



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date : 16/11/2019 Duration: one day
Name of the activity : Blood Donation Camp
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : D. Y. Patil University School of Management
Name of the scheme : A single pint can save three lives a single gesture can make million smile
No of Teachers Participated : 01
No of Students Participated : 20

Brief of the Activity:


Rotaract club of MGM Bayside in collaboration with DYPUSM (D. Y. Patil University School of Management) organized Blood Donation Camp at MGM Blood Bank on 16th November from 9 am onwards to 3 pm. Total number of donors obtained was 15 students of MGM New Bombay College of nursing and D. Y. Patil College actively participated in donating blood. The event was volunteered by rotaractors. The event proved to be successful because of the healthy cooperation of HOD of Blood bank and their staffs. The donors were provided with refreshments

1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos : Yes


Signature of Organizer

Date:




Signature of Director

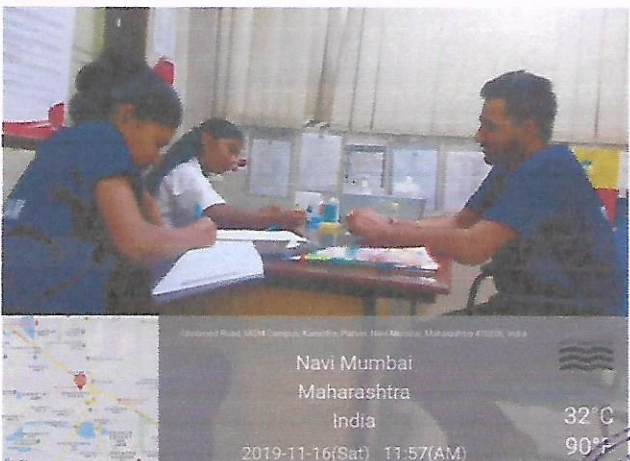
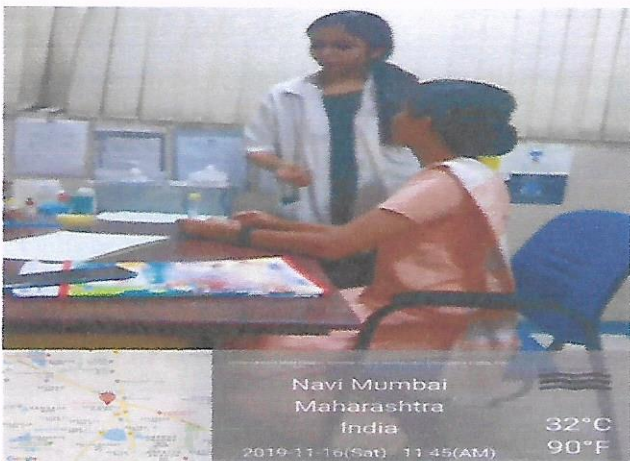
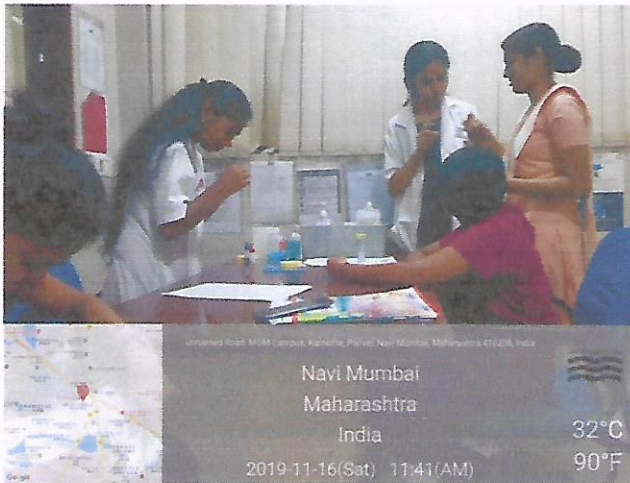
PROFESSOR & DIRECTOR
MGM New Bombay College of Nursing
Kamothe, Navi Mumbai - 410209



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5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1
Kamothe, Navi Mumbai – 410 209

BLOOD DONATION CAMP ON 16.11.2019



Tobacco Awareness Pledge



Marathwada Agricultural University, Parbhani (Id: C-4416)
Aditya College of Agriculture, Telgaon Road, Beed (Id: C-44913)
Aditya College of Food Technology, Beed (Id: C-44911)
College of Agriculture, Ambajogai (Id: C-44495)
College of Agriculture, Tondapur, Tal. Kalamnuri (Id: C-44508)
College of Food Technology, Parbhani (Id: C-44492)
M.I.P. COLLEGE OF FOOD TECHNOLOGY, AUNDHA NAG. (Id: C-57401)
MIT College of Food Technology Aurangabad (Id: C-59653)
Queens College of Food Technology and Research Foundation (Id: C-44498)
MGM Institute of Health Sciences, Navi Mumbai (Id: C-44517)
MGM School of Biomedical Sciences, Navi Mumbai (Id: C-44878)
Dr. Bhabha Institute of Medical Sciences, Amravati (Id: C-44327)
College of Nursing, Loni (Id: C-9768)
College of Physiotherapy, Loni (Id: C-9766)
Rural Dental College, Loni (Id: C-9764)
Rural Medical College, Loni (Id: C-9767)
Dr. Bhabha Institute of Health Sciences, Nagpur (Id: C-44321)
Aniket Social work College, Ramnagar (Id: C-18748)
Anjuman College of Engineering and Technology (Id: C-18770)
Arts and Science College, Pulgaon (Id: C-18818)
Arts College, Sehora (Id: C-18329)
Arts Commerce College, Jawaharnagar (Id: C-18919)
Arts Commerce Science, Arvi (Id: C-18454)
Bhawabhuti Mahavidyalaya, Amgaon (Id: C-18394)
Dayanand Arya Women's College, Jaripatka (Id: C-18873)
Dhote Bandhu Science College, (Id: C-24713)
DR.BABASAHEB AMBEDKAR ARTS,COMMERCE AND SCIENCE COLLEGE (Id: C-51713)
G.H. Raison College of Engineering ,Nagpur (Id: C-18817)

A Pledge was taken under the **NSS** Maharashtra activity for Tobacco control by students of 1st year BSc MGM SBS on 11th July 2019.

Event Name: Tree Plantation Drive under NSS Scheme

Date & Time: 09/08/2019



Location: MGM School of Biomedical Sciences, MGMIHS, Kamothe

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Tree Plantation Drive Under NSS Scheme to Phanswadi town hill, New Panvel	Mr.Yogesh Patil , Mr.Aakash Katariya	76

Kindly attach 4 photographs



Short event report

The tree plantation programme was conducted by MGM school OF Biomedical sciences kamothe, Navi Mumbai, Under NSS scheme for First year B.Sc and M.Sc Students in Phanaswadi, Tal- Panvel, and Dist- Raigad 410208.

Total of 300 plants were planted at the town hill of this village by 76 B.Sc and M.Sc Students under the guidance of Dr.Saloni Deshpande, MGM Institute of Management Studies & Research and Faculties of MGM school of Biomedical Sciences, on Date: 09/08/2019 in collaboration with Citizens unity forum Panvel with the help of BPCL.

Each students had carried minimum of 2 plants and maximum of 4 plants as per their capacity along with faculty members.

The students are provided with necessary protective equipment's as well as first aid kits in order to tackle any accidental scenario along with the two volunteers to each group from master course which had been specially trained by Dr.Saloni Deshpande prior to event along with the faculty members.

Report Prepared by: Mr.Yogesh Patil & Mr.Aakash Katariya

Attachments

Student's attendance list along with plant code numbers

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Event Name: World Breast feeding week celebration



Date & Time:9/8/2019 10.30a.m.-1.30 p.m.

Location: Primary Health care Center , Nere Villegge

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Hand on training on breast feeding techniques	Dr. Rupal Dalal	60 ladies (Pregnant ladies and lactating women)
2.	12.30-1.00 p.m.skit on Nutritional care during lactation	Dr. Priyanka Pareek	9(MSc. Clinical Nutrition ,Final year students)
3.	Galactogogues recipe Display	Dr. Priyanka Pareek	9(MSc. Clinical Nutrition ,Final year students)

Kindly attach 4 photographs



Participants and coordinators and beneficiaries

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Unnamed Road, Nere, Maharashtra 410206, India

Nere
Maharashtra
India

2019-08-09(Fri) 10:52(AM)

LCD color management and conversion Soft Proof Off

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Unnamed Road, Nere, Maharashtra 410206, India

Nere
Maharashtra
India

2019-08-09(Fri) 10:52(AM)

LCD color management and conversion Soft Proof Off

Skit

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Unnamed Road, Nere, Maharashtra 410206, India

Nere
Maharashtra
India

29°C
84°F

2019-08-09(Fri) 11:53(AM)

Nikon sRGB 4.0.0.3002 Soft Proof Off

Recipe display

Short event report

The event was conducted on 9th of August on the account of World breast feeding day. It was a joint activity which has been conducted by Dept. of Clinical Nutrition (MGM School of Biomedical Sciences), Dept. of Community Medicine (MGM Medical College) , NSI Mumbai chapter and Rotary club Navi Mumbai Bay side. The purpose of the activity was to teach the correct techniques of breast feeding to the lactating and pregnant ladies and to give them information about nutrition during pregnancy and lactation. The hands on training had been given by Dr. Rupal Dalal, she is a Paediatrician and the member of SMDT Trust. After the lecture the M.Sc. Clinical Nutrition Final year students played a skit on the nutrition of lactating woman. At last they displayed the three galactogogous recipes for lactating women; they explained the nutritive value and procedure to the ladies. It was really a great experience would like to give thanks to all the SBS team for their support and guidance.

Report Prepared by: Dr. Priyanka Pareek

Assistant Professor,

Dept. Of Clinical Nutrition

MGM School of Biomedical Science, navimumbai, kamothe

Contact no. 8143640995 s

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Event Name: World Breast feeding week celebration

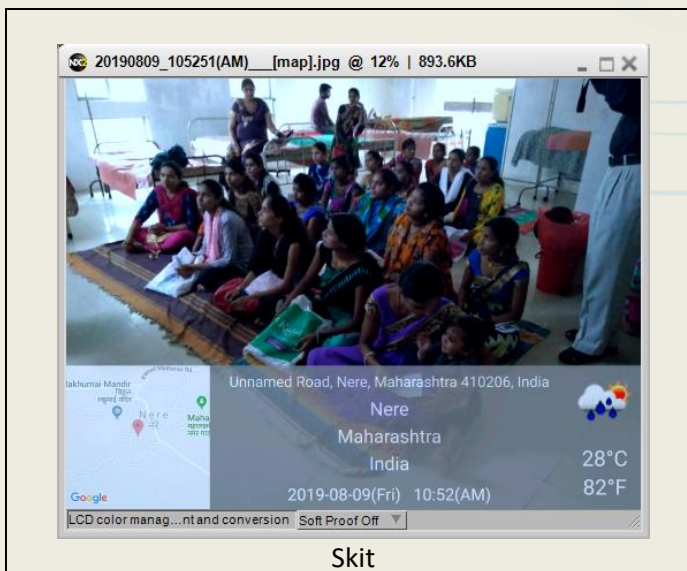
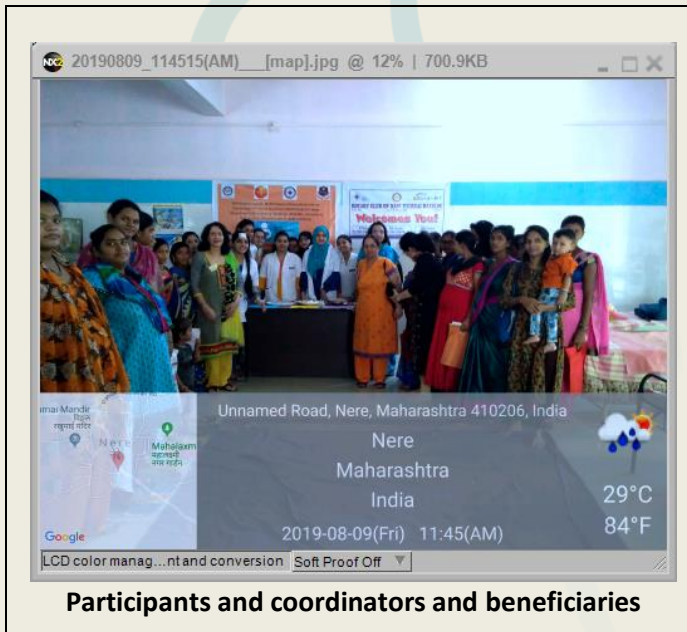
Date & Time:9/8/2019 10.30a.m.-1.30 p.m.



Location: Primary Health care Center , Nere Villegge

Sr. No.	Event Tile & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
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2.	12.30-1.00 p.m.skit on Nutritional care during lactation	Dr. Priyanka Pareek	9(MSc. Clinical Nutrition ,Final year students)
3.	Galactogogues recipe Display	Dr. Priyanka Pareek	9(MSc. Clinical Nutrition ,Final year students)

Kindly attach 4 photographs



Short event report

The event was conducted on 9th of August on the account of World breast feeding day. It was a joint activity which has been conducted by Dept. of Clinical Nutrition (MGM School of Biomedical Sciences), Dept. of Community Medicine (MGM Medical College) , NSI Mumbai chapter and Rotary club Navi Mumbai Bay side. The purpose of the activity was to teach the correct techniques of breast feeding to the lactating and pregnant ladies and to give them information about nutrition during pregnancy and lactation. The hands on training had been given by Dr. Rupal Dalal, she is a Paediatrician and the member of SMDT Trust. After the lecture the M.Sc. Clinical Nutrition Final year students played a skit on the nutrition of lactating woman. At last they displayed the three galactogogous recipes for lactating women; they explained the nutritive value and procedure to the ladies. It was really a great experience would like to give thanks to all the SBS team for their support and guidance.

Report Prepared by: Dr. Priyanka Pareek

Assistant Professor,

Dept. Of Clinical Nutrition

MGM School of Biomedical Science, navimumbai, kamothe

Contact no. 8143640995 s

Independence day Celebration



Participated in the 73rd Independence Day celebration at the Institute along with active participation in the UGC initiative for **One Student Tree Initiative**

Participated by staff and student of MGMSBS

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Event Name: Innovative counselling techniques (Type 2 Diabetes)



Date & Time: 31/8/2019 11.00 A.M.

Location: Royal Orchid, vashi

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	4.00- 6.00p.m.	IDA Navi Mumbai Division, Mumbai Chapter	50 (Dieticians Vashi MGM, Apollo, Wokart, Fortis, Academicians, MSc. Clinical Nutrition students)

Kindly attach 4 photographs



Short event report

An event on Innovative counselling techniques for type 2 diabetes had been organized by IDA Navi Mumbai Division, Mumbai chapter on 31 August 2019. Our M.Sc. Clinical Nutrition final year students have attended the event. In that program the talk had been delivered by Dr. Tejal on how to do effective counselling, it was very informative, and then the innovative counselling techniques with different different tool kits and skits had been conducted by the dieticians. That was really informative.

Report Prepared by: Dr. Priyanka Pareek

**Assistant Professor,
Dept. Of Clinical Nutrition
MGM School of Biomedical Science, navimumbai, kamothe
Contact no. 8143640995**



Event name	Blood Bank Camp			
	Column1	Column2	Column3	
Date	08/09/2019	10/09/2019	17/09/2019	20/09/2019
Place	Vashi & Belapur	Khanda Colony	Kamothe	Nhavasheva Navy Campus
Students	4&4	4	4	4
Donor	50+	50+	50+	118



EVENT	Pulse polio drive (government program)
ON	15th September 2019
TOTAL PARTICIPANTS	30 1st year BSc students

Event Name: International Peace Day

Date & Time: 21/09/2019

Location: MGM HOSPITAL



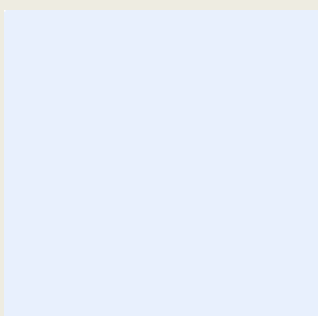
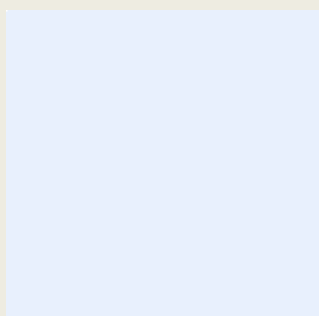
Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	MGM SBS	Dr. Mansee Thakur	2 nd Year B.Sc. Students
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Kindly attach 4 photographs



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Short event report

International Peace Day was conducted on 21st September 2019 at MGM School of Biomedical Sciences Navi Mumbai, Kamothe. 2nd Year B.Sc. students participated in this programme.

Report Prepared by: Ms. Minal Kanse (Tutor & Co-ordinator of PT)

Contact details : SBS MGM



EVENT	Talk on nutrition for pregnant and lactating women
AT	by Ms. Priyanka Pareek (Faculty) at Anganwadi center, Khopoli
ON	23rs september 2019
TOTAL PARTICIPANTS	1st year MSc clinical nutrition students
HIGHLIGHTS	recipes displayed by the MSc students

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Event Name: Nutrition month celebration, community activity



Date & Time:23/9/2019 10.30a.m.-1.30 p.m.

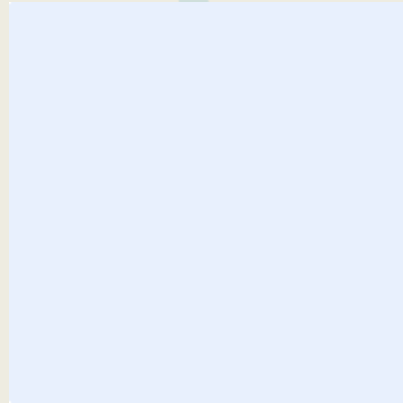
Location: ICDS CENTER , KHOPOLI

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Nutrition for pregnant and lactating woman	Dr. Priyanka Pareek and M.Sc. first year students	40 ladies (Pregnant ladies and lactating women)
2.	Food items and recipe display	Dr. Priyanka Pareek and M.Sc. first year students	9(MSc. Clinical Nutrition ,First year students)

Kindly attach 4 photographs



Participants and coordinators and beneficiaries





Side of Municipal office, Khopoli, Khopoli, Maharashtra, India

Khopoli
Maharashtra
India

2019-09-23(Mon) 12:48(PM)

31°C
88°F

Short event report

The event was conducted on 23th of September on the account of Nutrition month celebration. It was a joint activity which has been conducted by Dept. of Clinical Nutrition (MGM School of Biomedical Sciences), Dept. of Community Medicine (MGM Medical College). The purpose of the activity was to give the information about nutrition during pregnancy and lactation. The interactive session has been conducted by Dr Priyanka Pareek and M.SC. Clinical Nutrition first year students. In between the lecture the M.Sc. Clinical Nutrition First year students displayed the nutritious recipes. It was really a great experience would like to give thanks to all the SBS team for their support and guidance.

Report Prepared by: Dr. Priyanka Pareek

Assistant Professor,

Dept. Of Clinical Nutrition

MGM School of Biomedical Science, navimumbai, kamothe

Contact no. 8143640995 s



EVENT

"Rakt daan is Mahadaan

AT

MGM hospital, Kamothe at 10 am.

ON

NSS day 24th Sep,

HIGHLIGHTS

2 UG - students donated blood

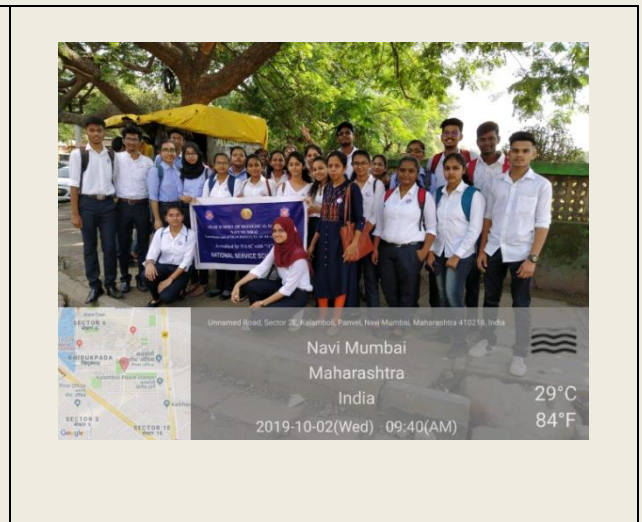
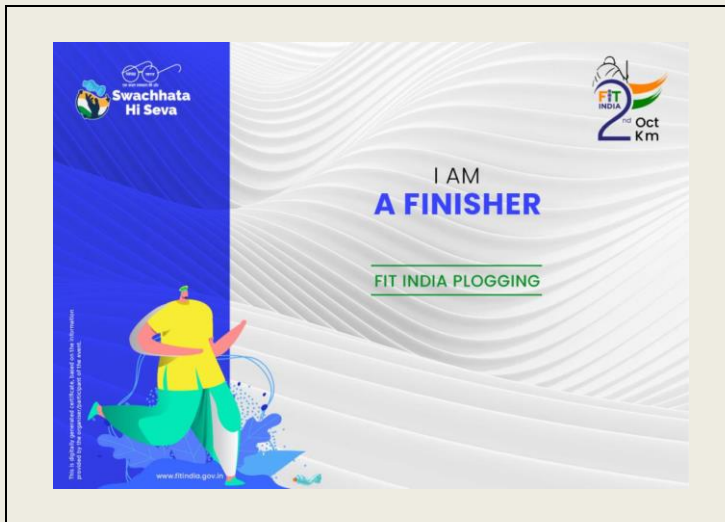
Event Name: Plastic eradication rally
Date & Time: 24-9.2019 Time 9 am – 12 pm



Location: Kalamboli mahanagar palika

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Plastic ban	Mrs. Anamika Chalwadi	30

Kindly attach 4 photographs



Short event report

On 24th sep 2019, 30 Students from First and second year participated for plastic eradication rally in kalamboli. As a drive for swatch bharat Abhiyan.

Report Prepared by: Mrs. Anamika Chalwadi

Event Name: Nutrition month celebration, community activity

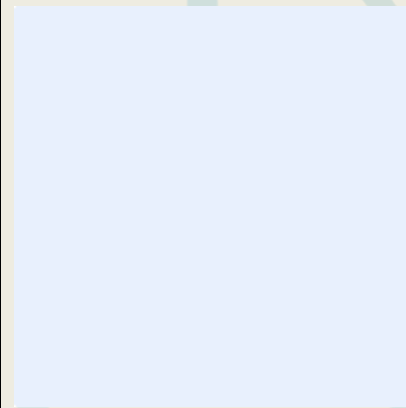
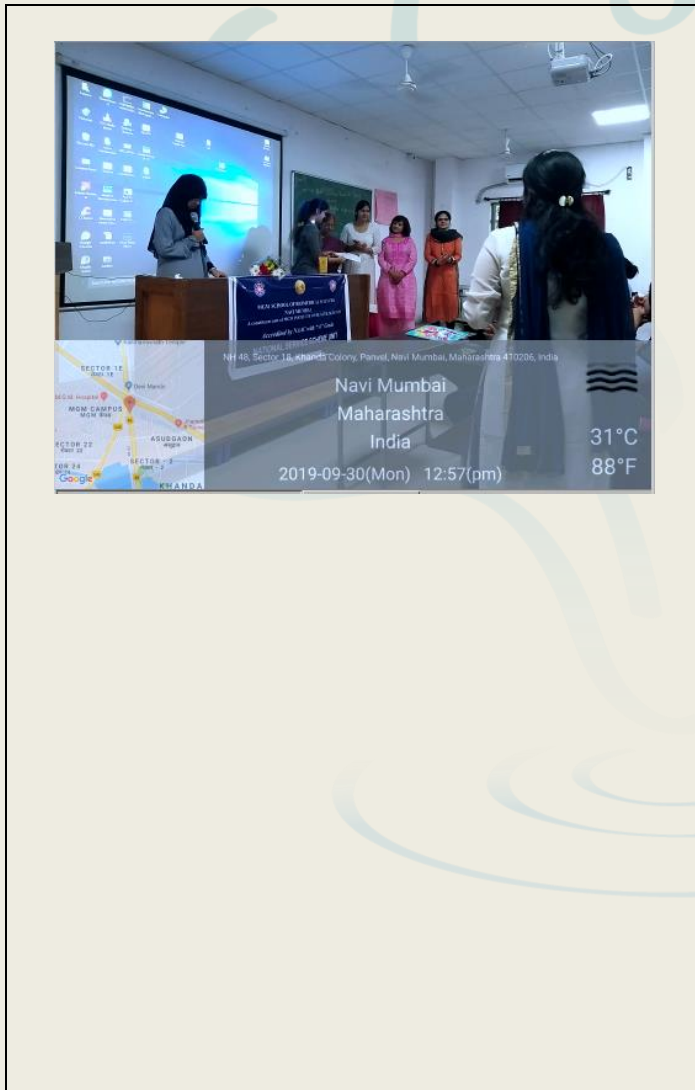


Date & Time: 30/9/2019 10.30a.m.-1.30 p.m.

Location: MGM SBS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Salad competition, sbs second floor, MGM Medical College	Dr. Priyanka Pareek	14 (B.Sc first year, optometry, M.Sc Biotechnology, Clinical Nutrition and optometry)
2.	Talk on "Nutrition for college students" by Mrs. Shubangini Joshi	Dr. Priyanka Pareek	B.Sc. first year and M.Sc. Clinical Nutrition

Kindly attach 4 photographs



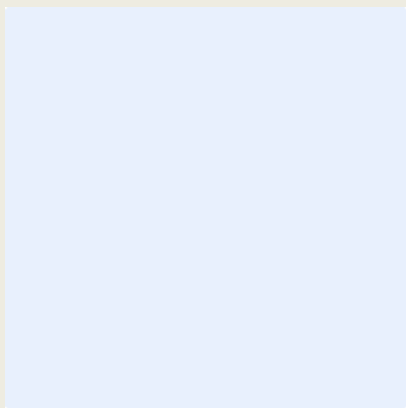


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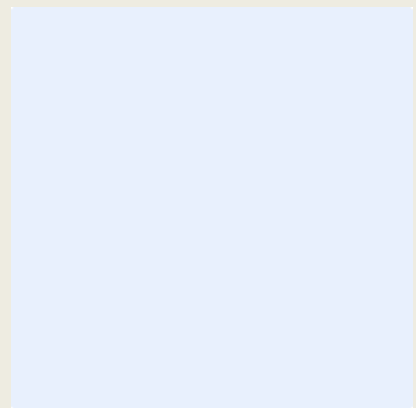
Navi Mumbai
Maharashtra
India

30°C
86°F

2019-09-30(Mon) 11:12(am)



Skit



Recipe display

Short event report

The event was conducted on 30th of September on the account of Nutrition month celebration. The fruits and vegetable salad competition has been organized by Department of Clinical Nutrition. There were 14 entries got from B.Sc and M.Sc. students. The activity judged by the guest speaker Mrs. Shubhangini Joshi, Mr. Ravi Pawar the food supply manager MGM and dietician from MGM, Hospital Kamothe Mrs. Mona Singh. After that a talk was delivered by guest speaker, she is having 37 year's experience in academics, one of the bestseller book on nutrition "Nutrition and Dietetics " had been written by her. The fourth edition will be coming in market soon. It was really a great experience would like to give thanks to all the SBS team for their support and guidance.

Report Prepared by: Dr. Priyanka Pareek

Assistant Professor,

Dept. Of Clinical Nutrition

MGM School of Biomedical Science, Navimumbai, Kamothe

Contact no. 8143640995

Event Name: VISION SCREENING CAMP

Date & Time:03/10/19 11.00AM



Location:KMP SCHOOL, KHOPOLI AND CSM SCHOOL, KHOPOLI

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	VISION SCREENING CAMP	Ms. Santoshi Bhagat, Ms. Arshiya Nagori, Ms. Glenita M., Mst. Anas Shaikh, Ms. Palak Dedhia, Ms. Shrutika Tambe	6
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title



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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in association with the department of Preventive and Social Medicine, had organised a vision screening camp on the 3rd of October, 2019 at the CHHATRAPATI SHAHUJI MAHARAJ MAHAVIDYALAYA and K N P Urdu High School, Khopoli. This vision camp was under the supervision of Ms. SANTOSHI BHAGAT(department of optometry). Total number of students, within the age group of 6-15, from CHHATRAPATI SHAHUJI MAHARAJ MAHAVIDYALAYA and K N P Urdu High School screened were 323. Out of these students, 87 were referred to MGMHospital, Kamothe for detail evaluation and 8 students were referred to Khopoli Municipal Hospital for refraction.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: VISION SCREENING CAMP



Date & Time: 04/10/19 11.00AM



Location: NPH VIDYALAYA – SCHOOL NO. 14 AND SCHOOL NO. 3, KHOPOLI

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	VISION SCREENING CAMP	Ms. Nida Hafiz, Ms. Glenita M, Ms. Shruti Mhatre, Mst. Anas Shaikh, Mst. Atharva Dehadaray	5
	00000	00000	00000

Kindly attach 4 photographs

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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in association with the department of Preventive and Social Medicine, had organised a vision screening camp on the 4th of October, 2019 at the NPH VIDYALAYA, SCHOOL NO. 14 AND SCHOOL NO. 3, Khopoli. This vision camp was under the supervision of Ms. Nida Hafiz(department of optometry). Total number of students, within the age group of 7-15, NPH VIDYALAYA, SCHOOL NO. 14 AND SCHOOL NO. 3 screened were 177. Out of these students, 26 were referred to MGM Hospital, Kamothe for detail evaluation and 11 students were referred to Khopoli Municipal Hospital for refraction.

The vision screening camp was a huge success.

Report Prepared by: Mrs. Vidula Patilb

Contact details)

Event Name: VISION SCREENING CAMP

Date & Time: `09/10/19 11.00AM



Location:KHOPOLI NAGAR PARISHAD

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	VISION SCREENING CAMP	Ms. Arshiya Nagori, Ms. Glenita M, Mst. Preet Shah, Ms. Sharon Shetty, Ms. Vanessa Barnes, Ms. Vanisha Vanjare, Mst. Soham Salvi	7
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title



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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in association with the department of Preventive and Social Medicine, had organised a vision screening camp on the 3rd of October, 2019 at the KHOPOLI NAGAR PARISHAD. This vision camp was under the supervision of Ms. Arshiya Nagori(department of optometry). Total number of students, within the age group of 6-15, from Khopoli Nagar Parishad screened were 270. Out of these students, 34 were referred to MGM Hospital, Kamothe for detail evaluation and 10 students were referred to Khopoli Municipal Hospital for refraction.

The vision screening camp was a huge success.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: VISION SCREENING CAMP

Date & Time: 6/10/2019 11.00AM



Location: Dr. BABA SAHEB AMBEDKAR SCHOOL NO.1, KHOPOLI

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	VISION SCREENING CAMP	Ms. Glenita M, Ms. Nida Hafiz, Mst. Anas Shaikh, Mst. Yash Jogalekar, Ms. Komal Raipure	5
	00000	00000	00000

Kindly attach 4 photographs

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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in association with the department of Preventive and Social Medicine, had organised a vision screening camp on the 10th of October, 2019 at the Dr. BABASAHEB AMBEDKAR SCHOOL NO.1, Khopoli. This vision camp was under the supervision of Ms. Glenita Menezes (department of optometry). Total number of students, within the age group of 6-15, from Dr. BABASAHEB AMBEDKAR SCHOOL NO. 1 screened were 134. Out of these students, 9 were referred to MGM Hospital, Kamothe for detail evaluation and 5 students were referred to Khopoli Municipal Hospital for refraction.

