

**Shri. Vitthalrao Joshi Charities Trust's
B. K. L. Walawalkar Rural Medical College & Hospital
Shree Shetra Dervan Vartaptra
July, 2024- (12th year – 07th publication)**

'Doctors' Day' celebrated with enthusiasm at B. K. L. Walawalkar Rural Medical College and Hospital



On the occasion of 'Doctor's Days' which is celebrated on 01st July'2024, B. K. L. Walawalkar Hospital and Rural Medical College's Doctors and students organized a musical evening – 'Melody Mania', where in they presented with their singing skills.

For this program, Medical Director Dr. Suvarna Patil and Dean of Medical College Dr. Mansingh Rao Ghatage were the chief guest. At the same time Dr. Netaji Patil, Dr. Arvind Yadav, Dr. Vijay Dombale, Dr. Prasanna Nakate, Dr. Avinash Lukde, Dr. Yogendra Shelke, Dr. Ranjit Wagh, Dr. Avinash Borkar, Dr. Laxman Phad, Dr. Sangeeta Vanjari, Dr. Jayshree Jankar, Dr. Anil Kurane etc. were also present.

The program started with the lighting of the lamp. This program was coordinated by two students Mr. Kunal Varakad and Ms. Srishti Patil. All the help needed for the same was assisted by Dr. Advait Godse, Dr. Avinash Waghmode, Dr. Suryakant Ingale, Dr. Mihir Bairat, Dr. Vaidehi Deshpande, Dr. Dhiraj Borde, Dr. Chetan Sakte, and Tanushree, Pranav, Piyush, Shravani, Shraddha added to the program with their melodious voices.

'More than 7200 patients benefited from completely free treatment under 'Mahatma Phule Jan Arogya Yojana' at Walawalkar Hospital

Walawalkar Hospital at Sawarde has been a boon to the people of Konkan. Last year more than 7200 patients got the benefit of completely free treatment under Mahatma Phule Jan Arogya Yojana. Walawalkar Hospital has cardiology, cathlab, Urology and dialysis, 12 operation theaters in surgery department, 100-bed intensive care unit for medical surgical pediatrics, neonatal, chemotherapy, radio therapy, cancer surgery, separate cancer department equipped with many systems.

Many sections are available. In this last year 642 heart disease patients have been saved due to angioplasty and bypass surgery. At the same time, 3500 patients of various types of cancer are benefiting from

chemotherapy scheme while 315 patients have benefited from radiation treatment. Also more than 280 patients underwent cancer surgery.

In this way more than 1500 patients underwent various types of complex surgeries. In this, 445 people with kidney failure due to kidney stones have been saved. Apart from this, various types of stomach cancer surgeries as well as bone, nose-ear surgeries are included in this scheme. More than 100 patients suffering from Liver and Pancreatic Diseases have been relieved by endoscopy and laparoscopic treatment.

Critical care medicine and pediatric patients have also benefited from the scheme, helping to save their lives. The hospital is the only complete up-to-date multi-specialty hospital in Konkan with more than 300 specialist doctors of various disciplines permanently available here. Therefore, treatment is easily possible even at night. Patients come from all over Ratnagiri, Sindhudurg and Raigad districts for treatment, but besides that patients from Kolhapur, Satara, Mumbai, Pune are also visiting the hospital for proper treatment. Economically weak as well as orange and yellow ration card holders can avail the benefit of this scheme. The patients included in the scheme are not only fully treated, apart from these, free meals are also provided as long as the patient is covered by the scheme. Dialysis Department, 11 Hemodialysis Machines, R.O. The plant is equipped and last year 480 patients have benefited from the dialysis facility.

Training of Dialysis Technicians has been facilitated for this department to provide continuous service. Hundreds of students from Konkan have tried to become self-reliant by taking this training. 123 patients of paralysis and other brain disorders are beneficiaries of this scheme. A number of schemes even for the economically weaker sections of the hospital allow patients to be diagnosed and the funds required for the tests required for the diagnosis are made available, thereby increasing the patient's life through early diagnosis and appropriate treatment.

With modern medical treatment in the form of Walawalkar Hospital available at the doorstep of the poor patients in their villages, they now see a ray of hope for survival and on this occasion Sawarde and its surrounding areas are beginning to taste the fruits of development.

