



**VIVEKANAND EDUCATION SOCIETY'S
COLLEGE OF PHARMACY**

Hashu Advani Memorial Complex, Behind Collector Colony, Chembur (E), Mumbai – 400 074

Sindhi Linguistic Minority, Approved by AICTE, DTE, Pharmacy Council of India & Govt. of Maharashtra, Affiliated to University of Mumbai

B.Pharm Programme is accredited by NBA, New Delhi from 2016-17 to 2021-22

3.4.3

**Number of extension and outreach
Programmes conducted by the institution
through NSS/ NCC/ Red Cross/ YRC etc.,
(including the programmes such as Swachh
Bharat, AIDS awareness, Gender issues etc.)
And/or those organized in collaboration with
Industry, community and NGOs during the
last five years**

3.4.4

**Average percentage of students participating
in extension activities at 3.4.3. above during
last five years**

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Criteria 3.4 – Extension Activities

3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc.,(including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc.) And/or those organised in collaboration with Industry, community and NGOs during the last five years

3.4.4 Average percentage of students participating in extension activities at 3.4.3. above during last five years

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DLLE Activities 2017 – 2018

University of Mumbai

मुंबई विद्यापीठ



Reaccredited by NAAC with 'A' GRADE

डॉ. दिलीप शंकरराव पाटील

एम.ए.; एम.बी.ए.; एल.एल.बी.; पीएच.डी. (ग्रामीण विकास)

संचालक

आजीवन अध्ययन आणि विस्तार विभाग

Dr. DILIP S. PATIL

M.A.; M.B.A.; L.L.B.; Ph.D. (Rural Dev.)

Director

DEPARTMENT OF LIFELONG
LEARNING AND EXTENSION

DLLE /EXT/EXM/ 1812 of 2018
09 April, 2018

To,
The Principal,
Vivekanand Education Society's
College of Pharmacy, Hashu Advani Memorial Complex,
Behind Collectors Colony, Chembur (E), Mumbai - 400 074

LETTER OF COMPLETION (LOC)

Sir/Madam

This is to state that the Department has received the following documents:

1. College Registration Proposal.(CRP)
2. Student's Registration List (SRL)
3. First Term Report.
4. Annual Report cum Second Term Report
5. Field Visit Report – 1st Term & Field Visit Report – 2nd Term
6. Project Reports of 52 Students for Verification

This is to further state that the Extension Work Activity for 120/240 hours the year 2017-2018 has been successfully completed by 52 Students out of 52 Students of your College enrolled for the Extension Work Activities.

Yours Faithfully,

Dr. Dilip S. Patil
Director, DLLE

www.mudlle.ac.in



Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
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Since 1962

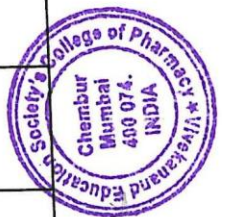
Prof. Supriya Shidhaye
M. Pharm., Ph.D. (T)
Principal

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ANNEXURE 10. (TEN)
**CONSOLIDATION LIST OF TITLE OF PROJECTS WITH GRADES AND ATTENDANCE RECORD OF THE STUDENTS
OF EXTENSION WORK FOR THE YEAR 2017-2018**


Sr. No.	Name Of The Student	Class	Activity Code	Project Report Title	Project Report Submitted Yes/No	Grade	Attendance In Program			Attendance In Field Activity
							F.T Training	S.T Training	Udaan Festival	
1	PATEL SITA KARAN JIGNA	SY	PEC	<u>Plastic Free India</u>	YES		P		NO	P
2	PALANDE NIKEETA ARUN ASMITA	SY	PEC	<u>Global warming</u>	YES		P		YES	P
3	MEGHA JEESON VINODINI	SY	PEC	<u>Girl child</u>	YES		P		YES	P
4	POWAR NEHA NITIN POONAM	SY	PEC	<u>Global warming</u>	YES		P		YES	P
5	PRIYANKA BABURAJ MEHER	SY	PEC	<u>Girl child</u>	YES		P		NO	P
6	KHARKAR SAYLI AJIT RASHMI	SY	PEC	<u>Girl child</u>	YES		P		NO	P
7	DEMBRANI NEHA NARESH GAURI	SY	PEC	<u>Consumer Rights</u>	YES		P		YES	P
8	DOMADIA ROHAN BHAVESH MEETA	SY	PEC	<u>Child Labour</u>	YES		P		YES	P

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9	DESAI KARAN RAJEEV VEENA	SY	PEC	Industrial pollution	YES	P	P	YES	P	P
10	POPLI KRUSHI NIRMAL INDRA	SY	PEC	Global warming	YES	P	P	NO	P	P
11	JOSHI POORVI SANTOSH VARSHA	SY	PEC	Child Labour	YES	P	P	YES	P	P
12	SHREYA AJITHKUMAR MALINI	SY	PEC	Noise pollution	YES	P	P	NO	P	P
13	TARDEJA MUSKAN SURENDRA JYOTI	SY	PEC	Child labour	YES	P	P	NO	P	P
14	SAYAL GURBACHAN SINGH KAVNEEL MANDEEP KARU	SY	PEC	Child labour	YES	P	P	NO	P	P
15	SUTHAR SNEHA LAXMILAL LAXMI	SY	PEC	Global warming	YES	P	P	NO	P	P


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We hereby certify that the candidates mentioned above have participated in the Extension Work Programme and that they have completed not less than 120 hrs of their work in their project.



Signature Of The Teacher
(DR. Sameer Padhye)



Signature Of Principal
(Dr. Mrs. Supriya Shidhaye)



Signature Of The Field Coordinator
(Mr. Chandrashekhar Chakradev)

Signature Of The Director, DLLE



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WORK FOR THE YEAR 2017-2018

Sr. No.	Name Of The Student	Class	Activity Code	Project Report Title	Project Report Submitted Yes/No	Grade	Attendance In Program			Attendance In Field Activity
							F.T Training	S.T Training	Udaan Festival	
1	SANJANA PARAMESWARA N UMA	TY	SM		YES		P		YES	P
2	ANUSHKA RAJESH JAYASHREE	TY	PEC	Status of Women in India	YES		P		NO	P
3	BORATE SAMRUDDHI NANDKUMAR SMITA	TY	PEC	Female Foeticide	YES		P		YES	P
4	DATTA ABHISHEK ASHISH RUBINA	TY	PEC	Consumer's rights	YES		P		YES	P
5	CHOITHRAMANI ASMITA KUMAR RITA	TY	PEC	Girl child	YES		P		NO	P
6	RAMPURAWALA UMMESALAMA IDRIS MUNIRA	TY	PEC	Status of women in india	YES		P		NO	P
7	DAUND VARSHA MURLIDHAR KALAVATI	TY	PEC	Girl Child	YES		P		YES	P

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8	SHAH SRAVIKA HARESH SANGEETA	TY	PEC	Issues Related to LGBT	YES	P	P	P	YES	P	P
9	JADHAV SHREEYA SATISH TANVI	TY	PEC	Child labour	YES	P	P	P	NO	P	P
10	MAURYA SANJAYKUMAR SURYAPRATAP CHANDRAVATI	TY	PEC	Child labour	YES	P	P	P	NO	P	P
11	DODEJA PRERNA VIJAY POOJA	TY	PEC	Women achievers of modern India	YES	P	P	P	NO	P	P
12	DWIVEDI JEET SHARAD SANGEETA	TY	PEC	Women empowerment	YES	P	P	P	YES	P	P


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Signature Of The Teacher
(DR. Sameer Padhye)



Signature Of Principal
(Dr. Mrs. Supriya Shidhaye)



Signature Of The Field Coordinator
(Mr. Chandrashekhar Chakradev)

Signature Of The Director, DLLE



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Sr. No.	Name Of The Student	Class	Activity Code	Project Report Title	Project Report Submitted Yes/No	Grade	Attendance In Program			Attendance In Field Activity	
							F.T Training	S.T Training	Udaan Festival	P	P
1	SOMESHWAR ASHWAJITH BALKRISHNA NAYANA	LY	SM		YES		P		YES	P	P
2	BHUSKUTE HARSHADA. ARUN CHARUSHILA	LY	CP	SPEECH THERAPIST	YES		P	P	YES	P	P
3	CHOUDHARY MIHIKA KEDAR SHARMILA	LY	CP	TEXTILE DYEING MASTER	YES		P	P	NO	P	P
4	RHEA JOHNY LEENA	LY	CP	ZUMBA AND AEROBICS TRAINER	YES		P	P	NO	P	P
5	AISHWARYA VASUDEVAN RADHA	LY	CP	MUSICAL PERFORMER	YES		P	P	NO	P	P
6	VARGHESE LICHELE JENICA JOLLY LAVEENA	LY	CP	PHOTOGRAPHER	YES		P	P	NO	P	P
7	SINGH SHAILAJA	LY	CP	PSYCHIATRIST	YES		P	P	NO	P	P

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We hereby certify that the candidates mentioned above have participated in the Extension Work Programme and that they have completed not less than 120 hrs of their work in their project.

