegh Dental College Nagpur as per the tradition of the hosts not to keep the trophy.

Literary Day was celebrated on 3 Mar 2020. Students of all batches actively participated in a number of literary events. The off stage events were essay

writing competition, poster and poetry competition. The on stage events included Spellbee, Word pronunciation, Radio jockey, Pictionary and Tabla performance. Mr Saahil Manna Nongrum and Miss Jasnoor Kaur conducted the rounds with the support of other members of Students Council.

Sushruta

The 44th edition of the college magazine, 'Sushruta' was released on the occasion of Foundation day on 12 Sep 2019 by Chief Guest, Padmashri Dr TP Lahane Director of Medical Education and Research, Maharashtra. The magazine with brand new section called year book was developed under the guidance of Dr Sonia Jain, edited by Chithralakshmi CS and other members of the Students' Council.

Sports

This year, Maharashtra University of Health Sciences, Nashik the recognized our Institute for holding a Vidarbha Zone Sports Tournament and Lawn Tennis selection trials of MUHS Nashik. A total Five students were selected in MUHS Nashik team and awarded colors. They participated in the All India Inter University Sports Tournament: Mr Pradyut Malik (2016 batch) and Mr Mihir Waykole (2018 batch) participated in the chess championship held at Poornima University, Jaipur Rajasthan. Mr Shiju Shivraman (2017 batch) participated in the swimming championship held at L.P.U. University, Jalandhar Punjab. Mr. Sayan Mukherjee S (2018 batch) and Mr Yaser Khan (2018 batch) participated in the lawn tennis championship held at Savitribai Phule University, Pune Maharashtra.

Mr Girish Bhoware, Director, Physical Education was selected as coach and Team Manager of the MUHS Nashik badminton team for All India West Zone Inter University tournament at Rajasthan University Jaipur, the All India Inter University tournament at R.T.M. University Nagpur, Khelo India Khelo, All India Inter-tournament at KIT University Bhubaneswar. He was basketball coach of MUHS Nashik team for state level Inter University tournament "KRIDAMAHOTSAV – 2019" at Punyashlok Ahilyadevi Holkar University Solapur. MUHS Nashik also entrusted the following responsibilities to Shri Girish Bhoware: Secretary of

MUHS Nashik Board of Student Welfare, Vidarbha Zone, Member of Best Sports Teacher and Best Sport person award committee of MUHS Nashik, Member of MUHS, Nasik Selection Committee for chess. Member of MUHS Nashik Selection Committee for basket ball. Co-ordinator of MUHS Nashik Vidarbha Zone Sports Tournament.

NSS Activities:

NSS Special Camp Activity: The 'NSS Special Camp 2019' for the 2019 batch of medical students of MGIMS, Sevagram was organized from 17 Sep to 11 Oct 2019 at village Mahakal under Anji PHC area. This camp was attended by 100 students of 2019 batch.

NSS Regular Activities: The following activities were undertaken under NSS during the year 2019-2020:

The Red Ribbon Club: A Red Ribbon club was formed in which all the 100 students of 2019 batch enrolled their names. The students took the pledge to fight against the HIV/ AIDS and also participated in the rally organized for generating the awareness against HIV AIDS and Swachhata.

Tree plantation activity: Tree plantation programme was conducted in the village Mahakal. A total of 100 saplings were planted. The students gifted a tree to each of their adopted families. Health education was given to the villagers at household level as well as the community level on cleanliness.

Blood Donation Camps

- Poojya Sindhi General Panchayat, Wardha
- MGIMS Students, Blood Bank, Kasturba Hospital, Sevagram
- Jai Bajrang Yuva Krida Mandal, Akoli
- Yuvasangharsh Sanghatna, Seloo, Sevagram
- Yuvamitra Parivar Bahuuddeshiya Sanstha, Pulgaon
- Maharogi Seva Samiti, Anandvan, Warora
- R. S. Bidkar College, Hinganghat
- Jiwhala Sevabhavi Sanstha, Wardha
- Maheshwari Navyuvak Mandal, Wardha
- Sant Nirankari Mandal, Hinganghat
- Aamhi Bhartiya, Hinganghat
- B D Engineering College, Sevagram
- New Bajrang Gramin Vikas Sanstha, Wadgaon (Khurd)
- Yuvamitra Parivar Bahuuddeshiya Sanstha, Pulgaon
- Waghadi Foundation, Samudrapur
- Shri Jai Bhavani Mata Bahuuddeshiya Samajik Sanstha, Hinganghat.
- Shrikrushnadas Jajoo Gramin Seva Mahavidyalaya, Pipri
- Wardha District Saloon Association, Wardha
- Sambhaji Brigade Maharashtra Pradesh Sanghatak, Wardha
- Dakhane Kunbi Samaj, District Branch, Wardha
- Maharudra Bahuuddeshiya Sanstha, Wardha
- Shri Ganesh Utsahi Ganotsav Mandal, Ajant, Hinganghat
- Rabbani Education Foundation, Hinganghat
- Yuva: Parivartan Ki Awaj, Jagdamba Bahuuddeshiya Sanstha, Sindi (Meghe)
- Maharashtra Rajya Prathamik Shikshak Samiti, Wardha
- Maharashtra State Electricity Supply Board, Management Department, Warora at Saibaba Hospital, Anandvan, Warora.
- A. Bha. Shri Gurudev Seva Mandal, Paikmari Paikmari, Samudrapur
- Uttam Value Steel Limited, Medical Centre— Uttam Value Steel Campus
- Kalpataru Buddha Vihar, Dhammadan Sangrahalak Vyayam Krida Prasarak Mandal, Hinganghat
- 19th Dr. Sushila Nayar Memorial Blood Donation Camp, MGIMS & KHS Employees, Sevagram
- Anand Niketan College of Agriculture, Anandwan, Warora
- Prahar Janshakti Paksh, Maharashtra Taroda Branch
- Bal Yuva Dhyan Prarthana Mandal, Kinhi (Kharda)
- Maheshwari Navyuvak Mandal, Wardha
- Amol bhau Bhoge Mitra Pariwar, Karanji (Bhoge)
- Yuva sangharsh-Ladha Asmitecha, Seloo
- Shivshahi Mitra pariwar, Laxminagar, Wardha
- Shivray Sporting Club, Mirapur
- Gram Suraksha Dal, Pardi
- Agnihotri Institute of Pharmacy, Sindi (Meghe)
- Shivsena, District Office, Wagholi Circle
- Grampanchayat Office, Wabgaon, Deoli

Map of Wardha district showing blood donation camps



Diagnostic Camps

This year the institute organized several screening and diagnostic camps. Diagnostic and health camps were organized at Ajansara, District Jail Wardha, Bhidi, Allipur, Dahegaon (M), Pavnoor, Inzapur, Yesamba, Melghat (Utavali). The Departments of Community Medicine, Microbiology, Ophthalmology, ENT, Dentistry, Surgery, Medicine, Obstetrics and Gynecology, Pediatrics, Anesthesia, Pathology, Psychiatry, Radiotherapy, Orthopedics and Dermatology participated in these camps. Dentists carried out dental camps for school children and jail inmates.

