



VES COLLEGE OF PHARMACY

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



Activities organized by Public Health Office (PHO) of VES College of Pharmacy (2018-19)

Sr. No	Event organized	Location for event	Date	Participated population / Target audience	Number of VESCOP students participating in the event
1	Blood Donation Campaigns	Dadar, Mankhurd, Mhape, Vikhroli, Powai, Ghatkopar	6 th , 14 th and 20 th October 2018, 16 th and 18 th November 2018, 7 th and 16 th December 2018	650+ units of Blood collected	26
2	Mental Health Camp	Chembur	12 th October 2018	40+	8
3	Hand washing Awareness	RCF Colony, Chembur	3 rd January 2019	150+	8
4	Sexual Health Awareness Campaign	Govandi	9 th October 2018	100+	9
5	Community Outreach	Chembur East	22 nd December 2018	80+	22
6	Community Outreach	Chembur	4 th January 2019	80+	21
7	Community Outreach	Chembur	11 th January 2019	80+	22
8	Menstrual Hygiene	Thane	9 th January 2019	50+	6
9	Rural Camp - Nutrition	Badlapur	17 th December 2018	100+	4
10	Walk for Freedom	Bandra	20 th October 2018	20+	17

File/s will carry all reports and official communications

PUBLIC HEALTH OFFICE- COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report – "BLOOD DONATION" Campaign

Organising Institute: 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:

S. No.	Location	Date	Timing	Activity
1.	Middle Bridge, Dadar Station, Dadar, Mumbai.	6 th October, 2018	9am to 6pm	Collection of 120 Blood Units.

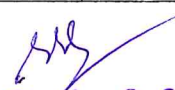
Number of target audience: 100+

Number of students taking part in the activity: 12

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Madhura Bhoite	9969402508	Ankita Rai	9136249700
Vaidehi Bhole	9987989701	Ambika	9004322016
Bhakti Sawant	8779359505	Anurag	8286025928
Madhura Kowlage	9969402508	Divya	9029640175
Nargis	8291621304	Renuga	7045701706
Shambhavi	9422038669	Vishnu	9870280711




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

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

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

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 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 120 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.

Dr. P. N. Kulkarni
Principal
College of Pharmacy
H. No. 1, Dadar Station
Mumbai - 400 014



PUBLIC HEALTH OFFICE- COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –"BLOOD DONATION" Campaign

Organising Institute: 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:

S. No.	Location	Date	Timing	Activity
1.	71/1, Trimurti-Saibaba Seva Sang, Maharashtra Nagar, Mankhurd, Mumbai-400088	14 th October, 2018	10am to 3pm	Collection of 33 Blood Units.

Number of target audience: 100+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Name	Contact No
Abel Biju	9619203068
Arushee Khanduri	9769743117




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

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

On the 14th of October 2018, College of Pharmacy volunteered for the blood donation drive held by Pallavi Blood Bank at Mankhurd.

The volunteers interacted with the travellers nearby, 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 Pallavi 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 an enormous response as we were able to collect 33 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.

Dr. Ravi K. Patil
Vivekananda College of Pharmacy
Mankhurd, Mumbai - 400 075
Phone: 022-2555 1111
Email: info@vivekanandacollege.edu



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –"BLOOD DONATION" Campaign

Organising Institute: 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:

S. No.	Location	Date	Timing	Activity
1.	71/1, Trimurti-Saibaba Seva Sang, Maharashtra Nagar, Mankhurd, Mumbai-400088	20 th October, 2018	10a.m to 3p.m	Collection of 11 Blood Units.

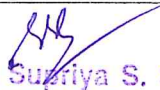
Number of target audience: 100+

Number of students taking part in the activity: 4

List of volunteers and their contact numbers:

Name	Contact No
Arbaaz khan	9769603649
Sarita sonar	7506850130
Subhangi yamgar	9137189885
Mahenoor Ansari	8433655892



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

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

On the 20th of October 2018, College of Pharmacy volunteered for the blood donation drive held by Pallavi Blood Bank at Mankhurd.

