

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/01(A)

Date: 09/01/2020

REPORT ON CANCER AWARENESS PROGRAMME FOR WOMEN

Year of Camp – 2020

Date of Health Camp – 07/01/2020

Name of the Activity – Cancer Awareness Programme for Women

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 01

Total no. of IPD – 35

Total no. of OPD – 200

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

Health camp organized by Index Medical College at the venue **Anganwadi Centre, Akbarpur, (M.P)**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Index Medical College organized the Cancer Awareness Programme to educate the girl students and women residents of the locality where health camp took place.

Brief report on completion of Activities:

The programme began with a welcome speech by Dr. Pooja Deodhar (HOD & Professor; Department of Gynaecology). She emphasized in her speech the importance of knowing about breast cancer, its prevention and utilization of awareness programs by women in the community and appreciated the effort of students for organizing an awareness program. A role play on warning signs, symptoms and diagnosis was performed by students of Gynaecology dept. and they further explained the causes,


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stages, clinical features, early diagnosis and the management which was followed by a demonstration of self-breast examination using breast model. Dr. Pooja Deodhar, further explained on the importance of screening tests for the early detection of breast cancer. The elaborate presentation covered aspects like: Probable Symptoms that cause breast cancer, ways to identify it in early stages to be cured off like Dimpling, Puckering, Stretching pain in the back, retracted nipple etc. She further insisted that any woman can get breast cancer irrespective of their family history. The speaker said that breast cancer can be cured if treatment is provided at the right time. She also threw light upon the symptoms of breast cancer and the preventive measures to be taken in order to reduce the risk of this disease.

The factors causing cancer are genetic, physiological, dietary, environmental and life style. They suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc.

Later on, they briefed the participants on methods of early detection and curative measures. Showing demonstrative clippings they explained about Self Breast Examination (SBE), clinical Tests, mammography and ultra sound scanning. They advised the girl-students to be conservative, follow healthy food containing fibrous rich foods with Vitamin A, E and C, Beta carotenes and selenium supplements. They wrapped up their presentations with a discussion of the painful treatment process like surgery which is often followed by radiation to melt the malignant lumps. Psychological rehabilitation of affected patients through chemotherapy and re-breast construction with silicon support was discussed with video clippings. All the participants congratulated the faculty and students for their initiative to create awareness among women regarding this deadly disease.

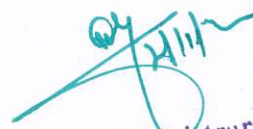
Everyone appreciated the program and opined that these kinds of programs are very useful and should be conducted frequently. The programme ended with a vote of thanks by Faculty and students of Index Medical College Hospital & Research Centre to the participants present in the camp. General public about 200 people participated in the program. The local people and women who attended the camp expressed that the program was very useful & informative to the community. The camp proved to be awareness imparting and thought-provoking for everyone. Such type of program should be conducted more in the future. The event proved out to be a huge success.



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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2020/02(A)

Date: 10/01/2020

**Report on Adolescent Health celebration camp at Government Primary
School, Matmore, Dewas**

Year of Camp – 2020

Date of Health Camp – 08/01/2020

Name of the Activity – Adolescent Health celebration camp

**Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research
Centre**

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 01

Total no. of IPD – 40

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. T.B & Chest
10. Community Medicine

Details of the Camp Organized:

Camp was organized at **Government Primary School, Matmore, Dewas**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology and other specialities for diagnosis of anemic patients. Camp was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.

Brief report on completion of Activities:


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Activities to increase awareness about adolescent health & development issues and to dispel various myths and misconceptions regarding various issues particularly related to Nutrition, Mental Health, Sexual & Reproductive Health and Menstruation etc. apart from various important adolescent issues plaguing the State in particular Substance Misuse, teenage pregnancy besides the increasingly relevant issue of Anemia and malnutrition were undertaken by the medicos and faculty of Index Medical College Hospital & Research Centre.


