

Shri Vithalrao Joshi Charities Trust's

B. K. L. WALAWALKAR RURAL MEDICAL COLLEGE



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Dist. Ratnagiri - 415606 Maharashtra State, INDIA
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Website : www.walawalkarmedicalcollege.com

UHTC, CHIPLUN

MONTH AUGUST -2023

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	03/08/2023	KHERDI ANC HEALTH CHECK UP CAMP	Dr. Sakshi mohite	Nupur Sakharpekar, Abhimanyu Salunkhe	Sister Ashwini Redij MSW Sandip Patil	30
2	04/08/2023	BREAST FEEDING WEEK RAMPUR	Dr. Ravikiran K	-----	MSW Sandip Patil	35-40
3	05/08/2023	BREAST FEEDING WEEK - UPHC	Dr. Ravikiran K	-----	Sister Pradnya Ware MSW Sandip Patil	30
4	07/08/2023	GENERAL HEALTH CHECK UP CAMP	DR Jyoti Yadav(THO) Dr. Ravikiran K Dr. Sakshi mohite	Nupur Sakharpekar, Abhimanyu Salunkhe	Sister Ashwini Redij MSW Sandip Patil	49
5	08/08/2023	GENERAL HEALTH CHECK UP CAMP- Dapoli	-----	Aniket Sangle Sanket Sanap	MSW Sandip Patil Neha More(Nursing teacher)	56

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6	09/08/2023	SHIRGAON ANC HEALTH CHECK UP CAMP	Dr. Sakshi mohite	Nupur Sakharpekar	Sister Dipika Mohire MSW Sandip Patil Ramesh Kadam	7
7	10/08/2023	GENERAL HEALTH CHECK UP CAMP- Nagarparishad chiplun	Dr. Rohit Gunjal	Aniket Sangle Sanket Sanap	Sister Pradnya Ware MSW Sandip Patil	94
8	10/08/2023	GENERAL MEDICINE CAMP	Dr Sakshi Mohite Dr. Rohit Gunjal	Nupur Sakharpekar, Abhimanyu Salunkhe Nidhi Satpute	Sister Ashwini Redij Msw Sachin Dhumal Pharmacist- Swapnali Mahadik	33
9	11/08/2023	SAMUDAIK DOHALE JEVAN	Dr. Sakshi mohite	Nupur Sakharpekar, Abhimanyu Salunkhe Aniket Sangle Sanket Sanap	Sister Ashwini Redij Sister Pradnya Ware MSW Sandip Patil Pharmacist- Swapnali Mahadik Ramesh Kadam	11
10	18/08/2023	SIXTH MONTH BIRTHDAY	Dr Gajanan Velhal (HOD Community Medicine) Dr. Sakshi mohite	Nupur Sakharpekar, Abhimanyu Salunkhe Aniket Sangle Sanket Sanap	Sister Ashwini Redij Sister Pradnya Ware MSW Sandip Patil Pharmacist- Swapnali Mahadik Ramesh Kadam	22
11	22/8/2024	AIDS AWARENESS PROGRAMME	Dr. Sakshi mohite	Dr. Nidhi Satpute Dr. Vaibhav Sapkal Dr Pavitra Shetty Dr Sohail sayyad	Sister Pradnya Ware MSW Sandip Patil	35
12	24/8/2023	DENGUE AWARENESS PROGRAMME AND HEALTH CHECK UP	Dr. Ravikiran K	Dr. Nidhi Satpute Dr. Vaibhav Sapkal	Sister Pradnya Ware MSW Sandip Patil	37
13	30/08/2023	GENERAL HEALTH CHECK UP CAMP- police station chiplun	Dr. Sakshi mohite	Dr Pavitra Shetty Dr Sohail sayyad	Sister Ashwini Redij Ramesh Kadam	22

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MONTHLY ACTIVITY AUGUST -2023 KHERDI ANC HEALTH CHECK UP CAMP

VENUE: Kherdi subcentre

DATE: 03/08/2023

NUMBER OF PARTICIPANTS: 30

Participants: Dr Sakshi Mohite , Sister Ashwini Redji, MSW Sandip Patil, Nupur Sakharpekar(Intern), Abhimanyu Salunkhe(Intern)

Antenatal checkup camp was held on 3/08/2023 at Kherdi subcentre. A total of 30 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

Dr. Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc

Student sisters gave the information about diet and hygiene and do's and don't's in pregnancy to the pregnant females.

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The program was concluded by solving doubts of the participants.



Kherdi, Maharashtra, India
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 Lat 17.520034°
 Long 73.545438°
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Kherdi, Maharashtra, India
 Budhwar Bazaar, Kherdi Vikaswadi, Kherdi, Maharashtra 415004, India
 Lat 17.519488°
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Chiplun, Maharashtra, India
 Kherdi Vikaswadi, Kherdi Vikaswadi, Chiplun, Maharashtra 415004, India
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Chiplun, Maharashtra, India
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Kherdi, Maharashtra, India
 009W+X5Q, Kherdi Vikaswadi, Kherdi, Maharashtra 415004, India
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 Long 73.545438°
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[Handwritten signature]
 Prof & Head of Dept. Community Medicine
 BKL Walawalkar Rural Medical College
 Kasarwadi, Savarde - 415 606

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MONTHLY ACTIVITY AUGUST -2022 BREAST FEEDING WEEK

VENUE: Rampur PHC, Chiplun

DATE: 4/8/2023

PARTICIPANTS: 35-40

DOCTOR'S NAME: Dr. Joyti Yadav (THO, Chiplun), Dr. Ravikiran Kamate (Associate professor, community medicine), Dr. Dhanraj Munde (Medical Officer, Rampur PHC and Dr. Nikita Shirke (Medical officer, Rampur PHC), GNM students- 20

Programme Summary:

On the occasion of world breast feeding week 2023 a skit was performed by GNM nursing students of BKL Walawalkar Nursing College. Initially the programme was started with lamp lighting followed by welcome speech by THO and later on the audience was addressed by Dr. Ravikiran after which the skit was performed that highlighted:

1. Role of ASHA worker in creating awareness about the breast feeding during ANC period.
2. Colostrum and early initiation of breast feeding during post natal period along with correct attachment of breast.
3. Stress was given on exclusive breast feeding for 1st six months followed by breast hygiene, advantages of breast feeding mother, baby, family and society.

And lastly programme was concluded with interactive session.


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PARTICIPANTS: General population, ANC and PNC mothers, ANMs and ASHA workers.

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MONTHLY ACTIVITY AUGUST -2022 BREAST FEEDING WEEK

VENUE: UPHC, Chiplun

Date- 05/08/2023

Participant No. 30

Doctor and participants name – Dr. Ravikiran Kamate (associate professor community medicine), MSW- Sandip Patil, sister pradnya ware, GNM Students - 20

Program summary:

Today date: 05/08/2023 camp was held in UPHC in view of World Breastfeeding Week. A total of ANC mothers participated in the camp. MSW Sandip Patil had got together all the ANC mothers for the checkup. Dr. Ravikiran Kamate guided the mothers regarding ANC care.

Nursing Student performed a skit regarding importance of ANC care, Breastfeeding, Diet, Exercise. ANC mothers were checked for BP, Weight, Height, FHS by Doppler. Calcium and Iron, Folic acid tablets were prescribed and USG was advised. Proper technique of breastfeeding was explained to the mothers along with its advantage to mother and child. Importance of colostrum and breastfeeding was explained to the ANC mothers.

All the doubts of ANC mothers were solved and thus the program was ended!


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416005, India
Lat 17.532189°
Long 73.516823°
05/08/23 11:25 AM GMT +05:30



Chiplun, Maharashtra, India
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416005, India
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Maharashtra 416005, India
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Chiplun, Maharashtra India
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416005, India
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Chiplun, Maharashtra, India
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416005, India
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05/08/23 11:22 AM GMT +05:30



Chiplun, Maharashtra, India
GGJB+RSC, Vad-naka Rd, Jama Masjid Mohalla, Chiplun,
Maharashtra 416005, India
Lat 17.532154°
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MONTHLY ACTIVITY AUGUST 2023 GENERAL HEALTH CHECK UP

VENUE: Tahsildar Office, Chiplun

Date- 07/08/2023

Participant No. 49 Pt

Doctor and participants name – Dr. Ravikiran Kamate (Asso. Professor, Dept. of Community Medicine, BKLWRMC), THO Dr Jyoti Yadav, Dr. Sakshi Mohite, Sis. Ashvini Redij, MSW- Sandip Patil, Dr. Abhimanyu Salunkhe(Intern) Dr. Nupur Sakharpekar (Intern)

Program summary:

Today on 07/08/2023 at Tahsildar office, Chiplun a camp for General checkup such as heart diseases, BP, HTN, DM, oral cancer screening was held for the Tahsildar office staff. For inauguration of the camp chief guest were present, Tahsildar welcomed all the doctors with flower.

After inauguration check up was started with registration of total 46 patients. Registration of these patients along with their names, weight, height, temp, pulse, SPO2, BP, sugar levels were checked and were sent to doctor for checkup.

Dr. Abhimanyu Salunkhe and Dr. Nupur Sakharpekar examined all the staff members. ECG was recorded of the patients whoever needed it. Investigations such as CBC, LFT, RFT, BSL, etc. were done for free. Those who needed further investigations like CT scan, MRI were referred to BKLWH. Who needed surgery or other investigation were referred to Walawalkar hospital Dervan.

All their doubts were solved and they were guided for the same. Lastly votes of thanks was given by Mr. Sandip Patil(MSW) and thereby the camp was ended.


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GPS Map Camera
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 GGCB+VP9, road, near Sai Mandir, Pag, Chiplun, Mirjoli,
 Maharashtra 415604, India
 Lat 17.521918°
 Long 73.516832°
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 Maharashtra 415605, India
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 Maharashtra 415604, India
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 Prof & Head of Dept. Community Medicine
 BKL V... College
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MONTHLY ACTIVITY AUGUST 2023 GENERAL HEALTH CHECK UP

VENUE: Adkhal, Dapoli

Date- 8/08/2023

Participant No - 56


Doctor and participants name – Dr. Aniket sangle (Intern), Dr sanket sanap (Intern), MSW- Sandip Patil, Bsc Teacher Neha More, GNM Students-19

Program summary:

Today on 08/08/2023 at grampanchayat office , adkhal a camp for General checkup such as heart diseases, B², HTN , DM, oral cancer screening was held for the village people ,gramsevak , sarpanch office staff. For inauguration of the camp chief guest were present, sarpanch welcomed all the doctors with flower.

After inauguration check up was started with registration of total 56 patients . Registration of these patients along with their names, weight, height, temp, pulse, SPO2 , BP , sugar levels were checked and were sent to doctor for checkup.

Dr. aniket sangle and Dr. sanket sanap examined all the staff members .doxycycline distribution to all people who were present. Investigations such as CBC, LFT, RFT, BSL, etc. were done for free. Those who needed further investigations like CT scan, MRI were referred to BKLWH. Who needed surgery or other investigation were referred to Walawalkar hospital Dervan.


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All their doubts were solved and they were guided for the same. Lastly votes of thanks was given by Mr. Sandip Patil(msw) and thereby the camp

was ended




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आभार पत्र

प्रति,
मा.न.जी.य. अंचालिका
डॉ. सुवर्णा पाटील मॅडम
अ.क.म. आरोग्य महाविद्यालय सावर्डे
दि. ०८/०८/२०२३

विषय - लॅप्सेरिफरिशील या आजारासंबंधाने आरोग्य
नपासणी व जनजागृती केल्याबाबत.

महोदया,

आज दि. ०८/०८/२०२३ या दिवशी अडखळ
ग्रामपंचायत ना- दापोली येथे लॅप्सेरिफरिशील या
आजाराबाबत मोफत आरोग्य नपासणी शिबीर व
जनजागृती कार्यक्रम ग्रामपंचायत कार्यालय येथे
राबित्वात आले. तसेच गावातील इतर वाढामध्ये
मोफत डॉक्सिसायक्लिन या गोळ्या वाटप करण्यात
आल्या या शिबिरासहजे डॉक्टर टिम, स्टाफ नर्स,
सीरान वर्कर या सर्वां विमचा सहभाग कविराय
इत्तम प्रकारे होता. त्याबद्दल आम्ही कुणाबयत्चे
अंचालिका डॉ. सुवर्णा पाटील मॅडम व कुणाबयत्चे
शक्ता; आभारी आहिल.

सन्धवाद!

प्रति,
शरिपंच

गुप ग्रामपंचायत अडखळ
ना. दापोली, जि. रत्नागिरी


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MONTHLY ACTIVITY AUGUST 2023 SHIRGAON ANC HEALTH CHECK UP CAMP

Venue- Shirgaon

Date-09/08/2023

Participant No. 7

Participants – Dr sakshi Mohite , sis . Deepika Mohire, Sandip Patil (msw), Dr Nupur Sakharpekar(Intern)

Today on 09/05/2023 at Shirgaon , a camp for ANC HEALTH CHECK UP was held for the pregnant women of Shirgaon. In which 7 patients were included.

Dr. Sakshi Mohite had done ANC health checkup. Registration of these patients along with their names, weight, height, temp, pulse, SPO2, along with counseling of the patient regarding the antenatal care, diet, exercise and yoga was done by Dr.Nupur Sakharpekar(intern). Patients were advised regarding low HB, Anemia and problems arising due to hypertension in pregnancy and were suggested to immediately seek medical help if any of warning signs like decreased fetal movements, PV leak, Abdominal pain occurred.

All their doubts were solved and they were guided by Sister Dipika, afterwards the patients expressed their gratitude and the camp was ended on a good note.



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MONTHLY ACTIVITY AUGUST- 2023 GENERAL MEDICINE CAMP

Venue- Nagarparishad , Chiplun

Date- 10/8/23

Participant No. 94

Participants – Dr.Rohit Gunjal(Med), Sis. Pradnya Ware, MSW Sandip Patil, Interns – Dr. Aniket sangle, Dr Sanket sanap

Today on 10/08/2023 at Nagarpalika chiplun for worker of nagarparishad general checkup camp was arranged.

A total of 94 patients were present, all of them registered with their names and their age, height, weight. Temperature, Pulse and SpO2 were noted. Later, the doctor screened all the patients and they were checked according to their complaints. Basic investigations like CBC, S.Creatinine and Random blood sugar levels were done. Doctors from different departments were present and patients were checked based on their complaints. Dr.Rohit checked all the reports, patients were examined. According to the complaints, patients with any previous history of heart problems, hypertensive and diabetic patients, were advised ECG and the doctor assessed and advised accordingly. If other investigations like CT scan, MRI, were needed, referred them to Dervan hospital for the same.

Later all the patients were gathered in room and dr Aniket sangle gave information and awareness about diabetes mellitus about services available to all patient Dr Sanket sanap gave information and awareness about diabetes mellitus about services available to all patient and Dr. Rohit JR 2 medicine and MSW Sandip Patil gave information about services available in hospital to all the patients. Doctor gave information about HTN, DM ,Asthma and other diseases. Daily exercise and Yoga in the morning was advised. Low sodium diet ,green leafy vegetables, pulses was advised. Limited eggs, meat in diet was


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All their doubts were solved and they were guided for same and thereby the camp was ended.



Chiplun, Maharashtra, India
 NH 166E, Guhagar, Chiplun, Maharashtra 415605, India
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 Long 73.513338°
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GPS Map Camera

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Chiplun, Maharashtra, India
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MONTHLY ACTIVITY AUGUST- 2023

GENERAL MEDICINE CAMP

Venue- Urban Health Training Centre, Chiplun

Date- 10/8/23

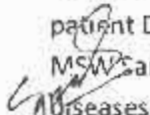
Participant No. 33

Participants – Dr.Rohit Gunjal(Med), Sis. Ashwini Redij, MSW Sachin Dhumal, Interns – Dr.Abhimanyu salunkhe, Dr Nupur Sakharpekar, Dr Nidhi Satpute

Today on 10/08/2023 at Nagarpalika chiplun for worker of nagarparishad general checkup camp was arranged.

A total of 33 patients were present, all of them registered with their names and their age, height, weight. Temperature. Pulse and SpO2 were noted. Later, the doctor screened all the patients and they were checked according to their complaints. Basic investigations like CBC, S.Creatinine and Random blood sugar levels were done. Doctors from different departments were present and patients were checked based on their complaints. Dr.Rohit checked all the reports, patients were examined. According to the complaints, patients with any previous history of heart problems, hypertensive and diabetic patients, were advised ECG and the doctor assessed and advised accordingly. If other investigations like CT scan, MRI, were needed , referred them to Dervan hospital for the same.

Later all the patients were gathered in room and dr Aniket sangle gave information and awareness about diabetes me litus about services available to all patient and Dr. Rohit JR 2 medicine and MSW Sandip Patil gave information about services available in hospital to all the patients. Doctor gave information about HTN, DM ,Asthma and other diseases. Daily exercise and Yoga in the morning was advised. Low sodium diet ,green leafy vegetables, pulses was advised. Limited eggs, meat in diet was advised.


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All their doubts were solved and they were guided for same and thereby the camp was ended.



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MONTHLY ACTIVITY AUGUST 2023 SAMUDAİK DOHALE JEVAN

Date- 11/08/2023

Participant No. - 11 ANC

Doctor and participants name- Dr Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, MSW Sandip patil, Pharmacist Swapnali Mahadik, Interns- Nupur Sakharpekar, Abhimanyu Salunkhe, Aniket Sangle , Sanket Sanam, Nidhi Satpute, Vaibhav Sakpal

Today on 28/06/2023 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 10 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requestions were also provided.

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

All these females were educated about routine scans, warning signs to be aware of during pregnancy.

They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were adviced to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was adviced to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



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Fax : +91 02355 264693 Email : info@bklwmc.com
Website : www.walawalkarmedicalcollege.com

MONTHLY ACTIVITY AUGUST 2023

SIX MONTH BIRTHDAY

Venue- B.K.L.WALAWALKAR RURAL MEDICAL COLLEGE, UHTC

Date- 18/08/2023

Participant No. - 22

Doctor and participants Name – Dr Gajanan Velhal(HOD Community Medicine), Dr Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, MSW Sandip patil, Pharmacist Swapnali Mahadik, Interns- Nidhi Satpute, Vaibhav Sakpal

Today on 18/08/2023 Six Month Birthday programme was organized at UHTC Chiplun. About 20 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately.

The children were then seated by maintaining social distancing. After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

Thus the program ended by serving the children with sheera, shengdana chikki, banana and by giving them spoon and bowl as a birthday gift.


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MONTHLY ACTIVITY AUGUST 2023

AIDS AWARENESS PROGRAM

Venue: UHTC

Date: 22/08/2023

Participants no: 35

Doctor's name: Dr. Ravikiran Kamate (Associate Professor, Dept. of Community Medicine, BKLWRC), Dr Sakshi Mohite, Sis. Pradnya Ware, MSW- Sandip Patil, Dr. Sohail Sayyad (intern) Dr. Pavitra Shetty (intern), Nidhi Satpute(intern), Vaibhav Sapkal (intern), Bsc nursing students

Programme summary:

On 22/08/23 at UHTC a health check up camp along with HIV awareness session was held . Around 35 participants were present for the session. It started with welcome speech followed by which MSW Sandip Patil briefed regarding the programme. This was followed by a role play by Bsc nursing staff regarding stigmas associated with HIV and explained the importance of this awareness session using posters. Later, health check up was held for the gathered audience after which the required medications were prescribed and few were advised for further check up at BKLWH.

Lastly all the doubts were solved and thus the program was brought to an end.

DEAN



GPS Map Camera



Chiplun, Maharashtra, India
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Long 73.52961°
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GPS Map Camera



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BK Walawalkar
DEAN

Prof & Head of Dept. Community Medicine
BK Walawalkar
Kulmavadi, Savar, Dist. Solapur-431006

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MONTHLY ACTIVITY AUGUST 2023

DENGUE AWARENESS PROGRAMME AND HEALTH CHECK UP

Venue: Kherdi mohalla

Date: 24/08/2023

Participants no: 37

Doctor's name: Dr. Dr. Ravikiran Kamate (Associate Professor, Dept. of Community Medicine, BKLWPMC), Sis. Pradnya Ware, MSW- Sandip Patil, Dr. Nidhi Satpute (intern) Dr. Vaibhav Sapkal (intern)

Programme summary:

On 24/08/23 at kherdi mohalla a health check up camp along with dengue awareness session was held under UHTC. Around 37 participants were present for the session. It started with welcome speech followed by which MSW Sandip Patil briefed regarding the programme after which Dr. Ravikiran in brief gave information on dengue. This was followed by a presentation by interns regarding signs, symptoms, treatment and prevention plan for dengue and nursing students explained the importance of this awareness session using posters.

Later, health check up was held for the gathered audience to check for any symptoms for dengue after which the required medications were prescribed and few were advised for further check up at UHTC.

Lastly home survey was done to assess and advice regarding water storage, surrounding cleanliness and measures to prevent dengue were explained.


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MONTHLY ACTIVITY AUGUST 2023

GENERAL HEALTH CHECK UP

VENUE: Police station, Chiplun

DATE: 30/8/2023

PARTICIPANTS: 35-40

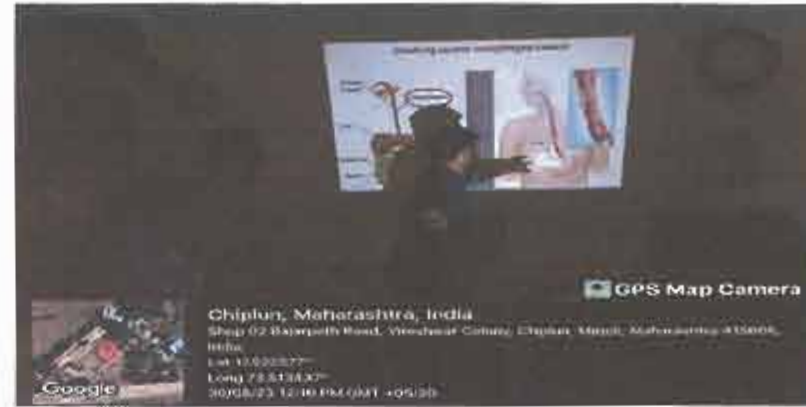
DOCTOR'S NAME: Dr. Ravikiran Kamate (Associate professor, community medicine), Dr.Sonam(medical officer, UHTC), Sis Ashwini, Dr Sohail Sayyad (intern), Dr Pavitra Shetty (intern), GNM nursing students

Programme summary:

On 30/08/23 at Chiplun police station a health check up camp along with tobacco, alcohol, dm and htn awareness session was held under UHTC. Around 35-40 participants were present for the session. It started with welcome speech after which Dr.Ravikiran in brief gave information on tobacco, alcohol, Hypertension, Diabetes. This was followed by a presentation by interns regarding tobacco and alcohol addiction and adverse effects on health and signs, symptoms and prevention of hypertension and diabetes. Later, health check up was held for the gathered audience to check for any symptoms of hypertension and diabetes after which the required medications were prescribed and few were advised for further check up at UHTC.

Lastly all the doubts were solved and thus the program was brought to an end


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UHTC, CHIPLUN

MONTH SEPTEMBER -2023

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	04/09/2023	GENERAL HEALTH CHECK UP CAMP - MARKANDI	Dr. Sakshi mohite	Dr Abhिलाश Singh Dr Priyalaxmi Singh	Sister Pradnya Ware Sonam K (Health Educator) MSW Sandip Patil	43
2	06/09/2023	SCHOOL HEALTH CHECK UP CAMP	Dr. Mohit Kadu(Paediatrician)	Dr Abhिलाश Singh	Sister Pradnya Ware Sister Ashwini Redij Pharmacist- Swapnali Mahadik MSW Sandip Patil	51
3	07/09/2023	Dahihandi Celebration	Dr. Sakshi mohite Dr. Sanyogita Nadkarni Dr Anagha Sant	Dr. Abhिलाश Singh, Dr. Priyalaxmi Singh, Dr Advait Sirsat, Dr Udaypratap singh	Sister Pradnya Ware Sister Ashwini Redij Pharmacist- Swapnali Mahadik Sonam K (Health Educator) MSW Sandip Patil	25
4	08/09/2023	SHIRGAON ANC HEALTH CHECK UP CAMP		Dr Abhिलाश Singh Dr Priyalaxmi Singh	Sister Pradnya Ware MSW Sandip Patil	8
5	09/09/2023	ADOLESCENT GIRLS AWARENESS PROGRAM & HEALTH CHECK UP	Dr. Sakshi mohite	Dr Abhिलाश Singh Dr Priyalaxmi Singh		15

6	12/09/2023	MANGALAGAURI CELEBRATION	Dr. Sakshi mohite	Dr. Priyalaxmi Singh Dr. Akshaya Tandle	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, Sonam K (Health Educator) MSW Sandip Patil	52
7	12/09/2023	SAMUDAIDK DOHALE JEVAN	Dr. Sakshi mohite	Dr. Priyalaxmi Singh Dr. Akshaya Tandle	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, Sonam K (Health Educator) MSW Sandip Patil	07
8	14/09/2023	GENERAL MEDICINE CAMP	Dr. Suvarna Patil(MD Med) Dr. Sakshi mohite	Dr. Abhish Singh Dr. Priyalaxmi Singh Dr. Advait Sirsat Dr. Udaypratap singh Dr. Akshaya Tandle Dr. Rohan Sonar	Sister Ashwini Redij Sister Pradnya Ware Sister Dhanashree Katare Pharmacist- Swapnali Mahadik, Lab Tech Aniket Kadam MSW Sandip Patil	36
9	14/09/2023	KHERDI ANC HEALTH CHECK UP CAMP	Dr. Sakshi mohite	Dr. Akshaya Tandle Dr. Advait Sirsat	Sister Ashwini Redij MSW Sandip Patil	13
10	15/09/2023	SIXTH MONTH BIRTHDAY	Dr. Pracheta(paed) Dr. Akshay Gangurde Dr. Sakshi Mohite	Dr. Akshaya Tandle Dr. Advait Sirsat Dr. Udaypratap singh Dr. Rohan Sonar	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik MSW Sandip Patil Ramesh Kadam	14
11	29/09/2023	WORLD HEART DAY PROGRAM	Dr. Ravikiran K Dr. Akshay Gangurde(General Medicine), Dr. Pratik Shahane(SR ENT)	Dr. Anagha Upadhye, Dr. Amritha Vilayil	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik MSW Sandip Patil	18


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MONTHLY ACTIVITY SEPTEMBER 2023 GENERAL HEALTH CHECK UP CAMP

VENUE :- SHRI SHIVAJI MAHARAJ MITRAMANDAL MARKAND CHIPLUN

DATE - 04/09/23

PARTICIPANTS :- 43 PATIENTS

DOCTORS and STAFF :- Dr. Sakshi mohite, Sister Pradnya Ware, H.E Sonam Kotawdekar, MSW Sandip Patil Interns Dr. Abhilash Singh, Dr. Priyalaxmi Singh

General health check up camp along with dengue awareness session was organised at shri shivaji maharaj mitramandal markandi chiplun. the session was started after inauguration ceremony by respected members of mitramandal. Our msw sandip patil oriented the crowd present there with all the services provided by our dervan hospital and the associated schemes for each diseases which are currently helping patients with their treatment. He also shared a pointer on dengue prevention and awareness related to the same. The intern doctors dr. abhilash singh, dr. priyalaxmi singh further took over and gave a detailed session on signs and symptoms of dengue and how to exactly prevent dengue and prevention methods for the same.

after the session the patients were called one by one after registering their name, age and sex they were examined by doctors in which blood pressure of each patient was checked and sugar test was done for the patients who required it for routine monitoring and based on their current symptoms medication was advised. During this check up Dr. sakshi mohite advised patients about balanced diet and hygiene that is required for a healthy state of body.