The volunteers interacted with the travellers nearby, 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 Pallavi 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 an enormous response as we could collect 11 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.

Dr. (P) ...
Vice-Chairman ...
HARSH ...
Chairman ...



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –"BLOOD DONATION" Campaign

Organising Institute: 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
Contact no: 9664518257

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1.	Rupa Solitaire CHS, Near Millennium Business Park , Mhape-400701	16 th November 2018	9:30am to 4.00pm	Collection of 119 Blood Units.


Number of target audience: 100+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Name	Contact No
Santhanalaxmi Kumaresan	7045582214
Prajakta Deole	7400208850



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

PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –"BLOOD DONATION" Campaign

Organising Institute: 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
Contact no: 9664518257

Location(s) of the activity:

S. No.	Location	Date	Timing	Activity
1.	Shivaji Maidan park side, Vikhroli (W), Mumbai-400079	18 th November, 2018	9:00am to 4:00pm	Collection of 162 Blood Units.

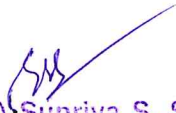
Number of target audience: 100+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Name	Contact No
Arbaaz Khan	9769603649
Raj Patwa	9987073747




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

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

On the 18th of November 2018, College of Pharmacy volunteered for the blood donation drive held by Rajawadi Blood Bank at Vikhroli (W).

The volunteers, encouraged the donors to donate blood by explaining 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 hemoglobin, 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 Rajawadi blood bank periodically advertised the event throughout the course of the day.

Result of your activity:

The camp was a successful one, receiving an enormous response as we could collect 162 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.

Dr. (Pharm.)
Vikram Singh
Principal
College of Pharmacy
Vikhroli (W)
Mumbai - 400 074



PUBLIC HEALTH OFFICE- COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –“BLOOD DONATION Campaign”

Organising Institute: 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
Contact no: 9664518257

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1.	Titanic building, 98, Yadav Nagar, Chandivali, Powai, Mumbai - 400072	7 th December, 2018	9:30am to 4pm	Collection of blood 130 units.


Number of target audience: 100

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Name	Contact no.
Kiriti Sawant	7506568681
Salonee Tawde	91674471777




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

Description of the activity

Methods used for conducting the campaign:

As a part of the PHO activities, the students of College of Pharmacy volunteered for the BLOOD DONATION CAMP organized Rajawadi Blood Bank in Chandiwali. 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 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 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, 130 blood bottles were collected. 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.



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report – "BLOOD DONATION" Campaign

Organising Institute: College of Pharmacy.

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

1. Rajawadi Hospital - 7
M G Road, Near Somaiya College,
Ghatkopar East, Mumbai, Maharashtra 400077
Contact no: 9664518257

Location(s) of the activity:

S. No	Location	Date	Timing	Activity
1.	Paras Dham, Vallabh Baugh lane, Ghatkopar East, Mumbai-400077.	16 th December, 2018	8:00am to 3:00pm	Collection of 123 Blood Units.


Number of target audience: 100+

Number of students taking part in the activity: 2

List of volunteers and their contact numbers:

Name	Contact No
Sanjana Nair	8652852813
Sanjay Maurya	9820037317




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

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

On the 16th of December, 2018, College of Pharmacy volunteered for the blood donation drive held by Rajawadi Blood Bank at Ghatkopar (E).

The volunteers, encouraged the donors to donate blood by explaining 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 hemoglobin, 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 Rajawadi blood bank periodically advertised the event 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 123 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.

Dr. Ravi K. Chavhan
Principal
College of Pharmacy
Haram, Ghatkopar (E)
Mumbai - 400 075



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –“MENTAL HEALTH AWARENESS”— NOT ALL WOUNDS ARE VISIBLE

Organizing Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Ph no: 9619515815

2. Ms. Sejal Natu
Ph no:9820607915

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Seminar Hall, College Of Pharmacy Chembur.	12 th October 2018	4:30pm- 5:30pm	<ul style="list-style-type: none">• Seminar by Sejal Natu.• Tattoo making competition.• Let it out.