Cancer detection camps were organized in Dhakulgaon, Ridhora, Takli and Melghat.

Adopted Villages	
Rotha	2016 Batch
Pavnoor	2017 Batch
Mandwa	2018 Batch
Mahakal	2019 Batch

The following are the number of patients seen by different departments during diagnostic camps:

Department	No. of Patients
Medicine	1562
Obstetrics and Gynecology	734
Pediatrics	573
Surgery	676
Orthopedics	1088
Ophthalmology	5803
ENT	483
Dentistry	470
Psychiatry	272
Dermatology	1016
Community Medicine	4918
Radiotherapy	156
Dr SushilaNayar Hospital, Utwali	3005
Total	20756

Community Activities

Department of Community Medicine

Women's Self-Help Groups

Self-Help Group (SHG) is a very effective tool not only for women's empowerment, but also for overall development of the community. The Department of Community Medicine fully appreciates the critical link between women's empowerment and health empowerment and considers the involvement of women's self-help groups (SHGs) to be the key to the success of any health programme. The Department has now achieved the formation of 3-4 SHGs per village in all the villages of its field practice area; viz. PHC Anji, Kharangana, Gaul, Talegaon and Waifad. With passage of time, the members of SHGs have learnt to manage their groups individually and have developed as member-owned and member-managed institutions. The Department provides assistance to SHGs to add a health action agenda to their primary financial function (finance plus) so that the women are able to determine health priorities and to play a pro-active role in health care delivery in their villages. A total of 230 Self-Help Groups were functioning on 31 Mar 2020 in the adopted villages of the Institute: Anji PHC area (56), Gaul PHC area (5), Kharangana (74), Talegaon PHC area (69), Wardha Urban Health Centre adopted area (26). All the SHGs are linked with banks and have updated member account books.

Kisan Vikas Manch

Kisan Vikas Manch (Farmers' club) has evolved as a way to involve men in the health activities at village level. The programme provides learning opportunities for members to improve their agricultural yield and in turn improve their economic status. The health action agenda is added to the primary purpose so as to empower them to actively participate in the health programme. A total of 13 Kisan Vikas Manch (KVM) were functioning on 31 Mar 2020 in the adopted villages of the Institute. In Anji PHC area, a federation of all the Kisan Vikas Manch from the villages had been formed in Dec 2008. This is being utilized as a platform to strengthen health

agenda among them in the program. An E-Chaupal center has been established at Anji for the federation of KVM. This centre will be utilized for training of KVM members. A resource centre for Kisan Vikas Manch has been developed at KRHTC, Anji.

Adolescent Girls' Groups (Kishori Panchayat)

The Department of Community Medicine has taken an initiative to form groups of non-school going adolescent girls in several villages in Anji, Gaul, Kharangana and Talegaon PHC areas. At the village level, an elected body of the adolescent girls has been formed, which is known as Kishori Panchayat. Adolescent-to-adolescent education program is under taken in all the villages through these groups. These groups have been oriented towards the issues of adolescent health, maternal health, child survival, environmental health, family life education, RTI/STD, HIV/AIDS etc. In turn, these girls will train their peers and younger adolescents in their villages. The elected body also provides a mechanism for adolescent girls to participate in decision-making at village level. Apart from health issues, other village development related issues are also discussed with this group. The programme ultimately aims to produce leadership qualities in the adolescents and utilize them for health action at village level. The Department has successfully formed Kishori Panchayats in almost all villages of its field practice area. There are a total of 91 Kishori Panchayats functional in the three PHC areas adopted by the department: Anji PHC area (24), Gaul PHC area (13), Kharangana (26), Talegaon PHC area (22) and UHC (06). For the members of the Kishori Panchayat, various training programmes on nutrition, pregnancy and newborn care, health and sanitation, menstrual hygiene, safe motherhood, first-aid etc. were taken up. Peer educators were identified from the members of Kishori Panchayat and they have been trained for HIV/AIDS awareness in a workshop setting. A number of Kishori Panchayat members have taken up responsibility of imparting health education to

pregnant and post-natal mothers. These groups have become an excellent means to create health awareness among the adolescent girls. A resource centre for Kishori Panchayat was developed at the RHTC, Bhidi in 2008-09.

Village Health Worker Scheme

The Department has ensured one Village Health Worker per 1000 population in all the villages under its field practice area. Majority of them have been converted to ASHA (Accredited Social Health Activist) under the NRHM programme. They have been given continuing support on their training for treatment of minor illnesses and IMNCI training by the Department of Community Medicine.

Health Insurance

Health insurance has been one of the important activities in the programme villages. The VHNSC members have accelerated their activity in respect to insurance coverage in their village with the Kasturba Health Society and a total of Rs.62,78,117 has been collected for insurance coverage for the period Jan-Dec 2019. This includes full insurance coverage of 509 community based organizations and 55 villages (Fully insured).

Continuing Education Programme for Anganwadi Workers

Continuing education programme for the Anganwadi workers are being done in the three PHC areas adopted by the Department of Community Medicine. These continuing education programmes aimed at improving the skills of Anganwadi workers. During these training programmes, efforts are made to provide workers with training on health as well as other issues of Early Childhood Development.

Health and Nutrition Day at village level

The Department of Community Medicine promoted Bal Suraksha Diwas (Child Survival Day) on a monthly basis in all the villages of the three PHC areas under the Department. The Bal Suraksha Diwas is an expansion activity of the existing Immunization Day being observed in villages through the Primary Health Centres. Apart from immunization, the activities on the Bal Suraksha Diwas include health

and weight check-up of children of 0-3 age group, ANC check-up, PNC check-up and nutrition and health education. The Village Health Worker, members of SHGs and adolescent girls are being encouraged to participate actively during the Bal Suraksha Diwas. The Village Health Nutrition and Sanitation Committee have been entrusted with the responsibility of organizing the day and also ensuring that the beneficiaries access the services. The active participation of the Village Health Nutrition and Sanitation Committee members has led to increased turnouts of beneficiaries during the Health and Nutrition Day at village level and thus increased coverage with maternal and child health services.