Those patients who required reference were counselled about the same and were advised to come to dervan hospital for further evaluation like sonography or x-ray if needed for their current symptoms. In the similar way this general health checkup camp was completed successfully after advising medication to patients and counselling about diet hygiene and awareness session of dengue.


DEAN





श्री प्रवृत्ति शिवाजी मेमोरियल हिन मंडळ
 शाकीरी विद्युच्छुण, सावारे - ४१५ ६०६

To
 Dr. Dhanraj Thakurkar
 Chaplin

Sub: Demand of Medical Camps

Dear Dhanraj Sir/Madam,

Bas Valley name Madhwal, Chaplin
 about 150 numbers of families

On the base of demand of Dr. Dhanraj
 Thakurkar and demand of many
 people etc.

We request you to get a
 free medical camp. We request
 you to get a free medical camp of
 one or two days in the state
 of Maharashtra.

We request you to get a
 free medical camp. We request
 you to get a free medical camp of
 one or two days in the state
 of Maharashtra.

Yours faithfully,
 Dr. Dhanraj Thakurkar
 Chairman



श्री प्रवृत्ति शिवाजी मेमोरियल हिन मंडळ
 शाकीरी विद्युच्छुण, सावारे - ४१५ ६०६

To
 Dr. Walabhai Thakurkar
 (Daran) Chaplin.

Sub: Letter of thanking of
 Regards.

Dear Sir/Madam,

We had requested a free
 medical camp for our village
 people.

We are glad to get your
 free medical camp and health
 check-up on the date of 4 Sept. 2023.

We all are very thankful to
 Walabhai Thakurkar and all your
 medical team also your supporting
 team specially.

Thanks & Regards
 Dr. Walabhai Thakurkar

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MONTHLY ACTIVITY SEPTEMBER 2023 SCHOOL HEALTH CHECK UP

VENUE :- UHTC

DATE - 06/09/23

PARTICIPANTS :- 51 PATIENTS

DOCTORS and STAFF :- Dr. Mohit Kadu(Paediatrician), Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist- Swapna I Mahadik , MSW Sandip Patil, Dr. Abhilash Singh (Intern)

PROGRAM SUMMARY

General health checkup camp for students from zilha parishad school was done at UHTC, Chiplun, Maharashtra on 6/9/23.

Dr. Mohit kadu along with Dr. abhilash singh gave a awareness session on hygiene and cleanliness why is it important and how it should be followed. Students from 1st std to 7th std were examined for general health checkup . Patients were given HB UP, AL CAL D and A to Z syrup to the needful , also referred needed patients at Walawalakar hospital, dervan . Registration of these children along with their names, weight, height, temp, pulse, were checked.

All their doubts were solved and they were guided for the same and thereby the camp was ended.


DEAN



S. S. Patil
DEAN

[Signature]

Sri Vithaldas Joshi Charities Trust's

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MONTHLY ACTIVITY SEPTEMBER 2023 DAHIHANDI CELEBRATION

VENUE : UHTC

DATE - 07/09/23

PARTICIPANTS :- 25 children

DOCTORS and STAFF :- Dr. Sakshi mohite, Dr Sanyogita Nadkarni, Dr Anagha Sant, Sister Pradnya Ware, sister Ashwini Redij, H.E Sonam Kotawdekar,
Pharmacist- Swapnali Mahadik, MSW Sandip Patil, Interns- Dr. Abhilash Singh, Dr. Priyalaxmi Singh, Dr Advait Sirsat, Dr Udaypratap singh

PROGRAM SUMMARY

On the occasion of Krishna Janmashtami, Dahi Handi celebration, a symbolic event was organized to promote the festive spirit at UHTC on 7 September 2023 in the presence of Dr.Sanyogita Nadkarni and Dr. Anagha sant. The healthcare staff, patients and local children gathered to enjoy a cultural program with traditional music and dance performances. Gopalkala and refreshments were distributed to mark the essence of Dahi Handi. Routine Health check up of children was done and Tab medicine were given to children who were in need. This event aimed to foster a sense of community and cultural connection among the UHTC staff while adhering to safety guidelines.

DEAN



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 Address: Ganshewadi, svt 09, (near)stole, chiplun, Maharashtra 415001, India
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MONTHLY ACTIVITY SEPTEMBER 2023 SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE :- SHIRGAON SUBCENTRE CHIPLUN

DATE :- 08/09/23

PARTICIPANTS :- 8 PATIENTS

DOCTORS and STAFF :- Sister Pradnya Ware, MSW Sandip Patil, Interns- Dr. Abhilash Singh, Dr. Prityalaxmi Singh

On 8/9/23 ANC checkup camp was organized at shirgaon subcentre chiplun. Overall 8 ANC mothers were present for the checkup.

All the doctors and staff were welcomed with great enthusiasm by subcentre staff for ANC checkup .

The registration was done for all the mothers as well as weight and height was taken by Sister Pradnya ware which was followed by general ANC checkup of the ANC mothers.

Medication as HB up syrup nerobion tablet, shelcal tablet was given to those who needed it and based on clinical history.

Sonography was advised to mothers for well being of the child as well as NT scan as per the requirement and was referred to BKL WALAWALKAR RURAL MEDICAL COLLEGE.

The ANC mothers were gathered at a place and were told about the services provided by the hospital like emergencies ambulance service etc by MSW
DEAN Sandip Patil.

Intern doctors Dr. abhishash singh Dr. priyalaxmi singh gave a session about diet which should be strictly followed for both well being of mother as well as the child. Dr. Abhishash singh also demonstrated a few yoga to the ANC mothers to keep them healthy and they were counseled to consult the doctor in any case of emergency like whitish discharge or bleeding throughout the pregnancy.



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MONTHLY ACTIVITY SEPTEMBER 2023

ADOLESCENT GIRLS AWARENESS PROGRAM & HEALTH CHECK UP

VENUE :- UHTC

DATE :- 11/09/23

PARTICIPANTS :- 15 Girls

DOCTORS and STAFF :- Dr Sakshi Mohite, sister Pradnya Ware, sister Ashwini Redij, MSW Sandip Patil, Interns- Dr. Abhilash Singh, Dr. Priyalaxmi Singh, Dr Advait Sirsat, Dr Udaypratap singh

Today , On 11/09/2023 Adolescent Girls Health Camp Was Conducted at UHTC

The event aimed to empower young girls with essential knowledge and practice for maintaining their health and well being during this crucial stage of life. Interns provided valuable insights into hygiene practice, emphasizing the importance of regular handwashing proper menstrual hygiene and maintaining cleanliness to prevent common health issues.

In addition to hygiene, the event also shed light on the significance of balanced diet, importance of incorporating fruits, vegetable and whole grains into their daily meal.

They also highlighted the role of nutrition in maintaining energy levels, building immunity to fight against common disease and overall physical and mental health.

 Routine Health check-up for adolescents was also done.

DEAN

All doubts of participants were cleared and program ended successfully.



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MONTHLY ACTIVITY SEPTEMBER 2023 MANGALAGAURI CELEBRATION

VENUE :- UHTC

DATE :- 12/09/23

PARTICIPANTS :- 52

DOCTORS and STAFF :- Dr Sakshi Mohite, Sister Pradnya Ware, sister Ashwini Redij, Pharmacist Swapnali Mahadik ,H.E-
Sonam Kotawdekar , MSW Sandip Patil , Interns- Dr. Priyalaxmi Singh, Dr Akshaya Tandle

Program summary

On 12/09/23 all local women were invited for the celebration of mangalagaur at UHTC and all women happily abided and joined in. The event began with pooja of goddess parvati who was adorned with flowers. Each and every woman bowed in front of her holy presence and started singing her praises in aartis and even performed many folk dances. Everyone feasted on delicious food along with aromatic kheer. All were given holy Prasad and a coconut along with blouse piece as a token of appreciation. And with a smile on everyone's face the event was successfully brought to an end.

DEAN



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 Alhasanada, Post, Savarde
 Tal Chiplun, Dist Ratnagir

Dr. Wadawalkar Rural Medical College
 Katsarwadi, Savarde 415 606



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MONTHLY ACTIVITY SEPTEMBER 2023 SAMUDAIK DOHALE JEVAN

Date- 12/09/2023

Participant No. - 07 ANC

Doctor and participants name- Dr. Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Swapnali Mahadik, Sonam K – H.E., MSW Sandip patil, Interns - Dr. Priyalaxmi Singh, Dr. Akshaya Tandle

Today on 12/09/2023 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 07 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requestions were also provided.

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

NUTRITIOUS laddoo's were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was advised to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.

DEAN

B.K.L. Walawalkar Rural Medical College

Alkasanwadi, Post Sawantia

Tal. Chiplun, Dist. Ratnagiri



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B.K. Mahankar
 Alkhanwadi, Savar
 Tel: Chiplun, Dist: Ratnagiri

Dept. Community Medi
 Alkhanwadi, Savar
 415-606

Shri Vidhaletra Joshi Charities Trust's

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MONTHLY ACTIVITY SEPTEMBER 2023 GENERAL MEDICINE CAMP

Venue- Urban Health Training Centre, Chiplun

Date- 14/9/23

Participant No. 36

Participants – Dr. Suvarna Patil (Med), Dr Sakshi Mohite, Sister Pradnya Ware, sister Ashwini Redji, sister Dhanashree Katare, MSW Sandip Patil, pharmacist Swapnali Mahadik, Interns – Dr Abhish Singh, Priyalaxmi Singh, Udaypratap Singh, Advait Sirsat, Rohan Sonar, Akshay Tandale

Today on 14/09/2023 at UHTC general checkup camp was arranged.

A total of 23 patients were present, all of them registered with their names and their age, height, weight. Temperature, Pulse and SpO2 were noted. Later, the doctor screened all the patients and they were checked according to their complaints. Basic investigations like CBC, Sr Creatinine and Random blood sugar levels were done. Doctors from different departments were present and patients were checked based on their complaints. Dr. Suvarna Patil checked all the reports, patients were examined. According to the complaints, patients with any previous history of heart problems, hypertensive and diabetic patients were advised ECG and the doctor assessed and advised accordingly. If other investigations like CT scan, MRI were needed, referred them to Dervan hospital for the same.

Later all the patients were gathered in room and Dr. gave information and awareness about diabetes mellitus about services available to all patient Dr. gave information and awareness about diabetes mellitus about services available to all patient and MSW Sandip Patil gave information about services available in hospital to all the patients. Interns gave information about HTN, DM, Asthma and other diseases. Daily exercise and Yoga in the morning was advised. Low sodium diet, green leafy vegetables, pulses was advised. Limited eggs, meat in diet was advised.

DEAN

All their doubts were solved and they were guided for same and thereby the camp was ended.



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Shri Vitthalrao Joshi Charities Trust's

B. K. L. WALIAWALKAR RURAL MEDICAL COLLEGE



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Website : www.waliawalkarmedicalcollege.com

MONTHLY ACTIVITY SEPTEMBER 2023 KHERDI ANC HEALTH CHECK UP CAMP

VENUE : Kherdi subcentre

DATE: 14 /09/2023

NUMBER OF PARTICIPANTS: 13ANC

Participants: Dr.Sakshi Mohite , Sister Ashwini Redji, MSW Sandip Patil, Advait Sirsat (Intern), Akshaya Tandle (Intern);
Antenatal checkup camp was held on 14 /09/2023 at Kherdi subcentre. A total of 13 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

Dr. Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc.

Student sisters gave the information about diet and hygiene and do's and don't's in pregnancy to the pregnant females.


The program was concluded by solving doubts of the participants
DEAN



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 Lat 17.520038°
 Long 73.545383°
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Wahnekar Rural Medical College
 Alhasarwadi, Post-Saverda
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Kherdi, Maharashtra, India
 GG9W+X5Q, Kherdi Vikaswadi, Kherdi, Maharashtra 415604, India
 Lat 17.520038°

Prof & Head of Dept. Community Medicine
 Prof. Walawalkar Rural Medical College
 Palsurwadi, Saverda. 415 606

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MONTHLY ACTIVITY SEPTEMBER 2023 SIXTH MONTH BIRTHDAY

Venue- Urban Health Training Centre, Chiplun

Date- 15/09/2023

Participant No. - 14

Doctor and participants name- Dr. Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redji, Pharmacist Swapnali Manadik, MSW Sandip patil,
Interns - Dr Advait Sirsat, Dr. Akshaya Tandle, Dr Udaypratap singh

Today on 15/09/2023 Six Month Birthday programme was organized at UHTC Chiplun. About 14 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately

They did surely learn a lot like how to wash their hands, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together and sang the happy birthday song and then blew the candles and enjoyed sweet sheera. They all were gifted spoons and bowls along with sweets to the end the event

After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

 The program ended by serving the children with sheera, shangdana chikki, banana and by giving them spoon and bowl as a birthday gift.

DEAN



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Chipblun, Maharashtra, India
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Chipblun, Maharashtra, India
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MONTHLY ACTIVITY SEPTEMBER 2023 WORLD HEART DAY - 2023

THEME : USE HEART, KNOW HEART

VENUE: UHTC, CHIPLUN

DATE: 29/09/2023

PARTICIPANTS: 18

DOCTOR'S NAME: Dr Akshay Gangurde(JR General Medicine), Dr Pratik Shahane(SR ENT), Sis. Pradnya Ware, MSW- Sandip Patil, Dr Anagha Upadhye, Dr Amritha Vilayil.

Programme Summary:

On the occasion of world heart day 2023 a presentation was given by Dr Akshay Gangurde regarding hypertension which highlighted the following:

- 1) Blood pressure and its normal variations
- 2) Hypertension and its grades
- 3) Risk factors, effects, complications of hypertension
- 4) Dietary modifications and lifestyle changes to prevent and control hypertension
- 5) Importance of medications and regular follow up
- 6) Video demonstrations regarding the same were given.

DEAN

B.K. Walawalkar Rural Medical College programme was concluded with interactive session by Dr Pratik Shahane,

A. Kasarnadi, Post Sawarda

Tal. Chiplun, Dist. Ratnagiri



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UHTC, CHIPLUN

MONTH OCTOBER -2023

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	01/10/2023	SWACHH HI SEWA CAMPAIGN	Dr Ravikiran Kamate Asso. professor, Community Medl, Dr. Sakshi mohite	Dr Anagha Upadhye, Dr Amritha Vilayil , Dr Rohan Sonar, Dr Tejas Varpe , Dr Govind Tiwar	Sister Pradnya Ware Sister Ashwini Redij Pharmacist- Swapnali Mahadik Sonam K (Heath Educator) MSW Sandip Patil Ramesh Kadam	-----
2	04/10/2023	GENERAL HEALTH CHECK UP	Dr Aniket Khaldkar (JR Gen Medic ne), Dr Aishwarya Chavarkar (JR Gen surgery)	Dr Anagha Upadhye, Dr Amritha Vilayil, Dr Anushka Wani, Dr. Tejas Varpe	Sister Ashwini Redij Sister. Pradnya Ware, Pharmacist- Swaprnali M. MSW- Sandip Patil	29
3	05/10/2023	KHERDI ANC HEALTH CHECK UP CAMP		Dr Amritha Vilayil, Dr Anushka Wani	Sister Ashwini Redij MSW Sandip Patil	27
4	10/10/2023	SHIRGAON ANC HEALTH CHECK UP CAMP	Dr. Sakshi mohite	Dr. Vaibhav Phad, Dr. Sakshi Pingulkar	Sister Pradnya Ware MSW Sandip Patil	10
5	13/10/2023	GENERAL MEDICINE CAMP	Dr Aniket Khaldkar (JR Gen Medicine), Dr. Sakshi mohite	Dr. Vaibhav Phad, Dr. Sakshi Pingulkar	Sister Ashwini Redij Sister Pradnya Ware, Manasi Panchal Pharmacist- Swapnali M. MSW Sandip Patil	40

6	13/10/2023	SAMUDAIK DOHALE JEVAN	Dr. Sakshi mohite	Dr Anushka Raorane, Dr Sakshi Pingulkar, Dr Shivani Rampure, Dr Vaibhav Phad, Dr Shubham Rajmane	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, Sonam K (Health Educator) MSW Sandip Patil	17
7	17/10/2023	NAVRATRI UTSAV 2023 General Health Checkup & Cultural Activity / Events for Asha Workers	Dr Ravikiran Kamate [Asso. professor, Community Med], Dr Madhukar Joshi Dr. Sakshi mohite	Dr Anushka Raorane, Dr Sankalp Rajage, Dr Shivani Rampure, Dr Shubham Rajmane	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, Sonam K (Health Educator) Ramesh Kadam	48
8	18/10/2023	GENERAL HEALTH CHECKUP - ADARE	Dr Aishwarya C(Surgery), Dr Akshay B(Ortho)	Dr Atharv Deshpande, Dr Sallu Dyanmothe, Dr. Prashma Gawali	Sister Dhanashri Bondkar, Sister. Rupali Chavan MSW Sandip Patil	28
9	20/10/2023	SIXTH MONTH BIRTHDAY	Dr. Sakshi mohite	Dr Sankalp Rajage Dr Shunham Rajmane	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, MSW Sandip Patil	27
10	22/10/2023	GENERAL HEALTH CHECKUP	Dr. kasturi[opthal], Dr. A bhinav[surgery], Dr. Aniket[medicine]	Dr Sankalp Rajage, Dr Anushka Raorane, Dr. Shivani Rampure, Dr Eunice Indrik	miss manasi panchal, sis deepika mohire	62
11	30/10/2023	GENERAL MEDICINE CAMP	Dr Suvarna Patil (MD Med), Dr Aniket Khaldkar (Jr Med), Dr Sakshi Mohite	Dr. Anand M, Dr. Parth M, Dr. Shivani, Dr. Anushka	Sister Ashwini Redij, Sister Pradnya War, sister Dhanashri Bondkar, Pharmacist- Swapnali Mahadik, MSW Sandip Patil, Ramesh Kadam	36
11	30/10/2023	RAKSHITA BREAST SCREENING CAMP	Dr Suvarna Patil (MD Med), Dr Aniket Khaldkar (Jr Med), Dr Sakshi Mohite	Dr. Anand M, Dr. Parth M, Dr. Shivani, Dr. Anushka	Sister Ashwini Redij, Sister Pradnya War, sister Dhanashri Bondkar, Pharmacist- Swapnali Mahadik, MSW Sandip Patil, Ramesh Kadam	37


DEAN

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MONTHLY ACTIVITY OCTOBER 2023

Swachhata Hi Sewa Campaign – Shramdaan For Swachhata

VENUE: VIRESHWAR COLONY, CHIPLUN

DATE: 01/10/2023

DOCTOR'S & STAFF NAME: Dr Ravikiran Kamate [Associate professor, Community Medicine], Dr Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, MSW- Sandip Patil, Ramesh Kadam, Interns - Dr Anagha Upadhye, Dr Amritha Vilayil, Dr Rohan Sonar, Dr Tejas Varpe, Dr Govind Tiwar

Programme Summary:

On the occasion of Gandhi Jayanti 2023 a Swachhata Campaign was conducted by BKLWRC Urban Health Training Centre Chiplun which included cleaning the Chiplun Vireswar colony and adjacent area which imbibed a sense of social responsibility among the citizens.

- 1] Campaign started at 8.00 am
- 2] Campaign was conducted in coordination with Municipal Corporation Chiplun members which included sweepers, garbage van drivers and administrative staff.
- 3] Plastic bottles, plastic bags, biscuit wrappers and many such non biodegradable garbage items on the street were picked by volunteers and disposed in Municipal Corporation garbage collecting vans
- 4] It lasted for 2 hrs till the streets were visibly clean.

5] There was active participation of various other social organizations which included NSS, school children which generated a sense of teamwork among the volunteers.

DEAN



Chiplun, Maharashtra, India
 30A S, P. Phusa, Opp. Chiplun Nagar Barambad, Gandhapur, Chiplun, Maharashtra 415601, India
 Lat 17°53'18.92"
 Long 73.515324°
 01/10/23 08:47 AM GMT +05:30



Chiplun, Maharashtra, India
 60C6E+302, Vreshwar Colony, Chiplun, Maharashtra 415605, India



Chiplun, Maharashtra, India
 60E8+4WR, Vreshwar Colony, Chiplun, Maharashtra 415605, India
 Lat 17°52'49.938"
 Long 73.515383°
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Chiplun, Maharashtra, India
 60C6E+302, Vreshwar Colony, Chiplun, Maharashtra 415605, India
 Lat 17°52'59.97"
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S. S. S.
DEAN

Maharaja Ravi Medical College
Alhasarwadi, Post-Saverde
Tal. Chiplun, Dist. Ratnagiri

Prof. S. Head of Dept. Community Medicine
BKL Walawalkar - Medical College
Kasarwadi, Saverde - 415 606

S. S. S.

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MONTHLY ACTIVITY OCTOBER 2023 GENERAL HEALTH CHECK UP

VENUE: UHTC, CHIPLUN

DATE: 04/10/2023

PARTICIPANTS: 29

DOCTOR'S & STAFF NAME: Dr Aniket (JR General Medicine), Dr Aishwarya Chavarkar (JR General surgery), Sister. Pradnya Ware, sister Ashwini Redij, Pharmacist- Swapnali Mahadik, MSW- Sandip Patil, Interns - Dr Anagha Upadhye, Dr Amritha Vilayil, Dr Anushka Wani, Dr. Tejas Varpe

Programme Summary:

General Health Checkup Camp was organized at UHTC, Chiplun for Municipal corporation workers which included sweepers, sewage cleaners and other employees which includes

- 1) Routine BP examination
- 2) Blood sugar level estimation
- 3) ECG were recorded of several patients
- 4) General physical examination was done
 - The complaints of the patients were addressed and given treatment accordingly by physicians as well as surgeon.
 - Health education regarding routine checkup was done


DEAN



Google

Chiplun, Maharashtra, India
GCRH+2VQ, Ravale, Chiplun, Maharashtra 415604, India
Lat 17.622898°
Long 73.52907°
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GPS Map Camera



Google

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GCRH+2VQ, Ravale, Chiplun, Maharashtra 415604, India
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GPS Map Camera



Google

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MONTHLY ACTIVITY OCTOBER 2023 KHERDI ANC HEALTH CHECK UP CAMP

VENUE : Kherdi subcentre

DATE : 05/10/2023

NUMBER OF PARTICIPANTS: 27 ANC

DOCTOR'S & STAFF NAME - Sister Ashwini Redji, MSW Sandip Patil, Interns - Dr Amritha Vilayil, Dr Anushka Wani

Programme Summary:

Antenatal checkup camp was held on 05/10/2023at Kherdi subcentre. A total of 27 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

Dr. Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc

Student sisters gave the information about diet and hygiene and do's and don't's in pregnancy to the pregnant females.

DEAN The program was concluded by solving doubts of the participants



S. Prasad
 DEAN

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MONTHLY ACTIVITY OCTOBER 2023 SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE :- SHIRGAON SUBCENTRE CHIPLUN

DATE :- 10/10/2023

PARTICIPANTS :- 10 ANC

DOCTORS and STAFF :- Sister Pradnya Ware, MSW Sandip Patil, Interns- Dr.Sakshi Pingulkar, Dr.Vaibhav Phad

On 10/10/23 ANC checkup camp was organized at shirgaon subcentre chiplun. Overall 10 ANC mothers were present for the checkup.

All the doctors and staff were welcomed with great enthusiasm by subcentre staff for ANC checkup .

The registration was done for all the mothers as well as weight and height was taken by Sister Pradnya ware which was followed by general ANC checkup of the ANC mothers.

Medication as HB up syrup, tablet shelcal tablet was given to those who needed it and based on clinical history.

Sonography was advised to mothers for well being of the child as well as NT scan as per the requirement and was referred to B. k. l.w. hospital.

All the ANC mothers were gathered at a place and were told about the services provided by the hospital like emergencies ambulance service etc by MSW

Sandip Patil

Western doctors Dr. VAIBHAV PHAD, Dr. SAKSHI PINGULKAR gave a session about diet which should be strictly followed for both well being of mother as well as the child. Dr. VAIBHAV PHAD also demonstrated a few yoga to the ANC mothers to keep them healthy and they were counseled to consult the doctor in

-Maternity Rural Medical College of emergency like whitish discharge or bleeding throughout the pregnancy.

Alhasarwad, Post, Sawarda
Tal Chiplun, Dist Raichuri



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MONTHLY ACTIVITY OCTOBER 2023 GENERAL MEDICINE CAMP

VENUE: UHTC, CHIPLUN

DATE: 11/10/2023

PARTICIPANTS: 40

DOCTOR'S & STAFF NAME: Dr Aniket (JR General Medicine), Dr Gurjeev Chaddha (JR General surgery), Sister. Pradnya Ware, sister Ashwini Redij, Pharmacist- Swapnali Mahadik , Manasi Panchal, MSW- Sandip Patil, Interns - Dr Shubham Rajmane, Dr Sankalp Rajaje, Dr Anushka Raorane, Dr. Shivani Rampure, Dr.Sakshi Pingulkar, Dr.Vaibhav Phad

Programme Summary:

General Medicine Camp was organized at UHTC, Chiplun for all citizens who are hypertensive and non hypertensive

- 5) Routine BP examination
- 6) Awareness about hypertension
- 7) ECG were recorded of several patients
- 8) General physical examination was done

- The complaints of the patients were addressed and given treatment accordingly by physicians as well as surgeon.
- Health education regarding routine checkup was done


DEAN

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Dist. Chiplun, Dist. Ratnagiri



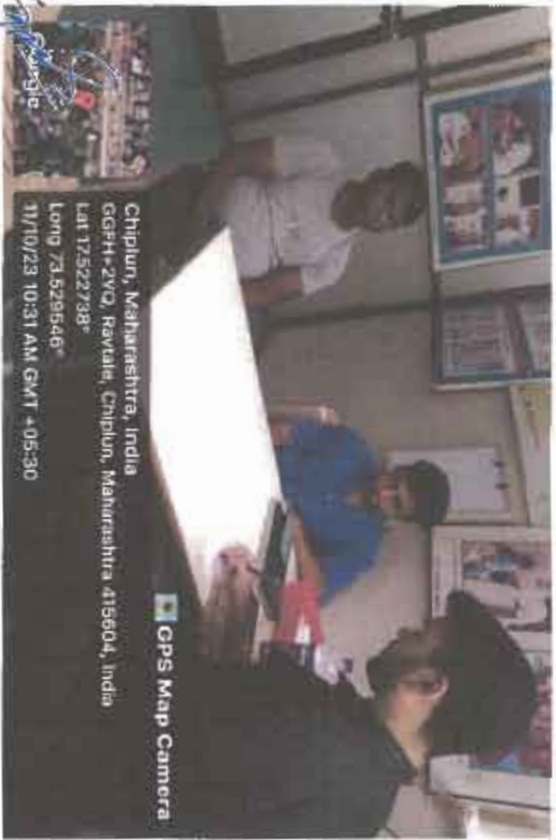
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GPS Map Camera



Chiplun, Maharashtra, India
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 Chiplun, Maharashtra 415605, India
 Lat 17.523371°
 Long 73.529044°
 11/10/23 11:35 AM GMT +05:30

GPS Map Camera



Chiplun, Maharashtra, India
 GGFH+2YQ, Ravale, Chiplun, Maharashtra 415604, India
 Lat 17.5222738°
 Long 73.529546°
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GPS Map Camera

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 Tal. Chiplun, Dist. Ratnagiri

Prof. & Head of Dept. Community Medicine
 B.K. Walawalkar Rural Medical College
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MONTHLY ACTIVITY OCTOBER 2023 SAMUDAIK DOHALE JEVAN

Date- 13/10/2023

Participant No. : 17 ANC

Doctor and participants name- Dr Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Swapnali Mar-adik, Sonam K – H.E., MSW Sandip patil, Interns – Dr Anushka Raorane , Dr Sakshi Pingulkar , Dr Shivani Rampure , Dr Vaibhav Phad , Dr Snubham Rajmane

Today on 13/10/2023 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 17 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USSG scan requests were also provided.