Number of target audience: 40+

Number of students taking part in the activity: 35

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Purvashree Gawde	9619167129	Santhanalaxmi	7045582214
Devashree Shahani	8655603865	Kirti Sawant	9167447177
Tejaswini Dewasthale	7303270297	Sneha Sutar	9967733815
Kavneel	8779780340	Ankita	9136249700



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

Description of the activity

Methods used for conducting the campaign:

A mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that makes it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease.

Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. World Mental Health Day is observed on 10th October every year.

The PHO committee of College of Pharmacy organized a seminar for mental health awareness. The speaker for the following seminar was Ms. Sejal Natu, B.A. Psychology from Mumbai University, currently pursuing her masters in Psychology from Pune University. The seminar was highly interactive and self-awakening. She explained the methods to prevent stress and depression by maintaining a positive attitude towards life. She emphasized on the importance of self-love and the importance of keeping in touch with reality and your emotions.

The discussion was supplemented by various activities like tattoo making and let it out. Students from all classes actively participated in the "Tattoo making competition". The tattoos depicted mental health problems in an innovative manner. "Let it out" was the last event for the day, a social experiment of letting out one's feelings without having the fear of being judged as both the speaker and listener were blindfolded.

Advertisement of the activities:

The students of the college were notified about the activity and seminar by means of social media, through digital posters a week prior to the activity. The volunteers personally approached the students to notify them about the seminar and activities and its importance.

Result of your activity:

The camp shed light on the various mental health problems especially among adolescents.

The seminar emphasized on the importance of selfcare and an optimistic approach towards life. The event had a good response and was very well received.

Dr. (Name)
Principal
College of Pharmacy
Mumbai University
Pune University



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –“HAND WASHING CAMPAIGN-To spread the awareness of washing hands.”

Organizing Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Ph no: 9619515815

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Jari Mandir Road, Wadavli Village, RCF Colony, Chembur East, Mumbai, Maharashtra- 400071	3 rd January, 2019	11:00 am- 2:00pm	Spreading awareness among students regarding washing hands.


Number of target audience: 150+

Number of students taking part in the activity: 8

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Sanjana Nair	9820037317	Yogeshwari Shetty	9619562292
Devashree Sahani	9167166757	Jasleen Chass	9699893246
Tejaswini Dewasthale	7303270297	Sanjay Kumar Maurya	8652852813
Purvashree Gawde	9619167129	Prachi Kaduskar	7666982018




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

Description of the activity

Methods used for conducting the campaign:

Washing your hands well and often is the best way of keeping kids from getting sick. Several diseases can be spread if hands aren't washed properly which include gastrointestinal diseases, such as Salmonella, and respiratory infections, such as influenza. Washing hands properly can help prevent the spread of germs that cause these diseases. Some forms of these diseases can cause serious complications, especially for young children, the elderly, or those with a weakened immune system.

Infectious diseases continue to be a health challenge and economic burden within our communities. Though effective hand hygiene education is critical, there has been a steady decline in hygiene promotion, especially in the home and schools. Hand hygiene at home, school within our communities plays an essential role in helping to reduce the spread of infectious diseases.

The PHO committee of College of Pharmacy volunteered in spreading awareness about the importance of washing hands. They first performed a skit in which one of the volunteers falls ill as she forgot to wash her hands. Followed by explaining the students about various diseases that can be caused due to improper handwashing. We explained simple ways to maintain hygiene and in the end, we demonstrated 8 steps to follow to ensure that your hand is washed properly.

Many people actively participated, students were extremely enthusiastic and volunteered to demonstrate the technique to their friends.

Advertisement of the activity:

The residents and the school's principals were informed about the campaign with the help of a local NGO.

Result of your activity:

The camp shed light on the alarming number of diseases that could be spread if the hands weren't washed properly. After the camp was done we saw a few students practicing the handwashing techniques we demonstrated.