The topics for the programme were: physical, cognitive and emotional changes in an adolescent child, nutritional management, menstrual hygiene and stress management in adolescents. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The topics were dealt by faculty of Department of Community Medicine. Camp was organized for adolescent girls (age: - 14-19) for screenings of anemia, menstrual hygiene and counseling for family planning. Around 100 adolescent girls were educated about the importance of hygiene during menstruation, use sanitary pads & not cloths and reach to nearest PHC centre for any irregularities in menstruation, excessive pain, heavy bleeding, excessive white discharge and foul smelling discharge.


Girls were also examined for signs of anemia like polar in lower palpebral conjunctiva, palms & tongue and asked for fatigueness & weakness. They were advised for intake of iron rich food like consuming green leafy vegetable, jaggery, dates, beets roots etc. Sanitary pads & Iron folic acid tablets were distributed. They were further counseled about the use of contraceptives and risk of acquiring STDs and unwanted pregnancy. Adolescent girls were also advised about family planning and conceiving after 20 years of age and to maintain at least 3 years of gap between two pregnancies and to maintain a small healthy family. They were educated about usage of Oral contraceptive Pills.

Main themes covered during the Adolescent Camps are:-

1. Life Skills and Personal development
2. Child Rights
3. Health, Hygiene and Nutrients
4. Gender equality
5. Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
6. Awareness on AIDS
7. Sexual abuse and child trafficking
8. Social awareness
9. Yoga and Pranayama

Health camp was successful and completed with its targeted goals of educating people and giving free consultation and treatment. This health camp ended at 02:00 p.m with great success.


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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2020/03(A)

Date: 10/01/2020

Report of the General Health Check-up camp at Gram
Panchayat, Borekhaliya, Dewas

Year of Camp – 2020

Date of Health Camp – 09/01/2020

Name of the Activity – General Health Check –up camp at Gram Panchayat, Borekhaliya, Dewas

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 01

Total no. of IPD – 30

Total no. of OPD – 250

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D


Details of the Camp Organized:

A free medical general health check-up camp was organized by the Index Medical College Hospital & Research Centre at the venue **Gram Panchayat, Borekhaliya, Dewas**

All the staff along with required accessories and medications left the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated at scheduled time and screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

- Given prescription for suitable medication and provided some medication for immediate use


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- Referred to our hospital for further diagnosis, surgery or treatment
- Referred to nearest hospital for immediate treatment and care

Brief report on completion of Activities:

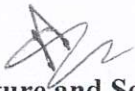
Patients were rendered with services like free physical examination along with free blood sugar and blood pressure tests conducted by doctors. Doctors advised the patients with various medicines and consultancy during the camp. P.G. residents of ophthalmology department diagnosed significant no. of cataract cases which were referred to Index Medical College for further investigation. Many of the patients attending the camp were diagnosed with dermatological problems which were quite common among people due to living in congested and unhygienic atmosphere. Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment. People were educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.

During the health camp the most common health related problems or diseases that were diagnosed were dizziness, giddiness, abscess, rashes, itching, fever, back pain, joint pain, headache, abdominal pain, body ache, worm infestation, anemia, loose motion, weakness, unusual sweating, discharge from ear and hypertension. Free medicines were dispensed. Main complaints among the adult population were related to back pain and knee pain and were treated symptomatically.

There were several medicines dispensed among the patients during the health camps. These medicines were – Cefixime tablets, Paracetamol tablets, Ciprofloxacin hydrochloride tablets, Albendazole tablets, Centriline tablets and Amoxicillin capsules, Calcium with vitamin D3 tablets, Povidone iodine ointment and ORS.

Young adolescent girls were given talks regarding menstruation and menstrual hygiene and young boys were given advice on how to maintain general hygiene and on awareness about substance abuse. The patients were advised to take healthy foods that were rich in Vitamin B, potassium, magnesium and fibre.

For this health camp, total number of OPDs reported is 200 and total no. of IPDs reported is 26. Doctors and residents of different specialties from Index Medical College and Hospital examined the patient with different disease and problems and recommended them the medication as applicable to them during this health camp and the camp ended at 02:00 p.m. with great success.


