

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

Ref. No. : IMCHRC/MR/2018/018(A)

Date: 15th December 2018

REPORT ON GOVERNMENT SCHOOL VISIT AT HIGHER SECONDARY SCHOOL, SIROLIYA

Year of Camp – 2018

Date of Health Camp – 13/12/2018

Name of the Activity – Government School Visit at Higher Secondary School, Siroliya

Organizing unit/Agency/Collaborating Agency – Shaskiya School at Siroliya & 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 OPD – 200

Specialities covered:-

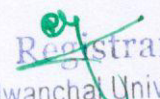
1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Final M.B.B.S Interns

Details of the Camp Organized:

A free medical health check up visit was organized by the faculty members & students of Index Medical College Hospital & Research Centre in association with **Government Higher Secondary School, Siroliya**. A visit to the government secondary school at Siroliya was organised by the P.Gs & Interns of Index Medical College. The Interns & P.Gs reached the venue by 11:00 a.m to observe the facilities and activities of the school, interact with the students and answer any queries they had. College buses were provided for their transport which reached destination at 11.00 a.m. Interns attended the morning assembly and divided themselves into pairs and attended the classes of the students. After scheduled lunch break, all the students were brought to the playground so that interns could talk to them about medical issues that are faced by their age groups.

Brief report on completion of Activities:

Index Medical College conducted school visit on 15th December, 2018. Students accompanied by two faculty members of the Department of Community Medicine made the visit. Interns took a round of


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the school campus and made an inventory of all the facilities available to the students. They paid special attention to the first aid room and training of the nurse in the medical room for the school. Interns also attended the morning assembly conducted at the school and gave a short speech on Hygiene in Daily Life. This speech emphasized on the importance of various small practices that the students could easily adopt to be adequately healthy and hygienic. Common mistakes that can pose a risk to the health of an individual were reiterated. After the assembly, interns paired themselves into groups of two and attended the classes with students. Here they observed the teaching methods of the teachers, props used by them and the facilities made available to the students for a comfortable learning session. A note of the ratio of male and female students, availability of sufficient benches, blackboard, entry of adequate sunlight and proper ventilation was made for each class. Next on the agenda was an informal talk with the students - especially the females, regarding the problems they faced and their easy solutions if possible were suggested to them. For this, interns asked the students to write down their problems and submit them in a box during the lunch break. After the break was over, students were asked to gather once again in the assembly ground where they were given *daris* to sit on. Interns then pulled out the anonymous chits and read them one by one, imparting required knowledge simultaneously until the query was resolved.

Students were concerned about a variety of issues they faced at school, home, and among their peers. Common misconceptions prevailing among the students were cleared. Further their questions & queries were answered and among them a few students were asked to talk about their entire experience with the interns. Topics like keeping their food covered, washing fruits and vegetables before use, adopting hygienic practices to cook food, proper sanitary habits, daily baths and hazards of unhygienic conditions were discussed in detail with the students. An interactive session about different problems faced by girls was then conducted. Females were encouraged to attend school regularly, eat nutritious food, monitor their health and seek medical help at appropriate times. Further, all the students were given demonstration of simple hygiene practices including the proper way of washing hands, coughing/sneezing with mouths covered, brushing their teeth, etc were also given by the students.

In this way, at the end of the day, students were motivated to adopt a better and healthier lifestyle, promising to follow the teachings of interns. By 2.00 pm in the evening the Students returned to the college after a successful health and hygiene intervention at the school. In the short span of around six hours, 200 children beneficiaries in the age group between 0-14 years among the total OPD reported for today were benefitted by the advice and regular physical examination by the doctors who visited their School. The School visit could be successfully completed only with the support of staff, faculty and organizers.


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Ref. No. IMCHRC/MR/2018/19(A)

Date: 17/12/2018

Report on Health Education Activity at Gaghangour Mata Mandir, Sanwer Road

Year of Camp – 2018

Date of Health Camp – 15/12/2018

Name of the Activity – Health Education Activity at Gaghangour Mata Mandir, Sanwer Road

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 – 300

Specialities covered:-

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

Details of the Camp Organized:

Camp was organized at Gaghangour Mata Mandir, Raja Bagh Colony near Royal Academy, Sanwer Road. 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.


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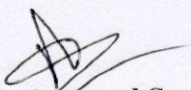
Brief report on completion of Activities:

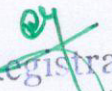
The prime objective of this camp was to make awareness among people regarding their health and common diseases. The local people were provided with valuable information regarding uses, misuse, the optimum doses to be taken and the overall effects of antibiotics. Free physical examination along with free 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 300 and total no. of IPDs reported is 40. 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 2:00 p.m. with great success. Students were highly motivated and encouraged by their teachers from Dept. of Community Medicine and other specialities.


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Ref. No. : JMCHRC/MR/2018/20(A)

Date: 24/12/2018

**Report on Community Health Check-up Initiatives at Bajrang Nagar, Mataji
Mandir, Lasudiya Mori**

Year of Camp – 2018

Date of Health Camp – 23/12/2018

Name of the Activity – Community Health Check-up Initiatives at Bajrang Nagar, Mataji Mandir,
Lasudiya Mori

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 – 36

Total no. of OPD – 320

Specialities covered:-

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

Details of the Camp Organized:

A mega superspeciality health camp was organized by Index Medical College and Lions Club of Indore at the venue **Bajrang Nagar, near Prashant Vidhya Mandir, Mataji Mandir, Lasudiya Mori**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 08:30 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated by the faculty 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
- Referred to our hospital for further diagnosis, surgery or treatment


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- Referred to nearest hospital for immediate treatment and care

The team for camp constituted of P.G. residents. They screened the young students for refractive error, scabies, vitamin A deficiency and nutrition of children and also height and weight of children were also measured. The vision of the children was measured by using snellen's chart. Those having vision less than 6/6 were referred to IMCHRC.

Brief report on completion of Activities:

Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment.

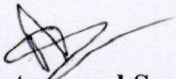
1. Visual acuity test – by using snellen's chart
2. Provided Vitamin A supplementation to the students having Bitot's spots.
3. Awareness about proper nutrition and hygiene.

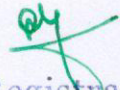
The prime objective of this camp was to make awareness among people regarding their health and common diseases. The local people were provided with valuable information regarding uses, misuse, of antibiotics. They also suggested the patients to increase intake of edibles that contains minerals, vitamins and fibers like fresh fruits & vegetables. The team members of hospital including physician, dentist, gynecologist and other P.G students of different specialties at the health camp examined and discussed various health issues with patients arrived at the camp. Free physical examination along with free blood sugar, blood pressure tests were conducted by doctors. They advised the patients with various medicines and consultation during the camp.

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.

The healthcare condition among the poor is pathetic. These people lack in quality healthcare due to increased cost, lack of doctors and medicines. Healthcare camps are the only hope for the poor people who cannot afford to pay for expensive treatments or medicines. Therefore patients are treated with proper care, love, and respect in the camps. There is no discrimination done at any stage of treatment. Healthcare camps are the only hope for the unprivileged community where their problems are heard and resolved with respect and dignity.

For this health camp, total number of OPDs reported is 320 and total no. of IPDs reported is 36. Camp was successfully organized and co-ordinated by faculty and students 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 02:00 p.m. with great success.


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