DR. (NAME) COLLEGE OF PHARMACY
VIVEKANANDA
CHANDIGARH
150001
0172-2611111



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –“SEXUAL HEALTH AWARENESS” : Hate The Disease Not The Diseased

Organizing Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Ph no: 9619515815

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Maharashtra Nagar, Govandi.	9th October, 2018	3:00pm-7:00pm	Spreading awareness among people regarding HIV

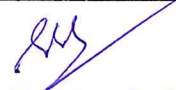
Number of target audience: 100+

Number of students taking part in the activity:

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Sanjana Nair	9820037317	Barkha Makhija	9890255003
Devashree Sahani	9167166757	Kirti Sawant	9167447177
Tejaswini Dewasthale	7303270297	Sneha Sutar	9967733851
Purvashree Gawde	9619167129	Sanjay Kumar Maurya	8652852813
Shubhangi	9137189885		




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

Description of the activity

Methods used for conducting the campaign:

Sexual health promotion, alongside the provision of sexual and reproductive health and HIV services, make an important contribution to individual and population health. Sexually transmitted infections (STIs) are often asymptomatic and if left untreated may cause pelvic inflammatory disease or infertility, and may be transmitted to others, highlighting the need for early detection and treatment. The observed rising trends in STIs can be attributed continued unsafe sexual behavior and a lack of public awareness about these diseases.

The issue of sexually transmitted diseases is a source of serious concern in India because of increasing incidence of unprotected sexual activity, Late presentation (which decreases long term survival of the patient), Lack of awareness and screening for example, being unaware about symptoms of STD's, etc. are some important and critical issues that need to be addressed.

Aastha Parivaar is a community-led organisation that addresses the common concerns of Mumbai, Pune and Thane's sex workers & their children, LGBTQ and transgender community including health, human rights, crisis intervention, legal literacy, alternative livelihoods, and literacy. These NGOs work assiduously throughout the year to help raise awareness about HIV. These awareness programmes have resulted in a 66% decline in HIV cases all over India.

The PHO committee of College of Pharmacy in collaboration with AASTHA foundation, contributed to this statistic by volunteering in the sexual health awareness camp in the slums of Govandi, Maharashtra Nagar. In this camp our volunteers had an one to one interaction with the women from these areas and encouraged them to take up the HIV tests as well as the tests which ensured the safety of their health, by performing primary level diagnostic blood tests.

General reception:

Many people actively participated, whereas some were reluctant. But as the volunteers explained the benefits for the same there was an increase in participation of the women with the support of their families.

Result of your activity:

The camp shed light on the alarming number of HIV cases 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 event had a good response and was very well received.



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –COMMUNITY OUTREACH: Generic and Branded Medicines

Organising Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Phone no :96196515815

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Neelam Agency ,Shop No.05, Lalchalan CHS, Chembur colony, Chembur East, Mumbai- 400074	22 nd December, 2018	5:00pm- 6:00pm	Address to the people from the slum about importance of generic medicines

Number of target audience: 80+

Number of students taking part in the activity: 20

List of volunteers and their contact numbers:

Name	Contact No	Name	Contact No
Barkha Makhija	9890255003	SanjayKumar Maurya	8652852813
Sneha Sutar	9967733851	Aishwarya Korde	9920119179
Mukesh Chaudhary	9892862699	Purvashree Gawde	9619167129
Sayli Kharkar	9769906871	Devashree	9167166757
Salonee Tawde	7506568681	Ruhi Shah	9892862699
Kirti Sawant	9167447177	Dilip Panwar	8692044655
Suyog Tangade	9156902703	Prajakta Mali	8652649895
Kavneel Sayal	8779780340	Prachi	7666982018
Shubham Jain	8652781219	Nehal	9930231066
Pooja Rathod	9594224123	Tejaswini	7303270297
Batul Bhopalwala	7977205804	Santhanalaxmi K	7045582214



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

Description of the activity

Methods used for conducting the campaign:

Generic medicines are those which contain the same active ingredient (the ingredient which acts to cure the condition the medicine is used to treat) in the same quantity as a brand-name medicine. Generic medicines therefore have the same effect on the body in terms of curing disease as the brand-name medicines which they copy.