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

Nutritious laddoo's were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain *or* Vaginal leak/bleeding she was advised to contact the nearest hospital as soon as possible.

DEAN

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved



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DEAN
 Akshara Kulkarni
 AM,Asanwadi, Post,Savarde



Head of Dept Community Health
 Pooja Bhalwadekar
 Kapatkar,SUDI, Savarde 415 686

Smt. Vibhatri Joshi Charities Trust's

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MONTHLY ACTIVITY OCTOBER 2023

NAVRATRI UTSAV - General Health Checkup & Cultural Activity

VENUE: UHTC, CHIPLUN

DATE: 17/10/2023

PARTICIPANTS: 48

DOCTOR'S & STAFF NAME: Dr Ravikiran (PSM Dept), Dr Madhukar Joshi, Dr Aniket (JR General Medicine) , Sister. Pradnya Ware, sister Ashwini Redij, Pharmacist- Swapnali Mahadik , MSW- Sandip Patil, Interns - Dr Shubham Rajmane, Dr Sankalp Rajaje, Dr Anushka Raorane, Dr. Shivani Rampure

Programme Summary:

Today on 17/10/2023 at UHTC Chiplun , a camp for Genaral Health checkup for ASHA workers on the occasion of Navratri was held.

Total 48 females were present. Registration of these patients along with their names, weight, height, temp, pulse, SPO2 , BP were checked and were sent to doctor for checkup. Those in need to check for their sugar levels were advised to do the same. Those who needed further investigations like CT scan, MRI were referred to BKLWH. Who needed surgery, opthal treatment , gynac surgery or other investigation were refered to Walawalkar hospital Dervan.

They were also educated on their Nutrtion , Balanced Diet and what effects the deficiencies of various ingredients have on our body by Dr Anushka Raorane . Later on Dr Shubham Rajmane talked about Anaemia , its symptoms and the importance of iron rich food in our daily life . Dr Shivani Rampure made them aware about Breast Cancer , its self examination and how to detect it early.

Later, they all played Garba along with Dr Sonam , Dr Anushka , Dr Shivani , Sister Pradnya and Ashwini and Pharmacist Swapnali. Also various games were arranged which they enjoyed thoroughly. Snacks were also arranged which everyone enjoyed to their hearts content.

DEAM they were all thanked for coming along with our doctors despite their busy



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Alkasanwadi, Post, Savarde
 Tal Chiplun, Dist Ratnagir

Dr. H. B. Dadi
 PDKL Waharwadi
 Kasarwadi, Savarde - 415 606



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MONTHLY ACTIVITY OCTOBER 2023 GENERAL HEALTH CHECKUP

VENUE: ADARE

DATE: 18/10/2023

PARTICIPANTS: 28


DOCTOR'S & STAFF NAME: Dr Aishwarya Chavaukar(Surgery), Dr Akshay Bondhare(Ortho), Interns- Dr Atharv Deshpande, Dr Saili Dyanmothe, Dr.Prashma Gawali, Sister. Rupali Chavan, sister Dhanashree Bondkar, MSW- Sandip Patil

Programme Summary:

Today on 18/10/2023 at Adare , a camp for Genaral Health checkup was held.

Total 28 patients present. Registration of these patients along with their names, weight, height, temp, pulse, SPO2, BP were checked and were sent to doctor for checkup. Those in need to check for their sugar levels were advised to do the same. Those who needed further investigations like CT scan, MRI were referred to BKLWH. Who needed surgery, opthal treatment, gynac surgery or other investigation were refered to Walawalkar hospital Deryan.

They were also educated on their Nutrition , Balanced Diet and what effects the deficiencies of various ingredients.


MSW Sandip Patil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.
DEAN



Dr. Hemant Jorgi, Community Medicine
 P.V. Walawankar Rural Medical College,
 Sasurwadi, Savarde - 415 606

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MONTHLY ACTIVITY OCTOBER 2023 SIXTH MONTH BIRTHDAY

Venue- Urban Health Training Centre, Chiplun

Date- 20/10/2023

Participant No. - 27

Doctor and participants name- Sister Pradnya Ware, Sister Ashwini Redji, Pharmacist Swapnali Mahadik, MSW Sandip patil,
Interns - Dr.Sankalp Rajaje, Dr.Shubham Rajmane

Today on 20/10/2023 Six Month Birthday programme was organized at UHTC Chiplun. About 27 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately.

They did surely learn a lot like how to wash their hands, nutrition, importance of playing outside, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together and sang the happy birthday song and then blew the candles and enjoyed sweet sheera. They all were gifted spoons and bowls along with sweets to the end the event.

After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

Sandip Patil
DEAN
In this way the parents were asked to give proper attention to their children.

Thus the program ended by serving the children with sheera, shengdana chikki, banana and by giving them spoon and bowl as a birthday gift.



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MONTHLY ACTIVITY OCTOBER 2023 GENERAL HEALTH CHECKUP

VENUE: Karanjeshwari mandir, Govalkot, Chiplun

DATE: 22/10/2023

PARTICIPANTS: 62

DOCTOR'S & STAFF NAME: Dr.kasturi[opthall],Dr.Abhinav[surgery],Dr.Aniket[medicine],Dr Sakshi Mohite, miss manasi panchal,sis deepika mohire, Interns - Dr Sankalp Rajage, Dr Anushka Raorane, Dr. Shivani Rampure, Dr Eunice Iudrik

Programme Summary:

Today on 22/10/2023 at karanjeshwari temple,Govalkot , a camp for Genaral Health checkup on the occasion of Navatri was held.

Programme Started with inauguration ceremony,

Total 62 patient were present. Registration of these patients along with their names, weight, height, temp, pulse, SPO₂ , BP were checked and were sent to doctor for checkup. Dr.kasturi checked ophthal patient and advised for medication and those who required further investigation refered to BKLWRH. Dr. Aniket checked medicine patient. Those in need to check for their sugar levels were advised to do the same. Dr.Abhinav checked surgery patient, Those who needed further investigations like CT scan, MRI were referred to BKLWH. Who needed surgery, optial treatment , gynrac surgery or other investigation were refered to Walawalkar hospital Dervan.

DEAN They were also educated on their Nutrition , Balanced Diet and what effects the deficiencies of various ingredients.



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MONTHLY ACTIVITY OCTOBER 2023 GENERAL MEDICINE CAMP

VENUE :- URBAN HEALTH TRAINING CENTRE, CHIPLUN

DATE - 30/10/2023

PARTICIPANTS :- 36 PATIENTS

DOCTORS and STAFF :- Dr Suvarna Patil(MD Med), Dr Aniket Khaldkar(Jr Med), Dr Sakshi Mohite, Sister Ashwini Redij, Sister Pradnya Ware, Sister Dhanashri Bondkar, Pharmacist Swapnali Mahadik, Miss Manasi Panchal, Msw Sandip Patil, Ramesh Kadam, INTERN - Dr. Anand M, Dr. Parth M, Dr. Shivani, Dr. Anushka

Today On 30/10/2023 UHTC General Medicine Camp was organized at UHTC, Chiplun for all citizens who are hypertensive and non hypertensive. Total 36 patient were registered and checked for Weight Height Temp, Pulse, Spoz?

Routine BP examination

Awareness about hypertension

ECG were recorded of several patients

General physical examination was done

- The complaints of the patients were addressed and given treatment accordingly by physicians as well as surgeon.
- Health education regarding routine checkup was done
- Lifestyle modification advice

Those who needed advice to check sugar, those who needed some other tests as well as ZDCHD, Sonography they were directed to go to the hospital DEAN in Derven and to meet MSW Sandeep Patil in , he will guide about the same.



DEAN

Dean & Head of Dept Community Medicine
 Swadantika Rural Medical College
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MONTHLY ACTIVITY OCTOBER 2023

RAKSHITA BREAST SCREENING CAMP

VENUE : URBAN HEALTH TRAINING CENTRE CHIPLUN

DATE - 30/10/2023

PARTICIPANTS :- 37 PATIENTS

DOCTORS and STAFF :- Dr. Suvarna Patil(MD Med), Dr Aniket Khaldkar(Jr Med), Dr Sakshi Mohite, Sister Ashwini Redij, Sister Pradnya Ware, Sister Dhanashri Bondkar, Pharmacist Swapnali Mahadik, Miss Manasi Panchal, Miss Sandip Patil, Ramesh Kadam, INTERN - Dr. Anand M, Dr. Parth M, Dr. Shiwani, Dr. Anushka

General health check up camp along with Breast Cancer awareness session was organized at Urban Health Training Centre, Chiplun. The crowd present there was oriented with all the services provided by our hospital and the associated schemes for each diseases which are currently helping patients with their treatment. He also shared Breast Cancer prevention and awareness related to the same. The intern doctor Dr. Shiwani gave a detailed session on signs and symptoms of Breast Cancer and how to exactly prevent Breast Cancer and prevention methods and screening modalities for the same.

Examination done for all the patient in RAKSHITA Van which came from BKL Hosp Dervan for BREAST Cancer Screening programme

Those patients who required reference were counselled about the same and were advised to come to Dervan hospital for further evaluation like Mammography if needed for their current symptoms. In the similar way this general health checkup camp and BREAST Cancer Screening programme was completed successfully after counseling about diet hygiene and awareness session of Breast Cancer.

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 K. Arwadl, Savarode - 415 606

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UHTC, CHIPLUN

MONTH NOVEMBER -2023

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	9/11/2023	KHERDI ANC HEALTH CHECK UP CAMP		Dr. Anand Mishra Dr.Sanskruti Mukhedkar	Sandip Patil (msw)	13
2	9/11/2023	SHIRGAON ANC HEALTH CHECK UP CAMP		Dr Poorva mulye	Sister Pradnya Ware Sandip Patil (msw)	6
3	10/11/2023	SIXTH MONTH BIRTHDAY	Dr. Sakshi mohite Dr. Pranav Pol	Dr. Anand Mishra Dr.Sanskruti Mukhedkar	Sister Pradnya Ware MSW Sandip Patil	11
4	21/11/2023	SNAKE BITE AWARENESS PROGRAM	Dr. Aniket khaladkar Dr. Ajay Patil		MSW Sandip Patil, Driver Ramesh Kadam	21
5	22/11/2023	SAMUDAIK DOHALE JEVAN	Dr. Sakshi mohite Dr. Pranav Pol(PSM Jr) Dr.Pankti Mehta(Paed Jr) Dr.Niharika Paul(OBGy Jr)	Dr Poorva mulye Dr Rutuja nande Dr Chaitali Naykude	Sister Pradnya Ware Sister Ashwini Redj MSW Sandip Patil Pharmacist Swapnali Mahadik	6
6	24/11/2023	DENGUE AWARENESS PROGRAM	Dr Ravikiran P K -Associate Professor dept. of community medicine Dr Pranav (1 st year JR community medicine)	Dr Dnyaneshwar Dr Rutuja Nemane	Sister Pradnya Ware MSW Sandip Patil Ramesh Kadam	35

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MONTHLY ACTIVITY NOVEMBER -2023 KHERDI ANC HEALTH CHECK UP CAMP

VENUE: Kherdi subcentre

DATE: 09/11/2023

NUMBER OF PARTICIPANTS: 31

Participants: Dr. Sakshi Mohite, MSW Sandip Patil, Dr. Anand Mishra (Intern), Dr.Sanskruti Mukhedkar (Intern)

Antenatal checkup camp was held on 09/11/2023 at Kherdi subcentre. 14 pregnant women were registered and their height and weight were recorded.

Dr. Anand Mishra examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia.

Dr.Sanskruti Mukhedkar also advised Inj T.T to those who not taken the same.

Interns gave information about diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements.

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The program ended by solving doubts of the participants.



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Professor and Head,
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 BKLWRMC, Dervan.



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MONTHLY ACTIVITY NOVEMBER 2023 SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE: SHIRGAON PHC

DATE: 09/11/2023

NUMBER OF PARTICIPANTS: 6 ANC

DOCTOR'S & STAFF NAME - Sister Pradnya ware, MSW Sandip Patil, Intern - Dr Poorva mulye

Programme Summary:

Antenatal checkup camp was held on 09/11/2023 at shirgaon subcentre. A total of 6 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

Dr. Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc

Student sisters gave the information about diet and hygiene and do's and don't's in pregnancy to the pregnant females.

The program was concluded by solving doubts of the participants.



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Professor and Head,
 Dept of Community Medicine,
 BKLWRMC, Dervan.

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MONTHLY ACTIVITY NOVEMBER -2023

SIX MONTH BIRTHDAY

Venue- B.K.L.WALAWALKAR RURAL MEDICAL COLLEGE,UHTC

Date-10/11/2023

Participant No. - 11

Doctor and participants Name – Dr. Sakshi mohite Dr. Pranav pol(Psm Jr), Pradnya Ware(sister), Ashwini Redij (sister), Mr. Sandip Patil (msw), Dr. Anand Mishra (Intern), Dr.Sanskruti Mukhedkar (Intern))

Today on 10/11/2023 a Six Month Birthday programme was organized at UHTC Chiplun. About 11 children attended this program. After registering the names of all the children, their height, weight, SpO₂, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately.

The children were then seated by maintaining social distancing. After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

This program ended by serving the children with sheviyan khir, shengdana chikki ,banana and by giving them spoon and bowl as a birthday gift.

DEAN



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MONTHLY ACTIVITY NOVEMBER -2023 SNAKE BITE AWARENESS PROGRAMME

VENUE: Shirgaon Grampanchayat

DATE: 21/11/2023

NUMBER OF PARTICIPANTS: 21

Participants: Dr. Aniket khaladkar, Dr. Ajay Patil, MSW Sandip Patil, Driver Ramesh Kadam

Program summary :

Snake bite awareness programme was held on 21/11/2023 at Shirgaon Grampanchayat. 21 participants attended the programme.

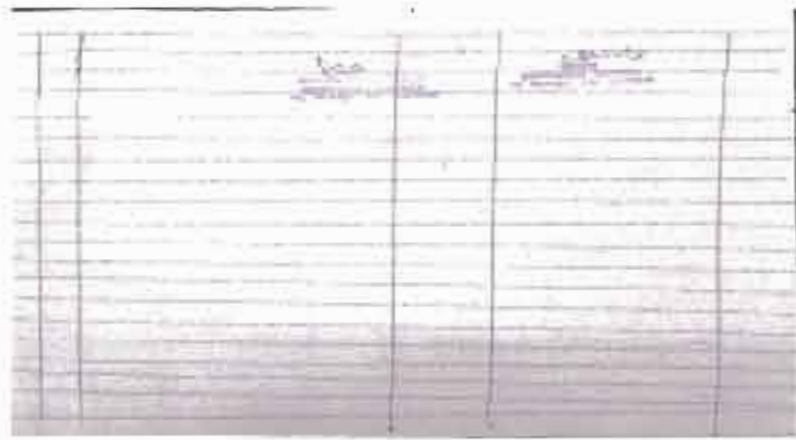
Dr. Aniket and Dr. Ajay aware participants about types of snakes, how to differentiate between poisonous and non poisonous snakes, also shows some photos of poisonous snakes that are common in near area and explained how to identify them and what precautions people can take to prevent from snake bite and what are first aid treatments people can do for snake bite.

They further explained about signs and symptoms of snake bite and lastly about treatment of snakebite.

MSW Sandip Patil explained about all the facilities and Schemes of Walawalkar Hospital, Dervan

The program ended by solving doubts of the participants.


DEAN



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Professor and Head,
 Dept. of Community Medicine,
 BKLWRMC, Dervan.

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MONTHLY ACTIVITY NOVEMBER - 2023 SAMUDAİK DOHALE JEVAN

Date- 22/11/2023

Participant No. - 06 ANC

Doctor and participants name- Dr. Sakshi mohite, Dr. Pranav Pol (PSM Jr), Dr. Pankti Mehta (Paed Jr), Dr. Niharika Paul (OBGy Jr), Sister Pradnya Ware, Sandip Patil (MSW), Swapnali Mahadik (Pharmacist), Dr. Poorva mulye, Dr. Rutuja nande, Dr. Chaitali Naykude

Today on 22/11/2023 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 10 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requests were also provided.

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

All these females were educated about routine scans, warning signs to be aware of during pregnancy

They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was advised to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



E.K.L. Walawalkar
 DEAN

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 At. Kasarwad, Post
 Tal. Chiplun, Dist.

E.K.L. Walawalkar

Prof & Head of Dept Community Medicine
 P.M. Walawalkar Rural Medical College
 Kasarwad, Savarna - 415606

Shri Vithalrao Joshi Charities Trust's

B. K. L. WALAWALKAR RURAL MEDICAL COLLEGE



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MONTHLY ACTIVITY NOVEMBER 2023

Report on Dengue outbreak investigation in Khed for the month of November 2023

In the month of November 2023, in first 2 week around 17 suspected cases of dengue (NS 1) in taluka hospital a/p Khed province alerting a quick response. The taluka health officer Dr. Kishor Jadhav asked for help in the matter of outbreak investigation and awareness session in affected cases for which, a team from department of community medicine and UHTC Chiplun was formed for the task.

The team was headed by Dr. Ravikiran Kamate associate professor along with PG student, Intern, Nursing and other staff.

Activities carried are as follows

- (a) House to house survey-along with govt. health functionaries, larval sources and fever case survey was carried out in Khed city for 1 day covering around 120 households
- (b) Awareness session –
 - (1) During house to house survey, family members were made aware for vector bionomics of dengue vector and demonstrations and education of preventive measure such as dry day activity, personal protective measure and household level mosquito control measure.
 - (2) Group discussion and awareness session by using Powerpoint, Flip chart and appropriate educational material were carried out at 2 places i.e. Market yard Khed and Koliwadi, about 50-60 attendees were benefitted with the service


DEAN

TEAM-

1. Dr.Ravikiran P Kamate – Associate professor dept. of community Medicine
2. Dr.Pranav (1st Year JR community Medicine)
3. Dr.Dnyaneshwar (Intern)
4. Dr.Rutuja Nemane (Intern)
5. Mrs.Pradnya Ware (Public health Nurse)
6. Mr.Sandip Patil (MSW)
7. Mr.Ramesh Kadam and also Govt.health officials from Khed were present

Finding

- (i) Larval survey revealed that no any container was positive in visited houses
- (ii) The main sources was found to be the Stagnant water lake which was near the outbreak affected area of Khed.



Professor and Head,
Dept. of Community Medicine,
BKLWRMC, Dervan,



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B.K.L. Walawalkar Rural Medical College

UHTC, CHIPLUN

MONTH DECEMBER -2023

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	01/12/2023	AIDS AWARENESS RALLY	Dr Jyoti Yadav (THO), Dr Ravikiran Kamate (Associate Professor Community Medicine), Dr Sakshi Mohite, Dr Pranav Pol (Community medicine Jr)	Dr. Rutuja Nande, Dr. Chaitali Nayakude, Dr Dyaneshwar, Dr Aayushri, Dr Rutuja 1 st year GNM nursing students	Sister Pradnya Ware Sister Ashwini Redij Sonam K (Health Educator), Mrs Asmit Kalsekar (clinical instructor), Ms Neha More (clinical instructor), MSW Sandip Patil Ramesh Kadam	
2	02/12/2023	AIDS AWARENESS PROGRAM		Interns- Dr. Rutuja Nande, Dr. Chaitali Nayakude 1 st year GNM nursing students	Sister Ashwini Redij Sister. Pradnya Ware, Pharmacist- Swapnnali M. MSW- Sandip Patil	200
3	03/12/2023	GENERAL HEALTH CHECK UP – PAS	Dr Sakshi Mohite		Sister Ashwini Redij MSW Sandip Patil Manasi Panchal	51

4	05/12/2023	GENERAL HEALTH CHECK UP - SHIRGAON	Dr Mangesh waghmare(surg Jr), Dr Pravin(Med Jr)	Dr Mansi Choudhari Dr Aishwarya Birjdar Dr Nimish Ganvir	Sister Pradnya Ware, MSW Sandip Patil, Manasi Panchal, GNM 2 nd year students	37
5	8/12/2023	SHIRGAON ANC HEALTH CHECK UP CAMP		Dr Rutuja Nikam	Sister Pradnya Ware MSW Sandip Patil	11
6	12/12/2023	GENERAL HEALTH CHECK UP - WASHISHTI		Dr Aayushri pardhi	Sister Ashwini Redij MSW Sandip Patil	52
7	13/12/2023	ADOLESCENT GIRLS HEALTH CHECK UP	Dr Sakshi Mohite, Dr. Pranav Pol (JR1 Community medicine)	Dr.Prince patel Dr Rutuja Nikam	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, Ramesh Kadam	16
8	15/12/2023	SIXTH MONTH BIRTHDAY	Dr. Sakshi mohite Dr. Pranav pol(Psm Jr), Dr. Balaji (medicine Jr),	Dr Harshal ,Dr kshitija ,Dr Rutuja , Dr Ayushri, Dr chaitali	Sister Ashwini Redij Sister Pradnya Ware Pharmacist- Swapnali Mahadik, MSW Sandip Patil, Ramesh Kadam	14
9	20/12/2023	SAMUDAIK DOHALE JEVAN	Dr Sakshi Mohite, Dr Balaji, Dr Prajakta Choudhari(Gyn Jr)	Dr Chaitali, Dr Kshitija, Dr Harshal, Dr Prince, Dr Siddharth, Dr Vikas	Sister Ashwini Redij, Sister Pradnya Ware, Pharmacist- Swapnali Mahadik, MSW Sandip Patil	07
10	23/12/2023	GENERAL HEALTH CHECK UP - NAND:WASE	Dr. Abhishek chauhan (surgery resident)	Dr.Prince patel, Dr Vikas pawara ,Dr. Kshitija Patil	Sister Pradnya Ware, MSW Sandip Patil, Manasi Panchal Ramesh Kadam	26
11	26/12/2023	GENERAL HEALTH CHECK UP - CHIPLUN	Dr Sakshi Mohite	Dr.Chaitali Patil	Sister Ashwini Redij MSW Sandip Patil	40

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MONTHLY ACTIVITY DECEMBER 2023

AIDS DAY AWARENESS

Venue :- Chinchnaka Chiplun To Bahadurshekh Naka Chiplun, D. B. J. College, chiplun

Date: 01/12/2023

DOCTORS and STAFF :- Dr Jyoti Yadav (THO), Dr Ravikiran Kamate (Associate Professor Community Medicine), Dr Sakshi Mohite, Dr Pranav Pol (Community medicine Jr), Mrs Asmit Kalsekar (clinical instructor), Ms Neha More (clinical instructor), Sister Pradnya Ware, Sister Ashwini Redij, Sandeep Patil- msw, 1st year GNM nursing students Interns- Dr. Rutuja Nande, Dr. Chaitali Nayakude, Dr Dyaneshwar, Dr Aayushri, Dr Rutuja

PROGRAMME SUMMARY:-

TODAY DATE: 01/12/2023 from UHTC chiplun AIDS AWARENESS day had celebrated and arranged programme in which student of DBJ college chiplun, ananddev pawar college kherdi had participated. In which rally and streetplay has been performed. THO dr jyoti yadav was present for the programme. Rally started from chinchnaka to bahadursheikh naka In morning 7:45. Slogans, myths and preventive measure has included in rally. AIDS awareness slogans was shouted on streets and spread awareness about hiv.

After that student from Samarth nursing college had perform role play for AIDS awareness. This play has been performed in DBJ college chiplun. It included symptoms, myths, and prevention to be take of about AIDS. It was simple in language and easy to understand. After the event thanksgiving was given by MSW sandeep patil.

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Chiplun, Maharashtra, India
Chiplun, Shop No 2, Markandi, Chiplun, Maharashtra 415605, India
Lat 17.527378°
Long 73.522602°
01/12/23 09:06 AM GMT +05:30



Chiplun, Maharashtra, India
Amrutvilas Building, GGFC-70W, opp. D. B. J College, Ozarwadi, Chiplun,
Maharashtra 415604, India
Lat 17.523132°
Long 73.52616°
01/12/23 10:59 AM GMT +05:30



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MONTHLY ACTIVITY DECEMBER 2023

AIDS DAY AWARENESS

VENUE :- Shri Anandrao Pawar Arts, Commerce and Science College, Chiplun

DATE – 2/12/2023

PARTICIPANTS :- 200

DOCTORS and STAFF :-Interns- Dr. Rutuja Nande ,Dr. Chaitali Nayakude , Sandip Patil- msw, 1st year GNM nursing students.

PROGRAM SUMMARY -

AIDS Awareness was organized on 2 Dec, 2023 in Anandrao Pawar College . A street play based on AIDS risk factors, its spread and prevention was presented by 1st year GNM nursing students .

Awareness session was conducted by interns Dr. Chaitali Nayakude and Dr.Rutuja Nande explaining about AIDS causes, risk factors, spread, diagnosis,treatment, prevention to 11th and 12th std students along with the teachers and other staff and program has been ended there

DEAN
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Chiplun, Maharashtra, India
GGHS+QVE, Khend, Chiplun, Maharashtra 415605, India
Lat 17.529448°
Long 73.509682°
02/12/23 11:43 AM GMT +05:30



Chiplun, Maharashtra, India
GGHS+QVE, Khend, Chiplun, Maharashtra 415605, India
Lat 17.529650°
Long 73.50955°
02/12/23 11:51 AM GMT +05:30



Chiplun, Maharashtra, India
GGHS+QVE, Khend, Chiplun, Maharashtra 415605, India
Lat 17.529507°
Long 73.509491°
02/12/23 11:01 AM GMT +05:30



Chiplun, Maharashtra, India
GGHS+QVE, Khend, Chiplun, Maharashtra 415605, India
Lat 17.529630°
Long 73.509543°
02/12/23 11:26 AM GMT +05:30



Chiplun, Maharashtra, India
GGHS+QVE, Khend, Chiplun, Maharashtra 415605, India
Lat 17.529512°
Long 73.509682°
02/12/23 11:41 AM GMT +05:30



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Lat 17.529482°
Long 73.509462°
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MONTHLY ACTIVITY DECEMBER 2023

GENERAL HEALTH CHECKUP

VENUE: Pag, chiplun

DATE: 03/12/2023

PARTICIPANTS: 51

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, Manasi Panchal, Sister Ashwini Redij, MSW Sandip Patil, Ramesh Kadam

Programme Summary:

Today on 03/12/2023 at Pag, Chiplun a camp for General Health checkup was held.

