

Mahatma Gandhi Institute of Medical Sciences, Sevagram

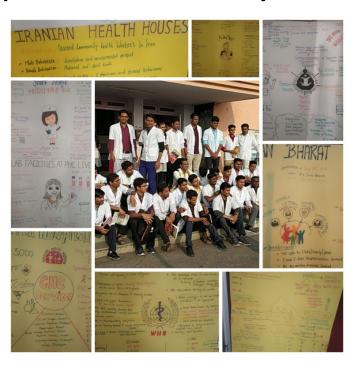
Report of

Re-Orientation of Medical Education (ROME) Camp

Date: 20-31 January 2020

Venue: Kasturba Rural Health Training Centre, Bhidi, Wardha

Department of Community Medicine



Introduction

I suppose leadership at one time meant muscles; but today it means getting along with people.

Mahatma Gandhi

The soul of India lives in villages. Medical education in India has always different perspective and this education system has always challenged in many ways. In this system, rural orientation and practical exposure of medical undergraduates to the health care delivery system and field realities is lacking. Also, a good doctor should posse's leadership skills. One promising way to address this lack would be to revitalize public health teaching and make it responsive to the existing deficiencies in India's health care system. The Reorientation of Medical Education (ROME) program of the World Health Organization for Asian countries was aimed at developing medical education system responsiveness and relevance to the needs of a country by making necessary curriculum changes. The Government of India took initiative in 1977 by launching the 'Re-Orientation of Medical Education' (ROME) scheme to impart community-oriented training to medical undergraduates in primary health care. Over the period from 1977 to now, almost all medical colleges ceased its implementation. One reason for its failure was that colleges did not update their programs. One exception has been the Mahatma Gandhi Institute of Medical Sciences (MGIMS), Sewagram, which has continued to implement the ROME camp for medical undergraduates with contextual modifications implemented in line with the recommendations of the Medical Council of India. The MGIMS, Sewagram is India's first rural medical institute, supported by both the Central and State Government and based on Gandhian ideology. The MGIMS admits 100 medical students each year from all over India on the basis of a pre-medical entrance test. It has been implementing its community-based public health teaching with the aim of training doctors for work with the rural poor.

The camp is an integrated approach to public health and clinical disciplines where the field clinics for students are arranged within the patient's house. The camp curriculum focuses on primary health care and attempts to create conditions for the students to gain a hands-on understanding of the nature of rural health problems. Such community-based teaching for medical undergraduates is seldom practiced in India.

ROME Camp 2019

Reorientation to Medical Education (ROME) camp was organized by the Department of Community Medicine, Mahatma Gandhi Institute of Medical Sciences Sewagram, Wardha Maharashtra for undergraduate (2017 batch) students of Final MBBS Part I. The camp was held at two locations with half the batch at RHTC, Bhidi and the other half at KRHTC, Anji. Dr Amey Dhatrak was in-charge of the camp at the Rural Health Training Centre, Bhidi.

Aims and Objectives

- To sensitize the students towards the effect of family and social environment in aetiology of disease.
- To make students understand the treatment-seeking behaviour in the community.
- To help them understand the health care delivery system and other support systems available in the community.
- To orient students to diagnose an illness with the limited investigation back-up available in the community.
- To developed research aptitude in the students.

Camp Activities

Introductions: The official session began on the 20th Jan when Dr A.M Mehendale, Head of Department, Community Medicine, briefed the students about the ROME scheme, its history



and its aims and objectives and how it got adopted at MGIMS as the ROME camp.

He shared the evolution of ROME camp, the modifications in the past years and the process that led to the formation of the present face of the camp.

Health Programmes: The students also had the opportunity to studying in detail the various maternal and child health programmes run by the country. They discussed JSK, JSSY, RBSK, and the umbrella programme, RMNCH+A in small groups and later was able to analyse the

strengths, weaknesses, opportunities and threats of each programme.

Students had guest lectures on National Blindness Control Programme and National Vector-Borne control Programme.

Like every year, Dr SR Thosar, Surveillance Medical Officer, National Polio Surveillance Project, Akola, graced us with his very informative and interactive presentation on Polio and Measles eradication strategies.

History Taking: The postgraduates also briefed the students about history taking in the community. This helped the students understand the various social determinants of the diseases that we usually see in the hospital.

The students also took clinical cases for various specialties - Medicine, Surgery, Obstetrics and Gynaecology and Paediatrics. The teachers from MGIMS came in to teach the students in the village. The advantage of this exercise was that the students got better understanding of the socio – economic determinants the diseases.



District Health System: The students were briefed about the District Health System by the Faculty of the Department of Community Medicine. Subsequently in the camp the students



visited RH, PHC and SC. These visits were the highlight of the camp as the students got direct exposure and interacted with the field workers and staff. The students learnt about the Indian Public Health Standards, a set of uniform standards envisaged to improve the quality of health care delivery in the country. All staff of PHC and SC brief students in groups and answer their queries. Standard checklists were provided to students for each visit and each group has given different task. Officials from DMO, ICDS, NACP, RBSK, NPCDCS, RH, PHC visited ROME

camp and interact with students from District.

Rural Hospital: The students visited the Rural Hospital at Bhidi. Dr Rathod, MS at the Rural Hospital briefed the students about the functioning of the hospital. The students used a check



list which helped them assess the current situation at the ground level and compare it with IPHS standards.

Primary Health Centre and Sub Centre: The students visited the PHC at Gaul and the SC at Andori. At the PHC, students discussed the





functions and the duties of a PHC. The students observed the ILR and deep freezers and how vaccines are stored and transports. At the SC, the studentswere briefed about the functions of the SC. The ANM present also told them about her duties here in the SC which

comprised of counselling, family planning, basic treatment and nutrition of ANC's and adolescents.

Panchayat Raj Institution: Briefing of Panchayat Raj Institution is done by BDO Mr. Barapatre. He explained about financial outlay and Flow of funds to health. Also, Intersectoral coordination is explained by BDO.

Research Project: A short research is one of the highlights of the camp. The students first began by shortlisting research topics. Divided into four groups they listed out topics and scored them based on feasibility, severity and magnitude to narrow it down to one topic for each group.

The preparation of the protocols was in the form of an interactive workshop where faculty from the department of community medicine assisted the students. The students needed to understand what rapid surveys meant. For this purpose, Dr Chetana, Dr. Abhishek, Dr. Ashwini and Dr. Amey took a very interactive session on Rapid Survey Methodology.

Then everyone put their heads together and started working on the protocol. After working the entire day, the students presented their protocols who gave their inputs and ideas.

The students finalised the protocol and questionnaire for the topics – Prevalence of malnutrition in 6-23 months children and its associated factors, Awareness and practice of safe drinking water and sanitation in the field practice area of RHTC, Bhidi and Prevalence of Tobacco consumption among school going children.