There is a need to improve the status of generic medicines in India as the level of awareness about the same is low.

Therefore, for the community outreach programme, PHO of College of Pharmacy organized a skit for people living in the slums of Lalchalan CHS at Chembur. The skit was conducted by the PHO members and volunteers of College of Pharmacy. They explained the importance of generic medicines in today's society and focused on bringing awareness about the misconception that overshadows the same. The plot of the skit revolved around a son from a poor family who is unable to buy medicines for his mother due to the unaffordable prices. He is later made aware of the generic medicines being sold at cheaper prices by his colleagues and is relieved from the exorbitant price of the medicine.

The aim of the programme was to Increase education about generic medicines and the similarities and differences between generic and brand-name medicines. There is also a need for education regarding the testing that is carried out to ensure that generic medicines are safe and have the same effect on the body as the brand they copy.

Advertisement of the activities:

The volunteers personally approached the head of the society to notify them about the campaign and its importance.

Result of your activity:

The volunteers enthusiastically participated in the activity with great zeal. The people were very helpful and appreciative. Their cooperation and the willingness as the audience of the activity made this campaign a successful one.

Dr. (Name) (Signature)
Vice-Chancellor
H. N. S. College of Pharmacy
Chembur, Mumbai - 400 071



PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –COMMUNITY OUTREACH: Generic and Branded Medicines

Organising Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Phone no:96196515815

Location(s) of the activity:

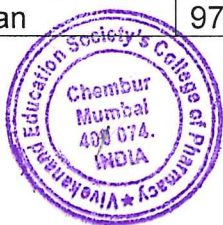
S.No	Location	Date	Timing	Activity
1	Shiv Sai CHS, Sindhi Society, RC Marg, Chembur East, Mumbai 400071	4 th January, 2019	4:00pm - 5:00pm	Address to the people from the slum about importance of generic medicines

Number of target audience: 80+

Number of students taking part in the activity: 20

List of volunteers and their contact numbers:

Name	Contact No	Name	Contact No
Barkha Makhija	9890255003	Sarita	7506850130
Sneha Sutar	9967733851	Sakshi Kataria	9325437880
Mukesh Chaudhary	9892862699	Santhanalaxmi K	7045582214
Saloni Gupta	8433879383	Devashree	9167166757
Sanjana Nair	9820037317	Ruhi Shah	9892862699
Kirti Sawant	9167447177	Simran Punjabi	7977310700
Jyoti Soni	8451876411	Yukta Patil	8169633091
Kavneel Sayal	8779780340	Prachi Singhvi	8433626265
Nandhani Singh	9768569608	Kashish Shemna	9867701850
Ankita Rai	9136249700	Shubhangi Yamgar	9137189885
Arbaaz Khan	9769603649		



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

Description of the activity

Methods used for conducting the campaign:

Generic medicines are those which contain the same active ingredient (the ingredient which acts to cure the condition the medicine is used to treat) in the same quantity as a brand-name medicine. Generic medicines therefore have the same effect on the body in terms of curing disease as the brand-name medicines which they copy.

There is a need to improve the status of generic medicines in India as the level of awareness about the same is low.

Therefore, for the community outreach programme, PHO of College of Pharmacy organized a skit for people living in the slums of Shiv Sai CHS, Sindhi Society at Chembur. The skit was conducted by the PHO members and volunteers of College of Pharmacy. They explained the importance of generic medicines in today's society and focused on bringing awareness about the misconception that overshadows the same. The plot of the skit revolved around a son from a poor family who is unable to buy medicines for his mother due to the unaffordable prices. He is later made aware of the generic medicines being sold at cheaper prices by his colleagues and is relieved from the exorbitant price of the medicine. Another scene revolves around a group of people at the tea-shop discussing the pricing of medicines.

The aim of the programme was to Increase education about generic medicines and the similarities and differences between generic and brand-name medicines. There is also a need for education regarding the testing that is carried out to ensure that generic medicines are safe and have the same effect on the body as the brand they copy.

Advertisement of the activities:

The volunteers personally approached the head of the society to notify them about the campaign and its importance.

Result of your activity:

The volunteers enthusiastically participated in the activity with great zeal. The people were very helpful and appreciative. Their cooperation and the willingness as the audience of the activity made this campaign a successful one.

PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –COMMUNITY OUTREACH: Generic and Branded Medicines

Organising Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Phone no:96196515815

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Murgi gali, Ashok Nagar, Chembur East, Mumbai - 400074	11th January, 2019	4:00pm - 5:00pm	Address to the people from the slum about importance of generic medicines

Number of target audience: 80+

Number of students taking part in the activity: 22

List of volunteers and their contact numbers:

Name	Contact No	Name	Contact No
Barkha Makhija	9890255003	Narendra R	9892339367
Sneha Sutar	9967733851	Renuga Devi	8692926219
Nikita Nair	9869412902	Santhanalaxmi K	7045582214
Karen Saiswani	9029188864	Devashree	9167166757
Sanjana Nair	9820037317	Ruhi Shah	9892862699
Kirti Sawant	9167447177	Divya Karepaka	9029640175
Aishwarya Korde	9920119179	Ambika Thakur	9004322016
Kavneel Sayal	8779780340	Salonee	7506568681
Reema Gupta	8850063415	Sanjay Maurya	8652852813
Ankita Rai	9136249700	Tejaswini	7303270297
Hitesh Lodh	9920056325	Devashree	9167166757



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

Description of the activity

Methods used for conducting the campaign:

Generic medicines are those which contain the same active ingredient (the ingredient which acts to cure the condition the medicine is used to treat) in the same quantity as a brand-name medicine. Generic medicines therefore have the same effect on the body in terms of curing disease as the brand-name medicines which they copy.

There is a need to improve the status of generic medicines in India as the level of awareness about the same is low.

Therefore, for the community outreach programme, PHO of College of Pharmacy organized a skit for people living in the slums of Murgi gali, Ashok nagar at Chembur. The skit was conducted by the PHO members and volunteers of College of Pharmacy. They explained the importance of generic medicines in today's society and focused on bringing awareness about the misconception that overshadows the same. The plot of the skit revolved around a patient unaware about the differences in prices between the generic and branded medicines. She is later made aware of the generic medicines being sold at cheaper price by the pharmacist of a generic drug store and is relieved from the exorbitant price of the medicines. Also, being made aware of the reasons for the price differences between generic and branded medicines.

The aim of the programme was to Increase education about generic medicines and the similarities and differences between generic and brand-name medicines. There is also a need for education regarding the testing that is carried out to ensure that generic medicines are safe and have the same effect on the body as the brand they copy.

Advertisement of the activities:

The volunteers personally approached the head of the society to notify them about the campaign and its importance.

Result of your activity:

The volunteers enthusiastically participated in the activity with great zeal. The people were very helpful and appreciative. Their cooperation and the willingness as the audience of the activity made this campaign a successful one.

PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –“MENSTRUAL HYGIENE CAMP”: To spread awareness of menstrual hygiene.

Organizing Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Ph no: 9619515815
2. Ms. Manita Sharma
Kshamtha foundation
Ph no: +91 99606 73703

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Kshamtha NGO Thane.	9th January, 2019	2:00pm - 6:00 pm.	Spreading awareness among women regarding menstrual hygiene

Number of target audience: 50+

Number of students taking part in the activity: 6

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Sneha Suthar	9967733851	Ankita Rai	9136249700
Batul Bhopalwala	7977205804	Siddhita Gawde	9821637953
Muskan Tardeja	7276298288	Namrata Relwani	8080313316



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

Description of the activity:

Methods used for conducting the campaign:

Menstrual hygiene makes an important contribution to individual and population health. It is important for every girl and women to know the importance of being clean and infection free. Women and adolescent girls are using fresh menstrual management material to absorb blood, but it is important to know other things like using soap and water for washing the body as when required and having convenient facilities to dispose off the used menstrual materials.