Continuing Education Programme for the Health Workers

Continuing education programme has also been started for health workers from the three PHC areas (viz. Anji, Gaul and Talegaon). A total of 60 health workers from these PHC areas participate in the one-day continuing education programme every month, which is aimed to improve their skills in delivering Reproductive and Child Health Services in the community.

Family Life Education through Schools

Propounding the need for Family Life Education (FLE) for adolescent girls, the Department of Community Medicine has facilitated family life education in all the high schools and junior colleges of the three adopted PHC areas. Following this, the trained teachers have started imparting family life education in the respective schools and junior colleges. At RHTC, Bhidi, 72 sessions were conducted in 14 schools, while 28 sessions in 4 schools were conducted at KRHTC Anji. In Kharangana 117 sessions were conducted in 10 schools, in Talegaon 35 sessions were conducted in 6 schools, while 16 sessions were conducted in 5 schools at UHC, Wardha.

World Health Day 2019

A postgraduate symposium titled "Universal Health Coverage: Everyone, Everywhere" was organized on 7 Apr 2019 on the theme announced on World Health Day 2019. In collaboration with the National Service Scheme, Kasturba Nursing School and Kasturba Nursing College, a poster contest, a slogan contest and a role play contest were also organized.

Utawali Project, Melghat

Coordinator: Dr S Chhabra

Melghat is a tribal area in Dharni and Chikhaldara of Amravati district. Located 250 Kms north-west from Sevagram, this area attracted wide media coverage because of malnutrition-associated deaths in the last decade. Three-fourths of the population is tribal- inhabited by Korku Adivasis. Most people, poor, illiterate and struggling to make both ends meet, live in dark ages and have little or no access to health care facilities, education and communication channels. To access specialized neonatal care most people have to travel 160 Kms on a difficult and hilly terrain. Men, women and children trapped by the grimmest poverty and are further hit by inequality of health services. Children, in particular are the worst sufferers. Most of the sickness and deaths are due to malnutrition, pneumonia, malaria and diarrhoea.

Initially the institute planned a long term project in this area and posted an Associate Professor in Medicine, and an Ophthalmologist, who voluntarily opted to reach the unreached. A base hospital at Dharni -Trimurti Hospital and 36 villages of Melghat had been chosen for research work. These villages are difficult to access, lack proper transport facilities and are located in the midst of dense forest and hills about 50 Kms from Dharni. Health education on malnutrition, breast feeding, diarrhoea and sexually transmitted diseases has been started since the last 9 years. This area is known for the highest under-five child mortality (80 per 1000 live births) and the highest mortality in the age group (16-50 years) in Maharashtra.

Kasturba Health Society has been providing health facilities in this region through the Mahatma Gandhi Adivasi Hospital and Dr Sushila Nayar Netralaya since the last 17 years. KHS had been running an OPD and 6-bed hospital as part of its Tribal Health Research Project in Melghat. However in view of high maternal and infant mortality rates, it was decided to take this initiative forward and expand this endeavour with the help of the faculty and residents of MGIMS.

The Kasturba Health Society (KHS) started its OPD in the Dr Sushila Nayar Hospital (earlier called Mahatma Gandhi Adivasi Mother and Child Hospital) on 1 Jan 2012. A 30 bed hospital for women and children in the tribal area of Utawali, Dharni was also initiated with funding support from the Shri Brihad Bharatiya Samaj, a Mumbai-based nongovernmental organization. The Government of Maharashtra has recognized this as a referral unit.

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 2019-20:

President	: Nikhil Honale
Faculty Head	: Dr S Yelwatkar
Vice President	: Hemavaishnave TS & Apurva Potharkar
Faculty Secretary	: Dr J Waghmare
Secretary	: Sujay Srivastava
Steering Committee	: Dr L Chimurkar
Joint Secretary	: Atharva Kokaje
Members	: Dr N Bansod
Finance Secretary	: Prachi Kamble
Academic Secretary	: Shreya Namjoshi
Research Secretary	: Mimansa Dixit
Coordinator- Internal Affairs	: Cheryl Mankar
Coordinator - Internal Affairs	: Simran Raka
Co-ordinator- External Affairs	: Riddhi Patel

Executive members:

2016 batch: Arnav Ramteke, Gayatri Lele, Snigdha Sharma, Sneha Vaidya, Ajay Kedar, Mehul Dhabaliya, Darshita Pandey, Sankalp Hingmire

2017 Batch: Rahul Beria, Khushi Agroya, Naga Nimisha Indugu, Samrudhi Bhalgat, Vashishtha Zade, Priya Singh, Perna Shelkhe, Sheena Betharia, Suryadev Vrindavanam, Preksha Wandile

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

Ethics in medical education, Bioethics Unit, MGIMS Sevagram, 9 Aug 2019

Samir Yelwatkar

Introduction and principle of Bioethics

Leena Chimurkar

Relevance of professionalism and ethics

Nishant Bansod

Professional behaviour and Altruism

Shiv Joshi

The birth and evolution of the bioethics unit

Sneha Valdya, Suryadev Vrindavanam

The importance of rapport building in a health care setup and how relevant it is to a successful professional practice

Samir Yelwatkar, Shreya Namjoshi, Khushi Agroya

Professional behaviour

Atharva Kokaje, Nimisha Indugu, Priya Singh

Cultural competence

Darshita Pandey, Rahul Behria

To integrate all the concerned traits that a professional is required to develop in his life

Shiv Joshi, Mimansa Dixit

Interpersonal relationships

World Breastfeeding Week

Breastfeeding week was celebrated on campus in the first week of August 2019. Proper technique, positioning, signs of attachment, benefits of breastfeeding, disadvantages of artificial feeding and bottles and harmful misconceptions were amongst several other aspects of breastfeeding taught to the lactating mothers in both ANC and PNC wards. Charts and pictorial presentation were used.

Leprosy day 2020, 8 Feb 2020

World Leprosy Day is observed on the last Sunday of January each year. It was celebrated on 30 January this year. The main focus was on ending discrimination, stigma and prejudice associated with leprosy. The MGIMS Bioethics unit organised a donation drive to donate grains for the patients residing at the Maharogi Seva Samiti ashram in Wardha. The money was collected from various departments of the college. Everyone donated whole heartedly for the cause. 100 kg atta, 50 kg toor dal, 100 kg rice and 30 litre of oil were donated to patients staying at the ashram.

