

	MAHATMA GANDHI MISSION MEDICAL COLLEGE & HOSPITAL, AURANGABAD	Doc No	FM/MGM/MCRI/IQAC/027
		Issue No.	02
		Rev. No	00
	Mobile Van Camp Report	Date	
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Date: 19/02/2020

Sr. No.	Event Report	
1	Year	March 2020
2	Name of the Event	Glaucoma Screening camp
3	Organized by	Dept of Ophthalmology MGM Medical College & Hospital Aurangabad and Maharashtra Ophthalmic Society
4	Date of Event	14/03/2020
5	Venue/area	Ophthalmology OPD, MGM Medical College, Aurangabad.
6	Details of Event	<p>Under the guidance of Dr. J.P. Mishrikotkar- Glaucoma specialist and Prof &amp; Head of the Dept, Free Glaucoma Screening camp was organized by Dept of Ophthalmology MGM Medical College &amp; Hospital Aurangabad and Maharashtra Ophthalmic Society on 14<sup>th</sup> March 2020 at Ophthalmology OPD of MGM Hospital from 10 am to 4 pm.</p> <p>Total 40 pts are screening for glaucoma and 07 patients are suspected and evaluated for glaucoma.</p>
7	Doctors & Support Staff	<p>Dr. J.P. Mishrikotkar Prof &amp; Head dept of Ophthalmology and Glaucoma Specialist, Dr. Sarika Gadekar, Dr. Supriya Deshpande, Dr. Swati Poptani, Dr. Swapnil Modak, Dr. Rujuta Sapkal, Dr. Gayatri Gorde, Dr. Suruchi Arya – All Resident doctors, Mrs. Ujwala Dafade - Counsellor, all Optometrists, Sister are attended the camp</p> <p>Photographs are attached herewith.</p>

  
Professor & Head  
Ophthalmology Department  
MGM Medical College & Hospital, Aurangabad

  
Professor & Head  
Ophthalmology Department  
MGM Medical College & Hospital, Aurangabad



MAHATMA GANDHI MISSION MEDICAL  
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Professor & Head  
Dept. Ophthalmology  
MGM Medical College  
Aurangabad





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**Glaucoma Screening camp on 14/03/2020**

Sl. No.	Name	Age	Sex	Refraction	Ref.	Ref.
1	Ranjana Uthkar Ranjana	42	F	315/4	Rajasthan	140. hatched from India
2	Mohan Shrivast Shrivast	62	M	318/4	Uttarakhand	18 mm
3	Mrs. Yashodabai Tukaram Shrivast	72	F	315/8	Sahakar group	12 18 mm
4	Nagaraj Anand Jagtap	70	M	312/1	Jaybhavani group Uttarak.	18 24
5	Chandrasingh Pawar	45	M	3035/7	Punjab, Jalandhar	
6	Mrs. Sabra Bhagat Shrivast Ahir	55	F	2008/34	India	
7	Baburao Dharm Rahate	67	M	877/2 320/1	Ekal Ta - Gholwad 201st India	16 16
8	Mrs. Hansa Priya Kareem Shrivast	27	F	8923/50	Yamunapour, N. India	

  
**Professor & Head**  
 Dept. Ophthalmology  
 MGM Medical College  
 N.S. CIDCO, Aurangabad

Name of Patients evaluated for glaucoma with contact numbers

# MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI

## DEPARTMENT OF COMMUNITY MEDICINE

### NERE OUTREACH PROGRAMME

Date: 18 December 2019, Wednesday

#### Comprehensive ANC health check-up at Kalamboli Hospital

An ANC health check-up was held at MGM Women and Children Hospital, Kalamboli on the 18<sup>th</sup> December, 2019 by the Department of Community Medicine.

A dedicated vehicle along with MSW Mr. Vikrant was arranged to the villages under group Gram Panchayat, Maldunge to escort the ANC's and accompanying personnel to MGM hospital, Kalamboli. Dr. Shreya Rao (Intern) and Mrs. Kanchan Patil (ANM) escorted the women to Kalamboli Hospital.

A comprehensive health check-up was done for 31 women from group Gram Panchayat, Maldunge. All the 31 women were registered by Mrs. Kanchan Patil (ANM). Each woman was checked of their blood pressure, weight and fetal heart sounds. They were advised for ANC profile, TT injections after 3<sup>rd</sup> trimester, Ultrasonography and were advised to maintain personal hygiene and avoid long distance travelling. A one-to-one counselling was done to each ANC women regarding nutritious diet during pregnancy.

Total No of Beneficiaries: 31

#### **Camp was attended by:**

Dr. Shreya Rao (Intern)





*Ashlesha*

**Dr. Ashlesha Tawade**

RHTC Incharge Nere

Incharge Rural Health & Training Centre  
Dept. of Community Medicine  
MGM Medical College, Navi Mumbai-410209.



**MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI**  
**DEPARTMENT OF COMMUNITY MEDICINE**  
**NERE OUTREACH PROGRAMME**  
**Pradhan Mantri Surakshit Matritva Abhiyaan**

Venue: PHC, Nere, Panvel

Date: 9<sup>th</sup> May 2020

Time: 10 am.

During lockdown period, outreach activities have been limited to only essential services. Every 9<sup>th</sup> of the month under Pradhan Mantri Surakshit Matritva Abhiyan, we conduct ANC checkup at our RHTC (PHC, Nere) which is one of the major outreach activities of MGM Medical College. Due to the pandemic of Covid-19, ANC's are advised not to leave secure home environment unless absolutely required. Although, many ANC mothers from our RHTC catchment area come from remote tribal region and are deprived of any medical health facility in their vicinity. Our ANC monthly checkup becomes essential for them. Hence we decided to be present in the RHTC (PHC, Nere) on 9th May 2020 for those women who turn up for any kind of ANC services.

In this critical period where very few healthcare facilities are available in this region, our hospital has become a major pillar of support for the community all around Panvel. Our referral services are functioning well and ANC's are being referred for delivery to MGM Hospital Kalamboli, where their deliveries are conducted free of cost.



MGM Health team



An ANC camp was conducted in PHC Nere on 9<sup>th</sup> of May 2020. ANC women were registered; their general health checkup and OB-GY checkup was conducted by the MGM health team; their blood test (ANC profile) was done, medicines were distributed. Health advice during Covid-19, diet, hygiene, warning signs and care during outbreak of corona was given.

Total ANC beneficiaries were 18. One female was high risk (septic endocarditis) was referred to MGM Kalamboli.

Camp attended by-

1. Maj. Dr. Ashlesha Tawde (Incharge RHTC)
2. Dr. Noopur Kulkarni (Resident in community medicine)
3. Mr. Vikrant Dinkar (MSW)
4. Mr. Vijay (Driver)



ANC health checkup being conducted by Dr. Ashlesha Tawde and Dr. Noopur Kulkarni

The current pandemic of Covid 19 has created considerable concern amongst pregnant women and their family members regarding well-being of child and mother during such difficult times. The health team of MGM created awareness amongst pregnant women and their relatives regarding care of the mother, preventive measures against COVID 19 and also dispelled certain myths and fears about the same.



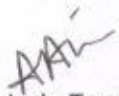
Patients and their relatives being counselled by the MGM team regarding prevention of COVID 19.




The healthcare personnel and paramedical staff of PHC was also given advice on care of pregnant mothers and their children during corona outbreak and general precautionary measures to be followed by the hospital staff for their own safety. Their questions were also addressed during this discussion.



Dr.AshleshaTawde creating awareness among healthcare workers and staff

  
Maj. Dr. Ashlesha Tawde  
Asst Professor  
Dept of Community medicine.

Incharge Rural Health & Training Centre  
Dept. of Community Medicine  
MGM Medical College, Navi Mumbai-410209.

  
Dr. Prasad Waingankar  
HOD  
Dept. of Community Medicine

**Professor & Head**  
Dept. of Community Medicine  
MGM Medical College,  
Kamotne, Navi Mumbai-410209



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

**NERE OUTREACH PROGRAMME**

**PradhanmantriSurakshitMatritva Abhiyan**

**ANC health check-up at PHC, Nere**

**International women's day celebration at PHC, Nere**

**Awareness regarding COVID-19 for ANC and Families**

**Date: 9<sup>TH</sup> March, 2020(Monday)**

An ANC health check-up on 9<sup>th</sup> March, 2020 was conducted at Nere PHC by the RHTC team members of Department of Community Medicine, MGM Medical College.

Dr. Ashlesha Tawade (Assistant Professor, Department of community medicine) gave a brief introductory session about the programme to the Pregnant and Lactating women. An IEC was conducted by Dr. Clerin John and Dr. Vipin Chaurasia under the guidance of Dr. Ashlesha Tawade, regarding "International Women's Day" and "Preventive measures against COVID-19". The session was very interactive and questions pertaining to the topics were answered by the doctors. Forty-five ANC mothers came for the check-up, who were seen by the Obstetrician and gynaecologist, the Psychiatrist and the Physiotherapists. Fifteen children were examined by the Paediatrician.

**Camp attended By-**

<u>Sr No.</u>	<u>Name</u>	<u>Designation</u>	<u>Department</u>
1)	Dr. Ashlesha Tawade	Assistant Professor	PSM
2)	Dr. Sherlin Sam	Resident	PSM
3)	Dr. Shravani Mohite	Resident	OBGY
4)	Dr. Nikita Lalwani	Resident	PEDIATRICS
5)	Dr. Dhvani Satija	Resident	PSYCHIATRY
6)	Dr. Chhavi Gaurisaria	Intern	PSM
7)	Dr. Clerin John	Intern	PSM
8)	Dr. Vipin Chaurasia	Intern	PSM
9)	Dr. Ankita Naik	Intern	PSM
10)	Dr. Sughosh Jayaprakashan	Intern	PSM
11)	Dr. Shivani Jamboli	Intern	PSYCHIATRY
12)	Dr. Mihir Manpe	Sports MPT	PHYSOTHERAPY
13)	Dr. Pradnya Kamble	Community MPT	PHYSIOTHERAPY
14)	Ms. Nida Siddiqui	MSc	CLINICAL NUTRITION
15)	Ms. Janvi Ghiricha	MSc	CLINICAL NUTRITION