Access to accurate and pragmatic information for females and males about menstruation and hygiene is important. Access to facilities that provide privacy for changing materials is also one of the most important thing.

The PHO committee of College of Pharmacy in collaboration with Rotaract club of college, contributed to this statistic by volunteering in the menstrual health awareness camp in Thane. In this camp our volunteers had a one to one interaction with the women from these areas. Each volunteer was assigned one topic on which they could speak to the women about. Topics that they discussed were 1) what actually does the menstrual cycle mean as many women aren't aware. 2) common symptoms suffered and the remedies. 3) common myths related and debunking it. 4) Health issues that can happen if hygiene is not maintained (importance of using sanitary napkins). 5) Awareness about the endometrial cancer.

General reception:

Many people actively participated. But as the volunteers explained the benefits for the same there was an increase in participation of the women with the support of their families.

Result of your activity:

The camp shed light on the alarming number of menstrual related diseases 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 maintaining hygiene. The event had a good response and was very well received.

PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –Rural Area Camp: Health and nutrition.

Organising Institute: College of Pharmacy.

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

1. College of Pharmacy,
Mumbai -400 074
Ph no: 9619515815

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1	Jilha Parishad School, Rahatoli, Chon, Badlapur	17 th December, 2018	10:00am- 1:00pm	Health and nutrition of importance of balanced diet.


Number of target audience: 100+

Number of students taking part in the activity: 4

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Barkha makhija	9890255003	Tanvi kamble	7715988528
Salonee Tawde	7506568681	Manali Kadam	9820362458




Dr. (Mrs.) Sudhiya S. Shidhaye
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HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

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 nutrition. Both children and adults of the village participated in this activity.

PUBLIC HEALTH OFFICE - COLLEGE CODE 1

Indian Pharmaceutical Association- Student's Forum Maharashtra State Branch

Activity Report –“Walk for freedom”— Abolish Slavery with each step

Organizing Institute: The Movement & VES College of Pharmacy

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

1. The Movement India

Ph no :9445507779

2. Vision Rescue

Ph. No. 8433583085

Location(s) of the activity:

S.No	Location	Date	Timing	Activity
1.	YMCA Bandra, Off Carter Road, Bandra	20 th October, 2018	6:30am	A Rally for human trafficking victims.

Number of target audience: 20+

Number of students taking part in the activity: 17

List of volunteers and their contact numbers:

Name	Contact no	Name	Contact no
Santhanalaxmi K	7045582214	Jay Juthani	7045026942
Surbhi Soni	8828082110	Shikha Deria	7021511739
Rishabh Chaube	9987179077	Anushka Khatani	9637105351
Jyoti Soni	8451876411	Purva Khargutkar	8879447091
Saurabh Yadav	8652135130	Haabil Hirkani	9930405622
Ashok Choudhary	8879428237	Kavish Sanil	9167885883
Hardik Shah	7021518772	Kirti Sawant	9167447177
Vinita Wadhwani	8369648379	Sneha Sutar	9967733851
Abel Biju	9619203068		



Dr. (Mrs.)  Sunriya S. Shidhaye

PRINCIPAL

Vivekanand Education Society's
College of Pharmacy

HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

Description of the activity:

Methods used for conducting the campaign:

On October 20, a global community of abolitionists rallied together to shine a global spotlight on human trafficking for A21's 5th annual Walk for Freedom. This event was a collective effort led by A21, a global anti-human trafficking organization dedicated to abolishing slavery and The Movement, a volunteer mobilization team based in India. A21's operational strategy to combat human trafficking is to Reach, Rescue, and Restore. An event like Walk for Freedom is an integral part of A21's efforts to reach the vulnerable and prevent human trafficking from ever happening in the first place. Last year, A21 had over 400 walks in 50 countries around the world. Collectively, there were over 70 million people reached through social media. Each step mattered. Each step made a difference.