The ambitious task of collecting data was completed by the entire batch in 4 days. Data was collected using KOBO tool. The final reporting of the research was done with the help of all the students and their inputs. Student6s Learn about the use of Microsoft Excel sheet, Epi info and WHO anthro.

School Health Education: An interactive session and briefing about school health was taken by Dr. D.G. Dambhare. The students also got a chance to present their acting skills before the



school children of the village for the purpose of school health education. They were divided into 2 groups and were given the freedom to choose and prepare skits on topics of their choice. Skits and posters were prepared on various health education topics like Waste management and gender equity. The school children were very involved in the activity and enjoyed the humorous yet informative plays. The principal appreciated the efforts of the college and

the students and thanked them for conducting such an activity for the students.

Fire Safety Exercise: A team from Engineering section, KHS, Sevagram demonstrated and teach about fire safety. A practice session was also conducted.

Republic Day:- On 26/01/2020, republic day students participated in flag hosting ceremony at Rural Hospital and school of village.

Educational Trip:The students went on ahalf day trip to Koteshwar. They were able to relax and blow some steam on the last Sunday of the year. The students also celebrated the Republic Day at RH.













Food preparation on Sunday by students. Off to mess worker.

Leisure time and chess

Field visit for Data collection. Mess committee from students and their food choices.......









Attended Program at School and Republic Day.





Mahatma Gandhi Institute of Medical Sciences, Sevagram

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Department of Community Medicine

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The Reorientation of Medical Education (ROME) program of the World Health Organization for Asian countries was aimed at developing the medical education system's responsiveness and relevance to the needs of a country by making necessary curriculum changes. The Government of India took the initiative in 1977 by launching the 'Re-orientation of Medical Education' (ROME) scheme to impart community-oriented training to medical undergraduates in primary health care. Over the period from 1977 to now, almost all medical colleges ceased its implementation. One reason for its failure was that colleges did not update their programs. One exception has been the Mahatma Gandhi Institute of Medical Sciences (MGIMS), Sevagram, which has continued to implement the ROME camp for medical undergraduates with contextual modifications implemented in line with the recommendations of the Medical Council of India. The MGIMS, Sevagram is India's first rural medical institute, supported by both the Central and State Government and based on Gandhian ideology. The MGIMS admits 100 medical students each year from all over India. It has been implementing its community-based public health teaching with the aim of training doctors for work with the rural poor.

The camp is an integrated approach to public health and clinical disciplines where the field clinics for students are arranged within the patient's house. The camp curriculum focuses on primary health care and attempts to create conditions for the students to gain a hands-on understanding of the nature of rural health problems. Such community-based teaching for medical undergraduates is seldom practiced in India.

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PHC Anji: The students visited the PHC Anji. Dr Kale, MO PHC briefed the students about the functioning of the PHC. The students used a check list which helped them assess the current situation at the ground level and compare it with IPHS standards.

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The students finalised the protocol and questionnaire for the topics – **Status of ANC/PNC care**, health promoting school and domestic violence against women.

The ambitious task of collecting data was completed by the entire batch in 4 days. Data was collected using KOBO tool. The final reporting of the research was done with the help of all the students and their inputs. Student6s Learn about the use of Microsoft Excel sheet, Epi info and WHO anthro.

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Republic Day:- On 26/01/2020, republic day students participated in flag hosting ceremony at Rural Hospital and school of village.

Educational Trip: The students went on a half day trip to Ridhora. They were able to relax and blow some steam on the last Sunday of the year. The students also celebrated the Republic Day at PHC. Students also celebrated their batchmate's birthday, bonfire with music and dance.



Mahatma Gandhi Institute of Medical Sciences, Sevagram

Report of

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Date: 11-20 July 2021

Department of Community Medicine



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classes were held in the new auditorium. Further, all the field visits were conducted but in batches where students went to the public health facilities in batches of 25.

Aims and Objectives

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Camp Activities



1) Introduction: The official session began on the 21st July with Dr. BS Garg, Secretary, KHS briefed the students **ROME** about the scheme, its history and its aims and objectives and how MGIMS has continued with the camp despite many other

medical colleges having done with it.

He shared the evolution of ROME camp, the modifications in the past years and the process that led to the formation of the present face of the camp.

2) Introduction to the district health system and national health programmes: The students also had the opportunity to interact with district level programme managers of various national health programmes and getting to know their first-hand experience of running the programme amidst all the challenges including COVID-19 for the past one year. The Additional District Health Officer, Dr. Pravin Vedpathak informed the students regarding the district health system and National Health Mission. Students also learned about other programmes:

- a) NVBDCP: The session was undertaken by Mr.Arvind Lokhande, District Malaria Laboratory technician. He informed the students about the various strategies under the programme and also showed them larvae of different mosquitoes and also Gambusia fish.
- b) NTEP: Dr OP Guralwar, MO, DTC briefed the students about National Tuberculosis Elimination Programme.





- c) <u>NACP:</u> Students also interacted with Dr. Nurul Sheikh, MO NACP and learned about the functioning of NACP. They also participated in a role play to understand the needs and plight of PLHIVs.
- d) <u>RBSK:</u> Mr. Prabhakar Patil, District RBSK coordinator informed the students about the functioning of RBSK in the district. He informed the students regarding the various conditions to which the programme caters.
- e) <u>NPCDCS:</u> The students discussed the strategies under the NPCDCS programme. The session was taken by Dr.

Vinit Zalke, District coordinator for the programme.

- f) NPCB: Faculty from the Department of Ophthalmology taught the students regarding
 - the NPCB. They also informed the students about the services provided to the patients under the programme at Kasturba Hospital, Sewagram.
- g) NPSP: As every year Dr. SR Thosar (SMO, WHO) interacted with the students and informed them about polio and measles surveillance and control activities. He also talked to the students about COVID-19 vaccination.
- h) RMNCH+A: The students learned about the programme in the form of a



group activity with each group presenting the services and strategies under each aspect of the programme followed by a detailed discussion on the same.

- Students also learned regarding various health insurance schemes by the government through case studies discussion.
- j) <u>JSY/JSSK:</u> The students interact with Mrs. Shubhangi Patil (Social worker) and beneficiaries of JSY and JSSK.
- 3) Clinico-social case discussion: Students were briefed about clinicosocial case discussion. They took the

cases in the community. However, the discussion could not be held there due to challenges presented by the pandemic. They were asked to click photographs of all relevant social determinants of health observed in the field.



4) Lecture and Interactive session:

Dr Abhishek Raut facilitated the group session on 'Primary Health Care'. Students were asked to divide themselves into 10 groups to study about the primary health care system in 10 countries and present it to the whole batch. This was followed by a healthy discussion on the reasons for success and failures of certain strategies in these health systems.

