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Criteria 3.4 – Extension Activities

The activity reports of all the extension activities carried out during 2021 - 2022 by the Public Health Office of VESCOP (PHO) are given below.

PUBLIC HEALTH OFFICE 2021-2022

Activity Report "Blood Donation" Campaign

Type of the campaign: Blood donation

❖ **Organizing Institute:** Vivekanand Education Society's College of Pharmacy in association with Pallavi Blood Bank.

❖ **Co-ordinator of Activity and her/his e-mail address and contact number:**

Name: Mr. Pratik Barve
Phone No.: +91 9619515815
Email: pratik.barve@ves.ac.in

❖ **Digital platform/s where the event was conducted:**

Sr. no.	Place	Venue	Date	Activity
1.	VES College of Pharmacy	VES College of Pharmacy reception area	07/03/2022	Blood donation


❖ **Number of donors:** 85

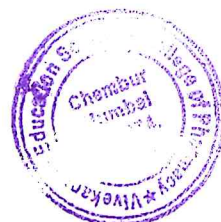
❖ **List of volunteers and their contact numbers:**
(Library Cards/Latest fee receipt attached at the end with the photos)

Name	Contact no.	Signature
Soundarya Thanvi	7028588464	
Ekta Sharma	9665549568	
Gerrard Fernandes	7045650190	
Ojas Gadre	7045682074	
Aayushi Dumbre	9324238606	

❖ **Description of the activity:**

Blood is a vital component of human body. Blood and its components significantly contribute for smooth and healthy functioning of body. However certain disorders can hamper production and function of blood and its components which augments chronic ailments for patients and makes their lives difficult even to carry out everyday chores. Blood related disorders have limited treatment and the only way we can relieve patients of their trouble is by transfusing blood and its various components. Hence there is always need of donors who can help generate pool of blood for patients. A single blood donor can save three


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lives for a whole blood donated can be separated into three different blood components and be used for different purposes.


In view of need for blood units after a draining pandemic a blood donation was organized in VES College of Pharmacy's campus in collaboration with NSS Unit of VESCOP and RC of VESCOP on 7th of March, 2022. Donors turned in large numbers to support the donation and we could collect 85 blood units. The organizers from Pallavi blood bank were ecstatic to see amazing response.

❖ **Methods used for conducting the campaign:**

A PR message and banner was made and also circulated on social media for promotion. The banner was put up on various places within the campus so that more people would be aware of the blood donation drive.

❖ **Result of your activity:**


The blood banks are always in need of blood units and pandemic made it worse for them to keep up with demands. We could collect 85 blood units from volunteers who came forwards for contributing to cause. These units will surely help blood bank to some extent to recuperate and help patients.





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❖ Photos:

• Poster:

 **Public Health Office, NSS Unit and
Rotaract Club of VES College of
Pharmacy Presents**

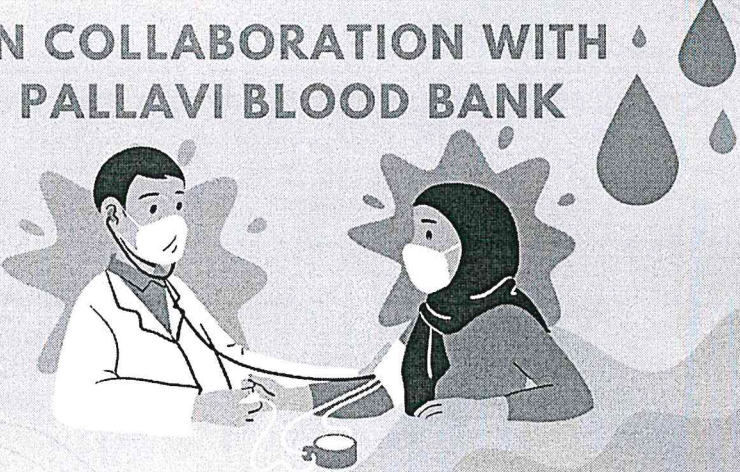
BLOOD DONATION CAMP

**DATE:
7 MARCH 2022**


**VENUE:
VES COLLEGE OF
PHARMACY
(GROUND FLOOR)**

**TIME:
10:00 AM TO 3:00 PM**

**IN COLLABORATION WITH
PALLAVI BLOOD BANK**




• Donation:


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Mr Pratik Barve
Assistant Professor
PHO Activity Coordinator, VESGOP

Barve

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PUBLIC HEALTH OFFICE 2020-21

**Indian Pharmaceutical Association-
Maharashtra State Branch Students Forum**

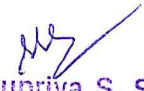
Activity Report –“Covid-19 Triggered Mucormycosis” Campaign

Type of campaign-Mucormycosis Awareness



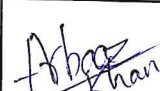


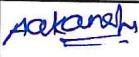


- **Coordinator of Activity and her/his email address and contact number:**
Mr.Pratik Barve(9619515815)
- **Digital platform/s where the event was conducted:**

<u>Sr no.</u>	<u>Name of the digital platform along with the social media handle</u>	<u>Date</u>	<u>Activity</u>
1.	Zoom	27/06/2021	Live Session
2.	Youtube	07/07/2021	Uploading of video
3.	Instagram	20/6/2021	Promotion




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• **List of volunteers and their contact numbers:**

<u>Name</u>	<u>Contact</u>	<u>Signature</u>	<u>Name</u>	<u>Contact</u>	<u>Signature</u>
Aayushi Dumbre	9324238606		Gerard Fernandes	7045650190	
Ankita Rai	9136249700		Arbaaz Khan	9769603649	
Anupama Nair	8104584668		Upasna Tiwari	9819971088	
Akanksha Soman	8828482903		Ekta Sharma	9665549568	
Shubhangi Yamgar	9137189885		Soundarya Thanvi	7028588464	

- **Description of the activity:** Mucormycosis (sometimes called zygomycosis) is a serious but rare fungal infection caused by a group of molds called mucormycetes. These fungi live throughout the environment, particularly in soil and in decaying organic matter, such as leaves, compost piles, or rotten wood (www.cdc.gov).

The years 2020 and 2021 were the ones which made people's lives worse bringing out the dangerous Covid-19 virus and taking thousands of lives. Along with Covid-19 virus, a rapidly spreading fungi called Mucormycosis (Black Fungus) is also raised. The most common sufferers of mucormycosis are those with less immunity and people suffering from diseases like diabetes, hypertension, asthma and other lungs related diseases. Mucormycosis has been hitting India with 50% of mortality rate and is spreading rapidly.

According to scientists and doctors it has been observed that the fungi rapidly spreads from the oral cavity to one's vision destroying it either leaving the patient blind or spreads and moves to the brain causing severe hemorrhage and sudden death if not treated.



So to maintain the balance, it is really necessary to maintain social hygiene, personal hygiene for both us and for the populace. As said above the PHO committee of College Code 02 had maintained the social and personal hygiene and used online media to spread the awareness among the general public of India.

With regards to spread awareness, the PHO committee of College Code 02 has organized a grand webinar under the name "Covid-19 triggered Mucormycosis". An expert is required to spread the knowledge and awareness about such a disease and so the PHO committee of College Code 02 invited respected Dr. Subodh Purohit (Oral and Maxillofacial surgeon) who has been working and successfully treating black fungus related oral surgeries.

Three NGOs from Delhi named

1. Bandhutva foundation
2. Just share India
3. Grameen Jeevan Vikas training and research centre

joined us as the target audience and were represented by Mr. Narendra Pandey and Miss. Anushka Singh.

Dr. Subodh explained well about the ongoing disease and also gave few precautions which one can practice on daily basis. He gave an exact record of information and knowledge to the audience. Since the audience were from both urban and rural areas both Hindi and English languages were used by Dr. Subodh to avoid miscommunication and a proper understanding.

He gave a great session right from introduction and history of black fungus to the post covid complications. According to the information provided by him, the first black fungus case was observed in 1885 and the first case was successfully treated in 1943 and was only observed in diabetic patients and patients with less immunity.

Types of mucormycosis was given:

1. Respiratory.
2. Gastrointestinal.
3. Disseminated and cutaneous.
4. Rhino-orbito-maxillary.



The discussion was interestingly shown with the help of interesting facts, flowcharts, pictures and presentation. Early signs of mucormycosis are:

1. Stuffy nose.
2. Sinus pain.
3. Swollen nasal tissue.

The session was a flow right from the basic up to the advanced level of study on mucormycosis to let people know about the risk factors about the disease. Dr. Subodh proposed an excellent presentation which even included diagnosis (magnetic resonance imaging, nasal endoscopy), tests to be performed (CBC, C-reactive protein, ESR, Blood sugar level), and management (Antifungal therapy, glycemic control, supportive therapy and nutrition). A brief introduction of drug Amphotericin-B was given which is the basic drug used to destroy the fungus.

The session took a turn from black fungus to Covid-19 virus and few advices were given by Dr. Subodh to the audience if they develop Covid-19 which included:


1. Consult physician-no self medication.
2. Take steroid therapy only when prescribed.
3. Avoid sugar for 2-3 months.
4. Use an N-95 mask while doing household work.
5. Maintain strict isolation for 17 days.
6. Check your blood sugar levels and haemoglobin regularly.

Use of glucometer (a machine which detects the glucose level of blood) was shown by animations to the audience and was suggested to check the glucose level for at least up to the first 10 days of Covid-19.

A few myths by the public were raised which were bursted patiently by the doctor with a helpful piece of information. At the end of the session few messages were provided which included the importance of personal hygiene, vaccination, social distancing, good mental health, use of masks and avoiding of panicness if one suffers from mucormycosis or Covid-19.

A week prior to the session a google form was shared to the target audience asking them to give the questions and topics related to




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mucormycosis they wanted to hear from us(85+ questions were received) which were answered either during or at the end of the session. Also questions were flooded in the chat box which were again answered and made the session more interactive. An Active participation by the teacher incharge of the PHO committee of college code 02 was taken by asking drug related queries which enhanced the knowledge of others as well.

At the end two great doctors Mr.Subhash Purohit(Pediatric) and Mr.M.K Vyas(Eye specialist)who joined us from great distances as our audience were asked to give their views on Covid-19 and Mucormycosis.

- **Advertisement of the campaign:**A trailing and introductory message with an attractive JPEG was released and was posted on different social medias of college code 02.Apart from this initiative of promotion was taken by PHO members on personal level through their personal resources.
- **Result of the activity:**A positive feedback about the whole session was disclosed by Mr.Narendra Pandey and Miss.Anushka Singh and the audience appreciated the PHO Committee of college code 02 for the efforts and management taken and to the speaker for great session and requested for such sessions in the future too.Apart from this a feedback form was provided to the audience which gave a great positive response from the audience which resulted the objective of campaign was fulfilled with flying colours.

Mr Pratik Barve Assistant Professor PHO Activity Coordinator, VESCOP	
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**The Indian Pharmaceutical Association
Maharashtra State Branch
Students' Forum**

PUBLIC HEALTH OFFICE 2021-2022

Activity Report – “Innovative Campaign: Obesity- Shed more, Live more!”

Type of the campaign: Innovative Campaign :Obesity- Shed more, Live More!

Organizing Institute: Vivekanand Education Society's College of Pharmacy.

Co-Ordinator of Activity and her/his e-mail address and contact number:

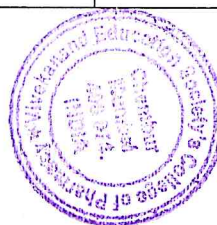
Name: Mr. Pratik Barve
Phone No.: +91 9619515815
Email: pratik.barve@ves.ac.in

Name: Mrs. Anushka Punjabi
Phone No.: + 91 9819187486

Digital platform/s where the event was conducted:

Sr. no	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Activity
1.	Website	BMI calculator https://vescoppho2122.wixsite.com/health/contact-8	29 th December	• BMI calculator release
		Article https://vescoppho2122.wixsite.com/health/post/obesity-control-it-before-it-s-late		• Article release
2.	Instagram	https://www.instagram.com/tv/CYDhyAjp22a/?utm_medium=share_sheet	• 29 th December • 30 th December	• 29 th December • Instagram challenge- 'Get your asana on'

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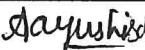
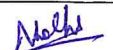



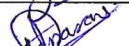
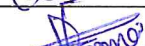



		https://instagram.com/vescop.pho/live/17938125220811888?utm_medium=copy_link		30 th December • Instagram live- 'Big? So what?'
3.	Spotify	https://open.spotify.com/show/2ec3J6tjBl8yFUP2pKlgzU?si=q9nn18ZQtWOauW7CAHHmA&utm_source=copy-link	30 th December	Podcast- The scale talks

Number of target audience (in case of webinar): NA

List of volunteers and their contact numbers:

(Library Cards/Latest fee receipt attached at the end with the photos)

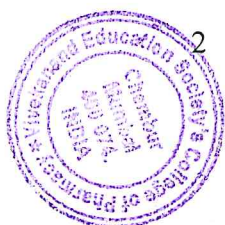
Name	Contact no.	Signature	Name	Contact no.	Signature
Aayushi Dumbre	9324238606		Nidhi Nadgoud	9892224093	
Ankita Rai	9136249700		Kishori Parab	8657294927	
Shubhangi Yamgar	9137189885		Ojas Gadre	7045682074	
Upasna Tiwari	9819971088		Gerard Fernandes	7045650190	
Anupama Nair	8104584668		Akanksha Soman	8828482903	
Ekta Sharma	9665549568		Soundarya Thanvi	7028588464	


Short description of the activity-

Innovative Camp: In this campaign the innovative part was the BMI calculator , the challenge (Get your asanas on !) as well as the personal stories shared by the people who actually have or had this disorder in the form of a podcast.

❖ **Description of the activity:**

Obesity is one of the leading lifestyle disorders in today's generation. Although being very prevalent it is unfortunate to learn that its diagnosis is often ignored owing to poor knowledge and awareness of the disorder. Traditionally, obesity was considered to be a sign of good health but with extensive and comprehensive research it is now evident that it is a lethal disorder which needs prompt treatment. However, with change in outlook towards perceiving obesity has changed, apparently it is now matter of disgust to be obese. Hence with physical stress it also affects patients mentally and in today's times where body




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shaming is rampant it also disturbs psychosocial behavior of patients. Therefore, we at VESCOP PHO believe there is a need for holistic and comprehensive discussion of obesity disorder so as to create enough awareness at community level.

Social medias like Instagram, Spotify and VESCOP PHO website was thoroughly used to conduct the campaign successfully, on day 1 was prelude and introduction of obesity as a disorder signifying why there is a need to talk more on such misunderstood disorder. Day 2 had core discussion involving programs like Instagram live and podcast release.

❖ Methods used for conducting the campaign:

• Day 1:

Website: (BMI Calculator and Article)

BMI is instrumental parameter to check obesity. We had created a full- fledge BMI calculator to help people know their BMI, which would eventually shed more light on their health condition. It was a simple first step in diagnosis of obesity where one has to only enter their height (in cm) and weight (in kg) and the calculator would give the ratio of person's weight by square of height's value and then one has to look for that number in the chart provided on the website to know their health condition whether if they are underweight, normal, overweight or obese. Only by clicking on one link and entering minimal data anyone could easily know their health condition.

Next linked with the BMI calculator was a comprehensive yet unambiguous article on obesity its causes, and treatment. The article can help people understand more about obesity and how dynamically it can affect overall health.

Instagram: (Get your asana on)

A very relevant and easy to do activity was planned on Instagram where people had to accept and perform a simple yoga asana challenge. The challenge was to view the video that VESCOP PHO had made comprising of certain easy yoga asanas which help combat obesity, practice any one of the yoga asanas and record themselves, upload the recorded video in the shared google form, share the VESCOP PHO's video on their respective Instagram story and tag VESCOP PHO add hashtags #fightforfitness, #fightingobesity along with tagging other three of your friends.

• Day 2:

Instagram live: (Big ? So what ?)

An Instagram live 'Big? So what?' was conducted where few participants forward and addressed their perspective on obesity, it was a casual discussion between the hosts and participants wherein they exchanged thoughts and audience could better understand about how elusive obesity as a disorder can be for any individual and how frivolous societal norms can be effectively dealt. This live helped in creating awareness and as well as change others perspective.

Spotify:

A podcast- 'The Scale Talks' was conducted where the volunteers who have battled obesity or are battling obesity were invited to share their experience. The podcast talked on lengths whether if obesity is portrayed in appropriate manner, whether if obesity was ever perceived as lifestyle disorder or disorder at first place, what challenges they have faced during course of treatment, whether if they have faced body shaming? How have they made



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peace with it? Did obesity ever take toll on their mental health? And similar question. In this manner a whole of two days camp was conducted which exhaustively covered obesity disorders and its allied aspects. Preeti Vasudevan, a counsellor from Vivekanand Education Society's Leadership Academy and Research Centre, she talked about how one should accept themselves and deal with the mental stress. She also talked about how others should treat people with this disorder. More such points were discussed by her in the different questions asked. The aim for this segment was basically to motivate people and help them deal with the mental stress due to body shaming and other societal pressures.

❖ **Advertisement of the activity:**

Trailing PR messages and posters were created for all the programs conducted on day 1 and 2 of the camp. The volunteers and PHO members themselves too shared the PR messages on personal level. Various social media platforms such as Instagram , twitter , LinkedIn and others were used too.

❖ **Result of your activity:**

Owing to enthusiastic participation on both the days the campaign was successfully carried out. We achieved our goal of creating enough awareness on community level of obesity. The volunteers felt rewarded of sharing their perspectives, thoughts and experiences which would enlighten few other minds. Overall, there was positive response from our audience for the all the programs we conducted throughout two days.

Important Links:

Sr. no.	Activity	Links
1.	Big ? So what? Insta live Promotion Post links	Instagram - https://www.instagram.com/p/CX5VkPSqL2H/?utm_medium=copy_link
		Facebook - https://m.facebook.com/story.php?story_fbid=423723879501055&id=100055903397527
		LinkedIn – https://www.linkedin.com/posts/vescop-pho-02b8b8222_obesity-weightgain-bodyshaming-activity-6880397943946534912-sBs6
		Twitter - https://twitter.com/PhoVescop/status/1474633681633361920?t=w3yYHdhbXzyKgf80ASbZOA&s=19
2.	Get your asana on (Challenge Promotional Post)	Instagram - https://www.instagram.com/p/CX6UEqOqRAC/?utm_medium=copy_link
		Facebook -



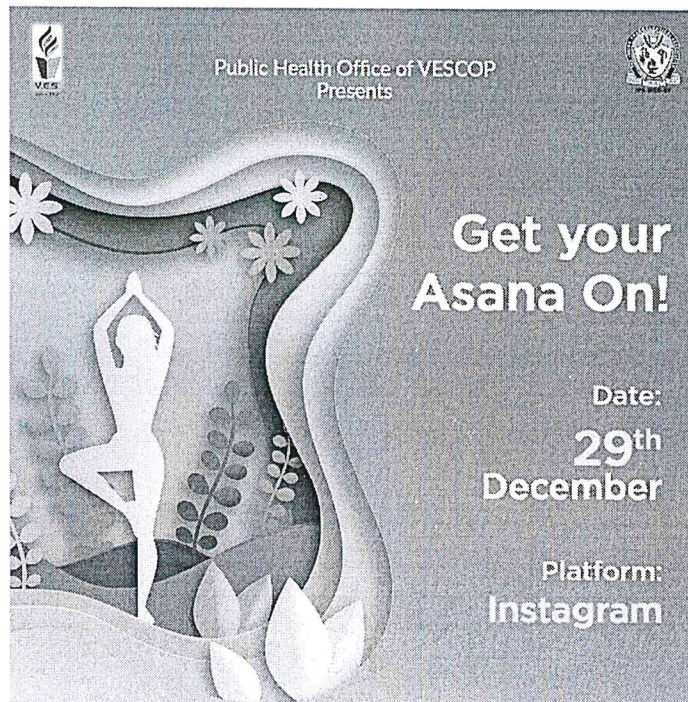
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		https://m.facebook.com/story.php?story_fbid=423999922806784&id=100055903397527
		<p>LinkedIn-</p> https://www.linkedin.com/posts/vescop-pho-02b8b8222_obesity-yoga-vescoppho-activity-6880534725715460096--GaL
		<p>Twitter-</p> https://twitter.com/PhoVescop/status/1474768205071597572?t=2flAHPcdNGhsCPb3lwMq1g&s=19
3.	Registration form link (Get your asana on !)	https://forms.gle/rbCRppPRGsVin1y4A
4.	Excel Sheet of Get your asana on participants	https://docs.google.com/spreadsheets/d/1ZyOVuyFsefZz9ICDG5DHi_eYZWwHaMYXUYkzbRwGrxs8/edit?usp=sharing
5.	Get your asana on (Challenge video) Instagram upload	https://www.instagram.com/p/CX6UEqOqRAC/?utm_medium
6.	Get your asana on (Challenge video)	https://drive.google.com/folderview?id=1Kx3WYPG_cCKkpUmkuu5oY3BKmWdfAKXw
7.	Participants get you asana challenge video	https://drive.google.com/folderview?id=1ITp7u7cv6Su9ZcJeU_aHsKTR_Zy8sZBYi7Rhm6WCwNASI1SUpz3ilr61lcDzH5ZP5XrUAZjS
8.	Big ? So what? (Instagram Live link)	https://instagram.com/vescop.pho/live/17938125220811888?utm_medium=copy_link
9.	Big ? So what? (Instagram live recording)	https://drive.google.com/drive/folders/1Q6q8-j607xSDC3gkZ59uqpb1zQsSh9eg?usp=sharing
10.	Instagram Live Viewer list Screenshots	https://drive.google.com/drive/folders/1Q4lrIHIIY7P9XfnQd0-P4rd9yfPKmv4Z?usp=sharing
11.	Feedback Form	https://forms.gle/HqPmHzJSTbn3bbz28
12.	Excel sheet of feedback form	https://docs.google.com/spreadsheets/d/1tqYAoyjTB0FBticuenExpnl-lhlrxialJKIkxhF2ge4/edit?usp=sharing
13.	Short Clips	https://drive.google.com/drive/folders/1Q3FzYYGQVecoWi7-pZSiBQIAxa_kzQMU?usp=sharing

