

REPORT OF THE
ACTIVITIES OF
THE
COMMUNITY
HEALTH CLUB
2018-19

The activities of the Community Health Club began on 27-6-2018 with a meeting of the 52 members from the various departments at the Dept of Zoology at 3.00pm. The Convenor Mrs. Nisha Thomas discussed with the activities for the present year and asked for their suggestions. It was decided that all members attend the Blood Donation Camp which was to take place on 29-6-2018. The meeting came to an end by 3.30pm.

1)BLOOD DONATION CAMP ON 29-6-2018

The Community Health Club along with the NSS, the Departments of Zoology & Botany in co-ordination with Bishop Benziger Hospital conducted a “blood Donation Camp at the Department of Zoology on 29-6-2018 at 10.00am.

Approximately over 120 students from different departments including the self-financing streams were screened by Dr.PremchandPrabhu, who led the team from Bishop Benziger Hospital. 27 students were bled by the team of nurses led by Sr.Goretti. The outpour of students to the venue was an indication of the helping mentality of the students and that goodness still prevailed. Many had to be sent back due to paucity of time.The camp came to an end by 1.30pm.

2)“WORLD POPULATION DAY” CELEBRATION ON 11-7-2018

In collaboration with the Indian Dental Association, the Community health Club organized a talk at the Jubilee Hall on the UN theme for 2018 i.e. “ FAMILY PLANNING IS A HUMAN RIGHT. Dr. Annie George, Secretary of the World Dental Association, Kollam Chapter, was instrumental in bringing the Chief Guest and Speaker, Dr.Reena, a gynaecologist from GovtTaluk Hospital, Kottarakkara,Kollam to deliver the talk. With the help of a powerpoint presentation Dr. Reena was able to give an insight into the various natural and artificial methods of contraception, their advantages and disadvantages etc. The programme was attended by the members of the Community Health Club,the NSS,Science Club and the I PG students of the Dept of Zoology. The programme which commenced at 3.00pm came to an end by 4.15pm. The meeting was blessed by the presence of the President of the IDA, Kollam Branch, Dr. Christine and other members.

3) “WORLD BREAST FEEDING WEEK CELEBRATIONS”-AN AWARENESS –CUM- POSTER EXHIBITION ON 2-8-2018.

The Obstetrics &Gynaecology Dept of Bishop benziger College of Nursing conducted an awareness cum poster exhibition at the First Aid Room in the quadrangle of the college. The programme which was organized by the Community Health Club during the lunch break hours from 1.00 to 2.00pm saw the participation of almost all the girl students and staff of the college. The programme was inaugurated by the Vice-Principal Dr. Greta Ildaphonse and the Co-ordinator Mrs. Nisha Thomas welcomed the gathering. Assistant Professors of the Nursing College Mrs. Nisha & Mrs. Joice were also present.

The exhibition focused on the benefits of breast feeding, the proper method of breast feeding, the female reproductive system specifically the structure of the uterus, uterine disorders that lead to excessive menstruation, etc.

The programme was an eye-opener to the students where they got to interact with the nursing students and clarify their doubts. The programme which was huge success ,was also attended by the Extension Activities Co-ordinator Dr. Supriya.

4) ”POSHAN ABHIYAAN ”- A PRIME MINISTER’S OVERREACHING SCHEME FOR HOLISTIC NOURISHMENT BY RADIO BENZIGER 107.8 FM ON 5-9-2018.

As part of the Prime Minister’s ‘PoshanYogana’ scheme, an interactive session on the topic ”Anemia in Women” was conducted at the Dept of Chemistry on 5-9-2018. The programme where in which Mrs. Sony John, Clinical Instructor, Bishop Benziger College of Nursing, interacted with a few students of the Community Health Club dealt with the necessity of iron in a women’s diet, its nutritional deficiencies and how to overcome it. The programme was recorded by Radio Benziger 107.8 FM and was telecast the next day.

5) ORIENTATION CLASS AND SURVEY ON “VECTOR BORNE DISEASES” BY THE DISTRICT MEDICAL OFFICE, KOLLAM DISTRICT ON 14-3-2019 & 15-3-2019

The Community Health Club and Zoology Department in co-ordination with the District Medical Office, Kollam conducted an orientation class on 'Vector Borne Diseases & its control measures' for the members of the Community Health Club and Zoology students. Mr. Suresh T. of the District Medical Office delivered the talk. The information he imparted proved useful to the students as they were taught how to control the mosquito larvae in their home and surroundings. The class came to an end by 4.15pm.

The next day i.e. 15-3-2019, the Community health members were taken in a vehicle of the DMO's office to the respective survey site i.e. the area sandwiched between the beach and the Kollam canal. The group was divided into six, each comprising of 5 students and an official from the District medical office. Each and every house in the area was checked for mosquito larval infestation and those affected areas were rid of larvae. The house members were also instructed as to how to keep their surroundings neat and tidy and to avoid breeding places of mosquitoes. The survey came to an end by 1pm.

6) WORKSHOP ON BLS PROVIDER TRAINING PROGRAMME "FIRSTAID" BY BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM AT THE DEPARTMENT OF ZOOLOGY ON 27-3-2019.

A talk-cum-training programme on "Basic First Aid" was organized for the club members at the Zoology department on 27-3-2019 at 11am. 38 members of our club underwent the training which was provided by the Co-ordinator Mrs. Sony John and her nursing students.

The programme had two segments:

- (a) a talk on various situations requiring First Aid and how to tackle them, and
- (b) a demonstration –cum-training session.