Dr. Arjun Jakasania, discussed treatment pathway with the help of case studies. Two case studies are given to students who were divided into two groups. Then the representative from each group presented the treatment pathway of the given case and discussed the delay in healthcare and challenges in accessibility of healthcare.







A session of open discussion was conducted by Dr. Subodh Gupta on 'India's response to Covid-19'. He also discussed the concept of equity in health with the students.

COVID posed various challenges in conducting the camp, however, it also gave us an opportunity to interact with public health experts across the country over online platforms. Two such sessions were conducted in this camp. First with Dr Rajlaxmi Nair, Nutrition Specialist, UNICEF Maharashtra who addressed students on 'Role of International organizations in public health'. The second one was taken by Dr Pavitra Mohan, Co-founder of Basic HealthCare Services on 'NGO and public health'.

5. Visit to PHC, SC, HWC, Anganwadi centres: Students visited a PHC and a SC in groups of 25. Half of the students were taken to Kharangana PHC and the other half were taken to Anji PHC. Similarly, half the batch was taken to Madni SC and the other half visited Pavnar HWC. These visits were the highlight



of the camp as the students got direct exposure and interacted with the field workers and staff. The students learnt about the Indian Public Health Standards, a set of uniform standards envisaged to improve the quality of health care delivery in the country and were also asked to understand the availability of resources as per the IPHS checklist for the facilities they visited. Students were briefed regarding the services provided through PHCs/SCs/HWCs respectively. The staff also informed the students regarding the roles and responsibilities of PHC/SC/HWC staff. The Medical Officer and ANM informed the students regarding implementation of various health programmes and schemes implemented through PHCs/SCs/HWCs.

Students also visited Anganwadi centres in the village of Warud. Students went to the AWCs in batches of 10 each. There they interacted with the AWWs and their helpers and tried to understand how AWC plays a crucial role in the overall development of children. The AWW also informed them regarding the services provided through AWC for adult females and adolescent girls. Although the students were not able to observe the functioning as there were no children in the AWCs, they however, did



observe the education and play materials available there.



- **6. Panchayat Raj Institution:** Briefing of Panchayat Raj Institution is done by Dr. Sachin Ombase (IAS, CEO Zilla Parishad).
- 7. Rapid Surveys: A short research is one of the highlights of the camp. Dr. Chetna Maliye prompted students for identification of health problems commonly seen in community and briefed on Rapid Survey Methodology.

Students were grouped in 5 according to the roll numbers and then guided to list out



community health problems with the guidance of PGs and Faculty of Community Medicine department. The students shortlisted the research topics and then worked on protocol development. Later protocol discussed and corrected with guidance of Dr. Chetna Maliye, Dr. Ashwini Kalantri and Dr. Anuj Mundra.

The short listed topics of rapid surveys were:

- a) Covid vaccination coverage in rural part of Central India and factors inhibiting vaccine acceptance
- b) Prevalence of depression in rural Wardha
- c) Treatment compliance and health-seeking behaviour of hypertensive and diabetic patients in rural Wardha

- d) Experience of women regarding ANC services received by them in rural Wardha: A qualitative study
- e) A time-motion study in rural Wardha on ASHA and Anganwadi workers during the covid pandemic and studying the facilitating and inhibitory factors affecting their performance
- f) Physical Activity and Dietary patterns among adults in rural areas of Wardha district

Students used Kobo tool for development of research tool and data collection. The session



on Kobo tool for data entry was conducted by Dr Ashwini Kalantri.

The ambitious task of collecting data was completed by the entire batch in 4 days. Data was collected using KOBO tool. The final reporting of the research was done with the help of all the students and their inputs. Students learned about the use of Microsoft Excel sheet and Epi info.

8. IEC material development: Students were divided into groups and they developed some IEC materials related to mental health, clinical trials, prevention of NCDs, menstrual hygiene, developmental milestones of children.





Mahatma Gandhi Institute of Medical Sciences, Sevagram WHO Day celebrations 2021 Report

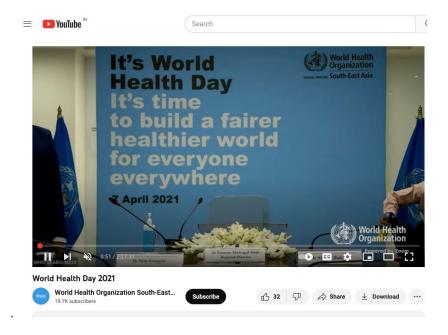
7th April 2021

Online event

Organized by MGIMS, Kasturba Nursing college with help of NSS

Like every-year, MGIMS has celebrated World Health Day. The theme for 2021 WHO World Health Day was: For a fairer, healthier world.

Due to COVID pandemic, this year we organised an online event to understand the theme of WHO and to re-emphasise the importance of public health measures to curb the impact of pandemic on our lives. We also requested our students to join the WHO regional event on WHO world health day. Approximately 99 students form medical and nursing students joined the online event along with 22 faculties



Link to online event:-

https://www.youtube.com/watch?v=U3rLl30lil0

Theme: "Let's build a fairer healthier world for everyone"

Webinar: Early Childhood Development

Organizer: Dr. Mrudula Phadke and Team, MUHS MPH Nutrition Team

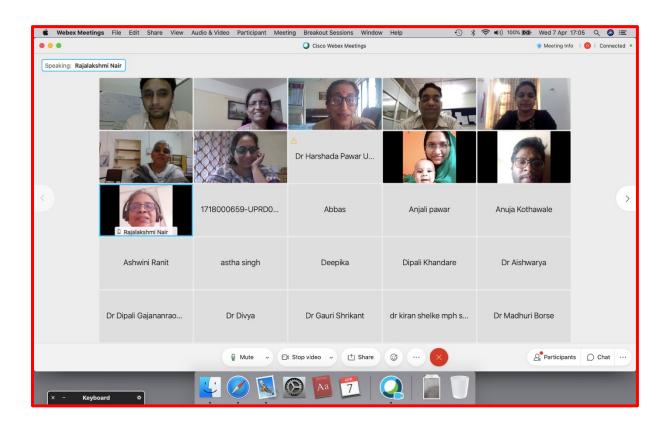
Conducted by: Department of Community Medicine

Participants: MPH Nutrition students of MUHS (112 Participants)

Topics of Webinar:

Introduction to 'Nurturing care framework & Early Childhood Development: Dr. Subodh
 S Gupta

- Why Early Childhood Development?: Dr. Abhishek Raut
- Responsive feeding: Dr. Pranali Kothekar
- Opportunities in the existing system to implement Nurturing care framework: Dr. Chetna
 Maliye



Kasturba Health Society's

Mahatma Gandhi Institute of Medical Sciences, Sevagram Kasturba Hospital, Kasturba Nursing College and Kasturba Nursing School

Report of Swachhata Pakhwada

(1st April 2021 – 15th April 2021)

Swachhata Pakhwada was carried at Kasturba Health Society's Mahatma Gandhi Institute of Medical Sciences, Kasturba Hospital, Kasturba Nursing College, Kasturba Nursing school from 1st April 2021 to 15th April 2021. The Field Practice area of MGIMS Sewagram covering 67 villages has also conducted the Swachhata activities at community level. Approximately 400 students from nursing and medical college participated along with 90 faculties.