Lecture by Dr. Prakash Doke - Former Director of Healthcare, Maharashtra State



B. K. L. Walawalkar Hospital and Rural Medical College, along with the faculty, post-graduate students, and third year MBBS students organized lecture by Dr. Prakash Doke-former Director for Health Services for Maharashtra state and the topic was 'Public Health in Medical Education'

He spoke on the topic, 'Public Health in Medical Education' and the importance of this subject. Dr. Doke presented his long experience in medical education as well as in the field of health management and convinced the audience of the

importance of public health. Students also participated enthusiastically in the seminar. During discussion with Dr. Suvarna Patil - Medical Director, Dr. Doke assured that he is responsible for executing any research projects by the institute at the government level as well as at the central level and UN for obtaining research grants. Dr. Doke assured to extend help for such grants.



'Sleep Lab' facility at Walawalkar Hospital



The ENT department at Shree Vitthalrao Joshi Charities Trust, has recently commissioned 'Sleep Lab'. This is a very high quality sleep lab from the Philips Company.

Snoring at night is not only a problem but it is an invitation to many major diseases. In today's hectic life, one thing that we ignore is getting enough restful sleep and the reason for not getting restful sleep is shortness of breath, partner's snoring and various noises coming at night! If we don't get enough restful sleep of 6-

7 hours, then it invites other major diseases. But often we

do not realize that we have trouble breathing in our sleep? What is the reason for sleeping a lot during the day? And this thing needs to be diagnosed. To diagnose this, a scientific study of sleep is required. Therefore, the problem of snoring caused by breathing, brain, heart, abdominal cavity can be diagnosed.

State-of-the-art sleep study facilities are available in Konkan & only at Walawalkar Hospital. For this study, an AC room with an attached bathroom is provided to make the patient comfortable. The patient has to stay overnight in the hospital and get his report immediately the next morning. Diagnosis of snoring is very important. Once it is diagnosed, then further treatment is started at Walawalkar Hospital.

If you ignore your snoring problem, you may face the following risks:

1. High blood pressure at a young age
2. Paralytic stroke
3. Heart attack
4. Irritability
5. Dementia
6. Increase in road accident rate

That's why patients having snoring issues should take a 'sleep study' from an ear, nose and throat specialist at Walawalkar Hospital to diagnose it as soon as possible so that they do not invite any major ailments. All these information was given by Dr. Rajiv Keni & Dr. Prateek Shahane at B. K. L. Walawalkar Hospital and Rural Medical College.

Ayushman Bharat Mission – Maharashtra Committee - Review meeting

On 16th May 2024, a review meeting was organized at B. K. L. Walawalkar Hospital with Dr. Omprakash Shetye - Head of Maharashtra Committee of 'Ayushman Bharat Mission'. In this meeting Taluka Health Officer (THO) Dr. Jyoti Yadav, District Health Officer (DHO) and colleagues from Mahatma Jyotirao Phule Jan Arogya Yojana were present. Dr. Omprakash Shetye, is the Chief Healthcare Leader of Ayushman Bharat-Mission Maharashtra Committee. One of their motto is to make quality healthcare available to everyone, everywhere.

Dr. Shetye expressed his appreciation for the 'Mahatma Jyotirao Phule Jan Arogya Yojana' which is running in Walawalkar Hospital



Lecture by Dr. Bina Joshi (Scientist G)



On 30th May'2024, A lecture was organized at B. K. L. Walawalkar Rural Medical College by the department of 'Jan Aushad Vaidyakashastra', ICMR, Deputy Director of National Fertility and Child Health Research Institute, Mumbai and Senior Scientist & Head of Implementation Research – Dr. Bina Joshi on 30th May'2024. This lecture was attended by all the faculty and post graduate students of all departments. Dr. Bina Joshi spoke on 'Implementation Research'. Dr. Joshi presented the research

done in implementation and as well as shared her long experience in this field and convinced the audience about the importance and detailed knowledge of the subject of "Implementation Research". The healthcare organization seeks to understand the behavior of healthcare consumers and policy makers to coordinate the implementation of the program at the beneficiary level. Dr. Joshi, pledged cooperation for efforts at the Council level and at the World Health Organization level.