But there are millions who have yet to be freed—and this year A21 has continued its walk, to show up, and raise awareness for the victims in Indian cities and around the globe still trapped in slavery. This year, it has had more impact than ever before. This year the movement had brought the Walk for Freedom to Chennai & Mumbai on October 20, 2018.

The walk began at 7:00am covering approximately a kilometer at the given location. PHO members and volunteers of VES College of Pharmacy holding banners and posters regarding the abolishment of slavery walked all the way. Students from various colleges participated enthusiastically in the event. At the end of the event the volunteers interviewed the students regarding the same. Participants were provided with certificated and refreshments towards the conclusion.

Advertisement of the activity:

The students of the college were notified about the rally by means of social media, through digital posters a week prior to the activity.

Registrations for the rally was done online as well spot entries were also welcome.

Result of your activity:

The rally shed light on the global problem of slavery or human trafficking. The walk was, to show up, and raise awareness for the victims in our cities and around the globe still trapped in slavery.

PUBLIC HEALTH OFFICE

Indian Pharmaceutical Association- Student's Forum

Maharashtra State Branch

Activity Report –“Walk for freedom”— Abolish Slavery with each step

Organizing Institute: The Movement.

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

1. The Movement India

Ph no :9445507779

2. Vision Rescue

Ph. No. 8433583085

Location(s) of the activity:

Sr.no	Activity	Timing	Date	Location
1	• A Rally for human trafficking victims.	6:30 am	20 th October, 2018	YMCA Bandra, Off Carter Road, Bandra.

Number of target audience: 20+


Number of students taking part in the activity:

List of volunteers and their contact numbers from Vescop PHO:

Name	Contact no	Name	Contact no
Santhanalaxmi Kumaresan	7045582214	Jay Juthani	7045026942
Surbhi Soni	8828082110	Shikha Deria	7021511739
Rishabh Chaube	9987179077	Anushka Khatani	9637105351
Jyoti Soni	8451876411	Purva Khargutkar	8879447091
Saurabh Yadav	8652135130	Haabil Hirkani	9930405622
Ashok Choudhary	8879428237	Kavish Sanil	9167885883
Hardik Shah	7021518772	Kirti Sawant	9167447177
Vinita Wadhwani	8369648379	Sneha Sutar	9967733851
Abel Biju	9619203068		

Description of the activity:




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

Methods used for conducting the campaign:

On October 20, a global community of abolitionists rallied together to shine a global spotlight on human trafficking for A21's 5th annual Walk for Freedom. This event was a collective effort led by A21, a global anti-human trafficking organization dedicated to abolishing slavery and The Movement, a volunteer mobilization team based in India. A21's operational strategy to combat human trafficking is to Reach, Rescue, and Restore. An event like Walk for Freedom is an integral part of A21's efforts to reach the vulnerable and prevent human trafficking from ever happening in the first place. Last year, A21 had over 400 walks in 50 countries around the world. Collectively, there were over 70 million people reached through social media. Each step mattered. Each step made a difference.

But there are millions who have yet to be freed—and this year A21 has continued its walk, to show up, and raise awareness for the victims in Indian cities and around the globe still trapped in slavery. This year, it has had more impact than ever before. This year the movement had brought the Walk for Freedom to Chennai & Mumbai on October 20, 2018.

The walk began at 7:00am covering a distance of approximately a kilometer at the given location. Volunteers holding banners and posters regarding the abolishment of slavery walked all the way. Students from various colleges participated enthusiastically in the event. At the end of the event the volunteers interviewed the students regarding the same. Participants were provided with certificated and refreshments towards the conclusion.

Advertisement of the activity:

The students of the college were notified about the rally by means of social media, through digital posters a week prior to the activity. Registrations for the rally was done online as well spot entries were also welcome.

Result of your activity:

The rally shed light on the global problem of slavery or human trafficking. The walk was, to show up, and raise awareness for the victims in our cities and around the globe still trapped in slavery.

Photos:

