



-: Jai Sri Gurudev :-

SRI ADICHUNCHANAGIRI SHIKSHANA TRUST (R.)

## **BGS GLOBAL INSTITUTE OF MEDICAL SCIENCES**

*(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)*

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# **Report on Social Responsibility Programs in Last Five Years**

**Sensitization of the Staff Nurses on “TOG 2016 RNTCP Guidelines” on 24-03-2018**

Name of the college	BGS GIMS	Name of the Resource Person
Date of the programme	24-03-2018	
Participants group	<b>Staff Nurses</b>	
NUMBER OF PARTICIPANTS	75	
TOPICS COVERED	1. TOG Overview 2. Collection and transportation of the sputum 3. Airborne infection control measures	Dr Savita S Patil Dr Dharaneesh Prasad S
	4. Case finding and revised diagnostic algorithm 5. Implementation of daily regimen	Dr Srilatha N Dr Naveen M



  
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The top 5 teams are as follows:

Team	A/B	Members	Batch	Score Member A	Score Member B	Total	Position
9	A B	Dr. Anantha Chaitanya J. Dr. Jeevan	Interns (2013)	66	49	115	1 <sup>st</sup>
22	A B	Brunda Ballal S. Shanta Ashok Gamanagatti	2014	45	60	105	2 <sup>nd</sup>
26	A B	Tanvi Mittal Shweta Singh	2016	53	41	94	3 <sup>rd</sup>
7	A B	Dr. Sangeeta C. S. Dr. Shaima Ilyas Khan	Interns (2013)	43	40	83	4 <sup>th</sup>
5	A B	Dr. Rahul Dr. Roja G.T.	Interns (2013)	30	42	72	5 <sup>th</sup>



The TOP 2 candidates are:

Dr. Anantha Chaitanya J	Intern (2013 batch)	1 <sup>st</sup> place
Shanta Ashok	VIII Term(2014 batch)	2 <sup>nd</sup> place

The top 2 students will be given the prizes and all the participants will be given the certificates.

### Preliminary round of RNTCP Quiz 2018 -Report

State level RNTCP Quiz- College Round was organized at BGS Global Institute of Medical Sciences Bangalore. It was conducted in Lecture Hall 3 in 2<sup>nd</sup> floor Community Medicine, on 16.03.2018 from 2.00 to 3.00 pm. 35 teams had registered and attended the quiz. It was conducted under the aegis of District Tuberculosis Office, Bangalore urban, Karanataka

**Details of the faculty and participants as follows:**

Staff In-charge	Role
Dr Savita S Patil	Quiz co-coordinator
Dr Veena V	Organizer
Dr Shruthi M N	Organizer
Dr Ashwini G S	Organizer
Dr Rashmi R	Organizer

Participants	Batch	Team (no. of students )
Interns	2013	9 (18)
VIII TERM Students	2014	15 (30)
IV term students	2016	11 (22)



  
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**Sensitization of the Staff Nurses on "TOG 2016 RNTCP Guidelines" on 27-03-2018**

Name of the college	BGS GIMS	Name of the Resource Person
Date of the programme	27-03-2018	
Participants group	Staff Nurses	
NUMBER OF PARTICIPANTS	75	
TOPICS COVERED	<ol style="list-style-type: none"> <li>1. TOG Overview</li> <li>2. Collection and transportation of the sputum</li> <li>3. Airborne infection control measures</li> </ol>	Dr Savita S Patil Dr Dharaneesh Prasad S
	<ol style="list-style-type: none"> <li>4. Case finding and revised diagnostic algorithm</li> <li>5. Implementation of daily regimen</li> </ol>	Dr Naveen M



  
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World Health Day -7<sup>th</sup> April 2018

Theme: Universal Health Care. Everyone, Everywhere.

Under the banner of IAPSM, the Department of Community Medicine observed World Health Day, 2018 by conducting quiz competition for undergraduate students. The topic was the world health day theme for the year, "**Universal Health Care. Everyone, Everywhere**".  
**Dr. Dharaneesh Prasad S** Asst Prof, Dept of Community Medicine was the nodal person for the event with active involvement of **Dr. Nirmala C J** Associate Prof and **Mr. Narayana Swamy DM** Statistical scientist.

The quiz was conducted in two rounds. Elimination round was conducted in lecture hall, dept of community medicine on 05/04/2018 from 3 pm to 4 pm. Four set of question papers were printed and distributed to the participants. The question papers after the completion of the exam was collected and evaluated by faculty. Thirteen teams participated and 4 top scoring teams were selected for finals.



Finals were conducted on 07/04/2018 from 10 am till 12.30 pm in lecture hall, Dept of community medicine.

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Chandana S, Savant SagarShivashankarrao and BrundaBallal S from 8<sup>th</sup> term turned out to be the winners.

Dr Nirmala C J Associate Professor was involved in the conduct the world health celebrations since the inception and also acted as master in the final round and Mr.Narayana Swamy DM Statistical scientist from Dept of community medicine extended his help by making letters for the world health day celebrations, by making posters, certificates and acting as score master in the final quiz. Interns in the department and MSWs helped in the arrangement of stage, AVaids, seating arrangement for students.

We place on record the suggestions and inputs offered by HOD, Dept of Community Medicine, Principal, BGS GIMS, the Management, Prakash Nath Swamiji, secretary BGS GIMS, IAPSMState and National branch.

