Urban Health Centre for training of students

1. **Bandhu Daycare Center, Udupi**
2. **Ozanam Home for the aged, Udupi**
3. **Urban Health Training center, Malpe.**

1.The Department of Occupational Therapy, MCHP, MAHE, Manipal provides occupational therapy services at Bhandhu Daycare Center a unit of A. V Baliga Memorial Hospital, Udupi. The Bandhu Daycare Center is a part of the Manasara Dhara Scheme as a National Health Programme.

The Bhandhu Daycare Center has a small hall, two rooms, and a kitchen that is used for training the clients with mental illness. Also, the Daycare center has tables, chairs, computers, arts and crafts supplies, and other kitchen supplies. It has a small outdoor space for outdoor activities.

2.The Ozanam is a home for the aged located in Santhekatte, Udupi. It is run by the Catholic Sabha of Santhekatte Parish. The occupational therapy students are posted in Ozanam to train the students in providing services to the elderly. The infrastructure available in Ozanam is a common hall for conducting groups and individual rooms of clients for training in activities of daily living. Also, there is an outdoor area for conducting any outdoor activities.

3.Department of occupational therapy as a part of community based learning is currently providing services at Urban Health Training center, Malpe. The centre is equipped with basic infrastructure facilities required by occupational therapists that include space for providing interventions, plinths, chairs, tables, cupboards and other necessary therapeutic modalities. The department is well supported by the transport facilities which are used for the students and faculty for commuting. Also, the centers have information technology (IT) facilities which include computers, internet connection and LCD projectors that are used to carry out health education programs. All the centers are having a sufficient compound that is utilized to give any intervention in real life settings such as working in a lawn or getting in or out of car.

Gayatri Bakhshi
160401342

VISIT TO HEALTH CENTRE / CAMP

On 4th December 2019 a group of four students visited the urban Health care, Ladyhill which is a Primary Health Center situated in Bejai, Mangalore. It has separate Medical & Dental Unit.

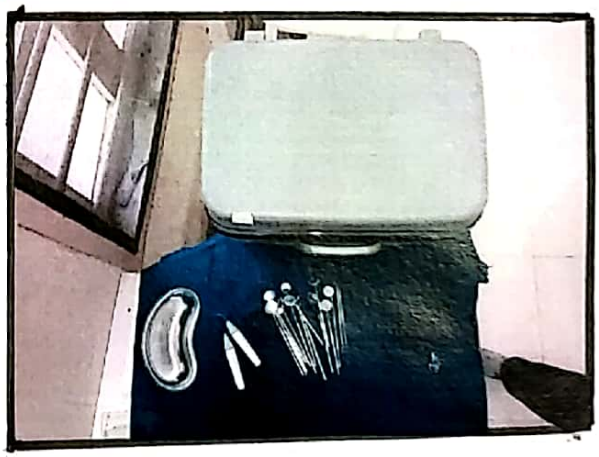
The Medical unit consists of one tutor, 3-6 interns, one anganwadi social worker & 1 nurse. The services that are provided at the centre are wound's dressing and sutural removal, administration of vaccines. Earlier additional facilities like incision and drainage were also performed. The medical unit has a total of 2 beds for check ups/ treatments. On an average, the centre has a patient influx of 20-25 patients per day.

A new urban health care sub centre is being developed in Bijai.

The dispensary / Laboratory provides various drugs & carries out tests for malaria & diabetes were also performed.

The Dental unit consists of one tutor, one housekeeper, one sister & an MDS staff member. Services provided at the centre are fillings, extraction, scaling etc.