K.V. Shastri

Signature Of The Teacher
(MR. KEYUR SHASTRI)

[Handwritten Signature]

Signature Of The Field Coordinator
(Mr. Chandrashekhar Chakradev)



[Handwritten Signature]

Signature Of Principal
(Dr. Mrs. Supriya Shidhaye)

Signature Of The Director, DLLE



[Handwritten Signature]
Dr. (Mrs.) Supriya S. Shidhaye
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Principal

p

ANNEXURE 8.(EIGHT)

ASSESSMENT OF REPORTS

1. Name of the Faculty Assessing the Project Report:

Chandrashekher Ashok Chakradeo

2. Date : 6/4/18

Place : VES COLLEGE OF PHARMACY

3. Name of College reports assessed : VES' College of pharmacy
Chembur.

4. No. of Projects Reports assessed :

English: 52 + Hindi: — + Marathi: — = Total 52

5. Extension Activities of the assessed Project Reports

1. CP = 25

2. _____

3. PEC = 27

4. _____

5. _____

6. _____

6. Average grade of the Project Reports : A

7. General Remarks : All the projects were as per the
guidelines of the Department.



MS
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MS
Signature of FIELD CO-ORDINATOR

(Prof. C.A. Chakradeo)



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ANNEXURE 9. (NINE)

VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF PHARMACY, CHEMBUR MUMBAI -74

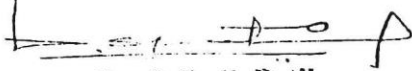
EXAMINATION-WISE LIST OF STUDENTS FOR EXTENSION WORK

CLASS: FINAL YEAR

YEAR:2017-18

S R. N O	M / F	NAME (In Block Letters)		ACTIVITY CODE
		NAME OF THE STUDENT (L.Y.B.PHARM)	EXAM SEAT NO	
1	M	SOMESHWAR ASHWAJITH BALKRISHNA NAYANA	448	SM
2	F	BHUSKUTE HARSHADA ARUN CHARUSHILA	47	CP
3	F	CHOUDHARY MIHIKA KEDAR SHARMILA	67	CP
4	F	RHEA JOHNY LEENA	369	CP
5	F	AISHWARYA VASUDEVAN RADHA	10	CP
6	F	VARGHESE LICHELE JENICA JOLLY LAVEENA	477	CP
7	F	SINGH SHAILAJA HARISHCHANDRA KIRAN	443	CP
8	F	DATE VARADA VIJAY VAISHALI	78	CP
9	M	PARMAR PREM PARAS BHAGYAWANTI	307	CP
10	F	PILLAI RESHMA RAVEENDRAN RATNAM	336	CP
11	F	SHAH ADITI BIREN SEEMA	392	CP
12	M	PARAB SHARDUL VASANT SHALMALI	303	CP

College records are verified & found correct
ELIGIBLE for the award of
10 Grace Marks under ordinance 0.229A



Dr. Dip S. Patil,
Director,
Lifelong Learning & Extension,
UNIVERSITY OF MUMBAI

Rotaract Activities 2017 - 2018

ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 9

Name of the Project: Dil Ki Baat

Avenue: Community Service

Date of Project: 25th September, 2017

Name of members:

Rtr. Kavneel Kaur Sayal


Rtr. Rishabh Chaube

Rtr. Megha Jeeson

Project Activity:

An essay writing competition on the topic 'To be Pharmacist' was held on the occasion of WORLD PHARMACIST DAY ON 25th September, 2017. Students from the entire college came forward to share their feelings about their own profession.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 10

Name of the Project: Notebook 5000

Avenue: Community Service

Date of Project: 28th August - 4th September, 2017

Name of members:

Rtr. Siddhita Gawade

Rtr. Habil Hirkani

Rtr. Rishabh Chaube

Rtr. Muskan Tardeja


Rtr. Hardik Shah

Rtr. Frederick John

Project Activity:

Offerings to GOD on Ganesh Utsav were replaced by installing a donation booth for stationary objects instead. Over 2 dozen books and ball point pens were donated to a Municipality school in Dharavi.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 11

Name of the Project: World Mental Health Day

Avenue: Community Service

Date of Project: 10th October - 16th October, 2017

Name of members:

Rtr. Lichelle Varghese


Rtr. Neha Pillai

Rtr. Poorvi Joshi

Project Activity:

This Project was done keeping the World Mental Health Day in mind. To draw attention towards the importance of mental health. A six day calendar (10th October to 16th October) was made and each day was assigned a task. These tasks consisted of some activity that is known to maintain a healthy mental and physical well-being. (e.g.: go for a jog). Participants were asked to perform the assigned task for the day and to pen down their experience of completing the activity each day. The write up had to be posted on social media with the hashtag #mhwc2k17 and #rcvescop.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 12

Name of the Project: Rhythm

Avenue: Community Service

Date of Project: 14th October, 2017

Name of members:

Rtr. Siddhita Gawade

Rtr. Nida Memon

Rtr. Muskan Tardeja

Rtr. Krupali Shah

Rtr. Sanjana Parmeswaran

Rtr. Reetu Bhakta

Rtr. Rishabh Chaube

Rtr. Habil Hirvani

Rtr. Abel Biju

Rtr. Siddhi Dukhande

Rtr. Sayali Kadam

Rtr. Mohit Davaria

Rtr. Sayli Kharkar


Rtr. Sita Patel

Rtr. Saloni Tawde

Project Activity:

On the occasion of the Joy Of Giving concept, wanting to spend quality time with the kids makes them feel special, good, happy and have fun. It was a surprise celebration of Our President's birthday too. There were various activities planned for the kids at the orphanage of the age group of 5-13 years' old such as games, dance performances, talent showcase event, distribution of food, chocolates, cupcakes which made Rhythm achieve its real motive of feeling good and happy.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 13

Name of the Project: Think Tidy

Avenue: Community Service

Date of Project: 18th - 21th October, 2017

Name of members:

Rtr. Saloni Tawde

Rtr. Krupali Shah

Rtr. Sanjana Parameswaran

Rtr. Harshada Bhuskute

Rtr. Harsh Nijhawan


Rtr. Anushka Khatnani

Project Activity:

World Responsible Youth gave us a platform to BE THE CHANGE WE WANT TO SEE.

Keeping this in mind and celebrating A Decade of World Responsible Youth Rotaract Club of VES College of Pharmacy did a Cleanliness drive. This drive had its own twist - club members went around post Diwali celebrations in their residential area to clean up the firecracker leftovers and spread importance of maintaining clean environment during festive season.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 14

Name of the Project: Beat the Bully

Avenue: Community Service

Date of Project: 4th - 10th December, 2017

Name of members:


Rtr. Neha Pillai

Rtr. Ashish Jhangiani

Project Activity:

The project was carried out by creating awareness by spreading stories of well known figures who have suffered bullying. It was carried out in the first week of december, which is known to be "anti-bullying week" from 4th December to 10th December. The aim being to create awareness and supporting people to speak about bullying and to stand against bullying




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 15

Name of the Project: Blood Donation Camp- WRY

Avenue: Community Service

Date of Project: 14th January, 2018

Name of members:

Rtr. Muskan Tardeja

Rtr. Surbhi Soni

Rtr. Reetu Bhakta


Rtr. Prajakta Deole

Rtr. Nisha Sharma

Project Activity:

The project was carried out on the first day of "World Responsible Youth" week. It was carried out with Young Volunteer Organisation along with Rotaract Club of KJ Somaiya College, Rotaract Club of RJ College, Rotaract Club of SPN Doshi College, Rotaract Club of Mumbai Ghatkopar, Rotaract Club of Sathaye College and Rotaract Club of Chandraban College. More than 700 bottles of blood was collected in a day.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 16

Name of the Project: Station Cleanup- WRY

Avenue: Community Service

Date of Project: 17th January, 2018


Name of members:

Rtr. Abel Biju
Rtr. Prajakta Deole
Rtr. Rishabh Chaube
Rtr. Anushka Khatnani
Rtr. Siddhita Gawade
Rtr. Muskan Tardeja
Rtr. Sameer Jain
Rtr. Krupali Shah
Rtr. Umang Ashar
Rtr. Omkar Parab
Rtr. Abhishek Sahu

Project Activity:

The project was carried out on the fourth day of "WORLD RESPONSIBLE YOUTH WEEK". A mega clean up drive was done across central railway stations by various clubs. RCVESCOP supported by Rotary e-club of Mumbai carried out the project on Vikhroli Station. More than 20 bags of waste was collected from the Four platforms as well as the connecting bridges




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 17

Name of the Project: Disability Matrimonial

Avenue: Community Service

Date of Project: 25th February, 2018

Name of members:

Rtr. Anushka Khatnani

Rtr. Neha Dembrani

Rtr. Poorvi Joshi


Rtr. Ankita Patil

Rtr. Karishma Talreja

Project Activity:

The project was done with Voice Vision which is a known organisation for doing events for visually impaired on 25th February 2018. Voice Vision facilitates activities for those who are visually impaired. A matrimonial platform for them was arranged by them where club members volunteered and assisted their team. It was a joint project along with several other rotaract clubs.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 18

Name of the Project: Beach Cleanup Drive

Avenue: Community Service

Date of Project: 11th March, 2018


Name of members:

Rtr. Nida Memon
Rtr. Habil Hirkani
Rtr. Frederick John
Rtr. Parth Mehta
Rtr. Prajakta Deole
Rtr. Rhea Johnny
Rtr. Sayli Kadam
Rtr. Hardik Shah
Rtr. Harshada Bhuskute
Rtr. Naziya Khan
Rtr. Surbhi Jyoti
Rtr. Jyoti Soni
Rtr. Sweety Chheda
Rtr. Reetu Bhakta
Rtr. Saloni Gupta

Project Activity:

Dadar Beach was cleaned up by 20 volunteers of RCVESCOP along with other volunteers of "Beach Please" foundation ON 11TH March 2018, Sunday.