Total 51 patients present. Registration of these patients along with their names, weight, height, temp, pulse, SPO2, BP were checked and were sent to doctor for checkup. Those in need to check for their sugar levels were advised to do the same. Those who needed further investigations like CT scan, MRI were referred to BKLWH. Who needed surgery, opthal treatment, gynac surgery or other investigation were referred to Walawalkar hospital De-van. MSW Sandip Patil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.

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Tal-Chiplun, Dist-Ratnagiri

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MONTHLY ACTIVITY DECEMBER 2023

GENERAL HEALTH CHECKUP

VENUE: Shirgaon Gram panchayat

DATE: 05/12/2023

PARTICIPANTS: 32

DOCTOR'S & STAFF NAME: Dr Mangesh waghmare(surg Jr), Dr Pravin(Med jr) , Dr Mansi Choudhari(Intern) ,Dr Aishwarya Birjdar(Intern), Dr Nimish Ganvir(Intern), Sister Pradnya Ware , MSW Sandip Patil, Ramesh Kadam, GNM 2nd year students

Programme Summary:

On 5/12/23 General Health Camp for patients was organized at Shirgaon. MSW sandeep patil explained facilities provided at UHTC and encouraged to avail it. Doctors examined patients and intern doctors gave a talk on importance of nutrition and diet exercise routine health checkup .patients were checked and medicine were prescribed and given accordingly. Patients who required consultation were referred to specialists UHTC hospital Chiplun and Dervan hospital

All their doubts were solved and they were guided for the same and Lastly votes of thanks was given by Mr. Sandip Patil(msw) And the camp was ended.

DEAN
Frank



Shirgaon, Maharashtra, India
Shop No. 2 Shirgaon Bakarpeth, Umbraj - Chiplun Rd, Shirgaon, Maharashtra 415602, India
Lat 17.452094°
Long 73.626046°
05/12/23 12:06 PM GMT +05:30



Shirgaon, Maharashtra, India
Shop No. 2 Shirgaon Bakarpeth, Umbraj - Chiplun Rd, Shirgaon, Maharashtra 415602, India
Lat 17.452094°
Long 73.626046°
05/12/23 11:46 AM GMT +05:30



Shirgaon, Maharashtra, India
Shop No. 2 Shirgaon Bakarpeth, Umbraj - Chiplun Rd, Shirgaon, Maharashtra 415602, India
Lat 17.452137°
Long 73.626074°
05/12/23 12:37 PM GMT +05:30



Shirgaon, Maharashtra, India
FJ3Q+2M4, Shirgaon, Maharashtra 415602, India
Lat 17.452631°
Long 73.626024°
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Community Medicine
Kural Medical College
Kasarwadi, Savarde - 415 606



Shirgaon, Maharashtra, India
Shop No. 2 Shirgaon Bakarpeth, Umbraj - Chiplun Rd, Shirgaon, Maharashtra 415602, India
Lat 17.451925°
Long 73.625836°
05/12/23 11:43 AM GMT +05:30



Shirgaon, Maharashtra, India
Shop No. 2 Shirgaon Bakarpeth, Umbraj - Chiplun Rd, Shirgaon, Maharashtra 415602, India
Lat 17.451925°
Long 73.625836°
05/12/23 12:02 PM GMT +05:30

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MONTHLY ACTIVITY DECEMBER 2023 SHIRGAON ANC HEALTH CHECK UP

Venue- Shirgaon PHC

Date-08 /12/2023

Participant No. - 11

Participants – Dr Rutuja Nikam (Intern) Sister Pradnya Ware, Mr. Sandip Patil (msw)

Today on 08 /12/2023 at Shirgaon , a camp for ANC HEALTH CHECK UP was held for the pregnant women of Shirgaon. In which 11 ANC were included.

Dr. Sakshi Mohite had done ANC health checkup. Registration of these patients along with their names, weight, height, temp, pulse, SPO2, along with counseling of the patient regarding the antenatal care, diet, exercise and yoga was done by Dr. Neha Suryagandh (intern) and Dr. Rutuja Nikam(intern). Patients were advised regarding low HB, Anemia and problems arising due to hypertension in pregnancy and were suggested to immediately seek medical help if any of warning signs like decreased fetal movements, PV leak, Abdominal pain occurred.

All their doubts were solved and they were guided by MSW Sandip Patil, afterwards the patients expressed their gratitude and the camp was ended on a good note.



Sakshi
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MONTHLY ACTIVITY DECEMBER 2023

GENERAL HEALTH CHECKUP

VENUE: Washishti dairy, chiplun

DATE: 12 /12/2023

PARTICIPANTS: 52

DOCTOR'S & STAFF NAME: Dr Aayushri pardhi(intern), Sister Ashwini Redij, MSW Sandip Patil

Programme Summary:

Today on 12/12/2023 at washishti dairy, Chiplun a camp for General Health checkup for dairy workers was held.

Total 52 workers were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those in need to check for their sugar levels were checked. Those who needed further investigations like USG, CBC were referred to UHTC and BKLWH. Who needed surgery, ophthal treatment, gynac surgery or other investigation were referred to UHTC and Walawalkar hospital Dervan. MSW Sandip Patil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.



B.K.L. Walawalkar R.M.C. Tal. Chiplund District

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Department of Community Medicine
B.K.L. Walawalkar R.M.C. College
Kasarwadi, Savarde - 415 606

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MONTHLY ACTIVITY DECEMBER 2023 ADOLESCENT HEALTH CHECK UP CAMP

VENUE: UHTC , chiplun

DATE: 13/12/2023

PARTICIPANTS: 16

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, Dr. Pranav Pol (JR1 Community medicine), Dr. Prince patel (intern), Dr. Rutuja nikam (intern), Sister Ashwini Redij , Sister Pradnya Ware, MSW Sandip Patil, Ramesh kadam

Programme Summary:

Today on 13/12/2023 at UHTC , Chiplun a camp for General Health checkup for adolescent girls was held.

Total 16 girls were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given .

Dr. Prince and Dr. Rutuja gave a awareness talk on personal hygiene and menstrual hygiene respectively

MSW Sandip Patil explained the service and facilities of Walawalkar clinic to the girls and their teachers and also of facilities and services of UHTC Chiplun.

All the doubts of participants were cleared and program ended successfully.

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Chiplun, Maharashtra, India
Shop No. 1, Ganga May, near rail petrol pump, Ravtale, Chiplun, Maharashtra 415604, India
Lat 17.523052°
Long 73.529926°
13/12/23 11:14 AM GMT +05:30



Chiplun, Maharashtra, India
Shop No. 1, Banilalim bhawan, near Mirzapur - Goa Highway, Dell Colony, Chiplun, Maharashtra 415604, India
Lat 17.523296°
Long 73.529826°
13/12/23 11:14 AM GMT +05:30



Chiplun, Maharashtra, India
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Lat 17.523296°
Long 73.529826°



Chiplun, Maharashtra, India
GGCH-RW2, Ravtale, Chiplun, Maharashtra 415604, India
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Long 73.529782°
13/12/23 12:01 PM GMT +05:30



Chiplun, Maharashtra, India
Shop No. 3, Vindhyavasini Rd, Ravtale, Chiplun, Maharashtra 415606, India
Lat 17.52219°
Long 73.531989°
13/12/23 11:57 AM GMT +05:30

[Signature]
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MONTHLY ACTIVITY DECEMBER 2023

SIX MONTH BIRTHDAY

Venue- B.K.L. WALAWALKAR RURAL MEDICAL COLLEGE, UHTC

Date- 15/12/2023

Participant No. - 14

Doctor and participants Name – Dr. Sakshi mohite, Dr. Pranav pol(Psm Jr), Dr Balaji (medicine Jr), Pradnya Ware(sister), Ashwini Redij (sister), Mr. Sandip Patil (msw), Pharmacist Swapnali Mahadik, Ramesh Kadam **Interns-** Dr Harshal, Dr kshitija, Dr Rutuja, Dr Ayushri, Dr chaitali

Programme Summary:

Today on 15/12/2023 a Six Month Birthday programme was organized at UHTC Chiplun. About 29 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately.

The children were then seated. After which Dr. Harshal and MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

Lastly all the children were gathered together for cutting the Birthday cake. Thus the program ended by serving the children with Idli kheer banana and by giving them spoon and bowl as a birthday gift.

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Prof & Head of Dept. Community Medicine
BKL Walawalkar Medical College
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Sakshi

MONTHLY ACTIVITY DECEMBER 2023

SAMUDAIK DOHALE JEVAN

VENUE: UHTC, chiplun

Date- 20/12/2023

Participant No. - 07 ANC

Doctor and participants name- Dr Sakshi Mohite, Dr Balaji, Dr Prajakta Choudhari(Gyn Jr), Sister Pradnya Ware, Sister Ashwini Redij, MSW Sandip Patil, Pharmacist Swapnali Mahadik

INTERN-Dr Chaitali, Dr Kshitija, Dr Harshal, Dr Prince, Dr Siddharth, Dr Vikas

Programme Summary:

Today on 20/12/2023 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 07 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requestions were also provided. Anc registrations was done at BKL WALAWALKAR HOSPITAL DERVAN

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

All these females were educated about routine scans, warning signs to be aware of during pregnancy

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They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was advised to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



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Smt. Vithalrao Joshi Charities Trust's

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MONTHLY ACTIVITY DECEMBER 2023

GENERAL HEALTH CHECKUP

VENUE: NANDIVASE, CHIPLUN

DATE: 23/12/2023

PARTICIPANTS: 26

DOCTOR'S & STAFF NAME: Dr. Abhishek Chauhan (surgery resident) , Dr. Prince Patel (intern), Dr. Vikas Pawara (intern) , Dr. Kshitija Patil (intern) , Sister Pradya Ware, Sonam Kotavdekar (H.E) MSW Sandip Patil, Ms. Manasi Panchal

Programme Summary:

Today on 23/12/2023 Nandivase, Chiplun a camp for General Health checkup for the locals people was held.

Total 30 persons were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those in need to check for their sugar levels were checked. Those who needed further investigations like USG, CBC were referred to UHTC and BKLWH. Who needed surgery, ophthalmic treatment, gynec surgery or other investigations were referred to UHTC and Walawalkar hospital Dervan.

MSW Sandip Patil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.

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MONTHLY ACTIVITY DECEMBER 2023

GENERAL HEALTH CHECKUP

VENUE: Radhakrushna Nagar, Chiplun

DATE: 26/12/2023

PARTICIPANTS: 40

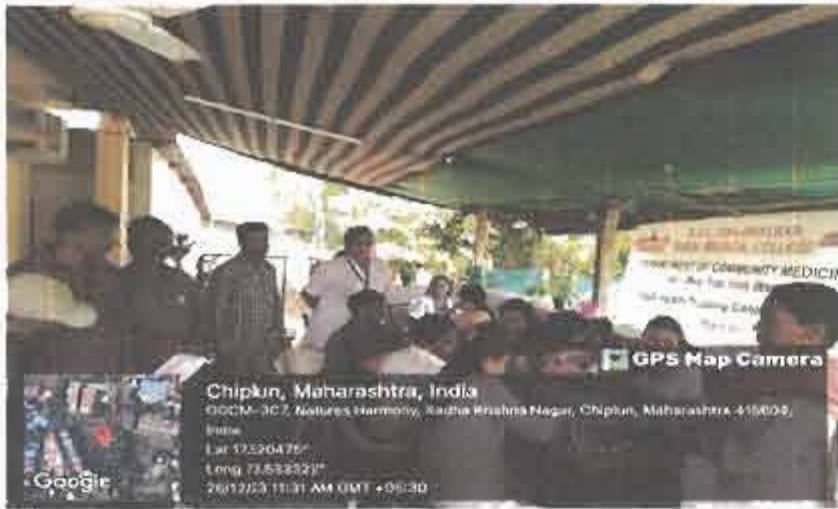
DOCTOR'S & STAFF NAME: Dr Sakshi Mohite , Dr.Chaitali Patil (intern) , Sister Ashwini Redij, MSW Sandip Patil

Programme Summary:

Today on 26/12/2023 Radhakrushna Nagar, Chiplun a camp for Genaral Health checkup for the locals people was held.

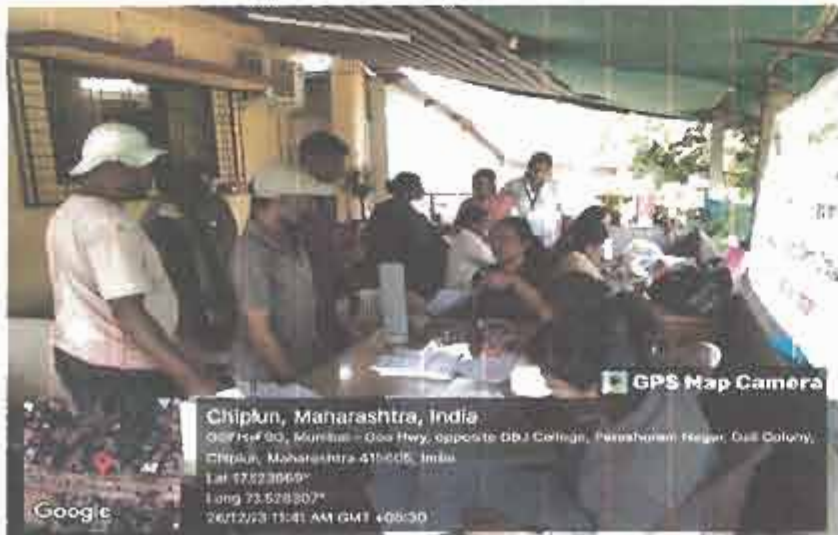
Total 40 persons were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were giver . Those in need to check for their sugar levels were checked . Those who needed further investigations like USG, CBC were referred to UHTC and BKLWH. Who needed surgery, ophthal treatment , gynac surgery or other investigations were refered to UHTC and Walawalkar hospital Dervan.

MSW Sandip Patil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.



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B.K.L. Waghmare



B.K.L. Waghmare

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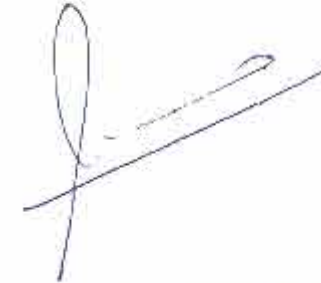
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B.K.L. Walawalkar Rural Medical College UHTC, CHIPLUN MONTH JANUARY -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	04/01/2024	GENERAL HEALTH CHECK UP - KHERDI	DrSakshi Mohite		Sister AshwiniRedij MSW SandipPatil Ramesh Kadam	27
2	09/01/2024	GENERAL HEALTH CHECK UP - SHIRGAON	DrSakshi Mohite DrPranav Fol(Jr Community Med)	DrAvinash Mane	Sister Pradnya Ware MSW- SandipPatil Ramesh Kadam	05
3	10/01/2024	GENERAL HEALTH CHECK UP - WASHISHTI		Dr Mohit Mahajan	Sister AshwiniRedij MSW SandipPatil	21
4	12/01/2024	SCHOOL HEALTH CHECK UP- TIWARE	DrPranav Fol(Jr Community Med)	Dr Eunice Ludrik	Sister Pradnya Ware MSW SandipPatil DipeshDongare -Lab Tech SonuSonkar- Lab Tech Ramesh Kadam	115
5	17/01/2024	SAMUDAIK DOHALE JEVAN	Dr Rushikesh(JR, OBGY)	DrDikshaManval DrAvinash Mane	Sister Pradnya Ware Sister AshwiniRedij ShriyaMone(pharmacist) MSW SandipPatil Ramesh Kadam	11


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6	19/01/2024	SIXTH MONTH BIRTHDAY	DrPranav Pol(Jr Community Med)	DrDikshaManval DrAvinash Mane DrNaman Mehta DrChinmayMhasakar	Sister AshwiniRedij Sister Pradnya Ware ShriyaMone(pharmacist) SandipPatil- msw Ramesh Kadam	20
7	20/01/2024	CANCER AWARENESS & HEALTH CHECK UP PROGRAM- POPHALI	DrPravinIagtap(Medici ne Jr)	DrDikshaManval DrNaman Mehta	ANM Nursing Students SandipPatil- msw Ramesh Kadam	31
8	23/01/2024	NUTRITION AWARENESS PAG		DrAvinash Mane DrChinmay Mhasakar	Sandip Patil- MSW	Around 150
9	25/01/2024	HALDI KUNKU & DIET AWARENESS PROGRAM	DrRavikiranKamte(Assoc iate professor, community medicine) DrPranav Pol(Jr Community Med)	DrChinmayMhasakar. DrPriyaGarg	Sister AshwiniRedij, Sister Pradnya Ware Pharmacist- Shriya:mone MSW SandipPatil, Ramesh Kadam	187



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MONTHLY ACTIVITY JANUARY 2024 KHERDI ANC HEALTH CHECK UP CAMP

VENUE: Kherdi subcentre

DATE: 04/01/2024

NUMBER OF PARTICIPANTS :27 ANC

DOCTOR'S & STAFF NAME—Dr Sakshi Mohite, Sister Ashwini Redji, MSW Sandip Patil, Interns -

Programme Summary:


Antenatal checkup camp was held on 04/01/2024 at Kherdi subcentre. A total of pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

Dr. Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc.

The program was concluded by solving doubts of the participants.


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MONTHLY ACTIVITY JANUARY 2024 SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE: SHIRGAON PHC

DATE: 09/01/2024

NUMBER OF PARTICIPANTS: 5 ANC

DOCTOR'S & STAFF NAME – DrSakshi Mohite, DrPranavPol(Jr Community Med) ,Sister Pradnya ware, MSW SandipPatil, intern - DrAvinash Mane

Programme Summary:

Antenatal checkup camp was held on 09/01/2024shirgaonsubcentre. A total of 6 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

DrSakshiMohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits,

Diurred vision,etc


DEAN



Shirgaon, Maharashtra, India
FJ4G+W5F, Shirgaon, Nagave, Maharashtra 415602, India
Lat 17.457364°
Long 73.625422°



Shirgaon, Maharashtra, India
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Long 73.625422°
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MONTHLY ACTIVITY JANUARY 2024 GENERAL HEALTH CHECKUP

VENUE: Washishti dairy , chiplun

DATE: 10/01/2024

PARTICIPANTS: 21

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, Sister Ashwini Redij, MSW SandipPatil, Intern- Dr Mohit Mhajan

Programme Summary:

Today on 10/01/2024 at washishti dairy, Chiplun a camp for Genaral Health checkup for dairy workers was held.

Total 52 workers were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those in need to check for their sugar levels were checked. Those whoneeded further investigations like USG, CBC were referred to UHTC and BKLWH. Who needed surgery, ophthaí treatment , gynac surgery or other investigation were referred to UHTC and Walawalkar hospital Dervar.

MSW SandipPatil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC

Chiplun.

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MONTHLY ACTIVITY JANUARY 2024

GENERAL HEALTH CHECK UP

VENUE :- ZILHA PARISHAD SCHOOL, TIWARE

DATE - 12/01/2024

PARTICIPANTS :- 31 PATIENTS + 83 STUDENTS

DOCTORS and STAFF :- Dr Pranav Pol(Jr Community Med), Dr Sakshi Mohite, Dr Eunice Ludrik(Intern), Sister Pradnya Ware, MSW Sandip Patil, Lab Technician- Dipesh Dongre & Sonu Sonkar

PROGRAM SUMMARY

Today on date 12/01/24, by UHTC, Chiplun, a camp has been organized in Tiware, Chiplun in Zila Parishad Purva Prathamik Shala and New English School for general health check up and blood group check up of students.

In this camp, general health check up of 31 parents and blood grouping of 83 students was done and after noting down their names, medications were given according to their complaints.

After blood grouping, reports were handed over. After general check up, if found necessary, other investigations and references to other departments were given and patients were referred to BKLWH, Dervan for further management.

After completion of general check up, the information regarding the services and facilities provided by our hospital was given to the people by MSW Sandip

Patil.

people were advised to make use of those services effectively.


DEAN

Doubts or queries were cleared and the camp was brought to an end.



वाचिष्ठी शिवाय और शिवाय चौकदार प्रा. नि. ,शिवायी नगर.

आपलास

म.क.स. महाविद्यालय शाही आरोग्य केंद्र व वाचिष्ठी शाही संस्था संयुक्त विद्यमानाने शीवाय आरोग्य तपासणी शिबीर दि.१०/०१/२४ रोजी कासबादी वनाबादी आरोग्य तपासणी व शीवाय औषधी दवाखाना शाही या शिबिराबाबत कृष्णातलासील डॉक्टर, टीक व शिवाय, आरोग्य शिवाय शिवाय अतिशय उत्तम प्रकारे होत असताना शाही कृष्णातलासील संघानिका डॉ सुवर्णा पाटील शिवाय व डॉ. दशिकिण वर यांचे कृतज्ञता आभारी असतो.

आपलास
वाचिष्ठी शिवाय और शिवाय चौकदार प्रा नि

B.K. Walawalkar
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MONTHLY ACTIVITY JANUARY 2024

SAMUDAIK DOHALE JEVAN

VENUE :-UHTC

Date- 17/01/2024

Participant No - 11 ANC

Doctor and Participants name- Dr. Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Shriya Mone, Sonam K – H.E., MSW Sandip patil,
Interns – Dr Diksha Manval, Dr Avinash Mane

Today on 17/01/2024 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 07 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requestions were also provided.

All these females were educated about a l the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts)All these females were educated for proper growth of the baby.

Nutritious ladoo's were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were adviced to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or VY leak/bleeding she was adviced to contact the nearest hospital as soon as possible.


DEAN

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



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MONTHLY ACTIVITY JANUARY 2024 SIXTH MONTH BIRTHDAY

Venue-Urban Health Training Centre, Chiplun

Date- 19/01/2024

Participant No. -20

Doctor and participants name- Dr.Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Shriya mone, MSW Sandip patil,
Interns -Dr Diksha Manval, DrAvinash Mane, DrChinmay Mhaskar, Dr Naman Mehta


PROGRAM SUMMARY

Today on 19/01/2024 Six Month Birthday programme was organized at UHTC Chiplun. About 20 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately

They did surely learn a lot like how to wash their hands, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together and sang the happy birthday song and then blew the candles and enjoyed sweet sheera. They all were gifted spoons and bowls along with sweets to the end the event

After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.


DEAN

Thus the program ended by serving the children with sheera, shengdanachikki, banana and by giving them spoon and bowl as a birthday gift.



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MONTHLY ACTIVITY JANUARY 2024 CANCER AWARENESS PROGRAMME

Venue- Pophali(Kumbharli), Chiplun

Date- 20/01/2024

Participant No – 31

Doctor and participants name- Dr. Pravin Jagtap(Med Jr), Sister Isha Bane, Sister Roshani Dhanavde , MSW Sandip patil, Ramesh Kadam **Interns –**Dr Diksha Manval, DrNaman Mehta

PROGRAM SUMMARY

Today, on date, 20/01/24, a camp was organized by UHTC, Chiplun at PHC Shirgaon, village- pophali(Kumbharli) where General Health Check up of 31 patients was done.

All the doctors and health workers were welcomed and the camp was initiated.

The names and the phone numbers of all the patients were noted down and their check up was done by Dr. Pravin Jagtap and medications were provided accordingly.

After completion of general check up, the information regarding the services and facilities provided by our hospital was given to the people by MSW Sandip Patil.

People were advised to make use of those services effectively.

A presentation was given for cancer awareness by intern doctors in which information regarding cancer signs, and symptoms, prevention, treatment and risk factors was explained. The types and stages of cancer were also explained and the patients were encouraged not to fear the cancer and to seek medical advise as early as possible. Any doubts or queries were cleared and the camp was brought to an end.



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MONTHLY ACTIVITY JANUARY 2024 NUTRITION AWARENESS PAG

Venue- Sahyadri Highschool, Pag, Chiplun

Date- 23/01/2024

Participant No –Around 150

Doctor and participants name- MSW Sandip patil, **Interns** -Dr Chinmay Mhaskar, Dr Avinash Mane

PROGRAM SUMMARY

On 23/01/24, a nutrition camp for females was organized by UHTC, Chiplun at Sahyadri High School, near Pag Naka, Chiplun.

The programmes initiated with welcoming the intern doctors. There were around 150 females of various age groups present there.

A presentation was given regarding importance of nutrition and health for females of various age groups.

The presentation included nutrition, balanced diet, things to eat and avoid, and general information about anaemia, hypertension and diabetes was provided.

Also information regarding sources of iron rich food, calcium rich food and vitamin B12 and folate rich foods were given.

The information regarding the services and facilities provided by our hospital was given to the people by MSW Sandip Patil.

People were advised to make use of those services effectively. Doubts or queries were cleared and the camp was brought to an end.


DEAN



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MONTHLY ACTIVITY JANUARY -2024

HALDI KUM-KUM PROGRAMME

Venue-Urban Health Training Centre, Chiplun

Date- 25/01/2024

ParticipantNo – 187

Doctor and participants name- Dr. Ravikiran K (Associate professor community medicine), Dr.Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist shriya mone, MSW Sandip patil, **Interns –** Dr Chinmay Mhaskar, Dr Priya Garg, Dr Nimish Ganvir, Dr Naman Mehta

PROGRAM SUMMARY

Today, on date 25/01/24, a Haldi Kumkum programme was organized in UHTC, Chiplun. In this, a total of 187 females were involved.

The programme was inaugurated by Dr. Ravikiran(Associate professor community medicine).

Intern doctors was given information regarding nutrition, balanced diet, things to eat and avoid, and general information about anaemia, hypertension and diabetes was provided. Also information regarding sources of iron rich food, calcium rich food and vitamin B12 and folate rich foods were given.

The information regarding the services and facilities provided by our hospital was given to the people by MSW Sandip Patil.

People were advised to make use of those services effectively.

After this, Haldi Kumkum was celebrated by the females and they were given gifts and sharbat.

Everyone was thanked for attending the event and thus the programme was brought to an end.


