



BISHOP BENZIGER COLLEGE

OF NURSING

Accredited by NAAC,

Member of United Nations Academic Impact Program

Approved Research Centre of Kerala University of Health Sciences



8.1.7 - Community Department Extension Activity 2016 - 2020

JANUARY 12TH 2016

NATIONAL YOUTH DAY


THEME: "INDIAN YOUTH FOR DEVELOPMENT, SKILL AND HARMONY"

The National youth day celebration was done on 23rd January 2016. As part of the program we conducted a health awareness class on "Personal hygiene, Environmental hygiene and dental hygiene at Vikas Bhavan School Mithraniketan, Vellanadu, Trivandrum. Total 80 students participated in the program. Later on NSS volunteers divided themselves into different groups and involved in different activities like Nutritional assessment, playing with children, assessing the stress level of the students and Health awareness talk. Mrs. Sony John (NSS program officer, BBCON) and Feby Fulgen (Tutor, BBCON) were coordinated the program. The program ended at 3pm.



**Report Prepared by
(MRS.SONY JOHN)**

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam



Signature of the Chairperson

Prof. ANOOPA, K.R., M.Sc. (N)
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JANUARY 26TH 2016

REPUBLIC DAY

Republic day celebration was organized on 26th January 2016. As part of the program a one day camp was conducted at Balika Mandiram, Kollam.

Aims of the camp


- To plan a rehabilitation program that could help children with health problems to be more active in the school.
- To identify health problems in children.
- To promote the health awareness on hygiene.

The camp was officially inaugurated by Prof. Anoop K.R, (Principal, BBCON) at 9.30am. Dr. Sarasu Philip, (MBBS) performed detailed assessment and health checkup. Mrs. Sony John (NSS Program Officer, BBCON) and Mr. Jerin J coordinated the camp.

Program Day activities:-


- Detailed health checkup and providing medicines and vitamin supplements for inmates.
- Nutritional assessment
- Health education by NSS volunteers regarding the personal hygiene including Menstrual hygiene for girls by N.S.S Volunteers

The camp ended at 3.30pm


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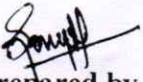
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MARCH 8TH 2016


THE INTERNATIONAL WOMENS DAY

THEME: "PLEDGE FOR PARITY"

The Women's day celebration was organized on 14th March 2016. At 3pm the program was officially inaugurated by Prof. Anooopa K.R (Principal, BBCON) in the presence of Mr. Shaji. D (Asst. Agricultural Officer, Kollam). Mr. Solomon (Administrative officer, BBCON), Mr. Anand.S (Vice Principal, BBCON), Mrs. Sony John (NSS P.O, BBCON) and NSS Volunteers (BBCON NSS Unit). Mrs. Sony John (NSS P.O) coordinated the programme. As a part of the program we conducted a harvest festival in our college vegetable garden. The programme ended at 4 pm.


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**Monthly report of CHC Mundakkal and Pallithottam for the month of
March 2016.**

Monthly census			
Sl no	No of patients	Mundakkal	Pallithottam
1.	Total patients	241	464
2.	New cases	6	16
3.	Respiratory cases	5	31
4.	Injury	58	137
5.	Diarrhea	32	106
6.	congentivitis	1	-
7.	Viral fever	77	149
8	Others	68	41

New Departmental research proposal planned (A study to assess the knowledge and attitude of adolescent boys regarding substance abuse in selected areas of Pallithottam)

Some extension programmes conducted by the community department during the month of March is the following.

An awareness class conducted on 08.03.16 by Sr. lali in mundakkal health center regarding personnel hygiene, 6 people attended the class.

BP Clinic, Geriatric clinic, adolescent clinic and antenatal clinics are conducting regularly in mundakkal and pallithottam health centre

An awareness class conducted on 19.03 16 by Sr. Omana in pallithottam health center regarding hepatitis, 12 people attended the class.

An awareness class conducted on 23 .03 16 by Sr. Omana in pallithottam health center regarding tuberculosis, 16 people attended the class.

