

## **1. Title of the Practice : Health camps ,Health education,Environmental awareness**

The best practices of the community medicine department are outreach activities catering wide population in vicinity of field practice area through Health camps ,Health education,Environmental awareness activities covering preventive, curative and rehabilitative aspect ,

### **2. Objectives of the Practice**

Objective: To enhance community health through outreach activities, health camps, education, and environmental awareness addressing preventive, curative, rehabilitative needs.

### **3. The Context**

Key challenges included diverse community needs, varying health awareness, cultural barriers, and ensuring accessibility, sustainability, and participation while integrating preventive, curative, and rehabilitative services within the field practice area.

### **4. The Practice**

The best practice of the department involved comprehensive community outreach activities, including health camps, health education sessions, and environmental awareness programs, which collectively addressed preventive, curative, and rehabilitative aspects of health care. Its uniqueness in the context of Indian higher education lies in the integration of academic learning with practical, community-based experiences. This approach not only strengthened students' clinical and communication skills but also instilled values of social responsibility and service. However, certain constraints were encountered, such as limited financial and human resources, logistical challenges, variable community participation, and difficulties in balancing academic schedules with continuous field engagement.

**Health Education material is prepared by our students for health awareness activities.**

**Use of digital platform like KOBO tools is done for family adoption programme survey.**

### **5. Evidence of Success**

The practice demonstrated success through increased community participation, higher attendance in health camps, improved awareness on preventive measures, and better utilization of available health services. Students gained practical exposure, communication skills, and confidence in handling public health challenges. Regular reviews showed that set outreach targets were consistently met, reflecting strong coordination between faculty, students, and community stakeholders. These results indicate that the initiative effectively integrated academic learning with meaningful community service, strengthened institutional reputation, and created a sustainable model for experiential education. Overall, it highlighted positive impacts on both student competencies and community health outcomes.

### **6. Problems Encountered and Resources Required**

Nil

## **Anganwadi Health checkup camp Paud**

**Date & Day:** -18.06.2024, TUESDAY

**Venue:** Anganwadi Paud No 1, Taluka Mulshi District Pune

Anganwadi Health check-up camp was approved by the authority of department of child and women development (Panchayat Sameeti Mulshi) and conducted by Department of Community Medicine. **40** children were screened by the specialist from pediatrics department of SUHRC **4** children were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Pediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Anganwadi Worker and Asha Worker.

**Assisted by:**

Dr. Sphurti Chate, Assistant Professor, Community Medicine

Dr. Nupur ,Senior Resident Department of Paediatric SUHRC

Mrs. Priya Pathak, Sr.Medical Social Worker, Department of Paediatric

Mr. Tukaram Pardhi, Medical Social Worker Rural Health Training Centre Maale

Mrs. Akansha Staff Nurse Department of Paediatrics

Smt. Bhagysri Joshi Anganwadi Worker Anganwadi Paud No 1

Smt. Swati Raut, Anganwadi Worker Anganwadi No 2

SMT. Kadutai Asha Worker Paud



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## **Ear, Nose and Throat Health Specialist visit**

**Date & Day:** - 11.06.2024, Tuesday

**Venue:** Rural Health Training Centre, Maale

Ear Nose Throat Health Specialist visit was conducted for **8** patients. **1** patient was referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Ear, Nose and Throat Department under the guidance of the Head of Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary Health Centre, Maale.

### **Assisted by:**

Dr: Asim Khwaja Medical Officer Primary Health Centre Maale .

Dr: Ajinky Sandbhor Assistant Professor Department of ENT SUHRC

Mr: Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.



## **Obstetrics, Gynecology Specialist visit**

**Date & Day:** -12.06.2024, Wednesday

**Venue:** Sub centre - Ambadvet

Obstetrics, Gynaecology Specialist visit was conducted for **14** ANC patients. All the patients were screened and **4** patients were referred to SUHRC for enhanced investigations related to further treatment.

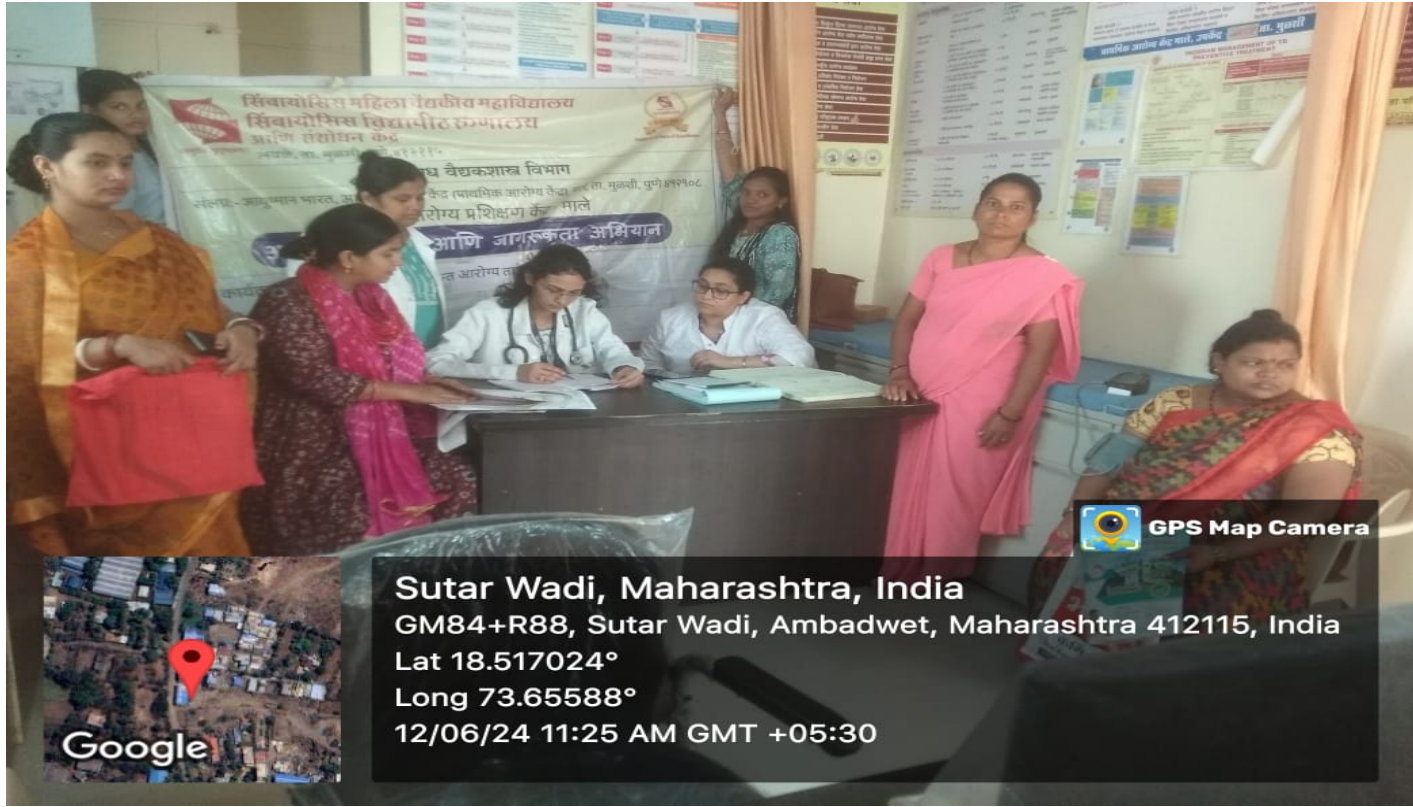
**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Department of Obstetrics, Gynaecology under the guidance of the Head of Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Sub centre Ambadvet .

**Assisted by:**

Dr.Snehal Gore (MO) Department of Obstetrician and Gynaecologist SUHRC.

Dr. Mehtaab (Intern) Department of Community Medicine .

Mr. Tukaram Pardhi, Medical Social Worker, Rural Training health Centre, Maale .



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## **Ophthalmology and Orthopaedics Health Specialist visit**

**Date & Day:** - 14.06.2024, Friday

**Venue:** Grampanchayat Bhare Tal Mulshi

Ophthalmology and Orthopaedics Health Specialists visit was conducted for **19** patients. **5** patients were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Ophthalmology and Orthopaedics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary Health Centre, Maale.

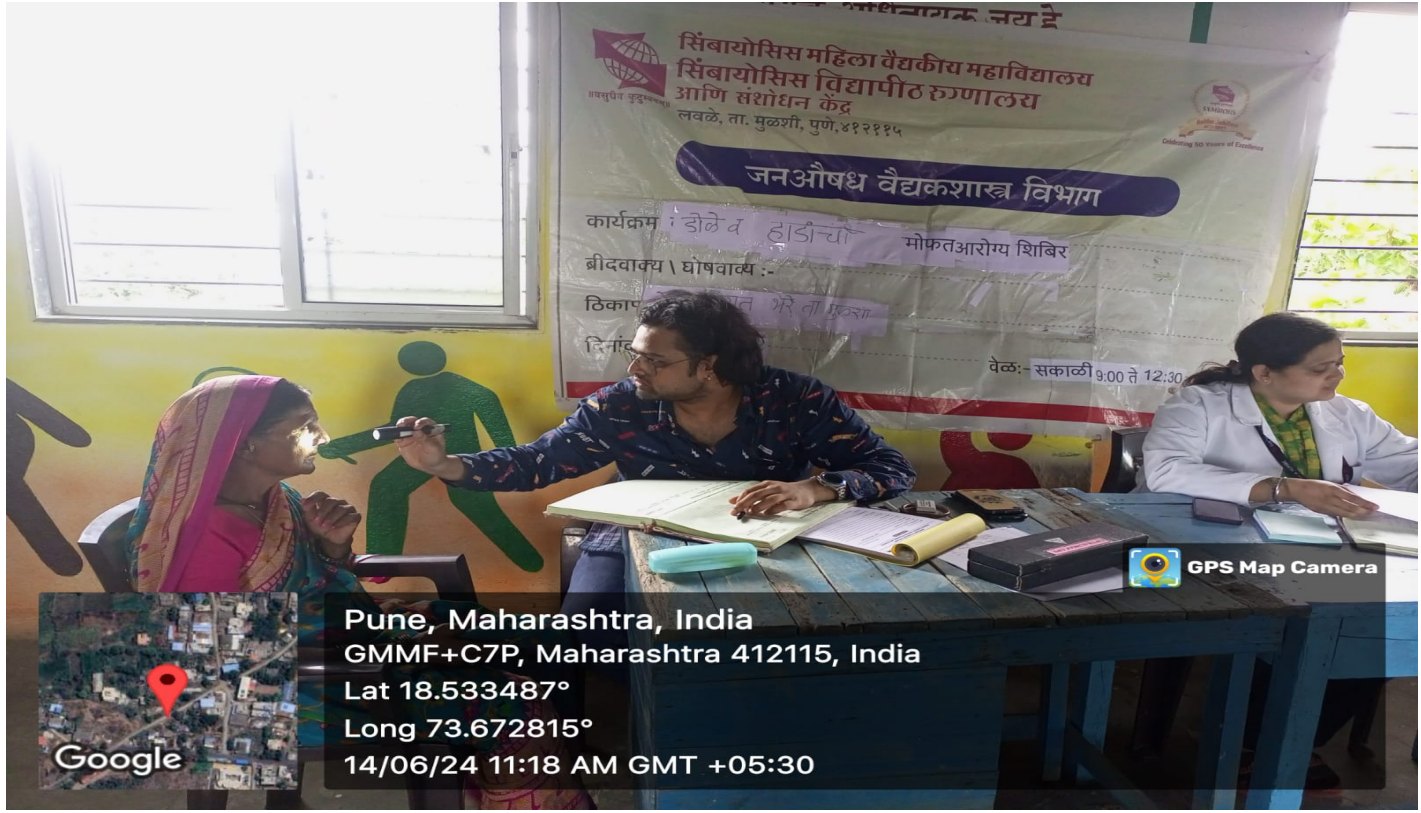
### **Assisted by:**

Dr: Pratima Deshmukh, Medical Officer Department of Orthopaedics SUHRC

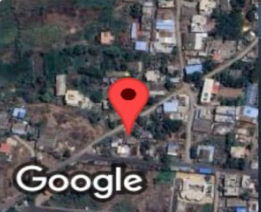
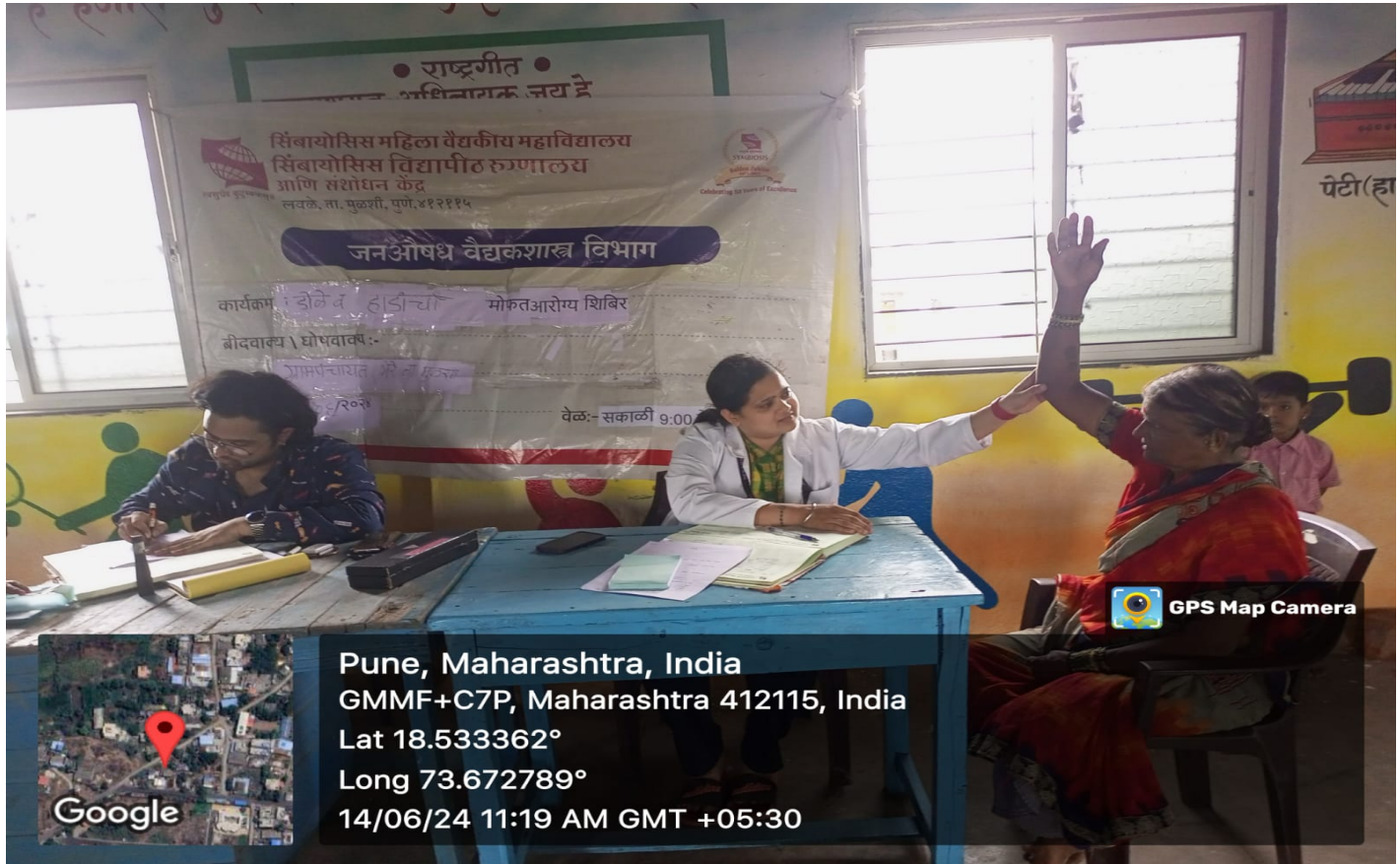
Dr: Indra Vhora Medical Officer Department of Ophthalmology, SUHRC

Dr: Mehtaab Kaur (FMG Intern from Russia) Department of Community Medicine  
SMCW

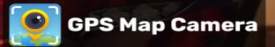
Mr: Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre,  
Maale.



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## **World Hypertension Day**

**Date & Day:** -14.06.2024, Friday

**Venue:** Grampanchayat Bhare. Tal. Mulshi.

World Hypertension Day is Observed on **17th May** to spread awareness about the hypertension issues faced by the individuals all over the world. Hypertension is very common these days and most of the people suffer from the same, due to many reasons. The society needs to be made aware about the factors which cause hypertension and hence, health education about it is a must.

**World Hypertension Day celebrated by:** RHTC Maale and Department of Community Medicine, under the guidance of the head of the Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Sub center Ambadvet.

### **Assisted & Participated:**

Dr. Shruti Holkude Community Health Officer Sub centre Ambadvet

Dr. Ravisingh Thakur Community Medicine SMCW

Dr. Mehataab Kaur (Foreign Medical Graduate Intern) Community Medicine

Mr. Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale

Smt. Monika Raut (ANM)Sub-Centre Ambadvet

Smt. Sunita Krarale Asha Worker Superwiser

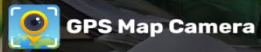
Smt. Suman Vavale Asha Worker Bhare

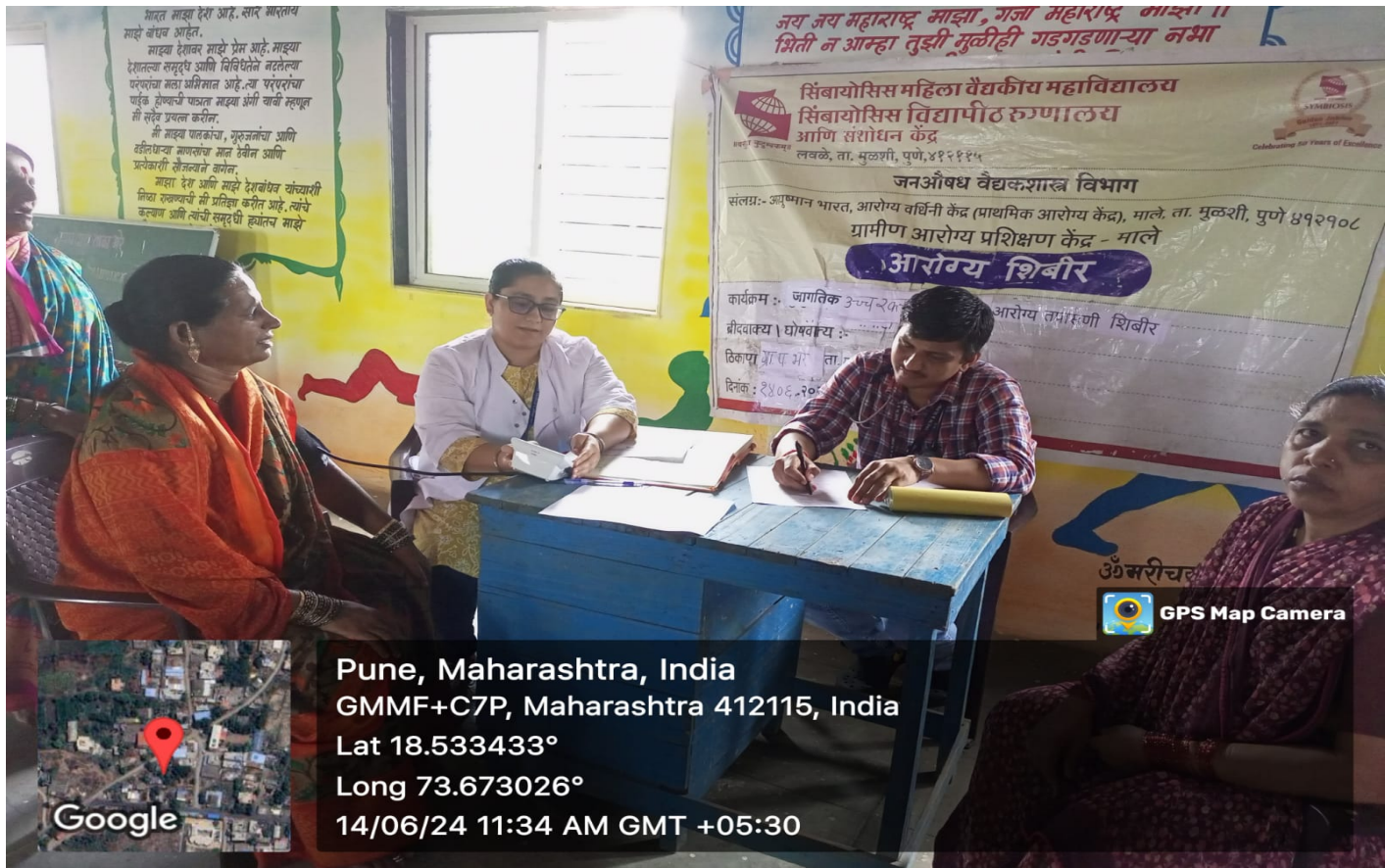


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## **World Vitiligo Day**

**Date & Day:** -27.06.2024, Friday

**Venue:** Primary health Centre Maale. Tal. Mulshi.

World Vitiligo Day was celebrated today at Primary Health Center Maale. **43** people and ASHA workers were present for this program. Out of them **7** patients were examined and out of them **2** patients were referred to Symbiosis Hospital for further treatment Dr. Deepak Dermatologist guided the attendees.

**World Hypertension Day celebrated by:** RHTC Maale and Department of Community Medicine, under the guidance of the head of the Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Sub Primary Health Centre Maale .

### **Assisted & Participated:**

Dr. Bramhanand Medical Officer Primary Health Centre Maale.

Dr. Deepak, JR Department of dermatology SUHRC.

Dr Shubhnagi Kale (Intern) Department of Dermatology SUHRC.

Dr Shradha (Intern) Department of Dermatology SUHRC.

Dr. Mehataab Kaur (Intern) Community Medicine.

Dr. Bharti Sharma ( Intern) Community Medicine.

Mr. Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.

Smt. Sunita Krarale Asha Worker Supervisor.

## **Anganwadi Health checkup camp Aandeshe Mandede**

**Date & Day:** -16.07.2024, TUESDAY

**Venue:** Anganwadi Andeshe ,Mandede,Tal Mulshi District Pune

Anganwadi Health check-up cam was approved by the authority of department of child and women development (Panchayat Sameeti Mulshi) and conducted by Department of Community Medicine. **21** children were screened by the specialist from paediatrics department of SUHRC **1** child was referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Pediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Anganwadi Worker and Asha Worker.

### **Assisted by:**

Dr. Sphurti Chate, Assistant Professor, Community Medicine

Dr. Praritksha Deshmukh M O Department of Paediatric SUHRC

Dr. Deepak JR Department of Dermatology SUHRC

Mrs. Priya Pathak, Sr.Medical Social Worker, Department of Paediatric

Mr. Tukaram Pardhi, Medical Social Worker Rural Health Training Centre Maale

Mrs. Piyali Staff Nurse Department of Pediatrics

Smt. Sonali Kandhare Anganwadi Andeshe, Mandede.