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UHTC, CHIPLUN

MONTH FEBRUARY -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	07/02/2024	GENERAL HEALTH CHECK UP – PAG	DrPranav Pol(Jr Community Med)	Dr Prashama Gawali	Sister Pradnya Ware Ramesh Kadam	19
2	09/02/2024	GENERAL HEALTH CHECK UP - SHIRGAON	DrSakshi Mohite	Dr Priya Garg	Sister Deepika Dongare	06
3	09/02/2024	SAMUDAIK DOHALE JEVAN- UPHC		Dr Harshada Haware Dr Akahay Hambire	Sister Pradnya Ware	20
3	10/02/2024	GENERAL HEALTH CHECK UP – MSRTC	DrSakshi Mohite	Dr Akahay Hambire	Sister Dipika Dongare MSW Sandip Patil Ramesh Kadam	20
4	12/02/2024	GENERAL MEDICINE CAMP	Dr Suvarna Patil (Md Med) Dr Ravikiran K(Associate professor	Dr Akahay Hambire Dr Priya Garg Dr Prashama Gawali	Sister AshwiniRedij Sister Pradnya Ware Sister Dipika Dongare Pharmacist Shriya Mone	23

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			community medicine, Dr Vaibhav (Med JR) Dr Sakshi Mohite		MSW Sandip Patil Manasi panchal Lab Tech. Aniket Gujar Ramesh kadam Sister Pradnya Ware MSW Sandip Patil	
5	13/02/2024	GENERAL HEALTH CHECK UP – WASHISHTI	Dr Sakshi Mohite	Dr Prashama Gawali		
6	17/01/2024	GENERAL HEALTH CHECK UP – MARKANDI	Dr Sakshi Mohite	Dr Nachiket Kadam	Sister Ashwini Redij Ramesh Kadam	28
7	19/02/2024	GENERAL HEALTH CHECK UP – VEHELE	Dr Pratik Shahane(ENT), Dr Abhilash Sawale(Gen Surg), Dr Sakshi Mohite, Dr Vaibhav Sakpal(optn)	Dr Prashama gawali	Sister Ashwini Redij Sister Pradnya Ware sister Dipika Dongare Pharmacist Shriya Mone MSW Sandip Patil Ramesh kadam	25
8	21/02/2024	SIXTH MONTH BIRTHDAY	Dr Sakshi Mohite			31
9	28/02/2024	SAMUDAIK DOHALE JEVAN	Dr Sakshi Mohite	Dr Sharvari Kale Dr Palash kamble Dr Saurabh kale Dr Onkar kore		

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MONTH FEBRUARY -2024

GENERAL HEALTH CHECK UP CAMP

VENUE: PAG BAUDDHAWADI CHIPLUN

DATE: 07/02/2024

NUMBER OF PARTICIPANTS: 19 PATIENTS

DOCTOR'S & STAFF NAME – Dr. Pranav Pol(JR community medicine), Dr. Prashama Gawali(Intern), sis. Pradnya Ware, Ramesh Kadam

Programme Summary:

Today, on 7/2/24, a team of 2 doctors and one sister was sent from UHTC to Pag Bauddhawadi, Chiplun where a General Health Check up camp was conducted. A total of 19 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered. The patients were giving respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Lastly, they were given information about the resources provided by BKLWH, about how to identify certain diseases and when to visit the doctor.

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Chipun, Maharashtra, India
GGFG+76, Budhawadi, Pag, Chiplun, Mirjoli, Maharashtra 415604, India
Lat 17.523285°
Long 73.518126°
07/02/24 12:35 PM GMT +05:30



Chipun, Maharashtra, India
GGFG+76, Budhawadi, Pag, Chiplun, Mirjoli, Maharashtra 415604, India
Lat 17.523157°
Long 73.518245°
07/02/24 12:48 PM GMT +05:30



Chipun, Maharashtra, India
GGFG+88, Budhawadi, Budha Wadi, Ratnagiri, Chiplun, Mirjoli, Maharashtra 415604, India
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Long 73.518436°
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MONTHLY ACTIVITY FEBRUARY 2024

SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE: SHIRGAON PHC

DATE: 09/02/2024

NUMBER OF PARTICIPANTS: 6 ANC

DOCTOR'S & STAFF NAME – Sister Deepika Dongre, MSW Sandip Patil, Intern – Dr. Priya Garg

Programme Summary.

Antenatal checkup camp was held on 09/02/2024 shirgaon subcentre. A total of 6 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded and those with high BP was advised for regular BP monitoring and were counseled about the risk. T.T injections were given to the pregnant females of second trimester.

Every patient was examined and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Repeat CBC was advised to those having decreased HB during last visit. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

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Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, pedal edema etc

The program was concluded by solving doubts of the participants.



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MONTHLY ACTIVITY FEBRUARY 2024

SAMUDAIK DOHALE JEVAN

VENUE :- URBAN PRIMARY HEALTH CENTRE CHIPLUN

DATE : 9/02/24

PARTICIPANTS NO- 20

DOCTORS AND STAFF NAME - Sister Pradnya Ware, MSW Sandip Patil , **INTERNS** - Dr Harshada Haware, Dr Akshay Hambire

PROGRAM SUMMARY- Today on 9/02/24 at uphc chiplun we celebrated baby shower program , were 20 participants were present. All ANC ,PNC and UPHC workers were welcomed and the program was started . UPHC Dr Pooja Pandey (medical officer) enlightened everyone about ANC Care and Importance of today's program.

MSW Mr.sandip patil gave a information of various services available at UHTC and B.K.L walawalkar hospital

Then Dr. Akshay gave information about ANC Care and diet importance to the participants. After that Dr. Harshada gave valuable information about PNC Care including breast feeding family planning immunization perineal hygiene.

At the end of program ANC mother were prepared for photo taking and photos were taken. After that they were given healthy fruits and nutritious laadu were given .

Hence program was ended after solving everyones doubts

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MONTHLY ACTIVITY FEBRUARY 2024 GENERAL HEALTH CHECK UP CAMP

VENUE: MSRTC, CHIPLUN

DATE: 10/02/2024

NUMBER OF PARTICIPANTS: 20 PATIENTS

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Sister Dipika Mohire, Msw Sandip Patil, Ramesh Kadam, INTERN- Dr. Akshay Hambire

Programme Summary:

Today, on 10/2/24, camp is organized by uhtc at MSRTC, Chiplun where a General Health Check up was conducted. A total of 20 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered.

RBSL of patients were checked and the patients were given respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk.

Lastly, they were given information about the resources provided by BKLWH, about how to identify certain diseases and when to visit the doctor.

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Chiplun, Maharashtra, India
New bus stand road, Dr. Jadhav Chowk, Brijwade Colony, Chiplun, Maharashtra 415005, India
Lat: 17.521430°
Long: 73.515204°
06/03/24 11:37 AM GMT+05:30



Chiplun, Maharashtra, India
New bus stand road, Dr. Jadhav Chowk, Brijwade Colony, Chiplun, Maharashtra 415005, India
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Chiplun, Maharashtra, India
Chiplun Bus Depot, Vireshwari Colony, Chiplun, Maharashtra 415005, India
Lat: 17.521430°
Long: 73.515204°
16/03/24 09:29 PM GMT+05:30

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MONTHLY ACTIVITY FEBRUARY 2024

GENERAL MEDICINE CAMP

VENUE: UHTC CHIPLUN

DATE: 12/02/2024

NUMBER OF PARTICIPANTS: 23 PATIENTS

DOCTOR'S & STAFF NAME – Dr. S. Varsha Patil, Dr. Ravikiran Kamate, Dr. Vaibhav (med jr), Dr. Sakshi Mohite, Sister Prdnya Ware, Sister Ashwini Redij, Sister Dipika Dongare, Pharmacist Shreya Mone, MSW Sandeep Patil, Ramesh Kadam, Manasi Panchal, Aniket Gujar Intern - Dr. Akshay Hambire, Dr. Priya Garg, Dr. Prashama Gawali, Dr. Nachiket kadam, Dr. Shubhangi kadam

Programme Summary:

Today, on 12/2/24, camp is organized at UHTC, Chiplun. A General Health Check was conducted. A total of 23 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered.

RBSL of patients were checked and the patients were given respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Doctor and intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk.

Lastly, MSW Sandip Patil gave information about the resources provided by BKLWH, about how to identify certain diseases and when to visit the doctor.

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MONTHLY ACTIVITY FEBRUARY 2024

GENERAL HEALTH CHECK UP CAMP

VENUE: Washishti dairy , chiplun

DATE: 13/02/2024

PARTICIPANTS: 20

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, Sister Ashwini Redij, MSW SandipPatil, Intern- Dr Prashama Gawali

Programme Summary:

Today on 13/02/2024 at washishti dairy, Chiplun a camp for General Health checkup for dairy workers was held.

Total 20 workers were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those in need to check for their sugar levels were checked. Those who needed further investigations like USG, CBC were referred to UHTC and BKLWH. Who needed surgery, opthal treatment, gynac surgery or other investigation were referred to UHTC and Walawalkar hospital Dervan.

MSW SandipPatil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.

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MONTHLY ACTIVITY FEBRUARY 2024

GENERAL HEALTH CHECK UP CAMP

VENUE – Chiplun, Markandi

DATE – 14/2/2024

PARTICIPANT'S NO. – 28

DOCTORS AND STAFF NAME – Dr. Sakshi Mohite, Sister Ashwini Redij, Ramesh Kadam, Dr. Nachiket Kadam (Intern)

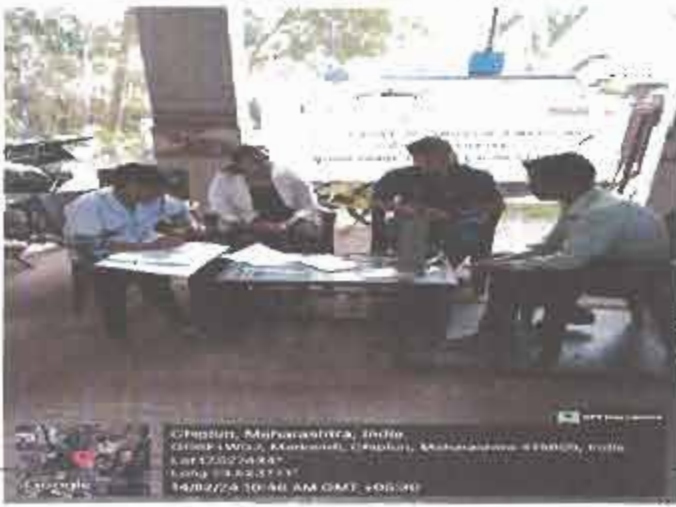
PROGRAM SUMMARY -

Today, on 14/2/2024 a general health camp was organized at Markandi, Chiplun. A total of 28 patients were examined through this camp. In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.

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MONTHLY ACTIVITY FEBRUARY 2024

GENERAL HEALTH CHECK UP CAMP

VENUE - Vehale Grampanchayat

DATE - 19/2/2024

PARTICIPANT'S NO. - 44

DOCTORS AND STAFF NAME - Dr Pratik Shahane(ENT), Dr Abhilash Sawale(Gen Surg), Dr Sakshi Mohite, Dr Vaibhav Sakpal(opthl), Sister Ashwini Redij, Sister pradnya ware, pharmacist shriya Mone, MSW Sandip Patil, Ramesh Kadam, Intern- Dr Prashama gawali

PROGRAM SUMMARY -

Today, on 19/2/2024 a general health camp was organized at Vehale Grampanchayat. A total of 44 patients were examined through this camp. In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.

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Janak



Adare, Maharashtra, India
Pin:415004, Adare, Maharashtra 415004, India
Lat: 17.473889
Long: 73.989922
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Adare, Maharashtra, India
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MONTHLY ACTIVITY FEBRUARY 2024

SIXTH MONTH BIRTHDAY

VENUE :- Urban Health training Centre, Chiplun

DATE : 21/02/2024

PARTICIPANTS NO- 25

DOCTORS AND STAFF NAME – Dr Sakshi Mohite, Dr Pankti Mehta(Paediatrician), Dr Pranav Pol(Jr Community Medicine), Sister Pradnya ware, Sister Aswini Redij, Pharmacist Shriya Mone, MSW Sandip Patil **Interns** - Dr Nachiket Kadam, Dr Nilesh Jadhav

PROGRAM SUMMARY- Today on 21/02/24 at uhtc chiplun we celebrated 6 months b'day program , were 14 participants were present . All the children underwent anthropometric and routine health check up . After gathering everyone ,interns gave information about personal hygiene and healthy diet and importance of immunization to participants and there mothers .

MSW Mr.sandip patil gave a information of various services available at UHTC and B.K.L walawalkar hospital

At the end of program children were given spoon , bowl ,groundnut chikki along with vermicilli kheer. Doctors cleared all the doubts of participants and the program was concluded .

DEAN
Sudhakar



Chiplun, Maharashtra, India
00CHXXH, Ravale, Chiplun, Maharashtra 415604, India
Lat 17.522312°
Long 73.529624°
21/02/24 12:02 PM GMT +05:30

Chiplun, Maharashtra, India
Asnita, Garaswadi, NH 66, Ravale, Chiplun, Maharashtra 415605, India
Lat 17.521744°
Long 73.529882°
21/02/24 12:10 PM GMT +05:30

Chiplun, Maharashtra, India
GGRH-3KV, Palashuram Nagar, Datt Colony, Chiplun, Maharashtra 415605, India
Lat 17.523414°
Long 73.530026°
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Chiplun, Maharashtra, India
00CHXXH, Ravale, Chiplun, Maharashtra 415604, India
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MONTHLY ACTIVITY FEBRUARY 2024

SAMUDAIK DOHALE JEVAN

VENUE :-Urban Health Training Centre, Chiplun

Date- 28/02/2024

Participant No -03 ANC

Doctor and Participants name- Dr. Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Shriya Mone, Sonam K – H.E., MSW Sandip patil, Interns – Dr Diksha Marval, Dr Avinash Mane

PROGRAM SUMMARY-

Today on 28/02/2024 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 07 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO₂, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed Iron folic acid tablets, USG scan requests were also provided.

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

Nutritious laddoo's were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was advised to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Wajwalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.

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UHTC, CHIPLUN MONTH MARCH -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	07/03/2024	HEALTH AWARENESS- ZP SCHOOL, RAOTALE			Akansha Mulye(Nursing Tutor) Ramesh Kadam	
2	09/03/2024	WOMENS DAY PROGRAM – POLICE STATION	Dr Ravikiran K(Associate professor community medicine) Dr Sakshi Mohite	Dr Palash kamble Dr Onkar kore		
3	10/03/2024	WOMENS DAY PROGRAM	Dr Ravikiran K(Associate professor community medicine) Dr Sakshi Mohite	Dr Palash kamble Dr Onkar kore Dr Vishal kothavle PT Inten- Asawari	Sister AshwiniRedij Sister Pradnya Ware Pharmacist Shriya Mone MSW Sandip Patil	23

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			Dr Roopa Rao(Physiotherapist)	Thakur, Sejal Zombade, sakshi Rane	Ramesh Kadam	
4	11/03/2024	GENERAL HEALTH-CHECK UP – KUMBHARLI MANDIR	Dr Dipesh Patil(Orthopedic) Dr Abhishek chavhan(surgery) Dr Sakshi Mohite	Dr Abhilash singh(opthal) Dr Vishakha Shinde(ENT) Dr Palash Kamble	Sister AshwiniRedij Sister Pradnya Ware MSW Sandip Patil	73
5	12/03/2024	ANC CHECK UP- SHIRGAON PHC	Dr Sakshi Mohite	Dr Vishal kothavle	Sister Dhanashri katare MSW Sandip Patil	06
6	13/03/2024	GENERAL HEALTH-CHECK UP – KHANDATPALI	Dr Sakshi Mohite	Dr Rutwik Kulkarni	Sister Dhanashri katare MSW Sandip Patil	44
7	15/03/2024	SIXTH MONTH BIRTHDAY	Dr Sakshi Mohite	Dr Vishal kothavle Dr Rutwik Kulkarni Dr Varad Kulkarni Dr Rushikesh Kumbhar	Sister AshwiniRedij Sister Pradnya Ware Sister Dipika Dongare Pharmacist Shriya Mone Ramesh kadam	27
8	20/03/2024	GENERAL HEALTH CHECK UP – WASHISHTI	Dr Sakshi Mohite Dr Dhannjay Yadav(community med jr1)	Dr Varad Kulkarni Dr Siddhi lalwani	Sister AshwiniRedij Ramesh kadam	07
9	20/03/2024	SAMUDAIK DOHALE IEVAN		Dr Siddhi lalwani	Sister Pradnya Ware Pharmacist Shriya Mone MSW Sandip Patil	05
10	30/03/2024	GENERAL HEALTH CHECK UP- UKTAD	Dr Sakshi Mohite	Dr Eunice Ludrik	Sister AshwiniRedij MSW Sandip Patil	12

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MONTH MARCH -2024

HEALTH AWARENESS- ZP SCHOOL

VENUE: ZP school, Raotale

DATE : 07/3/2024

PARTICIAN NAME : Akansha Mulye(Nursing Tutor), Ramesh Kadam

PROGRAMME SUMMARY :

Today On 7/3/24 Bsc Nursing Iv Year Student's Visit Was Organised At Z.P School,Chiplun. Bsc Nursing Students Guided Them About Diet,Health And Good Habits About Health.

This Time The Students Through Street Play Guided Them About Good Habits,What To Eat, What Not To Eat, Personal Hygiene In This Hair Wash,Hand Hygiene And Other Personal Hygiene Tips Were Given.

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At The End All Students Had Conversation With The Team And Their Problems Were Discussed And Solved. In The Playful Environment The Team Left The School And The Programmed Ended.



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MONTH MARCH - 2024

WOMEN'S DAY PROGRAM

Venue: Police station, chiplun

Date : 09/3/2024

Particiant name : Dr. Ravikiran K(Associate professor community medicine)Interns- Dr.Palash kamble, Dr.Onkar kore

Programme Summary:

On 09th of march 2024 womens day was celebrated at police station chiplun. we gathered all lady police officers in front at the verandah section.

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Programme started by Dr. Ravikiran sir giving the introductory speech about the initiative and activities taken for women's. Dr Ravikiran, Dr. Palash , Dr. onkar thanked and appreciated the women police officers for being symbol of courage for the youth girls out there, a source of inspiration helping us out in various scenarios and and striving for sake of us common people.

Being a women with hundreds of other responsibilities and being an officer is applaudable for which letter of appreciation and thanking note with hand drawn posters in it along with roses and chocolates were handed to all the lady officers of chiplun police station. The programme ended.



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Prof. S. S. Joshi



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MONTH MARCH -2024

WOMEN'S DAY PROGRAM

Venue : URBAN TRAINING HEALTH CENTRE

Date : 10/3/2024

Participant no.: 23

Participant name : Dr. Ravikiran K(Associate professor community medicine),Dr Sakshi Mohite, Dr Roopa Rao (Physiotherapist),Sister Aswini Redij,Sister Pradnya ware, pharmacist shriya mone, MSW sandip patil, Ramesh kadam, INTERNS- Dr.Palash kamble, Dr.Onkar kore,Dr.Vishal Kothavle, Physiotherapy Interns – Asawari Thakur, Sejal Zombade, Sakshi Rane, Bsc Nursing Students –4th year

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PROGRAMME SUMMARY

On 10th of march 2024 womens day celebrated in UHTC chiplun. In UHTC activities and programme arranged by Dr. Ravikiran and by the staff of UHTC. All the womens gather at UHTC . Inauguration of programme done by lamp lighting by Dr. sawant..Programme start by Dr. ravikiran sir by giving introductory speech about the intiative and activities taken for women's. Physiotherapist Rupa mam give talk on exercise and it's health benefits. On occasion of women;s day celebration health check up organise for all women's who are come for programme. Along with health check up rbsl , bone density check up are kept. After that programme start by welcome song which is sing by student sister. Then dance performance are kept for them and they enjoy it a lot. After this health talks are arrnge for them, which are given by intern Dr. onkar kore on nutition and Dr. vishal kothawale on breast and cervical cancer. Then some participant women's give thought about women's day occasion. At the end of occasion letter of appreciaton and thanking note with hand drawn posters in it along with roses was handed by Dr. Palash Kamble.



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MONTH MARCH -2024

GENERAL HEALTH CHECK UP

Venue : Kumbharli, Shirgaon (Mahakali Mandir)

Date : 11/3/2024

Participant No. 73

Particiant name : Dr. Dipesh Patil(Orthopedic), Dr Abhishek Chavhan(surgery),Sister pradnya ware, sister ashwini redij,
Msw sandip patil, Interns- Dr.Palash kamble,Dr Abhilash singh,Dr Vishakha shinde

Programme Summary :

The general check up camp at kumbharli (mahakali mandir) was organised by mandir dev sansthan on auspicious yearly yatra by 11/03/2024. We landed at the camp site by morning 10 AM.After which we gathered in front of the mandir and

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took darshan following which we started with checking availability of patients and then examining each in different specialities .

Dr sakshi And Dr Palash For medicine, Dr Dipesh For orthopaedics, Dr Abhishek for surgery , Dr Abhilash For Opthalm, Dr Vishakha For ENT. In all total 73 no of patients were examined at camp site by all the specialities. Bone density, Blood sugar levels, blood pressure were checked. Medicines at the camp site were distributed free of cost for the patients who got themselves checked and screened.

The programme ended with a vote of thanks by the committee members of mahakali temple at kumbharli.





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MONTH MARCH -2024

SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE: SHIRGAON PHC

DATE: 12/03/2024

NUMBER OF PARTICIPANTS: 6 ANC

DOCTOR'S & STAFF NAME – Dr. Sakshi Mohite, Sister Dhanashri katare, **Intern** – Dr Vishal Kothawale

Programme Summary: Antenatal checkup camp was held on 09/01/2024 shirgaon subcentre. A total of 6 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded. BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester. Dr. Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler. Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They

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Dr. J. H. Jadhav

gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to go to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc. The program was concluded by solving doubts of the participants.



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MONTH MARCH -2024

GENERAL HEALTH CHECK UP

Venue : Khandatpali

DATE: 13/3/24

PARTICIPANTS: 44

DOCTOR'S & STAFF NAME : Dr Sakshi Mohite, Sister Dhanashree Katare, Ramesh Kadam **INTERN-** Dr Rutwik Kulkarni

PROGRAMME SUMMARY:

Today On 13/3/24 General Check-Up Camp Was Organised At Khandatpali. In This Camp 44 Patients Were Present. Everyone's Name Was Registered And BP, Pulse, Rbsl Was Noted. The Patients Who Required Blood Investigations Were Told To Get The Investigations Done. According The Need They Were Referred To Bklwrmc Hospital.
Then Ramesh Kadam Gave Information About Uhtc And And Dervan's Walawalkar Hospital's Services .
Also Adviced About Diet, Regular Exercise And Regular Care Taken About Health..

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In This Way Everyone's Doubts Were Cleared And The Camp Ended.



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MONTH MARCH -2024

SIXTH MONTH BIRTHDAY

Venue-Urban Health Training Centre, Chiplun

Date- 15/03/2024

Participant No .- 27

Doctor and participants name- Dr. Sakshi Mohite, Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Shriya mone, MSW Sandip patil,
Interns – Dr Vishal Kothawale, Dr Rutwik Kulkarni, Dr Varad Kulkarni, Dr Rushikesh Kumbhar

PROGRAM SUMMARY

Today on 15/03/2024 Six Month Birthday programme was organized at UHTC Chiplun. About 20 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted and after which they were sent to the

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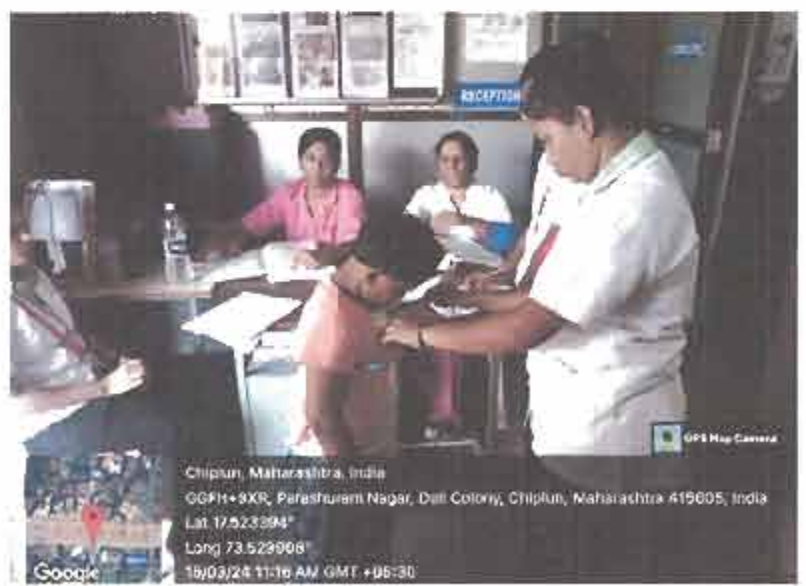
respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately

They did surely learn a lot like how to wash their hands, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together and sang the happy birthday song and then blew the candles and enjoyed sweet sheera. They all were gifted spoons and bowls along with sweets to the end the event

After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

Thus the program ended by serving the children with sheera, shengdanachikki ,banana and by giving them spoon and bowl as a birthday gift.



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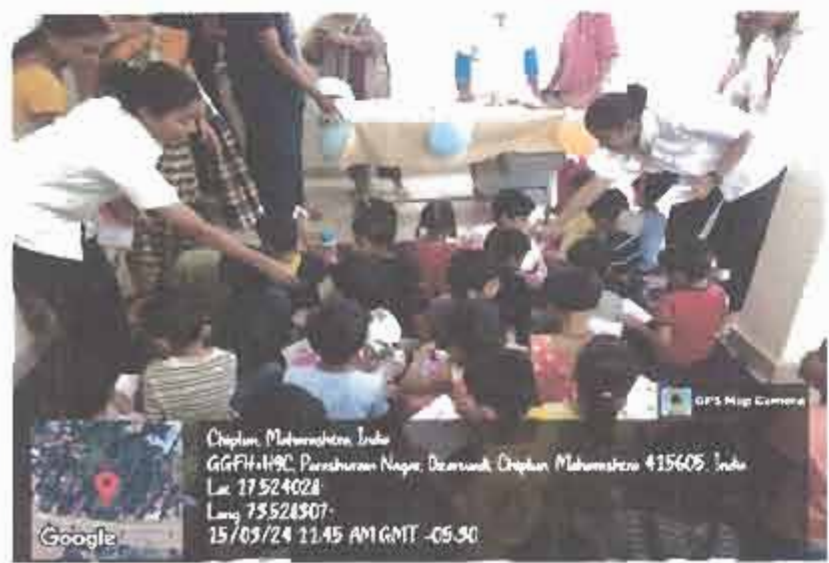
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Dr. [Signature]



Chiplun, Maharashtra, India
 GGPH-40C, Mumbai - Goa Hwy, near Ratty petrol pump, Ravale, Chiplun, Maharashtra 415605, India
 Lat: 17.529404
 Long: 73.529402
 15/03/24 11:32 AM GMT +05:30



Chiplun, Maharashtra, India
 GGPH-2PP, Ravale, Chiplun, Maharashtra 415604, India
 Lat: 17.522724
 Long: 73.529489
 15/03/24 11:11 AM GMT +05:30



Chiplun, Maharashtra, India
 GGPH-H9C, Parashuram Nagar, Deanswad, Chiplun, Maharashtra 415605, India
 Lat: 17.524028
 Long: 73.524507
 15/03/24 11:45 AM GMT +05:30



Chiplun, Maharashtra, India
 GGPH-2PP, Ravale, Chiplun, Maharashtra 415604, India
 Lat: 17.522698
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MONTHLY ACTIVITY MARCH 2024

GENERAL HEALTH CHECKUP

VENUE: Washishti dairy , chiplun

DATE: 20/03/2024

PARTICIPANTS: 07

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, Dr Dhananjay Yadav(Community Med Jr1), Sister Ashwini Redij, Ramesh kadam, Intern- Dr Varad Kulkarni, Dr siddhi lalwani

PROGRAMME SUMMARY:

Today on 20/03/2024 at washishti dairy, Chiplun a camp for Genaral Health checkup for dairy workers was held.