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ROTARACT CLUB OF VES COLLEGE OF PHARMACY

Project No: 19

Name of the Project: Health Funda

Avenue: Community Service

Date of Project: 10th April, 2018

Name of members:


Rtr. Neha Dembrani

Rtr. Sayli Kharkar

Project Activity:

Health mantras were shared on clubs social media on the occasion of world health day, 10th April 2018.




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**Activities organized by Public Health Office (PHO) of VES College of Pharmacy (2017-18)**

Sr. No	Event organized	Location for event	Date	Participated population / Target audience	Number of VESCOP students participating in the event
1	Blood Donation Campaigns	Mumbai City & suburbs	15 th and 21 st August, 1 st , 6 th and 25 th October, 2017; 5 th , 19 th and 26 th November, 2017 17 th December, 2017, 7 th and 14 th January 2018.	1000+ units of Blood collected	51
2	World Heart Day Awareness	Bhandup West	1 st October, 2017	20+	8
3	Breast Cancer Awareness Seminar	Chembur	2 nd November, 2017	80+	7
4	Mental Health Day Seminar	Chembur	13 th January 2018	30+	10



VES COLLEGE OF PHARMACY



Hashu Advani Memmorial Complex, Behind Collectors Colony, Chembur (E), Mumbai – 74

5	Epilepsy- Let's seize the day	Chembur	27 th September, 2017	130+	2
6	Communicable diseases – Always be clean	Chembur	3 rd November, 2017	50+	13
7	Vaccination Awareness	Govandi East	19 th December, 2017	90+	9
8	Rural area camp – First Aid awareness	Badlapur	9 th January 2018	100+	5
9	Community Outreach – Pharmacy as a profession	Chembur	15 th January, 2018	80+	4
10	Vector Borne Diseases; SmallBites, Big threats	Chembur	30th August, 2017	50+	4

PUBLIC HEALTH OFFICE

Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –“BLOOD DONATION” Campaign

Organising Institute:V.E.S. College of Pharmacy, Chembur.

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

1. J. J. Mahanagar Blood Bank
Ground Floor, SD Petit Building,
JJ Road, Byculla, Mumbai- 400027
Contact no: 022-23735585
Contact no: 9987458058

Location(s) of the activity:

Sr. No.	Location	Date	Timing	Activity
1.	Middle Bridge, Dadar Station, Dadar, Mumbai.	21 st August, 2017	10AM to 6PM	Collection of 91 blood units.

Number of target audience: 100+

Number of students taking part in the activity: 12

List of volunteers and their contact numbers:


Name	Contact no.	Name	Contact no.
Sanjana Nair	9820031317	Sameer Jain	9167306252
Devashree Shahni	9167166757	Maitreyi Kathare	9821425814
Tejaswini Dewasthale	7303270297	Sneha Suthar	8655181907
Sharvika Shah	7506071604	Barkha Makhija	9769043503
Rakshita Raut	9892141983	Kirti Sawant	9167447177
Dimple Rohera	9082505788	Vinita Wadhvani	9167080818

Description of the activity

Methods used for conducting the campaign:

Blood donation camp was held at Dadar on 21st August to commemorate the birth of our 6th Prime minister, Mr. Rajiv Gandhi who was born on 20th August 1944. The camp was conducted by J.J.Mahanagar Blood Bank in collaboration with CRMS. As the constant demand for blood in various hospitals are only met through the frequent blood donation camps conducted by various blood banks, the students of V.E.S College of pharmacy played their part in helping the blood bank collect as many blood bottles as possible.




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

The competent doctors of the Blood Bank performed various tests like blood pressure and haemoglobin check-up on the donors to ensure if they were fit to donate their blood. Their recent medical history was checked to confirm the absence of any infections or drugs that may cause their blood to be rejected.

The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors before and after the camp was taken care. The donors were not allowed to donate the blood on an empty stomach. They were provided with a comfortable bed and refreshments like fruit juice and biscuits.

Advertisement of the activity :

The banners displaying the information about blood donation campaign were put up in the areas near the location of the blood camp. The volunteers and the staff of J.J Mahanagar blood bank periodically advertised the event via announcements on loudspeakers throughout the course of the day.

Result of your activity :

The camp was a successful one, receiving a good response of 91 bottles on this day. The donors were made aware of the importance and benefits of donating blood. They were given certificates and donor cards to encourage them to donate blood in future.

PHOTOS:

PUBLIC HEALTH OFFICE

Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report – "BLOOD DONATION" Campaign

Organising Institute: V.E.S College of Pharmacy.

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

1. J. J. Mahanagar Blood Bank
Ground Floor, SD Petit Building,
JJ Road, Byculla, Mumbai- 400027
Contact no: 022-23735585
Contact no: 9987458058

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1.	Collection of 91 blood units.	10AM to 6PM	6th October 2018	Middle Bridge, Dadar Station, Dadar, Mumbai.

Number of target audience: 100+

Number of students taking part in the activity: 69

List of volunteers and their contact numbers:


Contact no.	Name	Contact no.	Name
	Barkha Makhija		Akshay Gaikwad
	Kavneel Sayal		Abhishek Sahu
	Pooja Rathod		Lakhan Gupta
	Poorvi Joshi		
	Bhairavee Chimane		
	Barkha Makhija		

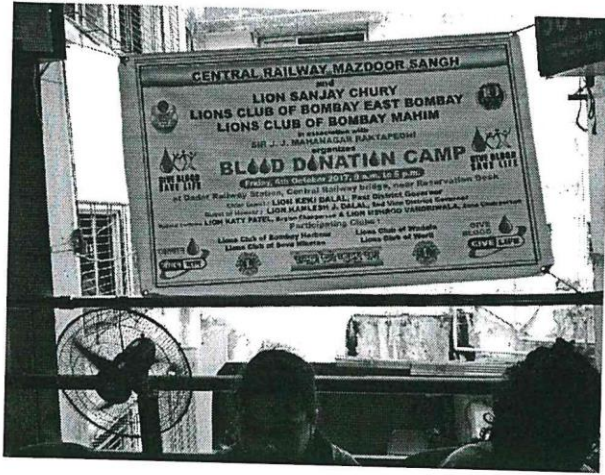
Description of the activity

Methods used for conducting the campaign:

Blood is the most precious gift that one can give to another - the gift of life. A decision to donate your blood can save a life or even several as blood is separated into its components — red cells, platelets and plasma — which can be used individually for



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patients with specific conditions. The growing demand for blood in hospitals is satisfied by blood donation drives.

On the 6th of October, 2018, VES College of Pharmacy volunteered for the blood donation drive held by J.J Mahanagar Blood Bank at Dadar station in collaboration with CRMS.

The volunteers interacted with the travellers on the platform, encouraging them to donate blood by explaining to them the importance of the same. They were told how they could save up to three lives by donating one bag of blood which would just take approximately fifteen minutes.

A team of doctors skillfully handled the check-up process including the haemoglobin, weight and medical history check, following which, the donor was assigned a blood bag.

The comfort of the donors was taken care of by the volunteers, who provided them with refreshments before and after the donation. Certificates were written and handed out to the donors, who were thanked for the noble deed. A donor card was given to all the donors and the importance of the card was explained to them by the volunteers.

Advertisement of the activity:

The banners displaying the information about blood donation campaign were put up in the areas near the location of the blood camp. The volunteers and the staff of J.J Mahanagar bank and CRMS periodically advertised the event via announcements on loudspeakers throughout the course of the day.

Result of your activity:

The camp was a successful one, receiving an enormous response as we were able to collect 108 bottles on this day .The individual interaction between the volunteers and the commuters help spread awareness about the benefits of blood donation. The donors were very enthusiastic. Their generosity, the Blood Bank's efficiency and our service made this camp a successful one.

PHOTOS:



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Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –“BLOOD DONATION Campaign”

Organising Institute: VES College of Pharmacy.

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

1. Rajawadi Blood Bank,
C/O Rajawadi Hospital, Rajawadi Road,
Ghatkopar East, Mumbai - 400084

Location(s) of the activity:

SR.NO	Activity	Timing	Date	Location
1.	Collection of blood 80 units.	9AM to 5PM	1 ST October, 2017	IIT Market, Powai, Mumbai- 76

Number of target audience: 100

Number of students taking part in the activity: 10

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9167166757	Devashree Shahani	8652852813	Sanjay Kumar Maurya
91674471777	Kiriti Sawant	7506568681	Salonee Tawde
8291589608	Atreya Karandikar	8828082110	Surbi Soni
8451876411	Jyoti Soni	9967474329	Sonali Gupta
7400208850	Prajakta Deole	9987387372	Kinjal Gawde

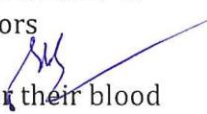
Description of the activity

Methods used for conducting the campaign:

As a part of the PHO activities, the students of VES College of Pharmacy volunteered for the BLOOD DONATION CAMP organized by Morarji Cricket Club in association with Rajawadi Blood Bank in Powai. A regular group of donors voluntarily came forward to donate blood.