Community Ophthalmology

The department of Ophthalmology, Kasturba Hospital, MGIMS, Sevagram, has been providing preventive, promotive, curative and rehabilitative eye care. Primary to tertiary level eye care which are currently available to residents in metropolises are provided to poor people living in rural areas and urban slums at their door step. Community based comprehensive and specialty eye care services are provided to people living in and around Wardha district.

Cataract Blindness Control in Wardha District Project

Under this project, daily screening eye camps have been conducted in all the villages of 8 blocks of Wardha district covering a population aged above 50 years. Screening for blindness and operable cataract is conducted door-to-door. Blind register is prepared at the village level. This year 48,936 villagers have been screened by doctors at their door steps in villages. Individuals aged more than 50 years with visual acuity less than 6/60 due to cataract in either eye who were in need of cataract surgery were motivated, provided free to-and-fro transport and brought to Kasturba Hospital Sevagram for operation. All services-including surgical treatment, medicines, intra-ocular lenses (IOL) and glasses- were provided free of cost. Computerized data bank is maintained to keep records pertaining to all patients screened and operated for follow-up. In the current year, 5988 cataract surgeries were performed. In 5979 patients, IOL implantation was done and in 9 patients conventional cataract surgery was performed. Visual acuity of 48,936 persons (aged > 50 years) was tested by trained paramedical workers and 19968 villagers who had visual acuity <6/60 was examined by eye specialists at their door steps. 6432 patients were referred to Kasturba Hospital and of these 6103 patients were provided free transport facility.

So far 77470 poor rural patients from the project area who were suffering from curable blindness have

undergone one cataract surgery at Kasturba Hospital and 76,523 (98.8%) of these were successfully implanted with intra ocular lens and their sight has been restored. Use of modern technique of small incision cataract surgery has resulted in early post-operative visual rehabilitation of patients. Through this project, benefits of modern cataract surgery have been made accessible to poor, rural patients suffering from curable cataract blindness in Wardhadistrict.

This project has made a huge contribution to control of cataract blindness in Wardha District. So far 10,78,378 villagers aged above 50 years have been screened at their door steps in all villages of Wardha District. From the project area 77,470 poor rural patients who were suffering from curable blindness had their sight restored by modern technique of small incision cataract surgery at Kasturba Hospital and of these 76,523 (98.8%) were successfully implanted with intra ocularlens.

Dr Sushila Nayar Eye Bank

Dr Sushila Nayar Eye Bank is functional in the Department of Ophthalmology, Kasturba Hospital. It promotes eye donation activity and provides facilities for corneal transplantation to patients suffering from corneal blindness. The eye bank is registered with Government of Maharashtra and affiliated to Eye Bank Association of India.

During the year, 44 eyes were processed in the eye bank. Of these, 18 eyes were collected from donors in Wardha district and 26 eyes were brought from Govt. Hospital Chandrapur and Yeotmal. Of 44 donated eyes, 11 had corneas suitable for transplantation and 11 patients were provided facility for keratoplasty (Corneal Transplantation) free of cost. Members of two voluntary organizations were trained in grief counseling and motivation for eye donation.

Dr Sushila Nayar Hospital, Utawali, Melghat, Amravati (Lions Eye Centre Melghat)

Lion Clubs International Foundation under the project grant SF 1802/ 3234 –H1 of Rs. 40 lakhs has provided necessary diagnostic, surgical equipment and vehicle for establishing Lions Eye Centre Melghat at Dr. Sushila Nayar Hospital Utawali. Community ophthalmology services were started at Dr SN Hospital Utawali from September 2017 for which 1 senior resident and 1 Junior Resident from Department of Ophthalmology is being deputed on rotation basis. During the year 4515 patients have been provided eye care services at the centre and 541 Cataract surgeries with IOL implantation have been performed. In the current year Optical Dispensing Unit has started functioning at the centre and manufactured spectacles for 288 needy patients and supplied the same at subsidised rate to the needy patients.

Under National Programme for Control of Blindness, KHS have entered in to a MoU with District Blindness Control Society Amravati for providing free cataract screening and surgical services for cataract patients from 152 villages in Dharni Taluka. After inspection by district health authorities Eye OT was started at Dr SN Hospital Utawali in March 2018.

Under this project daily screening eye camps have been conducted in all the 152 villages of Dharni Taluka of Amravati District. Screening for blindness and operable cataract is conducted door to door. Blind register is prepared at village level. In the current year 10,666 villagers aged > 50 years have been screened. Individuals with visual acuity < 6/60 due to cataract in either eye who were in need of cataract surgery were motivated and provided free to-and- fro transport and brought to Dr.Sushila Nayar Hospital Utawali Melghat for operation. All services including surgical treatment, medicines, Intra Ocular Lenses and glasses were provided free of cost. Computerized data bank is maintained to keep data records pertaining to all patients screened and operated for follow-up. In the current year 541 cataract surgeries were performed. In all patients IOL implantation was done. Visual acuity of 10,666 persons (aged > 50 years) was tested by trained paramedical workers and 3,4441 villagers who had visual acuity <6/60 were examined by eye specialists at their door steps. 1,426 patients were

referred to Dr Sushila Nayar Hospital Utawali Melghat and of these 562 patients were provided free transport facility.

So far 984 poor rural tribal patients from project area who were suffering from curable blindness have undergone cataract surgery. Out of which 880 patients were operated at Dr Sushila Nayar Hospital Utawali Melghat and 104 patients were operated at Kasturba Hospital Sevagram. All of them were successfully implanted with Intra Ocular Lens and their sight has been restored. Use of modern technique of small incision cataract surgery has resulted in early postoperative visual rehabilitation of patients. Through this project benefits of modern cataract surgery have been made accessible to poor, rural tribal patients suffering from curable cataract blindness in Dharni Taluka of Amravati district.

Quarter / Year	No. of OPD Patients	No. of Patients Operated
Sep 2017– Mar 2018	983	38
Apr 2018– Mar 2019	3322	301
Apr 2019 - Mar 2020	4552	541
Total	8857	880

Community Ophthalmology Services at DSNH Melghat

Year	No. Patient Screened	No. of Patient Referred	No. of Patient Provided Transport
Apr 18 - Mar 19	17,449	1383	362
Apr 19 - Mar 20	10,666	1426	562
Total	28,115	2,809	924

GMLF URBAN HEALTH CENTER WARDHA EYE OPD

During the year 3894 patients were seen in GMLF Urban Health Center Wardha Eye OPD and provided refractive and other eye care services.