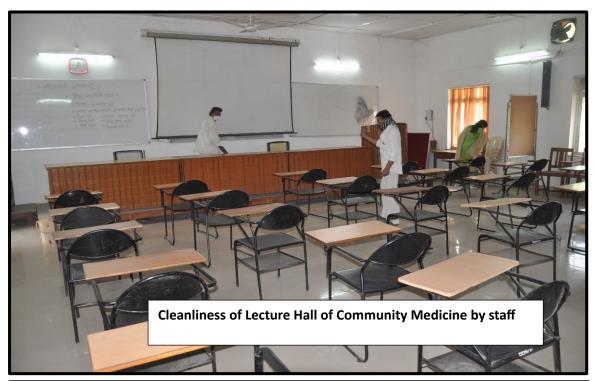
Mode of Dissemination of Swachhata thematic messages

- 1. Individual interpersonal communication
- 2. Group talk
- 3. Mass communication
- 4. Online meeting awareness generation on Swachhata
- 5. Dissemination through social media
- 6. E-poster distribution through social media

Activities conducted are as follows:

- 1. Swachhata Pledge
- 2. Swachhata drive
- 3. Mass Awareness Generation Activities: Role Play on Swachhata and No to single use plastic use, Poster exhibition, e-poster on swachhata and shramdan
- 4. Collection and disposal of plastic waste, segregation of biodegradable/non-biodegradable waste
- 5. Curbing single use plastic (SUP) and discourage use of plastic
- 6. Beautification of Garden/maintenance of cut flower and potted plants
- 7. Disposal/removal of old files, non-usable items and equipment's
- 8. Training of health care staff on infection control, prevention of needle-stick injury and bio-medical waste management
- 9. Celebration of World Health Day on 7th April 2021

Swachhata Pakhwada Activities: MGIMS, Sevagram

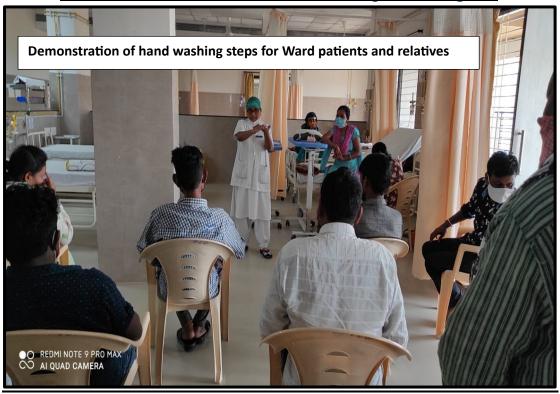








Swachhata Pakhwada at Kasturba Hospital, Sevagram

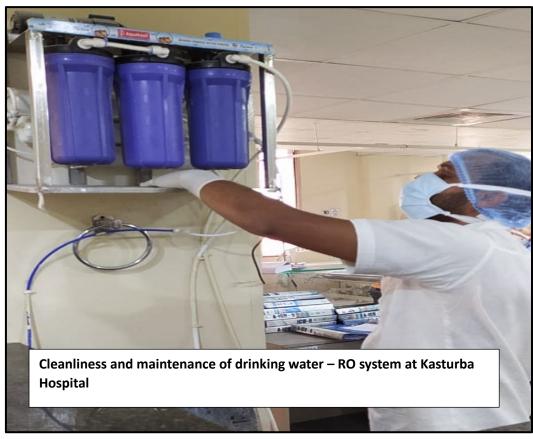


Digital display of Swachhata Messages at Kasturba Hospital Registration waiting area





























Swachhata Pakhwada Activities: Kasturba Nursing College











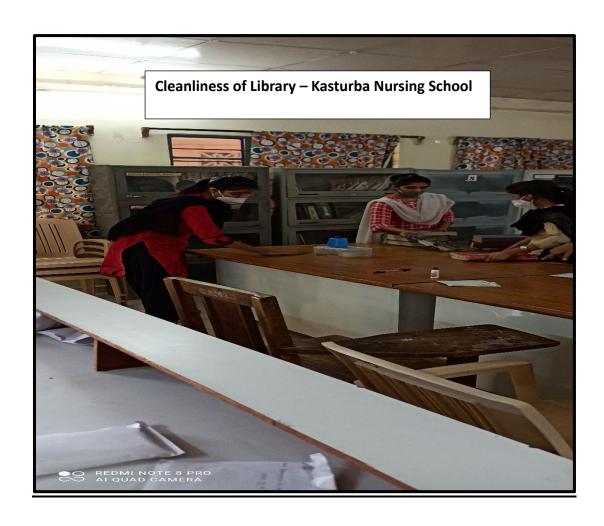




Swachhata Pakhwada Activities: Kasturba Nursing School







Swachhata Pakhwada Activities at Community Level

 The ceremony of taking "Swachhata Pledge" was organized on 01/04/2021 at UHTC, Wardha. Shri. Bahulekar, Dr Anuj Mundra, Dr Makhija, Dr Mudita Joshi, Mrs Alka Khedkar, Mr Nikesh Chide, Mrs Vidhya Shende, Mr. Wanve, Ms Priti Astkar, Mrs Ragini Lihitkar took the pledge.