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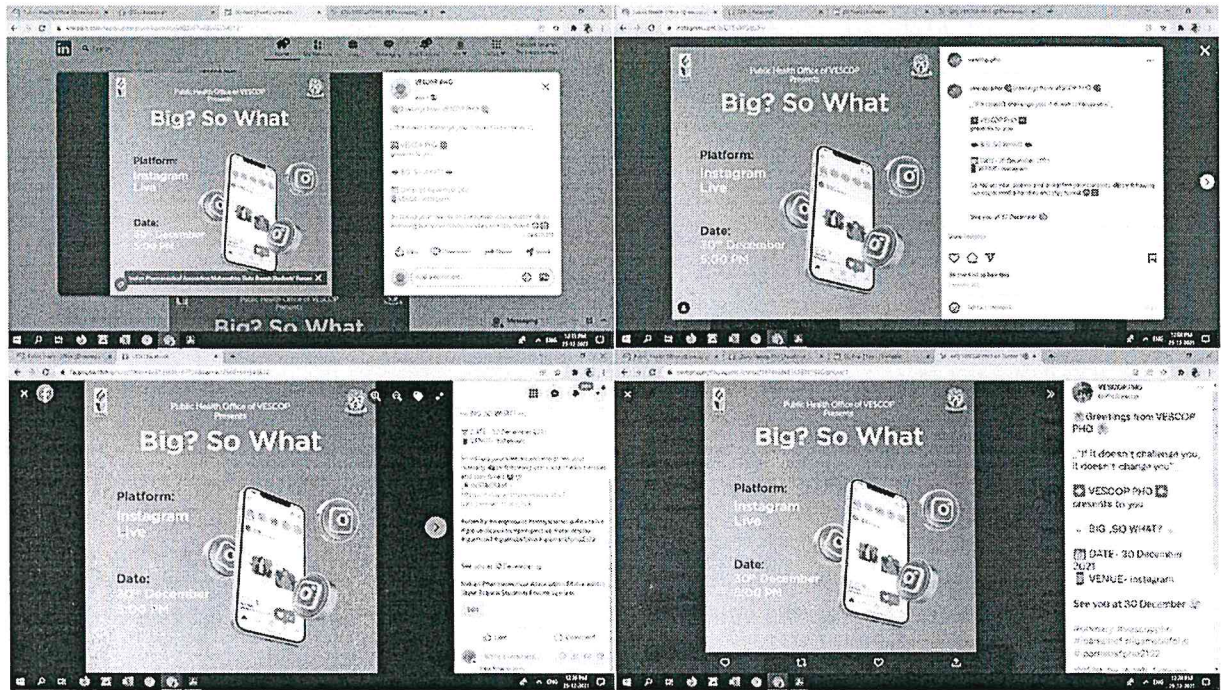


- ❖ Photos:
- Poster:



SS
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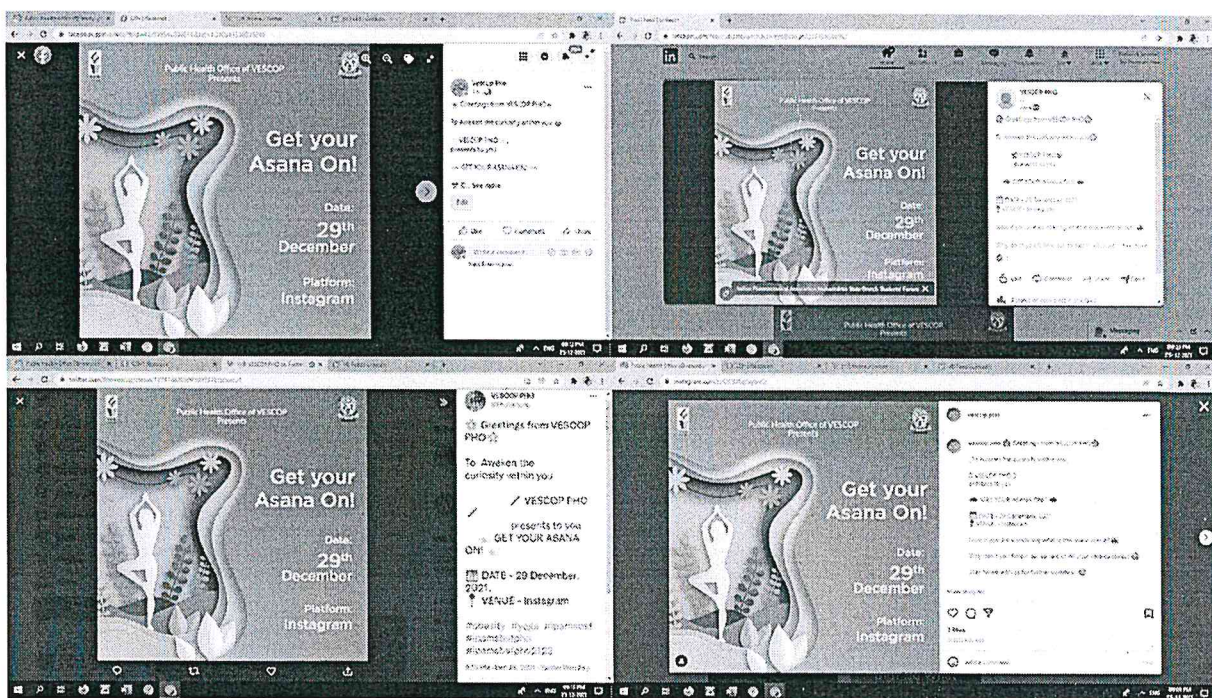
- Promotional Posts Uploading –



(Insta live)

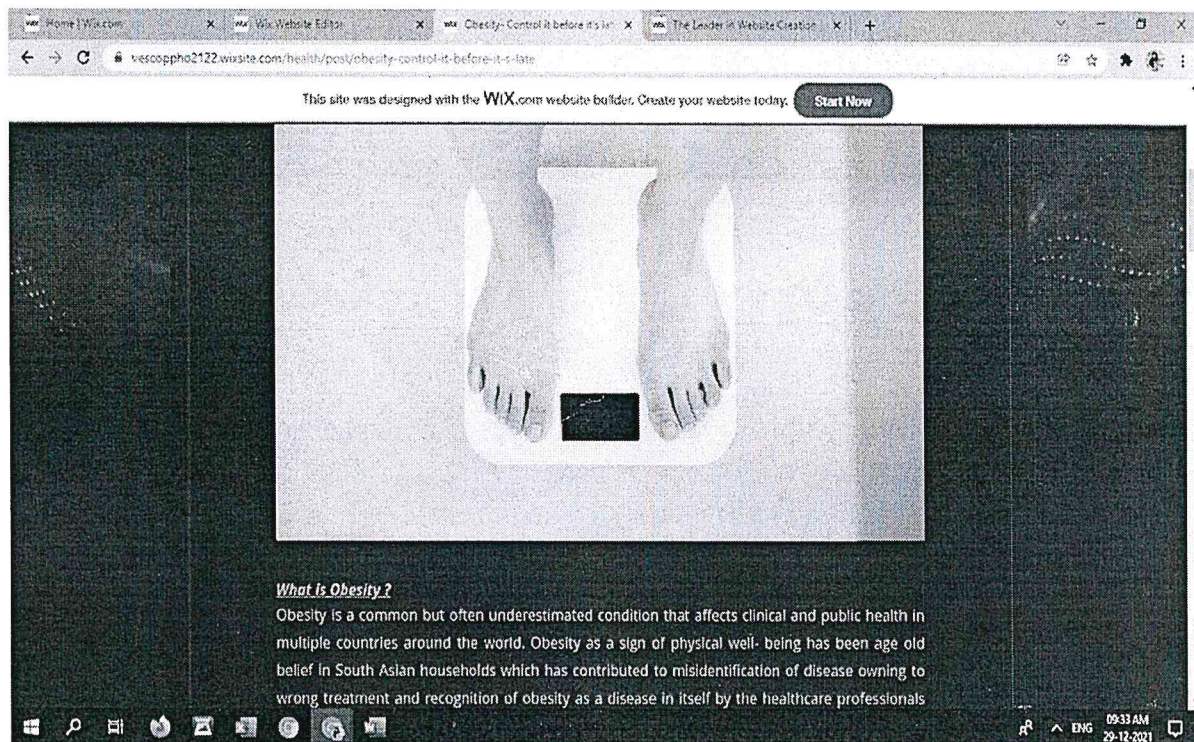
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(Get your asana on)

Article:



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- BMI Calculator:

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VESCOP PHO Home Blog Contact BMI

Body Mass Index (BMI)

37 Visits

BMI (Body Mass Index) means the ratio of a person's weight (kg) and the square of that person's height (m). By calculating BMI, one can get an overall idea about one's health condition. It indicates one's health condition in some different range. If anyone's BMI is less than 18.5, he/she is unhealthy. Basically, he/she is unhealthy because he/she is too thin. Again, any value over 25.0 also indicates an unhealthy situation, and this time he/she has overweight. If it is over 30, then his/her condition is seriously dangerous.

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VESCOP PHO Home Blog Contact BMI

Body Mass Index (BMI)

BMI	BMI Table (Metric)																											
	Underweight				Normal				Overweight										Obese									
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35								
Height (cm)	Body Weight (kg)																											
145	34	36	38	40	42	44	46	48	50	52	55	57	59	61	63	65	67	69	71	74								
150	36	38	41	43	45	47	50	52	54	56	59	61	63	65	68	70	72	74	77	79								
155	38	41	43	46	48	50	53	55	58	60	62	65	67	70	72	74	77	79	82	84								
160	41	44	46	49	51	54	56	59	61	64	67	69	72	74	77	79	82	84	87	90								
165	44	46	49	52	54	57	60	63	65	68	71	74	76	79	82	84	87	90	93	95								
170	46	49	52	55	58	61	64	66	69	72	75	78	81	84	87	90	92	95	98	101								
175	49	52	55	59	61	64	67	70	74	77	80	83	86	89	92	95	98	101	104	107								
180	52	55	58	62	65	68	71	75	78	81	84	87	91	94	97	100	104	107	110	113								
185	55	58	62	65	68	72	75	79	82	86	89	92	96	99	103	106	110	113	116	120								
190	58	61	65	69	72	76	79	83	87	90	94	97	101	105	109	112	116	119	123	126								
195	61	65	68	72	76	80	84	87	91	95	99	103	106	110	114	118	122	125	129	133								
200	64	68	72	76	80	84	88	92	96	100	104	108	112	115	120	124	128	132	136	140								

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VESCOP PHO Home Blog Contact BMI

Body Mass Index (BMI)

BMI (Body Mass Index) means the ratio of a person's weight (kg) and the square of that person's height (m). By calculating BMI, one can get an overall idea about one's health condition. It indicates one's health condition in some different range. If anyone's BMI is less than 18.5, he/she is unhealthy. Basically, he/she is unhealthy because he/she is too thin. Again, any value over 25.0 also indicates an unhealthy situation, and this time he/she has overweight. If it is over 30, then his/her condition is seriously dangerous.



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- Get your asana on:
Registration form settings :

Registration form closing :

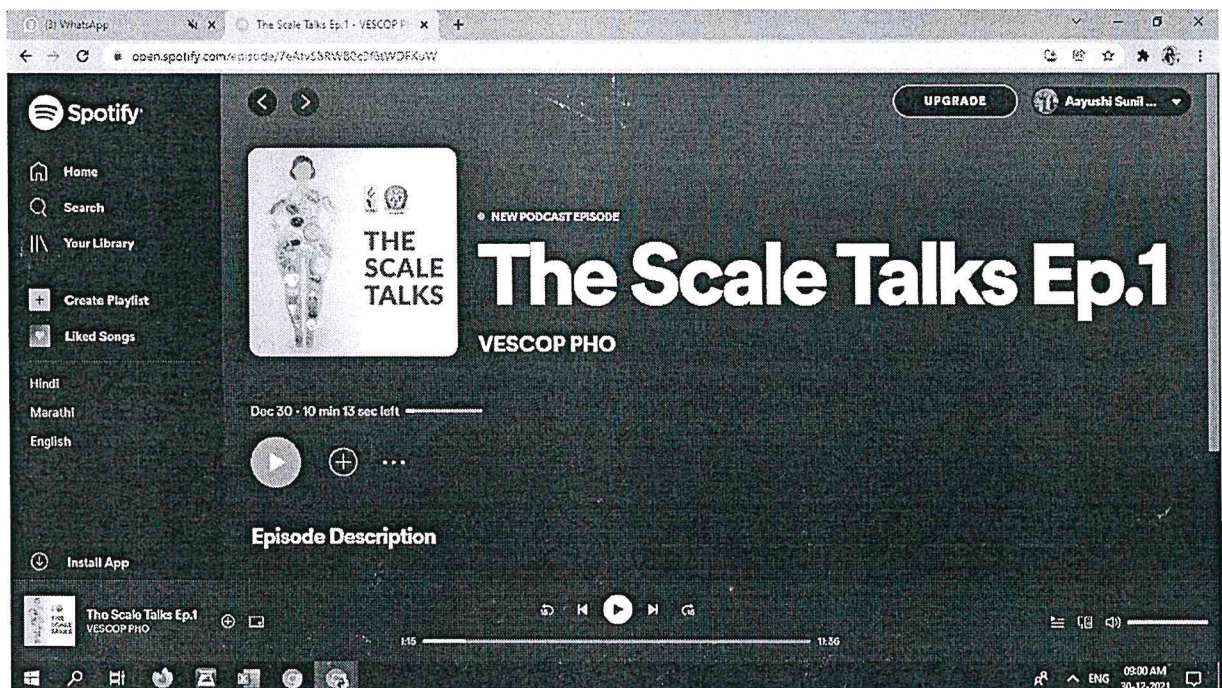


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Challenge video upload :

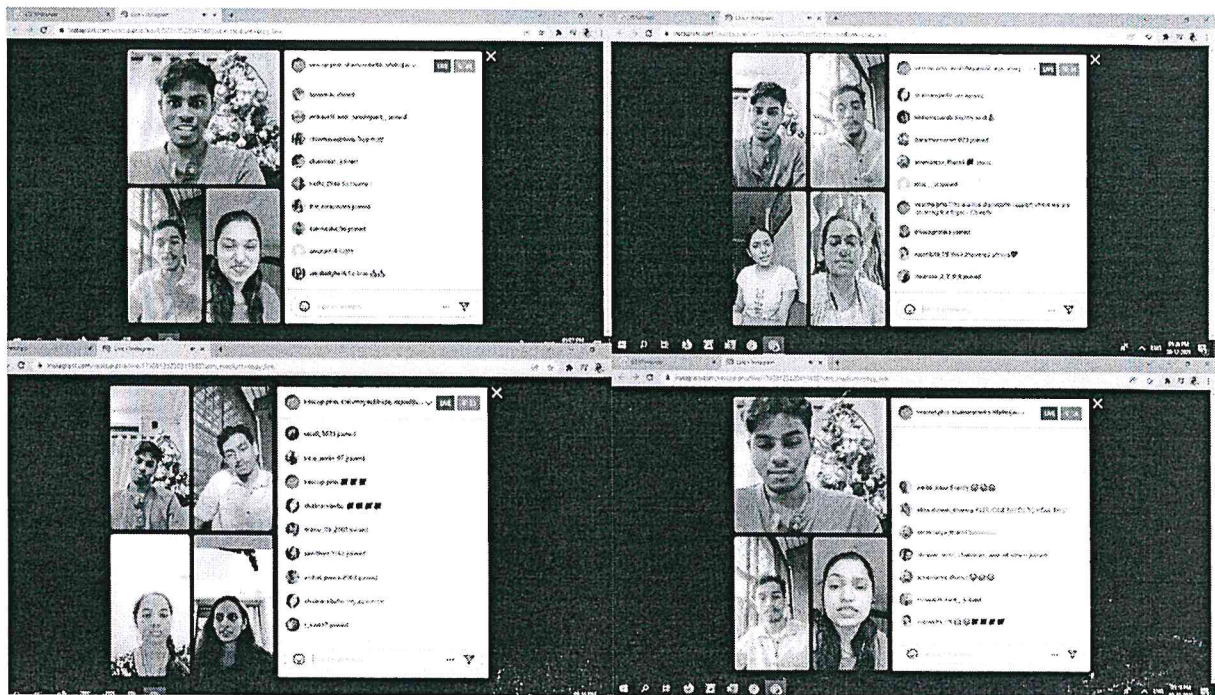


• Podcast:



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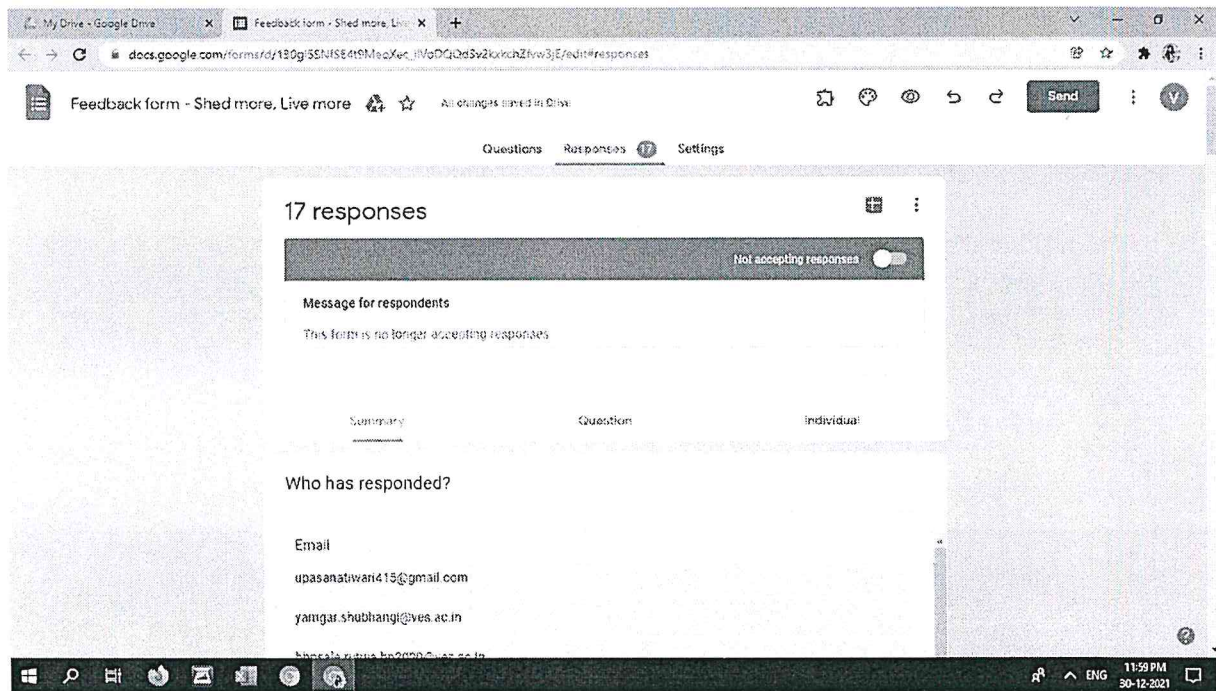
- Big ? So what ? (Insta Live)



- Feedback Form :

 A screenshot of a Google Forms 'Feedback form - Shed more, Live more' settings page. The page is titled 'Feedback form - Shed more, Live more' and has a 'Send' button. The 'Responses' tab is selected, showing options to 'Make this a quiz', 'Collect email addresses', 'Send responders a copy of their response', 'Allow response editing', and 'Limit to 1 response'. The 'Responses' section is expanded, showing 'Required to send response copies' and 'Send responders a copy of their response' as 'Always'. The 'Limit to 1 response' option is also shown.

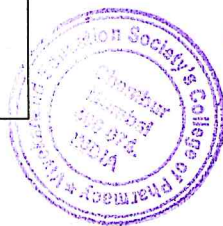

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- Volunteers' id cards:



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The Indian Pharmaceutical Association Maharashtra State Branch Students' Forum

Activity Report –“World health day-World Diabetes Day ” Campaign

Type of the campaign: World Health Day

Organizing Institute: Vivekanand Education Society's College of Pharmacy

Coordinator of Activity and her/his email address and contact number:

Name - Mr. Pratik Barve

Contact - 9619515815

Email id - pratik.barve@ves.ac.in

Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Timing (in case of webinar)	Activity
1.	Power Hour- A workout session Jpg : Instagram	https://www.instagram.com/p/CV9mL9eqM-U/	07/11/21 to 10/11/21	NA	Posting of jpg
	Facebook	https://www.facebook.com/photo?fbid=393606272512816&set=a.350381556835288			
	Twitter	https://twitter.com/PhoVescop/status/1457219819086888967			
	LinkedIn	https://www.linkedin.com/posts/vescop-pho-02b8b8222_power-hour-a-workout-session-activity-6862984606346489856_IFe			
2.	Posts:	https://www.instagram.com/p/CV9mL9eqM-U/	11/11/21	NA	Posting of





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	Instagram	om/p/CWH0ysnqeaJ/			jpgs
	Facebook	https://www.facebook.com/photo?fbid=396020408938069&set=pcb.396021905604586			
	Twitter	https://twitter.com/PhoVescop/status/1458660876169334785			
		https://twitter.com/PhoVescop/status/1458660876169334785			
	LinkedIn	https://www.linkedin.com/posts/vescop-pho-02b8b8222_worldidiabetesday-diabetes-sweetpoison-activity-6864423624393199616-V1jr			
3.	Reel: (Instagram)	https://www.instagram.com/p/CWH31A8KB9G/	11/11/21	NA	Reel upload
4.	Video on Learn how to use your glucometer	https://youtu.be/9UI7F6Kq-wg	11/11/21	NA	Video Upload
	YouTube				
	Instagram	https://www.instagram.com/p/CWIFvehAS4o/			
	Facebook	https://www.facebook.com/vescop.pho/videos/406620510848145			
5.	Google meet	https://meet.google.com/mbg-gzrn-mec	11/11/21	5:00 p.m. onwards	Live session's link.

Number of the target audience (in case of Power Hour – A Workout Session): 70+

List of volunteers and their contact numbers:

Name	Contact no.	Signature	Name	Contact no.	Signature
Aayushi Dumbre	9324238606		Nidhi Nadgoud	9892224093	



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Ankita Rai	9136249700	<i>Rai</i>	Kishori Parab	8657294927	<i>Kishori</i>
Shubhangi Yamgar	9137189885	<i>Shu</i>	Ojas Gadre	7045682074	<i>O.M.G dr.</i>
Upasna Tiwari	9819971088	<i>Upasna</i>	Gerard Fernandes	7045650190	<i>Gerard</i>
Anupama Nair	8104584668	<i>Anupama</i>	Akanksha Soman	8828482903	<i>Akanksha</i>
Ekta Sharma	9665549568	<i>Ekta</i>	Soundarya Thanvi	7028588464	<i>Shruti</i>

Short description of the activity:

World Health Day: World Diabetes Day (14th November, 2021).

Diabetes is the sweet poison. If you have it, fight it back, If you don't, prevent it. Diabetes, to briefly sum up, is a concerning health issue that disturbs the blood sugar level of the body. With an annual increase in cases of about 30 million, India stands among the top three nations in the world to have diabetic patients, the other two being the US and China. After global and national studies, the WHO committee concluded their survey by listing out causes leading to diabetes which included BMI and behavioral lifestyle changes.

