RURAL HEALTH CARE AND DEVELOPMENT CENTRE

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Vision

To provide comprehensive health care to the rural community and to achieve their development in all aspects of health namely promotive, preventive, curative and rehabilitative activities.

Introduction

Rural Health Care and Development Centre (RHCDC) is an initiative of the Yenepoya (Deemed to be University) addressing the social responsibility principle of higher educational institutions. RHCDC has completed 12 years of service in the rural areas and contributed significantly to the health care of the rural population in the region of D.K. District.

RHCDC Team :

Faculty Profile:

Sl. No.	Name	Designation
1	Dr. Poonam R Naik	Deputy Director
2	Dr. Srinivas Patel	Medical Officer
3	Dr. Nishana Nouton	Medical Officer
4	Dr. Muzammil Mohammed	Medical Officer
5	Dr. Mariyam Shabeeha	Medical Officer
6	Mrs. Divya Jyothi	MSW Staff
7	Mrs. Sweekritha	MSW Staff
8	Mrs. Shaini	MSW Staff
9	Mrs. Gayathri	MSW Staff
10	Mrs. Shobha Lobo	SDA
11	Ms. Prafulla Kumari	Staff Nurse

Sl. No.	Name	Designation
12	Mrs. Celestine D'Souza	Staff Nurse
13	Mrs. Hilda Cynthia Gonsalves	Staff Nurse
14	Mrs. Asuntha Veigas	Staff Nurse
15	Mrs. Nirmala	Lab Technician
16	Mr. Mutthalib	Pharmacy Assistant

A number of health checkup activities and health education talks are arranged on a regular basis as part of the department's health promotion activities. A brief outline of the activities conducted during the academic year 2020-21 is given below.

Sl. No.	Activity	No. of Programs	No. of Beneficiaries
1.	Health education talks	11	741
2	World Health Days	16	1003
3.	School health check ups	1	330
4.	Major Camps	4	303
5.	Other health checkups (SHG members and Paschim rehabilitation centre	11	254
6.	Blood grouping other centres and camps & Blood sugar testing	3	145
7.	Yen health care on Wheels	31	350
8.	Health checkup at Rehabilitation centres	20	474
9.	Pulse Polio Programme	1	103
10	Door to door health care delivery	1296	3055

HEALTH EDUCATION SESSIONS

	Health Talk was given on **"COVID-19 Prevention"** in Collaboration with Anjuman Quvvatul Islam, Jokatte for Students and their parents on 13.06.2020 at Anjuman school. **Total number of beneficiaries- 85**

	Talk on **"Breast Feeding"** in collaboration with Chethan Nagar anganavadi for SHG members on 07.08.2020 at Chethan Nagar, Kumpala. **Total number of beneficiaries- 10**
	Talk on **"COVID-19 Prevention"** in collaboration with Brahmashree Narayana Guru Seva Sangha, Grama Chawadi Pajeer for tailoring trainees on 15.09.2020 at Grama Chawadi, Pajeer. **Total number of beneficiaries - 40**
	Webinar on **"Impact of Online Learning"** in collaboration with psychiatry department YMCH for degree students on 13.1.2021 at St. Aloysius College, Mangalore. **Total number of beneficiaries- 316**
	Talk on **"Personal Hygiene"** in collaboration with Government Higher Primary School, Jokatte for school children on 26.02.2021 at Jokatte school. **Total number of beneficiaries- 35**
	Talk on **"General Health & Tuberculosis"** in collaboration with Mukacherry anganavadi for self help group on 19.03.2021 at Mukacherry. **Total number of beneficiaries- 15**

	Talk on **"General Health & Tuberculosis"** in collaboration with Lakshmi Gudde anganavadi centre for self help group on 19.03.2021 at Lakshmi Gudde. **Total number of beneficiaries- 15**
	Talk on **"COVID-19 Prevention"** in collaboration with Government Higher Primary School, Babukatte for school children on 26.03.2021 at Babukatte. **Total number of beneficiaries-120**
	Talk on **"Tuberculosis"** in collaboration with Akkarekere anganavadi for Self help group and anganavadi teachers on 05.04.2021 at Akkarekere centre. **Total number of beneficiaries- 30**
	Talk on **"COVID-19 prevention"** in collaboration with Bandikotiya anganavadi centre for Self help group on 09.04.2021 at Bandikotiya centre. **Total number of beneficiaries- 60**
	Talk on **"COVID-19 prevention"** in collaboration with Jokatte anganavadi centre for self help group and GWH nurses on 20.04.2021 at Jokatte. **Total number of beneficiaries- 15**

WORLD HEALTH DAYS

	"Nutrition Week" was observed and talk was given on Awareness on nutritional requirements and diet. Talk was conducted in collaboration with Chethan Nagar anganavadi centre for self help group on 16.09.2020 at Chethan Nagar, Kumpala. **Total number of beneficiaries- 15**
	"World AIDs Day" was observed and talk was give awareness on HIV infection mode of transmission, signs and symptoms, diagnosis, treatment, prevention. It also focused on reducing social stigma. Talk was conducted in collaboration with Shareth Women' College, Jokatte on 02.12.2020 at Jokatte. **Total number of beneficiaries- 20**

"World Cancer Day" was observed and talk was given on awareness on cancer and explained about cancer definition, cancer types, causes, stages, signs and symptoms, early detection tests/screening tests, treatment and social security schemes available for treating it. Talk was conducted in collaboration with local organization.

The following activities conducted in sub centre areas :

 Hanuman Nagar anganavadi centre on 04.02.2021 at Vyayame Shale, Kumpala **Total number of beneficiaries- 35**	Jokatte anganavadi on 05.02.2021 at Jokatte **Total number of beneficiaries- 20**

Akkarekere anganavadi centre on 05.02.2021.
Total number of beneficiaries- 50

Aloysian Boys Home on 06.02.2021 at Aloysian Hostel
Total number of beneficiaries- 18

Chethan Nagar anganavadi on 06.02.2021
at Chethan Nagar, Kumpala
Total number of beneficiaries- 27

"Indira Nagar anganavadi on 09.02.2021 at Mukacherry
Total number of beneficiaries- 30

Shareeath College on 10.02.2021 at Borugudde, Kannur, Adyar.
Total number of beneficiaries- 100

"International Women's Day was observed and talk was given on awareness on women's health problems and solutions were adviced. Talk was conducted in collaboration with local organization. The following activities conducted in sub centre areas.

Chethan Nagar anganavadi on 04.03.2021 at Kumpala.

Total number of beneficiaries- 30

Carmel High School on 08.03.2021 at Kotekar.

Total number of beneficiaries- 530

Mudipodi Anganavadi on 10.03.2021 at Kallapu

Total number of beneficiaries- 38

"World Tuberculosis Day" was observed and talk was given on awareness on basic facts of TB, how it spreads, latent TB infection and TB disease, signs and symptoms, TB risk factors, TB prevention and treatment. Talk was conducted in collaboration with Ganddi Anganavadi on 16.03.2021 at Permanur.

Total number of beneficiaries- 20

"World Tuberculosis Day" was observed and talk was given on awareness on basic facts of TB, how it spreads, latent TB infection and TB disease, signs and symptoms, TB risk factors and the distribution of nutritionally rich fruits and dry fruits to TB patients, TB prevention and treatment. Talk was conducted in collaboration with TB hospital on 24.03.2021 at Government TB hospital, Moodshedde, Vamanjoor.

Total number of beneficiaries- 40

SCHOOL HEALTH CHECK UP

School checkup at Carmel school, Kotekar on 26.02.2021.

Total number of beneficiaries- 330

HEALTH CHECK UP CAMPS IN COMMUNITY (MAJOR CAMPS)

	Medical checkup camp in association with Talent Research Foundation at Shareeath College, Adyar on 17.02.2021. **Total number of beneficiaries- 50**
	Medical checkup camp in association with Eye Charity, Sajipa, Bantwal at Sajipa Nadu on 28.02.2021. **Total number of beneficiaries- 101**
	Medical checkup camp in association with JCI Shambhavi at Mulki on 07.04.2021. **Total number of beneficiaries- 60**

	Medical checkup camp in association with D.K. Garage Malakar Sangha at Moodbidri on 18.04.2021. **Total number of beneficiaries- 92**

BLOOD GROUPING CAMPS

	Blood grouping camp in collaboration with Eye Charity at Sajipa Aradi, Bantwal on 28.02.2021. **Total number of beneficiaries- 90**
	Blood grouping camp in collaboration with JCI Shambhavi at Mulki on 07.04.2021. **Total number of beneficiaries- 45**
	Blood grouping camp in association with D.K. Garage Malakar Sangha at Moodbidri on 18.04.2021. **Total number of beneficiaries- 10**

OTHER HEALTH CHECKUPS

	Health checkup at Paschim rehabilitation centre, Someshwar on 09.12.20202, 13.01.2021 and 16.02.2021 **Total number of beneficiaries-** 121
	Health checkup for SHG members at Mukacherry on 23.12.2020, 12.01.2021, 09.02.2021, 09.03.2021 and 13.04.2021 **Total number of beneficiaries- 97**
	Health checkup for SHG members at Lakshmi Gudde on 12.01.2021, 09.02.2021 and 09.03.2021. **Total number of beneficiaries- 36**

PULSE POLIO PROGRAMME

	Health checkup for inmates of Olavina Halli old age home and Psychiatric Rehabilitation Centre, Pavoor
	University vehicle is utilized for implementing "Yen Health Care on Wheels" which provides necessary health checkup activities for Devi Pura, Devi Nagara, Narla Padil and Ajjinadka areas.

DOOR TO DOOR HEALTH CARE DELIVERY

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NATIONAL SERVICE SCHEME

NATIONAL SERVICE SCHEME

Introduction

The National Service Scheme (NSS) is an Indian government-sponsored public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage.

Vision, Mission, Objectives

Vision - To be a globally recognized and acclaimed centre of academic excellence in youth development.

Mission - Preparing youth for the new millennium and in the globalized context by formulating youth related policies, develop professional capabilities, initiate action in community research and study, network with National & International organizations, cater to the needs & concerns of the young people of this country.

Goals & Objectives

Goals- The programme aims to inculcate social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.

Objectives

The main objectives of National Service Scheme (NSS) are:

1. Understand the community in which they work
2. Understand themselves in relation to their community
3. Identify the needs and problems of the community and involve them in problem-solving
4. Develop among themselves a sense of social and civic responsibility
5. Utilise their knowledge in finding practical solutions to individual and community problems
6. Develop competence required for group-living and sharing of responsibilities
7. Gain skills in mobilising community participation
8. Acquire leadership qualities and democratic attitudes
9. Develop capacity to meet emergencies and natural disasters and practise national integration and social harmony

Yenepoya Deemed to be University started NSS Unit in 2010 with strength of 500 volunteers in selected 5 Units. Now, it has grown to 12 Units with the volunteer's strength of 1200 volunteers in the year 2020-21.

Sl. No.	Activity	Unit No.	No. of Beneficiaries	Intake per Unit	NSS Volunteers in each Unit
Government Financing Units (GFU)					
1.	Yenepoya Dental College	1	Dr. Imran Pasha	M100	100
2.	Yenepoya Medical College	2	Dr. Akshay K.M	100	100
3.	Yenepoya Medical College	3	Dr. Pracheth Raghuveer	100	100
4.	Yenepoya Physiotherapy College	4	Dr. Shemjaz Arakkal. M	100	100
5.	Yenepoya Nursing College	5	Mrs. Renita Priya D'souza	100	100
6.	Yenepoya Institute of Art, Science, Commerce and Management	6	Mr. Pavitra Shetty	100	100
7.	Yenepoya Institute of Art, Science, Commerce and Management	7	Mr. Anooph K.M	100	100
8.	Yenepoya Pharmacy College And Research Centre	8	Mr. Mohammed C Asif Iqbal	100	100
9.	Faculty of Allied Health Care Professions	10	Ms. Amitha Digambar Dabholkar	100	100
10.	Yenepoya Ayurveda Medical College	11	Dr. Jnanesh Marathe	100	100
Self Financing Units (SFU)					
11.	Hospital Administration	9	Mrs. Averil Rebello	100	100
12.	Yenepoya Homoeopathy Medical College	12	Dr. Shashikant B.K	100	100

Under the guidance of the University the NSS coordinators, Programme officers are taking interest in effective implementation of NSS objectives such as Environment protection, health and hygiene, awareness camps, leadership development etc. Apart from that the initiative taken for Environment awareness, Gender sensitization, Road safety among community and students to keep the Mangalore city cleaner and greener and safer.

Major Achievements:

The NSS also has played a very prominent role in creating health awareness specifically on early detection of cancer where we trained 700 NSS officers of Karnataka state in 2020-21(07.03.2020 to 04.3.2021)

2500 NSS Volunteers and public got trained with COVID 19 prevention programme & Stress Management during COVID in State Level online interactive Programme. 60 families were distributed with food kit.

Obervered National Programmes like Rashtriya Ekta Diwas (National Unity Day), World Patient Safety Day, Constitution Day, and Blood donation camp more than 2000 students participated in national programmes in 2020-21

NSS Volunteers participation in State and National Level Programme like State and National Pre RD selection camp and State level Republic Day Parade at Karnataka University, Dharwad and National Integration Camp.

List of Activities

Program No.	Date	Name & Place Program Organized	Organising Unit	No. of Participants
1.	31/05/2020	World No Tobacco Day Social Media Campaign of Memory Down the Lane	NSS unit-1 and Department of PHD, YDC	100
2.	05/06/2020	World Environment Day Online Quiz competition, For Faculty and Students	NSS unit-1 and Department of PHD, YDC	100
3.	19/06/2020	Public Health Dentistry Day Online Quiz Competition	NSS unit-1 and Department of PHD,YDC	50
4.	20/06/2020	Webinar on account of Public Health Dentistry Day Webinar	NSS unit-1 and Department of PHD,YDC	100
5.	21/07/2020	World Yoga Day, Online With Video of the Mrs. Sara Beth, International Celebrity Yoga Instructor. Theme: Yoga at Home and Yoga with Family. Google Meet	NSS unit-1 and Department of PHD,YDC	30 members
6.	15/08/2020	Online Independence Day Quiz Competition, total participated. Online, Google Forms	NSS unit-1 and Department of PHD,YDC	108
7.	17.08. 2020	Stress Management During COVID State Level Online Interactive Programme	NSS, Yenepoya Deemed to be University	2500
8.	17.09.2020	World Patient Safety Day-2020 (Online)	NSS Unit 9- Department of Hospital Administration, YMC	180
9.	27.09.2020 to 01.10.2020	State Level Program to Commemorate Gandhi Jayanti - 2020 (Online)	NSS Unit 9- Department of Hospital Administration, YMC	170
10.	29/09/2020	Well Women Clinic Camp & Awareness Yenepoya Dental College Auditorium	NSS Unit-1 of Yenepoya Dental College & Yenonco Centre	100
11.	27/10/2020	Vigilance Awareness Week Integrity Pledge by NSS volunteers and Faculty : Online	NSS Unit-1 of Yenepoya Dental College	100
12.	20/06/2020 to 26/10/2020	Spit Free Campaign - Online	NSS Unit-1 of Yenepoya Dental College Participated in the Spit Free Campaign by the Government of Karnataka and Sambandh Foundation	100

Program No.	Date	Name & Place Program Organized	Organising Unit	No. of Participants
13.	31.10.2020	Rashtriya Ekta Diwas (National Unity Day)	NSS, Yenepoya Deemed to be University	779
14.	26.11.2020	Constitution Day Celebration	NSS, Yenepoya Deemed to be University,	257
15.	01/12/2020	World AIDS Day -Webinar by Dr. Rouchelle Tellis and Dr. Gowthami P	Department of Public Health Dentistry & NSS Unit-1	150
16.	01/02/2021	Painting- World Cancer Day Yenviron	NSS Unit-1 of Yenepoya Dental College	50
17.	03/02/2021	Cook for Cause Event Yenviron	NSS Unit-1 of Yenepoya Dental College	100
18.	04/02/2021	World Cancer Day Cancer Awareness Outreach Program (CAOP) Yenepoya Dental College Auditorium	NSS Unit-1 of Yenepoya Dental College	100
19.	07/02/2021	SadbhavanaYatra-2021- Interaction of Students of Manipur with NSS Volunteers Yendurance Zone	NSS Unit-1 of Yenepoya Dental College	15
20.	13/02/2021	Oral Health Check Up Camp for Yenepoya FC, Football Players Football ground	NSS Unit-1 of Yenepoya Dental College	25
21.	08/03/2021	International Women's Day (Online)	NSS Unit-1 of Yenepoya Dental College	57
22.	24/03/2021	Awareness program on COVID -19 For school children	NSS Unit- V - Yenepoya Nursing College	27
23.	19/03/2021	World Oral Health Day Smile Yenepoya Competition	NSS unit-1 and Department of PHD,YDC	20
24.	23.03.2021	Blood Donation Drive (Samvedna)	NSS, Yenepoya Deemed to be University in association with NIFAA	2,700
25.	29/03/2021	Fit India Program Yenviron	NSS unit -1 and 5 of YDC and YPC	100
26.	15/04/2021	LasikaUtsava Thodar	JamyathulFalah and Yenepoya Dental College	8
NSS Volunteers participation in State and National Level Programme				
27.	11. 11.2020 to 12.11.2020	NSS volunteers in State and National Pre RD selection camp and State level Republic Day Parade at Karnataka University, Dharwad.	NSS Unit –V-Yenepoya Nursing College	1
28.	23. 02.2021 to 01.03.2021	National Integration Camp Participation	NSS Unit –V-Yenepoya Nursing College	6

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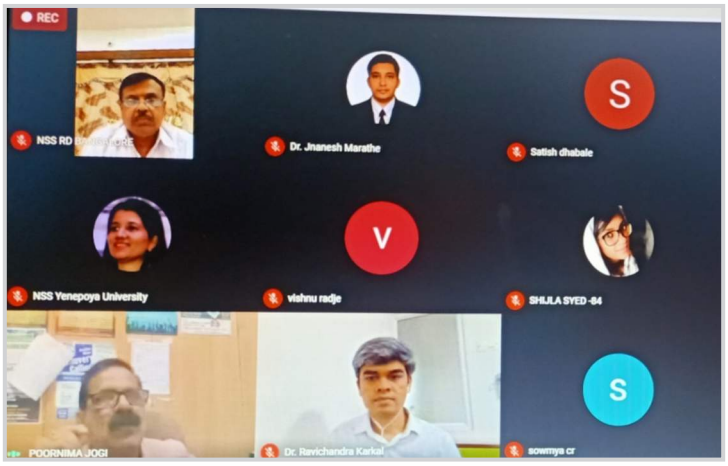

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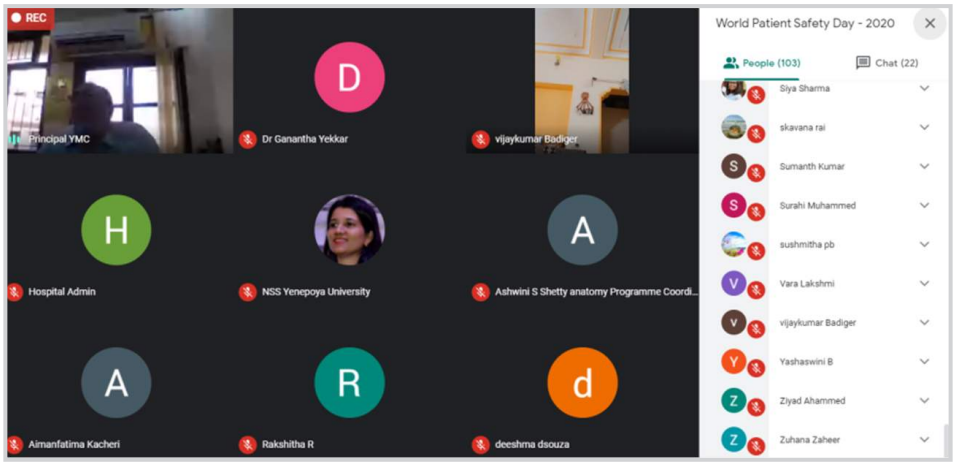

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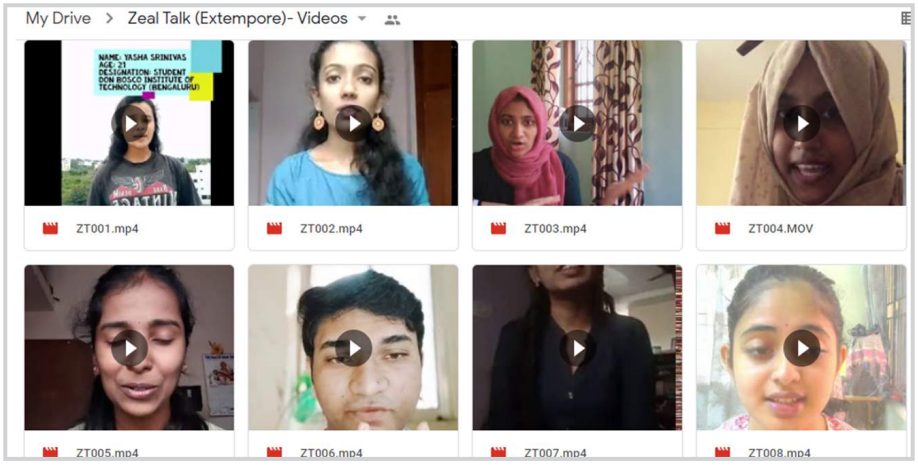

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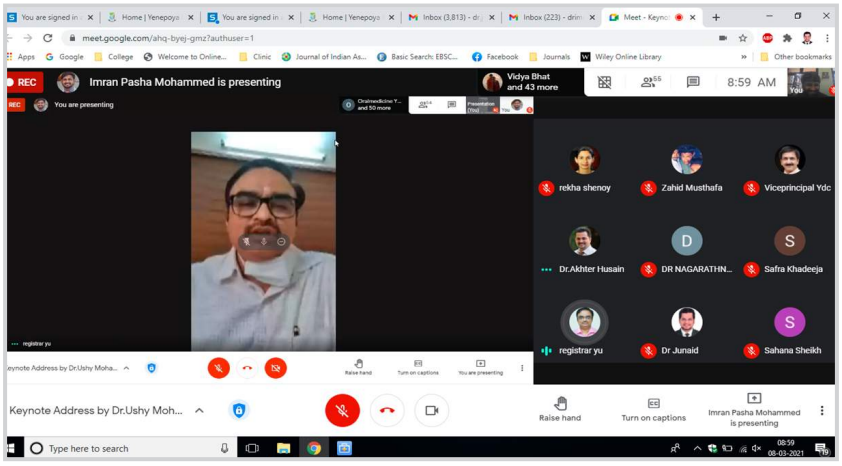

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