Quarter / Year	No. of OPD Patients
Apr - Jun 2019	908
Jul - Sep 2019	1104
Oct - Dec 2019	999
Jan-Mar 2020	883
Total	3894

Utawali Project, Melghat

Coordinator: Dr S Chhabra

Melghat is a tribal area in Dharni and Chikhaldara of Amravati district. Located 250 Kms north-west from Sevagram, this area attracted wide media coverage because of malnutrition-associated deaths in the last decade. Three-fourths of the population is tribal- inhabited by Korku Adivasis. Most people, poor, illiterate and struggling to make both ends meet, live in dark ages and have little or no access to health care facilities, education and communication channels. To access specialized neonatal care most people have to travel 160 Kms on a difficult and hilly terrain. Men, women and children trapped by the grimmest poverty and are further hit by inequality of health services. Children, in particular are the worst sufferers. Most of the sickness and deaths are due to malnutrition, pneumonia, malaria and diarrhoea.

Initially the institute planned a long term project in this area and posted an Associate Professor in Medicine, and an Ophthalmologist, who voluntarily opted to reach the unreached. A base hospital at Dharni -Trimurti Hospital and 36 villages of Melghat had been chosen for research work. These villages are difficult to access, lack proper transport facilities and are located in the midst of dense forest and hills about 50 Kms from Dharni. Health education on malnutrition, breast feeding, diarrhoea and sexually transmitted diseases has been started since the last 9 years. This area is known for the highest under-five child mortality (80 per 1000 live births) and the highest mortality in the age group (16-50 years) in Maharashtra.

Kasturba Health Society has been providing health facilities in this region through the Mahatma Gandhi Adivasi Hospital and Dr Sushila Nayar Netralaya since the last 17 years. KHS had been running an OPD and 6-bed hospital as part of its Tribal Health Research Project in Melghat. However in view of high maternal and infant mortality rates, it was decided to take this initiative forward and expand this endeavour with the help of the faculty and residents of MGIMS.

The Kasturba Health Society (KHS) started its OPD in the Dr Sushila Nayar Hospital (earlier called Mahatma Gandhi Adivasi Mother and Child Hospital) on 1 Jan 2012. A 30 bed hospital for women and children in the tribal area of Utawali, Dharni was also initiated with funding support from the Shri Brihad Bharatiya Samaj, a Mumbai-based nongovernmental organization. The Government of Maharashtra has recognized this as a referral unit.

Aakanksha Shishu Kalyan Kendra

Coordinator: Dr S Chhabra

Aakanksha Shishu Kalyan Kendra is a sequel of the journey started with a mission for safe motherhood and safe baby for one and all, even for a unwed girls with unwanted advanced pregnancy. In 1988, a thought came to try and help unwed girls, who used to report to our hospital with unwanted advanced pregnancy. At that time abortion was not possible according to country's existing abortion laws. The centre formally came into existence in 2002 for the welfare of unwed mothers and their babies. In 2004; the centre obtained the license for national adoption of surrendered babies to needy parents. In 2015, Indian placement agencies recognized the centre for national adoption. Now our center is recognized for international adoption also. During April 2019 to March 2020, fourteen babies were adopted and have become the joy in the life of needy couples from the country and also out of country. This year two babies were adopted by parents from Italy and Canada. The Honorable President of India Shri Ram Nath Kovind acknowledged the work of this centre on occasion of Golden Jubilee celebrations of MGIMS, Sevagram.

2018-2019

MGIMS sends a medical team to flood ravaged Kerala

A team of 22 healthcare professionals comprising of faculty, residents, interns, and undergraduates of MGIMS left for Kerala on 22 Aug 2018. The team helped more than 1500 people cope with the misery caused by floods. The MGIMS team joined hands with the local administrations and non-government organizations. Four teams-one each at Kottayam and Kothamangalam, and two at Ernakulam- worked in different geographical areas of the state. The teams held health camps to treat the flood-affected people, provided training on disinfection and provided domestic items to various relief camps. The team also assessed primary health centers, anganwadis, and schools for the damages and reported the same to the state administration. The team designed prevention interventions for water borne diseases. The team comprised of Dr Priyadarsh Ture, Dr Amit Singh, Dr Vidit Panchal, Dr Pankaj Ukey, Vaibhav Bangal, Savithri Devi, Saurabh Sharma, Anandu Raj, Samir Kumar, Sudhir, Madhur, Chitra Laxmi, Shiju Shivraman, Anjali Mohan, Madhukar Shrop, Ganesh Bhandare, Ashique, Abdul Wahab, Rajendra Yadav, Sudhir Verma, Lalit Chitture, and Dipak Katphode. The employees of the institute also pledged a day's salary to support the relief work carried out in the state.

MGIMS develops model for empowering family and community for nurturing care of children MGIMS Sevagram has partnered with UNICEF along with Integrated Child Development Services (ICDS) and Health Department in Maharashtra to develop a model for empowering family and community for nurturing care of children 0-6 years. Currently, the model is being implemented in 10 ICDS projects of Aurangabad and Yavatmal districts covering

approximately 12 lakhs population and engages approximately 3000 frontline workers (i.e. Anganwadi workers and ASHA). The prime objective of the project is to raise awareness and build capacity of parents and caregivers of children (0-6 years of age) for providing nurturing care, positive parenting and early stimulation which in turn will positively influence the development trajectory of children. UNICEF is also supporting implementation of this framework in 7 more ICDS projects in Pune and Palghar through Save the Children and Gram Mangal.