Being one of the most alarming health issues, the Public Health Office of Vivekanand Education Society's College Of Pharmacy initiated a step forward to let maximum people know about the effects, symptoms, causes, and treatment for diabetes. This camp was held on 11th November, 2021. Various ways were used to spread awareness about the same in general public.

Methods used for conducting the campaign:

To spread awareness about the basics of diabetes, attractive and informative and multiple slide post was released which involved the current theme saying **Access to Diabetes Care**, on all the social media handles of Public Health Office of Vivekanand Education Society's College Of Pharmacy which included-

- Definition of diabetes
- Types of diabetes
- Symptoms of diabetes
- Complications of diabetes
- Tests required

People are tending towards natural ways of treating diseases, so a reel was released on Instagram which included information about **Natural food sources** that can help one in treating and controlling diabetes. Knowledge was gained through the reel as it included brief information(in captions) about all the sources and how it helps in treatment of diabetes.

As we all know that regular monitoring of the blood sugar level is very important, hence knowing how to use a glucometer (a small device that lets an individual know about the amount of glucose present in his/her blood) is essential. A video was released on YouTube, Instagram and Facebook handle which explained about glucometer, its benefits, its pre-requisites, how is it performed, when and how many times it has to be performed in a day, and other few tips for proper monitoring blood sugar level.

Since exercising every day is a fundamental need to prevent diabetes, an active, energetic, and interactive live workout session named "**Power Hour – A Workout Session**" was organized by the Public Health Office of Vivekanand Education Society's College Of Pharmacy. On 7/11/21 a registration form was shared on various social media handles to get more and more people to register for the workout session. The overall workout session was under the guidance of



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'Ironman Amarpal Singh Kohli'. The workout session was established with an introductory speech which included information regarding diabetes and the introduction of the demonstrator. The workout was initiated with a simple warm-up followed by basic core exercises including cardio that diabetic patients can perform on daily basis and concluded by cooling down stretches of the body. The participants actively followed the instructions given and performed all the exercises at their end, in case the posture or the way of performing the exercise was incorrect, the instructor guided the participants in simple language. The session took a turn from exercise to an interactive question and answer session which involved questions from diabetes, diet, and obesity-related exercises which were answered precisely by the instructor. The session was concluded with an appreciative vote of thanks and a feedback form was shared with the participants requesting them to share their views about the overall session. An attractive E-certificate was provided to all the participants as a token of appreciation.

Advertisement of the activity:

A trailing and introductory message with an attractive JPEG was released for the 'Power Hour- A Workout Session' workout session registration and was posted on different social media sites of the Public Health Office of Vivekanand education society's college of pharmacy. Multiple jpgs under a same post were promoted as much as possible. Taking into consideration the importance of natural food resources, the reel published was actively promoted by the PHO members. The video based on the topic "Learn how to use your Glucometer" was uploaded on Instagram, Facebook, and YouTube and promoted on other social media handles as well.

Result:

From the comments on the posts, we can say that the motto of these posts was achieved. The plays of the reel made it evident that it was liked and helped in spreading information. The different comments on the video based on the topic learn how to use your glucometer marked its success in spreading awareness about it. Positive feedback about the whole session was disclosed by the audience at the end of the session. The participants also suggested that they would love to attend more such sessions. Apart from this the feedback given by the audience in the feedback form indicated that the objective of the session was fulfilled. From all this we can say that this camp was a great success as it surely has created awareness about the predominant disease diabetes.

Important links:

Link for	Link
Registration form link of Power Hour- A Workout Session	https://forms.gle/anuKJ5to3eTmrRL2A
Feedback form link of Power Hour- A Workout Session	https://forms.gle/5oueot9LSzN9Bm4Q7
Registration form responses of Power Hour – A Workout Session (Excel sheet)	https://docs.google.com/spreadsheets/d/1GDuOBFwVpr0kY5QyYN4hVQ8lQZiJ4UROk9U7-mjrdHA/edit?usp=sharing
Feedback form responses of Power Hour – A Workout Session (Excel sheet)	https://docs.google.com/spreadsheets/d/1WghDVF7DG5-wnZnVtJ2MIFwTC1rwodetTN2A8i5TRwo/edit?usp=sharing



(Signature)
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Posts/ Jpegs	https://drive.google.com/drive/folders/1e896hn-4STPeUyyOCtT7EyM3x7uSDqMO?usp=sharing
Video Recording of Power Hour – A Workout Session , Video of Glucometer and Reel	https://drive.google.com/drive/folders/1G_ySTNp074wsWOr_rBEblqIXXV18b-ZS?usp=sharing
Short clips of Power Hour - A Workout Session and Learn how to use your glucometer	https://drive.google.com/drive/folders/1vZ7Aj2TcuKFVRWfyj1uk97DI5v-ch6bA?usp=sharing
Participants List of Power Hour – A Workout Session	https://drive.google.com/drive/folders/1ultywG4zYMalhiM4AL4FoZtEuwQmwhEm?usp=sharing

Photo, videos, and other documents:

Screenshot of registration form settings:

Screenshot of registration form:



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Power Hour - A workout session

•By Ironman Amarpal Singh Kohli
•Founder and Coach of AK Fitness Factory

•Date: 11th November, 2021
•Time: 5:00 pm, onwards

•Public Health Office,
VES College of Pharmacy,
Chembur, Maharashtra

sunildumbre1968@gmail.com
Switch accounts

*Request

Email *

View school's history

Name of the participant *

Your answer

Contact no *

Your answer

Qualification *

☐ Student
☐ Professional
☐ Other

Age *

☐ 19 and below
☐ 20 to 44
☐ 45 and above

Qualification *

☐ Student
☐ Professional
☐ Other

Age *

☐ 19 and below
☐ 20 to 44
☐ 45 and above

"To keep the body in good health is a duty, otherwise we shall not be able to keep the mind strong and clear." - Buddha

Submit

Screenshot of registration form closing:

World Diabetes Day - Google D... Power Hour - Google Forms

docs.google.com/forms/d/15d3S8cDMp50a3NYUuDuK7ZUNWgVQg96s-40EakvQFu0/edit#responses

Power Hour

Questions Responses 106 Settings

106 responses

Not accepting responses

Message for respondents

This form is no longer accepting responses

Summary Question Individual

Who has responded?

Email

nairanupama@ves.ac.in

soaman.nankhede@ves.ac.in

Screenshot of feedback form settings:



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POWER HOUR- Feedback form

Questions Responses **Settings**

Disable autosave for all respondents

Defaults

Form defaults
Settings applied to this form and new forms

Collect email addresses by default

Question defaults
Settings applied to all new questions

Make questions required by default

Presentation
Manage how the form and responses are presented

FORM PRESENTATION

Show progress bar

Shuffle question order

AFTER SUBMISSION

Confirmation message
Thank you so much for your valuable feedback?

Edn

Show link to submit another response
Disabled by Limit to 1 response

View results summary
Share results summary with respondents

RESTRICTIONS

POWER HOUR- Feedback form

Questions Responses **Settings**

Make this a quiz
Assign point values, set answers, and automatically provide feedback

Responses
Manage how responses are collected and protected

Collect email addresses

Send responders a copy of their response

Off

Allow response editing
Responses can be changed after being submitted

REQUIRED SIGN IN

Limit to 1 response
Respondents will be required to sign in to Google

Screenshot of feedback form:

6:23 PM

docs.google.com/forms/d/1

FEEDBACK

Feedback form

POWER HOUR- A workout session
By Arunam Arunam Singh Kohli

Date: 11th November, 2021
Time: 9:00 pm, onwards

Public Health Office,
VGS College of Pharmacy,
Chembur, Maharashtra

eeecan.pho2122@gmail.com Swathi Aquant

Required

Name of the participant *

Your answer

Contact no *

Your answer

Qualification *

☐ Student
☐ Professional
☐ Other

Age *

☐ 19 and below
☐ 20 to 44
☐ 45 and above

Please rate your overall experience *

1 2 3

Poor ☐ ☐ ☐ Excellent

Did the session meet all your expectations? *

☐ Yes
☐ No

What did you like the most about this session? *

Your answer

Any suggestions/comments for future sessions? *

Your answer

What did you like the most about this session? *

Your answer

Any suggestions/comments for future sessions? *

Your answer

Submit

Clear form

Never submit passwords through Google Forms.

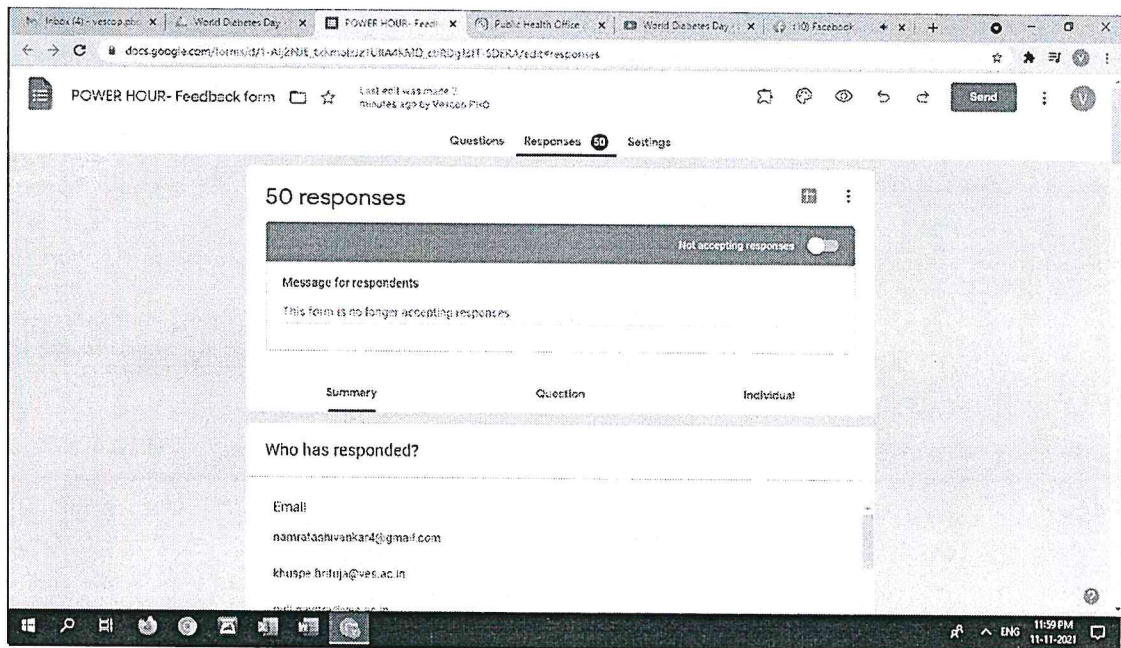
This content is neither created nor endorsed by Google.

Feedback form - 11th Nov 2021 - 9:00 pm

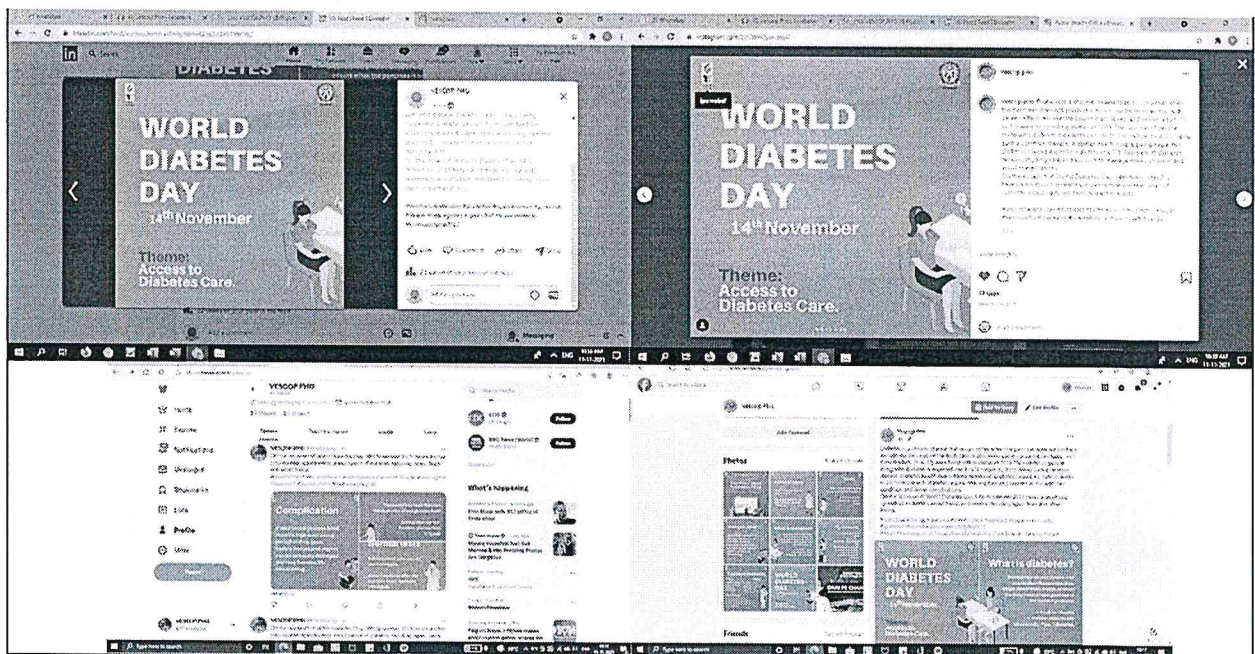
Google Forms



Screenshot of feedback form closing:



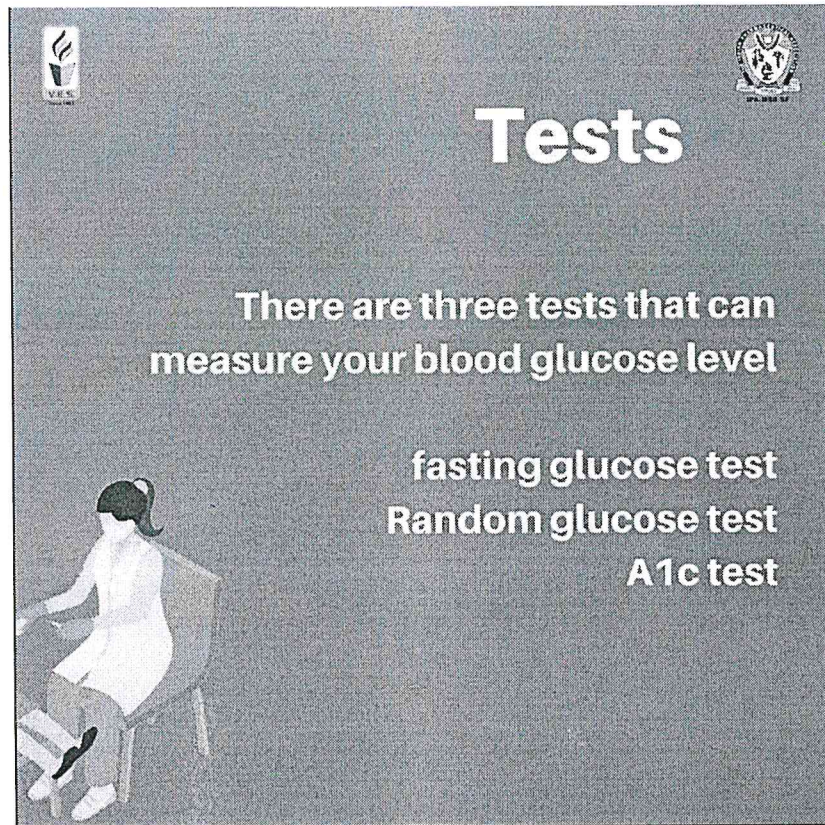
Screenshots of posts:



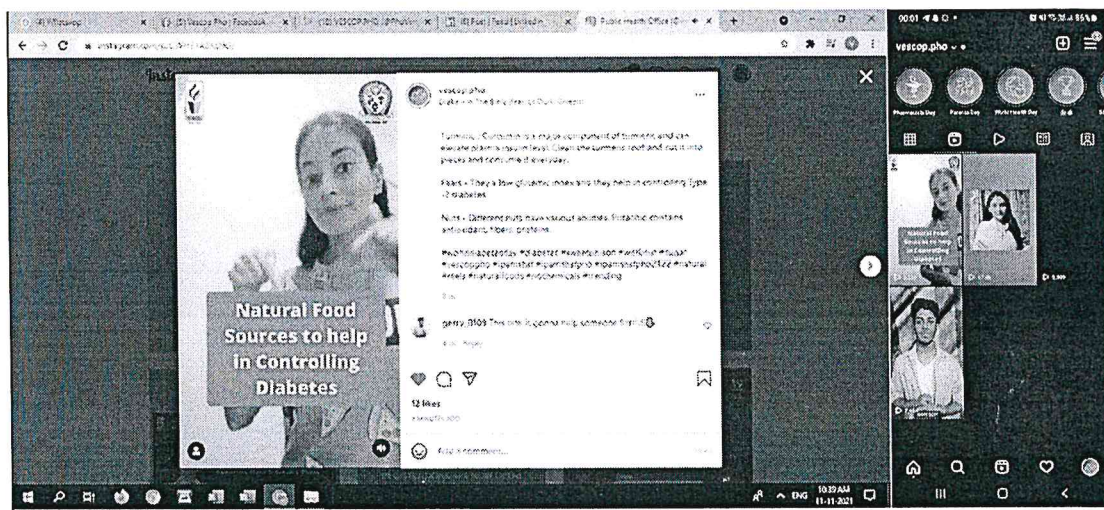
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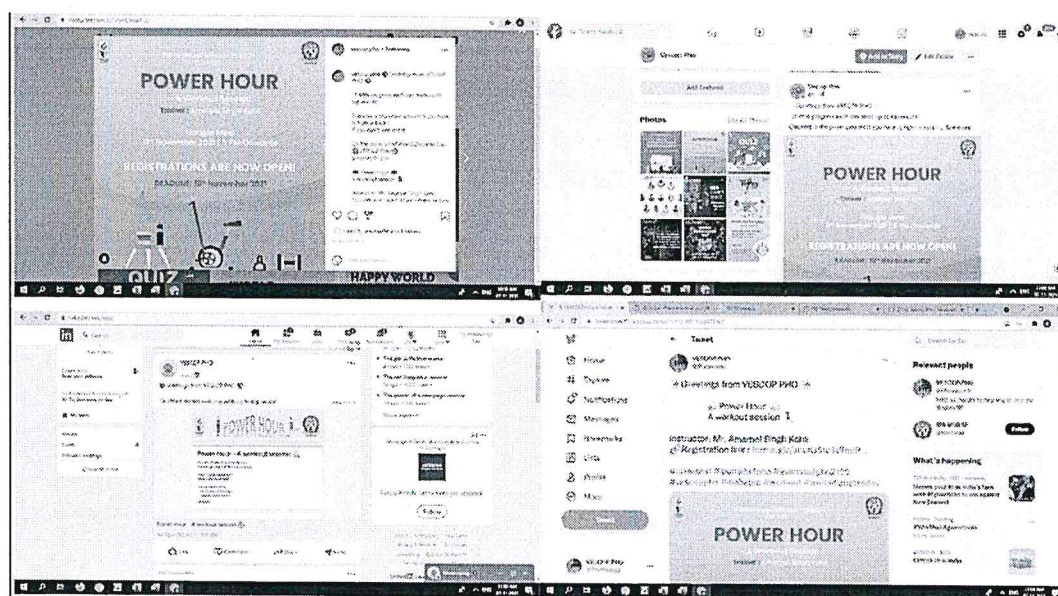
Screenshot of the Reel:



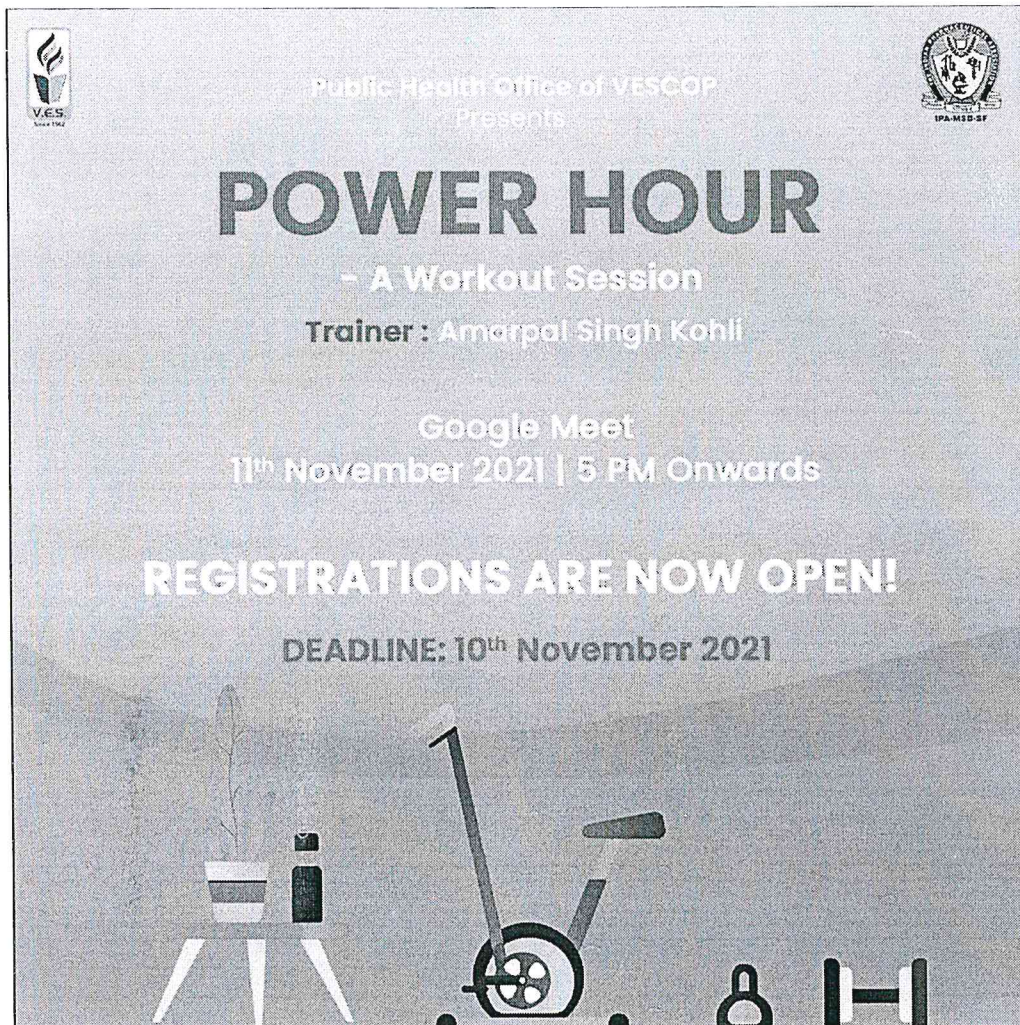
Screenshot of the Video:



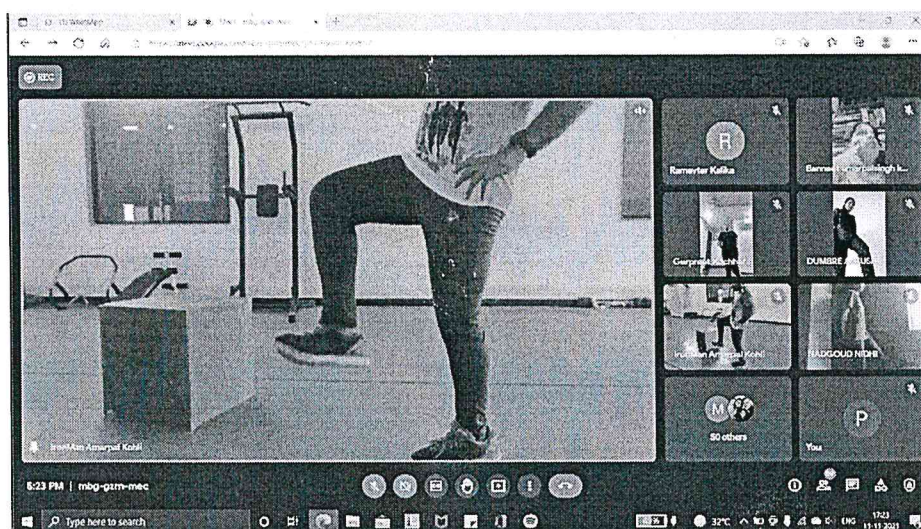
Screenshot of Power Hour – A Workout Session Registration Jpeg :



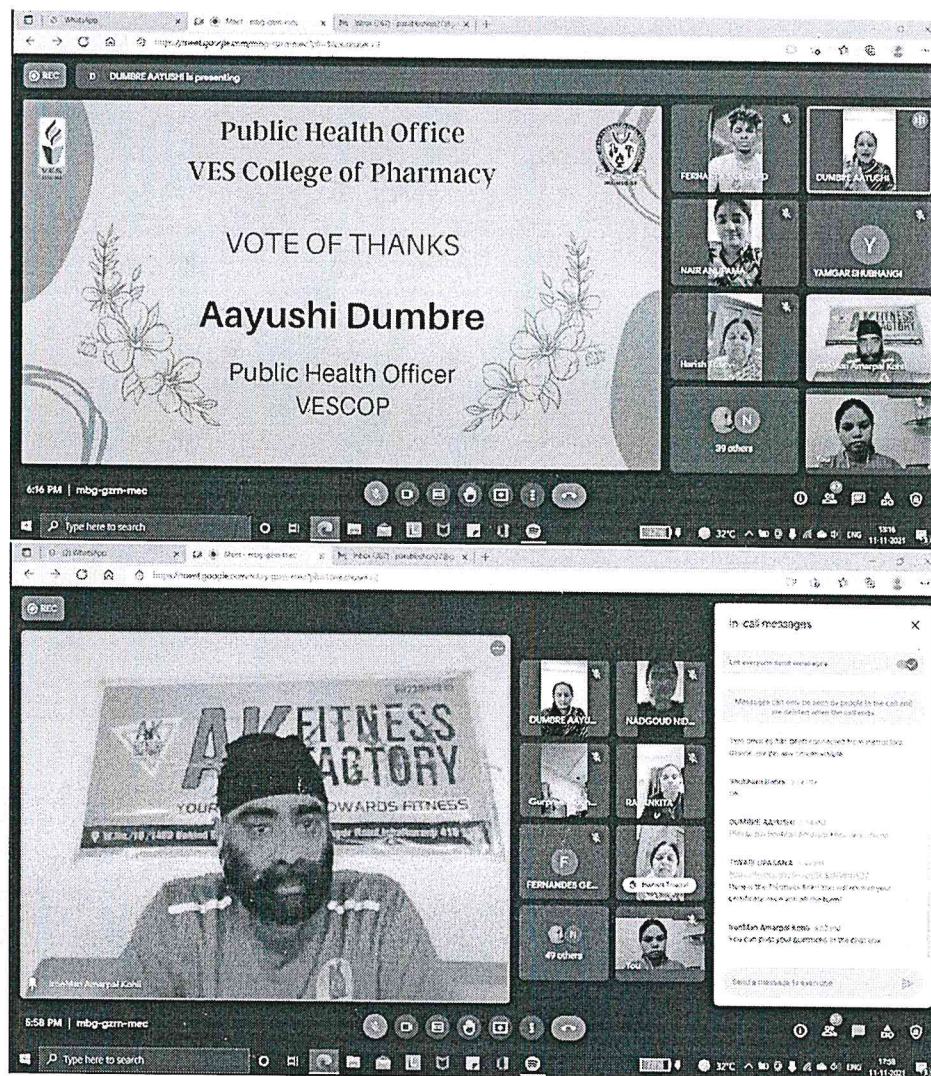
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Screenshot of the Power Hour – A Workout session:



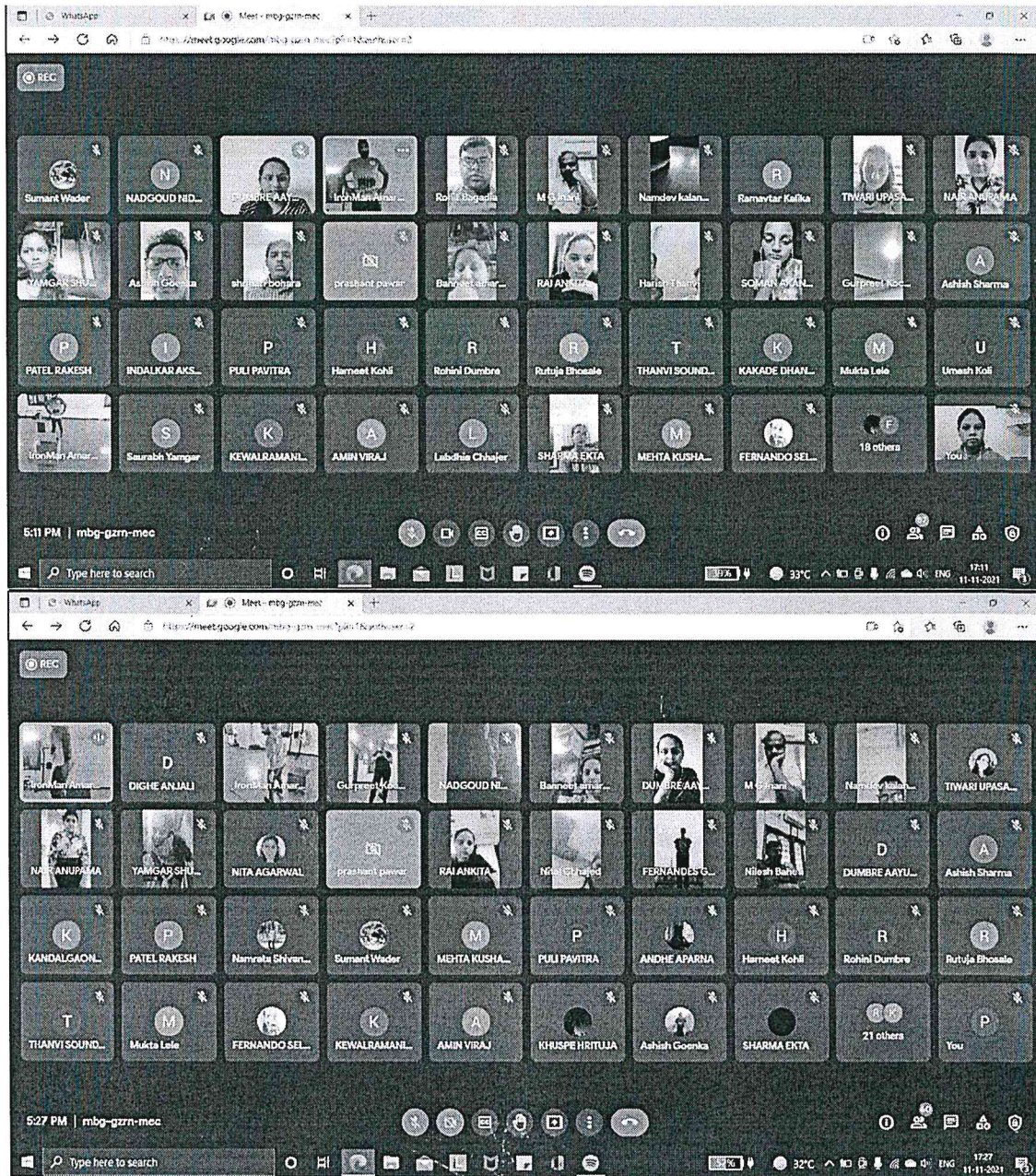
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Screenshot of the “Power Hour – A workout Session” with participants camera on:

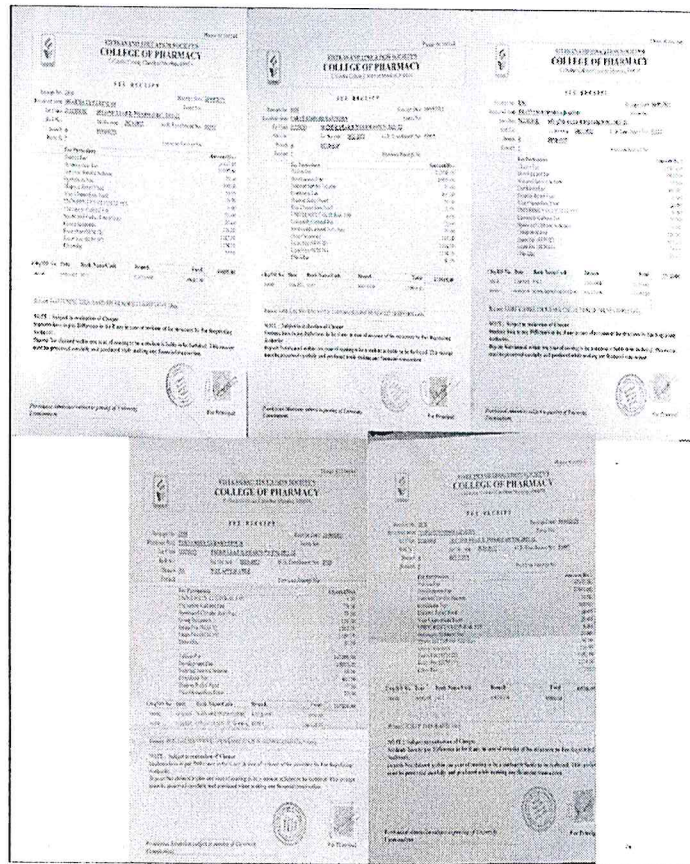


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Volunteers' ID:



Mr Pratik Barve
Assistant Professor
PHO Activity Coordinator, VES COP

Barve

ms
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**The Indian Pharmaceutical Association
Maharashtra State Branch
Students' Forum**

Activity Report –“Online Healthcare Quiz ”(Organ Donation And Transplantation)

Type of the campaign: Quiz (Organ Donation and Transplantation)

Organizing Institute: Vivekanand Education Society's College of Pharmacy.

Coordinator of Activity and her/his email address and contact number:

Name - Mr. Pratik Barve

Contact - 9619515815

Email id - pratik.barve@ves.ac.in

Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Activity
1.	Instagram (vescop.pho)	https://www.instagram.com/p/CU6kyTjKnfM/?utm_medium=copy_link	12/10/21 to 19/10/21	Uploading of Jpeg and quiz link
2.	Facebook (Vescop Pho)	https://m.facebook.com/story.php?story_fbid=376935910846519&id=100055903397527	12/10/21 to 19/10/21	Uploading of Jpeg and quiz link
3.	Twitter (PhoVescop)	https://twitter.com/PhoVescop/status/1447784609517735936?s=20	12/10/21 to 19/10/21	Uploading of Jpeg and quiz link



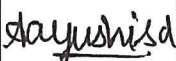
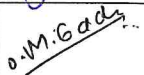


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4.	LinkedIn (VESCOP PHO)	https://www.linkedin.com/posts/vescop-pho-02b8b8222_organ-donation-transplantation-activity-6853550607526055936-gZgv	12/10/21 to 19/10/21	Uploading of Jpeg and quiz link
5.	Snapchat (vescop.pho)	--	12/10/21 to 19/10/21	Uploading of Jpeg and quiz link

Number of target audience: 1000+

List of volunteers and their contact numbers:

Name	Contact no.	Signature	Name	Contact no.	Signature
Ankita Rai	9136249700		Shubhangi Yamgar	9137189885	
Aayushi Dumbre	9324238606		Ojas Gadre	7045682074	

Description of the activity:


Quiz: Organ Donation and Transplantation

How do you feel when you have to wait for something you really, really want? What if it was something you couldn't live without? For many doctors, nurses, and the general public; the term life support calls up the image of a ventilator. However, there are many types of life support - one of them is organ transplanting. Organ donation is defined as the donation of biological tissue or an organ of the human body, from a living or dead person to a living recipient in need of a transplantation.

On this note, the Public Health Office of Vivekanand Education Society's College Of Pharmacy shared a quiz on 'Organ Donation And Transplantation' through a Google Form from the 12th of October to the 19th of October. The quiz intended to create awareness about Organ Donation And Transplantation and basic knowledge about it. A google form was created consisting of 20 questions that wrapped essential knowledge about Organ Donation And Transplantation based on criteria, types, organs that can be donated. The 20 questions were further divided into sub -sections and at the start of each section a quote regarding the topic. These quotes were added in order to boost people to sign up for organ donation. The quiz also underlined the significance of donation. The score of the quiz was released soon after submitting the quiz. Feedback having short information about each question whether attempted correctly or incorrectly was provided.



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Methods used for conducting the campaign:

A Google form was utilized which comprised of twenty questions. The questions included were reasonable yet required general knowledge to figure out. To provide a deeper insight into the questions, feedback was written alongside the answers. At last, as a token of appreciation e-certificates were procured to all the beneficiaries.

Advertisement of the activity:

A trailing and introductory message with a JPEG was posted on varied social media platforms. Apart from this, the initiative of promotion was taken by PHO members on a personal level through their resources.

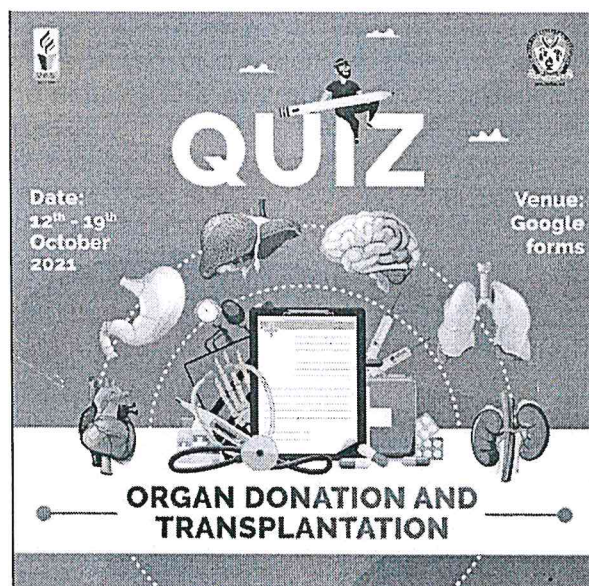
Result of your activity:

A total of 1057 responses were recorded which is a sign of success for this quiz. We observed that the sole purpose of the quiz was served after having a look at the responses. Most of the people were aware about Organ donation and Transplantation on a superficial level although the details about the same were known to few. The feedback provided at the end of the quiz for each question helped in spreading awareness at a greater level. The quiz helped us reach people from vivid backgrounds which lead to a wide spread cognizance.

Important Links:

1. Google form link of the quiz- <https://forms.gle/orcrbnTbZpHYbfeT7>
2. Excel sheet link of the quiz-
https://docs.google.com/spreadsheets/d/1wKpkEe42Xx1xB_QIx0N1cEmxMn3Ad9Invtu3FWy8IXI/edit?usp=sharing

Photographs:



ss
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Chembur, Mumbai - 400 074

(Quiz Promotion jpeg)

Screenshot of the google form settings:

The image displays three screenshots of the Google Forms interface, specifically the 'Settings' tab for a quiz titled 'Organ Donation and Transplantation Quiz'. The first screenshot shows the 'Settings' tab with options for 'Make this a quiz', 'RELEASE GRADES', 'Respondent settings', 'Missed questions', and 'Correct answers'. The second screenshot shows the 'Correct answers', 'Point values', and 'GLOBAL QUIZ DEFAULTS' sections. The third screenshot shows the 'Responses', 'Collect email addresses', 'Send responders a copy of their response', 'Allow response editing', 'Limit to 1 response', and 'Presentation' sections.

Organ Donation and Transplantation Quiz

Questions Responses Settings Total points: 20

Settings

Make this a quiz
Assign point values, set answers, and automatically provide feedback

RELEASE GRADES

☒ Immediately after each submission

☐ Later, after manual review
Turn on Responses → Collect email addresses

RESPONDENT SETTINGS

Missed questions
Respondents can see which questions were answered incorrectly

Correct answers

Correct answers
Respondents can see correct answers after grades are released

Point values
Respondents can see total points and points received for each question

GLOBAL QUIZ DEFAULTS

Default question point value
Point values for every new question: 1 points

Responses
Manage how responses are collected and protected

Presentation
Manage how the form and responses are presented

Responses
Manage how responses are collected and protected

Collect email addresses
Required to send response copies

Send responders a copy of their response
When requested

Allow response editing
Responses can be changed after being submitted

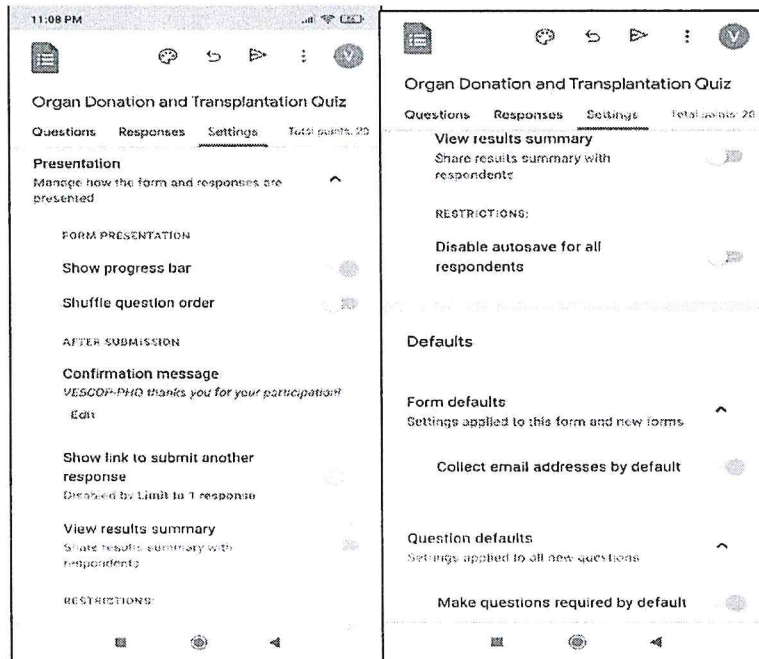
REQUIRES SIGN IN

Limit to 1 response
Respondents will be required to sign in to Google

Presentation
Manage how the form and responses are presented



[Signature]
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Screenshots of Questions and Feedback given with them:



5

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8:57 PM

The one who donates organ is called as *

☐ Organ donor
 ☐ Organ recipient
 ☐ Organ receiver

The donor must have a compatible blood type with the recipient *

☐ True
 ☐ False

A single donor can donate to multiple recipients *

☐ True
 ☐ False

Which blood type can be universal donor? *

☐ A
 ☐ B
 ☐ AB
 ☐ O

8:57 PM

Organs can be donated only from brain-dead individuals. *

☐ True
 ☐ False

An organ donor can save how many lives? *

☐ 3
 ☐ 5
 ☐ 8

Which organ can be donated being alive? *

☐ Brain
 ☐ Kidney
 ☐ Heart

8:56 PM

docs.google.com/forms/d/1

What's organ transplantation? 1 points

☒ Removing an organ from one person (the donor) and surgically placing it in another (the recipient) whose organ has failed
 ☐ Damaging an organ
 ☐ Treating an organ for preventing rejection

Feedback for correct answers

Organ transplantation is a medical procedure in which an organ is removed from one body and placed in the body of a recipient, to replace a damaged or missing organ. The donor and recipient may be at the same location, or organs may be transported from a donor site to another location.

Feedback for incorrect answers

Organ transplantation is a medical procedure in which an organ is removed from one body and placed in the body of a recipient, to replace a damaged or missing organ. The donor and recipient may be at the same location, or organs may be transported from a donor site to another

Choose correct answers:

Which national organization is involved in maintaining registry of organs and tissues donation & transplantation in India? 1 points

☒ National Organ Tissue Transplant Organization (NOTTO)
 ☐ National Investigation Agency (NIA)
 ☐ Bureau of Indian Standards (BIS)

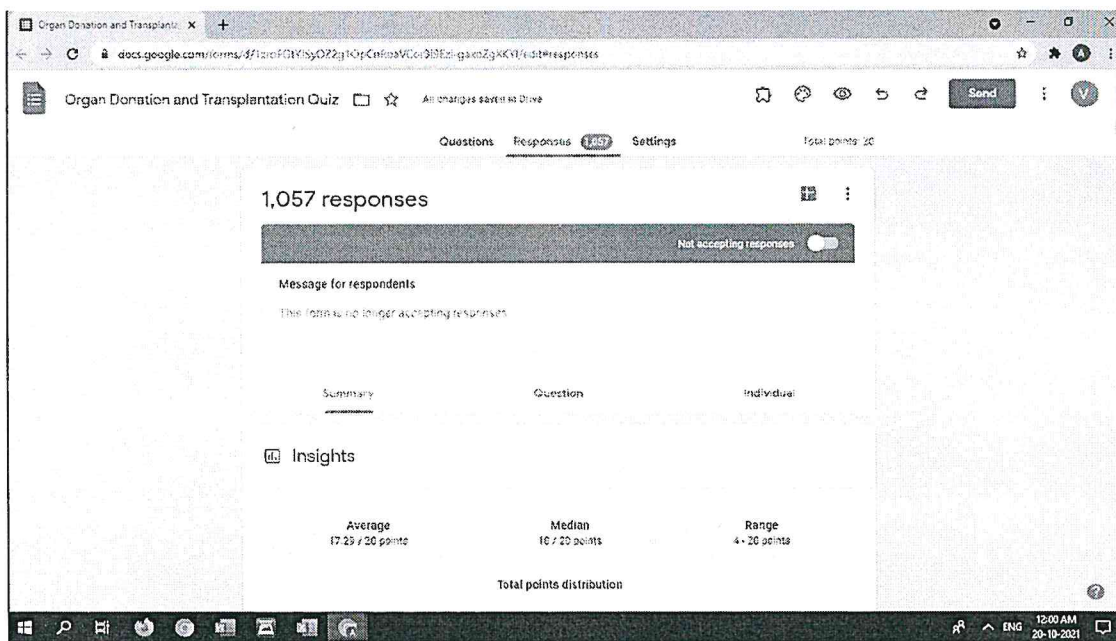
Feedback for correct answers

National Organ and Tissue Transplant Organization (NOTTO) is a National level organization set up under Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India located at New Delhi. National Network division of NOTTO would function as apex center for all India activities of coordination and networking for procurement and distribution of organs and tissues and registry of Organs and Tissues Donation and Transplantation in country.




