



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/20

Date: 09th June, 2019

CIRCULAR

This is to inform that there is a Disease Awareness and Screening Camp at Ambamoliya on 10/06/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Deepshikha Pokhriyal, Deepti Takhelmayum, Dinesh Salitra, F. Lalruatpuii, Farooqui Mohammad, Gangavarapu Aasweeja, Harshita Choudhary.

MRD: Mr. Anil Chouhan

Dean

Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 10th June, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Screening Camp - Ambamoliya

A free dental check up camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Ambamoliya on 10th June, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students: Deepshikha Pokhriyal, Deepti Takhelmayum, Dinesh Salitra, F. Lalruatpuii, Farooqui Mohammad, Gangavarapu Aasweeja, Harshita Choudhary and MRD- Mr. Anil Chouhan actively participated. College bus was used for transporting team to the dental camp location. The driver Mr. Anandi ensured we arrived safely and kept an eye out for photogenic rest stops. The team left Dental College premises at 09:05 am and reached the above mentioned venue at 9:50 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration area, which was managed by two intern dentists. After registration patients were sent to the screening area where two intern dentist along with senior dentist Dr. Rahul Ganavadiya, who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD Mr. Anil Chouhan for the smooth functioning of the dental camp. Screening of the patients at the camp site started at 10:00 am.

A total of 159 patients were screened in the camp. On oral examination poor oral hygiene, improper brushing habits, bad breath, bleeding gums, inflamed gums, teeth with mobility, presence of dental plaque and dental calculus, dental caries, generalised attrition, gingival recession, furcation involvement, malaligned teeth, missing teeth, grossly decayed teeth, teeth with pit and fissure caries, children with rampant caries in their milk teeth and improper cleaning of the tongue were observed.

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day to day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with




Registrar
Malwanchal University
Indore (M.P.)

this by using natural (ayurvedic) medicines, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", ie untrained people providing "dental care" is almost as serious a problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

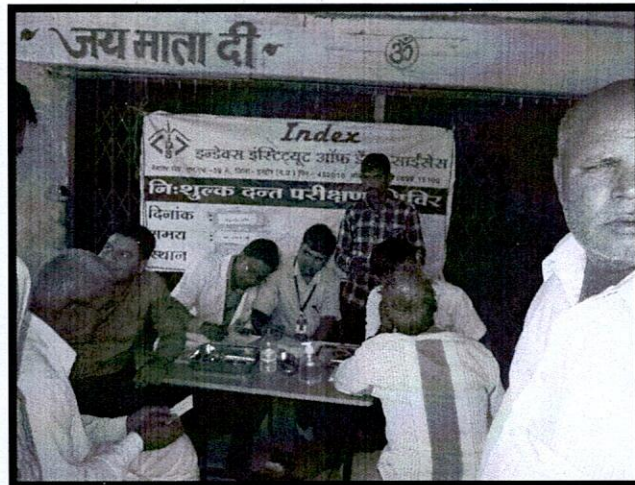
Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste two times daily and also to clean tongue by the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively. Patients who required extensive treatment like extraction of teeth, root canal treatment, gingival flap surgery, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, dental implant treatment and pulpectomy were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. Out of 159 screened patients 68 patients were referred for the above mentioned extensive treatment at Index Institute of Dental Sciences, Indore. Team returned to the college premises at 2:15 pm.

Number of patients screened and required various treatment

Total patients screened	Total patient requiring treatment	Requiring filling	Requiring extraction	Requiring scaling	Requiring any other treatment
159	68	18	11	35	4

Dr. Ranjan Nani Tejpalni



Screening and Oral Examination




[Handwritten signature]

Registrar
Malwanchal University
Indore (M.P.)



Oral Examination


Camp Coordinator





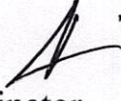
Registrar
Malwanchal University
Indore (M.P.)

Date: 10th June, 2019

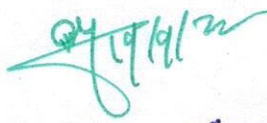
Index Institute of Dental Sciences

**Participant List of the Disease Awareness and Screening Camp -
Ambamoliya**

S. No.	Name of Participant
1.	Deepshikha Pokhriyal
2.	Deepti Takhelmayum
3.	Dinesh Salitra
4.	F. Lalruatpuii
5.	Farooqui Mohammad
6.	Gangavarapu Aasweeja
7.	Harshita Choudhary


Camp Coordinator




Registrar
Malwanchal University
Indore (M P)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)
Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/24

Date: 19th July, 2019

CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Kelod on 20/07/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Himanshu Sharma, Josna Johnson, Juli Yadav,
K. Lalngaihzuali, Kairavi Bhagat, Kajal Jain, Khushbu Gupta,
Khushbu Kumari, Khushi Sharma.

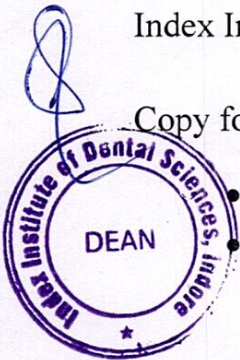
MRD: Mr. Rajendra Thakur




Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi



Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 20th July, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Kelod

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Kelod on 20th July, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students: Himanshu Sharma, Josna Johnson, Juli Yadav, K. Lalngaihzuai, Kairavi Bhagat, Kajal Jain, Khushbu Gupta, Khushbu Kumari, Khushi Sharma and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Anandi ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:00 am and reached the above mentioned venue at 09:55 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:15 am.

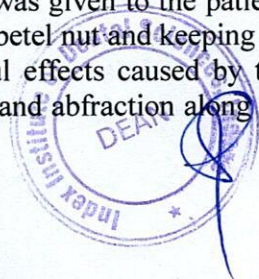
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restoration of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

*Dr. Ranjan Mani
Tejpathi*
A total of 154 patients were screened and 53 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 53 patients out of 154 screened patients required dental treatment. Out of 53 treated patients, 28 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 12 patients required extraction of their teeth. Where a sum of 6 patients underwent extraction due to loosening of their teeth, 5 patients underwent extraction due to grossly decayed teeth which can't be restored and 1 patient underwent extraction due to retained root stumps in the oral cavity. Total 13 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation



[Signature]
Registrar
Malwanchal University
Indore (M.P.)

of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

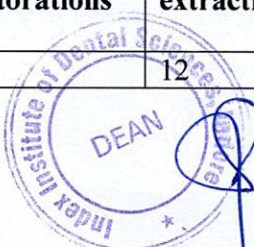
Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 154 screened patients 42 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 2:10 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
154	53	13	12	28	42

Dr. Ranjan Maiti
Tripalika



Registrar
Malwanchal University
Indore (M.P.)



Patient Receiving Dental Treatment

Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)

Date: 20th July, 2019

Index Institute of Dental Sciences

Participant List of the Disease Awareness and Treatment Camp - Kelod

S. No.	Name of Participant
1.	Himanshu Sharma
2.	Josna Johnson
3.	Juli Yadav
4.	K. Lalngaihzuali
5.	Kairavi Bhagat
6.	Kajal Jain
7.	Khushbu Gupta
8.	Khushbu Kumari
9.	Khushi Sharma


Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/28

Date: 26th August, 2019

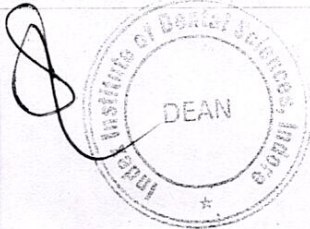
CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Janakpur on 27/08/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Kairavi Bhagat, Kajal Jain, Khushbu Gupta, Khushbu Kumari, Khushi Sharma, Kirti Singh, Lalhriatpuii, Lalrinkimi, Lalromawia

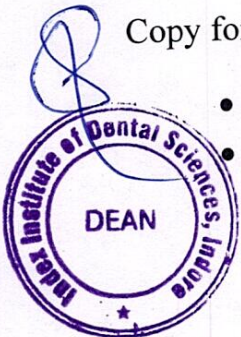
MRD: Mr Rajendra Thakur



Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Handwritten signature in green ink.

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 27th August, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Janakpur

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Janakpur on 27th August, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students: Kairavi Bhagat, Kajal Jain, Khushbu Gupta, Khushbu Kumari, Khushi Sharma, Kirti Singh, Lalhriatpuii, Lalrinkimi, Lalromawia and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Anandi ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:00 am and reached the above mentioned venue at 09:55 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD Mr Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:05 am.

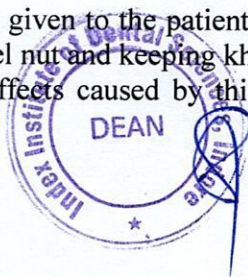
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restoration of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

A total of 140 patients were screened and 49 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 49 patients out of 140 screened patients required dental treatment. Out of 49 treated patients, 27 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 9 patients required extraction of their teeth. Where a sum of 2 patients underwent extraction due to loosening of their teeth, 4 patients underwent extraction due to grossly decayed teeth which can't be restored and 3 patients underwent extraction due to retained root stumps in the oral cavity. Total 13 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth,



Registrar
Malwanchal University
Indore (M.P.)

recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

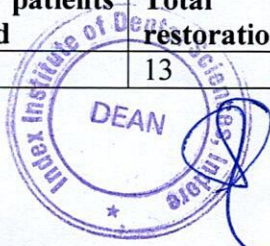
Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 140 screened patients 47 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 2:15 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
140	49	13	9	27	47



Registrar
Malwanchal University
Indore (M.P.)

*Dr. Ranjan Mani
Tropicku*



Padiatric Patient Receiving Dental Treatment

Camp Coordinator



Registrar
Malwanchal University
Indore (M.P.)

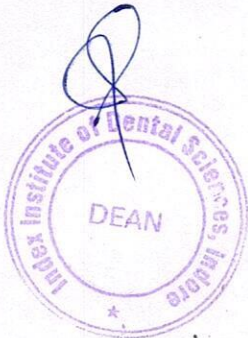
Date: 27th August, 2019

Index Institute of Dental Sciences

Participant List of the Disease Awareness and Treatment Camp - Janakpur

S. No.	Name of Participant
1.	Kairavi Bhagat
2.	Kajal Jain
3.	Khushbu Gupta
4.	Khushbu Kumari
5.	Khushi Sharma
6.	Kirti Singh
7.	Lalhriatpuii
8.	Lalrinkimi
9.	Lalromawia

Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/35

Date: 09th September, 2019

CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Chouba Pipaliya on 10/09/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Pranav Parasar, Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya,
Dr. Nitin Das

Interns/Students: Himanshu Sharma, Josna Johnson, Juli Yadav, K.
Lalngaihzuali, Kairavi Bhagat, Kajal Jain, Khushbu Gupta, Khushbu Kumari,
Himanshu Sharma

MRD: Mr. Rajendra Thakur

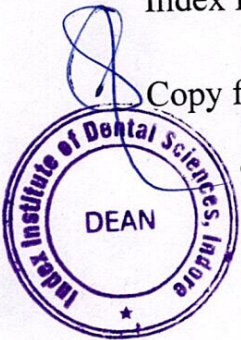


Dean

Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 10th September, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Chouba Pipaliya

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Chouba Pipaliya on 10th September, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Himanshu Sharma, Josna Johnson, Juli Yadav, K. Lalngaihuali, Kairavi Bhagat, Kajal Jain, Khushbu Gupta, Khushbu Kumari, Himanshu Sharma and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:00 am and reached the above mentioned venue at 09:30 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 09:45 am.

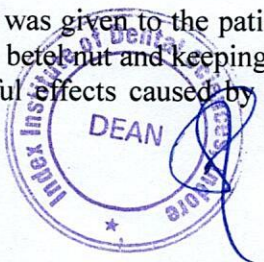
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

A total of 97 patients were screened and 47 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 47 patients out of 97 screened patients required dental treatment. Out of 47 treated patients, 28 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 11 patients required extraction of their teeth. Where a sum of 4 patients underwent extraction due to loosening of their teeth, 3 patients underwent extraction due to grossly decayed teeth which can't be restored and 4 patient underwent extraction due to retained root stumps in the oral cavity. Total 8 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth,




Registrar
Malwanchal University
Indore (M.P.)

recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 97 screened patients 26 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 1:15.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
97	47	8	11	28	26

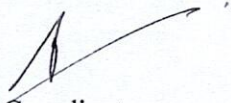


(Handwritten signature in blue ink)
 Registrar
 Malwanchal University
 Indore (M.P.)


(Handwritten note in blue ink)
 A
 Dr. Ranjan Mani
 Tripathi



Dental Screening and Treatment of Pediatric Patient


Camp Coordinator





Registrar
Malwanchal University
Indore (M.P.)

Date: 10th September, 2019

Index Institute of Dental Sciences


**Participant List of the Disease Awareness and Treatment Camp - Chouba
Pipaliya**

S. No.	Name of Participant
1.	Himanshu Sharma
2.	Josna Johnson
3.	Juli Yadav
4.	K. Lalngaihzuali
5.	Kairavi Bhagat
6.	Kajal Jain
7.	Khushbu Gupta
8.	Khushbu Kumari
9.	Himanshu Sharma



Camp Coordinator




Registrar
Malwanchal University
Indore (M P)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/41

Date: 11th October, 2019

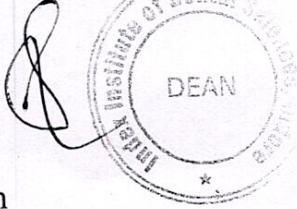
CIRCULAR

This is to inform that there is a Disease Awareness and Screening Camp at Mirjapur on 12/10/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya

Interns/Students: Lalthansiamia Ralte, Madhumita D Parwani, Madhvi Heer, Maria Khan, Narra Harshita, Neha Singh, Tanishq Nihalani, Shyam Kumar, Nikhil Raj

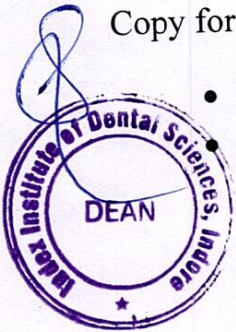
MRD: Mr. Rajendra Thakur



Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi


Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 12th October, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Screening Camp - Mirjapur

A free dental check up camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Mirjapur on 12th October, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr Rahul Ganavadiya, Interns/Students- Lalthansiamma Ralte, Madhumita D Parwani, Madhvi Heer, Maria Khan, Narra Harshita, Neha Singh, Tanishq Nihalani, Shyam Kumar, Nikhil Raj and MRD- Mr. Rajendra Thakur actively participated. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured we arrived safely and kept an eye out for photogenic rest stops. The team left Dental College premises at 09:05 am and reached the above mentioned venue at 09:45 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration area, which was managed by two intern dentists. After registration patients were sent to the screening area where two intern dentist along with senior dentist Dr. Ranjan Mani Tripathi, who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental camp. Screening of the patients at the camp site started at 10:00 am.

A total of 110 patients were screened in the camp. On oral examination poor oral hygiene, improper brushing habits, bad breath, bleeding gums, inflamed gums, teeth with mobility, presence of dental plaque and dental calculus, dental caries, generalised attrition, gingival recession, furcation involvement, malaligned teeth, missing teeth, grossly decayed teeth, teeth with pit and fissure caries, children with rampant caries in their milk teeth and improper cleaning of the tongue were observed.

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day to day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many



Registrar
Malwanchal University
Indore (M.P.)

people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using natural (ayurvedic) medicines, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", ie untrained people providing "dental care" is almost as serious a problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste two times daily and also to clean tongue by the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively. Patients who required extensive treatment like extraction of teeth, root canal treatment, gingival flap surgery, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, dental implant treatment and pulpectomy were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. Out of 110 screened patients 59 patients were referred for the above mentioned extensive treatment at Index Institute of Dental Sciences, Indore. Team returned to the college premises at 1:30 pm.

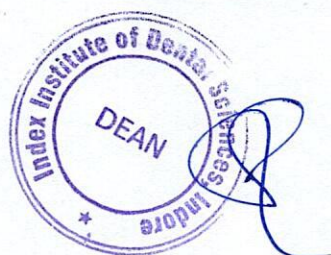
Number of patients screened and required various treatment

Total patients screened	Total patient requiring treatment	Requiring filling	Requiring extraction	Requiring scaling	Requiring any other treatment
110	59	19	14	17	09



Oral Examination of Villagers

Camp Coordinator



Registrar


Malwanchal University
Indore (M P.)

Date: 12th October, 2019


Index Institute of Dental Sciences

Participant List of the Disease Awareness and Screening Camp - Mirjapur

S. No.	Name of Participant
1.	Lalthansiyama Ralte
2.	Madhumita D Parwani
3.	Madhvi Heer
4.	Maria Khan
5.	Narra Harshita
6.	Neha Singh
7.	Tanishq Nihalani
8.	Shyam Kumar
9.	Nikhil Raj


Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/43

Date: 23rd October, 2019

CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Tillor Khurd on 24/10/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

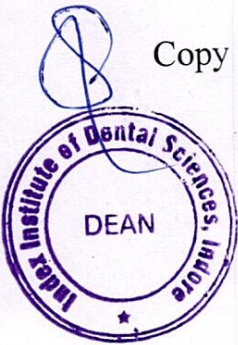
Interns/Students: Narra Harshita, Neha Singh, Tanishq Nihalani, Nikhil Raj, Nitesh Kumar, Ayushi Pillay, Pooja Rathore, Pratigya Yadav.

MRD: Mr. Rajendra Thakur

Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 24th October, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Tillor Khurd

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Tillor Khurd on 24th October, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Harshita Narra, Neha Singh, Tanishq Nihalani, Nikhil Raj, Nitesh Kumar, Ayushi Pillay, Pooja Rathore, Pratigya Yadav and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:05 am and reached the above mentioned venue at 09:40 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:00 am.

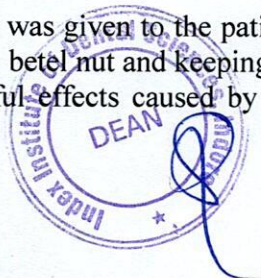
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

A total of 124 patients were screened and 71 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 71 patients out of 124 screened patients required dental treatment. Out of 71 treated patients, 38 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 18 patients required extraction of their teeth. Where a sum of 7 patients underwent extraction due to loosening of their teeth, 5 patients underwent extraction due to grossly decayed teeth which can't be restored and 6 patient underwent extraction due to retained root stumps in the oral cavity. Total 15 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth,




Registrar
Malwanchal University
Indore (M P)

recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 124 screened patients 36 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. The dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 2:50 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
124	71	15	18	38	36




 Registrar
 Malwanchal University
 Indore (M.P.)

*Dr. Ranjan Mani
 Tejpal*



Dental Treatment in Mobile Dental Van

Camp Coordinator



Registrar
Malwanchal University
Indore (M.P.)

Date: 24th October, 2019

Index Institute of Dental Sciences

**Participant List of the Disease Awareness and Treatment Camp - Tilor
Khurd**

S. No.	Name of Participant
1.	Narra Harshita
2.	Neha Singh
3.	Tanishq Nihalani
4.	Nikhil Raj
5.	Nitesh Kumar
6.	Ayushi Pillay
7.	Pooja Rathore
8.	Pratigya Yadav

Camp Coordinator



Registrar
Malwanchal University
Indore (M P)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India

& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/48

Date: 15th November, 2019

CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Kampel on 16/11/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Nitesh Kumar, Ayushi Pillay, Pooja Rathore, Pratigya Yadav, Priya Katiyar, Priya Jha, Priyanka Jain, Rajwardhan Singh Bais.

MRD: Mr Rajendra Thakur

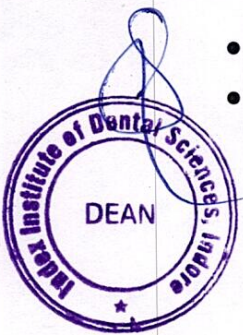


Dean

Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 16th November, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Kampel

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Kampel on 16th November, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Nitesh Kumar, Ayushi Pillay, Pooja Rathore, Pratigya Yadav, Priya Katiyar, Priya Jha, Priyanka Jain, Rajwardhan Singh Bais and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:00 am and reached the above mentioned venue at 09:40 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:00 am.

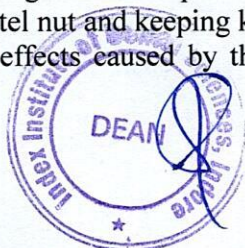
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

A total of 79 patients were screened and 39 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 39 patients out of 79 screened patients required dental treatment. Out of 39 treated patients, 16 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 11 patients required extraction of their teeth. Where a sum of 3 patients underwent extraction due to loosening of their teeth, 4 patients underwent extraction due to grossly decayed teeth which can't be restored and 4 patient underwent extraction due to retained root stumps in the oral cavity. Total 12 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth,



Registrar
Malwanchal University
Indore (M.P.)

recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

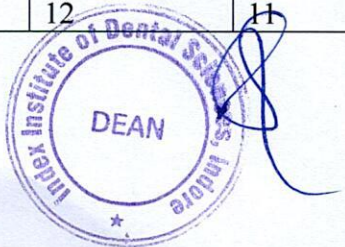
Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 79 screened patients 24 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 1:30 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
79	39	12	11	16	24

*Dr. Ranjini Mani
Inspector*



[Signature]
Registrar
Malwanchal University
Indore (M.P.)

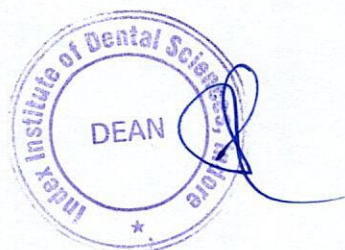


Oral Screening



Oral Examination

Camp Coordinator



Registrar
Malwanchal University
Indore (M.P.)

Date: 16th November, 2019

Index Institute of Dental Sciences

Participant List of the Disease Awareness and Treatment Camp - Kampel

S. No.	Name of Participant
1.	Nitesh Kumar
2.	Ayushi Pillay
3.	Pooja Rathore
4.	Pratigya Yadav
5.	Priya Katiyar
6.	Priya Jha
7.	Priyanka Jain
8.	Rajwardhan Singh Bais

Camp Coordinator



Registrar
Malwanchal University
Indore (M P)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India

& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/49

Date: 22nd November, 2019

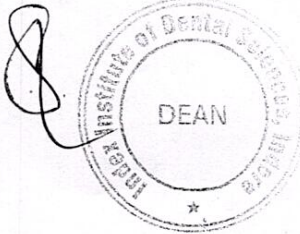
CIRCULAR

This is to inform that there is a Disease Awareness and Screening Camp at Bawaliya on 23/11/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Priya Katiyar, Priya Jha, Priyanka Jain, Rajwardhan Singh Bais, Rebecca T. Buangpuii, Saloni Modi, Senthoorlexmi R N, Shambhavi, Shrankhala Mishra

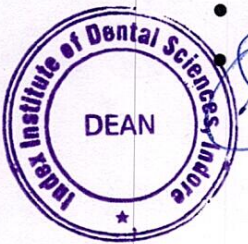
MRD: Mr. Rajendra Thakur



Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 23rd November, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Screening Camp - Bawaliya

A free dental check up camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Bawaliya Madhya Pradesh on 23rd November, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Priya Katiyar, Priya Jha, Priyanka Jain, Rajwardhan Singh Bais, Rebecca T. Buangpuii, Saloni Modi, Senthoorlexmi R N, Shambhavi, Shrankhala Mishra and MRD- Mr. Rajendra Thakur actively participated. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured we arrived safely and kept an eye out for photogenic rest stops. The team left Dental College premises at 09:05 am and reached the above mentioned venue at 09:35 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration area, which was managed by two intern dentists. After registration patients were sent to the screening area where two intern dentist along with senior dentist Dr. Ranjan Mani Tripathi, who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental camp. Screening of the patients at the camp site started at 09:50 am.

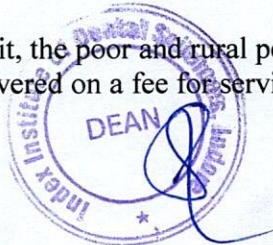
A total of 116 patients were screened in the camp. On oral examination poor oral hygiene, improper brushing habits, bad breath, bleeding gums, inflamed gums, teeth with mobility, presence of dental plaque and dental calculus, dental caries, generalised attrition, gingival recession, furcation involvement, malaligned teeth, missing teeth, grossly decayed teeth, teeth with pit and fissure caries, children with rampant caries in their milk teeth and improper cleaning of the tongue were observed.

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day to day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many



04
Registrar
Malwanchal University
Indore (M.P.)

Dr. Ranjan Mani Tripathi

people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using natural (ayurvedic) medicines, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", ie untrained people providing "dental care" is almost as serious a problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.


Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste two times daily and also to clean tongue by the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively. Patients who required extensive treatment like extraction of teeth, root canal treatment, gingival flap surgery, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, dental implant treatment and pulpectomy were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. Out of 116 screened patients 74 patients were referred for the above mentioned extensive treatment at Index Institute of Dental Sciences, Indore. Team returned to the college premises at 2:00 pm.

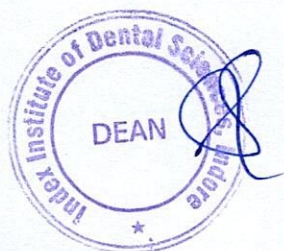
Number of patients screened and required various treatment

Total patients screened	Total patient requiring treatment	Requiring filling	Requiring extraction	Requiring scaling	Requiring any other treatment
116	74	16	34	20	4



Oral Examination and Lecture Being Delivered on Oral Hygiene Maintenance


Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)

Date: 23rd November, 2019

Index Institute of Dental Sciences

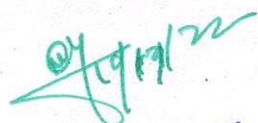
Participant List of the Disease Awareness and Screening Camp - Bawaliya

S. No.	Name of Participant
1.	Priya Katiyar
2.	Priya Jha
3.	Priyanka Jain
4.	Rajwardhan Singh Bais
5.	Rebecca T. Buangpuii
6.	Saloni Modi
7.	Senthoorlexmi R N
8.	Shambhavi
9.	Shrankhala Mishra



Camp Coordinator




Registrar
Malwanchal University
Indore (M P)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India

& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref No.: IIDS/Misc.Camp/2019/54

Date: 09th December, 2019

CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Khudel on 10/12/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya

Interns/Students: Shubham Kumar Singh, Shweta Jha, Smita Bharti, Smita Malviya, Smruti Nayak, Sneha Jha, Sonali Jain, Sonam, Sweta Singh.

MRD: Mr. Rajendra Thakur



Dean
Index Institute of Dental Sciences, Indore

Copy for information to:



All concerned authorities
File

Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 10th December, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Khudel

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Khudel on 10th December, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Interns/Students- Shubham Kumar Singh, Shweta Jha, Smita Bharti, Smita Malviya, Smruti Nayak, Sneha Jha, Sonali Jain, Sonam, Sweta Singh and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:10 am and reached the above mentioned venue at 09:30 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 09:45 am.

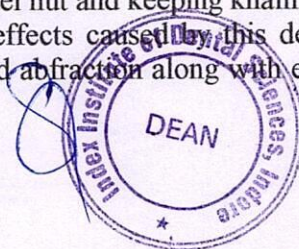
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD Mr. Rajendra Thakur. managed the flow of dental instruments and supplies. MRD Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

A total of 86 patients were screened and 42 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 42 patients out of 86 screened patients required dental treatment. Out of 42 treated patients, 20 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 13 patients required extraction of their teeth. Where a sum of 5 patients underwent extraction due to loosening of their teeth, 6 patients underwent extraction due to grossly decayed teeth which can't be restored and 1 patient underwent extraction due to retained root stumps in the oral cavity. Total 9 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation



Registrar
Malwa
University
Indore (M.P.)

Dr. Ranjan Mani Tripathi

of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating “ A healthy mouth can be a great asset.” Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.


Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.


Out of 86 screened patients 37 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 1:00 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
86	42	09	13	20	37


Camp Coordinator



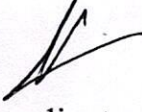

Registrar
Malwanchal University
Indore (M.P.)

Date: 10th December, 2019

Index Institute of Dental Sciences

Participant List of the Disease Awareness and Treatment Camp - Khudel

S. No.	Name of Participant
1.	Shubham Kumar Singh
2.	Shweta Jha
3.	Smita Bharti
4.	Smita Malviya
5.	Smruti Nayak
6.	Sneha Jha
7.	Sonali Jain
8.	Sonam
9.	Sweta Singh


Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India

& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2019/57

Date: 13th December, 2019

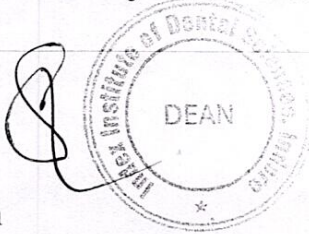
CIRCULAR

This is to inform that there is a Disease Awareness and Treatment Camp at Chapda on 14/12/2019. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya

Interns/Students: Smruti Nayak, Sneha Jha, Sonali Jain, Sonam, Sweta Singh, Vaibhav Thakur, Yashmin Parveen, Karishma, Yojana

MRD: Mr. Rajendra Thakur

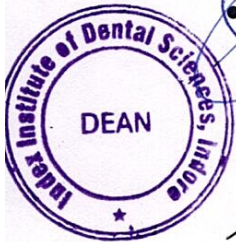


Dean

Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 14th December, 2019

Index Institute of Dental Sciences

Report of the Disease Awareness and Treatment Camp - Chapda

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Chapda on 14th December, 2019. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Interns/Students- Smruti Nayak, Sneha Jha, Sonali Jain, Sonam, Sweta Singh, Vaibhav Thakur, Yashmin Parveen, Karishma, Yojana and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:10 am and reached the above mentioned venue at 10:05 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:15 am.

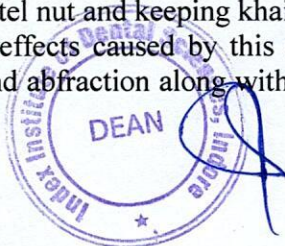
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

Dr. Ranjan Mani Tripathi A total of 87 patients were screened and 47 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 47 patients out of 87 screened patients required dental treatment. Out of 47 treated patients, 28 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 13 patients required extraction of their teeth. Where a sum of 5 patients underwent extraction due to loosening of their teeth, 6 patients underwent extraction due to grossly decayed teeth which can't be restored and 1 patient underwent extraction due to retained root stumps in the oral cavity. Total 06 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation



[Signature]
Registrar
Malwanchal University
Indore (M.P.)

of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.


Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 87 screened patients 24 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 2:15 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scaling	Referred patients
87	47	06	13	28	24

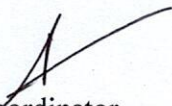



Registrar
Malwanchal University
Indore (M.P.)

*Dr Ranjan Mani
Tarpalli*



Oral Screening


Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)

Date: 14th December, 2019

Index Institute of Dental Sciences

Participant List of the Disease Awareness and Treatment Camp - Chapda

S. No.	Name of Participant
1.	Smruti Nayak
2.	Sneha Jha
3.	Sonali Jain
4.	Sonam
5.	Sweta Singh
6.	Vaibhav Thakur
7.	Yashmin Parveen
8.	Karishma
9.	Yojana



Camp Coordinator



Registrar
Matwanchal University
Indore (M P)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India

& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2020/02

Date: 03rd January, 2020

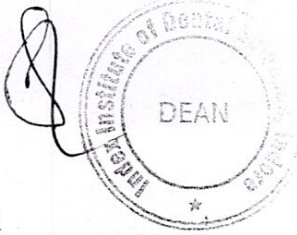
CIRCULAR

This is to inform that there is a Rural Dental Screening Camp at Bagali on 04/01/2020. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Pranav Parasar, Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Alok Singh, Arzoo Parihar, Ashi Tomar, Ayush Nigam, Devanshi Shivhare, Garima Poddar, Hansha Chouhan, Mohd. Mobin Mansuri.

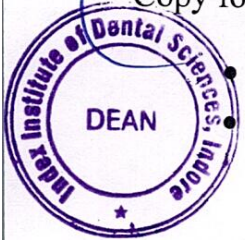
MRD: Mr. Rajendra Thakur



Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

All concerned authorities
File



Registrar
Malwanchal University
Indore (M.P.)

Prepared by: Dr. Ranjan Mani Tripathi

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 04th January, 2020

Index Institute of Dental Sciences

Report of the Rural Dental Screening Camp - Bagali

A free dental check up camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Bagali on 04th January, 2020. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Pranav Parasar, Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Alok Singh, Arzoo Parihar, Ashi Tomar, Ayush Nigam, Devanshi Shivhare, Garima Poddar, Hansha Chouhan, Mohd. Mobin Mansuri and MRD-Mr. Rajendra Thakur actively participated. College bus was used for transporting team to the dental camp location. The driver Mr. Suresh ensured we arrived safely and kept an eye out for photogenic rest stops. The team left Dental College premises at 09:05 am and reached the above mentioned venue at 10:00 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration area, which was managed by two intern dentists. After registration patients were sent to the screening area where two intern dentist along with senior dentist Dr. Ranjan Mani Tripathi, who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD Mr. Rajendra Thakur for the smooth functioning of the dental camp. Screening of the patients at the camp site started at 10:15 am.

A total of 107 patients were screened in the camp. On oral examination poor oral hygiene, improper brushing habits, bad breath, bleeding gums, inflamed gums, teeth with mobility, presence of dental plaque and dental calculus, dental caries, generalised attrition, gingival recession, furcation involvement, malaligned teeth, missing teeth, grossly decayed teeth, teeth with pit and fissure caries, children with rampant caries in their milk teeth and improper cleaning of the tongue were observed.

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day to day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.




Registrar
Malwanchal University
Indore (M.P.)

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using natural (ayurvedic) medicines, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", ie untrained people providing "dental care" is almost as serious a problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste two times daily and also to clean tongue by the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively. Patients who required extensive treatment like extraction of teeth, root canal treatment, gingival flap surgery, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, dental implant treatment and pulpectomy were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. Out of 107 screened patients 64 patients were referred for the above mentioned extensive treatment at Index Institute of Dental Sciences, Indore. Team returned to the college premises at 2:30 pm.

Number of patients screened and required various treatment

Total patients screened	Total patient requiring treatment	Requiring filling	Requiring extraction	Requiring scaling	Requiring any other treatment
107	64	22	21	15	06



Oral Examination

Camp Coordinator



Registrar
Malwanchal University
Indore (M P.)

Date: 04th January, 2020

Index Institute of Dental Sciences

Participant List of the Rural Dental Screening Camp - Bagali

S. No.	Name of Participant
1.	Alok Singh
2.	Arzoo Parihar
3.	Ashi Tomar
4.	Ayush Nigam
5.	Devanshi Shivhare
6.	Garima Poddar
7.	Hansha Chouhan
8.	Mohd. Mobin Mansuri

Camp Coordinator



Registrar
Malwanchal University
Indore (M.P.)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India

& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2020/05

Date: 15th January, 2020

CIRCULAR

This is to inform that there is a Rural Dental Camp at Kharadia on 16/01/2020. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

Interns/Students: Neelam Rathod, Nilakshi Trivedi, Poojashri Chopda, Sakshi Patil, Sanchika Prasad, Shivani Rawat

MRD: Mr. Rajendra Thakur

Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700
Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in
City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 16th January, 2020

Index Institute of Dental Sciences

Report of the Rural Dental Camp - Kharadia

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Kharadia on 16th January, 2020. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Neelam Rathod, Nilakshi Trivedi, Poojashri Chopda, Sakshi Patil, Sanchika Prasad, Shivani Rawat and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Anandi ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:10 am and reached the above mentioned venue at 09:40 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:00 am.

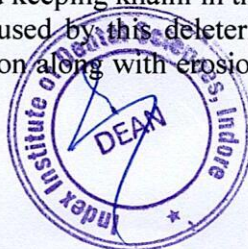
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

Dr. Ranjan Mani Tripathi A total of 146 patients were screened and 53 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 53 patients out of 146 screened patients required dental treatment. Out of 53 treated patients, 28 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 13 patients required extraction of their teeth. Where a sum of 5 patients underwent extraction due to loosening of their teeth, 6 patients underwent extraction due to grossly decayed teeth which can't be restored and 1 patient underwent extraction due to retained root stumps in the oral cavity. Total 12 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth, recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation



Registrar
Malwanchal University
Indore (M P.)

of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating " A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 146 screened patients 36 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 2:30 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scalings	Referred patients
146	53	12	13	28	36



Registrar
Malwanchal University
Indore (M.P.)

*Dr. Ranjan Masri
Tropathi*



Oral Screening

Camp Coordinator



Registrar
Malwanchal University
Indore (M.P.)

Date: 16th January, 2020


Index Institute of Dental Sciences

Participant List of the Rural Dental Camp - Kharadia

S. No.	Name of Participant
1.	Neelam Rathod
2.	Nilakshi Trivedi
3.	Poojashri Chopda
4.	Sakshi Patil
5.	Sanchika Prasad
6.	Shivani Rawat

Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)



Index

INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)
Constituent Unit of Malwanchal University, Indore



Ref. No.: IIDS/Misc.Camp/2020/11

Date: 19th Febuary, 2020

CIRCULAR

This is to inform that there is a Rural Dental Camp at Timarni on 20/02/2020. The following faculty members, interns/students and MRD are posted for the same. The camp vehicle will leave for the venue at 9:00 am sharp.

Faculty: Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das

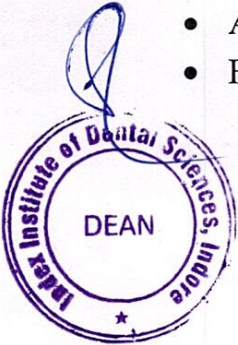
Interns/Students: Alok Singh, Arzoo Parihar, Ashi Tomar, Ayush Nigam, Devanshi Shivhare, Garima Poddar, Hansha Chouhan, Mohd. Mobin Mansuri

MRD: Mr. Rajendra Thakur

Dean
Index Institute of Dental Sciences, Indore

Copy for information to:

- All concerned authorities
- File



Prepared by: Dr. Ranjan Mani Tripathi

Registrar
Malwanchal University
Indore (M.P.)

Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 0731-4013700

Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008

Date: 20th Febuary, 2020

Index Institute of Dental Sciences

Report of the Rural Dental Camp - Timarni

A free dental treatment camp was organized by the Department of Public Health Dentistry of Index Institute of Dental Sciences, Indore, Madhya Pradesh at village Timarni on 20th Febuary, 2020. A team from Department of Public Health Dentistry, Index Institute of Dental Sciences, Indore comprising of Dr. Ranjan Mani Tripathi, Dr. Rahul Ganavadiya, Dr. Nitin Das, Interns/Students- Alok Singh, Arzoo Parihar, Ashi Tomar, Ayush Nigam, Devanshi Shivhare, Garima Poddar, Hansha Chouhan, Mohd. Mobin Mansuri and MRD- Mr. Rajendra Thakur actively participated in the camp. College bus was used for transporting team to the dental camp location. The driver Mr. Anandi ensured team arrived safely and kept an eye out for photogenic rest stops. The team left dental college premises at 09:05 am and reached the above mentioned venue at 09:40 am.

At camp site patients were coordinated by local volunteers and support staff (MRD and Interns) to attend the registration/ screening area, which was managed by two intern dentists who recorded the relevant patient information and noted dental treatment they might need. Tables, chairs, appropriate armamentarium and other necessary arrangements were set by the MRD- Mr. Rajendra Thakur for the smooth functioning of the dental treatment camp. Screening and treatment of the patients at the camp site started at 10:00 am.

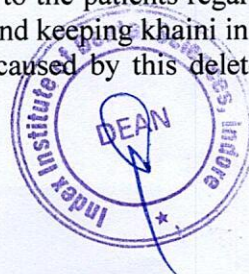
If the patient agreed to the proposed dental treatment they moved to the dental treatment van for necessary dental care. Verbal consent was obtained from adults for their dental care. If a child under the age of 18 years required a tooth extraction then consent was obtained from their parent or guardian. Dental treatment van was well equipped with a dental chair and necessary armamentarium required for the primary dental health care treatment like extraction of mobile teeth, scaling, restotation of the decayed teeth.

MRD- Mr. Rajendra Thakur managed the flow of dental instruments and supplies. MRD- Mr. Rajendra Thakur also worked diligently on cleaning and sterilising the used dental instruments and helped to ensure the dental teams had everything they required.

Dr. Ranjan Mani Tripathi A total of 110 patients were screened and 43 patients were treated for various findings in the camp. Among the screened patients at the camp site, majorly were the patients with the habit of chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. On oral examination patients with poor oral hygiene, improper brushing habits, presence of dental plaque and dental calculus, bad breath, bleeding gums, teeth with mobility, tooth decay and improper cleaning of the tongue were observed.

A total of 43 patients out of 110 screened patients required dental treatment. Out of 43 treated patients, 24 patients were treated for removal of dental plaque and dental calculus for which oral prophylaxis treatment was done. Total 11 patients required extraction of their teeth. Where a sum of 5 patients underwent extraction due to loosening of their teeth, 3 patients underwent extraction due to grossly decayed teeth which can't be restored and 1 patient underwent extraction due to retained root stumps in the oral cavity. Total 08 patients required restoration of their decayed teeth. All the treatments were provided free of cost by Index Institute of Dental Sciences, Indore (M.P.).

Oral health education was given to the patients regarding inhibition of deleterious habits like chewing tobacco, guthka, betel nut and keeping khaini in the cheek/lip mucosa. Patients were made aware about the harmful effects caused by this deleterious habits like attrition of teeth,



[Signature]
Registrar
Malwanchal University
Indore (M.P.)

recession of gingiva, abrasion and abfraction along with erosion of teeth, halitosis, accumulation of plaque and calculus on the teeth surfaces, caries, reduced mouth opening and carcinoma of the oral cavity. Demonstration of proper brushing technique with the help of brush and brushing model and to maintain good oral hygiene practices was given to the patients.

Oral health talk was delivered by interns to the villagers stating "A healthy mouth can be a great asset." Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships. Because of this, it only makes sense to give our oral health the best care possible.

Oral hygiene instructions were given to the patients for the cleanliness of teeth by advising them to brush with toothpaste twice daily and also to clean tongue with the help of the tongue scraper. These instructions were given and demonstrated by the faculty and interns respectively.

Whichever way we look at it, the poor and rural people are the ones who are not receiving dental care, which is generally delivered on a fee for service basis by private dental clinics. Many people suffer episodes of extreme dental pain and infection in their lives. They try to deal with this by using home remedies, and/or repeated doses of antibiotics and analgesics if available. However these do not solve the problem as the affected tooth or teeth must receive professional treatment. The reliance on dental "quacks", i.e. untrained people providing "dental care" is a serious problem, as the result of "treatment" by these people could actually worsen any dental problems due to a lack of dental knowledge.

Dental decay is "rampant" in many children, especially in the primary ("milk") teeth. The introduction of the Silver Fluoride technique will help to manage the decay in kids, as it avoids the conventional approach of using a drill to prepare a tooth for a filling. This "atraumatic" approach has been used for decades in high risk communities with great success, and keeps the kids happy during dental treatment.

Those people not receiving treatment generally had good oral health, but most required and received oral hygiene advice which was not recorded in these camps but will be noted in future camps. There were some cases where the treatment required was beyond the capacity of the dental camp, for example, people requesting root canal treatments, people requiring gingival flap surgery, orthodontic cases, complete denture fabrication, partial denture fabrication, fixed partial denture fabrication, extraction of impacted 3rd molars, pulpectomy/pulpotomy for children, and pathology referrals were referred to the Index Institute of Dental Sciences, Indore for the needful treatment. There were also treatment refusals - crying children, and some adults who refused extraction of teeth which were beyond saving.

Out of 110 screened patients 22 patients were referred for the treatment which was not possible at the camp site to Index Institute of Dental Sciences, Indore. After a somewhat shaky start, the dental camp progressed to becoming well run event. Techniques such as cleaning and sterilising instruments were brought up to safe and acceptable standards. Team returned to the college premises at 2:05 pm.

Number of patients screened and treatment provided

Total patients screened	Total patients treated	Total restorations	Total extractions	Total scalings	Referred patients
110	43	08	11	24	22



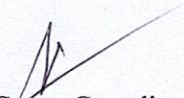
Registrar
Malwanchal University
Indore (M.P.)

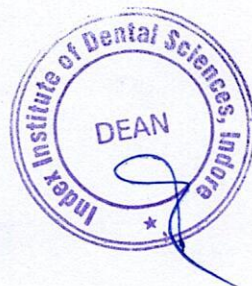
Dr. Ranjan
Bapatli

Mani



Oral Screening and Oral Examination


Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)

Date: 20th February, 2020

Index Institute of Dental Sciences

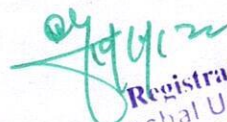
Participant List of the Rural Dental Camp - Timarni

S. No.	Name of Participant
1.	Alok Singh
2.	Arzoo Parihar
3.	Ashi Tomar
4.	Ayush Nigam
5.	Devanshi Shivhare
6.	Garima Poddar
7.	Hansha Chouhan
8.	Mohd. Mobin Mansuri



Camp Coordinator




Registrar
Malwanchal University
Indore (M.P.)



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/01

Date: 02/01/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **03rd January, 2019 Thursday** (Day) scheduled between **11:00 a.m** to **2:00 p.m** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Hawa Bangla Sai Nath Mandir, Indore

**Medical Superintendent
IMCHRC**

Signature of Dean/Medical Superintendent

Seal

**Registrar
Malwanchal University
Indore (M.P.)**

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Date: 17/01/2019

**Report of the General Health Check –up camp at Hawa Bangla Sai Nath
Mandir**

Year of Camp – 2019

Date of Health Camp – 15/01/2019

Name of the Activity – General Health check-up camp atHawa Bangla SaiNathMandir

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre and Gram panchayatSarpanch

Numbers of Students Participated in such Activities – 6

Number of faculties participated in such activities – 1

Total no. of IPD – 40

Total no. of OPD – 200

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized: A free medical general health check-up camp was organized by the Index Medical College Hospital & Research Centre at the venue **Hawa Bangla Sai Nath Mandir**.

All the staff along with required accessories and medications left the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated by the invited guest and screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

- Given prescription for suitable medication and provided some medication for immediate use
- Referred to our hospital for further diagnosis, surgery or treatment
- Referred to nearest hospital for immediate treatment and care


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)

Brief report on completion of Activities:


Patients were rendered with services like free physical examination along with free blood sugar and blood pressure tests conducted by doctors. Doctors advised the patients with various medicines and consultancy during the camp. P.G. residents of ophthalmology department diagnosed significant no. of cataract cases which were referred to Index Medical College for further investigation. Many of the patients attending the camp were diagnosed with dermatological problems which were quite common among people due to living in congested and unhygienic atmosphere. Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment. People were educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.


During the health camp the most common health related problems or diseases that were diagnosed were dizziness, giddiness, abscess, rashes, itching, fever, back pain, joint pain, headache, abdominal pain, body ache, worm infestation, anemia, loose motion, weakness, unusual sweating, discharge from ear and hypertension. Free medicines were dispensed. Main complaints among the adult population were related to back pain and knee pain and were treated symptomatically.

There were several medicines dispensed among the patients during the health camps. These medicines were – Cefiximetabets, Paracetamol tablets, Ciprofloxacin hydrochloride tablets, Albendazole tablets, Centriline tablets and Amoxicillin capsules, Calcium with vitamin D3 tablets, Povidone iodine ointment and ORS.

Young adolescent girls were given talks regarding menstruation and menstrual hygiene and young boys were given advice on how to maintain general hygiene and on awareness about substance abuse. The patients were advised to take healthy foods that were rich in Vitamin B, potassium, magnesium and fibre.

For this health camp, total number of OPDs reported is 200 and total no. of IPDs reported is 40. Doctors and residents of different specialties from Index Medical College and Hospital examined the patient with different disease and problems and recommended them the medication as applicable to them during this health camp and the camp ended at 2:00 p.m. with great success.


Signature and Seal
Dean/Medical Superintendent
Medical Superintendent
IMCHRC


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/02

Date: 19/01/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **20th January, 2019 Sunday** (Day) scheduled between **11:00 a.m to 3:00 p.m** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:30 a.m. sharp.

Venue: Dixit Vidhyapith School, Sanwer Road, Indore

Medical Superintendent
IMCHRC

Signature of Dean/Medical Superintendent

Seal

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

Index

Medical College Hospital & Research Centre
(Constituent Unit of Malwanchal University)

Date: 19/01/2019

CAMP ORDER

There will be Health Check-up Camp on 20th January, 2019 (Sunday) scheduled between 11:00 A.M to 03:00 P.M.

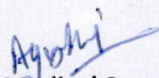
Bus will depart from Index Hospital at 09:30 A.M.

Venue – Dixit Vidhyapith School, 100 Shiv Nagar, Sanwer Road, Indore (M.P)

All the doctors are instructed to wear **Apron** during camp hours. A separate register is to be maintained for Indoor patients along with diagnosis & contact number of patients.

S. No.	Name of Doctors	Department	Mo. Number
1.	Dr. Shubham Satrangi	Medicine	8959677717
2.	Dr. Mayank Sharma	Orthopedics	8962926138
3.	Dr. Vinod Soni	Orthopedics	8871792646
4.	Dr. Namrata Mishra	Surgery	9131938797
5.	Dr. Unique Sagar	Pediatrics	7987081803
6.	Dr. Rajat Patidar	Pediatrics	9425977822
7.	Dr. Anjali Yadav (Intern)	Ophthalmology	8962288442
8.	Dr. Romila	Ophthalmology	8085266078
9.	Dr. Priya Sharma	E.N.T.	9179331194
10.	Dr. Anushtha Tomar	Skin & V.D.	8964081496


Registrar
Malwanchal University
Indore (M.P.)


Dean / Medical Superintendent
Medical Superintendent
IMCHR C

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Ref. No. : JMCHRC/MR/2019/02(A)

Date: 22/01/2019

**Report on Community Health Check-up Initiatives at Dixit Vidhyapith
School, Sanwer Road**

Year of Camp – 2019

Date of Health Camp – 20/01/2019

Name of the Activity – Community Health check-up Initiatives at Dixit Vidhyapith School, Sanwer Road

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 13

Number of faculties participated in such activities – 02

Total no. of IPD – 35

Total no. of OPD – 350

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Dental
10. T.B & Chest

Details of the Camp Organized: Camp was organized at **Dixit Vidhyapith School, Sanwer Road**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 9:30 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated by local representative and screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

- Given prescription for suitable medication and provided some medication for immediate use
- Referred to our hospital for further diagnosis, surgery or treatment
- Referred to nearest hospital for immediate treatment and care


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

The team for camp constituted of P.G. residents. They screened the young students for refractive error, scabies, vitamin A deficiency and nutrition of children and also height and weight of children were also measured. The vision of the children was measured by using snellen's chart. Those having vision less than 6/6 were referred to IMCHRC.

Brief report on completion of Activities:

Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment.

1. Visual acuity test – by using snellen's chart
2. Provided Vitamin A supplementation to the students having Bitot's spots.
3. Awareness about proper nutrition and hygiene.

The prime objective of this camp was to make awareness among people regarding their health and common diseases. The local people were provided with valuable information regarding uses, misuse, of antibiotics. They also suggested the patients to increase intake of edibles that contains minerals, vitamins and fibers like fresh fruits & vegetables. The team members of hospital including physician, dentist, gynecologist and other P.G students of different specialties at the health camp examined and discussed various health issues with patients arrived at the camp. Free physical examination along with free blood sugar, blood pressure tests were conducted by doctors. They advised the patients with various medicines and consultation during the camp.

People were educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.

The healthcare condition among the poor is pathetic. These people lack in quality healthcare due to increased cost, lack of doctors and medicines. Healthcare camps are the only hope for the poor people who cannot afford to pay for expensive treatments or medicines. Therefore patients are treated with proper care, love, and respect in the camps. There is no discrimination done at any stage of treatment. Healthcare camps are the only hope for the unprivileged community where their problems are heard and resolved with respect and dignity.

For this health camp, total number of OPDs reported is 350 and total no. of IPDs reported is 35. Camp was successfully organized and co-ordinated by faculty of Index medical college. Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 3:00 p.m. with great success.


Signature and Seal

Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/03

Date: 22/01/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **23rd January, 2019 Wednesday** (Day) scheduled between **11:00 a.m to 2:00 p.m** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 8:30 a.m. sharp.

Venue: Gram Panchayat, Devgad, Dewas

Medical Superintendent
IMCHRC

Signature of Dean/Medical Superintendent

Seal

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

Index

Medical College Hospital & Research Centre
(Constituent Unit of Malwanchal University)

Date: 22/01/2019

CAMP ORDER


There will be Health Check-up Camp on 23rd January, 2019 (Wednesday) scheduled between 11:00 A.M to 02:00 P.M.


Bus will depart from Index Hospital at 08:30 A.M.

Venue – Gram Panchayat, Devgadh, Dewas (M.P)

All the doctors are instructed to wear **Apron** during camp hours. A separate register is to be maintained for Indoor patients along with diagnosis & contact number of patients.

S. No.	Name of Doctors	Department	Mo. Number
1.	Dr. Nisarg Shah	Medicine	7828128976
2.	Dr. Jyoti Krishna	Orthopedics	8882848488
3.	Dr. Anjali Yadav	Surgery	8962288442
4.	Dr. Shivani Bhadoriya	Obstetrics & Gynaecology.	8085801033
5.	Dr. Priyanka Shrivastava	Pediatrics	9425607133
6.	Dr. Parul Parmar	E.N.T.	8668837331
7.	Dr. Yashaswi	Ophthalmology	9754614765
8.	Dr. Shubhang	Skin & V.D.	8827212459


Registrar
Malwanchal University
Indore (M.P.)


Dr. Ajay Joshi
Dean / Medical Superintendent
Medical Superintendent
IMCHR C

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Date: 24/01/2019

Ref. No. : IMCHRC/MP/2019/03(A)

Report on Health Education Activity at Gram Panchayat, Devgad

Year of Camp – 2019

Date of Health Camp – 23/01/2019

Name of the Activity – Health Education Activity at Gram Panchayat, Devgad

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 01

Total no. of IPD – 32

Total no. of OPD – 200

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Dental
10. T.B & Chest

Details of the Camp Organized:

Camp was organized at **Gram Panchayat, Devgad, Dewas**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 08:30 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology, Lab technician & pharmacist for diagnosis of anemic patients. It was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.

Brief report on completion of Activities:


Medical Superintendent
IMCHRC

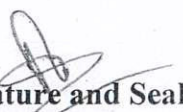

Registrar
Malwanchal University
Indore (M.P.)

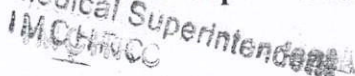
The prime objective of this camp was to make awareness among people regarding their health and common diseases. The local people were provided with valuable information regarding uses, misuse, the optimum doses to be taken and the overall effects of antibiotics. Free physical examination along with free blood sugar, blood pressure tests were conducted by doctors. History collection including Oxygen saturation, Temperature, Pulse, Blood Pressure was taken by students of the people who arrived in the camp. They advised the patients with various medicines and consultation during the camp. They also suggested the patients to increase intake of edibles that contains minerals, vitamins and fibers like fresh fruits & vegetables. After screening, team found most of the vulnerable group is reproductive age woman of 15-45 year and pregnant woman the value was as low as 11gm/dl of Hb then the normal level after screening team advice the people for intake of Iron rich food such as jaggery, fruits, apple, date's carrot beet root & leafy vegetables pregnant woman were provided with Fe folic acid tablets.

Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment. Most of them suffered with myopic eye defect and the ones crossing the age of 65 were diagnosed with cataract problems. Patients were advised to go for cataract operation as soon as possible as these facilities are available at Index Medical college Hospital & Research Centre as well and can get discount for surgery if they register in the camp. People were also educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.


During the health camp the most common health problems disease were dizziness, giddiness, abscess, rashes, itching, fever, back pain, joint pain, headache, abdominal pain, body ache, worm infestation, anemia, loose motion, weakness, unusual sweating, discharge from ear and hypertension. P.G students demonstrated the people on hand washing technique, health talk and importance of vaccination for children and adults.

For this health camp, total number of OPDs reported is 200 and total no. of IPDs reported is 32. Camp was successfully organized and co-ordinated by faculty of Index medical college. Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 2:00 p.m. with great success. Students were highly motivated and encouraged by their teachers from Dept. of Community Medicine and other specialities.


Signature and Seal
Dean/Medical Superintendent


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/04

Date: 06/02/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **07th February, 2019, Thursday** (Day) scheduled between **12:00 a.m to 3:00 p.m** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Gram Panchayat Bhavan, Metwada

Medical Superintendent
IMCHRC

Signature of Dean/Medical Superintendent

Seal

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

Index

Medical College Hospital & Research Centre
(Constituent Unit of Malwanchal University)

Date: 06/02/2019

CAMP ORDER

There will be Health Check-up Camp on 7th February, 2019 (Thursday) scheduled between 12:00 A.M to 03:00 P.M.

Bus will depart from Index Hospital at 09:00 A.M.

Venue – Gram Panchayat Bhavan, Metwada (M.P)

All the doctors are instructed to wear **Apron** during Camp hours. A separate register is to be maintained for Indoor patients along with diagnosis & contact number of patients.

S. No.	Name of Doctors	Department	Mo. Number
1.	Dr. Viraj Mohan Pandey	Medicine	7760984844
2.	Dr. Jyoti Krishna	Orthopedics	8882848488
3.	Dr. Babita Kori (Intern)	Surgery	8349227988
4.	Dr. Ankita Patel (Intern)	Obstetrics & Gynaecology	95897998671
5.	Dr. Atish Kumar (Intern)	Obstetrics & Gynaecology	
6.	Dr. Kapil Kumar (Intern)	Pediatrics	9893699625
7.	Dr. Vinod (Intern)	E.N.T.	9993665048
8.	Dr. Romila Singh	Ophthalmology	8085266078
9.	Dr. Saket Kumar	Skin & V.D.	9893009250

Registrar
Malwanchal University
Indore (M.P.)

Dr. Ajay Joshi

Medical Superintendent
IMCHRC

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : TMCHRC/MR/2019/04(A)

Date: 09/02/2019

Report on Diabetes Check-up Camp at Gram Panchayat Bhavan, Metwada

Year of Camp – 2019

Date of Health Camp – 07/02/2019

Name of the Activity – Diabetes Check-up Camp at Gram Panchayat Bhavan, Metwada

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 01

Total no. of IPD – 45

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

A free health camp was organized by Index Medical College & Hospital. This camp was organized at **Gram Panchayat Bhavan, Metwada**. Faculty, Interns & P.G. students of Index Medical College reached the venue and examined the patients arrived for free consultation for their problems. All the staff along with required accessories and medications left the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated at scheduled time of 9:00 a.m and after inauguration screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

Brief report on completion of Activities:


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

Index Medical College Hospital & Research Centre conducted "Diabetes Check up Camp" on 07th February 2019. All the faculty, Staff and Workers have been part of this program. 14th November is celebrated as the World Diabetes day every year. World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. The camp drew attention to issues of paramount importance to the diabetes and health issues related to diabetes firmly to the public who visited the camp.


The diabetes camp consisted of many planned activities including medical education lectures, discussions provided by diabetes educators, dieticians, physicians and exercise educators. Blood glucose was tested for each camper. All participants kept individual records about their food choices, physical activity, and blood glucose levels and received counseling if their blood glucose level was off-target. The participants were asked to keep a diabetes diary and write a daily list of goals or promises about diabetes self-management before bed. For patients using insulin, instructions were given how to adjust the insulin dose before each meal. There were physicians who supervised the participants for their actions during medical emergency.

The Diabetes Check-up Camp aimed at:

- Explaining in detail on signs and symptoms of diabetes, risk factors, management and its prevention
- To promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue
- The campaign is represented by a blue circle logo, global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

Most other patients who attended the camp had cough/cold, suffered with gastric troubles and arthralgia. The doctors advised precautions, exercises and prescribed medication for the same. They also suggested the patients to increase intake of edible that contain minerals, vitamins and fibers like fresh fruits, vegetables etc.

Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 3:00 p.m. with great success. Students were highly motivated and encouraged by their teachers from respective department.


Signature and Seal
Dean/Medical Superintendent
Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/05

Date: 09/02/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **10th February, 2019, Sunday** (Day) scheduled between **11:00 a.m to 3:00 p.m** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 8:30 a.m. sharp.

Venue: Jhalariya Road Asrafi Colony, Khajrana, Indore

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

Index

Medical College Hospital & Research Centre
(Constituent Unit of Malwanchal University)

Date: 09/02/2019

CAMP ORDER

There will be Health Check-up Camp on 10th February, 2019 (Sunday) scheduled between 11:00 A.M to 03:00 P.M.


Bus will depart from Index Hospital at 08:30 A.M.

Venue – Jhalariya Road Asrafi Colony, Khajrana, Indore (M.P)

All the doctors are instructed to wear **Apron** during Camp hours. A separate register is to be maintained for Indoor patients along with diagnosis & contact number of patients.

S. No.	Name of Doctors	Department	Mo. Number
1.	Dr. Bushra Khanam (Assoc. Prof.)	Medicine	8103137310
2.	Dr. Harsha Singh Dangi	Medicine	7049076590
3.	Dr. Yogesh Dangi	Medicine	9111112666
4.	Dr. Vinod Soni	Orthopedics	8871792646
5.	Dr. Amit Kumar Singh	Surgery	8470021878
6.	Dr. Surbhi Gupta	Obstetrics & Gynaecology	9179969255
7.	Dr. Unique Sagar	Pediatrics	7987081803
8.	Dr. Ambica Agarwal	Ophthalmology	7747898590
9.	Dr. Saket Bansal	E.N.T.	7389229000
10.	Dr. Renu Pandey	Psychiatry	9039020430
11.	Dr. Saket Kumar	Skin & V.D.	9953492333
12.	Dr. Vinod Kumar Kurmi	T.B. & Chest	8839965456


Registrar
Malwanchal University
Indore (M.P.)


Dr. Ajay Joshi
Medical Superintendent
IMCH

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Date: 18/06/2019

Ref. No. : **IMCH RC/MRJ/2019/06(A)**
Report on Adolescent Health celebration camp at Gram Panchayat Bhawan,
Arlawada

Year of Camp – 2019

Date of Health Camp – 17/06/2019

Name of the Activity – Adolescent Health celebration camp at Gram Panchayat Bhawan, Arlawada

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 07

Number of faculties participated in such activities – 01

Total no. of IPD – 50

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. T.B & Chest
10. Community Medicine

Details of the Camp Organized:

Camp was organized at **Gram Panchayat Bhawan, Arlawada**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology, Lab technician & pharmacist for diagnosis of anemic patients. It was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.

Brief report on completion of Activities:


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC

Activities to increase awareness about adolescent health & development issues and to dispel various myths and misconceptions regarding various issues particularly related to Nutrition, Mental Health, Sexual & Reproductive Health and Menstruation etc. apart from various important adolescent issues plaguing the State in particular Substance Misuse, teenage pregnancy besides the increasingly relevant issue of Anemia and malnutrition were undertaken by the medicos and faculty of Index Medical College Hospital & Research Centre.

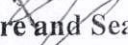
The topics for the programme were: physical, cognitive and emotional changes in an adolescent child, nutritional management, menstrual hygiene and stress management in adolescents. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The topics were dealt by faculty of Department of Community Medicine. Camp was organized for adolescent girls (age: - 14-19) for screenings of anemia, menstrual hygiene and counseling for family planning. Around 100 adolescent girls were educated about the importance of hygiene during menstruation, use sanitary pads & not cloths and reach to nearest PHC centre for any irregularities in menstruation, excessive pain, heavy bleeding, excessive white discharge and foul smelling discharge.

Girls were also examined for signs of anemia like polar in lower palpebral conjunctiva, palms & tongue and asked for fatigueness & weakness. They were advised for intake of iron rich food like consuming green leafy vegetable, jaggery, dates, beets roots etc. Sanitary pads & Iron folic acid tablets were distributed. They were further counseled about the use of contraceptives and risk of acquiring STDs and unwanted pregnancy. Adolescent girls were also advised about family planning and conceiving after 20 years of age and to maintain at least 3 years of gap between two pregnancies and to maintain a small healthy family. They were educated about usage of Oral contraceptive Pills.

Main themes covered during the Adolescent Camps are:-


1. Life Skills and Personal development
2. Child Rights
3. Health, Hygiene and Nutrients
4. Gender equality
5. Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
6. Awareness on AIDS
7. Sexual abuse and child trafficking
8. Social awareness
9. Yoga and Pranayama

Health camp was successful and completed with its targeted goals of educating people and giving free consultation and treatment. This health camp ended at 2:00 p.m with great success.


Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/06

Date: 17/06/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **17th June, 2019, Monday** (Day) scheduled between **11:00 a.m. to 02:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Gram panchayat bhawan, Arlawada (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

Index

Medical College Hospital & Research Centre
(Constituent Unit of Malwanchal University)

Date: 17/06/2019

CAMP ORDER

There will be Health Check-up Camp on 17th June, 2019 (Monday) scheduled between 11:00 A.M to 02:00 P.M.

Bus will depart from Index Hospital at 09:00 A.M.

Venue – Gram Panchayat Bhawan, Arlawada (M.P)

All the doctors are instructed to wear **Apron** during Camp hours. A separate register is to be maintained for Indoor patients along with diagnosis & contact number of patients.

S. No.	Name of Doctors	Department	Mo. Number
1.	Dr. Gyanendra	Medicine	8871123449
2.	Dr. Jawant	Orthopedics	9009494085
3.	Dr. Sarsij Singh	Surgery	9144768000
4.	Dr. Garima Soni	Obstetrics & Gynaecology	9425607133
5.	Dr. Saket Sourabh Gupta	Pediatrics	9179331194
6.	Dr. Neha Paldy	Ophthalmology	7389813764
7.	Dr. Amali	E.N.T.	8818983015
8.	Dr. Supriya	Skin & V.D	9685159256



Registrar
Malwanchal University
Indore (M.P.)

Dr. Ajay Joshi

Dean / Medical Superintendent
Medical Superintendent
IMCHRC

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Date: 18/06/2019

Ref. No. : **IMCH RC/MRJ/2019/06(A)**
Report on Adolescent Health celebration camp at Gram Panchayat Bhawan,
Arlawada

Year of Camp – 2019

Date of Health Camp – 17/06/2019

Name of the Activity – Adolescent Health celebration camp at Gram Panchayat Bhawan, Arlawada

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 07

Number of faculties participated in such activities – 01

Total no. of IPD – 50

Total no. of OPD – 400

Specialities covered:-


1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. T.B & Chest
10. Community Medicine

Details of the Camp Organized:

Camp was organized at **Gram Panchayat Bhawan, Arlawada**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology, Lab technician & pharmacist for diagnosis of anemic patients. It was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.

Brief report on completion of Activities:


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC

Activities to increase awareness about adolescent health & development issues and to dispel various myths and misconceptions regarding various issues particularly related to Nutrition, Mental Health, Sexual & Reproductive Health and Menstruation etc. apart from various important adolescent issues plaguing the State in particular Substance Misuse, teenage pregnancy besides the increasingly relevant issue of Anemia and malnutrition were undertaken by the medicos and faculty of Index Medical College Hospital & Research Centre.

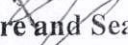
The topics for the programme were: physical, cognitive and emotional changes in an adolescent child, nutritional management, menstrual hygiene and stress management in adolescents. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The topics were dealt by faculty of Department of Community Medicine. Camp was organized for adolescent girls (age: - 14-19) for screenings of anemia, menstrual hygiene and counseling for family planning. Around 100 adolescent girls were educated about the importance of hygiene during menstruation, use sanitary pads & not cloths and reach to nearest PHC centre for any irregularities in menstruation, excessive pain, heavy bleeding, excessive white discharge and foul smelling discharge.

Girls were also examined for signs of anemia like polar in lower palpebral conjunctiva, palms & tongue and asked for fatigueness & weakness. They were advised for intake of iron rich food like consuming green leafy vegetable, jaggery, dates, beets roots etc. Sanitary pads & Iron folic acid tablets were distributed. They were further counseled about the use of contraceptives and risk of acquiring STDs and unwanted pregnancy. Adolescent girls were also advised about family planning and conceiving after 20 years of age and to maintain at least 3 years of gap between two pregnancies and to maintain a small healthy family. They were educated about usage of Oral contraceptive Pills.

Main themes covered during the Adolescent Camps are:-


1. Life Skills and Personal development
2. Child Rights
3. Health, Hygiene and Nutrients
4. Gender equality
5. Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
6. Awareness on AIDS
7. Sexual abuse and child trafficking
8. Social awareness
9. Yoga and Pranayama

Health camp was successful and completed with its targeted goals of educating people and giving free consultation and treatment. This health camp ended at 2:00 p.m with great success.


Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/07

Date: 28/06/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **30th June, 2019, Sunday** (Day) scheduled between **09:0 a.m. to 01:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 8:00 a.m. sharp.

Venue: 702, Ram Darbar Gold Gym Main square, Bhagirathpura, Indore (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File


Registrar
Malwanchal University
Indore (M.P.)

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/07(F)

Date: 02/07/2019

Report on Breastfeeding – Public Awareness Program at Bhagirathpura

Year of Camp – 2019

Date of Health Camp – 30/06/2019

Name of the Activity – Breastfeeding – Public Awareness Program at Bhagirathpura

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 02

Total no. of IPD – 45

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Obstetrics & Gynaecology
4. Paediatrics
5. Ophthalmology
6. ENT
7. Community Medicine
8. Nursing Staff

Details of the Camp Organized:

Camp was organized at 702, Ram Darbar Gold Gym Main Square, Bhagirathpura, Indore. All the staff along with required accessories and medications departed from the hospital premise in the morning at 08:00 a.m via Medical College bus and reached the venue. Breastfeeding Awareness Camp highlighted on the science behind breastfeeding and climate change. Therefore, breastfeeding should be promoted and formula milk should be discouraged. Doctors were able to sensitize postnatal mothers on breastfeeding and its importance in the hospital and community. They also provided lactation counselling to postnatal mothers during this week.

Brief report on completion of Activities:

The Department of Obstetrics and Gynaecology (OBG) and Community Medicine, Index Medical College Hospital and Research Centre observed 'Breastfeeding Week' from 30th June to 05th July 2019 on the theme "Breastfeeding – Public Awareness Program".


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P.)


Adequate nutrition in infancy and early childhood has been established to be an essential requirement for optimal growth and development and also promote the health and behavior of the child. Breastfeeding has been unparalleled as an ideal food for optimal growth and development of infants and held as an integral part of reproductive process with enormous health benefits to the mother and infant. The activity started with sensitization of mothers on the theme of the breastfeeding week and importance of breastfeeding to the child, mother, community and environment.

- Benefits of breastfeeding to the mothers, father, child, community and environment
- Myths and facts about breastfeeding
- Steps on efficient breastfeeding

The event strives to attach invaluable significance to the power of breastfeeding in enhancing child health and development and lowering infant mortality through the provision of good nutrition and protection from cancers of the breast and ovaries. The World Health Assembly has targeted achieving 50% exclusive breastfeeding in the first six months of the child by 2025. The Ministry of Health and Family Welfare, Government of India, has also initiated and launched a national breastfeeding promotion program, MAA (Mothers' Absolute Affection) under "Strategic approach to Reproductive Maternal, Newborn, Child, and Adolescent Health" to improve infant and young child feeding. Breastfeeding will be a successful endeavour when it is seen as a part of the family culture rather than the sole responsibility of the mother or woman.

A health awareness talk was given on the topic, "The importance and do's and don'ts of breastfeeding." Doctors from Department of Gynaecology spoke about the advantage of breastfeeding, the composition of breast milk, and various positions and attachments while feeding. They also conducted demonstrations regarding positioning the baby, techniques of breastfeeding and expression of breast milk. Participants were motivated to participate in supporting and counselling members of their community to minimize the problems by initiating baby-friendly breastfeeding techniques. Doctors in the camp stressed on breastfeeding even while travelling and in public areas and to avoid pre-lacteal or formula feeding.

The program concluded with participant's expression that the sessions were informative, helpful and well organized. This health camp ended at 01:00 p.m with great success.


Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/08

Date: 02/08/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on 3rd August, 2019, Saturday (Day) scheduled between 11:00 a.m. to 02:00 p.m. (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 09:30 a.m. sharp.

Venue: Govt. High School Magradeh, Dewas (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE

(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/08(A)

Date: 05/08/2019

Report on School Children's Health Check-up at Govt. High School, Magradeh, Dewas

Year of Camp – 2019

Date of Health Camp – 03/08/2019

Name of the Activity – School Children's Health Check-up at Govt. High School, Magradeh, Dewas

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 12

Number of faculties participated in such activities – 02

Total no. of IPD – 10

Total no. of OPD – 200

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

A free medical health check up camp was organized by faculty & students of Index Medical College Hospital & Research Centre at **Govt. High School, Magradeh, Dewas**. Team member from Index hospital including physician, dentist, gynecologist and P.G. Student of different specialties reached the venue (Govt. High School). A special pandal and stage were made in the school compound for conducting the camp. All P.G doctors of different specialty who attended the camp took active participation in this programme.

Brief report on completion of Activities:

All the doctors emphasized the necessity for personal health and hygiene. The doctors advised the students to eat healthy balanced food and keep themselves clean. Most of the doctors highlighted the need for sleeping inside mosquito nets at night and to drink boiled water to prevent diseases like


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P.)

malaria, dengue and enteric diseases. The students were told not be lured by fast food, coloured drinks, cold drinks and cut fruits. The doctors also emphasized the need for taking physical exercise daily. Regular physical exercise makes one's body healthy and stout. They doctors also focused on the need for keeping oneself clean and on keeping hands cleaned and washed. They said that the students need to keep themselves free from any kind of unhealthy materials.

Students present in the camp those who suffered from diabetes and other children as well were educated by Pediatric Endocrinologists and Physicians on how to manage their diabetes along with enjoying their life by conducting different activities like swimming, educational activities, games, arts and crafts etc.

The team members of hospital including physician, Gynaecologist and other P.G students of different specialties at the health camp examined and discussed various health issues with students present in the camp. Free physical examination along with free blood sugar, blood pressure tests were conducted by doctors. They advised the students about precautions taken for better health & hygiene and provided consultation to them during the camp. Number of patients registered for IPD = 40 and total OPD occurred on this day is 200 patients.

The primary objective of this camp was:-

- To improve the nutritional and health status of children in the age group 0-6 years
- To lay the foundation for proper psychological, physical and social development of the child
- To reduce the incidence of mortality, morbidity, malnutrition and school dropout
- To enhance the capability of their parents to look after their Children's normal health and nutritional needs through proper nutrition and health education and also to make them aware of the Immunization program.

It was observed that some of the Children that attended the school were having eye problems that were detected during routine check-up in the camp. It was advantageous for the students as they got an opportunity to know more about various aspects of eye care. The doctors brought well-equipped eye examination tools to examine the students effectively. They also spoke to the students about how to increase awareness and improve access to eye healthcare services. The objective of this event was to spread awareness on eye disorder, their early detection and detect refractive errors and eye ailments among school children.

The students also asked the queries they had in their mind which were solved by eye specialists. Attendees with eye problems requiring continued medical attention were given referral slips. The camp turned out to be very beneficial for our students. The health camp was successfully completed only with the support of staff, faculty and organizers. This health camp ended at 2:00 p.m. with great success.



Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC



Registrar
Malwanchal University
Indore (M.P.)



Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/09

Date: 27/08/2019


CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **31st August, 2019, Saturday** (Day) scheduled between **11:00 a.m. to 02:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:30 a.m. sharp.

Venue: Government Primary School, Ratatalai to bagli (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/09(A)

Date: 02/09/2019

REPORT ON GOVERNMENT PRIMARY SCHOOL VISIT AT RATATALAI

Year of Camp – 2019

Date of Health Camp – 31/08/2019

Name of the Activity – Government Primary School Visit, Ratatalai to bagli

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 01

Total no. of OPD – 250

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Interns

Details of the Camp Organized:

A free medical health check up visit was organized by the faculty members & students of Index Medical College Hospital & Research Centre in association with **Government Primary School Visit, Ratatalai to bagli**. A visit to the government primary school at Ratatalai was organised by the P.Gs & Interns of Index Medical College. The Interns & P.Gs reached the venue by 09:30 a.m to observe the facilities and activities of the school, interact with the students and answer any queries they had. College buses were provided for their transport which reached destination at 11. 00 a.m. Interns attended the morning assembly, divided themselves into pairs and attended the classes of the students. After scheduled lunch break, all the students were brought to the playground so that interns could talk to them about medical issues that are faced by their age groups.

Brief report on completion of Activities:

Index Medical College conducted school visit on 31st August, 2019. Interns accompanied by two faculty members of the Department of Community Medicine made the visit. Interns took a round of



Medical Superintendent
IMCHRC




Registrar
Malwanchal University
Indore (M P)

the school campus and made an inventory of all the facilities available to the students. They paid special attention to the first aid room and training of the nurse in the medical room for the school. Interns also attended the morning assembly conducted at the school and gave a short speech on Hygiene in Daily Life. This speech emphasized on the importance of various small practices that the students could easily adopt to be adequately healthy and hygienic. Common mistakes that can pose a risk to the health of an individual were reiterated. After the assembly, interns paired themselves into groups of two and attended the classes with students. Here they observed the teaching methods of the teachers, props used by them and the facilities made available to the students for a comfortable learning session. A note of the ratio of male and female students, availability of sufficient benches, blackboard, entry of adequate sunlight and proper ventilation was made for each class. Next on the agenda was an informal talk with the students - especially the females, regarding the problems they faced and their easy solutions if possible were suggested to them. For this, interns asked the students to write down their problems and submit them in a box during the lunch break. After the break was over, students were asked to gather once again in the assembly ground where they were given *daris* to sit on. Interns then pulled out the anonymous chits and read them one by one, imparting required knowledge simultaneously until the query was resolved.

Students were concerned about a variety of issues they faced at school, home, and among their peers. Common misconceptions prevailing among the students were cleared. Further their questions & queries were answered and among them a few students were asked to talk about their entire experience with the interns. Topics like keeping their food covered, washing fruits and vegetables before use, adopting hygienic practices to cook food, proper sanitary habits, daily baths and hazards of unhygienic conditions were discussed in detail with the students. An interactive session about different problems faced by girls was then conducted. Females were encouraged to attend school regularly, eat nutritious food, monitor their health and seek medical help at appropriate times. Further, all the students were given demonstration of simple hygiene practices including the proper way of washing hands, coughing/sneezing with mouths covered, brushing their teeth, etc were also given by the students.

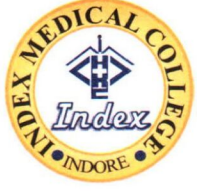
In this way, at the end of the day, students were motivated to adopt a better and healthier lifestyle, promising to follow the teachings of interns. By 2.00 pm in the afternoon the interns returned to the college after a successful health and hygiene intervention at the school.

Doctors who visited their School advised the School Children with various healthy diets and consultation during the visit. In the short span of around three hours, 250 children beneficiaries in the age group between 0-14 years among the total OPD reported for today were benefitted by the advice and regular physical examination by the doctors who visited their School. The School visit could be successfully completed only with the support of staff, faculty and organizers.


Signature and Seal
Dean / Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/80

Date: 27/08/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **3rd September, 2019, Tuesday** (Day) scheduled between **11:00 a.m. to 02:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:30 a.m. sharp.

Venue: Government Rajat Jyanti Girls HS School, Juni Indore, Gadi Adda (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File


Registrar
Malwanchal University
Indore (M.P.)

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/10(A)

Date: 04/09/2019

REPORT ON GOVERNMENT GIRLS SCHOOL VISIT AT JUNI INDORE, GADI ADDA

Year of Camp – 2019

Date of Health Camp – 03/09/2019

Name of the Activity – Government Girls School Visit at Juni Indore, Gadi Adda

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 12

Number of faculties participated in such activities – 02

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Final M.B.B.S Interns

Details of the Camp Organized:

A free medical health check up visit was organized by the faculty members & students of Index Medical College Hospital & Research Centre in association with **Government Rajat Jyanti Girls HS School Visit at Juni Indore, Gadi Adda**. A visit to the government school at **Juni Indore** was organised by the P.Gs & Interns of Index Medical College. The Interns & P.Gs reached the venue by 11:00 a.m to observe the facilities and activities of the school, interact with the students and answer any queries they had. College buses were provided for their transport which reached destination at 11.00 a.m. Interns attended the morning assembly and divided themselves into pairs and attended the classes of the students. After scheduled lunch break, all the students were brought to the playground so that interns could talk to them about medical issues that are faced by their age groups.

Brief report on completion of Activities:

Index Medical College conducted school visit on 03rd September, 2019. Students accompanied by two faculty members of the Department of Community Medicine made the visit. Interns took a round

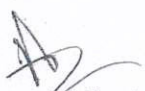

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)

of the school campus and made an inventory of all the facilities available to the students. They paid special attention to the first aid room and training of the nurse in the medical room for the school. Interns also attended the morning assembly conducted at the school and gave a short speech on Hygiene in Daily Life. This speech emphasized on the importance of various small practices that the students could easily adopt to be adequately healthy and hygienic. Common mistakes that can pose a risk to the health of an individual were reiterated. After the assembly, interns paired themselves into groups of two and attended the classes with students. Here they observed the teaching methods of the teachers, props used by them and the facilities made available to the students for a comfortable learning session. A note of the ratio of male and female students, availability of sufficient benches, blackboard, entry of adequate sunlight and proper ventilation was made for each class. Next on the agenda was an informal talk with the students - especially the females, regarding the problems they faced and their easy solutions if possible were suggested to them. For this, interns asked the students to write down their problems and submit them in a box during the lunch break. After the break was over, students were asked to gather once again in the assembly ground where they were given *daris* to sit on. Interns then pulled out the anonymous chits and read them one by one, imparting required knowledge simultaneously until the query was resolved.

Students were concerned about a variety of issues they faced at school, home, and among their peers. Common misconceptions prevailing among the students were cleared. Further their questions & queries were answered and among them a few students were asked to talk about their entire experience with the interns. Topics like keeping their food covered, washing fruits and vegetables before use, adopting hygienic practices to cook food, proper sanitary habits, daily baths and hazards of unhygienic conditions were discussed in detail with the students. An interactive session about different problems faced by girls was then conducted. Females were encouraged to attend school regularly, eat nutritious food, monitor their health and seek medical help at appropriate times. Further, all the students were given demonstration of simple hygiene practices including the proper way of washing hands, coughing/sneezing with mouths covered, brushing their teeth, etc were also given by the students.

In this way, at the end of the day, students were motivated to adopt a better and healthier lifestyle, promising to follow the teachings of interns. By 02.00 pm in the afternoon the Students returned to the college after a successful health and hygiene intervention at the school. In the short span of around three hours, 300 children beneficiaries in the age group between 0-14 years among the total OPD reported for today were benefitted by the advice and regular physical examination by the doctors who visited their School. The School visit could be successfully completed only with the support of staff, faculty and organizers.


Signature and Seal
Dean / Medical Superintendent
Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/011

Date: 27/08/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on 5th September, 2019, Thursday (Day) scheduled between 11:00 a.m. to 02:00 p.m. (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:30 a.m. sharp.


Venue: Panchayat Parisar, kailash Nagar (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File


Registrar
Malwanchal University
Indore (M.P.)

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Ref. No. : IMCHRC/MR/2019/11(A)

Date: 07/09/2019

**REPORT ON CANCER AWARENESS PROGRAMME FOR WOMEN AT PANCHAYAT
PARISAR, KAILASH NAGAR**

Year of Camp – 2019

Date of Health Camp – 05/09/2019

Name of the Activity – Cancer Awareness Programme for Women at Panchayat Parisar, Kailash Nagar

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 01

Total no. of IPD – 27

Total no. of OPD – 350

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

Health camp organized by Index Medical College at the venue Panchayat Parisar, Kailash Nagar. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:30 a.m via Medical College bus and reached the venue. Index Medical College organized the Cancer Awareness Programme to educate the girl students and women residents of the locality where health camp took place.

Brief report on completion of Activities:

The programme began with a welcome speech by Dr. Pooja Deodhar (HOD & Professor; Department of Gynaecology). She emphasized in her speech the importance of knowing about breast cancer, its


**Medical Superintendent
IMCHRC**


**Registrar
Malwanchal University
Indore (M P)**

prevention and utilization of awareness programs by women in the community and appreciated the effort of students for organizing an awareness program. A role play on warning signs, symptoms and diagnosis was performed by students of Gynaecology dept. and they further explained the causes, stages, clinical features, early diagnosis and the management which was followed by a demonstration of self-breast examination using breast model. Dr. Pooja Deodhar, further explained on the importance of screening tests for the early detection of breast cancer. The elaborate presentation covered aspects like: Probable Symptoms that cause breast cancer, ways to identify it in early stages to be cured off like Dimpling, Puckering, Stretching pain in the back, retracted nipple etc. She further insisted that any woman can get breast cancer irrespective of their family history. The speaker said that breast cancer can be cured if treatment is provided at the right time. She also threw light upon the symptoms of breast cancer and the preventive measures to be taken in order to reduce the risk of this disease.

The factors causing cancer are genetic, physiological, dietary, environmental and life style. They suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc.

Later on, they briefed the participants on methods of early detection and curative measures. Showing demonstrative clippings they explained about Self Breast Examination (SBE), clinical Tests, mammography and ultra sound scanning. They advised the girl-students to be conservative, follow healthy food containing fibrous rich foods with Vitamin A, E and C, Beta carotenes and selenium supplements. They wrapped up their presentations with a discussion of the painful treatment process like surgery which is often followed by radiation to melt the malignant lumps. Psychological rehabilitation of affected patients through chemotherapy and re-breast construction with silicon support was discussed with video clippings. All the participants congratulated the faculty and students for their initiative to create awareness among women regarding this deadly disease.

Everyone appreciated the program and opined that these kinds of programs are very useful and should be conducted frequently. The programme ended with a vote of thanks by Faculty and students of Index Medical College Hospital & Research Centre to the participants present in the camp. General public about 350 people participated in the program. The local people and women who attended the camp expressed that the program was very useful & informative to the community. The camp proved to be awareness imparting and thought-provoking for everyone. Such type of program should be conducted more in the future. The event proved out to be a huge success.


Signature and Seal

Dean/Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/012

Date: 06/09/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **8th September, 2019, Sunday** (Day) scheduled between **11:00 a.m. to 02:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Gurukul public school, kushwaha Nagar, Main road Indore (M.P.)


Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File


Registrar
Malwanchal University
Indore (M.P.)

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. IMCHRC/MR/2019/12(A)

Date: 10/09/2019

REPORT ON GURUKUL PUBLIC SCHOOL VISIT AT KUSHWAHA NAGAR

Year of Camp – 2019

Date of Health Camp – 08/09/2019

Name of the Activity – Gurukul Public School Visit at Kushwaha Nagar

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 02

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Final M.B.B.S Interns

Details of the Camp Organized:

A free medical health check up visit was organized by the faculty members & students of Index Medical College Hospital & Research Centre in association with **Gurukul Public School at Kushwaha Nagar**. A visit to the Public school at Kushwaha Nagar was organised by the P.Gs & Interns of Index Medical College. The Interns & P.Gs reached the venue by 11:00 a.m to observe the facilities and activities of the school, interact with the students and answer any queries they had. College buses were provided for their transport which reached destination at 11.00 a.m. Interns attended the assembly and divided themselves into pairs and attended the classes of the students. After scheduled lunch break, all the students were brought to the playground so that Interns could talk to them about medical issues that are faced by their age groups.

Brief report on completion of Activities:

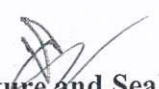

Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC

Index Medical College conducted school visit on 08th September, 2019. Students accompanied by two faculty members of the Department of Community Medicine made the visit. Interns took a round of the school campus and made an inventory of all the facilities available to the students. They paid special attention to the first aid room and training of the nurse in the medical room for the school. Interns also attended the morning assembly conducted at the school and gave a short speech on Hygiene in Daily Life. This speech emphasized on the importance of various small practices that the students could easily adopt to be adequately healthy and hygienic. Common mistakes that can pose a risk to the health of an individual were reiterated. After the assembly, interns paired themselves into groups of two and attended the classes with students. Here they observed the teaching methods of the teachers, props used by them and the facilities made available to the students for a comfortable learning session. A note of the ratio of male and female students, availability of sufficient benches, blackboard, entry of adequate sunlight and proper ventilation was made for each class. Next on the agenda was an informal talk with the students - especially the females, regarding the problems they faced and their easy solutions if possible were suggested to them. For this, Interns asked the students to write down their problems and submit them in a box during the lunch break. After the break was over, students were asked to gather once again in the assembly ground where they were given *daris* to sit on. Interns then pulled out the anonymous chits and read them one by one, imparting required knowledge simultaneously until the query was resolved.


Students were concerned about a variety of issues they faced at school, home, and among their peers. Common misconceptions prevailing among the students were cleared. Further their questions & queries were answered and among them a few students were asked to talk about their entire experience with the interns. Topics like keeping their food covered, washing fruits and vegetables before use, adopting hygienic practices to cook food, proper sanitary habits, daily baths and hazards of unhygienic conditions were discussed in detail with the students. An interactive session about different problems faced by girls was then conducted. Females were encouraged to attend school regularly, eat nutritious food, monitor their health and seek medical help at appropriate times. Further, all the students were given demonstration of simple hygiene practices including the proper way of washing hands, coughing/sneezing with mouths covered, brushing their teeth, etc were also given by the students.

In this way, at the end of the day, students were motivated to adopt a better and healthier lifestyle, promising to follow the teachings of interns. By 2.00 pm in the afternoon the Students returned to the college after a successful health and hygiene intervention at the school. In the short span of around three hours, 400 children beneficiaries in the age group between 0-14 years among the total OPD reported for today were benefitted by the advice and regular physical examination by the doctors who visited their School. The School visit could be successfully completed only with the support of staff, faculty and organizers.


Signature and Seal
Dean/Medical Superintendent

IMCHRC


Registrar
Malwanchal University
Indore (M P)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/013

Date: 15/09/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **17th September, 2019, Monday** (Day) scheduled between **11:00 a.m. to 04:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Prathmic Swathya Kendra, Udaynagar(M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRUMR/2019/13(A)

Date: 18/09/2019

Report on Primary Health Centre Visit

Year of Camp – 2019

Date of Health Camp – 17/09/2019

Name of the Activity – Primary Health Centre Visit

Organizing unit/Agency/Collaborating Agency – Prathmic Swasthya Kendra & Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 12

Number of faculties participated in such activities – 02

Details of the Camp Organized:

A free medical health check-up visit was organized by faculty & students of Index Medical College in association with **Prathmic Swasth Kendra, Udaynagar**. A visit was organized by the Community Medicine Department along with other specialities of Index Medical College & Hospital. Faculty members and students of 2nd & 3rd year and posted Interns of department of Community Medicine also reached the centre.

Brief report on completion of Activities:


Students were shown all the services provided in Primary Health Centre and they were supposed to make an entry and details of the visit in their record books.

Following services were noted:-

- OPD services – 4 hours in the morning and 2 hours in the evening
- 24 hours emergency services
- Referral services – patients are referred to Index Medical College Indore
- IPD services with 6 beds

Students were shown how early pregnancy registration is done, early tetanus toxoid immunization with minimum 4 antenatal visits should be registered, with minimum laboratory investigations like haemoglobin, blood grouping, Rh typing, urine albumin and sugar & RPR test for syphilis.

Advice and prescription for sufficient nutrition, supplementation was given by the Doctors. Referral services for high risk pregnancy were available at the centre. There was one labour room with 24 hours delivery services for normal delivery, assisted deliveries with forceps and vacuum delivery whenever required. Management of labour using partograph can be done there. There was one newborn corner in labor room itself for immediate newborn care and APGAR scoring and one warmer was also there for incubation of newborn.


Medical Superintendent
IMCHR


Registrar
Malwanchal University
Indore (M.P.)

Students were also shown laboratory where all basic testing are done like routine urine, stool and blood tests (haemoglobin, CBC blood grouping, Rh typing blood sugar, blood cholesterol etc.), bleeding and clotting time, diagnosis of RTI/ STD with wet mounting, Grams stain etc., Sputum testing for tuberculosis, RPR test for syphilis, rapid diagnostic tests for typhoid and malaria, rapid test kit for faecal contamination of water, blood smear examination for malaria parasite, rapid test for pregnancy, estimation of chlorine level of water using orthotoludine reagent.

Students were shown dispensary, where medicines including essential medicines are available and given to patients after making an entry of those medicines. Mothers also take their child to the centre for immunization with immunization cards on fixed days. Students were shown ILR (ice line refrigerator).

Students were told about all the national health programs which were taken care at that centre:-

1. RNTCP (Revised National Tuberculosis Control Programme)
2. National Vector Borne Disease Control Programme
3. National AIDS Control Programme
4. National Programme for Control of Blindness
5. National Leprosy Eradication Programme
6. National Programme for Prevention and Control of Deafness
7. National Mental Health Programme
8. National Programme for Prevention and Control of Cancer, Diabetes, CVD, and Stroke
9. National Iodine Deficiency Disorders Control Programme
10. National Programme for Prevention and Control of Flourosis
11. National Tobacco Control Programme
12. National Programme for Health Care of Elderly
13. Oral health

Students were also told about selected surgical procedures which can be done at that centre like vasectomy, tubectomy, MTP, hydrocelectomy. Monitoring and Supervision of all the health programs and other activities are done. Recording of vital events is also done. Staffing pattern is also explained to the students:-

- 1 MBBS medical officer
- 1 AYUSH medical officer
- 1 Accountant cum data operator
- 1 Pharmacist
- Staff nurses
- Male Healthassistant


Registrar
Malwanchal University
Indore (M P)


Medical Superintendent
IMCHRC

- Lady health visitor
- Laboratory technician
- Multi skilled group D worker
- Sanitary worker cum watchman

The Objectives for PHC are:-

1. To provide comprehensive Primary health care to the community through the Primary Health Centres.
2. To achieve and maintain an acceptable standard of quality of care.
3. To make the services more responsive and sensitive to the needs of the community.

The visit to the Swasthya Kendra, Udaynagar was successfully conducted and students & faculty returned back at 4:00 p.m.




Signature and Seal

Dean / Medical Superintendent

Medical Superintendent
IMCHRC



Registrar
Malwanchal University
Indore (M.P.)



Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/014

Date: 23/09/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **24th September, 2019, Tuesday** (Day) scheduled between **11:00 a.m. to 03:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 09:00 a.m. sharp.

Venue: Mali Dharmshala, Kulkarni Bhatta , Indore (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Ref. No. : IMCHRC/MR/2019/14(A)

Date: 26/09/2019

**Report of the General Health Check-up camp at Mali Dharmshala, Kulkarni
Bhatta**

Year of Camp – 2019

Date of Health Camp – 24/09/2019

Name of the Activity – General Health Check –up camp at Mali Dharmshala, Kulkarni Bhatta

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 02

Total no. of IPD – 40

Total no. of OPD – 350

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

A free medical general health check-up camp was organized by the Index Medical College Hospital & Research Centre at the venue **Mali Dharmshala, Kulkarni Bhatta**.

All the staff along with required accessories and medications left the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated at scheduled time and screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

- Given prescription for suitable medication and provided some medication for immediate use


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)

- Referred to our hospital for further diagnosis, surgery or treatment
- Referred to nearest hospital for immediate treatment and care

Brief report on completion of Activities:

Patients were rendered with services like free physical examination along with free blood sugar and blood pressure tests conducted by doctors. Doctors advised the patients with various medicines and consultancy during the camp. P.G. residents of ophthalmology department diagnosed significant no. of cataract cases which were referred to Index Medical College for further investigation. Many of the patients attending the camp were diagnosed with dermatological problems which were quite common among people due to living in congested and unhygienic atmosphere. Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment. People were educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.

During the health camp the most common health related problems or diseases that were diagnosed were dizziness, giddiness, abscess, rashes, itching, fever, back pain, joint pain, headache, abdominal pain, body ache, worm infestation, anemia, loose motion, weakness, unusual sweating, discharge from ear and hypertension. Free medicines were dispensed. Main complaints among the adult population were related to back pain and knee pain and were treated symptomatically.

There were several medicines dispensed among the patients during the health camps. These medicines were – Cefixime tablets, Paracetamol tablets, Ciprofloxacin hydrochloride tablets, Albendazole tablets, Centriline tablets and Amoxicillin capsules, Calcium with vitamin D3 tablets, Povidone iodine ointment and ORS.

Young adolescent girls were given talks regarding menstruation and menstrual hygiene and young boys were given advice on how to maintain general hygiene and on awareness about substance abuse. The patients were advised to take healthy foods that were rich in Vitamin B, potassium, magnesium and fibre.

For this health camp, total number of OPDs reported is 350 and total no. of IPDs reported is 40. Doctors and residents of different specialties from Index Medical College and Hospital examined the patient with different disease and problems and recommended them the medication as applicable to them during this health camp and the camp ended at 3:00 p.m. with great success.



Signature and Seal
Dean/Medical Superintendent
 Medical Superintendent
 IMCHRC



Medical Superintendent
 IMCHRC



Registrar
Malwanchal University
 Indore (M.P.)



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/015

Date: 18/10/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **19th October, 2019, Saturday** (Day) scheduled between **12:00 a.m. to 03:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Gram panchayat Bhavan, Ghata Billod, Depalpur, Indore

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MRJ/2019/15(A)

Date: 21/10/2019

**Report on Community Health Check-up Initiatives at Gram Panchayat
Bhavan, Ghata Billod, Depalpur**

Year of Camp – 2019

Date of Health Camp – 19/10/2019

Name of the Activity – Community Health check-up Initiatives at Gram Panchayat Bhavan, Ghata Billod, Depalpur

Organizing unit/Agency/Cooperating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 11

Number of faculties participated in such activities – 01

Total no. of IPD – 50

Total no. of OPD – 400


Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Dental
10. T.B & Chest

Details of the Camp Organized:

Health camp organized by Index Medical College at the venue **Gram Panchayat Bhavan, Ghata Billod, Depalpur**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated by local representative and screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

- Given prescription for suitable medication and provided some medication for immediate use
- Referred to our hospital for further diagnosis, surgery or treatment


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P.)

- Referred to nearest hospital for immediate treatment and care

The team for camp constituted of P.G. residents. They screened the young students for refractive error, scabies, vitamin A deficiency and nutrition of children and also height and weight of children were also measured. The vision of the children was measured by using snellen's chart. Those having vision less than 6/6 were referred to IMCHRC.

Brief report on completion of Activities:

Patients diagnosed with cataract were referred to Index Medical College for further investigation and treatment.

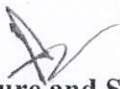
1. Visual acuity test – by using snellen's chart
2. Provided Vitamin A supplementation to the students having Bitot's spots.
3. Awareness about proper nutrition and hygiene.

The prime objective of this camp was to make awareness among people regarding their health and common diseases. The local people were provided with valuable information regarding uses, misuse, of antibiotics. They also suggested the patients to increase intake of edibles that contains minerals, vitamins and fibers like fresh fruits & vegetables. The team members of hospital including physician, dentist, gynecologist and other P.G students of different specialties at the health camp examined and discussed various health issues with patients arrived at the camp. Free physical examination along with free blood sugar, blood pressure tests were conducted by doctors. They advised the patients with various medicines and consultation during the camp.

People were educated regarding maintenance of hygiene, cleanliness and nutrition. Various other health issues that were diagnosed at the camp were referred to the Index Medical College for detailed examination and treatment.

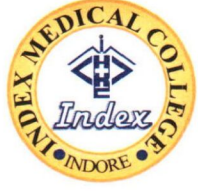
The healthcare condition among the poor is pathetic. These people lack in quality healthcare due to increased cost, lack of doctors and medicines. Healthcare camps are the only hope for the poor people who cannot afford to pay for expensive treatments or medicines. Therefore patients are treated with proper care, love, and respect in the camps. There is no discrimination done at any stage of treatment. Healthcare camps are the only hope for the unprivileged community where their problems are heard and resolved with respect and dignity.

For this health camp, total number of OPDs reported is 400 and total no. of IPDs reported is 50. Camp was successfully organized and co-ordinated by faculty of Index medical college. Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 3:00 p.m. with great success.


Signature and Seal
Dean/Medical Superintendent
Medical Superintendent
IMCHRC


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/016

Date: 30/11/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **1st December, 2019, Sunday** (Day) scheduled between **11:00 a.m. to 03:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 8:30 a.m. sharp.

Venue: Samudayik Bhawan Bijal Gaon, Teh. Khategaon, Dewas (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/16(A)

Date: 03/12/2019

Report on Diabetes Check-up Camp at Khategaon

Year of Camp – 2019

Date of Health Camp – 01/12/2019

Name of the Activity – Diabetes Check-up Camp at Samudayik Bhawan, Bijal Gaon, Khategaon, Dewas

Organizing unit/Agency/Collaborating Agency – Sarpanch of Bijal Gaon and Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 01

Total no. of IPD – 35

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

A free health camp was organized by Index Medical College & Hospital. This camp was organized at **Samudayik Bhawan, Bijal Gaon, Khategaon, Dewas**. Faculty, Interns & P.G. students of Index Medical College reached the venue and examined the patients arrived for free consultation for their problems. All the staff along with required accessories and medications left the hospital premise in the morning at 08:30 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. Camp was inaugurated at scheduled time of 11:00 a.m by Sarpanch of Bijal Gaon and after inauguration screening of the patients started at one place and required examinations were performed to all participated people and depending on the condition, lifestyle and family history.

Brief report on completion of Activities:


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)

Index Medical College Hospital & Research Centre conducted "Diabetes Check up Camp" on 01st December 2019. All the faculty, Staff and Workers have been part of this program. 14th November is celebrated as the World Diabetes day every year. World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. The camp drew attention to issues of paramount importance to the diabetes and health issues related to diabetes firmly to the public who visited the camp.

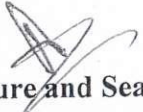
The diabetes camp consisted of many planned activities including medical education lectures, discussions provided by diabetes educators, dieticians, physicians and exercise educators. Blood glucose was tested for each camper. All participants kept individual records about their food choices, physical activity, and blood glucose levels and received counseling if their blood glucose level was off-target. The participants were asked to keep a diabetes diary and write a daily list of goals or promises about diabetes self-management before bed. For patients using insulin, instructions were given how to adjust the insulin dose before each meal. There were physicians who supervised the participants for their actions during medical emergency.

The Diabetes Check-up Camp aimed at:

- Explaining in detail on signs and symptoms of diabetes, risk factors, management and its prevention
- To promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue
- The campaign is represented by a blue circle logo, global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

Most other patients who attended the camp had cough/cold, suffered with gastric troubles and arthralgia. The doctors advised precautions, exercises and prescribed medication for the same. They also suggested the patients to increase intake of edible that contain minerals, vitamins and fibers like fresh fruits, vegetables etc.

Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 3:00 p.m. with great success. Students were highly motivated and encouraged by their teachers from respective department.


Signature and Seal
Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/017

Date: 16/12/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **17th December, 2019, Tuesday** (Day) scheduled between **12:00 a.m. to 3:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:30 a.m. sharp.

Venue: Gram Panchayat Bhavan ,Bai jagwada (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/17(A)

Date: 19/12/2019

Report on Eye Check-up Camp

Year of Camp – 2019

Date of Health Camp – 17/12/2019

Name of the Activity – Eye Check-up Camp at Gram Panchayat Bhavan, Bai Jagwada

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 07

Number of faculties participated in such activities – 01

Total no. of IPD – 48

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Obstetrics & Gynaecology
4. Paediatrics
5. Ophthalmology
6. ENT

Details of the Camp Organized:

A free medical health check-up visit was organized by faculty & students of Index Medical College at **Gram Panchayat Bhavan, Bai Jagwada**. Eye check-up Camp highlighted on the awareness about eye disorders, their early detection and to detect refractive errors and eye ailments. All the staffs & Students along with required accessories and medications left the hospital premise in the morning at 09:30 a.m via Medical College bus and reached the venue. The team arrived at the camp station in the morning. As all the duties were pre-assigned so quickly registration desk was set and certain rooms were identified (Visual Acuity, Refraction, Screening and Pharmacy or Room for Medicine). Registration of the patients was done outside the Refraction room, after which the patients were sent to the Refraction room for Visual Acuity. After taking vision, the patients were referred to another room for doctor's examination and then to Refraction room if required.

Brief report on completion of Activities:

Faculty and students of Department of Ophthalmology has organized a free eye checkup activity under social camps and surveillance. An eye examination was carried out by an optometrist and


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)

usually took about 20-30 minutes. Sometimes it took longer if extra tests needed, but this was to make sure that whenever there was some eye problem or not. As well as testing the eye sight, the optometrist also checked the health of the eyes and looked for signs of general health problems.

At the start of the eye examination, the optometrist asked why the patient asked for having the eyes examined, whether it is a routine check-up or if they have come for a specific reason. If they are experiencing problems with the eyes or vision, the optometrist would need to know what symptoms they experienced, how long they have had them and whether any changes has happened suddenly or slowly over a period of time. The optometrist would also need to know about the general health including any medication you are taking, whether you suffer from headaches, or have any close relatives with a history of eye problems.

While examining the eyes both outside and inside, it would allow the optometrist to assess the health of the eyes and would help in identifying any other underlying medical problems. The interior of the eye will be examined using an ophthalmoscope, a special torch which shines a light through the pupil allowing a detailed study of the internal structures. The pupil reflexes are also tested. In this test following categories are examined:

- Vision
- Eye movements and co-ordination
- Choosing glasses or contact lenses

After the eye examination, the optometrist has now detailed knowledge of the health of the eyes, the standard of the vision and any special requirements that any patients may have and if he needs further advanced medical treatment for an eye condition you may be referred to the doctors' at Index Medical College hospital & Research Centre.

Overall Findings:

- Patients Examination: Total 400 patients who were registered at registration desk were examined for eye diseases.
- Surgeries: A total of 30 patients were diagnosed for cataracts that were referred to Index hospital for further investigations and where they will be operated by consultant ophthalmologist.
- Medicines: Total 100 patients were prescribed medicines which were provided free.
- Glasses: Glasses were prescribed to the needy patients after being properly refracted by optometrist.

The visit to the Gram Panchayat Bhavan, Bai Jagwada was successfully conducted and students & faculty returned at 3:00 p.m.



Signature and Seal

Dean / Medical Superintendent

Medical Superintendent
IMCHRC



Registrar
Malwanchal University
Indore (M P)



Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/ 018

Date: 19/12/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **20th December, 2019, Friday** (Day) scheduled between **10:00 a.m. to 02:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 9:00 a.m. sharp.

Venue: Gram Bicholi Bypass Road, Rameshwar Patel Dharmashala, Bicholi, Indore (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Ref. No. : IMCH RC/MR/2019/18(A)

Date: 23/12/2019

**Report on Health Check-up and No Tobacco Campaign at Rameshwar Patel
Dharmashala, Bicholi**

Year of Camp – 2019

Date of Health Camp – 20/12/2019

**Name of the Activity – Health check-up and No Tobacco Campaign at Rameshwar Patel
Dharmashala, Bicholi**

**Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research
Centre**

Numbers of Students Participated in such Activities – 09

Number of faculties participated in such activities – 01

Total no. of IPD – 30

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Psychiatry

Details of the Camp Organized:

A free health camp was organized by Index Medical College, Hospital & Research centre. This camp was organized at **Rameshwar Patel Dharmashala, Bicholi.**

Brief report on completion of Activities:

Faculty, Interns & P.G. students of Index Medical College reached the venue and examined the patients arrived for free consultation for their problems. The vital subject of the event was to focus on "SAY NO TO TOBACCO" which witnessed participation of around 500 people. The program started with an awareness talk by the post-graduate students of Psychiatry and Public Health dentistry department with an objective to highlight the health risks associated with tobacco use and to quit tobacco consumption. During the camp, information leaflets regarding the ill effects of tobacco use


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M P)

were distributed among the public. The leaflets depicted the various types of tobacco used, ill effects of tobacco; steps to reduce tobacco consumption and how to get prepare to quit the tobacco.

A talk by students also made the people aware that tobacco consumption is not cool and public has to realize the same. They also tried to focus on men who are forced to smoke, by peers. Through the speech, student highlighted some gruesome facts such as tobacco kills more than 7 million people every year in the world.

Doctors made the people aware using any kind of tobacco product is unsafe, especially for kids, teens, and young adults. But worldwide, at least 14 million young people age 13 to 15 currently use tobacco products which includes Tobacco products—like cigarettes, smokeless tobacco and most e-cigarettes—contain nicotine, which is an addictive drug. Being exposed to nicotine can also harm brain development, which continues through the teen years and up to age 25. Exposure to nicotine during these important years can harm the parts of the brain that control attention, learning, mood and impulse control.

Preventive measures taken to stop children, teenagers, and young adults from trying and using tobacco products:-

- Talk to kids about the harms of tobacco products, including e-cigarettes
- Know what children watch and talk about tobacco use onscreen
- Tell kids that you expect them not to use tobacco products, or to stop using them
- Refuse to give tobacco products to kids, teens, or young adults
- Work to limit tobacco product advertising
- Use strategies to prevent and reduce tobacco use, like tobacco price increases, hard-hitting media campaigns, adopting comprehensive smoke-free laws, licensing tobacco sellers, and limiting where tobacco products can be sold
- Provide barrier-free access to treatments proven to help people quitting the tobacco

A free dental checkup was also organized and the patients were screened for dental problems by dental students who were present in the camp. Investigations like blood pressure and random blood sugar were also performed. Free of cost medicines and toothpastes were distributed to the patients. Oral health Education as well as proper tooth brushing technique was demonstrated for maintaining good oral hygiene. Patients requiring further treatment were referred to Index Dental College, accordingly.

Doctors and residents of different specialties from Index Medical College Hospital & Research Centre examined the patient with different disease & problems and recommended them the medication as applicable to them and the health camp ended at 2:00 p.m. with great success.


Signature and Seal

Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/019

Date: 26/12/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **27th December, 2019, Friday** (Day) scheduled between **11:00 a.m. to 02:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 8:30 a.m. sharp.

Venue: Gram Panchayat Bhawan, Tigriya Goga, Dewas, Indore (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE

(Constituent Unit of Malwanchal University)

Ref. No. : IMCHRC/MR/2019/19(A)

Date: 28/12/2019

Report on Adolescent Health celebration camp at Gram Panchayat Bhawan, Tigriya Goga, Dewas

Year of Camp – 2019

Date of Health Camp – 27/12/2019

Name of the Activity – Adolescent Health celebration camp at Gram Panchayat Bhawan, Tigriya Goga, Dewas

Organizing unit/Agency/Collaborating Agency – Sarpanch, Tigriya & Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 02

Total no. of IPD – 50

Total no. of OPD – 400

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. T.B & Chest
10. Community Medicine

Details of the Camp Organized:

Health camp was organized by Index Medical College at the venue **Gram Panchayat Bhawan, Tigriya Goga, Dewas**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 08:30 a.m via Medical College bus and reached the venue. Initial arrangements were made for screening, diagnosis and people waiting area. A screening health camp was organized with the help of faculty of PSM department, P.G. residents of OBG & PSM and PG's from Pathology, Lab technician & pharmacist for diagnosis of anemic patients. It was organized for adolescent girls, women of reproductive age, pregnant woman for the purpose of screening of anemia with the help of sahli's Hb meter.

Brief report on completion of Activities:


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC

Activities to increase awareness about adolescent health & development issues and to dispel various myths and misconceptions regarding various issues particularly related to Nutrition, Mental Health, Sexual & Reproductive Health and Menstruation etc. apart from various important adolescent issues plaguing the State in particular Substance Misuse, teenage pregnancy besides the increasingly relevant issue of Anemia and malnutrition were undertaken by the medicos and faculty of Index Medical College Hospital & Research Centre.

Main themes covered during the Adolescent Camps were:-

1. Life Skills and Personal development
2. Child Rights
3. Health, Hygiene and Nutrients
4. Gender equality
5. Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
6. Awareness on AIDS
7. Sexual abuse and child trafficking
8. Social awareness
9. Yoga and Pranayama

The topics for the programme were: physical, cognitive and emotional changes in an adolescent child, nutritional management, menstrual hygiene and stress management in adolescents. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The topics were dealt by faculty of Department of Community Medicine. Camp was organized for adolescent girls (age: 14-19) for screenings of anemia, menstrual hygiene and counseling for family planning. Around 100 adolescent girls were educated about the importance of hygiene during menstruation, use sanitary pads & not cloths and reach to nearest PHC centre for any irregularities in menstruation, excessive pain, heavy bleeding, excessive white discharge and foul smelling discharge.

Girls were also examined for signs of anemia like polar in lower palpebral conjunctiva, palms & tongue and asked for fatigueness & weakness. They were advised for intake of iron rich food like consuming green leafy vegetable, jaggery, dates, beets roots etc. Sanitary pads & Iron folic acid tablets were distributed. They were further counseled about the use of contraceptives and risk of acquiring STDs and unwanted pregnancy. Adolescent girls were also advised about family planning and conceiving after 20 years of age and to maintain at least 3 years of gap between two pregnancies and to maintain a small healthy family. They were educated about usage of Oral contraceptive Pills.

Health camp was successful and completed with its targeted goals of educating people and giving free consultation and treatment. This health camp ended at 02:00 p.m with great success.


Signature and Seal

Dean/Medical Superintendent

Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)


Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/020

Date: 26/12/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **28th December, 2019, Saturday** (Day) scheduled between **12:00 a.m. to 03:00 p.m.** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 09:00 a.m. sharp.

Venue: Primary School Nandana, Ram Mandir Square, Khandwa, (M.P.)

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head - Marketing Department
- File

Registrar
Malwanchal University
Indore (M.P.)

**INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)**

Ref. No. : IMCHRC/MR/2019/20(A)

Date: 30th December 2019

REPORT ON PRIMARY SCHOOL VISIT AT NANDANA, RAM MANDIR SQUARE, KHANDWA

Year of Camp – 2019

Date of Health Camp – 28/12/2019

Name of the Activity – Primary School Visit at Nandana, Ram Mandir Square, Khandwa

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 07

Number of faculties participated in such activities – 01

Total no. of OPD – 300

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D
9. Final M.B.B.S Interns

Details of the Camp Organized:

A free medical health check up visit was organized by the faculty members & students of Index Medical College Hospital & Research Centre in association with Primary School at Nandana, Ram Mandir Square, Khandwa. A visit to the Primary school at Nandana was organised by the P.Gs & Interns of Index Medical College. The Interns & P.Gs reached the venue by 12:00 a.m to observe the facilities and activities of the school, interact with the students and answer any queries they had. College buses were provided for their transport which reached destination at 11.30 a.m. Interns attended the morning assembly and divided themselves into pairs and attended the classes of the students. After scheduled lunch break, all the students were brought to the playground so that interns could talk to them about medical issues that are faced by their age groups.

Brief report on completion of Activities:

Index Medical College conducted school visit on 28th December, 2019. Students accompanied by two faculty members of the Department of Community Medicine made the visit. Interns took a round of


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

the school campus and made an inventory of all the facilities available to the students. They paid special attention to the first aid room and training of the nurse in the medical room for the school. Interns also attended the morning assembly conducted at the school and gave a short speech on Hygiene in Daily Life. This speech emphasized on the importance of various small practices that the students could easily adopt to be adequately healthy and hygienic. Common mistakes that can pose a risk to the health of an individual were reiterated. After the assembly, interns paired themselves into groups of two and attended the classes with students. Here they observed the teaching methods of the teachers, props used by them and the facilities made available to the students for a comfortable learning session. A note of the ratio of male and female students, availability of sufficient benches, blackboard, entry of adequate sunlight and proper ventilation was made for each class. Next on the agenda was an informal talk with the students - especially the females, regarding the problems they faced and their easy solutions if possible were suggested to them. For this, interns asked the students to write down their problems and submit them in a box during the lunch break. After the break was over, students were asked to gather once again in the assembly ground where they were given *daris* to sit on. Interns then pulled out the anonymous chits and read them one by one, imparting required knowledge simultaneously until the query was resolved.

Students were concerned about a variety of issues they faced at school, home, and among their peers. Common misconceptions prevailing among the students were cleared. Further their questions & queries were answered and among them a few students were asked to talk about their entire experience with the interns. Topics like keeping their food covered, washing fruits and vegetables before use, adopting hygienic practices to cook food, proper sanitary habits, daily baths and hazards of unhygienic conditions were discussed in detail with the students. An interactive session about different problems faced by girls was then conducted. Females were encouraged to attend school regularly, eat nutritious food, monitor their health and seek medical help at appropriate times. Further, all the students were given demonstration of simple hygiene practices including the proper way of washing hands, coughing/sneezing with mouths covered, brushing their teeth, etc were also given by the students.

In this way, at the end of the day, students were motivated to adopt a better and healthier lifestyle, promising to follow the teachings of interns. By 3.00 pm in the evening the Students returned to the college after a successful health and hygiene intervention at the school. In the short span of around three hours, 300 children beneficiaries in the age group between 0-14 years among the total OPD reported for today were benefitted by the advice and regular physical examination by the doctors who visited their School. The School visit could be successfully completed only with the support of staff, faculty and organizers.



Signature and Seal
Dean / Medical Superintendent
Medical Superintendent
IMCHRC



Registrar
Malwanchal University
Indore (M P)



Medical Superintendent
IMCHRC



Index

Medical College Hospital & Research Centre

(Unit of Mayank Welfare Society)
(Constituent Unit of Malwanchal University)



Ref no. IMCHRC/MR/2019/ 01

Date: 26/12/2019

CIRCULAR

This is to inform that there is a promotion Health Check-up camp on **07th January, 2020 (Tuesday)** (Day) scheduled between **10:00 a.m** to **01:00 p.m** (time). The attached attendance sheet gives the list of faculty, students, Interns and P.G attending the camp. Bus will depart for the venue at 09:00 a.m. sharp.

Venue: Anganwadi Centre, Akbarpur

Signature of Dean/Medical Superintendent

Seal **Medical Superintendent**
IMCHRC

Registrar
Malwanchal University
Indore (M.P.)

Copy to:

- Chairman
- Vice-Chairman
- Dean, IMCHRC
- Registrar
- Head, Marketing Department
- File

Index

Medical College Hospital & Research Centre
(Constituent unit of Malwanchal University)

Date - 26/12/2019

CAMP ORDER

There will be Health Check-up Camp on 07th January, 2020 (Tuesday) scheduled between 10:00 A.M to 01:00 P.M

Bus will depart from Index Hospital at 09:00 A.M.

Venue: Anganwadi Centre, Akbarpur

All the doctors are instructed to wear **Apron** during camp hours. A separate register is to be maintained for Indoor patients along with diagnosis & contact number of patients.

S. No.	Name of Doctors	Department	Mo. Number
1	Dr.Shivika Yadav	Obstetrics & Gynaecology	7000336396
2	Dr.Rakesh Soni	Pediatrics	9907005366



Registrar
Malwanchal University
Indore (M.P.)



Dean / Medical Superintendent

Medical Superintendent
IMC

INDEX MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
(Constituent Unit of Malwanchal University)

Date: 09/01/2020

REPORT ON CANCER AWARENESS PROGRAMME FOR WOMEN

Year of Camp – 2020

Date of Health Camp – 07/01/2020

Name of the Activity – Cancer Awareness Programme for Women

Organizing unit/Agency/Collaborating Agency – Index Medical College Hospital & Research Centre

Numbers of Students Participated in such Activities – 10

Number of faculties participated in such activities – 01

Total no. of IPD – 35

Total no. of OPD – 200

Specialities covered:-

1. Medicine
2. Orthopedics
3. Surgery
4. Obstetrics & Gynaecology
5. Paediatrics
6. Ophthalmology
7. ENT
8. Skin & V.D

Details of the Camp Organized:

Health camp organized by Index Medical College at the venue **Anganwadi Centre, Akbarpur, (M.P.)**. All the staff along with required accessories and medications departed from the hospital premise in the morning at 09:00 a.m via Medical College bus and reached the venue. Index Medical College organized the Cancer Awareness Programme to educate the girl students and women residents of the locality where health camp took place.

Brief report on completion of Activities:

The programme began with a welcome speech by Dr. Pooja Deodhar (HOD & Professor; Department of Gynaecology). She emphasized in her speech the importance of knowing about breast cancer, its prevention and utilization of awareness programs by women in the community and appreciated the effort of students for organizing an awareness program. A role play on warning signs, symptoms and diagnosis was performed by students of Gynaecology dept. and they further explained the causes,


Medical Superintendent
IMCHRC


Registrar
Malwanchal University
Indore (M.P.)

stages, clinical features, early diagnosis and the management which was followed by a demonstration of self-breast examination using breast model. Dr. Pooja Deodhar, further explained on the importance of screening tests for the early detection of breast cancer. The elaborate presentation covered aspects like: Probable Symptoms that cause breast cancer, ways to identify it in early stages to be cured off like Dimpling, Puckering, Stretching pain in the back, retracted nipple etc. She further insisted that any woman can get breast cancer irrespective of their family history. The speaker said that breast cancer can be cured if treatment is provided at the right time. She also threw light upon the symptoms of breast cancer and the preventive measures to be taken in order to reduce the risk of this disease.

The factors causing cancer are genetic, physiological, dietary, environmental and life style. They suggested precautionary measures like avoiding cholesterol rich fat diet, alcohol intake, reducing obesity based on the BMI standard, curtailing use of tobacco, being aware on aspects like endocrine disruption due to oral contraceptive use, physical inactivity, proper clothing, benefits of breast feeding etc.

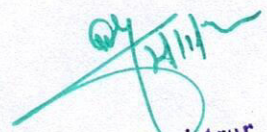
Later on, they briefed the participants on methods of early detection and curative measures. Showing demonstrative clippings they explained about Self Breast Examination (SBE), clinical Tests, mammography and ultra sound scanning. They advised the girl-students to be conservative, follow healthy food containing fibrous rich foods with Vitamin A, E and C, Beta carotenes and selenium supplements. They wrapped up their presentations with a discussion of the painful treatment process like surgery which is often followed by radiation to melt the malignant lumps. Psychological rehabilitation of affected patients through chemotherapy and re-breast construction with silicon support was discussed with video clippings. All the participants congratulated the faculty and students for their initiative to create awareness among women regarding this deadly disease.

Everyone appreciated the program and opined that these kinds of programs are very useful and should be conducted frequently. The programme ended with a vote of thanks by Faculty and students of Index Medical College Hospital & Research Centre to the participants present in the camp. General public about 200 people participated in the program. The local people and women who attended the camp expressed that the program was very useful & informative to the community. The camp proved to be awareness imparting and thought-provoking for everyone. Such type of program should be conducted more in the future. The event proved out to be a huge success.



Signature and Seal

Dean/Medical Superintendent
Medical Superintendent
IMCHRC



Registrar
Malwanchal University
Indore (M.P.)



Medical Superintendent
IMCHRC



INDEX NURSING COLLEGE

(Run by Mayank Welfare Society)

Approved by Indian Nursing Council, New Delhi, Madhya Pradesh Nurses Registration Council, Bhopal (M.P.)

Constituent Unit of Malwanchal University, Indore (M.P.)



Ref.No INC/PO/2019/519/B

DATE 11/03/2019

Circular

There will be School Health Program on 16/03/2019 for B.Sc. Nursing 4th year at Middle School at Morodhat, Indore M.P. the program is scheduled between 10:00 A.M. to 03:00 P.M. Bus will depart from Index Nursing College at 09.30 A.M.

All Students wear Apron and be in proper uniform.

Principal

Dr. Jinu K. Rajan

Index Nursing College

Principal

INDEX NURSING COLLEGE
INDORE (M.P.)

Copy to:-

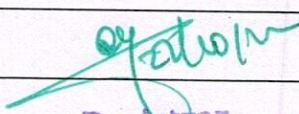
- Registrar
- All concerned authority
- File

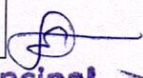
Principal
INDEX NURSING COLLEGE
INDORE (M.P.)

Registrar
Malwanchal University
Indore (M.P.)

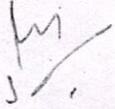
INDEX NURSING COLLEGE, INDORE, M.P.
SCHOOL HEALTH PROGRAM 2019
STUDENT ATTENDANCE LIST

S.NO	NAME OF THE STUDENTS
1.	Akansha Vyas
2.	Anand
3.	Ashish
4.	Anil Meena
5.	Harshana Songara
6.	Harshwardhan Jaiswal
7.	Hemant Chaudhary
8.	Jitendra
9.	Jyoti
10.	Jyoti
11.	Kajal Bakawale
12.	Kajal Dabi
13.	Kavita Chouhan
14.	Kavita Ningwal
15.	Ku Kavita
16.	Lalita Parmar
17.	Monika
18.	Neha Verma
19.	Nileema Sahu
20.	Nilu Sharma
21.	Nitin
22.	Nitin Choudhrey


Registrar
Malwanchal University
Indore (M.P.)


Principal
INDEX NURSING COLLEGE
Indore (M.P.)

23.	Noshad Pathan
24.	Nitin Ghunawat
25.	Omprakash Patel



Organizing Secretary



Principal
INDEX NURSING COLLEGE
INDORE (M.P.)



Registrar
Malwanchal University
Indore (M.P.)



INDEX NURSING COLLEGE

(Run by Mayank Welfare Society)

Approved by Indian Nursing Council, New Delhi, Madhya Pradesh Nurses Registration Council, Bhopal (M.P.)

Constituent Unit of Malwanchal University, Indore (M.P.)



INDEX NURSING COLLEGE SCHOOL HEALTH PROGRAM

Overview

Index nursing college affiliated to Malwanchal University organized school health program on **16/03/2019** with the blessings of Mr. Suresh Singh Bhadoria, Chairman, Index Group of Institutions. under the guidance of Dr. Jinu K. Rajan, Principal, Index Nursing College.

Objectives:

Students will be able to:-understand various modes of To promote healthy behaviors among the children that they will inculcate for life. To promote use of safe drinking water in schools. The promotion of positive health. The prevention of diseases. Early diagnosis , treatment and follow-up of defects. Awakenning health consciousness in children. The provision of healthful environment.

The program was organized by Index Nursing College. The programme was organized for one day and the timings were from 10:00 am to 3:00pm. At 9.30 students of Bsc nursing 4th year of Index Nursing College and Index Institute of Dental science and there faculty Mr. Javed Khan Associate Professor, Mr. Jitendra Chicholkar Associate Professor, Mr. Ankit. Going by college bus at Gram Morodhat. The programme was started with registration of school students (1st to 5th) at 10:00am. This was followed by inaugural ceremony. The Chief Guest was Headmistress of the school, Middle School Gram Morodhat, Indore, M.P. . The inauguration session was started with lighting the lamp.


After the lamp lighting programme where proceed with 1st class student. In this first we check Height, Weight, head circumference, Chest circumference, Mid arm circumference and Abdominal girth.


Completion of 1st class students health checkup now programme proceed for 2nd class students we check Height, Weight, head circumference, Chest circumference, Mid arm circumference and Abdominal girth.

Accomplishment. of 2nd class students now further proceed with 3rd class students here we check height, weight, head circumference, chest circumference ,mid arm circumference and abdominal girth.

Now its turn of 4th class students health here we check Height, Weight, head circumference, Chest circumference, Mid arm circumference and Abdominal girth.

After end with 4th class students. we start5 with 5th class students here we check Height, Weight, head circumference, Chest circumference, Mid arm circumference and Abdominal girth.


Principal
INDEX NURSING COLLEGE
INDORE (M.P.)


Registrar
Malwanchal University
Indore (M.P.)

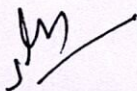
College Address : Gram Morodhat, Nemawar Road, Post. Bavlia Khurd, Dist., INDORE - 452 016 (M.P.), Ph. : 0731- 4013751

E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in

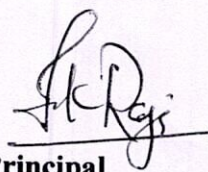
City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE -08, Ph. : 0731-4215757, Fax : 0731-4044715

After the successfully completion of health camp we distribute biscuit to all students who participated in health programme. And give Special thanks to Head mistress of Middle school Gram Morodhat, Indore M.P.

Students will be able to:-understand various modes of To promote healthy behaviors among the children that they will inculcate for life. To promote use of safe drinking water in schools. The promotion of positive health. The prevention of diseases. Early diagnosis , treatment and follow-up of defects. Awakening health consciousness in children. The provision of healthful environment.



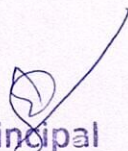
Organizing secretary




Principal

Index Nursing College

**PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)**



**Principal
INDEX NURSING COLLEGE
INDORE (M.P.)**



**Registrar
Malwanchal University
Indore (M.P.)**



Index Nursing College

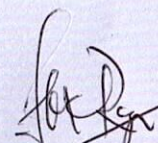



GRAM MORODHAT, NEMAWAR ROAD, POST BAVLIYA KHURD, INDORE, MADHYA PRADESH 452016
(Recognized by Indian Nursing Council, New Delhi & Madhya Pradesh Nurses Registration Council, Bhopal, M.P. to Malwanchal University, Indore, Madhya Pradesh)

Certificate
Of completion

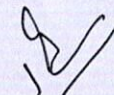
Akansha Vyas

This is awarded to you for successfully completing the School Health Program
On 16 March 2019.


Principal
Index Nursing College


PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)


Registrar
Mahwanchal University
Indore (M.P.)


Organising Secretary



Index Nursing College

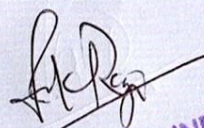



GRAM MORODHAT, NEMAWAR ROAD, POST BAVLIYA KHURD, INDORE, MADHYA PRADESH 452016
(Recognized by Indian Nursing Council, New Delhi & Madhya Pradesh Nurses Registration Council, Bhopal, M.P. to Malwanchal University, Indore, Madhya Pradesh)


Certificate
Of completion

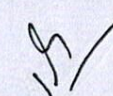
Anand

This is awarded to you for successfully completing the School Health Program
On 16 March 2019.


Principal
Index Nursing College


PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)


Registrar
Malwanchal University
Indore (M.P.)


Organising Secretary



Index Nursing College





GRAM MORODHAT, NEMAWAR ROAD, POST BAVLIYA KHURD, INDORE, MADHYA PRADESH 452016
(Recognized by Indian Nursing Council, New Delhi & Madhya Pradesh Nurses Registration Council, Bhopal, M.P. to Malwanchal University, Indore, Madhya Pradesh)


Certificate
Of completion

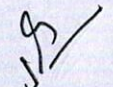
Anil Meena

This is awarded to you for successfully completing the School Health Program
On 16 March 2019.


Principal
Index Nursing College


PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)


Registrar
Malwanchal University
Indore (M.P.)


Organising Secretary