GPS Map Camera

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## **Anganwadi Health checkup camp Akole&Shere**

**Date & Day:** -02.07.2024, TUESDAY

**Venue:** Akole,Shere ,Tal Mulshi Dist Pune

Anganwadi Health check-up cam was approved by the authority of department of child and women development (Panchayat Sameeti Mulshi) and conducted by Department of Community Medicine. **19** children were screened by the specialist from pediatrics department of SUHRC **1** child was referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Pediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Anganwadi Worker and Asha Worker.

**Assisted by:**

Dr. Sphurti Chate, Assistant Professor, Community Medicin

Dr. Nupur Senior Residant Department of Paediatric SUHRC

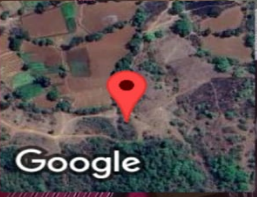
Mrs. Priya Pathak, Sr.Medical Social Worker, Department of Paediatric

Mrs. Akansha Staff Nurse Department of Paediatrics

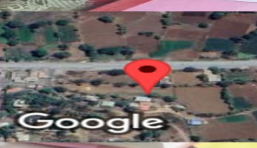
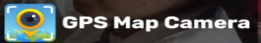
Smt. Subhadra Satpute Anganwadi Worker Anganwadi Akole

Smt. Bhalerav, Anganwadi Worker Anganwadi Shere.

SMT. Pramila Satpute Asha Worker Akole

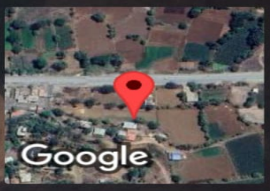


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## **Ophthalmology and Orthopedics Health Specialist visit**

**Date & Day:** - 31.07.2024, Wednesday

**Venue:** Primary Health Centre Maale

Ophthalmology and Orthopaedics Health Specialists visit was conducted for **14** patients . **2** patients were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Ophthalmology and Orthopaedics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary Health Centre, Maale.

### **Assisted by:**

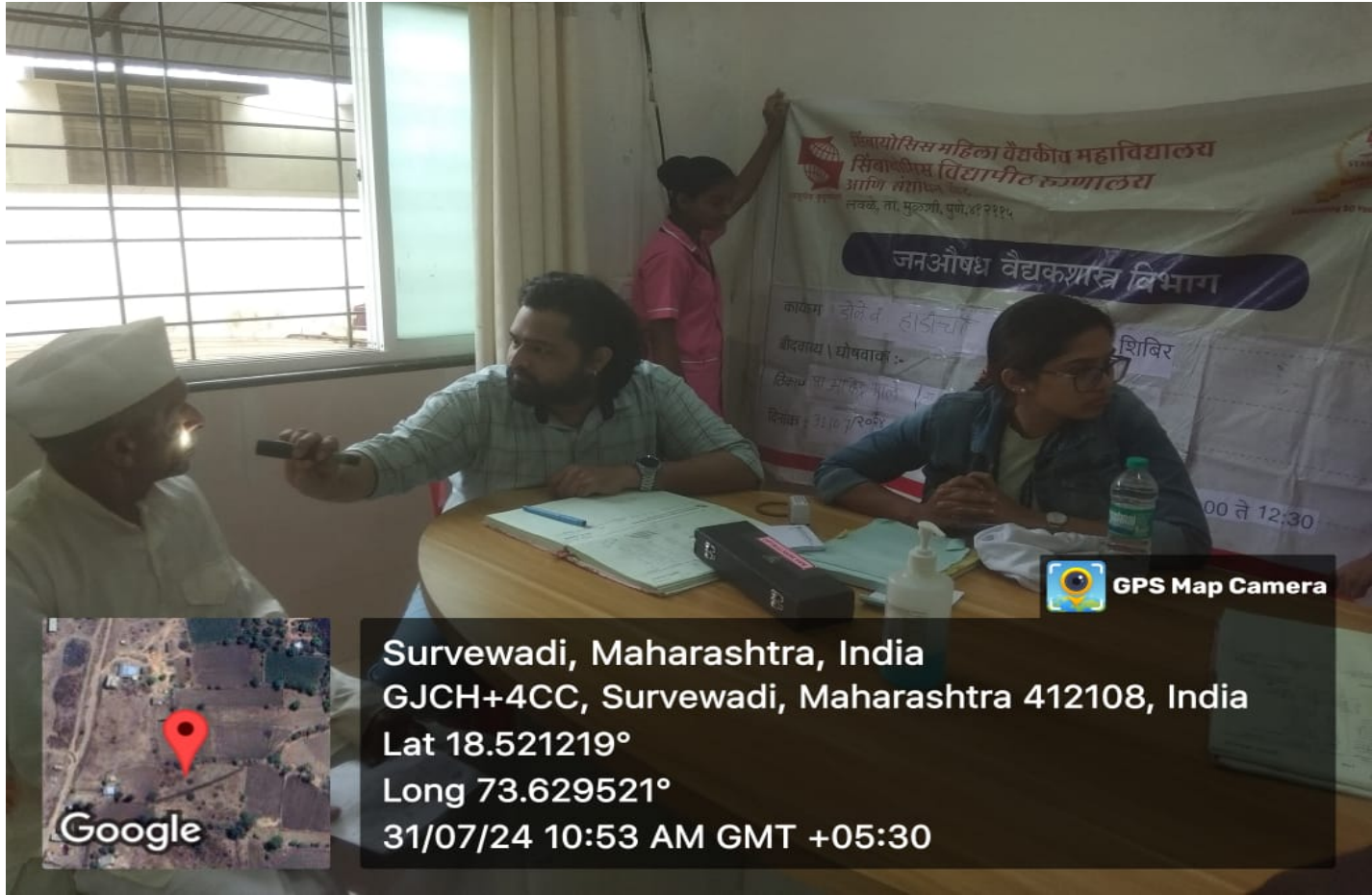
Dr: Pradnya Pathak J R Department of Orthopaedic SUHRC

Dr: Indra Vhora Medical Officer Department of Ophthalmology, SUHRC

Dr: Ruchi (FMG Intern from) Department of Community Medicine SMCW

Dr: Sobiya (FMG Intern from) Department of Community Medicine SMCW

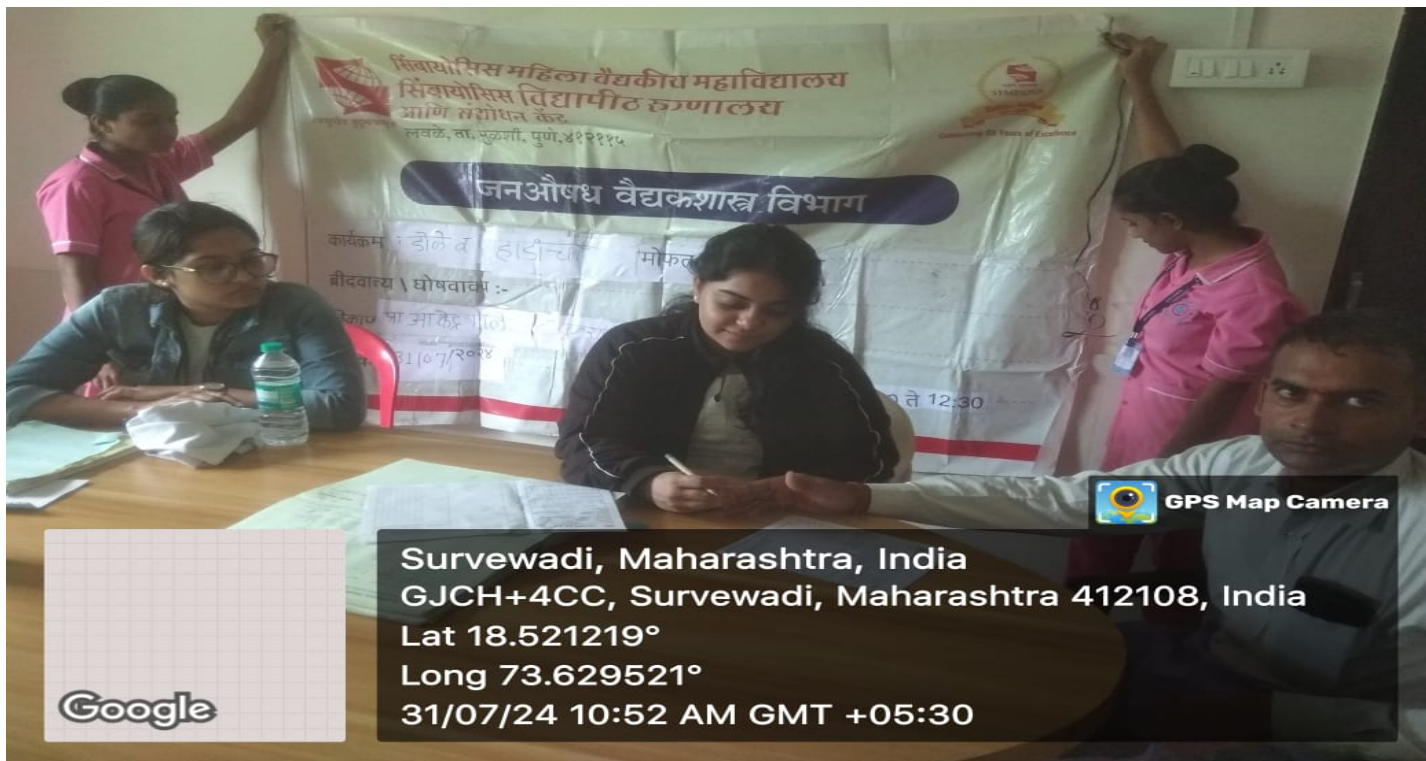
Mr: Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.



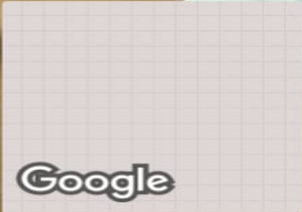
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## **World Organ Donation Activity Maale**

**Date & Day:** - 24.07.2024, Wednesday

**Venue:** Primary Health Centre Maale

A program was held at Primary Health Center Maale briefing on the Importance of Organ Donation at Maale conducted by Symbiosis Women's Medical College Dr.Spurti chate (Assistant Professor ) gave the information through the power point presentation. And at the end of the program, the participants took an oath of organ donation. **33** people actively participated in this activity.

**Health Check-up Conducted by:** RHTC Maale, Department of Community under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary Health Centre, Maale.

### **Assisted by:**

Dr. P. S. Wayal Medical Officer Primary Health centre Maale

Dr. Asim Khwaja Medical Officer Primary Health centre Maale

Dr. Sphurti Chate, Assistant Professor, Community Medicine

Dr: Namira (FMG Intern) Department of Community Medicine SMCW

Dr: Narmada (FMG Intern) Department of Community Medicine SMCW

Mr: Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.



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GPS Map Camera



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## **World breastfeeding Awareness Activity**

**Date & Day:** -13.08.2024, TUESDAY

**Venue:** Primary Health centre Maale

Breastfeeding awareness activity was conducted at Primary Health centre Maale by staff of department of community medicine and RHTC Maale. Information was disseminated to all the people gathered through the power point presentation. Around **30** people had gathered at meeting hall, who were briefed about the benefits of Breastfeeding.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Obstetrics Gynaecology with Paediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary health centre Maale.

**Assisted by:**

Dr. Dr Asim Khwaja Medical Officer Primary Health centre Maale

Dr. Kasturi J. R. Department of Obstetrician and Gynaecologist SUHRCs

Dr. Shubham Patil Medical Officer Department of Pediatrics SUHRC

Mr. Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.



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Maale, Maharashtra, India

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Long 73.515715°

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## **Obstetrics, Gynecology and Pediatrics Specialist visit**

**Date & Day:** -13.08.2024, TUESDAY

**Venue:** Primary Health centre maale

Obstetrics, Gynaecology and Paediatrics Specialist visit was conducted for **11(8** paediatric and **3** ANC patients) **2** patient were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Obstetrics Gynaecology with Pediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Sub Primary Health centre Male.

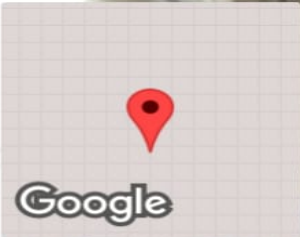
**Assisted by:**

Dr. Asim Khwaja Medical Officer Primary Health centre Maale

Dr. Kasturi J R Department of Obstetrician and Gynaecologist SUHRC

Dr. Shubham Patil Medical Officer Department of Pediatrics SUHRC

Mr. Tukaram Pardhi , Medical Social Worker, Rural Health Training Centre, Maale.



**Maale, Maharashtra, India**  
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## **Ear, Nose and Throat Health Specialist visit**

**Date & Day:** - 10.09.2024, Tuesday

**Venue:** Rural Health Training Centre, Maale

Ear Nose Throat Health Specialist visit was conducted for **19** patients. **2** patients were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Ear, Nose and Throat Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary Health Centre, Maale.

### **Assisted by:**

Dr: Dr Asim Khwaja Medical Officer Primary Health Centre Maale .

Dr: Riya Assistance Professor Department of ENT SUHRC.

Mr Sunil Gaikawad Sr. Medical Social Worker Community Medicine

Mr: Tukaram Pardhi, Sr. Medical Social Worker, Rural Health Training Centre Maale.



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GMT 05:15:33 AM

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Altitude 585 meters  
Tuesday, 10.09.2024

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Camera Lite



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GMT 05:08:43 AM

Longitude  
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Altitude 585 meters  
Tuesday, 10.09.2024

GPS Map  
Camera Lite

## **Health Camp under Family Adoption Programme at Gaware wadi, Pimploli.**

**Date & Day:** - 20.09.2024, Friday

**Venue:** Ganpati Mandir, Gaware wadi, Pimploli, Tal. Mulshi, Pune.

**Total number of students participated:** 30

Health camp was conducted under Family Adoption Programme for 2<sup>nd</sup> MBBS Batch E on 20<sup>th</sup> September 2024 in Ganpati Mandir, Gaware wadi, Pimploli, Tal. Mulshi, Pune.

Department of Community Medicine actively participated in the Health camp conducted along with Specialist doctors and ANM of SUHRC.

Check-up of 60 patients was conducted in the camp held. Required medicines were provided to the patients. A total of 15 patients were referred to SUHRC for further treatment.

Below are the patients referred to SUHRC for further investigations:

<b>General Medicine</b>	<b>Ophthalmology</b>	<b>Orthopaedics</b>	<b>Paediatric</b>	<b>ENT</b>
13	02	00	00	00

Gram Panchayat Ex-Deputy Sarphanch – Mrs. Savitai Gaware, Mr. Gangaram Matere, President of Mulshi taluka Congress with Gram panchayat body members were invited at the health camp venue.

Health Camp was coordinated by Dr. Amruta Barhate under the Guidance of Dr. Reshma Patil, Head of the Department, Community Medicine.

### **OPD Conducted by:**

Dr. Abhimanyu - Department of Orthopaedics, SUHRC

Dr. Vipul - Department of Paediatrics, SUHRC

Dr. Ravisingh Thakur – General Medicine (Department of Community Medicine) SMCW

Dr Inder – Ophthalmologist, Department of Ophthalmology, SUHRC

Dr. Niharika – ENT, SUHRC

### **Health Camp conducted by:**

Dr. Reshma Bhatane, Assistant Professor, Department of Community Medicine, SMCW

Mr. Sunil Gaikwad, Sr. MSW

Mr. Mahadeo Sonawane, Sr. MSW

Mr. Tukaram Pardhi, Sr. MSW

Ms. Aarti Thorave, Sr. MSW

Ms. Preeti Narawade, MSW

Ms. Dwarka Kumbhar, ANM

Ms. Bhagyashree Gite, ANM






 **GPS Map Camera**



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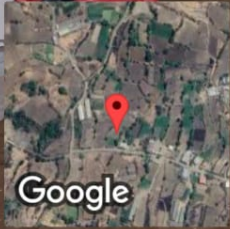
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JJ28+M5, Rihe, Maharashtra 412115, India  
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Long 73.614066°  
20/09/24 12:28 PM GMT +05:30

## **Obstetrics, Gynecology and Pediatrics Specialist visit**

**Date & Day:** -24.09.2024, Wednesday

**Venue:** Primary Health Centre Maale

Obstetrics, Gynaecology and Paediatrics Specialist visit was conducted for **11** (**08** paediatric and **3** ANC patients) 3 patient were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Obstetrics Gynaecology with Paediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Sub centre Shere.

**Assisted by:**

Dr. Aishwarya Borave Gynaecologist SUHRC

Dr. Rayanna Thengle Medical Officer SUHRC.

Ms. Preeti Narwade ,Medical Social Worker, Health Training Centre, Maale.

Mr. Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.



GGG8+G7F, Jori-patil vasti, Maale, Valane, Maharashtra 412108, India

Latitude  
18.5263804°

Local 11:50:37 AM  
GMT 06:20:37 AM

Longitude  
73.5157373°

Altitude 585 meters  
Wednesday, 25.09.2024

## **Orthopedics Health Specialist visit**

**Date & Day:** -13.09.2024, Friday

**Venue:** Primary Health Centre Maale

Ophthalmology and Orthopaedics Health Specialists visit was conducted for **18** patients **1** patients were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Ophthalmology and Orthopaedics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary Health Centre, Maale.

### **Assisted by:**


Dr: Ridhav Orthopaedic SUHRC

Dr: Bramhanand Medical Officer Primary Health Centre maale

Mr: Sunil Gaikwad Sr Medical Social Worker

Mr: Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.



 **GPS Map  
Camera Lite**

GGG8+G7F, Jori-patil vasti, Maale, Valane, Maharashtra 412108,  
India

Latitude  
18.5263788°

Longitude  
73.5157515°

Local 11:03:59 AM  
GMT 05:33:59 AM

Altitude 585 meters  
Friday, 13.09.2024

## **School and Anganwadi students' Health Check-up Camp under Family Adoption Programme at Javalgaon**

**Date & Day:** - 22.10.2024, Tuesday

**Venue:** Zilla Parishad School, Javalgaon, Tal. Mulshi, Pune.

**Total number of students participated:** 30

Health camp was conducted under Family Adoption Programme for 2<sup>nd</sup> MBBS Batch - A on 22<sup>nd</sup> October 2024 in Zilla Parishad School, Javalgaon, Tal. Mulshi, Pune.

Department of Community Medicine actively participated in the Health camp conducted along with Specialist doctors.

Check-up of 30 children was conducted in the camp held. Required medicines were provided to the children. One child was referred to SUHRC for further treatment.

Health Camp was coordinated by Dr. Amruta Barhate under the Guidance of Dr. Reshma Patil, Head of the Department, Community Medicine.

### **OPD Conducted by:**

Dr. Archana Rede - Department of Dermatology, SUHRC

Dr. Pratiksha Jadhav, Paediatrics

### **Health Camp conducted by:**

Dr. Meghana Narendran, Assistant Professor, Department of Community Medicine, SMCW

Dr. Anuj Moon

Dr. Amar Sawale

Dr. Nayan Lodha

Dr. Vaibhav

Dr. Trusha

Mr. Sunil Gaikwad, Sr. MSW

Mr. Mahadeo Sonawane, Sr. MSW

Ms. Aarti Thorave, Sr. MSW

Mr. Shriram Satav, Stenographer



 **GPS Map Camera**



Jawal, Maharashtra, India  
Hjm3+rxx, Jawal, Maharashtra 412115, India  
Lat 18.584652° Long 73.604984°  
22/10/24 11:19 AM GMT +05:30



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22/10/24 11:04 AM GMT +05:30



दिनांक :- 22 अक्टोबर 2024

वेळ :- सक


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 **GPS Map Camera**

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22/10/24 11:18 AM GMT +05:30



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 **GPS Map Camera**



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Hjm3+rxx, Jawal, Maharashtra 412115, India  
Lat 18.584652° Long 73.604984°  
22/10/24 11:48 AM GMT +05:30

## **World Diabetes Day Awareness Activity**

**Date & Day:** -06.11.2024, WEDNESDAY

**Venue:** Primary Health centre Maale

World diabetes awareness activity was conducted at Primary Health centre Maale by staff of department of community medicine and RHTC Maale. Information was disseminated to all the people & ASHA workers gathered through the power point presentation. Around **25** people had gathered at meeting hall, who were briefed about the benefits of Diabetes.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC in charge Dr. Sphurti Chate, Assistant Professor, Community Medicine with co-operation from Staff of Primary health centre Maale. Presentation Presented by Dr.Aakanksha Chitre & Dr.Snehal Ubale.

**Assisted by:**

Dr. Asim Khwaja Medical Officer Primary Health centre Maale

Dr. Ravi Singh Thakur ,Tutor, Department of Community Medicine ,SMCW

Dr. Snehal Ubale ,Foreign Medical Graduate,SMCW & SUHRC

Dr.Aakanksha Chitre, Foreign Medical Graduate,SMCW & SUHRC

Dr.Jeb Jacqwin Robertson, Foreign Medical Graduate,SMCW & SUHRC

Dr.Shirin .M.Ali , Foreign Medical Graduate,SMCW & SUHRC

Mr.Mahadev Sonawane, Medical Social Worker,Rural Health Training Centre, Maale.

Mr.Ajay Mane ,SCON 1<sup>st</sup> Year



GPS Map  
Camera Lite

MEB Pumping Station, Pashan, Pune, Maharashtra 411008, India

Latitude  
18.5373269°

Local 11:38:40 AM  
GMT 06:08:40 AM

Longitude  
73.7961383°

Altitude 587 meters  
Wednesday, 06.11.2024



GPS Map  
Camera Lite

MEB Pumping Station, Pashan, Pune, Maharashtra 411008, India

Latitude  
18.5373269°

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GMT 06:15:04 AM

Longitude  
73.7961383°

Altitude 587 meters  
Wednesday, 06.11.2024

## **Obstetrics, Gynecology and Pediatrics Specialist visit**

**Date & Day:** -10.12.2024, TUESDAY

**Venue:** Primary Health Centre Under Sub centre Amabadvet

Obstetrics, Gynaecology and Paediatrics Specialist visit was conducted for **42 patients** were checked. (**18** patients ANC and **24** paediatric patients) **9** patient were referred to SUHRC for enhanced investigations related to further treatment.

**Health Check-up Conducted by:** RHTC Maale, Department of Community Medicine and Obstetrics Gynaecology with Pediatrics Department under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and RHTC incharge Dr. Pramod Kulkarni, Associate Professor, Community Medicine with co-operation from Staff of Sub Centre Amabadvet.

### **Assisted by:**

Dr. Sruti Holkude Community Health Officer Sub centre Amabadvet

Dr. Monik Waghmare Department of Obstetrics and Gynaecologist SUHRC

Dr. Vipul Sing Junior Resident Department of Pediatrics SUHRC

Dr. Vaibhav Gange Tutor Community Medicine

Dr Samridhi Chandot Intern Community Medicine

Mr. Tukaram Pardhi, Medical Social Worker, Rural Health Training Centre, Maale.

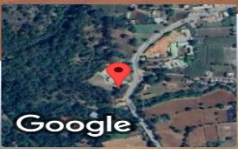
## Health Education Lecture by Dr Pramod P Kulkarni to mark the occasion of AID's day 2024

The Health education lecture was organized and delivered by Dr Pramod P Kulkarni (Associate Professor, community medicine dept.) at RHTC MALE to mark the occasion of AID's day 2024. The lecture was delivered in local language. Nearly 40-50 people were present for the activity. Hospital staff also attended the lecture enthusiastically. The doubts and misconceptions about HIV were resolved with good participant involvement.

The key points of the lecture were as follows

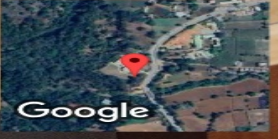
- What is HIV & AIDS
- Routes of transmission of HIV
- Testing of HIV
- Post exposure prophylaxis of HIV
- Brief about ART and PPTCT OF HIV
- HIV and Healthy life
- Prevention of HIV & importance of PPE Kit
- Question/query – answer session





Maale, Maharashtra, India  
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412108, India  
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03/12/24 11:25 AM GMT +05:30

GPS Map Camera



Maale, Maharashtra, India  
Ggg8+g7f, Jori-patil Vasti, Maale, Valane, Maharashtra  
412108, India  
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03/12/24 11:02 AM GMT +05:30

GPS Map Camera

## **Health Camp at RHTC Maale by SMCW, SUHRC Pune in collaboration with Mavala Pratitshthan and rotary Club of Pune Central**

**Date & Day:** - 08.12.2024, Sunday

**Venue:** Primory health centre Maale, Tal. Mulshi, Pune.

The free health camp was organized by at RHTC Maale by SMCW, SUHRC Pune in collaboration With Mavala Pratitshthan and rotary Club of Pune Central at RHTC Maale on 08.12.2024 for all the citizens of Mulshi Taluka.

ENT Specialist Dr. Nimisha Department of Ear Nose Throat Symbiosis Hospital and Others attended the OPD at the camp and gave them a proper treatment and also referred the needy patients to SUHRC Pune.

Total 615 patients were examined (45 ENT patients were examined in this camp and. Required medicines were provided to the patients. A total of 15 patients were referred to SUHRC for further treatment.

Department of Community Medicine actively participated in the Health camp conducted along with Specialist Doctors with Primary health centre staff.

Gram panchayat body members were invited at the health camp venue. They alongwith camp beneficiaries expressed satisfaction for the camp.

Health Camp was coordinated by Dr. Pramod Kulkarni Associate professor under the Guidance of Dr. Reshma Patil, Head of the Department, Community Medicine.

### **Health Camp conducted by:**

by SMCW, SUHRC Pune in collaboration With Mavala Pratitshthan and rotary Club of Pune Central.

# मावळा प्रतिष्ठाण

(मुळशी धरण विभाग, मुळशी खुर्द)

रोटरी क्लब ऑफ पुणे सेन्ट्रल आयोजित



**महाआरोग्य शिबिर व रक्तदान शिबीर**

प्राथमिक आरोग्य केंद्र माले, यांस साहित्य व  
उपकरणे हस्तांतरण समारंभ



दिनांक/वेळ : रविवार दि. ०८ डिसेंबर २०२४ सकाळी ०९ वा.

**\* उद्घाटन शुभहस्ते \***

मा.श्री. ब्रिगेडीअर पी.के.एम.राजा  
(अध्यक्ष : रोटरी क्लब ऑफ पुणे सेन्ट्रल)

मा.श्री. मधुभाऊ राठी  
(मधुसुदन राठी चॅरिटी ट्रस्ट)

डॉ. वामन गेंगजे  
(तालुका वैद्यकीय अधिकारी)

**\* शिबिराची वैशिष्ट्ये \***

\* मोफत डोळे तपासणी

\* मधुमेह (शुगर)

\* थायरॉईड व कॅल्शियम टेस्ट

\* मोफत चष्मे वाटप

\* हिमोग्लोबिन

\* लघवी व रक्त तपासणी

\* मोफत मोतीबिंदू शस्त्रक्रिया

\* लिव्हर फंक्शन टेस्ट

\* किडनी फंक्शन टेस्ट

\* रक्तगट तपासणी

**\* सन्माननीय उपस्थिती \***

आजी-माजी खासदार, आमदार, सभापती, उपसभापती, जि. प. सदस्य, पं.स. सदस्य सर्व गावचे सरपंच, उपसरपंच, ग्रा.पं. सदस्य, सोसायटीचे चेअरमन, संचालक, पोलिस पाटील, तंटामुक्त समिती अध्यक्ष, सामाजिक, कला, शैक्षणिक, राजकीय क्षेत्रातील मान्यवर...!!!

**\* विशेष सहकार्य \***

प्राथमिक आरोग्य केंद्र माले  
एच. व्ही. देसाई हॉस्पिटल हडपसर

सिम्बॉयसिस हॉस्पिटल, लवळे  
आय.व्ही. लिफ आयुर्वेदिक हॉस्पिटल संभवे

**\* नाव नोंदणी साठी संपर्क \***

श्री. प्रज्वल कानगुडे (संस्थापक / अध्यक्ष) ९९६०५९८००१  
योगेश कानगुडे उपाध्यक्ष ९७६४६९०८६३  
लालासाहेब दमाले सचिव ९०९९८४९२९५  
सुभाष कानगुडे ७९७२३७९०९९  
सुहास वामगुडे ९५२७७९२७२७  
वसंत बोडके ७०६६५२३८२४

मनेश चोरघे ९९२३१७६०९६  
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धनंजय ढोळे ९३७२९५५९५४  
अविनाश निंबाळकर ९५२७७९२७२७  
निकीता जाधव ९३२२२६७७०९  
रूपेश दातीर ७०६६५२३८२४

प्रदिप देवे ७५०७९०९९९०  
नवनाथ जोरी ९७६५३८०२२४  
विकास पडवळ ८००७७७८३८२  
गौरी सातपुते ७०३०४२७९५०  
विजय सुर्वे ८८८८५३०८३०  
नवनाथ चांदेरे ७४९८२७५९३०

**\* स्थळ : प्राथमिक आरोग्य केंद्र, माले, ता. मुळशी, जि. पुणे \***

विमुक्त. गांधी

# माले येथे आरोग्य शिबिरात ६१५ नागरिकांची तपासणी

माले, ता. २३ : 'मावळा प्रतिष्ठान' व रोटरी क्लब ऑफ पुणे सेंट्रल यांच्यावतीने माले (ता. मुळशी) येथील प्राथमिक आरोग्य केंद्रात महाआरोग्य व रक्तदान शिबिराचे आयोजन केले होते. त्यात ६१५ नागरिकांच्या आरोग्यविषय विविध तपासण्या करण्यात आल्या. तसेच, ६८ जणांना चष्मे वाटप केले. तसेच, ४० जणांच्या मोतीबिंदू शस्त्रक्रिया केल्या.

या कार्यक्रमासाठी रोटरी क्लब ऑफ पुणे सेंट्रलचे प्रेसिडेंट ब्रिगेडिअर के.पी.एम. राजा, पास्ट प्रेसिडेंट मधू राठी, तालुका अधिकारी डॉ. वानाम गेंगजे, डॉ. पी. एस. वायाळ, डॉ.

ख्वाजा, शरद भोसले, 'मावळा प्रतिष्ठान'चे संस्थापक अध्यक्ष प्रज्वल कानगुडे, उपाध्यक्ष योगेश कानगुडे, कार्याध्यक्ष प्रणव पळसकर, आकाश कांबळे आदी उपस्थित होते.

यावेळी माले आरोग्य केंद्रास ईसीजी मशिन, सोलर हिटर, ग्रास कटर, डिजिटल प्रिंटर, इनव्हर्टर, गर्भवतींची तपासणी मशिन आदी सुमारे २ लाख ७० हजार रुपयांचे विविध साहित्य प्रदान करण्यात आले. यावेळी सिम्बॉयसिस हॉस्पिटल लवळे, एच. व्ही. देसाई हॉस्पिटल हडपसर व प्राथमिक आरोग्य केंद्र माले यांनी विशेष सहकार्य केले.



**माले (ता. मुळशी) :** 'मावळा प्रतिष्ठान' आणि रोटरी क्लब ऑफ पुणे सेंट्रलच्या वतीने प्राथमिक आरोग्य केंद्राला साहित्य भेट देण्यात आले. या वेळी उपस्थित मान्यावर.







Department of Community Medicine  
Symbiosis Medical College for Women (SMCW)  
Symbiosis International (Deemed University), Lavale,  
Mulshi, Pune, Maharashtra 412115



Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan

## OBGY & Pediatrics Health Check-up Camp for Construction Workers

**Occasion:** Women's Day

**Date:** 3rd March 2025

**Venue:** Labor Camp, Balaji Chowk, Pashan

**Specialties Covered:** Obstetrics & Gynecology (OBGY) & Pediatrics

**Total Patients Screened:** 36

### Introduction

On the occasion of **Women's Day**, a **specialized health check-up camp** focusing on **Obstetrics & Gynecology (OBGY) and Pediatrics** was conducted on **3rd March 2025** at **Labor Camp, Balaji Chowk, Pashan**. The objective of the camp was to assess the health of **women and children**, address maternal and child health concerns, and provide necessary medical referrals.

The camp was conducted under **UHTC**, with coordination and support from **HOD Dr. Reshma Patil**.

### Medical Team & Coordination

- **In-charge:** Dr. Sphurti Chate
- **Medical Social Workers:** Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- **Interns:** Dr. Asawari, Dr. Mayuri
- **Specialist Doctors:**
  - **OBGY:** Dr. Pinky Sharma
  - **Pediatrics:** Dr. Sunil Pawar
- **Total Patients Screened & Referrals**

Specialty	Total Patients Screened	Total Referred
OBGY	27	3
Pediatrics	9	0
<b>Total</b>	<b>36</b>	<b>3</b>

## Health Check-up Parameters & Findings

Parameter	Total Screened	Findings
Blood Pressure (BP)	27 (Women)	5 cases of high BP, 2 cases of low BP
Blood Sugar (BSL) Test	27 (Women)	3 cases of high blood sugar
Height & Weight	36 (Women & Children)	8 underweight children, 5 overweight women

### Observations & Findings

#### OBGY (Women's Health):

- **3 women were referred for further gynecological evaluation** due to menstrual irregularities and suspected infections.
- **5 women had high BP**, requiring lifestyle modifications and monitoring.
- **3 cases of high blood sugar** were identified, with a recommendation for diabetes screening.

#### Pediatrics (Children's Health):

- **3 underweight children** were identified, requiring nutritional support and dietary guidance.
- **No referrals were needed for pediatric cases.**

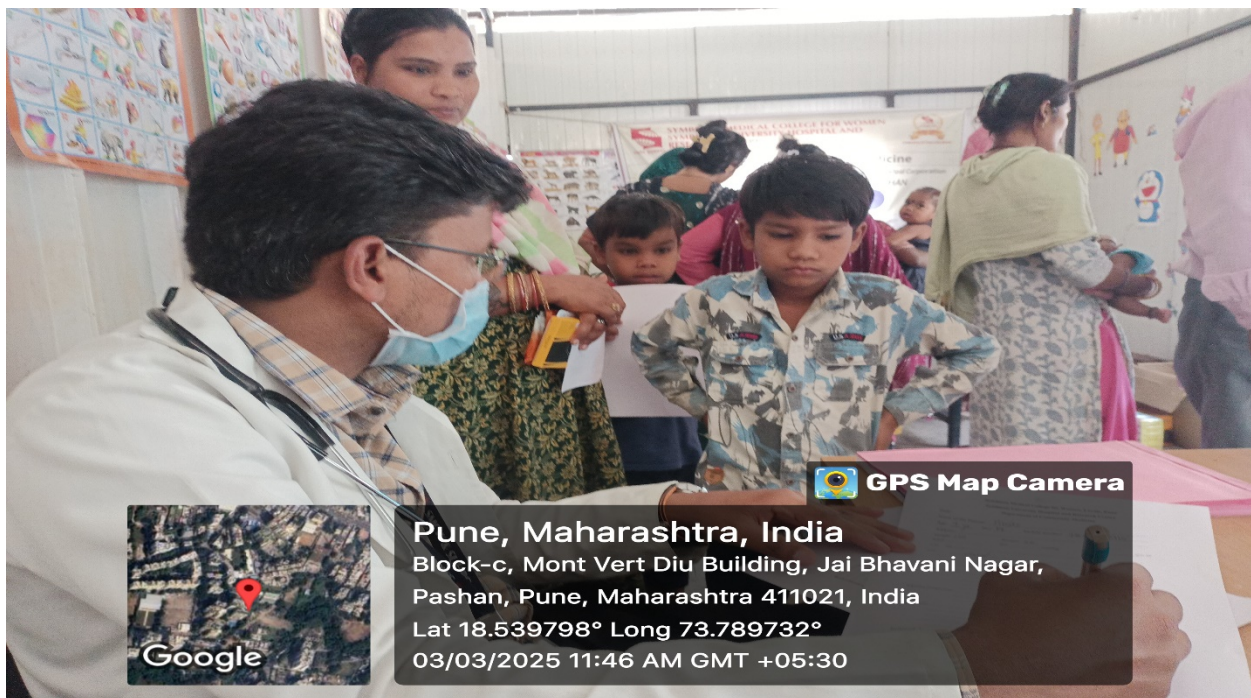
### Recommendations & Follow-up Plan

- **Regular BP and blood sugar monitoring** for women at risk.
- **Nutritional guidance** for underweight children.
- **Follow-up check-ups** for referred patients.

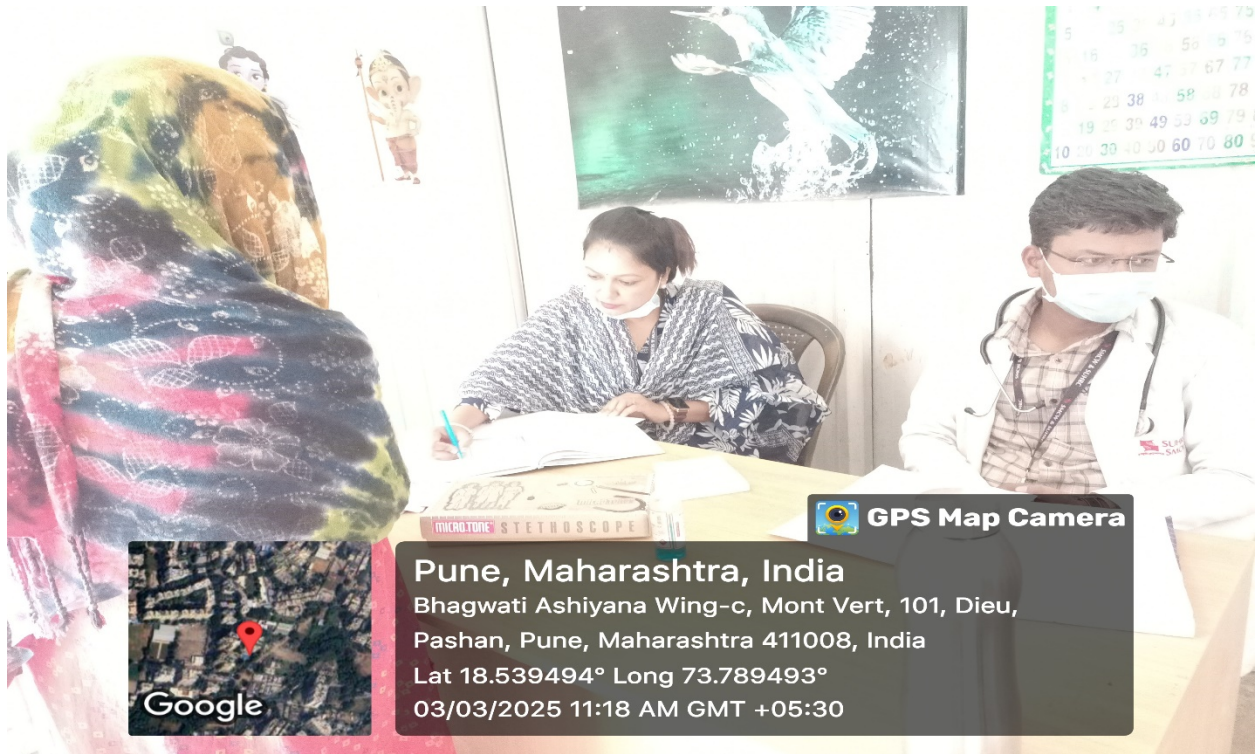
### Conclusion

The **OBGY & Pediatrics Health Check-up Camp** was successfully conducted on the occasion of **Women's Day**, providing **maternal and child health assessments, early diagnosis, and medical referrals**. The findings emphasize the need for **regular screenings, nutritional education, and maternal health awareness**. A **follow-up camp** is recommended in six months to track improvements and ensure continued medical support.

# OBGY & Pediatrics Health Check-up Camp for Construction Workers- 03.03.2025



**OBGY & Pediatrics Health Check-up Camp for Construction Workers-  
03.03.2025**





**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **OBGY & Pediatrics Health Check-up Camp for Construction Workers**

**Occasion:** Women's Day

**Date:** 3rd March 2025

**Venue:** Labor Camp, Balaji Chowk, Pashan

**Specialties Covered:** Obstetrics & Gynecology (OBGY) & Pediatrics

**Total Patients Screened:** 36

### **Introduction**

On the occasion of **Women's Day**, a **specialized health check-up camp** focusing on **Obstetrics & Gynecology (OBGY) and Pediatrics** was conducted on **3rd March 2025** at **Labor Camp, Balaji Chowk, Pashan**. The objective of the camp was to assess the health of **women and children**, address maternal and child health concerns, and provide necessary medical referrals.

The camp was conducted under **UHTC**, with coordination and support from **HOD Dr. Reshma Patil**.

### **Medical Team & Coordination**

- **In-charge:** Dr. Sphurti Chate
- **Medical Social Workers:** Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- **Interns:** Dr. Asawari, Dr. Mayuri
- **Specialist Doctors:**
  - **OBGY:** Dr. Pinky Sharma
  - **Pediatrics:** Dr. Sunil Pawar
- **Total Patients Screened & Referrals**

<b>Specialty</b>	<b>Total Patients Screened</b>	<b>Total Referred</b>
<b>OBGY</b>	27	3
<b>Pediatrics</b>	9	0
<b>Total</b>	36	3

## Health Check-up Parameters & Findings

Parameter	Total Screened	Findings
Blood Pressure (BP)	27 (Women)	5 cases of high BP, 2 cases of low BP
Blood Sugar (BSL) Test	27 (Women)	3 cases of high blood sugar
Height & Weight	36 (Women & Children)	8 underweight children, 5 overweight women

### Observations & Findings

#### OBGY (Women's Health):

- **3 women were referred for further gynecological evaluation** due to menstrual irregularities and suspected infections.
- **5 women had high BP**, requiring lifestyle modifications and monitoring.
- **3 cases of high blood sugar** were identified, with a recommendation for diabetes screening.

#### Pediatrics (Children's Health):

- **3 underweight children** were identified, requiring nutritional support and dietary guidance.
- **No referrals were needed for pediatric cases.**

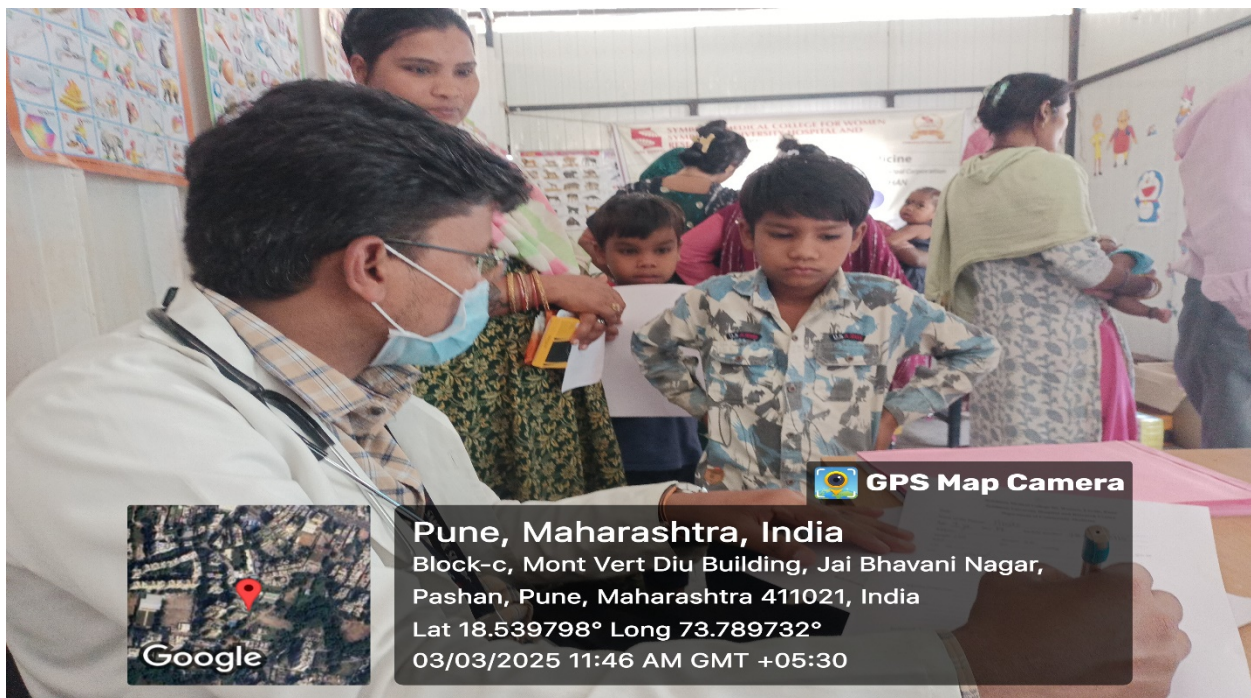
### Recommendations & Follow-up Plan

- **Regular BP and blood sugar monitoring** for women at risk.
- **Nutritional guidance** for underweight children.
- **Follow-up check-ups** for referred patients.

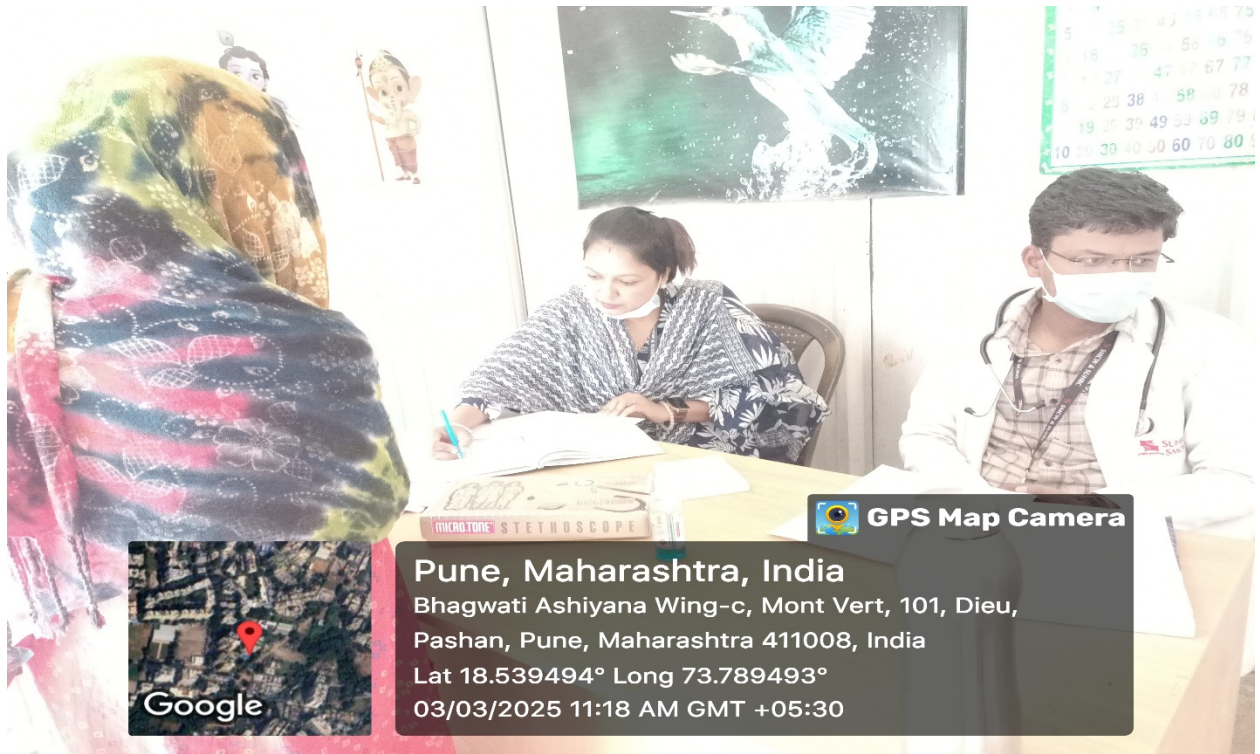
### Conclusion

The **OBGY & Pediatrics Health Check-up Camp** was successfully conducted on the occasion of **Women's Day**, providing **maternal and child health assessments, early diagnosis, and medical referrals**. The findings emphasize the need for **regular screenings, nutritional education, and maternal health awareness**. A **follow-up camp** is recommended in six months to track improvements and ensure continued medical support.

# OBGY & Pediatrics Health Check-up Camp for Construction Workers- 03.03.2025



**OBGY & Pediatrics Health Check-up Camp for Construction Workers-  
03.03.2025**





**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **OBGY & Pediatrics Health Check-up Camp for Construction Workers**

**Occasion:** Women's Day

**Date:** 3rd March 2025

**Venue:** Labor Camp, Balaji Chowk, Pashan

**Specialties Covered:** Obstetrics & Gynecology (OBGY) & Pediatrics

**Total Patients Screened:** 36

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- **Total Patients Screened & Referrals**

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<b>Total</b>	36	3

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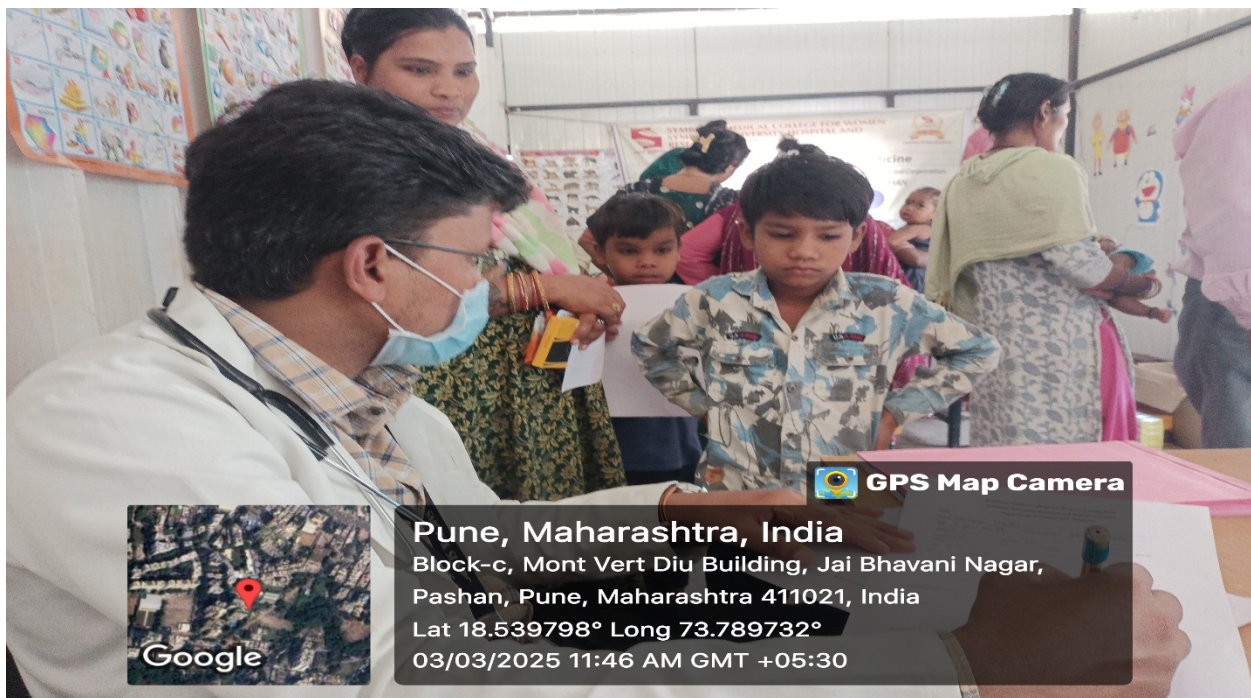
### Recommendations & Follow-up Plan

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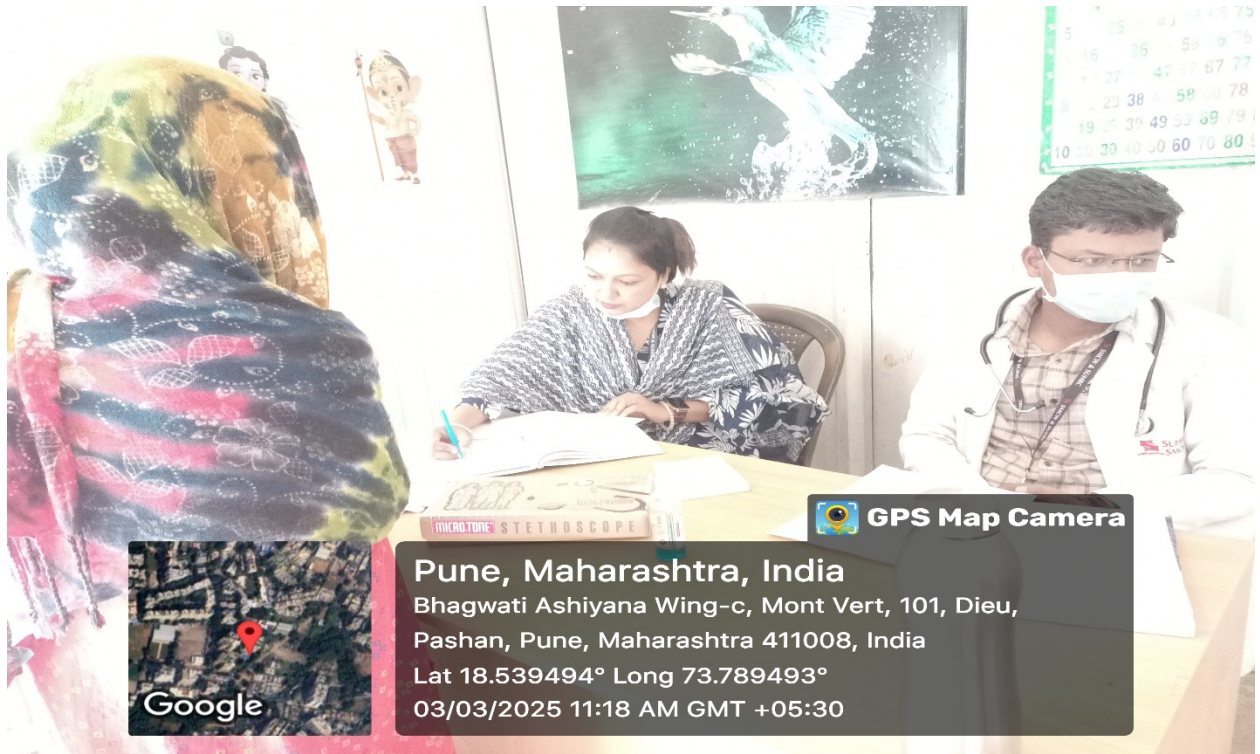
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# OBGY & Pediatrics Health Check-up Camp for Construction Workers- 03.03.2025



**OBGY & Pediatrics Health Check-up Camp for Construction Workers-  
03.03.2025**





Department of Community Medicine  
Symbiosis Medical College for Women (SMCW)  
Symbiosis International (Deemed University), Lavale,  
Mulshi, Pune, Maharashtra 412115



Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan

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**Occasion:** Women's Day

**Date:** 3rd March 2025

**Venue:** Labor Camp, Balaji Chowk, Pashan

**Specialties Covered:** Obstetrics & Gynecology (OBGY) & Pediatrics

**Total Patients Screened:** 36

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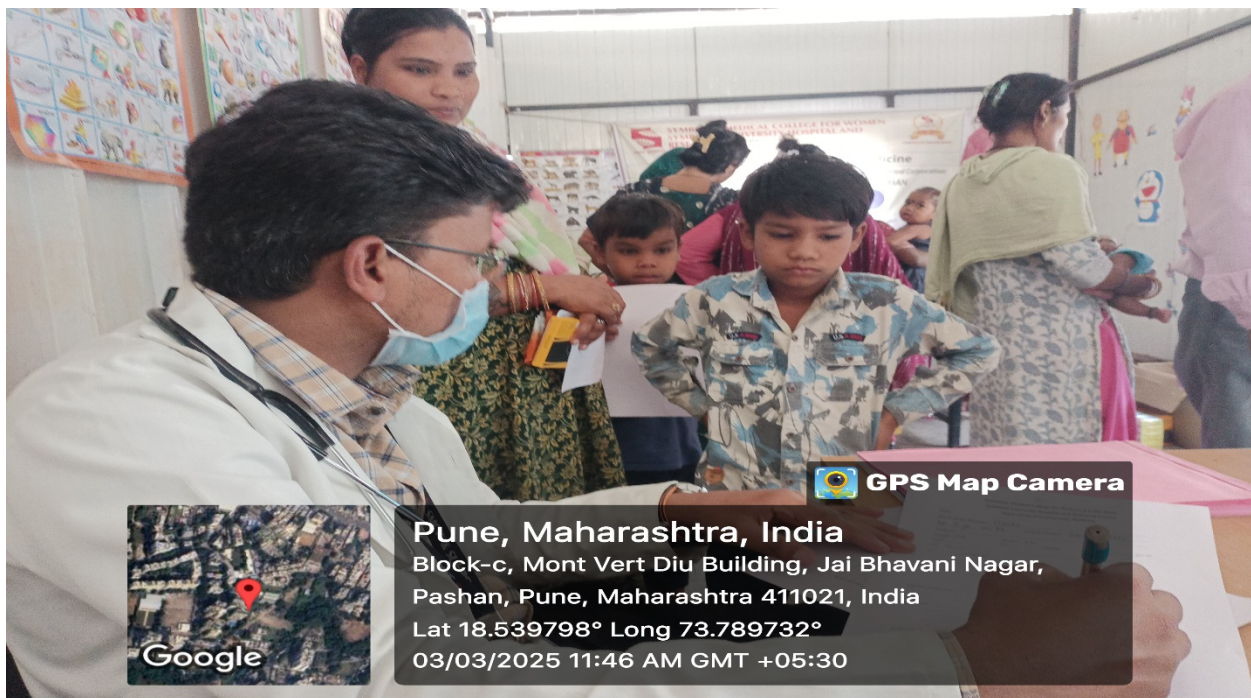
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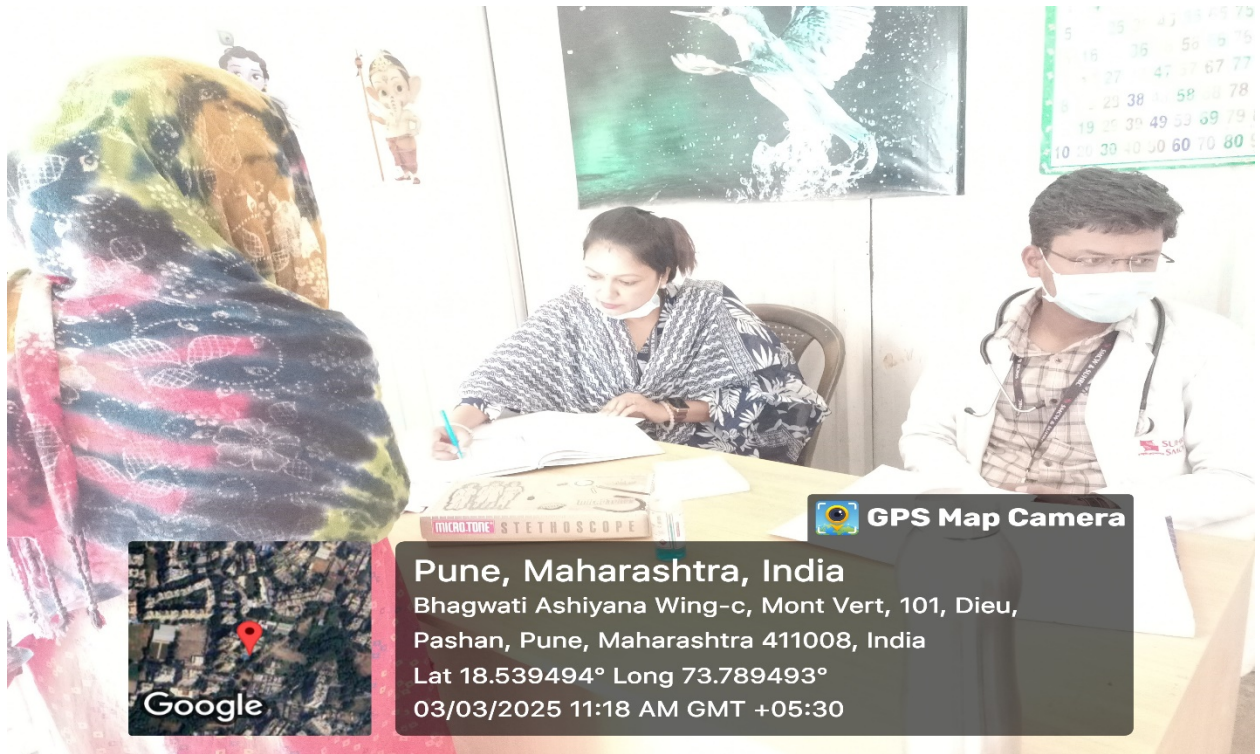
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The **OBGY & Pediatrics Health Check-up Camp** was successfully conducted on the occasion of **Women's Day**, providing **maternal and child health assessments, early diagnosis, and medical referrals**. The findings emphasize the need for **regular screenings, nutritional education, and maternal health awareness**. A **follow-up camp** is recommended in six months to track improvements and ensure continued medical support.

# OBGY & Pediatrics Health Check-up Camp for Construction Workers- 03.03.2025



**OBGY & Pediatrics Health Check-up Camp for Construction Workers-  
03.03.2025**





**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
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**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **Guillain-Barre Syndrome (GBS) Awareness Activity**

**Date:** 03/02/2025

**Venue:** Urban Health and Training Centre (UHTC), Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women (SMCW)

**Participants:** Community Peoples, Patients in PMC hospital premises

### **Objective:**

The primary objective of this awareness activity was to educate community members about Guillain-Barre Syndrome (GBS), its symptoms, causes, early detection, and available treatment options.

### **Resource Persons:**

- Dr. Tejaswini Jadhav Intern Doctors
- Dr. Vaishnavi Tanpure Intern Doctors
- Ms. Aarti Thorave, MSW
- Mr. Mahadeo Sonawane, MSW

The resource persons facilitated interactive discussions and health education sessions.

### **Causes of GBS:**

- GBS is an autoimmune disorder where the immune system mistakenly attacks the peripheral nerves.
- It is often triggered by viral or bacterial infections, such as *Campylobacter jejuni*, influenza, or cytomegalovirus.
- Other possible triggers include recent surgery, vaccinations, or other immune system stressors.

### **Dos and Don'ts for GBS Patients & Caregivers:**

**Dos:**

- ✓ Seek early medical evaluation for symptoms like weakness or tingling.
- ✓ Follow physiotherapy and rehabilitation exercises regularly.
- ✓ Ensure proper nutrition and hydration for better recovery.
- ✓ Stay informed about potential complications and warning signs.
- ✓ Take necessary precautions to avoid secondary infections.
- ✓ Follow up with a doctor regularly for monitoring progress.

**Don'ts:**

- ✗ Avoid self-medication or delaying medical consultation.
- ✗ Do not engage in excessive physical strain during recovery.
- ✗ Avoid exposure to infections, as the immune system may be vulnerable.
- ✗ Do not ignore breathing difficulties; seek emergency care if needed.
- ✗ Refrain from consuming processed or unhealthy foods that may slow recovery.
- ✗ Do not skip prescribed medications or physiotherapy sessions.

**Government Guidelines and Initiatives for GBS (2025):**

1. **Public Health Advisory:** The Maharashtra Health Department and Pune Municipal Corporation issued key recommendations:
  - Maintain proper hand hygiene.
  - Ensure safe drinking water consumption.
  - Be cautious with food preparation to prevent contamination.
  - Seek immediate medical attention for symptoms like muscle weakness and difficulty breathing.
2. **Community Awareness:** Educating the public on early symptoms and the importance of seeking medical care.


**Key Activities Conducted:**

1. **Educational Session:** Provided an overview of Guillain-Barre Syndrome, its autoimmune nature, symptoms, and potential complications.
2. **Q&A Session:** Addressed queries from participants to enhance understanding and practical application.
3. **Interactive Demonstrations:** Showed practical approaches to patient support, rehabilitation, and caregiver education.

The awareness session successfully empowered community members with knowledge and practical skills to address Guillain-Barre Syndrome. The event emphasized the importance of early detection, medical consultation, and proper care to improve health outcomes.

**Guillain-Barre Syndrome (GBS) Awareness Activity at UHTC- Pashan**




 **GPS Map Camera**



Google

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Pashan, Pune, Maharashtra 411021, India  
Lat 18.537848° Long 73.79496°  
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
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03/02/2025 12:06 PM GMT +05:30

## **Anganwadi Health Check-up Camp, Pashan**

**Date & Day:** 05.09.2024, Thursday

**Time:** 10:30am to 02:30pm

**Venue:** Bhudha Vihar, Pashan Gavthan

**Conducted by:** Kai.Sahdev Eknath Nimhan Kuti Rugnalay & UHTC-Pashan, Department of Community Medicine, SMCW, Pune

**Total number of patients examined: 63**

The staffs of Kai.Sahdev Eknath Nimhan Kuti Rugnalay & UHTC team from Department of Community Medicine actively participated in the Health camp. The staff involved in the camp were:

1. Dr Akshay – Paediatrics
2. Dr Tanishka – Intran
3. Ms Rupali, ANM, Kai.Sahdev Eknath Nimhan Kuti Rugnalay, Pashan
4. Ms Prajakta, ANM, Kai.Sahdev Eknath Nimhan Kuti Rugnalay, Pashan
5. Ms Aarti Thorave, MSW, Community Medicine
6. Mr Mahadeo Sonawane, MSW, Community Medicine
7. Ms Hemlata Ohal, Anganwadi Worker
8. Ms Vaidhi Gurav, Anganwadi Worker
9. Ms Suvarana Shinde, Anganwadi Worker
10. Ms Savita Bhalerao, Anganwadi Worker
11. Ms Ratna Pawar Anganwadi Worker
12. Ms Rajshree Hajare Anganwadi Worker

Health camp was conducted on 5<sup>th</sup> September 2024 at the Anganwadi No.99,100,101, 104,and 105 Pashan Gavthan, UHTC Pashan. Children (boys and girls) aged 2 months to 14 years old were examined by Paediatrician. A total of 63 children were examined. And 2 patients were referred to SMCW.

Health Camp was conducted with the co-operation from Medical Officers: Dr Neeta Chitnis & Dr Preeti Mankar, Kai.Sahdev Eknath Nimhan Kuti Rugnalay along with the Professor and Head, Dr Reshma Patil and UHTC in charge Dr Meghana Narendran, Assistant Professor, Department of Community Medicine. Anganwadi Workers, ANM Nurses, and Medical Social Workers actively participated in the Health Camp.



GPS Map  
Camera Lite

Building, 3, 3, Dhare Colony, Pashan Gaon, Pashan, Pune,  
Maharashtra 411008, India

Latitude  
18.5393257°

Longitude  
73.7943°

Local 12:25:14 PM  
GMT 06:55:14 AM

Altitude 578 meters  
Thursday, 05.09.2024



GPS Map  
Camera Lite

Building, 3, 3, Dhare Colony, Pashan Gaon, Pashan, Pune,  
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Latitude  
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Longitude  
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Local 01:53:33 PM  
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Altitude 578 meters  
Thursday, 05.09.2024



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GMT 08:22:46 AM

Longitude  
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Altitude 578 meters  
Thursday, 05.09.2024

GPS Map  
Camera Lite



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**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **Health Check-up Camp for Construction Workers**

**Date:** 6th March 2025

**Venue:** Malpani Group and Millennium Engineering & Contractors, Labour Camp, Pashan

**Occasion:** National Safety Week- 4<sup>th</sup> March to 10<sup>th</sup> March 2025

### **Introduction**

As part of **National Safety Week**, a **General Health Check-up Camp** was organized on **6th March 2025** at **Malpani Group and Millennium Engineering & Contractors, Labour Camp, Pashan**. The objective was to assess the health status of construction workers, identify common medical concerns, and promote awareness about **occupational health, hygiene, and workplace safety**.

The camp was conducted under **UHTC**, with coordination and support from **HOD Dr. Reshma Patil**.

### **Medical Team & Coordination**

- **In-charge:** Dr. Sphurti Chate
- **Medical Social Workers:** Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- **Tutors:** Dr. Ravisingh Thakur, Dr. Amar, Dr. Anuj
- **Interns:** Dr. Gaytri, Dr. Gehna

### Total Patients Screened & Referrals

Specialty	Number of Patients Referred	Name of Specialist Doctor
General Medicine	3	Dr. Ravisingh Thakur
ENT	2	Dr. Mrunal Panchwagh
Ophthalmology	2	Dr. Indrakumar Vora
Orthopedics	1	Dr. Raveena
Dentistry	2	Dr. Rutuja Kalamkar
<b>Total Patients Screened</b>	<b>Referred Cases</b>	
<b>162</b>	<b>10</b>	

### Health Check-up Parameters

Check-up Parameter	Number of Patients Screened	Findings
<b>Blood Pressure (BP) Check-up</b>	162	12 cases of high BP, 6 cases of low BP
<b>Blood Sugar (BSL) Test</b>	162	8 cases of high blood sugar
<b>Height &amp; Weight Measurement</b>	162	20 cases of underweight, 15 cases of overweight

### Observations & Findings

#### 1. General Health:

- Common issues included body aches, fatigue, and minor infections.
- 15% of workers showed signs of nutritional deficiencies.

## **2. Blood Pressure & Blood Sugar Screening:**

- **High BP:** 12 workers had elevated blood pressure, requiring lifestyle modifications and further medical evaluation.
- **Low BP:** 6 workers had hypotension, mainly due to dehydration and poor nutrition.
- **High Blood Sugar:** 8 workers showed elevated blood sugar levels and were advised to undergo further diabetes screening.

## **3. Height & Weight Analysis:**

- **Underweight:** 20 workers were found to have low BMI, indicating malnutrition.
- **Overweight:** 15 workers were overweight, requiring dietary and lifestyle counseling.

## **4. ENT Issues:**

- Cases of ear wax accumulation and minor infections were observed.
- 2 patients required further ENT evaluation.

## **5. Vision Screening:**

- 2 workers had refractive errors and were referred for an eye check-up.

## **6. Orthopedic Concerns:**

- 1 worker had complaints of chronic joint pain due to occupational strain.

## **7. Dental Health:**

- Cases of cavities and gum disease were noted.
- 2 workers required immediate dental intervention.

- **Importance of workplace safety, hygiene, and disease prevention** was discussed with the workers.
- **Ergonomic safety and posture correction** demonstrations were given.
- **Basic first aid training** was provided for handling minor workplace injuries.
- **Guidance on regular health check-ups** to prevent long-term occupational health issues.

### **Recommendations & Follow-up Plan**

- **Regular monitoring of BP and blood sugar levels** for workers at risk.
- **Nutritional guidance sessions** for underweight and overweight workers.
- **Awareness sessions** on occupational health, hygiene, and safety.
- **Referral of patients** needing specialized treatment.
- **Follow-up health screenings** to track improvements in workers' well-being.

### **Conclusion**

The **Health Check-up Camp**, conducted as part of **National Safety Week**, successfully provided medical assessment and early intervention for construction workers. The **BP, blood sugar, and height-weight screenings** helped identify workers at risk of chronic health issues, emphasizing the need for **regular health monitoring, workplace safety education, and improved nutrition**. A **follow-up camp** is recommended in six months to track progress and provide continued medical support.

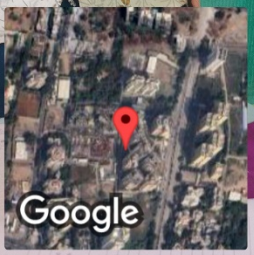
## Health Check-up Camp for Construction Workers-06.03.2025





### Health Check-up Camp for Construction Workers-06.03.2025





 **GPS Map Camera**  
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Kumar Shantiniketan, R1-8a, Pashan, Pune,  
Maharashtra 411008, India  
Lat 18.544766° Long 73.791971°  
06/03/2025 11:19 AM GMT +05:30

**Health Check-up Camp for Construction Workers-06.03.2025**



# **Breast and Cervical Cancer Awareness Activity**

**Date:** 09.12.2024

**Venue:** Sanjay Gandhi Vasahat,UHTC, Pashan

**Total Beneficiaries: 30**

## **Organized By**

- **UHTC, Community Medicine Department, Symbiosis Medical College for Women**
- **Late Sahdev Eknath Nimhan Hospital**
- **PMC Social Welfare Department**

## **Coordinated By**

- Dr. Trushna Kulkarni
- Ms. Aarti Thorave, Sr. Medical Social Worker
- Ms. Ujwala Patil, PMC Social Welfare Officer

## **Objective**

To raise awareness about breast and cervical cancer, their risk factors, early detection methods, and prevention strategies to promote women's health and well-being.

## **Activities Conducted**

### **1. Health Education Session:**

- **Breast Cancer Awareness:**  
Dr. Trushna Kulkarni explained:
  - Risk factors such as family history, hormonal factors, and lifestyle choices.
  - The importance of regular breast self-examinations (BSE) and clinical breast examinations (CBE).
  - Symptoms like lumps, changes in breast size/shape, and nipple discharge.
  - Screening recommendations, including mammography for early detection.
- **Cervical Cancer Awareness:**
  - Causes, with a focus on human papillomavirus (HPV) infection as the primary risk factor.
  - Symptoms like abnormal vaginal bleeding, pelvic pain, and unusual discharge.
  - The significance of Pap smear tests and HPV vaccinations.

- Prevention strategies, including safe sexual practices and regular screenings.
2. **Demonstration of Breast Self-Examination (BSE):**
    - Participants were guided through the steps of performing BSE to identify abnormalities early.
    - Models and visual aids were used for better understanding.
  3. **Counseling Services:**
    - Individual counseling sessions were conducted to address concerns related to cancer risks and the emotional impact of diagnosis.
    - Women were encouraged to undergo Pap smears and clinical breast examinations.
  4. **Interactive Q&A Session:**
    - Dr. Trushna Kulkarni conducted an engaging session to answer participants' queries about cancer prevention, screening, and treatment options.

### **Role of the Social Welfare Team**

- Ms. Ujwala Patil from the PMC Social Welfare Department played a pivotal role in mobilizing community members, especially women from underserved areas, to attend the session.
- She collaborated with the UHTC team to ensure the event reached a broader audience and provided logistical support during the activity.

### **Role of the Medical Social Worker**

As the Medical Social Worker, Ms. Aarti Thorave:

- Assisted in coordinating the entire activity, including participant mobilization and logistics.
- Provided guidance during counseling sessions to address emotional and social concerns of the participants.
- Supported the team in organizing and documenting the event for future reference and impact assessment.

### **Outcome**

- **Participation:** Over 30 women participated in the activity, including adolescents, middle-aged women, and elderly participants.
- **Feedback:** Attendees appreciated the informative session and pledged to share the knowledge within their communities.
- **Impact:** Increased awareness about breast and cervical cancer, and motivation among participants to adopt preventive measures and undergo regular screenings.



GPS Map Camera



Google

Pune, Maharashtra, India  
246, Kisan Dashrath Sondekar Path, Ward No. 8, Sanjay  
Nagar Pashan, Pashan, Pune, Maharashtra 411008, India  
Lat 18.541954° Long 73.802323°  
09/12/24 03:00 PM GMT +05:30



**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **General Health Check-up Camp for Construction Workers**

**Date:** 10th March 2025

**Venue:** Malpani Group and Millennium Engineering & Contractors, Labour Camp, Bawdhan

**Total Patients Screened:** 68

**Total Referrals:** 42

### **Introduction**

A **General Health Check-up Camp** was conducted on **10th March 2025** at **Labour Camp, Pashan**, with the objective of assessing the overall health status of the workers, identifying common health concerns, and providing necessary medical referrals. The camp aimed to raise awareness about **general health, nutrition, lifestyle diseases, and preventive healthcare**.

The camp was organized under **UHTC**, with coordination and support from **HOD Dr. Reshma Patil**.

### **Medical Team & Coordination**

- **In-charge:** Dr. Sphurti Chate
- **Medical Social Workers:** Mr. Mahadeo Sonawane, Mr. Sunil Gaikwad
- **Intern Doctors:** Assisted in screenings, examinations, and documentation

## Total Patients Screened & Referrals

<b>Total Screened</b>	<b>Total Referred</b>
68	42
<b>Department-wise Referrals</b>	
<b>Department</b>	<b>Referred Cases</b>
<b>General Medicine</b>	21
<b>Psychiatry</b>	16
<b>Dermatology (Skin)</b>	8
<b>Ophthalmology</b>	4
<b>Surgery</b>	1
<b>Nutrition</b>	6
<b>Cardiology</b>	1
<b>ENT</b>	2
<b>Blood Investigation</b>	1
<b>Orthopedics</b>	1
<b>OBGY</b>	1
<b>Dental</b>	1

## Health Check-up Parameters & Findings

<b>Parameter</b>	<b>Total Screened</b>
<b>Blood Pressure (BP)</b>	68
<b>Blood Sugar (BSL) Test</b>	40
<b>Height &amp; Weight</b>	68

## **Special Counseling for Substance Addiction**

Dr. Sphurti Chate personally counseled each patient struggling with substance addiction, including alcohol, drugs, gutkha, and cigarettes. She provided guidance on the harmful effects of addiction and the benefits of quitting. Patients requiring further assistance were referred to the **Psychiatry OPD at SUHRC** for continued evaluation and treatment.

With the **help and support of the construction supervisor**, it was ensured that these workers would be monitored for their progress. The supervisor assured that he would follow up and facilitate the transportation of these patients to SUHRC for necessary psychiatric care.

## **Recommendations & Follow-up Plan**

- **BP and blood sugar monitoring** for high-risk individuals.
- **Mental health counseling & psychiatric follow-ups** for addiction-related cases.
- **Nutritional counseling** for underweight and malnourished workers.
- **Vision and dermatology follow-ups** for referred cases.
- **Specialist consultations** for surgery, cardiology, ENT, orthopedics, and OBGY cases.

## **Conclusion**

The General Health Check-up Camp successfully identified several health concerns, emphasizing the need for **regular screenings, medical referrals, and health awareness**. The inclusion of substance addiction counseling highlighted the importance of mental health support for workers. **A follow-up camp is recommended in six months** to track improvements and provide continued healthcare support.

# General Health Check-up Camp for Construction Workers- 10.03.2025



# General Health Check-up Camp for Construction Workers- 10.03.2025

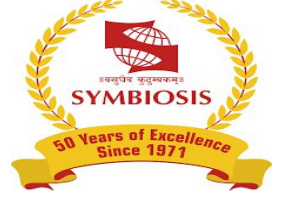


# General Health Check-up Camp for Construction Workers- 10.03.2025





Department of Community Medicine  
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Municipal Corporation UHTC- Pashan

## General Health Check-up Camp

**Date:** 10.04.2025

**Venue:** Buddha Vihar, Pashangao

**Total Patients Screened:** 68

**Total Referrals:** 12

### Introduction:

On the occasion of **Dr. Babasaheb Ambedkar Jayanti**, a General Health Check-up Camp was organized on **10th April 2025** at **Buddha Vihar, Pashangao**. The camp was initiated by **Mr. Uttam Jadhav**, a respected community leader and social worker, with the aim of providing health services to underserved members of the community. The camp was conducted under the guidance of the **Urban Health Training Centre (UHTC)** and with support from **HOD Dr. Reshma Patil**.

### Medical Team & Coordination:

- In-charge: Dr. Sphurti Chate
- Medical Social Workers: Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- Intern Doctors: Dr. Komal Nikam. Dr. Kajal
- Nurses: Jincy Jose, Nikita Aherwadi
- **Total Patients Screened:** 68  
**Total Referred:** 12

### Total Patients Screened & Referrals

Specialty	Number of Patients Referred	Name of Specialist Doctor
General Medicine	2	Dr. Pranav Kothari
ENT	3	Dr. Riya Sinha
Ophthalmology	7	Dr. Archana Tapare
Pediatrics	0	Dr. Pratiksha Jadhav
<b>Total Patients Screened</b>	<b>Referred Cases</b>	

### **Observations & Findings:**

- Vision problems were common among elderly participants, resulting in 7 referrals to Ophthalmology.
- ENT issues included chronic ear discharge and wax impaction.
- General Medicine referrals were mainly for hypertension and generalized weakness.
- Nutritional deficiencies and lifestyle-related concerns were also noted.

### **Recommendations & Follow-up Plan:**

- Vision care and ENT specialist follow-ups for the referred participants.
- Regular monitoring of BP and sugar levels.
- Dietary counseling for underweight and diabetic individuals.
- Continued awareness programs on hygiene, nutrition, and lifestyle changes.

### **Conclusion:**

The health camp at Buddha Vihar, Pashangao successfully provided basic medical check-up services and helped identify individuals needing further care. The initiative was well-received by the community and held special significance as it coincided with the celebration of **Dr.**

**Babasaheb Ambedkar Jayanti**. Follow-ups and specialist care are recommended to ensure continued well-being of the community.

# General Health Check-up Camp-10.04.2025 at Buddha Vihar, Pashan



# General Health Check-up Camp-10.04.2025 at Buddha Vihar, Pashan





**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
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## **School Health Check-up Report**

**Date:** 10th February to 13th February 2025

**Venue:** Sopanrao Baburao Katake Primary School, PMC PM Shri School, Baner

**Classes Covered:** LKG to 8th Class

### **Introduction:**

A school health check-up camp was conducted from **10th February to 13th February 2025** at **Sopanrao Baburao Katake Primary School and PMC PM Shri School, Baner**. The objective of the camp was to assess the health status of students from **LKG to 8th class**, provide early diagnosis of health issues, and raise awareness about oral hygiene, vision care, skin health, and mental well-being.

The camp was conducted under **UHTC**, coordinated and supported by **HOD Dr. Reshma Patil**, along with:

- **In-charge:** Dr. Sphurti Chate
- **Medical Social Workers:** Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- **Tutors:** Dr. Ravisingh Thakur, Dr. Amar, Dr. Anuj, Dr. Krushna, Dr. Trushna Kulkarni, Dr. Vaibhav
- **Interns:** Dr. Dhanshree, Dr. Dhanshree D, Dr. Snehal Darade, Dr. Sayali Gurav

### Medical Team & Specialties Covered:

Specialty	Doctor's Name	Number of Students Referred
Dentistry	Dr. Jyoti Giri	76
Pediatrics	Dr. Pratiksha Jadhav	154
Ophthalmology	Dr. Sumit Kulkarni	102
ENT	Dr. Sumit Dhas	39
Dermatology (Skin)	Dr. Bhavik	36
Psychiatry	Dr. Pradeep Dubhale	7
Dentistry	Dr. Rutuja Kalmkar	67

Total Students Screened: **981** (**481** referred for specialty follow-up)

### Observations & Findings:

#### 1. Dental Health:

- Cases of cavities and poor oral hygiene were observed in **40%** of students.
- Some students required immediate dental intervention.

#### 2. Pediatric Health:

- Common issues included **underweight cases, nutritional deficiencies, and minor infections.**
- 25% of students required follow-ups for nutrition counseling.

#### 3. Vision Screening:

- 18 students were identified with **refractive errors** and were recommended for further evaluation.
- Cases of eye strain due to excessive screen time were noted.

#### 4. ENT Issues:

- **Ear wax accumulation** was common among younger students.
- 5 students were diagnosed with mild **hearing impairments**.

#### 5. Skin Conditions:

- Minor skin infections and **allergic reactions** were observed in some students.
- Hygiene-related skin issues were noted in younger children.

#### 6. Mental Health & Well-being:

- 3 students exhibited signs of **stress and anxiety**.
- Parental counseling and psychological support were suggested.

### Recommendations & Follow-up Plan:

- **Oral Hygiene Awareness Sessions** for students and parents.
- **Nutritional guidance** for underweight students.
- **Referral for vision check-ups** for students requiring corrective measures.
- **ENT follow-ups** for hearing-impaired students.
- **Skin care awareness** and hygiene sessions.
- **Mental health support** and parental counseling where needed.

### Conclusion:

The health check-up camp successfully provided medical assessment and early intervention for students. The findings highlight the importance of **regular health screenings, nutritional education, and mental health awareness**. A follow-up camp is recommended after **six months** to track improvements and ensure the well-being of the students.

# School Health Check-up Camp at Sopanrao Baburao Katake Primary School, PMC PM Shri School, Baner



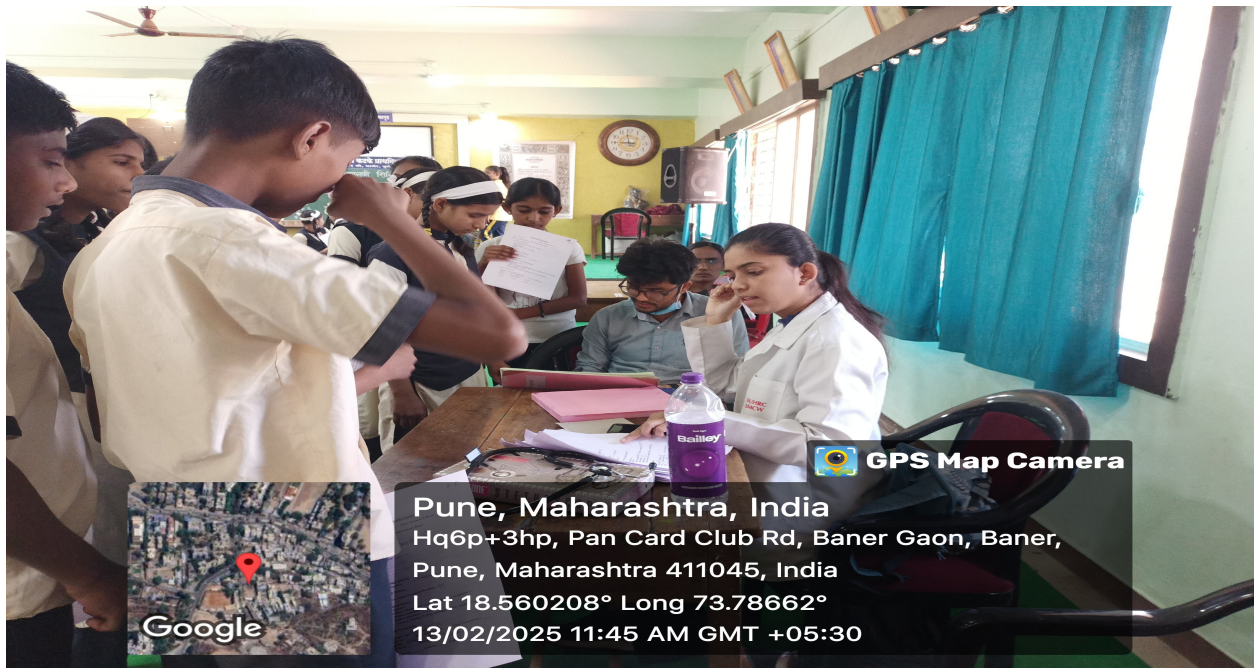
# School Health Check-up Camp at Sopanrao Baburao Katake Primary School, PMC PM Shri School, Baner



**School Health Check-up Camp at Sopanrao Baburao Katak Primary School, PMC PM Shri School, Baner,Speciality- Dentistry**



**School Health Check-up Camp at Sopanrao Baburao Katak Primary School, PMC PM Shri School, Baner,Speciality- ENT & Pediatric**



**School Health Check-up Camp at Sopanrao Baburao Katak Primary School, PMC PM Shri School, Baner,Speciality- Ophthal & Psychiatry**



# School Health Check-up Camp at Sopanrao Baburao Katake Primary School, PMC PM Shri School, Baner



## **‘WORLD AIDS DAY’ awareness activity**

**Date:** 05/12/2023

**Place:** UHTC Campus, Pashan

**Total Beneficiaries:** 20-25

World AIDS Day, awareness program was conducted with the theme for the 2024, “Take the right path: my Health My right”. It was an opportunity to reflect on the progress made to date, to raise awareness about the challenges that remain to achieve the goals of ending AIDS by 2030 and to mobilize all stakeholders to jointly redouble efforts to ensure the success of the HIV response.

The group health education was focused on the causes, mode of transmission, clinical manifestations, management and prevention of HIV AIDS. In addition to the above information, awareness on ART Treatment and its availability in all Government Block and District Level Hospitals were informed to the public gathering, also an empathetic approach towards the affected people to stand shoulder to shoulder with them regardless of how they acquired it and fight for their rights was explained.

**Activity Conducted by:** Dr Sphurti Chate, Assistant Professor & UHTC In-charge, UHTC Medical Officers: Dr.Priti Mankar and Dr.Archana, SCON PG Students Mr. Prasad, and Mr. Mr. Mahadev Sonawane, Ms. Aarti Thorave MSW, UHTC team, under the guidance of Dr Reshma Patil, Professor & Head, Department of Community Medicine, Symbiosis Medical College for Women.



**GPS Map Camera**  
Pune, Maharashtra, India  
Gqqw+655, Jijamata Gym Rd, Pashan Gaon, Pashan,  
Pune, Maharashtra 411021, India  
Lat 18.538029° Long 73.795453°  
05/12/24 11:59 AM GMT +05:30



**GPS Map Camera**  
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Pune, Maharashtra 411021, India  
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05/12/24 11:55 AM GMT +05:30

## ADOLESCENT GIRL FRIENDLY HEALTH CLINIC

**Date:** 19/12/2024, Thursday

**Place:** Kai.Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Activity Co-ordinated by:** UHTC team, Department of Community Medicine, & YARDI software CSR team

Adolescent clinic was attended by 15 adolescent girls (Old Girls-13, New Girls - 2). They received instructions on diet, hygiene, and nutrition. Each teenager was individually screened and counseled along with their parents especially regarding personal cleanliness. The patients and parents were satisfied with the doctors' guidance.

