

**ON FRIDAY 22ND MARCH 1991, A MINI CAMP TOOK PLACE AT :
 MUKESH MILL COMPOUND CHAWL, COLABA, BOMBAY - 400 005.
 SPONSORED & TECHNICALLY ACCOMPLISHED BY : THE FAMILY PLANNING & MEDICAL AID TRUST
 Indian Merchantile Mansion, 3rd Floor, Madam Cama Road, Fort, Bombay 400 039.
 AND M. P. C. C. (I) MEDICAL CELL.**

The following staff members participated in this camp :

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|------------------------|---------------------------------------------------------|
| 1. Dr. B. R. Kherdikar | Medical Officer |
| 2. Mrs. Meena Kulkarni | Co-ordinator |
| 3. Ms. Elizabeth Seena | Lab. Asst. |
| 4. Mr. C. K. Das | X - Ray Assistant |
| 5. Ms. Sharada Kawale | Nurse |
| 6. Mrs. Indira Dhanu | Ayah |
| 7. Mr. Tulsi Solanki | Ward Asst. |
| 8. Mr. Govind Gosavi | Driver, with Family Welfare
Clinic - cum - Ambulance |

The following activities were carried out in this mini camp :

1. **Group Meeting :** A group meeting was arranged by Dr. B. R. Kherdikar to advise the people about family planning devices made available to them and to have a small and happy family. He advised them to keep their surroundings clean to avoid malaria, water borne diseases, diarrhoea, dysentery, gastroenteritis, etc. He further advised them to stop smoking and chewing tobacco with pan to avoid oral cancer and cancer of lungs. He also told them to stop drinking alcohol to avoid liver problems. About TWENTY SIX persons were present for meeting.

Smt. Meena Kulkarni also took a group meeting among FIFTEEN women, she explained them the importance of family planning and advised them not to conduct delivery at home by untrained dials, but to get themselves admitted in hospital to have proper and safe delivery and onwards, checking of haemoglobin percentage, weight, and get themselves immunised at our Colaba centre, opp. Regal Cinema. She also them about ante - natal care from seventh month of pregnancy.

2. **Immunisation :** Immunisation was carried out against typhoid, tetanus

toxide, triple vaccine, polio and measles by Sister Ms. Sharada Kawale. About TWENTY TWO children took advantage of this facility.

3. **Laboratory :** Haemoglobin Tests was carried out in about TWENTY TWO persons. All were found to be anaemic.
4. **Screening :** Screening was carried out by our X - Ray Assistant Mr. C. K. Das. SIX persons took advantage of the screening. None were positive for T.B.
5. **Distribution of medicines :** Vitamin A solution was given to avoid night blindness among children. Pregnant and lactating mothers were given Iron, B - complex and Folic Acid Tablets and were advised to take nourishing diet (Green Vegetables and fruits) and also to come for ante - natal check - up at our Centre at Colaba, opp. Regal Cinema.

TWO ladies were given oral tablets and were advised to get applied Cu-T in our centre. TWENTY pieces of nirodh were given to the men for spacing the children in the family and visit our centre at Colaba, Opp. Regal Cinema between 9.30 a.m. to 11.30 a.m. for further supply and advice if any.

Observations : The sanitary conditions in this hutment area was not that bad. People were aware of problems due to bad sanitation and had good sanitary facilities and used to take advice about their problems from the local doctors. The residents belonged to low middle class. They showed interest in hearing us. Frequent visits may help them to improve their health and convince about family norms.

This is for information and record.

Dr. H. V. Pophale
 Medical Officer : Pophale Nursing Home.
 Chairman - The Family Planning & Medical Aid Trust.



Mrs. Kulkarni taking a group meeting on 22/3/91



Polio dose given by Sister Sharda on 22/3/91



Dr. Kherdikar examining a patient on 22/3/91



Screening done by Mr. Das on 22/3/91