The whole exercise came to an end by 1.15pm. Certificates of participation were distributed to the students at the end and we all parted by 1.30pm, much more learned and happy.

7) VISIT TO A PALLIATIVE CARE CLINIC

A few members of the Community Health Club along with their Co-ordinator visited the Pain & Palliative Care Clinic at Chinnakada on 16-5-2019 at 11.00pm. We were welcomed by Mr. Lekshminarayanan, a permanent volunteer of the organization. This was followed by interactive sessions with Dr. Jayasree and Prof. Laila who spoke to the children about what palliative care is and about the activities of the clinic. The students were taken up by the selfless service rendered by the members of the trust, that they also offered to help in their own way. The trust members requested that we make them gauze pieces required to dress the sores of cancer patients, since that was what they needed the most. They said that they would train us initially. After giving off what we had gathered in the form of clothes, soap, toothbrushes, pastes, etc., we dispersed by 1pm.

1. BLOOD DONATION CAMP ORGANISED BY THE COMMUNITY HEALTH CLUB AT THE DEPT OF ZOOLOGY ON 29-6-2018 IN ASSOCIATION WITH NSS, DEPTS OF ZOOLOGY & BOTANY





2. "WORLD POPULATION DAY" CELEBRATION WITH THE MEMBERS OF THE INDIAN DENTAL ASSOCIATION ON 11-7-2018



3. WORLD BREAST FEEDING WEEK CELEBRATIONS ORGANISED BY THE COMMUNITY HEALTH CLUB ALONG WITH BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM ON 2-8-2018

Inauguration by Dr. Greta Ildaphonse, the Vice-Principal of FMN College



Interaction of Staff and students of the college with the Nursing students



The Nursing Students with their exhibits



4. "POSHAN ABHIYAAN" -PRIME MINISTER'S INITIATIVE FOR NURTURING HOLISTIC NOURISHMENT . AN INTERACTIVE SESSION BY MEMBERS OF THE COMMUNITY HEALTH, BISHOP BENZIGER COLLEGE OF NURSING & RADIO BENZIGER 107.8 FM ON 5-9-2018





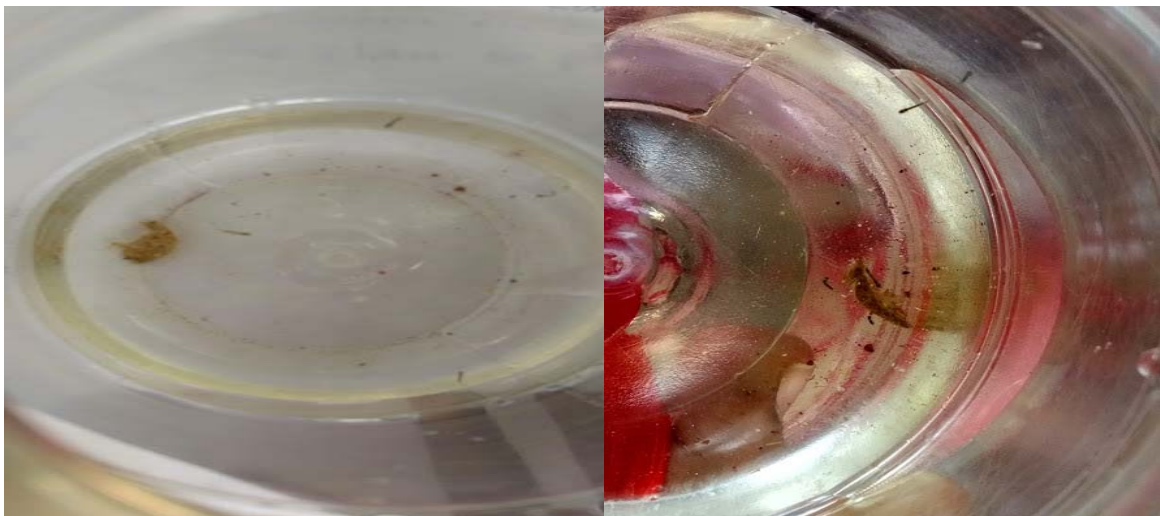
5) ORIENTATION CLASS AND SURVEY BY DISTRICT MEDICAL OFFICE, KOLLAM



THE SURVEY



THE MOSQUITO LARVAE OBTAINED DURING THE SURVEY



The club members with the District Medical Office team officials at the survey site



6) WORKSHOP ON BLS PROVIDER TRAINING PROGRAMME BY BISHOP BENZIGER COLLEGE OF NURSING







BISHOP BENZIGER COLLEGE OF NURSING
(Accredited by NAAC with B Grade)

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NSS/SFU/KLM/KUHS/01/19

27/03/2019

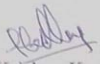
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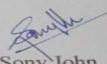
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has attended the Workshop on BLS Provider Training Programme arranged by Bishop Benziger College of Nursing, Kollam
held at Fatima Matha National College, Kollam on 27/03/19


Dr. Anoop K. R.
Principal
(NSS Programme Chairperson)

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NSS/SFU/KLM/KUHS/01/19

27/02/2019

CERTIFICATE

This is to certify that BARTHOLOMEW RICHARD.....
has attended the Workshop on BLS Provider Training Programme arranged by Bishop Benziger College of Nursing, Kollam
held at Fatima Matha National College, Kollam on 27/02/19.....

Dr. Anoop K. R
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7) PALLIATIVE CARE CLINIC VISIT

Interaction with Mr. Lekshminarayanan and Prof. Laila



With Dr. Jayasree

In rapt attention