Total Member attended: 21 Male: 09 and Female: 12



2. Gram swachhata Abhiyan was organized on 03/04/2021 at Sindhi (M), Wardha. Mrs. Sawai (Sarpanch), gram panchayat a member, VHNSC members, ASHA volunteers, AWWs, villagers and UHTC staff was attended the program. Total number of persons attended the program 22 (Male 4 Female:18)



3. **Hand Washing Demonstration'** was organized at UHTC Wardha on 07/04/2021 Dr Mudita Joshi, Mrs Alka Khedkar, Mrs Vidhya Shende, and Peoples attended the program. Total no. of persons attended the activity was **14** Female **: 08** Male **06**

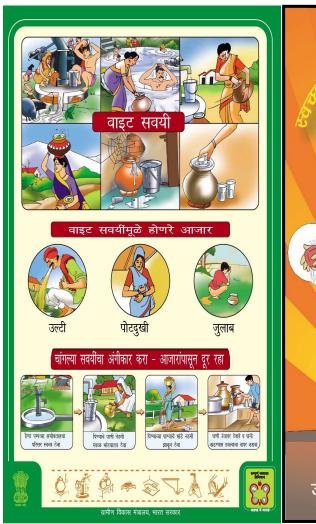








IEC Posters used for dissemination of messages on Swachhata







Swachhata Pakhwada Activities - Website of MGIMS





म.गांधी आयुर्विज्ञान संस्थेच्या वतीने स्वच्छता पंधरवडा

पुण्य नगरी / प्रतिनिधी

महात्मा गांधी आयुर्विज्ञान यामध्ये विद्यार्थी, परिचारिका, संस्थेच्या परीसरात, उपकेंद्रात व किशोरी पंचायत सहभागी आहेत. समुदाय पातळीवर विविध उपक्रम विभाग व परीसर स्वच्छ करणे, राबविले जात आहे.

सरूवात १ एप्रिलला होऊन प्रात्यक्षिक व प्रशिक्षण देणे, पोस्टर

कर्मचारी, रुग्ण व नातेवाईकांनी आपल्या आजुबाजुचा परीसर वर्धा : सेवाग्राम येथील स्वच्छ ठेवण्याची शपथ घेतली. संस्थानच्या वतीने १ ते १५ कर्मचारी, आशा वर्कर, एप्रिलदरम्यान स्वच्छता पंधरवडा अंगणवाडी सेविका, महिला आयोजित करण्यात आला आहे. बचतगट, किरण क्लिनिक आणि वापरलेले व कालबाह्य वस्तुंची



प्रदर्शनीच्या माध्यमातून प्रसार व या स्वच्छता पंधरवड्याची विल्हेवाट लावणे, हात धुण्याचे प्रचार करणे, श्रमदान करणे तसेच मखवटे व कपड्यांच्या पिशव्यांचा

वाटप आदी उपक्रम राबविण्यात येत आहे. रुग्णालयाच्या दर्शनी भागावर डिजिटल स्क्रिनवर

स्वच्छतेबाबत संदेश आणि सविचार दाखविण्यात येत आहे. याच उपक्रमांतर्गत एकुर्ली येथे महिला बचत गटामार्फत हात धुण्याचे प्रात्यक्षिक देण्यात येत आहे. तसेच परिसंवाद व चर्चासत्र आयोजित करण्यात आले आहे. कोविड - १९ च्या सर्व नियमांचे पालन करून हे उपक्रम राबविण्यात येत असल्याचे कस्तुरबा हेल्थ सोसायटीचे सचिव डॉ. बी.एस. गर्ग यांनी सांगितले.

Dissemination of Swachhata Activities via Print media (Newspaper)



एमजीआयएमएसमध्ये स्वच्छता पंधरवडा

वर्धा : महात्मा गांधी आयुर्विज्ञान संस्थान सेवाग्राममार्फत स्वच्छता पंधरवडा १ ते १५ एप्रिलपर्यंत राबविण्यात येत आहे. १ एप्रिलपासून स्वच्छता पंधरवड्याला प्रारंभ करण्यात आला. कर्मचारी, रुग्ण व रुग्णांच्या नातेवाइकांनी आपल्या आजुबाजुचा परिसर स्वच्छ ठेवण्याची शपथ घेतली. या स्वच्छता अभियानामध्ये प्राध्यापक, वैद्यकीय शिक्षण घेणारे विद्यार्थी, विद्यार्थिनी, संस्थेत कार्यरत कर्मचारी, आशावर्कर, अंगणवाडी सेविका आदींचा सहभाग आहे. स्वच्छता पंधरवड्यात परिसर स्वच्छ करणे, कालबाह्य वस्तूंची विल्हेवाट लावणे, हात धुण्याचे प्रात्यक्षिक व प्रशिक्षण देणे, पोस्टर प्रदर्शनाच्या माध्यमातून प्रसार व प्रचार करणे, श्रमदान करणे आदींचे आयोजन केले आहे. संस्थेने जागतिक आरोग्यदिन संस्थेच्या परिसरात व आजूबाजूच्या गावांत साजरा केला. यावेळी विद्यार्थ्यांनी स्वच्छता या विषयावर मार्गेदर्शनासाठी महत्वाची भूमिका पार पाडली. एकुर्ली गावात महिला बचतगटामार्फत होत धुण्याचे प्रात्यक्षिक देण्यात आले. व्हीएचएनएससी आणि किरण समितीच्या सदस्यांनी मदनी या गावामध्ये ग्राम स्वच्छता अभियान राबविले. केआरएचटीसीच्या कर्मचाऱ्यांनी बोरगाव, नांदोरा येथे वैयक्तिक स्वच्छतेवर परिसंवाद सत्र आयोजित केले होते. हा उपक्रम आयोजित करताना आम्ही कोविड-ं१९ च्या सर्व नियमांचे काटेकोरपणे पालन करीत आहोत. संपूर्ण वर्षभर आमची संस्था व परिसर स्वच्छ राहण्यासाठी आम्ही अथक प्रयत्न करीत असतो, असे डॉ. बी. एस.गर्ग (सचिव, कस्तुरबा हेल्थ सोसायटी)

स्वच्छता पंधरवाडा

स्वच्छता

"शरीर आणि मन अस्वच्छ असेल तर परमेश्वर कधीच प्राप्त होऊ शकणार नाही. मात्र, माणसे तना-मनाने स्वच्छ हवी असतील तर त्यांचे शहर आणि परिसरही स्वच्छ हवा."

१ ते १५ एप्रिल २०२१



वैयक्तिक स्वच्छता, परिसर स्वच्छता ही प्रत्येकाची जबाबदारी आहे. आपण तेव्हाच निरोगी राहू शकतो जेव्हा आपण साफसफाई करण्याचे सवय आचरणात आणू. स्वच्छता ही एक चांगली सवय आहे त्यामुळे आपल्या जीवनामध्ये आपण निरोगी आणि स्वस्थ जीवन जगू शकतो.

e-pamphlet on Swachhata

स्वच्छता मोहिमेचा उद्देश खालीलप्रमाणे आहेतः

- १. देशाचा काना कोपरा स्वच्छ आणि नीटनेटका असावा.
- २. लोकांना उघड्यावर शौचास जाण्यापासून रोखले पाहिजे.
- ३. भारतातील प्रत्येक शहरी आणि ग्रामीण भागातील घरात शौचालयांची निर्मिती करावी.
- ४. प्रत्येक गल्लीत किमान एक कचरा कुंडी असणे आवश्यक आहे.
- ५. जनतेची मानसिकता बदलणे आणि स्वच्छतागृहाचे महत्त्व सांगृन स्वच्छतागृहाच्या वापरास चालना देणे आणि स्वच्छतेविषयी जनजागृती करणे.
- ६. सर्व घरात पाण्याचा पुरवठा सुनिश्चित करण्यासाठी गावात पाइपलाइन बनविणे जेणेकरून स्वच्छता कायम राहील.
- ७. घन व द्रव कर्चयाचे पंचायतीच्या माध्यमातून व्यवस्थापन करावे.
- ८. संपूर्ण भारत स्वच्छ आणि हरित बनवावा.