The donors were counselled by the doctors and were checked for their blood haemoglobin levels and blood pressure. Their recent medical history was checked to ensure the absence of any infections or drugs that may cause their blood to be




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deemed unfit for use. The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors before, during and after the donation process was taken care of by our volunteers. We provided them with refreshments like biscuits and tea before and after the process. The health of the donors was of utmost importance to us.

Advertisement of the activity :

Posters were put up at the venue and also circulated via social media. The regular donors were contacted well in advance and made aware of the location and the date of the camp.

Result of your activity :

At the end of the day, 80 blood bottles were collected, Out of the 80 donors 4 of them were women. The camp not only served the purpose of acquiring blood for the needy but also raised awareness about the benefits of donating blood and portraying it as a noble deed. Thus, the camp was a very successful one.

PHOTOS:

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Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES College of Pharmacy.

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

1. Pallavi Blood Bank,
Shatabdi Hospital, 2nd Floor,
Govandi East, Mumbai - 400088
Contact: +(91)-22-38511989

Location(s) of the activity:

Sr.no	Activity	Timing	Date	Location
1.	Collection of 10 blood units.	11.00AM to 4.00PM	25 th October, 2017	Vashi Railway Station, Opp. Raghuleela Mall, Vashi, Navi Mumbai

Number of target audience: 20

Number of students taking part in the activity: 3

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9967733851	Sneha Suthar	9167447177	Kirti sawant
9890255003	Barkha makhija		

Description of the activity

Methods used for conducting the campaign:

On the 25th of October 2017, the PHO of VES College of Pharmacy organized a blood camp in collaboration with Pallavi Blood Bank opposite to Raghuleela Mall, near Vashi Station. The blood bank organised a convincing camp where in the volunteers motivated people to donate their blood by explaining the various benefits of blood donation. The students of VES College of Pharmacy played their part in assisting the blood bank in acquiring blood to meet the demand for platelets and blood products.



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The competent doctors of the Blood Bank performed various tests like blood pressure and haemoglobin check-up on the donors to ensure a safe procedure. Their recent medical history was checked to confirm the absence of any infections or drugs that may cause their blood to be rejected. The blood donation was done under hygienic conditions inside an air conditioned and comfortable van. The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors before, during and after the donation process was taken care of by our volunteers. We provided them with refreshments like biscuits and tea before and after the process.

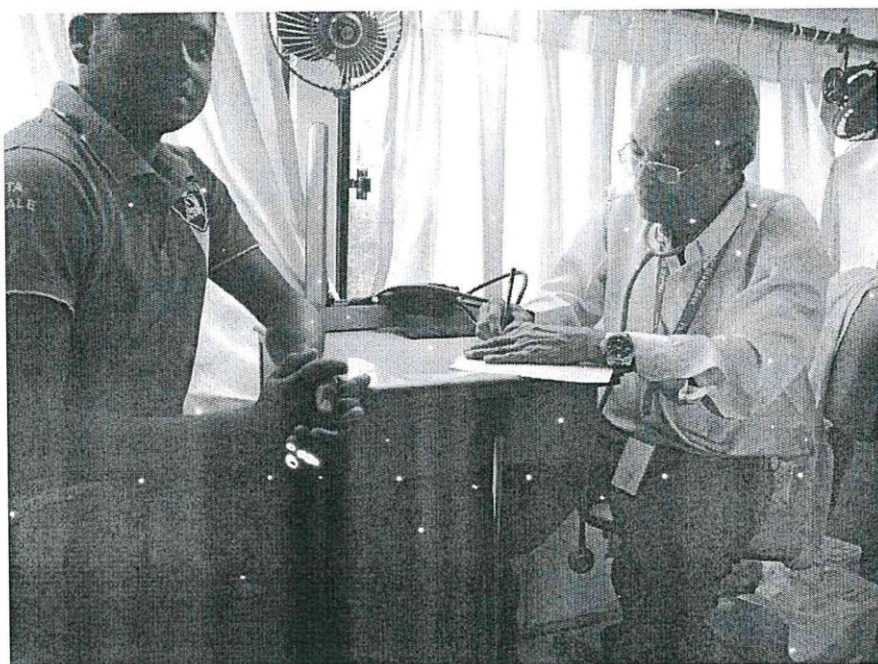
Advertisement of the activity:

The banners displaying the information about blood donation campaign were put up at the location of the blood camp. The mobile van was brightly coloured and displayed the purpose clearly and hence attracted passes by.

Result of your activity:

The camp was a successful one, receiving a good response as we were able to collect 10 bottles. The goal of spreading awareness among the people about the need for platelets and donation of blood and its benefits was successfully achieved.

PHOTOS:



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Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES College of Pharmacy.

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

Rajawadi Blood Bank
C/ O Rajawadi hospital, rajawadi road,
Ghatkopar (E), Mumbai 400084.

Location(s) of the activity:

Sr.no	Activity	Timing	Date	Location
	Collection of 55 blood units.	9AM to 5PM	5 TH November,2017	Bombay Catholic sabha, st jude church, jerimeri,kurla(w)

Number of target audience: 100+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9156902703	Suyog tangade	9594988924	Rahul Jethani

Description of the activity

Methods used for conducting the campaign:

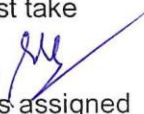
Blood is the most precious gift that one can give to another - the gift of life. A decision to donate your blood can save a life, or even several lives as blood is separated into its components — red cells, platelets and plasma — which can be used individually for patients with specific conditions. The growing demand for blood in hospitals is satisfied by blood donation drives.

On the 5th of November, 2017, VES College of Pharmacy volunteered for the blood donation drive held by J.J Mahanagar Blood Bank at Dadar station in collaboration with CRMS.

The volunteers interacted with the travellers on the platform, encouraging them to donate blood by explaining to them the importance of the same. They were told how they could save up to three lives by donating one bag of blood which would just take approximately fifteen minutes.

A team of doctors skillfully handled the check-up process including the haemoglobin, weight and medical history check, following which the donor was assigned a blood bag.




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The comfort of the donors was taken care of by the volunteers, who provided them with refreshments before and after the donation. Certificates were written and handed out to the donors and they were thanked for the noble deed. A donor card was given to all the donors and the importance of the card was explained to them by the volunteers.

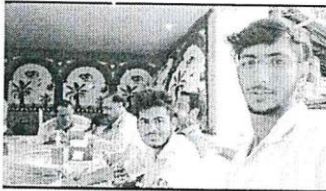
Advertisement of the activity:

The banners displaying the information about blood donation campaign were put up in the areas near the location of the blood camp. The volunteers and the staff of J.J Mahanagar bank and CRMS periodically advertised the event via announcements on loudspeakers throughout the course of the day.

Result of your activity:

The camp was a successful one, receiving a good response as we were able to collect 55 bottles on this day .The individual interaction between the volunteers and the commuters help spread awareness about the benefits of blood donation. The donors were very enthusiastic. Their generosity, the Blood Bank's efficiency and our service made this camp a successful one.

PHOTOS:



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Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES college of Pharmacy.

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

1. Rajawadi Blood Bank,
C/O Rajawadi Hospital, Rajawadi Road,
Ghatkopar West, Mumbai - 400084
Contact no: +(91)-22-21025149

Location(s) of the activity:

Sr.no	Activity	Timing	Date	Location
1.	Collection of 191 blood units.	9AM to 3PM	19 th November, 2017	Shivaji Maidan, Parksite, Vikhroli West

Number of target audience: 150

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9967733851	Sneha Sutar	8652781219	Shubham Jain

Description of the activity

Methods used for conducting the campaign:

On the 19th of November, 2017, the PHO of VES College of Pharmacy organized a blood camp in collaboration with Rajawadi Blood Bank in Vikhroli.

A thorough check up of haemoglobin, blood-pressure and medical history was done by the doctors of the Blood Bank to ascertain that the donor was healthy and fit to donate blood. Their recent medical history was checked to confirm the absence of any infections, alcohol or drugs that may cause their blood to be rejected.

The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance. Out of the 133 donors, 4 were females who willingly came forward to donate blood.

The comfort of the donors before, during and after the donation process was taken care of by our volunteers. We provided them with refreshments like

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biscuits and tea before and after the process. Overall, we ensured that it was a safe and pain-free experience for them.

Advertisement of the activity :

The banners displaying the information about blood donation campaign were put up in the areas near the location of the blood camp. The locals in the area were informed of the blood camp well in advance.

Result of your activity :

The camp was a successful one, receiving an great response as we were able to collect 133 bottles on this day, and 4 of them were women. The donors were very interactive. Their generosity and enthusiasm to serve the society made this camp a successful one.

PHOTOS:

PUBLIC HEALTH OFFICE

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Maharashtra State Branch

Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES College of Pharmacy.