'Walawalkar Hospital Lepto Drive' a monsoon initiative



During the rainy season, during planting in the field for a long time in the mud or doing similar work, if water containing germs enters the cracks of your limbs or nose or eyes, these germs grow rapidly in the muscles, and then symptoms such as pain in the limbs, headache, and fever appear. If the disease is not counteracted by minor drugs, the disease takes a severe form and then complications such as pneumonia, kidney failure, and loss of platelets occur. This disease can be life threatening in patients who have chronic diseases like diabetes, high blood pressure, malnutrition. To avoid this, treat the cracked feet from the beginning and take a clean bath with soap after finishing the agricultural work. Washing hands and feet is essential. But primary prevention is possible by taking only two tablets of 'Doxycycline' once a week from the time of planting to prevent the development of leptospirosis. In fact, in 2012 Walawalkar Hospital along with Director of Health Services, State of Maharashtra has done a lot of research on this issue and since then distribution of Doxy as a preventive measure has been started for last ten years and it has shown positive results. Hence, this program called 'Lepto Drive' is conducted every year during monsoon for rural farmers. Like every year this year also in this leptospirosis drive of Walawalkar Rural Medical College Department of Community Medicine, Rural Medical College with Rural Health Training Center Derwan, Civil Health Training Center-Chiplun, Community Department Walawalkar Hospital have also contributed very significantly.

B.K.L. Walawalkar Hospital has been distributing Doxy since 2012. These pills are given during paddy growing season. However, pregnant mothers and children should avoid consuming these pills. During this decade-long campaign, B. K. L. Walawalkar Hospital has distributed to about 6217 Doxy to villagers. A team of 30 to 35 people including doctors, nursing staff, social workers and other hospital staff come every day for health check-ups, first aid, medicine distribution are being provided in the affected areas. Also raising awareness among people about symptoms of leptospirosis, routes of infection and how to manage/prevent it.

So far 3131 beneficiaries from many villages like Derwan, Kosbi, Hadkani, Nandgaon, Terav, Mirjoli, Muradpur, Kapsal, Adare, Kherdi, Chinchgiri have benefited from this. This activity is being conducted completely free of charge as a social commitment by Walawalkar Hospital. So till today many farmers have escaped from leptospirosis. The hospital administration is grateful to the administration for giving proper support to the initiative.

Honor of A. R. T. at Walawalkar Hospital and College, through Guruprasad Sanstha

The inauguration of A. R. T. center was held on 05th January'2021 at Walawalkar Hospital and Rural Medical College. In the last three years, this A. R. T. center has treated more than 1000 AIDS patients from Ratnagiri and Panchkroshi, by giving them appropriate medication and counselling as per the government guidelines.



Considering the outstanding performance of this A. R. T. Centre, the Maharashtra State AIDS Control Institute has invited Dr. Yogendra Shelke, to guide their

Maharashtra State AIDS Control center and affiliated centres, to Aurangabad on 14th March'2024.

On the occasion of 20 years of Anti-Retroviral Therapy Center started by AIDS Control Organization in India, A.R.T. center of Walawalkar Hospital and College, Dervan was recognized for its outstanding work and felicitated by Guruprasad Sanstha at Ratnagiri, by Shri. Milind Rajwade.



एकूण एच.आय.व्ही. बाधितांची नोंदणी	११७०
मृत्यू (ए. आर. टी. सेंटरच्या प्रारंभापासून)	१० (७.६९%)
लॉस टू फॉलो अप (LFU)	०४ (०.३७%)
एकूण ए.आर.टी. औषधोपचार घेत असलेले रुग्ण (Alive on ART)	१०७६ - ट्रान्सफर आऊट व मृत्यू वगळून
एकूण प्रौढ रुग्ण (PLHIV Adults)	N=१०५३
पुरुष	४८७
महिला	५६६
लहान मुले (PLHIV Pediatrics)	N=२३
पुरुष	१४
महिला	०९
एकूण व्हायरल लोड टेस्टिंग (मार्च २०२३ - एप्रिल २०२४)	१०२०
व्हायरल लोड नियंत्रित (Virally suppressed)	१०११ (९९.११%)

'Food Revolution: Better Food, Better Thought' Global Indian Scientists and Technocrats



A memorandum of association was signed between the 'Global Indian Scientists and Technocrats Forum' an international organization and B. K. L. Walawalkar Medical College. Under this agreement, both the institutes will jointly organize various activities like faculty/student exchange, diet, healing power of local fruits and vegetables and its benefits, balanced diet as well as publication of research articles, papers, books and contribution of knowledge world to develop research aptitude.

Global Indian Scientists and Technocrats Forum's International co-ordinator Dr. Yellojirao Mirajkar (USA) and Secretary Shri. Nandkumar Palkar recently visited the organization on 24th June and inspected the various projects.