16)	Mr.Javed Patel	MSW	PSM
17)	Mrs.Kanchan Patil	ANM	PSM

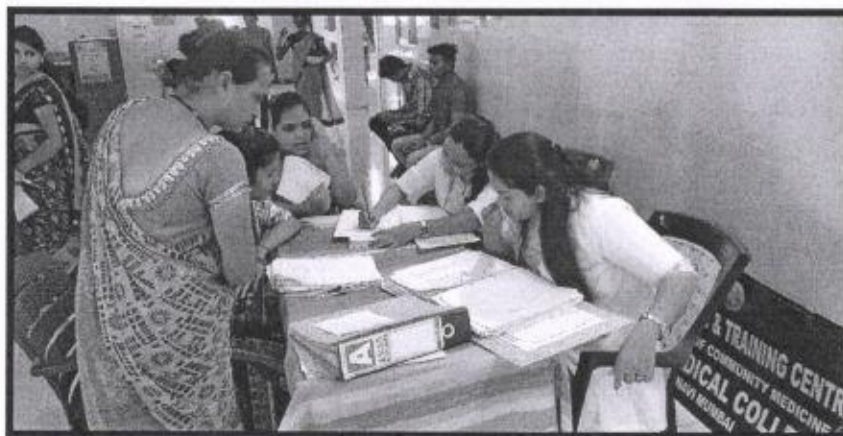
Department	<u>OBGY</u>	<u>Paediatrics</u>	<u>Psychiatry</u>	<u>Physiotherapy</u>
Total Patients	45	15	37	43
Total Referred to MGM	Nil	Nil	Nil	Nil

**IEC activity conducted on "INTERNATIONAL WOMEN'S DAY" and "PREVENTIVE MEASURES AGAINST COVID-19":**





Registration of Antenatal mothers:

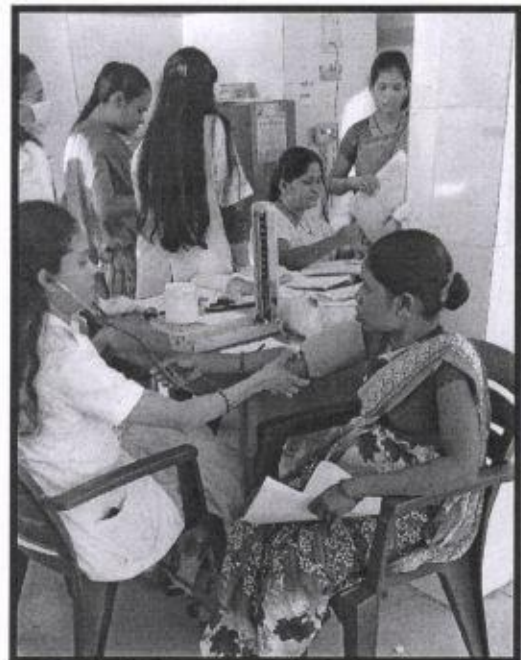




Psychiatry check-up:



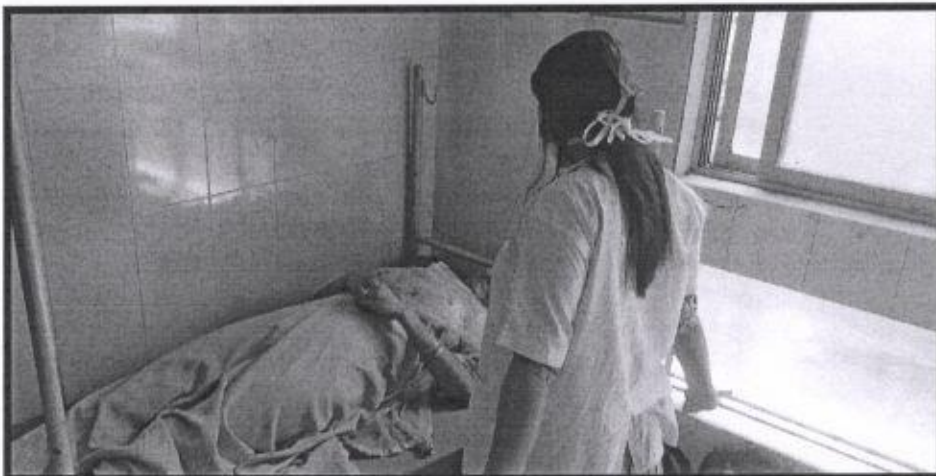
ANC Check-up:



OBGY Check-up:



Physiotherapy Check-up:





Paediatrics Check-up:



*AArsole*

Incharge Rural Health & Training Centre  
Dept. of Community Medicine  
MGM Medical College, Navi Mumbai-410209

**MGM MEDICAL COLLEGE AND HOSPITAL, NAVI MUMBAI**

**DEPARTMENT OF COMMUNITY MEDICINE**

**NERE OUTREACH PROGRAMME**

DATE- 21/10/2020

VENUE: MGM KALAMBOLI

**3<sup>RD</sup> WEDNESDAY ANC CHECK-UP CAMP**

On 21<sup>ST</sup> 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. SurbhitAnand (INTERN, PSM DEPARTMENT)
2. Mr. AbhishekSunar (MPH , PSM DEPARTMENT)





**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 Dr Ashlesha Tawde (PSM), Dr Sailee (PSM), Dr Kritika (OBGY) and Dr Soumya (OBGY).

**Total number of beneficiaries=20 Mothers**

**The camp was attended by-**

Dr Ashlesha Tawde (RHTC incharge)  
Dr Sailee (JR of PSM department),  
Kritika (JR2 from dept of Obstetrics and Gynecology),  
Dr Soumya (JR1 from dept of Obstetrics and Gynecology),  
Dr Bageshree (Intern of PSM department),  
Dr Megh (Intern of PSM department),  
Mr. Vikrant Dinkar (MSW) and  
Mrs. Kanchan Patil (Public Health Nurse)

## IEC ACTIVITY



## HAND WASHING DEMOSTRATION





### IEC ACTIVITY



### REGISTRATION AND BP CHECK UP



### ANC REGISTRATION AND BP MONITORING



### ANC EXAMINATION AND FETAL HEART SOUND MONITORING



*Anna*  
Incharge Rural Health & Training Centre  
Dept. of Community Medicine  
MGM Medical College, Navi Mumbai-410209.





## MGM MEDICAL COLLEGE

Sector-1, Kamothe, Navi Mumbai - 410 209, India

### NSS UNIT

Date: 22.02.2021

To,  
The Dean,  
MGM Medical College, Kamothe.

Respected Sir,

NSS Unit of MGM Medical College had organized ANC camp in MGM Women Hospital, Kalamboli.

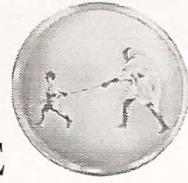
Here by submitting the report of ANC Camp held on 17/02/2021 in MGM Women Hospital, Kalamboli for your information.

Thanking you.

Yours sincerely

Dr. Pradeep Sawardekar  
Program officer, NSS unit.  
MGM Medical College, Navi Mumbai.

Dean.  
M.G.M. Medical College & Hospital  
Kamothe, Navi Mumbai - 410209



# MGM MEDICAL COLLEGE

Sector-1, Kamothe, Navi Mumbai -410209

## NSS UNIT

## CIRCULAR

Date : 14.02.2021

NSS Unit of MGM Medical College has organized an ANC Check-up Camp at MGM Women Hospital, Kalamboli on 17<sup>th</sup> February, 2021 for spreading awareness on Pregnancy and Pregnancy related Diseases.

The Camp will start at sharp 9:00 AM in MGM Women Hospital , Kalamboli.

Kindly , participate in large number .

Thanking you.

Yours sincerely,

Dr. Pradeep Sawardekar  
Programme officer,  
NSS unit,

MGM Medical College,

Navi Mumbai.

Dean.  
MGM Medical College & Hospital  
Kamothe, Navi Mumbai - 410209





## MGM MEDICAL COLLEGE

Sector-1, Kamothe, Navi Mumbai -410209

### NSS UNIT

Date: 04/03/2021

### ANC CHECK-UP CAMP

NSS unit of MGM MEDICAL COLLEGE organised a ANC checkup camp at MGM Women Hospital Kalamboli on 17<sup>th</sup> of February, 2021 for the pregnant women for their checkup and spreading awareness about the pregnancy related diseases, to spread knowledge about how to take care during the pregnancy, to provide knowledge about do's and don'ts during pregnancy, to do the routine check up of the pregnant women and allowing them to learn about their pregnancy, to see for sign of emergency, to evaluate the high risk pregnancy group, to ensure they get proper regular treatment and deliver without any complication, to provide them proper knowledge about the nutrition they should take, to take proper medicine (multivitamins, iron folic acid tablets).



ANC checkup for Pregnant women comes under the Pradhan Mantri Matru Vandana Yojana. **Pradhan Mantri Matru Vandana Yojana (PMMVY)** is a maternity benefit program run by the government of India.

It was introduced in 2017 and is implemented by the Ministry of Women and Child Development. It is a conditional cash transfer scheme for pregnant and lactating women of 19 years of age or above for the first live birth.

It provides a partial wage compensation to women for wage-loss during childbirth and childcare and to provide conditions for safe delivery and good nutrition and feeding practices.