### Activity Conducted by:

Dr. Pradnya, OBGY, SUHRC

Dr. Ahefaz Mulani, YARDI

Dr. Smridhi, Intern

Ms. Aarti Thorave, MSW, Mr. Mahadeo Sonawane, MSW

Lalita Rathod, MSW, YARDI Ashish Patil, MSW, YARDI



## Total Health Awareness Activity – 2024-2025

Sr. No	Date of the Activity	Name of the Activity	No. of Beneficiaries
1	3/6/2024	World Environment Day	28
2	22/07/2024	Organ Donation Awareness Activity- Banergaothan	80
3	1/8/2024	Organ Donation Awareness Activity-Street Play- Pashan Gaothan	100
4	5/8/2024	World Breastfeeding Awareness	30
5	2/9/2024	National Nutrition Week-Anganwadi No 100, Near Buddha Vihar	30
6	5/9/2024	National Nutrition Week-Total No of 5 Anganwadi of Pashangao,Buddha Vihar,Pashangao	70
7	12/9/2024	National Nutrition Week- Anganwadi,Lamantanda	30
8	5/12/2024	World AIDS Day 2024 at UHTC Pashan	25
9	9/12/2024	Cervical & Breast cancer awareness activity,Sanjay Gandhi Vasahat,Pashangao	30
10	14/12/2024	Cervical & Breast cancer awareness activity,Sai Datta Hall,Baner	78
11	21/12/2024	Cervical & Breast cancer awareness activity,Sandhyanagar,Someshwarwadi,Pashan	44
12	30/12/2024	Cervical & Breast cancer awareness activity,Ganesh Mandir,Kokate Ali,Pashangao	52
13	13/1/2025	HMPV Awareness Activity,UHTC Pashan	27
14	1/2/2025	Leprosy Awareness Activity,UHTC Pashan	39
15	1/2/2025	GBS Awareness Activity,UHTC Pashan	39
16	1/2/2025	Haladi Kumkum Celebration,UHTC Pashan	39
17	3/2/2025	GBS Awareness Activity,UHTC Pashan	32
18	27/3/2025	"Good Touch,Bad Touch"- Health Education Activity for School Childrens, Sopanrao Baburao Katake Prathamik Vidyalay,P.M.Shree.P.M.C. School No.151 B,Baner	170

19	29/3/2025	"Good Touch,Bad Touch"- Health Education Activity for School Childerens, Sopanrao Baburao Katake Prathamik Vidyalay,P.M.Shree.P.M.C. School No.151 B,Baner	340
20	22/5/2025	PNC Nutrition & Hygiene- Skit by FMG Intern Doctors awareness activity at UHTC Pashan	25
21	22/5/2025	PNC Nutrition & Hygiene awareness activity at UHTC Pashan	35
22	31/5/2025	World No Tobacco Day awareness activity at UHTC Pashan	28
23	9/6/2025	World Environment Day- Tree Plantation at UHTC Pashan	18
		<b>Total</b>	<b>1389</b>

## Total Health Camps – 2024-2025

Sr. No	Date	Camp	Place	Total No of Patients
1	13/06/2024	World Hypertension Day	Bhairvnath Mandir,Pashangao	35
2	22/07/2024	General Health Checkup Camp	Bhairvnath Mandir,Banegaothan	76
3	5/9/2024	Nutrition Week Celebration-Anganwadi Health Checkup	Buddha Vihar,Pashangao	63
4	23/09/2024	Construction Worker Health Camp	Malpani & Millenium Group,Balaji Chowk,Pashan	64
5	14/11/2024	World Diabetes Day	UHTC Pashan	24

6	18/11/2024	Healthy Baby Competition for Anganwadi Children	Buddha Vihar	62
7	18/11/2024	World Dibetes Day for Parents of Anganwadi Children	Buddha Vihar	39
8	21/12/2024	General Health Checkup Camp for SHG women	Sandhyanagar,Som eshwarwadi,Pashan	44
9	30/12/2024	General Health Checkup Camp for SHG Women	Ganesh Mandir,Kokate Ali,Pashangao	52
10	6/1/2025	General Health Checkup Camp	Buddha Vihar,Pashangao	132
11	10/2/2025	School Health Checkup Camp	Sopanrao Baburao Katake Prathamik Vidyalay,P.M.Shree .P.M.C. School No.151 B,Baner	373
12	11/2/2025	School Health Checkup Camp	Sopanrao Baburao Katake Prathamik Vidyalay,P.M.Shree .P.M.C. School No.151 B,Baner	368
13	12/2/2025	School Health Checkup Camp with <b>SPECIALIST- Dentistry</b>	Sopanrao Baburao Katake Prathamik Vidyalay,P.M.Shree .P.M.C. School No.151 B,Baner	240
14	13/2/2025	School Health Checkup Camp with <b>SPECIALIST- ENT, Opthal, Dentistry, Dermatology, Peads , Psychiatry</b>	Sopanrao Baburao Katake Prathamik Vidyalay,P.M.Shree .P.M.C. School No.151 B,Baner	429
15	3/3/2025	Health Check-up Camp for Construction Workers with <b>SPECIALIST- PEADS &amp; OBGY</b>	Malpani Group and Millennium Engineering & Contractors, Labour Camp, Pashan	36

16	6/3/2025	Health Check-up Camp for Construction Workers with <b>SPECIALIST-ENT, Opthal, Dentistry, Dermatology, General Medicine</b>	Malpani Group and Millennium Engineering & Contractors, Labour Camp, Pashan	162
17	10/3/2025	General Health Check-up Camp for Construction Workers	Malpani Group and Millennium Engineering & Contractors, Labour Camp, Bawdhan	68
18	10/4/2025	General Health Checkup Camp	Buddha Vihar, Pashangao	68
19	22/5/2025	General Health Checkup Camp- World Hypertension Day	UHTC Pashan, PMC Hospital	54
			<b>Total</b>	<b>2389</b>



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**Municipal Corporation UHTC- Pashan**

## **Good Touch, Bad Touch Health Education and Awareness Activity**

**Date:** 27/03/2025

**Venue:** Sopanrao Baburao Katake Prathamik Vidyalay, P.M. Shree P.M.C. School  
No. 151 B, Baner

**Target Group:** Girls from Standard 6 to 8

**Organized By:** Department of Community Medicine, Symbiosis Medical College  
for Women

### **Facilitators:**

- **Dr. Sphurt Chate** – Lead Educator, UHTC in charge
- **FMG Interns:** Dr. Lakshata, Dr. Afiya
- **MSW Team:** Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- **Teacher:** Ms. Kulkarni Madam

### **Objectives of the Activity:**

- To educate young girls about personal safety and body boundaries.
- To help them distinguish between good touch and bad touch.
- To empower them to seek help in case of inappropriate situations.
- To provide a safe space for discussion and awareness.

### **Key Highlights:**

#### **1. Introduction to Personal Safety**

- Explanation of body safety rules using age-appropriate language.
- Discussion on the difference between safe, unsafe, and uncomfortable touches.

## **2. Demonstration and Role Play**

- Interactive session demonstrating safe and unsafe touches.
- Role-play scenarios showcasing how to react in uncomfortable situations.

## **3. Short Animated Film Screening**

- Screening of a short animated film by **Child Line India** illustrating key safety concepts.
- Discussion post-screening to reinforce learning points.

## **4. Awareness on Seeking Help**

- Information on trusted adults and support systems available.
- Guidance on reporting and helpline numbers.

## **5. Q&A Session**

- Open discussion allowing students to express concerns and clarify doubts.

### **Outcome:**

- Increased awareness among students about body autonomy and personal safety.
- Enhanced confidence in identifying and responding to inappropriate situations.
- Encouragement to communicate openly with trusted individuals.

### **Conclusion:**

The session was highly engaging, with active participation from students. The combination of demonstrations, role play, and an animated film made the learning process interactive and effective. This awareness initiative will contribute towards fostering a safe and informed environment for young girls.

# Good Touch, Bad Touch Health Education and Awareness Activity- Sopanrao Baburao Katake Prathamik Vidyalay, P.M. Shree P.M.C. School No. 151 B, Baner



# Good Touch, Bad Touch Health Education and Awareness Activity- Sopanrao Baburao Katake Prathamik Vidyalay, P.M. Shree P.M.C. School No. 151 B, Baner





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**Municipal Corporation UHTC- Pashan**

## **Good Touch, Bad Touch Health Education and Awareness Activity**

**Date:** 29/03/2025

**Venue:** Sopanrao Baburao Katake Prathamik Vidyalay, P.M. Shree P.M.C. School  
No. 151 B, Baner

**Target Group:** Girls and Boys from Standard 1 to 5

**Organized By:** Department of Community Medicine, Symbiosis Medical College  
for Women

### **Facilitators:**

- **Dr. Sphurtī Chate** – Lead Educator, UHTC in charge
- **FMG Interns:** Dr. Lakshata, Dr. Afiya
- **MSW Team:** Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- **Teachers of respective classes**

### **Objectives of the Activity:**

- To educate young children about personal safety and body boundaries.
- To help them distinguish between good touch and bad touch.
- To empower them to seek help in case of inappropriate situations.
- To provide a safe space for discussion and awareness.

### **Key Highlights:**

- 1. Introduction to Personal Safety**
  - Explanation of body safety rules using age-appropriate language.
  - Discussion on the difference between safe, unsafe, and uncomfortable touches.
- 2. Demonstration and Role Play**
  - Interactive session demonstrating safe and unsafe touches.

- Role-play scenarios showcasing how to react in uncomfortable situations.
- 3. **Short Animated Film Screening**
  - Screening of a short animated film by **Child Line India** illustrating key safety concepts.
  - Discussion post-screening to reinforce learning points.
- 4. **Awareness on Seeking Help**
  - Information on trusted adults and support systems available.
  - Guidance on reporting and helpline numbers.
- 5. **Q&A Session**
  - Open discussion allowing students to express concerns and clarify doubts.

**Outcome:**

- Increased awareness among students about body autonomy and personal safety.
- Enhanced confidence in identifying and responding to inappropriate situations.
- Encouragement to communicate openly with trusted individuals.

**Conclusion:**

The session was highly engaging, with active participation from students. The combination of demonstrations, role play, and an animated film made the learning process interactive and effective. This awareness initiative will contribute towards fostering a safe and informed environment for young children.

# Good Touch, Bad Touch Health Education and Awareness Activity- Sopanrao Baburao Katake Prathamik Vidyalay, P.M. Shree P.M.C. School No. 151 B, Baner

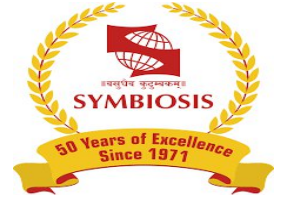


# Good Touch, Bad Touch Health Education and Awareness Activity- Sopanrao Baburao Katakke Prathamik Vidyalay, P.M. Shree P.M.C. School No. 151 B, Baner





Department of Community Medicine  
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## **Adolescent Health Education Awareness Activity**

**Date:** 11/07/2025

**Venue:** Sopanrao Baburao Katake Primary School (PMC PM Shri School), Baner

**Organized by:** UHTC, Department of Community Medicine, Symbiosis Medical College for Women

**Conducted by:** MSW Mr. Mahadeo Sonawane

### **Overview**

An **Adolescent Health Education and Awareness Activity** was conducted on **11th July 2025** at **Sopanrao Baburao Katake Primary School (PMC PM Shri School), Baner**. The session focused on promoting awareness among school children about **health, hygiene, nutrition, and psychosocial well-being**.

### **Key Topics Covered**

1. **Personal Hygiene** – Handwashing, bathing, oral hygiene, and menstrual hygiene.
2. **Nutrition** – Balanced diet, iron and calcium intake, prevention of anemia.
3. **Adolescent Growth & Development** – Physical and emotional changes during adolescence.
4. **Mental Health & Stress Management** – Building self-confidence, handling peer pressure, and developing positive thinking.
5. **Preventive Health Measures** – Importance of regular exercise, adequate sleep, avoiding addictions, and awareness about communicable diseases.

### **Methods Used**

- **Interactive Lecture** with students
- **Charts and IEC Materials** on hygiene and nutrition
- **Demonstrations** on proper handwashing technique

- **Question-Answer Session** to clarify doubts
- **Group Discussion** to encourage participation

### **Impact & Outcome**

- **Total Students Reached: 193 students** from **6th to 9th standard**.
- Students gained knowledge about healthy lifestyle practices and the importance of nutrition and hygiene.
- Improved awareness about **physical and mental health challenges** faced during adolescence.
- Encouraged positive behavior change and open communication on sensitive health topics.

### **Conducted By**

- **Mr. Mahadeo Sonawane** – Medical Social Worker, Department of Community Medicine, SMCW

# Adolescents Health Education Awareness Activity at Sopanrao Baburao Katake Primary School, PMC PM Shri School, Baner-11.07.2025



# Adolescent Girl Friendly Health Clinic Report

**Date:** 15/05/2023, Wednesday

**Place:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Activity Conducted by:** UHTC team, Department of Community Medicine, & YARDI Software CSR team

## Overview

On May 15, 2024, a dedicated health clinic session was held at Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan, specifically aimed at adolescent girls. This session was a collaborative effort by the UHTC team, the Department of Community Medicine, and the YARDI Software CSR team. The primary objective was to promote health awareness and provide essential medical guidance to adolescent girls in the community.

Key Activities and Insights

## Medical Evaluation and Counseling:

**Conducted by:** Dr. Archana, OBGY, SUHRC

**Participants:** 17 adolescent girls

Dr. Archana Gore provided comprehensive medical evaluations for all participating girls. Each girl received personalized counseling, focusing on critical areas such as diet, hygiene, and nutrition. Dr. Archana addressed individual concerns and dispelled common misconceptions, ensuring the girls had accurate and practical health information.

## Parental Counseling:

In addition to individual consultations, Dr. Archana also conducted sessions for parents, emphasizing the importance of personal cleanliness and proper hygiene practices for their daughters. These sessions were interactive, allowing parents to ask questions and gain clarity on maintaining their children's health.

## Topics Covered:

Nutritional guidance tailored to adolescent needs

Personal hygiene practices, with a focus on maintaining intimate areas

Addressing common health misconceptions

Practical advice for daily health maintenance

Team Involvement

## Key Contributors:

**Dr. Archana, OBGY, SUHRC**

**Dr. Ahefaz Mulani, YARDI**

**Ms. Aarti Thorave, MSW**

**Mr. Mahadeo Sonawane, MSW**

**Ms. Lalita Rathod, MSW, YARDI**

**Mr. Ashish Patil, MSW, YARDI**





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## **Department of Community Medicine**

**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

### **Adolescent Girl Friendly Health Clinic**

**Date:** 16/01/2025, Thursday

**Place:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Organized by:** UHTC Team, Department of Community Medicine, & YARDI Software CSR Team

#### **Overview**

On January 16, 2025, a specialized health clinic session was conducted at Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan, focusing on adolescent girls from the community. This initiative was a collaborative effort by the UHTC team, the Department of Community Medicine, and the YARDI Software CSR team. The primary objective was to provide vital health education and medical guidance tailored to adolescent girls.

**Participants:** 24 adolescent girls

#### **Activities**

Medical Evaluations and Counseling

Dr. Swati Bhate conducted thorough medical evaluations and counseling sessions, providing personalized guidance on:

- **Nutritional Guidance:** Importance of a balanced diet suited for adolescents.
- **Personal Hygiene:** Best practices for maintaining personal and intimate hygiene.
- **Health Misconceptions:** Clearing doubts and providing accurate health information.

#### **Parental Counseling**

Parents of participants were also engaged in interactive counseling sessions. Key areas discussed included:

- Supporting personal hygiene and cleanliness for their daughters.

- Addressing common misconceptions and fostering a supportive environment at home. Parents were encouraged to share concerns and seek clarifications to better understand their children's health needs.

### **Key Topics Covered**

- Nutritional guidance specific to adolescent requirements.
- Maintaining personal hygiene, with special focus on intimate care.
- Addressing health misconceptions and myths.
- Practical health tips for daily well-being.

### **Team Involvement**

The success of the clinic was attributed to the collaborative efforts of the following key contributors:

- **Medical Lead:** Dr. Swati Bhate
- **Support Team:**
  - Dr. Chaitali (FMG Intern)
  - Dr. Bhagyashree Karlekar (FMG Intern)
  - Dr. Ahefaz Mulani, YARDI
  - Ms. Aarti Thorave, MSW
  - Mr. Mahadeo Sonawane, MSW
  - Ms. Lalita Rathod, MSW, YARDI
  - Mr. Ashish Patil, MSW, YARDI

The team ensured smooth coordination, effective engagement with participants, and comprehensive counseling throughout the event.

The Adolescent Girl Friendly Health Clinic conducted on January 16, 2025, successfully addressed critical health concerns of adolescent girls and their families. Through collaborative efforts, the UHTC team, the Department of Community Medicine, and YARDI Software CSR team reinforced the importance of accessible healthcare and education for adolescent well-being.



# Adolescent Girl Friendly Health Clinic

**Date:** 20/06/2024, Thursday

**Place:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Activity Conducted by:** UHTC Team, Department of Community Medicine, & YARDI Software CSR Team

## Overview

On June 20, 2024, a dedicated health clinic session was held at Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan, specifically aimed at adolescent girls. This session was a collaborative effort by the UHTC team, the Department of Community Medicine, and the YARDI Software CSR team. The primary objective was to promote health awareness and provide essential medical guidance to adolescent girls in the community.

**Conducted by:** Dr. Archana, OBGY, SUHRC

**Participants:** 17 adolescent girls

Dr. Archana provided comprehensive medical evaluations for all participating girls. Each girl received personalized counseling, focusing on critical areas such as diet, hygiene, and nutrition. Dr. Archana addressed individual concerns and dispelled common misconceptions, ensuring the girls had accurate and practical health information.

## Parental Counseling

In addition to individual consultations, Dr. Archana also conducted sessions for parents, emphasizing the importance of personal cleanliness and proper hygiene practices for their daughters. These sessions were interactive, allowing parents to ask questions and gain clarity on maintaining their children's health.

## Topics Covered:

- Nutritional guidance tailored to adolescent needs
- Personal hygiene practices, with a focus on maintaining intimate areas
- Addressing common health misconceptions
- Practical advice for daily health maintenance

## Team Involvement

### Key Contributors:


- **Dr. Archana, OBGY, SUHRC**
- **Dr. Ahefaz Mulani, YARDI**

- **Ms. Aarti Thorave, MSW**
- **Mr. Mahadeo Sonawane, MSW**
- **Ms. Lalita Rathod, MSW, YARDI**
- **Mr. Ashish Patil, MSW, YARDI**

The multidisciplinary team played a crucial role in the successful execution of the clinic. Social workers (MSW) from SMCW & YARDI, including Ms. Aarti Thorave, Mr. Mahadeo Sonawane, Ms. Lalita Rathod, and Mr. Ashish Patil, provided additional support in counseling and ensuring smooth coordination of the event.





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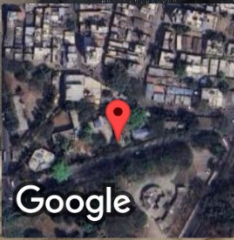
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## **Department of Community Medicine**

**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

### **Adolescent Girl Friendly Health Clinic**

**Date:** 21/11/2024, Thursday

**Place:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Organized by:** UHTC Team, Department of Community Medicine, & YARDI Software CSR Team

**Overview:** On November 21, 2024, a specialized health clinic session was conducted at Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan, focusing on adolescent girls from the community. This initiative was a collaborative effort by the UHTC team, the Department of Community Medicine, and the YARDI Software CSR team. The primary objective was to provide essential health education and medical guidance tailored to adolescent girls.

**Participants:** 24 adolescent girls

**Referral Cases:** 02

#### **Activities**

##### **Medical Evaluations and Counseling**

Dr. Pradnya conducted thorough medical evaluations and counseling sessions, offering personalized guidance on:

- **Nutritional Guidance:** Importance of a balanced diet suited for adolescents.
- **Personal Hygiene:** Best practices for maintaining personal and intimate hygiene.
- **Health Misconceptions:** Clearing doubts and providing accurate health information.

##### **Parental Counseling**

Parents of participants were also engaged in interactive counseling sessions. Key areas discussed included:

- Supporting personal hygiene and cleanliness for their daughters.
- Addressing common misconceptions and fostering a supportive environment at home.
- Encouraging parents to share concerns and seek clarifications to better understand their children's health needs.

## **Key Topics Covered**

- Nutritional guidance specific to adolescent requirements.
- Maintaining personal hygiene, with a special focus on intimate care.
- Addressing health misconceptions and myths.
- Practical health tips for daily well-being.

## **Team Involvement**

The success of the clinic was attributed to the collaborative efforts of the following key contributors:

**Medical Lead:** Dr. Pradnya

### **Support Team:**

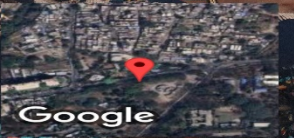
- Ms. Aarti Thorave, MSW
- Mr. Mahadeo Sonawane, MSW
- Dr. Ahefaz Mulani, YARDI
- Ms. Lalita Rathod, MSW, YARDI
- Mr. Ashish Patil, MSW, YARDI

The team ensured smooth coordination, effective engagement with participants, and comprehensive counseling throughout the event.

The Adolescent Girl Friendly Health Clinic conducted on November 21, 2024, successfully addressed critical health concerns of adolescent girls and their families. Through collaborative efforts, the UHTC team, the Department of Community Medicine, and YARDI Software CSR team reinforced the importance of accessible healthcare and education for adolescent well-being.



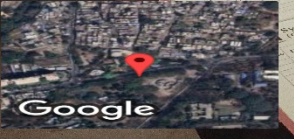
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## ADOLESCENT GIRL FRIENDLY HEALTH CLINIC

**Date:** 19/9/2024, Thursday

**Place:** Kai.Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan Activity

**Conducted by:** UHTC team, Department of Community Medicine, & YARDI software CSR team

Dr. Archana, OBGY, SUHRC, examined 15 teenage girls (New Girls-6, Old Girls-9, Referred to SUHRC- 3 Girls). They were given guidance on nutrition, cleanliness, and diet. She gave personalized advice to each and every adolescent. Also clarified misconceptions in particular. She gave advice on personal hygiene to the adolescent girls and their parents. All the doubts were answered, including how simple it is to maintain and clean their private parts. The Doctors' counseling was well-received by both parents and patients

Dr. Meghana Narendran, Assistant Professor, UHTC In-charge

Dr. Archana, OBGY, SUHRC

Dr. Ahefaz Mulani, YARDI

Ms. Aarti Thorave, MSW

Mr. Mahadeo Sonawane,

MSW Lalita Rathod, MSW, YARDI

Ashish Patil, MSW, YARDI









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## **Department of Community Medicine**

**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

# **Adolescent Girl Friendly Health Clinic Report**

**Date:** 20th February 2025 (Thursday)

**Venue:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Organized by:** UHTC Team, Department of Community Medicine, & YARDI Software CSR Team

### **Activity Details:**

- The Adolescent Girl Friendly Health Clinic was conducted to address the health and well-being of teenage girls. A total of **27 adolescent girls** participated in the session. Two girls were referred to SUHRC for further evaluation. **Dr. Pinky Sharma (OBGY, SUHRC)** conducted medical examinations and provided **personalized counseling** on nutrition, hygiene, and diet.

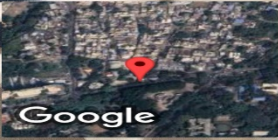
Key highlights of the session included:

- **Health Education:** Dr. Pinky Sharma provided guidance on **personal hygiene, diet, and nutrition**, addressing common misconceptions.
- **Parental Awareness:** Parents were also counseled on hygiene practices, ensuring they understood the importance of adolescent health.
- **Q&A Session:** Concerns related to menstrual hygiene and intimate care were addressed in detail. The interactive session helped clear doubts and provided practical solutions.

The session was well-received by both **adolescents and their parents**, enhancing awareness and encouraging healthy practices.

### **Key Contributors:**

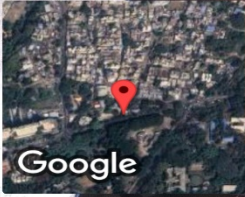
- **Dr. Pinky Sharma (OBGY, SUHRC)**
- **Dr. Ahefaz Mulani (YARDI Software CSR Team)**
- **Ms. Aarti Thorave (MSW, UHTC)**
- **Mr. Mahadeo Sonawane (MSW, UHTC)**
- **Ms. Lalita Rathod (MSW, YARDI)**
- **Mr. Ashish Patil (MSW, YARDI)**
- **Dr. Sayali Gurav (FMG)**
- The event successfully contributed to **adolescent health awareness** and encouraged proactive healthcare-seeking behavior among participants.



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**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **ANC Nutrition and Hygiene Awareness Activity**

**Date:** 22.05.2025

**Venue:** UHTC, Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women

**Total beneficiaries:** 30-35

### **Objective:**

To promote awareness among antenatal (ANC) mothers regarding proper nutrition and hygiene practices during pregnancy for improved maternal and fetal health outcomes.

### **Activity Overview:**

An educational awareness session was conducted at UHTC, Pashan by **Ms. Yashi Agarwal**, a Phase 3 MBBS student, under the guidance of **Dr. Sphurti Chate**, with coordination support from **MSW Ms. Aarti Thorave**.