Dr. Suvarna Patil and Dr. Yellojirao signed the memorandum of understanding between the two institutions. At that time the professor of medical college Dr. Arvind Yadav, Dr. Prasanna Nakate, Dr. Pushpa Burute, Dr. Netaji Patil, Dr. Yogendra Shelke, Dr. Amar Barwade, and Dr. Prashant Moolya were present. Now in the future, various projects will be jointly implemented by both the organizations.

Dr. Yellojirao Mirajkar's guidance to students for a healthy long life



'Diet Revolution' by the Ministry of Health and Family Welfare - Uttam Aharan Uttam Vichar' an initiative was started in 2021 for creating an awareness about nutritionally balanced diet.

Fruits and vegetables that are easily and cheaply available in the locality, understanding the importance of vegetables and including them in the diet, to create awareness about 'Malnutrition' and to solve the problem of 'illness' in India, these are the basic objectives of this initiative. Global Indian Scientists and Technocrats Forum (GIST) is

an international organization involved in this initiative and GIST includes Indian scientists, technologists, engineers from all over the world. Many of these experts are eager to contribute their knowledge and experience for the development of our country and hence, through this forum, they have undertaken an important initiative to bring about a food revolution in India.

GIST Forum International coordinator Dr. Yellojirao Mirajkar (USA) and and Secretary Shri. Nandkumar Palkar recently visited Shri. Vitthalrao Joshi Charities Trust and inspected various projects, and interacted with the school students of the institution. Dr. Yellojirao Mirajkar explained to the students the importance of balanced nutritious diet and exercise for a happy and healthy long life. Talking about the lifestyle required for



good health, he made the students aware of three major investments - Physical Wellbeing, Financial Wellbeing and Social Wellbeing. Despite financial well-being, if there is no physical and mental health, that money is of no use. But more than all these, Cognitive Skills are very important. Cognitive skills are the ability to express the five senses through the brain, interpreting the information that our five senses provide to our brain.

Achieve physical, mental health and financial prosperity Development of cognitive skills is important to do. Brain is the source of cognitive skills and food and cognitive skills are directly related so food is essential for our health.

While explaining the importance of eating freshly prepared breakfast in the morning, he explained the valuable function of gut bacteria in food digestion. Gut bacteria are our friends and if we take care of them, our health will be good. They also eat part of the food we eat and in turn help us digest food. If we do not eat breakfast in the morning after dinner, these Gut Bacteria start eating the stored food in our body and our health deteriorates. Further Mr. Mirajkar advised children to listen to elders. When our parents, teachers tell us from experience thinking about our good, we should listen to them. Stating the reason for this, Mr. Mirajkar said that the full growth of our brain takes place by the age of 21 or 24. So students should listen to elders even if they don't understand us.

Students love maggi, chips, kurkure and other junk food. These pre-cooked packaged foods do not spoil for months. When asked why, the students replied that they were mixed with preservatives. Students also said that prepared food does not spoil for a long time. Mr. Mirajkar said that the preservative after going into your stomach, kills Gut Bacteria.

Dr. Mirajkar told the students of research studying the effects of Gut Bacteria. Gut Bacteria Exchange of a Hyperactive Rat and a Normal Rat. After that, it was observed that the behavior of the mice also changed. A similar experiment was conducted on flies and the same conclusion was reached in flies. This means Gut Bacteria has an effect on our smartness. This shows their importance. Dr. Mirajkar explained the students the benefits of eating fresh home cooked food, vegetables, fruits, food rich in various food ingredients like butter, ghee and also bitter vegetables like curry, fenugreek.



Why should we eat food 1) To nourish our body 2) To keep our friend Gut Bacteria alive and 3) We should eat food as medicine otherwise the medicine will become our food. The students were also given an opportunity to interact with the students, by answering the questions of the students, he explained the importance of 'good food, good thoughts, good health'.

Mr. Yellojirao and his team had a brain storming discussion with the medical college faculty and it was decided to organise train the trainers program for few faculties for "Uttam Ahar & Uttam Vichar" by GIST faculty from USA.

Lecture on Cancer, Genetic Diseases and Genomics by Dr. Hema Purandare



On 19.07.2024 Dr. Hema Purandare delivered a lecture at B.K.L. Walawalkar Rural Medical College on 'Cancer, Genetics and Role of Genomic Healthcare' for medical students. The program was started by Professor of Anatomy Dr. Prashant Moolya, with an introductory speech. Dr. Purandare was introduced and Dr. Moolya highlighted the pioneering contribution to genetic healthcare in India.