In 2013, the scheme was brought under the National Food Security Act, 2013 to implement the provision of cash maternity benefit of ₹6,000 stated in the Act.

The eligible beneficiaries would receive the incentive given under the Janani Suraksha Yojana (JSY) for Institutional delivery and the incentive received under JSY would be accounted towards maternity benefits so that on an average a woman gets ₹6,000 .

The country's maternal mortality ratio is pegged at 113 per 100,000 live births, whereas infant mortality is estimated at 32 per 1,000 live births.

Among the primary causes of high maternal and infant mortality are poor nutrition and inadequate medical care during pregnancy and childbirth.



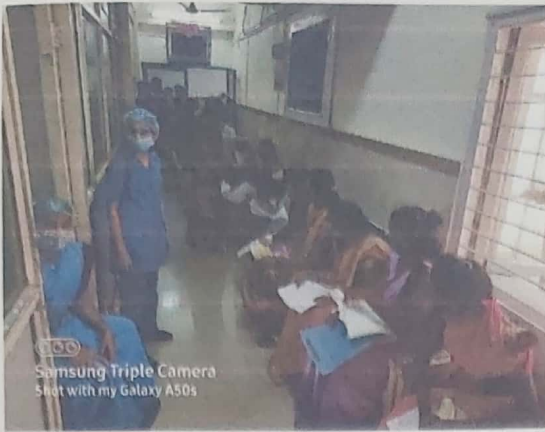
The camp organised by the NSS Unit of MGM Medical College at MGM Women Hospital at Kalamboli on 17<sup>th</sup> of February 2021, started sharp at 9:00 am.

Patients were registered, screened and send for further check-up under the camp.

Patients were evaluated on the basis on number of weeks of pregnancy, on the basis of gravida status. And those who were suspected as high risk group were given further investigations and made ensure they get proper attention during the pregnancy period and even post partum for the care of mother and the baby.

As the pregnant women in rural areas don't get enough care, MGM managed to get patients from Dodhani, Maharashtra. Total of 15 patients from Dodhani village were brought to MGM Women Hospital Kalamboli.





The Importance of maintaining hygiene and balanced diet were explained properly to all the pregnant women. All the patients were given Iron Folic Acid tablets along with proper nutrition intake chart and were explained the benefits of Breast feeding and correct techniques of breast feeding were explained to them.

*Pradeep*

Dr Pradeep Sawardekar  
Program Officer, NSS unit  
MGM Medical College, Navi Mumbai

*G.S. Narshetty*

Dr G.S Narshetty  
The Dean,  
MGM Medical College, Navi Mumbai

Dean.  
M.G M. Medical College & Hospital  
Navi Mumbai - 410209





**MGM INSTITUTE OF HEALTH SCIENCES**  
(Deemed to be University u/s 3 of UGC Act, 1956)  
**Grade 'A' Accredited by NAAC**  
**MGM SCHOOL OF PHYSIOTHERAPY**  
Sector-1, Kamothe, Navi Mumbai – 410209

Date : Wednesday, 9<sup>th</sup> 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, 9<sup>th</sup> 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, 9<sup>th</sup> 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*  
*Coopare:*  
Dr. Yashashri Karanjkar (PT)  
Faculty Incharge



*RM*  
Dr. Rajani Mullerpatan  
Professor-Director





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**MGM SCHOOL OF PHYSIOTHERAPY**  
Sector-1, Kamothe, Navi Mumbai – 410209

Date : Monday, 9<sup>th</sup> 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, 9<sup>th</sup> 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, 9<sup>th</sup> 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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### **MGM SCHOOL OF PHYSIOTHERAPY**

Sector-1, Kamothe, Navi Mumbai – 410209

Date : Thursday, 9<sup>th</sup> 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, 9<sup>th</sup> 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, 9<sup>th</sup> 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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**Group session on ergonomic advice**



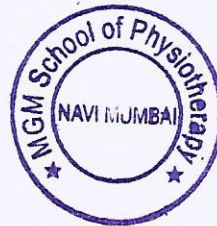
**Exercises for pedal edema**

For  
Signature:

Dr. Yashashri Karanjkar (PT)  
Faculty Incharge

Signature

Dr. Rajani Mullerpatan  
Professor-Director







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### **MGM SCHOOL OF PHYSIOTHERAPY**

Sector-1, Kamothe, Navi Mumbai – 410209

Date : Monday, 10<sup>th</sup> February, 2020  
Activity : Antenatal Care Camp  
Venue : Nere Primary Health care centre  
Time : 10:30 am – 3.00 pm  
Attended by : Ms. Ankita Vaghela ,Ms. Shrutika 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

#### **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, 10<sup>th</sup> February 2020. 37 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	5
Abdominal pain	1
Swelling/ Pedal edema	2
Urinary incontinence	1
Generalized body pain and weakness	3

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





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Sector-1, Kamothe, Navi Mumbai – 410209



**Group session on ergonomic advice**



**Exercises for pedal edema**

For  
Signature:

Dr. Yashashri Karanjkar (PT)  
Faculty Incharge

RM

Dr. Rajani Mullerpatan  
Professor-Director





**MGM INSTITUTE OF HEALTH SCIENCES**

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

**Grade 'A' Accredited by NAAC**

**MGM SCHOOL OF PHYSIOTHERAPY**

Sector-1, Kamothe, Navi Mumbai – 410209

Date : Monday, 9<sup>th</sup> 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, 9<sup>th</sup> 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, 9<sup>th</sup> 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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Sector-1, Kamothe, Navi Mumbai – 410209



Discussion on correct ergonomics and posture



low back strengthening exercises

*For  
Signature:*

Dr. Yashashri Karanjkar (PT)  
Faculty Incharge

*RM*

Dr. Rajani Mullerpatan  
Professor-Director







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Grade 'A' Accredited by NAAC

### 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

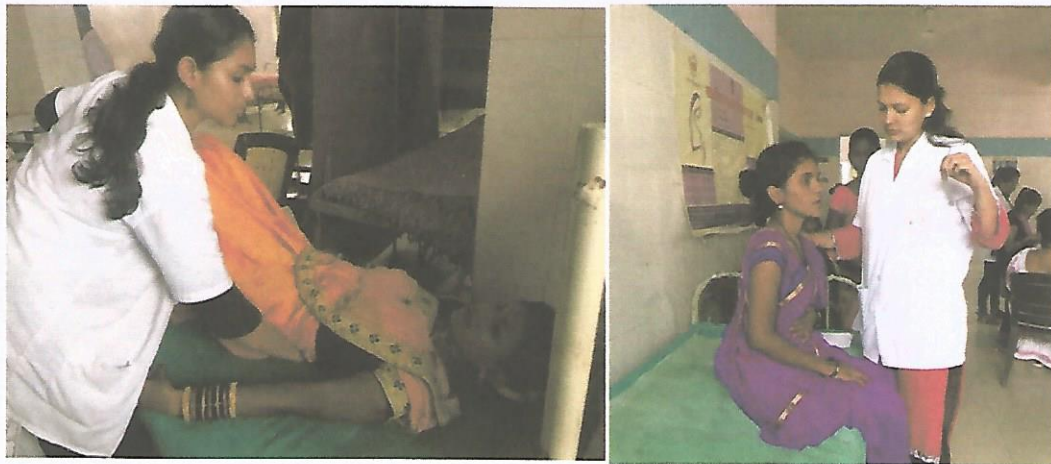
**Time:** 11.00 a.m. – 1.00 p.m.

#### 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  
MGMIHS, Navi Mumbai





# MGM MEDICAL COLLEGE, KAMOTHE

## NSS UNIT

18.12.2019

To,  
The Dean,  
MGM Medical College  
Kamothe, Navi Mumbai

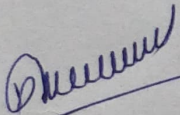
**Subject: Report of HIV/AIDS Day**

Respected Sir,

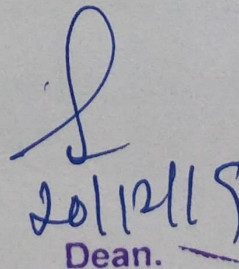
Herewith I am submitting the report of HIV/AIDS Day observed at MGM Hospital, Kamothe on 12<sup>th</sup> Dec, 2019 for your perusal.

Thanking you

Yours sincerely



Dr. Pradeep Sawardekar  
NSS Unit  
Program Officer  
MGM Medical College, Navi Mumbai



20/12/19  
Dean.

M.G.M. Medical College & Hospital  
Kamothe, Navi Mumbai - 410209

# MGM MEDICAL COLLEGE, KAMOTHE

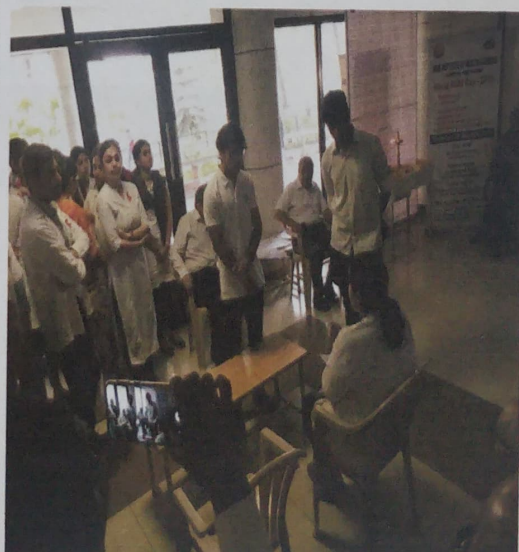
## NSS UNIT

### IEC ACTIVITY TO OBSERVE HIV/AIDS DAY

**World HIV/AIDS Day** was observed on **Thursday, 12 December 2019** in the hospital premise of MGM Medical College, Navi Mumbai. The following **students** from the NSS Unit of MGM Medical college performed a skit to spread awareness about the modes of transmission of HIV, myths about HIV/AIDS and what should be done if one contracts HIV :-