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

1. Disha Foundation,
C/O 37/9, Sunview, Pestom Sagar Road No. 3,
Chembur, Mumbai: 400089.
Contact no: 9167949347

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1	Collection of 50 blood units.	10:00AM to 5:00PM	26 th November, 2017	Gurudwara Sri Guru Singh Sabha, D.N. Nagar, Versova Road, Four Bungalows, Andheri West, Mumbai – 400 053.

Number of target audience: 40+


Number of students taking part in the activity: 8

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9167447177	Kirti sawant	9890255003	Barkha makhija
9637105351	Anushka	9987989701	Vaidehi bhole
8779359505	Bhakti sawant	8450901667	Lakhan Gupta
9167290889	Hardik Shah	7045887161	Umang ashar

Description of the activity




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

Methods used for conducting the campaign:

There is a constant need for blood due to the numerous surgeries and transfusions in major hospitals across Mumbai and hence, there is a need for more Blood Donation drives to satisfy the increasing demand. The PHO of VES College of Pharmacy organized a blood and an organ donation camp in collaboration with Disha Foundation on 26th November, 2017 to commemorate the martyrs of 26/11.

The blood collected during this camp was given to INHS Ashvini, the flagship hospital of Indian Naval Command and to Sir J.J. Managar Blood Bank.

The doctors of the Blood Bank performed various tests like blood pressure and haemoglobin check-up on the donors prior to the process of donation to ensure a safe procedure. Their recent medical history was checked to confirm the absence of any infections or drugs that may cause their blood to be rejected. Hygienic conditions were maintained by the professionals to prevent any accidental infections or injury.

The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors before, during the donation process was taken care of by our volunteers. We provided them with refreshments like biscuits and tea before and after the process.

Advertisement of the activity :

The banners displaying the information about blood donation campaign were put up at the location of the blood camp.

Result of your activity :

We were successful in collecting a total of 50 blood units as well as 51 blood stem cell units. The donors were also made aware of the benefits of donating blood and hence, the campaign was effective in encouraging the noble act of blood donation.

PHOTOS:

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Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES College of Pharmacy.

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

1. Rajawadi Blood Bank,
C/O Rajawadi Hospital, Rajawadi Road,
Ghatkopar West, Mumbai - 400084
Contact no: +(91)-22-21025149

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1.	Collection of 200 blood units.	9:00AM to 5:00PM	17 th December, 2017	Arunoday Mitra Mandal, Near Sagar Park Society, Gavdevi, Ghatkopar West.

Number of target audience: 200+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:


Contact no.	Name	Contact no.	Name
9820037317	Sanjana Nair	8652852813	Sanjaykumar Maurya

Description of the activity

Methods used for conducting the campaign:

The elixir of life, blood, is an important constituent of the body without which it would cease to function. Human evolution has brought with it a host of diseases, accidents and disasters which has led to the spike in the demand for “liquid life”. Thus, blood donation drives are the sole contributors to the depleting resources of blood banks across the country that cater to the needs of numerous hospitals. The PHO of VES College of Pharmacy organized a blood camp in collaboration with Rajawadi Blood Bank in Ghatkopar West on 17th December, 2017.




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The doctors of the Blood Bank performed an array of tests such as blood pressure and haemoglobin check-up on the donors prior to the process of donation. Their recent medical history was checked to confirm the absence of any infections or drugs that may cause their blood to be rejected. The blood donation process was carried out very hygienically in a pyrogen-free environment to prevent the infection of the donor and made it a pain-free, comfortable process.

The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors before, during the donation process was taken care of by our volunteers. We provided them with refreshments like biscuits and tea before and after the process.

Advertisement of the activity :

The banners displaying the information about blood donation campaign were put up at the location of the blood camp. The people in the area were informed about the camp well in advance.

Result of your activity :

We were successful in collecting a total of 200 blood units. The donors were also made aware of the benefits of donating blood. The donors were provided with donor cards and certificates and encouraged to participate in future campaigns.

PHOTOS:



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Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES College of Pharmacy.

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

1. Rajawadi Blood Bank,
C/O Rajawadi Hospital, Rajawadi Road,
Ghatkopar West, Mumbai - 400084
Contact no: +(91)-22-21025149

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1	Collection of 136 blood units.	9.00AM to 5.00PM	7 th January, 2018	Jai Sai krida mandal, Patel Chauk, Ghatkopar East

Number of target audience: 100+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:


Contact no.	Name	Contact no.	Name
9967733851	Sneha Sutar	9890255003	Barkha Makhija

Description of the activity

Methods used for conducting the campaign:

Donating blood can help in treating patients suffering from blood loss due to accident, cancer, bleeding disorders, chronic anaemia associated with cancer, sickle cell anaemia and other hereditary blood abnormalities. It is important to know that human blood cannot be manufactured, people are the only source and that is why it is important to donate blood and help those who need it. This is possible only through blood donation camps. The PHO of VES College of Pharmacy volunteered for a blood camp organized by Rajawadi Blood Bank in Ghatkopar East on 7th January, 2018



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The doctors of the Blood Bank performed the basic tests like blood pressure and haemoglobin check-up on the donors prior to the process of donation. Their recent medical history was checked to confirm the absence of any infections or drugs that may cause their blood to be rejected. The blood donation process was carried out very hygienically to prevent the infection of the donor and made it a safe and risk-free process.

The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors was taken care of by our volunteers. They were offered refreshments like biscuits and tea before and after the process.

Advertisement of the activity:

The banners displaying the information about blood donation campaign were put up at the location of the blood camp. The people in the area were informed about the camp well in advance.

Result of your activity:

At the end of the drive, a total of 136 blood units were collected. The donors were also made aware of the benefits of donating blood. The donors were provided with donor cards and certificates and encouraged to participate in future campaigns.

PHOTOS:

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Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –“BLOOD DONATION” Campaign

Organising Institute: VES College of Pharmacy.

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

1. Rajawadi Blood Bank,
C/O Rajawadi Hospital, Rajawadi Road,
Ghatkopar West, Mumbai - 400084
Contact no: +(91)-22-21025149

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1	Collection of 100 blood units.	8:00AM to 2:00PM	14 th January, 2018	Bhatia wadi ,near guru Krupa hotel,ghatkopar (e)

Number of target audience: 80+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9167447177	Kirti Sawant	9819867612	Vanashree Chaudhari

Description of the activity

Methods used for conducting the campaign:

Donating blood can help in treating patients suffering from cancer, bleeding disorders, chronic anaemia associated with cancer, sickle cell anaemia and other hereditary blood abnormalities. It is important to know that human blood cannot be manufactured, people are the only source and that is why it is important to donate blood and help those who need it. This is possible only through blood donation camps. The PHO of VES College of Pharmacy volunteered for a blood camp in conducted by Rajawadi Blood Bank in Ghatkopar East on 14th January, 2018



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The doctors of the Blood Bank performed the basic tests like blood pressure and haemoglobin check-up on the donors prior to the process of donation. Their recent medical history was checked to confirm the absence of any infections or drugs that may cause their blood to be rejected. The blood donation process was carried out very hygienically to prevent the infection of the donor and made it a safe and risk-free process.

The donors were given certificates by the volunteers, who also provided them with donor cards and explained, to them, their use and importance.

The comfort of the donors was taken care of by our volunteers. We provided them with refreshments like biscuits and tea before and after the process.

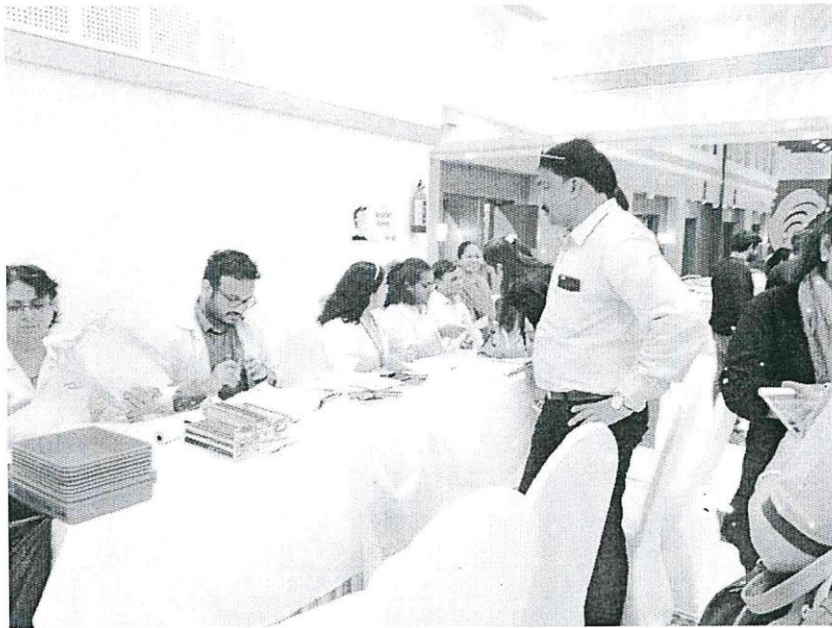
Advertisement of the activity:

The banners displaying the information about blood donation campaign were put up at the location of the blood camp. The people in the area were informed about the camp well in advance.

Result of your activity:

We were successful in collecting a total of 100 blood units. The donors were also made aware of the benefits of donating blood. The donors were provided with donor cards and certificates and encouraged to participate in future campaigns.