Centre Meeting Was Conducted On 16.03.2016 In Mundakkal And 17.03.2016 in Pallithottam. During Meeting Meeting Power Point Presentation Done by Mrs Sheeja Regarding Department Activities Prepared for NAAC Inspection .One of the major problem reported by mundakkal centre staff is lack of water supply. It was informed to the principal and director on the next day itself.

mass health education program

A mass health education program and a BP clinic was conducted in Velicham Nagar of Pallithottam on 01/03/2016 from 10.30 am – 1.30 pm. There were 45 participants in total including an Anganwadi teacher who also gave a Positive feedback about the program at the end.

The program was organised and conducted by the faculty of Community Health Nursing and Medical Surgical Nursing Department and the students of IV Year and III Year BSc Nursing. As part of an extension program and also related to the TB day on March 24th, this awareness program was conducted regarding tuberculosis. All the aspects of tuberculosis were discussed in the program by using various audio visual aids. A street play was also conducted based on DOTS therapy. The program was well accepted by the audience.

Awareness Programme in Don Bosco Tech

Community department conducted an awareness programme in Don Bosco Tech Kollam for the carrier development students on 15.03.2016 at 11am to 3 pm regarding HIV ,Blood Donation ,and personality development. 49 carrier development students attended the programme it was conducted By Mrs.Sheej's HoD of Community Department and Ms Rency Clinical Instructor of Bbcon

BP Clinic, Geriatric clinic, adolescent clinic and antenatal clinics are conducting regularly in mundakkal and pallithottam health centre

Prepared by
Mrs. Sheeja.S
(HOD, Community Health Dept.)


Principal

APRIL 7TH 2016


THE WORLD HEALTH DAY

THEME: "BEAT DIABETIES"

Observation of World Health Day was done on 7th April 2016. At 8.00 am the programme was officially inaugurated by Asst. Commissioner of Police Mr. Santhosh. After the inaugural session a short class was taken by Dr. Anil Vijayakumar (Diabetologist, BBH, Kollam). As part of the world Health Day a health awareness rally was conducted by Bishop Benziger Hospital. Our NSS volunteers attended the rally from BBH, Kollam to Chinnakkada, Kollam. Our NSS Volunteers actively participated in the rally. The rally ended at 9.30 am. Followed by the rally a health awareness talk was given by our NSS Volunteers to the public. The topic was "Prevention and Management of Diabetes". After the session refreshment was arranged and the programme ended at 11 am.


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**Monthly report of CHC Mundakkal and Pallithottam for the month of
June 2016.**

Monthly census			
Sl no	No of patients	Mundakkal	Pallithottam
1.	Total patients	302	515
2.	New cases	12	30
3.	Respiratory cases	66	215
4.	Injury	109	80
5.	Diarrhea	07	25
6.	conjunctivitis	03	-
7.	Viral fever	66	180
8	Others	51	15

Clinics details	Date	Area	No. of participants
Adolescent clinics	10.06.2016	Pallithottam	06
	25.06.2016	Mundakkal	07
Geriatric clinic	22.06.2016	Pallithottam	05
	14.06.2016	Mundakkal	04
Hypertension [BP Clinic]	03.06.2016	Pallithottam	06
	06.06.2016	Mundakkal	10
Antenatal clinic	-	Pallithottam	-
	17.06.2016	Mundakkal	01

New Departmental research in progress (A study to assess the knowledge and attitude of adolescent boys regarding substance abuse in selected areas of Pallithottam)

Some extension programmes conducted by the community department during the month of June is as follows:

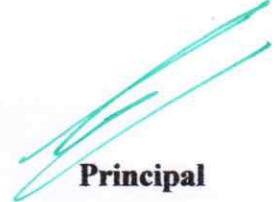
06.06.16 : Health awareness class

An awareness class was conducted on 06.06.16 by Sr. Lali in Mundakkal health center regarding hypertension , 10 people attended the class.

25.06.16 : Health awareness class

An awareness class was conducted on 25.06.16 by Sr. Lali in Mundakkal health center regarding diarrhoea, 07 people attended the class.

**Prepared by
Mrs. Sheeja.S
(HOD, Community Health Dept.)**



Principal

Monthly report of CHC Mundakkal and Pallihottam for the month of July 2016.

