

## CAMP 8

On Thursday the 8th August, 1996 a Mini camp took place at **Ganesh Murti Nagar Zopadpatti**, Colaba, Mumbai - 400 005. Sponsored and Technically accomplished by **The Family Planning & Medical Aid Trust**, Indian Mercantile Mansion, Madam Cama Road, Fort, Mumbai - 400 001, between 2.00 p.m. to 4.00 p.m.

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. Mrs. Alka Sawant : Staff Nurse
4. Mrs. Vidhya Gaikwad : Ahya
5. Mr. Dinesh Jangam : Ward Boy
6. Mr. Ravi Nalawade : Driver with F.W. Clinic-cum-Ambulance

### GROUP MEETING :

This group meeting was addressed by **Dr. B.R. Kherdikar** Medical Officer and **Mr. D.P. Gawai P.R.O.** Dr. B.R. Kherdikar delivered a speech about how to keep their surrounding area clean as far as possible to protect themselves from various water born diseases like Cholera, Gastroenteritis, Typhoid etc. The incidence of Malaria cases can be control if there is no stagnant water near the hutments. **Dr. B.R. Kherdikar** advised the importance of keeping good health, if paid little attention towards regular exercise, nourishing diet, avoid drinking, smoking and chewing tobacco etc. The pregnant women were advised to take proper care by consumption of green vegetables, fruits and milk and to get themselves immunised by taking Tetanus Toxide.

### IMMUNISATION :

Immunisation was carried out by our Staff Nurse **Mrs. Alka Sawant** in **Forty Seven** persons including men, women and

children against Cholera, Typhoid and Measels. All of them were issued cards mentioning the date, name of the vaccine and next due date to be followed.

### FREE DISTRIBUTION OF MEDICINES :

Medicines like Iron and Folic acid tablets were distributed freely among the anaemic people. The other persons were given the prescription according to their complaints put forward during medical cheked up on the spot.

### FAMILY WELFARE COUNSELLING & EXHIBITION :

This counter was arranged by **Mrs. Vidhya Gaikwad**, **Sixty** pieces of Condoms were distributed among men and **Six Pockets** of Oral tablets were distributed among women for spacing the children in their family.

### OBSERVATION :

About **Eighty Four** persons took advantages of this camp activity. **Mr. D.P. Gawai** contacted the local leaders of the locality and get their active coordination during the camp. The enthusiasm among the candidates was really praise worthy. All the staff were return with job satisfaction at 4.00 p.m.

This is for information and record.

**DR. H.V. POPHALE**

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