Blood Donation Camps

- Bhartiya Janta Yuva Morcha, Wardha
- Bajrang YuvaKrida Mandal, Akoli
- Prahar Janshakti Party, Parla
- Dr BR Ambedkar Blood Donation Camp, held at Sevagram Blood Bank
- Jivhala Sevakbhai Bahuuddheshiya Sanstha, Wardha
- Maharogi Seva Samiti, Anandvan, Warora
- World Blood Donor Day, Blood Bank, Sevagram
- Sant Nirankari Mandal, Hinganghat.
- Bahujan Samaj Party, Wardha
- Acharya Shrimannarayan Polytechnic, Pipri, Wardha
- Dr BR Ambedkar Arts & Science Jr. College, Hinganghat
- Aamhi Bhartiya Samajik Sangathana, Hinganghat
- B D College of Engineering, Sevagram
- Yuva Mitra Pariwar, Bahuuddheshiya Sanstha, Pulgaon
- Wagadi Foundation, Samudrapur
- Shivsena & Yuvasena, Savali (Wagh)
- Jai Bhavani Mata Charitable Trust, Hinganghat
- Prahar Vidyarathi Sangathana, Wardha
- Shrikrushnadas Jajoo Gramin Seva Mahavidyalay, Pipri (Meghe)
- NSS Unit Blood Donation Camp, Mahatma Gandhi Institute of Medical Sciences, Sevagram
- Ekta Chalak Malak Sangathana, Wardha
- National Voluntary Blood Donation Day, SBTC Mumbai held at Blood Bank, Sevagram.
- Shwas Seva Sanghthna, Hinganghat
- Mahila Seva Mandal, Wardha
- Maharashtra Rajya Parathmik Shikshak Samiti, Wardha
- Lions Club Wardha Trust, Wardha
- Rabbani Educational Foundation, Hinganghat
- Jaishree Gurudev Seva Mandal, Dhamangaon (Wathoda)
- Shri Gurudev Seva Mandal, Paikmari
- Maheshwari Navyuvak Mandal, Wardha
- Gurudwara Seva Samiti, Wardha
- Uttam Value Steels Limited, Bhugaon, Wardha
- Kalpataru Buddha Vihar and Prahar Janshakti Paksha, Veer Bhagatsingh Ward, Hinganghat
- Shri. Sant Barhanpure Maharaj Krishi Tantraniketan, Mandgaon
- PraharJanashakti Paksha at Gram Panchayat Office, Rasulabad,
- Jivhala Seva bhavi Sanstha, Wardha
- 18th Dr Sushila Nayar Memorial Blood Donation Camp, MGIMS, Sevagram.
- Panjabi Sewa Samiti, Wardha
- Prahar Vidhyarthi Sangathna, Mandgaon, Wardha
- Tilak Shardotsav Mandal and Subhash Mandal, Hinganghat
- Shivsena District Office, In front of Thakre Market, Wardha
- Anand Niketan College of Agriculture, Anandvan, Warora
- Maheshwari Navyuvak Mandal, Wardha
- Shiv Jayanti UtsavSamiti, Seloo
- Vandaniya Rashtrasant Tukadoji Maharaj Punyatithi Utsav Samiti, Karanji (Kaji)
- Kalar (Kalal) Samaj Yuva Mandal, Wardha.
- Prahar Janashakti Paksh and Padmashanti Samaj, Hinganghat
- Prahar Janashakti Paksh, Kandhalli
- Seema Computer Typing Institute, Laxmi Nagar, Wardha
- Shiv Jayanti UtsavSamiti, Karanji (Bhoge)
- Yuvasangharsh Sanghatna and Shiv Jayanti Utsav Samiti, Seloo
- Parampujya Paramatma Ek Sevak Mandal, Dahegaon (Gosavi), Kelzar
- Prahar Janakshiti Paksha,Pulgaon
- Veer Bhagatsingh Gramin Vikas Bahuuddeshiya Sanstha, Seloo

Map of Wardha district showing blood donation camps



2017-2018

Dept of Anatomy felicitates families of body donors

On 27 Jan 2018, the Department of Anatomy of MGIMS hosted its third Organ Donation Felicitation programme - to applaud the spirit of body donors. Shri Dhirubhai Mehta (President Kasturba Health Society), Dr BS Garg (Secretary, Kasturba Health Society) and Dr KR Patond (Dean, MGIMS) felicitated the kin of donors and expressed their gratitude towards people who donated the bodies of their deceased family members for study and research purposes. Social workers who have been instrumental in encouraging people for such donations were also applauded. Speaking on the occasion, Dr MR Shende, Professor and Head of the Dept of Anatomy emphasized how human cadavers were required to teach medical students about the anatomy of human body. He appreciated the gesture of the families who came forward to help our budding doctors. A skit enacted by the students of MGIMS Bioethics Unit which dispelled the myths and misconceptions regarding body donation was also staged.

Orientation Camp:

The Orientation camp for new admissions to the 2017 batch was held at the Sevagram Ashram from 19-28 Sep 2017. The students were oriented in Gandhian values and their relevance in medical education, Sarvodaya Vichar, the code of conduct of the Institute, nutrition, self-help, spiritual health, nature cure and yoga. Social Service Camp: The Social Service camp for the 2017 batch of medical students of MGIMS, Sevagram was organized from 30 Oct to 12 Nov 2017. MGIMS, Sevagram has an old tradition of adopting a village for each batch of medical students. The 2017 batch of medical students adopted the village Rotha from PHC Waifad of Wardha district. This village is situated at a distance of 25 Km from Sevagram and 15 Km from Wardha. The total population of the village was 1250 and the total number of households was 310. Each student of 2017 batch was allotted 4-5 families for their camp activities and follow-up activities for the next four years. Blood sugar estimation of 298 adults and hemoglobin estimation of 98 women was done. Daily general OPD was run by the Department of Community Medicine. A total of 388 patients availed the benefits of the General OPD. Specialists from MGIMS Sevagram also provided specialized services at the camp site in the village. 107 patients were seen by orthopedicians, 58 patients were seen by gynecologists, 182 patients were seen by medicine specialists, 67 patients were seen by pediatricians, 20 patients consulted psychiatrists, 82 patients were seen by surgeons, 303 patients seen by ophthalmologists, 70 patients were seen by ENT specialists and 132 patients consulted dermatologists. 64 patients were seen by dentists. Health education of the villagers was done at the household level as well as the community level. A health exhibition was also organized in the village in the building of the government primary school. Villagers visited the health exhibition. Activities organized during the camp: These included: health education at family level, health education at community level, health exhibition, provision of blood and stool investigations for the villagers, provision of curative care through general OPD and specialist OPD, immunization drive in the village to cover 100% children, social mobilization activities, tree plantation, promotion of soakage pits and kitchen gardens, organization of 'Health baby,

Conscious parents' competition, dietary survey of 100 families in the village, lecture classes for students.

ROME Camp: Reorientation of Medical Education (ROME) camp

for 2015 batch of students was organized from 22 Dec-2 Jan 2018 at RHTC, Bhidi. They were provided clinical demonstration to study the association of social and environmental factors in health and disease at family level. The students also understood the treatment seeking behaviour of the villagers. Visits were arranged to sub-centre, PHC, Rural Hospital and Anganwadi so that the students could see the health care infrastructure available in rural India. Students carried out small surveys in the community and analyzed and presented the data during the valedictory session thus equipping them with survey technology, data analysis, and report writing. They also provided health education in the schools of Bhidi. The students were divided into small groups for participatory learning of various national health programmes. Students were provided training in 'data management through computers' as part of the ROME camp. Students also analyzed data collected by themselves on various issues of public health importance on computers using EPI INFO 6. Interactive sessions on special theme of 'Life Skills' and 'Communication skills' and 'Management tools' were organized during the ROME Camp. The students actively participated in the interactive sessions.