The session focused on:

- Balanced diet and food diversity during pregnancy
- Importance of iron, folic acid, and calcium supplements
- Hygiene practices to prevent infections
- Handwashing techniques and menstrual hygiene
- Importance of clean drinking water and sanitation
- Danger signs in pregnancy and need for regular ANC checkups

To make the session more engaging and easy to understand, **Ms. Yashi used Handmade chart drawings** illustrating:

- Food pyramid for pregnant women
- Sources of key nutrients
- Hygiene practices
- Daily care routines for expectant mothers

These visual aids were well-received and helped convey complex health concepts in a simple and clear manner.

### **Participants:**

A total of **30-35** ANC mothers attended the session along with their accompanying family members.

### **Interactive Segment:**

Participants interacted actively and raised relevant questions related to:

- Dealing with pregnancy-related discomforts
- Home remedies vs. medical advice
- Role of rest, exercise, and hydration
- Affordable sources of nutrition

The speaker and MSW addressed all queries and encouraged routine ANC visits and hospital deliveries.

### **Outcome:**

- Enhanced knowledge about nutrition and hygiene among pregnant women
- Empowered mothers to take active care of their health
- Encouraged peer learning through visual tools and open dialogue
- Positive feedback received on the use of chart illustrations for better understanding

### **Contributors:**

- **Presenter:** Ms. Yashi Agarwal, MBBS Phase-3
- **Coordinator:** Ms. Aarti Thorave, Medical Social Worker
- **Guide:** Dr. Sphurti Chate, In-charge, UHTC
- **Support:** PMC-UHTC staff

# ANC Nutrition and Hygiene Awareness Activity at UHTC - 22.05.2025



# **Breast and Cervical Cancer Awareness Activity**

**Date:** 14.12.2024

**Venue:** Sai Datta Hall, Baner

**Total Beneficiaries:** 78

## **Organized by:**

- UHTC, Community Medicine Department, Symbiosis Medical College for Women
- Late Sahdev Eknath Nimhan Hospital
- PMC Social Welfare Department

## **Coordinated by:**

- Dr. Roshani, Surgery Department
- Dr. Smridhi, Intern
- Ms. Aarti Thorave, Sr. Medical Social Worker
- Ms. Jyoti Bhingare, PMC Community Mobilizer

**Objective** to educate women about breast and cervical cancer, including their risk factors, early detection, and prevention methods, to improve their health outcomes and awareness.

## **Activities Conducted**

### **Health Education Session:**

- **Breast Cancer Awareness:**
  - Risk factors, such as family history, hormonal influences, and lifestyle choices, were explained.
  - Importance of Breast Self-Examinations (BSE) and Clinical Breast Examinations (CBE) was emphasized.
  - Symptoms like lumps, changes in breast size or shape, and nipple discharge were discussed.
  - Screening guidelines, including mammography, were provided.
- **Cervical Cancer Awareness:**
  - The role of human papillomavirus (HPV) as a primary risk factor was highlighted.
  - Symptoms such as abnormal vaginal bleeding, pelvic pain, and unusual discharge were discussed.
  - Prevention strategies, including Pap smear tests, HPV vaccinations, and safe sexual practices, were shared.

### **Demonstration of Breast Self-Examination (BSE):**

- Practical guidance on performing BSE to identify abnormalities early was provided.

- Visual aids and models were used for effective demonstration.

### **Counseling Services:**

- Individual sessions were conducted to address participants' specific concerns related to cancer risks and emotional impacts.
- Participants were motivated to undergo regular screenings, including Pap smears and CBEs.

### **Interactive Q&A Session:**

- Dr. Roshani answered queries about cancer prevention, early detection, treatment options, and lifestyle modifications.

### **Role of the Social Welfare Team**

- Ms. Jyoti Bhingare, PMC Community Mobilizer, ensured robust community outreach and mobilization, encouraging women from underserved areas to participate.
- Logistical support and collaboration with the UHTC team enhanced the event's effectiveness.

### **Role of the Medical Social Worker as the Sr. Medical Social Worker, Ms. Aarti Thorave:**

- Coordinated event planning, participant mobilization, and logistical arrangements.
- Provided counseling and addressed participants' emotional and social concerns.
- Documented the event for impact assessment and future reference.

### **Outcome**

- **Participation:** A total of 78 women of various age groups attended the program.
- **Feedback:** Participants appreciated the informative sessions and expressed intent to share the knowledge in their communities.
- **Impact:** Enhanced awareness about breast and cervical cancer, with increased motivation to adopt preventive measures and undergo routine screenings.

**Conclusion** The Breast and Cervical Cancer Awareness Activity successfully educated and empowered women to prioritize their health. The collaboration between UHTC, PMC, and medical professionals ensured a comprehensive approach to addressing community health concerns.



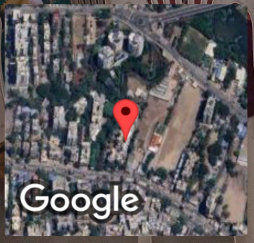
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# Breast and Cervical Cancer Awareness

**Date:** 21.12.2024

**Venue:** Sandhyanager,Someshwarwadi,Pashan

**Total Beneficiaries:** 44

## Organized by:

- UHTC, Community Medicine Department, Symbiosis Medical College for Women
- Late Sahdev Eknath Nimhan Hospital
- PMC Social Welfare Department

## Coordinated by:

- Dr. Sonal Randive, Surgery Department
- Dr. Smridhi, Intern
- Ms. Ujwala Patil, PMC Social Welfare Officer
- Ms. Aarti Thorave, Sr. Medical Social Worker

**Objective** to educate women about breast and cervical cancer, including their risk factors, early detection, and prevention methods, to improve their health outcomes and awareness.

## Activities Conducted

### Health Education Session:

- **Breast Cancer Awareness:**
  - Risk factors, such as family history, hormonal influences, and lifestyle choices, were explained.
  - Importance of Breast Self-Examinations (BSE) and Clinical Breast Examinations (CBE) was emphasized.
  - Symptoms like lumps, changes in breast size or shape, and nipple discharge were discussed.
  - Screening guidelines, including mammography, were provided.
- **Cervical Cancer Awareness:**
  - The role of human papillomavirus (HPV) as a primary risk factor was highlighted.
  - Symptoms such as abnormal vaginal bleeding, pelvic pain, and unusual discharge were discussed.
  - Prevention strategies, including Pap smear tests, HPV vaccinations, and safe sexual practices, were shared.

### Demonstration of Breast Self-Examination (BSE):

- Practical guidance on performing BSE to identify abnormalities early was provided.
- Visual aids and models were used for effective demonstration.

### **Counseling Services:**

- Individual sessions were conducted to address participants' specific concerns related to cancer risks and emotional impacts.
- Participants were motivated to undergo regular screenings, including Pap smears and CBEs.

### **Interactive Q&A Session:**

- Dr. Sonal Randive answered queries about cancer prevention, early detection, treatment options, and lifestyle modifications.

### **Role of the Social Welfare Team**

- Ms. Ujwala Patil, PMC Social Welfare Officer, ensured robust community outreach and mobilization, encouraging women from underserved areas to participate.
- Logistical support and collaboration with the UHTC team enhanced the event's effectiveness.

### **Role of the Medical Social Worker as the Sr. Medical Social Worker, Ms. Aarti Thorave:**

- Coordinated event planning, participant mobilization, and logistical arrangements.
- Provided counseling and addressed participants' emotional and social concerns.
- Documented the event for impact assessment and future reference.

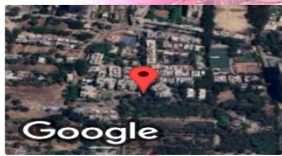
### **Outcome**

- **Participation:** A total of 44 women of various age groups attended the program.
- **Feedback:** Participants appreciated the informative sessions and expressed intent to share the knowledge in their communities.
- **Impact:** Enhanced awareness about breast and cervical cancer, with increased motivation to adopt preventive measures and undergo routine screenings.

**Conclusion** The Breast and Cervical Cancer Awareness Activity successfully educated and empowered women to prioritize their health. The collaboration between UHTC, PMC, and medical professionals ensured a comprehensive approach to addressing community health concerns.



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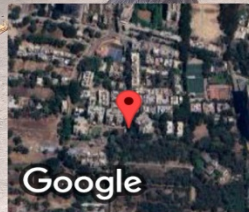


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# Breast and Cervical Cancer Awareness

**Date:** 30.12.2024

**Venue:** Ganesh Mandir, Kokate Ali, Pashan

**Total Beneficiaries:** 52

## Organized by:

- UHTC, Community Medicine Department, Symbiosis Medical College for Women
- Late Sahdev Eknath Nimhan Hospital
- PMC Social Welfare Department

## Coordinated by:

- Dr. Rutuja Ansune, Intern
- Dr. Akshaya Iyyer, Intern
- Ms. Ujwala Patil, PMC Social Welfare Officer
- Ms. Aarti Thorave, Sr. Medical Social Worker

## Objective:

To educate women about breast and cervical cancer, focusing on risk factors, early detection, and prevention to enhance health outcomes and awareness.

## Activities Conducted:

Health education sessions covered breast and cervical cancer awareness, including risk factors, symptoms, and prevention strategies. A demonstration of Breast Self-Examination (BSE) was provided using visual aids, along with counseling sessions to address individual concerns and motivate participants for regular screenings. An interactive Q&A session was conducted to clarify doubts related to prevention, early detection, and treatment options.

## Role of the Social Welfare Team:

- Ms. Ujwala Patil ensured community outreach and mobilization, providing logistical support to enhance the event's impact.

## Role of the Sr. Medical Social Worker Ms. Aarti Thorave:

- Coordinated planning, mobilization, and logistics.
- Provided counseling and addressed emotional and social concerns.
- Documented the event for impact assessment.

## Outcome:

- **Participation:** 52 women attended the program.

- **Feedback:** Participants found the sessions informative and pledged to share knowledge in their communities.
- **Impact:** Improved awareness about cancer prevention and increased motivation for regular health screenings.

**Conclusion:**

The activity successfully educated and empowered women, prioritizing their health through collaborative efforts of UHTC, PMC, and medical professionals.





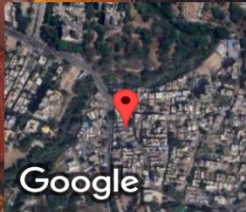
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# Healthy Baby Competition

**Date:** 18/11/2024

**Venue:** Buddha Vihar, Pashangao

## **Objective:**

To celebrate Children's Day with a focus on raising awareness about child health and nutrition, promoting early developmental milestones, and fostering a sense of community engagement among Anganwadi workers, parents, and healthcare providers.

## **Organized By:**

The event was organized by the UHTC and the Community Medicine Department, under the guidance and coordination of HOD Dr. Reshma Patil.

## **Participants:**

- **Age Groups:**
  - 0-3 years
  - 3-6 years
- **Total Children Participated:** 68
- **Winners:** 3 from each age group, selected based on health and developmental criteria.

## **Program Highlights:**

1. **Judges and Facilitators:**
  - **Dr. Shweta Dhasal (Pediatrician):** Evaluated the children based on their physical and developmental health.
  - **Tutors:** Dr. Amar and Dr. Vaibhav provided technical support and guidance during the competition.
  - **MSWs:** Aarti Thorave and Mahadeo Sonawane managed event logistics and community engagement.
  - **PMC Hospitals' Nurses:** Prajakta and Shivnanda supported health assessments and facilitated the activities.
  - **Nursing Students:** Actively assisted in organizing and conducting the competition.
2. **Event Coordination:**
  - Anganwadi workers and the supervisor played a crucial role in organizing the event by mobilizing community participation and ensuring smooth coordination.
3. **Evaluation Criteria:**
  - A structured **proforma** was developed to objectively assess each participant on parameters such as **height, weight, and appearance**. These indicators were used to gauge overall health and developmental milestones.
  -

#### 4. Activities and Facilitation:

- Interactive activities were conducted to engage both children and parents, emphasizing the importance of nutrition and hygiene.
- Nutritious *chikki* and crayon color boxes were distributed to all children as a token of encouragement and to promote creativity and health awareness.

#### Event Outcome:

The Healthy Baby Competition was a grand success, achieving its objectives of raising awareness and promoting healthy practices. Key outcomes included:

- **Parental Awareness:** Parents gained insights into the importance of monitoring their child's growth and ensuring proper nutrition.
- **Strengthened Collaborations:** The event reinforced partnerships between the Community Medicine Department, healthcare providers, and Anganwadi workers, ensuring a united approach to child health.
- **Community Engagement:** The program fostered a joyful and inclusive environment, creating a platform for parents, children, and healthcare professionals to interact and share knowledge.

The program concluded with positive feedback from participants and attendees, emphasizing the value of such initiatives in fostering child health and community well-being. Future plans include organizing similar events to address other key health and developmental milestones.







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# Diabetes Day Celebration

**Date:** 18th November 2024

**Occasion:** Diabetes Day Celebration

**Venue:** Buddha Vihar, Pashangao

## Objective:

To observe Diabetes Day by promoting awareness about diabetes prevention and management through blood sugar level (BSL) testing for the parents of children who participated in the Healthy Baby Competition.

## Organized By:

UHTC and the Community Medicine Department under the coordination and guidance of HOD Dr. Reshma Patil.

## Participants:

- **Target Group:** Parents of children who took part in the Healthy Baby Competition.

## Program Highlights:

### 1. BSL Testing for Parents:

- Blood sugar levels of parents were tested to screen for diabetes.
- Individual results were explained, and recommendations were provided based on the findings.

### 2. Counseling and Awareness Sessions:

- Information on lifestyle modifications such as balanced nutrition, physical activity, and regular health check-ups was shared.
- Parents were encouraged to adopt healthy habits to prevent diabetes and related complications.

### 3. Facilitators:

- **Dr. Shweta Dhasal (Pediatrician):** Supervised the BSL testing process and offered medical advice.
- **Tutors:** Dr. Amar and Dr. Vaibhav supported the event's technical aspects.
- **MSWs:** Aarti Thorave and Mahadeo Sonawane coordinated the program and ensured smooth logistics.
- **PMC Hospitals' Nurses:** Prajakta and Shivnanda conducted the BSL testing.
- **Nursing Students:** Mr. Prasad, Mr. Pankaj Assisted in conducting tests and providing health education.

## Event Outcome:

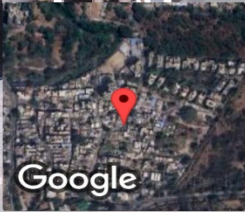
- **Health Awareness:** Parents gained a better understanding of the risk factors and preventive measures for diabetes.
- **Health Screening:** Early identification of abnormal blood sugar levels encouraged timely medical intervention.
- **Community Engagement:** Reinforced connections between healthcare providers and the local community, emphasizing preventive healthcare practices.

The Diabetes Day celebration was well-received, effectively raising awareness about diabetes and its prevention among parents, and strengthening the community's focus on proactive health management.





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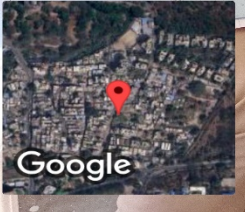


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# General Health Checkup Camp Report

**Date:** 21.12.2024

**Venue:** Sandhyanagar, Someshwarwadi, Pashan

**Total Beneficiaries:** 44

## Organized by:

- UHTC, Community Medicine Department, Symbiosis Medical College for Women
- Late Sahdev Eknath Nimhan Hospital
- PMC Social Welfare Department

## Coordinated by:

- Dr. Sonal Randive, Surgery Department
- Dr. Smridhi, Intern
- Ms. Ujwala Patil, PMC Social Welfare Officer
- Ms. Aarti Thorave, Sr. Medical Social Worker

## Objective:

To provide general health check-up services, ensuring early detection of health issues and promoting overall well-being for women from underserved areas.

## Activities Conducted:

### General Health Check-up Services:

- Measurement of height, weight, and blood pressure.
- General medical consultation to address common health concerns.

### Counseling Services:

- Individual sessions addressing health concerns and promoting healthy lifestyles.
- Information on the importance of regular health check-ups.

### Role of the Social Welfare Team:

- **Ms. Ujwala Patil, PMC Social Welfare Officer:**
  - Facilitated community outreach and mobilization.
  - Ensured active participation from women in underserved areas.

### Role of the Medical Social Worker:

- **Ms. Aarti Thorave, Sr. Medical Social Worker:**
  - Coordinated event planning, participant mobilization, and logistical arrangements.

- Provided counseling to participants and addressed their emotional and social concerns.
- Documented the event for impact assessment and future reference.

**Outcome:**

- **Participation:** A total of 44 women attended the health camp.
- **Feedback:** Participants expressed satisfaction with the general health check-up and counseling services provided.
- **Impact:** Improved awareness and motivation for routine health check-ups and adoption of healthy practices.

**Conclusion:** The Health Camp successfully delivered general health check-up and counseling services to women, addressing their basic health concerns. The collaborative efforts of UHTC, PMC Social Welfare Department, and healthcare professionals ensured a well-organized and impactful event.






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**SYMBIOSIS UNIVERSITY HOSPITAL AND**  
**RESEARCH CENTRE**  
 Lavale, Tal.: Mulshi, Pune 412 115  
**Department of Community Medicine**  
 Affiliated to: K. S. Saheb Dinpath Nimbhan Hospital, Pashan, Pune Municipal Corporation  
**URBAN HEALTH TRAINING CENTRE - PASHAN**  
**HEALTH EDUCATION & AWARENESS ACTIVITY**  
 Activity :- BREAST CANCER SELF EXAMINATION  
 Theme / Slogan :-  
 Venue :-  
 Date :- 21.12.2024

पुणे महानगरपालिका  
 राज विकास विभाग  
 महिला संक्षमीकरण  
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# General Health Checkup Camp Report

**Date:** 30.12.2024

**Venue:** Ganesh Mandir, Kokate Ali, Pashangao

**Total Beneficiaries:** 52

## Organized by:

- UHTC, Community Medicine Department, Symbiosis Medical College for Women
- Late Sahdev Eknath Nimhan Hospital
- PMC Social Welfare Department

## Coordinated by:

- Dr. Akshaya Iyyer, Intern
- Dr. Rutuja Ansune, Intern
- Ms. Ujwala Patil, PMC Social Welfare Officer
- Ms. Aarti Thorave, Sr. Medical Social Worker

## Objective:

To provide general health check-up services, ensuring early detection of health issues and promoting overall well-being for women from underserved areas.

## Activities Conducted:

### General Health Check-up Services:

- Measurement of height, weight, and blood pressure.
- General medical consultation to address common health concerns.

### Counseling Services:

- Individual sessions addressing health concerns and promoting healthy lifestyles.
- Information on the importance of regular health check-ups.

### Role of the Social Welfare Team:

- **Ms. Ujwala Patil, PMC Social Welfare Officer:**
  - Facilitated community outreach and mobilization.
  - Ensured active participation from women in underserved areas.

### Role of the Medical Social Worker:

- **Ms. Aarti Thorave, Sr. Medical Social Worker:**
  - Coordinated event planning, participant mobilization, and logistical arrangements.

- Provided counseling to participants and addressed their emotional and social concerns.
- Documented the event for impact assessment and future reference.

**Outcome:**

- **Participation:** A total of 52 women attended the health camp.
- **Feedback:** Participants expressed satisfaction with the general health check-up and counseling services provided.
- **Impact:** Improved awareness and motivation for routine health check-ups and adoption of healthy practices.

**Conclusion:** The Health Camp successfully delivered general health check-up and counseling services to women, addressing their basic health concerns. The collaborative efforts of UHTC, PMC Social Welfare Department, and healthcare professionals ensured a well-organized and impactful event.





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## **Department of Community Medicine**

**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

# **Haldi Kumkum Celebration on Makar Sankranti**

**Date:** 01/02/2025

**Venue:** Urban Health and Training Centre (UHTC), Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women (SMCW)

**Objective:** The Haldi Kumkum celebration was organized to foster community engagement, cultural participation, and promote health awareness among women. The event aimed to strengthen the relationship between the healthcare team and the local community, encouraging women to engage in health-related discussions.

### **Participants:**

#### **PMC Healthcare Staff:**

- Dr. Preeti Mankar, MO
- Dr. Archana Dangare, MO
- Nurses
- Caretakers
- Sweepers

#### **UHTC Staff:**

- Dr. Reshma Patil, HOD, Community Medicine
- Dr. Sphurti Chate, Incharge, UHTC
- Ms. Aarti Thorave, MSW
- Mr. Mahadeo Sonawane, MSW

#### **Intern Doctors:**

- Dr. Tejaswini Jadhav
- Dr. Vaishnavi Tanpure

#### **Community Health Workers:**

- ASHA Workers
- Anganwadi Workers

## Key Highlights:

- **Traditional Haldi Kumkum Ceremony:** The event began with a traditional Haldi Kumkum ceremony, where married women applied turmeric (haldi) and vermilion (kumkum) as part of a cultural custom.
- **Health Awareness Talk:** A brief talk was delivered by UHTC staff, focusing on maternal health, nutrition, and personal hygiene. This session aimed to empower women with knowledge about their health and well-being.
- **Distribution of Tilgul:** Tilgul (sesame and jaggery sweets) were distributed to participants as a symbol of goodwill, following the tradition of "Tilgul ghya, god god bola" (Eat sesame sweets and speak sweetly).
- **Interactive Session:** The session encouraged open dialogue with community women, where common health concerns were addressed, and the importance of regular health check-ups was emphasized.
- **Gifts for Participants:** Each woman received a 'vaan' sling bang as a gift, adding a personal touch to the celebration and enhancing the sense of community.
- **Snacks and Tea:** Snacks and tea were provided to all participants, creating a warm and inviting atmosphere for social interaction and bonding.

## Outcome:

- The event helped strengthen the rapport between the healthcare team and local women, fostering a sense of community.
- Increased awareness about maternal and child health, nutrition, and hygiene was achieved through the health education session.
- Encouragement for women to avail of healthcare services at UHTC was actively promoted.
- Cultural traditions were successfully integrated with health education, enhancing the community's engagement with healthcare services.
- The provision of snacks and tea facilitated a relaxed and enjoyable environment for the participants to interact.

## Conclusion:

The Haldi Kumkum celebration on Makar Sankranti effectively blended cultural traditions with health awareness, bringing together PMC healthcare staff, ASHA workers, Anganwadi workers, and UHTC staff to build stronger community ties. The event not only celebrated a cultural ritual but also served as a platform for promoting women's health and well-being, emphasizing the importance of health check-ups and healthy practices. The gifts and provision of snacks and tea helped enhance the overall experience, making the event memorable for all participants.

