

## **Activities organized by the Health Centre Committee 2015-2016**

Convenor: Dr. Lina S.Talwadker

Members: Ms. Pratisha Salgaokar, Mr. Mahesh Mayekar

1. Name of the Program: Talk on ‘Adolescent Health: Challenges and Solutions’  
Name of the Speaker: Dr. Jagadish Anil Kakodkar

A talk on ‘Adolescent Health: Challenges and Solutions’ was organized by the Health Centre Committee on the 1<sup>st</sup> of July 2015 for F.Y.B.A and F.Y.B.Sc. students. The guest speaker was Dr. Jagadish A. Kakodkar, Director Professor, Department of Preventive and Social Medicine, Goa Medical College, Bambolim. Various topics pertinent to adolescent health were discussed during the session. The importance of getting the appropriate vaccinations on time, role of personal hygiene and ways to maintain it, common harmful habits such as drinking, smoking, and drug abuse, mental health, self-discipline, and common health issues faced by women, were some of the topics discussed. The session ended with students taking an oath, pledging to care for their personal health. 153 students benefited from the talk.



2. Name of the Program: Essay Competition on 'Impact of H1N1 Influenza on Goan population'

An All Goa Essay competition on the topic, 'Impact of H1N1 influenza on Goan population' was organized by the Dr. P.S. Ramani Medical Foundation. 14 students from the college participated in this competition. Among those who participated, Ms. Sweta Mayenkar of F.Y.B.A won the third place. She was awarded a certificate and a cash prize of Rs. 3000/-.



3. Dr. Mihir Choudhary, Manipal Hospital, Dona Paula, visited the Health Centre every alternate Tuesday for the purpose of consultation.

4. Name of the programme: Blood Donation Camp in collaboration with NSS

The Health Centre and NSS unit of Dhempe College of Arts and Science organized a Blood Donation Camp in collaboration with HDFC Bank on 11th December, 2015. 60 people donated blood during the drive.



5. Mrs. Deepa Audi attended a sensitization programme on deworming organized by the Urban Health Centre Panaji Goa.
6. The Health Centre of Dhempe College of Arts and Science along with the National Service Scheme Unit of the institution organised a talk on the occasion of 'National De-worming Day' on 27th January 2016, in the Seminar Hall of the College. This initiative was taken by the college in light of the decision taken by Ministry of Health and Family Welfare to observe 10th February 2016 as National Deworming Day, with the aim to intensify efforts towards reducing the transmission of soil transmitted helminths among children in the age group of 0-19 years. Towards this end, albendazole doses are administered to members of the aforementioned age group at selected nodal centres across the nation. The talk was organised to create awareness about this national drive among students and also as a preceding steps towards the observation of National De-worming Day.

The resource person for the talk was Dr. Shubata Kambli, Medical Officer, Directorate of Health Services, Campal-Panaji, Goa. She briefed students about the harmful effects of soil transmitted helminths and listed measures to combat infections caused by the same. The talk sensitised students towards the adverse effects of ignoring the relevance of de-worming, especially among children. Dr. Kambli pointed out that in face of increasing competition and peer pressure, today's youth disregards their personal well-being. However, unhealthy physical conditions can have adverse repercussions on mental and social well-being, which is why maintaining a healthy diet and basic hygiene, are also integral to keeping oneself in good health. After the talk, students were informed that Dhempe College will observe National Deworming Day on 10th February 2016 and Albendazole dose will be administered to students below 19 years of age in the Health Centre of the institution. The Convener of the Health Centre, Dr. Lina Talwadkar, Chief Programme Officer of NSS unit, Mr. Vinay Bapat and NSS Programme Officer and Nodal teacher for the programme, Ms. Deepa Audi, along with other members of the Health Centre and the N.S.S. Unit were present for the programme. The programme concluded with Mrs. Deepa Audi proposing the vote of thanks.



7. Five students of First Year, Ms. Raksha Sankatala (FYBSc), Ms. Shireen Kausar (FYBSc), Ms Sweta Mayenkar (FYBA), Mr. Sivasagar Pillai (FYBSc), and Mr. Hussain Sheikh (FYBSc) participated in a symposium on strengthening strategies towards prevention of HIV and Drug Abuse titled 'A Day of Hope', which was hosted by UDANT, an NGO organization, on 20th February 2016, with the hope of uniting the youth of today in the fight against HIV/AIDS.