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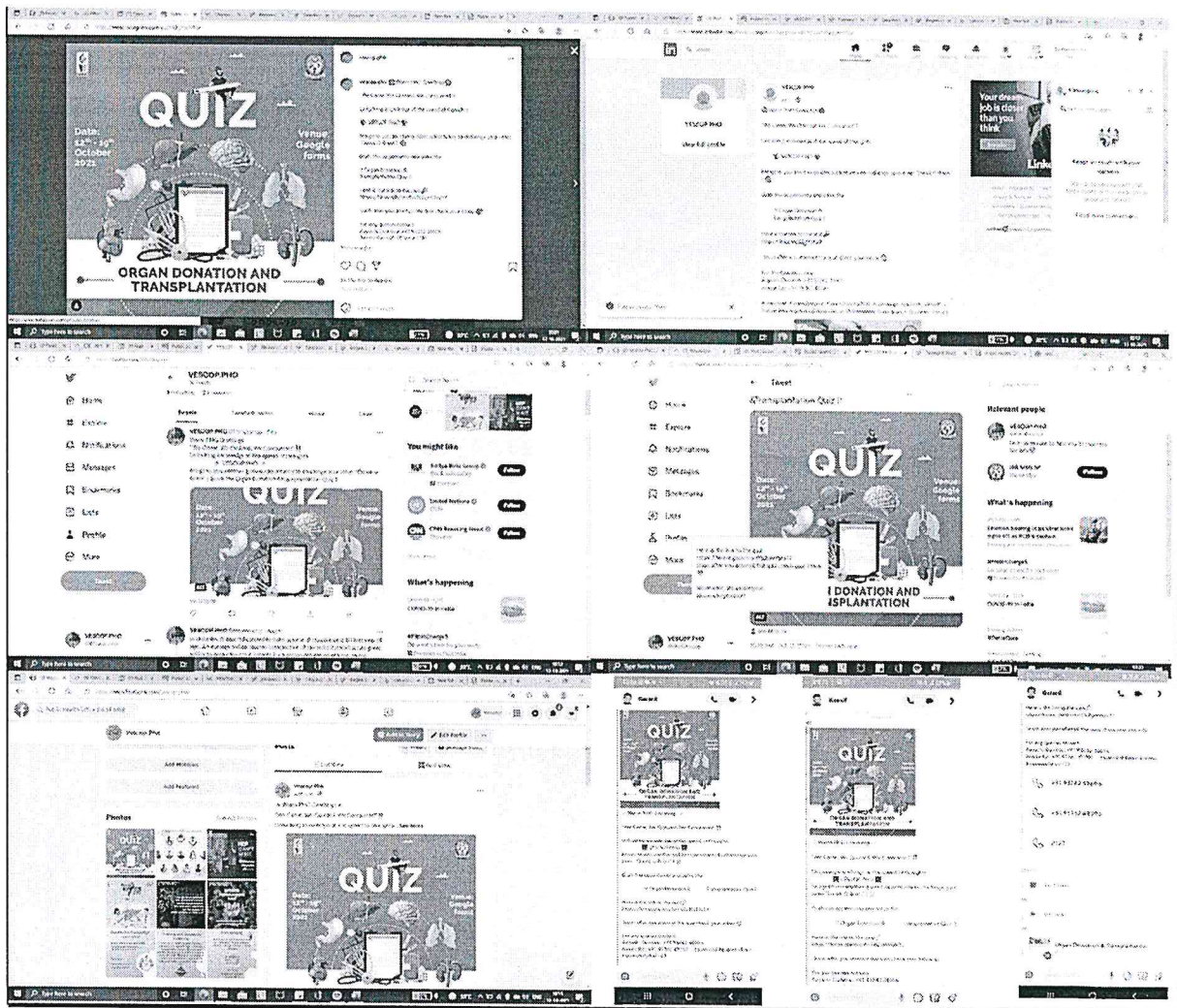
Screenshot of closing of google form link:



Screenshots of JPEG shared on social media handles :




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Volunteer's ID:

<p>VESCOP Library VES COLLEGE OF PHARMACY Behind Collector Colony,</p> <p><u>Membership Card</u></p> <p>201917 DUMBRE AAYUSHI SUNIL B PHARM FY/SY/TY/LY Student Ph.: Valid upto: June 30, 2022</p>   <p>(Borrower) <i>Aayushi</i> (Signature)</p>	<p>VESCOP Library VES COLLEGE OF PHARMACY Behind Collector Colon</p> <p><u>Membership Card</u></p> <p>201863 RAI ANKITA ANIRUDDH B PHARM FY/SY/TY/LY STUDENTS Ph: 9930971263/9108773679 Valid upto: June 30, 2022</p>   <p>(Borrower) <i>Ankita</i> (Signature)</p>
<p>VESCOP Library VES COLLEGE OF PHARMACY Behind Collector Colony</p> <p><u>Membership Card</u></p> <p>201880 YAMGAR SHUBHANGI MARUTI B PHARM FY/SY/TY/LY STUDENTS Ph: 9702999263/9702450117 Valid upto: June 30, 2022</p>   <p>(Borrower) <i>Shubhangi</i> (Signature)</p>	<p>VESCOP Library VES COLLEGE OF PHARMACY Behind Collector Colony,</p> <p><u>Membership Card</u></p> <p>201921 GADRE OJAS MAYURESH B PHARM FY/SY/TY/LY Student Ph: 7045682074 Valid upto: June 30, 2022</p>   <p>(Borrower) <i>Ojas</i> (Signature)</p>

<p>Mr Pratik Barve Assistant Professor PHO Activity Coordinator, VESCOP</p>	
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**The Indian Pharmaceutical Association
Maharashtra State Branch
Students' Forum**

PUBLIC HEALTH OFFICE 2021-2022

**Activity Report - "World Health Day- Folic Acid Awareness Week
"Campaign**

Type of the campaign- World Health Day- Folic Acid Awareness Week - (3rd January, 2022 to 9th January, 2022)

Organizing Institute- Vivekanand Education Society's College of Pharmacy.

Coordinator of Activity and her/his email address and contact number-

Name - Mr. Pratik Barve


Contact - 9619515815

Email id - pratik.barve@ves.ac.in

Digital platform/s where the event was conducted-

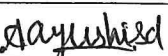

Sr. no.	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Timing (in case of webinar)	Activity
1.	YouTube (VESCOP PHO)	https://youtu.be/Q0u82pgKlIk	09/01/2022		Uploading of the video.
2.	Instagram (vescop.pho)	https://www.instagram.com/p/CYWg7SPolDS/?utm_source=ig_web_copy_link	05/01/2022		Jpeg posted




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		https://www.instagram.com/tv/CYf9PHJJYyB/?utm_source=ig_web_copy_link	09/01/2022		Uploading of the video.
3.	Facebook (Vescop Pho)	https://m.facebook.com/story.php?story_fbid=432759925264117&id=100055903397527	09/01/2022		Uploading of video
		https://m.facebook.com/story.php?story_fbid=430577508815692&id=100055903397527	05/01/2022		Jpeg Posted
4.	Spotify (VESCOP PHO)	https://open.spotify.com/show/2ec3J6tjBI8yFUP2pKIgzU	09/01/2022		Podcast upload
5.	LinkedIn (VESCOP PHO)	https://www.linkedin.com/posts/vescop-pho-02b8b8222-folitaire-activity-6884501609515220992-TyDP	05/01/2022		Uploading of registration form
6.	Twitter (VESCOP.PHO)	https://twitter.com/PhoVescop/status/1478737335709843460?t=3wsMAhagIDT4WlqD1nNdw&s=08	05/01/2022		Promotional post for folitaire

List of volunteers and their contact numbers-

Name	Contact no.	Signature	Name	Contact no.	Signature
Aayushi	9324238606		Nidhi	9892224093	



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Dumbre			Nadgoud		
Ankita Rai	9136249700		Kishori Parab	8657294927	
Shubhangi Yamgar	9137189885		Ojas Gadre	7045682074	
Upasna Tiwari	9819971088		Gerard Fernandes	7045650190	
Ekta Sharma	9665549568		Akanksha Soman	8828482903	
Soundarya Thanvi	7028588464				

Short description of the activity-

World Health Day-Folic Acid Awareness Week - (3rd January , 2022 to 9th January, 2022)

Folic acid is the type of vitamin B present in green leafy vegetables, sprouts, and lentils. This helps the body create and maintain new cells and also helps prevent changes in DNA that can lead to cancer. Even today there are people and pregnant ladies who lack any knowledge of how and why folic acid plays an important role for our body. Every year the very first week of January is celebrated as folic acid awareness week, considering this, to spread information and awareness to the general public, the Public Health Office of Vivekanand Education Society's College Of Pharmacy held a campaign for the same.

Methods used for conducting the campaign-

Folified- An informative video was released on 9th January, 2022 on social media handles of PHO. The video consisted of an introduction to folic acid where the volunteer explained what folic acid is and where it is found. The importance of folic acid in the formation of DNA and RNA was discussed. The video described how folate helps in the formation of the neural tube of foetus and plays an important role during pregnancy. Unfortunately, this important factor is not developed in the human body and has to be consumed by diet or through supplements and hence mostly results in its deficiency, so the symptoms that can be pointed during its deficiency was taken into concern in the video which included premature hair graying, poor digestion, poor immunity, anemia, mood swings, etc. The overall video gave details about the normal dose, hyper dose, and hypo dose of folic acid with its effects on the human body.

Folicast- In this method of awareness, a podcast was released on 9th January, 2022 on the Spotify page of PHO which included 3 episodes that mentioned



some facts related to folic acid deficiency. The very first episode covered the topic of why folic acid is important in pregnant ladies as the body forms less amount of folate in comparison to the amount required for the development of neural tube and DNA of foetus. At the end the speaker conveyed a message to all the pregnant ladies that "To keep your baby healthy, you need to be healthy". The second episode covered the topic of megaloblastic anemia caused due to folic acid deficiency. The speaker explained that the proper formation of RBC is carried out with a proper amount of folic acid and hence its deficiency results in an increase in the size of RBCs which reduces their life span resulting in the inappropriate transfer of oxygen to other parts causing tiredness, loss of appetite, low energy, etc. leading to megaloblastic anemia. In the end, the speaker conveyed a message to all that "No one likes to stay hungry, not even our cells, hence feed your cells with the proper amount of folic acid". The third episode covered about few drugs which cause deficiency of folic acid. The discussion included a drug named cholestyramine which is used in the treatment of high cholesterol, this drug stops the absorption of folate in the body resulting in its deficiency. Other drugs mentioned by the speaker were anti-tuberculous drugs, alcohol, and oral contraceptives. Therapies with folic acid can help us in fighting these health issues. In the end, the speaker conveyed a message saying, "The more nutritious the food, the longer the life".

Folitaire- Do you know that riddles can open up the mind and increase the thinking ability of a person? Well, this thought made PHO introduce Folitaire as an event on 9th January, 2022. Folitaire was a live event where people were requested to participate and solve riddles. These riddles were based on edibles containing folic acid. The participants participated in a very curious and active manner and a vibe of competitiveness and enjoyment was felt. PHO members coordinated well with the participants and the overall event. The questions ranged from easy to difficult, some ice breaker questions, and some tricky questions were added too. In the riddles where people found answering difficult hints were provided to make their thinking easy. A tie-breaker round was kept at the end between two participants and a consolation prize was given to the 4th ranker. At the end of the event, one of the participants appreciated PHO and its efforts towards the event and narrated the experience he had throughout. E-certificates were provided to all the top 3 winners to encourage and appreciate their thinking ability.

Advertisement of the activity-

An attractive and introductory PR was created and was shared with all the general public through social media handles for Folified video. Introduction of Folicast and implementing it innovatively as a podcast was done with the help of a PR message. An attractive Jpeg was created for Folitaire's live riddle event with an introductory trailing message. This PR included a registration link for all the participants to get registered. The promotion was carried out by PHO members from 5th January, 2022 onwards until the day before the actual event and the members encouraged all the people to participate and learn something new about the edibles containing folic acid through riddles. Apart from this



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initiative of promotion was taken by PHO members through their personal resources.

Result of your activity-

During the **Folitaire** event, the audience participate actively and was curious to know about new things related to folic acid. At the end of the event, good and positive feedback was found, and the participants appreciated the efforts made by PHO members. E-certificates were provided to the top 3 winners. Positive feedback from **Folicast** was also seen from all the listeners and they appreciated the PHO members for providing such recordings helping them increase their knowledge and appreciated the speaker for expressing the audios calmly and clearly in a very easy language. Talking about **Folified**, the appreciation came mostly from teachers appreciating for providing helpful information to the students and giving them an idea about folic acid. This resulted in the success of folic acid awareness week campaign.

Important link-

Registration link of the Folitaire event-

https://docs.google.com/forms/d/e/1FAIpQLSdPd3MX3cjidqgPbP4KJiel8Xsr04ZXiDI2Dz7MdX5aAiRa8w/viewform?usp=sf_link

Feedback link of the Folitaire event- <https://forms.gle/863JVrgbRNfQRSXE9>

Registration responses excel sheet link-

<https://docs.google.com/spreadsheets/d/1ugkRxiWxyqwzkOCMwTbnx3ZiE2a5BA0XiQDRPiecvzQ/edit?usp=sharing>

Feedback responses excel sheet link-

https://docs.google.com/spreadsheets/d/1LNABmK_KIDtzyINw4_ZPj4Vj5apybKF a3fVpFBU2t-E/edit?usp=sharing

Recording link of Folitaire live event-

<https://drive.google.com/drive/folders/12QLoKZNdGq2dcmw4zcYu3IzU0qWfBM O5?usp=sharing>

Google meet link of Folitaire live event-

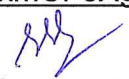
<https://meet.google.com/yho-ekeo-jbp>

Short clips of the session-

<https://drive.google.com/drive/folders/1icSNsiRpECRG3ZxmCF8XgvKx9RQh5MYt?usp=sharing>

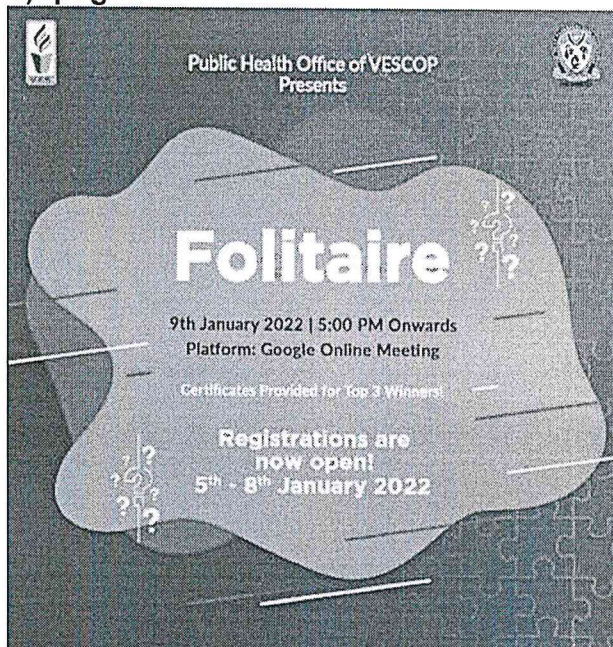


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Photographs-

1)Jpeg



2)Feedback form




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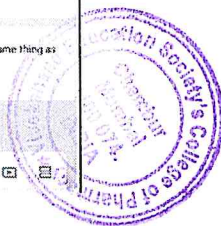
The top row shows two screenshots of a Google Form titled "Folic Acid Awareness Week Feedback". The first screenshot shows the "Questions" tab with a question: "How was the conduction of the camp? *". The second screenshot shows the "Responses" tab with a question: "Do you think that this camp helped you in * boosting your knowledge about folic acid?".

The bottom screenshot shows a Google Form titled "FOLITAIRE". It has a "Questions" tab with a question: "What are your thoughts on the FOLITAIRE video?". It also has a "Responses" tab with a question: "What are your views on FOLITAIRE? *".

3) Folitaire registration form

The screenshot shows a Google Form titled "Copy of Folitaire". It has a "Questions" tab with a question: "Contact No. *". It also has a "Responses" tab with a question: "Qualification *".

The form includes fields for "Email *", "Name of the participant", and "Contact No. *". It also has a "Thank you!" message.



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4)Feedback settings

The screenshot shows the Google Forms interface for a form titled 'Folitaire'. The 'Settings' tab is selected, displaying various configuration options. The 'Make this a quiz' section has a toggle switch. The 'Responses' section includes a link to manage responses. The 'Presentation' section includes a link to manage form and response presentation. The 'Defaults' section includes links for form and question defaults.

docs.google.com/forms/d/

Folitaire

Questions Responses **Settings**

Settings

Make this a quiz
Assign point values, set answers, and automatically provide feedback

Responses
Manage how responses are collected and protected

Presentation
Manage how the form and responses are presented


Defaults

Form defaults
Settings applied to this form and new forms

Question defaults
Settings applied to all new questions

5)Registration form settings




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docs.google.com/forms/d/

Folitaire

Questions Responses **35** Settings

Responses

Manage how responses are collected and protected

Presentation

Manage how the form and responses are presented

Defaults

Form defaults

Settings applied to this form and new forms

Question defaults

Settings applied to all new questions

6) Responses of feedback form

Feedback - Google Forms

Questions Responses **15** Settings

15 responses

Not accepting responses

Message for respondents

This form is no longer accepting responses

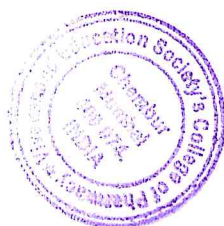
Who has responded?

Email

upasunatiwan415@gmail.com

starenh_007@yahoo.com

rai.enkita@yahoo.in



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7:34

docs.google.com/forms/d/

Feedback

Questions Responses 15 Settings

15 responses

Not accepting responses

Message for respondents

This form is no longer accepting responses

Summary Question Individual

Who has responded?

Email

upasanatiwari415@gmail.com

starash_007@yahoo.com

rai.anika@ves.ac.in

7) Responses of registration form

7:35

docs.google.com/forms/d/

Folitaire

Questions Responses 15 Settings

35 responses

Not accepting responses

Message for respondents

This form is no longer accepting responses

Summary Question Individual

Who has responded?

Email

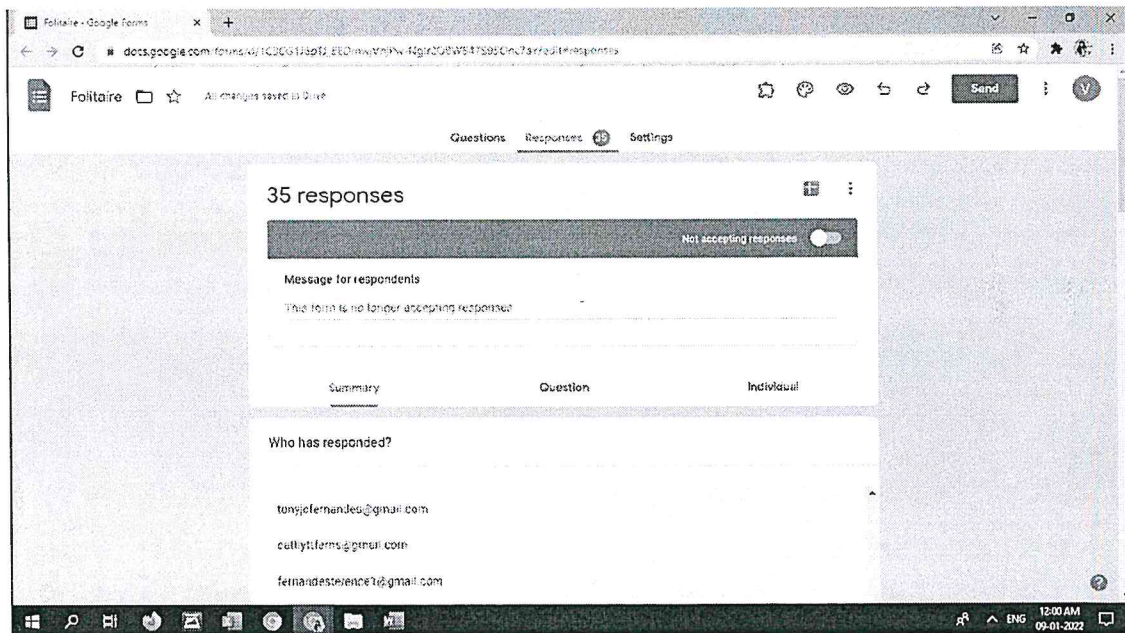
starash_007@yahoo.com

iyotiharishthanvi12@gmail.com

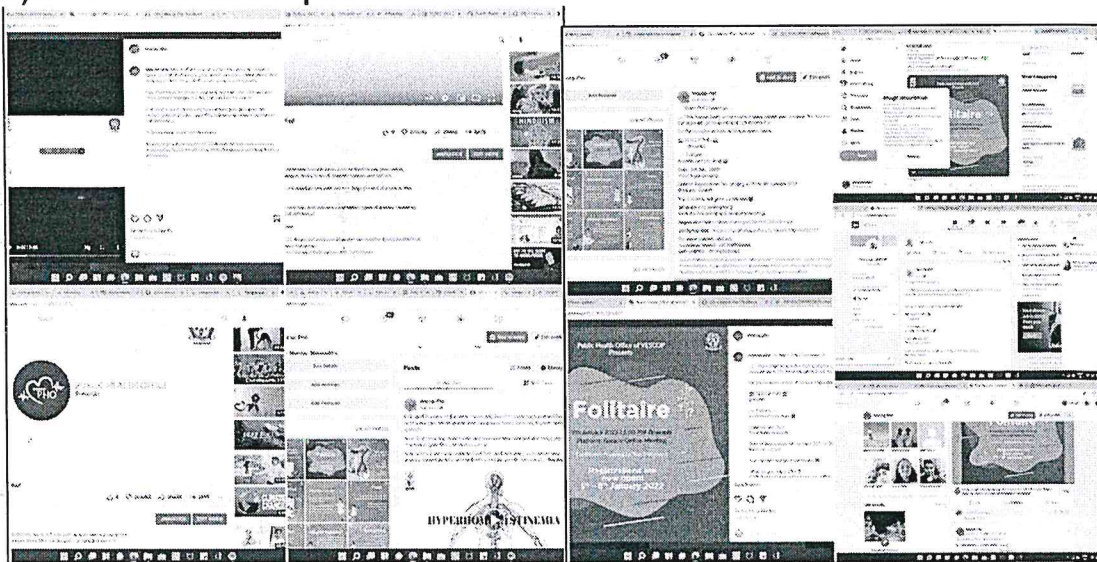
pondey.gourav.bp2020@ves.ac.in



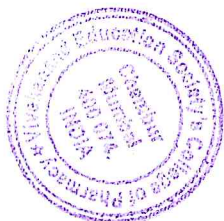
Dr. (Mrs.) Supriya S. Shidhaye
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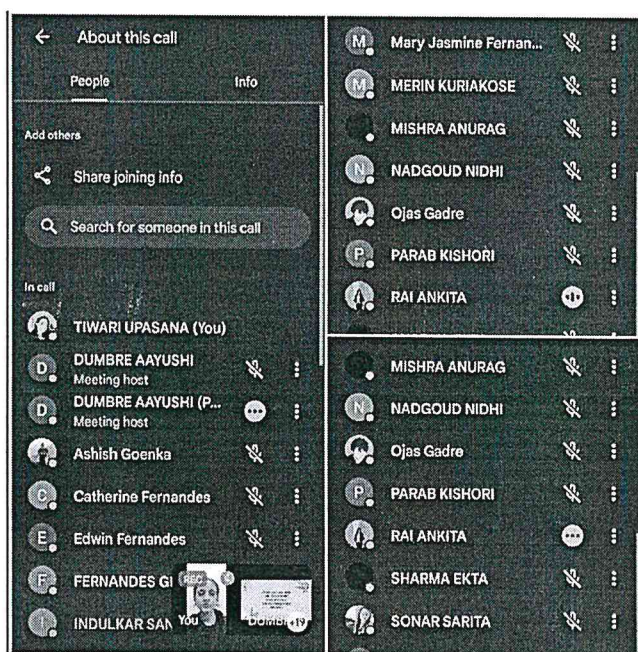


8) Screenshot of the posts



9) Screenshot of the participant list of live event





10) Screenshot of live event



11) Volunteer's IDs

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Phone: 61144144

VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF PHARMACY
Collector Colony, Dombivli, Mumbai, 400074

Receipt No. 2245
Received from: **SHAMBAKAR DINKESH**
For Class: **SECOND YEAR B. PHARM (REG.) 2021-22**
Roll No.: **2021-2022** G.R. Enrollment No.: **0102**
Branch: **A** Division: **PHARMACY**
Remark: **2** Previous Receipt No.