# Haldi Kumkum Celebration on Makar Sankranti-01/02/2025



# Haldi Kumkum Celebration on Makar Sankranti-01/02/2025



# Haldi Kumkum Celebration on Makar Sankranti-01/02/2025





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## **Department of Community Medicine**

**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

### **General Health Checkup Camp for Community Members**

**Organized by:** Mr. Uttam Jadhav, Community Leader, Pashangao

**Co-Organized by:** Kai. Sahdev Eknath Nimhan, Pashan Kuti Rugnalay-UHTC Pashan, Department of Community Medicine, Symbiosis Hospital, and Symbiosis Medical College for Women

**Date:** 06/01/2025

**Time:** 10:00 AM to 3:00 PM

**Location:** Buddha Vihar, Pashangao

**Total Beneficiaries:** 132

**Total Referrals:** 19

#### **Services Available:**

- General Medicine
- Pediatrics
- Orthopedics
- Blood Sugar Level (BSL) Testing
- Blood Pressure (BP) Measurement
- Height and Weight Checks

**Overview** The General Health Checkup Camp was organized as part of a community outreach initiative to provide healthcare services to residents of Pashangao. The camp focused on offering free medical consultations and health checkups to address the specific health concerns of the community members and their families.

#### **Objectives**

- To offer free medical consultations and basic diagnostic services.
- To promote health awareness among underserved communities.
- To identify individuals needing further medical attention and provide referrals to appropriate facilities.

## Services Offered

1. **General Medicine**
2. **Pediatrics**
3. **Orthopedics**
4. **BSL Testing**
5. **BP Measurement**
6. **Height and Weight Checks**

## Execution

### Specialists Conducting the OPD

- **General Medicine:** Dr. Ravisingh Thakur
  - Addressed general health concerns, including hypertension, diabetes, and respiratory conditions.
  - Provided lifestyle and dietary guidance.
- **Pediatrics:** Dr. Pratiksha
  - Conducted pediatric consultations, including vaccinations, nutritional advice, and management of childhood illnesses.
- **Orthopedics:** Dr. Akshay Thorat
  - Evaluated musculoskeletal complaints related to labor-intensive work, including joint pain and injuries.

### Intern Participation

- Dr. Aboli Khobragade (FMG Intern)
- Dr. Aboli (FMG Intern)
- Dr. Vaishnavi (FMG Intern)
- Dr. Pranjali (FMG Intern)

Assisted in patient consultations and documentation.

**Patient Turnout and Services Provided** A total of 132 community members benefited from the camp. Each participant underwent a thorough health checkup, including BSL testing, BP measurement, and height and weight checks. A total of 19 participants were referred to higher medical facilities for further evaluation and treatment. Free medications were distributed as needed.

**Community Participation and Coordination** The camp was well-received by the community, with active participation facilitated by the following team members:

1. Ms. Aarti Thorave - Medical Social Worker
2. Mr. Mahadeo Sonawane - Medical Social Worker

**PMC Nursing Staff:**

- Shilpa Somvanshi, ANM
- Monali Kudale, ANM

**Guidance and Leadership** The camp was organized under the expert guidance of:

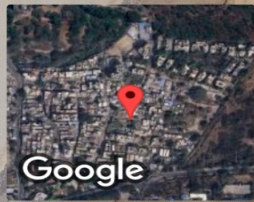
- **Dr. Reshma Patil** - Head of the Department of Community Medicine
- **Dr. Sphurti Chate** - UHTC in charge and Assistant Professor of Community Medicine

The General Health Checkup Camp was a meaningful step toward improving the health and well-being of community members in Pashangao. It highlighted the importance of regular health camps in underserved areas. Similar initiatives are recommended to build on this success and ensure consistent healthcare access for vulnerable populations.




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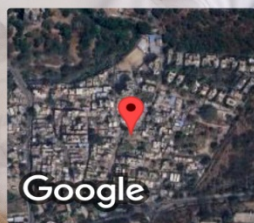


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## **Department of Community Medicine**

**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

### **HMPV Awareness Activity**

**Date:** 13/01/2025

**Venue:** Late Sahdev Eknath Nimhan Dispensary Hospital Pashan UHTC

**Total Beneficiaries:** 41

#### **Organized by:**

- UHTC, Community Medicine Department, Symbiosis Medical College for Women
- PMC Medical Officer, Dr. Preeti Mankar

#### **Health Talk by:**

- Dr. Preeti Mankar, PMC Medical Officer
- Dr. Rutuja (FMG Intern)
- Dr. Akshaya (FMG Intern)

#### **Objective:**

To raise awareness about Human Metapneumovirus (HMPV), its symptoms, mode of transmission, prevention strategies, and management options to promote community health and well-being.

#### **Activities Conducted:**

##### **1. Health Education Session:**

###### **○ Overview of HMPV:**

- Symptoms: fever, cough, nasal congestion, and difficulty breathing.
- High-risk groups: young children, the elderly, and immunocompromised individuals.
- Modes of transmission: respiratory droplets, direct contact, and contaminated surfaces.

###### **○ Prevention Strategies:**

- Importance of hand hygiene, use of masks, and maintaining physical distance.
- Vaccination updates and the significance of early detection.

## 2. **PPT Presentation:**

- A detailed PowerPoint presentation was delivered by the intern doctor under the guidance of Dr. Preeti Mankar in **Marathi** and **Hindi** for better understanding within the community.
- Topics included:
  - Identification of symptoms.
  - Steps to prevent the spread of HMPV.
  - Management of mild and severe cases.
  - Use of simple language and visual aids to ensure clarity and engagement.
- Key terms and prevention measures were explained in both languages to address linguistic diversity in the community.

## 3. **Community Engagement:**

- Participants were encouraged to share the information with their families and neighbors to widen the impact of the session.
- Educational pamphlets highlighting HMPV awareness and prevention were distributed.

## 4. **Interactive Q&A Session:**

- Dr. Preeti Mankar addressed participants' queries, providing clarity on common misconceptions and practical advice on managing symptoms at home.

## **Outcome:**

- **Participation:** 41 community members attended, including individuals from various age groups and backgrounds.
- **Feedback:** Attendees expressed gratitude for the informative session and committed to adopting the preventive measures shared.
- **Impact:** Increased understanding of HMPV, its symptoms, and prevention strategies, leading to heightened community awareness and preparedness.



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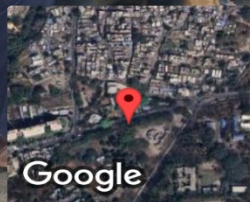
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**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune Municipal Corporation UHTC- Pashan**

## **General Health Check-up Camp-World Hypertension Day**

**Date:** 22/05/2025

**Venue:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, UHTC Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women

**In Collaboration with:** Kai. Sahdev Eknath Nimhan Pashan Kuti Rugnalay, PMC

**Total beneficiaries: 54**

### **Purpose of the Camp:**

To mark **World Hypertension Day**, a **General Health Check-Up Camp** was organized with the objective of raising awareness about hypertension and promoting early detection of lifestyle-related diseases like high blood pressure (BP) and diabetes.

### **Services Provided:**

- **Blood Pressure (BP) Check-Up**
- **Blood Sugar Level (BSL) Testing (Random)**
- General medical consultation and health education
- Lifestyle counseling related to diet, exercise, and stress management

### **Target Group:**

Local community members from Pashan and surrounding areas, especially adults and the elderly

### **Participants & Beneficiaries:**

A total of **54** individuals availed the health services. They were screened for **BP** and underwent **BSL** testing. Referrals were made to SUHRC and PMC hospitals for further investigation and management where required.

**Team Involved:**

- Medical Officer: Dr. Neeta Chitnis, Dr. Preeti Mankar
- In charge UHTC: Dr. Sphurti Chate
- Intern Doctors from SMCW
- FMG Doctors
- Medical Social Worker: Ms. Aarti Thorave, Mr. Mahadeo Sonawane
- UHTC staff

**Awareness Activities:**

An educational session on the importance of regular BP monitoring and a balanced lifestyle was conducted. IEC materials were distributed to promote health-seeking behavior.

**Outcome:**

- Increased awareness regarding hypertension and diabetes among participants
- Early identification of at-risk individuals
- Strengthened community trust and engagement with UHTC health services

**Conclusion:**

The camp was successful in providing preventive and promotive healthcare services to the underserved population. The initiative also reinforced the importance of regular health check-ups to manage non-communicable diseases.

# General Health Check-up Camp-World Hypertension Day at UHTC 22.05.2025



# General Health Check-up Camp-World Hypertension Day at UHTC 22.05.2025



## **National Nutrition Week -2024 Health Activity**

**Date & Day:** 02.09.2024, Thursday

**Time:** 11 AM to 12:30 PM

**Occasion:** National Nutrition Week – 2024, **Slogan:** “Balanced Diet for Everyone”

**Place:** Anganwadi No 100, Near Buddhavihar, Panchshilnagar, Pashan, Pune-411021

**Total number of Beneficiaries: 25**

National Nutrition Week 2024 is observed from September 1-7 in India every year to raise awareness among people about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle. This week-long program is conducted by The Food and Nutrition Board of India, under the aegis of the Ministry of Women and Child Development.

The theme for Nutrition Week 2024, “**Balanced Diet for Everyone**” underscores the need for widespread access to whole some food options. It highlights the critical intersection of nutrition, affordability, and social justice.

On this Occasion National Nutrition Week 2024 was **celebrated at Anganwadi No 100**, Near Buddhavihar, Panchshilnagar, Pashan. Intran Dr.Tanishka & Dr.Priyanka MSW Ms. Aarti Thorave & Mr. Mahadeo Sonawane, from Community Medicine, SMCW, Pune conducted awareness activity to the Parents on Health and Nutrition. The session was very interactive. Following points were covered in this session.

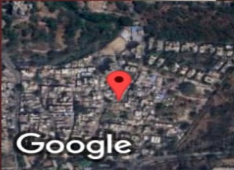
- Educating people about the importance of nutrition
- Information on provision of subsidies on nutritious foods
- How to make healthy foods more accessible
- Health Regulations by the food industry to ensure that food is safe and nutritious
- Special Note: 8080809063- “Women & Child Development Department”-

This contact number is for information on various nutrition, health and holistic development of the baby under the initiative "Tarang Suposhith Maharashtra" has been given to the Anganwadi Workers and share to their respective areas beneficiaries.

The Health Camp was conducted under the guidance of the Head of the Department of Community Medicine, Dr. Reshma Patil and coordinated by Dr. Meghana Narendran, Assistant Professor and UHTC In-charge, Dept. of Community Medicine.



GPS Map Camera



**Pune, Maharashtra, India**  
Survey No, 1, Garware Cir, Panchshil Nagar, Pashan Gaon, Pashan, Pune, Maharashtra  
411021, India  
Lat 18.539862°  
Long 73.79598°  
02/09/24 11:54 AM GMT +05:30



GPS Map Camera



**Pune, Maharashtra, India**  
Survey No, 1, Garware Cir, Panchshil Nagar, Pashan Gaon, Pashan, Pune, Maharashtra  
411021, India  
Lat 18.539864°  
Long 73.795984°  
02/09/24 11:58 AM GMT +05:30



**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



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## **National Leprosy Eradication Program (NLEP) Awareness Activity**

**Date:** 03/02/2025

**Venue:** UHTC, Pashan

**Organized by:** Urban Health Training Centre (UHTC), Department of Community Medicine, Symbiosis Medical College for Women, in collaboration with PMC

### **Introduction:**

The National Leprosy Eradication Program (NLEP) awareness activity was conducted at UHTC Pashan in collaboration with PMC (Pune Municipal Corporation) to spread awareness about leprosy, its early detection, and the free treatment provided under NLEP. The session aimed to eliminate misconceptions, encourage timely treatment, and reduce stigma in the community.

### **Resource Persons:**

- **Dr. Preeti Mankar**, MO, PMC Hospital
- **Dr. Reshma Patil**, HOD, Community Medicine
- **Dr. Sphurti Chate**, Incharge, UHTC
- **Ms. Aarti Thorave**, MSW
- **Mr. Mahadeo Sonawane**, MSW
- **Dr. Vaishnavi Tanpure**, Intern Doctor, Symbiosis Medical College for Women
- **Dr. Tejasvini Jadhav**, Intern Doctor, Symbiosis Medical College for Women
- 

### **Activity Details:**

- **Health Awareness Talk:** Dr. Preeti Mankar from PMC Hospital explained the causes, symptoms, transmission, and importance of early detection of leprosy.
- **Myths & Facts:** She addressed common misconceptions, reassuring the community that leprosy is not hereditary and is completely curable with Multidrug Therapy (MDT).
- **Interactive Q&A Session:** Participants asked questions regarding symptoms, government treatment facilities, and social stigma.

- **Screening & Counseling:** OPD patients were encouraged to report any symptoms like skin patches, numbness, or weakness for early screening and treatment.

**Participants:**

- **ASHA workers**
- **Anganwadi workers**
- **Nurses**
- **Healthcare staff**
- **Community members and OPD patients**

**Conclusion:**

The awareness activity played a crucial role in educating frontline health workers and the community about early detection and free treatment options, while also working to reduce stigma and encourage affected individuals to seek timely medical help. The collaborative efforts of PMC, intern doctors, and healthcare staff strengthened the outreach, ensuring the message reached a broader audience.





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## **Awareness Skit on PNC Hygiene and Nutrition for Postnatal Mothers**

**Date:** 22.05.2025

**Venue:** UHTC, Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women

**Total beneficiaries: 20-25**

### **Objective:**

To educate postnatal care (PNC) mothers on the importance of hygiene, nutrition, and self-care during the postpartum period through an engaging and informative skit.

### **Details of the Activity:**

A health education skit was performed by FMG students **Dr. Sanskruti** and **Dr. Mrunal** at UHTC Pashan, focusing on:

- Importance of personal hygiene in the postnatal period
- Dietary recommendations to promote healing and breastfeeding
- Prevention of infections and maintenance of general well-being
- Role of family support during the PNC phase

### **Audience:**

The session was attended by **PNC mothers**, their relatives, and other women visiting the UHTC.

### **Post-Skit Interaction:**

After the skit, a short interactive Q&A session was held. Key queries addressed included:

- What foods help increase breast milk production?
- How often should mothers bathe after delivery?
- Can new mothers exercise, and if yes, when?
- Common signs of postnatal complications

### **Feedback from Participants:**

Mothers appreciated the interactive nature of the skit. They found it relatable and informative. Several expressed interest in similar future sessions.

### **Outcome:**

- Enhanced understanding of PNC hygiene and nutrition among new mothers
- Empowered mothers to take better care of themselves during the postpartum phase
- Improved communication between healthcare providers and community members

### **Contributors:**

- Dr. Sphurti Chate, In charge UHTC
- FMG Interns: Dr. Sanskruti, Dr. Mrunal
- MSW: Ms. Aarti Thorave

# Awareness Skit on PNC Hygiene and Nutrition for Postnatal Mothers at UHTC- 22.05.2025



# World Diabetes Day – 2024

**Topic:** Importance of Early Detection and Management of Diabetes and Hypertension

**Occasion:** World Diabetes Day - 2024

**Place:** Urban Health and Training Centre (UHTC), Pashan

**Date:** 14th November 2024

**Total Participants:** 10–15 Persons

**Activity Conducted By:** Dr. Ravisingh Thakur, Dr. Tanvi Sharma (Intern), Mr. Mahadeo Sonawane, and Ms. Aarti (Medical Social Workers)

## Introduction:

World Diabetes Day is observed every year on 14th November to raise awareness about diabetes, its complications, and the importance of early detection and proper management. The theme for 2024 focuses on promoting community engagement in diabetes prevention and improving access to care.

At UHTC, Pashan, the Department of Community Medicine at Symbiosis Medical College for Women organized a screening and awareness activity to educate the community on the importance of managing diabetes and hypertension.

## Objectives of the Activity:

- To promote awareness about diabetes and hypertension, emphasizing early detection.
- To screen individuals for Blood Sugar Levels (BSL) and Blood Pressure (BP).
- To provide counseling on lifestyle modifications for prevention and management.

## Activity Highlights:

### 1. Screening:

- Blood Sugar Level (BSL) and Blood Pressure (BP) screenings were conducted.
- Total patients screened: **13**.
- Patients with abnormal levels were advised to seek further medical attention.

### 2. Counseling Session:

- Individual counseling was provided, covering:
  - Nutritional guidelines for maintaining healthy blood sugar and BP levels.
  - Importance of regular physical activity.

- Adherence to medication and regular follow-ups.
- 3. **Awareness Session:**
  - Topics covered included:
    - Early symptoms of diabetes and hypertension.
    - Long-term complications and prevention strategies.
    - Myths and misconceptions about diabetes management.
- 4. **Engagement:**
  - Participants shared their experiences and challenges in managing diabetes and hypertension.
  - Suggestions to improve access to care and lifestyle changes were discussed.

**Key Outcomes:**

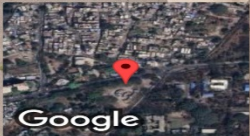
- Increased community awareness of the significance of early detection and management of diabetes and hypertension.
- Empowered participants with practical strategies to improve their health.
- Identification of individuals requiring follow-up care for abnormal BSL or BP.





**Pune, Maharashtra, India**  
Gqqw+45v, Pashan Gaon, Pashan, Pune, Maharashtra  
411021, India  
Lat 18.537781° Long 73.795502°  
14/11/24 12:19 PM GMT +05:30

GPS Map Camera



**Pune, Maharashtra, India**  
Gqqw+47p, Garware Cir, Pashan Gaon, Pashan, Pune,  
Maharashtra 411021, India  
Lat 18.537786° Long 73.795559°  
14/11/24 11:18 AM GMT +05:30

GPS Map Camera



GQQV+4X2, Jay Tulja Bhawani Rd, Pashan Gaon, Pashan, Pune, Maharashtra 411021, India

Latitude  
18.5377075°

Longitude  
73.7950005°

Local 12:34:19 PM  
GMT 07:04:19 AM

Altitude 584 meters  
Thursday, 14.11.2024



Department of Community Medicine  
Symbiosis Medical College for Women (SMCW)  
Symbiosis International (Deemed University),  
Lavale, Mulshi, Pune, Maharashtra 412115



**Affiliated to Late Sahdev Eknath Nimhan Dispensary Hospital Pashan, Pune  
Municipal Corporation UHTC- Pashan**

## **World Environment Day – Tree Plantation Activity**

**Date:** 09.06.2025

**Venue:** UHTC, Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women

### **Objective:**

To promote environmental awareness and encourage sustainable practices by planting medicinal and useful plants on World Environment Day.

### **Report:**

On **World Environment Day 2025**, a tree plantation drive was organized at UHTC, Pashan by the Department of Community Medicine, Symbiosis Medical College for Women.

**MO Dr. Chitnis Ma'am** and **UHTC in charge Dr. Sphurti** led the activity and addressed the participants on the importance of environmental conservation and the role of healthcare professionals in promoting sustainability and traditional medicinal knowledge.

### **Activity Details:**

- A brief talk was given highlighting the significance of World Environment Day and the health and environmental benefits of planting trees.
- The plantation drive focused on **medicinal and useful plants**, including:
  - **Amla (Indian Gooseberry)** – rich in Vitamin C, used in traditional medicine
  - **Ritha (Soapnut)** – natural cleanser, eco-friendly use

- **Belpatra (Bael leaves)** – religious significance, medicinal properties
- **Jackfruit** – nutritious fruit tree, promotes food security
- **Jasmine** – aromatic, used in traditional medicine and cultural practices
- Participants discussed the environmental and health benefits of these plants.

### **Roles of Participants:**

- **MO Dr. Chitnis Ma'am and Dr. Sphurti** provided guidance on planting techniques and explained the medicinal uses of the saplings.
- **MSWs Mr. Mahadeo Sonawane and Ms. Aarti Thorave** coordinated the event, mobilized interns, and engaged with community members at UHTC.
- **FMG Intern Doctors and SMCW MBBS Interns** assisted in planting and watering the saplings, ensuring proper placement for growth.

### **Outcome:**

- Around 10–12 saplings of medicinal and useful plants were planted in the UHTC premises.
- Participants gained awareness about the role of medicinal plants in traditional health practices and environmental conservation.
- The activity promoted teamwork, sustainability, and a commitment to care for the saplings.

### **Remarks:**

The event was successful in spreading environmental awareness and reinforcing traditional knowledge about medicinal plants. Follow-up visits will be planned to ensure the healthy growth and maintenance of the planted saplings.

### **Participants:**

- Dr. Neeta Chitnis, MO, PMC, Hospital, UHTC
- Dr. Sphurti Chate, UHTC in charge
- Mr. Mahadeo Sonawane, MSW
- Ms. Aarti Thorave, MSW
- FMG Intern Doctors
- SMCW MBBS Interns

# World Environment Day – Tree Plantation Activity at UHTC, Pashan - 09.06.2025





**Department of Community Medicine**  
**Symbiosis Medical College for Women (SMCW)**  
**Symbiosis International (Deemed University), Lavale,**  
**Mulshi, Pune, Maharashtra 412115**



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## **World No Tobacco Day Awareness Activity**

**Date:** 31.05.2025

**Venue:** UHTC, Pashan

**Organized by:** Department of Community Medicine, Symbiosis Medical College for Women

**Total Beneficiaries:** 25–28 community members

### **Objective:**

To raise awareness about the harmful effects of tobacco use and encourage tobacco cessation for better community health. **World No Tobacco Day Awareness Activity**

### **Objective:**

To raise awareness about the harmful effects of tobacco use and encourage tobacco cessation for better community health.

As Medical Social Workers at UHTC, along with SMCW & FMG intern doctors, we conducted an awareness session to mark **World No Tobacco Day 2025**. The activity was aimed at educating local community members about the health risks of tobacco use and motivating them to quit.

We welcomed around 25–28 community members, including adult men and women, and explained the theme and significance of World No Tobacco Day.

### **Key Points Covered:**

- Health hazards of smoking and chewing tobacco (oral cancer, lung disease, heart problems)
- Effects of secondhand smoke on family members, especially children
- Financial burden of tobacco uses on families
- Government rules and policies on tobacco control

- Importance of quitting tobacco and available support services
- Practical tips to reduce cravings and avoid relapse

**Role of SMCW & FMG Intern Doctors:**

SMCW & FMG intern doctors actively participated by:

- Helping deliver the health talk using simple language
- Explaining medical consequences of tobacco use in detail
- Answering participant questions and clarifying doubts
- Supporting demonstrations with visual aids and posters

**Method:**

- Interactive talk led by MSWs and FMG interns
- Use of IEC materials and posters to aid understanding
- Real-life examples and local slogans to connect with the audience
- Q&A session for participant concerns
- Distribution of awareness pamphlets on quitting tobacco

**Outcome:**

Participants engaged actively and expressed interest in the discussion. Some shared their own challenges in quitting and asked for guidance. Several attendees expressed motivation to quit tobacco after the session.

**Remarks:**

The session successfully raised awareness about the harms of tobacco and encouraged behavior change. As MSWs, we will continue to offer follow-up counseling to interested participants. SMCW & FMG intern doctors will also support these efforts during their clinical postings at UHTC.

# World No Tobacco Day Awareness Activity at UHTC, Pashan – 31.05.2025



# World No Tobacco Day Awareness Activity at UHTC, Pashan – 31.05.2025



GPS Map  
Camera Lite

GQQW+339, Pashan Gaon, Pashan, Pune, Maharashtra 411021,  
India

Latitude  
18.537755°

Longitude  
73.795235°

Local 12:04:46 PM  
GMT 06:34:46 AM

Altitude 584 meters  
Saturday, 31.05.2025