PHOTOS:



PUBLIC HEALTH OFFICE

Indian Pharmaceutical Association- Student's Forum
Maharashtra State Branch

Activity Report –WORLD HEART DAY AWARENESS: You can't beat a healthy heart.

Organising Institute: VES College of Pharmacy.

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

1. Mrs. Ramalakshmi Anand
VES College of Pharmacy,
Mumbai -400 074
Phone no:9821035253

Location(s) of the activity:

SR.NO	Activity	Timing	Date	Location
1	<ul style="list-style-type: none">• Creating awareness about heart diseases and lifestyle measures for healthy heart• Yoga session• Find the word game	10:30am-11:45am	1st October, 2017	Joy Homes, behind Dena bank, L.B.S Marg, Bhandup (West)

Number of target audience: 20+

Number of students taking part in the activity: 8

List of volunteers and their contact numbers:

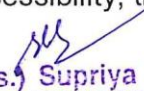
Contact no.	Name	Contact no.	Name
9820037317	Sanjana Nair	9702621996	Aishwarya Vasudevan
9167166757	Devashree Shahani	9029672214	Mrunmayi Teredesai
9890255003	Barkha Makhija	9619167129	Purvashree Gawde
9987179077	Rishabh Chaube	9967733851	Sneha Sutar

Description of the activity:

Methods used for conducting the campaign:

World Heart Day is observed every year on 29th September with an intent to increase awareness about cardiovascular diseases. Currently, the key challenges that face cardiac care in India are inadequate facilities, accessibility, the price tag attached to



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efficient and effective treatment, lack of awareness of non-communicable diseases. More than 17 million people die annually from cardiovascular disease (CVD). Many of these people have been exposed to unhealthy behaviours, including tobacco use, eating foods containing too much salt and inadequate physical activity. The risk of CVD can be reduced by better access to medical care for high blood pressure (responsible for the bulk of heart disease-related deaths annually), high blood cholesterol and other conditions that raise the risk for heart disease and stroke. It is predicted that if the current trend continues in India, by the year 2020, the burden of atherothrombotic cardiovascular diseases will surpass that of any other country in the world. In order to make a contribution to the vision of WHO of bringing down CVS-related deaths, PHO of VES COP arranged a seminar on Awareness about Heart Diseases. PHO of VES College of Pharmacy and volunteers arranged an interactive session in which various heart diseases like Angina Pectoris, Arrhythmia, Myocardial Infarction and their causes and symptoms were discussed. The session also gave an insight into ways of reducing the risk of developing heart diseases by various ways including lifestyle changes. As part of the session, there was a demonstration cum workshop of yoga by Mrs. Pravina Advani and Mrs. Sashi Rao who have training people in yoga for the past 20 years. They taught the audience various breathing exercises like Kapalbhathi, Pranayam, Bhramari, Omkaram, Anulom vilom as well as other yoga techniques like Surya Namaskar, Chandra namaskar and ways to stay positive. The event was capped with a small activity where members of the audience were given a puzzle to solve and the winners were given small prizes as a token of encouragement and appreciation.

Advertisement of the activities:

The event was advertised through posters in the residential area and online reminders were sent periodically to the residents.

Result of your activity:

The event had a good response and was very well received. The audience listened intently to the seminar and asked a lot of questions. The residents really enjoyed the yoga session and interacted with the yoga guru and asked for tips to improve their health.

PHOTOS:

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Maharashtra State Branch

Activity Report –“MENTAL WELLNESS MONTH”— NOT ALL WOUNDS ARE VISIBLE

Organising Institute: VES College of Pharmacy.

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

1. VES College of Pharmacy,
Mumbai -400 074
2. Ms Anusha Neelkant
Counselling Psychologist.
Email: anuneel11@gmail.com

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1	<ul style="list-style-type: none">• Spreading awareness by means of posters.• Seminar by psychologist on mental health and wellness.	10:15 Am- 12:30 Pm	13 th January 2018	VES College Of Pharmacy Mumbai, Maharashtra 400074

Number of target audience: 30+

Number of students taking part in the activity: 10

List of volunteers and their contact numbers:

Contact no.	Name	Name	Contact no.
9020037317	Sanjana Nair	Aishwarya Vasudevan	9702621996
8655603865	Devashree Shahani	Kirti Sawant	9167447177
7303270297	Tejaswini Dewasthale	Sneha Sutar	9967733815
9890655003	Barkha Makhija	Sanjay Kumar Maurya	8652856813

Description of the activity

Methods used for conducting the campaign:

According to WHO, mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Every single individual in this world suffers from some sort of mental unrest, irrespective of the degree. One of these mental monsters is infamously known as stress. In today's world, the environment and living conditions of people make it almost



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impossible to eradicate stress, depression, anxiety and other mental disorders, but, it can definitely be controlled.

PHO of VES College of Pharmacy organized a seminar on Mental Health and Wellness, to play our part in destigmatizing mental disorders.

The seminar was conducted by Ms. Anusha Neelkanth, a Counselling Psychologist. She introduced the audience to various mental disorders that plague the population today, such as Depression, Anxiety, Stress, Self Harm, OCD etc., which usually go undiagnosed because of lack of awareness. She explained the methods to prevent stress and depression by maintaining a positive attitude towards life. The discussion was supplemented by various activities like poster making in which a group of students presented their views on a particular mental disease on a poster. She also made the audience analyze a number of case studies to show that mental health issues are not restricted to a particular age group, gender, profession etc.

She also held an introspection session in which she made the audience do a SWOT analysis on themselves and identify their strengths, weakness, opportunities and threats and helped them identify their safe space.

She emphasised on the importance of self love and the importance of keeping in touch with reality and your emotions.

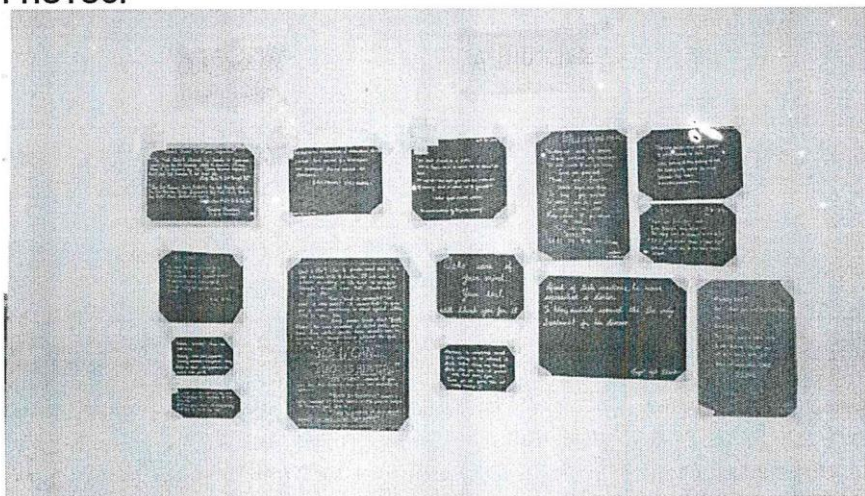
Advertisement of the activities:

The students of the school were notified about the activity by the teachers and principal a week prior to the activity. The volunteers personally approached the teachers to notify them about the campaign and its importance.

Result of your activity:

The campaign addressed one of the greatest issues in today's world and provided an insight into the minds of individuals with mental disorders to make the youth of today aware about mental illnesses. The response was excellent and the students were very appreciative and enthusiastic. The take-away message of the campaign was to have a positive mindset to avoid mental stress and depression and also to identify individuals suffering from wounds that are not visible to us unless we care enough to see them so that we may offer the best help possible to them.

PHOTOS:



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Activity Report –“BREAST CANCER AWARENESS”— GET YOUR PINK ON

Organising Institute: VES College of Pharmacy.

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

1. Mrs. Ramalakshmi Anand
VES College of Pharmacy,
Mumbai -400 074
Ph no: 9821035253
2. Dr. Sundaram Pillai
Email: pillaisundaram@gmail.com

Location(s) of the activity:

Sr.no	Activity	Timing	Date	Location
1	• Seminar by Dr. Sundaram Pillai, (Surgical oncologist)	11-12:15	2 nd November, 2017	Seminar hall, VES college of pharmacy Chembur.

Number of target audience: 80+

Number of students taking part in the activity: 7

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9029672214	Mrunmayi Teredesai	9702621996	Aishwarya Vasudevan
9890255004	Barkha Makhija	9967733851	Sneha Suthar
9619167129	Purvashree Gawde	9167447177	Kirti Sawant
8652852813	Sanjay Maurya		

Description of the activity:

Methods used for conducting the campaign:

Breast cancer is the top cancer in women both in the developed and the developing world. The incidence of breast cancer is increasing in the developing world due to increase in life expectancy, increased urbanization and adoption of western lifestyles. In India, breast cancer has been ranked as the most common cancer among Indian female, with rates as high as 25.8 per 100,000 women and mortality rate is 2.7 per 100,000 women. The issue of breast cancer is a source



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of serious concern in India because of increasing incidence of cancer in younger age group, Late presentation (which decreases long term survival of the patient), Lack of awareness and screening for example, being aware about symptoms of the cancer, looking out for them regularly and reporting them on time, Aggressive cancers in younger age groups etc. are some important and critical issues that need to be addressed.