Receipt Date: **28/09/2021** Form No.

Fee Particulars	Amount (Rs.)
Tuition Fee	2000.00
Development Fee	1500.00
National Service Scheme	100.00
Quadrant Fee	100.00
Disaster Relief Fund	100.00
Vice-Chancellor's Fund	100.00
UNIVERSITY CULTURAL FEE	100.00
University Cultural Fee	100.00
Sports and Cultural Activities	100.00
Group Insurance	100.00
Exam Fee (SEM I)	100.00
Exam Fee (SEM IV)	100.00
ESNADIA	100.00
Total	4965.00

Chq/DD No. Date Bank Name/Cash Branch Total
0000 28/09/2021 SBI 00000000 4965.00

Rs. FORTY NINE THOUSAND SIX HUNDREDEIGHTY FIVE ONLY.

NOTE: Subject to realization of Cheque
Students have to pay Difference in fee if any in case of revision of fee structure by Fee Regulating Authority.
Deposit Not claimed within one year of ceasing to be a student is liable to be forfeited. This receipt must be preserved carefully and produced while making any financial transaction.

Provisional Admission subject to passing of University Examination

For Principal

Receipt No. 2246
Received from: **SHAMBAKAR DINKESH**
For Class: **SECOND YEAR B. PHARM (REG.) 2021-22**
Roll No.: **2021-2022** G.R. Enrollment No.: **0102**
Branch: **A** Division: **PHARMACY**
Remark: **2** Previous Receipt No.

Receipt Date: **28/09/2021** Form No.

Fee Particulars	Amount (Rs.)
Tuition Fee	2000.00
Development Fee	1500.00
National Service Scheme	100.00
Quadrant Fee	100.00
Disaster Relief Fund	100.00
Vice-Chancellor's Fund	100.00
UNIVERSITY CULTURAL FEE	100.00
University Cultural Fee	100.00
Sports and Cultural Activities	100.00
Group Insurance	100.00
Exam Fee (SEM I)	100.00
Exam Fee (SEM IV)	100.00
ESNADIA	100.00
Total	4965.00

Chq/DD No. Date Bank Name/Cash Branch Total
0000 28/09/2021 SBI 00000000 4965.00

Rs. FORTY NINE THOUSAND SIX HUNDREDEIGHTY FIVE ONLY.

NOTE: Subject to realization of Cheque
Students have to pay Difference in fee if any in case of revision of fee structure by Fee Regulating Authority.
Deposit Not claimed within one year of ceasing to be a student is liable to be forfeited. This receipt must be preserved carefully and produced while making any financial transaction.

Provisional Admission subject to passing of University Examination

For Principal

Mr Pratik Barve
Assistant Professor
PHO Activity Coordinator, VESOP

Barve

PUBLIC HEALTH OFFICE 2020-21

**Indian Pharmaceutical Association-
Maharashtra State Branch Students Forum**

Activity Report –“First aid”Campaign




Type of campaign-First aid Awareness

- Organizing institute-PHO committee of Vivekanand education society's college of pharmacy in collaboration with Saath saath foundation.
- Coordinator of Activity and her/his email address and contact number:
Mr.Pratik Barve(9619515815)
- Digital platform/s where the event was conducted:


<u>Sr no.</u>	<u>Name of the digital Platform along with social media handle</u>	<u>Date</u>	<u>Timing</u>	<u>Activity</u>	<u>Link of the session</u>
1.	Google meet	16/07/21	1:02:42	Live session	https://drive.google.com/file/d/1rwbaq_1z-rqxaPqbZCSmimISirF5-fcE/view?usp=sharing

- **Number of target audience (in case of webinar/ live stream):**Students from 11-15 years of age group from Saath saath foundation NGO.

- **List of volunteers and their contact numbers:**

<u>Name</u>	<u>Contact</u>	<u>Signature</u>
Anupama Nair	8104584668	
Upasna Tiwari	9819971088	
Shubhangi Yamgar	9137189885	




Dr. (Mrs.) Supriya S. Shidhaye
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Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074

- **Description of the activity:** First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability and is the immediate and temporary care given to injured. (<https://firstaidtrainingcooperative.co.uk/first-aid-simple-definition/>)

First aid is the basic medical help that should be known by everyone in cases of emergency. Still today there are people living in villages who do not know the use of first aid in India. Hence to provide a proper knowledge to young generation PHO committee of Vivekanand education society's college of pharmacy introduced an interesting session in collaboration with Saath saath foundation.

Starting with the introduction Saath Saath foundation is an active NGO looking towards the underprivileged children from age 6-25 years right from their education upto their jobs. The foundation is run progressively by three women Mrs. Mona Almeida, Mrs. Razia Pathan and Mrs. Usha Donolikar.

The event started with a great enthusiasm and an energetic interaction with children by introducing their known cartoon characters which included Doraemon and Nobita. Two volunteers from PHO committee of Vivekanand education society's college of pharmacy actively participated by taking up and behaving as cartoon characters to increase the interest of children towards the audience. The event was made in such a manner that a cartoon character (Nobita) is always falling sick due to his non-serious behaviour and his friend (Doraemon) is helping him to get cure early by following some easy steps.

A basic and easy introduction was given on use, importance and equipment of first aid which included-

- 1) Dettol antibacterial liquid
- 2) Soframycin cream
- 3) Surgical bandage
- 4) Cotton

On asking, the children answered all the names of the above things that increased their confidence and interest. Now, the session took a turn from enjoyment to practical knowledge and the use of first aid was discussed. Starting with how a minor cut/wound should be treated was told by the volunteer which included 4 steps:

- 1) Washing of wound with the help of dettol antibacterial.
- 2) Drying the wound.
- 3) Applying soframycin cream.
- 4) Hiding the wound under the cotton and bandage.

Next to basics of first aid an idea on how a sunstroke (when body is unable to get rid of heat) should be treated was given which included 3 steps:

- 1) Make the patient sit under a shady area.
- 2) Place a wet cloth on the forehead and then wipe the body with it too.
- 3) Give basic ORS solution to the patient (sugar+salt+water)

All the steps were asked to revise again to check the knowledge of the children.

Next problem that came up was stomach ache and nausea due to overeating of street side food. Advice of not eating in a non hygienic place was given to the children. The treatment included 3 steps:

- 1) Drinking ORS.
- 2) Asking the person to rest.
- 3) Informing an adult person or a doctor to avoid future seriousness.

The fourth problem taken into view was choking (a condition which happens during rapid intake of food or during talking when you are having food). The treatment included 2 steps:

- 1) Make person stand



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2) Try 5 back blows and 5 abdominal thrusts which helps the choked particle come out. Here the session with cartoon characters came to an end.

The session was now handled by a volunteer who was named as Miss.corona. In today's time awareness about corona virus and its precautions plays an important role hence Miss corona gave an absolutely great practical knowledge about the same. Starting with the symptoms of Covid-19 virus was discussed which included :

- 1) Increase in temperature/fever
- 2) Cough
- 3) Cold
- 4) Breathing problems

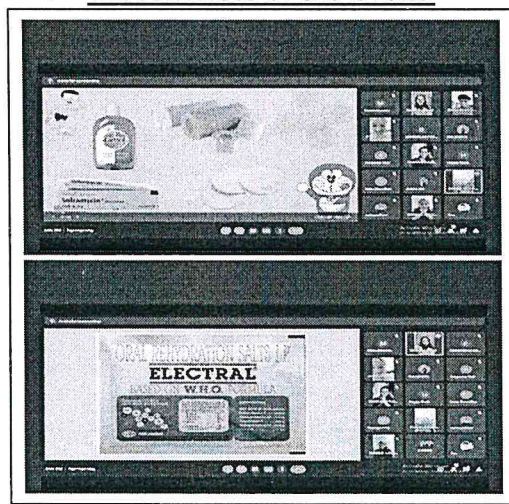
Miss.corona showed practically how one should wash his/her hands with a soap upto 60 seconds and how to use a sanitizer in absence of soap and water. Since temperature is one of the major symptom of coronavirus, the introduction of the thermometer was obvious, adding on that how to check the temperature of the patient was also discussed with the children. At the end importance of mask was discussed and how to make a mask at home with a handkerchief and rubber band was shown so that children if do not have surgical masks can make one on their own.

Finally the whole revision of the session was taken in brief and looking at the enthusiasm and energy of children made the whole session positive and worthwhile.

Looking at the seriousness and increase in risks of coronavirus and unavailability of vaccination for younger children, a promise was made by the children to take care of themselves, staying up at home, wearing masks when going out, using sanitizer and maintaining hygiene around themselves.



- **Methods used for conducting the campaign:** Google meet was the platform where the session took place.
- **Result of the activity:** A positive feedback about the whole session was disclosed by Mrs.Mona and others appreciated the PHO Committee of Vivekanand education society's college of pharmacy for the efforts and management taken and to the volunteers for great session and requested for such sessions in the future too which resulted that the session resulted out with flying colours.





- **Screenshots of the event:**





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• Volunteers' ID:

<p>Vivekanand Education Society's College of Pharmacy Hashu Advani Memorial Complex, Behind, Collector Colony, Chembur, Mumbai, Maharashtra - 400074 022 61144144, vespharm@yahoo.co.in</p>	
<p>2019 - 2020 SIMS. # : 411 GR No. : 0992 Class : F.Y.B.PHARM DOB : 21.11.2001 BGroup : B positive</p>	
<p>TIWARI UPASANA CHANDRAMOHAN Mob No : 9819971088 Address : 2 SAMIR HOUSING SOCIETY SINGHWADI PIPE LINE ASALFA VILLAGE GHATKOPER WEST -400084</p>	
<p>Principal </p>	

<p>VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF PHARMACY Hashu Advani Memorial Complex, Chembur (E), Mumbai - 400 074. Phone No. 01144144 / 25543600 Website : www.vesip.org Email : vespharm@yahoo.co.in</p>	
<p>F.Y.B. PHARM. Class</p>	<p>F.Y. <input type="checkbox"/> S.Y. <input type="checkbox"/> T.Y. <input type="checkbox"/> FINAL <input type="checkbox"/></p>
	
<p>Ms. Yamgar Shubhangi Maruti</p>	
	
<p>STUDENT SIGN. </p>	<p>PRINCIPAL'S SIGN. </p>

<p>Vivekanand Education Society's College of Pharmacy Hashu Advani Memorial Complex, Behind, Collector Colony, Chembur, Mumbai, Maharashtra - 400074 022 61144144, vespharm@yahoo.co.in</p>	
<p>2019 - 2020 SIMS. # : 434 GR No. : 0952 Class : F.Y.B.PHARM DOB : 14.06.2000 BGroup : O+ve</p>	
<p>NAIR ANUPAMA JAYAN Mob No : 8104584668 Address : B-004 ABOLI APT, SUBHASH ROAD, KUMBHARKHAN PADA, DOMBIVLI WEST</p>	
<p>Principal </p>	

Mr Pratik Barve
Assistant Professor
PHO Activity Coordinator, VESOP



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**The Indian Pharmaceutical Association
Maharashtra State Branch
Students' Forum**

PUBLIC HEALTH OFFICE 2021-2022

**Activity Report –“Neglected Tropical Diseases Awareness
Campaign- Rabies”**

Type of the campaign: Neglected Tropical Diseases Awareness Campaign- Rabies.

Organizing Institute: Vivekanand Education Society's College of Pharmacy, Chembur.

Coordinator of Activity and her/his email address and contact number:

Name - Mr. Pratik Barve


Contact - 9619515815

Email id - pratik.barve@ves.ac.in

Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Activity
1.	Instagram	https://www.instagram.com/reel/CZgijplSptZ4/?utm_medium=share_sheet	03/02/2022	Uploading of reel





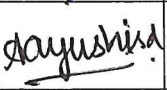
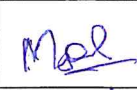

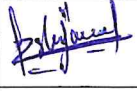


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		https://www.instagram.com/tv/CZhJXYPJd7e/?utm_medium=share_sheet		Uploading of video
		https://www.instagram.com/p/CZgSNu9NxHY/?utm_medium=share_sheet		Uploading of Quiz Jpeg
2.	Facebook	https://www.facebook.com/100055903397527/videos/1085860952259630/ https://m.facebook.com/story.php?story_fbid=448191037054339&id=100055903397527	03/02/2022	Uploading of video Uploading of Quiz Jpeg
3.	YouTube	https://youtu.be/XMDPRuS2xDo	03/02/2022	Uploading of video
4.	Twitter	https://twitter.com/PhoVescop/status/1489119905983377408?s=20&t=IA8i93PKrwUcqXmg2s8TUA	03/02/2022	Uploading of Quiz Jpeg
5.	LinkedIn	https://www.linkedin.com/posts/vescop-pho-02b8b8222_ipamsbsfpho-ipamsbsfpho2122-ipamsbsf-activity-6894884676645863424-8_V5	03/02/2022	Uploading of Quiz Jpeg

List of volunteers and their contact numbers:



MS
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Name	Contact no.	Signature	Name	Contact no.	Signature
Ankita Rai	9136249700		Amisha Undavia	9930673601	
Aayushi Dumbre	9324238606		Mrunmay Joshi	8850376491	
Nidhi Nadgoud	9892224093		Roshni Jaiswal	8433505787	
Ojas Gadre	7045682074		Omkar Toke	9892437013	

Short description of the activity:
Neglected Tropical Diseases: Rabies

Topic covered – Definition, causes , symptoms , epidemiology , spread , diagnosis , preventive measures etc. were covered during the entire course of the camp.

Rabies is a deadly virus spread to people from the saliva of infected animals. The rabies virus is usually transmitted through a bite. The true burden of rabies in India is not fully known; although it causes 18000 - 20000 deaths every year as per available information. About 30-60% of reported rabies cases and deaths in India occur in children under the age of 15 years, as bites in children often go unrecognized and unreported. Nowadays every second person pets a dog for the sake of his love towards animals or the sake of security in case of elderly people living alone, hence awareness towards people regarding rabies infection has become very important to avoid its infections and complications. Considering this, to spread information and awareness to the general public, the Public Health Office of Vivekanand Education Society's College of Pharmacy held a campaign for the same.

Methods used for conducting the campaign:

A short video was uploaded on 3rd February, 2022 on social media handles which contained a small talk between a kid, a veterinary doctor, and an old woman who is the owner of a dog surviving from rabies. The talk was an overall detail where a curious kid gets knowledge regarding rabies and its consequences, treatments, prevention, and effects on both animals and humans. Hindi language was used in the video for the ease of understanding. Introduction to integrated bite case management was given which is an approach for rabies surveillance that directly and formally links workers in public health and veterinary sectors to assess the risk of rabies among animal bite patients and biting animals, respectively. Along with this, an informative reel was uploaded on the Instagram handle which included all the types of diagnosis required for the detection of the rabies virus. These types include:

- 1) Skin biopsy- skin is removed and checked for the virus.
- 2) Saliva test- saliva is tested and checked for the virus
- 3) Lumbar puncture-Cerebrospinal fluid is taken and checked for rabies antibodies
- 4) Blood test-Blood is checked for antibodies

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3



A quiz under the name of "Rabid" was circulated among the general public, consisting of 10 questions that gave general information about rabies, including prevention, incubation period, treatment, etc. The participants were provided with feedback answers which helped them to gain more scientific knowledge.

Advertisement of the activity:

A trailing and introductory message with a JPEG was posted on varied social media platforms. Apart from this, the initiative of promotion was taken by PHO members on a personal level through their resources.


Result of your activity:

A total of 107 responses were recorded in the Rabid quiz. The feedback answers provided at the end of each question made people learn more about rabies. A huge amount of people got information on various tests to detect rabies through reel uploaded. Taking the case of video uploaded everyone appreciated by looking at the efforts of volunteers and were impressed by the creative way of awareness towards the people.

Important links:

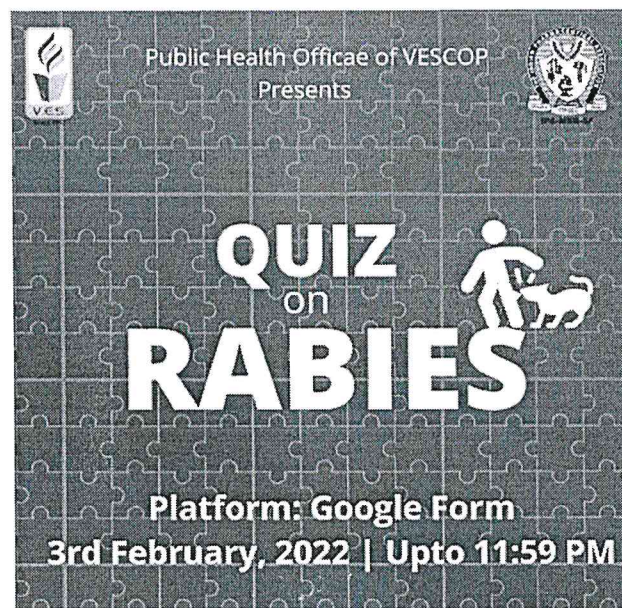
1. Quiz link- <https://forms.gle/Z5kjr1DTxCnFChUD8>
2. Excel sheet of quiz-
<https://docs.google.com/spreadsheets/d/1rq0Mo8mQOaYEbd4YSf9skSCH3ZDtcFQYLCilal6exBk/edit?usp=sharing>
3. Link for the video -
https://drive.google.com/drive/folders/1Gh5ftmMeUU8z5ZYII87VfJc_edRAfpXY?usp=sharing
4. Link for reel video -
https://drive.google.com/drive/folders/1SCZGDe2t_KS66K11efYB0u37VhO6-quK?usp=sharing
5. Link for short clips –
<https://drive.google.com/drive/folders/1OHZYNFUUUGn-H9aPxK3AhbsTXrApeSnb?usp=sharing>





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Photographs and Volunteers Id:

1) Quiz Jpeg



2) Rabies quiz form


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RABIES QUIZ FORM

Questions Responses 100 Settings

RABIES

Section 1 of 2

"RABID"- A QUIZ on RABIES

Deputed Terminal Disease Campaign
Public Health Officer
VVE College of Pharmacy

Email *

Mobile number

This form is collecting answers. Change settings

WhatsApp number *

Qualification *

Student
Professional
Other

After section 1 Continue to next section

Section 2 of 2

Let's Get Started

Questions Responses 100 Settings

How many types of rabies are there? *

2 types
3 types
4 types

Is there a rabies vaccine available in India? *

Yes
No
Maybe

Rabies can be prevented by *

Keeping surroundings clean
Vaccinating the dogs
Quarantining direct contact with the wound of a dog

What first aid is given immediately to a person with a dog bite? *

Applying turpentine over wound area
Washing the wound area with soap and water and
Applying bandage to the infected area

Can rabies be fatal in humans? *

Yes

The most common animal spreading rabies is *

Cat
Dog
Elephant

The rabies virus spreads from animals via *

Blood
Saliva
Blood test
All of the above

Incubation period for rabies is *

2-3 months
2-3 days

Can rabies be fatal in humans? *

Yes
No

When is world rabies day celebrated? *

28 February
1 April
28 September

3) Rabid quiz form settings

SS

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Chembur, Mumbai - 400 074



docs.google.com/forms/d/

RABIES QUIZ FORM

Questions Responses **107** Settings Total points: 10

Settings

Make this a quiz
Assign point values, set answers, and automatically provide feedback