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### General Health camp

On 23rd May 2018, a general Health Camp was organized under the joint association of Department of Community Medicine, BGSIGIMS, Health and family welfare department, Ramanagara, Hindustan Coco- Cola Beverages Pvt Ltd and Sarvodaya Integrated Rural Development Society at a Government higher primary School, Jogaradoddivillage, BidadiHobli, RamanagaraTaluk. From the department, **DrSavita S Patil**, **DrVeena V** and **Interns** actively participated in the camp. 122 patients in the age group of 1yr-85yr visited the camp. All the patients were screened for obesity, hypertension and diabetes mellitus. Management of minor illnesses was done by distribution of medications. Common cases observed in the camp were musculoskeletal disorders, gastritis, diabetes, hypertension. Other interesting cases like phrynoderma, scabies, tinea and candidial infections were also managed accordingly.





**Asha workers training on the occasion of World breast feeding week 2018 in  
Ramanagar Rural health training center**

Asha workers of Ramanagar district were trained about the importance of Breast feeding and the breast-feeding practices among mothers on 28/07/2018 in RHTC, Ramanagar. Around 200 Asha workers attended the session. The programme was inaugurated by Dr. Nirmala. C. J, Associate professor, RHTC Incharge, DR. Sheela, Pathologist, Dr. Deepak, Mr. Venugopal, Mr. Ramesh Reddy & Interns Dept of Community medicine, BGS GIMS. The training was conducted by **Dr Nirmala C J and Dr. Meenakshi (Intern).**

The contents of the Training were

1. World Breast feeding week 2018 with the theme **“Breastfeeding: Foundation of life & nourishment for life”**
2. Importance of breast feeding, advantages to mother and child, correct techniques of feeding, exclusive breast feeding, complimentary feeding, nutritional aspects of mothers.

We thank the Principal BSGGIMS, DHO Ramanagar, HOD of dept of Community Medicine, Administrative In charge Mr. Venugopal, Interns, MSWs and the Asha workers for the co-ordination and co-operation offered for the conduct of this session.

  
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### CLINICAL MEET PRESENTATION -2018

Dr Veena V, Assistant Professor from the department presented topic titled "A report on SPARSH - LEPROSY CASE DETECTION CAMPAIGN (LCDC)" in the clinical meet conducted at BSGGIMS hospital on November 28<sup>th</sup> 2018 between 2 to 4 pm. Faculty from Pre, Para and Clinical departments attended the meet.



  
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## Report of H1N1 Awareness – 2018

**Introduction:** In view with the rising epidemic of H1N1 during the month of October & November 2018 in the Bangalore city and increasing number of hospitalization and deaths due to H1N1, Ministry of Health and Family Welfare, Government of India undertook various measures towards its control. All the Medical Colleges of Bangalore were also called in to involve in containing this epidemic. Creating awareness about H1N1 among the hospital staff and the general public is an integral part of combating the epidemic. The responsibility of spreading the awareness about H1N1 was given to the Dept. of Community Medicine of each of the Medical College, during the meeting held at DHO Office, Old Madras Road, Indiranagar on 12<sup>th</sup> November 2018.

Following are the Information, Education and Communication (IEC) activities undertaken by the Department of Community Medicine, BGS Global Institute of Medical Sciences, Kengeri, Bangalore, which was co-ordinated by Dr. Ashwini G.S., Asst Professor, Dept. of Community Medicine.

Activities Include the following:-

1. Health education session for general public
2. Skit/Drama with Presentation for SJB Engineering College, Kengeri, Bangalore
3. Street play/Role play for general public
4. Health education session for nursing students of SJB College of Nursing, Kengeri, Bangalore
5. Presentation for the Nursing staff of BGS GIMS
6. Health education session for the Housekeeping staff and Security Guards of BGS GIMS



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### Observation of World AIDS Day 2018

With the theme of "Get Tested, Know your Status", World AIDS day 2018 was observed through the preparation of health education material to put up as an IEC material in our ICTC. With the permission of our Principal, BGS GIMS, Dr. Shruthi M N and Dr. Veena V Assistant professors, Department of Community Medicine, with the support of Dr. Jayashree S Seeri, Professor & HoD, Department of Community Medicine, a group of interns were instructed to prepare a theme based health education material to display as an IEC material at the ICTC, BGS GIMS. Two health education materials were prepared by Dr. Kirti Dixit, Dr. Karthick Raj, Dr. Anitha P. The poster came out to be a wonderful health education material which covered mainly the routes of transmission, the theme and Do's and Don'ts in HIV. The same was presented to the Principal and was appreciated. The same posters have been displayed in the ICTC, BGS GIMS.



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**INAUGURATION OF URBAN HEALTH TRAINING CENTRE (UHTC),  
GUDIMAVU**

UHTC at Gudimavu village near Kumbalgodu started functioning from 19<sup>th</sup> June, 2018 – Tuesday. The centre was inaugurated and blessed by his holiness Sri SriNirmalanandanathaMahaswamiji and Reverend Sri PrakashanathaSwamiji around 10:30 am on 19<sup>th</sup> June, 2018. Dr. M. E. Mohan, Principal, BGS GIMS felicitated the Swamijis. The event was also graced by Dr. Ramachandra, Medical Superintendent; Dr. Shrikant, Deputy Medical Superintendent; Dr. Omprakash, Administrative Medical Officer, BGS GIMS; specialists from different Departments of BGS GIMS like OBG, Paediatrics, Orthopaedics; Nursing Superintendent, BGS GIMS and also the Interns posted in the Dept. of Community Medicine. The centre was started with a general health camp wherein nearly 25 patients benefitted from it. All the faculty of Dept. of Community Medicine including the non-teaching staff and housekeeping staff were involved in the setting up of the UHTC and arranging for the inauguration ceremony. The centre will function henceforth as an off-shoot of BGS GIMS under the administrative control of Dept. of Community Medicine, with Dr. Ashwini G. S. as Administrative Medical Officer and Dr. Savita S. Patil as In-charge for the centre. The centre aims to provide primary health care with promotive, curative and preventive services to the catering population.