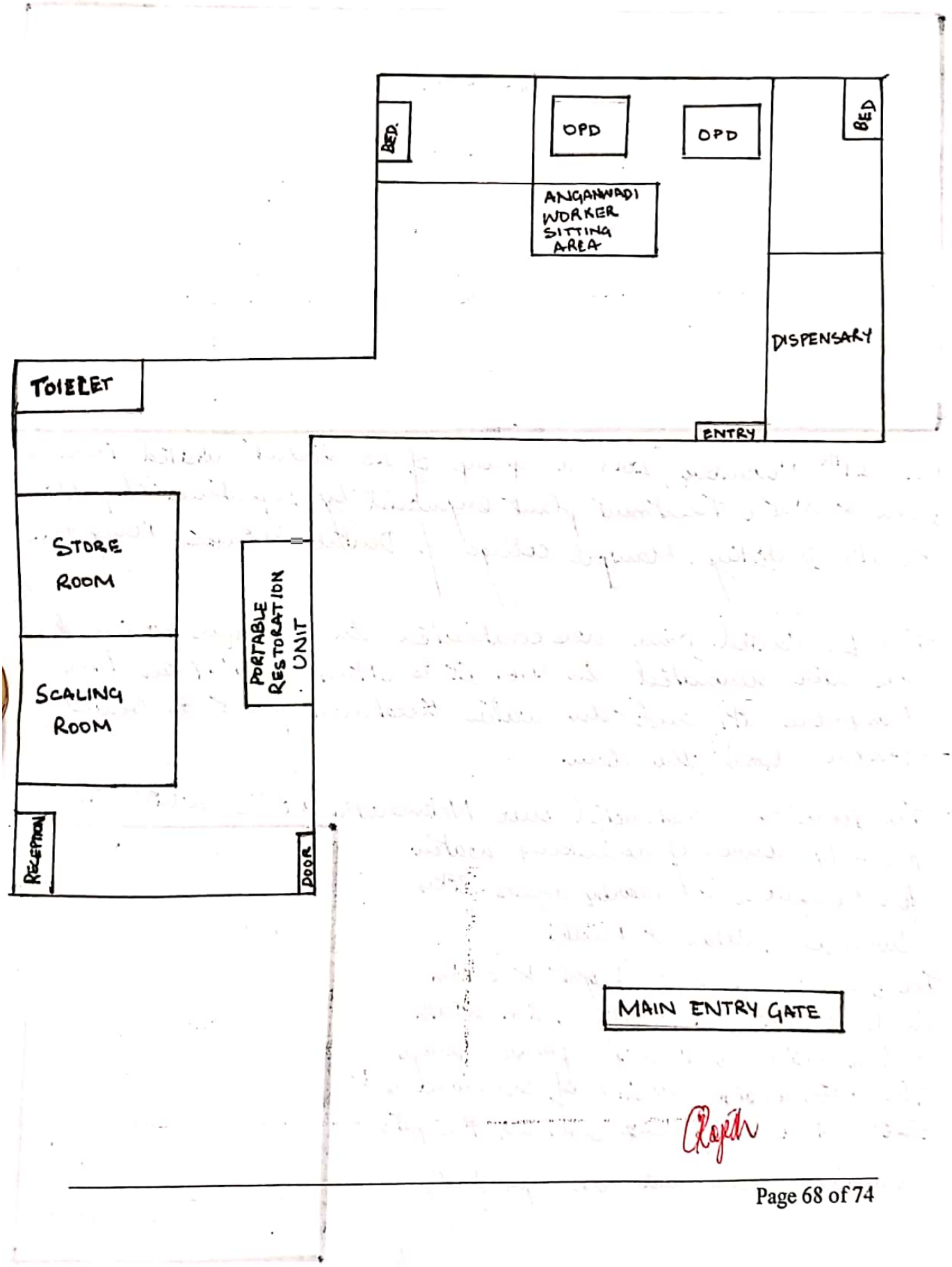
The Centre has a portable scaling unit in one room powered by a motor and a portable Restoration unit in a suitcase which is handy & easy to carry around.



If any further treatments are to be done, the patient is referred to Manipal college of Dental Sciences, Attavar / Lighthouse Campus in Mangalore.

The dental unit has an average patient inflow of 8-10 in a day. The Dental Department has no dental chair or a facility to take radiographs.

URBAN HEALTH CENTRE LAYOUT.



Swachh Bharat Summer Internship ‘18

Juhi Joshy
Apoorva Anand
Dhiraj Panjwani
Sankalp Dawar

एक कदम स्वच्छता की ओर

Introduction

- Dates : 6/7/18 to 17/7/18
- Place : Adyar, Arkula
- No. of hours spent : 137
- Aim : Our aim was to reach out to the masses with no exposure to information regarding the importance of cleanliness, hazards of an unsanitary environment, waste segregation and harmful effects of plastic on the environment.
- Method : We visited the Gram Panchayat and met with the Panchayat Development Officer(PDO). We discussed with him about waste management in the village. We collected names of the government schools in that area. We enquired about the housing localities to interact and spread awareness amongst the people living in Adyar.

Awareness Campaigns

- No of awareness drives conducted : 42
- No of people sensitised : 2760
- No of hours spent : 42
- Brief Description : The following schools were visited- 1. Sri Rama School, Adyar 2. St. Joseph School, Adyar Padavu 3. Rajeshwar High School, Adyar Padavu 4. Nitya Sahaya High School (Kannada Medium), Arkula 5. Nitya Sahaya High School (English Medium), Arkula 6. Gunashree Vidyalaya, Adyar. In all these schools, information regarding keeping the environment clean, harmful effects of plastic, not throwing garbage in the surroundings etc, was given. Interactive sessions were conducted. Posters regarding waste segregation and clean environment were donated to the schools.