RELEASE GRADES

☒ Immediately after each submission

☐ Later, after manual review
Turn on Responses → Collect email addresses

RESPONDENT SETTINGS

Missed questions
Respondents can see which questions were answered incorrectly ☒

Correct answers
Respondents can see correct answers after grades are released ☒

GLOBAL QUIZ DEFAULTS

Default question point value
Point values for every new question: 1 points

Responses
Manage how responses are collected and protected

Presentation
Manage how responses are collected and protected

Presentation
Manage how the form and responses are presented

Defaults

Form defaults
Settings applied to this form and new forms

4) Quiz form closing

RABIES QUIZ FORM

Questions Responses **107** Settings Total points: 10

107 responses

Not accepting responses ☒

Message for respondents
This form is no longer accepting responses

Summary Question Individual

Insights

Average	Median	Range
2.51 / 10 points	3 / 10 points	3 - 10 points

Total points distribution

12:08 AM
04-02-2022

5) Feedback form



Supriya S. Shidhaye
Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
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Chembur, Mumbai - 400 074

FEEDBACK FORM

Questions Responses Settings

Feedback

Neglected Tropical Diseases Campaign (RABIES)

Email *

Valid email

This form is collecting emails. [Change settings](#)

Name of the participant *

Short answer text

How was the conduction of the camp? *

☐ Excellent
☐ Good
☐ Average

FEEDBACK FORM

Questions Responses Settings

Below average

Do you think that this camp helped you in boosting your knowledge about rabies? *

☐ Yes
☐ No
☐ Maybe

Do you think we have covered enough information about this topic? *

☐ Yes
☐ No
☐ Maybe

FEEDBACK FORM

Questions Responses Settings

What are your views on the information shared in the form of posts? *

Long answer text

Comments/ Suggestions *

Long answer text

Thank you for your valuable feedback! *

Long answer text

6) Feedback settings

docs.google.com/forms/d/

FEEDBACK FORM

Questions Responses Settings

Settings

Make this a quiz

Assign point values, set answers, and automatically provide feedback

Responses

Manage how responses are collected and protected

Presentation

Manage how the form and responses are presented

Defaults


Form defaults

Settings applied to this form and new forms

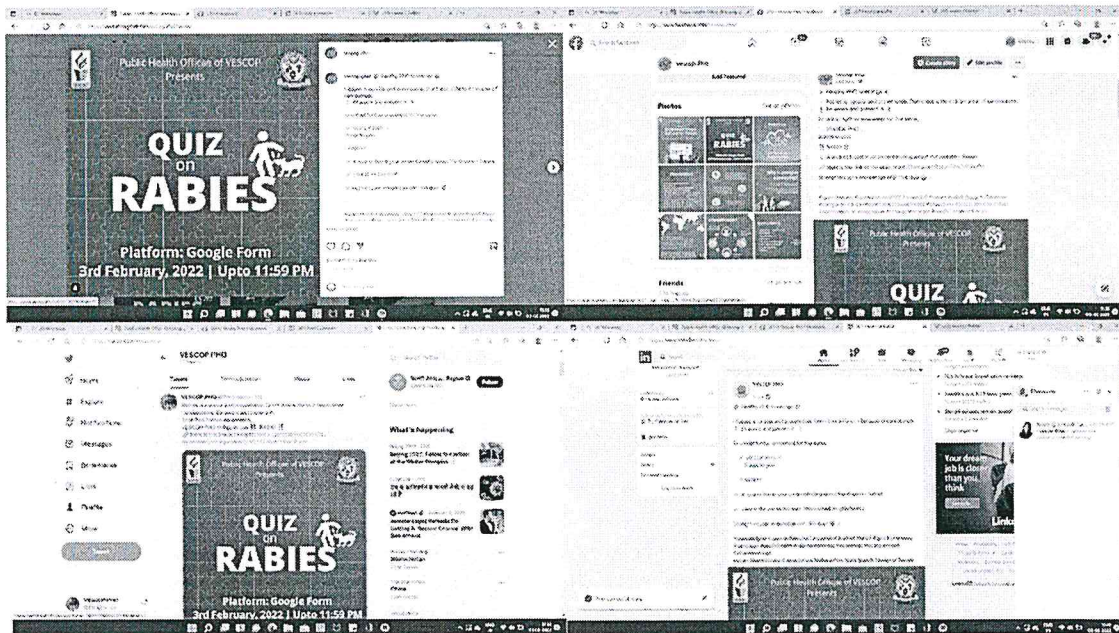
Question defaults

Settings applied to all new questions

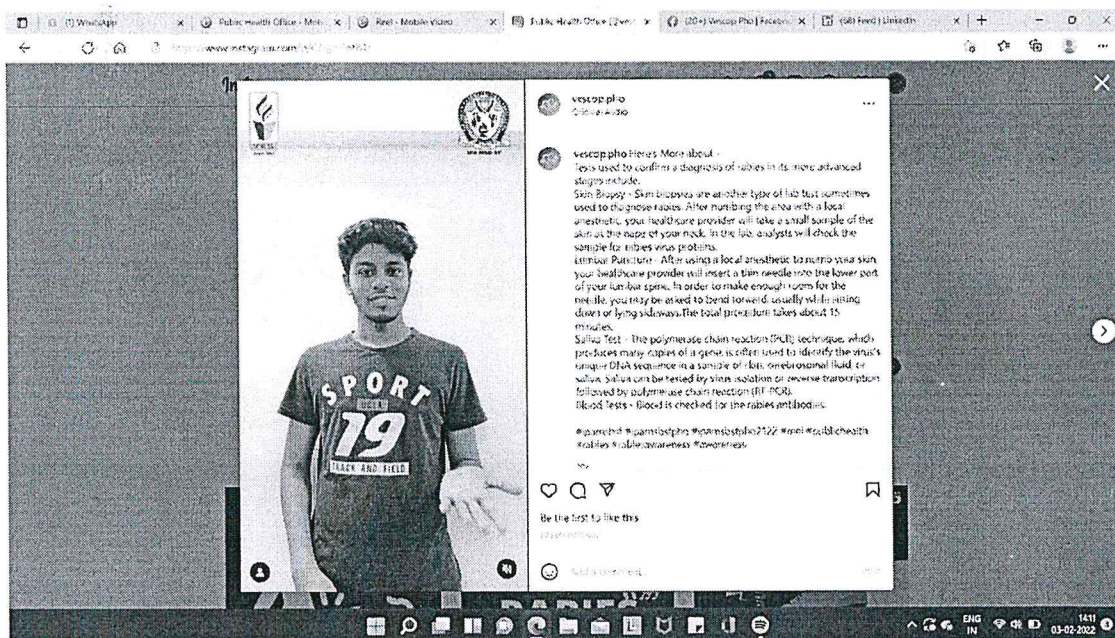
7) Screenshot of Quiz Jpg


 Dr. (Mrs.) Supriya B. Shidhaye
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 Vivekanand Education Society's
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 HAMC, Behind Collector Colony,
 Chembur, Mumbai - 400 074



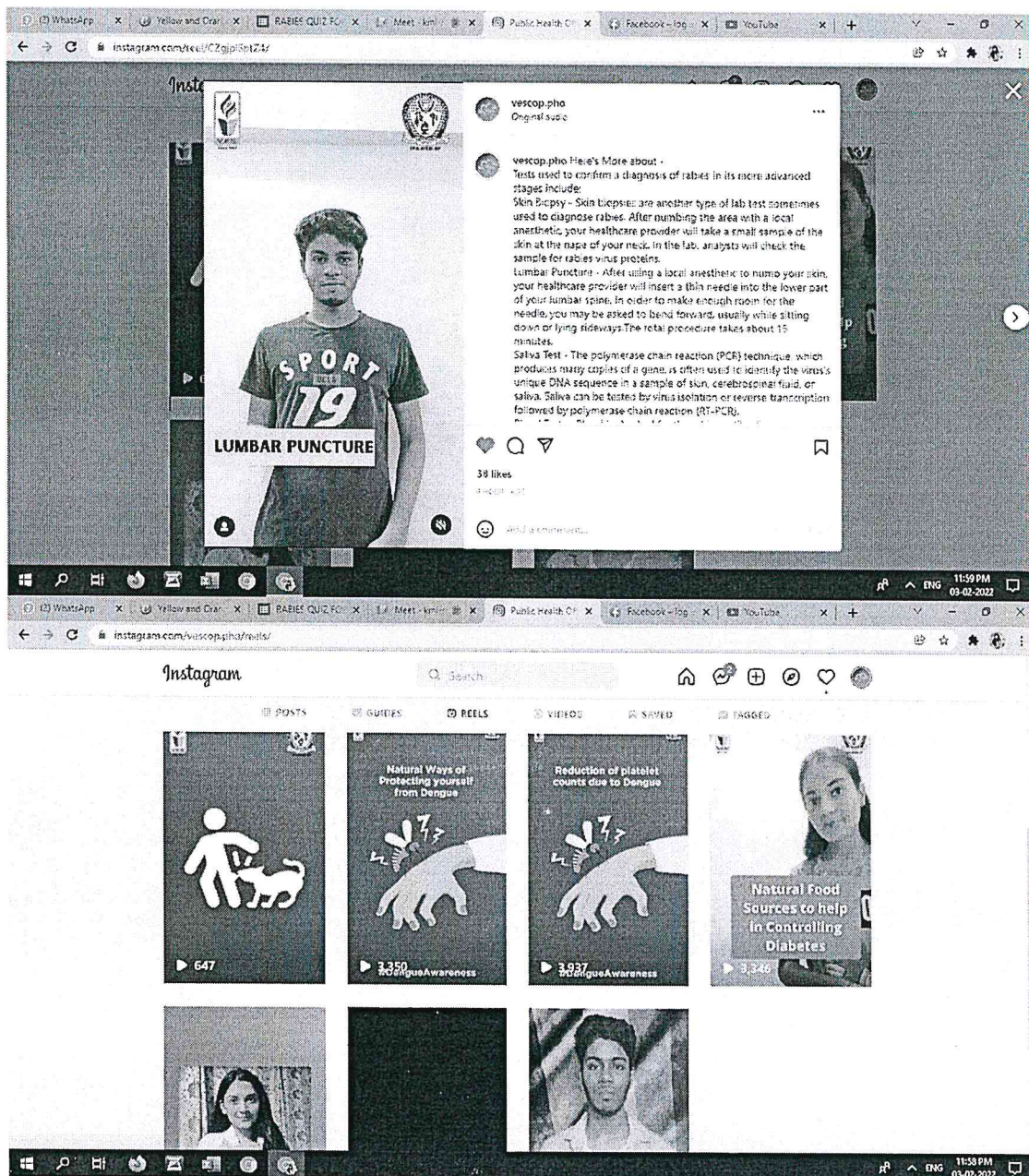



8) Screenshots of Reel



Dr. (Mrs.) *Sid* S. Shidhaye
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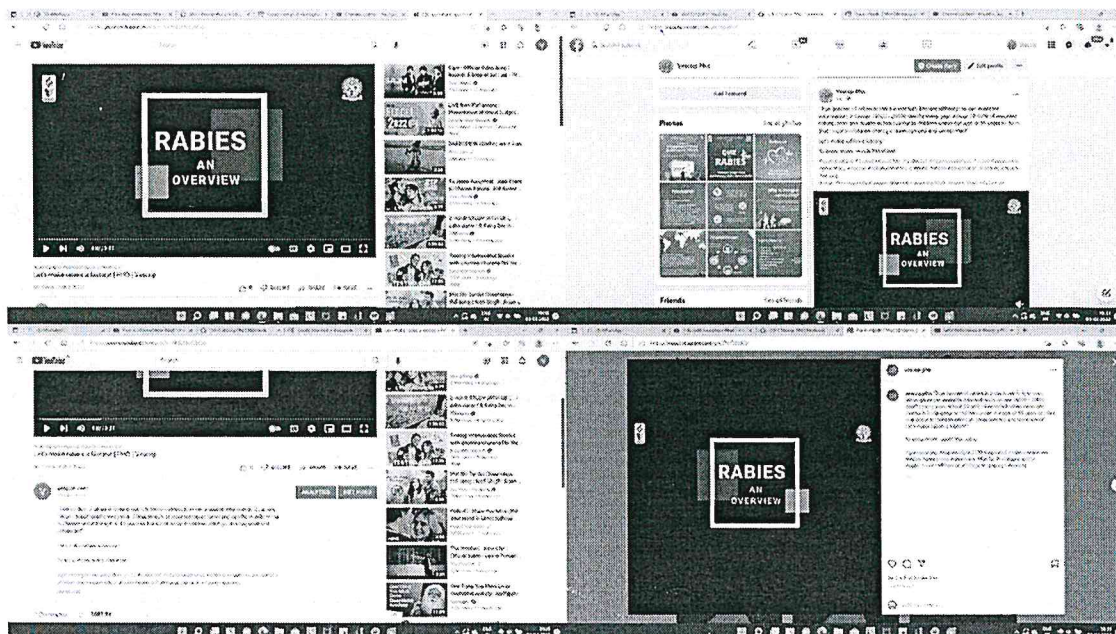





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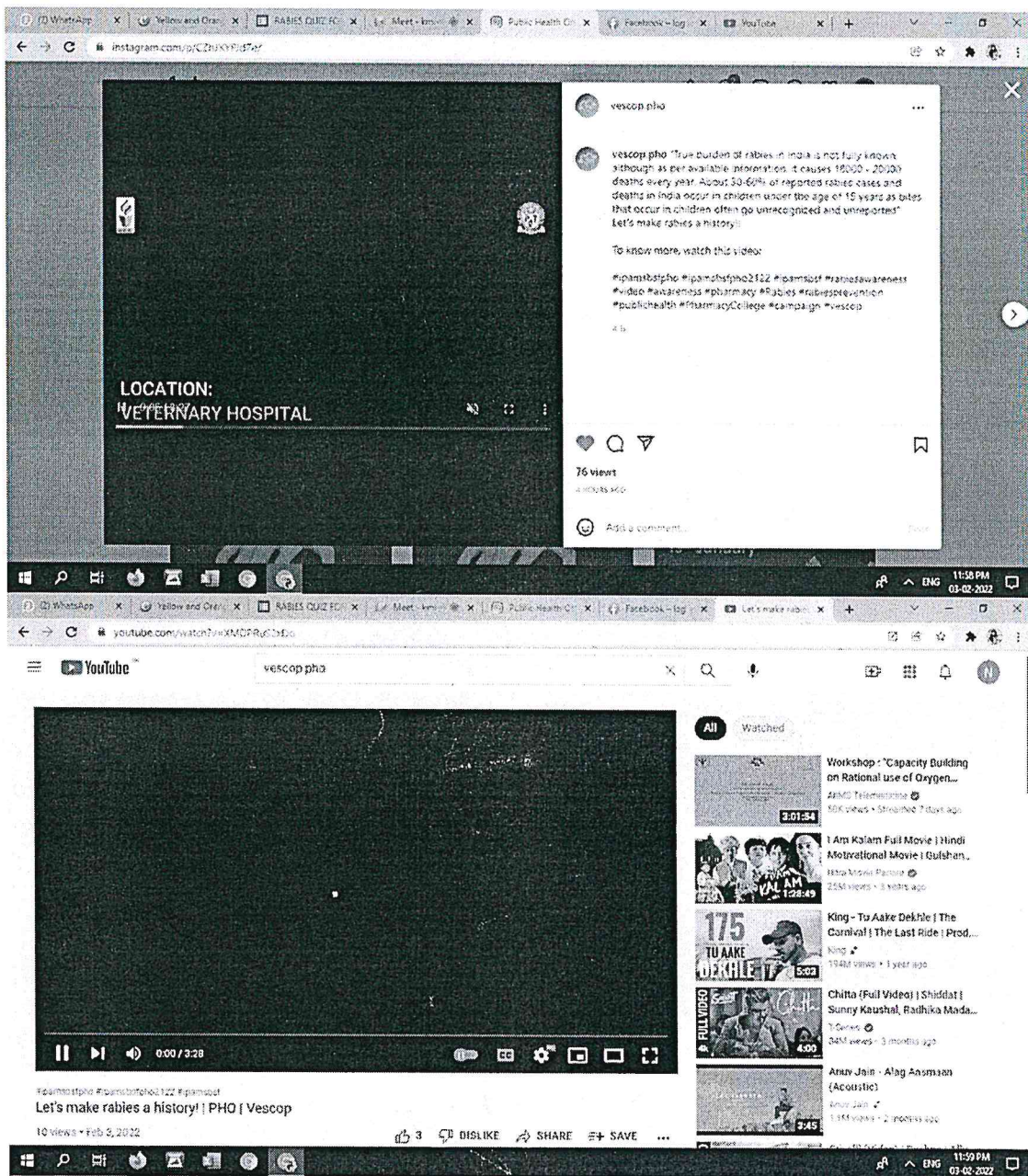


9) Screenshots of Video



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10) Volunteers Id –

Dr. (Mrs.) Supriya S. Shidhaye
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Chembur, Mumbai - 400 074



VESCOP Library
VES COLLEGE OF PHARMACY
Behind Collector Colony,

Membership Card

201917
DUMBRE AAYUSHI SUNIL
B PHARM FY/SY/TY/LY
Student
Ph.:
Valid upto: June 30, 2022

(Borrower) (Signature)

VESCOP Library
VES COLLEGE OF PHARMACY
Behind Collector Colony

Membership Card

201863
RAI ANKITA ANIRUDDH
B PHARM FY/SY/TY/LY
STUDENTS
Ph.: 9930971263/8108773679
Valid upto: June 30, 2022

(Borrower) (Signature)

VESCOP Library
VES COLLEGE OF PHARMACY
Behind Collector Colony,

Membership Card

201921
GADRE OJAS MAYURESH
B PHARM FY/SY/TY/LY
Student
Ph.: 7045682074
Valid upto: June 30, 2022

(Borrower) (Signature)

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VES COLLEGE OF PHARMACY
Behind Collector Colony,

Membership Card

201937
JOSHI MRUNMAY SHIRISH
B PHARM FY/SY/TY/LY
Student
Ph.:
Valid upto: June 30, 2022

(Borrower) (Signature)

VESCOP Library
VES COLLEGE OF PHARMACY
Behind Collector Colony,

Membership Card

201994
TOKE OMKAR KRISHNA
B PHARM FY/SY/TY/LY
Student
Ph.: 9892437013
Valid upto: June 30, 2022

(Borrower) (Signature)

VESCOP Library
VES COLLEGE OF PHARMACY
Behind Collector Colony,

Membership Card

201999
UNDAVIA AMISHA RAJENORA
B PHARM FY/SY/TY/LY
Student
Ph.: 9934673401
Valid upto: June 30, 2022

(Borrower) (Signature)

VESCOP Library
VES COLLEGE OF PHARMACY
Behind Collector Colony,

Membership Card

201935
JAISWAL ROSHNI SUSHIL
B PHARM FY/SY/TY/LY
Student
Ph.:
Valid upto: June 30, 2022

(Borrower) (Signature)

VIVEKANAND EDUCATION SOCIETY'S
COLLEGE OF PHARMACY
Chembur, Mumbai - 400 074

LIBRARY RECEIPT

Sl. No. 1234 Date 12/05/2022 Issued to: AAYUSHI SUNIL DUMBRE
Book No. 1234567890 Title: PHARMACY
Author: J. D. MATHERS Edition: 10th
No. of Vols. 1 Price Rs. 1000/-
For the Librarian: (Signature) For the Student: (Signature)

NOTE: Not to be taken out of the library. No book to be kept out of the library for more than 15 days. No book to be kept out of the library for more than 15 days. No book to be kept out of the library for more than 15 days.

Mr Pratik Barve
Assistant Professor
PHO Activity Coordinator, VESCOP

Barve





The Indian Pharmaceutical Association Maharashtra State Branch Students' Forum

PUBLIC HEALTH OFFICE 2021-2022

Activity Report –“Community Outreach- Awareness About Substance Abuse Campaign”

Type of the campaign: Community Outreach

Organizing Institute: Vivekanand Education Society's College of Pharmacy

Co-Ordinator of Activity and her/his e-mail address and contact number:

Name: Mr. Pratik Barve
Phone No.: +91 9619515815
Email: pratik.barve@ves.ac.in

Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Activity
1.	Instagram (vescop.pho)	https://www.instagram.com/p/CVmW9hJK1yg/?utm_medium=copy_link	29/10/2021	Promotional post for survey
2.	Facebook (Vescop Pho)	https://m.facebook.com/story.php?story_fbid=387958739744236&id=100055903397527	29/10/2021	Promotional post for survey
3.	Twitter (PhoVescop)	https://twitter.com/PhoVescop/status/1453944175045402627?t=fwaoEqryD1cATMwNSa8Ltw&s=19	29/10/2021	Promotional post for survey
4.	LinkedIn (VESCOP PHO)	https://www.linkedin.com/posts/vescop-pho-02b8b8222_awareness-about-substance-abuse-a-survey-activity-6859709571032776704-d6w9	29/10/2021	Promotional post for survey
5.	YouTube (VESCOP PHO)	https://youtu.be/A4M3g0K0tu8	8/ 11/ 2021	Video upload
6.	Instagram (vescop.pho)	https://www.instagram.com/tv/CWAEypalRA5/?utm_medium=copy_link	8/ 11/ 2021	Video upload and Promotion

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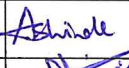
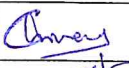


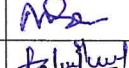
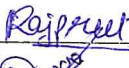
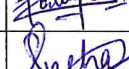


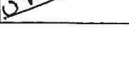


7.	Facebook (Vescop Pho)	https://www.facebook.com/100055903397527/videos/616331643055136/	8/ 11/ 2021	Video upload And Promotion
8.	Twitter (PhoVescop)	https://twitter.com/PhoVescop/status/1457580766330642440?t=66OyWrU8NF9FumMIM8HYNQ&s=19	8/ 11/ 2021	Promotion of Video
9.	LinkedIn (VESCOP PHO)	https://www.linkedin.com/posts/vescop-pho-02b8b8222_drugabuse-drugs-substanceabuse-activity-6863342144782970880-nyyJ	8/ 11/ 2021	Promotion of Video

Number of target audience (in case of webinar): NA

List of volunteers and their contact numbers:

(Library Cards/Latest fee receipt attached at the end with the photos)

Name	Contact no.	Signature	Name	Contact no.	Signature
Akanksha Shinde	9594572240		Chinmay Phatak	8169972702	
Ekta Sharma	9665549568		Tanvi Shivnekar	8850271870	
Mrumnay Joshi	8850376491		Rajpreet Kaur	7045510121	
Roshni Jaiswal	8433505787		Upasana Tiwari	9819971088	
Sneha Pillai	8928631482		Ojas Gadre	7045682074	

Short description of the activity-

Community Outreach - Awareness About Substance Abuse

Description of the activity:

Misusing substances like Opioids, Anabolic steroids, Cocaine, Marijuana, Heroin, Methamphetamines, tobacco, alcohol, and over-the-counter drugs in any other way than the prescribed by healthcare practitioners is known as substance abuse. Fierce competition in all circles of life and round the clock working bodies are left with no peace of mind. Pandemic blues adding to the restlessness peaked the mental health issues for many. In situations where calming exercises and yoga should be included in life drugs are filling in their shoes and making the life void.

On this note VES College of Pharmacy's Public Health Office came up with an illuminating skit on 'Awareness on Substance Abuse'. The skit personifies the awareness around substance abuse and advocates their cautious and prescribed usage. The plot of skit is set against backdrop of debate 'Chai Pe Charcha' on a news channel where the supporters persuade viewers to accurate benefits of abused substances while those speaking against abused substances spoke about the horrifying abuse of various substances and demonstrated some instances where their excessive usage have ruined lives. Incidents such as a student gave into usage of drugs forced by a peer, ailing wife tormented by alcoholic husband and another student regretting doing drugs to overcome stress; such incidents are not new to us but these instances being rampantly happening more often is an alarming situation which should be addressed immediately and successfully. The skit also involved comprehensive descriptions of NDPS laws and rehabilitation centers where help is provided to overcome abuse and fully get rid of it.



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To delve more into reality and provide rock solid content that should address more on ground questions coming from audience a survey was conducted through google form. The survey comprised of various questions revolving around substance abuse; some of them are What are your views on substance abuse? , What are your queries regarding substance abuse? Are you familiar with laws regarding substance abuse? etc. . As many as possible survey questions were duly involved and answered in the skit.

Methods used for conducting the campaign:

A survey form was prelude to the campaign which helped us gain knowledge about audience perspective about the subject 'Substance Abuse'. Then based on survey outcome a skit was enacted that satisfactorily tried to answer all the questions of audience. Later on, the skit video was release on social media platforms, where it witnessed great response in the form of shares, comments and likes on all media platforms. The campaign concluded with a feedback form to perceive that the video helped in creating awareness.

Advertisement of the activity:

A trailing PR message and poster was created for both the survey and feedback google forms besides for circulation of skit video. The volunteers and PHO members themselves too shared the posted videos on personal level.

Result of your activity:

From the feedback and comments, it was evident that audience liked the video where they mentioned the video was very simple to understand and easy to comprehend, to make the video more helpful few questions were answered diligently in the skit video itself, few communities that help in rehabilitation were also mentioned. The video had too many perks to watch and get equipped by knowledge of substance abuse. We can say that this camp was surely a success.

Important Links :

Link For	Links
Survey form link	https://docs.google.com/forms/d/1NZ-ia2ZMgLq8y93sshAaE0tQz47Ouv5xUIPVRMVLUUY/edit?usp=sharing
Survey form responses excel sheet	https://docs.google.com/spreadsheets/d/1-7f8kZz3trm3jioH3lqucvpuJbqPb2lhHVQq0r7d7mw/edit?usp=sharing
Feedback form link	https://docs.google.com/forms/d/1njizUM_Lk9KHFI3o9njYjv3dL0nVwp0AAysN0mDqBJ8/edit?usp=sharing
Feedback form responses excel sheet	https://docs.google.com/spreadsheets/d/19YVjfi-v7NuWm7fV6-bBsYbFKrKc6YUkkblyDHHqvIM/edit?usp=sharing
Awareness about Substance Abuse Video	https://drive.google.com/drive/folders/1_-4W7_Mdlv2n5Z45sYO5zeYpm1P8mt3?usp=sharing

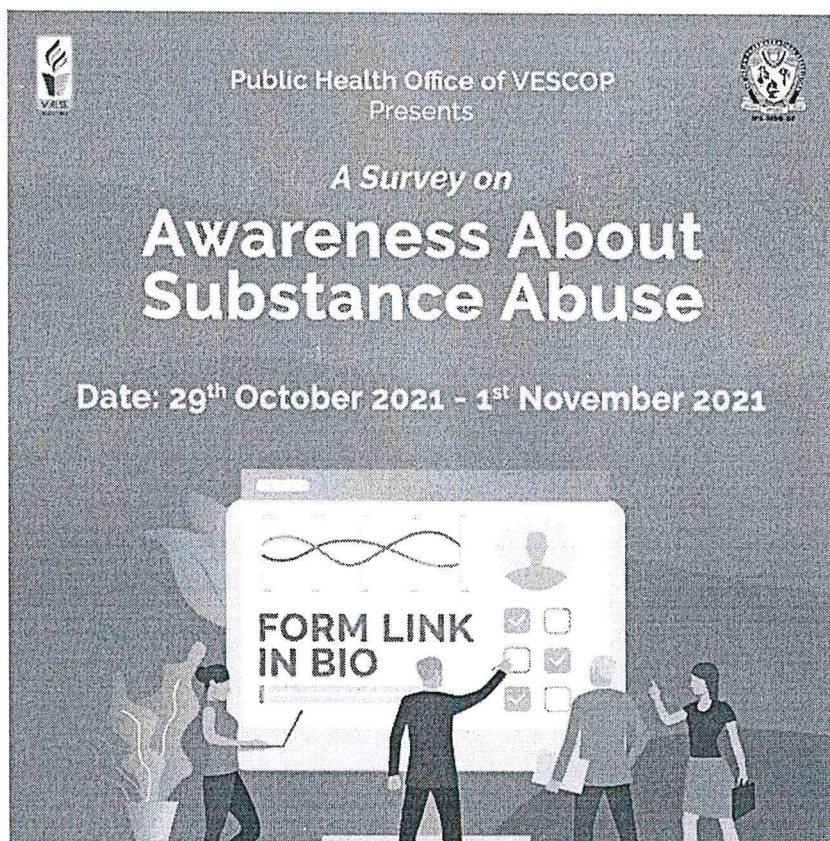
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Short clips of Awareness About Substance Abuse Video	https://drive.google.com/drive/folders/1y5UbbSqzdLIN9RDjalrYNdNFlezplb7t?usp=sharing
Posts and Jpegs	https://drive.google.com/drive/folders/1RRrprGMdUxigHtWZqhsAIR061WkC8yoR?usp=sharing

Photo, videos, and other documents:

Poster / JPEGs :






**PUBLIC HEALTH OFFICE
of VES College Of Pharmacy**

Presents

CHAI PE CHARCHA

Awareness About Substance Abuse




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Screenshots of Survey Form Settings :

Defaults

Form defaults

Settings applied to this form and new forms

Collect email addresses by default

Question defaults

Settings applied to all new questions

Make questions required by default

Allow response editing

Responses can be changed after being submitted

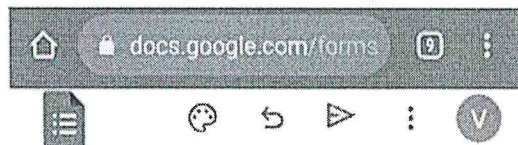
REQUIRES SIGN IN

Limit to 1 response

Respondents will be required to sign in to Google.

Presentation

Manage how the form and responses are presented



Awareness about Substance Abuse

Questions Responses **135** Settings

Settings

Make this a quiz

Assign point values, set answers, and automatically provide feedback

Responses

Manage how responses are collected and protected

Collect email addresses

Required to send response copies

Send responders a copy of their response

When requested



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Screenshot of Survey Form Closing:

Community Outreach - Google | Awareness about Substance Abuse |

cccs.google.com/forms/d/1N2-Hp22M7ug5y92ssnAa50XQs470uV5XU1PVRM9U0Uy/edit#responses

Awareness about Substance Abuse | All changes saved in Drive | Send

Questions | Responses (135) | Settings

135 responses

Not accepting responses

Message for respondents

This form is no longer accepting responses

Summary | Question | Individual

Who has responded?

Email

ektadinech48@gmail.com

fernandes.gerald@vve.ac.in

11:59 PM 01-11-2021

Screenshots of Survey form and Outcome :

What are your views on substance abuse?

Only answer text

What are your queries related to Substance abuse?

Only answer text

Do check out our social media handles!

Go check out our social media handles!

Are you aware what kind of substances can be abused?

Yes
No
Maybe

Do you know which age group is most susceptible?

Yes
No
Maybe

Do you know about the aids provided to get rid of substance abuse?

Are you familiar with the laws against substance abuse?

Yes
No
Maybe

Do you know about the effects of substance abuse on one's body as well as personal life?

Yes
No
Maybe

Do you think there should be more awareness about substance abuse?

Yes
No
Maybe

Are you aware about Substance Abuse?

Yes
No
Maybe

Do you know about the signs or symptoms when someone is indulged in drug abuse?

Yes
No
Maybe

Are you aware of the causes of substance abuse?

Yes



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What are your queries related to
Substance abuse ?

135 responses

1. What are main substance abused in
children and what about adults?

2. Do male sex or female sex are more
engulfed in such briefings?

Want to know more about its causes and
ways to prevent it

How quickly can someone be addicted to
drug ?

none

What aids help to get rid of substance
abuse?

Yes

Does withdrawal vary for different individual?

Reasons of substance abuse

Would like to know more about it

all the questions asked here

How do we create a large scale awareness ?

What are the aids provided to get rid of
substance abuse ?

I would like to know more about this topic.

What substance can be abused

What are ill effects(expect a bit detail info)/
How could we as a youngster would prevent
it or spread awareness among our peers.

What leads youth to use such materials
inspite of knowing its harmful effects.

Would like to know more about laws

How many people knows the consequences
of substance abuse?

to understand more about it

Which type of substance can be abused and
how will it effect us

why do some people get addicted ,while
other don't?

What can we do on personal level to help
someone who is a substance abuser?


Why do a perticular age group people get
addicted not others?

Need to study about it

How we can take away the person who are
addicted to abuse substance mentally

How can one person come out of that?

list of substances that can be abused


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Screenshots of Feedback form settings:

Defaults

Form defaults
Settings applied to this form and new forms

Collect email addresses by default ☒

Question defaults
Settings applied to all new questions

Make questions required by default ☒

Responses
Manage how responses are collected and protected

Collect email addresses ☒

Send responders a copy of their response
Off

Allow response editing
Responses can be changed after being submitted ☒

REQUIRES SIGN IN

Limit to 1 response
Respondents will be required to sign in to Google ☒

Presentation
Manage how the form and responses are presented

FORM PRESENTATION

Show progress bar ☒

Shuffle question order ☒

AFTER SUBMISSION

Confirmation message
Thank you so much for your valuable feedback! Have a nice day!

Edit

Show link to submit another response
Disabled by Limit to 1 response

View results summary
Share results summary with respondents ☒

RESTRICTIONS:

Disable autosave for all respondents ☒

docs.google.com/forms

FEEDBACK

Awareness About Substance Abuse- Feedback Form

Community Outreach Campaign of
Public Health Office
Vive College of Pharmacy
Chembur, Mumbai

Required

Email*

Full Name*

Contact no*

Profession*

Do you think that this video somewhat helped you gain more knowledge about substance abuse?*

Yes ☒ No ☐

Do you think that such videos help in creating awareness about such issues?*

Yes ☒ No ☐

Which part of the video was most informative according to you?*

Do you think that such videos help in creating awareness about such issues?*

Yes ☒ No ☐

Would you like to see more such videos by us in the coming future?*

Yes ☒ No ☐

Any comments/suggestions*

"One small step is worth more than a thousand steps planned"

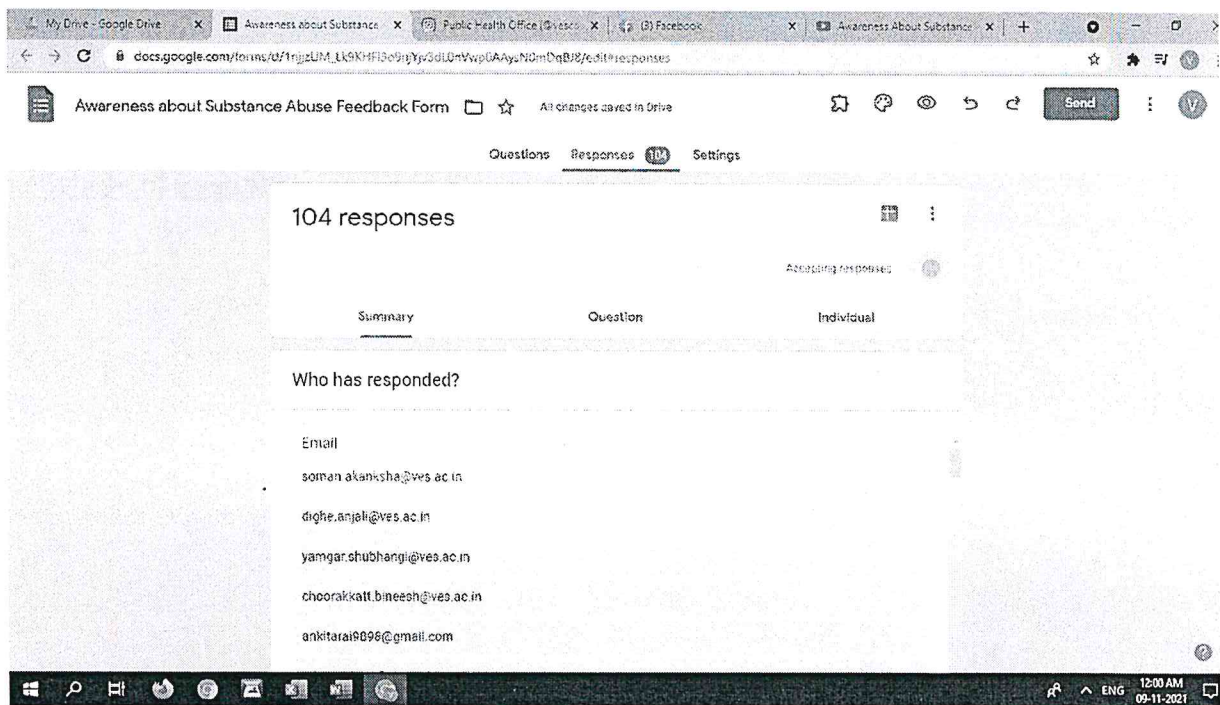
Submit

Google

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Screenshot of Feedback form closing:



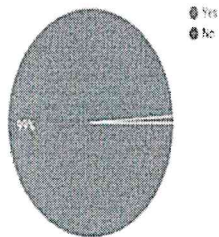
Screenshots of Feedback form and it's Outcome :

SS
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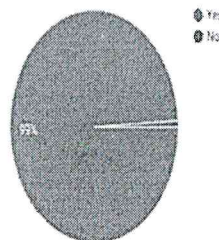
Would you like to see more such videos by us in the coming future?

104 responses



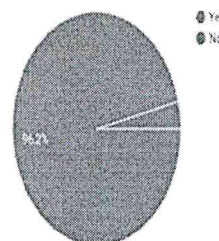
Do you think that this video somewhat helped you gain more knowledge about substance abuse?

104 responses



Do you think that such videos help in creating awareness about such issues?

104 responses



Which part of the video was most informative according to you?

124 responses

The part where the people were acting and they made it like a story

Question and answer session did cleared my many doubts regarding drug abuse

The whole video was informative

2:41:20 - Depicting the efforts the teams has put in in the research and analytics

Financial risk part

Every part

The entire video was very informative and at the same time extremely engaging

How the drugs are affecting our body and how to prevent that

Signs of drug abuse and the actions that are supposed to be taken was very informative

Every scenario was put forward very nicely. The emotional and physical aspects were covered which was very good

Last part

Problem we face after addiction

At the last when they described how to identify if a person is consuming drug or anything

Can't pick one part. But the way the information was presented deserves appreciation

The entire video was so informatively

Sanitized one

Last and first

The last part

Entire video was helpful

How to help an addicted person

The part where helpline number was shared and the part where she explained us how to

The part in which the symptoms were mentioned

The part where NDPS and D&C act was told

Overall complete video was informative

full video

Ndps act, d and c act, punishments and helpline numbers

The Interview session where the QnA was there

The Questionnaire

Making people aware about the acts also information about the healing centre along with the helpline number displayed on the screen

The part where laws and centres for rehab were shown

QnA session

Loved the script and every bit of the video

The things about different substances types and their abuse

Symptoms & how we can help

Whole video

Conversation

The part where in the opposition put forth statistics

Entire video was informative specially that data analysis

Described about abuse substance in details

All part is very informative

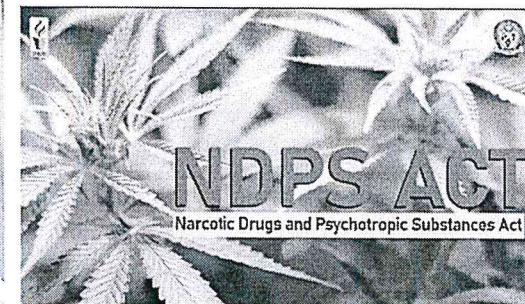
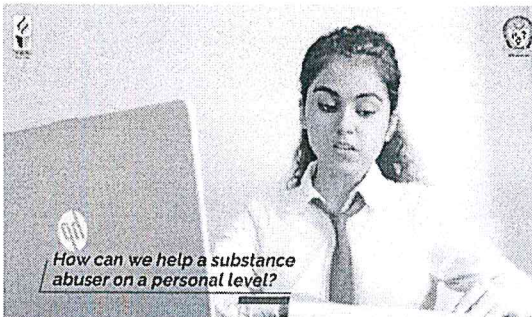
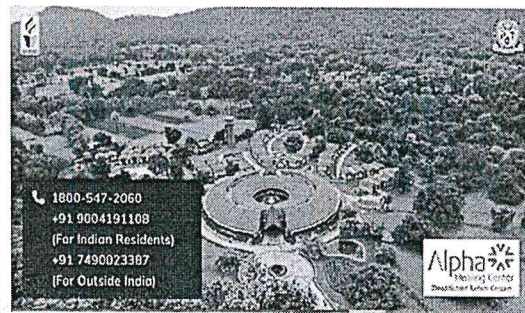
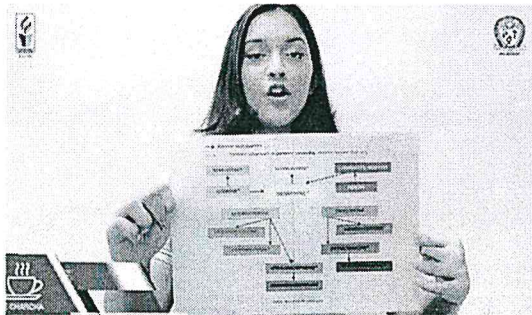
Everything

It was informative

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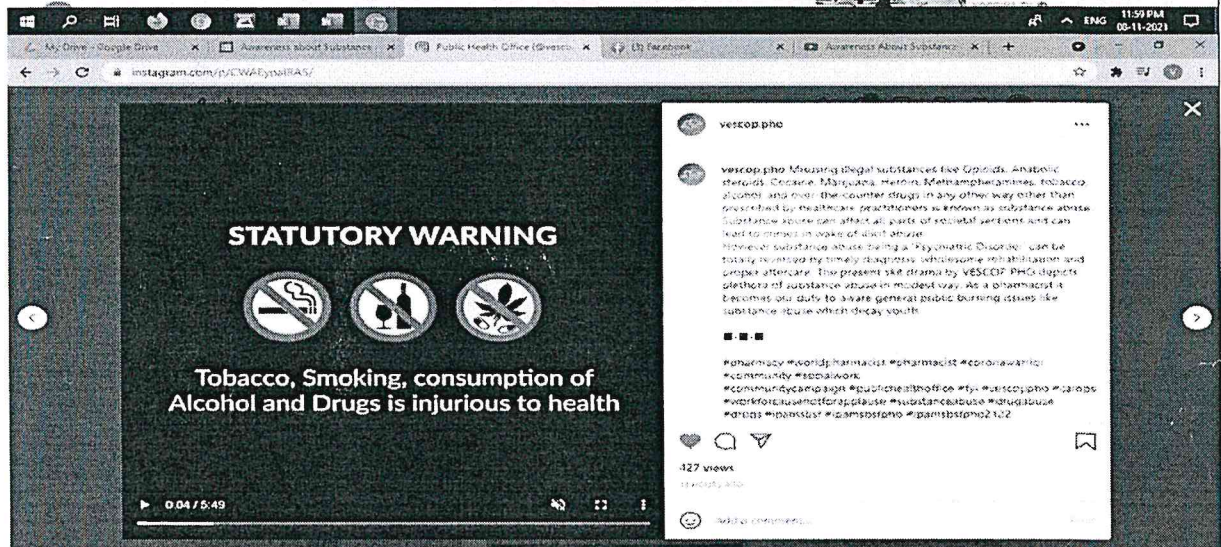
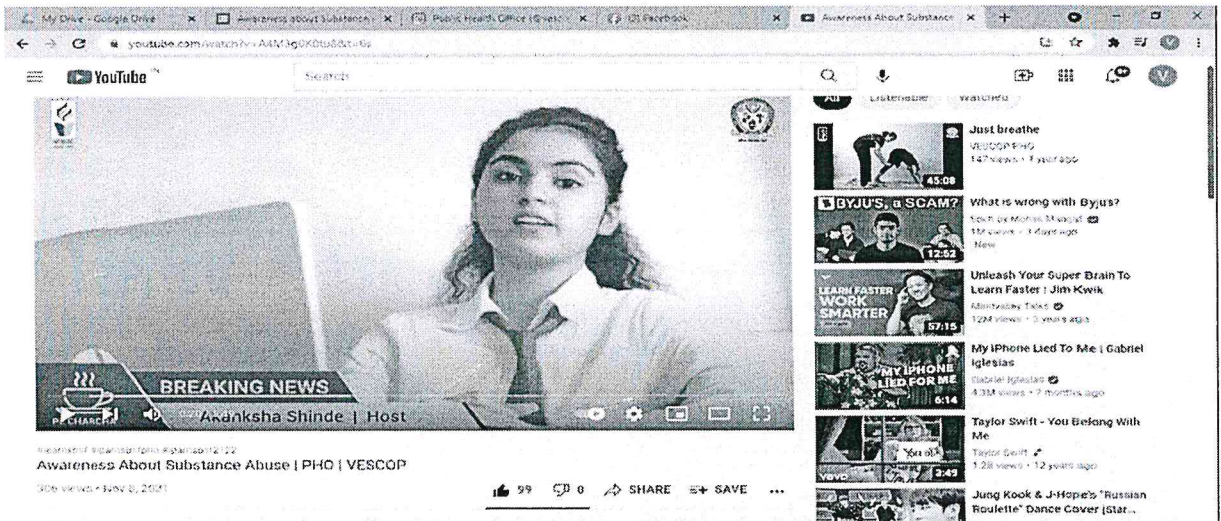


Screenshots from video:



MS
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Scanned Id's / Library cards/ Fee receipts of volunteers:



Mr Pratik Barve
Assistant Professor
PHO Activity Coordinator, VES COP

Barve

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