The vision screening camp was a huge success.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: BUS DRIVER EYE CHECK UP CAMP

Date & Time:19/10/19 1.00PM



Location:FATHER AGNELS SCHOOL AND JUNIOR COLLEGE, VASHI

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	BUS DRIVER EYE CHECK UP CAMP	Mrs. Vidula Patil, Ms. Arshiya Nagori, Ms. Reshma Shaikh, Ms. Adiba Shaikh, Ms. Glenita M, Ms. Ayushi Shah, Mst. Pranav Kolge, Mst. Atherva Dehadaray, Mst. Yash Jogalekar	9
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title

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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in collaboration with OPTOMETRY COUNCIL OF INDIA, had organized an COMPREHENSIVE EYE CHECK UP CAMP, including contrast sensitivity examination, spectacle investigations, color vision testing for SCHOOL BUS DRIVERS and supporting staff at FATHER AGNELS SCHOOL, VASHI on 19th of October, 2019. Total 47 patients were screened on the day and 8 were referred to MGM HOSPITAL, KAMOTHE for detailed evaluation.

The team efforts were appreciated by the vice principal Ms. VIJAYA and this refraction camp was a huge success.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: VISION SCREENING CAMP



Date & Time: 25/11/19 11:30 am





Location: N.P. MADHYAMIK TAKAI SCHOOL NO. 12, KHOPOLI

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	VISION SCREENING CAMP	Ms. Santoshi Bhagat, Ms. Ru tuja Bedekar, Ms. Misba Khan, Ms. Ayushi Chaturvedi, Ms. Minhaj Qureshi, Mst. Anas Shaikh	6
	00000	00000	00000

Kindly attach 4 photographs

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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in association with the department of Preventive and Social Medicine, had organised a vision screening camp on the 25th of November, 2019 at the N.P.MADHYAMIK TAKAI School no. 12, Khopoli. This vision camp was under the supervision of Ms. SANTOSHI BHAGAT(department of optometry). Total number of students, within the age group of 6-15, from N. P. MADHYAMIK TAKAI SCHOOL NO. 12 screened were 161. Out of these students, 11 were referred to MGM Hospital, Kamothe for detail evaluation and 18 students were referred to Khopoli Municipal Hospital for refraction.

The vision screening camp was a huge success.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: VISION SCREENING CAMP



Date & Time: 26/11/19 11.00AM



Location: KHOPOLI NAGAR PARISHAD SCHOOL NO. 5 & 17

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	VISION SCREENING CAMP	Mst. Darshan Doshi, Ms. Rutuja Bedekar, Mst. Preet Shah, Ms. Kajal Chheda, Ms. Yusra Shaikh, Ms. Nikita Chaurasiya.	6
	00000	00000	00000

Kindly attach 4 photographs

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Short event report

MGM School of Biomedical Sciences, Department of Optometry, in association with the department of Preventive and Social Medicine, had organised a vision screening camp on the 26th November , 2019 at the KHOPOLI NAGAR PARISHAD SCHOOL NO. 5 and 17. This vision camp was under the supervision of Ms. RUTUJA BEDEKAR (department of optometry). Total number of students from two schools, within the age group of 6-15, from KHOPOLI NAGAR PARISHAD SCHOOL NO. 5 and 17 screened were 100. Out of these students, 21 were referred to MGM Hospital, Kamothe for detail evaluation and 4 students were referred to Khopoli Municipal Hospital for refraction.

The vision screening camp was a huge success.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: **Blood Bank Camp**



Date & Time:

Event name	Blood Bank Camp (November 2019)			
Date	3/11/2019	10/11/2019	16/11/2019	17/11/2019
Place	Khandale Pen	Tondre Gaon	Rasayani (New Posari)	Taloja
Students	4	4	6	6
Donor	30+	15+	50+	30+

Kindly attach photographs





Alibag - Pen Rd, Khandale, Maharashtra, India
03 Nov 2019 02:25 PM



Unnamed Road, Talaja, Navi Mumbai, Maharashtra 410208, India
10 Nov 2019 11:56 AM
haze 31.0 °C





Short event report

Above Blood Bank camps was conducted in month of November 2019 at different places in coordination with Dept of pathology (Blood Bank). Students from MLT were present as Lab Technologist from SBS along with other doctors and resident.

Report Prepared by: Anamika Chalwadi

Event Name: IMPORTANCE OF VISION THERAPY FOR SPECIAL CHILDREN



Date & Time: 14/11/19 10.00AM

Location: MGM MEDICAL COLLEGE. KAMOTHE

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	IMPORTANCE OF VISION THERAPY FOR SPECIAL CHILDREN	Mrs. VIDULA PATIL	50
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title



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Short event report

MGM School of Biomedical Sciences, Department of Optometry, organised a lecture on the occasion of children's day, for the students of Physiotherapy Department, MGM Physiotherapy College, Kamothe and all the parents of special children having CEREBRO-VASCULAR ACCIDENTS. This lecture was conducted at the Department of Physiotherapy, MGM Hospital, Kamothe. Mrs. VIDULA PATIL was the speaker of the following event and explained the IMPORTANCE OF VISION THERAPY for children having Cerebro-Vascular Accidents. The event was organised to spread awareness and to throw light upon the effectiveness of Vision Therapy on special children. The total number of participants including the students as well as parents were 50.

The parents were very motivated and understood the role of vision therapy for their kids. Hence, the event was a huge success.

Report Prepared by: Mrs. Vidula Patil

Contact details)

Event Name: Guest Lecture: Different techniques to impart value education



Date & Time: 22/11/2019

Location: MGM School of Biomedical Sciences, MGMIHS, Kamothe

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	<u>Guest Lecture: Different techniques to impart value education</u>	Dr. Tarak Mehta, Assistant Professor-Dept. of Rachana Sharir, Smt. K.G. M.P. Ayurved Mahavidyalaya, Mumbai	100+

Kindly attach 4 photographs



Short event report

Dr. Tarak Mehta, Assistant Professor-Dept. of Rachana Sharir, Smt. K.G. M.P. Ayurved Mahavidyalaya, Mumbai conducted a guest lecture on different techniques to impart value education for students of B.Sc. Allied Health Courses & B.Optomety on 22/11/2019.

This interactive session allowed more than 100 students to broaden their interest and knowledge in different techniques to impart value education. The knowledge shared by Dr. Tarak will help immensely in development of overall well being of students.

Report Prepared by: Dr. Mansee Thakur & Mr. Pratik Morade

Attachments

Event Name: Blood Bank Camp

Date & Time:



Event name	Blood Bank Camp (December 2019)							
Date	1/12/2019	6/12/2019	8/12/2019	11/12/2019	14/12/2019	20/12/2019	26/12/2019	
Place	Kutch Yuvak (Panvel)	Hdfc Bank (Kamothe)	Kutch Yuvak (Vashi)	Khanda Colony	SIES Collge (Nerul)	ONGC (Panvel)	Reliance (Rasayani)	Shirvi Samaj (Karanjade)
Students	6	7	5	5	5	6	7	6
Donor	75	20	60	30	69	75	110	30

Kindly attach photographs





Short event report

Above Blood Bank camps was conducted in month of December 2019 at different places in coordination with Dept of pathology (Blood Bank). Students from MLT were present as Lab Technologist from SBS along with other doctors and resident.

Report Prepared by: Anamika Chalwadi

Event Name : A Vision of pollution free City (Minithon)

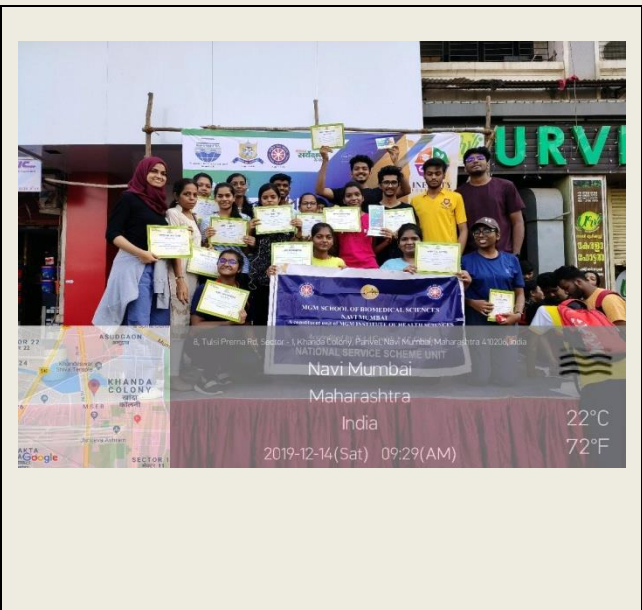
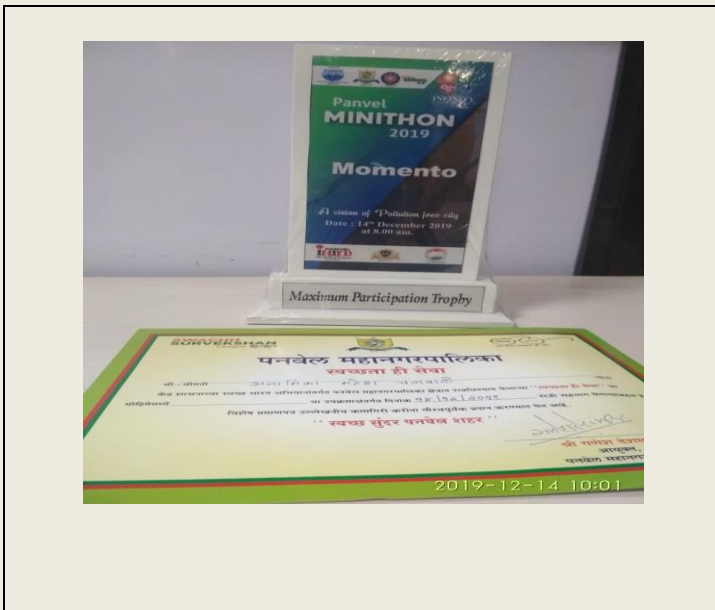


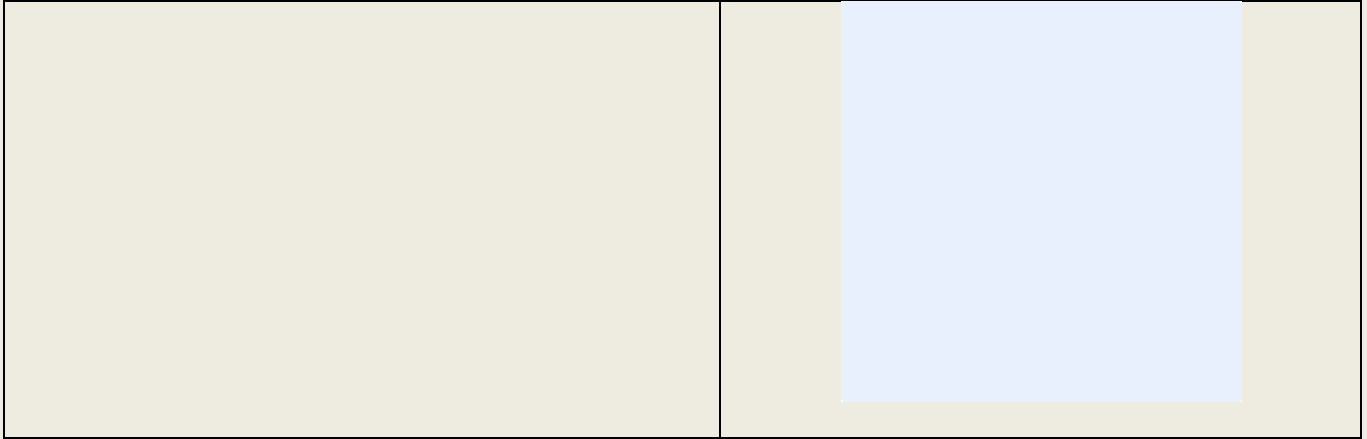
Date & Time: 14-12.2019 Time 8 am – 10am

Location: Khanda Colony Panvel mahanagar palika

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Minithon for pollution free city	Mrs. Anamika Chalwadi	30

Kindly attach 4 photographs





Short event report

On 14th December 2019 panvel mahanagar palika organised Minithon as a awareness drive for Theme: A vision of pollution free city. 30 students of NSS participated from SBS. Minithon was of 5 km. our students were among the first 100.

Report Prepared by: Mrs. Anamika Chalwadi

Event Name: Gender Sensitization Workshop

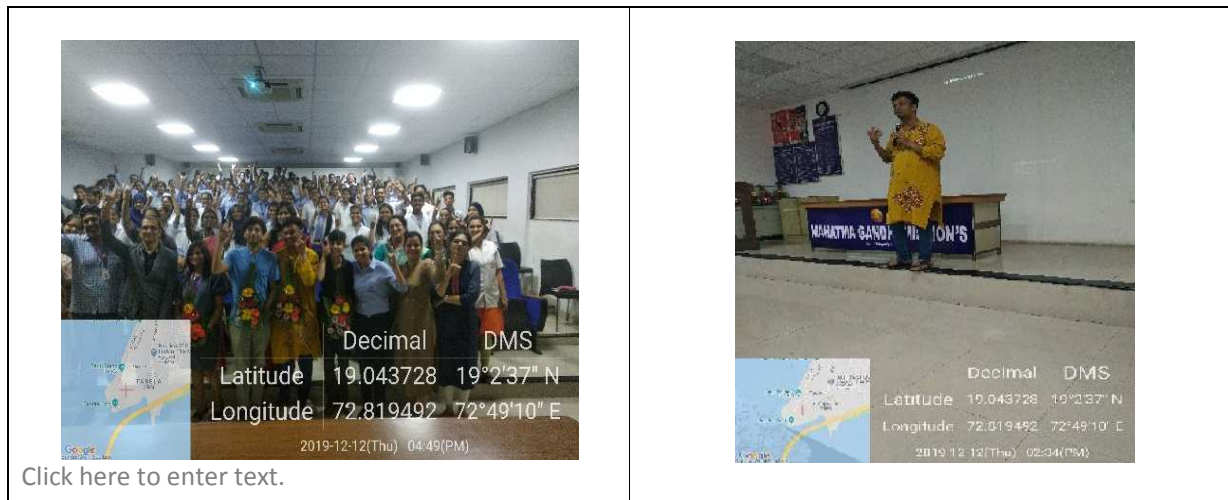
Date & Time: 12/12/2019 & 2 to 5 PM

Location: MGM HOSPITAL



Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	MGM SBS	Anamika Chaldwadi	150+
	00000	00000	00000

Kindly attach 4 photographs



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Short event report

Lilac Insights as an CSR initiative in association with **The Jimmy Foundation**; an equal rights NGO, collaborated with MGMSBS as an educational institution to conduct an awareness program on **Gender Sensitization for our UG and PG students on 12th December 2019 between 2 to 5 pm.**

More than **150 students** and **teaching** and **non teaching** faculty participated in the workshop.

Guest Speakers were **Mr. Harish Iyer** who is an **Indian equal rights activist** who advocacy for a number of causes, including promoting the rights of and transgender (LGBT) community, children, women, animals, and survivors of child sexual abuse.

Ms. Riya Sharma speaker at unplugged by **TEDx 2019** where she spoke on Life of a gender incongruent person.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name: walk together for healthy life

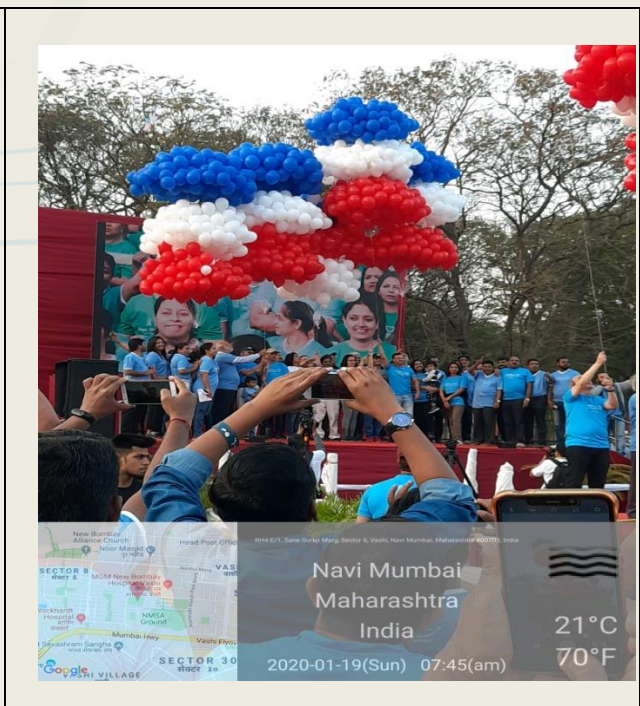
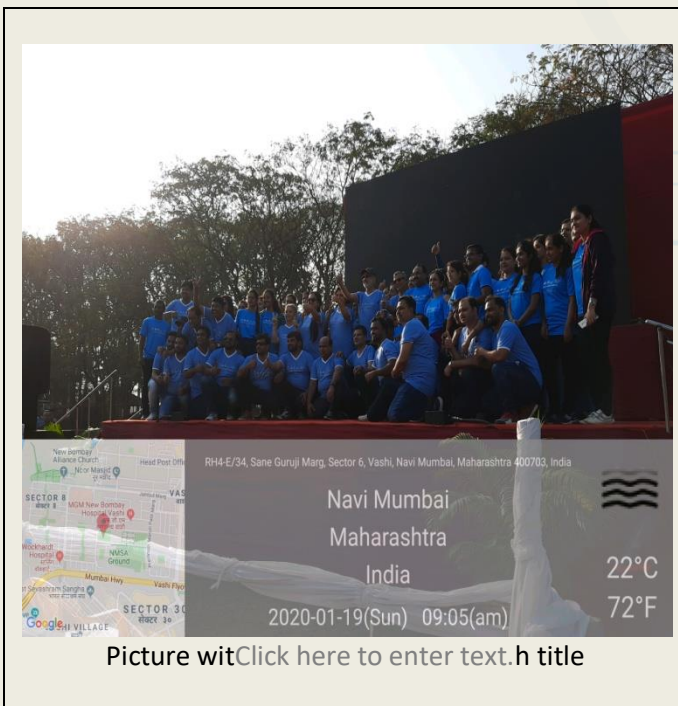
Date & Time: 19th January 2020



Location: MGM HOSPITAL ,Vashi

Sr. No.	Event Tile & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	MGM Hospital New Bombay, Vashi	Anjali Singh , Minal Kanse	50
	00000	00000	00000

Kindly attach 4 photographs



Short event report

MGM Hospital Vashi Navi Mumbai organised 7th WALKTHON 2020” –Walk Together for a healthy life on 19/01/2020. Walkathon started at 07 am people were excited and walked for their healthy life. There were also 50 students participated in walkathon from B.Sc MGM School of Biomedical sciences Navi Mumbai. Walk took place for about 30-40 min. And walkthon ended at 10 am after Jumba dance. And photo session.

Report Prepared by: Anjali Singh (CCT Cordinator) Minal Kanse (PT Cordinator)

Contact details : SBS MGM

Event Name: National Polio Campaign

Date & Time: 19/01/2020 (7:00am to 5:30pm)



Location: Kamothe Public Health Centre

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	National Polio Campaign Kamothe Public Health Centre	Ms. Anamika Chalwadi & Mr. Yogesh Patil	26
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title



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Short event report

National Polio Campaign was organised by Panvel Mahanagar Palika Raigad on 19th January 2020 at Kamothe Public Health Centre. From SBS 26 students of M.Sc participated in this campaign. Each student immunized more than 100 children. It was a good opportunity for students to expose and understand the importance of being a part for this kind of noble cause for healthy future generation.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name: Taloja Walkthon 2020

Date & Time: 30/01/2020

Location: MGM HOSPITAL

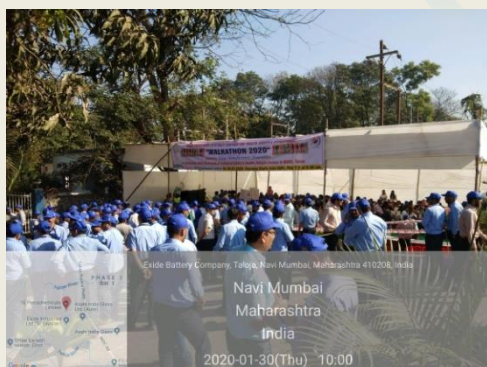
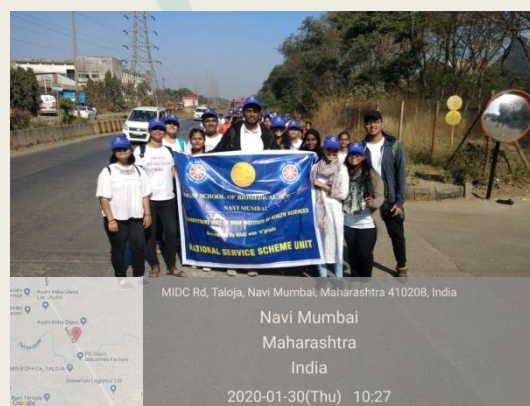


Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Taloja Walkthon 2020 IGPL, Plot No T-2,	Anamika Chalwadi & Pratik Morade	50
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title



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Short event report

Taloja Manufacture's Association & In Association with Directorate of Industrial Safety & Health, Raigad-division organised "WALKTHON 2020" – Chalo Taloja MIDC Let's Walk Together For "Health, Safety & Environment" on 30/01/2020. It started at 9:30am from IGPL, Plot no.T-2 and ended at TMA bldg, Taloja MIDC. From SBS 50 students participated in Walkthon 2020.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name : Road Safety Week
Date & Time: 07/02/2020 / 11/02/2020 & 14/02/2020

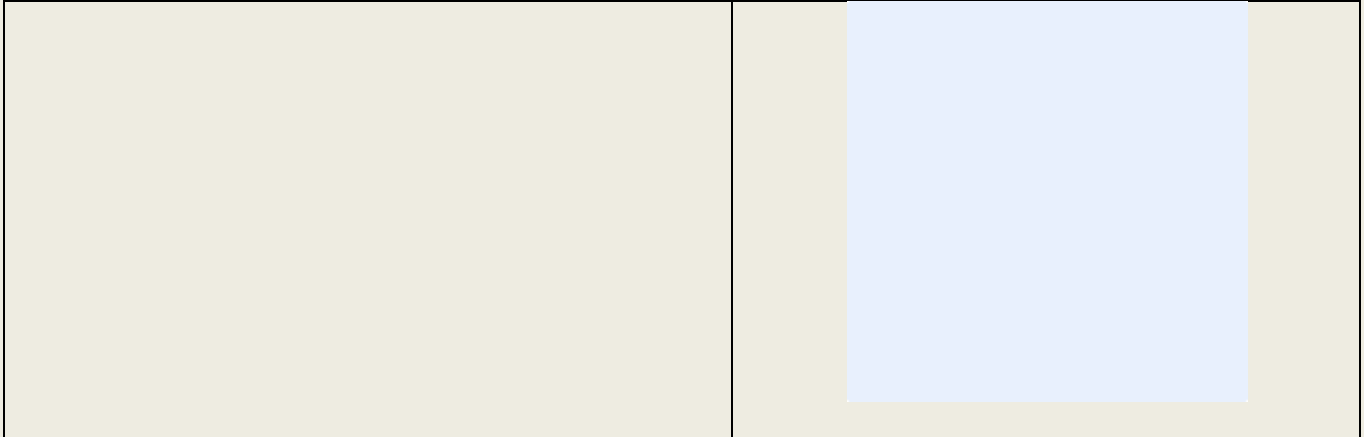


Location:

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Road Safety Week - MGM Institute of Health Sciences	Mrs. Archana Mishra, Mrs. Anamika Chalwadi & Mr. Yogesh Patil	20

Kindly attach 4 photographs





Short event report

31st National Road Safety week observance initiated by Ministry of Road Transport & Highways . The theme for year 2020 is "Sadak Suraksha Jeevan Raksha".. This campaign was observed from *7th Feb to 14th Feb 2020 @ MGM Institute of health sciences* ... Our **MGMSBS NSS and other students* initiated awareness drive about road safety importance by *pasting stickers of* " *Wear helmet Save life* " to bikers who didn't wore helmet and even appreciated those bikers who wore helmet and explained them the importance of road safety stating, " *Fine cannot replace your life.. Save your precious life for smile and happiness* of your beloved ones"...

MGMIHS#MGMSBS # *love our Students#* *Road Safety week#* *NSS#Save Life#***

Report Prepared by: Mrs. Anamika Chalwadi

Dhuru Building, 2nd floor
Gokhale Road, Dadar (W)
Mumbai 400 028. INDIA
Tel: 022 - 2432 8699
Email : akshara.frea@gmail.com
Website: www.aksharacentre.org

To,
The Director,
MGMSBS,
MGMIHS, Sector 1, Kamothe,
Navi Mumbai-410209,
MAHARASHTRA

13 February 2020

Subject: Safety Audit Training Workshop on 15 February 2020

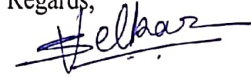
Respected Madam/Sir,

Akshara is a non-profit organization that works for women empowerment. Through one of our projects called 'Youth for Change', we reach out to college students in the city and conduct educational cum awareness workshops and training for them, to encourage them to take social actions for gender equality.

As a part of our collaboration with the School of Biomedical Sciences, Mahatma Gandhi Institute of Health Sciences, Akshara will be conducting a Safety Audit Training Workshop as part of its efforts of making the students aware about Gender based Issues. This workshop will be conducted on 15 February 2020. The speakers for the workshop will be Snehal Velkar, Program Coordinator and Vaishnavi Mahurkar, Program Officer with Akshara Centre.

We look forward to the collaboration and hoping to have a fruitful relationship with you.

Regards,



Snehal Velkar,
Program Coordinator

Registered Office: Neelambari 501, Road no.86, Off Gokhale Road, Dadar (W) Mumbai 400028

A Project of FREA-India • Registration No F1656 (Mumbai)



Event Name: Gender Fair & Safety Audit

Date & Time: 15/02/2020

Location: MGM HOSPITAL

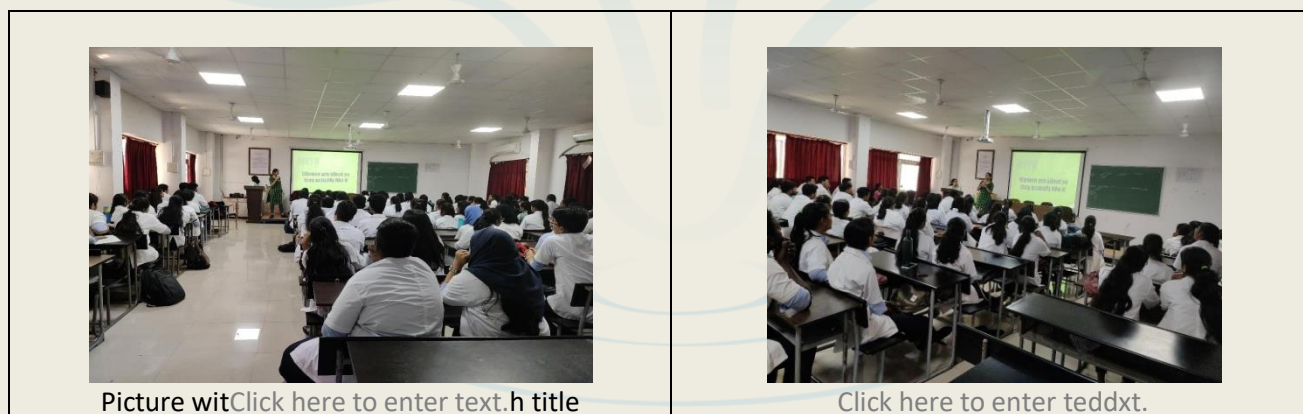


Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Gender Fair & Safety Audit MGM SBS 2nd Floor, Kamothe	Dr. Mini Mol & Mrs. Anamika Chawadi	75
	00000	00000	00000

Kindly attach 4 photographs



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Picture with title

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Short event report

Gender Fair & Safety Audit programme organised by Akshara (NGO) was conducted on 15/02/2020 at MGM SBS 2nd floor from 10.00am to 1.00pm. Total 75 students attended the programme. It was a programme regarding gender equality and gender sensitization among youths which was a part of the project named "YOUTH FOR THE CHANGE". Many students actively participated in this program and voluntarily involved in Safety audit survey. Few students became volunteers for creating awareness of Gender equality & safety audit.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details: SBS MGM



Unnamed Road, MGM Campus, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

Navi Mumbai
Maharashtra
India



31°C

88°F

2020-02-15(Sat) 11:27(AM)

Event Name: Training on Gender equality & women safety

Date & Time:06/03/2020



Location: MGM SBS IHS

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	MGM School Of Biomedical Sciences, Kamothe	Ms. Snehal Velkar, Ms Gargi, Dr. Mini Mol, Mrs. Anamika Chawadi	24
	00000	00000	00000



Kindly attach 4 photographs



Navi Mumbai Maharashtra India 28°C 82°F 2020-03-06(Fri) 10:20(am)

Navi Mumbai Maharashtra India 28°C 82°F 2020-03-06(Fri) 10:20(am)

Click here to enter text.



Navi Mumbai Maharashtra India 28°C 82°F 2020-03-06(Fri) 10:21(am)

You're on a public transport bus you happen to see a man continuing to stare at a young girl.

Picture with title

Click here to enter text.

Short event report

On 6th March 2020, MGM SBS conducted training for volunteers on Gender Equality and Women Safety on occasion of International women's day celebration week. The training was provided by Ms. Gargi & Ms. Snehal from NGO named " Akshara" under project "Youth for change". From MGM SBS 24 volunteers attended the training. The agenda of training was organising Youth Mela consisting of 3 games to impart the awareness to the visitors regarding male & female equality & womens safety. The games included 1) Samanata ki daud (role reversal), 2) Aap bi Sundar (comparison of beauty of physical looks vs talent), 3) Has tag me too (sexual harassment in front of you, what will you do in that situation). It was interactive session. Our students participated & were happy to become volunteers for same.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name International Women's day 19-20

Date & Time: 07/03/2020



Location: MGM SBS

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	MGM School Of Biomedical Sciences, Kamothe	Dr. Himanshu, Dr. Mini Mol, Mrs. Anamika Chalwadi	115
	00000	00000	00000

Kindly attach 4 photographs



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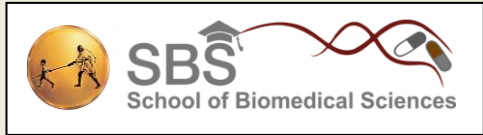
Short event report

International women's day is celebrated globally on 8th March. The **theme for International Women's Day (8 March) 2020** is, "I am Generation Equality: Realizing **Women's** Rights". On 7th March 2020, International women's day celebration week was celebrated at MGM SBS. Many students from different courses participated in Fashion show where the 1st women in different field were showcased and celebrated the achievement of them which inspired many and made awareness of women's power to achieve and excel in every field they opt for.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name: Appreciation for Healthcare workers to fight against covid 19 pandemic.