निरोगी राहण्यासाठी या सवयी स्विकारा

- १. स्वच्छ पिण्याचे पाणी वापरा.
- टॉयलेटमधून बाहेर आल्यानंतर आपण साबणाने हात धुवावे. जर साबण नसेल तर राखाडी किंवा स्वच्छ वाळूने आपले हात धुवा.
 साबण किंवा राखाडीने भांडी स्वच्छ करा.
- ३. कच्चा भाज्या स्वच्छ पाण्याने चांगले ध्वा.
- ४. खाद्यपदार्थावर माश्या बस् देऊ नये आणि ते नेहमी झाकून ठेवावे.
- ५. नेहमी स्वच्छतागृहाची वापर करा.
- ६. अतिसार दरम्यान जास्त पाणी प्या आणि पेशंटला ओ आर एस चे द्रावण द्या.
- ७. पिण्यासाठी योग्य आणि स्वच्छ पाणी वापरा.
- ८. वैयक्तिक स्वच्छतेवर लक्ष द्या.
- ९. स्वच्छतागृह स्वच्छ ठेवा.
- १०. उघड्यावर मलविसर्जण करु नका.
- ११. नेहमी बूट किंवा चपलेचा वापर करा.
- अारोग्य कर्मर्चायांचा सल्ला वेळेवर घ्या आणि जंतनाशक औषधी आरोग्य कर्मचा–यांच्या सल्ल्याने वेळेवर घ्या.
- १३. त्वचेच्या आजारामध्ये रोज स्वच्छ पाण्याने स्नान करा आणि इतरांचे टॉवेल वापरू नका.
- १४. स्वच्छ पाण्याने कपडे ध्वा.
- १५. परिसर स्वच्छ ठेवा.
- १६. त्टलेली बाटली, डब्बा आणि टायर्स ह्यांच्यात पाणी जमा होऊ देऊ नका.
- १७. दर चार दिवसांनी, पाण्याचे भांडे रिकामे करा ज्यामुळे डासांची अंडी बनणार नाहीत.
- १८. ओला कचरा आणि कोरडा कचरा वेगळा करुन पंचायत किंवा पालिकेच्या गाडीमध्ये टाकावा.
- १९. कोणीही रस्त्यावर किंवा सार्वजनिक ठिकाणी थुंकू नये.
- २०. प्लॉस्टीक चा वापर टाळावा.









स्वच्छतेचे फायदेः

स्वच्छ राहण्यामुळे किंवा शुद्ध पाणी पिण्यामुळे रोग प्रतिबंधित करता येतात. ज्यामुळे दवाखान्यातील नाहक खर्च कमी होतील.

"स्वच्छ घर स्वच्छ आँगन, प्रसन्न ठेऊ वातावरण"



महात्मा गांधी आयुर्विज्ञान संस्थान, कस्त्रबा आरोग्य मंडल, सेवाग्राम, वर्धा





श्रमदान

स्वच्छता पधरवाडा

१ ते १५ एप्रिल २०२१



श्रमदानातृन समाजात आपसी सद्भावनेचा विकास होतो"





[']श्र**मदान"** ह्या शब्दाचा वापर विनामोबदला जनकल्याणसाठी किंवा चांगल्या कामासाठी केलेले कष्ट असा होतो.

अन्तदान, रक्तदान ह्यांच्या बरोबरीने श्रमदान देखील खप महत्त्वाचे आहे. श्रमदान हे एकटचाने किंवा संघटित पणे करता येतं. जे काम एकटचाला शक्य नसतं ते संघटित पणे करून, श्रम करून साध्य करता येतं. एकत्रित पणे श्रम केल्याने परिश्रम कमी लागतात, वेळ कमी लागतो आणि गोष्ट लवकर साध्य होते..

''श्रमदान हेच श्रेष्ठ दान" असे म्हटले जाते. अर्थात श्रमदान हे कोणत्याही प्रकारचे असो त्यांतील समाजकल्याणाची भावना अतिशय महत्वाची असते. विनामोबदला इतरांच्या सुखासाठी स्वतः केलेले परिश्रम हेच सर्वश्रेष्ठ मानले जाते.

संध्या कोरोना महामारीने जगभर धुमाकूळ घातला आहे. या संसर्गजन्य रोगाच्या अतिक्रमणामुळे संपूर्ण जगभरात मृत्यूचे तांडव सुरु आहे तर अनेक लोक नोकऱ्या, उद्योगधंदे बंद झाल्यामुळे उपासमारीने मृत्यू पावले आहेत. ज्या लोकांना उपासमारीला सामोरे जावे लागते अशा लोकांपर्यंत अन्नदात्यांनी दान केलेले अन्न पोहचवण्याचे काम हे सुद्धा एक श्रमदान आहे.

e-pamphlet on Shramdan

जीवनात श्रमाचे महत्त्व

ज्या युगात फक्त बटन दाबले की, चुटकीसरशी अनेक कामे होतात, अशा संगणक युगात आज आपण सर्वजण वावरत आहोत. त्यामुळे काम करून घाम गाळणाऱ्याची संख्या दिवसेंदिवस कमी होत चालले आहे. काम करणे हे कमीपणाचे मानले जात असून शारीरिक कष्ट करणाऱ्या श्रमिकांना यंत्र युगाच्या काळात निकृष्ट मानल्या जात आहे आणि बसल्या ठिकाणी बौद्धिक कष्ट करणारुयाना श्रेष्ठत्व दिल्या जात आहे. परंतु असे करणे म्हणजे एक प्रकारे श्रमाचा व त्या श्रमिकांचा अपमान नव्हे काय ? बौद्धिक कष्टाइतकेच शारिरिक कष्ट सुख्दा महत्त्वाचे आहे. काबाडकष्ट केल्यामुळेच मानवाची प्रगती होते. आयत्या वाढलेल्या कुरणात चरणे एखाद्या पशुला शोभते माणसाला नक्कीच नाही. त्यास्तव कष्ट वा श्रम मेंग ते कोणतेही असो ते मनापासून करावें. वरवर केलेल्या कामात आनंद तर मिळत नाहींच तसेच त्याचे फळ ही मिळत नाही. मनातून केलेल्या कामाची कुणालाही बोझा वाटत नाही. मात्र तेच काम अनिवार्य किंवा बंधनात टाकले की कधी एकदा संपत्ते असे वाटते. उदा. शाळेतील मुलांना त्यांच्या आवडीनुसार अभ्यासाचे किंवा इतर काम लावल्यास ते त्यात तल्लीन होऊन काम करतात. याउलट हे काम केलेच पाहिजे असा हेका धरल्यास किंवा बंधन टाकल्यास तो अभ्यास किंवा इतर काम त्याला कंटाळवाणे व नीरस वाटते.