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## SPARSH - LEPROSY CASE DETECTION CAMPAIGN (LCDC)

Our department was a part of Leprosy case detection campaign (LCDC) an initiative under National leprosy eradication programme in association with Uttarahalli PHC and Ministry of Health and Family Welfare. The activity was conducted from 22<sup>nd</sup> October to 4<sup>th</sup> November 2018 for prevention of Leprosy in Urban areas. Dr Veena V, Assistant Professor was the Nodal officer from the Department. Interns and 3<sup>rd</sup> term students were involved as volunteers. House to house search activity for leprosy cases was done by the volunteers along with health education regarding leprosy for a period of 14 days between 7.00am to 10.00am. Everyday 25-30 houses per team was covered. Total number of houses visited by volunteers was 14,806; total number of persons examined was 61,988. 24 cases were suspected to have leprosy and referred to the PHC for further confirmation. The activity was a success and positive feedback was given by Medical officer, Dr Sudha.



  
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## Active Case Finding Activity Of Tuberculosis

As per the official circular received from the government, dept of community medicine BGS GIMS faculty Dr Savita S Patil, Dr Veena V, Dr Ashwini G S had monitored the active case finding of tuberculosis cases in the PHC K.Gollahalli area (construction site Gudimavu and Devagiri cross, Padri thota and Kollegowdanapalya Srinivasapura village), Kengeri TU in Bangalore Urban District on July 9<sup>th</sup> and July 10<sup>th</sup> 2018.



## 2. Skit/Drama with Presentation for SJB Engineering College, Kengeri, Bangalore

H1N1 awareness was spread in a very innovative way to the students and staff of SJB Engineering College, Kengeri, Bangalore on 19<sup>th</sup> November 2018 at the Mini-auditorium of the Engineering College. They share the common campus with the Medical College and hospital of BGS GIMS. Students attended in 2 batches of around 150 in each. **Interns posted in the Dept. of Community Medicine performed a humorous skit** conveying the modes of spread of H1N1, importance of early initiation and completion of treatment and Isolation during illness. This was **followed by a Power point presentation** of pictorial depiction of various aspects of H1N1 and with the message of Dos and Don'ts during the illness. Finally, the session was **concluded by clarifying the doubts and resolving the myths associated with H1N1** by Dr.Ashwini G.S., Dept. of Community Medicine. Dr.Shruthi M. N., Dr.Nirmala and Mr. Mohan from Dept. of Community Medicine assisted in the conduct of this session.



  
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### **3. Street play/Role play for general public**

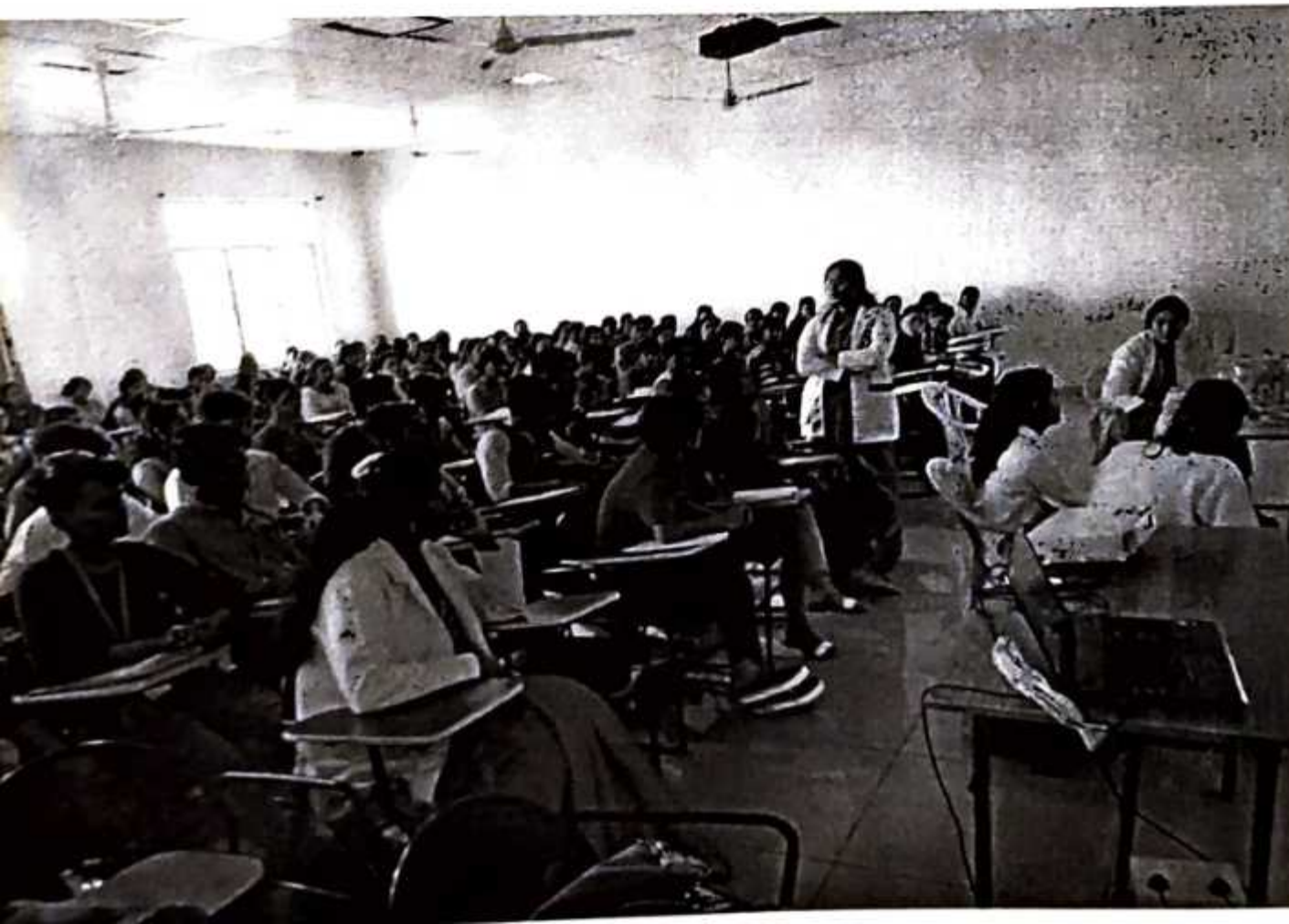
A Street Play/Role play was performed by the Interns posted in the Dept. of Community Medicine for the students of Government High School, Gankal on 22<sup>nd</sup> November 2018 to spread the awareness about H1N1. This school is located about 5kms from Urban Health Training Center of Dept. of Community Medicine. Messages about the modes of spread of H1N1; Dos and Don'ts; Isolation was conveyed by the characters in the skit through a narrative script. Around 100 students and the staff of the school observed the play and actively participated in the discussion. Dr. Pushpalatha, MO, Gankal PHC also participated in the discussion and assisted in the conduct of this play.