Total 52 workers were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those in need to check for their sugar levels were checked . Those whoneeded further investigations like

Sakshi
Prof & Hospital Dept. Co-ordinator, Medicine

Prof & Hospital Dept. Co-ordinator, Surgery

Prof & Hospital Dept. Co-ordinator, Pathology



USG, CBC were referred to UHTC and BKLWH. Who needed surgery, ophthal treatment , gynac surgery or other investigation were referred to UHTC and Walawalkar hospital Dervan.

MSW SandipPatil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.




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MONTHLY ACTIVITY MARCH 2024

SAMUDAIK DOHALE JEVAN

VENUE :-UHTC

Date- 20/03/2024

Participant No - 05 ANC

Doctor and Participants name- Dr. Sakshi Mohite, Sister Pradnya Ware, Pharmacist Shriya Mone, MSW Sandip patil,
Interns – Dr siddhi lalwani, Dr Tanmay Lohiya, Dr varad kulkarni

Programme Summary:

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Today on 20/03/2024 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 05 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requestions were also provided.

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

Nutritious laddoo's were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were adviced to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was adviced to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



Chiplun, MH, India
Pawel Kochi Kanyakumari Highway, Chiplun,
Chiplun, 415605, MH, India
Lat 17.522419, Long 73.529647
03/20/2024 11:56 AM GMT+05:30
Note - Captured by GPS Map Camera



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Chiplun, MH, India
NH 66, Chiplun, Chiplun, 415605, MH, India
Lat 17.522627, Long 73.529710
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Note - Captured by GPS Map Camera



Chiplun, MH, India
NH 66, Chiplun, Chiplun, 415605, MH, India
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03/20/2024 11:48 AM GMT+05:30
Note - Captured by GPS Map Camera



Chiplun, MH, India
Pawel Kochi Kanyakumari Highway, Chiplun,
Chiplun, 415605, MH, India
Lat 17.523236, Long 73.529636
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MONTHLY ACTIVITY MARCH 2024

GENERAL HEALTH CHECKUP

VENUE – Uktad, Subcentre

DATE – 30/3/2024

PARTICIPANT'S NO. – 12

DOCTORS AND STAFF NAME – Dr Jyoti Yadav (THO), Mr Vishal Bhosle (CEO), Dr Sakshi Mohite, Dr Pooja Bedekar, Sister Ashwini Redij, MSW Sandip Patil, Ramesh Kadam, Intern- Dr Eunice Ludrik

PROGRAM SUMMARY -

Today, on 30/3/2024 a General health camp was organized at Uktad Subcentre. Dr Jyoti Yadav (THO) and CEO Mr Vishal Bhosle were present. The program started with the inauguration ceremony of sub centre.

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A total of 12 patients were examined through this camp. In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.



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UHTC, CHIPLUN

MONTH APRIL -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	03/04/2024	GENERAL HEALTH AND ANC CHECK UP-KHANDATPALI	Dr Sakshi Mohite Dr Ajay Patil(Medicine Jr)		Sister Ashwini Redij Sister Rupali Chavan MSW Sandip Patil Nursing Student-pooja Jangam, saichha Kadam	8 ANC & 19 Patients
2	06/04/2023	WORLD HEALH DAY-DADAR PHC	Dr Jyoti Yadav (THO) Dr Ravikiran K (Associate professor community Medicine) Dr Pavan Mundhe (Taluka Supervisor)		MSW Sandip Patil Ravi Yadav (Nursing Teacher) Bsc Nursing Student	54

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UHTC, CHIPLUN

MONTH APRIL -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	03/04/2024	GENERAL HEALTH AND ANC CHECK UP-KHANDATPALI	Dr Sakshi Mohite Dr Ajay Patil(Medicine Jr)		Sister AshwiniRedij Sister Rupali Chavan MSW Sandip Patil NursingStudent-pooja Jangam, saichha Kadam	8 ANC & 19 Patients
2	06/04/2023	WORLD HEALH DAY-DADAR PHC	DrJyotiYadav(THO) DrRavikiran K(Associate professor community Medicine) DrPavanMundhe(Taluka Supervisor)		MSW SandipPatil Ravi Yadav (Nursing Teacher) Bsc Nursing Student	54

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3	08/04/2023	WORLD HEALTH DAY- RAMPUR PHC			MSW SandipPatil Bsc Nursing Student	45
4	10/04/2024	ANC CHECK UP- SHIRGON	DrDhananjay Yadav(Jr community Medicine)	DrTanmay Gangikar	Sister Dhanashri Katare Nursing student- Siddhi kuvlekar, Nisha rade	6
5	12/04/2024	GENERAL HEALTH CHECK UP- MORVANE	DrSakshiMohite Dr Ajay Patil(Medicine Jr)	DrVirajGawade	Sister Pradnya Ware Sister AkshataGamare ManasiSakpal- Nursing Student	15
6	13/4/2024	GENERAL HEALTH CHECK UP- NIRBADE	DrSakshiMohite Dr Ajay Patil(Medicine Jr)	DrTanmay Gangikar	Sister Akshata Gamare Sister Rina Kilje MSW SandipPatil Nursing student- VaibhaviTavde, sakshi Udeg	31
7	18/04/2024	SAMUDAIK DOHALE JEVAN	DrSakshiMohite MeghaSurve(Dietician)	Dr Pratik Apate DrAarushiAgaveka r	Sister AshwiniRedij Sister Pradnya Ware Pharmacist ShriyaMone MSW SandipPatil Ramesh kadam	05
8	20/04/2024	GENERAL HEALTH CHECK UP- MALDOLI	DrPravin(Medicine jr)	Dr Pratik Apate	Sister Dhanashri katare Sister Rupali Chavan MSW Sandip Patil	22
9	22/04/2024	GENERAL HEALTH CHECK UP – KONDHE	Dr Ajay Patil(Medicine Jr)	Dr Pratik Apate	Sister AshwiniRedij Pharmacist ShriyaMone MSW SandipPatil	18
10	23/04/2024	GENERAL HEALTH CHECK UP – DADAR	Dr Nilesh Ambekar(Ortho jr)	DrAarushi Agavekar	MSW SandipPatil	29

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11	24/04/2024	SIXTH MONTH BIRTHDAY	DrSakshi Mohite		Sister Ashwini Redij Sister Pradnya Ware Pharmacist Shriya Mone MSW Sandip Patil Ramesh kadam, GNM IInd Yr Students	18
12	26/04/2024	GENERAL HEALTH CHECK UP- KALUSTE	DrVaibhav Methi	Dr Udhav Bahir	Sister Pradnya Ware Sister Rupali Chavan Rani majge MSW SandipPatil	15



24/07/24

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MONTH APRIL -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE: Khandatpali, subcentre

DATE: 03/04/2024

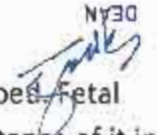
NUMBER OF PARTICIPANTS: 8 ANC & 19 Patients

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Dr Ajay Redij (Medicine jr), Sister Ashwini Redij, MSW sandip Patil

PROGRAMME SUMMARY:

Antenatal checkup & General Health check up camp was held on 03/04/2024 at Khandatpali subcentre. A total of 8 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded. BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester. Dr Sakshi Mohite examined every patient and advised sonography to those women who

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needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler. she gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy and advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. she gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc. The program was concluded by solving doubts of the participants.

A total of 19 patients were examined through this camp. In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.



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MONTH APRIL -2024

WORLD HEALTH DAY

VENUE : PHC DADAR

DATE : 6/04/2024

PARTICIPANTS : 54

DOCTOR'S & STAFF NAME: Dr Jyoti Yadav(THO), Dr Ravikiran K(Associate professor community Medicine), Dr Pavan Mundhe(Taluka Supervisor), Sandip Patil (MSW), Ravi Yadav (Nursing Teacher), BSc Nursing Staff

PROGRAM SUMMARY :

Today, on 6/4/2024 on occasion of World Health Day, health awareness programme was arranged by UHTC at PHC Dadar under guidance of Dr. Jyoti Yadav (THO), Dr. Ravikiran K (Associate Professor, Community Medicine). After introduction to all patients, nursing students performed a skit on importance of health, ANC Care and awareness about common Non

Communicable Diseases. Importance of health in general including all components of ANC care and its importance, warning signs of pregnancy and health awareness regarding all common non communicable diseases was included in it.

Patients doubts regarding above information was cleared and details of all health care components in ANC and NCD was summarized to patients.





S. K. Wadavalkar

Prof & Head of Dept. Community Medicine
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DEAN
Jyoti

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MONTH APRIL -2024

WORLD HEALTH DAY

VENUE : PHC RAMPUR

DATE : 8/04/2024

PARTICIPANTS : 45

DOCTORS AND RESOURCED PERSONS : Sandip Patil (MSW), BSc Nursing Students

PROGRAM SUMMARY :

Today, on 8/04/2024 on occasion of World Health Day, health awareness programme was arranged by UHTC at PHC Rampur under guidance of Dr. Jyoti Yadav (THO), Dr. Ravikiran K (Associate Professor, Community Medicine). After introduction to all patients, nursing students performed a skit on importance of health, ANC Care and awareness about common Non



Communicable Diseases. Importance of health in general including all components of ANC care and its importance, warning signs of pregnancy and health awareness regarding all common non communicable diseases was included in it.

Patients doubts regarding above information was cleared and details of all health care components in ANC and NCD was summarized to patients.





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08/04/24 11:38 AM GMT +05:30
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25/07/24

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MONTHLY ACTIVITY APRIL 2024

SHIRGAON ANC HEALTH CHECK UP CAMP

VENUE: SHIRGAON PHC

DATE: 10/04/2024

NUMBER OF PARTICIPANTS: 06 ANC

DOCTOR'S & STAFF NAME –Dr DhananjayYadav(Jr community Medicine), Sister Dhanashri Katare, Nursing student- Siddhi kuvlekar, Nisha rade, DrTanmay Gangikar(Intern)

PROGRAMME SUMMARY:

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Antenatal checkup camp was held on 10/04/2024 shirgaon subcentre. A total of 06 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded and those with high BP were advised for regular BP monitoring and were counseled about the risk. T.T injections were given to the pregnant females of second trimester.

Every patient was examined and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Repeat CBC was advised to those having decreased HB during last visit. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, pedal edema etc.

The program was concluded by solving doubts of the participants.

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28/10/2024

DEAN
Sakshi Mohite

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MONTH APRIL -2024

GENERAL HEALTH CHECK UP CAMP- MORWANE

VENUE: Grampanchayat, Morwane

DATE: 12/04/2024

NUMBER OF PARTICIPANTS: 15 patients

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Dr Ajay Patil (medicine jr), Sister pradnya ware, Sister Akhsata Gamare, Manasi Sakpal (nursing student) INTERN- Dr. Viraj Gawade

PROGRAMME SUMMARY:

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Today, on 12/2/24, camp is organized by uhtc at Grampanchayat, Moravane ,Chiplun where a General Health Check conducted. A total of 15 people were examined for illnesses of varying etiology, including HTN and DM .

In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk.They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Lastly, they were given information about the various services and facilities available at the UHTC and BKLWH, Dervan.

They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.



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MONTH APRIL -2024

GENERAL HEALTH CHECK UP CAMP- NIRBADE

VENUE: Paschimwadi, Nirbade

DATE: 13/04/2024

NUMBER OF PARTICIPANTS: 31 patients

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Dr Ajay Patil, Sister Akhsata Gamare, sister Rina Kilje, MSW sandip Patil INTERN-
Dr. Tanmay Gangikar , nursing student- Vaibhavi Tavde, Sakshi Udeg

PROGRAMME SUMMARY:

Today, on 13/04/2024 camp is organized by uhtc at Paschimwadi, Nirbade ,Chiplun where a General Health Check was conducted. A total of 31 people were examined. In this camp the personal details, blood pressure, pulse of the patients were

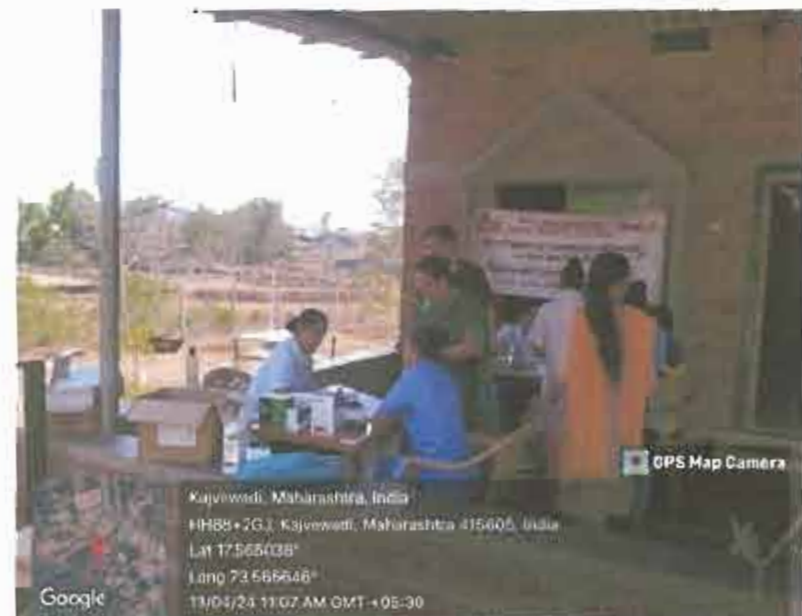
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recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

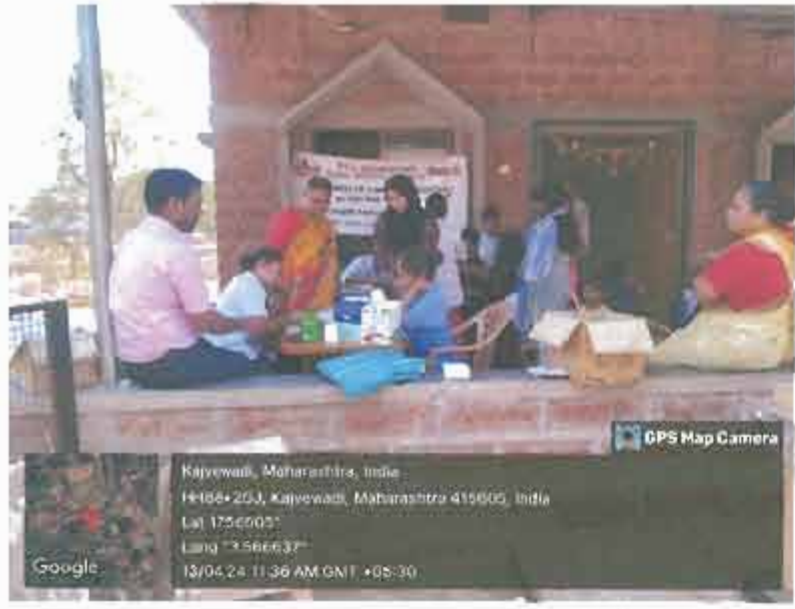
Thus, the program was concluded after solving everyone's doubts.



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26/10/2024

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28/04/2024
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MONTHLY ACTIVITY APRIL 2024

SAMUDAIK DOHALE JEVAN

VENUE :-Urban Health Training Centre, Chiplun

DATE- 19/04/2024

PARTICIPENT NO-05 ANC

DOCTOR AND PARTICIPENTS NAME- Dr.Sakshi Mohite,Megha Surve(Dietician) Sister Pradnya Ware, Sister Ashwini Redij,
Pharmacist Shriya Mone,Ramesh Kadam, Interns – Dr Pratik Apte, Dr Arushi agavekar

PROGRAM SUMMARY-Today on 19/04/2024a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 07 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO2, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requestions were also provided.



All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby. Nutritious ladoo's were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was advised to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



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MONTH APRIL -2024

GENERAL HEALTH CHECK UP CAMP- MALDOLI

VENUE : Grampanchayat, Maldoli, Tal. Chiplun

DATE : 20/04/2024

PARTICIPANTS : 22

DOCTOR AND PARTICIPENTS NAME: Dr. Pravin (Medicine JR), Dr. Pratik Apte (Intern), Dhanashree Bondkar (Sister), Rupali Chavan (Sister), Sandip Patil (MSW)

PROGRAM SUMMARY :

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Today, on 20/4/2024 general check up camp was arranged by UHTC at Grampanchayat Maldoli.

After registration of all patients in registry all patients were checked by doctors and BP, Sugar measured and examination done. After checking all patients medicines were given as per need.

Those patients requiring further investigations like sonography, x-ray were referred to BKLWH Dervan for investigations and further evaluation.

All patients and their relatives were informed and explained about all facilities and schemes available at UHTC and BKLWH Dervan. And also recommended to take advantage of all facilities available.

Also counselled about diet, exercise, regular health checkup. And asked whether they have any doubts and solved doubts of patients.

Programme was ended with small summary dedicated to all participants.

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21/04/24

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MONTH APRIL -2024

GENERAL HEALTH CHECK UP CAMP- KONDHE

VENUE : Grampanchayat, Kondhe, Tal. Chiplun

DATE : 22/04/2024

PARTICIPANTS : 18

DOCTOR AND PARTICIPENTS NAME: Dr. Ajay Patil (Medicine JR), Dr. Pratik Apte (Intern), Shriya mone (Pharmacist),
Ashwini Redij (Sister), Sandip Patil (MSW)

PROGRAM SUMMARY :

Today, on 20/4/2024 general check up camp was arranged by UHTC at Grampanchayat Kondhe. After registration of all patients in registry all patients were checked by doctors and BP, Sugar measured and examination done. After checking all

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patients medicines were given as per need. Total 4 patients was enrolled in JSW scheme for known cases as well as newly diagnosed diabetic patients.

Those patients requiring further investigations like sonography, x-ray were referred to BKLWH Dervan for investigations and further evaluation.

All patients and their relatives were informed and explained about all facilities and schemes available at UHTC and BKLWH Dervan. And also recommended to take advantage of all facilities available. Also counselled about diet, exercise, regular health checkup. And asked whether they have any doubts and solved doubts of patients. Programme was ended with small summary dedicated to all participants.



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MONTHLY ACTIVITY APRIL 2024

SIXTH MONTH BIRTHDAY

Venue-Urban Health Training Centre, Chiplun

Date- 24/04/2024

ParticipantNo .- 18

Doctor and participants name- Dr.SakshiMohite, DrAkshayBondre, DrSatyenKulkarni, Sister Pradnya Ware, Sister AshwiniRedij, Pharmacist Shriyamone, MSW Sandipatil, Interns -DrPratik Apte, DrArushiAgavekar,

Program Summary- Today on 24/04/2024Six Month Birthday programme was organized at UHTC Chiplun.About 20 children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted



and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately

They did surely learn a lot like how to wash their hands, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together and sang the happy birthday song and then blew the candles and enjoyed sweet sheera. They all were gifted spoons and bowls along with sweets to the end the event

After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

Thus the program ended by serving the children with sheera, shengdanachikki ,banana and by giving them spoon and bowl as a birthday gift.



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MONTH APRIL -2024

GENERAL HEALTH CHECK UP CAMP- DADAR

Venue : Dadar PHC, Tal. Chiplun

Date : 23/04/24

Participants : 29

Doctor and participantsname: Dr. Nilesh Ambekar (Ortho JR1), Dr. Aarushi Agavekar (Intern), Sandip Patil (MSW)

Program Summary: Today, on 23/4/2024 general check up camp was arranged by UHTC at Dadar PHC. A total of 29 patients were examined. All the patients gave their details, and were examined by the doctor, being given appropriate medicines.

Patients requiring advanced investigations like CT scan, MRI scan or USG were referred to Dervan hospital. They were also explained potential outcomes of the disease, and the cost involved. MSW Sandip Patil gave information to the patients about facilities availed at Dervan hospital, including the schemes available to reduce their costs and the urgency of visiting the

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hospital on the basis of their complaints. Similarly, information about OPD at UHTC was also given, regarding the days of visiting faculty and their specialty. In this way, the camp was concluded.



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MONTH APRIL -2024

GENERAL HEALTH CHECK UP CAMP- KALUSTE

VENUE : Kaluste subcenter, Tal. Chiplun

DATE : 26/04/2024

PARTICIPANTS : 15

DOCTOR AND PARTICIPENTS NAME: Dr. Vaibhav Methi (Medicine Jr), Dr. Udhav Bahir (Intern), Pradnya Ware (Sister),
Rupali Chavan (Sister), Sandip Patil (MSW), Rani Majage

PROGRAM SUMMARY :

Today, on 26/04/2024 general check up camp was arranged by UHTC at Kaluste. After registration of all patients in registry all patients were checked by doctors and BP, Sugar measured and examination done. After checking all patients medicines were given as per need.

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Those patients requiring further investigations like sonography, x-ray were referred to BKLWRMC Dervan for investigations and further evaluation.

All patients and their relatives were informed and explained about all facilities and schemes available at UHTC and BKLWRMC Dervan. And also recommended to take advantage of all facilities available. Also counselled about diet, exercise, regular health checkup. And asked whether they have any doubts and solved doubts of patients. Programme was ended with small summary dedicated to all participants.



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28/05/2024
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UHTC, CHIPLUN

MONTH MAY -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	01/05/2024	GENERAL HEALTH CHECK UP & OPHTHAL CHECK UP	Dr Priyanka Jasud(Ophthal Jr), Dr Balaji Asole(Medicine Jr) Dr Sakshi Mohite Dr Dhananjay Yadav(Community medicinr Jr)	Dr Partik Apte Dr Vaishnavi Ghadage Dr Udhav Bahir Dr Pravin Maddewad	Sister AshwiniRedij Sister Pradnya Ware Pharmacist Shriya Mone MSW Sandip Patil Ramesh kadam	49
2	02/05/2024	GENERAL HEALTH AND ANC CHECK UP- KHANDATPALI	Dr Dhananjay Yadav(Community medicinr Jr)	Dr Partik Apte Dr Vaishnavi Ghadage	Sister Ashwini Redij Pharmacist shriya mone MSW Sandip Patil	03 ANC & 13 Patients
3	09/05/2024	GENERAL HEALTH AND ANC CHECK UP- SHIRGON	Dr Sakshi Mohite	Dr Udhav Bahir Dr Neha Banwal	Sister Dhanashri Katare	07 ANC & 21 Patients
4	10/05/2024	GENERAL HEALTH AND ANC CHECK UP- KONDHE	Dr Sakshi Mohite	Dr Neha Banwal Dr Sachin Chaikate	Sister Pradnya Ware Sister Rupali Chavan MSW Sandip Patil	11 ANC & 05 Patients

					Ramesh Kadam GNM 1 st yr student	
5	15/05/2024	GENERAL HEALTH CHECK UP CAMP- WALOTI	Dr Sakshi Mohite	Dr Vatsai Bhalodi	Sister Ashwini Red j MSW Sandip Patil	23
6	21/05/2024	ANC CHECK UP- MIRIOLI	Dr Sakshi Mohite	Dr Shivtej Butere Dr Azhar Shaikh	Sister Dipika Dongare MSW Sandip Patil Ms Esha Shirsat(CI) GNM 1 st yr student	06
7	22/05/2024	SIXTH MONTH BIRTHDAY	Dr Sakshi Mohite Dr Pankti Mehta (Jr paerdiatric), Dr Gurpreet Rajpal(Jr OBGY), Dr Dhananjay Yadav(Community medicinr Jr)	Dr Aaliyah Chanda Dr Sarthak c. Dr Shivtej Butere Dr Vatsal Bhalodi	Sister Pradnya Ware Ramesh Kadam	27
8	25/05/2024	GENERAL HEALTH CHECK UP - NIRBADE		Dr Balasheb Naik	MSW Sandip Patil	17
9	29/05/2024	SAMUDAIK DOHALE JEVAN	Dr Sakshi Mohite Dr Gurpreet Rajpal(Jr OBGY)	Dr Aaliyah Chanda Dr Sarthak c Dr Shivtej Butere Dr Shraddhesh Desai Dr Jyotirjay Deodhar	Sister Ashwini Redij Sister Pradnya Ware Pharmacist Shriya Mone MSW Sandip Patil	09
10	30/05/2024	GENERAL HEALTH CHECK UP - KALVANDE	Dr Sakshi Mohite	Dr Jyotirjay Deodhar	Sister Ashwini Red j MSW Sandip Patil	16
11	31/05/2024	GENERAL HEALTH CHECK UP - KALUSTE	Dr Ravikiran K (Associate professor community medicine) Dr Sakshi Mohite	Dr Balasaheb Naik Dr Aaliyah Chanda	Sister Pradnya ware MSW Sandip Patil	21


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MONTH MAY -2024

GENERAL HEALTH & OPHTHAL CHECK UP CAMP

VENUE: BKL Walawalkar Rural Medical College,UHTC

DATE: 1/05/2024

PARTICIPANTS NO: 49 patients

DOCTOR'S & STAFF NAME:- Dr.Priyanka Jasud[Ophthalm JR], Dr.Balaji Asole[Medicine JR],Dr.Sakshi Mohite, Sis.Pradnya Ware, Sis.Ashwini Redij ,MSW.Sandip Patil, Pharmacist Shriya Mone, Ramesh Kadam , **Intern Doctors:**Dr.Pratik Apte, Dr.Vaishnavi Ghadage,Dr.Udhav Bahir, Dr.Pravin Maddewad

PROGRAM SUMMARY:

Today on 1/5/2024 General Health Ceckup and Ophthalmology Checkup camp was organized by CREDAI at UHTC on the occasion of Workers Day.

The camp was inaugurated by felciting workers.All the workers were registered and their blood sugar and blood pressure were recorded.Also they underwent eye checkup by Dr.Priyanka and were provided with eye drops and lens no and the rest were referred to Dervan Hoospital.

Workers also underwent general health checkup by Dr.Balaji and were provided with medications accordingly.


A total of 49 workers were examined and were referred to Dervan hospital for those who were having other health issues.

MSW Sandip Patil gave information about various facilities available at UHTC and BKLWH.