Date & Time: 21/03/2020

Location: MGM SBS, Kamothe

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Appreciation for Healthcare workers to fight against covid 19 pandemic.	Dr. Mansi Thakur, Mrs. Anamika Chalwadi & Mr. Rohit Gupta	250
	00000	00000	00000

Kindly attach 4 photographs

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Short event report

Our SBS NSS volunteers made thanks giving and appreciation video dedicated to all those health care workers including doctors, nurses, paramedical, Pharmacist, housekeeping personals who are dedicatedly serving mankind in spite of many obstacles and challenges. The video was uploaded in social media including Facebook, Instagram and Whatsapp etc.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name: Awareness regarding Outbreak of COVID 19 by National Health Mission

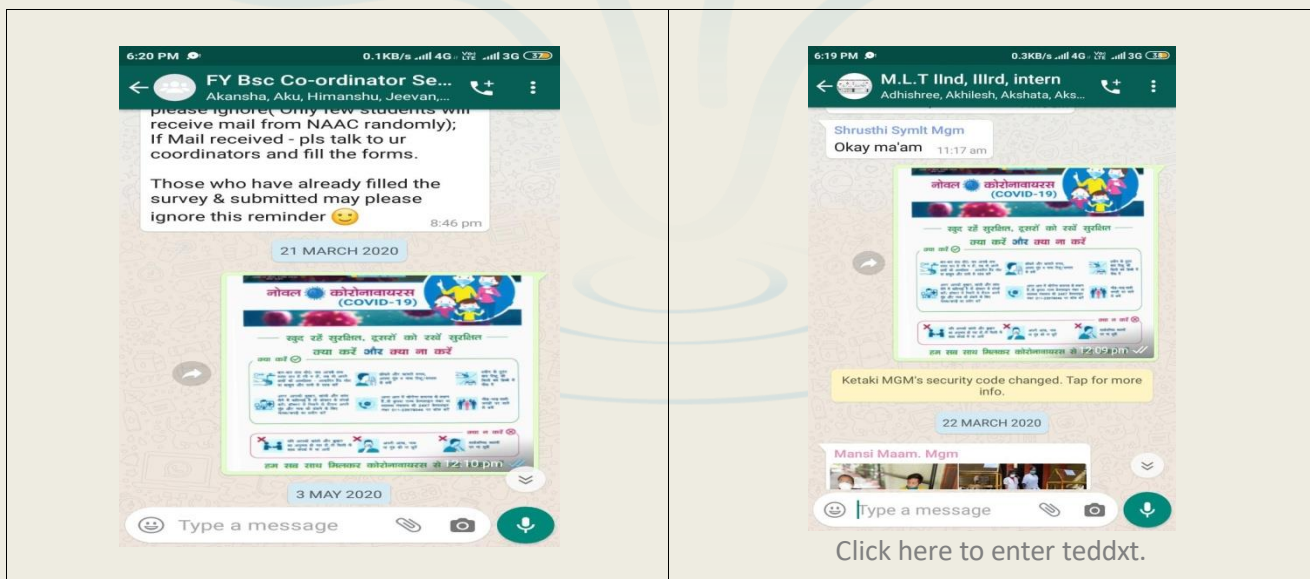
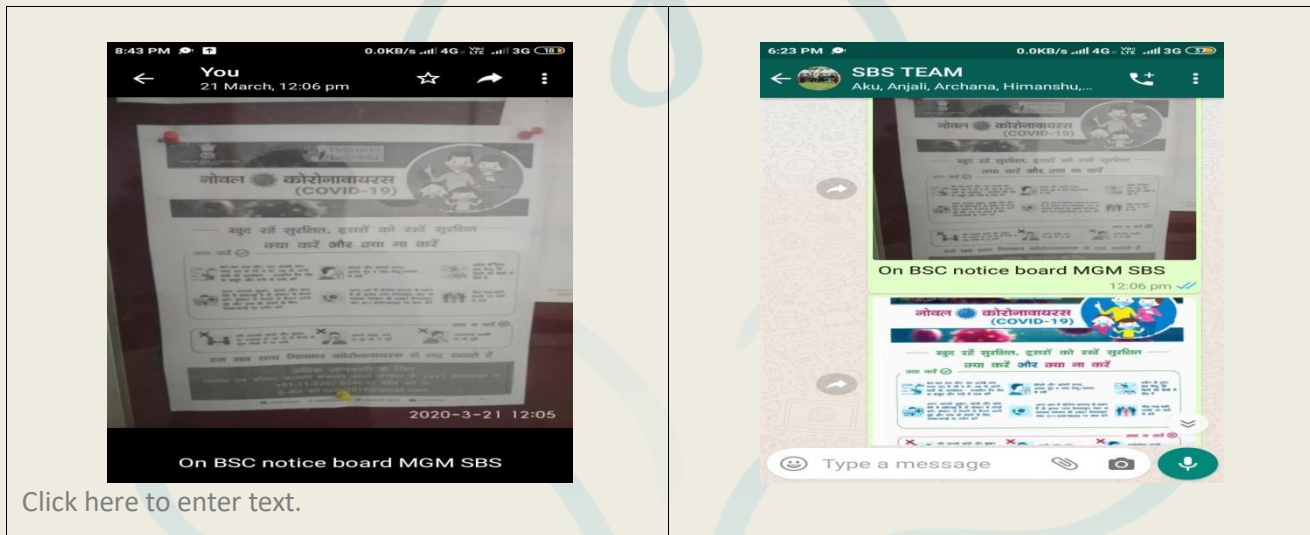


Date & Time: 21/03/2020

Location: MGM SBS, Kamothe

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Awareness regarding Outbreak of COVID 19 by National Health Mission	Dr. Mansi Thakur & Mrs. Anamika Chawadi	110
	00000	00000	00000

Kindly attach 4 photographs



Short event report

Awareness programme initiated by National Health Mission for wide dissemination of message regarding instructions of Do's and Don'ts to generate community awareness about Corona Virus common signs and symptoms of the disease to prevent local transmission and further outbreak in the community to contain the outbreak of Corona Virus in the community.

Our SBS NSS volunteers were sensitized to take precautionary measures against the COVID-19 and they spread the awareness of same through leaflet message of Do's & Don'ts to maximum number of people via Whatsapp and email and also leaflet was put on SBS notice board.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name: International Yoga Day

Date & Time: 21/06/2020

Location: MGM SBS Kamothe

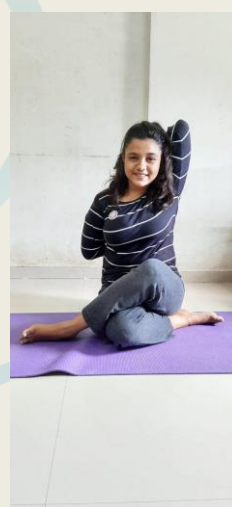


Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day	Ms. Anamika Chalwadi	10
	00000	00000	00000

Kindly attach 4 photographs



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Short event report

On occasion of International Yoga Day which was celebrated on 21st June 2020 our NSS students of SBS MGM attended online yoga session of 1 hour. Total 10 students attended the session. Since Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome. It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body. It was a nice session enjoyed by all participant.

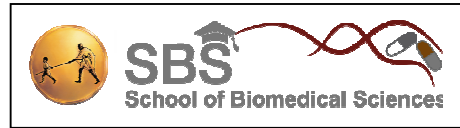
Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

Event Name: NGO event for COVID 19 relief

Date & Time:20/07/2020

Location: Borivali



Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	COVID 19 pandemic relief activity	Robinhood Army NGP	10

Kindly attach 4 photographs



Short event report

MGMSBS has incorporated Value added courses in curriculum to inculcate human values and develop a sense of social responsibilities. These encourage our students to involve in relief activities during COVID 19 pandemic. Our students has become a part of an NGO “Robinhood Army” Borivali, Mumbai. The NGO was serving needy people to cope up with COVID 19 pandemic by distributing food and essential items in various parts of Mumbai.

The contribution of our students towards social activities is praiseworthy.

Report Prepared by: Mrs. Vidula Patil

Contact details): MGMSBS, Kamothe

Event Name: National Conference on Role of NSS in COVID 19

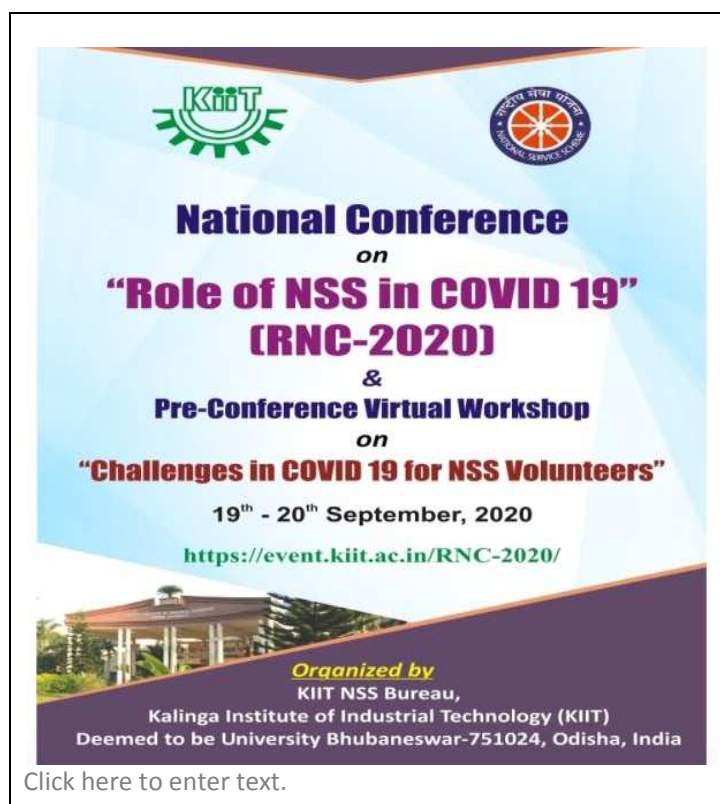
Date & Time: 19/09/2020 & 20/09/2020

Location: Virtual



Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	National Conference on Role of NSS in COVID 19	Dr. Jayanta Parida, Dr. Mansee thakur, Mrs. Anamika Chalwadi	10
	00000	00000	00000

Kindly attach 4 photographs




National Virtual Conference
 on
Role of NSS in COVID-19 (RNC 2020)
 &
 Pre-Conference Virtual Workshop on "Challenges in COVID-19 for NSS Volunteers"
 19th - 20th September, 2020
 Organized by: KITT NSS Bureau, KITT Deemed to be University, Bhubaneswar-751024, Odisha, India



Certificate of Participation

This is to certify that Dr/Ms/Mr..... **Shubhangi Machhindra Ahire** of
College MGM School of Biomedical Sciences

has participated in the National Conference, RNC-2020, held at Kalinga Institute of Industrial
 Technology (KITT) Deemed to be University, Bhubaneswar, Odisha, India

 **Prof. Hrushikesh Mohanty**
 Vice-Chancellor
 KITT-Deemed to be University

 **Prof. Sasmita Samanta**
 Pro-Vice-Chancellor
 KITT-Deemed to be University

 **Dr. Kajal Parashar**
 Convener
 KITT NSS Bureau


National Virtual Conference
 on
Role of NSS in COVID-19 (RNC 2020)
 &
 Pre-Conference Virtual Workshop on "Challenges in COVID-19 for NSS Volunteers"
 19th - 20th September, 2020
 Organized by: KITT NSS Bureau, KITT Deemed to be University, Bhubaneswar-751024, Odisha, India



Certificate of Participation

This is to certify that Dr/Ms/Mr..... **Supriya Tiwari** of
MGM School of Biomedical Sciences

has participated in the National Conference, RNC-2020, held at Kalinga Institute of Industrial
 Technology (KITT) Deemed to be University, Bhubaneswar, Odisha, India

 **Prof. Hrushikesh Mohanty**
 Vice-Chancellor
 KITT-Deemed to be University

 **Prof. Sasmita Samanta**
 Pro-Vice-Chancellor
 KITT-Deemed to be University

 **Dr. Kajal Parashar**
 Convener
 KITT NSS Bureau

Short event report

The objectives of this conference was to enrich the volunteers,. To take the challenges in any situation for the well-being of the society. From SBS MGM students and faculty participated in this 2 day workshop.

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

International Peace Day

Date:- 21 September 2020,

time:- 8.am

Peace is not a relationship between nations. It is a condition of mind brought about by a serenity of soul. Peace is not merely the absence of war. It is also a state of mind. Lasting peace can come only to peaceful people. on these auspicious occasion of international peace day ie.on 21 sep 2020 , MGM sbs NSS volunteers participated in online live seminar of the international peace day,the live seminar was given by enthusiastic experienced speakers, the information provided by them was a part of teachings to remember as a lesson.30 students of MGM sbs NSS volunteers participated in the live sessions. The program was conducted by heartfulness centre.

SPIT FREE INDIA MOVEMENT

Date :12/10/2020

MGM sbs NSS volunteers participated in online pledge organized by NSS department , in a view of pandemic covid-19 , our students enthusiastically participate in the pledge & achieve certificates for the same. Personal hotspot : 1 c..

:

TATA TRUSTS

SAMBANDH

a fuller life

HEALTH Foundation

DR. PANKAJ CHATURVEDI

Professor, Surgical Oncology

Deputy Director, Tata Memorial Hospital

PLEDGE for LIFE

Telosce free youth

ASHIMA SARIN

Director

Sambandh Health Foundation were the incharge of the session.



SPIT FREE INDIA MOVEMENT

माझे कुटुंब माझी जबाबदारी MY FAMILY MY RESPONSIBILITY.

My family my responsibility is a part of program conduct by government. MGM SBS , NSS volunteers, together participate in the program by spreading awareness of the covid-19 as well as the importance of mask & sanitizer among the families, and society, since society is the integral part of the family, more than 150 houses were aware the importance of the program.in various areas.

My Family My Responsibility

Date:16/10/2020





Global handwashing day

Date :18/10/2020

Hand washing is the important initial step to be taken for avoidance of the diseases.

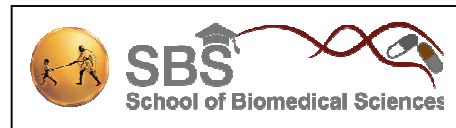
ROTARY CLUB OF BOMBAY WEST had organized an online competition for young generation for handwashing was organized , in which two competition were there

1. Online global handwash quiz
2. Short video for hand wash & it's importance.

Our Students of MGM sbs, NSS volunteers, participated in both the competition.our students achieve certificates for the same.

Event Name: National Unity Day 2020


Date & Time: 31/10/2020



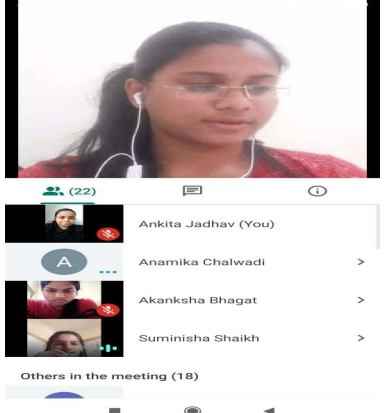
Location: Online Oath ceremony

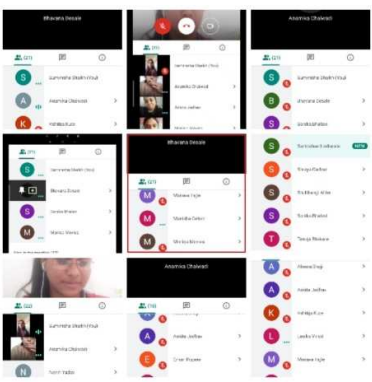
Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	National Unity Day 2020, Online Oath Ceremony	Anamika Chalwadi	30
	00000	00000	00000

Kindly attach 4 photographs

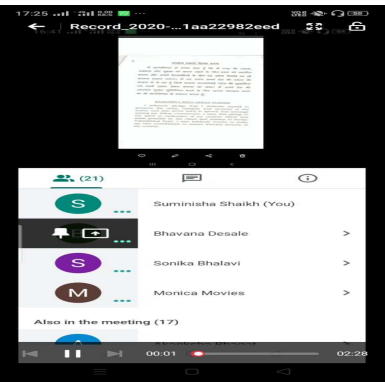


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Picture with title



Click here to enter text.

Short event report

National Unity Day is **celebrated** on October 31 across the country to commemorate the birth anniversary of Honourable Sardar Vallabhbhai Patel, known as the “**Iron Man of India**” for playing an important role in unification and **integration of Indian princely states** into the Indian federation and for convincing princely states to align with the Indian Union. Requested the people of India to **live together by uniting** (*Ek Bharat*) in order to **create a foremost India** (*Shresth Bharat*).

On this occasion MGM School of Biomedical Sciences, Student of NSS has organised an oath ceremony program via online mode, took an initiative and pledge towards National unity Day

Report Prepared by: Anamika Chalwadi (Tutor & Co-ordinator of MLT)

Contact details : SBS MGM

DAY 5**NSS ORIENTATION DAY****DATE: 06/11/2020**

The objectives of the NSS orientation day programme is to make the students aware of their role as a health care professionals and also develop their personality, sensitivity and understanding of the self, people around them, society at large, and nature.

Below is the schedule of NSS orientation day programme.

Friday 06-11-2020	10 to 10.30 am	NSS Orientation Program 2020	Mrs. Anamika Chalwadi
	10.30 to 11.00 am	Address by NSS University coordinator	Dr. Madhavi Mankar
	11 to 11.40 am	Guest of Honour	Mr. Carthigueane D. Regional Director-NSS for Maharashtra and Goa States
		Guest of Honour	Dr. Atul Salunke, Maharashtra State NSS Officer, NSS Cell, Dept. of Higher & Technical Education, Mumbai
	11.45 to 12.15 pm	Role of NSS Volunteerism In development	Dr. Vijiendra Shekhawat - NSS Program officer, HOD –Dept of Biotechnology, National College
	12.15 to 12.40 pm	Activity Presentation By SBS Students	Mrs. Anamika Chalwadi, Tutor, MGMSBS, NM
		Break	
	3 to 5 pm	Compassion And Professionalism using Heartfulness	Mr. Surendra S.K.- Assistant Vice President- Accenture Consulting

The screenshot displays a Zoom Webinar in progress. The main content is a presentation slide with the following text:

AIM
Personality Development and also hands on experience to young students in delivering community service.

MOTTO
NOT ME BUT YOU
The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service

The interface includes a top bar with "Zoom Webinar" and "You are viewing anamika chalwadi's screen". On the right, there is a "Participants (111)" list with 4 panelists and 107 attendees. The bottom toolbar shows options like "Unmute", "Start Video", "Participants", "Q&A", "Chat", "Share Screen", "Record", and "Leave". The system tray at the bottom indicates the time as 20:44 on 05-11-2020.

**INDUCTION PROGRAM
2020-21 (DAY 6, 6
NOV. 2020)**

Hosted by
**MGM School of Biomedical
Sciences, NAVI MUMBAI
& Aurangabad**
A constituent unit of MGMIHS, Navi Mumbai

MGM School of Biomedical Sciences, Navi
Mumbai, Aurangabad

Participants (109)

Panelists (4)

- DP Dr. Priyanka Pareek (Me)
- MI MGM IHS (Host)
- AC anamika chalwadi (Co-host)
- DM Dr. Mansee Thakur

Panelists:

- Ahmad Jaffer
- Dr. Priyanka Par...
- samadhan belkar
- Kiran kakade
- Choudhary Dim...

Zoom Webinar controls: Unmute, Start Video, Participants (109), Q&A, Chat, Share Screen, Record, Leave.

Brief introduction of Patrons & Speakers & NSS was given by Mrs. Anamika Chalwadi. Director of MGM SBS Dr. Mansee Thakur addressed the audience.

Dr. Mansee Thakur
PhD, Medical Biotechnology
Director, MGMSBS

- Dr. Mansee Thakur, **PHD in Medical Biotechnology**, has been associated with MGM Institute of Health Sciences since the last 10 years as a Head of the Dept for M.Sc. Medical Biotechnology course
- Currently she is the **Director** for the MGM School of Biomedical Science. She is working as Nodal officer in ICMR for MGM Medical College & Hospital for Diagnosis of Covid-19 by RTPCR & Gene Expert.
- Apart from academic activity she has been closely interacting with eminent scientists from BARC, BITS, Goa, RRCAT, Indore.
- Her thrust area of research is to develop a hand held MGM-TB Detection System (MGM-TBDS) in service of India in which she received funds worth of Rs.50 lakh from Board of Research in Nuclear Science (BRNS).
- Apart from TB, she is actively working to understand the mechanisms, toxicity studies for various nanoparticles. For this she has set up a Zebrafish Lab in her department.
- She has 4 patents, 9 copyrights to her credit and has over 30 publications in National and International journals.

Participants (114)

Attendees (110)

Attendees:

- 471923
- AR Abhijit ramkrushna pawar
- AS abhisekh sonar
- AV Abhisekh Valase
- AY Aditi Yadav
- AM Aditya mhoprekar
- AJ Ahmad Jaffer
- AI Ajay Indrale
- AH Atanksha Hiwale
- AU Atanksha ughade
- AS Anam shaikh
- AB Apeksha barve
- A Archa

Zoom Webinar controls: Recording Paused, LIVE on YouTube, Unmute, Start Video, Participants (114), Q&A, Chat, Share Screen, Resume/Stop Recording, Leave.

Zoom Webinar

Recording Paused | LIVE on YouTube

Dr. Priyanka Par... | Taiba Shaikh | Ahmad Jaffer | Sumedh Gorwa... | Aditi Yadav

Participants (118)

Panelists (4) | Attendees (114)

Q Search

- 4 471923
- AR Abhijit ramkrushna pawar
- AS abhisekh sonar
- AV Abhisekh Valase
- AY Aditi Yadav
- AM Aditya mhoprekar
- AJ Ahmad Jaffer
- AI Ajay Indrale
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- AS Anam shaikh
- AB Apeksha barve
- A Archa

Lower All Hands

Unmute | Start Video | Participants | Q&A | Chat | Share Screen | Resume/Stop Recording | Leave

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20:48 05-11-2020

Detailed of overall NSS programe was presented by MGM NSS head Dr. Madhavi Mankar.

Zoom Webinar

Recording Paused | LIVE on YouTube

What is NSS?

The National Service Scheme (NSS) is an Indian government sponsored public service program under the **Ministry of Youth Affairs and Sports**.

- Popularly known as NSS, the scheme was **launched in Gandhiji's Centenary year, 1969**.
- NSS is a **voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community linkage**.
- Head quarter of NSS is at Delhi

Participants (119)

Panelists (4) | Attendees (115)

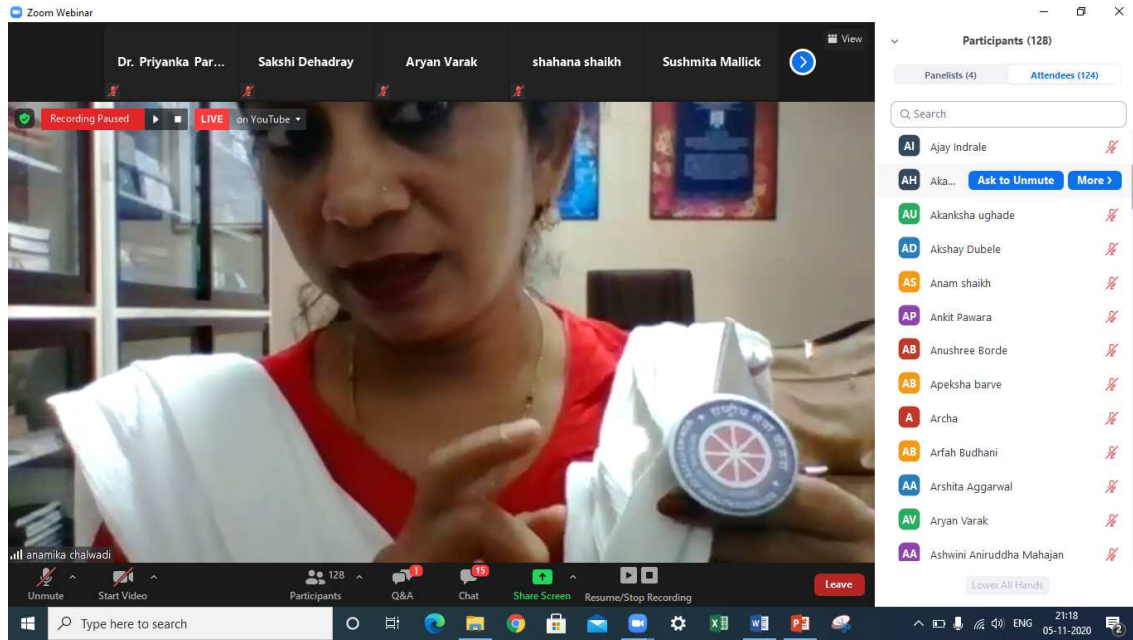
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- AH Akanksha Hiwale
- AS Anam shaikh
- AB Anushree Borde
- AB Apeksha barve
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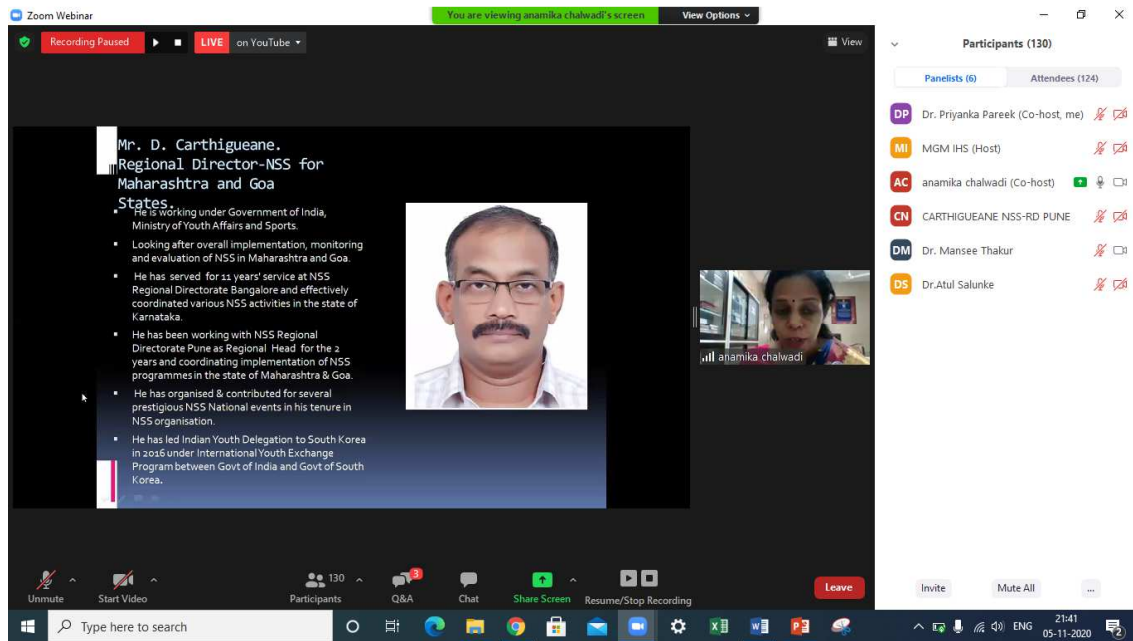
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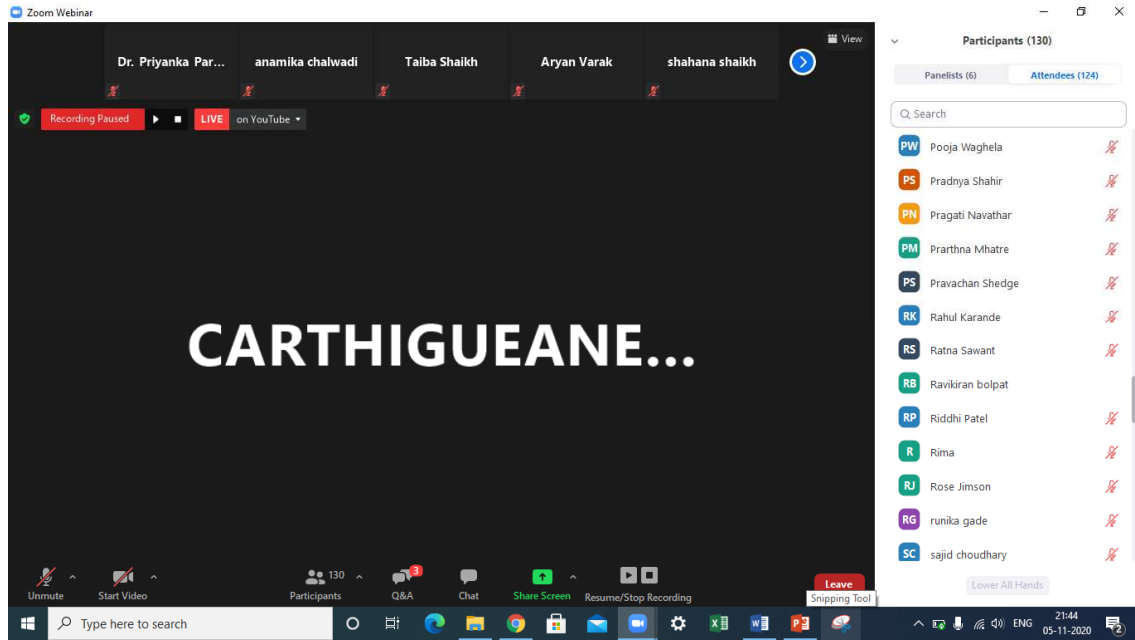
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21:02 05-11-2020



Mr. D. Carthigueane (Regional Director-NSS for Maharashtra & Goa) updated our students about the NSS role in COVID 19 Pandemic.





Dr. Atul Salunke gave an insights about ongoing activity and benefit of NSS for students in their professional & personal growth .



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Dr. Atul Salunke

Participants (128)

Panelists (6) Attendees (122)

Q Search

- 4 471923
- AR Abhijit ramkrushna pawar
- AS abhisekh sonar
- AV Abhisekh Valase
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- AM Aditya mhoprekar
- AJ Ahmad Jaffer
- AI Ajay Indrale
- AH Akanksha Hiwale
- AD Akshay Dubele
- AS Anam shaikh
- AP Ankit Pawara

Lower All Hands

Chat

Unmute Start Video Participants 128 Q&A Chat Share Screen Resume/Stop Recording Leave

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ENG 22:01 05-11-2020

Zoom Webinar

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Dr. Priyanka Par... | Dr. Atul Salunke | anamika chawadi | shah Abdul gulab | Mrunali Thakare

Dr. Mansee Thakur

Participants (126)

Panelists (6) Attendees (120)

Q Search

- TS Taiba Shaikh
- TP Tanaya Patil
- T Teesha
- US Ujer Shaikh
- UD Umakant Dhawale
- U Upasana
- VD Veda Dorlekar
- V Vedant
- VP Vijaya Panchal
- ZG zahid Ghole
- PN Pragati Navathar
- V Vaish... [Allow to Talk](#) [More >](#)

Lower All Hands

Chat

Type here to search

ENG 22:28 05-11-2020

Talk was given by Dr. Vijender Shekawat about Role of NSS volunteers in development of nation.

Zoom Webinar

Dr. Priyanka Par... | Taiba Shaikh | Dhammanad... | Ahmad Jaffer

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Participants (127)

- Panelists (6)
- Attendees (121)

Q Search

- T. Ask to Unmute | More >
- US Ujer Shaikh
- UD Umakant Dhawale
- U Upasana
- VD Veda Dorlekar
- V Vedant
- VP Vijaya Panchal
- ZG zahid Ghole
- KT Khan Tarannum Arshad
- MR Mayuri Rakhade
- PH Pragati Navathar
- V Vaishnavi

Lower All Hands

Chat

22:30 05-11-2020

Zoom Webinar

Dr. Priyanka Par... | Jidnyasa Pawar | Khan Areeba

Recording Paused | LIVE on YouTube

Participants (123)

- Panelists (6)
- Attendees (117)

Q Search

- SS Swathy Santhosh
- TS Taiba Shaikh
- TP Tanaya Patil
- US Ujer Shaikh
- U Upasana
- VS Vaishnavi sonawane
- VD Veda Dorlekar
- V Vedant
- VP Vijaya Panchal
- ZG zahi... Ask to Unmute | More >
- SD Seema Dhuri
- V Vaishnavi

Lower All Hands

Chat

22:06 05-11-2020

NSS volunteers Ms. Suminisha & Mr. Preet of SBSMGM shared their activity done in last year.