White Coat Army

The White Coat Army is an initiative of the undergraduate students of MGIMS where they seek to tackle the menace of drug and alcohol addiction. This is a group of sensitized and trained students who meet patients and their relatives in the wards and OPDs and counsel them regarding hazards of tobacco and alcohol abuse.

Members:

V Panchal, S Datar, S Devi, A Ugalmugale, MK Lavi, V Kanuku, I Gupta, S Yadav, N Arora, N Guntupalli, V Sainath, A Kokaje, S Raka, P Kamble, S Srivastava, P Ture

The following progress was made by the White Coat Army in 2017-18:

- A total of 16 new members joined the team. New students were trained in counselling and in giving talks about hazards of tobacco and alcohol abuse
- Six talks were delivered on awareness against addiction reaching out to 479 people.
- The team received a total of 26 requisitions to help out a friend/relative struggling with issues related to addiction, of which 15 were referred to Alcoholic Anonymous, 3 were counselled on phone, and one could be convinced to obtain professional psychiatric help. Seven people could not be followed up by any means.
- An interactive session for the newstudents of the 2017 batch focusing on "Handling peer pressure:Saying a bold no" and adverse effects of addiction was conducted in their hostels on 23 Oct 2017. This was followed by a group discussion on what they could do about this issue in their adopted village, on an individual as well as at community level
- A one day workshop on "Lactation matters" was organized by the team on 22 Nov 2017. It was attended by 29 students of MGIMS. The workshop was conducted by Dr Taru Jindal, a Mumbai based gynecologist who explained the myths surrounding breastfeeding, its benefits and the proper method of breastfeeding. The White Coat Army now plans to also address this issue in subsequent sessions.
- A session on "Social dynamics of Addiction" was conducted in Kasturbagram, Indore(MP) for 158 students (14-18 years of age) on 15 Jan 2018.

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 2017-18:

President	: Akshay Yadav	Faculty Head	: Dr S Yelwatkar
Vice President	: Anik Pal	Faculty Secretary	: Dr JE Waghmare
Secretary	: Nikhil Honale	Steering Committee	
Joint Secretary	: Sadaf Azam	Members	: Dr L Chimurkar Dr N Bansod

Executive Members:

S Bombatkar (2013), A Potharkar (2013), S Waghmare (2013), M Joshi (2014), A Potharkar (2015), H Sathya (2015), A Kedar (2016), A Kokaje (2016), C Mankar (2016), M Dixit (2016), M Dhabaliya, P Kamble (2016), S Chandak (2016), S Raka (2016), S Namjoshi (2016), S Srivastava (2016), A Ramteke (2016), R Patel (2016), Darshita Pandey (2016), Gayatri Lele (2016), Snigdha Sharma (2016), Sankalp Hingmire(2016)

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

Sensitizing rural population on depression

An awareness campaign against depression was carried out in Dhanora village on 25 Apr 2017. '*Depression: let's talk*' was the campaign theme. Students aimed to sensitize people about depression and make them seek help. One of the team members also presented her personal experience to the villagers. A role-play that highlighted the importance of talking with family and friends in order to combat depression was enacted. The play also tried to reduce the evil of social stigma and educated the villagers to access medical care to live healthy and productive lives. Candle march was carried out in the village using slogans and placards. The social workers also supported the campaign. Dr AV Raut, and Dr S Yelwatkar guided this programme.

Anti-tobacco campaign in Dhanora

A four-part anti-tobacco campaign was hosted in Dhanora village on 29 May 2017. A role play enacted by students explained the harmful effects of tobacco. Isolation of nicotine from cigarette smoke using a practical and functional model of human lungs was demonstrated. Motivational talks about the behavioural and physical changes in tobacco eaters were delivered. The villagers were also warned about how tobacco eating affects their socio-economic status. A rally against tobacco addiction was held. Students, girls from *Kishori Panchayat* and the locals of the village led the candle march. Dr AV Raut and Dr S Yelwatkar coordinated the event.

World Breastfeeding Week

Breastfeeding week was celebrated on campus from 17-23 Aug 2017. Proper technique, positioning, signs of attachments, benefits of breastfeeding, disadvantages of artificial feeding and bottles and harmful misconceptions were amongst several other aspects of breastfeeding taught to the lactating mothers in both ANC and PNC wards. Charts and pictorial presentation were used.

Organ Donation Rally

To propagate organ donation, students of bioethics wings participated in the organ donation awareness drive organized at by the Government of Maharashtra at Nagpur on 29 Aug 2017. The awareness march involved creating a human chain that walked from the Super Speciality Hospital to Krida Chowk and back. Akshay Yadav, Ajay Kedar and Shreya Namjoshi, represented the MGIMS Bioethics Unit and supported the campaign. Graphs, charts and slogans promoting organ donation were used to sensitize the audience.

Exposure- The National Online Photography Contest

A free photography contest on the topic 'Ethics of Life' was held on the occasion of World Photography Day on 19 August 2017. Students from across the country participated online. The entries were invited over a month's time and were then judged by a panel of students and faculty from the institute.

Radio talk on Radio MGIRI

Students gave a radio talk on institute's radio programme *Seva-Bhaav* at 90.4 FM on 7 Sep 2017. A team of 11 students from the unit used the radio platform to reach out to people and explain the concept of Bioethics unit. They told them about their activities and shared their experiences.

Presentation in Academy of Medical Sciences

To promote bioethics, the students of the unit gave a talk in the MGIMS Academy of Medical Sciences on 13 Sep 2017. They sought to reach out to the faculty and students of the institute and introduced bioethics to them.

Green Diwali Celebration:

"Burst hunger by donating grains to orphanages-why burst crackers?" was the slogan with which the Unit celebrated Diwali this year. An eco-friendly Green Diwali was celebrated in the institute from 11-13 Oct 2017. It aimed at creating awareness towards a pollution-free environment. Medicinal plant saplings wrapped in newspaper bags along with green Diwali greeting cards were gifted to all the departments. Charts, true stories and live examples were used in an awareness talk to sensitize the audience on the harmful effects of bursting crackers. A pledge against bursting crackers was taken.

Radio talk for National Youth Day

National Youth Day was celebrated on *Seva-Bhaav* programme where the students of the Unit used radio MGIRI 90.4 FM to address the common issues faced by youths of the society. They also gave some solutions to the problems of young listeners of radio programme.

Skit on body donation

A play on *'Importance of Body Donation'* was performed on 27 Jan 2018 during the felicitation event for family members organised by the Department of Anatomy. The play sensitized the audience to the importance of donating one's body and focused on dispelling the myths prevalent in society.