एखादे काम सुरु करण्यापूर्वी त्याचे ध्येय ठरविणे सुद्धा गरजेचे आहे. ध्येयाविना काम करणे म्हणजे ढोरासारखे काम करण्यासारखे आहे. त्यामुळे उचित ध्येय प्राप्तीसाठी नियोजनपूर्वक केलेले कामच यशस्वी होऊ शकते. त्यासाठी सर्वप्रथम कामाचे नियोजन करणे महत्वाचे ठरते. शालेय जीवनातील विद्यार्थयाना या नियोजनाची ओळख झाली तर त्यांचे प्रत्येक काम यशस्वी होताना दिसून येते. बहुतांश विद्यार्थी दहावी वा बारावीच्या परीक्षा तोंडावर आली किंवा त्या वर्षी भरपूर मेहेनत घेतात, अभ्यास करतात, सराव सुध्दा भरपूर करतात. मग अशा विद्यार्थयाना घवघवीत यश मिळेल असे सांगता येईल काय ? कारण तहान लागली म्हणून विहीर खणण्यापेक्षा आपणास कधी तरी तहान जागणार आहे म्हणून जो आधीच विहीर खणून ठेवतो त्याची खरुया अर्थाने तहान भागते. त्यास्तव फक्त महत्वाच्या वर्षी अभ्यास करून चालणार नाही. त्यासाठी प्रारंभी पासून अभ्यासाचे नियोजन केल्यास कमी श्रमात नक्कीच यश मिळू शकते. मनात नुसते संकल्प वा स्वप्नाचे महल बधितल्यास आपले कोणतेच मनोरथ पूर्ण होणार नाही. दे रे पलंगावरी भावनेतून आपण विचार करत असू तर ते आपल्या जीवनासाठी नक्कीच घातक आहे. त्यासाठी नेहमी प्रयत्न करत रहाणे अत्यंत गरजेचे आहे.

अनेक लोक एकत्र येंऊन, स्वयंस्फूर्तीने, विनामोबदला श्रम करणे म्हणजे लोकसहभागातून श्रमदान.

दान म्हणजे आपल्याकडील एखादी वस्तू, गुण अहंकार न बाळगता, परताव्याची अपेक्षा न ठेवता दुर्सयाला देणे. तसे श्रमदान म्हणजे विनामोबदला शारीरिक कष्ट. गावाच्या किंवा लोकांच्या विकासासाठी अनेकदा लोकसहभागातून श्रमदान, जसे बंधारा, शोषखड्डा, रस्ता बंधणे, जलसंधारणासाठी चर खणणे, वृक्षलागवड, स्वच्छता अभियान, इत्यादी केले जाते

श्रमदानात ग्राम आरोग्य पोषण पाणीप्रवठा व स्वच्छता समितीने घ्यावयाचा पढाकार.

- श्रमदानासाठी लोकांना जनजागृती करून प्रोत्साहित करणे.
- श्रमदानाचे कार्य अखंड ठेवील असे स्वयंसेवक निवडणे व त्यांना प्रशिक्षण प्रशिक्षित करणे.
- गावातील प्रमुख गरजांचे सर्वेक्षण करून त्यानुसार धोरण ठरविणे.
- श्रमदान मोहीम राबविणे.
- सिमतीने व्यवस्थापनासाठी योग्य पाऊल उचलणे. (कचराकुंडी सेंद्रिय खत निर्मिती.)





Mahatma Gandhi Institute of Medical Sciences, Sevagram Health education on Curbing plastic use Report

August-September 2021

Organized by NSS in partnership with Gram Panchayat

Considering impact of plastic on the environment and rampant use of it in rural areas, institute has decided to launch the drive to curb the usage of plastic in the community. Under this drive; students have spread the messages of plastic usage impact on health and environment and motivate the community members to adopts the alternatives. Approximately, 198 medical and nursing college students participated in this drive along with 92 faculty members.

Swachata Abhiyan at Pavnoor, 5/9/2021

For this oath was taken with the help of Kiran clinic committee members and VHNSC at the village Pavnoor for "Not using plastic".



Swachata Abhiyan at Kamthi, 26/8/2021

During Swachata Abhiyan at Kamathi cleanliness drive was conducted by KRHTC, Anji.

For this oath was taken with the help of Kiran clinic committee members and VHNSC at the village Kamathi for "Not using plastic". The activity was conducted by Rajani Tai, Interns and team of KRHTC Anji.



Similar events were organised in many nearby villages with help of NSS volunteers over the two month period.



Mahatma Gandhi Institute of Medical Sciences, Sevagram Poshan Pakhwada

Report

16-31 March 2021

Organized by MGIMS NSS volunteers in partnership with Gram Panchayat of adopted village

As announced by the Ministry of Women and Child Development to celebrate Poshan Pakhwada to spread awareness about healthy diet and importance of nutrition in life. Our students have spread the message using online platform considering Covid restrictions to their adopted family members in several villages which included messages on food variety, Balanced diet, lifestyle diseases and Anemia in local language using WhatsApp and other social media platforms. Approximately 190 students from medical and nursing colleges participated along with 18 faculty members.

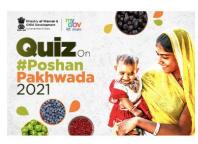
Similar efforts were made by staff of community medicine department to sensitize the rural community of nearby villages regarding nutrition importance for healthy life.

Link to the resource materials:-

https://www.mygov.in/campaigns/poshanpakhwada2021/?utm_source=mygov_campaign

#PoshanPakhwada2021









Quiz: Poshan Pakhwada 2021

Poshan Pakhwada 2021 Meme Contest

Poshan Pakhwada 2021 – Good Nutrition Practices



Mahatma Gandhi Institute of Medical Sciences, Sevagram Swachchta Pakhwada

Report

7-21 Oct 2022

Date :- 7th October 2022

Name of the activity:- Cleaning of the premises

Brief description of the activity:-

On the day of Gandhiji's birth anniversary 2nd oct 2022 firstly we worshiped the Gndhiji's photo by offering cotton yarn and lighting the lamp.