1. Ms. Avani Kaushik
2. Mr. Joshua Levi
3. Ms. Kashish Makhija
4. Mr. Keagan Miranda
5. Ms. Sukriti Honnavalli
6. Ms. Syuna Salgaonkar

under the guidance of **Dr Pradeep Sawardekar (Professor and Program Officer NSS Unit)** and **Mrs. Rupali Gujar (MSW and Assistant Program Officer NSS Unit)**





The skit mainly focused on-

- **Modes of spread of HIV**

1. Through sexual contact (including multiple sexual partners. Spread from man to woman, woman to man as well as man to man)
2. Through sharing the same needle (in substance abusers)
3. Transplacental- from mother to fetus. Or breastfeeding (when the mother is untreated)
4. Through blood transfusions (HIV+ve blood is transferred to a HIV-ve person)
5. Needle stick injuries (in healthcare workers)

- **Myths / Modes by which HIV does NOT spread**

1. By mosquito and other insect/animal bites.
2. Through the saliva of an infected person (i.e. sharing food or water with an HIV positive person.)
3. By using the same washroom as an HIV positive person
4. Through the sweat of an HIV positive person.

**Emphasis was laid on the following facts-**

- Immediately visiting a doctor and starting treatment as soon as the patient is diagnosed with HIV.
- Being open with ones' sexual partner about being HIV positive.
- Getting tested for HIV during pregnancy.
- Starting treatment as soon as possible in pregnant women in HIV to avoid infection of the fetus.
- That a person diagnosed with HIV can lead a normal life if he receives and follows the correct treatment regimen on time.



The program was a grand success. Approximately 150 beneficiaries attended the program. The program was praised by Dean Sir and other authorities of MGM Medical College, Navi Mumbai.



Prepared by : Syuna Salgaonkar

A handwritten signature in blue ink, appearing to read "Pradeep Sawardekar".

Dr. Pradeep Sawardekar  
Programme Officer  
NSS Unit  
MGM Medical College, Kamothe

A handwritten signature in blue ink, appearing to read "G.S. Narshetty".

Dr. G.S. Narshetty  
Dean  
MGM Medical College  
Kamothe  
Dean.  
M.G.M. Medical College & Hospital  
Kamothe, Navi Mumbai - 410209



# Tobacco Awareness Pledge



MGM School of Biomedical Science, Kamothe, Navi Mumbai	
Date: 11/07/2019	
Page: 1 of 1	
Subject: Tobacco Awareness Pledge	
Activity: Tobacco Awareness Pledge	
Objective: To create awareness about the harmful effects of tobacco and to encourage students to pledge against tobacco use.	
Methodology: Group discussion, role play, and pledge taking.	
Resources: PowerPoint presentation, video clips, and handouts.	
Assessment: Observation of student participation and understanding.	
Conclusion: Students showed a good understanding of the harmful effects of tobacco and pledged to avoid tobacco use.	
Remarks: The activity was well-received by the students and was a success.	
Signature: _____	
Name: _____	
Designation: _____	

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

*M. K. Kher*

Director  
MGM School of Biomedical Science  
Kamothe, Navi Mumbai



**MAHATMA GANDHI MISSION MEDICAL COLLEGE & HOSPITAL ,  
AURANGABAD**

**Academic Event Report**

Conferences/ Seminars/ CME/Workshop/ Quiz/ Debate/ Guest Lecture etc.

Date: 03-12-2019

No.	Event Report
1.	<b>Name &amp; Level of Event</b> –Newborn Screening test Awareness
2.	<b>Background/ Introduction</b> – We undertook awareness regarding availability of newborn screening test at MGM medical College.
3.	<b>Venue</b> –OBGY Seminar Room
4.	<b>Sponsors</b> – none
5.	<b>Inauguration</b> – Dr. Rajendra Bohra, Dean ,MGM Medical College.
6.	<b>Speakers/ Judges/ Chairman/ Panel Team</b> –.Dr Anjali Kale, Dr. Suvarna Magar, Dr. Laxmi Rachkonda
7.	<b>Participants &amp; Delegates</b> – Mothers and relatives in the post natal ward, Post graduate students, OBGY and Pediatric faculties
8.	<b>Valedictory Ceremony</b> –
9.	<b>Highlights of the Event</b> – <b>DR. Rajendra Bohra sir, chief guest extended his support for the program</b> Dr. Suvarna Magar and Dr. Anjali Kale explained the need of NBS and availability of test at MGM Medical college. 4 diseases – congenital hypothyroidism, congenital adrenal hyperplasia, Biotinidase deficiency and galactosemia are included in the newborn screening test.