DEANus , the program was concluded solving everyones doubt






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MONTH MAY -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE:Khandatpali Subcentre

DATE: 02/05/2024

PARTICIPANT NO: 13 Patients & 3 ANC

DOCTOR'S & STAFF NAME: Dr Dhananjay Yadav(Jr Community Medicine), sister Aswini Redij, INTERNS- Dr Vaishnavi Ghadge, Dr Pratik Apte, Pharmacist Shriya Mone

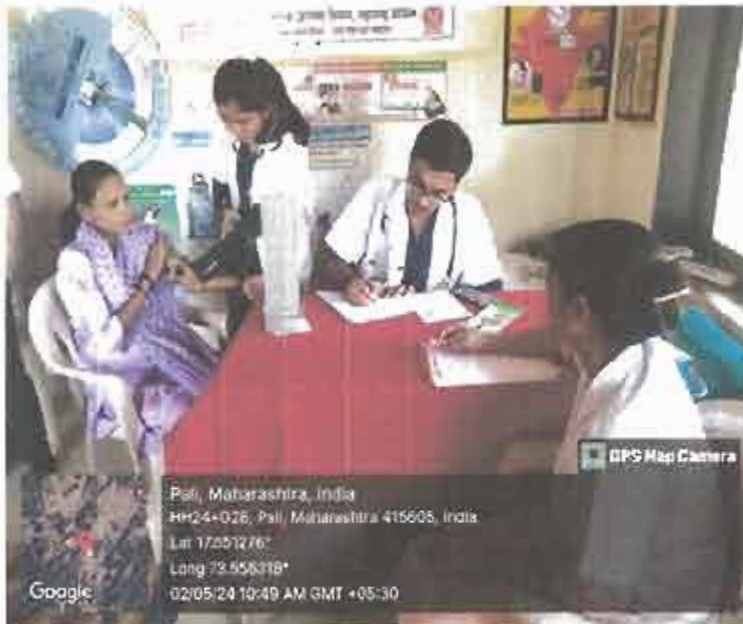
PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 02/05/2024 at Khandatpali subcentre. A total of 13 Patients & 3 ANC participated in the camp. Routine antenatal checkup was done and pregnant females with high risk pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of second trimester.

Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and care and advised not to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.

Also patients were examined under General Health Check up and were benefitted by undergoing health checkup of various health issues under general,ENT,Ortho,Surgery,Ophthal departments. Patients with health issues were provided with appropriate medications and high risk cases were referred to BKLWH.Also patients requiring sonography,surgery,blood investigations were referred to BKLWH.

Thus,the program was concluded solving everyones doubt.





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MONTH MAY -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE: Shiragon Subcentre

DATE: 09/05/2024

PARTICIPANT NO: 07 ANC & 21 Patients

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, sister Dhanashri Katare, INTERNS- Dr Udhav Bahir, Dr Neha Benwal

PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 09/05/2024 at Khandatpali subcentre. A total of 07 ANC & 21 Patients participated in the camp. Routine antenatal checkup was done and pregnant females with high risk pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of second trimester.

Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and care and advised not to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.


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Also patients were examined under General Health Check up and were benefitted by undergoing health checkup of various health issues under general, ENT, Ortho, Surgery, Opthai departments. Patients with health issues were provided with appropriate medications and high risk cases were referred to BKLWH. Also patients requiring sonography, surgery, blood investigations were referred to BKLWH.

Thus, the program was concluded solving everyone's doubt.



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MONTH MAY -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE: Konde subcentre

DATE: 14/05/2024

PARTICIPANT NO: 11 ANC & 05 Patients

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, sister Pradnya Ware MSW Sandip Patil, Sister Rupali Chavan, INTERNS- Dr Sachin Chikate, Dr Neha Benwal, GNM 1st yr student

PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 14/05/2024 at Konde subcentre. A total of 11 ANC & 05 Patients participated in the camp. Routine antenatal checkup was done and pregnant females with high risk pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of second trimester.

Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and care and advised to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.

Also patients were examined under General Health Check up and were benefitted by undergoing health checkup of various health issues under general, ENT, Ortho, Surgery, Opthal departments. Patients with health issues were provided with appropriate medications and high risk cases were referred to BKLWH. Also patients requiring sonography, surgery, blood investigations were referred to BKLWH.

Thus, the program was concluded solving everyone's doubt.






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MONTH MAY -2024

GENERAL HEALTH CHECK UP CAMP

VENUE: Waloti

DATE: 15/05/2024

PARTICIPANT NO: 23 Patients

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, sister Ashwini Redij, MSW Sandip Patil, INTERNS- Dr Vatsal Bhalodi

PROGRAM SUMMARY:

Today, on 15/05/2024, camp is organized by uhtc at Waloti , where a General Health Check was conducted. A total of 23 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered.

RBSL of patients were checked and the patients were given respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. Lastly, they were given information about the resources provided by BKLWH, about how to identify certain diseases and when to visit the doctor.


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 Long 73.613942°
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Moravane, Maharashtra, India
 03P7+206, Moravane, Maharashtra 415604, India
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Moravane, Maharashtra, India
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MONTH MAY -2024

GENERAL ANC CHECK UP CAMP

VENUE: Mirjoli, Anganwadi

DATE: 21/05/2024

NUMBER OF PARTICIPANTS: 06 ANC

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Sister Dipika Dongare, MSW Sandip Patil, Esha Shirsat (CI) Intern – Dr Shivtej Butere, Dr Azhar Shaikh, GNM 1st yr Nursing student

PROGRAMME SUMMARY:

Antenatal checkup camp was held on 21/05/2024 Mirjoli, Anganwadi. A total of 6 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

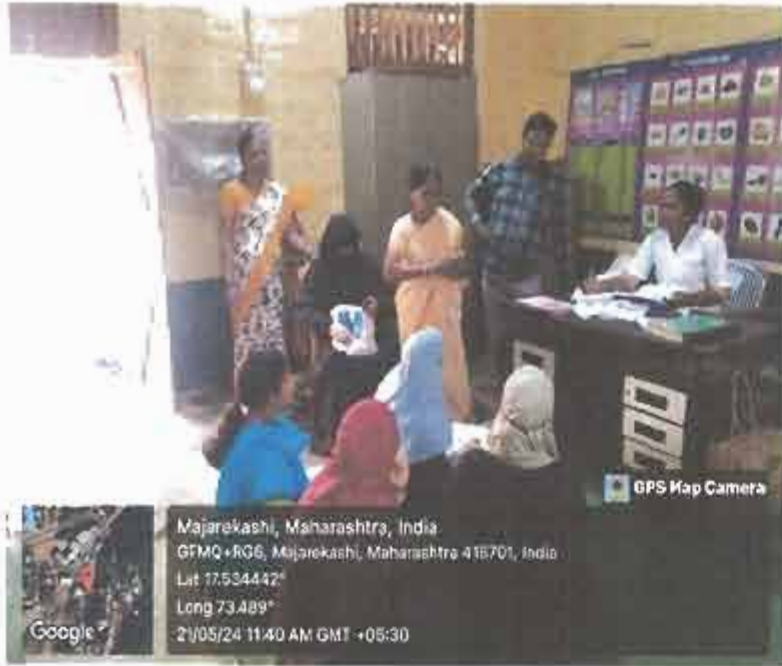
Dr Sakshi Mohite examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.



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Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc

The program was concluded by solving doubts of the participants.






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MONTHLY ACTIVITY MAY 2024

SIXTH MONTH BIRTHDAY

VENUE-Urban Health Training Centre, Chiplun

DATE- 22/05/2024


PARTICIPANT NO – 27 childrens

DOCTOR AND PARTICIPANTS NAME- Dr.Sakshi Mohite, Dr Pankti Mehta(Jr Paediatric), Dr Gupreet Rajpal (Jr OBGY), Dr Dhananjay Yadav (Jr Community Medicine), Sister Pradnya Ware, Sister Ashwini Redij, Pharmacist Shriya mone, MSW Sandip patil, Interns –

PROGRAM SUMMARY

Today on 22/05/2024 Six Month Birthday programme was organized at UHTC Chiplun. About children attended this program. After registering the names of all the children, their height, weight, SpO₂, Temperature were noted and after which they were sent to the respective OPDs for their further medical checkup and treatment. Those children whose immunization was incomplete were immunized appropriately

They did surely learn a lot like how to wash their hands, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together and sang the happy birthday song and then blew the candles and enjoyed sweet sheera. They all were gifted spoons and bowls along with


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After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

Thus the program ended by serving the children with sheera, shengdanachikki ,banana and by giving them spoon and bowl as a birthday gift.



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MONTH MAY -2024

GENERAL ANC CHECK UP CAMP

VENUE: Nirbade

DATE: 25/05/2024

NUMBER OF PARTICIPANTS: 17 patients

DOCTOR'S & STAFF NAME –MSW sandip Patil INTERN- Dr. Balasaheb Naik , GNM 1st yr nursing student

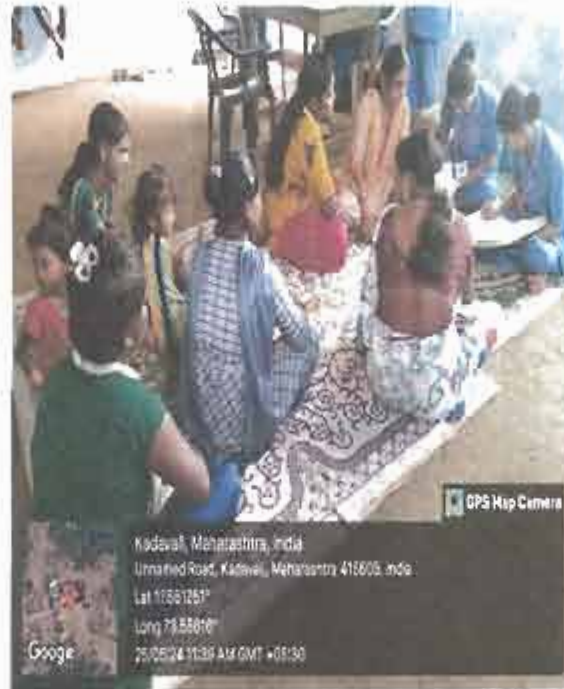
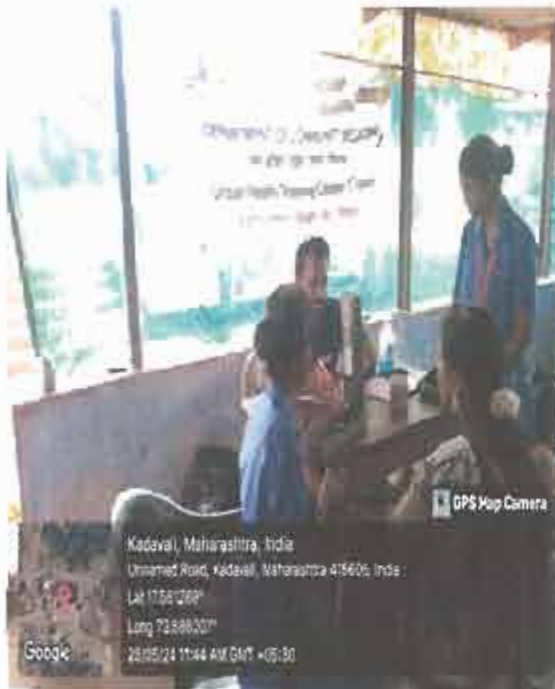
PROGRAMME SUMMARY: Today, on 25/05/2024 camp is organized by uhtc at Paschimwadi, Nirbade , Chiplun where a General Health Check was conducted. A total of 17 people were examined. In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.


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Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.




DEAN


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MONTH MAY -2024

SAMUDAIK DOHALE JEVAN

VENUE :- URBAN PRIMARY HEALTH CENTRE CHIPLUN

DATE : 29/05/2024

PARTICIPANTS NO- 09

DOCTORS AND STAFF NAME - Dr Sakshi Mohite, Sister Ashwini Redij, Sister Pradnya Ware, MSW Sandip Patil, Pharmacist Shriya mone **INTERNS –** Dr Aaliyah Chanda, Dr Sarthak c., Dr Balasaheb Naik, Dr Jyotirjay Deodhar, Dr Shraddhesh Desai, Dr Shivtej Butere

PROGRAM SUMMARY- Today on 29/05/2024 at uphc chiplun. we celebrated baby shower program , were 20 participants were present. All ANC ,PNC and UPHC workers were welcomed and the program was started . UPHC Dr Pooja Pandey (medical officer) enlightened everyone about ANC Care and Importance of today's program.

MSW Mr.sandip patil gave a information of various services available at UHTC and B.K.L walawalkar hospital Then Dr. Akshay gave information about ANC Care and diet importance to the participants. After that Dr. Harshada gave valuable information about PNC Care including breast feeding family planning immunization perineal hygiene.

At the end of program ANC mother were prepared for photo taking and photos were taken. After that they were given healthy fruits and nutritious laadu were given .

Hence program was ended after solving everyones doubts





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MONTH MAY -2024

GENERAL HEALTH CHECK UP CAMP

VENUE: Kalvande, Subcentre

DATE: 30/05/2024

NUMBER OF PARTICIPANTS: 16

DOCTOR'S & STAFF NAME – Dr. Sakshi Mohite, Dr.Jyotirjay Deodhar(Intern), sis. Ashwini Redij, MSW Sandip patil, GNM 1st yr student

PROGRAMME SUMMARY: Today, on 30/05/2024, camp is organized at Kalvande Subcentre , Chiplun where a General Health Check was conducted. A total of people were examined for illnesses of varying etiology, including HTN and DM and their names were registered.

RBSL of patients were checked and the patients were given respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

DEAN Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk.

Lastly, they were given information about the resources provided by BKLWH, about how to identify certain diseases and when to visit the doctor.





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MONTH MAY -2024

WORLD NO TOBACCO DAY

VENUE : KALUSTE SUBCENTRE

DATE : 31/05/2024

PARTICIPANT NO.: 21

DOCTORS & STAFF NAME : Dr. Ravikiran K(Associate professor community medicine) , Dr Sakshi Mohite , Sister Pradnya ware , MSW sandip patil

INTERNS – Dr Balasaheb Naik , Dr Aaliyah Chanda , GNM Students (FIRST YEAR)

PROGRAMME SUMMARY

On 31st of may 2024 , World No Tobacco day celebrated in Subcentre Kalusta . This programme arranged by Dr. Ravikiran and by the staff of UHTC. All people gathered at Subcentre Kalusta .The Head members of subcentre Kalusta felicitated Dr Ravikiran sir and UHTC staff by presenting bouquets. Programme start by Dr. Ravikiran sir by giving introductory speech about the importance of world no tobacco day and Why spreading awareness is need of the hour. Dr Ravikiran Sir gave an explanation of grievous situation of harmful effects of tobacco by telling case scenarios our hospital. Following this an awareness speech was delivered by Interns Dr Balasaheb Naik and Dr Aaliyah Chanda , which included following subtopics
1) Worldwide Tobacco consumption 2) Types of Tobacco consumed 3) Health hazards due to tobacco 4) Ways of quitting Tobacco. This session was followed by equal interaction from the audience.

After the conclusion of this World No Tobacco Day Awareness programme, a general health checkup camp was conducted. In all total 21 no of patients were examined at camp site by Intern Dr Balasaheb Naik and Dr. Aaliyah Chanda Geriatric patients were reviewed and provided with calcium and multivitamins supplements. A few cases were referred to speciality OPD of BKLWRH. Bone density, Blood sugar levels, blood pressure were checked. Medicines at the camp site were distributed free of cost for the patients who got themselves checked and screened.

The programme ended with a vote of thanks by the Subcentre Kalusta Staff.





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UHTC, CHIPLUN

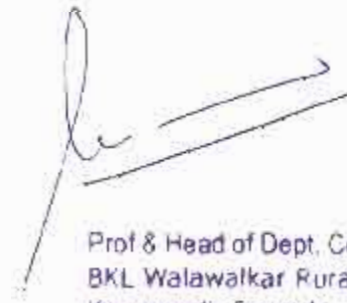
MONTH JUNE -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1	05/06/2024	GENERAL HEALTH AND ANC CHECK UP- KHANDATPALI	Dr Prajakta Choudhari (Gynecologist)	Dr Ankita Dhille Dr Shraddhesh Desai	Sister Ashwini Redij Ramesh Kadam	06 ANC & 08 Patients
2	07/06/2024	ANC CHECK UP- SHIRGAON PHC	Dr Sakshi Mohite	Dr Neha Dhondge Dr Jyotirjay Deodhar	Sister Pradnya Ware MSW Sandip Patil	15
3	12/06/2024	GENERAL HEALTH CHECK UP- PIMPALI	Dr Dhannjay Yadav (community med Jr1)	Dr Shraddhesh Desai	Sister Pradnya Ware MSW Sandip Patil ANM 1 st year student	26
4	13/06/2024	GENERAL HEALTH AND ANC CHECK UP- KONDHE	Dr Sakshi Mohite	Dr Bhawini Dhole Dr Ankita Dhille	Sister Ashwini Redij MSW Sandip Patil ANM 1 st year student	06 ANC & 09 Patients


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5	19/06/2024	SAMUDAIK DOHALE JEVAN	Dr Sakshi Mohite Dr Niharika(OBGY Jr)	Dr Bhawini Dhole Dr Neha Dhondge	Sister Pradnya Ware Sister Ashwini Redij Pharmacist Shriya Mone MSW Sandip Patil ANM 1 st yr student	05
6	20/06/2024	GENERAL ANC CHECK UP- MIRJOLI	Dr Sakshi Mohite	Dr Sanket Ekmalli	Sister Pradnya ware ANM 1 st yr student	08
7	21/06/2024	WORLD YOGA DAY		Dr Chinmay Dhumal Dr Neha Dhondge	Ramesh Kadam	
8	22/06/2024	GENERAL HEALTH CHECK UP- VALOTI	Dr Sakshi Mohite	Dr Bhawini Dhole Dr Neha Dhondge	Sister Pradnya ware	19
9	25/06/2024	GENERAL HEALTH CHECK UP – WASHISHTI	Dr Sakshi Mohite	Dr Aniket Gaikwad Dr Maitrayee Gaikwad	Sister Ashwini Redij MSW Sandip Patil	67
10	27/06/2024	GENERAL HEALTH CHECK UP – KALUSTE	Dr Sakshi Mohite	Dr Aniket Gaikwad	Sister Pradnya Ware MSW Sandip Patil	23
11	28/06/2024	GENERAL HEALTH CHECK UP – KALVANDE	Dr Sakshi Mohite	Dr Viraj Gawade	Sister Dhanashri katare MSW Sandip Patil	13


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MONTH JUNE -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE: Khandatpali Subcentre

DATE: 05/06/2024

PARTICIPANT NO: 08 Patients & 06 ANC

DOCTOR'S & STAFF NAME: Dr Prajakta Chaudhari (Jr OBGY), sister Aswini Redij, INTERNS- Dr Ankita Dhile, Dr Shraddesh Desai , Ramesh Kadam

PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 05/06/2024 at Khandatpali subcentre. A total of 08 Patients & 06 ANC participated in the camp. Routine antenatal checkup was done and pregnant females with high risk pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of sccond trimester.

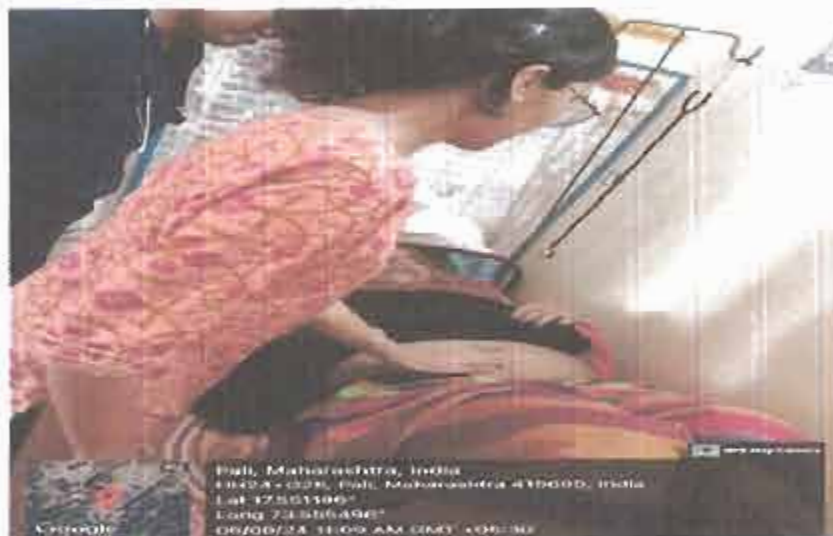
Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia .Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and


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care and advised not to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.

Also patients were examined under General Health Check up and were benefitted by undergoing health checkup of various health issues under general, ENT, Ortho, Surgery, Opthal departments. Patients with health issues were provided with appropriate medications and high risk cases were referred to BKLWH. Also patients requiring sonography, surgery, blood investigations were referred to BKLWH.

Thus, the program was concluded solving everyone's doubt.




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MONTH JUNE -2024

ANC HEALTH CHECK UP CAMP

VENUE: Shirgaon PHC

DATE: 7/06/2024


PARTICIPANT NO: 15 ANC

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, sister Pradnya ware, INTERNS- Dr Neha Dhondge, Dr Jyotirjay Deodhar, MSW – Sandeep Patil

PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 17/06/2024 at Shirgaon subcentre. A total of 15 ANC participated in the camp. Routine antenatal checkup was done and pregnant females with high risk pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of sccond trimester.

Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by


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doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and care and advised not to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.




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MONTH JUNE -2024

GENERAL HEALTH CHECK UP CAMP

VENUE: Pimpali khurd

DATE: 12/06/2024

NUMBER OF PARTICIPANTS: 26 patients

DOCTOR'S & STAFF NAME – Dr Dhananjay Yadav(PSM jr), Sister pradnya ware, MSW Sandip Patil, ANM 1st year nursing student, INTERN Dr. Shradhesh desai

PROGRAMME SUMMARY:

Today, on 12/06/2024, camp is organized by uhtc at Pimpali khurd, Chiplun where a General Health Check was conducted. A total of 26 people were examined for illnesses of varying etiology, including HTN and DM.

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In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Lastly, they were given information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.



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C. K. Walawalkar
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MONTH JUNE -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE: Konde Subcentre

DATE: 13/06/2024

PARTICIPANT NO: 09 Patients & 06 ANC

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, sister Aswini Redij, INTERNS- Dr Ankita Dhile, Dr Bhawini Dhole MSW – Sandeep Patil, ANM 1st year nursing student

PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 13/06/2024 at Khandatpali subcentre. A total of 09 Patients & 06 ANC participated in the camp. Routine antenatal checkup was done and pregnant females with high risk


DEAN

pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of second trimester.

Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and care and advised not to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.

Also patients were examined under General Health Check up and were benefitted by undergoing health checkup of various health issues under general, ENT, Ortho, Surgery, Ophthal departments. Patients with health issues were provided with appropriate medications and high risk cases were referred to BKLWH. Also patients requiring sonography, surgery, blood investigations were referred to BKLWH.

Thus, the program was concluded solving everyone's doubt.






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MONTH JUNE -2024

SAMUDAİK DOHALE JEVAN

VENUE :-Urban Health Training Centre, Chiplun

DATE- 19/06/2024

PARTICIPENT NO - 05 ANC

DOCTOR AND PARTICIPENT'S NAME:- Dr. Sakshi Mohite, Dr Nihaika (Jr OBGY), Sister Pradnya Ware, Sister Anwiri Redij, Pharmacist Shriya Mone, MSW Sandip Patil, Ramesh Kadam, Interns – Dr Ankita Dhile, Dr Bhawini Dhole,

PROGRAM SUMMARY- Today on 19/06/2024 a Samudaik Dohale Jevan programme was organized at UHTC Chiplun. About 07 pregnant mothers attended this program. In this program, the height, weight, B.P., SpO₂, Temperature of all the females were noted and after which they were sent for their further medical checkup. Also those females whose Hb was found to be less were prescribed iron folic acid tablets, USG scan requests were also provided.


DEAN

All these females were educated about all the necessary care which should be taken during pregnancy and were also encouraged to take nutritious diet (egg, milk, green leafy vegetables, fruits, dals, pulses, sprouts) All these females were educated for proper growth of the baby.

Nutritious laddoos were also distributed to all ANC mothers.

All these females were educated about routine scans, warning signs to be aware of during pregnancy. They were also advised to take half an hour walks for about twice daily. Along with it, they were also advised to avoid lifting heavy weights and take frequent rests in between.

All the females were asked to make a note of the fetal movements especially during the last 3 months of pregnancy and in case if any abnormal/decreased fetal movements were observed they were advised to immediately report to the nearest hospital. Similarly if she encounters sudden onset abdominal pain or PV leak/bleeding she was advised to contact the nearest hospital as soon as possible.

Benefits of getting their pregnancy registered with BKL Walawalkar was also explained to the ANC mothers. Lastly all the doubts were solved and thus the program was brought to an end.



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MONTH JUNE -2024

ANC HEALTH CHECK UP CAMP

VENUE: Mirjoli, Angarwadi

DATE: 20/06/2024

NUMBER OF PARTICIPANTS: 08 ANC

DOCTOR'S & STAFF NAME – Sister Pradnya Ware, Intern – Dr Sanket Ekmalii, GNM 1st yr Nursing student

PROGRAMME SUMMARY:

Antenatal checkup camp was held on 20/06/2024 Mirjoli, Angarwadi. A total of 8 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.


DEAN

Doctor examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc. The program was concluded by solving doubts of the participants.




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MONTH JUNE -2024

WORLD YOGA DAY

VENUE: Pag Baudhwadi

DATE: 21/06/2024

PARTICIPANT NO: 23 Patients

DOCTOR'S & STAFF NAME: Dr Saksh Mohite, sister Pradnya Ware, MSW Sandip Patil, INTERNS- Dr Chirmay Dhumal, Dr Neha Dhondge

PROGRAM SUMMARY:

Today, on 21/06/2024 on the occasion of World Yoga Day, an awareness and health camp was organized by UHTC at Pag Baudhwadi, where a general Health Checkup was conducted and a awareness session aimed at promoting holistic health through yoga and creating awareness about preventive health practices, the event attracted a diverse group of participants including community members, health professionals. A total of 23 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered


DEAN

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. Conclusion, awareness and health camp was a resounding success, fostering a sense of community and promoting a healthy lifestyle through yoga. The event highlighted the importance of integrating physical, mental and social health practices for overall well being




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MONTH JUNE -2024

GENERAL HEALTH CHECK UP

VENUE: Valoti, Kha chi Wadi

DATE: 22/06/2024

PARTICIPANT NO: 19 Patients

DOCTOR'S & STAFF NAME: Dr. Sakshi Mohite, sister Pradhya Ware, MSW Sandip Fatil, INTERNS- Dr. Bhawini Dhok, Dr. Neha Dhondge

PROGRAM SUMMARY:

Today, on 22/06/2024, camp is organized by CHC at Valoti, where a General Health Check was conducted. A total of 19 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered.

RBSL of patients were checked and the patients were given respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk.


DEAN

Lastly, they were given information about the resources provided by BKLWH, about how to identify certain diseases; and when to visit the doctor.



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MONTH JUNE -2024

GENERAL HEALTH CHECK UP

VENUE: Washishti dairy, chiplun

DATE: 25/06/2024

PARTICIPANTS: 67

DOCTOR'S & STAFF NAME: Dr Sakshi Mohite, Sister Ashwini Red j, MSW Sandipati, Intern- Dr Aniket Gaikwad, Dr Maitrayee Gaikwad

PROGRAMME SUMMARY:

Today on 25/06/2024 at washishti dairy, Chiplun a camp for General Health checkup for dairy workers was held.

