

SVASTHYA 2018

Kshamta, social responsibility forum of SPPSPTM, SVKM's NMIMS organized Svasthya 2018 on the 21st of October, 2018, at Shri Gadge Maharaj Ashram School, Bhiwali, Vasai. The school is a study-and-stay institute, and houses around 350 children, ranging from grade I to grade X.



Svasthya 2018 saw a footfall of 394 individuals. The event started off with the primary health checkups listed below;

BMI:

The members of team Kshamta conducted the BMI study by noting the height and weight of the children. They were also informed of the ideal BMI for their physique and age.



Skin:

Skin tests were conducted next, by a general physician. Basic dermatological health was observed, including presence of rashes, dryness, and breaking.

**Dental:**

The dental check-up was carried out by the team from Angel Dentist Network. It involved informing the children about general oral health, maintaining oral hygiene, checking for cavities, and educating them on how to prevent the same.

**Blood:**

Blood tests were conducted by members of the team. Blood group testing and haemoglobin levels testing were performed.



Eye:

Basic eyesight was checked using the Snellen's chart to detect defects in vision, signs of injury, ocular diseases or abnormality and problems with general health. A general health assessment was made, clinical advice was offered, and when necessary, spectacles or further treatment was prescribed.



General:

Finally, a complete body health checkup was conducted by general physicians. Assessment was done of vitamin deficiencies, basic gastric health, mineral deficiencies and common ailments.

Provision of Medicines:

At the feedback counter, a database of the prescribed medicines was maintained and free medication was provided according to the results of health checkups performed. Medicines comprised multivitamins, deworming agents, calcium supplements, and cough syrups.

Donations:

The donations in the form of of stationary and clothing were handed over to the staff of the Ashram School for individual distribution among the students later on.



Magic Show:

In the second half of the event, after lunch, the children were gathered and a magic show was arranged for them. It was immensely entertaining and saw a huge and active participation from the students of the school.

Sanitary Awareness:

Lastly but importantly, a sanitary health awareness programme was held for girls of grade IV and above. It was conducted by members of team Kshamta, Shreya Khokrale and Isha Deshpande. The programme involved informing the girls about menstrual cycles, proper hygiene, and the importance of nutritional food during menstruation. It was followed by the distribution of sanitary napkins among the girls.



OUR SPONSORS

Svasthya 2018 turned into a successful event, thanks to our sponsors, who left no stone unturned in their funding to this noble cause. We thank our title sponsors, **CIPLA** and **RNA NG BUILDERS** for their generous donation. We also thank **ANGEL DENTISTS NETWORK** and **HOSHIL FOUNDATION** for their support. We are grateful to have been beneficiaries of their contribution.

Cipla



THE MEDICAL TEAM

We would like to extend our thanks to the medical team that provided us with their time, experience, and services.

The BDS team - Ms. Perna Shetty, Ms. Aarti Ganesh Prabhu, Ms. Minaaz Qureshi, Ms. Neelam Nishad, and Dr. Akshay Sunil Dalal.

Optometrist - Mrs. Vrutti Rana

Medical advisors - Ms. Palak Bhatia, Mr. Karan Sankhala, Mr. Shahan Adeeb Shaikh, and Mr. Zein Khan.





ACKNOWLEDGEMENTS

Team Kshamta is truly indebted to the unending support of our Dean Dr. Bala Prabhakar and the extracurricular activities faculty in-charge Dr. Clara Fernandes and Dr. Divya Soares. We are grateful to the entire administrative staff of Shri Gadge Maharaj Ashram School for welcoming us and aiding us in a better organisation of the event.



Lastly, we are thankful to the University for their Constant Support in all our endeavours.