A visit to Chaya Balgruha, an orphanage in Wardha

On 27 Feb 2017, the students visited Shri Chaya Balgruha orphanage to celebrate Holi with the children. They raised donations (clothes, notebooks, stationery, wafers and biscuits) from the people residing in MGIMS campus.

Utawali Project, Melghat

Coordinator: Dr S Chhabra

Melghat is a tribal area in Dharni and Chikhaldara of Amravati district. Located 250 Kms north-west from Sevagram, this area attracted wide media coverage because of malnutrition-associated deaths in the last decade. Three-fourths of the population is tribal- inhabited by Korku Adivasis. Most people, poor, illiterate and struggling to make both ends meet, live in dark ages and have little or no access to health care facilities, education and communication channels. To access specialized neonatal care most people have to travel 160 Kms on a difficult and hilly terrain. Men, women and children trapped by the grimmest poverty and are further hit by inequality of health services. Children, in particular are the worst sufferers. Most of the sickness and deaths are due to malnutrition, pneumonia, malaria and diarrhoea.

The institute planned a long term project in this area and posted an Associate Professor in Medicine, and an Ophthalmologist, who have voluntarily opted to reach the unreached. A base hospital at Dharni -Trimurti Hospital and 36 villages of Melghat have been chosen for research work. These villages are difficult to access, lack proper transport facilities and are located in the midst of dense forest and hills about 50 Kms from Dharni. Health education on malnutrition, breast feeding, diarrhoea and sexually transmitted diseases has been started since the last 8 years. This area is known for the highest under-five child mortality (80 per 1000 live births) and the highest mortality in the age group (16-50 years) in Maharashtra.

Kasturba Health Society has been providing health facilities in this region through the Mahatma Gandhi Adivasi Hospital and Dr Sushila Nayar Netralaya since the last 16 years. KHS had been running an OPD and 6-bed hospital as part of its Tribal Health Research Project in Melghat since the last 16 years. However in view of high maternal and infant mortality rates, it was decided to take this initiative forward and expand this endeavour with the help of the faculty and residents of MGIMS.

The Kasturba Health Society (KHS) started its OPD in the Dr Sushila Nayar Hospital (earlier called Mahatma Gandhi Adivasi Mother and Child Hospital) on 1 Jan 2012. A 30 bed hospital for women and children in the tribal area of Utawali, Dharni was also initiated with funding support from the Shri Brihad Bharatiya Samaj, a Mumbai-based non governmental organization. The Government of Maharashtra has recognized this as a referral unit.

A multispeciality hospital has been commissioned on the site on 4 Feb 2016, and 7.5 acres of land has been acquired for the purpose. A team of obstetrician-gynecologists, pediatricians, anesthetists, medical officers, interns, administrative officer and nurses are working at Utawali hospital round the clock and managing emergencies, outpatients and inpatients. The team soon realized that more than ill-health, they had to battle the social circumstances. The tribal folk had their unique beliefs, superstitions and cultural practices. Coupled with these prejudices, poverty and illiteracy, it has been an uphill task to counsel patients and ensure compliance. It is a challenge, but the team has been running an operation theatre too in these resource-limited settings. The doctors working here have several heartening stories to share of how they managed critical patients using their ingenuity and expertise. The hospital is now equipped with essential infrastructure including blood storage facilities (whole blood and components), instruments for anesthesia, newborn resuscitation, multipara monitors, suction machines operation tables etc. have been procured. Earlier there were no facilities for conducting Caesarean sections in the entire area. The very first Caesarean section in Melghat was conducted in Utawali hospital on 20 Jan 2012. The first hysterectomy was done to remove a large uncommon ovarian tumor

Community Ophthalmology

The Department of Ophthalmology, Kasturba Hospital, MGIMS, Sevagram, has been providing preventive, promotive, curative and rehabilitative eye care. Primary to tertiary level eye care which is currently available to residents in metropolises are provided to poor people living in rural areas and urban slums at their door step. Community-based comprehensive and specialty eye care services are provided to people living in and around Wardha district.

Cataract Blindness Control in Wardha District Project

Under this project, daily screening eye camps have been conducted in all the villages of 8 blocks of Wardha district covering a population aged above 50 years. Screening for blindness and operable cataract is conducted door-to-door. Blind register is prepared at the village level. This year 46,434 villagers have been screened by doctors at their door steps in 855 villages. Individuals aged more than 50 years with visual acuity less than 6/60 due to cataract in either eye who were in need of cataract surgery were motivated, provided free to-and-fro transport and brought to Kasturba Hospital Sevagram for operation. All services- including surgical treatment, medicines, intra-ocular lenses (IOL) and glasses- were provided free of cost. Computerized data bank is maintained to keep records pertaining to all patients screened and operated for follow-up.

In the current year, 5639 cataract surgeries were performed. In 5638 patients, IOL implantation was done and conventional cataract surgery was performed in 10 patients. Visual acuity of 46,434 persons (aged > 50 years) was tested by trained paramedical workers and 15478 villagers who had visual acuity <6/60 was examined by eye specialists at their door steps. 6014 patients were referred to Kasturba Hospital and of these 5756 patients were provided free transport facility.

This project has made a huge contribution to control of cataract blindness in Wardha District. Until now 5,11,136 villagers aged above 50 years have been screened at their door steps in all the 855 villages of Wardha district. So far 66085 poor rural patients from the project area who were suffering from curable blindness have undergone cataract surgery at Kasturba Hospital and 65,159 (98.6%) of these were successfully implanted with intra-ocular lens and their sight has been restored. Use of modern technique of small incision cataract surgery has resulted in early post-operative visual rehabilitation of patients. Through this project, benefits of modern cataract surgery have been made accessible to poor, rural patients suffering from curable cataract blindness in Wardha district.

Dr Sushila Nayar Eye Bank

Dr Sushila Nayar Eye Bank is functional in the Department of Ophthalmology, Kasturba Hospital which promotes eye donation activity and provides facilities for corneal transplantation to patients suffering from corneal blindness. The eye bank is registered with Government of Maharashtra and affiliated to the Eye Bank Association of India. During this year, 82 eyes were processed in the eye bank. Out of these, 34 eyes were collected from donors in Wardha district and 48 eyes were brought from Govt. Hospital, Chandrapur and Lions Eye Bank Chandrapur. Out of 82 donated eyes, 29 had corneas suitable for transplantation and 29 patients were provided facility for keratoplasty (corneal transplantation) free of cost. Members of two voluntary organizations were trained in grief counseling and motivation for eye donation.

Lions Eye Centre Melghat

Lion Clubs International Foundation under the project grant SF 1802/ 3234 -H1 of Rs 40 lakhs has provided