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**Health Camp and Health education for Pourakarmikas of Kanakapura held at BGS Global Institute of Medical Sciences**

Health Camp was conducted for Pourakarmikas of Kanakapura at BGS Global Institute of Medical Sciences on 5<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> October & 15<sup>th</sup> of November 2018 from 9 am till 5 pm. Around 100 Pourakarmikas were present in the camp. Their health appraisal was done by the clinical departments of BGS-GIMS hospital. The health education sessions were handled by Dr. Nirmla C J Associate Professor, Dr. Dharaneesh Prasad S, Assistant Professor and Interns from the department of community medicine. The camp was coordinated by Dr. Omprakash. The contents of the health education session were - preventive measures during work, rationale and need of using personal protective equipments, harmful effects of tobacco and alcohol on different systems of the human body and need for de-addiction from substance abuse. The health education was delivered using a PowerPoint presentation citing simple examples and using simple case studies.



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## World Breast Feeding Week Observation August 2018

World Breast Feeding Week with the theme of "**Foundation For Life**" was observed on 6<sup>th</sup> August 2018 at Anganawadi centre Devagiri urban field practice area (UHTC) of BGS GIMS in collaboration with medical officer Dr Shalini PHC K.Gollahalli. Dr Shalini, Dr Savita S Patil, Dr Ashwini G S inaugurated the programme along with local leaders. Dr Savita S Patil Associate professor community medicine, with active interaction highlighted the **importance of breast feeding and nutrition**. Dr Shalini spoke on need for family planning practices. ASHA workers, anganawadi workers, pregnant and postnatal mothers were the key audiences. Mr Mohan Medico social worker, intern Dr Sana were present.





  
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## Observation of World Breast Feeding Week 2018

**Background:** World Breast Feeding Week is observed every year during 1<sup>st</sup> week of August to encourage breastfeeding and improve the health of babies around the world. The theme of this year's World Breastfeeding Week is "**Breastfeeding: Foundation for Life**" — a recognition of the importance of breastfeeding to a baby's future. To commemorate the same, health education sessions were conducted by Dept. of Community Medicine in few villages nearby to UHTC, Gudimavu.

**Event:** A health education session was conducted at Thippur village. The event was inaugurated by lighting the lamp by Dr. Ashwini, Dr. Veena and Dr. Satvika from BGS GIMS, Mrs. Suvama, ICDS Supervisor and Mr. Gururaj, Gollahalli PHC. The session was delivered by Dr. Ashwini G. S., focusing on various aspects of breastfeeding and nutrition. The beneficiaries were pregnant women, mothers, adolescent girls and elderly women. Anaganwadi Teachers and ASHA workers were also the part of audiences. It was a fun filled interactive session with active participation by the audiences.





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### International women's Day on 8<sup>th</sup> March 2018

A General Health Camp was organized from BGS Global Institute of Medical Sciences on 8<sup>th</sup> March 2018 for International Women's Day at Samudhaya Bhavan, Kenchenahalli, Rajarajeshwarinagar, Bangalore. From the department of Community Medicine, **Dr. Nirmala C.J Associate Professor** actively participated in the camp. Around 200 patients in the age group of 1yr-85yr visited the camp. Common cases observed in the camp were Musculoskeletal disorders, Gastritis, Acute respiratory tract infections, Fever, Diabetes, Hypertension. Management of minor illnesses was done by distribution of medications. The cases which needed further evaluation were referred to BGS GIMS for further management. Health education was given on general health problems and health problems in women particularly.



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### **P.G. Diploma in Health Sciences (Public Health)- DPH TRAINING PROGRAM**

Our department in association with Annamalai University conducted the distance education program of P.G. Diploma in Health Sciences (Public Health) during 07-02-2018 to 11-02-2018 for 5 days for 200 Medical Officers from all over Karnataka. Dr Veena V Co-ordinated the activity. Staff who were involved as Resource persons for the sessions were Dr Jayashree S Seeri, Dr Savita Patil, Dr Veena V, Dr Shruthi M N, Dr Ashwini G S, Dr Dharanesh Prasad S, Dr Rashmi R, Mr Narayana Swamy. Topics covered were broadly divided into 2 Parts. Part - I: PUBLIC HEALTH, MEDICAL MICROBIOLOGY, PARASITOLOGY AND ENTOMOLOGY and Part -II: EPIDEMIOLOGY AND HEALTH ADMINISTRATION. Dr Arul Kumar, Co-ordinator from the University attended the Contact sessions as an Observer and gave positive remarks at the end of the training program.



  
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## Health education for Pourakarmikas of Ramanagara district held at BGS

### Global Institute of Medical Sciences

A health education session on maintenance of personal hygiene and harmful effects of tobacco and alcohol for Pourakarmikas of Ramanagara district was held at BGS Global Institute of Medical Sciences on 23/02/2018 from 2 pm till 4 pm. Around 60 Pourakarmikas were present in the session. Their health appraisal was done by the clinical departments of BGS-GIMS hospital. The health education session was handled by **Dr Dharaneesh Prasad S**, Assistant Professor and **Dr Nirmala C J**, Associate Professor from the department of community medicine. The contents of the health education session were - preventive measures during work, rationale and need of using personal protective equipments, harmful effects of tobacco and alcohol on different systems of the human body and need for de-addiction from substance abuse.

The health education was delivered using a PowerPoint presentation citing simple examples and using simple case studies. We thank the Principal BGS GIMS, Medical Superintendent - BGS GIMS Hospital, HOD of dept of Community Medicine, Administrative Medical Officer, Resident medical officer and the MSWs for the co-ordination and co-operation offered for the conduct of this session.



  
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**Sensitization of the Interns on "TOG 2016 RNTCP Guidelines" on 05-03-2018**

Name of the college	BGS GIMS	Name of the Resource Person
Date of the programme	05-03-2018	
Participants group	<b>Interns</b>	
NUMBER OF PARTICIPANTS	80	
TOPICS COVERED	1. TOG Overview	Dr Savita S Patil
	2. Case finding and revised diagnostic algorithm	Dr Naveen M
	3. Implementation of daily regimen	Dr Jayashree S Seeri



  
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### Sensitization of the Faculty on "TOG 2016 RNTCP Guidelines" on 6-03-2018

Name of the college	BGS GIMS	Name of the Resource Person
Date of the programme	6-03-2018	
Participants group	<b>Faculty</b>	
NUMBER OF PARTICIPANTS	80	
TOPICS COVERED	1. TOG Overview & PMDT	Dr Jayashree S Seeri
	2. Case finding and revised diagnostic algorithm	Dr Naveen M
	3. Implementation of daily regimen	Dr Savita S Patil



  
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## **CME REPORT on “Recent Updates in Tuberculosis control”**

CME on “Recent updates in Tuberculosis Control” was organized by the Department of Community Medicine and General Medicine in co-ordination with the RNTCP, Bangalore Urban Gol on 7<sup>th</sup> of March 2018 at Lecture hall-1, BGS Global Institute of Medical Sciences. DTO, Dr. Srinivas was the chief guest. The following sessions - Role of Medical Colleges in RNTCP’, Technical and Operational Guidelines 2016 – ‘an overview, TB case finding and Diagnostic Algorithms, Recent guidelines in treatment of TB- Daily Regimen Implementation, Follow-up examination schedule and ADR management, Revised Management Schedule for treatment of Multi Drug Resistant TB (PMDT 2017), TB and HIV and other co-morbidities, Research areas in Tuberculosis were scheduled involving various resource persons and chair persons. Around 200 participants which includes the internal and external delegates and interns. The sessions ended successfully.



  
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## Celebration of **WORLDS BREAST FEEDING WEEK**, August 2022 Department of Pediatrics

BGS GIMS Department of paediatrics celebrated the ‘Worlds Breast feeding week’ on 3.8.2022 Wednesday. World Breast Feeding week 2022 was observed in department under the guidance of Dr. Ramesh M, Professor & Head. Department of Paediatrics BGS GIMS.

On the 3rd of August 2022 inauguration of ‘World Breastfeeding week’ was done in the hospital Premises and Reception hall at 11am by lighting the lamp from

Dr Mohan M E ,Dean cum principal

Dr Srikanth Kulkarni, Medical superintendent

Dr Ramesh M, HOD of Paediatrics

Dr Purnima Samayam, Professor, Dept. of Paediatrics

Neonatologist Dr Sharath Chandra N in the presence of faculties of paediatrics and other departments and students

We oriented the mothers in PNC and general public regarding the importance of breast feeding.

We conducted “**POSTER COMPETITION**” regarding the Breast feeding for undergraduates Interns and post graduates.

We conducted the written quiz competition regarding the Breast feeding for both undergraduates and postgraduates of paediatrics

The Breast Feeding awareness skit was enacted by groups of final year students. We concluded the programme of **WORLD BREAST FEEDING WEEK2022** with great success.







## Posters competition



# BREAST FEEDING

The first source of the baby

Breast milk is a unique source of nutrients

- Contains antibodies
- Contains enzymes
- Contains hormones
- Contains vitamins
- Contains minerals
- Contains essential fatty acids
- Contains lactoferrin
- Contains lysozyme
- Contains secretory phospholipase
- Contains oligosaccharides
- Contains nucleotides

## COLOSTRUM

The liquid gold

Should be fed to baby in first 24 hours

EVERY DROP HAS CAPACITY TO FIGHT DISEASES

### BREAST FEEDING POSITIONS



- Signs of poor attachment
- Clicking sound
- Shallow latch
- Redness on the nipple
- Baby's mouth is not covering enough of the areola
- Breast pain
- Leaking milk

### HOW TO INCREASE MILK SUPPLY

- DRINK MORE WATER
- REST AND RELAX
- FEED ON DEMAND
- USE BREAST PUMP
- GET HELP
- MASSAGE
- WARM COMPRESSIONS
- STAY POSITIVE
- AVOID NICOTINE
- AVOID ALCOHOL
- AVOID DRUGS
- AVOID STRESS

## Sea Of Benefits

- IQ
- Heart Health
- Cancer Prevention
- Diabetes Prevention
- Obesity Prevention
- Immune System
- Brain Development
- Emotional Health
- Attachment
- Reduced Risk of Infections
- Reduced Risk of SIDS
- Reduced Risk of Allergies
- Reduced Risk of Autism
- Reduced Risk of Depression
- Reduced Risk of Anxiety
- Reduced Risk of Behavioral Problems
- Reduced Risk of Learning Disabilities
- Reduced Risk of Academic Underachievement
- Reduced Risk of Substance Abuse
- Reduced Risk of Crime
- Reduced Risk of Homelessness
- Reduced Risk of Homelessness
- Reduced Risk of Homelessness

WORLD BREASTFEEDING WEEK AUGUST 1-7 2022

# STEP UP FOR BREASTFEEDING

EXCLUSIVELY BREASTFEED DURING THE FIRST SIX MONTHS PROTECTS BABY FROM ALL SORTS OF INFECTION AND ESSENTIAL NUTRIENTS REQUIRED FOR PROPER DEVELOPMENT AND GROWTH IMPROVES COGNITIVE DEVELOPMENT PROMOTES HEALTHY WEIGHT GAIN AND HELPS TO PREVENT CHILDHOOD OBESITY.

## EDUCATE AND SUPPORT

MOTHER'S MILK LEADERSHIP

# You are enough mama

## STEP UP FOR BREASTFEEDING

### EDUCATE AND SUPPORT

I MAKE MILK WHAT IS YOUR SUPERPOWER?

#### LITTLE HEROES DESERVE LIQUID GOLD

- PROTECTION FROM INFECTIONS & DISEASE
- BETTER IQ
- LOWERS THE RISK OF BEING AN OVERWEIGHT CHILD
- LOWER RISK OF ALLERGY, EAR INFECTIONS AND RESPIRATORY PROBLEMS
- LOWER RISK OF DIABETES, PANCREAS DISEASE AND LIPIDOMA IN LATER LIFE
- BETTER VISION
- BETTER DENT
- DECREASE INCIDENCE OF ALLERGIC DYSPLASIA
- DECREASE INCIDENCE OF ALLERGIC DYSPLASIA

#### SUPPORT OUR ANGELS

- MOTHERS WHO BREASTFEED ARE MORE LIKELY TO HAVE HEALTHY CHILDREN
- MOTHERS WHO BREASTFEED ARE MORE LIKELY TO HAVE HEALTHY CHILDREN
- MOTHERS WHO BREASTFEED ARE MORE LIKELY TO HAVE HEALTHY CHILDREN
- MOTHERS WHO BREASTFEED ARE MORE LIKELY TO HAVE HEALTHY CHILDREN

#### GET READY MAMA

- WASH YOUR HANDS
- WASH YOUR BREASTS
- WASH YOUR BABY
- WASH YOUR BABY
- WASH YOUR BABY

#### SIGNS OF GOOD LATCH

- BABY'S MOUTH IS WIDE OPEN
- BABY'S NOSE IS PINCHING
- BABY'S TONGUE IS TUCKED UNDER
- BABY'S CHEEKS ARE FLUSHED
- BABY'S EARS ARE PINK
- BABY'S EARS ARE PINK
- BABY'S EARS ARE PINK

#### DON'T GIVE UP

- IT'S NOT ABOUT MY RIGHT TO BREASTFEED IT'S ABOUT MY CHILD'S RIGHT TO EAT
- IT'S NOT ABOUT MY RIGHT TO BREASTFEED IT'S ABOUT MY CHILD'S RIGHT TO EAT
- IT'S NOT ABOUT MY RIGHT TO BREASTFEED IT'S ABOUT MY CHILD'S RIGHT TO EAT

# BENEFITS OF BREAST FEEDING

## for Mom

- Prevents Post Partum Depression
- Delayed Menstruation
- Increased Intimacy & Support
- Supports Breast Health

**SUPPORT!**

**WHAT DADS CAN DO**

- Help with household tasks
- Take care of the baby
- Be patient and supportive
- Encourage breastfeeding
- Be a good role model
- Be a good listener
- Be a good communicator
- Be a good provider
- Be a good father



## for BABY

- Prevents SIDS
- Prevents Ear Infections
- Prevents Stomach Issues
- Prevents Allergies
- Prevents Respiratory Issues
- Prevents Dental Issues
- Prevents Obesity
- Prevents Diabetes
- Prevents Heart Disease
- Prevents Cancer
- Prevents Autism
- Prevents ADHD
- Prevents Schizophrenia
- Prevents Depression
- Prevents Anxiety
- Prevents Depression
- Prevents Anxiety
- Prevents Depression
- Prevents Anxiety

**World Breastfeeding Week**

August 1st - August 7th

BY: KHUONG NGUYEN

## **Celebration of ORS WEEK, July-2022 Department of Pediatrics**

A bright sunny morning heralded celebrations on the 29<sup>th</sup> of July at the very front door of our esteemed institution. The event marked the culmination of ORS Week, an annual occurrence observed during the last week of July. This yearly ritual was conducted with much fanfare and enthusiasm by the Department of Pediatrics under the aegis of the Indian Academy of Pediatrics with this year's theme of **“JODI NO1 ZINC AND ORS”**.

The venue for the day, Reception-Area of the hospital was decorated with a colorful display of informative, hand-drawn posters that were submitted by the students and interns of our institution. The heads of various departments, faculties, postgraduates, interns and undergraduate students of the institution were present in full force along with scores of common people.

As the clock struck eleven, our beloved Dean and Principal, Dr. M.E.Mohan Sir and our dearest Medical Superintendent, Dr. Srikanth Kulkarni Sir were welcomed by the HOD and Professor Dr. Ramesh M Sir along with the rest of the Department of Pediatrics. Our Principal, Dr. M.E. Mohan Sir inaugurated the festivities with a few words of wisdom that highlighted the importance of identifying dehydration and the need to promptly correct it.

This was followed by the highlight of the day, a short play of three stories, each educating the common folk about the importance of Oral Rehydration Solution, that was enacted by the students of 3<sup>rd</sup> year MBBS. It was a short but phenomenal effort by the students to drive home the theme.

Finally, curtains were called for the day with one-on-one discussions amongst the common public to alleviate all the doubts and myths about ORS. In what has become their signature parting-style, the Department of Pediatrics distributed sweets before everybody went back to their daily grind.



Bengaluru, Karnataka, India  
Ganesha Circle, SJB Boys Hostel 1 basement, SJB Institute  
of technology, BGS Rd, Sunkalpalya, Bengaluru, Karnataka  
560060, India  
29/07/22 12:31 PM



**Skit by students**

*Mona*

**DEAN cum PRINCIPAL**

Dean cum Principal  
BGS Global Institute of Medical Sciences  
# 67, Uttarahalli Road, Kengeri,  
Bengaluru - 560 060.

**Details of Health Camp Organized by the College in Last Five Years**

<b>Sl.NO</b>	<b>Date</b>	<b>Name of the activity and place</b>	<b>Organizing unit/ agency/ collaborating agency</b>	<b>Number of students participated</b>	<b>Number of teachers participated</b>	<b>No of beneficiaries</b>
1	8/12/2020	General Health Camp At BGS Global Hospital, Ramanagar	Sri B.K Krishnamurthy Charitable Trust, Rotary Silk City	10	20	350
2	26/02/2020	General Health Camp In Vivekanandha College For Women ,Mahalakshmi Layout,	BGSGIMS	---	15	180
3	25/01/2020	General Health Camp - Kengeri, Nayana Vidyanikethan School.	BGSGIMS	2	0	150
4	11/01/2020	General Health Camp- Ramangar	Taluk Panchayath Sabhagana Ramnagar By BGSGIMS	2	10	20
<b>2019</b>						
1.	23/12/2019	General Health Camp - Ramanagar	Rotary Club In Association With BGSGIMS.	5	13	180



2.	<b>03/12/2019</b>	General Health Camp-Gubbi Taluk Tumkur.	BGSGIMS	15	25	1110
3.	<b>16/11/2019</b>	General Health Camp-Laggerie	BGSGIMS	05	23	2000
4.	<b>1/10/2019</b>	General Health Camp-Ramanagra	ROTARY BGSGIMS	10	16	400
5.	<b>25/05/2019</b>	General Health Camp-Honnighanahatti	BGSGIMS	05	10	130
6.	<b>30/04/2019</b>	General Health Camp-Kengeri Bmtcwork Shop	BGSGIMS	03	10	61
7.	<b>31/03/2019</b>	General Health Camp-H.Gollahalli	BGSGIMS-	05	15	550
8.	<b>22/03/2019</b>	General Health Camp-Tagachaguppe	BGSGIMS	03	18	500
9.	<b>02/03/2019</b>	General Health Camp-Byadarahalli.Ramanagar.	BGSGIMS	03		
10.	<b>21/02/2019</b>	General Health Camp-Uttarahalli	BGSGIMS	03	16	400
11.	<b>25/01/2019</b>	General Health Camp-Sahana School-Andrahalli	BGSGIMS	02	12	400
12	<b>12/01/2019</b>	General Health Camp-Arsinakunte Nelmangala	BGSGIMS	02	----	25
<b>2018</b>						
1.	<b>20-12-2018</b>	General Health Camp H.Mogenahalli Village Channapattana	BGSGIMS	09	09	414
2.	<b>16-12-2018</b>	Rotary BGS Hospital		06	07	147
3.	<b>27/11/2018</b>	General Health Camp-Kailanche Village,Ramanagar.	BGSGIMS With Rotary Silk City	10	10	441
4.	<b>18-11-2018</b>	Sri Thyagaraja Cooperative bank, BBMP		04	04	190

5.	<b>12/11/2018</b>	General Health Camp-Bidadi	BGSGIMS And Rotary Club.	09	11	400
6.	<b>05/11/2018</b>	General Health Camp-Jesus Heaven Church,Hosakerehalli	BGSGIMS	06	06	210
7.	<b>01/11/2018</b>	General Health Camp-Kengeri	BGSGIMS	10	07	244
8.	<b>25/09/2018</b>	General Health Camp-Nethaji Nagarkp Agrahara Road.	BGSGIMS	9	09	237
9.	<b>22/09/2018</b>	General Health Camp-Kengeri	BGSGIMS Siri Gandha Kannada Yuvakara Charitable Trust.	08	08	73
10.	<b>25/08/2018</b>	General Health Camp-Kengeri Orphanage Center.	BGSGIMS	10	10	400
11.	<b>20/08/2018</b>	General Health Camp-Kengeri	BGSGIMS	04	04	140
12.	<b>08-08-2018</b>	Anna Poorna Charitable trust	BGSGIMS	04	04	135
13.	<b>27-07-2018</b>	BGS GIMS Rural Health Centre	BGSGIMS	16	13	250
14.	<b>20-06-2018</b>	TAPAS	BGSGIMS	02	02	50
15.	<b>08-03-2018</b>	Samudayabhan, Kenchanahalli, Bangalore	Mahila Congress	07	10	117
16.	<b>05/03/2018</b>	General Health Camp-Kenchenahalli	BGSGIMS	02	13	200
17.	<b>17/02/2018</b>	General Health Camp-KSRTC Work Shop Kengeri.	BGSGIMS	06	06	250
18.	<b>11-02-2018</b>	Little angle school	BGSGIMS	02		
19.	<b>24/01/2018</b>	General Health Camp-Bhabusaheapalya,KENGERI	BGSGIMS	02	16	500

2017						
1.	<b>26/11/2017</b>	General Health Camp- Bhabusaheapalya, ,KENGRI	BGSGIMS		12	250
2.	<b>10/11/2017</b>	General Health Camp- Okalipuram,, Bangalore	BGSGIMS		20	500
3.	<b>27/10/2017</b>	General Health Camp- Kenchenahalli	BGSGIMS		22	750
4.	<b>24/10/2017</b>	General Health Camp- Ramanagar	BGSGIMS		28	650
5.	<b>07/10/2017</b>	General Health Camp- Ramanagar	BGSGIMS		12	250
6.	<b>13/09/2017</b>	General Health Camp- Pantarapalya	BGSGIMS		12	200
7.	<b>17/06/2017</b>	General Health Camp- Padmanbhnagar	BGSGIMS		15	200
8.	<b>21/05/2017</b>	General Health Camp- Konanakunte,Nisarga High School	BGSGIMS		12	500
9.	<b>18/05/2017</b>	General Health Camp- Hegganahalli	BGSGIMS In Collaboration With Vijaya Eye Health Center		05	500
10.	<b>25/04/2017</b>	General Health Camp- Channapatna	BGSGIMS		08	435
11.	<b>23/04/2017</b>	General Health Camp-Tumkur	BGSGIMS		12	320
12.	<b>23/04/2017</b>	General Health Camp- Doddaldhamara	BGSGIMS		23	130
13.	<b>13/04/2017</b>	General Health Camp- Muddinapalya	BGSGIMS		21	164

14.	<b>26/03/2017</b>	General Health Camp- Thataguni Government High School	BGSGIMS		22	350
15.	<b>26/03/2017</b>	General Health Camp- Thataguni Government High School	BGSGIMS		22	350
16.	<b>23/03/2017</b>	General Health Camp- Kallahalli	BGSGIMS		22	350
17.	<b>11/02/2017</b>	General Health Camp- Srinagar,Bangalore	BGSGIMS		22	150
18.	<b>22/02/2017</b>	General Health Camp- Bannadhare Village,Ramanagar	BGSGIMS In Collaboration With SJBIT		22	200
19.	<b>11/01/2017</b>	General Health Camp- Nagammanagar Bangalore	BGSGIMS		23	500
<b>2016</b>						
1.	<b>20/12/2016</b>	General Health Camp-Biker Workers Colony,Ramanagar	BGSGIMS			200
2.	<b>22/10/2016</b>	General Health Camp- Huchenahhali Village	BGSGIMS			150
3.	<b>26/08/2016</b>	General Health Camp-Chakkere Channapatna Taluk	BGSGIMS			1200
4.	<b>03/08/2016</b>	General Health Camp- Ramanagar Brambedkar Hall	BGSGIMS		23	350
5.	<b>20/07/2016</b>	General Health Camp,Diabetic Screening,Rrnagar	BGSGIMS		02	400
6.	<b>09/07/2016</b>	General Health Camp- Kanakapura	BGSGIMS		10	270
7.	<b>10/07/2016</b>	General Health Camp- Thimenahalli	BGSGIMS		12	630
8.	<b>17/06/2016</b>	General Health Camp-Kengeri	BGSGIMS		12	220

9.	05/06/2016	General Health Camp-Bidadi	BGSGIMS Collaboration With Rotary Club		20	350
10.	14/05/2016	General Health Camp-Jalahalli Airport Road	BGSGIMS		25	267
11.	06/05/2016	General Health Camp-Jpnagar	BGSGIMS		28	600
12.	11/04/2016	General Health Camp-Sheshadripram	BGSGIMS		23	350
13.	26/03/2016	General Health Camp-Ramamandira Ground,Rajajinagar	BGSGIMS		23	250
14.	19/03/2016	General Health Camp-Gavipuram Guttahalli	BGSGIMS		25	300
15.	14/03/2016	General Health Camp-St mark High School,Magadi Road	BGSGIMS		20	200
16.	22/01/2016	General Health Camp-Kanakapura	BGSGIMS		26	300

*M.M.M.*

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