## Activities of Health Centre in 2016 -2017

1. In view of rising cases of malaria and dengue in the state of Goa, the Urban Health Centre of Panaji fogged and sprayed the college campus for pesticides on 1 August, 2016.
2. Eleven students from various classes participated in a one day fitness and health workshop titled 'Fitness for Life' on 07 October, 2016. The workshop was organized by the Rotary Club of Panaji Riveira at Dojo D Goa, Caculo Mall, Panaji. Mr Suraj Caculo and Mrs. Shefali Caculo were the Chief Guests for the function. Techniques of karate and martial arts, were taught to the students. This was followed by a yoga session. The program concluded with a Zumba session. Participants were awarded certificates on completion of the workshop.



3. Members of the Health Centre participated in a Blood Donation Camp organized by the NSS unit of the college in association with HDFC bank on 09 December, 2016. Around 60 participants donated blood. Various member of the Health Centre also participated in the camp and donated blood.



4. A poster competition was organized by the Health Centre on 13 January, 2017 for the students of the college on the theme of 'Beti Bachao, Beti Padhao' and PCPNDT Act 1994. Posters of 15 participants from various classes were judged by three senior teachers from the college. Miss. Shweta Mayenkar, Miss Manasi Phadte and Deandra Savia Gonsalves won the first, second and third place respectively. All the participants were awarded gifts and participation certificates. Posters were displayed in the college premises to spread awareness on the themes of the competition.





5. The best two posters in the 'Beti Bachao, Beti Padhao' and PCPNDT act 1994 competition were sent as entries for the intercollegiate poster competition on the same theme organized by Urban Health Centre Panaji. Both entries from Dhempe College of Arts and Science won prizes. Miss Manasi Phadte won the second prize while Miss Shweta Mayenkar won a consolation prize.
6. In an effort to spread awareness about HIV prevention, the Goa State AIDS Control Society provided the college with a CD titled 'Teach AIDS prevention is better than cure'. A visual presentation was subsequently organized for the staff and students of the college on 18 January, 2017 in the Seminar Hall of the college. The screening of this animated film included an introduction on HIV and AIDS, and addressed mechanisms of infection, myths and questions pertaining to HIV and AIDS.





A video on first aid which was collected by Miss. Preethi Poduval, a member of the Health Centre was also screened for the benefit of the audience. Miss. Preethi Poduval gave a talk on first aid, cleanliness and hygiene in day to day life. A total of 50 participants attended the program.

7. National De-worming day was observed in the college on 10 February, 2017. A de-worming program was held on 10 February, 2017 and a mop-up program was held on 15 February, 2017. Students were given albendazole tablets provided by Urban Health Centre, Panaji, Goa. Students from the college below the age of 19 were identified for the de-worming program, with 156 students benefiting from the same. The success turnout was 92%.





8. A prize distribution function of the intercollegiate poster competition on 'Beti Bachao, Beti Padhao and PCPNDT act 1994' organized by Urban Health Centre Panaji Goa was held in the Seminar Hall of Dhempe College of Arts and Science on 01 March, 2017. The Health Centre of the college co-ordinated the program, and 47 staff and students participated in the same. Dr. Pritam Naik, Health Officer of Urban Health Centre Panaji, Goa, was the Chief Guest of the function, and delivered a talk on the same theme and highlighted the necessity for equality between girls and boys. Winners of the inter collegiate competition were awarded cash prizes by the Urban Health Centre. The Chief Guest congratulated the students for their participation and appreciated their efforts.



## ACTIVITIES OF Health Centre 2017-18

1. In view of the rising cases of malaria and dengue, fumigation and spraying of pesticides was done on the college campus on 19 August 2017. Prior to this, the members of the Health Centre identified all the places around the college campus that required fumigation.
2. Dr.K.K. Sanzgiri, an ayurvedic practitioner addressed the girl students of of the college on the topic of reproductive system, menstruation and reproductive disorders. These were held on two days, i.e. 7 September, 2017, and 12 September, 2017, respectively. Nearly 350 girl students benefited from this informative talk that addressed various topics such as disciplined diet, Dinacharya, causes of reproductive disorders in women, and how to overcome them by doing yogasanas.



3. An intensive anaemia detection camp was held on the college campus over a period of three days, i.e. 19, 21 and 26 September, 2017. This camp was organised for students, teachers and non teaching staff, and was sponsored by Goa Pharmaceutical Manufacturers Association.