Then on the onset of the drive we have carried out cleanliness drive at Anji centre on 7th October 2022. All together cleaned the outer premises of the centre. They have clean all the dried leaves, parts of plants, polythene bags, rappers and papers from the campus with the help of broom. At the end all degradable and non-degradable items were segregate and disposed.



Worship to Mahatma Gandhiji on his birth anniversary





Sarvadharma prarthana and Swachta pledge by KRHTC Anji staff













Date: - 10th October 2022

Name of the activity :- Gram Swachata Abhiyan - Mandwa

Brief description of the activity:-On the occasion of birth anniversary of Mahatma Gandhiji's birth anniversary Gram swachata Abhiyan carried out at village Mandwa, Anji.

Here villagers gather near old gram panchayat where Mr. Jayprakash Morey, social worker and Mrs. Sarika Rajurkar, ANM guide the people for village sanitation and importance of segregation of waste.

After that along with all the members of VHNSC, Kiran Clinic Samiti and Sahajeevan Samiti, ASHA, AWW and villagers together clean the old grampanchayat premises.

Hence, the cleaning drive was successfully carried out at village Mandwa.

GLIMPSES OF SWACHTA ABHIYAN MANDWA









Date :- 12th October 2022

Name of the activity :- Gram Swachata Abhiyan - Mahakal

Brief description of the activity:-On the occasion of birth anniversary of Mahatma Gandhiji's birth anniversary school health program was organised at primary school of Mahakal.

In school students of class 6th and 7th was participated in the celebration. Where Dr. Samiksha discussed the importance of personal hygiene with students. Mrs. Nalini, ANM guided student for proper way of hand washing and use of chlorine drops and its importance.

All staff members along with principal of the school were present for the celebration.

Glimpses of personal hygiene session











Date :- 18th October 2022

Name of the activity :- SHG and VHNSC member training for personal hygiene and jeevan drop - Ganeshpoor

Brief description of the activity:-On the occasion of birth anniversary of Mahatma Gandhiji's birth anniversary Gram swachata Abhiyan carried out at village Ganeshpoor, Anji.

Here SHG and VHNSC members along with some villagers gather at kiran clinic Gneshpoor. where Mrs. Sarika Rajurkar, ANM guide the people for village sanitation and importance of personal hygiene along with good hygiene practices. VHNSC member Mr. K. Yende give the training to members for how to use jeevan drop and our intern Dr. Krishna focus the water born diseases.

After that along with all the members of VHNSC, Kiran Clinic Samiti and Sahajeevan Samiti, ASHA, AWW and villagers together clean the old grampanchayat premises.

Hence, the cleaning drive was successfully carried out at village Gneshpoor.





Swachata Abhiyan at Pavnoor 20/10/22

During Swachata Abhiyan at Pavnoor cleanliness drive was conducted.

For this cleaning of kiran clinic was done with the help of Kiran clinic committee members and VHNSC at the village Pavnoor. The activity was conducted by Sarika Sister, Interns and PGs.





Swachata Abhiyan at Kamathi

During Swachata Abhiyan at Kamathi cleanliness drive was conducted.

For this cleaning of kiran clinic was done with the help of Kiran clinic committee members and VHNSC at the village Kamathi.





Swachata Abhiyan at Pavnar 27/10/2022

For this cleaning of kiran clinic was done with the help of Kiran clinic committee members and VHNSC at the village Pavnar. The activity was conducted by Nalini Sister, Jayshree sister, Nursing students, Interns and team of Volunteers.







Swachata Abhiyan at Pavnar

During Swachata Abhiyan at Pavnar cleanliness drive was conducted by KRHTC, Anji.

For this oath was taken with the help of Kiran clinic committee members and VHNSC at the village Pavnar for "Not using plastic".



Swachata Abhiyan at KRHTC, Anji 31/10/2022

During Swachata Abhiyan cleanliness drive was conducted by KRHTC, Anji staff at KRHTC office complex.

All staff members participated in Shramdan activity by cleaning the premises and sorting all files and documents. They also cleaned various corners to create healthy working environment.



Keshava

The first event organized by the new team of Students Council was 'Keshava'. It took place with the celebration of the birth of Lord Krishna at midnight on Gokulashtami along with the distribution of mahaprasad and dahi handi

https://www.youtube.com/watch?v=bRbjmGUbJfk

Shri Arvindbabu Deshmukh Memorial Intercollegiate Online Debate

On 28th of September our college participated in the Late Shri Arvindbabu Deshmukh Memorial Intercollegiate Online Debate organised by NKP Salve institute wherein our students showed amazing skills.







Mahatma Gandhi Institute of Medical Sciences, Sevagram Sree Chhaya orphanage visit by NSS volunteers Report

Date: - 1st October 2021

Organized by:- MGIMS NSS and students council, supported by Sree Chhaya orphanage

Number of students participated:- 25

Number of teachers participated:- 5

This Gandhi Jayanti, the students of 2018 batch had the opportunity to volunteer at the Sree Chhaya orphanage, Wardha. There were around 60 children from 7 to 18 years of age. Volunteer students tried to build rapport with children by playing various games. The student volunteers prepared the meal for children. Rishabh Bansal and Narendra Singh were the head of the cooking team. Dr Chetna Maliye, professor of the Department of Community medicine also joined the students and helped them in various activities. Dr Gangane, Dean of MGIMS also joined the volunteers and give a brief speech to children. Student volunteers also briefed the kids regarding hygiene practices, the story of bapu, and the importance of following and achieving one's dreams! The event ended with community meal and students wished the children for better future at the end of the event.





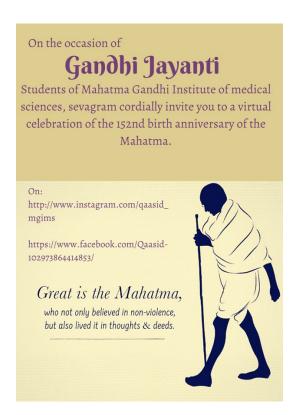




Mahatma Gandhi Institute of Medical Sciences, Sevagram 152nd Gandhi Jayanti Report

2nd October 2021

On the occasion of the 152nd birth anniversary of the Mahatma, the students of MGIMS cordially invite you to a virtual celebration of Gandhi Jayanti. This event was supported by Literary society of MGIMS; office in-charge Dr Manisha Atram and Dr Shweta Talhar, co-incharge of the office. In time of COVID, students have decided to continue with Gandhi Jayanti on online platform where students have shared ther thoughts on Gandhi and its relevance in today's era. The link to the event was advertised on various platforms to every students of medical and nursing college and faculty members. Nearly 400 students from medical and nursing college and 100 faculty members joined the online event.



Link to the online event:-

http://www.instagram.com/qaasid_mgims

https://www.facebook.com/Qaasid-102973864414853/

Dean. MGIMS