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Participants (120)

Panelists (6) | Attendees (114)

Q Search

- US Ujer Shaikh
- U Upasana
- VS Vaishnavi sonawane
- VD Veda Dorlekar
- V Vedant
- VP Vijaya Panchal
- ZG zahid Ghole
- DH Diggal Harne
- MT mariya tol
- SD Seema Dhuri
- T Teesha
- V Vaishnavi

Lower All Hands

Chat

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Type here to search | 23:08 | 05-11-2020

Zoom Webinar | You are viewing anamika chalwadi's screen | View Options

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Event name	Blood Bank Camp (October 2019)				
Date	5/10/2019	6/10/2019	12/10/2019	13/10/2019	19/10/2019
Place	PPN	Uran & Kamthia	Bhav Poo	Panvel	Khopoli
Students	6	6 & 6	8	8	4
Donor	40+	200+	70+	300+	50+

Participants (118)

Panelists (5) | Attendees (113)

Q Search

- AR Abhijit ramkrushna pawar
- 4 471923
- AV Abhishek Valase
- AY Aditi Yadav
- A Aditya
- AM Aditya mhoplekar
- AJ Ahmad Jaffer
- AI Ajay Indrale
- AH Akanksha Hiwale
- AU Akanksha ughade
- AD Akshay Dubele
- AS Anam shaikh

Lower All Hands

Chat

Unmute | Start Video | Participants 118 | Q&A | Chat | Share Screen | Resume/Stop Recording | Leave

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Zoom Webinar | You are viewing anamika chawadi's screen | View Options

Recording Paused | LIVE on YouTube

DEPARTMENT OF OPTOMETRY

- The department of OPTOMETRY was inaugurated on 31st October 2018
- Students of this department are mainly oriented and focused towards providing an accurate investigation and a management plan for vision related disorders.
- Also the department is actively and enthusiastically involved in conducting eye screening programs in various areas of RAIGAD district.



anamika chawadi

Participants (113) | Panelists (5) | Attendees (108)

Q Search

- AR Abhijit ramkrushna pawar
- 4 471923
- AV Abhishek Valase
- AM Aditya mhoprekar
- AJ Ajay Indrale
- AI Akanksha Hiwale
- AH Akshay Dubele
- AS Anam shaikh
- A Archa
- AZ Archana Zalte
- AA Arshita Aqaarwal

Lower All Hands

Chat

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23:17 | 05-11-2020

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CAMP HIGHLIGHTS

- In the month of September & October 2019, department actively participated in comprehensive health checkup camps for NAGAR PARISHAD SCHHOLS at KHOPOLI in collaboration with the department of community medicine of MGM Medical college, Navi Mumbai.
- 21 primary & secondary schools and 38 balwadi schools were part of screening programme.
- Altogether 1601 children were benefitted by the camp.
- 307 students were referred to MGM HOSPITAL, NAVI MUMBAI for a detailed eye exam.



anamika chawadi

Participants (112) | Panelists (5) | Attendees (107)

Q Search

- AR Abhijit ramkrushna pawar
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- AM Aditya mhoprekar
- AJ Ajay Indrale
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- AZ Archana Zalte
- AA Arshita Aggarwal
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Lower All Hands

Chat

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23:18 | 05-11-2020

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WORLD SIGHT DAY

- On occasion of world sight day, the department had organized a special eye check up camp for bus drivers at FATHER ANGELS SCHOOL & COLLEGE, VASHI.
- A comprehensive eye check up over there included regular vision and color vision assessment & refraction of each driver was done thoroughly.
- Total 37 drivers were screened and 8 of them were referred for a detailed eye examination to MGM Hospital, Kamothe.
- Team efforts were highly appreciated by the Vice Principal Mrs. Vijaya.

anamika chalwadi

Participants (110)

Panelists (5) | Attendees (105)

Q Search

- 4 471923
- AV Abhishek Valase
- AY Aditi Yadav
- AM Aditya mhoprekar
- AI Ajay Indrale
- AH Akanksha Hiwale
- AD Akshay Dubele
- AS Anam shaikh
- A Archa
- AZ Archana Zalte
- AA Arshita Aggarwal
- A Arwa

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23:19 05-11-2020

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anamika chalwadi

Participants (105)

Q&A | Chat | Share Screen | Resume/Stop Recording | Leave

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anamika chawadi

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Participants (106)

Panelists (5) | Attendees (101)

Q Search

- 4 471923
- AV Abhishek Valase
- AY Aditi Yadav
- AM Aditya mhoprekar
- AI Ajay Indrale
- AH Akanksha Hiwale
- AD Akshay Dubele
- AS Anam shaikh
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- AZ Archana Zalte
- AA Arshita Aggarwal
- A Arwa

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Chat

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anamika chawadi

Participants (106)

Panelists (5) | Attendees (101)

Q Search

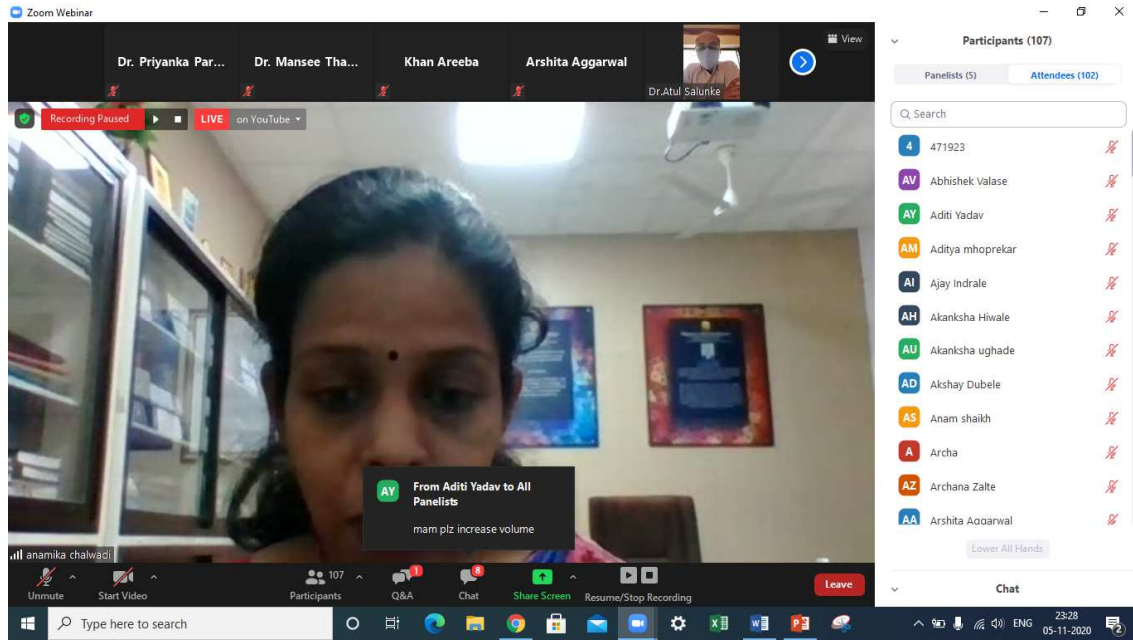
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- AD Akshay Dubele
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- A Archa
- AZ Archana Zalte
- AA Arshita Aggarwal
- A Arwa

Lower All Hands

Chat


Unmute | Start Video | Participants 106 | Q&A | Chat | Share Screen | Resume/Stop Recc... | Stop Recording (Alt+C) | Leave

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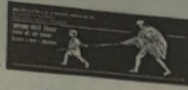


At the end there was QA session where the students asked n cleared their few doubts about NSS. Students were very interested for joining NSS.

Dr. M.V. Mulay (HOD Dept of Microbiology) &
Dr. Shraddha Naik (Asst. Lecturer Dept of Microbiology)
visited PHC Verul on 18/02/2020. They have given training
on Infection Control practices (Hand hygiene, Injection
safety, BMW disposal, Sterilization & disinfection practices
etc.) to our health care workers. Their guidance is very
useful for us. We will definitely implement the infection
control practices in our routine practices for better out
come.



Dr. Pandwe B.R.
In charge Medical Officer
PHC Verul



Mahatma Gandhi Mission's College.

N-6 CIDCO, Aurangabad - 431003

DEPARTMENT OF MICROBIOLOGY

Date: 18/2/20

Training of PHC Health care workers on Infection control Practices

Location : DAULATABAD PHC/ VARUD KAZHI PHC / VERUL PHC

TRAINER : DR. M.V. MULAY (Professor & Head Department of Microbiology)

DR. SHRADDHA NAIK (Assistant Lecturer Department of Microbiology)

Sr No	NAME	DESIGNATION	SIGN
1.	Dr. B.R. Pandve	M.O.	
2.	Dr. S.N. Kharat	M.O.	
3.	N.A. Shaikh	Pharmacist	
4.	Bansod P.R.	L.T.	
5.	S.G. Sonawane	ANM	
6.	D.P. Shaikh	Clerk	
7.	Smt. Anix	ANM	
8.	Smt. Shantabai Kintishahi	poen	
9.	Smt. Ashwini Ghusale	poen	
10.	Vaishali		
11.	Smt. Parvin Shaikh	ASHA	
12.	Smt. A.W. Thorat	ANM	
13.	Smt. Usha Mashrup	Ashra	
14.	Smt. ATHRE manisha	ANM	
15.			
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Incharge
Medical officer

DAULATABAD
VERUL
IA. KHULTABAD.

Prof & Head & Head
Department of Microbiology
MGM Medical College
Aurangabad.



Mahatma Gandhi Mission's College.

N-6 CIDCO, Aurangabad - 431003

DEPARTMENT OF MICROBIOLOGY

Date :

Training of PHC Health care workers on Infection control Practices

Location : DAULATABAD PHC / VARUD KAZHI PHC / VERUL PHC
Trainer : DR. M.V. MULAY (Professor & Head Department of Microbiology)
DR. SHRADDHA NAIK (Assistant Lecturer Department of Microbiology)

No	NAME	DESIGNATION	SIGN
1.	Dr. B. R. Pandve	M.O.	
2.	Dr. S. N. Kharat	M.O.	
3.	N. A. Shaikh	Pharmacist	
4.	Bansod P. R.	L.T.	
5.	S. G. Songawane	A.N.M	SS Songawane
6.	D. P. Shaikh	Clerk	
7.	Smt. Ahire	A.N.M	
8.	Smt. Shantabai Kintishaki	POEN	Shantabai
9.	Smt. Ashwini Ghusalkar	POEN	
10.	Vaishali		
11.	Smt. Parvin Shaikh	ASHA	
12.	Smt. A. W. Thorat	A.N.M	
13.	Smt. Usha Mashrupe	Ashel	
14.	Smt. Ahire Manisha	A.N.M	
15.			
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17.			
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19.			
20.			

Incharge Medical officer
DEPARTMENT OF MICROBIOLOGY
DAULATABAD, VERUL
TA. KHULTABAD.

Prof & Head
Department of microbiology

Dean
MGM Medical College, A'bad.



PHARMACY
औषधी विभाग
OPD
बाह्यरुग्ण विभाग

प्राथमिक आरोग्य केंद्र, बेरवा
विद्युत मासिक आरोग्य कार्यक्रम, अहमदाबाद

आयुष्य	0-5 वर्ष	6-12 वर्ष	13-18 वर्ष	19-24 वर्ष	25-34 वर्ष	35-44 वर्ष	45-54 वर्ष	55-64 वर्ष	65-74 वर्ष	75+ वर्ष
संभावित रोग	मलेरिया, डेंगू, टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ	टीबी, कोरिन्हा, काव्हा, कुष्ठ
निदान	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी
उपचार	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी	टीबी

तपासणी दर मुक्कारी वेळ: ५ ते १२
दिनांक: २०/०८/२०२३



बाह्यरुग्ण विभाग
सोम. ते शुक्र. सकाळी ८:०० ते ११:३०
दुपारी ४:०० ते ६:३०
निवारण : सकाळी ८:०० ते ११:३०
रविवार : बंद

Man in light blue patterned shirt and dark trousers, standing on the left.

Man in blue hoodie and grey trousers, holding a poster.

Man in light blue shirt and dark trousers, standing in the center.

Woman in white lab coat over a pink dress and yellow leggings, standing in the center.

Woman in white lab coat over a black dress, holding a poster.

Woman in dark floral saree, standing on the right.

Woman in yellow and grey saree, standing on the right.

Woman in green and purple saree, standing on the right.





PHARMACY
 औषधी विभाग
 OPD
 बाह्यरुग्ण विभाग

प्राथमिक आरोग्य केंद्र, बेळगाव
 दिवस भरतीव आरोग्य कार्यक्रम, अहमदाबाद

आरोग्य सल्ला	आरोग्य तपासणी	आरोग्य शिक्षण
आरोग्य सल्ला	आरोग्य तपासणी	आरोग्य शिक्षण
आरोग्य सल्ला	आरोग्य तपासणी	आरोग्य शिक्षण

एखाद्याही दर शुल्काची वेळ: १ ते १२
 दिवस भरतीव आरोग्य कार्यक्रम, अहमदाबाद



बाह्यरुग्ण विभाग
 सोम. ते बुध. : सकाळी 8:30 ते १२:30
 बुधारी : 4:00 ते ६:00



Man in light blue patterned shirt and dark trousers

Man in blue hoodie and grey trousers holding a poster

Man in light blue shirt and dark trousers

Woman in white lab coat and pink dress holding a poster

Woman in white lab coat and black skirt holding a poster

Woman in colorful sari

Woman in yellow and grey sari

Woman in green and purple sari





PHARMACY
 औषधी विभाग
 OPD
 बाह्यरुग्ण विभाग

आरोग्यिक आराम घण्टा, वेळ
 दिवस वारंवार १० मिनिटां, सकाळी १० ते १२
 रात्री ७ ते ९

आरोग्यिक आराम घण्टा	आरोग्यिक आराम घण्टा	आरोग्यिक आराम घण्टा
आरोग्यिक आराम घण्टा	आरोग्यिक आराम घण्टा	आरोग्यिक आराम घण्टा
आरोग्यिक आराम घण्टा	आरोग्यिक आराम घण्टा	आरोग्यिक आराम घण्टा



आरोग्य विभाग
 आरोग्य विभाग

बाह्यरुग्ण विभाग
 संप. १० ते १२, सकाळी १० ते १२
 दुपारी ४ ते ६

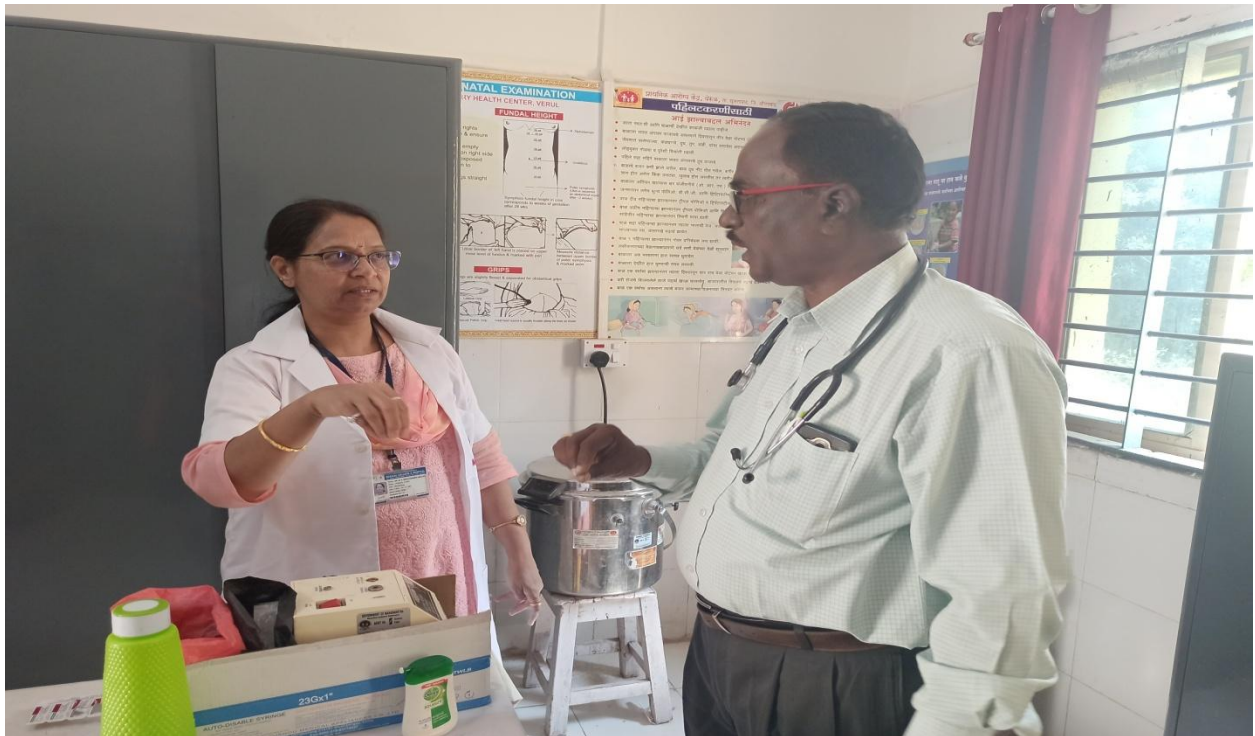


Annexure-3.6.2

Date : 18/2/2020

Title of Guest lecture: Training of PHC [Verul] health care workers on infection control practices

Guest Speaker: Dr Mulay M V Professor & Head and Dr Shraddha Naik Assistant lecturer MGM Medical College, Aurangabad





MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI
DEPARTMENT OF COMMUNITY MEDICINE
NERE OUTREACH PROGRAMME
ANC and PNC Checkup at Vihigar

Date: 26th September 2020, Saturday

Venue: Vihigar Anganwadi, Nere

Post pandemic routine activities have resumed in a phased manner. An ANC PNC checkup was conducted in Vihigar Anganwadi which comes under Nere Subcentre. The health team of MGM Medical College visited the Anganwadi. All ANC and PNC women were called to the anganwadi for routine checkup. They were also sensitized about Covid 19, its epidemiology and prevention. Total beneficiaries were ANC-12 and PNC mothers-16.



Camp attended by-

1. Dr. Noopur Kulkarni (Resident Community Medicine)
2. Dr. Sayili Jadhav (Resident Community Medicine)
3. Miss Vineeta Sharma (Health Inspector)

Dr. Ashlesha Tawade

RHTC Incharge

Dr. Prasad Waingankar

HOD

Dept. of Community Medicine



MGM MEDICAL COLLEGE AND HOSPITAL NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE ANC RHTC PROGRAMME

PRADHAN MANTRI SURAKSHIT MATRITVA ABHIYAN

Village:-Nere RHTC

Date: 9/9/2020

Activities conducted are

- **ANC health check-up**
- **Health promotion**
- **IEC ACTIVITY**

ANC health check-up camp was conducted at NERE RHTC by community medicine department and department of Obstetrics and Gynecology on 9 September 2020. The camp was organized at NERE RHTC center. General health check up for ANC mothers was done and medications were given to 20 mothers. Maintenance of good hygiene and IEC activity was done under the guidance of DrAshleshaTawde (PSM), DrSailee(PSM), DrKritika (OBGY) and DrSoumya (OBGY).

Total number of beneficiaries=20 Mothers

The camp was attended by-

DrAshleshaTawde(RHTC incharge)

DrSailee(JR of PSM department),

Kritika (JR2 from dept of Obstetrics and Gynecology),

DrSoumya(JR1 from dept of Obstetrics and Gynecology),

DrBageshree (Intern of PSM department),

DrMegh (Intern of PSM department),

Mr.VikrantDinkar(MSW) and

Mrs. KanchanPatil (Public Health Nurse)

IEC ACTIVITY



HAND WASHING DEMONSTRATION



IEC ACTIVITY



REGISTRATION AND BP CHECK UP



ANC REGISTRATION AND BP MONITORING



ANC EXAMINATION AND FETAL HEART SOUND MONITORING





**MAHATMA GANDHI MISSION'S MEDICAL COLLEGE
SECTOR-1 , KAMOTHE, NAVI MUMBAI-410209, INDIA
DEPARTMENT OF COMMUNITY MEDICINE
REPORT OF ANTENATAL CHECKUP CAMP
VENUE- NERE PHC
DATE- 09 OCTOBER2020
TIME- 10:30 a.m to 2.30p.m**

LIST OF BENEFICIARIES:

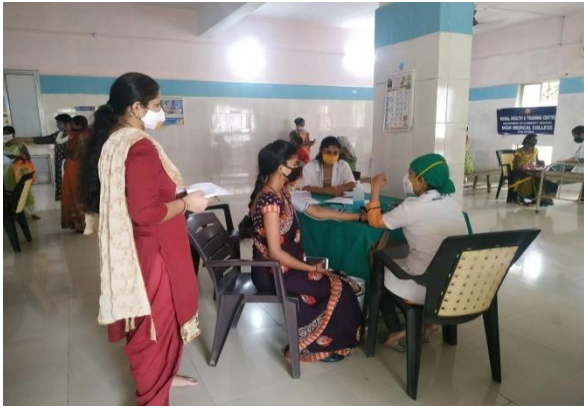
**Total ANC :31
High risk :03
Referred : 04**

The Department of Community Medicine in association with Department of Obstetrics & Gynaecology organised an antenatal check up session under the Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) at NERE PHC on 9TH October 2020 which was headed by Dr. Noopur Kulkarni. All pregnant women were provided special antenatal check up along with services like ultrasound, blood tests and urine tests, in addition to routine antenatal check up.

About thirty one antenatal women registered themselves for the session out of which 3 women were recognized as high risk pregnancies. These high risk identified cases were given special advices regarding the extra care to be taken during the current phase. There were four referrals. They were given slip for further management of the cases.

ATTENDED BY:

DR. NOOPUR KULKARNI.	[MD RESIDENT]
DR. SUKRITI.	[RESIDENT OBGY]
DR. SOUMYA.	[RESIDENT OBGY]
DR. BHAGYASHREE.	[INTERN]
DR. MEGH.	[INTERN]
Mrs. Kanchan.	[ANM]
DR. SAILI JADHAV.	[MPH 2 ND YEAR]
MR. ABHISEKH SUNAR.	[MPH 1 ST YEAR]
MS. KAJOL GOUD.	[MPH 1 ST YEAR]
MR. VIKRANT DINKAR.	[MSW]



Photographs of ANC check-up camp along with IEC session at Nere PHC



MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE OUTREACH PROGRAMME

DATE- 21/10/2020

VENUE: MGM KALAMBOLI

3RD WEDNESDAY ANC CHECK UP CAMP

ON 21ST OCTOBER 2020, patients from NERE , belonging to several villages , attended OPD at MGM Hospital at Kalamboli for their check up. The patients were given adequate health care by the doctors of Obstetrics and Gynaecology Department at the hospital. Appropriate medications, investigations, and follow up advice was given to the patients. A total of 14 patients came to the hospital. All the patients were treated free of cost. The patients had previously attended the ANC camp held at NERE . The records of all the concerned patients were noted.

The camp was attended by:-

1. Dr. Surbhit Anand, INTERN, PSM DEPARTMENT
2. Mr. Abhishek Sonar, MPH , PSM DEPARTMENT



MGM MEDICAL COLLEGE AND HOSPITAL NAVI MUMBAI
DEPARTMENT OF COMMUNITY MEDICINE
NERE OUTREACH PROGRAMME

Village:- Dhamni

Date:28/08/2020

Activities conducted at Dhamni are

- **General healthcheck-up**
- **Health promotion**
- **Homevisit**

A general health check-up camp was conducted at Dhamni by community medicine department as part of outreach activity on 28 Aug 2020 the camp was organised at anganwadi center by the help of anganwadi worker .General health check up was done and medications were given to 20 patients , maintenance of good hygiene and all activities were done under the guidance of drAshleshatawde ,drNoopur,drsailee

Total number of beneficiaries=24

Children=6

Women=8

ANC=3

Man=3

Referred=4

The camp was attended by-

DrAshleshatawde(RHTC incharge)

DrNoopur(JR of PSM department)

Drsailee(JR of PSM department)

Drpramila(intern of psm department)

Drbageshree(intern of psm department)

Mr.VikrantDinkar(MSW)

Mrs. Kanchanpatil(public health nurse) MGM





MGM MEDICAL COLLEGE AND HOSPITAL NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE OUTREACH PROGRAMME

Village:- Dhamni

Date:28/08/2020

Activities conducted at Dhamni are

- **General healthcheck-up**
- **Health promotion**
- **Homevisit**

A general health check-up camp was conducted at Dhamni by community medicine department as part of outreach activity on 28 Aug 2020 the camp was organised at anganwadi center by the help of anganwadi worker .General health check up was done and medications were given to 20 patients , maintenance of good hygiene and all activities were done under the guidance of drAshleshatawde ,drNoopur,drsailee

Total number of beneficiaries=24

Children=6

Women=8

ANC=3

Man=3

Referred=4

The camp was attended by-

DrAshleshatawde(RHTC incharge)

DrNoopur(JR of PSM department)

Drsailee(JR of PSM department)

Drpramila(intern of psm department)

Drbageshree(intern of psm department)

Mr.VikrantDinkar(MSW)

Mrs. Kanchanpatil(public health nurse) MGM





KHOPOLI OUTREACH PROGRAMME

Department of Community Medicine

MGM Medical College, Kamothe

Navi Mumbai-410209

General Health Check-up and Health Education

A General Health Check-up was conducted at MulgaonThakurwadia small Tribal settlement in Khopoli by door to door survey from 12:00 pm to 2:00 pm on 25.09.2020.

The total beneficiaries were **3 households**

Health education was also given by Miss FebaBenwal(MPH-II) on “Prevention of COVID-19”.

The total beneficiaries were **15 households**.

The Team Comprises of:-

- 1) Dr. SunilaSanjeev (Asst Professor)
- 2) Miss FebaBenwal (MPH-II)
- 3) Dr. MohitVardey (Intern)
- 4) Dr. Spriha Singh (Intern)



Dr. SunilaSanjeev Asst. Professor
InchargeKhopoli Outreach Programme
Dept of Community Medicine
MGM Medical College, Kamothe
Date: 09.10.2020.

MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE OUTREACH PROGRAMME

DATE: 13-10-2020

GENERAL HEALTH CHECK-UP BAPDEVWADI

ANC AND PNC FOLLOW UP VISIT

General Health Check-up

A Medical Health Check-Up Camp Was Conducted As a Part Of Community Work At Bapdevwadi, NERE. It Was Organized In a Local Anganwadi, With the Help Of The Anganwadi Worker. General Health Check-Up Was Carried Out and Medications Were Given To 8 Patients. Residents Of The Village Were Examined By Dr. Noopur Kulkarni (MD Resident), Dr. Saili Jadhav (MPH 2nd Year), Mrs. Kanchan Patil (ANM). They Provided Medicines to the Patients and Monitored the Whole Outreach Activity. An IEC activity was Conducted by MS. Kajol Goud (MPH) AND MR. Abhisekh Sunar (MPH) on Awareness, Personal Hygiene, Social Distancing and Mask Etiquette for prevention of spread of corona.

Total No. Of Beneficiaries=8

The camp was attended by:

1. DR. NOOPUR KULKARNI (MD RESIDENT)
2. DR. SAILIJADHAV (MPH 2ND YEAR)
3. MRS. KANCHAN PATIL (ANM)
4. MS. KAJOL GOUD (MPH 1ST YEAR)
5. MR. ABHISEKH SUNAR (MPH 1ST YEAR)
6. ME. VIKRANT DINKAR (MSW)

I. ANC & PNC Follow Up Visit-

An ANC and PNC follow up visit was conducted for the mothers and expecting ladies of Bapdevwadi village, NERE.

No. of beneficiaries: ANC- 0 PNC- 5

The Patients Were Visited Door-To-Door And Advice Was Given About Breastfeeding, Hygiene And They Were Counseled to Come to MGM Kalamboli for Institutional Delivery. Iron, Folic Acid .The Patients Were Visited Door-To-Door And advice was Given About Breastfeeding, Hygiene

And They Were Counselling to Come to MGM Kalamboli for Institutional Delivery. Iron, Folic Acid and Calcium Supplements Were Provided, And the Patients Were told to Get TT Injections Administered From the Local Health Centre.

GENERAL HEALTH CHECK-UP



ANC AND PNC CHECK-UP



IEC ACTIVITY PERFORMED BY MS. KAJOL GOUD AND MR. ABHISEKH SUNAR





MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE OUTREACH PROGRAMME

DATE- 13/10/2020

VENUE: Dhamini Subcentre

GENERAL HEALTH CHECK-UP DHAMINI

Medical camp was conducted at DHAMINI, NERE by the department of community medicine as a part of outreach activity. The camp was organized in an Dhamini subcentre with the help of ASHA (Accretited Social Health Activist). 3 patients from the village showed up for the general health check-up, out of which 1 was having history of convulsion and remaining two had weakness. Each patient's were given medication with respect to their diagnosis. One patient was referred. An IEC was conducted by MR. Abhisekh sunar(MPH) and MS. Kajol goud (MPH).

Total No. of Beneficiaries= 3

- Weakness= 2
- History of convulsion=1
- Referred cases=1

The camp was attended by:

1. Dr. Noopur Kulkarni (MD Resident)
2. Mrs. Kanchan (ANM Nurse)
3. Dr. Saili Jadhav (MPH 2ND Year)
4. Mr. Abhisekh Sunar (MPH 1ST Year)
5. Ms. Kajol Goud (MPH 1ST Year)
6. Mr. Vikrant Dinkar (MSW)



GENERAL HEALTH CHECKUP



IEC ACTIVITY PERFORMED BY Ms. KAJOL GOUD



MGM MEDICAL COLLEGE AND HOSPITAL NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE ANC RHTC PROGRAMME

Village:-Haushechiwadi

Date: 28/8/2020

Activities conducted are

- **General health checkup,**
- **Follow up,**
- **Home visit for PNC and ANC**
- **Ganesh utsav celebration**

General health check up camp was conducted at Haushechiwadi. The village population gathered on the occasion of ganeshutsav. General awareness was generated regarding precautions to be taken for COVID-19. Home visits were conducted for ANC and PNC mothers. One patient with TB was given follow-up and referral to nearest DOTS center.

Total number of beneficiaries=7 patients- General health checkup

4 mother-ANC and PNC home visits

The camp was attended by-

DrAshleshaTawde(RHTC incharge)

DrSaili(MPH-1),

DrBageshree (Intern of PSM department),

DrPramila(Intern of PSM department),

Mr.VikrantDinkar(MSW) and

Mrs. KanchanPatil (Public Health Nurse)

ANC and PNC home visits



General health checkup



Ganesh utsav celebration:





DEPARTMENT OF COMMUNITY MEDICINE
MGM Medical College, Kamothe
NaviMumbai – 410209
Khopoli Outreach Programme

Visit for resumption of Community Activities

Dr. Sunila Sanjeev (Asst. Prof. in Dept. of Community Medicine) , Miss Feba Benwal(MPH) , Dr. Pragya (Intern) along with Mrs Vimal(ASHA) visited Zenith Thakurwadi for sensitizing the Community regarding resumption of Community work on other aspects of Health and Nutrition against the background of Pandemic COVID-19 .

The people who interacted expressed their willingness to take it slowly as they are worried about the COVID-19 spread.

It was discussed well about physical distancing and door to door health survey.

The same was also discussed with Dr. S.S.Wankhade(Medical Officer Incharge), Municipal Hospital, Khopoli.