Today, with the advancement of science and technology, we can find the root cause of genetic diseases of various systems in the body. These diseases can be hereditary and can occur anytime from pregnancy to adulthood. The upside is that once diagnosed, these diseases can be managed. So it is very important to get tests done in this regard as soon as possible; because by that we can prevent the transmission of such hereditary diseases to the next generation. Also, if there is a premonition of the disease, we can decide our medication plan diet and most importantly career accordingly and live life in the best way possible. Pregnant women should consult a geneticist immediately if the doctor has any doubts about the growth of the fetus during routine pregnancy tests like sonography. If the husband and wife are related by blood, the risk of genetic defects for the fetus increases. Such couples should give the doctor a clear idea about their relationship. Certain diseases diagnosed by newborn tests are now also available with concrete solutions. Due to this, we take appropriate steps before any related symptoms appear can pick up and avoid the physical and intellectual ravages that illness can cause.

An integral part of genetic testing is genetic counseling. It involves verifying the patient's other medical reports before the test and talking to the patient and his family to learn their medical history of three generations. Based on this, the counselor can choose the right test for the diagnosis of the disease and explain all the advantages and disadvantages of that test to the patient.

Dr. Purandare emphasized the professors to enroll themselves with Bachelor of Genetics Counseling India (BGCI), and said that genetic counseling will be as future therapies. Dr. Purandare briefed about the facilities that are available in India and shed light on setting up a testing and genetic counseling at the Institute. The initiative to start a laboratory was enthusiastically accepted by the audience. All the professors and the students expressed gratitude for the information given by Dr. Purandare.

Dr. Purandare's presentation not only enlightened the audience but also inspired everyone to learn about genetic counseling and testing and their clinical practices. Medical Director Dr. Suvarna Patil, Radiologist Dr. Netaji Patil, Founder Dr. Mansingh Ghatge and other professors of the department, Head of Departments and

heads of faculties from all levels attended the workshop. With the visit of Dr. Hema Purandare, a new chapter of genetic health education has begun in B.K.L. Walawalkar Rural Medical College.

Santosh Kumhar stood on his own feet after a serious accident!

44-year-old Santosh Kumbhar met with a horrific accident on July 2, 2024 at 3:30 am when he was hit by a taxi while walking on the road in Mumbai. Then he immediately K. E.M. was taken to hospital. There preliminary examination revealed that both the major long bones of the left leg, the bone near the wrist of the right hand were completely broken, all the ribs of the chest and the bone of the right leg were also broken. The patient was then shifted to a private hospital in Mumbai.

After some tests done by the doctors there, it was found that there was also a large blood clot in the vein of the patient's left leg, and so the doctors there advised Santosh's relatives to take him to a tertiary care hospital for surgery.



On 08thJuly'2024, the patient was sent by his relatives to B.K.L. Walawalkar Hospital and left Mumbai at 12:45 midnight and the patient was admitted to Walawalkar hospital early in the morning. The patient was admitted to the intensive care unit of the hospital. There, under the supervision of doctors from various departments (osteopathologist, medicine, surgery, pulmonologist, anaesthetist, osteopath Dr. Anish Paul, Dr. Omkar, Dr. Jatin, anesthesiologist Dr. Lina and Asmita), the patient's condition was stabilized.

Before the operation, care was taken to secure the lung by inserting a tube to prevent injury to the lung due to rib fracture. Medicines that dissolve blood clots in the legs were temporarily stopped for the operation.

After the patient is fit for surgery, the patient's the surgery was decided on July 11, 2024, and two teams of doctors, one an arm and one a podiatrist, were doing it for at least seven hours. As the surgery was not possible under general anesthesia due to the severe blow to the chest, Santosh was operated under spinal + regional anesthesia. These operations were performed while he was fully conscious. A blood clot in the leg can travel to the lungs and cause suffocation. Special medicines were given for this. The lung tube was removed the next day and Santosh was kept in the intensive care unit as he needed close attention after the surgery. Within a few days Santosh improved significantly and was allowed to go home safely and was advised to exercise. He thanked the hospital. Santosh could go home safely due to the quick decision of the various specialist doctors of Walawalkar Hospital and the updated facilities. Santosh is a resident of Verambam village in Guhagar and was staying in Mumbai for work; but he is more satisfied that he got proper treatment from Walawalkar Hospital from his hometown Konkan.