*Dr. Mohd. Naseem*  
DR. MOHD. NASEEM

Associate Professor & Head

Department of Pediatrics

MGM Medical College & Hospital, Aurangabad

*Dr. Engade M. B.*  
DR. ENGADE M. B.  
MBBS, DCH, MD

Associate Professor Dept. of Pediatrics  
MGM Medical College & Hospital A'bad.  
Reg. No. 1E02/03/2002





MEDICAL COLLEGE AND HOSPITAL

N-6 Cidco, Aurangabad 431 003

Tel: 0240- 6601100, 2484693, 2483401, Fax No.2484445, 2487727,

Ref.No.MGM/Ped/2019 / 276

Date: 02/12/2019

To  
The HOD

MGM Medical College,  
Aurangabad.

Subject : Invitation for Newborn Screening Test Launch .

Respected Madam/Sir,

Department of Pediatrics & OBGY invite you & Faculty Members for Awareness Session & Launch for **"Newborn Screening Test"** for Prevention of 4 Genetic diseases.

We request you to kindly grace the occasion.

Thanking you,

(Dr. Lakshmi Rachakonda)

Head  
Dr. Lakshmi Rachakonda  
Department of OBGY (OBGY)  
Professor & HOD  
MGM Medical College & Hospital A'bad.  
Reg.No.57147

(Dr Madhuri Engade )

Head  
Department of Pediatric

Dr. Engade M. B.

MBBS,DCH, MD

Associate Professor : Dept. of Pediatrics  
MGM Medical College & Hospital, A'bad.

Reg.No. 5703/2002

Date : 03/12/2019

Venue : OBGY Seminar Hall, MGM Medical College,  
Aurangabad.

Time : 12 noon

Date: 03/12/2019.

Sub: Invitation for Newborn Screening Test Launch.

Sr.No.	Department	Signature	Name
1	Anatomy		Kumar S.S.
2	Physiology		Dr. Shinde P.U.
3	Biochemistry		More R.D.
4	Pharmacology		S.C. Wajal
5	Pathology		Kulkarni
6	Microbiology		Sunita
7	FMT		V.N.A.
8	Community Medicine (PSM)		Lavhale V.C.
9	Medicine		MR. AMER K.F.
10	TB & Chest		Shashi Kale
11	Skin & V.D.		Sanyal
12	Psychiatry		P. Wagh
13	Surgery		Pravin Shahane
14	ENT		A.
15	Ophthalmology		W. Shakhajoshi
16	Orthopaedics		Rahul P. D.
17	Anaesthesia		D. H. D.
18	Radiology		Dr. Aparna Pandav
19	Paediatrics		
20	OBGY		A.
21	Dentistry		
22	CVTS		Cheriyan
23	Cardiology		R. G. D.
24	Nephrology		R. G. D.
25	Urology		V. S. D.
26	Plastic Surgery		
	Dy. Dean		Pravin Shahane
	CMS,		
	MS		P.S. B. D.
	Dy. Registrar,		
	Academic Admin		

MS-2

Karan





MGM Medical College, Hospital Aurangabad  
Department of Pediatrics & OBGY

**"Newborn Screening Test"**

Venue : OBGY Seminar Hall, MGM Medical College, Aurangabad. Date : 03-12-2019

Sr.No.	Name	Sign
1	Dr Suvama Magar	Smagar
2	Dr Lakshmi Kachkonde	YK
3	Dr Angeli V. Kale	Angel
4	Dr. Jyoti T.	Jyoti
5	Dr. Gauri Dink	Gauri
6	Dr Gauri Bapat	GBapat
7	Dr. Sanita Khute	Sanita
8	Dr. Rawte Suresh	Rawte
9	Dr Akshay Jagtap	Akshay
10	Dr. Neha Kachroo	Neha
11	Dr. Anurita Laya	Anurita
12	Dr. Mushti Agrawal	Mushti
13	Dr. Anish Tamsak	Anish
14	Jyoti Thorat	Jyoti
15	Ramni Jayale	Ramni
16	Pharti Dabhele	Pharti old Rad...
17	Dr. Urash	Urash
18	Dr. Sachin Wagh	Sachin
19	Dr. Beekumprab	Beekumprab
20	Dr. Shazia Shaheen	Shazia
21	Dr. Dhruv Desai	Ddesai
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MEDICAL COLLEGE AND HOSPITAL

N-6 Cidco, Aurangabad 431 003

Tel: 0240- 6601100, 2484693, 2483401, Fax No.2484445, 2487727,

Ref.No.MGM/Ped/2019 /

Date: 03/12/2019

Venue : OBGY Seminar Hall, MGM Medical College, Aurangabad. Time : 12 noon

“Newborn Screening Test Launch”

Sr. No.	Name	Sign
1	मुक्ता कारभारी मंद	
2	सुमन गाजेर	गाजेर
3	Vishal Chav Pathare	
4	उषा पिपळे	उषा
5	रंजिता	रंजिता
6	लता	लता
7	Varsha Sandeep Pate	Varsha
8	इंदुबाई उत्तम शेजवळ	इंदुबाई
9	विमल	
10	अजली	
11	Priyanka	
12	लता	
13	सोमिया	
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