Sunila Sanjeev 24/8/20

Dr. Sunila Sanjeev

Asst. Professor

In charge Khopoli Outreach Programm

Dept of Community Medicine, MGM Medical College, Kamothe

Date: 21.08.2020



DEPARTMENT OF COMMUNITY MEDICINE
MGM Medical College, Kamothe
NaviMumbai – 410209
Khopoli Outreach Programme

Immunization

The immunization outreach session was conducted in Siddhath Nagar Anganwadi. The beneficiaries were 12.



The immunization session was attended by:-

Dr. Sunila Sanjeev (Asst. Professor)

Feba Benwal (MPH)

Dr. Pragya (Intern)

Sunila Sanjeev
Dr. Sunila Sanjeev

24/8/20

Asst. Professor

In charge Khopoli Outreach Programm

Dept of Community Medicine, MGM Medical College, Kamothe

Date: 21.08.2020



MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI

DEPARTMENT OF COMMUNITY MEDICINE

NERE OUTREACH PROGRAMME

DATE- 19/10/2020

VENUE:- TAWARWADI and KUMBALTEKDI

ANC, PNC FOLLOW UP VISIT AND IMMUNISATION AT TAWARWADI AND KUMBALTEKDI

ANC, PNC FOLLOW UP VISIT AND IMMUNISATION AT TAWARWADI

An ANC, PNC follow up visit was conducted for the mothers and expecting ladies of Tawarwadi village, NERE.

Number of beneficiaries

ANC:-7

The patients were visited door to door and advice was given about hygiene and they were counselled to come to MGM Kalamboli for institutional delivery. Iron, Folic acid and calcium supplements were provided and the patients were told to get TT injections administered from local health centre

An immunization camp was also conducted at Tawarwadi village, NERE. Around 3 patients were immunized.

Total beneficiaries:- 10

The patients and parents of pediatric age group children were made aware of necessity of immunization and told to visit local health centre for regular immunization.

Attended by:-

1. Dr. Noopur Kulkarni (MD Resident, PSM)
2. Dr. Saili Jadhav (MPh 2nd Year)
3. Mr. Abhisekh Sonar (MPh 1st Year)
4. Ms. Kajol Goud (MPh 1st Year)
5. Ms. Kanchan Patil (ANM)
6. Mrs. Mhadik (ANM)

ANC, PNC FOLLOW UP VISIT AND IMMUNISATION AT KUMBALTEKDI

An ANC, PNC follow up visit was conducted for the mothers and expecting ladies of Kumbaltekdi village, NERE.

Number of beneficiaries:-

ANC:-4

PNC:- 2

Joint pain:- 2

Scabies:- 2

Fever:- 1

The patients were visited door to door and advice was given about hygiene and they were counselled to come to MGM Kalamboli for institutional delivery. Iron, Folic acid and calcium supplements were provided and the patients were told to get TT injections administered from local health centre.

IEC was provided to the women of Kumbaltekdi over personal hygiene by Mr. Abhisekh Sonar and Ms Kajol Goud

An immunization camp was also conducted at KUMBALTEKDI village, NERE. Around 16 patients were immunized.

Total beneficiaries:- 27

The patients and parents of pediatric age group children were made aware of necessity by Dr. Noopur Kulkarni, MD Resident, PSM immunization and told to visit local health centre for regular immunization.

Attended by:-

1. Dr. Noopur kulkarni (MD resident, PSM)
2. Dr. Saili Jhadhav (MPh 2nd Year)
3. Mr. Abhisekh Sonar (MPh 1st Year)
4. Ms. Kajol Goud (MPh 1st Year)
5. Ms. Kanchan Patil (ANM)
6. Mrs. Mhadik (ANM)



ANC & PNC FOLLOW UP VISIT



IMMUNISATION CAMP



IMMUNISATION CAMP



IEC PERFORMED BY MR. ABHISEKH AND MS. KAJOL



**MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI
DEPARTMENT OF COMMUNITY MEDICINE
NERE OUTREACH PROGRAMME**

Venue: TawarwadiSamajmandir
Date: 19th September 2020
Time: 10 am

An ANC and PNC follow up visit was conducted in Tawarwadi households by Health team of MGM Medical College .In these lockdown times its safer for women and children to stay home. They cannot reach the health facilities so we are reaching out to them to conduct basic health checkup to ensure well being of mother and child and the pregnant women. Door to door visits were conducted with the help of Anganwadi worker, women were enquired about the well being of baby and their own selves, advice regarding feeding, taking multivitamin tablets ,proper diet of the mother,breastfeedingpractices,personal hygiene was given. Pregnant women were also advised regarding personal care to be taken during pregnancy, warning signs were explained and nutritional advice was given.

Along with that ANC checkup , Immunization activity was also conducted in Tawarwadi Village at Samajmandir.

Beneficiaries for followup visit-
ANC-12
PNC-9
Immunization-9
Health talk-10
ANC checkup-12

Health talk was conducted by DrNoopur. The topic of health talk was prevention of Covid 19 and Safe drinking water practices.

General Health checkup of ANC females and Immunization



IEC Activity



Dr.AshleshaTawade

RHTC Incharge

Dr.PrasadWaingankar

HOD

Dept.of Community Medicine



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, Nursing College Building, MGM Educational Campus,
Plot No. : 1 & 2, Sector - 01, Kamothe, Navi Mumbai - 410 209.

Report of activity

Date : 8/8/2019
Name of activity : Breast Feeding Week
Organizing Department : Department of OBG nursing
Number of teachers Participated : 01
Number of students Participated : 15
Number of Beneficiaries : 90
Brief of Activity :

On 8/8/2019 department of OBG nursing in MGM New Bombay College of Nursing conducted one street play in the account of Breast Feeding Week 2019 at MGM Hospital Kalamboli. Fourth Year B.Sc Nursing 15 students were performed street play in OPD of MGM Hospital Kalamboli on the basis of theme "**Empower Parents Enable Breast Feeding**". Programme started with inauguration at 10:30 am by Dr. Sushil Kumar HOD of OBG department, MGM hospital Kalamboli and Mrs. Archana Chatterjee Medical Superintended MGM Hospital, Kalamaboli. The street play conducted two times in OPD by the request of Hospital staff and people observed programme and understand the importance of breastfeeding. Programme wind-up at 11:30 am.

Annexure

1. List of students Participated : YES/NO ✓
2. List of teachers participated : YES/NO ✓
3. Photos : YES/NO ✓

Signature of Organizer



Signature of Professor & Director



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1

Kamothe, Navi Mumbai - 410 209.

Attendance Sheet

Date: 8/8/19

Name of the Programme : Breast Feeding Week 2019 [street play]

Venue : MGM Hospital, Kalamboli

Sr. No.	Name	Designation	Signature
<u>FACULTY</u>			
1.	Ms. Sheela Thampy	Tutor	<i>Sheela</i>
<u>STUDENTS</u>			
1	Neha Singh	4 th year BSc Nsg	<i>Abhig</i>
2	Munali Mohre	4 th year BSc Nsg	<i>Munali</i>
3	Pratiksha Bobade	4 th year BSc Nsg	<i>Pratiksha</i>
4	Shweta Kadam	4 th year BSc Nsg	<i>Kadam</i>
5	Sonam Sawant	4 th year BSc Nsg	<i>Sonam</i>
6	Sheela Mathew	4 th year BSc Nsg	<i>Sheela</i>
7	Mansi Kamblil	4 th year BSc Nsg	<i>M Kamblil</i>
8	Anhira Panicker	4 th yr BSc Nsg	<i>Anhira</i>
9	Samiksha Gavas	4 th yr BSc Nsg	<i>Samiksha</i>
10	Sanchita Ghawar	4 th yr BSc Nsg	<i>Sanchita</i>
11	Samiksha Mhatre	4 th yr BSc Nsg	<i>Samiksha</i>
12	Twinkal Nehru	4 th yr BSc Nsg	<i>Twinkal</i>
13	Anagha Shewale	4 th yr BSc Nsg	<i>Anagha</i>
14	Aishwarya Jadhav	_____	<i>Aishwarya</i>
15	Shital Thorat	4 th yr BSc Nsg	<i>Shital</i>



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MGM NEW BOMBAY COLLEGE OF NURSING
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Kamothe, Navi Mumbai – 410 209.

Breast Feeding Week on 08.08.2019

Street play by students





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MGM NEW BOMBAY COLLEGE OF NURSING

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Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date : 10/8/2019 Duration: one day
Name of the activity : Tree Plantation Drive
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : Non-Government
Name of the scheme : Tree Plantation Drive
No of Teachers Participated : 05
No of Students Participated : 97

Brief of the Activity:

MGM trust has undertaken tree plantation in association with citizen's Unity forum Panvel. As a part of it MGM New Bombay College of Nursing conducted tree plantation drive on 10/8/19 at Phanaswadi Panvel. Reporting date, timing and place for students was MGM Kamothe Campus on Saturday, 10th August, 19: @ 9 am. Hard Copy Attendance for Student along with Name and sapling number maintained. Handed over 2 saplings each to students and faculty and everyone moved in group of 20 Nos. for tree plantation over to hills with group leader from village. Faculty directed students and instructed to get back to Bus with in prescribed time limit. Basic First aid Box was carried with us along with Glucon-D. Big garbage bag for plastic waste collection 4 nos. were we carried to the location at time of tree plantation. Total 204 trees planted on hill.

1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos :

Signature of Organizer

Date:



Signature of Director



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Tree Plantation Drive on 10.08.2019



Tree Plantation over the hill



Instructions regarding Tree Plantation



Instructions regarding Tree Plantation



Two Saplings for each students





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Report of Activity

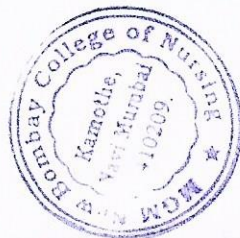
Date : 15/9/2019 Duration: one day
Name of the activity : Pulse Polio Program
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : Government, Panvel Mahanagarpalika
Name of the scheme : Pulse Polio Program
No of Teachers Participated : 01
No of Students Participated : 45


Brief of the Activity: Pulse Polio programme organized by Panvel Mahanagarpalika on 15/9/19 [Sunday]. MGM New Bombay College of Nursing, Third Year B.Sc Nursing students participated for programme in collaboration with Panvel Mahanagarpalika Reporting timing was 7:30 am, different booths allotted to students from panvel like Khanda Colany, Balbharti Society, Jeevan Sagar Society, Maratha School, Macchi Market etc. so students were distributed to 17 booths of Panvel. Information about maintenance of cold chain and VVM explained to students even proper documentation explained to students. Total 1000 to 1200 children vaccinated from all the batches after reporting and replacing vaccine carrier and all documents students dropped back to MGM campus at 5 pm.

It was great help for Mahanagarpalika and even it was very good learning experience for students .

1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos :


Signature of Organizer
Date:




Signature of Director

MGM NEW BOMBAY COLLEGE OF NURSING

THIRD YEAR B.Sc. NURSING

Sr no	NAME OF STUDENT	MOBILE NO	SIGN OF STUDENT
1	Ms. Aishwarya patil	9923614969	<i>Aishwarya</i>
2	Ms. Ansu P Varghese	7769881237	<i>Ansu</i>
3	Ms. Binol Anna Thomas	7559845388	<i>Binol</i>
4	Ms. Dait Lekha Prakash	9136745361	<i>Lekha</i>
5	Ms. D'Souza Martina Joram	8433699751	
6	Ms. Feba Susan Shaji	7510976565	<i>Feba</i>
7	Ms. Gayathry Suresh	9819618776	<i>Gayathry</i>
8	Ms. Geeva John	7034603888	<i>Geeva</i>
9	Ms. Gharat Akshata Govind	8291750010	
10	Ms. Gharat Prapti Narayan	8108082408	<i>Prapti</i>
11	Ms. Gitty George	9819840250	<i>Gitty</i>
12	Ms. Goswami Aishwarya Ashish	9773678655	<i>Aishwarya</i>
13	Ms. Ifrah Imtiyaz Mukadam	9689897160	<i>Ifrah</i>
14	Ms. Jadhav Pallavi Chandrakant	8779790041	<i>Pallavi</i>
15	Ms. Jancy Thomas	9527416184	<i>Jancy</i>
16	Ms. Jeena Jiji Joseph	9946589720	<i>Jeena</i>
17	Ms. Jilbi Annamma Biju	7506770040	<i>Jilbi</i>
18	Mr. Joshi Siddharth Ravishankar	7020398104	
19	Mr. Kenaz Rajan	9833780899	
20	Ms. Leediya Mary Francis Salaziyar	7506759561	<i>Leediya</i>
21	Ms. Linta Rachel Alex	9495137814	<i>Linta</i>
22	Ms. Maniamkottil Delna Varghese	8108429054	
23	Ms. Merlin Shaji	9867989347	<i>Merlin</i>
24	Ms. Mertina Mathew	8390352976	
25	Ms. Mhatre Pranjali Sunil	9167261625	<i>Pr</i>

MGM NEW BOMBAY COLLEGE OF NURSING

THIRD YEAR B.Sc. NURSING

Sr no	NAME OF STUDENT	MOBILE NO	SIGN OF STUDENT
26	Ms. Mondal Shrabani Chandni Prosad	7304194726	
27	Ms. Nair Shivani Balasubramaniyan	9930563058	<i>Nair</i>
28	Ms. Nikhitha Mathew	7506638180	<i>Nikitha</i>
29	Ms. Nisha Gupta	9137570273	<i>Nisha Gupta</i>
30	Ms. Palatty Rosemary Stephen	9702147264	<i>Rosemary</i>
31	Ms. Pandit Shweta Girish	7066996891	<i>Pandit</i>
32	Ms. Patil Bhakti Nagesh	7447541647	<i>Patil</i>
33	Ms. Patil Dakshata Mahendra	9029733432	<i>Patil</i>
34	Ms. Patil Mansi Durlabh	9167994792	<i>Patil</i>
35	Ms. Patil Saylee Ratnakar	9689833919	<i>Patil</i>
36	Ms. Priyanka R	9605452974	<i>Priyanka</i>
37	Ms. Priyansha masih	7746830945	<i>Priyansha</i>
38	Ms. Rinchu Raju	8078133912	<i>Rinchu</i>
39	Ms. Riya Biju	8828663609	<i>Riya</i>
40	Ms. Sandra George	7900053253	<i>Sandra</i>
41	Ms. Sharma Priya Bramhanand	8459128351	<i>Sharma</i>
42	Ms. Shelke Purna Kiran	9137221356	<i>Shelke</i>
43	Ms. Sneha Shajimon Charivuparampil	7666169591	<i>Sneha</i>
44	Ms. Sneha T. Koshy	9796669983	<i>Sneha</i>
45	Ms. Sonu Sara Sunil	8689969849	<i>Sonu</i>
46	Ms. Takey Rozmeen Abdul Razzak	8446706687	
47	Ms. Tawade Vedanta Nitin	7045609917	<i>Tawade</i>
48	Ms. Tissamol Sebastian	9495030900	<i>Tissamol</i>
49	Ms. Zendekar Pratima Mahendra	8888209025	<i>Zendekar</i>



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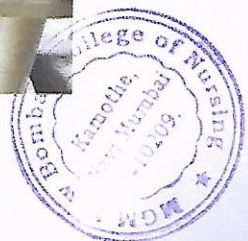
Pulse Polio Program on 15.09.2019



Pulse Polio Dose given to Small Children



Different Polio Booths allotted to Students





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MGM NEW BOMBAY COLLEGE OF NURSING

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Kamothe, Navi Mumbai – 410 209

Report of Activity

Date : 01/10/2019 **Duration:** 2 hrs
Name of the activity : World Heart Day celebration 2019
Organizing department : MGM New Bombay College of Nursing, Kamothe
Collaborating Agency : -
Name of the Agency : -
Name of the Scheme : -
No of teachers participated : ~~07~~
No of Students Participated : 21
No of Beneficiaries: 25

Brief of the Activity: MGM New Bombay College of Nursing Observed World Heart Day on 01/10/2019. The theme of World Heart day 2019 was "My heart your heart". The purpose of World heart day celebration was to create heart heroes by making heart promise to protect heart from various risk factors. A skit on "Awareness about Cardiac risk factors" was presented by students of MGM New Bombay College of Nursing in MGM Hospital, Kamothe to create awareness and convey current year theme. The skit was presented in two areas of the hospital. The first session was done in hospital lobby between 1:30-2:30 pm followed by CVTS ward between 2:30-3:30 pm. Students and teachers actively participated in this activity. Attractive posters and banners were carried by the students on theme to create awareness. The presentation of skit was a remarkable activity as it gained patients and relatives attention and created a very positive impact among them regarding importance of avoiding cardiac risk factors and developing a positive lifestyle to protect heart and prolong life.

Annexure:

1. List of students participated: Yes
2. List of teachers participated: Yes
3. Photos : Yes

Signature of organizer



Signature of Director

PROFESSOR & DIRECTOR
MGM New Bombay College of Nursing
Kamothe, Navi Mumbai - 410209



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Kamothe, Navi Mumbai - 410 209

Attendance sheet of World Heart day celebration 2019

Date: 01/10/2019

S.NO	Name of the Student	Signature of the Student
1	ELSHA LAHU	
2.	HARSHITHA V.K. HARIDAS.	
3.	BHAGVALEKSHMI AJIT	
4	AISHWARYA AJIMON	
5	ADITI PRAKASH PANIGRAHI	
6.	MERLIN SHAJI	
7.	DELNA VARGHESE	
8.	Rajlekshmi Ajit	
9.	Chanchal Bhuyal	
10.	Shrinidhi Poojari	
11.	Binol Anna Thomas	
12.	Mertina Mathew	
13.	Jissamol Sebastian	
14.	Lekha Dait	
15.	Shweta Pandit	
16.	Pratima Zundekar	
17.	Mrs Smriti Parkar	
18	ms. manisha sawant	
19.	R. kanthā.	
20.	Percis Gray Thilip	
21.	Asathi Chandean	





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Attendance sheet of World Heart day celebration 2019

Date: 01/10/2019

S.NO	Name of the Faculty	Signature of the Faculty
1.	Dr. Ponchikera R	
2.	Mrs. SARIKA SUKESH NAIR	
3.	Ms. SALINI SASIDHARAN	
4.	Mrs. FERGANZIA JUBILEON	
5.	Ms. Brincy Darwin John	
6.	Ms. Sanjeeta B. Mohanty.	
7.	Mrs. Susan Jacob.	

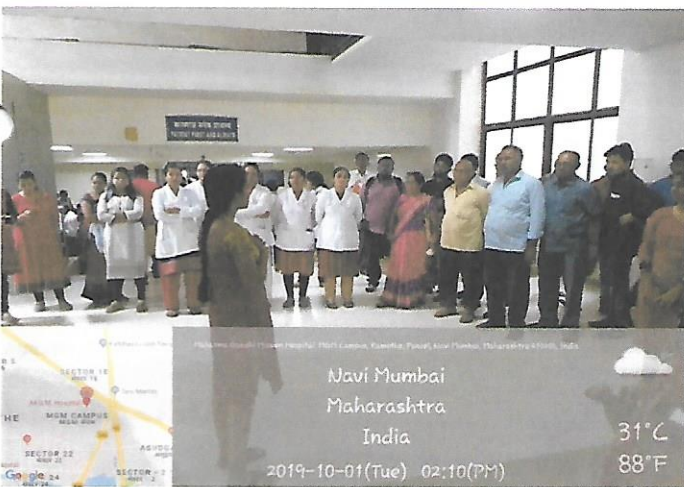




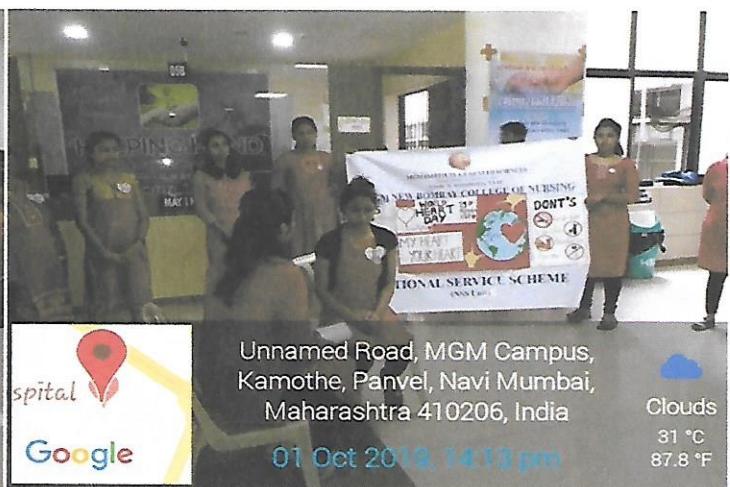
Mahatma Gandhi Mission Hospital,
MGM Campus, Kamothe, Panvel,
Navi Mumbai, Maharashtra 410206,
India
Clouds
31 °C
87.8 °F
01 Oct 2019, 14:04 pm



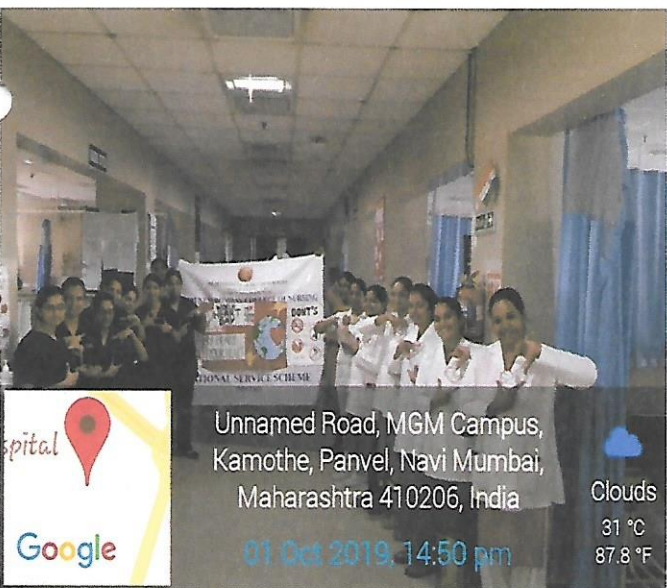
Navi Mumbai
Maharashtra
India
31 °C
88 °F
2019-10-01(Tue) 02:17(PM)



Navi Mumbai
Maharashtra
India
31 °C
88 °F
2019-10-01(Tue) 02:10(PM)



Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India
Clouds
31 °C
87.8 °F
01 Oct 2019, 14:13 pm

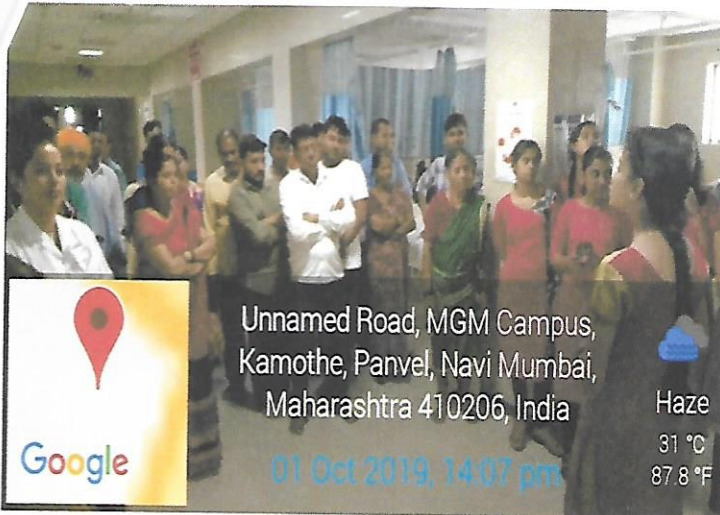


Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India
Clouds
31 °C
87.8 °F
01 Oct 2019, 14:50 pm



Navi Mumbai
Maharashtra
India
31 °C
88 °F
2019-10-01(Tue) 02:11(PM)





Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India

Haze
31 °C
87.8 °F

01 Oct 2019, 14:07 pm



Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India

Clouds
31 °C
87.8 °F

01 Oct 2019, 14:47 pm



Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India

Haze
31 °C
87.8 °F

01 Oct 2019, 14:08 pm



Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India

Clouds
31 °C
87.8 °F

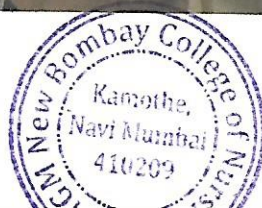
01 Oct 2019, 14:58 pm



Unnamed Road, MGM Campus,
Kamothe, Panvel, Navi Mumbai,
Maharashtra 410206, India

Haze
31 °C
87.8 °F

01 Oct 2019, 14:07 pm





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5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date : 21.11.2019
Time : 11.00 am-12.00 pm
Name of the activity : Alzheimer's Day- Awareness Program
Organizing department : Mental health Nursing, MGM New Bombay College of Nursing.
No of teachers participated : 02
No of students participated : 10 (Third Year B.Sc. Nursing Student)
Venue : Ramabai Nagar, Belapur

Brief of the Activity:

On the 21st November 2019 Mental Health Nursing department along with III year B.Sc. Nursing students observed World Alzheimer's Day. Role play was performed by students on "Alzheimer's Awareness" at Ramabai Nagar, Belapur. Audience verbalized their doubts and also given positive feedback. The programme was effective and adjourned at 12 pm with vote of thanks.

Annexure:

1. List of students participated: Yes
2. List of teachers participated: Yes
3. Photos : Yes

Signature of organizer



Signature of Director

PROFESSOR & DIRECTOR
MGM New Bombay College of Nursing
Kamothe, Navi Mumbai - 410209



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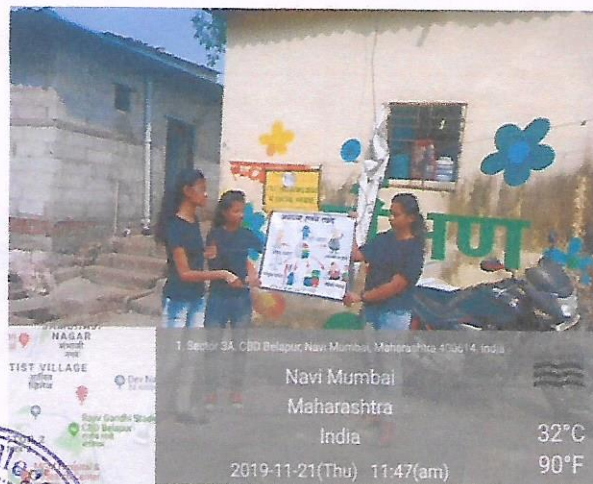
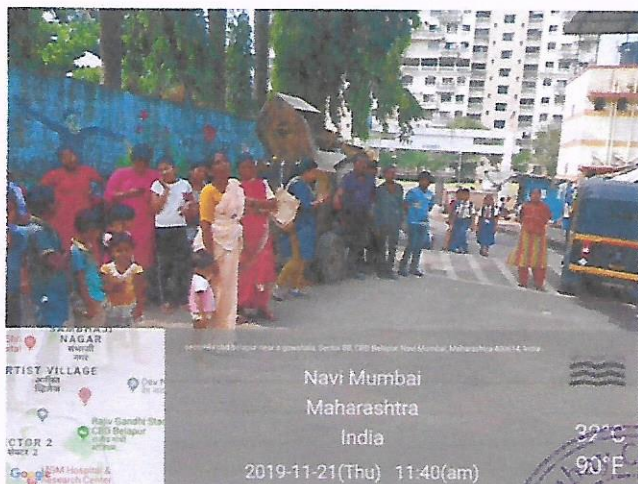
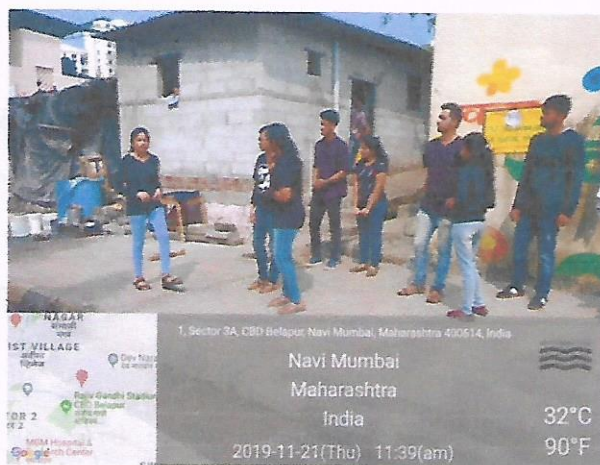
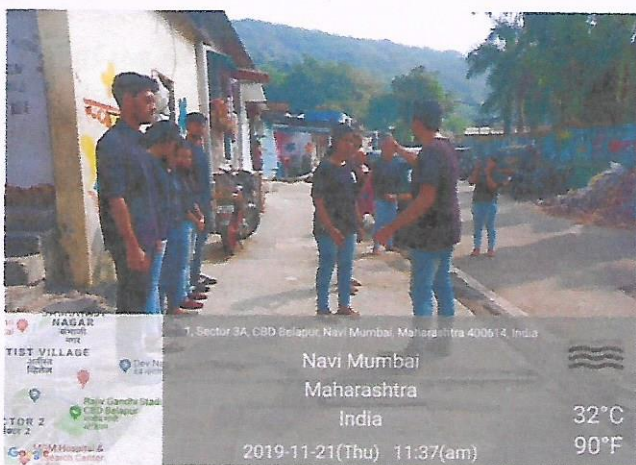
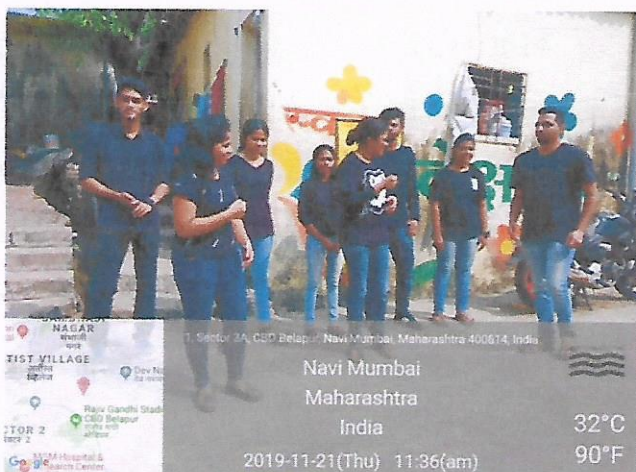
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GLIMPS OF ROLE PLAY ON 21.11.2019





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5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

GLIMPS OF ROLE PLAY ON 21.11.2019

List of Participants

Sr. No.	Name of the Faculty	Signature
1.	Mrs. Ritika Gawade	
Sr. No.	Name of the Students	Signature
1.	Gitty George	
2.	Aishwarya Ashish Goswami	
3.	Pallavi Chandrakant Jadhav	
4.	Jancy Thomas	
5.	Jeena Jiji Joseph	
6.	Jilbi Annamma Biju	
7.	Siddharth Joshi	
8.	Kenaz	
9.	Lidiya Mary Francis	
10.	Robinson Kuriakose	





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MGM NEW BOMBAY COLLEGE OF NURSING

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Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date : 07/01/2020 **Duration:** 1 Day
Name of the activity : General Cancer Screening Camp
Organizing department : Community Health Nursing
Collaborating Agency : IWSA and Indian Cancer Society
Name of the Agency : MGMIHS
No of teachers participated : 02
No of Students Participated : 50
No of beneficiaries : 100 women

Brief of the Activity: On 7th January 2020 Community Health Nursing Department of MGM New Bombay College of Nursing in collaboration with IWSA and Indian Cancer Society organised a general cancer screening camp among women at Punjab heritage Bhavan, Ramabai Nagar CBD Belapur. The camp started by 10 am with registration of women followed by general physical examination , blood collection ,oral health check-up ,pap smear , breast self-examination , health education, medicine distribution and referral .Among 100 women 70 were of reproductive age group and has undergone pap smear and total hundred women done with blood investigation ,oral check-up and breast self-examination. At last B.Sc. Nursing 4th year and second year students has provided health education on causes of cancer and prevention. The women extended their thanks for organising free general health screening camp. The camp winded up by 2.00 p.m.

Photos : Yes


Signature of Organizer




Signature of Director

PROFESSOR & DIRECTOR
MGM New Bombay College of Nursing
Kamothe, Navi Mumbai - 410209



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Kamothe, Navi Mumbai – 410 209.

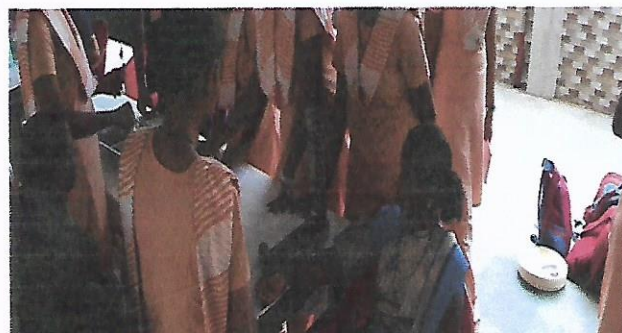
Registration counter



Blood collection counter



General physical examination





MGM INSTITUTE OF HEALTH SCIENCES

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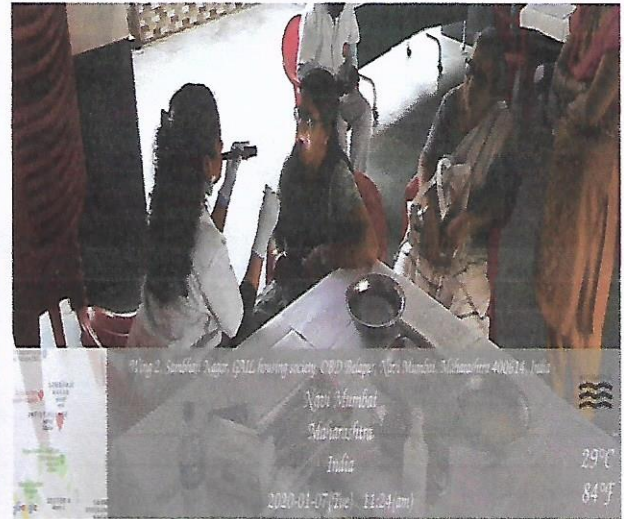
Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

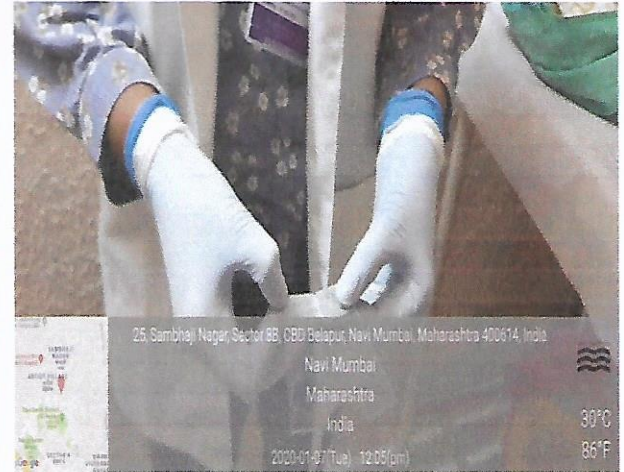
5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

Oral health check up



Pap smear counter



Health education and medicine distribution





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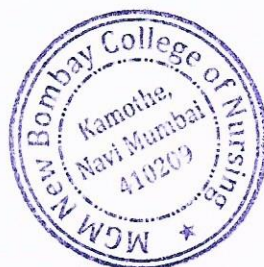
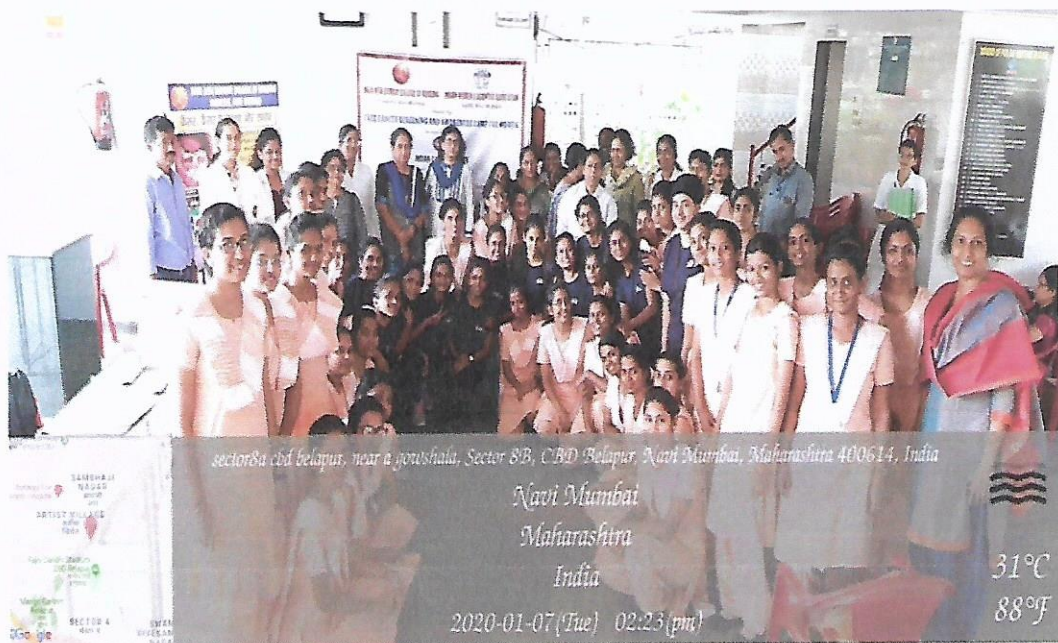
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5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1
Kamothe, Navi Mumbai – 410 209.

Referral counter



Health team





MGM INSTITUTE OF HEALTH SCIENCES

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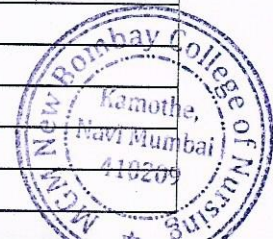
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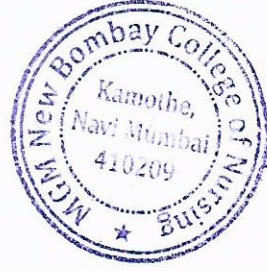
Cancer Screening Camp on 07.01.2020

Participant List

Sr. No.	Name of the Faculty
1.	Ms. Vandana Kumbhar
2.	Ms. Priti Banerjee
Sr. No.	Name of the Students
1.	Ms. Agnes Thomas
2.	Ms. Ajina Varghese
3.	Ms. Alex Aksa
4.	Ms. Sabu Aleena
5.	Ms. Anija Mathew
6.	Ms. Anila Kuriyakose
7.	Ms. AryaLekshmi R
8.	Ms. Varghese Asha Mariam
9.	Ms. Binitha Abraham
10.	Ms. Blessy Anna Daniel
11.	Ms. Bobade Pratiksha Sunil
12.	Ms. Bora Bhargavi Atul
13.	Ms. James Celesty Ann
14.	Ms. Sharma Chandni
15.	Ms. Davande Bhavna Suresh
16.	Ms. Gaikwad Apurva Sanjay
17.	Ms. Gavas Samiksha Dindayal
18.	Ms. Gharat Sanchita Shrikant
19.	Ms. Jadhav Aishwarya Sampatrao
20.	Ms. K. Jeevitha
21.	Ms. Jessina Cherian
22.	Ms. Kadam Shweta Sanjay
23.	Ms. Kambli Mansi Kamalakar
24.	Ms. Singh Neha Mahendra
25.	Ms. Mand SukhjeetKaur
26.	Mr. Mhatre Mandar Umesh
27.	Ms. Mhatre Samiksha Nitin
28.	Ms. More Mrunali Bharat
29.	Ms. Panicker Athira Santosh
30.	Ms. Patil Mrunali Balkrishna
31.	Ms. Patil Purvaja Santosh
32.	Ms. Pol Rutuja Subhash
33.	Ms. Kumari Pratibha
34.	Ms. Rathod Twinkal Suresh
35.	Ms. C S Saranya
36.	Ms. Sawant Sonam Vikas
37.	Ms. Mathew Sherin Anu



38.	Ms. Shewale Anagha Ganesh
39.	Ms. V Sreelakshmi
40.	Ms. Staismol Varghese
41.	Ms. Thorat Shital Baburao
42.	Mr. Tijare Yash
43.	Ms. Sunny Feba
44.	Mr. Gawand Tanmay Somnath
45.	Ms. Gigimon Sharon Susan
46.	Mr. Robinson Kuriakose
47.	Ms. Ishwari Balya Khamdekar
48.	Ms. Jeena Thomas
49.	Ms. Jemy George Daniel
50.	Ms. Leena Raju Hedau





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MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209

Report of Activity

Date : 19/01/2020 Duration: One day
Name of the activity : Pulse Polio Programme
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : Panvel Municipal Corporation
Name of the scheme : Polio eradication
No of Teachers Participated : 01
No of Students Participated : 40


Brief of the Activity:

MGM New Bombay College of Nursing conducted pulse polio programme on 19th January 2020 in collaboration with Panvel Municipal Corporation in Panvel city. Students were placed on different booth along with ANM staff in panvel city. Students undergone training before programme. All booth were supervised by senior staff.


Common activities were carried out by students during programme was Awereness Documentation Health Education and Vaccination. Students vaccinated to almost 1000 children in day.

It was very good learning experience for students

1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos : Yes


Signature of Organizer




Signature of Director
PROFESSOR & DIRECTOR
MGM New Bombay College of Nursing
Kamothe, Navi Mumbai - 410209



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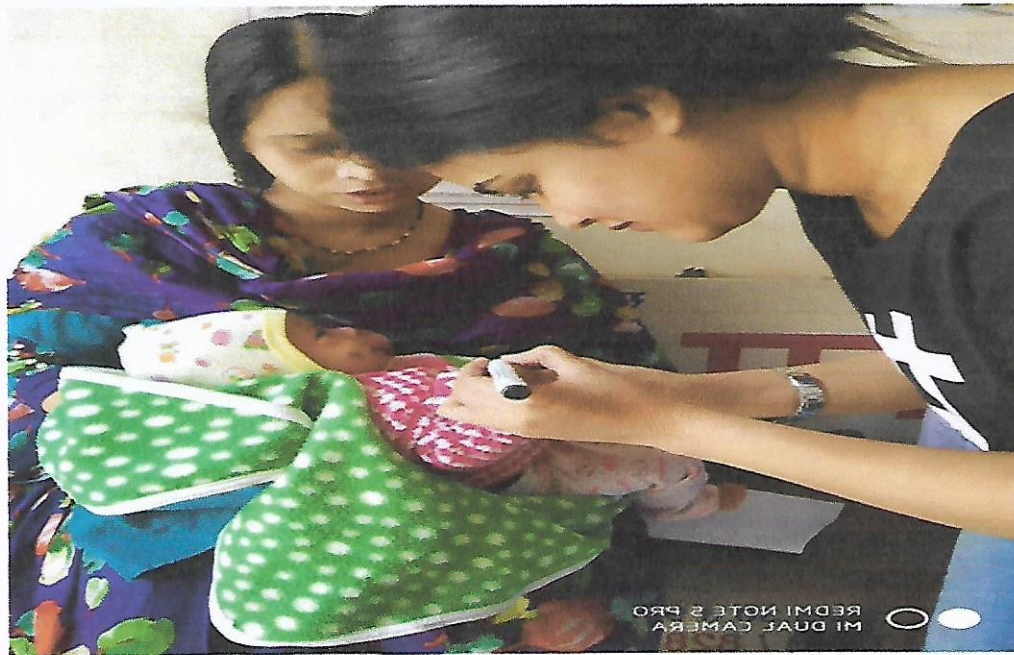
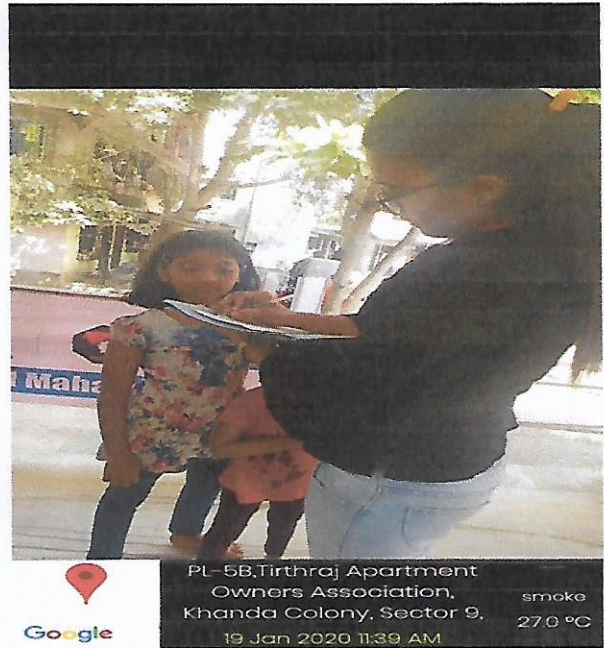
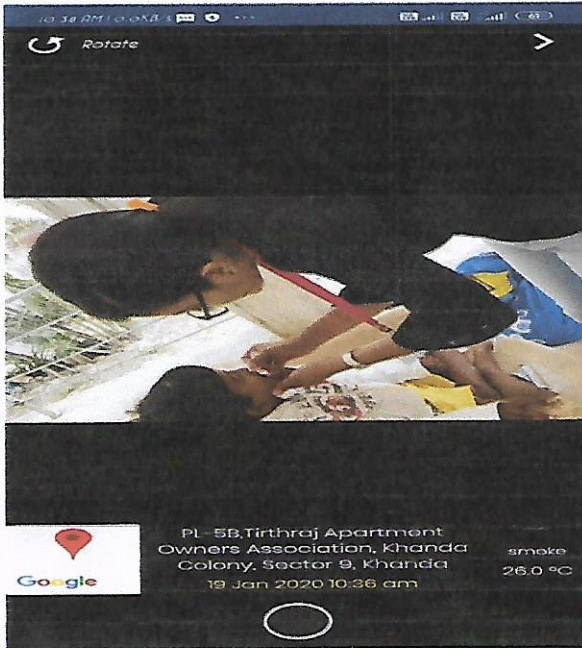
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Kamothe, Navi Mumbai – 410 209

Pulse Polio Programme on 19.01.2020



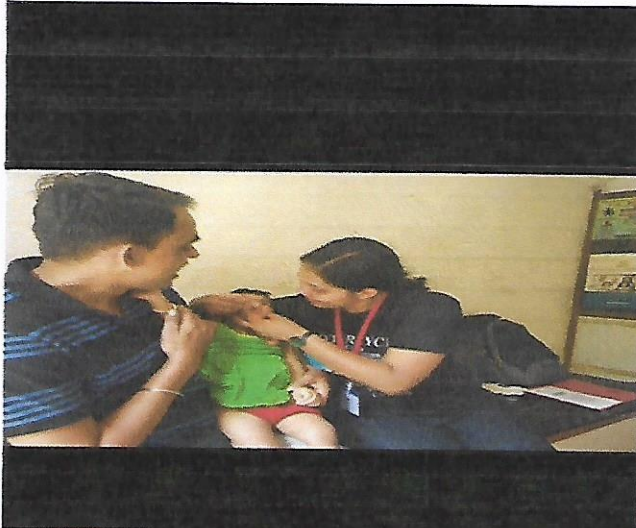


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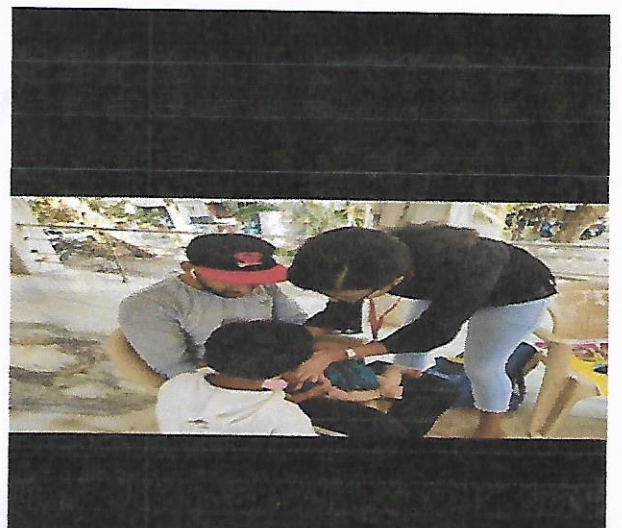
MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1
Kamothe, Navi Mumbai – 410 209

Pulse Polio Programme on 19.01.2020



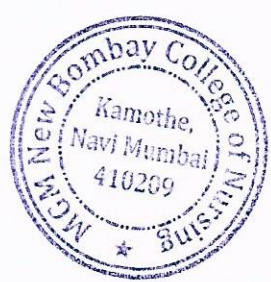
Unnamed Road, Sector
- 8, Khanda Colony,
Panvel, Navi Mumbai,
19 Jan 2020 03:22 pm
smoke
30.0 °C



PL-5B,Tirthraj Apartment
Owners Association, Khanda
Colony, Sector 9, Khanda
19 Jan 2020 10:36 am
smoke
26.0 °C



PL-5B,Tirthraj Apartment
Owners Association,
Khanda Colony, Sector 9,
19 Jan 2020 12:29 PM
smoke
28.0 °C





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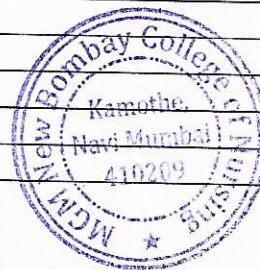
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5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209

Pulse Polio Programme on 19.01.2020

Sr. No.	Name of the Faculty
1.	Mrs. Vandana Kumbhar
Sr. No.	Name of the Students
1.	Aglave Sonam Biraji
2.	Alphonsa Joseph
3.	Ancy S Varghese
4.	Anju Paul
5.	Anju Thomas
6.	Ansa Roy
7.	Ashly Thomas Cherivuparampil
8.	Barate Namita Prakash
9.	Bhujbal Chanchal Santosh
10.	Biradar Sapna Shankarrav
11.	Ceyona Ann James
12.	Dabhade Tirupati Ambadas
13.	Deepa Varughese Chacko
14.	Derlin Teena Thomas
15.	Eabinazer D
16.	Ghuge Swapnil Ramnath
17.	Ghutukade Pragati Nanasaheb
18.	Gosavi Punam Murlidhar
19.	Gupta Rupali Ravindra
20.	Hedau Leena Raju
21.	Jeena Thomas
22.	Jemy George Daniel
23.	Kadam Samiksha Sanjay
24.	Kalluvilayil Mary Johney
25.	Kelaskar Priya Jaywant
26.	Khamdekar Ishwari Balya
27.	Kotkar Rutik Santosh
28.	Lini K. Lalachan
29.	Lucose Priscilla Unni As
30.	Maria Mathew
31.	Merin Jose Thottumkal
32.	Nisa Annie Manoj
33.	Patil Harshada Keshav
34.	Patil Prachi Raju
35.	Poojari Shrinidhi Ashok
36.	Prajapati Nandini Mohan
37.	Priya Christin Daniel
38.	Rajlekshmi Ajit
39.	Rajpurkar Sakshi Raju
40.	Rathod Priyanka Suibhash





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5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date : 04/02/2020 **Duration:** one day
Name of the activity : World cancer day celebration February 2020
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : Taloja Manufactures Association and MGM Medical College
Name of the scheme : Prevention of Cancer
No of Teachers Participated : 02
No of Students Participated : 27

Brief of the Activity: world cancer day was celebrated by Fourth Year B.Sc Nursing students of MGM New Bombay College of Nursing in collaboration with Taloja Manufactures Association and MGM Medical College at TMA complex (Taloja Manufactures Association), Taloja on 04.02.2020.

Cancer prevention speech given by DR. Madhavi Mankar, followed by world cancer day theme based speech given by Mrs. Vandana Kumbhar Associate Professor MGM New Bombay College of Nursing.

After speech Fourth Year Bsc Nursing students and PB Bsc Nursing students performed very beautiful skit on prevention of cancer.

200 industrial workers benefited out of the activity it was very good learning experience for students.

1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos : Yes


Signature of Organizer




Signature of Director

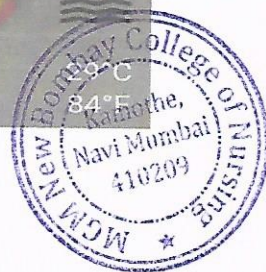
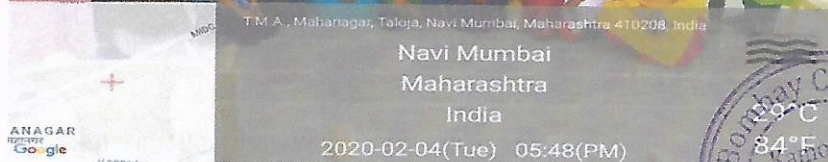
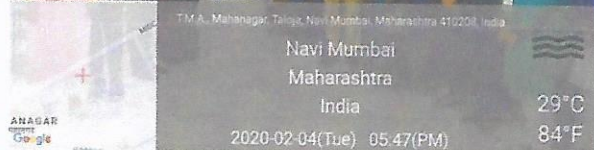
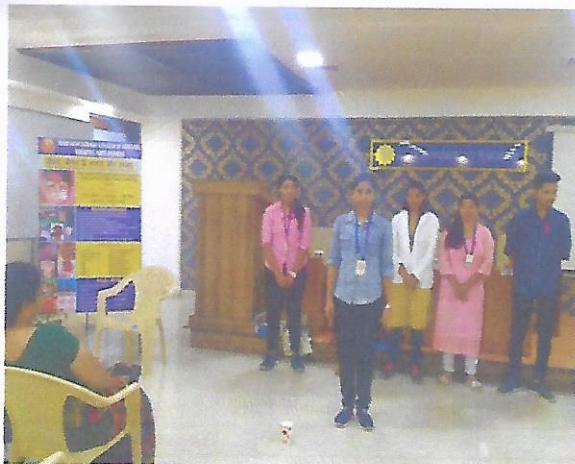
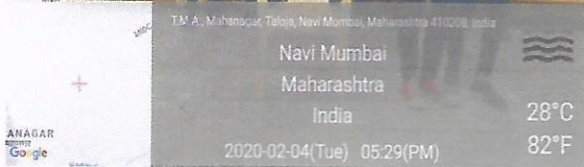
PROFESSOR & DIRECTOR
MGM New Bombay College of Nursing
Kamothe, Navi Mumbai - 410209



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Kamothe, Navi Mumbai – 410 209.

World cancer day celebration February 2020 dated 04.02.2020





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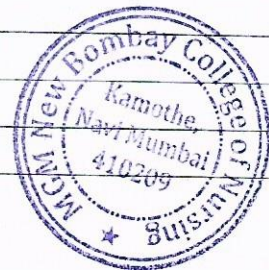
MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1
Kamothe, Navi Mumbai – 410 209.

World cancer day celebration February 2020 dated 04.02.2020

List of Participants

Sr. No.	Name of the Faculty
1.	Ms. Vandana Kumbhar
2.	Ms. Priti Banerjee
Sr. No.	Name of the Students
1.	Ms.Pooja Bhosale
2.	Ms.Jayhree Ghodke
3.	Ms.Pallavi Godare
4.	Ms.Shilpa Kakde
5.	Ms.Sadhana Wagh
6.	Ms.Priti Yadav
7.	Ms.Firdaus Khan
8.	Ms.Prabha Tripathi
9.	Binitha Abraham
10.	Blessy Anna Daniel
11.	Staismol Varghese
12.	Thorat Shital Baburao
13.	Tijare Yash
14.	Sunny Feba
15.	Gawand Tanmay Somnath
16.	Gigimon Sharon Susan
17.	Mand SukhjeetKaur
18.	Mhatre Mandar Umesh
19.	Mhatre Samiksha Nitin
20.	More Mrunali Bharat
21.	Panicker Athira Santosh
22.	Patil Mrunali Balkrishna
23.	Patil Purvaja Santosh
24.	Pol Rutuja Subhash
25.	Kumari Pratibha
26.	Rathod Twinkal Suresh
27.	C S Saranya



महाराष्ट्र शासन



क्र. ससंऔसुवआ/आस्थापना/ 153 /रायगड
सह संचालक, औद्योगिक सुरक्षा व आरोग्य,
संचालनालय, खोली क्र. 627, कॉकण भवन,
सीबीडी बेलापूर, नवी मुंबई - 400614
दिनांक - 3/2/2020

दुरध्वनी / फॅक्स क्र. 022-27578587

Email ID- jddish.rai-mh@gov.in

To,
Occupier / Manager
All Industries — Talaja MIDC

Subject :- World Cancer Awareness day

Sir,


We would like to inform you that, on the occasion of World Cancer Awareness day i.e., on 04.02.2020, Tuesday TMA in association with DISH, Raigad & MGM Hospital, Kamothe has organized Cancer awareness program at TMA Conference hall on 04.02.2020 at 3.30 pm.

Expert Faculty Member will be coming from MGM Hospital to address the Member Industries. Also the Team of the said hospital will perform "Role Play on awareness of Cancer".

Programme Schedule

Time	Topic	Speaker
3.30 pm to 3.45 pm	Dr Madhavi Mankar	Epidemiology of cancers in India, Lung Cancer & Oral Cancer
3.45 pm to 4.15 pm	Dr Pradeep Sawardekar	Prostate & Bladder Cancer
4.15 pm to 4.30 pm	Dr Nisha Relwani	Prevention & control of cancer & services & Facilities at MGM college & Hospital
4.30 pm to 5.00 pm	Role play on Cancer	Mrs Vandana Kumbhar & nursing Students

In view of above, all the Member Industries are requested to attend the said important Cancer Awareness Program in large number.


Joint Director,
Industrial Safety & Health,
Raigad



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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Respiratory Support Group Report

(22nd July 2019)

Preamble: -

- To sensitize people about swiss ball exercise therapy.
- To define causes, symptoms, management of symptoms on personal level, when to consult doctor, easy exercises for coping with the symptoms in daily activities for respiratory disease and introducing swiss ball activity as an exercise in the rehabilitation protocol.

Objective:-

- To provide guidelines for management of respiratory disease.

Participants:-

- Physiotherapy students of post-graduation, patients coming in the physiotherapy OPD for Pulmonary rehabilitation(total 8 patients).
- Physiotherapy staff.

Activities:-

- General warm up session.
- Exercise session included;
 1. Swiss ball exercises for improving thoracic mobility.
 2. Group therapy with swiss ball.
- Cool down session.
- Self-monitoring of radial pulse and Rate of perceived exertion.
- General breathing and mobility exercise program was taught to the patients along with techniques to relive dyspnoea.
- End of the session feedback forms were filled from the participants present till the end of the programme.

Outcome:

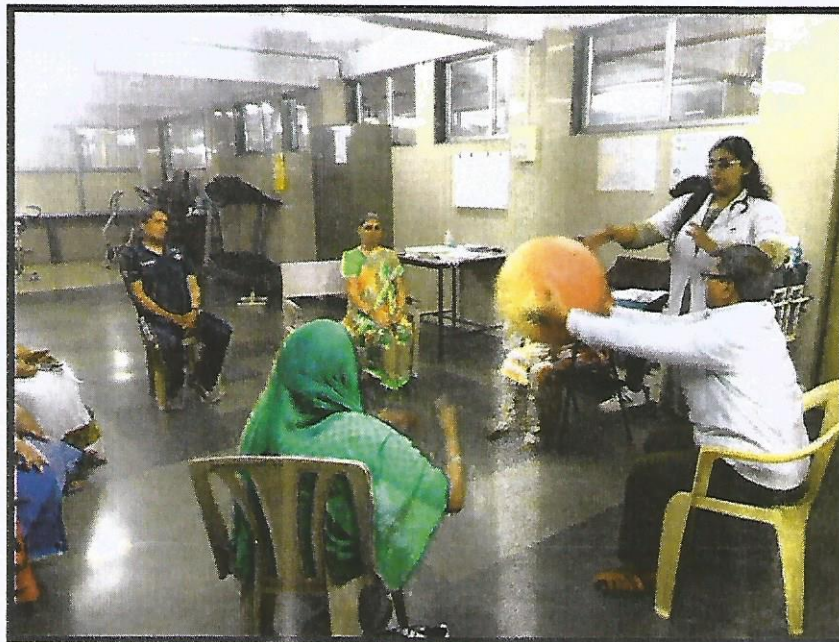
- At the end of the programme patients were happy to learn new technique for thoracic mobility and enjoyed performing in group session.



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Dr. Bhoomika Sawant (PT) demonstrating upper limb activity incorporated with breathing for respiratory disease patients

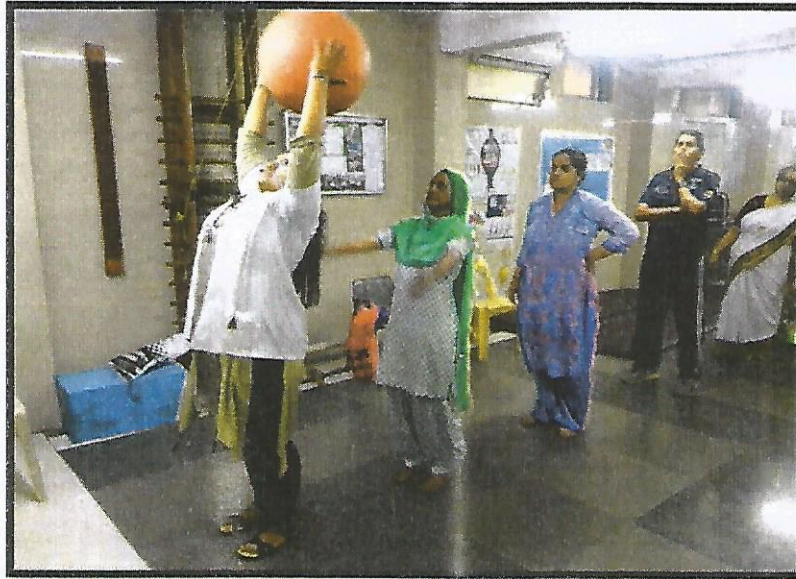


Dr. Bhoomika Sawant (PT) conducting group exercise session using physio ball for respiratory disease patients.





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Dr. Bhoomika Sawant (PT) conducting group therapy session to improve breathing capacity for respiratory disease patients.



Respiratory disease patients with cardiorespiratory support group team

Dr. Payal Murkudkar
Assistant Professor



Dr. Rajani Mullerpatan
Professor-Director
Professor - Director
MGM School of Physiotherapy
MGMHS, Navi Mumbai



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Sector-1, Kamothe, Navi Mumbai – 410209

**Parkinson's Disease Support Group
Meeting August 2019**

Date	: 28 th August 2019
Venue	: MGM Hospital, Vashi
Time	: 12.15 PM–1:30 PM
Meeting Coordinator	: Dr. Shrutika Parab (PT), Dr. Krupa (PT) Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments	: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member	: 1 (Lecturer)
Attendees	: 7 Parkinson's patients, 1 MPT student, 1 Intern
Event	: Awareness regarding bradykinesia and Rigidity and their management.