On the occasion of breast cancer awareness month, PHO of VES College of Pharmacy organized a seminar for the staff and students of VES institutes. Before the seminar began, a pink ribbon indicating the symbol of breast cancer awareness was given to the audience. The seminar was delivered by Dr. Sundaram Pillai who is an oncosurgeon. Dr. Pillai spoke about the statistics of breast cancer and various stages of the disease. He also spoke about the prevention and treatment of breast cancer. Dr emphasized on the importance self breast examination as it will help in detecting the disease early enough to be treated effectively. A video demonstrating self breast examination was shown and explained. The seminar ended with a Q&A session, where in the doctor cleared all the questions and concerns of the audience.

Advertisement of the activities:

Pamphlets were prepared, which contained the details of the campaign and posted on notice boards in all the VES institutions. The soft copy of the pamphlets was circulated via social media. Those who were willing to attend the campaign registered for the same via text message or a Google form. The principals of all the institutions were also notified about the campaign through emails.

Result of your activity:

The seminar shed light on the alarming number of cases of breast cancer in India and on the fact that the disease is not restricted to a particular age group. The seminar emphasized on the importance of self examination and its proper technique as a key factor for helping early diagnosis. The audience listened with rapt attention and used this opportunity to clear all the concerns and questions they had about breast cancer. After the seminar the students requested the video of the seminar in order pass on this information to their mothers and sisters.

PHOTOS:

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Activity Report –EPILEPSY: LET'S SEIZE THE DAY

Organising Institute: VES College of Pharmacy.

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

1. Mrs. Pooja Nandi
Ph.NO: +919820075721
2. Mrs. Ramalakshmi Anand
VES College of Pharmacy,
Mumbai -400 074
Phone no:9821035253

Location(s) of the activity:

SR.NO	ACTIVITIES	LOCATION	DATE	TIMING
1	<ul style="list-style-type: none">• Talk delivered by Dr.Jayanti Mani- MBBS, MD, DM(neurology) from Samman Association, an NGO• A short film about the myths of epilepsy made by college students was shown.	Tulsi Polytechnic campus, 78 Sindhi Society, Near Swami Vivekanand Junior College, Mumbai, Maharashtra 400071 Ph.No: 022 2529 4107	27 th September,20 17	9am- 11am


Number of target audience: 140

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Contact no.	Name
9702621966	Aishwarya Vasudevan
9029672214	Mrunmayi Teredesai




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Description of the activity

Methods used for conducting the campaign:

There are 50 million people living with epilepsy worldwide, and most of them reside in developing countries. About 10 million persons with epilepsy are there in India. Many people with active epilepsy do not receive appropriate treatment for their condition, leading to large treatment gap. The lack of knowledge of antiepileptic drugs, poverty, cultural beliefs, stigma, poor health infrastructure, and shortage of trained professionals contribute for the treatment gap. Proper education and appropriate health care services can make tremendous change in a country like India.

As an initiative to contribute to educating people and bring awareness, Epilepsy awareness program was organised by Samman Association an NGO and were helped by PHO of VES College Of Pharmacy, this association works to create awareness about epilepsy and help people living with epilepsy. The campaign started with a talk delivered by Dr. Jayanti Mani, her area of expertise is epilepsy. The talk was held at the Tulsi Polytechnic campus for students doing various courses such as travel and tourism, banking, electronics etc after 10th. The talk included details about the causes, occurrences, first aid and general awareness about epilepsy and the myths associated with it. The doctor explained the social stigma associated with this disorder and the actual pathophysiology. The students were also shown a short film about the myths of epilepsy made by college students.

Advertisement of the activities:

Students and the teachers were informed about the camps few days prior using pamphlets

Result of your activity:

The campaign addressed one of the greatest issues in India and debunked the common myths like Epilepsy spreads through touching or coughing, Use of an onion, metal, etc., helps in terminating an ongoing epileptic attack, Epilepsy is a hindrance in leading a happy and successful life and many more. The audience listened with rapt attention and interacted with the doctor by sharing personal experiences. The students requested for contact information so that they may organize such a talk in their locality for the benefit of their friends and family.

PHOTOS:

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Activity Report – Communicable diseases: ABC- Always Be Clean.

Organising Institute: VES College of Pharmacy.

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

1. Mrs. Ramalakshmi Anand
VES College of Pharmacy,
Mumbai -400 074
Ph no: 9821035253

Location(s) of the activity:

Sr.no	Activity	Timing	Date	Location
1.	<ul style="list-style-type: none">• Skit to generate awareness about prevention of communicable diseases by simple techniques• Demonstration of proper handwashing technique• Question and answer session	4pm-5pm	3 rd November, 2017	NASEOH, Near Beggars Home, Postal Colony Road, Chembur, Mumbai, Maharashtra 400071

Number of target audience: 50+

Number of students taking part in the activity: 13

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
91617166757	Devashree Sahani	9167447177	Kirti Sawant
7303270297	Tejaswini Devasthale	8080313316	Namrata Relwani
9820037317	Sanjana Nair	7900046747	Abhijeet Teli
9029672214	Mrunmayee Desai	7304070583	Shubham Lachure
9967733851	Sneha Suthar	9156902703	Suyog Tangade
9890255003	Barkha Makhija	7506568681	Salonee Tawde
9819867612	Vanashree Chaudhari		

Description of the activity

Methods used for conducting the campaign:

Communicable diseases are the diseases which can be spread from one person to the other. It can also spread from infected animals. Such diseases are caused by the pathogens like bacteria, virus, fungi, protozoa etc and are easily transmitted from the infected person to the healthy person.

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diseases are spread by physical contact with an infected person, such as through touch or by droplets, contact with a contaminated food, water or due to bites from insects or animals capable of transmitting the diseases. These diseases can be prevented by practising healthy habits like handling & preparing food safely, washing hands often, cleaning & disinfecting commonly used surfaces, coughing & sneezing into your sleeve, not sharing personal items, getting vaccinated, not touching wild animals and staying home when sick etc

PHO of VES College of Pharmacy conducted an awareness camp about the communicable diseases at NASEOH, which is an established national society catering towards the needs of physically challenged people.

The camp began with an introduction about communicable diseases along with the do's and don'ts; it was followed by skits which covered the topic of various ways a disease can spread.

Emphasis was given on importance of proper hand washing technique; volunteers demonstrated the proper technique and the audience partook in the demonstration. The session was concluded with a Q&A session, where in the volunteers encouraged the audience to speak about the healthy habits they followed.

Advertisement of the activities:

The co-ordinator of NASEOH was informed in advance about the camp and the activities planned.

Result of your activity:

The audience willingly participated in the activity with great zeal and enthusiasm. The staff were very helpful and appreciative. Their cooperation and the willingness of the audience to be a part of the activity made this campaign a successful one.

Photos:

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Indian Pharmaceutical Association- Students Forum
Maharashtra State Branch

Activity Report –Vaccination awareness: Get the point

Organising Institute: VES College of Pharmacy.

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

1. Ramalakshmi Anand
VES College of Pharmacy,
Mumbai -400 074
Phone no:9821035253

Location(s) of the activity:

SR.NO	Activity	Timing	Date	Location
1	<ul style="list-style-type: none">• Skit on importance of immunization• Distribution of the immunization chart	11:00am- 1:00pm	19 th December, 2017	Shatabdi Hospital - Govandi East

Number of target audience: 95

Number of students taking part in the activity: 9

List of volunteers and their contact numbers:

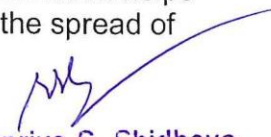
Name	Contact no.	Name	Contact no.
Devashree Shahani	9167166757	Harshada Oagle	9768168228
Tejaswini Dewasthale	7303270297	Vaishnavi Somani	8796233031
Varsha Daund	8689807874	Mrunmayi Teredesai	9029672214
Aishwarya Vasudevan	9702621996	Jasleen Chass	9699893246
Purvashree Gawde	9619167129		

Description of the activity:

Methods used for conducting the campaign:

Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. Immunization helps protect the child from life threatening diseases. It also helps reduce the spread of




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disease to others. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease. Babies are born with some natural immunity which they get from their mother through breastfeeding. This immunity gradually diminishes as the baby's own immune system starts to develop. Immunization is one of the most cost-effective health investments and vaccination does not require any major lifestyle change. In India, 5 lakh children die due to vaccination preventable diseases and 89 lakh children are at risk because they are either not vaccinated or are partially immunised.

With a mission in mind to spread awareness about immunization and abolish the stigma associated with it, the PHO of VES College Of Pharmacy arranged an awareness campaign in Shatabdi hospital, a Government hospital situated in Govandi. The campaign was conducted for expecting mothers and parents with children under the age of 12. The rationale behind choosing a government hospital was to target the lower socioeconomic strata, who are not so well-informed about the benefits of immunization.