Waste Segregation Guidelines

Nukkad Natak/ Street Play

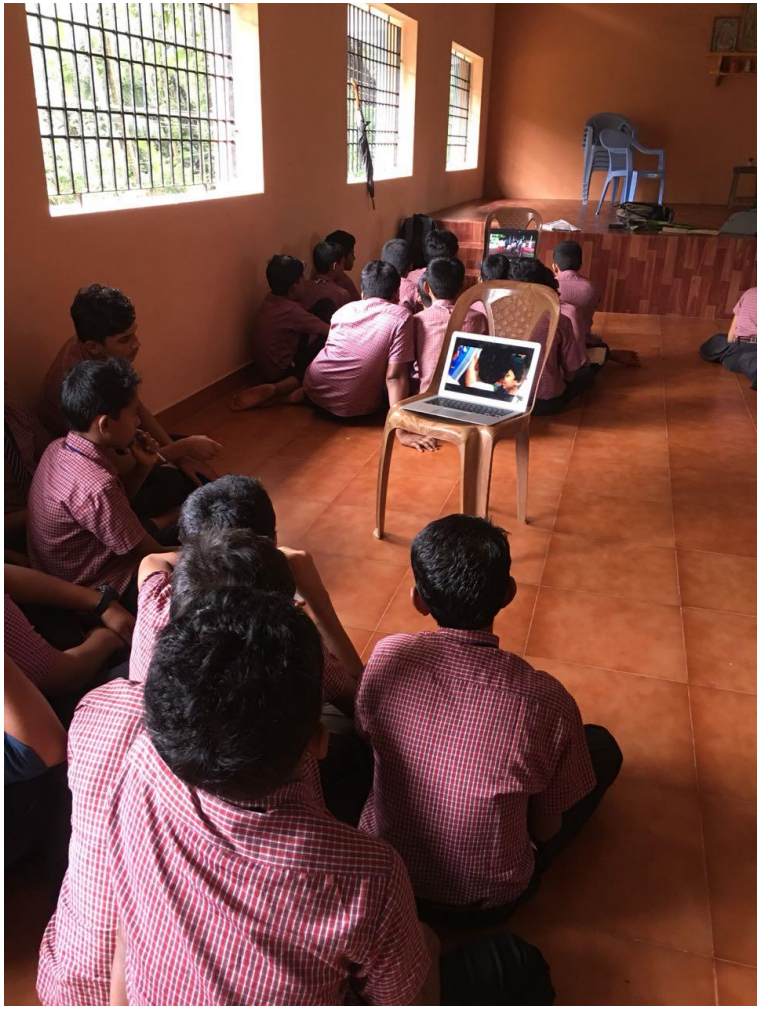
- No of performances conducted : 36
- No of people sensitised : 2160
- No of hours spent : 6
- Brief description : A street play with 5-6 scenes was presented to the students in a fun yet informative way. Props were used for the better understanding of students regarding keeping the environment clean, usage of cloth/paper bags instead of plastic bags, harmful effects of plastic and not defecating or spitting in public etc.

Door to Door Meetings

- No of household visits conducted : 150
- No of people sensitised : 600
- No of hours spent : 20
- Brief Description : Pamphlets regarding waste segregation and clean environment were distributed to the neighbourhood households. A small talk was conducted on biodegradable and nonbiodegradable waste and the importance of separating the same. They were encouraged to make compost pits and recycle plastic and paper. Waste segregation demonstrations were also conducted.

Organizing Movie Screenings

- No of movie screenings organised : 36
- No of attendees : 2160
- No of hours spent : 18
- Brief Description : 3 movies were shown to the students in the school. 1. General awareness of cleanliness of environment 2. Harmful effects of Plastic 3. Waste segregation. Each movie was around 5-7 minutes long. An interactive session was conducted to reinforce the information imparted in the movies. Most of the schools did not have facilities for movie screening. So we carried laptops and showed it to them in groups.
- Links of the movies shown : https://youtu.be/2Re8DYE27aY https://youtu.be/1r6qLRcJQ2s https://youtu.be/yp_dvz8Y4u0 https://youtu.be/FGvVLht3AKY



Segregation of Solid Wastes

- No of Demonstrations undertaken : 68
- No of people who attended : 2000
- No of hours spent : 17
- Brief Description : After the movies were shown to the students at the school and a small talk was conducted for the local people in the households, a small segregation demonstration was undertaken. They were shown different waste items and asked questions as to what is bio degradable and what is non biodegradable.

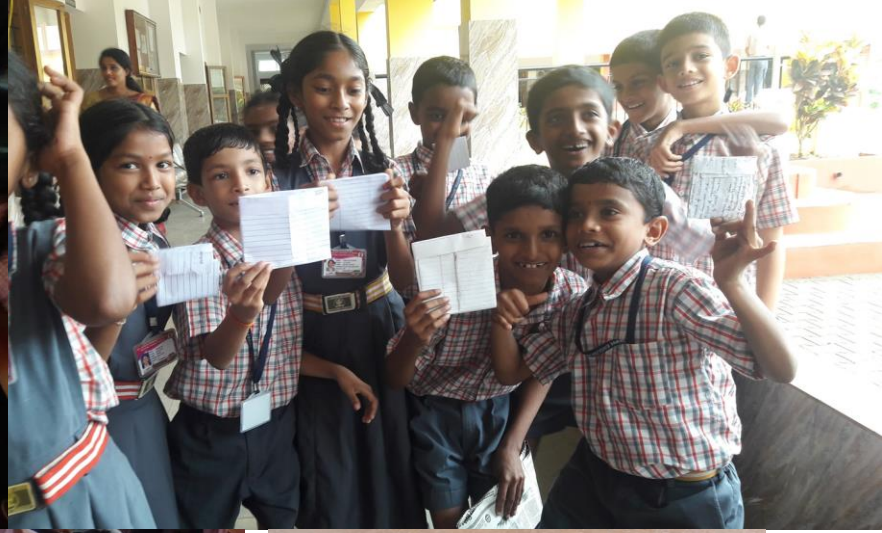
Street Cleaning

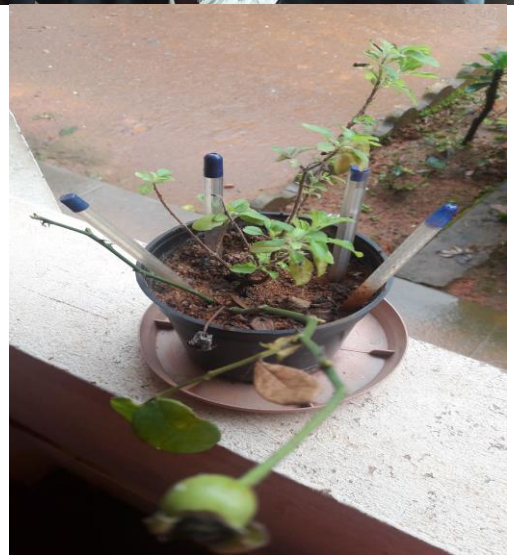
- Length of Streets cleaned : 4kms
- No of community participants : 450
- No of hours spent : 10
- Brief description : 4 kms of roadside, small lanes and areas around the houses and schools were cleaned with the help of local residents, students and volunteers.

Other Activities

- Activity Name : Paper bag making, Drawing Competition, Planting Saplings.
- No. of beneficiaries : 840
- No. of hours spent : 24
- Brief description : 1. An easy and efficient way of making paper bags without the use of glue and scissors was demonstrated to the students. 2. A drawing competition on the topic “Swachh Bharat” was conducted. First, Second and Third prizes were given. 3. Small saplings were planted in pots available.


CAVE
Save
You
Time

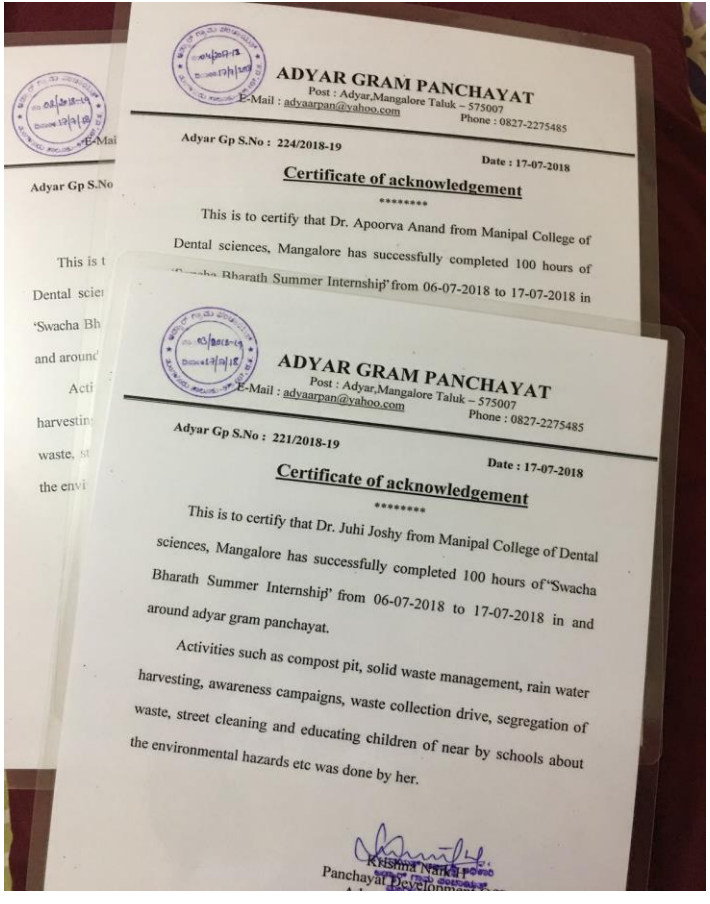




THANK YOU

All in all, it was a very enriching, heart warming and enjoyable experience. After interacting with the students and the people, we realised how much potential our country has to grow as a nation.

We are thankful to Manipal Academy of Higher Education, our beloved staff at Manipal College of Dental Sciences, Mangalore and the Govt. of India for this wonderful opprtunity.



ADYAR GRAM PANCHAYAT
Post : Adyar,Mangalore Taluk – 575007
E-Mail : adyaarpan@yahoo.com
Phone : 0827-2275485

Adyar Gp S.No : 224/2018-19
Date : 17-07-2018

Certificate of acknowledgement

****

This is to certify that Dr. Apoorva Anand from Manipal College of Dental sciences, Mangalore has successfully completed 100 hours of 'Swacha Bharath Summer Internship' from 06-07-2018 to 17-07-2018 in

ADYAR GRAM PANCHAYAT
Post : Adyar,Mangalore Taluk – 575007
E-Mail : adyaarpan@yahoo.com
Phone : 0827-2275485

Adyar Gp S.No : 221/2018-19
Date : 17-07-2018

Certificate of acknowledgement

****

This is to certify that Dr. Juhi Joshy from Manipal College of Dental sciences, Mangalore has successfully completed 100 hours of 'Swacha Bharath Summer Internship' from 06-07-2018 to 17-07-2018 in and around adyar gram panchayat.

Activities such as compost pit, solid waste management, rain water harvesting, awareness campaigns, waste collection drive, segregation of waste, street cleaning and educating children of near by schools about the environmental hazards etc was done by her.

Krishna Naik
Panchayat Development

MANIPAL COLLEGE OF DENTAL SCIENCES, MANGALORE

1. Dhiraj Panjwani : 130401156
2. Juhi Joshy : 130401200
3. Sankalp Davar : 130401226
4. Apoorva Anand : 130401124

Gayathri Bakhshi
160401342

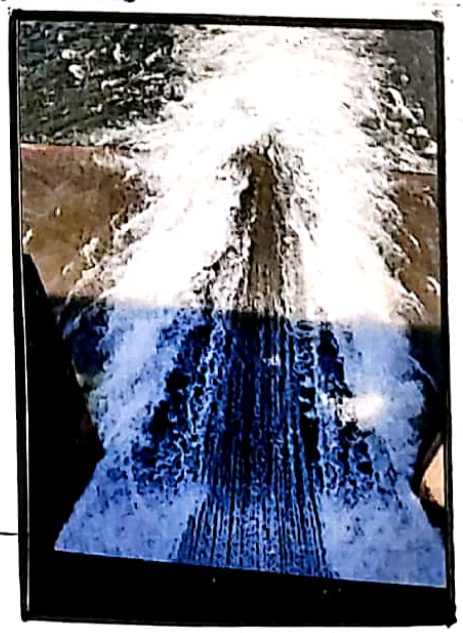
VISIT TO WATER TREATMENT PLANT

On 29th November, 2019 a group of 23 students visited Thumbe Dam & Water Treatment plant organised by Department of public Health Dentistry, Manipal college of Dental Sciences, Mangalore.

Thumbe Vented Dam was constructed in the year 2005 and was later renovated in 2016. It is situated 18.7 km from Mangalore City and the water treatment plant is located 1-2 km from the dam.

The Dam is constructed over Netravathi River which is the only source of drinking water for Mangalore & nearby areas like Suratkal, Ullal & Mulki

The Dam is 12 m in height & 343m in length. It has 30 gates of 10m width and operated by 10 high pressure pumps The water storage capacity of each dam is 5260 million L. During summers the gates remain closed and are gradually



opened one at a time when the water level rises in rainy season. On the day of our visit the dam contained around 6 m in height and only 1 gate was opened. In August 2019, all gates were opened as the water level reached 10m.

There are 2 low lift pumping stations (LLPS). One built in 1976 and the other in 2009. Each LLPS has a set of 3 pumps out of which 2 work and one is spare.
The LLPS pumps 1.5 million gallons of river water per day each to the Jackwell (50ft) which is further directed towards water treatment plant for purification of water.

Raw water (Netravathi River)
↓
LLPS, THUMBE
↓
High Lift Pumping Station, Bendoor
↓
Mangalore City Corporation
↘
MCC (Mangalore City Corporation)
NMPT (New Mangalore Port Trust)
MRPL (Mangalore Refinery Pvt Ltd)

↙
Ullal
Mulki

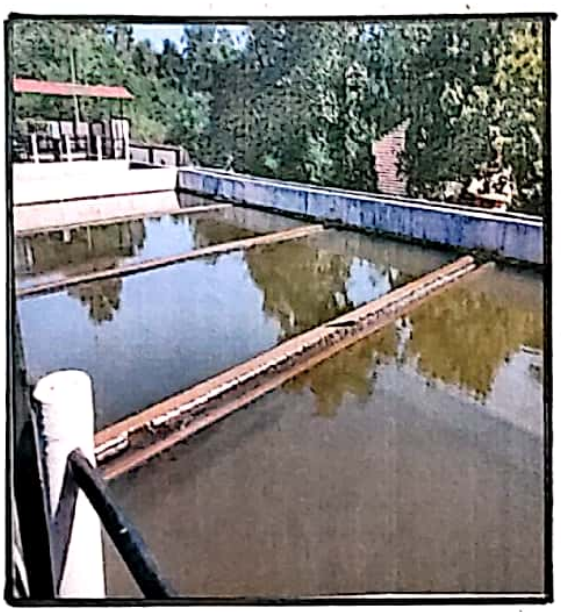
After this we were taken to the water treatment plant where purification of water takes place. The process aims at reducing the turbidity of water (cause silt) to drinking water level (1NTU)
It is a 5 step operation involving.

a) Coagulation
b) Flocculation
c) Sedimentation
d) Filtration
e) Disinfection.

GR

The **aeration unit** runs at 3,600 m^3/hour. Introducing air into the water in order to remove gases & metals and increase the oxygen level. It reduces 20% of the level of bacteria in raw sewer water.

NOTES

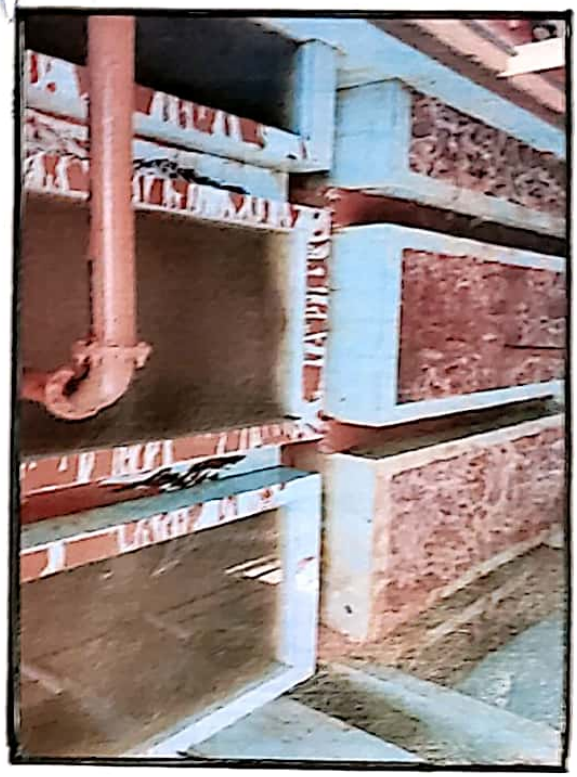


The water is then passed through the **coagulation unit** via flume channel where alum (increases pH) and lime (decreases pH) are added to water to attain a drinking water pH. The optimum dosage of alum solution and lime is estimated in laboratory.

To facilitate coagulation, after water is passed through flume channel, it passes through a rapid mixer to evenly distribute the alum & lime and to create small flocs in the water. The **flocculation chamber** has 2 parts - the normal flocculation and the clari-flocculator. In the 1st part, the water flows downwards facilitating the aggregation of small flocs and in the second part water moves upwards allowing the heavier flocs to settle. This entire process lasts for about 30 minutes which results in formation of thick white flocs of aluminium hydroxide.

The coagulated water is then led to **Sedimentation Tanks.** where the flocculants and impurities settle down. By the end of process, the turbidity of water reduces to 10-15NTU then, the partially purified water is sent into 10 large filtration sand beds of 90,000 L capacity each. **Filtration** removes the remaining alum and impurities from water.

Due to accumulation of impurities, efficiency of the sand bed reduces. Hence frequent washing is required. The accumulated debris is removed by reversing the flow of water through sand bed which helps in dislodging the impurities.
This technique is called **backwashing** and takes about 15 minutes to complete.



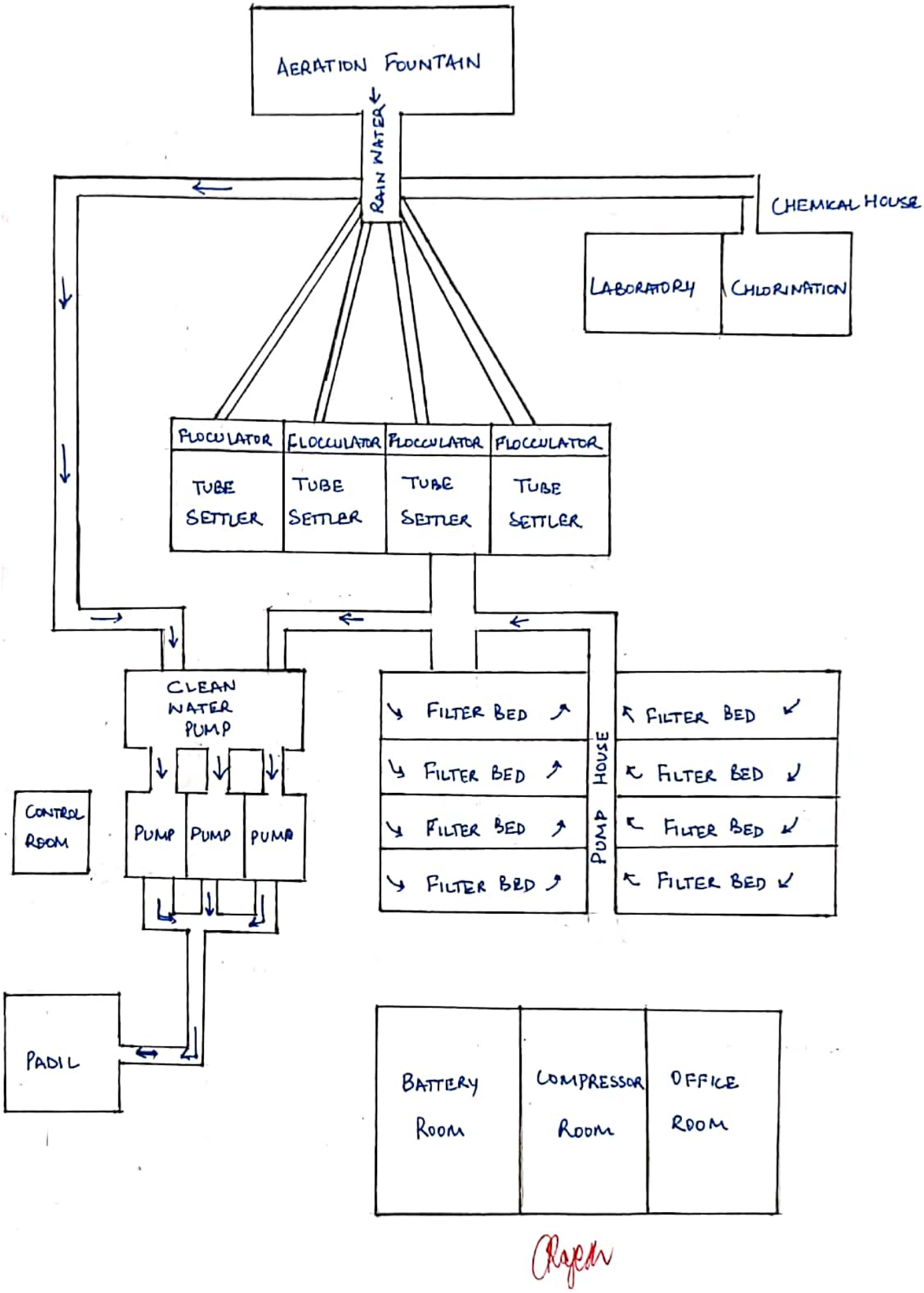
The clean water is finally sent for **chlorination and disinfection.**

Liquid chlorine gas is added at the rate of 3Kg/hr which helps to clean the water from pathogenic bacteria, destroy foul odour and taste producing constituents and control the formation of algae & slime.

Water samples are tested on regular basis to estimate alum dosage, pH levels and other water constituents. The water is then sent to Bandaan well storage tanks through pipelines and pumps therefore the decolouration distribution of this drinking water takes place.

The visit helped all of us again a better insight as to how raw water from Nethravathi river is treated and purified into water fit for domestic and industrial use. Thorough procedures carefully planned and organised at the water treatment plant. We thank the college Department for this great opportunity.

MANGALORE CITY COOPERATION WATER TREATMENT PLANT.



FACILITIES	
Provided information regarding various labs and facilities	
Echocardiography	Non-invasive diagnosis of various cardiovascular diseases are made by sonographers. Evaluation of IHD, various cardiomyopathies, VHD, CHD, pericardial diseases and aortic diseases with their prognostication and guidance for therapeutic approach is made by skilled sonographer.
ECG/Holter monitoring	Wide exposure on analyzing various ECGs with wide clinical database.
Pacemaker analysis	Regular screening for pacemaker implanted patients will be carried out by cardiovascular technology professionals. In addition students are trained to do cardiac resynchronization therapy analysis and implantable cardioverter defibrillator analysis
Cardiac catheterization lab	Cardiovascular technologists will be posted in cardiac catheterization laboratory and assist cardiologist in various diagnostic and interventional procedures.
IVUS	Intervention suit is well equipped with intravascular ultrasound, where students are exposed to instrumentation and analysis of images.
Contrast echo, TEE and 3D echocardiography	Good number of cases undergo TEE in the assessment of valvular/ congenital heart disease. Real time 3D echo is performed for special cases.
Pharmacological stress echo	Students will also be exposed to various stress echo method and interpretation
Tissue deformation imaging	Students will be trained to perform tissue deformation imaging and exclusively involve in research activity in the assessment of cardiac structure and function.

1. Cardiac catheterization lab

2. Echocardiography

3. Pacemaker analysis

Krithica S [MAHE-SOAHS]

From: Manasa Pamboor <manasapamboor@gmail.com>
Sent: Thursday, January 10, 2019 10:15 AM
To: Krithica S [MAHE-SOAHS]
Subject: Re: Optometry- SOAHS-MAHE- Permission letters

Dear Ms. Krithica S.
Greetings from Manasa Pamboor.
We thank you for envisaging interest in conducting eye examination programs for our intellectually disabled children.
We are happy to be associated with your community program. Please inform us your time schedule to visit Manasa so that we could make necessary arrangements.
We also permit you conduct research on the project which was discussed on 9th Jan. 2019. However in the confidentiality of the data collected to be ensured so that there will not be any complaints, On publication of your research project you shall provide a copy of the same for our information and record.
Thank you
With regards
Joseph Noronha
Mobile: 7760650145

On Wed, Jan 9, 2019 at 12:54 PM Krithica S [MAHE-SOAHS] <krithica.s@manipal.edu> wrote:

> To
>
> Mr. J. F. Noronha,
>
> Dear Sir,
>
> As discussed in person, I herewith attached the letters seeking your support for regular eyecare services and research project.
>
> I shall send the hardcopies of letter through the staffs visiting your center.
>
> Kindly acknowledge the receipt of this email.
>
> Thanks and Regards
>
> Krithica
>
> ----------

Krithica. S, MPhil Optometry

Assistant Professor - Selection grade

Department of Optometry

School of Allied Health Sciences

Manipal Academy of Higher Education, India

Mobile: 8861330980

Landline: 0820 2922171

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Manasa Rehabilitation & Training Centre
Pamboor, Paddubelle, Udupi - 574116
Tel:-0820-2559797, Mob: 8277219523
www.manasarehabilitation.org

Short Write up

The Post graduate students of Optometry Department go weekly for Vision Screening Camps to Primary Health Center's which are located around Udupi Taluk along with Ophthalmology Department and Community Medicine.

PG students community postings

Sumita Rege [MAHE-MCHP] <sumita.rege@manipal.edu>

Sat 1/11/2020 11:31 AM

To: Shashank Mehrotra [MAHE-MCHP] <shashank.mehrotra@manipal.edu>; Rupambika Sahoo [MAHE-MCHP] <sahoo.rupambika@manipal.edu>; Deena Dimple Dsouza [MAHE-MCHP] <deena.dimple@manipal.edu>; Shalini Quadros [MAHE-MCHP] <shalini.quadros@manipal.edu>; Asish Das [MAHE-MCHP] <asish.das@manipal.edu>

Dear All,

I am sending you the schedule for the PG students community posting for the next four weeks. We have 3 students, Louis, Nilakshi & Vidhya.

Day	Posting	Faculty	Week 1 13.1.2020-18.1.2020	Week 2 20.1.2020-25.1.2020	Week 3 27.1.2020-1.2.2020	Week 4 3.2.2020-8.2.2020
Monday	Udayvara	Mr. Shashank	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya
Tuesday	Ozzanam	Ms. Shalini	Vidhya	Vidhya	Louis Nilakshi	Louis Nilakshi
	Karunya	Mr. Asish	Louis Nilakshi	Louis Nilakshi	Vidhya	Vidhya
Wednesday	Udyavara	Mr. Shashank	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya
Thursday	Ozzanam	Ms. Shalini	Vidhya	Vidhya	Louis Nilakshi	Louis Nilakshi
	Kaup	Mr. Shashank	Louis Nilakshi	Louis Nilakshi	Louis Nilakshi	Louis Nilakshi
Friday	Malpe/ Outreach	Mr. Shashank	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya	Louis Nilakshi Vidhya
Saturday	Baliga	Ms. Dimple	Vidhya Louis	Vidhya Louis	Nilakshi	Nilakshi
	Mukund Krupa	Ms. Rupambika	Nilakshi	Nilakshi	Vidhya Louis	Vidhya Louis

Please do let me know if you have any questions related to this.

Regards,

Dr. Sumita Rege,
Associate Professor,
Dept. of Occupational Therapy,
Manipal College of Health Professions,
Manipal.

Rural Health Center (s) for training of students

1) Rural Maternity and Child Welfare Home (RMCWH) in Udayavar
2) Rural Maternity and Child Welfare Home (RMCWH) in Kaup

Department of occupational therapy as a part of community based learning is currently providing services at Rural Maternity and Child Welfare Home (RMCWH) in Udayavar and Kaup All these centers are equipped with basic infrastructure facilities required by occupational therapists that include space for providing interventions, plinths, chairs, tables, cupboards and other necessary therapeutic modalities. The department is well supported by the transport facilities which are used for the students and faculty for commuting. Also, the centers have information technology (IT) facilities which include computers, internet connection and LCD projectors that are used to carry out health education programs. All the centers are having a sufficient compound that is utilized to give any intervention in real life settings such as working in a lawn or getting in or out of car.