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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2020/04(A)

Date: 11/01/2020

Report on Eye Check-up Camp

Year of Camp – 2020

Date of Health Camp – 10/01/2020

Name of the Activity – Eye Check-up Camp

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 07

Number of faculties participated in such activities – 01

Total no. of IPD – 40

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Obstetrics & Gynaecology
4. Paediatrics
5. Ophthalmology
6. ENT

Details of the Camp Organized:

A free medical health check-up visit was organized by faculty & students of Index Medical College at **Manpur, Indore**. Eye check-up Camp highlighted on the awareness about eye disorders, their early detection and to detect refractive errors and eye ailments. All the staffs & Students along with required accessories and medications left the hospital premise in the morning at 07:30 a.m via Medical College bus and reached the venue. The team arrived at the camp station in the morning. As all the duties were pre-assigned so quickly registration desk was set and certain rooms were identified (Visual Acuity, Refraction, Screening and Pharmacy or Room for Medicine). Registration of the patients was done outside the Refraction room, after which the patients were sent to the Refraction room for Visual Acuity. After taking vision, the patients were referred to another room for doctor's examination and then to Refraction room if required.

Brief report on completion of Activities:

Faculty and students of Department of Ophthalmology has organized a free eye checkup activity under social camps and surveillance. An eye examination was carried out by an optometrist and


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usually took about 20-30 minutes. Sometimes it took longer if extra tests needed, but this was to make sure that whenever there was some eye problem or not. As well as testing the eye sight, the optometrist also checked the health of the eyes and looked for signs of general health problems.

At the start of the eye examination, the optometrist asked why the patient asked for having the eyes examined, whether it is a routine check-up or if they have come for a specific reason. If they are experiencing problems with the eyes or vision, the optometrist would need to know what symptoms they experienced, how long they have had them and whether any changes has happened suddenly or slowly over a period of time. The optometrist would also need to know about the general health including any medication you are taking, whether you suffer from headaches, or have any close relatives with a history of eye problems.

While examining the eyes both outside and inside, it would allow the optometrist to assess the health of the eyes and would help in identifying any other underlying medical problems. The interior of the eye will be examined using an ophthalmoscope, a special torch which shines a light through the pupil allowing a detailed study of the internal structures. The pupil reflexes are also tested. In this test following categories are examined:


- Vision
- Eye movements and co-ordination
- Choosing glasses or contact lenses

After the eye examination, the optometrist has now detailed knowledge of the health of the eyes, the standard of the vision and any special requirements that any patients may have and if he needs further advanced medical treatment for an eye condition you may be referred to the doctors' at Index Medical College hospital & Research Centre.


Overall Findings:


- Patients Examination: Total 400 patients who were registered at registration desk were examined for eye diseases.
- Surgeries: A total of 10 patients were diagnosed for cataracts that were referred to Index hospital for further investigations and where they will be operated by consultant ophthalmologist.
- Medicines: Total 100 patients were prescribed medicines which were provided free.
- Glasses: Glasses were prescribed to the needy patients after being properly refracted by optometrist.

The visit to Manpur for camp was successfully conducted and students & faculty returned at 5:00 p.m.


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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2020/05(A)

Date: 14/01/2020

Report on Diabetes Check-up Camp at Secondary School, Punjapura, Dewas

Year of Camp – 2020

Date of Health Camp – 13/01/2020

Name of the Activity – Diabetes Check-up Camp at Secondary School, Punjapura, Dewas

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 01

Total no. of IPD – 25

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

A free health camp was organized by Index Medical College & Hospital. This camp was organized at **Secondary School, Punjapura, Dewas**. Faculty, Interns & P.G. students of Index Medical College reached the venue and examined the patients arrived for free consultation for their problems. All the staff along with required accessories and medications left the hospital premise in the morning at 09:30 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated at scheduled time of 11:00 a.m and after inauguration screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

Brief report on completion of Activities:


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Index Medical College Hospital & Research Centre conducted "Diabetes Check up Camp" on 17th February 2022. All the faculty, Staff and Workers have been part of this program. World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. The camp drew attention to issues of paramount importance to the diabetes and health issues related to diabetes firmly to the public who visited the camp.