Total 67 workers were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those in need to check for their sugar levels were checked. Those whoneeded further investigations like


DEAN

USG, CBC were referred to UHTC and BKLWH. Who needed surgery, opthal treatment , gynac surgery or other investigation were referred to UHTC and Walawalkar hospital Dervan.

MSW SandipPatil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Ch plan.



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MONTH JUNE -2024

GENERAL HEALTH CHECK UP

VENUE : KALUSTE SUBCENTRE

DATE : 27/06/2024

PARTICIPANT NO.: 20

DOCTORS & STAFF NAME : Dr Sakshi Mohite , Sister Pradnya ware , MSW sandip patil **INTERNS –** Dr Aniket Galkwad, ANM Student 1st year

PROGRAMME SUMMARY

Today, on 27/06/2024 general check up camp was arranged by UHTC at Kaluste. After registration of all patients in registry all patients were checked by doctors and BP, Sugar measured and examination done. After checking all patients medicines were given as per need. Those patients requiring further investigations like sonography, x-ray were referred to BKLWRMC Dervan for investigations and further evaluation.


DEAN

All patients and their relatives were informed and explained about all facilities and schemes available at UHTC and BKLWRMC Dervan. And also recommended to take advantage of all facilities available. Also counselled about diet, exercise, regular health checkup. And asked whether they have any doubts and solved doubts of patients. Programme was ended with small summary dedicated to all participants.



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MONTH JUNE -2024

GENERAL HEALTH CHECK UP

VENUE: Kalvande, Subcentre

DATE: 28/06/2024

NUMBER OF PARTICIPANTS: 13

DOCTOR'S & STAFF NAME – Dr. Sakshi Mohite, Dr. Jyotirjay Deodhar (Intern), sis. Ashwini Redij, MSW Sandip patil, GNM 1st year student

PROGRAMME SUMMARY: Today, on 28/06/2024, camp is organized at Kalvande Subcentre, Chiplun where a General Health Check was conducted. A total of 13 people were examined for illnesses of varying etiology, including HTN and DM and their names were registered.


DEAN

RESL of patients were checked and the patients were given respective medications and wherever required, blood samples were collected as well. They were also advised about the importance of lifestyle, exercise and hygiene for leading a healthy, disease free life.

Doctor and Intern gave information about hygiene, diet full of nutritious food like eggs, fruits, green leafy vegetables and milk.

Free distribution of doxycycline to prevent and treat bacterial infections, proceeding the monsoon season, guidance provided on proper dosage and usage, potential side effects were explained to them and informed to report if any side effects were noted in future.

Lastly, they were given information about the resources provided by BKLW'H, about how to identify certain diseases and when to visit the doctor.





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UHTC ACTIVITY SUMMARY

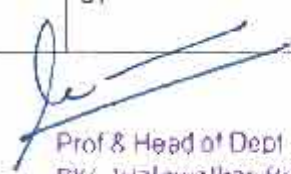
MONTH JULY -2024

Sr. No	DATE	NAME OF PROGRAM	FACULTY NAME	INTERN NAME	STAFF NAME	TOTAL NO OF PARTICIPENTS
1.	03/07/2024	GENERAL HEALTH AND ANC CHECK UP- KHANDATPALI	Dr Sakshi Mohite	Dr Chinmay Dhumal Dr Sanket Ekmali	Sister Ashwini Redij MSW Sandip Patil	09 ANC & 15 Patients
2	05/07/2024	SCHOOL HEALTH CHECK UP	Dr Pracheta Gupta(JR Paed) Dr Mohit Kadu(Jr Paed) Dr Sakshi Mohite	Dr.Smarnika W Dr Vaishnavi T Dr Jyotsna V Dr Vaibhav Wagh Dr Rahul Zalke Dr Amar Zambre	Sister Ashwini Redij Sister pradnya ware Pharmacist Shriya Mone MSW Sandip Patil	55
3	09/07/2024	ANC CHECK UP- SHIRGON		Dr Jyotsna V Dr Vaibhav Wagh	Sister pradnya ware MSW Sandip Patil	06


DEAN

4	10/07/2024	ANC CHECK UP- KONDE		Dr Vaishnavi Thontage	Sister Ashwini Redij MSW Sandip Patil	07 ANC
5	11/07/2024	WORLD POPULATION DAY	Dr Ravikiran K(Associate professor community medicine)	Dr.Smarnika W Dr Rahul Zalke	Sister pradnya ware Pharmacist Shriya Mone	60 students
6	12/07/2024	SIXTH MONTH BIRTHDAY	Dr Sakshi Mohite Dr Anand Phad (Medicine Jr)	Dr.Smarnika W Dr Rahul Zalke Dr Amar Zambre	Sister Ashwini Redij Sister pradnya ware Pharmacist Shriya Mone MSW Sandip Patil	10 children
7	16/07/2024	ANC CHECK UP- MIRJOLI		Dr.Smarnika W	Sister Pradnya Ware MSW Sandip Patil	06 ANC
8	17/07/2024	GENERAL HEALTH CHECK UP- NIRBADE	Dr Kunal Kalaskar(JR PSM)	Dr Amar Zambre	Sister Ashwini Redij MSW Sandip Patil	34
9	19/07/2024	SAMUDAIK DOHALE JEVAN	Dr Ravikiran K(Associate professor community medicine) Dr Sakshi Mohite	Dr Prajwal pawar Dr Ruchir Pawar	Sister Ashwini Redij Sister pradnya ware Pharmacist Shriya Mone MSW Sandip Patil	06
10	24/07/2024	GENERAL HEALTH CHECK UP- WASHISHTI DAIRY	Dr Kunal Kalaskar(JR PSM) Dr Bhavana sawant(physiotherapy)	Dr Prajwal pawar Dr Urvashi Ghole(Physiotherapy)	Sister Pradnya Ware MSW Sandip Patil	51
11	26/07/2024	GENERAL HEALTH CHECK UP- KALUSTE	Dr Kunal Kalaskar(JR PSM) Dr Anand Phad (Medicine Jr)	Dr Ruchir Pawar	Sister Ashwini Redij MSW Sandip Patil	31
12	30/07/2024	ADOLESCENT GIRLS HEALTH AWARENESS & CHECK UP	Dr Sakshi Mohite Dr Kunal Kalaskar(JR PSM)	Dr Sakshi Pote	Sister Ashwini Redij Sister pradnya ware MSW Sandip Patil	16
13	31/07/2024	GENERAL HEALTH CHECK UP- PIMPALI		Dr Sakshi Pote Dr Rohit pawde	Sister pradnya ware MSW Sandip Patil	37


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MONTH JULY -2024

GENERAL & ANC HEALTH CHECK UP CAMP

VENUE: Khandatpali, subcentre

DATE: 03/07/2024

NUMBER OF PARTICIPANTS: 09 ANC & 15 Patients

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Sister Ashwini Redij, MSW sandip Patil , Intern- Dr Chinmay Dhumal, Dr Sanket Ekmalli

PROGRAMME SUMMARY:

Antenatal checkup & General Health check up camp was held on 03/04/2024 at Khandatpali subcentre. A total of 8 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded. BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester. Dr Sakshi Mohite examined every patient and advised


DEAN

sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler. she gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy and advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. she gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc. The program was concluded by solving doubts of the participants.

A total of 19 patients were examined through this camp. In this camp the personal details, blood pressure, pulse of the patients were recorded. Appropriate blood investigations and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. They were educated about the advantages of good exercise and balanced diet for a healthy life.





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MONTH JULY -2024

SCHOOL HEALTH CHECK UP

VENUE :- UHTC,Chiplun

DATE -05/07/24

PARTICIPANTS :- 55 students

DOCTOR'S & STAFF NAME: Dr.Pracheta Gupta(Paediatric Jr), Dr Mohit Kadu(Paediatric Jr) , Sister Pradnya Ware, sister Ashwini Redij, Pharmacist Shriya Mone, MSW Sandeep patil INTERNS- Dr.Vaishnavi Thotange, Dr.Jyotsna Vetcha, Dr.Vaibhav Wagh, Dr.Smarnika Walnuskar, Dr.Rahul Zalke, Dr.Amar Zambre

PROGRAM SUMMARY

Today on date 05/07/24, by UHTC, Chiplun, a camp has been organized in Tiware, Chiplun in Zila Parishad Purva Prathamik Shala and New English School for general health check up and blood group check up of students.

In this camp, general health check up of 55 students was done and after noting down their names, medications were given according to their complaints.


DEAN

After general check up, if found necessary, other investigations and references to other departments were given and patients were referred to BKLWH, Dervan for further management. After completion of general check up, the information regarding the services and facilities provided by our hospital was given to the people by MSW Sandip Patil. People were advised to make use of those services effectively.

Doubts or queries were cleared and the camp was brought to an end





DEAN

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MONTH JULY -2024

ANC HEALTH CHECK UP CAMP

VENUE: SHIRGAON PHC

DATE: 09/07/2024

NUMBER OF PARTICIPANTS: 06 ANC

DOCTOR'S & STAFF NAME – Sister Pradnya ware, MSW SandipPatil, Intern – Dr Vaibhav Wagh, Dr Jyotsna Vetcha

PROGRAMME SUMMARY:

Antenatal checkup camp was held on 09/07/2024 shirgaon subcentre. A total of 6 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded. BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.

Doctor examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.


DEAN

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc

The program was concluded by solving doubts of the participants.



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MONTH JULY -2024

ANC HEALTH CHECK UP CAMP

VENUE: Konde subcentre

DATE: 10/07/2024

PARTICIPANT NO: 07 ANC

DOCTOR'S & STAFF NAME: sister Ashwini Redij, MSW Sandip Patil, INTERNS- Dr Vaishnavi Thotange

PROGRAM SUMMARY:

Antenatal Checkup and General Health checkup camp was held on 14/05/2024 at Konde subcentre. A total of 07 ANC participated in the camp. Routine antenatal checkup was done and pregnant females with high risk pregnancy were referred to BKLWH. Also BP of pregnant females were recorded and TT injections were given to pregnant females of sccond trimester.

Every patient was examined and sonography was advised to those women who needed it and iron folic acid was advised to those women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Information regarding hygiene, diet in pregnancy, exercise was explained to the patients by


DEAN

doctor and advised diet full of nutritious food including eggs, leafy vegetables, milk and fruits. Patients were given information about antenatal visits and care and advised not to lift any heavy objects during first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision etc.

Also patients were examined under General Health Check up and were benefitted by undergoing health checkup of various health issues under general, ENT, Ortho, Surgery, Opthal departments. Patients with health issues were provided with appropriate medications and high risk cases were referred to BKLWH. Also patients requiring sonography, surgery, blood investigations were referred to BKLWH.

Thus, the program was concluded solving everyone's doubt.



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MONTH JULY -2024

WORLD POPULATION DAY

VENUE: DBJ college Chiplun

DATE: 11/07/2024

PARTICIPANT NO: 60 students (Arts and Commerce section)

DOCTOR'S & STAFF NAME: . Dr. Ravikiran K (Associate Professor Community Medicine), PHN sister, Pradnya Ware, Pharmacist- Shriya Mone

Interns- Dr Smarnika Wainuskar and Dr Rahul Zalke

PROGRAM SUMMARY-

On 11th of July, 2024 , We celebrated World Population Day at DBJ college ,Chiplun . This programme was organized by Dept of Community Medicine and by the staff of UHTC. Students from Arts and commerce were gathered at the auditorium in DBJ college . Programme was started with welcome speech by staff of DBJ college followed by introductory speech by Dr. Ravikiran . Dr Ravikiran Sir gave an explanation of grievous situation of causes and effects of


DEAN

population explosion by telling case scenarios .Following this an awareness speech was delivered by Dr Smarnika Walnuskar and Dr Rahul Zalke , which included following subtopics-

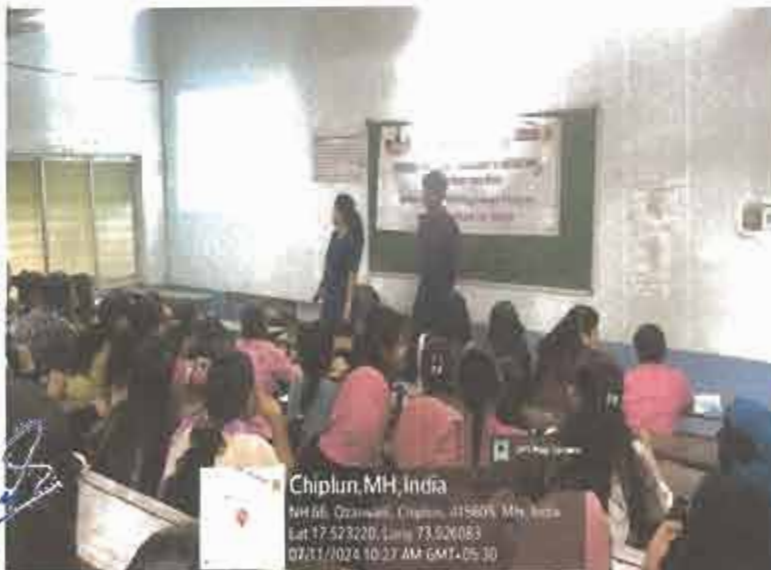
- 1) What is world population day
- 2) History of world population day.
- 3) Population of country and world
- 4) Causes, effects and control of population explosion.

This session was followed by equal interaction from the audience.

In total 60 students attended session.

The programme ended with a vote of thanks by the faculty staff of DBJ college.

The programme ended with a vote of thanks by the faculty staff of DBJ college.



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MONTH JULY -2024

SIX MONTH BIRTHDAY

VENUE: UHTC Chiplun

DATE: 12/07/2024

PARTICIPANT NO: 10 Children

DOCTOR'S & STAFF NAME: . Dr Anand Phad (JR 2 Medicine), Dr Sakshi Mohite, PHN sister. Pradnya Ware and Sister- AShwini Redij, Pharmacist- Shriya Mone,MSW sandip patil, Interns- Dr Smarnika Walnuskar, Dr Rahul Zalke, Dr Amar Zambre

PROGRAM SUMMARY –

Six Month Birthday programme was organized at UHTC Chiplun. About children attended this program. After registering the names of all the children, their height, weight, SpO2, Temperature were noted Those children whose immunization was incomplete were immunized appropriately. They did surely learn a lot like how to wash their hands, how hygiene is important cause cleanliness is next to godliness along with nutrition and diet. All kids gathered together


DEAN

and sang the happy birthday song and then blew the candles and enjoyed sweet kheer. They all were gifted spoons and bowls along with sweets to the end of the event .

After which MSW explained the importance of timely immunization, benefits of 6 months exclusive breastfeeding, benefits of consuming nutritious diet and appropriate child care practices. They also educated them about the immunization schedule.

In this way the parents were asked to give proper attention to their children.

Thus the program ended by serving the children with kheer, by giving them spoon and bowl as a birthday gift.



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MONTH JULY -2024

GENERAL ANC CHECK UP CAMP

VENUE: Mirjoli, Anganwadi

DATE: 16/07/2024

NUMBER OF PARTICIPANTS: 06 ANC

DOCTOR'S & STAFF NAME –Sister Pradnya Ware, MSW Sandip Patil, Intern - Dr Smarnika Walnuskar

PROGRAMME SUMMARY:

Antenatal checkup camp was held on 16/07/2024 Mirjoli, Anganwadi. A total of 06 pregnant females participated in the camp. Registration of pregnancy was done and their height and weight were recorded.

BP of all pregnant females was recorded. T.T injections were given to the pregnant females of second trimester.



DEAN

Doctor examined every patient and advised sonography to those women who needed it and prescribed iron folic acid tablets to women who had anemia. Calcium and iron tablets, protein powder were also prescribed. Fetal heart sounds were checked by Doppler.

Interns gave information about hygiene, diet in pregnancy, exercise, yoga and explained the importance of it in pregnancy. They advised diet full of nutritious food like eggs, fruits, green leafy vegetables and milk. They gave information about antenatal visits and care and advised not to lift any heavy objects during the first trimester and informed when to rush to the hospital like sudden copious discharge, abdominal pain, reduced fetal movements, fits, blurred vision, etc

The program was concluded by solving doubts of the participants.



B.K.L. Walawalkar
At Kasarwadi, Post Savarod
Tal. Chiplun, Dist. Ratnagiri

B.K.L. Walawalkar & Head of Dept Community
Kasarwadi, Savarod - 415 606

Shri Vitthalrao Joshi Charities Trust's

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MONTH JULY -2024

GENERAL HEALTH CHECK UP CAMP

VENUE: Nirbade

DATE: 17/07/2024

NUMBER OF PARTICIPANTS: 34 patients

DOCTOR'S & STAFF NAME – Dr Sakshi Mohite, Dr. Kunal Kalaskar(JR PSM) , INTERN- Dr. Amar Zambre , Sis Ashwini Redij,
MSW sandip Patil

PROGRAMME SUMMARY:

Today, on 17/07/2024 camp is organized by uhtc at Anganwadi Nirbade , Chiplun where a General Health Check was conducted. A total of 34 people were examined. In this camp the personal details, blood pressure, pulse, blood sugar of


DEAN

the patients were recorded. Appropriate blood investigations, sonography, X ray and treatment was advised to the patients and were referred to BKLWH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. Necessary medications were given to the patients. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.



Sandip Patil
DEAN



Kajewadi, Maharashtra, India
 HH9M+J37, Kajewadi, Maharashtra 415605, India
 Lat 17.568942°
 Long 73.582496°
 17/07/24 11:09 AM GMT +05:30



Kajewadi, Maharashtra, India
 HH9M+J37, Kajewadi, Maharashtra 415605, India
 Lat 17.568992°
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MONTH JULY -2024

SAMUDAIK DOHALE JEVAN

VENUE :- Urban Primary Health Centre Chiplun

DATE : 19/07/2024

PARTICIPANTS NO- 06

DOCTORS AND STAFF NAME - Dr Ravikiran Kamate(Associate professor community medicine) , Dr Sakshi Mohite, Sister Ashwini Redij, Sister Pradnya Ware, MSW Sandip Patil, Pharmacist Shriya mone **INTERNS –** Dr Prajwal Pawar, Dr Ruchir Pawar.

PROGRAM SUMMARY- Today on 19/07/2024 at uhtc chiplun. we celebrated baby shower program , there were 06 participants were present. All ANC ,PNC and UPHC workers were welcomed and the program was started . UHTC Dr Ravikiran Kamate (medical officer) enlightened everyone about ANC Care and Importance of today's program.Then all the


DEAN

participants were registered for delivery at BKLWH. After that weight , height were noted. Then ANC checkup was done and according to need of an individual guidance was provided. Those who needed blood test, Sonography were advised to get it done. Calcium and iron folic acid tablets were advised to all the females to continue through the pregnancy after that Intern doctors and nursing student gave a brief explanation the women about changes occurring during pregnancy, what care should be taken during pregnancy. If in the last 3 months PV leak, decreased fetal movements occur should be immediately reported to obstetrics doctor

MSW Mr.sandip patil gave a information of various services available at UHTC and B.K.L walawalkar hospital

Then Dr Prajwal gave information about ANC Care and diet importance to the participants. After that Dr Ruchir gave valuable information about PNC Care including breast feeding family planning immunization perineal hygiene.

At the end of program ANC mother were prepared for photo taking and photos were taken. After that they were given healthy fruits and nutritious laadu were given .

Hence program was ended after solving everyones doubts





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MONTH JULY -2024

GENERAL HEALTH CHECK UP

VENUE: Washishti dairy , chiplun

DATE: 24/07/2024

PARTICIPANTS: 51

DOCTOR'S & STAFF NAME: Dr Kunal Kalaskar(JR PSM), Intern- Dr Prajwal Pawar , Physiotherapist- Dr. Bhavana Baikar ,
Dr. Urvashi Ghole (physiotherapy intern), Sister Pradnya Ware, MSW SandipPatil

PROGRAMME SUMMARY:

Today on 24/07/2024 at washishti dairy, Chiplun a camp for Genaral Health checkup for dairy workers was held.


DEAN

Total 51 workers were present. Registration of these patients along with their name, pulse, BP and thorough head to toe examination were checked and medicines were given. Those who needed further investigations like USG, CBC were referred to UHTC and BKLWH. Who needed surgery, ophthal treatment , gynac surgery or other investigation were referred to UHTC and Walawalkar hospital Dervan. Those who need Physiotherepic assistance were given by Dr Bhavana and explained exrecises and told them to do it at there home.

MSW SandipPatil explained the service and facilities of Walawalkar clinic to the patient, later educated about facilities and services of UHTC Chiplun.



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 Long 73.578668°
 24/07/24 11:19 AM GMT +05:30



Pimpri Khurd, Maharashtra, India
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वाशिष्ठी मित्रक जॉइ मित्रक प्रॉडक्टस् प्रा. लि., पिंपरी खुरद.

आपला पत्र

आ.क.न. वासावल्कर राठरी आरोग्य केंद्र व वाशिष्ठी डेअरी यांच्या संयुक्त विद्यमानात मोफत आरोग्य तपासणी विवीध दि.२४/०७/२०२४ रोजी कर्जघाटी वगैरेसाठी आरोग्य तपासणी व मोफत औषधी देण्यात आली वर शिबिरातूनच कल्याणकारीत डॉक्टर, टीएम व सिस्टर, आरोग्य सेवक वगैरे उपचारण तज्ञ व फौजिओपरेरी (स्नायान तज्ञ) डॉक्टर यांचा सहकाराने अतिशय उत्तम प्रकारे हीला उपबद्ध आम्ही कल्याणकारीत संघादिकां डॉ.सुवर्णा पाटील बॅंका व डॉ. रविशिरण सर यांचे सहकाराने आहोत.

आपला विश्वासू

वाशिष्ठी मित्रक जॉइ मित्रक प्रॉडक्टस् प्रा. लि.

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MONTH JULY -2024

GENERAL HEALTH CHECK UP

VENUE: KALUSTE SUBCENTRE

DATE: 26/07/2024

NUMBER OF PARTICIPANTS: 31 patients

DOCTOR'S & STAFF NAME : Dr. Kunal Kalaskar(JR PSM), Dr. Anand Phad (JR Medicine) , INTERN- Dr.Ruchir Pawar , Sis Ashwini Redij, MSW Sandip Patil

PROGRAMME SUMMARY: Today, on 26/07/2024 camp is organized by uhtc at KALUSTE SUBCENTRE ,Chiplun where a General Health Check was conducted. A total of 31 people were examined.In this camp the personal details, blood pressure, pulse,blood sugar of the patients were recorded. Appropriate blood investigations, sonography, X ray and


DEAN

treatment was advised to the patients and were referred to Opthmology, Dermatology, Surgery opd in BKLWRH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. Then Intern Dr Ruchir Pawar educated the people about the advantages of good exercise and balanced diet for a healthy life.

Necessary medications were given to the patients.

Thus, the program was concluded after solving everyone's doubts.





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MONTH JULY -2024

ADOLESCENT GIRLS HEALTH CHECKUP

VENUE :- URBAN PRIMARY HEALTH CENTRE CHIPLUN

DATE : 30/07/2024

PARTICIPANTS NO- 16

DOCTORS AND STAFF NAME – Dr. Kunal Kalaskar(JR PSM), Sis Ashwini Redij, Sis Pradnya Ware , Msw Sandip Patil **Intern –**
Dr Sakshi Pote

PROGRAM SUMMARY-

Today on 30/07/2024 at uhtc chiplun organized health checkup for adolescent girls in which there were total of 16 girls. we have registered their names and noted their height and weight also health checkup was done by Dr sakshi mohite.


DEAN

In this we have given advice to girls according to their complaints. Hb checkup of all girls has been done. iron tablets was given to those girls who had less Hb

All girls were gathered in the guidance room. Dr sakshi mohite and msw sandip patil has given information about all the facilities of the hospital and also Dr sakshi pote has provided information about menstrual cycle and how to follow menstrual hygiene. Dr kunal has given the information about changes occurs during adolescent period and given information about healthy diet. He has given importance of fruits, cereals, milk, green vegetables in the diet

Also Dr sakshi mohite has given information about sex education. In this way all the doubts were solved and programme was ended



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Long: 73.52992°
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MONTH JULY -2024

GENERAL HEALTH CHECK UP CAMP

VENUE: Pimpli budruk Gram Panchayat Chiplun

DATE: 31/07/2024

NUMBER OF PARTICIPANTS: 37 patients

DOCTOR'S & STAFF NAME : Dr. Kunal Kalaskar(JR PSM) , INTERN- Dr.Rohit pawde,Dr.Sakshi pote , Sis Pradnya ware, MSW Sandip Patil

PROGRAMME SUMMARY:

Today, on 31/07/2024 camp is organized by uhtc at Pimpli budruk Gram Panchayat, Chiplun where a General Health Check was conducted. A total of 37 people were examined. In this camp the personal details, blood pressure, pulse, blood sugar


DEAN

of the patients were recorded. Appropriate blood investigations, sonography, X ray and treatment was advised to the patients and were referred to Opthmology, Dermatplogy, Surgery opd in BKLWRH for further evaluation and treatment if necessary.

Later, MSW Sandip Patil gave information about the various services and facilities available at the UHTC and BKLWH, Dervan. Necessary medications were given to the patients. They were educated about the advantages of good exercise and balanced diet for a healthy life.

Thus, the program was concluded after solving everyone's doubts.



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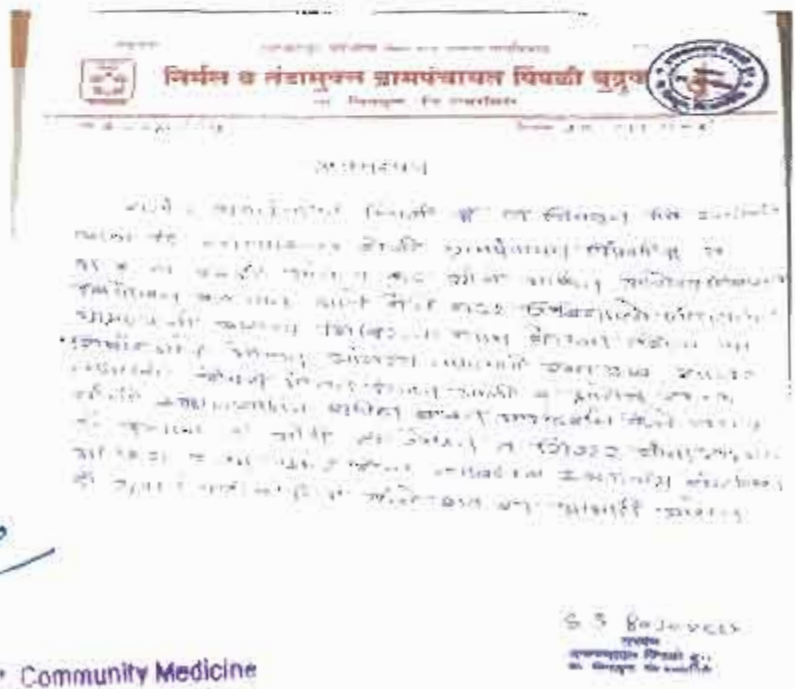
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DEAN

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