“Medtech workshop” for Medical Students at B. K. L. Walawalkar Hospital

SVJCT's B. K. L. Walawalkar College has given a lot of importance to research in all courses in the Institute. The institute constantly strives to make students aware of new technologies, use them properly, and increase their curiosity in technology. One such activity was conducted by B.K.L. Walawalkar Rural Medical College, on 20th and 21st July'2024,

for the third year students. Medtech workshop was organized for the students of the medical college to be able to handle the medical equipments properly, what is its purpose, in which direction the new technology is leading. This workshop was commissioned in collaboration with Samarth Educational Institute (Biomedical Department). This workshop was organized with the joint efforts of Dr. Niranjn Khambete (Manager, Clinical Engineering, Dinanath Mangeshkar Hospital, Pune) and Prof. Rohan Gupte- Head of the Institute's Biomedical Department. On 20th July 2024, the students were given a demonstration on hospital electrical systems, ventilators, defibrillators, cautery machines, syringe pumps, infusion pumps and the students were given hands on information on how to use these equipment, how to protect the patient and themselves. Dr. Niranjn Khambete gave information about the medical devices made in India and gave information about Srichitra Institute for Medical Sciences and Technology. Only if technical and medical students focus on problem solving together can they invent new devices. Further he did ECG by showing the demonstration of the machine, information was given about the errors and Artifacts and what should be taken care of. Students themselves tried the machine and did ECG. Then he gave information about electrosurgical devices and how to use them properly and the working principle behind those devices. The students participated enthusiastically in this 2-day workshop and responded that they would like to participate if there are more such workshops due to the hands on training. This opportunity for medical students to learn about physics and electronics in medicine will definitely be beneficial when using equipment later in life.



Talk by Endocrinologist Dr. Smita Kargutkar (Ajgaonkar) New Jersey, USA

Dr. Smita Kargutkar – MD Medicine (Endocrinologist) New Jersey, visited B. K. L. Walwalakar Hospital and Rural Medical College. Also further with a future perspective, Dr. Smita gave training for the post graduate students (studying M. D. / M. S.) on Thyroid, Pituitary, Diabetes, Allopathy, Ayurveda, Naturopathy, Homeopathy and Holistic Medicine.



Meeting of School Sports Competition for the Year 2024- 25





Since the career of athletes always starts from school competitions, the organization of school sports competitions is an important stage in their life. The planning meeting for school sports competition 2024-25 was held at the sports complex of Shri Vitthalrao Joshi Charities Trust, which is always ready for the progress of athletes and the world of sports. In this meeting which was

held on 22nd July 2024, a well-planned schedule of annual school sports competitions was prepared. Also information about the changed technical norms of various sports was given to sports teachers through experts. The program was organized under the chairmanship of Ratnagiri District Sports Officer Mr. Sachin Mandwakar. 60 sports teachers participated on this occasion. Sports teacher of United English School, Mr. Sameer Kalekar, gave a presentation about India's participation in various sports in the Olympic Games, which attracts the world's sports world. The sports teachers presented the information about the activities conducted in various schools in accordance with the Olympic competitions.

10th Bhaktashrestha Kamalakarant Walawalkar Memorial Race



A cross country competition has been organized on Saturday, 31st August '2024 at 8 am, by Shri. Vitthalrao Joshi Charities Trust at Dervan. During this tournament, the winning players will be awarded with cash prizes, medals and certificates of Rs. 55,000/- in total. This competition is organized for boys and girls of 12, 14, 16, & 18 years age group with the following criteria:

Age	Gender	Kms
12	Boys / Girls	2kms
14	Boys	3kms
14	Girls	2kms
16	Boys	4kms
16	Girls	3kms
18	Boys	6kms
18	Girls	4kms

To encourage all participating players T-shirts will be provided. However, an appeal has been made through the organization that as many athletes as possible should participate in this competition and participate in this activity of strength training and physical fitness. The last date to register your participation in the said

competition is 25th August and for more information - Contact numbers: 9822639306 / 9822001692 / 9850883283 / 8805228922 / 9325897877.

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Executive Editor: Dr. Mrs. Suvarna Patil Deputy Editor: Mrs. Sharyu Yashwantrao -, Shri. Shrikant Paradkar 95884 79220, 99212 51695.