The diabetes camp consisted of many planned activities including medical education lectures, discussions provided by diabetes educators, dieticians, physicians and exercise educators. Blood glucose was tested for each camper. All participants kept individual records about their food choices, physical activity, and blood glucose levels and received counseling if their blood glucose level was off-target. The participants were asked to keep a diabetes diary and write a daily list of goals or promises about diabetes self-management before bed. For patients using insulin, instructions were given how to adjust the insulin dose before each meal. There were physicians who supervised the participants for their actions during medical emergency.

The Diabetes Check-up Camp aimed at:


- Explaining in detail on signs and symptoms of diabetes, risk factors, management and its prevention
- To promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue
- The campaign is represented by a blue circle logo, global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

Most other patients who attended the camp had cough/cold, suffered with gastric troubles and arthralgia. The doctors advised precautions, exercises and prescribed medication for the same. They also suggested the patients to increase intake of edible that contain minerals, vitamins and fibers like fresh fruits, vegetables etc.

Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 03:00 p.m. with great success. Students were highly motivated and encouraged by their teachers from respective departments.


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(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2020/02A

Date: 25/01/2020

Report on Health Check-up and No Tobacco Campaign at Govt. Hospital, Badwani

Year of Camp – 2020

Date of Health Camp – 24/01/2020

Name of the Activity – Health check-up and No Tobacco Campaign at Govt. Hospital, Badwani

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 09

Number of faculties participated in such activities – 02

Total no. of IPD – 80

Total no. of OPD – 800

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

A free health camp was organized by Index Medical College, Hospital & Research centre. This camp was organized at at **Govt. Hospital, Badwani.**

Brief report on completion of Activities:

Faculty, Interns & P.G. students of Index Medical College reached the venue and examined the patients arrived for free consultation for their problems. The vital subject of the event was to focus on "SAY NO TO TOBACCO" which witnessed participation of around 800 people. The program started with an awareness talk by the post-graduate students of Psychiatry and Public Health dentistry department with an objective to highlight the health risks associated with tobacco use and to quit tobacco consumption. During the camp, information leaflets regarding the ill effects of tobacco use


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were distributed among the public. The leaflets depicted the various types of tobacco used, ill effects of tobacco; steps to reduce tobacco consumption and how to get prepare to quit the tobacco.

A talk by students also made the people aware that tobacco consumption is not cool and public has to realize the same. They also tried to focus on men who are forced to smoke, by peers. Through the speech, student highlighted some gruesome facts such as tobacco kills more than 7 million people every year in the world.

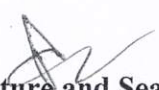
Doctors made the people aware using any kind of tobacco product is unsafe, especially for kids, teens, and young adults. But worldwide, at least 14 million young people age 13 to 15 currently use tobacco products which includes Tobacco products—like cigarettes, smokeless tobacco and most e-cigarettes—contain nicotine, which is an addictive drug. Being exposed to nicotine can also harm brain development, which continues through the teen years and up to age 25. Exposure to nicotine during these important years can harm the parts of the brain that control attention, learning, mood and impulse control.

Preventive measures taken to stop children, teenagers, and young adults from trying and using tobacco products:-

- Talk to kids about the harms of tobacco products, including e-cigarettes
- Know what children watch and talk about tobacco use onscreen
- Tell kids that you expect them not to use tobacco products, or to stop using them
- Refuse to give tobacco products to kids, teens, or young adults
- Work to limit tobacco product advertising
- Use strategies to prevent and reduce tobacco use, like tobacco price increases, hard-hitting media campaigns, adopting comprehensive smoke-free laws, licensing tobacco sellers, and limiting where tobacco products can be sold
- Provide barrier-free access to treatments proven to help people quitting the tobacco


A free dental checkup was also organized and the patients were screened for dental problems by dental students who were present in the camp. Investigations like blood pressure and random blood sugar were also performed. Free of cost medicines and toothpastes were distributed to the patients. Oral health Education as well as proper tooth brushing technique was demonstrated for maintaining good oral hygiene. Patients requiring further treatment were referred to Index Dental College, accordingly.

Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 4:00 p.m. with great success.


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(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MP/2020/07(A)

Date: 30/01/2020

**REPORT ON CANCER AWARENESS PROGRAMME FOR WOMEN AT 122/44 NORTH
TODA, DURGA CHOUK, INDORE**

Year of Camp – 2020

Date of Health Camp – 29/01/2020

Name of the Activity – Cancer Awareness Programme for Women

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 08

Number of faculties participated in such activities – 01

Total no. of IPD – 26

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

Health camp was organized by Index Medical College at the venue **122/44 North Toda, Durga Chouk, Indore (M.P.)**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Index Medical College organized the Cancer Awareness Programme to educate the girl students and women residents of the locality where health camp took place.

Brief report on completion of Activities:

The programme began with a welcome speech by Dr. Pooja Deodhar (HOD & Professor; Department of Gynaecology). She emphasized in her speech the importance of knowing about breast cancer, its prevention and utilization of awareness programs by women in the community and appreciated the


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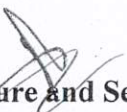

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effort of students for organizing an awareness program. A role play on warning signs, symptoms and diagnosis was performed by students of Gynaecology dept. and they further explained the causes, stages, clinical features, early diagnosis and the management which was followed by a demonstration of self-breast examination using breast model. Dr. Pooja Deodhar, further explained on the importance of screening tests for the early detection of breast cancer. The elaborate presentation covered aspects like: Probable Symptoms that cause breast cancer, ways to identify it in early stages to be cured off like Dimpling, Puckering, Stretching pain in the back, retracted nipple etc. She further insisted that any woman can get breast cancer irrespective of their family history. The speaker said that breast cancer can be cured if treatment is provided at the right time. She also threw light upon the symptoms of breast cancer and the preventive measures to be taken in order to reduce the risk of this disease.

The factors causing cancer are genetic, physiological, dietary, environmental and life style. They suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc.

Later on, they briefed the participants on methods of early detection and curative measures. Showing demonstrative clippings they explained about Self Breast Examination (SBE), clinical Tests, mammography and ultra sound scanning. They advised the girl-students to be conservative, follow healthy food containing fibrous rich foods with Vitamin A, E and C, Beta carotenes and selenium supplements. They wrapped up their presentations with a discussion of the painful treatment process like surgery which is often followed by radiation to melt the malignant lumps. Psychological rehabilitation of affected patients through chemotherapy and re-breast construction with silicon support was discussed with video clippings. All the participants congratulated the faculty and students for their initiative to create awareness among women regarding this deadly disease.

Everyone appreciated the program and opined that these kinds of programs are very useful and should be conducted frequently. The programme ended with a vote of thanks by Faculty and students of Index Medical College Hospital & Research Centre to the participants present in the camp. General public about 300 people participated in the program. The local people and women who attended the camp expressed that the program was very useful & informative to the community. The camp proved to be awareness imparting and thought-provoking for everyone. Such type of program should be conducted more in the future. The event proved out to be a huge success.


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INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE

(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MRI/2020/09(A)

Date: 28/02/2020

Report on Adolescent Health celebration camp at Utthan Bhavan Khedapati Hanuman Mandir, Bairang Nagar, Sirpur Dhar Road, Indore (M.P.)

Year of Camp – 2020

Date of Health Camp – 27/02/2020

Name of the Activity – Adolescent Health celebration camp

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 08

Number of faculties participated in such activities – 01

Total no. of IPD – 28

Total no. of OPD – 300


Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. T.B & Chest
10. Community Medicine

Details of the Camp Organized:

Health camp was organized by Index Medical College at the venue **Utthan Bhavan Khedapati Hanuman Mandir, Bairang Nagar, Sirpur Dhar Road, Indore (M.P.)**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology, Lab technician & pharmacist for diagnosis of anemic patients. It was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.

Brief report on completion of Activities:


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Activities to increase awareness about adolescent health & development issues and to dispel various myths and misconceptions regarding various issues particularly related to Nutrition, Mental Health, Sexual & Reproductive Health and Menstruation etc. apart from various important adolescent issues plaguing the State in particular Substance Misuse, teenage pregnancy besides the increasingly relevant issue of Anemia and malnutrition were undertaken by the medicos and faculty of Index Medical College Hospital & Research Centre.

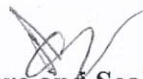
Main themes covered during the Adolescent Camps were:-

1. Life Skills and Personal development
2. Child Rights
3. Health, Hygiene and Nutrients
4. Gender equality
5. Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
6. Awareness on AIDS
7. Sexual abuse and child trafficking
8. Social awareness
9. Yoga and Pranayama

The topics for the programme were: physical, cognitive and emotional changes in an adolescent child, nutritional management, menstrual hygiene and stress management in adolescents. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The topics were dealt by faculty of Department of Community Medicine. Camp was organized for adolescent girls (age: 14-19) for screenings of anemia, menstrual hygiene and counseling for family planning. Around 200 adolescent girls were educated about the importance of hygiene during menstruation, use sanitary pads & not cloths and reach to nearest PHC centre for any irregularities in menstruation, excessive pain, heavy bleeding, excessive white discharge and foul smelling discharge.

Girls were also examined for signs of anemia like polar in lower palpebral conjunctiva, palms & tongue and asked for fatigueness & weakness. They were advised for intake of iron rich food like consuming green leafy vegetable, jaggery, dates, beets roots etc. Sanitary pads & Iron folic acid tablets were distributed. They were further counseled about the use of contraceptives and risk of acquiring STDs and unwanted pregnancy. Adolescent girls were also advised about family planning and conceiving after 20 years of age and to maintain at least 3 years of gap between two pregnancies and to maintain a small healthy family. They were educated about usage of Oral contraceptive Pills.

Health camp was successful and completed with its targeted goals of educating people and giving free consultation and treatment. This health camp ended at 02:00 p.m with great success.


Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)


Medical Superintendent
IMCHRC

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE

(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2020/08(A)

Date: 24/02/2020

**Report on Breastfeeding – Public Awareness Program at Juna Rishala near
Badi Masjid, Indore (M.P.)**

Year of Camp – 2022

Date of Health Camp – 22/02/2020

**Name of the Activity – Breastfeeding – Public Awareness Program at Juna Rishala near Badi
Masjid, Indore (M.P.)**

**Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research
Centre**

Numbers of Students Participated in such Activities – 08

Number of faculties participated in such activities – 01

Total no. of IPD – 28


Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Obstetrics & Gynaecology
4. Paediatrics
5. Ophthalmology
6. ENT
7. Community Medicine
8. Nursing Staff

Details of the Camp Organized: Camp was organized at **Juna Rishala near Badi Masjid, Indore (M.P.)**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Breastfeeding Awareness Camp highlighted on the science behind breastfeeding and climate change. Therefore, breastfeeding should be promoted and formula milk should be discouraged. Doctors were able to sensitize postnatal mothers on breastfeeding and its importance in the hospital and community. They also provided lactation counseling to postnatal mothers during this week.

Brief report on completion of Activities:


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The Department of Obstetrics and Gynaecology (OBG) and Community Medicine, Index Medical College Hospital and Research Centre observed 'Breastfeeding Week' from 22nd to 27th March 2020 on the theme "Breastfeeding – Public Awareness Program".

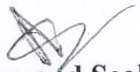
Adequate nutrition in infancy and early childhood has been established to be an essential requirement for optimal growth and development and also promote the health and behavior of the child. Breastfeeding has been unparalleled as an ideal food for optimal growth and development of infants and held as an integral part of reproductive process with enormous health benefits to the mother and infant. The activity started with sensitization of mothers on the theme of the breastfeeding week and importance of breastfeeding to the child, mother, community and environment.