Monthly census			
Sl no	No of patients	Mundakkal	Pallihottam
1.	Total patients	317	690
2.	New cases	15	20
3.	Respiratory cases	57	272
4.	Injury	123	97
5.	Diarrhea	07	70
6.	conjunctivitis	0	0
7.	Viral fever	78	281
8	Others	52	70

Clinics details	Date	Area	No. of participants
Adolescent clinics	15.07.2016	Pallihottam	06
	23.07.2016	Mundakkal	07
Geriatric clinic	29.07.2016	Pallihottam	06
	12.07.2016	Mundakkal	04
Hypertension [BP Clinic]	08.07.2016	Pallihottam	04
	05.07.2016	Mundakkal	06
Antenatal clinic	22.07.2016	Pallihottam	01
	17.07.2016	Mundakkal	01

Mundakkal centre meeting was conducted on 20.07.2016. One of the important issue discussed was about lack of water supply. Informed to the principal that day itself.

Pallihottam centre meeting was conducted on 28.07.2016. Shortage of salbutamol stock and water tank without lid were the two issues of concern discussed was informed to Fr.Joby. Regarding the issue informed to the principal that day itself.

New Departmental research in progress (A study to assess the knowledge and attitude of adolescent boys regarding substance abuse in selected areas of Pallihottam)

Some extension programmes conducted by the community department during the month of July is as follows:

05.07.16 : Health awareness class ⑧

An awareness class was conducted on 05.07.16 by Sr. Lali in Mundakkal health center regarding hypertension , 07 people attended the class.

11.07.16 : Health awareness class on world population day

An awareness class was conducted on 11.07.16 by Sr. Lali in Mundakkal health center regarding population explosion, 16 people attended the class.

12.07.16 : Health awareness class

An awareness class was conducted on 12.07.16 by Sr. Lali in Mundakkal health center regarding geriatric problems, 04 people attended the class.

23.07.16 : Health awareness class

An awareness class was conducted on 23.07.16 by Sr. Lali in Mundakkal health center regarding viral fever, 07 people attended the class.

28.07.16 : World Hepatitis day

Theme based health education was provided in Galilia nagar and Anugraha nagar under Pallithottam health centre by II B.Sc.Nursing students under supervision of Mrs.Mekha.K.Gopinath, clinical instructor, community department on World hepatitis day

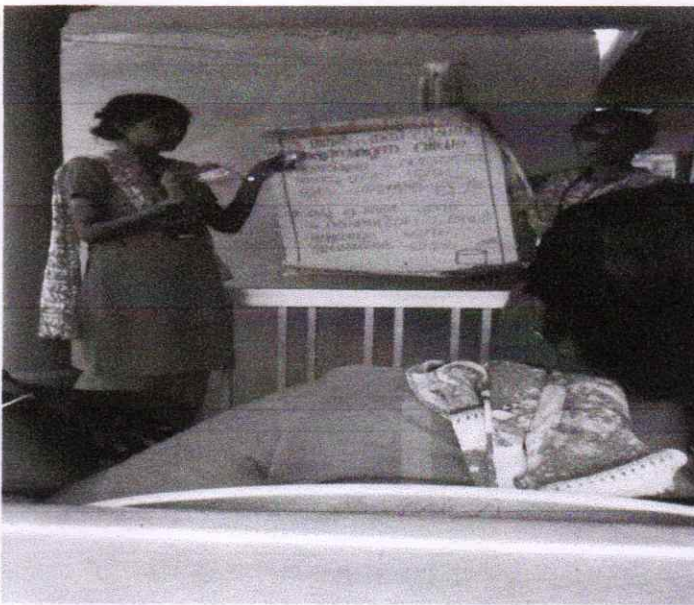


29.07.16 : Health awareness class

An awareness class was conducted on 29.07.16 by Sr. Omana in Pallithottam health center regarding hepatitis, 12 people attended the class.


29.07.16 : World ORS day


Health education was provided in Snehatheeram nagar under Pallithottam health centre by II B.Sc.Nursing students under supervision of Mrs.Mekha.K.Gopinath, clinical instructor, community department on World ORS day.



30.07.16 : Health awareness class

An awareness class was conducted on 30.07.16 by Sr. Omana in Pallithottam health center regarding ORS, 13 people attended the class.


Prepared by
Mrs. Sheeja.S
(HOD, Community Health Dept.)


Principal