Dr.Vallabh Dhaimodkar rendered his service for the camp along with his team. The camp was inaugurated in the presence of Smt. Neelatai Dempo, Mr. Yatish Dempo, Mr. Sanjay Priolker, President of GPMA and Mr.Arun Naik, member of GPMA and teaching faculty of the college. The anaemia detection camp included examination of haemoglobin %,total WBC, total RBC, platelet count and differential WBC count.



4. Directorate of Health Services, Campal, Panaji organised a photography competition on the topic 'Beti Bachao, Beti Padhao'. With reference to the letter received from the Urban Health Centre, Panaji which invited participation from students and staff, the entries received were sent to the Directorate of Health Services, Campal on 28 September, 2017.

5. National De-worming day was observed in the college on 10 February, 2017 and a subsequent mop-up program was held on 15 February, 2017. Students were given albendazole 400 mg tablets provided by Urban Health Centre, Panaji, Goa. A total of 209 students of the college, below the age of 19 were identified for the de-worming program. 185 students benefited from the same with a success turnout of 88.5%.





Dr.Lina Talwadker  
Convenor, Health Centre

## ACTIVITIES OF Health Centre 2018-19

1. The Health Centre committee fumigated the college premises (main building, as well annexure building) on 19 July, 2017. Prior to the arrival of the fumigation team, the places to be fumigated were identified and noted.
2. The DoPT (Department of Personnel and Training) organised a three day training program on the topic 'Health issues concerning Women and children' from 25 to 27 July, 2018 at GIPARD, Old Goa. It was attended by Mrs. Manisha Mhalsekar and Ms. Gauri Silimkhan, Health Centre Committee members of our college.



3. A talk on Thalassaemia was organised in collaboration with Urban Health Centre- Panaji on 6 August, 2018, for the F.Y.B.A. and F.Y.B.Sc. students of the college. Dr. Lorraine D'Sa from Goa Medical College, Bambolim and Dr. Pritam Naik, Health Centre Panaji were the guest speakers for the talk.



4. National De-worming Day was observed by the Health Centre of Dhempe College of Arts & Science, Miramar, on 21 August, 2018, from 10:00 am to 1:00 pm for students under the age of 19. The de-worming programme was conducted as per the directives of the Urban Health Centre, Panaji and the Ministry of Health and Family welfare, Government of India. 490 Albendazole (400 mg) tablets along with printed pamphlets on de-worming were provided by the Urban Health Centre, Panaji.





5. A poster competition was organised on the topic 'Harmful Effects of Tobacco and its Control' under the National Tobacco Control Programme on 27 August, 2018. There were a total of 13 entries from student participants. The posters were both, creative and informative, and were displayed outside the Department of Chemistry.

Three judges were appointed for this event: Dr. Mukta Karamadi, Vice Principal, Department of Psychology, Mrs Anju Sakhardande, Head of Department of Konkani, and Mrs. Deepa Audi, faculty of the Department of Chemistry.

Ms. Rakshanda Naik from S.Y.B.Sc won the first place with Ms. Seazel Fernandes from F.Y.Biotechnology and Ms. Rachana Pednekar from F.Y.B.Sc , winning the second and third place respectively. The Principal of the college, Dr. Vrinda Borker, along with the judges, distributed the prizes and certificates to the winners and participants.

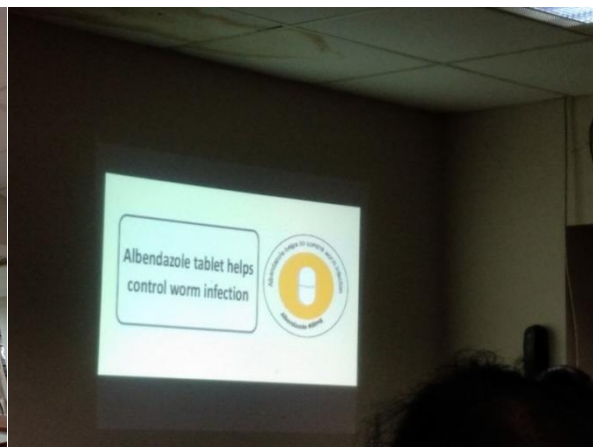




6. National Girl Child Day was observed by the Health Committee of the college. On 9 February, 2019, 47 students from B.Sc. and 17 students from B.A. attended a program hosted by V. M. Salgaonkar College of Law on 'Beti Padoo Beti Bachao'. They were accompanied by Dr. Joslyn Henriques and Ms. Belinda De Melo. The program was held in association with the Directorate of Health Services, State Family Welfare Bureau, Urban Health Centre, Panaji. The programme began at 11 am and ended at 12:00 pm. Officials from the Directorate of Health Services, Panaji were present on the occasion along with faculty and students of V.M. Salgaonkar College of Law.



7. Ms. Gauri Silimkhan, a Health Centre Committee member of the college, attended a sensitization program pertaining to National Deworming Day held at Red Cross Society, Conference Hall, Panaji on 16 February, 2019, from 10.30 a.m. to 12.30 p.m. Teachers from various institutions attended this program. The crowd of nodal teachers was addressed by Dr. Pritam Naik, who gave a presentation on the importance of the National De-worming Program.



9. National De-worming Day was observed by the Health Centre Committee of Dhempe College of Arts & Science, Miramar, on 2 March 2019, from 10:00 am to 1:00 pm for students under the age of 19. The de-worming programme was conducted as per the directives of the Urban Health Centre, Panaji and the Ministry of Health and Family welfare, Government of India. 490 Albendazole (400 mg) tablets along with printed pamphlets on de-worming were provided by the Urban Health Centre, Panaji.

The mop-up day was subsequently held on 5<sup>th</sup> March 2019 from 11 a.m. to 2.00 p.m.



8. A Blood Donation Camp was organised by the Health Centre of the college in collaboration with Rotaract Club of Panaji on 14 March 2019. Professionals from Goa Medical College and Hospital were present to conduct the procedure for the same. The Blood Donation Camp saw the participation of 58 people who were eligible to donate blood. Of these, 35 women and 23 men donated blood.



9. A health talk was organised on the topic 'Nutritional Anaemia' on 22 March 2019, in the Seminar Hall of the college from 1.30 p.m. to 2.30 p.m. The resource person was Dr.Yash Verenkar, from the Department of Obstetrics and Gynaecology, Goa Medical College and Hospital, Bambolim - Goa.The purpose of the talk was to generate awareness among staff and students alike, on anaemia caused by nutritional deficiencies and methods to overcome it. This talk was conducted as a follow up of the Blood Donation Camp as some donors were found to have a low haemoglobin count. The program got a huge response of 136 students and 10 teaching and non teaching staff.



Dr.Lina Talwadker  
Convenor-Health Centre

Dr.Vrinda Borker  
Principal

## ANNUAL HEALTH CENTRE REPORT FOR 2019-20

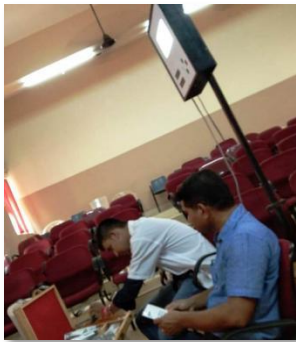
1. The Health Centre committee got the college premises fumigated on 3 July, 2019. Prior to the arrival of the fumigation team, the places to be fumigated were identified and noted by the members of the committee.

2. As per the directives of Urban Health Centre, Panaji-Goa, the Health Centre Committee of the college organised 'National De-worming Program' on 10 August 2019, from 10.00 a.m. to 1.30 p.m. in the college premises. Mrs. Manisha Mhalsekar, Ms. Gauri Silimkhan, Mrs. Pratisha Harmalkar and Ms. Preethi Poduval under the guidance of the Convenor of Health Centre, Dr. Lina Talwadker, facilitated the smooth functioning of this program.



The Albendazole 400 mg tablet was administered to a total of 201 first year students of the Science (138) and Arts stream (63), and three S.Y. students. Four teaching and four non teaching staff too had the Albendazole tablet. A total of 69 % of the Science students and 52.9 % of Arts students were de-wormed. Overall, 61.9 % of the college students were administered the de-worming tablet.

3. IDFC First Bank, in association with Eye-Eye Spectacle Company and members of the Health Centre of Dhempe College of Arts and Science, Miramar, conducted a free eye check up for teachers and non teaching staff of Dhempe College of Arts and Science, Miramar Goa. The optometrist examined participant's eyes for aberrations/corrections, followed by examination of the visual power of eyes. The members of Eye-Eye Spectacle Company also provided participants with corrective glasses in order to remove aberrations associated with the eye. A total of 78 participants, including 41 teaching and 37 non-teaching staff members from the college, attended the program.



4. The Health Centre committee of the college organized a talk by Dr. Bhikaji Ghanekar on the topic 'Vector Borne diseases' on 18 September 2019, at 11:00 am in the Seminar Hall of the college. Dr. Ghanekar briefed the crowd about different mosquito names and explained the reasons behind spread of malaria, dengue, elephant encephalitis etc. He pointed out that construction sites with curing water worked as major breeding grounds for disease carrying mosquitoes. He also gave insights on precautions, prevention and medication of vector borne diseases.



A total of 112 students and 10 staff members attended the talk. The talk concluded with an interactive session, and was altogether very informative, interesting and fruitful.

5. The Ayush Arogya Shibir 2019 organised by ASSOCHAM in association with ministry of AYUSH, was held from 30 November to 2 December 2019 at Youth Hostel, Panaji. Ms.Gauri Silimkhan, along with an F.Y. Biotechnology student, attended the inaugural ceremony of the Shibir. There were free health check-ups, medicines (limited), yoga advice, and displays of M\medicines by pharmaceutical companies from Delhi, Mumbai, Bangalore, Hyderabad, Kolkata, among others. Medicines aimed at managing life style diseases such as diabetes, skin and hair disorders, stress management were on display.

Ms.Preethi Poduval visited the fair on 1 December 2019, and also interacted with the ayurvedic specialists stationed at several counters. The second day of the Arogya Shibir saw specialized ayurvedic counters, which catered to the treatment of several common and rare disorders such as obesity, cardiovascular disease, hairfall, neuropathic diseases, memory loss, anxiety, joint pain, loss of appetite etc.





6. In view of spreading awareness about the novel COVID-19 virus, the members of Health Centre organised a short talk on 30 January, 2020 in the Health Centre of the college. Ms. Preethi Poduval, member of Health Centre committee interacted with the class representatives of F.Y, S.Y and T.Y B.Sc. students. She briefed them about the corona virus disease, and described the process by which the virus spreads. She explained the means of prevention, and highlighted adequate precautions to be taken in order to minimize the risks associated with the infections. The talk concluded with an interactive session, and students were asked to spread the awareness on social distancing and basic hygiene with respect to COVID-19 in their respective classes.



7. Ms. Preethi Poduval attended a sensitisation program on de-worming organised by Urban Health Centre, Panaji for the nodal officers of different schools and colleges on 05 February, 2020 at Urban Health Centre, Panaji. Ms. Preethi Poduval, member of the Health Centre of Dhempe College of Arts and Science, Miramar, was selected as the nodal officer by Dr. Lina Talwadkar, Convenor of the Health Centre of the college. Dr. Rajendra Ghanekar and Dr. Manisha Kamat briefed the participants about the types of worms, its harmful effects, various symptoms seen in children and adults, its relation with anemia, albendazole dosage etc.



8. National De-worming Day was observed by the Health Centre committee of Dhempe College of Arts & Science, Miramar, on 8 February 2020, from 10:00 am to 1:30 pm from 12.00pm to 1.30pm for students under the age of 19. The de-worming programme was conducted as per the directives of the Urban Health Centre, Panaji and the Ministry of Health and Family Welfare, Government of India.



Albendazole (400 mg) tablets were administered to the students. A total of 191 first year B.A and B.Sc. students under the age of 19 were de-wormed. Of these, 29 were men and 162 were women. On the mop up day I.e. 15 February 2020, 34 students were given Albendazole tablets, of these 08 were men, and 26 were women. A total of 225 students were de-wormed.

9. Member of Health Centre, Ms. Preethi Poduval attended and participated in the BIRAC sensitization workshop entitled Grant writing, IPR and technology management in Life Sciences in BITS Pillani, K.K. Birla Goa Campus, Goa on 14 and 15 February 2020. The workshop included sessions on various aspects of health management and diagnostic systems. Ms. Preethi Poduval presented an on-the-spot talk on 'Use Of

Microorganisms As A Launderette' to curb problems of water pollution. Research initiatives and projects writing in the field of Biotechnology, health care and diagnostics were encouraged. Participants visited the bio-incubator facilities on the campus.



*V Borker*  
Dr. Vrinda Borker  
Principal  
Tempo Charities Trust's  
College of Arts & Science  
Panaji-Goa