

## CAMP 5

On Thursday the 20th June, 1996 a Mini Camp took place in **The Mumbai Vigilance Association "Balikashram"**, 1st Floor, 124 Dadasaheb Phalke Road, Dadar (C.R.), Mumbai - 400 014, for Medical Check-up including E.N.T., Ophthalmic, Dental, Immunisation and Students Welfare from 3.00 p.m. to 6.00 p.m. Technically accomplished by "The Family Planning & Medical Aid Trust", Indian Mercantile Mansion, Madam Cama Road, Opp. Regal Cinema, Mumbai - 01.

### The Following Staff Members Participated in this Camp Activity :

1. Dr. B.R. Kherdikar : Medical Officer
2. Mr. D.P. Gawai : P.R.O.
3. Mr. Ganesh Kanade : Accountant
4. Miss. Lata Gade : Staff Nurse
5. Mrs. Vidhya Gaikwad : Ahya
6. Mr. Manik Rao : Project Operator
7. Mr. Arun Borde : Driver

### INTRODUCTION :

The camp was inaugurated by **Mrs. Vijaya Chitnis**, Superintendent "Balikashram" Dadasaheb Phalke Road, Dadar, Mumbai - 14. The introductory speech was given by **Mr. D.P. Gawai** our P.R.O. stating the few lines about the activities of the Institution that, they were providing morning milk to every students for building of their health. **Dr. B.R. Kherdikar** also given few tips about the personal hygiene, prevention of diseases by Immunisation, mouth-wash during morning and after taking meals. Hairs to be cleaned every day to avoid tick infiltration. Dental cares must be taken by regular brushing of the teeth. Sweets or Chokolets must be avoided for minimum incidence of cavities in children. Nails to be cut and hands to be washed before consuming any food. Regular exercises and taking fresh food will help to improve the health of individuals.

### MEDICAL CHECK-UP :

The Medical Check-up was done by **Dr. B.R. Kherdikar**, Medical Officer "The Family Planning & Medical Aid Trust", of every Students one by one. The thorough examination was arranged including hight, weight, E.N.T., Ophthalmic, Dental and Skin etc. About **Thirty One** Girls Students took

advantages of this camp activities. A detailed report of the same was aintained in the Register provided by the institution of Balikashram.

### IMMUNISATION :

This counter was well managed by **Miss. Lata Gade** our Senior Staff Nurse, she Immunised about **Thirty One** Girls including Tetanus Toxide, Diphtheria-Tetanus (D.T.) and Polio. All the students were given Immunisation cards for further record with them.

### FREE DISTRIBUTION OF THE MEDICINES :

The anaemic students were given Iron and Folic Acid Tablets and Vitamin "A" solution to prevent night blindness. The other medicines were also distributed to them including for the worms.

### OBSERVATION :

About **Thirty One** Girls Students were presented at the time of examination. They all gathered in a hall and each girls were examined turn by turn. **Three** students were suffering from primary complex and they were already taking treatment from the nearby hospital. All the precautions, preventions and necessary omissions were explained to the students individually. All the staff members came back in Audio-Visual van after the camp activities were over, The Students of Balkashram and the Staff were satisfied by the services render to them. The milk supply sponsored by our Trust is being well utilised.

This is for information and record.

**DR. H.V. POPHALE**

**CHAIRMAN - THE FAMILY PLANNING & MEDICAL AID TRUST**