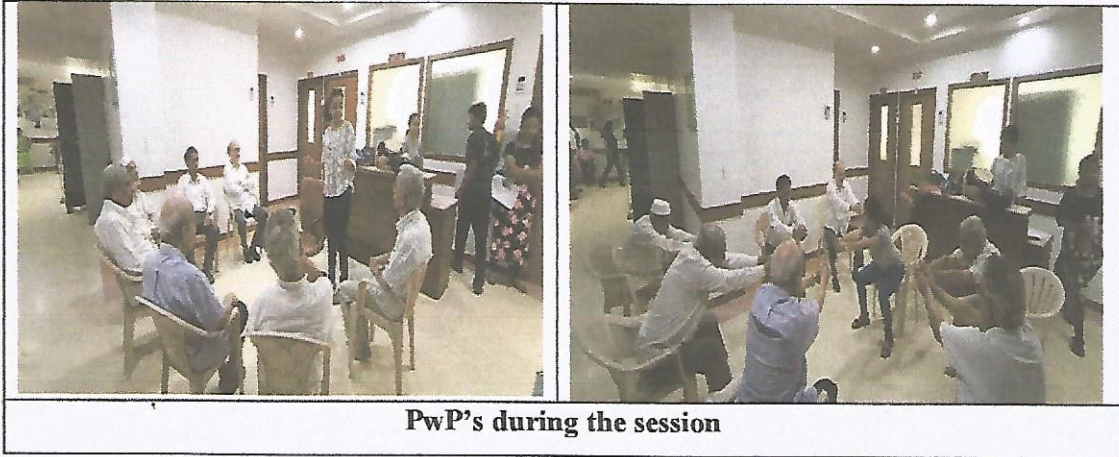
Objectives of Support Group:

1. To increase awareness regarding various difficulties like bradykinesia and rigidity and exercises to overcome them.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by informing the patients about bradykinesia and rigidity difficulties commonly seen in people with Parkinson's Disease (PwP) by Dr. Riddhi Nair. Bradykinesia and Rigidity were explained to patients in detail and in common language. Later PwP were asked to share the difficulties they face in their ADL's due to bradykinesia and rigidity. Later Dr. Krupa (PT) carried

forward the session by teaching them exercises. PwP were trained to overcome their slowness in the movement and various stretching exercises were taught to overcome their rigidity. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



Faculty in charge
Dept. of NeuroPhysiotherapy

HOD
Dept. of Neuro Physiotherapy





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Spinal Cord Injury Support Group Meeting

August 2019

Date : 28th August, 2019
Venue : Sharan Paraplegic Foundation, Vashi
Time : 2:30 PM – 4.30 PM
Meeting : Dr. Shrutika Parab (PT)

Coordinator

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 15 SCI patients, 3 MPT students
Event : Positive Outlook in Life (Possibilities Workshop)

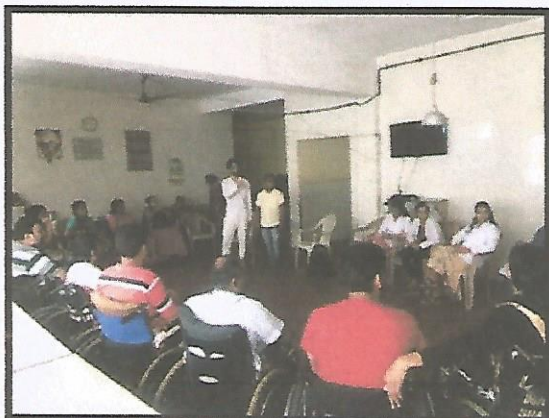
Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of Support Group:

The session was held to let the patients realize their inner potential and to provide guidance on how to channelize their energy into a something constructive. The spokesperson for the session were Mr Kailash who himself is a visually impaired individual and Mr Kabir who assisted Mr Kailash in conducting various activities. The session started with an very interesting activity where the patients were handed a small sheet of paper and asked whether they could pass their entire body through it. Given the size of that paper it seemed practically impossible at first but then Mr Kailash gave away a trick about how it was actually possible. After this activity, another activity was conducted where each member was given a small mirror and asked to look into the mirror and name 3 best qualities about

themselves. The overall motive of the session was for the patients to understand their inner powers and change their outlook on life and consider the various possibilities and opportunities that the future holds for them. The session ended with Mr Kailash and Mr Kabir giving an affirmation for attracting positive energy in life.



Individuals with SCI during the session

A handwritten signature in black ink, appearing to be 'Soul'.

Faculty in charge
Dept. of NeuroPhysiotherapy

A handwritten signature in black ink, appearing to be 'Kabir'.

HOD
Dept. of NeuroPhysiotherapy



A handwritten signature in black ink, appearing to be 'RM'.



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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Antenatal care camp report (9th September 2019)

Date: 09/09/2019

Venue: Nere Primary Health Care Centre

Attendees: Dr. Yashashri Karanjkar (PT), Ms. Maitri Shah and Ms. Shikha Patel I MPT student

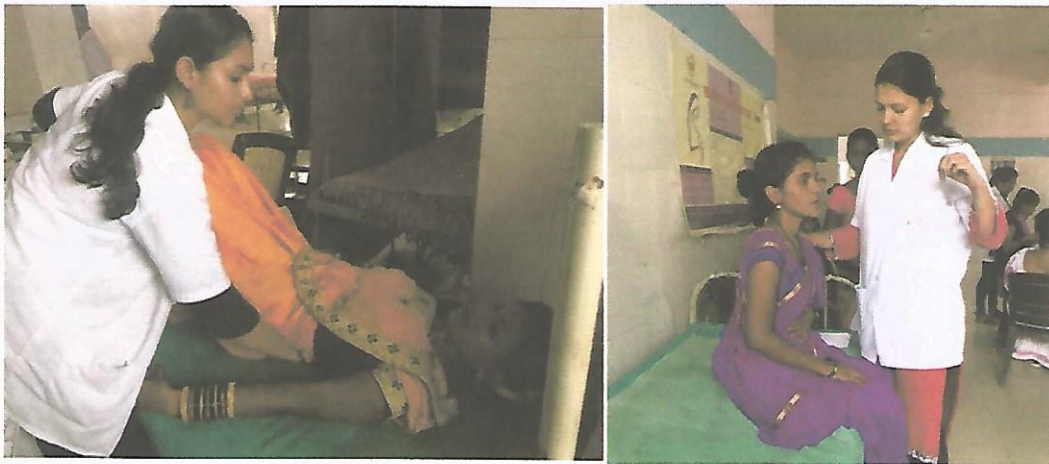
Time: 11.00 a.m. – 1.00 p.m.

Summary:

- An Antenatal care camp was conducted where, 38 pregnant women from the surrounding villages were assessed individually for presence of musculoskeletal problems during antenatal period of pregnancy.
- The camp commenced with an informative session on causes of musculoskeletal pain during and after pregnancy along with ergonomic advice for managing low back pain.
- Low back strengthening exercises and core muscle exercises were taught as a treatment protocol for low back pain.
- Findings:

Prim gravida: Out of 38 women who were screened, 12 women complained of having low back pain, 4 women had complaints of leg pain, 1 woman had complaint of breathlessness, while others had no musculoskeletal issues.

Multigravida: 11 out of 38 women complained of low back pain.



Individual antenatal assessment in ANC camp

For Signature:

Dr. Yashashri Karanjkar (PT)

Incharge Faculty


Dr. Rajani Mullerpatan

Professor-Director

Professor - Director
MGM School of Physiotherapy
MGM IHS, Navi Mumbai





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Sector-1, Kamothe, Navi Mumbai -- 410209

Spinal Cord Injury Support Group Meeting

August 2019

Date : 28th August, 2019
Venue : Sharan Paraplegic Foundation, Vashi
Time : 2:30 PM – 4.30 PM
Meeting : Dr. Shrutika Parab (PT)

Coordinator

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 15 SCI patients, 3 MPT students
Event : Positive Outlook in Life (Possibilities Workshop)

Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of Support Group:

The session was held to let the patients realize their inner potential and to provide guidance on how to channelize their energy into a something constructive. The spokesperson for the session were Mr Kailash who himself is a visually impaired individual and Mr Kabir who assisted Mr Kailash in conducting various activities. The session started with an very interesting activity where the patients were handed a small sheet of paper and asked whether they could pass their entire body through it. Given the size of that paper it seemed practically impossible at first but then Mr Kailash gave away a trick about how it was actually possible. After this activity, another activity was conducted where each member was given a small mirror and asked to look into the mirror and name 3 best qualities about

themselves. The overall motive of the session was for the patients to understand their inner powers and change their outlook on life and consider the various possibilities and opportunities that the future holds for them. The session ended with Mr Kailash and Mr Kabir giving an affirmation for attracting positive energy in life.



Individuals with SCI during the session

A handwritten signature in black ink, appearing to be 'Soul'.

**Faculty in charge
Dept. of NeuroPhysiotherapy**

A handwritten signature in black ink, appearing to be 'Kabir'.

**HOD
Dept. of NeuroPhysiotherapy**



A handwritten signature in black ink, appearing to be 'RM'.



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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Spinal Cord Injury

Support Group Meeting September 2019

Date: 25th September 2019

Venue: Sharan Paraplegic center, Vashi

Time: 10:30AM-11:30AM

Meeting coordinator: Dr. Shrutika Parab (PT)

Maya (Social Worker)

Constitution of support group: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe.

Faculty member: 1 Lecturer

Attendees: 15 spinal cord injury patients, 2 MPT student, 2 Interns

Event: Zumba sessions for SCI patients.

Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies.
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of support group:

Session began with warm up session including breathing exercises, neck and upper limb mobility exercises. ZIN® instructor (ZIN Shreya) conducted a Zumba session consisting of



slow to moderate speed of active upper limb steps and passive lower limbs lifting whilst sitting on the wheelchair, the session lasted for 30 minutes and was routine of 5 Zumba songs; followed by cool down process inclusive of breathing exercises, neck and upper limb stretches. Session was concluded by thanks giving by patients to instructor and doctor for such an energetic and enjoyable routine.



SCI patients during session

Faculty in charge

Dept. of NeuroPhysiotherapy

HOD

Dept. of NeuroPhysiotherapy





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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Pulse Polio Camp 15th September 2019

Preamble:	Pulse Polio is an immunization campaign established by the government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the polio virus.
Objective:	Administration of the polio vaccine and monitoring for poliomyelitis cases
Date:	15 th September 2019
Organized by:	Department of Community Medicine of MGM IHS
Attendees:	Faculty Members, Students and volunteers of various departments such as MBBS, SBS along with Physiotherapy volunteers Total no. of Physiotherapy volunteers from 2 nd year BPT: 13 Total no. of Physiotherapy volunteers from 3 rd year BPT: 10 Total no. of volunteers from Physiotherapy: 23
Summary:	The Pulse Polio vaccination camp was held on Sunday, 15th September by the department of community medicine in collaboration with volunteers from Physiotherapy. Volunteers were asked to report to the college from there they were taken via bus to the UPHC centre. Upon reaching the destination briefing was given about how to tally sheets for the children visiting the camp for dose administration and Vaccine Vial Monitoring. Volunteers were dropped at their designated booth locations sector by vans. Upon reaching, the volunteers set up their booth. The vaccine was administered and the children were marked. Several booths were organized and each booth had roughly tended to 100 children. The camp concluded in the evening after the volunteers returned the boxes and the files to the supervisors at the UPHS centre.





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Administration of Polio Vaccine



Volunteers at the Pulse Polio Camp

J. Dsouza

NSS Program Officer

R

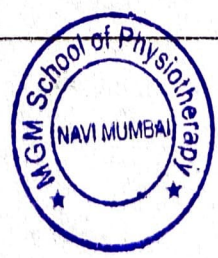




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VOLUNTEERS ATTENDANCE SHEET FOR PULSE POLIO CAMP 15/9/19

Sr. No	Students Name	Signature
1	Palak Trivedi	<i>Palak</i>
2	Nistha Mishra	<i>Nistha Mishra</i>
3	Leher Tiwari	<i>Leher</i>
4	Isha Nileshwar	<i>Isha</i>
5	Manasi Desai	<i>Manasi</i>
6	Sayali Mandke	<i>Sayali Mandke</i>
7	Nidhi Pandya	<i>Nidhi</i>
8	Annamary Thomas	<i>Ann</i>
9	Samran Tambat	<i>Samran</i>
10	Megha Nakka	<i>Megha</i>
11	Riddhi Thaker	<i>Riddhi</i>
12	Anushka Tambe	<i>Anushka</i>
13	Chhaya Dhurde	<i>Chhaya</i>
14	Ferzeen Medy	<i>Ferzeen</i>
15	Vidhi Desai	<i>Vidhi</i>
16	Pooja Tapade	<i>Pooja</i>
17	Neha Damle	<i>Neha</i>
18	Laiba Dalvi	<i>Laiba</i>
19	Mubarak Desai	<i>Mubarak</i>
20	Ankita Kelkar	<i>Ankita</i>
21	Avani Dixit	<i>Avani Dixit</i>
22	Kavya Agrawal	<i>Kavya</i>
23	Trisha Surwase	<i>Trisha</i>
Name and signature of Faculty	<i>Dr. Jennifer V. Souza</i>	<i>Dr. Yashashri Chauhan</i>
Name and signature of Class Representative		
Signature of Coordinator		
No. of Student absent		
Remark		



RP



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Stroke Support Group Meeting September 2019

- Date** : 18th September 2019
- Venue** : Neurorehabilitation OPD, MGM Hospital, Kamothe
- Time** : 11:30 am- 1:30 pm
- Meeting Coordinator** : Dr. Meruna Bose, Dr. Pooja Dogra (PT)
- Constitution of Support Group:**
- Departments** : Department of Neuro Physiotherapy, MGM School of Physiotherapy, Kamothe
- Faculty Member** : 2
- Attendees** : 4 Stroke patients and their caregivers, 1 MPT student, 4 Interns
- Event** : Awareness regarding effect of Yoga on function and quality of life in Stroke patients

Objectives of Support Group:

1. To increase awareness regarding various benefits of Yoga in Post Stroke patients
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by Mr Girish Nehete, Assistant Professor and Yoga teacher at AYUSH Ministry- QCI certified Level 2.
4. To provide comprehensive rehabilitation to patients with Stroke in Navi Mumbai and Raigad district.

Activities of Support Group: Stroke Support Group (SSG) of MGM School of Physiotherapy, Navi Mumbai had organized a meet for awareness regarding Yoga and its effects on function and Quality of life in Stroke patients. Agenda of the meeting was to make patients aware regarding the importance of Yoga and breathing exercises after stroke. Mr. Girish Nehete enlightened all on benefits of Yoga in daily life and also post stroke. He also gave brief idea about different types of Asanas which will help the patients in improving balance and basic mobility. Asanas demonstrated were Virbhadrasana, Tadasana, Vrukshasana targeting balance, mobility and weight bearing on the lower extremities along with upper limb movements. Pranayama was performed by patients for better breathing and concentration guided by Mr. Girish. Few self-stretching techniques were taught to patients.

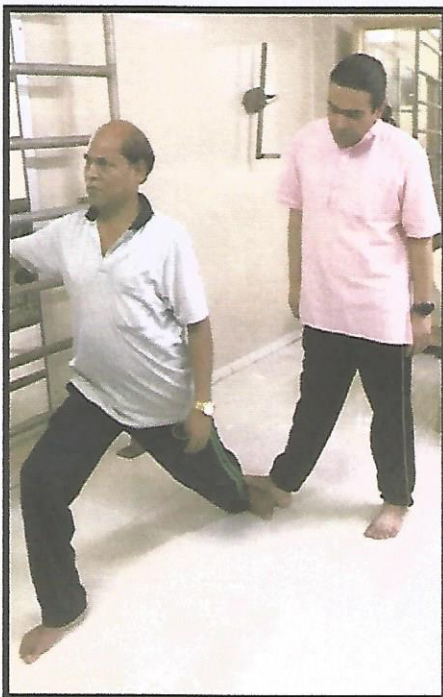
It was an interactive session which concluded with patients clarifying their doubts on asanas to Mr. Girish.



Mr. Girish explaining the patients about benefits of Yoga in daily life and Post Stroke life.



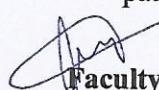
Stroke patients trying to achieve the Virbhadrāsana (Warrior pose) with assistance from the interns.

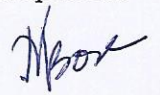


Mr. Girish giving one to one demonstration of Asanas to Stroke patients.

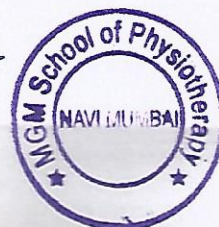


Mr. Girish Demonstrating Pranayam exercises for stroke patients


Faculty incharge
Department of Neuro physiotherapy


Head of Department
Department of Neuro physiotherapy







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Date : Wednesday, 9th October 2019
Activity : Antenatal Care Camp
Venue : Nere Primary Health care centre
Time : 11:00 am – 1:00 pm
Attended by : Dr. Yashashri Karanjkar (PT), Ms. Neena Varghese I MPT student

Preamble: MGM School of Physiotherapy, Navi Mumbai participated in the Antenatal Care Camp organized by Community Medicine Department for rural patients from villages under Nere Primary Health Care centre on Wednesday, 9th October 2019.

Objectives:

1. To screen Antenatal females for musculoskeletal impairments.
2. To help females with musculoskeletal impairments with self management strategies.
3. To teach basic ergonomics and postures to be adopted to reduce pain and discomfort.
4. To emphasize role of exercises and yoga in management of musculoskeletal impairments
5. To improve awareness about importance of nutrition, both pre and post pregnancy.

Summary:

Antenatal Care Camp was organized by Community Medicine department in Nere Primary Health Care centre on Wednesday, 9th October 2019. 58 women from the surrounding villages were present for their routine monthly antenatal checkup. Before the checkup, a session was conducted on various postural and ergonomic strategies, followed by training them relaxation techniques and exercises.

Following is the region wise distribution of complains observed in the females:

Region	Number
Low back pain	22
Low back with leg pain	04
Ankle and foot	02
Pulmonary	09
Generalized weakness	06
Abdominal pain	07

All the patients were thoroughly assessed and shown exercises for their respective impairments.



Core Training Exercises



Breathing exercises

For
Co-ordinator:
Dr. Yashashri Karanjkar (PT)
Faculty Incharge



Dr. Rajani Mullerpatan
Professor-Director



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Parkinson's Disease Support Group Meeting October 2019

Date : 23rd October 2019
Venue : MGM Hospital, Vashi
Time : 12.00 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (PT) and Dr. Krupa (PT).

Constitution of Support Group:

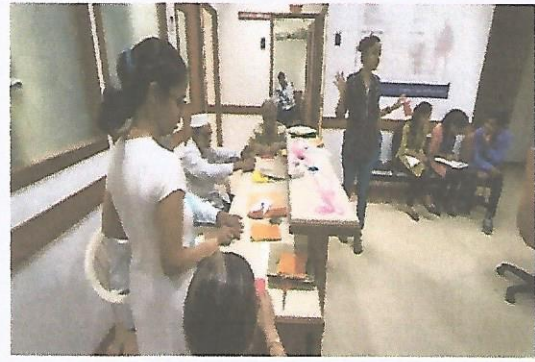
Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 7 Parkinson's patients, 1 MPT, 1 Intern, 1 Care taker
Event : Toran making for Diwali celebration

Objectives of Support Group:

1. To indulge patients in making creative ideas and training for fine motor skills, coordination and cognition.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by wishing everyone a Happy Diwali, PwP were given various colour paper and scissors and were instructed to make a toran. This activity was designed to train the fine motor skills. It was an indeed fun session. Session ended by giving vote of thanks and exchanging the greetings for Diwali.



People with Parkinson's during the session

Faculty in charge
Dept. of NeuroPhysiotherapy

HOD
Dept. of NeuroPhysiotherapy





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MGM School of Physiotherapy
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Stroke Day Celebration

Date : 14th October 2019
Venue : MGM Auditorium 2nd floor, MGM Hospital Kamothe, Navi Mumbai.
Time : 10:00 am- 5:00pm
Meeting Coordinator : Dr. Meruna Bose, Dr. Amrita Ghosh (PT), Dr. Pooja Dogra (PT), Dr. Jennifer D'Souza (PT)

Constitution of Support Group:

Departments : Department of Neuro Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 4
Attendees : 4 Stroke patients, 4 PG students, 11 Interns
Event : Awareness on Stroke Symptoms and Management.

Objectives of Celebration:

1. To increase awareness on Stroke among general population
2. To increase awareness about the first line treatment and hospital care
3. To increase awareness about the importance of early physiotherapy intervention.

Activities of Support Group:

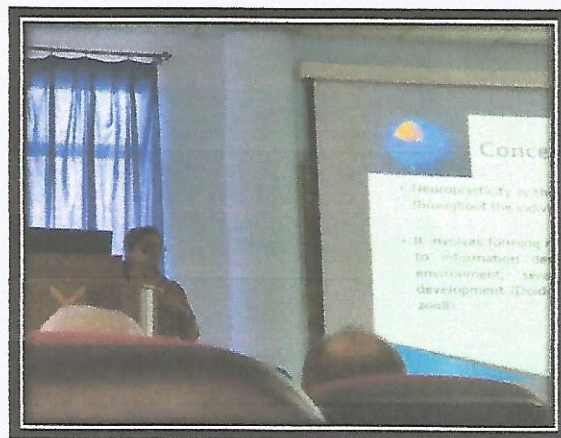
Stroke awareness day was celebrated on 14th October 2019 at MGM Hospital, Kamothe. Awareness about early stroke management and importance of early medical intervention is created among the patients as well as the staff. Dr Arti Kulkarni and Dr Sagar Sinha explained how early medical management affects the course of stroke treatment and how it helps in early prognosis. Dr. D B Bhausare explained how to overcome initial obstacles and recognize the early signs of stroke FAST (Face drooping, Arm weakness, Speech difficulty, Time is brain).

Dr. Kuldip Salgotra who is Medical Superintendent , MGM Hospital Kamothe, , also explained how Initial documentation of Acute stroke case can be done within the time frame and also gave suggestions on how Hospital fee can be managed or adjusted for patients under Pradhan Mantri Yojna, he gave Idea to Develop Stroke OPD and manage Stroke patient in MGM Hospital, Kamothe. Dr. Meruna Bose explained the Stroke Rehabilitation and Importance of Physiotherapy in Stroke condition. She also gave brief idea about the advance rehabilitation measures used for the treatment and how it can be implemented at Clinical practice by giving example of Mirror therapy, Gait Analysis, CIMT Etc. The event was concluded by Prize distribution for Stroke awareness skit which was won by MGM School of Physiotherapy students and vote of thanks given by Dr. Sagar Sinha.

Pictures of the Activities



The interns of School of physiotherapy won Street play competition on stroke.



Dr. Meruna Bose, HOD of Neurophysiotherapy Department giving talk on Stroke Rehabilitation



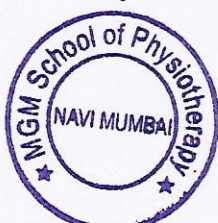
School of physiotherapy students participating in Stroke awareness skit.



Physiotherapy students Performing Skit in Dental college Building.

**Faculty incharge
Department of Neuro Physiotherapy**

**Head of Department
Department of Neuro Physiotherapy**





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Cerebral Palsy Support Group

Date	:	12 th October 2019
Venue	:	MGM Hospital, Kamothe
Time	:	10:30 A.M. – 12:30 P.M.
Meeting coordinator	:	Dr. Triveni Shetty (PT)
Attendees	:	1 Neuro mpt (1 st year), 2 Interns.

Constitution of Support Group:

Departments:

- Department of Neurosciences physiotherapy, MGM School of Physiotherapy
(Kamothe)
1. Faculty members- 1
 2. Neurosciences MPT Students- 1
 3. Interns- 2

Each support group session has participation from:

- Parents and caregivers of children with cerebral palsy – 7
- Children with cerebral palsy – 5

Objectives of Support Group:

1) To increase awareness of prosthetics, orthosis and various modification equipment's available for children with Cerebral Palsy.



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- 3) To increase awareness about disease status and management strategies through informative sessions by invited guest.
- 4) To provide comprehensive rehabilitation to patients with Cerebral palsy in Navi Mumbai and Raigad district.

Activities of Support Group:

5th Cerebral Palsy meet was conducted on 12th of October 2019 at MGM Kamothe along with Department of Prosthetics and Orthotics, Dr. Uthara Mohan. Session began by welcoming everyone and informing parents about Cerebral Palsy. Later Dr. Uthara enlightened on various foot and hand modification orthosis available for children. Parents were guided on various maintenance strategies, keeping a regular check on size of the orthosis, checking on the skin for any friction bruises. Parents along with children visited Prosthetic and orthotic Department and OPD and were shown various types of prothesis , orthosis and modification equipment's like static and dynamic AFO'S, CP chair with removable desk , adductor splints and many more. The session ended by giving vote of thanks to ma'am for such an enlightening lecture and by taking feedback from the parents.

Feedback from beneficiaries:

Feedback was sought and received from patients in order to understand and improve quality of services provided.



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Outcome of Support Group:

- **Patient Care:**

To educate the parents regarding various modification devices and orthosis available for their children

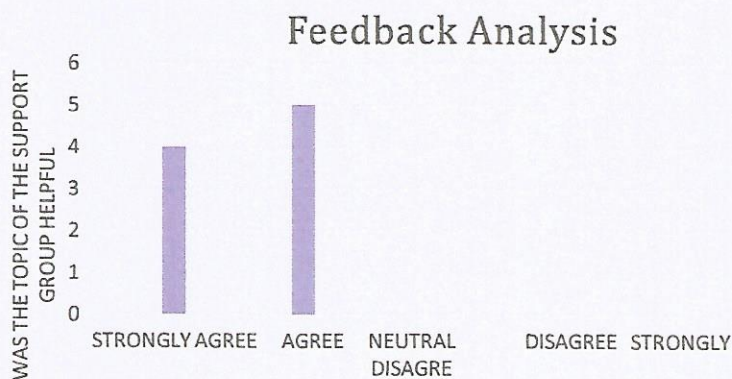
- **Student Learning:**

Enhanced learning at graduate and master's level through focused patient-centric clinical training

- **Research Activities:**

Such support group activities will allow generating a large pool of patients. These databases can then be used to explore various unanswered research questions in field of welfare of children with cerebral palsy benefitted both patients and students.

Feedback Analysis





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Faculty incharge
Department of Neuro physiotherapy

Head of Department
Department of Neuro physiotherapy





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MGM School of Physiotherapy
Sector-1, Kamothe, Navi Mumbai – 410209

Parkinson's Disease Support Group Meeting October 2019

Date : 23rd October 2019
Venue : MGM Hospital, Vashi
Time : 12.00 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (PT) and Dr. Krupa (PT).

Constitution of Support Group:

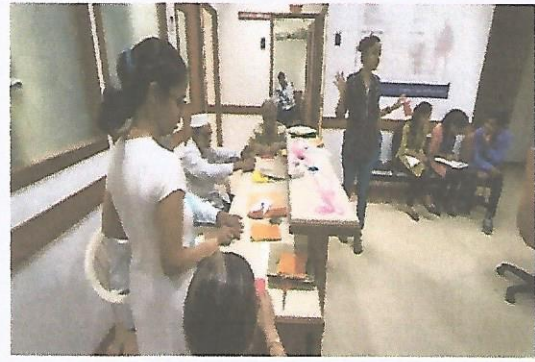
Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 7 Parkinson's patients, 1 MPT, 1 Intern, 1 Care taker
Event : Toran making for Diwali celebration

Objectives of Support Group:

1. To indulge patients in making creative ideas and training for fine motor skills, coordination and cognition.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by wishing everyone a Happy Diwali, PwP were given various colour paper and scissors and were instructed to make a toran. This activity was designed to train the fine motor skills. It was an indeed fun session. Session ended by giving vote of thanks and exchanging the greetings for Diwali.



People with Parkinson's during the session

Faculty in charge
Dept. of NeuroPhysiotherapy

HOD
Dept. of NeuroPhysiotherapy





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MGM School of Physiotherapy

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Spinal Cord Injury Support Group Meeting November 2019

Date: 6th November 2019

Venue: Sharan Paraplegic center, Vashi

Time: 10:30AM-11:30AM

Meeting coordinator: Dr. Shrutika Parab (PT)

Maya (Social Worker)

Constitution of support group: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe.

Faculty member: 1 Lecturer

Attendees: 14 spinal cord injury patients, 2 MPT student, 3 Interns

Event: Wheelchair Yoga sessions for SCI patients.

Objectives of Support Group:

1. To increase awareness of benefits of Physiotherapy and comprehensive Neuro-rehabilitation.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies.
4. To provide comprehensive rehabilitation to patients with Spinal cord Injury in Navi Mumbai.

Activities of support group:

Session began with warm up session including breathing exercises, neck and upper limb mobility exercises. 12 Yoga asana were performed by the patients in group which were modified so that it could be performed on the wheelchair. Each asana was performed with a

repetition of 10 with 30secs hold time; followed by cool down process inclusive of deep breathing exercises. Volunteers were placed between 2 -3 patients in order to help patients facing difficulty in performing the asana and to avoid falls or discomforts. Session was conducted for 1 hour. Session was concluded by thanks giving by patients to instructor and doctor for such an energetic and enjoyable routine.

ASANAS PERFORMED:

- 1) Breathing Exercises- focusing on abdominal movements
- 2) Bithilasana (cow pose)
- 3) Marjarasana (cat pose)
- 4) Gomukhasana
- 5) Ardha Matdysyindrasana(trunk twist)
- 6) Hastapadasana(forward bend and reach)
- 7) Paschimotanasana(forward bend)
- 8) Urdhura hastasana(upward salute)
- 9) Garudasana (eagle pose)
- 10) Viparita Veerbhadradasana(spinal extension and rotation)
- 11) Ekapada Rajakapot asana (chair pigeon pose)
- 12) Sukhasana(meditation)



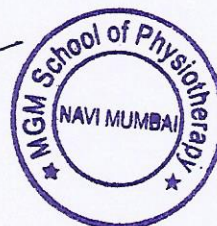
SCI patients during session

Faculty incharge

Dept. of NeuroPhysiotherapy

HOD

Dept. of NeuroPhysiotherapy





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Parkinson's Disease Support Group Meeting November 2019

Date : 27th November 2019
Venue : MGM Hospital, Vashi
Time : 12.15 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)
Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 6 Parkinson's patients, 2 Intern
Event : Posture Awareness.

Objectives of Support Group:

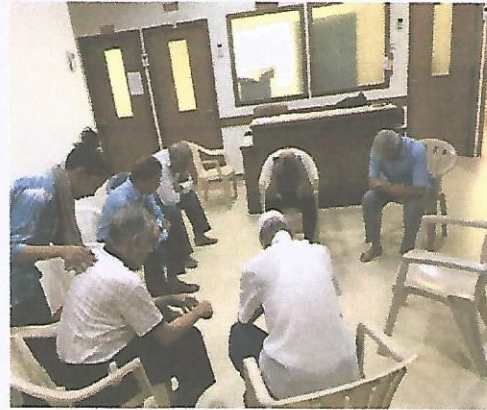
1. To increase awareness regarding maintaining an effective posture.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Instructors begun the session by demonstrating the typical posture adapted by a Parkinson patient. Session was filled with various exercises mainly stretches. Multiple neck stretches were taught, stretching of the neck muscles in the upward, downward and lateral direction to prevent forward head posture. Followed by this the instructors taught shoulder stretches which included stretching of the back extensors by forward leaning, lateral stretches to relieve the tightened structures to prevent rounding of shoulders. They also educated the

patients about correct body alignment. The instructors repeatedly asked the patients to sit with their chest out, without back support and legs at shoulder width distance.

Lastly, they terminated the session by teaching various facial muscle exercises which included- puffing of cheeks, forcefully shutting their eyes and frowning. All patients enjoyed the session.



People with Parkinson's during the session

A handwritten signature in black ink, appearing to be 'Santosh'.

Faculty in charge
Dept. of NeuroPhysiotherapy

A handwritten signature in black ink, appearing to be 'M. P. Patil'.

HOD
Dept. of NeuroPhysiotherapy



A handwritten signature in black ink, appearing to be 'R. H.'.



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International Day of People with Disability Celebration

Date : 3rd December 2019
Venue : University Auditorium , 3rd floor, MGMIHS, Kamothe
Time : 1.45 pm- 5:00pm
Meeting Coordinator : Dr. Meruna Bose, Dr Uttara Deshmukh, Dr. Pooja Dogra (PT),
Jennifer D'Souza (PT).

Constitution of Support Group:

Departments : Department of Neuro-Physiotherapy, MGM Institute's University
Department of Prosthetics and Orthotics.
Faculty Member : 17
Attendees : 17 patients, 10 caregivers ,5 PG students, 25 UG students
Event : International Day of People with Disability Celebration

Objectives of Celebration :

1. To increase awareness on Rights of Persons with Disability in India
2. To increase awareness about the Nutritional Food Intake for Persons with Disability in India
3. To encourage recreational activities in Persons with Disability

Activities of Event:

International Day of People with Disability was celebrated on 3rd December 2019 in University Auditorium, 3rd floor, MGMIHS, Kamothe. The event inauguration was done by Dr. Rajani Mullerpattan (Professor-Director MGM School of physiotherapy), Dr. Bela Agarwal (PT) and Dr. Uttara Deshmukh .The celebration started with informative lectures on awareness regarding the "Rights for Person with Disability" and "Nutritional Food intake for Persons with Disability". Lecture on "Rights for Person with Disability" was given by Dr Uttara Deshmukh (HOD of Prosthetics and Orthotics Department). The lecture was very informative and the patients were sensitized regarding the rights and laws made for them by the government. Lecture on "Nutritional Food Intake for Persons with Disability" was given by Dr Priyanka Pareek. The lecture covered all the important

aspects of diet and nutrition for Persons with Disability, the lecture also gave the patients an idea about the proper diet to be followed and all the nutrients that should be present in their everyday meal. After the lectures, patients and caregivers were given a short break for snacks and refreshments. Post break, recreational activities were planned for patients along with caregivers. Patients and their caregivers were divided into groups and the games were started. First recreational activity was the game of Housie, patients thoroughly enjoyed the game, and prizes were also given. Second recreational activity was Antakshari in which patients along with their caregivers were divided into 6 groups. They were given a name of Bollywood couple according to which they had to sing songs. This activity had total three rounds. It had two groups as winner at the end. By the end of the recreational activities all the patients were very cheerful and filled with enthusiasm. Gifts were given to all the Participants at the end of the event. The event was concluded by Dr. Meruna Bose with vote of thanks.

Pictures of the Activities :



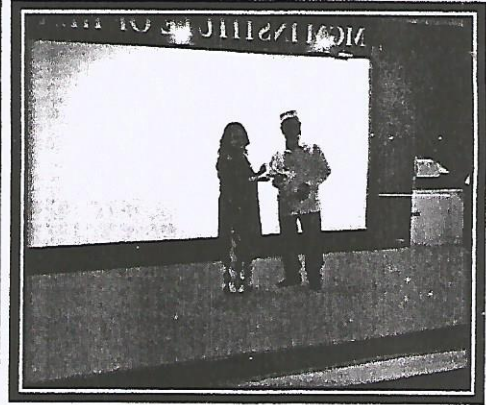
All participants present for the celebration



**Dr. Meruna Bose Felicitating
Dr. Rajani Mullerpatan**



**MGM School of Physiotherapy Department ,
Group Photograph**



Prize distribution for games

**Faculty incharge
Department of Neuro Physiotherapy**

**Head of Department
Department of Neuro Physiotherapy**





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Date : Monday, 9th December 2019
Activity : Antenatal Care Camp
Venue : Nere Primary Health care centre
Time : 11:00 am – 3.00 pm
Attended by : Dr. Yashashri Karanjkar (PT), Ms. Purva Kataria, Ms. Riya Shah I MPT students

Preamble: MGM School of Physiotherapy, Navi Mumbai participated in the Antenatal Care Camp organized by Community Medicine Department for rural patients from villages under Nere Primary Health Care centre on Monday, 9th December, 2019.

Objectives:

1. To screen Antenatal females for musculoskeletal impairments.
2. To help females with musculoskeletal impairments with self-management strategies.
3. To teach basic ergonomics and postures to be adopted to reduce pain and discomfort.
4. To emphasize role of exercises and yoga in management of musculoskeletal impairments
5. To improve awareness about importance of nutrition, both pre and post pregnancy.

Summary:

Antenatal Care Camp was organized by Community Medicine department in Nere Primary Health Care centre on Monday, 9th December 2019. 60 women from the surrounding villages were present for their routine monthly antenatal checkup. Before the checkup, a session was conducted on various postural and ergonomic strategies, followed by training them relaxation techniques and exercises.

Following is the region wise distribution of complains observed in the females:

Region	Number
Low back pain	7
Neck pain	1
Breathing difficulties	2
Knee pain	2
Swelling/ Pedal edema	3
No complaints	45

All the patients were thoroughly assessed and shown exercises for their respective impairments.



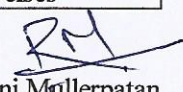
Ankle toe movements



Breathing exercises

For
Signature:

Dr. Yashashri Karanjkar (PT)
Faculty Incharge


Dr. Rajani Mullerpatan
Professor-Director





MGM INSTITUTE OF HEALTH SCIENCES
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Grade 'A' Accredited by NAAC
MGM SCHOOL OF PHYSIOTHERAPY
Sector-1, Kamothe, Navi Mumbai – 410209

Date : Monday, 9th December 2019
Activity : Antenatal Care Camp
Venue : Nere Primary Health care centre
Time : 11:00 am – 3.00 pm
Attended by : Dr. Yashashri Karanjkar (PT), Ms. Purva Kataria, Ms. Riya Shah I MPT students

Preamble: MGM School of Physiotherapy, Navi Mumbai participated in the Antenatal Care Camp organized by Community Medicine Department for rural patients from villages under Nere Primary Health Care centre on Monday, 9th December, 2019.

Objectives:

1. To screen Antenatal females for musculoskeletal impairments.
2. To help females with musculoskeletal impairments with self-management strategies.
3. To teach basic ergonomics and postures to be adopted to reduce pain and discomfort.
4. To emphasize role of exercises and yoga in management of musculoskeletal impairments
5. To improve awareness about importance of nutrition, both pre and post pregnancy.

Summary:

Antenatal Care Camp was organized by Community Medicine department in Nere Primary Health Care centre on Monday, 9th December 2019. 60 women from the surrounding villages were present for their routine monthly antenatal checkup. Before the checkup, a session was conducted on various postural and ergonomic strategies, followed by training them relaxation techniques and exercises.

Following is the region wise distribution of complains observed in the females:

Region	Number
Low back pain	7
Neck pain	1
Breathing difficulties	2
Knee pain	2
Swelling/ Pedal edema	3
No complaints	45

All the patients were thoroughly assessed and shown exercises for their respective impairments.



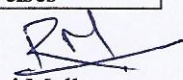
Ankle toe movements



Breathing exercises

For
Signature:

Dr. Yashashri Karanjkar (PT)
Faculty Incharge


Dr. Rajani Mullerpatan
Professor-Director





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MGM School of Physiotherapy
Sector-1, Kamothe, Navi Mumbai – 410209

Parkinson's Disease Support Group Meeting January 2020

Date	: 22 nd January, 2020
Venue	: MGM Hospital, Kamothe
Time	: 11:30 AM – 1:00 PM
Meeting Coordinator	: Dr. Jennifer D'souza (PT)
Resource person	: Dr. Mona, Clinical Nutritionist and Diet Consultant, MGM Hospital, Kamothe

Constitution of Support Group:

Departments	: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy and Department of Dietetics, MGM Hospital, Kamothe
Faculty Members	: Dr. Jennifer D'souza (PT)
Attendees	: 8 Parkinson's patients, 2 MPT students, UG students
Event	: <ol style="list-style-type: none">1. Role of Diet and Nutritional Supplements in Parkinson's disease2. Changes in lifestyle and food habits that are essential in Parkinson's disease

Objectives of Support Group:

1. To increase awareness about the effect of different types of food habits and diet on Parkinson's disease.
2. To implement a change in lifestyle and meals according to disease stage, clinical symptoms and co-morbidities.
3. To introduce simple home remedies and alternatives to food that is to be avoided in Parkinson's disease

Activities of Support Group:

The session started with a warm up session conducted by Dr. Jennifer D'souza (PT) where LSVT-BIG exercises for were demonstrated and persons with Parkinson's Disease (PD) were made to practice these exercises. Dr. Jennifer then introduced Dr. Mona, Clinical Nutritionist and Diet Consultant to the people with PD.

Dr. Mona elaborated about how following the right diet according each individual

requirement is essential for a good healthy life. She enlisted that after Parkinson's disease, there are many changes that occur in the body's capacity to metabolize food. In such a scenario, certain foods are a must for consumption and certain items should be strictly avoided from daily diet. Dr. Mona then asked all the attendee's to share what co-morbidities other than Parkinson's disease they were suffering from and what gastrointestinal complaints they face on a daily basis. Dr. Mona then addressed each of their problems individually. She spoke about how food can influence tremors and sleep patterns and what remedies are available to overcome them. She then proceeded to address issues like hypertension, diabetes, elevated cholesterol levels and obesity in Parkinson's disease and how it can be avoided by making changes in daily diet. She shared simple homemade recipes that could replace food items that need to be avoided. She taught them how to keep a simple count of the calories that are consumed on a daily basis and how to not over exceed them. She spoke about in detail about food items that are considered to be healthy and good for health but are myths and should definitely be avoided.

After which she held a question answer session where each individual put forth their doubts and she provided simple home based remedies for it. She concluded her session by asking the people with Parkinson's to maintain a diary to note any weight and sleep pattern changes and also to note down the number of calories consumed per day. Session ended by thanks giving by patients to doctors for such an enlightening lecture.



People with Parkinson's during the session

A handwritten signature in black ink, appearing to be 'Santosh'.

Faculty in charge
Dept. of NeuroPhysiotherapy

A handwritten signature in black ink, appearing to be 'Mona'.

HOD
Dept. of NeuroPhysiotherapy

A handwritten signature in black ink, appearing to be 'RM'.





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MGM School of Physiotherapy
Sector-1, Kamothe, Navi Mumbai – 410209

Parkinson's Disease Support Group Meeting January 2020

Date : 22rd January 2020
Venue : MGM Hospital, Vashi
Time : 12.00 PM–1:30 PM
Meeting Coordinator : Dr. Shrutika Parab (PT), Dr. Krupa (PT)

Dr. Riddhi Nair (Clinical Psychologist).

Constitution of Support Group:

Departments : Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member : 1 (Lecturer)
Attendees : 6 Parkinson's patients, 1 MPT, 2 Interns, 1 care taker
Event : Importance of aerobic exercises

Objectives of Support Group:

1. To indulge patients' various forms of aerobic exercises and help them increase their aerobic capacity.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Session begun by explaining the importance of aerobic capacity in our body and explaining the effect of Parkinson's Disease on aerobic capacity in body. Dr. Riddhi Nair took brief

discussion with PwP on importance of aerobic exercises and discussed their daily routine of exercises. Later Dr. Krupa headlong the session further by teaching aerobic exercises to PwP, along with music. Adequate rest pauses were given and it was indeed enthusiastic meet. Session by giving vote of thanks to Dr.Krupa and Riddhi by PwP for an indeed joyful meet.



People with Parkinson's during the session

Handwritten signature of the Faculty in charge.

**Faculty in charge
Dept. of NeuroPhysiotherapy**

Handwritten signature of the HOD.

**HOD
Dept. of NeuroPhysiotherapy**

Handwritten signature.





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Sector-1, Kamothe, Navi Mumbai – 410209

Date : Thursday, 9th January, 2020
Activity : Antenatal Care Camp
Venue : Nere Primary Health care centre
Time : 10:30 am – 3.00 pm
Attended by : Dr. Yashashri Karanjkar (PT), Dr. Payal Murkudkar (PT), Ms. Neha Padia,
Mr. Shantanu Singh I MPT students

Preamble: MGM School of Physiotherapy, Navi Mumbai participated in the Antenatal Care Camp organized by Community Medicine Department for rural patients from villages under Nere Primary Health Care centre on Thursday, 9th January, 2020.

Objectives:

1. To screen Antenatal females for musculoskeletal impairments.
2. To help females with musculoskeletal impairments with self-management strategies.
3. To teach basic ergonomics and postures to be adopted to reduce pain and discomfort.
4. To emphasize role of exercises and yoga in management of musculoskeletal impairments
5. To improve awareness about importance of nutrition, both pre and post pregnancy.

Summary:

Antenatal Care Camp was organized by Community Medicine department in Nere Primary Health Care centre on Thursday, 9th January, 2020. 55 women from the surrounding villages were present for their routine monthly antenatal checkup. A group session was conducted on various postural and ergonomic strategies, followed by training them relaxation techniques and exercises.

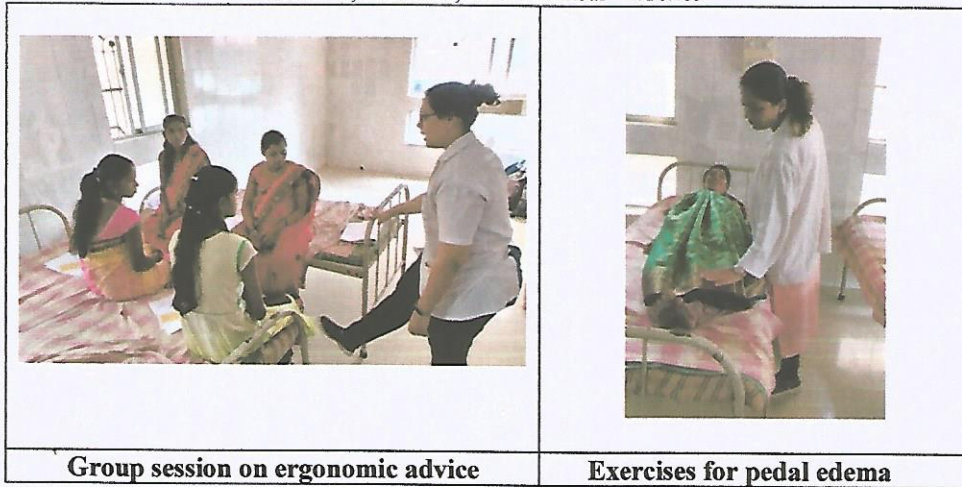
Following is the region wise distribution of complains observed in the females:

Region	Number
Low back pain	7
Neck pain	1
Cold and cough	3
Swelling/ Pedal edema	1
Leg pain	2


All the patients were thoroughly assessed and shown exercises for their respective impairments.



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For
Signature:
Dr. Yashashri Karanjkar (PT)
Faculty Incharge


Dr. Rajani Mullerpatan
Professor-Director





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Pulse Polio Camp Training 16th January 2020

Preamble:	Pulse Polio is an immunization campaign established by the government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the polio virus. The project fights polio through a large-scale, pulse vaccination program and monitoring for poliomyelitis cases
Objective:	To spread awareness about polio virus and to train volunteers to administer the polio vaccine for the Pulse Polio Camp
Date:	16 th January 2020
Organized by:	Department of Community Medicine of MGMIHS with PanvelMahanagarpallika
Attendees:	Faculty Members, Students and volunteers of various courses Total no. of physiotherapy volunteers from 2 nd year BPT: 17 Total no. of physiotherapy volunteers from 3 rd year BPT: 14 Total no. of volunteers from physiotherapy: 31
Summary:	The training program for the Pulse Polio Awareness drive was conducted on 16 th January 2020 by the Department of Community Medicine, MGMIHS. The training session began with a brief introduction to Polio Virus. All the attending volunteers were divided into groups of 2. Volunteers were then introduced to the Pulse Polio Camp and Oral Polio Vaccine. Every aspect of the process of organizing a Polio vaccine camp was demonstrated in a chronological order starting with, tips on organizing and managing the crowd, demonstration of the vaccine box and the OPV vial along with administering the polio vaccine and marking a child. Volunteers were also briefed about the documentation procedure by the organizers and head nurses. A detailed explanation was given on Vaccine Vial Monitor (VVM) and its stages to make sure of the safety, efficacy and potency of the vaccine that has to be administered. The training concluded with a Question-Answer session where doubts raised by the volunteers were answered and further instructions about the schedule of the Polio drive was given.

J. Souza
Dr. Jennifer Souza (PT)
NSS Program Officer





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Sector-1, Kamothc, Navi Mumbai – 410209

Pulse Polio Camp 19th January 2020

Preamble:	Pulse Polio is an immunization campaign established by the government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the polio virus.
Objective:	Administration of the polio vaccine and monitoring for poliomyelitis cases
Date:	19 th January 2020
Organized by:	Department of Community Medicine of MGMIHS with PanvelMahanagarpallika
Attendees:	Faculty Members, Students and volunteers of various departments along with physiotherapy volunteers Total no. of physiotherapy volunteers from 2 nd year BPT: 17 Total no. of physiotherapy volunteers from 3 rd year BPT: 14 Total no. of volunteers from physiotherapy: 31
Summary:	The Pulse Polio vaccination camp was held on Sunday, 19 th January 2020 by the department of community medicine in collaboration with PanvelMahanagarpallika. Volunteers were asked to report to the college from there they were taken via bus to the UPHC centre. Upon reaching the destination briefing was given about how to tally sheets for the children visiting the camp for dose administration and Vaccine Vial Monitoring. Volunteers were dropped at their designated booth locations sector by vans. Upon reaching, the volunteers set up their booth. The vaccine was administered and the children were marked. 15 booths were organized by physiotherapy volunteers and overall 3013 children were vaccinated by physiotherapy volunteers. The camp concluded in the evening after the volunteers returned the boxes and the files to the supervisors at the UPHS centre.



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Administration of Polio Vaccine and marking the children



Volunteers for the Pulse Polio Camp

J D'souza
Dr. Jennifer D'souza (PT)
NSS Program Officer





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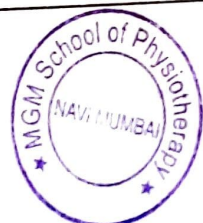
VOLUNTEER ATTENDANCE SHEET: PULSE POLIO CAMP 19th JANUARY 2020

Sr. No	Students Name	Signature
1	Nistha Mishra	Nistha
2	Tejas Sawant	TSawant
3	Manasi Desai	Manasi
4	Soham Sawant	SS
5	Hiya Dadlani	Hiya
6	Shreya Patil	Shreya
7	Megha Nakka	Megha
8	Juhika Surve	Jsurve
9	Ashriya Juriani	Ashriya
10	Simran Tambat	Simran
11	Nidhi Pandya	Nidhi
12	Nandini Bhanushali	NBhanushali
13	Aishwarya Salunkhe	Aishwarya
14	Aakansha Darekar	Aakansha
15	Kavisha Randeria	KR
16	Shivani Dongre	SD

Sr. No	Students Name	Signature
17	Devanshi Mungse	Devanshi
18	Krishna Gogri	Krishna
19	Ekta Hemnani	Ekta
20	Anushka bhanarkar	Anushka
21	Saloni raorane	Saloni
22	Anushka raote	Anushka
23	Keyoree Samel	Keyoree
24	Jheel shah	Jheel
25	Shrishti Kansara	Shrishti
26	Apurva koli	Apurva
27	Kiran nishad	Kiran
28	Sejal phatak	Sejal
29	Palak pawar	Palak
30	Jhanavi Naik	Jhanavi
31	Aleeza Fatima shaikh	Aleeza

Name and Signature of NSS Student Representative	Palak Toivedi - Palak Shivam Sankhe - Shivam
Signature of NSS Program Officer	J Dsouza Dr. Jennifer V. Dsouza (PT)
No. of Students Absent	—
Remarks	

Raj





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MGM School of Physiotherapy
Sector-1, Kamothe, Navi Mumbai – 410209

Respiratory Support Group Meeting January 2020

Date	: 31st January 2020
Venue	: Physiotherapy OPD, MGM Hospital, Kamothe, Navi Mumbai
Time	: 10 am – 12 am
Meeting Coordinator	: Dr. Bhoomika Sawant (PT)
Constitution of Support Group :	
Departments	: Department of Cardiovascular and Respiratory Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member	: 2 (Assistant Professor)
Attendees	: Patients, MPT students, Interns
Event	: Yoga Session

Objective of Support Group:

Educate the patients about the importance of yoga-asanas and pranayamas for healthy living.

Activities of Support Group:

The session was conducted to educate patients about the various benefits of yoga-asana and pranayama. Yoga practitioner Mr. Girish explained the importance of yoga in day to day life. He summarized the effectiveness of various yogic postures to help reduce low back pain and knee pain. Special emphasis was given upon the importance of good posture during daily activities. Mr. Girish demonstrated the technique of various yoga-asanas namely vajrasana, dhanurasana, tadasana. He also performed the demonstration for techniques of pranayamas such as kapalbhati, anulom-vilom, bhramari, shitali, sitkari, suryabhedhan and chandrabhedan. The attendees joined in performing the pranayama breathing techniques along with Mr. Girish. The session was summoned with a small meditation session.



Patients during group session



Bhawani

Faculty in charge
Dept. of Cardiovascular and
Respiratory Physiotherapy

Bhawani

HOD
Dept. of Cardiovascular and
Respiratory Physiotherapy

R.M.





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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Parkinson's Disease Support Group Meeting February 2020

Date	: 22 nd February 2020
Venue	: MGM Hospital, Vashi
Time	: 12.00 PM–1:30 PM
Meeting Coordinator	: Dr. Shrutika Parab (PT), Dr. Shanaya Dsouza (Clinical Psychologist).

Constitution of Support Group:

Departments	: Department of Neuroscience Physiotherapy, MGM School of Physiotherapy, Kamothe
Faculty Member	: 1 (Lecturer)
Attendees	: 8 Parkinson's patients, 1 MPT, 1 Caretaker
Event	: Cognitive Training for PwP

Objectives of Support Group:

1. To inform PwP about most commonly seen cognitive changes in PD and indulge PwP in various Cognitive Training.
2. To engage patients in group exercise therapy sessions.
3. To increase awareness about disease status and management strategies through informative sessions by representatives of Parkinson Disease Movement Disorder Society.
4. To provide comprehensive rehabilitation to patients with Parkinson's in Navi Mumbai and Raigad district.

Activities of Support Group:

Dr. Shanaya Dsouza began the session by explaining various cognitive abnormalities like Visuospatial Skills, Attention, Learning, Memory and use of these cognitive components in out activities of daily life. Later various exercises like maze solving, join the dots, making a map to home from hospital were performed. Few exercises like making star and chair cognitive exercises were taught. All PwP were instructed to make a timetable for their medicines. It was indeed mind wracking session. Session ended by giving vote of thanks to Dr. Shanaya Dsouza for very enchanting meet.



People with Parkinson's during the session

Faculty in charge
Dept. of NeuroPhysiotherapy

HOD
Dept. of NeuroPhysiotherapy





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Date : Monday, 9th March 2020
Activity : Antenatal Care Camp
Venue : Nere Primary Health care centre
Time : 11:00 am – 2:30 pm
Attended by : Mr. Mihir Mange, Ms. Pradnya I MPT students

Preamble: MGM School of Physiotherapy, Navi Mumbai participated in the Antenatal Care Camp organized by Community Medicine Department for rural patients from villages under Nere Primary Health Care centre on Monday, 9th March, 2020.

Objectives:

1. To screen Antenatal females for musculoskeletal impairments.
2. To help females with musculoskeletal impairments with self-management strategies.
3. To teach basic ergonomics and postures to be adopted to reduce pain and discomfort.
4. To emphasize role of exercises and yoga in management of musculoskeletal impairments
5. To improve awareness about importance of nutrition, both pre and post pregnancy.

Summary:

Antenatal Care Camp was organized by Community Medicine department in Nere Primary Health Care centre on Saturday, 9th March 2020. 43 women from the surrounding villages were present for their routine monthly antenatal checkup. Before the checkup, a session was conducted on various postural and ergonomic strategies, followed by training them relaxation techniques and exercises.

Following is the region wise distribution of complains observed in the females:

Region	Number
Low back pain	07
Leg pain	01
Heel pain	02
Pedal edema	01

All the patients were thoroughly assessed and shown exercises for their respective impairments.



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Discussion on correct ergonomics and posture



low back strengthening exercises

*For
Signature:*

Dr. Yashashri Karanjkar (PT)
Faculty Incharge

Dr. Rajani Mullerpatan
Professor-Director



STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)

PANVEL MINITHON -2019

**Panvel
MINITHON
2019**

A vision of Pollution free city
Date : 14th December 2019

Logos: Maharashtra Pollution Control Board, INIFD, Rajinder Kulkarni Group, and a circular logo with a map of India.



STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)

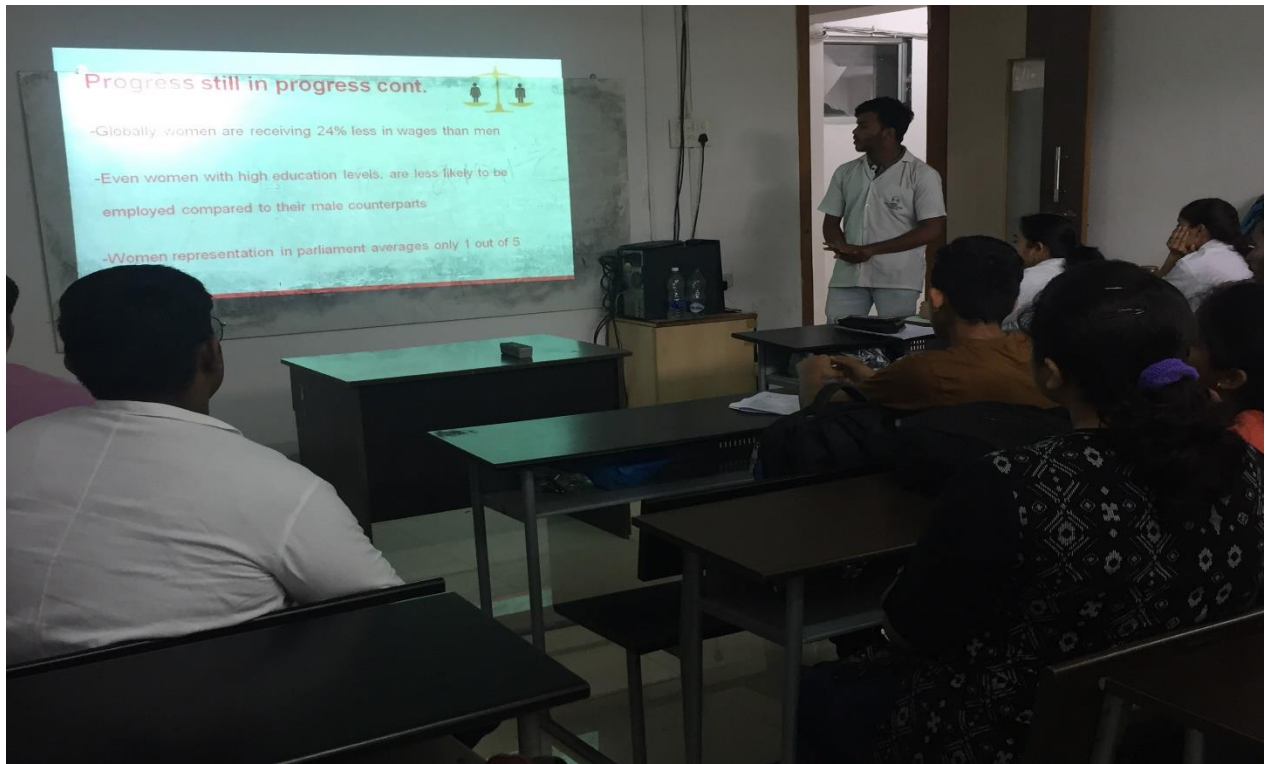


STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)

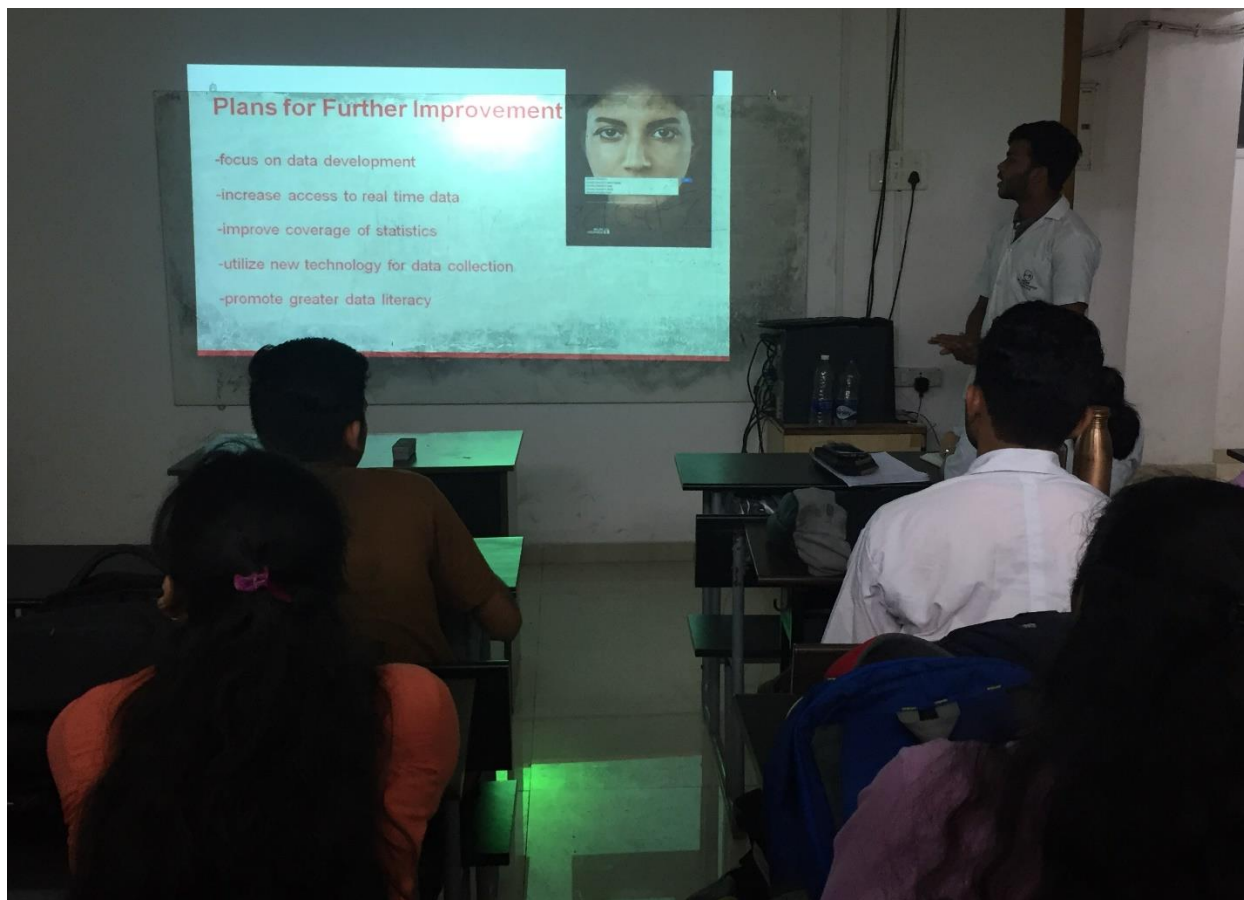


STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)

GENDER EQUITY PROGRAMME-2019



STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)



STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)

PANVEL WALKATHON-2020



STUDENTS PARTICIPATING IN EXTENSION ACTIVITIES WITH GOVERNMENT ORGANISATION & PROGRAMMES DURING THE YEAR-(2019-20)