- Benefits of breastfeeding to the mothers, father, child, community and environment
- Myths and facts about breastfeeding
- Steps on efficient breastfeeding

The event strives to attach invaluable significance to the power of breastfeeding in enhancing child health and development and lowering infant mortality through the provision of good nutrition and protection from cancers of the breast and ovaries. The World Health Assembly has targeted achieving 50% exclusive breastfeeding in the first six months of the child by 2025. The Ministry of Health and Family Welfare, Government of India, has also initiated and launched a national breastfeeding promotion program, MAA (Mothers' Absolute Affection) under "Strategic approach to Reproductive Maternal, Newborn, Child, and Adolescent Health" to improve infant and young child feeding. Breastfeeding will be a successful endeavour when it is seen as a part of the family culture rather than the sole responsibility of the mother or woman.

A health awareness talk was given on the topic, "The importance and do's and don'ts of breastfeeding." Doctors from Department of Gynaecology spoke about the advantage of breastfeeding, the composition of breast milk, and various positions and attachments while feeding. They also conducted demonstrations regarding positioning the baby, techniques of breastfeeding and expression of breast milk. Participants were motivated to participate in supporting and counselling members of their community to minimize the problems by initiating baby-friendly breastfeeding techniques. Doctors in the camp stressed on breastfeeding even while travelling and in public areas and to avoid pre-lacteal or formula feeding.

The program concluded with participant's expression that the sessions were informative, helpful and well organized. This health camp ended at 02:00 p.m with great success.


Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Medical Superintendent
IMCHRC


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Indore (M.P.)

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Ref. No. : IMCHRC/MR/2020/10(A)

Date: 09/03/2020

**Report on Health Education Activity at Alif Medical, 21 Firdos Nagar,
Musakhedi, Indore (M.P.)**

Year of Camp – 2020

Date of Health Camp – 07/03/2020

Name of the Activity – Health Education Activity at Alif Medical, 21 Firdos Nagar, Musakhedi, Indore (M.P)

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 02

Total no. of IPD – 30

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. T.B & Chest

Details of the Camp Organized:

Health camp was organized by Index Medical College at **Alif Medical, 21 Firdos Nagar, Musakhedi, Indore (M.P)**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology, Lab technician & pharmacist for diagnosis of anemic patients. It was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.


Medical Superintendent
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Indore (M P)

Brief report on completion of Activities:

The prime objective of this camp was to make awareness among people regarding their health and common diseases. The local people were provided with valuable information regarding uses, misuse, the optimum doses to be taken and the overall effects of antibiotics. Free physical examination along with free blood sugar, blood pressure tests were conducted by doctors. History collection including Oxygen saturation, Temperature, Pulse, Blood Pressure was taken by students of the people who arrived in the camp. They advised the patients with various medicines and consultation during the camp. They also suggested the patients to increase intake of edibles that contains minerals, vitamins and fibers like fresh fruits & vegetables. After screening, team found most of the vulnerable group is reproductive age woman of 15-45 year and pregnant woman the value was as low as 11gm/dl of Hb then the normal level after screening team advice the people for intake of Iron rich food such as jaggery, fruits, apple, date's carrot beet root & leafy vegetables pregnant woman were provided with Fe folic acid tablets.

Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment. Most of them suffered with myopic eye defect and the ones crossing the age of 65 were diagnosed with cataract problems. Patients were advised to go for cataract operation as soon as possible as these facilities are available at Index Medical college Hospital & Research Centre as well and can get discount for surgery if they register in the camp. People were also educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.

During the health camp the most common health problems disease were dizziness, giddiness, abscess, rashes, itching, fever, back pain, joint pain, headache, abdominal pain, body ache, worm infestation, anemia, loose motion, weakness, unusual sweating, discharge from ear and hypertension. P.G students demonstrated the people on hand washing technique, health talk and importance of vaccination for children and adults.


For this health camp, total number of OPDs reported is 400 and total no. of IPDs reported is 30. Camp was successfully organized and co-ordinated by faculty of Index medical college. Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 03:00 p.m. with great success. Students were highly motivated and encouraged by their teachers from Dept. of Community Medicine and other specialities.


Signature and Seal

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