Our volunteers performed a skit which explained the importance of timely immunization before and after birth and during childhood. Through the skit, the volunteers conveyed that there are number of life threatening diseases such as diphtheria, tetanus and polio that affect children and these can be prevented by timely vaccination. This was followed by a Q and A session where the volunteers addressed queries. The volunteers distributed pamphlets containing list of vaccines for children, which was obtained from the website of Indian Academy of Paediatrics. Colourful posters were displayed for the benefit of the audience in the local language.

Advertisement of the activities:

The Chief Medical Officer (CMO) of the hospital was notified regarding the campaign. Before the campaign, the staff were informed and the message was conveyed to the nurses and the OPD doctors.

Result of your activity:

The campaign stressed on the importance of vaccination and encouraged parents to adhere to the vaccination schedule. The audience were receptive and used this opportunity to clear all the doubts and questions they had about vaccination. Many parents and expecting mothers learnt about immunization for the first time and pledged to immunize their children for the sake of their good health. 95 pamphlets were distributed to parents.

PHOTOS:

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Maharashtra State Branch

Activity Report –Rural Area Camp: First-Aid Awareness

Organising Institute: VES College of Pharmacy.

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

1. Ms.Ramalaxmi Anand
VES College of Pharmacy,
Mumbai -400 074
Phone no:9821035253
2. Anjana Dewasthale
Phone no: 9324565060

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1	<ul style="list-style-type: none">• Interactive session on importance of first aid• Demonstration of basic first aid techniques	10:00am- 1:00pm	9 th January,2018	Jilha Parishad School, Rahatoli, Chon, Badlapur

Number of target audience: 100+

Number of students taking part in the activity: 5

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9819601898	Devashree Shahani	9619167129	Purvashee Gawde
8652852813	Sanjay Kumar Maurya	9619562292	Yogeshwari Shetty
7303270297	Tejaswini Dewasthale		

Description of the activity

Methods used for conducting the campaign:

First Aid is defined as the medical assistance given to a person suffering from any disease or injury before they get access to any professional health care services. First aid care given at the right time can prevent any injury from getting worse and increase that person's chance of full recovery.

PHO of VES college of Pharmacy organised a First Aid awareness camp in Jilha Parishad School, Badlapur, which is in a rural area. Knowledge about basic first aid techniques can act as an affordable solution for basic health care in such areas where proper healthcare services are not easily available, hence, it's important to educate the



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locals about how to use the basic resources available to help themselves and others in an event of emergency.

The volunteers explained the uses of various medicinal plants easily available in their village, apart from that, the volunteers explained the ways to give basic first aid when someone gets bruised, in case of heavy bleeding , electric shock ,heat stroke ,when someone falls unconscious and in case of minor wounds. They also brought about awareness about common first aid mistakes like using mud to cover wounds and debunked common superstitions about communicable diseases like chicken pox. Towards the end of the session, the volunteers distributed around 100 first aid packets to the students, which consisted of band-aids, bandage, antiseptic, antiseptic ointment, cotton balls, gauze pad and demonstrated how to use the first aid kit.

Advertisement of the activities:

The principal of the school was notified regarding the campaign. Before the campaign the staff were informed.

Result of your activity:

The awareness camp was very well received, the audience listened to the volunteers with rapt attention and asked a lot of questions, they were eager to know about the basic first aid and how to use the kits given to them. Both children and adults of the village participated in this activity.

PHOTOS:



PUBLIC HEALTH OFFICE

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Activity Report –COMMUNITY OUTREACH: PHARMACY AS A PROFESSION

Organising Institute: VES College of Pharmacy.

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

1. Mrs. Ramalaxmi Anand
VES College of Pharmacy,
Mumbai -400 074
Phone no: 9821035253
2. Manjiri Satish Toraskar
Phone.no :9773848287

Location(s) of the activity:

Sr.No	Activity	Timing	Date	Location
1	<ul style="list-style-type: none">Address to the students about importance of a pharmacist in today's society	11:30 AM- 12:45Pm	15 th January,2018	N.G. Acharya & D.K Marathe College, N.G.Acharya marg, Chembur, Mumbai- 400071

Number of target audience: 80+

Number of students taking part in the activity: 4

List of volunteers and their contact numbers:

Contact no.	Name	Contact no.	Name
9820037317	Sanjana Nair	9029672214	Mrunmayi Teredesai
8652852613	Sanjaykumar Maurya	9702621966	Aishwarya Vasudevan

Description of the activity

Methods used for conducting the campaign:

Pharmacists are health-care professionals who practice pharmacy, which is the field of health sciences that primarily focuses on safe and effective use of medication. A pharmacist is a member of the health care team directly involved with patient care. There is a need to improve the status of profession of pharmacy in India as the level of awareness about pharmacy as a career option is low. It is important to highlight the role of community pharmacist in health care as not only a drug-dispenser but as a drug use counsellor as well as health care provider.

Therefore for the community outreach programme, PHO of VES College of Pharmacy organised a seminar for standard XI students of N.G.Acharya Junior College. The seminar was conducted by Mrs. Manjiri Satish Toraskar, who is a community pharmacist and runs a drug store in Ghatkopar. She explained the importance of a pharmacist in health care.



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today's society; she explained how pharmaceutical industry helped shape the healthcare industry and focused on bringing awareness about the misconception that overshadows this profession. She also highlighted various options in the pharmaceutical industry as well as their scope. She spoke about her role as a community pharmacist and how it's different from the regular pharmacists. She also spoke about the 'Pradhan Mantri Bharatiya Janaushadhi Pariyojana' which is a campaign launched by the Department of Pharmaceuticals, Govt. Of India, that focuses on providing medicines at affordable prices to the masses. She concluded the seminar by informing the students about the entrance exams they can give if they want to pursue pharmacy as well as the list of good colleges they can target.

Advertisement of the activities:

The students of the school were notified about the activity by the teachers and principal a week prior to the activity. The volunteers personally approached the teachers to notify them about the campaign and its importance.

Result of your activity:

The audience willingly participated in the activity with great zeal and enthusiasm. The staff were very helpful and appreciative. Their cooperation and the willingness of the audience to be a part of the activity made this campaign a successful one.

PHOTOS:



PUBLIC HEALTH OFFICE

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Maharashtra State Branch

Activity Report –VECTOR BORNE DISEASES: SMALL BITES,BIG THREAT

Organising Institute: VES College of Pharmacy.

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

1. Ramalakshmi Anand
VES College of Pharmacy,
Mumbai -400 074
Phone no:9821035253

Location(s) of the activity:

Activity	Timing	Date	Location	Sr. No.
<ul style="list-style-type: none">• Display and Explanation of Posters• Explanation of cause, symptoms and prevention of vector borne diseases	6:00pm-9:00pm	30.8.2017	Laxmi Colony Ganesh Mandal, Mahul Road, Chembur, Mumbai-400074 [Coordinator: Mr Resham. Ph: +919833990058]	1.

Number of target audience: 50+

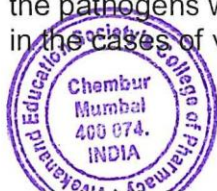
Number of students taking part in the activity: 4

List of volunteers and their contact numbers:

Contact no.	Name
9768100808	Yashica Shah
9167166757	Devashree Shahani
9702621996	Aishwarya Vasudevan
8652852813	Sanjay kumar Maurya

Description of the activity:

Many vector-borne diseases transmitted by arthropods and animals are prevalent in India and these have emerged as a serious public health problem. Vectors transmit disease pathogens either through bites after biologically transforming the pathogens within themselves or transmit them mechanically. There is a spike in the case of vector born diseases like malarial, dengue, leptospirosis during



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HAMC, Behind Collector Colony,
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monsoon season, hence the PHO of VES College Of Pharmacy along with the volunteers decided to tackle this issue. Awareness about this particular issue was necessary because Vector borne diseases (VBDs) account for 17% of the estimated global burden of all infectious diseases. India is third among 15 countries having the highest cases of malaria and deaths due to the disease. The world's fastest growing VBD is dengue, with a 30-fold increase in disease incidence over last 50 years. The lesser known Leptospirosis spreads through direct contact with urine from infected animals or through water, soil or food contaminated with their urine. It's one of the most common diseases during monsoon. The camp was conducted on 30th August, a day after Mumbai experienced devastating rainfall.

The one-to-one interaction along with posters on the three diseases helped the volunteers to personalize the information based on the individual to whom it was being delivered to. The people, thus, received information in the language they were comfortable with and were able to relate to it and follow the purpose of the talk. The handmade posters contained information about the disease along with causes, symptoms and ways to prevent the disease. Children of age group 5-10 were very enthusiastic and attentively listened to the explanation. They followed up with plenty of questions.

Methods used for conducting the campaign:

Ganpati Mandals were contacted by the college PHO members for permission to conduct the campaign and the response was very enthusiastic. Handmade posters were displayed within the Ganpati mandal, which was visible to people who visited the same. The campaign was conducted as a one-to-one interactive session such that the message would be heard and the purpose, fulfilled.

Advertisement of the activities:

Announcements were made by the In-Charge at the location regarding the campaign and the reason for conduction of the same. The posters were put up alongside the college banner inside and outside the Ganpati Mandal.

Result of your activity:

We received an incredible response from the people for this campaign. The people visiting the Mandal were very enthusiastic towards the cause and also very receptive. They were able to relate to the symptoms of the disease, and were keen on knowing the preventive measures.

PHOTOS: