



C. P. & Berar Education Society's College, Nagpur

WOMEN'S CELL

SESSION 2023-24

REPORT ON HEALTH CHECK-UP CONDUCTED IN 2023-24.

OBJECTIVE: To improve the health of every girl student of the college, to fight against anaemia, to make girls aware about health issues.

CHECK-WEEKLY HEALTH CHECK-UP CONDUCTED IN 2023-24

Women's Cell of C. P. & Berar College conducted various activities in 2022 - 23.

Since 2012 the Women's Cell of C. P. & Berar College has been organising the clinic 'Arogya Sampada' for girls. A weekly health checkup is conducted by a lady doctor. Medicine (Iron, Folic acid, multivitamin, tablets) are distributed under the doctor's prescription. In 2023-24 tablets were distributed among 78 girl students. Doctors personally checked them and counselled them. During a special session girl students are made aware of Health issues and how to take care of personal hygiene.

SESSIONS DATED ON

- **17/10/2023**
TUESDAY
- **5/12/2023**
TUESDAY
- **01/02/2023**
FRIDAY

PERMISSION LETTER

To,
The principal,
C.P & Berar college,
Nagpur

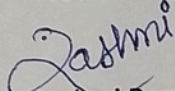
Subject:- letter for permission to conduct weekly Health check-up clinic
"Arogya Sampada".

Dear sir,

As you are aware, every year the women cell organizes the health checkup clinic for girls student. During this clinic girl students are made aware of health issues and how to take care of personal hygiene.

Kindly give permission to make arrangements for the program and oblige.

Thank you.

Yours truly,

Dr. Rashmi Paraskar
coordinator
women's cell
C.P & Berar College,
Nagpur

Notice

C. P. & Berar College, Nagpur

NOTICE

Like every year, this year also there will be health check up of our college students. Doctors will be available for your service every month. All students should take advantage of this service. The class teacher will inform you the day before the doctor arrives. On that day you can take a health test with individual questions.

Date: 04/10/23





Principal

C. P. & Berar College,

Nagpur.

Letter to Doctor


"न हि ज्ञानेन सदृशं पवित्रमिह विद्यते"
OFFICE OF THE PRINCIPAL
C. P. & BERAR EDUCATION SOCIETY'S COLLEGE
TULSIBAG, MAHAL, NAGPUR- 44 0032.
☎ : 0712 -2722329 Fax No.: 0712 - 2722329 Web Site : www.cpberar.co.in
☎ : M.C.V.C : 2738513, MBA : RAVINAGAR 2540149, DASR : 2731931
Estd. 1960



Ref. No. _____ Date : 19/10/2023

To,
Dr. Vidhya Wasnik,


Subject-Invitation for weekly check up 'Arogya Sampada'
organised by Women's Cell, C. P. & Berar.
College, Nagpur

Dear Madam,


Like every year , The Women's Cell of C. P. & Berar College, Nagpur organises weekly check up of girls students- 'Arogya Sampada Clinic'. I request you to visit the college every week of session 2023-24 for health check up and oblige.

Thanking you.

Yours truly,


Dr. Milind Barhate
Principal
C. P. & Berar E. S. College
NAGPUR.

Letter to Doctor


“न हि ज्ञानेन सदृशं पवित्रमिह विद्यते”
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☎ : M.C.V.C : 2738513, MBA : RAVINAGAR 2540149, DASR : 2731931
Estd. 1960

To, _____
Dr. Neha Pawar, _____

Date : 19/10/20

Subject-Invitation for weekly check up 'ArogyaSampada'
organised by Women's Cell, C. P. & Berar
College, Nagpur

Dear Madam,


Like every year, The Women's Cell of C. P. & Berar College, Nagpur organises weekly check up of girls students- 'Arogya Sampada Clinic'. I request you to visit the college every week of session 2023-24 for health check up and oblige.


Thanking you.

Yours truly,

Dr. Milind Barhate
Principal
C. P. & Berar E. S. Colleg
NAGPUR

Letter to Doctor


"न हि ज्ञानेन सदृशं पवित्रमिह विद्यते"
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Estd. 1960



Ref. No. _____ Date : 19/10/2023

TO,
Dr. Manisha Kawarkhe,

Subject-Invitation for weekly check up 'Arogya Sampada'
organised by Women's Cell, C. P. & Berar
College, Nagpur

Dear Madam,

Like every year, The Women's Cell of C. P. & Berar College, Nagpur organises weekly check up of girls students- 'Arogya Sampada Clinic'. I request you to visit the college every week of session 2023-24 for health check up and oblige.

Thanking you.

Yours truly,

Dr. Milind Barhate
Principal
C. P. & Berar E. S. College
NAGPUR

CHECK-UP AND DISTRIBUTION OF MEDICINES



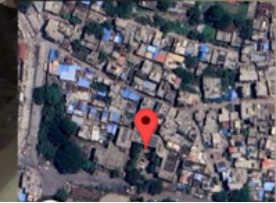
CHECK-UP AND DISTRIBUTION OF MEDICINES



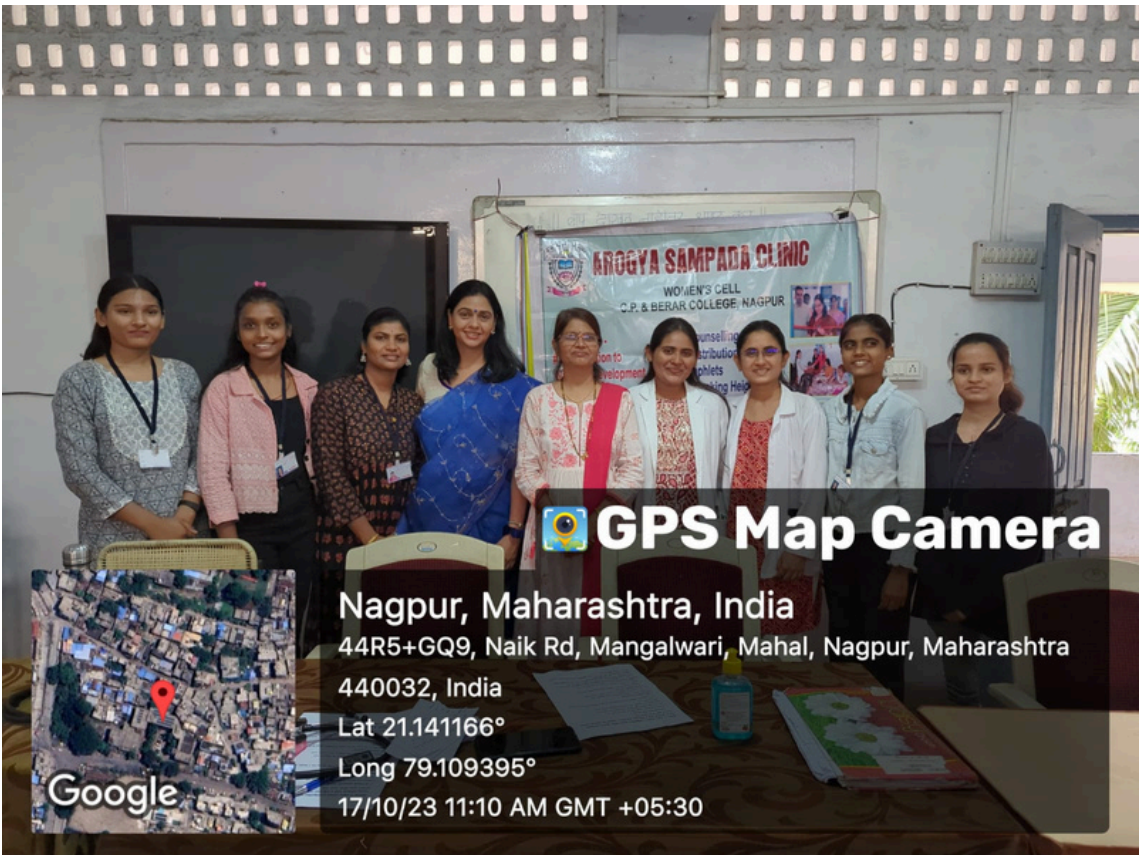
CHECK-UP AND DISTRIBUTION OF MEDICINES



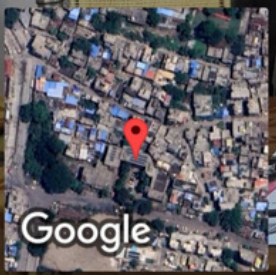
 **GPS Map Camera**



Nagpur, Maharashtra, India
44R5+GQ9, Naik Rd, Mangalwari, Mahal, Nagpur, Maharashtra
440032, India
Lat 21.141099°
Long 79.109387°



 **GPS Map Camera**



Nagpur, Maharashtra, India
44R5+GQ9, Naik Rd, Mangalwari, Mahal, Nagpur, Maharashtra
440032, India
Lat 21.141166°
Long 79.109395°
17/10/23 11:10 AM GMT +05:30

ATTENDANCE RECORD

17/10/23

Roll No.	Name and Phone No	Age	Signature
1882	Vaishvoni Chavan 9373332564	47	[Signature]
1821	Umesh Baij 9326957969		Umesh
183	Sushama Naik 7875702660	34	Naik
1853	Janhavi Rana B.A 1 st year 7588593369	40	Rana
5491	Tisha Chawate B.com 1 9145528618	45	Chawate
566	Kogak Ninawe B.com 1 8605085564	47	Kogak
5416	Ashlesh Lingayat B.com 1 8422198925		Ashlesh
5409	Ratiksha Mahadikar B.com 2 8829265794	42	Ratiksha
1834	Shubhrajy Pamesh Koste B.A 1 st year 9860313685		Shubhrajy
1604	Padmīni Raju Thakre B.A 1 st year 7744006388		P.Thakre
1811	Tanisha Ashok Pijaywar B.A 1 st year 8446267970		Tanisha
18015	Dipali Rajesh Gokhale M.Com 2 nd year 9021588257		D.R. Gokhale
1829	Shital Digambar Ingle B.A-I 7620541375		Shital

Roll No.	Name	Course	Signature
1835	Shreenika Thakare 9503922980	B.A I year	S.Thakare
5461	Shweta Pavin Maseru 7499082479	B.com I st	[Signature]
5443	Prachi Babun Parate 9284497493	B.com 1 st	Prachi
5467	Jayshana Raju Nagase 9834116743	B.com I st	Jayshana
19	Tishal Shankar Moundekar 7759860609	B.com I	Tishal
1817	Paiti Kamlesh Hapke 9421830734	BA-I	P.Hapke
1823	Madhuri Raju Koram 8080507029	BA-I year	M.Koram
801	Vaishnavi chineaman Dhakate 9970994501	BA 1 st year	Vaishnavi
9813	Vijaya Shankar Bhujade 8830018051	BA 1 st year	[Signature]

ATTENDANCE RECORD

Page No.	Date	
24	7824	Tejaswini Sawade M.com II yr <u>P. Sawade</u> 9322390306
25	7825	Shruti Kojana Bawankar B.com III sem <u>P. Kojana</u> 8850 8856903692
26		Nisha H. Dongare B.com III sem <u>Nisha</u> 9168519529
27	3420	Vaishali A Hagane Be Com I year 7385390347
28		Bhakti Bagel Be Com I year 7517500625
29	6262	Khushboo K. Rathod Be Com I sem <u>Rathod</u> 9559452678
30		Sai R. Borikar B.com I sem <u>Borikar</u> 8857099434
31	79742	Anjali R. Kudiyani M.A I year 940481258
32		Muskan N. Kumbhar <u>Kumbhar</u> B.com I sem 9873591896
33		Mani V. Kumbhar <u>Kumbhar</u> B.com I sem 8080306635

Page No.	Date	
34		Vidya Pande <u>Pande</u> B.com I st sem 7410768565
35		Tisha Yeduv <u>Yeduv</u> B.com I st sem 9970099249
36		Payal Shende <u>Shende</u> B.com I st sem 9373358669
37		Jagruhi Chaudhari <u>Chaudhari</u> B.com I st sem 9881585548
38		Dimpal Patandekar <u>Patandekar</u> B.com I st sem 9372594928
39		Ashwini Bawankar <u>Bawankar</u> B.com III rd 907684892
40		Radha Peshkar <u>Peshkar</u> B.A II sem 8284687421
41		Sangharsha Mitne <u>Mitne</u> B.A II sem 74289429187
42		Radha Hiraskar <u>Hiraskar</u> B.A II sem 7498742891

ATTENDANCE RECORD

Page No.	Date
(43)	Tanishk P. Dongre ^{Tanishk} B.A. Ist year 8458337943
(44)	Sakshi M. Puri ^{Sakshi} B.A. Ist year 9388641294
(45)	Sanghansha P. Kaluhwadikar ^{Sanghansha} B.A. Ist year 9209306914
(46)	Radhika Deshpande ^{Ra} B.A. I 842628192
(47)	Arpita Sahane ^{Arpita} B.A. I 9284276109
(48)	Ayushi Chander ^{Ayushi} B.A. I 824264812
(49)	Kajal Kale ^{Kajal} B.A. Ist 8214281902
(50)	Komal Shah ^{Komal} B.A. Ist 82422178901
(51)	Pooja Rauten ^{Pooja} B.A. Ist 82412078910

Page No.	Date
(52)	Priti Meshram ^{Priti} B.A. Ist 8240817018
(53)	Roshini Sahu ^{Roshini} B.A. Ist 8107180428
(54)	Shital Sahu ^{Shital} B.A. Ist 8420289178
(55)	Subhangi Naik ^{Subhangi} B.A. Ist 942089172
(56)	Smya Kumar Pawar ^{Smya} B.A. Ist 9420891248
(57)	Tanisha Gaikbiye ^{Tanisha} B.A. Ist 9628019282
(58)	Jyoti Kajkade ^{Jyoti} B.A. Ist 92847071801
(59)	Vaishnavi Umase ^{Vaishnavi} B.A. Ist 92408210102
(60)	Preerna Patil ^{Preerna} B.A. Ist

ATTENDANCE RECORD

Page No.	Date
61	payal shinde payal B.com Ist Sem 9373358669
62	Jagruti Chaudhari Jag. B.com Ist Sem 9373358669
63	Pimpal parandurkar Pimpal B.com Ist Sem 9372594928
64	Trishal moundori Trishal B.com Ist Sem 7755860609
65	Priiti Hapk Priiti B.A.I 9421330734
66	Madhuri Koram Madhuri B.A.I 8080507028
67	Vaishnavi Phakate Vaishnavi B.A.I 9970994501
68	Vijaya Binjode Vijaya B.A.Ist 8830013057

Page No.	Date
69	Umesta Raj Umesta B.com Ist Sem 7410768365
70	Vidhi pande Vidhi B.com Ist Sem 7410742910
71	Isha Yadav Isha B.com Ist Sem 9373358669
72	Jagruti Chaudhari Jagruti B.com Ist Sem 9881585548
73	Pimpal parandurkar Pimpal B.com Ist Sem 9372594928
74	Tejaswini Sawaskeles Tejaswini B.com Ist Sem 9284497493
75	Darshana Nagare Darshana B.com Ist Sem 183916743
76	Vaishavi Phakate Vai B.com Ist Sem 942062912
78	payal shinde payal B.com Ist Sem 92024855102

Page No.	Date
78	Rani pal pal B.com Ist Sem 9240289162

PAMPHLETS DISTRIBUTED

दिलेल्या 3 गोळ्या (आयर्न, मल्टीव्हिटॅमिन, फॉलिक ऍसिड) दुपारच्या जेवणानंतर घ्याव्या. औषधांचा कोर्स 3 महिन्यांचा आहे. दिलेल्या गोळ्या एक महिन्यात संपतील. त्यानंतर पुन्हा औषध घेऊन जावे.

१. आरोग्याची घ्यावयाची काळजी -

- > क्लिनिकमध्ये दिलेल्या 3 गोळ्या रोज रात्री जेवणानंतर घेणे.
- > रोज बीट, खजूर, राजगिरा लाडू, शेंगदाणा पापड़ी यापैकी एक काहीतरी खाणे.
- > हिरव्या पालेभाज्या, कडधान्य, अंडी यांचा रोजच्या आहारात समावेश करावा.
- > रोज लिंबूसरबत प्यावे.
- > सकाळी उठल्याबरोबर काहीतरी खावे. उपाश्यापोटी चहा घेऊ नये. > बिस्कीट, मैद्याचे पदार्थ विकतचे पदार्थ खाऊ नये.

2. खूप थकवा येत असल्यास

क्लिनिकमध्ये दिलेल्या 3 गोळ्या रोज घ्याव्या. > रोज लिंबूसरबत प्यावे.

- > आपल्याजवळ चॉकलेट व ग्लुकोजपावडर ठेवावि व थकवा आल्यास घ्यावी.

3. वजन वाढवायचे असल्यास -

- > रोज 2 केळी किंवा 2 अंडी खावी. त्यासंबंधी अधिक माहितीकरिता मॅडमला भेटावे.

4. त्वचेची काळजी

> क्लिनिकमध्ये दिलेल्या 3 गोळ्या रोज नियमित दुपारच्या जेवणानंतर घेणे.

> व्हिटॅमिन ई च्या कॅप्सूल घ्याव्या. त्यासंबंधी मॅडमला विचारावे. > केस धुण्याची पद्धत मॅडमला विचारावी. > कोंडा असल्यास कॅन्डीड टी. व्ही. शॅम्पूने किंवा सेबावॉश शॅम्पूने केस धुवावे.

> चेहऱ्याला साबण, फेसवॉश लावू नये. क्लीनजरने चेहरा धुवावा. > दिवसा बाहेर जाण्यापूर्वी सनस्क्रीन लावावे. प्रत्येकवेळी बाहेरून आल्यावर चेहरा धुवावा.

अधिक माहितीसाठी डॉ. रश्मी पारसकर मॅडमला 9552229292 या फोन नंबरवर संपर्क करू शकता.

YOUTUBE LINK

- 17/10/2023

<https://youtu.be/COaAT4Ee8pw?si=ciDCxbNOG9bNxmQ2>

FEEDBACK FORM

C. P. & BERAR E. S. COLLEGE

Arogya Sampada Health Clinic

Women's Cell

FEEDBACK FORM

Name & Admission No. (optional):

1. Where did you get information about the clinic? (तुम्हाला क्लिनिकची माहिती कोठून मिळाली?)

A. Notice.

B. Teacher.

C. Friends

2. Are you satisfied with the service given in the clinic? (क्लिनिक मध्ये मिळणाऱ्या सेवा व सुविधाबद्दल आपण समाधानी आहात का?)

Yes

No

3. Did you get medicines as and when required? (तुम्हाला वेळोवेळी, गरजेनुसार औषध पुरवण्यात आले का?)

Yes.

No

4. Do you find the information given during awareness programme useful?

(अवेअरनेस प्रोग्राम मध्ये मिळालेल्या माहितीबद्दल आपण संतुष्ट आहात काय?)

Yes.

No

5. Do you think that the activities in the clinic improved your health and quality of living? (क्लिनिकामुळे तुमच्या आरोग्यात व राहणीमानाच्या दर्ज्यांत सुधारणा झाली का?)

Yes.

No